Issue 28

Summer 1993

RAMPAGE

CALDER VALLEY FELL RUNNERS



FULL STORY INSIDE

COMMITTEE

CHAIRMAN	RUSS ARRANDALE
SECRETARY	ANDY THOMPSON
TREASURER	ALISTAIR SOWDEN
CLUB CAPTAIN	DUNCAN THOMPSON
MEMBERSHIP SEC	RICHARD KELLETT
PUBLICITY	ANDY WIMPENNY
STATITISTICIAN	IAN HARTMAN
RACE CO-ORDINATOR(S)	ROD SUTCLIFFE
RAMPAGE EDITOR	RHYS KIFT
ARTWORK AND CARTOONS	ALLAN GREENWOOD

EDITORS RAMBLINGS

In this edition I have introduced a couple of new sections. RAMPARTS - this is to be a series of runs which are various club members favourites, we all have our favourite run, so if you fancy letting us know about your local run please do so with details of starting place, distance, sample map and general details of the run with any interesting facts. Then we can all come and see why you're so fit!

I can't think of a "Ram" name for the 2ND new section which is to be an in depth interview, warts and all - (perhaps RAMIFICATIONS) of one of our typical club members - not the stars, they get enough publicity(sorry Russ). The interview will probably involve visiting your home, looking through he dustbins, checking the bedroom cupboards, you know, that sort of thing plus a few devious questions. Could be good fun - we'll see.

As you will see from this edition, it should be called the "John Riley Annual" - well we had to start somewhere - thanks for your help John.

The front cover depicts Mick Banks hallucinating on the dales way. We obviously have another good Ultra runner here, we look forward to further exploits.

Note: The South Pennine 39 trigs hasn't been repeated yet - I look forward to someone sneaking round it in under 24 hours.

Good running,

Rhys



P.S. Please keep those articles, notes, results, coming - next edition in September.

P.P.S Allan Greenwood has a copy of the 3 peaks race as seen on TV - contact him if you're interested.

P.P.P.S Duncan was winner of Manx Mountain Marthon - his 3 peaks number was 111 (3 legs get it!) - I'll explain to you later Jimmy.)

Rumour is....

That plans are being drawn up to hold a club event along the lines of the old T.V. show "It's a knockout." Bernard Pierce will play the role of the Jolly rugby fan/ commentator Eddie Waring, Jimmy will play the Joker and Mark will be Arthur Ellis' dipstick.

Attention race organisers!!

I have a quantity of race numbers available for the bargain price of £1.50 per 100, about half the normal rate. They are the small card type (6½" x 5") and although they aren't fully waterproof, they are when used with sandwich bags. Take it or leave it...

Allan.

Allan -



Steve Cawell and Graham Spencer hit the cobbles at start of Rossendale Way

Looks like the start of the buttress on Hebden Bridge to me - Ed

Photo A. Greenwood

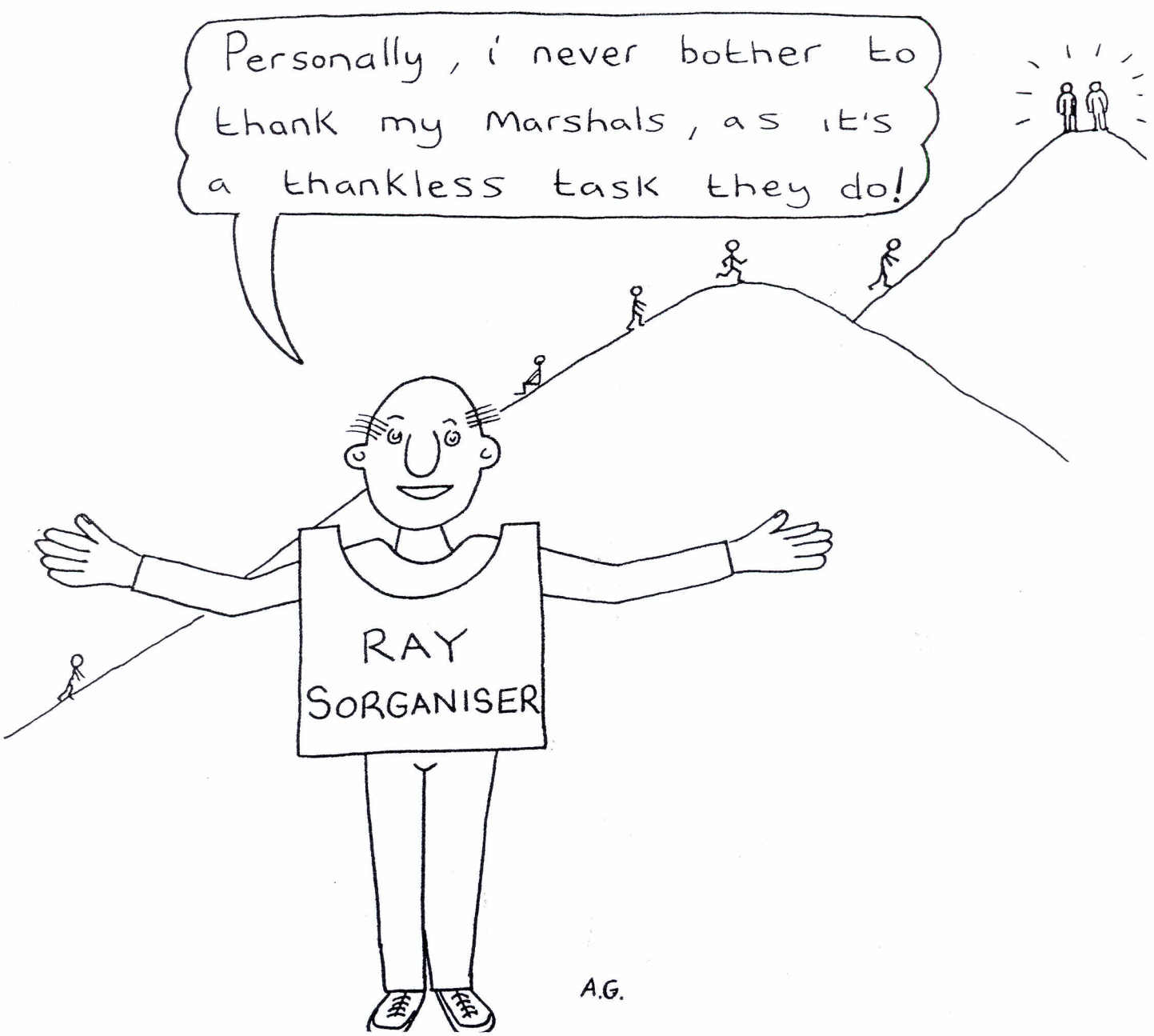
Ogden Moors Fell Race 6th Feb 1993

Carol decided at the last minute to go and run in the World Cup trials (cross-country) at Corby, so on the day of the race i felt a bit more apprehensive of a smooth running event than last year. As it turned out, i needn't have been worried as offers of help from clubmembers came thick and fast during registration. I wish to record my thanks to everyone who helped out in any way, especially on such a murky & misty day.

For the record, Tim Lofthouse of Bingley Harriers scored the first victory of his career, beating a rather high class field in the process.

Allan Greenwood.

Allan.



Keep on running . . .

In 1982, my main sport was sailing. I was a regular crew on an Enterprise (14') dinghy at Halifax Sailing Club at Fly Flats. At the time I was working with Richard Rowlands at Banson Tool Hire (I'm still there, Richard had the sense to find a proper job!). In the course of his duties he had to deliver some equipment to the North Bridge Leisure Centre at Halifax where they were holding a sports exhibition. He came back to work saying that he had been talking to a bloke who was promoting Orienteering. I knew roughly what it was and I was interested especially as it involved maps – I've always been map–mad, but when he said you had to RUN! that was it, No chance I said, but he was not to be deterred and on Saturday Nov 6th 1982 we turned up for our first orienteering event. It was a local low–key event at Nab Hill overlooking Fly Flats Reservoir. It was wet and cold and misty and we were a bit apprehensive. One hour later I was hooked. For the next five years orienteering was not only my main sport but a total obsession. I became a full member of East Pennine Orienteering Club and the British Orienteering Federation. The next step was how to improve our performance. We did the obvious. We started running more than once a week. It soon became plain that Richard was a natural athlete and I couldn't compete with him on the roads, mind you he is 9 years younger than me.

In 1983 I tried some road and fell races, namely The Evening Courier Half Marathon (with Rhys), the Sourhall Six and Hollins Six at Todmorden, and Stoodley Pike and Wadsworth Gala fell races.

Over the next 2 or 3 years I still did a few road races, a few half marathons and the longest road race I have done the Tod 22. (I have never done a full road marathon). The Fell races started to increase in number, my first Three Peaks in 1985 was a shock to the system, but orienteering was still number one. I joined Halifax Harriers in 1985 but it was the formation of Calder Valley Fell Runners that really changed things, until then I hadn't been fully committed to the fells.

From 1986 onwards the orienteering slowly began to take second place and fell running took over. Surprising really considering I did the Chew Valley Skyline in March that year in arctic conditions and vowed I would never do another fell race. Mind you, on the way home I was planning how I could do it faster next year, (and I did).

Enter Rhys, "How do you fancy doing the Haworth Hobble? It's only 33 miles!!" "OK" I said and so began my interest in longer distance events. Not that I have ever been any good at them, but I like the fact that you can run really slow and get away with it.

The next new type of event I tried was the Mountain Marathon. I took to them like a duck to water which was just as well as my first effort was the KIMM in Galloway in 1986 with Rhys. It was the wettest, windiest weekend I had ever known. Still it was good fun shivering in wet clothes, trying to fill an empty wine bag with water in a stream, with numb hands at the overnight camp.

1987 and 1988 saw me attempting the Bob Graham, both attempts were doomed through lack of training particularly lack of training in the Lake District. However I might have got away with it but for the extremes of weather. Firstly a cold, wet and windy July in 1987 and a heatwave in 1988 when I got heat stroke.

The rest is history. In fact all of it is history. I have concentrated on fell running ever since, but I do have some ambitions. One is to do well in the Club Championships, perhaps in the Vets category. I will someday do a road marathon and hopefully a triathlon or two, and I will definitely try cyclo–cross soon, but the main thing is another crack at the Bob Graham Round.

1993 will be the year I get fit!!!

John Riley (BOO!)

HIGHLIGHTS OF THE FIRST TEN YEARS

Nov	1982	First ever running event. Orienteering at Nab Hill
Aug	1983	First Road Race. Hollins 6 at Todmorden.
Aug	1983	First Fell Race. Stoodley Pike.
July	1984	Beat Jimmy Saville at Pool Road Fell Race, near Otley.
Sept	1984	First long fell race at Rossendale. Third from last.
Dec	1984	First Calderdale Way Relay. Leg 2 for EPOC.
March	1985	Won Orienteering event – Jerusalem Farm.
April	1985	First 3 Peaks. 4 Hours 14 Mins.
July	1985	Longest ever road race. Tod 22.
Oct	1985	5th in International 2 day 'O' event at Cleveland.
Oct	1985	Won orienteering event at Jersualem Farm again. Local knowledge!!
March	1986	First Haworth Hobble, with Rhys. 6 Hours 2 Mins.
May	1986	Won orienteering event at Honley Old Wood, near Huddersfield.
Sept	1986	My only O.S Lakes Mountain Trial in the Derwent Fells. 6 Hours 28 Mins.
Sept	1986	Won orienteering event at Elland Park Woods.
Oct	1986	First Karrimor in Galloway.
Nov	1986	Won Night Orienteering event at Shibden.
June	1987	First Ennerdale. 5 Hours 21 Mins.
July	1987	First Bob Graham attempt. (Covered 45 miles)
July	1987	Organized first Widdop Fell Race
Oct	1987	Karrimor Elite in Wales. Never again!!
Feb	1988	Calderdale Way sponsored run with CVFR & Halifax Harriers. 11 Hours 55 Mins.
March	1988	Rock & Run MM. Arctic Blizzards Completed long course with Ben Blamires.
May	1988	Won 26 mile LDWA event "Holme Valley Jamboree Walk" 4 Hours 10 Mins.
June	1988	Second Bob Graham attempt. (covered 40 miles)
July	1988	First Wasdale. 4 Hours 58 Mins.
May	1989	11th in Class A Rock & Run, Galloway with Graeme.
Nov	1990	Became a Veteran.
March	1991	2nd in Score Class, New Chew.
May	1991	Won CVFR Handicap Time Trial at Widdop. (Thanks Ian for the good handicap)
May	1992	Won Todmorden Boundary Hike 22 Miles, 3 Hours 11 Mins, 3 minutes ahead of Rod.
Oct	1992	Survived Karrimor 'A' class in Lakes in very wintry conditions, with Mark B–P.

** STOP PRESS ** STOP PRESS ** STOP PRESS ** STOP PRESS **

Dec	1992	The next 10 years begins with a lucky win in the Club Championships Handicap. Thanks again to Ian, the bribe paid off.

STOP... STOP... PRESS

BOD

APRIL 1993 WON CALDERDALE HIKE (35 MILES)

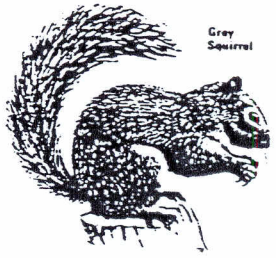
RAMPARTS NO.1

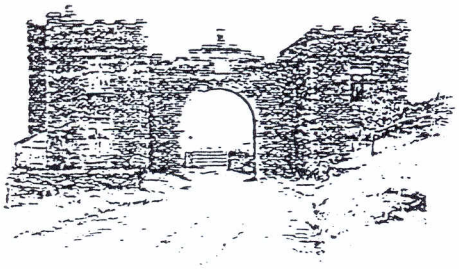
Luddenden Valley, Nab Hill and Midgley Moor – 10 miles/1500' climb
(Mostly rough moorland, paths and tracks)

Start & Finish: Jerusalem Farm Car Park (GR: 037278)

I like to start this run with a gentle jog around Wade Wood. Set off eastwards down the field to the stepping stones where the footbridge used to be before the floods of 1989. Cross the river and turn right and go past the swings and play bridges, take the path round to the left and follow Caty Well Brook up to the lake. Turn left at the lake and follow the path through the woods and join the Calderdale Way. Look out for squirrels here there are loads of greys about.

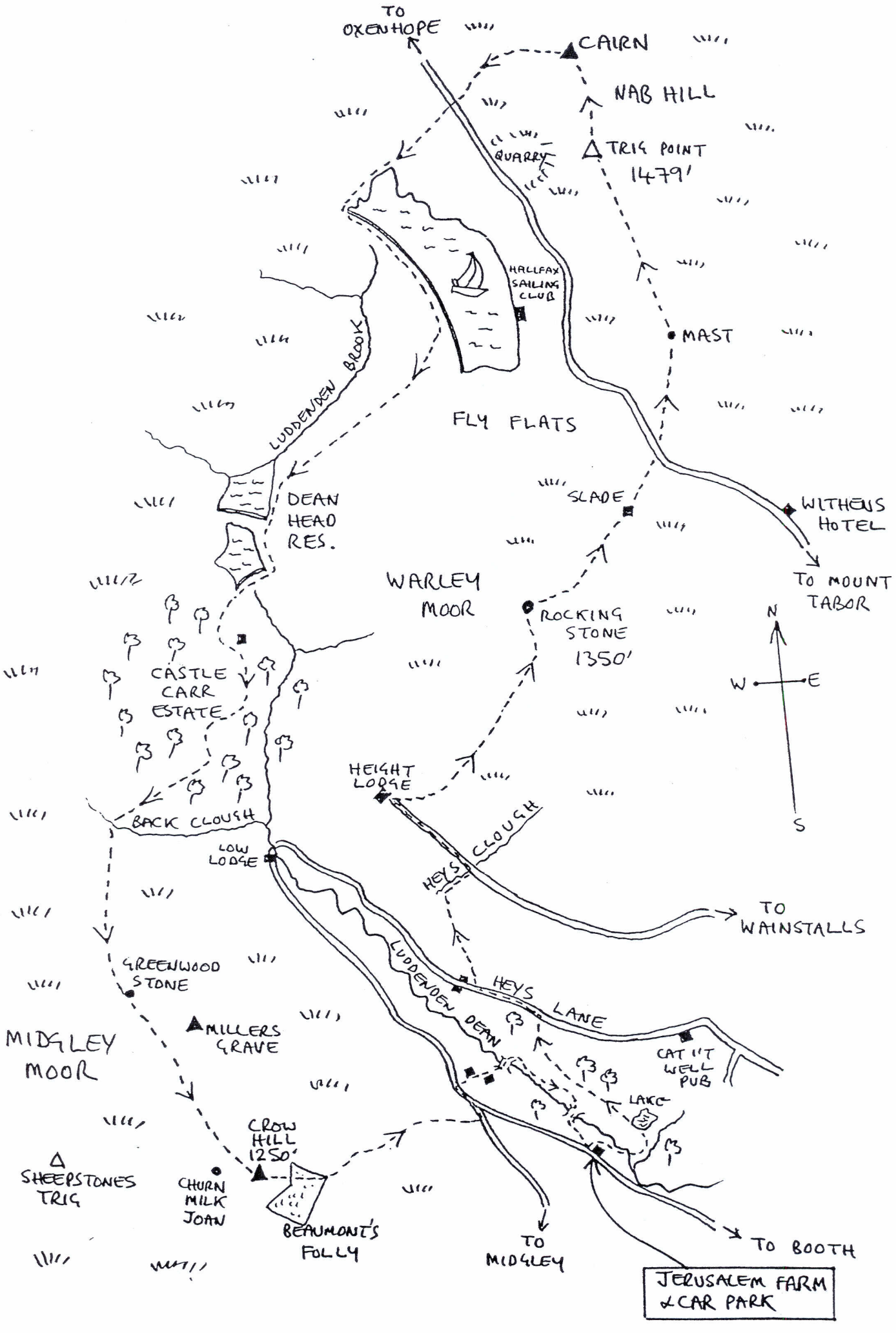
Follow the Calderdale Way up to Saltonstall and go left along Heys Lane descending towards Throstle Bower. Just before the dwellings go right, through a stile in the field corner and take the path diagonally across the fields. This path is little used and hard to see, look out for the stiles in the walls. When you reach Heys Clough go upstream and join the top road. Turn left and follow the road to Height Lodge.





Just before the lodge gates climb the steps on your right, through the stile and take the path across Warley Moor. I always visit the Rocking Stone (1350') which is about 100 yards off the path to your left, but I still cant find a stone that rocks! Continue past the derelict Slade farm and join the road between the Withens pub and Fly Flats reservoir. Cross the road and the fence and head northwards across Skirden Edge towards a single mast with an anemometer on top. Unless the clag is down you cant miss it. Apparently it has been doing wind measuring experiments prior to a decision to build a wind farm here. In fact building has now started so this part of the route may not be an option soon.

Take a straight line across the flat, crossing the contractors new track as you go, to the trig point at Nab Hill. This is the highest point on the run at 1479'. The actual pillar is on the top of a knoll but if you are a "Trig Lover" like me you won't be able to resist visiting it. Continue in a similar direction through the old delphs and you will soon see two big cairns on the edge of Nab Hill overlooking Oxenhope. I usually stop here to enjoy the magnificent views, on a clear day you can see Pen–y–Ghent. This is the furthest point from the start so its homeward bound now.


TO OXENHOPE
CAIRN
NAB HILL
TRIG POINT 1479'
QUARRY
HALIFAX SAILING CLUB
MAST
LUDDENDEN BROOK
FLY FLATS
DEAN HEAD RES.
SLADE
WITHENS HOTEL
TO MOUNT TABOR
WARLEY MOOR
ROCKING STONE 1350'
N
W
E
S
CASTLE CARR ESTATE
HEIGHT LODGE
BACK CLOUGH
LOW LODGE
CLOUGH
HEYS
TO WAINSTALLS
GREENWOOD STONE
LUDDENDEN DEAN
HEYS LANE
MILLERS GRAVE
MIDGLEY MOOR
CAT I'T WELL PUB
LAKE
CROW HILL 1250'
SHEEPSTONES TRIG
CHURN MILK JOAN
BEAUMONT'S FOLLY
TO MIDGLEY
TO BOOTH
JERUSALEM FARM & CAR PARK

Head south west across Nab Rough descending to the road, cross over and join the track along the northern edge of Fly Flats reservoir. Follow the waters edge round, over a fence and on to the embankment. You'll be lucky to get round this bit with dry feet even in summer!



Swaledale Sheep

Nice and easy now along the embankment. If its a summer weekend you can watch the sailing enthusiasts at play. At over 1300' the Halifax Sailing Club is the highest in Britain. Before the end of the embankment drop off to your right past a stone tower and look for a gate in the fence across the track. Climb the fence here as the gate is permanently locked and covered in barbed wire, then take the path that goes down to the head of the Luddenden Valley. It is fairly level at first then it begins to descend, watch out for the swamp half way down.



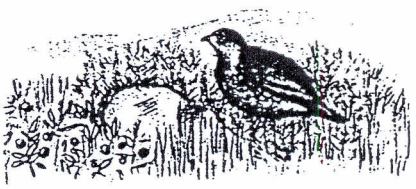
At the bottom you come to Upper Dean Head reservoir (the opposite side from the Wadsworth Trog checkpoint 2). There is a lot of repair work going on at the moment so its a bit tricky just here, you are better staying high and going through the trees. Drop onto the track and turn right across the embankment and into the shrubbery of the old Castle Carr estate. Soon you will see the biggest monkey puzzle tree you have ever seen, and to your left the remains of Castle Carr itself, once a magnificent pseudo–Norman castle.

The building of Castle Carr began in 1859 and took twelve years. It was started by Captain Joseph Priestley Edwards, a wealthy manufacturer, who employed a hundred men to build it. It was used as a hunting lodge in the pheasant and grouse seasons and you can still see pheasant in the grounds. Captain Edwards was tragically killed in a railway accident in 1868 and the work was completed by his son. It was demolished in 1962. I saw it as a boy at the time when demolition was in progress. All that remains now is one tower and piles of stone.

Stay on the track descending slightly to meet the woodland then turn right and go up an old track past some fine examples of Scots Pine, and continue until you reach the point where Back Clough meets Midgley Moor. Go over the wall and cross the stream and head south across the moor, no real path here just plough through the heather. Head a bit to the left of where you would find the path to Sheepstones, crossing a path and a row of shooting butts. Come up over the rise and look out for a stone stoup, this is called the Greenwood Stone. Follow an ancient sunken path S.S.E across the moor keeping Millers Grave (an elongated pile of stones) on your left and descending gently through the heather as you approach Crow Hill Nook and Churn Milk Joan stone stoup.



From here climb to the summit cairn on Crow Hill (1250'). Enjoy the extensive views including Emley Moor, Holme Moss, Windy Hill and even the Ferrybridge power station some 30 miles east. Nearer home and much more pleasant views include Sowerby Crow Hill, Cragg Vale and Stoodley Pike. Drop off the summit and cross the walled, and one time cultivated field known as Beaumont's Folly heading just north of east on the route of the Mytholmroyd fell race to the edge of the moor at Nell Nook. Go downhill crossing two walls to the track staying with the Mytholmroyd route and down to the metalled road and turn left towards Low Lodge.



After about a 100 yard descent, just where the track levels off, turn sharp right immediately before a farm track. Go through some bushes and down the side of a new fence. Follow the path down to the valley bottom crossing a stile and a wall then across a flat field to a wooden footbridge.

You are now back in Luddenden Dean beauty spot of the north! Follow the path downstream and you will soon find yourself at Wade Bridge. This is the newest pack horse bridge in the world as it had to be rebuilt recently, it was another victim of the 1989 floods. This is the place to wash your PBs in the river then its just a short jog up to the car park and civilization.

JOHN RILEY (B O D!)



Warley Moor Reservoir (Fly Flat) from West.

DALESWAY

MICK BANKS

BOWNESS TO ILKLEY - 81 MILES
GOOD FRIDAY - 19TH MAY
TIME 19HRS 15 MINS

I have, for some time, had hankerings about running the Dalesway. It was time to get it out of my system and good Friday was predicted as a good day. Though God knows why in hindsight. My theory of running the dalesway in around 16 hours is tagged on at the end, with marks attatched for those with school teachers mentality. However, first comes the saga.

Mark Bramall - Pimlott accompanied me through the night section. We set off from Bowness at 11.20p.m. I am not sure we can say "pissing down" in Rampage, no I will say raining heavily. Those that know the Dalesway will appreciate that between Bowness + Sedbegh it is on ill defined footpath. On that night it remained ill-defined despite a thorough recce. To be lost and up to the knees in cold water within the first half hour is about as good an omen as dead Albatross. We were to encounter at least 3 more dead Albatross's during the night. Dead albatross's duly dealt with, we arrived at Rash Bridge just as light was breaking; About 6 or 7 miles behind schedule. our highlite of the night was seeing a badger on the side of the river Kent near Cowan Bridge WONDERFUL!

Mark left me for the comfort of the support vehicle at Rash on a cold wet night which gave way to a cold wet day. I took a voluntary detour to Dent village to breakfast in the local toilets; anything to get away from the wind and rain. I was now alone until Gearstone. Crave Wold was a paradise. Water was knee deep carrying stones which rasped against the limestone and echoed very bad language. On Crave Wold I was lucky enough to see a large of flock Ring Ouzel and despite taking the best line in Blea Moor traverse arrived at Gearstones from where I was accompainied by Rob Gale.

Cam Feil came and went. Actually it took a long time but i can remember 'bugger all about it. Refuge was taken in the mini bus at Oughtershaw to prepare for the 'mog on' down Wharfedale. This was the easy bit!(in theory). Rob, being an all rounder, introduced the art of cave spotting and picked out good canoeing lines in the swollen river. All this made the rain pallatable until between Buckden and Kettlewell the river had flooded into the fields and the Dalesway was knee deep in water. Ian Hartman joined in here. The quote of the day belonged to Ian who had picked good lines as he ran to meet us. "You see that five bar gate with four bars under water? Well thats where we're going." We did !!!!!! and duly congratulated Sam's veggi Burgers at Kettlewell.

Kettlewell to Ilkley was a relatively easy affair after what preceeded. At last we were able to"mog on" without floods, a gale against us and navigational cock ups. Rob and Ian took turns to help through this stage the feeling of elation at Ilkley is difficult to put into words. It felt bloody great.

Many thanks to Ian Hartman, Mark Bramall - Pimlott and Rob Gale for company.
Thanks to Linda Hargreves, Nevada and Andrew Relph for road support.

Apologies to Mark for getting him lost ... but I believe I owe him it.

APPROXIMATE TIMES
(Depart Bowness & arrive Ilkley actual times)

Bowness	11.20
A6	02.00
Beckfoot	04 00
Rash Bridge	06.15
Dent	07.00
Gearstones	09.10
Oughtershaw	10.40 depart 11.00
Kettlewell	13 00
Grennight	14.30
Bards Bridge	16.30
Ilkley	18.30

THEORY OF THE DALES WAY

In April we might have showers but are unlikely to have persistant rain 0 out of 10
(It rained for 30 hours)

The The prevailing wind will be a an luck 0 out of 10
(A gale force wind S.E. is an blank)

No need for a map or compass 0 out of 10

You cannot get lost 0 out of 10

Bowness to Ilkley will be physchologically easier 9 out of 10
(running home)

9 out of 50 = 4.5 %

(THINK AGAIN)

This piece was typed by me, Sally Kift, and I would like to add that I have also done the Dales Way a few weeks ago and it took me 5 days (AGE 13).

CALDER VALLEY FELL RUNNERS

Committee meeting,Tuesday 23rd February 1993,Shoulder of Mutton, Mytholmroyd.

Present: Andy Thompson,Russell Arrendale,Richard Kellett,Rod Sutcliffe,Jeff Winder,Duncan Thompson,Ian Hartman.

Apologies: Andy Wimpenny,Alistaire Sowden.

1) **Minutes of last meeting** taken as read.

2) **Chairmans Report,**
Russell reported that the Annual Dinner had been a great success,thanks to Pete Regan for a very well organized event.

3) **Secretaries Report,**
The present situation regarding Jeff Coulson is that Harrogate A C have accepted his resignation,but will enforce the 9 months rule upon him.Jeff is now first claim Calder Valley for Fell,Road and x-country.

4) **Membership Secretary,**
The present membership stands at 49 full paid members.

5) **Club Captain,**
Club Championship: First race Wadsworth Trog,Calder Valley won the team prize,first vet o/50,we had five runners in the first twenty.
Next race Fiensdale.

6) **Club Statistician,**
The 1993 handicaps have been worked out and will soon be published.

7) **Race Co-Ordinator,**
Calder Valley Race
Jeff outlined the new race route.
20% of the race profit will go into the clubs funds.

8) **Any Other Business,**
No matters arising.

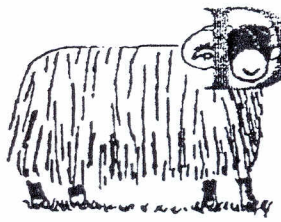
Next meeting,Tuesday 27th April 1993,at The Shoulder of Mutton.

Have you paid your club subs yet?

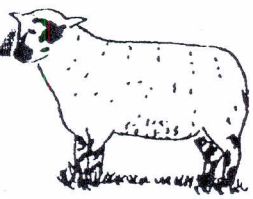
If not, they are (over)due and Richard Kellett will be happy to accept your payments. Remember the new rule for 1993, whereby a member will not score points in club championship races until they have paid their fees, neither will they be eligible to run for the club in any RELAY events or count towards the TEAM in a fell race.

You may feel these measures are a bit harsh, but they have been brought in to deter certain clubmembers from "forgetting" to pay.

SUBS FOR 1993 ARE £4.oo.



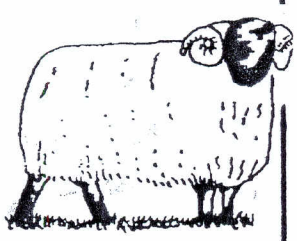
DELIGHTFUL SHEEP



Some serious and potentially scandalous behaviour has arisen within the club. It has come to light that at a recent pack run from the New Delight, certain members of out club were chasing a sheep, and a nursing mother at that. Although, under the Association of Fell Runners rules, chasing sheep is not forbidden, catching one is. Fortunately, the sheep in question escaped the attention of the pack.

What is worrying about this affair is the total disregard for A.F.R. rules, which clearly state that it should be "only one man per sheep". This rule was introduced to respect the rights and feelings of the hard working ewe. These ovine ladies, who have spent a hard day's work munching away in the fields don't want to spend a pleasant summer's evening being chased around by six hairy men and a hairy woman.

Group molestation of sheep has been designated by the A.F.R. as an act of perversion. In order to control this perverse activity the A.F.R. has permitted the formation of the Calder Valley Sheep Lovers, where all pervies can be brought together in one club and monitored. Members of this club are still allowed access to the moors in uncontrolled numbers with free range amongst the sheep whilst treatment for their affliction can be administered. These pervies are identified by the picture of their loved ones on their club vest. It would be disturbing if members of this club were to be given compulsory transfer because of an unfortunate lapse of moral behaviour. I have in my possession the names of all those involved, and in order to avoid any embarrassmert my silence can be bought.



DAVE WILSON

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 1: WADSWORTH TROG (BL 20m/4,000ft) - SATURDAY 20th FEBRUARY								
1.	Ian Ferguson	2.51.05						
5.	Gary Webb	3.05.56	40			16.40	2.49.16	22
6.	Duncan Thompson	3.09.48	39			37.20	2.32.28	29
7.	Jeff Winder	3.12.28	38	20		19.20	2.53.08	21
12.	Steve Houghton	3.14.17	37			35.20	2.38.57	24
13.	Andy Wimpenny	3.14.35	36			52.00	2.22.35	35
19.	Brian Horsley	3.24.22	35	19		53.00	2.31.22	31
23.	Chris Peart-Binns	3.26.47	34			101.00	1.45.47	40
27.	Pete Horne	3.32.16	33	18		44.00	2.48.16	23
32.	Mick Banks	3.36.30	32	17		64.20	2.32.10	30
39.	Michael Wardle	3.38.20	31			-	-	16
42.	Paul Frechette	3.38.53	30	16		61.20	2.37.33	26
43.	M Bramall-Pimlott	3.39.18	29			86.40	2.12.38	38
48.	Barry Price	3.41.14	28	15		45.40	2.55.34	19
56.	Gerry Symes	3.44.38	27	14		66.40	2.37.58	25
64.	Trevor Redmond	3.48.20	26			71.00	2.37.20	27
70.	Alan Jones	3.50.07	25	13		81.20	3.28.47	32
91.	Tony Flint	4.00.51	24	12		124.40	1.56.11	39
102.	Steve Kirkbride	4.06.15	23	11		63.20	3.02.55	18
107.	Geoff Bell	4.12.07	22	10		105.20	2.26.47	33
108.	Pete Regan	4.12.11	21			56.20	3.15.51	17
128.	Eddie Procter	4.20.22	20	9		103.20	2.37.02	28
132.	Graham Spencer	4.23.00	19			88.40	2.54.20	20
135.	Neil Croasdell	4.24.28	18	8		130.40	2.13.48	37
136.	Linda Hayles	4.26.03	17	7	10	130.00	2.16.03	36
153.	Irene Neville	4.41.40	16	6	9	136.40	2.25.00	34
dnf	Tony Bradley							



Calder Valley
A Team
Rossendale Way

Hey Andy, your legs have all gone funny!

CALDER VALLEY FELL RUNNERS - ANNUAL HANDICAP
Stubbins Field - Saturday 30th January 1993

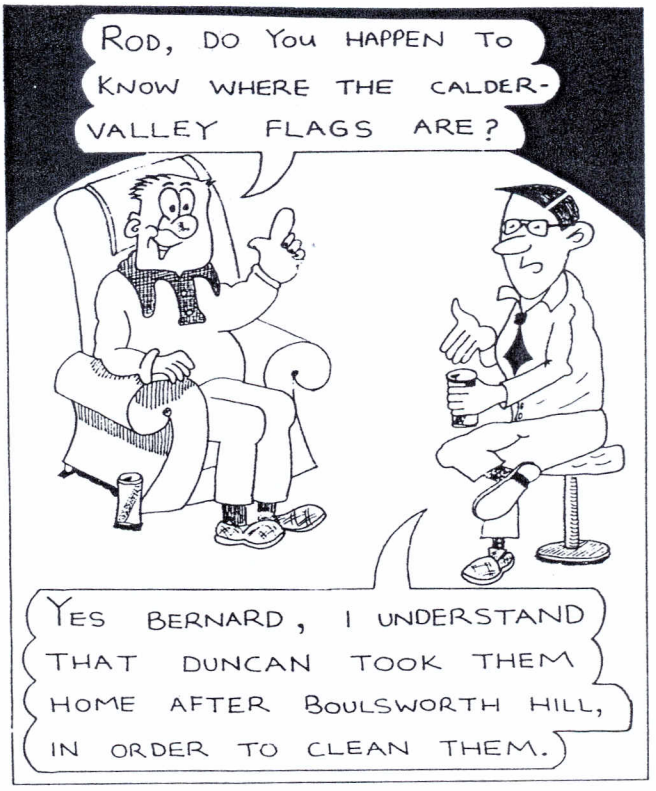
On a damp, misty day, 29 runners contested the annual handicap over the new(ish) course from Stubbins Field to Stoodley Pike and back. After being pipped in the finishing field in last year's race, Irene had a superb run to win by a comfortable margin the shield and bottle of champers kindly donated by the Shoulder of Mutton. Eddie Procter took 2nd place, holding off the fast-finishing newcomer, Geoff Bell.

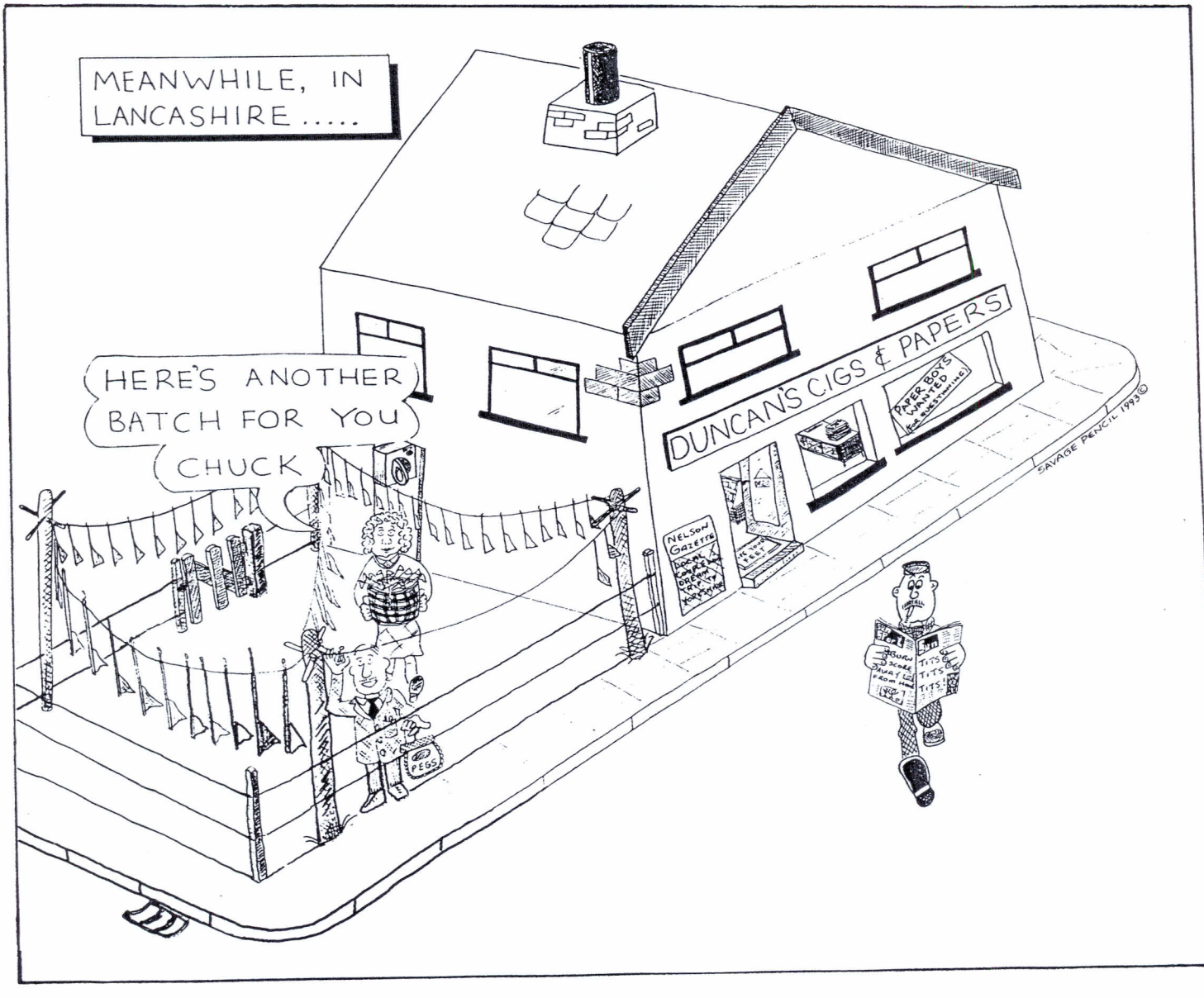
The fastest time was set by Gary, over two minutes quicker than Duncan Thompson and Jamie Smith but 1 minute 56 seconds outside his own course record, set in 1991. Because of the wet conditions underfoot, Many of the times were slower than last year, the main exception being Tony Flint, who was nearly 4 minutes quicker.

Despite the fact that we managed to avoid a clash with the Stanbury race, we only had three more runners than last year. Perhaps next year, a few more of you will try and beat the handicapper. Many thanks to Russell and Alistair for their assistance.

Full Results

Pos'n		Time	Handicap	Actual Time	Act. Pos'n	Diff from 1992 time	Diff from 1991 time
1	Irene Neville	54.09	2.00	52.09	27	+0.23	
2	Eddie Procter	54.49	8.00	46.49	23	+2.23	
3	Geoff Bell	55.36	10.00	45.36	17		
4	Steve Cavell	56.20	12.00	44.20	11	+1.32	-0.34
5	Neil Croasdell	56.38	10.00	46.38	21		
6	Peter White	56.42	10.00	46.42	22		+2.35
7	Gerry Symes	56.43	14.00	42.43	6		
8	Rhys Kift	56.51	9.00	47.51	24		
9	Alan Jones	56.57	11.00	45.57	19		
10	Michael Wardle	57.02	14.00	43.02	8		
11	Richard Kellett	57.10	15.00	42.10	4	+0.12	+1.48
12	Gary Webb	57.15	20.00	37.15	1	+1.46	+1.56
13	Tony Flint	57.16	11.00	46.16	20	-3.54	
14	Graham Spencer	57.17	8.00	49.17	25		+2.22
15	Pete Horne	57.24	14.00	43.24	9		
16	Brian Horsley	57.25	15.00	42.25	5		
17	Pete Regan	57.29	12.00	45.29	15		+4.25
18	Allan Greenwood	57.32	7.00	50.32	26		
19	John Riley	57.34	12.00	45.34	16	-0.53	-6.38
20	Dennis Gildea	57.37	14.00	43.37	10		+1.03
21	Jamie Smith	57.40	18.00	39.40	3		
22	Kay Pierce	57.53	0.00	57.53	29		
23	Chris P-Binns	57.57	15.00	42.57	7		+1.53
24	Duncan Thompson	58.39	19.00	39.39	2	+1.45	-0.13
25	Linda Hayles	58.48	6.00	52.48	28	-0.25	-1.01
26	Paul Frechette	59.39	14.00	45.39	18		
27	Graeme Woodward	61.30	17.00	44.30	13	+0.40	+4.57
28	Babs Buchinola	62.22	18.00	44.22	12		
29	Damian Whitehead	63.12	18.00	45.12	14		


ROD, DO YOU HAPPEN TO KNOW WHERE THE CALDER-VALLEY FLAGS ARE?
YES BERNARD, I UNDERSTAND THAT DUNCAN TOOK THEM HOME AFTER BOULSWORTH HILL, IN ORDER TO CLEAN THEM.


MEANWHILE, IN LANCASHIRE.....
HERE'S ANOTHER BATCH FOR YOU CHUCK
DUNCAN'S CIGS & PAPERS
PAPER BOYS WANTED
NELSON GAZETTE
TITS
TITS
TITS
PEGS
SAVAGE PENCIL 1993©

Haworth Hobble

The Gathered Happy Throng, Stamp Laugh and Call
anxously glance for the hour, strain to hear
adjusting, checking and stamping again
as the muffles of the master's voice echo on the
frost filled air.

Squinting as the rising sun, silhouettes the single raised limb
For an eternal second there is silence
then the cry as the arm falls, and the machine rumbles forward coming to life.

Onward they will go, fulfilling dreams
until such time as they will return
bringing their stories home from afar
and a load of mucky washing.

Peat Travesty.

Dear Rampage

Every time i receive a copy of Rampage it's the same. The same old jokes, taking the mickey out of the same few club members. For goodness sake, when is someone going to take the rip out of me?

Yours, Russ Arrandale.

(We only take the piss out of good runners - Ed)

GLOSSARY OF FELL RUNNING TERMS

Winder mile: 2 km or 1.6 miles.

Winder yard: 2 cm or 0.8 inches.
(As in "you can gain 10 yards here").

Sutcliffe time: Add 30 minutes to GMT/BST.

Sutcliffe minute: 6 minutes (multiply standard minute by 6).
(As in "I'll be there in 5 minutes").

Bonk: to be hit on the head with a mallet.

El bonko: the sensation of being hit on the head with a mallet.

Mintcake: poultice applied to head after being hit with a mallet.

Mainlining on mintcake: Swallowing the mintcake.

Wasdale(or Ennerdale, or Peris): An afternoon's relaxation.

Bob Graham: a day's relaxation.

M.M.: a weekend's relaxation.

Mog on: a cat on the head.

Nevis legs: what's visible below the kilt.

Bad descender: J. Sheard, a famous fell runner.

Contouring: relaxing in a horizontal position after a good run and a few Guinness.

"Mmmmm!!**!!": Winderese for "Mog on, lad" or "What are you doing with a cat on your head?"

Runner's high, or the peak experience: reaching the summit. Often confused with El bonko.

Brass monkeys: going to a car boot sale instead of the run on a cold winter Sunday morning.

Gaining credits: going to a car boot sale instead of the run on a fine spring Sunday morning.

Family man: going to the seaside instead of the Wasdale on a sweltering summer's day.

Sacrifice: going running instead of the car boot sale/seaside.

Crocodile: unique hibernating amphibian seen in Britain only in the mountains at the end of October.

Rhys Kift: Ancient Welsh fell runner whose ghost is occasionally seen floating lightly around the Calder Valley at a distance. Several close encounters have been reported by club members.

Fell Cred: street cred.

Map and compass: articles usually carried by fell runners to give them fell cred. They also provide an excuse for wearing a bumbag and are often a requirement as a weight handicap in fell races.

Bumbag: an important fashion article for fell runners. Also useful for carrying jelly babies and head poultice.

Guinness: elixir of fell running with high fell cred factor.

Walshes: bedsocks worn by fell runners to get a better grip.

Studs: fell shoes. The fell runner's only essential piece of equipment, a common topic of après run discussions and a good excuse for a bad run. (e.g. "I need some new studs", "These studs are F****** useless on rock/grass/climbs/descents/tussocks/roads/Sedburgh/Langdale/etc").

These studs are F****** useless on rock/grass/etc: I'm a crap climber/descender/runner/etc.

ROD SUTCLIFFE. (RAMROD!)

Controversial exit for Anderson

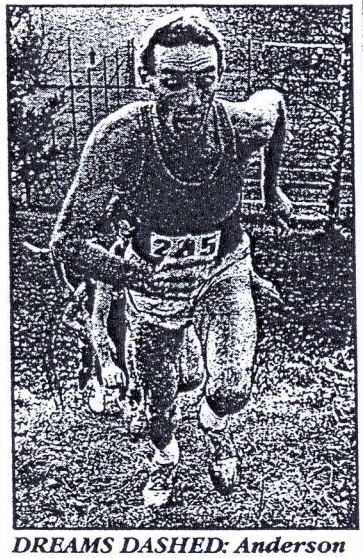


AMBLESIDE's Keith Anderson has retired after being controversially missed out of the English team for the Mountain Running World Cup, *writes Lynn Skelton.*

Anderson, the 1991 British fell running champion, had his dreams of winning a world title dashed when he finished sixth in the selection race for the short course at Keswick on 8th August. The selection committee policy was to take the first two runners, and another five athletes, including a reserve. Performance in the race was to be the main, but not the only criterion.

Earlier in the year, Anderson had been in the form of his life, leading the British Championship table and erasing one of the toughest records in the books at the Coniston Fell Race. Kenny Stuart set the previous mark in 1985 before going on to become Britain's first World Champion.

He has not competed since the selection race, and has left his job as partner in the Lake District firm ETA Footwear, where he had helped to launch a new range of off-road shoes, to return to his former career in catering.



DREAMS DASHED: Anderson

"He played a very successful and valuable part with ETA, but he has washed his hands of anything to do with running," partner Peter Townsend, said.

Athletics Weekly- 9th December 1992

CALDERDALE COUNCIL
LEISURE SERVICES

Metropolitan Borough of Calderdale
Leisure Services Department
Wellesley Park Halifax HX2 0AY
Telephone: Halifax (0422) 359454 Fax No. 342499
Director Paul Sheehan M.B.A., M.I.L.A.M., M.B.I.M.

Date 22nd April 1993

Our ref. DN/ZH/30/91

Your ref

Enquiries to David Nortcliffe

Tel ext 248

Mr A Thompson
Calder Valley Fell Runners
40 Caldene Avenue
Low Moor
Bradford

Dear Mr Thompson

PATH PROBLEM NORTH OF MYTHOLMROYD

A problem seems to have arisen about path 42 which runs due north from the top side of Banksfield Estate up the hill towards Birchen Lee Carr. The farmer there is having a problem because the wall alongside the path is regularly damaged virtually every week.

Although he himself has not seen the damage taking place he has been given information that it is "Fell Runners" who don't want to go through an adjoining stile.

I have no means of knowing how much credance can be put on the reports, but I thought you might like to know that there is this problem and perhaps your members could be aware of the sensitivity which exists there at the moment.

I am also making contact with Calder High School and we are trying to overcome the problem by other means at the same time. This particular farmer has other problems due to his proximity to the village and the estate and these latest incidents are "the straw that broke the camel's back". I know that your club would not be involved in any anti-social activities, but if you find tempers a little strained in that area, you'll know why.

Yours sincerely

David Nortcliffe

DAVID NORTCLIFFE
COUNTRYSIDE OFFICER

Trig Pillar Adoption Scheme

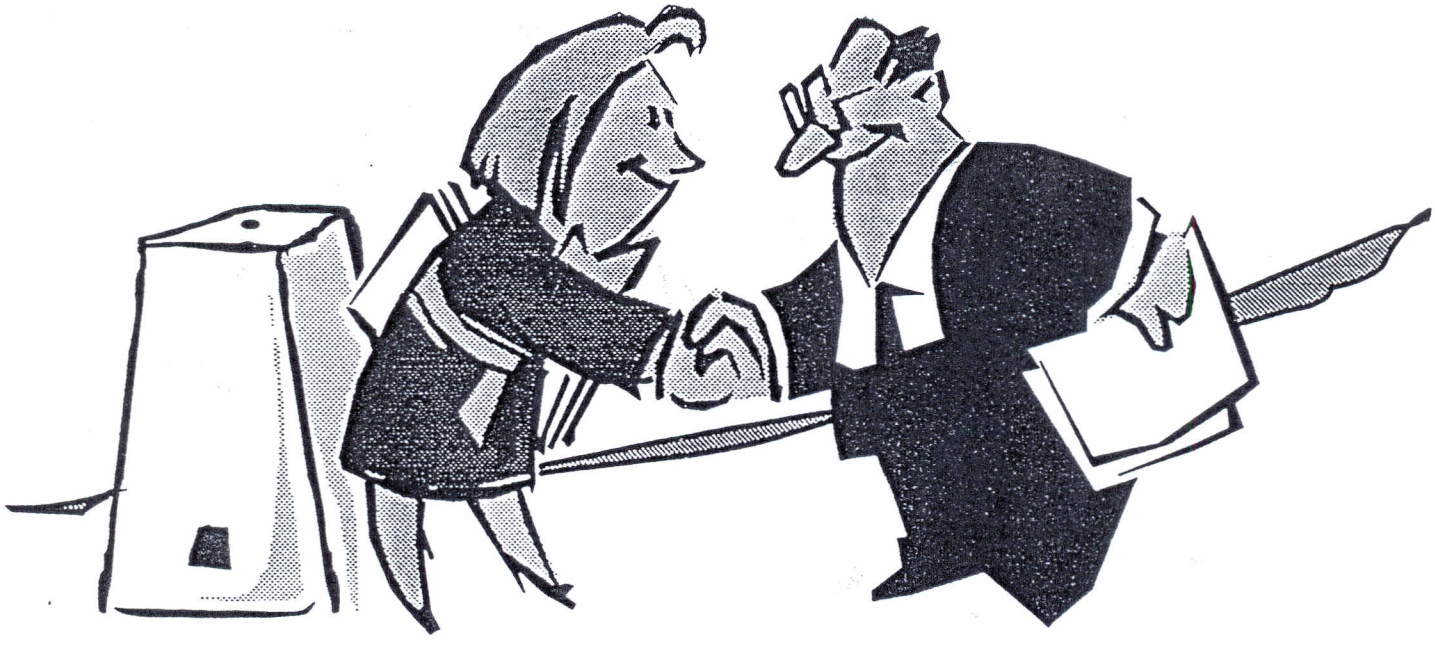
When Ordnance Survey announced details of its scheme for the adoption of its 4904 'redundant' trig pillars, little did it realise how great would be the response. Over the past few weeks, staff have been inundated with 'phone calls and letters from individuals and groups wanting to take on the basic maintenance of these mounds of concrete or stone. In many cases, people have given very personal, and in some cases, moving reasons, why they would like to adopt a particular trig pillar, and other letters have been accompanied by photos of the family grouped round the pillar, or poems extolling the credentials of the would-be 'foster parent'.

Well over a thousand applications have now gone through the first stage of the process, and the brave staff in the Trig Archive section now have the daunting task of matching pillars to people - on a first come, first served basis. There are still just over 3000 pillars left requiring 'adoptees' and anyone who is interested should write in to 'Adopt-A-Trig-Pillar' at OS, if possible listing the names or locations of favourite pillars. A small leaflet has been produced entitled "A Guide to Adopting a Trig Pillar" and this sets out the fairly minor tasks involved. No charge is made for adopting a pillar, and OS retains overall ownership and liability in case of accidental injury caused because of the dangerous condition of the pillar.

The whole process of fixing people up with the pillars that they would like will take time, both because of the sheer volume of applications, and also because many pillars are sited on private land. If this is the case, then the landowner has to be approached to ask if he or she would be prepared to transfer rights of access for the purposes of maintenance. If this meets with the landowner's approval, then the adoption can go ahead, but if not, then the proposal can go no further.

Although the popular areas, such as the Lake District, the Peak District and the Brecon Beacons have all been over-subscribed, there are still many lonely trig pillars out there waiting to be adopted - how about it?

For further details write to "Adopt-A-Trig-Pillar", Ordnance Survey, Romsey Road, Maybush, Southampton SO9 4DH.



Well, how about it? Maybe we could adopt a Trig-Pillar as a club. I don't think it would mean having to do much more that give it a coat of paint every couple of years. Sheepstones Edge and High Brown Knoll would be obvious suggestions but what about the less easily accessible Trigs. Come on folks, you train over every square inch of the South Pennines map so let RAMPAGE have your suggestion.

CUTTING THE AIR RESCUE SERVICES :

ANOTHER BRAINWAVE!

A lot of you will know Karen Darke who has run with us on several Tuesday nights and has been a regular at races over the last few years, including 3rd ladies place at the KIMM 'B' and 1992 winner of the ladies class in the Swiss KIMM. Unfortunately, Karen has been severely injured in a climbing accident in Scotland and was airlifted to Aberdeen where she is now in hospital.

Some of you may also know that this far sighted government of ours is planning to slash the provision of helicopter rescue, especially in Scotland. They plan to restrict the rescue services to flying from fewer bases, so increasing response time and turnround time whilst reducing flexibility. This tragic accident to Karen has really brought it home to me, what if she had been injured on a high mountain ? How many of us are there but for the grace of God ? Karen fell 25 feet, I've fallen farther and I bet there are lots of you who have as well or are reading this who have slipped on steep ground and missed a heart beat.

Remember the infamous Ben Nevis race when runners and marshalls were airlifted off the mountain due to hypothermia and exposure ? How many of you would have liked to get yourself off that mountain that day with injury, exposure and the rest dressed in a thin cagoul and shorts ? That rescue cover is something we all rely upon, consciously or sub-consciously -- let's not lose it!

It is widely believed that the government is edging towards a combination of private rescue funded by personel insurance. Just like the ever so successful situation in the Alps where private helicopters will whisk you off to hospital from some exposed ridge high on a mountain. All you have to do is to make sure you can you can flash your insurance certificate at the helicopter hovering 30 feet above you ! The trouble is ...these rescue helicopters don't accept all the insurance policies – these last years have been cases of parties needing rescuing being refused help. The helicopters have simply flown off ! What if that was Karen ?

We need to make our feelings known - I propose we write as a club to our M.P.s, all our M.P.s ! And we need to write individually to our M.P.s - address it to the House of Commons, Westminster.

Next time you take a tumble high on the fells or on some remote mountain, just take time to think of how this government is looking after you !

Graeme

CALDER VALLEY FELL RUNNERS -1993 CHAMPIONSHIP

Handicap - Provisional placings after 7 races

	NAME	RACE																				TOTAL
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	POINTS
		(L)	(M)	(S)	(M)	(L)	(M)	(S)	(M)	(S)	(L)	(M)	(S)	(L)	(M)	(L)	(S)	(M)	(L)	(S)	(L)	(S)	
1	Alan Jones	32	39	34	40	29	38	38															250
2	Brian Horsley	31	33	31	39	28	33	40															235
3	Eddie Procter	28	37	36	32	32	37																202
4	Duncan Thompson	29	36	35		27	26	35															188
5	Pete Horne	23		37	38	24	31	33															186
6	Geoff Bell	33		30		38	36	36															173
7	Gerry Symes	25		32	37		29	34															157
8	Chris Peart-Binns	40		38		39	34																151
9	Rod Sutcliffe			29	34	19	27	29															138
10	Gary Webb	22	35	33			25																115
11	Allan Greenwood		40	39		34																	113
12	Carol Greenwood			40		40	32																112
13	Steve Cavell					33	35	39															7
14	Richard Kellett		38			31		30															99
15	Mick Banks	30				25		31															86
16	Ian Hartman					20	28	33															81
17	Graham Spencer	20				23		37															80
17	Steve Kirkbride	18			35			27															80
19	Neil Croasdell	37					40																77
20	Tony Flint	39				36																	75
20	Linda Hayles	36					39																75
20	Michael Wardle	16		28	31																		75
23	Michael Allcock				31	17	24																72
24	Jez Wilkinson		34				30																64
25	Paul Frechette	26			36																		62
26	Irene Neville	34						26															60
27	Damian Whitehead		32				24																56
28	Andy Thompson				33	21																	54
28	Bob Horne					26		28															54
30	Babs Buchinola						24	25															49
30	Trevor Redmond	27				22																	49
32	Mark Bramall-Pimlott	38																					8
33	Tony Bradley					37																	37
34	Greg Houghton					35																	35
34	Andy Wimpenny	35																					35
36	Russell Arrandale					30																	30
37	Jamie Smith							25															25
38	Steve Houghton	24																					24
39	Jeff Winder	21																					21
40	Barry Price	19																					19
41	Paul Cleary					18																	18
42	Pete Regan	17																					17

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 1: WADSWORTH TROG (BL 20m/4,000ft) - SATURDAY 20th FEBRUARY								
1.	Ian Ferguson	2.51.05						
5.	Gary Webb	3.05.56	40			16.40	2.49.16	22
6.	Duncan Thompson	3.09.48	39			37.20	2.32.28	29
7.	Jeff Winder	3.12.28	38	20		19.20	2.53.08	21
12.	Steve Houghton	3.14.17	37			35.20	2.38.57	24
13.	Andy Wimpenny	3.14.35	36			52.00	2.22.35	35
19.	Brian Horsley	3.24.22	35	19		53.00	2.31.22	31
23.	Chris Peart-Binns	3.26.47	34			101.00	1.45.47	40
27.	Pete Horne	3.32.16	33	18		44.00	2.48.16	23
32.	Mick Banks	3.36.30	32	17		64.20	2.32.10	30
39.	Michael Wardle	3.38.20	31			-	-	16
42.	Paul Frechette	3.38.53	30	16		61.20	2.37.33	26
43.	M Bramall-Pimlott	3.39.18	29			86.40	2.12.38	38
48.	Barry Price	3.41.14	28	15		45.40	2.55.34	19
56.	Gerry Symes	3.44.38	27	14		66.40	2.37.58	25
64.	Trevor Redmond	3.48.20	26			71.00	2.37.20	27
70.	Alan Jones	3.50.07	25	13		81.20	3.28.47	32
91.	Tony Flint	4.00.51	24	12		124.40	1.56.11	39
102.	Steve Kirkbride	4.06.15	23	11		63.20	3.02.55	18
107.	Geoff Bell	4.12.07	22	10		105.20	2.26.47	33
108.	Pete Regan	4.12.11	21			56.20	3.15.51	17
128.	Eddie Procter	4.20.22	20	9		103.20	2.37.02	28
132.	Graham Spencer	4.23.00	19			88.40	2.54.20	20
135.	Neil Croasdell	4.24.28	18	8		130.40	2.13.48	37
136.	Linda Hayles	4.26.03	17	7	10	130.00	2.16.03	36
153.	Irene Neville	4.41.40	16	6	9	136.40	2.25.00	34
dnf	Tony Bradley							
RACE 2: FIENDSDALE FELL RACE (AM 9m/2,600ft) - SATURDAY 27th MARCH								
1.	Gary Devine	1.14.35						
10.	Gary Webb	1.18.41	40			5.06	1.13.35	35
18.	Duncan Thompson	1.21.14	39			8.15	1.12.59	36
33.	Damian Whitehead	1.25.59	38			-	-	32
67.	Richard Kellett	1.31.24	37			20.15	1.11.09	38
73.	Jez Wilkinson	1.33.51	36			18.45	1.15.06	34
78.	Brian Horsley	1.36.18	35	20		18.18	1.18.00	33
87.	Alan Jones	1.37.23	34	19		31.21	1.06.02	39
117.	Eddie Procter	1.46.31	33	18		35.15	1.11.16	37
140.	Allan Greenwood	1.54.39	32			58.57	55.42	40

Where men lose out in battle of the sexes



Norman Harris says there are some events in which women are not kept at a distance

HILARY WALKER, Eleanor Adams and Marianne Savage may smile wryly at last week's epoch-making decision of British athletics — that women may compete against men, at least in low-key meetings. The British Athletic Federation's announcement prompted speculation about such contests as Sally Gunnell going against Kriss Akabusi in the 400 metres hurdles — an encounter that was judged to be unlikely though possible.

This piece of sporting history was, nevertheless, regarded as something akin to the first moonshot. The fact is, though, that the first big steps for women have long since been taken by Hilary Walker and her friends who were there first — along with women swimmers and cyclists.

Walker competes in an outreach of athletics called 'ultra running', where distances are run that far exceed the conventional marathon. A popular event is the 24-hour race, in which distances of around 150 miles are commonly achieved.

A typical field may number around 30, of whom two or three are likely to be women. Under amateur athletics regulations, the sexes would have had to compete in separate races — at least, with the ploy of two start lines a metre apart, with comparable lines at the finish, and results listed separately.

But the ultra men and women seem to be rather independent spirits. They've always raced together. The women say that they see themselves as competing as much against the men as each other. And sometimes they win.

The spokesman of the ultra fraternity, Andy Milroy, talks enthusiastically of the achievements of such as Walker, Adams and Savage. 'They've all won major races outright. At shorter distances, men's strength and speed give them the advantage, but in races of 24 hours and above women draw on fat reserves and I believe they handle pain and stress better.'

In fact, last Thursday's announcement came as a pleasant surprise to Milroy, who was in the process of drafting special rules for ultra running, which would avoid the necessity to go on defying the rules of the sport's overall governing body.

The news will have been greeted likewise among the fraternity known as fell runners in England and hill runners in Scotland. They, too, stage single races for both sexes, a typical field comprising of perhaps 20 women among 150 competitors.

Here the distances are such (upwards of 20 miles) that women are unlikely to win, and they normally receive separate recognition. But Joyce Salvona's twentieth place in the 1991 'Seven Hills of Edinburgh' race earned her a significant distinction: she thereby counted, with two males, in the winning team of her club, Livingstone and District AC.

It was a small milestone that may have gone unnoticed among the free men and women of the hills, though it would have caused apoplexy elsewhere in the world of amateur athletics. There are parallels in other sports. Swimming does not allow men to compete against women — but, like athletics, has turned a blind eye to what goes on at the fringes of the sport. In its case, this is long-distance swimming, which is often held in icy lakes.

As in running, distance lends enchantment for the female physique. Bridget Young holds the outright record for swimming the length of Lake Windermere; Alison Streeter has the record for most crossings of the channel.

Officially, the Long Distance Swimming Association say their races are 'separate men's and women's events starting at the same time'. In reality, of course, they are one race.

Cycling doesn't even have to engage in such semantics. In all events other than championships women compete on equal terms against men, and the British Cycling Federation encourage women to enter.

No doubt the big influence here was the remarkable Beryl Burton, who in 1967 made sporting history when she became the holder of the British (ie men's) 12-hour record; though even before that the sport was 'open'.

If Beryl Burton was exceptional it also seems inevitable that her like will one day emerge in another sport — especially one which, unlike cycling, *doesn't* have significant strength demands.

Should that sport be such as golf or football or cricket we can expect the agony and excitement of the Big Step For Womankind all over again — while Beryl Burton and Hilary Walker permit themselves another small smile.

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 4: ROSSENDALE FELL RACE (BM 13m/2,800ft) - SUNDAY 11th APRIL							
1.	Mark Kinch	98.20						
23.	Brian Horsley	117.11	40	20		26.26	90.45	39
28.	Pete Horne	117.52	39	19		23.50	94.02	38
45.	Gerry Symes	122.51	38	18		25.47	97.04	37
49.	Michael Allcock	123.47	37			-	-	31
50.	Michael Wardle	126.56	36			-	-	31
63.	Paul Frechette	128.12	35	17		25.08	103.04	36
66.	Rod Sutcliffe	130.32	34	16		21.14	109.18	34
72.	Alan Jones	131.10	33	15		45.17	85.53	40
86.	Andy Thompson	138.37	32			27.05	111.32	33
94.	Pete White	139.48	**			35.19	104.29	**
100.	Steve Kirkbride	145.30	31	14		37.55	107.35	35
121.	Eddie Procter	173.05	30	13		50.55	122.10	32
	RACE 5: THREE PEAKS RACE (AL 23.5m/4,500ft) - SUNDAY 25th APRIL							
1.	Gavin Bland							
42.	Duncan Thompson	3.31.14	40			43.52	2.47.22	27
67.	Carol Greenwood	3.39.50	39		10	113.12	1.46.38	40
75.	Greg Houghton	3.41.49	38	20		79.31	2.22.18	35
89.	Pete Horne	3.45.41	37	19		51.42	2.53.59	24
102.	Michael Allcock	3.48.35	36			-	-	17
105.	Brian Horsley	3.49.12	35	18		62.17	2.46.55	28
111.	Chris Peart-Binns	3.50.41	34			118.41	1.52.00	39
130.	Richard Kellett	3.54.30	33			74.49	2.39.41	31
145.	Paul Cleary	3.57.32	32			32.54	3.24.38	18
147.	Rod Sutcliffe	3.58.11	31	17		42.18	3.15.53	19
179.	Ian Hartman	4.07.32	30	16		68.56	2.58.36	20
185.	Mick Banks	4.08.08	29	15		75.36	2.52.32	25
191.	Andy Thompson	4.08.39	28			71.17	2.57.22	21
192.	Geoff Bell	4.09.10	27	14		123.46	2.05.24	38
238.	Steve Cavell	4.18.08	26			103.01	2.35.07	33
245.	Trevor Redmond	4.20.40	25			83.26	2.57.14	22
252.	Alan Jones	4.22.00	24	13		95.34	2.46.26	29
290.	Russell Arrandale	4.32.32	23			112.48	2.39.44	30
312.	Eddie Procter	4.36.36	22	12		121.25	2.35.11	32
352.	Graham Spencer	4.38.15	21			104.11	2.54.04	23
358.	Tony Flint	4.39.36	20	11		146.29	2.13.07	36
359.	Tony Bradley	4.39.36	19			146.53	2.12.43	37
365.	Bob Horne	4.53.46	18	10		123.23	2.50.23	26
377.	Allan Greenwood	4.59.19	17			156.40	2.22.39	34
389.	John Smith	5.13.54	**			-	-	**

** Ineligible for club championship points because 1993 subscription not paid by date of race.

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 6: RAVENSTONES FELL RACE (BM 10m/1,250ft) - SATURDAY 1st MAY							
1.	Mark Kinch	59.57						
9.	Gary Webb	66.59	40			5.40	61.19	25
17.	Duncan Thompson	70.23	39			9.10	61.13	26
23.	Carol Greenwood	72.45	38		10	17.10	55.35	32
24.	Chris Peart-Binns	72.47	37			20.00	52.47	34
25.	Damian Whitehead	72.50	36			-	-	24
45.	Pete Horne	75.01	35	20		18.20	56.41	31
48.	Brian Horsley	75.36	34	19		20.20	55.16	33
55.	Rod Sutcliffe	76.17	33	18		16.20	59.57	27
58.	Babs Buchinola	76.48	32			-	-	24
60.	Gerry Symes	77.07	31	17		19.50	57.17	29
65.	Ian Hartman	78.02	30	16		20.40	57.22	28
66.	Jez Wilkinson	78.05	29			20.50	57.15	30
69.	Michael Allcock	78.25	28			-	-	24
80.	Steve Cavell	80.06	27			27.50	52.16	35
82.	Geoff Bell	80.24	26	15		28.20	52.04	36
107.	Alan Jones	83.18	25	14		34.50	48.28	38
133.	Neil Croasdell	86.42	24	13		46.40	40.02	40
147.	Eddie Procter	89.07	23	12		39.10	49.57	37
182.	Linda Hayles	96.03	22	11	9	47.50	48.13	39
	RACE 7: SIMONS SEAT FELL RACE (AS 5.5m/1,700ft) - THURSDAY 6th MAY							
1.	Ian Holmes	35.43						
26.	Duncan Thompson	40.56	40			4.41	36.15	35
31.	Jamie Smith	41.26	39			-	-	25
49.	Brian Horsley	43.39	38	20		8.48	34.51	40
66.	Richard Kellett	44.34	37			7.53	36.41	30
74.	Babs Buchinola	45.06	36			-	-	25
82.	Rod Sutcliffe	45.26	35	19		7.37	37.49	29
87.	Gerry Symes	45.43	34	18		9.27	36.16	34
90.	Pete Horne	45.54	33	17		9.21	36.33	33
91.	Mick Banks	46.00	32	16		9.26	36.34	31
96.	Ian Hartman	46.16	31	15		9.43	36.33	33
104.	Steve Cavell	47.21	30			11.39	35.42	39
114.	Geoff Bell	48.06	29	14		12.01	36.05	36
128.	Alan Jones	48.58	28	13		13.12	35.46	38
139.	Graham Spencer	49.39	27			13.45	35.54	37
147.	Bob Horne	50.13	26	12		11.39	38.36	28
190.	Steve Kirkbride	53.36	25	11		14.51	38.45	27
218.	John Smith	59.13	**			-	-	**
222.	Irene Neville	60.04	24	10	10	20.54	39.10	26

** Ineligible for club championship points because 1993 subscription not paid by date of race.

IF YOU FIND ANY ERRORS, PLEASE LET ME KNOW

Ian Hartman (0274 546549)

CALDER VALLEY FELL RUNNERS -1993 CHAMPIONSHIP
Provisional placings after 7 races

	NAME	RACE																				TOTAL
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	POINTS
		(L)	(M)	(S)	(M)	(L)	(M)	(S)	(M)	(S)	(L)	(M)	(S)	(L)	(M)	(L)	(S)	(M)	(L)	(S)	(L)	(S)	
1	Brian Horsley	35	35	35	40	35	34	38															252
2	Duncan Thompson	39	39	38		40	39	40															235
3	Pete Horne	33		36	39	37	35	33															213
4	Alan Jones	25	34	31	33	24	25	28															200
5	Rod Sutcliffe			33	34	31	33	35															166
6	Gerry Symes	27		34	38		31	34															164
7	Gary Webb	40	40	40			40																160
8	Eddie Procter	20	33	30	30	22	23																158
9	Chris Peart-Binns	34		37		34	37																142
10	Geoff Bell	22		32		27	26	29															136
11	Carol Greenwood			39		39	38																116
12	Richard Kellett		37			33		37															107
13	Michael Allcock				37	36	28																101
14	Michael Wardle	31		29	36																		96
15	Mick Banks	32				29		32															93
16	Ian Hartman					30	30	31															91
17	Steve Cavell					26	27	30															83
18	Steve Kirkbride	23			31			25															79
19	Allan Greenwood		32	28		17																	77
20	Damian Whitehead		38				36																74
21	Babs Buchinola						32	36															68
22	Graham Spencer	19				21		27															67
23	Jez Wilkinson		36				29																65
23	Paul Frechette	30			35																		65
25	Andy Thompson				32	28																	60
26	Trevor Redmond	26				25																	51
27	Tony Flint	24				20																	44
27	Bob Horne					18		26															44
29	Neil Croasdell	18					24																42
30	Irene Neville	16						24															40
31	Linda Hayles	17					22																39
31	Jamie Smith							39															39
33	Greg Houghton					38																	38
33	Jeff Winder	38																					38
35	Steve Houghton	37																					37
36	Andy Wimpenny	36																					36
37	Paul Cleary					32																	32
38	Mark Bramall-Pimlott	29																					29
39	Barry Price	28																					28
40	Russell Arrandale					23																	23
41	Pete Regan	21																					21
42	Tony Bradley					19																	19

CALDER VALLEY FELL RUNNERS -1993 VETERANS CHAMPIONSHIP
Provisional placings after 7 races

	NAME	RACE																					TOTAL
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	POINTS
		(L)	(M)	(S)	(M)	(L)	(M)	(S)	(M)	(S)	(L)	(M)	(S)	(L)	(M)	(L)	(S)	(M)	(L)	(S)	(L)	(S)	
1	Brian Horsley	19	20	19	20	18	19	20															135
2	Pete Horne	18		20	19	19	20	17															113
3	Alan Jones	13	19	15	15	13	14	13															102
4	Rod Sutcliffe			17	16	17	18	19															87
5	Gerry Symes	14		18	18		17	18															85
6	Eddie Procter	9	18	14	13	12	12																78
7	Geoff Bell	10		16		14	15	14															69
8	Mick Banks	17				15		16															48
9	Ian Hartman					16	16	15															47
10	Steve Kirkbride	11			14			11															36
11	Paul Frechette	16			17																		33
12	Tony Flint	12				11																	[illegible]
13	Bob Horne					10		12															[illegible]
14	Neil Croasdell	8					13																21
15	Greg Houghton					20																	20
15	Jeff Winder	20																					20
17	Linda Hayles	7					11																18
18	Irene Neville	6						10															16
19	Barry Price	15																					15

CALDER VALLEY FELL RUNNERS -1993 LADIES CHAMPIONSHIP
Provisional placings after 2 races

	NAME	RACE																					TOTAL
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	POINTS
		(L)	(M)	(S)	(M)	(L)	(M)	(S)	(M)	(S)	(L)	(M)	(S)	(L)	(M)	(L)	(S)	(M)	(L)	(S)	(L)	(S)	
1	Carol Greenwood			10		10	10																30
2	Linda Hayles	10					9																19
2	Irene Neville	9						10															19