

THE FELL RUNNER

JULY 1980



10th ANNIVERSARY ISSUE

the BIG challenge



This unique event for teams of two is now established as the toughest test available.

The aim of the event is to promote high standards for all who make expeditions into the hills, testing their fitness, navigational skill, and general ability to cope in unknown mountain terrain.

An increasing number of orienteers have joined the fell-runners to make this event quite unique - all competitors have to carry their own equipment for the duration of the event.

Date and Venue:

This year's competition will take place on 25th and 26th October, 1980 and the closing date for entries will be 15 September. The venue will not be announced until the beginning of July, when the competition brochure will be published. There will again be 4 courses: Elite, Standard A, Standard B and Standard C.

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Limit on Entries:

To avoid ecological pressure on the land and as part of the agreement with the landowners, there will be limits on the numbers of competitors. These are Elite: 100 teams, Standard A: 200, Standard B: 270, Standard C: 270. Entries will be taken in order of receipt and late entries will not be accepted even if a class is not full. All entries will be stringently vetted for previous experience and teams whose experience is not considered adequate for their chosen course will be rejected.

The Course distances are:

- 1) Elite - 80 kilometres
- 2) 'A' - 70 "
- 3) 'B' - 60 "
- 4) 'C' - 50 "

The entry forms will be available July/August.

PREVIOUS WINNERS

- 1975 - Joss Naylor & Peter Walkington
1976 - Stig Berge & Sigurd Daehli
1977 - A. Philipson & H. Forrest
1978 - Roger Beumeister & Martin Hudson
1979 - Dieter Wolf & Leonhard Suter

DATES TO REMEMBER

Karrimor Swiss
Mountain Marathon: 2/3 Aug, 1980.
Karrimor British
Mountain Marathon: 26/27 Oct, 1980.



karrimor International mountain marathon

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Photographer - Tommy Orr.

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EDITOR'S NOTES

To mark the 10th Anniversary of the FRA included in this issue of 'The Fell Runner' is Bill Bentall's 'History of Fell Running', a profile of Stan Bradshaw and an article from an early member, which we hope will capture something of the spirit of our sport.

In 10 years Fell Running and the fell Runners Association have grown tremendously, with many feats of endurance and stamina, fields of 200-300 competitors commonplace and women competing on equal terms with men. However, let us hope that increasing numbers will not prevent us from continuing to enjoy the freedom and fellowship, which early members recognised as the essence of Fell Running.

This growth is not without its problems and the financial difficulties which beset the Association at the beginning of the year are a direct result of rapidly increasing numbers straining an essentially amateur administration.

Another result is the necessity of putting the sport on a more formal footing, and I ask you to pay particular attention to Peter Knott's piece on the ongoing negotiations with the AAA, and give us your support both financially (see Final Page) and through your athletic club.

I am sure that you join with me in the hope that we will go from strength to strength in the next decade.

Andy Styan

July 1980

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ANNUAL GENERAL MEETING

of the

FELL RUNNERS ASSOCIATION

Whitehough Camp School, Barley

31 March 1980

EXTRACT FROM THE MINUTES

Apologies for absence were received. Minutes of the 1979 AGM were distributed and accepted as a true record. There were no matters arising.

Peter Knott reported that as the FRA was ten years old this year perhaps it was time to reflect on our progress and that this occasion will be marked in some way in the next issue of the magazine. The Association's Committee were doing all they could to ensure that we were not left out of any discussions and decisions which may effect our future. Peter went on to mention some of 1979's outstanding competitors and mentioned the death of one of our members, Ian Roberts of Holmfirth. The committee were pleased to see the development of clubs which were beginning to specialise in fell running. The chairman closed his address by thanking all the members who had helped the FRA during the year.

Peter Walkington reported on the main points of the five Committee meetings that had been held during the year 1979/80. He thanked Tommy Orr for providing the Ladies Fell Runner of the Year trophy and Brendan Hill for the Veterans Fell Runner of the Year trophy. Like the Chairman, the Secretary voiced some concern over the 'problem' of growth, but was able to conclude by thanking all fell runners for the favourable way things were going.

Financial Report - for the year ending 31 December 1979

Income and Expenditure Account

FRA Dance	30.00	Subscriptions and	
Bank Charges	1.50	Donations	961.65
Meeting Room Hire	5.39	Articles in RACE	51.00
3 Peaks affiliation	1.00	Advertisements in FR	137.00
Calendar/Fixture list	120.84	Interest on Deposit	
Magazine	716.80	Account	15.22
Stationery	116.31	Loss on Year	162.74
Postage	303.15		
Telephone	32.62		
	<hr/>		<hr/>
	£1327.61		£1327.61
	<hr/>		<hr/>

Balance Sheet

Balance I&E 31/12/78	311.03	Cash at Bank	
Less Loss on Year '79	162.74	- Current Account	104.70
	<hr/>	- Deposit Account	150.39
	148.29		
Creditor	106.80		
	<hr/>		<hr/>
	£255.09		£255.09
	<hr/>		<hr/>

A statement of income and expenditure was distributed to the members by Jean Lochhead who was acting as caretaker Treasurer since the resignation of Dave Payne. Jean reported that the situation was not good and recommended an increase in subscriptions. After much debate about how to raise money a proposal was passed to raise subscriptions to £2 for 1980, and that members who had already paid should be asked for another £1 through the summer magazine. A second proposal to raise the 1981 subscriptions to £2.50 was also carried.

There was much debate on a proposal before the meeting that the FRA should continue negotiations with the AAA regarding our affiliation on the same basis as the Tug of War Association, RWA, and ECCU. The up-to-date situation on this subject is detailed in a report by Peter Knott which follows this extract.

The following members were elected to the Committee for 1980/81:

Chairman - Peter Knott
General Secretary - Peter Walkington
Fixture Secretary - Dave Moulding
Magazine Editor - Andy Styan
Statistician - Kevin Shand
Treasurer/Registrar - Jean Lochhead

Peter Bland(Kendal), Peter Brooks(Lochaber), John Blair-Fish(DPFR), Danny Hughes (CFRA), John North (Clayton), Sue Styan (Holmfirth), Keith Windle (Clayton). Norman Berry (Holmfirth) was co-opted.

There were two points under 'Any Other Business' one relating to the Three Peaks Race and the other concerning taking professional advice on publication and advertising re. the magazine.

Forty-three members attended the meeting.

Full copies of the minutes are available from Peter Walkington (foolscap sized S.A.E. please).

NOTE The accounts for the year ending 31 December 1979 have now been audited by the Hon Auditor, John Osborn.

OUR RELATIONSHIP WITH THE AAA

by Peter Knott

Most of you will know that during the last couple of years your committee and its development sub-committee have been holding talks with the Amateur Athletic Association with a view to determining the role that the FRA should play in the future management of the sport.

That this was necessary was evidenced by the recent rapid growth in the sport to the point where we were being noticed by the AAA and by environmental bodies of all sorts, and hence it was apparent that we needed to manage our sport on a sounder footing to be better able to protect our interests in the future.

That we should talk to the AAA about such matters is a function of the fact that most, not all, of you, our active members are from athletic club backgrounds and compete also in road and/or cross country races under AAA Laws. From the start we were mindful of event organisers and competitors from non athletic clubs and of

our pride in and independence of our sport. We have not all always agreed on the way to go but we have proceeded only along the lines of resolutions passed at the AGM i.e. your majority views where you have taken the trouble to express them.

The sensible options open to us rapidly crystallised to either:-
Complete independence (register with the Sports Council as an independent sport and manage our own affairs under FRA rules etc.)
Affiliate to the AAA (WAAA, Scottish AAA etc) in one of two forms -
a) as a specialist club, e.g. the Road Runners Club. In this form the FRA would not be the controlling body, would have no authority and would only advise the AAA and its members. Many feel that this is adequate and would be happy with this form of affiliation.
The alternative b) was to affiliate as an organisation to whom the AAA would delegate a measure of control of the sport e.g. English CC Union, Race Walkers Association and Tug of War Association. In this form (Law 9 of the AAA) the FRA would have 'powers to draw up regulations for the management of the sport' and have 'jurisdiction to enforce any bye-laws or regulations it may make'.

All of those involved in the discussions with the AAA through the Development Sub Committee over a two year period, regardless of their initial views, reached the same conclusion that this delegated affiliation was the minimum requirement. The majority of the Committee agreed as did the overwhelming majority of the AGM of 1979 and 1980.

Whereas the AAA was happy to recognise the FRA 'as the specialist body best able to represent the interests of Fell Runners' it eventually became clear that it was as a specialist club like the RRC that they wished to affiliate us.

We stuck to our guns however, and in view of the protracted time scale, began to put pressure on the AAA. They first conceded, subject to the AAA's AGM approval, that both ourselves and the RRC might be offered a voting seat on the General Committee, but not delegated control of the respective sports. This situation gave rise to the motion that was placed and passed at the AGM of 1980 viz. 'The FRA should continue negotiations with the AAA provided that the AAA have indicated that they have agreed that the affiliation be on the same basis as the T. of W.A., RWA and ECCU by April 26th 1980 (one week after the next General Committee Meeting of the AAA). This AGM realises that if this affiliation comes about it may be necessary for the FRA to take steps to enforce its rules and the laws and rules of the AAA. AGM also empowers the negotiating committee to institute discussions with any other relevant governing body of athletics in the UK and to affiliate on the same basis as with the AAA provided always that if these negotiations fail it may be necessary to withdraw our affiliation with the AAA and take steps to become the independent governing body of Fell Running.'

The above motion was placed and passed at our AGM. Also passed was a proposal that henceforth negotiations should be done by the committee and not the Development Sub Committee.

Just prior to our AGM on 29 March, the AAA invited us to attend their General Committee meeting of 19 April to put our case and answer queries.

Peter Walkington and I travelled to London on 18 April to put our

case to the AAA. At my invitation Chris Brasher joined us to help us to answer queries. During the course of the proceedings it became apparent that there was much sympathy for our case as well as some antagonism.

We did the job to the best of our ability and subsequent to the meeting we were notified that a vote had been taken and our requirements accepted by 11 votes to 8. This acceptance constitutes a major step in the direction of your wishes but it is subject to notification at the AAA's AGM in November, and to a suitable constitution, rules for competition etc. In order to continue this progress, the most difficult (and expensive) task that the committee now have to do is to lobby the clubs, whose votes, including proxy votes, on a motion to affiliate us in this way will decide the issue.

The new FRA committee has already discussed the implications, agreed to do this together with the production of a handbook and the co-opting of Chris Brasher onto committee to assist and advise on these matters. Committee have decided that, whereas it would wish to introduce the WAAA and the Scottish AAA to the situation at the earliest opportunity, it must now concentrate on preparing the English clubs to support the motion at the AAA's AGM.

One can now see that it will be well into 1981 at least before we can clearly see that we can confirm this progress and start to bring the Women and Scottish members into the arrangement. Similarly we want to include the Northern Ireland AAA as well.

We have made it clear and will continue to do so, that we wish to cover all our members in a similar arrangement and that we have not lost the option to take an independent line if things do not work out as planned and if you, the members, say so. The Committee will, of course, continue the practice of reporting to AGM where you have the chance to exercise your democratic rights on this and any other FRA matter.

We ask you therefore to:-

1. Take note of our appeal elsewhere in this issue of the 'Fell Runner' for prompt payment of the new £2 p.a. subscription. (£2.50 in 1981)
2. To make sure that your club committee is made aware of the Fell Runners Association views and the item on the AAA AGM agenda and how we wish to see it go.
3. Come to your AGM next April and express your views.

In the meantime let us all spend as much time as we can afford running on the fells with a minimum of rules and regulations commensurate with safety and fair competition, and for the future let us do everything possible to help ensure that we, the fell runners, have as much control as we can over our affairs.

NOTICE TO ADVERTISERS

Current rates for advertisements in 'The Fell Runner' are:-

Full Page - £16
Half Page - £8
Quarter Page - £5

Copy for the next issue should reach us by 15 November latest.

RACE OVERCROWDING AND LIMITED ENTRY

A RECOMMENDATION TO RACE ORGANISERS

From the F.R.A. Committee

No one likes to be excluded from an event, but it is now quite clear that combinations of the rise in numbers competing, the popularity of certain races and the difficulties of coping with large numbers on certain courses has inevitably led to the increasing use of limited entry being resorted to by race organisers.

The F.R.A. Committee would ask all organisers to consider carefully whether restricted entry is really necessary and if, in their judgement it is, to seriously consider the following recommendation:

That the first fifty competitors to complete the course the previous year (or occasion when it was last run) together with the first fifty in the previous season's 'Fell Runner of the Year' competition, should automatically be included in the start list, PROVIDED that they have satisfied the entry requirements in all other respects e.g. have correctly entered by the published closing date.

The purpose of this recommendation should be obvious - to avoid excluding the elite runner. 'Elitism' do I hear the less able cry? Perhaps so, and in any case, why not? We are talking about a competitive sport after all, and this recommendation would only lead to the order of fifty or so places being taken up by the elite. There are now so many events on the calendar that there should be no shortage of competition for us all. Lets give it a try.

COMPASS SPORT

"CompassSport" Magazine reports on orienteering, fell running and mountain marathoning, and a one year subscription costs less than the petrol to most races! And we're in colour as well as black and white.

There's good coverage for fell racing with event reports, lots of photos, interviews with leading personalities, general news and results.

"CompassSport" comes out six times a year. In the current issue. Vol 1 No 4, we profile Ros Coats, fell running's star lady; and look out for our thoughts on how to carry less at Mountain Marathons. They'll appear in No 5. Our shoe survey will be out then as well.

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NOVEMBER

ROMBALDS MOOR FELL RACE

by Bill Smith

Category B, 5 miles, 800'

5 November

This race starts from Close House Farm, 1 $\frac{1}{2}$ miles outside Skipton on the Ilkley Road. After the initial southeasterly ascent onto Skipton Moor, the course heads southwesterly to the trig point, then makes a short sharp descent to the north followed by a second climb back onto the moor edge shortly afterwards. The outward route is then retraced to the finish. Competitors had to contend with heavy rain and a bleak headwind when crossing the exposed moor to the trig point, though visibility wasn't too bad.

1. A Taylor	Keswick	32.10	6. N Weaver	Clayton	35.39
2. P Cowell	Rossendale	32.16	7. P Irwin	Rossendale	35.54
3. A Spence	Bingley	32.33	8. J Reade	Clayton	36.09
4. H Walker	Blackburn	32.42	9. D Lawson(V)	Bingley	36.10
5. J West	Clayton	35.15	10. M Roberts	Kendal	36.16

Teams 1. Clayton-le-Moors 19 pts. 2. Bingley 23 pts.

Ladies

1. G Pile	Manch.	41.24	4. L Lord	Clayton	44.33
2. J Lochhead	ASVAC	41.43	5. S Dransfield	Spenn	45.25
3. J Dransfield	Spenn	42.07			

BLISCO DASH

by Pete Walkington

Category A, 5 miles, 2000'

17 November

The weather was all we have come to expect for the Blisco Dash - atrocious! The drive down Langdale before the race revealed snow at about 1400 ft., which was about the same as the cloud base, so none of the aesthetics of fell running on this occasion. The runners milled around the start learning of the conditions on top of the 2304 ft. Pike of Blisco from race organiser Dave Meek. The majority were well dressed; cags, hats and gloves and it didn't really look as if folk were ready for the off - but they were as ready as they were ever likely to be.

Whilst still on the road it was Billy Bland, Brian Robinson and Bob Whitfield who headed the bunch and it was Bob who led onto the fell side. It soon became apparent what conditions were going to be like. It was hard underfoot for the first steep 700 ft. with patches of ice. The next half-mile is a little less steep and then the final climb onto the summit. The leaders were faced with drifting snow, especially in the 'steps' just before the summit, making the work difficult. The same snow was well trod when the first bunch began the descent, although the leading trio took the faster route round the back - faster than the ascending route if you're sure of it, but well known for bringing you out at Three Shires Stone if you're not. Andy Styan was the only one from the next bunch to follow the 'fast' route, the rest of the field preferring the comfort of the upcoming runners to keep them on the right line. Billy won the event from a much improved Bob Whitfield, for whom 1979 was his best season ever. Stuart Bland had another

of his hair-raising descents to come from nowhere to take 6th place which, with the help of Jon Broxap, secured the team race by a slender 13 seconds. Ros again upset many of the men by getting well into the top third of the field.

1. W Bland	Keswick	42.05	6. S Bland	Keswick
2. R Whitfield	Kendal	42.15	7. P Walkington	Horwich
3. B Robinson	Kendal	42.47	8. W Tate	Tynedale
4. A Styan	Holmfirth	43.10	9. D Tosh	Rochdale
5. Ferguson	?		10. J Broxap	Keswick

Team 1.Keswick 2.13.31 2.Kendal 2.13.44

Ladies 1. R Coates Lochaber 2. B Hogge Eryri 3. P Haworth Keswick

THE COPELAND CHASE

by Pete Walkington

'0'-type, 12 miles, 4000'

18 November

The weather was none too sparkling the day after Blisco for the 1979 Copeland Chase held from the Ennerdale Scout Camp. (Long may the CFRA retain this link with the scouting movement as it is a venue which hundreds of fell runners associate with some good weekends over the past decade.) For the first time the organisers thought it necessary to insist on leg cover, carried if not worn. No fickle lot these Cumberland lads, but the conditions genuinely warranted such a request. Competitors were using the same maps as last year: a black and white re-drawn 1:2500 by Pete Nelson, ideal for the terrain and this event. The draw for the start times had been made the night before at the AGM/Dinner Dance of the CFRA (a good nosh, film of the 1979 Wasdale Race, a chat by Chris Brasher and Jos showing what he can do on the dance floor).

The route for both A and B groups (no C group this year) took to the fells north of the campsite by Hen Comb and Blake Fell. Both events contained some genuine route choice - not a feature that has been too prevalent in many of the orienteering events/fell races - but all competitors were blessed with a checkpoint on the summit of Blake Fell. It was here that competitors faced what were probably the strongest winds they have ever faced in a fell race, and hail stones at this point only served to make the conditions even more 'invigorating'.

Everyone managed to get off the hill safely, if not always happily, and the soup, butties and tea, a feature of all CFRA events, was welcome. Not quite so many starters this year (the weather was too much for the 'More Ale' brigade), but still a good do. The third weekend in November is a full one for the fell running masochist.

A RACE

B RACE

1. W Bland	2.04.45
2. J Naylor	2.04.58
3. M Walford	2.06.22
4. A Phillipson	2.12.17
5. D Ratcliffe	2.13.19
6. H Jarrett	3.14.10

1. T Walkington	1.48.18
2. A Collinson	1.50.22
3. G Luke	1.52.13
4. D Riley	1.55.06
5. E Coope	1.56.00
6. C Brasher	1.57.42

Ladies

1. R Coates	2.32.02	1. A M Grindley	2.02.18
2. B Hogge	2.55.55		

DECEMBERWANSFELL RACERESULTSCategory A, 3 miles, 1300'29 December

1. B Robinson	Kendal	20.21	11. B Peace	Bradford	22.14
2. C Donnelly	Cambuslang	20.29	12. D Lee	CFRA	22.18
3. W Bland	Keswick	20.34	13. M Speight	Unatt.	22.34
4. R Whitfield	Kendal	20.39	14. P Walkington	Horwich	22.36
5. H Jarrett	CFRA	20.57	15. D Harrison	Kendal	22.38
6. J Broxap	Keswick	21.55	16. S Livesey	Clayton	22.40
7. M Roberts	Kendal	21.57	17. P Bland	Kendal	22.41
8. D Tosh	Rochdale	22.02	18. P Hartley	Rossen.	22.42
9. S Gough	Blackburn	22.13	19. A Styán	Holmfirth	22.42
10. K Shand	Rochdale	22.14	20. S Bland	Keswick	22.47

Teams137 Ran

1. Kendal 12 pts. 2. Keswick 29 pts. 3. CFRA 50 pts.

Veterans

1. J Smith(25)	Bury	23.03	3. N Dinsdale(43)	Clayton	24.24
2. P Brooks(32)	Lochaber	23.32	4. H Blenkinsop(44)	Kendal	24.25

Ladies

1. R Coates	Lochaber	25.27	4. P Haworth	Keswick	28.42
2. B Hogge	Eryri	28.07	5. J Sutcliffe	LOC	31.26
3. J Lochhead	ASVAC	28.31	6. L Lord	Clayton	31.49

Junior RacesUnder 17

J Robinson Bingley 13.20

Under 15

M Sutcliffe Kendal 14.12

Under 13

G Smith Lancs. 10.23

Under 11

A Peace Bingley 10.49

JANUARYMARSDEN-EDALE TROCRESULTSNo category, 22 miles, 4500'6 January

1. C Hirst	2.29.07	5. A Lewsley	3.11.13	9. G Berry	3.17.26
2. M Hudson	3.01.33	6. M Pattinson	3.11.56	10. D Ratcliffe	3.18.30
3. R Aucott	3.09.55	7. R Bloor	3.13.06	11. P Simpson	3.25.54
4. I Clarkson	3.10.51	8. P Hartley	3.16.54	12. D Tosh	3.26.50

Comment from Alan Yates (29th)

74 started

"What did I think of the race? Good fun. Very jolly. Mind you it's a bit soft what with all this clothing you make us take. Why not have a real challenge for He-Men? Strip naked at the Snake Inn and set off with a jock strap and a fun-sized Mars bar. The one who gets furthest North wins."

FEBRUARY

CARNETHY INTERNATIONAL HILL RACE

RESULTS

Category B, 10 miles, 1300'

23 February

1. A Gourley	Edinburgh	40.02	6. G Kerr	St. Andrews	43.08
2. H Jarrett	CFRA	41.09	7. W Ryder	Morpeth	43.15
3. L Robertson	Edinburgh	41.15	8. J Doig	Edin. Sth.	46.69
4. M Edwards	Aberdeen	42.33	9. E McMinn	Scotts. Inf.	48.05
5. J Stevenson	St. Andrews	43.00	10. P Martin	Unattached	55.39

17 Ran

Ladies

1. A Bland	Kendal	35.29	4. J Sutcliffe	CFRA	37.09
2. C McNeill	ESH IOC	35.38	5. S Harvey	Lochaber	37.57
3. J Ure	KB Union	36.27	6. J Millington	Edin. Sth	39.11

9 Ran

Unofficial Course

1. C Donnelly	Aberdeen		6. R Boswell	Lochaber	
2. W Bland	Keswick		7. R Shields	Lochaber	
3. M Short	Horwich		8. P Walkington	Horwich	
4. A Sunter	Horwich		9. G Carlin	Clydesdale	
5. R Morris	Edinburgh AC		10. E Stewart	Cambuslang	

WHY TWO SETS OF RESULTS?

Because:-

Just half an hour before the start the police decided that the fog shrouding the A702 Edinburgh-Biggar road was sufficiently dense as to warrant calling off the race as they felt that the accident risk of stopping traffic in foggy conditions on a normally fast main road was unacceptable. The organisers reluctantly called off the hill race and substituted a cross country race which did not cross the offending road - this race was about 8 miles with hardly any climbing at all. So 120 runners lined up for the start; 17 ran the official cross country course, while the rest took a chance, crossed the road and ran the hill course anyway.

We believe this incident raises some very difficult, but important issues. Below are the views of two runners, (one who ran the official race and one who ran the other) and those of the race convener, William Scott.

John Blair Fish

Having spent some previous Sundays trying to find a route from the new start of the race to the main road and practising the scree descent of Carnethy, I was rather disappointed to hear, twenty minutes prior to the race, that the police had cancelled the race because of mist on the main road which the runners would run along and cross. The alternatives were an official two-lap cross country course to the main road and back, or an unofficial race over the full course. The latter seemed a more attractive proposition to all but a few runners, even if there was a prospect of confronting the police and no prizes at the end.

Harry Jarrett

Speaking on behalf of the few runners who ran as instructed by the Carnethy officials, who made it quite clear that all runners crossing the main road would be disqualified, I was disappointed by the attitude of the majority of top fell runners present. Their action was selfish and inconsiderate. The Carnethy officials must have spent many hours of unseen work preparing the race and must have been very disappointed when instructed to abandon the fell race by the police, due to thick mist creating a danger on the main road section before the fell. The re-route had to be a cross country run.

Speaking as a true fell runner and one who had travelled from West Cumbria, I think we must respect the decision of any race organisers and more so during the winter months. What would a committee like the Three Peaks do if runners went against instructions?

Anyway the result of this is that the Carnethy is now in jeopardy. Fortunately no accident happened and the mist lifted slightly, so that many runners will still stupidly believe that their action was right.

William Scott

OUR 1980 EVENT WILL CERTAINLY GO DOWN AS A DISASTER AS FAR AS THE ORGANISERS ARE CONCERNED.

We hoped that all assembled would understand that the Race Convener just had to take the advice of the police on duty and abandon the Races over the hills..... It is not our intention to apologise for adopting these extra safety precautions, for at the end of the day it is you, the competitor we are thinking about.

This was to be our tenth race, and as it happened we had our first major problem since our first event in 1971. It is indeed a pity that ill-feeling arose between myself and some of the competitors. As far as I am concerned some of the remarks were uncalled for.

This race is organised by two people for your benefit. One would have thought that you as sportsmen would have been a bit more charitable on an occasion like this. True, some of you understood the situation, and expressed at the time that we took the only action available to us under the circumstances.

As Race Convener I can only say to the competitors who spoke about staying away from future events ...good-bye.... O.K. some of you spoke about travelling a considerable distance to compete, but at the same time forgot that one does not organise an event like the 'Carnethy' overnight. We had been in the throes of it for several months before the race, and on the Friday before we were out on the hills too, marking the course for your safety. How the h... did you think we felt when we had to abandon the race?deflated, I can tell you.

After this year's event we were approached by a few of you who suggested that it would perhaps be a good idea if our race was started from the lay-by near the approaches to the hills. We said we would give this some thought, with a view to adding another couple of hills to the course.

Editors Comments

The organisers did not just sit on this suggestion. They went up into the hills the Wednesday following the race to see if they could work out an alternative course. They have come up with a tough new route, taking in five hills in the Pentland range - Carnethy, Scald Law, South Black Hill, East Kip and West Kip. Starting from the lay-by, this needs no police involvement on the road, leaving the organisers free to make their own decisions about the weather. The new course will be 'christened' on Saturday 21 February 1981.

I can't help feeling that this incident does nothing for the image of fell runners as a responsible body. It seems to me that the organisers come out with the most understanding attitude and the greatest credit. What do you think? Write and give us your views on the 'Carnethy Controversy'.

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D Carter of 16 Grove Rd., Bingham, Nottingham. would like to complete his collection of all issues of 'The Fell Runner'. He is looking for copies of the 1st, 2nd and 4th editions, and will pay a reasonable price plus postage for clean copies.

MARCH

CHEW VALLEY SKYLINE

by Bill Smith

Not yet categorised, 14 miles, 2000'

2 March

The first Chew Valley Skyline Fell Race, sponsored by Paul Brathwaite Outdoor Sports of Oldham and Rochdale, was run on a clear sunny day with a cool headwind during the latter stages, along the ridge to Alphin Pike, though the weather afterwards quickly deteriorated, with thick mist creeping over the tops and some rain. The start/finish was at Dovestones Reservoir, near Greenfield, and the course made a clockwise circuit of the Saddleworth moors with checkpoints on Alderman Hill, Broadstone Hill, Ashway Stone, Featherbed Moss and Alphin Pike: it was in fact an abbreviated version of Bob Tait's Saddleworth five triggs, missing out Black Hill and West Nab.

There were also two junior events over a demanding 4 mile+ course with 900 ft. of ascent.

Frank Sykes and East Cheshire Harriers are to be congratulated on promoting such a fine, tough race, and in bad weather it could prove quite formidable. Bob Tait's illustrated pocket guide, "Walks Around Saddleworth" is a handy little book for anyone interested in the area and can be obtained for £1.50 from local shops or from Bob himself at 6, Leefields Close, Uppermill, Oldham.

From the Organiser's Notes

"This inaugural event seems to have been a great success. It was our intention to provide not only a challenging course - if you think it was easy, wait until the clag is down - but to provide also a social occasion after the winter lay off....."

"We trust that all runners who left their cags behind took heed of how quickly the weather changed, from warm sunshine to thick clag and bitter cold winds. On the day Oldham Rover Mountain Rescue Team brought down four runners, two by stretcher suffering from exposure. Had the weather change occurred two hours earlier, the effects on the unprotected could have been far more serious. In future when we say cags and whistles MUST be carried, it will mean JUST THAT. BE WARNED."

And finally a quote from Jim Curtis of East Cheshire Harriers who was on checkpoint duty at Featherbed Moss Trig. "After the first quarter had been through they came at us fanned out. It were just like t'Somme. They were up and down across the groughs, falling in mud holes, losing their shoes, it were awful. Ah were expecting tanks at any minute."

1. M Short	Horwich	1.47.39	6. K Taylor	Rossendale	1.49.34
2. P Blakeney	DPFR	1.48.11	7. D Cartridge	Bolton	1.49.54
3. R Whitfield	Kendal	1.48.17	8. P Walkington	Horwich	1.52.34
4. A. Sunter	Horwich	1.49.10	9. H Symonds	ASVAC	1.52.51
5. J Reade	Clayton	1.49.26	10. R Aucott (V)	DPFR	1.53.19

LADIES

1. S Parkin	ASVAC	2.07.27	3. G Pile	Manchester	2.22.18
2. J Glass	Eryri	2.12.47	4. B Hogge	Eryri	2.32.35

YOUTHS

1. K Benson	Bingley	30.12
2. D Crooks	E. Chesh.	30.38
3. M Bradshaw	Rossendale	31.05

BOYS

1. D Robinson	E. Chesh.	31.00
2. S Walton	Oldham	31.10
3. S Navin	E. Chesh.	31.44

TEAMS (Senior Race)

1. Horwich (1, 4, 8, 18) 2. DPFR (2, 10, 16, 27) 3. Clayton (5, 14, 15, 24)

WHINBERRY NAZE DASH

by Bill Smith

Category B, 4 miles, 900'

9 March

In contrast to the rain and mist of last year's inaugural race, clear sunny weather prevailed on this occasion. Mike Short was again the winner but bettered his 1979 performance by 76 seconds to create a new record of 21.32, and in fact the first eleven finishers were inside the old record. The ever improving Johnny Reade (Clayton) had a fine run to place 2nd and he was chased home by Keenay (Sale) and Dave Cartridge (Bolton), who tied for 3rd place. P Dawson (Blackburn) was the fastest veteran, 34th in 24.06. Tony Shaw (Rochdale) was 2nd vet, 43rd in 24.32, while Sale (Keenay, Burgess, Farmer) won the team prize with 16 pts. from Horwich (Short, Sunter, Davis) with 24 and Clayton (Reade, Weaver, Livesey) with 31. Jean Lochhead won the Ladies Race from Gillian Pile. 161 men and 8 women finished.

1. M Short	Horwich	21.32	6. R McAndrew	Wigan	22.13
2. J Reade	Clayton	21.45	7. M McGann	E. Chesh.	22.17
3. R Keenay	Sale	21.47	8. D Farmer	Sale.	22.23
4. D Cartridge	Bolton	21.47	9. P Dixon	Rossendale	22.33
5. M Burgess	Sale	21.59	10. J Verity	Bingley	22.34

PENDLE FELL RACE

RESULTS

Category A, 4 $\frac{3}{4}$ miles, 1500'

29 March

1. H Walker	Blackburn	32.34	11. J Verity	Bingley	35.04
2. C Donnelly	Cambuslang	32.53	12. J Reade	Clayton	35.11
3. M Short	Horwich	33.14	13. C Robinson	Rochdale	35.12
4. R Holdsworth	Halifax	33.44	14. I Holloway	Rochdale	35.12
5. P Cowell	Rossendale	33.46	15. R Boswell	Lochaber	35.23
6. A Taylor	Kendal	34.07	16. A Sunter	Horwich	35.29
7. M Calvert	Leeds Univ.	34.11	17. G Gough	Blackburn	35.32
8. D Cartridge	Bolton	34.24	18. D Smith	Halifax	35.35
9. R Wayte	Bingley	34.51	19. P Hartley	Rossendale	35.36
10. J Broxap	Keswick	35.03	20. S Livesey	Clayton	35.51

Veterans

0/40 W Cooper (37th) Manchester 36.59 0/50 E Foley (138th) Horwich 41.51

263 Ran.

Ladies

1. J Lochhead	ASVAC	42.43	3. B Hogge	Eryri	44.25
2. G Pile	Manchester	42.49	4. J Dransfield	Spenn.	45.55

13 Ran.

EDALE SKYLINERESULTSCategory A, 21 miles, 4500'30 March

1. H Walker	Blackburn	2.45.03	11. J North	Clayton	3.02.24
2. A Darby	Sale	2.49.28	12. I Clarkson	Rochdale	3.03.43
3. R Pearson	DPFR	2.50.02	13. T Godolphin	Harr.	3.04.20
4. J Reade	Clayton	2.53.44	14. N Paul	Thames	3.05.15
5. T Farnell	DPFR	2.54.23	15. V Duff (V)	Blackb'n	3.05.47
6. M Garrett	Mandale	2.56.04	16. S Bland	Keswick	3.07.55
7. G Berry	DPFR	2.56.47	17. M Jones	Eryri	3.08.06
8. K Taylor	Rossen.	2.57.37	18. M Hayes (V)	DPFR	3.08.26
9. D Weir (V)	Sale	2.58.56	19. A Belton	Saxons	3.09.25
10. R Aucott (V)	DPFR	2.59.53	20. C Bent	DPFR	3.09.41

Ladies (14 miles)

1. J Pearson	Sheffield	2.21.03	4. A M Grindley	Clayton	2.44.23
2. B Hogge	Eryri	2.29.28	5. M Dye	Unatt.	3.10.52
3. W Dodds	ASVAC	2.38.34			

Teams

1. DPFR "A"	8.41.12	2. Clayton "A"	9.06.29	3. DPFR "B"	9.18.00
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AN ACCOUNT OF THE PENDLE AND EDALE FELL RACES

by Harry Walker

Pendle is a local run for me, and also one of my favourites. The winter training had not gone as well as that of '78 or '79, and I'd had my worst National - 184th compared with 65th and 117th the previous two years. I did not race again until Pendle and five weeks is along time for me.

The race went much as all the other ones I have run in over the new course, '74, '75, '76, (injured '77), '78 and '79. I was not confident on Pendle morning.

Sprinting with Andy Taylor towards Buttock, I managed to get 50 yards lead. I walked some of the way up the Big End to save myself for the day after. I think they were closer to me this year although I did ease down after Buttock on the descent. At the finish I looked round to see Colin Donnelly looking very fresh, while I was shattered!

My legs went very stiff. This race always takes a lot out of me, so I was disappointed to find that the Edale - another favourite - was on the following day. I was also disappointed that Andy Styan did not run, as I was anxious to get my revenge for him having beaten me the previous year (Harry has won this race six times in its seven-year history. ED.). However, this is not a challenge for next year! (Good! ED's wife.) Instead I was to be challenged by another Andy - Andy Darby of Sale.

After a good night's sleep we got to Edale early for a change with 20 minutes to spare before the start. Stiff and sluggish I started up Grinslow Knoll with Andy taking an early lead. I ran steadily to the bottom of Lose Hill. From there I tried to push a bit, but wasn't going any better, so just kept at a steady pace. People kept telling me that Andy was tiring, but so was I! It took me 'till Edale Cross to catch him. I didn't speed up at all as I

didn't feel like it. My legs were very stiff coming down Grinslow but the weather had been kind to us so I finished in good shape.

It gave me some satisfaction to know that I had won the two races in under 24 hours, although I had done this once before in '75 with Pen-y-Ghent and Clitheroe on a very hot weekend. I don't particularly enjoy doing two races of this calibre in one weekend, but being a glutton for punishment, I daresay I would do it again.

KENTMERE HORSESHOE

RESULTS

Category A, 12 miles, 3300'

30 March

1. C Donnelly	Aberdeen	1.41.57	11. P Howarth	Keswick	1.49.05
2. W Bland	Keswick	1.42.05	12. B Brindle	Horwich	1.49.23
3. H Jarrett	CFRA	1.42.24	13. J Blair-Fish	DPFR	1.49.44
4. R Whitfield	Kendal	1.42.30	14. I Robinson	Clayton	1.49.52
5. M Short	Horwich	1.44.22	15. M Walford	Kendal	1.49.55
6. A McGee	Bolton	1.46.06	16. R Barnby	Keswick	1.50.17
7. I Holloway	Rochdale	1.47.34	17. T Catton	Clayton	1.50.17
8. K Robinson	Kendal	1.47.42	18. A Harmer	Portsmouth	1.50.46
9. G Harper	Aberdeen	1.47.44	19. D Lamond	Keswick	1.51.10
10. P Sanderson	Telford	1.48.55	20. H Forrest	Gosforth	1.51.23

1st Vet. 0/40 P Carmichael Morpeth (46th) 1.54.04
 1st Vet. 0/50 W Fielding Leeds (63rd) 1.56.19

216 Ran

Ladies

1. J Lochhead	ASVAV	2.10.08	5. L Lord	Clayton	2.21.11
2. V Marot	York Univ.	2.12.22	6. J Dawes	Kendal	2.31.29
3. J Glass	Eryri	2.12.37	7. S Thompson	York Univ.	2.34.27
4. P Howarth	Keswick	2.13.14	8. E Emery	Kendal	2.49.40

Juniors - 3 miles

1. N Weaver	Clayton	50.57	6. M Calvert	Kendal	60.18
2. K Barrett	Rochdale	51.33	7. K Manning	Clayton	65.32
3. I Donaldson	Cockermouth	52.47	8. I Breslin	Lancaster	73.37
4. S Livesey	Clayton	52.57	9. R Holden	Clayton	74.04
5. M Burley	Fleetwood	59.35			



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APRILRIVINGTON PIKERESULTSCategory B, 3 1/2 Miles, 700'5 April

1. A Taylor	Kendal	16.35	11. A Fancett	Wigan	17.47
2. M Short	Horwich	16.37	12. M Roberts	Kendal	17.51
3. D Cartridge	Bolton	16.56	13. J Broxap	Keswick	17.53
4. P Raval	Horwich	17.03	14. G Woodburn	Blackburn	17.54
5. H Walker	Blackburn	17.20	15. G Parkinson	Clayton	17.55
6. M McGann	E. Chesh.	17.28	16. W Cooper	Manch.	17.56
7. R McAndrews	Wigan	17.30	17. A Sunter	Horwich	17.57
8. C Robinson	Rochdale	17.35	18. D Farwell	Man.YMCA	18.05
9. R Hill (V)	Clayton	17.45	19. R Ashworth	Rossen.	18.08
10. A Howden	Halifax	17.46	20. A Hulme	Altrinc.	18.11

226 Ran.Ladies

1. S Lonsdale	Sale (Rec.)	20.23	4. G Pile	Manch.	22.08
2. J Lochhead	ASVAC	21.37	5. J Dransfield	Spenn.	22.16
3. M Hendley	Bolton	21.50	6. S Dransfield	Spenn.	22.21

18 Ran.MANX MOUNTAIN MARATHONby Arthur C JonesCategory A, 30 miles, 9000'7 April

Easter Monday's Manx Mountain Marathon and subsidiary races were notable for two outstanding achievements. Five of the existing course records were broken and young Colin Donnelly not only won the Elite event at his first attempt, but knocked 13 minutes off Mike Short's 1979 record time. After three successive wins Mike had to be content with second place although he had the satisfaction of breaking his old record by nine minutes. Colin was content to trail Mike for the first twenty-four miles and then passed him on the descent of South Barrule and gradually increased his lead to the finish.

Aberdeen had a double victory when George Harper won the Silver Standard class in a very fast time which was the eleventh fastest time of the day. Anyone who breaks six hours in this class automatically qualifies for the "Elite" class should they compete in future years. Wendy Dodds was the winner of the first Ladies Standard Race to be held over the full course. It is hoped that this race will grow in popularity in subsequent years. (Wendy's time of 5.52.58 should qualify her for the Elite class. ED.)

1. C Donnelly	Aberdeen	4.02.11	11. M Walford	Kendal	4.50.34
2. M Short	Horwich	4.06.16	12. P Simpson	DPFR	4.56.25
3. M Hudson	DPFR	4.23.11	13. K Shand	Rochdale	4.56.27
4. J Blair-Fish	DPFR	4.25.48	14. R Boswell	Lochaber	4.56.58
5. J Reade	Clayton	4.27.23	15. P Lewis	DPFR	4.58.00
6. K Robinson	Kendal	4.29.05	16. T Varley	Bdy.Harr.	5.06.20
7. R Shields	Lochaber	4.33.05	17. J P Smith(V)	Bury	5.09.14
8. I Holloway	Rochdale	4.37.47	18. M Trevor	Shrewsbury	5.14.12
9. J Patterson	Nth.Ire.	4.41.35	19. G Oliver	JLR.RA.	5.14.31
10. F S Thomas	DPFR	4.42.08	20. M Greaves	DPFR	5.23.28

GUISBOROUGH MOORSRESULTSCategory B, 12½ miles, 2400'13 April

1. G Forster	Sunderland	1.23.24	11. J North	Clayton	1.29.35
2. D Cartridge	Bolton	1.24.16	12. M Garratt	Mandale	1.29.54
3. A Darby	Sale	1.25.37	13. P Larkin	Newc'le	1.29.59
4. J Reade	Clayton	1.26.02	14. G Bellord	M'Bro.	1.30.28
5. M Burgess	Sale	1.27.01	15. R Marson	Scarb'ro.	1.30.54
6. J Myatt	Gateshead	1.28.20	16. R Ingleton	Darl't'n.	1.30.57
7. D Smith	Halifax	1.28.24	17. B Dale	M'Bro.	1.31.03
8. J Barker	Grimsby	1.29.06	18. M Patterson	Ebor.	1.31.16
9. S Shaw	M'Bro & Cle.	1.29.19	19. J Woodcock	Ch.le.St.	1.31.43
10. G Edwards	Bingley	1.29.27	20. J Burdett	M'Bro.	1.31.52.

Teams (four to count)288 Ran.

1. Middlesborough & Cleveland Harr. 60pts. 2. Sale Harr. 91pts.

GUISBOROUGH MOORS LADIES RACEby Wendy Dodds7 miles?13 April

With 17 women setting off, it was one of the largest female fields in a fell race. The announcer did a grand job giving a run-down on competitors "vital statistics". I was a little embarrassed to be classed as a "top orienteer" since it must be more than six years since I won an '0' event. However, I decided to shove the postage-stamp-sized photocopy of the 1" OS map of the course in my pocket.

For me this was the end of a very hard week's training, part of my build up for the "Peaks", and my only aim was to finish the course feeling tired. Off we set through the forest, with a marshall at every junction to prevent any wrong routes. I was at the back of the second group as we reached open moorland. Among the front runners were a couple of locals and two who had done the race the year before, so I had great confidence in their knowledge of the route. I knew we had to go off to the right quite early on, but presumed that the strong headwind was slowing us down as I could see the front runners straight ahead on the path across the moors. After frequent glances at my watch I began to wonder if the map I had studied was really so old that the forested area (Lonsdale Plantation) had been cleared. Then I came upon two runners stopped at a junction, the front bunch were, by now, out of sight. Out came the mini black and white map, with only contours and place names showing up clearly - we took a right fork and dropped down, eventually hitting a road where another look at the map confirmed that there had been a major error and that we were just West of Commandale - a full 3 miles off course.

We were now joined by the front group returning from Commandale and those catching up from behind. 2½ miles along the road we could cut up to Kildale moor and almost 6 miles later rejoin the course. At Percy Rigg I had used up the 75 minutes that I had allowed myself for the race (I had a 2 p.m. assignation in Stockton) and after a few fruitless attempts at hitching Sue Styan and myself got a lift from the marshals returning from Sliddale to the finish arriving, to our embarrassment, before any of the other women who were by now overdue. Congratulations must go to the first woman,

Corinne Appleton, who was one of only five to stay on-course.

Despite the problems I had an enjoyable run and for one who has no great aspirations in "short" fell races I achieved my aim of a 75 minute run with a little external pressure to tire me out.

1. C Appleton	83.07	4. J Murley	132.15	No other times were recorded. 3 retired.
2. M Wall	127.04	5. P Derrick	133.06	
3. K Bickham	127.25			

Mick Garratt's comments as organiser are quoted here as being relevant, not only to this race, but to fell racing generally.

" The Gisborough Moors Race has been given a category B by the FRA which means it is a fell race, albeit a mild one, and not a cross country race. Any fell race, no matter how tame it is, is a competition to test the skills involved in crossing mountainous or hill terrain. These skills must include, along with speed and stamina, the ability to successfully find one's way around the course. Whilst the organisers of the Gisborough Moors Race recognise the need to reduce navigation as much as possible, over the open moorland a decision has to be reached as to the degree of marking practicable. At no point on the marked route over the moor was it impossible to see a stake or marker. If one drifts away from the route the stakes may not, however, be visible. My greatest fear is that if runners can go so far astray (almost 3 miles) before attempting to get back on course on a clear sunny day, what will happen when it is misty with visibility down to 25 yards (as it was the day after the race)."

GREAT HAMELDON HILL

by Bob Mitchell

Category B, 5 miles, 1000'

20 April

The second Great Hameldon Hill Race attracted an even larger field than the 308 starters of 1979. This year there were in fact 391 competitors on the starting line of whom only 3 failed to finish. Conditions were ideal for fast running due to the recent dry spell and it was expected that Ricky Wilde's record in the inaugural event last year would be broken. The race attracted a fair cross section of runners, from the tough guys of the fells sharpening up for the Three Peaks one week later, to road and cross country stars and a large entry of 'locals' having a bash.

The first half mile of the race climbs the tree lined Avenue Parade before ascending the local landmark the 'Coppice'. As the field began to string out, two of the fast lads, David Slater of Bingley and Junior cross country star David Lewis of Rossendale began to force the pace. It was still Slater and Lewis at the summit with Andy Taylor of Kendal trying to get back in contact. Over the fast tracks returning to the Coppice the lead changed hands several times between Lewis and Slater with Andy Taylor some 40 yards behind. The last half mile of the course takes in a really hair-raising descent which can be seen by the large crowd at the finish and it was still neck and neck as the trio entered the field to the roars of the spectators. Taylor had closed to within 10 yards of the leading pair but the dash across the field saw Lewis getting the verdict on the dip at the line from Slater.

The first lady home out of a field of 27 was Colette Chapman of Bolton. Evergreen Ron Hill of the home club proved a popular winner in the highly competitive veterans classes. The first Moleside Moor Race for juniors also attracted a large field with 49 starters and was won in a close finish by Andrew Birtwell of Blackburn from a fast-finishing D Robinson of East Cheshire.

1. D Lewis	Rossen.	27.04	11. R Hollworth	Halifax	28.39
2. D Slater	Bingley	27.04	12. P Dixon	Rossen.	28.43
3. A Taylor	Kendal	27.06	13. D Quinlan	Bingley	28.46
4. M Short	Horwich	27.39	14. M McGann	E.Chesh.	28.47
5. D Cartridge	Bolton	28.05	15. G Entwistle(V)	Man.	28.47
6. H Walker	Blackburn	28.05	16. D Anderson(V)	Bingley	28.48
7. E Irving	Bingley	28.08	17. S Breckell	Blackburn	29.10
8. M Smith	Blackburn	28.09	18. G Woodburn	Blackburn	29.18
9. A Darby	Sale	28.18	19. P Hartley	Rossen.	29.21
10. R Hill (V)	Clayton	28.36	20. H Aspinall	Rossen.	29.28

Teams

1. Bingley 22 pts. 2. Blackburn 31 pts. 3. Rossendale 32 pts.

Ladies

1. C Chapman	Bolton	34.37	6. A Pendlebury	Bolton	36.51
2. B Robinson	Bury	35.44	7. G Pile	Manchester	37.02
3. P Haworth	Keswick	35.55	8. J Dransfield	Spn.	37.06
4. J King	Blackburn	36.28	9. L Lord	Clayton	37.32
5. M Hendley	Bolton	36.38	10. C Price	Bolton	38.21

Junior Race

1. A Birtwell	Blackburn	14.37	6. M Hale	Blackburn	15.44
2. D Robinson	E. Chesh.	14.38	7. L Brady	Hynd.	16.12
3. P Roden	E. Chesh.	14.53	8. K Russell	E. Chesh.	16.23
4. S Navin	E. Chesh.	14.59	9. S Atkinson	Blackburn	16.24
5. D Garvey	Blackburn	15.27	10. T Laurence	Hynd.	16.25

THREE PEAKS RACE

By Andy Styan

Category A, 23 miles, 5000'

27 April

I wondered why people were standing in their gardens with binoculars when we reached Horton in Ribblesdale at about 10.30 a.m. ready for an 11 a.m. start. I soon found out! (and, no! I haven't won the Best Excuse Competition). I spent 10 minutes trying to decide whether to run the course anyway, or just have a training run and watch. I'm glad I decided to watch, because I saw the most exciting finish I've ever seen in a fell race.

It was a perfect day for the event. Perhaps a little on the hot side, particularly when you're wearing plastic numbers, but visibility was excellent and it was as dry underfoot as it's ever likely to be. Would there be a record? Would Harry Walker get his hat-trick? Would Colin Donnelly continue his phenomenal start to the season? All questions being asked, but what about Mike Short? Well, Mike was there from the start and by Wherside there were only three in it - Mike, Harry Walker and Colin Donnelly. I asked Mike at the Pendle Race if he was going to win the Peaks this year and, after a little hesitation, he replied "Well, yes I am." He must

surely have felt his chances go as Donnelly pulled away coming off Ingleborough. The 20-year-old who had beaten Mike at Pendle, Kentmere and the Isle of Man looked a safe bet for a win at the first attempt, with Harry Walker dropping way back. As they came to the last stile with 300 yards to go, Colin had a 30 yard lead over Mike, and both looked exhausted. Mike took an age to get over the stile and that really looked the end for him. Not so! Reaching the last short hill before the drop to the finish, Colin went legless, and Mike, seizing his chance, put in a tremendously gritty burst to pull back the full 30 yards and forge a 20 yard lead, all in the space of seconds. It was a wonderful piece of running by Mike Short which, after so many years, gave him his first win in the Peaks.

The crowd at the finish missed the real spectacle, but saw excellent performances from a number of runners. Who do you pick out? Hartley, Aucott, Edwards among many others, and Dave Makin in 33rd place, looking as if he was having a heart attack instead of writing an article on one.

1. M Short	Horwich	2.43.32	11. J North	Clayton	2.59.41
2. C Donnelly	Aberdeen	2.43.37	12. G Edwards	Bingley	2.59.59
3. H Walker	Blackburn	2.46.19	13. A Richardson	Kendal	3.00.05
4. P Hartley	Rossendale	2.54.33	14. J Blair-Fish	DPFR	3.00.15
5. H Chadwick	Thames H&H	2.56.14	15. J Sanderson	Telford	3.01.05
6. M Garratt	Mandale	2.57.32	16. G Berry	DPFR	3.02.22
7. R Aucott	DPFR	2.58.06	17. J Broxap	Keswick	3.02.31
8. D Overton	Kendal	2.58.18	18. D Ratcliffe	Rossen.	3.02.43
9. I Holloway	Rochdale	2.58.35	19. M Jones	Eryri	3.04.39
10. R Whitfield	Kendal	2.58.45	20. C Pooley	Lancs.	3.09.46

Veterans

344 Ran. 42 Retired.

1. R Aucott(7)	DPFR	2.58.06	4. D Makin(33)	Bingley	3.11.32
2. D Anderson(24)	Bingley	3.06.20	5. S James(39)	Southpt.	3.13.57
3. M Hayes(29)	DPFR	3.10.18	6. B Duff(62)	Blackbn.	3.20.35

Teams

1. Kendal 8.57.08 2. DPFR 9.00.43 3. Rossendale 9.13.40

Ladies

9 ladies finished the course. Jean Lochhead was a very disappointed non-starter with dysentery, leaving the way open for Veronique Marot and Sue Parkin who battled it out most of the way until Sue pulled away near the end.

1. S Parkin(133)	ASVAC	3.35.34	6. AM Grindley(248)	Clayton	4.09.15
2. V Marot(159)	York Univ.	3.42.49	7. E Emery(276)	Kendal	4.23.32
3. J Glass(168)	Eryri	3.44.45	8. M Rosen(285)	Barnet	4.30.45
4. W Dodds(182)	ASVAC	3.48.04	9. J Dawes(291)	Kendal	4.42.30
5. L Lord(232)	Clayton	4.03.27			

INGLEBOROUGH JUNIOR RACE

RESULTS

B miles, 1500'

27 April

1. R Wayne	Bingley	1.00.15	4. C Valentine	Keswick	1.04.20
2. N Weaver	Clayton	1.02.27	5. S Dougherty	Holmfirth	1.08.58
3. I Rawlinson	Blackpool	1.04.43	6. J Salmon	ThamesH&H	1.11.58

MAY

BEN LOMOND

by Roger Boswell

Category A, 9 miles, 3200'10 May

Adding up the points after the race it transpired that Lochaber AC and Kendal scored 39. But it seemed surprising that Lochaber should be awarded the team title as their three men finished after the Kendal trio, their composite team time was slower, their 4th man finished behind the Kendal 4th man, and L comes after K in the alphabet. But all was revealed later - Kendal's 2nd man, Blenkinsop was no longer running for Kendal, so Lochaber can now manufacture yoghurt with a clear conscience.

The important issue, however, was who would be the individual winner. Donnelly was fancied - this was the race where he first made his name last year - but he suffered a disaster. He was never in contention going up, 5th at the top, and eventually finished a disconsolate 4th. Maybe he was still feeling the effects of winning the Manx on 7 April and running Short so close in the Three Peaks a fortnight earlier. Well, having mentioned him, we should record that Short looked very sharp in this race. He soon took control going up, and held a big lead at the top, with Jarrett 2nd. Bobby Shields had a tremendous climb, pulling through from about 20th at the bottom to be 3rd at the top, just in front of Whitfield. On the descent Short was never threatened, finishing in a class of his own in the new record time of 1.03.34, smashing Ian Roberts 1979 record of 1.04.45.

Jarrett just held off a fast finishing Whitfield for 2nd place, while Donnelly was just a bit too good for local boy, Bobby Shields. If only Shields could come down like he goes up. 132 runners finished including a certain Mike Walford (Kendal - 79th in 1.22.28) who ran the last 2 miles with a broken wrist. Walford is the outdoor type who likes nothing better than to roam the hills in total isolation, hence, conversely, crowded mountain tracks upset him. Half way down Ben Lomond, Walford was distracted as he threaded his way at high speed through a group of marshals. He tripped breaking his wrist in the process. But Walford is tough, not only did he finish the race, but after a quick trip to hospital where the wrist was reset by traction, Walford was back at Rowardennan Hotel for his tea.

Lochaber's Ros Coates was an easy winner of the ladies race, taking 1.24.30. She would have done even better had she not already taken part in the Scottish Orienteering Championships held earlier in the day at Dunblane.

1. M Short	Horwich	1.03.34	11. C Joss	Bellahstn	1.09.11
2. H Jarrett	CFRA	1.05.08	12. W Tait	Tynedale	1.09.34
3. R Whitfield	Kendal	1.05.33	13. J Hayes	Ballydrn	1.09.44
4. C Donnelly	Aberdeen	1.06.23	14. A Daly	Bellahstn	1.09.45
5. R Shields	Lochaber	1.07.07	15. J Blair-Fish	Edinburgh	1.09.50
6. R Boswell	Lochaber	1.07.32	16. D Overton	Kendal	1.10.00
7. A Adams	Dumbarton	1.07.38	17. M Edwards	Aber.AC	1.10.07
8. D Lee	CFRA	1.07.50	18. D Smith	Halifax	1.10.12
9. R Morris	Edinburgh	1.08.16	19. J Rowley	Dumbarton	1.10.17
10. A Sunter	Horwich	1.08.45	20. H Blenkinsop	Kendal	1.10.24

Ladies

1. R Coates	Lochaber	1.24.30	3. M Rosen	Barnet	1.40.02
2. W Dodds	ASVAC	1.33.03	4. N Hutchinson	Unatt	1.54.06

DUDDON FELL & MOUNTAIN RACESRESULTSCategory A, 22 miles, 6000'

Day One 10 May

1. A Styan	Holmfirth	2.51.38	11. J Broxap	Keswick	3.09.36
2. S Bland	Keswick	2.55.43	12. M Gibbison	Lancs/More.	3.11.05
3. J Naylor	CFRA (V)	2.58.56	13. D Ratcliffe	Rossendale	3.13.30
4. P Nixon	Kendal	2.58.58	14. W Bland	Keswick	3.14.14
5. K Taylor	Rossendale	3.01.51	15. H Forrest	Gosforth	3.15.10
6. A Bland	Keswick	3.02.20	16. J Loxham	Clayton	3.15.18
7. M Hudson	DPFR	3.02.36	17. A Peacock	Clayton	3.16.31
8. J North	Clayton	3.04.50	18. K Shand	Rochdale	3.16.53
9. W Todd	CFRA	3.09.03	19. S Cliffs	L'poolPembr.	3.17.04
10. D Booth	DPFR	3.09.08	20. M Hayes	DPFR (V)	3.17.17

Ladies - 11 miles, 3000'

1. J Lochhead	ASVAC	1.45.54	5. B Handscombe	CFRA	2.11.31
2. J Sutcliffe	Man&D	1.56.13	6. C Walley	CFRA	2.15.00
3. B Hogge	Eryri	2.10.20	7. P Calder	DPFR	2.20.02
4. M Dye	Saxons	2.11.28	8. A Heap	Duddon	2.44.16

Junior Men - 11 miles, 3000'

1. D Tosh	Rochdale	1.29.58	5. R Knight		1.38.58
2. S Dougherty	Holmfth.	1.30.05	6. M Birley		1.56.27
3. A Smith	CFRA	1.30.20	7. P Hayes	DPFR	2.10.22
4. J Robinson	Bingley	1.32.11			

0-Type, 16 miles, 3000'

Day Two 11 May

1. M Hudson	2.54.03	4. A Phillipson	3.05.11	7. F Loftus	3.23.36
2. J Naylor	2.58.10	5. K Taylor	3.09.14	8. R Shaw	3.38.04
3. D Ratcliffe	3.03.07	6. I Holloway	3.11.05	9. A Heaton	3.41.40
				10. N Paul	3.47.48

DARWEN MOORSRESULTSCategory B, 11½ miles, 1800'

11 May

1. R Wilde	Manchester	1.15.52	6. H Walker	Blackburn	1.18.08
2. J Norman	Altrincham	1.17.07	7. R Hill	Clayton(V)	1.18.43
3. M Short	Horwich	1.17.25	8. K West	Wolves	1.18.54
4. A Darby	Sale	1.17.39	9. M McGann	E Chesh.	1.19.20
5. C Robinson	Rochdale(V)	1.18.06	10. G Woodburn	Blackburn	1.19.30

Teams 1. Bingley 2. Clayton 3. BlackburnLadies

1. J Lochhead	ASVAC	1.39.44	3. G Pile	Manchester	1.47.49
2. B Robinson	Bury	1.42.34			

BACK COPIES WANTED

Colin Valentine of Leathes Cottage, Borrowdale, Nr. Keswick, Cumbria will pay a reasonable price plus postage for single copies of 'The Fell Runner' from the first issue up to Spring 1979.

GOATFELL

by Roger Boswell

Category A, 8 miles, 2900'

17 May

Porous skin was essential for a good showing in this year's race as there was not a breath of wind and the sun blazed down from a cloudless sky. Some unknown runners from a US submarine moored in the Holy Loch were eyed warily as they lined up. One of them, name unknown - but he looked like Kip Keino - confirmed the worst fears of the sedentary domestic runners by going off like Jesse Owens. But he was only the decoy, the real challenge came from a certain Neil Bowman, who was always up at the front, and reached the top in 2nd place.

When 'Kip Keino' faded at about the $\frac{1}{2}$ mile mark, Donnelly briefly took over, but then proceeded to run even worse than in the Ben Lomond to ultimately finish a dismal 4th. What is wrong with the boy? Alan Adams was the man of the moment, as he led from about $1\frac{1}{2}$ miles, all the way to the top and halfway down. But the cunning Styan, who had constantly been dowsing himself from muddy puddles using his illegal 'Snoopy' hat, had plenty left as he zoomed past Adams on the descent to win in the incredibly slow time of 1.18.13 - 5 minutes outside his own 1979 record.

In the veteran stakes, Ryder had a great run up - about 7th at the top - but could not hold a rampant Blenkinsop on the descent; Blenk finished 5th and Ryder 13th. Lochaber AC won the team race from a dubious looking Dark Peak line up comprising Blair-Fish (Edinburgh Southern), Donald Booth (Dark Peak) and Jim Patterson (Northern Ireland Fell Runners). Caroline Brittain was first and last in the inaugural ladies race over the same course, in 2.04.11.

1. A Styan	Holmfirth	1.18.13	11.	A Fancett	Wigan	1.26.16
2. A Adams	Dumbarton	1.19.12	12.	S Patterson	DPFR	1.26.49
3. R Boswell	Lochaber	1.20.27	13.	W Ryder	Marpeth	1.27.30
4. C Donnelly	Aberdeen	1.22.12	14.	D Booth	DPFR	1.28.12
5. H Blenkinsop	Penrith	1.22.49	15.	R Campbell	Lochaber	1.28.32
6. J Blair-Fish	DPFR	1.23.50	16.	M Garratt	Mandale	1.29.08
7. R Shields	Lochaber	1.24.24	17.	J McGoff	Dalry	1.29.47
8. D Overton	Kendal	1.24.34	18.	P Sanderson	Telford	1.30.10
9. N Bowman	RMCO	1.25.01	19.	R O'Hara	Annan	1.30.33
10. D Tosh	Rochdale	1.25.29	20.	J Black	Livingston	1.31.29

FAIRFIELD HORSESHOE

by Peter Knott

Category A, 9 miles, 3000'

18 May

The sweat was soon flowing freely as the 266 runners in the mens race strung into a long winding snake on their way up to Nab Scar and the ridge leading to Fairfield summit. By this time the 11 ladies were already feeling the pleasant cool breeze on the ridge, having started half-an-hour earlier. Jean Lochhead retained her title some 4 minutes slower than her own 1979 record, due presumably to the hot conditions. Pauline Haworth of Keswick stuck firmly to Jean's heels all the way to the summit and only allowed the more experienced girl to pull out 52 seconds at the finish. Ricky Wilde had Mike Short for company at the summit, but shoved him a clean pair of heels on the descent, taking nearly three minutes out of the Horwich man, but leaving himself nearly $1\frac{1}{2}$ minutes outside his 1979 record.

The outstanding run of the day was surely the 7th place of Bob Aucott of Dark Peak Fell Runners to capture the Over-40s vets prize and set new standards for this class. Performances of this sort tend to re-inforce the view, which prevails in some quarters, that the vets should start at 45 or even 50.

152 of the 264 finishers got back to Rydal Hall within the race standard of 100 minutes, as did the first three ladies.

1. R Wilde	Manchester	1.12.51	11. I Holloway	Rochdale	1.18.48
2. M Short	Horwich	1.15.39	12. G Edwards	Bingley	1.18.54
3. H Jarrett	CFRA	1.16.02	13. K West	Wolves	1.19.16
4. D Cartridge	Bolton	1.16.07	14. K Taylor	Rossen.	1.20.15
5. J Norman	Altrincham	1.16.24	15. J Broxap	Keswick	1.20.53
6. R Whitfield	Kendal	1.16.30	16. G Mason	Barrow	1.21.08
7. R Aucott	DPFR	1.16.48	17. R Ashworth	Rossen.	1.21.25
8. W Bland	Keswick	1.17.15	18. W Simmons	Barrow	1.21.50
9. R Wayne	Bingley	1.17.48	19. A Trowbridge	DPFR	1.21.59
10. J Reade	Clayton	1.18.31	20. W Cooper	Manch.	1.22.19

Teams

1. Kendal A	4.01.59	2. DPFR A	4.02.15	3. Keswick A	4.02.57
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Ladies

1. J Lochhead	ASVAC	1.34.48	3. V Marot	YorkUniv.	1.38.37
2. P Haworth	Keswick	1.35.40	4. L Lord	Clayton	1.46.25

NCAA 1980 FELL RUNNING CHAMPIONSHIPS - HONISTER

RESULTS

Category A, 14 miles, 5000'

24 May

1. W Bland	Keswick	2.03.50	11. A Bland	Keswick	2.22.15
2. M Short	Horwich	2.05.08	12. M Garratt	Mandale	2.22.29
3. H Jarrett	CFRA	2.14.04	13. D Booth	DPFR	2.22.40
4. A Styan	Holmfirth	2.16.55	14. P Haines	Mandale	2.22.48
5. R Whitfield	Kendal	2.17.04	15. J Blair-Fish	DPFR	2.23.27
6. D Lee	CFRA	2.18.27	16. J Naylor	CFRA	2.24.34
7. I Holloway	Rochdale	2.18.46	17. A Darby	Sale	2.25.30
8. S Bland	Keswick	2.19.46	18. J McGee	CFRA	2.28.21
9. J Broxap	Keswick	2.20.19	19. D Lamond	Keswick	2.29.46
10. D Cartridge	Bolton	2.21.37	20. K Taylor	Rossen.	2.30.31

Veterans Over-40

Juniors 17-20 8 miles, 2000'

1. J Naylor	CFRA	2.24.34	1. R Wayne	Bingley	1.05.37 (Rec.)
2. P Carmichael	Morpeth	2.33.26	2. A Sunter	Horwich	1.07.05
3. D Jewell	DPFR	2.35.05	3. C Valentine	Kesw.	1.07.36

Northern Counties Team Championships

1. Keswick AC (W Bland - 1st, S Bland - 8th, J Broxap - 9th) 18 pts.
2. Cumberland FR (H Jarrett - 3rd, D Lee - 6th, J Naylor - 16th) 25 pts.
3. Dark Peak FR (D Booth - 13th, J Blair-Fish - 15th, G Berry - 22nd) 50 pts.

Northern Counties Individual

1. W Bland	Keswick	2.03.50 (Rec.)	(1st overall)
2. M Short	Horwich	2.05.08	(2nd overall)
3. H Jarrett	CFRA	2.14.04	(3rd overall)

Midland Counties Individual

1. M Garratt Mandale
2. P Haines Mandale
3. D Jewell DPFR

Cheshire County Individual

1. J Broxap Keswick
2. A Darby Sale
3. A Hulme Altrincham

Southern Counties Individual

1. J Blair-Fish DPFR
2. D Ford Vauxhall Motors
3. J O'Callaghan Vauxhall Motors

N. E. Counties Individual

1. M Garratt Mandale
2. P Haines Mandale
3. P Carmichael Morpeth

Lancashire County Individual

1. M Short Horwich
2. I Holloway Rochdale
3. D Cartridge Bolton

Cumbria County Individual

1. W Bland Keswick
2. H Jarrett CFRA
3. D Lee CFRA

Yorkshire County Individual

1. A Styan Holmfirth
2. R Whitfield Kendal
3. D Booth DPFR

Rutland County Individual

1. E Idle MP AC
2. J Cleese MP AC
3. M Python MP AC

WELSH 1000 METRE PEAKS

RESULTS

Category A, 20 miles, 9000'

31 May

1. M Short	Horwich	3.36.39	11. L Williams	4.13.33
2. D Ratcliffe	Rossen.	3.54.08	12. N Matthews	4.13.52
3. K Taylor	Rossen.	3.55.31	13. M Jones	Eryri 4.14.20
4. I Holloway	Rochdale	4.01.32	14. D Tosh	Rochdale 4.20.40
5. P Dixon	Kendal	4.04.29	15. K West	Wolves 4.21.20
6. J Wagstaffe		4.07.02	16. S Tosh	Rochdale 4.22.29
7. C Daniel		4.07.35	17. K Webster	Clayton 4.26.11
8. M Walker		4.09.43	18. K Lomas	4.28.26
9. J Bigham	RAF	4.10.24	19. C Donnelly	Cambuslang 4.28.30
10. A Wright	Rossen.	4.13.16	20. G Duckworth	4.28.40

Teams

1. Rossendale - 15 pts. 2. Horwich - 33 pts. 3. Rochdale - 34 pts.

Ladies (Shorter Course)

1. B Hogge Eryri 1.56.18

We were unable to get more complete results for which we apologise.

BURNMOOR '10' FELL RACE

by Bill Smith

Category C,

26 May

As with last year the advertised ten mile course had to be shortened because landowners objected to competitors crossing the heathered top of Burn Moor. The race is part of Bentham Gala, starting and finishing at High Bentham and includes an eastern traverse of Burn Moor's grassy northern slopes (unusually dry after the long rainless spell) together with country lanes and field paths; in short, a superb cross-country course. Jeff Norman won in 51.15 from Alan McGee(51.57), followed by two veterans, Colin Robinson (53.15) and Steve James (53.17). 1st Junior was Nigel Weaver and 1st lady Gillian Pile. 83 finished.

JUNE

SADDLEWORTH FELL RACE

by Dave Makin

Category A, 3 miles, 950'

1 June

The race this year, held in very good conditions, had a number of surprises. From the start a relative unknown in fell running, Andy Darby from Sale, took the lead and set a fast pace to lead at the top of Alderman Summit. Wilde, Adams, Sladen and Norman followed in that order whilst further down the field the Veterans race was developing as Cooper, Kelly, Hill and Lawson reached the top in 15th, 16th, 22nd and 30th positions.

As often happens some of these positions changed dramatically on the way down. Waterhouse from Bingley went from 8th back to 17th, whilst Bland rose from 11th to 7th.

Kelly pushed hard to achieve a new veterans record by 31 seconds in 15th place leaving Cooper 8 places adrift, but the most surprising change was yet to come. As Darby went slightly off course Wilde took a lead of 6 seconds only to stop before the line and let his rival take the race. Opinions were divided after the race between those who saw it as an ostentatious gesture and those who considered it a 'gentlemanly' act - whilst some uninformed spectators simply wondered if Ricky had any money on Andy winning.

1. A Darby	Sale	19.17	11. R Whitfield	Kendal	20.38
2. R Wilde	Manchester	19.17	12. G Edwards	Bingley	20.42
3. J Norman	Altrincham	19.36	13. M Nolan	Manchester	20.48
4. A Adams	S/M	19.39	14. A Hulme	Altrincham	20.49
5. A Taylor	Kendal	19.57	15. H Kelly(V)	E Cheshire	20.52
6. A Sladen	Salford	20.06	16. D Cartwright	BRRC	20.59
7. W Bland	Keswick	20.07	17. J Waterhouse	Bingley	21.04
8. H Walker	Blackburn	20.17	18. A Styan	Holmfirch	21.16
9. M McGann	E Cheshire	20.20	19. G Brooks	Bingley	21.17
10. J Reade	Clayton	20.34	20. S Bell	Longwood	21.19

Teams

1. Kendal 36 pts. 2. Manchester 38 pts. 3. Bingley 48 pts.

Ladies

1. J Lochhead(103)ASVAC25.31 2. P Haworth(107) Keswick 25.35

171 ran, incl. 6 ladies

PEN-Y-GHENT

RESULTS

Category A, 6 miles, 1400'

7 June

1. A McGee	Bolton	45.28	11. M Speight	Unatt.	51.58
2. J Temperton	ASVAC	46.27	12. R Asquith	Holmfirch	52.51
3. J Reade	Clayton	46.39	13. N Clayton	Skyrac	53.08
4. R Whitfield	Kendal	46.50	14. I Buchanan	Clayton	53.11
5. J Broxap	Keswick	47.47	15. C Leal	Ryde	53.28
6. A Styan	Holmfirch	49.03	16. H Pinkerton	Unatt.	53.39
7. D Booth	DPFR	49.33	17. A Richardson	Kendal	53.47
8. P Haines	Mandale	49.52	18. A Radcliffe	Halifax	53.51
9. I Robinson	Clayton	50.09	19. P Longfield	Pudsey	53.53
10. A Waterhouse	Pudsey	51.30	20. D Barton	Clayton	54.10

ROSEBERRY TOPPING RACE

by Mick Garratt

Not yet categorised, 1½ miles, 715'8 June

J Williams and Alan McGee were neck and neck at the summit with S Williams and Forrest very close behind. On the descent, however, McGee opened up a 34-second lead to smash all previous unofficial records that had been bandied about. A morning of heavy rain probably resulted in the small turnout; the rain however stopped for the races.

The race itself is 1½ miles long with 715 ft. of climbing. All the runners who have experience of fell running think that it is worthy of a category A, being comparable to Burnsall. I would particularly like to develop the junior race since this would be a first class introduction to the sport.

There are 10 short A races compared with 13 medium and 16 long in the calendar. Since the short races have obviously a smaller catchment area (people are more willing to travel to a long race than a short one), perhaps this proportion should be reversed.

1. A McGee	Bolton	11.20	4. S Williams	Mandale	12.36
2. J Williams	Mandale	11.54	5. M Hall	Middlesboro'	13.07
3. H Forrest	Gosforth	12.33	6. D Healey	Mandale	13.31

SCOLTY HILL RACE

by Mel Edwards

Not yet categorised, 5½ miles, 800'8 June

The strongest field to date assembled for the 4th Annual Scolty Race, which starts in the town park and takes the runners through pleasant forest tracks prior to a lung-searing 600 metre grind up a 1 in 6 gradient to the Scolty monument. Conditions were perfect as the 29 runners lined up. Aberdeen's Scottish Steeplechase International, Fraser Clyne, took an early lead and was never headed. 1979 Ben Nevis winner, Colin Donnelly, after a steady start moved through to finish 2nd. Clyne's time reduced Graham Laing's 1978 record by 19 seconds.

1. F Clyne	Aberdeen AC	31.11	6. R Mitchell	Aberdeen Univ	33.11
2. C Donnelly	Aberdeen Univ	31.46	7. D McLean	Forres Harr.	33.37
3. G Milne	Aberdeen AC	31.56	8. I Johnston	Forres Harr.	34.26
4. A Smith	Forres Harr.	32.11	9. P Simpson	Liverpool H.	34.42
5. M Edwards	Aberdeen AC	32.55	10. A Stapley	Fife AC	43.51

OTLEY CHEVINRESULTSNew Event, 2-3 miles?9 June

1. G Turnbull	Leeds Univ.	16.36	6. K Robinson	Bingley	17.31
2. M Calvert	Leeds Univ.	16.55	7. T Lonergan	Pudsey	17.42
3. C Leggatt	Leeds Univ.	17.00	8. G Brooks	Bingley	17.48
4. D Orme	Bingley	17.08	9. S Dobson	Leeds AC	17.56
5. I Moore	Holmforth	17.20	10. K Moore	Harrogate	18.08

63 Ran.

ENNERDALE HORSESHOE

by Sue Styan

Category A, 23 miles, 7500'

14 June

I don't know how much the notable lack of last-minute training on the night before contributed to the many tales of woe recounted in the Ennerdale Scout Hut over tea and sandwiches after this year's race, held in wet and misty conditions.

There are three records to report:

1. Number of starters - 155
2. Number of retirements - 40 (including 2 women)
3. Billy Bland's winning time of 3.21.04 - over 2½ minutes faster than the 1979 record.

Billy finished so fast and strong that one would have thought that he was being hard-pressed for 1st place. In fact, Andy Styan, Mike Short and Bob Whitfield, running a race of their own and finishing in that order, were more than 16 minutes behind him.

Second surprise of the day came from Pauline Haworth of Keswick who finished in 38th position overall in a time of 4.37.47. Her performance and those of the other four lady finishers surely justifies (if justification is still needed) the inclusion of women in distance events.

CFRA's organisation was, as always, superlative, but the day was marred by the behaviour of one 'rogue' runner - a member of the promoting club to boot. This gentleman was timed out but refused to retire, causing much anxiety before he arrived back, completely unrepentant, having been out for over 9 hours. It cannot be reiterated too often that we must obey the instructions of organisers whether or not we agree with them.

1. W Bland	Keswick	3.21.04	11. A Bland	Keswick	3.58.20
2. A Styan	Holmfirth	3.37.23	12. J Blair-Fish	DPFR	3.58.29
3. M Short	Horwich	3.37.59	13. P Haines	Mandale	3.59.36
4. R Whitfield	Kendal	3.38.20	14. M Hudson	DPFR	4.03.22
5. M Garratt	Mandale	3.40.14	15. D Booth	DPFR	4.09.43
6. H Jarrett	CFRA	3.41.20	16. A Shaw(V)	Rochdale	4.14.51
7. S Bland	Keswick	3.42.49	17. I Holloway	Rochdale	4.16.06
8. J Naylor(V)	CFRA	3.46.12	18. D Lemond	Keswick	4.17.09
9. J McGee	CFRA	3.46.59	19. B Peace	Bingley	4.20.36
10. D Ratcliffe	Rosendale	3.55.11	20. P Jebb	Bingley	4.22.47

Teams

- | | | | | | |
|------------|----------|---------|----------|---------|----------|
| 1. Keswick | 11.02.13 | 2. CFRA | 11.14.31 | 3. DPFR | 12.11.34 |
|------------|----------|---------|----------|---------|----------|

LADIES CRAG FELL 3.3. miles, 1300'

JUNIOR MEN CRAG FELL (Same)

1. J Lochhead	ASVAC	44.31	1. A Sunter	Horwich	34.33
2. L Lord	Clayton	45.30	2. C Valentine	Keswick	35.55
3. A M Grindley	Clayton	47.06	3. S Dougherty	Holmfirth	36.16

MUNCASTER 'LUCK'

Category A, 10 miles, 1800'

15 June

It seems likely that Billy Bland's winning streak continued at

Carlisle Races where he spent Saturday evening after his Ennerdale victory. Certainly he was still in celebratory mood at the aptly named Muncaster 'Luck' race the following afternoon. He romped home to win the 10-mile event, achieving what must be the most remarkable Double 'A' weekend yet. Pauline Haworth, incidentally was 2nd in the Ladies 6-mile race.

1. W Bland	Keswick	1.15.20	11. A Sunter	Horwich	1.21.00
2. H Jarrett	CFRA	1.16.08	12. G Huddleston	CFRA	1.21.11
3. J Broxap	Keswick	1.16.35	13. P Bland	Kendal	1.21.19
4. D Lee	CFRA	1.17.04	14. W Todd	CFRA	1.21.33
5. J McGee	CFRA	1.17.13	15. I Charleton	Keswick	1.21.50
6. R Whitfield	Kendal	1.19.21	16. I Donaldson	CFRA	1.22.33
7. W Simmons	Barrow	1.20.05	17. C Valentine	Keswick	1.22.45
8. I Holloway	Rochdale	1.20.15	18. M Short	Horwich	1.23.46
9. J Naylor(V)	CFRA	1.20.31	19. P Haworth	Keswick	1.23.56
10. H Blenkinsop(V)	Unatt.	1.20.50	20. M Jones	Eryri	1.24.17

Teams 4 to count

1. CFRA	20 pts.	(2nd, 4th, 5th, 9th)	2. Keswick	36 pts	(1st, 3rd, 15th, 17th)
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DOLLAR HILL RACE

by Mel Edwards

Not yet categorised, 4½ miles, 2000'

14 June

This race incorporates two hills in the Southern Ochils, starting in Dollar and attracted an entry of around 30. Alan McGee led from the gun and after 1½ miles had a 50 metre lead over Mel Edwards with Adams, Simpson and Stapley fighting for 3rd place. On the steeper of the two climbs to the summit of Blackhill, Edwards caught McGee, but on the cross country run towards Kings Seat Hill the Bolton runner established a clear lead of over 100 metres. Mist enshrouded the runners on the gradual climb to the summit which McGee reached 50 metres clear of Edwards with Adams, Simpson and Stapley next to the top. The 1977 Fell Runner of the Year showed his well proven descending ability by rocketing to a 2 minute victory, breaking the course record by 3.50. The course was superbly flagged and marshalled, a credit to organiser Bill Farmer.

1. A McGee	Bolton	46.15	6. P Shave	Pitreavie	51.34
2. M Edwards	Aberdeen	48.15	7. G White	Forth Valley	51.37
3. A Adams	Dumbarton	49.39	8. J Doig	Edin. Sthn.	53.38
4. P Simpson	Liverpool	50.48	9. I McWatt	Dumbarton	53.43
5. A Stapley	Fife	50.48	10. R Nicol	Pitreavie	53.43

EILDON TWO HILLS

RESULTS

Category A, 4½ miles, 1400'

21 June

1. H Jarrett	CFRA	27.28
2. W Bland	Keswick	27.36
3. C Donnelly	Cambuslang	27.52
4. R Whitfield	Kendal	27.58
5. D Overton	Kendal	28.42
6. J McGee	CFRA	29.07
7. R Boswell	Lochaber	29.14
8. B Shields	Lochaber	29.18
9. M Short	Horwich	29.19
10. D Lee	CFRA	29.30

Teams

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2. Lochaber

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9. 8 Shortle... 29.15
10. 3 Lev... 29.30

Alan Heaton

1979 Over 50s champion. Photo by Tommy Orr.



Harry Blenkinsop

1979 Veterans champion. Photo by Pete Walkington.

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FELL RUNNERS' END OF TERM REPORT : 1979

No. Enrolled in Class	1197
Total Marks Possible	220
No. of Class 'A' Races Available	36

Position	Name (Club)	Marks Obtained	Notes and Comments
1st	ANDY STYAN (Holmfirth)	206	<u>DESERVES TOP SPOT</u> First ranked 14th in 1975, placed second last year to M. Short. Keen all-round racer. Had a long season: earned a rest. 9 wins < in 1st five in 11 other races. Well done.
2nd	BILLY BLAND (Kerwick)	202	<u>BEST PLACING YET</u> Placed 3rd last year, began campaign late - injury. Won Borrowdale in record time. Well placed in other long ones. Over shorter ones usually 3rd to B. Robinson with a selected race programme could aspire to top of the class.
3rd	MIKE SHORT (Horwrick)	198	<u>POOR YEAR</u> Only double title holder ('75 and '78). Ranked for 6 years. In classic races, only outside top 3 in Ben Nevis (100). Good club man with plenty of support now.
4th	HARRY JARRETT (Comberland ER)	189	<u>SOUND WORKER</u> Ranked 5th last year, has improved and consolidated his elite place. Nicknamed 'Horry Lime' from frequent 3rd places. Was 2nd at Sedburgh, Leasing and Longdale. Law of diminishing returns now applies.
5th	BRIAN ROBINSON (Kendal)	175	<u>MUST DIVERSIFY</u> Excellent at short ones - won 6 - must not fear long ones. However, 2nd at Ben Nevis is no mean feat. Good racer; youth on his side. Should make the grade.
6th	DUNCAN OVERTON (Kendal)	172	<u>USEFUL DISTANCE MAN</u> Regular 1st team counter he is solid and dependable. Ranked in top 10 for 5 yrs. Knows his Lakes - 3rd in misty Vaux.
7th	BOB WHITFIELD (Kendal)	169	<u>MAKING GOOD PROGRESS</u> Placed 11th last year, a useful all-rounder. Could challenge elite men for top spot occasionally.
8th	HARRY WALKER (Blackburn)	164	<u>QUIET YEAR</u> Never out of top 4 since 1975. Won his sixth Peble, 2nd in 3 Peaks. During a Sabbatical did Penine way in a week. Received note from doctor to build a family.
9th	IAN ROBERTS (Holmfirth)	137	<u>SKIDAW WINNER</u> Placed 10th last year. An ex-waisdale winner, this year he won Ben Lomond and skiddaw. His true potential, sadly, will never be realised.
10th	COLIN DONNELLY (Camboslang)	132	<u>CHART CLIMBER</u> First year in rankings. Won Ben Nevis at first attempt. Good future ahead. Plenty of duels with B. Robinson et al assured.

Form Master: Neil Shuttleworth

FELL RUNNING CHAMPIONSHIPS - 1979

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
11.	R Boswell	122	42.	K West	40	69.	P Sanderson	22
12.	R Campbell	114	43.	C Stainton	39	74.	D Harrison	21
13.	P Walkington	113	44.	P Brooks	38		M Roberts	21
14.	K Taylor	112		R Morriss	38	76.	M Burgess	20
15.	J Naylor	106	46.	R Ashworth	37		P Chapman	20
16.	R Raulinson	102	47.	J Broxap	36		P Hartley	20
17.	R Shields	97		G Carlin	36		T McCulloch	20
18.	J McGee	94	49.	G Gough	35	80.	G Brooks	19
19.	H Blenkinsop	91	50.	A Davies	34		J Gibbison	19
20.	I Holloway	89		J Hayes	34		P Murray	19
21.	J Blair-Fish	84	52.	K Shand	33		M Speight	19
22.	M Garratt	79		D Hughes	33	84.	J Sharples	18
23.	M Hudson	78		J Norman	33	85.	D Cartwright	17
24.	K Robinson	72		A Phillipson	33		P Mason	17
25.	A Sunter	70	56.	M Calvert	32		J Patterson	17
26.	G Young	67	57.	R Aucott	31		A Sladen	17
27.	J North	65		D Tosh	31		M Tighe	17
28.	R Wilde	63	59.	A Darby	29		P Watts	17
29.	P Haines	57	60.	H Forrest	28		N Weaver	17
30.	D Ratcliffe	55	61.	D Francis	26	92.	M Armitage	16
31.	D Lee	54		J Shields	26		T Breen	16
32.	M Weeks	53	63.	P Irwin	24		Ferguson	16
33.	H Kelly	51		W Tait	24		G Huddleston	16
34.	W Todd	50		J Williams	24		M Ingham	16
35.	G Berry	48	66.	B Peace	23		J Jardine	16
36.	P Barron	46		T Ramsden	23		B Kirkwood	16
37.	J S Bland	45		T Waterhouse	23	99.	P Bland	15
	A Troubridge	45	69.	G Edwards	22		M Edwards	15
39.	A Taylor	44		A Lewsley	22		D Fairweather	15
40.	A Adams	42		C Molloy	22		A Shaw	15
41.	A McGee	41		T Richardson	22	1001.	Al Soran	½

STATISTICIAN'S REPORT

by Martin Weeks

- 250 people scored one point or more although 150 of these got 14 points or less. This total compares with 208 in 1978 and 194 in 1977 - clearly an upward trend, only partly explained by the slight increase in Category A races.
- 16 athletes scored 100 points or more compared to 13 in 1978 and 16 in 1977.
- Best improved athlete was Colin Donnelly who came from less than 20 points in 1978 to 132.
- Jos Naylor was best veteran, scoring 106 points - the highest vets total for four years. However Harry Blenkinsop comes out on top in the Veterans Award Table.
- Most wins - Andy Styan 9, followed by Brian Robinson 6, and Billy Bland 5.
- Biggest drop - M Weeks 155 to 53 - likely to be 0 this year!

Finally many thanks to my wife Janet who did all the calculations and results chasing. I wish my successor statistician, Kevin Shand all the best.

VETERAN RANKINGS

Compiled by Peter Brooks

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
1.	H Blenkinsop	106	16.	A Ramsbottom	28	28.	J Black	17
2.	J Naylor	101		G Oliver	28		W Fielding	17
3.	P Brooks	86	18.	P Duffy	27	33.	P Dawson	16
4.	D Jewell	70		A Heaton	27	34.	W Smith	15
5.	H Kelly	68	20.	W Ryder	24		J O'Callaghan	15
	J Smith	68	21.	T Sykes	23	36.	D Hartley	14
7.	D Hughes	62		V Duff	23	37.	A Patten	13
8.	M Davies	50	23.	D Welch	22	38.	W Cooper	12
9.	M Hayes	47	24.	J Llewellyn	21		T Davies	12
10.	A Waterhouse	36		R Shaw	21	40.	D Hodgson	11
11.	P Watson	34	26.	P Brook	20	41.	J Hubbard	10
12.	N Mathews	33		D Weir	20		P Parkins	10
13.	K Brooks	32	28.	P Carmichael	17		R Hill	10
	A Shaw	32		G Spink	17		P Knott	10
15.	D Lawson	30		E Campbell	17			

SUPERVETERANS 0/50

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
1.	A Heaton	27	3.	W Fielding	17	5.	J Disley	5
2.	P Brook	20	4.	H Soper	7	6.	E Foley	4

LADIES RANKINGS

Compiled by Carol Walkington

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
1.	R Coates	214	11.	J Sutcliffe	87	21.	L Emery	38
2.	J Lochhead	198	12.	M Pennel	83	22.	M Rosen	37
3.	B Hogge	182	13.	S Wright	81		J Dransfield	37
4.	A M Grindley	168	14.	G Pile	73	24.	B Robinson	34
5.	L Lord	157	15.	A Pendlebury	58		S Harvey	34
6.	P Haworth	154	16.	S Styan	56	26.	J Nisbet	32
7.	J Glass	128	17.	M Barlow	52		A Todd	32
8.	A Bland	114	18.	G Docherty	46	28.	S Dransfield	31
9.	J Dawes	105	19.	S Parkin	44	29.	L Lamb	29
10.	C Whalley	92	20.	B Handscombe	41		M McCleod	29

WAINWRIGHT RUN

18 August 1979

Pete Nelson of Cumberland Fell Runners completed a 52-mile run, with 19,300 ft. of climbing over 33 fells in the Lake District in 16 hrs. 19 mins. The run was inspired by Wainwright's series of seven guide books, and Pete decided to attempt all the fells in Book 7 'The Western Fells'. This provided the degree of difficulty he was seeking with the advantage of including many of the fells he knows best.

Pete suggests that the other books would provide equally challenging long-distance runs and would be interested in hearing from anyone who has done, or contemplates doing a similar run - write to: Pete Nelson, 24 Norbeck Park, Cleator Moor, Cumbria.

THE FELL RUNNING SCENE : 1969 - 1980

by Alan Lamb

When Sue Styan discovered I had been an FRA member since its beginning in 1970, she invited me to write about how the FRA was formed, for the benefit of those who weren't around the fell running scene at that time. Although I had been competing in fell races for nearly a year before the FRA was formed I must admit to not knowing what went on to bring the FRA into existence. However, a few paragraphs of how I saw the fell running scene in those early days may be of interest to readers, and this is the aim of the article together with a brief description of how I saw its development in the 1970s and of my own approach to the sport.

To say 1970 was "in the early days of fell running" might be a debatable point to some, for runners such as Stan Bradshaw and Alan and Ken Heaton had already been doing it for years and events such as the Ben Nevis Race, the Three Peaks and the Vaux had been staged annually since the 1950s. The first Ben Nevis race was in fact held in 1895. In the 1960s, Des Oliver started organising the Skiddaw race and Fred Rogerson, the Fairfield Horseshoe. Also the first Ennerdale Horseshoe race was held. Thus by the year 1970 there was a well established fell running calendar, although very small compared to that of 1980. Races such as Wasdale, Langdale, Kentmere and many others were still to be 'invented'.

The 1969 Skiddaw race was my first fell race. It was a warm and sunny day with 68 runners taking part. Although well established in the road running and middle distance track running scene and with several years of mountaineering experience behind me, my diary tells of the toll this race took in the form of aches and stiffness - "unable to train for four days!" However, the sheer delight and satisfaction of completing the Skiddaw meant that the fell racing bug was "here to stay". This keenness was to play havoc with my track racing, as I shall mention later.

Two months later I experienced my first long distance fell race in the form of the Vaux Mountain Trial (which was held at Wasdale Head). I arrived on my bicycle from Whitehaven - that was as far as the train went on that Saturday evening. My uncertainty as to how to tackle the Vaux was probably demonstrated by the fact that I set off wearing fell-walking gear, i.e. trousers, shirt, pullover, and carrying a rucksack full of waterproofs, spare clothing, food and drink! Experience soon taught me what was really necessary for long distance fell races.

Three people dominate my memory of the fell racing scene during the period 1969-1971. They were Jeff Norman, Dave Cannon and Jos Naylor. My diary records victories of most fell races in which I competed to these gentlemen. Jeff is still a regular and distinguished fell runner and has proved himself in the international marathon running world as also has Dave. Jos, whom I first met on top of Kirkfell in 1969 is a fell running legend. His fell running achievements are incredible and national recognition in the form of the OBE was well and truly deserved.

Jos also made a name for himself in the USA when he went there

in 1975 and competed in the 28-mile Pikes Peak Marathon held in Colorado. Competing against many accomplished mountain men who live and train at altitude in the Rockies, he astonished the Americans by coming 6th, and breaking the descent record. Pikes Peak is 14,110 feet above sea level. An excellent performance for a man from sea level.

How has the fell running scene developed in the last decade? For a start many more people have been attracted to the sport. 68 competitors took part in the Skiddaw race in 1969 compared with the present day 200+. As a result of there being a lot more competitors some events, e.g. Three Peaks, Fairfield, now have an entry limit. Some races have changed their courses. The Three Peaks before 1974, started and finished at Chapel-le-Dale; pre 1971 the Ben Nevis race started in King George V Park in the centre of Fort William; the Fairfield used to route straight up Nab Scar. Talking about the Fairfield, I can remember the days when the changing rooms were in the YH back in Ableside, over a mile away from the start and finish.

With an increasing number of fell runners, the standards have risen and course records been broken - the Nevis record is less than 90 minutes, the Three Peaks less than 2½ hours. Will the Skiddaw be done in less than one hour? I think it will. The 'Fell Runner of the Year' competition has well established itself and provided us with a lot of interest. Many competitors have ventured abroad to race in Switzerland and the USA. We have also seen the introduction of Ladies Fell Racing and quite an impact they have made too! Jean Daves was the first lady to become a member of the Bob Graham Club; and more have followed her.

My own approach to the sport? In my first 2-3 years of fell racing I tried to combine fell races with middle distance track races, e.g. 800 metres, 1500 metres. I used to wonder why I would perform badly on the track, having for example raced the Ennerdale 2-3 days earlier. It soon became apparent that it was impossible to race on the track after a long race in the hills. Thus a decision was made in 1973. Since I was and still am predominately a middle distance track runner during the summer, my fell races are now planned so as not to interfere with the track. In fact I use fell races to supplement my track training and racing. It is still necessary for middle distance track runners to maintain stamina during the season by a weekly long run of 10-20 miles. I use fell races for that. However, outside the track season, I treat fell races as races and find I am as keen as everybody else to better my position and time. When my track days are over, I will no doubt return to being a full time fell runner.

My three favourite races are the Ben Nevis, Three Peaks and the Pikes Peak (USA). I name Ben Nevis and Three Peaks because of the large spectator interest at these two races, which help to provide a truly great atmosphere. I mention Pike Peaks because of the sheer enormity of the mountain. The start is at Manitou Springs (6500 ft above sea level), the top is 14,110 ft above sea level - 28 miles to the top and back, running at altitude and in temperatures ranging from 40°F to 90°F - certainly a classic race in truly beautiful countryside.

Finally, let me return to the fact that it is the 10th anniversary of the FRA. Our sport brings together those of us who have a genuine love of running and of the mountains. One aspect of our sport, I notice, has not changed in those ten years. It is the genuine friendliness and respect shown to fellow members of the fell running community; a small point maybe, but it is something which helps make fell running such a magic sport!

A GAY DAY

by Ken West

It was '79 up in Burnsall
and the weather was fine once again.
I was second or third at the summit
though suffering somewhat from pain.
But as I descended the heather
an Adonis sped by in the fern.
I thought there's that blessed editor
on his noted kamikaze return.
But all was not lost at that moment
for we both, together, then fell,
right over and back, then we ran on again
exactly together as well.
That was the end of our meeting
as he sped on over the grass.
All I could see was his hair,
down his neck to his back and his ass.
We received our prizes in silence,
he sixth and me seventh this time.
I had a good run on this occasion
his perhaps not quite so fine.
Well, I might never be as good in the running
and this Styan I never will pass,
but at least I did have the pleasure
of a roll over with him in the grass.



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WITH THE GUIDES RACERS - 1979

by Bill Smith

On Sunday, February 18th, Fred Reeves of Coniston set a new record of 18 mins 15 secs for the Scout Hill Race, Preston Patrick, over a snow-covered course. Tommy Sedgwick of New Hutton was 2nd and Graham Moffat of Sedbergh 3rd. Gary Lomas of Flookburgh won the U/17s race from Jim Reid of Windermere; Ian Whyte of Grassington defeated Darryl Lomas of Flookburgh in the U/14s creating a new record of 7.42 into the bargain; Kathy Rock of Burnsall was similarly victorious in the U/16s girls' event, beating Mandy Elvey of Kendal with a new course record of 8.25.

Sunday, March 11th saw Reeves winning the 4-mile Torver Fell Race in 22.30, with Harvey Gott of Hindcaster 2nd and Philip Robinson of Preston Patrick 3rd - the latter being Brian Robinson's brother, incidentally. Brian Howell of Skipton won the U/17s race in 16.01 from F Ryan of Barrow; Ian Whyte won the U/14s in 12.06 from R Kilburn of Settle; and Jennifer Atkinson of Ireleth won the girls U/16 in 12.31.

At Sedbergh Gala on May 26th, Fred Reeves took 15 mins 25.5 secs to win the race up and down Winder, with Tommy Sedgwick runner-up and local lad Graham Moffat 3rd. Stephen Dean of Grassington was first back in the junior event with a time of 8.40.5, John Schindler of Thorpe (near Skipton) placing second and Richard Kilburn of Settle 3rd.

Graham Moffat triumphed at Dent Sports on June 2nd over Sedgwick and Kenny Stuart of Threlkeld, while Stephen Dean repeated his Sedbergh success in the U/17s event, with T Winder of Ulverston 2nd and John Schindler 3rd.

On the same day, the revived Langdale Gala attracted only three entrants for the senior fell race, which was won by John Birkett from Norman Walker and Jeremy Spedding. David Bulman led the U/17s home, with his brother Robert placing 3rd and Andrew Brown 2nd. The Bulman lads are the sons of former guides racer John Bulman of Newlands.

Lowgill Sports, on the northern flanks of the Bowland fells, were held on June 9th and Fred Reeves achieved his eleventh consecutive win there, Kenny Stuart placing 2nd and Sedgwick 3rd. Stephen Dean won the junior race from John Schindler and Gary Lomas.

However, at Alva near Stirling on July 20th Sedgwick won the British Professionals Hill Racing Championship for the eleventh time in twelve years, having missed it last year through injury, when the winner was Graham Moffat. Reeves was first to the top but the steep rough descent might have been made specifically for Tommy's reckless style and he stormed into the lead and he stormed into the lead coming down to win in 19.03, with Moffat 2nd and Reeves 3rd.

The Coniston runner gained his tenth win at Ambleside Sports on August 2nd, taking 13 mins 44.8 secs to complete the course from Rydal Park to Low Pike and back, missing his own 1977 record by 40 seconds. Sedgwick didn't compete on this occasion, due to a cold, and 2nd place was taken by Kenny Stuart, followed by

Graham Moffat, Mick Hawkins of Grassington, R Gibson of Sedbergh, and Philip Robinson of Preston Patrick. The U/17s race, won last year by Mick Hawkins was again dominated by a Grassington athlete, Stephen Dean, who beat David Bulman and John Schindler, while in the U/14s Darryl Lomas triumphed over Richard Kilburn of Settle. Richard Kilburn's 11-year-old brother Paul won the U/12s race up and down Low Crag in 7.30 at his first attempt.

Coniston Country Fair on August 19th witnessed a victory for local favourite Fred Reeves in the rough Three Gullies Race on Far End Br east, while John Schindler was first in the U/17s event and John Atkinson in the U/14s.

At the Rusland Show, Reeves defeated 1978 winner Kenny Stuart, while the Flookburgh lads, Gary and Darryl Lomas, won the U/14s and U/17s races respectively.

Times were slow in the guides races at Grasmere Sports on August 23rd due to a rain-sodden course. 34-year-old Reeves won the senior event for the eighth time, with Kenny Stuart 2nd and Graham Moffat 3rd, (Tommy Sedgwick, usually Reeve's arch-rival in this event, was slowly 6th). Victory in the U/17s event went to John Schindler. John's father and grandfather were both fell runners, and his grandfathers nephew, Denis Robinson of Kirkby Stephen won this same race twenty years previously. Gary Lomas was leading at the top, but Schindler's talent for steep descents soon asserted itself and he won in 9.53.4 from David Knight of Halifax, David Bulman and Stephen Dean. The fell races - and other events were televised and shown in BBC's "Home Ground" series in October.

Two days later Reeves had his tenth win in the Fell Race at Malham Show, notorious for the number of walls to be climbed. Behind him came Kenny Stuart, Steve Carr of Kendal and Mick Hawkins.

Reeves was again successful the following Monday, August 27th, winning the fell race at Hebden Sports for the fifth time with a time of 11.13, Steve Carr 2nd, Mick Hawkins 3rd and John Beckwith 4th. Ian Whyte won the junior event from Richard Kilburn, Darryl Lomas, Richard Johnson of Skipton and Neil Whyte, another of the three fell-running Whytes of Grassington.

Next day, further up Wharfedale at the Kilnsey Show, Reeves won the Crag Race in 8.24. Kenny Stuart, running the race for the first time, was in contention at the top, but Reeves got away from him coming down the infamous "chimney". In the junior race Stephen Dean and John Schindler became involved in a right old burn-up with the Grassington lad narrowly winning in a time of 8.40. Gary Lomas was 3rd, David Knight 4th and Ian Whyte 5th.

A new fell race was organised by Tommy Sedgwick (unable to compete himself through injury) at Grayrigg Agricultural Show on September 6th. The course went up to the summit of Grayrigg Forest (1,620 ft) and back, and the winning time of 26.28 was put up by Fred Reeves, with Kenny Stuart 2nd, Steve Carr 3rd and Philip Robinson 4th.

(The foregoing summary has been based on various reports in the Westmorland Gazette, Lancashire Evening Post and Craven Herald and Pioneer).

HEART ATTACKS

by Dave Makin

I was very interested to read the accounts of their illnesses which Peter Knott and John Hubbard recounted in the January issue of 'The Fell Runner'. I'm sure our sympathy and wishes for a return to complete fitness go out to them. The psychological shock of an occurrence of this type to men who would probably have considered it almost impossible must also have been tremendous, but I hope they feel able to tell us in the future the facts of their rehabilitation.

Certainly the more information, discussion and suggestions that are thrown up, then the more likely we are to prevent similar happenings, and if examples occasionally still occur then better the chance of accurate diagnosis and return to normality.

Putting it very simply a 'conventional' heart attack will occur for the following reasons. In all normal people exercise will increase the demand for oxygen by the heart muscle (myocardium). This is finely balanced by an increase in coronary blood flow, and so any factor which interferes with this process in the sense of markedly reducing the blood supply will cause part of the heart muscle to die (myocardial infarction). The symptoms are crushing chest pain, which may radiate to the back, shoulders, arms, neck and jaw, and will usually be accompanied by sweats, nausea, dizziness and irregularities of the heart (arrhythmia). All of these possibly leading to death.

Most commonly this excess of demand (for oxygenated blood) over supply is caused by blood vessels not being patent enough to carry the supplies. The vessels are usually narrowed by deposits of fats, calcium etc. (arteriosclerosis). There may also be congenital defects but these are usually apparent soon after birth.

Logically, therefore, in a fit distance runner of any age, with some years of regular running behind him or her a 'conventional' heart attack should not occur, as the myocardium is greatly developed and its blood supply is also highly superior in terms of the quantity of clean blood vessels. This efficiency is usually reflected throughout the whole of the cardio-vascular system. (It will not be seen in those with no regular endurance training such as, for example, many sprinters, Rugby or squash players whose hearts will be normal in size and performance. They should be much more careful as they get older.)

If, as we have seen, there appears to be no sound reason for Peter and John's accidents then it would appear we have to look into wider areas which we distance runners should consider in order to safeguard our health.

There are many causes for chest pain and many people with consistent chest pain may not be due for a heart attack. All chest pains should be investigated thoroughly however.

It is a possibility that Peter and John had an illness, or got themselves into a psychological state which affected their hearts temporarily and also mimicked the signs of a 'conventional' heart attack. This does not minimise the seriousness of it, but it may give comfort and hope for the future.

Both accounts suggest - if I may be personal - certain traits of 'drive' and a competitive spirit. Both guys, so far as I know them, are energetic in the breadth and intensity of their activities and will probably push themselves hard (even when poorly?). I think that it is worthy of comment that Andy Styan in his Editors Notes of the same issue "... wondered how Pete Knott managed to do the job for so long...."

I also wondered how stressful the past year had been for the two guys. There is in existence a semi-scientific table of stress points which shows that once a given number of points is exceeded in a year by a person, then that person is very susceptible to illness. Points are gained by such things as a house move, a job change, a family bereavement, serious marital discord, etc.. Both runners imply or mention stress events in their stories.

If one is training hard then one can slowly and insidiously subtract vital substances from the body even if one is eating large amounts. For example, depletion of some vitamins can eventually act adversely on the heart muscle and its rhythm. Depletion of body salts (electrolytes) can be harmful or even fatal - thus lack of potassium will seriously insult the heart and one can observe the start of this process in a marathon runner on a hot humid day. (I notice recently that Ray Smedley won a '10' one day, looked all set to win a '21' the next day and then collapsed, presumably, I would guess, with Glycogen and electrolyte deficiency. He was O.K. in a few days - but despite being a fit and experienced young international, he certainly didn't plan his weekend well!)

What about slower depletion over a period of days or weeks? Surely this can happen, and both runners appear to have been doing long sessions with some intensity, giving the body least recovery time. Also both incidents occurred in the warmer weather. (Let us also remember that taking excess minerals can be harmful. Four which certainly fall into this category are potassium, iron, calcium and ordinary salt.)

Diet may be important in other less obvious ways. There is evidence that some people may be allergic to some foods which can cause physical or mental aberrations. There is also evidence that spasm of a major coronary artery can mimic the effects of a 'conventional' heart attack. I can't go on to support a conclusion here by referring to published work or scientific study as I can with my other points, but I do know that a possibility of the mechanism of coronary vasospasm is due to the release of certain vasoconstrictor substances. (For those interested - Thromboxane A_2 and vascular α -adrenoceptors.)

Could this release be precipitated by dietary or training-induced chemical changes I hear you all ask?! It may well be a fruitful area for a cardiologist with sporting interests to do some research on.

Virus infections which attack the myocardium have been the subject of much comment, and I think one ignores them at one's peril. There have been many articles concerning this point in the lay and medical press, where sudden death with heart attack symptoms has occurred in a sportsman and yet where post-mortem findings show a cardiac system in good shape. According to reports the victims have always engaged in strenuous activity just before the accident (i.e. up to a few hours or at most a day or two).

Some have been known to be 'ill' at the time, i.e. a raised temperature or a 'touch of 'flu'. Also significant in my view is that a very large post-mortem series from the 1948 Danish Polio epidemic and also from the 1918 Influenza pandemic - both caused by viral infections - suggest that at least 5% of those deaths were due to myocarditis (inflammation of the heart muscle). As I write this I speculate whether some of the current crop of deaths of old people in certain hospitals due to a 'flu virus are in fact due to myocarditis.

Certainly, two agents, Coxsackie virus and Echovirus will produce severe illness when one is in a weakened immunological state. Surely continued hard training into a 'breakdown' phase will leave one more susceptible to such things.

Mention is made in one article of the ECG and I think it should be put into perspective. The ECG is simply a graphic record of the sequence of electrical changes in the heart and the following points should be noted:

- a) An ECG in people with ischaemic heart disease may be normal.
- b) An asymptomatic person will probably have a normal ECG the day before a heart attack.
- c) It has been demonstrated that people may have severe coronary disease as shown on arteriography and yet may have a normal resting ECG.
- d) Many distance runners with highly developed hearts show irregular heart beat on ECG (a 'normal' ECG is from a 'normal' average (unfit?) heart. A marathon runner does not have a 'normal' heart). I have sometimes wondered when an expensive football transfer has fallen through due to 'heart irregularities' whether the guy was fitter than the others - and should the price have been higher?

Thus an ECG at rest can be of doubtful value and there can be inconclusive readings - let me quote what I think is a significant example of this. According to one authority when the ST segment is raised in both anterior and inferior leads, and there are no Q waves, a patient could well have a pericarditis and not an infarction. To be less technical they could have bacterial or viral infection of the heart muscle and surrounding tissue and not death of part of the heart muscle due to a 'conventional' heart attack. This I think ties in with my line of thought regarding a fit 'runner's' heart that has an 'illness' as opposed to an unfit 'non-runner's' heart having an 'attack'.

An ECG is a tool which may be useful at times but is no substitute for a skilled, experienced and openminded GP, Physician or Cardiologist. It is arguable that an ECG may in fact be of most use after a 'heart attack' in conjunction with an exercise test, as an accurate predictor of the possibility of further trouble, rather than being used as an 'at-rest' screening tool of doubtful validity.

We runners like to feel that we are 'super-fit' and that distance running confers a superior physical status on us. We are right - it does! What it doesn't do is give us immunity from disease and stupidity. When an illness strikes, then the very positive qualities of pride, determination and competitiveness can suddenly be turned, with the help of a pinch of obsession, into a very negative recipe which can lead to our downfall.

All of us - not just veterans, but also those in the prime of their competitive life should remember:

- 1) You can't and shouldn't train extremely hard every session or day.
- 2) You can't be on top form 52 weeks per year.
- 3) Proper diet and replenishment is needed.
- 4) Never train hard or race:
 - a) with a raised at-rest temperature. You may have a viral infection which could attack the heart muscle.
 - b) if you feel very tired even after warming up.
 - c) if you have been through a period of excessive physical, emotional or vocational stress.
 - d) if you feel genuinely ill - DROP OUT.
- 5) Those people without a background of distance running or even those with a longish lay-off due to injury etc., need to build, or re-build their physiological systems before starting to 'bash-it'.
- 6) Keep running - but make some allowance for getting older.

I hope this collection of thoughts has been some sort of stimulus rather than a sedative, even if it is a hotch-potch taken from ideas, readings and conversations. Even if it has only scratched the surface I'll be happy if it brings forward a few more reactions, comments and suggestions for our mutual benefit.

April 1980

HEART ATTACK - THE ROAD TO RECOVERY

by Peter Knott

Blackpool Victoria Hospital cleared my heart at rest with meticulous care, but beyond walking and gentle jogging they would not go. Fortunately Preston is now blessed with a Cardiac Rehabilitation Programme run by the dedicated enthusiasm of hospital and panel medics and Polytechnic P.E. staff. The objective basically is to introduce the habit of a regular light exercise programme to post cardiacs, not only to help to improve the cardio-vascular system and control weight but also to add confidence and a social awareness.

The significant factors for me, however, are firstly that the people involved understand the motivation of athletes and actually encourage a return to previous activities, under careful supervision, which is the second important factor, for the post cardiac athlete to find his own way back is in a dangerous situation.

The time scale is long. I now expect to compete seriously in fell races again, with care in the Spring/Summer of 1981, 18 months or so after the event. I am now 10 months downstream of the attack and have undergone some significant changes in that time. Starting with walking, and graduating to jogging and orienteering, I now do about 20 miles a week, and have run around the back of the field in short/medium fell races. Until quite recently I could tell that things were not 100% as I had strange twinges from time to time (Angina) and occasional strange flutterings. These have gradually reduced to the point of insignificance as cardio vascular fitness has gradually returned.

The rehabilitation course starts with a 'stress ECG' i.e. the electro cardiograph monitor of the heart whilst working at a controlled rate as distinct from the umpteen ECGs I had at rest. The value of this tool was immediately obvious to me, and hopefully will be more universally available in this country in the future.

On the moving belt treadmill I was gradually taken to a work rate of 150 beats/minute ($2\frac{1}{2}$ times rest rate) and the behaviour of the heart at work and at recovery was continuously monitored. Any sign of abnormality and the test stops. At 150 which just got me running from a fast walk, the order to stop was given. "No problems, but that will do for now. You can work safely to 140", they said.

The three nights a week, hour long course sessions comprise group calisthenics, jogging and badminton, under the supervision of a P.E. instructor with a doctor available. At first I found the physical demands too little, but have gradually come to appreciate a work out well within my capacity. Between times I run four miles to and from work twice a week, an old habit gradually returning. Right now my biggest problem is endurance. At Fairfield I ran at the back of the field to the summit, controlled by those 140 beats per minute. On the descent I ran as hard as I could (no heart rate problem downhill) but was still reduced to a legless condition on the finish track! It took me about 70 minutes to the summit and 40 minutes back.

In a few weeks time I should get my second stress ECG. I hope to go clear to about 170 beats/min. this time. This is the real test because those extra 20 beats/min. is quite a lot of extra work. If I pass it means that my heart will take a useful increase in load and I then shall have no excuse not to get fit. If, on the other hand, some abnormality shows above 150, I may well be limited in what I can do in the future. Either way I have to know and for that I have the Preston Cardiac Rehabilitation Programme to thank.

June 1980

John Hubbard, our second heart attack victim reports:

"It is just 12 months this weekend (28/29 June) since the attack. From a programme of walking and light exercises in the immediate post-attack period I had graduated, by October, to jogging to and from work fully clothed. In November I decided to jog seriously, i.e. I put on shorts and running shoes and went out for 20 minutes 4-5 times a week, increasing to 40 minutes after Christmas. Throughout this early period I suffered pains in my face and neck every time I had done too much. This problem has gradually decreased and since Easter, by which time I had added a fairly hilly 7 miles, 3 times a week to my programme, appears to have disappeared altogether. A visit to the consultant around the Spring Bank Holiday period showed a normal ECG 'at rest'.

I do not expect to race in the future, but the enjoyment of regaining my fitness and the knowledge that running need not, after all, disappear from my life is, for the moment, satisfaction enough."

THE LEGENDARY STAN BRADSHAW

by Bill Smith

"The greatest sportsman ever!" That is Jos Naylor's opinion of Stan Bradshaw, and he is regarded with similar high esteem by countless other fell runners. Indeed it would be interesting to know just how many of us, as novices, have been "nursed" around such long-distance courses as the Three Peaks and Fellsman by Stan. His patience, humour and encouragement on these occasions is now legendary.

Jos has also gone on record as the advocator of a knighthood for this small, wiry, bald-headed man, while Clayton-le-Moors Harriers have bestowed upon him a life membership "in appreciation of services to the Club", of which he is President. In this year's Three Peaks Race at the age of 68, Stan finally achieved his ambition to complete one hundred circuits of the course, including racing, training and walking.

He comes from a sporting family, for his father, Ernest Bradshaw, played football for Accrington Stanley, after which club Stan was named. Ernest had six brothers who were all professional sprinters and footballers, and one of them, William Bradshaw of Blackburn Rovers won two England caps. As a matter of fact, Stan himself once had footballing ambitions, having represented Blackburn and Lancashire schoolboys, and later on, Padiham FC. However, he eventually had to give up the game due to cartilage trouble in both feet which made it painful for him even to kick a ball, and even after he'd taken up running his injuries became so bad that he was little better than a cripple; but in 1950 he had operations on both feet, since when they have given him little trouble.

Stan began to take athletics seriously in 1928, enjoying limited success as a sprinter, and two years later he joined Bury AC as a cross-country runner, afterwards joining Clayton as a second claim member. Throughout the '30s he competed regularly in road, track and cross-country races, and was Bury's senior cross-country champion in both 1938 and '39. Most runners trained only twice a week in those days, with a race or club run on Saturday. Stan worked from around 6.00 a.m. to near 11.00 p.m. in the family tripe business founded by his grandfather, but he always got in a 6-8 mile run before bedtime.

During his formative years as a runner, the only amateur fell races being held regularly in England were those at Burnsall and Rivington Pike. His baptism came at Burnsall in 1930 and for nine years thereafter he competed both here and at Rivington. In 1939 he finished 2nd in both races and also won a half-mile flat race at Burnsall, and there was a good chance that he'd finally triumph on the fells the following year.

Unfortunately, Stan's fell-running ambitions were interrupted by the War and he served for four years with the 8th Army. Upon being demobbed, he resigned from Bury and helped to reform Clayton-le-Moors Harriers. His intention was to concentrate on coaching but he soon realised that he was still enjoying his running, and in 1948 he won the club's senior cross-country championship.

If we adhere to the convenient - though perhaps not too sound - rule of acknowledging any hill summit over 2000 feet to be a mountain, then Stan Bradshaw climbed his first mountain, Ingleborough, in 1952 at the age of 40, having previously been limited by a 7-day

working week to his local highspot, Pendle. During that same year, he and some of his Clayton clubmates began making monthly visits to the Lake District and they soon began to compete in the Mountain Trial, then organised by the YHA.

1954 saw the inauguration of the Three Peaks Race, when three of the six starters managed to complete the 22-mile course from the Hill Inn. The winner was Fred Bagley of Preston Harriers, with Stan 2nd and Alf Case 3rd.

In 1960, influenced by the writings of Harry Griffin, Stan together with Alan and Ken Heaton decided to have a go at the Bob Graham Round. Only Alan was successful on this first Clayton attempt, but Stan had another go a fortnight later and broke Graham's own record by 14 minutes with a time of 23 hours 25 minutes.

As amateur fell racing grew in popularity, new events began to appear and most of them have endured to the present day. Stan's favourites are the Three Peaks, the Ben Nevis and the Fellsman, also the classic Lakeland events, Ennerdale, Wasdale and Borroudale. He has won the veteran's trophy six times in the Ben Race, and was first man home in the inaugural Lakeland 3000s event in 1965. After the 1972 Ennerdale Horseshoe, his 60th birthday was commemorated with the presentation of an inscribed silver salver by the Cumberland Fell Runners Association on behalf of Stan's many friends and admirers. He also likes to compete in the Vets' cross-country Championships, his best performances including 3rd, 4th and 5th in Class 3 of the British 'National'.

Stan did his first rock climb at the age of 61 under the guidance of his good friend Frank Milner, and the pair of them have been on the Cuillin Ridge several times since. He has done alot of winter mountaineering in Scotland and has also climbed in the New Zealand Alps, the Grand Sasso in Central Italy, the Tatra Mountains of Czechoslovakia, and in the Drakenburg(South Africa), Norway, Sweden, Finland, Corsica, Sardinia, Bulgaria, Rumania and Poland.

Two of his most memorable feats were achieved as a member of the Rucksack Club: both a summer and a winter traverse of the 120-mile Tan Hill-Cat and Fiddle route, and he has also completed a 100-mile traverse of the Scottish 4000s in which he was benighted by blizzards on Ben Nevis and Ben Macdhuil. That was in 1967, and the following year he "bagged" all the Lakeland 2500s at one go, as well as covering the Six Northern County Tops in 73½ hours, without sleep, with the late Brian Ripley. 1972 saw him doing the Pennine Way in 6 days, 9 hours, 50 minutes and in 1977 he made two complete traverses of the Bob Graham Round, having narrowly failed to get inside 24 hours on the first occasion due to sickness.

Stan is fortunate in having an understanding wife, Ida, who often turns up as a spectator at races or as a roadside supporter for endurance tests like the "Bob Graham". He expresses great satisfaction at the popularity of fell running, and at the "wonderful spirit of comradeship" which exists among Clayton-le-Moors Harriers. He feels deeply indebted to race organisers, checkers and other helpers "who run our sport so efficiently, for without them fell running would not be in the strong position it is today". He trains on Pendle almost daily, though sometimes he will suffice with a brisk walk if he doesn't feel up to running. "It's a grand hill is Pendle", says Stan. "They call me Mr Pendle around here".

As Jos has said: "You can't stop running while there are men like Stan Bradshaw around."

Extracted from an article by Howard Artiss

On Sunday 12 August 1979 at 9.42 am Brian Harney, a 34-yr-old Rotherham Harrier and Dark Peak Fell Runner ran into Edale, having run 270 miles in 3 days 42 mins., and knocked over an hour off Pete Dawes' Pennine Way Record.

After a final two days of chaotic preparations, everyone met up at the Plough, Town Yetholm on the evening of Thursday 8 August ready for a 9.00 am start the following morning. After a good breakfast Brian set off with Chris Brad, early mist giving way to a sunny day.

He started very well giving Chris a hard time, and we drove round to pick them up at the first road check. The support team missed getting to them at Chew Green so they had to press on to Byness (29 miles) without refreshment. I took over from Chris here and we met the Sherpa van at Bellingham (45 miles). Brian did the next 8 miles solo (the only stretch during the run) while we drove round and picked him up at Ladyhill for the stretch along Hadrian's Wall to Greenhead (70 miles).

Only a slight variation leaving Hadrian's Wall, joining the road a bit early in the dusk, then through to Greenhead and the take-over point. The torches were a welcome sight and everyone seemed to be there. The moon had come out and this remained a help until Cross Fell when it gave way to mist - Pete Lewis had this stretch. The 'B' group were asleep at Garrigill when Brian passed through with Roger Baumeister having covered 90 miles in 18 hours. Brian had set himself a tough schedule for the first two days leaving an easy(?) one to finish off. Pete took him over Cross Fell, Great Dun and Knock Fell, a long rough ride of 16½ miles before hitting Dufton and another boggy section by Maize Beck.

This was a great piece of work by both, Brian completing about 113 miles in the first 24 hours without any sleep. Our group waited to take over outside Middleton. Brian said he had been looking forward to some food, but only managed half his meal. I started off with Brian but after a mile up the first climb he said he felt drowsy, lay down on the grass and went straight to sleep. He woke after 15 minutes feeling better and we zig-zagged across the fields to Baldersdale passing the half-way point around 2.30 in the afternoon (1 day 5½ hrs).

I passed over to Arthur Oxley at Pasture End and we drove round to Tan Hill to receive them and take a few photos at that famous pub dressed in our Websters tee-shirts. From Tan Hill onwards Brian had two pacers because one or two of the others wanted to stretch their legs and, as it got dark, for safety reasons. The weather deteriorated and drizzle greeted Brian as he ran into Hawes with 163 miles in his legs. We hoped that Brian would take a sleep here but he hit a good patch and wanted to keep going. We had been joined by Alan Heaton and Martin Hudson, the latter taking the next section to Horton in Ribblesdale with me. Near Cam End Brian started staggering a bit and we suggested a rest. He slept for 45 minutes and had recovered enough for us to get down to Horton with a new day dawning.

After breakfast Brian had an hour's sleep before setting off with Alan Heaton and Martin Hudson. The rest of us joined up to meet the runners at Malham. When they came into sight Brian was going better and had made 81 miles the second day. This meant he had 76 miles to complete. Some of us drove to Hamish Hamilton's house in Sheffield, a final HQ before the last drive to Edale, while the party in the field all mucked in with the pacing, changing frequently to keep Brian's spirits up as this was the critical stage if the

record was to be kept in sight. Martin and I took over just after dark (10.50 pm) with about 26 miles remaining.

It was fairly clear and mild as we left, but this changed to drizzle and mist near Black Hill. It seemed to take an age to reach the car lights waiting at White Moss. Soon after we left the car Brian hit his final bad patch, we put all his spare clothes on and warm coffee and jam butties did the rest. At Crowden the support team was there with one or two extra friends to see Brian through. Roger took my place after Torside just as it began to get light with 14 miles and 4½ hours remaining of the third day. At 7.05 Brian appeared at Snake Road with pacers and went straight through, eating and drinking as he walked and jogged joined by Chris Worsell, Jeff Carling, Roger and myself. It got warmer and we shed waterproofs as we got stuck into Mill Hill and Kinder.

Brian kept checking my watch and, judging that he would not make three days slowed down as we hit the groughs leading to Grinsbrook. We wanted to take an hour off Pete Daves' record and eventually gained running ground lower down. Stripping to tee-shirt and shorts for the run-in, Brian jogged strongly down the grass and over the bridge, displaying a final burst of humour with a couple of hundred yards to go, he suddenly stopped and said "I've had enough, I can't make the last bit" - nobody believed him and he ran up to touch the wall of the Nags Head before being re-united with his family.

NAVIGATION AND FELL RACING

by Peter Haines

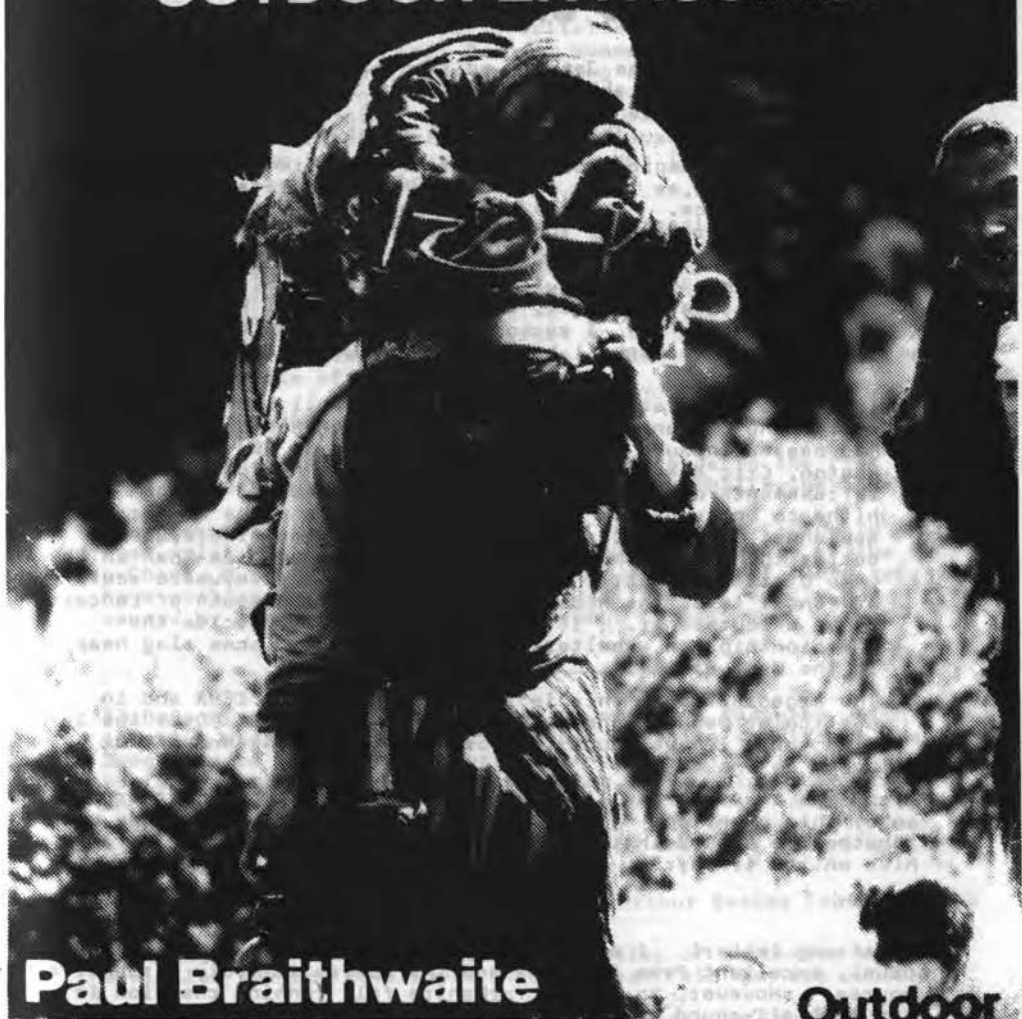
Navigation during fell races has two main facets:

- 1) Choosing a route over mountain terrain.
- 2) Following the chosen route to end up at your destination.

In the long classic races (3 Peaks, Wasdale, Ennerdale) there is no choice of route - the quickest way is known by many people in great detail. However, following the route can be very tricky if the mist comes down. It is of course possible to get round in the mist if you are very familiar with the route (or are following someone who is). This is rarely the case and even the most experienced fell runners go wrong. In these conditions your compass is your best friend and as such you must trust it. If you see someone else running confidently at 90° to you, don't think "he must be right" and follow him - follow your compass.

The other type of race where navigation is required is one where the course is not disclosed until the start. To get round successfully requires both main facets. To choose the best route one needs to 'picture' the ground from the information on the map and adjust it to fit one's experience of the mountains. Practice of walking with maps in the mountains soon gives one an eye for the shape of the land and many mountaineers have this skill. However, not many navigate at race speed. To stay rational under race pressure is difficult, but it is something that orienteers are practised in. Orienteering races are over fairly short distances (8-10 miles) with 15-20 checkpoints, and to be successful requires navigating whilst running flat out. Mountain navigation is on a much larger scale and at a much slower pace, and therefore tends to be fairly straightforward. As in all sports, proficiency comes with practise and success comes with confidence. You should practise map reading until you have the ability, then gain confidence in yourself by racing. (Though even world champions make mistakes occasionally.)

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Letters to the Editor

"It would seem from the January edition of the 'Fell Runner' that not everyone is happy about the NCAA Fell Running Championships. As one of the 'also rans' (95% of all fell runners) I cannot understand why not. The points that might arise:-

1. That a true champion cannot be determined from one race - this is stupid, as to my mind everyone in the start line has the same chance. The two names already on the trophy testify that real fell runners triumph.
2. The course that has emerged, this is a right down the middle course, being 12 miles, with 3000 ft. of climbing. The running is clean and fast, none of the Scafell Pike/Great Gable rough stuff. I reckon Harry Walker could run every step, even the downhill bits and Ricky Wilde would have a field day.
3. The Venue - Honister Pass is steeped in fell running history, every long distance run in Lakeland, since Bob Graham's epic has passed through Honister. Such names as Ken and Alan Heaton, Eric Beard, Stan Bradshaw and Joss Naylor have taken refreshments on the Quarry Bank. The run takes in the hitherto unraced-upon Braithwaite Fells and views of Borrowdale, Newlands, Derwentwater, Bassenthwaite and Buttermere, where better to hold the Northern Counties Championships than in the Lake District? After all we up here believe anywhere south of Kendal to be the Midlands, and anyone from south of Lancaster to be a southerner. It just would not do to decide the championships on a halter-skelter up and down some slag heap in the West Riding.
4. The organisation - this is in the hands of the CFRA and in particular Danny Hughes, his wife and Joe Long. Over the last five years I have found this organisation to be one of the best, so who better?

I am sure that all the 'also rans' in fell running will thoroughly enjoy this event and that all would-be champions should line up together to ensure that only the best join the names of Ian and Mike on the trophy."

Chris Bland January 1980

A strong letter! I myself feel that the organisation is, as usual, excellent from the CFRA and the course is truly a runner's course. However, to me the Yorkshire fell running champion is the best all-round performer over the year - not in one (long) event. Also why should the Yorkshire championship not be held in Yorkshire? Likewise for the Midlands, Lancashire, Cheshire, etc., although I suppose you might have a problem with the Southern! Danny Hughes himself suggests this possibility in his notes accompanying this year's results sheet. Let us know what you think. Ed.



Obdram
128 Yorkshire St
Tel 047-620 3800
Rochdale
99 Yorkshire St
Tel Rochdale 252106

"Concerning your predecessor's editorial on the subject of relations with landowners ('The Fell Runner' Summer 1979), I would like to mention something that happened during a fell race. I was running about 20 yards behind another fell runner when we came to a dry stone wall. The other runner climbed over it and, as he was jumping off, a large section of it collapsed. This left a very convenient gap for me to run through, but I doubt if the farmer thought it was convenient!

However, I feel that it is mostly race organisers who are to blame for this: surely it is possible to direct runners through gates, or to use portable wooden stiles to avoid the need to climb dry stone walls, which are never designed to support human beings. I do not consider that the resulting loss of route would be a valid argument against this, since marked routes are sometimes even used in orienteering events, where route choice and navigation are the primary objects of the sport."

Anthony Kay November 1979.

P.S. Any ideas for how to train for fell races in the flat lands of Cambridgeshire? (Up and down molehills, perhaps?)Ed.

I think this is an important point, even though I tend to think that walls are there to be jumped over. Organisers of the Pen-y-Ghent, Musbury Tor and Burnmoor '10' and several other races have problems with landowners over wall damage, mostly not caused by runners, but we're an obvious target. Ed.

"I have a suggestion for a series of magazine features which would interest members like me who are just starting to attempt the longer races (last year's Borrowdale was my first), and that is to feature one long race in each issue, giving the checkpoints and some description of the going at each stage. Anyone considering a long fell race would be able to read up about it, look at the course on the map and reconnoitre the area before deciding to compete."

Arthur Sealby February 1980

This suggestion is also made by C R Oakley of Caithness and on a similar subject Mike Hayes of Dark Peak Fell Runners writes:

"Could maps and/or Aerial photos of key areas be 'doctored' for inclusion in 'The Fell Runner'. Take for example the Scafell Pike area which is a key section in the Wasdale/Borrowdale/Lakes 3000 Peaks races and in the Bob Graham Round. Supposedly the best map of the area (OS 2 $\frac{1}{2}$ ") contains serious errors and omissions. It would be a service for someone to point this out - that someone being either an expert at interpreting aerial photos or someone with good local knowledge. Incidentally there are similar shortcomings in maps of the Peak District and Wales."

Mike Hobden has written a long and interesting letter highlighting certain key points:-

- a) Why do some race results take months to come out when others take just days?
- b) Why, when entry fees are so high, are there not more prizes?
- c) Why not have a 'quality of organisation' category for races?
- d) Why not print more than the first 20 results for the bigger races?

Joe Long writes that he cannot see the point of giving races an 'A' category if they don't count towards the FRA championship. He feels that races like the Vaux, Copeland, Duddon 2nd day etc., should simply be given 'O-type' status if they are not to count.

Joe's letter also gives "an organiser's point of view on a situation that should never have happened. At the Carnethy the police advised the organisers not to run on the road. That ruled out the proper course so an alternative route was given to the competitors and was rejected by most of them. What cheek! It will be a sad day for fell running if an incident like this ever happens again. Of course it is a good way of getting rid of organisers - if this is what they want!"

Ros Coates writes to ask why the Ladies course records are not included in the calendar. Why not indeed?

Ken West suggests a new motto after his experiences with the organisation of a certain Lakeland race in November "Running makes you magnanimous". I'm not sure many would agree with that!

A number of letters have included ribald comments about last year's Ennerdale report - think again, folks, we never said who did what!

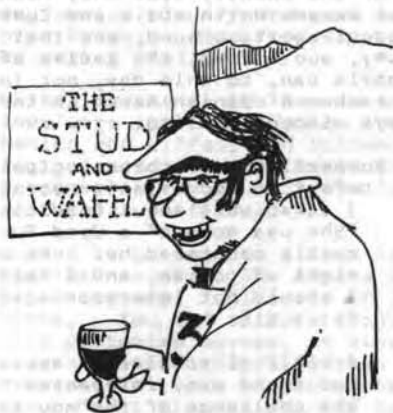
Numerous people have written complimentary letters about the magazine (thanks a lot) and many have suggested that the FRA subscription is too low. It's now been raised to £2.50 for 1981.

We agree with those who wrote about the terribly short notice given for the FRA Dinner Dance. Next year it will be held in late March/early April to avoid the problem.

And finally, to those of you who've written with problems of getting the magazine, paying subscriptions etc., we feel for you! Jean Lochhead and Sue have spent hours over the past few months making sense of the distribution system. Hopefully, it's now under control.

A SHORT HISTORY
of
FELL RACING
by
the late

CHRISTOPHER BACON RASHER



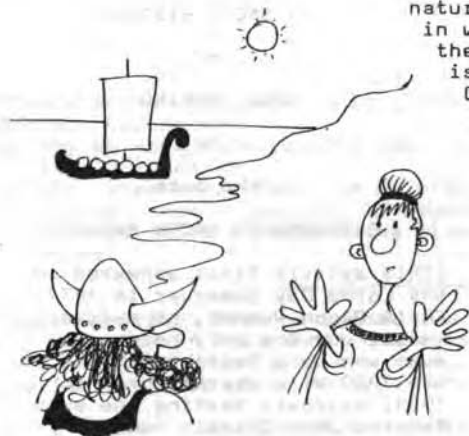
(This article first appeared in the Lords Day Observer in 1977. Chris Bacon Rasher, as everyone knows, won the only gold medal ever won by a British athlete in the 2000 mile steeplechase in 1931, narrowly beating the much fancied John Dismal, now a hoary-enteer.)

"Great things are done when men and mountains meet;
This is not done by jostling in the street."

William Blake.

As I was jogging around the Lyceum Ballroom, Norwich, with Mick Snort a couple of years back, when the Norwich runner was Fell Runner of the Year, he asked me why I didn't trot along and interview some of the real old timers in Fell Racing and get stuck into some of the history of the Great Sport. It struck me as a good wheeze. Having interviewed Harry Parker, Deaf Norman and Andy Stallion 'on location' as well as 'Super-Snort' in the same week, I was ready for some more leisurely pursuit. "You mean old vets like Harry Blinkerstrot, Hoss Naylor, Stan Rickshaw, the Take-away Offal Man, people like that?" I gasped. "Oh, no!" sneezed Snort. "Get amongst the real Old Timers", and he went on to give me a couple of addresses. One of them was Dismal's so I ignored that, and went for the other, a Mr Fred Codgerson, Emeritus Professor of Comparative Jogging in the Robert Graham University, Cockermonth. Also, as I was to discover, no mean historian, and I am greatly indebted to him for the revelations he afforded me over tea and Kendal mint cake in the 'Stud and Waffle'.

Fell, or Fjell or Fjelle or Phel Racing is not an indigenous sport. Like venereal disease it was brought to this country by sailors. Well to be precise by the Vikings (not VD, Fjelle Racing). The vikings were keen on two activities, Orienteering on a big scale and rapine on any scale. It was when they learned to combine the two, pegging out a maiden at each checkpoint, that they became really competitive, and eventually invincible. It also made the sport popular with the ladies, who despite their passive role, soon got into the spirit of the thing. But as the fields got, like the present 2-day Karricot Marathon, too big, even they got too much of a good thing and insisted on their menfolk taking to the boats every weekend and calling out an old Viking saying, which roughly translated means "Make Love Elsewhere!" they saw them off to the islands to the West. Because of the



nature of the country-side they found, in what became Northumbria and Cumbria, the ideal sports ground, and that is why, swore Fred, the ladies of Cumbria can, to this day, not look a rasher of Danish bacon in the eye without smiling.

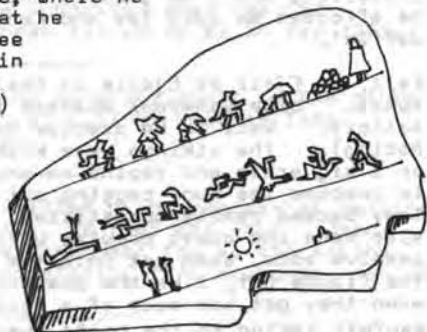
Suspecting some chronological defect in Codgerson's narrative, I asked what about Boadicea. "She was more of a Woad Runner" curtly countered he. He was right of course, and I felt I should not interrupt again for a bit.

A SCANDINAVIAN ORIENTEER APPROACHES A CHECKPOINT (EARLY DRAWING).

A biblical scholar it appeared had found many references to the challenge of the mountains. Only a mistake by a lady scribe part deafened by her husband's practising the tabor, prevented students from recognising what the prophet had really said:

"I shall lift up my thighs to the hills." And which weary participant in any Vaux Try On does not feel for the ancient writer athlete: "By the waters of Babylon I sat down and wept."? (The word in Hebrew for 'knackered' was erased by St. Thomas Aquinas.) And imagine Moses, doing his time trial up Mount Sinai, only to find at the checkpoint some graffiti on a stone giving ten somewhat impertinent hints for better performance, suggesting that if the runner ceased to commit adultery, and stopped coveting his neighbour's ass, he might improve no end. Luckily for him he took the advice and won a lifetime's supply of fresh milk and honey from the Milk Marketing Horde for him and his family when they won the Trans-Red Sea International Event some years later. Or was that his son, Abe?

The losers in that one, the Ancient Egyptians, had their own very special event, Professor Codgerson had discovered when he took a closer look at some hitherto unnoticed hieroglyphics on the back of the Rosetta Stone. Some relative of Tutem Khamen had had his slaves row him off on a package tour taking in Horton in Ribblesdale about 2000 BC, where he was so impressed by what he saw that he persuaded the boy king to have three great stone mountains erected out in the desert (that, until Codgerson, had puzzled historians for decades) for racing up and down. So that his Royal Nibs could always win he had designed ingenious tunnels through them. Thus he was secretly spared considerable effort. Caught at it by an Assyrian referee one day, they shut him in. Guessing what had happened, he wrapped himself in his sleeping bag and nodded off. Ironically they piled all his old prizes and trophies round



THE REVERSE SIDE OF THE ROSETTA STONE

him, sealed him off and gave up the Three Pyramids Race forever. (Hence the saying 'Fellistine'.)

The big events in the Med in ancient times were the Three Towers (Babel, Leaning and Eiffel) and Volcano Bagging, popular with the Phoenicians. During eruptions you got the fast and spectacular Half-Etna.

You had to go east to Greece for real organised sport. The Greeks were into Democracy, i.e. sorts of Trades Unions. You had to be a Trojan to build pantomime horses, an Athenian to erect Parthenons, a Spartan to own a supermarket, and if you wanted to run up Mount Olympus you had to be, crazy, yes, but also an Olympian. The best Olympian was Phi Knippy Knees. Phi Knippy Knees won the marathon cross country to Athens but it killed him. Strangely it is the officials Union, the Fell Officers, which is best remembered. Aristotle, Socrates, Homer and Plato were all Great Fell Officers. So was Dodgy Knees.



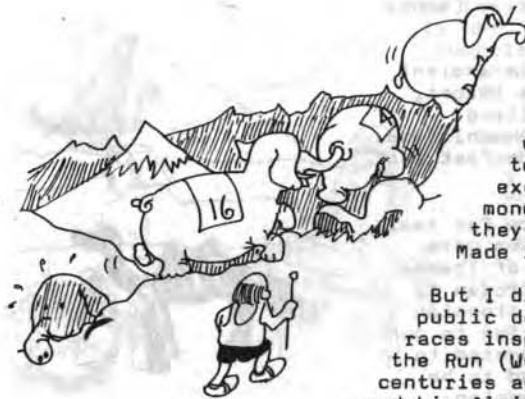
SITE OF THE 3 PYRAMIDS RACE

The Romans (was there no end to Fred's erudition?) took their sport, like the modern British only more so, vicariously. When Romans reached for their Tigers they didn't put them on their feet! No, they liked to watch Christians run best. There were field events at the Coliseum and the score at the close of play usually read 'Lions CXXVIII, Christians NIL'. The best recorded race (see 'Spartacus') was the Appian Way. At first all you had to do was jog down it in three days. According to the Guinness Book of Deuteronomy nobody managed it, so, when it became tedious, someone conceived the idea of setting Christian athletes carrying wooden crosses on their backs off at a brisk trot and, shortly afterwards, some lions. The winner was the one who stuck his cross in furthest away before the lions got to him. The ones who got the furthest, said Fred, most often, and therefore survived long enough to write epistles before they finally got theirs were called Apostles. Apostle of the year in about 35 A.D. was Paul. What an athlete! Struck blind on the Damascus Fun Run he went on to great heights. His crucifixion was a great loss to Fell Racing. — (I tried to check this in 'Corinthians' but the Sports Pages seemed to be missing.)



A PHOENICIAN WINS THE HALF-ETNA

Other spectacular discoveries in recent years came as a result of Thor Heyerdhal's 'Kon Piki' expedition. He proved that Christopher Columbus was a rotten orienteer. Missing India by 180° he tried



HANNIBAL

the Everest Dash. This was first won by a Tibetan; second was a New Zealander; John Hunt failed to finish the course, but in true British tradition was knighted for it. That was in 1953.

Fred sighed and sipped his tea. Ever since then British Fell Racing has been going down and down (or was it up and down, he said?).



SINCE THEN FELL RUNNING HAS BEEN GOING DOWN.

to alter his map. 'West Indies' he wrote. Well he didn't fool Thor or Fred. By no means.

Fred Codgerson is himself quite a Fell Officer. It was no surprise to him at all to hear that when Thor Heyerdhal excavated those strange monolithic men on Easter Island they were wearing Walsh's Ripples. Made in Bolton.

But I digress. More recently the public demanded massive mountain races inspired by Attila the Hun (Welsh Champion centuries ago), Hannibal and his Alpine Elephant Race (what price Hoss Naylor in that event?) and the Asian version of the Blisco Dash,



CAPTAIN COOK GREET'S ABE O' RIDGY KNEES

Who, in 4000 years time, would remember Mick Snort, Deaf Norman, Harry Porker? Or even Chris Bacon Rasher, Gold Medal and Scar, I wondered. I slipped out and jogged quietly home to Surrey, muttering "Forsan et haec olim meminisse iuvabit!"

LATE NEWS - Coast to Coast Relay. Holmfirth Harriers completed a relay over Wainwright's 190-mile route from Bees Head to Robin Hood Bay in 25 hrs.22mins, starting at 11.00 am on Saturday 28 June and finishing for lunchtime opening on Sunday 29th. Two teams of 9 runners each were used, with 2 runners together on legs over 1500' and at night, on the same basis as the Pennine Way Relay. Further details from R Futrell, 5 Holme View Drive, Upperthong, Holmfirth, W. Yorks., who says 'Our time can easily be beaten'.

Terry Conergans

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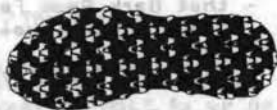


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ILKLEY, LS29 9PG.

" Rumour has it" "

- that one of the Ben Nevis race committee officials has stated that there will never be an official ladies race as long as he is on the committee.
- that Clayton-le-Moors are making a block entry for all 500 places in the Three Peaks race next year (80 entered this year).
- that Pete Bland Sports are recommending X-country skis for road training.
- that Bill Bentall is working on an article about fell running in Holland.
- that certain people got into the Three Peaks race without fulfilling the entry requirements.
- that J Cleese did not visit all the checkpoints in the Honister race. A faulty compass, perhaps?
- that Harry Blenkinsop who recently left Kendal on not-so friendly terms, is looking nearer home for his next club.
- that Colin Donnelly is going to give up jogging and take up running.
- that Neil Shuttleworth has had his 'life-ban' in the Three Peaks commuted to 25 years.
- that the Walkington's daughter is named after the Karrimor International Mountain Marathon.
- that Dark Peak Fell Runners have been experimenting with blood doping, using John-Blair Fish's blood.
- that the Barnsley marathon will get category 'A' status.
- that Colin Donnelly has taken up jogging again.
- that the FRA are soft pedalling on demands for race organisers 'balance sheets' because their own financial affairs are such a pain in the neck.
- that the proliferation of new Irish races this year is a plot to make an Irishman Fell Runner of the Year in the future.

RYDAL BANK
WILTON ROAD
ILKLEY, LS28 9PG

TOTE European Sports
TEL: 0043 60 1881

S H O R T S

Three Peaks

There was a lot of discontent about the Three Peaks Race again this year, mostly because of the new method of distributing entry forms through club secretaries. Some clubs did not get forms and even those that did found it difficult to distribute them, with the result that a number of very keen runners did not get their entries in on time and couldn't run. It seems that every year there are beefs about the race, but the Three Peaks Committee is becoming more understanding of runners needs of late. Contrary to popular belief, Duggie Croft does not have horns and he is, in fact, writing an article on the problems and queries you have for the next magazine.

Race Categorisation

People continue to have queries about race categorisation. The system at present is admittedly rather haphazard, but the FRA committee is struggling to find a definitive way of giving categories to races. Any ideas would be more than welcome.

Next Magazine

If you have any article, race reports/results, photos, news, rumours, comments, entries for the competition or 'naughty bits', please let us have them by 30 November 1980. The next issue of 'The Fell Runner' and the 1981 calendar will be out in January.

Advertisements

Copy for the January issue by 15 November 1980 please.

Top Fell Runner Ill

You may have been surprised that Brian Robinson of Kendal does not figure in the results so far this season, after such a fine year in 1979. He has been suffering for months from a mystery virus which has severely restricted his running.

Relay Cancelled

The Musbury Tor Relay had to be cancelled this year because the farmer would not give permission for his land to be used after a spate of vandalism.

Gentleman of the Fells

'Gentleman Fell Runner of the Year.' That's the title Richard Wilde seems certain to win after his Saddlewoth run. Richard gained 40 yards on leader Andy Darby when the latter went off course, and led to just before the finishing line, where he stopped and let Andy through to win. The only problem was that the officials still gave Wilde the race, and to make sense of his gesture, he had to insist that the official result was changed. I reckon that Ken West and Ricky should start a 'Magnanimity Club'.

Ladies and 'The Ben'

Controversy still about the Ben Nevis. Is there to be a Ladies Race this year or not? As we go to press, it seems unlikely, but who knows?

Subscriptions

Membership of the FRA will cost £2.50 in 1981. Please let Jean Lochhead have your subs promptly when you get your next magazine.

JEFF FOSTER

Many readers will already know that Jeff Foster died after an illness earlier this year. Jeff was perhaps best known for his work activities, having built up the Reebok business with his brother Joe. He was an early member of the FRA and took an active interest in running and runners. Our condolences go to his wife, family and friends.

"BEST EXCUSE" COMPETITION - results

Below is a selection of the entries that most appealed to us:-

- I didn't run so well today because
- I got the Accolade and the petrol mixed up. (Anonymous Rossendale runner)
- Ken West tripped me up. (Andy Styan after Burnsall)
- I fell over a Mountain Rescue official and broke my wrist. (Mike Walford)
- they sent 400 blokes off to block the way 2 minutes before the start. (Anonymous Scottish lady about anonymous Scottish race)
- my legs wouldn't go fast enough. (Peter Haines)
- Pete Walkington talked all the way round. (Keith Windle)
- Keith Windle talked all the way round. (Pete Walkington)
- I got diarrhoea when I saw the descent. (Anthony Kay on Goatfell)
- I slept in a tent next to Derek Ratcliffe last night. (Donald Booth)

PRIZE FOR THE WORST POSSIBLE TASTE!

I didn't run so well today because I had a heart attack. (Daren't print his name!)

FIRST PRIZE goes to DOMINIC MAKIN whose excuse was:-

I didn't run so well today because I never saw the hill and ran straight into it.

He receives a lifetime's free entries to the Bens of Jura Race.

HURRY, HURRY, HURRY, enter our new COMPETITION NOW - details below.

~ COMPETITION ~



"WHOSE LEGS ARE THESE?"

Competition

Name the owners of the two pairs of legs and complete the following phrase:

"I use legs because....."

An extra special prize will be awarded to the winner of this competition.

Entries to the Editor by 30 November.



COMMITTEE OFFICERS

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<u>General Secretary</u>	Peter Walkington, 12 Littlestones Road, Egerton, Nr. Bolton, Lancs. Tel. Bolton 58761
<u>Fixtures Secretary</u>	Dave Moulding, 27 Pendle Road, Clitheroe, Lancs.
<u>Treasurer/Registrar</u>	Jean Lochhead, 65 Wooldale Road, Holmfirth. W. Yorke. Tel. Holmfirth 6625
<u>Statistician</u>	Kevin Shand, 11 Church Street, Smallbridge, Rochdale, Lancs. Tel. Rochdale 53462
<u>Magazine Editor</u>	Andy Styan, Wentworth Farm, Wessenden Head Road, Meltham, Huddersfield. Tel. Huddersfield 850770

FIXTURE CALENDAR UPDATE

SAT. AUG. 9. IAN ROBERTS MEMORIAL 4 MAN FELL/ROAD RELAY. 4x4 miles from Marsden Youth Hostel. 1400. 2 road legs and 2 fell legs approx 4 miles each. Incomplete and composite teams allowed. Prizes for 1st 4 club teams only and many individuals. Entries £2 per team (£3 on day) by 1 August to R. Futrell, 5 Holme View Drive, Upperrhong, Holmfirth, Huddersfield. Cheques and POs to 'Ian Roberts Memorial Race.'

THURS. SEPT. 4. HADES HILL RACE. Note change of date from Saturday 6 Sept. to previous Thursday at 6.30 pm. All other details as before.

SAT. SEPT. 6. BEN NEVIS RACE. Start time 2 pm not 2.30 pm. Closing date 26 July. All other details as calendar.

SUN. SEPT. 21. LANGDALE FELL RACE. Contrary to rumour this race will be held. Note change of date from Sat. 20 Sept to Sunday. Entry fee £1(not £1.25). All other details as calendar.

SAT. OCT. 18. HOAD HILL RELAY. Note change of address. Entries to go to B Hill, 26 The Gill, Ulverston, Cumbria. £4 team by 30 Sept. (£5 on day). All other details as calendar.

AM SAT. NOV. 15. BLISCO DASH. 5 m./2000'. From Old Dungeon Ghyll, Langdale. 1100. £1 Ind. 50p. Team by 1 November to B Hill, 26 The Gill, Ulverston, Cumbria. £1.20 on day. Women's race same.

SUN. DEC. 7. MARSDEN-EDALE TROG. 20 m./4500'. Rec. Ian Roberts 2.58.00 (1978). Probable start time 08.30 to 0900. From New Inn Marsden, intermediate checkpoint Crowden Reservoir, finish Railway Bridge, Edale. Navigational skills/local knowledge essential. Must be equipped to withstand desperate weather. Entries £2 by 29 Nov. to Bryan G Stokes, 9 Charles St, Sheffield 1. All entry fees to charity.

PAY UP (another £1) PLEASE

This magazine has been produced 'on tick', in the hope that FRA members would send in an extra £1 subscription for 1980. At the AGM, after hearing of the Association's financial position, members voted for 'retrospective' increases in the subs to £2 for 1980 and for a further increase to £2.50 for 1981.

We cannot apply sanctions to those who leave it at the £1 they have already paid, but we do ask you to help the cash flow problem by 'coughing up' another £1 for this year. Send it to the new treasurer:

Jean Lochhead,
65 Wooldale Rd,
Holmfirth,
Nr Huddersfield.
W Yorks.

We hope to continue to give you value for money, but would add that those members who have not paid at all for 1980 will not receive the 1981 calendar or January edition of the magazine.

THANK YOU to all our contributors without whom no magazine would be possible.

APOLOGIES to all those who sent us articles which we have been unable to find room for. Please don't stop sending us your contributions.

In the NEXT ISSUE

- A 20 page article on "The Andes Skyline Relay"
- 'Why I didn't take up fell running' by M Thatcher
- How to win an expenses paid trip to the Everest Dash.

And watch out for the surprise on Page 3.

FOOTNOTE:

"AAA RULES, O.K."



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