

Issue 27

Christmas 1992



# RAMPAGE

CALDER VALLEY  
FELL RUNNERS



# COMMITTEE

CHAIRMAN.....RUSS ARRANDEALE  
SECRETARY.....ANDY THOMPSON  
TREASURER.....ALISTAIR SOWDEN  
CLUB CAPTAIN.....DUNCAN THOMPSON  
MEMBERSHIP SEC.....RICHARD KELLETT  
PUBLICITY.....ANDY WIMPENNY  
STATISTICIAN.....IAN HARTMAN  
RACE CO-ORDINATOR(S).....ROD SUTCLIFFE  
RAMPAGE EDITOR.....RHYS KIFT

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## EDITORS RAMBLINGS

In a momentary lapse of self control I casually offered to take on the job of Editor if no-one was available, only to find that my offer was immediately seized upon by wide eyed committee members.

These rash announcements were prompted by the fact that Mr. and Mrs. Kift Ltd. had recently purchased a computer with a printer and some publishing capability.

I further rashly promised to produce something resembling Rampage for Christmas only to fail miserably not fully realising how much work it would entail.

My Editorial staff, Sally Kift and Rosie Kift joint production Editors toiled for many hours punching in race reports, results and articles into the desk top publisher, perfecting techniques and generally getting good results.

As Christmas approached I contentedly relaxed viewing the virtually completed Edition when the unspeakable happened.....THE HARD DISK CRASHED.....

For the non technical amongst you this is the equivalent of going into Halifax on a Friday night and having your brains kicked in resulting in complete loss of memory.....We had lost the lot !!!!!!!!!!!

First I contemplated suicide or even worse, doing another Karrimor with Pete White or going to a Bee Gees concert, or perhaps going to a Bee Gees concert with Pete White. Finally I decided to take to drink and since it was the festive season and the house was full of booze, it was easy!

Anyway, the machine has had a brain transplant and my editorial staff have managed to produce some copy. My thanks go to Allan Greenwood without whose help this edition would have been very thin and humourless. Finally, on behalf of all the club members can we thank Pete Hornic for his splendid efforts in producing Rampage previously and hope we can match his excellent standards.

Rhys



PS Remember - keep those articles and results coming my way.

## A FEW WORDS FROM YOUR CHAIRMAN

Far from being an 'annus horribilis', 1992 has, I think you would agree, been one of our most successful years to date.

The highlight of the year was of course the Pennine Way Relay attempt in June, when not only was the existing record smashed but each individual leg record was broken. Thanks must go to all the runners, backers - up and especially to Rod who made the attempt possible.

There have also been considerable individual achievements, notably Carol's continuing to return to form, winning most things in sight, and of course the Bob Graham heroes. Most of all, however, the club as a whole continues to gain maturity from the enthusiasm and commitment of it's members. Long may this continue.

Turning to other matters.

Tuesday evening training runs will of course continue from the MCC throughout the Winter. It always surprises me when that the attendance increases when we transfer from the fells to the roads! Safety on the roads is sometimes a problem, especially on the tops. Please wear your reflective bibs, bright clothing and watch out for

## RUSS'S RUMBLINGS

Stuck for ideas this Christmas? How about:-

**NUT CUTLET** - A diary. It would avoid the embarrassment of turning up for his accountancy exams at Leeds poly a week too late.

**BINNSY** - a gag, manacle and a one way ticket to Iraq. Simply because it is Chris. Don't you just hate it when he says "you know Russel the good thing about running with you and Tony is that the pace is easy and I don't have to work too hard."

**ROD** - a book on tact. Fancy, when Graham Spencer was hours overdue on the Borrowdale, and having to call out the mountain rescue services, phoning Graham's wife to ask if he'd got back safely!

**MRS SPENCER** - a pacemaker

**THE TWO TONY'S** - A bar of soap for their language at the Borrowdale finish line. They still complain about that race.

motorists. If there are no pavements then face the traffic and run on the right. Remember pack runs.

The membership fees will be due on 1st of January 1993 and have been set at £4.00. Please a.s.a.p. The MCC subs are not due till 1st April 1993 and I would urge all members to join, in order that our facilities are maintained.

**Club Races (my bugbear)** - please offer your support in good time and make the event a success. They do, after all, put the club on the map.

The annual dinner will take place on 30th January 1993 at the Imperial Crown Hotel in Halifax. Please see Pete Reagan for details. There will of course be the little matter of the handicap before hand. Talking of annual dinners, start putting your thinking caps on for the annual awards. This year there will be a new award "ACHIEVER OF THE YEAR" and nominations are already flooding in. The winner will be announced before the dinner. Other awards include Fell runners' "runner of the year", "wally of the year" and "navigational cock-up of the year".

Finally, Let's hope that 1993 builds on this years achievements and that the club goes on from strength to strength.

HAPPY NEW YEAR

RUSS

**PETE REGAN AND ALLAN GREENWOOD** - A brain cell each. One for Pete for considering to partner Jimmy in next years Saunders. The other for Allan for saying yes!

Rumour has it that Jimmy's bulk is all part of a cunning plan. By carrying the extra two stone, wearing jogging bottoms with elasticated waists, and for letting Eddie Campbell beat him on this years Ben, he is hoping to pull a flanker on Ian Hartman when he organises this years club handicap and championship events. By running badly (or not at all) this year, he is expecting a really good handicap for next years events. Little does he know that Ian has already fixed these events and the only person to benefit will be Ian himself!

RUSS

## CAPTAIN'S COLUMN

Welcome to the New Year. The last 2 years have shown a gradual progression in the standing of our club.

We have grown bold in numbers and in stature and are now in a position where we are capable of giving the bigger clubs a run for their money.

I hope that this progression will be continued into 1993 and that we will all wear our red and white hoops (new batch available shortly) with pride and really put Calder Valley on the map.

It is hoped to start a regular long training run every weekend once we get into the new year. This will more than likely be run from the community centre with occasional ventures to other venues for a change. Keep your eye on the notice board for further information on this.

Until the new fixture list comes out I cannot plot next years championship but I can give you the first three

fixtures I intend to include.

- 1) A category Long - Wadsworth Trog 20th February
- 2) A category Medium - Fiensdale 28th March ?
- 3) B category Medium - Darwen Moors 12th April ?

The Fiensdale and Darwen Moors dates I am not sure of yet. Fiensdale may have to be dropped if it clashes with the Haworth Hobble. I hope that we will have a very strong turn-out in the hobble. I am convinced this is an event we can win as a club, having been very close on the last 2 occasions.

Finally I will leave you with a quote from the group of 14 year olds stood round the phone box when you are out on your training runs.

GET THEM KNEES UP !

*Duncan*

## CALDER VALLEY FELL RUNNERS CLUB CHAMPIONSHIP 1993

Listed below are the races for the forthcoming Championship. Note some are pre-entry and should be entered early (particularly the 3 Peaks) to avoid disappointment. I hope you all enjoy this selection and all rivalries are renewed. Good Luck,

Duncan.

20th Feb Wadsworth Trog [A.L.] Pre-Entry Closing Date 9th Feb

27th Mar Fiensdale [A.M.] Pre-Entry " " 20th Mar. Limit 160 3rd April Pendle [A.S.] Entry on Day

18th April Rossendale [B.M.] Entry on Day

25th April 3 Peaks [A.L.] Pre-Entry (See 3 Peaks Article)

1st May Ravenstones [B.M.] Entry on Day

6th May Simons Seat [A.S.] Entry on Day (See FellRunner for details)

16th May Fairfield Horseshoe [A.M.] Entry on Day

2nd June Otley Chevin [A.S.] "

12th June Ennerdale [A.L.] Pre-Entry Closing Date 4th June

19th June Five Cloughs [A.M.] Entry on Day

30th June Stoodley Pike [B.S.] "

4th July Kinder Trog [B.L.] "

25th July Reeth Hills [A.M.] "

7th Aug Borrowdale [A.L.] "

21st Aug Burnsall [A.S.] Pre-Entry Closing Date 10th Aug

4th Sep Catod Grisedale [A.M.] Entry on Day

11th Sep Three Shires [A.L.] Pre-Entry Closing Date 1st Sep

18th Sep Lantern Pike [B.S.] Entry on Day

2nd Oct Tour of Pendle [A.L.] Pre-Entry Closing Date 30th Sep

21st Nov Rombalds Moor [B.S.] Entry on Day

# CALDER VALLEY CLUB CHAMPIONSHIP 1993

Dear Clubmember,

For the 1993 Championship, the 3 Peaks race has been chosen by Duncan, our new Captain, as one of the 'A long' races. This race has been increasingly difficult to get an entry for in recent years, due to high demand, but with your co-operation I think that we stand a good chance of getting everyone in this time.

I have been in touch with the organiser, Mrs. Shirley Hodgson asking if she would consider taking a block entry with one cheque to cover all. Her reply was that she can only deal with entries on a first come first served basis, as this is the only fair system.

Which is fair enough.

She did however agree to send me the first batch of entry forms, as soon as they were available, for distribution to those Calder Valley members that require them. These forms will be sent out after 1st February, 1993, (normally

Jan 1st) as they are trying to cut down on the number of applicants who enter early, hoping to be fit, but then don't run for whatever the reason.

Will those of you who require entry forms please notify me IMMEDIATELY as I need to make a list. You will then receive your form as soon they arrive on my doormat as Postman Andy Thompson has offered to help with the distribution.

The rest is up to you. I reckon that within 3 days you can have your entry back to the organiser, and if that doesn't give you the best chance ever of getting in then I don't know what will, except maybe joining Horsforth Fellandale!

yours in sport.

Alan Greenwood,  
71, Smiddles Lane,  
West Bowling,  
Bradford,  
West Yorks  
BDS 9NT tel: 0274 393101



Eddie Proctor sets a new world best of 4:06.4 for the mile, White City Stadium, 1937.

# OGDEN MOORS FELL RACE

Saturday 6th February 1993

Start/Finish: Ogden Reservoir Embankment,  
Causeway Foot, off A629  
between Halifax & Keighley.

Grid Ref; 064306 South Pennines Outdoor Leisure  
1:25 000 sheet 21

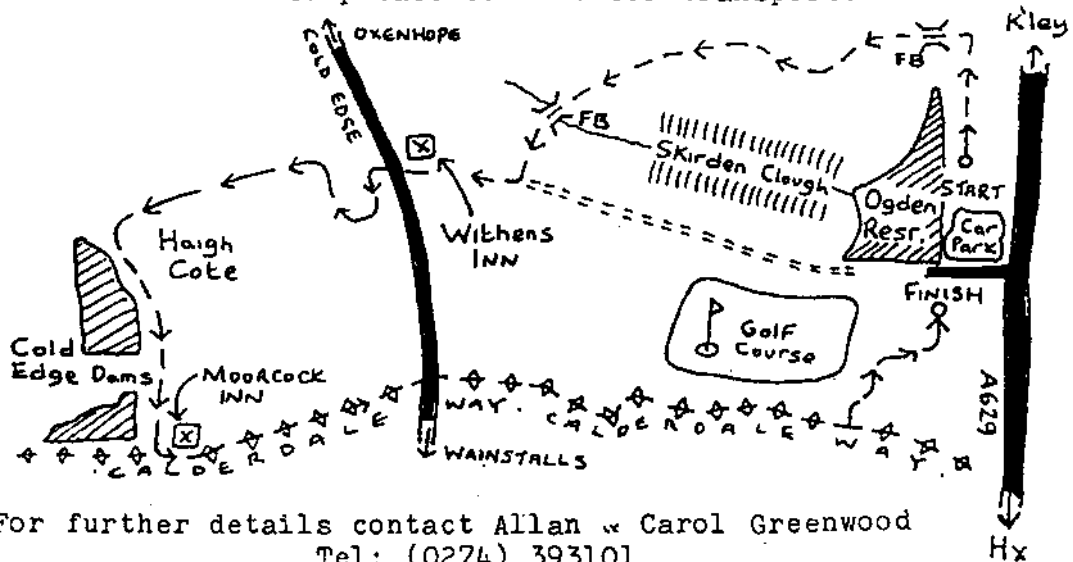
Age limit; Over 14 on day of race.

Start time; 11:00 a.m.

Race route; 6 miles of tracks and rough moorland  
with 700 feet of ascent.

Entry Fee; £1.50 On the day only.

Please note, Parking can be restricted at Ogden Water  
so please combine for transport.



For further details contact Allan & Carol Greenwood  
Tel; (0274) 393101

ANY OFFERS OF HELP ON THE DAY WOULD BE  
GRATEFULLY APPRECIATED. Allan.

**CRYPTIC CROSSWORD - SOLUTION**  
ACROSS: 1 Breakfast in bed, 9 Insulated, 10 Other, 11 Feeler, 14 Alumna, 15 Release, 16 Nick, 18 Aria, 19 Toolkit, 20 Oath, 21 Glad, 22 Wench, 24 Number, 25 Death, 29 Enrol, 30 Tram route, 31 On the off-chance.  
DOWN: 1 Brief Encounter, 2 Ensur, 3 Killer, 4 Ante, 5 Tide, 6 Noodle, 7 Ephemeral, 8 Bread and cheese, 12 Recover, 13 Felloch, 14 Aspired, 17 Catamaran, 22 Wealth, 23 Search, 26 Rouen, 27 Otto, 28 Half.

**QUICKIE CROSSWORD - SOLUTION**  
ACROSS: 1 Defeat, 4 Switch, 8 Spread, 10 Albert, 11 Meant, 12 Adam, 14 Hope, 15 Liberator, 17 Barricade, 20 Lion, 21 Exit, 22 Snail, 24 Nugget, 25 Cinema, 26 Hatred, 27 Sexton.  
DOWN: 1 Dismal, 2 Formal, 3 Cream, 5 Wit, 6 Tremor, 7 Horror, 9 Deterrent, 10 Antarctic, 13 Millan, 14 Horde, 16 Clinch, 17 Bought, 18 Expect, 19 Strain, 22 Sere, 23 Live.

# FIXTURES

## DECEMBER 1992

**SUN 20TH** Up and down the Stoop O.D / 11.30 a.m. / 5.5m - 800' (Penistone Hill, Haworth)

**SAT 26TH** Whinberry Naze Dash O.D / 11.30 a.m. / 4.5-800'

(Fancy dress optional but preferred / fun festive atmosphere )

(Marl Pits - Rawten Stall)

**SUN 27TH** Hot Toddy Six - Road Race P.E £2 / O.D £3 - 5.8m / Hilly

(Todmorden ) (Hollins Inn, Walsden. Off Rochdale road A 6033 )

## JANUARY 1993

**FRI 1ST** Nike Standards Rigg O.D / 12 Noon / 8m - 1880'

(Kirkby Steven, Nr Kendal Cumbria )

**FRI 1ST** Bob Smith 5' Road Race P.E. £3 / O.D. £3.50

(Bradford and Bingley Sports Club, Wagon Lane, Bingley)

**SAT 9TH** Boulsworth Hill P.E. Only By 7th January. Limit of 250

(Herder's Arms Pub, Lancs. Moor Road, 12.00 Noon/ 6.5m - 1200' Laneshaw Bridge, Nr Colne)

**SAT 23RD** Stanbury Fell Race O.D/ 11.30 am/ 7m - 1200'

(Penistone Hill, Haworth )

**SAT 30TH** Calder Valley Handicap Race 1pm / Free Entry / 6m - 1000'

(MCC. Mytholmroyd )

## FEBRUARY 1993

**SAT 6TH** Ogden Moors Fell Race O.D. / 11 a.m. / 6m / 700'

(Causway foot, off A629 Keighley road)

**SAT 20TH** Wadsworth Trog (The Beast) ("B" Long should be "A" Long)

(Old Town Cricket Club, Hebden) P.E. by Feb 9th. Limit of 200 20m/ 4400'

For More Details Contact Allan G or the Editor

# RESULTS

## SAT 3RD OCTOBER TOUR OF PENDLE "A" LONG 17M/4200'

1	Mark Aspinol	Clayton Le Moors	2:21:03
15	Jeff Winder	C.V.F.R.	2:34:14
30	Carol Greenwood	"	2:41:10 (First lady) (New Rec)
56	Gerry Symes	"	2:58:46
84	Anthony Flint	"	3:12:56
92	Alan Jones	"	3:16:38
128	Edward Proctor	"	3:43:10
131	Allan Greenwood	"	3:46:55
142	Irene Neville	"	3:57:50

150 Ran

## SUN 4TH OCTOBER BRADFORD HALF MARATHON 13 1/2 MILES

1	Tony Okell	Stockport Harriers	1:10:25
32	Carol Greenwood	C.V.F.R.	1:21:06 (1st lady)
60	Richard Kellet	"	1:25:00
185	Trevor Redmond	"	1:36:34

436 finished

## SUN 11TH OCTOBER HALIFAX LADIES 10KM ROAD RACE 6.1 MILES

### (HELEN WINDSOR MEMORIAL)

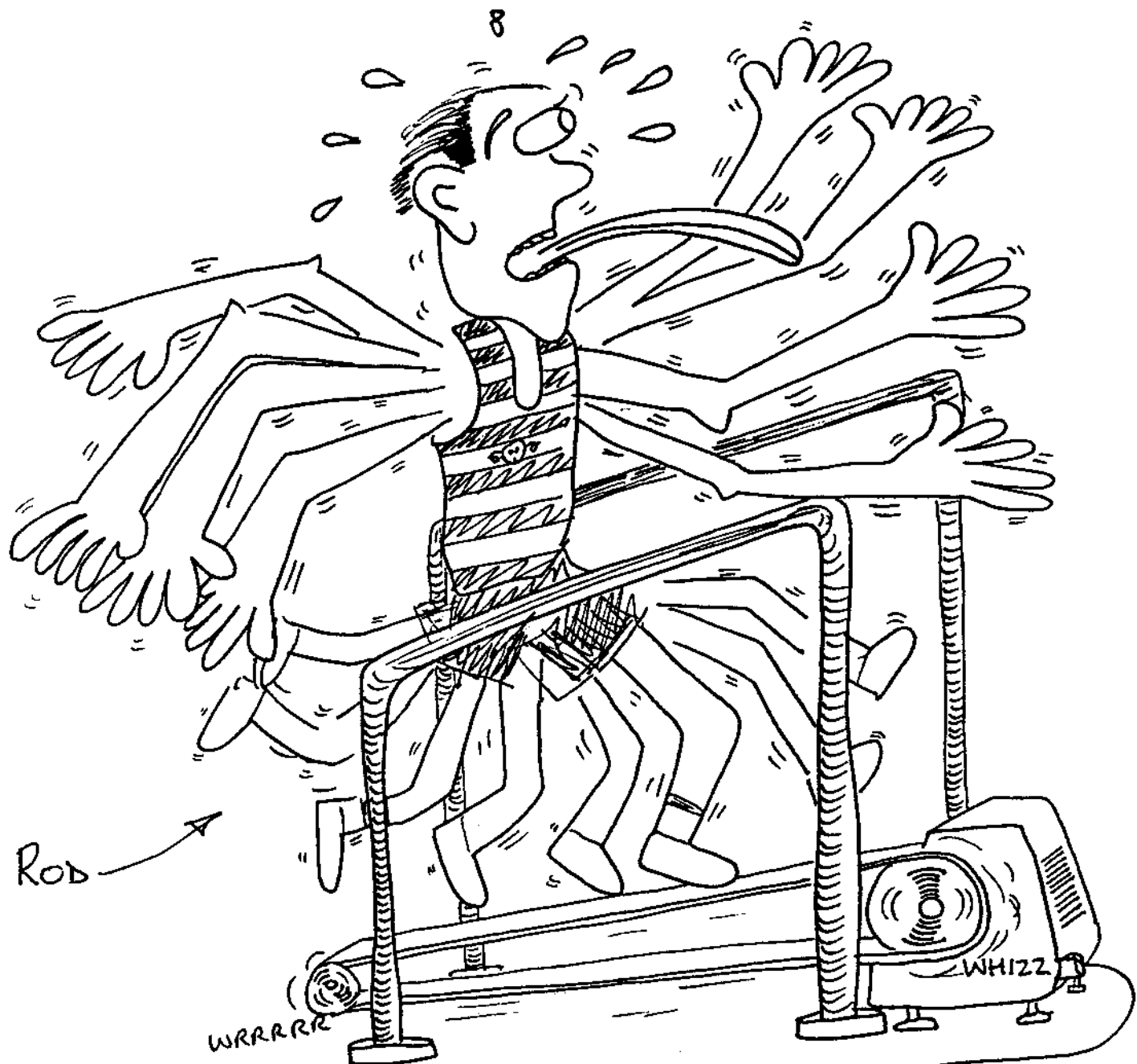
1	Carol Greenwood	C.V.F.R.	37:04
42	Irene Neville	"	47:25 (2nd L/V 45)
60	Kay Pierce	"	49:54

124 Finished

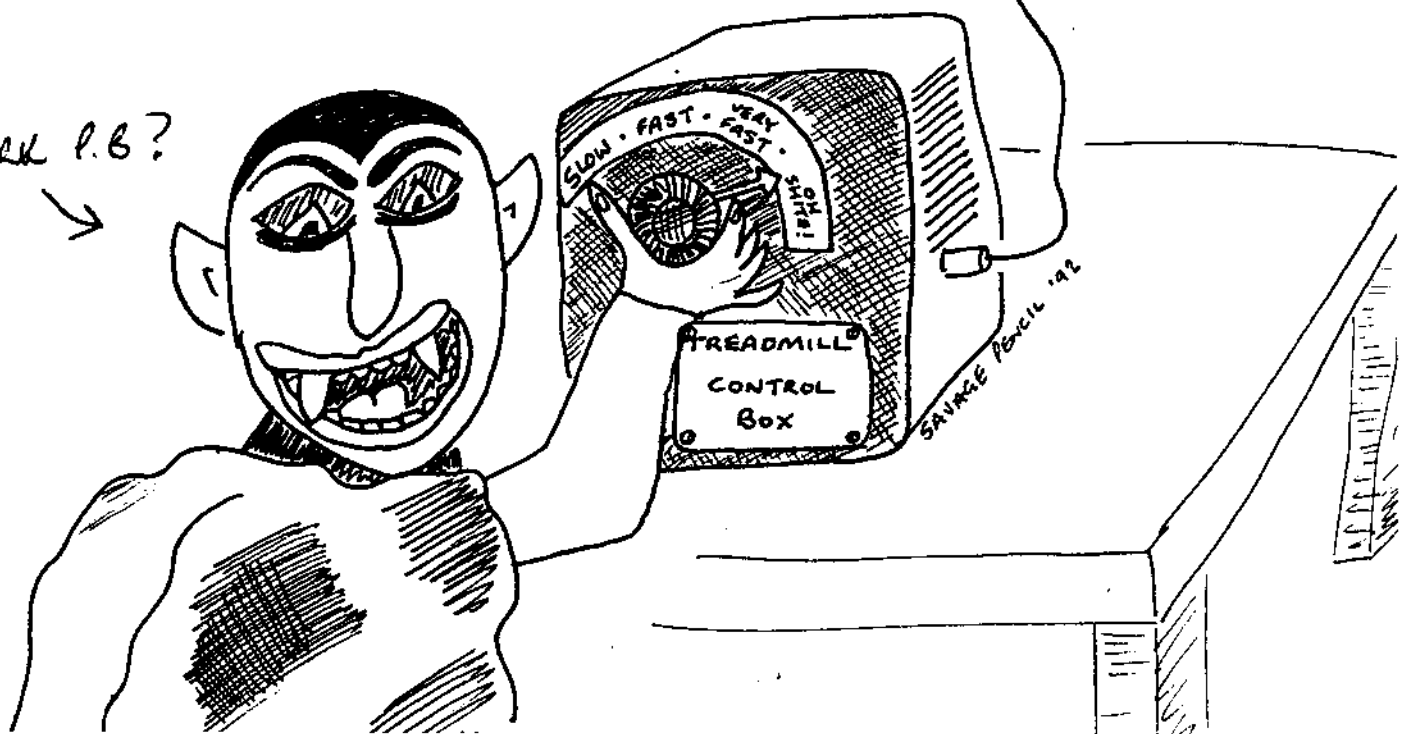
## SUN 25TH OCTOBER GALE FELL RACE ("C" SHORT) 4 1/2 M/900'

1	Mark Aspinall	Clayton Le Moors	25:25
22	Robin Skelton	C.V.F.R.	28:48
31	Carol Greenwood	"	29:22 (rec) (1st Lady)
37	J.Burnard	"	30:07
44	Liam Parry	"	30:36 (2nd U/18)
48	Carl Greenwood	"	30:53



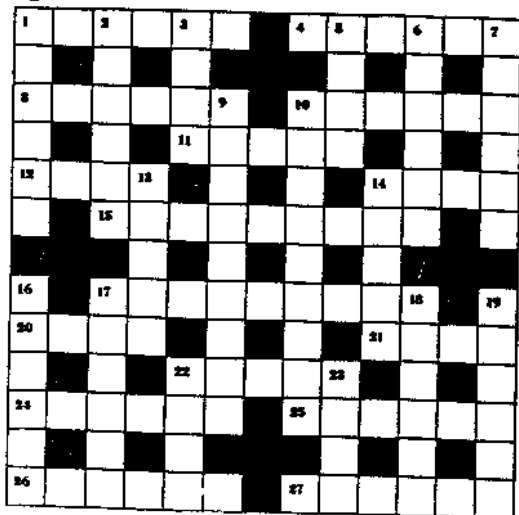


MARK P.B.?



# CROSSWORDS

## QUICKIE



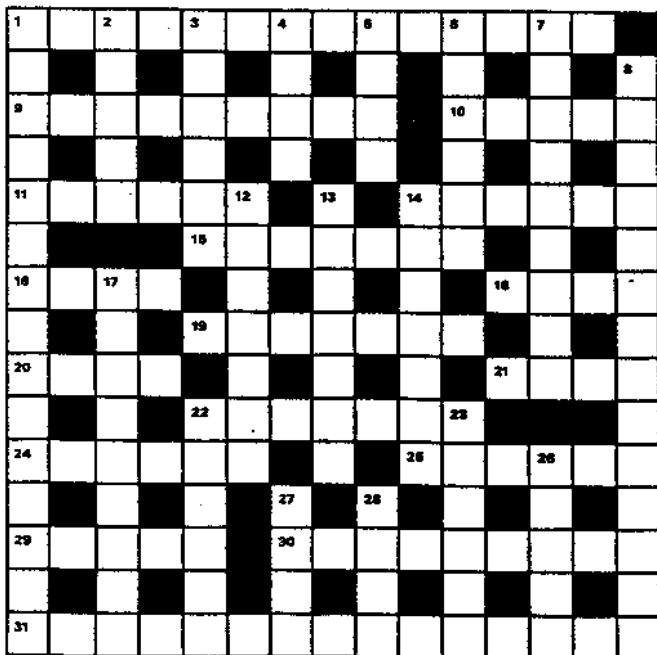
### ACROSS

- 1 Something wrong (6)
- 4 Change places (6)
- 8 Lavish meal (6)
- 10 Watch-chain named after a prince (6)
- 11 Not done by accident (5)
- 12 First man (4)
- 14 Anticipation of something good (4)
- 15 One who sets people free (9)
- 17 It might be put up to block a street (9)
- 20 Fierce animal (4)
- 21 Way out (4)
- 22 Slow creature (5)
- 24 Lump of gold (6)
- 25 Place of entertainment (6)
- 26 Intense dislike (6)
- 27 Person with church duties (6)

### DOWN

- 1 Down in the dumps (6)
- 2 Standing on ceremony (6)
- 3 Study hard (4)
- 5 Become limp (4)
- 6 Slight vibration (6)
- 7 At a higher temperature (6)
- 9 It should prevent attack (9)
- 10 South polar region (9)
- 13 Italy's second largest city (5)
- 14 Vast crowd (5)
- 16 Holding grapple (6)
- 17 Acquired by payment (6)
- 18 Anticipate arrival (6)
- 19 Make a great effort (6)
- 22 Dried up (4)
- 23 Not recorded (4)

## CRYPTIC



### ACROSS

- 1 Not up to dealing with the morning intake (9,2,3)
- 9 Cut off at home, dead and buried in the South of France (9)
- 10 One alternative to going back with the girl (5)
- 11 Putting one out might be a touching gesture (6)
- 14 She used to be a college girl (6)
- 15 End of sentence in Press handout (7)
- 16 Steal from the police station (4)
- 18 Song girl losing her head (4)
- 19 Means to do a job in addition to swinging a kilt (7)
- 20 Prepared to tell the truth, one takes it (4)
- 21 Pleased to have made a good start with the boy (4)
- 22 Girls get fresh backing when the mating game isn't finished (7)
- 24 Not feeling so much for so many (6)
- 25 Hatred of change producing shortage (6)
- 29 Become a member and give direction in a new role (5)
- 30 It offers the possibility of progress along urban lines (4,5)
- 31 Just in case an acquittal is possible (2,3,3-6)

### DOWN

- 1 Film interview with lawyer (5,9)
- 2 Follow men who won't start on a girl (5)
- 3 One could have a fatal effect (6)
- 4 Before the volcano goes up (4)
- 5 One that goes out after a rise (4)
- 6 Such a fool is likely to be the soup (6)
- 7 Help a mere spinner - it won't be for long! (9)
- 8 Money offered with a smiling word for the fare (5,3,6)
- 12 Get back to give new protection (7)
- 13 Something on a horse might be alien among sheep (7)
- 14 Hoped to get one spread free around (7)
- 17 A man with a cart crashing into vessel (9)
- 22 A lot of money can be made by breaking the law (6)
- 23 Look for directions to be given to the chief (6)
- 26 Rake over the end of passion in France (5)
- 27 He's taken in at the lowest level (6)
- 28 Fifty per cent cut (4)

The hardest race of my life, or A duffer's eye view of Cross Country.Safeway International 21/Nov/1992

I don't bother racing during the winter as a rule. It's the Cross-Country season and i've never really been a right big fan of Cross Country running. I mean, it's good to watch all right, standing about in the rain or sometimes snow (it's hardly ever sunny for a Cross meeting is it), stamping your wellie clad feet and swinging your gloved hands, cheering them on as they toil round fields, up through the woods and over parkland. But not actually to take part.

You see it's all a bit too fast and flat for my liking. I like to run on the fells during the Summer, even though i'm not so good on the climbs. Come to think of it, i've never really been able to get the hang of coming back down either. But the thought of bashing out the miles of grassland at full tilt without a chance to have a rest, sends me scurrying off to find a less painful pasttime, such as a visit to the dentist or listening to Lena Zavaroni.

It had to happen though, sooner or later. Her indoors had her sights firmly set on doing the Ladies' race at Gateshead this year and, as it is a fair trek up the A1 for us, she decided that it would be more worthwhile a journey if we were both to run. "It will do you good" she said, ignoring my protests as she wrote out the cheque, "...a bit of speedwork will sharpen you up...just what you need for the winter..."

Sharpen me up! What for, shovelling snow? Question of sport? Anyway the cheque was posted before i could argue further (well it's only 80p lost if i don't run,) and soon the dark nights began to draw in. October came and went, the Guy Fawkes '10' and the Skyline Fell Race, and the season just about drew to a close. The training runs continued for a couple of weeks, then the old spikes came out of the loft and we were off to Tyne and Wear.

The journey up the A1 was pretty uneventful apart from me being reassured that "lots of the local clubs will be there, with runners of all abilities, there are bound to be a couple you can beat." Oh yes that was me reassured. What if that couple do track work, what if they do Cross races. I was beginning to have serious doubts.

The first impression that i had of Gateshead was that i was impressed. A well set out town, modern stadium, well signposted and no litter. The parking and registration were clearly marked and efficient. This was for me a minus point, as i would have preferred my race number to have been irretrievably and irreplaceably lost.

Number pinned on, windproofs on, spike bag out (damn, she found it under the bed) and off to the Bowl. Here i came across my first big shock. There were runners everywhere. Senior men who i would be up against, were stretching, striding and looking extremely lean and fit. These were a different class altogether to the bods that trudge up and down hillsides in smelly Lifas. They all looked so well groomed with bright new-looking waterproofs and shoes. There was one lad stretching his hamstrings against the back of the chip van. He looked very useful. There was another buying some chips who looked as fit, in fact the bloke selling the chips looked in better shape than me.

Oh, i know what to do. I'll go and sit in the loo and miss the start. Yes, that's it, then i'll sneak out and have some chips and do what i do best, stamp my cold feet and swing my arms and cheer them on. It wasn't to be.

The Ladies' race had been run. Carol was changed and dry and ready to make sure that i didn't chicken out. The tannoy blared out asking us to the start so i stripped off from cagoule and windproofs and

tried to look like a sleek designer Cross runner as i joined the rest of the international field. I casually eyed up the opposition. Oh dear. Things didn't look good. Many had spike-marked legs, a tell tale sign of hard fought battles of old. The starter raised his gun and we were off, or rather they were off, i followed.

We made our way across the bowl, down a short slope, round a bend over the South Shore road and up the steep banking. I could hear the tannoy wailing something about the leaders starting their second mile. After  $2\frac{1}{2}$  laps i felt i was starting to settle into my stride. I was with a small group, the man in front wore a white vest, on my right shoulder was a fellow wearing a bobble hat, and just behind was the one i had just strained to get past, with "read Runner magazine" on the reverse of his vest. We rounded the next bend and i heard Carol shout. I looked up and asked her who was leading the race. "Jim," she replied as two Kenyans passed us with the ease and grace of Gazelle. If only she'd taken a photo as they were just on my shoulder. A few seconds later another Kenyan sped past, then the rest of the field started to pour through, lapping us up.

As our little group came up to complete the third, of four laps, i contemplated tucking in behind the next man to pass me, Zimbabwean Stanley Mandabele, as he turned into the finishing straight, but the Geordie marshal fixed me with his eagle eye and i sheepishly slunk over to the left of the course and into the last gruelling lap.

The rain was now coming down in stair rods as i pattered down the slippery slope for the final time, glad to get that one out of the way. The course was by now really slippery, not surprising as this is the eleventh race i thought. I was in real danger of losing a shoe if the mud became any thicker, but at least then i'd have an excuse.

One big circle around the rim of the bowl to do. White vest and Bobble cap were right on my tail but i had Northern Runner in my sights. I was going to get stuck in and catch him i decided. Up the short climbs i thought i was gaining on him but he seemed to sense my presence, probably by the wheezing and grunting, and put a kick in on the flat. I imagined that i could shake off my two followers on this final loop and so really dug deep into the fat stores for that glorious ounce of Lard that would carry me on to victory over my adversaries. It was there! Just when i needed it a final surge of adrenelin rushed through my entire being. I felt as though i was floating, being carried along on a breath of wind. I was suddenly aware that my surge had arrived as i was about to make my last descent from the rim of the Bowl, and the floating sensation quickly turned to wallowing.

I lay there spreadeagled, the hailstones now hammering into my eyes. White vest slid past, generously sharing with me some of the mud from his shoes, followed by Bobble cap who, if i hadn't been wiping said mud from my nose, would have perforated my left hand with his crampons. I reflected as i lay on life and how cruel it can sometimes be. I pondered on how wonderful it would be to just be allowed to lay here for ever, to die and be buried on this very spot where so many athletic greats have trodden before. Just leave me here with my pain racked body.

But no, wait. I can hear someone else coming along the course, at least i'm not last! I can still go on and save myself from that humiliation. Quick, get up, there are people watching who have witnessed my plight. They'll will me on to the finish as long as my weary body can still function.

Yes, i'm on my feet. There's pain alright but pain is natures way of telling you that you are still alive. I can move. I can walk, jog, i'm running again. Not far now, one small loop to run, one giant loop for mankind. My legs are working, i can see the others in the distance. The crowd is cheering me on, "Keep going, not far now, well done..." Im gaining on them, i can sense them getting tired and realise that my short lie down has

done me good. 1000 metres to go now and i've got them in my sights, 500 to go and i'm catching them. The crowd are wild with excitement, 300 metres to the line and we're level, they both sense my attack and try to respond but they haven't anything left in the tank. 200 metres and i can see Northern Runner ahead. I'm bearing down on him, he responds and we cover the last 100 metres in 9.8 seconds, dipping through the tape together, but he takes Gold and i get the Silver, which turns out to be a foil carton of Safeway apple juice, although the taste is just as sweet.

Never again. In the space of 31 minutes my body has whirled through the whole spectrum of physical and emotional states. It was fast, tough, it was the first time i had been lapped and now i'm aching, tired and ready for bed. What was that? Oh, the wife's just told me that there's a West Yorkshire Cross Country League meeting on next Saturday. I'd better clean my spikes up before bed then!

Allan Greenwood.

Gateshead International Cross Country      21-Nov-1992

Senior Men 6900 metres

1st	Anthony Kippono	KENYA	20:04
2	Kipyego Kororia	KENYA	20:05
3	Zablan Miano	KENYA	20:09
4	STEVEN TUNSTALL	PRESTON HARRS.	20:30
5	James Kariuki	KENYA	20:38
6	Cosmos Noeti	KENYA	20:41
7	Benson Masya	KENYA	20:43
-11	Andrew Pearson	Longwood Harrs.	20:51
-21	Richard Findlow	Bradford Airedale	21:17
-23	Mick Hawkins	Bingley Harrs.	21:19
-26	Tom Buckner	Havant A.C.	21:31
-39	Andy Peace	Bingley Harrs.	22:02
-46	James Parker	Ilkley Harrs.	22:25
-211	Geoff Bell	Calder Valley	28:53
-220	Allan Greenwood	Calder Valley	31:21

226 Ran!

Senior Women 5200 metres

1st	Gillian Stacey	Bromley Harrs.	17:59
- 8	Carol Greenwood	Calder Valley	18:39
-70	Linda Hayles	Calder Valley	23:52

90 Ran.

And now, something to get your teeth into...

How does the thought of;

HOT ROAST DUMPLINGS

appeal to you?

Are you HUNGRY for excitement? Have you an APPETITE for competition? Then why not come and try the Calder Valley Fell Runners' annual handicap race, on Saturday 30th January 1993, where you will be invited to sample a set course of MOUTHWATERING MOORLAND, culminating in the culinary delight of Stoodley Pork, (return by same route)

So come to the V.C.C. on the 30th of the thirst and run 'till you roast your dumplings to a frazzle.

Also- club dinner, Wallis Simpson's  
Same night....tickets from  
Pete Regan (0422) 355243



COLEMAN'S COMMENTS

A collection of quotable quips from the colourful commentator;

There's going to be a right ding-dong when the bell goes.

This could be a repeat of what will happen at the European Championships next week.

Not only is Seb Coe looking cool calm and collected, he's hardly breathing.

It's the first indoor outing this year.

One of the unknown Champions because very little is known about him.

Charlie (Spedding), who believes in an even pace and hopes to run the second half faster than the first.

Pannetta was the silver medalist in the European Championships, when he led all the way.

The Italians are hoping for an Italian victory.

The reason she's so fast over the hurdles is because she's so fast between them.

This race is all about racing.

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIPRace Results

Results for races 1-18 in previous issues of Rampage

Pos.	Name	Time	Chmp pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 19: PERIS HORSESHOE FELL RACE (AL 17m/7,500ft) - SATURDAY 26th SEPTEMBER</u>								
1.	Colin Donnelly	3.13.30						
15.	Gary Webb	3.35.34	40			11.20	3.24.14	39
18.	Steve Houghton	3.44.44	39			29.11	3.15.33	40
56.	Duncan Thompson	4.19.11	38			28.20	3.50.51	35
64.	M Bramall-Pimlott	4.24.33	37			37.24	3.47.09	37
79.	Paul Frechette	4.31.53	36	20		-	-	31
92.	Mick Banks	4.40.07	35			53.33	3.46.34	38
114.	Graeme Woodward	4.54.59	34			42.13	4.12.46	32
118=.	Denis Gildea	5.00.15	33			64.53	3.55.22	33
118=.	Stewart Gardner	5.00.15	33			-	-	31
118=.	Carl Greenwood	5.00.15	33			70.16	3.49.59	36
162=.	Neil Croasdell	5.41.38	30	19		-	-	31
162=.	Linda Hayles	5.41.38	30	19	10	107.40	3.53.58	34

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

1.	Ian Ferguson	1.58.18						
12.	Gary Webb	2.08.34	40			10.40	1.57.54	25
21.	Duncan Thompson	2.18.25	39			26.40	1.51.45	28
23.	Steve Houghton	2.18.30	38			27.28	1.51.02	29
28.	Rob Skelton	2.19.17	37			53.20	1.25.57	39
86.	Denis Gildea	2.33.29	36			61.04	1.32.25	37
99.	Graeme Woodward	2.35.55	35			39.44	1.56.11	26
112.	Richard Kellett	2.38.30	34			64.00	1.34.30	35
114.	Jez Wilkinson	2.38.36	33			66.40	1.31.56	38
126.	Ian Hartman	2.41.54	32	20		55.12	1.46.42	30
127.	Brian Horsley	2.42.05	31	19		40.00	2.02.05	24
146.	John Riley	2.44.28	30	18		80.00	1.24.28	40
148.	Mick Banks	2.45.15	29			50.24	1.54.51	27
176.	Trevor Redmond	2.49.31	28			76.32	1.32.59	36
229.	Steve Cavell	2.59.58	27			77.20	1.42.38	34
235.	Russell Arrandale	3.00.28	26			-	-	23
239.	Alan Jones	3.01.11	25	17		-	-	23
271.	Jimmy Sheard	3.05.28	24	16		-	-	23
273.	Graham Spencer	3.05.31	23			80.48	1.44.43	32
338.	Linda Hayles	3.24.16	22	15	10	101.20	1.42.56	33
339.	Neil Croasdell	3.24.17	21	14		-	-	23
359.	Irene Neville	3.38.42	20	13	9	112.48	1.45.54	31

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

1.	Ian Holmes	39.10						
6.	Gary Webb	42.09	40			2.48	39.21	27
12.	Duncan Thompson	43.48	39			6.24	37.24	36
41.	Graeme Woodward	46.46	38			8.24	38.22	31
47.	Carol Greenwood	47.21	37		10	11.06	36.15	39
49.	Chris Peart-Binns	47.28	36			9.12	38.16	33
52.	Richard Kellett	47.48	35			9.06	38.42	30
59.	Ian Hartman	48.27	34	20		10.18	38.09	35
60.	Rod Sutcliffe	48.28	33	19		8.48	39.40	26
63.	Carl Greenwood	48.55	32			10.12	38.43	29
66.	Denis Gildea	49.09	31			12.30	36.39	38
70.	Mick Banks	49.27	30			11.18	38.09	35
75.	Leahn Parry	49.45	29			-	-	23
83.	Jez Wilkinson	50.22	28			14.18	36.04	40

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
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RACE 21: SHEPHERDS SKYLINE FELL RACE (BS 6m/1,150ft) - SATURDAY 14th NOVEMBER

continued								
89.	Gerry Symes	50.46	27	18		-	-	23
112.	John Riley	52.57	26	17		15.54	37.03	37
127.	Steve Cavell	53.30	25			14.18	39.12	28
129.	Alan Jones	53.42	24	16		-	-	23
140.	Geoff Bell	54.35	23	15		-	-	23
153.	Pete White	55.38	22	14		-	-	23
161.	Graham Spencer	55.53	21			13.18	42.35	24
162.	Eddie Procter	55.53	20	13		15.00	40.53	25
214.	Irene Neville	63.18	19	12	9	25.00	38.18	32
239.	Kieran Bowden	80.38	18			-	-	23

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

1.	Neil Wilkinson	87.17						
22.	Duncan Thompson	96.12	40			13.34	82.38	3.
27.	Steve Houghton	97.09	39			14.07	83.02	36
53.	Carol Greenwood	104.30	38		10	27.19	77.11	39
66.	Brian Horsley	107.33	37	20		21.00	86.33	35
77.	Carl Greenwood	108.44	36			29.20	79.24	38
89.	Mick Banks	112.50	35			25.29	87.21	34
110.	John Riley	117.03	34	19		53.10	63.53	40
223.	Eddie Procter	145.53	33	18		24.45	121.08	33
265.	Allan Greenwood	193.20	32			39.36	153.44	32
DNF	Rod Sutcliffe							

If you spot any errors or omissions, please let me know

PLEASE NOTE: Only members who have paid their 1992 subscriptions have been included in the final results and have been allocated handicaps for 1993.







CALDER VALLEY FELL RUNNERS -1992 VETERANS CHAMPIONSHIP  
Final placings after 22 races

NAME	RACE																						TOTAL POINTS
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
	(L)	(S)	(L)	(L)	(S)	(M)	(M)	(M)	(S)	(L)	(S)	(M)	(L)	(L)	(S)	(S)	(M)	(M)	(L)	(L)	(S)	(M)	
1 Rod Sutcliffe	19		19	20	20	20		19	19	19	19		(19)	(19)			20					(19)	194
2 Ian Hartman	(14)	19		19		19		(15)	17	(15)	17	17		15			(11)	19		20	20		182
3 Brian Horsley	(15)	20					19	(16)		17	20	19		16			18		19		20		168
4 John Riley	11	16												17	14		20	17	17		18	17	166
5 Eddie Procter	10	17							16		12	12	15	12					15			13	140
5 Jeff Winder	20						20	20	20	20		20		20									140
7 Linda Hayles											10	7	13	10	19	19	13		19	15			125
8 Neil Croasdell											9	8	12	9	20	18	14		19	14			123
9 Alan Jones									15		13	11		11			16	16		17	16		115
10 Greg Houghton							18			16				18	18			19	20				109
11 Geoff Bell							17			14	16	15	16	13							15		106
12 Pete Horne	18							17	18	18		18											89
13 Pete White	12	14							14		11	10									14		75
14 Gerry Symes											18	16							18		18		70
14 Irene Neville	8														8	17	12			13	12		70
16 Bob Horne					19						13	15	13										60
17 Jeff Coulson	17		20													20							57
18 Barry Price	16		18				18																52
18 Tony Flint	9										14		14					15					52
20 Paul Frechette												14		17						20			51
21 Steve Kirkbride	13	18																					31
22 Grahame Fry												9							14				23
23 Jimmy Sheard																					16		16
24 Rhys Kift		15																					15

CALDER VALLEY FELL RUNNERS -1992 LADIES CHAMPIONSHIP  
Final placings after 22 races

NAME	RACE																						TOTAL POINTS
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
	(L)	(S)	(L)	(L)	(S)	(M)	(M)	(M)	(S)	(L)	(S)	(M)	(L)	(L)	(S)	(S)	(M)	(M)	(L)	(L)	(S)	(M)	
1 Linda Hayles											10	10	10	10	10	9	9		10	10			88
2 Carol Greenwood	10	10	10													10	10	10			10	10	80
3 Irene Neville	9													9		8	8			9	9		52

CALDER VALLEY FELL RUNNERS CHAMPIONSHIP  
Handicaps for 1993

A separate handicap for short, medium and long races has been calculated for each club member based on performances in club championship races in 1992. 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 one particular distance, the handicap has been estimated from performances in races at the other two distances. Handicaps have not been calculated for members who did not race at more than one distance in 1992 or runners who were not members of the club in 1992.

For each championship race in 1993, 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	Sh	Med	Lng	Name	Sh	Med	Lng
Russell Arrandale	137	211	288	Mick Banks	103	154	193
Geoff Bell	131	170	316	Richard Benn		250	
Alex Bowden				Kieran Bowden	120		
Tony Bradley	123	226	375	Mark B-Pimlott	111	171	260
Steve Cavell	127	167	263	Paul Cleary	48	101	84
Jeff Coulson			120	Neil Croasdell	171	280	392
Tony Flint	125	220	374	Paul Frechette	95	116	184
Grahame Fry		265		Stewart Gardner	87	130	274
Dennis Gildea	109	153	201	Chris Godridge	93	164	211
Allan Greenwood	198	393	400	Carl Greenwood	89	129	289
Carol Greenwood	84	103	98	Ian Hartman	106	124	176
Linda Hayles	203	287	390	Bob Horne	127	152	315
Pete Horne	102	110	132	Brian Horsley	96	122	159
Greg Houghton	60	103	203	Steve Houghton	48	47	106
Alan Jones	144	209	244	Rhys Kift	199		
Richard Kellett	86	135	191	Steve Kirkbride	162	175	190
Irene Neville	228	384	410	Christopher Nuttall	1194		
Roger Nuttall				Stephen Nuttall			
Leahn Parry	101			Chris Peart-Binns	85	120	303
Bernard Pierce				Kay Pierce			
Barry Price	108	217	137	Eddie Procter	156	235	310
Trevor Redmond	143	172	213	Pete Regan	146	160	169
John Riley	142	168	236	Pete Round	87		
Richard Rowlands	28	60	100	Jimmy Sheard	150	436	297
Rob Skelton	64	90	93	Steve Skelton	79		
Jon Smith				Alistair Sowden			
Graham Spencer	150	161	266	Rod Sutcliffe	83	98	108
Gerry Symes	103	119	200	Jill Thistlethwaite			
Andy Thompson	88	125	182	Duncan Thompson	51	55	112
Simon Towler		290		Gary Webb	27	34	50
Pete White	196	163	213	Jez Wilkinson	103	125	185
Jon Wilkinson				Tim Wilkinson			
Andy Wimpenny	50	56	156	Jeff Winder	56	77	58
Graeme Woodward	115	103	222				

NEW RULE FOR 1993: You will not be eligible for points in the 1993 club championship until you have paid your 1993 subscriptions - so pay Richard Kellett as soon as possible.

## OUR RAVING CORRESPONDENT, ALLAN GEE, SENDS US THE LATEST REPORT ON FELL RUNNING ACTIVITY IN MUCH-SQUELCHING- IN-THE-MARSHES

Some of you may have noticed the distinct absence of a certain club member throughout most of the last season, both on club nights and at races. Rampage can today exclusively reveal that this club member, who is well known for his inventive genius has not been totally idle.

- **BEAVERING**

Indeed he has been far from immobile, as he has been busy in his workshop, beavering away on his latest brainchild. The fells and moors above Wadsworth may have been more tranquil without his presence but his garden shed has been a hive of activity over the last 10 months.

- **STORM**

Our intrepid entrepreneur has been developing and testing a new type of footwear which he says "will take the market by storm." It is a durable, lightweight and waterproof overshoe which has a one-size, universal fitting and will be compatible with all leading types of running shoe, currently available.

- **MARKET**

"The prototypes have been a success", designer Mr Pimlott told me, and he went on, "the first batch should be ready to market in a few weeks".

The revolutionary new overshoes, which have already been dubbed 'Pecket Wellies', will be available in a variety of colours. The ones we were shown, were in white with the legend Tesco embellished in blue and red on the sides.

- **CONVENIENT**

Each model will also have, incorporated into its design, a pair of convenient carrying handles for easy portability. The first overshoes should be available by the New Year, and prices are expected to start at about £4.99 a pair.

More details from sole distributors, Bramhall-Goldie Enterprises, Wildcroft Street, Pecket Well, Hebden.



CALDER VALLEY FELL RUNNERS - ANNUAL HANDICAP  
 STUBBS FIELD - SATURDAY 30TH JANUARY 1992 @ 13.00 HOURS

NAME	START TIME	HANDICAP
	01:00:00 PM	25.00
Helea Taylor	01:07:00 PM	18.00
Irene Neville	01:07:00 PM	18.00
Linda Hayles	01:11:00 PM	14.00
Neil Croasdell	01:12:00 PM	13.00
Allan Greenwood	01:12:00 PM	13.00
Graham Fry	01:13:00 PM	12.00
Jill Thistlethwaite	01:13:00 PM	12.00
Eddie Procter	01:13:00 PM	12.00
Jimmy Sheard	01:13:00 PM	12.00
Graham Spencer	01:13:00 PM	12.00
Alistair Sowden	01:13:00 PM	12.00
Bob Horne	01:14:00 PM	11.00
Rhys Kift	01:14:00 PM	11.00
Peter White	01:15:00 PM	10.00
Simon Towler	01:15:00 PM	10.00
Geoff Bell	01:15:00 PM	10.00
Steve Kirkbride	01:15:00 PM	10.00
Tia Wilkinson	01:16:00 PM	9.00
Kieran Bowden	01:16:00 PM	9.00
Alan Jones	01:16:00 PM	9.00
Jon Wilkinson	01:16:00 PM	9.00
Tony Flint	01:16:00 PM	9.00
Pete Regan	01:17:00 PM	8.00
John Riley	01:17:00 PM	8.00
Steve Cavell	01:17:00 PM	8.00
Andy Thompson	01:17:00 PM	8.00
Richard Benn	01:17:00 PM	8.00
Russell Arrandale	01:17:00 PM	8.00
Trevor Redmond	01:17:00 PM	8.00
Tony Bradley	01:17:00 PM	8.00
Mark Bramall-Pimlott	01:18:00 PM	7.00
Barry Price	01:18:00 PM	7.00
Jez Wilkinson	01:19:00 PM	6.00
Dennis Gildea	01:19:00 PM	6.00
Pete Horne	01:19:00 PM	6.00
Mick Banks	01:19:00 PM	6.00
Carl Greenwood	01:19:00 PM	6.00
Gerry Symes	01:19:00 PM	6.00
Paul Frechette	01:19:00 PM	6.00
Stewart Gardner	01:19:00 PM	6.00
Richard Kellett	01:20:00 PM	5.00
Chris Godridge	01:20:00 PM	5.00
Brian Horsley	01:20:00 PM	5.00
Chris Peart-Binns	01:20:00 PM	5.00
Leahn Parry	01:20:00 PM	5.00
Rod Sutcliffe	01:21:00 PM	4.00
Graeme Woodward	01:21:00 PM	4.00
Carol Greenwood	01:21:00 PM	4.00
Greg Houghton	01:22:00 PM	3.00
Damian Whitehead	01:23:00 PM	2.00
John Simpson	01:23:00 PM	2.00
Andy Wimpenny	01:23:00 PM	2.00
Steve Skelton	01:23:00 PM	2.00
Rob Skelton	01:23:00 PM	2.00
Pete Round	01:23:00 PM	2.00
Jeff Winder	01:24:00 PM	1.00
Steve Houghton	01:24:00 PM	1.00
Paul Cleary	01:24:00 PM	1.00
Richard Rowlands	01:24:00 PM	1.00
Duncan Thompson	01:24:00 PM	1.00
Jeff Coulson	01:24:00 PM	1.00
Alex Bowden	01:24:00 PM	1.00
Garv Webb	01:25:00 PM	0.00

CALDER VALLEY FELL RUNNERS

Committee meeting No 1, 1992-93, Tuesday 24th November 1992.

Present; Andy Thompson, Rod Sutcliffe, Russ Arrendale, Duncan Thompson, Richard Kellett, Alistaire Sowden, Jeff Winder.

Apologies; Andy Wimpenny, Rhys Kift.

1) Minutes of last meeting taken as read.

2) Matters arising;

1. Outstanding achievement of the year award, the committee agreed that the recipient of the award for 1992 will be Trevor Redmond for his successful Bob Graham round.

11. Club Vests, Alistaire reported that Winner can provide us with vests. Alistaire was given the go ahead to order up to six hundred pounds worth of vests from club funds. He is also going to order ten club sweat shirts.

3) Chairmans Report,

Russ thanked the committee for his election.

4) Secretaries Report,

Andy reported that he had recieved correspondence from the F.R.A regarding annual registration fees. Because we as a club have affiliated to the Fell Running Discipline of The North Of England Athletic Association we no longer have to affiliate to the F.R.A directly. However the committee agreed that we should donate ten pounds to the F.R.A this being the sum of the annual registration fees.

5) Membership Secretary,

Richard reported that there had been an increase in interest in the paying of club fees since the A.G.M, at present the membership stands at 68 members.

It was agreed that in 1993 club members will not be eligible to score points in the club championship until they have paid their annual subs. Also points from races which a member ran before paying their fees can not be claimed back.

6) Club Captain,

Duncan reported that he has drawn up a provisional list of races for 1993 and was waiting for the publication of the race calendar before disclosing the list. He did however state that The Wadsworth Trog would be the first race.

Also The Three Peaks will be a club championship race, so get your race application in early.

7) Treasurer,

Alistaire reported that the present balance stands at 985 pounds. This figure will be reduced by the purchase of club vests and sweat shirts.

## 8) Race Co Ordinator,

Rod outlined his feelings on his duty as race co ordinator. Mainly that the organisation of club races would be carried out by the individual race organisers and that Rod would assist them in doing this. It is hoped that in doing this we will be able to introduce continuity and a degree of uniformity to all our races.

## 9) A.O.B.

Rod proposed that, due to Jeff showing a renewed interest in the running of the club, that he had valuable qualities to offer the committee and therefore should be Co-Opted on. This was seconded by Andy and therefore carried. Rod welcomed Jeff aboard.

The Calderdale Way Relay Race was discussed at length and the four teams were selected. The team captains are as follows;

"A" Team	Duncan Thompson,
"B" Team	Richard Kellett,
"C" Team	Steve Cavell,
"D" Team	Andy Thompson.

The teams will be posted on the notice board and captains will contact their runners.

Next meeting Tuesday 12th January 1993 at The Shoulder of Mutton.

### CALDER VALLEY FELL RUNNERS

#### CLUB FEES 1993

Club fees for 1993 have been raised to four pounds and are due on the 1st January. Richard Kellett will be glad to accept your payments.

A new ruling for 1993 will be brought in, whereby a member will not score points in the club championship until they have paid their fees.

If a member pays their fees late they will not be able to claim back points from races that they completed before the date of payment.

The first club championship race of 1993 will be the Wadsworth Trog, so get your fees paid and run The Beast with a smile on your face, knowing that your fees are paid and all is well. All you have to do is finish!!!

Also members will not be eligible to run for the club in team relays if they have not paid their club fees.

You may feel that these measures are harsh but they have been brought in to deter certain club members from "forgetting" to pay.