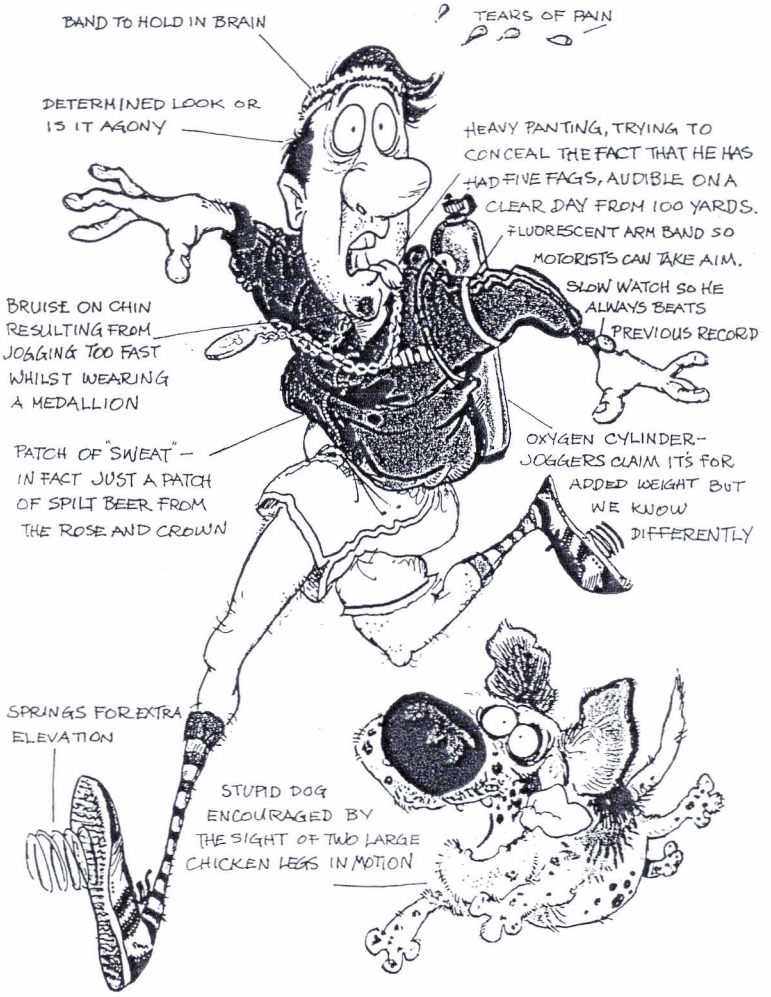
Issue 30

April 1994



CALDER VALLEY FELL RUNNERS

RAMPAGE

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

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EDITOR'S RAMBLINGS

Welcome to RAMPAGE issue 30. I hope that you enjoy reading this issue, especially those of you (and i know there are a few at the time of writing this) who are injured and are doubtless feeling "a bit out of it" and fed up. A special mention must go to my mate Alan Jones who started the Winter training with such vigour and enthusiasm, but just as he was hitting cracking form, was struck down with a bad injury. A common story i know. I hope you all bounce back though before too long to enjoy all that the new fell season has to offer.

My thanks to all who have contributed and assisted in the production of this issue. Special thanks to Ian Hartman who produces all the Championship race results on his computer, as well as supplying me with an up to date mailing list and self adhesive address labels for postal RAMPAGEs. Also to Gerry Symes who has produced the 'stile' photos and who has also designed and produced some headed notepaper for the club Secretary, with the new RAM logo and Committee at the top. These lads have done this in their own time and at their own expense.

It's not what your club can do for you, it's what you can do for your Club that counts.

I have included in this issue, a wonderful and very moving account of the first London Marathon by Calder Valley Fellrunner, Bob Horne. I would urge you to find a quiet room with a comfy chair, and a nice pot of tea and enjoy this masterpiece in the manner it deserves.

Finally, i dedicate this issue of RAMPAGE to Steve Kirkbride. After 13 consecutive Londons, this April 17th will probably be hell! Speedy recovery Steve.

Good running,

Allan

Allan.

Front cover; A field guide to the Fellrunner (ignore the medallion)
Concept by Brian Horsley.

CAPTAIN'S COLUMN

"More gay banter from Captain Duncan, who's never sad and never has a monk on."

Firstly, i feel i must address the matter of safety on the fells. Following the recent death of a female competitor in the Kentmere Horseshoe, one realises how quickly a person can perish in such extreme conditions.

Never take the fells for granted. Even if you are going on a local training run the route of which you are very familiar with, ALWAYS take a cagoule with you. You may not get lost but you could well twist or sprain an ankle. It's surprising how quickly you cool down once you start to walk, even at 1000ft, never mind 2500ft.

If you are a fair way from assistance this could well have dire consequences.

It sounds alarmist - but you just think about it.

Now on to another matter- The FRA RELAY. I know Bernard Pierce is more than a little disappointed at the response from C.V.F.R. to their responsabilities regarding helping out with this event.

I feel that 95% of us are guilty of this (myself included) so COME ON, PULL YOUR FINGERS OUT & see what the man needs. It's no good saying to yourself, "Oh it's yonks off yet i'll see him a bit nearer the time."

He needs to know now because there are jobs that need doing now. Don't forget, the eyes of the fell running world are on us with this one. We CANNOT AFFORD to scrape through with the skin of our teeth with this event.

Right, that's enough from "the soapbox", now onto a lighter note. Did you hear about the fell runner who was told that he was terminally ill and only had 6 months to live ?

The doctor advised him to marry a road runner. "Why ?" enquired the distraught fell runner, "Will it make me live longer ?" "Nc, replied the doctor, "but it will certainly feel like it."

Duncan.



FREE!

Collect the Set!

YOUR OWN - "CUT OUT and KEEP" Race number.

INSTRUCTIONS: Simply cut out on the dotted line and KEEP in a Safe Place.

ANOTHER FREE Nº NEXT WEEK.

(Photocopies accepted)

1

MY FAVOURITE RUN No. 3 by Duncan Thompson.

Using South Pennines map - O/S 1:25000 Sheet 21
Start at Widdop Reservoir embankment G.R. 935 328
Distance approx 9 miles--Rough fell/ Bridleway.
Equipment required; Cagoule, whistle(even on a good day) as minimum kit.

I bet you thought this would be on Pendle! Well although i have some good routes on Pendle, my "local" fell, i decided to tell you about one which is more local to you.

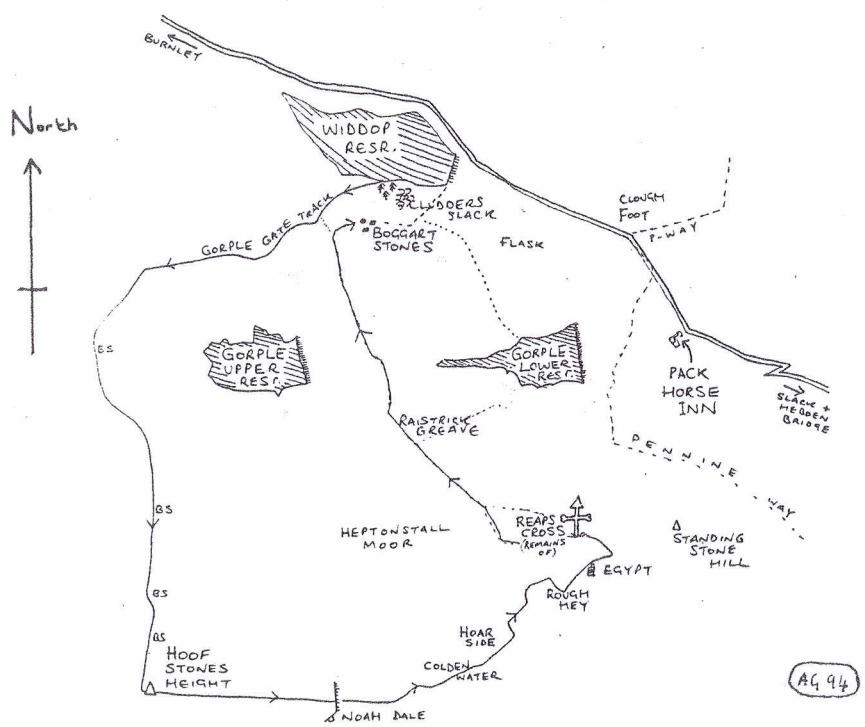
Starting at the dam at Widdop(G.R. 935 328) i follow the track along the Southern side of the res. to join the Haworth Hobble route towards the boundary stones at SPRING HEAD (914 319). I then follow the old Hobble route which went to the summit of Hoof Stones Height(914 292). From the Trigpoint the view is extensive. To the West is Burnley, with Cliviger in the forground, further to the S.W. is Thieveley Pike, the wind turbines on Long Causeway in the foreground. In the S.East is Todmorden and Stoodley Pike on the skyline, whilst Easterly lies the 'Trog' moorland above Wadsworth, with the Ovenden wind turbines above. The Bronte moors above Haworth are to the N.East while to the North West lies Pendle Hill, dark and forboding.

From the trig i turn due East and follow the posts down into Noah Dale. Follow the paths on the left of the stream through the derelict farms at Colden Water, Hoar Side and up to Rough Hey. From here i follow the track through Egypt to join the bridle track from Colne to Widdop.

Turn left and after a few yards bear left across to REAPS CROSS (943 303). From here follow the indistinct path, on the new Widdop Fell race route round to Raistrick Greave ruin and to the shooting- hut on the Reservoir service road.

Continue up the line of grouse butts following the "Widdop" route until just before Gorple Gate track. Turn right along a faint track to a large boulder and on to the rocks above WIDDOP DAM. Drop down through the rocks onto the Dam and back to the car park. It is only a couple of minutes' drive to liquid refreshment at the Pack Horse!

This is a pleasant run of approx 9 miles which on a warm summer evening when the ground has dried out somewhat can be a real joy. I hope to put this on as a Tuesday run, one week in the Summer.





SHORTS

It's all change on the Calder Valley Championship again. The World Cup Mountain races have been moved back a week. So as to avoid a clash, the FRA decided to move Shelf Moor (English & British Ch'ship race) back by 2 weeks. This means that it is on the day after Thievely Pike. So Thievely has been dropped from CVFR Club Championship and an alternative will be announced as soon as we have one.(Shelf Moor is still in the Ch'ship)

It was inadvertently announced in the last issue of SHEEP SHEET that Duncan Thompson picked up awards at the Club dinner for The Runners' Runner of the Year and for Club Champion. The Club Champion was in fact Gary Webb, whilst Duncan was placed runner-up. RAMPAGE would like to offer congratulations and apologies to both Gary and Duncan.

There are still a few Club members who owe money for RELAY entry fees. Would all those concerned please pay their team Captains A.S.A.P. The Captains are; A team, Duncan Thompson
C team, Allan Greenwood
VETS team, Mick Banks

Moneys owing from Calderdale Way relay; A TEAM, Richard Rowlands
C TEAM, Neil Crosdell, Linda Hayles
VETS TEAM, Dave Yates, Paul Frechette
Gerry Symes, Geoff Bell
John Riley.

We now have a supply of Calder Valley Wool hats in bright red with the club name embroidered in white on the front. They are warm, machine washable and a snip at £5.00 a throw. 50p from each sale goes into club funds.



Russell Arrandale and Eddie Proctor enjoy a moment of post-race tomfoolery.

Commitee news.

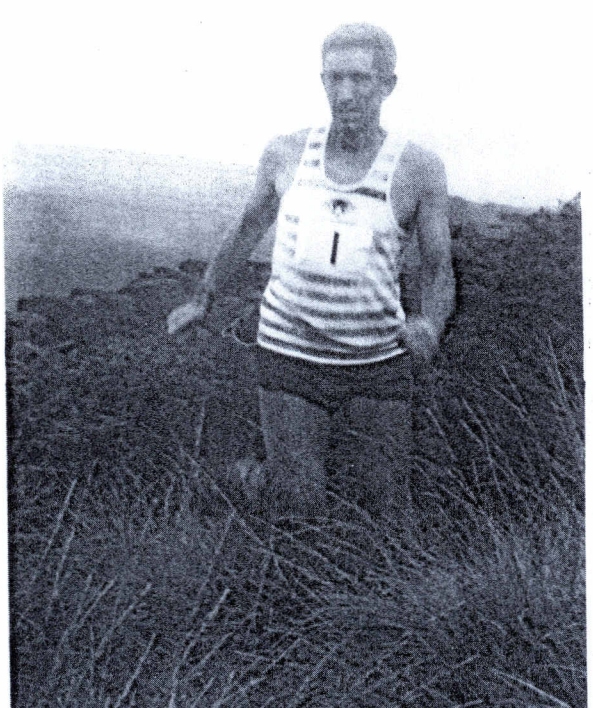
The Committee are pleased that some Clubmembers have come forward with offers of help with the relay. According to Bernard Pierce, he will require over a hundred helpers/ marshals on the day, but he is in the process of making a computerised list of all the tasks required with allocated volunteers matched up. Make your move now! Don't wait to be asked.

Calder Valley Secretary Tony Bradley was asked to attend a meeting with the MCC people recently, where they pointed out that some Club members have not been paying for their showers. From this year, we will be asked to join the sports centre for a fee of £15.00 or pay £1 on entry to the sports centre each visit. Those members who are regularly training from the MCC will have in effect, got their money's worth after 15 showers! Membership cards will be issued & MUST be shown on entry. Forget your card - Pay a quid.

As we understand it, the payments of Club membership fees has been fairly quick this year. Well done and thankyou.

There are however still a few outstanding accounts in the RELAYS entry fees department from last years Calderdale Way. See separate article and a hit - list in the Shorts section of this RAMPAGE.

Rod Sutcliffe is now well on with getting the Bob Graham Round plaque made. It should be in it's place on the wall of the pub (Shoulder of Mutton, Mytholmroyd) very soon. It will consist of a relief outline of the Bob Graham route, with the summits marked on, and will include the names of those Calder Valley members who have achieved a sub 24 hour round. Ring Rod Sutcliffe to confirm that your name is on, where applicable.



Club statistician, Ian Hartman, doing the 'Duncan' at Withens Clough fell race.

photo; ed.

Letters to the Editor



Dear Editor

Having read Sheep-sheet recently, i thought i'd better get my name in print again. I wondered who it was on the front cover of the last RAMPAGE.... i thought it was Andy Thompson. (ed's note,_well done Russ but i'm afraid Duncan got the first prize. You can have the runners up spot; a trip to Lancashire.)

Although hard to believe, i actually went down to the Club for a run recently and was disappointed at what appeared to be a Malaise all round. Runners were milling around waiting for someone else to say "Go" and seemed quite happy to stay in the warmth of the Community centre all evening.
The pack running system still seems to fail us and i got the distinct impression that we were all simply going through the motions.

Is it simply a case of 'end of Winter blues' on the roads? If so, then hopefully the fells will spur everyone on.

It seems to me that we need that competitive edge or 'bite' & perhaps the longer evenings will snap us out of the apathy. Is this the case or am i simply, out of touch?

By the time you read this, 'fell' running will have started again on Tuesday evenings. Jimmy Sheard is organising a local ~~anaesthetic~~ Orienteering event on Sunday 10th April, so maybe this will improve the Club TEAM SPIRIT?

As i say, i'm sure it's simply a case of boredom with the roads. I certainly hope so!

Russ Arrandale.

Dear Editor

Please find the enclosed copy of a recent newspaper article. It is from the Evening Post and is about Calder Valley Fellrunner, Mick Allcock. (Article reproduced within this issue of RAMPAGE.- ed.)

The last two sentences are the ones which make the piece. I'd like to encourage Calder Valley members to talk to Mick, so that he doesn't feel "inadequate".

"Wherever the races are" is the key phrase - he can't usually find the races and he can't find his way around them when he does. Mick is the only person i know that actually got lost on a road race - he turned the wrong way on one of the Saddleworth 3-day events!

Gerry Symes.

A D V E R T I S I N G F E A T U R E

Get Ahead

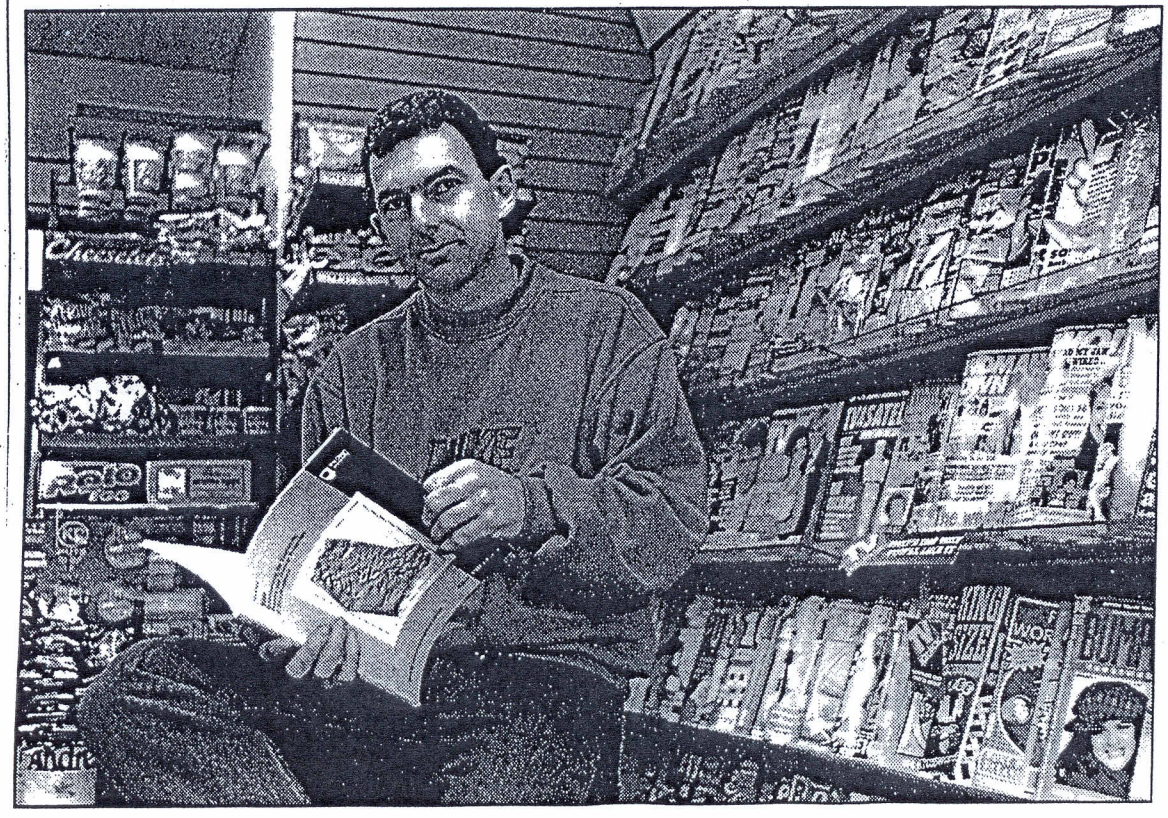


BRIGHT RED WIV WHITE LETTERING.

CALDER VALLEY WOOLY 'ATS
NOW AVAILABLE — £5 a go
See AILAN for details. offer subject to status.

Get a hat!

Open road to degree success



▲ **READING MATTER:** Newsagent Michael Allcock wanted somthing to fill the time

By TONY HARNEY

A FARMER, firefighter and hypnotist are among 409 new Open University graduates from Yorkshire.

They have gained their degrees in the University's 25th anniversary year and many had no formal further education before they tackled their courses.

The graduates come from all walks of life and include about 20 per cent who are women at home either coping with young families or in retirement.

In Leeds the successful students include teachers, police officers, the unemployed, nurses, shop assistants and professional people from many areas.

FASCINATED

Yorkshire boasted about 70 of the country's top 282 students — those who obtained an Honours Degree.

Among the people in Leeds with BA Honours Degrees are Mr Philip Killen, 53, a financial planner of Coal Hill Lane, Farsley; Mr Melvyn O'Connell, 36, a medical electronics technician, of Blackmoor Lane, Bardsey; Mr Stephen Weeks, 42, a psychiatric nurse of Woodland View, Chapel Allerton; Mrs Karen Whiteley, 57, a writer, of Street Lane, Moortown and Mrs Elsie Danbury, 51, a personal executive secretary, of Halton.

● Swillington newsagent Michael Allcock, who joined the Open University just to fill a bit of time, has been awarded a BSc degree.

409 pass in Yorkshire

For six years he has studied 12 hours a week at such subjects as physics, geology, geophysics, design and computer-aided design and electronics.

Michael, 30, single, of Swillington Lane, said: "The degree course was just something to do. I was more interested in learning subjects that fascinated me than in getting a qualification.

"I had some free time and I don't like sitting around doing nothing. It wasn't until I took an exam last year that I even thought about a degree. But then I realised I didn't want to fail.

"I want to carry on now and do an honours degree in astronomy and plate tectonics, which is about the earth's structure and its faults."

Michael got two O-levels at Garforth Community College and later attained A-levels in geography and art at Park Lane College, Leeds.

"Most of my friends have degrees and so I won't feel inadequate talking to them," he said.

In the rest of his free time he goes fell running "wherever the races are."

All revved up with nothing to type.

I promised i'd do my best. Try to make a go of the job, i said, but i'll need a hand. So anyway i put the word out that i needed some stuff doing, casual like, hinting in subtle tones, but no, nothing through the door as yet.

Right then, might as well tell you about my week

Well, Friday night i'd been out for a few pints with the lads and i'd promised the Wife i'd bring home a Chinese Meal for supper. As i walked up to the counter to place my order, i noticed a burly man, waiting for his turn to be served and i immediately felt that i recognised him. And do you know, it was former British Lions Rugby Union star, Bill Beaumont. I walked over and began to chat with him, and found him to be just as he appears on television. As we were in mid conversation, Bill didn't notice that it was his turn to place his order and the girl behind the counter was struggling to gain his attention. Suddenly he saw her, and as if being snapped out of a trance he exclaimed, "er, i'll have number 12 please David".

Anyway, the meal was lovely, and after a good nights sleep it was Saturday, my training run day. I had previously planned to follow Bod's route which he describes in detail in issue 28 of RAMPAGE in the My Favourite Run series. I asked Carol if she still wanted to come out on the run but she replied, "no, i've a couple of jobs to do around the house this morning, and besides, i've bought a blue felt tip and i'm going to colour in these red stripes on this vest.

Anyway, the run was lovely, except for a strange incident as i ran along a section of farmland half way round. I had reached a ladder stile, after which was a level section over a couple of fields. As i ran along i saw and heard a lot of commotion going on at the far side of the field. I slowed a little as i neared, when suddenly the Farmer spun round and shouted, "hey you, stand still". I was taken aback and immediately imagined that i was tresspassing. Then before i had a chance to think again, he reared on me shouting," Get back ower there". I could do nobbut as i was told, then he demanded that i lie down! "Get up, go over there, come ere, go left...." I was begginning to sweat profusely, "Lie down, to me, to me..."

This went on for about 10 minutes until we had all the sheep safely penned up. Then he said i could go. "Same time tommorrow?", he bellowed after me, "This dog o' mine's bloody useless."

A G.

Rumour is; That Tony once thought the Bob Graham Round was a dog biscuit.

F.R.A. Relay

Minutes of meeting on March 10th

Present Mandy Goth, Simon Anderton, Dave Kite, Keith Parkinson, Ian Hartman, Alistair Sowden, Bernard & Kay Pierce

Apologies Allan Greenwood

The main item of the meeting was the presentation to be taken to the F.R.A. on March 20th. Bernard and Kay will be going to Hayfield to discuss this with the FRA committee.

1. Routes Now all finalised.
   a. Medium 9m 2,200'
   b. Short 5m 1,300'
   c. Navig. 7-1/2m
   d. Long 13m 2,200'

2. Venue Tents - Alistair has arranged for us to borrow 2 large tents/marquees from the Scouts. They will put them up but will need help.
   Car parking - Still to be finalised.

3. Finance Estimated budget was drawn up.
   Decided that entry would need to be £21 per team

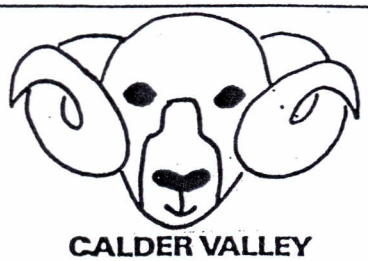
4. Logo This will go on all publicity, entry forms, numbers etc. It will incorporate Stoodley Pike symbol into A of FRA. Keith will have this ready for next meeting along with draft notice for FRA magazine and draft entry forms.

5. Queries For FRA
   a. Insurance for tents and equipment that we are borrowing from Scouts.
   b. What is essential info. to go on entry form?
   c. Initial poster to go into every copy of magazine.

6. Results Will all be computerised.

7. T-shirts These are still to be sorted out - need quotes from various people.

Date of next meeting Thursday April 14th 8.00pm at 7 Old Town Hall Ctts
(this meeting must finalise all material for the June FRA magazine)

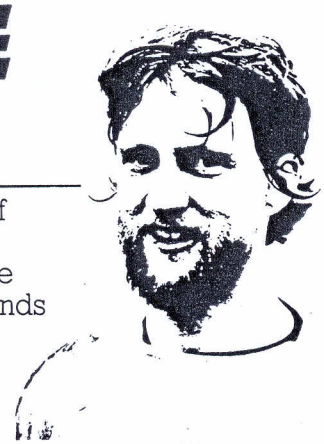




THE FRA RELAY 1994 HAS BEEN AWARDED TO CALDER VALLEY. PLEASE OFFER YOUR HELP NOW AND WE WILL MAKE IT A SUCCESSFUL EVENT.

The F.R.A. Relay - 16th October 1994

ON THE FELLS



If you've ever dreamed of running five miles in 22 minutes, fell running is the sport for you. Hugh Symonds reports on reaching the bottom as well as the top

To reach the top in fell running is only half the battle. It is on the descent where most fell and mountain races are won or lost. To climb quickly it helps to be light and it is essential to be strong-legged, and fit in the heart and lungs; but what are the qualities required for rapid descent? Speeds of between 4½ and five minutes per mile are common amongst Britain's top fell runners when descending peaks such as Snowdon and Ben Nevis.

In July 1982, John Wild was third to the top of Snowdon behind Italian internationals Pezzoli and Bohzi, but he returned to Llanberis dropping 3,300 feet in five miles in a time of 22 minutes to win by more than 30 seconds. This is a speed which would be hard to match on a flat road course. Naturally, gravity is doing some of the work but it's not everyone who can take advantage of this, as the runner still has to be able to keep the legs moving at speed in addition to finding a sure footing. Some liken the skill of descent with that of a ball game player. It requires quick reactions, good balance and fast leg cadence. Ace Lake District runners such as Billy Bland and Bob Whitfield can pick their way through boulder fields on their way down rough mountains and can maintain their speed whether the surface is rough and rocky or smooth and grassy.

It would seem one quality definitely required is sheer "nerve", but like motorcyclists and racing drivers it is perhaps the ones who don't think about the risks who are the most successful. Professional fell runner Tommy Sedgwick twisted his ankle on the Alva descent near Stirling one year but he returned the following summer to deliberately *race* down the fell, gaining speed until he was out of control, despite having to find a gap in a wall. He has a reputation as one of the toughest descenders but unfortunately he does not plan to follow other pros into the amateur ranks so it is unlikely that he will ever line up against the likes of Kenny Stuart or John Wild.

Perhaps the rules will change one day and the "amateurs" (who frequently win prizes to the value of £50) will be able to compete against the "professionals" who sometimes win cash prizes of £20!

As in other forms of running, fell racing does not have a neat and easy training formula for the would-be champion. Different athletes have their different schedules but all agree that some training on the fells is important. It develops the right leg muscles and goes some way towards improving the descent skills. When international marathon runner Dave Cannon was "Fell Runner of the Year" in the early 1970s, he would train for speed on the fells by repeating fast runs up and down short sharp peaks such as Dufton Pike by Cross Fell near his Appleby home. Nowadays, despite living at the foot of fine fells, he rarely ventures high as he claims that running uphill develops large and heavy muscles which are not applicable to marathon running. Another former fell champion who has turned to success on the road is Olympic marathon runner Jeff Norman. He opposes Cannon's viewpoint and likes to precede a marathon with a period of conditioning with lots of long runs over the Derbyshire peaks. He has found this form of training develops the strength and stamina needed for the marathon. For many fell runners, of course, the object of training on the fells is not just to gain fitness for the next race but is a way of enjoying the hills with the advantage of being able to cross several peaks in a short time.

Pikes Peak

Last summer's Pikes Peak Marathon from Manitou Springs in Colorado provided a thrilling race in the closing stages of the 7,800ft descent. There are so many entries for this epic 28-mile event that there are now two races held every August. For the strong uphill runners who don't like going down there is the ascent-only race on Saturday, while the following day there is the full mountain course starting and finishing at 6,350ft but with the midway checkpoint at 14,110ft. Chuck Smead of California is one who doesn't favour the descent but he holds the uphill record of 2:05:22. Al Waquie, the Pueblo Indian from New Mexico, has ascended as fast as Smead in the full race and now holds the round trip record of 3:26:17.

In August of last year, Wesley Smith of New Mexico reached the top in 2:12 with a 12-minute lead over Creighton King of Utah who was then lying in fourth position. Smith suffered calf cramps on the way down and returned in the slowish time of 1:31 while King really let the breaks off and stormed down the mountain in 1:15:46, catching the leader with just three miles to go. King's descent was seven minutes faster than Waquie's record and, taking slowing down for hairpin bends into account, he was averaging five minutes per mile for the 14-mile drop in 90°F heat! Frank Thomas of England won the veterans race in 4:18:29.

Even though Pikes Peak is called "America's Ultimate Challenge" there are harder events in the West. Every June, the Wahsatch Steeplechase is held from Salt Lake City. The 26-mile loop climbs 4,500ft in the first six miles and is followed by sections of crags with 150ft of vertical exposure and fixed ropes, several sections of snow and a complete lack of any continuous



Rising fell star Sean Livesey leads from his coach, John Wild, in the 1982 Thieveley Pike race. Last year both runners were part of England's first representative fell running team

Fell Runner of the Year championship

Short
Blisco
Blackstone Edge
Saddleworth
Eildon Two Hills
Thieveley Pike

Medium
Black Combe
Coniston
Fairfield
Moel Siabod
Ben Nevis

Long
Northern Counties
Ennerdale
Glossop
Borrowdale
Sedbergh Hills

Ten Years Ago continued....

trails or roads. Pikes Peak star Creighton King (a local "alpine punk") broke the course record for the third consecutive year to win in 4:33:49.

There are dozens of mountain trail races of up to 100 miles. The Wahsatch Front 100-mile race in Utah must rank as one of the hardest with 23,500ft of climbing and 22,800ft of descent. In 1982 19 started and three finished; 1983 was more successful when 41 started and 19 completed the course with Rob Landis of Utah winning in a time of 22 hours. If that's not hard enough then maybe the Mount Wrightson challenge race in Arizona would appeal to runners who hanker for freedom: here the object is to run up and down the mountain as many times as possible in 24 hours. There are no entry fees, no awards and no aid stations on this run, just a warning to say that the trail is rocky, dangerous and hard to follow.

European scene

European mountain races may seem quite tame by comparison. They are usually marked throughout and with many races finishing at points higher than the start there is not much scope for downhill running. The Sierre to Zinal race in Switzerland is one of the most popular events with more than 1,000 runners completing the 28km course last August. This race has attracted an international field ever since its inception in 1974 when the Swiss runner Hauser defeated Olympic track and XC star Gaston Roelants of Belgium. The start is a mad dash along the half-mile of road before entering the forest and climbing 6,000ft up the steep and narrow trail. It is said to be impossible to run the whole way but Harry Walker of Blackburn is supposed to have done it when he finished second to Aldo Allegranza of Italy in 1976. Other British runners to have done well in this race are Jeff Norman who won it in 1975, Nigel Gates (second in 1981), and Mike Short who was fifth last summer. The race has been dominated by high altitude dwellers from the States with Pablo Vigil having won it four times and Chuck Smead once. Dozens of British runners make the trip to the Alps each summer: the organisation is superb with drinks and meals for all competitors and the route from Sierre in the Rhone Valley up to the ski resort of Zinal takes in superb mountain views of the Matterhorn, Dent Blanche and other peaks and glaciers.

The first official British fell running teams were selected for an Italian International Mountain championship at San Giovanni near Verona last July. The English team of John Wild, Kenny Stuart, Jon Broxap and Sean Livesey finished second to Italy with John Wild finishing in sixth place behind five very strong Italians. Discussions at the event initiated by the FRA were very favourable to a possible future World Championship. The Snowdon race has had Italian connections for a few years. It would be interesting to see how the Italians, Swiss and Americans tackle our classic courses such as the Ben Nevis and Wasdale.

Meanwhile there is the British championship season to look forward to (see *On the Fells*, RUNNING no 31). Kenny Stuart will be defending his title but 1983 runner-up John Wild has expressed doubt about going for a fourth summer on the fells. Others likely to be making a bid this season are the rising young Sean Livesey and international orienteer Jack Maitland.

For details of membership of the Fell Runners Association write to Norman Berry, 165 Penistone Road, Kirkburton, Huddersfield, W Yorks HD8 0PH



Easter Monday

Detective Chief Inspector Peter Horne rushes to Daisy Bank in order to roll his egg.

FROM: RUNNING MAGAZINE - MARCH 1984.

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C V F R CHAMPIONSHIP UPDATE.

Thievely Pike(24th Sept) has been dropped from the Championship due to Shelf Moor being moved to Sept 25th.

Thievely will be replaced with GATEGILL FELL RACE Sun Aug 21st.

Shelf Moor is still a Calder Valley Ch'ship race.

New Faces

The following article is written by one of our most recent additions to the club, Debbie Flanagan. By way of a preamble, i have decided to use an extract from Debbie's letter to the editor which accompanied the piece. I feel that it is of particular relevance as, in the letter, Debbie gives us a glimpse of her background, her views on the other clubmembers and an idea for a challenge later this year. I think it's worth mentioning that i met Debbie during the Hobble and coyly suggested that she might do me an article for this magazine. By Thursday i was reading it! Now that has to be something of a record! -ed.

Dear Allan,

Thankyou for the Sheep-sheet. I have enclosed an article for RAMPAGE though i don't know if it's appropriate or not, as it's mostly written in jest! Congratulations to Carol on a great run in the Haworth Hobble. I follow her results with great interest as i remember racing against her in Schools County cross-country matches many years ago! Let's hope she regains the World Cup trophy this year, best of luck!

I am considering tackling the 14 peaks over 3000' in Snowdonia this Summer, if anyone would be interested, around mid to late June. Only mad fools need apply! It's not a race, just a challenge, ideally to be completed in 12 hours.

My impressions of the club are a like-minded bunch of loonies, who enjoy training in sub-zero temperatures, in snow blizzards, up countless hills! Great fun! At least hill training here is easily available, unlike flat Cheshire where i used to live. The only trouble is finding a flat bit of ground to do speed work on! The short leg of the Calderdale relay, which ended up being 15 miles due to a little bit of snow and a failure in logistics was an entertaining day out, and a good way to get to know some of the club members, under trying conditions!

Regards, Deb Flanagan.

A Hobbler's account of the 1994 Haworth Hobble.

Just how do you go about training for the 33 mile, 4,400 feet Haworth Hobble? Here is a rough guide for a training schedule not recommended for the faint hearted.

1. Firstly ensure you enter early, preferably only 2 days before the race when both partners of a previously entered team are unable to take part, due to injuries sustained from training for the race. This gives you at least 48 hours in which to prepare.
2. Pick your partner with care. Ideally another mad fool like yourself who was also led to believe by a mutual friend that the other was really keen to do the Hobble, (after a comment about wanting to do the Hobble over a pint in the pub), and would be terribly disappointed if a partner could not be found.
3. Previous hign milage is not necessary, a mere 20 miles a week and an iron-will to succeed, no matter what, will do. Experience in fell races is not required, you will learn as you go along.
4. However, do not forget the importance of pre-race diet. Prawn curry the night before the race can have adverse effects when it parts company with your stomach during the race.
5. Navigation is all important. Good observation is required to be able to follow those tell tale stud marks in the mud or the trail of jelly babies. You could ask a bemused local which way the last runners went or if all else fails consult your papermache map, made by being carefully marinaded in Isostar juice.
6. You may find the race a little too short and decide to go an extra mile in the wrong direction and then get a lift back to the starting point of your diversion with a kindly motorist who spotted your deliberate mistake.
7. Finally, when you have managed to cross that evasive finish line, 34 miles later, remember that the reason for doing it was to enjoy yourself!

THE LONDON MARATHON.



The first London Marathon took place on 29th. March, 1981. Not a runner (What's changed?) I had been inspired by Chris Brasher's articles in 'The Observer' about the New York Marathon and sent off an entry. When it was accepted, one of only 6,000 in that first race, I treated the preparation casually. I was beset, even then, by knee injuries and I think I had only a couple of training runs of more than an hour in duration. After the race I wrote the following article for the local paper which they published under the heading of 'The Comradeship of the Long-Distance Runner'.

I reached Greenwich Park at 8.10 a.m., fifty minutes before the start of the London Marathon, in an anguish of self-doubt after less than two hours sleep. Having registered - just before Peter Duncan of the 'Blue Peter' programme - I claimed my free cup of coffee. But as I stood there in the rain there was a growing feeling of unreality. Runners, performing all manner of pre-race cavortions, floated before me as in a dream and I felt saddened - it was too late for panic - at my impetuosity in volunteering for hours of pain.

With one more function to perform before the cannon sounded I ignored the much-vaunted longest urinal in the country and used the more traditional tree, shared with a fifty-year-old from Brentwood who had bad ankles. I told him about my right knee, which had been painful in six different places during the past month.

With ten minutes to go the runners were herded into the two hundred yard long avenue inside the park, leading onto Charlton Way where the front runners would be on the starting line. At nine o'clock the cannon signalled that we were off,but it was half a minute before we back markers were able to move and five minutes before we crossed the starting line, by which time the leaders had completed their first mile.

The early miles were tedious. Despite the rain the atmosphere was humid and running with so many others felt claustrophobic. Also, the pace was unavoidably slow and the prospect of the forthcoming miles frightening. I fell in with a track-suited man who'd pulled a thigh muscle only three weeks previously and didn't know why he'd started. I told him about my knee.

After three miles we became more spaced out as we ran down the only hill of the course and turned back towards Greenwich Park and the Maritime Museum, which marked the completion of six miles. We were extremely slow, arriving in a time of one hour and five minutes. My target time of four hours already appeared unlikely.

Shortly after passing the museum we rounded the Cutty Sark and Gipsy Moth IV, but a couple of hundred yards later I passed a better known sight: Jimmy Saville. Clad in gold lame tracksuit, arms aloft, he waved and

shouted at the crowd. The people lining both sides of the road treated the event like a carnival and all the competitors as celebrities.

Just before Tower Bridge some ladies gave us a lovely chorus of legs and 'The Lambeth Walk', a happy prologue to the crossing of the river. This was an important psychological moment in the race since it marked the half-way stage, the end of the beginning, but also because it was such an exhilirating experience to cross the softly-flowing Thames as we approached the ancient tower.

However, after the delight of Tower bridge, the route turned eastwards, through London's dockland. According to marathon runners, these miles are the hardest. There was a noticable decline in morale, and I ran several miles with a Huddersfield student who had been suffering from a bad calf muscle for weeks. He didn't seem interested in my knee.

Miles sixteen to eighteen were around the Isle of Dogs and we had been warned that they would be grim. This left us totally unprepared for the moving reception the Eastenders gave us. Time after time our sagging spirits were lifted as we ran through crowds of singing women. The children gave us sweets and thrust welcome cold sponges into our hands; there was even one man offering champagne from the doors of his warehouse.

I knew now that I was going to finish and decided to increase the pace (which had continued to be laboured) in an attempt to beat four hours. The only respite was a walk at each drinks station. Still the crowd lifted us. "Come on, you're nearly there. Every one's a winner!"

When we reached the Tower again, filing past a couple of amused Yeomen of the Guard, we had completed 23 miles. One of my big toes hurt and my legs were beginning to feel heavy - my knee was alright - but the sight of Westminster in the misty distance was a signal that the pain would soon be over. I was by now passing several runners who had been reduced to a walk. They were stiff-legged and in obvious difficulty but there was no question of anyone giving in; the spectators wouldn't have allowed it anyway.

On and on. The Embankment seemed interminable as the noise grew louder. Twenty-four miles, twenty-five, and then I turned into Parliament Square as Big Ben struck one o'clock. I had failed to beat four hours, but that mattered no longer. As the noise echoed from London's historic buildings I felt that I was, as the crowd had been shouting, a winner.

Nearly there. Into Birdcage Walk as the noise increased, but I was still completely overwhelmed by the crescendo that met me as I turned to run, on my own, infront of Buckingham Palace. [The first London marathon finished at the side of the palace, on Constitution Hill.] It seemed that all London was cheering. Never, in a modest sporting career, have I experienced anything approaching the elation of that moment.

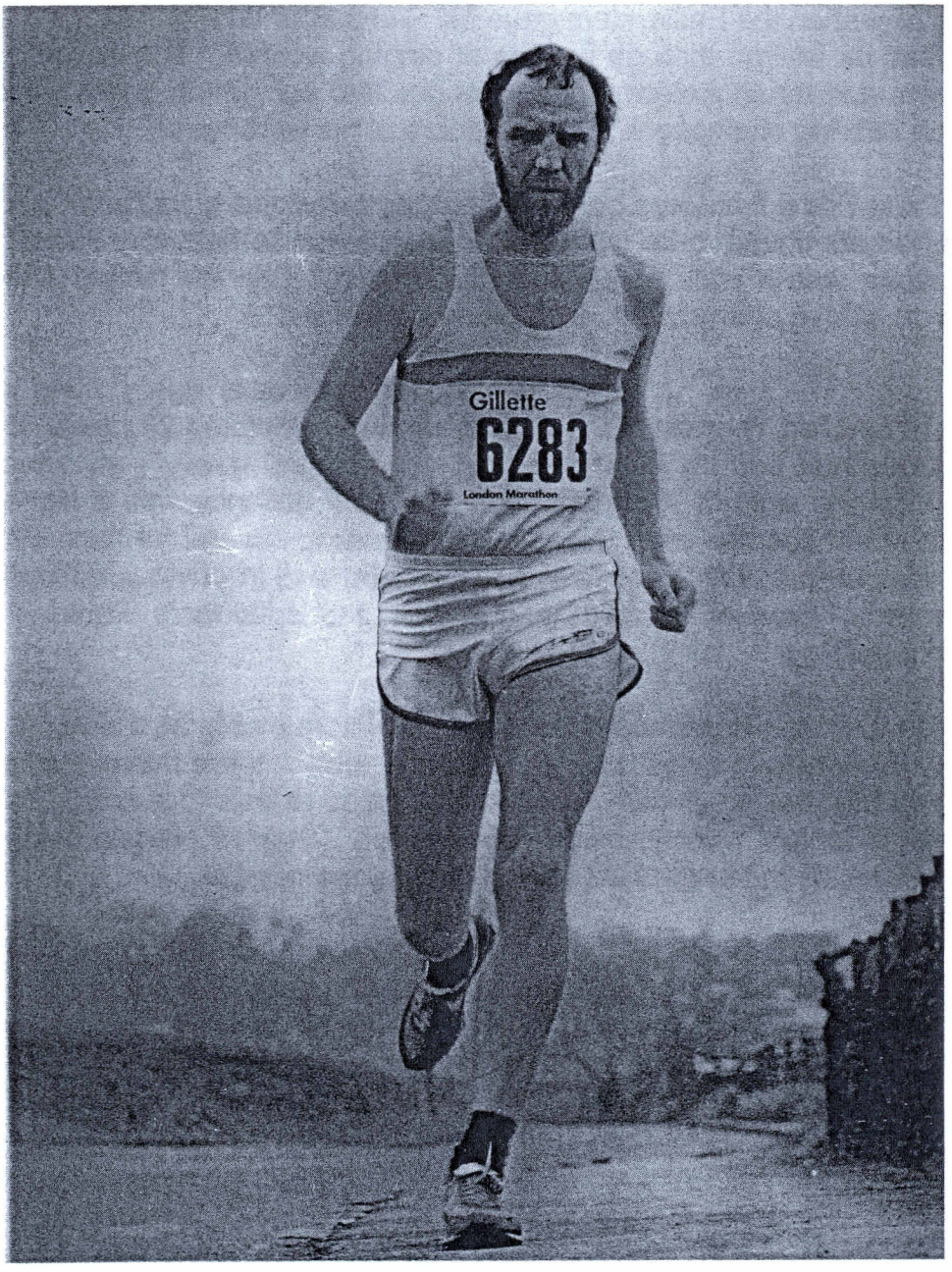


In the Official Programme, Chris Brasher wrote that in the 1979 New York marathon he saw "a vision of the human race, happy and united, willing their fellow human beings to a pointless but wonderful victory over mental doubt and bodily frailty". I saw that same vision. I felt, as I rounded the final bend, a joy which I hadn't known existed. It was as if everyone, runners and crowd, was embodied in one happy human spirit, eternal and indestructible.

And then it was over. A man in his fifties finished just before me and staggered into the arms of his wife. They were both in tears. At the sight of them I wept too. I thought of the route we'd run, the crowds who'd encouraged us all the way, particularly the warmth of those people on the Isle of Dogs, and then that wonderful final mile.

I was a winner. We were all winners.

Bob Horne



THE LAST MILE OF THE LAST HAWORTH HOBBLE.

The last checkpoint of the last Hobble. Penistone Country Park. As we left, a hooded figure, face concealed, crept in sinister fashion around the corner of the public conveniences. Heathcliff on a bad day, searching vainly for Cathy.

"Look," said my little brother. "It's Allan Greenwood." Sure enough, as a smile emerged from within the swathes of Goretex, followed by a greeting, the shambling figure was revealed as none other than the editor of Rampage. For Cathy read Lynne, his partner.

My brother and I then fell in with another couple of similar age and weariness. Walking slowly along the track we chatted about what a good day we had enjoyed, how the weather had been kind, the feeding stations had lived up to reputations established over years of Hobbles, and what a pity this was the last but it must be a nightmare to organise. All in all, we felt benevolent towards our fellow human beings. Just then, there was the sound of a slurring of feet and a grunt, and Allan and Lynne passed us. "This'll make good reading in Rampage," quipped the editor. We smiled and waved them on their way, resuming our nostalgic recollections about childhood days of rationing, England winning test matches, and walking barefoot to The Shay to watch Halifax Town play in the Third Division North.

After a while we looked ahead, and Allan seemed to be struggling. He was hanging back, and he didn't appear to be taking photographs. Whether there was any connection or not I don't know, but at that moment my brother broke into a trot. I reluctantly followed, and within seconds the pace increased as we both instinctively understood that we were chasing Allan and Lynne. Halfway across the park we passed Allan. "This'll make good reading in Rampage!" said my little brother. Witty, that, I remember thinking. We then caught Lynne and ran at what seemed to me a great speed to the edge of the park, confident that we would by then have dropped them.

"How far away are they?" I gasped as we entered the lane down into Haworth.

"Forget the soreness in your knees. They're only ten or fifteen yards back. We'll have to shift."

Suddenly, thirty three miles of pain were forgotten. Adrenalin gushed around the body. Joints which had seized up hours ago were lubricated, exhausted minds sharpened. We set off down that track as though we were eighteen again and it was a bright spring morning. Onto the tarmac, around the corner and we came to the steps which give a short cut down to the road. "Hang on!" said my little brother. "We'll take the long way round and give them a chance."

Down and round we ran. As we reached the road they were there, level with us. The traffic was thick, but we all charged across to the pavement on the far side, parting cars and lorries as Moses had parted the waters of the Red Sea in the first Karrimor.

We hurtled into the cobbled road which leads to the school and the finish. A pair infront of us, limping the last hundred yards, thought we were trying to catch them and, startled, set off at an uncatchable pace. Left, through the iron gates we staggered, into the school grounds, not daring to turn round. Then there we were, hands on knees, queuing for our certificates, my little brother and I. Behind us stood Allan and Lynne, smiling. We shook hands, laughed, and agreed what a splendid tussle it had been. What better way was there to complete the last Haworth Hobble than by sprinting the last mile in desperation, finishing exhausted, slowly coming round in a crumpled, sweaty heap as all the aches and pains of the years re-emerged, multiplied and intensified?

"Ah well," said my little brother. "Perhaps it'll get in 'The Fellrunner' as well!"

Bob Horne.

THE OGDEN UP HILL MILE

1 mile / 500 feet climb
on rough bridlepath

Start: Ogden resr.
Finish: Withens Inn





It's that time of year again, when Spring is in the air, birds sing, the sun shines all day long and men, women and children gather together to test their strength and stamina against the nearest incline. I give you, without further ado, the OGDEN UP-HILL MILE. To be held on Tuesday 10th May 1994, Juniors (½ mile) at 7.00 pm and Seniors at approx 7.15 pm. The event will be held in order to celebrate THE 40th anniversary OF SIR ROGER BANNISTER'S FIRST SUB FOUR MINUTE MILE, 6th May 1954. The races will start from Ogden reservoir embankment, Causeway Foot, off A-629 Halifax Keighley road. Grid ref; 064 306 OS 1;25000 sheet 21 South Pennines. Entry fees will be in the form of a donation of at least £1.50 and ALL PROCEEDS FROM THE EVENT WILL GO TO BBC TV's CHILDREN IN NEED APPEAL. There will therefore be no profit made and no prizes. So come, run, support a worthy cause and ENJOY YOURSELF !!! (Further details - Allan & Carol 0274 722783 After 6pm) Donations welcomed from non entrants - Send to Ogden mile, 71 Smiddles Lane, West Bowling, Bradford 5 West Yorkshire BD5 9NT. Cheques payable to "Children in need".

Clubmembers - Please ring the organisers if you think you can help out with the organisation on the night. BBC Tv have indicated that they might be interested in filming the event so i want to make it a real success. Otherwise, please come and have a run.

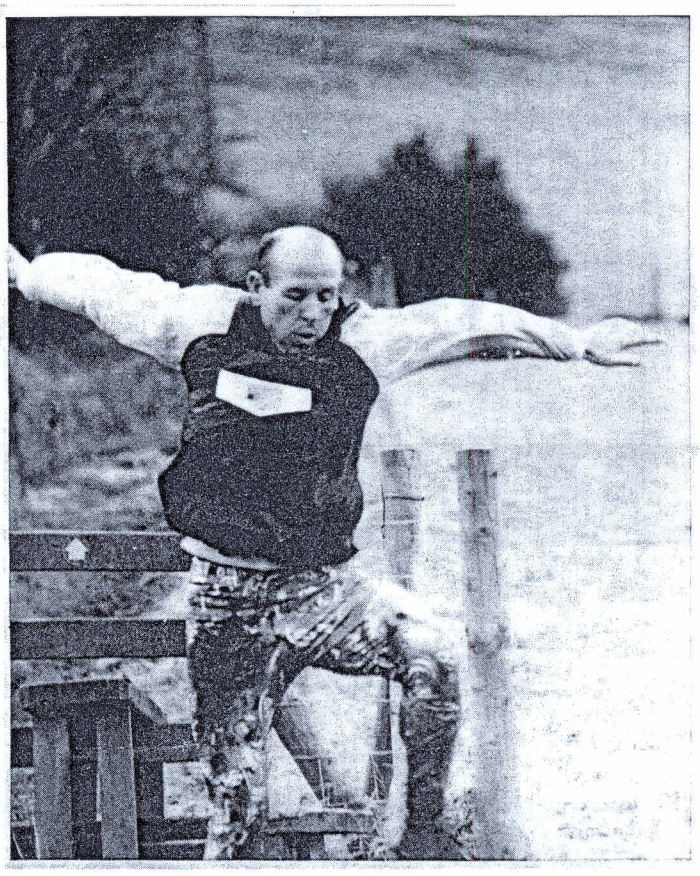
- Allan G

TECHNIQUE

Note the different techniques used by Calder Valley runners to circumvent a stile in the Club Handicap.

The most spectacular is the 'aeroplane' style as demonstrated by Steve Houghton and Brian Horsley - this obviously suits the 'fliers'.

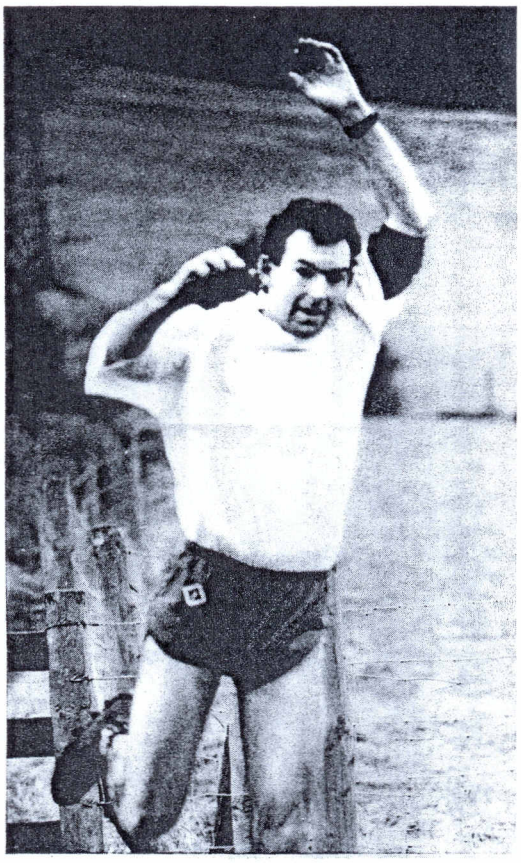


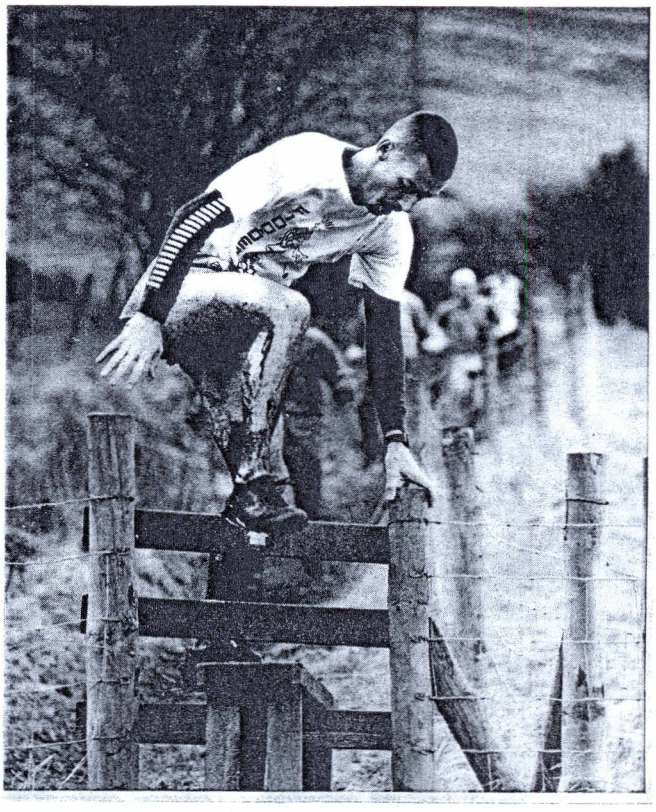


If this is not to your liking try the'who dares wins' style of Mike Wardle and Geoff Bell. This is effective but can result in injuries like a disocated shoulder at Borrowdale (Mike) or sprained ankles at Burnsall, Ennerdale etc. (Geoff).





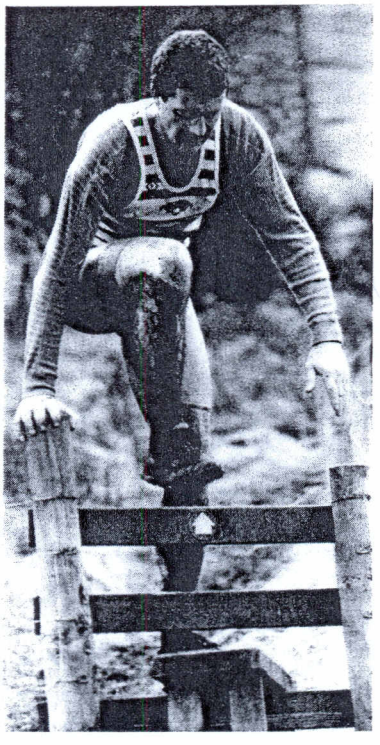




Mick Allcock has his own unique 'long jump' style or is he just asking permission to 'go'?Also note the 'wait and see ' technique of Pete Regan and Andy Wimpenny and the 'tight rope walker' technique as illustrated by Alan Jones.s and Damian Whitehead.







Whichever one you opt for just make sure you do it IN STILE!

GERRY SYMES

If anyone wants a photographic print of themselves just let us know.

CALDER VALLEY FELL RUNNERS CHAMPIONSHIP
Handicaps for 1994

The committee has decided to experiment with a new method of handicapping in 1994. It is hoped that this method will overcome the problems in the old system caused by races being of varying length and difficulty.

A separate handicap for short, medium and long races has been calculated for each club member based on performances in club championship races in 1993. For each distance, a handicap has been calculated by dividing the winner's time by the member's time. For example, if the winner's time was 40 minutes and the member's time was 50 minutes, the handicap would be 0.800. A few adjustments have been made to correct anomalies, and if a member has not raced at one particular distance, a handicap of 1.00 has been allocated.

For each championship race in 1994, each runner's time will be multiplied by the appropriate handicap figure shown below to give a corrected time on which the handicap points will be based. For example, if the runner's time is 60 minutes and the handicap is 0.750, the corrected time will be 45 minutes. Simple, eh!!!

Name	Shrt	Med	Long	Name	Shrt	Med	Long
Michael Allcock	.844	.783	.811	Russell Arrandale	1.00	.722	.680
Babs Bahatunde	.803	.781	1.00	Mick Banks	.784	.780	.769
Geoff Bell	.745	.754	.733	Val Bell	.568	1.00	1.00
Tony Bradley	.679	1.00	.686	Mark B-Pimlott	1.00	1.00	.785
Michael Burns	.626	.610	.524	Steve Cavell	.733	.751	.718
Paul Cleary	1.00	1.00	.796	Jeff Coulson	.886	.883	.817
Neil Croasdell	.703	.691	.631	John Crummett	1.00	1.00	1.00
Tony Flint	1.00	1.00	.688	Paul Frechette	1.00	.767	.786
Grahame Fry	1.00	.695	1.00	Dennis Gildea	.758	1.00	1.00
Allan Greenwood	.685	.672	.622	Carl Greenwood	1.00	1.00	1.00
Ian Hartman	.799	.779	.722	Linda Hayles	.614	.646	.613
Bob Horne	.713	.766	.682	Pete Horne	.775	.824	.750
Brian Horsley	.804	.824	.807	Greg Houghton	1.00	.838	.782
Steve Houghton	1.00	.819	.876	Allan Jones	.745	.740	.726
Richard Kellett	.800	.821	.766	Rhys Kift	1.00	1.00	1.00
Steve Kirkbride	.687	.704	.677	Irene Neville	.615	.570	.555
Leahn Parry	1.00	1.00	1.00	Chris Peart-Binns	.802	.832	.802
Brian Peters	.791	1.00	1.00	Bernard Pierce	1.00	1.00	1.00
Kay Pierce	1.00	1.00	1.00	Barry Price	1.00	1.00	.778
Eddie Procter	.712	.644	.667	Trevor Redmond	.780	.765	.732
Pete Regan	.726	1.00	.685	John Riley	1.00	1.00	1.00
Pete Round	.824	1.00	1.00	Jimmy Sheard	1.00	.609	1.00
John Simpson	.870	.871	1.00	Rob Skelton	1.00	1.00	1.00
Jamie Smith	.890	.879	.880	Alistair Sowden	1.00	1.00	1.00
Graham Spencer	.701	.691	.662	Rod Sutcliffe	.760	.769	.778
Gerry Symes	.774	.791	.769	Andy Thompson	.767	.759	.754
Duncan Thompson	.902	.897	.870	Simon Towler	1.00	1.00	1.00
Michael Wardle	.757	.797	.763	Gary Webb	.898	.943	.912
Pete White	.693	.703	1.00	Damian Whitehead	.831	.847	1.00
Jez Wilkinson	.764	.791	.719	Andy Wimpenny	.867	.811	.882
Jeff Winder	1.00	.889	.866				

DON'T FORGET: You will not be eligible for points in the 1994 club championship until you have paid your 1994 subscriptions - so pay Richard Kellett as soon as possible - it's only £4.

CALDER VALLEY FELL RUNNERS 1994 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 1: STANBURY SPLASH (BM - 7m/1200') - SATURDAY 29th JANUARY							
1.	Colin Donnelly	46.27						
26.	Steve Houghton	51.17	40			0.819	42.00	40
37.	Gary Webb	52.00	39			0.943	49.02	27
39.	Rob Skelton	52.13	**			1.000	52.13	**
48.	Duncan Thompson	53.44	38			0.897	48.12	29
49.	Andy Wimpenny	53.45	37			0.811	43.35	38
70.	Jamie Smith	55.00	**			0.879	48.21	**
71.	Damian Whitehead	55.10	36			0.847	46.44	34
78.	Michael Allcock	55.40	35			0.783	43.35	39
81.	Richard Kellett	56.11	34			0.821	46.08	36
118.	Pete Round	58.52	33			1.000	58.52	24
125.	Denis Gildea	59.28	32			1.000	59.28	23
129.	Pete Horne	59.52	31	20		0.824	49.20	25
141.	Pete Regan	60.29	30			1.000	60.29	22
146.	Ian Hartman	60.41	29	19		0.779	47.16	33
147.	Jez Wilkinson	60.44	28			0.791	48.02	31
161.	John Riley	61.33	27	18		1.000	61.33	21
167.	Trevor Redmond	62.04	26			0.765	47.29	32
180.	Bob Horne	62.48	25	17		0.766	48.06	30
194.	Debbie Flanagan	63.52	24		10	1.000	63.52	20
220.	Graham Spencer	65.44	23			0.691	45.25	37
223.	Charlotte Roberts	66.12	22		9	1.000	66.12	19
229.	Grahame Fry	67.12	21	16		0.695	46.42	35
246.	Steve Kirkbride	68.51	20	15		0.704	48.48	28
256.	Pete White	69.58	19	14		0.703	49.11	26
	RACE 2: LONG MYND VALLEYS (AM - 10.5m/4500') - SUNDAY 20th FEBRUARY							
1.	Mark Kinch	1.36.49						
9.	Gary Webb	1.50.11	40			0.943	1.43.54	39
18.	Paul Cleary	1.56.36	**			1.000	1.56.36	**
25.	Rod Sutcliffe	2.01.09	39	20		0.769	1.33.10	40
44.	Pete Round	2.08.19	38			1.000	2.08.19	36
45.	Pete Regan	2.08.20	37			1.000	2.08.20	35
76.	Trevor Redmond	2.16.32	36			0.765	1.44.27	38
102.	Bob Horne	2.28.30	35	19		0.766	1.53.45	37
128.	Denis Gildea	2.46.05	34			1.000	2.46.05	34
	RACE 3: EDALE SKYLINE FELL RACE (AL - 21m/4500') - SUNDAY 27th MARCH							
1.	Colin Donnelly	2.40.38						
16.	Paul Cleary	3.13.55	**			.796	2.34.21	**
37.	Michael Wardle	3.27.57	40			.763	2.38.40	40
89.	Geoff Bell	3.46.56	39	20		.733	2.46.21	39
122.	Bob Horne	4.09.53	38	19		.682	2.50.25	38

** Ineligible for club championship points because 1994 subscription not paid by date of race.

IF YOU FIND ANY ERRORS, PLEASE LET ME KNOW

Ian Hartman (0274 546549)

CALDER VALLEY FELL RUNNERS -1994 CHAMPIONSHIP

Provisional placings after 3 races

	RACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	TOTAL
		(M)	(M)	(L)	(M)	(M)	(M)	(S)	(S)	(L)	(L)	(S)	(M)	(L)	(S)	(S)	(L)	(M)	(L)	(S)	(S)	(S)	POINTS
1	Bob Horne	25	35	38																			98
2	Gary Webb	39	40																				79
3	Pete Round	33	38																				71
4	Pete Regan	30	37																				67
5	Denis Gildea	32	34																				66
6	Trevor Redmond	26	36																				62
7	Steve Houghton	40																					40
7	Michael Wardle			40																			40
9	Geoff Bell			39																			39
9	Rod Sutcliffe		39																				39
11	Duncan Thompson	38																					38
12	Andy Wimpenny	37																					37
13	Damian Whitehead	36																					36
14	Michael Allcock	35																					35
15	Richard Kellett	34																					34
16	Pete Horne	31																					31
17	Ian Hartman	29																					29
18	Jez Wilkinson	28																					28
19	John Riley	27																					27
20	Debbie Flanagan	24																					24
21	Graham Spencer	23																					23
22	Charlotte Roberts	22																					22
23	Grahame Fry	21																					21
24	Steve Kirkbride	20																					20
25	Pete White	19																					19

Handicap - Provisional placings after 3 races

1	Bob Horne	30	37	38																			105
2	Trevor Redmond	32	38																				70
3	Gary Webb	27	39																				66
4	Pete Round	24	36																				60
5	Denis Gildea	23	34																				57
5	Pete Regan	22	35																				57
7	Steve Houghton	40																					40
7	Michael Wardle			40																			40
7	Rod Sutcliffe		40																				40
10	Michael Allcock	39																					39
10	Geoff Bell			39																			39
12	Andy Wimpenny	38																					38
13	Graham Spencer	37																					37
14	Richard Kellett	36																					36
15	Grahame Fry	35																					35
16	Damian Whitehead	34																					34
17	Ian Hartman	33																					33
18	Jez Wilkinson	31																					31
19	Duncan Thompson	29																					29
20	Steve Kirkbride	28																					28
21	Pete White	26																					26
22	Pete Horne	25																					25
23	John Riley	21																					21
24	Debbie Flanagan	20																					20
25	Charlotte Roberts	19																					19

CALDER VALLEY FELL RUNNERS -1994 VETERANS CHAMPIONSHIP

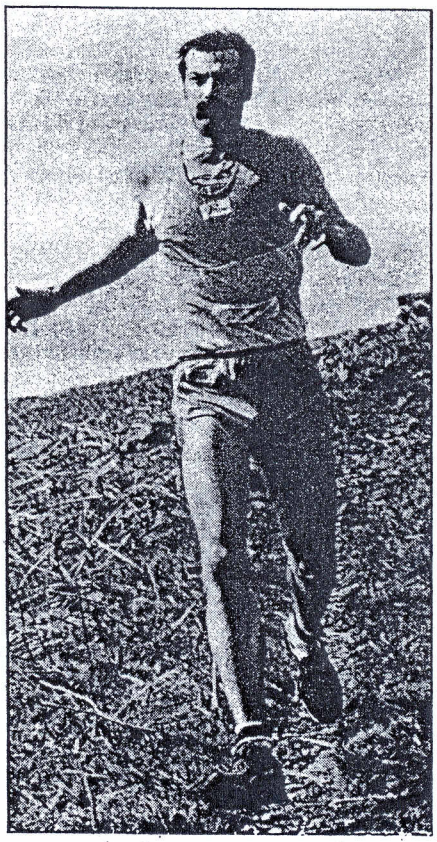
Provisional placings after 3 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (S)	15 (S)	16 (L)	17 (M)	18 (L)	19 (S)	20 (S)	21 (S)	TOTAL POINTS
1	Bob Horne	17	19	19																			55
2	Geoff Bell			20																			20
2	Pete Horne	20																					20
2	Rod Sutcliffe		20																				20
5	Ian Hartman	19																					19
6	John Riley	18																					18
7	Grahame Fry	16																					16
8	Steve Kirkbride	15																					15
9	Pete White	14																					14

CALDER VALLEY FELL RUNNERS -1994 LADIES CHAMPIONSHIP

Provisional placings after 3 races

1	Debbie Flanagan	10																					10
2	Charlotte Roberts	9																					9



Harry Walker's descending style in the Fairfield.

Guest of honour - Harry Walker

The guest speaker at this year's Annual Calder Valley dinner was Harry Walker. Harry did a great job of keeping us entertained with glimpses of his great and very distinguished fell racing career.

I remember the late 1970's, standing outside the Hill-Inn at Chapel le Dale waiting for the 3 Peaks runners to appear. The crowd would start to chatter exitedly as the burly man in the lead, with calf muscles like melons powered up the road, with his Blackburn vest and black tartan shorts. We put down our pints so that we could clap and cheer the man on, then we returned to the bar to sink another pint before the next man came into sight.

Harry is one of only about 3 men who can claim to have jogged all the way up the "Big end" in the Pendle fell race, along with Mike Short and John Wild.

I was sitting next to Harry's wife Sheila at the dinner, and she told me how he used to arrive home from work as a self employed builder and go out for a run before his tea. Nothing out of the ordinary in that, you might think, until you realise that he ran 4 times up and down the "Big end". Next time you do the Pendle fell race (Barley), see if you can jog up ½ of it. (Or any of it!)

Harry's Pendle record (30;29) set in 1974 stood for seven years. He won the race 7 times. His greatest achievement in my opinion must surely be his Ben Nevis victory in 1973. Harry had twisted an ankle very badly on the ascent, as they crossed the Red Burn. According to Dave Cannon his face was white with pain. Typically for Walker, he gritted his teeth and dug in, the icy wind and mist and rain not seeming to trouble him, and he turned at the summit with Cannon, Bobby Shields and Joss Naylor. The descent sorted it out, Walker powering down to smash the record by over 3 minutes. Cannon finished 2nd, Naylor 4th.

Harry won the Wasdale race in 1972, the 3 Peaks three times (78,79 & 80) and the classic Edale skyline 6 times. He was Fell runner of the year in 1973 and finished 2nd three times, third, and 4th twice. He was successful in his Bob Graham round in 1977, accompanied by Pete Walkington and Bob Whitfield.

Allan G.



Mick Allcock at Withens Clough.
Pic - Allan Greenwood.

A Few Words From a Yellowbelly. Home Thoughts From Abroad
(Ok Then, Lincolnshire)

One of the penalties of being a wage-slave is you cannot always choose where you live. To be an active Fell-runner and a resident of Lincolnshire is, on the face of it, a bit of a contradiction in terms. All is nearly, but not entirely, lost to the mountain man in this terrain - there are things near here called 'Wolds'. There isn't really a South Pennines equivalent, no turks heads or thigh deep clag, just gentle undulation heavily cropped by farmers who have long ago obliterated any evidence of rights of way, making sure every year those paths remaining are ploughed into the hedge bottom. The option remains to return to the Road Running scene but is this really any option at all? No, the trick is to keep mogging away and forget how many times this week/month/year this route has been run.

When the all-to-rare opportunity arises to get in some real fell-running (and I've sweet talked my wife into granting a leave pass, remortgaged to cover the petrol cost and hit the road at 4am for a 9.30am start somewhere) it feels good to pull on the old, red, hooped vest again - not now the full blooded red of it's youth, more a girly pink - but the rams head motif restores some masculinity.

Now don't run away (sorry) with the idea I have become any better a runner than you may remember when I was a regular at Mytholmroyd - I still put the race back-markers under real pressure to let me catch them.

All this can be capped-off, for those still awake, by saying, the lure of the mountains and country remains in my blood, I get there whenever I can and I'm still as envious as hell on Tuesday evenings.

Best wishes for the continuing success of Calder Valley Fell Runners.

p.s. A Yellowbelly is a male Lincolnshire dweller. I don't know why or what it means but one of these days I'll find out and if it's not obscene - you probably won't be interested.

Graham Fry



Graham Fry at Winter Hill '93
-Photo; A Greenwood.