

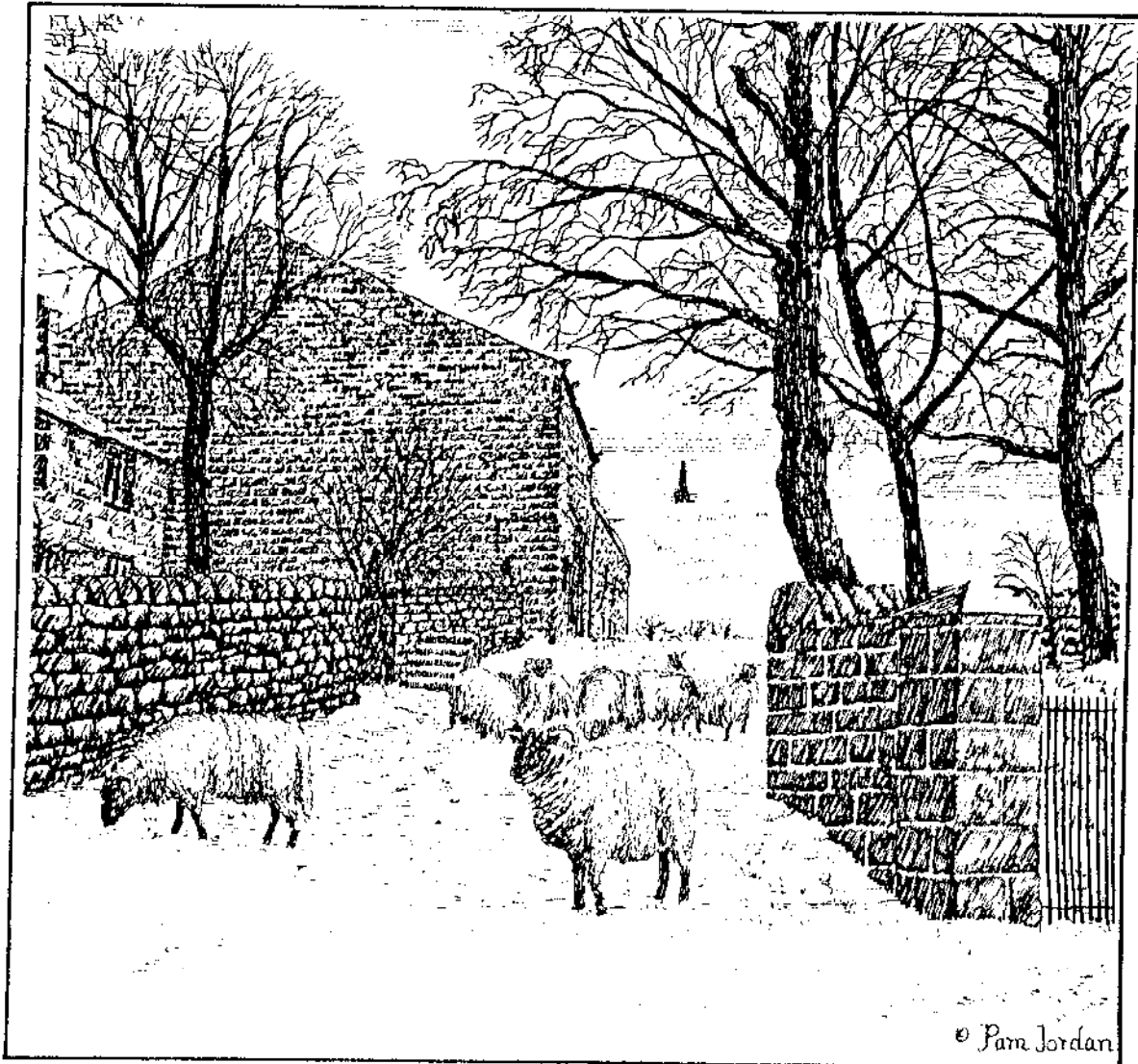


RAMPAGE

CALDER VALLEY
FELL RUNNERS

ISSUE 6

APRIL 1988



© Pam Jordan



ALRIGHT, WHO ARE ALL THESE
SHEEP, AND WHERE'S THE
FUNNY CARTOON STARRING
ME ??

EDITORIAL

Here it is at last, Issue 6. The industrial dispute at Wapping has been resolved and normal service is now resumed. Sorry if some of the news is a bit dated.

The season is now well under way and we have already had some good results (Gary was 14th at Pendle) and a very successful Calder Valley Fell Race; the sailing club venue proved ideal. Plans for a Pennine Way Relay record attempt are in full swing, and 100% commitment is expected from all those involved. This, of course, means learning your leg before the day. Reserve runners and back-up helpers are also needed, so volunteer now! See Jeff for details, and let's put Calder Valley in the record books.

On a more serious note, I have recently had to try and pacify Lord Savile's head gamekeeper regarding some of our lads cutting across a field at Walshaw. This is the man who holds the future of the Widdop Fell Race in his hands, we may yet have lost permission to run it this year. Apart from our own interests let's not forget those of the landowners, on whom we rely so heavily in our sport, after all it is lambing time.

Right, on with the show, and keep writing those articles. (Copy date issue 7 June 1st)

* * * * *

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

CROW HILL JUNIOR RACES will be run from the Traveller's Rest at Sowerby on SATURDAY 26 March. There will be U13, U15 and U18 categories and they will incorporate the Calderdale Schools Fell Racing Championships. There will also be an open race for seniors. If you can help on the day, please contact Mike Bowden (Tel 831249)

* * * * *

CLUB VESTS/TEE SHIRTS/SWEAT SHIRTS/TRACKSTERS

The new stock of vests is now available from Jim Sheard. Prices £8.50 (seniors), £5.00 juniors. Rhys Kift has the other items. If you ordered anything, please collect from him as soon as possible.

* * * * *

HIGHWAYMAN BUFFET/DISCO

Date: Saturday, 16 April. Place: The Highwayman, Stocks Lane, Luddenden. Time: 8pm. Price: £5.50. Tickets from Jill Thistlethwaite.

* * * * *

JOIN THE FRA

The club encourages all members to support the FRA by joining as individual members. The cost is £6.00 per year and all members receive the FRA Race Calendar and quarterly 'Fell Runner' magazine. If you haven't yet joined, DO IT NOW! Application forms are on the notice board.

TRAINING TIMES

Seniors: Tuesday evenings: from 5 April at 6 pm off the roads throughout April. Then 6.30 - 7 pm as daylight allows.
Sunday mornings: 9.30 am.

Juniors: see Lambpage

Circuit Training: Thursday 6 pm, Calder High School. Last session 24 March.

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PENNINE WAY RELAY

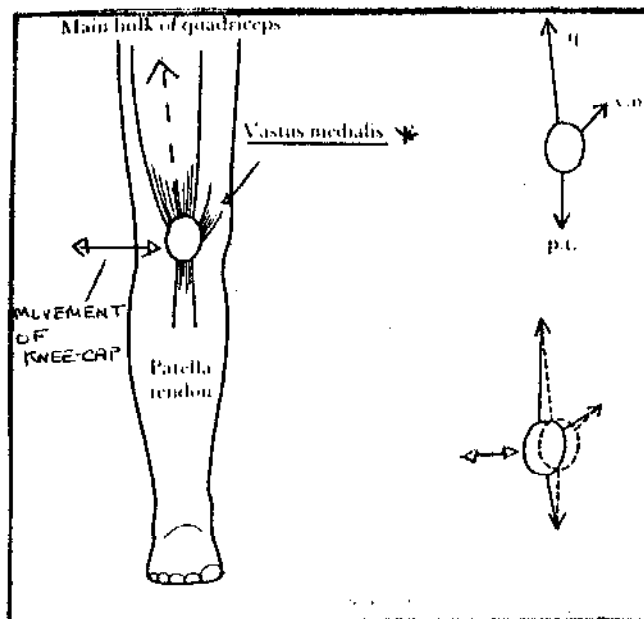
An attempt on the 8-stage relay record by the club is being planned for this summer. This is likely to take place on either 18-19 June or 23-24 July. The record is currently held by Clayton-le-Moors Harriers (4 hrs, 29 min). We are confident we can beat this.

DOCTOR TIM on 'Runners Knee'

Following my introductory guide to the basic types of injury in the last two issues, I thought I would start to look at a few specific injuries that runners are particularly prone to suffer from. A case in point is so-called 'Runners Knee' (or as clever Doctors call it 'Chondromalacia patellae'). This often occurs when you first start running or when you get going again after a lay-off e.g. Christmas or another injury!

The typical story is that soon after starting your run you get a terrible aching sensation behind the knee-cap(patella) which gets progressively worse as you continue. The distance at which this pain begins seems remarkably constant at about 3 miles or around 20 minutes. If you stop it goes off only to recur as soon as you start running again. Furthermore, if you go uphill it improves but if you go downhill it is bloody excruciating! So what causes it?

The answer lies in the direction of pull of the big thigh muscles, the quadriceps, which are attached to the bottom of your knee-cap. (see diagram)



In untrained people most of the bulk and power of this muscle is on the outside of the leg while the inside component is relatively weak. Therefore when the muscle contracts in walking, climbing or descending stairs etc. the traction on the knee-cap is asymmetrical pulling it sideways to the outside of your knee joint, from which it returns to the centre of the joint when the muscle relaxes.

In normal day to day activities this constant movement is of little consequence, but when running the quadriceps are contracting and relaxing at a much faster rate and so the poor knee-cap is being 'whipped' sideways and back many times a minute. This creates a friction effect between the back of the knee-cap and the underlying knee-joint and results in inflammation, hence the pain.

Between runs, while resting, the inflammation has a chance to settle so that it takes a short period of running to bring the pain back, hence the delay after starting your run before the aching starts.

Going downhill really uses your quadriceps for braking so thats why descending is murder while going uphill is not so bad. Is there any remedy for this problem? For once you'll be glad to hear the answer is 'YES', and it's not just the usual rest! Basically you have got to correct the pull of your quadriceps by strengthening the weaker inside component. If you examine your own quadriceps with your leg locked out straight you will see a little bulge just above the knee on the inside of your thigh. This muscle (called vastus medialis) is the little bugger which has been letting you down.

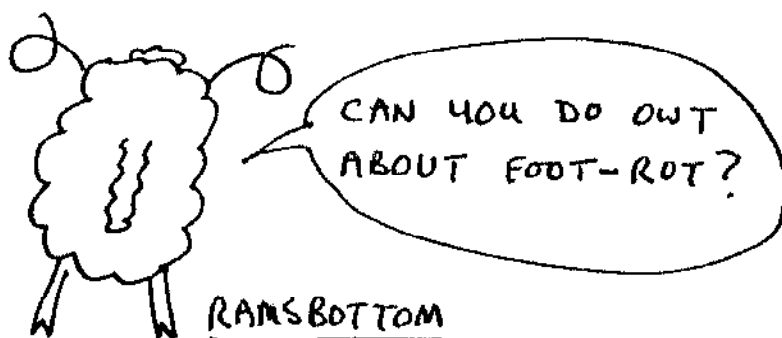
To strengthen this muscle so that it successfully counteracts the pull of the bulkier outside component there is a specific exercercise you must do. Sit on the edge of a table and straighten the leg out in front of you tightening the quads as hard as you can. Then bend your knee about 10 degrees and straighten it again. Do this about 10 times and repeat frequently, perhaps 4 or 5 times a day. A small number of reps done often is always better than just a heavy session once a day.

It is crucial you only 'dip' the leg 10 degrees and no more, otherwise the whole muscle is strengthened (and not just the inside component) and that defeats the object. You'll know if you are doing it right by watching your leg. Only the inside part should twitch, the rest should be still. After a while you can add a bit of counter-weight by hanging a plastic bag over your toes and putting something like a bag of flour or sugar in it. Slowly you will see the bulge (vastus medialis) become bulkier, so stabilising the knee-cap when you are running and preventing the friction effect.

While you are correcting the underlying defect should you stop running? Technically yes, but I didn't (as you know I always follow my own good advice!). If you want to keep plodding on (or mogging on as Jeff would say), much relief can be obtained in the meantime of which I keep a plentiful supply, do ask for some if you are in need.

I have had 'Runners Knee' twice and I can safely say that if you do the exercercises properly it does work, so give it a try. What would you like discussed next time? Please let me know, and by the way, where are all these letters???

TIM DANIEL



6

COMMITTEE NOTES

C9 11 Nov '87

Associate membership This to be set up to allow non-runners (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 Dec '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; asking them to write to us formerly 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.

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.

C11 6 Jan '88

Cash-in-hand £301.72.

Car stickers To get quotes for a round sticker, white ram logo and club title on red background.

YHA Corporate Membership Club groups can now use hostels with club membership card.

Calder Valley Fell Race 13 March. To run from the Sailing Club, Fly Flats. Jeff Winder is organiser.

Junior Club Championship to be set up by Mike Bowden.

Crow Hill Junior Races Incorporating Calderdale Youth Clubs Cross Country

Championship to be organised from Traveller's Rest, Sowerby by Mike Bowden. Traveller's Rest to provide £50 sponsorship for trophies.

Blue Pig Race Made £34 profit. Numerous letters of appreciation received. Thwaites to sponsor the race next year and provide a marquee. Thanks and congratulations to Dave Yates.

Club Vests New order negotiated with Dave Smith, at lower price of £8.50 each.

Tee-shirts (£4.99), sweat shirts (£9.99), tracksters (£10.99). Rhys Kift to get orders from club members.

C12 24 Feb '88

Car stickers To order 100 at £65.00. To be sold at £1.00 each.

Tee shirts/sweat shirts Rhys Kift now has these.

Club information leaflet Mike Fleetwood producing this.

Donation to FRA £50 sent in compensation for unsold tickets. Dave Yates offered to organise a jumble sale to help recoup this and also to support Ronnie Muse Appeal.

Letter from Halifax Harriers received, stating concern about allegations of poaching of their juniors. Reply sent denying allegations, and stating that we hope for friendly relations with Halifax from now on.

Circuit Training Well attended by juniors, but not seniors. Decided to rebook for next year.

Club Championship Qualifying races agreed (see separate item).

Honorary Club Membership for Billy Bland Offered and accepted. He has lent a fell running video 'Survival of the fittest' to the club.

Annual Dinner Profit of £88 was made.

Membership Now 63 paid up members.

THE VYVYAN 'L&C' DIET (RECENTLY ADOPTED BY BOB & RHYS)

Breakfast: A bowl of curry and a pint of lager, or lager and lime, no milk or sugar.

Elevenses: Just one or two onion bhajis if you're peckish.

Lunch: A curry and a few pints of lager. No dessert.

Tea: A bag of samosas from the take-away, and a can of lager. Avoid nibbling at biscuits and sweet things, if you're still not full, have a couple of stuffed nans and some more lager.

Supper: A huge curry and loads of lager followed by black coffee—but no cream, naughty!

Last thing: Avoid anything too heavy, perhaps a tikka or tandoori, washed down with lager. Hot lager with a big teaspoonful of Ovaltine is revolting.

LETTERS TO THE EDITOR


Dear Editor

I am writing to complain in the strongest terms about the use of the word B * * K in a cartoon in your last edition. This disgusting term B * N * has associations with F * * R N I C A T I O N. G * D knows what was going on in the darkness somewhere in W * L E S.

As a straight-laced * * * *, I strongly * * * * T that you * * O * * any future reference to B O * * I N G. Surely more acceptable terms, such as knackered, shagged out or F * * K E D would suffice!

Finally, * * * * * and * * * * or * * * * * R * * * B O T T O M.

Yours sincerely



Mrs * * * * *

PS * * * * * or else!

Dear Mrs. **** * * * * * ,

Please accept my sincere apologies. I neglected to mention that the the runner in question is dyslexic and the offending word should be read in reverse. (Now you can guess what we get up to on these week-ends away!) Ed.

CLUB EQUIPMENT

With all the races that the club is to put on this year we will need a lot of equipment. If anyone can supply or lend (no questions asked!) any of the following it would be very useful;

- Bamboo canes
- Marker tape for canes
- Stopwatches
- Pasteboards
- Deckchairs
- Large family tent
- First Aid kit
- Hardboard etc. for roadsign making

If anyone has gear they are willing to lend to other club members for special events e.g. maps, whistles, tents, rucsacs, sleeping bags, a compass for Dave, grass for Gary, food for Tim, or a new vest for Rhys, tell me and I'll keep a resource list.

Graeme Woodward (Equipment Officer)

RAMPAGE FOCUS NUMBER 1

In each issue we will bring you an in-depth look into the private world of a club member.

NAME Andrew Harry Thompson.

AGE Only 30 years young.

STATUS Married with a 3 year old son, Marcus.

OCCUPATION Telephone engineer.

HOW LONG HAVE YOU BEEN RUNNING Four years (it feels more like forty).

PREVIOUS SPORTS Squash, football, rugby, wrestling.

EARLY RUNNING INFLUENCES Alf Tupper, Simon 'Shinsplints' Towler.

FAVOURITE FOOD Pork pies, apple pies and any other health food.

FAVOURITE T.V. PROGRAMME Hill Street Blues, Thomas the Tank Engine, Postman Pat.

IF YOU COULD OWN ANY CAR IN THE WORLD WHAT WOULD IT BE A 1980 Talbot Horizon with noisy tappets and two-tone bodywork (bronze and rust).

FAVOURITE ATHLETES Harold Abrahams, Kenny Dalglish, Simon 'Shinsplints' Towler.

WHICH PERSON IN THE WORLD WOULD YOU MOST LIKE TO MEET Linda Lovelace.

FAVOURITE RACE Three Peaks 1987, because I got a sun tan and beat Russell, Richard, Bod, Rhys, Bob (sorry I couldn't resist that).

LEAST FAVOURITE RACE Borrowdale 1987. How could anyone enjoy a race with Jimmy as your navigator and Simon as your pacesetter.

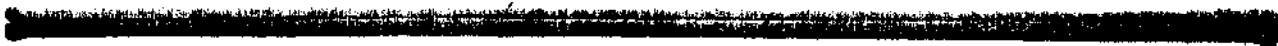
MAIN SPORTING AIM To run a race so well that Jeff actually says 'Well done Andy!' (on second thoughts it would be easier to win a Nobel Peace Prize).

WORST ADVICE YOU HAVE EVER BEEN GIVEN 'Stick with me I know the way round', given by Jimmy at the start of the 1987 Borrowdale Race.

BEST ADVICE EVER GIVEN Never believe a fell runner who tells you he is injured, he's lying.

FAVOURITE BOOKS 'The Complete Tour of Borrowdale Slate Mines' by Jimmy 'The compass' Sheard. 'How to pack a years food into one bum-bag' by S.Towler. 'How to train better and still get a decent divorce settlement' by J.Winder.

Thanks Andy. Next time your editor reveals all!



QUOTES OF THE WEEK

Jeff, on learning various legs of the Pennine Way Relay:-

"Look lads, we've all got two legs."

Rod, on long distance events:-

"I might do that one next year, I'll be a year older next year."

LAMB PAGE

by Mike Mutton

Hopefully the worst of the winter is behind us and with the clocks going forward juniors will be able to get out on the hills on Tuesday and Thursday nights. The Junior Training Times will be:

Tuesday 7.00pm at Mytholmroyd Community Centre

Thursday 5.15pm at Calder High School



I'm pleased to see that since the last edition of Rampage several new juniors have joined the club - so keep telling your friends! Now that you are club members, give your support to the clubs junior races, and the two championships for juniors. See below the list of races which count for the English Junior Championships. The club intends presenting a trophy to the junior who can score the most championship points each season.

March 6th	Chew Valley	3 miles	12-17 yrs.
April 3rd	Kentmere Pike	6 "	U / 18 yrs.
April 24th	Pen-Y-Ghent (3 peaks)	6 "	15-19 yrs.
April 30th	Coniston	4 "	U/15 U/18
May 8th	Sailbeck (Buttermere)	3½ "	U/15 U/18
June 5th	Saddleworth	3 "	15-17 yrs.
June 18th	Buckden Pike	1 "	U / 15 yrs.
August 7th	Latrigg		15-17 yrs.
August 14th	Gunson Knott		10-17 yrs.
August 21st	Sedburgh Hills	9 miles	16-18 yrs.
September	Thieveley Pike	2 "	U / 15 yrs.

Best 7 races from 11 to count for championship. If you wish to register for this championship or need help with transport, please contact Mike.

I'll provide a list of races to count for our own Club Championships after the next committee meeting.

CHEW VALLEY RESULTS

<u>Name</u>	<u>Pos.</u>	<u>EC pts.</u>	<u>Club</u>	<u>Youths Race</u>	<u>Boys Race</u>	<u>Time</u>
Robin Lawrence	1st	22	Bingley	1st	-	23-06
William Styan	6th	15	Holmfirth	-	1st	24-29
Ben Blamires	15th	6	Calder Valley	13th	-	25-43
Sullivan Layton	18th	3	"	16th	-	25-52
Chris Jones	20th	1	"	18th	-	26-13
Mark Anderton	23rd	-	"	21st	-	26-46
Alex Bowden	24th	-	"	-	3rd	26-53
Ian Powell	?	-	"	-	8th	29-26
Chris Britton	?	-	"	-	15th	30-19
Jonathon Fletcher	30th	-	"	27th	-	28-29

CALDER VALLEY JUNIOR FELL RACE RESULTS

<u>Name</u>	<u>Pos.</u>	<u>Club</u>	<u>Age</u>	<u>Time</u>
William Styan	1st	Holmfirth	13 yrs.	33-11
Chris Marney	2nd	Bingley	17 yrs.	34-31
Alex Bowden	3rd	Calder Valley	14 yrs.	37-41
Ian Powell	4th	"	13 yrs.	39-52
Kirsty Dobson	5th	Hyndburn	14 yrs.(1st girl)	41-06
Leahn Parry	6th	Calder Valley	12 yrs.	41-59
Alison Goodwin	7th	Salford Met.A.C.	9 yrs	79-00



← LOCAL
SUPERSTARS
AT THE
"BLUE PIG"

CLUB MEMBERSHIP

An up to date list of the 1988 membership, including addresses and telephone numbers, is included in this issue. There are however, one or two 'stragglers' who have yet to cough up. Please see Russell as soon as possible as the club is now due to pay the subs to the Community Centre, and he will only pay yours if you have paid your CVFR subs. Remember - no subs, no cheap showers!

The associate membership mentioned in the last issue has got off the ground with Mike Bowden's wife, Maura, being our first member. If anyone is interested in joining see Russell for details.

It is hoped that a new membership card will be available soon. We'll keep you posted. If anyone would like a loose copy of the new membership list to keep by the phone, see Bod.

RESULTSHOT TODDY 6 27-12-87

1. Paul Pickup	Longwood	28-40
68. Tim Gauntlett	CVFR	34-42
78. Simon Pierce	"	35-02
253. Mike Bowden	"	42-54
257. John Riley	"	43-12

(340 runners took part)

HOT TODDY JUNIOR RACE 2 miles

1. Damien Beech	Hyndburn(14/15)	10-34
7. Alex Bowden	CVFR	" 11-32
25. Ian Powell	" (12/13)	12-58

(94 runners took part)

BENSON KNOTT FELL RACE 5m/900' 7-2-88

1. G.Wadsworth	Koss.	36-48
25. P.Round	CVFR	41-31
102. C.Greenwood	"	51-20

(128 finished)

CALDER VALLEY FELL RUNNERS ANNUAL CLUB HANDICAP RACE 6m/1000' 30-1-88

1. M.Davies	49-00	20. G.Ridgway	53-26
2. G.Webb (fastest)	41-14	21. R.Sutcliffe	51-58
3. B.Blamires(1st Jun)	49-06	22. R.Horne	52-08
4. P.Daly	43-18	23. P.White	52-16
5. T.Gauntlett	47-35	24. M.Fleetwood	52-35
6. S.Pierce	46-37	25. J.Thistlethwaite	54-34 (1st lady)
7. A.Thompson	47-39	26. I.Powell	53-41
8. R.Crossland	43-51	27. J.Riley	52-04
9. M.Holmes	45-25	28. R.Kift	54-22
10. R.Benn	49-16	29. C.Greenwood	54-00
11. R.Skelton	50-26	30. B.Pierce	57-06
12. R.Kellett	48-18	31. R.Firth	58-33
13. S.Layton	49-49	32. M.Anderton	55-49
14. P.Round	46-22	33. A.Bowden	58-06
15. C.Jones	50-52	34. R.Arrandale	58-19
16. S.Kirkbride(1st Vet)	50-57	35. K.Pierce	62-46
17. P.Regan	49-57	36. M.Bowden	65-31
18. A.Auton	48-02	37. J.Sheard	67-28
19. G.Woodward	50-35	38. J.White	86-01

CLUB CHAMPIONSHIP 1988

The rules are as last year - a points system over 10 races out of the 15 qualifying races. Each runner's best 3 performances in the short, medium and long categories, plus the next best performance, will count towards the championship. Up to 100 points per race can be scored, according to the following formula:

$$\frac{(\text{Number of finishers}) - (\text{Your finishing position})}{(\text{Number of finishers})} \times 100$$

The qualifying races are:

Apr	3	Kentmere	Medium
	9	Pendle	Short
	24	Three Peaks	Long
May	8	Buttermere Sailbeck	Medium
	18	Blackstone Edge	Short
Jun	4	Duddon	Long
	19	Holme Moss	Long
July	6	Stoodley Pike	Short
	23	Turnslack	Medium
Aug	13	Downham	Medium
	21	Sedburgh	Long
Sep	24	Thieveley Pike	Short
Oct	1	Tour of Pendle	Long
Nov	5	Shepherd's Skyline	Short
	27	Winter Hill	Medium

ENGLISH CHAMPIONSHIP 1988

Best four from the following six (at least one in each category).

Apr	9	Pendle	Short
Jun	4	Duddon	Long
	18	Buckden Pike	Short
	25	Blacko	Medium
Jul	9	Wasdale	Long
Aug	14	Ganson Knott	Medium

Northern Counties Athletic Association Fell Racing Championship

The senior and junior championships will be held in conjunction with the Buttermere Sailbeck Race on 8 May.

<u>CALDER VALLEY FELL RUNNERS</u>	<u>MEMBERSHIP LIST</u>	<u>JANUARY 1988</u>
Mark Anderton	Heptonstall	
Russell Arrandale	109 Kershaw Cres, Luddenden, Halifax.	Halifax 883510
Tony Ashcroft	5 Dry Soil, Blackshawhead, Hebden Bridge.	H.Bridge 844032
Chris Ashworth	17 Regal Close, Rishworth, Sowerby Bridge	Halifax 822174
Andy Auton	41 Woodvale Way, Lidget Green, Bradford	Bradford 578493
Richard Benn	860 Great Horton Rd, Horton Bank Bottom, Bfd.	" 735621 (work)
Ben Blamires	'Stavesacre', Sowerby Croft Rd, Sowerby Br.	Halifax 834521
Mike Bowden	Moor End Farm, Steep Lane, Sowerby Br.	" 831249
Kieran Bowden	"	" "
Alex Bowden	"	" "
Christopher Britton	17 Edge Hey Green, Colden, Hebden Bridge.	H.Bridge 844457
Peter Cartwright	30 Glyndon Court, Brighouse.	Brighouse 718275
Steven Cavell	292 Poplar Grove, Great Horton, Bradford.	Bradford 574003
Bob Clare	91 Halifax Rd, Denholme Gate, Bradford.	" 834171
Richard Crossland	144 Hightown Rd, Liversedge, Cleckheaton.	Cleck'tn 861673
Paul Daly	9 Grandsmere Place, Manor Drive, Halifax	Halifax 67812
Tim Daniel	2 Providence Hill, Stainland, Halifax.	" 76045
Martin Davies	9 Holme Terrace, Mytholmroyd.	" 885185
Jamie Donnelly	Wesley House, Cragg Vale, Mytholmroyd.	" 885085
Jarrold Emsley	Clarence Hotel, Lister Lane, Halifax.	" 63266
Richard Firth	46 Newlands Road, Norton Tower.	" 45420
Mike Fleetwood	10 Shaw Lane, Oxenhope, Keighley.	Haworth 42348
Paul Frechette	Spa House, Cragg Vale, Mytholmroyd.	Halifax 882619
Tim Gauntlett	27 Bridge End, Mill Bank, Sowerby Bridge.	" 822073
Carl Greenwood	17 Hill Crest, Hebden Bridge.	H.Bridge 844101
Malcolm Holmes	Selby	
Bob Horne	8 Bramley View, Lightcliffe, Halifax.	Halifax 201269
Brian Horsley	2 Netherlands Ave, Halifax Rd, Bradford.	Bradford 600651
James Hunt		
Chris Jones	29 Banksfield Cres, Mytholmroyd.	
Richard Kellett	16 Hope Street, Shelf.	Halifax 202923
Rhys Kift	'Clunters', Cragg Vale, Mytholmroyd.	" 883634
Stephen Kirkbride	11 Mountfields, Lightcliffe, Halifax	" 203338
Dave Langmead	Bluebell Lodge, Lower Mill Bank, Sowerby Br.	" 822936
Sullivan Layton	2 Fairview, Woodtop, Hebden Bridge.	H.Bridge 843863
John Marshall	25 Lee View, Lee Mill Road, Hebden Bridge.	" 844589
Leahn Parry	2 Oxford Terr, Scout Road, Mytholmroyd.	Halifax 885030
Stephen Parsons	9 Booth House Terr, Luddenden Foot, Halifax.	" 882969
Simon Pierce	6 Club Houses, Old Town, Hebden Bridge.	H.Bridge 842240

MEMBERSHIP LIST-Continued.

Bernard Pierce	7 Old Town Cottages, Hebden Bridge	H.Bridge 842377
Kay Pierce	" "	" "
Ian Powell	16 Rose Grove, Hebden Bridge	" 842455
Trevor Redmond	33 Bramley Lane, Lightcliffe	Halifax 206517
Peter Regan	11 Church Lane, Mount Pellon, Halifax	" 55243
George Ridgway	Trough Farm, Stocks Lane, Luddenden	" 884756
John Riley	4 Lower Hathershelf, Ludenden Foot	" 882855
Richard Rowlands	1 Under Cragg, Charlestown, Hebden Bridge	H.Bridge 843038
Peter Round	3 Crimsworth Terrace, Hebden Bridge	" 842713
Jimmy Sheard	54 Kershaw Crescent, Luddenden	Halifax 884764
David Shepherd	7 Smithwell Lane, Heptonstall	H.Bridge 843030
Damian Sirmond	18 Sackville Street, Hebden Bridge	" 843131
Steve Skelton	9 East View, New Road, Luddenden	Halifax 885485
Robin Skelton	1 Crimsworth Terrace, Hebden Bridge	H.Bridge 844856
Dave Smith	18 Rothwell Mount, Savile Park, Halifax	Halifax 64818
John Smith	81 Oakleigh Road, Clayton, Bradford	Bradford 883431
Alistair Sowden	Rose Cottage, Cragg Road, Mytholmroyd	Halifax 884860
Rod Sutcliffe	3 High Court, Heptonstall, Hebden Bridge	H.Bridge 845438
Jill Thistlethwaite	Trough Farm, Stocks Lane, Luddenden	Halifax 884756
Andy Thompson	40 Caldene Ave., Low Moor, Bradford	Bradford 676133
Simon Towler	125 Moor Ave., Wibsey, Bradford	" 501957
Duncan Thompson	27 Glenfield Road, Nelson, Lancs	Nelson 63559
Leroy Van Eda	4 Hillside Avenue, Luddenden Foot	
Chris Vaughn	1 Harrow Street, Halifax	Halifax 67930
Diana Vaughn	" "	" "
Anthony Walker	1 Dudley Farm, Beacon Hill Rd., Southowram	" 59393
John Walker	7 Lochy Road, Woodcrest, Bradford	Bradford 606166
Gary Webb	3 Crimsworth Terrace, Hebden Bridge	H.Bridge 842713
Peter White	12 Coiners Fold, Mytholmroyd	Halifax 885728
Jackie White	" "	" "
Jeff Winder	6 Finkle Street, Sowerby Bridge	" 883600
Graeme Woodward	9 Holme Terrace, Mytholmroyd	" 885185
Dave Yates	7 Crimsworth Terrace, Hebden Bridge	" 883213(day)

Also new members:

Dorothy Clarkson	Lacy House, Hebden Bridge	H.Bridge 843620
Peter Horne	67 The Grove, Hipperholme, Halifax	Halifax 205547

EAT TO RUN - OR RUN TO EAT????

The basic diet of an athlete (and we all pretend we're one of those) should not, and need not, differ significantly from that of an 'ordinary' person, except perhaps in calorific requirements. However, miracle ingredients are advertised as being capable of aiding and bettering one's performance. Most of these are harmless and useless, but some of them can be dangerous e.g. taking a megadose of vitamins. With a good and varied diet most people in this country adequately satisfy their nutritional needs. The problems to watch out for are under-eating and over-eating, both of which can affect performance adversely.

PROTEIN should account for about 12% of calorie intake, equivalent to 50-120g of protein daily. It is best to avoid fatty sources by eating lean meat (if you cannot give it up!) pulses and fish as the main sources. Exercise does not increase protein loss but strenuous dieting can, particularly very low calorie diets like the Cambridge diet, which can lead to a reduction in muscle bulk. Protein supply and utilisation is rarely a problem in this country.

FAT should be limited to approximately 30% of calorie intake, the bulk of which should be from vegetable (polyunsaturated) fats. Fat is used only in aerobic exercise. The fitter an athlete, the more capable he is of using fat as a source of energy. This is one of the reasons why people who exercise regularly tend to lose weight or stay lean.

CARBOHYDRATES should account for 50-60% of calorie intake, preferably in the form of unrefined carbohydrate, such as bran-containing foods, wholemeal bread, brown rice etc. as opposed to cakes, biscuits, chocolate and all the other things you like. (A healthy diet keeps you regular but sometimes with some unwanted side-products!)

Carbohydrate is the main source of fuel in exercise. It is stored in muscle and liver as a chemical called glycogen. These stores act as a reservoir of energy to be used during bouts of strenuous activity. During strenuous activity the glycogen reserve may be fully used up. This is when fat stores are mobilised to allow exercise to continue. The fitter the athlete, the easier the change from one source of energy to another becomes. Some people find the changeover difficult, one reason for hitting 'the wall' during a marathon and presumably for bonking!

Using fat as an energy source is not as efficient as using carbohydrate sources and performances are not as good. It takes a few days to rebuild muscle glycogen stores after a long race or severe exercise. This is a good reason to rest after a hard run or to take a day off before a competition.

VITAMINS & MINERALS The use and abuse of vitamins is a topic in vogue. The exponents of megadoses of vitamins are vociferous. If one tablet does you good, they argue, ten tablets are even better. However some vitamins are dangerous in overdosage e.g. vitamin B6. Besides, they are expensive when they come in bottles.

A word about a few of the more important vitamins, with their RDA - recommended daily amounts.

Vitamin B The B group are involved in muscle activity. Supplements have not been shown to increase performance unless an athlete suffers from malnutrition.

B1 = thiamine. RDA = 1mg. In cornflakes (33g - 0.6mg), wholemeal bread (100g - 0.37mg)
Also meat, potatoes, Marmite.

B2 = riboflavin. RDA = 1.3mg. In liver (100g - 4.6mg), cheese (75g - 0.38mg)
Also milk, wholemeal bread.

B3 = niacin. RDA = 15mg. In chicken (100g - 5.9mg), cereals (30g - 5mg)
Also pulses, beans.

B6 = pyridoxine. RDA = 2.2mg. In wheatgerm (100g - 95mg), bananas (100g - 0.51mg)
Also yeast, eggs, wholegrain cereal.

B12 = the vitamin that vegans can lack. Too little leads to a form of anaemia. The estimated RDA is 3mcg. Good sources are liver (100g - 54mcg), white fish (100g - 2mcg), eggs and milk. Marmite is a good non-animal source.

Vitamin C Fruit, fruit and more fruit. The RDA is 30mg. Easily obtained by eating a few oranges, grapefruit or leafy vegetables. There are scientists who swear that large doses protect you from colds. However most excess vitamin C intake is probably flushed down the loo!

Vitamin E is the current favourite of the food faddists. Some studies have suggested it aids muscle performance, others have disputed this. It is abundant in many foods such as oils, milk, nuts and seeds. Deficiency is therefore extremely rare.

Minerals Few of these have RDAs of any accepted accuracy apart from iron (12mg), and calcium (500mg). Iron is involved in red blood cell production. Most people will have an adequate intake from eggs, liver, and beans. Lack of iron can lead to another form of anaemia, though this can also be caused by chronic blood loss as well as diet. Calcium is a key constituent of bones and teeth. Again most of us have a good supply from milk, vegetables and enriched bread. The role of other minerals such as zinc, copper and magnesium is not as clear.

DIET & TRAINING As we all know long runs can be sweaty. Up to 8% of body weight can be sweated away during a marathon, despite drinking stations and their proper use. Dehydration leads to poor performance and may cause collapse due to abnormal rises in body temperature. During a run it is more important to replace the water lost rather than the salt. Therefore simple, unadulterated water is the best thing to drink. If glucose containing solutions are used, it is important for them to

be fairly weak as a strong sugar solution in the stomach prevents the absorption of water. If dehydration is unlikely to be a problem, small amounts of carbohydrate should be taken during a long run as a steady source of energy. Most runners underestimate the amount of water they require. You never feel as thirsty as you are. It is not a good idea to eat a large meal less than 3 hours before a run. Blood will be diverted from the muscles where it is needed, to the stomach to aid digestion.

GLYCOGEN LOADING is a dietary manipulation used to increase muscle glycogen stores and enable an athlete to continue to run on carbohydrate supplied energy, longer. The classical form of this is depletion followed by loading. About a week before a race, protein is almost exclusively eaten for three days. Two to three days pre-race the diet is switched to almost exclusively carbohydrate. This loading can cause water retention and does not always work. It can be modified by not depleting first and just piling in the carbohydrate two or three days pre-race. But be warned, if you are not used to this kind of diet, you may find it hard going. It is only of benefit to really fit athletes.

JILL THISTLETHWAITE

Club Photograph

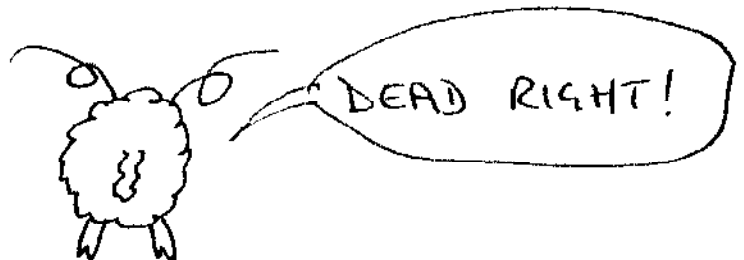
It has been proposed that we have a club photograph taken. A professional photographer would be used and we would all wear club strip. A date will be set in due course and it is hoped that all members will be able to be there. Watch this space for further developments!

Calderdale Way Charity Run

The run held on Feb. 7th was a great success. Seven runners finished the route. These were, Paul Daly and Richard Rowlands in 10hrs 2mins, followed a minute or so later by Andrew Wimpenny and Keith Midgley. Next came John Riley and Rhys Kift in 11hrs 55mins. Finally about 20 minutes later young Ben Blamires (now famous iron-man) landed. Richard would like to thank everyone who helped in any way, especially the back up team, and not least all who sponsored the runners. The money is still coming in and the final figure will be announced in the next issue of Rampage.

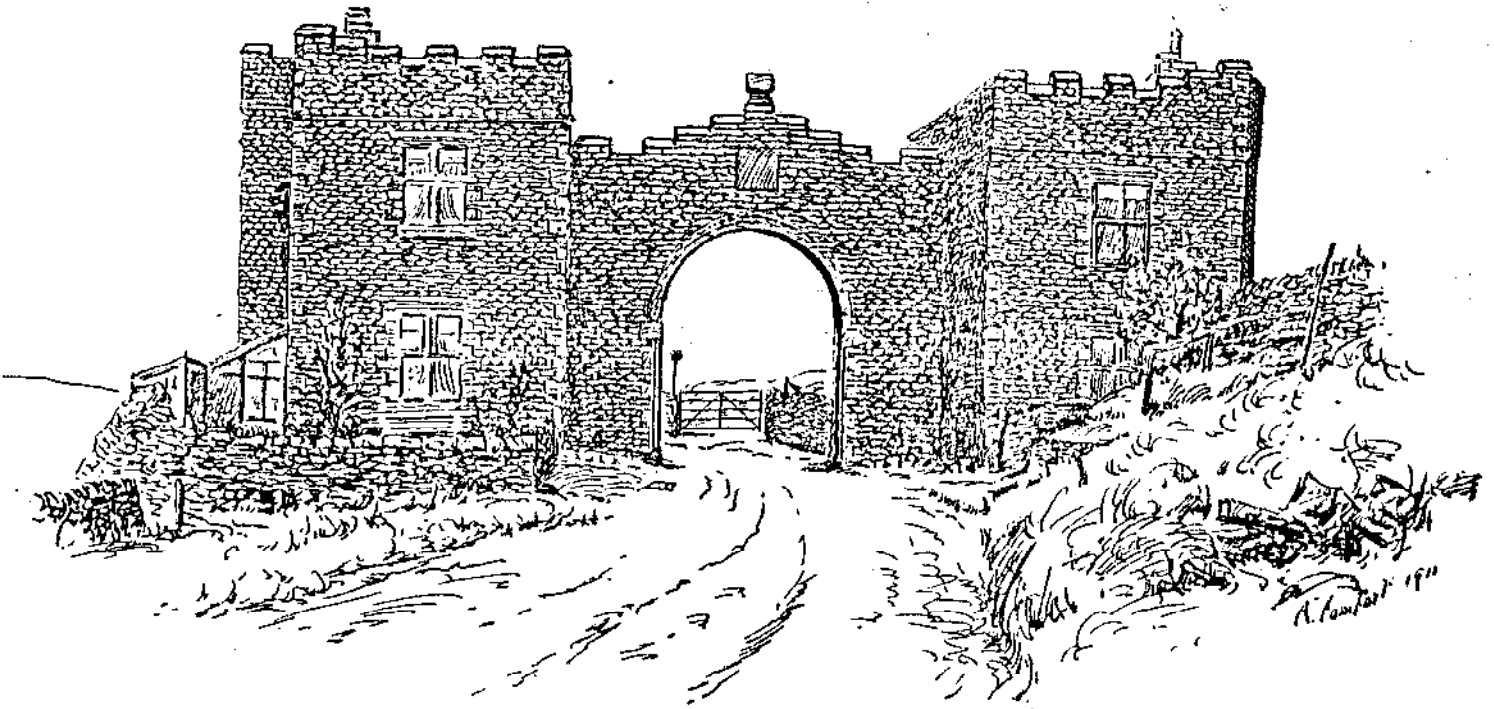
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THOSE OF 'RAMSBOTTON'



OTHER EVENTS

April 17th Sun	Elland Park Woods	Orienteering	Entry OD
23rd Sat	Calderdale Hike	Long Dist. Walk/Run	27m or 39m PE Apr 14
May 4th Weds	Combs Hill 5.25	Road Race	5.25 miles PE Apr 29
8th Sun	Holme Valley Jamboree Walk.	Long Dist. Walk/Run	26m PE May 1
10th Tues	Trailblazer 7	Road Race	7m PE + OD
21-22	Fellsman Hike	Long Dist. Walk/Run	61m PE Mar 28
28-30	White Peak 100	" "	100m PE May 1
29th Sun	Marsden Moors	Orienteering	Entry OD
30th Mon	Honley Old Wood	"	"



Hsight Lodge.

STOP PRESS: Capricorn 2day Mountain
 Orienteering Competition.
 Change of date. Now July 16/17

FIXTURES

Date	Cat	Race	Dist/Climb	Entry
Apr 2nd Sat	BS	Rivington Pike	3.5m/700'	OD
3rd Sun	BM	Rossendale Fells	13m/2700'	OD
	AM *	Kentmere Horseshoe	12m/3300'	OD
9th Sat	AS *	Pendle (English Champs.)	4.5m/1500'	OD
16th Sat	CM	Wardle Skyline	7m/1000'	OD
24th Sun	AM	Kinder Downfall	10m/2150'	OD
	AL *	Three Peaks Race	23m/4500'	PE Mar 26
30th Sat	AM	Coniston	9m/3550'	OD
May 2nd Mon	BS	Penistone	6.5m/1055'	OD
	BS	Beacon Hill	1.5m/500'	OD
8th Sun	AM *	Buttermere Sailbeck	9.4m/3700'	OD
	BM	Darwen Moors	11m/1800'	OD
12th Thur	AS	Simon's Seat	3.5m/1200'	OD
13th Fri	CS	Pinhaw Moor	5m	OD
14th Sat	BS	Belmont Winter Hill	4.5m/1000'	OD
18th Wed	AS *	Blackstone Edge	3.5m/1200'	OD
22nd Sun	AM	Fairfield Horseshoe	9m/3000'	OD
28th Sat	AL	Bens of Jura	16m/7500'	PE May 7
	BM	Hutton Roof Crags	7m/1300'	OD
29th Sun	CS	Great Hameldon Hill	6m/900'	OD
30th Mon	CM	Bentham Gala	10m/800'	OD
Jun 2nd Thur	BM	Clitheroe	6m/1250'	OD
4th Sat	AM	Pen-Y-Ghent	5.5m/1500'	OD
	AL *	Duddon Valley (English Champs.)	20m/6000'	OD
5th Sun	BS	Two Lads Race	4m/800'	OD
	AS	Saddleworth	3m/950'	OD
11th Sat	AL	Ennerdale Horseshoe	23m/7500'	OD

* CVFR Club Champs.