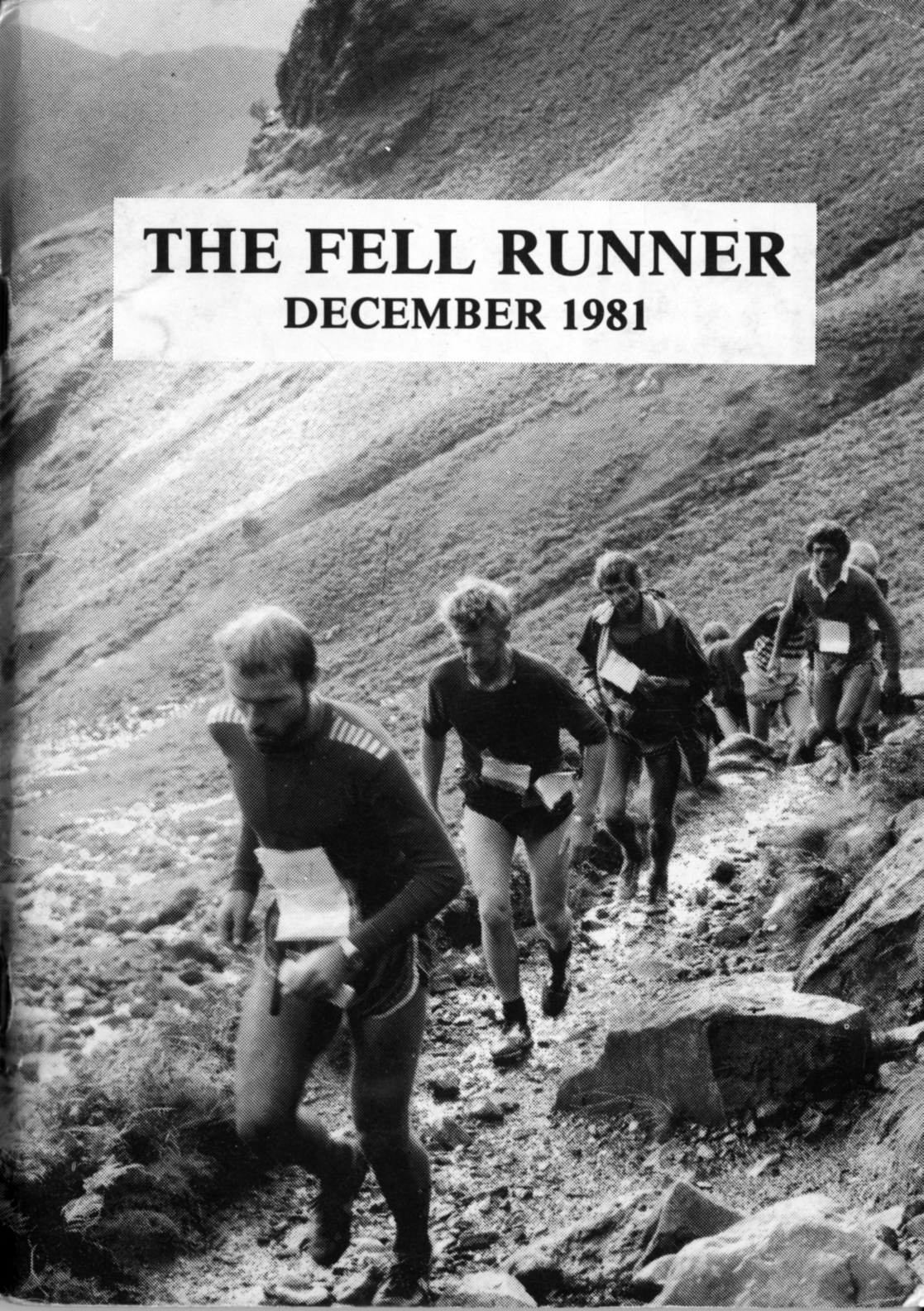


# THE FELL RUNNER

DECEMBER 1981





# PETE BLAND SPORTS

34A, KIRKLAND, KENDAL, CUMBRIA.

Telephone: 0539-31012 or After 6 pm. 0539-821688

Whether you are a Fellrunner, Roadrunner, Orienteer or just run for fun we are the Specialists, Our New Shop is now open in Kendal. The shop is situated at the South end of town opposite the Parish Church with ample car parking nearby.

Call in and see us, Why not relax and enjoy a pot of tea, coffee, or perhaps some home baking in our snug little wholefood tea room.

Fast mail order service on following items

## WALSH

Descender Studs PVC upper	£18.99	Worn by the Winning Team Elite,	
Descender Studs Nylon upper	£23.70	Karrimor 1981	
Raid. Multi Purpose Shoe	£24.65	Pennine Adder VR	£24.65
Fellsman I Boots	£28.35	Fellsman II Boots	£37.40
Leather VR Shoe	£20.90	Tornado Road Racer	£25.50
LA84 Road Trainer	£27.30		

## NIKE

Internationalist	<del>£33.95</del> £30.45	Orienteer	<del>£18.95</del> £17.95
Elite	<del>£29.95</del> £26.95	Roadrunner	<del>£16.99</del> £15.99
Wally Waffles from	£ 9.99		

## NEW BALANCE

730	£44.95	455	£31.95
420	£29.95	395	£25.95
INTER PREMIER	£13.50	FLEETFOOT TRAINER	£ 8.99

Add £1 Postage to above prices

A must for Winter, Helly Hansen Lifa Wear Long Sleeve tops and tights, Navy or Red.

Also Bum Bags, Insoles, Hell Pads, Tracksters, Socks Vests, Shorts and so it goes on. Why not come and see for yourself? We are the Fellrunning Specialists.

# « CONTENTS »

	Page
Editorial .....	3
Committee Officers - Names and Addresses .....	5
Committee News .....	5
Results and Reports - May .....	6
June .....	7
July .....	15
August .....	24
September .....	33
Sports Injuries and The Fell Runner by Dr Ian Adams ....	43
Karrimor '81 by Peter Knott .....	46
Prose from Jimmy Jardine .....	47
Competition Results .....	48
Competition .....	52
News from the Deep South by Anthony Kay .....	53
Long Distance News .....	55
Pony British Marathon by Peter Knott .....	57
British Fell Running Championships 1982 .....	58
Fell Running Shorts .....	58
Letters to the Editor .....	60
Rumour Has It .....	71
The Final Page .....	72

---

COVER PHOTO:                      Climbing Stickle Gill - Langdale 1981.

Photographer:                      Neil Shuttleworth.

Not exactly a happy-looking bunch, but then they've just started the 1981 Langdale Race - see page 41 for report.

---



# ROYAL VICTORIA HOTEL



## LLANBERIS

The hotel is offering a special reduced rate to fell runners and their families who wish to take advantage of the superb fells and mountains, in the middle of which the hotel is located.

£5.25  
per person inc. VAT

\*\*\*\*\*

For the above you get, a room with private bathroom, early morning tea and full English Breakfast (50% reduction from our normal rate). ½ price for children under 13 years.



## ROYAL VICTORIA HOTEL



LLANBERIS - GWYNEDD - N. WALES - Tel (028 682) 253/4  
HOTEL MANAGER - GRAEME SUTHERLAND

EDITOR'S XMAS QUIZ

Question

1. Who organises the British Fell Running Championships?
2. Who pays for the trophies?
3. Who produces a comprehensive calendar of fell running events in the UK?
4. Who produces, twice-yearly, a seventy page magazine to keep fell runners informed and interested in their sport?
5. Who has drafted guidelines on safety in competition specifically for fell running?
6. Who organises the Annual General Meetings for fell runners in this country?
7. Whose committee is composed entirely of active runners(men and women)?
8. Who, more than any other body, represents the individual fell runner in the UK?
9. Who is the governing body of fell running in this country?
10. Is there something crazy about this?

In case you haven't worked it out, the answer to the first eight questions is THE FELL RUNNERS' ASSOCIATION . The answer to the ninth question is The Amateur Athletic Association.

YOU answer Question 10.

Andy Styan

November 1981

---

The next issue of 'The Fell Runner' will be out in July 1982  
Any copy should reach the Editor no later than 17 May.



# **BLENCATHRA CENTRE**

## **OPEN ALL YEAR**

Situated nearly 1,000 ft up on the slopes of Blencathra with panoramic views over the surrounding fells. Threlkeld village is just a mile down the road and has a general store and two inns. Keswick is six miles by road.

Cottages sleep 2-6 persons and are available for weekends during the winter months at a special rate.

5 self contained hostels sleep from 16-35 persons.

Ideally positioned for runners and their families or club training weekends. See Peter or Pauline Haworth at races for details or send S.A.E. for brochures to:

**Peter Haworth,  
Blencathra Centre,  
Threlkeld, Keswick,  
Cumbria CA12 4SG**

**Tel. 059 683-601 (24hr Answering Service)**

COMMITTEE OFFICERS

Chairman

Peter Knott, 66 Edwinstowe Rd., Lytham St Annes, Lancs. Tel. Lytham 737871

General Secretary

Jon Broxap, 25 Meadowcroft Cottages, Bowness-on-Windermere, Cumbria. Tel. Windermere 4567

Fixtures Secretary

Dave Moulding, 53 Downham Rd., Chatburn, Clitheroe, Lancs. Tel. Clitheroe 41112

Treasurer

Jean Lochhead, 65 Wooldale Rd., Holmfirth, W Yorks. Tel. Holmfirth 6625

Membership Secretary

Norman Berry, Whinny Ghyll, Penistone Rd., Kirkburton, Huddersfield. Tel. Huddersfield 2922

Magazine Editor

Andy Styan, Wentworth Farm, Wessenden Head Rd., Meltham, Huddersfield. Tel. Huddersfield 850770

Statistician

Peter Brooks, 'Shenavall', Drummond Terrace, Crieff, Perthshire. Tel. Crieff 3909

COMMITTEE MEMBERS

John Blair-Fish (DPFR), Pete Bland (Kendal), Harry Blenkinsop (Keswick), Danny Hughes (CFRA), Sue Styan (Holmfirth), Kevan Shand (Rochdale).

-----  
COMMITTEE NEWS

There have been two meetings of the Committee since the August issue of 'The Fell Runner'. These took place before the Latrigg Race and before Thievely Pike. Full copies of the minutes of all committee meetings and of the minutes of General Meetings are available on request from the General Secretary. (Large S.A.E. please)

Latrigg

- Design for British Fell Running Champion Trophy accepted. Work on trophy to begin.
- Secretary to formally offer FRA's services as advisory body on fellrunning to the NCAAA.
- Keswick to put motion to AAA AGM that FRA should become managing body of fell running in the UK.
- Computerisation of FRA membership agreed in principle. Details to be examined for next meeting.
- CFRA working on 'Rules and advice to competitors and organisers'. CFRA report to be adopted by FRA if suitable.
- Locally run, FRA supervised courses for novice fell runners discussed.

Thievely

- Trophy to be ready for mid-November.
- Jos Naylor Fund to pay for trophy.
- Norman Berry to go ahead with computerisation of membership list.
- Draft of safety rules from CFRA ready. Complete report next meeting. AAA to be informed when report complete.
- Motion that the FRA become the governing body of fell running had been submitted to AAA AGM by Keswick AC. AGM on 7 Nov. to be attended by four committee members representing the FRA and their own clubs.
- Discussion of possible FRA sponsored weekend for novice fell runners to be held in conjunction with FRA AGM in October 1982; also pilot schemes to be run by local clubs.
- EGM Agenda agreed. P Walkington to announce his resignation as General Secretary at the EGM
- Championship Races for 1982. One race in each category to be changed - (short) Thievely to replace Pendle - (medium) Skiddaw to replace Snowdon - (long) Edale to replace Moffat. Position of Blisco race to be reviewed if organisation of the 1981 race had proved unacceptable.

DARWEN MOORS

by Geoff Gough

Category B, 11½ miles, 1850'

10 May

Mike Bishop (Staffs. Moorlands) won this year's race at his first attempt in a time of 1.17.51, which considering the heavy conditions underfoot was a fine effort. Andy Darby was 2nd (1.18.51), Ricky Wilde 3rd (1.19.11), Geoff Gough 4th (1.19.22), followed by Bob Ashworth, Dave Cartridge and Alan Adams in 5th, 6th and 7th places.

After the first checkpoint (Great Hill) Mike Bishop, Andy Darby and Geoff Gough broke away, and these three kept their positions through the remaining checkpoints, with Ricky Wilde moving through to take 3rd half a mile from the finish.

In the Ladies' race Colette Harkin (Bolton) finished 1st (1.38.10), Brenda Robinson (Bury) 2nd and Ruth Toth (ASVAC) 3rd.

In the team event Geoff Gough led Blackburn to victory (Gough, Walker, Woodburn). Bolton were 2nd (Cartridge, Campbell, Turner) and Clayton 3rd (Reade, McKenna, Livesey).

Colin Robinson was 1st vet. in 13th position (1.21.51), with D Anderson (Bingley) 2nd and A Shaw (Rochdale) 3rd. There was a record field of 284 finishers.

-----  
Note: After a series of most consistent good performances in 1980 and a promising start to 1981, this was to be Geoff's best run. Illness has forced his premature retirement from the fell scene - possibly permanently.  
-----

ISLE OF MAN ATHLETICS ASSOCIATION (under A.A.A. and W.A.A.A. Laws)

# TRY FELL RUNNING IN THE ISLE OF MAN

★ GREAT ATMOSPHERE  
★ SPECIAL TRAVEL RATES

*"You don't need three legs but it may help!"*

**13th MANX MOUNTAIN MARATHON**  
"Cat A"  
30 miles, 9,000 ft.  
**Easter Monday**  
(Coastal walk on Saturday. - Castletown to Tynwald Hill)

**BRADDA FELL**  
15 miles "B", 4,200 ft.  
**June 27th**

**BIRDS EYE CHALLENGE  
½ BOB BAXTER ROUND**  
Peaks over 1,000 ft, 27 miles, (7,000 ft).

**LAXEY GLEN HORSESHOE**  
"Cat B", 12 miles, 3,250 ft.

**Enquiries to: A. C. Jones, 97 Silverburn, Ballasalla, Isle of Man**



JUNE

EDENFIELD

by W Smith

Category B, 8 miles, 1300'

7 June

Alan Sladen, running his first Edenfield Fell Race, led the field from one mile out to the finish and showed that, despite recent injury, his form had not suffered.

With the record entry of 230, the runners formed a huge snake as they began to wind around the cricket pitch at the start. The early climb quickly bunched the field giving the experienced fell runners a chance to be well up in the leaders. With Alan Sladen establishing a 10-yd. lead, it was Jeff Norman, Dave Cartridge, Mike Short and young Keith Barratt battling hard for 2nd place. Sladen, however, was not to be beaten, despite a strong challenge from Norman in the second half of the race, and finished 8 seconds in front of Jeff. Bolton's Dave Cartridge was 3rd, almost a minute behind the winner, with Rochdale's Keith Barratt an excellent 5th. In the Ladies' race local runner Brenda Robinson showed fine form to win by almost a minute, knocking 3 minutes off her time last year.

1. A Sladen	Salford	38.52	11. M Winstanley	Lanc.&M.	41.12
2. J Norman	Altrincham	39.00	12. C Robinson	Rochdale	41.17
3. D Cartridge	Bolton	39.45	13. S Bullens	Salford	41.19
4. B Ashworth	Rossendale	39.49	14. S Livesey	Clayton	41.25
5. K Barratt	Rochdale	40.14	15. J Quinlan	Bingley	41.34
6. M Short	Horwich	40.15	16. P Irwin	Rossendale	41.38
7. M Smith	Blackburn	40.21	17. R Rawlinson	Rossendale	41.44
8. D Tosh	Rochdale	40.24	18. B McKenna	Clayton	41.59
9. A Spence	Bingley	40.28	19. C Nash	Bolton	42.23
10. S Barlow	Horwich	41.06	20. I Ferguson	Bingley	42.32

Ladies Race

1. B Robinson	Bury	49.16	4. C Harkin	Bolton	50.39
2. C Haigh	Holmfirth	50.13	5. A Pendlebury	Bolton	52.31
3. R Toth	ASVAC	50.16		11 finished	

CHEVY CHASE

RESULTS

Category A, 17 miles, 4000'

14 June

1. M Garratt	Mandale	2.26.53	11. G Atkinson	Wallsend	2.55.10
2. S Williams	Mandale	2.27.58	12. D Jackson	Morpeth	2.55.25
3. M Armitage	Saltwell	2.28.57	13. M Sanderson		2.55.38
4. N Heaton	Mandale	2.34.19	14. D Westhead	S Shields	2.56.22
5. A M Deall	Kendal	2.36.35	15. N Burleton	Morpeth	2.56.54
6. J Williams	Mandale	2.38.18	16. W Fortune	Morpeth	3.01.00
7. J G Jardine	Lochaber	2.40.37	17. R Wright	Durham	3.02.00
8. J Stannard	Border	2.51.03	18. J Sibson	S Shields	3.02.23
9. T G Boggan	Durham	2.53.20	19. J Whewell	Blaydon	3.03.14
10. T Went	N Shields	2.54.54	20. D Rowley	Gosforth	3.05.20

Veterans

1. G Atkinson	Wallsend	2.55.10	5. E Appleby	Heaton	3.08.15
2. M Sanderson		2.55.38	6. J Taylor	Heaton	3.12.00
3. D Rowley	Gosforth	3.05.20	7. G Freeman	Sunderland	3.21.21
4. R Peart	Elswick	3.06.07	8. J Dewar	Blaydon	4.12.00

CLITHEROE

RESULTS

Category C, 7½ miles, 1350'

14 June

1. C Moore	Bingley	49.54	6. G Geoff	Blackburn	52.43
2. J Reade	Clayton	51.46	7. K West	Wolverhampton	53.00
3. D Cartridge	Bolton	51.23	8. D Robinson	E. Cheshire	53.27
4. R Ashworth	Rossendale	52.23	9. G Edwards	Bingley	53.39
5. K Robinson	Kendal	52.37	10. B McKenna	Clayton	53.44

1st Veteran

1st Lady

13. W Cooper	Manchester	55.03	102. C Haigh	Holmfirth	64.42
--------------	------------	-------	--------------	-----------	-------

189 Ran

GREAT HILL

Category C, 5½ miles, 1200'

20 June

Bob Shorrocks won by over a minute and satisfied his long standing ambition to win over the home course. He lives in the next village to Brinscall and first ran in the race seven years ago. His time was short of Pete Ravald's two-year-old record, probably because the course was very soggy, but the weather was dry and still. Brenda and Colin Robinson got first in their age groups.

1. R Shorrocks	Blackburn	31.38	6. G Gough	Blackburn	33.20
2. J Reade	Clayton	32.39	7. D Cartridge	Bolton	33.30
3. J Temperton	ASVAC	32.49	8. C Robinson	Rochdale	33.46
4. R Ashworth	Rossendale	33.05	9. A Hulme	Altrincham	33.52
5. J Jackson		33.11	10. I Robinson	Clayton	34.10

Boys (2 miles, 600')

Colts (as Boys)

1. J Nuttall	Preston	13.43	1. D Byrne	Stretford	14.44
2. M Byrne	Stretford	13.53	2. T Richardson	Bolton	15.08
3. S Atkinson	Blackburn	14.05	3. K Robinson	Rochdale	15.16
4. I Dermott	Wigan	14.11	4. P Heyes	Wigan	15.39
5. R Cambourne	C/Wood	14.26	5. D Moran	Stretford	15.43

BUCKDEN PIKE

by Peter Jebb

Not yet categorised, 4 miles, 1500'

20 June

The fells of upper Wharfedale boast some of the finest runnable hills in the whole of England and have long been neglected by the fell runner. I was only too glad, therefore, when approached by the Buckden Village Gala Committee and asked if I would organise a fell race to be held in conjunction with the annual village gala.

A route was eventually worked out which climbs directly from the village green along a bridleway at first, then an ascending traverse and finally steeply to the summit of the Pike. The route then continues along the summit for ½ mile, where at the Polish Airman's Monument it swings to the right, returning to the village, which suddenly appears beneath one's studs, nestling at the foot of a steep descent.

The weather on the day of the inaugural event was mixed with sunny spells broken by occasional heavy showers. A damp mist settled on the summit of the Pike in the early afternoon, and the race began coolly at 3 p.m. in a heavy shower.

Airedale's duo of Dennis Mayho and Tony Parkinson set the early pace up a stony track, but as the runners began the ascending traverse through open fields, it was Harry Walker who took the bit by the teeth and really came into his own on the final steep ascent, arriving at the summit checkpoint over a minute clear of the Airedalers. It was on the descent, however, where the fell runners began to dominate. Unfortunately Harry missed a flag half way down and took a detour to arrive back in fifth place. The way was left open for Pete Irwin of Rossendale to take advantage of the steep ground and forge past the Airedale pair, arriving back in the gala field first, a short way ahead of one of Bingley's latest and most promising fell men, Ian Ferguson. The host club of Bingley took the team prize.

EILDON TWO HILL

by Dave Scott

Category A, 4½ miles, 1400'

20 June

Good weather, good runners and a good race all add up to a successful venue, and such was the case at Melrose. Everything seemed to go down well, especially the cans of beer at the finish, generously supplied by our sponsor 'Drybrough Breweries'.

Congratulations to Billy Bland, this year's popular winner, who must now qualify as a member of the 3.2.1. Club, having been 3rd in '79, 2nd in '80 and now 1st in '81.

A pat on the back to George Meikle in winning the vets. George, who had the outstanding performance of winning the race on 10 consecutive occasions in the '60s, has hopes of a repeat. Also to Annan and District who, in coming 2nd to Edinburgh AC, win their first ever team award.

1. W Bland	Keswick	28.13	11. J Jardine	Lochaber	32.16
2. R Morris	Edinburgh	28.28	12. R Love	Edinburgh	32.23
3. D Fairweather	Law & Dist.	29.44	13. R Sloan	Melrose	32.41
4. R Shields	Lochaber	30.13	14. G Lucoweicki	Unattached	32.42
5. J Shields	Clydesdale	30.22	15. M Kettle	Lothian Pol.	32.43
6. J Rowley	Law & Dist.	31.01	16. T McCulloch	Ayr Seaforth	32.54
7. J Foster	Galashiels	31.16	17. R OHara	Annan & Dist.	32.57
8. G Meikle(V)	Galashiels	31.25	18. J Dunning	Annan & Dist.	32.59
9. J Hutchinson	Edinburgh	32.06	19. J Marsh	Teviot	33.01
10. E McGlashan	Lochaber	32.09	20. D Clark-Lowes	Edinburgh	33.34

CFFA'S DYKE

RESULTS

Category C, 15 miles, 2500'

21 June

1. A Darby	Newpart	1.29.52	6. J Barker	Grimsby	1.34.41
2. D Francis	Westbury	1.30.17	7. G Blackburn	Westbury(V)	1.35.31
3. P Haywood	Worcester	1.31.59	8. C Daniel	Westbury	1.35.51
4. M Cawood	Oxford Poly	1.32.48	9. J Smith	Westbury	1.36.53
5. W Dewis	Leic. Corit.	1.34.02	10. B Rees	Newtown	1.37.02

Ladies

Teams

1. R Naish	Eyri	1.55.28	1. Westbury - 19 pts.
------------	------	---------	-----------------------

THREE FORTS MARATHON

by John Offley

26 miles, 385 yds., 3450'

21 June

Such is the attraction of the marathon distance nowadays that 212 runners, orienteers, fun-runners and joggers faced the starter for Southdowns Orienteers third annual promotion of this event. Those who had not read the pre-race information properly were in for a shock, for although the 3½ thousand feet of climb over the rolling South Downs was not enough to worry your average fell runner, quite a few competitors found strength and stamina wanting on Truleigh Hill after twenty miles.

From the start Paul Marten of Horsham instantly shot into the lead, which he built up to two minutes over a bunch of six at the first checkpoint at five miles. Thereafter this gap fluctuated between two and four minutes, although he appeared to be flagging on Truleigh Hill. Yet he was still a minute in front of his pursuers at the top, when he went off course on a perfectly straight stretch of the South Downs Way! This left John Watkins and Pete Lawrence out in front, with Watkins prevailing over the Hastings veteran to win in 2.49.31, reducing Adrian Belton's (albeit easy) record by forty minutes. Avril Lewis was an excellent winner of the Ladies' race in 3.47.57, just two minutes in front of 17-year-old local girl Tracey Howard.

ROSEBERRY TOPPING

RESULTS

Category A, 1½ miles, 715'

23 June

1. J Williams	Mandale	11.36	6. A French	Gosforth	12.45
2. M Garratt	Mandale	11.39	7. D Healey	Mandale	13.09
3. S Williams	Mandale	11.57	8. K Burns	Cleveland	13.14
4. S Gamble	Billingham	12.13	9. F Drozda	Scarborough	13.33
5. H Forrest	Gosforth	12.42	10. N Heaton	Mandale	13.39

HOLCOMBE TOWER

by W Smith

Category C, 3½ miles, 550'

24 June

Since his victory in the Edenfield race, Alan Sladen had continued his winning ways in fell races. His return to the Irwell valley was no different from his previous. He set a fast early pace and found John Reade of Clayton the only one to keep with him. The steep climb to the Tower followed by the rapid descent proved no obstacle to these two who maintained a ten-yard gap from the chasing pack. The sprint finish on the flat parkland saw Alan Sladen cross the finish line five seconds before John Reade and ten seconds ahead of Dave Cartridge. The Ladies' race saw Keswick's Pauline Haworth retain her trophy.

1. A Sladen	Salford	19.45	6. C Robinson	Rochdale(V)	20.24
2. J Reade	Clayton	19.50	7. K Robinson	Kendal	20.30
3. D Cartridge	Bolton	19.54	8. P Irwin	Rossendale	20.35
4. R Ashworth	Rossendale	19.58	9. I Holloway	Rochdale	20.36
5. G Gough	Blackburn	20.18	10. J Eaton	Unattached	20.54

Ladies

1. P Haworth	Keswick	24.35	3. J Robson	LVOG	25.25
2. R Toth	ASVAC	24.48	4. A Hardman	Bury	25.48

ELDWICK GALA

Category C, 3½ miles, 500'

27 June

The day was cold, sky overcast - just right for running, but less suited to spectating. Nevertheless there was a good crowd to watch the 74 starters leave the gala field and race down the road towards the moor. Dave Slater of Bingley set the early pace and was some yards ahead of John Temperton of ASVAC. Harry Walker, less at ease with sprint type road starts was some way back, bidding his time till the going became rougher and steeper. At the trig point on Baildon Moor(924') Slater had increased his lead. Temperton, Todd and Mayho of ASVAC were closely grouped hotly pursued by Blackburn's Harry Walker himself hard pressed by Bingley's Alan Spence and Peter Moon. Slater pulled further away on the downhill section to win comfortably. Temperton held off club-mate Todd's late challenge with Harry Walker finishing strongly in fourth position. Rachelle Toth of ASVAC was the only woman entrant but fully deserved her prize with a time of 20.36. Although only a category C, Eldwick Gala Fell is a fast work-out (highly suited to those racing the following day!) with the gala crowd forming a large and appreciative audience.

1. D Slater	Bingley	16.01	6. A Spence	Bingley	17.01
2. J Temperton	ASVAC	16.44	7. P Moon	Bingley	17.03
3. J Todd	ASVAC	16.46	8. K Robinson	Kendal	17.05
4. H Walker	Blackburn	16.48	9. A Parkinson	ASVAC	17.08
5. D Mayho	ASVAC	16.57	10. J Waterhouse	Bingley	17.24

Veterans

Teams

O/40 D Anderson	Bingley	17.50	1. Airedale & Spen Valley
O/45 N Green	Bingley	19.23	
C/50 G Spink	Bingley	18.32	2. Bingley AC

Eldwick Gala Fell Race 1981 - Balance Sheet

Income

Expenditure

Receipts from entries	56.02	Numbers	2.00
		Pins	1.00
		Advert A.W.	6.00
		Postage/Telephone	2.00
		Prizes	45.00
	<u>£56.02</u>		<u>£56.00</u>

CAIRNGORM

RESULTS

Category B, 10 miles, 3000'

27 June

1. A Daly	Bellahouston	1.13.44	6. J Rowley	Lochaber	1.16.40
2. R Shields	Lochaber	1.15.10	7. C Martin	Law & Dist.	1.17.26
3. R Campbell	Lochaber	1.16.00	8. G Reynolds	RAF Moray	1.17.29
4. M Edwards	Aberdeen AC	1.16.28	9. A Adame	Dumbarton	1.17.56
5. R Boswell	Lochaber	1.16.33	10. D Armitage	Aberdeen	1.18.41

Teams Lochaber - 10 pts, Aberdeen AAC 40 pts, RAF Moray - 50 pts.

Ladies

1. F Wilde	Lochaber	1.29.15	2. A Johnstone	1. 59.41
------------	----------	---------	----------------	----------

STOODLEY PIKE

RESULTS

Category B, 3 1/2 miles, 800'

28 June

1. A Taylor	Kendal	17.01	11. C Robinson	Rochdale	18.16
2. A Sladen	Salford	17.14	12. A Sunter	Horwich	18.33
3. H Walker	Blackburn	17.33	13. S Torrance	Manchester	18.38
4. P Bowler	Staffs	17.38	14. B McKenna	Clayton	19.00
5. A Adams	Staffs	17.47	15. B Brindle	Horwich	19.01
6. G Edwards	Bingley	17.56	16. M Seddon	Holmfirth	19.01
7. K Bose	Blackburn	17.58	17. B Taylor	Bingley	19.02
8. D Cartridge	Bolton	17.59	18. C Beaver	Clayton	19.07
9. M Burgess	Sale	18.04	19. P Smith	Halifax	19.09
10. S Livesey	Clayton	18.07	20. S Howard	Clayton	19.12

Veterans

Ladies

0/40 C Robinson	Rochdale	18.16	1. G Pile	Manchester	22.53
0/45 D Lawson	Bingley	19.29	2. C Waterhouse	Pendle	27.11
0/50 B Fielding	Leeds	21.37	3. C Hopkins	Unattached	29.46
0/55 B Crook	Rochdale	22.54			
A Briggs	Clayton	26.14			

Teams -Senior -Clayton

-Veterans - Rochdale

181 Finished. Prizes were awarded to the first 102 finishers.

CAPRICORN TWO-DAY

by Peter Knott

'0', Various Courses, 15-25miles, 2000'-6000'

27/28 June

The second annual event returned to the scene of the '77 KIMM, the complex steep contour terrain of the Howgills, the Western edge of which can be seen from the M6, and nowadays is best known to fell runners by virtue of the Sedbergh Hills Race.

The start, finish and over-night camp for both days were located to the south-east of Ravnstonedale, with Day One courses on the Howgills side and Day Two over Wild Boar Fell and all points south.

The first day was severe, but fortunately the weather was fine after a little light rain early on. Martin Hudson led the elite field with a time just inside 4 1/2 hours, six minutes clear of Tony Richardson. Day Two distance and climbing were much reduced, but some of the controls were more difficult to locate. Martin kept his cool to stay in front of Tony from a chasing start, with Duncan Overton holding on to his 3rd spot. 49 finished both days with 13 retirements on Day One, and a further 5 who failed to start on Day Two.

78 completed the A class, including ladies Vicky Mason (16th) and Jane Robson (25th). 98 completed B class, and 74 C class.

1. M Hudson	4.24.27 + 2.46.05 = 7.10.32
2. A Richardson	4.30.34 + 2.54.39 = 7.25.13
3. D Overton	4.37.32 + 2.59.26 = 7.36.58
4. J Baston	4.39.07 + 2.59.21 = 7.38.28
5. P Haines	4.42.15 + 3.04.59 = 7.47.14
6. A Phillipson	4.48.54 + 3.12.01 = 8.00.05
7. D Rosen	5.02.00 + 3.01.23 = 8.03.23
8. M Ricketts	5.05.43 + 2.57.48 = 8.03.31
9. J Jebb	4.59.37 + 3.16.14 = 8.15.51
10. J Sheriff	5.00.38 + 3.15.18 = 8.15.56

BRADDA FELL

by A C Jones

Category B, 15 miles, 4200'

28 June

This was the sixth annual event held on the last Sunday in June and once again the weather was ideal for the race. Eighteen faced the starter at Bradda Glen Cafe. The winner of the past two years, and the record holder, Steve Kelly, was an onlooker this year through injury. The favourite, Bob Cowley was generally in the lead but was closely followed by an improving young athlete, Paul Clarke of Surby. There were three retirements and the race was won by Bob Cowley with Paul Clark 2nd and Philip Cain 3rd (having been 2nd in the St John's Fell Race the previous day. Philip Brooks (Manx AC) was 4th and Peter Simpson (the previous day's winner) was 5th. Boundary Harriers and Manx AC tied for the team prize, each with eleven points.

HOPE

RESULTS

Not yet categorised, 4 miles, 800'

30 June

1. A Hulme	Altrincham	23.25	6. M Seddon	Holmfirth	24.32
2. M Calvert	Leeds Univ.OC	23.30	7. A Farnell	DPFR	24.37
3. D Tosh	Rochdale	23.59	8. D Frith	RAF	24.40
4. R Pearson	DPFR	24.18	9. G Berry	DPFR	24.44
5. D Bradley	DPFR	24.26	10. M Simmons	Hallamshire	24.50

Ladies

1. J Pearson	Sheffield	27.17	2. G Pile	Manchester	30.46
--------------	-----------	-------	-----------	------------	-------



# T-SHIRTS

Our distinctive T-shirts are now on sale to FRA members.

In red and sky blue and bearing the new FRA logo, they are available with short or long sleeves and sizes small 32/34, medium 34/36 and large 36/38.

Pete Bland is selling them for the FRA at most fell races or write to him for yours, stating size, style and colour.

Prices :	short-sleeved - small	£2.50	
	medium	£2.75	(When ordering by
	large	£3.00	post please add
	long-sleeved - small	£3.50	45p for p.&p.)
	medium	£3.50	
	large	£3.95	



Also available by Mail Order Only  
 FRA sweat shirts, red or sky blue,  
 medium or large. Price(incl. p.&p.) £6.50

34A Kirkland, Kendal, Cumbria.  
 Tel. 0539 31012 or 0539 81688 (after 6 p.m.)



**KEVAN SHAND (Rochdale) flying at the end of the Wasdale 1981  
Photo by John Trainor**



JULY

MAMORE

RESULTS

Category C, 16 miles, 1500'

4 July

1. P Dolan	Clydesdale	1.45.16	6. W Ryder	Morpeth	1.49.14
2. R Boswell	Lochaber	1.46.07	7. A Adams	Dumbarton	1.49.30
3. R Shields	Lochaber	1.46.41	8. J Shields	Clydesdale	1.49.53
4. R Campbell	Lochaber	1.47.26	9. R Anderson	Cambuslang	1.51.48
5. M Curtis	Fife	1.48.18	10. T McCulloch	Ayr Seaforth	1.52.23

Ladies

Veterans

1. F Wilde	Lochaber	2.10.59
2. C Brittan	Lochaber	2.17.36

1. W Ryder	Morpeth	1.49.14
2. E Campbell	Lochaber	2.02.22
3. D McCutcheon	Cambuslang	2.09.41
4. J Devlin	Cambuslang	2.14.27
5. A Finlayson	Lochaber	2.14.27

Teams 1. Lochaber 2. Dumbarton

4. J Devlin Cambuslang 2.14.27  
5. A Finlayson Lochaber 2.14.27

GLOSSOP

by Andy Collinson

Not yet categorised, 18 miles, 4000'

5 July

At approximately 11.00, in almost ideal weather conditions, 66 runners left Manor Park on the inaugural Glossop Fell Race. The first section along by Shelf Brook was easy and the field was fairly well bunched, then came the first steep climb up to Shelf Stones. From the trig point on Shelf Stones runners could be seen heading in all directions on their way, hopefully, across to Bleaklow Head and Rollick Stones. There were also one or two long strings of runners playing follow the leader - oh! for good thick clag - but from Bleaklow Head they all fanned out and how. On the descent from Rollick Stones the field must have been spread half a mile wide as they began to home in on checkpoint 3.

By now the pack was well scattered as the track out to the Shooting Cabin was followed along Crowden Little Brook. Here the first spots of rain were felt and the wind began to freshen. Turning here across then to Laddow Rocks and, so I thought, among others, on the way home. A good run down to Crowden now followed, before climbing up again to cross Span over to Lad's Leap, the wind along this section was quite fresh, before descending to Longdendale and crossing the valley by Rhodeswood Reservoir Dam.

There now followed some pleasant running back along the track to Reaps before, to some people's horror, the steep climb up by Torside Clough and across to the Shooting Cabin on Glossop Low. This was the last checkpoint before the finish. Now, I thought, for a nice easy run down, instead of which was encountered the roughest terrain of the whole course.

I was glad to reach some runnable ground and was soon down at the finish after four hours of hard going. I think everybody found the course to be very demanding, and the winning time of almost three hours gives an indication of the roughness of the terrain. Rob Pearson won in 2.58.36 and ten of the 66 runners retired. It only needs the added hazard of bad weather and poor visibility to make this event as tough as any - definitely Category A.

1. R Pearson	DPFR	2.58	6. A Farnell	DPFR	3.15
2. J Reade	Clayton	3.02	7. D Jackson	Telford	3.16
3. B Bullen	C Harvesters	3.11	8. G Jell	Longwood	3.20
4. J Carlin	DPFR	3.12	9. D Bradley	DPFR	3.22
5. A Styan	Holmfirth	3.14	10. J Sanderson	Telford	3.23

Veterans

O/40 N Matthews	Horwich	3.28	D/50 E Foley	Horwich	3.49
-----------------	---------	------	--------------	---------	------

Team - Dark Peak Fell Runners, Pearson, Carlin, Farnell.

SKIDDAW

By Des Oliver

Category A, 9 miles, 2700'

5 July

Despite heavy rain for two hours prior to commencing this year's events and a marked drop in entries in the main event - due without doubt to the deleting of the men's race from the FRA award, plus the clash of another fell race type event in the Lakes, introduced last year, the races went off without a hitch, thanks to all those who braved the elements, organisers and competitors alike.

The Latrigg race for youngsters of the 15/16 age group received its poorest entry so far, with only four runners competing - Nicky Horn of Holmfirth repeated his win of last year with a slightly faster time over the new (out and back) course. May I say that fell running for youngsters should be encouraged more by promoters and the FRA. At the moment this seems to be lacking.

In the Ladies' Skiddaw race, with a slight drop in entries, Pauline Haworth won for the second year in succession but with a much slower time. The conditions possibly affected the performance, only four qualified for certificates for runs of 100 minutes or less.

At 2.30 prompt 138 runners were sent on their way, with 'Mr Consistency' Harry Walker of Blackburn Harriers putting up what was probably his best run so far - and these comments are no reflection on the absence of other top runners - he equalled his time of 1979 but was nearly 3 minutes faster than his previous winning time of 1976 (when he finished in a delirious state due to great heat) - a great performance. Bob Ashworth of Rossendale improved his placing and time (by nearly a minute) of last year. In the vets O/40 Harry Blenkinsop - who's run in this race more years than he cares to remember - recorded his first win (well done, 'old boy'). For the other vets categories there was the remarkable situation of the O/50 finishing ahead of the O/45. Congratulations to Halifax Harriers for winning the team award for the first time. Other results were - Sean Livesey of Clayton in the 17/20 years, Darren Tosh of Rochdale was 1st novice, with 82 runners receiving certificates of merit.

137 Ran

1. H Walker	Blackburn	65.40	11. M Farmery	Gosforth	69.54
2. R Ashworth	Rossendale	66.04	12. W Todd	CFRA	70.07
3. H Jarrett	CFRA	67.04	13. R Bradley	Holmfirth	70.12
4. D Cartridge	Bolton	67.17	14. A Sunter	Horwich	70.16
5. P Mason	Halifax	68.22	15. S Livesey	Clayton	70.24
6. K Robinson	Kendal	68.41	16. K Shand	Rochdale	71.02
7. R Asquith	Holmfirth	69.12	17. C Valentine	Keswick	71.07
8. D Smith	Halifax	69.38	18. J Fretwell	Holmfirth	71.29
9. D Tosh	Rochdale	69.42	19. B Taylor	Bingley	71.40
10. I Robinson	Clayton	69.44	20. T Ramsden	Holmfirth	71.47

Teams 1. Halifax - 210.30    2. Holmfirth - 210.53    3. Blackburn - 212.08

MYTHOLMROYD

RESULTS

Category B, 6 $\frac{3}{4}$  miles, 1500'

11 July

1. R Ashworth	Rossendale	47.23(Rec.)	6. S Livesey	Clayton	48.30
2. H Walker	Blackburn	48.00	7. R Holdsworth	Halifax	49.06
3. A Spence	Bingley	48.16	8. J Eaton	Unattached	50.09
4. G Gough	Blackburn	48.17	9. A Brearley	Clayton	50.14
5. D Cartridge	Bolton	48.22	10. D Smith	Halifax	50.18

Ladies

1. S Parkin	ASVAC	55.32
2. J Lochhead	ASVAC	62.15
3. R Taylor	Holmfirth	69.35

Veteran

1. P Dawson	Blackburn
-------------	-----------

114 finishers

Teams - Halifax 28 pts. Blackburn 29 pts.

WASDALE

RESULTS

Category A, 21 miles, 9000'

11 July

1. W Bland	Keswick	3.35.10	11. M Short	Horwich	4.16.45
2. S Bland	Keswick	3.52.23	12. H Blenkinsop	Keswick	4.16.55
3. H Jarrett	CFRA	4.00.35	13. J Blair-Fish	DPFR	4.18.41
4. J Naylor	CFRA	4.00.59	14. J Broxap	Keswick	4.22.34
5. M Hudson	Keswick	4.01.35	15. I Charlton	Keswick	4.22.37
6. P Irwin	Rossendale	4.07.13	16. A Richardson	Kendal	4.24.19
7. I Holloway	Rochdale	4.07.14	17. M Hayes	DPFR	4.24.37
8. K Shand	Rochdale	4.16.09	18. M Walford	Kendal	4.24.40
9. J Reade	Clayton	4.16.18	19. A Phillipson	Gosforth	4.25.46
10. R Aucott	DPFR	4.16.28	20. T Cresswell	Keswick	4.26.57

Veterans

1. J Naylor	CFRA	4.00.59	6. S Bradshaw	Clayton	4.29.47
2. R Aucott	DPFR	4.16.28	7. D Jewell	DPFR	4.40.07
3. H Blenkinsop	Keswick	4.16.55	8. P Brooks	Lochaber	4.46.09
4. M Hayes	DPFR	4.24.37	9. K Brooks	Horwich	4.50.02
5. A Phillipson	Gosforth	4.25.46	10. N Matthews	Horwich	4.53.57

Super Veterans

1. A Heaton	Clayton	4.54.23	2. J Llewellyn	Lancs.&M.	5.04.25
-------------	---------	---------	----------------	-----------	---------

Ladies - 14 miles, 5000'

1. R Coats	Lochaber	3.16.23	4. C Walley	CFRA	3.37.25
2. F Wilde	Lochaber	3.26.25	5. P Haworth	Keswick	3.39.19
3. C McNeil	Unattached	3.31.30	(7 starters, 2 retirements)		

Teams - 1. Keswick - 11.29.08, 2. DPFR - 12.59.46, 3. Keswick 2 -13.02.06

129 started, 33 retired or were timed out, 3 were disqualified

Don't buy ordinary cheap glucose in cardboard packets - you can get it dyed green and put in a pretty bottle when you buy DIENOMORE.

Only £2.99

**RIPOFF SPORTS LTD.**  
99 April Street,  
Foolsworth,  
Laffshire

SILVA HILL

by John Offley

18 miles, 2500'

12 July

This race takes place on the sandy ridge south-west of Dorking in Surrey, being an 'O' type event with some intricate route findings. Although an excellent map is provided, local knowledge is useful, as exemplified by the fact that an elderly member of Mole valley Map & Compass Foot Racing Society found himself in the lead along a narrow, overgrown path. Such is his speed of foot that an inevitable bunching occurred at the front until some of his younger brethren managed to slip by. However, he resumed acquaintanceship, albeit fleetingly, with more than one of them before the race was over.

Andy Addis led at the top of Holmbury Hill, followed by Cambridge University's answer to John Blair-fish, Anthony Kay. Andy continued to pull away to win by six minutes from club-mate Rex Strickland, who ran a strong second half of the race.

In their innocence, the organisers had positioned the finishing funnel facing the last checkpoint. However, the majority of competitors indulged in the local game of 'Going round the Nower' and came in from completely the opposite direction!

SLIEVE DONARD

RESULTS

Category A, 7 miles, 2900'

18 July

1. C Donnelly	1.06.24	8. C Rice	1.16.28	15. D Findel-Hawkins	
2. J Hayes	1.11.13	9. D McHenry	1.17.54		1.20.05
3. J Patterson	1.11.23	10. P O'Neill	1.18.41	16. H Annett	1.20.15
4. G Hanna	1.11.47	11. S Graham	1.18.51	17. P Kernan	1.20.16
5. D McNeilly	1.12.15	12. T Eakin	1.19.16	18. J Ard	1.20.19
6. M McNulty	1.14.17	13. I Felce	1.19.49	19. W McKay	1.20.49
7. R Bryson	1.15.14	14. B McNeilly	1.19.51	20. D McGonigle	1.20.58

KINNISIDE

RESULTS

Category A, 9 miles, 3000'

18 July

1. W Bland	Keswick	1.07.31	11. D Stuart	Keswick	1.17.46
2. H Jarrett	CFRA	1.08.22	12. P Barron	Keswick	1.17.55
3. D Lee	CFRA	1.09.31	13. A Ritchie	Keswick (V)	1.18.37
4. J Broxap	Keswick	1.12.30	14. S Bland	Keswick	1.19.10
5. W Todd	CFRA	1.12.52	15. I Charlton	Keswick	1.20.17
6. J Ritson	Derwent	1.13.33	16. A Jewell	CFRA	1.21.08
7. I Donaldson	CFRA	1.06.17	17. M Hudson	Keswick	1.21.09
8. P Loftus	Keswick	1.06.23	18. N Brook	Holmfirth	1.21.30
(V)9. H Blenkinsop	Keswick	1.17.02	19. C Henshall	Oxford	1.21.55
10. G Byers	Unatt.	1.17.17	20. J Nixon	Horwich	1.22.26

DON'T BE SHORT OF YOUR MINERALS IN LONG SUMMER RACES!

TAKE SCB2 (Sodium Chloride)

before, during and after competition. *and make yer guts out!*

Only £3.99 per 8oz from **RIPOFF SPORTS LTD.**

SNOWDON

RESULTS

Category A, 10 miles, 3300'

18 July

1. J Wilde	RAF Cosford	1.05.18	11. S Orrells	Newton	1.10.03
2. G Rovedati	Italy	1.05.31	12. G Gough	Blackburn	1.10.28
3. S Lazzaroni	Italy	1.08.18	13. G Ungaro	Italy	1.10.34
4. A D Adams	Staff Moors	1.08.21	14. A Simmons	Vauxhall	1.10.40
5. M J Bishop	Staff Moors	1.08.31	15. P Bowler	Staff Moors	1.10.43
6. H Walker	Blackburn	1.09.09	16. M Short	Horwich	1.11.12
7. R Keeney	Aldershot	1.09.12	17. S Livesey	Clayton	1.11.36
8. A Darby	Newport	1.09.18	18. A Greco	Italy	1.12.35
9. J Reade	Clayton	1.09.41	19. A Sladen	Salford	1.13.03
10. M Patterson	Unattached	1.09.56	20. T Davies	Army	1.13.10

Veterans

1. T Davies	Army	1.13.10	6. D Robins	Swansea	1.19.45
2. M Bott	Aldershot	1.16.18	7. A Jelly	Army	1.20.06
3. D Davies	Army	1.18.08	8. N Matthews	Horwich	1.20.35
4. P Brooks	Lochaber	1.18.34	9. D Jewell	DPFR	1.20.42
5. H Clayton	Bristol	1.19.05	10. D Townend	Invicta	1.23.21

Ladies

1. R Coates	Lochaber	1.24.49	4. F Wilde	Lochaber	1.29.45
2. R Naish	Eryri	1.25.44	5. G Pile	Manchester	1.33.00
3. P Haworth	Keswick	1.28.22	6. J Robson	LUOC	1.35.05

# COMPASS SPORT

CompassSport Magazine gives up-to-date coverage of orienteering, mountain marathons, fell running and associated sports.

CompassSport appears 6 times a year and includes both fell-running results and regular articles of interest. Featured in previous issues for example have been Safety on the Fells, Carrying Less at the Mountain Marathon, profiles of Andy Styan, Ros Coats, the Blands of Borrowdale, on-the-spot reports of K.I.M.W., Vaux, Duddon, Dark Peak Marathon as well as major fell races.

Colour photos, Kit reviews, readers letters.....

A year's subscription costs £4.20. Fill in the coupon now, and send it with payment to CompassSport, 22 Sherland Road, Twickenham, Mddx.

Articles and photos are always welcome. Photos (colour slides or b/w prints) attract a small payment if published.

Back issues available.

To: CompassSport, 22 Sherland Rd,  
Twickenham, Middlesex, TW1 4HD.

Please send me the next six issues of CompassSport. I enclose p.o/cheque for £4.20

Name.....

Address.....

.....

INGLEBOROUGH

by Peter Knott

Category A, 7 miles, 2000'

18 July

Despite the British Championship Snowdon race and the Kinniside and Slieve Donard events, all medium length category A, on the same day, the Ingleborough race attracted 194 men, 9 ladies and 17 juniors, the latter over a shortened course.

With the weather fine and conditions underfoot dry, times were considerably faster than last year (46.55 to 48.33). Eight runners finished inside the organisers' elite standard of 50 minutes and fifty-two inside the 1st class standard of 55 minutes.

1. R Ashworth	Rossendale	46.55	11. P Irwin	Rossendale	50.42
2. R Whitfield	Kendal	47.18	12. K Taylor	Rossendale	51.02
3. D Cartridge	Bolton	47.41	13. D Smith	Halifax	51.04
4. A Parkinson	ASVAC	48.28	14. R Bradley	Holmfirth	51.05
5. K Robinson	Kendal	48.35	15. G Berry	DPFR	51.10
6. J Eaton	Rossendale	49.01	16. P Chapman	Kendal	51.35
7. R Asquith	Holmfirth	49.04	17. P Hatto	Salford	51.40
8. A Hulme	Altrincham	49.48	18. R Heelis	Halifax	51.53
9. A Sunter	Horwich	50.23	19. P Jebb	Bingley	52.02
10. G Brooks	Bingley	50.37	20. P Lambert	Blackburn	52.03

Veterans

Ladies

1. P Dawson	Blackburn	52.33	1. J Lochhead	ASVAC	60.01
2. A George	Mandale	55.32	2. L Lord	Clayton	65.31
3. S James	Clayton	56.05	3. R Clayton	DVO	67.56

Juniors Under 17, 3 1/2 miles, 750'

1. N Horn	Holmfirth	24.31	4. C Haigh	Holmfirth	27.51 (girl)
2. S Sterritt		26.51	5. R Bargh		29.20
3. R Drinkall		27.14	6. C Lord	Halifax	29.57 (girl)

ELLAN VANNIN

Not yet categorised, 20 miles

19 July

Tony Varley won the inaugural Ellan Vannin Fell Race which was held in wet and misty conditions. The 20 mile route covering over 6000 feet of ascent, traverses some of the toughest and steepest terrain on the Island. The early leader was Peter Simpson, who after three miles had established a two-minute lead over Willie Carkill and Tony Varley, followed closely by Stephen Evans and Phil Cain. At 15 miles Peter had an even greater lead over the others and the race looked to be his, until thick mist in places started making the recommended navigational skills a necessity, with most competitors having to use a compass to find the correct route. At this point Peter made a navigational error which eventually cost him the race and also surprised the spectators who were waiting at the finish and who were unaware of his misfortune. Only eight runners finished the course which was thought to be as tough as many of those held in the Lake District.

1. T Varley	4.01.35	4. S Evans	4.57.08	6. C Watterson	5.44.30
2. P Simpson	4.16.36	5. W Corkhill	5.31.10	7. B Baxter	6.06.00
3. P Cain	4.26.47	6. I Callister	5.44.30		

TURN SLACK

by Kevan Shand

Category B, 8 miles, 1300'

25 July

Who said an organiser's job is a happy lot? The night before the race I had to wear a face mask to remove a half rotted, maggot ridden sheep from the narrow track out on the course. Hate the think what some of the runners would have said if I had left it there for an obstacle.

The setting for this race is ideal, with a very large football field to cater for the start and finish. Once the runners cross the Calderbrook Road, it's round the vicarage and straight up onto the moors and fells. Next year the sponsor and organisers hope to make the day more entertaining, giving the spectators something to do.



Bill Bradish

DICK TURPIN, I PRESUME!

The good weather was with us again, as it has been for the last three years. Ricky Wilde made it two in a row. He led from the start and was never headed, knocking 32 seconds off his record. Of course it was ideal running conditions, but I sometimes wonder how low the winning time is going to fall - it's been reduced each year.

With only three in the ladies' event, the two top lady fell runners, Brenda Robinson and Jean Lochhead had no competition, with Brenda coming out best this time, with a time of 66.11 and 106th place. Jean came in a minute behind her. All the women received prizes and prizes in the men's race went down to the first 34 (see, folks, it can be done). The team event turned out to be interesting as it was four to count, instead of the traditional three, giving some of the untraditional clubs a chance. Rossendale had all their four counters in the first twenty.

A special mention must go to our sponsors, S & H Container Co. of Littleborough, who were only approached about sponsorship a few weeks before the race and kindly stepped in when our other sponsors backed out.

Just one more point, we had yet again about 120 entries on the day. I don't need to tell you how much extra work this puts on us. We do not want to cut out late entries, but if some of the competitors do not start entering sooner, we may be forced to do so.

STATEMENT OF ACCOUNT

<u>Income</u>	£	<u>Expenditure</u>	£
Sponsorship S&H Container Co.	100.00	Adverts AW	13.00
Late entries 1980	37.00	Stationery, Stickers etc.	13.66
Cheques to K Shand	22.00	Trophies and medals	57.00
Postal orders	4.00	Certificates	8.00
Stamps	60	Repairs to speaker	80
Cash to K Shand	15.60	Printing, stamps, etc	10.00
Cheque FRA	60	Goods Warehouse, Coldstone	138.00
Cheque Rochdale Harriers	3.00	Pins	1.14
Late entries 1981	110.00		
	<u>293.20</u>		<u>241.60</u>

Outstanding difference of £51.60 to carry forward to 1982

Prizes in the 1981 race went down to the first thirty - any late entry money left over goes to next year's prizes.

1. R Wilde	Manchester	50.36	6. A Uttley	Bolton	53.32
2. R Asworth	Rossendale	52.24	7. B Williams	Staffs Moor	53.54
3. A Adams	Staffs Moor	52.27	8. K West	Wolverhampton	54.20
4. D Cartridge	Bolton	53.03	9. S Bullen	Salford	54.30
5. A Spence	Bingley	53.15	10. C Robinson	Rochdale	54.41

Veterans

1. C Robinson	Rochdale	54.41	3. J Jackson	Rochdale	59.18
2. D Anderson	Bingley	57.35	4. D Ashton	Blackburn	60.32

189 Ran

LOCHABER '3'

by Roger Boswell

Billy Bland was master of the Melantee - he knew he was going to win when he found himself unexpectedly up front going across the initial boggy morass leading to the hill. And win he did, outstripping Short, Jarrett, Whitfield and Broxap on the rugged descent.

Congratulations to Lochaber's lovely ladies, Ros Coats and Fiona Wild, who finished 1st and 2nd in the ladies' race, both inside the old record, and in doing so came 1st and 2nd in the ladies' championship.

Bland had to work harder in the Half Nevis: Mike Short made all the running going up to hold a 100 yard lead at the half way turn. Once again, Bland turned it on coming down to win impressively. Jarrett maintained the good form he's been showing this year to come 2nd. Whitfield came from nowhere to finish 3rd - he was about 9th at the half way turn. Why can't Bobby Shields do that? He was in front of Whitfield at the turn, but went in the opposite direction and finished 16th. The race attracted a field of 96, but Jimmy Savile wasn't one of them - he was messing about in a fishing boat up at Mallaig.

In both races, Lochaber were no match for the mighty trios sent up by Keswick and Cumberland Fell Runners, who shared the team spoils - CFR beat Keswick by just one point in the Melantee, and Keswick beat CFR by just one point in the Half Nevis.

Jarrett was clear favourite for the Cow Hill, as most of his opposition had cleared off back over the border, but Jarrett had a couple of surprises waiting. The first was the Lochaber Junior Suicide Squad of Watson, O'Neil, Scott and Turner, who ensured a brisk start to the race. The second was the very fit and capable Derek Easton, a road runner from Stirling, who led from half way up to the top. Jarrett and Reade put the road runner back in his place on the descent. Jarrett was pushed sufficiently hard to knock seven seconds off the record.

MELANTEE

RESULTS

Category A, 3½ miles, 1500'

25 July

1. W Bland	Keswick	29.54	11. J Reade	Clayton	32.51
2. H Jarrett	CFRA	30.37	12. R Shields	Lochaber	33.00
3. R Whitfield	Kendal	30.48	13. J Shields	Clydesdale	33.08
4. M Short	Horwich	31.00	14. C Valentine	Keswick	33.16 (J)
5. J Broxap	Keswick	31.11	15. R Campbell	Lochaber	33.29
6. R Morris	Edinburgh	31.37	16. B Shrosbree	Marines	33.56
7. R Boswell	Lochaber	31.40	17. P Walkington	Horwich	34.02
8. J McGee	CFRA	31.52	18. S Livesey	Clayton	34.12 (J)
9. D Lee	CFRA	32.15	19. F Loftus	Horwich	34.22
10. G Gough	Blackburn	32.28	20. N Matthews	Horwich	34.27



Veterans

1. N Mathews	Horwich	34.27	5. D Jewell	DPFR	35.29
2. A Phillipson	Gosforth	35.03	6. J Black	Livingstone	38.43
3. P Brooks	Lochaber	35.17	7. J Marstrand	Lochaber	39.13 (SV)
4. H Alenkinsop	Keswick	35.27	8. H Hardman	Hyndburn	51.11

Ladies

1. R Coats	Lochaber	36.40	3. P Haworth	Keswick	41.08
2. F Wild	Lochaber	37.44	4. E Craig	Horwich	54.15

72 Ran

HALF NEVIS

RESULTS

Category A, 6 miles, 2200'

26 July

1. W Bland	Keswick	51.32	11. S Livesey	Clayton	56.01 (J)
2. H Jarrett	CFRA	52.13	12. R Morris	Edinburgh	56.33
3. R Whitfield	Kendal	52.34	13. J Shields	Clydesdale	56.58
4. J Broxap	Keswick	52.54	14. D Lee	CFRA	57.57
5. J Reade	Clayton	53.09	15. E Harwood	Harlequins	59.10
6. M Short	Horwich	53.18	16. R Shields	Lochaber	59.28
7. G Gough	Blackburn	53.48	17. N Mathews	Horwich	59.35 (V)
8. R Boswell	Lochaber	54.03	18. P Chapman	Kendal	58.38
9. R Campbell	Lochaber	54.19	19. F Loftus	Horwich	59.40
10. J McGee	CFRA	55.43	20. C Valentine	Keswick	59.46 (J)

Ladies

1. R Coats	Lochaber	63.45	2. F Wilde	Lochaber	64.33
------------	----------	-------	------------	----------	-------

96 Ran

COW HILL

RESULTS

Category B, 2½ miles, 900'

27 July

1. H Jarrett	CFRA	17.57	6. R Shields	Lochaber	18.45
2. J Reade	Clayton	18.23	7. S Livesey	Clayton	18.50
3. D Easton	Falkirk	18.26	8. A Jenkins	Morpeth	19.08
4. R Boswell	Lochaber	18.31	9. J O Neil	Lochaber	19.40
5. R Campbell	Lochaber	18.40	10. C Valentine	Keswick	19.42

LAKELAND LONG-0: GRASMERE - 26 July

by Peter Knott

A lakeland long 0 run in the best traditions, with rugged terrain and long legs with route choice emphasis. The long course, described as 18 kilometres, seemed a lot longer because of the terrain. Only two of the men beat 3½ hours and nearly half of the field of 40 retired.

The first circuit of 7 controls in order included a most enjoyable 2 kilometre ridge ran from the valley below 'Rough Crag', to control 6 on the summit of 'Helm Crag'. The second circuit of Easedale and Codale tarns, comprised 4 controls in any order with a final compulsory control.

1. D Ratcliffe	PFO/Ross.	3.22.25	6. D Barns	Keswick	3.45.30
2. D Overton	Kendal	3.28.22	7. J Tomlinson	Kendal	3.55.30
3. M Walford	LOC/Ken.	3.31.31	8. R Blamire	Solway	3.57.32
4. P Jagan	EBDR	3.39.15	9. P Bland	Kendal/LOC	3.59.00
5. M Hudson	LOC	3.44.03	10. I Jones	BOK	3.59.55

AUGUSTBORROWDALE

by Ross Brewster

Category A, 17 miles, 6500'

1 August

Billy Bland proved himself master of the long and short of fell running by completing a notable 'double' in his local club's main promotions, the Borrowdale and Latrigg races on 1 and 2 August. On Saturday Billy established a new record in the Borrowdale race, over his home fells, and 24 hours later his lightning quick descent of Latrigg's grassy slopes enabled him to set another fast time.

The Borrowdale race was a record breaker in more than one sense. Even before the off, the entry list had soared to a best-ever 314. In fact 246 of these started, and a record 232 finished the course.

With his fan club out in force, Borrowdale is an event which Bland usually sets out to perform creditably in. This time he posted a record time of 2.34.38 and was never headed after establishing a five minute lead by Esk Hause. The pattern of the race was stamped pretty early, for of the chasing bunch at that stage, only Bob Whitfield drew away in any measure of pursuit. Harry Walker, Mike Short and John Wild had a private third place duel and a mere fifteen seconds separated the trio at the finish at Rosthwaite.

The veterans' prize list was more like an excerpt from the fell runners' 'Hall of Fame'. Joss Naylor won the over 40's section with a time of 2.57.08, in 17th position overall, while the leading super-vet. was Alan Heaton, 81st in 3.29.22. Alan was just two places in front of the first lady, Ros Coates, whose time of 3.30.30 gave her nearly six minutes in hand of Pauline Haworth. Keswick were the top team, with Billy Bland's brother Stuart placing 6th, two positions in front of third scorer Jon Broxap. Rossendale were 2nd team.

1. W Bland	Keswick	2.34.38	11. R Ashworth	Rossendale	2.53.48
2. R Whitfield	Kendal	2.43.27	12. D Ratcliffe	Rossendale	2.54.36
3. H Walker	Blackburn	2.48.09	13. H Jarrett	CFRA	2.56.53
4. M Short	Horwich	2.48.15	14. P Irwin	Rossendale	2.56.54
5. J Wild	RAF Cosford	2.48.24	15. D Overton	Kendal	2.56.56
6. S Bland	Keswick	2.50.15	16. C Hirst	Army	2.56.59
7. I Ferguson	Bingley	2.52.28	17. J Naylor	CFRA	2.57.08
8. J Broxap	Keswick	2.53.09	18. M Hudson	Keswick	2.57.13
9. J McGee	CFRA	2.53.12	19. K Shand	Rochdale	2.57.22
10. F Loftus	Horwich	2.53.40	20. A Bland	Keswick	2.57.28

Veterans

1. J Naylor	CFRA	2.57.08	6. A Ritchie	Keswick	3.19.13
2. A Phillipson	Gosforth	3.09.18	7. S Bradshaw	Clayton	3.23.05
3. P Brooks	Lochaber	3.12.02	8. J Smith	Bury	3.24.04
4. T Davies	Army	3.17.22	9. D Jewell	DPFR	3.25.50
5. N Matthews	Horwich	3.18.51	10. A Heaton	Clayton	3.29.22

Ladies

1. R Coates	Lochaber	3.30.30	5. J Ramsden	Deeside	3.54.41
2. P Haworth	Keswick	3.36.03	6. S Thompson	Clayton	4.12.48
3. F Wild	Lochaber	3.38.52	7. R Hancock	LUOC	4.15.40
4. R Naish	Eryri	3.44.17			

---

ADVERTISING RATES FOR 1982 - Full Page	-	£22.50
Half Page	-	£12.50
Quarter Page	-	£ 8.50



**ABOVE (TOP)** Pauline Howarth (Keswick) practises the Booth Knot without looking. Photo - Beryl Offley.

**ABOVE** Martin Hudson (Keswick)

**LEFT** S. Bradshaw and 'Shortie' both pictured in the 'Vaux' by D. Hollinrake

Category A, 3 miles, 950'

2 August

Changes in the route to the 1203' summit of Latrigg were necessitated this year due to the erection of new forestry fences. So, in loose terms, one could say that Billy Bland's Sunday run was also a new record. What was indisputably a record was the entry list, 121 runners taking part compared with nearly 80 the previous year. The glorious weather doubtless persuaded many Borrowdale 'walking wounded' to stay on and add to the agony by running Latrigg.

Billy Bland didn't seem to be suffering too much when he raced through the finish seven seconds ahead of D Cartridge of Bolton. Again he led Keswick to the team prize, with Jon Broxap and Colin Valentine, 5th and 11th respectively, providing the back up. Another Keswick runner, Harry Blenkinsop took the veteran's prize, and R Haworth of Dark Peak was the leading super vet. D Ogden (Rochdale), 12th overall, was 1st junior. The award to the first local 'novice' went to county squash player Dave Spedding, who was 53rd. The runaway winner of the ladies' event was Rosie Naish of Eryri in 22.40, which gave her almost half a minute in hand over A Mikkleson of Keswick.

1. W Bland	Keswick	17.46	11. C Valentine	Keswick	19.43
2. D Cartridge	Bolton	17.53	12. D Ogden	Rochdale	19.45
3. M Short	Horwich	18.02	13. P Chapman	Kendal	19.52
4. H Jarrett	CFRA	18.21	14. S Elliott	Notts	19.55
5. J Broxap	Keswick	18.40	15. D Bradley	DPFR	20.02
6. J Ritson	Derwent	18.47	16. J Jackson	CFRA	20.05
7. J McGee	CFRA	19.05	17. D Stuart	Keswick	20.09
8. K Shand	Rochdale	19.06	18. M Jones	Eryri	20.11
9. P Hatto	Salford	19.07	19. H Blenkinsop	Keswick	20.14
10. P Weatherhead	Wirral	19.31	20. P Haworth	Keswick	20.15

BORROWDALE AND LATRIGG RACE ACCOUNTS

Borrowdale

<u>INCOME</u>	£	<u>EXPENDITURE</u>	£
314 entries	314.00	Prizes	170.00
Donations	1.50	Race Numbers	12.94
		Envelopes	8.97
		Donations	25.00
		Hire of village hall	5.50
		Food and drink	57.28
		Printing, entries and results	40.00
		Postage	1.61
		Transpaseal (control cards)	10.00
		Card index for entries	11.66
Loss of £27.46	<u>315.50</u>		<u>342.96</u>

Our sponsor donated the first prize, arranged the mountain rescue, arranged the majority of checkers, allowed us to use their field and paid for the loudspeaker van.

Latrigg

<u>INCOME</u>	£	<u>EXPENDITURE</u>	£
Sponsorship	50.00	Prizes	70.00
Pre-entries	26.00	Postage etc	5.00
Entries on the day	63.00	Race numbers	3.60
		Printing of results	15.25
		Donations	20.00
Profit of £25.15	<u>139.00</u>		<u>113.85</u>

Last winter Billy Bland asked me to photograph his trophies - 'All those I won last year before they go back and don't return'. I did this and in May he had doubts about his fitness through a nagging injury. The doubts receded with recent wins at Kinniside, Wasdale and Fort William. Ably supported by brother Stuart or Jon Broxap, Keswick were first team too. Billy forsook Fort William's Cow Hill for Cow Pie after his Castle Crag circuit. After following a similar routine as previously Billy was anxious this year to find a bookmaker, because local pundits anticipated a challenge from potential fell race champion, John Wild.

Unable to find one, instead he donned his new Boston Vest. The iridescent clouds across Northern Lakeland signalled vests off for many men to run topless from Jessop's field at 11 o'clock towards Bessyboot. Out of 246 starters only Geoff Gough was brave enough to take up Billy's challenge. Overstretching himself, he eventually finished down the field. They were, however, to lead the field through sheared and marked Blue Band sheep across Glaramara to Esk Hause. On this route march (where you need a good eye for the Best route), I became concerned at Wee Ken ledward being drowned in the many small tarns despite the recent dry spell.

Seen earlier spreading sandwiches, Anne Bland has now fed Billy at Esk Hause and is racing towards Sty Head. With every step Billy takes his lead increases down off Scafell Pike. Race devisor and founder club member, Peter Trainor is now chasing the ladies up Gable. Ros Coats is moving in a workmanlike manner. I arrive at Windy Gap and ask if Billy was first through. 'Yes, he was'. In fact he'd just finished.

Billy's Lancashire crafted green and yellow shoes were unscathed and unchallenged. Disappointed at the small challenge (Gough's apart), Billy's accolade of the day went to John Wild for his trying today. He didn't finish Wasdale, but with today may have won the Championship.

Fortunes are made and lost on Dale Head:  
 Keswick's were mixed. Peter Trainor's  
 2-day-old shoes were now sole-less and  
 and the New Scales were tipped in

favour of stockinged feet. Dale Head checker, Donald Booth loaned him a shoe (3 sizes too small).

Earlier Broxap bravely padded up the skeleton fence, being 3rd again as in the Northern Counties Fell Race, but lost places, whilst Stuart Bland, in moving through from 20th at Honister to finish 6th, was later literally seen to be making hay while the sun shone during the weekend. Like Billy, Stuart took 15 minutes to come

from the Dale Head summit via the Tarn to finish at Rosthwaite, confirming their reputation for descending.

Can he go any faster? Billy reckons not - 'Everything was perfect: ideal weather and conditions, including pressure from fellow competitors. Someone else may go faster.'



-----

BRADWELL

RESULTS

Not yet categorised, 3½ miles, 600'

6 August

1. A Adams	ICL	19.25	6. R Asquith	Holmfirth	20.17
2. B Williams	ICL	19.45	7. G Berry	DPFR	20.27
3. A Hulme	Altrincham	19.53	8. S Orrells	New Town	20.28
4. M Henderson	Hallamshire	20.03	9. M Seddon	Holmfirth	20.33
5. A Robertson	Sutton in Ash.	20.09	10. G Thorpe	Matlock	20.34

100 + ran

'BIRDS EYE' CHALLENGE HALF BOB BAXTER ROUND

by P.J.B.

Not yet categorised, 27 miles, 7000'

8 August

Excellent weather conditions prevailed in this year's ½ Bob Baxter Round. The early pace was made by Ken Payne of Bury with Peter Simpson and Tony Varley settling for 2nd place for most of the race. At 20 miles, having covered most of the island's peaks, Varley forged ahead of Simpson and Payne, who retired at Sartfell. Tony broke the course record in 4.49.10. Peter Simpson followed some 17 minutes down with Phil Brooks 3rd. 1st veteran home was regular visitor Paddy Buckley from Lancaster in six hours plus.

The Snaefell Summit Station cafe/bar provided fine apres-run facilities with a cheap mountain railway trip to Laxey to finish.

A few mainlanders frequent our shores for fell races, but it surprises me that more do not venture across the water. We do not have 1000 metre plus mountains or the invaluable 1:25000 map, but in every other way the Isle of Man has much to offer the fell runner and his family on holiday. Some of our races are unclassified and we have one category 'A', but if someone in the hierarchy of the FRA were to come across or refer to mainland athletes who have competed here, then Manxland may get some recognition.

CRIFFEL HILL

by Eddie Roberts

6.3 miles, 1900'

9 August

Just when I was beginning to despair of politics and over organisation creeping into fell running, along came the Criffel Hill Race to restore my faith in the sport and revive the atmosphere of the older events.

As befits new ventures by organisers introducing another race to the Fell calendar, the sun shone brilliantly on Criffel and the picturesque hamlet of New Abbey, just six miles due south of Dumfries. Gradually the convenient car park (with all mod. cons.), adjacent to the romantic and splendidly kept red sandstone ruins of Sweetheart Abbey, began to fill before the sensible race start time of noon (Pete Walkington please note). This year's entry was enhanced by several orienteers eager to shake off a night of celebrations after the completion of their six days of competition in the Galloway International O-Ringen. I doubt if they could have chosen a more suitable event. The friendly welcome of the locals, the hospitality of the two inns (open all day) on the finish line, and the pleasant efficiency of Roger Blamire and his assistants, set the scene for a classic race which began beside the mill pond. Only the smell of embrocation and the sight of Cumbrians having their legs massaged with the thoroughness of the old professionals reminded us that we were in a race.

The route took us along  $\frac{3}{4}$  mile of winding safe farm road, then across some rough meadows to the fell gate, before the start of the climb up the north shoulder of Knockendoch to the first checkpoint. From there the climb eased for a while, though the heather was unrelenting, and the leaders came into sight bearing down on us from the summit plateau. Not only could you savour the magnificent views over the sandy estuary of the Nith and the Solway Firth to the Cumbrian hills, but we tail-enders could still feel part of the race, albeit twenty minutes behind. Although sunny, a cool breeze had helped us up the hill and now refreshed us on the descent.

A pint of sweat lighter and four pints of Light heavier, the afternoon slipped by in the shade of the tree outside the Abbey Arms. With no muddy or peaty socks to wash and with the results on the doormat within the week, the event proved highly successful and well worthy of an 'A' category; it was a classic!

1. H Jarrett	CFRA	50.30	6. A Spenceley	Nottingham Univ.	54.07
2. J McGee	CFRA	50.57	7. A Jenkins	Morpeth	54.55
3. B Josef	SV Giffers	51.30	8. S Barrett	FVO	55.48
4. D Lee	CFRA	51.51	9. D Rosen	Shaftesbury	56.05
5. M Dean	FVO	52.16	10. A Kay	Cambridge Univ.	56.13

Veteran 0/40

Veteran 0/50

(19th)D Hughes	CFRA	58.22(23rd)	A Morgan	Lanchester 0	60.31
----------------	------	-------------	----------	--------------	-------

LARGO LAW

by Colin Donnelly

Not yet categorised, 5 miles, 950'

15 August

The fourth annual Largo Law Hill Race, sponsored by Alaval Engineering saw a record field of 63 charge off from the harbour at Lower Largo to proceed by road and path to the 954' summit and back, where a free pint awaited each finisher at the Crusoe Hotel.

Terry Mitchell bombed off with a bevy of track men barely hanging on and such was the pace that many of this initial group were in a state of knackerisation by the foot of the Law. This allowed yours truly to pick up places on the 500' of steep ascent. To catch Terry I'd to push it on the way down and hammer the remainder to maintain the distance, which helped me break the thirty minutes.

The main apres-race entertainment was the story of Andy Daly's descent of the Law in his flat track shoes.

1. C Donnelly	Cambuslang	29.54	6. A Daly	Bellahouston	32.25
2. T Mitchell	Fife	30.17	7. D Fairweather	Law	32.26
3. D Easton	Falkirk	30.23	8. J Rowley	Law	32.43
4. R Morris	EAC	30.57	9. H McKay	Dundee Univ.	32.51
5. J Evans	Shettleston	31.23	10. S Miller	Cambuslang	32.54

Build up for the 1982 season with this Special Protein Supplement!  
Vastly reduced prices.

- WASP POLLEN -

Exclusively from **RIPOFF SPORTS LTD.** Only £4.99 per 200gm. jar  
99 April Street,  
Foolsworth,  
Laffshire

SEDBERGH HILLS

RESULTS

Category A, 14 miles, 6000'

16 August

1. R Whitfield	Kendal	2.05.36	11. H Symonds	Altrincham	2.12.54
2. J Reade	Clayton	2.06.29	12. S Breckell	Blackburn	2.13.15
3. W Bland	Keswick	2.07.40	13. W Todd	CFRA	2.13.44
4. B Bullen	C.Harvesters	2.10.24	14. P Tuson	Kendal	2.13.58
5. D Cartridge	Bolton	2.11.15	15. K Shand	Rochdale	2.16.05
6. P Brownson	Altrincham	2.11.17	16. I Ferguson	Bingley	2.16.17
7. R Campbell	Lochaber	2.11.28	17. J Williams	Mandale	2.17.02
8. M Patterson	Manchester	2.11.34	18. P Loftus	Keswick	2.19.34
9. H Walker	Blackburn	2.11.59	19. A Farnell	DPFR	2.20.23
10. D Overton	Kendal	2.12.42	20. A Hulme	Altrincham	2.20.35

Veterans

Ladies

1. N Matthews	Horwich	2.21.14	1. P Haworth	Keswick	2.41.49
2. A Phillipson	Gosforth	2.21.18	2. R Naish	Eryri	2.42.00

198 starters, 184 finishers, including 5 ladies, 1 youth (shorter course) and one man on a bike (or bike on a man).

GREEBA

Not yet categorised, 9 miles, 3000'

22 August

For the second year in succession the Greeba fell race took place in warm conditions. The 17 starters all thought it would be a good warm up for the Laxey Horse Shoe the following day.

Martin Hudson and Steve Kelly were always in front and having a good battle, with only 30 seconds separating them at the finish. It was Steve who finally managed to pull clear in the last half-mile and was greeted by about 200 spectators in the sports field.

All the competitors were revived at the end with free refreshments. All six visitors thought this course should have 'A' category status - committee please note.

1. S Kelly	78.44	3. T Varley	85.39	5. A Baggeley	88.18
2. M Hudson	79.15	4. P Cain	86.05	6. G Entwistle	89.18

BURNSALL

RESULTS

Category A, 1½ miles, 900'

22 August

1. J Wild	RAF Cosford	13.15	11. T Davies	Army	14.14
2. M Short	Horwich	13.31	12. S Livesey	Clayton	14.39
3. H Walker	Blackburn	13.50	13. R O Hara	Longwood	14.46
4. W Bland	Keswick	13.52	14. D Overton	Kendal	15.03
5. R Whitfield	Kendal	13.53	15. D Cartridge	Bolton	15.04
6. H Jarrett	CFRA	13.55	16. D Lee	CFRA	15.06
7. J Reade	Clayton	14.01	17. D Almond	Longwood	15.07
8. J Broxap	Keswick	14.02	18. J Wrayte	Bingley	15.08
9. J Maitland	Aberdeen	14.04	19. C Metcalfe	Skipton	15.15
10. B Peace	Bingley	14.10	20. D Jewell	DPFR	15.19

Teams - 1. CFRA, 23 pts. 2. Clayton, 47 pts. 3. Bingley, 55 pts.

Note: The team result is disputed by Keswick, whose 3rd counter D Stuart (31st) was in the results sheet as Lancs. & Morecambe. Keswick believe they should be credited with 2nd team place with 43 pts.



Veterans

1. I Davies	Army	14:14	6. G Garnett	Bingley	17.02
2. D Jewell	DPFR	15.15	7. R Healey	Clayton	17.11
3. R Aucott	DPFR	15.32	8. H Thompson	Clayton	18.25
4. N Matthews	Horwich	16.35	9. R Cutts	Longwood	19.25
5. D Hodgson	Leeds City	17.00	10. P O Grady	DPFR	20.28

Boys Race (age 12-15)

1. G Devine	Bingley	7.13	6. J Green	Bingley	7.45
2. R Findlow	ASVAC	7.30	7. S Cardwell	Holmfirth	7.46
3. I Whitwam	Bingley	7.35	8. D Hawksworth	Holmfirth	8.00
4. M Griffin	Skipton	7.43	9. M Taylor	Longwood	8.08
5. P Derbyshire	Wigan	7.44	10. P Barker	Skyrac	8.09

Teams. 1. Bingley - 10 pts. 2. Holmfirth - 34 pts. 3. Skyrac - 45 pts.

PENDLETON

RESULTS

Not yet categorised (new course), 5 miles, 1500'

29 August

1. H Walker	Blackburn	33.21	11. G Woodburn	Blackburn	36.01
2. J Reade	Clayton	33.39	12. I Catton	Clayton	36.04
3. S Breckell	Blackburn	34.23	13. P Tuson	Kendal	36.06
4. S Livesey	Clayton	34.37	14. P Bland	Kendal	36.13
5. W Todd	CFRA	35.14	15. D Weatherhead	Bingley	36.53
6. B Peace	Bingley	35.16	16. P Lambert	Blackburn	37.04
7. I Robinson	Clayton	35.19	17. D Anderson(V)	Bingley	37.12
8. J Eaton	Rosendale	35.32	18. M Winstanley	Lancs & M.	37.14
9. P Hatto	Salford	35.53	19. M Targett	Clayton	37.15
10. C Beever	Clayton	35.58	20. A Reade	Grimsby	37.17

151 ran

LAXEY GLEN HORSESHOE

by Arthur C Jones

Category b, 12½ miles, 3250'

30 August

The seventh year of this tough event again enjoyed good warm weather, but with mist and haze on the hills. The entries were well up on last year and included ten visiting runners.

Manx record holder Steve Kelly rested this year, so the front running was made by Martin Hudson of Keswick who has had three third places and has been runner-up twice in the last five years. He made no mistake this time and maintained his lead to record his very deserved first win in this event. His time was just outside Steve Kelly's record time of last year. One of his most likely challengers was Manx runner Bob Cowley, winner of the Manx Mountain Marathon Standard Class last Easter. Cowley was with the leaders during the early stages but misjudged the descent from the first checkpoint in the mist and lost almost 15 minutes, finishing in 17th position.

There was a terrific battle for the veteran award with newcomer Patrick O'Reagan just pipping last year's winner Derek Fisher, by one second. The team award went to the Manx AC 'A' team of Peter Simpson joint 2nd, Christopher Quine 4th and Paul Clarke, 6th. The well known Worcester fell runner, John G Leather, finished joint 2nd in this his first attempt at the Laxey race. Another visiting newcomer, Trevor Davis of Grimsby finished a creditable 5th.

ESTON NAB

RESULTS

Category C, 8½ miles, 800'

30 August

1. G D Potts	Middlesboro'	43.42	6. J Coulson	DPFR	46.45
2. D J Smith	Halifax	44.54	7. M Pearson	Mandale	47.01
3. A Kelleher	Mandale	45.34	8. H Forrest	Gosforth	47.10
4. G Bellord	Middlesboro'	45.40	9. A Patterson	Middlesboro'	47.20
5. M Hall	Middlesboro'	46.00	10. S Kelleher	Mandale	47.31

Teams. 1. Middlesboro' - 10 pts. 2. Mandale - 19 pts.

Don't miss the  
**3rd CHEW VALLEY SKYLINE FELL RACE**  
 a value for money event

Category A. 13 miles 2,000 feet. Under A.A.A. Laws.  
 From Dovestones Sailing Club, Greenfield, Saddleworth.  
 on Sunday 7th March, 1982 at 11 a.m. Open to men and women over 18 years

Junior event 4 miles 900 feet. 12/14 and 15/17 years at 10.45 a.m.

GOOD PRIZE LIST INCLUDING 60 SKYLINE TEE SHIRTS. 10 TROPHIES  
 CERTIFICATES TO ALL FINISHERS WITHIN 50% OF WINNERS TIME  
 ENTRY FEE INCLUDES A MEAL LICENCED BAR

Entries £1.00 senior, £0.75 juniors by 23rd of February, 1982 to :-

Frank Sykes, 35, Wool Road, Dobcross, Saddleworth, Oldham. OL3 5NS.

Please include 2 S.A.E. for details and results. Tel: Sadd 70459

SPONSORED BY  
 PAUL BRAITHWAITE OUTDOOR SPORTS  
 OLDHAM & ROCHDALE

AND, WHEN YOU'VE RECOVERED, WHY NOT TRY

24th SOWERBY BRIDGE SCOUT GROUP

# CALDERDALE HIKE

24th and 25th April 1982

50 miles circuit of the Calderdale Way.

An ideal long fell run over moors, heaths and field tracks.

Write to Entries Secretary for further information:

Mrs Rita Knights, 9 Bright Street, Sowerby Bridge.



SEPTEMBER

HADES HILL

by Kevan Shand

Category B, 5 miles, 900'

3 September

The Hades Hill Fell Race is sponsored by the Whitworth Fairs Committee and organised by yours truly. The race is run on a Thursday night at the start of the Whitworth Fairs Week. This turned out to be another race that proved the popularity of night races. We had 186 entries with about 145 of these entering on the night, which isn't bad, considering the Ben Nevis Race was coming up on the Saturday. The only trouble with evening starts is that if the race does not get off in time, the night can creep up on you quicker than you think.

The start of the race is a cracker, starting up a 1 in 4 hill, before it takes to the fells. Good weather prevailed on the night, quite a change from the first year it was run, when the course had to be shortened because the weather was so bad.

Well, local Rossendale member and international, Dave Lewis made it two wins in two years. He left the field for dead and really showed his class. Rossendale once again showed their strength in depth by winning the team event, Rochdale were second, 42 points behind. It was nice to see plenty of locals running.

The prize giving was in the pub forecourt this year, the pub, The Red Lion, being too crowded to get in. As it turned out the night fell very quickly and my apologies to those prize winners who could not see what they were getting! Nevertheless everybody went away happy. In the senior men's event prizes again went down to about 30 (take note other organisers).

1. D Lewis	Rossendale	28.42	6. S Davies	Horwich	30.55
2. D Cartridge	Bolton	30.07	7. S Livesey	Clayton	30.57
3. K Barrett	Rochdale	30.23	8. S Breckell	Blackburn	31.07
4. R Asworth	Rossendale	30.31	9. P Goulding	Rossendale	31.18
5. P Cowell	Rossendale	30.34	10. P Irwin	Rossendale	31.23

Veterans 0/40

Veterans 0/45

1. W Cooper	Manchester	32.34	1. P Dawson	Blackburn	34.18
2. J Jackson	Rochdale	33.52	2. P Duffy	Aberdeen	34.22

Ladies

1. J Lochhead	ASVAC	36.10	2. A Pendlebury	Bolton	40.01
---------------	-------	-------	-----------------	--------	-------

Teams 1. Rossendale - 19 pts 2. Rochdale - 61 pts 3. Holmfirth - 70 pts

STATEMENT OF ACCOUNT

<u>Income</u>	<u>£</u>	<u>Expenditure</u>	<u>£</u>
Fairs Committee	70.00	Trophies from Buttlers	30.00
Cheques to K Shand	4.50	Sports gear from Braithwaites	46.00
Cash pre-entries	13.00	Turnslack T shirts	16.10
Late entries 1981	120.60	Running shorts from D Payne	8.00
Late entries 1980	10.00	Printing, envelopes etc.	10.80
		Goods Warehouse, Golstone	98.10
	<hr/>		
	218.10		<hr/>
	<hr/>		209.00
			<hr/>

Outstanding total to carry to 1982 £9.10

This is the system used in all Rochdale Harriers organised events. Balance sheet prepared for fairs committee and all competitors.

BEN NEVIS

by Andy Styan

Category A, 12 miles, 4400'

5 September

In 1978 Billy Bland crossed the finishing line in the Nevis only to find that he had missed the record by one second. This year Bob Whitfield had the same experience, finishing two seconds outside Dave Cannon's 1976 time. In both cases the winner ran round the track completely oblivious of being so near to the record. Obviously both men felt bitterly disappointed, thinking they could have clipped a couple of seconds off if they'd known.

Bob's win was, however, a very fine climax to his best ever season, having come first at Sedbergh and second at Ingleborough, Borrowdale and Langdale, with an assortment of other places in the first half dozen. When he reached the top in fifth place behind Short, Maitland, Bland and Walker, he felt that he could finish second with Billy and he being much faster downhill than the others.

Bob takes up the story: 'I caught Mike (Short) at the Red Burn to go second and I got a glimpse of Billy coming out of the steps'. I saw him again at the aluminium bridges and I knew I could have a go. I passed him half way along the road, and, as I passed, he held out his hand to shake mine and said "It's yours". It was a marvellous feeling going round the ring, but if only they'd tell you when you're so near the record.'

Behind the first two, the next eight runners arrived within the space of two minutes. 12½ minutes behind them was Ros Coats in 51st place.

1. R Whitfield	Kendal	1.26.57	11. R Shields	Lochaber	1.32.09
2. W Bland	Keswick	1.27.21	12. J Maitland	Aberdeen	1.37.33
3. T Davies	Army/Horwich	1.29.54	13. H Walker	Blackburn	1.33.03
4. M Short	Horwich	1.30.05	14. J McGee	CFRA	1.34.32
5. J Broxap	Keswick	1.30.30	15. P Barron	Keswick	1.34.44
6. J Reade	Clayton	1.30.53	16. K Taylor	Rossendale	1.35.54
7. H Jarrett	CFRA	1.31.06	17. P Irwin	Rossendale	1.37.11
8. R Campbell	Lochaber	1.31.10	18. P Tuson	Kendal	1.37.29
9. J Wild	RAF/CFRA	1.31.34	19. B Peace	Bingley	1.37.43
10. J Shields	Clydesdale	1.31.54	20. D Lee	CFRA	1.37.44

Veterans

Ladies

1. T Davies	Army/Horwich	1.29.54	1. R Coats	Lochaber	1.44.25
2. D Jewell	DPFR	1.39.09	2. F Wild	Lochaber	1.49.19
3. P Brooks	Lochaber	1.41.12	3. P Haworth	Keswick	1.52.59
4. N Matthews	Horwich	1.43.05	4. C Brittain	Lochaber	2.09.50
5. A Phillipson	Gosforth	1.43.08	5. H Briggins	Shaw Fife	2.42.50
6. W Ryder	Morpeth	1.43.56	6. C Rothero		2.49.12
7. J Smith	Bury	1.55.12			

Teams 1. Keswick - 22 pts 2. CFRA - 30 pts 3. Kendal - 46 pts  
(Horwich with T Davies - 45 pts)

Vets two man Trophy - Horwich, T Davies and N Matthews.

Note: This was John Wild's first run for Cumberland Fell Runners. If he continues his form next year, battles for team supremacy among the lakeland clubs should be very interesting.

# If you're Alpine - try Nordic



## No. 1 in X-C Ski-ing

Two years ago Cross-Country skiing was an obscure sport confined to Alpine and Scandinavian type climates and a fortunate few in Britain who had managed to become involved.

Now it has all changed — Cross-Country has arrived, **karrimor** launched TRAK NO-WAX skis in this country and the sport has "taken off".

And why not! The French, Swiss and Germans have recognised its values, the Americans and the Scandinavians have never doubted that it is the most satisfying ski sport of all.

Here in Britain we are catching up. Non-skiers and Alpine skiers alike are finding Nordic skiing, with its new technical demands, its freedom from artificial constraints, and its independence of hills and ski lifts; is a

sport to provide new pleasure and new challenges.

TRAK NO-WAX SKIS ARE DESIGNED TO SUIT BRITISH CONDITIONS OF RAPIDLY CHANGING TEMPERATURES AND SNOW CONDITIONS. For the competitive types we have racing skis of the highest international standards. TRAK "SOLE-CONTROL" footwear is the most important design advance ever in ski control methods, and brings the 50 Norm concept to the beginner and expert alike.

TRAK PRODUCTS ARE AVAILABLE THROUGHOUT BRITAIN FROM **KARRIMOR SPECIALIST MOUNTAIN RETAILERS.**

NOW IN THE SHOPS — **THE KARRIMOR**

SKI GUIDE. 16 pages of articles and advice in Nordic skiing.



karrimor Adventure Trekking 1982

Weekly Illustrated Ski Products '81



Guides and Leaflets in full colour are available and provide valuable technical information plus interesting and illustrated articles by well known mountaineers. Please enclose 30p for each of 1, 2, and 3, plus 15p for post and packing as a contribution to cost.

1. **KARRIMOR Technical Guide**  30p

2. **SKI WAX World of Changing Guide**  30p

3. **TRAK NO-WAX Ski Guide**  30p

4. **KARRIMOR SOLO Footwear Guide**  Free

5. **CAMP & SPORTS Karabin Guide**  Free

6. **KARRIMOR Guide Touring Products**  Free

Name \_\_\_\_\_ Address \_\_\_\_\_ Post Code \_\_\_\_\_

**Karrimor International Ltd.,**  
 Avenue Parade, Accrington,  
 Lancs. BB5 6PR,  
 England.





**ALAN EVANS, and friend competing in the Sedbergh Hills.  
(He's the one with the beard)  
Photo - Beryl Offley**



**JOHN READE (Clayton) leads at the start of the Sedbergh Hills race**  
Photo Beryl Offley



**WEAR FASTRAX!  
MAKE FAST TRACKS!**



- |  |   |   |   |
|--|---|---|---|
| <p><b>ALL AMERICAN GREY T-SHIRT</b></p> <p>£3. 50</p>      | <p>The very same HANES T-shirt used by New Balance, 75% cotton, 25% polyester. Printed with large FASTRAX logo. Other colours on request.</p> <p>SIZES: 34/36, 38/40, 42/44.</p>  | <p><b>WEATHER SUIT</b></p> <p>Suit £16.95<br/>Jacket £9.95<br/>Trousers £7.50</p> | <p>Combat the wind and rain in this stylish weathersuit. Features essential hood, full zip and one pocket. No shoulder seams eliminating leakage. Trousers have fly zip and contrast side stripe.</p> <p>COLOURS: Navy/sky, royal/red, brown/beige.</p> <p>SIZES: XS, small, medium, large.</p> |
| <p><b>POLY/COTTON SHORTS</b></p> <p>£4. 25</p>             | <p>Extremely popular for comfort and easy care. Side vents, double trim.</p> <p>COLOURS: Black/2 white, black/2 red, black/1 white-1 orange. Red/2 white, red/2 gold, red/2 royal. Royal/2 white, royal/2 gold. Green/2 white, green/2 gold. Yellow/2 royal, yellow/2 black. White/1 royal, 1 red.</p> <p>SIZES: 26", 28", 30", 32", 34".</p> | <p><b>RUGBY SHIRT</b></p> <p>£6. 50</p>   | <p>Ideal for training/leisure wear. 100% cotton. 2" contrast stripes e.g. red/black, amber/black, green/black, navy/white, sky/navy, green/navy, maroon/navy etc.</p> <p>STATE CHOICE OF 3.</p> <p>SIZES: 30/32, 34/36, 38/40, 42/44</p>  |
| <p><b>LONG SLEEVE TRAINING SHIRT</b></p> <p>£4. 25</p>     | <p>A must for all runners! 100% cotton crew neck shirt, very comfortable to wear.</p> <p>COLOURS: white, black, red, amber, royal, navy, emerald, tangerine, sky.</p> <p>SIZES: 30/32, 34/36, 38/40, 42/44.</p>   | <p><b>HOODED TOP</b></p> <p>£7. 95</p>  | <p>A stylish cotton/nylon hooded top featuring full length zip, pouch pockets and really warm double thickness hood.</p> <p>COLOURS: red, royal, navy, sky, black, bottle, grey.</p> <p>SIZES: XS, S, M, L, XL.</p>   |
| <p><b>TRAINING PANTS</b></p> <p>S. M. L.</p> <p>£6. 95</p> | <p>Lightweight polyester pants designed for winter training. No longer is there a need to suffer heavy tracksuit bottoms and awkward, clogged up zips.</p> <p>COLOURS: red, black, royal, gold.</p> <p>SIZES: small, medium, large.</p>   | <p><b>AMERICAN SWEATSHIRT</b></p> <p>£6. 50</p>                                   | <p>Traditional American gunmetal grey sweatshirt. 92% cotton, 8% acrylic. Beautiful flock printed with LARGE or SMALL FASTRAX logo. State preference.</p> <p>SIZES: 26", 28", 30", 32", S, M, L, XL.</p>  |
| <p><b>JOG BOTTOMS</b></p> <p>£6.40</p>                     | <p>To match the FASTRAX gunmetal grey sweatshirt. Has a tie cord waist and elasticated bottoms. Available in XS, small, medium, large. You can now have a suit for only £12.90.</p>   |   |   |
| <p><b>T-SHIRTS</b></p> <p>£3.50</p>                        | <p>Superb quality U.S. made T-SHIRTS in 50% cotton, 50% polyester. In RED with ROYAL flock FASTRAX logo or NAVY with LIGHT BLUE FASTRAX logo.</p> <p>Sizes: XS (30/32) Small (34/36) Medium (38/40) Large (42/44)</p>   |   |   |
| <p><b>PLAIN VESTS</b></p> <p>from £2.95</p>                | <p>By popular request FASTRAX introduce 100% COTTON running vests in a range of great colours. Choose from WHITE, RED, ROYAL, EMERALD, AMBER and BLACK. Printed with small FASTRAX logo but large 7" FASTRAX logo can be applied if requested at no extra cost.</p> <p>Sizes: 30/32 £2.95, 34/36 £3.50, 38/40 £3.50, 42/44 £3.75</p>          |   |   |

**Terry  
Loneragan  
Sports**

The above are just a sample of the range from our fully ILLUSTRATED MAIL ORDER CATALOGUE AVAILABLE FREE FROM THE ADDRESS BELOW.

**RYDAL BANK,  
WILTON ROAD,  
ILKLEY, LS29 9PG.  
TEL: 0943 601581**

For clothing state alternative colour if possible. REQUIRED URGENTLY? WHY NOT PHONE? (personal service day/evening). All goods returnable if not satisfied. Try the specialists!



FOULRIDGE

by Heather Shackleton

Category C, 5 miles, 500'

5 September

September 5th was a hot sunny day for which the organisers of the 'September Spectacular', of which the race was a part, were thankful.

The junior race set off at 2pm with a record 99 entries. Their course was approximately 2½ miles of the senior course and could best be described as tough X-country. The winner, D Crooks of East Cheshire Harriers completed the course in 22.25 but failed to beat the record held by N Weaver of Clayton le Moors of 21.45 (1979).

The senior race started at 3 pm with 146 competitors. The course was as previous years and the going was dry and hard. Alan Spence of Bingley, who was 3rd last year, was first to the top of Great Edge with D Lewis of Rossendale and W Padgett of Bingley close behind. On the descent Lewis managed to just overtake and beat Spence at the finish by 8 seconds. Lewis's time of 28.11 beats the previous record of 28.17 held by Harry Walker of Blackburn.

The first lady home was again Anne Pendlebury of Bolton who managed to clip 1.03 off her own record for the course. She finished in 103rd place in a time of 37.23. First veteran home was F Wheeler of Bingley in a creditable 18th position in 30.56.

1981 Foulridge Fell Race - Statement of Account

<u>Expenses</u>	£	<u>Income</u>	£
Advert	8.00	PCC Grant	30.00
Race numbers	14.51	Armabord donation	5.00
Trophies	10.81	PQs and cheques	5.65
T Shirts	5.00	Cash pre-race	5.40
Pens/Notelets	2.11	Cash day	101.42
Engraving	1.77	Donation	2.00
	<u>42.20</u>		<u>149.47</u>
<u>Summary</u>		Less expenses	<u>42.20</u>
Total profit	107.27		
Less PCC grant	<u>30.00</u>	Cash to hand over	<u>£107.27</u>
<u>Net Profit</u>	<u>£ 77.27</u>		

All proceeds handed over to Foulridge Parish Church to be divided between Church funds, School Managers' Appeal and other charities. All other prizes were donated as given by local tradespeople or business.

KNOCKFARREL

from the 'Ross-shire Journal'

Category C, 6 miles, 1000'

12 September

Perfect overhead and ground conditions favoured the record breaker and there were many in the Knockfarrel Hill Races. First there was a record entry of 81 athletes in the four races and in all four existing records went by the board, in some instances three or four times. Conditions were entirely different from the past two years, when the races were held in March with snow on the ground. The senior race attracted 54 entries and was won by Fraser Clyne of Aberdeen, breaking the existing record by 2½ minutes in a time of 32.23, with Colin Donnelly of Cambuslang 2nd.

HODDER VALLEY

RESULTS

Category B, 4 miles, 1000'

12 September

1. D Lewis	Rossendale	23.19	6. A Spence	Bingley	24.02
2. R Whitfield	Kendal	23.44	7. D Cartridge	Bolton	24.03
3. H Walker	Blackburn	23.49	8. S Livesey	Clayton	24.33
4. R Ashworth	Rossendale	23.57	9. B Pickersgill	Holmfirth	24.50
5. J Reade	Clayton	23.59	10. E Crookes	E. Cheshire	25.00

Veterans

1. H Kelly	E.Cheshire	26.00
2. N Mathews	Horwich	26.01
3. K Lodge	Halifax	27.46
4. M Simpson	Skipton	28.40

Super Veterans

1. R Gamble	Billingham	29.53
2. A Ashworth	Clayton	30.28
3. D Clutterbuck	Rochdale	31.28
4. J Riley	Clayton	32.50

Ladies

1. C Haigh	Holmfirth	30.25
2. D Ridings	Sale	33.46

Juniors - shorter course

1. N Pilling	Clayton	17.56
2. T Richardson	Bolton	18.37

" BALANCE SHEET "

<u>Income</u>	<u>£</u>	<u>Expenditure</u>	<u>£</u>
Entries, pre-	27.90	Prizes	59.23
late	80.60	Advert in AW	10.00
Results envelopes	7.80	Envelopes	1.77
		Crepe paper	.49
		Duplicating paper	9.35
		Numbers and pins	9.40
		Postage, results etc.	8.60
	<u>116.30</u>		<u>98.84</u>

Income over expenditure £17.46 donated to Hodder Valley Show

VAUX MOUNTAIN TRIAL

RESULTS

0-type event, 20 miles, 9000'

13 September

1. M Hudson	Keswick	4.22.31	11. M Walford	Kendal	4.55.00
2. D Overton	Kendal	4.27.43	12. A Pickles	DPFR	4.56.27
3. J Naylor	CFRA	4.33.45	13. J Baston	Deeside OC	4.57.00
4. R Pearson	DPFR	4.34.43	14. D Rankin	NIFRO	4.58.32
5. A Phillipson	Gosforth	4.37.56	15. H Blenkinsop	Keswick	4.58.35
6. S Bland	Keswick	4.38.12	16. S Parr	Clayton	4.59.22
7. J Broxap	Keswick	4.42.19	17. J Blair-Fish	DPFR	5.01.04
8. P Haines	Mandale	4.43.58	18. T Farnell	DPFR	5.01.20
9. F Loftus	Horwich	4.48.47	19. D Rosen	Thames	5.01.39
10. J Rye	Thames	4.49.55	20. P Bland	Kendal	5.02.36

Veterans 40-45

1. J Naylor	CFRA	4.33.45
2. A Phillipson	Gosforth	4.37.56
3. H Blenkinsop	Keswick	4.58.35

Veterans 0/45

1. T Sykes	Rochdale	5.43.26
2. A Heaton	Clayton	5.50.35
3. E Dance	Rucksack	5.52.53

144 Finishers, including 29 vets(40-45) 15 vets(0/45), 34 retirements

Ladies Race (shorter course)

1. S Parkin	ASVAC	3.09.27	3. C McNeill	Interlopers	3.33.28
2. R Coats	Lochaber	3.11.19	4. R Hancock	Leeds UOC	4.05.36

22 finishers

LANGDALE

by Andy Styan

Category A, 16 miles, 4000'

19 September

It's a real shame to me that one of the best races in the calendar has gone down the nick. In the early days, Langdale was a well organised, thoroughly enjoyable race. There was good parking, efficient doling out of numbers, plenty of orange juice and mint cake (from the sponsor) at the finish, a nice meal behind the pub and plenty of prizes. The results came out in reasonable time and the checkpoint splits were given, checkpoints were manned well and were usually in the right place.

Now it's a shambles.

We have poor prizes, no sponsor, no results, let alone checkpoint times, checking off by felt pen on the back of the hand, checkpoints in the wrong places and poorly manned (sometimes not at all). This year was the worst ever, with no numbers and the start an hour late.

It's obvious that Dave Meek has a lot on his plate these days and can't give the race the attention it deserves. Why not ask for help from someone with experience and time, Dave, or give it up and hand it over completely?

I've tried to get the official results - unofficial and incomplete ones below.

1. W Bland	Keswick	2.02.56	6. D Lee	CFRA	2.14.06
2. R Whitfield	Kendal	2.02.57	7. P Dixon	Mynddwy'r M	2.14.09
3. I Ferguson	Bingley	2.13.46	8. S Livesey	Clayton	2.14.27
4. J Maitland	Aberdeen	2.14.02	9. S Bland	Keswick	2.16.55
5. J Broxap	Keswick	2.14.04	10. K Taylor	Rossendale	2.18.13

1st Lady - P Haworth Keswick 2.47.01    Teams. 1. Keswick 2. Kendal



WITHINS

RESULTS

Category B, 9 miles, 1800'

20 September

1. A Sladen	Salford	56.37	6. G Bell	Halifax	59.48
2. R Ashworth	Rossendale	56.55	7. G King	Longwood	60.01
3. A Spence	Bingley	57.49	8. S Parsons	Longwood	60.21
4. J Reade	Clayton	58.25	9. M Patterson	Man&D O	60.47
5. J Eaton	Rossendale	59.46	10. R Brewster	Clayton	61.08

113 ran

THIEVELEY PIKE

by Al Soran

Category A, 4½ miles, 900'

26 September

The Thieveley Pike race has a tradition of poor weather to live up to, but this year it really excelled itself, with heavy rainfall having swollen the beck to a depth unmatched in previous years. In the starting field the actual course of the beck could not be seen, as it was so flooded and you only knew where it was when you'd gone up to your knees in water. The rain continued throughout the race and the mud on the course was delightful. Fell running at its best!

The course itself has changed again, but this time with only a minor variation which makes the first climb up to the woods even steeper. John Haworth, the organiser, reckons this is now the settled course and most people reckon it's the best yet. Fit indeed to be a Championship race, which it will be next year.

The race itself was won by John Reade, who had had a fine season. He was so frisky at the finish that, after having disappeared from view completely in the beck while coming in to win, he turned straight round and ran back along the course. Was he showing off, cheering on his Clayton colleagues, or did he just enjoy the course so much that he was going round it again? Harry Walker followed him into the beck and into the finish, but he, like all the rest were in too much of a hurry to get changed and home to join John on his second circuit.

Sue Parkin staggered lots of the fellas by finishing 36th. It's really about time that the male runners accepted that being bettered by females like Sue and Ros Coats is nothing to be ashamed of, and stopped making a fuss about it when it happens, as so many do. Another notable performance came from Ken Taylor of Rossendale - 11th place may be nothing special to some, but when you've been told by a specialist that you will never run well again, it must be very satisfying. Ken is in pain every time he runs, but enjoys it enough to carry on.

The joke of the day was on Alan Spence who came 7th yet again - it is his habit to just miss out on the standard six prizes.

Altogether an enjoyable day, though John Haworth didn't seem to think so from the comments that came with the results sheet. (see 'Letters')

1. J Reade	Clayton	26.22	11. K Taylor	Rossendale	28.56
2. H Walker	Blackburn	26.47	12. I Robinson	Clayton	28.59
3. R Ashworth	Rossendale	26.59	13. K Manning	Clayton	29.03
4. R Whitfield	Kendal	27.02	14. J Eaton	Rossendale	29.07
5. S Livesey	Clayton	27.13	15. D Woodhead	Bingley	29.27
6. M Patterson	Man.&DOC	27.19	16. D Cunningham	Clayton	29.29
7. A Spence	Bingley	27.34	17. P Hatto	Salford	29.40
8. S Parker	PFD	28.08	18. S Howard	Clayton	29.48
9. A Sunter	Horwich	28.37	19. D Beels	Todmorden	29.53
10. K Shand	Rochdale	28.49	20. A Robinson	Clayton	29.57

Veterans

1. F Wheeler	Bingley	29.57	4. S Bradshaw	Clayton	30.55
2. N Mathews	Horwich	30.09	5. P Duffy	Aberdeen	31.48
3. G Wrench	Todmorden	30.31	6. K Lodge	Halifax	31.51

Ladies

1. S Parkin	ASVAC	30.32	3. R Carthy	Unattached	42.50
2. Y McGregor	ASVAC	38.54			

SPORTS INJURIES AND THE FELL RUNNER

by Dr Ian Adams

Most fell runners will have injury problems from time to time, but these are of a limited variety and unspectacular from a medical point of view. Stopping running will cure these injuries which are usually caused by minor abnormalities which are of no significance in the general population so do not be surprised if the doctor does not welcome you with open arms and advises rest.

The great majority of injuries will occur through breaking simple rules of training. Just as many of us in spite of prodigious training could not be top class sprinters, there are others with structural faults which will never withstand 100 miles per week (mpw) for month after month. We are all different heights and weights, we all have different shaped knees and feet, some are made for high mileage while others are made for limited mileage. There are injuries which can be directly treated, there are others which can be indirectly treated and there are some which are untreatable in the context of running 100 mpw.

Someone wrote that athletic excellence is produced by combinations of heredity, training and environment - this is the same formula which gives running injuries. Heredity controls our shape, we may have been built with bow legs or unequal leg length which produce various problems. We cannot treat these conditions but we may be able to take some steps to reduce their effects by, for example, building up one shoe. The heavier runner gets more injuries than the lighter runner, even assuming he is not carrying excess fat, he also sweats more and has increased fluid problems on the long run. There are a variety of other bio-mechanical problems such as the angle of the bone at the hip joint, twisting of the lower leg bones, which are untreatable. Many of these abnormalities are very minor deviations from normal and only become of significance when running a large mileage regularly.

Training is the most important factor for excellence and injury. This has to be considered from the point of view of quantity and quality as well as the training surface (environment). The present attention to increasing mileage seems to be correct for an improved performance, but as mileage increases the number of runners who are capable of that quantity will decrease. Ignoring the obvious problems of self-discipline etc., it is a fact that we each have a different physical breaking point - for runner A this might be 80 mpw, runner B 100 mpw and runner C 150 mpw. Emerson said that 'there is a crack in everything God made' and when you run over 100 mpw you will find that crack. A small abnormality in leg structure (heredity) plus running 100 mpw (training) on hard surfaces (environment) will sooner or later cause injury, so that you have to attempt to correct the fault and/or adjust the training and/or the running surface.

Even fell runners run many miles on the road, particularly in winter, causing extra stress particularly to the heels and knees, so shoes must be very good for absorbency. Running on road means a different running action from that on grass, and several months of training on one type of surface requires a gradual period of adjustment when moving onto another surface. I see many injuries caused by the fell runner suddenly moving on to road from fell or from fell to road. This change should be spread over several weeks of gradually increasing time on the new surface.

High mileage means little time for anything else, it also means that the primary muscle groups become well developed and tight in relation to those muscles of which little is demanded, which become weak and overstretched. This leads to a muscular imbalance and the more mileage you do the more important flexibility exercises become. Hamstring

tightness is often associated with low back pain, tightness of the calf muscles and the Achilles tendon with shin splints and flat feet. Time simply has to be found for these exercises which require four or five minutes each day.

It is important to have a balance between the strength of the two legs. A minor sprained ankle, return to training with the muscles of the injured leg below par, most of the drive coming from the uninjured leg, loss of running style particularly on hills, the weak leg never regaining strength from simply running and further injury is almost inevitable. Special strengthening exercises such as step-ups on a stool must be undertaken. A muscle group constantly neglected by runners is the abdominals, weakness allows the pelvis to tilt and stress to be placed upon the back leading to pain and a shortening of stride length. There are numerous types of abdominal exercises which may be done with benefit.

Running style obviously varies from one individual to another, certain aspects are as characteristic and fixed as our finger prints, but other aspects may be modified. Overstriding will cause shin splints and hamstring problems. Running with the foot rotated outwards places twisting strains upon the knee, particularly on the knee cap, causing undue wear of the contact surfaces leading to 'runners knee'. This has to be slowly and very consciously corrected, until a normal foot plant becomes automatic. Abnormal rotation of the foot is often associated with swinging the arm or arms too far across the body and correcting the arm action will often correct the foot problem.

The environment includes many things such as weather, temperature, shoes, running surface. Shoes are the most important item, cause the most problems and have the least known about them. The importance of adequate padding in the heel and forefoot has already been mentioned and whilst the younger runner will survive almost any shoe, the problem is more definite for the older or heavier runner. There has to be a compromise between padding and flexibility, if the padding is too thick this will reduce flexibility of the shoe which will cause shin and calf problems. Nowadays most everyday and training shoes have built up heels and when racing flats with a very low heel are worn the Achilles tendon and calf muscles have an unaccustomed stretch, so flexibility exercises are essential. The choice of rounded or sharp heel is personal, but I think there is a theoretical advantage in a rounded heel spreading the impact load. The problem of heel wear is important, once the heel becomes worn down, usually on the outer edge, then the action of the foot in running becomes altered and strained. Heels must be constantly mended by the cobbler or by yourself with one of the various plastic preparations on the market. Once a month would seem reasonable.

The running surface poses various problems. The hard road surface has already been mentioned. Very soft surfaces, such as sand make pleasant running, but the heel will sink in so Achilles flexibility is required. Carefully used it is a good stretching exercise. Uphill running, particularly the Lydiard type of bounding, stretches the tendon but this has to be done carefully if there is any suggestion of Achilles tightness or shin splints. More of a problem is downhill running which places great strain on the inner surface of the kneecap and is a major cause of knee pain. Avoidance of this problem requires strengthening of the thigh musculature or avoidance of downhill running.

The unreliability of the weather in the UK is a different problem, with extremes of heat and cold experienced in different races over the season. Running in cold damp weather certainly increases the likelihood of injury, but usually clothing can be selected to reduce this factor. The problems of excessive heat and cold are medical problems, but outside an article of this nature. Time of day is another factor - there are more injuries when running in the early morning because of

stiffness. Lack of sleep and stress at home or at work may lead to a loss of normal running rhythm, inattention to the uneven surface and more injuries.

Moving on to discuss some of the common problems as they affect runners we will start with the knee joint, since pain around the knee seems to be a common complaint. The pain may be due to stretching of the soft tissues or to abnormal wear on the inner surface of the knee cap. Some possible causes have already been mentioned. Check equality of leg length, equal strength of the thigh muscles in both legs, that there is little rotation on foot plant, the shock absorbercy of shoes, the amount of downhill running, arm action. Treatment - if the knee becomes swollen, stop running and do only tightening exercises of the thigh muscles until it settles. This may be speeded up with the application of contrast bathing. This consists of alternate hot and cold towels or hot water and ice in a polythene bag, one minute hot to three minutes cold, repeated three times, and all repeated two or three times a day. Contrast bathing is also useful for ankle sprains or muscle strains provided you only start doing this two days after injury. If there is no swelling, then strengthen the thigh muscles by an exercise such as stepping on to a chair or a beer crate, the weak leg going up onto the chair, lifting the body up making sure that the knee of the weak leg fully straightens and that there is no push-off with the good leg, holding for five seconds and then slowly returning to the floor. Running should be kept within that causing discomfort and should initially be on a level grass surface.

Achilles tendon trouble afflicts many runners and as soon as this becomes sore STOP. A few days rest at the very start may prevent weeks or months of rest later on. Pain is a signal of trouble and there are very few injuries you can 'run through' - Achilles problems are not one of these. Initially slacken the strain on the tendon by having a pad of chiropody felt or foam in all shoes you wear on that foot. Ultrasound from a physiotherapist is usually helpful. Attempt to find why the condition was caused. Check flexibility of the Achilles, sudden change from built-up heels to flats, unaccustomed hill work or sand running, worn down shoe heels, marked flat feet, too sudden an increase in mileage. Treatment with heel pad, ultrasound, stretching exercises and a gradual return to running schedule. Occasionally an injection of hydrocortisone alongside the tendon or an operation may be required but neither are magic cures and both have definite risks.

'Shin splints' is really a ragbag covering several possible conditions. The usual condition is tenderness, possibly with some swelling, on the inner aspect of the shin bone, with most tenderness just off the bone. The one condition to exclude is a stress fracture - a crack in the bone caused by repeated impacts such as running - where the tenderness is always on the bone itself, and this requires an X-ray which will only show changes two weeks after the trouble starts. For the normal shin splints, check overstriding, abnormal rotation of the foot, unaccustomed change of running surface. Treatment is stretching the Achilles and calf muscles, with strengthening of the muscles on the front part of the lower leg.

Foot problems are numerous and important. Abnormalities of the foot may cause problems anywhere in the lower limbs or in the back and deserve an article on their own. I would suggest that those with possible foot problems should read 'Athletes Feet', a booklet produced by the Runners World publishers.

This article has attempted to cover some of the problems causing running injuries, but obviously there are many problems which have not been considered. Different doctors may have different ideas on treatment, so find one you can trust and listen to the advice. By all

means if the problem does not settle, obtain a second opinion, but the worst thing you can do is to trail your problem around numerous doctors until you get the advice you think is correct. This is as beneficial as having six coaches and attempting to follow all their training routines at the same time. You are unusual in wanting to run on the fells and have devoted months or years in acquiring this ability and, I regret to say, that some of your injuries may take months to correct. I have not witnessed many miracles.

-----  
Dr Ian Adams runs the well-known sports injuries clinic at St James Hospital, Leeds. However, treatment at the clinic is available only to residents of Leeds.  
-----

KARRIMOR '81

by Peter Knott

Scafell and the Langdale Fells

24/25 October

After lying 3rd overnight, Naylor and Walford triumphed in a close finish with Phillipson and Hudson. The Blands, Billy and Stuart, led overnight, but retired during the 2nd day. Other casualties included the Norwegians Wolf and Dettli, fifth on Day One, and the Bloor brothers, who were runners-up to Wolf and Suter on Arran last year.

After early morning rain Day One was fine until the late afternoon when the rain returned again to catch all but the early finishers. During the night the heavy rain showers turned to sleet and then to snow above 1050'.

First away on Day Two, into a snowstorm at Greendale Tarn were Billy and Stuart Bland and A class leaders John Maitland and Mark Elgood. John and Mark made no mistake on Day Two to consolidate their big overnight lead and take the A class by nearly an hour, but in the Elite class it was 'all change' as Haynes and Garrett moved up to 3rd, Barron and Broxap to 4th and Peace and Jebb to 5th. The consistent performances of Andrew Phillipson and Martin Hudson nearly paid off, for after lying 2nd overnight, they were soon up front on Day Two and were a mere two minutes adrift from Naylor and Walford back at Stool End Farm.

The mixed pairs performances of David Rosen and Ros Coates, 8th in Elite and Elsegood and Jane Robson, 4th in A class warrant the highest praise, as does the latest Harvey creation, a 1:40,000 detached cover from Langdale to Thirlmere in the East, to Westwater and Ennerdale Forest in the West.

I feel sure that all the competitors will join me in thanking the hardworking and thoughtful organising teams, who made as near perfect an event as one could wish for.

ELITE

A CLASS

- 1. Naylor/Walford 12.37.05
- 2. Phillipson/Hudson 12.39.05
- 3. Haynes/Garrett 12.52.42
- 4. Barron/Broxap 12.59.32
- 5. Peace/Jebb 13.02.42
- 6. Ratcliffe/Irwin 13.05.57
- 7. Taylor/Overton 13.41.11
- 8. Rosen/Coates 13.43.36
- 9. Rye/Phillips 13.49.49
- 10. Gilbert/Donnelly 13.54.24

- 1. Maitland/Elgood 11.10.02
- 2. Sellers/Tett 12.09.58
- 3. Buckley/Clark 12.11.26
- 4. Robson/Elsegood 12.12.13
- 5. Cheesewright/Brown 12.28.36

B CLASS

- 1. Musgrave/Musgrave 9.29.20
- 2. Warrington/Thomas 10.08.17
- 3. Jarrett/Lee 10.14.15



TOO MOVED TO MOVE

From the damp depressing scramble up the boulders, we suddenly emerged onto the ridge. The golden sun enveloped us, its warm life-giving rays wrapping round us like a silken coat of rainbow colours. Below us a sea of cloud filled the glen. A thin line of greens, reds, blues and whites wound their way up - soon they would catch us. But not one of the six of us wanted to go on. The race was forgotten as we gazed in awe at our surroundings. Truly we were in the presence of our Maker!

The leader was the first to speak. From his position higher up the ridge, he managed to put into words what each of us felt. He looked down at our eager upturned faces. Choking back his emotion, he said:



"Hoi! Quit looking up my shorts".

by Jimmy Jardine. (Ed: 'Surely not?') From an idea by Roger Wild and Big Larry Taylor. (Ed: 'That's more like it!')

---

- TRAIN EARLY FOR THE ENNERDALE -  
and

- LEARN ALL THE SHORT CUTS -

Have a winter break in the company of Jim and Liz Loxham at Beckfoot.

SPECIAL WINTER RATES FOR RUNNERS

Two nights, evening meal, bed & breakfast.

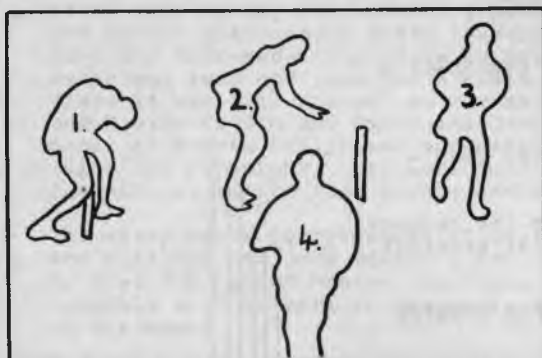
£12 per person

Good food, good local pub & running partner if required.

Jim & Liz Loxham,  
Beckfoot,  
Ennerdale,  
Cumbria.

Tel. Lamplugh 235

## "Competition Results"



I have had a lot of laughs opening the mail in the last few months, and a lot more putting together the competition entries for printing. We've had so many that some have just had to be missed out (and some might have got us into trouble under the Obscene Publications Act!) - sorry, folks.

In the end, deciding the winner is a matter of personal taste. The Editorial Committee (all two of us!) have decided and here's the result.

The winner is Jonathon Compton, whose caption for runner No. 2 was "Fancy meeting you here, Bob. My word you've lost weight."

Runner-up is Terry Catton who suggests runner No.2 is saying "By Hell, lads, these nuts don't half take some cracking!"

Jonathon gets a year's free membership of the FRA and an FRA T-shirt and Terry gets a T-shirt.

Highly commended is Norman Matthews' entry for runner No. 1 "Jesus, that's the last time I'll pin my card there!"

(Norman already has a T-shirt)

Other entries included:

For runner No. 1

- "God, its cold, its freezing before it hits the ground." (Robin Burr)  
"I always have trouble finding it in cold weather." ( J Ian Roberts)  
"I know this is the Manx Marathon, but where the hell did this third leg come from?" (Jonathon Compton)  
"I can never find it when I want it." (Norman Matthews)  
"pull them up quick, Walky's right behind us." (Norman Matthews again)  
(you do mean the stakes, don't you, Norman?)

For runner No. 3

- "Christ, this is a tough race - they've just shot the last two."  
(Paul Priestley)  
"Personally I always carry mine in a plastic bag for occasions such as this". (He is, of course talking about his Mars Bar.)(J Ritchie)  
"Thank Goodness Helly Hansen are now marketing (cricket) boxes for fell runners." (Robin Burr)  
"These new shoes, with energy absorbing footbed support, scientifically tested with bite-bar and tibia transducers to reduce heel forces by over 50%, which reduce reverberation throughout the body, eliminate rebound, displace mass under shock, cut out back pressure on the heel and are available in single and double strike, are bloody killing me."  
(Tony Simpkins)  
"Darn slender urinals these." (Alan Bocking)  
"Quick lad, grab a post and clobber him, he's won three spot prizes already this year." (Ken Robinson)  
"This is the weirdest slalom course I've been on." (Jonathon Compton)

Conversations

- No.2. "Found it at last you crafty so-and-so"  
No.3. (Ken Ledward) "Stop complaining.this one's easy - you'll never find the next one - it's a needle on Haystacks." (Martin Hudson)  
(inspired by Ken Ledward's habit of putting obscure checkpoints on his long-0 events)  
No.1. "It's too big this, I've got it stuck up my shorts leg."  
No.2. "Stop bragging and punch your card." (Norman Matthews)

General Captions

- "New Swedish RVTs (Rapid Vacuum Toilets), designed by environmentalists meet with obvious approval of fell runners." (Peter Brooks)  
(Thanks for the bribe, Peter - but 500 lira is not enough to win! Ed.)  
"Gelding fell Runners" from J B Poisson's immortal work on population control among athletes." (Robin Burr)  
"Estate workers setting new fencing after productivity deal."(Denis Oglesby)  
"Fell Running refreshes the parts that other sports cannot reach."  
(Dave Munday)  
"Competitors in the Marquis de Sade fell race stamping their personal checkpoint cards at Groin Hill before proceeding to Whipping Knoll."  
(Paul Sidney)  
"Ring-0-Ring of Punches, a pocket full of Munchies.  
Clip, Clip, Clip, Clip. We all run on." ( Sue Bicknell)

-----  
NOW - SEE WHAT YOU CAN DO WITH THE COMPETITION THIS TIME!

# GEAR UP FOR WINTER!

at



Our comprehensive stocks include:-

## HELLY HANSON LIFA CLOTHING:

Long sleeved underwear that keeps you warm and dry. The polypropylene fabric transfers moisture away from the body and into the next layer of clothing.

Long sleeved vest in Navy, or Red (S. M. L.) £6.45  
Bottoms in some colours and sizes

## 'O' SUITS:

Firstly there is the superlative suit from Yngve EK. There are other suits, but this one cannot be beaten for its full cut and quality. Yngve EK. have also introduced a super lightweight suit, "The New '81, which will supercede the Trimtex version

**Yngve EK.** 'O' suits, Navy, Green, Royal, 1-7 £13.95  
Tops only £9.95. Bottoms £6.95

**Yngve EK.** 'New 81', Navy/Sky, Yellow/Royal 1-7 £15.25  
Tops only £8.50, Bottoms £7.50

**Sweat Shop Special:** Green, Navy, Royal, 1-7 £10.95  
Tops only £5.95 Bottoms £5.50

## BRAMBLE BASHERS:

We have developed a super Bramble Basher, which in tests has lasted twice as long as others. (Gold Stripe) £2.95 Full cushioned foot, Navy, Green, Red, Junior and Senior.

## SHOES:

**New Balance 455**

U.S. Size 6 D, 2E, 4E £27.80

U.S. Size 6½-13 D, 2E, 4E, £13.95

**New Balance XC15/20** SECONDS These versatile shoes are a bargain

U.S. Size 6 D. 2E. 4E, £14.75

U.S. Size 6½-13 D. 2E, 4E, £16.95

**Nike Orienteer: NEW MODEL** Green waterproof lined upper; Spenco insole and good heel wedge. Sturdy construction. All sizes 6-12

<b>ADIDAS CROSS</b>	3-5½	£13.50	6-12	£15.50
<b>NOKIA STRONG</b>	34-39	£11.95	40-46	£14.75
<b>NOKIA HECTOR</b>	34-39	£ 7.50	4-46	£ 8.95
<b>COMPASS ROSE</b>	34-39	£12.95	40-46	£14.95
<b>BOG TROTTER</b>	34-39	£14.35	40-46	£16.50

## TENTS:

By Helsport of Norway. These are exactly as used by Stig Berg in the Karrimor Mountain Marathon. The finest lightweight (Approx 3½ lbs complete) tent that we have come across. Today's price would be well over £60. **OUR PRICE £39.95**

## DAY SACKS:

By Camp Trails. We have a few only of these excellent small ruck sacks. Were £13.00 Now £5.95.

## CASEO WATCHES:

F-500 Stopwatch Chronograph	RRP £13.95	£10.95
F-82 Runners Alarm Chronograph, 5Yr Battery	RRP £16.95	£12.95
W-200 Water-Sports- Water resistant to 300'	RRP £22.95	£19.95

## XL1 SPORTSDRINK

Delivers essential food energy and fluid to the tissues within minutes of ingestion, helping to sustain maximum physical activity. Packs of 3 x 80g sachets. (Makes 3-4½ Litres) £ 2.58

## PHONE FOR FULL PRICE LIST

Mention this advertisement for 10% discount



The Sweat Shop Limited, The Causeway, Teddington, Middlesex TW11 0HE. Telephone: 01-943 0239

**Run by Runners for Runners**

# ~ COMPETITION ~



The Prizes - An FRA T-shirt and free membership of the FRA for one year. T-shirt to runner-up.

### WHAT DO YOU NEED TO DO?

Simply write into the 'balloon' what the marshal is saying.

If you need more space, or if you wish to make more than one entry, write your entry/entries below your name and address.

Name ..... FRA No. ....

Address .....

.....

.....

.....

.....

.....

.....

.....

.....

.....

N.B. The Editor's decision is final.

---

All competition entries, and any other items for inclusion in the next issue of the magazine MUST reach us by 17 May 1982

NEWS FROM THE DEEP SOUTH - THE SILVA HILL RACES

by Anthony Kay

It is probably incomprehensible to Chris Bland ('The Fell Runner' - July 1980), that there could exist a place as far South as Dorking, let alone that there could actually be hills there. However, if one travels South from the urban sprawl around London, one crosses first the North Downs, and then the Greensand Ridge, with Dorking in the valley between them. It is on these hills that the Silva Hill Races have been held each year since 1978.

A bit of history first. Publicity for the 1978 races was almost non-existent, but the 1979 races appeared under 'Other Events' in the BOF fixture list. They were held on 17/18 March, a weekend when the North lay under a thick blanket of snow, but Surrey only had a few inches. About twenty runners turned up on the Saturday to tackle the steep 6-mile course around Box Hill in the North Downs - a 3-mile course was also provided for joggers. On the Sunday 40 runners (most of them orienteers) turned up for the longer, but less steep, race in the Greensand Ridge (15 miles, slightly over 2000'). The course visited the three biggest summits on the ridge (Leith Hill, 965', Holmbury Hill, 857' and Pitch Hill, 843'), and there were a total of seven checkpoints, with navigational skills required between them. The terrain is mostly forested (it includes some of the SE's best orienteering areas), with a maze of paths, providing a far greater degree of route choice than any fell race. The multiplicity of different routes taken by runners (even the ones who didn't get lost) made this a particularly interesting race. Another interesting feature was the downhill start and uphill finish.

In 1980, the race was moved to the third weekend in September, so that we could run through brambles and nettles on one or two of the narrower paths (well, I've forgotten the reason the organisers gave). Publicity was not much better than in 1978, and there was a clash with an orienteering event in Epping Forest. About 25 runners turned out on the Sunday (the Saturday race being even more poorly supported) to run the 15-mile course or a 10-mile course which did not visit Pitch Hill.

There was talk of big changes being made to the races for the following year. The races were originally conceived by Graham Peddie (warden of Tanners Hatch YH, ultra-distance runner, orienteer, etc.) and Mike Murray as an extremely informal event - running purely for enjoyment, in the best scenery in the South-East. The sponsors, Silva Compasses, while retaining the informality, wanted there to be much greater participation. They planned to abandon the Saturday race, due to its poor support. Also, since parking space at the summit of the Dorking-Coldharbour road (the start and finish of the Sunday race) was rather limited, the 1981 would start and finish at the foot of the Nower, a small hill on the edge of Dorking, with car parking and changing at a nearby school. Another innovation was to be the 1:40,000 map which Tom Lillicrap would produce.

The 3rd (sic.) Silva Hill Races were publicised in CompassSport and at orienteering events. Over 200 runners turned up on 12 July to tackle one of the three courses: the long course (18 miles, 2500' of ascent) was similar to the old 15-mile course, but the race now started with the ascent of the Nower, followed by some rather flat running on paths through fields before entering the forest and climbing to the first check-point of the old course - the finish was altered in a similar manner. The 10-mile course visited the summit of Leith Hill and there was also a 6-mile course.

Fell Runners will be very welcome at these races, but they should be warned that they may have problems if they can't navigate and haven't

done any reconnaissance. The Silva races are not the only hill races in the South-East; the Three Forts Marathon, organised by Southdown Orienteers covers 26 miles and 3450' of climbing in the South Downs near Brighton. Neither race is category 'A' material, but they are great fun, and the Silva race organisers are keen to get more non-orienteers running. Details from Mike Murray, 22 Warwick Rd., South Holmwood, Dorking, Surrey.

---

Note: Full reports and results of these races appear in the relevant part of the Results and Reports section (Silva Hill Races - 12 July and Three Forts Marathon - 21 June.)

---

Tel: 0422 61954 or 61560



Delightful 2, 3, 4, and 5 bedroom holiday accommodation at Horton-in-Ribblesdale and Malhamdale. Ideal situation for Three Peaks Training and your walking holiday.

Why not have a week's holiday after next year's race?

Large group bookings taken and we do offer weekends during the winter months.

Just write or phone us asking for our full colour brochure and price list and you won't be disappointed.

**Peter & Jackie White,**  
**Dalesway Holidays, 26 Sandbeds Road.,**  
**Pellon, Halifax. HX2 0JF.**

BOOK REVIEW

by Andy Styan

'Jim Fixx's Second Book of Running' Pub. Angus & Robertson. £4.95

Some years back 'The Complete Book of Running' came out and was reviewed by Peter Knott, the previous editor of this magazine. It was complete, and the author himself says in the foreword to the second book that he can't logically follow it. He says he does not want to write the follow-up for money alone, but, to be blunt, I found myself wondering about that. In my view, there is nothing in this book that is not dealt with better in Fixx's first book or in other books and magazines. It won't be on my Christmas present list.



# Long distance News

## BOB GRAHAM ROUND 1981

<u>Date</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Membership Number</u>
9 May	23.33	B Thackery	LDWA West Yorks	178
"	23.33	A Wimbush	LDWA West Yorks	179
11 May	21.32	P Parker	LDWA West Yorks	180
15 May	22.07	R Anderson	Unattached	181
23 May	22.52	J B Clemens	Cumberland Fell Runners	182
"	22.52	G Huddleston	Cumberland Fell Runners	183
24 May	23.40	K J Lomas	Nottingham Univ. OC	184
"	23.40	C M Howles	Nottingham Univ. OC	185
"	23.40	J Middleton	Gorphwysla CC	186
30 May	23.20	J G Grummett	LDWA/Bingley	187
6 June	23.39	L Pratt	Sunderland	188
20 June	22.00	D R Southern	Clayton le Moors	189
22 June	23.19	D Cleminson	Bingley	190
"	23.19	P White	Halifax	191
27 June	21.30	I Heys	Cumberland Fell Runners	192
"	21.35	P L O'Neill	Cumberland Fell Runners	193
"	22.39	B Johnson	Cumberland Fell Runners	194
"	22.44	G Collinson	LDWA/Bingley	195
"	23.13	G Foreman	LDWA/ASVAC	196
"	23.13	B Hickling	LDWA/Longwood	197
"	23.34	G Hulley	Dark Peak Fell Runners	198
"	23.34	A Ireland	Dark Peak Fell Runners	199
"	23.34	D Livesey	Dark Peak Fell Runners	200
"	23.34	W McLewin	Dark Peak Fell Runners	201
"	23.34	D Sant	Dark Peak Fell Runners	202
4 July	17.58	S Parr	Clayton le Moors	203
"	23.30	C Towers	LDWA West Yorks	204
11 July	21.26	I Ferguson	Bingley	205
"	21.26	P Jebb	Bingley	206
"	21.26	B Peace	Bingley	207
18 July	23.46	G Madison	Stainforth	208
"	23.46	K Peart	Gritstone Club	209
"	23.50	J Crossland	Spensorough	210
19 July	19.59	D Nelson	Cumberland Fell Runners	211
"	20.57	D Mancey	Cumberland Fell Runners	212

### Notes for Club Members

1. Golden Jubilee Relays - members wishing to participate in the relays on the weekend 7/8 June 1982, please inform Fred Rogerson by end of January 1982 at the latest.
2. The Golden Jubilee Re-union will be held on 9 October 1982 at the Shap Wells Hotel.

Tethers End,  
Lindath,  
Windermere.

Fred Rogerson

LA23 3NH Tel. Windermere 4586

Lyke Wake 1981

by D Clarke

So there I was again at ten past eight, knees flapping in the wind that always seems to blow at Ravenscar. 8.15 lads - off you go - and away we went. Three of us, one lad from South Shields, a rugby player who said he didn't do much running and me (never again, I said last year). A fairly quick pace and we hit the road - a nod to supporters and off again on the leg to the golf balls and Ellerbeck - my team - wife and kids gave me honey and Accolade - a quick pit stop and down to the railway - a brisk walk up - past an earlier starter who complained of blisters and on, still quick, down to the stepping stones - up over the Roman Road, padding quietly over the bouncy dry peat, only two of us now. Past a couple running who seemed surprised to be overtaken and there we were to my amazement at Hamer. I was off again in thirty seconds - card signed ahead of my South Shields mate who quickly overhauled me as we set course for Ralph's Cross. Twenty minutes and I was alone, my friend stepping out ahead. Ralph's Cross now, up to the road and along to the caravan and stew, which this year I declined - mist thick and clammy - across the short cut to the support - thank God she found the right spot - honey, Mars Bar, Accolade and away - South Shields overtaking me now for the second time. Pallid walkers streaming past the other way, and up the old railway track, quicker than I would have thought possible, just hoping cramp wouldn't set in. Past two track bikes - asked the way where the track splits - told haughtily Lyke Wake right - down to Hasty Bank - welcome slurp and up by the forest - flies again! Two Dark Peak lads come gliding through effortlessly - thought I was doing well. Up Carlton Bank past the gliders - someone said go below the cliff and two of them ran off, but I stuck to the top route. It's telling now, but still running - more good lads coming past - down the steps on to Huthwaite for the last signing and Accolade. Through the wood - up that killer hill - flies round everyone like a halo - and on to the road - someone ran out to meet his mates and said the record looked like going. Past the finish of the sponsored walk and reservoir - both hamstrings cramped up - struggled like a stilt walker - talked to my legs "keep going you bastards, don't let me down" over and over. Up the last hill - asked someone the time - under seven, if I just keep going! Past our car - the noise - clapping - bloody great - 6 hrs. 55 mins. The finish - never again.

-----  
Long Distance Challenges on the Continent

by Mike Hobden

I've just got back from backpacking Geneva - Nice via the G.R.'5'. A wonderful route through the Alps. It is a trek rather than a run, but I could not help thinking (en route) that sooner or later some fell running club might like to 'relay-it' with a support vehicle. It resembles the Pennine Way inasmuch as it is a North-South route (the track actually starts in Holland, finishing at the Med.), and every two or three days walking you cross an East-West road, so there would be access for vehicles. All the ground is runnable - no problems - even though many of the passes are 8000'/9000'.

Another possible Continental challenge is the Tour de Mont Blanc (France-Italy-Switzerland-France). I walked it with Ramblers a few years back and it's a fantastic route with wonderful views of all the Mont Blanc glaciers. A 37 year-old French woman ran round it this summer in 29 hours. Ramblers and Waymark Holidays assign 14 days to the holiday, so you can get some idea of her achievement - which incorporates altogether 13000m. (43000') of ascent and descent. The

record is held by Christian Roussel of Chamonix (race Director of the 'Cross de Mont Blanc'- see Spiridon fixture list) in 24hrs.55mins.

I write this because I know that many UK fell runners now go out to Switzerland for the Sierre-Zinal mountain race (held annually on the second Sunday in August) and perhaps they could combine an attempt at the above variant before or after the Sierre-Zinal. I would be delighted to forward any information (maps, guides, time schedules) to any fell runners interested in the Tour de Mont Blanc or the G.R.'5' routes, either by post or at races next season.

Mike Hobden, 20 Reston Court, Cleethorpes, Humberside.

-----  
John Blair-Fish is acting as liaison officer between the FRA and Spiridon GB and in this capacity can be contacted for information on CIME (European Mountain) races. His address is: 28 Howdenhall Cres., Edinburgh. EH16 6UR. Tel. 061-664-8425

PONY BRITISH (MANCHESTER-BOLTON) MARATHON

by Peter Knott

Quite a large number of fell runners took part in this Vince Regan/ Jack Haslam classic on 23 August. Picking them all out of the 6,547 finishers is not a practical proposition! Will fell racing ever come to this?

Alan Sladen was 3rd (2.24.10) and Paul Blakeney 6th (2.25.37). Dave Attwell had a good one (and got on TV!), 19th (2.32.40). Further down the list were Tony Llewellyn (2.46.19), Kevan Shand (2.48.43), Colin Pooley (2.48.53) and Ian Holloway (2.49.26).

In 145th place in 2.51.52 was first lady, Veronique Marot (who has given up running and marriage for marathoning), just ahead of Mike Short, who wishes his time to remain unpublished in this magazine, but was around about 2.52.13. In 2.54.31 was Roman Halenko.

Between three and four hours were 2,290 runners and goodness knows how many regular fell runners can be found amongst these. I saw Jean Dawes on the finish field and found that both she and husband Pete, had finished, using their great powers of determination to overcome a shortage of training miles, I suspect.



HE WAS JUST GETTING USED TO PETER KNOTT'S STRINGLESS VEST WHEN UP COMES THIS GUY IN HIS SHORTLESS TIGHTS..



The course was said to be hilly and the weather said to be hot. I found neither a problem, probably due to two weeks training in hilly, humid conditions in Brittany, whilst on holiday, plus the wearing of my new 100% ventilation vest. Definitely superior to string vests, but the AAA will probably ban them as being unsuitable for ladies!

BRITISH FELL RUNNING CHAMPIONSHIP 1982

The FRA committee have made three changes to the events that count towards the 1982 championship. Many people requested a race in the Pennines, so the Edale Skyline replaces the Moffat Chase. To avoid three races in three weeks (or even two weeks, as it was this year), Pendle is replaced by Thievely Pike. In the medium races Snowdon is replaced by Skiddaw. The policy of gradual rotation of events will probably continue.

1982 Events are:	<u>Short</u>	<u>Medium</u>	<u>Long</u>
	Buttercrag	Kentmere	Edale Skyline
	Melantee	Ben Lomond	Welsh 1000
	Burnsall	Fairfield	Ennerdale
	Thievely Pike	Skiddaw	Wasdale
	Blisco	Ben Nevis	Borrowdale

Veteran's championship events the same, and women's dependent on the Burnsall organiser accepting women.

"SCRUBBERS' CHAMPIONSHIP"

We still do not have a name for this secondary championship system. Among the suggestions received are 'British Fell Running Standard Championship' or 'Standard League' or 'Class A Open Championship'. The system will operate for the 1982 and will, hopefully, have a title by the time it has a winner! The way it works is exactly as in the old system - i.e. 10 best category A races, of which 3 must be long, 3 medium and 3 short + 'best of the rest' 10th counter. The only difference from the old system is that the 15 Championship races DO NOT COUNT for the secondary championship.



# SHORTS



CLUB RUN?

The Kinniside Race looks more and more like a Saturday club run. This year of the first 20, 16 were from Cumberland Fell Runners and Keswick AC. With so many races on the same day, and all 'A's, it is inevitable that such a distant event will have a restricted field. Shame, though, 'cos it's a lovely race.

DON'T RUN BEFORE YOU CAN WALK

Neil Shuttleworth informs us that a group of fit ramblers walked the Borrowdale course this summer in six hours. He makes the thought-provoking suggestion that runners who take this time to complete the Borrowdale Race should consider joining the Long Distance Walkers' Association.

SUBSCRIPTIONS 1982

You will have noticed that there's a slip in with the magazine for you to fill in and return with various details, and your subscription of £2.50. FRA membership records are going onto a more up-to-date computer system, which will hopefully lighten the load of the Treasurer and Membership Secretary, and eliminate errors in magazine and calendar distribution. Please return the form as soon as you can - don't forget the money- to the Membership Secretary.

CALENDAR 1982

Calendars will be distributed in February to all those who have paid their 1982 subscriptions. YOU WILL NOT RECEIVE A CALENDAR UNTIL WE RECEIVE YOUR MONEY! Sorry, but a number of members have been getting two years for the price of one under the old system.



**JOHN WILD, 1981 British Fell Running Champion leads Harry Walker down Ben Nevis.**  
Photo by Neil Shuttleworth

# Letters to the Editor

Dear Members,

It was not to too many people's amazement that the Whitehaven Coroner recorded 'death by misadventure' as a result of the hearing to resolve the circumstances of Bob English's (Keswick AC) death on this year's Ennerdale Fell Race.

Several facts came to light during the hearing, one of which was horror to hear. It has been reported, as many will know, that Bob was found on easy terrain above Anglers Crag on Crag Fell, only a mile from the finish at the Scout Centre. He was found to have suffered extensive injuries, including broken wrist, leg and neck - the latter being the cause of death. Note: all these and many more injuries and yet Bob was found on easy terrain.

From the evidence obtained at the hearing it was proved that Bob had had at least two separate falls, probably three. The final fall induced the fatal neck injury, as he could not have got to where he was found with such an injury. Now, think of a man desperately clawing his way around with broken limbs in the gathering gloom, while less than a mile away, Bob's number and THIS is the point, several other numbers, eight in all, were still unaccounted for.

I am going to come straight out with this - the blame must lie with US, the competitors for this tragedy. The Cumberland Fell Runners Association and the Rescue Teams knew fine well there was not eight folk still out there, there could have been one, and this time there damn well was!

It can be deduced that Bob's first fall must have taken place at around 5 p.m. It was 11.30 p.m. when a dog and handler found him STILL ALIVE, but dead on arrival at hospital. When the final fall took place will never be known, but it could have been very shortly before his discovery. Now, think if we all had checked in race completed or not, Bob's single absence would have been rather more alarming, and rescue of a man with broken limb(s) had rather a different outcome.

My own fell running has evolved from years of big distance events averaging 50-odd miles a time with more than I can remember nights on the fells. The point is that on events such as these the risk to life has to be greater, and all along I have had hammered at me the safety aspects, number(tally) deposits, use of personal recovery vehicles banned, etc., but the fell runner who has only fell run HAS NOT.

I was present at the Three Peaks Race a few years ago when a poor wretch lost his life on another wicked day. Runners went off Ingleborough in all directions - I am told that most reported in, but many did not, and again ONE lad certainly didn't and was found the next day. The same thing happened this year at Ennerdale and surely by the law of averages will continue, unless a reliable, feasible system is adopted by organisers which enforces all runners to report their whereabouts after or even during fell races.

I am fully aware ( I am an event organiser) that any system adopted will be neither water-tight nor simple to operate. I know when I'm smashed to go all the way back to base for the sake of, say, £1 number deposit will be far from priority, but if I knew that failure to report in meant that I was barred from that race, or better that Club's races, or the FRA as well, then I would make sure my location and safety were known.

If adopted, I appreciate that this might mean the FRA(?) telling organisers how to organise their races, a dodgy subject, but I firmly believe that something must be done and it is up to we fell runners to devise a system of safety to be adopted on all Medium and Long fell races. We cannot keep disregarding these accidental tragedies, as one day it could well be yourself. Bob had done more 50 odd and 100 milers than most of the field put together, very experienced and well kitted for the day. I stopped a yard or two short of a crag coming off Pillar that day, blown and legless, did you? I wouldn't like to think my life would be depending on the memory/intelligence of the others on a race.

I've thought a lot in the writing of this letter, and very much so if I should even send it, but I have done, or I too would be pushing the matter to one side. I am sorry to be filling the pages of our magazine with such an unsavoury topic, but I'll also be sorry if no further action is taken.

The Youth Hostel, Ambleside.  
October 1981

Tony Cresswell

I agree wholeheartedly with Tony's sentiments, and it seems relevant to me to follow his letter with one from Duggie Croft about irresponsible substitutions in the Three Peaks Race.

Dear Sir,

Some fell runners seem to be unaware of the rule applied to the Three Peaks Race which stated simply is 'no substitution'. They also seem to be unaware that they face disqualification both of themselves and their clubs for an extended period if they ignore this rule. It may assist the competitors to know the reasons for the rule and the severe penalties for infringement.

Quite apart from the fact that it is a AAA's rule under whose laws the race is run, there are practical reasons.

The race is only possible with the permission of various authorities, principally the North Yorkshire Police. Not surprisingly, they are concerned to ensure the safety of competitors so far as possible and in consequence they impose various requirements upon us. Firstly to ensure that the casualty rate is low, and secondly to ensure that when a casualty does occur, that there is rapid response.

To cater for the first point we have our experience requirement designed to ensure that the competitors have the requisite skills, expertise etc. Clearly, we are unable to vet the qualifications of someone who does not enter in accordance with the rules. Secondly, a proper response to an emergency can best be made with knowledge of the casualty (quite apart from being able to check up and make sure he has not gone home!) Again this can only be done if we know who has started.

Recent experience indicates quite clearly that unless our arrangements are satisfactory, then permission will not be granted and the race will

not be held. A situation which I certainly do not relish. Alternatively, it is always possible that the authorities might impose additional requirements which neither I, nor I am sure, the majority of competitors would welcome. These are the major points but there are others.

From time to time entries from qualified competitors are rejected as a result of the ballot. It seems to me wholly unfair that these people abiding by the rules should subsequently find that an unqualified runner actually takes part. Less seriously all competitors are then inconvenienced since they must wait longer for results sheets which require recalculation and some will now be put to the trouble of returning their prizes, medals, etc. so that they can be re-issued.

Our competition rules are framed with the interests of competitors very much in mind. About half our committee comprises active runners and our President, Chairman and our only two life members are all retired runners. We have made it clear that we are always willing to hear suggestions for improvements from runners, although few have actually been made. In these circumstances I am profoundly disappointed when a minority continue to put the enjoyment of the majority at risk in such an irresponsible fashion.

The allegations made in connection with the 1981 race are under investigation and if proved, penalties will be imposed and those who have complied with the rules will find that their positions, if not times, are markedly improved.

Secretary, Three Peaks Association.

Yours sincerely,

October 1981

D A Croft

Whether it can be proved or not, we know that substitutions took place. Perhaps those who used others' names and those who knowingly let them do so, will now realise how stupid they were. Ed.

---

Dear Andy,

Speaking as a climber and fun fell runner who took part in the Ultimate Challenge '81, I must admit that I found Roger Smith's description of his participation in the event somewhat aesthetic and his references to the non-competitive aspect of the Challenge a little hypocritical. Reading his article resurrected feelings that I initially experienced upon completion of the event.

My pal and I were amongst those who carried all our necessities from the outset (i.e. gradually decreasing 40lb packs) and although we took a high level route including 16 Munros we were heretical enough to wear our fell running shoes for a considerable part of the trek. We were even seen to break into a steady jog from time to time!

What really amazed us was discovering, upon completion of our 200 miles, that some non-competitive(?) participants had used vehicular back-up, others had planted caches, including tents, so that they could travel as lightly and as quickly as possible, whilst yet others had set out specifically to bag more Munros than any participant in the UC '80. In the valley of the Spey we were actually overtaken by either a streaking shepherd or, more likely, an Ultimate Challenger who had taken lightweight travel to extremes!

Despite these observations I agree with Roger that the Ultimate Challenge means many things to many people, including being a good preparation



for the main part of the fell running season, but despite the protestations of the organisers the event does have a strange competitive/co-operative element to it similar to that of the people's marathons and hopefully it will become an annual fixture.

Best wishes,

September 1981

Tony Halpin

Tony enclosed a slide of the streaker, but it was in colour, so we sent it to 'Playgirl'. Ed.

Dear Andy,

Here are a few opinions about organisation of races, which I hope will be accepted in the spirit they are given. By and large I have nothing but gratitude and praise for organisers and I would not wish to express adverse criticism without making that clear. But I do have three niggles:

1. Having to enter in advance.
2. Having to stamp and address three envelopes in order to do so.
3. Having to pay an inflated entry fee to cover a 'meal'.

Looking at each of these in turn, although they are probably connected.

Of course, sometimes numbers must be restricted, but in these cases entries should be the first 'n' drawn at random from the pile received by a certain date, except that reserved places for 'seeded' runners would be appropriate (e.g. the first 25 in the previous year's British Fell Runner of the Year Championships). In these races I think there should be reserve entries for people who turn up on the day and substitute for absentees, and this should be usual practice anyway. In this way the first 20 or 50 or whatever after the chosen 'n' are told that they can substitute 10 minutes before the race for anyone who has not registered by then. Then no-one would feel aggrieved about not being accepted when there are absentees.

Possibly this system would create more problems than it solves. But, when I have to enter, I would like to avoid having to write off for an entry form. I do not see why organisers cannot accept a handwritten request. Perhaps a form of words could be suggested in the magazine or a few pages of blank entry forms acceptable to organisers could be sent out with the magazine.

On the food side I would like to see my entry fee provide for plenty of drink at the finish and en route when appropriate, preferably hot. I am not at all interested in junk food being provided, because I don't eat that sort of thing if I can avoid it, and it does not seem to me too difficult to take a sandwich, etc. There are exceptions of course, (Chew Valley is an example), but I would guess that the provision of food is one of the organiser's worst problems and without it he would not need to know beforehand precisely how many entries there are, which would deal with the entries problem.

Yours sincerely,

September 1981

Will McLewin

Cumberland Fell Runners (accepted as the model organisers) are changing to 'entries on the day' for 1982, so we will see how it works for them. I personally hope they continue with the butties and scones, though! Ed.

Dear Andy,

As another mediocre fell running GP (there are quite a few of us, believe it or not), may I comment on your reply to Dr Walker's letter in August's 'Fell Runner'.

Smoking is an activity which doctors discourage - true. Exercise is an activity which doctors encourage - true. Smoking diseases we take seriously - true. Running injuries are, for the most part, not taken seriously - true.

Is there an inconsistency? I personally do not think so. Here are a few statistics from the office of Population Censuses and Surveys relating to deaths in this country for the period December 1979 - December 1980 of only three smoking related diseases.

<u>Cause of death</u>	<u>Number of deaths</u>
Lung cancer	35,158
Bronchitis and emphysema	46,106
Heart disease	290,392

These are only deaths and do not reflect the many tens of thousands more who suffer from such illnesses often for many years prior to untimely death. In comparison there were no deaths due to fell running during the same period.

Limited resources must go to the most needy cases and hence running injuries take low priority.

However, having made that point, I must admit that as a runner I get just as worried and frustrated about my injuries as any one else. Could it be that all potential 'Sports Injuries GPs' are all too busy fell running?!

Congratulations on a great magazine.

Yours,

October 1981

Robin Burr

You've made me change my view. Ed.

Dear Mr Styan,

At last I put pen to paper after being an avid reader of the magazine since its inception. I'm sorry to see that stalemate between the FRA and the AAA over official recognition - 'Rome wasn't built in a day' - perhaps another ploy should be tried.

Has the FRA approached clubs on the point in question for their view? The clubs, especially those with an interest in fell running, may have some valid views. I'd also be interested to hear if the strong Northern cross country clubs support the FRA in their attempts to join the AAA.

You may or may not know that I - along with my supporting committee LDMTA - initiated the first Northern Counties Fell Running Championships incorporating the event into the Skiddaw Fell Race. Since then the same championships have been held from the same venue in Borrowdale.

When I first got involved in the idea of NC fell championship, my thoughts were that this particular race would merely be a start towards other championship type fell races on similar lines to the cross country championships leading towards our best fell runners being 'selected' to run against first European fell runners and then a World fell running championship - WHY NOT!

perhaps I've got my head in the clouds (on my job it often is), but should such schemes be practically possible, I'm convinced the door leading to recognition by AAA would swing open. But first speak to the clubs - especially the big ones involved in most spheres of athletics.

My second point is I think the FRA committee were wrong to delete the Skiddaw from the championship point scheme (no excuses for being biased). My opinion is whilst not as rugged or as long, the Skiddaw is the nearest fell race as a competitive event to the Ben Nevis we've got in England. No other race in this country comes anywhere near it.

There are many longer races, but none of them are as competitive - man against man with fell running thrown in for good measure. Or have I got it wrong - does fell running come first and competition next! I sincerely hope not .....Without doubt the Skiddaw is the severest test of FAST fell running in England - ask Jos Naylor to confirm my view.

Best wishes,

August 1981

Des Oliver (Keswick)

On your first point, the major clubs of Kendal, Keswick, CFRA, Clayton, Horwich, Rochdale and Lochaber are all represented on the FRA committee. On your second point, do I hear sour grapes from one of the Skiddaw organisers? Skiddaw is commonly referred to as a 'category A road race' - it certainly is fast, but it is surely no more 'competitive' than Fairfield, Kentmere, Wasdale, Borrowdale, etc. Also I believe that, for most of us, fell running DOES come before competition. However, you will be pleased to hear that Skiddaw takes the place of the Snowdon road race in the 1982 BFR Championship. By the way, who is Jos Naylor? Ed.

Dear Andy Styan,

I have just received and read the August 'Fell Runner' and I felt I would like to echo some answers of John Wild. I am secretary of the Lothian and Borders Police Athletics Club and we have ventured into fell running and it is very rewarding to find runners who are potential champions like John Wild having exactly the same reasons for becoming and remaining hooked on fell running.

I am sure that you must have many letters echoing exactly what John Wild said in answer to your 5th and 6th questions and, if not, I feel confident enough to say that that is how we all feel about fell running. Those two answers say it all.

Yours gratefully,

August 1981

Andrew Burt

From 'Spotlight on John Wild' - 'The Fell Runner' - August 1981:  
'The thing I like most about the fell racing scene is the hospitality of runners, families and spectators alike. To have such a friendly atmosphere in a running event is rare in my experience.'  
'It may sound corny, but honestly all I want to do is go out and enjoy myself. Have a good day out, travelling etc., and do well in all the races I run in.'

Dear Andy,

Does the ex-sheep farmer from Wasdale have the ability to fly, since most photographs show him with both feet a foot or more above the ground? Surely there are rules which prevent competitors from flying in fell races?

I hope my competition entry is not as bad as Roger Bow-mice-setter's 'Wind on the Hill', which I believe I have already heard.

Yours sincerely,

August 1981

J Ian Roberts

Jos Naylor is not the only 'flying fell runner' -see Page 14. Ed.

---

Dear Andy,

I'm sorry you couldn't see your way to including Roger Baumeister's 'Wind on the Hill' article, as I helped him put it together several months ago, offering advice on technical matters, etc. Had it appeared in print, it may also have stopped other runners 'sitting in' behind me in misty conditions!

Yours sincerely,

August 1981

Martin Hudson

---

Dear Andy,

I'm sure Donald Booth was trying to be helpful with his advice on shoelaces under 'Get Knotted'. But there's at least one 'runner' who didn't appreciate his advice. Bang goes another excuse for me to have a rest!

Yours sincerely,

October 1981

Brian Hood

---

Neil Shuttleworth reckons that Nick Matthews' article in the last issue would have been more interesting if he had elaborated on the results he got from fell runners in his survey. We'll ask him to.

---

Paul Sydney writes that he wants space in the next issue for his article 'One pair of shoes lasts a season with Araldite'. He would have had it ready for this issue if he hadn't been trying to master the Booth Knot.

---

Dear Andy,

A quick comment on your article 'Where does your money go'. I personally look to the Association as the champion of us mere fell runners to provide us with the protection we need from some of the more unscrupulous organisers. You could for example review in the magazine a dozen races each issue, giving information on total cash taken,

numbers running x cost per entry. Then number of prizes given and approximate value. Also state what facilities given, changing, showers, drinks and food, the results sheet, how long after etc., etc. You could even do a star rating system, anything to expose to the members who is giving value for money and who isn't. If they were all like Frank Sykes it would be OK.

Kind Regards,

September 1981

Norman Matthews

Fine idea Norman. The committee has often discussed a 'Good Fell Race Guide', but it needs time and effort, and, believe it or not, we already spend a lot of time and effort on the FRA. Do I hear you volunteer? Ed.

Andy,

A kind of article which I've not seen yet, but which would be extremely interesting and useful to those fell runners who live some distance from the fells, and often run in races over country they have never seen before, would be a sort of 'user guide' to the various races. Even at two or three per issue it would keep you going for quite a while. The kind of thing I have in mind would tell you:

1. A few details about the venue - time/distance from motorways, say, changing facilities, car parks, bogs, pubs.
2. A bit of tradition perhaps, course changes, incidents, record.
3. The important bit: a user view of the course, e.g. a fleshed out version of the following for Pendle:  
'100 yds. on road, very silly narrow stony lane getting very steep (100 yds), flattish and sometimes very muddy grass track for  $\frac{1}{2}$  mile, ending at a farm and then the fell....etc.'  
It needs reasonably accurate distances and heights. Conditions underfoot, land marks that might help if you get lost, good bearings, A Styán navigational advice, discussion of possible choices, etc. Basically the kind of information you need to know to decide whether you fancy it or not.
4. A word or two from the organisers, perhaps.
5. Comments on the organisation, e.g. prompt start, prompt legible results, prizes, certificates, well marked, checkpoints in sensible places.
6. Maps, diagrams, profiles, even.

Keep up the good work,

September 1981

John Britton

All it needs is for someone to do the work. Are you volunteering too? Ed.

Dear Andy,

Here are a few of my own comments to go with what Dave Makin had to say in his letter published in the summer edition of 'The Fell Runner'.

I've come to the conclusion that we must have a few sharks organising fell races. I know I'm not on my own when I say it's been shocking to see some of the prize givings this last summer. Just lately we have been getting some very high entry fees, paying them week in, week out, and yet it's not going back into the event. It's not that we don't want to pay, but how come on one hand we have a race handing out prizes to the first 25 seniors (this out of 120 entries) and on the other hand

6 prizes out of 180 entries? You might laugh but it's true. Something's wrong somewhere. O.K. some organisers might say that if the entry is too much to pay, don't come, but let's face it, there would be no race but for us.

It's not a case of being greedy, since 85% of runners will never win a prize, but why should some people be able to use a race to make money? I'm not saying all fell races come into this category - just a few I've come across this year. Most of the fell races are organised very well with all the money going back into the race after all expenses have been taken out. Some are well organised, but very little money goes back to the runners. Some have poor organisation and poor prizes.

I've heard one or two organisers say that they don't have a sponsor - I say go out and find one! I'm sure it will not be hard the way the sports are catching on with the media. But even without a sponsor, with a fairly large entry at a reasonable price it would be enough to put on a fair prize list.

One thing that does happen at fell races and with which I totally disagree, is when organisers put large totals of late entries into their club funds. Surely we do not organise fell races to keep clubs going? Without mentioning names I know two or three of the top clubs benefitting in this way. Surely the runners are the ones paying, so they should see any surplus back in the race.

I'm not only seeing this from a runner's point of view, because, as many people know, I have two races of my own to organise. The Turnslack has been run for four years now. The first year the first 20 seniors got prizes out of 86 entries. This year the prize list went to 33, and the entry fee has not risen above 60p. My own club, Rochdale, receive a small donation from the race. To me it is obvious that when there is £50 left over in late entries, it should go on to the next year's total.

What can be upsetting when you think about it is that the ones I am talking about are classic races - really good events. How many runners from Lancashire want a pair of thick walking socks for 6th prize, or a key ring for 3rd prize? Not only that, but if a lad has grafted for 2½ hours in murderous weather, out of a field of 250 paying £1, and comes in 10th, you would think he would get something for his efforts.

There's lots and lots of brass not accounted for - something has got to be said. The calendar is increasing every year, it could be a case of a few more sharks jumping on the band wagon. Perhaps one way out would be to ask the Cumberland Fell Runners Committee to give lessons on how to put a race on. Come on fellas let's get it right for next year.

Hope you don't think I'm aiming this at anybody personally. We all know that it's damned hard to put a race on and there's a lot of work involved. Just let's see our money back on the table after the event.

Yours,

October 1981

Kevan Shand

Dear Andy,

I was interested to read your editorial in the August issue of 'The Fell Runner' on the subject of race accounting.

Keswick AC does not look to its races to subsidise its other activities and we try to make our races break even. Any surplus we do make goes into club funds. I enclose a copy of the accounts for the Latrigg and Borrowdale races held this August for you to publish if you see fit. We have in the past made small profits on these races - the accounts do not always work out quite so neatly as they did this year. This profit gives us a useful reserve of cash to put against any unforeseen disaster at one of our races. I agree that the ideal place for these accounts to be published is with the results, but we try to publish results as quickly as possible - they were out within ten days of the race this year. The accounts were not finalised until over a month after the race - we have to wait for suppliers to send in monthly accounts. Perhaps publication in 'The Fell Runner' is an acceptable alternative - I would not like to hold up the results to wait for the accounts.

Yours sincerely,

September 1981

Bob Barnby (Keswick)

---

The accounts of the Borrowdale and Latrigg races are printed in the relevant place in the Results and Reports section, as are the other accounts which organisers have provided. These are; Eldwick Gala Fell race, Turnslack, Hades, Foulridge and Hodder Valley. Accounts for Saddleworth and Chew Valley are also available. Many thanks to these organisers for opening their books to us - I hope others will follow suit. We will continue to publish the names of such races.

Since we have had a number of letters about race organisation, entries on the day, accountability for entry money, it seems relevant to reproduce here the 'soliloquy' of John Haworth, organiser of the Thieveley Pike race, sent out with the 1981 results:-

'I suppose the sheep who took part in the sheep dog trials next door just turned up on the day. All I want to know in advance is that the race will be self financing and non-profit making. I think the course and facilities can manage about 200, which is the number I try and arrange for and any prize money must come in advance through the post to supplement the donation from the Sheep Dog Trials Association.

I wonder if next year I'll be able to use the School House again or will the new vicar be less amenable if I can't tell him how many will be taking part, or, suppose the landowners and farmers say 'I'll let you know on the day'.

Still I suppose the depression means that people want to hold on to their entry fees a bit longer these days and the silver trophy which didn't turn up for the presentation has probably been smelted down by now. I must remember to write an apology for not picking it up and ask whether I'll be able to pass it on to this year's winner.

Could it be that Tony Benn's boys have been pushing for democratisation and accountability in the fell running scene. All this innuendo and claptrap about entries on the day and compulsory balance sheets makes one wonder. My first balance sheet goes back to 1970 when only the Clayton committee and the Sheep Dog Trials committee were interested in whether the event broke even; in those (good old) days we changed in the shippin at Beryls Green Farm and nobody complained when asked to pay 3s 6d in advance.

What really depresses me at times is that in a sport largely organised and staffed by people who are known to be active participants themselves

the contempt and sheer thoughtlessness implied by so many on-the-day entries, the perpetually unattached and the refugees from pseudo athletic clubs. If competitors can't even commit themselves in advance why should the organiser, the helper, the sponsor, the local landowner, or the police account to them? Why should organisers not try to limit the hassle of the extra on-the-day work and provision of extra help to take names, ages and sometimes a little abuse, without imposing a financial sanction or deterrent as an alternative to no entries on the day?

Still, it's all over for another year, the rain came as usual, at least that and my team of supporters are consistent; nobody got lost this year and there were no broken collar bones; the finish officials all survived and the course marshals, God bless 'em, brought back all the flags; the results are done, the press have been dealt with, the balance sheets been totted up and the £1 sanctions gone to good causes; I've tried to thank all who helped and I've got this head of steam out of my system and next year, if I get no postal entries, I can go for a run instead - except - I wonder - what if I ran next year's race, on-the-day, over the old course in reverse direction - that'd sort the buggers out once and for all!

September 1981

John Haworth

Many thanks for all your letters - the magazine would be a lot thinner without them. This is the place to make YOUR opinions and comments about fell running known - so, do keep on writing. Ed.

**HELLY-HANSEN "LIFA"**

Again the weather has turned cold and sometimes nasty so we think about keeping warm this Winter.

"Lifa-Wear" has been seen all over the place recently and continues to attract admirers. In fact the response we got from Fell runners was really amazing.

For those of you who did not order last time I am afraid you missed our best prices ever but we shall remain very competitive and keep good stocks always.

Long Sleeved Tops	Navy or Red	£5.75
Short Sleeved Tops	Small Navy or Red	£5.25
	Med, Large Red Only	
Polo Necks	Navy Only	£5.95
Breeches	Navy Only	£5.50
Long Johns	Navy or Red	£5.75

X-Large (In Long Sleeved Tops and Long Johns) 20p extra  
Sizes: Small, Medium, Large,  
X-Large. Please add 20p P&P per item  
All goods subject to availability  
Prices Subject to alteration  
Quantity discounts on request

**Geoff  
PECK**

209 VALE ROAD  
ASH VALE  
ALDRSHOT HANTS  
GU12 5JE

0252 25971



” **Rumour has it** ..... ”

- that Donald Booth's Knot is becoming the fell runner's alternative to the Rubik Cube.
- that it only took a small bribe to tempt John Wild to join the Cumberland Fell Runners, first claim.
- that the KIMM organisers are to disqualify competitors such as Jos Naylor who insist on running with a body weight less than that of their packs.
- that Taff Davies wore studs for the first time in the Ben Nevis race, where he moved from 13th to 3rd on the downhill - wait till he wears his 'Ripoff 99's'!
- that Father Christmas will be the summit marshal at the Whinberry Naze Dash on Boxing Day.
- that Jos Naylor's vet. administered 'Bute' to him before this year's 'Karrimor' (which he won with Mike Walford).
- that the Ordnance Survey give High Street the alternative name Racecourse Hill to attract Billy Bland.
- that Mike 'Just-Stopped-to-Tie-my-Laces' Short is seriously considering the Booth Knot.
- that Roger Boswell has writer's cramp.
- that only those in fancy dress or riding reindeers will be allowed to compete at Whinberry Naze.
- that the WAAA are investigating whether the bikinis worn in the Latrigg were in club colours.
- that Donald Booth is avoiding races for fear of being lynched.
- that Roger Baumeister was blown away by wind on the hills.
- that some of these rumours are true.

# THANK YOU

To: All our many contributors, including those who have made the effort to send in something which does not appear in this issue - to you, my sincere apologies.

I never seem to have space to fit everything in I would like. The magazine is restricted in size by the number of pages the printer can handle, and the only alternative to cutting copy is to go to three issues a year. Unfortunately, neither I nor my wife, Sue, has the time to cope with a third magazine and in any case we feel that after the next couple of issues we should let someone else have a go. I would like to hear from any member who would be interested in standing for the post of Editor at the AGM in October - just to let him/her know what they might be letting themselves in for!

In the meantime I look forward to receiving all your letters, reports, race results, photos, articles, competition entries for the next issue of 'The Fell Runner' in July 1982. I need to have copy by 17 May at the latest.

Andy Styan, Wentworth Farm, Wessenden Head Rd., Meltham, Huddersfield, HD7 3HN. Tel. Huddersfield 850770.

\*\*\*\*\*

Coming soon: Late entry for the competition from John Britton.

C Bacon-Rasher on Death.

Donald Booth on how to lace shoes.

\*\*\*\*\*

## STOP PRESS

Full-time Fell Runner and part-time Academic, Dr Anthony Trowbridge, 47, of Dark Peak and Sheffield University, who went missing whilst bathing in the Humber last weekend, was arrested when he surfaced during hours of darkness off the Utklippan Lighthouse, Southern Sweden, in an area where Swedish Orienteers were carrying out top secret night exercises. Claims that his navigational equipment had gone wrong were discounted by Swedish officials when a boarding party found traces of Kendal Mint Cake on the Rubber Duck he was sitting on.

A stiff note was sent to Dark Peak President, Eric Mitchell, 23. In an exclusive interview with 'The Fell Runner' last night the spritely octogenarian, Mitchell, 22, said he was finding the stiff note "very handy for scraping ice off the windscreen of my autocycle". We understand that Dr Trowbridge, 54, is being towed home under escort after being released by the Swedish Authorities.



*Despite your Peaks and Troughs, you're still probably looking for Consistency and that's where we can help you. Club Secretaries, Race Officials, Fellow Runners, Don't forget to give us a try when ordering your "Athletic Printing".*

*We may even know what you are talking about ?*

**Ask for FRED PENDLEBURY at**

**ALDBURY  
PRINTING**  
LITHO PRINTERS/PHOTO TYPESETTERS

3 NEILL STREET  
CAMBRIDGE INDUSTRIAL ESTATE  
LOWER BROUGHTON  
SALFORD 7

**061-834 7224**

# THE RUNNERS SERVICE

PROBABLY EUROPE'S LARGEST  
MAIL ORDER RUNNING  
SPECIALISTS

## NEW! 1981-82 CATALOGUE

- ★ FULL COLOUR
- ★ 32 PAGES
- ★ 85 RUNNING SHOE MODELS ILLUSTRATED
- ★ SUPERB RANGES OF RUNNING GEAR
- ★ PLUS A COMPLETE RANGE OF BOOKS, MAGAZINES AND ACCESSORIES FOR RUNNING

**AND IT'S  
ABSOLUTELY  
FREE!**



**NO SERIOUS RUNNER SHOULD BE WITHOUT ONE**

write to:

or phone:

**Dept FR, RUNNING WILD, HYDE, CHESHIRE 061-368 8008**

or better still pick up a copy at the

**RUNNING WILD SHOP,  
148/150 MARKET ST., HYDE, CHESHIRE**