



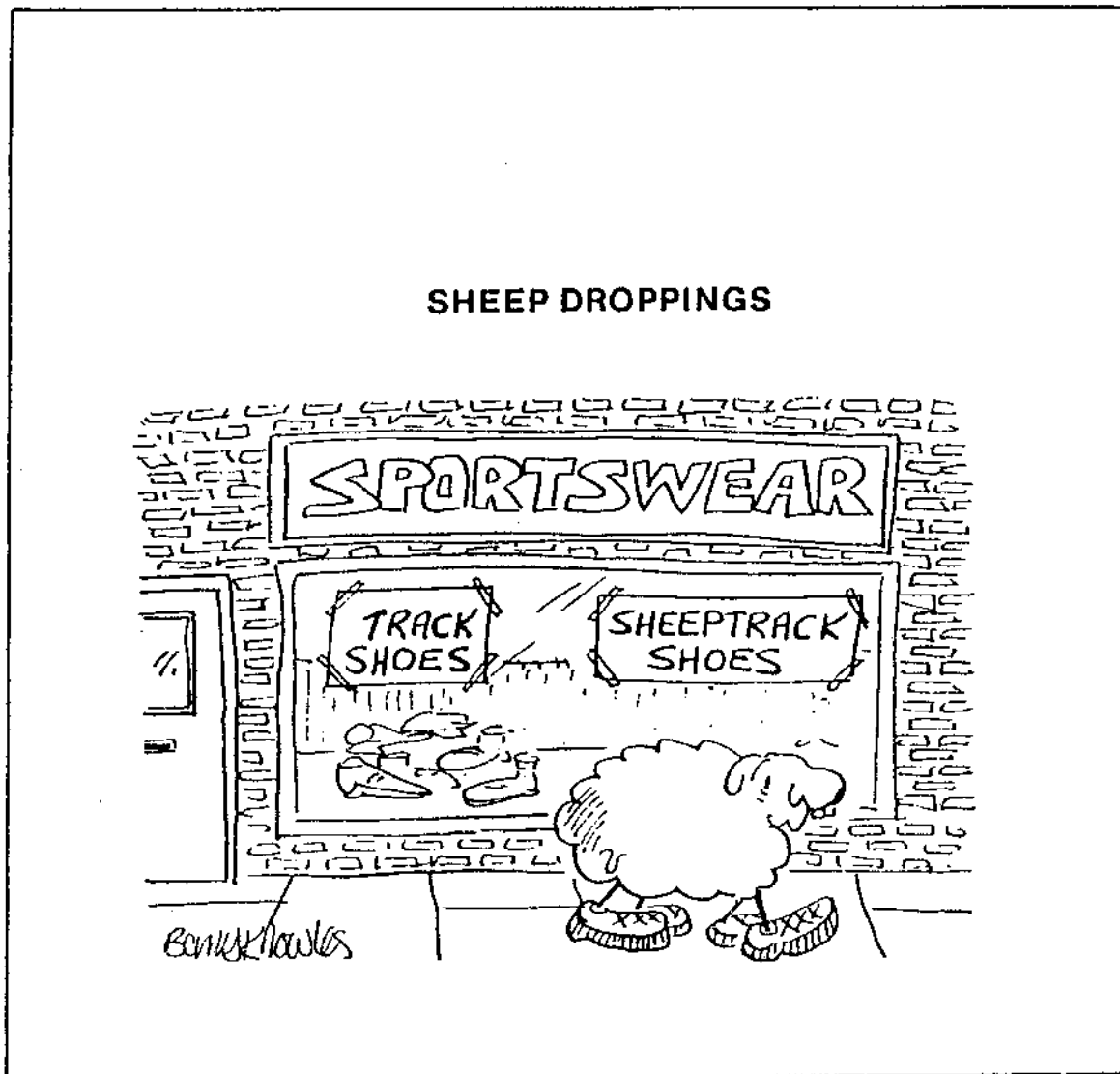
RAMPAGE

CALDER VALLEY
FELL RUNNERS

ISSUE 7

SEPTEMBER 1988

SHEEP DROPPINGS



LOOK OUT FOR MORE 'SHEEP DROPPINGS' INSIDE (REPRODUCED WITHOUT KIND PERMISSION OF BARRY KNOWLES) PLUS A WHOLE LOAD OF RUBBISH BESIDES!!!

Editorial

What a long wet summer we've had, and what a long wait for Rampage No.7 please accept my apologies for the delay, (normal service will be resumed as soon as possible).

As we look towards the end of the season and the prospect of wet, dark road training we might get a cold shiver down the spine, but never fear, there are still some great events to look forward to. The 'biggy' for some of us is the Karrimor International Mountain Marathon, a two day, two man mountain navigation event that is a real challenge. There are still one or two classic races to come, the Langdale Horseshoe in the Lakes, the Tour of Pendle, Winter Hill, and loads of superb short races to keep you sharp.

Soon we shall have to be thinking about picking teams for the ever popular Calderdale Way Relay (Sun. Dec.11th.). We will certainly be putting two teams in, possibly three. In the mean time lets have more articles for the magazine, especially from those of you who can read and write (no reflection on previous contributors) and between us we'll get another Rampage out before Christmas!

(Copy date November 5th)

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	

FANCY A WEEKEND ON THE NORTH YORKSHIRE MOORS?

Hutton-le-Hole is a small village on the North Yorkshire moors. When I first went there as a youngster there was a water splash at the entrance to the village and on approaching I would encourage my father to drive through it at speed. One year Dad duly obliged and put his foot down. Unfortunately though the stream was in flood and when we hit the water it was just like hitting a brick wall. No real damage was done and it just resulted in Pater getting a load of earache for a couple of hours, nothing changes does it? The water splash has gone now but much of the village remains as I remember it from those days, a lovely little place that has won many awards for best kept village and the like.

'Barmore' is on a hillside looking down on the village. It is a really large house with 22 bedrooms, 2 bathrooms, a shower, large lounge, dining room, and kitchen, and there are also large gardens. It is owned by the Quakers who let it out to groups of disadvantaged people or those with disabilities. However, if the house is not booked by these groups then they are only too pleased to let other people use it, better that the house is occupied and heated than standing empty.

The house is usually booked solid in the summer months, but from November to March it is possible to get a weekend. My mother and father go with a group of friends they met whilst Scottish dancing. They take all their own food, with one person being responsible for bringing the meat, usually a joint of beef, and others bringing sweet stuff and so on, and they all have a real slap up meal. They go for walks in the daytime and dance in the evening.

To book the house anyone interested must submit the dates they would like the house for on the first of October. A committee then sits and sorts through the applications giving priority as mentioned earlier. Hopefully they would send us one date when we could go. To make it viable we would need at least 16 people though there is no limit to the number who can go, within reason. If loads of us want to go then the men will have to share rooms. Children are also most welcome.

So give it some thought and let me know if you would like to go. I realise it is difficult not knowing the actual date, but it would possibly be around November 1989 so at least it avoids holidays and races. The cost is also difficult to work out. There is a fixed charge up to the first 15 or so then every other person is charged £1-50. When my parents went last November there were 16 of them and including food the bill came to £20 each.

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Committee Notes

Much of what has been discussed in recent committee meetings is now history but here is a summary of some items discussed.

C13 Wednesday 6th April, 1988

PENNINE WAY RELAY RECORD ATTEMPT. Planned for the summer.

BOB GRAHAM ROUND . Attempt part planned by Steve Skelton and John Riley for the summer.

CALDER VALLEY FELL RACE. This produced a profit of about £95.00.

RACE ORGANISATION. Jeff Winder has written job descriptions for the various jobs involve in organising races. He suggested that each race organiser should set up a file containing the necessary information for that race.

LONDON MARATHON ENTRIES. The club is to apply for the guaranteed entries to which we are entitled as a AAA affiliated club.

C14 Wednesday 15th June, 1988

BRITISH ATHLETIC FEDERATION PROPOSALS.

The three A's have produced a plan for an athletic federation to act as a single governing body for British athletics. the southern counties AA proposed an amendment, which they FRA recommended us to support, since it gave the FRA direct representation on the BAF. It was decided to vote for the southern counties amendment.

JUNIORS

There was continuing concern about our responsibilities towards juniors and to what extent we should cater for them. Possibility of several members attending instructors courses was to be investigated.

ORIENTEERING VIDEO

Club to attempt to obtain this to show at a club evening.

C15 Thursday 28th July, 1988

WIDDOP FELL RACE

There were 220 entrants and a profit of £70.00. John Riley said there needs to be a limit of 200 entrants next year and therefore proba' pre -entry.

Committee notes cont.....

C16 Thursday, 1st September, 1988

PENNINE WAY RELAY

The possibility of repeating this next year was considered. The possibility of a challenge race against Halifax Harriers will also be considered.

CLUB EVENINGS

Jeff Winder to organise a session in the community centre on the first Tuesday of every month. A general discussion followed about the development of the club this year.

MYTHOMROYD COMMUNITY ASSOCIATION COMMITTEE

The club has been invited to have a representative.

MYTHOLMROYD COMMUNITY ASSOCIATION COMMITTEE

Alister Sowden has agreed to represent the club.

CIRCUIT TRAINING

A girl's gym at Calder High is available and has been booked provisionally 6.30 to 8.00 p.m. After discussion it was agreed to change this to 8.00 to 9.30 p.m.

CLUB DEVELOPMENT

Rhys Kyft suggested that over the next year we "slow down" and consolidate and improve on what we have already achieved. It was felt there was a danger of us taking too much on and losing enthusiasm. The committee agreed.

CLUB FINANCES

The present club assets are £530.00, including £450.00 cash in the building society. Jim Sheard felt that a buffer of about £500.00 was needed for a club of our present size.

CLUB VESTS

We have again run out of large vests. It was decided to wait until there was a demand before ordering more.

RAMPAGE

John has been unable to get this published but is now working on it and it is "nearly ready".

BARBECUE AT TROUGH FARM.

This was agreed to have been a great success. Rhys offered a similar one at Cragg Vale next spring.

THE MAMORES RIDGE - ELEVEN 'MUNROS' IN ONE DAY (5.8.87)

Whilst on holiday last summer in Glencoe, staying at a centre near Ballachulish, I was surprised to find another runner staying there who hailed from Hebden Bridge. It was Ian Clarkson, local hard man, and extremely fit. As the week progressed he suggested an attempt on the Mamores Ridge. There was a book at the centre called the Mamores Book containing horrendous accounts of various attempts at the ridge, mostly failures, successful attempts taking an average of 18 hours though some took 24 hours plus.



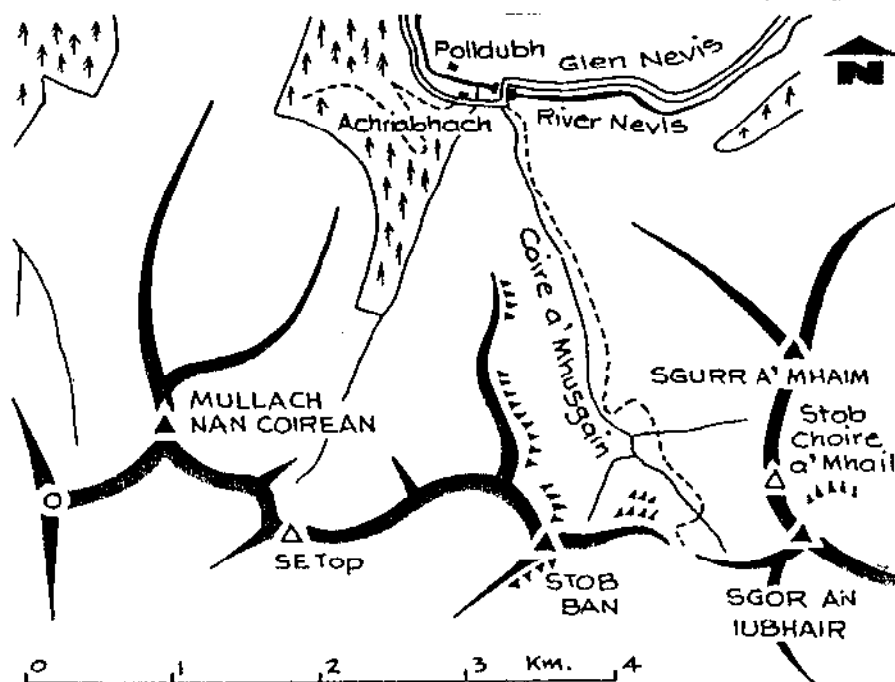
Stob Ban from the east, with Mullach nan Coirean beyond

We set off at 7.10 am from just outside Fort William enjoying a glorious morning. The first climb was to Meall a Chaorrainn at 910m. We then followed a superb runnable ridge taking in Mullach nan Coirean (939m) and round to Stob Ban (999m).

Stob Ban is a superb mountain, its peak is made up entirely of quartz and appears white - Stob Ban means light coloured peak. The weather was magnificent and the whole series of ridges could be seen miles into the distance.

We then headed for Sgurr a Mhaim (1098m) stopping at a small lochan for a well deserved drink. There is little water on this route because it is all at vrey high level. On this section we had to traverse the notorious Devils Ridge twice, on the way to the summit and back the same way on to Sgurr Iubhair (1001m). The next peak was Am Bodach (1032m). Then we headed for the superb ridge of An Garbh-anach (985m), where I saw an Eagle at close quarters, a magnificent spectacle.

Next we had to reverse the ridge back to Na Gruagaichean (1055m) and set off for the





On the ridge between An Garbhanach and An Gearanach, looking towards Ben Nevis

Start - roadside - Blar a Chaorainn	7.10 am
Meall a Chaorainn	8.03 am
* Mullach nan Coirean	8.11 am
* Stob Ban	8.45 am
* Sgurr a Mhaim	9.30 am
* Sgurr Iubhair	9.55 am
* Am Bodach	10.12 am
* Stob Coire a Chairn	10.38 am
* An Garbhanach (An Gearanach)	11.00 am
* Na Gruagaichean	12.02 pm
Sgurr Eilde Beag	12.17 pm
* Binnein Mor	12.27 pm
* Binnein Beag	1.19 pm
* Sgurr Eilde Mor	2.13 pm
Loch Eilde Mor (S.W. end)	2.50 pm
Kinlochleven	3.30 pm

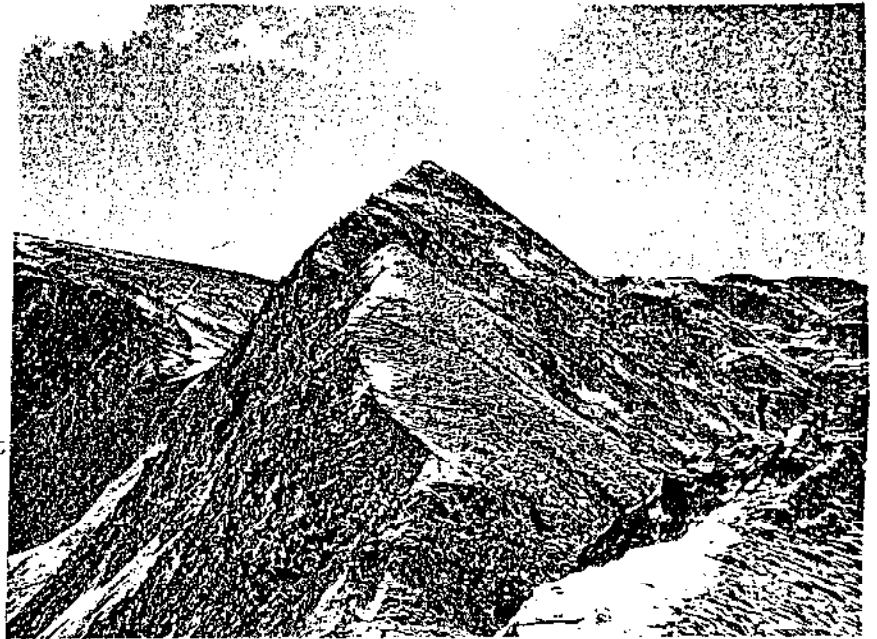
TOTAL 8hrs 20mins



Sgurr Eilde Mor above Coire an Lochain

long sweeping ridge round to Binnein Mor (1128m). We were then faced with a long descent and a stiff climb up to Binnein Beag (940m). Binnein Beag is a remote conical shaped mountain separated from the rest of the Mamores and it takes a lot of willpower to include it.

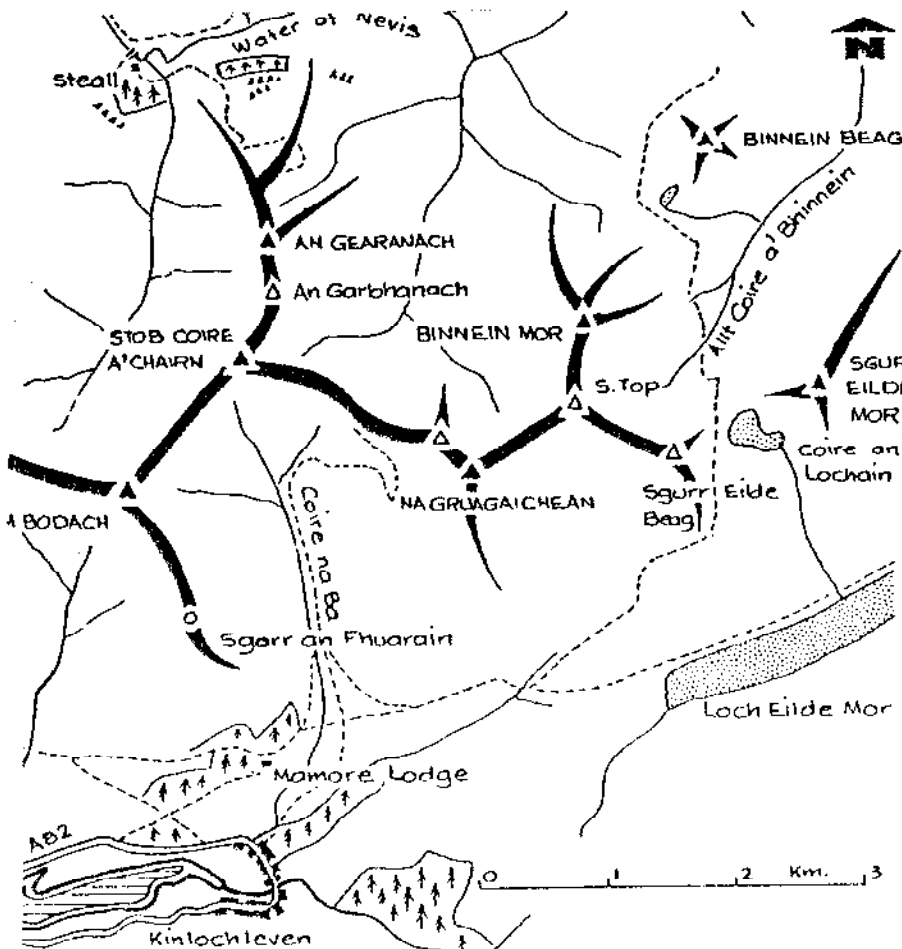
The next section was a long run accross country to an even more remote, detached, mountain Sgurr Eilde Mor (1008m). This was our last peak and one of the toughest. We were making good time at this point so we shot straight off down a long descent to Loch Eilde Mor.



Looking along The Devil's Ridge from Sgurr a' Mhaim to Stob Coire a' Mhail

On reaching the S.W. end of the loch we checked our watches and recorded a time of 7hrs 40mins. Ian was not content with that, he wanted to time us into the town at Kinlochleven. I followed him into the town some 5 or 6 miles, eyeballs out, to record an overall time of 8hrs 20mins.

Some local mountain runners we met later in the bar suggested it was a very good time and may well be a record. We had perfect conditions which contributed to the



good time. These mountains are treacherous in poor weather which is most of the time. This was one of the best days I've had in the mountains traversing what is a magnificent series of ridges. Anyone visiting Scotland must try this route, our times are there to beat.

We had covered about 24 miles and 10,000' of climb and eleven Munros. Times as follows:-

(N.B. Munros are marked thus *)

RHYS KIFT

A wee jog in the hills!

- Do you;
- 1) like the dreaded Scots midge?
 - 2) crave for Tennants lager?
 - 3) can't wait for days of driving rain and mist?
 - 4) think the Wasdale is a fun run?
 - 5) enjoy 3000' climbs at an angle of 40 degrees?

Well, if the answer is yes, then read on.....

Somewhere in the remote far north there is a legend of a wizard that changed five frustrated sisters into beautiful mountains because they couldn't find the men of their dreams. (Obviously real men didn't wear Washes and smelly Helliess then!) Well this wizard couldn't count because there are not only five Sisters of Kintail, there are twenty! The ridges to the north and south of Glen Shiel form a massive horseshoe of superb steep peaks linked by thin ridges with great views into Skye Torridon, Lochaber and wildest Knoydart.

How about a challenge??? How about getting out the map of Loch Alsh and Glen Shiel (OS map No 33 1:50,000) and tracing the route from Shiel Bridge campsite over the mountains to the north of the valley:

Sgurr nan Saighead
 Sgurr Fhuran
 Sgurr nan Carnach
 Sgurr nan Ciste Dubh
 Sgurr nan Sparteach
 Saileag
 Sgurr a Bhealaich Dheirg

and down to the Cluanie Inn and then westwards along the south valley side;

Drumm Shionnach
 Auonach an Crith
 Maol Chin Deareg
 Sgurr an Doire Leathain
 Sgurr an Lochain
 Creag nan Damh
 Sgurr a Bheg Chaolais
 Sgurr nan Sgine
 The Saddle
 Spidean Dhomhuil Bric
 Sgurr Leac

Cont.....

and then down to the campsite at Shiel Bridge. Now for the challenge, pronounce that lot! That little lot is 33 miles long and 17,000' of ascent! And thats not a typing mistake by Bod! (No its not- Ed.) Anyone fancy having a go at running it and setting a record?

*

The best date seems to be the last Saturday of the September break, thats the 17th, to give people a chance to get up there and back; its about two hours past Fort William.

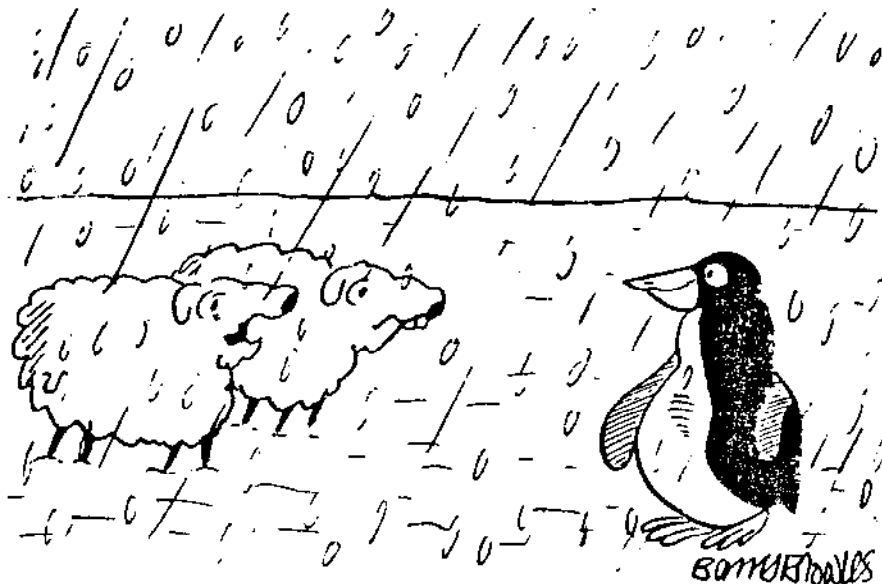
A lot of the route is very steep and rocky, the only flattish running being on the South Cluanie ridge from the Cluanie Inn, and at the very end, to the finish. There are some ascents and descents that are among the steepest of any mountains in Scotland, and one ridge, the Forcan Ridge, which is harder than Crib Goch on Snowdon (i.e. much harder than Striding Edge) may be avoidable.

So, if anybody fancies a go at it get in touch and I'll organise it. I have lots of photos of the area so if anyone wants to see them to see whats involved, just pop round. You never know we might even re-incarnate those five frustrated sisters!

Graeme.

* Challenge deferred till Spring 1989 - Ed.

SHEEP DROPPINGS



"There! I told you we'd strayed a bit off course ..."

EAT DRINK AND BE MERRY, MAYBE!!!!

It has been on my mind every since the 3 peaks to write an article about the need to eat and drink on the long races. After I found out some people went to Wernside with-out a drink, and some went without eating. It is possible I think to do this without eating, although you are probably doing yourself a dis-service in the last 20 minues of the race.

Drinking, however, is vital if you are to maintain a good work rate. One hour 10 minutes is probably about the maximum you can expect to go without a drink. Again you would most likely benefit from a small drink at the 30 minute stage. So if you agree, we need to eat and drink, how much, when and where, and what do we eat and drink for the best results?

As usual it is never simple, what does for one does not do for someone else, so all I can tell you therefore, is what I do and what I think will help you.

BEFORE THE RACE

Eating

I have never tried Carbo loading, as per book, but a number of people do, with great success. My idea before a Wasdale, is to; from Monday eat 2 bananas a day this is to make sure I'm full of Potassium and the salts. Monday to Wednesday I eat normal, maybe a little less. So as not to put on wight when I have reduced any training. Thursday I will start eating a good deal more, nothing sweet just good wholesome food, Friday I will eat all day, Bread, Pasta, Potatoes, Banans, Rice Pudding, Rice Extracts. As a guide, if I do not feel full I eat some more until I do. I think it is better to eat a little all day than a massive meal at tea time.

RACE DAY

Eating

Depending on the amount of time from getting out of bed, until the race depends on how much I eat. I will have a good breakfast, lots of toast (no jam, sugar uses sugar already in the body to create insulin). If I am driving to the race I will eat a chees and banana sandwich about two hours before the start.

Drinking

I have tried most drinks before a race including Complian, all the Carbo loading drinks and I have found the best for me is pure water. I find I can get up to two litres of water inside me during the two hours before a race. I stop drinking in the last 15 minutes before the race. It makes you 'pee' a lot, although the Billy Bland guide is to make sure your 'pee' is pure white. If not get some more fluid down yourself

Continued.....

The Race

If you have trained hard and gone around the course it seems daft to let yourself down by not preparing properly before the race.

I carry a water bottle at my side so it is at hand. I have been bonking many times and felt sick, the effort required to get food and water out of my 'bum bag' seemed too great so I left it until later, later I felt worse, so I left it till later; later I died!!

So make life easy, I use two troll pouches on my belt pinned to my shorts for comfort, one for food, one for drinks and my cagool, giving easy access to both food and water.

Have a race plan, where you intend to eat and what where you intend to get your bottle filled.

I usually start drinking on the first climb or after 15 minutes, but never later than 20 minutes.

What to Drink

This is a funny one, because everyone is different, If you have no problems with cramp then the new saches Dave Smith is selling in banana flavour are very good. They are easy to carry and use, they also are stacked full of sugar extract, so feed you as well. If cramp can be a problem use XLI or some electrolyte drink which does not make you feel sick..

XLI does for me but stamanade does not, so play about on your training runs and find one which is Okay for you.

Salt tablets are also useful, if you are full of Potassium, as salt pinches Potassium to convert itself. Potassium tablets are again useful but make me feel sick, so again you must experiment.

After saying all this, the secret what ever you decide to drink, is to drink a lot, all the time. The last three peaks I drank 5 pints in the race. When you consider tests done in previous year estimates on average people loose 6lb during the race. Water weighs 11b/pt., therefore, I just about put back what I lost. So drink often every 10 minutes is a good guide, rather than one pint at a time as this can lead to stomach cramps or stitch due to a dehydrated stomach suddenly receiving a large amount of water to sort out.

What to eat

Again personal preference is the thing here. Chocolate mint cake has brought me back from the dead a few times. Although to eat from the beginning of the race tends to make me feel, sick on the later stages. But my last feed is generally mint cake as I feel this is probably about the best instant energy up to around races of 4 hours. Christmas Cake is good, and all the high energy bars on sale, not forgetting the good old jelly babies, which are very easy to eat. If it is cold fudge is very good but when warm very hard to eat. Mars bars are used a lot, but I can never get them down, and have given them up, unless on long events like to Karrimor.

So again try for yourself on your training runs, but the secret is, do not leave it more than an hour before you eat. Eat on the climbs, always at the start of the climb to prevent stitch on the run-off.

It generally takes me from feeling rough, after eating, to finding my legs belong to me again 15 minutes. I have done this so many times now I do not worry, I just suffer the 15 minutes, knowing I'll come round. Because of this I plan my race to eat after around 50 minutes, then every 20 minutes thereafter. It is wise to eat more early on as it is hard to get it down later. The secret is not to get to the bonking state in the first place, but if you see the signs coming on slow down a little and stuff some food inside.

Have some jelly babies with you, since they are around the easiest thing to eat.

Well I hope you have learnt a little from this article and do not have to go through what I went through to find what is right for me. Therefore, instead of thoughts of 'what the hell am I doing here'. EAT, DRINK AND ENJOY THE LAST 20 MINUTES OF THE RACE, MAYBE!!!!!!

JEFF

SHEEP DROPPINGS



"It's not one of our winter casualties - it's a knackered jogger ..."

CHEW VALLEY SKYLINE 13m/2000' 6/3/88

1. W Bland	Keswick	1.46.32
47. R Crossland	C V F R	1.59.49!
54. D Thompson	"	2.01.09
98. P Round	"	2.07.18
188. P Regan	"	2.20.12
207. S Kirkbride	"	2.23.18
250. J Riley	"	2.29.20
349 finished		

CHEW VALLEY JUNIOR RACE

1. R Lawrence	Bingley	23.06
12. B Blamires	C V F R	25.43
15. S Layton	"	25.52
17. C Jones	"	26.13
20. M Anderton	"	26.46
26. J Fletcher	"	28.29
32 finished		

CHEW VALLEY BOYS RACE

1. W Styan	Holmfirth	24.29
3. A Bowden	C V F R	27.13
9. I Powell	"	29.26
15. C Britton	"	30.19
31 finished		

SADDLEWORTH FELL RACE 3m/950' 5/6/88

1. S Hawkins	Bingley	20.01
13. R Rowlands	CVFR	22.09
67. J Riley	"	26.17
76. S Cavell	"	27.13
110 finished		

HOLME VALLEY JAMBOREE WALK 26m 8/5/88

1. J Riley	Calder Valley	4hrs 10mins
146 finished (but only 20 were runners)		

CALDER VALLEY FELL RACE 14m/3600' 13/3/88

1. G Devine	Pud.&Bram.	2.04.29
10. R Crossland	CVFR	2.15.20
12. S. Skelton	"	2.15.57
23. R Sutcliffe	"	2.21.04
26. R Clare	"	2.21.18
46. R Kellett	"	2.32.41
48. R Benn	"	2.33.11
68. J Riley	"	2.42.11
70. P Regan	"	2.43.32
91. J Sheard	"	2.54.02
96. D Langmead	"	2.56.44
99. J Thistlethwaite	"	2.57.54
100. T Gauntlett	"	2.58.26
105. S Cavell	"	3.00.54
106. B Horsley	"	3.01.31
108. M Fleetwood	"	3.02.28
109. R Arrandale	"	3.02.55
117. T Redmond	"	3.11.59
126 finished		

CALDER VALLEY JUNIOR RACE

1. W Styan	Holmfirth	33.11
3. A Bowden	CVFR	37.41
4. I Powell	"	39.52
6. L Parry	"	41.59
7 finished		

BUCKDEN PIKE 4m/1500' 18/6/88

1. C Donnelly	Eryri	30.51
24. G Webb	CVFR	33.56
52. R Rowlands	"	36.13
77. M Holmes	"	38.11
140. R Kellett	"	41.09
172. J Riley	"	43.08
176. M Fleetwood	"	43.14
219. S Cavell	"	45.47
240. R Arrandale	"	48.20
242. G Spencer	"	48.47
260. R Benn	"	50.29
268. M Pimlott	"	54.21
272 finished		

WARDLE SKYLINE 7m/1000' 16/4/88

1. J Hornby	Spen.	40.39
19. J Winder	CVFR	46.16
22. D Thompson	"	46.25
61. S Skelton	"	49.34
102. T Gauntlett	"	51.34
137. A Sowden	"	53.27
177. R Arrandale	"	55.16
184. J Sheard	"	55.37
185. J Riley	"	55.38
228. D Langmead	"	58.15
284. M Bowden	"	64.53

308 finished

FAIRFIELD HORSESHOE 9m/3000' 22/5/88

1. S Livesey	Ross'dale	71.26
45. R Crossland	CVFR	82.47
73. M Davis	"	85.59
164. P Horne	"	92.42
176. R Kellett	"	93.50
184. A Thompson	"	94.43
228. J Riley	"	97.40
239. P Regan	"	98.19
258. J Sheard	"	99.52
281. T Gauntlett	"	101.24
285. R Arrandale	"	101.40
310. M Fleetwood	"	103.54
350. D Langmead	"	108.17

426 finished

CALDERDALE HIKE 23.4.88 39miles

1. D. Ibbetson	Glossop	5hrs 14mins
3. K. Midgley	Halifax	5hrs 30mins
4. P. Daly	"	5hrs 30mins
6. A. Wimpenny	"	5hrs 36mins
23. J. Riley	CVFR	6hrs 25mins
R. Kift	"	Retired(wimp!)

WIDDOP FELL RACE 7m/850' 27/7/88

1. M. Prady	Glossop	44.25
12. D. Thompson	CVFR	47.48
27. R. Rowlands	"	48.34
41. R. Crossland	"	52.04
46. S. Pierce	"	52.12
49. R. Sutcliffe	"	52.30
58. M. Anderton	"	53.22
81. B. Horsley	"	54.28
85. J. Marshall	"	54.42
92. A. Thompson	"	55.35
101. M. Fleetwood	"	56.32
104. J. Riley	"	56.47
118. D. Shepherd	"	57.35
119. S. Towler	"	57.37
122. C. Peart-Binns	"	58.00
131. C. Jones	"	58.30
140. S. Cavell	"	58.54
146. C. Greenwood	"	59.12
151. R. Benn	"	59.40
158. G. Spencer	"	61.06
188. M. Bramall-Pimlott	"	65.45

218 finished

WIDDOP JUNIOR RACE 2.5 miles

1. W. Styan	Holmfirth	18.15
12. E. Welham	CVFR	20.35
17. K. Warner	"	28.11
26. P. Coughlan	"	33.33

27 finished

WASDALE FELL RACE 21m/9000' 9/7/88

1 W Bland	Keswick	3.34.33
13 G Webb	Calder Valley	4.03.19
33 J Winder	"	4.20.11
76 J Riley	"	4.58.15
96 S Pierce	"	5.15.47
112 G Woodward	"	5.33.24

153 finished.

BLACKSTONE EDGE 3.5m/1200' 18/5/88

1. S Livesey	Ross'dale	27.12
8. G Webb	CVFR	28.46
22. D Thompson	"	29.51
25. R Rowlands	"	30.17
26. J Winder	"	30.28
36. S Skelton	"	30.48
43. R Clare	"	31.33
46. R Crossland	"	31.39
62. R Sutcliffe	"	32.37
70. C Jones	"	32.53
89. A Thompson	"	33.28
93. T Gauntlett	"	33.44
100. G Woodward	"	33.58
104. B Horsley	"	34.03
111. A Sowden	"	34.20
114. R Kellett	"	34.27
130. B Blamires	"	34.45
133. R Benn	"	34.49
136. P Horne	"	34.53
151. C Ashworth	"	35.18
153. J Riley	"	35.25
155. S Kirkbride	"	35.28
159. R Arrandale	"	35.36
166. M Fleetwood	"	35.50
168. T Redmond	"	35.52
169. P Regan	"	35.54
186. D Shepherd	"	36.28
199. S Cavell	"	36.57
206. D Langmead	"	37.24
209. C Greenwood	"	37.36
237. J Thistlethwaite		40.33
264. M Bowden	"	44.37
275. P Anderson	"	47.39

284 finished

SIMON'S SEAT FELL RACE 3.5m/1200' 12/5/88

1. G Devine	Pud & Bram	24.08
8. G Webb	CVFR	26.02
35. D Thompson	"	28.47
37. P Round	"	28.49
65. R Rowlands	"	30.19
68. C Jones	"	30.30
104. G Woodward	"	32.39
105. J Riley	"	32.41
117. J Sheard	"	33.37
122. D Yates	"	34.07
129. R Benn	"	34.29
130. M Fleetwood	"	34.36
143. D Dunbar	"	35.12
149. R Arrandale	"	35.37
156. C Greenwood	"	36.17
190. M Bowden	"	42.08

203 finished

PENDLE FELL RACE 4.5m/1500' 9/4/88

1. S Livesey	Ross'dale	30.25
14. G Webb	CVFR	32.29
62. D Thompson	"	35.01
228. R Benn	"	39.49
238. P Horne	"	40.06
327. J Riley	"	41.40
341. J Sheard	"	41.54
349. S Kirkbride	"	42.00
388. S Cavell	"	44.14
409. R Arrandale	"	45.00
441. D Langmeade	"	47.09

(Results not complete) 505 finished

MOUNT SKIP FELL RACE 4.5m/1000' 27/8/88

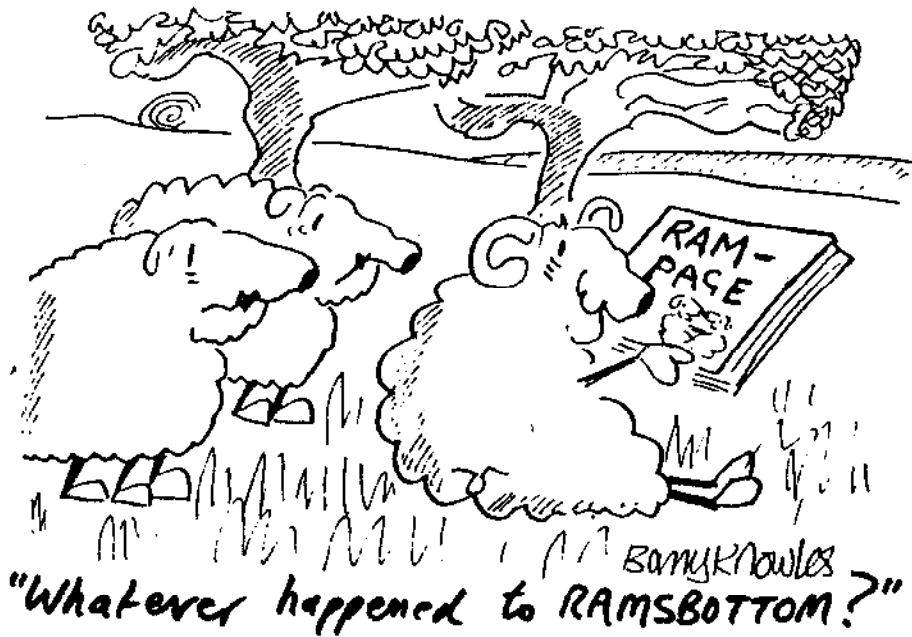
1. T.Parr	Notts A.C.	31.36
6. R.Rowlands	Calder Valley	32.43
7. J.Winder	"	33.18
8. M.Holmes	"	33.32
14. M.Anderton(J)	"	36.11
19. B.Blamires(J)	"	37.03
20. G.Woodward	"	37.22
24. R.Benn	"	38.18
28. C.pearart-Binns	"	39.48
29. G.Spencer	"	40.28
31. S.Cavell	"	40.57
34. P.Regan	"	41.17
39. M.Bramall-Pimlott"		42.40
44. J.Thistlethwaite	" (Lady)	43.58
54. J.Smith	" (Lady)	54.31

56 finished

MOUNT SKIP JUNIOR RACE 2 1/4m/500'

1. J.Pegg	Ross'dale	16.11
2. A.Bowden	CVFR	16.12
3. R.Skelton	"	17.33
8. E.Welham	"	19.12
9. K.Bowden	"	22.45
12. L.Parry	"	22.54
15. C.Nuttall	"	23.50
16. K.Warner	"	26.04
20. S.Tetlaw	"	28.51
21. D.Ayling	"	28.52
22. D.Tetlaw	"	29.08

22 finished



Pennine Way Relay

The 8 stage Pennine Way relay was set up by Holmfirth Harriers in 1985 when they ran the Way in 1985 in a time of 41 hours 29 minutes. When the club's attempt on this record was abandoned this year, it was decided to do the route anyway for those who were interested. David Yates and Gary Webb were keen to make attempts on the records for their legs and in order to enable them to run in daylight, it was decided to start at 10.00 a.m. on Friday morning, 22nd July. This meant that the run was going to continue through 2 nights.

John Riley set off from Edale in reasonable weather and having survived the peak district bogs ran into heavy rain storms as he approached the White House at Blackstone Edge. He did well to complete what is probably the most strenuous stage in 7 hours 19 minutes. Gary Webb set off at a tremendous pace through the heavy showers and caught Rod, his back-up napping in the pub at Loversdale, therefore completing a second half of his run without food and water and finishing in the dark without a torch. In spite of this he still finished within a minute of the record time for the leg.

Rhys Kyft and Ben Blamires set off into what proved to be an awful night of wind, rain and mist and did exceptionally well to complete the leg. They handed over to Dave Yates who, in a tremendous run, reached Middleton within one minute of the record time, in spite of losing 15 minutes helping Penny to get the car going at one back up point. The next leg from Middleton was split between Mike Fleetwood and Richard Kellett doing the first half and Bob Horne who took over at Dufton. The weather was again poor, with some rain and mist on high ground.

The one condition that Simon Pierce had put on his agreement to run was that he did NOT to run in the dark, which was very wise in view of the tricky navigation through many fields on his leg. However, his worse fears came true since, because of delays, it was approaching dusk when he was due to set off. Fortunately for him, Alistair missed Bob Borne at Dufton and therefore agreed to do this leg with Simon. The first nice weather of the run saw them disappear into the evening sunset. It was 8 hours and 47 minutes later when they trundled on Hadrian's Wall to meet Rod Sutcliffe at about 5.00 a.m. Although the weather had not been bad, lightening was seen in the far south west, just above where Steve Skelton was completing the Bob Graham round.

Rod set off in bright morning sunshine (the best weather of the weekend) along Hadrian's Wall in high spirits. What should have been a night stage was made much easier in daylight, particularly since he had never run this stage before. He handed over at Byrness to Keith Midgley who had kindly allowed himself to be drafted in from Halifax Harriers. Keith had a good run in the once again wet and rainy conditions, up the Ceviot and then raced down the wrong valley into Kirk Yetholm to find no sign of a welcoming party! This latter was 2 miles up the right valley, waiting for him to come past. Keith, therefore, added 2 miles to his run in search of us.



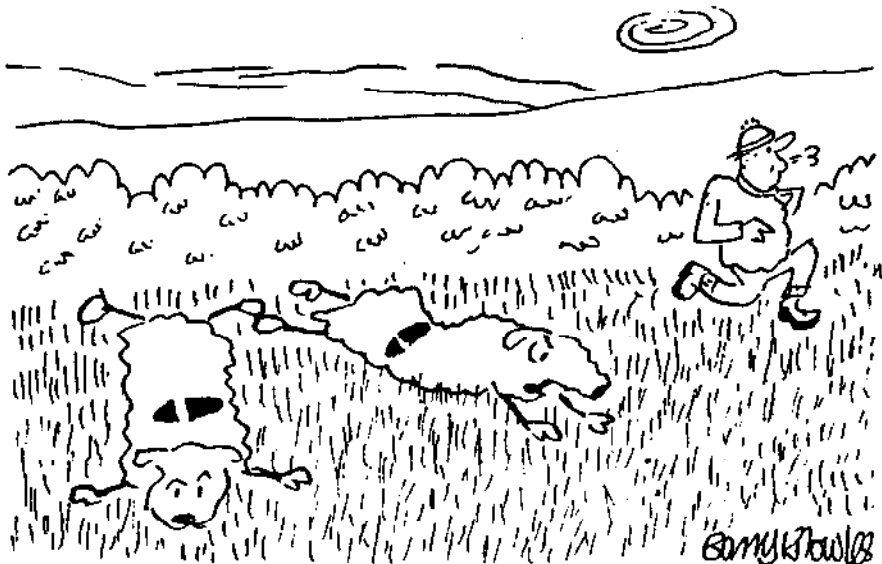
In spite of the very bad weather, delays and various cock-ups, everybody enjoyed the weekend and there was a general feeling that it would good to do it again next year.

Recently, Halifax Harriers have suggested a challenge race against us up the Pennine Way next year and I would be interested in your opinion about this. The first weekend in June has been suggested as a suitable date.

The Relay Stages

Stage		DISTANCE	RUNNERS	TIME
1	Edale	34	John Riley	7-19
2	A58 (The White House)	36	Gary Webb	4-47
3	Gargrave	38	Rhys Kyft/Ben Blamires	10-02
4	Hardrow	33	Dave Yates	5-24
5	Middleton	38		6-44
	(a) to Dufton	(22)	Mike Fleetwood/Richard Kellett	(3-43)
	(b) to Garrigill	(16)	Bob Horne	(3-01)
6	Garrigill	28	Simon Pierce Alistair Sowden	8-47
7	Peel Road (B6318)	33	Rod Sutcliffe	5-13
8	Byrness	29	Keith Midgley	5-14

SHEEP DROPPINGS



"Damn joggers ..."

FIXTURES - SEPT/ OCT/ NOV.

Date	Cat	Race	Dist / climb	Entry
Sept 3 Sat	AM	Ben Nevis Race	10m / 4400'	PE
4 Sun	AM	Shelf Moor Race	6m / 1500'	OD
8 Thur	BS	Hades Hill Race	5m / 1200'	OD
10 Sat	BS	Hodder Valley Fell Race	5m / 1200'	OD
11 Sun	O	O.S. Lakes Mountain Race	20m / 7000'	PE
17 Sat	AL	Three Shires Fell Race	13m / 4000'	OD
	BS	Lantern Pike Fell Races	5m / 1050'	OD
24 Sat	AS	Thieveley Pike Race	3.5m / 900'	OD
	AM	Scafell Pike Race	5m / 3000'	OD
Oct 1 Sat	AL	Tour of Pendle (and Half Tour)	17m / 4200'	PE Sept 26
2 Sun		Ian Hodgson Mountain Relay(8 man)	25m / 8500'	PE Sept 12
8 Sat	AL	Langdale Horseshoe	16m / 4000'	PE Sept 24
16 Sun	CM	Meltham Cop Hill Race	7m / 900'	OD
30 Sun	CS	Gale Fell Race	4.5m / 900'	OD
Nov 5 Sat	BS	Shepherds Skyline	6m / 1150'	OD
6 Sun	CS	Black Lane Ends	5m / 1000'	OD
20 Sun	BS	Rombalds Moor Fell Race	5m / 800'	OD
27 Sun	AM	Winter Hill Fell Race	11m / 2700'	PE Nov 16

OTHER EVENTS

Sat 22/Sun 23 October	<u>KARRIMOR INTERNATIONAL MOUNTAIN MARATHON</u>		PE Sept 14
Courses:	Elite	70 km	
	A Class	60 km	
	B Class	50 km	
	C1 Class	40 km	
	C2 Class	40 km	

