



RAMPAGE

CALDER VALLEY

FELL RUNNERS

ISSUE No 4

NOV 87

THE KARRIMOR INTERNATIONAL MOUNTAIN MARATHON

I THOUGHT KIMM WAS
A PAGE THREE GIRL UNTIL
I DISCOVERED KARRIMOR



RAMSBOTTOM

ARTWORK: R S ROWLANDS

LOOK INSIDE FOR MORE KARRIMOR FUN!

EDITORIAL

We are now into our second year as a Club and we already have an impressive record of achievements - eg 6 races organised by the Club, Gary's eighth place in the English Championship and a membership list of over 50, not to mention a thriving RAMPAGE!

We now need to build on this good start by developing a strong junior section (which requires some commitment from everybody) and by broadening our training programme to cater for everybody's needs. Mike Bowden will be saying something about the juniors in the next issue. Jeff Winder has already put his sixpenneth in about training. Ramsbottom has his own ideas. Circuit Training is starting on 19 November. How about some more points of view on training?

The AGM produced a new committee (see below). Many thanks on behalf of the Club to Dave Yates, Brian Horsley, Tim Daniel and Gary Webb for their contributions last year.

This is my last edition of RAMPAGE. It has been great fun to do, but I'm indebted to Sheila for all the excellent typing without complaint (mostly!). Thanks also to Bod, the new editor, for previous contributions, for photocopying and for taking over the job. Please support him as well as you have me.

NEXT EDITION JANUARY (Copy date 31 December)

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COMMITTEE

Chairman	Rhys Kift	883634	
Secretary	Rod Sutcliffe	845438	
Treasurer	Jim Sheard	884764	
Club Captain/Fixt Sec	Jeff Winder	883600	
Membership Secretary	Russell Arrandale	883510	
Publicity Officer	Mike Fleetwood	922-42348	Haworth
Social Secretary	Jill Thistlethwaite	884756	

CO-OPTED MEMBERS

FRA Representative	Dave Yates	-	
RAMPAGE Editor	John Riley	882855	
Youth Officer	Mike Bowden	831249	

OTHER CLUB OFFICIALS

Statistician	Simon Pierce	882240	
Equipment Officer	Graeme Woodward	885185	

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CALDERDALE WAY RELAY

Sunday 13 December

We should like to have a strong showing as a club in this event and hopefully produce a good performance. We have entered three teams which should now be posted on the notice board in the Community Centre.

It is a 6-leg relay over the 50 miles of the Calderdale Way for teams of 12 runners, running in pairs, starting at Clay House, West Vale at 8 am. It is an increasingly popular event, with up to 50 teams expected to be taking part this year. Please make an effort to be available, as it will certainly be worthwhile.

Jeff Winder is organising the teams. PLEASE LET HIM KNOW IF YOU CANNOT BE THERE. Teams have to be entered in advance at £24 per team, so please pay your £2 entry fee to Jeff as soon as possible.

The route is the ACTUAL ROUTE of the Calderdale Way, with minor variations (such as a detour to Stoodley Pike). We shall be running the route in sections on our Sunday morning runs over the next few weeks. IT IS VITAL THAT EACH RUNNER KNOWS THE ROUTE FOR HIS LEG before the day, so please run over it beforehand.

The legs, with distances and record times, are listed below.

		Distance (miles)	Record (mins)
Leg 1	Clay House to Cragg Vale (Hinchcliffe Arms)	10.3	67-00
Leg 2	Cragg Vale to Todmorden (Centre Vale Park)	8.7	53-49
Leg 3	Todmorden to Blackshawhead	4.8	33-51
Leg 4	Blackshawhead to Wainstalls	9.4	65-08
Leg 5	Wainstalls to Shelf (Shelf Hall Park)	7.6	49-18
Leg 6	Shelf to Clay House	<u>10.4</u>	64-14
		51 miles	

Last years winners were Rossendale in 5-38-13.

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CHAMPIONSHIPS - FINAL RESULTS

ENGLISH CHAMPIONSHIP

1	Bob Whitfield	Bingley	182 pts
2=	Malcolm Patterson	Dark Peak	179
2=	Bob Ashworth	Rossendale	179
8	Gary Webb	Calder Valley	120
35	Jeff Winder	Calder Valley	39
97	Tim Daniel	Calder Valley	5



BRITISH CHAMPIONSHIP

1	Colin Donnelly	Eryri	121
2	Rod Pilbeam	Keswick	114
3	Jack Maitland	Pudsey & Bramley	?
32	Gary Webb	Calder Valley	26
63	Jeff Winder	Calder Valley	11
82	Tim Daniel	Calder Valley	5

* * * * *

THE GREATEST NAVIGATIONAL COCK-UP OF THE YEAR AWARD

Forget the British Championship (most of us did about last March!), forget the English Championship (that dream sank in the many groughs of Chew Valley!), nay even put aside the Club Championship, Fell Runner of the Year award, the Handicap Event, Dipsomaniac of the Season (trophy rumoured to be currently on loan with Pudsey & Bramley), best junior, novice or even the Wally of the Year.

Announcing the most sought after trophy in athletics. THE GREATEST NAVIGATIONAL COCK-UP OF THE YEAR AWARD!

Candidates must be nominated by a third party in the assumption that the future winner could not possibly find the post-box!

This is it! The award that shows scant respect to reputations - the great leveller! All are equal - you cannot practise for this one - Yes, one slight lapse of concentration and you're nominated!

Current hopeful front-runners include the following:

JEFF WINDER for the second training run in March.

JEFF WINDER for the 'short cut' on the third training run of March!

JEFF WINDER for the expected future short cuts.

DAVID YATES, ably assisted by myself for the 'headless chicken' routine as we desperately tried to finish the Kentmere Horseshoe.

'That tarn shouldn't be there,' puzzled Dave as he studied the map.

'That's no tarn, that's Windermere!'

JIMMY SHEARD for the 'Chew Valley Catastrophe' - the only fell runner who arrives in a car at the finish!

JIMMY again figured prominently in the Borrowdale event. Not only did Jim lose his way, he also lost his watch and his compass!

At the time of writing, 2 weeks before the Karrimor I think it acceptable that all Calder Valley participants can be nominated - let's face it, 2 days in Snowdonia is bound to be fruitful!

So that's who we know about so far. There has got to be quite a few more tales to tell.

If you want to share your secret, if you want to come out of the closet (let's face it, what the hell are you doing in there in the first place, it's not a checkpoint!) then put your embarrassment aside, be proud and stand tall with your comrades of misfortune and tell your story - it just might win you a most handsome trophy.

Mike Fleetwood

PS Sneaky, go-behind-people's backs nominations will also be eagerly accepted.

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It dun't matter what we do,
so long as we finish in t'pub!

RAMIFICATIONS

CLUB VESTS

These are now available from Jim Sheard (884764). Price: £10 (seniors), £5 (juniors). A grant of £25 has been received from Mytholmroyd Gala Committee to subsidise the cost for juniors.

We hope to order some sweatshirts and teeshirts soon. If you want one, please sign up on the notice board, or tell Jim.

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CIRCUIT TRAINING

This will take place for all comers (elites, standards, juniors, wimps, weeds and men of iron), at CALDER HIGH SCHOOL from 6.00-7.00 pm on Thursdays starting on 19 October. Entering the school at Brier Hey Lane end, the gym is up the first set of steps on the right. The CHARGE PER SESSION (including shower) will be 30p. Dave Yates will be running the sessions initially, but would welcome help from anyone interested. There will be a club run at 7pm after the sessions.

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DAVE YATES ON FRA COMMITTEE

Dave has stepped down as Club Secretary, because he has been elected onto the National Committee as a club representative. Congratulations Dave! Amongst other things, he would like to see the Calder Valley Fell Race become a championship race.

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YHA CLUB MEMBERSHIP

The possibility of joining the YHA as a club in order to reduce the cost of nights in the hostels on race weekends is being considered. If you think this is a good, or a bad, idea, let Rod Sutcliffe know.

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ANNUAL DINNER

This will be at Kershaw House as last year. Date: Saturday 30 January after the Stoodley Pike Handicap. Disco cost not known yet. Billy Bland has been invited as a guest. Tickets will be available from Jill.



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CALDER VALLEY RACE PROGRAMME 1988

The following races are planned.

Blue Pig Fell Race	Sunday 3 January 1988
Stoodley Pike Handicap (Club Members only)	Sat 30 January
Calder Valley Fell Race	Sunday 13 March
Widdop Fell Race	Wed 27 July
Sheepstones Relay	Wed 3 August
Mount Skip Fell Race	Sat 27 August

We hope that most of these will include a junior race.

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MEN OF IRON

The 1987 Karrimor - Elite Class - North Wales

My Recollections - Rhys Kift

Well for a start, I thought that the car park was a joke! We were sent like lemmings down this forest road to the back of who knows where and left to park at the side of the road about halfway to the first control! Anyway after a 2 mile jog/walk - (good warm up) - we arrived at the start - uphill!

9.33 am We're off - uphill and still running, well sort of.

12.30 pm I heard this shout - sounded something like 'Watch out for that' Next thing I knew my nose, previously travelling at approx 6 minute miling stopped fairly abruptly, its forward motion was seriously interrupted by this strand of wire stretched to its maximum across the path. Anyway Bod said I looked like an elephant he'd seen being shot on the telly. First Aid kit was immediately produced - Bod's hanky - mopped up gallons of blood and, deterred not - carried on. We're 'ard, lads!

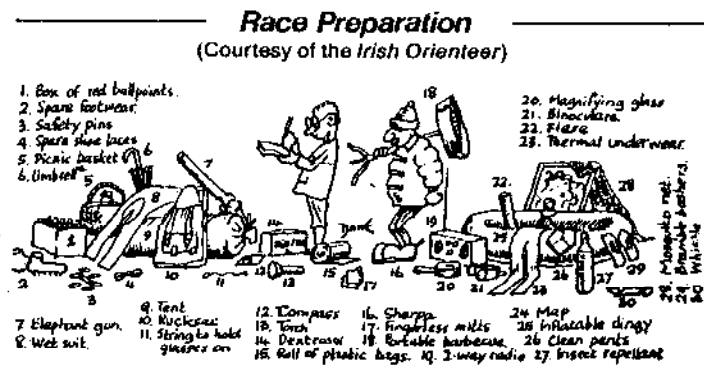
About 4 days later and at the top of this 10 000 ft climb, I was gobstruck to find you know who - yes Paul F + Tim. Perhaps it wasn't so bad after all. I shot off after them like a new man - possessed - but we had this plan - don't pass them, they'll only follow us - good thinking Bod.

About 4pm We were having a rest somewhere in Wales - Bod says we're about halfway - I could have killed him - I start to get depressed.

5 pm Bod's having a serious bonk at this checkpoint with some Yank bloke telling us how easy it is, and have we got lots of batteries - it'll soon be dark - Bod was going to murder him but he hadn't got the strength!

5.30 pm We're halfway down this bloody mountain and completely surrounded in about 10 acres of 6 foot high rhododendron bushes. It took us ages to get down.

6.30 pm It's just going dark and I was looking longingly at this flat piece of grass next to a stream - just right for a small tent. Bod wouldn't hear of it! He can be selfish and unsympathetic at times, and I told him so - sort of!



The next object was to find a non-existent path over this Bwlch (Welsh for bloody high pass). Found it eventually and staggered over the top - ace navigator - Bod - didn't believe this was the top as we examined a 10 ft high cairn with our torches - well it was the top of something! I had a quiet word in his ear - you've got to keep on top of these orienteers.

There's a bit of blank after that episode until we came upon this PUB! NO BLOODY MONEY!

10 pm I've heaved my rucksack and my body to the top of this mountain - steepest grass and slippiest rocks I've ever come across. If anyone mentions Y Garn to me in the future I'll

10.30 pm Guided by some friendly car lights somewhere in the distance we hit the final forest tracks and ran into the finish for 11.07. By the time we'd camped and had a meal, it was 1.20 am - Bod was fast asleep and he hadn't

washed up! Thank Christ for that extra hour in bed.

Day 2 Briefly - we had a fairly good day - we were only out for 7½ hours, nothing for men of iron!

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KIMMIFICATIONS

KARRIMOR INTERNATIONAL MOUNTAIN MARATHON

Festiniog 24-25 October

<u>ELITE CLASS</u>	Jeff Winder and Gary Webb Tim Daniel and Paul Frechette Rhys Kift and John Riley	21 hours
<u>B CLASS</u>	Richard Rowlands and Jack Maitland Bob Horne and Simon Pierce	8 hours 15½ hours
<u>SCORE CLASS</u>	Mike Fleetwood and Jim Sheard Alistair Sowden and Ben Blamires	

* * * * *

Paul Frechette has finally found a use for a map. Having heard of it being used as a groundsheet by certain Karrimor participants, he went one better by opening it up fully in front of him with the wind behind, and 'sailing' up the hills of North Wales!

* * * * *

The fear that Rhys Kift and John Riley might not have time to pitch their tent between the first and second days on the Elite Course proved groundless. In fact, even their master plan to have an hour knocked off their time as the clocks went back came amiss when they finished too early. They romped home on the first day in 13½ hours to finish at 11 pm.

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Jeff Winder took no notice of warnings in RAMPAGE 3 since he still managed to burn a hole in his tent (10 Wally points) and he and Gary Webb enjoyed a ventilated night.

* * * * *

After having to scratch around for a partner when Dave Smith backed out, Richard Rowlands had a magnificent event, winning the B class in with, guess who? Jack Maitland. Well done, Richard.

* * * * *

Having staggered to the overnight camp 3 hours after Jeff and Gary, and just managed to get their tent up in darkness, Paul and Tim were most upset to hear Jeff's voice from the warmth of his sleeping bag nearby asking them to get some water for him. Paul's reply is apparently unprintable, even in RAMPAGE!

* * * * *

'Do you want to do well today?'

'Yes.'

'Well, put your map away then!'

(Paul Frechette to Tim Daniel on Sunday morning, after navigational problems on day 1.)

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Speaking of navigation, Jeff deserves another mention for his fearless effort in navigating to the WRONG LAKE, which lost them over an hour on day one. They were 11th team through the previous control, so were disappointed at their final 18th position.

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DOCTOR TIM

SOFT TISSUE INJURIES - PART 2

Tendons which connect the contracting muscles to your bones, have little elasticity but are very strong. The problem here therefore, is rarely a rupture or tear (except in extreme cases) but more commonly inflammation, either of just the tendon itself - 'tendinitis', or also of the surrounding sheath (synorium) which is full of lubricating fluid (synonal fluid), - 'tenosynovitis'.

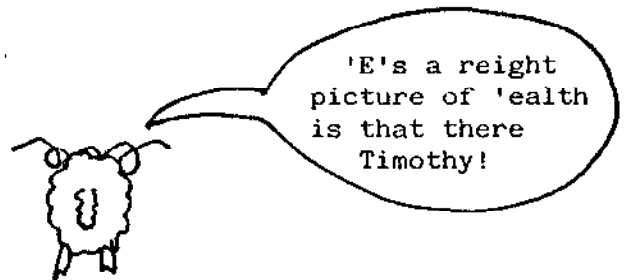
Both characteristically produce pain in movement and relief by rest and you will be able to find a particularly tender area along the line of the affected tendon. In addition, in tenosynovitis the tendon may become visibly swollen as extra fluid collects inside the sheath. When you press on this it gives an odd 'creaking' sensation, (called 'crepitus') as the fluid moves under your finger. The inflammation usually arises after 'unaccustomed' exercise, either too much (eg suddenly stepping up your mileage), or a different sort (eg changing from too road to country or vice versa, increasing uphill running, running on a camber etc), where different muscles and hence different tendons are used.

The treatment, I am afraid, is definitely REST, (not a thing which comes easily to any of us - me especially!) But it is common sense that if excessive movement causes the trouble, then rest will cure it. Tendenitis often settles in a day or two with no other measures but tenosynovitis is also assisted by ice to bring down swelling and anti-inflammatory pills (I can get them for you). Ultrasound may well help but you will have to see your own GP (and they are often distinctly unsympathetic - unless a runner!), or pay at a sports clinic with the equipment.

A quick word about your Achilles tendon which has no 'bag of synoval fluid' to protect it. It is therefore particularly vulnerable and hence prone to give trouble, especially from constant rubbing by a high shoe back. Therefore bear this in mind when buying your shoes and cut off the shoe back if necessary.

Finally, ligaments. These stabilise the moving joints by binding the adjoining bones to one another and normally have very little to 'give' at all. They are usually damaged by forced stretching when there is sudden excessive movement of the joint in an unnatural direction eg going over on your ankle, twisting your knee etc. Like muscles, the result is a shearing or tearing of the fibres but in this case the bleeding is often outside the ligament just under the skin, which is why you seem to get so much more swelling with ligament damage compared to a muscle injury. Anyway, initial treatment is the same so start RICE immediately. (Rcst, ice, compression, elevation - see RAMPAGE 3.)

It is a common mistake to underestimate so-called trivial 'sprains' and end up with permanent joint instability. This results in you repeating the original injury time and time again through 'lax' ankles or 'weak' knees. Therefore treat it with respect the first time and you will save yourself a lot of problems in the future.



RAMSBOTTOM

The important thing is to strengthen the joint by strapping it correctly and immobilising it until it has fully healed, eg don't run at all until it is completely pain-free (usually 1-3 weeks!). Exercises are also important and you should continue the strapping for at least 6 months - it wouldn't save you if you really twist the joint again but you will stop a sequence of little jolts and jars (like you get running over uneven terrain in a long race) from causing any serious damages. Again, I can advise on strapping/exercises etc.

I hope that has been informative and of some use to someone. I would like to hear from you about any topics, problems etc you would like me to cover in future issues.

RAMPAGE CHRISTMAS QUIZ

Here's a Christmas quiz just for fun. All you need is a South Pennines Leisure Map 1:25,000 (1984 Metric version), and the ability to locate placenames on the map from a six-figure Grid reference. If you're not sure how to do this it's all revealed at the bottom of the map. Good luck, and Merry Christmas!

1. This sounds like the place to get your Christmas tree.
998384 - - - - - / - - - - -
2. This could be watching you from the oven on Christmas Day.
030407 - - - - - - - / - - - - -
3. He might conduct the church service, but where's his nose?
942387 - - - - - - - - - / - - - - -
4. When kneeling in church make sure you have this.....
938188 - - - - - - - - - - -
5.or you might end up with these!
022342 - - - - - / - - - - -
6. It might not have been the latest model but Jesus liked it.
026244 - - - - - / - - - - -
7. One of the Three Wise Men could be described as this.
978149 - - - - - - - / - - - - -
8. Sounds like when all the family bring their kids around for a Christmas get-together.
964403 - - - - - - - - - - -
9. There could be a white Christmas here.
038178 - - - - - / - - - - -
10. Don't come home from work drunk on Christmas Eve or this is how you'll be described.
944353 - - - - - / - - - - -
11. Fancy a cigar after your Christmas dinner? Try here.
981307 - - - - - - - - - - -
12. This chap might have a T.V. special on Christmas night.
949147 - - - - - - - / - - - - -
13. Do Christmas dinners live here?
008221 - - - - - - - - - / - - - - -
14. What about something sweet? This is the place.
057309 - - - - - - - / - - - - - / - - - - -
15. This is what we all do on Christmas day.
038309 - - - - - / - - - - -
16. What a sauce! There's enough here for everybody's turkey.
924205 - - - - - - - - - - - / - - - - -

(ANSWERS ON PAGE 13)

NAVIGATION FOR BEGINNERS

by Northstar

Following a recent nearby fell race where at least 80% of the field got lost, including the winner, I have decided to list a few navigational aids for future reference.

1 So as not to discourage yourself do not study any map or race description, or listen to any advice prior to a race.

2 Whilst you are not required to study the course map, take careful note of those who do, then when the fork in the path appears you will know who to follow.

3 An aptitude for tracking can be a valuable asset. A few Saturday mornings on the fells studying Walsh markings and animal droppings can make all the difference on race day. The important thing to remember is that the broad end of the footprint is generally regarded as indicating the direction of the race.

4 To further aid point 3 you can place your ear to the ground in an effort to ascertain the number of runners and the direction of the course. Great care should be taken using this method as an unfortunate incident left me with Walsh stud markings on the opposite ear for some weeks.

5 Carry a map to comply with most long fell race requirements. I take the Malham & Upper Wharfedale 2½" to the mile irrespective of where I am running, though this is only a personal preference. Any one will do, although I cannot recommend the 1964 AA Members Road Map; somewhat heavy and I had problems fastening my bum bag.

6 Take a compass - this is essential, especially in the mist. Should you not have one, mark the back of your hand with an arrow pointing North. From then on South is in the opposite direction, West is to your left and East on the right. This is such a simple tip I'm amazed no one else has thought of it.

7 Should you ever be in the enviable position of knowing exactly where you are, under no circumstances follow the strength of your convictions. I generally follow the chap running in the opposite direction.

8 Take a whistle.

9 Should you find yourself alone in mist and lost, try item 8. Failing this comfort may be found in prayer.

10 Carry a heavy object in your left hand and the worst thing that can happen is you will eventually end up from where you started.

Well, I hope these few tips will help with your navigational problems. Anyone who knows of my uncanny knack of orientation must be in awe of my powers, and all I can say is that I am a complete natural.

Paul Frechette
(Reproduced, with permission, from Halifax Harriers AC Magazine.)



RAMSBOTTOM

SPONSORED CALDERDALE WAY RUN (50 miles)

Mid January / February

I am planning to run the Calderdale Way as a sponsored event in order to raise money for a close relative who has recently had an accident at work, as a result of which he is now paralysed from the neck down (Quadraplegic).

He was a self-employed builder with a family and is now obviously unable to work. The equipment and specialised furniture he needs to make his life a little more comfortable is very expensive. Therefore a charity has been officially organised and raffles and other events are to take place in the near future.

By doing this run, which is a challenge for me, I hope to be able to contribute to the fundraising. If anyone would like to join me they are welcome to do so, preferably with sponsorship as the financial help would be greatly appreciated. Please contact RICHARD ROWLANDS on Halifax 843038 if you are interested.

RACE RESULTS

SHEPHERDS SKYLINE FELL RACE

7/11/87

6 m / 1150'

1. P. McWade Clayton	42:10	95. R. Kellett	52:48
5. G. Webb	43:00	97. J. Sheard	52:57
18. R. Crossland	46:01	99. J. Riley	53:02
19. J. Winder	46:13	101. M. Fleetwood	53:14
30. R. Sutcliffe	47:22	109. P. Regan	53:53
38. G. Woodward	48:17	153. R. Horne	57:25
41. P. Round	48:47	154. J. Thistlethwaite	57:28
49. B. Horsley	49:36		
63. S. Pierce	51:06		
65. M. Davis	51:11		
67. R. Arrandale	51:22		
78. A. Sowden	51:06		
93. A. Auton	52:39		

JUNIOR RACE

2.5 m / 400'

1. A. Bowden	15:08 (1st 13yr)
4. C. Coughlan	16:46 (1st 11yr)
9. K. Bowden	?

Celebrating in style

CALDER Valley Fell runners celebrated their first birthday in grand style by turning out in force on a cold misty day for the Shepherd's Skyline race.

Celebrations commenced when Alex Bowden fulfilled his potential and stormed home to take first place in the junior race. This was supported by two fine runs from C. Coughlan and Alex's younger brother Kieran, who finished fourth and ninth respectively.

Club members and friends continued the birthday celebrations at a successful club disco and buffet held at the Room at the Top, at Hebden Bridge Sports and Social Club.



Junior race winner
Alex Bowden

RESULTS cont....TURN SLACK FELL RACE: 25/7/87 8 m / 1200'

1. P. Dugdale	Horwich R.M.I.	50:54
28. D. Thompson	Red Rose	56:54
42. R. Clare		58:32
162. M. Fleetwood		68:41
171. J. Riley		70:21
190. G. Ridgeway		74:03
194. J. Thistlethwaite		74:38

BURNSALL CLASSIC 22/8/87 1.5 m / 900'

1. G. Devine	Fud. & Bram.	14:20
40. R. Rowlands		16:49
66. P. Round		18:13
69. G. Woodward		18:19
82. A. Thompson		18:36
91. J. Riley		18:50

HOIME MOSS FELL RACE 6/9/87 16 m / 4000'

1. J. Taylor	Holmfirth	2:20:35
5. G. Webb		2:24:13
7. J. Winder		2:25:22
12. D. Thompson	Red Rose	2:33:32
18. S. Skelton		2:39:22
31. J. Riley		2:49:57
43. S. Pierce		2:54:54
61. R. Kift		3:11:38

HADES HILL FELL RACE 3/9/87 5 m / 1200'

1. D. Lewis	Rosendale	28:25
29. D. Thompson	Red Rose	33:15
47. R. Crossland		34:19
53. S. Pierce		34:42
72. T. Daniel		35:48
129. J. Riley		38:38
145. M. Fleetwood		39:53

THREE SHIRES 19/9/87 13 m / 4000'

1. R. Whitfield	Bingley	1:49:07
43. R. Crossland		2:03:02
61. T. Daniel		2:08:46
96. G. Woodward		2:15:14
103. S. Pierce		2:17:17
121. R. Rowlands		2:19:11
173. J. Riley		2:26:53
213. M. Fleetwood		2:34:32

THIEVELEY PIKE 26/9/87 3.5 m / 900'

1. D. Cartridge	Bolton	25:07
27. D. Thompson	Red Rose	28:01
38. R. Rowlands		29:14
56. S. Pierce		30:13
98. J. Riley		31:59
137. R. Arrandale		33:44
152. J. Sheard		34:38
164. R. Kellett		36:24
205. R. Nuttall		41:45

THIEVELEY JUNIOR RACE 2 m / 500'

1. W. Styan	Holmfirth	21:23
4. A. Bowden		24:31
14. J. Donnelly		28:42
20. K. Bowden		31:44

TOUR OF PENDLE 3/10/87 17 m / 4200'

1. D. Cartridge	Bolton	2:18:44
14. D. Thompson	Red Rose	2:36:15
19. R. Crossland		2:41:07
43. S. Pierce		2:51:01
54. J. Riley		2:53:46
57. A. Thompson		2:54:25
82. R. Arrandale		3:04:37
98. R. Horne		3:09:05
132. J. Sheard		3:29:15
141. A. Auton		3:36:43
149. S. Towler		3:50:05

Bod takes over as editor with the next issue which should be out on Tuesday Jan 5th, with luck! The final results of the 1987 Club Championships will be included along with the Blue Pig race report and much more. Keep the articles and information flooding in please. Copy date is Dec 31st but don't leave it 'till the last minute.

ED.

RESULTS cont....

BEN NEVIS 5/9/87 10 m / 4400'

1. M. Lindsay Carnethy	1:29:25
52. R. Clare (WYFB)	1:46:13
90. B. Horsley (WYFB)	1:52:40
156. G. Woodward	1:59:47
162. A. Sowden	2:00:46
240. P. Regan	2:10:28
244. R. Horne	2:10:58
246. T. Redmond (WYFB)	2:11:02
278. B. Blaimires	2:15:35
284. R. Arrandale	2:16:20
312. J. Sheard	2:20:32

SCAFELL PIKE 26/9/87 5 m / 3000'

1. B. Scanzi Italy	51:05
25. G. Webb	59:49
52. S. Skelton	65:40
110. M. Davis	75:46
129. M. Fleetwood	77:58
137. B. Blaimires	79:08

ROMBALDS MOOR 15/11/87 5 m / 800'

1. G. Devine Pud. & Bram.	?
12. G. Webb	34:08
54. J. Winder	36:40
60. S. Skelton	37:32
82. B. Horsley	38:26
107. A. Thompson	39:50
114. P. Round	40:22
128. A. Auton	40:58
139. M. Fleetwood	41:25
159. P. Regan	42:07
162. R. Arrandale	42:15
227. J. Thistlethwaite	47:31

LANGDALE HORSESHOE 10/10/87 16 m /

1. W. Bland Keswick	2:00:04
12. G. Webb	2:12:46
37. R. Crossland	2:23:22
48. D. Thompson Red Rose	2:28:30
58. R. Clare	2:31:56
73. S. Pierce	2:34:18
101. G. Woodward	2:39:29
107. J. Riley	2:40:11
115. A. Thompson	2:41:34
152. B. Horsley	2:54:43
160. M. Fleetwood	2:57:24
165. R. Arrandale	2:58:06
192. T. Redmond	3:03:30
219. J. Sheard	3:11:20
246. D. Yates	3:18:20
282. S. Towler	3:52:54
283. S. Kirkbride	3:53:00

PENDLETON 29/8/87 5 m / 1500'

1. M. Patterson Dark Peak	31:51
14. G. Webb	34:58
38. T. Daniel	37:03
39. J. Winder	37:25
65. S. Pierce	39:41
125. E. Round	42:01



"And whose brilliant idea was it to come training here?"

ANSWERS TO MAP QUIZ

1. Pine Wood,
2. Goose Eye,
3. Parson Lee,
4. Hassock,
5. Hard Nose,
6. Old Crib,
7. Black Moor,
8. Bedlam,
9. Snow Hill,
10. The Sod,
11. Hamlet,
12. Benny Hill,
13. Turkey Lodge,
14. Spice Cake Hills,
15. Fill Belly,
16. Cranberry Dam.

BLUE PIG FELL RACE



Dave Yates

Sunday 13 January, 12 noon

Course - a circular route starting and finishing in Hardcastle Craggs. The actual start is situated in the front field opposite The Blue Pig. The route starts by ascending the Calderdale Way to Heptonstall and follows a steep traverse of the Colden Gorge before descending steeply into the main Calder Valley. A fierce climb up the main buttress of Horsehold Scout leads to the road and the hamlet of Horsehold. Go through a farm and turn left on an easy grass park descending to woods. Through the woods to Wood Top and descend to the Clog Factory. 100 metres along the road before turning up right to Fallingroyd and climbing to the road above Dodnaze. A short sharp descent into the pretty Nutclough Gorge before the last ascent to Old Town and down into Hardcastle Craggs to finish.

Parking - in the National Trust Car Park. 40p. I am negotiating a special deal with the warden so it may cost you less than this on the day.

Please do not under any circumstances park along the approach road to Hardcastle Craggs; it causes congestion and is illegal anyway.

Registration It is hoped to operate registration from The Blue Pig itself from 9.30 - 11.30 am. Seniors £1.00. Juniors 50p.

Refreshments Available from The Blue Pig with free pie and peas afterwards. Collect your meal token with registration.

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CALDER VALLEY FELL RUNNERS

TRAINING SESSIONS

<u>TUESDAY</u>	Juniors	6pm	RUN	} Mytholmroyd Community Centre
	Seniors	7pm	RUN - Pack run - Speed/strength work	
<u>THURSDAY</u>	All	6pm	CIRCUIT TRAINING	
		7pm	RUN - Pack run - Speed/strength work	



CIRCUIT TRAINING DATES

19th November to 24th March.

N.B. No sessions on Christmas Eve, New Years Eve, and Half-term (Feb 18th)

SPEED / STRENGTH SESSIONS

See Jeff Winder for details.

PACK RUNS

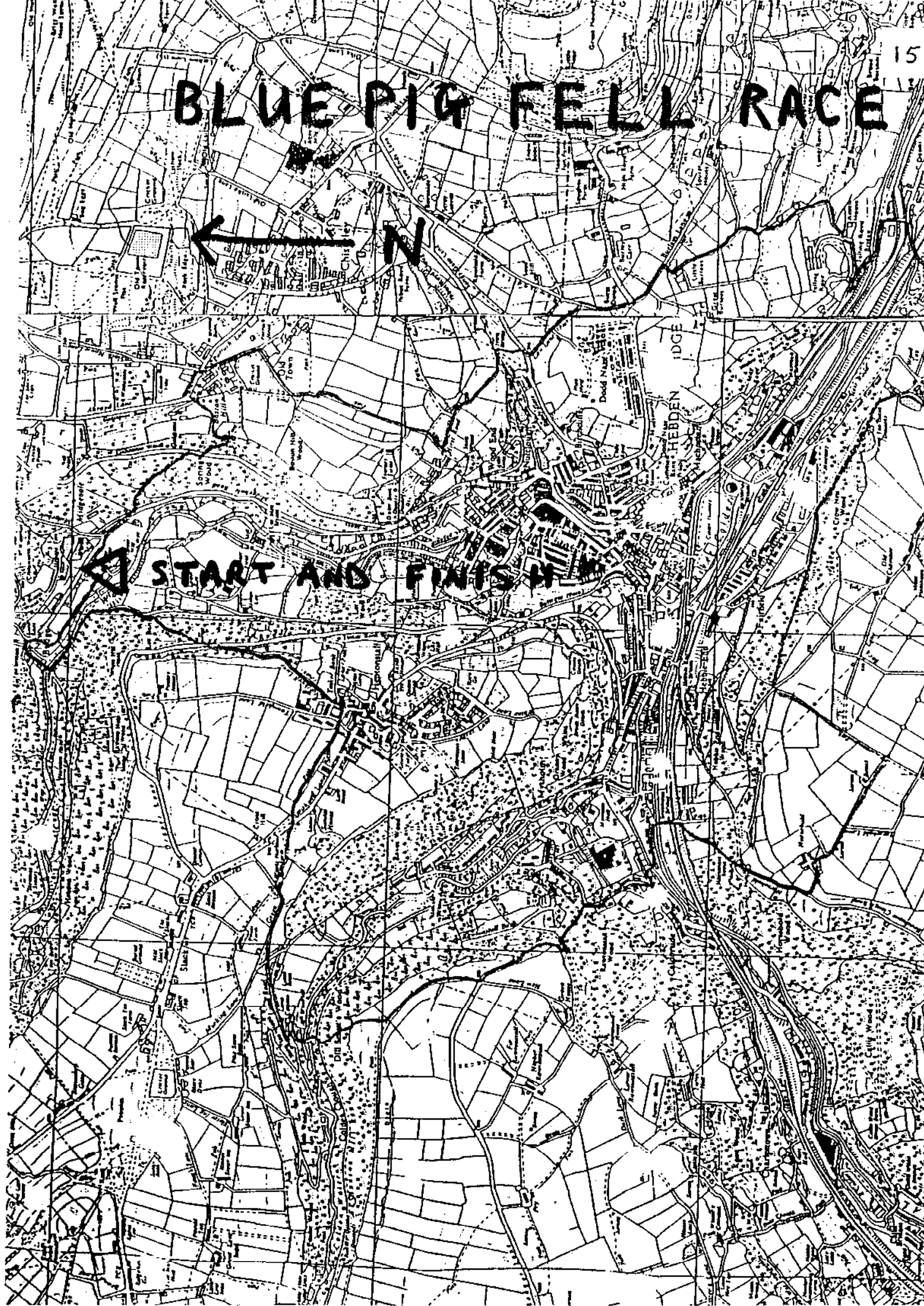
Choice of 5miles, 8miles, 10miles, or 12miles.

PLEASE REMEMBER at intervals of up to one mile leading runners should run back and pick up the tail-enders.

BLUE PIG FELL RACE



START AND FINISH



'A DIRTY WEEKEND IN WALES, OR
HOW TO SCORE WITH JIMMY'

"Are you really going to write an article about the 'Karrimor'; about us, about me? Well 'ey up, tha' better write summat good abaht me!" exclaimed Jimmy. How could I do anything else? Where was Queen Victoria without Albert; Hardy without Laurel; Morecambe without Wise; dysentery without diahorrea?

"If registration is at the school, shouldn't it be open by now?" I mused. "If there are 3,000 people doing this event, then where are they all? Shouldn't the Capel Curig Hotel be in Capel Curig and not in Dolwydellan?"

Within twenty minutes we finally arrived to register at Dollywiddlediddle. The place was teeming and considering the nature of the event most people seemed totally lost and perplexed.

Fortunately for us, we had a sneak preview and practise when a knowledgeable marshall sent us up the wrong side of the valley to park the car. Before the event actually started we thus warmed up with a bracing two mile run!

At 9.36am we were off. At 9.37am things were going very well; we were still running; no one had bonked yet; we even knew where we were!

After a couple of kilometres (yes us orienteers use the metric form of measurement; could be why our pace measurement was a bit out!) or 2k, we were met by the sight of many writhing bodies stretched across the road, as though rehearsing for some catastrophic disaster. This was the 'Master Map' area, the writhing was apparently an outward show of ecstasy as a grid reference was identified and a control found on a competitor's individual maps. Me and Jimmy didn't do much writhing!

It didn't take us long to find our first control. A long steep climb, followed by a more gradual ascent accompanied with superior map and compass skills and the fact that everybody else in North Wales seemed to be going the same way, led us to our first points in the score category.

Our control card was craftily pinned to the back of Jimmy's voluminous rucksack (a Karrimor Blackhole model I believe). The idea was to be straight in, clip, straight out. Unfortunately we hadn't bargained for the fact that the clipper retaining string was on the short side. To unclip four safety pins from the control card would have been a trifle time consuming. The result was Jimmy sitting on his haunches over the control like he was straining over a continental toilet, whilst I, without fear of ridicule, approached from behind.

Control two was like a club outing - Alistair and Ben looked very efficient and gave us plenty of encouragement:- "Bugger off! We were here first," was typical of the evident club camaraderie. Undeterred, full of conviction and independence of thought, we went after them. Within fifteen minutes all four of us were puzzling over our maps. The desire to compete against each other had warped our minds and our sense of direction.

On the way to the third control Alister and Ben decided to take a different route we didn't see them until 7.15am the following morning.

We were always conscious of the time element in the score category (-you lose two points for every minute that you are over the allotted six hours). Unfortunately this was something that Alistair and Ben became painfully aware of. Jim and myself thus decided not to be over-ambitious, we'd take the most direct route to the final compulsory control and pick up what ever was on the way. This of course included several above-the-shins dips into bogs and the occasional addition to the curse vocabulary.

The camp-site was like a refugee camp with a serious case of over-population. All the prime pitches had of course been claimed. We were left with a choice of near the latrines or a gentle slope. The slope won!

Richard and Jack were nearby and were preparing for the next day with true athletic dedication. Richard stuffed himself with our cake and semolina, whilst Jack went off to a whiskey party! It must have worked because they had another brilliant run on the following day and won their event - a fantastic achievement - congratulations to both of them.

Jimmy and myself could only dream of such achievements and that was made all the harder by the slope. A deep and restful sleep was not really on the cards. I kept waking up at the bottom of the tent, this was okay, except that every time I tried to regain my original position, I had to push Jimmy out of the way - how do you cope Hazel?

The morning was dark, cold but thankfully dry again. "Morning Jim!"
 "By 'eck you snore" I of course refute this trivial allegation. I proceeded to put in my contact lenses. "Ay up. What you doing?" quizzed Jim.
 "Just putting my eyes in"
 "Did you have 'em in yesterday when you were navigating?"

At 7.36am we were off again, this time we had a definite route planned that would take in quite a few controls and get us back to Dollywiddlediddle within the allotted time. Apart from one minor mistake that cost us about ten minutes we did quite well, reaching all the controls and getting back with forty minutes to spare.

Apart from finishing and the eventual consumption of a few jars of 'falling down water' the highlight of the day had to be Jimmy playing 'pathfinder' and failing miserably. Unfortunately Jimmy's skills were no match for the meanest, most malevolent, malicious bog in North Wales. Once it had gripped his ankles there was no escape. The bog had taken more than a passing fancy in this fell runner. As Jimmy's shins were sucked under, myself and others watched on gobsmacked. How could we save him? Was he worth saving? What could I tell Hazel? Sadly I turned away not bearing to look at the final moments of another promising athletic career going under. Two thoughts entered my head; first; Jimmy had the car keys; second; I would be disqualified if I attempted to finish without my partner! Quickly I spun round, Jimmy was now up to his waist. "Your bag! Use your bag!" I shouted. "Threaten it with your bag!" The thought of slurping and squelching inside Jimmy's sack for the rest of eternity whilst trying to find a way out was obviously too great an ordeal for the bog to bear. Without further ado it belched and regurgitated Jimmy out.

It was also nice to finish about thirty seconds ahead of Irwin and Ratcliffe. Okay so we were in a different category but not everyone knew that.

1988 now beckons. I still think the 'Elite' can wait a bit but a different category is definitely on. The whole weekend was most enjoyable but if both Jimmy and myself were honest we would admit to not really being tested. The weather in particular was more than kind to us. However, as an introduction to Mountain Marathons this was a most useful weekend.

Congratulations to all the Calder Valley lads who took part; Jeff & Gary, Paul & Tim, Rhys & John, Bob & Simon, Richard & Jack, Alistair & Ben. Also congratulations and thankyou to Jimmy who put up with me for the weekend, a partner who did more than his fair share of the work and someone who was great company.

Cheers Jim!

Mike Fleetwood.

FIXTURES

Date	Cat	Race	Dist/Ht	Entry
Nov 15 Sun	BS	Rombalds Moor Junior Race	5m/800' 2.25 miles	PE
29 Sun	AM	Winter Hill Junior Races 15-17 9-14	11m/2700' 6m/900' 3m/700'	<u>16 Nov</u>
Dec 12 Sat		Boulsworth Hill	8m/1200'	PE
13 Sun	R	Calderdale Way Relay	50m/6000'	<u>30 Nov</u>
26 Sat	BS	Whinberry Naze Dash	4.5m/750'	OD
27 Sun	BS	Guisborough Woods Junior Race 1-16	5.75m/1000'	OD
Jan 3 Sun		Blue Pig Junior Race	7.9m/2700'	OD

Other events

Nov 21 Sat	O	EPOC Orienteering, Storthes Hall, Huddersfield		OD
Dec 5 Sat	O	EPOC Orienteering, Shibden Park, Halifax		OD
27 Sun	RR	Hot Toddy Six Road Race Junior Race	6 miles 2 miles	PE
Jan 16 Sat	W	Wheeldale Tandem, North Yorks	26 miles	PE

Key OD = Entry on day

PE = Pre-entry available

16 Nov = last date for entries

O = Orienteering type event

R = Relay

RR = Road race

W = Walking event (LDWA)

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