

AUTUMN 1973



**THE
FELL
RUNNER**

Dobby

THE FELL RUNNERS' ASSOCIATION

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NOVEMBER 1973

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THE FELL RUNNERS' ASSOCIATION
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F E L L R U N N E R

The Magazine for Fell and Mountain Runners and all
who are interested in the sport.

FOURTH ISSUE - NOVEMBER 1973

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THE FELL RUNNERS' ASSOCIATION

was formed on 4th April 1970 to serve the interests of the sport of Fell and Mountain Running in the U. K.

- Chairman: Frank Travis Esq., 13 Hallsenna Road, Seascale, Cumberland.
- Hon. Secretary: George Broderick Esq., 25 Granby Road, Edinburgh EH16 5NP.
- Hon. Treasurer/Registrar: Jim Smith Esq., 44 Kenmor Avenue, Bury, Lancs.
- Committee: Messrs. Stan Bradshaw, Alf Case, Gerry Charnley, Mike Davies, John Haworth, Alan Heaton, Jimmy Jardine, Eddie Leal, Ken Smith, Bill Smith.
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FOURTH LIST OF NEW MEMBERS (Since Issue 3)

- | | |
|------------------------|--------------------------|
| 298. Stephen Beardsell | 318. Andrew Napier |
| 299. Roger W. Smith | 319. John Osborne |
| 300. Derek Hartley | 320. John W. Bland |
| 301. A.W. Simpkins | 321. L. Mitchell |
| 302. Alan L. Plant | 322. Joss Naylor |
| 303. Leslie Pickering | 323. Martin Payne |
| 304. D.J. Walker | 324. W. Grindley |
| 305. Pete Simpson | 325. David I. Callister |
| 306. James West | 326. C.C.B. Irvine |
| 307. Harry Ball | 327. William H. Padgett |
| 308. Michael Armitage | 328. Eugene McEvoy |
| 309. E.W. Steward | 329. John E. Shepherd |
| 310. Wilfred Curwen | 330. Alastair F.S. Scott |
| 311. Bryan Tatham | 331. David W. Smith |
| 312. Joe Long | 332. Ken Bingley |
| 313. Eddie Campbell | 333. Peter M. Maim |
| 314. Bob Mitchell | 334. Mike Short |
| 315. Alex Elliott | 335. Jan Knippenberg |
| 316. George Dixon | 336. Malcolm Hartley |
| 317. Tommy Parr | 337. Ken Naismith |

CHECKPOINT 1

SUBSCRIPTIONS 1974

The 1974 subscriptions became due on 1st January. "Future publications," fixture lists and newsletters will not be sent out to those members owing over one year's subscriptions. However all members will receive a subscription renewal reminder this month.

CHECKPOINT 2

GUARDIAN ON THE FELLS

Our Registrar has provided Tom Kelly of the Guardian with ample literature on Fell Running, with a view to a full length article on the sport appearing "at the opening of the 1974 season." Keep your eyes open for this around about the Three Peaks Race.....in the Guardian of course.

THE 'INFORMAL' ANNUAL GENERAL MEETING 1973 - A summary of the meeting held after the Fairfield Race, 20th May, 1973.

Hastily organized by Mr J Smith, and informal because it took place amidst a clutter of bedsteads in the recently vacated changing room, attracted a mere 25 members. Yet it was crucial to the survival of the Association. Mr F Travis took the "bedstead" in place of Mr A Case, and invited Mr Smith to outline the crisis.

On 20th February, 1973, Mr E Leal had written to Mr Smith explaining that he had to resign as secretary of the Association for health and personal reasons. Largely through lack of time he had been unable to complete the 1972 Newsletter nor to prepare the 1973 Fixture List. Mr Leal felt that he had 'let us all down' but Mr Smith remarked that he was sure members would sympathize and wish Mr Leal well and a return to good health. This was endorsed by those present especially in view of Mr Leal's strenuous efforts to get the Association off the ground in 1970.

Mr Smith thanked Mr Roy Swinbank for stepping in to edit and duplicate the 30 pages of No. 3 Newsletter in a remarkably short space of time for circulation in April. He went on to thank Mr Arthur Steele for typing and duplicating the Fixture List within three days of receiving the details and at his own expense. The Fixture Lists were distributed at the end of March. Thus immediate matters had been dealt with but the Association was without a secretary and most of its records. However Mr Smith was able to show that the finances were in a healthy state.

Mr Travis asked the meeting to consider the election of officers to fill the gaps. He was prevailed upon to become Chairman and Mr G Broderick was elected to take over as Secretary. Other officers and the Committee were confirmed with ex-Chairman Mr Case becoming a Committee member, together with newcomers Mr J Jardine and Mr W Smith.

Mr R Swinbank's recently expressed views on the status of fellrunning gave rise to considerable discussion. Opinions were expressed for breaking away from the AAA, though remaining strictly within the athletic framework, whilst the Chairman urged that the sport should retain its informal and local atmosphere and was not altogether happy that non-athletes should have to be excluded from fell races. Mr Broderick pointed out the difficulties being created for race promoters by over-zealous athletics officialdom. Others indicated, from their own experience, the friction that exists between the competitor, the promoter and the AAA laws. The meeting felt that unless the Association could see a clear-cut route to an independent status it should not jeopardize its members' amateur status. The Committee was authorized to investigate the whole matter and report its findings.

The question of an Association tie and badge was brought up and after brief discussion the Committee was asked to look into the matter.

M.P.D.

CHECKPOINT 3

DAILY EXPRESS ON JOSS NAYLOR

Joss Naylor was the subject of a feature by Alan Bennett in the Daily Express on Saturday, 29th September last. Bennett described him as "a man who combines the staying power of Emil Zatopek with the climbing skill of Chris Bonington...." There was also a good if sensational photograph of Joss running along the shore of Wastwater.

MINUTES OF THE COMMITTEE MEETING HELD AT THE CROSS KEYS INN, SKIPTON, ON
SUNDAY, 18th NOVEMBER, 1973. (Shortened version).

ELECTION OF OFFICERS at AGM (May 1973) Recorded in the Minutes viz:

Hon. Chairman.....F. Travis Esq.
Hon. Secretary.....G. Broderick Esq.
Hon. Treasurer/Registrar.....J. Smith Esq.
Hon. Newsletter Editor.....M. Davies Esq.
Hon. Press Officer.....W. Smith Esq.
Hon. Statistician.....J. Haworth Esq.

Committee Members: Messrs. S. Bradshaw, A. Case, G. Charnley, J. Jardine,
A. Heaton, E. Leal, K. Smith.

Messrs. Charnley, Leal and K. Smith were not present.

MATTERS ARISING FROM AGM. - THE STATUS OF FELL RUNNING

Does Fell Running come within the framework of the AAA laws or does it
require a set of rules of its own?

Mr Broderick suggested that since AAA laws could not be applied to fell running a new set of rules be drawn up, in agreement with the AAA, to cover our needs. Mr Case quoted Christopher Brasher's view that the Association could draw up its rules independently of the AAA. Messrs Haworth and Davies pointed out that many fell races were promoted by clubs affiliated to the AAA and the vast majority of competitors were governed by AAA laws, even if some events were of the orienteering type. Both clubs and individuals would jeopardize their affiliation if new rules were introduced. Mr Travis argued that the FRA should infiltrate the councils of the AAA to promote its views. He requested that members obtain the views of their club committees, in writing, so that the status of fell running could be brought up again at the next AGM. This was agreed unanimously.

FELL RUNNER OF THE YEAR SCHEME

The Chairman suggested that the award be presented at one of the fell races each year - Agreed unanimously.

Mr Haworth suggested that only the committee should decide on the inclusion of new races in the Scheme - Agreed unanimously. He requested guidance as to whether he should accept unofficial results in computing the points table (official results were not available from four races in 1973). The Committee decided to leave this to the discretion of Hon. Statistician.

The Committee accepted the tabulated results of the 1973 competition: Harry Walker being "Fell Runner of 1973", with 249 points (full details page 9).

Mr Davies reminded the Committee that the two-year trial period for the current scheme was over. Its value needed to be assessed and alternative schemes considered. Two alternatives were a) a limited number of "Classic" races (say 8-10) only to count towards the award, and b) a limited selection of races of differing types (long, short, etc) to count towards the award. Mr Broderick pointed out that those able to attend the most races in either of these schemes had an advantage whereas the current scheme was fairer, giving a wide choice of events. After some discussion it was decided to continue with the present scheme but to eliminate from it the "C" category events. Mr Davies proposed the removal of the Cannock Chase, Harden Moss, Great Hill, Eldwick Gala, Mamore Hill, Berwick Law, Knockfarrel, Three Towers and Gale Fell races from the Scheme. The Committee agreed for the 1974 season that this be implemented and upgraded the Half Nevis from "B" to "A" and the Manx Hill and Rivington Pike races from "C" to "B" for inclusion in the Scheme.

Uncertainty about the Manx Hill and Saddleworth courses and the holding of the Pen y Ghent (B) and Barbon Fell (B) events were left for the Secretary to clarify. After discussion it was decided unanimously not to alter the points system by increasing in depth the counting positions. Mr Haworth indicated

that any increase would give much more work without in any way affecting the final position. So in Class "A" events the first 20 and in Class "B" events the first 14 finishers will be eligible for points.

PRESENTATION OF THE FELL RUNNER OF 1973 AWARD TO HARRY WALKER

Mr Bradshaw proposed the Pendle Hill Race on 6th April, 1974, as a suitable venue for the Presentation and Mr Case proposed that the AGM of the Association be held in conjunction - Agreed unanimously.

MEMBERSHIP OF THE ASSOCIATION

In reply to questions Mr Smith gave the current membership total as 535 but commented on the large number of subscriptions outstanding. He suggested a time limit should be imposed. This was agreed as one of 12 months to take effect from January 1974. Members whose subscriptions are one year in arrears in January do not receive further FRA publications.

NEWSLETTER AND CALENDAR

Mr Davies hoped that the next Newsletter would be ready in January 1974 and Mr Broderick hoped the Calendar would be available by then. Mr Smith suggested distributing both items together with Renewal Forms to save postage.

PROPOSED ANNUAL DINNER OF THE ASSOCIATION

Mr Broderick put forward the idea of a members' get-together at an "Annual Dinner" in 1974. Mr Case countered that members' views should be sought before pursuing the matter.

TIE AND BADGE

Mr Travis asked about developments in this matter. Mr Smith said he had received some artistic efforts but was not enthusiastic. It was agreed to get members' reactions.

NEXT MEETING - unless a special meeting is called the next meeting will be at the Pendle Fell Race on 6th April, 1974.

GB / MPD.

CHECKPOINT 4 FLYING DUTCHMAN IN LAIRIG GHRU

Jan Knippenburg, from the Hook of Holland, ran from the Police Station at BRAEMAR (Deeside) to the Police Station at AVIEMORE (Speyside) - 27 miles over the Pass of Lairig Ghru, 2700 ft., in 4 hrs. 29 min. on 14th October last. Jan has recently joined the Fell Runners - number 335 - and looks forward to further exploits in the Highlands.

More details on this in the May issue.

CHECKPOINT 5 "MOUNTAIN LIFE" ON HARRY WALKER

Our Press Officer tells me that the February edition of "Mountain Life" should contain a short feature on Harry Walker, "Fell Runner of 1973", plus some details of the competition. Likewise "Climber and Rambler" may include a brief mention of Harry in its "Around the Compass" pigeon hole.

THIS IS YOUR MAGAZINE

Don't tell me... Issue Four is published late! The delay is unavoidable. Indisposition in November and pressure of work prohibited editing until after Christmas. For this my apologies.

The first three issues of the FELL RUNNER are noteworthy for their interesting content and the third issue has an excellent format. As the unfortunate "volunteered" on to the editorial stool, I intend to continue the pattern and to try to maintain the standard set by former editors Eddie Leal and Roy Swinbank. But the Newsletter should mirror members' views and to that end I welcome any comments made in answer to the questionnaire, part two, on the opposite page. This will enable me to meet your wishes.

The intention is to bring out two issues per annum - number 5 is due in May. To do so requires a continuous flow of material to facilitate forward planning. Material comes from contributors! Can YOU write? If so YOU CAN CONTRIBUTE ARTICLES, race reports, letters, comments, criticism or reviews! Do WRITE NOW whilst that idea is fresh in your mind!

Bereft of ideas? Well, here are two suggestions. Why not become a race reporter by 'adopting' one or more races this season. Undertake to write a short, 200 word maximum, report of the event from a spectator's or competitor's angle. Submit it to the editor plus a copy of the official results down to 20th position in the week following the event. With, say, a score of you doing this, every race gets a write-up, promoters are encouraged (badgered) into producing prompt results and your magazine is assured of its basic raw material.

A second suggestion - become a correspondent responsible for a particular type of contribution such as items for 'Checkpoints', 'profiles', 'questionnaires', 'book reviews', 'quizzes' or researching the background story of races and our sport.

If YOU feel able and willing to help, please get in touch. Many hands make light work whereas at present the Newsletter relies too heavily on one or two willing writers. Perhaps reading their efforts will inspire YOU to take up your pen to emulate, criticise, complement, or cross swords; whatever your reason the Magazine benefits through more and varied contributions. Remember it is YOUR MAGAZINE; it is only as good as YOU CAN MAKE IT.

Issue Four includes Association news, twenty or so race reports and results, and some intriguing literary masterpieces for your enjoyment. It relies too heavily on Bill Smith's prolific pen. I am most grateful to him, Jim Smith, Jimmy Jardine and all contributors for their unstinted support. To facilitate distribution George Broderick is undertaking stencil cutting, duplicating, and in association with Jim Smith, the despatch of your copy. Both have my sincere thanks.

This is unlikely to be a permanent arrangement and I will welcome offers to cut stencils or duplicate for the May issue, preferably where several people can combine to undertake it in one place.

Michael Davies

A Q U E S T I O N N A I R E F O R R E A D E R S

PART A "MATTERS ARISING"

At the Committee Meeting on 18th November two matters were discussed upon which the Committee felt they should check members' opinions through the Newsletter before reaching definite decisions. Please let the Editor have your written answers to the questions below as soon as possible. Based on the replies the Committee can make concrete proposals at the AGM.

- 1) Do you want the Association to introduce a Badge / Tie for members to purchase?
- 2) Have you ideas for the design of such a badge / tie ? If so please submit a sketch.
- 3) Should the Association hold an Annual Dinner, possibly in September or October, to be inaugurated in 1974 ?
- 4) Would you support the function if held this year ?
- 5) Would you be able / willing to help organize such a function ?

PART B "YOUR MAGAZINE"

In order to produce a magazine that satisfies the majority of members, please let the Editor have your written answers to the questions below as soon as possible.

- 6) Which of the following items would you like to see in the Newsletter regularly:
 - a) questionnaires of our active members
 - b) profiles of active and non-active members
 - c) quizzes
 - d) readers' letters
 - e) book reviews ?
- 7) Do you want a complete set of race reports + results (20 deep) in the Newsletter or would you prefer a sample set of the season's events?
- 8) Will you 'adopt' a particular race(s) this season, guaranteeing to provide the magazine with a brief report + results ? If so please list three races in your order of preference: one will be allotted to you in due course.
- 9) Will you undertake a regular contribution of some item to the Newsletter eg. checkpoints, profiles? If so please suggest what topic you are keen on.
- 10) Have you any comment, criticism or suggestion to offers aimed at improving the Magazine ?

The Editor looks forward to receiving your answers to questions 1 - 10 in the immediate future at:
14 Green Court Gardens, CROYDON, CRO 7LH.

MPD

G O R D O N F I S H E R

Fellrunners were very sad to hear of the tragic death of Rochdale harrier Gordon Fisher, aged 33, who collapsed and died during his training at Springfield Park, Rochdale, on 7th January 1973. The previous day he had competed in the Lancashire Cross Country Championships at Blackburn.

He started his twelve year athletic career shortly after spending a holiday as a spectator at the Rome Olympic Games in 1960. As no club existed in his native Rossendale at that time, he joined Rochdale Harriers, later coming to live in Rochdale.

In his first three years of competition he showed considerable ability on track, road and country. On the track he ran 8 minutes 55 seconds for two miles and competed successfully at various distances of between 1 and 6 miles. On the road he formed part of Rochdale's formidable relay team of the early 1960's, joining with Colin Robinson, Roger Carter, Joe Salt, Jim Freeman and Trevor Proctor. After helping Rochdale to win the 1961 Hollingworth Lake Road Relay, Gordon showed his ability in the 1963 Lancashire Road Relay Championships when he ran anchor leg in the 8 - stage race. Although not fully fit, he was selected for the team and started his "leg" with a half-minute lead over Manchester and District Lads Club, the favourites. After a typical display of guts and determination, Gordon just got home first with ten seconds to spare. In the 1963 National C.C. Championship at Cambridge he finished 47th in a field of over 800 runners.

Over the fells Gordon was third counter in the Rochdale team which won the Three Peaks Race in 1969. He came 9th in 3 hrs. 2 min. 14 secs. The following year he again ran well in the "Peaks," finishing 12th and helped Rochdale to win the team trophy in the Skiddaw Race. His name will always be remembered in connection with the Gale Fell Race in which he took an active part, not only in the race itself but also in the celebrations afterwards. He often turned out on Sunday mornings for the tough two-hour Rochdale pack run over Knowl Hill and the surrounding moors.

We take this belated opportunity of expressing our deepest sympathy to his widow, Jane, who personally supported most of his cross country and fell races.

Jim Smith

FELL RUNNER OF THE YEAR 1973 : HARRY WALKER'S YEAR by Bill Smith

The 1973 winner of the "Fell Runner of the Year" competition, organized by the FRA was HARRY WALKER of Blackburn Harriers with a grand total of 249 POINTS. The trophy will be presented to him after the Pendle Fell Race on April 6th. In 1972 he had taken 2nd place to Dave Cannon, with 166 points to Cannon's 207. Harry won his title as follows: 2nd Pendle (B) 13 points; 3rd Rivington Pike (C) 1; 2nd Three Peaks (A) 19; 1st Chevy Chase (A) 22; 4th Fairfield (A) 17; 3rd Ennerdale (A) 18; 3rd Great Hill (B) 12; 3rd Skiddaw (A) 18; 3rd Wasdale (A) 18; 1st Latrigg (A) 22; 2nd Burnsall (A) 19; 1st Ben Nevis (A) 22; 2nd Pendleton (B) 13; 8th Vaux (A) 13; 1st Thieveley Pike (A) 22.

In SECOND place was BOBBY SHIELDS of Clydesdale Harriers with 240 POINTS amassed thus: 9th Carnethy (B) 6; 2nd Chevy Chase (A) 19; 8th Fairfield (A) 13; 1st Ben Lomond (A) 22; 3rd Lomonds of Fife (B) 12; 1st Eildon (B) 16; 1st Cairngorm (B) 16; 8th Skiddaw (A) 13; 2nd Mamore (C) 2; 1st Jura (A) 22; 1st Half Nevis (B) 16; 1st Creag Dhubh (A) 22; 5th Burnsall (A) 16; 2nd Ben Nevis (A) 19; 13th Langdale (A) 8; 3rd Thieveley Pike (A) 18.

THIRD was MICHAEL DAVIES (Reading AC) who attained Veteran status during the summer. His 229 POINTS were gathered as follows: 10th Pendle (B) 5; 4th Manx (A) 17; 14th Three Peaks (A) 7; 7th Chevy Chase (A) 14; 12th Fairfield (A) 9; 9th Ennerdale (A) 12; 6th Ben Lomond (A) 15; 1st Lomonds of Fife (B) 16; 5th Eildon (B) 10; 11th Skiddaw (A) 10; 2nd Creag Dhubh (A) 19; 13th Latrigg (A) 8; 3rd Berwick Law (C) 1; 2nd Glenurquhart (B) 13; 8th Ben Nevis (A) 13; 4th Pendleton (B) 11; 5th Vaux (A) 16; 2nd Langdale (A) 19; 7th Thieveley Pike (A) 14.

In FOURTH position was JOSS NAYLOR (Kendal AC) who accumulated 182 POINTS: 14th Carnethy (B) 1; 1st Manx (A) 22; 3rd Three Peaks (A) 18; 7th Fairfield (A) 14; 1st Welsh 1000 Metres (A) 22; 1st Ennerdale (A) 22; 1st Wasdale (A) 22; 4th Ben Nevis (A) 17; 1st Vaux (A) 22; 1st Langdale (A) 22.

DAVE CANNON (Kendal AC), who branched out into Marathon road running in 1973 in an attempt to realize his ambition of winning an international vest, was placed FIFTH. His 131 points were collected from only seven events: 1st Carnethy (B) 16; 1st Pendle (B) 16; 1st Fairfield (A) 22; 1st Skiddaw (A) 22; 2nd Latrigg (A) 19; 3rd Burnsall (A) 18; 3rd Ben Nevis (A) 18.

In SIXTH place was yet another Kendal AC runner, PETER BLAND, the ex-professional whose interest in long-distance fell running incited him to become re-instated as an amateur in 1972. Peter's 130 points were earned this way: 11th Fairfield (A) 10; 4th Welsh (A) 17; 5th Ennerdale (A) 16; 2nd Eildon (B) 13; 15th Skiddaw (A) 6; 6th Jura (A) 15; 12th Latrigg (A) 9; 15th Burnsall (A) 6; 17th Ben Nevis (A) 4; 6th Vaux (A) 15; 5th Langdale (A) 16; 18th Thieveley (A) 3.

Other highly placed runners in the competition, all gaining more than 50 points were:

DAVE HALSTEAD (Blackburn Harriers), 7th with 127 points: 7th Carnethy (B) 8; 8th Pendle (B) 7; 6th Three peaks (A) 15; 4th Chevy Chase (A) 17; 5th Wasdale (A) 16; 7th Latrigg (A) 14; 13th Burnsall (A) 8; 9th Ben Nevis (A) 12; 8th Langdale (A) 13; 5th Thieveley (A) 16; 3rd Gale (C) 1.

DENNIS WEIR (Sale Harriers) 8th with 123 points: 12th Carnethy (B) 3; 2nd Manx (A) 19; 4th Three Peaks (A) 17; 5th Chevy (A) 16; 19th Fairfield (A) 2; 2nd Welsh (A) 19; 2nd Ennerdale (A) 19; 20th Skiddaw (A) 1; 7th Wasdale (A) 14; 11th Vaux (A) 10; 18th Langdale (A) 3.

PETER WALKINGTON (ex-Bolton United Harriers, presently unattached), 9th with 117 points: 9th Pendle (B) 6; 8th Three Peaks (A) 13; 17th Fairfield (A) 4; 3rd Welsh (A) 18; 4th Ennerdale (A) 17; 19th Skiddaw (A) 2; 6th Wasdale (A) 15; 8th Latrigg (A) 13; 11th Ben Nevis (A) 10; 2nd Vaux (A) 19.

JEFF NORMAN (Altrincham AC) 10th with 111 points; 2nd Carnethy (B) 13; 4th Pendle (B) 11; 1st Rivington (C) 4; 1st Three Peaks (A) 22; 1st Great Hill (B) 16; 4th Wasdale (A) 17; 1st Glenurquhart (B) 16; 3rd Rossendale (B) 12.

MIKE NICHOLSON (Kendal AC), 11th with 110 points: 19th Three Peaks (A) 2; 8th Chevy (A) 13; 14th Fairfield (A) 7; 5th Ben Lomond (A) 16; 18th Skiddaw (A) 3; 8th Wasdale (A) 13; 2nd Half Nevis (B) 13; 11th Latrigg (A) 10; 20th Burnsall (A) 1; 15th Ben Nevis (A) 6; 4th Langdale (A) 17; 12th Thieveley (A) 9.

JIMMY JARDINE (Penicuik Harriers) 12th with 99 points: 13th Carnethy (B) 2; 11th Chevy (A) 10; 2nd Lomonds of Fife (B) 13; 3rd Eildon (B) 12; 4th Cairngorm (B) 11; 17th Jura (A) 4; 6th Half Nevis (B) 9; 4th Creag Dhubh (A) 17; 2nd Berwick Law (C) 2; 5th Glenurquhart (B) 10; 12th Ben Nevis (A) 9.

NORMAN CARRINGTON (Sale Harriers) 13th with 95½ points: 3rd Cannock (C) 1; 3rd Chevy (A) 18; 3rd Fairfield (A) 18; joint 11th Ennerdale (A) 9½; 9th Burnsall (A) 12; 6th Ben Nevis (A) 15; 14th Vaux (A) 7; 6th Langdale (A) 15.

BRIAN FINLAYSON (Lochaber AC) 14th with 94½ points: 4th Carnethy (B) 11; 18th Ben Lomond (A) 3; joint 8th Lomonds of Fife (B) 6½; 7th Eildon (B) 8; 2nd Cairngorm (B) 13; 10th Jura (A) 11; 3rd Half Nevis (B) 12; 3rd Creag Dhubh (A) 18; 3rd Glenurquhart (B) 12.

JIM SMITH (Bury & Radcliffe AC) 15th with 91 points: 5th Manx (A) 16; 9th Ben Lomond (A) 12; 2nd Jura (A) 19; 18th Latrigg (A) 3; 13th Ben Nevis (A) 8; 10th Pendleton (B) 5; 10th Vaux (A) 11; 11th Langdale (A) 10; 14th Thieveley (A) 7.

WADE COOPER (Manchester & District AC) 16th with 79 points: 6th Great Hill (B) 9; 6th Skiddaw (A) 15; 5th Latrigg (A) 16; 12th Burnsall (A) 9; 1st Pendleton (B) 16; 11th Rossendale (B) 4; 11th Thieveley (A) 10.

RICHARD BELK (Kendal AC) 17th with 69 points: 6th Carnethy (B) 9; 11th Three Peaks (A) 10; 2nd Fairfield (A) 19; 2nd Skiddaw (A) 19; 9th Langdale (A) 12.

MIKE SHORT (Horwich RMI Harriers) 18th with 68 points: 19th Ennerdale (A) 2; 8th Great Hill (B) 7; 4th Latrigg (A) 17; 10th Burnsall (A) 11; 8th Rossendale (B) 7; 14th Langdale (A) 7; 6th Thieveley (A) 15; 2nd Gale (C) 2.

RAY RAWLINSON (Rossendale AC) 19th with 65 points: 3rd Pendle (B) 12; 10th Great Hill (B) 5; 4th Burnsall (A) 17; 3rd Pendleton (B) 12; 2nd Thieveley (A) 19.

CHARLIE JARVIE (Lochaber AC) 20th with 62 points: 10th Ben Lomond (A) 11; 7th Lomonds of Fife (B) 8; 6th Cairngorm (B) 9; 5th Half Nevis (B) 10; 9th Creag Dhubh (A) 12; 4th Glenurquhart (B) 11; 20th Ben Nevis (A) 1.

Joint 21st with 58 points each were ALAN HEATON (Clayton-le-Moors Harriers) 6th Manx (A) 15; 20th Chevy (A) 1; 10th Welsh (A) 11; 8th Jura (A) 13; 11th Glenurquhart (B) 4; 7th Vaux (A) 14. MARTIN WEEKS (Bingley AC), 1st Burnsall (A) 22; 10th Ben Nevis (A) 11; 7th Rossendale (B) 8; 4th Thieveley (A) 17.

SOME STATISTICS*: 222 contenders shared 4858 available points:-
3604 points from 17 'A' class races
1177 points from 11 'B' class races
77 points from 11 'C' class races

22 contenders acquired over 50 points - details above.

3 contenders scored between 40 and 49 pts. A. Churchill; C. Robinson; E. Roberts

18 contenders scored between 30 and 39 pts. (43) (42) (41)

11 contenders scored between 20 and 29 pts.

53 contenders scored between 10 and 19 pts.

115 contenders scored between 1 and 9 pts.

No points will be awarded for 'C' class events during 1974, though the traditional Rivington Pike Race has now been upgraded to 'B'. The Manx Hill Race, which was longer and tougher last year, may also be upgraded to a 'B' and the Half Nevis becomes 'A'. Three new events, Pen y Ghent, Saddleworth and Barbon, along with the revived Ingleborough race, have all been awarded 'B' categories, though Saddleworth may well turn out to be worthy of an 'A' classification if the course is altered as expected.

REPORTS ON 1973 EVENTS

RIVINGTON PIKE RACE

Saturday, 21st April, 1973

(3¼ miles - 1148 ft)

Easter Saturday, traditional day for the long established Rivington Pike event was for the second year running a pretty bad day. In 1972 there had been thick mist and torrential rain, which had curiously ceased for the duration of the race, while this year, in addition to the rain and mist there was also hail and snow. Once again, however, the weather miraculously cleared just in time for the race and there was even some weak sunshine, though the last competitors weren't quite fast enough to escape another hail storm.

Jeff Norman won this event for the first time in 17.01, though he has actually done faster times on two previous occasions: in 1968 he did 16.55 and finished 2nd to his Altrincham clubmate, Alan Blinston, while in 1969 he finished 3rd to Blinston in 17.00. Perhaps he'd have run faster if he'd been pushed on the descent, but he had a good lead over his closest rivals and finally beat Stan Curran by 15 secs. and Harry Walker by 27. Course record holder Ron McAndrew (16.30 1971) finished in 6th position, 42 secs behind Norman. There were 79 finishers and Bolton had the fastest teams: "A" 31 pts, "B" 57.

WRS

1. J.Norman	Altrincham	17-01	11. W.Cooper	Man+Dist.	18-23
2. S.Curran	Salford	17-16	12. D.Spenser	Barrow	18-27
3. H.Walker	Blackburn	17-28	13. M.Short	Horwich	18-28
4. A.Bird	Leeds Univ.	17-33	14. T.Parker	Blackpool	18-31
5. P.Ravald	Manchester+Dist.	17.36	15. P.Goodfellow	Stoke	18-33
6. R.McAndrew	Cardiff	17-43	16. N.Shuttleworth	Bolton	18-37
7. W.Ward	Bolton	17-47	17. V.Regan	Bolton	18-38
8. R.Hill	Bolton	17.51	18. R.Ashworth	Rossendale	18-39
9. B.Johnson	Airedale/Spen	18-12	19. D.Lee	Bolton	18-46
10. B.Clemson	Lancaster/More- cambe	18-21	20. P.Walkington	Bolton	18-58

THREE PEAKS RACE

Sunday, 29 April, 1973

(22 miles - 4500 ft)

The weather on April 29 was just about the same as on April 25 two years ago, when Jeff Norman clipped 4m. 8s. off Mike Davies' record; that is, cool, clear and sunny. Ideal conditions in fact for yet another record to be set up - and Jeff certainly didn't disappoint us. He took the lead on the ascent of Ingleborough and gradually increased it as he progressed round the course, despite having a fall coming down Pen y Ghent. He finally beat his closest contender, Harry Walker, by 7m 8s not to mention knocking another 4m 28s off off his own record into the bargain.

Surprise of the day was the 3rd position attained by Joss Naylor, who sliced 14m 15s off his previous best time in 1971 and moved up 11 places as well. Possibly Joss has always found the Peaks course a little too smooth and fast by comparison with the more rugged terrain over which he excels. Dennis Weir, the man whom Joss pipped the previous week-end in the Manx Mountain Marathon, took fourth place, with Alan Spence being the first Yorkshireman home in fifth position.

Eric Roberts of Kendal AC, who has firmly established himself as one of the top fell racing veterans during only two years of competition in the sport, took the Vets prize for the second year on the trot. He was placed 23rd with a time of 3-05-07, having bettered his initial traverse of the course in 1972 by 27 positions and 9m 46s. The fastest teams were Blackburn (Walker, Halstead, Breckell) with 25 points, Bingley (Spence, Braithwaite, Anderson) with 30, and Kendal (Naylor, Himsworth, Nicholson) with 34. Out of 234 starters 202 completed the course.

The Whernside event for Juniors was hotly contested by two Airedale lads, Pape and Johnson, the former winning by the narrow margin of one second.

WRS

1. J. Norman	Altrincham	2-31-58	11. R. Belk	ASV	2-50-17
2. H. Walker	Blackburn	2-39-06	12. E. Himsworth	Kendal	2-51-18
3. J. Naylor	Kendal	2-44-24	13. A. Harmer	Portsmouth	2-51-30
4. D. Weir	Sale	2-44-29	14. M. Davies	Reading	2-52-00
5. A. Spence	Bingley	2-45-08	15. G. Jordan	Rochdale	2-53-19
6. D. Halstead	Blackburn	2-46-29	16. D. Anderson	Bingley	2-55-08
7. R. Hill	Bolton	2-47-04	17. S. Breckell	Blackburn	2-55-13
8. P. Walkington	Bolton	2-48-15	18. T. Proctor	Rochdale	2-57-00
9. P. Braithwaite	Bingley	2-49-16	19. M. Nicholson	Kendal	2-57-26
10. C. Robinson	Rochdale	2-50-16	20. I. Wainwright	Sheffield	2-57-40

WHERNSIDE JUNIOR FELL RACE

1. B. Pape	ASV	38-47	6. D. Edge	Blackpool+F	42-43
2. B. Johnson	ASV	38-48	7. D. Pearson	Bingley	42-53
3. B. Gemson	Lancaster+Morec'b	39-24	8. D. Young	Pudsey+Bram.	43-00
4. S. Westhead	Horwich RMI	40-45	9. D. Hutchinson	Holmfirth	43-25
5. H. Symonds	Altrincham	41-18	10. P. Waine	Clayton	44.13

CHEVY CHASE

Sunday, 13th May, 1973.

(17 miles - 4000 ft)

In almost perfect conditions 35 runners lined up for the start of the annual "Chevy Chase" fell race over some of the most wild and rugged Pennine Moorland including Northumberland's two highest summits, Cheviot (2676 ft) and Hedgehope (2348 ft).

With a few prominent personalities absent this was perhaps the most open Chevy Chase since its inception in 1968 and at the end of the day Jeff Norman's course record of 2h 11m, set in 1972, remained intact.

An analysis of the checkpoint times showed that the eventual winner, Harry Walker, was up at the front for most of the race, fighting it out stride for stride with the leading group. Level with runner-up, Bobby Shields, at the last control point, it was only Harry's resolute running over the final stretch of road back to the hostel that made sure of victory and the Chevy Chase trophy. Norman Carrington finished in third position.

Sale Harriers (Carrington, Watson, Blenkinsop) convincingly won the team race with Holmfirth Harriers (Beardsell, Ramsden, Bradley) in second place. Dennis Weir won the YHA prize for their first member to finish not otherwise a prizewinner. Eric Roberts is making a habit of picking up the veteran's prize and to-day he made no mistake.

Alan Morgan

1. H.Walker	Blackburn	2-16-00	11. J.Jardine	Penicuik	2-30-00
2. R.Shields	Clydesdale	2-17-00	12. G.Swan	ESH	2-32-00
3. N.Carrington	Sale	2-18-00	13. P.Duffy	Aberdeen	2-34-00
4. D.Halstead	Blackburn	2-19-00	14. S.Beardsell	Holmfirth	2-37-00
5. D.Weir	Manchester	2-20-00	15. R.Meadowcroft	Bolton	2-37-00
6. A.Watson	Sale	2-23-00	16. T.Ramsden	Holmfirth	2-38-00
7. M.Davies	Reading	2-24-00	17. J.Offley	TVH	2-39-00
8. M.Nicholson	Kendal	2-25-00	18. H.Forrest	Gosforth	2-40-00
9. H.Blenkinsop	Sale	2-26-00	19. S.Cameron	ESH	2-41-00
10. E.Roberts	Kendal	2-28-00	20. A.Heaton	Clayton	2-44-00

FAIRFIELD HORSESHOE FELL RACE

Sunday, 20 May, 1973

(8 miles - 3000 ft)

Although the rain through the night was heavy enough to make the committee think of postponement, when race time arrived Fairfield was almost clear of cloud. The field of 97 was off on time; with Dave Cannon and Harry Walker already leading at Nab Scar, it looked like being the mixture as usual but as the mist came down on Fairfield they came momentarily adrift and Richard Belk took over the lead which he held to Low Crag.

On the run-in Harry Walker had to be content with 4th place, but Dave Cannon regained the lead to record his third consecutive Fairfield success, his winning margin not being as great as last year, with Richard Belk close on his heels and Norman Carrington a very good third.

The team prize went to Kendal (Cannon, Naylor, Himsworth) with Sale Harriers only just pushing into second place. First and second Vets were George Rhodes and Eric Roberts.

The Fell Runner of 1972 Award was presented after the race to Dave Cannon but the biggest cheer of the day went to Brian Singleton of Clayton-le-Moors who arrived at this moment; he had run via Patterdale and Kirkstone Pass!

Ben Redfearn

1. D.Cannon	Kendal	72.45	11. P.Bland	Kendal	78-30
2. R.Belk	Airedale	73-21	12. M.Davies	Reading	78-31
3. N.Carrington	Sale	73-50	13. D.Spencer	Barrow	78-33
4. H.Walker	Blackburn	74-18	14. M.Nicholson	Kendal	79-00
5. A.Watson	Sale	75-40	15. H.Forrest	Gosforth	79-10
6. G.Rhodes	Stafford	76-59	16. I.Kellie	Keswick	79-19
7. J.Naylor	Kendal	77-30	17. P.Walkington	Bolton	79-45
8. R.Shields	Clydesdale	77-45	18. W.Ratcliffe	Warrington	80-05
9. E.Himsworth	Kendal	77-50	19. D.Weir	Sale	80-30
10. R.Morris	Winsford	78-10	20. D.Macro	Clayton	81-05

SADDLEWORTH FELL RACE

Sunday, 3 June, 1973.

(3 miles - 850 ft)

A cool, sunny afternoon heralded the inauguration of the Saddleworth Fell Race, which formed part of an afternoon's rural entertainment presented by the Saddleworth Sports Council. The four hundred or so spectators were treated to demonstrations of work by sheepdogs and retrievers, of controlling hounds by horn, as well as a horn-blowing contest, and instructions on fishing. The 3 mile fell course was devised by the race organizer, Dave Makin (Bingley AC) of Dobcross, Saddleworth, and it is quite a tough 'un. Starting from Tanners Field at Greenfield, it begins with a short stretch of country lane, ascends over sloping pastureland, then climbs steeply to Alderman's

Hill (so called by the Ordnance Survey, but known locally as just plain Alderman), after which it follows the ridge around the obelisk on Pots and Pans, whence a sharp descent is made to the fields to rejoin the outward route, which is then retraced to Tanner's Field. The course may possibly be altered next year, however, in order to cover the fells to the west of the Chew Valley, with perhaps a more rousing finish provided by a spectacular descent from Alphin Pike; this depends on permission being obtained from the landowners.

Frank MacGuire was the first man to reach the summit of Alderman, beyond which point Jeff Norman moved into front position. Ray Rawlinson overtook Jeff on the descent from Pots and Pans, but the latter regained his lead and arrived at the finish 3 seconds ahead of the Rossendale man. Joe Salt won the veteran's prize, while the fastest teams were Rochdale (Robinson, Jordan, Proctor) with 18 points, Bolton (Barlow, Ward, Regan) with 41, and Manchester & District (Cooper, Boxen, Entwistle) with 65. There were 94 competitors.

WRS

1. J.Norman	Altrincham	20-56	11. M.McGran	E.Cheshire	22-33
2. R.Rawlinson	Rossendale	20-59	12. A.Reade	Wakefield	22-38
3. C.Robinson	Rochdale	21-34	13. H.Forrest	Gosforth	22-43
4. K.Darlow	Bolton	21-39	14. N.Ward	Bolton	22-43
5. G.Jordan	Rochdale	21-47	15. M.Davies	Reading	22-45
6. W.Cooper	MDLC	21-53	16. J.Salt	Rochdale	22-58
7. F.MacGuire	Blackpool	22-14	17. D.Anderson	Bingley	23-02
8. P.Bailey	East Ches.	22-22	18. J.Waterhouse	Cambridge	23-10
9. I.Kellie	Keswick	22-24	19. B.Boxen	MDLC	23-14
10. T.Proctor	Rochdale	22-31	20. J.Irwin	Bingley	23.21

ENNERDALE HORSESHOE FELL RACE

Saturday, 9 June, 1973

(25 miles - 5300 ft)

Thick mist caused many competitors to lose their way over various parts of the course this year, and there were some strange tales to be heard afterwards. Perhaps the funniest concerned two crack fell runners who were lost on Brandreth for what seemed an eternity. Finally, one said to the other, "Shall we sit down and have a good cry?" Even Joss Naylor himself admitted losing one hundred feet on this fell. Danny Hughes, the Cumberland Fell Runners Association chairman, in commenting on these errors in a short note attached to the result sheets, emphasized that such mistakes could have been avoided by intelligent use of map and compass. This reporter was as guilty as anyone. After checking in at Great Bourne, he went charging blindly after a bunch of runners ahead, not wanting to lose valuable time by taking a bearing. The bunch presently disappeared into the mist and he continued hopefully by himself for a while, before realizing that he was well off course. Feeling sick at having lost so much time, he made his way back to the summit to start all over again, and was here confronted by the group he'd been following, shame-facedly looming up out of the mist from the opposite direction...

Joss Naylor predictably chalked up his sixth Horseshoe win, though he took 2 mins 20 secs longer than last year. There was no change in second place either, for Dennis Weir was yet again runner-up and in exactly the same time as he recorded in 1972. Dennis took his dog, Flash - one of Joss's pups - around the course with him, incidentally, as did also Frank Milner of Clayton-le-Moors Harriers. Despite the mist, a few runners actually improved on their 1972 times, and these included Harry Walker, Peter Bland, and Bob Jackson Jr. Eric Roberts was again the fastest veteran, while the over 50's trophy, won last year by Stan Bradshaw, was awarded to former FRA secretary, Eddie Leal, making a welcome reappearance to fell running after a year's

absence. AJC Watson of Sale took the prize for the fastest newcomer to the course. In the team event nobody was surprised that the first three positions were once more occupied by Kendal 'A' (Naylor, Bland, Hughes) and 'B' teams (Roberts, Walker, Evans), and Sale Harriers (Weir, Jackson, Carrington), though Sale actually moved up one place from last year to second position. As a matter of interest two other Kendal teams also completed the course. There was a record number in each of the following categories:- 90 entries, 76 starters, 64 finishers.

The 4 miles Crag Fell Race for Juniors was won by Harry Jarrett (Barrow), last year's runner-up to Colin Wappett (Kendal), who did not compete on this occasion. Jarrett was 20 secs faster than last year and equalled Wappett's 1972 time.

WRS

1. J Naylor	Kendal	3-33-00	11. N Carrington	Sale	4-31-45
2. D Weir	Sale	3-51-10	12. A Watson	Sale	4-31-45
3. H Walker	Blackburn	3-53-55	13. A Evans	Kendal	4-33-55
4. P Walkington	Bolton	4-05-45	14. D Meek	Keswick	4-41-12
5. P Bland	Kendal	4-06-10	15. R Meadowcroft	Bolton	4-45-10
6. R Jackson	Sale	4-08-45	16. P Trainor	Keswick	4-45-12
7. D Hughes	Kendal	4-13-55	17. H Blenkinsop	Sale	4-46-00
8. E Roberts	Kendal	4-21-55	18. N Heaton	Bolton	4-49-00
9. M Davies	Reading	4-23-28	19. M Short	Horwich	4-51-00
10. W Walker	Kendal	4-26-55	20. D Eccles	Unattach'd	4-53-00

CRAG FELL JUNIOR RACE

1. H Jarrett	Barrow	36-25	6. T Whitaker	Airedale	41-05
2. A McGee	Murray BC	36-50	7. L Woodend	Furness	42-20
3. B Gemson	Lancaster	37-12	8. R Shields	Lancaster	42-30
4. P Spencer-Ellis	St Bees	39-00	9. C Wood	Unattached	43-05
5. F Bowe	Unattached	39-15	10. J Hall	Unattached	47-05

EILDON HILL RACE

Saturday, 23 June, 1973

(3½ miles - 1200 ft)

As is usual in the 3½ miles Eildon Hill Race the first starters faltered on the steep fields below the hill. By the time the summit was reached the regular hill runners had taken over, with Bobby Shields (Clydesdale) already well in front. Positions changed depending on the route taken off the hill. Some very fast downhill running brought Peter Bland and Jimmy Jardine into contention but after a lap of Greenyards Rugby Ground Bobby finished as his two pursuers entered the field.

JGJ

1. R Shields	Clydesdale	6. W Yate	Maryhill
2. P Bland	Kendal	7. B Finlayson	Lochaber
3. J Jardine	Penicuik	8. ? Gibson	Teviotdale
4. G Meikle	Teviotdale	9. ? MacManus	Penicuik
5. M Davies	Reading		

Winner's time only taken: 24-15.

THE "GREAT HILL" FELL RACE

7-30pm Saturday 23 June 1973

(5 miles - 1000 ft)

Another new 'un, part of Brinscall, Nr. Blackburn, sports, it is run from the show field to the summit of Great Hill (Pronounced locally "Grutill"). It is not a traditional fell race as it follows a path all the way - but so does the classic Skidda' among others. From the sports field the course runs $\frac{3}{4}$ mile down the main street, then comes a twisting rough mile up a steep, wide track which becomes more grassy passing over open moorland.

The top is now plainly in view and seemingly quite close, but the path drops into a dip making a wide detour before ascending the ridge to the summit. The return is by the same path, the loose stones on the path making the descent rather hazardous. The race is fast and exhausting as evidenced by the slow ascent of the main street by the incoming runners.

Jeff Norman was favourite to win the inaugural race but John Calvert, who was second, might well have run him closer if he had not already competed in the Harden Moss race held in the late afternoon.

BR

1. J Norman	Altrincham	31-27	4. N Ward	Bolton	32-46
2. J Calvert	Blackburn	32-06	5. P Lynch	Blackburn	33-12
3. H Walker	Blackburn	32-30	6. W Cooper	Manchester	33-14

1st Veteran: G. Rhodes Stafford AC, 9th in 33-55.

Teams. 1st Blackburn 10 pts; 2nd Altrincham 42 pts; 3rd Holmfirth 56 pts.

LOMONDS OF FIFE HILL RACE

Sunday 24 June 1973

(9 miles - 2200 ft)

"And the first one now shall later be last." So said the Reverend down in the valley while just such a scene was being enacted on the Lomond Hills. The Lomond Hills of Fife (not Ben Lomond), a continuation of the Ochil Hills, rise steeply from the north side of the Firth of Forth. The Lomonds consist of an East and a West peak of 1349 ft and 1713 ft respectively. The race starts at 450 ft in the fields below the fast rising West Lomond. After a height gain of 250 ft in $\frac{1}{2}$ mile the real climbing begins, 650 ft in 500 yds, up the steep north facing rampart on to a plateau. The hills are grass-covered and the underfoot conditions are perfect between the summits, being a wide land-rover track for much of the $3\frac{1}{2}$ miles.

Run in conjunction with the Senior event are sponsored junior events for under-14 and over-14 age groups, up West Lomond, and the money received is donated to the Blind. The 60 or so boys and girls gathered £400!

The Juniors went off and a few minutes after 2-00pm the Seniors drifted up to the line. West Lomond disappeared behind low cloud as Tom Robertson, the race instigator, explained that we traverse up to near the top then pick up the track taking us to East Lomond. "Come back along and go over the top of West Lomond and come down that grassy slope," he said, pointing to a V of grass in the middle of landslips, just being enshrouded in mist!

The crowd hushed, the runners bent forward and drew in a breath.....the hankerchief fell....the opening sprint lasted a couple of fields. By the time we emerged on the land-rover track Bobby Shields was well in the lead and, as we drew near the East top, the mist thickened and the rain came on. The red path up East Lomond is steep but short and after twirling round the top we headed into the rain for the West top. Time passed by on the undulating track but still no dark hulk loomed out of the mist to herald the last wee climb up West Lomond.

* Lomond fr. Welsh llunon = steep peak (GB)

At last it came. From the checkpoint we were directed to the left to pick up a fence taking us down to the "grassy slope". I hit the fence at right-angles and in a moment of indecision crossed it, and went straight on because it seemed to be downhill for the moment! However it now seemed strangely uphill and, although I felt drawn to the left, I at last twigged that if I turned sharp right I must regain the path up which we had originally come. Down and down, always turning right; then I emerged from the cloud to see nothing familiar. But wait - far over to the right I saw the line of cars nestling under the "grassy slope". I popped through a small plantation, thinking the "5th or 6th place," but when I arrived, I found I was second! Michael Davies had won and joins Brian Finlayson, last year's victor, on the handsome shield. Michael was sensibly not drawn too far astray, but where was Bobby Shields? Bobby came in third and what a feeling of disappointment it must have been for him, the moment it became clear that his was not the chosen path; not the way of "the grassy slope".

Runners came in sometimes alone, sometimes together, all with similar stories about fences and 'grassy slopes', some even talking about reservoirs! By 5-40pm (3½ hours after the start) we were all in; and I think Ian Graves would agree with that! Poor Ian had been fourth at East Lomond. When he reached West Lomond he started off for East Lomond again. Back he came to West Lomond and this time went flying straight on! I hope he had the Toll money for the Forth Bridge!

Next year the route will go straight to the West summit, then to the East top, before returning over the West top again. Tom promises that the "grassy slope" will be flagged.

JGJ

1. M Davies	Reading	71-56	8. B Finlayson	Lochaber	103-30
2. J Jardine	Penicuik	72-44	9. N Brookes	Cupar	103-30
3. R Shields	Clydesdale	79-00	10. T Hutton	Lochaber	104-25
4. J Betney	Clayton	81-12	11. G Bell	Dundee Hawkhill	
5. D Paton	Dundee Hawkhill	85-06	12. J Lowrie	Cupar	
6. M Gill	Cupar	95-23	13. J Toole	Perth Railway	
7. C Jarvie	Lochaber	95-23	14. K Naismith	Unattached	

CAIRNGORM RACE

Saturday 30 June 1973

(10 miles - 2000 ft of ascent)

Wind and rain swept the grassland sides of Cairngorm but Bobby Shields opened up a big gap on the ascent as the thirty runners faced the 50 mph wind on the summit. Brian Finlayson left Harry Martin (Dumbarton) on the descent but could make little impression on the leader whose winning time was outside his own record. Team result: Lochaber 'A' 21 pts. RAF Lossiemouth 41, RAF Kinloss 61.

JGJ / DD

1. R Shields	Clydesdale	1-19-58	11. M Scott	Forres	1-32-55
2. B Finlayson	Lochaber	1-24-33	12. A Pratt	RAF Kinloss	1-34-03
3. H Martin	Dumbarton	1-26-26	13. E Campbell	Lochaber	1-34-30
4. J Jardine	Penicuik	1-27-36	14. J Black	Livingstone	1-34-57
5. C Young	Rowantrees	1-28-26	15. B McKenzie	RAF Kinloss	1-35-53
6. C Jarvie	Lochaber	1-28-36	16. J Dickson	RAF Lossiemouth	1-37-13
7. R Stennett	RAF Kinloss	1-29-12	17. C Duncan	RAF Kinloss	1-37-40
8. A Scott	Forres	1-29-30	18. H Kohler	Morpeth	1-38-02
9. J Blair-Fish	Belgrave	1-30-14	19. T Hutton	Lochaber	1-39-36
10. D Parker	RAF Kinloss	1-31-26	20. J Lowrie	RAF Kinloss	1-41-42

SKIDDAW FELL RACE

Sunday 1 July 1973

(9 miles - 2700 ft)

Skiddaw's lofty peak (3053') was obscured by mist during the earlier part of the afternoon, but the whole length of the ridge was quite clear for the duration of the race, though there was no sunshine. A brisk wind helped the runners on the steep climb up Jenkin Hill, but was later met along the ridge as a buffetting cross-wind.

1972 winner Dave Cannon led the field all the way. He was more than 2 min faster than last year and in fact set up a new record of 62-30, slicing 35 secs off the existing record established in 1970 by Jeff Norman. A discerning spectator afterwards remarked that Cannon, being so far ahead, took it very easy on the descent. Norman, who came second last year, did not compete on this occasion, but Harry Walker again finished third, 24 secs behind Richard Belk who improved his 1972 performance by nearly two minutes. Eric Roberts was again the fastest veteran (36th in 75-28), while Kendal (Cannon, Belk, Himsforth) took the team prize. Of the 86 finishers, 52 were awarded certificates for completing the course in less than 80 minutes.

WRS

1. D Cannon	Kendal	62-30	11. M Davies	Reading	69-25
2. R Belk	Kendal	65-59	12. T Ramsden	Holmfirth	69-58
3. H Walker	Blackburn	66-23	13. E Himsforth	Kendal	70-07
4. E Crosland	Holmfirth	66-32	14. A Harmer	Portsmouth	70-13
5. I Kellie	Keswick	66-42	15. P Bland	Kendal	70-29
6. W Cooper	MDLC	66-51	16. J Fisher	Warrington	70-42
7. R Morris	Winsford	67-23	17. R Bradley	Holmfirth	70-47
8. R Shields	Clydesdale	67-41	18. M Nicholson	Kendal	70-51
9. G Howard	Unattached	68-39	19. P Walkington	Bolton	71-08
10. S Beardsell	Holmfirth	68-49	20. D Weir	Sale	71-56

LATRIGG JUNIOR FELL RACE

1. G Ellis	Holmfirth	18-49	7. D Edge	Blackpool+Fylde	21-35
2. G Hollingworth	Holmfirth	19-15	8. J Booth	Blackpool+Fylde	21-42
3. B Gemson	Lancaster+M	19-53	9. F Bowe	Unattached	22-42
4. P Ellis	Keswick	20-28	10. M Bennett	Blackpool+Fylde	23-42
5. R Shields	Lancaster+M	20-30	11. D Lindars	Royal Marines	26-10
6. A Smart	Blackpool+F	20-31	12. D Rabonav	Royal Marines	35-21

BENS OF JURA FELL RACE

Saturday 14 July 1973

(15 miles - 7500 ft)

It was while on a visit to Jura in September 1971 that George Broderick, traversing the Paps of Jura for the first time, saw potential in the area for a true classic fell race. Making subsequent trips into the Paps George in 1972 then began organizing the promotion of a race to be held in Jura on Saturday, 28th October, 1972, but this proved unsuccessful, and the race was postponed until the following July.

The Bens of Jura Race is in many ways different from any other fell race in existence. On one or two days in the year the island is inaccessible by land, sea or air. When the wind reaches gale force in the Sound of Islay, the Port Askaig-Feolin ferry remains at anchor and it is possible to be marooned on the island as two fellrunning stalwarts found to their cost last October(72)! These were however exceptional conditions and the ferry service is normally quite good (The times of the ferries to and from the mainland, plus details of accommodation in Jura, a route description of the course with compass bearings are all contained in six pages of literature accompanying the

entry form). The 15 mile course (probably 16-17 miles would be nearer the truth) is different from other courses in that there is an almost total lack of footpaths, tracks or obvious routes of any kind, apart from the three miles plus of flat road at the finish. The ground is much different from any -thing I have previously encountered; the first six miles is not too bad with its long grass and heather, boggy patches and occasional rocky outcrops. The second part of the course, the Paps of Jura, is outlined in detail in the route description, but is better described simply as "fiercely steep" or "sheer!" Apart from their extreme steepness, the Paps are covered with masses of loose boulders which usually start off minor landslides when disturbed. John Marstrand managed to dislodge a good portion of the first Pap, Beinn a'Chaolais, the noise from which was so deafening, that it caused Bill Gauld, on the opposite hillside, to stop in his tracks and view the scene with horror. John had previously been doing special boulder practice on Scafell Pike and his experience prompted him to take three or four nimble steps to one side, thus avoiding possible injury. The rocky ground is perhaps the most difficult part of the course, but the worst of it can be avoided by prior reconnaissance. Another minor hazard can be standing on a snake - an adder was spotted on Beinn an Oir earlier in the race week.

Having put the wind up every intending competitor, let me hasten to add that it is a really terrific and testing course over some of the wildest land in Britain.

The inaugural race was a big success. The hills were covered in mist for four days before the event, but Saturday was warm and sunny, giving the race organizers the luck they deserved. Of the 33 entrants 26 lined up for the start (10am) watched by many of the 200 or so islanders. The spectators were slightly puzzled when two of the six Royal Navy entrants (all of whom retired) appeared back at the pub within minutes of starting. All the remaining competitors, 11 English and 7 Scots, completed the course. The detailed results with intermediate times give a good idea of the progress of the race.

Jimmy Jardine's enthusiasm for fell running seemed to have evaporated in the sunshine, when he was seen spending several minutes inspecting the remains of an aircraft on Beinn an Oir, then later watching a seal bask in the sea, and later still getting engrossed in conversation with a gardner! A red-faced Tom Hutton was heard to mutter repeatedly some strange Gaelic words as he climbed the steep slopes. They sounded something like "Anail a'Ghaidheil air a'Mhullach!" (the true Gael stops for breath only at the top).

A very special mention should be made of the efficiency with which the Edinburgh University Officer-Training Corps handled the radio communications and checkpoint marshalling. Through their efforts George Broderick was able to give a running commentary on the race. The OTC was backed up by the Army Medical Corps (205 Scottish, Glasgow) who were in attendance in the Paps area.

Competitors were given a real Highland welcome at the finish - the first three being piped in - and later everyone connected with the event joined in the Ceilidh held that evening. The inconvenience of travelling to such a remote spot in the British Isles is well rewarded by the rugged scenery and, not least, the warm reception given by the people of Jura.

Jim Smith

BENS OF JURA CHECKPOINTS: 1. Dubh Bheinn 6. Beinn Shiantaidh*
 2. Glas Bheinn 7. Corra Bheinn
 3. Aonach Bheinn 8. Three Arch Bridge
 4. Beinn a'Chaolais* 9. Craighouse
 5. Beinn an Oir*

*= Paps of Jura

POSITION+TIME : I N T E R M E D I A T E T I M E S : Start Time 10-02hrs

		1	2	3	4	5	6	7	8	9	
1.	R Shields 3-54-53	Clydesdale	1035	1049	1100	1143	1217	1243	1312	1332	1356
2.	J Smith 3-57-07	Bury	1039	1053	1104	1146	1219	1244	1312	1333	1359
3.	D Booth 4-03-12	Rosendale	1039	1055	1106	1152	1227	1253	1321	1343	1405
4.	W Gauld 4-13-52	Edin SOC	1038	1056	1105	1151	1224	1250	1320	1344	1415
5.	G Stogdon 4-16-53	Herc/Wimb	1039	1055	1105	1152	1229	1256	1328	1352	1418
6.	P Bland 4-23-07	Kendal	1036	1050	1101	1143	1221	1252	1329	1357	1425
7.	D Ritchie 4-29-18	Aberdeen	1036	1050	1101	1149	1237	1306	1347	1411	1431
8.	A Heaton 4-32-00	Clayton	1044	1102	1110	1203	1244	1315	1346	1410	1434
9.	J Marstrand 4-33-38	Lochaber	1044	1101	1110	1200	1235	1306	1344	1410	1435
10.	B Finlayson 4-53-15	Lochaber	1041	1057	1108	1151	1229	1314	1355	1427	1455
11.	J Calls 4-55-28	Edin SOC	1047	1105	1117	1214	1257	1335	1408	1435	1457
12.	G Pyatt 4-56-45	Edin SOC	1042	1100	1110	1206	1248	1335	1409	1435	1458
13.	D Hartley 4-58-37	Edin SOC	1041	1057	1109	1159	1241	1318	1359	1433	1500
14.	H Chadwick 5-05-00	Thames HH	1039	1054	1105	1200	1246	1323	1403	1438	1507
15.	T Hutton G Hearn 5-57-16	Lochaber Clydesdale	1047	1105	1119	1219	1321	1406	1457	1527	1559
17.	J Jardine 7-05-45	Penicuik	1038	1054	1104	1150	1258	1402	1508	1556	1707
18.	K Naismith 8-13-35	Unatt.	1058	1126	1145	1315	1422	1525	1640	1727	1815

Team result: 1st Edinburgh Southern OC (4,11,12) 14-05-45
 2nd Lochaber AC (9,10,15) 15-24-09

WASDALE FELL RACE

Saturday 14 July 1973

(22 miles - 8540 ft)

In contrast to the heatwave conditions experienced in last year's inaugural event, the weather this time was cool and fresh, following heavy rain, and in fact there was a light shower or two while the race was in progress. Many parts of the course were shrouded in thick mist, but there were no route-finding errors of the same magnitude as those which occurred on the Ennerdale Horseshoe. Quite a few competitors seem to have mistaken Wasdale Red Pike for Scoat Fell, but most quickly realized their mistake and were able to get back on course without much loss of time. Several missed the final checkpoint on Lingmell and it is possible that this will be left out next year, the final descent being from Scafell Pike via Lingmell col, Brown Tongue and Lingmell Gill, as in 1972. The Lingmell checkpoint was added in order to give spectators a good view of the run-in down the steep fellside. As a matter of fact, even Danny Hughes who helped to devise the course and who

helped to devise the course and who has trained over it, admitted losing a valuable twenty minutes in the mist on Lingmell.

As expected, Joss Naylor won this race with ease, romping over the course encircling his home dale in 3.48.55, as compared with the 4.25.10 recorded last year by joint winners, Jeff Norman and Harry Walker, when Joss was injured. Not that any disrespect is intended towards Harry and Jeff by this remark, for this is after all Joss's training ground. The former pair reached the finish in 3rd and 4th positions respectively, while Dave Halstead came in 5th, but all three had failed to locate the Lingmell checkpoint and had therefore to be sent back to it. Meanwhile Andy Churchill, though having a little route-finding trouble himself on Lingmell, came bounding down the fellside to take second place in 4.35.55, the aforementioned trio having to be content with the next three positions. This was Andy's first race since the Cannock Chase in early March, incidentally, due to a nagging knee injury, and he had done very little training prior to the event. He's a lad to watch out for in the future.

Eric Roberts won the veteran prize and was only two minutes outside picking up a team prize as well, the successful Kendal trio being comprised of Naylor, Mike Nicholson, and Danny Hughes. Of the 52 starters 48 reached the finish, but 5 of them missed out the Lingmell checkpoint. Everyone was greatly impressed by the certificates which were graced by a Wainwright sketch of Whin Rigg and The Screes towering above Wastwater.

WRS

1. J Naylor	Kendal	3-48-55	11. R Jackson	Sale	5-00-25
2. A Churchill	Clayton	4-34-55	12½ A Shaw	Rochdale	5-03-08
3. H Walker	Blackburn	4-37-40	13. D Meek	Keswick	5-03-08
4. J Norman	Altrincham	4-38-00	14. A Evans	Kendal	5-03-40
5. D Halstead	Blackburn	4-38-00	15. R Mitchell	Lakeland	5-04-20
6. P Walkington	Bolton	4-38-10	16. H Blenkinsop	Sale	5-08-46
7. D Weir	Sale	4-38-15	17. P Trainor	Keswick	5-09-15
8. M Nicholson	Kendal	4-41-47	18. W Smith	Clayton	5-09-16
9. D Hughes	Kendal	4-45-00	19. C Brad	Octavian	5-11-05
10. E Roberts	Kendal	4-47-00	20. K Brooks	Leyland M	5-19-50

HALF BEN NEVIS HILL RACE

Saturday 28 July 1973

(5 miles - 2200 ft of ascent)

Conditions were very warm rather than windless with light rain at sea level. Bobby Shields turned in another fine performance finishing quite strongly. Michael Nicholson held on grimly from an improving Brian Finlayson, who seems to have shaken off his early season ailments. Shields missed last years record by 18 secs.

Duncan Davidson

1. R Shields	Clydesdale	53-30.2	11. J Osborn	BH	63-32
2. M Nicholson	Kendal	54-47	12. R Anderson	Clydesdale	63-46
3. B Finlayson	Lochaber	55-07	13. A Scott	Forres	64-00
4. T Ramsden	Holmfirth	57-46	14. R Paton	Dumbarton	64-22
5. C Jarvie	Lochaber	59-10	15. P Vidler	Forres	64-29
6. J Jardine	Penicuik	59-10	16. E Campbell	Lochaber	64-30
7. H Martin	Dumbarton	59-59	17. R Campbell	Lochaber	65-17
8. D Meek	Keswick	62-27	18. D Fraser	Lochaber	65-54
9. J Anderson	KAC	63-05	19. H Mooney	GWH	66-01
10. A Riley	KAC	63-23	20. E Caslend	Holmfirth	66-50

31 finishers

CREAG DHUBH HILL RACE

Saturday 4 August 1973

(2.8 miles - 1220 ft of ascent)

Held in conjunction with the Newtonmore Highland Games, from Eilan, the course takes the runners across the River Calder then up a very steep and gruelling ascent to a promontory at the end of Creag Dhubh ridge. The descent is described as treacherous! The day was cool and showery with a moderate breeze.

A slight alteration had been made in the lower part of the course this year following various runners' attempts to flatten a certain farmer's cornfield in 1972. The talk before the race centred on whether Ian Stewart, holydaying in the area and present at the games, would compete. In the event, much to the disappointment of Bobby Shields, he restrained himself, although six of his Birchfield clubmates faced the starter.

As is usual at Creag Dhubh the field of 35 runners set off at a brisk pace with much jostling to the river, mercifully low this year - several years ago a number of runners were swept away following a cloudburst. Approaching the Hill the lead changed several times before Bobby Shields moved to the front and pulled into a commanding lead. On the ascent Bobby maintained his lead to win comfortably. Meanwhile back in the pack Michael Davies, 5th at the top, and making his first appearance as a veteran, had swept past Brian Finlayson into second place. Jimmy Jardine also came down fast to take 4th spot ahead of Ronnie MacIntosh. As for the Birchfield runners they found the task rather more than the pleasant afternoon stroll they had anticipated.

Brian Finlayson

1. R Shields	Clydesdale	27-17*	11. C Jackson	Clydesdale	32-32
2. M Davies	Reading	28-42	12. J McNichol	Lewisvale	32-54
3. B Finlayson	Lochaber	29-08	13. B McKenzie	Elgin	33-06
4. J Jardine	Penicuik	29-54	14. J Marstrand	Lochaber	33-30
5. R MacIntosh	Lochaber	30-08	15. T Hutton	Lochaber	33-49
6. A Scott	Forres	30-17	16. E Campbell	Lochaber	34-01
7. N Baldwin	Birchfield	31-12	17. J Blair-Fish	Belgrave	34-07
8. H Martin	Dumbarton	31-16	18. J Anderson	Kendal	34-51
9. C Jarvie	Lochaber	31-29	19. R Tilling	Birchfield	34-57
10. M Davis	BAAC	31-51	20. W Martin	Coupar	36-00

* This time will stand as a new record.

BEN NEVIS RACE

Saturday 1 September 1973

(10 miles - 4400 ft of ascent)

In contrast to the heatwave conditions encountered in the 1972 race, competitors were this year subjected to thick mist, icy winds and driving rain, resulting in one or two cases of exposure. Some runners, however, claimed that the going was easier this year than last, and certainly the conditions must have suited Harry Walker, for despite wrenching his ankle while crossing the Red Burn on the way up he managed to slice 3 min. 19 secs. off the record established by Dave Cannon in 1972. Bobby Shields, winner in 1967, also beat Cannon's 1972 time to finish in second place, while Dave himself was third, followed by his Kendal AC clubmate Joss Naylor. Kendal won the team event with Mike Nicholson completing their trio, while Blackburn and Sale took 2nd and 3rd places, followed by Lochaber 'A' and 'B' teams. Michael Davies was the fastest veteran and Pete Walkington the fastest newcomer, while the Lochaber duo of John Marstrand and Eddie Campbell again won the Heaton Trophy for the best performance by a veteran two-man team. 168 runners completed this extremely gruelling course.

WRS

1. H Walker	Blackburn	1-29-38	11 P Walkington	Bolton	1-38-42
2. R Shields	Clydesdale	1-31-58	12 J Jardine	Penicuik	1-39-10
3. D Cannon	Kendal	1-35-04	13 J Smith	Bury+Rad	1-39-19
4. J Naylor	Kendal	1-35-08	14 W Gauld	Edin SOC	1-40-01
5. T Davies	7th.Para RHA	1-36-44	15 M Nicholson	Kendal	1-40-14
6. N Carrington	Sale	1-37-21	16 R Wilde	Manchester	1-40-29
7. R MacIntosh	Lochaber	1-37-30	17 P Bland	Kendal	1-40-56
8. M Davies	Reading	1-37-40	18 R Jackson	Sale	1-40-58
9. D Halstead	Blackburn	1-37-45	19 R Campbell	Lochaber	1-41-13
10. M Weeks	Bingley	1-38-21	20 C Jarvie	Lochaber	1-43-08

VAUX MOUNTAIN TRIAL

Sunday 9 September 1973

(17 miles - 11000 ft)

This must surely have been one of the longest of all Mountain Trial courses, for only 50 of the 125 starters completed it inside the time limit allowed by the rules to qualify them for a certificate:- "a time not exceeding the winner's by more than 75%" and it even took Joss Naylor almost five hours to get round it. Unfortunately the Checkpoint Closing Time list issued to competitors was too constricted for such a course, a fact which the organizers didn't realize till the event was under way. All checkpoints were then instructed by radio to remain open longer, but competitors had no way of knowing this, and some retired, thinking they'd been timed out. The Lake District Mountain Trial Association has promised to undertake a thorough investigation to ensure that there is no repetition of this.

The weather was warm, but not oppressively so, and visibility was excellent, save for mist between Dove Crag and Fairfield - or at least, when the writer passed that way. Starting and finishing at the Travellers Rest Inn, Grasmere, the route went all the way to Kentmere Reservoir, via a checkpoint on High Pike, and returned by way of The Step (overlooking the head of Deepdale), a cascade in Tongue Gill, and finally, the top of Seat Sandal. From High Pike some competitors followed the ridge round to Scandale Pass and went up over Red Screes to reach Kirkstone Pass, but it was undoubtedly quicker to drop down into the Scandale valley and go straight up the other side, contouring around Red Screes. Similarly, many runners made the mistake of going to the Kentmere Reservoir via the col above Threshthwaite Cove, instead of descending to the head of the Troutbeck valley and then climbing up to the ridge below Froswick. The Threshthwaite col was, however, a good place to make for on the return journey, though many spoiled this by continuing on to the Kirkstone Pass Inn to climb Red Screes again. Some descended to Pasture Beck and reached The Step by way of Hartsop and Deepdale, while a few went down the fellside from Rough Edge and followed Caston Beck up to Scandale Pass. Yet others descended by Caudale Beck and went up Dovedale.

Joss Naylor notched up his third successive Mountain Trial victory, making it five wins in all. Pete Walkington's long summer "holiday" of hard mountain training in the Lakes paid handsome dividends, for he took less than 9 minutes longer than Joss to win 2nd place prize, as well as a prize for being the fastest YHA member, while Andy Churchill repeated his Wasdale success by finishing third. Michael Davies beat Alan Heaton by 10 minutes to take the veteran's prize, and Rod Pashley was the fastest Outward-Bound Mountain School instructor. Kendal won the team event, followed by Clayton-le-Moors and Sale. There was free beer for competitors at the finish, followed by an excellent meal in the Travellers Rest.

WRS

1. J Naylor	Kendal	4-50-35	11. D Weir	Sale	6-17-30
2. P Walkington	- - -	4-59-19	12. R Mitchell	Lakeland OC	6-19-40
3. A Churchill	Clayton	5-10-18	13. R Futrell	Colne Valley	6-20-05
4. H Blenkinsop	Sale	5-31-54	14. N Carrington	Sale	6-25-00
5. M Davies	Reading	5-34-40	15. E Roberts	Kendal	6-28-31
6. P Blanda	Kendal	5-38-05	16. W Smith	Clayton	6-28-50
7. A Heaton	Clayton	5-40-40	17. M Hayes	Comb. Harvest	6-31-30
8. H Walker	Blackburn	5-53-55	18. A Evans	Kendal	6-32-29
9. M Wells-Cole	OK Nuts 06	6-10-25	19. D Hartley	Edin SOC	6-35-43
10. J Smith	Bury+Radcliffe	6-16-30	20. D Howard	Shaftesbury	6-35-50

ROSSENDALE FELLS RACE

Sunday 16 September 1973

(8 $\frac{3}{4}$ miles - 2165 ft)

This highly popular event was yet again blessed with fine weather and a new record number of 168 competitors. Bob Harrison led the field nearly all the way around the course, but was finally overtaken with only 200 yards to go by last year's winner, Ricky Wilde. The latter's time of 60-16 was 1-36 outside the record he established in 1972, and he beat Harrison by 7 seconds. Jeff Norman took third place, followed by Bobby Ashworth who again won the prize for being the fastest local runner. Michael Davies was the first veteran home in 66-25 and Manchester and District had the fastest team.

WRS

1. R Wilde	Manch+Dist	60-16	11. W Cooper	Manch+Dist	63-56
2. R Harrison	Airedale	60-23	12. S Curran	Salford	64-06
3. J Norman	Altrincham	61-29	13. R Hill	Bolton	64-20
4. R Ashworth	Rosendale	62-27	14. S Clegg	Salford	64-26
5. A Spence	Bingley	62-34	15. H Walker	Blackburn	64-45
6. J Temperton	Airedale	62-50	16. J Calvert	Blackburn	64-57
7. M Weeks	Bingley	63-23	17. M Davies	Reading	66-25
8. M Short	Horwich	63-32	18. S Breckell	Blackburn	66-41
9. D Blakeley	Manch+Dist	63-47	19. B Boxen	Manch+Dist	66-46
10. C Robinson	Rochdale	63-52	20. J Irwin	Bingley	67-11

LANGDALE HORSESHOE FELL RACE

Sunday 23 September 1973

(14 miles - 5000 ft)

Despite thick mist over most parts of the course, resulting in several route-finding errors, the first Langdale Horseshoe Fell Race was a resounding success. The rugged 14 mile course started from the Old Dungeon Ghyll Hotel, ascending Mill Gill, rounded the north-eastern edge of Stickle Tarn, and then proceeded to checkpoints at Thunacar Knott, "Esk Hause" (the shelter), Bowfell, Crinkle Crag, Pike O'Blisco, and the Blea Tarn road at the end of Blake Rigg. The unexpectedly high number of entries totalled 118, of whom 81 actually started the course and 76 completed it.

The race was won in a time of 2h.3m.20s. by Joss Naylor, the man race organizer, Dave Meek, expected to win it, with a superbly fit Michael Davies, a veteran of two months, taking second place in 2-14-10. Third man home was Colin Robinson, making an unaccustomed appearance over a tough Lakeland course. In fourth and fifth positions were Mike Nicholson and Pete Bland, clinching the first team prize for Kendal, whose B team (Richard Belk, Danny Hughes, and Alan Evans) were runners-up. The event was generously sponsored by D. Quiggin & Son, manufacturers of Kendal Mint Cake. The Race will be held on Saturday, 21st September next year (1974), incidentally.

WRS

1. J Naylor	Kendal	2-08-20	11. J Smith	Bury & Rad.	2-29-25
2. M Davies	Reading	2-14-10	12. J Windle	Clayton	2-30-32
3. C Robinson	Rochdale	2-19-19	13. R Shields	Clydesdale	2-33-24
4. M Nicholson	Kendal	2-19-20	14. M Short	Horwich	2-33-36
5. P Bland	Kendal	2-19-30	15. A Churchill	Clayton	2-33-50
6. N Carrington	Sale	2-22-00	16. A Evans	Kendal	2-34-27
7. J Irwin	Bingley	2-26-03	17. R Jackson	Sale	2-35-55
8. D Halstead	Blackburn	2-26-09	18. D Weir	Sale	2-36-30
9. R Belk	Kendal	2-27-40	19. D Hartley	Edin SOC	2-37-08
10. D Hughes	Kendal	2-28-16	20. D Anderson	Bingley	2-38-07

THIEVELEY PIKE FELL RACE

Saturday 29 September 1973

(3½ miles - 850 ft)

This event is promoted by Clayton-le-Moors Harriers in conjunction with the Holme-in-Cliviger Sheepdog Trials and has its start and finish in the trials field behind the Ram Inn, on the Burnley slope of the A646 road from Todmorden. It has been classified as an 'A' class fell race and rightly so, for it is a tough and demanding course. After a lap of the trial field the runners follow the muddy tracks through Thieveley Scout Woods, then climb the steep fellside to the gritstone ramparts of Thieveley Scout itself. The bleak windswept moor is then crossed to the trig point at Thieveley Pike (1474 ft), highest point of the ancient Forest of Rossendale, whence the descent begins over the rough, rolling contours of Deerplay Moor before dropping sharply through Buckley Wood, beyond the Thieveley farmhouse ruins. Finally the runners have to leap across the infancy River Calder before struggling up the field to the finish.

Saturday 29th was a day of intermittent rain, low cloud and blustery winds, though the cloud lifted and the rain held off while the race was in progress. The steep ascent to Thieveley Scout is one of Harry Walker's favourite climbs and he had already firmly established his lead before reaching this point. I was a course marshall on this occasion, stationed on the descent route ½ mile below the summit, and it was a truly stimulating sight to see this young Blackburn harrier break into view above the moorland crest and come bounding down the fellside. His winning time was 21m.22s., which means that he took 1m.7s. longer than on his victorious 1972 run, which took place under ideal conditions, and that he was 2m.22s. outside Cannon's record. Ray Rawlinson, who had moved into second position on the climb and stayed there for the remainder of the course, arrived at the finish 14 seconds later, followed shortly afterwards by a closely-packed bunch comprising Bobby Shields, Martin Weeks and Dave Halstead. Michael Davies finished in seventh place to win the veteran's prize with ease, while Rossendale had the fastest team in Ray Rawlinson, Bobby Ashworth and Peter Hartley.

WRS

1. H Walker	Blackburn	21-22	11. W Cooper	Manchester+Dist	22-57
2. R Rawlinson	Rossendale	21-36	12. M Nicholson	Kendal	23-05
3. R Shields	Clydesdale	21-49	13. A Harmer	Portsmouth	23-14
4. M Weeks	Bingley	21-51	14. J Smith	Bury+Radcliffe	23-26
5. D Halstead	Blackburn	21-54	15. J Windle	Clayton	23-29
6. M Short	Horwich	22-10	16. D Waller	Rossendale	23-56
7. M Davies	Reading	22-15	17. S Keech	Manchester+Dist	24-01
8. R Ashworth	Rossendale	22-21	18. P Bland	Kendal	24-19
9. P Hartley	Rossendale	22-45	19. R Jackson	Sale	24-24
10. B Johnson	Airedale	22-51	20. V Duff	Warrington	24-35

THE THREE TOWERS RACE

Sunday 21 October 1973

(18 miles - 2500 ft)

This year's event proved to be a repeat of the closely fought battle in 1971 between course record-holder Colin Robinson and occasional fell runner Pete Waddington. The latter, though now living in Liverpool, was raised in the hilly country of Barnoldswick and was winner of the Barnoldswick Weets Fell Race. He finished 5th in the 1972 Three Peaks Race and had good placings in the 1971 and 1972 Pendle Fell Races. Yet he has expressed a preference of track over fell!

In the 1971 Three Towers Race Waddington led Robinson for much of the way round the course, though they were level at Pilgrim's Cross, beyond which point Colin began to draw away from his rival. He was one minute ahead of Waddington at Holcombe Tower, but the latter managed to regain 34 secs on the descent and run-in. This year's race was an equally close thing. Their times at Belmont, Edgworth and Pilgrim's Cross were equal, though Robinson had a 5 sec lead at Darwen Tower and finally won by 39 secs. Alan Spence of Bingley stayed pretty close to the leading pair till Darwen Tower, but had lost 75 secs by the time Edgworth was reached, after which his challenge faded rapidly, so that he finished almost 8 minutes behind Waddington to take third place.

Bolton finally ended Sale's domination of the team event, but K Hodkinson was again the fastest veteran. Robinson's time was over 4 min outside his record, incidentally 1-45-43 in 1971. The weather was warm and windless, with blue skies and sunshine, and breath-taking views of Pendle and the Bowland and Craven fells from the approach to Darwen Tower.

WRS

1. C Robinson	Rochdale	1-49-56	11. M Short	Horwich	2-04-33
2. P Waddington	Liverpool	1-50-35	12. G Entwistle	Bolton	2-05-16
3. A Spence	Bingley	1-58-24	13. M Kelly	E.Cheshire	2-06-04
4. K Mayor	Bolton	2-00-42	14. J Jones	Manchester	2-06-07
5. K Hodkinson	North.Vets	2-01-18	15. M Davies	Reading	2-07-16
6. T Parr	Bolton	2-02-18	16. C Seal	Nottm Univ	2-07-38
7. G Rhodes	Stafford	2-02-44	17. A Winterbottom	E.Cheshire	2-08-38
8. J Calvert	Blackburn	2-03-00	18. P Walkington	Unattached	2-09-04
9. B Boxen	Manchester	2-03-16	19. J Jardine	Penicuik	2-09-20
10. F Pendlebury	Manchester	2-03-18	20. D Hartley	E.Kilbride	2-09-46

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CHECKPOINT 6:'RANALONG' OFFA'S DYKE, JULY 1973

A little late but worthy of note - David Locke, writing to our Hon. Treasurer back in August, provided the essential detail that Ranalagh Harriers, the Surrey based club, ran the Offa's Dyke in relay from south to north on July 6th and 7th in 24 hours 47 minutes and 10 seconds. David remarks that the relay "has not a lot to do with fell running of course!" but he notes that the "overnight section was before and on the Black Mountain and it was a pitch black, windy wet night - our usual luck."

THE FELLSMAN HIKE

by W R Smith

The Fellsman Hike seems to be about the most popular mountain marathon in the calendar. Since its inception in 1962, it has attracted 2522 entries, out of which 1959 have actually begun the course, though only 702 have completed it to the satisfaction of the organizers. The route was devised by Don Thompson of Brighouse District Rover Crew, who organized the first four Hikes, after which it was taken over by the Keighley District Service Team who continue to run things so ably.

Up to 1967 the route covered fifty miles over the Pennine fells from Threshfield to Ingleton, with checkpoints at Great Whernside (2310 ft), Park Rash (1652 ft), Buckden Pike (2302 ft), Cray Cow Pasture (1250 ft), Middle Tongue (2109 ft), Fleet Moss (1910 ft), Dodd Fell (2189 ft), Snaizeholme Fell (1773 ft), Redshaw Farm (1250 ft), Great Knoutberry (2203 ft), Dent Station - the highest in England - (1150 ft), Aye Gill Pike (1825 ft), Dent (435 ft), Great Coum (2250 ft), Gragareth (2058 ft), Kingsdale Head (994 ft), Whernside (2419 ft), Hill Inn (935 ft) and Ingleborough (2373 ft).

However, due to accommodation difficulties at Ingleton, the route was reversed in 1968, which meant that the most strenuous ascents were now encountered at the beginning of the course, when everyone was fresh. This resulted in a record number of finishers: 174 out of 306 starters, as compared with 82 out of 292 the previous year. In 1971 there were 244 finishers out of 371 starters. For safety reasons the number of entries had been set at 320 up to 1970, when it was extended to 400.

In 1970 the route was altered in the Dentedale area, since it was discovered that no right of way existed on Aye Gill Pike, following complaints by farmers the previous year. A further three miles were therefore added by following Craven's Old Way, the packhorse track over Great Wold to Blea Moor tunnel on the Settle to Carlisle Railway, then crossing Blea Moor itself to Dent Head and Stone House and so up to Great Knoutberry. There were checkpoints at Blea Moor Tunnel and Stone House and an extra one added at Flinter Gill on the descent from Great Coum to Dent. In 1971 yet another checkpoint was situated at Capplestone Gate, between Great Whernside and Threshfield.

All competitors have to undergo a kit inspection at Ingleton before the start of the Hike to ensure that boots and clothing are quite serviceable and that the contents of rucksacks conform to the Hike rules. At least one further inspection is made further along the route, although the location of the checkpoint is not revealed beforehand. As a further precaution against any possible cheating, the size and shape of the hole punched in the competitors' tally card varies at each checkpoint.

The checkpoint officials are not only empowered to disqualify anyone not conforming to rules, but also to retire any competitor who, in their expert opinion, is physically unfit to continue. Hot drinks and bread rolls are provided at all roadside checkpoints from Kingsdale Head onwards, and a hot shower and substantial meal await all competitors at the finish.

The mountain top checkpoints are manned by members of the Northern Rescue Organization, the Huddersfield Scout Mountain Rescue Team and the Calder Valley Search and Rescue Team. Other checkpoints are manned by scout units from Blackhills, Brighouse, Hebden Royd, Holme Valley, Keighley, Pudsey, Skipton and Wharfedale. Radio communications are provided on the summits by the NRO and on the passes by the Army, the 8th Signal Regiment being on duty last year.

Everyone who completes the course receives the coveted Fellsman Hike certificate and retains his Hike tally as a souvenir. These are awarded after the prize-giving at 10-30am on the Sunday at Upper Wharfedale School, Threshfield, where the Hike ends. The Fellsman Axe is presented to the competitor with the

fastest individual time and has been won five times in seven years by Alan Heaton, who set up a course record of 12 hours 53 minutes in 1968. George Barrow and George Brass were joint winners in 1964, Stephen Harwood won it in 1967 and Ted Dance in 1970.

The Tregoning Cup for the fastest novice (someone doing the Hike for the first time) has been awarded to Alan Heaton (1965), John Richardson (1966), Brian Boardman (1967), Ian Clarkson (1968), Paul Livesey (1969), Ted Dance (1970) and Philip Puckering (1971). It will be noted that Heaton and Dance each won two trophies in 1965 and 1970 respectively. In actual fact Heaton won three that year, for he also helped Clayton-le-Moors Harriers win the Fellsman Shield for the fastest team of three, while in the last three events he has assisted Pendle Forest Orienteers to win this award, a new trophy called the Service Trophy having replaced the Shield in 1971.

The Levy Trophy is awarded to the fastest scout (over the age of 16) and has thrice been won by Duncan Snell (now with Sale Harriers), and on two occasions by Gilbert Taylor. The Jim Nelson Trophy for the fastest lady was first awarded in 1968 to Hazel Costello, and has since been won once by Millie Black and twice by Janet Massey. Very few females attempt the course, incidentally, which is not surprising in view of its severity.

Other fell runners who have completed the Hike in the past few years include Alan Ascott, Bob Astles, Stan Bradshaw, Keith Brown, John Edwards, Cliff Firstbrook, Neil Heaton, James G Jardine, Mike Meath, Ted Norrish, Alistair Patten, David Pyatt, David J M Rowe and Tom Sykes. Stan Bradshaw, incidentally, is the only man to have traversed the route seven times.

The Hike is described by its organizers as "a tough endurance test over very hard, rugged land," and it is emphasized that only fit and experienced fellsmen should enter. The route traverses some of Yorkshire's wildest and most picturesque countryside, beginning with the mighty Ingleborough. The ascent via Crina Bottom is easy enough, though somewhat demanding in its final stages, and from the summit a hurried scramble down the mountain's steep northern flank (the Three Peaks route in reverse) leads to the Hill Inn path, which many competitors take on the run, continuing at the double at least as far as Bruntscar, where the long steep climb to Whernside begins.

The descent to Kingsdale is again taken on the run, followed by the tedious ascent of Gragareth. A long, undulating ridge then leads to the next checkpoint at Great Coum, and it is along this easy section that I experienced the first real pangs of fatigue, though this soon passes of course.

In good weather Great Coum is a fine vantage point for viewing the Craven fells and the Howgills further north. In 1970, however, all the high ridges throughout the course were enshrouded in thick mist. As an example of how easy it is to go astray under such conditions, I must confess that I confidently descended from Great Coum without reference to my compass and wound up nearly $\frac{1}{2}$ mile west of the Flinter Gill checkpoint above Dent.

Aye Gill Pike was one of the most tiring ascents of the 1969 course, but the climb to Great Wold is easier. From Blea Moor Tunnel a broad stony track crosses the moor to Dent Head, and from Stone House a short steepish climb leads to Great Knoutberry. This is another grand viewpoint if the weather is clear, and when I arrived there in 1969, the long mid-evening shadows were forming colourful patterns over the surrounding dales and fells, and the checkpoint tent on Snaizeholme Fell, south-easterly across Widdale, was clearly visible in the late sunlight. (I was unable to compete last year, incidentally, though I believe they had the best weather ever known on a Fellsman Hike).

In 1971 it was almost dusk when I descended to Redshaw and waiting time was allowed while a small group was formed for the hours of darkness, in accordance with the Hike rules. Torches were now brought into use, but we had a little trouble finding the Snaizeholme checkpoint in the gathering darkness and mist. We then made the sharp descent into black depths of the lonely

Snaizeholme Valley followed immediately by the steep, strenuous climb up the other side, to cross the Pennine Way track linking Ribblesdale with Wensleydale.

Dodd Fell is rough, undulating moorland and its trig point could prove hard find under such conditions, though no-one should go astray between here and Fleet Moss, despite the occasionally rugged terrain, which includes peat groughs. This is, however, only a slight taste of what is to follow, for Fleet Moss is probably the worst bog area in the Pennines north of the High Peak.

It is possible to avoid the bogs altogether by traversing the edge of the moorland scarp above Oughtershaw. Since most of the competitors reach this area after dusk however, the majority prefer to follow the bog route along the North Riding/West Riding boundary fence, for this is a reliable guide in darkness and mist. Unfortunately it is well nigh impossible for anyone to cover the first mile without sinking almost knee-deep into the treacherous quagmire at least once, and everyone usually has a good laugh at each other's misfortunes. There is another rather bad stretch farther on in the vicinity of Oughtershaw Tarn.

The boundary wall, which replaces the bog fence, makes a wide detour to avoid the rough ground at the head of Deepdale Gill, and from the wall junction on the other side, a bearing may be taken to the trig point on Middle Tongue. In 1970, however, we managed to go astray even after taking the bearing, and it was only by sheer luck that we eventually located the checkpoint. Even an expert group of bogtrotters like Stan Bradshaw, TedDance, Alan Heaton and Gilbert Taylor were lost for $1\frac{1}{2}$ hours on Middle Tongue that night. There is, however, an alternative route, which is longer but possibly more reliable in bad weather.....

The moorland plateau of Middle Tongue is somewhat reminiscent of notorious Bleaklow and Kinder Scout with its deep, crooked groughs and its pretty rough going between here and Gray Cow Pasture. In 1970 we reached the latter point shortly after dawn and one of our group humorously informed a checkpoint official that we had been on "a grand tour of the bogs."

The mist still hung thickly over the fells. On our way up to Buckden Pike we paused to free a sheep that had become entangled in barbed wire, and it was necessary to clip away some of its wool. Having checked in at the summit we were able to make up for some of the time lost during the night by maintaining a cracking pace along the ridge to the Park Rash checkpoint.

It was still dark when we arrived here in 1969 and snow began to fall as we attained the summit ridge of Great Whernside. There was, in fact, already snow on the top, for winter lingers late up here. We picked our way by torchlight along the rock-strewn edge of the western scarp and reached the checkpoint at 3-15am.

The snowfall had now increased to quite a blizzard and we later learned that it caused many competitors to retire. We continued south-by-south-east along the ridge, then slid down the icy slope and crossed Conistone Moor in the bleak white dawn. The snow turned to rain as we descended over rolling pastureland to Grassington, and so across the River Wharfe to Threshfield.

THE 1973 FELLSMAN HIKE

Saturday/Sunday 19th/20th May 1973

(Ingleton to Threshfield, 55 miles - 10,000 ft)

Saturday was clear and sunny, with a cool breeze which towards evening developed into an icy gale. There was a record number of 394 starters and a record number of 272 retirements, due to wind, rain and mist during the night. Neil Heaton led the field over Ingleborough and Whernside, but his unrelated namesake, Alan, caught him up on Gragareth and gradually opened up a 21 min lead. This was Alan's sixth Fellsman victory, incidentally, but it is doubtful if he will ever match his best time from 1968, as the course has since been lengthened by about five miles. Clayton-le-Moors Harriers won the team

event for the second year running.

WRS

		h	m			h	m
1. A Heaton	Pendle Forest Orient.	16-17	7	D Eccles	Manchester	18-18	
2. W Smith	Clayton-le-Moors	16-38	8	J Stephenson	Indep	18-18	
3. N Heaton	Bolton	16-38	9	A Barber	Karabiner	18-36	
4. D Hine	Manch.Assoc RC	16-51	10	J Haworth	Clayton	18-36	
5. G Taylor	28th Stretford Scout	16-51	11	R Hall	Indep	18-54	
6. T Colbourne	Prison Service PE Dt	17-00	12	S Bradshaw	Clayton	18-57	
			13	F Milner	Clayton	18-57	

PENNINE WAY SOLO

by Pete Dawes

It is eight o'clock on a windy Saturday morning and I have a long way to go - 270 miles. Everything's quiet in Edale as I leave the Nag's Head in my track suit, with my Wainwright and compass, over the footbridge, across the fields, now I'm really on my way. I follow Grinds Brook, then uphill to Crowden Head and into the groughs. The previous week I had walked up the river bottoms, but after a week of rain they are back to the usual squelching state. Visibility is exceptional and as I pass the wind-worn rocks I raise some grouse from the black peat. On the Snake Road by 9-37 and I meet my wife driving the support car, who is chief soupmaker and sweaty sock-washer.

I have some coffee and on to Bleaklow. Reach Torside feeling a lot warmer despite the overcast sky, detoured to look at Torside Castle. I have some orange and walk up Ladrow eating a sandwich. I stop on the A635 by the new PW sign for dinner and change my saturated vest. Standedge, 2-17pm and it's raining. I have a cup of tea, and with a plastic bag over my hair, I trot on. At White House Inn change out of wet running shoes. I reach Stoodley Pike in sunshine, this is the best part of the day, then down to the Calder and the A646. Up the steep cobbled lane towards Colden and on to Widdop Reservoir where we camp. I've done 47 miles; 3 miles down on my desired total of 50 a day.

I leave Widdop at 6-10am and it rains all the way to Gargrave. Near Gargrave find a cow stuck belly-deep in mud, spend some time trying to get her out before reporting it to the farm. At Gargrave I dive into the car as the thunderstorm breaks and sit for 45 minutes before trotting the wet, but relatively easy path to Airton. At Newfield Bridge a man in waders sees me and disappears rapidly into the trees. Someone will be having fresh salmon for supper. Malham 1-40pm. The rain has stopped and the place is packed with Sunday afternoon visitors. I strip off, flex my muscles, and put on a dry vest, and over Malham Cove crawling with walkers. I stop on the road and watch a rally of vintage motorbikes, one skids on the gravel and they fall off. I take it easy up Fountains Fell, my right ankle (injured a fortnight ago) is playing up. Dale Head - 4-30pm and I have some dinner and change my shoes. I walk slowly up Pen y Ghent, at this speed I won't make Hawes tonight and we camp at Old Ing. Mileage for the day - 48 $\frac{3}{4}$ miles.

Third day. Set the alarm for 4am; sleep till 6! Leave at 6-25, a bit stiff, but by 9-30 I'm beside the Green Dragon at Hardrow. Stop for soup and a change of vest and on to Great Shunner, and at 11-00 down the fell lane to Thwaite. Stop for coffee and we're joined by a sheep farmer, whose father had been a fell runner and had once been nobbled in a fell race!!! Up the steep track to East Stonedale Farm, and then walking with a lad from Leicester, and it's great to have company. He's doing the PW in 25 mile stretches and, like me, his feet are swelling. I walk to Tan Hill with him and

then change into my largest pair of orienteering shoes, and jog across Sleightholme Moor. Reach God's Bridge at 3pm. I toil up the field to the busy A66 and have two attempts to climb the stile. My left ankle and knee aching as I try to keep the pressure off my right ankle. I have some dinner and stiffen up, and have a helluva job to get moving again. Across the moor, through a herd of store cattle (with bulls), down to Grassholme Bridge, past the burial hill of Kirkcarrion and on to Middleton-in-Teesdale. Meet an old horse-dealer who wants to know where I am going. I trot along the riverside in the rain, stumble and wrench my ankle again. By the time I get to Wynch Bridge, it's dark, I put on my heavy waterproofs and hobble the $4\frac{1}{2}$ miles to Saur Hill Farm by 9-15pm. Today's mileage - 53.

Next morning thick mist and drizzle, I leave at 5-45am for Cauldron Snout in my climbing boots. I'm going to have to walk if I'm going to finish this bog bath of a walk. It takes me $3\frac{3}{4}$ hours over High Cup Nick to Dufton, and there's snow in the hollows. Who the hell said May was a good month to do the PW?? My knee is aching with every step and moreso on the downhill. At Dufton, more soup - seem to be living on soup - then up into the eerie mist again to Great Dun Fell. By the time I get to Garrigill, in the rain, I'm losing all interest and there's still 91 miles to go. I finish in the dark at Lambley Colliery and we put up the tent. Total mileage $193\frac{1}{2}$.

Next day - wet and windy. At 8-00am I leave for Kellah Burn and meet the Army. Fifty had set off from Edale with very little training, now down to 20 men and averaging 25 miles a day. At the Greenhead road I have to sit and change into running shoes. The Army arrives and I have to force myself out into the rain, and make an attempt to run along Hadrain's Wall. 10-30am Thirlwall Castle : rain. 11-25am Haltwhistle Burn : rain. 12-10pm Peel Car Park : rain. 2-20pm Ladyhill : rain. In the forest I meet two walkers; one of them diagnoses my leg trouble. Apparently I've got 'horse's shin'. Horses get it when overworked, I know how they feel. I have to walk all the time now and I'm narked that I can't trot downhill. I plod through Bellingham and by the time I reach Hareshaw Colliery I'm cold and wet. Change into dry clothes and after hot soup on Lough Shaw.

Every step ankle-deep in water. I come to the conclusion that the PW is a sadistic wet joke on walkers and deliberately planned from bog to bog. I reach the entrance to Redesdale Forest in the dark and in a bad temper, and I swear I'll never put a foot on this bloody Pennine Way again. I stumble through the black forest, on the uneven forestry road in the light of the headlights. This $5\frac{3}{4}$ mile stretch is the worst of the whole walk, my ankle's agony, and a Land Rover stopping and asking if I am lost or something, does not help matters.

It's now 4 days $14\frac{1}{2}$ hours since I left Edale, 241 miles ago and I don't feel like doing the last 29 miles tonight - if ever. We camp on the roadside at Byrness. My wife puts up the tent, the tent pegs won't stay in, and at 2-00am I'm clinging on to the tent pole to stop it blowing away.

Sixth day. I stay in the tent and rest my leg. The afternoon is windy and sunny I hobble down the road to test the ankle and decide to push on to Chew Green, $5\frac{1}{2}$ miles away. I set off in climbing boots with our Alsatian dog; I leave Byrness, 3-30pm in sunshine, but by Windy Crag (aptly named) the wind is blowing the legs from under the dog and it's snowing. Takes me two hours to get to Chew Green. I'm lying on the grass taking the weight off my leg when the Army recce. party (19th Field Ambulance) appears. They inspect the leg and give me a crepe bandage from their stores. We camp beside the beck.

In the morning my boots in the tent shine with frost and the ground is white. I put on about four vests, sweater, tracksuit, waterproofs and climbing boots with a flask of appropriate soup - Highland Game, I leave at 5-25am in a cold sunrise and with bandages on both knees and ankles. I walk up the hill

past the Roman Camp and trot quietly along the top. My wife walks up to the Border Gate from Cocklawfoot and misses me, but collects my anorak string from the fence and with the aid of a shepherd's binoculars spots me trotting towards Score Head. The Army Land Rovers are already driving up to the Border Gate, the soldiers can't be far behind me. I trot up to the Cheviot, ankle not too bad, then through the black sqelching bog they call the summit, past Hen Hole Gorge to the Schil, - man, I'm going well - and then down to Burnhead.

I throw off three vests and run along the road. I've forgotten how steep is the last hill between the valley and the village, and the sweat pours off me. Down the hill to the Green and I finish at the Border Hotel at 11-30am. I book in at the Border and have a bath, then back to Burnhead to cheer on the Army. The RSM leads in the first party; then we hear the singing as Sgt Joe Dean leads his troop down from Black Hag. At Kirk Yetholm the Army support party cheer them into the pub and we all have the free drink from Wainwright - many thanks - and a few more to keep it company while the RSM is presented with a huge pair of delapidated boots.

Like I said at the beginning, it's a long way and it has taken me a long time - 6 days 3½ hours. I know that I can improve my time and next time I'll be faster, but just in case I'll pack some crutches along with all those bandages and plasters and I'll get there in the end.

"THE INCREDIBLE JOSS" by M P D

The August/September issue of 'Mountain Life' features "the incredible Joss" in an article by mountain photographer JOHN CLEARE. The theme is Naylor's successful attempt on the Welsh Fourteen 3000 Foot Peaks on 17th June 1973. Joss returned a time of 4 hours 46 minutes to break the late Eric Beard's record by 27 minutes.

Cleare regards Joss as "without doubt the best fellrunner in Britain today" and at 37 years of age to be in "his prime". He adds that he considers Joss "an athlete fit to be ranked with men like David Bedford and Tony Jacklin." The article includes a good action photograph, whilst the magazine cover has a dramatic shot of Joss leaping along Crib Goch on his record-breaking way.

Highlighted are Joss Naylor's current records:-

Ennerdale Horseshoe	3hrs 30mins
Manx Marathon	4 20
Welsh 1000 Metres	3 37
Wasdale Fell Race	3 48
Welsh 3000ft Peaks	4 46
Lakeland 24 Hour Run	63 Peaks

And a tabulated summary of the successful day on the Welsh hills notes intermediate times, mileages, conditions prevailing, and pacers. Interspersed are glimpses of Joss the man, his background and aspirations.

John Cleare succeeds in capturing the atmosphere of a remarkable achievement and in painting in the background admirably.

CORRIGENDA TO FRA 1974 FIXTURE LIST

The classification of the Great Hill Race should read 'C' instead of 'B', and that of the Eildon Hill Race should read 'B'. The FRA Committee on 18/11/73 decided upon the demotion of Great Hill so that it is not included in the Fell Runner of the Year 1974.

PIKES PEAK is America's most famous and best loved mountain. More people reach its summit - by highway, cog railway, hiking and RUNNING than any other mountain in the United States.

Although Pikes Peak is popularly thought to be the highest mountain in Colorado State, it actually ranks 28th. Still its 14,110 ft top is a scant 321' below that of Mount Elbert, the loftiest spot in the State.

It was the 18th annual running of the Pikes Peak Marathon which attracted the entry of the RAF Waddington Team. The Team consisted of Roy Bulley (Team Captain), Brian Jeffs and Alan Lamb. Unfortunately service commitments prevented Roy from making the trip to Colorado.

The starting line for the Pikes race is at the Manitou Springs Cog Railway Depot, 6500' above mean sea level. From the start the route climbs very steeply for three miles rising to 9000' above sea level. The next six miles consist of running through forests on undulating terrain with about 500' increase in altitude. This leads to the final four miles with a steep 4500' climb to the summit of Pikes Peak. It is an interesting thought that after running nine miles and climbing 3500' one still has to climb higher than Ben Nevis (4418ft) to reach the summit!! The route then leads back down the Mountain to Manitou Springs. Total distance is 26.8 miles with a climb of 7500'.

This sort of distance and height climbed is equalled by some of our fell races- the Wasdale Fell and Ennerdale Horseshoe Races - so this aspect is no worry to the RAF Waddington Team. The psychological problem was running at altitude. The team arrived in the area about 36 hours before the race so there was very little acclimatization. The day before the race a drive to the top of the mountain was made by the roadway. The altitude effect was certainly noticeable. Light-headedness, lethargy and breathing differences were experienced.

About 250 runners were entered for the race coming from all types of backgrounds. While some had participated in this type of event for many years, there was always the possibility that a new star might appear from such unlikely spots as Cimarron (Kansas), Lincoln (Nebraska), or Pecrice (Illinois). Studies done on athletes performing under high altitude conditions have shown that those who have spent considerable time at altitude are usually better prepared to compete, so it was hardly surprising that the favourites were those who had lived and trained at altitude most of their lives.

Of the many colourful figures entered one of the best known was Walt Stack who, at 65 years of age, was leading a contingent of runners from California. Walt, from San Francisco, practises and keeps in shape by running the streets of the city at 3-00am every morning before taking a swim in the icy waters of the bay. He then goes to work as a hod carrier.

Steve Gachupin, aged 30, who had won the marathon six times previously, was attempting to lower the record which he himself had set in a time of 3h.39m.47s. However, he found himself in the unusual position of not being the defending champion. A year ago Chuck Smead, 21, of Santa Paula, California, outran Gachupin with a time of 3-44-21. In the process he set a record for the 13 miles ascent which he completed in 2h.9m.30s. One other name that must be mentioned was race organizer Rury Fahl, who, at the incredible age of 75 years, still races to the top of the Peak.

Race Day 1973 was Sunday 11th August; the race started at 7-30am with the temperature at 66 degrees F. On the summit the temperature was about 60 deg. F. However, by midday the runners on their return from the summit were faced with the burning sun and a temperature of over 90 degrees F.

The race was won by Richard Trujillo who broke the five years old race record in his first try at this event. The 25-year old from Ouray, Colorado, won in 3h.39m.46s., clipping one second off Steve Cachupin's record. He won despite large blisters on both feet caused by a new pair of tennis shoes. After the race he was given first aid and treated at a local hospital!!!

Another record was broken in the race by last year's winner, Chuck Smead, who broke his ascent record by nearly two minutes with a time of 2h.7m.38s.

Trujillo was half a second behind Smead at the summit with an ascent time of 2h.7m.38½s. Both men immediately turned round and headed for the bottom, neither stopping for water or resting. Smead came in several minutes behind Trujillo.

The RAF Waddington team performance was as follows:-

15. BRIAN JEFFS - Summit time: 3 hrs 8 min. Race time: 5 hrs 25 min.
25. ALAN LAMB - Summit time: 3 hrs 30 min. Race time: 5 hrs 47 min.

This was an excellent run by Brian lowering his time from last year by over 30 minutes.

Other notable performances:-

- Walt Stack, aged 65, Summit time: 4-07-15.
Rury Fahl, aged 75, Summit time: 4-55-00.
Joan Ulyet, Summit time: 3-24-44.

Women's race to the summit only; she broke the previous record set by Donnci Messenger of Belle Vue, Colorado, by 4 minutes.

A WEEK-END IN THE LIFE OF A 'C P F S W C'

by Janette B. Wilkie,
CPFSWC to R. Shields.

It may come as a surprise - or even a shock - to you Supermen of the Fells to find an article in your Magazine from - dare I use the word - a woman! No nasty comments please! The idea of this article is to point out, to those of you who don't already know, the plight of what Mike Davies calls "Fell runners' Widows," and what I refer to as CPFSWC's; for your information, these initials stand for Clothes Pegs Food Suppliers and, wait for it, Water Carriers.

To give you an idea of what we women go through, I decided to give you a resume of a typical week-end in the life of one CPFSWC. What follows does not necessarily happen to everyone, but in my opinion it is typical to a greater or lesser degree for most CPFSWC's.

A lot depends on what day the race is being run and how far away it is. For simplicity I have chosen Saturday, as it comes before Sunday - depending on which way you look at it of course! The venue is somewhere in England.

As we live North of the Border - Scotland to the uninitiated - we cannot possibly travel long distances on the same day as the race, I'm told, because this could be disastrous. I wonder how Mike Davies manages, and I am informed that he must be one of the lucky ones, whatever that means! We set off, always after 5-30am, thus avoiding the strain of driving through Glasgow during the rush hour which apparently is a strain! "What strain?" I ask. "Well, it makes you tense," comes the reply. Then on to the Motorway, chugging along at a steady 50 mph. Apparently this is not only good for petrol

consumption, but also for the nerves, as driving at speeds of 70 mph causes tension!! I think to myself that Mike Davies must have nerves of steel! Eventually we arrive at Dave Meek's around 9-00pm. Diane and I suggest going to the "Local" but this is met with glassy stares from Dave and Bobby, who are porring over maps. Then, as a noble gesture, they decide that they'll go, but only to have an orange juice. How kind! Knowing that the locals stay open till 11-00pm in England I mentally rub my hands with glee. Unfortunately, for me, some people have other ideas and want to be in bed by 11-00pm. And so to bed!

The race starts at 2-00pm the next day, so I am looking forward to a long lie-in. No such luck! I'm told it is 1½ to 2 hours drive to the race venue and at least an hour is needed to warm up - warm up, my foot! The only thing that gets warm is their tongues from clacking! Then of course, you must allow at least two hours for food to be digested, so my long lie all but disappears, and I'm up at 9-30am. Breakfast out of the way and before you know it, lunch is required.

Eventually, we set off and arrive two hours before the official starting time. Even at this hour we are not the first to arrive; "Maybe they camped out all night" I think, "so perhaps I should count myself lucky!!" Before leaving the kit had been thoroughly checked, drinks prepared (non-alcoholic at this stage) and food provided. No sooner is the car parked than Bobby is off to get changed and have a look round the course, promising not to be long. I've since learned that these are famous last words. Some considerable time later Bobby reappears somewhat surprised to find me in the same spot - but where can you go in pouring rain in the middle of nowhere??? He tells me what a wonderful course it is and that there's also a good field. Being somewhat new to the game I foolishly ask what is so special about a field and am met with a look of contempt and informed that the field is the list of runners. How can I be expected to know that because that is not what it says in the dictionary! Bobby then starts to tell me whom he has met, but before I can get in an answer he spots Pete Bland and dashes off with a parting shot to wish him luck but not to forget the drinks and track-suit at the end of the race. It is so nice to know you are useful for something!

So, left with my thoughts I think that this race should only take about 1½ hours so Bobby should be back by 4-00pm, have a shower and be ready to leave by 4-30pm. Wishful thinking on my part! Certainly he finishes well up and I'm there, as instructed, with track-suit and drink. He then goes off to have his shower and get changed again promising not to be long. That was 3-45pm.

By 4-30pm there is still no sign of him. Has he gone down the plughole, I wonder? No, he is still alive according to a competitor who finished after him!! 4-45pm still waiting impatiently! At 5-00pm he appears - all clean and shiny and so he should be after all that time! "I wasn't long, was I?" he says. Smoke emits from my ears but I keep control - just, and suggest that we had better get on our way, as it is a long drive back. I'm told that we can't leave yet as the prize-giving isn't till 5-30pm. and he doesn't want to go without his prize. I suggest that he should go and ask for it, but he doesn't consider this right and so we wait. But before I know it he is off again having spotted someone else he wants to see about an entry form or something.

The Prize-giving arrives at last and there ~~he~~ she is, all wreathed in smiles - it is his first prize at fellrunning. Naturally, I'm proud of him, but a little voice inside tells me that if he keeps this up I'll hardly ever see him. I think to myself, "That's nonsense" - a few months later I look back with hindsight and can say, "Many's the word spoken in jest" because I now know that poor Bobby has got what is known to CPFSWC's as "Fell Hysteria." This is almost incurable - even old age ~~can't~~ can't cure it!

However, the outcome of all this is that I now know what it is all about and realize that you Fell Runners need to have your Ante Natal and Post Mortems for each race. But at least I'm not lonely now, because I've made friends with others who suffer in the same manner as myself, to a greater or lesser degree. So, at the next race, if you keep a sharp look-out, you may see us - if you are lucky - under the track-suits, waterproofs, bottles of juice; like the Three Musketeers - Anne, Diane and Jan!

In closing, I should say that despite all the waiting in all kinds of weather, I've thoroughly enjoyed meeting everyone of you, but I still think you are all crazy.

POSTSCRIPT

This passage may be slightly exaggerated but I'm sure it can only be five minutes either way.

CHECKPOINT 7: PETE WALKINGTON GOES SOLO IN LAKELAND

On Thursday, 16th August, Pete Walkington made a splendid solo traverse of the "Lakeland Three", without any support whatsoever, in a time of 8 hours, 26 minutes, which was only two minutes outside the record established by Joss Naylor in 1970.

On 30th September Pete put up a tremendous performance in the Three Peaks Cyclo-Cross Race, finishing second. Perhaps we can persuade him to provide a full account of his experience for our May issue.

CHECKPOINT 8: REVIVAL OF THE GOAT FELL RACE ?

Plans are now going ahead to revive the Goat Fell Race on the Isle of Arran to take place possibly the first week in October. The course, not as yet defined, will be about six miles in length with a total height gained of 2866 ft. The start, not yet decided, will be at sea level.

The promotion is being organized by our Hon. Sec., George Broderick, and any further details may be obtained from him.

CHECKPOINT 9: THE ANNUAL GENERAL MEETING 1974

YOUR ASSOCIATION'S Annual General Meeting will be held
after

THE PENDLE FELL RACE ON 6th APRIL NEXT

Every member is invited to attend. Make it a double - have a run first and then take the opportunity of airing your views on YOUR Association's affairs.

THE RIME OF THE ANCIENT FELL RUNNER

by Benjamin Nevis

One Tuesday night not long ago
I was running down the street,
When I saw a figure in the snow
With Ripples on his feet.

He beckoned me through a swinging
Into a smoke-filled room;
And after he'd had three of four,
He told me of his doom.

The old man began in a shaky voice
(For in truth he'd had a few)
And I had to listen, I had no choice,
To this tale I now tell you.....

The old man beginneth his tale

"Like you, young man, I ran as well,
Till he came into sight;
For I'd never even seen a fell
Until that dreadful night.

'Follow,' he cried, and I obeyed,
Although I don't know why.
Something about him made me afraid
That I was about to die.

My breath was rasp, my throat the
I cried out, 'Half a mo.'
But on through snow and wind and rain
The guiding form would go.

Scotland, England, Ireland, Wales;
Round and round we ran.
Valleys, glens, fells, moors and trails
The Isles of Jura and Man.

One, two, three, the Pennine Peaks
Then the Chevy Chase at Wooler,
Where I got bogged down above the
At least I now felt cooler."
breeks -

The old man suddenly stoppeth his tale

The old man's voice then stopped awhile,
And unsteadily up he stands.
The wrinkled lips creased 'nto a smile;
He went off to wash his hands!

Back he came and bade me fill
His glass with foaming ale;
And when he sat, the room fell still -
The man resumed his tale.....

"Oh steep, steep was 'Thieveley Pike;
I was down on hands and knees.
Oh swift, swift the Fellsman Hike,
As swift as any breeze.

Two Man/'Two Day-'Too much' I bleat,
But he handed me a tent.
We did the Standard and then the Elite,
As on and on we went.

We heard the bell on Fairfield's top,
 Had chairlifts on Cairngorm;
 But in Fort William he still wouldn't
 'Though we headed into a storm.

My friend, today we've travelled far;
 Down south and up to th' Fort;
 And 'though you many never become a
 Take part in our ancient sport.'

The lightning flashed, the thunder
 The Ben was in angry mood.
 The mist was down, the wind was cold,
 But on its top we stood.

And off he'd run, as though just begun,
 And I sank down to rest
 And fading into the setting sun
 Went the jaded Reading vest."

The descent was just a forward roll
 Down jagged banks of scree.
 I thought I was lucky to get off whole
 When I tripped and skinned my knee.

Without another word, the old man
 gets up and goeth away.

At Darwen Tower he seemed to slow,
 And called me to his side,
 'My race is run, it's time to go,
 But first let me confide.....

"Time, Gents, please," a voice rang out,
 And the old man limped away.
 From that moment on I had no doubt
 I would join the F R A .

(With Apologies to Coleridge and any others who love
 poetry)

Jimmy Jardine

WE ONLY RUN ! by Michael Davies

Glancing through a Dalesman publication "Looking at Northern Lakeland" by 'Spartina' (pseudonym for a quartet of Lancashire authoresses), imagine my surprise to discover that fell racing isn't the same as fell running. Down the years I could have sworn all those entry forms I've sent in have been to 'races' not 'runs'! And whenever I've stumbled across a finishing line my weary body has signalled all too clearly that I've been in a race. But no!!! Spartina now tell me that I've been merely running; for on page 63 'Fell Racing' is described thus:-

"Fell Races, or guide races, have been a popular local sport in the Lake Counties for more than a hundred years. The race to the top of the nearest fell and back demands tremendous physical fitness and stamina. Most fell runners wear running boots with short spikes to help them on the steep descent. The fell race is the highlight of many of the dales sports, and to win at Grasmere is the greatest achievement of all."

Whereas 'Fell Running' is described thus:-

"Fell Running is a sport which attracts competitors from athletic and orienteering clubs throughout the north. The

main events are organized by the Cumberland Fell Runners' Association and the Mountain Trial Association. The courses vary in length up to twenty miles and sometimes include as many as nine fells."

It seems that if I compete in studs or ripples, under the auspices of the CFRA or the LDMTA, I just run, whereas if I compete in spiked boots at Grasmere I really race! Surely my physical exertions and mental competitiveness would be the same in either sphere. Is this distinction between 'racer' and 'runner' a hangover of the northern prejudice for the professional as opposed to the amateur - the latter regarded only as 'playing' at the game? Are not competitors under both codes racers? Isn't the term 'race' a better description than 'run' for what we do? Taken to mean 'making rapid progress as possible', the word 'race' aptly sums up the combination of walking (uphill), jogging, running, and bounding (downhill) that we employ to beat the other fellow around a chosen circuit, whether it be a brisk Thieveley Pike or a strenuous Manx Marathon. Should the revived Latrigg Fell Race be because it is now an amateur event?

Perhaps short "to the top of the nearest fell and back" races are considered races because the overall speed is higher than in, say, an Ennerdale Race. Does a Ben Nevis specialist consider himself any less a racer than a Burnsall dashman? Of course not. As records tumble each year, those of us finishing the twenty mile, nine fell epics know we have been racing merely to keep in sight of Joss for the first few miles! Nowadays there are no longer any 'just a training spin' events left, either north or south of the Border. Merely to get round these long courses requires "physical fitness and stamina"; to race round makes far greater demands on one's physical resources than does a short event, as competitors have found to their cost in the last couple of seasons. The drama may come in fits and starts in longer events, but the racer must have the stamina and fitness to stay in contention ready for the crucial moments. So the sheer speed of the short race exponent has to be replaced by stamina and pace judgment in the long event expert.

In the short events the downhill dash has tremendous spectator appeal. Watching the dramatic developments, as the racers plunge down the fellside, spectators can easily forget that these same dare-devils mostly plodded up the fell in the first place. Such spectators, seeing a few competitors strung out on a distant skyline, in, say, the Wasdale or Fairfield races would be little impressed. The spectator cannot see the whole pattern of the race unfolding. Once the field has disappeared up the hillside only the competitors know the cut and thrust of the struggle and so often the final outcome is decided out-of-sight of the spectators before the winner hoves into sight again. It is only in races such as the Three Peaks that the onlookers are positioned to flavour the excitement and tension of a longer event. Nonetheless the Chevy Chase, Wasdale and Ben Nevis are truly races, with fortunes swayed by pace-judgment, navigational skill, guts, determination and sheer strength.

Can I help you, Sir? - my bookshop reverie is politely shattered. Oh!....er...n.no. Thank you. The Dalesman paperback returns to the shelf and I drift out into the sunshine. Where have my ruminations led me?

Obviously fellrunning and fellracing are the same competitive activity. Racing is the more apt word. I'm prompted to suggest that we might consider changing the Association's title to Fell Racers Association and this magazine to the Fell Racer; but.....somehow 'runner' sounds better! It would be fun for current competitors from the professional and amateur codes to match themselves, unofficially obviously, over the Butter Crag, Fairfield and perhaps Langdale courses each season in friendly trials. On a serious vein the amateur racing image will be much enhanced by introducing more shorter events with spectator appeal into the calendar. The revived Latrigg, Pen y Ghent and Barbon Fell Races herald such a trend. If it continues Spartina might promote us amateurs to the league of fell racers!!