

THE FELL RUNNER

January 1985



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Front cover: Tony Peacock (63) and J.Nuttall on Lingmoor
in the September 84 Three Shires Race.
Photo by Peter Hartley.

EDITOR'S NOTES.

A new year and a new season of fell running. The championship remains the same except for a few race changes. There has been a lot of talk about the future of the 'British' championship. For many it will not matter, as the many other races to choose from may offer a better race and a quieter atmosphere. For others who want to take part the cost of travel may be prohibitive. Pages 86 and 87 look carefully at the current championship. I urge you to read this and to answer the questionnaire. This magazine will continue to be produced twice each year but a new development in publications is The FRA News. The committee has been unanimous in its support of this newsletter but considerable controversy centred around the method of distribution. Unfortunately, at present, The FRA News will not be sent to all members. For details of how to make sure of getting your copy see page 94. Part of the reason for this new publication is the need to inform the membership more regularly. Another prospect is coach transport to distant races such as The Ben Nevis. Hopefully, details of this will be found in the May news sheet. Wishing you a good season on the fells.

Hugh Symonds

1985 Championship Races.
SENIORS.

<u>LONG:</u>	Edale, Welsh 1000s, Ennerdale, Wasdale, Langdale.	Vets age 0/40
<u>MEDIUM:</u>	Kentmere, Coniston, Fairfield, Snowdon, Ben Nevis.	or 0/50 before
<u>SHORT:</u>	Blisco, Eildon, Melantee, Gategill, Burnsall.	the Edale date.

JUNIORS.

8 races to count from these 13

Chew Valley, Kentmere Pike, Penyghent, Coniston, Clougha, Saddleworth, Wasdale, Latrigg, Downham, Sedbergh, Pendleton, Thieveley Pike, Butter Crag.
Juniors are those 0/15 and U/17 on the date of The Chew Valley.

SKIDDAW RACE 1984By Peter Travis

(Ken Stuart's record-breaking run)

There is talk on Fitz Park's meadow
of record-breaking run by Threlkeld's mountain man.
Diminutive, lightly framed, he'd seen Blencathra's summit
that very morning, as though to make a votive offering.

I watched this multi-coloured melee
take the field and listened to their talk.
Past names, enshrined in mountain conquests;
punishing runs, long remembered by Lakeland athletes;
victories, sustained aggression that almost bursts the lungs.
These are the indelible memories of those
who run the rising fells.

Across the field they stride, like some
pursuing pack of hounds, eager for the kill.
There is a line, ever thinning up the fell.
The leader makes his unchallenged break, while others
watch the mercurial feet leap the unending steepness.
Arms, piston thrusts of dynamic power,
legs, smooth flowing, like some mountain rill.

The summit cairn; thirty nine flying minutes
to conquer the archer's hill.
The Threlkeld fellsman turns, undelayed,
and hurtles down the smooth grey shale,
along the broadening path, down steep grass bank,
pounds the metallised hardness of the road.
Round Fitz Park's oaks he carves his way,
alone, but not lonely in his victory,
so many share with him the pride of conquest.

While others break the boundary field
the crowd await the official time,
A shout goes up, 'The record's gone'!
He stands, a thoughtful figure for a brief span of time.
His reverie is broken by those
who thrust their hands in his.

* * * * *

CHAMPIONSHIPS

Statistician's report.

Well what a predictable season it's been, not that I've seen much of it. Kenny won the championship easily but I bet he would have loved to have done it with 10 maximum points wins. But who was the man who stopped him from doing that? It was the self retired Billy Bland in the Borrowdale. Come back Billy, all is forgiven. Still let's not take anything away from Kenny, he's a class above the rest of us.

Congratulations to J.B. for winning the tussle for second spot. He and H.S. battled all the way till the last race. Ray Aucott won the 0/40 for the second time, being well clear of Derek Kay in second place. Gilbert Scott had a good middle of season to pip Bill Harwood and George Brass to win the 0/50.

What can one say about Pauline Howarth's win in the ladies? 10 wins and 120 points. To be honest she did not really have any competition.

The overall turnout was down this year on 1983. 126 senior men as opposed to 162 last year. The vets were 29 down and the ladies just 4 down. 24 teams is more than last year.

Next year the 0/50 will score in their own championship just as the 0/50s do. More work for me and the computer but we don't mind.

Kevan Shand.

TOP TEN RACE POSITIONS

	Blackstone Edge	Saddleworth	Elidon Two Hills	Blisco	Thieveley Pike	Black Combe	Coniston	Fairfield	Moel Siabod	Ben Nevis	Northern Counties	Ennerdale	Glossop	Borrowdale	Sedbergh	Total Points
Kenny Stuart	32	32	32	32	0	32	32	32	0	32	32	32	0	29	0	317
Jon Broxap	0	28	27	27	0	29	27	27	32	25	29	28	22	27	32	286
Hugh Symonds	24	27	28	25	0	27	29	29	0	28	26	29	32	0	25	280
R Dwen	10	25	24	9	27	0	0	18	24	18	0	0	29	24	27	226
J Maitland	0	24	29	29	0	0	28	26	28	29	0	0	0	0	29	222
D Cartridge	22	26	26	0	0	20	0	21	29	23	0	0	0	12	28	207
R Ashworth	8	0	0	0	14	4	23	0	26	20	25	23	26	23	9	192
C Valentine	28	14	13	17	19	23	0	17	10	24	23	14	0	0	10	189
K West	0	11	18	10	18	22	17	14	18	0	0	12	25	19	26	188
S Breckell	0	7	23	0	0	28	0	20	27	0	28	19	28	7	0	187

SENIORS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	K Stuart	Keswick AC	317	55.	M Newby	Rossendale H	27
2.	J Broxap	Keswick AC	286	56.	A Buckley	Holmfirth H	25
3.	H Symonds	Kendal AC	280		G Devine	Skyrac AC	25
4.	R Owen	Horwich RMI	226		M Hoffe	OBMS	25
5.	J Maitland	Aberdeen	222		A Hyslop	Ambleside	25
6.	D Cartridge	Bolton H	207	60.	R Bloor	Liverpool Univ.	24
7.	R Ashworth	Rossendale H	192		D Cartright	Holmfirth H	24
8.	C Valentine	Keswick AC	189	62.	T Birtwistle	Rossendale H	23
9.	K West	Border	188		I Ferguson	Bingley	23
10.	S Breckell	Blackburn	187	64.	D Lee	CFRA	22
11.	R Pilbeam	Keswick AC	186	65.	H Walker	Blackburn	21
12.	R Rawlinson	Rossendale	182		A Spenceley	Carnethy HR	21
13.	A H Smith	CFRA	181		T Farnell	DPFR	21
14.	B Brindle	Horwich RMI	177	68.	P Bergstrand	Rochdale	19
15.	G Gough	Blackburn	175	69.	M Targett	Clayton	18
16.	D Hall	Kendal AC	171		C Hollingworth	Holmfirth H	18
17.	M Patterson	DPFR	147	71.	S Sutcliffe	Mandale	17
18.	K Taylor	Rossendale H	135	72.	P Stott	Pennine FR	16
19.	W Bland	Keswick AC	131		P McWade	Clayton	16
20.	S R Moore	Horwich RMI	129		R Campbell	Lochaber AC	16
21.	A Hulme	Pennine FR	115		A Addis	Glossopdale H	16
22.	P Irwin	Rossendale H	113	76.	R Shaw	Skyrac	15
23.	P Tuson	Kendal AC	112		T Pilling	U/A	15
24.	D Woodhead	Horwich RMI	109		K Barrett	Rochdale	15
25.	R Aucott	DPFR	104	79.	M Lindsay	Carnethy HR	14
26.	S Livesey	Ribble Valley	97		G Read	Rochdale H	14
27.	A Styan	Holmfirth H	94		P S Mitchell	Bingley H	14
28.	M Aspinall	Rossendale H	84		J Blair-Fish	Carnethy	14
29.	D Bland	Kendal AC	77	83.	J Clemens	Black Combe	13
30.	P Lambert	Red Rose	70		R Futrell	Holmfirth H	13
31.	A Harmer	DPFR	64		B Peace	Bingley H	13
32.	S Parker	Rossendale H	63	86.	D Barnes	Keswick AC	12
33.	R White	Holmfirth H	61	87.	A Addams	ICL	11
34.	M Short	Horwich RMI	58		R Morris	Carnethy HR	11
35.	P Standing	Bolton	57	89.	R Harbisher	Holmfirth H	10
36.	R E Whitfield	U/A	54		L Pratt	Sunderland	10
37.	J Eaton	Rossendale H	49	91.	I Charlton	Keswick AC	9
38.	D Stuart	Keswick AC	47		A Marsh	Holmfirth H	9
39.	G Byers	CFRA	46		J Emmott	Skipton H	9
40.	N Lanaghan	Keswick AC	44		D Booth	DPFR	9
	H Jarrett	CFRA	44	95.	G Webster	Kendal AC	8
42.	P Barton	Keswick AC	39		J Nixon	Horwich RMI	8
43.	A Richardson	Kendal AC	37		I J Robinson	Clayton	8
44.	C Clucas	CFRA	36		H Aspinall	Rossendale	8
45.	G Griffiths	Eryri	32.		S Furness	Blackburn	8
46.	M Prady	Glossopdale	31		C Wilkinson	Kendal AC	8
47.	M Rigby	Ambleside AC	30	101.	R Jackson	Sale H	7
48.	A Jones	Glossopdale	29		A Clark	U/A	7
	A Darby	MDC	29		A Philipson	Gosforth H	7
50.	A Curtis	Livingstone AC	28	104.	D Jones	DPFR	6
	S Priestley	E. Cheshire	28		D Waterhouse	Saddleshworth	6
52.	R Seager	LEIOC	27		R Toogood	DPFR	6
	D Kay	Bolton	27	107.	S R Hughes	U/A	5
	J Naylor	CFRA	27		D Ibbetson	Glossopdale	5

VETERANS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	R Aucott	DPFR	214	16.	J Dean	Holmfirth H	62
2.	D Kay	Bolton	188	17.	P Brookes	Lochaber	59
3.	J Clemens	Black Combe	173	18.	W Buckley	Glossop	54
4.	R Jackson	Sale H	170	19.	P Kelly	Rossendale H	47
5.	P Murray	Horwich RMI	150		B Thackery	DPFR	47
6.	N Berry	Holmfirth H	147	21.	N Mathews	Horwich RMI	46
7.	A Philipson	Gosforth H	126		R Toogood	DPFR	46
8.	A Peacock	Clayton	112	23.	J Naylor	CFRA	44
9.	P Blagborough	Saddleworth	111	24.	J Eckersley	Saddleworth	37
10.	J Stout	CFRA	94	25.	J Davies	Eryri	36
11.	G Scott	Cockermouth	85	26.	P H Fettes	Lochaber	32
12.	T Macdonald	Bingley	78	27.	P Duffy	Aberdeen	29
13.	N Fisher	Eryri	66		M Sanderson	U/A	29
	B Harwood	Oldham	66	29.	G Spink	Bingley	28
15.	G Brass	Clayton	63		R Asquith	Holmfirth H	28

SUPER VETERANS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	G Scott	Cockermouth	85	6.	W fielding	Leeds	14
2.	B Harwood	Oldham	66	7.	W Gauld	SHRA	13
3.	G Brass	Clayton	63	8.	W Robinson	CFRA	6
4.	B Thackery	DPFR	47	9.	C Tutt	Lasswade	5
5.	G Spink	Bingley	28	10.	N Webb-Bowen	CSSASS	4

LADIES

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	P Haworth	Keswick AC	120	16.	J Graham	Ambleside	13
2.	G Wilkinson	Keswick AC	77	17.	K De Menger	DPFR	12
3.	B Hogge	Eryri	75		C Taylor	U/A	12
4.	L Lord	Clayton	70	19.	A Carson	DPFR	11
5.	A Soper	Achille R	59	20.	R Coates	Lochaber	9
6.	V Brindle	Clayton	39		L Martin	Pennine FR	9
7.	K Mather	Saddleworth	36		S Parkin	Holmfirth H	9
8.	D Varney	Kendal AC	33	23.	C Whittle	DPFR	8
9.	W Dodds	Clayton	25		D Ellerton		8
10.	C Haigh	Holmfirth H	24		V Mason	Kendal AC	8
11.	G Goldsmith	DPFR	21		A Teasdale	U/A	8
12.	A Curtis	Livingstone AC	15	27.	S Walsh		7
13.	H Mathews	Bolton	14	28.	E Stephenson	Ambleside	6
	W Lightfoot	DPFR	14	29.	V Thornton	Kendal AC	5
	G Docherty	Saddleworth	14		F Radford	Keswick AC	5

Seniors

5 pts	M. McDermott.
4 pts	M. Jones, P. M. Hartley, K. Mingins, A. Hauser, G. Berry.
3 pts	M. Jones, J. Boswell, D. Wilkinson.
2 pts	J. Davies, S. Willis, F. Skelton, P. Brooks, S. Kirkbride, A. Thornton.
1 pt	A. Kay, R. Boswell, W. Buckley.

Veterans

26 pts	R. Lord.	24 pts	M. Simpson, R. Stephenson, H. Blenkinsop.	23 pts	S. Bradshaw.
25 pts	R. Orr.	22 pts	R. Blamire, J. Laycock.	21 pts	K. Lodge.
20 pts	N. Dyson.	19 pts	M. Edwards.	18 pts	J. Beverley.
15 pts	W. Wade.	14 pts	W. Fielding.	13 pts	W. Gauld.
12 pts	W. Harrison, D. Williams, P. Bland, N. Bramwell.				
11 pts	D. Hughes, K. Burns, A. Evans,	9 pts	C. Lawton, G. Meikle.	8 pts	M. Coles.
7 pts	I. Shaw, P. Davies, J. Black.	6 pts	P. Coleman, A. Stevens, A. Walker, W. Robinson.		
	A. Heaton, H. Gill.	5 pts	R. Clives, B. Jones, G. Royle, C. Tutt.		
	J. Capenhurst, C. Gledhill.	4 pts	H. Stansfield, P. White, N. Webb-Owen,		
	P. Carmichael, F. Jackson, J. Jackson.				
3 pts	J. M. Marstrand, G. Lloyd, H. McKenne, R. Richardson, P. Longfield.				
2 pts	P. Whitmore, F. Sykes, G. Barras, M. Wood, D. Clutterbuck, A. Caplin.				
1 pt	A. Pearson, K. Jones, P. Parkins, A. Stapley, D. Skidmore.				

Ladies

5 pts	J. Spence, E. Dunn.	4 pts	M. Eaton, P. Symonds.	3 pts	S. Watson.
2 pts	K. Dyer, C. McNeil, K. Taylor, B. Wilkinson, C. Brindley.				
1 pt	T. Puland, S. Kiveal, G. Simpson, C. Meredith.				

BRITISH JUNIOR FELL RUNNING CHAMPIONSHIP 1984

In its first year the Championship proved to be a great success with 74 juniors (aged 15, 16, 17 on 1st March 1984) registered in the results and 10 teams. The junior races chosen were in order of occurrence, those of Kentmere Pike, Pen-y-ghent, Coniston, Clougha, Saddleworth, Wasdale, Latrigg, Downham, Sedbergh, Pendleton, Thieveley, Butter Crag, An individuals 8 best positions from the 12 were to count with 22 points for 1st down to 1 point for 20th position.

Micah Wilson of Hallamshire A.C. eventually won the Championship with 7 good early races. Gareth Devine won 5 successive races towards the end of the season beating Micah at Thieveley after a controversial late entry. This meant that they tied on points, the winner not being known for the Dinner, with the deciding race next day at Butter Crag. This race had a poor entry and no Gareth Devine. Micah Wilson in winning that race, took the Championship. Robin Bergstrand ran consistently all season, having won Kentmere, to finish third in the Championship. These three received engraved tankards and Micah the Championship Shield in a presentation at Butter Crag.

The Team Championship was won by Horwich R.M.I. Harriers. They had a team of 3 counting members in all the above races with a few more to spare and were the Club to support the Championships best in terms of numbers. The team was presented with the Team Championship Shield at the Dinner and those who had contributed most to winning it - I. Dermott, S. Curren, I. Campbell, C. Dermott, W. Brindle - were presented with plaques. It should be mentioned that I. Dermott was the only junior to run and score in all 12 Championship races.

Where were the Cumbria junior runners? Not many even for the "Lakeland" races. There was great interest from the "Peak District" juniors so that is where the bias of races must be, with some in middle ground, until entries suggest otherwise. No girls scored points in the Championship and in fact only a few ran in those races. The great success of the Championship must be that it did stimulate juniors to run and fulfilled the F.R.A.'s aim in starting it up - to encourage already experienced junior fell runners and other under 18 juniors of suitable ability and inclination to have a go in any junior events organised up and down the country.

many organised on the same day as senior races. Transport to the events was seen to be a problem facing juniors and in some cases clubs and parents stepped in to help but it still appears that seniors were still reluctant to take juniors along. A "safety-first" approach was adopted, encouraging juniors to seek advice before entering races, particularly where navigation was involved. Thankfully juniors seem to have been sensible in their approach and the only real injuries were to the two experienced Dermott brothers, each a broken ankle, in the shortest race at Wasdale on a fine day!

Remember also that many juniors ran and didn't score points and that there are other junior races, including U15's e.g. Chew Valley Junior Race had 86 starters in a combined U18/U15 race (with 11 girls included). Race organisers were very pleased with their increased entries, though these were not excessive as some feared might be the case. In some instances organisers were thinking of dropping their junior races due to lack of support but with a lot of necessary organisational effort. In organising the Championship, the F.R.A. have saved these races and made the organisers efforts worthwhile. There are other good races around and I hope that juniors will run in them, report on them in the magazine and perhaps they will be Championship races one day.

Some juniors would even like to see changes in the F.R.A. rules to bring age limits of some other races down to allow U18's to run and all other races open to 18, 19, 20 year olds. At the moment the latter group cannot seriously challenge for either Championship due to being too old for one and barred by age from some Senior Championship races.

Some race organisers were "over-the-moon" about increased entries and impressed by the enthusiasm of juniors before and during the races. The level of competition added to the interest of spectators and some of their achievements in combined junior/senior races astounded even the best seniors. There were varying opinions from juniors as to whether they prefer to run with seniors or have their own separate race. The leading runners tend to know the opposition but juniors in the main pack tend to lose each other and the competitive element goes. Races clear of the main exam period seemed a good idea. In the one "navigational" event at Sedbergh, juniors showed little directional sense, waiting to follow the seniors and in bad weather they may have had problems. The distance didn't worry them. Perhaps more juniors could attend the F.R.A. Safety and Navigation course next September! Other organisation problems pointed out by juniors can be sorted out with the very able organisers but one thing a lot of juniors did comment unfavourably on was some poor results services. Perhaps also junior team prizes to add incentive.

Well, here's to next season. Maybe a complete new set of faces particularly in the top positions. Let's hope for as much interest. As a reward for the enthusiasm and the help given to the F.R.A. by the race organisers I propose to keep much the same races in the 1985 season (with some definite changes the following season).

See you all next season, leaving you with the comment of one lad "It was a tough, well-organised and superbly enjoyable season - a great way to make new friendships - a must for the future".

John M. Gibbison.

(With acknowledgements to juniors for their comments and particularly I. Campbell and R. Bergstrand).

THE BRITISH JUNIOR FELL RUNNING CHAMPIONSHIP 1984

Pos	Name	Pts	Pos	Name	Pts	Pos	Name	Pts
1.	M. Wilson	170	8.	A. Schofield	96	15.	B Devine	59
2.	G. Devine	166	9.	J Rutter	87	16.	C Dermott	51
3.	R. Bergstrand	153	10.	S Curren	84	17.	J Iaylor	46
4.	S. Willis	133	11.	W Brindle	82	18.	J Dermott	44
5.	I. Dermott	126	12.	M Batty	75	19.	P Lavin	43
6.	I. Richardson	123	13.	I Campbell	73	20.	S Thompson	30
7.	S. Sutcliffe	117	14.	J Deegan	71	21.	S Winstanley	25

Pos	Name	Pts	Pos	Name	Pts	Pos	Name	Pts
22	P Massey	23		A Backster	11		T Fletcher	5
	M Peace	23	41	A Mounsey	10		L Madden	5
24	S McDonald	22	42	R Lister	9		P Fisher	5
25	S Frost	20		S Gallagher	9	61	D Welch	4
	C Fox	20		P Buckley	9		A Gartside	4
27	R Drinkall	19		M Paisley	9	63	J Mingins	3
28	J Atkinson	18	46	M Taylor	8		T Shanker	3
29	A Peace	16		F Glass	8		P Masteiro	3
	M French	16		A Wood	8		S Kenyon	3
31	G Watson	15		S Clayton	8		P Jaques	3
	S Brook	15		P Vinestock	8	68	S Lewis	2
	D Massey	15		B Durant	8		S Booth	2
34	S Touel	14	52	S Baltrop	7		R Smith	2
35	G Pollard	13		C Routledge	7	71	N Waite	1
	P Bell	13		J Dewhurst	7		I Roberts	1
37	N Drinkall	12	55	S Willis	6		M Edwards	1
38	S Crossland	11		G Hall	6		D Kennedy	1
	L Robson	11	57	P Walker	5			

TEAMS

Pos	Name	Pts	Pos	Name	Pts
1.	Horwich RMI Harriers	62	6.	Morecambe High School	7
2.	Bolton	45	7.	East Cheshire	6
3.	Skyrac	25	8.	Holmfirth	5
4.	Clayton-le-Moors	22	9.	Rochdale	4
5.	Bingley	14	10.	Coniston	3

Detailed copies of the results can be obtained from John M. Gibbison, 48 Fulwood Drive, Bare, Morecambe. LA4 6Q2. by sending S.A.E.

SENIOR TEAMS.

Pos	Club	Pts	Pos	Club	Pts
1.	Keswick A.C.	117	12.	Eryri	16
2.	Rossendale H.	89	13.	Bolton	14
3.	Horwich R.M.I.	86	14.	Rochdale H.	13
4.	Kendal A.C.	80	15.	Bingley	13
5.	Dark Peak F.R.	56	16.	Carnethy H.R.	10
6.	Cumberland F.R.	50	17.	East Cheshire H.	8
7.	Holmfirth H.	37	18.	Blackburn H.	6
8.	Clayton-le-Moors	34	19.	Skyrac A.C.	6
9.	Pennine F.R.	27	20.	Melrose A.C.	6
10.	Ambleside	23	21.	Lochaber	6
11.	Glossopdale H.	19	22.	Saddleworth R.C.	3
			23.	Mandale	2
			24.	Newcastle & Dist.	2

33 miles, 4,400'

17 March

We knew it would be a fast Hobble this year because of the underfoot conditions reported by marshalls who put out the unmanned checkpoints, but what followed came straight from the realms of fantasy and ended as a dream come true for two plucky lads from those gritty Rossendale Valleys. It's also said that lightning never strikes twice but it did as Pete Irwin and Ken Taylor cruised around the course in the unbelievable time of 3 hours 59 minutes to win for the second year in succession. One old lag commented that they would have won had one of them been wearing the trophy but that is to detract from the obvious effort put in by the two very fit raiding parties coaxed up from the old 'loco' works in Horwich, a club with strong traditions in fell running and an illustrious membership.

Hot on their heels were widely tipped favourites Dennis Beresford and 'young' Stan Bradshaw followed in by a clutch of Clayton-le-Moors runners comprising Dennis Weir, Neil Matthews and David Cunningham and Mike Targett. Four minutes later the evergreen Harry Walker arrived with Dave Woodhead. Did Harry give Dave a piggy back up to Stoodley Pike? Teams came in thick and fast and then in 12th position Martin Stone and Angela Carson in 4 hours 54 minutes. Not surprisingly Angela was British Womens Fell Running Champion in 1983. As yet no reply from West Yorkshire until Bingley Harriers Weatherhead and Capenhurst returned in 23rd position with 5 hours 12 minutes. It's interesting to note that many of the folk who have entered before have over the years slashed their original times by 3 and in a few cases 4 hours. Could they have thrown away their Everest Boots and decided on lighter footwear? To complement the hardened Fell Runners allied Bog Trotters and 'much improved Brigade' there was a smattering of the cream of British rock climbing.

Would the tarmac track from Crisworth Dene rate a good 7a? Gnarled speleologists were in evidence, a cyclo cross man minus bike and the British 24 hour Time Trial cycling champion.

George Dimitrijevic

1.	P Irwin / K Taylor	3.59	4.	D Beresford / S Bradshaw	Vet 0/40	4.15
2.	B Brindle / M Short	4.05	5.	D Weir / N Matthews	Vet 0/45	4.22
3.	S Moore / S Baker	4.10				

race results

HAWORTH HOBBLE 16th March 1985.
TEAMS OF TWO £9. PER TEAM. 33 Miles 4,400'.
ENTRY FORM SAE PLEASE.



George and the Haworth Hobble bar and kitchen staff would like to thank all customers for their support in 1984. Tap Room Suppin partners Pete Irwin and Ken Taylor climbed down of their bar stools and were game enough to take part in some sort o' 33 mile fun run. Any road they finished number one and ended up w'it TROPHY an t'BOOT. Settin' record at 3hrs 59mins - Well done lads nice to see yer takin part i' things. Jobs on agin accordin t'committee so we'll dust down some o't old members like Dennis, Dave, Harry and Linda wash aht pumps and get lots o'good jock in.

All the best for 1985 Sithie.

GEORGE DIMITRIJEVIC 28 SUNHURST DRIVE
OAKWORTH, KEIGHLEY. W YORKS. BD22 7RG

LANGDALE GALACategory AS, 1 1/4 miles, 650'2 June

1. A Hyslop	Ambleside	5. D Tosh	Rochdale
2. N Lanaghan	Keswick	6. D Lee	C. F. R.
3. T Barnett	Ambleside	7. J Ritson	Derwent
4. D Bland	Kendal	8. F Reeves	Kendal

PEN-Y-GHENTCategory A, 5 1/2 miles, 1500'2 June

1. R Smith	Longwood	48.32	11. E Richardson	Rossendale	50.45
2. I J Robinson	Clayton	48.45	12. D James	Bingley	50.49
3. G Kirkbright	Skyrac	49.01	13. S Kirkbride	U/A	50.57
4. S Baker	Horwich	49.14	14. W Taylor	South Navigators	51.12
5. H Smith	Spensorough	49.26	15. T MacDoanld	Bingley	51.18
6. J Emmott	Skipton	49.30	16. D G MacCallum	Clayton	51.25
7. M Hunter	U/A	49.44	17. S Sunter	Horwich	51.35
8. R J Pallister	Pudsey	49.51	18. A Rothwell	Horwich	51.42
9. E Rennie	Longwood	50.39	19. M Peace	Bingley	51.53
10. M Wallis	Clayton	50.39	20. R Shields	Lochaber	52.15

WELSH 1,000 METRE PEAKSCategory A, 20 miles, 9,000'2 June

1. M Hoffe	3.35.45	11. A Nixon	4.02.59
2. G Duckworth	3.44.52	12. P Dixon	4.07.59
3. B Woodward	3.49.01	13. A Ligema	4.10.45
4. M R Jones	3.50.05	14. J Wagstaff	4.12.23
5. D Woodhead	3.56.27	15. M Jones	4.13.04
6. J D Davies	3.58.35	16. S Orrells	4.16.15
7. G Griffiths	4.00.00	17. W Darby	4.17.52
8. P Stott	4.01.14	18. R Eagle	4.18.42
9. M Johnson	4.02.47	19. I Hodgson	4.19.30
10. L R Williams	4.02.52	20. P W Jones	4.20.47

Veterans

1. N Matthews	4.22.30	3. G Parry	4.39.24
2. D Williams	4.29.18		

Ladies

1. B Hogge	1.56.01.
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SADDLEWORTHCategory A, 3 miles, 950'

3 June

Kenny Stuart scored yet another comfortable win in this championship race though Carol Haigh must take the honours by reducing her own record by two minutes to end Pauline Haworth's unbeaten run in this years series. Pauline was also inside the old record. T Eckersley and Gerry Spink both lowered the 0/45 and 0/50 records respectively. The 1978 record of Manchester's Ricky Wilde withstood Kenny's onslaught as he ended Andy Darby's four year unbeaten reign over this deceptively tough course.

Andy finished second after being fourth at the top opening up almost a hundred yards by the finish over Jon Broxap, Hugh Symonds and Dave Cartridge. Ray Aucott, in 33rd, was first veteran a good hundred and fifty yards clear of Derek Kay.

Micah Wilson continued his progress towards the junior championship with another impressive victory over the three mile course in a time that would have placed him nineteenth in the senior race. Deborah Sharp had an easy win in the girl's race.

Alan Bocking

1.	K Stuart	Keswick	19.07	16.	K Barrett	Rochdale	20.33
2.	A Darby	MDC	19.33	17.	C Valentine	Keswick	20.34
3.	J Broxap	Keswick	19.51	18.	P Irwin	Rossendale	20.35
4.	H Symonds	Kendal	19.55	19.	A Hulme	Pennine Fell Runners	20.40
5.	D Cartridge	Bolton	19.57	20.	K West	Border	20.41
6.	R Owen	Horwich RMI	20.02	21.	R Harbisher	Holmfirth	20.44
7.	J Maitland	Leeds University	20.11	22.	A Marsh	Holmfirth	20.45
8.	R White	Holmfirth	20.13	23.	H Aspinall	Rossendale	20.53
9.	G Gough	Blackburn	20.15	24.	S Breckell	Blackburn	21.05
10.	A Aspinall	Rossendale	20.18	25.	H Waterhouse	Saddleworth	21.07
11.	A Smith	CFR	20.22	26.	A Styan	Holmfirth	21.10
12.	R Pilbeam	Keswick	20.23	27.	P Stranding	Bolton	21.11
13.	C Hollingworth	Holmfirth	20.26	28.	B Brindle	Horwich RMI	21.14
14.	D Hall	Kendal	20.27	29.	A Hyslop	Ambleside	21.16
15.	R Rawlinson	Rossendale	20.31	30.	M Prady	Glossopdale	21.18

VeteransLadies

1.	R Aucott	DPFR	21.30	1.	C Haigh	Holmfirth	22.49
2.	D Kay	Bolton	21.57	2.	P Haworth	Keswick	24.42
3.	J Clemens	Black Combe R	22.25	3.	B Hogge	Eryri	25.18
4.	R Asquith	Holmfirth	22.46	4.	D Varney	Kendal	25.39
5.	P Murray	Horwich RMI	22.47	5.	G Wilkinson	Keswick	26.09
6.	W Wade	Holmfirth	23.05	6.	L Lord	Clayton-le-Moors	26.50

YouthsJunior Girls

1.	M Wilson	Hallamshire	20.39	1.	D Sharp	Spensborough	27.44
2.	G Devine	Skyrac	21.03	2.	J Stones	Spensborough	31.47
3.	S Winstanley	Bingley	21.53	3.	A Cooke	Holmfirth	33.03

Teams 1. Keswick 16pts. 2. Holmfirth 42pts. 3. Rossendale 43pts.

ICL AC - FOURTH ANNUAL MOW COP 'KILLER' MILE

The original measured mile uphill road race. 550 feet climb. Under AAA Laws.

Wednesday 24 April 1985. 7pm onwards. 6 separate races this year:
Fun Run (for unattached), Mens B (for yer average runner), Veteran Men,
Ladies & U-18, Mens A (for the sub-8 club), plus a Fun Run for on-the-day entries.

Entries by 17 April to John Britton, 6 Field Way, Alsager, Stoke-on-Trent ST7 2NE.
(Alsager 77217). Please supply names, clubs, choice of race and 50p per entry
plus 50p per address for automatic postage of numbers and results.

Course record: Roger Bradley and Alan Buckley 6 mins. 44.
Prize to value of £150 for first person under 6 mins. 30.

SCOLTY HILLCategory B, 5 1/4 miles, 800'

3 June

1.	C Haskett	Dundee Hawkhill	30.13	6.	S Cassells	A.A.A.C.	33.02
2.	G Laing	A.A.A.C.	30.30	7.	S Peddie	A.A.A.C.	33.11
3.	C McIntyre	Coasters	32.47	8.	W Tweed		33.51
4.	M Lindsay	Carnethy Hill Run.	32.49	9.	C Noble	Coasters	34.10
5.	M Edwards	A.A.A.C.	Vet 32.57	10.	D Gunn	Elgin	34.11

MONEYSKALP FELL RACECategory B, Short, 1 3/4 miles, 300'

5 June

Belfast's Brian Armstrong broke the record by one second beating Mike McNulty into 2nd place with young Ian Brannigan again running superbly to take third spot. 10 year old Alan Murphy crushed all opposition in the juvenile section of ages up to 13 years. Fiona Barr won the ladies race clearly with improving Anne McComb 2nd.

1.	B Armstrong	Craobh Rua A.C.	9.56	6.	D Brannigan	Tollymore A.C.	10.50
2.	M McNulty	Tollymore A.C.	10.06	7.	M Rodgers	Tollymore A.C.	10.51
3.	I Brannigan (Y.U15)	Tollymore A.C.	10.13	8.	W J Brown	Mourne A.C.	10.53
4.	H Downey	Craobh Rua A.C.	10.17	9.	P Slane	Craobh Rua A.C.	11.02
5.	E Duffy	Craobh Rua A.C.	10.24	10.	S Graham	Newcastle A.C.	11.25

OTLEY CHEVINCategory B, 3 1/2 miles, 1,000'

6 June

1.	B A Watkins	Bingley Harriers	16.49	6.	G Edwards	Bingley Harriers	17.16
2.	G Devine	Skyrac	16.58	7.	D Woodhead	Horwich RMI	17.24
3.	P Crewe	Bingley Harriers	16.59	8.	M Prady	Glossopdale	17.24
4.	M Upton	Leeds City AC	17.08	9.	S Robinson	Harrogate AC	17.26
5.	R Pallister	Pudsey & Bramley	17.12	10.	A Whitaker	Spennborough & Dist.	17.38

Ladies.

23. C M Haigh Holmfirth Harriers 18.11



At the start of the Otley Chevin Fell Race. The winners are No. 51 on the right B. Watkins and Carol Haigh in the middle.

DOLLAR HILL

Category A, 5 miles, 2,000'

9 June

Sixty six runners, double last year's entry, toed the line for this years Dollar Hill Race. After the usual congestion, a combination of heat and the steep slope of Bank Hill soon had the field strung out, up front the runners were led to the summit of Kings Seat by Stirling athlete, Alan Murray, followed closely by Andy Curtis and Mike Lindsay. Andy Curtis piled on the pressure during the descent to pull out a 29 second advantage from Mike Lindsay who in turn just held off team-mate Andy Spenceley.

Alan Murray dropped back to fourth losing 1½ minutes on the descent to the experienced fellmen. Mel Edwards had a fine run to finish 1st Vet in 8th place. Ann Curtis led home the ladies finishing in 34th place overall. Dollar Academy provided the junior winner, Andrew Brown, 21st overall. 15 runners dipped under 50 minutes this year, reflecting the increased quality of the field.

Come along next year and join the field - it's a fine wee race!

Ernie McGlashan

1.	A R J Curtis	Livingston AAC	43.13	6.	M Burton	Carnethy	45.21
2.	M S Lindsay	Carnethy	43.42	7.	J Stevenson	Irvine Athletic	46.32
3.	A Spenceley	Carnethy	43.44	8.	M Edwards	Aberdeen AAC	46.52
4.	A J Murray	Falkirk Vic Har.	44.58	9.	F Harper	Central Region AC	47.47
5.	D McGonigle	Dundee Univ. H.	45.14	10.	R L Morris	Carnethy	48.10

Greeba, Isle of Man

Category A, 9 miles, 2,500'

9 June

1.	T Varley	1.18.14	6.	P Brookes	1.32.13
2.	K Callister	1.21.56	7.	I Callister	1.33.30
3.	P Cain	1.23.29	8.	M Joughlin	Vet 1.33.32
4.	M Cowbourne	1.27.49	9.	R Hardman	1.35.59
5.	J Crellin	1.31.41	10.	G Hull	1.36.46

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RAVENSTONE BROWCategory B, 10 miles, 1.250'9 June

Last years course was improved no-end by the addition of more fell by taking out the road up the resevoirs and the road back down from Chew Reservoir. Although Ray Rawlinson took a minute off Bob Ashworth's time for last year the two cannot really be compared. Ray finished almost four minutes in front of Mark Prady who led Glossopdale to a team win.

Pete Lomas was first veteran home by a convincing margin whilst Hilary Matthews finished first lady.

1.	R Rawlinson	Rossendale	64.18	11.	I Bloomfield	U/A	Alan Bocking	73.07
2.	M Prady	Glossopdale	68.07	12.	P Garner	Rochdale		73.20
3.	H Waterhouse	Saddleworth	68.46	13.	A Jones	Glossopdale		73.28
4.	M Neary	Leigh	69.12	14.	A Rothwell	Horwich R.M.I.		73.47
5.	H Aspinall	Rossendale	69.48	15.	M Foschi	Pennine Fell R.		74.16
6.	D Tosh	Rochdale	70.11	16.	D Gibson	Stretford		74.20
7.	D Woodhead	Horwich R.M.I.	70.44	17.	D Ibbetson	Glossopdale		74.22
8.	P Lomas	Stockport	71.59	18.	A Addis	East Cheshire		74.24
9.	E Rennie	Longwood	72.59	19.	P Mayo	Nottingham Univ.		74.25
10.	B Waterhouse	Saddleworth	73.06	20.	P Richards	Pennine Fell Run.		74.28

Veterans

1.	P Lomas	Stockport	71.29
2.	D Gibson	Stretford	74.20
3.	K Lodge	Halifax	76.24

Ladies

1.	H Matthews	Bolton	87.08
2.	K Mather	Saddleworth	88.33
3.	I Crawshaw	Manchester & Dist. OC	91.07



Ravenstone Brow Fell Race. In front of Tanner's Mill. 651 Harry Waterhouse, 685 E. Rennie. No numbers Harry Aspinall and Mike Prady. (photo/Eileen Woodhead)

SADDLEWORTH 3-DAY EVENT

8-9-10 June

Entries in this years 3-day were double those of last years inaugural event and what a great weekend it turned out to be for all the competitors. The weather was fantastic, the rounds on Friday and Saturday night a revelation and the racing tough and competitive with overall placings changing daily.

The Ravenstone Fell Race run in intense heat in the valleys proved the deciding race for most runners. Rawlinson had an exceptional run winning by nearly four minutes over Mike Prady who held on well after a hard race the night before. Harry Aspinall was the second three day eventer home in fifth place just behind local lad Harry Waterhouse and Mike Neary who had won the hill race the night before and was enjoying himself so much that he turned up on Sunday morning to win the Scouthead road race before doing a 10,000m in the afternoon!!

Pete Lomas was first vet home in 8th position which along with two other good runs during the weekend put him third overall and first vet. in the three day results. Many thanks to all those who came, especially the lads from Notts. Uni and Milton Keynes who jumped into the spirit of the event with both feet. Hope to see you all next year.

Overall Position			Day 1		Day 2		End of Day 2		Day 3	
			Time	Posn.	Time	Total Time	Posn.	Time	Total Time	
1.	M Prady	Glossopdale	37.23	2	68.07	105.30	1	50.38	156.08	
2.	H Aspinall	Rossendale	37.44	3	69.48	107.32	2	50.52	158.24	
3.	P Lomas	Stockport	38.21	6	71.29	109.49	4	51.18	161/07	
4.	D Woodhead	Horwich	38.06	5	70.44	108.50	3	53.58	162.48	
5.	P Mayo	Notts Univ.	37.10	1	74.25	111.35	5	51.33	163.08	
6.	D Ibbetson	Glossop	38.02	4	74.22	112.24	7	51.09	163.33	
7.	E Rennie	Longwood	39.00	9	72.59	111.59	6	53.07	165.06	
8.	I Bloomfield		39.30	12	73.07	112.37	9	53.03	165.40	
9.	R Waterhouse	Saddleworth	39.20	11	73.06	112.26	8	53.23	165.49	
10.	B Tucker	Rowntrees AC	39.13	10	74.39	113.52	10	53.15	167.07	

ENNERDALE HORSHOE

Category A, 23 miles, 7,500'

9 June

This, the eighth championship race of the season, provided victories yet again for Kenny Stuart and Pauline Haworth to leave them both in an almost unbeatable position. Unlike most years the race was held in very sunny conditions though without the oppressiveness of the previous year's Wasdale Heat. For most of the course there was a fine race developing with Kenny Stuart not being as confident in his knowledge of the course as others. Bob Ashworth led through Great Bourne after thirty minutes running but the field was still tightly packed. By Red Pike there were still no breaks, but by Black Beck Iarn Kenny Stuart, Hugh Symonds and Billy Bland had opened up almost two minutes on the rest.

At the top of Pillar Kenny had forged out almost two minutes over Hugh, Jon and Billy. Bob Whitfield, making a welcome return, was next through, just behind and being closely followed by Pete, Bob and Steve. Hugh closed up on the traverse over to Haycock bringing Jon, Billy and Bob Whitfield with him as all five passed within two minutes of each other, and three clear of the Rossendale duo. With faster running conditions Kenny and Hugh built up a three minute lead by Iron Crag, which remained the same to Crag Fell except that Kenny had opened up almost two minutes on Hugh that remained on the descent back to the Scout Camp.

Ray Aucott quickly opened up a gap in the veterans over Joss Naylor that had extended to six minutes by Green Gable. But by Pillar he had lost thirteen minutes to Joss and retired. Clearly untroubled by his fellow veterans Joss came home seventeen minutes clear. George Brass was sixth veteran home in another impressive performance to match Joss for the O/50 award. Pauline Haworth always led the ladies building up a ten minute lead over Linda Lord by Green Gable. Linda then proceeded to whittle away at the gap but could only reduce it to three minutes by the finish.

Alan Bocking

1.	K Stuart	Keswick	3.32.59	12.	S Breckell	Blackburn	3.58.40
2.	H Symonds	Kendal	3.34.45	13.	B Brindle	Horwich RMI	3.59.12
3.	J Broxap	Keswick	3.39.34	14.	D Bland	Kendal	3.59.29
4.	R Whitfield	U/A	3.40.16	15.	P Lambert	Red Rose Road R.	3.59.36
5.	W Bland	Keswick	3.43.04	16.	R Pilbeam	Keswick	3.59.53
6.	P Irwin	Rossendale	3.47.18	17.	C Valentine	Keswick	4.01.32
7.	A Smith	CFR	3.48.03	18.	J Naylor	CFR	4.02.34
8.	R Ashworth	Rossendale	3.48.22	19.	K West	Border	4.03.27
9.	K Taylor	Rossendale	3.50.00	20.	R White	Holmfirth	4.04.12
10.	S Moore	Horwich RMI	3.51.39	21.	L Pratt	Sunderland	4.04.23
11.	A Richardson	Kendal	3.56.08	22.	J Blair-Fish	Carnethy Hill Run.	4.05.05

23.	G Webster	Kendal	4.06.39	27.	I Robinson	Clayton	4.09.04
24.	J Eaton	Rosendale	4.06.51	28.	D Hall	Kendal	4.15.44
25.	A Hyslop	Ambleside	4.06.59	29.	P Brooks	Lochaber	4.19.34
26.	S Furness	Blackburn	4.08.38	30.	R Futrell	Holmfirth	4.21.41

Veterans

1.	J Naylor	CFR	4.02.34	4.	T Peacock	Clayton	4.24.53
2.	P Brooks	Lochaber	4.19.34	5.	J Stout	CFR	4.25.36
3.	P Murray	Horwich RMI	4.21.50	6.	G Brass	Clayton	4.26.59

Ladies

1.	P Haworth	Keswick	4.55.52	4.	W Dodds	Clayton	5.40.58
2.	L Lord	Clayton	4.58.57	5.	A Soper	Achille	5.52.59
3.	V Brindle	Clayton	5.24.48				

TRAPRAIN LAW

Category C, 6 miles, 650'

9 June

1.	B Kirkwood	Edinburgh A.C.	38.46	6.	G Phillip	Edinburgh A.C.	40.43
2.	J Forte	Haddington & East L. P.	40.21	7.	I Morrison	Edinburgh A.C.	41.54
3.	S Keith	Edinburgh A.C.	39.57	8.	J Rowley	Law & Dist.	42.18
4.	D Bell	Haddington & East L.P.	40.21	9.	S Cameron	Edinburgh S. H. Vet	42.23
5.	Z Bankowski	Edinburgh A.C.	40.25	10.	P Beeson	Haddington & East L.P.	43.05

SILVA HILL

18 miles.

9 June

1.	D Rosen	LOK	127.49	6.	D Keyes	LOK	141.05
2.	M Bagness	Aire	136.24	7.	C France	CROC	141.06
3.	A Doyle	G.O.	136.04	8.	T Denton	SLOW	142.47
4.	J Williams	WAOC	137.17	9.	S Keyes	LOK	143.09
5.	A Kay	TH & H	137.24	10.	P Boyes	SLOW	144.14

ANNALONG HORSESHOE

Category A, 13 miles, 5,500'

10 June

1.	I Park	Ballydrain Harriers	2.02.54	6.	D Rankin	County Antrim H.	2.11.56
2.	J Patterson	Mourne AC	2.03.02	7.	B Gormley	Newcastle AC	2.11.57
3.	J Hayes	Ballydrain Harriers	2.08.48	8.	N Douglas	Newcastle AC	2.16.38
4.	R Rutherford	Ballydrain Harriers	2.10.01	9.	W J Brown	Mourne AC	2.22.48
5.	B Ervine	County Antrim Harriers	2.11.44	10.	B Mitchell	Mourne AC	2.22.48

CLITHEROE

Category C, 7 1/2 miles, 1,350'

10 June

1.	D Cartridge	Bolton	49.12	6.	R Bloor	Liverpool	51.23
2.	S Livesey	Ribble Valley	49.12	7.	P Standing	Bolton	51.32
3.	A Darby	Newport	49.47	8.	D Kay	Bolton	V40 52.18
4.	P McWade	Clayton	50.25	9.	M Farmery	Frodsham	52.48
5.	M Patterson	Dark Peak	50.47	10.	M Targett	Clayton	53.00

RUMOUR HAS IT THAT THE ONLY CURE ANDREA EVANS (nee SEXTON) could find for her long standing virus was to get pregnant.

BUCKDEN PIKECategory A, 4 miles, 1,500'

16 June

1.	H Symonds	Kendal	33.05	11.	G Edwards	Bingley	36.08
2.	R Rawlinson	Rossendale	33.32	12.	K Dobson	Bingley	36.14
3.	I Ferguson	Bingley	33.47	13.	M Pickering	Kendal	36.16
4.	G Devine	Skyrac J	34.41	14.	M Jones	Royal Sutton C	36.17
5.	P Tuson	Kendal	34.55	15.	S Kirkbridge	U/A	36.37
6.	R Shaw	Skyrac	35.23	16.	D Quinlan	Bingley	36.57
7.	A Harmer	DPFR	35.37	17.	P Harlowe	Skipton	36.59
8.	P Crewe	Bingley	35.58	18.	D Smith	Halifax	37.04
9.	R Futrell	Holmfirth	36.01	19.	R Pallister	Pudsey	37.07
10.	G Berry	DPFR	36.06	20.	E Harwood	DPFR	37.17
1st Lady L Lord Clayton			43.21	Team. Kendal.			

GREAT HILLCategory C, 5½ miles, 1,200'

16 June

Bob Shorrock completed a hat trick of wins on his 'local' course breaking a 5 year old record by 26 seconds. The race was a few days after completing his final examinations for his degree and he celebrated in fine style on a fast bone dry course. 1982 winner Dave Cartridge was in second place and it was good to see another previous winner John Calvert, now with Clayton-le-Moors, come out of retirement to finish in 10th place.

B Richardson

1.	R Shorrock	Blackburn H & AC	30.16 (Record)	4.	R Owen	Rossendale H & AC	31.22
2.	D Cartridge	Bolton U H	31.05	5.	M Aspinall	Rossendale H & AC	31.48
3.	A Buckley	Holmfirth H	31.18	6.	P McWade	Clayton-le-Moors H	31.53

Ladies

1.	C Jolley	Chorley	40.51	3.	M Platt	Chorley AC	42.21
2.	B Robinson	Bury AC	41.28				

Veterans

1.	D Kaye	Bolton U H	33.20	3.	P Dawson	Blackburn H & AC	34.48
2.	C Robinson	Rochdale H & AC	33.52				

Junior Boys

1.	M Jackson	Wigan AC	14.00
2.	J Duckworth	Chorley AC	14.08
3.	R Smith	Chorley AC	15.06

Junior Girls

1.	P McAndrew	Chorley AC	14.55
2.	D Lewis	Southworth	15.12
3.	J Bullock	Horwich	15.14

ORMESBYCategory C, 8½ miles, 900'

16 June

1.	M Grainger	M'bro & Cleveland	48.45	6.	R Mitchell	Mandale AC	55.20
2.	M Pearson	Mandale AC	48.46	7.	C G Wilberforce	Mandale AC	55.38
3.	S Walker	Macclesfield H	50.25	8.	J Price	U/A	56.22
4.	P Buckby	M'bro & Cleveland	51.52	9.	J Flattley	M'bro & Cleveland	56.25
5.	M Lister	Harrogate AC	52.23	10.	T Maughan	Cleveland Nuclear	57.21

RUMOUR HAS IT THAT DEREK JEWEL (off for 16 months with a virus)
IS TRYING TO GET PREGNANT.

Category A, 11 miles, 3,200'

16 June

1.	K Callister	Manx AC	1.37.51	Rec	6.	I Callister	Manx AC	1.55.12
2.	T Varley	Boundry H	1.38.01		7.	R Collister	Manx AC	1st Vet 1.55.27
3.	P Cain	Boundry H	1.43.58		8.	G Hull	Boundry H	2.04.11
4.	J Crellin	Manx AC	1.53.15		9.	J Leece	Manx AC	2.16.06
5.	M Cowbourne	Boundry H	1.53.56		10.]	B Baxter	Manx AC	Vet 3.00.05
					10.]	J Jackson	U/A	3.00.05

SLIEVE BINNIAN 'TO THE TOP ONLY'Category A, 2 miles, 2,000'

16 June

Davy Graham showed he's best when it comes to the 'top only' races. He completed the double, having won Commedagh, 'To the top Only' in May, and also broke the course record.

1.	D Graham	Mourne AC	26.35	Rec	6.	H Downey	Craobh Rua AC	29.14
2.	E Duffy	Craobh Rua AC	27.22		7.	W J Brown	Mourne AC	29.42
3.	B Armstrong	Craobh Rua AC	27.43		8.	R Mitchell	Mourne AC	29.50
4.	M McNulty	Tollymore AC	28.17		9.	D Branningan	Tollymore AC	30.57
5.	P Slane	Craobh Rua AC	28.33		10.	D Watson	Lagan Valley D.	Vet 31.11

LadiesTeams

1.	F Barr	Tollymore AC	41.00	1.	Craobh Rua	-	10 pts.
2.	K Keown	Tollymore AC	51.00	2.	Mourne AC	-	16 pts.
3.	C McGonigle	Tollymore AC	54.00	3.	Tollymore AC	-	25 pts.

CAIRN TABLECategory C, 6 miles, 500'

17 June

One hundred and ninety seven runners entered compared with 'fifty three' at the inaugural race in 1981. We have strived to make 'this' an ideal family 'day-out'. Spectators can enjoy the entertainment and side-stalls provided at the 'start' and 'finish' outside 'Muirkirk Games Hall'.

"Cairntable" itself is 1,945' above sea level (55' short of being a mountain), on reaching the top, the runners if they wish, receive a carton of ice cold water, which is obtained from a natural 'spring' 200 ft from the Cairn. This, I can assure you, is a welcome sight indeed for most of the runners, after their gruelling climb. At the finishing line, each runner receives a typical 'Muirkirk Ovation', something which earns the public total praise from the competitors, this year being no exception.

David Purdie

1.	A Wilson	41.40	6.	G Young	45.49
2.	W Loudon	42.03	7.	I McCulloch	46.06
3.	I Auchie	42.07	8.	J Golder	46.49
4.	G Manderson	42.17	9.	J White	47.01
5.	J Rowley	44.59	10.	E Thomson	47.08

LOMONDS OF FIFECategory B, 10 miles, 2,200'

17 June

1.	A Curtis	Livingston AAC	67.12	11.	S Ogston	U/A	81.08
2.	M Lindsay	Carnethy HRC	68.53	12.	J Cummins	U/A	82.29
3.	B Maher	Aberdeen AAC	73.19	13.	A Biltcliffe	Dundee Hawhill	82.54
4.	R Brown	Ferranti AAC	74.53	14.	A Curtis	Livingston AAC	Lady 84.12
5.	P Fettes	Lochaber AAC	Vet 74.58	15.	M Kassyk	Livingston AAC	85.18
6.	I Jackson	Livingston AAC	76.17	16.	D McGuire	U/A	85.32
7.	R Wall	Carnethy HRC	77.05	17.	D Owens	Carnethy HRC	86.18
8.	C Davies	U/A	79.03	18.	J Black	Livingston AAC	Vet 86.50
9.	J Lightbody	Ferranti AAC	Vet 80.53	19.	N Fulton	U/A	87.26
10.	E Harvey	Carnethy HRC	Vet 81.03	20.	R Hope	Edinburgh AC	87.40

Teams

1.	Carnethy	-	19 pts.	2.	Livingston	-	21 pts.
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OFFA'S DYKE '15'Category C, 15 miles, 2,500'

17 June

1.	C Bell	Telford AC	1.30.58	6.	A Darby	Newport H	1.34.47
2.	P Russell	Bournemouth AC	1.30.59	7.	C Perkins	B'grove & Redditch	1.34.54
3.	J Masterson	Leicester Cor.	1.31.49	8.	J Barker	Grimsby HAC	1.35.08
4.	J Boyes	Bournemouth AC	1.33.53	9.	A Jeffries	Swansea H Vet	1.35.22
5.	D Hope	Worcester City AC	1.34.15	10.	R Butters	H M Forces (NTW)	1.35.34

Ladies

1.	A Tamplin	Harlow AC	2.03.56	3.	L Tennyson	Burnham Joggers	2.19.31
2.	A Bedwell	Bristol University	2.15.54				

EILDON TWO HILLSCategory A, 4½ miles, 1,400'

23 June

Thanks to the F.R.A. for the new category we had a record entry and a new record time of 25.48 beating Allan McGee's time of 26.56 set up in 1977. Again, the race was seen in ideal conditions, with no mishaps, and I say this in all modesty (?) with excellent facilities provided at the end for changing, bathing, etc, and refreshments, BEER, TEA, CAKES & SANDWICHES to follow.

I'm sure most of the lads enjoyed the event, it was made all worth while when so many of them said "I'll be back next year, see you then".

1.	K Stuart	Keswick AC	25.48	21.	H Standrive	Bolton H	28.27	Dave Scott
2.	J Maitland	Leeds UAC	26.14	22.	S Moore	Horwich	28.28	
3.	H Symonds	Kendal AC	26.20	23.	P Tuson	Kendal AC	28.37	
4.	J Broxap	Keswick AC	26.31	24.	B Brindle	Horwich	28.41	
5.	D Cartridge	Bolton Univ.	26.37	25.	R Morris	Carnethy HR	28.48	
6.	G Gough	Blackburn H	26.57	26.	A Lanaghan	Keswick AC	28.50	
7.	R Owen	Horwich	27.06	27.	D Lee	CFR	28.50	
8.	S Breckell	Blackburn H	27.29	28.	K Mingins	CFR	29.15	
9.	R Pilbeam	Keswick AC	27.36	29.	J Clemens	Vet Blackcombe R	29.18	
10.	A Spenceley	Carnethy HR	27.42	30.	R Boswell	Lochaber	29.19	
11.	R Rawlinson	Rosendale	27.50	31.	M Edwards	Vet Aberdeen AC	29.21	
12.	A Smith	CFR	27.52	32.	D Kay	Vet Bolton UH	29.23	
13.	K West	Border H	27.56	33.	S Furness	Blackburn	29.26	
14.	A Curtis	Livingstone AC	27.57	34.	A Philipson	Vet Gosforth	29.29	
15.	D Hall	Kendal AC	28.00	35.	N Berry	Vet Holmfirth	29.57	
16.	H Jarrett	CFR	28.08	36.	J Wilkinson	Melrose AAC	30.12	
17.	M Lindsay	Carnethy HR	28.15	37.	S Gunter	Horwich	30.14	
18.	C Valentine	Keswick AC	28.17	38.	A Hislop	U/A	30.15	
19.	G Byres	CFR	28.22	39.	D Wilkinson	Keswick	30.17	
20.	S Parker	Rosendale	28.25	40.	J Blair-Fish	Carnethy	30.19	

Ladies

1.	P Haworth	Keswick AC	32.17	3.	A Soper	Achilles	37.55
2.	A Curtis	Livingston AAC	34.19				



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JAMES BLAKELEYCategory C, 3 miles.23 June

Holmfirth's Bob Harbisher looking for his third consecutive win, found the much improved Glossopdale runner Mike Prady too good for him on the day. Prady won in a time of 15min. 39secs. with Harbisher second in a time of 15min. 51secs. Carol Haigh for Holmfirth Harriers knocked 1min. 20secs. off her course record set last year, recording 17min. 05secs. for her 19th position.

Bob Asquith also Holmfirth dropped 10 places from last years race but still finished first veteran. Pudsey & Bramley H.A.C. beat Glossopdale for 2nd team place on count back, both teams having 31 points.

Eric Muxworthy

1. M Prady	Glossopdale HAC	15.39	11. P Steveyson	Pudsey & Bramley HAC	16.33
2. R Harbisher	Holmfirth HAC	15.51	12. R Futrell	Holmfirth HAC	16.35
3. M McGann	East Cheshire HAC	15.52	13. D Ibbetson	Glossopdale HAC	16.38
4. R Palliser	Pudsey & Bramley	15.54	14. A Swift	Longwood HAC	16.43
5. R Wood	Frodsham	15.56	15. R Asquith	Holmfirth HAC	1st Vet 16.49
6. A Marsh	Holmfirth HAC	16.08	16. P Gaines	Pudsey & Bramley HAC	16.59
7. M Seddon	Holmfirth HAC	16.13	17. R Jones	Glossopdale HAC	17.02
8. J Norman	Altrincham HAC	16.23	18. D Cartwright	Penistone FR	17.05
9. M Foschi	Penistone FR	16.25	19. C Haigh	Holmfirth HAC	1st Lady 17.05
10. G King	Longwood HAC	16.29	20. R Waterhouse	Saddleworth HAC	17.08

Teams

1. Holmfirth HAC	-	15 pts.	3. Glossopdale	-	31 pts.
2. Pudsey & Bramley	-	31 pts.			

CUCHULLAINNNot yet categorised23 June

There were 15 starters and 10 finishers and as can be judged from the results it was a very different race from the previous 2 years. The normally benign Croley Mountains proved a different proposition in the conditions experienced on Saturday 23rd. There was heavy and almost continuous rain and visibility was practically nil. The lack of features throughout the first half of the race to the Windy Gap caused many navigational problems for those without either maps or compass and even those with maps and compass had problems. The second half was very treacherous on Slieve Foye and everyone experienced difficulty locating the final check point. Several runners who went off course had a very hard day before arriving in Carlingford, but not before several searches had commenced.

Competitors next year will have to carry the following equipment - Map, whistle and compass - and anyone who intends to take more than 3 hours will have to carry emergency food supplies!

B Vallely

1. N Douglas	Newcastle AC	2.53.47	6. B Ervine	Antrim	3.04.15
2. M McVeigh	Newcastle AC	2.59.11	7. D Watson	LVO	3.05.10
3. R Rodgers	Newcastle AC	3.02.48	8. G Duffy	Craobh Rua AC	3.09.30
4. W J Brown	Mourne AC	3.02.52	9. J Ward	Armagh AC	3.22.17
5. J Patterson	Mourne AC	3.02.57	10. J Finnegan	Armagh AC	3.28.26

STAVELEY GALA24 June

1. J Broxap	Keswick	35.16	12. h Blenkinsop	Keswick	0/40	40.49
2. D Bland	Kendal	36.11	13. D Stainton	Kendal	0/40	41.20
3. N Lanaghan	Keswick	36.34	14. I Rooke	Kendal		41.35
4. S Varney	Kendal	37.37	15. T Aitken	U/A		42.11
5. J Clemens	Black combe	0/40	37.56	16. I Muil	Kendal	42.33
6. M Richardson	U/A	38.34	17. K Lindlay	Black Combe		42.41
7. M Calvert	U/A	38.47	18. S Barnard	Black Combe		42.46
8. D Bayliss	Kendal	39.40	19. B Hillon	CFR		43.13
9. P Bland	Kendal	0/40	39.43	20. G Unsworth	Kendal	44.32
10. M Slaney	Keswick	40.26	21. D Varney	Kendal	Lady	45.13
11. C Knox	Keswick	40.35				

SEVEN HILLS

24 June

1. Z Bankowski	Edinburgh AC	1.41.20	6. R Boswell	Edinburgh AC	1.47.20
2. B Kirkwood	Edinburgh AC	1.43.58	7. R Brown		1.47.34
3. M Lindsay	Carnethy HRC	1.44.10	8. P Haworth		1.47.52
4. B Hardie	U/A	1.46.11	9. A Lavery		1.48.18
5. G Cuthbert	Edinburgh AC	1.46.12	10. J Stevenson		1.48.48

Veterans

1. C Ramsay	Edinburgh AC	1.49.12
2. J Jardine		1.50.49
3. P Fettes		1.51.33

Ladies

1. A Curtis	Livingstone	1.54.40
2. W Burns	Lingstone	1.58.19
3. P Haworth	Keswick	2.04.40

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(Keeping dry's no sweat with Dunova -	
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feeling, the garment feels dry and doesn't	
stick to the skin)	
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Crew neck sky, navy red	£12.45
Turtle neck with zip	£15.25
(red/navy, sky/navy, red/grey)	
Troll Rainsuits blue, green	£27.95
Ron Hill Weathersuit DeLuxe	£34.00
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WEEKEND RUNNING SAILING RACE

July 20th

Rca Island Yacht Club Barrow.

Sponsored by Europa Sport.

RUN: Coniston-Coniston Old Man- BarrowSAIL: Isle of Man.RUN: Snaefell.SAIL: Back to finish at Barrow.

Details and entries from: D.Jackson, Gilling Reane, Gillinggate,
Kendal. tel Kendal 22759.

ROSEBERRY TOPPINGCategory A, 1 1/2 mile, 715'

26 June

The Track runners ran the winding tourist route and the Fell runners climbed straight up. This resulted in S. Sutcliffe (a Fell runner) reaching the top marginally ahead of Marco Cara (Track). On the descent Marco shot down whereas Steve had to brake hard on the rocky part of the steeper descent. Both broke Alan McGee's record, Marco by some 25 secs. Perhaps next year we will see some ascending by the steeper route and many more using the tourist path and woodland descent! Perhaps Marco has found a new outlet for his undoubted speed. A very pleasing night with over 100 competitors (another record). Many thanks to our sponsors, 'Work and Play Sports' - Guisborough.

1.	M Cara	Mandale H & AC	10.55	Rec.	6.	G Young	Rowntrees AC	12.04
2.	S Sutcliffe	Mandale H & AC	11.09		7.	K Dobson	Bingley H	12.11
3.	C Wright	Mandale H & AC	11.29		8.	P Connor	Mandale H & AC	12.14
4.	J Williams	Mandale H & AC	11.31		9.	P Clarke	Bingley H	12.20
5.	B Peace	Bingley H	11.39		10.	S Williams	Mandale H & AC	12.38

Veterans

1.	P Longfield	Billingham S	13.13
2.	F Montague	M'brough & Cleveland	13.44
3.	R Stevenson	Mandale H & AC	13.52

Ladies

1.	P Tilley	Mandale H & AC	17.55
2.	A Gardner	CLOK	17.57

Juniors

1.	P Lowe	Mandale H & AC	11.55	Rec.	3.	M Bunker	Mandale	12.37
2.	D Wilson	Mandale H & AC	12.03					

ALTEX TOWERCategory C, 6 miles, 800'

30 June

1.	A Sladen	35.58	New Record.	6.	D Wood	38.40
2.	K Hesketh	37.21		7.	D Smith	38.49
3.	S Longdon	37.30		8.	R Asquith	Vet 38.54
4.	S Watson	37.32		9.	B Schofield	38.58
5.	S Baker	38.29		10.	D Fairclough	39.00

Ladies

1.	H Matthews	45.05		2.	V Brindle	48.40
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BLAKE FELLCategory B, 7 miles, 1,700'

30 June

With other races to choose from, a turnout of 68 indicates how popular the Blake Fell race is becoming. No wonder with its Lakeland village sports setting, fine panoramic views of most of the course, which is marvellous remote fell country, the hospitality of the 'Pack of Hounds' including Sheila's food and excellent changing facilities. The race itself allowed two runners, normally just behind the leading half dozen, to enjoy the experience of battling it out for the premier position. Rod Pilbeam, a new name in the fell running scene this year, just pipped local runner Alex Smith in a sprint finish.

Danny Hughes

1.	R Pilbeam	Keswick AC	49.26	11.	A Jewell	CFR	54.47
2.	A H Smith	CFR	49.29	12.	L I'anson	Keswick AC	55.06
3.	H Jarrett	CFR	50.24	13.	R Eastman	CFR	55.15
4.	D Lee	CFR	50.40	14.	J Stout	Vet CFR	55.27
5.	B Clucas	CFR	50.57	15.	M Mattinson	Copeland AC	56.12
6.	P Hall	Vet Barrow	52.01	16.	H Blenkinsop	Vet Keswick AC	56.35
7.	A Moffatt	DPFR	52.46	17.	K Rogers	Derwent AC	56.41
8.	G Byers	CFR	52.58	18.	M Litt	Cumberland AC	56.49
9.	K Mingins	CFR	53.26	19.	P Stones	CFR	57.05
10.	G Lamb	Cumberland AC	53.45	20.	D Turner	CFR	57.12

Teams

1.	Cumberland FR	- 14 pts.	2.	Keswick AC	- 57 pts.	3.	Copeland AC	- 128 pts.
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CAIRNGORMCategory B, 10 miles, 3,000'30 June

1.	R Campbell	Lochaber AC	1.13.44	9.	C Martin	Dumbarton	1.24.15
2.	N Martin	Inverness H	1.17.17	10.	J MacRae		1.25.54
3.	G McConnachie	Lochaber AAC	1.20.17	11.	S Kilbourne	Dumbarton	1.26.14
4.	B Maher	Aberdeen AAC	1.20.27	12.	I McWatt	Vet Dumbarton	1.26.33
5.	R MacLaughlin	Dumbarton AC	1.21.17	13.	E McEvoy	Lochaber AC	1.29.09
6.	R J Urwin	Aberdeen AAC	1.21.50	14.	P Williams	Lochaber AC	1.29.41
7.	R Shields	Lochaber AC	1.22.02	15.	A Brien	Vet Inverness H	1.31.21
8.	S McLeod	Lochaber AC	1.23.01				

Teams

1.	Lochaber	-	11 pts.	2.	Dumbarton	-	25 pts.	3.	Aberdeen	-	28 pts.
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ELDWICK & GILSTEAD GALACategory C, 3 miles, 400'30 June

The choice of road and fell races for athletes on the week-end of 30th June left this year's Eldwick Fell Race the most open for a number of years. Although noted runners such as Ian Ferguson (Bingley), Dave Woodhead (Horwich), and John Temperton (ASVAC) lined up in the Gala Field, it was Carol Haigh of Holmfirth who attracted the most attention as a potential overall winner and first ever woman winner of the race. It was, however, John Temperton who won the event improving on his 1982 time by 11 seconds and thus giving a lie to his advancing years!!

John set the pace from the beginning and was first to the summit of Hope Hill, closely followed by Simon Johnson of Bingley. The latter was unable to maintain the pace on the descent and was overtaken by both Ian Ferguson, who finished second, 19 seconds behind the winner, and R Pallister of Pudsey. Carol Haigh, eighth at the summit had sufficient speed downhill to overtake Pudsey runners P Wilkins and P. Stevenson and sufficient strength on the uphill drag to the finish in the Gala Field to hold off challenges from Peter Clarke (Bingley) and Dave Woodhead (Horwich), to finish in splendid sixth position. Her time of 18 mins. 05 secs. broke her previous record for the course by 43 seconds. Dave Anderson (Bingley) took the 0/40's prize, having been made to work hard by veteran Peter Livesey (FRA) who, having retired from serious rock-climbing, is taking up serious fell-running instead. Gerry Spink (Bingley) took the 0/50's prize comfortably ahead of Pete Watson (Pudsey) who took the 0/45 award.

John Capenerhurst

1.	J Temperton	ASVAC	17.11	11.	P Gaines	Pudsey	18.25
2.	I Ferguson	Bingley	17.30	12.	D Weatherhead	Bingley	18.26
3.	R Pallister	Pudsey	17.34	13.	P Livesey	VO/40 FRA	18.32
4.	S Johnson	Bingley	17.47	14.	M Lister	Harrogate	18.32
5.	K Dobson	Bingley	18.03	15.	P Stevenson	Pudsey	18.34
6.	C Haigh	Lady Holmfirth	18.05	16.	G Spink	VO/50 Bingley	18.40
7.	P Clarke	Bingley	18.10	17.	D Hall	Pudsey	18.43
8.	D Woodhead	Horwich	18.15	18.	D Britton	Skyrac	18.48
9.	P Wilkins	Pudsey	18.17	19.	P Ellerton	Bingley	18.50
10.	D Anderson	V. 0/40 Bingley	18.20	20.	J Waterhouse	Bingley	18.52

Teams

1.	Bingley	-	11 pts.	2.	Pudsey	-	23 pts.
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St. JOHN'S I.O.M.Category B, 4 miles, 1,400'30 June

1.	K Callister	30.11	7.	R Stevenson	34.58
2.	P Cain	30.29	8.	J Leece	35.17
3.	J Crellin	31.27	9.	D Corkill	35.40
4.	M Cowbourne	32.14	10.	B Baxter	Vet 45.06
5.	P Brooks	33.02	11.	A Gomer	47.08

Juniors

1.	B Kennaugh	36.53	3.	B Collister	39.55
2.	P Kennaugh	38.58			

THE REEBOK INTERNATIONAL MOUNTAIN CHALLENGE.**Reebok**

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An International competition, open to all over 18 on May 12
 The results of three races will be aggregated together for
 the premier awards

' King of the Mountains '

' Queen of the Mountains'

Plus veteran (0/40) and superveteran (0/50) categories.

Challenge medals and souvenir program for all challenge runners.

May 12. Buttermere 'Sailbeck' Horseshoe. (incorporating the
 Northern and Southern Counties AA championships) 9.4 miles;
 3,700 feet. A magnificent scenic switchback ridge run from
 Buttermere in remote Western Lakeland.

May 16. Grasmere Dash. 1.5 miles; 900 feet over the
 famous guides race course.

May 19. Fairfield Horseshoe. 9 miles; 3,000 feet. One of
 Lakeland's most popular and well known race courses from
 Rydal Hall.

Challenge Entries. on official forms only by April 12
 (no late entries) Entry forms containing further details
 of the event are available from Mrs N.Hughes,
 Hallsteads, Gosforth, Cumbria. (enclose SAE).

Please note: Those not intending to compete in the challenge
 may enter the Buttermere and Fairfield races on the day.
 The Grasmere Dash will be limited to challenge entrants due to
 a restriction on numbers.
 Those entering as individuals and subsequently selected to
 represent their country will have their entry fee refunded.

BRADDA. I.O.M.Category A, 15 miles, 4,200'1 July

1.	T Varley	2.14.19	7.	J Wright	2.45.32	
2.	P Cain	2.23.38	8.	J Comaish	2.52.13	
3.	J Crellin	2.31.23	9.	G Hull	2.53.37	
4.	P Brooks	2.34.07	10.	A Corlett	3.14.26	
5.	K Callister	2.37.16	11.	A Gomer	3.21.22	
6.	J Marstrand	Lochaber	2.43.18	12.	B Baxter	3.21.52



Glossop. Runners at Doctor's Gate (photo / Mick Eaton)

Category A, 22 miles. 4,200'1 July

It was disappointing that so few athletes well up in the Championship travelled to this race. Two who did were Jon Broxap and Hugh Symonds as they continued their interesting struggle for what appears to be runner-up behind Kenny Stuart. Kenny was rumoured to be chasing that longstanding record at Skiddaw.

The early pace was by no means fast up the Doctor's Gate path to the first checkpoint at the pond. Even by the end of the climb up to Higher Shelf Stones the pack was still together. Bob Ashworth was first onto the plateau and when asked which way, was greeted by a few outstretched arms pointing into the mist. The good old mist ensured that there was still a group of ten still together after the descent to the mill. Crossing to the quarry Hugh Symonds, Bob Ashworth and Andy Styan began to stretch them out but after the climb up Crowden Little Brook the group was back to eight strong. Crossing Roundhill Moss, down to Crowden Great Brook and up to Laddow Rocks there was still no break by anyone in the eight. By the time the Woodhead road had been re-crossed there was a definite break as Hugh Symonds, Ray Owen and Steve Breckell began to stretch out.

These three were well away by the tenth checkpoint just below Clough Edge. The climb up to the shooting cabin did not really sort anything out but on the descent down Shiltern Clough to the last checkpoint Hugh Symonds broke away as did Ray Owen in second.

After Steve Breckell it was five minutes before anyone else appeared. Not surprisingly on the firm conditions the record fell with the first fourteen getting inside it. In the veterans race Derek Kay just got the better of Robert Jackson by two seconds. R. Toogood set the early pace to Crowden but once Derek got in front he remained there - just! as Robert closed up in the latter stages.

The ladies race, over a shorter course (Peter Griffies informs me they rejected the idea of racing over the full course), was won by A. Soper by two minutes from G. Goldsmith and J. Docherty who were having a struggle for second eventually won by the former. Controversy surrounded the disqualification of those that missed the last checkpoint due to following the flags still out for the junior races. Everyone knew the grid references of the checkpoints and it is up to the individual to find them if they don't know the course. I remember running the Copeland Chase last year when West Cumberland O.C. had an event on the same fell side, everyone managed to navigate themselves to the right controls, and there were no complaints about being misled because of it.

				Alan Bocking			
1.	H Symonds	Kendal	2.43.33	16.	B Brindle	Horwich RMI	2.58.26
2.	R Owen	Horwich RMI	2.44.53	17.	P Lambert	Red Rose	2.59.00
3.	S Breckell	Blackburn	2.45.40	18.	S Priestley	East Cheshire	2.59.44
4.	M Prady	Glossopdale	2.52.12	19.	R Futrell	Holmfirth	3.01.40
5.	R Ashworth	Rossendale	2.53.06	20.	J Eaton	Rossendale	3.04.28
6.	K West	Border	2.53.56	21.	M Target	Clayton-le-M	3.04.43
7.	A Harmer	DPFR	2.54.09	22.	D Booth	DPFR	3.04.52
8.	A Jones	Glossopdale	2.55.07	23.	D Kay	Bolton	3.05.34
9.	J Broxap	Keswick	2.55.08	24.	R Jackson	Sale	3.05.36
10.	T Farnell	DPFR	2.55.10	25.	R Toogood	DPFR	3.07.48
11.	A Hulme	Pennine FR	2.55.31	26.	D Ibbetson	Glossopdale	3.07.56
12.	R Rawlinson	Rossendale	2.56.00	27.	G Berry	DPFR	3.07.58
13.	A Styan	Holmfirth	2.56.36	28.	J Boswell	Ilkeston	3.08.44
14.	S Moore	Horwich RMI	2.57.55	29.	J Nixon	Horwich	3.12.03
15.	A Addis	Glossopdale	2.58.00	30.	W Buckley	Glossopdale	3.12.17

Veterans

1.	D Kay	Bolton	3.05.34
2.	R Jackson	Sale	3.05.36
3.	R Toogood	DPFR	3.07.48
4.	W Buckley	Glossopdale	3.12.17
5.	J Clemens	Black Combe R	3.14.13
6.	W Harwood	Oldham & Royton	3.14.32

Ladies

1.	A Soper	Achille	2.20.27
2.	G Goldsmith	DPFR	2.22.09
3.	J Docherty	Saddleworth	2.22.13
4.	K De Mengel	DPFR	2.29.04
5.	K Whittle	DPFR	2.29.31
6.	J Spence	DPFR	2.32.16

Teams

1.	Horwich R.M.I.	8.41.14
2.	Glossopdale	8.45.49
3.	Rossendale	8.53.34

U/17

1.	I Dermott	Hotwich RMI	25.18
2.	C Dermott	Horwich RMI	25.52
3.	I Ackley	Glossopdale	26.58

SKIDDAWCategory A, 9 miles, 2,700'

1 July

Last year I made the remark that Kenny Stuart would have had to produce his best form to have beaten Hugh Symonds. Well I'm delighted to "eat my words", because the casual way he broke Dave Cannon's 11 year old record (62.30) was class running at it's best and had he been pressed I'm certain the breaking magic hour for the Skiddaw course would have been a possibility. Stuart led from the word go and the result was never in doubt A superb personal run was witnessed in the 2nd position with Dave Cartridge of Bolton. Having first run into 7th position in 1980, 4th in 1981 and 3rd in 1982 he has shown excellent consistency. The majority in the first ten were new to the Skiddaw Race.

Another interesting result was Peter Hall winning the over 40's. He last ran this race in 1966 (inaugural race) when he was 4th in 73.48, his result this year is a personal best in more ways than one! Keswick A.C. in winning the team race missed the record by six seconds but in unofficial points score had the lowest ever (8 to Bingley's 9 in 1977 - which incidentally was the year the team record time was set up).

The ladies - who's start time was transferred to the men's event so they could get more competitive urge! with only 4 runners, saw 'history' made with Pauline Haworth breaking 80 minutes plus her own record (80.08). Sadly the entry for the Latriqq youths dropped again - despite the increase in youngsters fell races. Perhaps someone could advise the L.D.M.T.A. how to improve the situation.

Des Oliver & Mike Pearson

1. K Stuart	Keswick	62.18	11. I J Robinson	Clayton	69.57
2. D Cartridge	Bolton UH	63.18	12. G Horsburgh	Keswick	70.01
3. R Pilbeam	Keswick	67.08	13. D McGonigle	Newcastle (NI)	70.33
4. W Bland	Keswick	67.47	14. P Barron	Keswick	71.10
5. A Curtis	Livinstone	67.52	15. I Holloway	Rochdale	71.26
6. A Spenceley	Carnethy	68.18	16. G Devine	Skyrac	71.55
7. M Rigby	Ambleside	68.27	17. C Richardson	North Shields P	72.00
8. J Ritson	Derwent WC	69.10	18. J D Williams	Mandale	72.23
9. M Lindsay	Carnethy	69.39	19. D Stuart	Keswick	72.55
10. N Lanaghan	Keswick	69.52	20. R Pallister	Pudsey & Bramley	73.01

Ladies

1. P Haworth	Keswick	79.37
2. L Lord	Clayton	87.49
3. K Taylor	Clayton	99.26
4. A Teasdale	Keswick	106.26

Teams

1. Keswick AC	197.13
2. Keswick AC	211.03
3. Carnethy H	214.13

Veterans

1. P Hall	Barrow	0/40	73.36
2. T MacDonald	Bingley	0/40	74.59
3. H Blenkinsop	Keswick	0/45	76.35

Youth's Latriqq Fell Race

1. S Willis	Skyrac	18.42
2. B Devine	Skyrac	20.24
3. J Rutter	Clayton	20.50
4. S Booth	Keswick	21.36

Girls Latriqq Race

1. K Moore	Cockermouth	33.01
2. C McGonigle	Tollymore	33.04

HOPECategory B, 4 miles, 650'

3 July

1. R Hand	Sheffield Univ.	25.11	6. M Seddon	Holmfirth	25.55
2. M Prady	Glossopdale	25.27	7. N Stone	Buxton	25.56
3. J Hinchley	Barnsley RR	25.28	8. D Bradley	DPFR	26.16
4. R Pearson	DPFR	25.49	9. A Moffatt	DPFR	26.22
5. G Berry	DPFR	25.52	10. D Ibbotson	Glossopdale	26.34

Veteran

1. N Berry	Holmfirth	26.45
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Local

1. P Karlsons	U/A	28.44
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Ladies

1. C Borrill	Hallamshire	29.37
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Category B, 2¹/₄ miles, 750'

4 July

As in previous years, past winners of the race failed to return. Apart from Sue Parkin who finds her name once more on the magnificent ladies trophy. Will nobody challenge her? Local effort was very effective and the Rossendale lads took a fair proportion of the prize list, including first place.

Next year a separate event will be staged for youngsters who formed a considerable section of the field.

John Nixon

1.	M Aspinall	15.36	11.	S Woodhead	17.08
2.	A Buckley	15.47	12.	D Beels	17.14
3.	R Rawlinson	16.07	13.	S Woods	17.15
4.	J Eaton	16.15	14.	G Wadsworth	17.20
5.	R Ashworth	16.34	15.	I Dermott	17.21
6.	G Schofield	16.40	16.	M Wallis	17.22
7.	P Standing	16.44	17.	E Richardson	17.23
8.	K Robinson	16.47	18.	P Massey	17.24
9.	J Emmott	16.53	19.	A Schofield	17.40
10.	B Schofield	17.00	20.	G Wright	17.46

GUTO NYTH BRAN

Not yet categorised, 7 miles, 1,300'

7 July

This years race saw a comfortable winner in Andy Darby who, running the event for the first time, took some care over running in the right direction and this cautious approach together with the 'steamy' weather conditions accounted for the relatively slow winning time. Hopefully next year will see the return of the course record holder, Len Wallace, and with Andy to beat a time of under 40 minutes should be possible.

Les Williams

1.	A Darby	Newport AC	43.53	11.	P Morris	L.C.	48.49
2.	L Williams	M de C	44.06	12.	M Cripps	U/A	49.35
3.	P Dixon	M.D.C.	44.44	13.	M Prendergast	L.C.	Vet 49.45
4.	K Page	Les Croupiers	45.21	14.	J Davies	U/A	50.24
5.	D Townsend	Invicta AC Vet	45.29	15.	R Crawford	M.D.C.	Vet 51.14
6.	M Bray	U/A	45.39	16.	H Kent	L.C.	51.15
7.	S Rochford	M.D.C.	45.47	17.	E McAuley	L.C.	51.17
8.	J Darby	M.D.C.	45.49	18.	P Crane	U/A	51.32
9.	J Wilson	M.D.C.	46.29	19.	P Crane	U/A	51.32
10.	A Williams	M.D.C.	47.14	20.	G Hicks	Caerffili Jnr Schools	52.00

MAMORE

Category C, 16 miles, 1,500'

7 July

In '83, Charlie Thompson, a phenomenal youth from the look-ahead progressive Cambuslang stable, led a chasing bunch, behind Clydesdale's Phil Dolan, for two-thirds of the race, towing a line of passengers behind him into the teeth of a gale. Predictably, the young lad wilted in the end, and dropped out. This year was different. No-one could live with Charlie, who ran a fine race to record the fastest time for years, just 4 mins. outside Phil Dolan's record. Veteran Walter Ryder also ran a consistently fast race, to pass the dying Cammie in the last mile.

Roger Boswell

0.	C Thompson	Cambuslang	1.42.09	Youth, first past the post, but ran unofficial (SAAA laws)		
1.	J Robertson	Cambuslang	1.48.29	11.	D Mewes	U/A 1.59.07
2.	A Bain	Cambuslang	1.48.52	12.	A Ingram	Lochaber 2.00.57
3.	W Ryder	Vet Morpeth H	1.49.15	13.	T McCulloch	Air Seaforth 2.01.10
4.	R Campbell	Lochaber	1.49.58	14.	H Murray	Royal Marines 2.01.19
5.	R Boswell	Lochaber	1.50.59	15.	I McWatt	Dumbarton 2.02.03
6.	R Anderson	Cambuslang	1.53.30	16.	G McLaughlin	Preston H 2.02.25
7.	J Stephens	Dumbarton	1.53.35	17.	E Birtwhistle	Clayton-le-Moors 2.02.49
8.	W Mitchell	Cambuslang	1.55.41	18.	B Gough	Cambuslang 2.03.56
9.	S MacMillan	Lochaber	1.57.03	19.	L Volwerk	Vet Lochaber 2.04.41
10.	J Jardine	Vet Lochaber	1.57.19	20.	S MacLeod	Lochaber 2.10.56
				21.	J Dougan	Dumbarton 2.11.06

Ladies

1.	G Anderson	Lochaber	2.47.59
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13th/14th
July 1985



The Saunders Lakeland Mountain Marathon

The event of this year will once again be planned by Ken Ledward and Klets personnel, sponsored and assisted by Robert Saunders (Chigwell) Ltd., and their staff.

VENUE. The Lake District. Competitors will receive further details during June 1985.

PLEASE NOTE. The organisers have assessed the probable impact of the event upon the selected area and maximum numbers have been set for each class. Entries will be accepted on a strict 'first come' basis, and those unsuccessful will be informed by return post. (see note on entry form).

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Orienteering event, 30 miles, 4,000'

7 July

Boy was it hot! One of the hottest week-ends in a long hot summer resulted in heavy retirement, for the competition area between Derwentwater and Bassenthwaite is tough going at the best of times. The elation of winning such a tough event always seems to overcome any suffering that may have been endured, so that whilst many may have gone home both weary and disappointed, around the presentation table it was all smiles. Joan Saunders of the sponsors presented the prizes to Derek Ratcliffe, KLETS solo class winner, to Mike Hoffe and Andy Ligema winners of the principle pairs class (Scafell), Frank Sykes and P. Blagborough (Bowfell) the Sheffield Univ. pair M. Smith and R. Hand (Wansfell class), and many others. Despite the conditions 11 of the 19 KLETS competitors completed the course including Wendy Dodds, and there were also five mixed team performances from Miriam and David Rosen (Scafell) Elaine Stephenson and S. Wright (Bowfell) and Wansfell Backpackers, Fleming and Herd. Derek put his victory down to the liberal overnight camp conditions, but others thought that next year he should be more severely handicapped. My wife and I enjoyed the Saunders hospitality on the Sunday, representing this magazine in Hugh's absence. I felt strangely guilty wandering around the finish field not having competed and a strong obligation to take part next year. I hope it's not as hot!

Peter Knott

KLETS Solo class

1.	D Ratcliffe	Rossendale H & Pendle Forest OC	11 hrs	02 mins.
2.	M Stone	Dark Peak & South Ribble	12.	48
3.	A Lewsley	Dark Peak	13.	24
4.	A Hyslop	Ambleside	14.	05
5.	K Taylor	Rossendale H	14.	59
6.	R Hartley		15.	06

Ladies - W Dodds

18. 32

Scafell Class

1.	M Hoffe & A Ligema	12.18
2.	S Willis & J Coulson	13.46
3.	J Pye & M Walford	15.43
4.	P Davies & J Booth	16.56
5.	J Harrison & I Heys	17.16
6.	M Rosen & D Rosen	17.19
7.	J Slannard & M Sanderson	18.11

Bowfell Class

1.	F Sykes & P Blagborough	11.59
2.	D Healey & J Kirkbright	12.11
3.	D Jones & N McNicol	12.15
4.	E Stephenson & S Wright	12.39

Wansfell Fellrunners

1.	M Smith & R Hand	10.25
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Wansfell Backpackers

1.	R Fleming & K Herd	13.17
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"Saunders heading for the Hills"

TOTLEYCategory C, 4½ miles, 700'

7 July

Run in conjunction with the gala at All Saints Primary School the race also includes the South Yorkshire Fell Race Championship. With the sun beating down Dave Hall, who won the race last year, set a fast pace out of the school grounds and along the early sections along the country lane to the moor. Staying with the pace Rob Pearson took over the lead on the steady climb up the moorside and gradually pulled away to finish with nearly a minute to spare.

Backed up by Graham Berry and Andrew Harmer Dark Peak won the county team championship as well as picking up gold, silver and bronze in the individual.

Alan Bocking

1.	R Pearson	DPFR	26.14
2.	D Hall	Kendal	27.02
3.	G Berry	DPFR	27.18
4.	D Woodhead	Horwich RMI	27.29
5.	A Harmer	DPFR	27.46
6.	D Smith	Halifax	28.23
7.	D Sant	DPFR	28.41
8.	G Sellars	Sheffield Univ.	28.47
9.	P Duffly	Aberdeen	29.04
10.	G Cresswell	Matlock	29.15
11.	K Cartmell	U/A	29.15
12.	D Pressley	Stocksbridge	29.45
13.	M Hayes	DPFR	30.59
14.	H Marston	Rotherham	31.07
15.	R Gibson	U/A	31.22
16.	M Coles	Skyrac	31.27
17.	A Forsyth	DPFR	31.29
18.	A Bocking	Pennine Fell Runners	31.37
19.	P Simpson	DPFR	31.50
20.	C Worsell	DPFR	32.01



Rob Pearson winning at Totley. (Photo/Eileen Woodhead)

RUMOUR HAS IT THAT 'RUMOUR HAS IT' HASN'T QUITE HAD IT BUT
 THAT THIS MAGAZINE WILL BE LOOKING FOR A NEW EDITOR SOON.

WASDALECategory A, 21 miles, 9,000'14 July

It was hot enough for several to run without vests but not the heatwave of last year. Cagoules and leggings were still compulsory. Nobody died from exposure, though one Horwich Junior broke his ankle. Bob Ashworth didn't 'die' in the other sense as he usually does in long races (he kept plugging away to hold third). Hugh Symonds (who's he?) kept up with Billy Bland over the rough stuff coming off the Pike, then lost 25 seconds on the smooth run-in stage. Pete Irwin and Andy Styan were in the leading group at Greendale, Derek Ratcliffe wasn't anywhere near (having started to race late). Pete and Andy dropped out, Derek didn't. He actually stormed through to take 4th place. Is there a moral?

Ian Holloway came from nowhere to move into 2nd place at Seatallan, and Billy Bland dropped from the leading 10 (at least, that's what the leaders board base said). Later Ian dropped out of the top ten and Billy re-appeared in the lead - you guessed? It was a mistake. Mike Hoffe was legless coming off Scaffell Pike after looking a potential winner. Ken Taylor did pretty well for someone who was told a few years back that he wouldn't run again. Joss Naylor did OK for a 64-year-old. Norman Matthews finished looking like a 64-year-old. M Daykin of Hereford Couriers came 64th. Mike Prady (12th) was 64 minutes in front of Bridget Hogge (1st Lady). Al Soren had 6 teas for his raging thirst (get it?). Paul McCartney did not run.

D N Feenish

1.	W Bland	Keswick AC	3.42.27	11.	I Holloway	Rochdale H	4.02.32
2.	H Symonds	Kendal AC	3.43.02	12.	M Prady	Glossopdale H	4.04.12
3.	R Ashworth	Rossendale H	3.49.33	13.	J Blair-Fish	Carnethy HR	4.07.17
4.	D Ratcliffe	Rossendale H	3.49.47	14.	J Naylor	Vet Cumberland FR	4.09.03
5.	M Hoffe	Cumberland FR	3.53.30	15.	N Lanaghan	Keswick AC	4.12.30
6.	K Taylor	Rossendale H	3.55.02	16.	A Jones	Glossopdale H	4.12.42
7.	A H Smith	Cumberland FR	3.57.57	17.	C Taylor	Clayton-le-Moors	4.12.47
8.	S Moore	Horwich RMI	4.01.01	18.	A Addis	Glossopdale H	4.14.06
9.	R Aucott	Vet DPFR	4.01.10	19.	J Nixon	Horwich RMI	4.16.08
10.	D Bland	Kendal AC	4.01.39	20.	G Webster	Kendal AC	4.16.31

Ladies

1.	B Hogge	Eryri	5.08.28
2.	V Brindle	Clayton-le-M	5.42.52

Teams

1.	Rossendale H	13 pts.
2.	Cumberland FR	26 pts.
3.	Kendal AC	32 pts.

Junior Race (Under 21 years).

1.	M Wilson	Hallamshire H	0.11.27	6.	K Manning	Clayton-le-Moors	0.12.42
2.	B Devine	Skyrac AC	0.11.46	7.	W Brindle	Horwich RMI	0.12.44
3.	R Bergstrand	Rochdale H	0.11.51	8.	I Dermott	Horwich RMI	0.13.04
4.	B Willis	E. Cheshire H	0.12.32	9.	B MacDonald	Bingley H	0.13.08
5.	B Sutcliffe	Bingley	0.12.33	10.	J Dermott	Horwich RMI	0.13.17

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LOUGHRIGG FELL RACENew, 6 miles, 2,000'15 July

A tough, mostly runnable course over the Loughrigg Fells held on the last day of the week long Windermere Festival and promoted by Ambleside A.C. Luckily the course was flagged otherwise I doubt if many would have found their way through the numerous paths in the bracken. The race itself produced a clear cut win for G. Russell of host club Ambleside, whilst team-mate I Barnett just got the better of Harry Walker. Clayton-le-Moors took the rest of the awards through A. Peacock in the veterans and Linda Lord in the ladies. There was a good turnout of U/11's with twelve boys and six girls, R. Wells and Z. Fielding being the respective winners. Against this there were only four U/14 boys and one U/16 boy.

				Alan Bocking		
1.	G Russell	Ambleside	47.04	11.	S Hubbard	52.44
2.	I Barnett	Ambleside	47.53	12.	C Taylor	Clayton-le-Moors 53.19
3.	H Walker	Blackburn	47.54	13.	M Fox	Border 53.29
4.	A Thornton	Kendal	48.06	14.	S Pierce	53.31
5.	E Parker	Ambleside	48.14	15.	P Hollinrake	53.40
6.	S Kirkbride	U/A	49.31	16.	R Mercer	Kendal 53.56
7.	M Rigby		50.33	17.	A Stephenson	54.03
8.	D Spedding	Keswick	51.00	18.	S Fife	Ambleside 54.22
9.	S Kruger	Keswick	52.03	19.	P Longfield	Billingham 54.43
10.	A Peacock	Clayton-le-Moors	52.12	20.	A Bocking	Pennine Fell Runners 54.44

Veterans

1.	A Peacock	Clayton-le-Moors	52.12
2.	P Longfield	Billingham	54.43
3.	R Wilkinson	Clayton-le-Moors	59.54

U/16 Boys

1.	G Wilkie	16.32
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U/11 Boys

1.	R Wells	20.10
2.	S Barton	20.22
3.	P Harris	21.38

Ladies

1.	L Lord	Clayton-le-Moors	59.10
2.	V Brindle	Clayton-le-Moors	62.05
3.	J Graham	Ambleside	63.43

U/14 Boys

1.	J Taylor	16.33
2.	A Sandham	17.04
3.	I Woodhouse	25.12

U/11 Girls

1.	Z Fielding	22.40
2.	A Taylor	25.26
3.	C Wilkinson	28.11

BAMFORD

1.	M Wilson	Hallamshire	20.22 (Record)	6.	A Harmer	DPFR	21.31
2.	M Patterson	DPFR	20.43	7.	J Schiffer	Bonn	21.45
3.	R Pearson	DPFR	21.00	8.	N Smith	U/A	21.46
4.	J Hinchey	Barnsley RR	21.20	9.	R Asquith	Holmfirth	Vet 21.49
5.	A Holme	Pennine FR	21.27	10.	I Farnell	DPFR	21.52
1st Vet (9th)	R Asquith	Holmfirth	21.49	1st Local (78th)	J Cotterill	U/A	25.08
1st Lady (80th)	C Borrill	Hallamshire	25.09				

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BOOTLE BLACK COMBECategory A, 7 miles, 1,900'15 July

1.	K Capper	Lancs & Morc. AC	38.36	11.	D Stuart	Keswick AC	41.52
2.	F Reeves	Kendal AC	39.50	12.	J Ritson	Derwent AC	41.56
3.	D Lee	CFR	40.04	13.	I Holloway	Rochdale H	42.34
4.	G Clucas	CFR	40.13	14.	J Clemens	Vet Black Combe R	42.40
5.	H Jarrett	CFR	40.40	15.	K Mings	CFR	42.41
6.	S Baker	Horwich RMI	40.50	16.	M Winstanley	Lancs & Morc. AC	43.34
7.	M Prady	Glossopdale H	41.11	17.	M Mattinson	Copeland AC	44.01
8.	M Farmlay	Pennine FR	41.28	18.	D Jones	Lancs & Morc. AC	44.05
9.	A Hulme	Pennine FR	41.31	19.	N Lanaghan	Keswick AC	44.17
10.	G Byers	CFR	41.39	20.	A Jones	Glossopdale H	44.18

WHARMTON DASHCategory B, 2 miles, 600'15 July

1.	M Aspinall	Rossendale	15.02	11.	B Clayton	Saddleworth	16.42
2.	M McGann	E.C.	15.23	12.	K Maguire	Rochdale	16.51
3.	H Waterhouse	Saddleworth	15.33	13.	P Duffy	Vet Aberdeen	16.52
4.	D Woodhead	Horwich RMI	15.44	14.	S Smith	Longw.	16.54
5.	M Seddon	Holmfirth	16.08	15.	M Seddon	SELOC	16.58
6.	H Kelly	E.C.	Vet 16.11	16.	N Thorndyke	Rochdale	16.59
7.	D Emmerson	Bury	16.14	17.	P Alker	Thames	17.02
8.	R Waterhouse	Saddleworth	16.14	18.	S Farris	Bolton	17.06
9.	D Massey	Horwich RMI	16.15	19.	S Worthington		17.32
10.	A Corbett	Barnsley	16.19	20.	M Boardman	Stockport	17.42

Juniors

1.	J Taylor	Holmfirth	16.13	3.	A Schofield	Rochdale	16.36
2.	W Brindle	Horwich RMI	16.18				

**DALES TRAVERSE**

(FELL 25m RACE) 14th April 1985
A.A.A. Rules

Prizes for 1st Male - Female - Runners - Up
1st Vet. - Junior - Team



Start 9.30 Tennants Kilnsey Arms



Entry Fee £5
Certificate for all who complete

S.A.E. To Simon Townson
18 Victoria St. Wetherby, LS22 4RE
25 miles of very runnable country (all rights of way) 6,500 ft.

Closing Date March 31st

Category A, 7 miles, 2,000'

21 July

The event was run in good visibility, hot sunny weather and the course was fast but dusty. The very strong field included previous record holders and Three Peaks winners as well as a number of other top British fell runners. The youthful leaders set off at a pace which ensured a fast time and although Dave Cartridge was first to the summit, closely followed by Kevin Capper and Sean Livesey, Kevin's speed took over on the descent to not only preserve his last year's title, but also to better the course record by 46 seconds. Dave was also well inside the previous record. A remarkable effort by Derek Lawson saw his 9th at the summit, but his old legs lost six places on the descent for a finishing time inside 49 min 30sec. Not bad for a veteran only a few months from his half century, when by rights he should be negotiating for the loan of Gerry Spink's bath chair. Gerry retained his Supervets title for the third year, with a record time of 54.03. Mrs Varney demonstrated the family talent by winning the Lady's race and veteran Linda Lord was not far behind.

The team from Leicester plains place all their counters in the first twelve to triumph over the clubs from hillier regions! Holmfirth were again well represented providing winners of the Junior race to Crina Bottom in J. Taylor, 30 seconds inside the previous record, and J. Cooke in the Girls event. It was pleasing to see a large number of local runners taking part in both events, with Bob Whitfield's usual good run and creditable performances from the local teachers, coalmerchant, doctor and the chemist's husband - with personal best performances by two of the race organisers. Thanks from the competitors to Kathy Mackin and all her helpers on the field, on the mountain and behind the scenes - without whom the event would not take place. Thanks also to all the runners who took part, (except the one who finished without a number, causing some concern to the safety team and the race compilers).

J Llewellyn

1.	K Capper	Lancaster & M	44.55	11.	K Taylor	Rosendale AC	48.15
2.	D Cartridge	Bolton H	45.19	12.	P Hands	Leicester C	48.49
3.	S Livesey	Ribble Valley H	46.03	13.	G Devine	Skyrac AC	49.13
4.	J Broxap	Keswick	46.38	14.	M Speight	Bingley H	49.19
5.	J Masterson	Leicester C	47.08	15.	D Lawson	Bingley H	Vet 49.28
6.	J Stone	Leicester C	48.04	16.	D Bland	Kendal AC	49.53
7.	R Whitfield	Kendal AC	48.17	17.	M Hunter	Wakefield	50.10
8.	D Leaf	Rowntrees AC	48.37	18.	S Brady	Clayton	50.25
9.	B Grant	Harrogate AC	48.39	19.	G Woolnough	Kendal AC	50.30
10.	P Tuson	Kendal AC	48.40	20.	M J Farmery	Frodsham	50.45

Veterans

Ladies

1.	D Lawson	Bingley H	49.28	1.	D Varney	Kendal	62.08
2.	R Jackson	Sale H	52.22	2.	L Lord	Clayton	63.31
3.	T McDonald	Bingley	52.33	3.	J Graham	Ambleside	68.45

Junior Boys (Crina Bottom)

Junior Ladies (Crina Bottom)

1.	J Taylor	Holmfirth	23.33	1.	J Cooke	Holmfirth H	29.36
2.	S Winstanley	Bingley H	23.43	2.	M Preedy	Burnley	30.29
3.	R Drinkall	U/A	23.52	3.	A Couke	Holmfirth H	31.43

KINNISIDE

Category A, 9 miles, 3,000'

21 July

For the second year running the Kinniside was run in glorious weather leaving the runners to concentrate on their running rather than navigation. Also the usually very boggy section between Blakeley Raise and Latterbarrow proved to be very dry. For those who had time to look about them in the race the views were superb. The battle for first place took place again between Harry Jarrett and club mate Mick Hoffe, Harry was chased hard by M.ck, especially on the fast descent from Dent to the Finish but just failed to catch him. Harry won by just 10 seconds.

John Peel

1.	H Jarrett	Cumberland FR	1.07.35	11.	K Mingins	Cumberland FR	1.13.49
2.	M Hoffe	Cumberland FR	1.07.45	12.	N Lanaghan	Keswick AC	1.14.32
3.	D Lee	Cumberland FR	1.08.26	13.	J Clemens	Vet Black Combe R	1.14.54
4.	W Bland	Keswick AC	1.09.14	14.	D Thomas	Copeland AC	1.15.29
5.	G Moore	Horwich RMI	1.11.26	15.	R Hand	Border	1.15.45
6.	G Byers	Cumberland FR	1.11.45	16.	M Mattinson	Copeland AC	1.15.55
7.	G A Clucas	Cumberland FR	1.11.54	17.	F Anderson	Cumberland FR	1.17.09
8.	J Ritson	Derwent AC	1.11.57	18.	C Dulson	Cumberland FR	1.17.14
9.	R Campbell	Lochaber AC	1.12.40	19.	D Spedding	Keswick AC	1.17.19
10.	D Wilkinson	Keswick AC	1.13.40	20.	P Skelton	Ambleside AC	1.17.27

Ladies

1.	B Wilkinson	Keswick AC	1.31.26	1.	Cumberland F.R.	12 pts.
2.	A Teasdale	U/A	1.40.05	2.	Keswick AC	45 pts.
3.	F Radford	Keswick AC	1.41.49	3.	Black Combe R.	126 pts.
				4.	Copeland A.C.	127 pts.

TeamsSNOWDONCategory A, 10 miles, 3,200'

21 July

The 9th annual Snowdon Race attracted a record entry of 400 runners. The Italians were once again over in force with the 1980 winner, Privato Pezzoli and the current Italian champion Fausto Bonzi providing a formidable challenge to the British contingent. Pezzoli and Bonzi, who incidentally hail from the same village in Italy, soon took up the challenge and were accompanied for most of the up hill run by Kenny Stuart. The trio were eventually broken by Bonzi who stormed home in a new record time of 1.03.46. His feat was most remarkable considering that he is only 5'1" tall and weighs 7st. 4lbs.

Kenny Stuart finished in third position with Mike Bishop 4th and Jeff Norman 5th. (These 3 runners winning a free trip to the Trofeo Vanoni race at Morbegno, Italy on 28th October 1984. The ladies class was won by Pauline Haworth (New Record) and the first vet was Alan Jeffries (Swansea).

H. Lloyd

1.	F Bohnzi	Italia	1.03.46	11.	B Woodward	Cymru	1.10.36
2.	P Pezzoli	Italia	1.05.43	12.	D Woodhead	Horwich	1.11.20
3.	K Stuart	Keswick	1.05.52	13.	D Hall	Kendal	1.12.37
4.	M Bishop	Staff Moors	1.07.41	14.	S Orrells	Newtown	1.12.54
5.	J Norman	Altrincham	1.08.23	15.	P Standing	Bolton UH	1.13.09
6.	J Maitland	Aberdeen	1.08.31	16.	E Twouig	Leamington	1.13.27
7.	A R Darby	Cymru	1.09.12	17.	B Brindle	Horwich	1.13.34
8.	A Almalfa	Italia	1.09.48	18.	A Jeffries	Swansea	Vet 1.14.04
9.	A Adams	Staff Moors	1.10.00	19.	H Griffiths	Eryri	1.14.36
10.	P Bowler	Staff Moors	1.10.23	20.	S J Longdon	U/A	1.14.44

Ladies

1.	P R Haworth	Keswick	1.24.03	3.	H Matthews	Bolton	1.33.11
2.	B Hogge	Eryri	1.29.10				



Snowdon - Pezzoli leads Stuart, Bohnzi and Bishop.

TROFFO VANONI RACE - MORBEGNO

28 October

The Snowdon Connection.Team Relay

1.	Atl. Valli Bergmasche		3.	C. Sportivo Forestale Roma	
	Fausto Bonzi	29.14		Claudio Galeazzi	30.42
	Antonio Amalfa	30.22		Battista Scanzi	31.05
	Privato Pezzoli	31.11		Maurizio Simonetti	31.27 (Total 1.33.14)
		(Total 1.30.47)			
2.	Inghilterra			(Result in 'leg' order)	
	Ken Stuart	29.21		Welsh Team - 28th Position	
	Jeff Norman	33.03		Nigel Fisher	38.43
	Mike Bishop	30.06		Eilir Evans	37.14
		(Total 1.33.00)		Steven Orrells	37.05 (Total 1.53.03)
	(63 Teams ran)				

Fastest times

1.	Fausto Bonzi	29.14	(Course record - 29.39)	6.	Andrea Giupponi	30.52
2.	Ken Stuart	29.21		24.	Jeff Norman	33.03
3.	Antonio Amalfa	30.22		79	Steve Orrells	37.05
4.	Mike Bishop	30.36		84	Eilir Evans	37.14
5.	Claudio Galeazzi	30.42		111	Nigel Fisher	38.43

TURNSLACKCategory B, 8 miles, 1,200'

21 July

With so many counter attractions the same day there was still a good turnout for the seventh running of this Kevin Shand promotion. The weather was ideal for spectators but at least hot feet got cooled down re-crossing the stream from the reservoir on the way back! Work being carried out had released quite a lot of water after it had been crossed on the outward journey. The race itself was a triumph for Holmfirth's Alan Buckley as he cruised to a seventy two second victory from Jim Eaton of Rossendale, who has really improved recently. With Bob Ashworth next in, things looked good for the club from the valleys but with four to count it was host club, Rochdale, led home by Ian Holloway in fourth who won their first team title since 1979. Seventh overall was first veteran Derek Kay. Derek was nearly three minutes clear of his closest rival, Joe Bean. For Joe it was a superb run and, for good measure, he was the first 0/45. The ladies went to Sue Parkin in a rare outing in a fell race being five and a half minutes clear of her closest pursuer.

Alan Backing

1.	A Buckley	Holmfirth	52.09	11.	P Lambert	Red Rose R.R.	57.03
2.	J Eaton	Rossendale	53.21	12.	V Tudor	Rossendale	57.29
3.	R Ashworth	Rossendale	53.50	13.	M Moey	Chorley	57.43
4.	I Holloway	Rochdale	53.59	14.	F Loftus	Horwich RMI	58.05
5.	D Ibbetson	Glossopdale	54.52	15.	J Dean	Holmfirth	58.06
6.	I Clarkson	Rochdale	55.07	16.	S Priestley	East Cheshire	58.19
7.	D Kay	Bolton	55.09	17.	D Beels	Rochdale	58.28
8.	J Hartley	Clayton-le-Moors	55.45	18.	P Dawson	Blackburn	58.50
9.	J Calvert	Clayton-le-Moors	56.10	19.	J Monks	Rochdale	58.56
10.	A Hulme	Pennine FR	56.25	20.	S Westhead	Horwich RMI	59.25

Veterans

1.	D Kay	Bolton	55.09	1.	S Parkin	Holmfirth	64.49
2.	J Dean	Holmfirth	58.06	2.	H Bloor	Highgate	70.25
3.	P Dawson	Blackburn	58.50	3.	K Etherden	Rossendale	86.27
4.	D Gibson	Stretford	59.33	4.	A Tomkinson	Rochdale	89.37
5.	W Buckley	Glossopdale	59.34	5.	I Fletcher	U/A	96.49
6.	N Matthews	Horwich RMI	59.51	6.	B Matthews	Horwich RMI	98.15

Juniors

1.	I Campbell	Horwich RMI	23.52	4.	A Schofield	Rochdale	24.35
2.	I Ackley	Glossopdale	24.08	5.	J Fleture	Halifax	24.52
3.	S Gilbert	Rochdale	24.34	6.	D Read	Rochdale	25.16

Teams

1.	Rochdale - 46 pts.	2.	Rossendale - 65 pts.	3.	Horwich - 93 pts.
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SLIEVE DONARD

Category A, 7 miles, 2,900'

21 July

The 40th renewal of the Slieve Donard Fell Race was held in blazing sunshine at Newcastle on Saturday. Seventy runners set out on the arduous run to the top of Donard, and although conditions were totally against fast fell running, the leading pair managed to get within two minutes of the all-time record. At the halfway stage last year's winner, Colin Donnolly, was in the lead but being closely pressed by his Scottish compatriot, Andy Curtis. On the fast descent stage to Bloody Bridge, Curtis, in his first ever Slieve Donard race, passes Donnolly and went on to win in the admirable time of 1 hour 06 mins. and 55 secs.

In third place was the first Northern Ireland runner Ian Parke, while the first local runner home was Noel Douglas of Newcastle A.C. The team event was a real cliff-hanger with Ballydrain Harriers just pipping Newcastle A.C. A feature of the race was the good performance of Dromore athlete Harry Moreland, who was taking part in his 15th consecutive Slieve Donard race, a record for the event.

1.	A Curtis	Scotland	1.06.55	11.	A Spenceley	Carnethy HR	1.13.46
2.	C Donnolly	Scotland	1.07.45	12.	D Graham	Mourne AC	1.14.29
3.	I Parke	Ballydrain H	1.09.01	13.	B Gormley	Newcastle AC	1.15.34
4.	R Bryson	Ajax Hill R	1.10.19	14.	S Graham	Newcastle AC	1.16.05
5.	G McGrath	Irish Hill R	1.10.35	15.	R Rutherford	Ballydrain H	1.17.58
6.	J Patterson	Mourne AC	1.11.25	16.	M McNulty	Tollymore AC	1.18.03
7.	N Douglas	Newcastle AC	1.11.39	17.	R Shields	Lochaven AC	1.18.18
8.	J Hayes	Ballydrain H	1.11.56	18.	R S Hope	Edinburgh AC	1.19.05
9.	D McGonigle	Newcastle AC	1.12.11	19.	B Mitchell		1.19.31
10.	B Irvine	Co Antrim H	1.12.55	20.	D Wall	Carnethy HR	1.20.03

1985

BENS of JURA

fell race

SAT MAY 25

Sponsored by Isle of Jura Pure Malt Whisky.

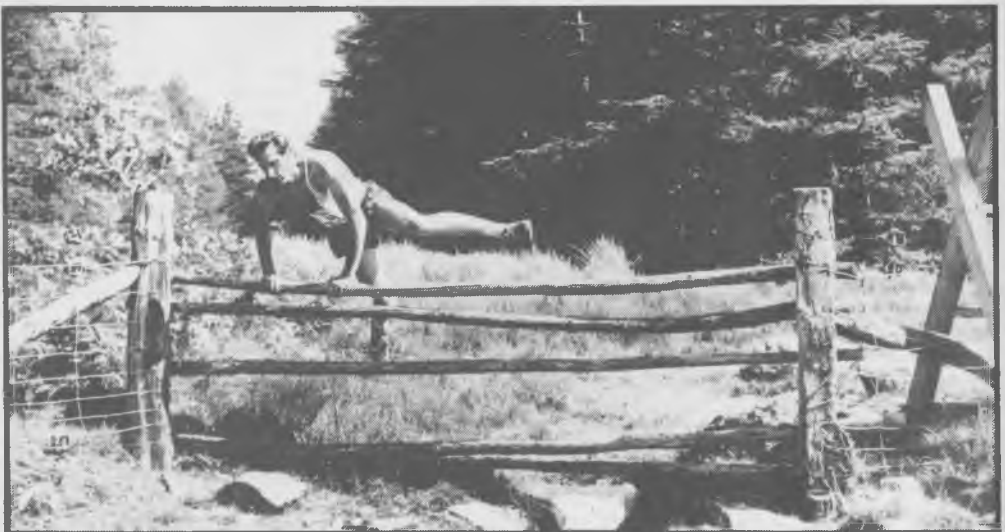
Category A, 7 miles, 2,000'

28 July

An informal race held in conjunction with Capel Curig carnival the event this year attracted a quality field due to it's championship status. Kenny Stuart, though, was preparing for Borrowdale, and with Hugh Symonds not taking part it was open to Jon Broxap to make the long journey to Wales worthwhile in gaining points in the battle for runners-up position. From the start, on the main A5 road, the pace was fast as the field made its way up the wide forest roads towards the open grassy fell and the long steady climb towards the summit cairn. The race became a dual between Jon Broxap and Dave Cartridge as they steadily pulled away from the rest of the field. By the tape there was no more than fifty yards in it. The battle for third was even more intriguing as Jack Maitland just got the verdict over Steve Breckell. The influx of English runners put the record of 49.00 under severe pressure and the first sixteen all went under it. The record also went in the ladies as Bridget Hogge had a comfortable win, lowering the record of 63.00 minutes, as she chases runner-up position in the Championship behind Pauline Haworth. Ray Aucott cemented his lead at the top of the veterans table with a comfortable fifty-five second win over John Clemens.

The race will be remembered for the results for the organisers only printed position, name and time. With it being in the Championship the club needed to be known as well as who was the veteran and a lady. In the results I have tried to include these from my knowledge, apologies for errors. In the main lessons need to be learnt. This was an informal local carnival race and the format of results was no different from previous years, other races publish the results the same way and some do not even do this. If a race is in the Championship the F.R.A. should inform the organiser of what it requires in return and I'm sure that there would be no problem. The consequence is that an excellent race is unlikely to be picked again, although the format of the Championship is likely to be changed. To avoid preferences of the Committee for certain races and certain areas perhaps all organisers of 'A' races should be asked if they want to be included as a Championship race on a rota basis. We can only progress by learning.

						Alan Bocking
1.	J Broxap	Keswick	46.01	16.	D Woodhead	Horwich RMI 48.55
2.	D Cartridge	Bolton	46.09	17.	R Rawlinson	Rossendale 49.03
3.	J Maitland	Aberdeen	46.51	18.	A Hulme	Pennine FR 49.06
4.	S Breckell	Blackburn	46.52	19.	R Seager	L.E.I. C.C. 49.24
5.	R Ashworth	Rossendale	47.20	20.	J Clemens	Black Combe R 49.45
6.	A Buckley	Holmfirth	47.30	21.	C Valentine	Keswick 50.13
7.	R Owen	Horwich RMI	47.35	22.	P Slaudry	50.30
8.	A Smith	CFR	47.45	23.	H Griffiths	Eryri 50.35
9.	G Gough	Blackburn	47.52	24.	D Kay	Bolton 51.03
10.	R Pilbeam	Keswick	48.02	25.	D Jones	Skyrac (?) 51.08
11.	B Brindle	Horwich RMI	48.06	26.	S Hughes	51.32
12.	R Bergstrand	Rochdale	48.14	27.	M Jones	Eryri 51.40
13.	K West	Border	48.21	28.	M Jones	Royal Sutton 51.41
14.	S Moore	Horwich RMI	48.46	29.	J Davies	Eryri 51.51
15.	R Aucott	DPFR	48.50	30.	P Stott	Pennine FR 51.54



Steve Breckell mounting at Moel Siabod. (Photo/ Eileen Woodhead)

Veterans

1.	R Aucott	DPFR	48.50	4.	J Davies	Eryri	51.51
2.	J Clemens	Black Combe R	49.45	5.	R Jackson	Sale	51.56
3.	D Kay	Bolton	51.03	6.	N Berry	Holmfirth	52.42

Ladies

1.	B Hogge	Eryri	59.11	2.	L Lord	Clayton-leMoors	61.20
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MELANTEECategory A, 3 1/2 miles, 1,500'

28 July

1.	G Devine	J Skyrac	30.57	12.	T McCulloch	Ayr Seaforth	34.15
2.	D Hall	Kendal	31.18	13.	J Blair-Fish	Carnethy	34.25
3.	M Lindsay	Carnethy	31.25	14.	B Anderson	Cambuslang	34.34
4.	D Lee	Cumberland FR	31.28	15.	G McConnachie	Lochaber	34.41
5.	R Campbell	Lochaber	31.40	16.	R Hope	J Edinburgh	34.48
6.	A Spenceley	Carnethy	31.48	17.	S McLeod	Lochaber	35.01
7.	R Boswell	Lochaber	31.51	18.	S Sutcliffe	J Bingley	36.08
8.	A Curtis	Livingstone	32.04	19.	W A Gauld	S/Vet Scottish HR	36.14
9.	P Tuson	Kendal	32.25	20.	J Jardine	Vet Lochaber AC	36.43
10.	N Martin	Inverness	33.54	21.	R Lord	Vet Pennine FR	36.46
11.	K Mingins	Cumberland FR	34.06				

Ladies

1.	A Curtis	Livingstone	43.16	2.	F McNeil	Lochaber	56.34
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Teams. 1. Carnethy - 22 pts. 2. Lochaber - 27 pts. 3. Kendal - 41 pts.

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HALF NEVISCategory A, 6 miles, 2,200'

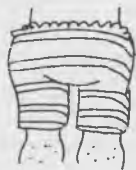
29 July

1.	G Devine	J Skyrac	50.37	13.	G McConnachie	Lochaber	56.05
2.	M Lindsay	Carnethy	51.09	14.	B Maher	Aberdeen	56.23
3.	D Hall	Kendal	51.17	15.	C Perry	U/A	56.35
4.	R Boswell	Lochaber	51.22	16.	W A Gauld	S/Vet Scottish HR	56.51
5.	R Campbell	Lochaber	51.36	17.	J Blair-Fish	Carnethy HR	58.27
6.	P Tuson	Kendal	52.59	18.	G Brooks	Lochaber	58.33
7.	K Mingins	Cumberland FR	54.48	19.	J MacRae	U/A	58.42
8.	S MacMillan	Lochaber	55.06	20.	J Jardine	Vet Lochaber	59.01
9.	R Hope	J Edinburgh	55.14	21.	A Kitson	Lochaber	59.10
10.	S Sutcliffe	J Bingley	55.22	22.	E McGlashan	Lochaber	59.35
11.	D O'Neil	J Lochaber	55.29	23.	G Fleming	Vet Cambuslang	59.50
12.	S MacLeod	Lochaber	55.59				

Ladies

1.	T Donaldson	Lochaber	77.46	2.	G Anderson	Lochaber	83.06
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Teams 1. Lochaber A - 17 pts. 2. Lochaber B - 36 pts. 3. Kendal - 46 pts.

MAGAZINE BACKNUMBERS.

July 80, August 81, July 82, December 82, July 83 and January 84

Send 60p in stamps or a cheque payable to FRA for each backnumber wanted to the editor. Summer 84 also available.

COW HILLCategory B, 2 1/4 miles, 900'

30 July

1.	D Hall		Kendal	New/Rec.	17.51	11.	G McConnachie		Lochaber	21.18
2.	G Devine	J	Skyrac		18.00	12.	E Orr	Vet	Lochaber	21.22
3.	R Campbell		Lochaber		18.44	13.	A Brayshaw		Bingley	22.21
4.	D O'Neil	J	Lochaber		19.41	14.	G Brooks		Lochaber	22.23
5.	S Sutcliffe	J	Bingley		20.03	15.	E Dealtry		Kendal	22.33
6.	R Forbes		Lochaber		20.23	16.	E Gowrie		U/A	22.35
7.	S MacLeod		Lochaber		20.30	17.	R Cant		Lochaber	22.37
8.	F Glass	Youth	Skyrac		20.47	18.	L Volwerk	Vet	Lochaber	22.42
9.	J Jardine	Vet	Lochaber		20.52	19.	E Fraser	S/B	Lochaber	23.05
10.	A Kitson		Lochaber		20.53	20.	T Nixon	J/B	Lochaber	23.13

Ladies

1.	F O'Donnell	U/A		30.13
2.	D Anderson	U/A		30.22

Teams

1.	Lochaber	-	13 pts.
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It was great to see so many English boys still made the trip up despite the fact that the Melantee had been temporarily dropped from the championship. Devine looked to be going for a hat trick, but David Hall just edged him out after a tremendous effort in the short sharp Cow Hill race. The Scots lads are coming on now, with the incentive of a Scottish Championship, and next year all you English, (Welsh and Irish) are going to have to work damned hard to get in the first 20.

DRINNAHILLYCategory A, 1 3/4 miles, 750'

31 July

Mike McNulty was on a 'hat trick' here, having won in '82 and '83, but Dermot McGonigle spoilt the party finally winning this race at his third attempt beating Mike by 13 seconds. Alan Murphy won the juvenile race but was pushed all the way by 11 year old Mark Keown, whose mother, Kathleen, won the ladies race.

1.	D McGonigle		Newcastle AC		11.28	6.	I Brannigan		Tollymore AC	13.01
2.	M McNulty		Tollymore AC		11.41	7.	D Connolly		Armagh AC	13.04
3.	D Graham		Mourne AC		12.20	8.	W J Brown		Tollymore AC	13.10
4.	S Graham		Newcastle AC		12.30	9.	B Armstrong		Craobh Rua AC	13.12
5.	D Brannigan		Tollymore AC		12.58	10.	E Duffy		Craobh Rua AC	13.16

Ladies

1.	K Keown		Tollymore AC		21.28	3.	P McNulty		Tollymore AC	22.03
2.	C McGonigle	Vet 0/50	Tollymore AC		22.02					

Juniors

1.	A Murphy		Tollymore AC		15.56	4.	J Keown		Tollymore AC	16.41
2.	M Keown		Tollymore AC		16.05	5.	K Thomason		Tollymore AC	16.48
3.	E Hawkins		U/A		16.15					

CRAIG DHUCategory A, 4 miles, 2,000'

4 August

1.	C Donnelly		Cambuslang		28.32	11.	R Morris		Carnethy	31.35
2.	A Curtis		Livingstone		28.40	12.	H Buchanan		Forth Valley	31.40
3.	M Lindsay		Carnethy		29.09	13.	S MacLeod		Lochaber	31.54
4.	M Dean		Forth Valley		29.20	14.	M Edwards		Aberdeen	32.00
5.	M Burton		Edinburgh Uni		29.26	15.	J Bass		Edinburgh Uni	32.03
6.	I Davidson		Edinburgh Uni		29.41	16.	B McLaughlan		Dumbarton	32.17
7.	R Campbell		Lochaber		29.58	17.	G McConnachie		Lochaber	32.26
8.	G C Grant		Kilmarnock		30.36	18.	B Maher		Aberdeen	32.39
9.	R Boswell		Lochaber		31.04	19.	B Gauld		Scottish HR	S/Vet 32.39
10.	R J Hope		Edinburgh Uni		31.29	20.	S MacMillan		Lochaber	33.12

BORROWDALECategory A, 17 miles, 6,500'4 August

The popularity of the Borrowdale race continues with another entry in excess of 300. Mist covered the higher parts of the course in the early stages and shouts of 'hello' could be heard from lost souls on the journey from Bessy Boot to Esk Hause. Kenny Stuart lost his first championship race of the season to local favourite Billy Bland. For Billy it was one of the few times that he felt he had run well this year. Kenny, though, still clinched the Championship, as did Pauline Haworth the ladies setting a new course record as she powered her way round the course. She was only headed early on by Bridget Hogge on the climb to Bessy Boot but then slipped into the lead crossing to Esk Hause and opened up a tremendous gap of twenty two minutes by the finish. The early contenders by Bessy Boot were Billy, Kenny, Ken Taylor, Jon Broxap, Sean Livesey and Dave Cartridge. Ken Taylor lost three minutes on the rest by Esk Hause as colleague Bob Ashworth caught him up, It was six minutes before the rest of the field started pouring through. It was over Broad Crag that gaps started to appear in the leaders as Billy opened up a slight lead in the mist from Sean, Kenny and Jon. At Scafell Pike these were four minutes clear of Ken, Bob and Dave. Billy extended his lead to four minutes by the time the summit of Great Gable was reached. Along the corridor Kenny overtook Sean to open up three minutes at the Gable check-point.

Sean was joined by Jon and then Ken, Bob and Dave at two minute intervals. Kenny was unable to close the gap on the good running to Honister as Billy piled on the pressure to open up a gap of seven minutes. Kenny had six minutes in hand over Ken Taylor who was now going really well. Just behind Ken were Jon and Sean as the others dropped back to a closing field. Climbing up Dale Head Kenny managed to pull back a minute but barring disasters there was no way he was going to catch Billy. Nine minutes later Ken appeared in a fairly safe third four minutes clear of Jon. Jon himself had two minutes to spare over a tiring Sean Livesey and Brent Brindle, who had pulled back six minutes on Sean on the climb. The long descent to Rosthwaite saw Billy stretch his lead to nearly ten minutes as the positions remained the same. With three in the first four Keswick easily won the team race based on time. Joss Naylor and Ray Aucott battled for the veterans, Ray starting the quicker gaining nearly three minutes by Bessy Boot. At Esk Hause, though, they went through close together in the great mass of bodies. Ray pulled away slightly climbing Scafell Pike but by Great Gable there was nothing in it again. Joss moved away on the good running to Honister to open up three minutes which proved decisive in the end for a popular win.

Alan Bocking

1.	W Bland	Keswick	2.37.45
2.	K Stuart	Keswick	2.47.06
3.	K Taylor	Rosendale	2.54.30
4.	J Broxap	Keswick	3.01.39
5.	B Brindle	Horwich RMI	3.02.40
6.	M Rigby	Ambleside	3.03.11
7.	R Owen	Horwich RMI	3.03.33
8.	R Ashworth	Rosendale	3.04.21
9.	S Livesey	Ribble Valley	3.04.48
10.	S Moore	Horwich RMI	3.04.52
11.	P Barron	Keswick	3.05.42
12.	K West	Border	3.06.11
13.	D Hall	Kendal	3.06.44
14.	P Iuson	Kendal	3.07.15
15.	D Stuart	Keswick	3.07.28
16.	S Priestley	East Cheshire	3.07.39
17.	J Naylor	Cumberland FR	3.08.52
18.	P Lambert	Red Rose R R	3.09.01
19.	D Cartridge	Bolton	3.09.56
20.	R Aucott	DPFR	3.10.33
21.	B Peace	Bingley	3.10.53
22.	I Charlton	Keswick	3.11.33
23.	C Wilkinson	Kendal	3.12.36
24.	S Breckell	Blackburn	3.12.53
25.	A Jones	Glossopdale	3.13.07
26.	D Woodhead	Horwich RMI	3.13.50
27.	A Richardson	Kendal	3.14.26
28.	A Clarke	U/A	3.15.16
29.	P Skelton	Ambleside	3.15.22
30.	D Barnes	Keswick	3.15.34



Billy Bland with a seven minute lead climbing Dale Head

Veterans

1.	J Naylor	Cumberland FR	3.08.52
2.	R Aucott	DPFR	3.10.33
3.	R Jackson	Sale	3.16.31
4.	A Philipson	Gosforth	3.17.02
5.	J Clemens	Black Combe R	3.25.18
6.	D Kay	Bolton	3.26.01

Ladies

1.	P Haworth	Keswick	3.26.05
2.	B Hogge	Eryri	3.48.07
3.	A Teasdale	U/A	4.10.30
4.	G Wilkinson	Keswick	4.18.15
5.	L Lord	Clayton-le-Moors	4.21.59
6.	K Mather	Saddleworth	4.25.39

Teams: 1. Keswick - 8.26.30 2. Horwich RMI - 9.11.05 3. Keswick 'B' - 9.24.43.

MOEL HEBOG

Not yet categorised, 5 miles, 2,500'

4 August

Rain and mist threatened what looked like being an explosive race as Beddgelert welcomed runners for the 1984 Moel Hebog Race. But undeterred by any form of weather 72 eager runners set off at 3.00pm on what has been described as a very tough race. Hot favourite was Hefin Griffiths of Beddelgert, a local lad who's family are now renowned for their interest in fell running. But Hefin wasn't just out to win this race, he was also out to break his brother Glyn's record of 45.02 mins. Glyn a champion in Wales was unable to enter having sustained injury during another race. As expected Hefin came in first but because of adverse weather conditions he was not to claim a new record, his time was 46mins. 19secs. In second place came R. Rawlinson of the Rossendale running club in a time of 49.18, with Mike Jones of the Royal Sutton running club taking third place with a time of 50.02.

1.	H Griffiths	Eryri	46.19	11.	N W Fisher	Vet	Eryri	53.26
2.	R Rawlinson	Rossendale	49.18	12.	D Williams	Vet	Eryri	54.50
3.	M Jones	Royal Sutton	50.02	13.	G Davies		Eryri	54.52
4.	J D Davies	Eryri	50.13	14.	L Williams		M.D.C.	50.53
5.	P Stott	Pennine FR	50.18	15.	A Hughes		Eryri	50.54
6.	S Orrells	Newtown	50.31	16.	N Spears		Royal Sutton	55.04
7.	H Parry	Eryri	51.09	17.	S Parri			55.06
8.	D R Wrennall	Eryri	51.56	18.	R Owen		Eryri	55.15
9.	W Ross		52.30	19.	B Hodgson		Colwyn Bay	55.29
10.	M R Jones	Eryri	52.35	20.	E Evans		Eryri	55.31

BOUNDARY SPORTS. I.O.M.

Not yet categorised, 6 miles, 1,500'

5 August

The annual Boundary Harriers sport fell race was held on Sunday afternoon in excellent conditions and resulted in a victory to Foxdale flyer Keith Callister, to retain his trophy won last year. A total of 19 seniors and eight juniors started the seven-mile course to the top of Greeba and in the early stages it was Mark Gage and Keith setting the pace, with walkers Alan Callow, Steve Partington, Phil Cain and Alan Gage in the chasing group. Over Greeba and onto the finish.

1.	K Callister	M.A.C.	51.13	6.	A Callow	Boundary H	55.45
2.	P Cain	Boundary H	51.52	7.	S Partington	Boundary H	56.09
3.	A Gage.	M.A.C.	52.51	8.	M Cowbourne	Boundary H	57.17
4.	T Varley	Boundary H	53.18	9.	P Brookes	M.A.C.	57.37
5.	M Gage	M.A.C.	54.39	10.	R Hardman	M.A.C.	58.07

Juniors

1.	P Garrett	Boundary H
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Youths

1.	A Johnson	(Visitor)
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RUMOUR HAS IT THAT ~~JFF~~ SOME RUNNERS WOULD FINISH AT LEAST TEN PLACES HIGHER IN THE BEN IF THEY SAVED THEIR ENERGY FOR RUNNING INSTEAD OF SHRIEKING AT UPHILL RUNNERS TO GET OUT OF THE WAY.

LATRIGG

Category A. 3 miles, 900'

5 August

If anyone thought the 1983 event was bordering on the sensational, with seven runners beating the old record, what an encore the newly-crowned Fell runners of the Year Kenny Stuart and Pauline Haworth provided in the 1984 version of this 3 mile dash to the summit of 1,203 ft Latrigg. Ken, running Latrigg for the first time, clipped 17 seconds off Hugh Symond's record while Pauline Haworth carved a massive 1 min. 11 secs. off her own ladies record. Stuart, seeking to restore his slightly dented reputation after his Borrowdale Race defeat at the hands of Billy Bland 24 hours earlier, led the record 134 strong field a merry dance. He forged a clear lead on the climb then floated over the treacherously greasy surface on the descent to emphasise his balance and class. He had a 45 seconds advantage over Keswick team-mate Rod Pilbeam with Jack Maitland third. A fourth place for Jon Broxap easily annexed another team prize for Keswick A.C. The increased entry this year was entirely due to Latrigg being one of the rounds of the Junior Fell Championship. The youngsters gave a tremendous exhibition and three of them came inside the first eight finishers.

The race was again supported by the "Keswick Reminder" and estate agents Tiffen, King Nicholson. Although it is one of the shortest races in the calendar it continues to attract considerable spectator interest and there was glowing praise from victor Ken Stuart who said, "It's an event with a bit of tradition and really enjoyable to take part in. There are not many races where so many folk turn out on the fell to watch."

Ross Brewster

1. K Stuart	Keswick	16.37	11. J Verity	Airedale & Spen	18.33
2. R Pilbeam	Keswick	17.24	12. S Parker	Rossendale	18.40
3. J Maitland	Aberdeen	17.48	13. J Ritson	Derwent W Cumbd.	18.41
4. J Broxap	Keswick	17.59	14. D Wilkinson	Keswick	18.43
5. G Devine	Jun. Skyrac	18.04	15. D Stuart	Keswick	18.44
6. M Wilson	Jun. Hallamshire	18.09	16. C Valentine	Keswick	18.49
7. A Ligela	C.F.R.	18.11	17. J Clemens	Vet Black Combe	18.50
8. R Bergstrand	Jun. Rochdale	18.14	18. R Wood	Frodsham	18.51
9. W Bland	Keswick	18.24	19. M Brady	Glossopdale	18.55
10. M Aspinall	Rossendale	18.29	20. D Hall	Kendal	18.58

Ladies

1. P Haworth	Keswick	21.19
2. B Hogge	Eryri	23.16
3. L Lord	Cl-le-M.	25.14

Teams

1. Keswick 'A'	-	7 pts.
2. Keswick 'B'	-	38 pts.



Flying down Latrigg. Micah Wilson (50), Robin Bergstrand (22), Mark Aspinall (17). (Photo/Eileen Woodhead.)

BOOK REVIEW.

RUNNING THE HIMALAYAS by RICHARD AND ADRIAN CRANE.

£10.95. New English Library.

The Himalayas end to end is no Pennine Way. Survive the cold, the altitude, the food, the sanitation and the Delhi Belly and you are on the way to a hundred plus days of exciting running through lands of peoples of different faces, costumes and tongues. The book tells the story graphically and in full gory detail.

TEGG'S NOSENot yet categorised, 6½ miles, 1,100'11 August

A fast start, despite the very hot conditions, set up a quick pace which helped Alan Adams lower the record set last year by sixteen seconds. Once the pace settled down he gradually moved away as many paid for their early efforts. It was a clear cut victory over equally isolated J. Kershaw and G. Morson in second and third places respectively. With P. Leaf and C. Lowe also in the first ten Alan also led I.C.L. to the team victory. Forty seconds was also the margin which A. Gratton had to spare in the veterans, his run enabling Buxton to gain second team over Dark Peak. Wendy Lightfoot lowered the ladies record by nine minutes and seventeen seconds ahead of J. Spence from the same Dark Peak club.

Just about runnable all the way round it may get a 'B' ranking. The steep descent on the close cropped grass would certainly be a different proposition in wet weather. Most of the race is over fields through which there is no right of way so the future depends on the goodwill of landowners which means no training round the course.

Alan Bocking

1.	A Adams	I.C.L.	44.15	11.	M Jones	Royal Sutton C/Field	47.54
2.	J Kershaw	Macclesfield	44.55	12.	A Gratton	Buxton	47.57
3.	G Morson	Buxton	45.36	13.	W Moss	Buxton	48.11
4.	D Ibbetson	Glossopdale	46.28	14.	J News	Macclesfield	48.23
5.	G Cresswell	Matlock	46.32	15.	J Britton	I.C.L.	48.28
6.	T Tett	DPFR	46.44	16.	R Toogood	DPFR	48.37
7.	P Leaf	I.C.L.	47.02	17.	S Priestley	East Cheshire	48.49
8.	J Cant	DPFR	47.15	18.	J Whalley	Macclesfield	48.57
9.	C Lowe	I.C.L.	47.35	19.	N Bramwell	Liverpool	49.00
10.	T Davis	City of Hull	47.50	20.	P Nolan	Macclesfield	49.14

Veterans

1.	A Gratton	Buxton	47.57	1.	W Lightfoot	DPFR	55.03
2.	R Toogood	DPFR	48.37	2.	J Spence	DPFR	56.40
3.	W Buckley	Glossopdale	49.48	3.	G Gillick	Stone Master Marathoners	59.09
4.	K Pountley	Macclesfield	51.08	4.	J Anthony	Manchester & Dist. OC	62.18
5.	J Dearden	Frodsham	51.33	5.	C Demengel	DPFR	62.43
6.	T Faulkner	Stafford	53.21	6.	G Goldsmith	DPFR	63.31

Ladies

Teams : 1. I.C.L. - 17 pts. 2. Buxton - 28 pts. 3. D.P.F.R. - 30 pts.

SIERRE - ZINAL RACE, SWITZERLAND12 August

1.	Fabrizi Valentini	Spluegen	2.37.49	<u>Other British Positions</u>			
2.	Aldo Allegranza	Italy	2.39.43	14.	Brent Jones	GB	2.48.43
3.	Thomas Hiltbrand	Cadro	2.40.41	25.	Jeff Norman	GB	2.52.23
4.	Albrecht Moser	Muenchenbuchsee	2.40.44	31.	Alan Catley	GB	2.53.05
5.	Beat Inhof	Bettmeralp	2.41.15	35.	Brent Brindle	GB	2.56.27
6.	Pierre Gobet	Fribourg	2.41.42	41.	Tim Barnett	GB Junior	2.58.10
7.	Giachem Guidon	Bever	2.42.53	44.	John Blair-Fish	GB	2.59.08
8.	Toni Spueler	Wuerrenlingen	2.43.43	53.	Donald Lee	GB	3.01.30
9.	Mike Short	GB	2.44.09				
10.	Mike Bishop	GB	2.45.47				

1st Lady. Veronique Marot GB New Record 3.12.08

CRIFFELCategory A, 6½ miles, 1,750'12 August

1.	J Maitland	Aberdeen AC	50.53	11.	D Overton	Kendal	56.41
2.	A Curtis	Livingston & Dist.	51.36	12.	A Hyslop	Ambleside	56.55
3.	I Davidson	Carnethy HR	52.52	13.	B Gauld	Scottish HR	V.0/50 57.58
4.	M Burton	Carnethy HR	53.05	14.	R Blamire	Stewartry AC	V.0/40 58.18
5.	A Spenceley	Carnethy HR	53.55	15.	I Fergus	Bingley	58.41
6.	M Lindsey	Carnethy HR	54.54	16.	H Atkinson	Bingley	59.03
7.	M Johnstone	Carnethy HR	55.30	17.	J Marsh	Teviotdale H	59.23
8.	G Booth	Imperial Col.CCC	55.51	18.	D Mewse	IND	59.32
9.	T Deall	Kendal	V.0/40 56.01	19.	R O'Hara	Annan & Dist.	60.33
10.	M Edwards	Aberdeen	V.0/40 56.24	20.	C Campbell	East Cheshire H	60.46

BRADWELLCategory B, 3³/₄ miles, 600'

9 August

1. P Bowler	Staff Moorlands	18.49	6. A Trigg	Glossopdale	20.03
2. M Patterson	None Competitor		7. G Thorpe	U/A	20.06
3. R Pearson	None Competitor		8. G Cresswell	Matlock	20.06
4. S Hale	Sheffield Univ.	19.46	9. G Morson	Buxton	20.10
5. T Tett	None Competitor		10. J Kershaw	Macclesfield	20.12

1st Vet. (11th) R Asquith Holmfirth 20.12. 1st Local. (12th) I Higginbottom Buxton 20.20

1st Lady. (92nd) S Singleton 24.15.

Ed's Note If you want to race but don't want to be a competitor, then the Bradwell is obviously the one to go for!

BURNSWARKCategory C, 6 miles, 940'

9 August

Seniors

1. M Carroll	Annan	34.06	1. D Rockcliffe-King	Penrith	56.27
2. A Jenkins	Morpeth	35.09	2. M McCluskie	Annan	57.46
3. B Thompson	Egremont	35.22			

Juniors - Male

1. R Carey	Annan	36.10	1. A Rabour	Annan	39.51
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Winning Team Copeland A.C.

LadiesJuniors - FemaleBUTTERMERE HORSESHOENot yet categorised, 24 miles, 9,000'

11 August

The weather was kinder to us this year, although perhaps the sunshine suited the officials more than the runners. The improvement in conditions was not reflected in the running times of the majority of the field, except that possibly more of the slower runners felt able to carry on from Honister. At the sharp end, though, Stephen Moore (2nd) and Mark Rigby (3rd) were 33 mins and 45 mins faster, respectively. These two, in conjunction with new record holder Ken Taylor, gave a fine display of competitive running. They had opened a gap of ten minutes by Newlands, and were 16 minutes clear at Honister. Both Ken and Stephen were inside Billy Bland's record. We had a fine turn-out of helpers on the day, and their labours were apparently much appreciated by the runners. Particularly commented upon was the abundance of water willingly hauled up to the checkpoints, regardless of the number of runners, you still need about the same number of officials for a race of this length. This year we had about the same number of organisers as competitors. So many people commented on the quality of the course, and we've shown we have the organisation. SPREAD THE WORD, LADS, let's get a few more entries, and turn this one into a real classic of a race. One thing that's helped us get the race off the ground has been the backing of the local people. In particular we must mention Chris Todd, who provides the parking field, and our sponsor, Michael Thompson of the Scale Hill Hotel. Mr. Thompson once again provided most of the prizes, and this year brought along the drinks, Mars bars, and excellent soup to supplement the heroic efforts of our own ladies.

We have some fine country for the race, and it was gratifying to see a fair diversity of route choice taken by the runners; there are a number of places on the course where there is no 'one best route', as people's individual strengths and weaknesses vary. If you have any ideas on improvements to the course or the organisation, then let's have them - it's a young race yet, and there's still time for change.

Pete Nelson

1. K Taylor	Rossendale H	4.25.33	11. R McInroy	Helensburgh AC	5.39.35
2. S Moore	Horwich RMI	4.25.48	12. P Blagborough	Saddleworth R	5.43.22
3. M Rigby	Ambleside AC	4.43.25	13. C Webb	CFRA	5.56.23
4. J Nixon	Horwich RMI	5.10.59	14. R Stephenson	Keswick AC	6.04.57
5. D Rosen	Thames H & H	5.17.04	15. M Hayes	DPFR	6.11.42
6. A Jones	Glossopdale H	5.18.55	16. E Thurrell	East Cheshire H	6.19.01
7. H Pattinson	Milton Keynes	5.21.03	17. I Leighton	Holmfirth AC	6.21.05
8. J Stout	CFRA	5.23.38	18. P Simpson	DPFR	6.28.56
9. S Hubbard	Ambleside AC	5.32.33	19. K Lindley	BCR	6.51.48
10. P Bateson	Black Combe R	5.34.31	20. P Frost		6.52.47

Veterans

1. J Stout	CFRA	5.23.38	3. R Stephenson	Keswick AC	6.04.57
2. P Blagborough	Saddleworth R	5.43.22	4. M Hayes	DPFR	6.11.42

Ladies

1. M Rosen	Thames H & H	8.11.43			
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Surprisingly, only one team finished this year: 1. Cumberland Fell Runners. (Stout, Webb, Todhunter) 18.22.57

DOWNHAM VILLAGECategory A, 5 1/2 miles, 1,700'

11 August

We were hoping this year to have been selected as a counter in the Senior Championships but I heard a rumour that although we were considered, we were turned down on our notorious "Plank of Death" which is placed at the bottom of Wonsow Hill. For those not in the know this is placed across one of Lord Clitheroes limestone walls - Mainly to protect it - with a drop of about 8'. This plank has taken its toll in previous races, one more notorious victim being the Fixtures Secretary, Dave Moulding who came a cropper in 1983 and still has a limp!! Should there be any truth in the rumour that our place is 'dangerous', would we be considered as a Senior counter if we:- (a) Provided a rope.

(b) Provided a ladder.

(c) Provided a child's slide?

As for this year's race, won by local lad Shaun - watched in adoration by his wife to be of the following week, he was subjected to pressure from Devine and Bergstrand second and third, the two youths who led home a contingent of 26 under 18's challenging for the Y.F.R.C. who unlike their Seniors held no fear for the "plank".
Simon F Moyle

1. S Livesey	R.V. Harriers	42.08	11. T Birtwistle	Rossendale	46.22
2. G Devine	Skyrac	43.33	12. S Kirkbride	U/A	46.29
3. R Bergstrand	Rochdale	43.51	13. A Richardson	Kendal	46.56
4. C Valentine	Keswick	43.59	14. I Dermott	Horwich	47.19
5. D Cartwright	Penistone FR	44.49	15. P Garner	Rochdale	47.22
6. B Peace	Bingley	45.15	16. A Thornton	Kendal	47.40
7. M Target	Clayton-le-Moors	45.59	17. P McWade	Clayton-le-Moors	47.59
8. R Asquith	Vet Holmfirth	46.00	18. M Brady	Clayton-le-Moors	48.03
9. P Lambert	Red Rose	46.14	19. G Woolnough	Kendal	48.14
10. I J Robinson	Clayton-le-Moors	46.16	20. T Richardson	Bolton	48.21

Ladies

1. A Carson	DPFR	56.25	3. V Thornton	Kendal	60.38
2. H Matthews	Bolton	59.19			

LARGO LAWCategory B, 5 miles, 900'

11 August

This year attracted a record entry of 102 starters who set off in almost tropical heat at 3pm from Crusoe Hotel. (Largo being the birthplace of a certain Mr Alexander Selkirk on whom the fictional character Robinson Crusoe was based). The race was never in any doubt as Jack Maitland had a comfortable lead at the summit (to collect an extra prize of a 3 litre wine box), from Colin Donnelly

Tony Stapley

1. J Maitland	Aberdeen	28.15	New record		
2. C Donnelly	Cambuslang	29.29	7. D Nisbett		32.14
3. M Dean	Forth Valley	29.56	8. D Howie	SHRA	32.27
4. A Curtis	Livingston & Dist.	30.43	9. R Hope	EAC	32.38
5. A Farningham	Fife AC	31.57	10. B McLaughlin	Dumbarton	32.47
6. C Perry		32.08			

Veterans

1. J Black	Livinston & Dist	34.21	1. P Gunstone	Dundee HH	40.32
2. J Lightbody	Ferranti	34.57	2. J Nisbett		45.58
3. A Stapley	Fife AC	35.01	3. A Yarwood		49.08

Ladies

CROSS KEYS INN ROAD AND FELL RELAY RACE2 x 3 miles road + 2 x 2 1/2 miles/800' fell18 August

1. <u>Holmfirth 'A'</u> - 1.08.08	6. <u>Holmfirth 'C'</u> - 1.13.45
1. M Goodall 15.47	1. S Beardsell 17.04
2. A Marsh 17.53	2. B Pickersgill 19.12
3. C Hollingworth 16.24	3. G Hall 16.58
4. R White 18.04	4. R Bradley 20.31
2. <u>Rochdale 'A'</u> - 1.09.45	7. <u>Longwood 'B'</u> - 1.14.25
1. K Barrett 15.43	1. C Sanabawk 17.40
2. G Read 18.23	2. E Rennie 19.24
3. M Salt 16.42	3. D Owen 18.29
4. P Garner 18.56	4. R O'Hara 19.52
3. <u>Holmfirth 'B'</u> - 1.09.59	8. <u>Saddleworth 'A'</u> - 1.14.31
1. J Turner 17.28	1. A Jackson 17.58
2. A Styan 17.14	2. H Waterhouse 18.15
3. I Moore 17.51	3. B Clayton 18.45
4. M Seddon 17.54	4. P Blagborough 19.33
4. <u>Longwood 'A'</u> - 1.10.02	9. <u>Glossopdale 'B'</u> - 1.15.04
1. R Hepworth 16.58	1. D Vickers 17.40
2. G Bell 18.32	2. M Elsegood 18.34
3. A Garner 17.01	3. J Hyde 19.19
4. G King 18.11	4. W Buckley 19.31
5. <u>Glossopdale 'A'</u> - 1.11.31	10. <u>Pudsey & Bramley</u> - 1.15.46
1. D Ibbetson 16.11	1. R Pallister 17.28
2. A Jones 20.52	2. D Hall 19.14
3. A Trigg 16.28	3. P Gaines 17.59
4. M Prady 17.30	4. B Turner 21.05

Best Individual PerformancesRoad

1. K Barrett 15.43
2. M Goodall 15.47
3. D Howerfield 15.55

Fell

1. A Styan 17.14	New Record
2. M Prady 17.30	
3. A Marsh 17.53	

KYMIN DASHCategory C, 7 miles, 1,000'18 August

1. R Eagle Mynyddwr de Cymru 41.38	6. R Marks 43.48
2. P Jones Stroud & Dist. AC 42.01	7. K Farrell 43.55
3. A Dawson Monmouth School 43.09	8. N Jones 44.08
4. M Harris 43.15	9. T Northwood 44.15
5. M Rose 43.44	10. N Insole 44.17

Ladies

1. J Morgan Fairwater R R 52.55
2. J Tyler Croft Ambrey AC 56.37
3. M E Morgan Newport Harriers 56.56

Under 18 Men

1. P Jones Stroud & Dist.

RUMOUR HAS IT THAT THE ITALIANS ARE COMING TO BUTTERMERE

TO RACE ON TARMAC.

Category A, 14 miles, 6,000'

19 August

Another of those very hot days but at least the streams had enough water in them to stoke up before the drier stages of the race. With Kenny Stuart reportedly training for Ben Nevis, attraction centred on the battle for second place in the Championship between Jon Broxap and Hugh Symonds. For Hugh the race was being run on his own 'backyard' as he lives in Sedbergh. Castley Knotts was reached in thirty five minutes by Jon, Hugh, Dave Cartridge and Malcolm Patterson. The group remained together on the traverse round to the bend on Carlin Gill Beck. It was two minutes before anyone else passed through. The field began to stretch out on the hardest section of the course over to the junction on Bowderdale Beck. By here Jon and Hugh had opened up two minutes on the pursuing Dave who, in turn, was being closed down by Jack Maitland making his steady progress through the field in his only long Championship race of the year. From here there is a long steady drag up to the highest point of the course, The Calf. Jon began to pull away from a tiring Hugh and by the summit was two minutes clear. Dave and Jack passed Hugh before the checkpoint. Jon maintained his lead to the finish, via Winder, chased all the way by Jack who had opened up a gap over Dave. Before Winder Ray Owen and Ken West also passed Hugh who now looked as though he had lost his season battle with Jon.

Despite dropping from ninth to twenty-fourth by the finish from Calf, Ray Aucott was an easy winner of the veterans by six minutes. At one stage his lead was a massive fourteen minutes. Pauline Haworth dropped out of the ladies race at Chapel Beck due to blisters, she was taking no chances before Ben Nevis. This left Daphne Varney in the lead at Castley Knotts but by Carling Gill Beck Gillian Wilkinson had taken five minutes out of her to open up a three minute gap which she held to the finish.

Alan Bocking

1. J Broxap	Keswick	2.07.11	16. P Tuson	Kendal	2.18.22
2. J Maitland	Aberdeen	2.08.58	17. K Taylor	Rossendale	2.18.56
3. D Cartridge	Bolton	2.09.26	18. J Eaton	Rossendale	2.19.06
4. R Owen	Horwich RMI	2.12.22	19. A Smith	CFR	2.19.56
5. K West	Border	2.13.33	20. D Barns	Keswick	2.20.23
6. H Symonds	Kendal	2.15.41	21. C Valentine	Keswick	2.22.18
7. D Bland	Kendal	2.16.18	22. R Ashworth	Rossendale	2.23.15
8. S Moore	Horwich RMI	2.16.35	23. M Targett	Clayton-le-M	2.23.24
9. P Standing	Bolton	2.16.57	24. R Aucott	DPFR	2.23.40
10. P Irwin	Rossendale	2.17.15	25. J Nixon	Horwich RMI	2.25.27
11. R Pilbeam	Keswick	2.17.37	26. M Rigby	Ambleside	2.25.50
12. D Woodhead	Horwich RMI	2.17.40	27. A Clarke	Lancaster & More.	2.26.03
13. P Lambert	Red Rose	2.17.51	28. A Richardson	Kendal	2.26.24
14. S Sutcliffe	Mandale	2.17.58	29. S Kirkbride	U/A	2.26.34
15. M Patterson	DPFR	2.18.15	30. A Kay	Thames Hare & H.	2.27.16

Veterans

1. R Aucott	DPFR	2.23.40
2. R Jackson	Sale	2.29.38
3. D Kay	Bolton	2.31.40
4. P Blagborough	Saddleworth	2.32.05
5. T McDonald	Bingley	2.40.30
6. G Brass	Clayton-le-M.	2.40.43

Ladies

1. G Wilkinson	Keswick	2.54.05
2. D Varney	Kendal	2.59.27
3. A Soper	Achille Ratti	3.07.51
4. V Brindle	Clayton-le-M.	3.11.28
5. W Dodds	Clayton-le-M.	3.19.20
6. E Dunn	DPFR	3.24.40

Juniors

1. G Devine	Skyrac	1.34.11	4. A Schofield	Rochdale	1.41.26
2. S Sutcliffe	Bingley	1.36.16	5. W Brindle	Horwich RMI	1.44.36
3. T Richardson	Bolton	1.38.39	6. I Dermott	Horwich RMI	1.46.30

RUMOUR HAS IT THAT THE NEW SAILBECK COURSE
HAS 2 KILOMETRES OF ROAD IN IT BUT THIS IS
NOT AS MUCH AS EITHER SNOWDON OR BLISCO.

UP THE NAB

Not yet categorised, 4 miles, 700'

22 August

A new race organised by Glossop Dale Harriers and run from Glossop R.U.F.C. Although climbing 700ft to the top of Whitley Nab the steady gradient ensures that it is a fast race throughout with the bar ready to quench one's thirst after sweating buckets on a hot night. The early pace up Hargate Hill Road, and back down into Charlesworth, before starting to climb up to the Nab was very fast. A group of six soon opened daylight between themselves and the rest of the field, a gap that was never to close. It was Mark Prady of the host club who had the speed to break clear ahead of the East Cheshire dup of Paul Roden and David Crookes and his own club mate A. Tagg. The winning time of twenty five minutes showing just how fast the race was.

Alan Bocking

1.	M Prady	Glossopdale	25.00	11.	R Waterhouse	Saddleworth	26.50
2.	P Roden	East Cheshire	25.07	12.	D Vickers	Glossopdale	27.03
3.	D Crookes	East Cheshire	25.11	13.	R Wilde	Manchester	27.19
4.	A Tagg	Glossopdale	25.13	14.	S Priestley	East Cheshire	27.25
5.	A Styan	Holmfirth	25.23	15.	A Lilley	Penistone	27.28
6.	T Tett	DPFR	25.27	16.	J Taylor	Holmfirth	27.35
7.	D Cartwright	Penistone	26.19	17.	S Keech	Manchester	27.37
8.	D Ibbetson	Glossopdale	26.29	18.	S Clayton	East Cheshire	27.43
9.	A Moffat	DPFR	26.37	19.	M Bluer	Rochdale	27.48
10.	J Cant	DPFR	26.43	20.	H Kelly	East Cheshire	28.04

Veterans

1.	H Kelly	East Cheshire	28.04
2.	A Bond	U/A	29.25
3.	J Foster	East Cheshire	31.00
4.	H Gill	East Cheshire	32.49
5.	R Millington	Glossopdale	34.19
6.	J Fryer	Manchester	34.24

Ladies

1.	L Davies	East Cheshire	30.08
2.	W Lightfoot	DPFR	30.15
3.	J Spence	DPFR	32.12
4.	B Hogge	Eryri	32.54
5.	C Rose	Glossopdale	36.52

U/16

1.	J Taylor	Holmfirth	27.35	3.	I Byrne	Glossopdale	31.49
2.	S Frost	Holmfirth	29.26				

RAMSEY I.O.M.

Not yet categorised, 4 miles, 1,050'

23 August

1.	K Callister	35.28	6.	D Holloway	39.28
2.	T Varley	35.36	7.	R Stevenson	39.47
3.	P Cain	35.54	8.	M Cowbourne	39.54
4.	P Loker	38.26	9.	R Hardman	40.46
5.	A Mazzone	38.36	10.	P Brooks	41.53

Juniors 2 miles.

1.	P Brew	36.13	3.	P Kennaugh	46.49
2.	R Leece	38.47			

BURNSALL

Category A, 1 1/4 miles, 900'

25 August

1.	J Maitland	Aberdeen	13.11	11.	T Birtwhistle	Rossendale H	14.54
2.	M Patterson	DPFR	13.39	12.	G Kirkbright	Skyrac	14.56
3.	A Styan	Holmfirth	13.50	13.	B Bullen	Leeds City AC	15.02
4.	B Peace	Bingley H	14.11	14.	B Barlow	Sheffield	15.07
5.	D Cartwright	Penistone FR	14.18	15.	J G Appleyard	Leeds City	15.16
6.	H Walker	Blackburn H	14.23	16.	R Pallister	Pudsey & Bram.	15.18
7.	C Valentine	Keswick AC	14.27	17.	P S Mitchell	Bingley	15.19
8.	R M Shaw	Skyrac AC	14.38	18.	R Asquith	Vet Holmfirth	15.22
9.	K Dobson	Bingley H	14.51	19.	M Seddon	Holmfirth	15.26
10.	J Verity	ASVAC	14.53	20.	D J Smith	Halifax H	15.27

PENDLETON

Category B, 5 miles, 1,500'

25 August

Once more the pretty Ribble Valley village of Pendleton welcomed the runners to the Fell Race with a blazing hot day. This year we were pleased to incorporate the British Junior Championship into the race. They did the same course as the Seniors, and almost showed them the way round. First junior back was G. Devine in 32.49 closely followed by R. Bergstrand in 33.10 with T. Richardson taking third spot in 35.42. In the senior race Kevin Capper retained the cup he won last year, but in the hot conditions he was a minute slower than last year's record time. Derek Kay finished 18 to take the V40 prize, George Brass the V50, and Carol Haigh was a very creditable 24th overall to take the ladies prize.

1.	K Capper	Lancaster & More.	31.42	11.	M Winstanley	Lancs.& morce.	34.42
2.	G Devine	Skyrac	32.49	12.	P Irwin	Rossendale	34.51
3.	G Gough	Blackburn	33.02	13.	D Radcliffe	Rossendale	34.56
4.	R Bergstrand	Rochdale	33.10	14.	M Hoey	Chorley	35.05
5.	D Crookes	East Cheshire	33.34	15.	T Rutherford	Clayton	35.13
6.	P Brownson	Alt	34.02	16.	I J Robinson	Clayton	35.29
7.	S Parker	Rossendale	34.13	17.	T Richardson	Bolton	Jun 35.42
8.	D Woodhead	Horwich	34.19	18.	D Kay	Bolton	V.40 35.44
9.	P Standing	Bolton	34.21	19.	M Targett	Clayton	35.48
10.	P McWade	Clayton	34.36	20.	M Brady	Clayton	36.10



Kevin Capper leading at Pendleton.

CNICH

Not yet categorised, 5 miles, 1,900'

26 August

1.	H Griffiths	34.36	6.	D Neill	37.19
2.	J Norman	34.37	7.	S Inch	37.32
3.	H Parry	35.34	8.	D Williams	37.46
4.	G Read	36.22	9.	N Fisher	38.16
5.	M Jones	36.33	10.	D Rynold	38.22

RUMOUR HAS IT THAT THE PIKE O' BLISCO RACE HAS 3 KMS OF ROAD. IS THIS A CATEGORY A? IT'S WORTH FINISHING AT THE ODG TO GET TO THE BEER TAPS QUICKLY.

ESTON NABCategory C, 8½ miles, 800'

26 August

1. S Sutcliffe	Mandale AC	42.29	11. R Burn	Thirsk/Sowerby	46.31
2. S Markley	M'brough/C'land	43.49	12. M Grainger	M'brough/C'land	46.37
3. D Leaf	Rowntrees AC	44.54	13. B Dale	Harrogate AC	46.38
4. P Brannigan	M'brough/C'land	45.49	14. I Cook	Burn Road H	46.47
5. J Yeats	M'brough/C'land	45.50	15. A Woods	Blaydon H	46.48
6. G Potts	M'brough/C'land	46.00	16. P Veitch Vet	M'brough/C'land	47.02
7. M Pearson	Mandale AC	46.10	17. A Richardson	Kendal AC	47.21
8. A Lamb	N Shields Poly.	46.16	18. J Allard	M'brough/C'land	47/34
9. D Littlewood	Crook AC	46.23	19. D Healey	Mandale AC	47.47
10. P Buckley	M'brough/C'land	46.29	20. H Forrest	Gosforth H & HC	47.48

Ladies Race 6 milesYouths Race 6 miles

1. C Carvello	Mandale AC	47.02	1. S Veitch	M'brough/C'land	36.03
2. J Lancaster	Border H	47.47	2. C Fox	Crook AC	36.27
3. J Peacock	Mandale AC	47.58	3. S Laverick	M'brough/C'land	36.57
4. C Appleton	U/A	50.54	4. D Wright	Leamington AC	37.28
5. E Knapp Vet	M'brough/C'land	51.44	5. R Dodds	M'brough/C'land	37.55

Teams: 1. Middlesbrough & Cleveland H 'A' - 11 pts. 2. Mandale AC 'A' - 27 pts.

LAXEY HORSESHOECategory B, 12¼ miles, 3,250'

26 August

1. P Cain	1.44.15	6. R Ashby	2.02.16
2. J Varley	1.44.28	7. M Cowbourne	2.02.51
3. K Callister	1.46.14	8. M Joughin Vet	2.03.24
4. C Halsall	1.56.52	9. J Crellin	2.07.02
5. I Callister	1.57.52	10. D Hughes	2.07.06

SLIEVE BERNAGHNot yet categorised, 7 miles, 2,500'

26 August

The Annual North and South confrontation saw the North victors for the third successive year. Ian Parke and Robin Bryson fought it out all the way and needless to say the record went by nearly 3 minutes with both runners well inside Jim Hayes previous best time. Jin himself had a rare off day finishing 11th.

1. I Parke	Ballydrain	58.53 (Rec)	6. D Graham	Mourne AC	63.44
2. R Bryson	Ajax (Dublin)	59.07	7. S Graham	Newcastle AC	64.19
3. G McGrath	Bray (Dublin)	62.21	8. S Costelloe	Dublin	66.34
4. J Patterson	Mourne AC	62.27	9. N Douglas	Newcastle AC	66.41
5. B Ervine	Co. Antrim	62.28	10. W J Brown	Mourne AC	69.31

Teams: 1. N.I.F.R.A. - 32 pts. 2. I.H.R.A. - 54 pts.

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WREKIN

Category A. 6 miles, 1,700'

26 August

For the second year running the Wrekin staged the Midland Fell Running Championship. Pre-race favourite Mike Bishop lived up to expectations by romping home one minute and forty one seconds ahead of second placed Dave Hall, despite Mike running in a road-race in France less than 24 hours before. This completed a hat-trick of Wrekin victories and secured the Midland Championship for Mike. A warm humid day and a dry slippery scree only added to the runners difficulties, but a fine field of 145 runners completed the course. Paul Cadman of Wolverhampton and Bilston and Alan Adams of Staffs Moorlands came home second and third in the Midland Championship. A strong Winsford A.C. team took the team prize, while Diane Ellerton won the ladies race in 50 minutes 28 seconds.

1.	M Bishop	Staffs M'lands	36.41	11.	G Cresswell	Matlock	40.55
2.	D Hall	Kendal	38.22	12.	D Wraith	Shrewsbury	41.09
3.	P Cadman	Wolverhampton	39.06	13.	P Abbott	Winsford	41.14
4.	A Adams	Staffs M'lands	39.25	14.	R Day	Cannock Chase	41.17
5.	M Weedhall	Winsford	39.48	15.	A McDonald	Telford	41.50
6.	G Patten	Massey Ferguson	39.56	16.	D Davies	Newtown	42.38
7.	A Hulme	Pennine	40.04	17.	A Kay	Thames H & H	42.41
8.	M Jones	Royal Sutton	40.30	18.	M Ricketts	Reading	42.44
9.	K Woodhouse	Winsford	40.37	19.	M Fletcher	Rowheath	42.45
10.	M Edwards	Warrington	40.39	20.	E Richardson	Rossendale	42.47

Veterans

1.	G Patton	Massey Ferguson	39.56
2.	D Davies	Newtown	42.38
3.	P Farebrother	S'shire Shufflers	43.21

Colts

1.	C Ball	Telford	13.52
2.	R Torr	Shrewsbury	13.57
3.	P Norris	Rowheath	14.02

Youths

1.	A Allport	Shrewsbury	12.09
2.	P Clarke	Telford	12.33
3.	D Jennings	Telford	13.26

Ladies

1.	D Ellerton	U/A	50.28
2.	Y Weston	Telford	55.31
3.	W Freeman	Charnwood	56.03

Boys

1.	S Lucas	Telford	12.38
2.	K Bryden	Telford	12.43
3.	M Hulbert	Leicester Cor.	12.59

Teams

1.	Winsford	-	27 pts.
2.	Staffs Moorlands	-	29 pts.
3.	Pennine Fell Runners	-	64 pts.

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BEN NEVISCategory A, 10 miles, 4,400'

1 September

The Championship moved to the Highlands of Scotland for this classic race with both Kenny Stuart and Pauline Haworth determined to break their respective records. John Wild held the men's record of 1:25:35 which he set last year, whilst the ladies belonged to local Ros Coates with a 1:44:25 set in 1981. Ros was on a winning streak in the race which started in 1978.

It was a similar day to last year with low cloud down to just below the Red Burn though it did clear in patches. The pace was again hot from the start in Town Park, could it be the prize for the first to the summit that has a say in this? As last year the first to the top is not necessarily the first back. Hugh Symonds turned just ahead of Kenny Stuart but could not hold off the challenge of Kenny on the descent as he set about chasing the record. Close it was, and by the narrowest of margins - a second. Second into the Park was Jack Maitland, last year he was first to turn at the summit but then lost ground. This year he came through to hold Kenny to thirty seconds with Hugh a further minute behind. Fourth was Bob Whitfield making a return to Kendal colours to be followed by the Keswick club steamroller in the shape of Billy Bland, Jon Broxap and Colin Valentine. Colin, 20th at the summit, powered his way down but still didn't count for the team despite his 7th place! The veterans was tightly contested with only two minutes between the first six at the finish. For Robert Jackson it was his first Championship success of the season. James Davies just managed to secure second ahead of Paul Murray the defending F.R.A. Veteran Champion.

Pauline Haworth got a good start to immediately open up a gap on Ros Coates and reach the summit first. The lead that Pauline had was stretched to two and a half minutes by the finish, exactly a minute under the old record.

Alan Bocking

1.	K Stuart	Keswick	1.25.34	16.	P Stott	Pennine FR	1.35.54
2.	J Maitland	Aberdeen	1.26.06	17.	D Woodhead	Horwich RMI	1.36.27
3.	H Symonds	Kendal	1.27.05	18.	D Hall	Kendal	1.36.56
4.	R Whitfield	Kendal	1.29.31	19.	D Stuart	Keswick	1.37.03
5.	W Bland	Keswick	1.30.57	20.	A Curtis	L'stone & Dist.	1.37.16
6.	J Broxap	Keswick	1.31.30	21.	N Lanaghan	Keswick	1.37.27
7.	C Valentine	Keswick	1.32.46	22.	P Lambert	Red Rose	1.37.34
8.	D Cartridge	Bolton	1.33.36	23.	P Mitchell	Bingley	1.38.08
9.	M Patterson	DPFR	1.33.47	24.	B Brindle	Horwich RMI	1.38.49
10.	S Moore	Horwich RMI	1.33.56	25.	T Birtwistle	Rossendale	1.39.21
11.	R Ashworth	Rossendale	1.34.08	26.	J Blair-Fish	Carnethy HR	1.39.23
12.	P Barron	Keswick	1.34.15	27.	P Hartley	Rossendale	1.39.39
13.	R Owen	Horwich RMI	1.34.18	28.	B Peace	Bingley	1.39.43
14.	A Smith	Cumberland FR	1.34.51	29.	P Tuson	Kendal	1.39.45
15.	R Campbell	Lochaber	1.35.51	30.	S Parker	Rossendale	1.40.01

Veterans

1.	R Jackson	Sale	1.41.35
2.	J Davies	Eryri	1.42.00
3.	P Murray	Horwich RMI	1.42.17
4.	A Philipson	Gosforth	1.42.52
5.	N Matthews	Horwich RMI	1.43.30
6.	P Blaesrough	Saddleworth	1.43.35

Ladies

1.	P Haworth	Keswick	1.43.25
2.	R Coates	Lochaber	1.46.06
3.	G Wilkinson	Keswick	2.01.54
4.	A Curtis	L'stone & Dist.	2.02.29
5.	C Taylor	U/A	2.07.41
6.	V Thornton	Kendal	2.10.06

Teams: 1. Keswick - 12 pts. 2. Kendal - 25 pts. 3. Keswick 'B' - 38 pts.

GOODRICH VILLAGECategory B, 4 miles, 750'

1 September

1.	D Price	Glos	17.27	6.	J Potts	Birchfield	19.20
2.	T Davis	Aldbourne Jun	18.09	7.	A Nicholl	Cardiff	19.21
3.	W Nock	Halesowen	18.17	8.	P Patel	Chelt. Jun	19.36
4.	L Davis	Glos Vet	18.34	9.	D McNamee	Chelt.	19.41
5.	P Fitzgerald	Yate	19.08	10.	N Braggins	Banbury	19.58

DESCENT OF THE 'BEN'

Opposite photos (all by Bob Mitchell) Clockwise from top left: Norman Mathews, Paul Murray, Martin Bleere and Pauline Howarth, Bob Whitfield.



HADES HILLCategory B, 5 miles, 1,200'6 September

1. M Newby	Rossendale	28.27	11. M Salt	Rochdale	30.48
2. M Aspinall	Rossendale	29.00	12. R Asquith	Holmfirth	30.49
3. K Barrett	Rochdale	29.19	13. D Woodhead	Horwich	30.51
4. A Styan	Holmfirth	29.24	14. J Eaton	Rossendale	30.55
5. R Bergstrand	Rochdale	29.25	15. G Appleyard	Leeds City	31.16
6. M Bradshaw	Rossendale	30.10	16. D Kay	Bolton	31.20
7. I Holloway	Rochdale	30.12	17. D Smith	Halifax	31.38
8. R Rawlinson	Rossendale	30.28	18. P Greenwood	Rochdale	31.39
9. T Richardson	Bolton	30.36	19. S Sowerby	Harrogate	31.41
10. H Waterhouse	Saddleworth	30.45	20. R Waterhouse	Saddleworth	31.47

Veterans

1. R Asquith	Holmfirth	0/40	30.49	1. S Parkin	Holmfirth	35.24
2. D Kay	Bolton	0/40	31.20	2. J Brocklehurst	Sale	37.07
3. D Vickers	Horwich	0/40	32.37	3. L Lord	Clayton	38.02

Ladies

Teams: 1. Rossendale 'A' - 17 pts. 2. Rochdale 'A' - 26 pts. 3. Horwich - 93 pts.

HODDER VALLEYCategory B, 4 miles, 1,000'8 September

The new course at Dunsop Bridge over Mellor Knoll and to the sky-line on Totridge Fell seemed to be enjoyed by all the competitors and was well worth the change. Next year the show will be held at Slaiburn.

Alistair Patten

1. S Livesey	Ribble Valley H	33.32	11. T Rutherford	Clayton	36.33
2. D Cartridge	Bolton UH	33.39	12. K Dobson	Bingley H	36.34
3. R Owen	Horwich RMI	34.17	13. D Kay	Bolton UH	V.O/40 36.38
4. S Breckell	Blackburn H	34.24	14. P Tuson	Kendal AC	36.44
5. G Gough	Blackburn H	34.30	15. J Eaton	Rossendale H	36.57
6. R Rawlinson	Rossendale H	34.49	16. K Hesketh	Springfields	37.07
7. B Brindle	Horwich RMI	35.32	17. M Targett	Clayton	37.11
8. C Valentine	Keswick	35.44	18. S Sunter	Horwich RMI	37.13
9. H Walker	Blackburn H	35.56	19. P Irwin	Rossendale H	37.20
10. P Lambert	Red Rose	36.09	20. D Jones	Lancaster & More.	37.40

Ladies

1. t Lord	Clayton	45.25	1. T Richardson	Bolton UH	20.07
2. K Taylor	Clayton	48.21	2. A Preedy	Burnley AC	21.33
			3. S Thompson	Clayton	21.52

Juniors U/16STRETTON SKYLINECategory B, 20 miles, 4,200'8 September

A fine September day for this tough 'B' race with five climbs and plenty of good running to sap the strength from one's legs. Making the long journey down to where he used to live was Ken West, and he was rewarded with a clear cut victory in a new record time beating the old one set by Jeff Norman by 9 minutes. By the top of the first climb, up Pole Bank, there was already a breakaway group of Ken, Steve Hughes, Rob Pearson and last year's winner, Phil Hands. The long descent and steep climb up Ragleth saw Ken prise open a twenty four second lead over Rob, which was slightly extended on the sharp drop and then steady climb up Caradoc. Descending back down before the dogleg to Lawley, Ken started increasing his lead so by the time the summit was reached he was a minute clear of Rob with W. Nock and Tony Hulme a further ninety seconds adrift. Two minutes was the margin after the descent to Gorsty Bank as Tony eased away into a clear third. The last climb, Long Mynd, is the easiest and very runnable. Over this Ken stretched his lead to seven minutes to leave himself in an unassailable position with the finish just twelve minutes away. Tony Caplin was first veteran but not without a struggle against Ray Bunn. Tony reached Pole Bank first but from then on Ray forged out the pace to open up a gap of ninety seconds at Lawley. By Long Mynd Tony had slowly closed the gap to a few yards before running away from Ray downhill. Avvai Singam was an easy winner of the ladies race in a new record time. In the team race Pennine Fell Runners recorded their first ever first team victory.

Alan Bocking

1. K West	Border	2.21.47	11. A McDonald	Telford	2.41.30
2. A Hulme	Pennine FR	2.28.57	12. M Jones	R/Sutton C'field	2.41.50
3. S Hughes	R.A.F.	2.29.28	13. P Stott	Pennine FR	2.44.26
4. R Pearson	DPFR	2.30.07	14. C Barcroft	Telford	2.44.32
5. W Nock	Halesowen	2.30.56	15. J Britton	I.C.I.	2.44.59
6. J Kershaw	Macclesfield	2.33.35	16. A Bocking	Pennine FR	2.45.39
7. J McLaughlin	Queens L'shire	2.34.24	17. T Caplin	Chester/E'mere	2.46.32
8. J Blackburn	Queens L'shire	2.38.04	18. S Parker	Clayton	2.47.19
9. P Jones	Telford	2.39.57	19. R Bunn	Halesowen	2.47.39
10. P Nolan	Macclesfield	2.41.15	20. P Richards	Pennine FR	2.49.18

Veterans

1. T Caplin	Chester/E'mere P	2.46.32
2. R Bunn	Halesowen	2.47.39
3. D Fisher	Newport	2.53.00
4. P White	Halifax	2.57.07
5. I Hutchinson	Shrewsbury	3.00.20
6. W Clarke	Massey Ferguson	3.10.05

Ladies

1. A Singam	Wrekin D.	3.21.25
2. K Gold	U/A	4.18.32

Teams

1. Pennine Fell Runners	-	7.59.02
2. Telford	-	8.05.59
3. Halesowen	-	8.12.24

MELTHAM9 September

Runaway winners in two of the three races in no way devalued the success of the inaugural Meltham Fell Races. The promoting club, Longwood Harriers, have only recently become interested in running "en natural" but they provided superb courses as well as an extensive prize list with the aid of their sponsor, Beaumont Brothers (the local Ford dealer). A. Preedy of Burnley took the boys race by 9 seconds but Longwood's own Darren Nockels ran away with the Youth's race of about three miles with a 42 second margin as he won in 26mins 09 sec. Longwood packed well to take the team awards in both these races. The Seniors Race over five miles featured a bit of everything one is ever likely to meet in a fell race. Former Fell Runner of the year, Andy Styan, led the field in the early stages but lost ground on the severe ascent as D. Cartwright (Penistone FR) and E. Rennie (Longwood) forced the pace up to West Nab. However, on a course that masses within half a mile of his home, Styan was not to be denied and he strode majestically over the tussocks of the first descent to re-capture the lead. Despite falling he stretched the gap of 48 seconds before the end by virtue of superb technique through the peat bogs and the canyon. In fifth place, Derek Lawson of Bingley (first 0/45) showed that youthful enthusiasm is no substitute for fell craft whilst in the team race Footpath Runners narrowly pipped Holmfirth Harriers (as Bob Asquith elected to run for Holmfirth Vets).

Seniors Race - Approx. 5 miles, 650'

1. A Styan	Holmfirth	32.06	11. R Waterhouse	Saddleworth	34.35
2. D Cartwright	Penistone FR	32.54	12. A Barrett	Penistone FR	34.39
3. P Roden	East Cheshire	33.19	13. S Fry	ASVAC	34.48
4. J Verity	ASVAC	33.24	14. A Lilley	Penistone FR	34.54
5. D Lawson	Bingley	V.0/45 33.41	15. G King	Longwood	35.03
6. A Holmes	Holmfirth	33.54	16. P Clarke	Bingley	35.06
7. R Asquith	Holmfirth	V.0/40 33.57	17. E Rennie	Longwood	35.08
8. R Pallister	Pudsey/Bramley	34.02	18. S Smith	Longwood	35.09
9. R O'Hara	Longwood	34.18	19. H Kelly	V.0/45 East Cheshire	35.10
10. K Lenihan	Longwood	34.30	20. D Booth	DPFR	35.35

Youths Race - Approx. 3 miles.

1. D Nockels	Longwood	26.09
2. S Frost	Holmfirth	26.51
3. I Dermott	Horwich	26.53
4. S Curren	Horwich	27.49
5. M Taylor	East Cheshire	28.11

Boys Race - Approx. 1 1/2 miles.

1. A Preedy	Burnley	12.04
2. G Hall	Holmfirth	12.13
3. M Lawrence	Saddleworth	12.20
4. D Lewis	Saddleworth	13.48
5. D Ellis	Longwood	13.50

Senior Team Race

1. Penistone F.R.	-	28 pts.	2. Holmfirth H.A.C.	-	29 pts.	3. Longwood H.A.C.	-	34 pts.
4. Bingley H.A.C.	-	42 pts.	5. East Cheshire.	-	48 pts.			

'BIRDS EYE' CHALLENGE HALF BOB BAXTER ROUND

Category B, 27 miles, 7,000'

9 September

There were 10 starters only for this gruelling final fell race of the year which finished on the top of Snaefell. The position at the start was that Tony Varley and Phil Cain were tied with the same number of points while Keith Callister was one point behind for Manx Fell Runner of the year. These three were in contention at the half way distance but Phil Cain found the going too tough and retired. Tony Varley got away from the field, increasing his lead all the time to record a very fine win and the Championship with Phil Cain one point behind and Keith Callister a further point behind the winner.

1.	T Varley	4.33.43	4.	R Hardman		6.03.51
2.	K Callister	5.20.23	5.	M Joughin	Vet	6.08.08
3.	J Crellin	5.20.23	6.	B Baxter	Vet	7.06.38

ORDNANCE SURVEY LAKES MOUNTAIN RACE

Orienteeing, 20 miles, 7,000'

9 September

Organised by the Lake District Mountain Trial Association and sponsored by the Ordnance Survey. 1984 saw the driest summer in the Lakes for at least a century, with less than a third of average rainfall for a six-month period. True to form however the drought broke just before the weekend and we were lucky to get the marquee up before the gales which announced race day. On the tops winds were reported as Force 12 and runners were seen on the Helvellyn ridge struggling to avoid excessive leeway. Because of a general absence of mist, navigation was easy but several route choices had to be made.

The women's race was desperately close throughout, with Vicky Thornton holding off Ruth Hancock by 20 seconds to retain her trophy. I can foresee some very intensive training over the winter! The route on the crucial leg 2 to 3 depends perhaps on personal preference; the area to avoid was the very steep ground just above the forest, where black scree lurks below a copious bracken cover. Unfair choice here? Not really, a good rule if in doubt is to keep high, out of the bracken, and remember that the steeper the ground, the rockier it's likely to be. The women's race is still gaining in numbers and Vera Parkins showed that you don't have to retire at 50. Both courses provided a daunting task from 3 to 4, as is proper. For the men, most were reluctant to forfeit height and chose a direct route over Low Man. Some went down, one going all the way to the Old Coach Road - it didn't pay off! The star leg was 6 to 7, the best route traversing via Bruts Moss, not occurring to my reporter until he reached the marquee. Rumours that "many runners went in the wrong order" proved unfounded, one person did so and has been omitted from the results. Intermediate times soon show this up. Running standards continue to rise and at the sharp end Billy Bland showed a fair imitation of the Bionic Man (see results)! Watch out for Andy Thornton, who rose 27 places from last year. Other leading men to show promise include Andy Ligema (up 19), John Blair-Fish (up 33), Alwyn Nixon (up 19) and Adrian Pickles (up 11). To the 20 or so who couldn't face the big leg, don't despair, get out into the hills more often.

Ordnance Survey provided very generous sponsorship again and their team headed by John Baynes seemed to revel in beavering away on our behalf. We look forward to next year (and beyond)? The new map produced by O.S. was very well received and your comments have been passed on, for those not used to Tyvek the best pen to use is a fine permanent fibretip one. Many thanks also to all our helpers on the day and especially to Steve Howe of Ullswater Outward Bound, to the Rusland Valley Horticultural Society for the marquee and to George Wilson and his family for the use of one of the very few flat fields they have. Finally it's goodbye from me after 7 years in the "hot seat", next year there'll be a new organiser and I'm sure you'll give him or her your continued support. It's been a lot of hard work and a lot of fun and for all your letters (most of them complimentary) many thanks. Next year maybe you'll see me at some sunlit checkpoint, or at the bar, or both.

Sue Courchee, Organiser

1.	B Bland	Keswick	4.01.15	17.	J Brown	Airienteers	4.57.59	
2.	J Broxap	Keswick	4.33.09	18.	A Pickles	DPFR	4.59.20	
3.	J Maitland	Grampian	4.35.19	19.	S Moore	Horwich RMI	4.59.40	
4.	J Naylor	Vet	4.38.07	20.	D Rosen	Thames H & H	5.03.21	
5.	J Rye	Thames H & H	4.41.05	21.	A Spenceley	Carnethy	5.03.21	
6.	A Thornton	Kendal	4.41.12	22.	M Hayes	Vet	DPFR	5.03.25
7.	A Ligema	Eskdale OB	4.41.59	23.	T Deall	Vet	Kendal	5.04.37
8.	P Barron	Keswick	4.42.40	24.	D Ratcliffe		Hossendale	5.05.33
9.	K Taylor	Rossendale	4.44.03	25.	R Bloor		Liverpool Univ.	5.07.05
10.	T Richardson	Kendal	4.45.11	26.	I White		Morpeth H	5.09.53
11.	J Blair-Fish	Carnethy	4.52.30	27.	A Harmer	Vet	DPFR	5.11.38
12.	J Nixon	Horwich RMI	4.53.52	28.	A Belton		WADC	5.11.53
13.	S Priestley	MDOC	4.55.15	29.	J Williams		Mandale	5.11.59
14.	A Nixon	M de C	4.56.51	30.	A Wood		Airienteers	5.13.03
15.	R Blamire	Vet	4.56.58	31.	S Bradshaw	Vet	Clayton	5.13.21
16.	D Wilkinson	Keswick	4.57.22	32.	P Murray	Vet	Horwich RMI	5.14.07

TWO BREWERIESNot yet categorised, 18 miles, 5,200'15 September

Farmers and their beasts featured throughout this year's Two Breweries Fell Race. The biggest effect was that of herds of rampaging sheep which had selectively destroyed many of the course markers above the cloud line giving Tony Stapeley, amongst others, another opportunity to get lost on the Two Breweries. The farmers who featured were two locals who jogged/walked the course in 6 hours raising about £500 for cancer research. Their choice of charity, cancer research was appropriate enough since all they took with them was two packets of fags and a tube of smarties. First team was again Horwich much to the delight of 50% of the organisers - Carnethy Hill Runners came close, just 3 points behind. Hopefully next year says the other 50%! As usual a good prize list consisted of many donated gifts and lots of alcohol but alas Brent Brindle, in 2nd place, won a coffee maker. The free beer lasted well into the evening and washed down the meal a treat. As we said farmers beasts featured in the race. One other was the escaped bull who made a headlong rush towards several runners and marshals. Happily the object of his attentions was not runners in red (Horwich?) but a cow in heat. He obviously hasn't quite realised the potential excitement of fell running as a spectator sport!

Dick Wall & Frank Smith

1.	J Maitland	Aberdeen	2.44.36	11.	J Nixon	Horwich	3.07.57
2.	B Brindle	Horwich	2.50.36	12.	J Musgrave	BOS	3.09.50
3.	A Curtis	Livingstone	2.52.34	13.	D Woodhead	Horwich	3.10.35
4.	S Moore	Horwich	2.53.01	14.	S Murdoch	Livingstone	3.10.50
5.	A Spenceley	Carnethy	2.56.55	15.	R White	Holmfirth	3.11.43
6.	M Lindsay	Carnethy	2.58.42	16.	N Matthews	Vet Horwich	3.12.46
7.	S Hale	BUS	3.00.50	17.	K Boswell	Lochaber	3.13.09
8.	A Farningham	Fife	3.03.15	18.	K Hope	Carnethy	3.13.58
9.	J Blair-Fish	Carnethy	3.04.50	19.	A Varley	Bondry	3.14.59
10.	R Biamire	Vet Stewarty	3.07.50	20.	R J C McInroy	Heilsourgh	3.20.18

Ladies

1.	A Curtis	Livingstone	3.33.16	2.	S Parkin	holmfirth	3.44.58
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ECCLES PIKECategory B, 3 miles, 650'15 September

I wonder if there are any tougher short 'B' races than this sustained little climb. Again many first time competitors expressing surprise at the severity of the course! In fact the junior races are even tougher as they don't get a level bit in the middle and the longer of those is perhaps 'A' category climbing 500ft in a total length of 1½ miles. Over 100 runners in the senior race and nearly 60 in the two junior races, Paul Roden of East Cheshire winning by 11 seconds from team-mate D. Crookes. With first veteran again being Harry Kelly in thirteenth place overall also from East Cheshire, they won the team prize too, completing a very successful outing for the club. Jane Spence of Dark Peak F.R. easily won the ladies race after coming second last year.

Al Evans

1.	P Roden	East Cheshire	19.56	11.	R Massey	Pennine FR	21.34
2.	D Crookes	East Cheshire	20.07	12.	E Thorpe		21.37
3.	J Kershaw	Macclesfield	20.39	13.	H Kelly	East Cheshire	21.38
4.	A Hulme	Pennine FR	20.55	14.	D Bannister	Altrincham	21.39
5.	G Cresswell	Pennine FR	21.12	15.	G Berry	DPFR	21.40
6.	M Winstanley	Lancs & Morecambe	21.13	16.	M Crosby	Altrincham	21.46
7.	P Light	Buxton	21.16	17.	A Huddleston	Buxton	21.49
8.	S Torrance	Manchester	21.24	18.	G Morson	Buxton	21.59
9.	D Smith	Halifax	21.26	19.	P Stott	Pennine FR	22.04
10.	T Farnell	DPFR	21.31	20.	P Nolan	Macclesfield	22.08

Veterans

1.	H Kelly	East Cheshire	21.38	1.	J Spence	DPFR	26.04
2.	W Buckley	Glossopdale	23.24	2.	A Meinherz	Switzerland	29.54
3.	B Harwood	Oldham	23.45	3.	S Rae		30.03

LadiesJuniors (U13) 1 mile, 250'Inters (13-16) 1½ miles 500'

1.	P Ashley		10.37	1.	S Willis		12.48
2.	K Thompson		10.38	2.	M Taylor		13.11
3.	R Ingham		10.52	3.	J Wild		13.17
1st Girl	L Foster		12.57	1st Girl	S Reason		15.19

Teams: 1. East Cheshire - 16 pts. 2. Pennine F.R. - 20 pts. 3. Buxton - 42 pts.

NEW ROSSENDALE

Not yet categorised, 12 miles, 2,300'

16 September

1.	R Ashworth	Rossendale	1.25.48	11.	D Kay	Vet Bolton	1.35.38
2.	J Norman	Altrincham	1.26.34	12.	I Christian	Rossendale	1.35.55
3.	R Rawlinson	Rossendale	1.26.51	13.	S Longdon	Altrincham	1.37.23
4.	R Bergstrand	Rochdale	1.26.54	14.	D Smith	Halifax	1.37.31
5.	J Eaton	Rossendale	1.27.39	15.	M Bullock	Wors.	1.37.35
6.	K Taylor	Rossendale	1.28.27	16.	M Bradley	CLM	1.37.44
7.	P Irwin	Rossendale	1.32.57	17.	T Wigglesworth	Bingley	1.37.52
8.	D Ratcliffe	Rossendale	1.34.38	18.	V Tudor	Rossendale	1.38.01
9.	T Rutherford	CLM	1.35.14	19.	C Taylor	CLM	1.38.36
10.	M Tartet	CLM	1.35.18	20.	R Mitchell	CLM	1.39.01

Veterans

1.	D Kay	Bolton	1.35.38
2.	K Lodge	Halifax	1.39.13
3.	P Kelly	Rossendale	1.39.27

Ladies

1.	W Dodds	CLM	2.07.49
2.	J Pielou	Wim.	2.10.50
3.	K Taylor	CLM	2.19.29

Teams: 1. Rossendale - 9 pts. 2. Rossendale - 21 pts. 3. Clayton-le-Moors - 35 pts.

LANTERN PIKE

Category B, 5 miles, 1,050'

22 September

1.	H Symonds	Kendal AC	31.52	11.	M Weedall	Winsford	33.34
2.	M Patterson	DPFR	32.02	12.	C Trelfa	East Cheshire	33.42
3.	J Maitland	Leeds Univ.	32.25	13.	G Cresswell	Penistone	33.48
4.	G Gough	Blackburn AC	32.37	14.	A Huddleston	Buxton AC	33.53
5.	R Wood	Frodsham	32.49	15.	D Cartwright	Penistone	33.38
6.	D Hall	Kendal	32.52	16.	R Taylor	Stockport	33.39
7.	D Crookes	East Cheshire	33.03	17.	M Balls	Leeds Univ.	34.02
8.	J Kershaw	Macclesfield H	33.10	18.	D Shepard	Leeds Univ.	34.10
9.	A Hulme	Penistone	33.17	19.	P Irwin	Rossendale	34.29
10.	A Trigg	Glossop	33.26	20.	S Longdon	Altrincham AC	34.31

Veterans

1.	M Hayes	DPFR	36.37
2.	W Buckley	Glossop	37.00
3.	F Wheeler	Bingley	38.15

Ladies

1.	C Haigh	Holmfirth	34.54
2.	L Davis	East Cheshire	40.01
3.	D Ellerton	U/A	40.31

Juniors

1.	T Richardson	Bolton	19.34	4.	N Jones	Bingley	23.05
2.	J Hunter	Buxton	20.35	5.	S Harding	East Cheshire	23.22
3.	M Taylor	East Cheshire	20.44				

HAYFIELD FELL RACES CHAMPIONSHIP

Hayfield is now the base for four fell races and the various organisers have been thinking for some time that an overall championship would add an additional element of competition. Next year, 1985, the following fell races will make up the championship: Kinder Downfall, Kinder Trog, Lantern Pike, Mount Famine.

The championship will be decided on a points basis, with all races being entry on the day. We are trying to get some sponsorship and although at this stage it is not possible to be precise we envisage a trophy for the first individual and first lady. The dates of the events have yet to be fixed (copy dates being ahead of the calendar). The Kinder Downfall race will now always be run on the Sunday nearest to the anniversary of the Mass Trespass, (24th April). This is for several reasons. The primary one being the number of runners who have suggested it. An equally important secondary reason is that I was very closely concerned with the Mass Trespass 50th anniversary celebrations in which the Downfall race featured, and would like to see a more permanent memorial to the event which ultimately made this race, and all the others in the Peak, possible. A third, and highly relevant reason, is the increasing number of occasions in late spring and summer when closure of the moors is threatened due to the risk of fire. This year it was only two days before the race that the moors were opened. Lastly, although the race has been run in June, and for some reason June seems to escape closure threats, the Kinder Trog is now run in late June. Given its length, it is appropriate that it is run at that time. In this way we get a spread of races over the year. See you all next year!

Neil Goldsmith

MOURNE MOUNTAIN MARATHONOrienteering, 30 miles & 50 miles.22/23 September

Derek Ratcliffe and Dave Bleakley once again proved too good for the local competition in winning the Mourne 2-day for the third year in succession. The planners of the elite course set a very long route which only the cream of Irish fell runners could have any hope of completing, and such is the reputation of the elite course that only five teams entered this class. Local runners, Jim Patterson and Deon McNeilly, pushed the English pair very hard on the second day and returned a faster time, but they could not make up a 28 minute deficit from the first day. In the standard class the unlikely Newcastle/Kilkeel pairing of Dermot McGonigle and Willie John Brown had a 19 minute winning margin over the Comber pairing of Ronnie Rutherford and Malcolm Brewer. The younger pairing of Aaron Steele and Brian Ervine put in a very strong first day performance to lie in second place at the overnight campsite, but a navigational error on the slopes of Slieve Commedagh on the second day cost them a place.

Elite Class

1.	Derek Ratcliffe / Dave Bleakley	15.30.10	4.	David Graham / Stanley Graham	19.37.22
2.	Deon McNeilly / Jim Patterson	15.55.13	5.	Robin Bryson / David Scott	21.00.07
3.	Ian Park / Jim Hayes	17.41.38			

SIMONSIDECategory B, 6 miles, 1,150'15 September

Apologies for the change of date and any who were disappointed. In spite of this there was not only a big increase in entrants but some very strong contenders. Again this record was smashed this year by Kevin Boal taking off nearly 2 minutes - now classifying the course as a "short" race. During the race the mist hung over the summit of the most northerly hill of the Pennines and the system of radio-controlled stewards came into its own. The ground announcer used poetic licence translating the Summit radio message of 20 yards visibility to 10 foot so friends and relatives were expecting to lose a few runners! Whilst Simonside is a classic craggy summit the course is very varied both under foot and scenically. Kevin Boal took the lead from the start with Neil Dunn hanging in behind. Bill Tait was third for much of the climb but his old adversary, last year's winner Andrew Philipson had dislodged him by the summit with Howard Forrest fourth. The summit stewards were startled by the sprinkling of rock climbers including Angela Soper who did the direct ascent of the summit crags!

Ian Webb

Mark Webb Memorial Trophy

1.	K Boal	Sunderland	39.37	6.	D Lord	Morpeth	44.13
2.	N Dunn	Harbottle	41.10 (1st Local Trophy)	7.	J Maddison	Sunderland	44.26
3.	A Philipson	Gosforth	41.46 (1st Vet. Trophy)	8.	C Manley	Durham City	45.11
4.	W Tait	Alston	43.04	9.	D McGarnell	South Shields	45.18
5.	H Forrest	Gosforth	43.25	10.	G Atkinson	Wallsend	45.33

Ladies Trophy

1.	A Soper	Achille Ratti	53.53
2.	J Pollard	Ashington	69.29
3.	A Linney	Cramlington	70.04

Under 16

1.	M Simpson	51.34
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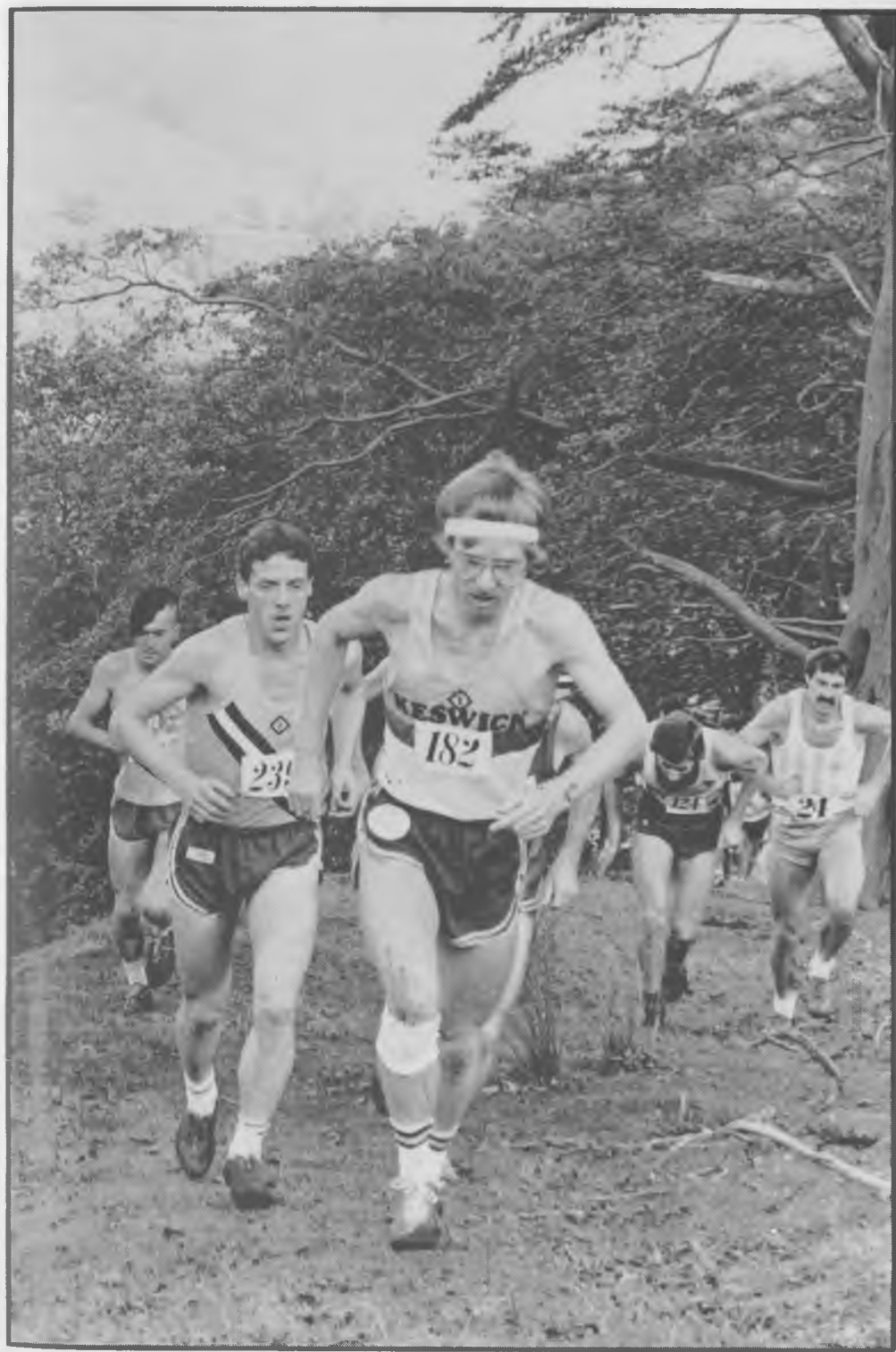
Under 18

1.	D Woods	47 12
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*RUMOUR HAS IT THAT THOSE THAT DID NOT MISS OUT THE RED BUM
IN THE 'BEN' ENDED UP WITH ROSY CHEEKS!*

(photo/Steve
Bateson)

opposite photo. Thieveley Pike. From the left:
Gary Devine, Ray Rawlinson, Rod Pilbeam, Andy Harmer and Harry Walker.



Category A, 4 1/2 miles, 900'

29 September

This years race was quite a close affair and was won by Sean Livesey in a time well over a minute down on Kenny Stuart's 1983 record of 22.57. I suppose that I have laid myself open to criticism by allowing Gary Devine to enter on the day but as he was challenging for the British Junior Championship he, and several others, were allowed to run. He had an outstanding run placing 6th overall and beating his fellow juniors by almost 2 minutes. Surely, it would have been a hollow victory for any of the others if I had excluded him. The other outstanding run of the day was that of 1st lady, Carol Haigh, finishing 44th overall in a time of 27.31 and knocking nearly 3 minutes off Sue Parkin's course record. Sue was also inside her record finishing 2nd.

The numbers who wish to run in this race far exceed the optimum figure of 200. Despite refusing approximately 50 telephone entries after the closing date, this years field of 245 starters was a record as were the number of bookings by the police for parking offences! Please will someone organise another fell race (say, in the Dales, Lakes or Peak District) on this same weekend to take away some of the demand. I feel that the only satisfactory way of solving this problem is by increasing the number of races.

Finally, I would like to thank the Revd. Dean for the use of the school hall, the Holme SLTA, all the Clayton helpers and friends, those FRA members who helped to tidy up after the AGM and the competitors who contributed to the success of the event.

John Reade Race Organiser on behalf of Clayton Harriers

1.	S Livesey	Ribble Valley	24.09	16.	R Shaw	Skyrac	25.50
2.	R Pilbeam	Keswick	24.15	17.	R Ashworth	Rossendale	25.56
3.	G Gough	Blackburn	24.27	18.	J Eaton	Rossendale	25.58
4.	R Owen	Horwich RMI	24.46	19.	D Woodhead	Horwich RMI	26.01
5.	D Hall	Kendal	24.49	20.	D Cartwright	Penistone	26.03
6.	G Devine	Jun Skyrac	25.04	21.	R Aucott	DPFR	26.08
7.	A Styan	Holmfirth	25.11	22.	B Brindle	Horwich RMI	26.29
8.	R Rawlinson	Rossendale	25.17	23.	P Tuson	Kendal	26.30
9.	A Harmer	DPFR	25.20	24.	K Taylor	Rossendale	26.35
10.	H Walker	Blackburn	25.25	25.	P Mitchell	Bingley	26.38
11.	A Hulme	Pennine FR	25.33	26.	R Morris	Carnethy HR	26.40
12.	C Valentine	Keswick	25.37	27.	T Birtwistle	Rossendale	26.42
13.	K West	Border	25.41	28.	A Hauser	Holmfirth	26.44
14.	A Smith	CFR	25.44	29.	S Willis	Jun East C'shire & T	26.46
15.	P McWade	Clayton-le-Moors	25.47	30.	D Kay	Bolton	26.50

Veterans

1.	R Aucott	DPFR	26.08
2.	D Kay	Bolton	26.50
3.	A Peacock	Clayton	27.54
4.	R Jackson	Sale	27.57
5.	N Matthews	Horwich RMI	28.24
6.	N Fisher	Eryri	28.44

Ladies

1.	C Haigh	Holmfirth	27.31
2.	S Parkin	Holmfirth	29.17
3.	B Hogge	Eryri	31.56
4.	L Lord	Clayton-le-Moors	32.03
5.	G Wilkinson	Keswick	32.19
6.	V Brindle	Clayton-le-Moors	32.43

Boys

1.	A Preedy	Burnley	20.47	4.	J Taylor	Clayton-le-Moors	24.00
2.	S Thompson	Clayton	20.55	5.	J Kennedy	Clayton-le-Moors	24.37
3.	A Orr	Clayton	23.31	6.	J Bullock	Burnley	27.27

Bolton Evening News September the eighth :-

" Dave Cartridge of Bolton was hoping to improve on last year's seventh position, but made a disastrous navigational error on the descent, missing out the RED BUM and finding himself back in twelfth on the road "

Opposite photo: A. Preedy on his way to winning the boys race at Thieveley Pike.
(photo/ Steve Baleson)



INTERNATIONAL FELL RACE - ZOGNO, ITALY

30th September, 1984

With the demise of plans for a 1984 World Cup, Italy hastily arranged an invitation international mountain running event at Zogno, in the pre-alpine region north of Bergamo and Milan.

The invitation was accepted by England, Scotland, Wales, San Marino, Switzerland and Austria, and the England and Welsh teams were able to travel by means of finance via the Sports Council (for which the F.R.A. had applied in early summer) and the A.A.A. The Scottish A.A.A. supplied all expenses for their team. Each team were supplied with full national kit by their respective organisations. They were chosen by the fell running administrations in each country; England by the F.R.A. committee, Wales by the Welsh F.R.A. regional committee and Scotland by S.A.A.'s, with reference to the S.H.R.A. The basis for selection was performance in this season's shorter championship races.

Zogno is a small town nestling in the narrow Brembana valley, whose steep wooded sides soar almost vertically to heights of 4,000 feet. Bearing in mind our observations, after last year's event, on Category A type races, the Italian's had selected a 9.5 km course which just met the 250' per mile requirements. Although the course was on track all the way, quite understandable in view of the terrain, the going was quite rocky and firm underfoot.

Enthusiasm for hill running in Italy is enormous, and it is a major civic operation to stage such an event. The town's mayor went on local I.V. the night before, together with race officials (and yours truly!) to plug the event. The town's administration offices and staff were given over to help with the race organisation. Italian hospitality was impeccable and organisation smooth as the British contingent were whisked from airport to a splendid meal and accommodation in a large comfortable hotel. The mandatory brass band parade of athletes took place through the town, decorated with bunting, on the eve of the race and everyone's attention seemed to be focused on the forthcoming event. Race day dawned fine and mild. There would be no problems with heat this year. The atmosphere was building up in the town as various junior and ladies events were run off first. The senior mens event, one of the Italian championship races, was well supported and about 200 runners raced around the international course - the winning time being about 42 minutes.

More ceremony before the start as the national anthems were played for each country, with teams being presented to the crowd. The Scots were dismayed that the Italian's had not discovered "Scotland the Brave", and had to make do with the national anthem! Race favourite - for the Italian's anyway - was Fausto Bonzi, the diminutive powerhouse record holder of the Snowdon race. He is a local boy, living about 3,000' above Zogno in the tiny village of Dossena. The pressure was obviously on him to perform. Meanwhile, Kenny Stuart was warming up with a grim determination, glint in his eye, and quiet confidence that spelled danger for those who could read the signs. Excitement mounted to fever pitch and the big boys were off. About 1 k. after the start, and as the serious climbing started, Malcolm Patterson was in the lead with virtually everyone in close contention. Shortly after this Kenny eased ahead and started to put on the pressure. A wildly excited and slightly astounded commentator in the square relayed a radio message that Stuart led at the top by 10 seconds. People rushed up to inform me of this and, as successive messages came through covering the descent that lead grew rapidly to over a minute.

It was a grand sight to see Kenny in his England vest sweep down into the packed streets of the town to generous applause. A small lap of the town square and Kenny had put British mountain running on the map. The Italians were tremendously impressed as their favourite, Bonzi, could only manage second position, some 50 seconds later. So effusive were they in congratulating me that you would have thought I had won! However, great as Kenny's achievement was, the impressive sight of Italian after Italian finishing before our next man home was a sobering thought. Only Colin Donnelly (Scotland) managed to split the Italians with 7th position, a fine performance in view of his difficulties in getting to hill races in recent months after joining the R.A.F. At last the English boys started to appear. Malcolm Patterson ran hard and well, feet soaked in blood from blisters, but happy to have headed the remaining British contingent. Hugh Symonds chased hard and was only a few seconds behind, but yet another Italian squeezed in between them. Then, after a gap of nearly 1½ minutes, the rest of the field started to pour in, headed by Dave Cartridge, with Jon Broxap just 9 seconds behind, and all England's counters had finished. The first Welsh man home was Hefin Griffiths, in 18th position, followed by Andy Darby 20th, who was just in front of Steve Breckell, England's last man in 22nd position. The second Scot home was Andrew Spenceley 2 seconds behind Steve.

The results speak for themselves, indicating Italy's overwhelming strength and the weakness of teams sent by Austria, Switzerland and San Marino.

At a meeting of officials on 29th September, an International Mountain Racing Committee was formed with the Italian representative - Angelo de Biasi - as Chairman and myself - Danny Hughes - as Secretary. The immediate objectives of the committee are to attract worldwide membership of the committee and to establish Championship events under the auspices of the International Amateur Athletic Federation.

It was gratifying that as a result of efforts to promote international competition 18 British fell runners were able to end their season with such an enjoyable trip abroad.

Danny Hughes

di corsa in montagna - Zogno 30 Settembre 1984

1.	Italia	'A'	23 pts.	5.	Galles	124 pts.
2.	Italia	'B'	48 pts.	6.	Austria	140 pts.
3.	Inghilterra		62 pts.	7.	Svizzera	201 pts.
4.	Scozia		112 pts.	8.	Rep. San Marino	204 pts.

1.	Ken Stuart	Inghilterra	38.16	24.	Fabio Ciapponi	Italia	43.58
2.	Fausto Bonzi	Italia	38.50	25.	B. Woodward	Galles	44.17
3.	Claudio Galeazzi	Italia	38.59	26.	Andrew Curtis	Scozia	44.35
4.	Claudio Simi	Italia	39.18	27.	Mike Burton	Scozia	45.12
5.	Alfonso Vallicella	Italia	39.56	28.	Wofgang Millinger	Austria	45.19
6.	Privato Pezzoli	Italia	40.38	29.	Mike Lindsay	Scozia	45.36
7.	Battista Scanzi	Italia	40.51	30.	M. Jones	Galles	45.45
7.	Colin Donnelly	Scozia	40.51	31.	H. Parry	Galles	46.29
9.	Maurizio Simonetti	Italia	40.57	32.	Roger Boswell	Scozia	46.37
10.	Andrea Giupponi	Italia	40.59	33.	Herbert Margreiter	Austria	48.03
11.	Vito Cornolti	Italia	41.07	34.	L. Williams	Galles	48.04
12.	Luigi Bortoluzzi	Italia	41.11	35.	Gianluigi Macina	Rep. San Marino	48.27
13.	Malcolm Patterson	Inghilterra	41.28	36.	Wendelin Parpan	Svizzera	48.36
14.	Antonio Amalfa	Italia	41.37	37.	Marino Kahr	Svizzera	49.10
15.	Hugh Symonds	Inghilterra	41.40	38.	Salvatore Buscarini	Rep San Marino	50.20
16.	Dave J Cartridge	Inghilterra	43.04	39.	Franx Puckl	Austria	50.26
17.	Jon Broxap	Inghilterra	43.13	40.	Maurilio Berri	Svizzera	50.41
18.	Hefin Griffiths	Galles	43.18	41.	Flavio Beresini	Svizzera	52.30
19.	Rupert Meisl	Austria	43.22	42.	Carlo Tasini	Rep San Marino	53.28
20.	Andy Darby	Galles	43.25	43.	Hans Margreiter	Austria	53.43
21.	Hermann Foidl	Austria	43.26	44.	Peppino Ugolini	Rep San Marino	54.20
22.	Steve Breckell	Inghilterra	43.30	45.	Giorgio Iura	Rep San Marino	55.57
23.	Andrew Spenceley	Scozia	43.32	46.	Walter Busignan	Rep San Marino	56.03



Ken Stuart racing to victory in Zogno. (photo/ Roncelli)



INSURANCE AGAINST INSURANCE

by Roger Boswell, Lochaber AC

The FRI (Fire Regulations Inspectors) will always advocate ever more stringent fire regulations. It's more than their job's worth to pass a building as safe only to have it burn down, even though that one that burned down was one in a million. Oxford University had to choose between paying £40 million to bring one of its colleges up to the latest fire regulations, in order to obtain fire insurance cover, or close it down. Who paid out the £40 million? The fact that there hadn't been a fire in the college for 900 years was irrelevant.

In the USA, you haven't got to get ill, because it's so expensive to get treatment, because all the doctors have got to pay so much for insurance to protect themselves from the ever-increasing & massive claims now coming in from patients, no doubt advised by insurance experts, who see rich pickings are to be made by successfully claiming to be wrongly treated by well meaning doctors who have made a mistake. It's so bad that many doctors now refuse to treat illnesses where the cure is risky. Is all this really in the patients interest? For FRI, read FRA. Do race organisers want or need protection? Has there been a history of claims made against race organisers in the past? No doubt, most organisers will happily shell out £2-00 this time round, what's £2-00 after all. Some won't, however, and how do would be participants now find out about these races?

What happens when smart Alec landowners get wind of the easy pickings now on offer, and start claiming for damages fences etc. Please remember, there has never been anything to stop such landowners claiming direct off the race organiser, rather than off the organisers' insurance. But if a claim is now made against insured race organisers, what is the reaction? The FRA pats itself on the back for anticipating such an event. The race organiser agrees, he believes his insurance has just saved him a lot of money. The insurance company rubs his hands with glee, and shoves up the premiums - not immediately, of course, perhaps the year after next. The stupid runner never stops to think why race entries keep going up, £1, £2, £5, £10.....

*RUMOUR HAS IT THAT THESE WORDS ROLLED OFF
KENNY'S TONGUE LIKE PBs OFF A DUCK'S FOOT.*

Stuart a Zogno

« Veni, vidi, vici »



Opposite photos: Top The Italian teams ready for action

Bottom The Welsh and English teams on the ball before the start. (photo/Roncelli)

Letters

Dear Editor,

This time last year I was trying to pluck up courage to join the FRA and attempt some races. The unknown quantity was not the Fells but the Running and the standard of slow-coaches (if any), and the Journal was almost off-putting, especially as there was never a mention of lady veterans. Now, I know that there are always runners who take twice as long as the winner and nobody minds. Experience shows that in a Championship Race I'll finish in the winner's time plus half as much again (1.5 x Hugh Symonds with amazing regularity!) and be inconspicuous near the back. This 1.5 is my Trail Factor and I hope to bring it down by not trailing so far behind the leaders.

But if this fails, alter the rules and make more favourable comparison. In the absence of a suitable female, take Will McLewin. We have a lot in common - age, solo mountaineering, silly letters to FRA Journal....and my T.F. relative to Will is just over 1, 'cos I'm usually just behind him.

One meets very interesting people down the field. A lady of 57 ran Fairfield '84 for her first Fell Race and finished in fine style. Who was that wonderful gentleman in the red shorts? Let's hope we see them again. The point of all this is some advice for anyone in the same hesitant frame of mind as me last year. Don't be self-conscious; do join in. It may not make much difference to the race but it certainly will to you.

Sincerely,

Angela Soper (LV 0/40)

Dear Editor,

A well aired subject I admit, but a week this summer showed me that there is still a long way to go in the battle for decent prize lists across the fell running board. I refer to a fell running/walking holiday spent in Snowdonia which included two major fell races. Both of which, in my opinion, fell far short in providing prizes which (a) reflected the numbers and entry fees involved and (b) reflected the stature of the races.

The first, up Wales' highest mountain, received 427 pre-entries at £3.50 a time and I counted at least 14 sponsors of prizes, programmes, certificates etc. Admittedly our evening meal at a local hotel was included in the entry fee, but with the economies of mass (did you see the size of the queues?) catering and extra takings at the bar, the cost should have still left a reasonable amount to be spent elsewhere. If there, it wasn't spent on prizes, with only the first five men and first few ladies and veterans receiving any.

I remember joking with someone (whom I expected to win something) about how it seemed that they were never going to get around to presenting his prize. We eventually realised that it wasn't much of a joke.

The second race was a week later, a few miles up the road, and was a round of the British Senior Fell Running Championship, it had about 200 entries at £1.50 to £2.00 a time, however there was still a major sponsor. I suppose it makes sense that a smaller field warrants fewer prizes, so this time only the first three men received them! Along with the winners of the womens', veterans and team categories. If you hadn't realised yet the events were the Snowdon and Moel Siabod races respectively. I would have thought that a principality which has complained frequently about

being missed out of the Senior Championship would attempt to put on a better show than they did this summer.

Remember also the 1983 'Welsh 1,000m' controversy, and I almost forgot the lack of team results at this years Moel Siabod. This hasn't stopped the Snowdon Race being put down for next years championship however, so I hope that Ken Jones and the TSB will cough up a few more prizes at least for the heel blistered finishers and produce a true championship event.

With their already excellent organisation of the actual race it should be possible. Myself, I'll probably do Kev Shand's Turnslock next year, they say you only have to turn up and you win a prize! and besides, I can be in my own hot bath, less than 20 minutes after the presentation. Joking aside, a few organisers have shown what can be done for a still modest entry fee, why can't they all?

Yours,

Robin Bergstrand.

Ed's comment:

Point taken - but I feel that as long as a race organiser is not squandering the extra fees then it is his choice how the profits are spent. The organiser's main priority must surely be to run a smooth event - the prize list could be of low priority although most would favour the timing of the prize giving to not be too long after the finish. There are races where many receive something small, others where a few receive generous gifts. I would hate to see a policy laid down to suggest to race organisers methods of dividing the value of prizes.

Dear Editor,

I'm writing this letter to express the concern of a number of fell runners in this area, over the recent (August 2nd) Metlex Limited Diamond Jubilee Rydal round (inaugural). Well it was limited (very) and I hope that the next one will be on their platinum anniversary. There are a number of points:

1. If the record is "Almost the same as the Fairfield Horseshore", what has happened to our event source, and policy towards Mountain conservation?
2. Peter Bland refused entry to this race to a number of Athletes whom he deemed to be "professional", and said that the race was being run under 3 A's rules. The advert specifies FRA rules. If there is no difference then why do we bother?
3. If the above is the case, then why was an 'amateur' event being run from a professional sports meeting, dominated by professional (I prefer "open minded" myself) athletes with whom the amateurs had to share facilities.
4. Again from point two, It would seem that of the 'open' runners who applied to enter Mr. Blands' race (and were well known to Mr. Bland to be so) some had their entries accepted and others were turned away. The AAA doesn't recognise degrees of professionalism, Mr. Bland why don't you seek out the thoughts of Daley Thompson or Seb Coe on the matter?
5. For a man who really knows how extreme a misnomer the label "professional" is for open fell runners, Mr. Bland appears to be getting a bit hyper sensitive about his past (and some people's present).
6. I would suggest that those who make a living ie. a Profession out of Fell running and Athletes in general, are mainly Sports Goods retailers like Pete Bland, Ron Hill etc. I don't mind at all if they do, but let's not, especially in fell running, apply someone elses double standards and hypocrisy.
7. I think that the Kentmere Horseshore is one of the best events in the Calender, so could we please chuck this "Toad in the hole" stuff, back into a filing cabinet, before the FRA finds itself inundated in an OPENGATE!

Yours sincerely,

Terry Trueman (Skipton)

Dear Editor,

May I take some space in your magazine to reply to Terry Trueman's letter of complaint. Whilst realising that the pages of the Fell Runner are not the place for verbal confrontation, and further realising that constructive criticism should always be welcome by race organisers, I take great exception to the phrase "very limited" and the sarcastic slur regarding our sponsors next anniversary. I can only hope that the Directors of Metlex don't get wind of the first paragraph or else a race, and valuable sponsorship, will be lost to the sport.

Can I take the letter point by point.

1. Yes it is "almost the same as the Fairfield", but the situation of our sportsfield lends itself to no other course, and as for "Mountain conservation" - taking this "one course one race idea" do we then cancel the Half Ben and Butter Crag?
2. Pete Bland quite rightly refused entry to professionals. As a governing body of it's own sport, the FRA must have its own rules but under the umbrella of the AAA's.
3. Why shouldn't an amateur event be run from a Pro' meeting? If the events are kept completely separate. As for having to share "the same changing tent as the pro's". My God!! I'm not too sure whether a touch of snobbery is creeping in here or whether Terry feels that his amateur status is infringed if he goes home in the wrong underwear!! Either way it stinks. (not the underwear!!). As the numbers in the "Round" increase, so a tent will be provided. Okay?
4. I am confident Pete did not knowingly allow non-amateurs to compete - they are devious you know! (I was one for 15 years!!). The Thompson and Coe bit confused me so I'll pass on that one.
5. Pete isn't getting hyper-sensitive about anything. He, as I, have good friends on both side of the "Great Divide", and would expect all, to respect their opposite numbers "code of practice". If a winner wishes to enter races under FRA or AAA laws then he must do as many others have done - get re-instated. He or she can't honestly expect to compete in both codes at the same time - or the same meeting as some wished at Ambleside. Quite incredible!!
6. Again I'm confused:- "Double Standards". is the definition of this - not liking the way an event is organised but running anyway and then complaining later?
7. Now I'm totally confused. Where the hell did the Kentmere come from!!! Finally may I add that the criticism laid at Pete's door has been mis-directed as I asked Pete if he would give me a hand by taking entries, so on behalf of Terry, I apologise to Pete.

Ambleside Sports has given both Pete and I many happy and successful memories, and if our only crime is that we wish to pass on those same memories then we stand convicted - but not discouraged. Everyone I spoke to after the event enjoyed the atmosphere and fun and wished to return in 1985.

The irony of all this is that in the same post that I received a copy of Terry's letter, I also received one from Metlex advising of increased prize money for 1985 and 5 years sponsorship. Hugh, I only ever received one other letter like this in 29 years of running and organising and that also came from Skipton!! And that from a professional. Is it worth it?

Regards,

Fred Reeves.



Dear Hugh,

We would like to extend an invitation to any fell runners contemplating a trip to the antipodes early in 1985. Details of our forthcoming season of races are as follows:-

- 3rd February 1985. "Berwick Forest Walkway Race" - 18km on a walkway from Lake Mahinerangi to Berwick (about 30 miles from Dunedin)
- 17th March 1985. "City of Dunedin 3 Peaks Race" - 24km on foot-paths visiting the three summits over 2,000' depicted on the city coat of arms.
- 30th March 1985. "Saddle Hill Race" - 9km up and down over rough paddocks.

Our premier event last year was the Three Peaks which Alex Smith (CFR) completed in along with 80 other runners. The race is based on the standard long British fell race with checkpoints to be visited en route. Although this type of off the roads running is unique in New Zealand there seems to be much enthusiasm for next year's race, so we can guarantee good competition along with free accomodation in Dunedin.

This, plus the mountains of South Island and warm sunshine might just be enough to entice some of our fellow fell runners away from the British winter to come and visit us. We hope so. Please contact us at our address below.

Best wishes,

Peter and Sarah Haines,
22, Campbells Road,
Dunedin
New Zealand.

Dear Hugh,

The picture on p.50 of the last edition clearly shows Errol having his equipment checked. Does this mean yet another innovation by CFR? I can see why they might have decided that checks at the end of a race could be needed, but if so, the race rules ought to say what the stringent requirements are, and I would ask whether a mere visual inspection is adequate.

Perhaps this development will end with another stage being added to the increasing popular triathlons.

Yours sincerely,

Will McLewin.

Dear Sir,

Imagine my profound amazement upon reading "Navigational Errors" by that lost soul Bill Smith, to find no mention of the SALIVA COMPASS! This fiendishly clever device, albeit of foreign origin, is an unfailing aid to those who become understandably confused in the outback. Its pedigree, traceable back to Viking navigators, dares one to overlook its merits. My own model, of which I am inordinately proud, is a particularly fine specimen; its main features include an altimeter* pedometer, tachometer, micrometer, hazard warning lights, landing lights* and an ingenious truss which stops CFRA tags from rattling. (* only on MKII). The whole ensemble is wittily arranged about an intriguing centre piece comprising a double ended red and white arrow in a bath of viscous, bubble-filled liquid surrounded with a display of random numbers.

The double-ended arrow swings in a delightfully unpredictable manner and has, I suggest, been included by the manufacturers to meet the current craze for moving executive toys and games. In practice my Saliva has found itself in an array of varied terrains but a few examples will suffice to indicate the invaluable assistance it can give.....

During a recent Duddon Race it led me faultlessly into the beautiful upper Esk, during a Langdale Race it enabled me to complete two modest climbs somewhere among Hanging Knotts, visit, and then re-visit, most of Crinkle Craggs along with Little Stand and Cold Pike which would have been missed had the course been too strictly adhered to; during Wasdale Race it had Brotherlikelid well in its sights and only an over-sight on my part brought me to Bracken close, and finally during the Howgill Karrimor it led me unerringly to emergency telephone box 374 on the M6!

Before I finish may I presume to offer a word of warning. Just as so many products have side-effects through abuse or over use, this fascinating instrument is unfortunately habit-forming, producing a profound mesmeric sensation and feeling of infallibility, if gazed at too long. All too often I have seen shambling figures staggering wide-eyed with their Salivas clutched beneath their noses, heading, in the most positive manner, for goodness knows where, only to re-appear several hours later sporting broad sheepish smiles!

It is of course in these circumstances that accidents occur. The unwary, mesmerised navigator, engrossed in his Saliva, inadvertantly stumbles and so prematurely shocked from his trance, attempts to save himself in vain. Thus catapulted forward one loses dentures, toupee, contact lenses, ear-rings etc, to say nothing of one's dignity and self-respect.)See Fell Runner Magazine - Summer 1984. p.29) M. Rigby is deserving of sympathy from us all - this is not funny! The ensuing shock is profound and one has considerable difficulty regaining the vertical.

Finally beware of imitations! Ask for Saliva by name.

Yours sincerely,

Chris Bolshaw.



Dear Sir,

Whilst I am not a member of your association and therefore have no claim on space in your magazine, I would nevertheless ask your indulgence.

On Sunday, 18th November, I was re-elected as Secretary/Treasurer of the Three Peaks Race Association on the 10th anniversary of my original appointment. During those 10 years I have found it necessary to draw on the skill, experience and support of a great many people, some of whom were and are actively involved in fell running! I would like to take this opportunity to express my personal thanks and appreciation to them all.

Whilst doing so, I must confess a purely personal fear which is that the number of people who are prepared to contribute their time and knowledge seems to be shrinking. This has in turn led to increasing dependence upon people who are not directly involved in the sport, which is fine in terms of shuffling paper, making up programmes, calculating results and so on but does nothing for the future development of the sport, which requires experience as well as enthusiasm. Without an input of information, views and opinions, race organisers cannot be sure that they are heading in the right direction. Surely it cannot be too much to ask that competitors put a little back into the sport which gives them so much pleasure.

And yet it seems to be too much. My recent letter to you appealing for new members resulted in only five people coming forward.

At a more practical level, we are now finding some difficulties in supplying an adequate workforce and if my experience is at all common, then we shall be seeing a decline in the quality of competitive events (if not in absolute numbers) at a time when we ought to be seeking an improvement.

I am not for one moment advocating a mass retirement of runners from competitive events so that the number of administrators can be increased (perish the thought!) but competitors would do well to bear in mind that whilst races are organised for their benefit, races can only be successfully organised given willing co-operation by all parties.

Yours faithfully,

D. A. Croft,
24, Brookfield Crescent,
Hampsthwaite,
Harrogate,
North Yorkshire.HG3 2EE.



SAFETY AND NAVIGATION COURSE

by Peter Knott

Following the same lines as the two previous years, a most enjoyable week-end was had by all at Elterwater and Chapel Style on 21-22nd September. After a talk on Safety from Jon Broxap, the group spent the rest of Saturday morning on map and terrain familiarisation exercises on Lough-rigg and the afternoon on navigation in small groups on Silverhowe. Sunday morning was devoted to short talks and the afternoon to the big test, an 'O' trial on Silverhowe. The course comprised of controls and 10k distance. Billy Bland set the target with a 72.15 time, with course students Gary Edwards and Pete Skelton recording 87.45, and 88.05 on quite different route choices. A very high standard was achieved by this years course with most managing all 8 courses. The students included two Morecambe High School 5th years who exhibited lots of sport to cope with the full course and a lot of extra road running as well! Ken Ledward was most ably assisted by John Gibbison, Andy Ligema, Richard White and Billy Bland on the fells and by John and Jon Broxap indoors. No one could keep up with the Ledward elbow bending performance in the evenings however!

There is no doubt that the course will be on again next year. Even better and more enjoyable if that is possible. Under consideration is the idea of moving from Autumn to Spring or possibly holding the course in two parts, one in each of the forementioned seasons. Anyone interested is invited to send their views to either me or Ken. We would particularly like to hear of suggested improvements from those students and instructors who have attended any of the three courses to date.

CHAPEL CHASE 23.9.84 10k. 8 CONTROL LONG - O

1. Billy Bland	Keswick	1.12.15	6. George McLoughlin	Preston	1.53.10
2. Garry Edwards	Bingley	1.27.45	7. Bill Ramm	Rochdale	2.01.45
3. Peter Skelton	Ambleside	1.28.05	8. Bob Harper	CFRA	2.06.30
4. Guy Russell	Ambleside	1.39.00	9. Adrian Wodd	Jun Morecambe H.S.	2.28.45
5. Owen Smith	Kendal	1.40.50	10. Ray Todhunter	CFRA	2.35.15

THE BOB GRAHAM 24 HOUR CLUB

Shap Wells Hotel was the setting for the biannual reunion dinner of the Bob Graham 24 Hour Club, held on the 13th October. Almost 300 members and friends attended this function organised by the club's Chairman Fred Rogerson. Frank Milner proposed the toast to the club and the President, Joss Naylor, replied. New members were presented with certificates and the special award for the "Achievement of the Year" went to John Middleton of Gorphwysfa Climbing Club who climbed 168 Welsh peaks of over 2,000' in 15 days, an ascent of 99,000' and a distance of nearly 400 miles. A record number of contenders were successful in 1984 bringing the total membership to 323 including 13 females. A reprint of the successful booklet: "42 Peaks - The Story of the Bob Graham Round", will shortly be available. Copies price £1.25 (inclusive of postage) can be ordered from: F. Rogerson, Tethers End, Lindeth, Windermere, Cumbria. Cheques should be made payable to the Bob Graham 24 Hour Club.

LIST OF NEW MEMBERS 1984

(in order of achievement)

285. Robert Davies	298. Norman Walker	311. Steven Watts
286. Paul Hampson	299. Elaine Stephenson	312. Mike Dawes
287. Duncan Richards	300. Angela Carson	313. William Hargreaves
288. Allan Miller	301. Ben Hodges	314. Peter Cresswell
289. Michael Sunderland	302. Bridget Hogge	315. George Barras
290. John Doyle	303. John Stout	316. Inken Blunk
291. David Richardson	304. Ray Miller	317. Sue Walsh
292. Allan Denham	305. Keith McKay	318. Joe Faulkner
293. Robin Burr	306. Alan Morris	319. Mick Hoffe
294. Peter Goodwin	307. Peter Schick	320. Steve Moore
295. Peter Walters	308. George Bell	321. Gill Simpson
296. Geoff Clayton	309. Nigel Robinson	322. Colin Dulson
297. Eric Parker	310. Geoff Read	323. Andy Ligema

THE CUMBERLAND FELLRUNNERS ASSOCIATION.

Authentic fell races on some of the remoter fells of Lakeland. Well worth the extra travel. Make a weekend of it. (accommodation details available).

May 12 Buttermere 'Sailbeck' Horseshoe. (incorporating NCAA champs)
A new course 9.4 miles x 3,700 feet. Spectacular scenery and switchback ridge running. Start and finish in beautiful Buttermere.

June 8 Ennerdale Horseshoe.

One of Lakeland's tough long distance courses of 24 miles x 7,500 ft, requiring navigational skills and considerable knowledge of mountain running. If you think you can complete the course in 6 hours or less then this is the race for you. (an FRA championship event)

June 9 Muncaster Fell Race.

Starts from the beautiful grounds of Muncaster Castle. Most of the course can be seen from the terrace with the aid of binoculars. Bring the wife and kids for a splendid day out (10 miles x 1,800 ft).

June 29 The Blake Fell Race.

An old foxhunting inn 'The Pack of Hounds' is the venue for one of the most 'atmospheric' fell runs over fox country. The course has been modified this year to include Knock Murton (7 miles x 2,150 ft)

July 13 The Wasdale Fell Race.

Of similar stature to the 'Ennerdale', taking in England's highest mountain 'Scafell Pike' (21 miles x 9,000 ft) FRA championship event.

July 14 The Bootle Black Combe Fell Race.

Held in conjunction with the village gala, this race goes straight up and down the Combe, runnable fell all the way. (5.5 miles 1900ft)

July 20 The Kinniside Fell Race.

Held in conjunction with Cleator Moor gala. Hound trials, Cumbrian wrestling, cycling and footracing to amuse the family while you traverse the switchback 'low level' fell race course of 9 miles x 3,000 ft. Usually a small field due to other races on the same day so an excellent chance to pick up one of the many prizes.

November 10 The Copeland Chase.

A race for those who love the local Cumbrian scene. Navigational skills essential as the course is only revealed at the start. Hot food!

Further Details: from Danny Hughes, Hallsteads, Gosforth. (send SAE.)
or pick up one of our race detail sheets at the early fell races.

GILBERT SCOTT BRITISH SUPER-VET CHAMPIONA PROFILE

by P G Knott

You may be forgiven if the name Gilbert Scott does not roll off the tongue quite so readily as Billy Bland or Mike Short, for, as far as fell running is concerned, he is a newcomer to the scene.

In only his second season on the fells Gilbert James Scott, D.O.B. 26/5/32, has been highest placed super-vet in more championship events than anyone else to take the 1984 British title. Gilbert is no newcomer to running however, having run track in the Far East during National Service in the 50's with, amongst others, Bruce Tulloh, more recently, after a 23 year lay-off, he started running again in the late 70's. At first this was in order to exercise himself and his dog and, as is so often the case, he got drawn into the road running scene.

A combination of living in Cumbria and injury problems from the hard road surface caused his fell debut to be made with the Benson Knott race in '81 followed by Benson Knott again and Criffel in '82. What was he doing for 23 years between 1955 and 1978? Getting married, having children and establishing himself in his trade. Gilbert is now self employed as a Plumbing and Heating Engineer in his home town of Maryport, and has two grown up offspring. His wife Jessie clearly provides the right background and behind the scenes support for all the new activity, for Gilbert is also interested in cycling and canoeing and competes in the Dudley 2 day 2 man marathon with partner Ron Davidson. This event involves cycling, fell running, canoeing, cross country and walking, a combination of activities that Gilbert is clearly well suited to.

On a recent Fell Runner Navigation course I found him to be jovial, sociable, relaxed and of easy going temperament. Physically he sits at the big, strong rugged end of the spectrum and is seemingly tireless. Strangely his background is not of the fell walking or orienteering kind but he is clearly tuned to the fells already and would seem to be getting well set up to defend his title next season. Gilbert now likes to race regularly and considers racing an essential part of training for races. A typical weeks training is around 60 miles nearly half of which is off the road in summer time. The weekly schedule also includes 30 minutes bike rides which he feels is helpful as well as relaxing. Work does sometimes intrude on the training plans for at certain times of the winter a Plumber is in great demand. Injuries too have taken their toll, a crushed foot and a nail through one toe being amongst the more traumatic and not associated with running activity.

Gilbert is self trained, self coached and self motivated, in keeping with most of the successful fell runners. That's not to say that he doesn't benefit from being a member of Cockermouth A.S.A., particularly in shared travel costs and some advice on the fell running scene from club mate Colin Webb. Naturally I asked him what he thought about the management of the sport, the various governing bodies, their rules and regulations and the like. Basically sound and necessary was the general reply. He was particularly complimentary regarding the way in which the F.R.A is safety conscious and was full of praise for the thorough way in which C.F.R.A. races in particular are organised. He did raise the matter of points scoring for the super-vets and that it needs to be scored independently of the main over 40 class. He suggested that a similar scoring system to the Ladies would be appropriate. I think this point has been well received and will be put right in the 1985 championship series. For the future Gilbert looked forward to running many more fell races, to maintaining the camaraderie of the other super vets in the circuit and to defending his title. Future ambitions include the acquisition of navigational skill for safety and comfort, but he does believe that his limited opportunity for sufficient training mileage will not permit any ultra long distance work, and he sees his immediate future efforts concentrated on the short and medium events.



BEYOND THE BOB GRAHAM ROUND

by Steve Parr

The Bob Graham Round of 42 Lakeland summits is becoming a "well-trodden", 24 hour challenge for those who enjoy long days on the fells. In July 1984 I completed a round of all the 61 Lakeland summits of 2,500 feet or over, covering 116 miles and 42,550 feet of ascent in a fraction over 43 hours. In keeping with the traditions of the Bob Graham Round, my starting and finishing point was at the Moot Hall in Keswick, and my route took me through Buttermere, Wasdale, Wrynose Pass, Little Langdale, Ambleside, Kentmere, Kirkstone Pass and Threlkeld.

I would like to see this round established with a 48 hour time limit and successful completions and attempts recorded as with the Bob Graham Round. Apart from being a physical challenge, the 2,500 Round tests one's mental approach and organisational back-up. The mountain scenery traversed is unrivalled and the section from Little Langdale to Kentmere is a pleasant interlude between two days' efforts. My completion of the 2,500 Round is the fastest to date and the first to be completed within 48 hours covering the whole route on foot. My success was built upon the shoulders of many other people. Barry Johnson and Jim Loxham completed the round in 1983 in 47 hours after several attempts, but bad weather prevented them from covering the whole route on foot and it was this that first gave me inspiration. There have been other traverses of the 2,500 foot summits, including Jim Loxham's route from Kentmere to Conistone, and the Rucksack Club's 76 summit traverse from Dunnerdale to Hartsop over about 3 days in 1968. My success was also due to the tremendous support given by Clayton club-mates, friends and relatives. A support team of over 20 people worked through poor weather conditions and unsociable hours to lend invaluable assistance.

I am indebted to them all for helping me to complete an ambitious journey which will give me satisfaction and happy memories for many years to come. For further details contact: Steve Parr, 21, Withnell fold, Withnell, Chorley. Lancs. PR6. 8BA. Tel: Brinscall 830241.

2,500' Plus - A Round of 61 Lakeland Peaks

Total Time: 43hr. 1min. 40sec., Total Distance: 116 miles. Height Gained: 42,550' All the 61 Lakeland summits of 2,500' or more in a continuous round. 28th - 29th July 1984.

Summit/Stage	Distance (miles)	Height gained (feet)	Interval time	Actual time
Keswick-Moot Hall				1.06 am
Grisedale Pike	$3\frac{3}{4}$	2350	90	2.36
Hopegill Head	1	350	59	3.35
Grasmoor	$1\frac{3}{4}$	900	44	4.19
Wanlope	1	150	21	4.40
Crag Hill	$\frac{1}{2}$	300	15	4.55
Sail	$\frac{1}{2}$	100	8	5.03
Buttermere-Fish Hotel	3	-	30	5.33
depart	$11\frac{1}{4}$	4150	Rest 7	5.40
High Stile	$1\frac{3}{4}$	2300	68	6.48
Green Gable	$4\frac{1}{2}$	2050	89	8.17
Great Gable	$\frac{1}{2}$	500	12	8.29
Kirk Fell	1	650	31	9.00
Pillar	2	1000	42	9.42
Scoat Fell	$\frac{3}{4}$	350	18	10.00
Steeple	$\frac{1}{2}$	50	5	10.05
Haycock	1	450	17	10.22
Red Pike	$1\frac{1}{2}$	500	22	10.44
Wasdale Head Hotel	$2\frac{1}{2}$	-	35	11.19
depart	$15\frac{3}{4}$	7850	Rest 6	11.25
Lingmell	$2\frac{1}{2}$	2400	53	12.18 pm
Scafell	$1\frac{1}{2}$	800	34	12.52
Scafell Pike	$\frac{3}{4}$	500	23	1.15 pm
Broad Crag	$\frac{1}{2}$	250	8	1.23

Summit/Stage	Distance (miles)	Height gained (feet)	Interval time	Actual time
Ill Crag	$\frac{1}{2}$	150	8	1.31 pm
Great End	$\frac{3}{4}$	250	14	1.45
Esk Pike	$1\frac{1}{2}$	450	17	2.02
Allen Crags	$\frac{3}{4}$	200	15	2.17
Glaramera	$1\frac{3}{4}$	550	27	2.44
Langstrath	$1\frac{1}{2}$	-	28	3.12
High Raise	$1\frac{1}{2}$	1800	43	3.55
Rossett Gill	$2\frac{3}{4}$	500	31	4.26
Bowfell	$\frac{3}{4}$	1000	36	5.02
Shelter Crags	1	400	22	5.24
Crinkle Crags	$\frac{1}{2}$	300	12	5.36
Three Shire Stone	$2\frac{3}{4}$	-	36	6.12
depart	$19\frac{3}{4}$	9550	Rest 8	6.20
Grey Friars	2	1300	48	7.08
Dow Crag	$2\frac{3}{4}$	400	44	7.52
Coniston Old Man	1	500	20	8.12
Brim Fell	$\frac{1}{2}$	50	6	8.18
Great Carrs	$1\frac{1}{2}$	150	24	8.42
Swirl How	$\frac{1}{2}$	100	5	8.47
Wetherlam	1	550	23	9.10
Greenburn Beck	1	-	25	9.35
Little Langdale-Ford	$1\frac{1}{2}$	50	17	9.52
depart	$11\frac{3}{4}$	3100	Rest 48	10.40
Skelwith Bridge	$2\frac{1}{2}$	300	41	11.21 pm
Waterhead	$2\frac{3}{4}$	100	32	11.53
Troutbeck	3	700	65	12.58 am
Hartrigg Farm	$4\frac{1}{2}$	1100	112	2.50
depart	$12\frac{1}{2}$	2200	Rest 141	5.11
Harter Fell	$2\frac{3}{4}$	2000	64	6.15
High Street	$1\frac{3}{4}$	800	25	6.40
Kidsty Pike	$1\frac{3}{4}$	200	13	6.53
High Raise	$\frac{3}{4}$	150	22	7.15
Ramsgill	$\frac{1}{2}$	100	7	7.22
Thornthwaite Crag	$2\frac{1}{2}$	450	39	8.01
Caudale Head	1	500	19	8.20
Kirkstone Pass	$1\frac{3}{4}$	100	45	9.05
depart	$12\frac{1}{2}$	4300	Rest 10	9.15
Red Screens	$\frac{3}{3}$	1050	25	9.40
Dove Crag	2	1000	45	10.25
Hart Crag	$\frac{3}{4}$	250	12	10.37
Greatrigg Man	$1\frac{1}{2}$	300	28	11.05
Fairfield	$\frac{3}{4}$	450	20	11.25
St Sunday Crag	$1\frac{1}{2}$	550	30	11.55
Grisedale Tarn	$1\frac{1}{2}$	-	15	12.10 pm
Dollywagon Pike	$\frac{3}{4}$	1050	34	12.44
Nethermost Pike	$\frac{3}{4}$	350	13	12.57
Helvellyn	$\frac{3}{4}$	250	18	1.15
Catstycam	$\frac{3}{4}$	200	14	1.29
Helvellyn Low Man	1	450	19	1.48 pm
Whiteside	$\frac{3}{4}$	150	14	2.02
Raise	$\frac{3}{4}$	150	10	2.12
Stybarrow Dodd	1	350	18	2.30
Watson Dodd	$\frac{3}{4}$	50	11	2.41
Great Dodd	$\frac{3}{4}$	250	13	2.54
Threlkeld	$4\frac{1}{2}$	50	66	4.00
depart	21	6900	Rest 11	4.11
Blencathra	$1\frac{1}{2}$	2450	54	5.05
Skiddaw House	$2\frac{3}{4}$	250	48	5.53
Skiddaw	$2\frac{1}{2}$	1600	66	6.59
Skiddaw Low Man	1	200	20	7.19
Keswick Moot Hall	$4\frac{1}{2}$	-	43	8.01.40
	$11\frac{1}{2}$	4500		

International de la Montagne. In this scheme there would be nine super championship races, three long, three medium, and three short. A runner could obtain points from two of each of these categories. In addition he would gain points from two other short, medium and long races, selected from a wide selection of A races, possibly all A races. In the super championship races the first fifty would receive points, and in the other races the first twenty.

This scheme attempts to encourage a small number of prestigious races in which everyone with championship pretensions runs and a large number of other races with perhaps less competition but in which runners may still gain some points. These other races will often be local events for runners. In this scheme it should also be possible to compete regional championships as well as the main championship. The limit of 12 races is about the number in which a top runner may be able to seriously compete. These can be selected with more freedom and with the option of reducing travel.

QUESTIONNAIRE

Please fill in this form and return it to John Reade, 3, Wood Terrace, Simonstone, Burnley. BB12 7HP to arrive not later than 30th April 1985.

Question 1. (answer YES to only 1 of the 4 options) Should the 1986 British Fell Running Championship consist of:-

- 1 (a) The present system, namely 15 races of which 5 are long, medium and short. YES/NO
(if Yes move to Question 2 if No move to 1.(b))
- 1 (b) A system of counting all 'A' category races on the basis as suggested by John Blair-Fish. YES/NO
(if Yes move to Question 3 if No move to 1 (c))
- 1 (c) A system adopting less races say, 6 to 8 classic 'A' courses. YES/NO
(if Yes move to Question 4 if No move to 1 (d))
- 1 (d) An alternative system. YES/NO
(Move to answer 5)

Question 2. Which 5 races would you suggest in the 3 categories.

- Long. (1)..... (2)..... (3)..... (4)..... (5).....
- Medium: (1)..... (2)..... (3)..... (4)..... (5).....
- Short: (1)..... (2)..... (3)..... (4)..... (5).....

Question 3. Please give your preferred make up for such a system. Give brief details and possible races below.
.....
.....
.....
.....

Question 4. Which 6 to 8 races should be included?
(1)..... (2)..... (3)..... (4).....
(5)..... (6)..... (7)..... (8).....

Answer 5. Please give details.
.....
.....
.....

Question 6. (To be answered by all members) Do you think that this questionnaire is a suitable method for canvassing member's opinions? YES/NO

Membership No...... Date.....



DAVE SMITH SPORTS

SPECIALIST RUNNING SHOP

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WE STOCK A FULL RANGE OF FELL AND ROAD RUNNING SHOES.

By Norman Walsh PB Racer, PB Trainer, Raid II, European, Voyager and cross country spike.

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Nike

We also stock the full range of Ron Hill Running Gear in all colours and sizes for both men and women. Helly Hansen 'Lifa' wear. Bum Bags, socks, shoe gae, gloves, tracksters, wetweather suits, 'Goretex suits' (tops or bottoms)

Special 10% discount given to all paid up members of the FRA and club runners.

Advice is given free.

This winter why not try our post free express mail order service?

Look out for our RED SHERPA VAN at most major fell races throughout Yorkshire, Lancashire and Derbyshire.

Don't forget to write to the above address for a full price list.

'THE FELL RUNNING SPECIALIST'

WORST OF THE REST

These don't really count because Sean wouldn't really say any of these things.

- Steve Breckell: I'm sure it would have been a lot less painful being *****ed twenty years ago.
- Alan Evans: If Eileen takes a photo now I bet we don't half get some rude entries in the FRA competition.
- Stephen Skelton: Watch this for a DIY vasectomy.
- Colin Taylor: Whoops! What a time to get an *****!
- John Falk: Why they want ***** samples at 3,000 feet beats me. It 's made a right ***** of this race.

Best of the rest:- Andy Harmer: This might be witch country but there's no need for fell running to develop pagan rites.

Alan Yates: By heck! These punches really are good for getting the blackheads out.

Eddie Thurrell: If I tie the Ben Nevis cup to this kite they will never get it back.

Will McLewin: If this was a CFRA race I'd have been given a plastic ring to tie this kite to.

Adrian Stephens: There must be a better system for on the day results.

Phil Watson: This must be what John Wild meant when he said, 'you'll have to tow the line for some of the race Sean'

Mike Farworth: I must get the wife to shorten the name tab in me shorts.

U Adamson Tie a knot in it... that's the best thing.

Runner-up:- Dave Bendy of Somerset: Now what have I got to do Prick a hole with my punch or.....?

Winner:- D.G.McCallum of Accrington: The wife will never believe my zip stuck not with all these sheep on Pendle.



“Competition Results”

Royal Victoria Hotel



Llanberis
at the foot of
Snowdon



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.

£6.25 Bed and breakfast

£7.50 Bed (with bathroom) and B

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

 **ROYAL VICTORIA HOTEL**

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HOTEL MANAGER - GRAEME SUTHERLAND



competition



Brent Brindle at The Thieveley Pike. (photo by Peter Hartley)
Entries to the editor by April 6.

Name FRA No.....

Address

.....

.....

Comments:

.....

.....

.....

.....

1st prize :T shirt and one year's membership (also special revolving door entertainment if you do the Ben.)

2nd Prize: T shirt.

REGIONAL NEWS

FINAL PLACINGS IN THE GRAHAM TISO SCOTTISH HILL RUNNERS' CHAMPIONSHIP FOR 1984.

Senior men.

1	Andy Curtis	155 points	11	Johnston	72
2	Andy Spencely	147	12	Donnelly	63
3	Mike Lindsay	131	13	Stevens	60
4	Robin Morris	126	14	Maher	58
5	John B Fish	116	14	Marsh	58
6	Roger Boswell	95	16	McCulloch	55
7	Ron Campbell	88	17	Unwin	51
8	D McGonigle	86	18	McInroy	49
9	Jack Maitland	84	19	Dick Wall	48
10	Burton	74	20	McConnell	42

Ladies. 1st Ann Curtis 40 pts, 2nd Carol Macneil 10 pts, 3rd Ros Coats 6 pts.

There will be an extraordinary AGM of the SHRA after

The Carnethy Hill Race

February 16th

Close finish to Isle of Man Championship

A victory in the last fell race of the season enabled Tony Varley to retain his championship by one point from Phil Cain who could have won the championship by one point if he had won the last fell race. If Keith Callister had won the last fell race all three runners would have finished level on points!

The championship consisted of 12 races and each competitor had to complete 7 races of which 2 had to be long, 2 medium and 2 short. It was encouraging to note that 2 competitors competed in all 12 races and 4 competitors missed only 1 race. Top 10 positions are as follows, 1 point is awarded to the winner, 2 points to 2nd position, 3 points to third position etc.,

1.	Tony Varley	10 pts.	7.	Mitch Joughlin Vet	41 pts
2.	Phil Cain	11 pts.		George Hull	41 pts
3.	Keith Callister	12 pts.	9	Roger Hardman	45 pts
5.	Ian Callister	31 pts.	10.	Bob Baxter	Vet 51 pts
	Phil Brooks	31 pts.			

Real Pennine Way record: 2 days, 21 hours, 54 minutes, 30 seconds those of you training hard to

MORE AMAZING



FEETS

break the two day mark for Mike Cudahay's Pennine Way record will be glad to hear that the time given in the last mag. was a misprint.

2nd ANNUAL

Metlex Rydal Round

1st AUGUST 1985

2.15 p.m. from Rydal Park, Ambleside
(under FRA rules)

Prizes to the value of:

MALE: 1st £75; 2nd £50; 3rd £25; 4th £20; 5th £15; 6th £10;
7th £8; 8th £7; 9th £6; 10th £5.

o/40 vet. 1st £10; 2nd £5. - o/50 vet. 1st £10; 2nd £5.

1st Team 3 x £10 - 2nd Team 3 x £7.

LADIES: 1st £15; 2nd £10; 3rd £5.

o/35 vet. 1st £8 - o/45 vet. 1st £8.

METLEX TROPHY TO WINNER

SLATE MEDALLION TO ALL FINISHERS

Entries by 8th July 1985 to:

F.L. Reeves, Piper Croft, Haws Bank, Coniston, Cumbria.

Tel: 0966 41564.

Fee £1.00 to 'AMBLESIDE SPORTS'

NAME

AGE AT 1.8.85

MALE/FEMALE

ADDRESS

CLUB

committee news

NOTES FROM RECENT COMMITTEE MEETINGS.

June 9 Ennerdale. Treasurer tendered resignation stating services

provided to members was inadequate. The Chairman countered this outlining the services already provided for £3 (good value). The committee asked the treasurer to reconsider and he agreed to look into specific areas for improvement. Details of international match, Zogno, Italy given by chairman following his trip to Italy. Selection policy based on championship and definite bias towards 'true' fell runners. Annual dinner and dance arrangements by G. Wright considered. Prizes to be extended to the first ten and juniors. P. Knott phoned with details of AAA EGM in London - He had put FRA's case for retention of governing body status in prospective UKAAA.

July 14 Gosforth. Treasurer outlined reasons for resignation, stressing need for change of emphasis from elitist fell racing to fell running. He agreed to continue as treasurer if the committee followed up his suggestions. FRA had £1600.75 in bank £4500 in building society. John Blair Fish reported on situation in Scotland. Status quo prevails with SAAA reluctant to enter into negotiations. Committee asked secretary to write to SAAA for clarification of the system. Chairman gave details of Race Insurance scheme/negotiate via AAA insurance broker. Committee agreed to introduce scheme in '85.

August 19 Sedbergh. Bill Bental to be guest speaker at the dinner. £1384 in bank, £4611 in b.s. an increase from 1983. 1985 championship races chosen and teams chosen for Italian international. Committee to approach AAA for financial assistance for an administrative assistant. Separate 0/50 champs in 1985. New FRA badges 80p each. Committee to produce FRA News, for publication in early September; circulate at races.

November 4 Kendal. Chairman reported on AAA general committee meeting, 24 Sept., when he explained request for finance meeting. Response cautious but favourable. P. Knott reported on successful but poorly attended safety and navigation course. Nigel Fisher described the Welsh championship events; pleaded for more top English runners to race in Wales. Sec. reported that he had received no reply from SAAA yet. John Blair Fish said that John Fairgreave, SAAA secretary had spoken at SHRA AGM and outlined a means of establishing SHRA as a branch of FRA and then delegating governing body status. He stressed the need for a unified front. Committee asked Scottish constitutional sub-committee to continue to try to reach a constitutional arrangement between SHRA and FRA. Secretary reported that he had circulated race organisers with details of insurance scheme and FRA rules. Chairman requested that committee be restructured into a sub-committee format as a means of expediting its business. Committee rejected wholesale change of modus open but set up member services sub-committee and retained race categorisation and Scottish sub-committees. Treasurer outlined events leading up to resignation of John Osborn as auditor. Situation restored and new auditor appointed at AGM. Committee fully discussed production of FRA news. Deferred decision about date and means of production till next meeting. Disagreement revolved around how to distribute to members and whether at a cost.

TWO NOTES.

- 1). FRA NEWS to be produced twice a year, end of May and beginning of September. Available free at all races on calendar in months following production. Also available by sending two large SAEs to Peter Knott - 17 Westbourne Avenue, Wrea Green, Preston, Lancs.
- 2). Dates for FRA age championship categories. All categories are decided by age on first of April or date of first championship race in that year. i.e. Juniors 0/15 but u/17 1st April. Vets 0/40 or 0/50 before 1st April.



MEMBERSHIP APPLICATION FORM

(New Members)

Please fill in all the details on the form below and send it with your subscription to: Membership Secretary,

Richard White,
3, Elmwood Grove,
Horbury,
Wakefield WF4 5JH.

Please mark your envelope 'FRA'

Surname Mr/Mrs/Ms Christian name(s)
 House name/no. Street
 District Town
 County Post code
 Date of birth Club
 Phone (Code)..... (No).....

Subscription £3.00

Donation _____

Total _____ Signature

Date

Cheques should be made payable to 'The Fell Runners' Association'.

Please note when contacting members of the Committee: quote FRA number

1. Enquiries about membership, failure to receive magazine/calendar, change of address, payment of subscription should be sent to Norman Berry.
2. Enquiries/information about the British Fell Running Championships should be sent to Kevan Shand.
3. Enquiries/information concerning races should go to Dave Moulding.
4. All material for the magazine, including advertising, goes to Hugh Symonds.

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John Gibbison, Norman Mathews,
Andy Styan, Nigel Fisher and Robin Morris (SHRA)

The following is an extract from a climbers club newsletter.

If you are a race organiser experiencing difficulty or if you feel strongly then write to your M.P.

17.2 Access and Criminal Trespass

Dartmoor - A Threat of Criminal Trespass - letters to MP's required

The future of free access to the massive common land areas of upland in England and Wales may be at stake in a Bill currently before Parliament. The Dartmoor Commons Bill promoted by the Dartmoor National Park Authority would, if passed, provide a legal right of access to all the Dartmoor Commons, but allied to that, give the Park powers to restrict access to any part of the Commons for a wide variety of reasons and would make it a criminal offence - subject to a maximum fine of £400 - to enter a restricted area. Criminal trespass to land, except in certain quite specific cases such as MoD ownership, is unknown in Britain; the danger is that if it is established for the Dartmoor Commons it may well form the model for national legislation on common land which is expected within the next couple of years.

Establishing criminal trespass will change the whole traditional legal balance between rights of public access to the countryside and the need to impose constraints on public behaviour. At present, if you are on land where there is no right of access you are a trespasser - a civil wrong, not a criminal offence - and the owner can seek civil remedies.

In other National Parks, i.e.. Peak and Lakes, legal access is provided and can be temporarily restricted without a criminal trespass sanction, nor is there any expression of need for one.

Creating a criminal offence will change the relationship between the National Park Authority (ranger service) and the visiting public.

Voluntary co-operation (where restrictions on access are necessary) works elsewhere and can equally well work for Dartmoor.

Write urgently to your M.P., House of Commons, London SW1A 0AA, basing your objections to the Bill on the points above.

Further information can be obtained from Mark Hutchinson, BMC, Crawford House, Precinct Centre, Booth Street East, Manchester M13 9RZ.

Thank you to all those who have contributed to this issue. Articles, photos, race reports etc. are always appreciated and the sooner the better.

Advertising rates for

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$\frac{1}{4}$ Page	£10

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The editor, Hugh Symonds, Delf Top, Busk Lane, Sedbergh,
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