



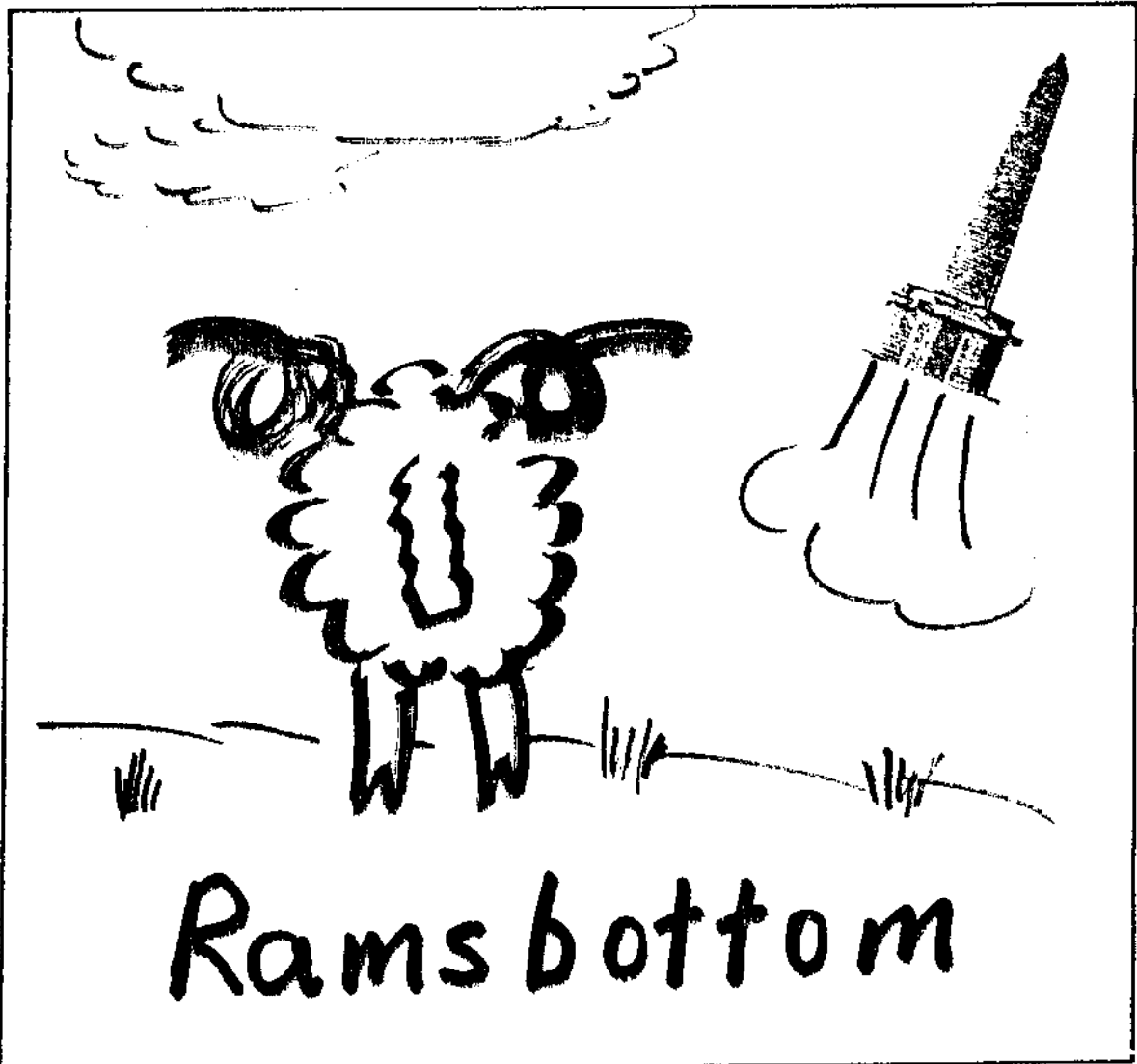
RAMPAGE

CALDER VALLEY

FELL RUNNERS

3

Sept - Oct 1987



EDITORIAL

This edition is about as punctual as everything else the editor does. Anyway, here it is.

Don't forget the AGM (see notice below). This is your chance to say what you think about the way the club is going, what you would like it to do and how the money should be spent. The committee would like to hear your opinions. They would also like more people involved, so think what you can do for the club.

Anyone intending to do the Karrimor (and some who aren't) may be interested in talking about it on Tuesday 13 October after the run.

Please get your tickets soon for the Disco at the Top of the Town, Hebden Bridge, on 7 November (see Social News).

Although material for RAMPAGE is coming in, I would appreciate a few race reports. Just a few lines about any aspect of a race would be of interest. There seem to be plenty of comedians in the Club. How about a few short funnies? More classified ads (à la RAMPAGE 2), jokes, wally nominations or RAM cartoons please.

Who would be prepared to look after the equipment next year? Or help on the committee or with the Juniors? Think about it.

NEXT EDITION DUE MID NOVEMBER

(Copy date 31 October)

COMMITTEE

Chairman	Rhys Kift		883634
Secretary	Dave Yates		-
Treasurer	Brian Horsley	Bradford	600651
Club Captain/Fixt Sec	Jeff Winder		883600
Publicity Officer	John Riley		882855
Social Secretary	Russell Arrandale		883510
Membership secretary	Tim Daniel	Batley	473333

Other Club Officials

Newsletter Editor	Rod Sutcliffe	845438
Youth Section	Gary Webb	842713

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A.G.M. 3RD NOV

CALDER VALLEY FELL RUNNERS ANNUAL GENERAL MEETING

Tuesday 3 November 1987, 8.00 pm

MYTHOLMROYD COMMUNITY CENTRE (Downstairs)

The committee is elected annually and nominations in writing, signed by nominee, proposer and seconder, should be received by the secretary by Wednesday 14 October.

The membership secretary, social secretary, publicity officer and RAMPAGE editor would all like a rest or a change, and we also need an EQUIPMENT OFFICER, who would be responsible for the increasing amount of equipment for races.

COME AND HAVE YOUR SAY ABOUT THE CLUB

KARRIMOR CLUB NIGHT

Karrimor Veterans will be able to tell their tales and impart their wisdom at the Community Centre on TUESDAY 13 OCTOBER. If you want to know how to keep the weight down, your pecker up, your clothes dry and your feet warm, or how to hang onto your map, tights and sanity in Wales, then BE THERE!

There will be useful campsite tips, eg:

- * How to cope with an extra hour in a cold, damp sleeping bag, (remember, it's the night the clocks go back).
- * How to sleep through reveille at 6 am, and survive getting into damp clothes in freezing conditions.
- * How to avoid an untimely death in the campsite toilet trench.
- * How to have hot drinks without burning the tent down.
- * How to persuade your partner it's his turn to go out for water.
- * How to enjoy last year's warmed up pies at the Finish, whilst standing in 6 inches of mud.

Other questions will be answered, such as

- * What is a crocodile, and how do you take advantage?
- * Who was heard in darkness asking for a pricker at the tent of a well known ladies team?
- * Who is the only person mad enough to be singing his way up the first hill on the second day?
- * Why are Rhys and Bod taking a double sleeping bag? And which one will carry it?

If you're bored by all this, give it a miss!

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SOCIAL NEWS

CLAY HOUSE/BLUE BALL SOCIAL 16 September

A small group met for a walk or run through North Dean Wood to Norland, followed by a shower at Greetland Community Centre and bar snacks and drinks at the Blue Ball Pub. Enjoyable, in spite of the small numbers.

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FIRST ANNIVERSARY CELEBRATION

This will take the form of a buffet and Disco (with bar till 12.30 am) at the ROOM AT THE TOP, Cheetham St (off Crown St), HEBDEN BRIDGE, on SATURDAY 7 NOVEMBER. The cost will be £3.00 including food. TICKETS FROM RUSSELL.

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ANNUAL DINNER

As last year this will be at Kershaw House on the last Saturday in January (30th) following the Club Handicap. More information in next issue.

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DOCTOR TIM

SOFT TISSUE INJURIES (PART 1)

(or - don't follow me - take my advice!)

Rod has been pestering me for some time to write something for 'Rampage', so being a Doc, I thought I might as well contribute something medical. Over the next few issues I will deal with some of the common problems and offer general tips on prevention and cure. I will also be happy to try to answer any queries you have concerning all aspects of health and running, that includes not just injuries, but also mental state, (eg why I am always so bloody knackered, Doc?), diet etc. (I know most of you think my physique suggests I can't know anything about the latter!)

I do have access to the latest medical research so please send your questions in!

First a couple of books you might want to look at. 'Sport and Medicine' - Peter N Sperryn. This covers everything and is not too technical. Both Rod and I have got copies you can borrow. 'The Right Way to Eat' - Miriam Pollulin. Cheap paperback (£2.50) with straightforward, sound advice on diet.

This time I though I'd start with a bit of general explanation and advice on probably the most frequent injuries we all experience, the so-called 'soft tissue injuries', eg 'muscle strains/pulls', sore tendons, ligament sprains etc.

For all soft tissue injuries the principles for immediate treatment are the same - RICE ie, Rest, Ice, Compression and Elevation. If it is pain from a muscle strain, the aim is to slow down and stop bleeding into the affected muscle and so limit the amount of tissue damage caused. This will in time determine the time it takes the muscle to recover - ie, the sooner you stop the bleeding, the less the damage and the quicker you can get going again.

REST is obvious. **ICE**, cooling the area reduces the blood supply, while **COMPRESSION** by pressing on the blood vessels has the same effect. **ELEVATION** allows blood and fluid collecting in the muscle to drain away more easily.

Surprisingly, ice can burn your skin, so wrap the cubes in a tea towel or use the 'tried and tested' packet of peas. Keep it on for a full half hour and repeat at least once later. Then wrap a tight crepe bandage round and keep it in place for 24 hours during which time you should spend as much time as possible with the leg up so the affected part (thigh, calf etc) is above your waist.



ANAGRAM

All of these measures are most effective the sooner they are started - so don't sit around in the pub feeling sorry for yourself, get started with treatment straightaway! After 24 hours the bleeding will have stopped, so the idea is to gradually stretch the muscle back to its full range of movement, guided by the amount of pain you are getting. Do only non-weight bearing exercise initially, swimming is excellent. For specific

exercises for the damaged muscle, I will be happy to give you a programme. Evidence has shown that a repeated short period of exercise 3-4 times a day is much better than a longer session once and does bring about faster healings. The ice packs should be repeated after each session.

By the way, there is no special need to go to a physiotherapy department. In most cases exercises can be done using things around the house. Weights

can be made from bags of sugar or flour (in a plastic bag in case they burst!), pulleys from that elasticated rope with hooks on the ends used for fastening things to roof racks. Another point, heat treatment is basically useless (except it feels nice) as it just warms the skin and underlying fat but does not even reach the muscle! So for God's sake don't go out and buy a heat lamp or pay for a course of treatment. Ditto 'Ralgex' and all the other 'wonder sprays and creams' for muscle strains you hear about. Whether ultrasound or anti-inflammatory drugs assist muscle healing is controversial and probably not worth the money and effort except in persistent cases. After a few days to a week, depending on the severity, start gradually building up the running again - always cutting back if the pain returns.

This brings me to prevention the key to which is adequate warm up with stretchup and a warm down afterwards. In particular don't stand about in sweaty clothing after a run, especially in winter. Get showered and changed as soon as possible, you can have the post-mortem chat in the bar later!

PART 2 - NEXT ISSUE

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RAMIFICATIONS

LANGDALE - ENGLISH CHAMPIONSHIP - The Langdale Horseshoe is now a championship race for this year, but is pre-entry only. Last date for entries is 26 Sept.

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MEMBERSHIP CHANGES

Tim Daniel can now be found at Batley General Hospital (tel 0924 473333) and (hopefully) will soon be in his new house at 2 Providence Hill, Stainland, Halifax, HX4 9PL. (Tel Elland 76045). Please notify him of any other changes of address or telephone number.

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WINTER LAKELAND WEEKENDS

An idea of Jeff's! Anyone who's interested, talk to him.

RACE RESULTS

Another plug! Please bring race results to Tuesday evening sessions and make sure Simon Pierce has a copy. Anyone turns out to be good at this will be elected Publicity Officer!

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PERAMBULATOR

MOUNT SKIP RACE

Although the entry was disappointing (44 runners), because of competition from the Championship race at Pendleton and the Cross Keys Road and Fell Relay, the route was thought to be a good one (see the map, later), and the race was enjoyed by those who took part. The Gala Committee welcomed it as an attraction for the Gala and we intend to repeat it next year.

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WALLY CHAMPIONSHIP

Mark Anderton recently put himself in the running with a magnificent Tuesday night effort. After missing the bus from Heptonstall he ran with his coat on and carrying his bag to Mytholmroyd, just in time to see the runners disappearing into Red Acre Wood. Still with his coat and bag, he chased them up Wadsworth Bank to the farm, shouting 'Wait! Wait!' He changed into his running kit at the farm and carried on to catch them up.

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CAR STICKER COMPETITION

Any ideas for a design for a Club car sticker? Full designs or ideas for slogans (eg 'Fell Runners Get Up Faster') to Rod Sutcliffe. The Prize? Free nomination for Publicity Officer (or similar).

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CLUB VESTS

The Club is buying up Dave Smith's stock of Calder Valley vests, so that hopefully we can sell them to Club Members at £10 (present price from Dave's is £11.99). Anyone intending to buy one, see Brian Horsley. We hope to sell these to juniors at half price, ie £5.

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RACE RESULTS

<u>SADDLEWORTH</u> 31.5.87	3 miles 950'	<u>STANBURY</u> 12.7.87	5 m 800'
20 G Webb	20.59	21 R Clare	36.12
35 B Schofield	21.36	25 P Round	36.38
94 P Round	23.51	67 G Woodward	39.53
109 A Sowden	24.28	84 P Regan	41.30
121 R Norcliffe	24.58		
132 R Horne	25.16	<u>WIDDOP</u> 29.7.87	7 miles 850'
155 P Regan	26.14	1 M Wallis (Clayton)	47.34
163 J Sheard	26.40	14 S Skelton	51.32
164 T Redmond	26.42	55 S Kirkbride	59.01
165 S Kirkbride	26.46		
177 M Fleetwood	27.20		
		<u>PORT ERIN REGATTA FELL RACE</u>	
<u>BUCKDEN PIKE</u> 20.6.87	5 miles, 1500'	6 miles 900'	30.7.87
37 S Layton	41.55	3 R Sutcliffe	46.41
70 R Kellett	44.55		
80 M Fleetwood	45.58	<u>BORROWDALE</u> 2.8.87	17 miles, 6500'
83 S Kirkbride	46.20	12 J Winder	3.10.14
98 J Sheard	48.25	26 R Crossland	3.24.32
127 J Thistlethwaite	55.49	40 T Daniel	3.33.54
		84 S Pierce	3.49.46
<u>SKIDDAW</u> 5.7.87	9 miles, 2700'	88 R Clare	3.49.57
47 R Rowlands	84.05	152 B Horlsey	4.12.42
111 S Pierce	94.21	240 A Thompson	5.00.37
155 J Thistlethwaite	114.35	257 S Towler	5.56.20
159 G Woodward	121.15	259 J Sheard	6.04.44
<u>STOODLEY PIKE</u> 8.7.87	3.5 miles, 800'	<u>DOWNHAM</u> 8.8.87	5 miles, 1500'
6 G Webb	17.54	10 G Webb	24.54
20 R Rowlands	18.48	40 R Clare	48.14
52 S Pierce	20.13	92 G Woodward	52.39
63 B Horsley	20.40	127 J Riley	54.38
78 S Slater	21.20	148 P Regan	56.20
86 G Woodward	21.31		
90 B Blamires	21.39	<u>WADSWORTH</u> 16.8.87	4.5 m 800'
111 A Sowden	22.23	10 G Webb	24.54
123 J Riley	22.36	27 J Winder	26.08
125 P Regan	22.38	31 R Rowlands	26.20
132 J Sheard	22.51	45 R Clare	27.02
133 S Kirkbride	22.53	46 P Round	27.04
154 H Stewart	23.25	53 R Sutcliffe	28.01
174 T Redmond	24.01	64 B Horsley	28.51
200 J Thistlethwaite	25.23	68 G Woodward	29.00
		79 S Layton	29.26

WADSWORTH 16.8.87 4½ m 800'

10	G Webb	24.54
27	J Winder	26.08
31	R Rowlands	26.20
45	R Clare	27.02
46	P Round	27.04
53	R Sutcliffe	28.01
64	B Horsley	28.51
68	G Woodward	29.00
79	S Layton	29.26
80	S Pierce	29.29
88	A Sowden	29.57
90	M Anderton	29.59
105	J Riley	31.02
109	S Kirkbride	31.17
117	J Marshall	31.53
122	G Ridgeway	32.09
127	R Arrandale	32.16
132	P Regan	32.42
134	R Horne	33.06
155	J Thistlethwaite	35.02
160	J Sheard	35.26
171	D Yates	38.56

SEDBURGH HILLS 23.8.87 14 m, 6000'

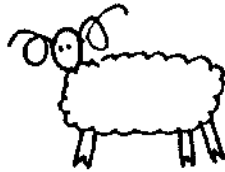
15	J Winder	2.17.25
40	R Clare	2.26.13
61	P Round	2.31.44
73	S Pierce	2.35.42
84	M Holmes	2.38.25
94	B Horsley	2.41.30
98	J Riley	2.41.56
101	G Woodward	2.42.07
108	A Sowden	2.43.02
164	S Kirkbride	2.57.51
168	P Regan	2.59.52
174	R Arrandale	3.10.27
177	R Horne	3.02.50
181	T Redmond	3.03.59
220	J Sheard	3.32.07

MOUNT SKIP 29.8.87 4½ miles 1000'

7	S Layton	36.45
8	M Anderton	37.15
10	A Sowden	37.44
13	J Riley	38.15
17	R Sutcliffe	39.04
22	A Bowden	39.56
24	S Kirkbride	40.38
27	B Blamires	41.17
29	J Sheard	41.27
34	D Wilkinson	45.08
40	K Bowden	52.42

MANX RAM

(Three legs
and no tail)



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BRILLIANT RETURN OF INJURED RAM!

TWO TROPHIES IN TWO DAYS IN IOM!

The tragically injured and sadly missed Rod Sutcliffe soared back onto the scene with 2 scorching runs in 2 days in the Isle of Man.

His third place in the Peel Regatta Fell Race - his first outing in 6 months-won him a magnificent petite plastic plaque and a can of Tango!

When it was pointed out to him that the other three runners were all over 65 and ladies (sexist remark! Typist.), he replied '****! This is just the beginning. Look out Webber and Wind!'

The following night he consolidated his conquering Tour of Man with a tremendous effort in the Peel Handicap Road Race to win a beautiful and much coveted Visitor's trophy. Although he came last in the race, he commented 'I deliberately gave myself an impossible handicap so as not to embarrass the natives. I'm very pleased with the result.'

Editor's note The road race won him 3 Wally points for knacker^{*}ing up his leg again.

* 'Knacker^{*}ing up' = medical term for injuring.

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It will not be long now before we are back to the road and winter training. It is important for us all to look at this season and see what we have learnt, so we can improve for next season. The club is gaining in depth and strength, so let us all this winter get a programme and stick to it as a club. Then next year we can all gain and come on together putting Calder Valley further on the map.

Last winter Gary, Tim, Dick and I followed Lydiard's programme. This idea of training I think is right for us, although I have some reservations and have changed this winter's programme accordingly.

THE GOSPEL ACCORDING TO LYDIARD

First let's look at Lydiard's idea. It is split into 3 sections.

a) LSD Long steady distance. Steady here instead of slow, the idea here is we build our endurance up with 6-8 weeks of big mileage with 3 runs a week, near or above 2 hours, run at maximum steady rate ie hard but not going into oxygen debt. So after this phase we are stacked full of endurance running.

b) Hill work After the first phase we go into 6 weeks of hill work, starting also to introduce steady speed work. We hill bound up hill, fast stride down, sprint along the bottom and repeat, spending one hour actually on the hill. The aim of this phase is to put strength on top of the endurance into our legs.

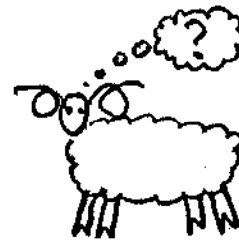
c) Speed After endurance and strength, speed is the key to success. A 6-8 week stage is followed where we concentrate on pure speed, anaerobic training. There are many ideas on speed training, but I will not go into them here.

So there we have it. Lydiard's ENDURANCE, STRENGTH & SPEED. I think without doubt it is the way ahead for the club.

But as always, life is never simple. The problem of this programme is that it is designed to get us fit for June-July (track season), whereas our season starts from the middle of April through to the end of September with races before and after this period. Because of this, the main ingredient of the training this season was missing (ie speed). No one in the club on the Lydiard programme followed it through to the final stage simply because we ran out of time, and racing took over from training.

THE GOSPEL ACCORDING TO WINDER

Therefore I myself will be following a revised Lydiard programme which I hope the rest of the club will adopt for the winter programme. It will be in essence SPEED, ENDURANCE, SPEED/STRENGTH sessions. Code name SESS (joke!)



RAMBUNCTIOUS

The main thinking behind this revised Lydiard is that unless you start on the programme by November, racing will stop the programme being followed to its final conclusion. From my experience, by November I am mentally jaded, and knackered after the Karrimor. To start and maintain Lydiard's programme right through till April takes a special type of dedication which to be truthful I don't have. (Besides, I am quite fond of being married.)

SPEED

We all need speed whatever level we are at, so this is the start of the programme. Build our basic speed up, then endurance, then speed + strength. From November

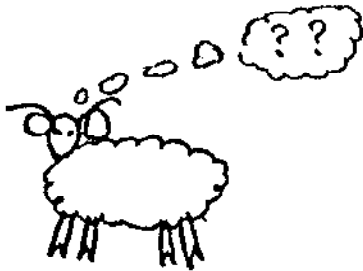
until Christmas, I will be starting Tuesday and Thursday speed/endurance sessions of 5x1 mile reps, where we will have 1½ mile warm up, 1 mile hard (not flat out), ½ mile jog, 1 mile hard, then easy, repeating this for 5 miles of speed, 1½ mile warm down.

My mileage in this phase will build up slowly so by Christmas I am on 70 miles a week. Slow hilly running on the days between speed, with a long run Saturday, club run Sunday.

The aim of this phase is to gain natural speed so hopefully our endurance stage will be run faster with one semispeed session still thrown in per week.

ENDURANCE

After Christmas I will be going into an 8 week endurance phase, and will try to maintain one of the Tuesday or Thursday sessions. 90 miles a week will be my aim for ^{this} stage with long runs on Tuesday, Saturday and Sunday, with maximum steady state runs of 2 hours or more on Tuesday and Saturday, semi-speed Thursday, with slow hilly running on between days.



RANDOM ACCESS MEMORY

SPEED/STRENGTH

In March I will be splitting the hill work into 2 with an endurance/speed one session and hill/speed the next session.

This phase will again be upset by racing, but this will hopefully introduce more speed to our legs. This will be kept up for 6 weeks to the middle of April (start of season). Then Tuesday nights, it's up to you, but I myself will be trying to do one track session per week, which will most likely be a Tuesday night.

I have tried to outline the programme so you can all think about it and decide for yourselves. Obviously you don't all want to do 90 miles a week, but if we can all agree on one programme, then split into sub-groups, dependent on the mileage the individual wants to do. Hopefully we will help each other within each group and also pull the club together, bringing team spirit even more within the club.

So that's what I intend to do this winter. I think Gary agrees with me. Anyone wanting more information, see me. Enjoy your remaining Tuesday nights until November, because, as has been stated many times, SPEED KILLS.

J Winder



NIGHT ROAD SAFETY FOR RUNNERS.CLOTHING:

Always wear a reflective waistcoat or at the very least a white/light top.

PAVEMENTS:

Always use the pavements where possible, providing the surface is runnable.

ROADS WITHOUT PAVEMENTS:

The old rule is "Face oncoming traffic" so running on the right is favourite. This isn't always possible due to bad surfaces, bends etc., so when a car approaches stick to the side you are on.

NARROW ROADS:

On very narrow roads it is advisable to stop momentarily and let a car get past safely.

RUNNING IN A GROUP:

When running in a group keep to one side or the other, NEVER have runners on both sides of the road. The easy rule to remember is 'Stick to the same side as the runner in front of you.' This way the whole group stays on one side. Also keep in SINGLE FILE when cars are about.

HEADLIGHTS:

Drivers don't always realise how they blind you with their headlights, so it is sometimes wiser to stop and wait rather than turn an ankle on an unseen pot hole.

ROAD JUNCTIONS:

Take extra care at junctions and when crossing roads. Stop if necessary, even during daylight hours. Of course there are some courteous drivers who will wait for you to cross etc., Please acknowledge this with a wave, and give runners a good name.

AND FINALLY:

Consider the situation from the driver's point of view. We are unpredictable and therefore must make our intentions clear, then he can react accordingly. If we make life easier for him, it makes safer running for us.

TAKE CARE - DON'T MAKE CONTACT
WITH ANYTHING BUT THE ROAD!



CHAMPIONSHIP TABLES

CALDER VALLEY CLUB CHAMPIONSHIP POSITIONS AFTER 11 RACES
 KENTMERE, THREE PEAKS, BLACKSTONE EDGE, PENYGHENT, FAIRFIELD, ENNERDALE
 SADDLEWORTH, STOODLEY PIKE, BORROWDALE, DOWNHAM, SEDBERGH
 (FULL RESULTS OF GLOSSOP AND BURNSALL NOT AVAILABLE)

NAME	TOTAL RACES		AVERAGE POINTS	POSITION BASE
			PER RACE	ON AVERAGE/RA
1 J. WINDER	643	7	92	1 G. WEBB
2 T. DANIEL	517	6	86	2 J. WINDER
3 G. WEBB	473	5	95	3 B. SCHOFIELD
4 P. ROUND	416	6	69	4 R. ROWLANDS
5 B. HORSLEY	404	6	67	5 T. DANIEL
6 R. SOWDEN	387	7	55	6 S. PARSONS
7 S. PIERCE	371	6	62	7 R. CROSSLAND
8 J. RILEY	351	8	44	8 R. CLARE
9 R. CROSSLAND	321	4	80	9 S. SKELTON
10 R. CLARE	316	4	79	10 S. LAYTON
11 B. HORNE	287	7	41	11 P. ROUND
12 P. REGAN	255	7	36	12 B. HORSLEY
13 R. NORCLIFFE	234	4	59	13 M. HOLMES
14 S. SKELTON	228	3	76	14 S. PIERCE
15 S. KIRKBRIDE	191	6	32	15 G. WOODWARD
16 J. SHEARD	184	8	23	16 R. NORCLIFFE
17 G. WOODWARD	182	3	61	17 R. SOWDEN
18 B. SCHOFIELD	180	2	90	18 R. KELLETT
19 R. ROWLANDS	173	2	86	19 J. RILEY
20 R. ARRANDALE	151	4	38	20 B. HORNE
21 R. KELLETT	148	3	49	21 B. BLAMIRES
22 T. REDMOND	132	5	26	22 H. STEWART
23 B. BLAMIRES	119	3	40	23 R. ARRANDALE
24 S. PARSONS	81	1	81	24 P. REGAN
25 M. FLEETWOOD	76	4	19	25 R. KIFT
26 S. LAYTON	69	1	69	26 A. THOMPSON
27 A. THOMPSON	67	2	34	27 S. KIRKBRIDE
28 M. HOLMES	63	1	63	28 T. REDMOND
29 S. TOWLER	46	3	15	29 J. SHEARD
30 H. STEWART	39	1	39	30 M. FLEETWOOD
31 R. KIFT	34	1	34	31 S. TOWLER
32 D. YATES	33	3	11	32 J. THISTLETHWAITE
33 J. THISTLETHWAITE	29	2	14	33 D. YATES
34 G. RIDGEWAY	10	1	10	34 G. RIDGEWAY

ENGLISH/BRITISH CHAMPIONSHIP POINTS TO DATE

RACE	G. WEBB	G. WINDER	T. DANIEL
EDALE	23	21	
ENNERDALE	12	11	5
LANGDALE			
MOFFAT			
KENTMERE	21	7	
BLAKE	17		
SCAFELL PIKE			
BEN LOMOND	14		
MOEL HEBOS			
BLISCO			
SADDLEWORTH	11		
PENDLETON	17		
Y GARN			
ENGLISH	101	39	5
BRITISH	26	11	5

FIXTURES

<u>Date</u>	<u>Cat</u>	<u>Race</u>	<u>Dist/hgt</u>	<u>Entry</u>
Oct 3 Sat	AL	Tour of Pendle Half Tour	17m/4200' 9m/1800'	30 Sep
4 Sun	R	Ian Hodgson Mountain Relay (4 x 2 runners)	25m/8500'	14 Sep
10 Sat	AL	Langdale Horseshoe	16m/4000'	26 Sep
18 Sun	CM	Meltham Cop Hill Race (plus junior races)	7m/900'	PE/OD
18 Sun	BL	Three Towers	20m/2500'	10 Oct
Nov 1 Sun	CS	Black Lane Ends (Colne) ^{+ JUNIOR RACE}	5m/1000'	OD
7 Sat	N	Shepherds Skyline (junior race)	6m/1150' 2.5m	PE/OD
15 Sun	BS	Rombalds Moor (junior race)	5m/800' 2.25m	PE/OD
29 Sun	AM	Winter Hill (junior race)	11m/2700' 2.2m-6m	16 Nov

OTHER EVENTS

Oct 10 Sat	0	EPOC Orienteering Norland Moor (Colour coded courses)	2-8 km	
18 Oct	0	Long-0, Kenilworth (Karrimor Training?) (M Simpson 0789 66343)		
24/25	0	Karrimor International Mountain Marathon (Wales)		Closed
25 Sun	0	EPOC Orienteering, Yateholme, Huddersfield Colour coded courses	2-8 km	OD
Nov 8 Sun	0	Copeland Chase Junior course	12m/3000' 6m/2000'	5 Nov
Dec 6 Sun	R	Calderdale Way Relay (6 x 2 runners)	50 miles	

NB OD = Entry on day R = Relay
 PE = Pre-entry available O = Orienteering type
 30 Sep = Latest date for entry event

SEE FRA FIXTURE LIST FOR DETAILS AND OTHER RACES

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