

FRA

NEWS

ISSUE NUMBER 2 JUNE 1985

The Junior Scene by John Gibbison



S. Willis on Coniston Photo by J. Dermott

The Clougha Race was poorly supported by Juniors (were they running elsewhere or watching the Cup Final?) They ran with the Seniors and Sean Willis led most of the field home, closely followed by lan Dermott, 8 runners entered a shorter U15 race.

After 5 races, positions and points in the 1985 British Junior Fell Running Championships are:-

1	S. Willis	101
2	1. Dermott	94
3	B. Devine	66
4	T. Richardson	62
5	P. Barker	61
6	C. Dermott	58
7	S. Thompson	57
8	I. Campbell	40
9	E. Cotton	40
10	A. Schofield	39

Horwich R.M.I. Harriers lead the Team Championships with 36pts. Note: Only runners who were 15, 16 or 17 on 1st March 1985 can gain Championship points either as individuals or as members of a team. Runners who reach 15 after 1st March can obviously run Championship races and win prizes individually or as team members if they satify race entry

JUNIOR FELL RUNNING

There was a large turnout of Juniors and Youths at Chew Valley early in March. This was the first race of the Junior Championships and was won by Sean Willis of Saddleworth Fell Runners on home ground, with Simon Thompson second. A tough

A much smaller Junior field for the Kentmere Pike, won by Tom Richard son (Bolton) with Ian Dermott (Horwich) second. One girl entered and she finished 15th of the 18 runners -S. Eccles of Blackpool.

This year's Pen Y Ghent Junior race was a great success. The 'George Brass Trophy' was retained by Micah Wilson (1984 British Junior Fell Running Champion) after knocking 1m20sec off last year's time, finishing over 3 minutes clear of Tom Richardson. Thanks to the organisers - they increased the medals to cover the F.R.A. U18 Championship Race within the U21 race. The former competition flourished, to the embarrassment of the U21's. Thanks also to Eddie Roberts (Junior Race Sec.) for some prompt and interesting results, complete with cartoons and sketches depicting the race and a photo of the start, now and then, here and there. Also ran? Mark Curry (B.B.C. Saturday Picture Show). He finished last. but his mates were out with their cameras and microphones - their work was seen on T.V. the following Saturday morning. Eddie reports that Juniors didn't find it easy running and saying cheese all at the same

The Coniston Junior Race with U18 and U15 age groups had 57 starters. including one girl M. Fletcher (Roch dale) in 47th position and the U15's in the majority, which shows all goes well for the future of Junior fell runing. What a great sight they all looked in single file up Mouldy Bank (has anyone got a photo for the 'Fell Runner?) Sean Willis led them home with Ian Dermott 2nd and Richardson 3rd. The first U15 runner was S. Green (Bingley) 5th overall.



A. Schofield and E. Cotton at the 3 Peaks. Photo by "Fell-Road Racina Photo's Inc.'

Navigation.

I found myself running with Robin Bergstrand and Gareth Devine at one point in the Senior Coniston Fell Race. Both were leading Juniors last season and are both running races regularly this season. Unfortunately at the time the three of us were together we were off-route going north from Swirl How!! Robin thus lost valuable points in the Senior championship but made up it the following weekend with a great run at Sail Beck when he finished seventh.

The moral to be learned from that race is that even on the most simple of courses in mist, it is worth having a map and compass and a few bearings worked out beforehand to get you on the right line of summits. To do that, you have to be able to use a map and compass - which brings me to my final point juniors. Why not attend the FRA's 'Safety

and Navigations' course over the weekend 20/21/22 September in Langdale. It will be of great value to those wishing to progress to senior races which require navigation skills in rough terrain over longer running distances (details elsewhere in this 'News') Contact me or Peter Knott if you would need help with transport or other costs.

(P.S. How about some Juniors writing about a race or expressing their views in an article for the next 'News' or 'Fell Runner'.

John M. Gibbison

Stuart Defeated In Wales Styan De-throned In Scotland

On May 25th in foul weather conditions, Kenny Stuart was pushed into third place behind Billy Bland and Bob Whitfield in the 1000m Peaks race. Meanwhile further north, similar dramatic happenings were taking place on the Isle of Jura where Andy Styan, King of Jura was de-throned by veteran champion, Ray Ancott.

1000m Peaks.

1.0	,0011	i i ouks.		Della Oi bula.	
(1)	W.	Bland	3.44.13	(1) R. Aucott 3.18.3	36
(2)	R.	Whitfield	3.45.05	(2) A. Styan 3.20.4	11
(3)	K.	Stuart	3.48.35	(3) D. Ratcliffe	
(4)	В.	Brindle	3.58.31	(4) A. Curtis	
(5)	Η.	Symonds	3.59.29	(5) J. Blair-Fish	

Come and try

THE GUNSON KNOT CHASE 5 miles 2,400 feet of climbing on SUNDAY 18th AUGUST

on SUNDAY 18th AUGUST from Stool End Farm, Great Langdale.

Men and Ladies at 2.30 p.m.

Also Junior races over short courses.

Under 13 - 1.45p.m.

Under 18 - 2.20p.m.

PRIZES

Men - Winner Trophy and first 10 prizes Ladies - Winner Trophy and first 3 prizes Under 18 - Winner Trophy and first 5 prizes Under 13 - first 5 prizes

Entry Fees: - Senior £1 Junior - free. On the day.
- Included entry to the 'Lakeland Day' a family day out with sheep and sheep dog shows and refreshment and beer tent.

If further details are required send S.A.E. to:

Keith Rowland, Stool End Farm, Great Langdale, Cumbria.

British Championship Format Survey.

From 51 replies, there were:
18 in favour of present format.
16 for the John Blair-Fish formula.
15 for fewer races, plus an English championship.
Committee will be discussing the 1986 format in
August in the light of these results.



- 4 Cheapside, Ambleside. Tel. 33660 Special Designs for 2 day Events.
- * Weather Suits

£17.95

- * Ridge Runner Sacks
- £19.95
- * Competition Sleeping Bags Total weight 1lb 12ozs

£76.50

* Super light sleeping mats with best reflective surface

£3.50/metre

Plus all other fell running requirements.

Post free mail order on all items. Send for our price list.

10% discount to proven F.R.A. members

The Welsh Scene

The Welsh Fell Running season opened up with the MOEL Y Cl race in North Wales. The race was won by Hefin Griffiths after a close run to the summit with his brother Glyn, third home was Malcolm Jones.

The next race being the first in the Welsh Championship, LLAN—BEDR TO BLAENAVON race. This race is unusual in having a section through the side streets of Abergavenny just after the halfway point. The race was won by Andy Darby with H. Griffiths and A. Ormond following home.

Back to South Wales with the CEFN BACH race at Aberteleri, a fast race over 5 miles with a climb over a coal tip at its highest point, all the

rest of the race was through nice country of moorland and forest. The race must be a B class. Hefin Griffiths was in the lead just before the last descent, but a vault over a stile by Andy Darby put him into a 10 yard lead which he kept to the finish lead-Hefin home by 10 seconds.

On Saturday 27-4-85 TREFRIW FELL race was held from Trefriw in the Vale of Conway. The race was mostly led by Paul Stott with Malcolm Jones, Huw Parry and Hefin Griffiths racing off in front only to realise that the route was none too obvious and falling back again behind Paul. The last 2 miles were marked and Hefin thanked Paul and raced on to finish first 55 seconds ahead with

a race to the line between Huw and Paul. Paul Stott finished second.

Again in the North, the third Welsh championship race was Moel Eilio on May 4th. The Griffiths brothers kept it a family affair, Glyn prevailing from Hefin with Huw Parry third.

The most recent Champ ionship race was the Welsh 1000m on May 25th, Hefin Griffiths became the first Welshman home in 9th place. The championship after 4 races therefore stands as:-

- (1) Hefin Griffiths 42pts
- (2) Malcolm Jones 28pts
- (3) Andy Darby 24pts

EDITORIAL

WHAT'S IT ALL ABOUT? Some comments on recent committee controvosy, by Peter Knott.

Some of you may have heard that F.R.A. committee meetings have been stormy affairs of late. So what's it all about? Well I think all boils rlown to a dilemma for the future development of the sport. There are those who wish to develop the international side, bring in sponsorship and get media attention. There are others who are into the sport for the very reason that it has largely escaped from much attention up to now and wish to see it remain simple and low key.

If the latter are to have their way then the brakes will have to be firmly applied to the former, for to do nothing will see the sport develop at its own pace

There are many who stand awkwardly in the middle ground, seeing and understanding the competitive aspirations of the elite, but also holding the informal and sociable nature of our sport clearly as the weekly escape from our commercial and media dominated lives.

The F.R.A. committee are the servants of the membership and must act in this end and in all matters in the best interest of the majority. The committee must know your views Make sure they do.

4TH COURSE ON SAFETY AND NAVIGATION ON THE FELLS.

20/21/22 September 1985 (Weekend of the Three Shires Fell Race)

The Youth Hostel, Elterwater, and Chapel Stile Hall.

The course will comprise instruction and experience on the fells, discussion and panel sessions.

Come and join this most enjoyable week-end. Novices and experienced welcome. Resident or daily visit to suit.

Course includes: Fitness, Feeding, Equipment, Map and compass, the Terrain, Emergencies, Responsibilities.

Be prepared for several indoor and outdoor sessions. Technical Director: Ken Ledward (K.L.E.T.S) Organiser (on the weekend): John Gibbison

(F.R.A. Lancaster and Morecambe A.C.)

Organiser (before the weekend): Peter Knott (F.R.A. S.R.O.C.)

Expert Assistance: from leading fell runners and mountain navigators.

Course Applicants: Send S.A.E. for details to:

Peter Knott, 17, Westbourne Ave., Wea Green. Preston. PR4 2PL.

Assistant: (Competent Navigator) please contact Ken Ledward or John Gibbison

20 places reserved at Elterwater Y.H. (1st come 1st served)

Apply to P. Knott on above.

Scottish Hill Runners Championship after 4 events.

Andrew Curtis, the holder, from Livingston and District A.A.C.leads after 4 events in the Scottish championships with 80 points one win and three second placings.

There is a long way to go yet though and Mike Lindsay, Andrew Spencelev. Robin Morris and Dennis Bell are all in contention, not to mention the man in form at the moment, Jack Maitland.

So far Jack has only run and won the Carnethy preferring to compete in the major English races e.g. Coniston instead of Ben Lomond. so far this season from his base at Leeds Univ. and with the British championship in mind.

Curtis was first Scot home at Chapelgill but Lindsay beat him handsomely in the Ben Lomond race.

Just as this news sheet goes to press comes the result of the 4th event in the series the rugged Ben of Jura race. First Scot home was Curtis in 4th place with John Blair--Fish in 5th position.

Appeal to Race Organisers

Kevin Shand's job as statistician does not get any easier as the number of events and the size of the fields gets larger. Without a full result sheet within a couple of weeks of the event, the job of keeping all the championship statistics rapidly becomes events and ship statistics rapidly becomes nightmare. A catagory A race results are particularly important and it is essential that organisers 40, over 50, ladies etc. as well as the competitiors club. Please send your results promptly to: Kevin Shand, 13,Chi chester Close, Smithy Bridge, Littleborough, Lancs. OL15 13,Chi-8QL. In the next issue of the F.R.A. News, a list of outstanding catagory A results will be published.

Stevenson, Bell and Spenceley, 7th, 8th and 11th.

(1) A. Curtis 80pts

(2) D. Bell 66pts

(3) J. Stevenson 63pts (4) R. Morris 51pts

(5) A. Spenceley 45pts

(6) J. Blair-Fish 43pts.

F.R.A. A.G.M. & DINNER

The 1985 AGM will be held after the Langdale race on October 12th. Motions for the AGM should be sent to the secretary by October 1st.

Clubs affiliated to the F.R.A. can nominate a representative to the A.G.M. who has two votes on behalf of the club. The name of the representative (and a deputy) should be sent the club secretary (or fell section secretary) in writing to F.R.A. secretary by 1st October.

The Chairman, D. Hughes, is under the constitution, not eligable to stand for election to this post. D. Moulding is retiring as Fixture Secretary after 7 long and painstaking years at the job, whilst Hugh Symonds and John Reade, have decided they need a change from the 'Fell Runner' editor and

treasurer respectively. Nominations to the secretary John Broxap, 34, Sunniside Rd., Kendal by October 1st please.

descriptions.

at Eskdale.

Way

The A.G.M. is your best opportunity to let your views be known by the committee and to have your say in the way the sport develops and its future. Please make an effort to be there. A lively debate is in prospect!
The possibility of holding a buffet style dinner and present-

ation in the Langdale area on the evening of the AGM is being investigated.

identify the runners class, over 40, over 50, ladies etc. as

T-SHIRTS

PETE BLAND SPORTS

The Charnley Way

In memory of the late Gerry Charn-

In memory of the late Gerry Charnley, there now exists a permanent orienteering course in Tockholes Woods, Darwen and a special version of the Harvey Langdale map as originally drawn for the Mountain Marathon. This special map depicts the 'Charnley Way', along distance route with 'controls' linking Langdale, Borrowdale and Eskdale with the link formed by the 'Charnley Crag', a cairned summit just south of Esk Pike where Gerry's ashes lie. The maps are available from the

three Youth Hostels which complished three cistart and finish point for the three cicuits (Eskdale, High Close and Longth

The map includes the overprinted controls, control descriptions and route

commemorate the opening of the

'Wav'

pleted a relay run of the whole 'Way' (about 40 miles) in 11hrs. 2 mins. on Monday May 6th starting and finishing

The Memorial Trust Committee are putting up trophies and certificates for the

relay time based on

S.R.O.C. rules (which include bona fide club members and including at least two ladies).

following challenges over the Charnley

* Fastest full round by a male.
* Fastest full round by a female.
The rules for these latter two catagories are still to be formulated at the time of writing.

Details can be obtained from, and attempts registered with: P.G.Knott, 17, Westbourne Ave., Wrea Green, Preston. PR4 2PL. Tel: 0772 683072. (S.A.E.Please.)

'Way', a 12 person team from the South Ribble Orienteering Club com

The maps are available from the e Youth Hostels which comprise the

Our distinctive T-shirts in grey or navy are now on sale to F.R.A. members.

Pete Bland Sports is selling them for the F.R.A. by mail order.

Sizes: Small, medium or large Prices: short sleeved £3. 95 long sleeved £5. 95

plus 45p P.& P.

We stock all Fell Runners requirements

FROM:



34A, Kirkland, Kendal. Cumbria.

Tel: 0539 31012

BADGES

F.R.A. quality track suit badges with the logo in green on an off-white background.

Available from John Broxap, 80p and S.A.E. 34, Burnside Rd., Kendal. Cumbria.

Race Results

CA	RNF	TUV	I D	ACE
- L.A			I. D	

33 44 55 66 77 88 99 11 11 12 13 14 15 16 17 18	2 J.Maitland 3 H.Symonds C.Valentine J.Broxap A.Curtis R.Morris H.Jarrett D.McGonigle P.Tuson D.Bell J.Stevenson J.Blair-Fish A.Philipson D.Buchan A.Farningham P.Patterson P.Dugdale	Keswick Aberdeen Kendal Keswick Keswick Livingston Carnethy Cumberland Dundee Univ. Kendal H.E.L.P. Irvine Carnethy Gosforth Carnethy Fife Livingston Dundee Univ.	48.08 49.54 50.57 51.14 51.57 52.28 52.37 52.40 53.56 53.57 53.59 54.43 55.43 55.43
20		St. Andrews U.	56.20

MOEL - Y - CI RACE

1	H.Griffiths	Eryri	17.49
2	G.Griffiths	Eryri	18.14
3	M.Jones	Eryri	18.42
4	D.Roberts	Eryri	18.51
5	D.Williams	Eryri	18.56
6	M. Parry	Eryri	19.07
7	P Stott	P.F.R.	19.12
8	C. Davies	S.'L'Pool	19.19
9	E.Roberts	Eryri	19.23
10	N. Fisher	Eryri	19.35

CHAPELGILL HILL RACE

1	A.Smith	Cumberland	19.34
2	G.Gough	Blackburn	19.57
3	A. Curtis	Livingston	20.05
4	C. Valentine	Keswick	20.18
5	R. Morris	Carnethy	20.39
6	D.McGonigle	Dundee Univ.	20.43
7	J. Stevenson	Irvine	20.48
8	D.Bell	H.E.L.P.	20.49
9	M. Lindsay	Carnethy	21.19
10		Carnethy	21.24
11	A.Spencely	Carnethy	21.26
12	P. Patterson	Livingston	21.27
		0	
13	P. Bateson	Black Coombe	21.35
14	G.Russell	Ambleside	21.42
15	A.Faringham	Fife	21.48
16	D.Buchan	Carnethy	21.48
17	A.Dytch	Carnethy	21.50
18	M. Edwards	Aberdeen	21.54
19		Annan	22.02
20		Stewartry	22.10
		0.00.00.00	

CHEW VALLEY

1 2 3 4 5 6 6 7 8 9 10 11 1 12 13 1 14 15 16 17 18 19 20 1 2 3	R.Owen R.Ashworth J.Broxap P.McWade P.Irwin M.Short A.Hyslop B.Brindle S.Breckell R.Bergstrand A.Styan G.Schofield A.Hulme G.Read D.Cartwright S.Moore J.Ennott D.Jones M.Seddon R.Aucott V. LADIES R.Naish B.Hogge K.Taylor JUNIORS	Horwich Rossendale Keswick Clayton Rossendale Horwich Ambleside Horwich Blackburn Rochdale Holmfirth Blackburn Pennine Rochdale V Pennistone Horwich Skipton Lancaster Holmfirth Dark Peak Eryri Eryri Clayton	1.45.12 1.46.00 1.49.00 1.49.02 1.49.47 1.49.58 1.50.09 1.50.19 1.50.33 1.51.03 1.51.50 1.52.17 1.52.39 1.54.34 1.55.04 1.55.07 1.55.09 1.55.59 1.55.59 1.56.57
1 2 3 4	S.Willis S.Thompson I.Dermott J.Rutter	Saddleworth Clayton Horwich Clayton	24.59 26.12 26.22 27.17
5	S.Curran	Horwich	27.21

EDALE SKYLINE

1 2 3 4 5 6 6 7 8 9 10 11 12 13 14 15 6 17 18 19 20 21 22 22 22 4 25	R.Ashworth W.Bland C.Donnelly H.Symonds J.Maitland A.Darby B.Brindle P.McWade A.Hulme S.Moore S.Livesey J.Broxap H.Walker P.Tuson G.Read S.Sunter D.Rtcliffe J.Blair-Fish M.Patterson A.Harmer R.Aucott V R.Bergstrand M.Hudson D.Cartwright V R.White	Rossendale Keswick Cambuslang Kendal Aberdeen M.D.C. Horwich Clayton Pennine Horwich Ribble Valley Keswick Clayton Kendal Rochdale Horwich Rossendale Carnethy Dark Peak Dark Peak Dark Peak Rochdale Keswick Penistone Holmfirth	2.43.45 2.44.36 2.45.04 2.46.20 2.46.40 2.48.04 2.48.30 2.52.03 2.52.03 2.54.50 2.54.50 2.55.45 2.56.05 2.56.10 2.56.10 2.57.01 2.57.02 2.57.02 2.57.13 2.57.14 2.57.34 2.57.49
	A.Carson B.Hogge J.Smith W.Dodds	Eryri Eryri Dark Peak Clayton	3.35.36 3.39.41 3.42.40 3.51.35

LLANBEDR TO BLAENAFON

1 2 3 4 5 6 7 8 9	A.Darby H.Griffiths A.Ormond G.Read G.Evans P.Dixon P.Stott M.Jones L.Williams A.Kay VETS. D. Williams	1.58.11 2.00.55 2.04.36 2.05.23 2.06.04 2.06.55 2.06.55 2.09.03 2.09.51 2.12.52
	N. Fisher	2.17.49
	LADY H.Johnson	2.48.24
	TEAMS M.D.C Eryri	

RAS MOELWYN

1 2 3 4 5 6 7 8 9	A. Hulme G. Griffiths H. Griffiths H. Parry M. Jones P. Stott R. Owen D. Woodhead D. M. Roberts M. Foschi	1.10.28 1.10.35 1.11.13 1.11.34 1.11.43 1.12.45 1.12.50 1.13.10 1.19.05 1.23.45
	VET	
	D. Davies	1.23.49
	LADY A.Carson	1.30.20
	CEEN BA	CH

3	A.Darby H.Griffiths A.Ormond M.Jones	36.43 36.49 37.49 38.52
	VETS	
	D.Williams N.Fisher	

HAWORTH HORRI F

	HAWORTH HODDLL	
1	Taylor/Irwin	4.04
2	Brindle/Sunter	4.12
3	Walker/Moore	4.21
4	Brady/Brady	4.32
5	Wright/Bleakley	4.33
	Yates/Stephenson	4.34
7	Beresford/Bradshaw	4.36
8	Hartley/Birtwistle	4.42
9	Edwards/Ferguson	4.43
10	Jagan/Sutcliffe	4.44

KENTMERE HORSESHOE

	141111-11-11-0110	
5	K.Stuart J.Maitland W.3land S.Livesey J.Broxap H.Symonds	1.24.05 1.26.35 1.26.50 1.27.01 1.27.41 1.28.06
7 8 9	A.Curtis B.Brindle R.Bergstrand R.Ashworth	1.28.09 1.28.38 1.28.43 1.28.59
	JUNIORS	
1 2 3	T.Richardson I.Dermott S.Willis	47.31 47.56 48.16
	VETS	
1 2 3	J.Norman P.Hall D.Spedding	1.30.17 1.32.02 1.36.04
	0/45	
	N. Matthews	1.44.16
	0/50	
	P. Carmicheal	1.46.56
	LADIES	
1 2 3	P. Haworth A. Carson V. Brindle	1.47.59 1.51.30 1.53.45

BEN LOMOND

1 2 3 4 5 6 7 8 9	M. Lindsay A. Curtis I. Davidson D. Bell M. Dean A. Spenceley R. Morris J. Stevenson P. Dugdale	Carnethy Livingston Carnethy H.E.L.P. Central Reg. Carnethy Carnethy Irvine Dundee Univ.	65.48 67.41 67.46 67.55 68.09 68.54 69.30 69.37 70.56
11	D.Buchan	Carnethy	71.28
		Carnethy	71.50
	D.O'Neill	Lochaber	71.52
	M.Edwards	Aberdeen	72.27
14	A.Dytch	-	73.19
15	A.Kay	St. Andrews U.	73.31
16	R.Longmore	Annan	73.43
17	M.Johnstone	Carnethy	73.44
18	J. Thompson	Unattached	74.02
19	E.Rennie	Longwood	74.09
20	R.Blamire	Stewartry	74.23

CONISTON

18 19 20 21	K.Stuart J.Maitland W.Bland R.Ashworth R.Whitfield S.Livesey G.Gough H.Symonds J.Broxap A.Harmer P.Irwin P.Barron I.Holloway P.Tuson S.Moore M.Seddon M.Jones A.Hulme B.Peace P.Hall D.Stuart T.MacDonald D.Kay K.Shand S.Priestley	Keswick Leeds Univ. Keswick Rossendale Kendal Ribble Valley Blackburn Kendal Keswick Dark Peak Rossendale Keswick Rochdale Kendal Horwich Holmfirth Ambleside Pennine Bingley Barrow Keswick Keighley Bolton Rochdale Glossop	65.46 65.47 69.17 69.20 69.48 70.06 70.58 73.50 73.56 74.37 74.47 74.50 76.20 76.20 76.39 79.26 79.33 79.40 79.55
	LADIES		
1 2 3	P. Haworth V. Brindle A. Crabb	Keswick Clayton Cumberland	86.33 93.15 96.32

BRITISH CHAMPIONSHIPS

Positons after 6 events subject to notification:-

- (1) Kenny Stuart -156pts (2) Billy Bland -146pts (3) Hugh Symonds-146pts (4) Bob Ashworth -137pts (5) Shaun Livesey -127pts