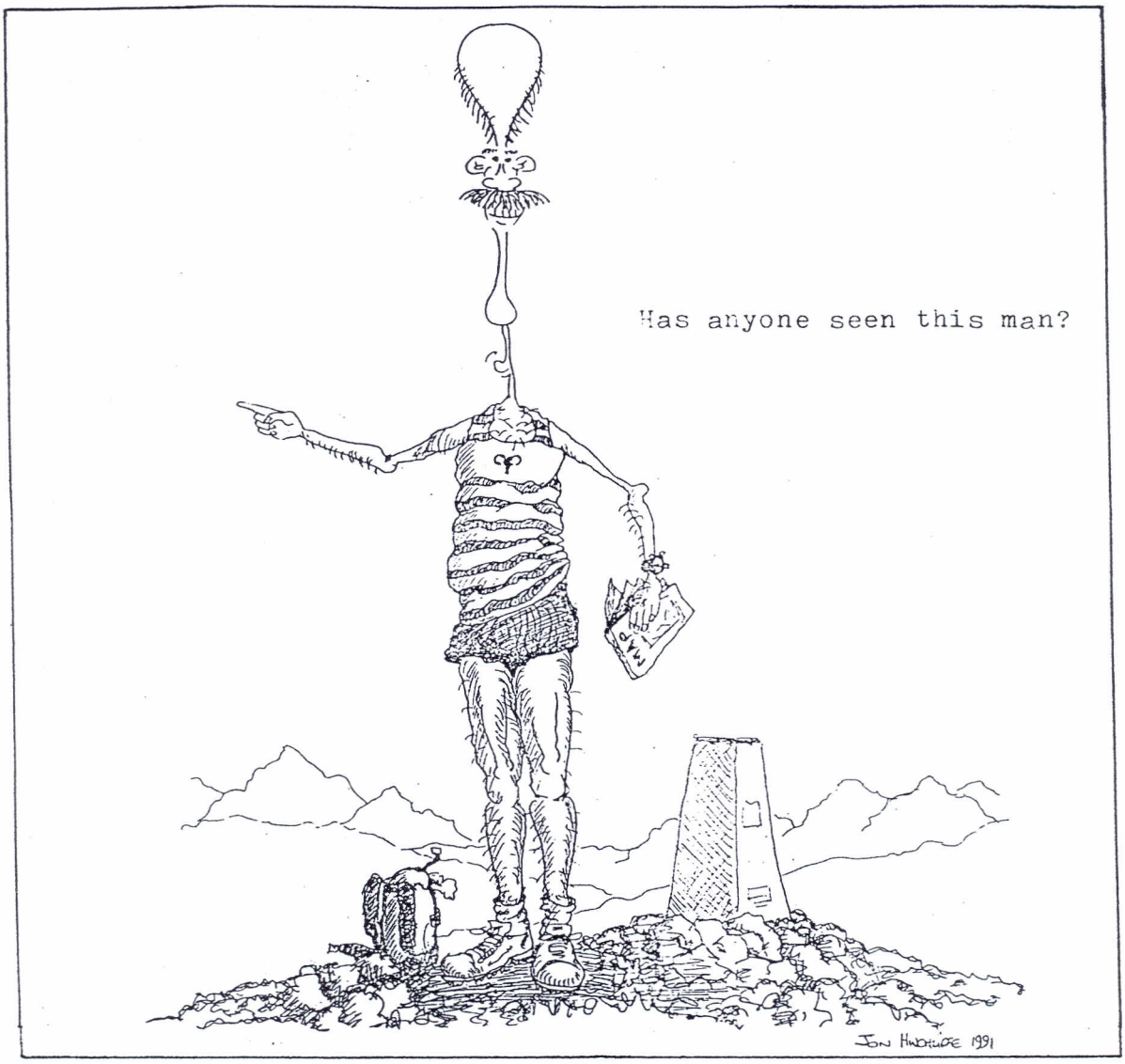
Issue 29 Christmas 1993



RAMPAGE

CALDER VALLEY FELL RUNNERS

C A L D E R V A L L E Y F E L L R U N N E R S

COMMITTEE

CHAIRMAN.....	TREVOR REDMOND.....	HX-	372848
SECRETARY.....	TONY BRADLEY.....	HX-	360999
MEMBERSHIP SECRETARY.....	RICHARD KELLETT.....	HX-	202923
PUBLICITY OFFICER.....	ANDY WIMPENNY.....	HX-	379542
CLUB STATISTICIAN.....	IAN HARTMAN.....	Bd-	546549-(Wk.394206)
CLUB CAPTAIN.....	DUNCAN THOMPSON...	0282-	613559 ←(Bfd)
TREASURER.....	ALISTAIR SOWDEN.....	HX-	384860
RACE CO-ORDINATOR.....	ROD SUTCLIFFE.....	HX-	330896-(Wk.330612)
AUDITOR.....	RUSSELL ARPENDALE...	HX-	883510 ←(Hx)
RAMPAGE EDITOR.....	ALLAN GREENWOOD.....	Bd-	722783

EDITOR'S RAMBLINGS

This year i've had the misfortune to be unable to run when two of the major events in the Calder Valley took place. I decided that i'd still like to be involved in some way so i rang the organiser and offered my services as a helper.

On both occasions, once in February and again in August, i found myself acting as a marshal on Sheepstones Edge, frozen to the marrow after 5 hours at the Trog, then absolutely soaked to the skin in a gale, trying to write on papier-mashé at the Sheepstones Relay, in August.

Since then, i've really appreciated the job that race officials do. It's a thankless task that someone has to do, without them there isn't a race.

This is hardly going to inspire you to run to the 'phone and offer to marshal the Ben Nevis trig, but i would ask you to spare a thought for those who do all the organising and the faithful helpers who turn out year in, year out.

As you sit browsing through your fell-calendar this christmas deciding which races to do in 1994, why not pick one of your favourite races and decide to give it a miss this time as a run, but instead give someone else a break from their job as an official. Ring an organiser, don't wait for them to ring you!

Many thanks to everyone who has contributed to this edition of **Rampage**. I hope i can keep up the standard of the previous editors, so please keep those articles coming my way.

All the best for Christmas and the New Year.

Good running,

Allan.

Allan.

Front cover; Has anyone seen this man, by Jon Hinchliffe

(See p.27)

THE BOB GRAHAM ROUND

In 1932 Bob Graham of Keswick completed a round of 42 Lake District mountain summits on foot in under 24 hours. He visited many principal peaks covering a distance of 72 miles and climbing 27,000 feet, almost the height of Mount Everest. This record stood unequalled for 28 years.

The Bob Graham Club is open to anyone who completes the Round in under 24 hours starting and finishing in Keswick. The Club now has many hundreds of members who all support others in their attempts.

The Round is a classic challenge for long distance fell runners and Club membership is highly valued and well earned.

CALDER VALLEY B.G. CLUB MEMBERS

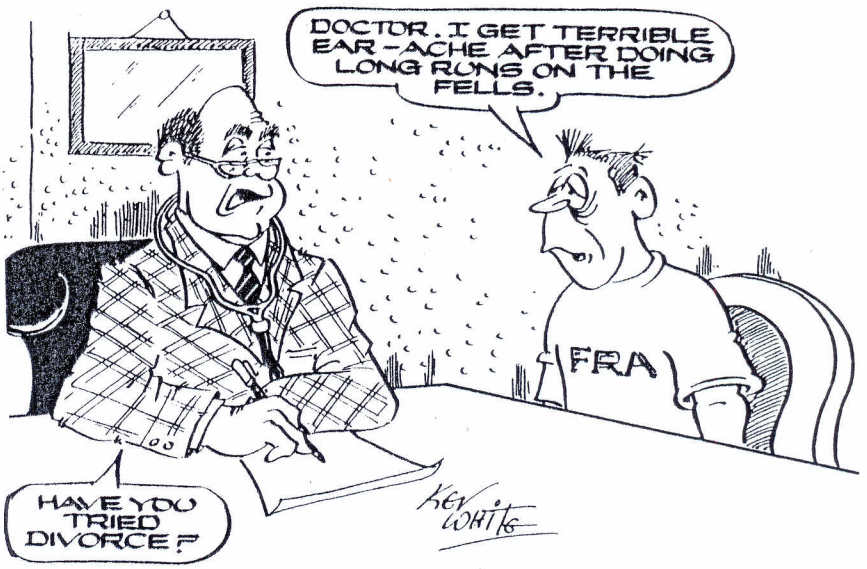
The following Calder Valley Fell Runners are known to have completed the Round:-

1981 Peter White
1985 Paul Frechette
Rod Sutcliffe
Jeff Winder
1989 Steve Skelton
1990 Gary Webb
1991 Rhys Kift
Jeremy Wilkinson
Jon Wilkinson
Tim Wilkinson
Andrew Wimpenny
1992 Brian Horsley
Trevor Redmond
1993 Mark Bramhall-Pimlott
Steve Houghton

THE CALDER VALLEY BOB GRAHAM CLUB PLAQUE

This long awaited object will hopefully appear on the wall at the "Shoulder" before long. IN ANYONE HAS BEEN MISSED OFF THE ABOVE LIST PLEASE LET ME KNOW.

Rod Sutcliffe
Tel: 0422 380896



COURTESY OF THE EPISTLE.

High Rides in the South Pennines

(OS 1:25000 Sheet 21)

Ivor Noot has been on his bike this Christmas, enjoying the frosty moors from the saddle.

The hard frosts of recent days have made the going good for biking in high places with the net result that some of us have been out and about trying out new bikes and new routes. So when Tim started bleating about a lack of material for the next Epistle, it seemed a good opportunity to describe some of the routes we have recently tried, so here are half a dozen for you to sample!

1) Blackstone Edge – Pennine Way – above Langfield Common -- White House Reservoir and return.

GR 970179 Blackstone Edge Reservoir, parking nearby. Follow Pennine Way to GR 965220, keep right and follow conduit E. then S. to White Holme Res. On reaching Pennine Way again turn left and retrace route to start.(Alternative route to finish via Water Board road from White Holme Res to Turvin road and back along Rochdale road.

A good ride to start with, flat, excellent views NE corner of ride is a bit rough approx 10k.

2) Ogden Water – Thornton Moor Res. – Nab Hill – Withens P.H.– and return.

GR.067309 Ogden Water car park. Either--N from Causeway Foot P.H. on A629 for 1.8k then left up Black Edge Lane and on to Thornton Moor Road. Left at Water Works and ride SW to end of Hambleton Lane.

Or--NW from pub up Back Lane (some parts are rough going --technical in MTB parlance!) for 2.5k and on to Hambleton Lane.

At the end of the lane turn W on Sawood Lane and on to White Moor Lane (both wet and muddy but fun) or SSW along the conduit which joins Nab Water Lane 200m. S. of its junction with White Moor Lane. Continue SW then S along edge of Warley Moor Res. to Withens PH. Here turn left and follow track to Ogden Water.

Varied ride some road some technical bits 11k approx.

3)Hardcastle Crags car park – Walshaw – Horodiddle – Shackleton Knoll -- Crimsworth Dene – and return.

GR.989291 Ride E via woods for 3.5k to Walshaw or go N then W via Shackleton to Walshaw. Then go NE to Horodiddle and on up to Shackleton Knoll on the bridle way (this can be muddy) and down to Nook. Turn right (SSW) and follow the valley back to the car park.

For an extra loop from Walshaw go WNW to Holme Ends and on to Pennine Way where you turn left and on to the road where another left turn (SE) takes you to the Pack Horse Inn and Blake Dean. Turn left and follow Alcomden Water back to Holme Ends and so back to Walshaw.

Good easy ride, picturesque, small loop 7-8kms big loop approx 16k.

4) Cragg Vale -- Stoodley Pike circuit.

GR.987233 Withens Clough Res. Follow road round dam-head for Red Dykes. (Parts are rough and wet, you may have to walk a bit). On to Withens Gate and W down flagged path to Mankinholes. About 200m. S of YH turn right along London Road and continue NE for 5k to Erringden Grange and where the track meets the metalled road at GR.988263 turn right. Ride E and S up towards Rake Head then right along wall on up towards spot height 364 at junction with Dick's Lane and Cragg Road which you follow SE to Stony Royd where the track turns SW downhill back to the car park. (This ride can be shortened by visiting Stoodley Pike along the Pennine Way and on to Dick's Lane, but its rather technical).

Approx 12k. Allow enough time for this ride it's harder than you think. Splendid views from Withens Gate.

5) Wainstallls – Nab Hill -- Top O'Stairs – Pecket Well – Old Town – Bog Eggs – Goose Green – Upper Saltonstall –

GR.047283 Start from the Delvers PH in the direction of the Withens (NNE) for 300m, fork left and in 800m you reach the Moorcock PH. Follow track northwards past Cold Edge Dams, Haigh Cote and on up past Moorlands Farm to the Withins PH. Here follow the road NW for 2.0k past Warley Moor Res. then at 003289 climb gate and follow the conduit for 2.0k to the Hebden road A6033. (this is YW land). Cross this and continue along another conduit (public footpath) for 1.0k approx. till you reach Stairs Lane. Turn left up the track, which gets more technical as you climb towards Top O'Stairs and follow your nose SW until you reach the A6033. This last section has two exciting descents! If you don't enjoy these you're not a real mountainbiker! Continue down the A6033 to Peckett Well bear left towards Old Town where, at the end of the little wood, you turn left up the bridleway signposted to Wainstalls. Go left again at the chapel and continue till you reach the Calderdale Way which you follow for 400m. Then at 003289 keep left (this is in fact the second left since you started riding S) and continue across the moor passing the farm and then three marker posts. This is the toughest part of the ride, the route folows an old conduit for part of the way and after 1.5k drops steeply down into the Castle Carr valley at Goose Green. Turn left (NW) at Catherine House to the bottom gate-house where the road turns sharply back on itself down across the river and then up past the hamlet and on towards to Upper Saltonstall. Here you turn left uphill along the Calderdale Way till you meet the road where you turn right and so back to Wainstalls.

This is a long, tough, rewarding ride of approx 20k, allow at least 3 hours.

6) Ripponden – Pillbox – Cragg Vale – Stoodley Pike – Blackstone Edge and return.

GR.034199 Park opposite the Beehive PH. Set off N then first left along Cote Road (track), cross Green Lane diagonally and follow round till you cross Blue Ball Road continuing on the track called Flight House Road and then along the metalled Coal Gate Road. After about 1.0k on the road bare left on track till you reach the Pillbox (part of this is the Calderdale Way) turn right along C.W. till it meets Coppy Nook Lane. Continue to 011234 where a sharp left turn leads down an ever steepening track to Cragg Vale Road. Ride up the road turning right to the Hinchcliffe Arms PH and on up to Withens Clough Res. Here turn sharp right up the track to Stoney Royd,1.0k distant, and so on to Cragg Road. At the end turn left along Dick's Lane which may be muddy and on up to Stoodley Pike. Follow the Pennine Way , some sections of which are now paved, till you reach Warland Drain. Here either right (easier route) or left around the reservoirs. The routes converge according you a choice at 975181. Go east on Rochdale Road, after 2.5k bear left along Blue Ball Road and at 021196 turn right and retrace your outward route back to the Beehive PH.

A long ride, not too much climb, some sections muddy and technical approx 25k allow 3 hours plus.

Well here are a few rides to get your teeth into, there are plenty more. If you have any of your own that you would like to add to my attempt at filling up pages of the Epistle Tim would be delighted to hear from you.

Not all the rides are on bridleways.some short sections are on footpaths and others follow routes used by local mountainbikers for the last couple of years without known objection.

Acknowledgements to Reuben, Anthony, Jonathon and John Stanger.

Ivor Noot

EAST PENNINE ORIENTEERING



Richard Rowlands having a hell of a time at Gale Fell race 1993.

Photo W.S. Bateson

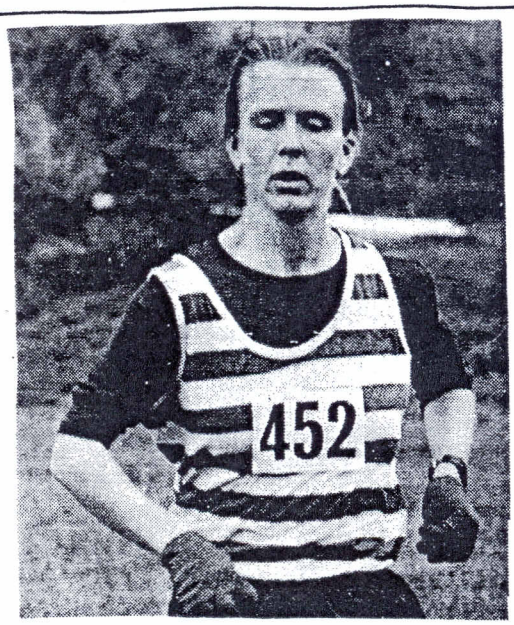
Something to Say?

"Don't" Keep it to yourself, send it in to "RAMPAGE." Next issue out - END OF MARCH but there will be occasional bulletin newsletters or "SHEEP SHEETS" in between. If you have an event coming up, let us know about it IN GOOD TIME. — Allan. G.

Calderdale Way relay 1993

Did you manage to get a run in the Calderdale Way relay this year? If so, have you paid your entry fee?

The actual cost each runner works out at £2.67 each but we're only going to take £2.50 from you. Please send a cheque payable to C.V.F.R. to the appropriate team Captain immediately. Thanks.
A team, Duncan, B team Richard K, Vets Mick Banks and C team Allan G. Addresses on back page of Rampage.



So long Carol

It was with a little regret that we heard of the departure of one of our Clubmates this November. Carol has done Calder Valley fellrunners proud, as an outstanding club runner, a friend to all and a fine ambassador for the club. Let us wish her all the best for the future, every success in her athletic commitments, and who knows, when her plans and ambitions are fulfilled Carol may come back to the Valley. She will always be welcome.



John Simpson on the climb at Gale Fell race 1993

Photo W.S. Bateson

CAPTAIN'S COLUMN

Here we are again then, with a new year and a new season on the fells ahead of us. There will be new goals to set one's sights on, new and exciting challenges and, hopefully, old rivalry renewed.

For this year's Club Championship, i have taken heed of comments made to me by your good selves, and tried to include more Sunday races. Also, i have, where possible chosen fairly local midweek races as the Short ones. It seems a long way to travel to Wales for a couple of miles running, but having said that, i suppose it's like saying it's a long way to Barcelona for 100 metres. Anyway, these races should give the opportunity for free Sundays and long training runs.

You will notice that i have included The Stoop, on the last Sunday before xmas, so now you have a concrete excuse to get out of Sunday Christmas shopping!

May i take this opportunity to wish you all a very happy Christmas and a successful and prosperous New Year.

Duncan.

Calder Valley fellrunners

CLUB CHAMPIONSHIP RACES 1994

Same formula as usual for the Championship, that is; 10 races to count which must include 3 Short, 3 Medium and 3 Long plus one other (the individuals best result will count) There are 21 races in all, 7 at each distance. Please note the new FRA ruling concerning race length, on PAGE 13 of this issue of RAMPAGE.

SAT JAN 29th	STANBURY SPLASH	7miles/1200'	MED
SUN FEB 6th	BENSON KNOTT	5 miles/900'	SH
SUN FEB 20th	LONG MYND VALLEY	10½ m/4500'	MED
SUN MAR 27th	EDALE SKYLINE	21 m/4500'	LNG
SUN APR 3rd	KENTMERE H'SHOE	12 m/3300'	MED
SAT APR 30th	CONISTON	9 m/3500'	MED
SUN MAY 8th	BUTTERMERE S'BECK	9½/4250'	MED
WED MAY 18th	BLACKSTONE EDGE	3½/ 1200'	SH
TUE MAY 24th	WHIRLAW FELL RACE	5½/1100'	SH
SAT JUN 4th	DUDDON VALLEY	20m/6000'	LNG
SUN JUN 19th	HOLME MOSS	16m/4000'	LNG
SAT JUL 2nd	WHITTLE PIKE	4½m/1400'	SH
WED JUL 6th	SETTLE HILLS RACE	6½m/1750'	MED
SAT AUG 6th	BORROWDALE	17m/6500'	LNG
SUN AUG 14th	SEDBERGH HILLS	14m/6000'	LNG
SUN AUG 28th	HALTON GILL SPORTS	1.7m/800'	SH
SUN SEP 11th	SHELF MOOR RACE	5.9m/1500'	SH
SUN OCT 9th	NEW GLOSSOP	20m/4500'	LNG
SUN NOV 6th	LOGGERHEADS	9½m/2800'	MED
SUN NOV 13th	ROACHES RACE	15m/3700'	LNG
SUN DEC 18th	THE STOOP	5½m/800'	SH

ON THE FELLS

Derek Fisher describes the challenge of the legendary Bob Graham Round and throws down the gauntlet with a challenge of his own

I first became interested in fell running four years ago after I had seen a film on television about the Snowdon Fell Race. I was 44 at the time and running five miles up and five miles down the highest mountain in Wales seemed to present a worthwhile challenge. With two months to go before the next Snowdon race, I determined to get in sufficient training to enable me to complete the race. I was daunted by the thought that I might come last, but in fact finished half way down the field, feeling pleased – and wondering whether I could be any good at this new sport.

In the early stages, my motivation to train came from the challenge of new and more difficult fell races. Then there was the incentive to improve my time compared with previous years. I used to regard any kind of race above 20 miles as the prerogative of supermen, and had marvelled when listening to exploits about 30-mile fell races in such places as the Isle of Man. It is amazing, however, how quickly the body adjusts to the heavier loads that the training and the longer fell races impose.

It became obvious, however, that apart from races with restricted fields in out-of-the-way places, I was never going to be good enough to win anything, even in the veteran classes. This applies to most fell runners, but the camaraderie that exists between "scrubbers" contributes much to making the sport enjoyable. Aware that some of the more pedestrian marathon runners take to ultra distance running where they hope to capitalise on their abundance of stamina and willpower, I wondered whether there was scope for this in fell running.

A couple of years ago, a salesman in a Lake District sports shop suggested I tried one of the expensive new Gore-Tex suits. One of the great points in its favour was that it had been used in a successful attempt of a "Bob Graham Round". What was this? A day's ramble round a few fells in the Lake District? No, it was much more than that. In 1932, Bob Graham, a Keswick guest-house owner, had visited 42 Lakeland peaks within 24 hours. Moreover, all but two of these peaks were above 2,000ft. They included the four massive 3,000-footers, Scafell, Scafell Pike, Helvellyn and Skiddaw – so Bob Graham had to travel a total of 72 miles and undertake 27,000ft of climbing – the equivalent (almost) of climbing Everest in a day. At that time the feat was of such a magnitude that it took 28 years for it to be equalled and eventually surpassed. The Bob Graham Club was then formed, membership being contingent on being able to complete the round within 24 hours.

My initial reaction was to discount the possibility of being able to achieve what I thought was such a mammoth task. Indeed, the first time I tried resulted in failure; strangely enough, not from lack of fitness but insufficient support and a complete lack of knowledge of the terrain on my part. After a beautiful day and a diabolically wet, cold and misty night, I found myself on the last summit having run out of time, companions and a sense of direction. I nearly died of exposure but finished after 28 hours an exhausted, but wiser man.

How do you plan such a feat of endurance? Clearly you need not only stamina, personal skill and resourcefulness, but a great deal of help from other people. Almost any intelligent person armed with a map can find their way over a few peaks on a day affording good visibility. It is another matter to do this for 42 peaks, against the clock, when visibility is poor and it's raining cats and dogs. For the following 12 months, therefore, I spent all my school holidays and half terms (I'm a headmaster) in the Lake District familiarising myself with the route and working out a realistic time schedule. The Bob Graham Round is conveniently split up by road crossings into five sections. One needs help throughout, both on the fells and at the road crossings.

On the fells you need "pacers" to carry anoraks, small quantities of food and drink and help with navigation. The more of these pacers who have successfully completed the Bob Graham Round, the better, for there are many tips concerning good terrain and "best lines" to pass on. At the road crossings, with stops of between 10 and 20 minutes, energy reserves are topped up, although one needs to keep consuming the odd Mars bar or sandwich every hour to avoid "energy bonk", the fell runner's "wall". Also at the road crossings, a change of shorts and socks, a rub-down and taking the weight off one's feet can do much to revitalise sagging spirits. At the road crossing before the night section of about five or six hours, the pacers are loaded up with extras such as torches and supplies of warmer clothing.

What about physical preparation? How fit do you have to be? During the year prior to my successful attempt (on a day far from ideal with almost continuous rain and poor visibility), I had averaged 41 miles per week with most of the work done in the hills rather than on the road. In the 10 weeks prior to the attempt, I increased to 45 mpw and included a long run each week of around 25-30 miles. These regular long runs are confidence boosters, but of supreme importance is mental attitude. My second attempt was a success — I completed the round in 23 hours 38 minutes.

Even though I became only the 231st person to complete the Bob Graham Round since 1932, I knew that I was no nearer winning a major fell race or even coming in the first 100. Moreover, a normal Bob Graham Round seems a rather mediocre performance in view of the achievement of fell running giants such as Joss Naylor and Billy Bland. In 1976, Joss Naylor visited 72 summits within the 24-hour limit and last year Billy Bland completed a standard Round in 13 hours 53 minutes!

Brecon Beacons

In my training for the Bob Graham Round, I spent a lot of time in the Brecon Beacons National Park in South Wales. This consists of an area of roughly 600 square miles starting about 20 miles north-west of Swansea and finishing near Abergavenny. The terrain varies from rolling, wild and deserted regions in the west; the popular Brecon Beacons escarpments in the middle; and the friendly ridges of the Black Mountains in the east. Would it be possible to visit all the 2,000ft summits within 24 hours? Indeed had anyone ever done it?

Here was not a challenge, but the opportunity to achieve a first and establish a new "Aunt Sally" for other fell runners to knock over. I discussed the idea with a school colleague, Andrew Lewsley. Andrew, no 48 in the Bob Graham Club, is a much better and more experienced fell runner than me. Indeed, he was responsible for much of my early enthusiasm and had helped me with my attempts on the Bob Graham Round. He was as keen as I was on this new idea, so we consulted Bridge's *The Mountains of England and Wales,* the standard reference work in this field. Although the OS maps showed there were many tops and peaks in the area that appeared to be over 2,000ft, according to Bridge there were 31 of these that could be classed as summits. The area split naturally into five sections — the Carmarthen Fan (five summits), the Fforest Fawr (six), the Brecon Beacons (eight) and the Black Mountains (12). The fifth section was a nasty, unwelcome nine miles of road linking the Brecon Beacons and the Black Mountains.

Three years in a row, the third weekend in July has seemed destined to be "ultra-weekend" for me: in 1981, failed Bob Graham Round; in 1982, successful Bob Graham Round; in 1983 the Brecon Beacons National Park Traverse. We spent a year working out the best route between peaks.

At 8.45am on Saturday, July 16, we left the Mountain Road that runs netween Brynammon and Llangadog to tackle the first of the 31 summits. The going under foot was perfect, but the temperature was in the 80s. This presented problems in terms of the body's need for a high fluid intake and its aversion to solid food. After battling through a violent thunderstorm, we arrived at 5.43am on Sunday July 17 in the grounds of Llanthony Abbey on the edge of the Black Mountains. In 21 hours 43 minutes we had climbed 31 summits with a total climb of 15,000 ft and covered 88 miles.

We hope that our achievement is only the beginning and will shortly be followed by new record attempts and variations on this sub-24-hour Brecon Beacons Traverse. It would be remarkable if the interest generated in this South Wales challenge were to be as great as that of the Bob Graham Round. Newport Rotary Club have donated a challenge shield to be held by the current record holder of the Brecon Beacons Traverse and special certificates will be issued to those who complete the Traverse in under 24 hours.

Meanwhile I'm looking for a new challenge for the third weekend of next July.

More information about the Bob Graham Round can be obtained from Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria; and about the Brecon Beacons Traverse from Derek Fisher, 8 Highcroft Rd, Newport, Gwent. Please remember to enclose SAE

Thoughts from your retiring (but not shy) Chairman.

It was suggested at the a.g.m. recently, that the Club has been drifting with the tide this year and i for one, would tend to agree. I'm as much to blame and this was one of the reasons i chose not to stand on the Commitee again, feeling that it is time for some new blood and ideas. Trevor Redmond (Chairman),Tony Bradley (Secretary) and Allan Greenwood (Rampage) are new to the Commitee this year so let's wish them "good luck" for 1994.

Training

One of the problems with our Tuesday evening runs lies with the lack of "Pack running"....an old moan of mine, i know. Running abilities differ enormously and i recognise the need to split into two, or perhaps three packs. This however, rarely happens... or if it does, the packs only form after ½hour or so. Meanwhile, the fast runners are hanging around at the top of the hill, waiting for the slowest runners. In future, form your pack at 7.00pm and stick with it throughout. We'll always see the slower packs (ok...the faster packs) in the pub later.

It may also be a better idea if we were to make training runs more interesting. Jamie intends to set up a monthly winter training league and this may instill interest, as well as competition within.

I don't know whether it's just me, but the traffic seems to be getting closer and closer to us, to the extent that recently there have been one or two near misses (or hits!) At the risk of stating the bleeding obvious, WEAR LIGHTLY COLOURED CLOTHING, REFLECTIVE VESTS AND FACE THE TRAFFIC IN SINGLE FILE.

Races

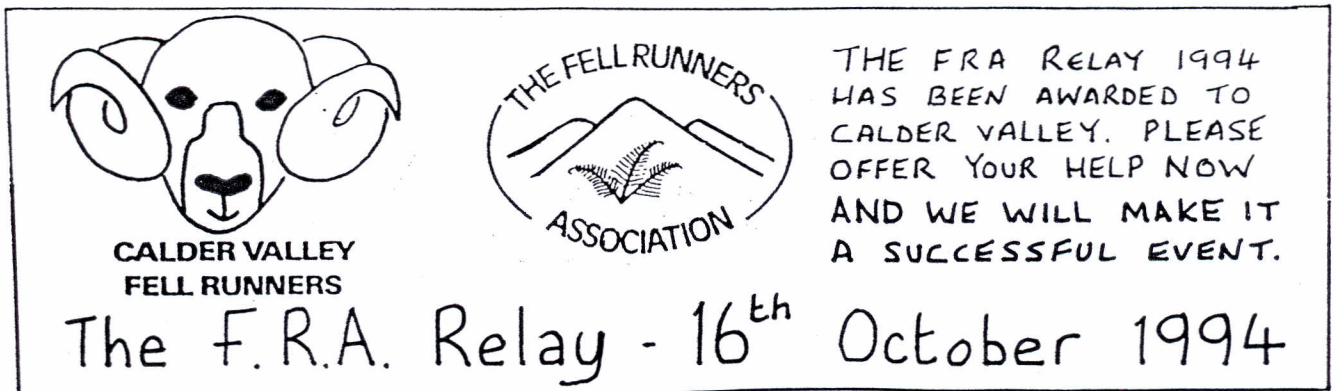
These are generally well attended, although not necessarily by me, and the Club championship is obviously a success. Jimmy has suggested that we should try and make some of these events more of a 'social' after the race if possible. Sometimes, we just turn up, run and go straight home. What do you think? Should the social scene be resurrected?

Socials

Well, before you answer that, i can tell you that Jimmy has taken taken it upon himself to come up with some ideas and no doubt, he'll let you know what these are soon. Some may coincide with races, others may not. In any event, please let's have your support. There'll probably be a xmas booze-up in town as usual, following a Tuesday evening run. Keep an eye on the notice board. The first major 'do' will of course be the Club handicap and Annual Dinner on 22nd January.

Happy running,

Russ.



CALDER VALLEY FELL RUNNERS

Committee meeting Tuesday 28th September 1993, At the Shoulder of Mutton.

Present :- Andy Thompson, Russell Arrendale, Richard Kellett, Duncan Thompson, Ian Hartman, Alistaire Sowden, Andy Wimpenny.

1/ Matters Arising :-
Guest speaker, Duncan has spoken to Harry Walker who is pondering over the situation. Fred Rogerson was proposed as a substitute.

2/ Chairmans Report:

Russell had nothing to report.

3/ Secretaries Report :

Andy confirmed that the community centre had been provisionally booked for the AGM for Tuesday 2nd November 1993. There will be a bar available between 9 and 11 pm. Alistaire will pay the community centre for the room and bar.

4/ Membership Secretaries Report :

Membership presently stands at 66. Ian is compiling a new list which will be published in Rampage.

5/ Club Captains Report :

Relays;
a. Ian Hodgson - one team entered.
b. FRA - Duncan is having problems raising runners for three teams.
c. Calderdale Way - 4 teams to be entered.

6/ Club Statistician ;

Ian is examining a new formula for the club handicap championship, he will report in more detail at the next committee meeting.

7/ Treasurers Report :

a) The clubs balance presently stands at 876 pounds.

b) The Widdop Fell Race made a profit of 150 pounds. It was agreed to split the proceeds between the Karen Dark and Will Rambottom Trust. Therefore each trust will recieve 75 pounds each.

c) Alistaire will complete the acounts for the year ending 31/9/93 and pass on to Mark Bramall Pimlett for auditing.

8/ Publicity Officers Report :

The results of Races are not being passed onto Andy and therefore not being passed to the local media. This matter to be raised at the AGM.

9/ Any Other Business

A list was made up of those seeking election at the AGM. They were/ are as listed on inside cover of this issue of Rampage.

My first Lakeland fell race Borrowdale '92

6am on a wet August Saturday morning, i left a warm dry house to pick up Irene and drive to meet at Russ's house. Both Russ & Tony were wide awake and ready for the long drive up to Rosthwaite. It was on Russ's advice that Tony and i were going to try a "real fell race". On the way up i found that by sitting in the back of a car i suffered from car sickness, a great start to the day!

Around 9.15, we arrived in Rosthwaite, registered and had a look around. Rain, mist and Irene's tales of past Borrowdale races began to make me wonder if i had done the right thing-a feeling enforced when Greg told me to watch out for the falling rocks on Bessy-Boot.

Time to decide what to wear, with the weather beginning to clear. Irene was by now on her way up to Great Gable with refreshments. Time for the off and Russ's parting words,"try and stay with Steve Cavell", after which he dissappeared at pace. Along the stream things weren't going too bad as i ran along with Mark and Bod until we reached Bessy-Boot.

I never thought i'd need to know about mountaineering before this, what had Russ talked me into? After about 40 minutes i started to follow Russ's advice about Steve Cavell. He passed me and began to pull away! I was starting to hate this race. I was beginning to struggle, as Tony caught up with me, and we decided to run together as he was feeling out of it too. On to Esk Hause where Tony missed the shelter and following a group through the mist, we found our way to Scafell Pike. Although tired, the climb wasn't as bad as i'd expected but the descent was awful. A combination of wet rock and E.T.A. shoes meant that i spent most of my time on my backside! Due to this we lost the group we were following.

We asked a runner behind us if he knew the way off. "Im just follow ing you", he said. Tony and i had taken a few bearings before the race so we set our compass, discussed the situation and decided to wait for somebody to pass.

After a few minutes, another group came by so we tagged on and were off again, a little too fast for our friend who was following as we lost him on the corridor route. I was definitely not enjoying this race but was still making progress. Next came Great Gable and the welcome sight of Irene waiting with water and Jelly Babies. "This one goes on for ever", she said. "Just keep your head down and keep going",a real boost to my sagging confidence.

She was right though, it was never ending! Tony was climbing better than me and when he reached the summit i shouted for him to wait. Luckily, he did or i think i might have sacked it. We set off down to Green Gable. This came and went without too much further trouble, now the long drag to Honister. At last, terrain we could run on, although by now i had begun to loose interest.

We were following two runners from Clayton Le Moors and they were gradually pulling away from us, until we were on our own. A little further on, they were waiting for us, as soon as they saw us they were off again with us following on the right track- thanks whoever you were.

Down now to Honister Quarries, highlight of the day. Tony falls and lands on his water bottle, bringing tears to his eyes and a smile to my face. It was around this time, we began asking each other how we had each come to be running in this race, and we both arrived at the same answer...RUSS!! "Well, if he asks me for any petrol money, he can P... off!", said Tony. "Don't tell him 'till we get home", i replied.

One more climb now and the torture is over, nice and steady up to Dale Head summit. We followed a Rochdale runner off, as he said he knew the way to the finish. We left him on the final descent as we reached the flagged area. We were following another runner to the finish, when Irene shouted "It's this way!" We turned around and followed what we thought were flags and ended up in a garden, me looking for a footpath out and Tony searching around the dustbins.

I could not believe it. 17 miles around fogbound, Lakeland terrain and we're lost in the last 50 yards. Steve Cavell appeared and ran us into the finish, if only i'd followed him. When we entered the field, there was Russ, smiling away. I questioned his parentage as i passed him to finish in a time of 5.05;32. The worst 5 hours i have spent running a race, and a race i will not be running again no matter what Russ says.

Tony Bradley.

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Terry Lonergan Sports

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Here's an old ad from an early Fellrunner Mag which brings back memories.

NOSTALGIA.

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FIT TO DROP

FACT SHEET

Introduction

We have all been the victims of a cold and a sore throat at some time or another. Less often, those amongst us who exercise frequently and vigourously may have noticed that afterwards we often pick up a minor infection.
We may also have noticed several of our best athletes running into trouble with 'undiagnosed viral complaints' causing them great anguish as they fail in their bid for honours.

As more and more of us fill our expanding leisure time with sport and competition we are increasingly at risk from the effects of overdoing it. What are the dangers and how can we best prevent them becoming a problem? What should we do if we do develop a cold or a sore throat while training? And if we are worried about the potential dangers of overtraining how should we adapt our behaviour? Where can elite athletes go if they encounter long term problems? The **FIT TO DROP FACT SHEET** will answer some of your questions and set you on the right track.

The Science

As with many areas of science and medicine we do not yet know a great deal about the exact way that the immune system works. Even less is known about the specific physiological and biochemical effects of exercise on the immune system. What we do know is mostly obtained from the experiences of ordinary people whether they be competitive athletes or have just had problems with infections.

From the scientific evidence that is available it is clear that exercise certainly affects our immunity. The body's defences comprise a finely balanced system which is in place to prevent invading organisms causing illness and disease. In a normal healthy person these natural defences will deal easily with the viruses encountered in everyday life. Indeed, at moderate levels of exercise the effects are beneficial, but the more we push our bodies to the limit, the more we tend to disrupt the immune system and reduce our ability to fight infection. This appears to be due to the suppressive effects of hormones such as adrenaline and cortisol produced by the body during training. The more we disturb the status quo of this system the more likely it is that we will pick up an infection. Scientific investigation does tell us for certain that intense exertion such as the marathon dramatic effect on the entire immune system, reducing the levels of cells which make up the body's natural defences.
The extra physical burden of intense training is just one component in the total stress equation. Awareness of additional mental stresses inherent in competition and other major life events enables us to make sensible decisions about how much exercise to take.

The Danger Zones

Viruses - give them a window and they'll jump right through it!

The first danger zone to be aware of is the one immediately following every intensive training session or competition. Your salivary antibodies, the first line of defence against foreign bodies like viruses and bacteria, drop by up to 70% after an exhausting event like the marathon and this depletion can last for up to 20 hours. So anyone engaging in this type of activity is susceptible to infections during this period. But, with rest, the body should be able to cope with these infections which often manifest themselves as a cold or sore throat.

The second danger zone exists for those sports men and women who train hard and compete frequently for long periods. They put themselves at risk of a general depression of the immune system. Physical and mental stress over long periods can wear the immune system down giving viruses and bacteria a much larger window of opportunity to successfully evade the body's defence system.

Danger zone three is the one to be avoided at all costs. If an athlete goes down with a virus and trains hard or competes while the body is trying to fend it off, there will be a much greater chance of it taking grip. If a virus does get into the system and is dangerous, it can cause very serious problems. It may lurk in the body and cause heart failure or it may result in chronic post-viral fatigue which can knock you out for years. It can wreck sporting careers and have a dramatic effect on lifestyle.

Do's and Don't's

There are seven golden rules which should always be followed to ensure that a virus picked up does not turn into a major problem. They are:

1. ***Never train or compete with a sore throat or a cold or other infection.***
   Rest until you feel good again, wait for a few days more and then resume light training.

2. ***Do not rush back to the same training level you were at before the infection.***
   Build up slowly, making sure you feel comfortable with the training level you have set yourself

3. ***Adapt your training to your situation.***
   If you are suffering from additional stresses in your every day life, relationships, moving house and so on, compensate by reducing your normal training levels.

4. ***Allow yourself time to recover by building rest into your training schedule.***
   Even when you are training build in frequent periods of rest and relaxation to allow your body to recover. It is especially important to have a proper rest of at least four weeks after an intense endurance competition like a marathon. Proper rest is an important part of any training programme.

5. *Train for the right reasons.*
   Make sure you know exactly why you are doing every mile, every push-up and every kilogramme . It can only be counter-productive to push yourself past limits that your body can easily cope with.
   Don't copy other athletes' training routines - what works for one athlete may not be right for another.

6. ***Taper your training.***
As a competition approaches, reduce the amount of training you do, gearing your body for the event.

7. ***Listen to your body***
If you are feeling under the weather or not 100%, ease off the throttle and take it easy!

Elite Athletes

Many athletes in recent years have run into trouble with viral and bacterial infections. Seb Coe, Steve Ovett, Liz McColgan, Steve Cram, Jon Ridgeon and a host of others have fallen foul of infections. Because these athletes push themselves to physical limits most of us would never dream of they are walking a constant tightrope between supreme physical condition and immune depression. With the pressures incumbent on today's elite athletes to succeed it often takes more mental discipline to refrain from training with an infection than to 'train through it'. It is important for the health and success of our athletes and sportspeople that the message is well received.

Recreational Athletes

The same principles apply for recreational sports men and women as apply for the stars. Although they are unlikely to encounter the danger zones described above as frequently or for as long as top athletes, viruses and bacteria do not discriminate between Seb Coe and the club runner. If you don't train sensibly and respond to your body appropriately, you are inviting trouble.

CONTACT

For further information send a S.A.E. to:

Dr Lynn Fitzgerald
Department of Medicine
St George's Hospital Medical School
LONDON SW17 0RE

D I D Y O U K N O W ?

Interesting fellrunning facts No 1

The Fellrunner's association have decided to change the criteria for race length from 'record time' to 'race distance'. The distances are as follows;

0-6 miles = Short
6-12 miles = Medium
Over 12 miles = Long

The method of grading A,B or C category races will remain the same; ie, height per mile climbed.

By my reckoning, Jeff can now probably half the distance of the Caldervalley race and still get an A-Long grading!



Damian Whitehead and partner, doing the Hippy, Hippy Shake at Gale fell all day rave, October 1993.

Photo W.S. Bateson



Membership subscriptions are now due and payable to Richard Kellett. Please dont delay in paying your subs as non paying members will not be eligible to count in championship races, or take part in any relays or other team competition for the club.

Diary of a Duffer. 1993

Well now is the time of year when i usually reach for my diary and survey my training and racing reports from the year just ending, looking for particularly memorable moments, and some not so good performances, to try and fathom out what went right or wrong. But as some of you may have noticed, i seem to have had more downs than ups this year. I'll tell you about some of the better times.

The season got off to a bit of a slow start really, partly due to having my own race to organise in February, my first real race being the Haworth Hobble in late March. Due to various injury or personal commitments, my partners were unable to make the start line and despite last minute searches for a replacement, even on the day, i was left without a companion.

For various reasons, including the ideal photographic opportunity i decided at 7.30 am on that Saturday morning, to set off early on the route alone. It proved to be a good decision as i was able to get to Walshaw Dean reservoir and watch the leaders come by. Ian Ferguson had a commanding lead at this point with the Accrington based Clayton le Moors pair Simon Thompson and John Wieczorec, who won the event, right up there with him. Then came a small bunch including Fergusons partner Mark Rigby, then just behindthem i saw the first Calder vests. Carol was smiling as i took her picture, but Duncan was more content with gurning/grimacing, though he did have the decency to bid me fur-well. (At least, that's what it sounded like.)

Time to put the camera away and get stuck in now. The pace of the runners coming past me really spurred me on. So many cheerful voices as they chatted about the day ahead and what was to come. I got to Stoney Lane refreshment point before runners of my own speed joined me, so the rest of the day was spent in good company at a reasonable pace. For the record, i posted my personal best time.

My next race was a first timer for me. I had heard what a good course the Bowland Fiendsdale race was, so the following sunday i decided to drive over to Chipping and give it a try. Not as easy as you might think though as Chipping is the only racevenue where you need navigational skills to find the start. I must have used about half a tank of petrol to find the damn place!

But i wasn't disappointed with the race. A steady start up the road to spread the field out, then straight up, no messing and over the shoulder of Parlick pike, then it's up again after a short flattish section, and over rough peaty moorland until a real belter of a descent(Sorry i don't remember the names of these hills!) to a wide gully with a stream. After that there are two more cracking climbs before a brilliant near vertical descent straight to the finish funnel. Thanks for pickin it as a ch'ship race Duncan.

I had been marshalling at the Trog in February with a chap who used to run for Bramley Harriers in the '60s. He told me that he used to train for the Three Peaks by doing hill-reps on Otley Chevin and Long weekend runs in the dales. He also told me of the benefits of eating liver, at least twice a week, as it was a good provider of vitamins A, B5 and B12, whatever they are, and Iron. At first i didn't really fancy the idea of liver, but the thought of having an advantage in the Peaks certainly appealed to me. Well, i tried it, at first only once a week with sausage and boiled potatoes and veg, then after 2 weeks i upped my intake to twice and for three weeks before the 3 Peaks, i was enjoying a piece of liver on Monday Wednesday and Friday. It was dreadful but i percevered with the diet, as my training miles increased, so had my intake of the Vital Food.

So the day of the 3 Peaks came, and what a rotten day. It poured down all morning, making the route heavy in places, and making the

spirits low on the hard climb up Wherneside. My supply of jelly babies and chocolate was low as i reached the Hill-Inn and it took a lot of will power to carry on. As i reached the duck-boards going up Ingleborough however, i began to feel very strong. For the first time ever in a long fell race, i began to gain more confidence on the steeper sections to the point where i was actually running passed people to the summit rocks. Normally in a race of this length, i would have been content to mog-on and just finish, wearily trudging the last few miles home with the rest of them.

As i turned the summit point, i began to feel even more confidence as i strove to catch the runners in front, the wind whipping hail into my eyes and stinging my face. I do not wish to make false claims, or indeed to sound boastful in any way but on checking the result sheets later, i found that i had taken 8 places on the run in to Horton and i only lost 1 place. I put the strength i felt, down to hard stamina training and the liver! Seriously it's worth trying, well i'll have to find a "veggie" substitute that works for some of you!

The high point of my year has to be my Bob Graham attempt. Although it had to be abandoned, the time spent on the fells early that Saturday morning was memorable. As we climbed the track round Latrigg Andy kept a check on our well being, while setting a steady manageable pace going. Alan Jones, carrying a rucksack about twice his own body-weight, kept me and Barrie topped up with food every hour, and our spirits up with his mucky jokes and loud farting. (great these do's girls) As we descended from Skiddaw after a feast of peach slices on the summit, Andy lead us un-erringly to the track and on up Calva. Similarly, his route finding in pitch darkness, off Great Calva and down to the Caldew was faultless, making progress smooth and quick on a good trod to the foot of Blencathra. As the first strands of daylight broke through, we could see another group following our route but still on their way to Calva. I don't remember feeling any thing in the way of tiredness on that steep pull up to the top of Blencathra, credit i think to Alans constant reassuring chat and endless supply of good food.

A quick descent to Threlkeld down Halls ridge and, with the sunrise to greet us, it promised to be a lovely day. Trevor had the tent up with a chair and food inside and the tea made at exactly the right temperature. Fruit cake and rice pudding were served up with Trevor's wit and good humour and soon we were on our way with another rice pud carton and a titty bottle of tea. The climb up Clough head is a bit of adull affair-but Andy was doing a good job. " Just keep it going pal." As we neared the top, the wind started to get up and the mist dropped. We jogged up to the trig and it was like jogging into hell. Hailstones dashed our faces as we fought on into the wind, and before long we were soaked. Visibility was a problem but thanks to Andy we never strayed off course once.

A bit of a cock up on Helvellyn lost us some time, as Barrie and me left Andy to mark the check card, arranging to meet him on Nethermost Pike. Confused in the mist, we strayed off route and wasted time looking for Andy. He was right where he said he'd be and he quite rightly gave me a good bollocking. We'd lost valuable minutes.

I decided there and then that i was going to do this Round. I pushed hard up Fairfield and flew down to Grisedale Tarn. I pushed my way into the lead up Seat Sandal but i must have looked a right fairy trying to pick my way down to the road, through slippery rock and ferns on Raid soles! We'd lost time and the weather was against us and although i was given the choice, i knew it was time to stop.

Thanks to all who gave up their time for me that weekend. Andy Wimpenny Alan Jones, Trev Redmond, Barrie Price, Steve Houghton, Bod & Mrs Riley, Webbo and Ms Webbo, Rhys Kift and Wendy Dodds.

Allan.

THE BIRTH OF A LEGEND ?

As we come to the end of 1993 and the end of another Fell running season I am left to reflect back onto what was and what may have been.

It was a season which saw my return to competative fell running after a lengthy lay off due to an horrendouse knee injury which occured just as I was on the brink of breaking into the top flight of our sport (such is life !!!).But I am not bitter,I have learned to live with mediocrity. Though I can still dream of what may have been, and who knows,the Pheonix could rise from the ashes.So watch out young Mr Peart-Binns that could be me behind you !!

1993 also saw Simon compete in a Fell and for the first time in living memory Suzanne did not fall pregnant as the result of the post race celebrations (sorry Simon,I could'nt resist that).

But the occcurence that will mark 1993 as a vintage year is the emergence of a new force within our sport and indeed within our very own club.I am not refering to Carol competing in the World Cup or even Pete establishing himself as a national hero in the disciplined and dedicated world of Triathlons.

I am refering to a person who has consistently excelled himself and established an almost cult following as a direct result of his blinding starts that are fueled by sheer bravery and total disregard for his own safety and future health.

I can hear you asking " Who is this man "?

He is none other than our very own "FASTEST STARTER IN FELL RUNNING" Alan Jones Esq.

To see Alan in the opening moments of a fell race is truly an experience that will stay deeply etched on your memory for the rest of your days.I have witnessed his starts on a number of occasions,indeed the start of the 1993 Saddleworth Race was truly a magnificent experience. Some described it as "PERFECTION" others as "EXQUISITE". All that I can say is that I will die a happy man because I witnessed it.As they close the coffin lid on me they will note the small grin on my face,and say to one another "HE WAS THERE".

The image will never leave you,the arms pumping,the strawberry blonde locks whipped up into a frenzy,the legs forming a dazzling blur in the true stlye of Billy Whizz. The mere thought of which brings a smile to my face,a lump to my throat and a quickening of heart rate.Who would not be proud to know such a man ?

Indeed if Alan had chosen the track and been given a larger helping of meat and two veg Linford himself would have been an also ran,and we at Calder Valley could boast of an Olympic and World Champion within our bosom.

Unfortunately,every tale does not have a fairy tale ending and unfortunately for Alan he chose the sport of Fell Running and as we all know Fell Races do not end after 100 metres.This poses a problem,because even though Alan has the starting speed of an Apollo moon shot,he has never been able to maintain this advantage over the full race distance.

So we are left with a problem. How can we as a club help Alan to realise the full potential of his remarkable gift?

The solution is simple, Alan is a victim of the ridiculous length of Fell Races. Why race for long/medium/short distances on the fells?

You only get out of breath and muddy.

So lets get rid of the 3 existing race catagories and in the style of true European bureaucracy create uniformity with all races being classed as "MICRA".

The Three Peaks could end on the road at the top of the field (this would cut down on erosion). The Calderdale Way could start and finish in the grounds of Clay House (why bother with the other 50 miles, we always get disqualified anyway). Burnsall could start on the road and finish in The Red Lion (the runners could get a drink for a change).

Just think of the benefits:-

1. Savings on washing powder.
2. Savings on soap.
3. Reduction in land erosion.
4. More drinking time.
5. Less stud wear.
6. No need to train as much.
7. No flagging required.
8. No drinks stations.

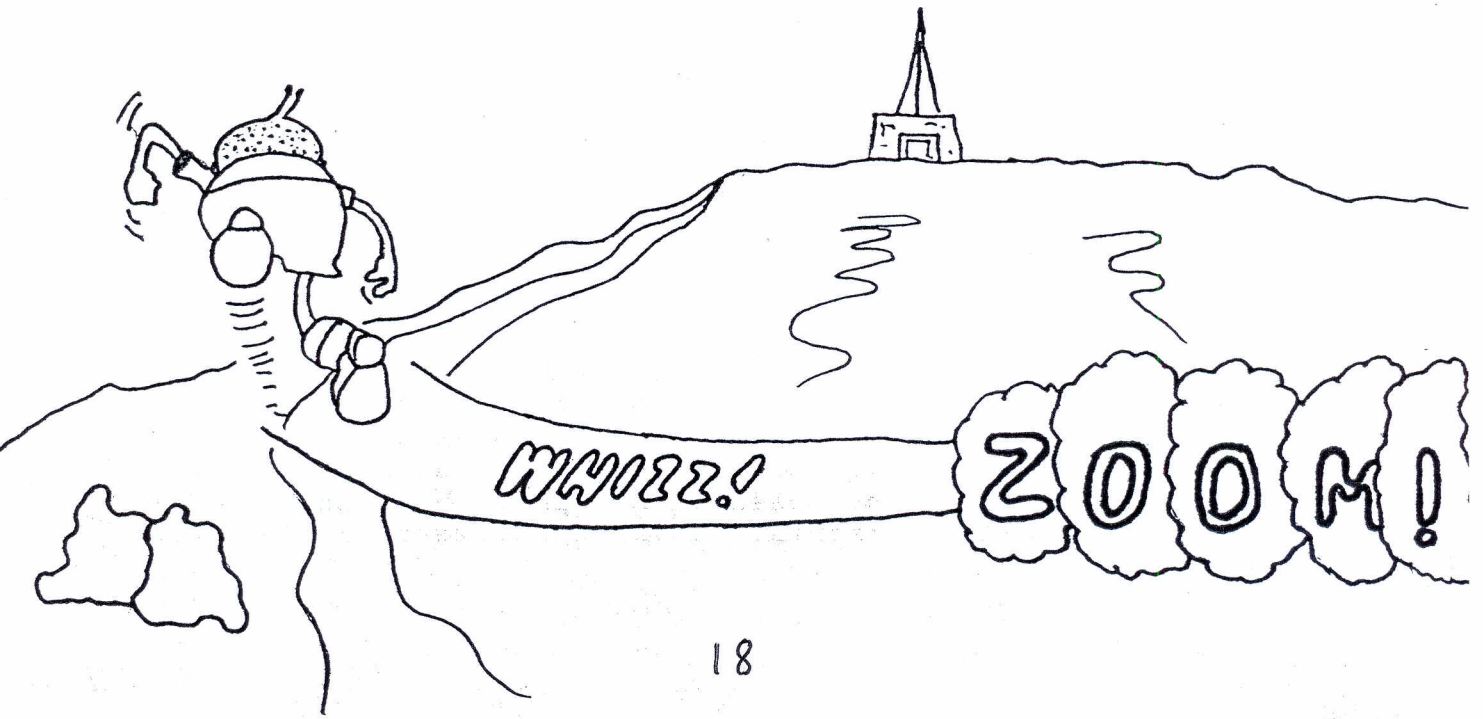
The possibilities are endless.

Its all so simple, so I urge you to write to your MP and lobby all race organiser. So that we as a club and Alan as a cult hero can bask in the glory and fulfill the promise of such an awesome talent.

See you ~~on the fells~~ in the pub.

Nospmoht Ydns

P.S. You may not know this, but Alan in his modesty has not let it be publicly known that in 1993 he won the first to Woolworths at the Otley Chevin Fell Race.



CALDER VALLEY FELL RUNNERS
ANNAUL GENERAL MEETING, Tuesday 2nd November 1993.
8.45 pm At The Mytholmroyd Community Centre.

Present;

Andy Thompson	Russ Arrendale	Charlotte Roberts
Steve Kirkbride	Allan Jones	Irene Neville
Allan Greenwood	Pete Regan	Neil Croasdale
Linda Hayles	Tony Flint	Tony Bradley
Denis Gildea	Damian Whitehead	Steve Houghton
Richard Kellett	Mike Wardle	Jeff Coulson
John Crummett	Trevor Redman	Dave Yates
Gary Webb	Duncan Thompson	Ian Hartman
M Allcock	Chris Peart-Binns	Mick Banks
Carl Greenwood	Andy Wimpenny	Alistaire Sowden
Rod Sutcliffe	James Sheard	Geoff Bell
Gerry Syme	Bernard Pierce	Kay Pierce
Greg Houghton.	Mark Bramall-Pimlot = 38 Members.	

1) Apologies ; Brian Horsley.

2) Minutes of 1992 AGM.

Taken as read, no matters arising.

3) Chairmans Report.

Russ thanked the individual race organiser and went on to say that 1993 had been a quiet year when compared to previous years. The club has applied to the FRA to hold the 1994 FRA Relay. Russ congratulated Carol for another successfull year on the fells. He also congratulated Mark Bramall-Pimlot and Steve Houghton on successfull Bob Graham Rounds.
Pete Regan has booked the Annual dinner on Saturday 22nd January at the Imperial Crown Hotel.
Finally he thanked Andy Thompson who is stepping down as club secretary.

4) Secretaries Report.

Andy stated that Allan Greenwood had volunteered to take over as Rampage editor, but that he felt that in order for Allan to produce frequent editions containing stimulating material it was up to the club members to submit as many items as possible no matter how small.
The Widdop Fell Race raised 150 pounds which is being donated equally between the Karen Dark and Will Ramsbottom trusts.
Andy read out a letter of resignation from Carol Greenwood and explained that Carol was leaving the club to join a club with a stronger ladies section.
Andy thanked the committe for its support and wished his successor all the best for the future.

5) Treasures Report.

Alistaire presented the accounts for the year ending 30th September 1993 and explained their contents.
The accounts were accepted by the members.
At this point it was agreed by the members to keep the annual subs at their present level of 4 pounds.

6) Election Of Committee For 1994.

The following were nominated and seconded to serve on the committee for 1994;

Chairman	:	Trevor Redman
Secretary	:	Tony Bradley
Treasurer	:	Alistaire Sowden
Club Captain	:	Duncan Thompson
Publicity Officer	:	Andy Wimpenny
Membership Secretary	:	Richard Kellett
Rampage Editor	:	Allan Greenwood
Club Statistician	:	Ian Hartman
Race Co-Ordinator	:	Rod Sutcliffe
Auditor	:	Russ Arrendale.

7) Any Other Business.

a) Club Dinner,Guest Speaker,Duncan to speak to Harry Walker.

b) FRA Relay 1994. Rod proposed that it would be good for the club,and along with Bernard outlined their proposals.They also suggested that if we were to stage the event then we could do so along with Todmorden Harriers due to the size of the event.A few members were against stageing the event and a few were against forming an amalgamation with Todmorden Harriers.However they were in the minority.It was agreed to hold back on the decision to amalgamate until the decision of the FRA was known.
Jeff questioned the financing of the event,and who would stand any loss.Rod did not have an answer but would find out from the FRA.After further discussion it was put to a vote and it was agreed that we should proceed with our attempt to stage the event.

c) Calderdale Way Relay,the club has entered four teams and it was proposed that one team should be a Vets team with the exclusion of runners who will be in the first team.
The team captains will be;

First team	:	Duncan Thompson
Second team	:	Richard Kellett
Third team	:	Allan Greenwood
Vets team	:	Mick Banks.

The meeting ended at 10 pm.

.2.

*** Spotlight On... Pete Round. (A man of many talents)

Pete Round is one member of Calder Valley Fellrunners who many of us haven't seen out on the fell-racing circuit for a while. For those who don't know him, Pete is a quiet, modest man who occasionally turns out at some low key event and manages to pull off a fine performance, stunning many of his clubmates with his level of fitness, despite lack of race experience.

Therefore Rampage decided to investigate, to try and lift the lid on the training habits of this elusive, yet, as we found out multi-talented man.

And where better to catch up with Pete, than the place he spends most of his time. He works at the Hebden Bridge branch of West-Riding Camping, where his knowledge of the Great outdoors, through fell running and walking helps enormously with the sales of their large stocks of camping, hiking and general outdoor equipment, including walking and climbing boots, fell running shoes, compasses books and maps. and whistles.

Peter seems at first, a little reluctant to lift thelid totally on the secret of his year-round fitness but he does prise open the edge slightly as he shows us the mode of transport he uses to travel to work and back, each day.

For standing in a corner of the shop is a top notch lightweight racing cycle with all the latest gadgets and, those expensive clips on the pedals like proper cyclists have. And a good pair of lights front and rear, for those dark nights when Pete can expect a good hours ride home. Anyway, back to the story;

"My work takes up a lot of my time including the weekends," says Pete, "so i don't get to as many races as i would like", he continues during our chat in a quiet moment at the shop.
"Besides, most of my free time is spent on the rock"....

Aha! So that's it, Pete is an expert rock climber, and he likes to combine this with his running to achieve his superior fitness. In fact, some of his close friends have nicknamed him The Running Belay. Indeed, it is his wide knowledge and experience of climbing techniques and equipment which is utilised to the full in his work at the shop.

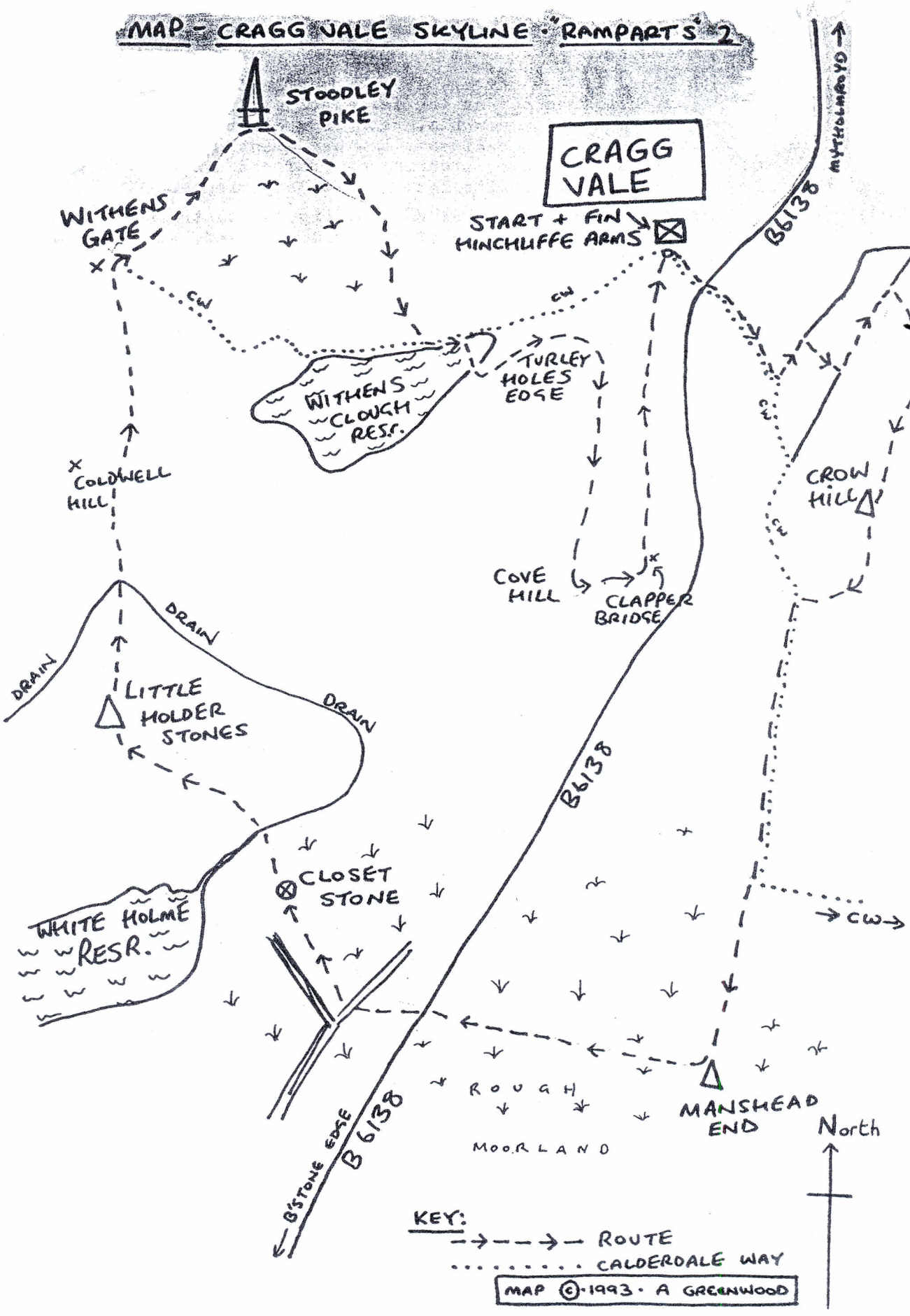
But climbing has it's serious side. "Some people think that they can just waltz in here, pick up a few items of Crag-ratting gear and away they go, but they can soon land themselves in a lot of serious trouble you know. Especially if they bring ice creams or cans of pop into the shop as consumption of food and drink on the premises is strictly forbidden".

Whilst we continue to chat casually, in the well lit, tastefully decorated modern store, Pete turns and reaches behind the counter and brings out a 6 string acoustic guitar.
"This helps me to keep a clear head", he says, as with his fingers he begins to produce a beautiful melodic sound from the instrument.

Well i never, here is another talent we didn't know about. Pete is a vertuoso classical guitarist with a wide variety of playing styles and ranges. Several times, whilst on our visit, we are treat to an impromptu performance as, without warning, Pete picks up his guitar, places it across his knee and plays tunes and popular songs and ballads. On one occasion, several customers who were browsing through the raincoats and sleeping bags, heard the first line of one such popular lament and in unison, sang out the sweet refrain, " Ha, Cadburys take 'em and they cover them in chocolate".

Well what a marvellous insight into the talents of one of our club members, and remember, West Riding Camping have branches at Hebden Bridge and Halifax Road Hipperholme and are open 7 days a week for all your running and outdoor needs. Discount for Calder Valley club members on most items.

(a)
Røving Rampage reporter.


MAP - CRAGG VALE SKYLINE "RAMPARTS" 2
STOODLEY PIKE
CRAGG VALE
START + FIN
HINCHLIFFE ARMS
WITHENS GATE
CW
WITHENS CLOUGH RESR.
TURLEY HOLES EDGE
COLDWELL HILL
CROW HILL
COVE HILL
CLAPPER BRIDGE
DRAIN
DRAIN
DRAIN
LITTLE HOLDER STONES
B6138
MYTHOLMROYD
CLOSET STONE
WHITE HOLME RESR.
ROUGH
MOORLAND
MANSHEAD END
B'STONE EDGE
North
KEY:
ROUTE
CALDERDALE WAY
MAP © 1993 · A GREENWOOD

Here is the 2nd in the series of 'favourite runs', this time it's a 10 miler by Rhys Kift.

RAMPARTS No 2

Cragg Vale Skyline. Approx 10 miles.

This run starts from the Hinchliffe Arms public house, just off the B 6138 Mytholmroyd-Blackstone Edge road. If you have travelled to the start of this run by car, then to start the run, you will retrace your direction of arrival, up the lane past St. John the Baptist in the Wilderness Church and across the main road, following the Calderdale Way. Follow the Way up to a tarmac road (010231) at which point turn left. Go along the road for 250metres to a stile on the right. Follow a track going leftish, through a wall and up to the next tarmac road. Turn left, follow the road for 500metres, then turn right up a road and make your way to CROW HILL.(019 229)

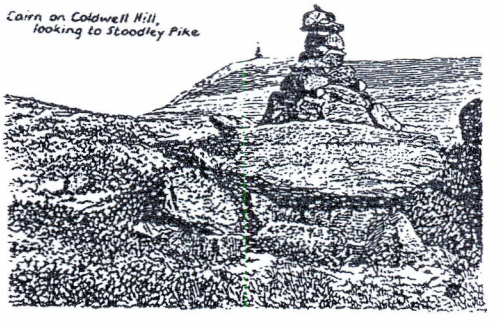
From Crow Hill head in a Southerly direction, following the track to re-join the Calderdale Way, at Waterstalls road. Turn left and follow the Way for 1km until it turns sharp left, but here we go straight on and follow the track onwards and upwards to MANSHEAD (998 198)

On a bearing of 280' head for an obvious large gully on the opposite hillside, crossing the road. This is a tough section, which is very difficult to run. After crossing the road, drop into a deep valley, with a boundary stone in the bottom, at the junction of two streams (980 201). Follow an indistinct sheep trod up to CLOSET STONE (978 203) and from there head uphill towards a new bridge over the drain.

Follow boundary stones, heading NW to the Trig Point on LITTLE HOLDER STONES (968 214). On the same heading, follow the peat beds down to the sharp bend in the Warland Drain.

From here, follow the Pennine Way, a line of cairns leading the way across the shoulder of COLDWELL HILL from which, on a clear day the views are of Stoodley Pike in the distance, and the Summit road down on the left, the pass between Littleborough and Todmorden.

On reaching the Pike, go straighton. Where the Pennine Way turns left towards Doe Stones, go up to the corner at DICK'S LANE (980 243). At the corner, go straight ahead over a new stile and through plantation, keeping straight on until another new stile is reached at the end of the plantation. From this stile go due South over very rough ground, eventually down to the reservoir wall at WITHENS CLOUGH.

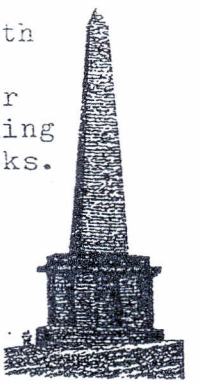

Cairn on Coldwell Hill, looking to Stoodley Pike

Cross the Dam wall on a newly marked footpath turning left at the end and following the drain. Follow this new path round TURLEY HOLES EDGE, on a well marked path along the wall, until a finger post is reached at COVE HILL (000 222).

Turn left over a stile, hidden behind the wall, and follow the path zig-zagging downhill to a new gate at DOG BRIDGE,(002 222). DO NOT CROSS the bridge, just admire the view! It is a very ancient clapper bridge. Turn left, following the left hand bank of the river, heading downhill back to the Hinchliffe Arms by a series of stiles and tracks.

Try this run sometime, and i hope you enjoy it.

Rhys.



CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results

FOR RESULTS OF RACES 1 - 7, PLEASE SEE PREVIOUS ISSUE OF RAMPAGE.

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

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts		Handicap	Adjusted Time	Hcp pts
	RACE 8: FAIRFIELD HORSESHOE FELL RACE (AM 9m/3,000ft) - SUNDAY 16th MAY								
1.	Mark Croasdale	87.04							
9.	Gary Webb	90.53	40				5.06	85.47	36
39.	Rob Skelton	99.03	**				13.30	85.33	**
66.	Richard Kellett	102.08	39				20.15	81.53	39
69.	Pete Horne	102.33	38	20			16.30	86.03	35
70.	Brian Horsley	102.35	37	19			18.18	84.17	38
96.	Chris Peart-Binns	104.31	36				18.00	86.31	34
110.	Michael Wardle	105.41	35				-	-	26
136.	Jez Wilkinson	108.23	34				18.45	89.38	31
159.	Mick Banks	111.35	33	18			23.06	88.29	33
183.	Bob Horne	114.42	32	17			22.48	91.54	29
187.	Geoff Bell	114.58	31	16			25.30	89.28	32
196.	Allan Jones	116.47	30	15			31.21	85.26	37
204.	Steve Kirkbride	117.27	29	14			26.15	91.12	30
270.	Allan Greenwood	125.53	28				58.57	66.56	40
278.	Eddie Procter	127.45	27	13			35.15	92.30	27
320.	Irene Neville	149.32	26	12	10		57.36	91.56	28
	RACE 9: CHEVIN FELL RACE (AS 3m/900ft) - WEDNESDAY 2nd JUNE								
1.	Greg Hull	17.59							
6.	Gary Webb	19.56	40				1.21	18.35	22
10.	Rob Skelton	20.31	**				3.12	17.19	**
11.	Andy Wimpenny	20.33	39				2.30	18.03	24
17.	Carol Greenwood	20.50	38		10		4.12	16.38	34
18.	Michael Allcock	20.51	37				-	-	19
30.	Brian Horsley	21.24	36	20			4.48	16.36	35
41.	Chris Peart-Binns	21.41	35				4.15	17.26	28
42.	John Simpson	21.42	34				-	-	19
43.	Babs Bakunola	21.44	33				-	-	19
46.	Pete Round	21.49	32				4.21	17.28	27
55.	Jez Wilkinson	22.13	31				5.09	17.04	32
57.	Gerry Symes	22.18	30	19			5.09	17.09	31
62.	Ian Hartman	22.32	29	18			5.18	17.14	30
66.	Geoff Bell	22.41	28	17			6.33	16.08	37
76.	Pete Horne	23.14	27	16			5.06	18.08	23
81.	Andy Thompson	23.27	26				4.24	19.03	21
87.	Eddie Procter	23.54	25	15			7.48	16.06	38
93.	Bob Horne	24.08	24	14			6.21	17.47	26
97.	Neil Croasdell	24.21	23	13			8.33	15.48	40
99.	Trevor Redmond	24.24	22				7.09	17.15	29
102.	Steve Kirkbride	24.34	21	12			8.06	16.28	36
107.	Allan Jones	25.00	20	11			7.12	17.48	25
118.	Allan Greenwood	25.58	19				9.54	16.04	39
133.	Linda Hayles	27.05	18	10	9		10.09	16.56	33
140.	Michael Burns	28.44	**				-	-	**
147.	Irene Neville	30.34	17	9	8		11.24	19.10	20

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts		Handicap	Adjusted Time	Hcp pts
RACE 10: ENNERDALE HORSESHOE FELL RACE (AL 23m/7,500ft) - SATURDAY 12th JUNE									
1.	Gavin Bland	3.30.13							
18.	Gary Webb	3.57.28	40				19.10	3.38.18	38
38.	Jeff Coulson	4.17.21	39	20			46.00	3.31.21	39
39.	Jeff Winder	4.17.23	38	19			22.14	3.55.09	31
46.	Paul Cleary	4.19.27	37				32.12	3.47.15	34
60.	Duncan Thompson	4.24.23	36				42.56	3.41.27	37
81.	Chris Peart-Binns	4.39.50	35				116.09	2.43.41	40
91.	Brian Horsley	4.47.30	34	18			60.57	3.46.33	35
110.	Michael Wardle	4.58.05	33				-	-	28
112.	Greg Houghton	4.59.57	32	17			77.49	3.42.08	36
115.	Jez Wilkinson	5.01.38	31				70.55	3.50.43	33
140.	Pete Horne	5.19.15	30	16			50.36	4.28.39	29
184.	Bob Horne	6.22.31	29	15			120.45	4.21.46	30
188.	Linda Hayles	6.24.00	28	14		10	149.30	3.54.30	32
dnf	Geoff Bell								
RACE 11: FIVE CLOUGHS FELL RACE (AM 8.75/2,250ft) - SATURDAY 19th JUNE									
1.	Simon Thompson	70.03							
23.	Brian Horsley	85.23	40	20			17.47	67.36	38
35.	Richard Kellett	88.49	39				19.41	69.08	37
36.	Gerry Symes	88.52	38	19			17.21	71.31	34
37.	Pete Horne	88.56	37	18			16.03	72.53	33
40.	Andy Thompson	89.10	36				18.14	70.56	35
49.	Trevor Redmond	91.32	35				25.05	66.27	39
84.	Allan Jones	96.34	34	17			30.29	66.05	40
101.	Geoff Bell	100.31	33	16			24.48	75.43	32
128.	Michael Burns	114.55	32	15			-	-	31
135.	Irene Neville	126.03	31	14		10	56.00	70.03	36
RACE 12: KINDER TROG (BL 18m/3,490ft) - SUNDAY 4th JULY									
1.	Andy Trigg	108.46							
27.	Duncan Thompson	123.48	40				33.36	90.12	33
29.	Brian Horsley	124.08	39	20			47.42	76.26	35
34.	Steve Houghton	125.53	38				31.48	94.05	32
46.	Greg Houghton	129.43	37	19			60.54	68.49	37
57.	Gerry Symes	132.07	36	18			60.00	72.07	36
74.	Geoff Bell	135.00	35	17			94.48	40.12	40
93.	Andy Thompson	138.58	34				54.36	84.22	34
146.	Linda Hayles	159.49	33	16		10	117.00	42.49	39
170.	Neil Croasdell	181.51	32	15			117.36	64.15	38
RACE 13: REETH HILLS FELL RACE (AM 12.5m/3,300ft) - SUNDAY 25th JULY									
1.	Mark Aspinall	90.34							
14.	Gary Webb	98.10	40				7.05	91.05	24
20.	Duncan Thompson	101.25	39				11.28	89.57	25
24.	Jeff Winder	103.18	38	20			16.03	87.15	24
31.	John Simpson	103.56	37				-	-	20
36.	Brian Horsley	105.51	36	19			25.25	80.26	35
46.	Greg Houghton	107.59	35	18			21.28	86.31	30
49.	Chris Peart-Binns	108.28	34				25.00	83.28	33
50.	Pete Horne	108.34	33	17			22.55	85.39	31
57.	Steve Houghton	110.35	32				9.48	100.47	21
65.	Geoff Bell	112.11	31	16			35.25	76.46	38
69.	Andy Thompson	113.20	30				26.03	87.17	28
78.	Ian Hartman	115.16	29	15			25.50	89.26	27
83.	Rod Sutcliffe	116.42	28	14			20.25	96.17	23

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 13: REETH HILLS FELL RACE (AM 12.5m/3,300ft) - SUNDAY 25th JULY (continued)								
98.	Steve Cavell	120.23	27			34.48	85.35	32
111.	Allan Jones	123.56	26	13		43.33	80.23	36
112.	Russell Arrandale	125.31	25			43.58	81.33	34
113.	Steve Kirkbride	126.16	24	12		36.28	89.48	26
122.	Grahame Fry	130.18	23	11		55.13	75.05	39
125.	Graham Spencer	131.03	22			33.33	97.30	22
142.	Linda Hayles	137.00	21	10	10	59.48	77.12	37
154.	Jimmy Sheard	148.44	20	9		90.50	57.54	40
dnf	Gerry Symes							
RACE 14: BORROWDALE FELL RACE (AL 17m/6,500ft) - SATURDAY 7th AUGUST								
1.	Gavin Bland	2.47.43						
28.	Paul Cleary	3.36.35	40			23.48	3.12.47	38
35.	Jamie Smith	3.39.48	39			-	-	33
69.	Chris Peart-Binns	4.00.28	38			85.51	2.34.37	40
70.	Jeff Coulson	4.01.16	37	20		34.00	3.27.16	37
101.	Michael Allcock	4.13.26	36			-	-	33
104.	Brian Horsley	4.14.16	35	19		45.03	3.29.13	36
143.	Geoff Bell	4.35.05	34	18		89.32	3.05.33	39
150.	Andy Thompson	4.38.44	33			51.34	3.47.10	34
153.	Allan Jones	4.39.38	32	17		69.08	3.30.30	35
RACE 15: BURNSALL CLASSIC FELL RACE (AS 1.5m/900ft) - SATURDAY 21st AUGUST								
1.	Steve Hawkins	12.51						
19.	Gary Webb	15.11	40			0.41	14.30	40
41.	Brian Horsley	17.02	39	20		2.24	14.38	38
54.	Richard Kellett	17.50	38			2.09	15.41	35
58.	Pete Horne	18.02	37	19		2.33	15.29	36
63.	Gerry Symes	18.23	36	18		2.35	15.48	34
75.	Allan Jones	18.50	35	17		3.36	15.14	37
77.	Tony Bradley	18.55	34			3.05	15.50	32
79.	Steve Cavell	18.59	33			3.11	15.48	34
80.	Bob Horne	19.03	32	16		3.11	15.52	31
91.	Allan Greenwood	19.30	31			4.57	14.33	39
106.	Graham Spencer	20.08	30			3.45	16.23	30
132.	Geoff Bell	24.37	29	15		3.17	21.20	28
77.	Irene Neville	26.10+	28	14	10	5.42	20.28+	29
RACE 16: CAFOD GRISEDALE HORSESHOE FELL RACE (AM 10m/4,400ft) - SATURDAY 7th SEPTEMBER								
1.	Brian Thompson	1.45.48						
7.	Gary Webb	1.48.27	40			5.40	1.42.47	40
20.	Duncan Thompson	1.56.02	39			9.10	1.46.52	38
28.	Jeff Winder	1.57.33	38	20		12.50	1.44.43	39
33.	Jeff Coulson	1.59.48	37	19		-	-	31
34.	Jamie Smith	2.00.20	36			-	-	31
54.	Greg Houghton	2.06.19	35	18		17.10	1.49.09	36
58.	Chris Peart-Binns	2.07.11	34			20.00	1.47.11	37
61.	Pete Horne	2.08.08	33	17		18.20	1.49.48	35
64.	Andy Wimpenny	2.10.27	32			9.20	2.01.07	33
70.	Michael Wardle	2.12.42	31			-	-	31
84.	Bob Horne	2.17.03	30	16		25.20	1.51.43	34
133.	Steve Kirkbride	2.32.47	29	15		29.10	2.03.37	32

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 17: THREE SHIRES FELL RACE (AL 13m/4,000ft) - SATURDAY 11th SEPTEMBER							
1.	Gavin Bland	1.47.59						
22.	Gary Webb	2.00.54	40			10.50	1.50.04	35
47.	Carol Greenwood	2.13.58	39		10	21.14	1.52.44	33
61.	Michael Wardle	2.20.30	38			-	-	30
107.	Andy Thompson	2.25.55	37			39.26	1.46.29	37
113.	Bob Horne	2.27.47	36	20		68.15	1.19.32	40
117.	Gerry Symes	2.28.47	35	19		43.20	1.45.27	38
119.	Richard Kellett	2.29.06	34			41.23	1.47.43	36
137.	Jez Wilkinson	2.31.35	33			40.05	1.51.30	34
149.	Graeme Woodward	2.33.11	**			48.06	1.45.05	**
181.	Ian Hartman	2.38.50	32	18		38.08	2.00.42	32
236.	Allan Greenwood	3.01.44	31			86.40	1.35.04	39
276.	Irene Neville	3.34.27	30	17	9	88.50	2.05.37	31
	RACE 18: LANTERN PIKE FELL RACE (BS 5m/1,050ft) - SATURDAY 18th SEPTEMBER							
1.	Charles Addison	30.04						
56.	Damian Whitehead	36.57	40			-	-	36
78.	Gerry Symes	38.45	39	20		8.35	30.10	39
85	Chris Peart-Binns	39.25	38			7.05	32.20	37
86.	Michael Wardle	39.26	37			-	-	36
146.	Steve Cavell	42.44	36			10.35	32.09	38
162.	Neil Croasdell	43.54	35	19		14.15	29.39	40
	RACE 19: TOUR OF PENDLE (AL 17m/4,200ft) - SATURDAY 2nd OCTOBER							
1.	Dave Woodhead	2.19.24						
5.	Gary Webb	2.25.12	40			14.10	2.11.02	28
7.	Duncan Thompson	2.28.03	39			31.44	1.56.19	33
14.	Jeff Winder	2.32.17	38	20		16.26	2.15.51	27
28.	Chris Peart-Binns	2.44.22	37			85.51	1.18.31	40
33.	Brian Horsley	2.46.00	36	19		45.03	2.00.57	32
36.	Michael Wardle	2.48.30	35			-	-	24
41.	Greg Houghton	2.51.42	34	18		57.31	1.54.11	34
65.	Richard Kellett	3.00.59	33			54.07	2.06.52	30
72.	Jez Wilkinson	3.02.57	32			52.25	2.10.32	29
92.	Allan Jones	3.12.27	31	17		69.08	2.03.19	31
94.	Bob Horne	3.12.48	30	16		89.15	1.43.33	37
98.	Tony Bradley	3.13.33	29			106.15	1.27.18	39
135.	Allan Greenwood	3.34.11	28			113.20	1.40.51	38
136.	Steve Kirkbride	3.34.28	27	15		53.50	2.40.38	25
150.	Neil Croasdell	3.40.53	26	14		111.04	1.49.49	36
151.	Linda Heyles	3.40.55	25	13	10	110.30	1.50.25	35
169.	Irene Neville	4.22.03	24	12	9	116.10	2.25.53	26
170.	Michael Burns	4.26.26	23	11		-	-	24

COMPETITION

Can you correctly identify the character on the cover of this issue of Rampage? If so you could be the lucky winner of a fabulous prize in this weeks competition. Using your skill and judgement, simply work out who the mystery Calder Valley runner is, and send your answer on a postcard or sealed down envelope to; Rampage Andy Thompson Competition, 71 Smiddles Lane, Bradford 5, West Yorkshire, BD5 9NT. Entries to reach us no later than Saturday 5th Feb 1994.

CALDER VALLEY FELL RUNNERS 1993 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 20: SHEPHERD'S SKYLINE FELL RACE (BS 6m/1,150ft) - SATURDAY 13th NOVEMBER								
1.	James Parker	41.24						
21.	Duncan Thompson	44.56	40			5.06	39.50	40
45.	Jeff Coulson	47.33	39	20		-	-	22
78.	Richard Kellett	50.05	38			8.36	41.29	35
82.	Damian Whitehead	50.27	37			-	-	22
99.	Michael Allcock	51.49	36			-	-	22
101.	Chris Peart-Binns	51.51	35			8.30	43.21	31
128.	Mick Banks	53.57	34	19		10.18	43.39	29
131.	Trevor Redmond	54.13	33			14.18	39.55	39
140.	Denis Gildea	54.37	32			10.54	43.43	28
141.	Allan Jones	54.39	31	18		14.24	40.15	37
147.	Rod Sutcliffe	55.07	30	17		8.18	46.49	24
153.	Jez Wilkinson	55.32	29			10.18	45.14	26
166.	Geoff Bell	56.12	28	16		13.06	43.06	32
169.	Steve Cavell	56.20	27			12.42	43.38	30
181.	Pete Regan	57.00	26			14.36	42.24	33
203.	Neil Croasdell	58.56	25	15		17.06	41.50	34
212.	Pete White	59.43	24	14		19.36	40.07	38
214.	Eddie Procter	60.02	23	13		15.36	44.26	27
220.	Graham Spencer	60.33	22			15.00	45.33	25
242.	Irene Neville	63.56	21	12	10	22.48	41.08	36
271.	Linda Hayles	69.37	20	11	9	20.18	49.19	23
278.	Val Bell	72.54	19	10	8	-	-	22
RACE 21: ROMBALDS MOOR FELL RACE (BS 5m/800ft) - SUNDAY 21st NOVEMBER								
1.	Colin Valentine	34.44						
12.	Duncan Thompson	37.08	40			4.15	32.53	38
17.	Jamie Smith	37.43	39			-	-	32
20.	Jeff Coulson	38.25	38	20		-	-	32
25.	Michael Allcock	38.53	37			-	-	32
26.	John Simpson	38.54	36			-	-	32
37.	Andy Wimpenny	40.16	35			4.40	35.36	33
40.	Damian Whitehead	40.23	34			-	-	32
57.	Ian Hartman	41.54	33	19		8.50	33.04	37
61.	Trevor Redmond	42.07	32			11.55	30.12	40
67.	Mick Banks	42.43	31	18		8.35	34.08	36
71.	Allan Jones	42.54	30	17		12.00	30.54	39
73.	Michael Wardle	43.02	29			-	-	32
84.	Richard Benn	43.32	**			-	-	**
89.	Brian Peters	43.53	28			-	-	32
109.	Steve Cavell	45.43	27			10.35	35.08	35
115.	Graham Spencer	47.38	26			12.30	35.08	35

IF YOU FIND ANY ERRORS, PLEASE LET ME KNOW

Ian Hartman (0274 546549)

CALDER VALLEY FELL RUNNERS -1993 CHAMPIONSHIP

Provisional placings after 21 races

NAME	RACE																					TOTAL POINTS
	1 (L)	2 (M)	3 (S)	4 (M)	5 (L)	6 (M)	7 (S)	8 (M)	9 (S)	10 (L)	11 (M)	12 (L)	13 (M)	14 (L)	15 (S)	16 (M)	17 (L)	18 (S)	19 (L)	20 (S)	21 (S)	
1 Gary Webb	40	40	40			40		40	40	40			40		40	(40)	40		(40)			400
2 Duncan Thompson	39	39	(38)		40	39	40			(36)		40	39			39			(39)	40	40	395
3 Brian Horsley	35	(35)	(35)	40	(35)	(34)	38	37	36	(34)	40	39	36	(35)	39				36			376
4 Chris Peart-Binns	(34)		37		(34)	37		36	35	35			34	38		(34)		38	37	35		362
5 Pete Horne	33		36	39	37	35	33	38	(27)	30	37		(33)		37	(33)						355
6 Gerry Symes	(27)		34	38		31	34		30		38	36			36		35	39				351
7 Michael Wardle	31		29	36				35		33						31	38	37	35		29	334
8 Richard Kellett		37			33		37	39			39				38		34		33	38		328
9 Allan Jones	25	34	31	33	(24)	(25)	(28)	30	(20)		34		(26)	32	35				31	31	(30)	316
10 Geoff Bell	(22)		32		27	(26)	29	31	28		33	35	31	34	29					(28)		309
11 Bob Horne					18		26	32	24	29					32	30	36		30			257
12 Andy Thompson				32	28				26		36	34	30	33			37					256
13 Jez Wilkinson		36				29		34	31	31							33		32	29		255
14 Michael Allcock				37	36	28			37					36						36	37	247
15 Eddie Procter	20	33	30	29	22	23		27	25											23		232
16 Rod Sutcliffe			33	34	31	33	35						28							30		224
17 Irene Neville	16						24	26	17		31				28		30		24	21		217
18 Ian Hartman					30	30	31		29				29				32				33	214
18 Allan Greenwood		32	28		17			28	19						31		31		28			214
20 Greg Houghton					38					32		37	35			35			34			211
21 Steve Kirkbride	23			30			25	29	21				24			29			27			208
22 Steve Cavell					26	27	30						27		33			36		27	(27)	206
23 Carol Greenwood			39		39	38			38								39					193
24 Mick Banks	32				29		32	33												34	31	191
25 Jeff Winder	38									38			38			38			38			190
25 Jeff Coulson										39				37		37				39	38	190
27 Damian Whitehead		38				36												40		37	34	185
28 Linda Hayles	17					22			18	28		33	21						25	20		184
29 Neil Croasdell	18					24			23			32						35	26	25		183
30 Trevor Redmond	26				25				22		35									33	32	173
31 Graham Spencer	19				21		27						22		30					22	26	167
32 Jamie Smith							39							39		36					39	153
33 Andy Wimpenny	36								39							32					35	142
34 Paul Cleary					32					37				40								109
35 John Simpson									34				37								36	107
35 Steve Houghton	37											38	32									107
37 Babs Bakunola						32	36		33													101
38 Tony Bradley					19										34				29			82
39 Paul Frechette	30			35																		65
40 Michael Burns											32								23			55
40 Pete White				31																24		55
42 Russell Arrandale					23								25									48
43 Pete Regan	21																			26		47
44 Tony Flint	24				20																	44
45 Pete Round									32													32
45 Denis Gildea																				32		32
47 Mark Bramall-Pimlott	29																					29
48 Barry Price	28																					28
48 Brian Peters																					28	28
50 Grahame Fry													23									23
51 Jimmy Sheard													20									20
52 Val Bell																				19		19

CALDER VALLEY FELL RUNNERS -1993 CHAMPIONSHIP

Handicap - Provisional placings after 21 races

NAME	RACE																					TOTAL
	1 (L)	2 (M)	3 (S)	4 (M)	5 (L)	6 (M)	7 (S)	8 (M)	9 (S)	10 (L)	11 (M)	12 (L)	13 (M)	14 (L)	15 (S)	16 (M)	17 (L)	18 (S)	19 (L)	20 (S)	21 (S)	POINT
1 Chris Peart-Binns	40		38		(39)	34		34	(28)	40			(30)	40		37		37	40	31		371
2 Brian Horsley	(31)	(33)	(31)	39	(28)	(33)	40	38	35	35	38	35	35	36	38				(32)			369
3 Allan Jones	32	39	(34)	40	(29)	38	38	(37)	(25)		40		(36)	32	37				31		39	366
4 Geoff Bell	33		(30)		38	36	36	32	37		(32)	40	38	39	(28)					32		361
5 Duncan Thompson	(29)	36	35		(27)	26	35			37		33	(25)			38			33	40	38	351
6 Gerry Symes	25		32	37		29	34		(31)		34	36			34		38	39				338
7 Gary Webb	(22)	35	33			25		36	22	38			(24)		40	40	35		28			332
8 Pete Horne	23		37	38	24	(31)	33	35	(23)	29	33		(31)		36	35						323
9 Richard Kellett		38			31		30	39			37				35		36		30	35		311
10 Allan Greenwood		40	39		34			40	39						39		39		38			309
11 Eddie Procter	28	37	36	31	32	37		27	38											27		293
12 Bob Horne					26		28	29	26	30					31	34	40		37			281
12 Michael Wardle	16		28	30				26		28						31	30	36	24		32	281
14 Linda Hayles	36					39			33	32		39	37						35	23		274
15 Irene Neville	34						26	28	20		36				29		31		26	36		266
16 Neil Croasdell	37					40			40			38						40	36	34		265
17 Jez Wilkinson		34				30		31	32	33							34		29	26		249
18 Steve Cavell					33	35	39						32		34			38		(30)	35	2
19 Andy Thomason				32	21				21		35	34	28	33			37					241
20 Steve Kirkbride	18			34			27	30	36				26			32			25			228
21 Greg Houghton					35					36		37	30			36			34			208
22 Ian Hartman					20	28	33		30				27				32				37	207
23 Trevor Redmond	27				22				29		39									39	40	196
24 Graham Spencer	20				23		37						22		30					25	35	192
25 Mick Banks	30				25		31	33												29	36	184
25 Rod Sutcliffe			29	33	19	27	29						23							24		184
27 Carol Greenwood			40		40	32			34								33					179
28 Michael Allcock				30	17	24			19					33						22	32	177
29 Jeff Coulson										39				37		31				22	32	161
30 Jeff Winder	21									31			29			39			27			147
31 Damian Whitehead		32				24												36		22	32	146
32 Andy Wimpenny	35								24							33					33	125
33 Jamie Smith							25							33		31					32	121
34 Tony Bradley					37										32				39			108
35 Paul Cleary					18					34				38								90
36 Steve Houghton	24											32	21									77
37 Tony Flint	39				36																	1
38 Pete White				35																38		73
39 John Simpson									19				20								32	71
40 Babs Bakunola						24	25		19													68
41 Russell Arrandale					30								34									64
42 Paul Frechette	26			36																		62
43 Michael Burns											31								24			55
44 Pete Regan	17																			33		50
45 Jimmy Sheard													40									40
46 Grahame Fry													39									39
47 Mark Bramall-Pimlett	38																					38
48 Brian Peters																					32	32
49 Denis Gildea																				28		28
50 Pete Round									27													27
51 Val Bell																				22		22
52 Barry Price	19																					19

CALDER VALLEY FELL RUNNERS -1993 VETERANS CHAMPIONSHIP
Provisional placings after 21 races

NAME	RACE 1 (L)	2 (M)	3 (S)	4 (M)	5 (L)	6 (M)	7 (S)	8 (M)	9 (S)	10 (L)	11 (M)	12 (L)	13 (M)	14 (L)	15 (S)	16 (M)	17 (L)	18 (S)	19 (L)	20 (S)	21 (S)	TOTAL POINTS
1 Brian Horsley	19	20	(19)	20	(18)	(19)	20	19	20	(18)	20	20	(19)	19	20				(19)			197
2 Pete Horne	18		20	19	19	20	17	20	(16)	16	18		(17)		19	(17)						186
3 Gerry Symes	14		18	18		17	18		19		19	18			(18)		19	20				180
4 Allan Jones	13	19	(15)	15	(13)	(14)	(13)	15	(11)		17		(13)	17	17				17	18	17	165
5 Geoff Bell	(10)		16		14	15	(14)	16	17		16	17	16	18	(15)					16		161
6 Bob Horne					10		12	17	14	15					16	16	20		16			136
7 Rod Sutcliffe			17	16	17	18	19						14							17		118
7 Eddie Procter	9	18	14	12	12	12		13	15											13		118
9 Ian Hartman					16	16	15		18				15				18				19	117
10 Greg Houghton					20					17		19	18			18			18			110
11 Irene Neville	6						10	12	9		14				14		17		12	12		106
12 Mick Banks	17				15		16	18												19	18	103
12 Steve Kirkbride	11			13			11	14	12				12			15			15			103
14 Jeff Coulson										20				20		19				20	20	99
14 Jeff Winder	20									19			20			20			20			99
16 Neil Croasdell	8					13			13			15						19	14	15		97
17 Linda Hayles	7					11			10	14		16	10						13	11		92
18 Paul Frechette	16			17																		33
19 Pete White				14																14		28
20 Michael Burns											15								11			26
21 Tony Flint	12				11																	23
22 Barry Price	15																					15
23 Grahame Fry													11									11
24 Val Bell																				10		10
25 Jimmy Sheard													9									9

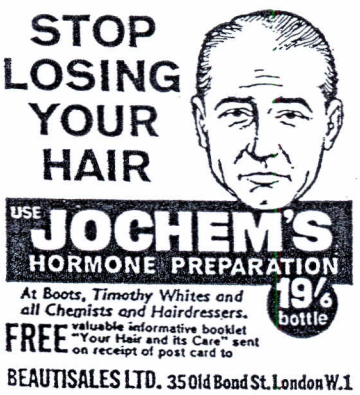
CALDER VALLEY FELL RUNNERS -1993 LADIES CHAMPIONSHIP
Provisional placings after 21 races

NAME	RACE 1 (L)	2 (M)	3 (S)	4 (M)	5 (L)	6 (M)	7 (S)	8 (M)	9 (S)	10 (L)	11 (M)	12 (L)	13 (M)	14 (L)	15 (S)	16 (M)	17 (L)	18 (S)	19 (L)	20 (S)	21 (S)	TOTAL POINTS
1 Irene Neville	9						10	10	8		10				10		9		9	10		85
2 Linda Hayles	10					9			9	10		10	10						10	9		77
3 Carol Greenwood			10		10	10			10								10					50
4 Val Bell																				8		8

THESE RESULTS WERE COMPILED IN A HURRY TO MEET THE DEADLINE FOR RAMPAGE

IF YOU FIND ANY ERRORS, PLEASE LET ME KNOW.

Ian Hartman (0274 546549)



CALDER VALLEY MEMBERSHIP LIST 1993/4

Michael	Allcock	85 Swillington Lane	Swillington	Leeds	0532 860445
Russell	Arrandale	25 Carr Field Drive	Luddenden		0422 883510
Bahatunde	Bakunola	30 Astral Ave	Hipperholme	Halifax	0422 204117
Michael	Banks	13 Prospect Place	Duckworth Lane	Bradford	0274 545391
Geoff	Bell	11 Arran Drive	Garforth	Leeds	0532 865456
Val	Bell	11 Arran Drive	Garforth	Leeds	0532 865456
Jane	Benham	Broadfold Hall	Luddenden		0422 885156
Lynn	Bootland	42 Caldene Avenue	Low Moor	Bradford	0422 676133
Tony	Bradley	12 Vicar Park Drive	Norton Tower	Halifax	0422 360999
Mark	Bramall-Pimlot	2 Wilcroft Terrace	Pecket Well	Hebden Bridge	0422 843574
Michael	Burns	38 Dean Lane	Sowerby	Sowerby Bridge	
Steve	Cavell	15 Shelf Moor Road	Shelf	Halifax	0274 601577
Paul	Cleary	10 Albert Road	Halesowen		
Jeff	Coulson				
Neil	Croasdell	59 Kliffen Place	Halifax		
John	Crummett	18 Westbourne Terrace	Queensbury		0422 342808
Mick	Fleetwood	Dale Foot	Stanbury	Bradford	0274 817791
Tony	Flint	14 Carr Field Drive	Luddenden	Keighley	0535 647029
Paul	Frechette	Spa House	Cragg Road		0422 884265
Grahame	Fry	8 Wharfedale, West St	North Kelsey	Mytholmroyd	0422 882619
Denis	Gildea	3 Denfield Avenue	Ovenden		0652 678820
Allan	Greenwood	71 Smiddles Lane	West Bowling	Halifax	0422 367805
Carl	Greenwood	17 Hill Crest	Hebden Bridge	Bradford	0274 722783
Carol	Greenwood	71 Smiddles Lane	West Bowling		0422 844101
Ian	Hartman	3 Woodland Grove	Bradford	Bradford	0274 722783
Linda	Hayles	59 Kliffen Place	Halifax		0274 546549
Bob	Horne	8 Bramley View	Lightcliffe		0422 342808
Pete	Horne	67 The Grove	Hipperholme	Halifax	0422 201269
Brian	Horsley	2 Netherlands Avenue	Bradford	Halifax	0422 205547
Greg	Houghton	4 Valley Avenue	Lightcliffe		0274 600651
Steve	Houghton	4 Nunlea Road	Lightcliffe	Halifax	
Allan	Jones	The Paddock, Shelf Moor Road	Shelf	Halifax	0422 203704
Richard	Kellett	16 Hope Street	Shelf	Halifax	0422 679894
Rhys	Kift	Clunters	Cragg Vale		0422 202923
Steve	Kirkbride	16 Mountfields	Lightcliffe	Mytholmroyd	0422 883634
Irene	Neville	Lyndene, Browfootgate Lane	Trimmingham	Halifax	0422 203338
Leahn	Parry			Halifax	0422 368955
Chris	Peart-Binns	14 Foster Lane	Hebden Bridge		0422 885030
Brian	Peters	4 Jonathan Garth	Addingham		0422 842589
Bernard	Pierce	7 Old Town Cottages	Hebden Bridge		0943 830729
Kay	Pierce	7 Old Town Cottages	Hebden Bridge		0422 842377
Barry	Price	19 Arberry Close	Banbury		0422 842377
Eddie	Procter	7 Marlborough Grove	Hebden Bridge		0295 252203
Trevor	Redmond	126 Ravenstones Drive	Greetland		0422 394774
Pete	Regan	11 Church Lane	Mount Pellon	Halifax	0422 372848
John	Riley	11 Buttress Lane	Luddenden	Halifax	0422 355243
Charlotte	Roberts	130 Lane Ends	Oakworth		0422 885180
Ian	Robertson	4 Buxton St	Bradford	Keighley	
Pete	Round	8 Sowerby Croft Lane	Sowerby Bridge		
Jimmy	Sheard	10 Carr Field Drive	Luddenden		0422 831814
John	Simpson	13 Park Grove	Swillington		0422 884764
Jamie	Smith	26 Perseverance Lane	Great Horton	Leeds	0532 872036
Alastair	Sowden	Rose Cottage	Cragg Road	Bradford	0274 576183
Graham	Spencer	26 Ascot Avenue	Horton Bank Top	Mytholmroyd	0422 884860
Rod	Sutcliffe	173 Scarr Bottom Road	Scarr Bottom	Bradford	0274 570795
Gerry	Symes	33 Station Fields	Garforth	Halifax	0422 380896
Andy	Thompson	40 Caldene Avenue	Low Moor	Leeds	0532 863760
Duncan	Thompson	27 Glenfield Road	Nelson	Bradford	0274 676133
Julie	Thompson	40 Caldene Avenue	Low Moor		0282 613559
Simon	Towler	125 Moore Avenue	Wibsey	Bradford	0274 676133
Michael	Wardle	19 Carr Field Drive	Luddenden	Bradford	0274 501957
Gary	Webb	3 Crimsworth Terrace	Hebden Bridge		0422 885497
Peter	White	12 Coiners Fold	Mytholmroyd		0422 842713
Damian	Whitehead	29 Woodhouse Drive	Keighley		0422 885728
Jeremy	Wilkinson	7 Sowood Street	Burley		0535 607660
Andy	Wimpenny	11 Cross Hill	Greetland	Leeds	0532 788925
Jeff	Winder	148 Ravenstone Drive	Greetland	Halifax	0422 379542
				Halifax	0422 376111