

January 1986

# THE FELL RUNNER

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SEASON'S GREETINGS TO ALL OUR READERS AND WISHING YOU

AN ENJOYABLE YEAR ON THE FELLS



Whinberry Naze, Boxing Day (Photo/W.S. Bateson)

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Cover Photo: Black Lane Ends 1985 - Carol Walkington (Horwich) 1st Lady, leading the charge on a rather untypical 'C' category descent.

(Photo/P,Hartley)

EDITORIAL

During the last few years, the fell running scene has witnessed a number of significant changes. The period of transformation looks set to continue throughout the next year, with the adoption of a drastically reduced British championship, the introduction of a new English championship and likely further commitments to the promotion of international fell racing. All these developments tend to reinforce the view that fell running is becoming far more elitist.

Although increasing emphasis on the competitive side may have certain benefits, I have strong misgivings as to whether or not we will be able to address ourselves to the resultant problems which could be created. What should be the FRA's response to the sponsorship of individuals, appearance money, travelling expenses, prize money and trust funds? Should we blindly follow the guidance and rules of the AAA's and lay ourselves open to the commercialism so evident in road running and athletics?

The vast majority of races are, thankfully, likely to remain unaltered by such developments. They will continue to attract runners for all the right reasons - a good day out in the hills and the simple challenge of competing in the magnificent British countryside in all its attendant guises. These events could not take place without the goodwill of landowners and the tremendous amount of voluntary support from race organisers, gala committees, club members, wives, mountain rescue teams and St. John's Ambulance Brigades. It is the working in harmony of such dedicated people who form the backbone of our sport and it is these people we should thank for providing the opportunity to race the fells.

I would like to thank Hugh Symonds for all his hard work as Editor - I hope I am able to maintain his high standards. During my stint as Editor, I would like to broaden the content of the magazine to include, where possible, more features which could be considered by some to be peripheral to fell racing. We are, after all, still the Fell Runners' Association as opposed to the Fell Racers' Association!

I can only strike the right balance of a mixed bag if articles, photos, cartoons, etc. are forthcoming. So please put pen to paper and send in your contributions as soon as possible.

**COPY DATE FOR NEXT MAGAZINE:** 15TH APRIL, 1986

**ADVERTISING RATES:**

FULL PAGE	-	£40
HALF PAGE	-	£25
QUARTER PAGE	-	£15

John Reade, 3, Wood Terrace, Simonstone, Burnley BB12 7HP Tel:0282 76522

**NOTE:** The copy date does not apply for race results, as these can be telephoned directly to me if preferred.



'The Fell Runner' is the magazine of The Fell Runners' Association. It is not a commercial magazine and relies solely on voluntary contributions.

# LETTERS:

## PRO/AM RELATIONS - 1

Dear Hugh,

Thanks for printing my article on Jeff Connor.

Regarding your editorial: I stated in my article that I considered AAA Laws to be wholly admirable if strictly adhered to, but this is not now the case.

Incidentally, you might be surprised at the number of club runners who have competed in 'pro' races - and vice versa. Fred Reeves and Peter Hall, both of Barrow AC, turned pro during the '60s - the same Peter Hall who has lately been turning in so many superlative performances as a veteran. I don't know if Peter has been officially re-instated, but if not, he has plenty of company among the amateur ranks. As far as I know, only seven 'pros' have been officially re-instated:- Pete Bland, Billy Bland, Tommy Robertshaw, Fred Reeves, Kenny Stuart, Graham Moffat and Mick Hawkins. And to say that there are 'very few races' is wrong. One of the big attractions of 'pro' fell races is that they are real fell races with the marvellous down-to-earth uncommercialised atmosphere which most amateur races used to have, but which is now rapidly disappearing from many of them.

Yours in sport,  
Bill Smith.

## PRO/AM RELATIONS - 2

Dear Hugh,

I read with interest Fred Reeves' reply to my letter (January '85) regarding the 'Metlex' round.

Can I take Fred's letter point by point:

- (i) Mountain conservation - the answer is fairly simple. Obviously we don't cancel existing races which duplicate a course - but neither do we use the argument of historical justification as a substitute for common sense.
- (ii) Refusing entry to 'Professionals' - Mr. Reeves seems to have avoided the point of my original letter. I repeat, some known 'Professionals' had their entries for the race accepted, and others were rejected, again, I must point out, the AAA's do not recognise degrees of Professionalism. Fred's dragging up of 'The Great Divide' and 'Codes of Practice' really is old hat, and it is about time it was finished once and for all. If you believe that rules are the best way of beating a runner, then to my mind, fell running is not for you.

Fred seems to be confused about my use of the phrase 'double standards'. Let me explain. In the AAA's we have a single governing body with a single set of rules. Yet at the same time, a runner can be 'barred' from competition because he or she won two pounds at a traditional village show race, or can become extremely wealthy in amateur competition at international level. Those Mr. Reeves are DOUBLE STANDARDS.

There is no doubt in my mind that the AAA's rules on professionalism are a throw back to the days of the silver buttoned blazer brigade, and should be ignored or deleted.

In fell running at least, I had until now got the impression that they were fading quietly away, without too much fuss, and rightly so.

For myself, I would not like to see fell running subjected to the same nit-picking and restrictive practices as mainstream athletics. My own view is that everything else in our sport should be subordinate to being a runner on the fells, either in competition or recreationally - no rule should be large enough to corrode or interfere with that ideal.

Terry Trueman, Skipton.

FRA - DEMOCRATIC BODY OR POWER CRAZED AUTOCRATS?

Dear Editor,

'Take a number of runners and a bonny hill or a rough mountain and you have a race'. (Editorial Summer 1985).

It is not, however, the FRA that sets such a scene in motion. The FRA in residence in the Kremlin, does not have a central planning committee that tours the country looking for likely venues. It is individuals who conceive the idea of holding an event for the first time, who then with much help from other individuals and usually a local village committee or the local athletics club, enable the birth to take place.

What is the FRA's role? John Reade talks of the question of whether the FRA governs the sport or serves the membership. My view is that the FRA's obsession with power and control impoverishes the service the FRA provides for members, because I see the fundamental service of the FRA of being to advertise events in its annual calendar. By withholding many fell races from its calendar, because they give small cash prizes, this advertising service is incomplete. The list of races is not comprehensive. Much enjoyment is denied to members because they don't know when and where these extra races take place, not because the average runner is bothered about the AAA. (My own view, maybe the elite runner is quite wary). Also because the nearest race to home is not known about, the FRA member is involved in extra cost travelling to one further away and concern about large numbers at FRA fell races is exacerbated.

How can the FRA claim to be the voice of fell racing, when a large number of races are withheld from its calendar?

But the FRA's greater concern is with governing the sport (power). The imposing of unnecessary rules is the hallmark of all power obsessions. This has caused meek compliance by race organisers (e.g. the Duddon) who, like the other half of the equation, the runners, see the main role of the FRA as an advertising agency and exclusion from the calendar means the death of the race. Only those 'traditional' races, that existed well before the FRA was formed, can happily tell the FRA, the AAA and any other organisation with silly rules, that comes along like an invading foreign power, to get lost. No, the FRA should exist only as a service to runners and race organisers. Advice offered yes, control definitely not. The new insurance scheme is a worthy service to race organisers. The production of this fine magazine is an excellent service to all members. All these though are secondary to the production of THE LIST.

On the question of prizes, some organisers are now offering vouchers to the value of, instead of actual objects. Now the Bank of England do some nice vouchers. Blue ones, valued £5 and brown ones valued £10 are the most common nowadays. They are signed by D.H.F. Somerset the chief cashier of this organisation, instead of the bosses of certain smaller organisations, and are exchangeable at any shop in the U.K. instead of being more restricted in their outlet. Indeed, Mr. Somerset gives an open promise that he will exchange them for real money, instead of the necessity of a furtive under the table exchange, if you already have 10 pairs of running shoes.

One further point; could somebody enlighten me as to why non-FRA fell races are called guides races in this magazine. I don't hear the general public

at northern sports events referring to them as such. Is it that Baden Powell, or the Compagne des Guides, Chanonix, have had some historical part to play in their development? Whilst I am opposed to any demarcation line that forces a choice, and exclusion from competing on the opposite side, if there have to be two sides of the fence, then why not between fell races and road races? But, of course, any excluding division is silly. Better the nice friendly relationship that exists between fell running and orienteering, between the FRA and BOF. It is interesting to note that orienteering has escaped the visits by the AAA's hit men and that BOF has been allowed to exist as a free organisation. Come on, FRA, stand up and represent all fell runners.

Yours

Peter Edge

*Editor: Some interesting and controversial points, Peter! But please be more specific: apart from the obvious hypocrisy over the pro/am situation (which, incidentally, was unanimously agreed to act upon at the last AGM) what other 'silly rules' do you consider the FRA imposes? The FRA is still the most representative governing body of any branch of running. Which other governing body requires its committee members to have competed in a specific number of its own races each season? O.K., we are tied by AAA's laws, but didn't successive AGM's agree that we should seek governing body status, by staying under the AAA's umbrella? What do other members think? Incidentally, I am prepared to publish details of professional races in the magazine - for further details, please see my comments after the letter from Roger Boswell on insurance schemes.*

#### ECCLES PIKE MISHAP

Dear John,

I would like to apologise to any runners who were inconvenienced by the short notice of change of date of the Eccles Pike Fell Race.

One month before the race was due to take place, the Parish Council, whose race it is, contacted me to say they could not have the race on that day, as a steam rally had been organised in the village. My horrified protests were of no avail. They had made up their minds that the village could not cope with the two events on the same day - car parking, manpower and the fact that the steam engines would block off the race route (already altered due to By-Pass building) - were all cited.

I then suggested that we immediately cancel the race and get out as much publicity, press notices etc. as possible. I also resigned as race organiser. I felt that as the prior arranged event, we should have precedence over the steam rally, or at least a share of the day in which they should make an effort to accommodate us. In fact, the two events could have been run side by side with benefit to both.

Two weeks later, I was contacted to say that they had decided to put the race on, just two weeks hence. No other race organiser could be found, so I agreed to help out to stop the race being a complete shambles for the runners. Les Checkley, without whom the race would no longer exist, and myself, got together and circulated every running club that had ever had a runner in the race; every running shop in the North West; all the local papers; handed out notices at other fell races and asked all runners to spread the news by word of mouth; and asked the Council to put up notices around the village, in case any runners turned up on the day. (This, apparently, was not done). After all these efforts, unfortunately, about a dozen runners still turned up on the wrong day. Please accept my apologies; I can imagine how I would feel if it had happened to me!

---

Rumour has it that professional means amateur and amateur means professional.



On the day, 60 runners did the race, in glorious weather. Next year, someone else will be organising Eccles Pike - hopefully Tony Hulme and his Pennine F.R. Several other aspects of the race need seriously looking at, not the least the prize situation and finance.

A. Evans

#### RIVERS OF MUD

During the last few years, I have noted with some alarm the increase in motor-cycle scrambling over the fells. It has been with regret that I have watched some of our more remote and picturesque footpaths churned into 'rivers of mud' by the cross country motor cyclists.

I do not object to anyone pursuing their enjoyment where they find it, and I would not interfere with their sports, but I also expect the same consideration from others. Footpaths are, as I understand, for foot traffic, whereas roadways and race courses (be it track or field) are for motor vehicles. Perhaps the FRA should seek legal advice on what can be done to stop this increasing damage and outline to members what legal rights the motor cyclists have and what action pedestrians can take to minimise further damage to the countryside paths.

As I have said, I do not wish to spoil the enjoyment of these cross-country motor-cyclists; however, they are ruining my enjoyment with their noisy, smelly and very destructive machines.

M. Farnworth

*Editor: Should the FRA become involved in general environmental factors affecting the countryside?*

#### INVERTED ELITISM?

Dear Hugh,

I would like to propose a new method for determining the 'Scrubber of the Year'. My system would greatly simplify the administration of the championship and yet would in the current situation of British Fell-running, provide a worthy winner of the title:

The 'Scrubber of the Year' award would be based upon the present 'British Fell-Running Championship' Rules, with the addition of only one simple rule:- K. Stuart (Keswick AC) should be ineligible to score. If the scoring system was amended to award 29 points for 1st, down to 1 point for 29th, then there would in fact be almost no calculations to be done in addition to those for the 'British Championship'.

I look forward in future years to the 'Scrubber of the Year' results being available at the same time as the 'British Championship' results.

Yours in sport,

Jack Maitland

#### INSURANCE SCHEMES

Dear Editor,

If I feel I need insurance, I'll take out a policy. I do not wish to pay out money (50p this year, £1 next year, £5 the year after), because somebody else thinks it's in my interests to be insured. No doubt others will feel the same, even to the extent of resigning or not joining the FRA.

This applies equally to race organisers, some of whom will now decide not to pay the £2.50 insurance levy, and therefore not appear in the FRA Calendar. May I suggest that such organisers send details of their race to me, so that I will then be able to produce a FULLY COMPREHENSIVE fixture list, drawing

also on the regular FRA Calendar, plus, also, putting in all the present excellent professional races. Anyone who wants a copy can send an SAE to me, and for 12p will get a better service than they will be getting from the FRA should they continue pushing these half-baked insurance schemes. May I urge the FRA committee to cancel all present and proposed insurance schemes. I believe members' interests would be better served if the present charge made on race organisers was spent on providing a few simple services for the organisers, to the benefit of all, not least the Statistician and FRA Editor; I suggest that all race organisers are provided with 2 or 3 SAE's for results and reports of races, addressed to the statistician/editor; also send the organisers a proposed Calendar before finalising the Calendar, so as to give organisers the opportunity of avoiding undesirable clashes - i.e. the fixtures' secretary should offer a service of co-ordinating fixtures. (This work could be sub-contracted out to Regional sub-committees).

Roger Boswell

*Editor:* As a race organiser, I welcome (and I am sure most other organisers also do), the organisers' insurance scheme. It provides my races with insurance cover against any claims for negligence, whether they be from aggrieved landowners or from families of bereaved fell runners. Before the introduction of this scheme, a race organiser could have been held personally liable should any action be taken against him. A declaration from a runner that he competes at his own risk would, in my opinion, be likely to prove to be totally worthless in the face of any court action. My only complaint about the race organisers' insurance scheme was the way it was introduced without any prior consultation between the FRA and organisers. As to cost, I do not consider £2.50 to be exorbitant, as this works out at 2½ pence per runner in a field of 100 runners!

I am also prepared to publish in the magazine details of any event which for a valid reason cannot be included in the Calendar (and hence, covered under the insurance scheme), although I will not publish details of races whose sole purpose is to avoid payment of a fee. I would envisage such races to include (a) those not under FRA rules - e.g. LDWA, BOF or road events such as the 'Killer' Mile; (b) professional fell races (although any runner who chooses to compete in them does so at his own peril!); and (c) any race under FRA rules which is likely to have too small a field to justify payment of the fee - (e.g. less than 15 competitors - as occurs in some Isle of Man races). With respect to personal insurance cover, the matter was deferred at the last AGM and will presumably be resurrected at future AGM's. If you do feel so strongly about it, Roger, why not put a proposal to the next AGM?

#### OLD AGE COMES TO US ALL

DEAR SIR,

AFTER WAITING MONTHS AND MONTHS TO READ THE FELL RUNNER, I FIND, AS USUAL, I AM TOO MYOPIC TO READ IT.  
MUST THE PRINT BE SO SMALL? YOU WILL BE A VETERAN ONE DAY TOO, YOU KNOW.

ROGER WEBB

*Editor:* Seriously, Roger, the current process used is that of normal typeface on A4 paper, then photo-reduced to the A5 format. I understand that this is the cheapest method of producing the magazine. An alternative would be to type directly onto A5 sized paper but that would mean halving the content of the magazine. I'll be looking into ways and means of producing the magazine alternatively, but I am afraid cost is likely to be the inhibiting factor. In the meantime, you will have to cope as best you can, although I suppose we could negotiate discounts for our veteran members from magnifying glass manufacturers!

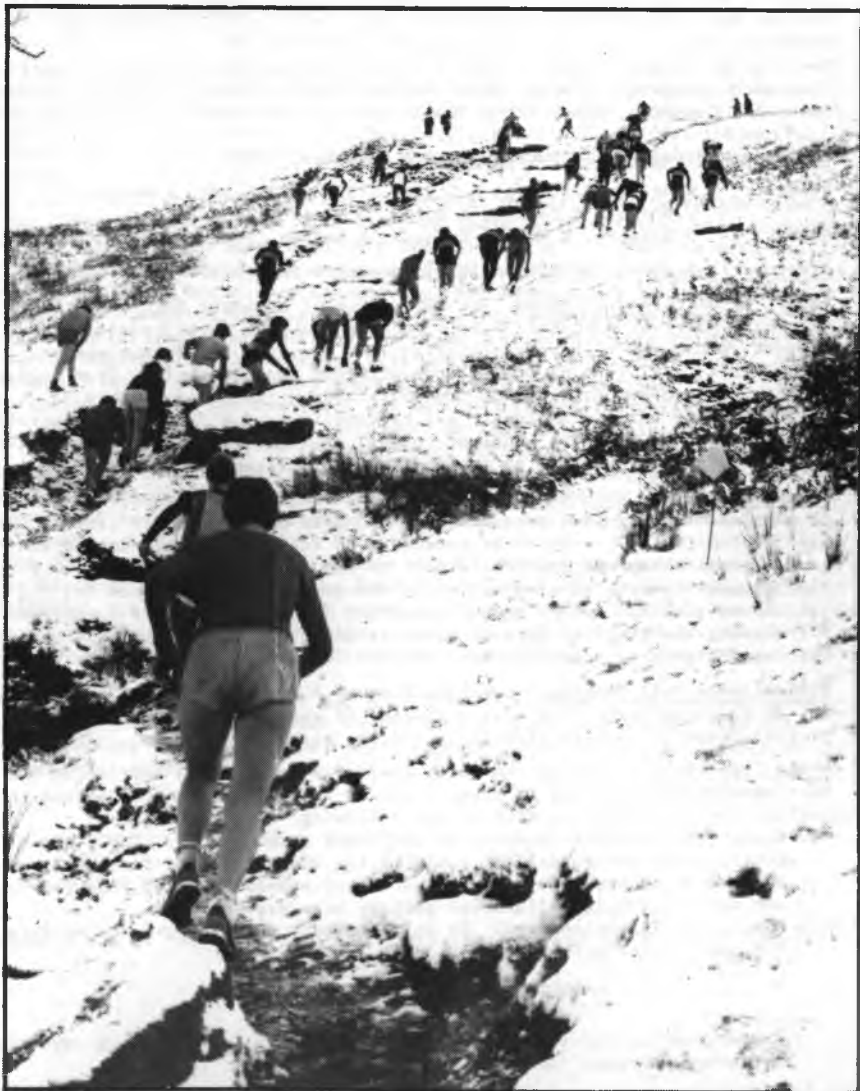
A. BOCKING MARK TWO

Dear Hugh,

I've always wanted my photo in the mag. (Summer - Pg.19), but, alas, Wansfell was a bit of a disaster - I had a bad fall the previous day at Whinberry Naze and had to settle for a training run over the Glossop Moors at a 'painfully' slow pace. Besides, the distinctive Pennine Fell Runner's vest is missing from the individual's back! Perhaps you could run a competition to find out who my double is?

Alan Bocking

Editor: *Anyone recognise Alan's double?*



# COMMITTEE NEWS:

## Meeting at Threlkeld on 11th August, 1985

**Present:** D.Hughes, J.Broxap, J.Reade, P.Knott, D.Moulding, H.Symonds, K.Shand and J. Gibbinson.

**Absent:** N.Berry, A.Styan, R.White, N.Fisher, J.Blair-Fish and A.Hulme.

**Scottish Affairs:** Vote of thanks to P.Knott for his work in trying to resolve the FRA/SAAA's relationship. Committee agreed to recognise:

- (a) FRA was unlikely to gain control over fell running in Scotland;
- (b) the FRA's Scottish sub-committee would be disbanded;
- (c) the SAAA's and SHRA be left to reach agreement between themselves.

**Championships:** New British Championship for 1986 - 4 from the following 6 races (1 must be in each category):- Short: Eildon 2 Hills (S), Gategill(E); Medium: Moel Elio (W), Ben Nevis (S); Long: Wasdale (E), Llanbedr to Blaenavon (W).

New English Championship for 1986 - 7 from the following 9 races (2 must be from each category):- Short: Mount Famine, Wrekin, Gategill; Medium: Kinder Downfall, Coniston, Pen-y-Ghent; Long: Wasdale, Borrowdale and Tour of Pendle.

## Meeting at Broughton in Furness on 9th November, 1985

**Present:** N.Berry, J.Broxap, A.Styan, J.Nixon, J.Reade, D.Hughes, S.Wright, S.Parkin, A.Hulme, J.Blair-Fish.

**Absent:** D.Hodgson, R.White, K.Shand, A.Carson, J.Gibbinson.

**Treasurer's Report:** Details of loan agreement to P.Knott & Co. reported.

**Report on meeting with BAAB:** The setting up of a single U.K. athletics governing body was discussed - fell running would be given 1 place. This, however, would not be a representative from the FRA, but from a newly-formed 'U.K. fell running board' consisting of representatives from England, Wales, Scotland and N. Ireland. Dissatisfaction expressed at this arrangement by various members:- Is the addition of a further bureaucratic tier necessary? Will FRA members' control of their own sport be lost? Where will the finance come from to implement such an arrangement?

**Report on meeting with National Trust:** National Trust as landowners wish to be consulted and have possible veto on races crossing their land in the Lake District. N.T. wish to be consulted on route, parking, numbers and general impact especially with respect to the use of the high fells. N.T. also suggest levying an administrative charge! Committee agreed to:

- (a) liaise with N.T. which may be desirable; but
- (b) resist any suggestion of N.T. having the right of veto or charging fees; and
- (c) to investigate further the legal rights of access to the fells.

**Professional Fell Running:** Sub-committee of S.Wright, J.Broxap and A.Styan set up to investigate the ways and means of enabling amateurs and professionals to compete officially side by side.

**World Cup, 1986:** Following the first world cup in 1985, an invitation had been received for England to stage a second in 1986. Committee agreed to decline the invitation in view of the following:-

- (a) Cost: The Italians' venture in 1985 cost them £42,000. The minimum likely requirement for 1986 would be £15,000 to provide transport, accommodation etc. No firm guarantees of sponsorship had been received nor had a sufficient financial package been presented;
- (b) Should the FRA be involved? If so, shouldn't the AGM give the mandate for such a venture?

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Rumour has it that the National Trust sometimes gets mixed up over the difference between conservation and preservation.

- (c) Should the world cup be held each year? Preferable to hold biannually or tri-annually?  
 (d) Lack of time in getting such a venture off the ground?

Detailed copies of committee minutes may be obtained from the Hon. Secretary, Jon Broxap, 34, Burneside Road, Kendal, Cumbria.

ANNUAL GENERAL MEETING AT CHAPEL STILE, AMBLESIDE

ON SATURDAY, 12TH OCTOBER, 1985

This year's AGM was the best ever attended, with there being standing room only. The Chairman (Danny Hughes), Treasurer (John Reade), Editor (Hugh Symonds), Fixtures Secretary (David Moulding), Press Officer (Peter Knott) and Nigel Fisher all stood down and/or sought alternative positions on the committee.

Details of the officers elected and a statement of the accounts follow this report. There were 8 motions passed and as these were contained in the recent Newsletter, I do not intend to go into further detail. The motion with the most far-reaching implications was that of the amateur/professional relationship, which was passed unanimously, but without any debate and since the AGM a sub committee to investigate this aspect has been set up. On the financial side, Chris Brasher proposed a vote of thanks to the retiring treasurer, but effectively rendered this meaningless by proposing an amendment to the treasurer's and auditor's advice of an increase in subscriptions to £5 - the amendment was narrowly passed, reducing the increase to £4. The implication of this could well be that the Association may the deficit financing for most of the next year, with its commitments to be production of a third magazine and further Newsletters being put in jeopardy. In addition, the Association's decision to meet the cost of race insurance has had to be scrapped, with a charge again being levied on individual race organisers.

All the positions on the committee were passed unopposed with the exception of the Editor's job, in which John Reade was elected with Danny Hughes being unsuccessful and the 3 individual representatives on the committee for which there were 6 nominations. Andy Styan, Sue Parkin and John Gibbison were elected with Peter Knott, Martin Stone and Arthur Clarke unfortunately missing out.

After the formal business there was a very brief discussion on international fell running. Unfortunately, due to the lack of time, the subject was not discussed in any detail and hopefully the opportunity for further debate on the topic will arise at a future date.

John Reade

- Rumour has it that: (a) it still costs less to join the FRA than enter the London Marathon;  
 (b) N.T. really means No Trespass.

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**Fell Runners Association**
**Accounts**

For the year ending 31 July 1985

1985

1984

£

£

**Income and expenditure account****Income**

Subscriptions and donations	7,870	9,083
Magazine adverts	595	470
Interest	632	293
Sale of t shirts	66	528
Sundry	74	120

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 9,237

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 10,494
**Expenditure**

Magazine	4,583	4,119
Calendar	681	618
Dinner dance	242	83
Secretary's expenses	287	355
Membership secretary's expenses and computer charges	1,257	1,470
Treasurer's expenses	86	37
Committee meetings	204	200
Miscellaneous	782	770
Trophies	370	207
Newsletters	290	-

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 8,782

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 7,859

Surplus for the year

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 455

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 2,635
**Balance sheet****Assets**

Trophies	410	410
Stock of t shirts	211	307
Debtors	282	210
Building society	-	4,611
Bank - Deposit account	5,500	-
- Current account	933	1,349
Subscriptions in advance	-	(6)

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 7,336

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 6,881
**Represented by**

Accumulated fund at beginning of the year	6,881	4,246
Surplus for the year	455	2,635

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 7,336

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 6,881

**D Hughes** Chairman  
**J Reade** Treasurer

September 1985

**Auditors report**

I have examined the above statements which, in my opinion, have been properly prepared from the books and records of the Association.

**A R Brierley**

20 September 1985

F E L L R U N N E R S ' A S S O C I A T I O NOFFICERS AND COMMITTEE MEMBERS - 1985-86Chairman

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Tel: 0484/850770

Scottish Representative

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EH10 4DR

Tel: 031/447/8846 will be standing for this post.

(to be elected at S.H.R.A. meeting to  
be held at the Carnethy Hill Race  
on 15th February, 1986).

SCOTTISH HILL RUNNERS' ASSOCIATIONOFFICERS AND COMMITTEE MEMBERS - 1985-86Chairman

Richard Wall

Secretary

Robin Morris  
(Address above)

Treasurer

Andy Spenceley

Members: Andy Curtis, Roger Blamire, Ann Curtis, Peter Brooks (co-opted)

Rumour has it that a number of advertisers who have still not paid for  
ads. in past mags. may soon be named.

RECENT DEVELOPMENTS: A PERSONAL VIEWPOINTby Peter Knott

Editor: *The following article is a precis of a letter which Peter recently wrote to me. A former Chairman of the FRA, Peter was, until this year, a long standing, dedicated member of the Committee, and served until the AGM as the Association's Publicity Officer, a role which he thought unnecessary, so he decided to step down and stand for one of the three individual places on the Committee. Unfortunately, he was unsuccessful and the Committee lost his valuable expertise. Peter's views echo those expressed by other members at the first Committee meeting after the AGM (held at Broughton in Furness on November 9th). What do other members think? The Committee's response on these items can be found under 'Committee News' elsewhere in this magazine.*

Internationals and the World Cup:

I gather that it has been suggested that the U.K. should stage the second World Cup competition in 1986, Italy having staged the first in 1985. I understand also that the Italian organisers lost a lot of money in the process. I would have thought that, even assuming the majority of FRA members who do actually agree to the thing in principle, which is by no means obvious, every other year would be much more appropriate and then only once the finances have been investigated very carefully. After all, many world championships in sports where there is an established acceptance of such events, only take place every two years and many others that are now annual started life as biennial events.

Before we go any further with International fell races, be it World Cup, Reebok Challenge or Snowdon, I would like to see many more of our members expressing their views on the matter.

The British FRA:

Arising from the problem of trying to give the Scottish Hill Runners control over their own destiny whilst also keeping the whole U.K. mountain running fraternity together, and the already fragmented nature of traditional athletics in the U.K., I understand that it is proposed to form a U.K. or British Mountain Running Body of some nature as well as the FRA and that the FRA is to be considered an English and Welsh body only. I believe that it is the English and Scottish AAA's and possibly also the SHRA who are making such proposals.

The FRA was not, I believe, formed with that intention. In fact, the modus operandi and the services provided today are distinctly British - the British Fell Running Championships, the Calendar with events covering the whole of the U.K. and 'The Fell Runner' which reports on the whole U.K. scene, is surely evidence enough. The fact that the FRA takes its delegated authority from the English AAA's is a quirk of the fragmented nature of the organisation of athletics in the U.K. and not one of any desire by the FRA to so confine its activities.

The Fell Runners hold the trump card. We are one body for men and women in the U.K. already, whilst the rest of athletics is trying to find a way to get there. Let's not allow ourselves to be fragmented just because they are. We should loudly declare the FRA to be the British body and let no-one persuade us otherwise.

This is not to suggest that the individual countries which make up the U.K. should not have a degree of control in their area. They certainly should - England too, if necessary, although the need is questionable compared to the need in Scotland, Wales and, presumably, eventually, N. Ireland. The FRA

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Rumour has it that if British Athletics does get one single governing body, a runner could have only one first claim club and not one in each country - JBF and JM please note.



committee now has one Scottish and one Welsh member as of right and elected by Scottish and Welsh members only as appropriate. The FRA committee could easily evolve to provide appropriate representation for all the countries of the U.K. if this is not currently considered adequate. Recognition of the FRA as a British body by all the U.K. countries may take a bit of time, but the delegated control from the English AAA's was not obtained overnight nor without our determination to have it.

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#### LATE NEWS:

Robin Morris, the Secretary of the SHRA, informs me that the SAAA's has offered an amnesty for a period of 3 months up to the end of March, 1986, at a cost of £15, for automatic re-instatement of professional runners in Scotland and this includes hill runners. He suggests that the FRA should consider a similar initiative with the AAA's - FRA sub-committee please note. Whilst this would seem to be a step in the right direction, the initiative does not appear to go any way towards bridging the divide between amateur and professional ranks. Indeed, all I can see this amnesty will do is to encourage some professionals to cross the bridge over to the amateur side before pulling it back again and reverting to the previously entrenched positions. Surely, the ideal solution would be to do away altogether with the amateur/professional distinction. Failing that, the next best thing, which I am sure would be the minimum requirement of most runners, would be to allow amateurs and professionals to compete side by side whilst at the same time both groups retaining their respective status.

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Quote from George McNeill, professional sprinter, in a BBC radio interview:-

"If I had drawn up a profit and loss account on my running career, I'd have been bankrupt years ago."

I wonder if this is equally true of our so-called amateur athletic stars?

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#### ISLE OF MAN (1986)

##### FELL RACES AND WALKS:

Castle to Castle Coast Walk	- 26¼ miles, Easter Sunday, 29th March
Manx Mountain Marathon (Elite, Standard & Walkers)	- 30 Miles, Easter Monday, 31st March
Ellan Vannin Fell Race	- 20 miles, 4th May
Laxey Glen Fell Race	- 12½ miles, 31st August

All races are Category 'A' Events and there are also a number of other short and medium distance fell races throughout the year.

VISITORS TO THE ISLAND ARE ALWAYS WELCOME TO COMPETE. PARTICULARS FROM:

Arthur C. Jones, 97, Silverburn Crescent, Ballasalla, Isle of Man.  
(0624) 822286

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## INTERNATIONAL SETBACK

Despite British success in fell running in Italy (see this page) the 'back to grass roots' movement swept to power in the Fell Runners Association Committee elections at the AGM on October 12th. An increasing number of fell runners, championed by runners like John Reade and Andy Styan, are worried that over-rapid development of representative international racing will adversely alter the traditional character of fell running in the U.K. Danny Hughes, the 1984/85 Chairman of the F.R.A. and principal proponent of international fell racing, kept his place on the Committee but new Chairman is Norman Berry and new editor of the biannual *Fell Runner* is John Reade. And at the first meeting of the new committee an invitation to agree in principle to hold the 1986 Mountain Racing World Cup in England was refused.

The final touches were being put to 'The Fell Runner' when my December issue of 'Compass Sport' dropped through my letter-box. I publish an extract from an article written by Danny Hughes for two reasons;-

- (1) to provide some objectivity to what I consider to be a one-sided view;
- (2) to open the debate to a wider audience in THE fell runner's magazine. I find it rather regrettable that any article by a committee member should appear in another publication, albeit a worthy one, without also raising the matter directly to the membership via 'The Fell Runner'.

Why the invitation to stage the World Cup in 1986 was rejected appears elsewhere under 'Committee News' - it is a shame that these reasoned points were not included in the article, nor was any reference made to the fact that only one person voted in favour of accepting the invitation (although I accept that these points could well have been deleted by the Compass Sport Editor). I cannot speak for any other committee member, but as the Italians lost a lot of money (rumoured at £30,000) in staging the 1985 World Cup, I would consider it sheer lunacy to commit the FRA to hosting this prestigious event when no financial package had been presented, nor any written guarantee of sponsorship been received. To imply that a blinkered 'back to the grass roots' mentality was the motive for the rejection is just untrue. Indeed, two of the most vociferous voices against us staging the 1986 event have been Ken Jones, the Snowdon race organiser and a wellknown advocate of international fell running, and Jon Broxap, secretary of the FRA, who has been selected for all the representative teams we have sent abroad. I believe a majority do share the wish for Britain eventually to stage this event, but let's get it right and not present a 'botched up' affair. If a detailed financial package had been forthcoming, the majority would probably have been in favour of accepting the invitation. If such a package were to be presented in sufficient time for 1987, I and many others would accept it. Some members may prefer the matter to be agreed in principle by the AGM, and it was a pity that this aspect wasn't resolved when the opportunity arose at the 1985 AGM, but I see no reason why it shouldn't be presented by the proponents at the 1986 meeting.

I have always assumed - perhaps somewhat naively - that we all serve on the committee because of our love of the fells and our wish to give something back to a great sport. To talk of power struggles and being swept back to power is something which has never entered my or, I hope, any other member's mind. Such assertions are divisive and inhibit any meaningful discussion on the future and direction of our sport. It is also misleading to draw any analogy between the 'grass roots' brigade and the success of our runners in internationals - the two are completely unrelated. We should all wish our runners the best of luck and enjoyment in representing our sport and country, both abroad and at home. Long may they continue to do so, but let's get back to discussing and resolving the differences of opinion.

FRA MEMBERSHIP STATISTICS AS AT 30TH SEPTEMBER, 1985By Norman Berry

Age Range	Numbers	Geographical Area	Numbers		
76	2	Yorkshire	475		
70-75	5				
65-69	5				
60-64	10				
55-59	43				
50-54	111				
45-49	192				
40-44	320				
35-39	503				
30-34	399				
25-29	299	ENGLAND	1,945		
20-24	116				
15-19	39				
	2,044			SCOTLAND	127
Not known	132			WALES	73
				IRELAND AND OVERSEAS	31
Total	2,176				31
			2,176		

CLUBS WITH MOST FRA MEMBERS

	Club	Nos.		Club	Nos.
1.	Clayton-le-Moors	168	11.	Lancaster and Morecambe	31
2.	Dark Peak Fell Runners	122	12.	ERYRI	29
3.	Horwich RMI	72	13.	Bolton	28
4.	Kendal	56	14.	Ambleside	22
5.	Bingley	51	15eq	Saddleworth	20
6.	Keswick	47		Blackburn	20
7.	Rochdale	42	17.	Halifax	18
8.	Holmfirth	41	18.	Lochaber	17
9.	Cumberland Fell Runners	38	19.	Pennine Fell Runners	16
10.	Rossendale	33	20eq	Leeds City	15
				East Cheshire	15

N.B. 15% of the membership are unattached (330)



FRA Statistician Kevan Shand (Rochdale) leading Derek Kay (Bolton) on the climb to Mearley Moor at The Tour of Pendle (Photo/E. Woodhead)

# CHAMPIONSHIPS:

## THE 1985 BRITISH FELL RUNNING CHAMPIONSHIP

**Statistician's Report:** There have been a number of interesting contests this last year, especially in the Senior and Veterans over 50 groups. I must admit that at the beginning of the year, I thought that Kenny would walk it, but what a fight Billy put up right to the last race. In the Ladies' Championship, Pauline Howarth did not have much competition in retaining her title, although Angela Carson did record 4 wins when Pauline wasn't running.

In the Veterans over 40's, Peter Hall was in a class of his own and managed to finish 12th over-all in the open class. The Veterans Over 50 provided the closest finish. For most of the season, it was a 3 way title chase, but Bill Gould just pipped George Barras by winning the Langdale with George Brass finishing 3rd for the second year running. There was a big increase in the numbers scoring points in the Championship in all classes and these were as follows:-

Class	1984 Championship	1985 Championship
Seniors	127	174
0/40	74	135
0/50	26	66
Ladies	44	55
Totals	271	430

The counting races for the 1985 British Championship were:-

Short: Blisco, Eildon 2 Hills, Melantee, Gategill, Burnsall

Medium: Kentmere, Coniston, Fairfield, Snowdon, Ben Nevis

Long: Edale, Welsh 1,000m, Ennerdale, Wasdale, Langdale

10 to count - 3 from each plus 1 other

Kevan Shand

### SENIOR MEN (MAX. 320 PTS.)

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
1.	K. Stuart	Keswick	311	11.	P. Tuson	Kendal	135
2.	W. Bland	Keswick	295	12.	P. Hall	Barrow	133
3.	S. Livesey	Ribble V'ly	271	13.	R. Owen	Horwich	131
4.	H. Symonds	Kendal	257	14 eq.	A. Smith	CFR	124
5.	J. Broxap	Keswick	239		M. Lindsay	Carnethy	124
6.	R. Ashworth	Rosendale	222	16.	B. Brindle	Horwich	121
7.	J. Maitland	Aberdeen	205	17.	A. Hulme	Pennine FR	120
8.	S. Moore	Horwich	190	18.	R. Whitfield	Kendal	117
9 eq.	A. Harmer	DPFR	166	19.	K. Shand	Rochdale	100
	R. Pilbeam	Keswick	166	20.	P. Stott	Pennine FR	93

Rumour has it that the new English Championship includes a number of dubious 'A' category races.

SENIOR MEN - Continued...

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
21 eq.	G. Gough	Blackburn	92	40 eq.	D. McGonigle	Dundee U.	48
	A. Curtis	Livingston	92	42.	D. Stuart	Keswick	45
23.	H. Griffiths	ERYRI	87	43 eq.	K. West	Border	43
24.	R. Bergstrand	Rochdale	85		P. Irwin	Rossendale	43
25 eq.	A. Ligama	CFR	82	45.	P. Bateson	Black C'be	39
	C. Valentine	Keswick	82	46.	F. Loftus	Horwich	38
27.	D. Cartridge	Bolton	79	47 eq.	J. Nixon	Horwich	35
28.	C. Donnelly	ERYRI	75		I. Holloway	Rochdale	35
29.	A. Styan	Holmfirth	71	49 eq.	S. Sunter	Horwich	33
30.	N. Lanagan	Keswick	68		G. Devine	Keswick	33
31.	M. Short	Horwich	64	51	G. Griffith	ERYRI	31
32 eq.	M. Seddon	Holmfirth	62	52.	J. Blair-Fish	Carnethy	30
	P. McWade	Clayton	62	53 eq.	A. Spenceley	Carnethy	29
34.	P. Haines	U/A	61		R. Pallister	Pudsey	29
35 eq.	H. Walker	Clayton	59	55	M. Hawkins	Skipton	28
	A. Darby	MDC	59	56 eq.	G. Read	Rochdale	27
37.	P. Barron	Keswick	58		R. Hope	Carnethy	27
38 eq.	L. I'Anson	Keswick	49		S. Priestley	Glossop	27
	A. Richardson	Kendal	49	59 eq.	R. Morris	Carnethy	26
40 eq.	H. Jarrett	CFR	48		T. Barnett	Ambleside	26

LADIES (MAX. 120 PTS.)

Pos.	Name	Club.	Pts.	Pos.	Name	Club	Pts.
1.	P. Haworth	Keswick	108	11.	W. Dodds	Clayton	14
2.	A. Carson	ERYRI	101	12.	J. Ramsden	ECO	13
3.	A. Soper	Achille R'ti	66	13 eq.	K. Whittle	DPFR	12
4.	A. Wright	DPFR	24		J. Robinson	Ilkley	12
5.	J. Smith	DPFR	22		A. Curtis	Livingston	12
6.	S. Watson	Valley S	20	16 eq.	B. Hogge	ERYRI	11
7.	A. Crabb	CFR	19		J. Graham	Ambleside	11
8.	V. Brindle	Clayton	17	18 eq.	A. Hollands	Durham U.	9
9.	H. McNee	Ayr S.	16		D. Ellerton	Newcastle	9
10.	S. Haines	U/A	15		S. Quirk	Kendal	9

VETERANS OVER 40 (MAX. 220 PTS.)

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
1.	P. Hall	Barrow	210	4 eq.	R. Stephenson	Keswick	112
2.	J. Nuttall	Clayton	178		A. Peacock	Clayton	112
3.	R. Jackson	Sale	149	6.	J. Stout	CFR	96

Rumour has it that Eric Birtwistle, Clayton's fell running statistician, is very close to having run in every race on the calendar.

VETERANS OVER 40 - Continued...

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
7.	N. Matthews	Horwich	93	26.	M. Hayes	DPFR	28
8.	T. McDonald	Bingley	92	27.	N. Dyson	Mardale	25
9.	C. Taylor	Clayton	80	28 eq.	R. Strickland	Invicta	24
10.	P. Livesey	U/A	71		D. Weatherhead	Bingley	24
11.	D. Cartwright	Penistone	69		J. Clemens	Black C'be	24
12.	A. Phillipson	Gosforth	62	31 eq.	A. Jeffries	Swansea	22
13 eq.	D. Davies	ERYRI	56		J. Norman	Altrincham	22
	P. Murray	Horwich	56		R. Aucott	DPFR	22
15.	N. Fisher	ERYRI	52	34.	D. Hughes	CFR	20
16.	D. Kay	Bolton	50	35.	D. Williams	ERYRI	19
17.	P. Blagborough	Saddleworth	47	36 eq.	M. Edwards	Aberdeen	18
18 eq.	G. Berry	DPFR	46		J. Naylor	CFR	18
	P. Brooks	Lochaber	46		K. Jones	Bingley	18
20.	S. Bradshaw	Clayton	41	39 eq.	D. Attwell	Altrincham	17
21.	J. Jardine	Lochaber	40		R. Orr	Clayton	17
22.	D. Spedding	Keswick	37	41.	G. Webster	Valley S.	16
23.	W. Buckley	G's'pd'le	35		R. Toogood	U/A	16
24.	G. Brooks	Bingley	33		C. Barretto	Plymouth	16
25.	W. Harrison	Horwich	31		M. Sanderson	U/A	15

VETERANS OVER 50 (MAX. 220 PTS.)

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
1.	W. Gould	Carnethy	203	11.	C. Gravina	U/A	51
2.	G. Barras	Skyrac	203	12.	P. Duffy	Aberdeen	49
3.	G. Brass	Clayton	195	13.	J. Marstrand	Lochaber	48
4.	B. Thackery	DPFR	91	14.	D. Hodgson	Leeds	44
5.	T. Sykes	Rochdale	66	15.	H. Soper	Ac'le R'ti	34
6.	W. Fielding	Leeds	64	16.	L. Pollard	ARCC	33
7.	H. Peace	U/A	61	17 eq.	D. O'Brien	Clayton	30
8.	D. Hodgson	Ambleside	59		A. Clarke	ERYRI	30
9.	P. Carmichael	Morpeth	56	18.	C. Henson	DPFR	29
10.	L. Sullivan	Clayton	52	19 eq.	H. Hartley	Clayton	28
					J. Black	Livingston	28

TEAM CHAMPIONSHIP (MAX. 120 PTS.)

Pos.	Club	Pts.	Pos.	Club	Pts.
1.	Keswick	120	7.	ERYRI	34
2.	Horwich	77	8.	Cumberland FR	32
3.	Kendal	69	9.	Rochdale	31
4.	Clayton	58	10.	Ambleside	28
5.	Dark Peak FR	38	11.	Bingley	23
6.	Pennine FR	35	12.	Carnethy	20

Rumour has it that Eric Birtwistle wishes the FRA would stop adding new races to the calendar.

TEAM CHAMPIONSHIP - Continued

Pos.	Club	Pts.	Pos.	Club	Pts.
13.	Rossendale	16	22 eq.	Glossopdale FR	5
14.	Lochaber	14		Saddleworth	5
15.	Holmfirth	9		Horsforth	5
16 eq	Sheffield U.	8	25.	Sarn Helen	4
	Vauxhall	8	26 eq.	Skyrac	3
18 eq	Altrincham	7		Staffs. Moorland	3
	Pudsey & Bramley	7	28.	Halifax	2
	Lancaster & Morecambe	7	29.	Penistone	1
21.	Bolton	6			



Jim Stevenson (Irvine), 6th in the SHRA Championship, winning the Criffel Hill Race from Joe Ritson (Derwent) (Photo/J.McKewan)



SCOTTISH HILL RUNNERS' ASSOCIATION 1985 CHAMPIONSHIP

No change - all the 1984 winners retained their respective titles. The Championship was based on 9 races (3 long, 3 medium, 3 short - best 2 of each to count).

The counting races were:-

Short: Chapelgill, Eildon, 2 Hills and Dollar  
 Medium: Carnethy, Ben Lomond and Ben Nevis  
 Long: Bens of Jura, 2 Breweries and Moffat Chase

Senior Men: (max. 126 pts.)

1.	A.Curtis	Livingston	119 pts.
2.	A.Farningham	Fife	103 pts.
3.	D.Bell	H.E.L.P	95 pts.
4.	A.Spenceley	Carnethy	93 pts.
5.	J.Maitland	Aberdeen	84 pts.
6.	J.Stevenson	Irvine	79 pts.
7.	M.Lindsay	Carnethy	76 pts.
8 eq.	R.Morris	Carnethy	68 pts.
	D.McGonigle	Dundee	68 pts.
10.	A.Dytch	U/A	57 pts.

Ladies: (max. 36 pts.)

1.	A.Curtis	Livingston	34 pts.
2.	C.Taylor	Bellahouston	18 pts.
3.	V.Dempsey	Livingston	14 pts.
<u>Veterans: (max. 66 pts.)</u>			
1.	M.Edwards	Aberdeen	56 pts.
2.	R.Blamire	Stewarty	49 pts.
3.	P.Brooks	Lochaber	47 pts.
<u>Junior: (max. 24 pts.)</u>			
1.	R.Hope	Carnethy	24 pts.

THE 1985 ISLE OF MAN FELL RUNNING LEAGUE CHAMPIONSHIP

Any 7 races to count - 2 long, 2 medium, 2 short plus 1 other. Positions are aggregated and therefore the best possible score is 7 pts.

1.	Tony Varley	Boundary Harriers	8 pts.
2.	Phil Cain	Boundary Harriers	13 pts.
3.	Steven Hall	Boundary Harriers	15 pts.
Vet.	Mitch Joughin	Boundary Harriers	37 pts.

THE 1985 ALL IRELAND HILL RUNNING CHAMPIONSHIP

3 races to count - all races must be run to score. Positions are aggregated and therefore the best possible score is 3 pts.

1.	Jim Hayes	Ballydrain	6 pts.
2.	Jim Patterson	Mourne	8 pts.
3.	Stanley Graham	Newcastle	?

THE 1985 IRISH HILL RUNNING ASSOCIATION LEAGUE

Best 7 of 17 races to count to include 2 short, 2 medium, 1 long and any other 2 races.

Senior Men:

1.	Willie McAuliffe	Ajax
2.	Peter Gargan	Ajax
3.	Maolmhuire O'Ciobhain	
4.	Douglas Barry	Bray
5.	Paddy O'Brien	Ajax
6.	Vivian O'Gorman	Glenasmole

Ladies:

1.	Deidre NiChallanain
2.	Lindie Naughton

Rumour has it that Eric Birtwistle is most upset to learn that the IHRA and SHRA have extensive calendars of events not included in the FRA calendar.

THE 1985 WELSH FELL RUNNING CHAMPIONSHIP

Best 6 out of 7 races (3 short, 3 medium and 3 long) with 2 from each category to count.

The counting races were:-

Short: Cefn Bach, Moel Y Gest and Cnicht  
 Medium: Llanbedr to Blaenarvon, Moel Elio and Elidir  
 Long: Welsh 1,000m Peaks, Trans Fan and Brecon Beacons

Eryi H. completely dominated the championships, with all the people mentioned below belonging to them.

- |    |             |        |             |
|----|-------------|--------|-------------|
| 1. | H.Griffiths | 1 V40  | D. Williams |
| 2. | P.Scott     | 1 V50  | A.Clarke    |
| 3. | M.Jones     | 1 Lady | A.Carson    |



A very pleased Angela Carson (ERYRI H.) Welsh Ladies' Champion, entering Town Park Fort William on her way to winning the Ben Nevis Race. (Photo/ B.Covell)

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THE 1985 FRA JUNIOR CHAMPIONSHIP

Editor: *Published below is a precis of a letter from Ian Campbell, of Horwich, who finished 11th in the Championship to John Gibbison, the organiser on behalf of the FRA Committee.*

"Once again, the season draws to a close and with it another superb, enjoyable Junior Championship. Congratulations and thanks are in order to John Gibbison for his successful organisation of the championship and for him keeping the public well informed of its progress with his much travelled notice board - not missed by many - and a very good idea. The majority of the races were very enjoyable and some were epics - none more than the Sedbergh Hills Race, where many juniors who thought themselves to be experienced campaigners soon learnt differently in the very misty conditions. Could it have been this fact which accounted for the large junior presence on the 'Safety and Navigation' course at Elterwater? Once more, John could be found helping on this weekend and he is a great asset to the FRA Committee.

Next year's Championship will be different in some ways - there will, no doubt, be the introduction of new races and of 'new blood', as many of the juniors of the last two years move on into the older ranks. However, as things stand, after running championship races for the last two years, I and others find that we are now left in the wilderness as we are unable, due to the age limits, to count towards all the full senior championship races. Many of us would welcome a Championship for the 18-21 year old age group and I understand that there is every likelihood of one being established.

Over the last two years, many new friendships have been bonded, with the common factor being everybody's sheer pleasure and enjoyment of running over the fells. In comparison, cross-country, road and track running just do not offer the same attractions - there is something missing. You only have to go on the fells for a weekend and that something is easily found - long may it remain so."

Ian Campbell, Horwich RMI

Editor: *Thanks, Ian, I know that John and the FRA Committee will be heartened by your comments. As you can read elsewhere, your wish for a new intermediate Championship has been granted, subject to the final ratification of John's proposals by the Committee.*

*I would welcome further articles and race reports from the younger end, so juniors get cracking - don't worry if your spelling isn't all it should be: you will have a lot of us seniors for company - it will all be edited, anyway!*

JOHN GIBBISON'S REPORT ON THE 1985 JUNIOR CHAMPIONSHIP

Sean Willis, of Saddleworth, became the 1985 individual champion, after showing great consistency in a large number of races - he has a great appetite for true fell running and he will surely make further progress in the senior ranks. He won fairly comfortably from Ian Dermott of Horwich, who led a strong and enthusiastic nucleus of junior challengers. Mike Fanning, of Keswick, made a late appearance on the scene, but showed great future potential. Simon Thompson, of Clayton, (4th) and Tom Richardson, of Bolton (6th) will both be eligible for next year's Championship and could be leading contenders; Horwich easily won the team Championship for the second year and over-all there was greater strength in depth from other clubs.

A junior team was sent to Italy in September, details of which appear elsewhere in the magazine and in the previous Newsletter.

Details of the 1986 Junior and Intermediate Championships follow and please note that results from both these championships will be used in selecting representative teams for any future international races.

By having some of both championship races at the same venues, I hope that the younger runners will on occasions get the chance to compete against their elders and to continue friendships started over the last couple of years. On five occasions, the intermediate runners will be able to compete with the seniors in the new English Championship (these races are marked with an asterisk). I would welcome reports on other new junior races so that they may be considered for inclusion in the 1987 championship (perhaps under a new organiser).

John M. Gibbison

1985 CHAMPIONSHIP POSITIONS (MAX. 176 PTS.)

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
1.	S. Willis	Saddleworth	173	13.	M. Peace	Bingley	71
2.	I. Dermott	Horwich	149	14.	J. Rutter	Clayton	63
3.	M. Fanning	Keswick	132	15.	S. Winstanley	U/A	56
4.	S. Thompson	Clayton	127	16.	E. Cotton	Kendal	55
5.	A. Schofield	Rochdale	120	17.	A. Peace	Bingley	50
6.	T. Richardson	Bolton	120	18.	C. Harney	Bingley	43
7.	B. Devine	Skyrac	107	19.	R. Spooner	Bingley	42
8.	P. Barker	Skyrac	106	20.	C. Mustil	Pudsey	37
9.	A. Slattery	Keswick	105	21.	R. Baxter	Keswick	33
10.	C. Dermott	Horwich	101	22.	M. Whittle	Skyrac	32
11.	I. Campbell	Horwich	96	23.	M. Batty	Bolton	24
12.	S. Curren	Horwich	94	24.	J. Taylor	Clayton	24

N.B. 66 juniors obtained 1 point or more

TEAMS: (MAX. 60 PTS.)

Pos.	Club	Pts.	Pos.	Club	Pts.
1.	Horwich	60	6.	Bolton	11
2.	Keswick	35	7.	Saddleworth	10
3.	Bingley	27	8.	Rochdale	8
4.	Clayton	15	9.	Moston	5
5.	Skyrac	14	10.	Holmfirth	3

1986 JUNIOR CHAMPIONSHIP:

Open to 15, 16 and 17 year olds on 1.3.86, and to any reaching 15 during the season (subject to acceptance by individual race organisers), who then start to gain points from their 15th birthday.

Races: Chew Valley, Kentmere Pike, Pen-y-Ghent (3 Peaks), Coniston, Whiteless Pike (Sail Beck), Saddleworth, Mount Famine, Bootle, Latrigg, Downham, Sedbergh, Pendleton, Thieveley Pike, Half Tour of Pendle. (Best 9 to count).

Rumour has it that some seniors are slightly envious of the abundance of youngsters' races - "I wish it were like that when I were a lad".

**1986 Intermediate Championship:**

Open to 18, 19 and 20 year olds on 1.3.86, who should register with John Gibbison, 48, Fulwood Drive, Bare, Morecambe LA4 6QZ. (Tel: 0524 417694) by postcard, stating: Name, Club, Date of Birth and Age on 1.3.86.

**Note:** Points can be claimed from races run prior to registration and the registration is ONLY to make the organiser's job easier in sorting through long result sheets containing senior runners.

**Races:** Chew Valley, Kentmere Pike, Kinder Downfall\*, Coniston\*, Sail Beck, Fairfield, Pen-y-Ghent\*, Mount Famine\*, Bootle, Black Combe, Latrigg, Gategill\*, Sedbergh, Pendleton, Thieveley Pike. (Best 9 to count).

Rumour has it that some seniors would prefer to run in the new intermediate championship races, as they are less rocky and more runner's courses.



FRA Junior Championship Runner-up, Ian Dermott (Horwich), at Butter Crag where he finished 6th. (Photo/E.Woodhead)

## 'BONKERS!'

By Lawrence Sullivan

Bonking is by no means a modern phenomenon. In most dispatches from the wild hill outposts of the Roman Empire, the local commander would give precise details of the number of soldiers suffering from exhaustion. This was due to their pursuit of local tribesmen (and, presumably tribeswomen) and given as evidence of their diligence in trying to quell the barbarians. Rome took the enlightened view that in mountain country it was impossible to use horses and chariots, so that it was up to the soldiers to run uphill and down in chasing tribesmen (and, presumably tribeswomen). Exhaustion was seen, therefore, as an honourable condition for which recuperation in a special tent, furnished with all kinds of delights, should be provided. This popular addition to the encampment was known throughout the Roman Army as the Bonquorium. Unfortunately, these ancient customs have been lost over the years, although first aid tents at fell races are still a reminder of the old ways, even if the rewards for bonking are now sadly missing.

For those gentle souls with little or no experience of bonking, it may come as a surprise to learn that there are four basic types within which a rich variety exists, both of bonkers and bonking. An expert bonker can tell immediately which type has caused him (or presumably her) to end up in a bad way yet again. For instance, the most widely experienced is the common, or lesser spotted bonk, so called because when it happens, the other runners disappear into the distance, becoming mere spots which get less and less. My own introduction to this was at my very first lakeland fell race when, having carefully avoided breakfast, as advised in a book on running marathons, I was assured I would bonk. Later, as I was passed by hikers carrying what appeared to be 500lb loads on their backs, it dawned on me that this sensation of impending death was the bonk.

Had others been similarly afflicted, it would have been, and much earlier, the second category, a social bonk. Social bonkers are those friendly people who, by tacit agreement, are all bonked at about the same time. It is easily the most enjoyable type and therefore carries a certain stigma on the suspicion that it is all too easy to join in and thus gain relief from the agony of trying to keep up in the race.

The Romans would not have approved. Taken to extreme, it can result in the mass bonk such as occurred at Wasdale in 1983, when the temperature reached 85F in the shade, of which there isn't much in Wasdale. Relaxing afterwards with all the other bonkers, I couldn't help noting how fresh we looked compared with the non-bonkers.

A rarer condition is the third type, the greater spotted bonk. Its onset is quite rapid and usually involves lying down until further movement becomes possible by the administration of water and a helping hand under each elbow. A more dramatic incentive to move, however, is the arrival of great spots in the sky which quickly resolve themselves into vultures, this being a hot weather phenomenon and is nature's way of encouraging movement and discouraging further lying down. Believe me, it works, and no matter that the cynics tell you later that they were only ravens, they were vultures alright!

The fourth and rarest condition should really be discouraged, as the treatment is severe. I refer to those unhappy fell runners who become stark raving bonkers; whose recovery involves speech therapy and downhill croquet playing, whilst avoiding any mention of fell running. My only experience of this dreadful state was near the end of an unusually long and arduous race, when I was in the throes of a lesser spotted bonk and I came upon a runner who was

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Rumour has it that Andy Styan isn't THAT old.

unable to surmount a fence which blocked our way. His whole appearance - staring eyes, deathly pallor and certain rigidity of limbs - could only be described as stark. In answer to my polite observations on the state of the weather (lashing rain) he began to rave and gabble incoherently (he was not a Clayton member) and shake his head violently at the fence. He finished somehow, with a little help, and thus achieved membership of an unfortunate if exclusive group.

What then, of the future? Bonking is as much a part of fell running as going downhill and therefore shouldn't the FRA recognise the fact, and introduce a 'Bonker of the Year' award? Also, it yet remains for someone to coin the appropriate word for female bonker, there being none such in the Roman Army. And never forget that it was Julius Caesar himself who, having jumped ashore on a southern beach, ran to the top of the white cliffs and breathlessly collapsed in a heap, uttering the immortal, if often misquoted phrase: 'Veni, Vidi, Bonqui' - (I came, I saw, I bonquered).

Andy Styan  
(Holmfirth) on his  
way to 3rd at  
Glossop. Is he  
stark raving, or is  
it the onset of the  
common, or lesser  
spotted variety?

(photo/P.Hartley)





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# Race Results: ENGLAND

AL/20m/6,000 ft.

DUDDON FELL RACE

1st June, 1985

Long Course:

1.	D.Ratcliffe	Rossendale	2:57:40	1v40	J.Clemens	BCR	3:25:13
2.	A.Smith	CFR	2:59:41	2v40	J.Stout	CFR	3:25:33
3.	C.Valentine	Keswick	3:07:13	3v40	S.Bradshaw	Clayton	3:27:51
4.	A.Ligama	CFR	3:11:43	1v50	B.Gould	Carnethy	3:42:37
5.	P.Haines	NZ	3:15:43	2v50	M.Breslin	L & M	4:00:24
6.	J.Nixon	Horwich	3:17:48	3v50	M.Kelly	L & M	4:18:48

Short Course: (11m/3,000 ft.):

Ladies:

1.	S.Haines	NZ	1:50:56	1	Jnr.J.Atkinson		1:34:50
2.	A.Teasdale	Keswick	2:03:30	1	Nov.T.Hesketh	Keswick	1:33:20
3.	W.Bryant	WAOC	2:07:48	2	Nov.P.Whitehead	A'teers	1:47:44

BS/7 $\frac{1}{2}$ m/1,600 ft.

EDENFIELD FELL RACE

2nd June, 1985

1.	M.Newby	Rossendale	43:02	1V40	D.Attwell	Alt'ham	46:03
2.	M.Aspinall	Rossendale	43:11	2V40	D.Vickers	Horwich	46:50
3.	R.Ashworth	Rossendale	43:30	3V40	P.Jepson	Bury	50:21
4.	G.Schofield	Blackburn	43:38	1V50	B.Harwood	Oldham	51:42
5.	G.Read	Rochdale	43:42	1	Lady M.Goodwin	Leigh	53.45(Rec)
6.	J.Eaton	Rossendale	43:49	2	Lady C.Swain	Liverpool	56.54

AS/3m/950 ft.

SADDLEWORTH FELL RACE

2nd June, 1985

Andy Styan can still teach the rest of us a thing or two about descending as he came through from 7th at the summit to finish 2nd to young David Crookes.

Alan Bocking

1.	D.Crookes	E. Cheshire	20.01	1v40	D.Cartwright	Penistone	21:21
2.	A.Styan	Holmfirth	20:24	2v40	G.Brooks	Bingley	22:10
3.	A.Adams	Staffs.	20.27	3v40	T.Eckersley	Sad'worth	22:46
4.	R.Harbisher	Holmfirth	20.49	1v50	D.Lawson	Bingley	23:12
5.	M.Seddon	Holmfirth	20:55	1	L S.Kiveal	Sad'worth	29:12
6.	A.Buckley	Holmfirth	21:09	1	J S.Winstanley	Bingley	21:41
7.	D.Cartwright	Penistone	21:21	2	J G.Hall	Holmfirth	21:52
8.	S.Tune	Staffs. M.	21:26	3	J M.Peace	Bingley	21:57

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AL/23m/7,500 ft.ENNERDALE FELL RACE8th June, 1985

Kenny Stuart, regarded by many as rather vulnerable in the longer tougher fell races, dispelled all doubts as to his ability in this department as he sped round the formidable Ennerdale Horseshoe in a new record time and well clear of his regular shadow Jack Maitland. Racing conditions were perfect; cool, clear, a slight breeze and high cloud giving protection from the sun. This was reflected in the large numbers of runners achieving Gold (4 hrs.) and Silver (4 hrs. 30 mins.) standard times. D. Hughes.

1.	K. Stuart	Keswick	3:20:57(Rec)	1V40	P. Hall	Barrow	3:47:58
2.	J. Maitland	Aberdeen	3:24:10	2V40	R. Jackson	Sale	3:52:43
3.	W. Bland	Keswick	3:27:11	3V40	J. Naylor	CFR	3:56:58
4.	M. Short	Horwich	3:35:18	4V40	N. Fisher	ERYRI	4:05:41
5.	S. Moore	Horwich	3:36:34	5V40	A. Peacock	Clayton	4:08:06
6.	R. Ashworth	Rossendale	3:38:53	6V40	J. Nuttall	Clayton	4:08:07
7.	H. Symonds	Kendal	3:39:31	1V50	G. Brass	Clayton	4:19:15
8.	A. Richardson	Kendal	3:42:51	2V50	B. Gould	Carnethy	4:26:05
9.	A. Harmer	D. Peak	3:43:23	3V50	G. Barras.	Skyrac	4:31:54
10.	P. Haines	U/A	3:44:09	1Lady	P. Haworth	Keswick	4:27:52
11.	P. Tuson	Kendal	3:44:21	2Lady	A. Wright	D'ham U.	5:01:09
12.	A. Ligama	CFR	3:44:54	3Lady	C. Swain	L'pool	5:05:35
13.	B. Brindle	Horwich	3:45:35	1Team	Keswick		20 pts.
14.	J. Blair-Fish	Carnethy	3:45:55	2Team	Horwich		22 pts.
15.	K. Shand	Rochdale	3:46:15	3Team	Kendal		26 pts.



A competitor ascending Pillar in the 1985 race, with Mosedale and Wasdale Head beyond. (photo/P. Hartley)

BM/10m/1,250 ft.RAVENSTONE BROW FELL RACE8th June, 1985

Held as the middle event in the 3-day Saddleworth event, the race provided another victory for East Cheshire's David Crookes. In fact, David won all of the three races, the other two being in record time. Unfortunately, over Ravenstone and the Chew Moors, Ray Rawlinson's record, set last year, eluded him.

As usual, the dangers of climbing Birchen Clough were pointed out, complete with the spot where yours truly found a quick way down last year! There were no requests for an encore.

The long, steady climb from the start and subsequent flattish going round Dovestones Reservoir ensured the early pace was fast. This soon spread the field out though David Crookes was never seriously troubled by his pursuers.

Alan Bocking.

1.	D.Crookes	E.Cheshire	1:05:38	1Vet	D.Cartwright	Penistone	1:07:14
2.	M.Seddon	Holmfirth	1:06:14	2Vet	H.Kelly	E.Ches.	1:10:17
3.	K.Taylor	Rossendale	1:06:31	3Vet	I.Beverly	Clayton	1:13:25
4.	D.Cartridge	Bolton	1:06:46	1Lady	K.Taylor	Clayton	1:27:43
5.	D.Cartwright	Penistone	1:07:14	2Lady	W.Dodds	Clayton	1:28:02
6.	G.Bell	Rochdale	1:07:25	3Lady	K.Mather	S'worth	1:30:04

BM/10m/1,800 ft.MUNCASTER FELL RACE9th June, 1985

Although numbers competing were small, several hardy souls, having completed the Ennerdale on the Saturday, stretched their legs for the second time over the weekend and Jack Maitland carried off the bottle of Scotch for the best over-all performance - 2nd in both races.

D. Hughes

1.	H.Jarrett	CFR	1:13:41	1v40	P.Hall	Barrow	1:17:13
2.	J.Maitland	Leeds U.	1:14:37	2v40	J.Clemens	B.Combe	1:21:13
3	R.Pallister	Pudsey	1:15:22	1v50	W.Robinson	CFR	1:38:57
4.	R.Ashworth	Rossendale	1:15:47	1Lady	S.Haines	Leith H.	1:34:13
5.	A.Ligama	CFR	1:16:38	2Lady	A.Crabb	CFR	1:42:43
6.	P.Hall	Barrow	1:17:13	1Team		CFR	21 pts.

CS/5½m/700 ft.GREAT HILL RACE15th June, 1985

Bob Shorrock's attempt to beat the ½-hour and his own record was never on after heavy rains had left the 5½mile course soggy - to say the least. However, he had the consolation of winning on his home course again for the 4th time in 5 years on one of the few pleasant Saturdays of the last Spring.

B. Richardson

1.	R. Shorrock	Blackburn	30:24	1v40	J. Jackson	Wigan	33:34
2.	A. Buckley	Holmfirth	31:33	2v40	I. Beverly	Clayton	36:48
3.	R. Wood	Frodsham	32:23	3v40	D. Kearns	Bolton	37:02
4.	G. Schofield	Blackburn	32:43	1v50	P. Madden	Blackburn	38:23
5.	A. Selby	Bolton	32:45	1Lady	M. Platt	Chorley	40:43
6.	M. Harrison	Horwich	33:04	1Boy	L. Kiernan	Chorley	13.56
7.	A. Sladen	Salford	33:07	1Colt	J. Taylor	Clayton	14:52
8.	P. Standring	Bolton	33:12	1Girl	C. McQuillan	Chorley(Rec)	16:06

Rumour has it that Cumberland Fell Runners are considering dropping some of their lesser subscribed races - this would be a great pity: let's support them if at all possible.

AL/17./4,250 ft.ROYAL DOCKRAY FELL RACE15th June, 1985

1.	W.Bland	Keswick	2:06:30	1Vet	D.Spedding	Keswick	2:17:02
2.	A.Richardson	Kendal	2:08:01	2Vet	J.Clemens	BCR	2:20:18
3.	P.Tuson	Kendal	2:08:07	3Vet	P.Blagborough	Saddlew'th	2:21:20
4.	D.Woodhead	Horwich	2:09:15	1Lady	S.Haines	U/A	2:49:18

AS/4m/1,500 ft.BUCKDEN PIKE FELL RACE15th June, 1985

A fine day greeted the 163 runners who lined up for this great little race, which is run in conjunction with Buckden Village Gala. The pub is open all afternoon, so a good social day out was enjoyed afterwards. B.Peace.

1.	A.Smith	CFR	32:40
2.	D.Cartridge	Bolton	33:54
3.	I.Ferguson	Bingley	33:55
4.	M.Wallis	Clayton	34:16
5.	R.Pallister	Pudsey - B	34:17
6.	R.Shaw	Skyrac	34:39
1V40	D.Cartwright	Penistone	34:32
2V40	D.Quinlan	Bingley	35:07
3V40	G.Brookes	Bingley	35:24
1V45	P.Watson	Pudsey - B	38:43
1V50	G.Brass	Clayton	40:40
1Lady	R.Hancock	Aire	42:20
2Lady	B.Carney	Bingley	43:12
3Lady	D.Sharpe	Spenborough	44:21
1J15	S.Brookes	Bingley	34:56
1J16	C.Mustill	Pudsey - B	36:27
1J17	S.Willis	Saddlew'th	35:22



Dave Cartwright leading Mike Wallis in this year's Buckden Pike Fell Race

(Fell & Road Race Photos)

CS/3mJAMES BLAKELY FELL RACE22nd June, 1985

1.	M.Aspinal	Rossendale	17:02	1Vet	R.Asquith	Holmfirth	18:28
2.	A.Marsh	Holmfirth	17:10	2Vet	C.Gledhill	Holmfirth	20:23
3.	R.Pallister	Pudsey - B	17:22	3Vet	P.Watson	Pudsey - B	20:27
4.	R.Wood	Frodsham	17:30	1Lady	J.Johnson	Denby Dale T	24:41
5.	R.Harbisher	Holmfirth	17:47	2Lady	K.Hadden	U/A	27:01
6.	A.Styan	Holmfirth	17:52	3Lady	B.Fisher	Holmfirth	27:18

AS/1½m/715 ftROSEBERRY TOPPING RACE25th June, 1985

1.	D.Leaf	Rowntrees	10:58	1Vet	J.Williams	Mandale	11:19
2.	J.Williams	Mandale	11:19	2Vet	W.Burns	Cleveland W	13:13
3.	D.Wilson	Mandale	11:39	1Lady	S.Wright	Mandale	16:33
4.	C.Wright	Mandale	11:51	2Lady	C.Ward	Newton A.	16:34
5.	M.Garratt	Mandale	11:55	1U14	R.Brighton	Mandale	13:36
6.	G.Young	Rowntrees	12:07	1U16	M.Cockerill	Mandale	12:40
7.	B.Mitchell	Mandale	12:24	1U14L	C.Garland	Mandale	15:55
8.	G.Carter	Newton A.	12:58	1U16L	A.Cairnes	Mandale	19:08



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AM/7m/2,150 ftBLAKE FELL RACE29th June, 1985

Perfect weather conditions enabled spectators with binoculars to see most of this popular race. The inclusion of Knock Morton, giving an extra 800 ft. of climbing, was welcomed as an improvement to the course - now a fine category A. event.

1.	A. Smith	CFR	55:27	1V40	P.Hall	Barrow	57:12
2.	P.Tuson	Kendal	56:33	2V40	J.Clemens	Blk Combe	60:59
3.	D.Lee	CFR	57:01	1V50	F.Rush	Keswick	68:39

D. Hughes

CAPRICORN 2 DAY EVENT29/30th June, 1985Elite:A Class:

1.	J.Maitland	5:31:18	1.	P.Barron	4:57:36
2.	A.Richardson	5:36:10	2.	D.Anderson	4:58:53
3.	D.Ratcliffe	5:55:47	3.	S.Parker	4:59:13
4.	P.Haines	6:13:50	4.	C.Wright	5:02:58
5.	A.Hyslop	6:21:28	5.	A.Riley	5:13:02
6.	K.Taylor	6:21:58	6.	M.Seddon	5:15:51

N/6m/1,000 ftWRAY CATON MOOR FELL RACE29th June, 1985

It was a perfect day, dry cool and clear for the inaugural Wray Caton Moor Fell Race. The start was in the village street, then uphill almost straight away for a few hundred yards on the road, until the route breaks out across fields. This interesting lower section opens up suddenly, beyond a wood, onto the tussocky grass of the fell above. The whole ascent of 1,000 ft. is a steady runnable climb all the way. The view from the top was at its best - Morecambe Bay, the Lake District, the Pennines from Tebay to Pen-y-Ghent and with the local Bowland hills close at hand. Like a true classic, the descent from this isolated summit is a fast run all the way down the same route. 63 runners took part, not bad when we were too late to get in the 1985 calendar. One feature of the race is that in no place is the route confined to narrow, single file tracks.

Complete with a wide open start, no queuing for stiles and plenty of parking on the finishing field, this race is capable of hosting hundreds. A fine circuit of events has now become established in the Lune Valley area (Clougha, Bentham, Ingleborough, the new Hutton Roof race and the Wray-Caton Moor). Those who already enter the other races will hopefully support this race next year, when the event will appear on the fixture list.

Peter Edge

1.	D.Cass	L & M	41:42	1Vet	C.Taylor	Clayton	45:13
2.	M.Winstanley	L & M	42:08	2Vet	A.Evans	Kendal	46:26
3.	J.Emmott	Skipton	43:00	1Lady	K.Taylor	Clayton	55:30

- Rumour has it that: (a) Nike's sales over the last year approached the billion dollar mark and this was without entering the fell running market!
- (b) Puma are to bring out a new computerised shoe, recording everything from distance travelled to pulse rates - I bet it wouldn't survive a Wasdale!

CS/3m/400ftELDWICK GALA FELL RACE29TH June, 1985

With Alan Sladen (Salford) and Alan Buckley (Holmfirth) in the field of 81 runners a fast start to this year's Gala Fell Race was no surprise. But it was a shock to some to see Skipton's Mike Hawkins set the pace to Hope Hill summit and lead the two Alans into the Gala Field to win in 16:30, 5 seconds ahead of Alan Buckley. So Dave Slater's 1981 record (16:01) still stands. A new women's record again this year, however - but recorded by a familiar face! Carol Haigh ran a new record time of 17:36 (18:05 last year) and finished in ninth position, just behind Harry Walker, who had to pull out all the stops to pass Carol on that final tug up to the finish.

J. Capenerhurst

1.	M.Hawkins	Skipton	16:30	1V40	D.Weatherhead	Bingley	18:15
2.	A.Buckley	Holmfirth	16:35	1V45	K.Summersgill	U/A	17:30
3.	A.Sladen	Salford	16:46	1V50	D.Lawson	Bingley	17:58
4.	P.Crewe	Bingley	16:59	1Lady	C.Haigh	Holmfirth	17:36

AS/5½m/1,600 ftMOUNT FAMINE FELL RACE30th June, 1985

A record field of 146 runners set off in the penultimate race of the quartet that make up the Hayfield Fell Race League. Unfortunately, last year's winner and course record holder, Geoff Gough, was again smitten with his illness problems and unable to defend his title. Eventually, both title and record proved to be property of Blackburn for another year as Gough's club-mate, G. Schofield, ran away from a class field to break the old record by 8 seconds.

At the end of the race, everyone was saying "Who is this guy?", but if he sticks with the fells, it won't be long before Mr. Schofield's face becomes a familiar sight at the presentations.

Continuing last year's tradition, 'cakes' (mint cake this year!) went down to the 75th runner, who stayed for the prize giving. A.Evans

1.	G.Schofield	Blackburn	38:20	6.	A.Hulme	Pennine F.R.	39:06
2.	J.Norman (V)	Altrincham	38:40	7.	M.Seddon	Holmfirth	39:20
3.	B.Ashworth	Rossendale	38:47	8.	J.Kershaw	Macclesfield	39:38
4.	A.Buckley	Holmfirth	38:53	9.	R.Wood	Frodsham	39:42
5.	A.Harmer	Dark Peak	39:00	10.	D.Cartwright (V)	Penistone	40:04
1Lady	D.Ellerton	Newcastle	47:15				

BS/4m/650 ftHOPE WAKES FELL RACE2nd July, 1985

1.	M.Bishop	Staffs.M	23:46	1Vet	D.Cartwright	Penistone	26:15
2.	M.Wilson	Hallamshire	24:25	1Local	S.Green	Hallamshire	31:06
3.	M.Senior	Penistone	25:28	1Lady	J.Smith	DPFR	30:47

N/2½m/300 ftKIRKBY GALA FELL RACE6th July, 1985

1.	P.Hall	Barrow	14:57	1Lady	H.McNoc	Ayr	18:51
2.	M.Dean	Cent.Reg.	15:06	1Boy	S.Sherwood	Barrow	17:51
3.	W.Lanaghan	Keswick	15:24	1Girl	H.Copley	Kirkby	22:17

Rumour has it that Mr. Nasty is coming - but when?



<u>AM/9m/2,700 ft</u>			<u>SKIDDAW FELL RACE</u>			<u>7th July, 1985</u>	
1.	H. Symonds	Kendal	64:46	1V40	P. Hall	Barrow	67:59
2.	D. Cartridge	Bolton U H	65:20	2V40	T. Baxter	Cumb. A.C.	75:06
3.	H. Griffiths	ERYRI	66:47	3V40	I. Beverly	Clayton	76:58
4.	K. West	Border H	67:37	1V45	D. Anderson	Bingley	76:08
5.	P. Hall	Barrow A.C.	67:59	1V50	G. Spink	Bingley	77:44
6.	A. Smith	CFR	68:58	2V50	P. Duffy	Aberdeen	79:14
7.	M. Dean	Cent. Reg.	69:03	1Lady	K. Taylor	Clayton	87:30
8.	H. Walker	Clayton	69:18	2Lady	H. McNea	Ayr	88:06
9.	J. Ritson	Derwent/WCAC	69:36	3Lady	C. Walkington	Horwich	89:49
10.	I. J. Robinson	Clayton	69:46	1Team		ERYRI	208:47
11.	W. Lanaghan	Keswick	70:03	2Team		Kendal	211:33
12.	G. A. Griffiths	ERYRI	70:09	<u>Youth Latrigg Race</u>			
13.	L. I'Anson	Keswick	71:10	1.	J. Taylor	Clayton	20:33
14.	D. Frampton	Keswick	71:23	<u>Girls' Latrigg Race</u>			
15.	G. A. Clucas	CFR	71:30	1.	J. Eccles	Blackpool	21:39

<u>BS/3m/420 ft</u>			<u>HATHERSAGE GALA FELL RACE</u>			<u>8th July, 1985</u>	
1.	M. Wilson	Hallamshire	21:30	4.	A. Moffatt	DPFR	23:06
2.	A. Adams	ICL	22:50	1Vet	D. Cartwright	Penistone	23:30
3.	A. Harmer	DPFR	22:55	2Vet	G. Berry	DPFR	24:10

<u>N/4m/400 ft</u>			<u>THURLESTONE CHASE</u>			<u>13th July, 1985</u>	
1.	A. Buckley	Holmfirth	21:13	1V40	R. Asquith	Holmfirth	22:31
2.	W. Domoney	Sheffield	21:35	1V45	W. Wilson	Hallamshire	23:40
3.	P. Mirrlees	Rotherham	21:45	1V50	P. Duffy	Aberdeen	25:26
4.	J. Hinchey	Barnsley	22:03	1Lady	C. Haigh	Holmfirth	22:40
1U17	M. Senior	Penistone	17:25	1U13	A. Renshaw	Leeds	10:20
1U15	D. Hardy	Longwood	12:15	1U11	S. Brophy	Holmfirth	5:59

<u>BS/3<sup>3</sup>m/600 ft</u>			<u>BAMFORD CARNIVAL FELL RACE</u>			<u>17th July, 1985</u>	
1.	M. Wilson	Hallamshire	20:25	1Vet	R. Asquith	Holmfirth	22:02
2.	P. Mirrlees	Rotherham	21:07	1Lady	C. Haigh	Holmfirth	22:13
3.	R. Leaf	Hallamshire	21:10	1Local	S. Green	Hallamshire	

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BM/8m/1,200 ftTURNSLACK FELL RACE27th July, 1985

Thanks to all who turned up. Next year it will be entries on day only. I would like to meet the idiot who repositioned the flags on course before the start. It's a good job they were noticed by a marshall on his way out. Thanks to the man up there for supplying the weather. Kev. Shand

1.	M. Aspinall	Rossendale	52:46	1V40	G. Brooks	Bingley	59:45
2.	A. Buckley	Holmfirth	53:44	1V45	D. Atwell	Altrincham	58:45
3.	D. Woodhead	Horwich	55:56	1V50	D. Lawson	Bingley	58:12
4.	I. Clarkson	Rochdale	56:08	1Lady	J. Lothead	Holmfirth	65:17
5.	W. Dobson	Bingley	56:34	1Local	A. Stericker	U/A	66:33
6.	T. Brierley	Clayton	56:41	1Team		Bingley	48 pts.



Mark Aspinall (545 - Rossendale), Andy Buckley (446 - Holmfirth) and Andy Uttley (423 - Bolton) on the long run out to the fell at Turnslack (photo/P. Hartley)

AL/22m/4,200 ftGLOSSOP FELL RACE28th July, 1985

Not being in the championship this year, there was a much reduced field, consisting of mainly local runners. Fast times were out with the moors being heavy underfoot. To make things a bit interesting, the mist was down over Bleaklow, ideal for those that had not crossed the moor before.

The start caught everyone by surprise; in fact, Saddleworth were still having their team photographs taken! Once the initial charge up Doctor's Gate had settled down, as the climb to Higher Shelf Stones was reached, Andy Harmer gradually took command with only Andy Styan remaining in striking distance. By Laddow Rocks, Andy Harmer's lead was four minutes, which he gradually increased to the finish.

Alan Bocking

1.	A. Harmer	DPFR	2:54:49	1V40	G. Berry	DPFR	3:21:18
2.	J. Nixon	Horwich	3:03:30	2V40	P. Blagborough	Saddlew'th	3:26:36
3.	A. Styan	Holmfirth	3:06:29	3V40	W. Buckley	Glossop'd	1e3:33:04
4.	D. Hall	Kendal	3:09:05	1V50	W. Harwood	Oldham	4:33:57
5.	A. Triggs	Glossop'd	1e3:09:47	1Lady	J. Smith	DPFR	4:35:14
6.	T. Farnell	DPFR	3:10:03	1Team		Dark Peak FR	9:26

Rumour has it that Andy Styan wasn't really bonking but had just seen the ghost of Laddow Rocks.

AL/17m/6,500 ft.BORROWDALE FELL RACE3rd August, 1985

1.	W. Bland	Keswick	2.42.13	1	V40	D. Spedding	Rossendale	3.14.25
2.	A. Ligama	CFR	2.55.31	2	V40	D. Davies	ERYRI	3.16.41
3.	R. Whitfield	Kendal	2.59.00	3	V40	R. Jackson	Sale	3.21.24
4.	D. Ratcliffe	Rossendale	3.01.53	1	V50	L. Sullivan	Clayton	3.43.52
5.	C. Valentine	Keswick	3.05.07	1	Lady	S. Haines	U/A	4.13.43
6.	J. Broxap	Keswick	3.06.18	2	Lady	J. Smith	DPFR	4.23.19

AS/3m/950 ftLATRIGG FELL RACE4th August, 1985

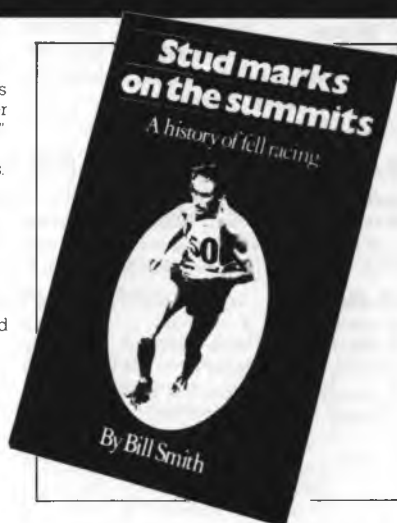
1.	K. Stuart	Keswick	17.02	1	Jnr	M. Fanning	Keswick	18.49
2.	R. Pilbeam	Keswick	17.47	2	Jnr.	S. Willis	Saddleworth	19.39
3.	W. Nook	Halesowen	18.15	1	Vet	P. Hall	Barrow	18.58
4.	A. Smith	CFR	18.19	2	Vet	J. Williams	Mardale	19.59
5.	M. Wilson	Hallamshire	18.33	1	Lady	P. Haworth	Keswick	21.54

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<u>BS/3<sup>3</sup>/<sub>4</sub>m/600 ft</u>		<u>BRADWELL FELL RACE</u>				<u>8th August, 1985</u>	
1.	M. Wilson	Hallamshire	19:01	1Vet	M. Hayes	DPFR	22:14
2.	P. Bowler	Staffs.M.	19:28	1Local	M. Higginbotham	Buxton	21:12
3.	M. Patterson	DPFR	19:51	1Lady	S. Singleton	S'field	23:28

<u>AL/20m/8,000 ft</u>		<u>BUTTERMERE HORSESHOE FELL RACE</u>				<u>10th August, 1985</u>	
<u>N/ 4m/1,300 ft</u>		<u>MELBREAK FELL RACE</u>					

This year saw two major changes to the format of the race: The inauguration of the Melbreak fell race, and significant changes to the Buttermere. The Melbreak was an attempt to get a few more people there on the day, and stimulate more local interest, particularly amongst novices and juniors. No juniors turned up, but we did get a few first-timers. There were very few established fell-runners, presumably because of the championship race at Threlked the following day. Thanks are due to those who did turn up. Course improvements were suggested, particularly the inclusion of both summits of Melbreak. The race will probably become the 'Melbreak Two Tops' next year.

The Buttermere course was streamlined to make it more of a logical route; the old round was more of a pure watershed, but wandered around a bit early on. From the comments received at the finish, this year's course is safe for at least a year.

Messrs. Nelson, Loxham & Stones

Melbreak:

1.	D. Lee	CFR	35:40	1V40	P. Taylor	C'ckm'th	40:56
2.	G. Russell	Ambleside	36:14	1V50	B. Robinson	CFR	42:38
3.	J. McGee	Copeland	36:46	1Lady	S. Daly	U/A	55:52

Buttermere:

1.	J. Nixon	Horwich	3;49;04	1V40	P. Blagborough	S'worth	4:22:04
2.	A. Hyslop	Ambleside	4:03:28	1V50	K. Hargreaves	C'ckm'th	5:57:45
3.	M. Lindsay	Carnethy	4:06:43	1Lady	J. Sutcliffe	CFR	6:11:50

<u>BM/6<sup>1</sup>/<sub>2</sub>m/1,100 ft</u>		<u>TEGGS NOSE FELL RACE</u>				<u>10th August, 1985</u>	
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All prayers were answered when the sun appeared and the rain clouds were blown away by a cool but pleasant breeze. A coach-and-horses led the runners across the sheepdog trials field, the race being started by the blast on a hunting horn so as not to scare the dogs. Peter Nolan

1.	A. Adams	Staffs.M.	43:49	1Jnr	J. News	Mcsfld	46:37
2.	R. Wood	Frodsham	44:52	1V	T. Davies	Cty/Hull	47:37
3.	A. Morley	Stockport	45:05	2V	C. Tanner	U/A	49:04
4.	J. Kershaw	Mcsfld	45:50	3V	A. Dean	Michelin	49:45
5.	M. Weedall	Pennine FR	46:06	1Lady	D. Ellerton	N'castle	52:58(R)
6.	P. Leaf	Staffs.M.	46:;0	2Lady	D. Thompson	Buxton	56:12

\*(R) - record

Rumour has it that, following pleas from Dave Moulding, the new Downham organiser is planning to by-pass the dreaded wall.

AM/5½m/1,700 ftDOWNHAM VILLAGE FELL RACE10th August, 1985

Peter Hall (Barrow), British Vets Championship, setting the pace at Downham

(photo/ P.Hartley)

1.	T.Richardson	Bolton	44.34	1 V40	P.Hall	Barrow	44.40
2.	P.Hall	Barrow	44.40	2 V40	D.Kay	Bolton	47.21
3.	D.Woodhead	Horwich	44.48	3 V40	T.McDonald	Bingley	49.10
4.	I.Robinson	Clayton	44.58	1 V50	D.Lawson	Bingley	46.37
5.	G.Devine	Skyrac	45.02	1 U18	T.Richardson	Bolton	44.34
6.	J.Robinson	U/A	45.03	2 U18	S.Brooks	Bingley	46.15
7.	K.Shand	Rochdale	45.37	3 U18	S.Willis	Saddleworth	46.32
8.	H.Walker	Clayton	45.50	4 U18	M.Peace	Bingley	46.36

AS/3m/1,600 ftGATEGILL FELL RACE11th August, 1985

With so much on this weekend, there was only a small field of 74 for this championship race, sponsored by the Horse & Farrier Inn and the Salutation Inn, the race starting at the former and finishing at the latter.

The heavy going, due to all the rainfall this 'summer', meant there were no records, as many struggled to stay upright on the descent. No problems for Kenny Stuart as he powered to a seventy-five second victory. Alan Bocking

1.	K.Stuart	Keswick	25.47	1 V40	P.Hall	Barrow	29.54
2.	W.Bland	Keswick	27.02	2 V40	R.Jackson	Sale	31.47
3.	A.Smith	CFR	27.32	1 V50	R.Gould	Carnethy	32.32
4.	D.Cartridge	Bolton	27.38	2 V50	G.Barras	Skyrac	34.07
5.	R.Pilbeam	Keswick	27.58	1 Lady	P.Haworth	Keswick	34.42
6.	S.Livesey	Ribble V.	28.96	2 Lady	A.Carson	ERYRI	36.57

Rumour has it that nothing much happened on Errol's stag night - that's why they went 50 miles from home.



Clearing the wall at the foot of Worsaw Hill with Pendle in the background at the Downham Fell Race.  
(Photo/W.S.Bateson)

<u>BS/4m/800 ft</u>		<u>WADSWORTH VILLAGE FELL RACE</u>				<u>11th August, 1985</u>	
1.	M.Hawkins	Skipton	23:27	1V40	K.Lodge	Halifax	27:29
2.	M.Aspinall	Rossendale	24:03	2V40	A.Stenton	Skyrac	27:41
3.	A.Sladen	Salford	24:50	1V50	L.Sullivan	Clayton	27:40
4.	R.Smith	Longwood	25:13	1Lady	S.Parkin	Holmfirth	29:32
5.	B.Schofield	Todmorden	25:15	2Lady	S.Hilton	Halifax	29:45
6.	H.Waterhouse	Saddlew'th	25:52	1Lady	V M.Jagan	EPOC	31:21

<u>N/5m/2,300 ft</u>		<u>GUNSON KNOTT</u>		<u>18th August, 1985</u>	
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Billy Bland won the first Gunson Knott race over a course he had chosen himself for the organiser of the accompanying 'Shepherds Meet', Keith Rowand of Stool End Farm, Langdale. Looking for a 'traditional' fell race Gunson Knott, the first of the Crinkles allowed a route unblemished by tarmac or even footpaths along Oxendale and up the steep grassy front to the 2680 ft summit and back.

John Gibbinson led out of the field, claiming never to have been in the lead before, while Billy wound up before taking off followed by clubmate Pete Barron into the mist. Whilst the Beer Tent was kept busy the runners were trying to raise a run up the steepening slopes until finally running gave way to walking - even Kenny would have trouble running up fell so steep! A scree run aided the downhill plummet, a 1300 ft drop within half a mile, before the grassy run in by Oxendale Beck.

The generous prizes and shields (no takers for the ladies!) were presented before the sweat had begun to dry and the tales became too exaggerated. This fell race from a traditional Lakeland setting in the grandeur of one of England's finest valleys promises to become a classic in future years.

SeniorsU 11

1.	W.Bland	Keswick	50:05	1.	B.Rowland
2.	P.Barron	Keswick	53:50	2.	P.Blain
3.	D.Wilkinson	Keswick	53:57	3.	F.Whelan (Girl)
4.	D.Stuart	Keswick	54:18	<u>U 13</u>	
5.	A.Hyslop	Ambleside	56:03	1.	I.Benson
6.	S.Hicks	Ambleside	57:12	2.	P.Singleton
7.	R.Stephenson	Keswick	59:01	3.	M.Whelan
8.	M.Richardson	Ambleside	59:21	<u>U 17</u>	
9.	J.Gibbinson	Lancs.&More	59:44	1.	C.Brooks
10.	N.Walker	Ambleside	59:56	2.	N.Brooks

<u>CS/6m/800 ft</u>		<u>BARNOLDSWICK WEETS FELL RACE</u>				<u>18th August, 1985</u>	
1.	D.Cartridge	Bolton	32.17	1V40	R. Hill	Clayton	36.51
2.	R.Brewster	Clayton	32.46	2V40	D.Scott	Clayton	38.36
3.	M.Hawkins	Skipton	33.05	3V40	K.Munton	Clayton	38.54
4.	S.Livesey	Ribble V'illy	33.19	1V50	D.Lawson	Bingley	34.47
5.	M.Aspinall	Rossendale	33.46	2V50	J.Dearden	Frodsham	38.52
6.	A.Marsh	Holmfirth	34.25	1Lady	B.Dempsey	Livingston	42.06

Rumour has it that all the photos of Errol's 'do' failed to satisfy AAA's minimum clothing requirements.

AL/14m/6,000 ftSEDBERGH HILLS RACE18th August, 1985

Compiling this year's results has been a struggle. After last year's hottest day, this year's was one of the mistyest and wettest, bad enough for me to divert some followers on a detour between 3 and 4, humble apologies, and get stuck in the bracken off Winder. The checkers had a hard time discerning numbers; we had difficulties with those runners who gave the wrong number. With this system of safety checking, there could be someone still out there! Please let me know if there is a regular face missing on your club runs. The CFRA tally system obviously makes checking foolproof, but I would prefer to keep the Sedbergh simple - (I find it difficult to undo the tallies when tired), particularly on a grassy course without crags to fall over, but seem to remember falling over often enough.

Mike Walford

1.	H.Symonds	Kendal	2.05.43	1 Vet	P.Hall	Barrow	2.17.48
2.	P.Tuson	Kendal	2.09.36	2 Vet	J.Nuttall	Clayton	2.21.59
3.	B.Brindle	Horwich	2.12.16	3.Vet	J.Williams	Mardale	2.28.49
4.	R.Bergstrand	Rochdale	2.13.50	1 Lady	J.Lothead	Holmfirth	2.55.36
5.	J.Nixon	Horwich	2.16.50	<u>Junior Race:</u>			
6.	S.Moore	Horwich	2.17.33	1.	M.Fanning	Keswick	1.26.30
7.	K.Shand	Rochdale	2.17.39	2.	I.Dermott	Horwich	1.31.44
8.	P.Hall	Barrow	2.17.48	3.	S.Willis	S'worth	1.32.34
9.	F.Loftus	Horwich	2.17.51	4.	T.Richardson	Bolton	1.37.26
10.	P.Haines	Hull	2.17.58	5.	A.Slattery	Keswick	1.40.10

N/8m/1,500 ftCHIPPING FELL RACE24th August, 1985

MUD! MUD! MUD! Rough and tough but thoroughly enjoyable, seemed to be the general opinion. Race was kept 'low key' intentionally with 81 starters for the race, just about right on the day.

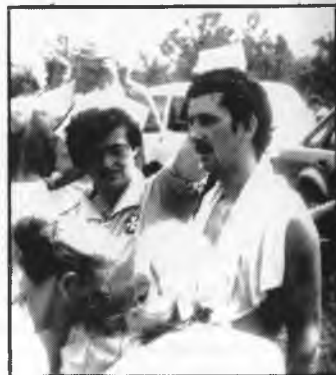
Prizes to first 3, V40, V50, Junior, Lady and local but also 25 spot prizes (cans of ale and mugs). Race finances were break even at £70 expenditure, £69.90 income..... 10p profit!

Thanks to Malcolm Kenyon and John Stott and wives (show committee). Also to Clayton helpers, Geoff Parkinson, Mike and John Raine, Dave Moulding and John Reade (blame him for the course!!)

Bob Mitchell

1.	D.Woodhead	Horwich	54.55	1 V40	T.Peacock	Clayton	58.40
2.	M.Targett	Clayton	56.05	1 V50	P.Duffy	Aberdeen	62.35
3.	J.Singleton	Clayton	56.12	1 Lady	K.Taylor	Clayton	69.54
4.	D.Jones	Lancs & More	56.31	L U18	S.Thompson	Clayton	57.25

Rumour has it that the former editor Hugh Symonds, was bribed not to include Errol's photo in the caption competition. The new editor awaits similar inducements.





AS/1½m/900 ftBURNSALL FELL RACE24th August, 1985

1.	K.Stuart	Keswick	13.23
2.	S.Livesey	Ribble V'lly	14.00
3.	M.Hawkins	Skipton	14.09
4.	D.Cartridge	Bolton	14.11
5.	R.Owen	Horwich	14.38
6.	G.Gough	Blackburn	14.48
7.	R.Pilbeam	Keswick	14.48
8.	A.Styan	Holmfirth	14.50
9.	A.Harmer	Dark Peak	14.52
10.	H.Symonds	Kendal	15.01
1 V40	P.Hall	Barrow	15.12
2 V40	D.Cartwright	Penistone	16.23
3 V40	R.Jackson	Sale	16.33
1 V50	W.Gould	Carnethy	16.51
2 V50	G.Brass	Clayton	17.54
3 V50	G.Barras	Skyrac	18.02
1 Lady	P.Haworth	Keswick	18.08
2 Lady	A.Carson	ERYRI	18.09
3 Lady	S.Smith	Spensorough	20.39



Harry Walker (Clayton) on the climb  
at Burnsall

(Fell & Road Race Photos)

N/3¼m/750 ftSTOODLEY PIKE FELL RACE29th August, 1985

1.	M.Aspinal	Rosendale	18.27	1 Vet	D.Lawson	Bingley
2.	B.Brindle	Horwich	19.16	2 Vet	G.Brooks	Bingley
3.	S.Sunter	Horwich	19.19	1 Lady	C.Walkington	Horwich

AS/5m/1,500 ftPENDLETON FELL RACE31st August, 1985

1.	D.Cartridge	Bolton	32.11	1 V40	P.Hall	Barrow	33.04
2.	S.Livesey	Ribble V'lly	32.22	1 V50	D.Lawson	Bingley	35.11
3.	G.Gough	Blackburn	32.58	1 Lady	V.Brindle	Clayton	43.17
4.	P.Hall	Barrow	33.04	1 U18	S.Willis	S'worth	34.13
5.	A.Hulme	Pennine FR	33.41	2 U18	T.Richardson	Bolton	34.32
6.	J.Robinson	Keswick	33.48	3 U18	M.Fanning	Keswick	35.12

Rumour has it that Errol reckons it's the guinness which gets to those parts other beers can't reach. Oops, sorry Irish members - 2 'n's in guinness - it has obviously not got to the typist's fingers.

<u>BS/5m/1,200 ft</u>			<u>HADES HILL RACE</u>			<u>5th September,1985</u>	
1.	M. Aspinall	Rossendale	29.30	1 V40	R. Asquith	Holmfirth	32.40
2.	R. Bergstrand	Rochdale	30.19	1 V50	D. Lawson	Bingley	33.03
3.	G. Wadsworth	Rossendale	31.14	1 Lady	S. Exon	Stretford	39.07
4.	A. Styan	Holmfirth	31.21	2 Lady	J. Brocklehurst	Sale	39.51
5.	A. Peace	Bingley	31.32	1 U18	A. Peace	Bingley	31.32
6.	D. Woodhead	Horwich	31.39	2 U18	M. Peace	Bingley	32.08

<u>N/7½m/1,150 ft</u>			<u>JACK BLOOR ILKLEY MOOR RACE</u>			<u>7th September,1985</u>	
1.	M. Patterson	DPFR	54.44	1 V40	R. Kerr	Aire	62.49
2.	B. Bullen	DPFR	54.45	1 V50	D. Lawson	Bingley	59.27
3.	R. Pearson	DPFR	55.55	1 Lady	J. Lochead	Holmfirth	68.14

<u>BL/20m/4,200 ft</u>			<u>STRETTON SKYLINE RACE</u>			<u>7th September,1985</u>	
1.	T. Longman	Huncoat	2.29.44	4.	D. Hall	Kendal	2.32.49
2.	S. Hughes	Pennine FR	2.30.02	5.	C. Donnelly	ERYRI	2.32.39
3.	J. Nixon	Horwich	2.30.28	6.	D. Cartridge	Bolton	2.33.00

O/20m/7,000 ft                      O.S. LAKES MOUNTAIN RACE, ESKDALE                      15th September,1985

Last year's report started by commenting on the driest summer for at least half a century. This year, after the wettest summer for 100 years, the fells were water logged. So too was the field intended for car parking. However, we obtained a well drained field nearby and, with the supplementary public car parks, we were able to get all vehicles safely off the narrow road.

The 'O.S. Race' always coincides with the close of the cricket season and planning it is rather like being an umpire trying to ensure a fair contest between competitors and the terrain. Rain has never yet stopped play but we were very glad to see the river Esk subside enough so as not to have to get out the reserve course. Race day provided its usual gales, but perhaps not sufficient mist to give a severe test of navigation. Nevertheless, there seemed from your comments to have been ample choice of ways: in the Bowfell area between equally unsatisfactory ones! We really wanted the checkpoint at Round How to be below the Corridor Route but, having spent a whole day examining the very steep and loose ravines there, this idea was vetoed.

Each year the assistance on the field gets less and less, making for hard work amongst the indispensable few. May I appeal to competitors and friends to join the LDMTA and offer their services at our events when not competing. Your views on the organisation of our events are always welcome.

M. Rose, R. Courchee, M. Pearson

1.	W. Bland	Keswick	3.45.47	1 V40	J. Naylor	CFR	4.06.17
2.	D. Ratcliffe	Rossendale	3.51.10	2 V40	P. Murray	Horwich	4.22.39
3.	T. Richardson	Kendal	3.56.34	3 V40	J. Williams	Mardale	4.29.11
4.	P. Haines	U/A	4.00.34	1 V50	G. Brass	Clayton	5.13.13
5.	M. McDermott	Kendal	4.00.47	2 V50	W. Gould	Edinburgh	5.13.38
6.	D. Wilkinson	Keswick	4.01.39	1 Lady	S. Parkin	Holmfirth	3.58.02
7.	J. Broxap	Keswick	4.02.52	2 Lady	R. Jones	Aire	3.59.47
8.	J. Maitland	Grampian O	4.04.20	3 Lady	J. Pielon	Wimborne	4.15.55
9.	A. Harmer	Dark Peak	4.05.21	1 Lady	V. J. Sutcliffe	CFR	5.00.52

Rumour has it that Errol wants to win the Manx Mountain Marathon again, as he fancies himself as the 3 legs of man.

N/5m/1,130 ft

MELTHAM (WEST NAB) FELL RACES

15th September, 1985

The second running of the Meltham Fell Races proved even more testing than last year's events. A downpour overnight turned the conditions underfoot into a soggy morass and restricted the expected number of on-the-day entries. Two of last year's champions returned to defend their titles - Andy Styan (Seniors) and Andrew Preedy (Boys) but both were a minute slower than last year in the wet peat, but both did enough to win their respective races.

Note - To avoid confusion with another local race, these races will, in future, be known as THE WEST NAB FELL RACES. E.Rennie

1.	A. Styan	Holmfirth	33.07	1 Vet	D.Cartwright	Penistone	34.20
2.	M.Seddon	Pennine FR	33.33	2 Vet	R.Asquith	Holmfirth	35.05
3.	D.Woodhead	Horwich	33.50	3 Vet	A.Lilly	Penistone	36.46
4.	A.Holmes	Holmfirth	34.10	1 Lady	J.Johnson	Denby Dale	48.09
5.	D.Cartwright	Penistone	34.20	1 Yth	J.Taylor	Holmfirth	26.56
6.	R.Wood	Frodsham	34.37	1 Boy	A.Preedy	Burnley	13.02

### ENGLISH CHAMPIONSHIP - A WASTE OF TIME?

In the December 'Running Review' Neil Shuttleworth asks the question: "Will Kenny run the English Fell Circuit?" (presumably he means the new English Championship). Neil then surmises that he will not, as he "considers them a waste of time" due to the pressure of other race commitments. Is this view shared by everybody? I'm sure a lot of the race organisers and runners, especially those outside of the Lake District, will welcome the diversity. After all, as they say, variety is the spice of life! I know that Dave Cartridge fancies the English Championship races more than the British ones - could he be a tip for English Champion?

One interesting question that will arise and needs settling pretty quickly is what will be the selection policy for an England team? Will more attention be paid to the results in the British or the English Championships? From the races in each Championship, it would appear that the English ones are more representative of the courses likely to be encountered abroad. Velly interestink, No?

### MAINSTREAM ATHLETICS - DISCONTENT GROWING?

Whilst Fell Running is on the threshold of having one or two of its 'major name' races becoming more 'commercialised', it is very interesting to note that there is an increasingly vociferous element in mainstream athletics expressing their dissatisfaction with the effect of money on the sport. Is this how a part of the fell scene will be 10, 20 years hence?

"At the end of the first year of trust funds, we have the equivalent of half a dozen American dollar millionaires, still amateurs, of course, plus three or four of our own. We also have thousands of penniless athletes, many of whom ran in the same races. We also have hundreds of practically penniless officials who made those races possible.

You may rightly call it 'market forces' - I call it utterly absurd and totally immoral....I am now beginning to believe that on those two words may well rest the future of sport as we know it.... 'market forces' is why television has to pay £10m for a contract only worth £5m and why running shoes are sold for \$100 when they cost \$10 to produce.... of course there is no going back. We sold ourselves out to market forces long since."

Ron Pickering 21st November 1985

BM/12m/2,300 ftROSSENDALE FELL RACE15th September, 1985

Lining up at the start, it looked like an inter-club between Rossendale, Clayton and Horwich, their respective starters being 17, 45 and 19! Starting at Marl Pits, the race visits Cowpe Lowe, Top O'Lench, Knowle Hill, Whittle Pike and back to Marl Pits via Cowpe Lowe. Although the first half was dry underfoot, this changed once Knowle Hill was reached into a good old bog-trot for a while.

Alan Bocking

1.	D.Cartridge	Bolton	1.29.09	1 Vet	J.Norman	Altrincham	1.33.17
2.	M.Aspinall	Rossendale	1.30.11	2 Vet	D.Kay	Bolton	1.35.06
3.	R.Ashworth	Rossendale	1.32.11	3 Vet	D.Lawson	Bingley	1.35.47
4.	J.Norman	Altrincham	1.33.17	4 Vet	C.Taylor	Clayton	1.40.40
5.	S.Moore	Horwich	1.33.20	1 Lady	C.Walkington	Horwich	1.54.37
6.	B.Brindle	Horwich	1.33.21	2 Lady	V.Brindle	Clayton	2.02.42
7.	M.Targett	Clayton	1.33.42	3 Lady	K.Taylor	Clayton	2.10.34
8.	I.Robinson	Clayton	1.33.46	1 Team		Rossendale	16 pts.



Ray Rawlinson (Rossendale) at the Rossendale Fell Race

(Photo/W.S.Bateson)

BS/5m/1,050 ftLANTERN PIKE RACES21st September, 1985

Always a good race for the athlete, with the sheep dog trials and the country show. Watching the race was Ricky Wilde, the course record holder with 29:12, set in 1977; and it is hard to imagine that he is only a couple of years away from becoming a veteran. The quality of his record run can be seen from the fact that hardly anyone has got within a minute of the time and Mark Aspinall this year was over two minutes adrift.

Alan Bocking

1.	M. Aspinall	Rossendale	31.28	1 Vet	A. Keller	Manchester	33.22
2.	D. Crookes	E. Cheshire	32.08	2 Vet	D. Lawson	Bingley	34.24
3.	A. Marshall	U/A	32.13	3 Vet	R. Toogood	Hall'shire	35.22
4.	J. Kershaw	Macclesfld	32.45	4 Vet	G. Berry	Dark Peak	35.33
5.	M. Hawkins	Skipton	33.00	1 Lady	D. Ellerton	Newcastle	39.25
6.	A. Holme	Pennine FR	33.06	2 Lady	B. Carney	Bingley	41.33
7.	A. Trigg	Glossopdale	33.09	1 Girl	R. Summerscales	E. Cheshire	27.44
8.	A. Harmer	Dark Peak	33.13	1 Boy	D. Watson	E. Cheshire	21.48

BS/6m/1,150 ftSIMONSIDE FELL RACE21st September, 1985

Due to the appalling summer and consequent injuries, some of this race's keenest competitors were missing. The strength of the race, both in calibre and numbers did, however, not suffer. The mist hung over the summit crags as last year, but conditions underfoot made this the roughest, toughest year yet. Constant rain and the mist found the usually good markers wanting for one or two competitors.

Ian Webb

1.	M. Farmery	Pennine FR	41.41	1 V40	G. Atkinson	Wallsend	47.44
2.	M. Ligama	Newcastle	41.50	2 V40	E. Birtwistle	Clayton	47.54
3.	A. Jenkins	Morpeth	41.55	3 V40	B. Hillon	CFR	48.07
4.	N. Dunn	Harbottle	42.02	1 V50	B. Robinson	CFR	52.31
5.	J. McGee	Copeland	42.29	1 Lady	G. Hale (rec.)	N'tonA'ffe	52.11
6.	K. Boal	Sunderland	42.37	2 Lady	L. Murdock	Sunderland	55.59
7.	S. Murdock	Sunderland	45.53	1 U18	M. Simpson	Thropton	62.45
8.	C. White	N'tonA'ffe	46.08	1 U16	A. Linnet	Craml'ton	70.40

AL/13m/4,000 ftTHREE SHIRES FELL RACE21st September, 1985

The third running of the 3 Shires Race on September 21st, saw another healthy increase in entries (to 186) on one of the foulest Saturdays of an eminently forgettable summer. Times were understandably slower than in previous years. Parking is always a problem in Little Langdale and, given the conditions of continuous downpour, it was impossible to use our usual field. This could easily have led to the cancellation of the race were it not for competitors' skill in filling every nook and cranny in the valley with vehicles! It was, in the circumstances, remarkable that only 23 runners retired: there were, of course, the usual sad tales afterwards of tours of Levers Water and Great Langdale; that is only to be expected! It's a tough race, with a tough lot of competitors this year.

A word of complaint at this point. Every race organiser has difficulty finding checkpoint marshalls. After several weeks of soft talk, inveigling and conning we were only sure that we had every checkpoint manned by the morning of the race. It does not help at all, therefore, when competitors shout complaints at marshalls because they choose to sit in the lee of the worst of the weather, a yard or two from the summit. REMEMBER! we have to try to persuade people to do the job again next year. No marshalls, no race! In view of that, a very big 'thank you' to all marshalls who sat in ideal exposure conditions of high wind

Rumour has it that the 3 Peaks race entry requirements have been reduced to 1 'AL' or 1 'BL' and 1 'AM'.

and continuous rain for extended periods.

Selwyn Wright

1. M. Rigby	Ambleside	2.01.10	1 V50	B. Fielding	Leeds	2.54.58
2. D. Spedding (V40)	Keswick	2.07.46	1 Lady	S. Quirk	Kendal	2.54.18
3. D. Kay (V40)	Bolton	2.08.03	1 U10	A. Chamberlain		13.46
4. J. Nixon	Horwich	2.08.15	1 U12	J. Taylor		11.04
5. K. Robinson	Blackburn	2.10.59	1 U15	T. Hannigan		26.35
6. T. Peacock (40)	Clayton	2.11.01	1 U18	S. Thompson		22.09

AS/3 1/4 m/900 ft

THIEVELEY PIKE FELL RACE

28th September, 1985

Unusual weather, for this summer, greeted the 200 competitors for this year's classic promotion. It was fine, warm and humid. The first few days of fine weather for some months had dried out the course a little.

All finishers received a slate coaster and the prizes went to the first 20, 3 Juniors, 3 ladies and 3 in both over 40's and over 50 classes.

Entry was 'on the day' only this year, no-one got booked for illegal parking and the full result sheet arrived in the following Wednesday's post. Well done, John.

Peter Knott

1. D. Cartridge	Bolton	24.45	1 U18	S. Willis	S'worth	27.00
2. M. Aspinall	Rossendale	25.05	2 U18	M. Fanning	Keswick	27.57
3. C. Valentine	Keswick	26.04	3 U18	I. Dermott	Horwich	28.10
4. D. Hall	Kendal	26.10	1 V40	A. Peacock	Clayton	29.21
5. M. Newby	Rossendale	26.20	2 V40	C. Taylor	Clayton	29.52
6. M. Hawkins	Skipton	26.28	3 V40	D. Weatherhead	Bingley	30.52
7. K. Shand	Rochdale	26.32	1 V50	G. Spink	Bingley	30.34
8. D. Woodhead	Horich	26.36	1 Lady	C. Walkington	Horwich	34.11
9. P. Irwin	Rossendale	26.43	2 Lady	V. Brindle	Clayton	35.20

N/6m/1,500 ft

SHELF MOOR FELL RACE

29th September, 1985

A field of one hundred set off in the second running of this race, with a hot sun beating down. This uncommon occurrence this year also helped to dry out the moor a bit, especially for the return journey.

David Crookes, the pre-race favourite, had only come out of hospital during the week, after a quick operation, but still started. He led the initial charge up the Doctors Gate path to the climb up James Thorn. Leading at the Shelf Stones trig point, David dropped out, quite wisely, to leave Dave Cartwright in the lead.

On the descent, Dave was soon passed by Tony Hulme and Andy Trigg, both of whom are fast descenders. Tony, though, made a long run from home when the path was reached, to blunt Andy's superior sprint finish.

Dark Peak's J. Smith was far ahead of the rest of the ladies as she knocked 9:17 off last year's record.

Alan Bocking

1. A. Hulme	Pennine FR	44.25	1 Vet	D. Cartwright	Penistone	45.30
2. A. Trigg	Glossopdale	44.29	2 Vet	G. Berry	DPFR	48.52
3. M. Seddon	Pennine FR	45.10	3 Vet	C. Taylor	Clayton	49.44
4. D. Cartwright	Penistone	45.30	1 Lady	J. Smith	DPFR	54.24
5. J. Cant	DPFR	46.16	2 Lady	K. Whittle	DPFR	58.55
6. S. Priestley	Glossopdale	46.19	3 Lady	K. Taylor	Clayton	60.12

Rumour has it that Clayton are to be reported to the Monopolies Commission by the 3 Peaks Race Association.

AL/17m/4,200 ftTOUR OF PENDLE FELL RACE5th October, 1985

Only a week after Thieveley Pike and the John Reade/Clayton organising team were in action again, with the 4th annual 'Tour' and 'Half Tour'.

The combination of the final British championship races the following weekend and Geoff Gough's wedding on the day, kept a number of the stars away, but about 200 started the full Tour and 70 the Half Tour.

For an entry fee of £1.50, competitors received some 40 prizes, a slate coaster to all finishers and a light snack. Kevan Shand was overheard working out the cost afterwards!

The Pendle Aggregate Trophy (for the best aggregate score for Pendle, Downham, Pendleton and the Tour) was awarded to Dave Woodhead of Horwich.

Peter Knott

Full Tour:

1.	D.Hall	Kendal	2.18.47	1 V40	D.Kay	Bolton	2.29.36
2.	P.McWade	Clayton	2.19.36	2 V40	A.Peacock	Clayton	2.32.01
3.	A.Harmer	Dark Peak	2.19.52	3 V40	N.Matthews	Horwich	2.35.36
4.	G.Schofield	Blackburn	2.20.23	1 V50	G.Brass	Clayton	2.50.10
5.	J.Robinson	Keswick	2.20.36	2 V50	J.Smith	Bingley	2.59.00
6.	D.Woodhead	Horwich	2.21.04	1 Lady	V.Brinkle	Clayton	2.56.03
7.	I.Robinson	Clayton	2.21.13	2 Lady	C.Walkington	Horwich	3.08.29
8.	P.Irwin	Rossendale	2.21.33	3 Lady	B.Carney	Bingley	3.15.13
9.	C.Valentine	Keswick	2.23.00	1 Team		Clayton	88 pts.
10.	B.Brinkle	Horwich	2.24.47	2 Team		Horwich	88 pts.

Half Tour:

1.	E.Barnes	Bingley (rec.)	68.19	1 V40	D.Scott	Clayton	74.50
2.	M.Fanning	Keswick	69.07	1 V50	J.Betney	Clayton	76.57
3.	M.Weedall	Pennine FR	69.24	1 Lady	K.Taylor	Clayton	84.54



Paul Frechette (44 - Halifax) and John Connolly (Rossendale) on the fast section to 'the Nick' in the Tour of Pendle

(photo/E.Woodhead)

# FELL & ROAD RACE PHOTOS

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KEITH LODGE

We still hold a stock of colour photographs from the following races:-

Chew Valley, Edale, Kentmere, Kinder Downfall, 3 Peaks, Coniston, Darwen Moors, Clougha Pike, Pen-y-Ghent, Saddleworth, Ravenstone, Buckden Pike, Mount Famine, Ingleborough, Turnslack, Borrowdale, Rossendale, Thieveley Pike, Tour of Pendle, 3 Towers, James Blakeley, Eldwick, Sedbergh (free), Thurlstone.

These can still be obtained at 1985 prices:-

1 x 6" x 4" inc. folder £1.80

1 x 7" x 5" inc. folder £3.30

1 x 10" x 8" inc. folder £5.80

Photos: Right Errol 9th  
(hard man - he even pins his  
number to it) with FRA Jr.  
Champion, Sean Willis, 10th,  
chasing Mark Newby, 5th, at  
Thieveley Pike.

Opposite Page: Clockwise  
direction from top left -  
(1) Dave Cartridge, 1st,  
at Thieveley. (2) Dave  
Woodhead, 6th, leading  
Ian Robinson, 7th, at Tour  
of Pendle. (3) Mark  
Aspinall, 2nd, at  
Rossendale. (4) Jeff  
Norman, 4th, leading  
Stephen Moore (partly  
hidden, 5th, at Rossendale.



Directors: J. ULRICK, K. LODGE.





BS/3m/750 ftECCLES PIKE RACES5th October, 1985

Despite the enforced change of date, a reasonable field assembled for this year's race, run in absolutely ideal conditions.

The race route was very slightly shorter this year, due to construction work on the By-Pass. I think maybe worth about 15 secs. on the normal route, which we should be able to return to next year.

Al Evans

1. B.Hussein	Stockport	19.58	5. M.Preedy	G1'sopdale	21.11
2. A.Hulme	Pennine FR	20.18	6. A.Huddleston	Pennine FR	21.13
3. G.Cresswell	Pennine FR	20.38	1 Lady K.Whittle	Dark Peak	24.59
4. S.Torrance	Manchester	21.03	2 Lady J.Newton	St'kport	25.18

AL/16m/4,000 ftLANGDALE HORSESHOE FELL RACE12th October, 1985

A former editor of 'The Fell Runner', Andy Styan, wrote in the December 1981 edition: 'It's a real shame to me that one of the best races in the calendar has gone down the nick.....'

.....We have poor prizes, no sponsor, no results, let alone checkpoint times checking off by felt tip on the back of the hand, checkpoints in the wrong place and poorly manned (sometimes not at all).....'

I am now glad to report that Ambleside AC ably assisted by the Achille Ratti Climbing Club, who manned all the checkpoints, have restored the event to become again one of the country's top fell races. This year's race was blessed with glorious settled weather and attracted what must possibly be a record field for any long A in the Lake District (if not in the whole of Britain) of 439 starters. The organisers did not anticipate such large numbers and had to delay the start, eventually running out of both numbers and checkpoint tallies! Notwithstanding this, they coped admirably and produced a comprehensive result list within 10 days of the event. Congratulations to all concerned.

The race itself was the final counter in the British Championship and attracted arguably the classiest field ever assembled in Britain, with only Hugh Symonds absent from the current top ten. Colin Donnelly and Kenny Stuart were in the lead at the Pike O' Blisco, but somehow went wrong on the final descent to let in Jack Maitland for his first ever British Championship win.

John Reade

1. J.Maitland	Pudsey	2.00.31	1 V40 J.Nuttall	Clayton	2.15.41
2. S.Livesey	R'ble Vly	2.00.52	2 V40 D.Spedding	Keswick	2.17.36
3. W.Bland	Keswick	2.01.11	3. V40 D.Davies	ERYRI	2.18.05
4. K.Stuart	Keswick	2.03.12	4 V40 T.Peacock	Clayton	2.21.13
5. K.West	Border	2.03.14	5 V40 R.Toogood	DPFR	2.22.23
6. R.Pilbeam	Keswick	2.07.58	6 V40 T.McDonald	Bingley	2.22.59
7. J.Broxap	Keswick	2.09.38	7 V40 P.Hall	Barrow	2.26.12
8. T.Barnett	Ambleside	2.10.01	8 V40 C.Taylor	Clayton	2.28.12
9. A.Harmer	DPFR	2.10.05	1 V50 W.Gould	Carnethy	2.25.55
10. P.Haines	U/A	2.10.08	2 V50 G.Brass	Clayton	2.32.17
11. M.Fanning	Keswick	2.10.18	3 V50 G.Barras	Skyrac	2.36.29
12. C.Donnelly	ERYRI	2.11.14	4 V50 F.Thomas	DPFR	2.36.53
13. D.McGonigle	N'cslc NI	2.11.59	1 Lady A.Carson	ERYRI	2.34.28
14. F.Loftus	Horwich	2.14.24	2 Lady S.Quirk	Kendal	2.44.17
15. P.Stott	ERYRI	2.14.31	3 Lady R.Jones	Aire	2.49.41
16. D.Hall	Kendal	2.14.40	4 Lady W.O'Neale	U/A	2.53.43
17. S.Hale	Newton	2.14.51	1 U10 A.Chamberlain	Ambleside	14.15
18. A.Styan	Holmfirth	2.15.01	1 U 13 J.Taylor	Clayton	11.00
19. I.Robinson	Clayton	2.15.02	1 U16 S.Thompson	Clayton	20.11
20. S.Moore	Horwich	2.15.09	1 U19 S.Willis	S'worth	20.00

Rumour has it that Jack Maitland never trains - he just races.



Bob Ashworth (Rossendale) at Stickle Tarn in the Langdale Horseshoe  
(Photo/W. S. Bateson)

3rd ANNUAL

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Pre-entry by 13 July 1986



AS/1½m/900 ft

BUTTER CRAG FELL RACE

13th October, 1985

Making up for his previous day's disappointment when he went off course, coming down Pike O'Blisco, Kenny Stuart lowered his own course record by 15 seconds from the time he set last year.

Earlier, Sean Willis won the junior race from Michael Fanning to win the over-all British Junior Championship.

Alan Bocking

1. K.Stuart	Keswick	12.22	1	V40	P.Hall	Barrow	14.41
2. S.Livesey	Ribble Valley	13.16	2	V40	D.Spedding	Keswick	15.24
3. D.McGonigle	Newcastle	13.22	3	V40	N.Berry	Holmfirth	16.43
4. W.Bland	Keswick	13.25	1	V50	G.Brass	Clayton	18.21
5. J.Broxap	Keswick	13.32	1	Lady	G.Wilkinson	Kendal	19.25
6. J.Maitland	Aberdeen	13.35	2	Lady	J.Allum	Clayton	24.28
7. C.Valentine	Keswick	13.49	3	Lady	J.Taylor	Clayton	26.22
8. R.Pilbeam	Keswick	13.50	1	Jnr.	S.Willis	Saddle' th	9.51
9. M.Hawkins	Skipton	13.58	2	Jnr.	M.Fanning	Keswick	9.58
10. P.Barron	Keswick	14.00	3	Jnr.	S.Hawkins	U/A	10.07

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Rumour has it that the requirement to carry a cag. in long 'A's in Wales will be waived to allow vets to wear plastic macs.

<u>BL/20m/2,500 ft</u>			<u>3 TOWERS RACE</u>			<u>20th October, 1985</u>		
1.	D.Cartridge	Bolton	1.56.43	1 Vet	B.Little	Bolton	2.08.52	
2.	R.Owen	Horwich	1.58.04	2 Vet	D.Kay	Bolton	2.10.07	
3.	A.Darby	Newport	1.59.05	3 Vet	P.Lomas	Altrincham	2.12.21	
4.	J.Wild	Newport	2.01.03	4 Vet	S.James	Southport	2.15.56	
5.	J.Maitland	Pudsey	2.01.29	5 Vet	P.Murray	Horwich	2.16.14	
6.	J.Masterton	Leicester	2.01.41	1 Lady	S.Exon	Stretford	2.29.15	
7.	D.Hall	Kendal	2.01.56	2 Lady	V.Brindle	Clayton	2.30.24	
8.	J.Monks	Rochdale	2.03.24	3 Lady	A.Curtis	Livingston	2.35.48	
9.	G.Schofield	Blackburn	2.03.32	4 Lady	C.Walkington	Horwich	2.37.20	
10.	S.Needs	Leicester	2.03.45	1 Lady V	K.Taylor	Clayton	2.51.47	

<u>CM/7m/900 ft</u>			<u>MELTHAM COP HILL RACE</u>			<u>20th October, 1985</u>		
1.	A.Marsh	Holmfirth	42.02	1 V40	R.Asquith	Holmfirth	44.40	
2.	R. Harbisher	Holmfirth	42.43	2 V40	D.Cartwright	Penistone	45.00	
3.	P.Pickup	Longwood	43.06	3 V40	A.Lilly	Penistone	47.24	
4.	M.Hawkins	Skipton	43.22	1 V50	D.Lawson	Bingley	44.00	
5.	H.Waterhouse	Saddlew'th	43.37	2 V50	G.Spink	Bingley	48.08	
6.	G.Hall	Holmfirth	43.51	1 Lady	S.Ratcliffe	U/A	57.22	

Long 'O' KARRIMOR MOUNTAIN MARATHON, TROUTBECK 27/28th October, 1985

Elite:

1.	K.Taylor/R.Bryson	12.13.42	4.	J.Broxap/P.Barron	13.22.13
2.	D.Ratcliffe/P.Irwin	13.14.54	7.	R.Evans/D.Rosen	13.38.27
3.	P.Haines/M.Garratt	13.15.49	A 1.	T.Barnett/R.Bergstrand	10.41.30

Elite winners, Ken Taylor and Robin Bryson, at the Karrimor passing through pasture land at Grizedale on the first day - somewhat surprisingly this intake field was not out of bounds (photo/J.Reade)





CS/4 $\frac{1}{2}$ m/700 ftGALE FELL RACE28th October, 1985

1.	P. Dixon	Rossendale	24.22	1 V40	P. Jepson	Bury	27.50
2.	M. Aspinall	Rossendale	24.24	1 V50	L. Sullivan	Clayton	28.29
3.	P. McWade	Clayton	24.41	1 Lady	B. Robinson	Bury	31.54

CS/5m/1,000 ftBLACK LANE ENDS FELL RACE3rd November, 1985

Harry and Sheila Walker certainly got their act together this year. Prizes down to the 34th finisher, a well flagged course and results through the post by the following Friday - what more could anyone ask? Add to that their witty repartee at the presentation, together with a couple of pints of Timothy Taylor's excellent beer, which all goes to make this a very enjoyable, sociable Sunday lunchtime event.

The race itself was a walkover for Dave Cartridge - in his current form and on this type of course he is virtually unbeatable!

John Reade

1.	D. Cartridge	Bolton (rec.)	29.25	1 Vet	D. Beresford	Clayton	33.57
2.	P. Dixon	Rossendale	31.15	2 Vet	K. Summersgill	U/A	34.06
3.	C. Valentine	Keswick	31.58	3. Vet	D. Weatherhead	Bingley	34.14
4.	D. Woodhead	Horwich	32.04	4 Vet	D. Scott	Clayton	35.18
5.	M. Smith	Burnley	32.05	5 Vet	G. Spink	Bingley	35.52
6.	H. Walker	Clayton	32.10	6 Vet	A. Peacock	Clayton	35.55
7.	J. Eaton	Rossendale	32.19	1 Lady	C. Walkington	Horwich	39.57
8.	J. Reade	Clayton	32.26	2 Lady	B. Carney	Bingley	40.24
9.	G. Read	Rochdale	32.29	3 Lady	K. Taylor	Clayton	40.31
10.	H. Aspinall	Rossendale	32.32	1 Jnr	A. Jones	Pudsey	10.45



Jimmy Eaton (Rossendale) and Mark Smith (Burnley) at Black Lane Ends

(photo/P. Hartley)

AS/5m/1,500 ftDUNNERDALE FELL RACE9th November, 1985

This is an interesting little horseshoe course, taking in The Knott, Stickle Pike and Great Stickle in a very quiet but picturesque part of the Lake District. The race starts and finishes at the Blacksmith's Arms in Broughton Mills and is a real 'lung burster' in that it is just about runnable all the way. National skills are also useful, which makes a pleasant change for a short race.

John Reade

1.	J. Broxap	Keswick	41.28	1 V40	P. Hall	Barrow	41.40
2.	D. Ratcliffe	Rossendale	41.34	2 V40	D. Spedding	Keswick	44.13
3.	P. Hall	Barrow	41.40	3 V40	A. Peacock	Clayton	44.57
4.	D. Lee	CFR	42.04	4 V40	D. Bayliss	Kendal	45.49
5.	R. Rawlinson	Rossendale	42.17	5 V40	N. Matthews	Horwich	46.06
6.	J. Reade	Clayton	42.22	1 V50	G. Rushden	Blackpool	52.06
7.	A. Hulme	Pennine FR	42.26	1 Lady	V. Brindle	Clayton	51.13
8.	M. Weedall	Pennine FR	42.42	2 Lady	S. Haines	U/A	52.59

BS/5m/800 ftRUMBOLDS MOOR FELL RACE17th November, 1985

1.	M. Hawkins	Skipton	31.58	1 V40	D. Beresford	Clayton
2.	R. Ashworth	Rossendale		1 V50	P. Smith	Bingley
3.	I. Barnes	Bingley		1 Lady	L. Lord	Clayton
4.	P. Sheard	Guernsey		1 Team		Horwich
5.	J. Reade	Clayton		1 Y'th	A. Jones	
6.	G. Devine	Skyrac		1 Boy	A. Preedy	
7.	D. Woodhead	Horwich		1 Colt	G. Brown	
8.	H. Walker	Clayton		1 GU16	E. Corless	
9.	S. Jones	Durham U.		1 GU14	S. McCallum	
10.	B. Brindle	Horwich		1 GU12	K. Sparks	

AM/11m/2,650 ftWINTER HILL RACE24th November, 1985

The 3rd Winter Hill Race attracted a good field of more than 300 runners on a sunny but cool autumnal day.

Dave Cartridge again showed his class in breaking last year's record and winning easily from the ever consistent Ray Owen. Malcolm Patterson was slightly disappointed with his 3rd place, in that he felt he shouldn't have let Dave and Ray get away early on as he had a lot of racing in hand at the finish.

Diane Ellerton easily won the ladies' race, breaking Angela Carson's record by over 4 minutes - if she really sets her mind on next year's championships, she could cause a few upsets.

The event itself was superbly organised in every respect and a credit to all the hard work and obvious club spirit so evident at Horwich.

John Reade

1.	D. Cartridge	Bolton	1.23.29	1 V40	D. Kay	Bolton	1.31.13
2.	R. Owen	Horwich	1.25.07	2 V40	J. Nuttall	Clayton	1.33.21
3.	M. Patterson	DPFR	1.25.14	3 V40	W. Harrison	Horwich	1.38.35
4.	M. Short	Horwich	1.27.38	1 V45	N. Matthews	Horwich	1.40.06
5.	P. McWade	Clayton	1.28.03	2 V45	R. Orr	Clayton	1.45.00
6.	F. Loftus	Horwich	1.28.07	1 V50	G. Brass	Clayton	1.46.53
7.	R. Ashworth	Rossendale	1.28.14	1 Lady	D. Ellerton	Newcastle	1.48.06
8.	G. Devine	Skyrac	1.28.22	2 Lady	S. Quirk	Kendal	1.52.34
9.	T. Hesketh	Horwich	1.28.27	3 Lady	W. Lightfoot	DPFR	1.53.41
10.	M. Aspinall	Rossendale	1.28.44	1 Team		Horwich	34 pts.

Rumour has it that Jimmy Eaton had to give up Football 'cos he kept getting them kicked by mistake.



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GREAT MOMENTS IN OUR SPORT  
THE 1962 LAKE DISTRICT MOUNTAIN TRIAL

EDITOR'S NOTE: This article originally appeared in Clayton's magazine, 'Footnotes', in 1969. The similarity between the weather on the day of this race and that which we've endured during this summer (sic), together with the safety and navigation aspects, makes the article equally relevant today, and provides an interesting insight into the sport's pioneering days.

George still recalls the event with remarkable clarity and told me: "I wasn't as fit as I would have liked for the race and I was dropped on the first climb. This means that I had to stop and look at my map. If I had been fitter, I would have probably tagged along with the leaders and gone wrong. In view of the conditions, I decided to traverse a lot and keep to the valleys as much as possible, whereas most of the others opted for the more exposed ridges."

My thanks go to John Haworth (the original author), with acknowledgements to the Lancashire Evening Post, the Daily Express and, of course, to George.

Details of the course that day may be followed by referring to the O.S. 1:25,000 Leisure Map of the Lake District (N.E.) or to the Harvey 1:40,000 Map of the Helvellyn and High Street range as used in the Karrimor.

"One September Sunday in 1962, 38 competitors set out in the Lake District Mountain Trial. At the end, only one man remained, George Brass of Clayton-le-Moors Harriers and he completed most of the course in a tattered pair of canvas pumps, one of which he carried in his hand for the last couple of miles. The following is an account of that memorable day, as expressed in the Lancashire Evening Post by Harry Griffin, author, journalist, organiser of the event and President of the Lake District Mountain Trial Association. Quotations from an account to be found in the Daily Express and George's own modest version bring to a close this epic story.

Harry Griffin wrote as follows:-

"Anybody who regularly goes into the Lakeland hills must expect to get wet through now and then, for rain is often liable to come when least expected and nothing really keeps out the heaviest mountain rain. There had been no more beautiful day in Lakeland this year than last Saturday, but as if nature felt she had been too kind, the very next day was, perhaps, the most appalling of a dreadful summer. For, in addition to the heavy rain, which turned trickling becks into raging torrents, there was a fierce gusty wind which, on a kinder day, might have blown the rain out of the skies, and thick, blanketing mists low down on the fells. Any one of these three hazards on the hills would have made conditions uncomfortable. The combination of the three made them almost impossible. I don't suppose many people went out into the hills on Sunday for pleasure - not the sort of pleasure which the rest of the world would understand - but 38 men were content to use the day as a test of their own powers and perhaps another 100 or so went up into the storm wracked mountains out of a sense of duty.

The 38 were the competitors in the Lake District mountain trial and the 100 or so were the checkers and members of mountain rescue teams on duty along the course. That all returned unscathed from their ordeal is a tribute to their training and common sense. Inexperienced people out on the hills for any length of time last Sunday could easily have been in considerable peril.

The most encouraging lesson to be learned from this exceptional test is that all these people know what to do under most trying circumstances and - most important - knew when they had had enough.

For 37 of the 38 competitors decided at one stage or another in the race that to stick it out any longer would be to court disaster - and they had to make the difficult decision at a point where they had sufficient reserves to get back to base.

One man in fact had to make his decision when he was leading the field. He knew from his considerable experience that if he went on much longer, he might be over come by the cold. Others appreciated in time the risk of exposure to the elements and some went to the assistance of an injured comrade, who, if left to his own devices, could have succumbed to the elements.

Before the start of Sunday's event, the organising committee had to make the difficult decision whether or not to abandon the event. It had been raining heavily earlier and there was mist on the fells, but conditions did not seem to be sufficiently bad to abandon it, especially as last year's event had had very similar weather.

However, the opinion of some of the competitors was sought. They unanimously wanted the event to go on. Rescue teams, checkers and R.A.F. radio teams were already in position on the fells by this time, and then, as if to settle the issue, patches of blue sky appeared over the start point at Glenridding and a little watery sunlight peeped out now and again. It was fine at the start - one of the few fine moments throughout the day - and the race began.

Later, as conditions became increasingly worse, the possibility of trying to shorten the length of the course was examined, but, because of the position of the runners and communications difficulties, this was found to be impracticable."

At each of the checkpoints and elsewhere on the high fells, young R.A.F. volunteers were trying to operate radio sets in driving rain, no visibility whatever, and freezing cold.

Some of them saw little or nothing of the race, but all stuck it out until told to come down. The R.A.F. youngsters on High Street saw only 2 runners come through late in the afternoon - all the others had dropped out - while the little team on the storm-wracked summit of Place Fell had only the sight of the sole finisher, young George Brass of Clitheroe, to make their long day worthwhile. Mountain racing over the fells has been criticised by a few people, but I think that Sunday's trial was a vindication - if, indeed, one is needed. The fact that only one man finished the whole course is not nearly so important as the fact that 38 runners knew exactly their own capabilities under the most trying conditions they are ever likely to experience.

38 mountain men went off into the unknown with their maps and compasses and returned safely, having tested themselves to the utmost. Some were lost for a time, but all extricated themselves and there were many private acts of courage and self sacrifice.

This was a true test for mountain men, and I only wish more of the people who go into the Lakeland fells had the same common sense.

One important point emerges from the wonderful performance of the modest winner. He wore a plastic covering over his running vest and thus kept out the worse of the cold. For what most easily leads to exposure in the hills is cold caused by the wind blowing through sodden clothes, so that a first essential for bad weather is a windproof garment.

If only casual hill walkers could learn this and a dozen other lessons from these experienced mountain men, we would have fewer people getting lost, injured and killed in the fells and mountain rescue teams would have a little more spare time at home.

From a 'Daily Express' account entitled: 'Stocking Foot Winner', the following text was extracted:-

"Competitors said the trial almost became a fight for survival, some had to cling to rocks or fall prone to stop themselves being blown into steep gorges. Two were injured and many others suffered from exposure. Six hours 50 minutes after the start, 29 year old George Brass of Clitheroe arrived to a tremendous cheer. He carried one shoe, worn into ribbons in his hand. "This has been my toughest ever race. I had a few falls and lots of scratches. It was bitterly cold", said George, last year's winner."

One of the injured - he was brought down on a stretcher by the Keswick Mountain rescue team - was 26 year old Joseph Naylor of Barrow Athletic Club. He was with a small group of trialists, including John Disley and George Rhodes of the Climbing Club of Great Britain, who were 2,000 ft. up near Grizedale Tarn. Said Rhodes: "I saw Naylor falling back; the wind, rain and cold were just fantastic. I drew John's attention and we went back to him". Disley said: "I gave Naylor some salt tablets for cramp. I am certain if he had been left up there, he would have died within a couple of hours". Naylor, who had an injured hip, was able later to go home.

Desmond Oliver, of Keswick, second in last year's trial and winner in 1960, was also hurt. "I fell on an outcrop of rock. I was suffering from exposure and had to get back quickly", he said. Eric Beard, of Leeds Athletic Club, who holds the Welsh 3,000 peak record, said; "I've never been so cold in my life. I just had to give up". And 36 year old Joe Hand of Barrow, who has won the event four times, said: "It was sheer murder. I was afraid of exposure and just gave up".

E.B. Clarke, of Preston Harriers and Athletic Club, was reported missing near the close and a rescue team set off to search for him. Clarke eventually walked in, exhausted.

George's own version of the day's events are as follows:-

"The L.D.M.T. is an event to which I was introduced by Stan Bradshaw, in 1954, when I managed to finish a race from Langdale over Bowfell, Scafell Pike and Great Gable. The event is usually held in September, the course of 15 to 25 miles being kept secret until the start of the race. The 1962 trial was held from the Ullswater Hotel, Glenridding with 4 Clayton Harriers starting out of a field of 38. On the morning of the race, the weather was poor and obviously a cold wet day could be expected. In spite of the conditions, several runners started out in a sleeveless vest, and apparently no extra clothing. However, I put on my usual 2 or 3 vests and waterproof cape, filled my pockets with sweets and sultanas and prepared for a few hours of the worst weather. The only chink in my armour was my old 'Greengates' that I'd been unable to replace. The race was started by uncovering the map reference of the first check point, Birkett Fell. After hurriedly consulting maps, the field split into two groups, a few going up the Glenridding Valley and the main group including myself, going north along the road to Glencoyndedale. I was up with the leaders early on, but lost a lot of ground in the climb up Brownhills. By the time I reached the top of the Spur, I was well down the field and could see Joss Naylor in the lead disappearing into the clouds on Hart Side with the rest of the field in pursuit. After looking at my map for a couple of minutes, I decided they were going wrong, and I headed off to the right. A few minutes later, hidden in cloud, I arrived

at the first check point, pleasantly surprised to be in the lead. A quick look at the map, off over the shoulder of Hart Side and contouring round Glencoyne Dale, I met the leaders of the group coming up from the Glenridding Valley. The route to the second check point at Red Tarn was fairly straightforward, but from there to The Step on Fairfield, I had a choice of routes. In view of the weather, I decided to avoid the high ground and go via the Grizedale Valley to Deepdale Hause. At first, I thought I would be able to get to The Step from Deepdale, but later decided not to risk it. I went over the top of Fairfield instead and found the checkpoint by following the Northern edge of the Craggs. At the third checkpoint, I'd dropped to second place, 5 minutes behind Joe Hand. The fourth check point at the summit of High Street, seemed an almost impossible distance away in the conditions, but I thought that if I went over Dovedale, I could pack in at Brothers Water if I wanted to. Down in the valley, the weather was much kinder, so I made up my mind to carry on. As I climbed up from Hayeswater, I really began to feel cold and tired with cramp developing in both legs. I struggled on in the driving rain, eventually reaching the top of High Street. From there, it was nearly all down hill and I knew I'd make it; the main trouble was my Greengates were falling apart as I kept stumbling in the slippery, wet conditions. Having checked in on Place Fell, the last check point, I picked my way through the rocks down to the road. After removing my battered left shoe, I managed to run the last mile or so to the Ullswater Hotel, surprised to be the only finisher".

*ED: I would like to continue this slot in future editions. I can only do this by receiving further contributions of such outstanding performances, whether they be recent or in the dim and distant past.*

George Brass (Clayton) 23 years on, seen here approaching the trig point at the 1985 Buckden Pike Fell Race.

(Fell & Road Race Photos)



THE 1985 KILLER MILE  
MOW COP, STAFFORDSHIRE

By Peter Travis

No ridging turf, no thrusting rock  
nor deep peat hag, to threaten  
the unwary feet that run the fells,  
but unrelenting steepness, long black ribbon,  
and as hard as hell's back door.

I ran my race with veterans  
of road and fell; faces nut-brown,  
legs of knotted muscle like twisted steel.  
Hearts that pumped at furious rate,  
breath that rasped as we hit  
the hill, a one in four that rose  
above us like some threatening crag.

Men's faces, mirrors of grotesque agonies,  
bodies of sweated confluences, relentlessly driven.  
We cursed and grunted as we defied the slope,  
those in front began to stretch the distance,  
whilst those behind tried to close upon us.

Suddenly, as though there thrust  
through the earth, appeared the follied 'ruins'.  
We had made the top and legs  
that had carried stabbing pain released  
themselves as level ground opened up before us.  
A sprint, a mad dash for the orange tape,  
the hill behind us, for not forgotten.

THE FASCINATION OF THE UP-HILL MILE

(C) Copyright Phil O'Sophy, 1985

In 1985, over 500 people competed in the fourth Mow Cop 'Killer' Mile, the Meltham 'Murder' Mile celebrated its third birthday and the Bradford 'Beast' arrived. These events are one-mile road races which climb about 500 feet (i.e. an average gradient of 1-in-10). Their growing popularity is no coincidence - they are over a classic distance and yet pose a new and fundamentally interesting question. Basically, which type of athlete should expect to come out in front?

Racing up-hill for a mile is not exactly easy. For the lesser athlete, there's the obvious challenge of trying to run all the way. For everybody, the event demands good judgement, character and strength of purpose; it scorches the throat and demolishes the legs. Try to imagine seven minutes of squat thrusts - you wonder where all the oxygen has disappeared to, and why your body has gone on strike. Punishment for the over-ambitious is swift and painful, and there's no chance of a second wind.

---

Rumour has it that Jack Maitland is drastically cutting down on his racing and only intends doing 80 races this year!

All types of athlete are taken into equally unfamiliar territory. For road runners, it's the right surface but much too short. For milers, it's the right distance but lasts too long. For steeplechasers, it's the right duration and is a trial of strength, but there aren't any barriers. For fell runners (the only group not embarrassed by the gradient), it's too short, too fast, too smooth and doesn't come down again. Steeplechasers seem to have most things in their favour, but evidence so far is that track runners are conspicuous by their absence, despite the races being well timed to test winter strength before speedwork gets under way.

Similarly interesting and unanswerable is the question of who exactly would you pick? One of our current middle distance galaxy? Bayi, Rono, Yifter or Kenny Stuart? I wouldn't like to bet against Carlos Lopes, but don't anybody tell Daley!

'Killer Mile' record holder  
Jack Matiland (Aberdeen)  
seen here on the final  
descent from Holcombe Tower  
in the 3 Towers Race  
(Fell & Road Race Photos)



#### ICL A.C. PRESENT THE 5TH ANNUAL MOW COP 'KILLER' MILE

The original measured mile uphill road race. 550 ft. climb. Under AAA laws on Wednesday, 30th April, 1986, from 7 p.m. Separate races for Fun Run, Men's B, Vets, Ladies, U18 Men, Men's A (Sub-8 Club) plus fun run for on the day entries by 23rd April to John Britton, 6, Field Way, Alsager, Stoke-on-Trent, ST7 2NE (Alsager 77217). Please supply name, club, choice of race with 50p per entry plus 50p per address for automatic postage of numbers and results.

Course record: Jack Maitland 6mins. 31 secs.

Prize to value of £150 for first person under 6mins 30secs.



INTERVIEW WITH JACK MAITLANDBy Hugh Symonds

Age: 23 Place of Birth: Aberdeen  
 Height: 170 cm. Weight: 63 kg.  
 Occupation: None at the moment (qualified as a teacher  
 in maths and computing)  
 Club: Aberdeen A.C., Pudsey and Bramley A.C.  
 Interests other than running: Cross-country skiing, beer  
 and women, travel, vegetarian cookery, reading  
 literature about areas of travel.

Hugh Symonds: *Do you consider yourself to be primarily an orienteer or a fell runner?*

Jack Maitland: My first sport was orienteering and for that reason I feel that orienteering is my major sport, but for the moment, I intend to give fell running priority until the end of next season. 1986 is a fairly quiet year for orienteering, but 1987 is the year of the World championships, and I would like to aim for that.

H.S. *What was your first race?*

J.M. My first fell races were the Carnethy Junior (2nd) and Wansfell (4th) in 1980. I started orienteering in 1975 in the Scottish Schools' championships. In 1976, I was picked to represent Scotland as a junior and this started off my running training. In 1978, I was picked to represent Britain as a junior on tour in Scandinavia. This was when I started my training diary. In 1978, I went to university and joined the volleyball, swimming and orienteering clubs. I played volleyball throughout the year and in late 1979 I joined the university cross-country club and met Colin Donnelly, who led me into fell running.

H.S. *You race regularly on the road, track and fell. Which do you enjoy the most?*

J.M. Fell running. I would race in anything, just about. I enjoy any competition.

H.S. *What do you think of the new British championship system?*

J.M. I think that it will give a more competitive championship, because it will be much easier for people to compete in just a small number of races.

H.S. *Do you have a coach?*

J.M. Yes. Brian Bullen, from Ilkley predominantly for orienteering.

H.S. *How do you like racing in Switzerland?*

J.M. I really enjoy it. The Swiss really go out of their way to entertain foreign runners.

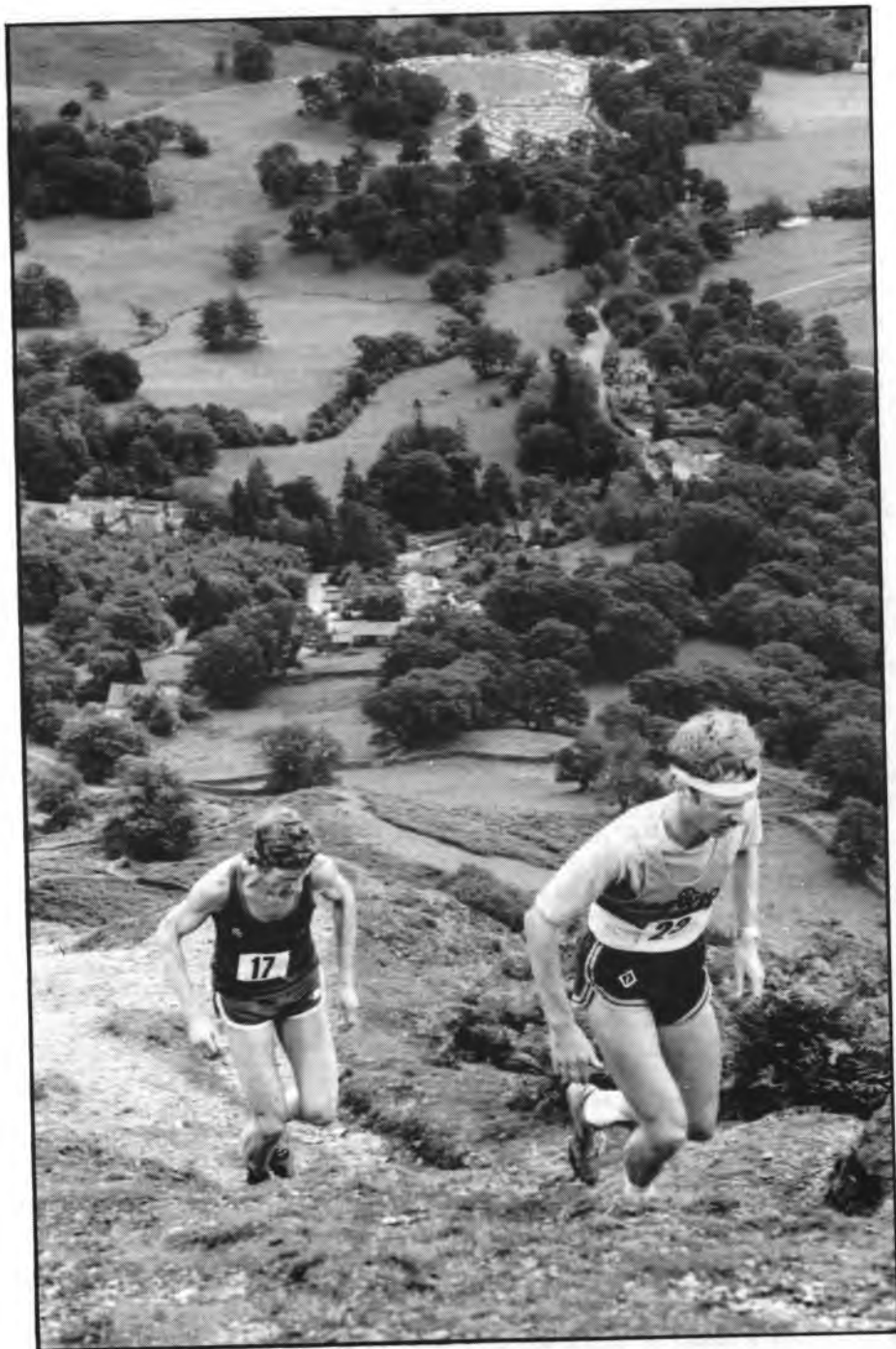
H.S. *Do you have a fixed address, or is the rumour about you living out of a rucksack true?*

J.M. It is true. (Followed by laughter). I own several rucksacks.

- H.S. *Do you think that you will ever settle down?*
- J.M. Yes, eventually. I don't know when.
- H.S. *What achievements stand out?*
- J.M. Winning the under-21 in the J.K. in 1982. Winning the elite in the Karrimor in 1982 with John Baston. Winning the Sierre to Zinal this year and winning the Two Breweries in 1983 was a thrill, as that was my first fell running victory.
- H.S. *Describe your most memorable race.*
- J.M. It must be the Sierre Zinal this year. I was inspired by Jeff Norman's victory of 1975. I had a pre-race time plan for the major points of the race and I reckoned that I could afford a slowish start. On the climb (first 6,000 feet), I was about 10th and two minutes down by Chandolin. After Chandolin, I felt quite good only on the downhills and it wasn't until the Hotel Weisshorn that I started to run well. At Weisshorn, I was 6th and one minute down and I felt that I had a chance. A kilometre later, I moved into 4th place and had a bad fall, which eventually resulted in six leg stitches. This knocked the stuffing out of me for about five minutes and I lost a place and the idea of winning faded. I caught the next man and regained 4th place. I heard the course marshalls blowing whistles for the walkers to clear the course for the front runners, even though I couldn't see them. As I regained strength from the fall, the time gap between the whistles for the lead runners and myself got smaller and I eventually could see the leader and I was back in the race, 30 seconds down and 4 km. to go. Beat Imhoff dropped off the leading group and I passed him and, where we dropped into the woods with 3 km. to go, I caught the leaders. I threw myself down the hill and, despite another fall, which winded me, I won by 17 seconds.
- H.S. *What is the most you have ever raced in one week?*
- J.M. I have done 7 fell races in 8 days this year, but multi-day orienteering events, such as 6 day events, are quite common.
- H.S. *How many top performances do you think you are capable of in one month?*
- J.M. If I am on form, then I think once a week.
- H.S. *Describe a typical week's training in summer.*
- J.M. I rarely train on the fells.
- Monday: 8 km. on parkland/woodland steady (35 minutes).
- Tuesday: Two 8 km. runs.
- Wednesday: One 8 km. run and a race (track, road or fell).
- Thursday: Two 8 km. runs.
- Friday: One 8 km. run. (I didn't do a training run of longer than 40 minutes this spring).
- Saturday: 5 km. plus a race.
- Sunday: 5 km. plus a race.

- H.S. *What about the winter?*
- J.M. Monday: 20 km. in about 100 minutes.  
 Tuesday: 15 km. plus 10 km.  
 Wednesday: 30 km.  
 Thursday: 14 km. plus 15 km.  
 Friday: 8 km. plus 8 km.  
 Saturday: 5 km. plus race.  
 Sunday: 20 km.
- H.S. *Do you have a rest season?*
- J.M. I take November easy, but I still run every day.
- H.S. *What are your best times on the track and for the marathon?*
- J.M. 800 m: 2.08; 1500 m: 4.25; 3km. 8.55; 5 km. 15.22;  
 10 km. 31.35; Marathon: 2.23.27 (Cumbria Lakes, 1983, the day before finishing 3rd at Buttercrag).
- H.S. *What are your favourite fell races?*
- J.M. Short: Blisco and Burnsall; Medium: Ben Nevis and Ben Lomond;  
 Long: Two Breweries and The Moffat Chase.
- H.S. *Do you follow any particular diet?*
- J.M. I am a vegetarian. I eat carefully and I eat a lot.
- H.S. *How would you like to see international fell racing develop?*
- J.M. I would like to see the World Cup develop from the first one in Italy this year. I would like to see more matches between countries. I would also like England, Wales and Scotland to continue to be separate rather than as a single GB team. There should be matches for juniors.
- Hugh Symonds: *The following morning, after this interview, Jack and I went for a wee run up Winder and the previous evening's chatter continued. I nearly made a rapid descent back to my porridge when Jack said:*
- Jack Maitland: I have raced 92 times so far this year, with 38 fell races. I should top 100 before the end of the year. I race a lot on the fells for enjoyment and experience. I think mountain craft is essential for good fell racing and experience gained in fell races under the red hot sun or through blizzards is valuable. You have to be prepared to race under any conditions.

Editor: *Is Jack's number of races a record? I bet that there are a number of people who have beaten his 38 fell races. Please let me know, and if there are sufficient replies, I will compile a ranking list. Only fell races on the FRA, SHRA, IHRA and Isle of Man calendars should count in any year, but please state the year. I know when I used to enter every race going, my maximum was 67 in 1981 but I did a far higher proportion on the fell. My totals for fell races were:-*  
 1980 (35), 1981 (41), 1982 (45), 1983 (43)  
*after that I had just burnt myself out! I hope the same thing doesn't happen to Jack. My bets for the highest number of fell races would be either Kevan Shand or Eric Birtwistle but, no doubt, there are a number of people who will prove me wrong!*



The eventual winner, Rob Pilbeam (Keswick), leading Hugh Symonds (Kendal), 2nd, at The Metlex Rydal Round with the showground at the top of the photo.  
(photo/P.Hartley)

RACE GUIDE

Editor: Following a number of requests for more details concerning race routes in general and long A's in particular, I have introduced this race guide. In the first instance, I have chosen four less well-known long A's geographically spread around the country, together with a medium and a short race. I apologise to Irish members for not including one from the Emerald Isle, but I have never run there. I would like to include approximately 6 races in every issue with a cross section of A's, B's and C's, so please put pen to paper and send me details of your favourite or not-so-favourite races.

1. MANX MOUNTAIN MARATHON, ISLE OF MAN - EASTER MONDAY

Distance/Climbing/Category: 30 miles/8,000 feet/AL

Records: Male - 4 hrs. 2 mins. 11 secs. Female - 5 hrs. 52 mins. 58 secs.

Map: OS 1:50,000 Sheet 95 "Isle of Man".

Course: Start: Ramsey Promenade (455943) Ch.1: North Barrule (443909)  
 Ch.2: Clagh Ouyr (415889) Ch.3: Snaefell (398882)  
 Ch.4: Beinn-y-Phott (381861) Ch.5: Carraghan (368848)  
 Ch.6: Colden (344844) Ch.7: Sliean Ruy (328824)  
 Ch.8: Dowse (304828) Ch.9: Sliean Whallian (265804)  
 Ch.10: Gary Gate (256792) Ch.11: South Barrule (258759)  
 Ch.12: Cronk ny Array Laa (225747) Ch.13: Fleshwick (203714)  
 Ch.14: Bradda Cairn (194712) Ch.15: Bradda Head (185697)  
 Finish: Cafe, Bradda Glen Gardens, Port Erin (294696)

N.B. Certain sections, where the course crosses pasture fields/roads, are flagged and obligatory.

Terrain: Longest A in the calendar, but runnable all the way if you are fit enough - mainly grass and heather with no rocky/craggy sections.

Comments: Very efficiently organised race. The route follows the island's backbone and on clear days provides spectacular views. The route is point to point and can therefore be severely helped/hindered depending upon the direction of the winds. Evening meal and presentation at Douglas. Main disadvantage - length and cost of ferry journey but can be offset by combining the race with a holiday.

2. WELSH 1,000-PEAKS' RACE, SNOWDONIA - LAST SATURDAY IN MAY

Distance/Climbing/Category: 20 miles/9,000 feet/AL

Records: Male - 3 hrs. 26 mins. 33 secs. Female - Not known.

Map: OS 1:50,000 Sheet 115 "Caenarfon & Bangor".

Course: Start: Aber Beach (647733) Ch.1: Carnedd Llewelyn (683644)  
 Ch.2: Carnedd Dafydd (663631) Ch.3: Road (693624)  
 Ch.4: Ogwen Valley (687608) Ch.5: Path (668578)  
 Ch.6: Pen-y-Pass Y.H.(647557) Ch.7: Path (614548)  
 Ch.8: Crib-y-ddsol (611552) Finish: Snowdon Summit (610543)

N.B. 3 sections are out of bounds:- (1) area S.E. of Ch. 3; (2) the grid square east of Ch.6 and (3) Crib goch (I wonder why?!!)

Terrain: Length of course depends on whether the tide is in or out at Aber! Classic point to point course. Section up to Ch.1, once the road is left, is grassy, becoming rockier over the Carneddys and boggy from Ogwen Valley to Pen-y-Pass. The climb from Pen-y-Pass to Snowdon Summit is a long haul up a rocky path and is renowned for 'bonking'.

Comments: Bus from Llanberis to the start and discounts for staying overnight at the Royal Victoria Hotel. Clothing etc. is taken up to the finish on Snowdon Summit - put in plenty of cash (for refreshments at cafe) and warm clothing. For those in a really bad state you can take the train back to Llanberis provided you are prepared to pay their rip-off price. The event is very well marshalled and organised, although it has come in for unwarranted criticism from some quarters, due to the lack of depth of prizes.

### 3. DUDDEN FELL AND MOUNTAIN RACE, LAKE DISTRICT - FIRST SATURDAY IN JUNE

Distance/Climbing/Category: 20 miles/6,000 feet/AL

Records: Male - 2 hrs. 43 mins. 10 secs. Female - Not known.

Map: OS 1;25,000 Lake District Leisure Series(SW) "Wastwater and Coniston".

Course: Start: Newfield Inn, Seathwaite (228961) Ch.1: Harter Fell (218997)  
Ch.2: Hard Knott (233024) Ch.3: Little Strand  
(251034)  
Ch.4: Three Shires Stone (277028) Ch.5: Swirl Howe (273004)  
Ch.6: Dow Crag (263978) Ch.7: White Pike (248955)  
Ch.8: Caw (231944) Ch.9: Stile (232954)  
Finish: Newfield Inn, Seathwaite (228961)

Terrain: Very few rocky sections (provided you navigate correctly!) compared to other long Lakeland races. Plenty of steep grassy climbs/descents and a good long ridge run between Ch.4 and Ch.6.

Comments: Very 'low key' type of event in a quiet but interesting part of the Lake District. Recommended if you want a good day out in the hills and are not bothered about lack of facilities.

### 4. MOFFAT CHASE, SCOTTISH BORDERS - FIRST SUNDAY IN OCTOBER

Distance/Climbing/Category: 20 miles/5,000 feet/AL

Records: Male - 2 hrs. 39 mins. 50 secs. Female - 3 hrs. 14 mins.

Map: OS 1:50,000 Sheet 78 "Nithsdale and Lowther Hills".

Course: Start: Moffat main street (085054) Ch.1: Greygill Head  
(097088)  
Ch.2: Hart Fell (112136) Ch.3: Saddle Yoke (144124)  
Ch.4: Blackhope Burn (143109) Ch.5: Nether Combe Craig  
(129109)  
Ch.6: Auldton Fell (119087) Ch.7: Greygill Head  
(097088)  
Finish: Moffat main street (085054).

N.B. Flagged section in and out of Moffat to the fell is obligatory.

Terrain: Typical border scenery - grass and heather although there are one or two rocks hidden beneath the undergrowth off Greygill Head. Plenty of 'contouring' and a real leg wobbling descent off Saddle Yoke with Blackhope Burn being quite deep during rainy spells.

Comments: Well organised with good showers, changing and refreshments. From my club's point of view, it is a shame that it is the same weekend as our own 'Tour of Pendle'; otherwise I am sure there would be a far better Clayton turn-out at this excellent event.

5. CONISTON FELL RACE, LAKE DISTRICT - FIRST SATURDAY IN MAY

Distance/Climbing/Category: 9 miles/4,500 feet/AM

Records: Male - 66 mins. 23 secs. Female - 85 mins. 23 secs.

Map: OS 1:25,000 Lake District Leisure Series (SW) "Wastwater and Coniston".

Course: Start: Coniston Village (303978) Ch.1: Weatherlam (288012)  
Ch.2: Swirl Howe (273004) Ch.3: Coniston Old Man (273978)  
Finish: Coniston Village (303978)

Terrain: A good Lakeland mixture! Long grassy climb up Weatherlam becoming rockier via Prison Band to Swirl Howe then grassier along the ridge to the Old Man then a good leg wobbling descent on grass, rock and path to the finish.

Comments: In my opinion the most complete fell race on the calendar, with a varied course necessitating some route choice and minimal road sections, although starting right in the village. The facilities and organisation are good and to top it all, there's a pint (or six) of Hartley's just around the corner!

6. GALE FELL RACE, LITTLEBOROUGH, LANCASHIRE - LAST SUNDAY IN OCTOBER

Distance/Climbing/Category: 4½ miles/700 feet/CS.

Records: Male - 23 mins. 52 secs. Female - Not known.

Map: OS 1:50,000 Sheet 109 "Manchester".

Course: Start: Gale Inn (943174) on the main A6033 Rochdale to Todmorden road then by a varied route to the White House PH (968178) where the Pennine Way crosses the A58 Rochdale to Halifax road and return back the same way to finish at the Gale Inn.

Terrain: Mainly road and track but does include a half mile of fell with the odd ginnel, railway bridge, canal bridge and flights of steps thrown in for variety!

Comments: Some people would argue that this race shouldn't be in the calendar, as it isn't a fell race. My view is that not everybody wants to run just tough 'A's and it is good to include this type of event. The race was first run in 1967 and despite a number of class runners trying to beat Andy Holden's record, set in 1969, it still remains intact - the oldest record on the calendar! Whoever does beat the record will have to possess good leg speed in addition to the basic hill running abilities. The race itself is very 'low key' and typifies a friendly sociable event with local community involvement.

# Race Results: SCOTLAND

## BS/5½m/800 ft

## SCOLTY HILL RACE

2nd June, 1985

1. F.Clyne	Aberdeen	30.57	1 V40	M.Edwards	Aberdeen	33.43
2. S.Cassells	Aberdeen	32.49	2 V40	S.Mitchell	Aberdeen	36.46
3. D.Shepherd	Carnethy	33.09	3.V40	J.Sheehan	Aberdeen	38.14
4. J.Doig	Aberdeen	33.13	1 V50	L.Boyne	Aberdeen	38.01
5. D.McGuinness	Aberdeen	33.27	1 Lady	M.McDonald	Echt	46.10
6. D.Guan	Elgin	33.33	1 Jnr	J.Freel	Aberdeen	35.08

## N/5m/1,500 ft

## CAMPSIE FELLS RACE

2nd June, 1985

The very steep and craggy south-facing escarpment of the Campsie Fells (about 10 miles north of Glasgow) looked irresistible to Robin Morris, so he persuaded Springburn Harriers to organise a race up it, with sponsorship from Graham Tiso, the outdoor equipment shop. 62 runners turned up at Lennoxton for the inaugural race, on a scorching hot day. After one-and-a-half circuits of a park, and less than a mile of the path and road, we arrived at the foot of the escarpment, with Mike Lindsay already in the lead. From here, it is at least as steep as Big End of Pendle; however, we were all rather surprised to be turned round by the summit official several hundred feet below the top of the escarpment. This was because the upper part of the slope was covered with an unstable mixture of ash and loose rocks (the result of peat fires), which the official considered too dangerous for running on. Andy Curtis ran back up the hill, all the way to the top after the race and confirmed that conditions underfoot were very dangerous on the burnt area - this from someone who had just raced over the Paps of Jura twice in two weeks! If these erosion scars don't heal by next year, maybe the race should go slightly diagonally to the right, where there is a spur which is green all the way up. Anthony Kay

1. M.Lindsay	Carnethy	1 Lady H.McNee	Ayr
2. M.Dean	CRAC	2 Lady C.Taylor	Bellahouston
3. A.Curtis	Livingston	3 Lady A.Curtis	Livingston

## AM/5m/2,200 ft

## DOLLAR HILL RACE

8th June, 1985

This year's race was postponed by 30 minutes, because certain Carnethy runners got stuck in a traffic jam, and so that the mist had time to descend on Kings Seat Hill. Mike Lindsay removed more than two minutes from Robin Morris's 1983 record, with the first 7 finishers all inside the old record. Dollar is now only 58 seconds away from becoming a 'short' race. It was suggested that some of the top English fell runners might like to follow the example of CFR's much-travelled Donald Lee by visiting this excellent area. Scotland has plenty of medium 'A' races, but not many short ones, so help from Sassenachs would be welcome in lowering the record below the magic 40 minutes.

Anthony Kay

1. M.Lindsay	Carnethy	40.58	5. R.Morris	Carnethy	42.29
2. M.Dean	CRAC	41.45	6. D.Bell	H.E.L.P.	42.31
3. A.Spenceley	Carnethy	41.50	1 Lady H.McNee	Ayr	52.51
4. D.Lee	CFR	42.11	1 Vet J.Black	Livingston	50.42

Rumour has it that Jock Strap is the best supporter of SHRA events.



<u>AS/4½m/1,400 ft</u>		<u>EILDON 2 HILLS RACE</u>			<u>22nd June,1985</u>	
1.	H.Symonds	Kendal	27.31	1 V40	P.Hall	Barrow 28.52
2.	S.Livesey	Ribble V'ly	27.43	2 V40	J.Jardine	Lochaber 30.52
3.	R.Pilbeam	Keswick	27.54	3 V40	M.Edwards	Aberdeen 31.01
4.	H.Jarrett	CFR	28.17	4 V40	R.Jackson	Sale 31.05
5.	A.Curtis	Livingston	28.17	5 V40	J.Nuttall	Clayton 31.26
6.	J.Broxap	Keswick	28.25	1 V50	W.Gould	Carnethy 31.41
7.	A.Spenceley	Carnethy	28.26	2 V50	G.Brass	Clayton 33.39
8.	M.Lindsay	Carnethy	28.34	1 Lady	A.Curtis	Livingston 35.10
9.	M.Dean	CRAC	28.40	2 Lady	H.McNee	Ayr 35.50
10.	R.Ashworth	Rossendale	28.49	1 LadyV	A.Soper	Achille R'ti 39.34

<u>CM/16m/1,500 ft</u>		<u>MAMORE HILL RACE</u>			<u>6th July,1985</u>	
1.	D.O'Neill	Lochaber	1.49.12	1 Vet	D.Lord	Morpeth 1.55.41
2.	A.Scott	Lochaber	1.51.39	2 Vet	R.Shields	Lochaber 1.58.44
3.	T.McCulloch	Ayr	1.53.47	3 Vet	I.Volwerk	Lochaber 2.04.26
4.	J.MacRae	U/A	1.54.15	1 Team		Lochaber
5.	S.Blackburn	PenistoneFR	1.54.49	2 Team		Cambusland

<u>AS/3½m/1,500 ft</u>		<u>LOCHABER 3 HILL RACES</u>			<u>27th to 29th July,1985</u>	
		<u>MEALL AN'T SUIDHE HILL RACE</u>			<u>27th July,1985</u>	

This year's Melantee race was held in very muddy and wet conditions due to recent incessant rain, but this didn't prevent Billy Bland from completely dominating the race.

Ronnie Cammie Campbell

1.	W.Bland	Keswick	30.27	1 V40	P.Hall	Barrow 32.58
2.	R.Owen	Horwich	30.51	2 V40	R.Jackson	Sale 35.00
3.	S.Livesey	Ribble V'ly	30.58	3 V40	R.Stevenson	Keswick 35.52
4.	J.Broxap	Keswick	31.31	1 V50	G.Barras	Skyrac 35.55
5.	A.Smith	CFR	31.55	2 V50	W.Gould	Carnethy 37.17
6.	R.Ashworth	Rossendale	32.50	1 Lady	A.Soper	Achille R'ti 45.08
				1 Jnr	R.Bergstrand	Sheffield U. 33.00

<u>AM/6m/2,200 ft</u>		<u>HALF NEVIS RACE</u>			<u>28th July,1985</u>	
1.	W.Bland	Keswick	49.44	1 V40	P.Hall	Barrow 52.38
2.	P.Hall	Barrow	52.38	2 V40	R.Jackson	Sale 57.00
3.	J.Broxap	Keswick	52.53	1 V50	W.Gould	Carnethy 59.39
4.	J.Stevenson	Irvine	53.23	1 Jnr	R.Hope	Carnethy 54.25
5.	N.Lannigan	Keswick	53.56	2 Jnr	G.Devine	Skyrac 54.58
6.	R.Hope	Carnethy	54.25	1 Lady	V.WissenEefje	Holland 66.21

<u>BS/2m/900 ft</u>		<u>COW HILL RACE</u>			<u>29th July,1985</u>	
1.	M.Lindsay	Carnethy	18.26	4.	R.Bergstrand	Sheffield U. 19.06
2.	D.O'Neil	Lochaber	18.41	5.	S.Carey	Sheffield U. 19.10
3.	G.Devine	Skyrac	18.52	6.	R.Boswell	Lochaber 19.24



FRA TRACKSUIT BADGES: Green logo on a white background on a high quality badge. Please send 80p in stamps or cheque (made payable to FRA) plus SAE to:

Jon Broxap,  
34, Burneside Road,  
Kendal,  
Cumbria.

N/4 $\frac{1}{2}$ m/1,300 ftGLAS BHEINN HILL RACE3rd August, 1985

The Glas Bheinn is an amateur race, which turned down the SAAA's invitation to apply for an SAAA permit. Therefore, the SHRA were unable to include it in the 1985 'TISO' Scottish Calendar, the SAAA having decreed only permitted races can be included in the SHRA Calendar.

The Glas Bheinn organisers decided not to apply for a permit, because had they done so, their race would have had to conform to SAAA laws, which, among other things, requires all competitors to join a club affiliated to the SAAA within one year of running unattached. The organisers felt it would not be fair on local runners to force them to join any such clubs, and that is why you will not hear about this race through the SHRA.

1.	D.O'Neil	Lochaber	34.42	1 Vet	D.Clark	Verlea	
2.	T.McCullouch	Ayr	34.49	1 U18	T.Nixon	Lochaber	40.24
3.	J.McRae	U/A	35.46	1 Lady	M.Chisholm	U/A	53.31

AS/4m/1,200 ftCREAG DUBH3rd August, 1985

1.	A.Farningham	Fife	30.10	6.	R.Morris	Carnethy	30.21
2.	A.Spenceley	Carnethy	30.21	1 Vet	M.Edwards	Aberdeen	32.54
3.	M.Lindsay	Carnethy	30.37	2 Vet	R.Blamise	Stewarty	N/K
4.	A.Curtis	Livingston	30.42	3 Vet	R.Shields	Lochaber	N/K
5.	M.Dean	CRAC	30.48	1 Lady	A.Curtis	Livingston	N/K



The run out to the fell at Criffel with John Marsh (19 - Teviotdale), forcing the pace from Joe Ritson (7 - Derwent). (photo/J.McEwan)

AM/7m/1,800 ftCRIPPEL HILL RACE11th August, 1985

Joe Ritson and Hugh Parry swapped places several times on the ascent and looked as if they had secured the first two places when they turned at the Douglas Cairn. However, events in fell racing can take surprising turns. Jim Stevenson, 6th to the top, after finding difficulties in the earlier stages of the race, pulled out the stops and put in one of the fastest descents ever. He caught Hugh Parry at the fellgate and, with 400 metres to go, overtook Joe Ritson to win by two seconds.

Alistair Warren, an amazing character in his sixties, once again completed the course in under 100 minutes.

The 1986 race date is 16th March - 1.00 p.m. start

1.	J. Stevenson	Irvine	54.02	1 V40	R. Blamire	Stewarty	55.24
2.	J. Ritson	Derwent	54.04	2 V40	D. Spedding	Keswick	55.52
3.	H. Parry	ERYRI	54.16	3 V40	J. Clemens	Black Combe	56.44
4.	M. Johnstone	Carnethy	54.39	1 V50	P. Duffy	Aberdeen	61.54
1 Lady	C. McCormick	U/A	93.21	1 V60	A. Warren	Stewarty	97.36



Alistair Warren, V60, finishing at Criffel (photo/J. McKewan)



A Who's Who of British fell running at Ben Nevis - Billy Bland (281), Alan Farningham (177), Stephen Moore (240), Andy Harmer (137) and, in the background, (L to R) Jon Broxap, Peter Hall and Bob Whitfield. (Photo/B.Covell)

BS/4m/500 ft	<u>ACHMONY RACE</u>					<u>24th August, 1985</u>	
1. J. Bell	Inverness	22.38	4.	B. Turnbull	Inverness	23.49	
2. D.O'Neill	Lochaber	22.55	1 Vet	M. Edwards	Aberdeen	23.49	
3. S. McMillan	RAF	23.05	1 Lady	K. Butler	Aberdeen	30.50	

AM/10m/4,400 ft	<u>BEN NEVIS RACE</u>					<u>7th September, 1985</u>	
1. H. Symonds	Kendal	1.28.00	26.	A. Harmer	Dark Peak	1.37.18	
2. J. Maitland	Aberdeen	1.28.27	27.	R. Morris	Carnethy	1.37.23	
3. W. Bland	Keswick	1.29.11	28.	D. Bell	H.E.L.P.	1.37.25	
4. C. Valentine	Keswick	1.30.19	29.	S. McCleod	Lochaber	1.37.35	
5. R. Pilbeam	Keswick	1.31.20	30.	F. Loftus	Horwich	1.37.54	
6. A. Smith	CFR	1.31.23	1 V40	P. Hall	Barrow	1.38.01	
7. J. Broxap	Keswick	1.31.31	2 V40	R. Jackson	Sale	1.41.17	
8. G. Gough	Blackburn	1.32.08	3 V40	J. Davies	ERYRI	1.41.26	
9. R. Whitfield	Kendal	1.32.52	4 V40	J. Nuttall	Clayton	1.43.18	
10. M. Lindsay	Carnethy	1.33.17	5 V40	A. Peacock	Clayton	1.44.08	
11. H. Griffiths	ERYRI	1.33.25	6 V40	N. Matthews	Horwich	1.46.21	
12. S. Moore	Horwich	1.33.47	7 V40	G. Brooks	Bingley	1.47.44	
13. P. Barron	Keswick	1.34.13	8 V40	P. Murray	Horwich	1.47.47	
14. D. McGonigle	Newcastle	1.34.18	9 V40	P. Blagborough	Saddiew'th	1.48.23	
15. G. Griffiths	ERYRI	1.34.38	10 V40	R. Stephenson	Keswick	1.48.32	
16. H. Jarrett	CFR	1.34.57	1 V50	W. Gould	Carnethy	1.48.43	
17. A. Curtis	Livingstone	1.35.01	2 V50	G. Barras	Skyrac	1.51.40	
18. P. Stott	PennineFR	1.35.16	3 V50	C. Brass	Clayton	2.02.56	
19. K. Shand	Rochdale	1.35.21	4 V50	H. Soper	Vauxhall M	2.03.04	
20. S. Sunter	Horwich	1.35.40	5 V50	J. Marstrand	Lochaber	1.57.12	
21. A. Farningham	Fife	1.36.28	1 Lady	A. Cayton	ERYRI	1.52.45	
22. P. Tuson	Kendal	1.36.32	2 Lady	C. Taylor	Bellah'ton	2.10.29	
23. A. Sunter	Horwich	1.36.42	3 Lady	A. Soper	Ach'leR'ti	2.13.16	
24. J. Stevenson	Irvine	1.36.51	4 Lady	H. McNee	Ayr	2.14.39	
25. R. Pallister	Pudsey	1.37.09	5 Lady	M. Muir	U/A	2.24.38	

AL/20m/5,000 ft                      MOFFAT CHASE                      6th October, 1985

Annan A.C., being short of funds for this race, handed over to the ubiquitous Robin Morris, who after a swift piece of organisation, got the race under way. This was the last championship race in the Scottish Hill Runners' Calendar. There were no marshalls on Hart Fell (which was not surprising because of the weather). Jack 'magnetic' Maitland, being race favourite, was given the honour of carrying the checkpoint punch. From Gray Gill Head it was 'solid' rain and the cloud base at 500'. The field soon spread out from here, on a searching tour of the hill country North of Moffat. the lead group of Maitland, Rigby, Farningham and Richardson, were caught just below the summit of Hart Fell by veteran Roger Blamire - who had taken the easier route. However, they soon left him on the ascent of Saddle Yoke. The check point marshall here was missing and was 'found' by runners well East of the twin summits. The tiny knot of marshalls at Blackhope Beck were, in the meantime, much alarmed by the heavy rain and how the Beck rose as they watched it. However, for safety, the runners were directed slightly upstream to Andy 'the bridge' Curtis, who guided them across. Maitland and Rigby pulled away, climbing Nethercombe Craig and by Gray Gill, Maitland sensed Rigby falter, and pushed on to win by just over a minute. Alan Farningham was 3rd and Tony Richardson 4th. Roger Blamire was 1st Vet and Ros Evans (Coates) 1st Lady.

Rumour has it that this year's Moffat was a bit of a shambles

Times were about 20 minutes slower than usual, because of the horrendous weather - nobody was under 3 hours, and some were out for 6!

1.	J.Maitland	Aberdeen	3.01.37	7.	M.Stone	Dark Peak	3.16.54
2.	M.Rigby	Ambleside	3.02.54	1 Vet	R.Blamire	Stewarty	3.18.50
3.	A.Farningham	Fife	3.13.03	2 Vet	P.Fettes	Lochaber	3.36.19
4.	A.Richardson	Kendal	3.14.09	3 Vet	D.Moy	Inverness	3.39.02
5.	P.Haines	U/A	3.16.04	1 Lady	R.Evans	Lochaber	3.33.03
6.	R.Hope	Carnethy	3.16.41	2 Lady	S.Quirk	Kendal	4.10.24

## AS/4½m/1,500 ft

## TINTO HILL RACE, LANARKSHIRE

9th November, 1985

1.	A.Farningham	Fife	31.33	7.	D.Weir	U/A	33.32
2.	D.McGonigle	Dundee	31.46	8.	A.Kay	St.Andrews	33.39
3.	A.Spenceley	Carnethy	32.05	1 Vet	B.Gould	Carnethy	35.41
4.	M.Burton	Carnethy	32.22	2 Vet	P.Duffy	Aberdeen	37.03
5.	R.Hope	Carnethy	32.23	3 Vet	K.Burns	Carnethy	37.55
6.	A.Curtis	Livingston	32.3k	1 Lady	H.Fairley	U/A	49.31



Geoff Gough (Blackburn) taking an early lead at this year's Ben Nevis Race.

(photo/B.Covell)

A SHORT DAY IN THE LAKES

By Selwyn Wright

At the last Bob Graham Club Dinner, Joss Naylor made certain comments on the inadvisability of winter attempts at the 42 peaks round. He felt that the dangers involved were so great as to render the exercise foolhardy, and that it would be extremely bad for the Club were its members to need the help of the Rescue services. Joss' speech at the Dinner came as a great blow to me, and I suspect to several other people dotted around the room at Shap Wells. He is, after all, President of the Club and probably the most famous and respected fell-runner of all time. His views on any topic related to the sport are not to be lightly dismissed, and yet several members of the Club, myself included, were about to attempt exactly what Joss advised against. To do such a thing required a lot of hard thinking and some very good reasons. To begin with, I have always thought that a degree of danger has to be acceptable. It is dangerous, as we never cease to be told, to cross the road. More dangerous to be on the fells, with companions in summer for a day. The objective danger involved in a solo winter 42 peak round has been assessed on a par with an extreme rock-climb. Not being an extreme rock-climber, I wouldn't know. It's an interesting comparison, though, because we runners aren't really used to accepting danger in the same way climbers do. We know that we may fall and suffer injury, but not to a degree we would call dangerous. Before starting up the crag, any sensible climber will have assessed the dangers of his intended route and assessed also his own competence to overcome those dangers and reach the top. This judgement is a purely subjective matter - no two climbs are the same and no two climbers have precisely the same ability. I would say to Joss that in some instances the runner is faced with that same judgement: Andy Hyslop or Eric Beard racing the Skye Ridge or the Crane brothers in the Himalayas. Simply because a run is objectively dangerous, does not mean that subjectively the runner may not feel able to tackle it. In my own case, I had discussed the winter circuit with Fred Rogerson, founder and doyen of the Bob Graham Club. Fred felt that it was a feasible proposition, but would have to be completed within 5 weeks of the shortest day, to be considered a winter traverse. I was confident of knowing the route, having done rounds of 42 and then 60 peaks beforehand. It had also become a favourite pastime to accompany aspiring Club members over parts of the route as a pacer. The wintry aspect of the attempt didn't hold too many terrors, having run extensively in the Cairngorms in winter and having climbed a little in the Alps and Pyrenees. The intention was to do the run alone, only having support at road-crossing points. This was the most debatable decision of all, because company on the fells is of inestimable psychological value. However, I didn't need help to carry the rucksack or with the navigation, so the decision was made.

To do the 42 peaks round at all in winter is a lottery which is totally dependent on the weather. The only way to maximise the chance was by going as early as possible and with the help of a full moon. Bearing Fred's advice in mind, the date of December 8th, 1984 was fixed. My real aim was to do the Round - if a time within 24 hours could be achieved, so much the better. My old friend Mike Rose, erstwhile organiser of the Fairfield Race, the Mountain Trial and Bob Graham Club member, kindly agreed to drive his van round to the road-crossing points for me.

This, then, is a story of:

MORE RICE-PUDDING; MORE SOCKS; MORE HILLS

It seemed like a miracle when Saturday's wind and rain cleared after dark to be replaced by ideal moonlit conditions with a sprinkling of snow on the tops.

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Rumour has it that December 1985 saw Steve Parr, 'Young' Stan Bradshaw and Martin Stone (any others?) all attempting winter Bob Graham rounds - further details to follow.



Nevertheless, it was not an ideal start when the rucksack strap broke crossing the first stile; it seemed too much like an omen for comfort. A strong north westerly wind made progress on Skiddaw very chilly and cloud hugged the summit slopes as I hurried towards Great Calva. The infamous heathers of Calva were as clinging as ever, but soon the Caldew appeared and Blencathra loomed from the cloud. The descent of Halls Fell is down a craggy buttress which was glazed with ice. The studs would not grip and down I came, ripping the sack even more along with my nether regions. There were lights in the quarry to raise my flagging spirits: Ian and Jane had come on from the Keswick A.C. Dinner to join Mike as a reception committee. Three hours 36 minutes had elapsed since leaving the Moot Hall.

The climb to Clough Head is always a long drag, but the cairn soon appeared out of the cloudy gloom and not long afterwards, the main ridge in the shape of Great Dodd followed. Half an inch of snow carpeted the undulating ridge and icy Atlantic winds drove away the cloud and revealed starlit vistas of crags and tarns. Away in the distance, the lights of Penrith, of Workington and of Barrow glistened brightly. To be here, perfectly alone along this great switchback, outlived all fantasy. Over-trousers had to be donned as hands and feet froze and the tempo was increased until I was thoroughly content on a much loved fell. Mike was still in his sleeping bag when I opened the van door; it was 7.00 a.m. precisely - 8 hours 44 minutes out from Keswick. The run had begun.

These pit-stops have long had a business-like routine about them. As a rule, I hate tinned rice pudding, but on such occasions as this, several gallons are consumed in the course of a day. We all have our fads - one friend of mine eats nothing but honey and bacon butties. Another ran across Scotland eating only Complan. The rule of the day was quite simple: "More rice pudding, more socks, more hills".

Onto the fell again, and as I climb Steel Fell, the sun rises behind Grasmere and the lake lights up with the breathtaking, spirit-raising fire of dawn. Settle into a steady jog towards the home ground of Langdale: over the Pikes and Bowfell and at 11.04 I greet my first fellow travellers. One says: "Not far now" and I smile quietly. The rocky Scafells are glazed and greasy, not a place to hurry and I lose time. Lose time also trying unsuccessfully to climb Broad Stand. My hands freeze up when I take off both pairs of gloves and come to grips with the slimy green slate. Back around Foxes Tarn and I've lost 25 minutes. Meanwhile, down in the valley, quite a crowd has gathered to watch my descent out of the clouds. Elaine and her mum and dad are here on an afternoon jaunt which turns out to last rather longer. "More rice pudding, more socks, more hills".

On a clock-wise Bob Graham Round, the ascent of Yewbarrow from Wasdale is probably the sternest test, but today it passes reasonably painlessly. Taking stock of the situation, it is 2.15 p.m. and I have been out 16 hours and climbed 30 peaks. So far so good. In the event, I barely get beyond Steeple before suddenly it is quite dark and I am in thick cloud with no visibility. The head-torch doesn't even shine as far as the ground, so I switch to dip, and hold the light in my hand. I can see three or four yards in front and every time the path snakes through the crags I lose it for an eternity. I fall and smash the compass on a rock. I am lost somewhere on the east side of Pillar. The path is above me; or is it below? Instinct tells me to keep the height and I am on the path again....Not for long! I find Black Sail and climb slowly against the rising gale to Kirk Fell summit: 6.17 p.m. Time is ebbing away and with it flows my energy. I am lost again on the side of Kirk Fell amid crags and scree. Am I in Mosedale? Am I in Ennerdale? In desperation rather, when the land flattens and I am at Beck Head. It is hard to make any progress up Gable into this infernal wind, breaking up any semblance of rhythm. At 7.26 p.m., I touch the Gable summit cairn and turn away towards where the path should start for Windy Gap - pure guesswork finds it and I'm down out of the wind and safe!

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Rumour has it that Selwyn Wright has acquired a taste for rice pudding.





THE BOB GRAHAM 24 HOUR CLUB - LIST OF NEW MEMBERS, 1985By Fred Rogerson

324	John	Brockbank	351	Paul	Frechette
325	Richard	Crane	352	Rod	Sutcliffe
326	Anthony	Breakwell	353	Jeffrey	Winder
327	Andrew	Thornton	354	Laurie	Morse
328	David	Gilbourne	355	Vanessa	Brindle (Lady)
329	Pete	Denver	356	Neil	Clayton
330	Barry	Linsley	357	Neville	Hawkin
331	Chris	Knox	358	Michael	Swale
332	Chris	Bolshaw	359	Roger	Moakes
333	Eddie	Thurrell	360	David	Ramsden
334	Alan	Kenny	361	Alison	Wright (Lady)
335	Jim	Harding	362	Graham	Holden
336	Adrian	Belton	363	Phil	Bateson
337	Peter	Hamilton	364	Frank	Sqibb
338	David	Cattatt	365	Sandra	Wilkinson (Lady)
339	Andrew	Forsyth	366	Richard	Lamb
340	Colin	Hughes	367	Nick	Lander
341	Mathew	Owen	368	Brian	Deegan
342	David	Parr	369	Roger	Grinyer
343	Andrew	Bell	370	Peter	Griffiths
344	Andrew	Brown	371	Morgan	Williams
345	Dave	Bleakley	372	Jez	Constantine
346	Cliff	Etherden	373	Mark	Cudahy
347	Harry	Pinkerton	374	David	Hall
348	Graham	Walmesley	375	Mark	McDermott
349	Ian	Barnes	376	Bruce	Bricknell
350	Stuart	Bennett			

Membership certificates and other awards will be presented at the bi-annual re-union to be held on the 11th October, 1986 at the Shap Wells Hotel.

With the highest recorded rainfall for a considerable number of years over the months of June, July and August, it is remarkable that the membership of the Bob Graham Club has increased by 52 with the same number of contenders failing to attain membership, the failure rate dropping from 60% to 50% last year. The Outstanding Achievement of the Year Award 1st May 1984 - 30th April 1985 by a club member was awarded to Michael Cudahy. Michael completed the Pennine Way on foot in a total time of 2 days 21 hours and 54½ minutes.

The other two nominations for the award were John Britton's Staffordshire Way comprising 95.8 miles in distance in a total elapsed time of 17 hours 57 minutes and Steve Parr's 61 Lakeland Summits of 2,500 feet or over, covering 116 miles and 42,550 feet of ascent in a total elapsed time of 43 hours 1 minute 40 seconds.

To mark the 25th anniversary of his Bob Graham Round, Alan Heaton accomplished the traverse of 214 summits (4 over 3,000 feet, 52 over 2,500 feet, 71 over 2,000 feet and 87 below 2,000 feet) contained in A. Wainwright's seven illustrated guide books to the Lakeland Fells, comprising approximately 391 miles in distance and 121,000 feet of ascent in a total time of 9 days 14 hours and 42 minutes.

Alan was undoubtedly in considerable pain, suffering from a septic foot from mid afternoon of the fourth day. With some 200 miles and 65,000 feet of ascent still between him and the finish at the Moot Hall - head down and put the pain to the back of the mind was the order of not just one day but for six.

*Editor: Well done, Alan - it takes most people much longer to read the guidebooks than you took to run them!*

AN INDIAN SUMMER

by Douglas Barry

Keats and Chapman once took up the sport of hill running. After a few brief forays in the Wicklow mountains, Chapman proved to be an excellent descender and surprisingly beat the Irish Champion, Rick D'Ankle on the Sugarloaf. Sweet success! Keats proved somewhat mediocre and was normally struggling as Chapman descended amidst a cloud of dust (A hot Summer that year!). Chapman, emboldened by his success, decided to contest the international Carrauntoohil Race, up and down Ireland's highest mountain and, despite the poet's plaintive protests, duly entered Keats and himself for the race. On the appointed day, the pair found themselves lining up alongside a hollow-cheeked assembly of the world's best fell racers at the base of the lofty peak. Chapman, looking around, noticed a singular figure in war paint and sporting an eagle's feather. Turning to Keats, he said, sotto voce in the clear Kerry air: "Who's he?".

"Falling Stone, a Paulite Indian and the American Champion", the poet replied, just as the gun fired.

The gaily garmented gaggle set off amidst the green, grey hardness of Glencar, and soon Chapman and the Indian were to the fore. They were still level at the summit, but Chapman began to draw away as they descended swiftly past the still climbing pack in which the poet laboured. As the path twisted around a severe drop into the lake hundreds of feet below, the Indian jumped over the edge of the precipice and plummeted down the cliff. Chapman, who had not seen this desperate act, was astounded to see a bloody, featherless figure cross the line in front of him, dashing the cup of victory from his lips.

"What happened?" Keats demanded later from his friend.

The vanquished hero explained, saying that the spectators thought that the Indian was going to be killed.

"He should be dead", Chapman said, "after a fall from that height".

"Fortune favours the Brave", Keats said.

Chapman swallowed his dentures.

Rumour has it that Falling Stone, the Paulite Indian, was really Jack Maitland in drag.

WORLD MILE RECORD BROKEN BY MIKE HAWKINS!

Mike Hawkins of Skipton AC, the re-instated professional who has recently been cleaning up in a number of the shorter Pennine fell races, set a world mile record over an officially measured road course at Meltham in July. His time was a staggering 3 minutes 32.6 seconds with the world vet's over 40 record going to J. Waller of West Yorkshire Police in a time of 3 minutes 45 seconds and the over 50's record to Gerry Spink of Bingley in a time of 3 minutes 54 seconds!!!

No, none of these times are misprints but don't tell Steve Cram. The event was the Meltham Maniac Mile, which is run on a downhill course, descending 500 feet - if it was run on the fell, would it get a minus A category rating? As we have fell races to the top only, wouldn't it be interesting to have a fell race downhill only? Would anyone beat Jack, 'Falling Stone', Maitland? As to next year's 'maniac' mile the date is Thursday, 19th July 1986 and further details from Terry Lyons, 81, Wessenden Head Road, Meltham, Huddersfield Tel: (0484) 851152. Rumour has it that Andy Styan is already in training, but can 'Falling Stone' resist the challenge?

# Race Results: WALES & OVERSEAS

<u>AS/3m/900 ft</u>		<u>SLIEN WHALLIAN, ISLE OF MAN</u>				<u>8th June,1985</u>	
1.	K.Callister	Manx	24.19	4.	I.Callister	Manx	25.27
2.	P.Cain	Boundary	24.53	5.	T.Varley	Boundary	26.18
3.	S.Hull	Boundary	25.02	1 Vet	E.Blew	Manx	33.03

<u>AM/10m/3,200 ft</u>		<u>PATRICK FELL RACE, ISLE OF MAN</u>				<u>15th June,1985</u>	
1.	P.Cain	Boundary	1.34.07	4.	K.Callister	Manx	1.39.29
2.	T.Varley	Boundary	1.34.51	1 Vet	R.Callister	Manx	2.02.38
3.	S.Hall	Boundary	1.37.20	2 Vet	E.Blew	Manx	2.12.15

<u>CM/15m/2,500 ft</u>		<u>OFFAS DYKE RACE, WELSH BORDERS</u>				<u>16th June,1985</u>	
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This year's race, held in ideal running conditions, attracted a good field, including top fell runners, John Wild and Andy Darby of Newport Harriers. By Newchurch, the halfway stage, Wild, with John Boyes and Peter Russell of Bournemouth, shared the lead, but once Gladestry (9 miles) was reached, John Wild's fell running experience enabled him to break away over the steep climb up Hergest Ridge to finish well clear, recording the second fastest time in the race's 9 year history.

483 competitors completed the course, with Eric Coles of Presteigne Pacers being the oldest competitor at 65 and he completed the course in a creditable time of 2.59.08.

1.	J.Wild	Newport	1.26.59	1 Vet	A.Jeffries	Swansea	1.33.52
2.	J.Boyes	Bournemouth	1.28.02	2 Vet	D.Cooper	Worcester	1.35.09
3.	P.Russell	Bournemouth	1.28.27	3 Vet	W.Atkinson	Clevedon	1.38.29
4.	A.Darby	Newport	1.29.37	1 Lady	A.Franklin	M de C	1.52.48
5.	S.Needs	Leicester	1.29.57	2 Lady	V.Singleton	Les C'piers	2.02.39
6.	W.Devis	Leicester	1.30.18	3 Lady	A.Bedwell	Bristol U	2.04.33

<u>N/2½m/1,500 ft</u>		<u>Y GARN RACE, SNOWDONIA</u>				<u>14th July,1985</u>	
1.	H.Griffiths	ERYRI	28.05	7.	P.Scott	Pennine FR	30.46
2.	G.Griffiths	ERYRI	29.30	1 Vet	D.Williams	ERYRI	30.31
3.	D.Woodhead	Horwich	29.42	2 Vet	N.Fisher	ERYRI	32.29
4.	M.Jones	ERYRI	30.06	3 Vet	R.Hird	Macclesfield	34.04
5.	D.Williams	ERYRI	30.31	1 Lady	R.Parry	ERYRI	43.47
6.	H.Parry	ERYRI	30.41	2 Lady	M.Ashton	ERYRI	46.33

Rumour has it that this year's 3 Towers lady prize winners will have to run the 1986 race a la Zola Budd, unless Reebok get around to sending them their shoes.

AL/15m/4,200 ftBRADDA FELL RACE, ISLE OF MAN14th July, 1985

Dave Woodhead missed out on Tony Varley's 1984 course record by just 1 second, which was all the more remarkable because Dave only travelled to the island on the Saturday midnight steamer, having only a couple of hours' sleep on route. A field of 16 runners set out from the Bradda Cafe, with one notable absentee being Phil Cain, who was injured with torn ankle tendons.

1.	D.Woodhead	Bingley	2.13.50	1 Vet	M.Joughin	Boundary	2.44.55
2.	T.Varley	Boundary	2.15.57	1 Lady	S.Quirk	Manx	2.53.51
3.	S.Hull	Boundary	2.25.08	1 Jnr	B.Kennaugh	Boundary	43.55
4.	K.Callister	Manx	2.26.26	1 Colt	P.Kennaugh	Boundary	55.26

AM/5m/1,900 ftSNAEFELL RACE, ISLE OF MAN17th July, 1985

1.	B.Bedell	Telford	42.09	4.	T.Varley	Boundary	43.42
2.	K.Callister	Manx	43.29	1 Vet	M.Joughin	Boundary	53.02
3.	P.Cain	Boundary	43.38	1 Lady	A.Gomer	Manx	60.04



Colin Donnelly (ERYRI) 4th at Snowdon and 1st at Moel Hebog, seen here running in the Stretton Skyline (photo/W.S.Bateson)

AM/10m/3,200 ftTHE SNOWDON RACE20th July, 1985

As usual, there was an international flavour to the race, with teams from all the home countries plus Eire, Italy and the Gurkhas. It therefore promised to be a fast race, in ideal conditions, putting pressure on the record of 63.46, set by Fausto Bonzi last year. This year, there was an entry of over 500, with just over 400 setting off from the carnival field. The main race was also supported by races for youngsters up to various points on the climb.

It was Robin Bryson who set the pace up the climb, once the initial burst of enthusiasm had worn off, with Kenny Stuart not far behind. There was only a 7 second gap at the summit between the two, with Fausto Bonzi being a further 30 seconds adrift. Fausto was then followed by Private Pezzoli, Colin Donnelly, Shaun Livesey and A. Amalfa, before the rest of the field began to pour through. Robin soon lost his advantage to Kenny as Fausto also quickly closed the gap. Kenny though gradually pulled clear to win by over a minute in a new record time but the main battle was for second, with Jack Maitland charging down the mountain - side in a time for the descent 6 seconds faster than Kenny. Jack took Fausto on the lower slopes to finish runner-up to Kenny yet again in a championship race. Fourth went to Colin Donnelly, who matched Jack's time for the descent, with Privato 5th and Robin 6th.

Alan Bocking

1.	K. Stuart	England(rec)	1.02.29	1 V40	A. Jeffries	Swansea	1.13.03
2.	J. Maitland	Scotland	1.03.43	2. V40	D. Williams	ERYRI	1.14.08
3.	F. Bonzi	Italy	1.03.56	3 V40	R. Jackson	Sale	1.16.17
4.	C. Donnelly	Scotland	1.04.31	4 V40	D. Attwell	Altrincham	1.16.26
5.	P. Pezzelli	Italy	1.05.04	5 V40	C. Barretto	Plymouth	1.17.25
6.	R. Bryson	S. Ireland	1.05.23	6 V40	J. Stout	CFR	1.17.34
7.	S. Livesey	England	1.06.03	7 V40	P. Coleman	Vauxhall	1.17.54
8.	A. Amalfa	Italy	1.06.32	8 V40	N. Cantillon	Luton	1.17.55
9.	R. Owen	Horwich	1.06.53	9. V40	D. Thomas	ERYRI	1.19.40
10.	D. Cartridge	England	1.07.06	10V40	B. Nicholas	Cannock Ch.	1.20.54
11.	A. Darby	Wales	1.08.05	1 V50	W. Gould	Carnethy	1.19.06
12.	H. Symonds	England	1.08.10	2 V50	G. Oliver	Army	1.19.49
13.	G. Rossi	Italy	1.08.14	3 V50	G. Brass	Clayton	1.23.20
14.	G. Rai	Gurkha	1.08.27	4 V50	G. Barras	Skyrac	1.24.17
15.	H. Griffiths	Wales	1.08.54	5 V50	J. Marstrand	Lochaber	1.25.09
16.	J. Broxap	Keswick	1.09.09	6 V50	H. Soper	Vauxhall	1.26.19
17.	D. Murphy	Eco	1.09.42	1 Lady	P. Haworth	Keswick	1.20.29
18.	A. Curtis	Scotland	1.10.16	2 Lady	D. Ellerton	Newcastle	1.22.56
19.	A. Adams	Staffs.M.	1.10.27	3 Lady	A. Carson	ERYRI	1.26.21
20.	G. McGrath	S. Ireland	1.10.55	4 Lady	Poncini	Italy	1.33.17
21.	A. Hulme	Pennine FR	1.11.10	5 Lady	P. Davies	Frodsham	1.34.26
22.	P. Standring	Bolton	1.11.16	6 Lady	A. Soper	Ach'le R'i	1.35.15
23.	G. Griffiths	Wales	1.11.121	1 U18	L. Robons	Wigan	55.18
24.	H. Walker	Clayton	1.11.30	1GU18	N. Thomas	ERYRI	79.25
25.	J. Hayes	N. Ireland	1.12.15	1 U16	P. Grant	ERYRI	37.58
26.	H. Parry	Wales	1.12.21	1GU16	C. Jones	ERYRI	49.14
27.	M. Walker	Bristol U.	1.12.23	1 U14	P. Prydderch	ERYRI	39.45
28.	R. Powell	ERYRI	1.12.26	1GU14	C. Jones	ERYRI	50.15
29.	P. Hexter	Les C'piers	1.12.50	1 U12	W. Gdula	Sarn Helen	35.55
30.	A. Jeffries	Swansea	1.13.03	1GU12	L. Prydderch	ERYRI	35.31

AM/SM/2,500 ftMOEL HEBOG RACE, SNOWDONIA3rd August, 1985

1.	C. Donnelly	ERYRI	45.05	6	D. Woodhead	Horwich	49.50
2.	eq. G. Griffiths	ERYRI	46.12	1 Vet	D. Williams	ERYRI	50.08
	H. Griffiths	ERYRI	46.12	2 Vet	N. Fisher	ERYRI	53.06
4.	A. Styan	Holmfirth	48.29	1 Lady	A. Carson	ERYRI	56.05
5.	H. Parry	ERYRI	48.43	2 Lady	S. Walsh	ERYRI	64.24

AL/18m/5,500 ftBLACK MOUNTAINS FELL RACE3rd August, 1985

A poor race entry, perhaps due to the shift in date from May, or runners on holiday wanting something easier to participate in, did not spoil a good fell race. With a showery cool day, 24 runners set off with Andy Darby leading from start to finish, hotly pursued by Phil Dixon and Adrian Pickles both deciding to finish together. No ladies this year - if only they knew there were prizes going spare, including a spot prize of a TV. In fact, there were nearly as many prizes as runners. Food/drinks and showers were gladly taken up after the race in the New Community Centre at Cricklehowell.

W.J.Darby

1.	A.Darby	M De C	2.51.00	4.	J.Darby	M De C	3.03.00
2eq	P.Dixon	M De C	2.56.00	5.	I.Blakemore		3.09.00
	A.Pickles		2.56.00	6.	F.Thomas	Dark Peak	3.17.00

SIERRE-ZINAL, SWITZERLAND11th August, 1985

Jack Maitland, now known as L'Ecosse Volant, the Flying Scotsman, became the second Briton to win Sierre-Zinal with the fourth fastest time ever. Only Pablo Vigil has run a faster time than Jack. The Fell Runner approach of doing a thorough reconnaissance of the descent at the end of the race and then doing a mad descent with several falls and shortcuts, not only paid off, but was considered 'tres intelligent' by the Press. Jack was only 5th and 1 minute behind the leader, Haeni, at the Weisshorn Hotel, which is 12 km from the finish and near the highest point on the course. Jack only took the lead in the final 3 km of descent.

Veronique Marot took six minutes off her record of last year and finished 66th in the race over-all. Jeff Norman in 13th position was the second veteran behind Mosser who finished 7th. A team of Jack Maitland, Phil Makepeace (9th) and Craig Mochrie (11th) finished third national team, behind two Swiss teams. Conditions were ideal for the race - sunny but not too warm and dry underfoot.

British Finishers:

1.	J.Maitland	2.36.11	48.	B.Brinkle	3.02.40
9.	P.Makepeace	2.41.45	59	A.Lamb	3.06.08
11.	C.Mochrie	2.44.21	66.	V.Marot	3.06.55
13.	J.Norman	2.46.00	79.	A.Jeffries	3.11.53
15.	M.Short	2.46.42	162.	N.Matthews	3.23.53
25.	R.Pallister	2.53.16	174.	T.Bounds	3.25.55
26.	T.Barnett	2.53.43	232.	G.Berry	3.32.16
32.	M.Woods	2.55.51	253.	G.Brass	3.34.40
35.	A.Hulme	2.57.20	320	P.Bland	3.44.04
39.	J.Blair-Fish	2.58.26	384	Sue Exon	3.50.14

1,450 Entered    1,305 Started    1,170 Finished

- Rumour has it that (a) the Irish Hill Runners' Association official definition of a 'C' category event is a race for wimps.
- (b) 'C' category races may be for Irish wimps, but you've got to be a fast one to win.

AM/7m/3,000 ftLUGNAQUILLA RACE, IRELAND1st September, 1985

Despite the softish going and the mist swirling on the top of Lugnaquilla, Dubliner Robin Bryson marked one of his too few forays from the Donegal mountains with a new record in the Allied Irish Banks Challenge. He lopped nearly 2 minutes off Jim Hayes' 1983 record of 62 mins. 42 secs. when leading the Irish Hill Running Association team to a convincing 29 points to 57 points victory over the Northern Ireland Fell Running Association. After losing the Challenge for the last three years, the I.H.R.A. finally got its act together and managed to field most of its strong runners at the same time to beat the North, who were missing Ian Parke and Dermot McGonigle.

1.	R. Bryson	Ajax	60.43	7.	T.O'Keefe	Curr	65.10
2.	P. Healy	Curr	62.42	8.	S. Graham	NIFRA	65.30
3.	J. Hayes	NIFRA	62.46	9.	M. Mannion	BHRR	65.52
4.	P. Farrelly	Curr	64.00	1	Lady E. Flegg	Set	89.44
5.	J. Patterson	NIFRA	64.10	2	Lady D. Nichallanain	Ajax	93.00
6.	W. Young	Eco	64.14	3	Lady H. Stuart	NIFRA	93.17

AL/19m/4,500 ftBRECON BEACONS RACE14th September, 1985

For this year's race, the weather conditions were poor, with rain, wind and poor visibility blotting out the scenic views and making navigation difficult. The weather relented only as the winners crossed the finishing line. Colin Donnelly and Malcolm Jones approached the finishing line almost together but, from different directions, due to some eccentric navigation on the part of the winner. The winning times in these conditions were of a high standard.

Peter Evans

1.	C. Donnelly	ERYRI	2.45.39	7.	A. Darby	M.D.C.	2.58.10
2.	M. Jones	ERYRI	2.45.59	1	V40 D. Williams	ERYRI	3.09.29
3.	H. Griffiths	ERYRI	2.46.30	2	V40 J. Arnier	Congleton	3.34.59
4.	P. Stott	ERYRI	2.46.57	1	V50 J. Voeden	Solihull	4.02.58
5.	P. Dixon	M.D.C.	2.53.54	2	V50 A. Keith	Fleet	4.03.45
6.	L. Williams	M.D.C.	2.56.00	1	Lady A. Bedwell	M.D.C.	4.00.36

1ST WORLD CUP IN MOUNTAIN RUNNINGSAN VIGILIO DI MAREBBE, ITALY, 21ST/22ND SEPTEMBER, 1985

The first running of this event attracted teams from ten nations, with there being races for Ladies, Junior (U20) and two races for the senior men. England, Scotland and Wales all sent representatives who were to experience friendly hospitality, superb scenery and 3-star hotel accommodation. Most of the English and all of the Scottish teams were financed by their respective AAA's, through the Sports Council. The Welsh were not so lucky, and a large proportion (rumoured at 75%) was met from generous sponsorship by Reebok, (as was Pauline Howarth), with them also having to dip into their own pockets. Sean Willis was also privately sponsored by Troll. This is clearly an unsatisfactory situation and hopefully in future years, the necessary funding from our ruling bodies will be forthcoming. Thanks must be recorded to these companies for their generous assistance.

The weather was too hot for running, with the worst-affected being Michael Fanning of Keswick, who suffered badly in the junior race and was unable to finish. The junior, ladies and senior men's short races were run on



the Saturday and consisted of 2 laps of varying lengths in the hills around the village. According to Jon Broxap, the ladies' race was won by an "anorexic 16-year-old from West Germany", whilst the junior was won by "the biggest bloody junior" he had ever seen, from Italy. Kenny won the short race with there being particularly good runs in support from Ray Owen and Shaun Livesey - naturally, they are used to hot weather in Lancashire! Robin Bergstrand proved this assertion to be correct, by finishing an excellent 2nd in the juniors, whilst Micah Wilson showed that all the races he has run on the right side of the border have done him some good, by finishing an equally impressive 3rd. Well done, lads.

The long uphill race took place on the Sunday, with Kenny again being the best of the home lads against opposition who, in the main, had not raced the day before.

John Reade

The individual results appeared in the last Newsletter, but the team positions were:-

Junior (6k):

1. Italy	12 pts.	2. England	20 pts.	3. Switzerland	26 pts.
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Senior (8.5k):

1. Italy	9 pts.	2. England	18 pts.	3. Switzerland	26 pts.
4. W.Germany	47 pts.	5. Scotland	49 pts.	6. Wales	52 pts.
7. Austria	64 pts.	8. San Morino	86 pts.		

Senior (14.6k):

1. Italy	8 pts.	2. Switzerland	23 pts.	3. W.Germany	34 pts.
4. Austria	34 pts.	5. England	45 pts.	6. Scotland	62 pts.
7. Yugoslavia	69 pts.	8. Wales	71 pts.	9. Monaco	97 pts.
10. San Morino	107 pts.				

Over-all:

1. Italy	29 pts.	2. Switzerland	75 pts.	3. England	83 pts.
4. W.Germany	119 pts.	5. Austria	145 pts.	6. Scotland	222 pts.
7. Wales	273 pts.	8. Yugoslavia	274 pts.	9. San Morino	343 pts.
10. Monaco	397 pts.				

Editor: *I apologise for the lack of depth to this report, but members of the party, excepting Jon Broxap, have been remarkably reticent in giving me any details. We did send an official team manager, but he chose to send his report to 'Compass Sport' without doing likewise for 'The Fell Runner'!!*

*One controversial feature was the selection of Michael Fanning in preference to the FRA junior champion, Sean Willis. I understand that the selection sub-committee thought Michael was running better than Sean at that time. I fail to see how they reached that conclusion and think they made an error. At both the race before the international (Pendleton) and the race after (Thieveley) Sean beat Michael by a minute! OK, at Sedbergh, Michael beat Sean by 6 minutes, but that was in the mist and not exactly on a typical continental course or with typical Italian weather!*

*I know it is easy to be wise after the event and I don't mean this as carping criticism, but a mistake was made. What we should do is ensure that such lapses do not happen again. How do we do it? - easy, by having a clearly defined selection policy with number one being that any current championship leader goes AS OF RIGHT - after all, he has supported our championship, so let's reciprocate his faith.*

*Without Troll's sponsorship of Sean, we wouldn't have counted a team. Wouldn't a more sensible solution have been to take all 4 juniors and just 6 seniors? If we can't get it right on a simple thing like selection, how can we hope to organise the whole caboodle?*



Above: The Welsh Team sporting their Reebok T Shirts. L to R: P. Stott (are those shoes new Reebok prototypes?), G. Griffiths, A. Darby, H. Griffiths.

Left: Kenny on his way to winning the short race.

(photos/K. Jones)

THE FRA SAFETY AND NAVIGATION COURSE 21st/22nd SEPTEMBER, 1985by Peter Knott

This successful course was held for the fourth successive year at Elterwater and Chapel Stile, following the same format of previous years.

The first day's weather was not ideal, with continuous heavy rain and the proceedings were somewhat shorter and more limited than in previous years. Appropriately, Ken Ledward's overview of equipment emphasised bad weather protection and was brought forward to the Saturday morning.

The acquisition of the orienteer's new map of Lingmoor allowed this area to be used for the first time, and whilst the detail and scale were not too applicable for fell navigation, it did allow confidence in basic map and compass work to be rapidly gained.

On Sunday, Peter Knott outlined the current safety rules, recommendations and codes of practice, John Gibbison spoke about all facets of race preparation and Tony Richardson discussed the characteristics of a wide range of maps suitable for fell runners.

The afternoon saw the traditional test on the 11 km, 650 metre climb, 7 checkpoint 'Silver Howe Chase' designed by Ken. By this time, the weather had improved considerably and under the instructor's eagle eye the course participants performed very creditably even if some did manage a great deal of extra distance in the process!

A record attendance of 22 this year has left the organisers wondering about the suitability of the venue for yet further growth and with the clear requirement of increasing the instructor effort in future.

Thanks must go to Elterwater YH and Chapel Stile Village Hall for the use of their facilities and to all instructors and participants. Watch out for the date and venue of next year's event.

11K/650 mTHE SILVER HOWE CHASE22nd September, 1985Checkpoints (taken in any order):-

START AND FINISH - CHAPEL STILE VILLAGE HALL

- |                                 |        |
|---------------------------------|--------|
| 1. Walled Enclosure             | 298076 |
| 2. Summit Rocks - N. side       | 301079 |
| 3. Walled Enclosure             | 311072 |
| 4. Wall E Side of Knoll         | 321064 |
| 5. Stream Junction - N.Westerly | 323070 |
| 6. Crag Summit                  | 326057 |
| 7. Walled Enclosure             | 328067 |

Result:-

- |                       |                |                 |           |
|-----------------------|----------------|-----------------|-----------|
| 1. Ken West           | 79 mins 5 eq.  | Andrew Scofield | 101 mins. |
| 2. Andrew Brown       | 93 mins.       | Mark Poole      | 101 mins. |
| 3. Ian Campbell       | 97 mins. 8 eq. | Jeff Coulson    | 102 mins. |
| 4. Paul Ratcliffe     | 99 mins.       | John Dermott    | 102 mins. |
| 5 eq. Tony Richardson | 101 mins. 10.  | Emil Cotton     | 104 mins. |



REPORT ON THE EIGHT STAGE PENNINE WAY RELAY ATTEMPT  
BY CLAYTON-le-MOORS HARRIERS

By John Reade

Over the weekend, 22nd and 23rd June, 1985, two separate attempts at setting a new Pennine Way relay record took place. The record for the 24 man relay was reduced two weeks earlier by Bingley Harriers to 29 hours 39 minutes 16 seconds and Horwich RMI were attempting to better this by breaking their effort down into 139 stages, supported by two minibuses, a CB radio club, a trained ambulanceman and numerous support runners. Despite very heavy going underfoot and wet, misty conditions, they kept well up on their schedule until a navigational error in the latter stages meant that they had fallen too far behind schedule and they therefore decided to abandon their bid.

The other attempt by Clayton-le-Moors Harriers was of a completely different nature, in that we sought to make our relay effort into more of a fell running challenge, with less of the organisational headaches. Whereas the 24 man relay has no minimum specified stage distances, we decided that in our attempt we would divide the Pennine Way into 8 set stages to ensure that each team member was faced with a testing run. As a result, we ended up with the longest stage being 38 miles and the shortest being 28 miles. We agreed that the following basic ground rules should apply:-

- (1) The maximum number in a team should be 12. (with there being no minimum).
- (2) Pacing or any other form of assistance would not be allowed (other than by members of the team who had already run a full stage).
- (3) Support/Refreshments could only be given at road crossings.
- (4) In the hours of darkness, 2 runners must run together.
- (5) Each runner must carry a whistle and any other equipment as the prevailing weather conditions dictate.
- (6) The Pennine Way route would be that as detailed in the Wainwright Guide.

At 03.31 on Saturday, 22nd June, the 1985 Fellsman Hike winner, 'young' Stan Bradshaw, set off from Edale, and promptly disappeared into the mist. We were scheduled to hopefully reappear 41 hours later at Kirk Yetholm, but in view of the conditions, I had my doubts whether we would make it. Stan eventually handed over to Harry Walker at the White House on the A58, having covered the most arduous 34 miles of the whole Way in an exceptional time of 5 hours 33 minutes - only 3 minutes down on schedule!

Harry, a former British fell running champion, set off in the knowledge that the Horwich lads who had left Edale at 05.00 were now right behind. This was probably Harry's downfall, for, unable to restrain himself, he tried to keep up with them at too fast a pace, for which he was to suffer later. When he reached Gargrave, after 4 hours 47 minutes of running, he looked absolutely 'clapped out' but still in a very commendable time for the 36 miles.

We were 20 minutes down on our schedule when the Dalesway and Centurion Way record holder, Denis Beresford, took off on his 38 mile stint from Gargrave to Hardraw. Unlike Harry, Denis set off at a steady pace and, looking remarkably comfortable throughout his run, he arrived 5 hours 04 minutes later to his waiting order of 2 pints of mild.

The relatively inexperienced Brady boys took over next for the 33 mile haul to Middleton-in-Teesdale. As they were due to be running some of their section in the dark, they were allowed 6 hours for this leg, but this additional time proved unnecessary, as they surpassed themselves by covering the distance in 5 hours 23 minutes, thus turning an over-all 20 minute deficit into a 12 minute surplus.

When Colin Taylor and Tony Peacock took over, it was pitch black, raining heavily with the mist right down. Their tough 38 mile leg to Garrigill was obviously going to require great care and they eventually made it 7 hours 43 minutes later, slightly the worse for wear.

Taking over at Garrigill were Alan Morris and John Reade for the shortest leg (a mere 28 miles) run through some beautiful countryside to the Peel Road on Hadrian's Wall. Despite each of them requiring a pit stop on route, they handed over to Pete Browning after 4 hours 17 minutes, now 48 minutes down on the over-all schedule. Big Pete only took up running a couple of years ago, but all the lads thought that he would do well on the 33 mile run to Byrness. He exceeded all our expectations, however, when he finished looking remarkably fresh, in a time of 4 hours 13 minutes and reducing the over-all deficit to 30 minutes.

None of us envied Ian Beverly and Mick Targett on the final 29 miles to Kirk Yetholm, for it was raining very hard, with the cloud base down to around 1,000 foot. In addition, the only possible road support was either too early on at Chew Green camp or virtually at the finish at Burnhead, so we agreed that they would do the leg unsupported, although Stan and Denis, not having done enough the previous day and also having run with Pete on the last couple of miles on his leg, ran up to the Schil to meet them. They were not needed, for Mick and Ian were really moving and they arrived in Kirk Yetholm 'eyeballs out' in a time of 4 hours 29 minutes, giving the team an over-all time of 41 hours 29 minutes.

Only time will tell whether other clubs will take up the challenge by having a crack at the relay this alternative way. I cannot envisage any club getting the record down to the 29 hours as for the 24 man relay but I am sure that 36 hours is a real possibility, given the right conditions. By dividing it into 8 stages, a club may miss the record, but the individual members would still have the incentive of chasing stage records. The distances involved ensure that navigational ability and fell running experience are essential requisites for a successful attempt, whilst at the same time, the reduction in the number of runners in the team opens the relay up to the smaller clubs. Stan Bradshaw and Ian Beverly, who are the only runners to have taken part in both the 24 man and the 8 stage attempts, were of the same opinion that doing the Pennine Way relay the latter way, whilst it was much more testing, gave them far greater satisfaction. In any event, the twelve Clayton lads certainly enjoyed it and we will probably be having another go. So why not join us and better our time.

STAGE	RUNNER(S)	MILES IN STAGE	ACTUAL TIME	
			STAGE	OVER-ALL
1. Edale to A58	Stan Bradshaw	34	5h. 33m.	09.04 Sat.
2. A58 to Gargrave	Harry Walker	36	4h. 47m.	13.51 Sat.
3. Gargrave to Hardraw	Denis Beresford	38	5h. 04m.	18.55 Sat.
4. Hardraw to Middleton	Martin Brady Steven Brady	33	5h. 23m.	00.18 Sun.
5. Middleton to Garrigill	Colin Taylor Tony Peacock	38	7h. 43m.	08.01 Sun.
6. Garrigill to Peel Road	Alan Morris John Reade	28	4h. 17m.	12.18 Sun.
7. Peel Road to Byrness	Pete Browning	33	4h. 13m.	16.31 Sun.
8. Byrness to Kirk Yetholm	Mick Targett Ian Beverly	29	4h. 29m.	21.00 Sun.
TOTALS		269 miles	41h. 29m.	

BRECON BEACONS TRAVERSEBy Tony Wimbush

Tony Wimbush and Colin Brooke, from West Yorkshire, completed a 88 mile Traverse of the Brecon Beacons on 11-12 May, 1985, in 22 hours 56 minutes. The route included the 31 two thousand foot summits (reference George Bridge) in the Carmarthen Fan, Fforest Fawr, The Brecons and The Black Mountains, and involved some 16,000 feet of ascent. This was only the second occasion this had been achieved, the first being the inaugural crossing by Derek Fisher and Andy Lewsley in 1983 in 21 hours 43 minutes. Set up in conjunction with Newport Rotary Club, on similar lines to the lakeland Bob Graham Round, the crossing must be completed within 24 hours for which a certificate is awarded. A challenge shield is also held by the current record holder.

Full details are available from Derek Fisher, 8, Highercroft Road, Newport, Gwent (large A4 size SAE).

TRAVERSE OF THE 6 CAIRNGORM PEAKSBy Mel Edwards

A new time was set up for the 6 Cairngorm Peaks of Ben Avon (3,843 ft.), Beinn a Bhuidr (3,924 ft.), Cairngorm (4,084 ft.), Ben Macdui (4,300 ft.), Cairn Toul (4,241 ft.) and Braeriach (4,248 ft.), by Mel Edwards, Dave Armitage and Phil Kammer (all Aberdeen AAC) on 13th July, 1985. The route starts and finishes at Glenmore Lodge, entailing 12,000 feet of climbing in 40 miles and the new record is 11 hours 39 minutes 04 seconds. It is also about time that somebody had a crack at beating Mel Edwards' record of 4 hours 34 minutes 08 seconds set in 1979 for The 4 Cairngorm Peaks (that is, the final four in the 6 Peaks) and his time of 2 hours 30 minutes 53 seconds (set in 1980) for Ben Macdui, both again starting and finishing at Glenmore Lodge.

MIKE CUDAHY BREAKS COAST TO COAST RECORD

Ed: Pennine Way record holder, Mike Cudahy, added the coast to coast record to his growing list when he lowered the existing time of 51 hours 11 minutes (set by Peter Simpson and Frank Thomas) to a new record of 46 hours 49 minutes over the weekend, 21st and 22nd June, 1985. The coast to coast 'walk' covers a distance of 190 miles, as laid down in the Wainwright guide, from St. Bees on the Cumbrian coast to Robin Hoods Bay on the Yorkshire coast. Mike is the only person to have broken 3 days for the Pennine Way (2 days 21 hours 54 minutes 30 seconds) and 2 days for the coast to coast.

*I hope to include a profile of Mike, together with a special feature on long distance challenges in the next issue. Please keep sending in further statistics, articles and especially photographs, so that I may cover the topic in sufficient detail.*

THE CHARNLEY WAY

By Peter Knott

This long distance route in the Lake District, to commemorate the late Gerry Charnley, is now well established as 3 circuits which start and finish at the 3 Youth Hostels of High Close, Longwaite and Eskdale, all of which have a common focal point, the 'Charnley Crag' to the south of Esk Pike. The routes are identified by a series of 'checkpoints' which are natural features on the map and on the ground. The maps are obtainable from the 3 above named Youth Hostels at £2 each. The map is a special print of the 'Harvey-Scafell and the Langdale Fells' overprinted with the controls (26 in total). Each control has a description and 6 figure grid reference and the 3 circuits have a route description on the back of the map. The 'Charnley Way' is now set up for use as people wish from a one circuit day walk to a variety of challenge activities. South Ribble Orienteering Club ran the full 3 circuits as a 12 person, 6 leg relay on 6th May, 1985, recording 11 hours 2 minutes and setting some simple rules. Kendal A.C. took up the challenge and lowered the time to 10 hours 28 minutes, but failed to qualify, having only one first leg runner. A set of rules has also now been devised for individual men and ladies challenge round the whole route. At the time of writing, no attempt claim has been received.

The rules are:-

- Relay:
- \* 12 person team all from the same bona fide club.
  - \* Team to include at least two ladies.
  - \* One half of each circuit comprises a leg to be covered by two team members visiting all controls on that leg together and recording times at each control.
  - \* Start and Finish at any of the 3 Youth Hostels or the Charnley Crag.
  - \* Results and times to be submitted within 4 weeks of the attempt.

- Individual:
- \* All 26 controls to be visited at least once in any order.
  - \* Start at any of the 3 Youth Hostels and finish at the start.
  - \* Times of all controls to be recorded and submitted within 4 weeks of the attempt.
  - \* May be done solo or with support a la Bob Graham.

- Notes:
- The Youth Hostel control is the entrance gate to the hostel grounds.
  - All controls are marked only by natural features on the ground.
  - Competitors are on trust to visit the control points as described.
  - Perpetual trophies will be presented to the fastest team/ individual/ man/individual lady at the nearest suitable occasion.
  - Certificates will be awarded to all successful individual challenges.

Details can be obtained from and results supplied to (please enclose a SAE):-

Peter G. Knott,  
17, Westbourne Close,  
Wrea Green,  
Preston PR4 2PL.

# COMPETITION: RESULTS



- Winner: Dave Lord of Compleetown, Argyll:  
"So this is what Don Booth means by restricted entry".
- Runner up: Dave Bendy of Minehead, Somerset:  
"Unidentified runner: I suppose they call this one Ben Doon!"
- Others: "No. 74: "Deerhole", "Deerhole", "Dear"."  
"Ah! Just the position we wanted him in! Drop yer drawers, lads!!"  
"You put the fence down here. I'll take it the next two yards."  
"2nd man: My god, what a spotty bum!"  
"Good job it's not the rutting season."  
"FRA escape committee practising escaping by number."  
"These ruddy cruise missile bases get everywhere."  
"'Cons' returning to one of H.M.'s more enlightened establishments."  
"A shoe seller using his monetary sense, should sponsor a toll gate into this fence. The running elite would get by for free, but the slower you are the higher the fee. The fell running future we may have to face is that joggers like me will pay the runners to race."  
"In England we get our leg over."  
"No. 74: "This is the last stag party I'm coming on"."  
"He who stoops to conquer!"  
"That's why they call it the Bends of Jura."  
"These pre-race toilet queues seem to be getting longer and longer."  
"FRA tightens up its control over substitutions."  
"All this fuss to visit the distillery."  
"You might think this a hazard, but just wait till you see the snakes on the Paps."  
"Another 5 hours and I'll be back in the dog house."  
"Oh Shit, my back's gone!"  
"Quick, there's a Redcoat coming."  
"Now remember chaps if the searchlight swings this way, put your left hand on the shoulder in front and sing STROLLING."  
"They'll be dipping us next year!"

---

Rumour has it that, despite all the references to Ben Doon and Phil MacRack, SHRA does still mean the Scottish Hill Runners' Association.



"It is easier to go through the eye of a needle than to get into the FRA AGM."

"Come on, lads, get a move on - even Georgie Best has caught us up."

"Fell running's a doddle after climbing the steps of Notre Dame every day."

"I didn't score the last time we got into Butlins - this bird said my life was chucking up something awful!"

# COMPETITION:



Picture: Dave Woodhead receiving attention at Dowse in the Manx Mountain Marathon (photo/Cain)

Entries to: John Reade, 3, Wood Terrace, Simonstone, Burnley BB12 7HP by 15th April, 1986

-----  
Name: ..... FRA No.: .....

Address: .....

Comments: .....

.....  
.....  
.....

1st Prize: T Shirt and 1 year's membership      2nd Prize: T Shirt

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(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')

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Phone (Code).....(No.).....	
Subscription	£4.00
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 Richard White;
  2. Enquiries/information about the British Fell Running Championships should be sent to Kevan Shand;
  3. Enquiries/information concerning races should go to Tony Hulme;
  4. All material for the magazine, including advertising, goes to John Reade.
- 

ACKNOWLEDGEMENTS: Well, that's it, the first one over with. I didn't realise how enjoyable it would be, nor how much work would be required! If I've caused offence to anybody, I'm sorry - it wasn't intended. I would like to thank all those people who have contributed (there are too many to name individually) and especially Joan, the typist, for withstanding all the alterations/editing, Denis Bland, the printer and Hugh Symonds for their advice. I apologise to all those whose material I've not used, due to lack of space and cash. (If the bill had been any higher, the new treasurer would have thrown a wobbler!)

---

Rear Cover: Ascending into the mist at Ben Nevis

(Photo/B.Covell)

---

Rumour has it that the editor is completely out of material and is looking for a far greater input from the majority of the membership.

# RIDGE RUNNER!

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