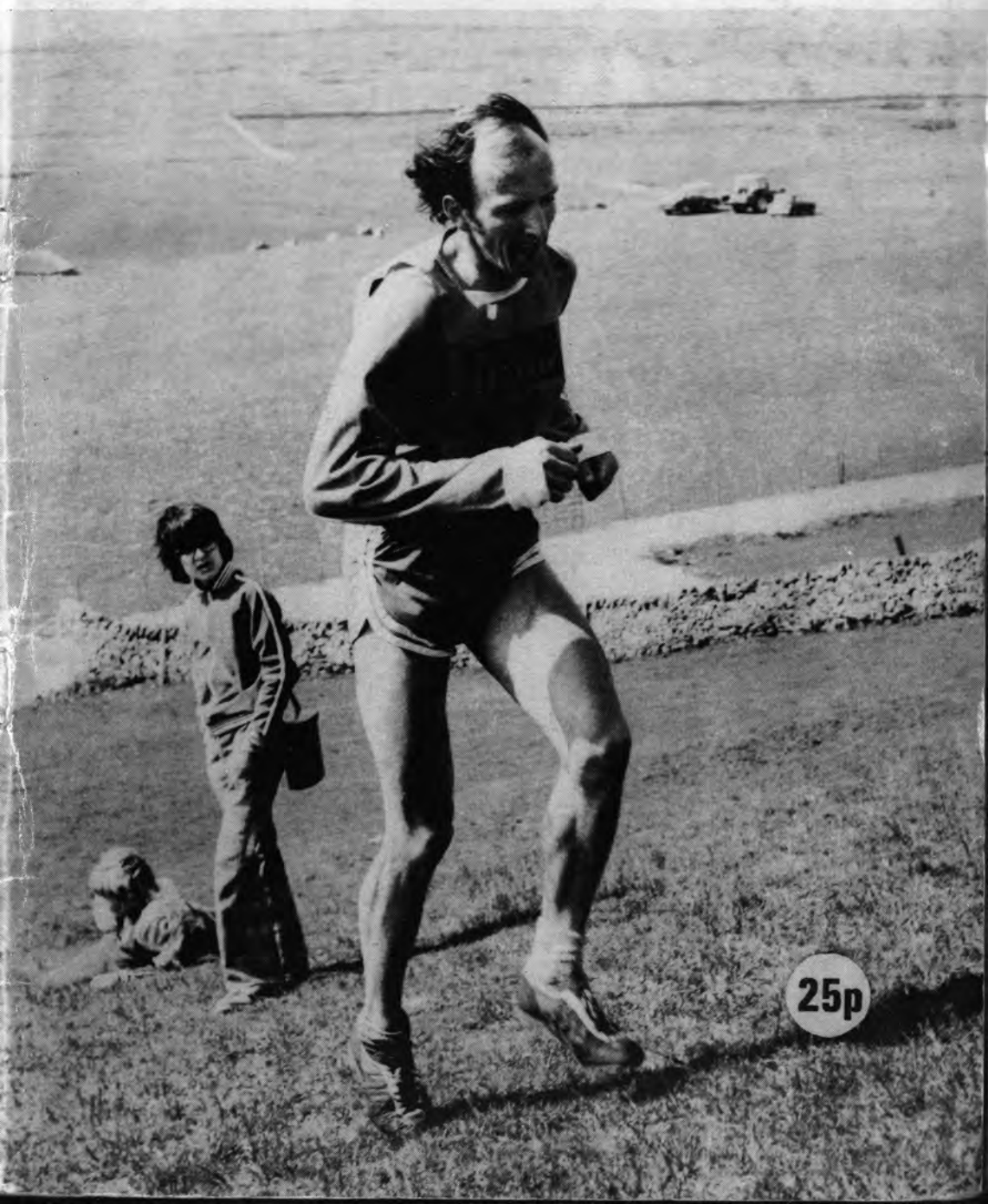


# THE FELL RUNNER

AUTUMN 1976



25p

# karrimor numéro



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THE  
FELL RUNNER

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

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EIGHTH ISSUE - DECEMBER 1976  
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Editorial.

Sorry this is a bit later than last year, but the reason is a good one; we want to send this issue out with the 1977 Calendar to save postage costs. Whilst on the subject of money, 1977 subs are now due, a mere £1.00 to Dave Payne as soon as possible please.

From the talk around, it seems that the 1977 season might see fell racing for women really get off the ground. Apart from those events which already welcome the girls, I hear that Clayton are seriously considering a ladies event at the Pendle in April and I expect other promoters will follow suit. Most appropriately Ross Brewster has chosen Pete and Jean Dawes as his subject for interview this time. On the same subject, included in this issue are the latest womens' C.C. and R.W.A. rules which apply to road races and which should be useful to both promoters and would-be competitors in fell races.

I am asked to bring to your attention an important point that was made at the last committee meeting. The Fell Runners' Association is not a club, it is not affiliated, and for the present at least, acts as a service to fell runners by the provision of the fixtures calendar and six monthly issue of this magazine. Members should not therefore enter events under the name of F.R.A. but should enter as members of their affiliated clubs. Not much of a team race if we all entered as F.R.A.!

Our latest 'service' is a welcome social event, also not covered by your subscription! See separate advert for the arrangements being made by Pete Bland and Pete Walkington.

COVER PHOTO: Popular extrovert Pete Walkington looking good as he sets off up the third and final peak, Ingleborough, in this year's Yorkshire '3 Peaks' race. Pete finished 20th, inside the Elite standard of 3 hours. Photo by Gil Horsley.

Please note also that our Secretary, Miss Ann Joynson, has moved to 6, Cambourne Drive, Hindley Green, Nr. Wigan, Lancashire. Note also that all new subs paid after October 1st, 1976 will be valid through 1977. Dave Payne's address for subs is:- 53, Kershaw Street, Bury, Lancashire.

Got all that? Right, now you are permitted to carry on to the interesting material.

Peter Knott

66, Edwinstowe Road, Lytham St. Annes, Lancashire.  
Tel: Lytham 737871 (Home)

### FELL RUNNER OF THE YEAR AWARDS 1976 (provisional).

John Blair-Fish writes:- "I have a count up on points for the F.R.A. award 1976. All races except the 'Blisco Dash' and 'Wansfell' are included".

1. Martin Weeks	195	11. Brian Finlayson	107
2. Harry Walker	187	12. Mike Lambert	98
3. Mike Short	181	13. Peter Walkington	97
4. Joss Naylor	180	14. Bill Padgett	97
5. Alan Spence	168	15. Ian Roberts	91
6. Andy Styan	164	16. Andy Hamer	74
7. Duncan Overton	141	17. Alistair Blamire	72
8. Bill Bland	127	18. Dave Halstead	65
9. Mike Nicholson	119	19. Paul Murray	64
10. Harry Blenkinsop	118	19= Ray Rawlinson	64

These provisional results are subject to alteration as a result of the two outstanding category A events, and subject to a final check.

At the recent committee meeting, the new 'Snowdon Race' was awarded category A status, and the 'Lainig Ghru Pass' event category B.

### FELL RACING FOR WOMEN

There seems little doubt that the interest and ability are worthy of more promotion, so why not give it a go promoters?

The following extracts from the W.C.C. and R.W.A. are included as a guide to promoters and competitors:-

RULE 31. Attention is drawn to paragraph (j) - "Where it is intended to stage separate events for men and women in conjunction, the promoting club or organisation if not affiliated to the Women's Cross-Country and Race Walking Association, must apply for and obtain a Permit from the Honorary Secretary of the Area in which it is intended to stage the events.

RULE 47. The minimum ages for women in road races are -  
Minimum age 21 years - Distances over 10 miles.  
Minimum age 20 years - Distances not to exceed 10 miles.  
Minimum age 19 years - Distances not to exceed 7 miles.  
Minimum age 18 years - Distances not to exceed 5 miles.  
Minimum age 17 years - Distances not to exceed 4 miles.

RULE 27. This has been amended to read as follows -  
Mixed Races: (a) Races, whether open or closed, where men and women are directly opposed are prohibited.  
(b) In long Distance Road Running events, races of not less than 10 miles may be staged in conjunction with races over the same course and distance for men. For any event so staged, the programme and all pre-race literature and advertisements must show clearly that two separate events are being staged in conjunction and that the events are being conducted under A.A.A. and W.C.C. & R.W.A. Laws and Rules. The scoring and results of each race must be shown and declared separately."

This means that, over 10 miles, or its fell equivalent presumably, men and women can start together and run the same course, but not compete against each other i.e. separate result sheet etc. Over shorter events, a separate start time should be used.

Peter Knott.

PETE AND JEAN DAWES - a revealing  
interview by Ross Brewster.

PETER DAWES

Name: PETER DAWES	Age: 38
Height: 5' 6"	Weight: 9st 7lb
Club: KENDAL A.C.	Occupation: ELECTRICIAN



Q.1 Let's start at the very beginning Peter - What's your fell running background and why and how did you start in the sport?

A. Well Ross, I had run at school when about 14, was doing quite well at sprinting and started to go round the Lakeland Sports, at the same time I used to watch the Guides races and became friendly with the fell lads and decided to change to Junior Guides races as they seemed more exciting. I went to most Lakeland events for about two years. I then left the sport until I went into the Forces where I ran Cross Country for "R.A.F. Wildenrath" and the "Royal Signals" after that I did not race again until about 1968 when I started doing the R.A. marathon from Keswick, later I joined Kendal A.C. and have raced regularly since.

Q.2 Did you always see yourself as a long distance runner, or was that something which just developed? In other words, do you run with a goal in mind, or purely for the "fun" of it?

A. When I used to walk the hills my walks seemed rather long compared with other walkers and so I usually travelled alone and found that trotting was quite easy and made it possible to cover several new areas per day out, most of the races I run mainly for pleasure but occasionally I run to do as well as possible.

Q.3 You must spend more time on the Lakeland fells than any other person I know. Any idea how much time you spend "up top" in a year? You must have your favourite fells - and ones which hold memories of suffering. Do any of these spring to mind?

A. I don't think I particularly spend more time on the hills but I do get the opportunity at weekends to go out. I like to spend as long a time as possible on the fells and cover as much new ground as I can.

I think to try and pick a favourite fell is difficult but I like routes such as Seathwaite Farm to Seafell via the Corridor Route, descents like Halls Ridge, and in

contrast like the grass High Street Range with its views of the Reservoirs, tarns, lakes and historical past.

As for memories I once set out from Dunmail Raise to go to Wasdale at mid-day prior to doing the Bob Graham to reconnoitre the route and on arriving at Wasdale decided to continue to Honister and on to Keswick. By this time it was gone midnight and I didn't feel like eating food and eventually after quite a sit in the car decided to continue over Skiddaw, Calva, and Blencathra to Threlkeld but on starting to climb Calva realised that with the lack of food I was out of energy and I kept falling over in the heather and had to keep resting and recovering to reach Blencathra. After breakfast at Threlkeld I felt all right again but thought I had done enough for one day.

Q.4 You have done some remarkable long distance runs. Can you instance a few which have given you the greatest satisfaction and tell us why they were satisfying performances?

A. One of the most satisfying runs I have done was the Wainwrights Lakeland 2500' summits with Jim Loxham and Ken Brooks starting at Kentmere and finishing at Coniston. The weather was extremely hot and the early morning views superb, shivering as we paddled across the River Lisa at about 5.00 a.m. and finally the pleasure of standing on Dow Craggs as it was just getting dark having covered approximately 113 miles of Lakeland's best mountainous area.

I suppose the Peakland Hundred in Derbyshire gave me quite a bit of pleasure as I had trained for it and all went well, and in the latter stages I was able to increase speed without any after-effects.

Q.5 Last summer your attempt at the Ben Nevis, Scafell Pike, Snowdon run revived memories of the late Eric Beard's great ultra distance record feats. How far did you get with your bid, what if any were the lessons you learnt from it and will you be trying again?

A. The Ben Nevis to Snowdon run I was doing jointly with Bill Miller; unfortunately the last few weeks previous to the run we were not able to get the amount of training miles in that we had hoped for and had to just hope everything would hold out. Unfortunately Bill had to retire, coming into Glasgow, with foot trouble and later I ran into tendon trouble myself and had to call it a day at the Langdale O.D.G. on the third day. I know the schedule I had in mind is possible, but have no plans to try again in the near future.

Q.6 Talking of future plans, what are your principal aims and ambitions?

A. As for future plans I would like to do some more long runs in the Lake District and also do some exploring runs in areas I am not too familiar with, Scottish Highlands and Wales.

Q.7 All aspiring ultra-distance runners will want to know a bit about how you prepare for your "marathons". How much training do you do in a typical week in summer and winter and are there any special "wrinkles" or tips you can pass on to those preparing for say a 24 hour run?

A. Well my training is more like a crash course than a schedule as I have several other time-consuming interests in the hills. Training summer is usually about 50-60 miles but can be over the hundred depending upon enthusiasm and weather usually a mixture of fell and road. Winter just an occasional jog on the hills.

Everyone has their own special preparation ideas, one I have for long runs is that it is best to have covered the ground previously and found the easy routes, obvious turn off points in case of mist etc., and be able to do about  $\frac{3}{4}$  of the intended time without too much difficulty, to save energy avoid excess speed even downhill in the early stages, find out how your stomach reacts to long hours and what type of food it will cope with if things do get bad.



Q.8 One more point, Peter. Have you ever had the advice of a coach or other mentor - or is your running experience all self acquired? Most of us get injuries and problems from time to time. Do you have many injury troubles? Do you feel that the fell runner really is an exceptional type of person with extra qualities of dedication and resolve?

A. Most of my advice comes from fellow runners and my own mistakes. I do have injury problems from time to time mostly knee, ankle and tendonitis. Recently I have managed to avoid most of the knee and ankle troubles by cutting down the jumping pressures on descent.

Most of the fell runners I know are dedicated to improving their own personal performances on the hills regardless of whether they should ever win anything or not, and one of their main qualities is their enthusiasm.

I should like to take this opportunity to say thanks to my many friends for their support and encouragement during the past few years.

JEAN DAWES

Q.9 How about letting your wife Jean step into the "hot seat" now? I'm sure everyone in the fell running world admired the great effort she made to get round the Bob Graham course last summer - one of the performances of the year in fact. Jean... how, why and when did you start running?

A. When I was young I used to spend a lot of holidays at Seathwaite Farm, Borrowdale, and became used to going on the fells, but I didn't take any personal interest in fell-running till the summer of '74 when I decided I would like to run the Ben, instead of standing in the rain just watching.

Q.10 Do you think female fell running is really going to catch on and, a serious question this, can you see any reason why a woman fell runner should not be as good as the men and compete on totally equal terms?

A. Female fell-running has already caught on! and there are a few women runners who are fast enough to compete among the men - like Joan Glass

with her superb run of 2.17 for the Ben Nevis, but the majority of women haven't the necessary speed to do comparable times - but keep watching, we're working on it.

Q.11 How about that Bob Graham effort? What was your time and, the million dollar one this, will you try again?

A. 24 hours 50 mins. I am hoping, if I can get fit enough, again to try in June '77.

Q.12 How much time do you get for running and how much do you do in a typical week? What advice would you give any other lady who is perhaps nervously waiting for the vital push to don those studs and get out on the fells for some training?

A. I don't have 'typical' weeks, more like erratic weeks. Sometimes I go out twice a week on the road, other times just before a long event like the Fellsman or 42, I managed to do a road run every night with long runs on the fells at weekends. As for advice to anyone who wants to run - you just have to put on your gear and go, and hope that eventually it will get easier.

#### LONG DISTANCE LOG - by Bill Smith

##### 1. NEW 42 PEAKS RECORDS

The three-year-old record of 20 hrs. 38 mins. for "Bob Graham's 42 Peaks" (plus Skidda' Little Man), established in August 1973 by Boyd Millen and Bill Smith, was broken three times in 1976.

19 hrs. 48 mins. by John North (Clayton-le-Moors Harriers), June 19th/20th.

20 hrs. 26 mins. by Stan Winstanley (Horwich RMI Harriers), July 31st.

18 hrs. 50 mins. by Billy Bland (Keswick A.C.) August 15th/16th.

##### 2. JEAN DAWES, FELL RUNNER AND AUTHOR

On Saturday, July 31st, Peter Dawes' wife, Jean, almost became the first female member of the Bob Graham 24 Hour Club when she completed the 42 Peaks course, but over-ran her time by 50 minutes. A really splendid effort, anyway Jean, better luck next time.

Readers of the annual "Lakeland Rambler" publication will already be familiar with Jean's articles on the Lake District. The 1976 edition reveals her to be a first-rate author of grass-roots Lakeland fiction with a short story entitled "The Shepherd". This is sure to please all F.R.A. members as the central character is a retired fell runner.

### 3. "BIG THREE" ATTEMPT BY DAWES AND MILLEN

At 4.00 a.m. on Sunday, July 11th, Peter Dawes and Boyd Millen set off from Fort William on a joint attempt to lower Eric Beard's record of 10 days, 12 hours, 15 minutes for the Ben Nevis - Scafell Pike - Snowdon run to six days. They were paced over the first 41½ miles to the Bridge of Orchy by Eddie Campbell and Ronnie Campbell of Lochaber A.C., Peter Beasley of Kendal A.C. and John Anderson of Kinlochleven, who had been up all the previous night helping to rescue an injured climber in Glencoe.

Boyd Millen was forced to retire at Dumbarton next morning with a foot injury, having completed 92½ miles, but it had sufficiently improved by Tuesday for him to accompany Peter for most of that day and the next. Dawes himself was now in trouble, however, having damaged his left ankle and shin leaving Beattock summit on Monday morning, and it was so bad by Wednesday that he realised he would have to content himself with two peaks instead of three. He therefore climbed Scafell Pike and finished his run at the Old Dungeon Ghyll in Langdale, having covered 251 miles in 3 days, 12 hours, 50 minutes.

### 4. SOME OTHER LONG DISTANCE ACHIEVEMENTS IN 1976

- |                 |  |
|-----------------|--|
| 8th May:        | The Dales Way (81 Miles) in 15 hrs. 50 mins. by Mike Nicholson (Kendal A.C.)   |
| 29th/30th May:  | 52 Lakeland Peaks inside 24 hours, by John Haworth (Clayton-le-Moors Harriers) 23 hours 38 mins.                         |
| 26th/27th June: | Coast to Coast Run (150 miles) by Joss Naylor in 40 hours (Robin Hood's bay to St. Bees). <u>Not</u> Wainwright's route. |
| 24th/25th July: | 63 Lakeland Peaks (92 miles = 35,000 feet) in 23 hrs. 55 mins. by Bill Smith (Clayton-le-Moors Harriers).                |

- ? - Lakeland 2,500's (76 Peaks = 105 miles = 42,000 ft.) in 58 hrs. 27 mins by John Richardson and Geoff Bell of the Rucksack Club.  
 - ? - Offa's Dyke (170 miles) in 3 days, 15 hours by Don Talbot of the Rucksack Club and Clayton-le-Moors Harriers.

5. NEW MEMBERS OF BOB GRAHAM 24 HOUR CLUB (1976)

Name	Date	Age	Club	Time	Club No
F. Milner	May 22/23	34	Clayton-le-Moors	22.34	43
L. Pollard	June 19th	42	Horwich R.M.I.	23.25	44
J. North	June 19/20	32	Clayton-le-Moors	19.48	45
C. Ratcliffe	June 19/20	42	Clayton-le-Moors	20.57	46
P. Beasley	July 3	32	Kendal	22.56	47
A. Lewsley	July 10	20		21.55	48
S. Winstanley	July 31	39	Horwich R.M.I.	20.26	49
R. Curwen	July 31/Aug.1	?	Preston	23.06	50
J. Sheriff	July 31/Aug.1	?		23.06	51
B. Bland	August 14	29	Keswick	18.50	52
A. Bland	August 14	33	Keswick	21.04	53
D. Bland	August 14	27	Keswick	21.04	54
H. Pattinson	August 14	29	Keswick	21.20	55

MY IMPRESSIONS OF JOS NAYLOR'S RECORD ATTEMPT

(72 Peaks in 24 hours. June 1975)

by John Birney.

On a morning in June I left home at 4.00 a.m. to witness one of the most astonishing performances I have seen from any athlete.

This was to be Jos Naylor's day and one which will never be forgotten by anyone fortunate enough to be there.

I left the car at the top of Gale Road and made for Skiddaw with frequent stops to enjoy the magnificent early morning views of Borrowdale and the surrounding hills, which were pink at the summit merging with blue grey towards the base. Here indeed were subjects to be painted but, as so often happens when conditions are good we have to be somewhere else and I wanted to be on the summit in good time.

As I ascended, I passed about a dozen walkers who were descending and who, no doubt, had been to see the sunrise from Skiddaw. I reached the summit at 7.15 a.m.



and waited in golden sunshine which was already becoming warm and soon would be too hot for comfort.

Jos and his companions were due to leave their starting point, Lairthwaite School, at 7.00 a.m. and would no doubt be on their way. My pulse quickened at the thought and, as I waited alone, it seemed strange that on a day when history was to be made, there was no one on the summit or, as far as I could see, anywhere to offer encouragement.

At about 7.45 a.m. I detected through my binoculars a movement along the wall which runs towards the summit of Lonscale Fell. Sure enough there they were making towards the first summit. Then, in what seemed no time at all, they were descending and making for Little Man, covering the rough grassland at a swift pace and were silhouetted black against the pale blue sky as they ascended.

With arms working like pistons the second summit was reached. A rapid descent was made and within a few minutes were appearing over the skyline on the main summit. I hastily poured out drinks and soon they were alongside consuming orange squash. Eric Roberts appeared first and remarked that he (Jos) "was really hammering it this morning". Jos Naylor appeared close behind stripped to the waist and tanned deep mahogany which contrasted well with his blue shorts. He was accompanied by Dave Ellison and all looked remarkably fit.

Almost immediately they were on their way to Little Calva hurtling down the north-east flank of Skiddaw at a tremendous pace, through Candleseaves Bog and on to the rough heather of Calva, which was showing as dark purple brown in the low morning sunlight. They were now becoming difficult to observe with the naked eye but with the binoculars I followed their progress to Great Scafell and eventually to Knott and Combe Height. Along this latter ridge they were out of sight but I did eventually locate them again with the binoculars still running and appearing as the tiniest of dots on the skyline battling their way against the heat, the great bare fells and not least themselves.

Soon they disappeared altogether into the great blue-grey void of the Caldew Valley on their way relentlessly to the giant Blencathra.



When we consider this attempt was not covered by T.V. or Radio and spectators were virtually non existent, **It** helps us to realise and appreciate the determination of this man from Wasdale, not to mention his toughness and superb fitness. How much more could **he** achieve if he, like many other athletes we see on T.V., was receiving the same sort of attention, coaching, encouragement and financial rewards? No doubt these do make a difference and there is no question that encouragement is a tremendous asset. Wasdale can rightly boast and be justly proud of its highest mountains, deepest lake, **biggest** Har, smallest Church, and now Jos Naylor the greatest fell runner.

As I descended Skiddaw to the Col between Little Man and the main summit, I decided to paint the views mentioned earlier and realised for the first time the enormous task he was attempting. From where I was standing I could see most of the main groups of fells which had to be climbed. From Skiddaw to the Caldbeck Fells, Blencathra and the Helvellyn range in the East to the Langdales, Bowfell and the Scafells, the Gables, Grasmoor, Robinson, Grisedale to mention a few but all formidable opposition and shimmering their defiance in the heat of the day. Yet, somewhere among these great hills was a man, a mere speck by comparison, attempting what would seem to be the impossible. Lung bursting ascents, jarring jolting descents over rocks and ground which was baked hard with weeks of sunshine. On to Yewbarrow, a temptation indeed, as his home is on that Fell. The mental strain would, I feel, be at its worst then. How easy to call it off and go home.

One wonders what makes this man tick and I think that apart from the obvious challenge of this extremely tough sport, **the** fact that after illness, thankful he is now well enough and having a very high regard for the mountains is his reason for doing what he does.

I reached home that evening realising that whilst I slept Jos Naylor would still be running on the same pair of legs he had on Skiddaw that morning. The number of battles he must have had with himself, especially during the later stages, only he will really know.

Here then was a true performance, a real triumph of determination and will power of mind over matter and a credit to the remarkable fitness and grit of this Shepherd from Wasdale and his gallant supporters.

FOOTNOTE: John Birney is a well known Lake District Water Colour Painter, which makes this a rather unique article in that it is written by one who is unconnected with the athletic world. My thanks to Eric Roberts for sending it in.

Peter Knott.

JOSS NAYLOR, M.B.E.

Bill Smith writes:-

"Joss Naylor celebrated the announcement of his M.B.E. award on June 12th, 1976 by winning the Ennerdale Horseshoe for the ninth time in 3.46.08. Joss is the second fell runner to receive this distinction, the retired professional runner, Bill Teasdale of Caldbeck, having been similarly honoured in 1970".

THE SCOTTISH SCENE

by MEL EDWARDS and JOHN BLAIR-FISH.

MEL EDWARDS Carnethy Hill Race - Feb. 21. Cat. B.

Conditions were very favourable for a fast time as the runners set off on the 6th Carnethy international Hill Race, and there was speculations as to whether Alistair Blamire's year old record of 50.37 would survive. Approximately two miles have to be covered before the Pentland Hills are reached, and during this stage Harrison, Walker, Weeks, Elliot, Edwards, Lang and Buchan (Aberdeen), (junior) made up the leading group. The latter had the galling experience of missing the junior break-off point to Carnethy and proceeded to complete the Senior course which covers Scald Law and Carnethy in that order.

On the ascent of Scald Law, Harrison and Walker broke clear of Elliot and Weeks, and led up Carnethy before descending the scree slopes to the moorland and whence the reverse of the first part of the course is covered. Martin Weeks made up considerable ground on the leading pair but Robert Harrison reached the public park first, some 60 yards ahead of Harry Walker and 45 secs. adrift of the course record.

England with the first three men home naturally won the National Team Race, and Edinburgh Southern Harriers were first team.

As 'Juniors' can now compete in 10 mile events, next year's race over the two peaks will be open to athletes over the age of 17 years on 1st April, 1977.

- |                             |                              |
|-----------------------------|------------------------------|
| 1. R.Harrison (Aire.) 51.22 | 6. M.Edwards (Ab.) 53.27     |
| 2. H.Walker (B'bu.) 51.33   | 7. D.Long (Sh.) 54.27        |
| 3. M.Weeks (Bing.) 51.42    | 8. D.Fairweather (La.) 55.25 |
| 4. I.Elliot (E.S.H) 52.16   | 9. R.Anderson (Ca.) 55.36    |
| 5. J.Norman (Alt.) 53.26    | 10. J.Ferguson (Ayr) 56.06   |

**Veterans:** Gordon Eadie (Camb.) 57.03

- Juniors :-**
- |                                |
|--------------------------------|
| 1. G. Gaffney (Greenock) 43.48 |
| 2. B. Turnbull (Teviot) 44.52  |
| 3. A. McGee (Keswick) 45.29    |

LOMONDS OF FIFE. 9½ ml. 2200ft. Cat.B. Sun.June 13, 1976

In winning this race for the 2nd year in succession, Brian Finlayson took no less than 2 min. 21 sec. off his own record, and 20 year old Fraser Clyne (Aberdeen) in his first ever hill race was also inside the old figures.

At the top of West Lomond, the first summit, Brian led from Clyne, Bobby Shields, and Cairns of Dumbarton, and after East Lomond had been scaled Cairns had moved up to 3rd. These first three positions were to remain to the end, but in the meantime Danny Buchan (Aberdeen) had moved up to 4th place with a mile to go, and Aberdeen looked assured of the team award. However, Buchan found the final descent of West Lomond very tricky and faded to 9th while Ron Paton of Dumbarton swept through to 6th to bring his club to level pegging with the Northern Club. However, Aberdeen won on the count-back and Holmfirth maintained their fine record in this race by finishing 3rd.

- |                                       |
|---------------------------------------|
| 1. B.Finlayson (Loch.) 69.41 (record) |
| 2. F.Clyne (Aber.) 71.22              |
| 3. W.Cairns (Dum.) 72.56              |
| 4. R.Shields (Clyd.) 75.08            |
| 5. R.Bradley (Holm.) 75.40            |
| 6. R.Paton (Dum.) 75.52               |
| 7. R.Asquith (Holm.) 76.14            |
| 8. M.Edwards (Aber.) 76.37            |
| 9. D.Buchan (Aber.) 77.30             |
| 10. M.Armitage (Holm.) 78.05          |
| 11. A.Adams (Dum.) 80.30              |
- 23 ran.

TEAM

- 1. ABERDEEN A.A.C. 14      2. DUMBARTON A.A.C. 14
- 3. HOLMFIRTH H. 18

CAIRNGORM. 10ml. 3084ft. Cat.B. Sat. June 26, 1976

Brian Finlayson continued his domination of this event, gaining a hat-trick of wins. Other notable features of this superbly organised race were Dumbarton's improvement on their 1975 2nd placing, veteran Eddie Campbell's highest placing for a number of years, (19th) and prizes for all the competitors.

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. B.Finlayson (Loch.) 1.15.08 | 6. I.Johnstone (Inv.) 1.22.07 |
| 2. M.Edwards (Aber.) 1.15.47   | 7. D.Buchan (Aber) 1.22.08    |
| 3. W.Cairns (Dumb.) 1.17.20    | 8. E.McEvoy (Loch) 1.22.23    |
| 4. G.Newton (Lut.) 1.19.07     | 9. A.Adams (Dum.) 1.22.47     |
| 5. R.Paton (Dumb.) 1.20.50     | 10. C.Ramsay (Loch) 1.23.27   |

24 Ran.

TEAM

- T. DUMBARTON 17.      2. LOCHABER 19.      3. ABERDEEN 32.

LAIRIG GHRU. 27ml. 1633ft. Cat.B. Sat. June 19, 1976

Following attempts of a solo nature on the Lairig Ghru crossing from Braemar to Aviemore by Jan Knippenberg, Eddie Campbell, Ron Campbell and Alastair Scott, Eddie decided to stage an inaugural race this year, and the result could prove to be the establishment of one of the most spectacular point to point races in Britain.

13 runners lined up outside Braemar police station on a sunny, breezy morning, to face the initial 5½ miles of road. The initial pace was rather cautious and 8 of the field were together at the start of the gravel path leading to Derry Lodge. At this stage Don Ritchie hotted things up, and 3½ miles later at the Lodge there were only 6 in the leading group, Andy Pratt, Steve Taylor, Ron Campbell, Mel Edwards, Tony Shaw, and Ritchie. This pack stayed together for some distance, until the ascent to the Pools of Dee (2733') at around 14 miles, when Pratt and Edwards opened a gap. However, at the boulder field at 17 miles, Shaw and Campbell were back in contention, and tragedy struck Don Ritchie when he had the misfortune to break a small bone in his foot. At 22 miles the Cairngorm Club Footbridge was reached, and Pratt and Edwards broke again, running together to



Coylumbridge, where only 2 miles of road remained to the finish. Immediately, Pratt went clear and reached Aviemore police station in a record time for the crossing.

Indeed, the first 4 runners broke Alistair Scott's 1975 record of 3.20., and should this race achieve popularity, there is no doubt that the 3 hour barrier will be broken.

- |                      |         |                       |         |
|----------------------|---------|-----------------------|---------|
| 1. A.Pratt (RAF.)    | 3.12.40 | 7. S.Stennett (RAF.)  | 3.50.00 |
| 2. M.Edwards (Aber)  | 3.13.40 | 8. A. Scott (Loch)    | 4.00.48 |
| 3. R.Campbell (Loch) | 3.14.25 | 9. C.Martin (Aber)    | 4.05.26 |
| 4. A.Shaw (Roch)     | 3.16.05 | 10. E.Campbell (Loch) | 4.13.45 |
| 5. S.Taylor (Aber)   | 3.46.00 | 11. A.McRae (Loch)    | 4.13.45 |
| 6. E.McEvoy (Loch)   | 3.46.06 | 12. J.Smith (bury)    | 4.35.30 |

Creag Dubh. 4ml. 1220ft. Cat. A. Sat. 7th August, 1976

For the past two years this race has been a tussle between Martin Weeks and Brian Finlayson with honours even, but this time Martin got well away and came within 27 seconds of his 1974 record. Andy Styan, though only 6th at the summit descended very fast to take 3rd place.

- |                       |       |                       |       |
|-----------------------|-------|-----------------------|-------|
| 1. M.Weeks (Bin.)     | 26.47 | 9. J.Jardine (Peni)   | 31.05 |
| 2. B.Finlayson (Loch) | 27.46 | 10. E.McEvoy (Loch)   | 31.15 |
| 3. A.Styan (Holm)     | 28.30 | 11. D.Buchan (Aber)   | 31.17 |
| 4. F.Clyne (Aber)     | 29.07 | 12. B.McKenzie (RAF.) | 31.32 |
| 5. M.Edwards (Aber)   | 29.07 | 13. G.Swan (ESH.)     | 33.06 |
| 6. W.Cairns (Dumb)    | 29.23 | 14. P.Brooks (Loch)   | 33.35 |
| 7. R.Shields (Clyd)   | 29.59 | 15. J.McWatt (Dumb)   | 33.35 |
| 8. B.Turnbull (inv.)  | 30.10 |                       |       |

ACHMONY. Drumnadrochit. 4ml. 500ft. Cat.B Sat. 28.8.76

With race record holder Brian Finlayson giving this race a miss in order to prepare for the 'Ben' the following week, Aberdonians had a field day. 26 runners left the Games park and after a mile when the hill was reached, Edwards led from team-mate Clyne, with Pennine Way runner John Offley (T.V.H.) showing excellent under-distance form in 3rd place. The positions of the leaders remained the same to the summit, but on the descent Offley dropped back and Fraser Clyne passed Edwards on the road with a mile to go. He had made his effort just a little too early, however, and on the final lap of the track he was repassed by Edwards. Backed up by Danny Buchan and Colin Martin, Aberdeen took the team



race from R.A.F. Lossiemouth. Dave Clark (Verlea) did well to take 6th place only  $\frac{1}{2}$  an hour after just failing to win the 15 $\frac{1}{2}$  mile road race from Inverness.

- |                            |                            |
|----------------------------|----------------------------|
| 1. M.Edwards (Aber) 20.01  | 6. D.Clark (Ver.) 21.27    |
| 2. F.Clyne (Aber) 20.04    | 7. J.Offley (TVH.) 21.28   |
| 3. J.Jardine (Peni) 20.51  | 8. C.Martin (Aber) 21.43   |
| 4. D.Buchan (Aber) 21.11   | 9. G.McLean (Loch) 21.48   |
| 5. B.McKenzie (RAF.) 21.18 | 10. M. Davies (Bade) 21.58 |

TEAM: 1. Aberdeen. 2. R.A.F. Lossiemouth.

KNOCKFARREL RACE, STRATHPEFFER. 6 $\frac{1}{2}$ ml. Cat.C. Sat. 18.9.76

The introduction of a Junior and Local Section to this race resulted in a field of 37, almost twice the normal number of competitors. A strong senior entry and ideal weather and underfoot conditions rendered Ian McKenzie's 1972 record of 35.25 vulnerable, and in the event 6 athletes, including McKenzie, broke this time.

The usual fast start over the mile stretch of country to the hill itself saw Brian Turnbull and Ian McKenzie leading from Terry McBrien with Mel Edwards, Fraser Clyne and Innis Mitchell trying hard to keep up. On the ascent of the Knockfarrel ridge sub 5 minute miling was replaced by 10 minute miling, and Turnbull reached the summit first followed by Mitchell and Edwards. On the next short rise the latter pair broke away and fought out the final 2 miles with Mitchell winning by some 30 yards, and gaining a new course record of 34.50. Lairig Ghru winner Andy Pratt came through well in the latter stages for 3rd place.

Gavin McLean of Lochaber won the Junior race from Alastair Kemp (Aberdeen), and Brian Turnbull won the under 21 award.

- |                            |                             |
|----------------------------|-----------------------------|
| 1. I.Mitchell (Vic.) 34.50 | 7. T.McBrien (RAF.) 37.01   |
| 2. M.Edwards (Aber) 34.56  | 8. E.McEvoy (Loch) 37.28    |
| 3. A.Pratt (RAF.) 35.05    | 9. M.Scott (Forr) 37.50     |
| 4. I.McKenzie (Forr) 35.16 | 10. B.Jeffries (RAF.) 38.18 |
| 5. B.Turnbull (Inv.) 35.18 | 11. D.Buchan (Aber) 38.26   |
| 6. F.Clyne (Aber) 35.23    | 12. G.McLean (Loch) 38.28   |

TEAM: 1. ABERDEEN. 2. R.A.F. 3. INVERNESS.

Mel Edwards writes, "Aberdeen A.A.C. have had a good season on the hills and have won 5 of 6 entered (including unofficial team races). However to prove we're No. 1 we'd have to take on Lochaber in events over at Fort William". (See John Blair-Fish's report to follow! Ed.)

The Lochaber 2 Day Event  
or "Saville's Travels on Mellantee and Ben Nevis"

by John Blair-Fish.

Lochaber A.C. decided to hold the Mellantee Suide race, instead of the Half Nevis race, as part of this year's Lochaber Highland Games, compered again by that well-known T.V. disc jockey. The former race, which was first run last year, can be considered to be more spectacular (especially for spectators with telescopes!) as the hill directly overlooks the stadium. The Half Nevis was to be held in May but on the same weekend as the Fairfield and Goat Fell Races, so that it was considered worthwhile to hold the two races together, being especially beneficial for runners travelling considerable distances from England. Certain runners (including a familiar figure from Clydesdale Harriers) arrived too late for the race on the Saturday with excuses about the holiday traffic and their freshness was noticeable on the Sunday.

Brian Finlayson scored clear wins on both occasions. Charlie Ramsay revealed talent on the climb up Mellantee and was second at the top, but Andy Styan and other past descenders showed their ability to run down steep grassy slopes strewn with hidden boulders as well as other competitors. Despite strong Kendal and Holmfirth teams, Lochaber with both their local and urban contingents won both team races.

The weather was rather warm for the Mellantee race but cool and cloudy ("typical Ben weather") for the Half Nevis race.

MELLANTEE HILL RACE. 31ST JULY. CAT.A.

1. B. Finlayson (Loch)	33.06	11. J. Jardine (Pen.)	37.19
2. A. Styan (Holm)	34.24	12. R. Bradley (Holm)	37.21
3. D. Overton (Kend)	34.39	13. R. Campbell (Loch)	37.34
4. G. Gaffney (Gree)	34.48	14. G. Young (Rom.)	37.59
5. C. Ramsey (Loch)	34.52	15. P. Weatherhead (Wirr)	38.06
6. M. Armitage (SLH.)	35.07	16. B. Mackenzie (RAF.)	38.18
7. A. Harmer (Port)	35.07	17. J. Blair-Fish (Loch)	38.21
8. H. Blenkinsop (Kend)	35.13	18. E. McEvoy (Loch)	38.30
9. A. Spence (Bing)	35.20	19. R. Asquith (Holm)	38.40
10. M. Nicholson (Kend)	35.31	20. J. Shields (Clyd)	39.45

TEAMS. Lochaber 19. Kendal 21. Holmfirth 33.

JUNIORS. G. Maclean. Loch. 22.29.

Both senior and junior winners established new course records.

½ NEVIS RACE. 1ST. AUG. CAT.A.

1. B. Finlayson (Loch)	52.13	11. G. Maclean (Loch)	58.14
2. R. Shields (Clyd)	53.34	12. G. Young (Rom.)	58.21
3. R. Campbell (Loch)	54.06	13. A. Scott (Loch)	58.37
4. A. Styan (Holm)	55.19	14. G. Swan (ESH)	58.48
5. A. Harmer (Port)	55.42	15. J. Ferguson (Ayr.)	59.27
6. M. Nicholson (Kend)	56.01	16. P. Weatherhead (Wirr)	59.37
7. D. Overton (Kend)	56.57	17. R. Johnston (Gree)	60.13
8. H. Blenkinsop (Kend)	57.09	18. J. Blair-Fish (Loch)	60.47
9. C. Ramsay (Loch)	58.02	19. B. Mackenzie (RAF.)	61.04
10. J. Jardine (Pen.)	58.12	20. J. Shields (Clyd)	61.06

TEAMS. Lochaber 13, Kendal 21.

JUNIORS. J. Watson, Loch. 17.44

VETERANS. T. O'Reilly. Springham, 64.29. 29th.

Many of these events could benefit from a bigger entry.

How about it English fell runners? Ed.

THE WELSH SCENE

WELSH 1,000 METRES PEAKS RACE. Saturday, June 5th, 1976.

by Bill Smith.

Cat.A. = 18 miles = 5,500 feet

This year's event began in mild, clear weather. There were patches of cloud on the Catneddau, but really thick mist on the Glyders and Snowdon, with a cold drizzle further harrasing competitors on the latter peak. After we'd all been dried and changed at the summit cafe, we got soaked again walking down. The organisers have now mentioned the possibility of a valley finish in 1977.

Mike Short was first to the early checkpoints, but Joss came into his own over the tough stuff later on and finally beat the Horwich man by 05.37 with a time of 3.26.46 - 04.26 outside the record he'd set up in 1975. Good effort by Mike, anyway. The next arrival at Snowdon summit was Duncan Overton, almost 22 minutes later, followed by the promising young Rossendale runner, Ken Taylor. There were 64 starters in the A (fell runners) Class, of whom 58 completed the course.

The B Class event for men mountaineers (boots, rucksacks, etc.) was won by John Jackson of Barlick Bogtrotters, one of the strongest fellwalkers around, who also occasionally competes as a fell runner. His time was 4.59.36.

Class C for junior mountaineers saw Paul McHugh beat Jackson's mate, Stephen Tosh, by 10 minutes with a new record time of 2 hrs. 5 mins. In fact, the first half-dozen finishers were inside the old record of 2.21.56 held by David Roberts.

Records were broken too in D Class for lady mountaineers, the first three beating Joan Glass' 1975 time of 2 hrs. 32 mins. Joan herself could only manage second place on this occasion with a time of 2.21.34, some 5 minutes behind the winner Bridget Hogge. Other female results of interest to our readers (out of a field of 23) = 4th, Carol Walker (Pete Walkington's girl) in 2.40.27; 5th, Jean Dawes (Pete Dawes' wife) in 2.51.22; and 12th, Anne Bland (Pete Bland's wife) in 3.36.55.

In Class E for service teams of four, the 2/2 Gurkha Rifles had their revenge on the 16th Heavy Drop Paras, who last year upset the Gurkha's domination in this field. Their fastest man, D. Lumbu, really rubbed it in by clipping 41 seconds from Tony Bradley's 1975 record with a time of 4.25.19. The Gurkhas exacted similar retributions from the Paras in the 14 Peaks Race (Welsh 3,000s) for service teams a week later.



1. J. Naylor	(K)	3.26.46	11. ? Assinder	(?)	4.09.08
2. M. Short	(H)	3.32.23	12. A. Heaton	(C)	4.09.43
3. D. Overton	(K)	3.54.18	13. P. Walkington	(B)	4.12.07
4. K. Taylor	(R)	3.59.55	14. P. Sanderson	(R)	4.12.25
5. M. Weeks	(B)	4.01.00	15. D. Anderson	(B)	4.12.52
6. M. Ligema	(?)	4.02.25	16. P. Knott	(F)	4.17.01
7. M. Nicholson	(K)	4.04.42	17. G. Wright	(R)	4.20.34
8. P. Jones Unattach		4.06.16	18. W. Smith	(C)	4.25.18
9. M. Hayes	(D)	4.08.22	19. G. Finlayson	(?)	4.28.48
10. J. Loxham	(C)	4.08.55	20. ? Wallace	(?)	4.28.48

### W. 1000 M. Race 1976

This is taken from the organiser's result sheet and repeated here to remind us competitors of the problems that the organisers face, some of it of our own making. Ed.

"This was a bad year for the organisers. Our depleted team was swamped by 331 entries - an increase of 50% on last year. As we had forgotten to put a closing date in the regs, we had to accept entries up till the last minute, refusing only the one offered as the starting gun was being loaded! We failed to marshall three of the controls and, but for the valiant efforts of the signallers of 3 RWF, couldn't have run the race. We apologise also that Control M was not at its correct location for some of the time and that, once again, the clock was beaten to the summit by the earliest runners. Our system requires the noting, transmission and recording of some 5,000 items of information. We found this impossible and consequently the results are scanty. Next year's race will require a much-expanded organisation. We are contemplating a non-competitive walkers class with an earlier start time and also the possibility of a valley finish. We would welcome comments on these proposals.

We have some items of clothing unclaimed at Snowdon Summit."

Organising the W.1000M. by Mrs. Jones.  
(race Secretary).

The idea started one year on the Army 3000s race. A number of the R.A.F. and civilian rescue team members covering the event were bemoaning the fact that they were not allowed to compete. The idea blossomed with metrication when it became apparent that there were only four summits over 1000 metres in the whole of England and Wales - and these were all in Snowdonia. Throw in the idea of



starting at sea level, crossing the four 1000m peaks and finishing at the highest point - and we have the present course.

The organisers have numbered six or seven all leading members of the Mountain Rescue in North Wales - hence the accent on safety. By and large we have no inclination to compete ourselves in mountain races. We accept that some people enjoy running over the mountains and we like to feel that we provide as safe and fair an organisation as possible to enable them to enjoy racing. What background organisational knowledge we have comes from car rallying and orienteering.

The first event was planned in Autumn 1970 as a Preliminary Race, in order to get an idea of timings and the more obvious snags. The first problem - the weather, became so great that we reluctantly cancelled the event, largely as the Snowdon Summit Hotel was closed at that time of the year, making the finish on Snowdon Summit an unacceptable hazard. One or two stalwarts did however run over the course. The main interest for the First Race in 1971 was the almost free choice of routes that the competitors were allowed to submit. About a dozen variations were allowed. For communications we relied on a network of Mountain Rescue Radios, intending them to be used only as security to report missing competitors. In fact they were overused - to the annoyance of Rescue Teams. The second race saw most competitors following the route of the winner of the first race, with a handful opting for the obvious major variation over The Devil's Kitchen. Although this variation is shorter, it involves more height gain and loss and competitors found it shattering, with the long downhill rock/scree sections treacherous in the wet. This variation forced us to duplicate three of the controls and we have tended to discourage the odd interested competitor from using it in subsequent years, so as to streamline the organisation. Communications on this second race were taken over by 3 RWF of the T.& AVR and they have given a most excellent service in this and subsequent years. Some of the control points are so bleak that we have found it increasingly difficult to

persuade friends to man them and an increasing burden has unfortunately been placed on the army signallers to operate the controls as well as the communications. 1976 saw this reach such an extreme state that it looked as if we might lose the co-operation of the army in future years. The remainder of the organisation was also so stretched by the unexpectedly large number of entries (331) that it became inefficient and for the first time we did not enjoy the race.

There are two obvious possibilities for 1977. Either we do not run the race again or we recruit enough helpers and perhaps also change the format of the race a little, until we can become efficient and enjoy the race again. We hope that it will be the latter.

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This is a serious problem. I for one would be very sad to see this great race disappear. Anyone who feels they could help with the 1977 race please contact:-  
Mrs. J. H. Jones, Rhandirmwyn, Bryn Dymchwel, Llandegai, Bangor, Gwynedd, LL57 4LD.  
Telephone - Bangor 4594. Ed.

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THE FIRST SNOWDON FELL RACE. (Llanberis to Snowdon  
CAT. A. 17th JULY. Summit).

by Alan Barber.

It was fitting that the first Snowdon Race, in conjunction with the Llanberis Carnival, should have been held on the opening day of the Olympics. The sun appeared just before the start to shift most of the cloud from Yr Wyddfa.

We lined up in the main street in front of the carnival floats and the gun signalled the start of the race and carnival. Luckily all the runners managed to keep ahead of the floats until we turned right, past the church. Now the field began to spread out as we left the houses and started climbing up the track by the railway. After an eternity we arrived at the Half Way Station. The air was hot and humid and everyone was gasping and sweating as we passed through Cloggy Station. Soon the leaders started to speed past on their way down, with expressions varying from comfortable to deathly. At last we reached the summit where we were all given a can of lemonade, perhaps the only

mistake that the organisers made!

Now we had to learn to run down hill, at first this was a relief but the steady pounding on the dry ground, soon became as painful as the uphill. The feet were burning as we came steeply off the track onto the road. How do you push two jelly legs along a flat road? Come along next year and see. At last the Carnival field and the finish, that unhealthy looking brown grass typical of this summer makes a very comfortable bed judging by the expressions on the runners' faces!

Then down to the real work of the day: unlimited orange drinks, tea, sandwiches and cakes in the refreshment tent, served by the Llanberis ladies. Some of us needed to train a little extra after all that food!

Francis of Westbury Harriers set a very good time which I am sure will take a lot of beating. He had made a quick recovery after the Skiddaw Race in which he arrived at the top first but collapsed suffering from dehydration coming down. His time at the summit was 44.57 and at the finish 72.05.

The ladies event was won by B. Hogge 65.20 summit and 100.15 at the finish. Perhaps some of the ladies who have been showing an interest lately will enter next time, I hope so.

On leaving the village the track climbs consistently and very rarely relents. Certainly a Category A event. Somewhere between Skiddaw and the Ben, but more like Ben Nevis in its roughness.

The race was very well organised and one could hardly believe that it was the first one. Ken Jones and his team are keen to make this into an annual event and get it established in the Fell Race Calendar. I think that all those who took part will agree that the course, the organisation and not least the warm welcome we received justify this.

RESULTS - Class A. Men.

1.D.J.Francis	72.05	6.M.Foschi	77.57
2.T.Davies	73.31	7.S.Owen	78.45
3.R.Rawlinson	74.38	8.V.P.J.Duff	78.59
4.M.Pickering	75.44	9.P.W.Jones	79.23
5.D.Clark	75.59	10.C.Mattocks	79.31

VETERANS

1. W.Ratcliffe	83.37
2. K.Smith	84.12
3. J.Saunders	84.37
<u>Local Men</u>	M. Roberts
<u>Junior Boys</u>	J. T. Williams
<u>Junior Girls</u>	R. Jones
<u>Lower Jnr. Boys</u>	A. Cottrell

LADIES

1. B.Hogge	100.15
2. A.M.Grindley	116.30
3. E.Revely	129.39
M. Roberts	91.38
J. T. Williams	105.05
R. Jones	111.09
A. Cottrell	45.20

It would appear that the Junior Girls and the 'lower junior boys' went to Clogwyn and back and all the other classes to the summit. Ed.

MUSBURY TOR RELAYS. 23 JUNE, 1976.

by Eddie Roberts.

The Musbury Tor Mile Race is both ancient (i.e. goes back into the annals of professional running) and unique (the only known fell relay race) as well as being the shortest (i.e. one mile circuit with 500 ft. climbing). The race was described by Dave Cannon in 'The Fell Runner' as his favourite; only Dave knows why! Because of the nature of the course, which has varied several times over the years, it was decided to reduce the accident risk on the steep fell side by changing the form of the race to a three man relay in 1972, and in doing so also enhanced the spectator interest as well as providing a more exciting event for the competitors. Even so it is still necessary to restrict entries, which up till now have been by invitation only, though entries are accepted on the day and there is no charge. Accommodation is primitive in that competitors change in a transport wagon, and drip dry afterwards; however this year we did provide access to a toilet and even threw in a roll of Delsey for good measure (there's nothing like a soggy tissue). All prizes are worth £1 and are provided by local trades-people which means that they vary from a very generous pound's worth of prime steak, or a full-plate colour photo of the winning team, to a pop-olley bottle or a repulsive glass fish. However because of the attendance of about 500 people who lined the course and obstructed the finishing area, we were able to make a collection that both paid off expenses and provided an additional £6 for prizes, so that seven teams at least got something by way of remuneration towards transport costs. The trophies are also remarkable in that the most magnificent goes to the 'local' runner with the fastest



time, whereas the fastest runner of the day gets only the most diminutive. This year also saw the presentation of a truly splendid trophy from Platt Saco and Lowell for the winner of the Junior event (i.e. 13 to 16 inc. on the day of the race), and the 'Musbury Photograph' for the team winners of the senior relay. In spite of all the hazards of appreciative \*(2) but slow-moving spectators, there were nine runners within nine minutes, though Ray Rawlinson's 1974 record of 8.38 still stands. Another encouraging aspect of this year's event was the emergence of the Horwich youth team emulating Mike Short's attributes. In all it is a 'friendly' meet of local fell runners and any injustice or officiousness is to be reported to me in triplicate attached to a £10 bribe. The midsummer evening fades away at the bar of the Bridge End Hotel.

N.B. \*(1) The term 'mile' is used loosely, give or take a rod, pole or perch.

\*(2) One kind soul thought that Jim Smith's haggard appearance could only have been the result of training so hard in all weathers; little did she know he is a Life member of Intemperates Anonymous.

Another spectator, eminent in a different sport, was duly impressed by "the rugged determination of the runners, and their good humoured yet earnest sense of competition, rarely seen in other sports or even in other branches of athletics". Long may we show the way.

1. Holmfirth.	(Andy Styan	8.40.
	Alan Buckley	8.41.
	Martin Seddon	8.48)
2. Bolton	(Paul Campbell	8.45
	Norman Ward	8.55
	Ray Rawlinson	8.48)
3. Blackburn	(Harry Walker	9.02
	George Woodburn	9.10
	John Calvert	8.39)
4. East Cheshire	(Martin Burgess	10.00
	Chris Hardman	9.56
	Harry Kelly	9.04)



5. Rossendale	(Ian Partington	9.17
	Graham Wright	9.53
	Pete Jones	9.59)
6. Horwich	(Steve Hunter	9.38
	Pete Schofield	10.32
	Mike Short	9.15)
Fastest style:-	Calvert 8.39, Styan	8.40
	Buckley 8.41.	

BOOK REVIEWS by Bill Smith

1. SEE THE CONQUERING HERO COMES

An illustrated History of the Grasmere Sports Senior Guides' Races

Compiled and published in 1973 by Michael Miller and Dennis Bland at Kendal, Westmorland. 36 pages, approx. 10"x 8" with soft cover. Price 50p. ("Subject to variation without prior notice, postage extra").

The fact that this book traces the history of a professional fell race should in no way deter F.R.A. members from buying a copy, for there is little enough published about our sport - amateur or professional - and this is, besides a wholly fascinating volume. The authors are both runners themselves and Dennis Bland is, of course, the brother of Kendal A.C. runner, Peter Bland, an ex-professional himself who has finished in third place at Grasmere on four occasions, and in 1960, was placed second to Bill Teasdale. Grasmere is one of the few professional events which Peter has never won, incidentally, it may be of interest to mention that Dennis Bland has competed in the three Standard events in the Two Day Mountain Marathon.

The book's title refers to the tune played by the brass band as the Guides' Race winner sprints home to the tape. There is a short introduction by D.P. Todd, a former Sport's Editor of the Westmorland Gazette, whose reports of the Guides' Race for the last forty years form a large part of this volume. In fact, most of the race descriptions here have been drawn from contemporary reports in that newspaper, though in some cases, where the originals were "so admirably full", they have been abridged to save space.

There follows a brief history of the event, including an explanation of the title, "Guides' Race", and a description of an early race by an American tourist, reprinted from Hugh W. Machell's book, Some Records Of The Annual Grasmere Sports. The remainder of the book - 32 - pages - is devoted to reports of the event from the first one in 1868 right up to 1972. They vary in length from around 50 to 150 words and each one is accompanied by a list of the first four finishers.

Also scattered throughout the book are concise biographies of some of the outstanding runners over the years, such as Tom Conchie of Shap, whose record time of 14.26 set up in 1896 for the original Silverhowe Course has never been beaten; Ernest Dalzell of Keswick, seven times a winner at Grasmere and probably equally-famous as the holder of the Burnsall Fell Race record; George Woodcock of Langdale, who won the Senior Guides' Race at the age of 17 (the youngest winner ever) and was known as "The Flying Devil" because of his reckless descents; Ronnie Robinson of Newby Bridge, who is reputed to have been the outstanding fell runner of the '20s'; Ronnie Gilpin of Braithwaite, who took over Robinson's crown during the '30s'; Reg Harrison of Ulverston a former Grasmere record-holder who once beat Gordon Pirie in a 2 mile track race, though he preferred fell running; the present champions, Fred Reeves and Tommy Sedgewick; and of course, the old "King of the Fells" himself, Bill Teasdale, M.B.E.

There are also some reproductions of Guides' Race programmes and, of course, many illustrations; 38 photographs and two old prints, to be precise. All of the post-1900 photos come from the Westmorland Gazette, the earlier ones from the Westmorland County Library and Charles Thurman & Sons Ltd. There are three pictures showing the various courses - Silverhowe and the original and present-day Butter Crag routes. All three are rather poor and indistinct, though this may possibly be due to faulty reproduction (?).

The others vary from group photographs of race starts to action shots taken on the course, to pictures of individuals. There's one of Tom Conchie in which he resembles an old time prize-fighter ready to do battle (p.15), and a

good one of mud-bespattered James R. Fleming posing after a race with his trainer, the retired fell runner, John Greenop (p.18). Another outstanding after-race study shows Teasdale being congratulated by his two closest contenders (p.30), while equally fine, though in different mood, is a splendid full-page picture of the start of the 1968 event (p.35).

Best of all to my mind though, are two studies which capture all the true atmosphere and excitement of a fell race; one of competitors climbing a wall on the ascent, taken about 1934 (p.25), the other a much more recent shot of Fred Reeves leading his arch-rival, Tommy Sedgwick, up the fellside (p.39). The pen-and-ink sketch of Reeves adorning the book's cover, both front and back, has obviously been copied from a photograph on page 36.

In conclusion, it should be mentioned that the book was published in a limited edition of 900 copies and it is probable that all will have been sold by the time this review appears. However, interested readers should either contact Peter Bland or **write** to the authors:

Dennis Bland, 20 Empsom Road, Kendal (Tel: Kendal 20997)  
or Michael Miller, 50 Hall Park, Burneside, Nr. Kendal,  
(Tel: Kendal 25629).

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#### JOURNAL BACK NUMBERS FOR SALE

Jim Smith (44, Kenmor Avenue, Bury, Lancs, 061-764-3162) writes to say:- "I have spare copies of the following issues of "The Fell Runner".

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I have about 30 copies of the previous issue, Spring 1976, available from me under the same conditions. Ed.



BOOK REVIEW contd.

2. GRASMERE'S GIANTS OF TODAY by Rex Woods.

Published by The Spur Publication Company at Hill Brow, Liss, Hampshire in 1975. 94 Pages, 28 Photographs. £3.30.

Despite its handsome appearance and high quality art paper, this slim volume is hardly worth a quid, never mind £3.30.

The author is a Sussex man whose interest in the Grasmere Sports was initially stimulated during a walking holiday in 1935, and in recent years he has been a regular spectator. Although he has obviously done some sort of research on his subject, Mr. Woods' approach here is a very superficial one indeed and suggests he had only the casual tourist in mind, though the publishers did not, judging by the price.

After a brief introductory chapter on "The Lakeland Setting", the book is divided into three sections - Cumberland and Westmorland Wrestling, Hound Trails and Guides' Races. While the first two sports are of great interest in themselves, it is with the last one that we are here concerned and its coverage is, I'm afraid, totally inadequate, considering the price. There is a very sparse introduction touching on such things as the "Attributes of a Fell-Racer", "Training" and "Champion Runners", plus a listing of winners of all the Senior and Junior Guides' Races, from which their times are conspicuously absent. Undoubtedly the most interesting parts of the whole book are two short essays by Fred Reeves and Tommy Sedgwick describing the race from a runner's viewpoint.

Though the book's dust jacket boasts about the "numerous photographs" taken by the author in recent years, the selection published here is a not a particularly striking one, for all were taken inside the arena - Reeves, Sedgwick and Chris Hartley, and a colour study of the runners lining up for the 1971 race. Some good action shots taken on the fell might have compensated in part for the book's other shortcomings.

(The same criticism can also be levelled at the section on Hound Trails, incidentally, though here at least there is one shot of the hounds crossing the first wall).

I don't like to berate a book of this type, for very few are published, but I'm afraid this one just isn't worth the price asked for it and in no way can it compare with the low-priced Miller and Bland classic, SEE THE CONQUERING HERO COMES. (I first saw the book in a Keswick bookshop, by the way, but after comparing its price with its contents, decided to ask my local public library to order a copy, which they very obligingly did).

In conclusion, it might be added that new records were established for both the Senior and Junior Guides' Races in 1975 - Fred Reeves, 12 minutes, 50.7 seconds, and Graham Moffat, 9 minutes, 3.6 seconds, respectively.

3. HISTORY AND RECORDS OF NOTABLE FELL WALKS  
1864-1972 WITHIN THE LAKE DISTRICT  
1975 SUPPLEMENT

40 pages, 30p (plus postage).

This is the first supplement to Fred Rogerson's book on the 24 Hour Record and covers the years 1973-74. Unlike the first publication, however, which consisted mainly of articles by Harry Griffin, these reports were all written by the runners themselves, with the exception of Jean Dawes' graphic account of the 42 and 52 Peaks circuit by her husband Peter, and Fred Rogerson's article on the narrowly unsuccessful 64 Peaks attempt by Alan Heaton last year.

Perhaps the most extraordinary chronical is that of Flying Officer Stephen Poulson, a very fit all-round mountaineer but not a regular fell runner, who on June 17th, 1973 made a brave solo attempt with support only at the road crossings. He completed the Bob Graham course in 48 minutes over the 24 hour limit, slowed down by a torn knee ligament and bad weather in the latter stages. A second attempt this year proved successful, however.

Some of the accounts are very brief indeed, giving merely a bare outline of the attempts, while others, such as those by John Haworth, John Richardson, Andy Churchill and Brian Covell go into considerable detail and possess a high degree of literary merit into

the bargain. There are, too, the occasional flashes of humour, such as John Richardson's reference to an incident on the descent of Jenkin Hill, near the end of the course, when Boyd Millen was helping him to maintain a steady pace - "Don't stop jogging," he said kindly, "unless you want me to throw this rock at your head." Or Brian Covell's recollection of Andy Churchill "changing his shorts in front of someone he thought was a man. She wasn't!"

As in the original book, there are details of the times between road check-points and also of the support parties, both at access points and on the fells. There are too, the "Comparison of Times between Check Points;" and at the end of the Supplement, a 'Summary of Unsuccessful Attempts ; 1973-74', a report on the 1973 Bob Graham Club dinner, and a page of notes and news items, all written by Fred Rogerson.

In conclusion, it may be said that this Supplement maintains the high standard of the original publication and can be recommended to everyone with an interest in fell running.

#### PETE TRAINER IN IRAQ

Having learned from Neil Shuttleworth about a year ago that Pete Trainor was out in Iraq, I sent him a copy of the journal and received the following letter back. Unfortunately, I could not find space for it in the last journal, but it is still of interest.

Incidentally, Pete was home this summer, as I discovered on reading the Vaux results. He finished 78th. Ed.

Dear Peter,

Thank you very much for sending out to me the Autumn 1975 'Fell Runner'.

I enjoyed reading the journal in its new form and it makes me homesick in a pleasant kind of way. It brings back memories of past tussles along each rock of most of the courses.

Bill Smith's articles are especially well written.

You must put in many hours work as editor of the journal and I hope that you manage to keep a little time aside to do some running yourself.

You ask what I am doing in Iraq: I often wonder! I work as an accountant for an American engineering and construction company and the main project in which we are involved here now is construction of pipelines from oil wells near the Iranian border to a terminal which we are also building out in the desert at a place called Buzurgan near Amoral.

I spend nine months in the project office in Basrah which is a city with one million population but have now moved to Buzurgan which is 150 miles north of Basrah and whose only population is the 120 or so people living at our camp plus the 700 Iraqi workers whom we bus in the 40 miles from Amoral each day.

In Basrah I managed to run each day on the roads finding the heat and humidity a problem in summer and mud created by the rain the main problem in winter. Spring and Autumn though are like a good U.K. summer and provide the running conditions which I find most comfortable.

Our Buzurgan site is surrounded by marshes in the winter. These are now rapidly drying out in temperatures of 100°F., but so far I am still able to see pelicans, exotic marsh birds, and huge buffalo whilst doing my daily ten along our road through the marshes. As temperatures rise to 130°F., though, these will disappear so that only camels, snakes, and wild dogs may be encountered en route. Any running I do then though will be very early morning when the heat is lowest.

I got home for some leave in February and turned up too late to miss the start of one of our club runs/races on a wet morning in Borrowdale, but hope to be home again for a short leave in summer and will be interested to see how many hours further back I finish in any fell races I can fit in. Maybe there is no A.A.A.s. or F.R.A. rule against entering with a camel?

This will almost certainly arrive too late to be of any journalistic use to you, but it should discourage any desires you may have ever entertained to work in Iraq.

I hope I will meet you at some race in summer.

P.S. I drink the 'Bystander' must be Walkington. P.

Best Regards,  
Pete Trainor  
Keswick A.A.C.

I'm sure Pete would be glad to hear from any of his fell running friends. I assume he is still at:  
Bechtel Enterprise, S.A.R.L., P.O.Box 153, Basrah, Iraq.



GRASMERE SPORTS GUIDES RACE, 1976.

Bill Smith writes to inform me that in his Grasmere Sports book reviews he recalls the Guides race record holder to be Fred Reeves 1975. "Fred's record was broken a fortnight ago in the 1976 games by his arch-rival Tommy Sedgwick of New Hutton near Kendal, who recorded a time of 12 minutes, 24 seconds in blazing heat-wave conditions."

I watched this race from the top, after running over the course the previous evening. By our amateur event standards the field (about 14) was tiny. The leading runners certainly looked to be moving well and Sedgwick who only took over the lead at the top made a remarkably fast descent by comparison with the rest of the field. What a shame it is that the amateurs and pro's who live and compete next door to each other can never meet in the same competition. Wouldn't it be nice to see how good these pro's really are? How about an amateur promotion over the Guides course, with a limited elite amateur field by invitation? Ed.

C.I.M.E. (Coupe Internationale de la Montagne  
Championnat d'Europe)

by Paul Spencer-Ellis.

Paul writes from his temporary French address (until end of May 77) with some weight into the European Mountain racing events.

To explain the difference between Continental and British Fell Racing is not easy both because I have much to learn about both still and also because most Fell Runners have slightly or very different opinions about what is a "real fell race" - can you compare Latrigg, Ben Nevis and The Vaux? - Still, ignoring that, it is possible to outline some basic differences and to explain the continental race classifications which have a totally different system to the F.R.A.

To start with, route finding is generally unnecessary in continental races as the course is either marked or obvious; and all British races in which navigation is required - such as The Vaux, Borrowdale, Ennerdale etc. - are consequently not eligible for inclusion in the C.I.M.E. - European Fell Runner of the Year Competition. That is a matter of decision, to avoid all orienteering type events;



but there are also certain other differences which occur. Races of the "to the top and back" type, such as Burnsall or Ben Nevis, do exist but are rare; a far more common pattern is that of the Welsh 1000m. Peaks - starting at a low lying place and finishing either on a mountain top or else in a place at a higher altitude. Such races may involve some descent, but overall there is normally more ascent. One French race is over five laps of a short course - as the Musberry Tor Relay - but the general pattern is "From 'A' to 'B'".

Several British Fell Races contain a varying amount of road running - Skiddaw, Three Peaks, Three Towers - and the same is true of Continental fell races, although one French 'Fell Race' of 7 miles is entirely run on roads. Here is one major difference in that what is in effect a road race is included among the continental championship races. What the F.R.A. calendar describes as "very rugged" terrain is not so important on the continent; if possible the races are run on paths and tracks, but if that is impossible then roads are used; and what is important is that the race is in a mountainous area, and so climbing is involved.

The system of scoring points for the C.I.M.E. is similar to the F.R.A. one in that there are A, B and C category races with diminishing amounts of points according to position, but the method of fixing the race category is totally different. Race organisers apply to the C.I.M.E. organising body - in theory, although the F.R.A. were asked to nominate events - and if they are accepted they are classified as:

A - race with a fair number of international runners.

B - race with runners from all parts of the country.

C - regional race.

These are split.

	A	B	C
Italy	1	2	3
France	1	4½*	4
Switzerland	2	2½*	12
England	-	2	-
W. Germany.	-	-	1

\* Starts in Switzerland, finishes in France!

For the 1976 C.I.M.E. the maximum number of races that a runner could use to total his points was, I think, 1 Italian race, 4 French races, 7 Swiss races, and one English or German race, but this selection is likely to be altered in 1977. There are six classes in the C.T.M.E. - Juniors, Seniors, Veterans I (o/40) II (o/50) III (o/60) and Ladies, and normally - 3 Peaks and Skiddaw excepted. - All races are open to all categories with no limit on entries - Quite the reverse, organisers aim to increase their numbers every year, and one race will probably top 4,000 - yes, four thousand - in 1977, principally because joggers, 'arm-chair' athletes and anyone interested can enter and is encouraged to enter and have a go.

In spite of all these differences it remains a fact that a lot of continental fell races will appeal to British Fell Runners, disregarding the rather curious category system which confirms any serious attempt to win the C.I.M.E. to somebody living in Geneva, and so in the centre of these races, or to any super-fit millionaire with a good helicopter!

Finally, if any fell runner is going **abroad** for his holidays between May and October 1977 - the continental season - I can provide details of possible races to anyone who writes to me at: Lycee d'Etat, 35 600 Redon, France, (or St. John's Vicarage, Keswick after June 1st, 1977).

"GISCARD" SPENCER-ELLIS

#### THE CLASSIC FELL RACES (SHORT, ONE PIKE, CAT.A.EVENTS)

In these days of Vaux and Karrimor Mountain Trials, the long unmarked courses of Ennerdale, Wasdale, 3 Peaks, Edale etc., the 24 hour runs and the ultra distance runs as practised by Pete Dawes, Joss Naylor and others, one is at times, albeit temporary, inclined to forget that the calendar is still full of the classic type events, 15 at least by my definition.

The 'classic' races are typified by single steep ascent-descent courses like Burnsall, Thieveley Pike, Blisco Dash, Mel-an-Tee etc. I would include Ben Nevis and Skiddaw in this category and for slightly different reasons, Pendle. If you examine the 1976 results for these races three names repeatedly appear in the leading positions. Yes, you've guessed it, Walker H., Short M., and Weeks M. These three also

hold the leading positions in the F.R. of year competition, which suggest that these events have held their importance in the award system or else ability in them is the key to success at the larger events.

Unfortunately, space will not allow publication of all the reports on these events, but a few of the 1976 events follow.

Ed.

PENDLE HILL RACE. APRIL 3RD

New race statistics were set with 243 entries, 199 starters and 197 finishers.

- |                           |                            |
|---------------------------|----------------------------|
| 1. H.Walker (B'b) 31.12   | 6. J.Calvert (B'b) 33.04   |
| 2. M.Short (Hor) 31.49    | 7. P.Campbell (Bol) 33.06  |
| 3. A.Spence (Bin) 32.30   | 8. A.Harmer (Por) 33.12    |
| 4. M.Lambert ( " ) 32.30. | 9. W.Padgett (Bin) 33.30   |
| 5. M.Weeks ( " ) 32.58    | 10. C.Robinson (Roc) 33.37 |

Veterans C. Ratcliffe, Clayton, 36.04.

RIVINGTON PIKE. APRIL 17TH

- |                          |                            |
|--------------------------|----------------------------|
| 1. M.Weeks (Bin) 16.38   | 6. A.Spence (Bin) 17.08    |
| 2. A.Blinston(Alt) 16.43 | 7. P.Ravald (M&D) 17.10    |
| 3. K.Darlow (Bol) 16.48  | 8. A.Bird (Air) 17.18      |
| 4. M.Short (Hor) 16.58   | 9. W.Cooper (M&D) 17.19    |
| 5. M.Lambert (Bin) 17.00 | 10. G.Entwistle(M&D) 17.26 |

Veterans. P.Madden, 19.01.

SADDLEWORTH FELL RACE.

Sunday, May 30th.

A = 3 miles = 950 feet.

by Bill Smith.

There has been a different winner in this event each year since its inception in 1973. Jeff Norman, Ray Rawlinson and Harry Walker have all been victorious and this year it was the turn of a Yorkshireman, Martin Weeks. Both he and runner-up Ricky Wilde were inside Walker's 1975 record of 19.54, Weeks clocking 19.28 and Wilde 19.31.

It was a similar kind of day, incidentally - clear but overcast, though on this occasion there was also rain both before and after the race. Colin Ratcliffe was the fastest vet. 52nd in 23.33

(After assisting on John Haworth's 52 Lakeland Peaks circuit the previous day!), while the prize for the fastest local went to T. Taylor of nearby Delph (62nd in 24.05). Bingley (Weeks, Spence

and Padgett) were the team prize winners, with Holmfirth (Seddon, Styan, Ramsden), runners-up. There were 117 competitors.

Bill Smith.

1.M.Weeks	Bing.	19.28	11.T.Ramsden	Holm.	21.17
2.R.Wilde	M&D.	19.31	12.C.Robinson	Roch.	21.22
3.H.Walker	B'bu.	20.04	13.W.Padgett	Bing.	21.25
4.M.Short	Hor.	20.11	14.G.Brook	Bing.	21.37
5.R.Harrison	ASV.	20.16	15.R.Rawlinson	Bolt.	21.44
6.A.Spence	Bing.	20.25	16.D.Brown	Salf.	21.49
7.M.Seddon	Holm.	20.39	17.H.Kelly	ECH.	21.50
8.A.Styan	Holm.	20.45	18.D.Ratcliffe	Ross.	21.50
9.P.Bailey	E&H.	21.01	19.J.Irwin	Bing.	21.51
10.P.Blakeney	Sal.	21.10	20.S.Keech	M&D.	21.52

SKIDDAW RACE. CAT.A. July 4th, 1976.

by Ross Brewster.

The weather was the real winner of what turned into the most dramatic of races. Four runners finished up receiving treatment in Keswick Hospital and two of them, one time race leader Bob Harrison of Airedale and Spen Valley, and Kenneth Taylor, of Rossendale A.C., were detained overnight.

The 80 degree heat, combined with humidity, combined to make what race secretary, Des Oliver described as "what must have been the most gruelling fell race conditions ever endured."

Dave Francis, a complete newcomer to the fell running scene, from West Country Westbury Harriers Club, set a blistering pace and led at the 3,053 ft. summit. But he paid the price and, reduced to a staggering walk on the way down, he dropped out at the Gale Road with two miles to go. At this stage Harrison held at 200 yds advantage over Harry Walker and both men were clearly digging deep into their resources.

At the finish, in Fitz Park, Walker had an 11 secs. lead over his club-mate John Calvert, who had run a well-judged race. Harry admitted later: "I've never been as shattered in a race."

Harrison, who had gone beyond the limits of his physical powers, collapsed in the finish



area and was credited with 29th place. Not surprisingly, the winning time was well outside the record, but it was an overdue and hard-earned success for Walker who has figured in the first six in this event since 1970.

1.H.Walker	B'bu.	68.18	11.P.Sanderson	Ross.	74.08
2.J.Calvert	B'bu.	68.29	12.L.B.Hutchinson	B'bu.	74.15
3.M.Weeks	Bing.	69.21	13.V.P.J.Duff	B'bu.	74.36
4.A.Spence	Bing.	69.59	14.N.Shuttleworth	Kes.	75.22
5.A.Buckley	Holm.	71.13	15.W.Bland	Kes.	75.33
6.W.R.Padgett	Bing.	72.20	16.G.Berry	D.P.	75.37
7.B.Pickersgill	Holm.	72.49	17.M.Pearson	Kes.	75.21
8.B.Lowden	-	73.13	18.S.Keetch	M&D.	76.32
9.M.A.Lambert	Bing.	73.25	19.J.Fretwell	Holm.	76.35
10.A.McGee	Kes.	74.03	20.G.Newton	Luton	76.51

Novice: P. Sanderson Vets: K. Brooks (Ley.) 34th 79.39  
Team: 1 Blackburn, 2 Bingley, 3 Keswick.

There were 34 certificate winners with times inside 80 mins.  
Record entry of 225. 136 started (also a record).

#### LATRIGG YOUTHS RACE

1.B.Robinson	(Kes)	17.47	Rec.		
2.G.Maclean	(Loch)	18.48	4.P.Muxworth	(Holm)	21.33
3.S.Brooksbank	(Holm)	20.26	5.C.Seaman	(Loch)	23.05

#### INGLEBOROUGH FELL RACE. July 17th. CAT.A.

1.M.Weeks	Bing.	46.18	6.H.Kelly	ECH.	48.74
2.M.Short	Hor.	46.30	7.D.Quinlan	Bing.	48.36
3.J.Waterhouse	Bing.	47.13	8.P.Bailey	ECH	49.40
4.H.Walker	B'bu.	48.06	9.T.Ramsden	Holm.	49.55
5.A.Blamire	ESH.	48.33	10.A.Harmer	Ports	50.23

Veteran: C. Ratcliffe (Clayton) 55.42

#### LATRIGG FELL RACE. August 1st. CAT.A.

by Paul Spencer- Ellis.

After heavy rain in the morning the weather was at a pleasant temperature for once, and the dust and dried grass on the slopes of Latrigg was not too hard.

After a fast start out of Fitz park, Martin Weeks took the lead at the start of the Gale road and was never headed, finishing in a time that broke Harry Walker's record set in 1973. Harry, away in Switzerland, was unable to



defend his sequence of victories ever since the race was inaugurated, but was awarded a special cup to mark his three successive wins.

Brian Robinson of Kendal retained his junior cup with a brilliant performance and former junior cup winner, Alan McGee had another excellent run. Keswick A.C., the promoting club, won the team trophy through David Bland, Alan McGee and Billy Bland, showing his ability over the shorter distance prior to the Borrowdale race.

Keswick A.C. would like to thank the 'Frank Travis Roadshow' who completely directed and supervised the race, giving the secretary a chance to run and win the prize for the first local athlete not winning my other prize!

---

No more results to hand. Ed.

BURNSALL - 1976. August 21st.  
by Ben Redfern

Get ready to move over Mr. Dalzell, your highly contrived and dubious record is in real danger, when the record is broken it will be by lads running for fun in a proper race.

With iron-man Harry Walker, temporarily below par the trail to the summit was blazed by Mike Short of Horwich who bounded downhill like last year with a healthy lead.

With grim determination Martin Weeks was closing up and after climbing the wall was soon in front to win in the best yet amateur time of 13 mins. 1. sec., Mike Short was second and third was consistent Burnsall performer Ray Rawlinson.

First veteran was K. Smith of Blackburn Harriers, the team positions were 1st Bingley, 2nd Holmfirth, 3rd Pudsey and Bramley.

After that splendid performance by Martin should we not say 13 min. 1 sec. is the record to \*\*\* with Ernest Dalzell?

1.M.Weeks	Bing.	13.01	6.M.Lambert	Bing.	13.55
2.M.Short	Hor.	13.03	7.G.Brooks	Bing.	14.00
3.R.Rawlinson	Bolt.	13.34	8.A.McGee	Kes.	14.01
4.A.Styan	Holm.	13.43	9.P.Watson	Puds.	14.30
5.M.Seddon	Holm.	13.52	10.A.Spence	Bing.	14.33

Veteran:- 40th K. Smith (B'burn) 16.31.

BEN NEVIS RACE.

SATURDAY, SEPTEMBER 4TH

10 miles - 4,418 feet - A. Category.

by Bill Smith.

Dave Cannon, the young man who three years ago gave up fell racing in order to pursue international honours as a road runner, once again made his annual pilgrimage to Fort William and came away with two new records for the Ben Nevis Race. He set a new course record of 1.26.55, thereby clipping 03.43 from the old record established by Harry Walker in 1973, and he also became the first runner to win the race five times.

Conditions were more or less ideal for record-breaking, the course being bone-dry and the weather clear and sunny; and even if it was a little warm on the lower slopes, it got a bit cooler higher up, where the path is left in favour of the scree. Cannon was first to the top and had a good lead over his closest rival, Mike Short, in the early stages of the descent, as he came hurtling past us lesser mortals who were still climbing, and he arrived at the finish with 03.20 to spare.

In 3rd place was Taffy Davies of the 7th Paras, having had his best ever run in this race, clocking 1.31.51, which made him 01.36 slower than runner-up Mike Short and 21 seconds faster than Martin Weeks, who was 4th. Next to arrive was Brian Finlayson, once more disappointed in his bid to win his local big race, followed by Billy Bland, making his debut over the course and continuing to maintain the generally high standard of his other performances so far this year. Pete Walkington had his usual good run, finishing 7th, while behind him came Paul Murray, the ex-Bolton runner now with Clayton-le-Moors, who also has been turning in some highly impressive performances of late (as well as last season, incidentally).

Finlayson's clubmates, Ronnie Campbell (11th) and Alastair Scott (18th), assisted him to lift the team trophy for Lochaber, while Kendal (Naylor, Nicholson, Overton) beat Blackburn (Walkington, Walker, Hutchison) into runners-up position. Joss was the fastest veteran, finishing 12th, while Boyd Millen's 61st placing enabled this Kendal pair to win the Heaton Trophy for the fastest two-man veteran team, with the Clayton-le-Moors duo of Alan Heaton (52nd) and Jack Betney (55th)

finishing 2nd. It is of interest to note that Pete Weatherhead (Cheshire Constabulary and Wirral A.C.), who won the Wallace Plaque for the best performance by a policeman (he was 36th in 1.49.12), had the previous Monday won the Cilcain Mountain Race up Moel Famau in a new record time of 28.20, thereby slicing 35 seconds off the old record.

There were 214 starters in the Ben race, of whom 209 finished.

1.D.Cannon	Gates.	1.26.55	11.R.Campbell	Loch.	1.38.02
2.M.Short	Hor.	1.30.15	12.J.Naylor	Ken.	1.38.42
3.T.Davies	7th P.	1.31.51	13.M.Nicholson	Ken.	1.39.30
4.M.Weeks	Bing.	1.32.12	14.D.Overton	Ken.	1.39.56
5.B.Finlayson	Loch.	1.33.49	15.R.Whitfield	Ken.	1.40.19
6.W.Bland	Kes.	1.33.57	16.G.Brooks	Bing.	1.40.44
7.P.Walkington	B'bu.	1.35.59	17.A.Morley	Bury.	1.40.50
8.P.Murray	Clay.	1.36.40	18.A.Scott	Loch.	1.40.59
9.R.Harrison	A&S.	1.37.02	19.K.Taylor	Ross.	1.41.20
10.H.Walker	B'bu.	1.37.53	20.C.Ramsay	Loch.	1.42.37

### THIEVELEY PIKE FELL RACE.

September 25th.

CAT. A.

1.M.Short	Hor.	20.36	11.K.Taylor	Ross.	17
2.M.Weeks	Bin.	42	12.M.Seddon	Holm.	22
3.R.Rawlinson	Bol.	48	13.H.Kelly	E.Ch.	26
4.H.Walker	B'b.	21.01	14.P.Walkington	B'bu.	29
5.B.Robin	Ken.	37 J	15.E.Brooks	Bing.	34
6.A.Styan	Holm	48	16.G.Young	Rown.	38
7.P.Moon	Bin.	55	17.C.Prestt	Wake.	43 J
8.A.Harmer	Por.	22.09	18.P.Murray	Clay.	49
9.M.Lambert	Bin.	15	19.M.Nicholson	Kend.	50
10.T.Ramsden	Holm.	16	20.J.Monks	Roch.	50

Veteran:- 34th P. Knott (B'pool) 23.50

### NEW MEMBERS LIST

531	A. Walker	538	B. London
532	B. Walker	539	G. Bell
533	R. E. Whitfield	540	P. Cousins
534	C. Bland	541	V. Regan
535	R. A. Lightle	542	Mr. & Mrs. G. Horsley
536	G. Wood	543	K. Capper
537	T. Scharer	544	K. Paterson

545	A. Spence	580	C. Waddington
546	P. Lewis	581	D. Scott
547	E. Hill	582	S. Barlow
548	D. Field	583	P. Sydney
549	M. Brook	584	D. Bland
550	K. Taylor	585	R. Baker
551	N. Lindsey	586	C. E. Atkinson
552	W. D. Bentall	587	T. Craggs
553	F. J. Cash.	588	R. Craggs
554	C. C. Ramsay.	589	J. J. Pajak.
555	L. B. Prater	590	K. W. Hesketh
556	C. Magarrian	591	E. Gilhooley
557	M. L. D. Down	592	C. Ryder
558	P. S. Nelson	593	I. Rowe
559	M. Taylor	594	M. A. Benson
560	R. Courshee	595	P. Bettney
561	M. Garratt	596	T. M. W. Lonergan
562	H. Pattinson	597	R. McIntyre
563	N. Forrest	598	G. Emmott
564	S. Hunt	599	T. E. Toon
565	I. Holloway	600	K. Heinig
566	A. Sunter (P)	601	P. W. Jones
567	K. M. Robinson	602	M. J. Ricketts
568	N. Canham	603	P. G. Kelly
569	P. M. R. Midwood	604	A. Richardson
570	A. Philipson	605	F. Wilkinson
571	D. S. P. Lamond	606	G. Brooks
572	M. G. Redfern	607	A. Edgington
573	W. Bland	608	T. E. Southworth
574	H. Biggins	609	R. A. Hill
575	L. Clark	610	D. J. G. Holmes
576	S. Crimes	611	H. M. Crossley
577	I. Roberts	612	M. A. Lambert
578	R. E. Hoyle	613	P. B. Cooke
579	J. Crook	614	N. Morrison
		615	A. Lightfoot
		616	G. Smith
		617	T. Farnell.

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KENTMERE HORSESHOE FELL RACE. Saturday, April 10th.

A Category - 12 miles - 3,400 feet. by Bill Smith.

A bright, breezy day saw Mike Short gain his first win of the season and knock 05.37 off Jeff Norman's



record into the bargain, the latter's time of 1.27.22 having been achieved in the Inaugural race in 1975. As a matter of fact, the first eleven runners home were all inside the old record, and Short arrived at the finish with 25 seconds to spare over his closest adversary, Alastair Blamire, who in turn beat Alan Spence by 6 seconds. The fast, grassy course, centred on Kentmere Church makes an anti-clockwise circuit of the Kentmere fells with check-points on Kentmere Pike, High Street and Mill Bell. Colin Ratcliffe of the Clayton-le-Moors was the first veteran home, while Bingley had the fastest team. There were 148 Competitors.

1.M.Short	Hor.	1.22.15	11.J.Waterhouse	Bing.	1.27.44
2.A.Blamire	S.H.	1.22.40	12.D.Halstead	B'bu.	1.28.05
3.A.Spence	Bing.	1.22.46	13.A.Harmer	Port.	1.28.19
4.H.Walker	B'bu.	1.23.34	14.A.Buckley	Holm.	1.29.00
5.M.Weeks	Bing.	1.24.00	15.W.Bland	Kes.	1.29.11
6.A.Blinston	Alt.	1.25.18	16.J.Naylor	Ken.	1.29.29
7.I.Roberts	Holm.	1.25.48	17.D.Anderson	Bing.	1.29.58
8.C.Robinson	Roch.	1.26.17	18.D.Quinlan	Bing.	1.30.05
9.P.Ravald	M&D.	1.27.23	19.W.Lambert	Holm.	1.30.25
10.B.Lowden	-	1.27.29	20.A.Styan	Holm.	1.30.40

GREAT HILL FELL RACE.

BRINSCALL

19th June, 1976. Cat. 'C'. 5½ miles 1200 Ft.

BY B. RICHARDSON

John Calvert of the Host Club, took advantage of Jeff Norman's absence but failed to beat his record by nine seconds. Harry Walker and Alan Blinston had to be content with the same positions as last year. The dry conditions helped most runners improve their times and the race, attracting a record field of 114, was watched by a full turnout of villagers who regard this event as the "happening" of the year. In fact, after secret training, a dozen locals took part in spite of never having run a race in their lives.

Generous sponsorship provided excellent prizes and spot prizes were icing on the cake for those who run for the sheer enjoyment of taking part. Pete Raidy took the veteran's prize and record from Ken Smith. Richard Norman (45-50) produced an excellent performance for third vet.



in 36.20. Mike Short 9th and Martin Weeks 17th had already taken 1st and 3rd places in the Harden Moss race in the afternoon. Only Ricky Wilde has completed the double to date.

1. J. Calvert	B'bu.	31.23	6. R. Morris	Alt.	32.34
2. H. Walker	B'bu.	31.41	7. N. Ward	Bol.	32.37
3. A. Blinston	Alt.	32.04	8. P. Lindsell	Sal.	32.40
4. K. Darlow	Bol.	32.09	9. M. Short	Hor.	32.41
5. A. Spence	Bing.	32.27	10. P. Blakeney	Sal.	32.45

FAIRFIELD HORSESHOE MAY 32RD 8m. 3000'

CAT. A.

1. M. Short	Hor.	1.11.59	11. B. Lowdon	-	1.16.19
2. A. Blamire	ESH.	1.12.53	12. P. Bailey	ECH.	1.16.24
3. H. Walker	B'bu.	1.13.11	13. W. Cooper	M&D	1.17.01
4. A. Spence	Bing.	1.13.53	14. H. Kelly	ECH	1.17.20
5. M. Lambert	Holm.	1.13.54	15. R. Rawlinson	Bol.	1.17.55
6. K. Darlow	Bol.	1.14.07	16. D. Quinlan	Bin.	1.18.37
7. N. Ward	Bol.	1.15.04	17. A. McGee	Kes.	1.18.54
8. J. Norman	Alt.	1.15.53	18. A. Harmer	Por.	1.19.02
9. R. Belk	Ken.	1.16.02	19. T. Ramsden	Holm.	1.19.15
10. M. Seddon	Holm	1.16.12	20. K. Taylor	Ross.	1.19.36

TEAMS. Bingley 3.46.24 Bolton 3.47.06  
Holmfirth 3.56.53

VETERANS W. Ratcliffe (Warr). C. Ratcliffe (Clay)  
G. Spink (Bing). E. Roberts (Ken).

SLIEVE DONARD JULY 10TH CAT. A.

1. J. Hayes	Baly.	1.12.10	6. J. McIntyre	9th	1.27.57
2. M. Teer	W. Be.	1.14.45	7. -	-	1.28.11
3. D. Rawkin	Mou.	1.18.18	8. A. McKee	Ann	1.28.45
4. A. Philpot	Lis.	1.25.01	9. S. McKeown	Lis	1.29.09
5. D. Johnstone	Dr.	1.26.08	10. P. Kernaghan	N.	1.29.17

TEAMS:- Ballydrain 4.16.34, N. Belfast 4.25.42.  
Achilles 4.35.03.

GOAT FELL HILL RACE. 6m. 2866' Cat. A 22nd MAY

1. I. Roberts	Hol.	73.35	6. D. Murray	Cl.	81.43
2. M. Weeks	Bin.	74.13	7. R. Shields	Cly.	83.12
3. B. Finlayson	Loc.	74.36	8. J. Ferguson	Ayr.	85.23
4. A. Styan	Hol.	80.23	9. W. Lambert	Holm.	86.32
5. D. Overton	Ken.	81.21	10. K. Paterson	ESH.	86.43

TEAMS. 1. Holmfirth 14, 2. Ayrshire 36,  
3. Lochaber 40.

BLISCO DASH. 20.11.76

Martin Weeks put his victory of the 'Fell Runner of the Year' award beyond any doubt with a superb dash up the Pike O'Blisco, to set a new course record and give Mike Short (2nd) and Ray Rawlinson last year's winner (5th) little chance of staying in touch. In near perfect weather conditions the first 6 got inside Ray Rawlinson's time of last year, run in slippery, icy conditions.

The popularity of this race is evidenced by its growth in three years the field has grown from 4 to 40 to 99 finishers this time.

Peter Knott.

1.M.Weeks	Bin.	37.51 (Rec)	6.H.Walker	B'Bur.	40.00
2.M.Short	Hor.	38.33	7.B.Robinson	Ken.	40.39
3.W.Bland	Kes.	38.43	8.K.Taylor	Ross.	40.52
4.M.Lambert	Bin.	39.05	9.J.North	Clay.	41.21
5.R.Rawlinson	Bol.	39.21	10.A.Harmer	Port.	41.29
<u>Vets.:-</u> 1. P. Knott (B'pool) (22) 43.47					

THE LONG A's

Reports on the season's long distance Category A events.

1. The 3rd Morrisons Edale Skyline. Category A., on Sunday, 28th March, 1976.

by Mike Hayes. (Dark Peak Fell Runners)

Course:- Old Barn Edale, Grindslow Knoll, Win Hill, Lose Hill, Mam Tor, Lord's Seat, Brown Knoll, Edale Cross, Grindslow Knoll, Old Barn, Edale, 21 miles, 4900'.

1.H.Walker	B'bu.	2.39.12	11.M.Garratt	Mand.	2.56.19
2.N.Morrison	Sh.U.	2.45.02	12.D.Booth	Da.P.	2.56.57
3.M.Weeks	Bing.	2.46.02	13.V.Duff	B'bu.	2.58.51
4.A.Styan	Holm.	2.50.59	14.M.Newell	Mor.	2.59.13
5.D.Halstead	B'bu.	2.51.57	15.I.Clarkson	Roch.	3.00.06
6.M.Short	Hor.	2.53.19	16.A.Shaw	Roch.	3.00.13
7.J.North	Clay.	2.53.46	17.G.Smith	Sh.U.	3.01.20
8.A.Blinston	Alt.	2.54.15	18.A.Lightfoot	Sh.U.	3.02.28
9.H.Blenkinsop	Kend.	2.55.20	19.E.Berry	Da.P.	3.03.10
10.I.Roberts	Holm.	2.55.46	20.M.Lambert	Bing.	3.03.51

TEAMS 1. Blackburn. 2. Sheffield University

3. Holmfirth.

On the Sunday before the race there was deep snow over Kinder and four hikers benighted by a blizzard at the Down-fall had to be brought down by mountain rescue parties. Thanks to a change in the weather, good marshalling and good sense by competitors no-one got into trouble during the race. A couple of runners twisted their ankles early on. One had to retire. The other, Norman Morrison of Sheffield University decided to take it easy for the first ten miles. Finding the ankle O.K. he stormed through the field and in only his third fell race finished 2nd to Harry Walker. Harry achieved a hat-trick of victories in convincing fashion. Always with the leading pack he reached Lord's Seat with only Alan Blinston in contact with him. Harry maintained a steady, unruffled pace over the final 6, very muddy miles, whilst Alan (and many others) were reduced to walking. Joss Naylor, recovering from flu, trotted round in his tracksuit to collect the 40+ prize. E. Foley won the 45+ award and E. Mitchell the 50+ award. In addition, the sponsor, Don Morrison provided a most generous set of prizes for other high placed finishers. The organiser, Chris Worsell, master-minded again in his usual cheerful manner. There was one peculiar feature of the race. In spite of a strong westerly wind, thirty people improved on their previous best times and fifty of the hundred finishers got inside "gold standard" of 3½ hours.

Footnote:- This race also saw the emergence of The Dark Peak Fell Runners to serve Fell Running in and around the Southern Pennines. I think I'll have to charge them advertising space for this!

On a more serious note, Chris Worsell also tells me that Anne-Marie Grindley completed the course with her husband Bill in a time of 4.50.20.

Ed.

2. MANX MOUNTAIN MARATHON - Easter Monday, April 19th, 1976.  
30 Miles. 9000'. by Jim Smith (Bury)

It seems amazing to me that year after year over a hundred runners travel to the Isle of Man to take part in an Easter "Athletics Festival", consisting of a four miles road race, road relay and a short fell race, yet miss out the real challenge of the weekend - 30 miles of glorious mountain running from Ramsey in the north of the island to Port Erin on the South-West coast. It is surprising, too, that more long distance fell runners have not been tempted to test their fitness on this very hilly course with hardly a strand of

barbaric barbed wire on the way. Lovers of Lake District type courses would really enjoy the event.

Only 13 runners started in this year's Elite Class, the 7th annual race. We were again privileged to have the race started by Charles Kerruish, Speaker of the House of Keys. As the gun fired at 11.00 a.m. the inhabitants of Ramsey must have wondered if they were witnessing some kind of a noisy pub crawl as several uncouth competitors bellowed "MORE ALE!" at the top of their voices. Three runners broke away up the 1800 foot climb of North Barrule. Joss Naylor led from Dave Halstead and Ian Roberts, the latter working off the effects of his three "Festival" races and the festivities of Sunday night's beer drinking contest. At Tynwald (18 miles) the three were still close together but over the next section, the hardest part of the course from St. Johns to South Barrule, Naylor broke away from Roberts with John Blair-Fish moving into fourth place. Joss eventually finished 7 minutes clear, 1 min. 20 secs. inside Jeff Norman's record. The result turned out to be something of a breakthrough for Ian Roberts who was to have an even more memorable day in Wasdale three months later.

1. J. Naylor	Ken.	4.23.35	7. B. Troughton	Bury	5.17.15
2. I. Roberts	Hol.	4.30.37	J. Smith	Bury	5.17.15
3. D. Halstead	B'b.	4.42.20	9. K. Payne	Bury	5.32.30
4. J. Blair-Fish	Loc.	4.51.25	10. M. Tyler	JLR.	5.37.25
5. R. Melton	Oct.	5.5.45	11. E. Ainscough	Manx	5.50.25
6. G. Oliver	JLR.	5.9.49	12. I. Callister	Manx	6.13.15

The Senior Standard Race had 50 finishers and was won in the good time of 4 hours 58 mins. by Sergeant Palliser of the Junior Leaders Regiment. There were 15 finishers out of 20 in the Senior Walker's Class - times varied from  $8\frac{1}{4}$  to  $10\frac{1}{4}$  hours. The Junior Race over a 12 miles course was won by Mark Flynn of Moston, Manchester, in 1.47.35. The ladies' race was won by Manx Woman, Linda Jordan in 2.43.50.

My thanks to Michael Gray for sending me photos of Joss and Dave Halstead in action during this race. I'm only sorry I can't use them. Ed.

3. THE THREE PEAKS RACE Sunday, April 25th  
A =  $23\frac{1}{2}$  miles = 5,000 feet. by Bill Smith.

With Jeff Norman not competing this year due



to his preparation for the Olympics marathon trial, the way seemed clear for three-times runner-up Harry Walker to at last emerge victorious, with perhaps only the ambitious Mike Short to offer him serious competition. But what happens? Mike finishes a lowly thirteenth, while Harry can only manage seventh place, and it's a field day for the cross-country speedsters.

Harry's clubmate, John Calvert, who apparently had been advised by his coach Joe Lancaster to have an easy run with the Olympics marathon trial in mind, afterwards told a "Daily Mirror" reporter that it was only on Ingleborough that he realised that victory was within his grasp, and that he therefore began to push it. His time of 2.43.59 was 02.22 slower than Norman's the previous year over the same course, incidentally. Second man home was southern cross-country runner Harry Chadwick, followed by another comparative stranger to fell running, John Fox.

The clear, sunny weather and firm going underfoot after a long rainless period favoured the fast men, of course, but good luck to them anyway (as Harry Walker sportingly said) - they were the better runners on the day.

Bingley won the team prize with three men (Spence, Weeks and Padgett) in the first eight, while Kendal (Naylor, Overton and Blenkinsop) were runners-up. George Rhodes was the fastest over 40 (26th in 2.59.46), followed by Colin Ratcliffe (51st in 3.06.57) and Eric Roberts (71st in 3.12.38), while George Phipps of Leamington (80th in 3.15.36) was the fastest over 50. 319 finished out of 357 starters.

The Ingleborough Junior Race was won by the 1975 runner-up, Brian Gemson, who clipped 01.28 from his previous time (1.01.20 as compared to 1.02.48) but was 01.20 outside his 1.00.00 record established last year by Irving of Airedale and Spen. (Irving did not compete on this occasion.) In second place was the highly promising Alan McGee from Cleator Moor, who in both 1975 and 1976 won his local event, the Kinniside Fell Race. There were 23 finishers.

Whilst I'm sure Harry would be the last person to make excuses I think it's only fair to add that he did have shoe trouble that day which I understand involved making two brief stops to change shoes. Ed.

1. J. Calvert	B'b.	2.43.59	4. A. Blamire	S.H.	2.46.52
2. H. Chadwick	H&H.	2.45.27	5. A. Spence	Bing.	2.47.18
3. J. Fox	Aire.	2.45.58	6. M. Weeks	Bing.	2.47.26



7.H.Walker	B'bur.	2.47.56	14.M.Garratt	Mand.	2.55.20
8.W.Padgett	Bing.	2.49.50	15.G. Newton	V.M.	2.55.26
9.C.Robinson	Roch.	2.51.52	16.R.Morris	Alt.	2.55.56
10.A.Styan	Holm.	2.52.03	17.C.Waddington	Clay.	2.56.02
11.J.Naylor	Kend.	2.52.40	18.A.Harmer	Ports.	2.56.18
12.D.Overton	Kend.	2.53.49	19.A.Blinston	Alt.	2.56.23
13.M.Short	Horw.	2.54.44	20.P.Walkington	B'bu.	2.57.09

INGLEBOROUGH

1.B.Gemson	L&M.	1.01.20	4.P.Irwin	Ross	1.04.05
2.A.McGee	Kes.	1.02.56	5.D.Ratcliffe	Ross	1.05.00
3.J.Hirst	Holm.	1.03.36	6.S.Riding	Sale	1.05.05

4. ENNERDALE HORSEHOE FELL RACE. Saturday, June 12th

A = 23 miles = 7,500 feet by Bill Smith.

Joss Naylor celebrated the announcement of his M.B.E. award by scoring a decisive victory in his favourite fell race, which he has won every year since its inception in 1968. (Naylor is the second fell runner to get an M.B.E., by the way - the legendary Caldbeck shepherd, Bill Teasdale, a professional Guides racer now in retirement, received his in 1970).

Low cloud on the mountains resulted in much slower times than usual, Joss going round in 3.46.08 (his record is 3.30.40. - 1970) and Mike Short, who was second, in 3.57.32. - or was it merely that they hadn't fully recovered from the Welsh Peaks Race the previous weekend? In third place was Harry Blenkinsop, having had his best ever run (apart from the 1975 Jura race, when he finished second to Jim Smith). Harry was in close contention with Mike all the way around and gave him a spirited chase down to the finish, where he arrived only 45 seconds behind the Horwich man.

Andy Styan has come on well since his sensational Burnsall victory in 1974 - on his fell racing debut! - and he has recently started doing some of the long, rough courses. His fourth placing here constituted a fine performance, as did the fifth placing of Billy Bland of Seatoller in Borrowdale, an ex-professional who has only lately started to "come through" on the long ones. His brother, David, of Rosthwaite, also had a good run to finish in 13th position.

The veteran's award went to Joss, with Eric Roberts runner-up and Alan Heaton (30th in 4.51.32) third, while Eddie Leal was again the winner of the over 50s award (70th in 5.44.12). Kendal (Naylor, Blenkinsop, Nicholson) somewhat predictably won the team prize, while Keswick showed how strongly they are progressing in long-distance fell running by clinching the runners-up position with their team of Billy and David Bland, and Mike Pearson (29th in 4.49.48). Holmfirth (3rd) and Morpeth (4th) are two other clubs who have recently been making rapid strides in this direction. (The team placings on the results sheet are wrong, incidentally, being based on the assumption that Mike Short, Andy Styan and Ian Roberts all run for the same club!) There was also a handicap award made to M. Sydney of Keswick A.C., based on a handicap system devised by Eric Roberts. 90 finished out of 105 starters.

There were six competitors in the Crag Fell Race (junior) which was again won by Alan McGee in a time over 5 minutes faster than that of runner-up Brian Robinson: 33.24 as compared to 39.20.

1.	J. Naylor	Kendal	3.46.08
2.	M. Short	Horwich	3.57.32
3.	H. Blenkinsop	Kendal	3.58.17
4.	A. Styan	Holmfirth	4.03.42
5.	W. Bland	Keswick	4.04.14
6.	H. Walker	Blackburn	4.04.45
7.	P. Walkington	Blackburn	4.07.50
8.	A. Philipson	Gateshead	4.08.15
9.	D. Booth	Thames H & H.	4.09.16
10.	M. Nicholson	Kendal	4.10.13
11.	J. North	Clayton	4.12.15
12.	M. Gilbert	Preston	4.14.25
13.	D. Bland	Keswick	4.16.25
14.	I. Roberts	Holmfirth	4.23.35
15.	M. Garratt	Mandale	4.27.10
16.	K. Taylor	Rosendale	4.27.25
17.	A. Harmer	Portsmouth	4.28.35
18.	E. Roberts	Kendal	4.29.05
19.	W. Buckley	Morpeth	4.29.10
20.	M. Newell	Morpeth	4.29.31.

CRAG FELL (Junior)

1.	A. McGee	Keswick	33.24
2.	B. Robinson	Kendal	38.46
3.	S. Grimes	Horwich	39.20
4.	A. Sunter	Horwich	39.30
5.	D. Scott	Ambleside	45.00
6.	I. Donaldson	- ? -	52.25

5. WASDALE FELL RACE (A = 21 miles = 8,500 feet)

Saturday, July 10th.

by Bill Smith.

This was a fine win for Ian Roberts and a grand performance from runner-up Mike Short, for both lads finished inside Naylor's 1975 record of 3.41.49. The three were running pretty evenly till around the vicinity of Esk Hause, and here an unusual thing happened: for instead of Joss beginning to lose his rivals over the rocky paths and boulder fields of Ill Craggs, Broad Crag and Scafell Pike, they dropped him. It was still a close thing on Scafell Pike, for only a minute separated Ian and Mike here, but the Colne Valley runner was first to arrive at Brackenclose with a new record of 3.38.35, 02.35 ahead of the Horwich man. More than six minutes then elapsed before Joss put in an appearance, obviously still suffering from the after-effects of his Coast-to-Coast run a fortnight previously, and a further 7 minutes separated him from the next arrivals - Duncan Overton, Tony Shaw, and Pete Walkington. The weather was just made for record-breaking, incidentally, being cool, clear and sunny. Ian Roberts has been getting some good results of late, including a win in the Goat Fell Race on Arran and like his clubmate Andy Styan, could well prove to be a serious rival for Messrs. Short, Walker, Weeks and Company.

Joss was, of course, the fastest veteran, while Alan Heaton (24th - 4.28.56) had his best-ever run over the present course to beat Eric Roberts (27th - 4.34.03) into the runner-up position, with Eric Mitchell of the Dark Peak Fell Runners being first home among the over 50s (72nd - 5.31.30) and Bob Jackson of Salford taking 2nd place (75th - 5.40.53). Kendal (Naylor, Overton, Blenkinsop)

once more proved their superiority in the team race, though the ever-improving Holmfirth lads (Roberts, Styan, Lambert) were not far behind them and could pose a very real threat to their dominance next season. Clayton-le-Moors (Beresford, North, Loxham) were placed 3rd, with the Dark Peak Fell Runners (Hayes, Berry, Baumeister) 4th. There were 95 starters, of whom 5 retired.

1.	I. Roberts.	Holmfirth	3.38.35
2.	M. Short	Horwich	3.41.10
3.	J. Naylor	Kendal	3.47.18
4.	D. Overton	Kendal	3.54.30
5.	A. Shaw	Rochdale	3.54.41
6.	P. Walkington	Blackburn	3.55.00
7.	A. Styan	Holmfirth	3.58.20
8.	H. Blenkinsop	Kendal	4.02.30
9.	M. Down	Octavian D.	4.04.40
10.	J. North	Clayton	4.06.19
11.	I. Clarkson	Rochdale	4.07.25
12.	M. Gilbert	Preston	4.08.34
13.	R. Whitfield	Kendal	4.10.45
14.	D. Beresford	Clayton	4.11.52
15.	M. Hayes	Dark Peak	4.12.27
16.	J. Loxham	Clayton	4.13.10
17.	G. Berry	Dark Peak	4.13.29
18.	W. Lambert	Holmfirth	4.15.00
19.	J. Blair-Fish	Lochaber	4.15.50
20.	D. Bland	Keswick	4.18.22

6. BORROWDALE FELL RACE. 18 miles 6,500. August, 9th

by Chris Bland

For the third Borrowdale Fell Race the weather was perfect for fell running. The event sponsored by Mr. Miles Jessop of the Scafell Hotel, attracted an entry of 145. Some of the top names were missing, having gone into Europe (it cannot be long before "The Borrowdale" will be regarded as Europe's top race).

113 started from a crowded field in Rosthwaite including Joss Naylor, running the course for the first time, having promised that the record would be lowered under three hours if not by him, then by the man that beats him.



After passing through Stonethwaite two different lines were taken up the steep ascent to Bessy Boot. Joss and Billy Bland arrived at C.P.1. in 29 mins. with eleven chasing at 30 mins. By Scafell Pike C.P.3 Joss and Billy had 5 mins on Mike Nicholson and Duncan Overton. By Honister Billy was 4 mins up on Joss having broken away on the ascent of Gable. By this time Billy's brother Stuart running in his first Fell Race had moved into 3rd place, his time from Scafell Pike to Honister was the same as Billy's, 58 mins. The order was unchanged over Dale Head to the finish and the time 2 hrs. 53.30 broke Dave Halstead's record by almost 12 mins. Joss as promised also got under 3 hrs. with Stuart Bland clocking 3 hrs. 02.33 in 3rd place. This must rate as one of the finest debut runs of all time.

Eric Roberts was 2nd Vet. 0/40 31st. Eric Mitchell Vet 0/50 75th and Stan Bradshaw Vet 0/60 103rd.

Kendal took the team award with Naylor, Nicholson and Blenkinsop clocking 9.16.33 with Keswick second with W. Bland, D. Bland and A. Bland clocking 9.42.18.

A dance in the evening was thoroughly enjoyed by the locals and a few of the runners able to stay on.

1.	W. Bland	Keswick	2.53.30
2	J. Naylor	Kendal	2.59.56
3	S. Bland	Borrowdale.	3.02.33
4	M. Nicholson	Kendal	3.04.57
5	I. Clarkson	Rochdale	3.06.58
6	A. Phillipson	Gateshead	3.10.44
7	H. Blenkinsop	Kendal	3.11.40
8	D. Overton	Kendal	3.15.28
9	J. Monks	Rochdale	3.16.16
10	G. Berry	D.P.	3.16.23
11	D. Bland	Keswick	3.18.59
12	M. Hayes	D.P.	3.22.13
13	K. Windle	Clayton	3.24.09
14	C. Robinson	Rochdale	3.24.09
15	R. Womersley	Manchester	3.25.48
16	R. Jackson	Sale.	3.28.58
17	A. Bland	Keswick	3.29.49
18	D. Beresford	Clayton	3.30.05
19	T. Haines	T.H.H.	3.30.17
20	W. Buckley	Morpeth	3.30.35



7. VAUX MOUNTAIN TRIAL

Sunday, September 12th, 1976

A = 18 miles = 8,500 feet. by Bill Smith.

After three days of heavy rain, Sunday was cool, dry and clear, with both sunny and overcast periods, and a bleak wind on the higher ridges. Joss achieved his sixth successive victory in this event, making it eight wins in all, with Pete Walkington once again pushing him fairly closely and finishing nine minutes behind him. Billy and David Bland, making their debut in the Mountain Trial, both put up tremendous performances in finishing 3rd and 6th respectively. Between them came Andy Phillipson, a comparative newcomer to fell racing, and John North, whose Clayton-le-Moors clubmate Paul Murray also did well to finish 7th.

Joss was, of course, the fastest veteran, with Allen Walker, (9th) second in this category, and Alan Heaton (27th) winning the Chris Brasher 'Pinnacle' trophy for Over-45s. Kendal were yet again the team prize-winners, with Anthony Bland's 21st placing clinching the runners-up prize for Keswick, and Clayton-le-Moors coming 3rd. Clayton, incidentally, had five teams finishing, while Kendal had four and Keswick three. Peter Booth of Ullswater O.B.M.S. won the Mike Wilkinson Trophy for the fastest competitor from an Outward Bound Mountain School. There were 175 entries, 134 starters and 120 finishers.

The course, devised by Gerry Charnley and Fred Rogerson, was a good one, making an anti-clockwise circuit from the New Dungeon Ghyll, Langdale, via check points on Tarn Crag (Easdale), Tarn At Leaves (Bessyboot), Seathwaite Fell (Borrowdale), Rough Crag (a low spur of Scafell Pike, above Eskdale), Great Knott (between Cold Pike and the Crinkles), and Lingmoor Fell. As an orienteering test, however, there were only two major problems - was it quicker to follow the ridge from Bessyboot to Allen Crag in order to reach Seathwaite Fell, or to drop down to Seathwaite and climb up from Stockley Bridge? And which was the quickest way from Great Knott to Lingmoor - via Oxendale or Wrynose? In both cases, the second alternative seemed best. The quickest route from Lingmoor summit to the N.D.G. was along the ridge path to a point shortly before Side Pike, whence a fast descent could be made down the grassy slopes - competitors taking the more direct line were slowed down by thick vegetation and generally tougher terrain.

1. J. Naylor	Ken.	4.30.47	11. M. Hayes	Com.	5.25.11
2. P. Walkington	B'bu.	4.39.35	12. D. Rosen	H&H.	5.31.13
3. W. Bland	Kes.	4.50.25	13. M. Gilbert	Pre.	5.33.45
4. A. Phillipson	Gat.	4.51.30	14. M. Short	Hor.	5.35.45
5. J. North	Cla.	4.58.10	15. M. Walford	Ken.	5.38.17
6. D. Bland	Kes.	5.03.52	16. D. Hartley	Lan.	5.40.31
7. P. Murray	Cla.	5.07.37	17. P. Booth	Ulls	5.41.50
8. D. Overton	Ken.	5.08.22	18. H. Blenkinsop	Ken.	5.42.05
9. A. Walker	Ken.	5.14.15	19. J. Wagstaff	Tip.	5.44.09
10. M. Nicholson	Ken.	5.15.05	20. W. Smith	Cla.	5.46.49

8. ROSSENDALE FELL RACE.      September 12th.      CAT. B.

by Graham Wright.

There was a record entry of 270 runners this year, 220 starters and 207 finished the race. When one considers that the event clashes with the Vaux Mountain Trial the number of entries surprised us. We had thought seriously of changing the race date to avoid the clash but due to the increasing popularity of the event have decided to keep it as it is for the time being.

This year's race saw John Calvert, last year's winner as favourite along with Colin Robinson twice previous winner, Alan Spence twice runner up and English International Alan Blinston. It was Blinston who took the initiative on the third of the three hills of Cribden, Cowpe Lowe and Seat Naze, pushed hard all the way by Spence, Blinston eventually finishing some 10 seconds clear.

1. A. Blinston	Alt.	60.52	6. H. Kelly	E.C.H.	62.31
2. A. Spence	Bing.	61.02	7. M. Seddon	Holm.	62.38
3. J. Calvert	B'bu.	61.27	8. A. Harmer	Ports.	62.40
4. P. Campbell	Bol.	61.56	9. W. Padgett	Bing.	63.02
5. C. Robinson	Roch.	62.22	10. M. Jones.	Sale	63.17

Veteran, J. Salt. Roch. 39th. 68.06.

BRITISH RUNNERS IN THE SWISS SIERRE-ZINAL RACE on  
AUGUST 8TH

2.	H. Walker	2.50.05	58.	R. Evans
6.	R. Hill	2.53.00	73.	P. Walkington
7.	M. Short	2.54.32	81.	J. North
17.	H. Chadwick	2.59.11	102.	M. Garrett
22.	R. Sercombe	3.01.57	200.	M. Holden
27.	L. Presland	3.03.22	343.	I. Thompson

Women 5. Lynne Billington. 4.21.00.

Hope to have a report on this race in the next issue.  
Ed.

KENTMERE FELL RACE.      CAT.A.      April 10th, 1976.

12 miles - 3300'

1.M.Short	Hor.	1.22.15	11.J.Waterhouse	Bing.	1.27.44
2.A.Blamire	ESH.	1.22.40	12.D.Halstead	B'bu.	1.28.05
3.A.Spence	Bing.	1.22.46	13.A.Harmer	Port.	1.28.19
4.H.Walker	B'bu.	1.23.34	14.A.Buckley	Holm.	1.29.00
5.M.Weeks	Bing.	1.24.00	15.W.Bland	Kes.	1.29.11
6.A.Blinston	Alt.	1.25.18	16.J.Naylor	Kes.	1.29.29
7.I.Roberts	Hol.	1.25.48	17.D.Anderson	Bing.	1.29.58
8.C.Robinson	Roc.	1.26.17	18.D.Quinton	Bing.	1.30.05
9.P.Ravald	M&D.	1.27.23	19.W.Lambert	Holm.	1.30.25
10.B.Lowdon	Un.	1.27.29	20.A.Styan	Holm.	1.30.40

Veteran. Joss Naylor. No team race.

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### THE NEXT ISSUE

As usual something had to be left out. I have chosen to carry over the reports on the long races to the next issue in June and do a special feature using the reports from a number of authors:- Edale by Mike Hayes, Manx by Jim Smith, 3 Peaks, Ennerdale and Wasdale by Bill Smith, Borrowdale by Chris Bland, Vaux Trial, and the tough Karrimor two day.

Ross Brewster will be doing another interview, I wonder who this time? We can look forward to more from Bill Smith: on veterans? pros and amateurs? or the Lancashire three towers perhaps. I know who I want on the cover photo next time but you will have to wait and see! Above all else I need some humour, fact or fiction. That I can guarantee space for. I would be glad to hear from readers and I would like to feature a letter's section in future issues.

Finally a word of thanks to our Advertisers. We appreciate your support. Those of you who have something to sell of interest to runners and mountain types, including race organisers, how about it?

Ed.

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**THE EVENT OF THE YEAR**  
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**A DINNER DANCE**  
\*\*\*\*\*

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THE FELL RUNNERS' ASSOCIATION

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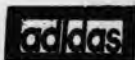
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