

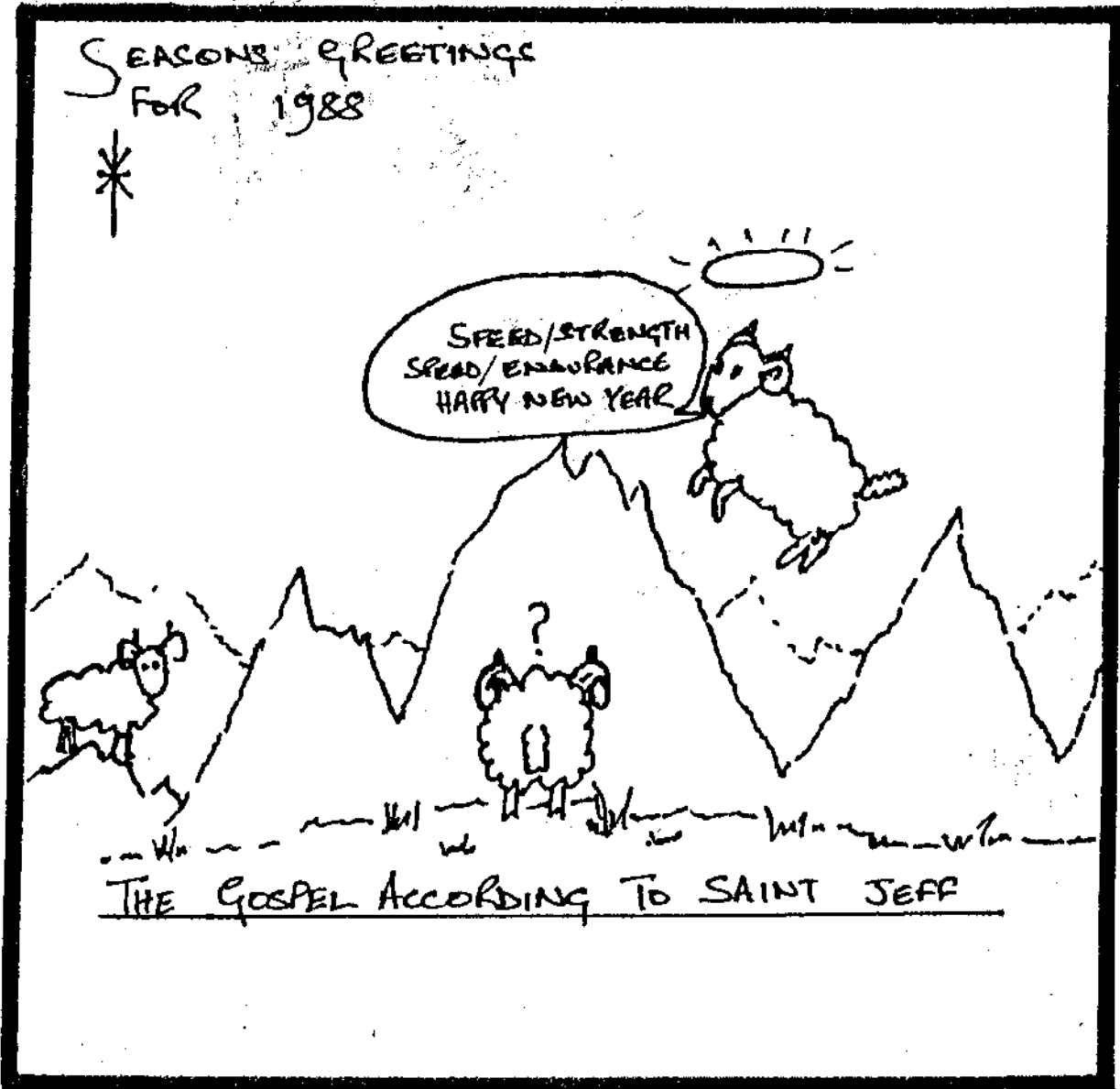


RAMPAGE

CALDER VALLEY
FELL RUNNERS

ISSUE No 5

JAN/FEB 88



EDITORIAL

A happy new year to all our readers! I hope you all had a good Christmas. Now is the time to get rid of those extra pounds(Weight) by getting back to some serious training for the new season, and (Sterling) by renewing your club membership. We have had a great year in 1987 culminating with success in the Calderdale Way Relay and our first senior victory at Guisborough. Well done Mr.Webb.

Our newest race promotion, the Blue Pig, has got 1988 off to a flying start with over 200 runners enjoying a great race. Dave can now revert to a lifestyle that includes sleep.

The junior section is growing slowly but surely. Let's all give Mike the back-up he deserves both in training the youngsters and by helping at our junior races this year.

Finally, a special thanks to Rod for setting up the magazine. He has put in many hours of hard labour in producing the four issues in 1987. I hope I can maintain the same high standard. I am hoping we can have six issues this year so keep on writing - it's your magazine.

NEXT EDITION MARCH (Copy date 29 Feb)

* * * * *

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	

* * * * *

RAMIFICATIONS

CIRCUIT TRAINING

Despite fairly low numbers so far the Thursday night circuit training is a great success. For those who don't know it is held at 6pm on Thursdays at the Calder High School gym. The cost is only 30p for seniors and 10p for juniors. The session can be followed by a steady warm-down jog, then it's a quick shower and down to the 'Shoulder' to replace lost fluids.

BIRTHDAY PARTY

While on the subject of boozing the First Birthday Bash was a right good do. Mucho noshing and boogying as well. The 'Room at the Top' was a decent place once it warmed up a bit. It was Russell's last effort as Social Sec. and he did us proud.

FEELING LISTLESS

You won't be when Russ has compiled the updated list of members. It will include names, addresses, and telephone numbers so we can contact each other on the other six days of the week. Make sure your name is on it by paying your subs now! For details see page 5.

AFTERNOON DELIGHT

January 30th is the date, 1 o'clock is the time, and Mytholmroyd Community Centre car park is the place. What????... the Club Handicap Race of course! Be there. The route is to Stoodley Pike and back, speaking of which theres a wonderful article on page 7.

LATER THAT DAY...

The Annual Dinner is now to be held at the Tower House Hotel near King Cross. (Map and menu details on page 6) The disco is free if we reach the magic figure of 75, and there is room for up to 100 places. Jill's hard-sell techniques are working and tickets are going fast. Buy now to avoid dissatisfaction.

WHAT'S IN A NAME?

Who is this new club Calderglen Harriers who had 18 members running at Winter Hill Fell Race? It would appear that our entry forms lost something in the translation into Lancastrian. Never mind, we were placed 10th in the team results.

GARY WINS GUISBOROUGH WOODS HILL RACE



IT'S ALL SHIT AND GLORY
SINCE HE STARTED HIS
GRASS DIET!

L.S.D. ADDICTS

Fancy a swift 50 miles? All you long distance fanatics must have a go at the whole Calderdale Way on February 7th. The run is in aid of the Ronnie Muse Appeal and sponsorship forms are available from Richard Rowlands, John Riley, or can be found on the notice board. There will also be some of the Halifax lads having a go so lets make it a social run and make lots of money for Ronnie at the same time.

TAKING NAMES

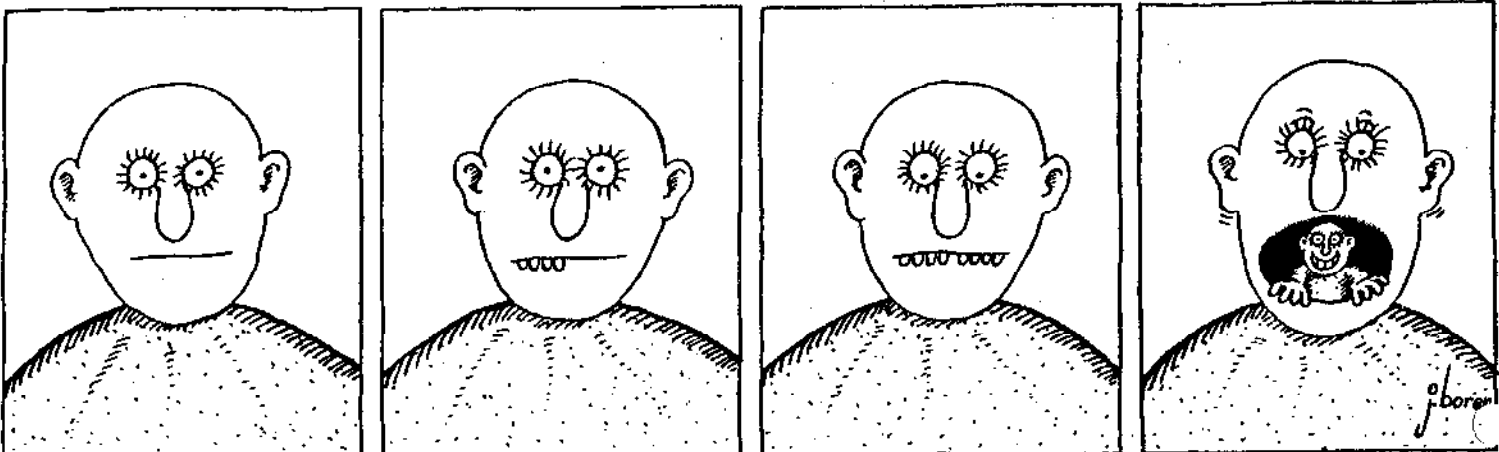
Don't forget to be thinking of your nominations for the various awards that are to be presented at the Annual Dinner. 'Runner's Runner of the Year' is currently held by Jeff, and the 'Wally of the Year' by Russ. There will be two new awards this year. 'The Greatest Navigational Cock-Up of the Year Award' is self explanatory and a few names have been suggested already. The other one will be called the 'Ramsbottom Trophy' and will be awarded for literary excellence from within these very pages.

MEMBERSHIP FEES

All members please note.... Your subscriptions for the calender year 1988 are NOW DUE! The subs are £6.00 for seniors, and £2.00 for juniors, and include the associate membership of the Community Centre from 1/4/88 to 31/3/89. All cheques should be made payable to 'Calder Valley Fell Runners'.

SOCIAL MEMBERSHIP

It has been suggested that the club should start a social membership for wives, husbands, friends, family etc..... so that they feel 'part of the club'. The subscriptions will cost £2.00 which will basically cover the cost of associate membership of the Community Centre (currently standing @ £1.70)
See Russ for details.



LAMB PAGE

by MIKE MUTTON

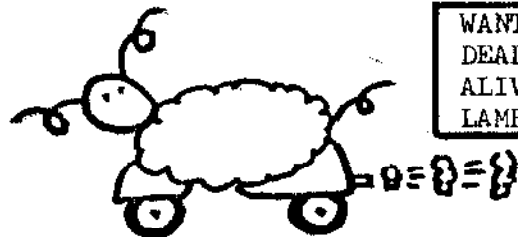
My father said to me, "If you can't do anything, teach!" My sons said to me, "If you can't run, coach", so I do. Having been a club member for four months and not taken part in a fell race yet, my only excuse is that I can't find anybody slow enough for company (whatever happened to back-packing, or is it packing-back?) So I've joined the juniors.

The handful of juniors running this year have done well. Particular congratulations to Sullivan, Mark, and Alex who have managed to get amongst the prizes on more than one occasion. A big welcome to all those new members coming to club nights in the past couple of months, I know you can count on the support of the seniors as they are well aware that the depth and future of the club lies in your legs.

The junior section will have really established itself when it is capable of winning team placings, and this must be our goal for 1988! The club needs good representation at races as we did with the juniors at Winter Hill (results). For 1988 get your training programme organised and I'll wish you a happy and a successful new year.

JUNIOR TRAINING

6.00pm Tuesday - Mytholmroyd Comm. Centre
5.15pm Thursday- Calder High School Gym
(P.S. Have you got a club vest?)



WANTED
DEAD OR
ALIVE-
LAMB JOKES!

LAMB-BRETTA



LAMB FILE --- PET LAMB

Kieran Bowden is the clubs youngest member - aged 11 last July. Here he is seen at his secret training camp on the shores of Loch Ness (yes, thats the monster on the left!) A keen and enthusiastic club member who has done well in his age group. A newly acquired bum-bag should put his asthma problems (and his inhaler) behind him, and surely to an age victory in 1988.

FELL FACTS 1987

Thieveley Pike	20th
Shepherds Skyline	9th (2nd-11yrs)
Winter Hill	22nd (4th-11yrs)

JUNIOR RESULTS

WINTER HILL

Junior Pike Race

2nd. Alex Bowden	(1st 14 year old)	16.18	*Beat old record by 26secs.
9th. Chris Britton	(2nd 12 year old)	17.50	"
11th. Tony Ashcroft	(3rd 12 year old)	18.22	"
22nd. Kieran Bowden	(4th 11 year old)	19.50	"

48 ran - Calder Valley unofficially 1st team to score - Well done!

Junior Winter Hill Race

4th. Sullivan Layton	(1st 16 year old)	44.55
15th. Robin Skelton	(8th 15 year old)	58.42

BLUE PIG JUNIOR RACE 3m/600'

1. M.Rice Todmorden H.	20.10
5. A.Bowden	22.48
12. S.Layton	25.19
13. I.Powell	25.23
15. K.Bowden	31.26



Winter training can be lots of fun!!!

RAMPAGE QUIZ 2 by Dave Yates

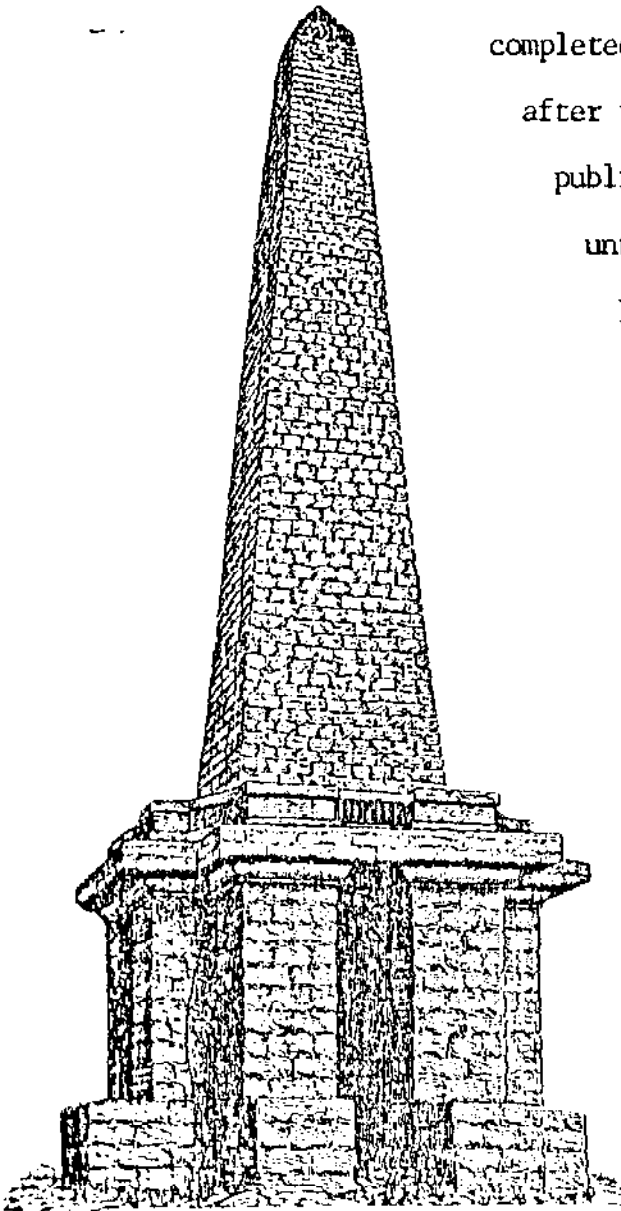
1. On which famous hike would you visit Earl Sterndale?
 2. Which famous Lakeland race did Billy Bland not win last year, but Malcolm nearly did?
 3. Which Pennine race usually lives up to its name?
 4. Which classic Lakeland race starts at a Scout camp?
 5. How many races use Esk Hause shelter as a checkpoint?
 6. In which race would you pass Hollin Brown Knoll?
 7. In which race was Winder winded?
 8. 2949. Name the mountain!
 9. The Tinto Hill Race, where is it?
 10. There are supposed to be three, Wainwright says there are seven, where is this?
- Dave is offering a £5 prize to the first person to crack the quiz, so get cracking!

STOODLEY PIKE

In the course of both training and racing we seem to spend a lot of time running up to, around, and away from Stoodley Pike, not to mention sheltering in front of it and relieving ourselves behind it! It is the most outstanding and well-known landmark in the Upper Calder Valley but do we ever think about why it was built in the first place?

Erected on a promontory of over 1300' above sea level, on the site of a very ancient cairn and beacon, it is basically a monument to peace. The structure we see today however is the second Pike built as recently as 1856 (Rhys was site agent). The original construction was slightly different being a 'sugar-loaf' shape rising from a square base. Building started in 1814 and was

completed the following year when peace was established after the Battle of Waterloo. The cost was met by public subscription. It stood for nearly forty years until, in 1854, on the day the Russian Ambassador left England prior to the outbreak of the Crimean War, it collapsed. Two years later when peace was again restored the new Pike was built. To finance the rebuilding a sum of £812 was raised, again by public subscription, and the work is reported to have cost £750. I can find no mention of the other £62 (no doubt it paid for the site agents boozy lunchtimes at the Top Brink). The tip of the obelisk soars 120' above the ground, and the balcony is 40' high, up the 39 steps of the dark and dingy spiral staircase. Beware if you venture up the stairs in bad weather as it is often occupied by daft sheep sheltering from the elements.



"On the highest point of this township (Langfield) called Stoodley Pike, has been erected a lofty column in honour of the Duke of Wellington, which forms a most conspicuous object from the valley beneath, and many miles around. From it's summit there is a most extensive prospect".

PHYSIOLOGY MADE INTERESTING (Or, Why Jeff likes us training)

There are three important anatomical structures to consider in the sportsman. (This is also true of the sportswoman, no sexism in this article). These are:-

- i) The heart
- ii) The lungs
- iii) The muscles

with brains being an optional extra, as many runners only find their way home by instinct.

The heart pumps blood to the lungs where it meets up with oxygen (O_2) which has been breathed in through the nose (warm) or through the mouth (cold). From the lungs the O_2 is transported in the blood back to the heart and is then pumped around the body to muscles, brain and stomach. The blood will flow preferentially to those areas of the body which are in use at the time. This is a good reason why it is unwise to eat too close to a run.

In the muscles a complicated chemical reaction takes place. The O_2 , glucose, and other things combine to produce energy, which helps the muscles contract and work. The end result is movement.

Thus for exercise a good set of muscles, a healthy pair of lungs and a strong heart are essential. Conversely, if these organs are not up to scratch, exercise will help them to become stronger so that eventually a better performance is achieved.

The heart is a specialised muscle. Through training it becomes more efficient and sometimes larger. (This can worry some doctors on a chest X-ray as heart disease also causes large hearts, but for different reasons). The healthier and fitter the heart, the more blood is pumped from it each time it beats. This means it does not need to beat as often. An athlete therefore will have a slower pulse rate than the man in the street. Often it will be under 60 beats per minute.

As fitness increases the performance of the lungs becomes better. The amount of air a pair of lungs can inspire in any one breath naturally varies with the size and age of the person. Many people will not use their full lung capacity in each breath, smokers and people with chest complaints breathe in less O_2 . A fit person is also able to use a greater percentage of the air he breathes in. More O_2 is therefore available in muscle to be converted into movement. The percentage of O_2 used can be measured on a special treadmill and will be shown to increase as training improves the athlete. A good athlete will transport over 80% of the



O_2 he breathes in, into the blood stream. This percentage is called the VO_2 max. In the limbs there are two main types of muscle fibres, called 'fast twitch' and 'slow twitch'. They differ by the amount of blood they receive from the heart. Fast twitch fibres receive less blood and therefore less O_2 . They create energy by a different process to the other sort of muscle. This process does not rely on O_2 and is called ANAEROBIC. It allows the muscle to contract faster so that more speed is achieved. However, the chemicals needed for this reaction are quickly diminished and converted into lactic acid which prevents further movement at speed. Anaerobic and fast twitch fibres are used in sprinting and fast events. Slow twitch fibres have a rich blood supply and use a lot of O_2 to contract- this is an AEROBIC reaction. These fibres are used in long-distance and stamina events.

The two types of muscle can be more easily visualised by picturing a chicken. The fast twitch fibres with a low blood supply, are the white meat of the breast. Slow twitch fibres with a high blood supply are the red (or brown) meat of the drumsticks/legs.

It is true to say that sprinters are born, not made, as are long-distance athletes to a certain extent. Alan Wells and Sebastian Coe look different. Their muscles will also be different. The sprinter has legs stuffed full of fast twitch fibres. The distance man will be high in slow twitch fibres. We are born with a preponderance of one or the other, but with training of the right quality we may alter the balance. This is why Jeff likes us training!

Jill.



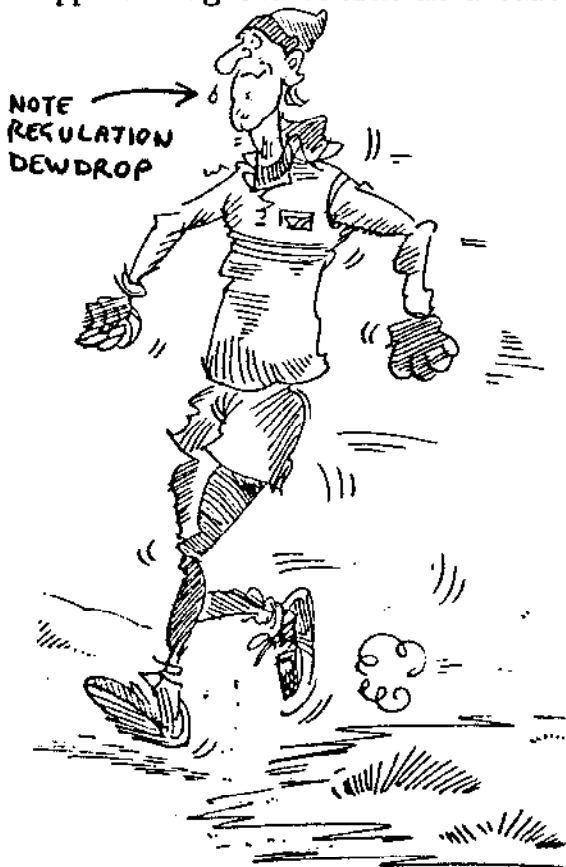
 COMMITTEE MEETING 3 - THE SEARCH FOR TIM

The meeting was held at Rod Sutcliffe's and began promptly 40 minutes late when Rod arrived in his own house. Following shortly afterwards Tim and Gary arrived. Gary had been grazing on the hillside above Crimsworth Dean and had forgotten the time. Tim announced that he had a bad case of wind and apologised in advance because he was going to fart all night. Luckily Brian had come in uniform.

The meeting began with a loud smell from Tim and then another. Gary was frowning clearly jealous of Tim's new ability. Rod asked if he might interject at this point and raise two quickies. Eleven points and one hour later he was stopped in his tracks by an awesome effort from Tim, who was clearly gaining in confidence.

The discussion continued again with Russell announcing that he had booked the 'Room at the Top' for a buffet-disco, situated in the middle of Hebden Bridge. He then said that he had cleverly organised it for the same night as the Hebden Bonfire so nobody would be able to get there. His plan was foiled however when it was discovered that the bonfire had been brought forward a week!

Still no sign of Rhys, Bod was looking worried. Keeping his composure though, he outlined performances over the season and ended by saying that the fastest speed recorded by any fell runner this season was not Jeff or Gary descending Lingmell on the Wasdale at 16.4 mph, but Jimmy on the Chew Valley who was clocked at 45 mph approaching the finish in a car!



Tim, nearing the end of his
200 mile a week schedule!

Tim farted again. Rod said there was nothig he could do for him. Dave Yates said that he had run out of Lucozade and then bribed Bod to go and get some more. Gary announced that Dave Smith had made him a special pair of Vegan fell running shoes made out of laminated lettuce leaves. Brian asked, if you were hungry in a race, could you eat them?

At this point, just as things were settling down, disaster struck. Tim let out his best effort to date and all 10 lbs 13 ozs of him disappeared in a cloud of smoke. Luckily Brian was there in uniform and put out the small fire that had developed. Bod returned with Dave's Lucozade to be told the sad news. Tim had disappeared!!!

A blinding flash sent runners sliding backwards. As the smoke cleared Tim appeared,

looking somewhat dishevelled. Instinct sent him running uphill to reach the summit. 'Where the hell am I?' said Tim. Came the reply, 'Gategill, and you're leading. Quick, hurry, here comes Billy and Rod Pilbeam'.

Meanwhile, back at the meeting, Rod apologised for Tim's departure and pointed out that Jeff was also missing. Gary explained that it was Jeff's wedding anniversary and he and Helen were spending a romantic evening Karrimor training. Just then Brian noticed an awful smell and Russell pointed to the empty chair, Tim had begun to materialise. When all of him was back he shook himself and smiled. 'I've just won Gategill', he announced to a round of applause. Bod got up and rang the Hebden Bridge Times.....

the story continues.....(DY)

RESULTS

CALDERDALE WAY RELAY 50m/6000' 6/12/87

1. Bingley A	5.35.38
2. Clayton A	5.45.08
3. Rochdale A	5.46.49
6. Calder Valley A	6.07.40
32. Calder Valley B	6.50.02
61. Calder Valley C	7.58.29

Our B team were disqualified for reasons beyond the comprehension of normal folk. However our 32nd place was left in the results, and we have the satisfaction of knowing we did our best and it was good enough. 73 teams competed.

WINTER HILL FELL RACE 11m/2700' 29/11/87

1 G Devine Pud & Bram	1.26.25
47 R Clare	1.40.54
49 R Crossland	1.41.38
61 D Thompson	1.43.31
62 R Rowlands	1.43.37
137 J Riley	1.51.17
145 A Sowden	1.52.29
159 A Auton	1.53.45
183 P Regan	1.57.22
198 M Fleetwood	1.58.44
240 B Horsley	2.03.32
258 R Arrandale	2.06.44
280 J Thistlethwaite(L)	2.13.15

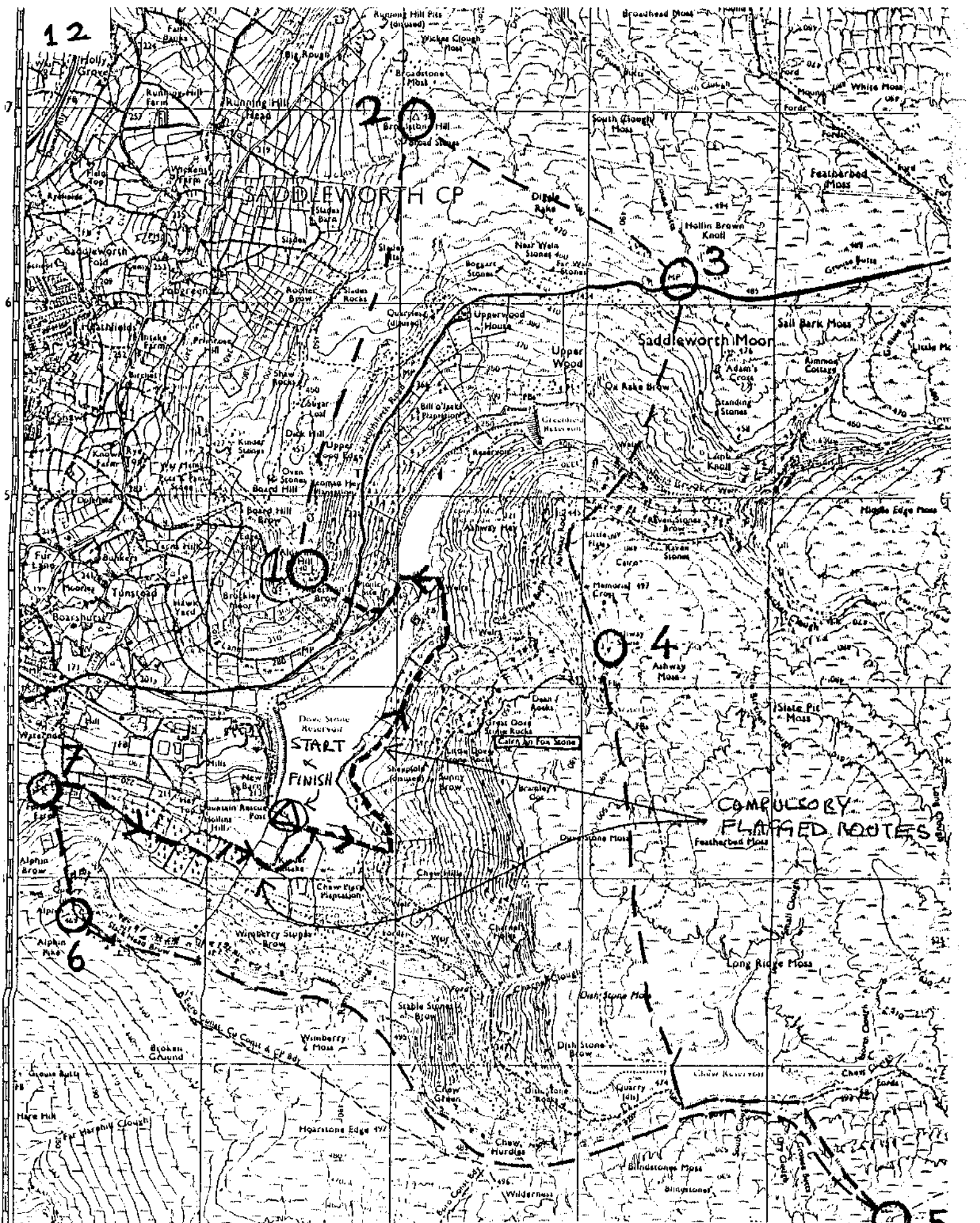
BLUE PIG HILL RACE 8m/2600' 3/1/88

1. G.Devine Pud & Bram	61.54
4. G.Webb	62.42
11. R.Crosland	64.52
24. R.Rowlands	67.44
39. S.Skelton	70.45
47. B.Horsley	71.52
56. P.Round	75.09
71. T.Gauntlett	78.01
76. R.Kellett	78.20
77. J.Riley	78.26
83. P.Regan	79.02
87. J.Marshall	80.07
119. B.Blamires	82.39
123. P.Coughlan	83.26
156. R.Arrandale	91.35

GUISBOROUGH WOODS HILL RACE

5.75m/1000' 27/12/87

1. Gary Webb Calder Valley 39.15
In wet and muddy conditions Gary stormed to victory fending off the local opposition from the Mandale lads. Well done!



CHEW VALLEY SKYLINE FELL RACE

(Category A - 13 miles 2,000ft of ascent)

5
1
2
3
4
5
6
7
8
9
10
11
12

CHEW VALLEY SKYLINE

13 miles / 2000 ft.

Checkpoints:-

- | | |
|----------------------------------|-----------|
| 1) Alderman Hill, summit | GR 015045 |
| 2) Broadstone Hill, trig point | GR 021069 |
| 3) Shooting butt, 100m from road | GR 034061 |
| 4) Ashway Stone | GR 031042 |
| 5) Featherbed Moss, trig point | GR 046011 |
| 6) Alphin summit, trig point | GR 003028 |
| 7) Gate | GR 000033 |

The Chew Valley is traditionally the start of season race for our area and attracts a large field. It is pre-entry only and numbers are limited (400 in 1987) so get your entry off early.

The race is based at Dovestones Sailing Club, at Greenfield, near Saddleworth, (GR 013033). Facilities are good and include changing rooms and showers. The entry fee covers free results, a meal and hot tea as well as the usual orange juice. There is also a beer tent but thats extra!

The start is on the track near the clubhouse and the route begins by following a flagged section around Dovestones Reservoir, and accross the embankment of the next reservoir. After a short track section the race really begins. Up the hill accross the road (A635) then its a very steep and rocky climb to the summit of Alderman Hill and the first checkpoint. A flattish section next, fairly fast unless its wet, and it usually is. Turn right at Broadstone Hill (Ch.2) and more of the same although a bit boggier underfoot.

After re-crossing the road at checkpoint 3 there is a fast downhill run, then a steep descent to Greenfield Brook, followed by an even steeper climb up to Ravenstones Brow. The Ashway Stone (Ch.4) is reached by following the edge of the escarpment. The long haul to Chew Reservoir is a tough bog-trot and route choice may vary slightly, but most runners end up on the embankment and then follow the track along the southern side of the reservoir, then south-east up a large gully to the trig point on Featherbed Moss (Ch.5).

Now comes the only real route choice of the race. Whether to retrace your steps to the reservoir and say hello to all those poor souls still struggling up the gully, or to strike out westward accross country with the pioneers. I have done the race twice and have taken the first choice both times. In 1986 the frozen snow made it preferable to follow the beaten track, while last year it was very

misty and I stuck to the safe route. I think the second choice would be alright with good visibility - we shall have to wait and see.

There is a reasonable path along the edge of the escarpment to Alphin (Ch.6). You might think the hard work is over now but the descent off Alphin is tricky with tired legs, and just after the last checkpoint the track goes uphill for a few hundred yards. After that its through the plantation, around some farm buildings and down a long field to the finish.

Its a tough race and a good start to the season. Don't forget your free hot-pot, you'll be ready for it!

There is also a Junior Race of 3 miles / 900' for the age categories of 12/14 years and 15/17 years. I only know that it climbs to the Foxstone (GR 024036) and then follows a flagged route thereafter. ** N.B. Chew Valley is a Junior English Championship race this year.*

BOD!

CLUB CAR STICKER

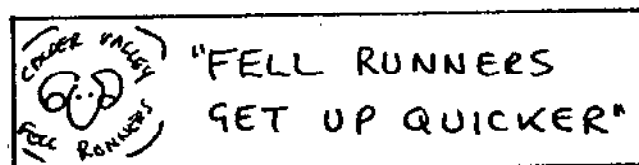
Ideas are wanted for the club car sticker design. Suggestions so far seem to fall into two main categories:-

- i) A round one about the same size as the Karrimor sticker with the rams head logo and club name. Something like this:-



"Boy, that's ugly"
RANSBOTTOM

- ii) A rectangular one with the logo and an "amusing" phrase such as "Fell Runners must be Bonkers" or "Calder Valley Fell Runners Bonk on the Hills". Like this:-



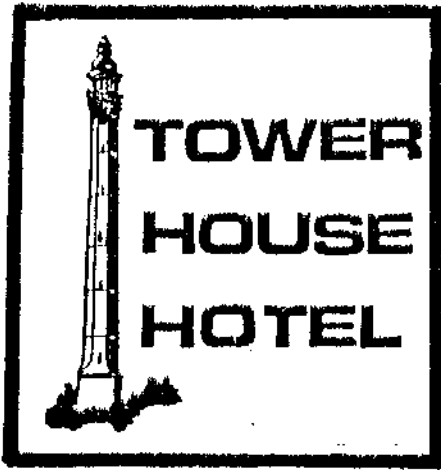
At present Jimmy is in touch with manufacturers and comparing the costs involved. In the meantime if you have any ideas or suggestions (about car stickers that is) then let him know. Perhaps we could have a competition.

CALDER VALLEY CLUB CHAMPIONSHIP FINAL POSITIONS

NAME	TOTAL RACES	AVERAGE POINTS PER RACE	POSITION BASED ON AVERAGE/RACE
1 J. WINDER	643	7	92
2 T. DANIEL	602	7	86
3 S. PIERCE	518	8	65
4 J. RILEY	494	10	49
5 P. ROUND	479	7	68
6 G. WEBB	473	5	95
7 R. CROSSLAND	408	5	82
8 B. HORSLEY	404	6	67
9 A. SOWDEN	387	7	55
10 B. HORNE	322	8	40
11 R. CLARE	316	4	79
12 R. ROWLANDS	255	3	85
13 P. REGAN	255	7	36
14 G. WOODWARD	244	4	61
15 R. ARRANDALE	235	6	39
16 R. NORCLIFFE	234	4	59
17 J. SHEARD	229	10	23
18 S. SKELTON	228	3	76
19 S. KIRKBRIDE	191	6	32
20 A. THOMPSON	184	4	46
21 B. SCHOFIELD	180	2	90
22 R. KELLETT	174	4	44
23 T. REDMOND	132	5	26
24 B. BLAMIRE	119	3	40
25 S. PARSONS	81	1	81
26 M. FLEETWOOD	76	4	19
27 S. LAYTON	69	1	69
28 M. HOLMES	63	1	63
29 S. TOWLER	47	4	12
30 H. STEWART	39	1	39
31 R. KIFT	34	1	34
32 D. YATES	33	3	11
33 J. THISTLETHWAITE	29	2	14
34 G. RIDGEWAY	10	1	10
35 R. NUTTALL	8	1	8
36 A. AUTON	7	1	7

Here they are at last - sorry about the delay. I had to make sure that I finished in the top three at least! When I started keeping the results I had constant access to a computer which I became rather too dependant on. However you will appreciate that the results had to be fairly accurate. For example in a field of 400 runners nos 397,398 and 399 score 0.75,0.5, and 0.25 points respectively. Note that the way I worked it out results in the last man not scoring (this only happened once fortunately - sorry Dave) and I may have been a bit inconsistent when using number of starters or finishers as the base for calculating the points scored. Still it's only a bit of fun - isn't it? Please note Tim that your Glossop result was not available and is not included. However this doesn't affect your final position. I have assumed that noone ran at Ingleborough. If I have missed anyone out anywhere please let me know and I will set the record straight. The average points scored per race should provide a good basis for handicapping the club handicap. I hope to produce a more detailed analysis for the next issue - any suggestions will be gratefully received (especially don't bother). Meanwhile keep the results coming in.

SIMON PIERCE



CALDER VALLEY FELL RUNNERS ANNUAL DINNER

Saturday, January 30th 1988, 7.30pm
at The Tower House Hotel, King Cross, Halifax

Tickets are available from Jill @ £11.50
 This price includes the disco. Drinks and wine to be paid for on the night. The bar is open until midnight. Disco until 12.30

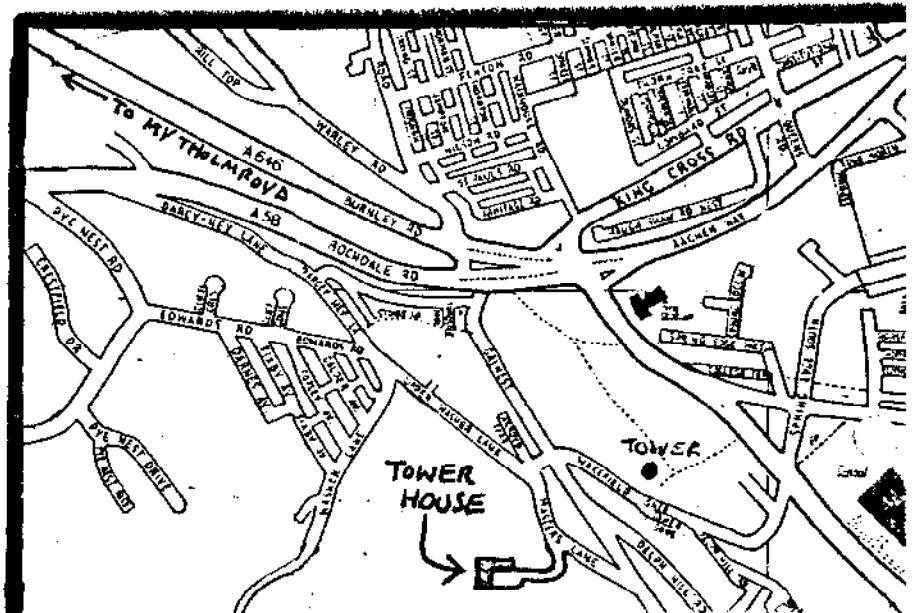
Chilled Orange Juice
 Honeydew Melon Boats
 Fresh Grapefruit Cocktail
 Egg Mayonnaise
 Ravioli au Parmesan
 Crab Meat Salad

 Cream Soup
 Consomme Paysanne

 Roast Duckling a l'Orange
 Whole Roast Spring Chicken Garnis
 Contre Fillet of Beef in Mushroom Sauce
 Poached Fillet of Halibut au Gratin
 Vegetarian or Vegan Stuffed Peppers +/- Cheese
 + Selection of Vegetables

 Sherry Trifle
 Fresh Fruit Salad and Cream
 Peach Melba
 Creme Caramel
 Choice of Ices
 Cheese Board

 Coffee



COMMITTEE NOTESC9 11 November '87

Associate Membership This to be set up to allow non-members (eg wives) to be social members and have access to Community Centre facilities. Associate members will not have voting rights. Subs will be at or about the Community Centre subscription fee - £2.00 for 1988. The need for, and the success of this will be reviewed at the next AGM.

Publicity Mike Fleetwood to write articles on the first year of CVFR for 'Fell Runner', Compass Sport and local papers.

Juniors Mike Bowden to produce junior race calendar for next year. Junior club championship to be set up for age categories U12/U15/U18. Calder Valley Races should have a junior race included. Possibility of a junior 'Crow Hill Race' from Traveller's Rest considered. Junior training times set up for Tuesdays and Thursdays.

Co-options to committee Dave Yates (FRA representative), John Riley (RAMPAGE editor), Mike Bowden (Youth Officer).

YHA Club Membership Corporate membership to be applied for (cost £6.50 pa). This will allow Youth Hostels to be used for club weekends.

Annual Dinner Guests Frank Schofield (landowner) and Ian Hobson (Hill House Farm, Wadsworth Bank) and their partners to be invited to the Dinner to thank them for their support and cooperation with the club. Billy Bland to be invited as guest speaker.

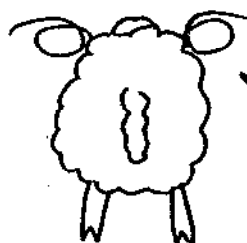
C10 8 December '87

FRA Dinner Fiasco FRA claim we owe £96 for 10 tickets. Jeff Winder accepted tickets, but none were sold and he did not confirm names. Apparently only 6 places were empty at the Dinner. It was decided to write to the FRA stating our concern about the ticket arrangements and the fact that the dinner always makes a loss; and asking them to write to us formally about the matter. We may be prepared to pay up to £50 towards this loss in order to restore our reputation with the FRA, but some members felt that all or part of this sum should be raised specifically for the purpose and not come from club funds.

Club vests Investigations are in hand for the next batch of club vests. Dave Smith and Pete Bland can both supply them, but the minimum order is 25.

Annual Dinner Now to be at Tower House Hotel because Kershaw House did not want it. Price to include surcharge of 50p each to cover cost of invited guests.

Calderdale Way Relay Jeff Winder was collecting money (£2 per runner). IF ANYONE HAS NOT PAID, PLEASE PAY HIM.

NO RAMS AT F.R.A. DINNER

RAMSBOTTOM

WELL, THERE WERE
NO GRASS ON'T
MENU!

