

# Imminent

05



## Wuthering Hike – help wanted!

On Saturday 12<sup>th</sup> March we host one of our most prestigious events – the Wuthering Hike. Good luck to all those club members who are taking part. It's also very exciting following the course of events at race HQ in Westfield Lodge, and if you volunteer to help out at any time during the day, you are guaranteed being close to the action. We need to man HQ between 6am and 8pm when the last walkers come in. In particular, we're looking for people to help between noon and 8pm – even a couple of hours will be much appreciated. Tasks vary – from manning the finish desk to serving tea and snacks.

You can just turn up in the afternoon, but if you are planning to come, Brett would appreciate a call on 07970 206003, or by email to [Brett@phreakware.co.uk](mailto:Brett@phreakware.co.uk).

## Club championships 2005

At the AGM, members were invited to nominate races for inclusion in the 2005 club championships. As well as maintaining some of the best features of the new format for 2004, we have added a new category of competition – Extreme club champion. There will be a cross-country championship too, but that will be planned out later in the year.

| Date      | Road (4 from 7)            | Fell (4 from 7) | Extreme (3 from 7)        | Other events               |
|-----------|----------------------------|-----------------|---------------------------|----------------------------|
| 5-Mar-05  |                            |                 | Wuthering Hike 31M, 4400' |                            |
| 6-Mar-05  |                            |                 |                           |                            |
| 12-Mar-05 |                            |                 |                           |                            |
| 13-Mar-05 |                            |                 |                           |                            |
| 19-Mar-05 |                            |                 |                           |                            |
| 20-Mar-05 | South Leeds - 5 miles      |                 |                           |                            |
| 26-Mar-05 |                            |                 |                           |                            |
| 27-Mar-05 |                            |                 |                           |                            |
| 2-Apr-05  |                            |                 |                           | Northern 6/12 stage relay  |
| 3-Apr-05  |                            |                 |                           |                            |
| 9-Apr-05  |                            |                 |                           |                            |
| 10-Apr-05 |                            |                 |                           |                            |
| 16-Apr-05 |                            |                 |                           |                            |
| 17-Apr-05 |                            |                 |                           | London marathon            |
| 20-Apr-05 | Colin Robinson - 4.2 miles |                 |                           |                            |
| 23-Apr-05 |                            |                 |                           | National 6/12 stage relays |
| 24-Apr-05 |                            |                 | 3 Peaks - 24 miles, 4500' |                            |
| 30-Apr-05 |                            |                 |                           |                            |
| 1-May-05  |                            |                 |                           |                            |

| Date      | Road                  | Fell                       | Extreme                      | Other events           |
|-----------|-----------------------|----------------------------|------------------------------|------------------------|
| 4-May-05  |                       | Lothersdale                |                              |                        |
| 7-May-05  |                       |                            |                              |                        |
| 8-May-05  |                       |                            |                              |                        |
| 11-May-05 | Esholt - 5K           |                            |                              |                        |
| 14-May-05 |                       |                            |                              |                        |
| 15-May-05 | Leeds half marathon   |                            |                              |                        |
| 21-May-05 |                       |                            |                              | Yorks. Track and field |
| 22-May-05 |                       |                            |                              | Yorks. Track and field |
| 25-May-05 |                       | White Lion                 |                              |                        |
| 28-May-05 |                       |                            |                              |                        |
| 29-May-05 |                       |                            |                              |                        |
| 4-Jun-05  |                       |                            |                              |                        |
| 5-Jun-05  |                       |                            |                              |                        |
| 9-Jun-05  | Full Bronte - 5 miles |                            |                              |                        |
| 11-Jun-05 |                       |                            | Ennerdale - 23 miles, 7500'  |                        |
| 12-Jun-05 |                       |                            |                              |                        |
| 18-Jun-05 |                       |                            |                              |                        |
| 19-Jun-05 |                       |                            |                              | Millennium Way         |
| 25-Jun-05 |                       |                            |                              |                        |
| 26-Jun-05 |                       | Settle Hills Race 7m 1750' |                              |                        |
| 2-Jul-05  |                       |                            |                              |                        |
| 3-Jul-05  |                       |                            |                              |                        |
| 6-Jul-05  | Helen Windsor - 10k   |                            |                              |                        |
| 9-Jul-05  |                       |                            |                              |                        |
| 10-Jul-05 |                       |                            |                              |                        |
| 13-Jul-05 |                       | Stirton                    |                              |                        |
| 16-Jul-05 |                       | Ingleborough 7m, 2000'     |                              |                        |
| 17-Jul-05 |                       |                            |                              |                        |
| 23-Jul-05 |                       |                            |                              |                        |
| 24-Jul-05 |                       |                            |                              |                        |
| 30-Jul-05 |                       |                            |                              |                        |
| 31-Jul-05 |                       |                            |                              |                        |
| 6-Aug-05  |                       |                            | Borrowdale - 17 miles, 6500' |                        |
| 7-Aug-05  |                       |                            |                              |                        |
| 13-Aug-05 |                       |                            |                              |                        |
| 14-Aug-05 |                       |                            |                              |                        |

| Date      | Road                | Fell                 | Extreme                         | Other events                |
|-----------|---------------------|----------------------|---------------------------------|-----------------------------|
| 20-Aug-05 | Burnsall - 10 miles |                      |                                 |                             |
| 21-Aug-05 |                     |                      |                                 |                             |
| 27-Aug-05 |                     | Pendleton 5m, 1500'  |                                 |                             |
| 28-Aug-05 |                     |                      |                                 |                             |
| 3-Sep-05  |                     |                      |                                 |                             |
| 4-Sep-05  |                     |                      | Ben Nevis 10m 4400'             |                             |
| 10-Sep-05 |                     |                      |                                 | Keswick - WMRA, Masters     |
| 11-Sep-05 |                     |                      |                                 | Keswick - WMRA, Masters     |
| 17-Sep-05 |                     |                      |                                 | Yorks. 4/6 stage relay      |
| 18-Sep-05 |                     |                      | Yorkshireman - 26 miles, 3500'  |                             |
| 24-Sep-05 |                     |                      |                                 |                             |
| 25-Sep-05 |                     |                      |                                 |                             |
| 1-Oct-05  |                     |                      |                                 | N. of Eng. 4/6 stage relays |
| 2-Oct-05  |                     |                      |                                 |                             |
| 8-Oct-05  |                     |                      |                                 |                             |
| 9-Oct-05  |                     | Bronte Way 8m, 1150' |                                 |                             |
| 15-Oct-05 |                     |                      |                                 |                             |
| 16-Oct-05 |                     |                      |                                 |                             |
| 22-Oct-05 |                     |                      |                                 | National 4/6 stage relays   |
| 23-Oct-05 |                     |                      |                                 |                             |
| 29-Oct-05 |                     |                      |                                 |                             |
| 30-Oct-05 |                     |                      |                                 |                             |
| 5-Nov-05  |                     |                      |                                 |                             |
| 6-Nov-05  |                     |                      |                                 |                             |
| 12-Nov-05 |                     |                      |                                 |                             |
| 13-Nov-05 |                     |                      |                                 |                             |
| 19-Nov-05 |                     |                      | Tour of Pendle - 17miles, 4250' |                             |
| 20-Nov-05 |                     |                      |                                 |                             |
| 26-Nov-05 |                     |                      |                                 |                             |
| 27-Nov-05 |                     |                      |                                 |                             |
| 3-Dec-05  |                     |                      |                                 |                             |
| 4-Dec-05  |                     |                      |                                 |                             |
| 10-Dec-05 |                     |                      |                                 |                             |
| 11-Dec-05 |                     |                      |                                 | Calderdale Way Relay        |
| 17-Dec-05 |                     |                      |                                 |                             |
| 18-Dec-05 |                     |                      |                                 |                             |
| 24-Dec-05 |                     |                      |                                 |                             |
| 25-Dec-05 |                     |                      |                                 |                             |

## Running Club or Dog Club?

*Just to prove that running releases tons of endorphins into the system (endorphin, a morphine-like substance) and sets off a chain of free expression normally suppressed, Pete Bramham took an overdose for you the reader, and this is the result. Whatever you think, don't tell him he's barking mad!*

Resting head on table, over a cup of tea, after the Rombald's Challenge on Saturday, I was asked how 'we' had got on. To which I replied "Well, she just like a dog. You know the ones that go off barking and chasing after buses." But given the rather rude reaction to my compliment on the boundless energy of my running colleague, I started worrying about what the editors of the redtops (such as Imminent) might say just to catch the headlines My wife's a bitch and so on. But it occurred to me later that perhaps people may be really like dogs. Paws for thought. So here's a brief description of the people sitting around the red formica table after the Rombald's 20 mile plus race: guess who is who.

I'm going from my left right round the table so perhaps the people who were there can spot the dog (so to speak)

**Collie Dog** – black/white female – tireless worker across the fells of cumbria, night or day, cares about sheep and a good dancer. (she actually took my place and I had to sit on my own)

**Scottish Terrier** – white female ; totally loyal, resolute, up hill and down dale, indefatigable on long road routes.

**Pedigree Greyhound** – brindle female – national, county champion, racing trophies a speciality, likes buses.

**Scottish/Jack Russell** – veteran grey fit male: merciless competitor, frequently thirsty but very pleasant disposition, rats, drain pipes, mileage

**Golden Retriever** – youngish male sandy coloured, family dog, bid strong smiley, seemingly pleasant disposition.

**Springer Spaniel** – young/middleish black moustached: good sense of direction, well disciplined usually, owns own black beemer and mobile phone

Standing over the table and barking mad, another champion female – **blonde pedigree Lady** (as in Lady and the Tramp): trophy winner, good deportment, at home on both fell and road, loves long walks, red wine

A pair of **top dogs** were getting changed elsewhere at the time – both with spring metropolitan connections - one **British bulldog** large male: doesn't bite but could, very strong build, legs, hanches etc... the other giant **French poodle** – shaved, fast , stylish and articulate.

But, another missing from the dog club, a legend, was the old brown wrinkled **bloodhound** who taken upon himself to roam the fields of Guiseley dark, into the afternoon.. selfless as ever.

Me – well see myself as **long-haired afgan** – noble, exotic and heroic although my master (she who must be obeyed) tells me I'm quite mongrelly really, a whiner, bald, short-sighted and have trouble with the 'old trouble'.....I'm going to have a bit of a lie down now.

## A review of “Feet in the Clouds” by Richard Askwith

*By Chris (I've always wanted to be a writer)Tomes*

I've always wondered whether an author conjures up a picture of who will read the book they are about to write beforehand. Quite possibly the writing process isn't as self-conscious as that, and the author is writing what they'd like to read themselves, hoping to find a wider audience when they've finished.

Journalists, of course, have a better handle on such things, as over time they develop the instinct for what sells papers and magazines, and what doesn't. Richard Askwith is a journalist with The Independent, and he has written a book about the generally unpublicised minority sport of UK fell-running, on the basis of his own interest and participation.

Now I'm a fell-runner of sorts myself, and I know full well that most fellow runners would rather be out training or competing than reading a book on the subject, and that fell-runners in particular can be a modest bunch, not inclined to be boastful about their sport. So initially it goes against the grain when Askwith talks-up what the book jacket calls “one of the oldest of extreme sports”, promoting the idea that fell races are rather tough, and some of the top participants are even tougher.

There are several threads running through the book. “Scenes from a Fell Running Year” is a series of chapters, running from January through to December. In these he gives an overview of the range of races being staged, and a personal account of the many that Askwith ran himself. Then he provides a history of the Bob Graham Round and other extreme challenges, and narrates his own obsession with completing the BGR himself – it takes him 4 attempts. He interleaves these with chapter-length biographies of some of the highest achievers in the sport, including Bill Teasdale, Kenny Stuart, Billy Bland, Joss Naylor and Helen Diamantides.

As a member of Keighley and Craven AC, I'm pleased to note that the author covers a lot of ground familiar to our club, mentioning, with reverence, two of our own promotions: the Yorkshireman Off Road Marathon, and the Bronte Way. He also covers other events that club members compete in, such as Ben Nevis, and Dave Woodhead's Penistone Hill races, and he includes a fond portrait of one of the most historic local short races, the Burnsall Fell Race.

Askwith puts forward a convincing thesis about the extraordinary abilities of the top runners in the sport. However, it's hard for this to be generally understood or recognised for a number of reasons. The conditions vary so much from year to year that direct comparisons on finishing time are difficult, and the sport is difficult to spectate and impossible to televise. And if that wasn't enough, occasionally a descent is run so quickly that the time-keepers refuse to believe their own watches! In one chapter he outlines the controversies around professionalism within fell running, and you can't help feeling that some bureaucrats and power-mongers have been hell-bent on killing this fragile sport off. The irony is that fell running is about as amateur a sport as there has been, from the 20th Century to date.

“Feet in the Clouds” was short-listed for the William Hill Sports Book of the Year in 2004 and will have gained a wider readership because of that. Has Askwith spoiled fell-running by bringing it to a wider audience? I suspect not. Non-runners will read this book as

entertainment, in the same way that tens of thousands read the climbing book, “Touching the Void”, by Joe Simpson. Road-runners might be inspired to give a local fell race a try and that’s to be encouraged, but it’s likely that those who have a passion for mountains will already be out there anyway. Regular fell walkers, who may have unwittingly spectated on some races, will have had all their questions about the sport answered.

The core readership for this book will obviously be fell-runners themselves – how will they take to an outsider (and a Southern one at that) building their sport up into one of almost mythical toughness, raising the status of some otherwise ordinary men and women to that of heroes? I followed this question up with one of Britain’s most successful long-distance runners, whose exploits are mentioned in the book. “Reading it just made me feel very nostalgic”, he said. Ordinary fell-runners like me will appreciate how Askwith attempts to do the impossible - to put into words something of what we enjoy about our sport. (He spends a whole chapter trying to describe what it’s like to run downhill fast – he has to come at it from lots of angles, but I think by the end of it he has succeeded.)

By turn, this book astounded me with the accounts of the most extreme achievements and challenges, inspired me to train harder, and made me feel proud to be associated with this noble sport.

## **2005 Membership update – many have renewed!**

However, if you do not appear on the list please send your subs a.s.a.p.

to;

**Keith Waddingham, Berwyn, Hebden Road, Haworth. BD22 8RQ.**

**PLEASE help the club save time and cost in having to chase up payment.**

|           |           |             |            |
|-----------|-----------|-------------|------------|
| Don       | Burslam   | Glenn       | Leedham    |
| Tony      | Minikin   | Patricia    | Marsden    |
| Barry     | Mitchell  | Charles     | Marshall   |
| Peter     | Newsome   | Peter       | McDermott  |
| Alec      | Ratcliffe | Steve       | McDermott  |
| Darren    | Brame     | Rachel      | McEnery    |
| Peter     | Bramham   | Steven      | Miles      |
| Stephen   | Brock     | Peter       | Mitchell   |
| Sam       | Brown     | Richard     | Nelson     |
| Jonnie    | Butler    | Jenny       | Podmore    |
| James     | Callaghan | Christine   | Preston    |
| Sam       | Cann      | John        | Preston    |
| Peter     | Carr      | Dave        | Ramsden    |
| Gary      | Chapman   | Johnnie     | Rosie      |
| Richard   | Chatburn  | Rachael     | Sharples   |
| Mark      | Clarkson  | Catherine   | Shaw       |
| Timothy   | Clegg     | Will        | Smith      |
| Paul      | Crabtree  | Ian         | Smith      |
| Caren     | Crabtree  | Liam        | Spencer    |
| Colin     | Crane     | Debbie      | Spurr      |
| Steven    | Curtis    | Martin      | Stubbs     |
| John      | Dennis    | Freda       | Tate       |
| Alan      | Drew      | Richard     | Taylor     |
| Graham    | Ellis     | Adrian      | Thomas     |
| Andrew    | Eyles     | James       | Thompson   |
| Russell   | Fairhurst | Christopher | Tomes      |
| Catherine | Fawcett   | Elizabeth   | Tomes      |
| Peter     | Fisher    | Keith       | Waddingham |
| Des       | Fretwell  | Stewart     | Weatherill |

|          |                 |             |             |
|----------|-----------------|-------------|-------------|
| Sally    | Fretwell        | Brett       | Weeden      |
| Gerrard  | Gill            | Susan       | Weeden      |
| Patricia | Gill            | Ben         | Weeden      |
| Ben      | Green           | Jack        | Weeden      |
| Andrew   | Green           | Christine   | Whitaker    |
| Linda    | Green           | Mark        | Whitaker    |
| Amy      | Green           | Neville     | Whittingham |
| Adrian   | Greenwood       | Mark        | Wilkinson   |
| Heather  | Hamblin         | Shaun       | Wilkinson   |
| David    | Hamer           | Susan       | Wilson      |
| Richard  | Handford        | Elisa       | Woffenden   |
| Fraser   | Hardie          | Christopher | Wragg       |
| Jill     | Harrison        | Carol       | Young       |
| Paul     | Hindle          | Mick        | Young       |
| Lloyd    | Kellett         | Family      | Dunbar      |
| Jane     | Kellett (Young) |             |             |
| Anthony  | Knowles         |             |             |
| Joe      | Kutny           |             |             |

## Junior stop press

Thomas Sessford came 40th in the National X-Country! See web site for details

Amber Taylor will be representing West Yorkshire at the national Sportshall athletics competition on 20th March!

## Dates for your diary

| Day    | Date                  | Event  | Type   |
|--------|-----------------------|--|--------|
|        |                       |  |        |
| Friday | 8 <sup>th</sup> April | Club championships 2004 presentation – Willow Tree, Riddlesden (details to follow) | Social |
|        |                       |  |        |

## Training

**The following running training sessions start from our HQ at Greenhead school, Keighley**

Tuesday – 6:30pm Juniors, 6:30pm Seniors

Thursday – 6:30pm Juniors, 6:30pm beginners, 6:30pm seniors, 6:30pm Ladies track session with qualified coach, 7:00pm Triathletes

Sunday – 9:30 Long run of up to 2 hours – open to all

### Wednesday evenings – pub-based runs

These are based at a different pub each week in the summer, and it won't be long before we abandon the regular venue of The White Lion in Kildwick for other pastures. We aim to set off at 6:45 pm (but always miss).

**Swimming:** Wednesdays @ Skipton Baths 8:30pm

**Cycling:** Sundays 9am ish, contact Tony 01535 645106