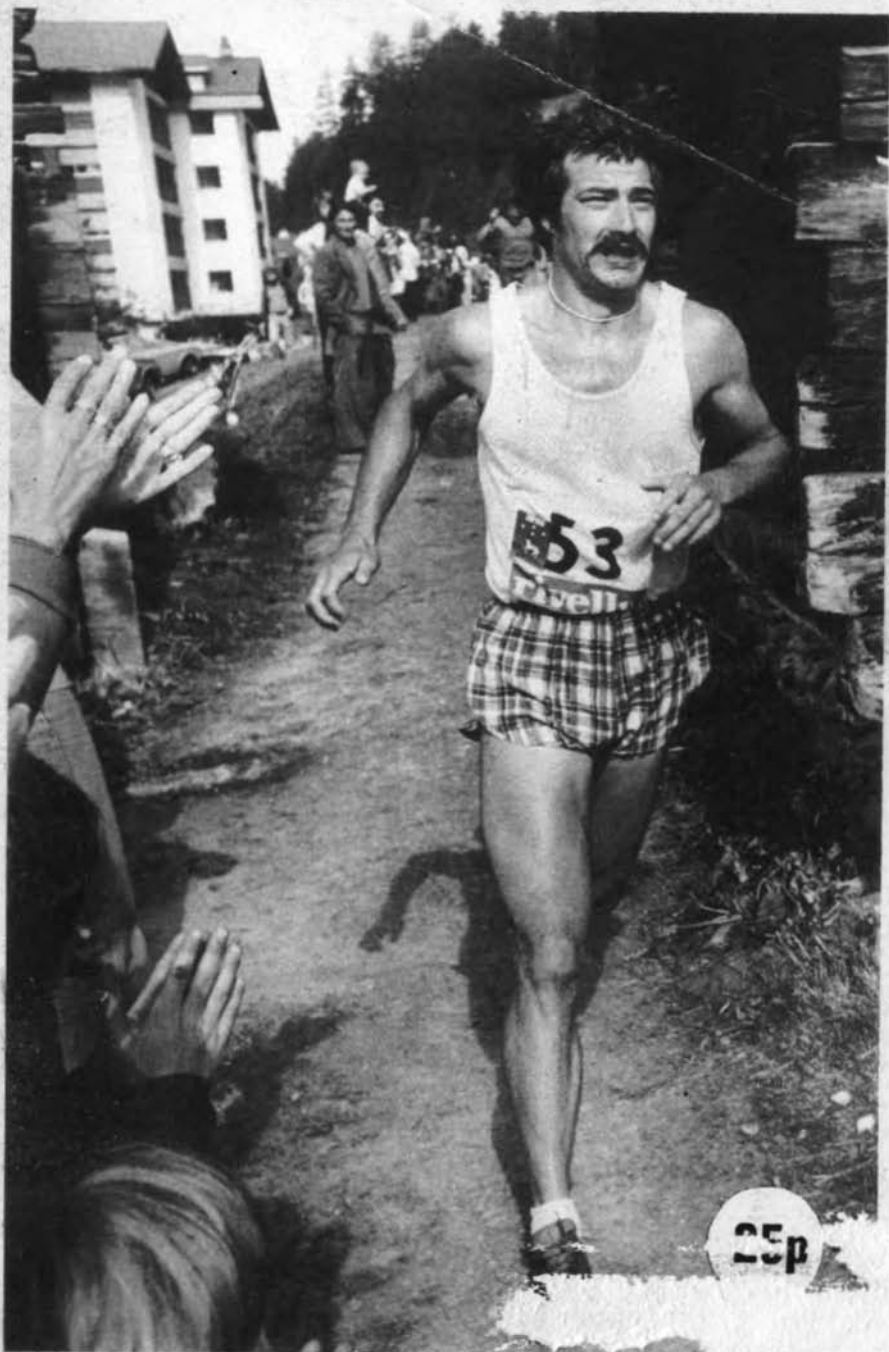


THE FELL RUNNER

CHRISTMAS 1978



WE ALL HAVE OUR UPS AND DOWNS

We all have our ups and downs, but some of us get up and down quicker than others. 90% of any performance might be attributed to doing the right build-up in training, but why waste that last vital 10% on poor equipment — because the top lads don't. For years the top fell runners have bought gear from us. They use it in everything from the shortest fell race to the two day marathon. We now stock the new Adidas cross, plus shoes by Walsh, Nike, Reebok, Inter, Metric. Also cycling shoes by Peugeot.

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The Fell Runner's Association

T H E F E L L R U N N E R

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

TWELFTH ISSUE - CHRISTMAS 1978

Editorial

Since it is now obvious that delays in editing, production and distribution of this journal means that in practice most readers can expect their copy by mid-summer and Christmas, I have decided to call the issues 'Summer' and 'Christmas' instead of the previous 'Spring' and 'Autumn'.

This, the Christmas issue, is also designed to be distributed with the annual 'Fixture Calendar' compiled by Secretary, Dave Moulding.

Thanks to the efforts of many of our members the flow of race reports and interesting articles continues unabated. At the time of writing this editorial it looks as though I shall not get it all in.

In the last issue race reports finished at late April and early May but excluding the 3 Peaks race. Since then about 60 events have been held. I hope that a good proportion of these are covered in this issue.

I make no apology for the lack of index in the magazine. My excuse is that its fun to explore the contents for yourself. The reason lies closer to the editorial expediency of starting production before completing compiling. I don't know what will be in until the typist has nearly finished! A more professional magazine has been discussed, with particular interest in the L.D.W.A. 'Strider' format. The general opinion however seems to be to contain costs and work-load for the immediate future. Whilst I am unable to include photo's it has been suggested that the cover photo should be of groups of runners or at least more than one. I am interested in such photos for the 1979 issue.

I am also keen to have new writers and material of quality, humour in particular. If you think you can bring some new style to race reports or have some interesting news

COVER PHOTO - Shows Harry Walker at the half-way village of Chandolin in this year's Sierre Zinal race.
Photo by Ron Zoeteman (Holland).

or views please let me have them. It is all too easy to make this journal a compilation of the exploits of the élite. I would very much like to hear of the personal experiences of the 'also rans', traumatic or otherwise!

F.R.A. COMMITTEE

CHAIRMAN :- John North, 101 Burnley Road, Rawtenstall, Lancs.

SECRETARY:- Dave Moulding, 127 Bury Road, Rawtenstall, Lancs.

TREASURER/
REGISTRAR - Dave Payne, 28 Claybank Street, Heywood, Lancs.

STATISTICIAN-Martin Weeks, 6 The Poplars, Brayton, Selby,
N. Yorks.

PUBLICITY : Bill Smith, 19a Alexander Walk, Barry Street
OFFICER :- Estate, Walton Lane, Liverpool 4.

JOURNAL :- Peter Knott, 66 Edwinstowe Road, Lytham St. Annes,
EDITOR Lancs. Lytham 737871 (evenings).

HON. AUDITOR -John Osborne.

COMMITTEE :- Peter Brookes, Peter Walkington, Carol Walkington,
Andy Styan, Graham Wright, Stan Bradshaw,
Mike Nicholson, Danny Hughes.

COMMITTEE ACTIVITIES

In keeping with the increasing activity on the fells, your committee have also been more active. Since the A.G.M. the committee has met twice, at Keswick on July 2nd and at Rawtenstall on September 30th. In addition the sub-committee charged with the task of negotiation over rules for competition with the A.A.A.'s have also met on more than one occasion.

At the time of the last committee meeting the sub-committee had not yet achieved the desired meeting with the appropriate amateur athletic bodies but I understand that progress is now being made in that direction so that there remains reasonable prospects of significant progress to report at the next A.G.M.

In addition to reviewing these activities the committee have discussed the following items of interest to members:-

The committee agreed to provide the sum of £20 plus engraving for the 1978 Fell Runner of the Year award.

At the Keswick meeting a lengthy discussion on safety was held. No profound conclusions were reached but it was generally agreed that safety aspects were largely the responsibility of the organisers, that organisers of unmarked courses should be empowered to lay down minimum standards of clothing and equipment and that it was the F.R.A.'s duty to educate not to legislate. (The editor would welcome articles on safety, aspects).

Race catagorisation was discussed at length at both meetings. Whilst it was thought by a number of members that the basic rules for classification should be more frequently

used as a guide it was generally agreed that the 'consensus of opinion' method would continue to be used. Classification of new events can be seen on the 1979 fixtures calendar.

The Ladies Fell Runner of the year competition was also discussed briefly at both meetings, the outcome of which was that Carol Walkington would like to hold a brief meeting with as many ladies as possible an hour before the 1979 A.G.M. at Pendle next April to discuss the scheme proposed by Tommy Orr and other pertinent matters with a view to establishing a 1979 competition (if this is generally favoured).

It was decided that the annual dinner/dance would be held again, at Park Hall and on Saturday, 3rd February, 1979 subject to confirmation. (See separate advert in this issue).

Dave Payne notified the committee that membership was not about 1300. He also stated that member 1000 is B. Payne and not D. Payne as quoted in the last journal.

It was also noted that April 1980 will be the 10th anniversary of the Association. This should not be allowed to pass unrecognised and it is not too early to consider how this should be celebrated.

The Committee also discussed the holding of a N.C.A.A. fell race championship in conjunction with the Skiddaw race last July. The committee took the view that it was inappropriate to hold a fell running championship on the basis of any one race and that the F.R.A.'s "Fell Runner of the Year" system was much more appropriate and already in operation. The committee of the F.R.A. therefore does not support the idea of a single race to decide the championship. This view has been expressed in writing to Mr. G. A. Wright Championship Secretary of the N.C.A.A.

DEVELOPMENT SUB-COMMITTEE

At the time of going to press I have just received a copy of this committee's "points for discussion with A.A.A., W.A.A.A. and Scottish A.A.A." The documents show evidence of a detailed and thorough review of the Laws and Rules for competition of the A.A.A.'s and their relevance to fell running. Hopefully, discussion with the amateur athletic bodies will soon take place.

I am pleased to see that 'in depth' study completed and indication that the sub-committee have done their homework well. Let us hope that the subsequent discussions go well.

Ed.

CORRECTIONS TO THE LAST ISSUE. Apart from the membership error mentioned above, it has also been pointed out to me

that the amendments to the constitution on page 56 should exclude item 4, "Rules, Laws and Status" at the present time, since this whole subject is still under review by the sub-committee.

FELL RUNNER OF THE YEAR - 1978

Subject to official confirmation from Statistician, Martin Weeks, I am informed that Mike Short has already made certain of this title with Blisco Dash and Wansfell events still to be held. Congratulations Mike. I am sure that few would dispute Mike's consistently high all round performances in recent years and I think it most apt that he should become the first man to win the award more than once.

Please note that Martin Weeks has changed his address and that correspondence should now be addressed to
6, The Poplars, Brayton, Selby, North Yorks.
YO8 9HF.

A full report will appear in the next issue.

ADVERTISING IN THE JOURNAL

It is the consensus of opinion amongst the F.R.A. Committee that the journal should continue its previous advertising policy; i.e. to accept adverts only from organisations in some way connected with or of benefit to the sport and to keep the advertising rates low.

The rates remain at the original 1976 level despite inflation and a rising circulation now approaching the 1500 mark.

ADVERTISING RATES

<u>Number of Issues</u>	<u>One Copy (Summer or Winter)</u>	<u>Two Copies</u>
Whole Page	£10	£16
Half Page	£ 6	£10
Quarter Page	£ 4	£ 7

Reduced rates for fell race organisers.

Special rates by agreement for special adverts.

1978 RACE RESULTS and REPORTS

- THREE PEAKS RACE Sunday, April 30th
A:23½ miles: 5,000 feet, by BILL SMITH

Congratulations to Harry Walker on at last achieving his ambition to win the Three Peaks Race: a triumph which must

be doubly satisfying to him since it was accomplished in rather bleak conditions and by a 9-minute margin over runner-up Martin Weeks. This was also Martin's best performance, for his previous highest placing had been 3rd (1974), though he has recorded faster times over both this course and the old shorter one - as indeed has Harry. John North was first onto Pen-y-Ghent summit, but Walker had built up a four-minute lead by time he'd climbed Whernside and proceeded to widen the gap even further over the third peak, Ingleborough. Ian Roberts (3rd), John North (4th), Andy Styan (6th) and Clifford Waddington (8th) also achieved personal best placings, while the 9th position of young Harry Jarrett on his senior debut over the course must also merit special mention, as does the 10th placing of Pete Walkington: his best run since 1973 when he finished 8th.

Derrick Lawson, who was 3rd in the 1965 event behind winner Mike Davies and runner-up Pete Hall, won the veteran's prize in 14th position, followed by Joss in 18th and Harry Blenkinsop in 24th, while Bingley triumphed in the team race (Weeks 2nd, Alan Spence 11th, Dennis Quinlan 13th) over Clayton-le-Moors (North 4th, Waddington 8th, Paul Murray 16th) and Holmfirth (Roberts 3rd, Styan 6th, Ramsden 39th). Kevin Capper (Lancaster & Morecambe) won the junior race from Horton to Ingleborough and back in 1.06.02, with I. Ferguson (Bingley) runner-up in 1.12.38. There were 410 starters and 336 finishers in the senior race, while in the junior race 18 finished out of 21 starters.

The thick mist over most parts of the course resulted in many competitors going astray, including Edward Pepper of Blackheath Harriers, who died from exposure. (An obituary written by editor Peter Knott appeared in the last issue). Let those road and cross-country runners who competed on this occasion be warned that this course is far from being the toughest, as claimed by some uninitiated writers, and that the strong wind and mist produced only mildly unpleasant conditions by comparison to the really bad weather which can prevail on Britain's hills. In conclusion, I would like to endorse the race secretary's appreciation of the mountain rescue teams and others who assisted in the 18 hour search for the missing runner.

Results

1. H. Walker	B'burn.	2.43.34	7. H. Chadwick	J. H. & H.	2.58.57
2. M. Weeks	Bing.	2.52.44	8. C. Waddington	Clay.	2.59.38
3. I. Roberts	Holm.	2.54.45	9. H. Jarrett	Kes.	3.00.07
4. J. North	Clay.	2.55.06	10. P. Walkington	B'Burn.	3.00.31
5. M. Short	Hor.	2.55.37	11. A. Spence	Bing.	3.01.30
6. A. Styan	Holm.	2.58.36	12. R. Whitfield	Ken.	3.01.42

13. D. Quinlan	Bing. 3.05.58	17. D. Francis	West. 3.06.13
14. D. Lawson (Vet)	Bing. 3.03.27	18. J. Naylor (Vet)	Ken. 3.07.51
15. M. Nicholson	Ken. 3.04.06	19. M. Walford	Ken. 3.07.26
16. P. Murray	Clay. 3.05.54	20. R. Shields	Loch. 3.09.37

Junior Results (Ingleborough Fell Race)

1. K. Capper	Lanc. 1.06.02	6. S. Williams	York U1.31.05
2. I. Ferguson	Bing. 1.12.38	7. S. Bird	Lanc. U1.31.23
3. B. Tighe	Sale 1.28.30	8. C. Hawkins	B'pool 1.31.36
4. R. Wayte	Bing. 1.28.40	9. C. Abbott	Lanc. U1.31.50
5. A. McMaw	Lanc. U1.29.13	10. C. Manetta	Bing. 1.33.26

3 PEAKS RACE 1979

At the recent 3 Peaks Race Association A.G.M. it was decided that there would be a Ladies Race in the 1979 event covering the full distance with a common start time but separate result list, prizes etc.

The total entry including Ladies will be restricted to 500. The Men's selection is to be as follows:-
First 200 finishers in the 1978 race, with a qualifying requirement on the rest of the field of either - completed the 3 Peaks Race in the last 5 years or completed 2 category A events of at least 12 miles in the last 2 years.

The following letter arrived just too late for publication in the last issue. Whilst I have no wish to prolong discussion on this particular accident I feel that it is in keeping with the need to educate. The author, Dr. John Frankland, is medical officer to the Cave Rescue Organisation with a long standing interest in hypothermia.

Dear Sir,

Edward Pepper died tragically on the Three Peaks Race on Ingleborough. He was in his prime, uninjured and had a level of fitness that few achieve. The purpose of this letter is not to be wise after the event but to perhaps draw the attention of others to a hazard of no small magnitude that all who run in the mountains could face.

He died from hypothermia or cold on a small British mountain on a spring day. Perhaps some would have thought this improbable but they have sadly been proved wrong.

Conditions on the Three Peaks on April 30th were as bad as at any time in the Race's twenty-five year history. Visibility was no more than a few yards and although the air temperature was above freezing point the wind speeds of sixty miles per hour provided circumstances which were as chilling to the body as an air temperature of -30°C . with no wind. At these sub-zero temperatures none would consider venturing

out in the flimsiest of clothing but the rate of body cooling on the Pennine summits on that day was, due to the high wind speeds, comparable to that experienced in wind free arctic zones. An adequately clad spectator collapsed on Ingleborough summit and had to be evacuated by stretcher.

Several hundred finished the race perhaps most having not much more than the usual discomfort but certainly all who did so without full windproof clothing literally owed their survival whilst on the summits to their ability to maintain a high energy output to generate body heat.

If any had collapsed from exhaustion or been immobilised through injury then, had they been undetected, exposure or hypothermia would have developed rapidly with the minimal protection against the wind that many wore. After the drift into coma, death could have followed very rapidly. Death within an hour of collapse has been documented in comparable circumstances. Some did not carry map and compass - of these many knew the route intimately but others had never covered the ground before. Navigation on the summits was difficult and following a competitor who was confident of the route was not always feasible. Of those who became lost on Ingleborough a number understandably ran down wind and finished up miles off course in Clapham. Edward Pepper was found down wind and perhaps thirty minutes run away from where he last checked in on Ingleborough summit. He was on a vast featureless fell above the mist level in an area searched by both the very experienced RAF Mountain Rescue Team and trained Search Dogs on the evening of the race. It is probable that he may have been dead before the race ended officially.

Such weather conditions are uncommon but can occur on British mountains in perhaps any month of the year. To be exposed to them without adequate full body windproof clothing is to take a calculated risk that one will continue to maintain a high energy output to prevent hypothermia developing and that one will hopefully not be immobilized through exhaustion or injury. If off route, alone on a big mountain in mist then rescue within a short period of collapse can not be anticipated.

I share the wishes of the fell running community that such a tragedy will not be repeated. Perhaps more universal attention to the need for complete and adequate windproof insulation in extreme weather conditions may help to achieve this hope.

JOHN C. FRANKLAND, Medical Officer
Cave Rescue Organisation

It seems to me that the clothing necessary to ensure safety in the event of bad weather together with immobility, either by fatigue or injury, is not compatible with moving

rapidly over the fells. In this respect the vast majority rely on maintaining mobility together with some protective clothing to allow for the worst weather and slowing down due to fatigue in the latter stages of the event. Only in events like the Karrimor 2 Day where tents and sleeping bags are carried could it be said that equipment could ensure safety in the worst combination of circumstances. In my view fell runners will therefore continue to be at risk. Knowing that fact, having experienced bad weather and fatigue, having experience of themselves in terms of fitness, pace judgement, navigation ability and making reasonable compromises on equipment carried, the risks will be reduced.

From my own experiences my first long distance fell race in bad weather was quite something. I can recall that it was more traumatic than I had expected or could have been expected to appreciate. It cannot therefore be too highly stressed that those who aspire to run long distance fell races for the first time from non-mountain backgrounds, i.e. cross country runners, should avoid being "thrown in at the deep end" and should gain experience of bad weather in the shorter events.

THE EDITOR.

THE DUDDON VALLEY FELL RACE WEEKEND

May 13th/14th

Organised by Ken Ledward from the Newfield Inn, Seathwaite.

Saturday Senior Fell Race over Harter Fell, Hard Knott, Little Stand, Three Shires Stone, Swirl How, Dow Crag, White Pike, Caw.

1.W.Bland	Kes.2hrs.47mins.	11.R.Baumeister	D.P.	3.09
2.J.Naylor (V)	Ken. 2.57	12.P.Chapman	Ken.	3.15
3.A.Bland	Kes. 2.57	13.J.Loxham	Clay.	3.17
4.S.Bland	Kes. 3.01	14.K.Shand	Roch.	3.19
5.J.Broxap	Kes. 3.02	15.M.Hayes (V)	D.P.	3.19
6.I.Holloway	Roch. 3.03	16.D.Bland	Ken.	3.20
7.M.Hudson	D.P. 3.03	17.G.Poole	Roch.	3.20
8.A.Philipson	Gates 3.06	18.C.Pooley	Lanc.	3.20
9.H.Forrest	Gos. 3.07	19.D.Whitaker	Gos.	3.21
10.P.Walkington	B'burn.3.07	20.F.Reeves	Con.	3.21

82 Started - 78 finished.

Teams: Keswick (8.45), Dark Peak (9.31), Kendal (9.32).

Vets. 0/40: J. Naylor (2nd), M. Hayes (15th),
K.Ledward, Seathwaite (30th).

Vets. 0/45: A. Heaton, Clayton (29th)
K.Brooks, Leyland (49th)
C.Brasher, Climbers Club (59th)

SATURDAY Ladies & Juniors. DUDDON
Caw, White Pike, Dow Crag, White Pike, Caw.

LADIES.

1.S.Parkin	Holmfirth	1.48	4.A.Grindley	Clayton	1.56
2.A.Bland	Kendal	1.54	5.J.Dawes	Kendal	2.12
3.J.Sutcliffe	Whitehaven	1.54	6.C.Walkington	Kendal	2.17

JUNIORS.

1.S.Tosh	Rochdale	1.48
2.P.Ledward	Seathwaite	1.56
3.E.Ashcroft	Broughton	2.02

DUDDON

SUNDAY ORIENTEERING FELL RACE.

SENIOR MEN.

1.M.Hudson	D.P.	2.42.20	11.I.Holloway	Roch.	3.23.45
2.R.Baumeister	D.P.	2.45.15	12.G.Poole	Roch.	3.24.50
3.A.Philipson	Gate.	2.47.55	13.J.Naylor(V)	Kend.	3.26.00
4.P.Walkington	B'bu.	2.47.56	14.B.Clarke	Tel.	3.29.00
5.H.Forrest	Gos.	2.50.50	15.P.Nelson	Cleator	3.30.15
6.M.Hayes	D.P.	3.02.40	16.C.Hartley	Seath.	3.33.45
7.J.Gibbison	Lanc.	3.04.35	17.G.Wright	Ross.	3.39.35
8.I.Clarkson	Roch.	3.10.30	18.M.Garratt	Guls.	3.48.45
9.D.Curry	Beck.	3.18.25	19.P.Lewis	D.P.	3.53.00
10.T.Sykes	Roch.	3.19.35	20.C.Ratcliffe	Clay.	3.53.30

36 starters: 28 finishers.

LADIES (Different Course)

1.J.Sutcliffe	Whitehaven	2.30.00	3.A.Bland	Kendal	3.15.55
2.A.Grindley	Clayton	2.38.40	4.C.Walkington	Kendal	3.17.55

JUNIOR (Same course as Ladies)

1. E.Ashcroft.	Broughton	3.09.35
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DARWEN MOORS

11 Mile Cat.B.

May 14th

John Calvert ran this one from the front almost all the way to retain his title and break his own course record. The new record n at 1 hour 15 minutes 13 seconds. Only a week after the A.A.A.'s marathon Jeff Norman nevertheless made a comfortable looking second place in a time of 1:15:55 which was also inside Calvert's previous course record.

No further details to hand. (Ed.)

FAIRFIELD HORSESHOE

Cat. A.

May 21st

Comments reproduced from the very comprehensive result sheets by J. Richards L.D.M.T.A. Secretary.

A record entry (330) and 263 finishers, and a hat trick of wins for Mike Short.

The Ladies race produced a fantastic improvement in

performances with the first seven faster than last year's winning time. (Note that Jean Lochhead's time would have placed her almost exactly half-way down the men's result list).

1.M.Short	Hor.	1.13.24	11.D.Smith	Hal.	1.19.02
2.H.Walker	B'bu.	1.13.33	12.D.Cartridge	Bol.	1.19.08
3.J.Norman	Alt.	1.14.35	13.M.Armitage	Salt.	1.19.26
4.I.Roberts	Holm.	1.15.17	14.R.Allinson	Herc.	1.19.30
5.M.Weeks	Bing.	1.16.18	15.R.Whitfield	Kend.	1.19.45
6.B.Robinson	Ken.	1.16.57	16.K.Taylor	Ross.	1.19.53
7.A.Spence	Bing.	1.17.23	17.J.Waterhouse	Bing.	1.20.02
8.R.Ashworth	Ross.	1.17.28	18.P.Walkington	B'burn.	1.20.15
9.W.Bland	Kes.	1.17.48	19.P.Bowler	Staffs.	1.20.33
10.R.Rawlinson	Ross.	1.18.37	20.R.Aucott	D.P.F.R.	1.20.41

VETERANS:- D. Lawson (Bing) 23, W.Ratcliffe (Frod) 27,
D. Weir (Sale) 34.

TEAMS:- Bingley, Rossendale, Kendal.

LADIES

1.Jean Lochhead	Air.	1.33.43	6.Ann Bland	Ken.	1.45.59
2.Ros Coats	Cly.	1.37.16	7.Ann Grindley	Clay	1.47.16
3.Janet Sutcliffe	Unat.	1.40.30	8.Ann Pendlebury	Bol.	1.49.01
4.Brenda Robinson	Bury	1.41.33	9.E.Emery	Ken.	1.53.55
5.Heather Matthews	B'bu.	1.45.59	10.Joan Lancaster	Cumb.	1.56.38

21 Finishers.

THE FELLSMAN HIKE

Saturday/Sunday, May 20/21st

59 Miles: 10,000 Feet

by BILL SMITH

Conditions were similar to last year - good, clear weather with firm going underfoot - and the winning time was the same, too: 13 hours, 27 minutes, jointly recorded by Mike Walford and Alan Heaton. This was Mike's second consecutive victory and brought Alan's total to ten.

The front runners over Ingleborough and Whernside set a furious pace, but Walford soon eased into the lead and remained there until Heaton caught him up near Oughtershaw Tarn, between the Fleet Moss and Middle Tongue checkpoints. Alan, who dislocated his shoulder coming off Whernside last year, got off to a comparatively slow start, lying about eighth on Whernside, but worked his way through the field in typical style to prove that at 50 he is still one of the greatest ultra-distance men around.

Jean Dawes turned in a gradely performance to set a new ladies' record of 17 hours, 35 minutes, having gone round with husband Pete. The team prize was won by a trio of fell runners from the West Yorkshire Metropolitan Police: Peter Jebb, S. O'Callaghan and G. Denham, while the Tregoning Cup for the fastest novice went to D. Cleminson of the East Pennine Orienteering Club. 299 finished out of close on 500 starters.

1. A. Heaton	Pendle Forest Orienteers	13	27
2. M. Walford	Lakeland Orienteering Club	13	27
3. M. Hudson	Dark Peak Fell Runners	14	00
4. D. Cleminson	East Pennine Orienteering Club	14	00
5. D. Calder	United Tramps Mountaineering C.	14	50
6. A. Lewsley	Dark Peak Fell Runners	14	53
7. J. Leather	L.D.W.A.	14	57
8. P. Puckrin	Lanchester Orienteers	14	58
9. J. Ferguson	Whernside Generators	14	59
10. I. Waterhouse	United Tramps M.C.	15	00
11. S. O'Callaghan	West Yorks Metropolitan Police	15	29
12. W. Smith	Clayton-le-Moors	15	34
13. P. Jebb	West Yorks Met. Police	15	35
14. P. White	Holmfirth Harriers	15	36
15. G. Denham	West Yorks Met. Police	15	38
16. R. Mills	2nd Northenden Venture Scouts	16	11
17. D. Snell	Manchester Associates R.C.	16	12
18. R. Marlow	L.D.W.A.	16	27
19. E. Manning	Clayton-le-Moors Harriers	16	46
20. N. Piper	6th Ripon Scouts	16	49

24. J. Dawes	Kendal Athletic Club.	17	35

SADDLEWORTH FELL RACE

MAY 28TH

3 Miles - 950' - Cat.A.

by DAVE MAKIN.

The race this year was held in perfect weather and from the start it turned into a procession. Ricky Wilde was having a 'good day' and on such days he is probably unbeatable by anyone. By the summit he had established a clear lead from Jeff Norman and he proceeded to pull further away to run in 45 secs. clear, smashing his own record by no less than 33 secs. in the process!

Previous winners of the race and "Fell Runners of the Year" such as McGee, Weeks, Short, Walker, Rawlinson etc., were left far adrift on a three mile course.

Wilde's run however could not lift his team into first place and the strong Bingley squad won the team title for the third successive year.

There were 144 finishers and it was good to see a back-to-form Mike Davies win the veterans award with a fine 37th place in 22.10. Gillian Pile (Sale) was first lady in a time of 28.52.

1. R. Wilde (M.A.C.)	18.50	5. M. Short (Hor.)	20.10
2. J. Norman (Alt.)	19.35	6. M. Lambert (Bing.)	20.13
3. M. Weeks (Bing.)	20.00	7. B. Robinson (Ken.)	20.20
4. A. McGee (Bol.)	20.05	8. A. Spence (Bing.)	20.25

9.M.Nolan (M.A.C.)	20.40	15.J.Waterhouse (Bing)	21.00
10.H.Walker (B'burn)	20.41	16.H.Jarrett (Kes)	21.07
11.I.Roberts (Holm.)	20.42	17.J.Fretwell (Holm.)	21.14
12.A.Styan (Holm.)	20.45	18.T.Ramsden (Holm.)	21.17
13.M.McGann (E.C.H.)	20.46	19.E.Trowbridge (DPFR.)	21.20
14.R.Rawlinson (Ross.)	20.55	20.D.Blackley (M.A.C.)	21.25

TEAMS - Bingley 17, M.A.C. 30, HOLMFIRTH 40.

VETERANS - 0/40 M. Davies 37th 22.10
0/50 P. Brook 88th 25.36

LADIES - 1. Gillian Pile (Sale) 28.22
2. Sue Styan (Holm) 30.57
3. L. Davies (Stret) 31.53

5TH CLITHEROE FELL RACE 7½ mile Cat.C.

SUNDAY, 4TH JUNE

1.R.Wilde M.A.C.	48.58	6.J.McGee	Unatt.	52.57
2.A.McGee Bolton	50.04	7.D.Cartridge Bolton		53.08
3.J.Calvert B'burn	50.58	8.D.Anderson Bing.		53.20
4.W.Cooper M.A.C.	51.42	9.C.Waddington Clay.		53.34
5.H.Walker B'burn.	52.47	10.D.Lawson Bing.		53.46

135 Finishers.

THE EDENFIELD FELL RACE SUNDAY, 4TH JUNE, 1978

by Brenda Robinson

This was the 2nd Edenfield race and was organised by Ken Payne of Bury for the village fair committee. The course is seven miles and is fairly fast running most of the way taking in road, paths, tracks and rough moorland.

It was a hot, sunny day and there was good beer and sandwiches on the cricket ground afterwards.

1.A.Spence Bing.	40.36	6.H.Kelly E.Ches.	43.06
2.A.Morley Roch.	40.52	7.S.Bullen Salford	43.50
3.I.Clarkson Roch.	40.55	8.T.Waterhouse P.& B.	44.10
4.C.Robinson Roch.	41.06	9.D.Lewis Ross.	44.22
5.R.Rawlinson Ross.	41.50	10.T.Shaw Roch.	44.47

(1st Vet.)

32. Ben Crook Rochdale 51.05 (1st Vet 0/50).

WOMEN

1.J.Lochhead Air.	50.53	5.E.Craig Bury	61.49
2.B.Robinson Bury.	54.49	6.L.King E.Ches.	64.21
3.A.Pendlebury Bol.	55.59	7.A.Tomkinson Roch.	81.04
4.G.Pile Sale	56.23		

MUSBURY TOR MILE 28TH JUNE, 1978

organised by Eddie Roberts (Rossendale) in conjunction with Haslingden Sports Council. Sponsored by Platt Saco Lowell.

15.P.Bowler (Staff.)	70.18	18.D.Welsh(V) (Harr.)	70.48
16.G.Harrold (Enfield)	70.41	19.D.Booth (D.P.)	70.51
17.P.Jones (Eryri.)	70.43	20.P.Murray (Clay)	70.58

195 finishers.

Veterans:- D. Welsh 18th 70.48 (Vet. Record).

H. Blenkinsop 24th 70.43 W. Ratcliffe 26th 72.09.

Ladies Skiddaw

1.J.Lothead (Air.)	81.42	6.K.Etherden (Roch.)	99.15
2.S.Cox (Enfield)	84.10	7.C.Walkington (Ken.)	99.48
3.A.Pendlebury (Bol.)	89.50	8.J.Dawes (Ken.)	104.49
4.S.Styan (Holm.)	90.21	9.A.Todd (Cumbria)	107.36
5.P.Howarth (Kes.)	96.49	10.S.Wright (Unatt.)	108.39

Latrigg Youths

1.S.Docherty (Holm.)	19.29	6.C.Seaman (Loch.)	21.30
2.I.Donaldson (Cock.)	20.14	7.E.Ashcroft (Unatt.)	21.59
3.P.Muxworthy (Holm.)	20.36	8.M.Hillon (Derwent)	22.14
4.I.Graham (Cock.)	21.14	9.D.Rowe (Holm.)	22.39
5.M.Allison (Cock.)	21.19		

WASDALE FELL RACE

SATURDAY, JULY 8TH

Cat.A: 22 miles: 8,540 feet.

by BILL SMITH.

Following his wins at Langdale and Ennerdale, Andy Styan proved that he has developed into one of the top long-distance rough-stuff specialists with a convincing 3-minute-plus victory at Wasdale. He drew ahead of Billy Bland and Mike Short on the track from Sty Head to Esk Hause, maintaining his lead over the boulder fields of Ill Crag and Broad Crag, and extending it considerably on the descent from Scafell Pike to Brackenclose via Lingmell Col and the nose of Lingmell itself. J. Hubbard (Longwood), a new name to fell racing, won the vet's prize in 13th position, with John Jackson (Rochdale) 2nd in this category in 19th place, while the evergreen Alan Heaton won the 0/50s prize in 37th position. The team prize went to Keswick A.C. with their closely-packed trio of Billy Bland (2nd), Stuart Bland (4th) and Anthony Bland (5th), while other teams finishing inside 13 hours were Kendal, Rochdale, Clayton-le-Moors, Dark Peak Fell Runners and Holmfirth. 112 finished out of 144 starters.

In the Burnmoor Chase for ladies, orienteer, Sue Parkin (nee Banner) scored a truly decisive victory over her nearest rivals - over 6 minutes, in fact - with 17 competitors taking part. The Burnmoor Loop for boys (14-16) was won by C.Graham (Egremont), who forged ahead of Darren Tosh (Rochdale) on the run-in after they'd been together for most of the descent. There were eight lads in this event.

Joss Naylor was prevented from competing through injury (in common with Pete Walkington and yours truly, among others).

but he went for a jog over part of the course to assist any runners who might be in difficulties. It was a generally fine day, with some cloud cover early on, and a cool wind on the tops.

RESULTS

1. A. Styan	Holm.	3.39.15	11. P. Chapman	Ken.	4.03.50
2. W. Bland	Kes.	3.42.59	12. I. Holloway	Roch.	4.05.00
3. M. Short	Hor.	3.43.59	13. J. Hubbard(V)	Long.	4.08.13
4. S. Bland	Kes.	3.47.52	14. J. Blair-Fish	Edin.	4.08.59
5. A. Bland	Kes.	3.55.11	15. A. Philipson	Gates.	4.09.43
6. D. Ratcliffe	Ross.	3.55.25	16. J. Broxap	Kes.	4.10.56
7. R. Whitfield	Ken.	3.55.38	17. M. Walford	Ken.	4.11.36
8. M. Hudson	D. P.	3.56.02	18. K. Shand	Roch.	4.12.29
9. J. North	Clay.	3.56.57	19. J. Jackson(V)	Roch.	4.13.53
10. H. Walker	B'burn.	3.59.51	20. R. Baumeister	D. P.	4.15.27

BURNMOOR CHASE (ladies)

1. S. Parkin	Holm.	58.22	10. E. Whewell	?	72.32
2. J. Lancaster	Cumb.	64.29	11. S. Wright	Unatt.	74.10
3. A. Bland.	Ken.	64.43	12. B. Handscombe	Cumb.	74.54
4. A. Grindley	Clay.	64.45	13. M. Simpson	Liver.	76.27
5. B. Hogge	Eryri.	68.23	14. A. Pendlebury	Bolton	78.03
6. C. Walkington	Ken.	68.33	15. B. Griffiths	?	86.12
7. S. Styan	Holm.	68.43	16. A. Tomkinson	Roch.	90.05
8. J. Dawes	Ken.	69.38	17. P. Walker	Cumb.	96.32
9. A. Bland	Kes.	69.55			

BURNMOOR LOOP (Boys)

1. C. Graham	Egre.	36.38	5. I. Graham	Cocker.	39.08
2. D. Tosh	Roch.	36.43	6. M. Hillon	Der.	39.18
3. I. Donaldson	Cocker.	38.13	7. C. Seaman	Loch.	42.52
4. N. Brook	?	38.22	8. S. Murgatroyd	Clay.	45.53

TURN SLACK FELL RACE

9 m.

SATURDAY 22ND JULY.

Unfortunately I do not have a report on this new event organised by Rochdale Harriers from Littleborough.

Results as follows:-

Senior Men

1. P. Blackney (Sal.)	54.49	6. G. Kay (Long.)	55.19
2. A. Styan (Holm.)	54.56	7. H. Walker (B'burn)	55.23
3. A. Spence (Bing.)	54.59	8. D. Lawson(V) (Bing.)	55.37
4. J. Calvert (B'burn)	55.03	9. D. Anderson (Bing.)	56.53
5. I. Clarkson (Roch.)	55.08	10. A. Pickles (Bing.)	59.18

Veterans 0/40 D. Lawson. 0/50 B. Crook (Roch.) 39th 66.04

Teams:- Bingley 20 pts. Blackburn 35.

Ladies 9 Miles.

1. J. Lohead (Air).	66.22	4. K. Etherden (Roch.)	88.20
2. M. Chambers (Edin.)	72.24	5. S. Styan (Holm.)	92.21
3. J. Eyles (Oxford)	81.27	6. M. Simpson (Liv.)	93.32

Ladies - 4 miles

1. A. Wilkinson (Roch). 31.24 2. A. Tomkinson (Roch.) 41.58

Youths - 4 miles

1.P.Eaves (Roch.)	21.26	4.T.Uttley (Unatt.)	23.27
2.K.Barrett (Roch.)	21.27	5.D.Ogden (Roch.)	24.54
3.P.Uttley (Bol.)	24.48	6.N.Addy (Roch.)	27.48
		7.M.Hollingdrake (Roch.)	33.14

SLIEVE DONARD 7½ miles - 2,796' CAT. A. 22ND JULY, 1978
BY JIM JOHNSTONE

Judged by his own very high standards the 1978 Fell Racing Season to date has been one of mixed fortunes for Mike Short, though Mike himself feels he's been training harder and running as well as he's ever done. As if to underline the point Mike scored a fine win in this year's Slieve Donard Race in conditions which could hardly have been worse, with low cloud, driving winds and rain.

Even in ideal conditions this has always been a difficult course to run, but on the day obstacles such as stream crossings, the steep crags of the Devil's Steps and not least the tricky descent over loose rocks all became quite treacherous. While most of his opponents were attempting to stay upright on the slippery ground or trying to pierce the dense, murky cloud which had enveloped much of the mountain, Mike Short made light of the conditions scoring an emphatic victory, leading almost from start to finish and skating home in fine style in the good time of 68 min. 5 sec. (4 min. outside his own 1977 course record). In this sort of form Mike is sure to have a very big say in the eventual outcome of the Fell Runner of the Year Award in the latter part of the season.

Local favourite and three times winner of this event Jim Hayes of Ballydrain Harriers came through to take second place in 74 min. 30 sec. despite a few navigational problems on the blind descent. One of the days unluckiest competitors must surely be British Army Cross Country Champion "Taffy" Davies who after passing through the summit check point in second place fell badly, breaking a thumb, and had to retire.

Close packing by Denis Rankin third, Jim Patterson fourth and Bob Shields fifth helped Lagan Valley Orienteers lift the team prize and in the process break the three year domination of this award by Ballydrain Harriers.

1.Mike Short (Horwich)	4.Jim Patterson (Lagan)
2.Jim Hayes (Ballydrain)	5.Bob Shields (Lagan)
3.Denis Rankin (Lagan Valley)	6.Stan Graham (Unattached).

Teams - 1st Lagan Valley, 2nd Lurgan, 3rd North Down A.C.

CONISTON FELL RACES

JULY 29TH

by BILL SMITH

On April 25th, a 7½ mile fell race for YHA assistant wardens was run from Coniston to the top of the Old Man and back. First home with a time of 1 hour 11 minutes was Jon Broxap from Longthwaite, who is a member of Keswick AC, while Pete Barton from Keswick was runner-up. (Details gleaned from a "Hostelling News" clipping passed to me by Eddie Manning.)

Due to a change in A.A.A. Laws, amateurs were allowed to compete in their own event for the first time this year at a Lakeland sports meeting largely given over to professional events (though under-16s had competed up to two years ago). The venue was Coniston Sports on July 29th, where Pete Bland Sports of Kendal sponsored a 6-mile race up the Old Man which was won by Brian Robinson (Kendal) in 49 minutes 31 seconds, with E. Trowbridge (Dark Peak) 2nd, and P. Barron (Keswick) 3rd. Jean Lohead (Airedale & Spenn Valley) won the Ladies event over the same course in 1.01.34 from Anne-Marie Grindley (Clayton) 2nd, Anne Bland (Kendal) 3rd, and Jean Dawes (Kendal) 4th.

Local runner Fred Reeves won the 2½ mile Guides Race from Graham Moffat of Sedburgh, with R. Gibson 3rd, S. Carr 4th and Steve Parsons from Troutbeck, near Penrith, 5th. (From a report in "The Westmorland Gazette", August 4th).

Ladies

1.J.Lohead (Air.)	61.34	3.A.Bland (Ken)	72.28
2.A.Grindley (Clay.)	71.06	4.J.Dawes (Ken)	78.35

Men

1.B.Robinson (Ken.)	49.31	11.K.Robinson (Ken)	53.03
2.E.Trowbridge (D.P.)	50.10	12.K.Shand (Roch.)	53.09
3.P.Barron (Kes.)	50.20	13.B.Peace (Bing)	53.15
4.M.Armitage (Salt.)	50.53	14.P.Bland (Ken.)	53.19
5.I.Holloway (Roch.)	50.56	15.W.Ratcliffe (Frod)	53.34(V)
6.P.Jones (Eryri)	50.58	16.P.Dixon (Ken.)	54.01
7.G.Brooks (Bing.)	51.08	17.W.Beresford (Clay)	54.20
8.P.Chapman (Ken.)	51.39	18.G.Gough (Clay)	54.27
9.D.Booth (D.P.)	52.23	19.A.Evans (Ken.)	54.41
10.D.Smith (Hal.)	52.32	20.D.Beresford (Clay)	54.59

5TH BORROWDALE FELL RACE 18 m. CAT.A. AUGUST 5TH.

The following account of the race was written by Dutchman Mart Diemeer and is an interesting account of an ultra long distance road runner's first long distance fell race.

For their holidays a lot of people in Holland go to sunny countries to take a rest and regain new energy.

Very few go to cold rainy places and lose much energy by competing in a fell race. I, together with my friend Ton Peters, belong to that last category.

Being long-distance road-runners, we decided to combine our holidays in England with some long-distance road races, as in our country there are very few races which are longer than the marathon distance. So we took our motorbikes and we went to London. There we ran the "Woodford to Southend"- a 40 miles road race on Saturday, 29th of July.

Our next goal was to run in Edinburgh the "Two Bridges", a 40 mile road race, which was to be held on the 26th of August. Looking for races in the weekends between those events, we found in the fixture calendar of the F.R.A. an 18m. fell race in Borrowdale, which belongs to the A Category, but having to deal in the "Woodford to Southend" with more and higher hills than I ever dealt with before, I had the naive thought that it could be not much tougher for it was only 18 miles; how wrong I was!

When we arrived there, it was raining. Rain kept falling almost every day during the rest of our holidays. First we went to Chris Bland in Honethwaithe to see if we could enter. He wasn't very happy with that when he heard that we had no experience of distance fell-running and navigation, but he accepted our entry and showed us the course on the map, thereby warning us to stay with the more experienced runners in order not to get lost.

On the morning of the race it was rather nice weather when about 175 starters set off on the footpath to Bessyboot. What followed then was something far beyond my wildest imaginations about that race. In all the races I ran before, the other competitors were always behind and in front of me; now I saw them above and below me, that steep was the climb to Bessyboot. The hillside was marshy and when it was not, it was covered with slippery rocks; there were very few paths where an unexperienced fell-runner like me could make some pace.

Up in the hills the weather turned bad and rain and fog made visibility bade. After Bessyboot and Esk Hause came the climb to England's higher peak: Scafell Pike. Descending Scafell Pike, I saw the runners going down like mountain goats, jumping from rock to rock. After a painful sliding I soon gave up my attempts to do the same. The climb to Great Gable seemed endless to me, but I noticed that in going up I could keep in pace with the other runners, for that required not so much skill as the descent. From Great Gable to Honnister should be easy, they told me; so it was, but now I found myself alone with just one other runner, which I must follow at any price, because I had not the slightest

idea in which direction to go. It turned out that he was not so familiar with those fells too, so we lost our way. After some time we saw some walkers and they could show us on the map where we were and finally we reached Honnister Pass. Now only Dale Head was left. Climbing Deal Head I found rather easy compared with the descent, because there were some muscles in my legs protesting heavily against the rude treatment they never had got before. The final yards were flat, and there was some energy left in my body to do some fast running.

At the finish I saw my friend Ton; he was pretty damaged caused by countless slidings on the rocks, but he arrived almost half an hour before me, while the winner Mike Short finished more than 2 hours before me in an incredible fast time of 2.44.52. After a shower in the Scafell Hotel we felt very hungry and thirsty, but the sandwiches and tea which Mrs. C. Bland offered us at the finish took care of that.

That evening there was a dance; the music was taken care of by an excellent steel-band. So we could shake loose the sore legs and what's more there was food from a barbecue and beer which made us feel like human beings again. As a reward for our running we received a nice time - certificate showing the rocky path to Scafell Pike of which we had such "painful" memories, not knowing that a few days later we would be there again, as a result of Boyd Millen, Mike Pearson and Martin Jones' persuasions to try to do the "Bob Graham Round", but that is another story.

And now we are thinking about running the Borrowdale again next year and may be even the Bob Graham once, for after all they were unforgettable happenings in that beautiful Lakeland.

RESULTS

1.M.Short	2.44.52	11.R.Whitfield	3.07.01
2.W.Bland	2.54.05	12.D.Beresford	3.08.35
3.P.Blakeney	2.58.40	13.G.Brooke	3.09.12
4.D.Overton	2.59.08	14.D.Bland	3.10.05
5.D.Ratcliffe	3.01.52	15.K.Shand	3.10.30
6.A.Bland	3.02.13	16.H.Blenkinsop(V)	3.10.38
7.I.Holloway	3.04.54	17.L.Golder	3.10.46
8.D.Booth	3.05.50	18.M.Walford	3.11.30
9.J.Broxap	3.06.05	19.E.Trowbridge	3.11.50
10.M.Hudson	3.06.26	20.H.Walker	3.14.13

Teams: Keswick, Dark Peak, Horwich.

Veterans:	H. Blenkinsop - M. Hayes	22nd	3.16.03
	0/50 A. Hecton	60th	3.38.33

Ladies (Dale Head Race)

1. J. Lohead	1.02.50.	2. P.Howarth	1.04.01.
3. B. Hogge	1.05.02.		

LATRIGG RACE - "CAT A" at Keswick Sunday, August 6th, 1978.
by ROSS BREWSTER

West Cumbrian Alan McGee won this battle of the "young ones". And, despite the slippery underfoot conditions after a night and morning of torrential rain, he was only one second outside the record, for the new Jubilee course, which he himself established in 1977.

Runner-up was the promising Kendal A.C. athlete Brian Robinson, although there was no holding McGee who won by an impressively big margin on this helter-skelter dash to the 1,203 ft. summit of Latrigg Fell and back to Fitz Park.

Host club Keswick A.C. easily won the team race, with two of their runners, Harry Jarrett, a close neighbour of McGee's living in West Cumbria, and Billy Bland remarkably fresh after his Borrowdale Race exertions the previous day, in the first four. Jon Broxap, in 11th place, was the third team counter.

The first "vet", just as he had been in the Skiddaw Race earlier in the season, was D. Welsh of Harrogate A.C. and Robinson took the junior prize.

Jean Lohead easily won the Ladies Race - the first time ladies have run on the Latrigg Race programme - to complete a weekend double, having won the Dale Head Race 24 hours earlier, but this time she had only two other rivals.

The Lakeland Rural Industries at Grange in Borrowdale have donated a handsome silver plate for the winner of the Ladies' Race, to be competed for each year, and now that the race is established, a better entry is hoped for next season.

However, Race Secretary Ken Clark had no complaints about the men's race. Entries were considerably higher than last year and this despite the poor weather. He said: "The decision to revert to our former date, and coincide with the Borrowdale Race, obviously paid dividends and several competitors told us that they thought it was a good idea to combine the two events like this."

After last year's problems which necessitated changing the route of the race, and this year's pre-event worries that entries might be low, it seems that the Latrigg event is now beginning to climb back to prominence on the list of shorter "A" category type fell races.

MEN

1.A.McGee	(Bol.)	17.14	7.J.McGee	(Bol.)	18.56
2.B.Robinson	(Ken.)	18.00	8.V.Duff	(B'bur)	19.00
3.H.Jarrett	(Kes.)	18.10	9.M.Fosche	(Alt.)	19.03
4.W.Bland	(Kes.)	18.12	10.E.Trowbridge	(D.P.)	19.05
5.D.Welsh(V)	(Harr)	18.45	11.J.Broxap	(Kes.)	19.12
6.W.Taite	(Tyne)	18.48	12.A.Styan	(Holm.)	19.20

13. P. Watson (Pud.)	19.21	17. P. Weatherhead (Wirral)	19.34
14. T. Robertshaw (Clay)	19.26	18. R. Baumeister (D.P.)	19.37
15. C. Graham (Egremont)	19.30	19. K. Shand (Roch.)	19.45
16. I. Holloway (Roch.)	19.33	20. J. Ritson (Der.)	19.48
Team - Keswick.		Junior B. Robinson	
Veteran - D. Welsh.			

Ladies

1. J. Lohead (Air.)	23.26
2. J. Millington (Edln.)	25.30
3. K. Etherden (Roch.)	27.34

BARNOLDSWICK WEETS HILL RACE 6m. CAT.C. 13th AUGUST, 1978.

by Peter Knott

For depth and quality of prizes, for presentation, and for post race atmosphere the 8th Weets Race was hard to beat. Clayton certainly showed us how it can be done. The list of sponsors (prizes) donations and helping organisation runs to no less than 66.

Being a C category event with a fair bit of road the race attracts road, country and fell runners, reflected in an entry of 335 and a result sheet running to 200.

After what felt to me to be a suicidal pace at the start I was grateful that the fell is neither steep nor rough. Despite this a good number of regular fell men managed the top twenty but not even Alan McGee could hold the speed of cross country specialist Phil Romain.

1. P. Romain (Hol.)	32.04	6. J. Calvert (B'burn)	33.00
2. A. McGee (Bol.)	32.18	7. I. Clarkson (Roch.)	33.18
3. I. Roberts (Holm.)	32.31	8. D. Quinlon (Bing.)	33.25
4. A. Spence (Bing.)	32.38	9. D. Wilson (Clay.)	33.30
5. J. Temperton (Air.)	32.43	10. D. Nicholl (Wolv.)	33.32

Veterans: H. Kelly (E.C.H.) 16th 34.55.

P. Knott (B'pool 34th 36.38 G. Spinks (Bing) 36.49.

0/50 - B. Crook (Roch.) 88th 39.15.

Ladies -

1. A. Pendlebury (Bol.)	42.58	4. G. Pile (Sale)	48.05
2. A. Grindley (Clay)	47.04	5. S. Derbyshire (Bol.)	49.09
3. K. Etherden (Roch)	47.41	6. J. Allum (Unat.)	52.09

BURNSALL 1½ m. CAT.A. August 19th by P. Knott.

The Dales were blessed with a beautiful day, the first for a while, which brought the usual large crowds to this tiny village for the annual festivities.

By 5.00 p.m. conditions were good for the fell race but the 10 mile road men did sweat a bit earlier in the afternoon.

At least they had a chance to down a few pints afterwards with the exception of the hardy few who elected to do both events!

Mike Short, complete with Swiss suntan, was first to the summit and he managed to hold onto a slender advantage to finish in a time 12 seconds slower than Ricky, Wilde's course record of last year. Alan McGee and Brian Robinson also held their summit positions to the finish but Andy Styan made up ground on the descent to slide in front of club mate Ian Roberts.

A super run by Mike Davies, not normally at his best over so short a distance, in 20th place made him an easy winner of the veteran's prize.

The 'Dales Junior Race' was dominated by the Yorkshire lads from Longwood, Bingley, Halifax and Holmfirth.

There were 119 finishers in the senior race and 52 juniors completed their shortened course.

1.M.Short	(Hor.)	13.02	11.K.West	(Unatt.)	14.49
2.A.McGee	(Bol.)	13.13	12.T.Ramsden	(Holm.)	14.50
3.B.Robinson	(Ken.)	13.21	13.J.Verity	(Bing.)	14.51
4.A.Styan	(Holm.)	13.44	14.G.Brooks	(Bing.)	14.54
5.I.Roberts	(Holm.)	13.48	15.H.Jarrett	(Kes.)	14.57
6.W.Bland	(Kes.)	13.50	16.B.Peace	(Bing.)	15.05
7.M.Woods	(Bing.)	14.07	17.P.Chapman	(Ken.)	15.09
8.A.Taylor	(Ken.)	14.14	18.M.Armitage	(Salt.)	15.10
9.R.Whitfield	(Ken.)	14.18	19.G.Gough	(Clay.)	15.13
10.P.Hartley	(Ross.)	14.42	20.M.Davies(V)	(Read.)	?

Juniors

1.D.Topham	(Lang.)	6.50	6.C.Roberts	(Ken.)	7.34
2.M.Crewe	(Bing.)	7.16	7.D.Almond	(Lang.)	7.36
3.M.Godfrey	(H'fax)	7.22	8.A.Venn	(Bing.)	7.40
4.S.Docherty	(Holm.)	7.25	9.S.Newmann	(Bing.)	7.44
5.A.Barum	(Moston)	7.27	10.M.Calvert	(Ken.)	7.46

FRED REEVES' BURNSALL FELL RACE RECORD by BILL SMITH

Reporting last year's amateur Burnsall Fell Race in the Autumn, 1977 issue of "The Fell Runner" (and in the annual review for "Athletics Weekly"), I stated that in the special professional race two months earlier, when Fred Reeves set his record of 12.47.2, the walls had been partially dismantled to save the competitors climbing them. There was, in fact, only one wall which had a gap in it and this was the one giving access to the long field leading up to the high wall below the steep part of the fell, which was wholly intact. The wall referred to was afterwards rebuilt but collapsed a few feet lower down, thus allowing the amateurs to run the same course as the

professionals. I had hoped to be able to give a more complete report and results of the professional race in this issue but the promised material had not arrived in time for inclusion.

PENDLETON FELL RACE

SATURDAY, AUGUST 26TH

B - 3½ miles - 800 feet.

by Bill Smith

It was a warm, sunny day for Pendleton Village Sports, near Clitheroe, in which the fell race to the cairn ('The Devil's Apronstones') on Apronful Hill, on the Pendle Ridge, was won by Ian Roberts in 21 minutes, 28 seconds, 3 seconds ahead of Mike Short and 17 seconds ahead of Brian Robinson, the promising young athlete from Preston Patrick.

Pete Madden (Blackburn) triumphed over John Jackson (Rochdale) for the veteran's prize, finishing in 38th position with a time of 25.13 as compared to John's 42nd placing in 25.29, while Holmfirth had the fastest team in Roberts, Styan (5th) and Ramsden (11th). There were also a few girls competing, with Anne Pendlebury (Bolton) being first home in (29.26), and Sue Styan (Holmfirth) just pipping Gillian Pile (Sale) by one second for runner-up in 30.21. 155 completed this pleasant grassy course.

RESULTS

1. I. Roberts (Holm.)	21.28	11. T. Ramsden (Holm.)	23.10
2. M. Short (Hor.)	21.31	12. B. Richardson (Ross.)	23.15
3. B. Robinson (Ken.)	21.45	13. P. Hartley (Ross.)	23.16
4. P. Cowell (Ross.)	21.56	14. J. Fretwell (Holm.)	23.21
5. A. Styan (Holm.)	22.37	15. P. Mason (H'fax)	23.26
6. H. Walker (B'burn)	22.45	16. D. Smith (H'fax)	23.33
7. W. Cooper (M.A.C.)	22.56	17. R. Rawlinson (Ross.)	23.40
8. A. Sunter (Hor.)	23.04	18. R. Ashworth (Ross.)	23.49
9. G. Edwards (Bing.)	23.06	19. P. Wilkinson (Clay.)	23.52
10. D. Chapman (Ken.)	23.08	20. I. Holloway (Roch.)	24.09

LADIES

1. A. Pendlebury (Bol)	29.26	4. E. Craig (Bury)	31.52
2. S. Styan (Holm)	30.21	5. H. Matthews (B'burn)	31.53
3. G. Pile (Sale)	30.22	6. A. Grindley (Clay.)	32.04

SIERRE ZINAL ET AL - by BRENDA ROBINSON

The following three reports were written by Brenda Robinson after an August holiday that she and husband Colin together with other U.K. runners enjoyed in the Alps this year. The Sierre Zinal event is now well-known to many U.K. runners but it is very interesting to hear of some of the other lesser known events in Europe. Ed.

SIERRE-ZINAL. Course of the 5 4000's. SWITZERLAND. 17½ Miles
SUNDAY, AUGUST 13TH

This year's Sierre-Zinal race again attracted many British athletes and it was particularly pleasing to see our women fell runners out there and doing so well. They all said they had enjoyed the race and the atmosphere of the event and were pleased with their performance.

One thousand and sixty seven runners took part with one thousand, one hundred and seventy five walkers setting out on the course, four hours before them.

The course and setting for this race have already been ably described by Mike Hobden in the Spring 1977 edition of the Fell Runner (so please refer) and again this year the organisation was superb.

1.S.Soier	Swit.	2.40.18	57.C.Fraser	Scot.	3.10.17
2.A.Moser	Swit.	2.41.40	63.J.Jackson(2Vet)	Roch.	3.12.41
3.C.Smead	USA	2.43.32	64.M.Edwards	Scot.	3.12.57
4.D.Francis	G.B.	2.44.21	69.N.Sander(Or.)	N.Y.	3.14.23
5.H.Walker	B'bu.	2.45.13	86.G.Edwards	Keig.	3.19.03
6.L.Presland	Farn.	2.45.41	93.P.Walkington	B'bu.	3.20.45
7.J.Mouat	Hill.	2.46.47	105.R.Bradeley	Hudd.	3.21.51
8.A.Allegranza	Italy	2.46.47	108.A.Sunter(2Jun)	Hor.	3.22.45
9.D.Siegenthaler	Swit.	2.47.00	121.D.Tosh (3Jun)	Roch.	3.25.54
10.M.Seppy	Héré.	2.48.58	142.C.Manetta	G.B.	3.29.28
12.L.Adams	G.B.	2.49.22	161.K.Shand	Roch.	3.32.09
13.M.Short	Horw.	2.50.11	162.M.Pidgeon	G.B.	3.32.50
17.N.Gates	Bris.	2.55.07	176.D.Beresford	Bolt.	3.34.49
18.M.Woods	Alde.	2.55.12	182.M.Bleasdale	Hill.	3.37.07
24.C.Robinson	Roch.	2.58.04	222.G.Poole	Roch.	3.44.00
25.R.Morris	Alt.	2.59.11	268.M.Romeril	Jers.	3.48.51
31.P.Drinkwater	Jers.	3.00.34	273.P.Dawes	Kend.	3.49.16
33.R.Towler	Stras.	3.02.15	276.G.De Voursai	Jers.	3.49.44
37.H.Chadwick	G.B.	3.03.22	365.B.Todd	Mill.	4.01.44
46.M.Armitage	Durh.	3.07.20	374.K.White	Jers.	4.02.23
51.G.Thompson	Nott.	3.09.29	415.D.Blackett	G.B.	4.07.57
54.P.Bland	Ken.	3.09.43	456.S.Tosh	Roch.	4.15.06
			512.P.Munday	Roch.	4.21.02

WOMEN

1.M.Moser	Swit.	3.48.00	7.A.Bland	Kend.	4.24.43
2.B.Robinson	Bury.	4.08.20	8.J.Werder	Gebe.	4.29.02
3.M.Girard	Fran.	4.10.08	9.C.Billington	Bedf.	4.33.51
4.R.Fehr.	Germ.	4.12.18	10.J.Dawes	Kend.	4.37.50
5.C.Heine	Germ.	4.17.35	15.C.Walkington	Kend.	4.55.15
6.E.Holdener	Zoug.	4.20.49	17.A.Todd	Mill.	4.56.39

43 Women Completed the Race.

TEAMS

1. Switzerland	- S.Soler	2.40.18	- A.Moser	2.41.40
	D. Siegenthaler	2.47.00		

8.08.58

2. Great Britain	- D. Francis 2.44.21	- H. Walker 2.45.13	
	L. Presland 2.45.41		<u>8.15.15</u>
3. U.S.A.	- C. Smead 2.43.32	- D. Casillas 2.43.32	
	R. Trujillo 2.56.17.		<u>8.32.05</u>
4. Italy			
5. France			
6. Germany.			

In the walk Anne Joynson of Horwich finished in a very creditable time of just over six hours.

1st COURSE DE CÔTE. - OBERHASLACH - SUNDAY, 20TH AUGUST '78
FRANCE

The week after the Sierre-Zinal race a number of the British runners travelled up to Strasbourg for the first 'fell type' race in the area organised by the Spiridon Club of Alsace. This was the Première course internationale de Côte (1st international course of the hills) and was held from the village of Oberhaslach on August 20th.

Oberhaslach is a very colourful little village at the foot of the wooded Vosges mountains about twenty miles from Strasbourg. The houses are picturesque with the orange tiled roofs familiar in France, and window boxes full of geraniums and other brightly coloured flowers. The church was at the centre of the village and on the Sunday morning of the race it was endearing to see five of the village elders in their best black suits and hats chatting outside before going in for Mass.

The Spiridon Club of Alsace is a very lively club and they were keen that their first race in the area should go well. One of the chief organisers was Rob Towler, formerly of Leicestershire, who now lives in Strasbourg. Rob is well known for his distance running over a wide area of Europe and he very kindly invited the fell and road runners who were in Switzerland over for his race. He and his French wife, Bernadette worked very hard accommodating everyone and were helped out by the club members including Mike and Anne Spedding (Charlie Spedding's brother) who also works in Strasbourg.

The race was 20.5 kilometres, approximately twelve miles, and went up to a point high in the forest - 3003 feet, and returned more or less the same way. The start and finish were at the football field in Oberhaslach and on leaving the village the course followed the forest tracks among the fir trees. It was good running terrain and varied from wide, stoney paths to narrow, soft mossy tracks under tall, dense trees.

The weather was really hot and sunny and during the race it was pleasant to run in the coolness of the forest which seemed to exaggerate the heat of the sun when the path hit

a clearing in the trees.

One hundred and thirty-five competitors took part and the local television made a very meaningful film of the runners moving through the trees with the shafts of sunlight filtering through the branches onto them.

After reaching the turning point at the Rocher de Mutzig came the steepest descent of the course. It was mainly soft moss with a few tree roots and was perhaps 200 metres in all. Most of the European Hill Races end at the top of the climb, so it was most amusing to see people tip-toeing down losing several places en route. After the race several of the German competitors complained that it was too rough in that particular area. Actually it was comparable with leaving the summit of Pendle during the Pendle Hill Race!

As each runner crossed the finishing line they were given a bottle of the local Alsatian wine - a present from the Mayor of Oberhaslach. Alsace is a great wine growing area and they are rightly proud of their white wines.

The British runners figured very prominently at the prize-giving and some great trophies have been brought back home.

In the evening the members of the Spiridon Club fed and entertained a small group at a local restaurant, which was very enjoyable and it was after farewells and a great many handshakes that eventually the Premiere Course Internationale de Cote came to an end.

Next year the club propose to hold a series of five races in the Vosges. The Oberhaslach race will probably be held on the Sunday before the Sierre-Zinal - 5th August.

This area of France is a beautiful holidaying area with numerous camp-sites and interesting castles and towns to visit.

RESULTS

		<u>Summit Time</u>	
1. Nigel Gates	Bristol A.C.	48.00	1.22.18
2. Jim Mouat	Hillingdon A.C.	48.45	1.22.41
3. Colin Robinson	Rochdale A.C.	48.45	1.23.45
4. Rob Towler	Neuf Brisach	50.00	1.25.45
5. Mike Woods	Aldershot	51.33	1.28.06
6. Patrick Lung	As Cheminots	53.05	1.31.08
7. Christian Zimmermann	Neuf Brisach	53.05	1.31.09
8. Francois Rambaud	La Madeleine	53.45	1.31.18
9. Serge Lemoine	Vittel	54.40	1.33.02
10. Volker Mueller	Neufstadt	56.15	1.35.15
15. Michael Spedding	Neuf Brisach	56.05	1.36.35
27. Martin Bleasdale	Hillingdon	60.53	1.40.36

WOMEN

1. Brenda Robinson	Bury A.C.	67.33	1.57.40
2. Alice Ober	Lingolsheim	85.51	2.29.54
3. Annelise Muller	Lingolsheim	95.55	2.41.33

The 3rd Marathon des Cretes in the Vosges Mountains

Sunday, 27th August, 1978

This race was held on the Sunday following the Oberhaslach race and was organised by the Colmar Athletic Club. Colmar is about 45 miles from Strasbourg and is the nearest large town to the course.

The race is twenty miles and follows a fantastic ridge route above the tree line along the Vosges. The views from the course are really spectacular. The start is at a clearing in the forest at the Col du Calvaire at 1145 metres (3,700') and finishes at a tiny place called Le Markstein at 1245 metres (4,000'). The highest point is Le Hohnock at 1381 metres (4,500'). It's all good running following forest tracks and wide grassy paths.

470 runners set off in the cold misty air, among them Hans Van Kastern, the 100 Kilometre specialist from Belgium and the local Alsatien hero Christian Zimmermann. About twelve women also competed.

The weather soon improved to hot and sunny and as the road followed the whole of the course it was possible to see the race most of the way. This soon developed into a dual between Rob Towler and Colin, with Rob climbing very well on the hills. Colin eventually pulled away in the latter part of the race to win by just over a minute in 2 hours 5 minutes 22 seconds, creating a new record by 40 seconds for the course.

The Spiridon Club of Alsace had given a trophy for the best combined performances in the Oberhaslach race and the Marathon des Crete and this went to Colin with Rob runner up.

The first veteran finished 28th in 2 hours 26.43, and the first woman came home in 2 hours 58 seconds. There was also a trophy for the combined results of skiing the course in February and running the course in August, and this went to Pascal Poirot who ran in 36th in 2 hours 28 minutes 53 seconds.

The race was very well sponsored and the wines, trophies and prizes took a time to be distributed. Again the local television had a field day filming from all angles and vantage points and the event had good coverage on the following evening's sports programme.

The 4th Marathon des Cretes takes place on 26th August, 1979.

RESULTS

1.C.Robinson	Roch.A.C.	2.05.22	4.C.Zimmermann	N.Bris.	2.09.47
2.R.Towler	N.Brisach	2.06.50	5.J-P.Klufts	N.Bris.	2.10.53
3.H.V.Kasteren	Aaken	2.08.50	6.E.Monami	A.S.Mu.	2.11.24

MANX MOUNTAIN MOUNTAIN ORGANISATION

LAXEY GLEN HORSESHOE FELL RACE 12½ miles-3,250 feet of ascent

Sunday Afternoon, 3rd September, 1978 - by Arthur Jones

This was the first year of the increased course which is 1½ miles longer and includes two additional peaks and more rough running, especially in the last 2½ miles, and it is hoped that the Fell Runner's Association will see their way to class it as a Category 'A' Fell Race in future.

The general conditions were good with just a cap of mist on Snaefell and the front running was made by last year's winner, Dave Newton and his fellow Commonwealth Games companion, Steve Kelly. Martin Hudson, of the Dark Peak Fell Runners, Bob Cowley of the Southern A.C. (I.O.M.) and Joss Howland, of the Cumberland Fell Runners were never far behind and there was not a great deal between these five at the finish.

Some of the competitors lost time by taking wrong turnings but generally the course was well defined and of the six check points five of them were on peaks (Slieau Ouyr, Clagh Ouyr, Snaefell, Mullagh Ouyr and Carn Gerjoil (Windy Corner mountain).

The Club Team prize was won by the Manx Athletic Club 'A' consisting of Messrs. Kelly, Newton and Simpson.

The awards were presented at the conclusion of the race by Miss Mona Douglas, of Laxey who was introduced by Mr. George Broderick.

Coverage was given by the Civil Defence Commission and the Laxey Branch of the St. John Ambulance Brigade who are to be thanked for their kind services, not forgetting the Checkers who manned the mountain top and other Check Points.

1.S.Kelly	M.A.C.	1.45.33	6.P.Simpson	M.A.C.	1.58.11
2.D.Newton	M.A.C.	1.46.00	7.G.Kennaugh	S.A.C.	2.00.41
3.M.Hudson	DP.FR.	1.46.58	8.E.Ainscough	S.A.C.	2.03.30
4.R.Cowley	S.A.C.	1.47.15	9.J.Wright	M.A.C.	2.05.55
5.J.Howland	C.F.R.	1.51.17	10.A.Corlett	Bo.Ha.	2.06.56

30 Entries - 25 Starters - 22 Finishers.

This report was sent to me by Martin Hudson who said "Having run an average of about 16 races for each of the last 2 years, I certainly consider the race worthy of 'A' category status (medium length). There is 260 ft. of ascent per mile and the going is quite tough over much of the course." Ed.

THE HODDER VALLEY FELL RACE - 4 m. 9th Sept. from DUNSOP BRIDGE

(A new event).

1.H.Walker	(B'burn)	22.31	4.D.Lawson(V)	(Bing)	24.15
2.B.Robinson	(Ken.)	23.04	5.J.Fretwell	(Holm)	24.33
3.G.Edwards	(Bing)	24.03	6.R.Mitchell	(Clay)	25.16

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7.P.Stanton (Unatt.) 25.42 9.B.Walker (Bing.) 26.06
8.D.Beresford (Clay). 26.01 10.D.Cunningham (Clay.) 26.16

LADIES

1. H. Matthews (B'burn) 31.20 2. A.Grindley (Clay.) 34.26.

HADES HILL AT WHITWORTH (Near Rochdale) - Saturday, 9th Sept.

by Brenda Robinson

These races were held in conjunction with the annual Whitworth Fair which again had craft displays and Morris Dancing and folk singing as the main attractions. Heavy rain had caused the fell run to be shortened last year and again the rain just held off while most of the competitors in the men's race finished.

YOUTHS

1. Peter Eves Rochdale 15.19
2. S. Doherty Holmfirth 16.12
3. A. Uttley Bolton 16.13

WOMEN (A short 3 miles)

1. Brenda Robinson Bury A.C. 18.46
2. Sue Styan Holmfirth 18.55
3. Anne Pendlebury Bolton 19.20

SENIORS

1. Ian Roberts Holmfirth 31.31
2. Colin Robinson Rochdale 31.43
3. Ian Clarkeson Rochdale 32.57

TEAMS - 1st Holmfirth 16 points - 2nd Rochdale 27 points.

ROSSENDALE FELLS RACE - by BILL SMITH

(B Category: 8 1/2 miles: 2,165 feet). Sunday, September 10th

The tenth annual Rossendale Fells Race was run from Marl Pits Sports Centre at Rawtenstall on a blustery, showery day, with heavy going in parts. After an opening section of track, road and cross-country, Alan McGee moved into the lead on the first tough climb up Cribden Hill (1,317 feet) and led the way over the remaining summits of Cowpe Lowe (1,438 feet) and Seat Naze (1,010 feet), with two descents into the Rossendale Valley en route. He finished with a time of 61.13, 46 seconds ahead of course record-holder Ricky Wilde (58.40: 1972). Andy Styan broke away from Wilde and Colin Robinson coming off Cribden and tagged onto John Calvert and Alan Spence, who were in hot pursuit of McGee. However, Ricky overhauled them going up the first of the two climbs leading to Cowpe Lowe and was never again headed, arriving back at Marl Pits in 61.59, 47 seconds in front of third place man Andy Styan. Harry Kelly (East Cheshire) had a fine run to finish in 7th position, thereby winning the veteran's prize, while Derrick Lawson (Bingley), 11th, was 2nd in this category,

having been 1st vet the previous day at Dunsop Bridge. Bingley won the team award with 25 points, followed by host club Rossendale with 34 and Blackburn with 64, and there were 241 finishers.

Four ladies had set off 5 minutes before the men, and Brenda Robinson turned in a typically fine performance to win by the wide margin of 08.02 from Gillian Pile, while Rochdale's Cath Etherden and E. Craig of Bury also did well to complete this tough little course. Meanwhile, a 2-mile junior race up to Seat Naze and back was being won by local runner David Lewis in 13.17, with his clubmate M. Newby runner-up in 14.16.

43 Finished in this event.

Senior Results

1.A.McGee	Bol.	61.13	11.D.Lawson	Bing.	65.48
2.R.Wilde	M.A.C.	61.59	12.S.Breckell	B'burn.	65.56
3.A.Styan	Holm.	62.46	13.C.Pooley	Lanc.	66.00
4.C.Robinson	Roch.	63.28	14.G.Edwards	Bing.	66.17
5.A.Spence	Bing.	64.37	15.J.Waterhouse	Bing.	66.25
6.J.Calvert	B'burn.	64.44	16.R.Ashworth	Ross.	66.26
7.H.Kelly	E.C.H.	64.55	17.E.Richardson	Ross.	66.32
8.P.Cowell	Ross.	65.03	18.D.Lee	Cocker.	66.47
9.D.Quinlan	Bing.	65.29	19.K.West	Wolver.	66.54
10.P.Hartley	Ross.	65.32	20.R.Aucott	D.P.	66.58

Ladies Results

1.B.Robinson	Roch.	81.50
2.G.Pile	Sale	89.52
3.K.Etherden	Roch.	93.08
4.E.Craig	Bury	94.35

Junior Results

1.D.Lewis	Ross.	13.17
2.M.Newby	Ross.	14.16
3. Barlow	Stret.	14.22
4. McTavish	Stret.	14.37

THE LAKE DISTRICT VAUX MOUNTAIN TRIAL 1978

by Mike Hobden

My Lakeland visits are rare; far too infrequent in fact. However, I have made it a habit for the last 10 years to be in the Lakes on the second Sunday in September, for this is the date set aside for the annual Lake District Mountain Trial sponsored by Vaux Breweries.

This year's race, the 28th, was held on Sunday, 10th September. The venue and course vary from year to year; Gatesgarth Farm, Buttermere, provided the setting for the 1978 event. I received the programme as usual, five or six days before race day. A quick glance down the list of competitors revealed many familiar names among the 180 listed on the men's start list.

One interesting new-comer was Richard Trujillo, an American from Colorado, who has been a past winner of the Annual Pikes Peak Race in the Rocky Mountains. As it turned out, Trujillo, didn't run due to injury.

Driving up the M62 from Lincolnshire the previous day,

first squally showers were encountered south of Leeds giving way to a steady down-pour by the time the Bolton area had been reached. Entering Lakeland, the clouds were much lower and the wind blew with increasing strength. During the drive over Newlands Hause, Moss Force appeared to be in full spate and Force 10 Westerly Gales were producing a spectacular spray of water - similar to that often seen at Kinder Downfall in the Peak District. Over the pass and down into Buttermere, Sour Milk Gill on the south side of the lake certainly stood out from a distance suggesting that there had been at least two or three days heavy rainfall. Even though the rain became intermittent later in the evening, it seemed unlikely that conditions would improve for the morrow. Softly, I had opted for bed and breakfast accommodation in Buttermere in preference to squelching about in a sodden camp site.

The following morning the clouds appeared to be even lower at 7.00 a.m. and the rain was being driven horizontally by strong winds blowing up the valley. It certainly wasn't going to be a warm day out on the hills. A solid breakfast inside me, a ten minute drive up the road to Gatesgarth and the car was parked. Already, at 8.45 a.m., competitors were being informed over the public address system, that Checkpoint 4 for the Men's Race was being withdrawn at the discretion of the organisers, bearing in mind the adverse weather conditions.

I walked over to the van for Registration, had the equipment checked - map, compass, whistle, cagoule - collected a No.77 bib and waterproofed Check Point Card, and then proceeded for shelter to a marquee which was still being erected; apparently, the gales had made it impracticable to do this the previous day, I ate a couple of Mars Bars and then set about getting organised. A major decision before any of the longer fell races such as the Vaux - unless one is extremely fit, very familiar with the terrain and very such of one's capabilities - is knowing how much clothing, and what type of clothing to wear. If it's hot, you must be wary of taking too little clothing and paying the penalty later on if the weather deteriorates; if it's wet and cold, it's obvious one needs much more clothing - but how much more? Anyway, I decided on four shirts, one having a hooded top, an Adidas rain-top, shorts and Adidas-Cross studded running shoes. I also carried a ski-pouch around my waist containing mintcake, whistle, cagoule and some polythene bags containing orange Rise and Shine powder. (Excellent stuff this!). The Check Point Card and compass I tied around my neck. The rain was already soaking anyone who dared to venture outside the confines of the tent. Scarth Gap, was visible one minute and apparently non-existent the next.

For those readers not familiar with the organisation of the Vaux, there is an interval, staggered start, with 3 competitors (2 men and 1 woman - the ladies competing for the first time this year) starting at 1 minute intervals. The first competitors were away at 9.00 a.m. prompt and many of these early starters seemed to be making their way up towards Haystacks via Warnscale Bottom. At 9.27 a.m., three minutes before my programmed start time, I reported to the pre-start area with George Brase (No.76) of Clayton-le-Moors, winner of the Vaux in 1961 and 1962 and winner of the second Three Peaks Race ever held, in 1965. At 9.30 a.m., we were on our way - some 100 yards to a barn, a quick "Good Morning" to Frank Travis, "Father" of the Event in recent years, and I collected the Check Point List which read as follows:-

START FINISH: GATESCARTH FARM, BUTTERMERE.	192	148
1. Ring Contour on Haystacks	199	127
2. Tarn Outlet. Tewit How	146	118
3. Stream Junction. Red Gill	129	167
4. Col Loweswater Fells	115	190
5. Spot Height Mellbreak. South Summit (1675 feet)	148	186
6. Spur End White Pike. Above the Crags	159	148

Now for the serious business of transposing this information to my 1" O.S. Map, the appropriate rectangle having been cut out and covered with transparent top beforehand. I must have spent about 10 minutes in the barn thereby wasting some 5 minutes through being over-cautious in checking and double checking the control point locations. This completed - now for the action!

A short spurt up the road; taking a right turn past the end of a wall, I was then on my way towards Warnscale Bottom. In the barn, I had decided to opt for the more direct route up Black Beck to the first check point. Accordingly, I crossed Warnscale Beck near the main stream junction, having gradually overtaken two or three slower runners on the way. I then set off up the steep hillside on the north flank of Haystacks. George Brass, clad in a yellow anorak, and Chris Bland seemed to be about 100 foot higher up. The going certainly got steeper and more craggy and I was beginning to have second thoughts about the wisdom of my route choice. Looking down and across to the north, many runners had decided to keep to the main Warnscale Beck track followed by a detour around Green Crag. However, experience has shown over the years that once one has made a decision, within reason, one sticks to it.

I traversed along a rocky ledge, crossed to the north side

of Black Beck, up over the skyline into the mist and onto marshy terrain. Joss Naylor (start time 9.41) appeared from nowhere; he hadn't found the checkpoint yet. I consulted my map which suggested I ought to be looking to the north. This was confirmed when I saw two runners emerging from the mist having crossed from left to right some 40 yards away. Obviously they had located the first control and were hellbent on getting down into Ennerdale as quickly as possible. Within a minute, I, too, had reported in at check-point one, consulted the map again and taken a south-westerly compass bearing. The mist then cleared momentarily, long enough to reassure me of my direction - the lower approach to Windy Gap between the Gables was just visible to the south-east. I plunged down the steep slope in the general direction of Black Sail Youth Hostel losing some 700 foot in height - deliberately scree-running as much as possible. Where the scree ran out I traversed slightly to the grassy slopes preferring this to the boulder strewn areas, passed two or three spectators in all-red rain-gear as I veered westwards to hit the main forestry track running along the north bank of the River Liza. There were one or two runners strewn out ahead. After about $1\frac{1}{2}$ miles, I stopped to have another look at the map and decided to cross the river by the main footbridge, a mile or so further on, and then, in view of the misty conditions likely to be encountered once more higher up, to follow Low Beck all the way up to Twit How Tarn outlet.

I was about to set off when a green-cagouled figure caught me up; it turned out to be Martin Hyman who also makes an annual pilgrimage northward for the Vaux. We jogged along together just managing to find sufficient energy to natter. We crossed the main bridge as planned, and continued in a westerly direction along a good forestry road, passing High Beck and, inadvertently, Low Beck as well. I didn't realise my error until spotting a clearing in the plantation on the North side of the river, and a small lake on the South side. Back to the bridge across Low Beck (altitude 500 foot) and a turn upwards through the pine forest along a narrow path which kept to the west side of the stream. Half way up, a very fit-looking Mike Davies of Reading A.C., and winner of the Vaux in 1965, 1967 and 1970, passed by; with a start time of 10.00 a.m. he was obviously going well.

At 1100 foot and clear of the plantation which had afforded shelter from the wind and rain, I followed a steep track upwards alternating between the two sides of Low Beck. Runners were emerging from the mist from the left and from the right - all converging on the same route. Presumably those coming from the left had been "armed" with a $2\frac{1}{2}$ " map and had much good use of one of the north-south firebreaks. I took the right hand streams at the fork in Low Beck and as the gradient

slackened, so the terrain became appreciably boggier. Tiring, I stopped for a drink of orange, and then carried on up over the craggy skyline to the check-point of the tarn outlet (2,000 feet). There were runners milling around everywhere in the mist which had by now thickened considerably; evidently they had, like me, found the checkpoint but not the marshalls. Along with other competitors, I spent some 15 to 20 minutes getting progressively colder from the driving rain. Finally, many of us decided to give up the search and to push on to checkpoint 3. Many athletes will have wasted even longer here - others a shorter period of time - BUT, let it be stated straight away, that this was the first instance I had ever experienced a checkpoint being unmanned by Officials in a Vaux Trial. On a more philosophical note, it merely emphasises that many of we fell runners tend sometimes to take it for granted that volunteers will continue to give freely of their time in all sorts of weather conditions to ensure the enjoyment of our sport and safety. Anyway, for all we knew, the Mountain Rescue Group concerned may well have been out on an emergency, warranting far greater attention than any fell race. Enough said!

Many of us took a northerly bearing, veering to the west down the Lingmell spur. It was good to be moving fast again - beginning to feel much warmer - as we picked up a boulder-strew track which headed for the wedge-shaped drive-way between two sections of forestry plantation. The slope became steeper and steeper and it was very easy to lose one's footing on the wet grass. A group of us waded thigh-deep across a badly swollen Woundell Beck. It was again time to consult the map. Whilst doing so another runner veered off to the right; I remember Martin Hyman mumbling something about the runner concerned being the British Orienteering Champion! I suspect that that runner also had a 2½ inch O.S. Map and was going to make use of a North-South firebreak. However, four of us decided upon a "directissimo" and duly took a northerly compass bearing - and so upward into the dense pinewood of Latter Barrow Plantation, climbing steep ground, often on all fours, and contouring slightly to the East of Latter Barrow Summit itself. Eventually, after some 500 foot, the gradient slackened and we emerged from the plantation. Having crossed Smithy Beck, Clews Gill was followed to the col at 1630 foot. By now, the mist had again become very thick and the appearance of metal stakes and fencing along the watershed proved reassuring. Over the fence, taking a bearing slightly west of north, and the marshy ground predictably soon gave way to the main branch of Red Gill. It was only a matter of 2 or 3 minutes before checkpoint 3 was reached.

A bite of Mint Cake, another look at the map and having

decided to take a direct route towards Mellbreak I rapidly lost some 700 foot in height descending to the boggy morass of Mosedale Beck. Some runners were strewn out ahead on this same direct route whilst others appeared to have wisely taken a detour along the northern slopes of Gale Fell, thereby veering to firmer ground. Inevitably, our group of four began to split up as we began to climb from 800 foot to the Melwith South Summit of 1676 foot - this merely reflecting our differing degrees of fitness. I stopped for another drink of orange and then, hands on hips, tried to maintain a steady upward plod, yet again into the mist. Soon, runners were beginning to appear, descending at great speed evidently having reached the control en route for Red Pike.

Eventually, I reached checkpoint 5, made a further reference to the map and was again (!) joined by Martin Hyman. We, in turn, set off at a relatively high speed, down-hill and crossed Black Beck as far west as possible to avoid losing height. Crummock Water had now come into view to the north east. Martin must have been fitter than me; I couldn't maintain the speed he was showing on the track up the west side of Scale Beck. After half a mile, I crossed Scale Beck, at 1250 feet, and followed its eastern tributary until it petered out. I was again beginning to tire; my thigh muscles were stiffening with the cold and rain. Two runners who were following me up towards the summit of Red Pike were rapidly gaining ground on me. I managed to keep up with them. As we followed the well defined track up yet again into very thick mist to the Summit of Red Pike (2476 feet) the last 200 foot of this climb proved really taxing. Taking a southerly bearing we headed along the spur then downwards to checkpoint 6 (2150 feet) passing several runners returning from the control, as we made the descent.

Now, all (!) I had to do was get back to Gatesgarth Farm. I retraced my steps, regaining height slowly, towards Red Pike then veering to the east of the actual summit before taking the well-worn loose track in the direction of Bleaberry Tarn which soon came into view on the right. Martin Hyman yet again appears mysteriously out of the mist; he must have wasted time locating checkpoint 6, because, he should by rights have been well on his way towards the finish. I passed the tarn using the main path trying to avoid the boulders and the deeper pools of water - no easy matter - crossed Sour Milk Gill (not that I knew its name at the time) and then left this footpath and began to traverse eastwards on rough, wet grass below the High Stite Crag. I spent much of the next 15 minutes slithering down on my backside (the Adidas Studs were not serving their purpose) whilst

following a sheep track. At this stage; any ascent was a "kiliel". For some five minutes now, the white marquee and parked cars at Gatesgarth Farm had been visible - no greater spur was needed to finish. On reaching a small stream, Comb Beck, I followed this down to Horse Close. To maintain even a steady jog over the "horizontal" footpath skirting the southern end of Buttermere required considerable and increasing efforts and I was beginning to lose ground on the two or three runners ahead of me. I took the left turn over the bridge across Warnscale Beck, and followed a boggy farm track and so to the finish tunnel.

Covered in mud and sweat, soaked through and tired, I was very pleased to cross that finish line after some 15 miles involving a course shorter than in previous years but in the prevailing conditions it was plenty long enough - certainly it had been a trial in the true sense of the word. Of the 153 runners that started, 118 finished. I was placed 60th; my time a mediocre 5 hours 42 minutes, compared with Billy Bland's (Borrowdale Fell Runners Club) having a time of 3 hours 46 minutes. I surrendered my punched checkpoint card and bib to an official, shook hands with Roger Baumeister who had also just finished, and made my way towards the Beer Tent. Thirst quenched, I decided to get dry and put on clean clothes as quickly as possible. Then to the main tent for hot food, and drink and the presentation.

In conclusion, I can only echo what Joss Naylor had to say when receiving his trophy. He drew the attention to those present to the debt all runners owed to all those people involved once more in staging the event.

And so another Vaux Mountain Trial was over; now for the long drive back to Lincolnshire and plenty of time to reflect on the day's events. It is certainly a privilege to take part in this event; there is something about this fell race of all fell races that is unique. It seems to retain a friendly atmosphere of its own - long may it continue to do so. I simply hope to be back again "somewhere in the Lake District" on Sunday, September 9th, 1979.

"A" Category - 14.3 miles - minimum ascent of 6,700 feet.

1.W.Bland	Borr.	3.46.04	11.A.Evans	Ken.	4.31.08
2.J.Naylor	Ken.	3.56.07	12.M.Garratt	Mand.	4.31.18
3.P.Murray	Clay.	4.01.51	13.M.Hudson	D.P.	4.32.44
4.A.Philipson	Gates	4.03.24	14.D.Rosen	H&H.	4.36.00
5.I.Holloway	Roch.	4.13.25	15.D.Overton	Ken.	4.36.16
6.P.Barron	Borr.	4.17.10	16.A.Richardson	Ken.	4.36.29
7.P.Walkington	B'bu.	4.19.14	17.J.Norman	Alt.	4.36.40
8.J.Broxap	Borr.	4.23.05	18.T.Walker	Unat.	4.38.15
9.J.Gibbison	Lanc.	4.26.58	19.K.Windle	Ken.	4.40.48
10.B.Bullen	Orie.	4.28.21	20.M.Hayes	D.P.	4.41.04

Teams - 1. Borrowdale Fell Runners

2. Kendal A.C.

Vets 0/40 - J. Naylor 2nd

M. Hayes 20th

H. Blenkinsop 27th

Vets 0/45 - M. Davies 41st

D. Talbot 47th

153 starters - 118 finishers.

Vaux Ladies - 5-7 miles - 3,900 ft. (minimum).

1.R.Coats Clyde. 2.30.10 7.G.Mather Fell. 3.28.54

2.A.Salisbury SROC. 2.45.30 8.M.Rosen London 3.40.40

3.B.Hogge Eyr. 2.49.20 9.W.Dodds Gramp. 3.45.85

4.S.Harvey Forth. 2.54.00 10.P.Haworth Kes. 3.55.45

5.S.Pawsey Unatt. 3.15.30 11.J.Dawes Ken. 4.14.27

6.A.Grindley Clay. 3.21.50 12.J.Evans Unatt. 4.52.25

13. M. Pennell Unatt. 4.53.35

14. S. Adams Unatt. 5.07.47

15. P. Calder D.P. 5.18.33

17 Starters - 15 finishers.

LANTERN PIKE FELL RACESaturday, September 16th.C: 5 miles: 1,050 feet.by Bill Smith

Hayfield Sheepdog Trials, Derbyshire, were once again blessed with a fine, sunny afternoon, though there was a lively breeze about on this occasion and the going was a bit heavier than last year. Jeff Norman moved into the lead on the final steep climb up to the Pike and was never headed, finishing 20 seconds ahead of runner-up Martin Weeks with a time of 32.26, and missing Ricky Wilde's record by 03.19. Harry Kelly stormed around in 33.30 to gain 6th place and the prize for first veteran, while his East Cheshire Harriers Club-mate R.A. Norman finished in 31st position to win the Over-45s prize. Steve Harwood of Hayfield (and Dark Peak Fell Runners) was the first local back in 50th position out of 104 finishers and Manchester Harriers (Nolan, Gee, Keech) had the fastest team. The lone female competitor was Gillian Pile of Sale Harriers, who completed the course in 43.55, which would have placed her 87th amongst the men.

1.J.Norman (Alt.) 32.26 6.H.Kelly (E.C.H.)V. 33.30

2.M.Weeks (Bing.) 32.46 7.M.McGann (E.C.H.) 33.47

3.M.Nolan (MAC.) 32.56 8.K.West (Wolv.) 34.12

4.C.Robinson (Roch) 33.14 9.D.Gee (M.A.C.) 34.40

5.K.Breeze (Sale) 33.18 10.G.Berry (D.P.) 34.42

STOODLEY PIKE FELL RACE

Saturday, 23rd September

B: 3½ miles: 800 feet.

by Bill Smith

The third amateur Stoodley Pike Fell Race (formerly a professional event) from the Top Brink Inn at Lumbutts was run in damp, misty conditions with right heavy going through the reed beds alongside the wall on the way back. Brian Robinson was first to enter the long field leading down to the finish behind the pub, but Jeff Norman sprinted past him to reach the tape two seconds clear with a time of 17 minutes 22 seconds. In 3rd place with a clocking of 17.27 was Harry Walker, who had been leading at the Pike. Kendal (44 points) won the first team prize from Rochdale (72), Holmfirth (86) and Blackburn (90), while the fastest veterans were Harry Kelly (East Cheshire) 0/40, Tom Sykes (Rochdale) 0/45, Ben Crook (Rochdale) 0/50, and J. K. Riley (Clayton-le-Moors) 0/55. First local home was 18-year-old Cary Baggott of Todmorden Harriers in 28th position out of 159 starters. Full results of the men's events will appear in the next issue. (The above results come from the "Todmorden News & Advertiser", Friday, September 29th).

LADIES - By Brenda Robinson

The Ladies Race started ten minutes after the men's in slight drizzle. It was quite misty on top with the Pike hidden until the runners were about thirty yards from it, and the course was very wet and muddy again at the foot of the descent from the Pike.

1. Brenda Robinson (Bury)	22.38	5. Ann Pendlebury (Bol.)	25.11
2. Sue Styan (Holm)	23.00	6. Ann Salisbury (Unat)	25.19
3. Gillian Pile (Sale)	23.50	7. Kath Etherden (Roch)	26.08
4. Hilary Mathews (B'bu)	24.09	8. Angela Tomkinson (Roch)	?

THIEVELEY PIKE FELL RACE

Saturday, September 30th

A; 3½ Miles: 800 Feet.

by Bill Smith.

Thick fog and torrential rain in West Lancashire, but blue skies and sunshine on the Pennines above Burnley, where the Thieveley Pike Fell Race was being held in conjunction with the Holme-in-Cliviger Sheepdog Trials. Dave Cannon's six-year-old record of 19.55, achieved in similar weather but with less heavy going underfoot, was at last shattered by another young Kendal A.C. runner, Brian Robinson, who may well prove to be a worthy successor to both Cannon and McGee as Lakeland's premier short, steep fell race specialist. His time of 19.46 on this occasion was 21 seconds faster than that of runner-up Mike Short, who won the 1976 event, while third-place man Harry Walker was a further 22 seconds adrift. There were, too, some gradely veteran performances in this race, with three over-40s finishing in the first twenty: D. Welch (8th), Mike Davies (13th), and Harry Kelly (16th). Dougherty of Holmfirth (21st in 22.49) was the first junior home, three places and 16 seconds ahead of Rochdale.

Darren Tosh, while Horwich RMI Harriers were the only club to pack three runners into the first twenty. The 148-strong field included six ladies, of whom Jean Lohead was fastest, in 26.36, with Sue Styan 2nd with a time of 27.52.

Ladies' Results

1.J.Lohead	Aire.	26.36	4.G.Pile	Sale	30.46
2.S.Styan	Holm.	27.52	5.E.Craig	Bury	30.46
3.L.Brennan	Pres.	30.06	6.L.King	E.C.H.	34.12

Men (rec).

1.B.Robinson	(Ken)	19.46	11.D.Farmer	(Sale)	22.10
2.M.Short	(Hor.)	20.07	12.G.Berry	(D.P.)	22.12
3.H.Walker	(B'bu)	20.29	13.M.Davies	(Read)V.	22.8
4.M.Weeks	(Bing)	21.09	14.G.Brooks	(Bing)	22.22
5.P.Hartley	(Ross)	21.36	15.K.Shand	(Roch)	22.29
6.R.Whitfield	(Ken.)	21.40	16.H.Kelly	(ECH)V.	22.31
7.A.Sunter	(Hor.)	21.51	17.B.Simmonds	(Barrow)	22.32
8.D.Welch	V.(Harr)	21.54	18.E.Trowbridge	(D.P.)	22.33
9.D.Ratcliffe	(Ross)	22.01	19.D.Smith	(Hal.)	22.41
10.T.Robertshaw	(Clay)	22.09	20.D.Fleming	(Hor.)	22.46

THE THREE PEAK CYCLO CROSS - September 24th

by John North

The route of the cross event is different to our race, the start is in the same field but then turns right going out of the gate and up the road to Ribblehead, and just to make sure the race gets off to a good start, there's a £10 prize for the first man to the viaduct, then the route is the same over Whernside to Hill Inn, from here is down the road for about ¼m. turn left and up through the limestone escarpment and past Mereg;ii Pot and straight up the face of Ingleborough then over Simon Fell to Selside down the road to Horton, up Pen-y-Ghent by the same route as we use now and back the same route. I was first talked into having a try at the Peaks Cross by Pete Walkington when training with him in the Duddon Valley for the 1975 Vaux. I had been thinking of buying a bike for sometime and Pete's account of the event was enough to see me visiting the local cycle shops.

Two weeks later on a standard road bike I had a go, I lost count of the number of times I fell off. After the top of Whernside I was more or less with the same group of riders so what they did I did, or tried to do, it was mostly a case of run past on the up hill and get re past on the downhill sections, usually when I was removing the bike or myself or both from some bog or other I finished 16th and it was one of the best days fun I have ever had, damage to me and the bike non.

A year later I was back again, didn't fall off as much

and as a result I improved to 12th but was very dissatisfied as Pete finished 11th!!! Last year I had a new cross bike and rode as a member of Bronte Wheelers, having done a few cross events the previous winter I was a bit more of a cyclist, as usual I found the start up the road sheer murder but by the top of Whernside I was about 8th and held this until the climb up Pen-y-Ghent, Eric Stone who rides for Ron Kitching, was out on his own, with a group of 6 riders together including the Bronte team of Chris Wilkinson, John Bell and Tom Macdonald about 10 mins. down. I caught this group about half-way up Pen-y-Ghent and this meant 4 Bronte riders for three team places!!! By the top I was second, but John Atkins, 9 time national champion gave me a bike riding lesson on the way down, particularly jumping drainage ditches. John and his bike did, I did but my bike didn't, Chris caught me at the shooting hut and we had a great battle down the lane with Chris and myself trying to ride each other up the walls or anything else handy, we passed each other a number of times but at the finish Chris pinned me to the kerb and then out sprinted me for 4th place, and that between close friends, cross can be a bit rougher than running!

This year I found myself billed as the main challenger to Eric Stone, Ron Kitching Cycles. The race was run in awful conditions, heavy rain, low cloud and thick mist which made bike control on the descents very difficult. I had a bad start getting someone's pedal in my rear wheel in the sprint for the gate at the start, I was hoping for a good ride up the road so I could be with Eric at the bottom of Whernside, but it wasn't to be. I had to work very hard up the road to get back with the leaders. I got within 50 yds. of Eric about a third of the way up Whernside but from then on he pulled away, by the top I was second with Ian Jewell also riding for Ron Kitching. I managed to get away on the descent, not by better riding but by taking more risks. I had too if I was to catch Eric, but I never did. After Whernside I didn't see another rider until Eric and myself crossed near the top of Pen-y-Ghent, I was about 3 mins. down but 15 mins. up on John Atkins in third place, so I had only one worry, could I catch Eric on the descent. Just to give some idea of what a cross ride and bike can do, from the top of Pen-y-Ghent the only time you have to get off the bike is for the stile about a third of the way down, all of the descent is rideable and most of it very fast, but I over did the risk taking and on the rocky track about $\frac{1}{2}$ m. from the top I lost control and smashed my gear mech. into my rear wheel and had to run most of the way to the shooting hut where I changed bikes. I had a steady ride from here as there was no hope of catching the leader. It was just a matter of finishing

2nd, 7 minutes down on Eric. But for my trouble at the start it would have been a more interesting race but my money would still have been on Eric, this year.

Pete Walkington, Bronte W., and Alan Evans, Kent Valley had very good rides to finish 4th and 5th, Dennis Beresford improved to 10th, Tom Robertshaw to 17th, Pete Bland 21st and Pete Dawes also finished. Well done the fell runners.

1. Eric Stone	Ron Kitching Cycles.	2:50:55
2. John North	Bronte Wheelers	2:57:40
3. John Atkins	Harry Quinn Cycles	3:09:41
4. Pete Walkington	Bronte Wheelers	3:17:48
5. Alan Evans	Kent Valley R.C.	3:19:00
other fell runners:-		
10th Dennis Beresford	Bronte Wheelers	3:24:05
18th Tom Robertshaw	Bronte Wheelers	3:35:42
21st Pete Bland	Kent Valley R.C.	3:37:47
41st Pete Dawes	Kent Valley R.C.	3:57:43

As many of our readers will know, John North now does quite a bit of Cyclo Cross in the winter months and they will be interested to know that John finished 6th in the recent Northern Championships at Bishop Auckland won by Eric Stone. (From the Daily Telegraph) - Ed.

A TRIP TO THE ISLE OF MAN

by David Moulding

I'd always fancied a go at the Manx Marathon, but had been put off by the complicated arrangements which seemed necessary. So when I overheard three of the lads from the club discussing the race I moved my chair a bit closer. Once they found I was interested I was presented with a photocopied entry form, and before the next two rounds had been sussed I had parted with enough cash to cover fares and entry, and we had decided which class to honour with our presence. It had to be either Elite or Standard. The latter started a couple of hours earlier which would mean, unless we did very badly, that there would always be someone behind us to pick up our bodies. So Standard it was. We were going to make a weekend of it - travel over on Saturday, suss out the route on Sunday, and do the race on Monday. The evenings we planned to spend in the company of some of the delightful girls who would be thronging the Island over the Bank Holiday weekend I was looking forward to it all enormously. Then a surprise. Geoff must have let on to his wife about the girls - not the wisest course of action - and as a result was forbidden to go over before the Sunday evening plane. This despite having paid for a ticket on the Saturday boat. Ah well, we thought,

poor henpecked creature, we should feel sorry for him.

We'd arranged that Jim would drive Harry over to my place in his shiny new car and then, because he did not want it nicked in Liverpool, leave it in my garage, and we would complete the journey in my old banger. No thief would want that. The drive to the pier was uneventful, apart from going through the Mersey Tunnel by mistake which cost 25p, and then having to turn round and go through it again for a further five bob. We found somewhere to leave the car amongst warehouses and bombed sites, a mere twenty minutes suitcase lugging walk from the pier. Once aboard we found a number of other fell runners skulking on deck. A stiff breeze was blowing which made me think that once out of the river the sea could well be on the choppy side. So I retired to the lounge and settled down to a kip, hoping not to awaken till the ship bumped against Douglas pier. By the time I woke up my companions had already consumed a substantial lunch and liquid refreshments, and visible beyond the waves was the island with Douglas in the foreground. Well, I thought, you win some, you lose some. Although a trifle hungry I must be a couple of quid or more in front.

On disembarking we found the rain coming down pretty hard, so we collared a taxi and were driven to the hotel in style. Now I think I forgot to mention that another lad from the club was coming over too, but because he was bringing his wife and all his children, had made his own arrangements as they say. So when we got to the digs there was Peter and his lovely wife Sarah surrounded by cases and kids. I think I should tell you that Peter is a charming fellow, a successful businessman, a leader of men and in addition a pretty fair runner. He told us that he would arrange the hire of a car so that we could trace the route on Sunday, and so that Sarah could provide support during the race. As it had stopped raining the three of us went for a stroll along the front in the watery sunshine. There was hardly anyone about, and the only birds to be seen were a couple of bored looking hoodie crows on the beach. Never mind, we thought, it'll be different tonight.

The hotel was fairly full, but not with fell runners. The other competitors we had met on the boat must have known something that we didn't. No, the guests at our place consisted of one or more teams who were to play in the football tournament. Because, as we discovered, the fell race is pretty small beer compared with the other sporting events taking place. Our particular footballers were a bunch of healthy Irish lads and, although no doubt keen enough on their chosen sport, were obviously a lot keener on seeing how much liquid the human frame can absorb without sustaining permanent damage. I don't

suppose they won any matches but they certainly enjoyed themselves. We met up with Peter and his family at dinner and he told us that he had managed to get a car - the last one in Douglas apparently. That evening we nipped out for a few ales and to have a dekko at the night life. The main thing we learned was that there definitely weren't any girls. It seems that the fair sex eschew the Isle of Man and all its works until July or August, which made us about four months too early. So we visited a beefburger joint. And went to bed early.

That night the footballers returned from heaven knows where at around 3.00 a.m. and proceeded to kick up a fair shin-dig, getting into apple pie beds and throwing each other fully clothed into baths of cold water. Luckily they got tired of this after a couple of hours or so, and we were able to resume our slumbers. The next evening it was made clear that Peter, in addition to his other sterling qualities, is a force to be reckoned with. He informed the hotel proprietress, in the nicest possible way, that if there was any repetition of last night's disturbances we would withhold payment of our bills. It's remarkable what can be achieved by appealing to people's better natures; from then on the nights were comparatively peaceful.

After breakfast on Sunday we collected packed lunches and all nine of us, including Sarah and the kids, somehow squeezed into the 1800 which Peter had hired. The plan was to retrace the route of the race in reverse, visiting each spot where it crosses a road. There are fifteen such places. To start with we spent some time at each halt, studying the lie of the land and selecting what appeared to be the best route. However, as we progressed, our stops became shorter and shorter, until it was just a question of struggling out of the car, gazing around vaguely, then piling back in again. I think that Sarah and her offspring were becoming increasingly bored with the day's proceedings. Half-way round, beside a reservoir near Injebreck, we got out and ate our packed lunches. It was grey and chilly, and after we'd finished Jim pointed out that we'd more or less been sitting on a dead sheep. I was quite glad to arrive at Ramsey where we had coffee and the kids consumed a few pounds of confectionery. Sarah said that she was quite upset at the thought of our giving up our Bank Holiday weekend just to run in a race. I couldn't think of an answer to that one. After coffee Peter drove us rapidly back to Douglas. That afternoon Jim and I went for a jog, while Harry stayed behind studying the map. Now before leaving home I had prepared a schedule for the race which would take, I reckoned, a modest six and a half hours. Harry was scornful. 'I'm looking for something near six hours', he said.

And then proceeded, by knocking minutes off here and there from my schedule, to do just that. 'Harry old lad' I said, 'You're a marvel. Without moving off that bed you've managed to reduce your time for the race by thirty minutes.' Harry takes life seriously and was not amused. By dinner time there was still no sign of Geoff. Jim and Harry, in an unseemly exhibition of greed, persuaded the waitress to share out Geoff's dinner between them. Just as they were wiping the gravy off the plates with bits of bread Geoff shambled in. After dinner, as befits men facing a stern test of stamina on the morrow, we cut the ale down to a couple of pints or so. And went to bed early again.

As I already told you, the night was uneventful, and we woke the next morning to wild winds and rain. Lovely, I thought as we dressed hastily in the pale light of dawn. Sarah, our support party, had jibbed at getting herself and the kids up early to drive us to Ramsey for the start, so we had hired a taxi. It was one of those tall square black jobs you used to see in the nineteen forties. Maximum speed about 30 on the level. And as the driver elected to take the scenic route, which reaches around 1400 ft. O.D., there were moments when we wondered if we'd ever make it. However, it did a good job in getting the old adrenalin flowing, which should be useful when we started. When we got to the changing rooms we were unpleasantly surprised to find that the other runners in Standard Class were in general pretty hot, and clearly not going to be troubled by us. When we had entered this class I must admit that I had expected all the runners who were at all reasonable to be in Elite, leaving us to polish off a few glorified fell walkers. So, with confidence at a low ebb, we lined up for the start. Joss was there to see us off in the sunshine which had just broken through. I was not to see him again till South Barrule. I'll skip the details of the race. If you've run a long one you'll know what it was like; if you haven't, well I don't suppose I could give you much idea. The main thing was that Peter went off like a steam train, with the result that we only saw Sarah at the first rendezvous. After that he, and she, were too far ahead. So we had to do without refreshments apart from gnawing the odd sheep bone. For me, the best bit of the race was the discovery, with half a mile to go, that the finish had been moved half a mile nearer. Marvellous.

Before leaving Douglas we had handed our bags to Sarah. Mine contained, in addition to some clothes to change into, a little carrier bag containing first aid kit, food and drink, and also all my spare cash, which I had been reluctant to leave in the hotel bedroom, as the locks were flimsy and the foot-

bailers muscular. Imagine my surprise when, on getting back to the hotel, I found the little carrier bag was missing. Twenty nicker, my worldly wealth. Which was earmarked, among other things, to pay my bill. I got myself under control. 'Stiff upper lip, old lad', I said to myself. After all, it has to be somewhere. So when, after showering, Jim suggested a little drink in the bar, I said 'Great idea', although I couldn't have bought a box of matches. In the bar I disclosed my predicament to the lads. Without a word Jim pressed a wad of fivers on me, a kindness I won't easily forget. It was clearly a matter of some urgency to question Sarah before all thoughts of the race, my kit bag and the little carrier bag had floated out of her pretty little head. Unfortunately, she and Peter and the family had already left us to dine out with some wealthy friends somewhere on the island.

The thought of having to explain, on my return home, that the family fortunes were reduced by twenty iron men, rather preyed on my mind during the delightful wing ding which the race organisers put on in the evening for the runners. After the meal we were addressed for some minutes in Manx Gaelic by the redoubtable George Broderick. He then switched to his adopted tongue, i.e. English, to tell us what wonderful fellows we all were, and to introduce the local dignitary who was to present the prizes. As Peter wasn't there it fell to me, as senior member of our party, to collect his prize. As this hadn't been properly explained to the old chap handing it out, I was shaken by the hand and warmly congratulated for some time.

We didn't meet up with Peter and his family again until breakfast. I asked Sarah about the little carrier bag. 'Oh, that', she said, 'I think I've thrown it away'. Consternation. 'Where?', I asked, with visions of it being eaten by sheep beside some lonely mountain road. Then Peter took a hand. 'I think I packed a little carrier in my case. It had some first aid kit in it. Why, did you want it?'. I explained, yes I did want it, and pretty badly. He jumped up from the table, opened the case and, wonder of wonders, there it was. Complete with contents. All's well that ends well, Shakespeare is supposed to have said. He didn't mention the ulcers you get waiting for things to end well. When I returned Jim's loan he murmured 'Don't mention it, lad'. Definitely a brick. Jim, I mean.

If the trip over had been a bit choppy, the one back was positively tempestuous. As the boat drew out from the harbour and we hit those big waves, I was struck by the thought that the journey was going to take about as long as Mike Short had taken in winning the race yesterday. A dismal prospect. But, to paraphrase the Bard, even the worst things

come to an end. And it was while we were approaching the pier at Liverpool that I felt in my pocket for the car keys. Then I tried another pocket. Then another and another. Then my bags. I decided to wait till we were on terra firma before mentioning this little mishap to the lads. No point in getting thrown over the side. But in fact when I told them they were as meek as lambs. It appeared that Geoff was something in the motor trade, quite respectable I believe, and one of his accomplishments was knowing how to start a car with a bit of wood picked up from the gutter. After that I just didn't have the heart to refuse to drive him to Blackpool Airport, where he'd left his own car.

So it was over. A weekend to remember. We shook hands, vowing to keep in touch. And next year? Well, I might just try the Laxey Glen race. You see it's held in the summer and, who knows, the place might be full of lovely girls. I suppose a man can dream.

MARSDEN TO EDALE

by a 'local runner'.

Around the turn of the Century this classic route became a popular fell walk among hardened Manchester and Sheffield hikers keen to foresake their peat turf fires and home brewed ale for a Sunday getting drenched and cold amidst the peat hags.

Such men seemed to choose the worst winter days to span the three wild barren plateaus of the Southern Pennines: Black Hill, Bleaklow and Kinder Scout. Indeed, they found even such a challenge inadequate, and lengthened the walk to include the horrific White Moss, Illstone and Blackstone Edges and beyond.

The idea of holding a fell-race over the route appears to have been the whim of Bryan Stokes, The Sheffield mountaineer. He invited a few locals, in the December of 1973, to choose their own route from the New Inn, Marsden, to the National Park Centre in Edale. Predictably, the race was won by an orienteer, Chris Brad, who became the first man ever to complete the route in under four hours.

The course became more and more refined as each race took place. Roughly speaking, if you put a ruler on the map between Marsden and Edale, apart from minor deviations, you have the optimum route now taken by the runners. In 1974 Mike Hayes broke 3½ hours, and in 1975 fell runners from further afield appeared on the scene. Joss Naylor of Kendal and John North of Clayton were out to break the orienteer's domination. However, the day was tailor made for the compass boys, a thick coating of mist covering almost the entire route. At a point near Bleaklow Summit a rather comical

scene was enacted with Joss following a local runner in one direction, John North disappearing off at 90° to them, and the orienteer Rick Plumb slipping through between them to win the race in just 3 hrs. 2 min!

In 1976 Jeff Norman followed John North and Graham Berry for most of the way to Bleaklow, where once again everyone went in startlingly opposite directions! Must be the magnetic rocks. It was in this race that a local runner broke the three hour barrier for the first time despite the 6" carpet of snow.

In 1977 Graham Berry, who had never finished out of the top three, found a brilliant new route through to Bleaklow and very nearly won the race. The conditions were the worst ever, with snow and a driving wind throughout, gusting 50 mph. near Wildboar Clough on Bleaklow. It was this which turned back John North and his bicycle, making a valiant effort to do the first cyclo-crossing.

"Tanky" Stokes, who organises the race on the first Sunday in December each year, collects a substantial entry fee from participants which goes to a worthwhile charity, usually Multiple Sclerosis, and I believe last year the race raised over £80, whether you treat the race as a "Sunday Run" or an endurance event, it's an experience you'll never forget!

This arrived with no indication as to the author.
Many thanks. Ed.

HOLMFIRTH HARRIERS' PENNINE WAY RELAY RECORD ATTEMPT:
17th/18th JUNE, 1978 by Ian Roberts.

All through Friday, 16th June poured torrents of rain worse than in the Great Flood, and throughout the many districts of Holmfirth there was a gnashing of teeth and loud wailing. This appeared to do the trick, for the Saturday dawned breezy and sunny.

At 5.00 a.m. the path out of Edale and across Kinder Scout dried out rapidly under the hot feel of the Holmfirth duo, as they began the Harriers' second Pennine Way Relay Run.

In 1977, the Club had established a new record of 32 hours, 42 minutes, only to see it broken by Rochdale Harriers in May 1978, who completed the 270-mile relay in an amazing 30 hours 42 minutes. They had had excellent spring-bank weather, but even so achieved a magnificent time on their first attempt.

As in all previous attempts, we stuck rigidly to Clayton-le-Moors Harriers' ground rules for the relay, using a 24-man team, all first claim club members, and with two men together on high ground (over 1500') and at night, we split

the 24 into two equal groups, each using 4 cars between changeovers. We divided the way into 6 sections, each group doing 3 alternately. Les and Enid Bailey manned the Control at Honley, and kept everyone up to date on our progress.

Group A really motored over the early Peak sections, the firm going enabling them to build up a healthy 15-minutes lead on the the control schedule by the time they handed over at Colden to Group B. Group B also moved well, but could not improve the time to Horton, where we were just 14 minutes ahead. At Middleton, the half-way mark, Group A had done extremely well to give us a 19 minute lead, and it looked as though we stood a chance.

By this time, the wind had dropped, and Group B took over on a glorious summer evening with the prospect of a full moon for the night sections. We thought we had put up some incredible times last year, but the hard-baked ground and excellent light put us 1 hour ahead by the time we reached Alston!

We now set our target as the 30 hour barrier, and after Group A had pulled back another 20 minutes to Bellingham, we were ready to pull all the stops out over the Cheviots - which is just what happened. The unbelievable state of the ground (you could keep your feet dry getting to the Cheviot!) enabled us to achieve a very fast finish, and we arrived in Yetholme in a time of 29 hours 46 mins. 17 secs.

A lot of credit must go to the drivers, and altogether the weekend proved a great experience, and united the Club like nothing else could.

GROUP A: Steve Beardsell, Roger Lawton, Ian Moore, Trev. Ramsden, Alan Buckley, Martin Seddon, John Page, Dick Mackay, John Fleetwell, Dave Hinchcliffe, Ant. Marsh, Geoff Hall.

GROUP B: Reg Bradley, Ian Roberts, Graham Ellis, Rod Fretrell, Brian Pickersgill, John Turner, Dave Wilkinson, Geoff Denham, Jim Sykes, Mike Parkin, John Whiteley, Bill Lambert.

DRIVERS: Ms. Lohead & Booth, Messrs. Booth, Page, Marsh Hawksworth, Rollin and Hutchinson.

BOB GRAHAM'S 42 PEAKS

1978 ROLL OF ACHIEVEMENT

by Fred Rogerson.

DATE	NAME	CLUB	AGE	CIR.	TIME	BC Club No.
May 20	J. Broxap	Keswick	23	ACW	20.16	89
20	P. Barron	Keswick	22	ACW	22.54	90
28	P. Murray	Clayton	36	ACW	21.06	91
28	J. Osbourne	Blackburn	29	ACW	23.17	92
June 3	P. Simpson	Liverpool	30	CW	22.20	93
3	M. Hampton	London OK.	31	CW	22.56	94
17	P. Schofield	Horwich	35	CW	23.20	95

DATE	NAME	CLUB	AGE	CIR.	TIME	BG Club No.
June 18	J. Blair-Fish	Edinburgh	27	ACW	19.17	96
18	S. Moyle	Clayton	38	ACW	20.58	97
18	A. Grindley	Clayton	30	ACW	21.05	98
18	W. Grindley	Clayton	36	ACW	21.05	99
24	A. Duncan	Eskdale	35	CW	23.15	100
July 1	B. Harney	Dark Peak	33	CW	23.14	101
1	M. Hayes	Dark Peak	40	CW	23.14	102
1	M. Hudson	Dark Peak	32	CW	23.14	103
1	P. Lewis	Dark Peak	28	CW	23.14	104
2	D. Cunningham	Clayton	28	ACW	22.47	105
2	T. Southworth	Clayton	40	ACW	22.47	106
2	D. Barton	Clayton	43	ACW	23.45	107
16	M. Stone	Dark Peak	19	ACW	22.54	108
29	D. Currie	Beckermet	?	CW	23.21	109
Aug. 9	P. Graham	Watford H.	23	ACW	23.30	110

NOTES

No. 98, Anne-Marie Grindley, is the second lady to complete the course. (Jean Dawes was the first).

No. 77, Frank Thomas, made his second complete circuit of the course by accompanying No. 108, M. Stone, from start to finish.

Likewise No. 55, Howard Pattinson, who accompanied No. 110, P. Graham.

Of 58 registered contenders in 1978, only 22 achieved membership, due undoubtedly to the elements in the majority of cases.

THE WELSH SCENE - 1978

The terrain in Mid and North Wales has obvious potential for fell running but to-date has not seen a great deal of formal racing activity in contrast to the extensive use of the area for less formal mountain recreation. It is now quite clear that things are changing, with a rapidly growing local interest including, to my mind, the most significant recent happening, the formation of Eryri Harriers.

My enquiries about the club and other happenings in Snowdonia whilst on holiday in the area this summer aroused my interest to the extent that I hope in the near future to feature this new club and its members in the pages of this magazine. So far I have not been able to obtain enough information but hope to do so before the next issue.

Due to lack of space reports on the 1000m. Peaks race and the Snowden summit race have had to be held over to the next issue. Ed.

JOHN WAGSTAFF'S (TIPTON HARRIERS) TRIPLE WELSH 3,000's
CROSSING - by Bill Smith

John Wagstaff of Tipton Harriers completed a triple crossing of the Welsh 3,000's (14 peaks on each crossing) in 22 hours 49 minutes on June 17th/18th this year. The first crossing took him 4:13, the 2nd 7:08 and the third 9:28.

John Wagstaff writes:- "I started on Snowdon Summit at 09.30 on Saturday, 17th June and finished on the summit of Foel Fras at 08.19 on Sunday, 18th June. The idea of the run was to 'try-out' a long run in the hope of doing a Bob Graham round in the future, and also to help stimulate an interest in fell running in North Wales. During the run I was supported and paced by fellow members of West Bromwich Mountaineering Club and Tipton Harriers, all of whom I wish to thank and special thanks to Malcolm Jones who ran the whole of the final traverse and Ken Jones who arranged the lift to Snowdon Summit in the 'workers' train."

I would welcome some more details of this experience John if you can put together some notes on some of the happenings of that long day. Some details of the route (sequence of the 14 peaks) would also be of great interest. How did you get on in the dark? Ed.

MIKE NICHOLSON'S COAST-TO-COAST RUN by Bill Smith

On the weekend of May 5th/6th/7th, Mike Nicholson of Kendal A.C. completed a 100-mile, Coast-to-Coast run, from St. Bees to Robin Hood's Bay, in 65 hours 30 minutes. This was a different route to the 150-miler run by Joss Naylor two years ago, incidentally, and followed the way devised by Wainwright in his book, "A Coast-to-Coast Walk" (Westmorland Gazette.) Mike developed knee trouble on the first day and it got so bad that he had to walk for much of the final 45 miles (the Lyke Wake Walk section). He was sponsored by Kendal A.C., Kendal and Windermere Lions, and by a dozen Lakeland mountain rescue teams, and managed to raise over £5,000. His achievement does, of course, constitute a record for this route, and other records presently held by Mike are the Dales Way (1976), Hadrian's Wall, from Wallsend to Bowness-on-Solway (1977) and the Bob Graham Round (1977).

PENNINE WAY ATTEMPTS

Alan Heaton's attempt to regain the Pennine Way record (held by Pete Dawes) came to an untimely end in the evening of the second day due to a knee injury sustained a few weeks earlier when assisting his Clayton-le-Moors clubmate Jack Betney in a double Pennine Way attempt. This, too, was terminated by injury. However, yet another Clayton-le-Moors

runner, John North, did succeed in breaking John Rawnsley's Pennine Way cyclo-cross record. John North also placed 2nd in the Three Peaks Cyclo-Cross Race.

A ROAD RACE IN THE FELL COUNTRY

by Bill Smith

On January 8th, 1978, Mike Pearson (Keswick A.C.) and Boyd Millen (Kendal A.C.) organised a 22-mile road race called "The Buttermere Round". With a start/finish at the Moot Hall in Keswick market place, the clockwise route went down Borrowdale to Seatoller, up over Honister House to Buttermere, across Newlands House, and so back to Keswick via Stair, Swinside and Portinscale. The field of 36 starters consisted almost completely of fell runners, and the fastest among them were Duncan Overton (Kendal) in 2.12.05, K. Robinson (Kendal) in 2.13.04, Billy Bland (Keswick) in 2.14.58, Anthony Bland (Keswick) in 2.15.30, and Pete Walkington (Blackburn) in 2.16.46. It is hoped that the event will be run again in January 1979, and interested athletes should contact Boyd Millen c/o, 39 Wordsworth Street, Keswick, enclosing an S.A.E.

FRED REEVES IS TOP PROFESSIONAL OF 1978

by Bill Smith

Fred Reeves' win in the Helm Fell Race at Kendal in October made it impossible for anyone to beat him in the Fell Runners' League table for professionals, despite the fact that there are still two events outstanding: Wasdale and Alwinton. There are three athletes challenging for runner-up position in the League: Tommy Sedgwick, who is injured, Graham Moffat, and Ken Stuart of Threlkeld. This was Reeves' 30th win of the year on the fells, incidentally.

In the Helm race, Roger Ingham was 2nd, Paul Stanforth 3rd, and Graham Moffat 4th, while in the Under-17s event, Brian Howells of Skipton defeated Mike Hawkins of Grassington, who at the time of writing heads the junior league, with Gary Lomas of Flookburgh finished 3rd.

(Based on a report in the "Westmorland Gazette", October: thanks to George Miller for sending the clipping.)

There was, incidentally, an article on Fred Reeves in the August issue of "The Dalesman", merely credited to 'W'.

WITH THE GUIDES RACERS

by BILL SMITH

On August 3rd, five days after his victory at Coniston Sports, Fred Reeves achieved his ninth consecutive win at Ambleside Sports, thus breaking the record of eight wins established by Bill Teasdale of Caldbeck, who was present as a spectator, incidentally. Reeves took an early lead and was in front all the way round the course from Rydal Park to

Low Pike and back, and finished with a time of 13 minutes 40 seconds, thereby missing his own record (1977) by 36 seconds, due in part to the heavy conditions underfoot. His arch-rival Tommy Sedgwick of New Hutton was runner-up, followed by K. Stuart of Threlkeld, R. Gibson of Langdale, S. Carr of Kendal and Graham Moffat of Sedburgh. Ambleside is Reeves' favourite course and his avowed ambition is to complete ten consecutive victories there. Fred later finished second in the 3,200 metres to an athlete who was given a 165 metres start under the handicapped system which prevails in flat races at professional sports meetings. These two performances resulted in Reeves being presented with the Graham Trophy for the outstanding achievement of the day.

The Stan Faulkner Juvenile Guides Race for Under-17s was won by Mike Hawkins of Grassington in 10 minutes 40.4 seconds, with Brian Howell of Skipton 2nd, S. Ryan of Barrow 3rd, G. Lomas of Sedburgh 4th, N. Wright of Stainforth 5th, and Peter Ledward of Seathwaite (Duddon) 6th. The latter, who is Ken Ledward's son, won this event last year. 13-year-old David Bulman of Newlands, son of ex-guides racer John Bulman, triumphed in the Bob McVity Junior Guides Race for Under-14s with a time of 10 minutes 59 seconds, while the Maurice Toulmin event for Under-12s was won in 8 minutes 11.2 seconds by 10-year-old Neil Troughton, who trains alone on the fells around his Broughton-in-Furness home.

In the Senior Guides Race at Grasmere Sports on August 24th, Fred Reeves assumed the lead just after the start and went on to gain his seventh victory there with a new record time of 12 minutes 21.6 seconds: 03.2 faster than Tommy Sedgwick's 1976 record. The latter finished in 2nd place and was quoted by Dick Allen in the "Cumberland News", August 25th, as afterwards remarking: "There was no keeping up with Fred in his present form. He led right from the first wall, and even thought I came in second, there was no catching up on his 500 yard lead." In 3rd place was Graham Moffat, followed by K. Stuart, S. Carr and R. Gibson.

The Junior Guides Race was won by Mike Hawkins in 9 minutes 25.4 seconds (21.8 outside Graham Moffat's 1975 record), with Brian Howell runner-up, despite twisting his ankle, and S.J.K. Ryan of Barrow 3rd, J. Schindler of Burnsall 4th, S. Dean of Grassington 5th and I. White of Grassington 6th.

Reeves broke yet another of Sedgwick's records on August 29th in Craven's toughest professional race at the Kilnsey Show in Upper Wharfedale. Fred's time of 8 minutes 1.7 seconds was 01.5 seconds faster than Tommy had taken last year.

And on the weekend in between these two events, Reeves won the Benson Knott Fell Race at Kendal Gathering Gala Sports in 26 minutes 36 seconds, with Sedgwick runner-up and K. Stuart 3rd. The first two places in the Boys' Under -17s cross-country

race took a familiar pattern with Mike Hawkins defeating his near-neighbour Brian Howell.

Also at this meeting, guides racer Steve Parsons from Troutbeck (Penrith) came first in the men's coalbag carrying contest, thereby winning the world championship which had apparently been held previously by Terry Lyons from Meltham, near Huddersfield. Lyons, who has competed in Craven fell races, won his title at Gawthorpe, near Wakefield, in early Spring both last year and this year. On the latter occasion, the women's race was won for the fourth consecutive time by Rebecca Ingham, wife of the Skipton professional fell runner, Roger Ingham. (More details about these events would be welcome).

(Most of the foregoing information has been gleaned from various issues of "The Westmorland Gazette", while I must thank George Miller of Liverpool Pembroke A.C. for sending me the clipping from the "Cumberland News", along with many other items of like interest).

RADIO COMMUNICATION DURING FELL RACES

For some time now the Mountain Rescue organisation have provided event organisers with a communication service from check points on the fells to race H.Q. using their rescue communication equipment.

Brendan Hill of 'Sports Sound' tells me that they are now being discouraged from doing this by The Home Office. The situation is such that it seems most likely that the rescue organisations will be stopped from using their equipment for progressing runners through controls altogether.

One solution being considered was to equip the mountain rescue with special sets using a different frequency but I now understand that the Home Office do not view this idea with favour.

Since it now seems likely that the mountain rescue will be prevented from being involved at all, the possibility of acquiring sets to equip volunteers is being looked at.

The Home Office will issue a licence and frequency for approved equipment, so that this idea is feasible given the capital. An initial outlay of between £2,000 and £2,500 is required to obtain 6 sets (minimum useful number). These can be linked to a mobile base using existing equipment.

Grant Aid from the Sport's Council is being sought and until the extent of support from this source is known little further action can be taken. However, we should consider the possibility that this may not be forthcoming and we should also ask ourselves to what extent we should or could help to raise this sort of money, which is equivalent to about two years subscription from all our current membership.

Brendan does not consider the maintenance of the equipment to be a serious problem and thinks that it might be possible to provide this as part of the 'Sports Sound' service.

It would be nice to think that this problem could be solved by next Spring, otherwise this service may be missing by the time the next season long multi check-point events resume
Ed.

RUNNING SHORTS

World 0-ring Champs. Fell running orienteers Mike Down and Carol McNeill were the first British competitors to finish in this year's World Orienteering Championships held in Norway in September. Mike Down was 19th in the 16 km. Men's event in 1.46.35 and Carol McNeill 12th in the Women's 9 km. in 1.08.13.

The Marsden to Edale Trog was run by E. Trowbridge from Dark Peak club mate Roger Baumeister with W. Lambert (Holmfirth) 3rd. Report in next issue.

Karrimor '78 Peebles - After a great performance on the second day the Dark Peak pair of Roger Baumeister and Martin Hudson came through to win the elite event. Report and possibly pictures in the next issue.

First Names - Announcer Brendan Hill says he would like to see first names of competitors on the race start list as he feels that this would increase spectator interest. How about it organisers?

New Ladies Events Roger Boswell tells me that there will be a ladies race in all three of the Lochaber 3 day events next July. Dates are: Melantee July 28th, Half Ben 29th and Cow Hill 30th.

IN THE NEXT ISSUE - My apologies to Roger Boswell for the non-inclusion of his excellent reporting of the Scottish scene. I hope I won't be listed as an undesirable alien when I apply for my visa to cross the border next summer! It will all be in the next issue and makes great reading.

Also in the next issue will be the Welsh results, more book reviews by Bill Smith, "Reflections on an Old Hill" by Neil Shuttleworth, "Pennine Way in a Week" by Dennis Beresford and reports including Blisco and Copeland by Pete Walkington.

I also hope to report on the next A.G.M. and progress with the A.A.A. in particular and the '78 Karrimor possibly with a centre page of photos.

I am short of lots of '78 season race results and reports and would welcome as many as possible of these before the next issue, but will also need '79 season reports up to the end of April. Ed.

EASTER IN MANXLAND

APRIL 14TH-16TH, 1979.

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CASTLETOWN TO TYNWALD HILL, ST. JOHNS.

EASTER SATURDAY - 30 MILES

NON-COMPETITIVE

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