

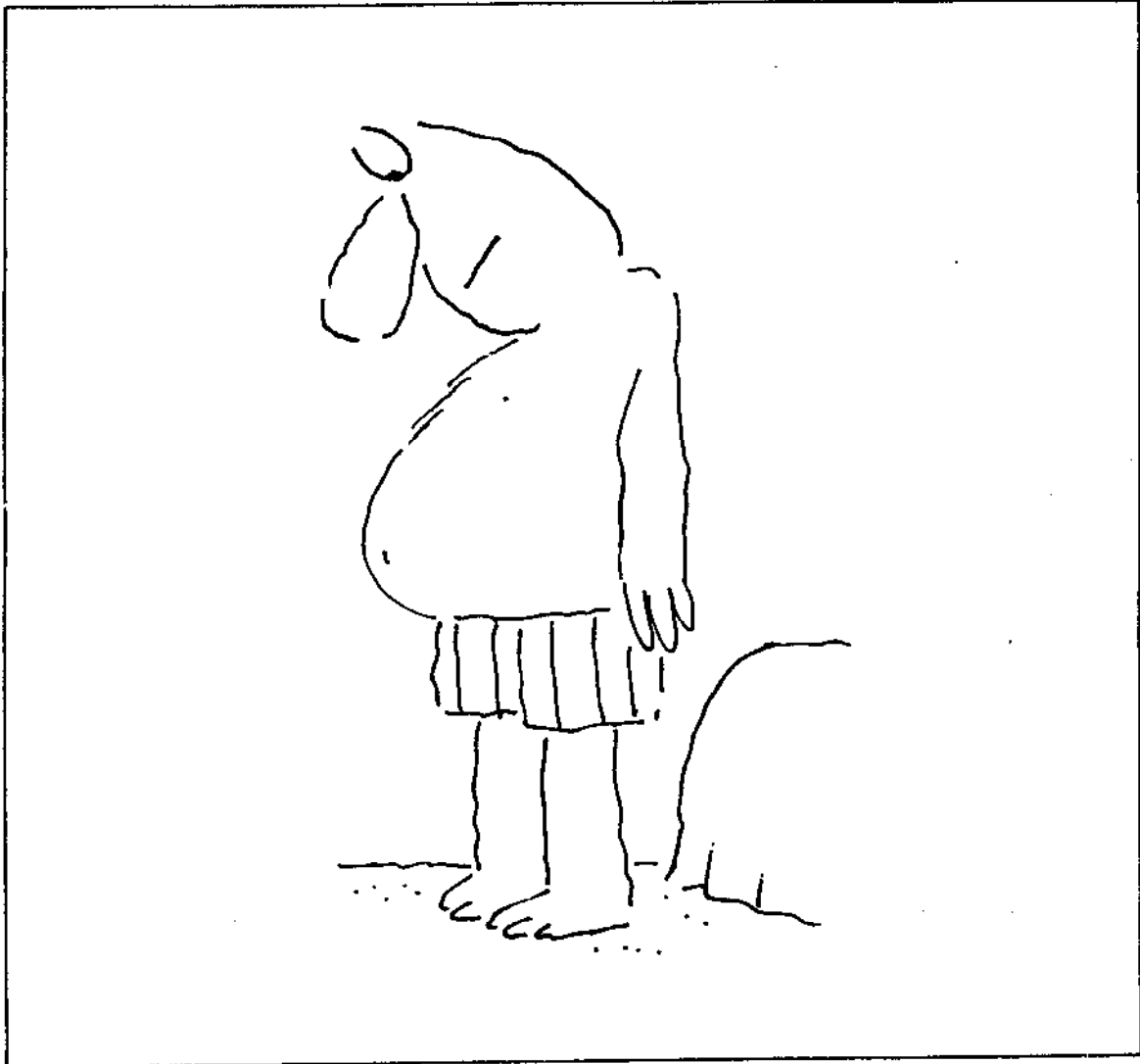


RAMPAGE

ISSUE 9

**CALDER VALLEY
FELL RUNNERS**

MARCH 89



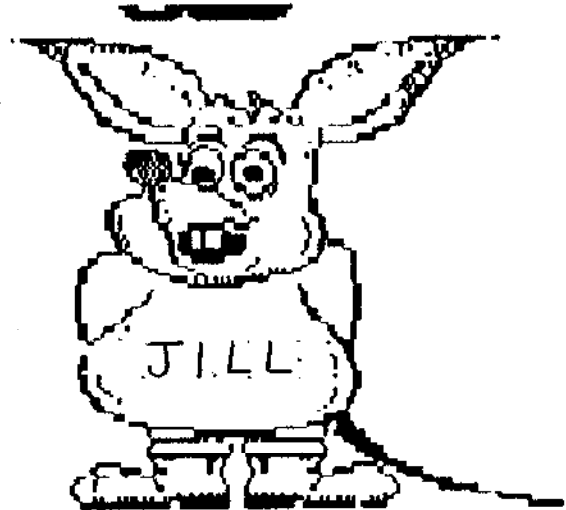
GRAEME WOODWARD -

ALMOST BACK TO PEAK FITNESS!

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Editor

Welcome to my first edition of RAMPAGE. Hopefully, there will be a new copy every two months or so. Please let me have any articles, jokes, cartoons, profiles etc for inclusion whenever they are ready. The next publication date is the end of April.



The first race of the year, the Blue Pig, has come and gone and was a tremendous success. Now the training is in earnest for the new-look Club Championship.

Let's hope the club goes from strength to strength in 1989.

Jill Thistlethwaite.

COMMITTEE

Chairman	Rhys Kift	Hx 883634
Secretary	Graeme Woodward	Hx 885185
Treasurer	Alistair Sowden	HX 884860
Club Captain/fixtures	Jeff Winder	Hx 883600
Membership Secretary	Richard Kellett	Hx 202923
Social Secretary	Jim Sheard	HX 884764
Publicity Officer	Russell Arrandale	HX 883510

CO-OPTED MEMBERS

Officer for Juniors	Mike Bowden	HX 831249
RAMPAGE editor	Jill Thistlethwaite	HX 884756
Statistics	Rod Sutcliffe	HX 845438



Club Handicap

Saturday, 28 January 1989.

What a beautiful day to run up to Stoodley Pike for the third club handicap race! Congratulations to Ian Powell for a magnificent win. As usual there was a lot of moaning about the handicap positions, but then that's all part of the fun.

This year we have a fine new trophy donated by Lynn Hartley of the Shoulder of Mutton, who also laid on some post race refreshments in the pub. Thanks to her from everyone.

RESULTS

	<u>time</u>	<u>time position</u>
1. Ian Powell	46.52	14
2. Carl greenwood	44.48	9
3. Graeme Woodward	44.28	7
4. Mark Anderton	43.22	4
5. Brian Horseley	43.01	3
6. Richard Kellett	44.36	8
7. Gary Webb	37.54	1
8. Steve Kirkbride	46.02 (1st vet)	12
9. Trevor Redmond	47.07	15
10. Andy Thomson	45.39	11
11. Jill Thistlethwaite	51.14 (lady)	24
12. Duncan Thomson	40.29	2
13. Keith Munton	45.04	10
14. Pete Regan	48.25	21
15. Rod Sutcliffe	43.34	5
16. Alistair Sowden	47.15	16
17. Graham Spencer	48.20	19
18. John Walker	49.21	22
19. Steve Cavell	48.24	20
20. John Riley	47.42	18
21. Richard Benn	46.36	13
22. Robin Skelton	47.16	17
23. Richard Crossland	43.55	6
24. Chris Binns	51.10	23
25. Jimmy Sheard	52.54	25
26. Rhys Kift	54.02	26
27. Peter Cartwright	55.06	27

The third annual club dinner at the Wool Merchant Hotel was thoroughly enjoyed by all. Well done to Jimmy for organising it and for being voted as Runners' Fell Runner of the Year. Graeme Woodward was a popular Wally and Dick Crossland navigated his way to the biggest cock-up prize! (A well phrased sentence, eh!) Duncan Thomson received his Club Championship Award. Prizes were presented by Norman Berry, who was not accompanied by his elder brother (get it?) Rhys gave us a wonderful, if risqué, speech and then we danced the night away.

1989 CLUB CHAMPIONSHIP AND HANDICAP COMPETITION

The rules for the new championship are now worked out. The rules for the championship involve some changes from last year, but its aim remains to select the best fell runner from the club. The handicap is a completely new competition, which aims to give everyone an equal chance of winning by giving each member a handicap based on performances on the previous season.

Both competitions will use the same list of races. These are listed below. The number of races has been increased from 15 to 21 (7 short, medium and long) in order to give people a better chance of completing 10 qualifying races.

RACES

Date	Race	Category	Distance (miles)
March Sun 5	Chew Valley	L	13
April Sun 2	Kentmere	M	12
Sat 8	Wardle Skyline	S	7
Sun 16	Kinder Downfall	M	10
Sun 30	Three Peaks	L	23.5
May Sun 14	Buttermere Sailbeck	M	9.4
Sun 28	Saddleworth	S	3
June Sat 3	Pen-y-Ghent	M	5.5
Sat 10	Ennerdale	L	23
Sat 24	Five Cloughs	M	8.75
July Wed 5	Stoodley Pike	S	3.5
Sat 8	Mytholmroyd	M	7
Sun 30	Glossop	L	22
August Sun 13	Wadsworth	S	4
Sun 20	Sedburgh	L	14
Sept. Sat 2	Blackstone Edge	S	3.5
Sat 30	Thieveley Pike	S	3.5
Oct. Sat 7	Tour of Pendle	L	17
Sat 14	Langdale	L	16
Nov. Sun 26	Winter Hill	M	11
Dec. Sat 16	Boulsworth Hill	S	6.5

CLUB CHAMPIONSHIP RULES

Each runners best 10 races (3 short, 3 medium, 3 long, plus the next best) out of the 21 races will score. The first Calder Valley runner in each race will score 30 points, the second 29 and so on. Thus the maximum score will be 300 points. In the event of a tie, the winner will be decided on race times (average percentage above winner's time).

HANDICAP COMPETITION RULES

An individual handicap will be calculated for each club member, based on performances in 1988 races. This handicap will be applied to the member's time in each championship race in 1989, to give a corrected time. The Calder Valley runner with the fastest corrected time will, as in the club championship, score 30 points, the second 29 and so on. Each runner's best 10 races (3 short, 3 medium, 3 long, plus the next best out of the 21 championship races), will count towards the handicap competition. The maximum possible score will be 300.

Each runner's handicap will be calculated as follows:-

For each 1988 race result available, the winner's time will be subtracted from the runner's time and this divided by the race distance in miles. These results will be averaged to give an average speed in minutes/seconds per mile by which the runner is slower than the winner. This figure is that runner's handicap. Where less than 5 1988 race results are available, the runner's handicap will be estimated by the club statistician. His decision will be final.

For each championship race in 1989, each runner's handicap is multiplied by the race distance in miles and this is subtracted from his actual time, to give his corrected time.

Each club member's handicap will be published in this issue of Rampage and on the notice board.

SUMMARY

Using this handicap system, everybody should theoretically start the season on an equal level, since the handicaps equalise everybodys average racing speed over the previous year. The runner who wins the handicap competition should, therefore, be the one who improves the most during the season. This is a new, experimental competition. There are flaws. It does slightly favour certain groups of runners over others. Some handicaps may be inappropriate because of inadequate information or other factors. However, we think that in trying to correct for all these factors would make the system exceedingly complicated. We shall be monitoring the system and if necessary modifying it for next year. We would very much welcome comments and constructive criticisms. If you think you have been treated unfairly, by all means say so but please accept the system as it is for this year.

Rod Sutcliffe
Club Statistician

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WHAT TYPE OF FELL RUNNER ARE YOU?

The Calder Valley Quiz

1) It is 9am on a damp winter's morning. The training run is due to start in 15 minutes. You:

- (a) are already warmed up and raring to go
- (b) crawl out of bed and hunt for your Walshes
- (c) switch the alarm off and go back to sleep.

2) The day of the club handicap. For you this means:

- (a) no running. You set the handicap and are a timer
- (b) a slow start, but a good descent
- (c) setting off the night before to finish in time for the dinner.

3) For Christmas you get:

- (a) seven assorted pairs of running shoes and socks
- (b) the Karrimor video to watch on rest days
- (c) a large bottle of whisky and a hangover.

4) Your New Year's resolution:

- (a) one hundred miles a week and the Club Championship
- (b) thirty miles a week and losing a stone
- (c) cutting the rest days to five and watching "Chariots of Fire"

5) On Tuesday evenings you usually:

- (a) run 13 miles and get back for a hot shower
- (b) run 8 miles and settle for a lukewarm shower
- (c) watch "Chariots of Fire"

6) Fell races:

- (a) fill you with excitement, the harder the better
- (b) are a good excuse for a post race piss up
- (c) you can never find your calendar.

7) You believe navigation skills

- (a) are a must. You sleep with your Silva compass
- (b) enable you to cross a moor and find a pub
- (c) might help you to find the start of a race too well

8) Your heroes are:

- (a) Billy Bland and a silent Jack Maitland
- (b) Daley Thompson and Eddie "the Eagle" Edwards
- (c) Eric Bristow and Frank Bruno

How you scored:

- mostly a: you are Jeff Winder
- mostly b: you are an average, alcoholic, masochistic fell runner
- mostly c: you must be a road runner with shin splints

THE WATER PRIVATISATION BILL:
Threat to Open Access or is There More?

What follows are my own personal views and perhaps Rampage is not the right place to express them, but I make no apologies for that because there is something happening which may threaten the very existence of fell running and the club in this area. We all know about the bill to privatise the Water Industry and whether you agree with it or not, you have got to think about how it will affect our sport.

Seven per cent of the Lake District and fifteen per cent of the Peak District lie in Water Authority control. Alright, they are protected by national bodies and it may be hard for these areas to be significantly changed, but just think if they were! Think of the races near lakes! Not hard in the Lake District! You don't need to own all the land to wreck a race! How could you do the Kentmere Horseshoe without passing over the Nan Field Pass, directly between Kentmere reservoir and Haweswater?

What about closer to home? Think of the areas that we train on, that go near or are on Water Authority land. For instance, all the land over towards the Withens ruins (could the Haworth Hobble have a future?) What about Fly Flatts? How about the area between the White House to Stoodley Pike and across to Cragg Vale - there's a lot of reservoirs there! Look that bit further - behind Blackstone Edge - who owns all that untouched and superb moorland? Any guesses?

People think that the Bill will just restrict access and maybe it will, by giving companies the right to put up fences (electric?) or employ people to harass lovers of the countryside off the fells. Maybe, in a few years time we will be battling with folk over access - it's happened before - ever heard of the mass trespass on Kinder in the 1930s?

But the Bill is far more dangerous than that. They might not have to restrict access at all, because there might be nowhere to run on! The Ministry of Agriculture and the Dept. of the Environment have announced that they will give grants to plant conifers in "the Industrial Pennines" ie the land between Kinder Scout and the Yorkshire Dales. That means HERE! Ever tried running through a forest? All the water companies have to do is plant acres and acres of trees and wait for the profits to roll in! Think of it another way - city financiers expect a rate of return on their capital of between 20 to 25%. How will their companies achieve this? By using the land in the most profitable manner. Look how it's done in Scotland, either deer or forest. There's no deer here - enough said.

What can we do about it? Probably very little with this government but we can try. All we can do is make people aware of the problem. Don't just talk to people though. Why not write letters to people in officialdom? How about your MP, the Bridge Times, your local councillor, local tourist agencies? We've got to do something.

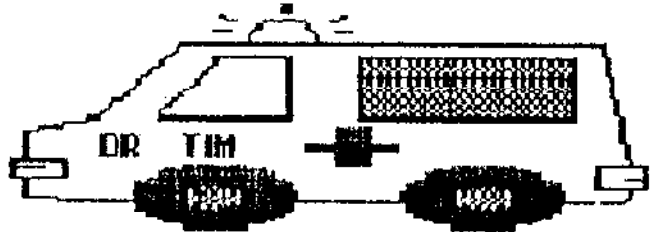
Graeme Woodward.

PS If you read this again in a year's time and you haven't done anything about it, it may be too late!

Dave Yates has resigned from the post of Publicity Officer as from 28th Jan. On behalf of the club, we would like to say thanks for Dave's efforts in the post. Russell has taken over.

The Club has a corporate membership of the YHA, ie we are all members & can take groups (ostensibly all CVFR members) into Youth Hostels. Graeme has the YHA guide and the membership card you need to gain access.

Profile



(The opinions expressed in this article are not necessarily those of the Editor.)

SUBJECT'S NAME: Timothy "Stress Fractures" Daniels.

SEX: Would like to be, just not enough time to fit it in, or space for that matter.

OCCUPATION: Apprentice Dick Head.

HOBBIES: "Screwing the arse off Polos", being tall and thin, wearing baggy cords, fasting, living in a mobile supermarket, running 20 miles a day in between 25 hour sessions at the hospital.

OBSESSIONS: Eating vast quantities of air, drinking copious amounts of Diet Tango, listening to Radio 4, wiping runny snot from his nostrils.

HEIGHT: Two stools and a lamp-post.

WEIGHT: A touch under the legal requirements for a man in his profession (Sumo wrestler).

GIRTH: Laughable, gets the nickname of "Lollipop Stick Dick".

FAVOURITE DRINK: Diet Tango, Diet Pepsi, Slimmer Soup!

FAVOURITE COLOUR: Not specific, the shorts of anyone in front of him in a fell race.

AMBITIONS: To pysch himself out of having a shit.

SPORTING IDOLS: Ben Johnson. Tim feels that they have a lot in common.

NOCTURNAL TENDENCIES: Playing with the one-eyed trouser snake and being unsuccessful in his attempts to make it wear a cagoule and a bum bag.
Stealing food from the fridge and blaming Blemires.
Sleeping sideways on, on one slat of his wooden 1'6" bunk bed.

STRANGE HABITS: None.

This admiring piece was written by GARY WEBB

KEEP INJURY FREE - HOPEFULLY

by

Jeff Winder

With my recent back troubles, it came home to me again the importance of upper body strength, combined with flexibility. At one time I did a lot of exercises to keep myself strong in this area, but unfortunately I got out of the habit. I think, this is the key to help to fend off injuries - good habits! Stretch at the right times and regularly circuit train at home to keep the upper body strong.

With this in mind, I have written the following article to produce a simple routine for you to develop and introduce into your daily routine, along with 15 minutes of circuit training three times a week.

Stretching before the run.

It is not wise to overstretch when cold. But stretching is a must before the run to prevent injury. Therefore lightly stretching before your run with hard stretching afterwards is the secret.

I have drawn the exercises for easy explanation, numbering each exercise. Most are self-explanatory - see me if problems arise. Therefore consult the illustration sheet along with the text.

A) Purpose: Achilles tendon

No 9 3 X 15 seconds on each leg

B) Purpose: lower back & hamstrings

No diagram - obvious. Legs straight, touch toes hold for 15 seconds X 3

C) Purpose: hamstrings

No 6 light stretch, hold for 15 seconds on both legs

D) Purpose: hamstrings

No 10 hold for 15 secs on both legs.

Note: with this exercise you push your heel into an immovable object (wall) as hard as you can. This contracts the hamstring & knee flexors taking them through the full range from stretch to contract.

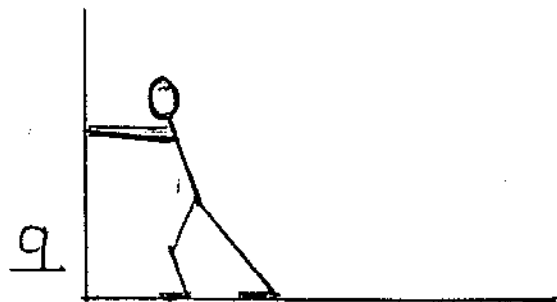
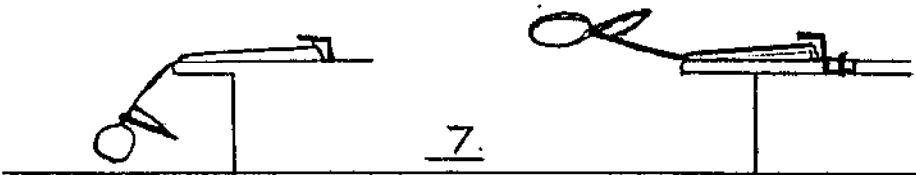
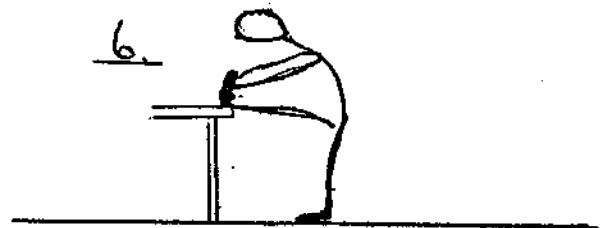
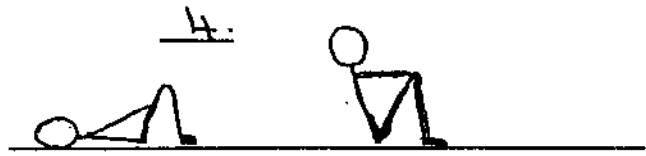
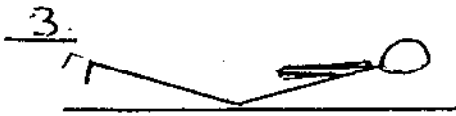
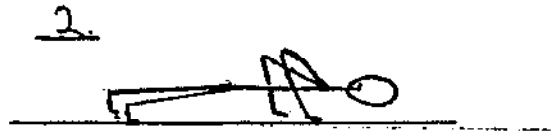
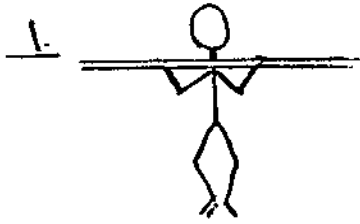
E) Purpose: hamstring & lower back

Repeat exercises C & D with extra pressure, increasing gradually on your stretching.

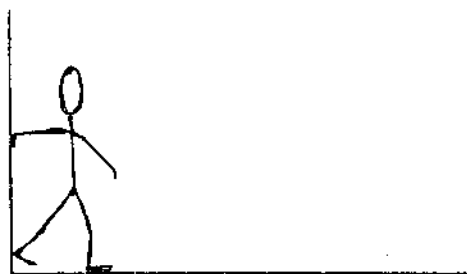
After the run stretching

Remember the secret in good habits. Get into the STRETCHING HABIT

Repeat pre-run stretching routine, but now you are warm, stretch hard and hold for 30 seconds.



N10



CIRCUIT TRAINING

3 times a week
15 minutes per session.

A) No5. Slowly roll up & down on your spine for 30 secs to 1 minute. This will help to keep your joints and discs healthy.

Note: do this exercise on a carpet so not to make the bones feel tender.

Your discs have no arteries to supply blood. They draw blood in via a spring effect, when your vertebrae flex.

Your vertebral joints stay free and healthy by driving fluid over themselves as they slide across each other.

B) Upper back. No 1. 3 X 15
with No 8 between each rep, holding for 10 secs.

C) Stomach. No 4. 5 X 20
with 15 secs rest between reps.

D) Lower back. No 3. 5 X 20
with 10 secs rest between reps.

E) Arms & stomach. No 2. 1 X 40, 10 secs rest: 1 X 20, 10 secs rest; 1 X 10, 10 secs rest.

F) Spine. No 7. 2 X 10, building up to 3 X 20.

Note: the intrinsic muscles up and down the spine do not strengthen unless a dynamic exercise like this is used. This is because the ligaments of the back become so strong with exercise D, that they do all the work, there for eto keep the intrinsic muscles of the back strong, exercise F is needed.

Note 2: Exercise C. this is not a sit-up, that we normally do. The idea is not to wedge your feet under anything. Just lie on your back, push hard with your heels into the ground, slide your hands up your legs until your fingers go over the crest of your knees. This will protect your back and also you will find the exercise a lot more demanding on your stomach muscles due to the fact that you are not using your leg muscles.

If you can get into the habit of doing these exercises, there is no question about it, you will benefit from being flexible and strong in the upper body.

BLUE PIG HILL RACE.

BLUE PIG HILL RACE

8 January 1989.

This was the second running of this race, which is organised and administered by Dave Yates. The club rose to the occasion by assisting Dave in registration and marshalling.

There were 503 entrants with 472 finishers. The calibre of the event and the success of the day were praised by the FRA.

In a letter attached to the results, Dave comments on being overwhelmed by the numbers and apologises to anyone who was inconvenienced in any way, particularly with parking. He will be organising improved parking facilities next year, perhaps with a free mini-bus service from special areas in Hebden Bridge to and from the race. Temporary stiles will be erected to help prevent queuing.

Dave wishes to thank all the helpers, including CVFR, Calder Valley Mountain Rescue, Sowerby Bridge Adventure Scouts, Calder High and the Calderdale Rangers. It took 46 marshalls to look after the senior course.

RESULTS

1. Andrew Pearce (Bingley)	57.50 (new record)
2. Mark Wyatt (Glossop)	58.15
3. Ian Holmes (Bingley)	59.19
4. Ian Ferguson (Bingley)	59.43
5. Billy Bland (Keswick)	59.46 (1st Vet)
49. D Thomson	66.28
57. B Clare	67.14
64. R Sutcliffe	68.07
73. M Holmes	68.46
95. B Horsley	70.38
132. M Anderton	73.37
140. R Kellett	74.30
174. C Greenwood	77.07
178. T Gauntlett	77.18
190. J Marshall	78.24
200. T Redmond	79.06
201. D Shepherd	79.06
261. J Riley	83.51
262. S Kirkbride	83.55 (vet)
311. G Spencer	87.12
324. C Peart-Binns	88.26
365. J Thistlethwaite	92.05 (lady)
368. G Ridgway	93.04

CONGRATULATIONS to Dave, and let's hope the popularity of the event continues in 1990.

"→ FOR YOUR ATTENTION! ←"

PUBLICITY

Russell has been appointed as Publicity Officer. It is important for him to have all race results as soon as possible, preferably on a Sunday, in order to get them published the following Friday.

There has been difficulty in getting the local papers to print our articles, as the Courier seems to favour Halifax clubs and the Hebden Bridge Times favours Todmorden. But Russell will keep on trying.

COMMUNITY CENTRE

In the monthly meeting on 31 January 1989, Jeff mentioned the decline in use of the Community Bar. Alistair is at present negotiating a change in beer to satisfy the hard drinkers amongst us. Jeff reminded us that it is in the club's interest to support the Centre financially, as it is our base and we need the shower facilities. At least one pint per Tuesday night please.

Alistair has club vests at £8.50

Rod is organising a temporary club computer to hold the membership list and work out the club championships. Mark will be the programming expert.

Team selection for 1989 will be up to team captains with Jeff to make the final decisions

Anyone who hasn't paid their Calderdale Way Relay Subs, please do so as soon as possible

1989 SUBSCRIPTIONS ARE NOW

DUE—see R Kellett with £6

The club has received 3 definite entries for the London Marathon. These have been given to members who applied and did not get a place. We expect to get a full report for RAMPAGE when they return and look forward to seeing them on TV in their Calder Valley vests!

CONGRATULATIONS

to GARY WEBB on his joint equal 11th place in the 1988 British Fell Racing Championships and his 14th place in the English Championships. Not to mention his suave brother Graham for the fashion photo in the Fell Runner.

to everyone who won a trophy at the club dinner.

to ALISTAIR SOWDEN for eating his Vindaloo curry on the 23 December and not even noticing.

to JEFF for managing to lie flat on his back over Christmas.



SUNDAY MORNING RUNS at the Community Centre at 9.30 am

RAMPAGE to be published every 2 months



CLUB CHALLENGE 1989

In 1988, the club attempted to beat the record for the Pennine Way Relay.

This year we are also hoping to mount a challenge on either an established run, or create a new one of our own. It will not necessarily be a record attempt, but the idea will be to involve as many club members as are interested.


At the last committee meeting a few ideas were raised, but any further suggestions will be welcomed, or comments on the following possibilities.

Coast to Coast.
as described by Wainwright: St Bees to Whitby

The Cleveland Way
as suggested by Rod: 100 miles in 12 stages
in July

The 4 Pikes
Rivington Pike, Alton Towers, Stoodley Pike
and Another Pike

Trig Points on the South Pennines Map

The Yorkshire Pennine Way 

And perhaps the Pennine Way again in 1990!

SCIENCE NEWS

A report in the British Journal of Sports Medicine, December 1988, "Caffeine, Maximal Power Output and Fatigue" debunks one of those favourite sporting myths.

The purpose of the paper was to determine the effects of caffeine ingestion on maximal power output and fatigue during short term, high intensity exercise. Though the caffeine was given in the form of capsules, the results can be equated to drinking strong, black coffee before a race.

The caffeine did not appear to increase the ability to sustain maximum effort during cycling nor alter the time at which fatigue set in.

Whether this data can be applied to long distance events is not clear. Anyway caffeine above a certain concentration in the blood is a banned drug. So watch out for the drug testers!

FOR SALE: Ultimate 'Phasor' MKII Dome Tent. Only used once. Like new. £120 ono.

Contact Bod! on 882855

a day in the life of.... a race marshall BLUE PIG REPORT.... 8/1/89

"Overtake these cars, there're only parking," says Sheardy. After all these years, I still have these brainstorms... I listen to Jimmy! It's 11.15am and Jim, Hazel, Liz & myself are on our way to the Blue Pig race... not to run I hasten to add! I overtook these cars that were supposed to be parking and ground to a halt, when myself and another driver were jockeying for position onto a single track. I told the Copper that my aged Aunt Hazel was an official, and that Jim & I would be going to Mytholm Steeps as soon as I dropped off these two. The Copper asked the other driver to let us through, at which point he said, "Get stuffed. I haven't waited here in this queue simply to let you lot in." Well, that 's what he was about to say. As he said "I haven't waited..." the Copper had to wrench Hazel's lashing tongue off the other driver's throat. "We're officials of the Blue Pig race... We've got a job to do and you buggers won't be running anywhere if you don't let us through."

This was a clear case of "deja vu", as a few years ago in a dim & distant land, we same four had a similar experience. Having just taken the other car's paintwork down to bare metal, Jimmy (the driver) got out of the car only to be confronted by a small, middle-aged chap in Bermuda shorts, sporting a 1950's crew cut... Mr Bates. "Say boy! What the hell do you think you're doing, scraping my automobile? Let me see your driver's licence & insurance," he continued. "AAAhhh, why don't you piss off," replied Jimbo, only for Mrs Bates (& son, Master... no, no there's no need for that!) to get out the car. Now, Mrs Bates was a real Doris if ever I saw one. About 15 stone, frizzed hair, large floral tent, which doubled as a dress and , of course, the "winged" shades. Again, as she was halfway through her sentence, Hazel got out of the car and gave Doris a real dose of the old verbal diarrhoea, whilst Jimmy continued the act of diplomacy with Batesy. Anyway, I digress...

I decide it's time to beat a hasty retreat and attempt to reverse back down the road, after letting the girls off. Jimmy also got out... Why? I don't know, although he did later tell me that he took over points duty and directed a stream of traffic into someone's farm yard. For once, I was quite happy to marshall, as it was pure bedlam down the Craggs.

At Mytholm Steeps, we re-arranged the flags, course etc and met a farmer who asked what was going on. "It's the Blue Pig race. Have you heard about it?" Came the reply, "Heard about it? Ay lad. I went down to that school after last year's race and sorted out that bloody school teacher... but to be fair, the lad was reeght! Ay, he were reeght enough with me" said the farmer. "Are you two runners?" he added.

Luckily, before we had chance to lie, the leading pack were hurtling towards us. We plodded like hell to our positions and got there just in time to direct them through.

Hundreds passed... Billy, Duncan, good club athletes.... B.J.... Richard (if Jill ever beats me I'll sack it) Kellett, followed by the stragglers, fatties, joggers... & Trevor.

On our return to the Pig, Jim takes charge whilst I get a beer. Jim sorts out Mick Fleetwood with the timing, rearranges the funnels, sorts out the results and basically sticks his nose into everybody else's business. I get another beer. Liz & Hazel are looking harassed, so I keep clear. Dick's also helping out with the results and is pulling out his hair (singular, not plural). Look who's talking! Whilst Webbo shows off his scars, I get another beer. This fell running is tough!

Meanwhile, Rod puts on his doctor's hat and treats a fell runner with a broken collar bone, who has collapsed on a chair behind the bar, head back directly under the optic. He's not daft! The locals (both of them) stare in awe, not bothering to clear the way. There's this fellow who, judging by the way he was falling over, had been there for the past three days and there's the white rastafarian in a red track suit, who I'm told is Gary's lodger.

"Nutcutlet" bobs over for a chat with me and Richard. This is the vegan, ex-mohican who now sports a green waxed jacket and has half a telephone directory for a surname. It's also the same chap who intends to run the Hobble with his "guru"... Who else but Jimbob?! It is of course Mark Bramall-Pimlott. I told him that Paul Daly wanted the results and that he should give a copy to Paul Frechette (his neighbour) to pass on to Paul. "Hang on Russ, I'll programme his name into my watch so that I won't forget," said Nutcutlet, which was precisely what he did. It's a wrist sized computer that cooks, calculates, does his training and I suppose, tell the time.

The crowd are now waning, so I wander over to Liz & Hazel. This chap is telling Jimmy, who is now organising the results, that he thinks he was the 1st supervet and that the prize should have been awarded to him. "Well, we're a bit busy at the moment. Put your name and address on a piece of paper and I'll look into it," replied Jim. As soon as the chap goes. W.P.B. (waste paper bin).

Who says races are boring?

Russ "Chubby" Arrandale



FIXTURES LIST

FELL RACES

	Date		Race	Category	Distance	Height	Entry
	<u>March</u>						
*	Sun	5	Chew Valley	AL	13m	2000'	PE
	Sun	12	Calder Valley	AL	14m	3600'	OD
E	Sun	19	Edale Skyline	AL	21m	4500'	OD
	Sat	25	Rivington Pike	BS	3.25m	900'	OD
	Sun	26	Rossendale	BM	13m	2700'	OD
	<u>April</u>						
	Sat	1	Fiendale	AM	9m	2600'	OD
	Sat	1	Pendle	AS	4.5m	1500'	OD
*B/E	Sun	2	Kentmere	AM	12m	3300'	OD
*	Sat	8	Wardle Skyline	CM	7m	1000'	OD
	Sun	16	Guisborough	BM	12.5m	2400'	OD
*	Sun	16	Kinder Downfall	AM	10m	2150'	OD
	Sat	29	Coniston	AM	9m	4500'	OD
*	Sun	30	Three Peaks	AL	23.5m	4500'	PE
	<u>May</u>						
	Mon	1	Beacon Hill	BS	1.5m	500'	OD
	Mon	1	Penistone	BS	6.5m	1055'	OD
	Sun	7	Darwen Moors	BM	11m	1800'	OD
	Thurs	11	Simons Seat	AS	3.5m	1300'	OD
	Sat	13	Belmont Winter Hill	BS	4.5m	1000'	OD
*	Sun	16	Buttermere	AM	9.4m	3700'	OD
	Sat	20	Clougha Pike	BS	7m	1400'	OD
	Sat	20	Goatfell	AM	8m	2866'	OD
	Sun	21	Fairfield	AM	9m	3000'	OD
	Sat	27	Bens of Jura	AL	16m	7500'	OD
	Sat	27	Hutton Roof Crags	BM	7m	1300'	OD
*	Sun	28	Saddleworth	AS	3m	950'	OD

OTHER EVENTS

Mar	Fri/Sat	3/4	High Peak Marathon (teams of 4)	W	40 miles	
	Sat	18	Howarth Hobble (teams of 2)	W	33 miles	
Apr.	Sat	15	Hebden Valleys Heritage Trek	W	17 miles	
May	Sat/Sun	22/21	Rock and Run Mountain Marathon (teams of 2)	MM		
Apr.	Sat	1	Calderdale Hike	W	38-25 miles	
	Sun	30	Todmorden Boundary Walk	W	22 miles	
May	Sat/Sun	13/14	Fells-man Hike	W	60 miles	
	Sat/Sun	27/28	Brecon Beacons 100	W	100 miles	