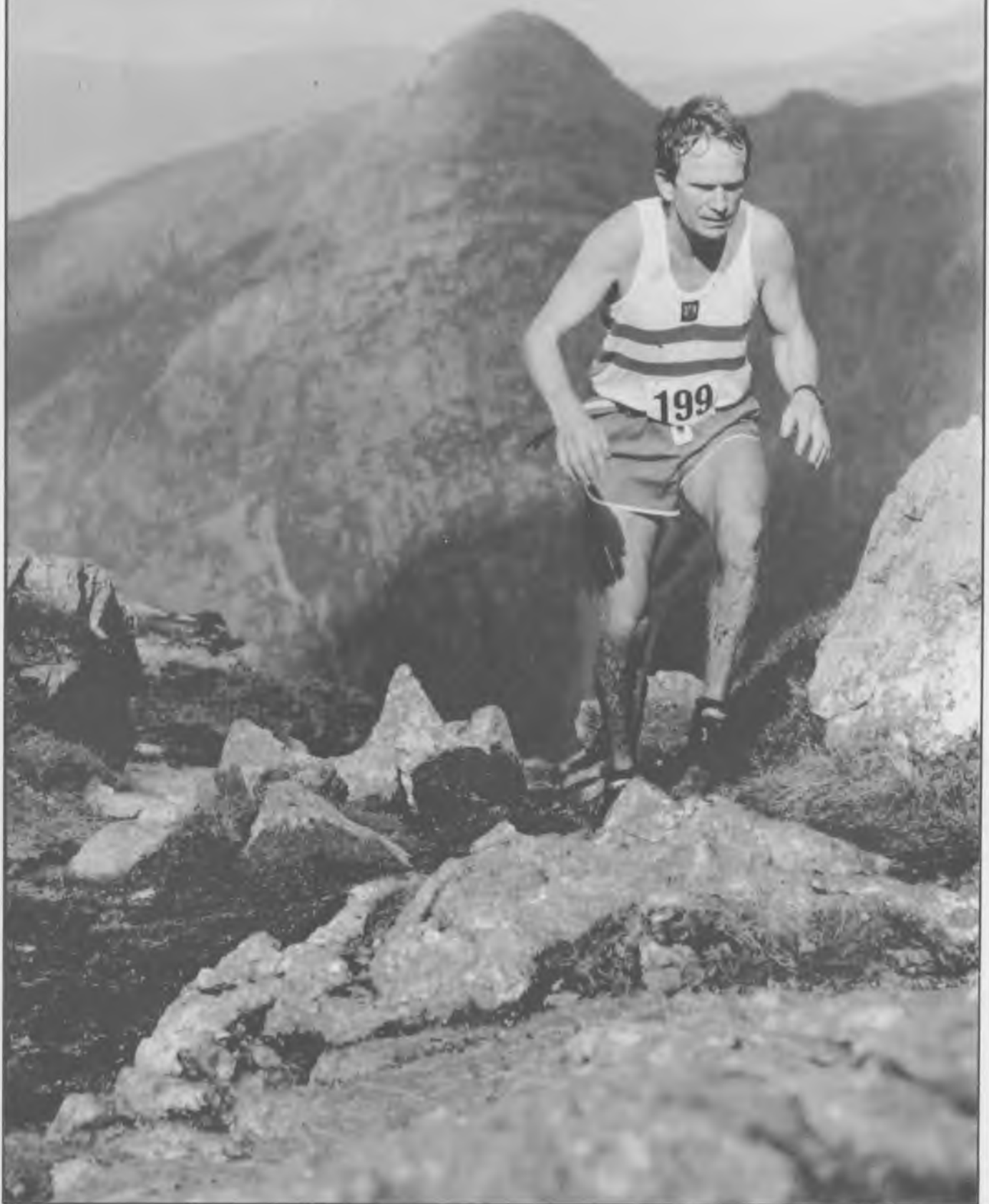


THE FELL RUNNER Spring 1987



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## EDITORIAL

Well, this is it - the new A4 sized Fell Runner. For every page in this edition, the copy would have filled four pages of the old A5 version - that could equate to a maximum equivalent of 25 pages A4-wise. This edition contains a lot more copy than I, and more ominously, the Treasurer, had budgeted. Hopefully, this clearing of a large backlog will not stop the publication of 4 editions this year. Anyway, it is now up to you, the Members, to supply me with sufficient copy to get started on the next mag. The dates I am aiming for in 1987 are:

Copy Dates	Publication Dates
1st May	1st June
1st August	1st September
1st November	1st December

So please send all material as soon as possible to:  
John Reade, 22 Skene Street, Strathmiglo, Fife.

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'Welcome to Scotland Mr. Reade - perhaps a few kind words in the next mag...'

## FIXTURE REVISION - TRANS FAN RACE

The date of this event has been moved from May 2nd to Saturday July 11th 1987, otherwise details remain the same.

The original date co-incided with the lambing season, and the central section, where no right of way exists, is closed on the day in question.

No such problem arises in July, when the organisers look forward to seeing many new faces competing over this classic South Wales route.



Richard Pallister feeling the affects of having just run his whatsits off at Ennerdale (Photo & Caption: R Lange).

**Front Cover:**  
D. Overton (South Shields) on his way to finishing 239th at this year's Langdale Race. (Photo: P. Hartley)

**Back Cover:**  
The start of the Lomonds of Fife. (Photo: A. Kentleton)

# LETTERS

## 1988 World Cup: Recognise the problems, consider the impact

Dear John,

I attended the recent Fell Runners Association AGM and listened with interest to the discussion on the motion 'FRA Committee is willing to stage the 1988 World Cup subject to agreement to satisfactory format and finance'.

I can understand top fell runners looking towards recognition at world level and do not wish to stand in their way. However, I abstained at the vote because it is becoming clear that the proposed event will bear little resemblance to fell running as I know it.

The main purpose of writing is to express my concern at an attitude I perceived that since the main stream of fell runners will not be directly involved, they should not worry themselves about the proposals. This line of thought is extremely shortsighted.

The impact of the World Cup and its associated sponsor seeking maximum publicity could, if handled insensitively, result in alienating local people and local landowners. The last event of this type did not go unnoticed by the National Trust whose cooperation is essential for the continuance of many long established races in the Lake District.

I am sure that most of the FRA committee recognise the problems that could arise, and I trust that they will not allow themselves to be pushed into any hasty decisions by the minority of runners who constitute the World Cup lobby.

MIKE ROSE

Danny Hughes replies: I would like to add the following comments in order to 'fill out' the picture.

- 1: Mountain running as an international sport is gaining in popularity and will no doubt go from strength to strength. The International Mountain Running Committee have a policy of seeking affiliations to the IAAF. If this comes about the sport will become truly World-wide.
- 2: The rules governing present World Cup events are a 'first attempt' drawn up by a few countries in Zogno in 1984, and will no doubt be continually modified as more countries join in. We therefore have some constraints within which we must stage the event in this country, the most important of which relates to course marking. For some, this is also the most contentious, but we should remember that well over 100 races in the FRA calendar advertise their races as having marked routes. Obviously course marking is impractical for long British fell races, but this type of race does not yet come within the World Cup format.
- 3: The reasoning behind staging the World Cup in this country in 1988 is that we can influence the future development of the sport at International level. Additionally, it is natural and right that if we are to continue sending teams to compete in World Cup events, we should at some stage want to reciprocate the hospitality and work done on our behalf by organising countries.
- 4: The FRA committee want the whole of the fell running fraternity to be involved with the World Cup weekend, and so there will be opportunities for competition as well as helping with the organisation.
- 5: Finally, having been appointed 'event director' (grand title!) it will be one of my principle jobs to ensure that all goes well with the local non-fell running community of the host town or village, and to take into account the views of all concerned.

Editor: What do other members think?

### Ben Nevis rip-off

Dear John,

I've just read, with dismay, the news of the increased entry fee for the Ben Nevis Race. I thought a fiver was a bit O.T.T., but EIGHT QUID!

It is now difficult to find a race costing even half as much and looking through the 1986 Fixture List reveals that Snowdon is the only one which does. Considering that the cost of entering the '86 Half Nevis was £1, it seems rather extortionate to charge eight times as much for the full Nevis.

Of course, the Ben Nevis Race Association will say that no-one is forced to enter, but I hope that high fees do not become an accepted way to curtail the ever-

increasing numbers in the big fell races.

I had planned to make my debut in the '87 Ben, but I am certainly having second thoughts now, particularly as the cost in petrol to travel the 310 miles each way is considerable in itself.

One solution to this problem would be to organise an alternative Ben Race on another date and this could also introduce a new and better route. I like the idea put forward in the Race Guide (Fell Runner, Summer '86) but how about a checkpoint at the northern end of Lochan Meall an t'Suidhe (G.R. 145732)? This would take competitors over the shoulder of Meall an t'Suidhe to the checkpoint and they would then have the choice of either the rough 'Directissima' via Carn

### What the hell is going on?

Dear John,

There weren't many members of the FRA at the AGM, despite exceptionally large numbers at the Langdale race immediately beforehand. This is a great pity, because the business and the decisions taken should reflect the wishes of the membership as a whole, and that won't happen unless more people turn up. But do the Committee want to know the views of the membership as a whole? I saw little at the AGM to suggest this is the case.

I regard three day's notice of the AGM as inadequate and unacceptable, particularly when the newsletter giving notice also informs me that it is too late to submit agenda items for consideration. I am ready to accept the explanation that this was a cock-up (or several) and nothing more sinister, but what I found unacceptable was the total lack of recognition by officers of the association that the arrangements for the meeting meant that there was a problem: Namely, was the ensuing business legitimate and shouldn't some thought be given to remedying the situation? I don't doubt the meeting was technically legal and constitutional, but was it decent and sensible?

When you come to consider the items that were on the agenda, concern grows. You find items about championship rules and professional running and international races and world cups. (No surprise, of course, that the few members closely involved in such developments were well represented.) But on matters which really do concern most members, like excessively high entry fees and 'too many' entries for some races, signs of leadership and words of wisdom or even concern were conspicuously absent.

Also there was quite a lot of "You (the members) have to let us (the Committee) decide things". Well, to a certain extent that is perfectly proper, but only if it is so that the Committee can produce the outcome the members want, and for that to be the case, they have to know what that is. In the con-text of 'open' fell races (i.e. ones in which 'professionals' can compete along with the rest of us) this "Let us decide" approach seemed to mean: "There are discussions going on but you can't be told anything about

them, because if it was known what was being discussed, it might affect the outcome" (!)

Curious, really, one would have thought the question "Should FRA fell races be open to anyone?" should be simply a matter for the FRA (members) to decide. And, of course, it would were it not for all this international races business that is developing.

Later on, when I suggested that a possible solution to one source of disquiet be voted on by means of a postal ballot, using an issue of Fell Runner, the response was "Well, the committee wouldn't be bound by the result of course". Oh, of course not, the committee is only bound to accept the verdict of a tiny minority at an ill-convened meeting.

So... what the hell is going on? Can it be that the behaviour of the AAA Administration which has been the subject of such derision in the recent past is starting to be seen in the FRA?

Yours sincerely, WILL McLEWIN

Editor: The lack of notice of the AGM was definitely only due to an administrative cock-up - nothing 'underhand' was intended. However, Will's main point which basically asks the question: "How democratically representative is the Association?" does highlight that the recurring conflict - i.e. Is the Association's prime role that of a governing body (on behalf of AAA's?) or as a mouthpiece for fell runners' wishes? Indeed, can the two cohabit under the same organisation? What do other members think?



... all those against...

Dear or the longer but more runnable southward traverse to join the usual 'Tourist Route'. If the Lochan check had to be revisited on the descent the same option would present itself and could provide some interesting diversity of routes!

Come on, all you Scottish Hill Runners, there must be some enterprising race organiser amongst you just waiting to steal the Ben Nevis scene. With a reasonable entry fee, a straightforward entry form, perhaps even entry on the day (!!!), the B.N.R.A. could find their 'old' Ben Nevis race priced out of the market!

Yours in Sport, A. WALMSLEY

Editor: You will note that for the first time ever the Ben Nevis Race is not a British Championship

race. It has also been dropped from the SHRA Championship. Robin Morris, the SHRA secretary, has informed me that an approach for the organisers to see sense has been made by the SHRA. If they still persist with their ridiculous rip-off then an alternative race may have to be run although, he feels, it is too late to organise for 1987. Should the £8 fee remain perhaps a boycott of the 1987 race is in order?

Stop Press: The pressure has paid off! Following representations from both the SHRA and FRA members the BNRA have agreed to only increase the entry fee to £6. Still too high some may say but that is what you get when non-participants govern the sport.

## Equal opportunities for Scottish Juniors

Dear Editor,

I would like you to enlighten me as to why there are no Scottish races in both the FRA Junior and Intermediate Championships.

Firstly, any reasoning along the lines of 'There are no Scottish runners competing in the existing fixture list' should obviously be dismissed as there is no reason why Scots should travel south 14 times (Junior) and 15 times (Intermediate) to compete in a BRITISH CHAMPIONSHIP.

It has also already been made clear that Scottish venues have been proven suitable for British Championships take Eildon 2 Hills (84, 85, 86); Melantee (84); Ben Nevis (84, 85, 86); Moffat (reserve 84). This list also misses other Scottish classics such as Chapelgill, Carnethy, Tiso Campsie, Dollar, Goatfell, etc.

There also seems some confusion with regard to FRA intentions, as the new structure of the 1986 Championships encourages competition nationwide yet the Junior and Intermediate Championships structures work against English and Welsh competing with Scots in races. It serves to only keep both Junior and Intermediate races strictly affairs for south of the border.

If there is some English feeling that Scottish standards are not high at this level, then attention must be brought to recent races.

At the Broughton Brewery Greenmantle Dash, Ros Hope, Scottish Junior Champion of 1985, was 1st, beating Mike Fanning, Keswick, who was 3rd in the 'British'. Also at Broughton, Scott McKendrick, 15 years old, came home 8th (only a minute

behind Ros). Another Youth, P. Fettes, came home 9th. There was a field of 125.

In the better known race at Carnethy, Ros Hope took the Junior Prize in 15th position. Myself (16 at the time) finished 25th (but forgot to register myself as a Junior), so Mike Fanning (35th) took 2nd place.

At Melantee, I took 1st Junior, my brother 2nd, with Scott 2nd and myself 3rd at the Half Ben Nevis. In doing so, we finished above Bradley Devine, 7th in the 'British', of Skyrac.

Therefore, it is plain to see we can compete with the Youth of England. Indeed, does it not take something away from the existing Championship when there is a vital element missing - Scotsmen.

It would also make life easier for, or indeed maybe just bring the attention of Scottish Youth to, the British Fell Running Squad Selectors. Direct competition is a far more suitable method of determining selection rather than comparing results from different races which are subject to many variables: weather, field, etc.

So much has been said recently of SHRA keeping to themselves, but there is a clear example of FRA committing the crime on behalf of England. Surely, a truly British Championship at Junior and Intermediate levels would bring Scottish and British fell running closer together.

So, come on Championship Committees, get your act together and let's get some Scottish fixtures into the Junior and Intermediate Championships in 1987.

JOHN MCKENDRICK (Irvine AC)

## JOHN GIBBISON REPLIES

Dear John,

The answer to the first question is simple. There are no Scottish races in the FRA Junior and Intermediate Championships because it was designed (on behalf of the FRA) to promote Junior (and later) Intermediate fell running in areas where demands were known and where there would be strong competition. Juniors have particular difficulty getting to races anyway without having to travel to Scotland or Wales. It should be noted that the titles 'FRA Junior/Intermediate Championships' do not denote a British Championship and the intention was for them to be open to anyone. The FRA is just as keen to encourage Juniors and Intermediates to run together in any known races as to promote a Championship for them. There is certainly no intention to relate to the Senior Championships of each home country and the British Title.

The SHRA run a Junior Championship on which I cannot comment, but which, I hope, fulfils a need in Scotland.

You have obviously picked on a few races which show how good you and some of your mates are against English opposition which suggests an idea for Juniors and Intermediates in the future. I have already discussed with these Under 21 runners the possibility of some sort of 'Home International' as the next progression in promoting running for this age group in this country. England will have had a Junior team chosen from Championship placings in the 1985 and 1986 World Cups in Italy. Please note John, that the FRA pick the England teams and the SHRA pick

the Scottish teams. There is no British Selection Squad.

It could be argued that it is the SHRA who are keeping much to themselves. The FRA have published everything about their own Championships in a magazine and fixture calendar for all, as you have obviously read, but it has been very difficult to extract information about any SHRA Championships. The FRA want to see close links between Scottish and English fell running (as with the Welsh and Irish) and your letter may help promote these links at Junior and Intermediate level. I await reaction to our correspondence from all Juniors and Intermediates reading the magazine who have ideas for the future.

JOHN M. GIBBISON

## Rural vandalism

Dear John,

Since the FRA as a body has failed to find a policy on abuse and overuse of the fells we profess to love, perhaps we should welcome the help of the National Trust. Really, the current large fields and duplication of courses have turned us into rural vandals.

That is why I applaud the National Trust's desire to be involved. Since we couldn't care less, maybe someone can do the caring for us.

The FRA's complete indifference to matters of access and erosion was well illustrated by the inclusion of the Metlex Rydal Round 'plug' with the latest newsletter. Apparently, the thought of getting the newsletter distributed for nothing outweighed every other consideration, like the way this pathetic and unjustified event already duplicates an overused course.

If the FRA continues to give credence to this event, as it has to yet another race to the summit of Scafell Pike, which magically appeared this year, the Trust is more than justified in stepping in.

Fell running is now beginning to resemble rock climbing: if there's a spare bit of hillside without a race or a route, let's fill it.

Like rock climbers, too many fell runners arrogantly assume that the normal rules of access and conservation don't apply to them. Hence the squeals of outrage and protestations about 'freedom sports' when the National Trust stepped in. Fell runners have no more divine right to trample the countryside into dust than climbers, walkers... or even trail riders. Whilst I would never condone motorcycling over the fells, I would ask: Are we all that different? As far as erosion goes, I'm sure that a piece of fellside won't distinguish between half a dozen sets of rubber tyres and 500 pairs of rubber studs.

That is why I have written to the National Trust to support their latest stand and I hope their involvement will force the FRA into a one hill, one race policy at least. Also, since the FRA will no doubt trot out the 'freedom sport' argument as their defence, I have pointed out to the Trust that, far from being a freedom sport, the FRA as upholders of AAA's laws quite often decides who should run, when and where in their events.

Yours openly, JEFF CONNOR

## Not up to the job

Dear John,

Having read the latest issue of the 'Fell Runner' I feel compelled to write and object to current editorial policy. The 'Fell Runner' has been an excellent production, keeping the FRA membership abreast of the current state of the sport. The last two editions have, however, incensed me to a state of anger. The 'Fell Runner' is not intended as a vehicle to launch the editor's personal opinions on the membership. Yet, after virtually every article which disagrees with your opinion, there is a reply from you. The editor of a newsletter is, of course, perfectly entitled to his opinions on a subject, and it is his prerogative to express them in the editorial. There you are at liberty to comment as you please and views so expressed are clearly your own personal view. To find these views restated time and time again throughout the magazine is another matter. The subjects may be contentious, but, unless it is stated FRA policy, it cannot be right to inflict them at every opportunity on the rest of the membership.

Moreover, if you are to attack an individual or organisation in such a manner, when they are unable to reply, it can only be fair to ensure your facts are right. Already we have seen one example of how Danny Hughes was unjustly criticised. Yet you continue your personal attack on

the organiser of the Sail Beck race. (The comments within the results of the race are really most unnecessary.) The criticism of the SHRA is unjustified and it is clear the editor has no real inkling of the hill-running scene in Scotland. I find many of your comments ironical, since the SHRA is successfully encouraging the development of many informal races in Scotland with reasonably sized fields and friendly atmospheres. Just the attitude you are bemoaning is missing from the English scene. Indeed, I have virtually given up competing in Lake District races because it is so much more enjoyable running in Scotland.

Then we forcibly learn of your opinions on international hill-running, on aspects of commercialisation of the sport and read some savage attacks through the quotes of 'Rumour has it' (or are they perverse jokes?).

Finally, there is an offensive article the 'Nasty Column'. The accusations may well be true, but surely such an article cannot be considered for publication unless it is signed.

Please, then, can I request a return to the previous style of editorship, with your views confined to an editorial (or perhaps in reply to a letter such as this!). You are entitled to your opinions, but not everyone shares them. I intend no ill-will

with this letter. The general production of the 'Fell Runner' is excellent and you perform a service for the FRA which we are all grateful for. Let's all be friends on the hills (or the fells if that's what you prefer!) and end this back-stabbing.

Yours sincerely,  
MICHAEL BURTON  
(Carnethy Hill Runners)

**Editor:** Phew!! Maybe it's time to hand over to a less opinionated perversity! Seriously, though, I accept that certain criticisms have some validity but attacking the Sail Beck organiser (am I reading the same magazine?); savage 'rumour has it's' (where?) and no inkling of Scottish hill running (quite true but until the SHRA cares to inform the rest of Britain of its activities this will remain so) - all show a certain oversensitivity at having touched a raw nerve!!

## Rumour has it . . .

John is now seeking diplomatic immunity.



## Shoe Grouse

Dear Sir,

It's a real shame that Reebok could not get it right first time in their attempt to produce a fell running shoe to compete in the market with only one source of competition, Norman Walsh.

It seems that fashion now dictates shoe design as far as Nike, N.B. and other major manufacturers are concerned, for example the 'Cram Collection' very nice! But what happened to the orienteer? Get lost somewhere?

Nike and N.B. are, without doubt, excellent shoe manufacturers, but have sacrificed variety for a smaller, colourful range of 'gimmicky' shoes. Addidas sold the TRX Trainer down the road for the '2 pints and a bag of crisps' version, a good cross-country trainer gone.

Working in the manufacturing industry, it is common narrow-minded practice to cut down the variation of product range, make it in the far east and take the attitude of stuff the individualist customers and concentrate on the media! Now that the running boom is levelling off, if not declining, Reebok are attempting to enter the off-road market, good try! But why not use that revolutionary new shoe material, suede, instead of 'Duraflex' or would your profit margins be less than astro-nomical? It seems Reebok also need some help in sole design, just ask a few fell runners.

Norman Walsh has done more for fell running footwear than any other manufacturer - a credit to the man, but a bit of competition is not a bad thing, especially in keeping the price down. Is the £40 shoe just around the next butress? Does anybody have Walsh shoes which collapse in the heel cup with slight pronation? Will the Karrimor ever be held in Gateshead Stadium? Has anybody tried giving Reebok a few clues in their quest? Man has set foot on the moon, what did he have on his feet? Surely, the choice cannot shrink any further; I honestly hope Reebok get it right next time, now that the giants have deserted us.

Yours, PETER SUTHERLAND

## A sign of the times

Dear John,

I enclose a cutting that you may have already seen, from the new national newspaper 'The Independent'. The piece enclosed was published two days before the Langdale race.

Surely this type of article in the national, or any, press is the very LAST thing that fell running wants.

The sport for me personally developed from a love of the hills and mountains of our country, and with it came some knowledge of hill craft and navigation. These, surely are the basic needs of anyone competing in fell races, particularly 'A' category races.

If, as the newspaper piece says, 'fell running is the coming sport', then I for one am going! Back to the bike and other mountain pursuits.

Keep it quiet about Duddon and Royal Dockray though!

TED CROOK

## Snowdon Devotee

Dear Mr. Reade,

Your super publication (Summer 1986) has just arrived, but I must already take issue with the writer of the Snowdon Race guide on page 75 re his/her comments.

He may be right about the terrain, but the start and finish point, and therefore the choice of direct route (i.e. the path up) brings the race into the Llanberis Carnival and is very convenient for the excellent hospitality of the Victoria Hotel.

As far as the entry fee of £4 is concerned, surely it is well known that this includes a very good supper, which must be worth the larger proportion of the fee.

It may not be a 'pure' fell race, but it's a great event with a good atmosphere; it starts on time and there are junior races too. Don't knock it!

On a different subject, all power to your efforts over the amateur/professional nonsense. My son, aged 12, with two fell races under his belt, won £5 for throwing a wellie last week.

Yours sincerely,  
N.C.W. PRATTEN

**Editor:** I agree, but is it a fell race?

## Drop No Litter

Dear John,

It frequently happens to me during fell races that I find several freshly discarded chocolate and sweet wrappings under my feet. Strange as it may seem, the culprits littering the hillsides are actually the fell racers in front of me. I cannot equate this slovenliness with people, who like myself, love wild and beautiful countryside. Mountains are for running and for enjoying - not for littering up!

Please can we keep our fells litter-free? Carry your sweet wrappers, plastic bags, etc. to the finish with you.

SARAH HAINES

**Editor:**

Perhaps a waste bin at the finish might also be a good idea?

## Let's keep fell running simple

Dear John,

In your editorial comments on Tim Kelly's letter in the last issue (p.17), you mentioned that "Running Magazine" had advised Peter Knott of the possibility that they would be directing readers' interest towards fell running as a new challenge to replace the apparently waning interest in marathon running, and also, of course, to help keep their magazine going with some fresh and no doubt highly sensational material. Surely, the FRA, as the sport's governing body, should be able to order them to desist from such a move, which would obviously be detrimental to the future of fell running.

I fully agree with your suggestion that articles, photographs, reports, results and fixtures should now be strictly confined to "The Fell Runner" and "Compass Sport", in view of the ever-increasing fields, with the threat of worse to come. The scenes at Kinder Downfall and Coniston certainly were "horrendous" and more like a mass marathon than a fell race. I also agree with most of what Mike Parkin said in his letter, and with your own comments on the letter headed 'All Aboard for the Gravy Train'. Let's keep our sport simple and down-to-earth, free from the greed, jealousy and backbiting typical of most international sport, and true to the traditions of the fell country.

Regarding Danny Hughes' letter on the apparent sabotage of the Sail Beck Horseshoe: I sincerely hope that an alternative explanation has since been forthcoming from whoever placed the advert in 'Athletics Weekly'. We don't need such cranks in fell racing, if it was indeed a deliberate attempt to sabotage the race.

Finally, I feel that 'The Nasty Column' should be dropped forthwith, as it is wholly at odds with the spirit of our sport. Anonymous contributions of this nature should be tossed into the waste-paper basket, where they belong. If anyone has grouses, let them air them in the 'Letters' pages and identify themselves.

BILL SMITH

## Plea For 'Runnable' Courses

Dear John,

I would like, through the pages of your magazine, to appeal to the organisers of the Bamford, Hathersage and Bradwell fell races to seriously consider the provision they are making for the runners in their races in terms of the "runability" of their courses.

The organisers have become victims of their own success insofar as courses which can comfortably accommodate up to 100 runners become congested with greater fields resulting in queues at stiles (Bradwell and Bamford) and gates (Hathersage). Where possible, gates should be open and if necessary detours should be made to allow moderate performers like myself the pleasure of competing against the watch and one's previous performances. Even though the rewards of victory may never come our way, please believe that it really matters to people like me. Neither the Hathersage nor the new Bradwell course has any length of history, so these two must be flexible.

I would hate the organisers to think this letter is one of carping criticism; I write only out of respect for the Hope Valley series of races, which I have supported loyally since I began fell running in 1975.

I am not shying away from climbing over fences or walls, I only fear it could look as if a new pipeline were being laid were two to three hundred people to attempt to scale walls at a rush, and the organisers have headaches enough already.

PAUL BUCKLEY

## Editorial Abuse

Dear John,

Though being very appreciative of the extensive work put into The Fell Runner by yourself, I feel I must write to express my concern at the continual liberties being taken by you in your role as editor.

As the editor, I would suggest you have licence to make personal comments on the editor's page only. Elsewhere in the mag. it is your impartial role to offer an opinion which reflects the overall views and policy of the FRA Committee.

Additionally, I do feel the inclusion in the Summer '86 mag of a Nasty Column most distasteful. Though some of the points possibly merit "unofficial" discussion, the printing of such does not, I believe, reflect the views of the members. Since it is for these persons for whom the mag is printed, I request you seriously reconsider its continued inclusion.

I have to date very much enjoyed reading The Fell Runner. It keeps us all in touch and informed of our Committee's activities and the results of the races we didn't get to. Your input is paramount to its continued success and popularity - why spoil it?

Yours sincerely, GEORGE SCOTT  
(Pennine Fell Runners)

Article from *The Independent*:

**Running for fun o'er hill and fell**  
FORGET the Walkman and the safe city pavements. Fell running is the coming sport. Its major races attract over 500 runners - some of them professionals - but mainly people who realised that you can do more interesting things with your legs than jogging round the block.

The last English classic event of this season takes place on this coming Saturday, 11 October. The **Langdale Horseshoe Race** will see some 400 runners test themselves on rigours of the Cumbrian Hills right up to the summit of Bow Fell, at 2,960 feet. The race is open to all comers, but some experience is advisable. Further details can be had from the race organiser, Norman Walker (09667-317).

Walkers wanting to watch the Langdale race will do best to get to the top of Bow Fell themselves. The less energetic will be happier watching the start at the **Old Dungeon Ghyll Hotel**, and then driving up to **Blea Tarn**, from which the summit of Bow Fell is visible.

To get to Langdale: Take Exit 36 from the M6 to Ambleside. Then take the A593 to Skelwith Bridge then the B5343 to Langdale. The race starts at 11.00.



### Anti-Nasty - 1

Dear John,

I would like to object to the 'Mr. Nasty' column; it is very easy to be vitriolic when you are hiding behind a cloak of anonymity and the accused cannot answer back. I work in 'The Media' and such a style of reporting is despised and considered the lowest form journalism. There is no way 'The Fell Runner' should sink to these depths. It is no better and no worse than the dastardly trick played on the Sailbeck organisers via Athletics Weekly (sic).

Please drop this column or make the accusers come out in the open. 'Rumour has it' is a lighter and more pleasant way of covering some of these moans.

Cheers, AL. EVANS

### Anti-Nasty - 2

Dear John,

I was very disappointed to read the 'Nasty Column' in the latest Fell Runner, as I have always thought of fell running as being a very friendly sport and I do not think that our illustrious publication should be encouraging such vindictive back-biting. By all means, let's have honest constructive criticism, discussion and democratic decision making, but please can you keep such personal abuse out of our magazine? Such articles are the product of a rather bitter personality, and do not reflect very well on our noble, uplifting sport.

Yours sincerely, PETER HAINES



### Pentland Skyline Hill Race, 1985

Dear Editor,

It seems there is some confusion regarding the outcome of the 'Stewards' Enquiry' which took place after the race. Before the start of the race, runners were given verbal briefing regarding out of bounds areas and it seems some runners weren't listening. Colin Valentine should have been disqualified for taking a direct line (O.O.B.) between two checkpoints; however, the organisers took pity and instead awarded him the runner up prize in an unofficial time of 2.33.13. It is here that the confusion has taken place; the result should read:

1. A. Farmington 2.37.16 (Record)
2. C. Valentine 2.33.13 (Unofficial)
3. D. Buchan 2.42.13

Last mag. was best yet, but cut out the Nasty Page - it stinks. One last point, the SHRA produce a free race calendar which is available at all the Scottish hill races at the beginning of the season. If your boys can't be bothered coming up and collecting one at a Scottish race, which is advertised in the FRA mag., then why should we tell you about some crackers of races that aren't advertised? Perhaps you're all jealous of our £1 fee to the SHRA? My mother never spoon fed me. . .

Yours in Sport, MIKE LINDSAY  
(Carnethy Hill Runners)

### Anti-Nasty - 3

Dear Sir,

STYAN IS LYAN  
STUART DIDN'T DUART

Yours faithfully, BILL BENTALL  
P.S. Styan has done a lot for Fell Running, in a positive way. Mr. Nasty, on the other hand, makes a negative contribution. Is this a Jekyll and Hyde situation?



### Anti-Nasty - 4

Dear John,

I can think of one solution to the problems caused by large numbers of runners at some fell races, though some people might consider it too radical: maybe the FRA Fixtures' Secretary's duties should include arranging clashes between races for those organisers who want numbers reduced. Maybe we will see Kentmere and Coniston on the same day some time in the future (they would still get nearly 300 each!) However, this needs to be done with care: the longstanding clash between Snowdon, Ingleborough and Kinniside resulted in only 30 runners turning up to race over the fells above Cleator Moor this year.

An alternative way to reduce the numbers of people wanting to go fell running is to continue publishing Nasty Columns.

ANTHONY KAY

Editor: Clearly, Nasty was a mistake, although some perverts have said they enjoyed it - Rest assured, nasty is no more.

### In Praise of Tony

Dear Editor,

I submit this enclosed short poem for inclusion in your magazine. I have known Tony Shaw for many years now. His running apart, I have always admired the man for his modesty and his particular attitude to training and racing.

I remember once when he came in front of Jos. Naylor (my hero) at Wasdale. I was astonished that my mate could beat the great Jos., but when I praised Tony for this run, his only comment was: 'Jos. wasn't at his best'.

The poem enclosed shows another aspect of Tony's attitude and stems from an actual conversation I had with him over a few pints after running Gale Fell a few years ago.

\*Cuckoo Knarr, by the way, is a hill in Deeply Vale where Tony does his hill reps. "A brew", if this puzzles some of your readers, is the colloquial term for a hill.

#### A FELL RUNNER'S PHILOSOPHY

Tony Shaw, good friend of mine,  
A tough man up a brew,  
Best placings - fifth at Wasdale,  
Well up at Lairig Ghru.

Just ask him, when he's had a few:  
"Tony, what's your best so far?"  
He'll answer with a moment's thought:  
"One more rep" at Cuckoo Knarr".

Yours, JOE PIMLOTT

### Pro Nasty

Dear Editor,

As an unrepentant Chew Valley Walley (the first one as far as I know) I was sorry to hear the nasty column is to disappear! Cr. . . . .kk. Ah . . . . .Glug, Glug, Glug . . .

### Point taken

Dear John,

I would like to express my support for your attack (The Fell Runner, Summer 1986, p.17) on the alarming inroads being made by commercial interests into our amateur sport. This surely must be resisted at all costs.

You quite correctly identify that foul organ Running Magazine as a force which is 'financially motivated, with any 'knock-on' effects in the sport being totally immaterial to them'.

I would like to extend your argument to include those other ogres - the running equipment manufacturers and various sponsors which are so slyly edging their way into fell running for the sole purpose of selling more of their equipment or products. It is their interests to see more people fell racing only to further their base capitalist motives. These people would actually like to see more people in races (heaven forbid!) to fulfill their profit driven greed. Let us ban all commercial involvement in Fell Running and ban sponsorship altogether, as it only leads to more undesirable people taking up the sport and crowding out our races.

Seriously though, I think the FRA committee, if it is genuinely concerned about large fields in races, should reflect on the wisdom of identifying scapegoats like these commercial interests and trying to stem the tide of more fell runners. The task facing a steering group such as the FRA should be to encourage more races so that people have a choice of races, not to try to discourage expansion of the sport. To this end, commercial sponsorship and involvement can be extremely useful.

I owe Running Magazine a debt of gratitude for publicising the details of the first fell race I entered. The FRA does not perform this kind of public duty and ought to be ashamed of it. (In contrast to the FRA's closely-guarded calendar the SHRA issues a free calendar available from shops all over Scotland to encourage people to try the sport.) I understand that Running Magazine will publish, free of charge to organisers, details of races. So get your heads out of the sand FRA and let's see some attempt to be more welcoming to fellow sportsmen. Have you thought of inviting Running Magazine to sponsor and help to organise any races? Maybe having one on the same day as the Coniston may prove to be beneficial to you the FRA organisers, them the commercial interest and us the fell runners.

Yours up the hills,  
MATT OGSTON

Editor: Such sarcasm - make an ideal editor! But don't confuse the editor's views as being the official FRA line - nothing could be further from the truth.

### Forthright views

Dear John,

Congratulations on the best 'Fell Runner' I can remember. In lieu of a very long essay on assorted subjects:

- 1 Bugger the AAA. They listen to money more than sense;
- 2 Don't let the internationals bugger us. Make them do the real races (Wasdale perhaps). Take the top few, send them abroad and we'll all wish them well.
- 3 One way to solve some of the problems with over-subscribed races and get the navigational skills back and let me run on the path occasionally would be to borrow the orienteers' ideas and have most people do the events as time trials. There's only a few at the front who really need to race each other (and rumour has it Billy Bland might not even agree with that!).

Keep up the good work,  
JOHN BRITTON

Editor: For those oversensitive members. I understand that John's use of the word 'bugger' is meant in its Staffordshire colloquial sense and should not be given any other connotation.

### Thanks, lads

Dear John,

It doesn't take long for someone coming freshly into the Fell Running scene to know that they are amongst a very special, extraordinary bunch of people. Some of these welcome newcomers, and a lot of the old hands too might be interested in a recent experience I had. You have to bear in mind that, although I love the sport, I am, at best, a 'bumble' and seldom get on the hills these days, but a few people have spotted my name on the odd cartoon.

For three years I have struggled with a drain problem at my holiday flat in Grange-over-Sands, and, after yet another traumatic experience, and in desperation, I rang Pete Bland's shop in Kendal, reckoning that he might know local expertise. I got Jon Broxap. Jon listened and said: "You need the best architect in this area, Mike Walford". (They throw great Fell Running names around like confetti). "But how can I get him?" I bleated. "You hang on, and I'll shout for him to come in; he has his nose pressed to our window!" said Jon.

Seconds later, the Great Architect of the Mountains was there on the line. "Anything I can do to help a Fell Runner, even a rotten one?" was the gist of what he said. I gave him the dirty details and in a matter of seconds he had grasped the problem and given me a key-name to help me (Aqua Engineering in Sedbergh). I got in touch, they were first-rate people - the best on pumps in the north, I learned, and so within days, my problem was now virtually over. I dare say that, amongst the fraternity of the Fells, there are many such stories, but I was so warmed by the interest and kindness these guys showed, with none of that "What's in it for me?" attitude, I couldn't help thinking how lucky I was to have been a runner. Even a slow one - Where's me Walshes?

BILL BENTALL

### Man's Best Friend?

Dear John,

Over the last year or so, it has been my privilege to witness the exciting development of a new aspect of fell running. I am sure there are those of the old school who would wish to see it stamped out, but I feel we should encourage its progress.

The new development has roughly three levels of involvement. Firstly, the thoroughly enjoyable fall to the ground after being tripped by a dog. Secondly, the entanglement procedure, which reflects the agility of the dog, in which the doggy lead is wrapped round the runner's legs.

The more loops round the legs, the more fun is experienced. Finally, probably my favourite, being of a literary turn of mind, is the new vocabulary introduced into the sport. Good examples include "Mind the dog", "It won't bite" and "Watch where you're going".

During the Borrowdale this year, I was fortunate to be able to participate in entanglement fun and was privileged to hear vocabulary extension of a high degree: "It's the first time she (the dog) has done the course, but I don't expect she'll have any problems".

"Well, mine did the Fairfield a while ago and managed O.K.". "Ah yes, I heard she (the dog) set

the record". And so the conversation went on. I know there are those who criticise this canine development in fell running, claiming it gives the runner/owners an advantage of being pulled along by their dog. However, I feel the amount of effort looking after a dog and then sharing it with fellow runners, deserves any benefit that can be derived.

Well, John, I only hope this branch of fell running continues to grow and the effects can be shared by everyone. Who knows, we may become the Fell Dogs and Runners' Association some day; let's hope so, eh? Yours with a tongue firmly in a cheek.

K. NINE (Mr)



Wendy Dodds and friend at the 1986 Fairanape Fell Race

Photo: E. Woodhead

### 'Open' fell races

Dear Sir,

I have been following, with interest, the debate(s) on the above topic and frankly I am amazed at some of the attitudes - don't misunderstand my remarks, nobody would welcome open competition more than I. However, the regulations are quite plain and **easy to understand** regarding Amateurism and Professionalism and what is important, agreed to through democratic process by Athletic Clubs (from which the majority of FRA members come) throughout the country. So, if the FRA did decide to 'go it alone' - as is being suggested, I feel it would split the association wide open if not destroy it.

I don't wish to seem long-winded about this, so I'll close with the following thoughts:

**Stop** being radical - use the means open to you to get **agreed** change.

**Stop** being cynical about those who are members of AAA's Committees (remember we who organise **your** sport do so with no obligation and without us events wouldn't be quite the same).

**Stop** referring to Zola Budd - the poor girl has had enough 'stick' from the Media without her colleagues snapping at her too.

Recommend you get at Lakeland Sport promoters to register their fell races as at Kinniside (I think the remarks and attitudes of some leading pro's deplorable and won't help our case one iota).

Wishing you well in the future.

Yours sincerely, DES OLIVER

### Mag. distribution dates

Dear John,

I was wondering if it had ever been suggested that the winter 'Fell Runner' came out in December, along with membership reminders. This is the practice of some other Associations of which I am a member. I see the advantages as being:

(i) going to press away from the New Year, perhaps relieving the Editor of a holiday burden;

(ii) opportunity to publicise early events (like mine!) which currently have happened, or are very close, by the time the Fixtures Calendar arrives with the magazine.;

(iii) provide members with an interesting read over Christmas.

Certainly, a lot of folk at the Roaches say they like a tough race to train for in December/January, and maybe more people would do likewise if they read about this and other events in December, rather than vaguely remembering from July.

It's just an idea I thought you might like to consider. A quick word of support too for your aims to broaden the scope of the 'Fell Runner' with emphasis on everybody's running and not the recent 'International Scene Rules'. I hope you stem the tide and save us from the fate of the orienteering world.

Yours, HUGH SHERCLIFF

**Editor:** An idea worth considering, but hopefully the new format (4 a year) will get information out more regularly.

### Equal rights for Wales

Dear Ed.,

Please could you refrain from listing the Welsh Races under the heading: 'Wales and Overseas'. It seems to annoy the expatriot English and Scots who have moved to the Principality as much as the indigenous population!

As you are probably aware, most of the races in South Wales are Long A's and we used to have a bad reputation for organisation. However, things are getting better and we are getting considerable interest from outside the area and the organisation (with the exception of the Transfan) has been second to none. Judging by the happy competitors returning up the M6, things are improving.

JONATHAN GIBBON

**Editor:**

Your wish is my command.

### What's 7 foot tall and leaves ten inch four-toed footprints?

Altrincham and District runner, Tony Wooldridge, undertook a sponsored charity run in the Gharwhol region of the Himalayas during March 1986. "Nothing very unusual in that" do I hear you say? Well, read on . . . At a height of about 14,000 feet above sea level, he came across a hairy, ape-like figure approximately 200 yards away - No you're wrong - it wasn't Jack Matelamb. He believes it was the yeti, or abominable snowman. During the three-quarters of an hour he watched it, he took a number of colour photographs which have recently been published in the September 1986 IPC Wildlife magazine. His photographs show a creature of between five and seven feet tall which are currently being studied by a number of Natural History and Zoological societies. Makes running in the British hills sound awfully dull, doesn't it?

### Apology to Kenny:

In the last magazine, the Nasty Column made certain assertions about Kenny Stuart and dinner/dance tickets. Kenny informs me that it was completely untrue and I apologise unreservedly for this error. Nasty was clearly a mistake and will not appear again.

### Fancy meeting you there:

Jim Barratt informs me that he and two other members of Saddleworth Runners were standing at the bottom of the west ridge of Sgurr nam Gillean on the Isle of Skye, wondering how to get around the famous Gendarme, when who should arrive, complete with rope, none other than Jon Broxap and John Gibbison. They managed to hitch a lift and would like to say "Thanks very much, fellas".

### Where were you?:

Kevan Shand informs me that he was really brassed off at the pathetic turn out, only 40 people out of a total membership of 2,000, for the annual dinner/dance on the Langdale weekend in October. He says the few who did go had an enjoyable time, but the annual prize giving was quite embarrassing as a lot of the winners didn't bother to turn up. He quotes one club who has numerous prize winners but chose to get sozzled elsewhere in the Lake District. I'm not too sure who meets the first qualification but the second is a give-away - it must be Rossendale! Anyway, he's decided to put matters right and organise it himself next year, in Lancashire - let us support him, if at all possible.



# COMMITTEE NEWS

## MEETING AT HORTON-IN-RIBBLESDALE 7TH JUNE, 1986

**Present:** N. Berry, J. Broxap, D. Hodgson, D. Hughes, J. Reade, J. Gibbison, P. Knott, and K. Burns.

**Absent:** J. Blair-Fish, A. Styan, R. White, S. Wright, K. Shand, A. Carson, J. Parkins, A. Hulme, and J. Nixon.

**Jos Naylor Funds:** Discussion re use of funds - decided to request Trustees that it should be for support of Junior competitors.

**Championships:** discussion of present set-up. Some disapproval of the '2 Championships' system - Agreed to leave the present system for a further 2 years.

**Race Entries/Insurance:** General discussion on problem areas:

- (a) Growth of races/race entries;
- (b) Race organisers/insurance premiums not being paid by a minority; and
- (c) Scottish races also have to pay permit to SAAA's.

## MEETING AT KESWICK 3RD AUGUST, 1986

**Present:** N. Berry, J. Broxap, D. Hodgson, D. Hughes, A. Styan, S. Parkin, J. Gibbison, K. Shand, S. Wright, and K. Burns.

**Absent:** J. Blair-Fish, A. Hulme, J. Reade, A. Carson, R. White, J. Nixon, and P. Knott.

**1987 Championships:** Races chosen.

**1987 Magazine Schedule:** Brief discussion - matter deferred until next meeting.

**International Fell Running:** 1986 race details discussed. N. Berry elected as team manager.

## MEETING AT LITTLEBOROUGH 31ST AUGUST, 1986

**Present:** N. Berry, J. Broxap, D. Hodgson, J. Reade, K. Shand, A. Hulme, J. Gibbison, J. Nixon, J. Blair-Fish, P. Knott and A. Styan.

**Absent:** S. Parkin, A. Carson, S. Wright, R. White, K. Burns, and D. Hughes.

**1987 Magazine Schedule:** General discussion, costings worked out, agreed to endeavour to produce 4 new-style magazines in 1987.

**Editorial Policy:** General discussion as to direction of magazines. Editor should refrain from being a wally.

**1988 World Cup:** Committee agreed, subject to satisfactory format and finance, to stage the event.

**Open Fell Running:** Report on meeting with AAA's. FRA solution was 3 pronged - to quote members:

- (1) Cash payments to be interpreted as travelling expenses;
- (2) Pro races could be published in FRA Calendar and implicitly under FRA rules; and
- (3) A moratorium would be held thus resolving the problem of contaminated athletes.

Main problem - reaching agreement with BOFRA.

**Rule Change:** Requirement for 'A' category races to be 250 feet of climbing per mile - Committee agreed to alter wording from 'must' to 'should' to allow greater discretion on part of classification sub-committee.

**British Championship 1987:** Committee agreed to delete the requirement to count at least one race in each country.

## MEETING AT KENDAL 23RD NOVEMBER, 1986

**Present:** A. Clarke, M. Stone, J. Reade, D. Hughes, P. Bland, A. Hulme, J. Broxap, N. Berry, D. Hodgson, S. Wright, K. Burns, J. Blair-Fish, R. Bergstrand, and D. Hall.

**Absent:** A. Styan and K. Shand.

**World Cup:** Further discussion. Sub-committee set up - D. Hodgson, J. Broxap, N. Berry, D. Hughes, R. Bergstrand, D. Hall, J. Blair-Fish, and S. Wright.

**Open Fell Running:** Meeting to take place with BOFRA Secretary. Individual's travelling expenses paid for first time in cash for Copeland Chase winners - **note:** NOT cash prizes.

**AOB:** Hon. Secretary informed the Committee of his intention not to seek re-election at the next AGM.



Retiring Hon. Secretary - Jon Broxap  
(Photo: E. Woodhead)

## MEETING AT PATERDALE 11TH JANUARY 1987

**Present:** N. Berry, J. Broxap, A. Hulme, K. Burns, M. Stone, S. Wright, A. Clarke, D. Hall, J. Blair-Fish, K. Shand, D. Hughes, D. Hodgson, and J. Reade.

**Absent:** A. Styan, R. Bergstrand, and P. Bland.

**World Cup:** Draft rules approved. Venue - Keswick area. Authority given to sub-committee to seek sponsors and possibility (and desirability) of TV coverage discussed. Extract from draft rules:

- 2.1 Courses should be designed to avoid unnecessary hazards.
- 2.2 Courses should be adequately marked so that route finding is not a problem.
- 2.3 Courses should comply with FRA category 'A' definition.
- 3.1 Juniors: AS course.
- 3.2 Senior Men: AS course, AM course.
- 3.3 Women: AS course.
- 3.4 Veterans: AM course.
- 3.5 Open race for all-comers: AM course.

**1987 AGM:** Chapel Stile Village Hall after Langdale race.

**1987 Dinner Dance:** Provisional location: Lancashire. Evening before 3 Towers Race.

**AOB:** Honorary Life Membership awarded to Bill Smith in recognition of his services to the sport.

**Note:** Minutes of Committee Meetings and the AGM may be obtained from the Hon. Sec: Jon Broxap, 34 Burneside Rd, Kendal.

## FRA COMMITTEE

**Chairman:** Norman Berry;  
**Secretary:** Jon Broxap, 34 Burneside Road, Kendal (0539-27502);  
**Treasurer:** Dave Hodgson;  
**Membership Secretary:** Pete Bland, c/o Pete Bland Sports, 34a Kirkland, Kendal (0539-31012);  
**Fixtures Secretary:** Tony Hulme, 140 Altrincham Road, Wilmslow, Cheshire SK9 5NQ;  
**Editor:** John Reade;  
**Statistician:** Kevan Shand;  
**Press Officer:** John Blair-Fish;  
**Club Representatives:** Danny Hughes, Andy Styan, Selwyn Wright;  
**Membership Representatives:** Robin Bergstrand, Dave Hall, Martin Stone;  
**Scottish Representative:** Keith Burns;  
**Welsh Representative:** Arthur Clarke.

## WELSH REGIONAL COMMITTEE

**Chairman:** Ken Jones;  
**Vice-Chairman:** Les Williams;  
**Secretary:** Arthur Clarke, Criag Y Doerwen, Maenan, Llanrwst, Gwynedd LL26 0YB (049 269 281)  
**Treasurer:** Jonathan Gibbon;  
**Members:** Del Davies, Paul Stott, Martin Lucas, Andy Darby;  
**Statistician:** John Darby;  
**FRA Representative:** Arthur Clarke;  
**W.A.A.A. Representative:** Les Williams;  
**W.R.C. Calendar Compilers:** Paul Stott and Nigel Fisher.

## SHRA COMMITTEE

**Chairman:** Dick Wall;  
**Secretary:** Robin Morris, 33 Morningside Road, Edinburgh EH10 4DR (031 447 8846);  
**Treasurer:** Andy Spenceley;  
**Members:** Ann Curtis, Andy Curtis, Peter Brooks, Mike Lindsay (co-opted).

**N. IRELAND FRA COMMITTEE**  
**President:** Billy McNeilly;  
**Chairman:** Denis Rankin;  
**Secretary:** Jim Hayes, 14 Longlands Drive, Comber, Newtonards BT23 5AL. (Comber 872802);  
**Press Officer:** Brian Irvine;  
**Members:** Stanley Graham, Noel Douglas, WJ Brown, Davy Graham

## MOURNE FOREST & FELL LEAGUE

**Secretary:** Mike McNulty, 33 Clarkhill Road, Castlewellan, Country Down BT31 9BJ. (03967 71117).

**Editor:** Out of all these Committees, there is only one Lady Member! Is this a case of Sex discrimination or female apathy?



Sole female committee member. Ann Curtis, seen here in the 1985 2 Breweries (Photo: E. Harvey)

# CHAMPIONSHIPS - 1986

# 1986 BRITISH AND ENGLISH CHAMPIONSHIPS by Kevan Shand

Well, what did you think of the new system? The feedback I received was not too good. A few people felt the dual championship system meant that it became too 'cut and dried' much too early in the season. In the British, if one or two races were missed, then that was it, although the English was slightly better on that count.

Jack Maitland had the British sewn up by the Wasdale in July and Del Davies proved to be a real star. In the English, it was good to see Dave Cartridge win - it couldn't happen to a nicer chap - especially as he had his fair share of injury problems. Rod Pilbeam was in with a chance right to the end and could improve still.

Well done to all contestants, especially one chap who keeps battling away right up there, year after year. He finished 2nd in both the British and English Vets Over 40 - George Brass - I hope 1987 is your year.

Finally, here is my view on the future Championship format: As the Welsh and Scots have their own championships, I would suggest scrapping the British Championship as it is now whilst the English one continues, more or less, as at present. For the British, each country would pick one race from their own championships and each succeeding year would alternate with a different category. E.g. 1988: England - A.S., Scotland - A.M., Wales - A.L.; 1989: England - A.M., Scotland - A.L., Wales - A.S.; 1990: England - A.L., Scotland - A.S., Wales - A.M., etc. . . All three races would count with the person with the highest number of points winning.

No doubt Committee will be debating the Championship format during the course of this year, so let the Editor have your views - this is your chance to influence the system chosen.



Malcolm Patterson, at the Wrekin, finished 17th in the British and 14th in the English Championships (Photo: W. Bateson)

## BRITISH

### SENIOR MEN:

1: J. Maitland, P & B	123
2: C. Donnelly, Eryri	119
3: R. Pilbeam, Kes.	113
4: W. Bland, Kes.	111
5: H. Griffiths, Eryri	101
6: D. Cartridge, Bolton	98
7: S. Livesey, Ross.	96
8: D. McGonigle, Newc.N.I.	93
9: G. Griffith, Eryri	91
10: J. Broxap, Kes.	73
11: D. Davies, Eryri	71
12: G. Gough, B'burn	67
13: G. Schofield, B'burn	65
14: G. Read, Roch.	63
15: P. Barron, Kes.	61
16: N. Lanaghan, Kes.	57
17: M. Patterson, DPFR	56
18: C. Valentine, Kes.	54
19: A. Farningham, Aberd.	46
20: M. Fanning, Kes.	40

### Teams:

1: Keswick	45
2: Eryri	43

### LADIES:

1: A. Carson, Eryri	48
2: D. Ellerton, Newc.(Stffs)	38
3: S. Quirk, Kend.	33
4: L. Lord, Clay.	21
5: W. O'Neale, Kes.	20
6: G. Wilkinson, Kend.	17
7: V. Thornton, Kend.	13

### VETS. OVER 40:

1: D. Davies, Eryri	88
2: J. Nuttall, Clay.	71
3: D. Spedding, Kes.	70
4: H. Parry, Eryri	69
5: R. Jackson, Sale	54
6: N. Fisher, Eryri	45
7: J. Dean, Holm.	39
8: P. Hall, Barr.	36
9: J. Clemens, B/Coombe	33
10: R. Stephenson, Kes.	32

### VETS. OVER 50:

1: W. Gauld, Carn.	
2=G. Brass, Clay.	
2=P. Duffy, Aberd.	
4: C. Gravina, U/A	
5: A. Clarke, Eryri	
6: D. Hodson, Amb'side	
7: J. Fiest, DPFR	

## ENGLISH:

### SENIOR MEN:

1: D. Cartridge, Bolt.	200
2: R. Pilbeam, Kes.	180
3: R. Ashworth, Ross.	144
4=W. Bland, Kes.	139
4=R. Rawlinson, Ross.	139
6: P. Irwin, Ross.	134
7: R. Bergstrand, Ross.	131
8: S. Livesey, Ross.	108
9: G. Schofield, B'burn	106
10: H. Symonds, Kend.	104
11: K. Taylor, Ross.	101
12: J. Broxap, Kes.	97
13: G. Devine, P & B	96
14: M. Patterson, DPFR	93
15: R. Owen, Horw.	86
16: G. Read, Roch.	74
17: M. Rigby, Amb.	67
18: D. Davies, Eryri	66
19: G. Gough, B'burn	64
20: P. Barron, Kes.	63

### VETERANS OVER 40:

1: D. Cartwright, Pen.	130
2: D. Kay, Bolton	106
3: D. Davies, Eryri	88
4: C. Tremaine, ICL	76
5: D. Weatherhead, Bing.	70
6: J. Nuttall, Clay.	69
7: B. Toogood, DPFR	64
8: P. Hall, Barr.	58
9: J. Dean, Holm.	56
10: G. Berry, DPFR	54

### VETERANS OVER 50:

1: G. Barras, Sky.	146
2: G. Brass, Clay.	127
3: D. Hodgson, Hors.	109
4: P. Duffy, Aberd.	102
5: B. Thackery, DPFR	84
6: C. Gravina	63
7: D. Clutterbuck, Roch.	48
8: J. Fiest	48
9: N. Soper, Ach.R.	48
10: R. Richardson	41

### TEAMS:

1: Rossendale	81
2: Keswick	63
3: DPFR	44
4: Rochdale	42
5: Clayton	40
6=Kendal	32
6=Horwich	32

### LADIES:



World Cup winner and English Champion, Carol Haigh leading Pete Jebb in the Rombalds Moor Race (Photo: P. Hartley)

1: C. Haigh, Holm.	48
2: D. Ellerton, Newc.	48
3: J. Smith, DPFR	42
4: C. Crofts	38
5: S. Quirk, Kend.	33
6: L. Lord, Clay.	33
7: C. Walkington, Horw.	25
8: B. Carney, Bing.	24
9: A. Carson, Eryri	21
10: W. O'Neale, Kes.	15

## WELSH

### SENIOR MEN:

1: H. Griffiths	64
2: D. Davies	51
3: G. Griffiths	48
4: H. Parry	41
5: C. Donnelly	40
6: D. Roberts	36
7: P. Stott	25
8=M. Jones	22
8=L. Williams	22
10: S. Parri	18

### LADIES:

1: A. Carson	
2: S. Walsh	
3: S. Roberts	

### VETERANS OVER 40:

1: D. Davies	
2: H. Parry	
3: N. Fisher	

### VETERANS OVER 50:

1: A. Clarke	
2: J. Pope	
3: D. Charles	

## N. IRELAND

### SENIOR MEN:

1: I. Parke, Bally	118
2: J. Patterson, Mourne	115
3: J. Hayes, Bally	112
4: B. Ervine, Bally	95
5: S. Graham, Newc.	89
6: N. Douglas, Newc.	88½

### VETERANS:

1: D. Watson, Mourne	60½
----------------------	-----

## ALL IRELAND

### SENIOR MEN:

- |                         |     |
|-------------------------|-----|
| 1: J. Patterson, Mourne | 5   |
| 2: J. Hayes, Bally      | 10  |
| 3: B. Ervine, Bally     | 18  |
| 4: S. Graham, Newc.     | 24  |
| 5: W. Brown, Mourne     | 29½ |



(L. to R.) Jim Hayes, Jim Patterson and Brian Ervine pictured after the Annalong Horseshoe Race  
(Photo: B. Ervine)

## S.H.R.A.:

### SENIOR MEN:

- |                          |     |
|--------------------------|-----|
| 1: D. McGonigle, Dun.Un. | 116 |
| 2: A. Farningham, Aberd. | 109 |
| 3: A. Curtis, Liv.       | 89  |
| 4: D. Bell, Help.        | 82  |
| 5: R. Hope, Carn.        | 68  |
| 6: J. Stevenson, Irv.    | 68  |
| 7: R. Morris, Carn.      | 67  |
| 8: M. Burton, Carn.      | 66  |
| 9: R. Boswell, Loch.     | 61  |
| 10: J. Blair-Fish, Carn. | 57  |



S.H.R.A. winner, Dermott McGonigle, in the Lomonds of Fife  
(Photo: A. Kentleton)

### LADIES:

- |                        |    |
|------------------------|----|
| 1: A. Curtis, Liv.     | 32 |
| 2: C. Menhennet, Bell. | 26 |
| 3: M. McNee, Ayr       | 10 |
| 4: C. Butler, Aberd.   | 8  |

### VETERANS:

- |                      |    |
|----------------------|----|
| 1: R. Shields, Loch. | 64 |
| 2: R. Blamire, Stew. | 58 |
| 3: W. Gauld, Carn.   | 44 |
| 4: D. Lord, Kint.    | 35 |

## MOURNE FOREST AND FELL LEAGUE

### SENIOR MEN:

- |                |    |
|----------------|----|
| 1: D. Ross     | 7  |
| 2: D. Graham   | 8  |
| 3: M. McNulty  | 15 |
| 4: N. Douglas  | 15 |
| 5: A. Callan   | 19 |
| 6: B. McBurney | 27 |

### LADIES:

- |                 |
|-----------------|
| 1: J. McCrum    |
| 2: C. McGonigle |
| 3: P. McNulty   |
| 4: B. Carey     |
| 5: M. Warren    |

## ISLE OF MAN LEAGUE

### SENIOR MEN:

- |                        |
|------------------------|
| 1: T. Varley, Bound.   |
| 2: I. Callister, Manx. |
| 3: R. Stevenson, U/A   |
| 4: G. Hull, Bound.     |
| 5: J. Crellin, Manx.   |
| 6: W. Callister, Manx  |

### VETERANS:

- |                          |
|--------------------------|
| 1: R. Callister, Western |
| 2: B. Baxter, Manx.      |
| 3: J. Tasker, Manx.      |

## STUD MARKS ON THE SUMMITS

S.K.G. Publications (Bill Smith, Peter Gilderstone and Peter Knott) would like to thank all the many kind people who have helped them to advertise and sell the book. As a result, we have now sold almost 1,400 copies and have a further 400 still available. All production costs and expenses have been paid and we are in credit at the end of 1986 to the tune of £800. The balance from sales will ultimately go to the sport of fell running in all its forms. Bill Smith, at his request, has received no payments towards the cost of research, writing and preparation for publication. This, he insists, is his hobby.

Future plans depend upon how well the remaining books sell and this is to be reviewed next summer. The idea of producing a new book on the development of the sport, in due course of time, has been floated, so please keep Bill supplied with material!

**Bill Smith, 19a Alexander Walk, Liverpool L4 4PV.** Peter Knott

Many thanks to:

The Fell Runner, FRA committee and members;  
Compass Sport Magazine (Ned Paul);  
Strider and L.D.W.R.;  
Pete Bland Sports;  
Karrimor International;  
Rock and Run (Andy Hyslop);  
Running Wild;  
The Dales Book Centre;  
Dave Smith Sports;  
Climber and Rambler Magazine;  
The Great Outdoors Magazine;  
H. Robinson (Lancaster);  
Enla Zavingle (New York);  
Peniston Footpath Runners;  
The Climbers' Shop (Ambleside);  
Martin Stone;  
The Keswick Reminder (George Bott);  
Westmorland Gazette;  
Lake Scene;  
Radio Cumbria;  
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Lancashire Evening Post;  
A. W. Puckrin;  
Selwyn Wright;  
Pen-y-Ghent Stores;  
Anne Sykes;

and all the other kind people who have helped me that I have inadvertently forgotten.

## THE 1986 JUNIOR AND INTERMEDIATE CHAMPIONSHIPS

by John Gibbison



The start of the Saddleworth Junior Championship Race (Photo: E. Woodhead)

### JUNIOR:

It took Langdale to finally sort out 2nd and 3rd places after John Taylor had finished the season rather well. Ian returned from a good run in Italy to win the Langdale Junior Race from John and become runner-up overall, reward for 3 years support of Junior fell running with brother Carl. Adrian Jones, in his first season on the fells, was consistent all season to become FRA Junior Fell Running Champion, whilst John Taylor will be a force to reckon with next season.

Pudsey & Bramley had a good turn-out of lads in most of the races and easily took the FRA Junior Team Championship.

Two Juniors were in the U/20 England Team for the World Cup in Italy, Ian Dermott and Adrian Jones finishing 12th and 15th respectively.

Three Juniors, John Taylor, Chris Beadle and Geoff Hall, attended the Safety and Navigation Course and had mixed fortunes

in the 'Silver Howe Chase'.

### INTERMEDIATE:

The first year of the Championship was not quite as well supported as any of the previous three Junior Championships and the team trophy was uncontested. Robin Bergstrand and Gareth Devine dominated the Championship and competed very well against Senior opposition. They were both in the U/20 England team in the World Cup in Italy, finishing 2nd and 13th respectively. It was Robin Bergstrand who was most consistent over the season and took the FRA Intermediate Championship trophy.

The Championships are now to be organised by Robin Bergstrand for the FRA and I'm sure his enthusiasm will ensure their success. Thanks to everyone who helped me get the Championships going, to organisers for co-operating and organising the events and to Juniors and Intermediates for supporting the nominated

runner. It was great fun working with you and I hope to see you at races next season. All the best for your running.

## FRA INTERMEDIATE CHAMPS



Third in the Intermediates, Konrad Manning (Photo: W. Bateson)

- |                           |     |
|---------------------------|-----|
| 1: R. Bergstrand, Roch.   | 198 |
| 2: G. Devine, P & B       | 171 |
| 3: K. Manning, Clay.      | 165 |
| 4: A. Schofield, Roch.    | 134 |
| 5: J. Dermott, Horw.      | 126 |
| 6: P. Dugdale, Horw.      | 71  |
| 7=S. Willis, Sadd.        | 44  |
| 7=J. Rutter, Clay.        | 44  |
| 9: A. Mouncey, Sky.       | 43  |
| 10: I. Campbell, Horw.    | 41  |
| 11: M. Wilson, Hall.      | 40  |
| 12=M. Fanning, Kes.       | 35  |
| 12=P. Ratcliffe, Ross.    | 35  |
| 14: D. Gibbons, E.Ches.   | 34  |
| 15: T. Donlan, B'burn, 29 |     |

## FRA JUNIOR CHAMPIONSHIP



Junior winner, Adrian Jones (86) chasing P. Harlowe of Keswick (Photo: E. Woodhead)

- |                       |     |
|-----------------------|-----|
| 1: A. Jones, P & B    | 180 |
| 2: I. Dermott, Horw.  | 177 |
| 3: J. Taylor, Holm.   | 168 |
| 4: E. Cotton, Kend.   | 156 |
| 5: T. Gibson, Roch.   | 137 |
| 6: S. Thompson, Clay. | 131 |
| 7: C. Dermott, Horw.  | 129 |
| 8: B. Devine, Sky.    | 123 |
| 9: C. Mustill, P & B  | 102 |
| 10: A. Lange, P & B   | 97  |
| 11: C. Harney, Bing.  | 80  |
| 12: C. Beadle, Holm.  | 75  |
| 13: G. Hall, Holm.    | 67  |
| 14: A. Preedy, Burn.  | 61  |
| 15: A. Orr, Clay.     | 55  |
- 1 Team: Pudsey & Bramley

## 1987 FRA JUNIOR AND INTERMEDIATE CHAMPIONSHIPS by Robin Bergstrand

The 1987 Junior and Intermediate Championships show a couple of changes from previous years. Firstly, the number of championship races has been reduced from 14 to 12 in both age groups, of which the best 8 count towards the final points total. This is intended to ease the commitment in terms of time, money and plain hassle associated with completing a full championship season, as is the attempt to give a slightly better distribution of races. Secondly, the age groupings have been amended to come in line with those used by the International Mountain Racing Committee - i.e. ages taken on January 1st in the year of competition. Note that the Junior event at the World Cup is for those under 20 on January 1st in the year of competition. Regarding international selection, it is initially planned to select the first two eligible runners in the Intermediate championship and the leader of the Junior championship 'as of right'. The fourth team member will be selected after due consideration by the selection committee. It is hoped that a training weekend open to all under 21 fell runners can be organised this summer, where the emphasis will be on pleasant surroundings and socialising rather than intense workloads and competition - watch this space! Correspondence on any aspect of the championships or under 21 fell running in general is welcome at: 271 Heavygate Rd, Sheffield, S10 1QA.

**Editor:** Featured below are details of 3 'A' Category 'overseas' races, contributed by Ian Callister (Axnfell) and Brian Ervine (2 Irish races). Come on, Welsh members, how about details of some of these new long races in the Principality.

### AXNFELL, ISLE OF MAN Early March AL/21m/7,000ft

**Record:** 3.45.57 - Tony Varley.  
**Map:** O.S. 1:50,000, sheet 95, Isle of Man.

#### Course:

- Start and Finish:  
Axnfell picnic site (423837)  
Ch. 1: Cronk-y-Vaare (412864)  
Ch. 2: Creg (346833)  
Ch. 3: Colden (343843)  
Ch. 4: Carraghyn (368849)  
Ch. 5: Beinn-y-Phott (389860)  
Ch. 6: Stream junct. (384874)  
Ch. 7: Snaefell (398881)  
Ch. 8: Clagh Ouyr (414889)  
Ch. 9: Mines Chimney (431890)  
Ch.10: Slieve Ouyr (434880)  
Ch.11: Cronk-y-Vaare (412864)

**Terrain:** Heather and grass, steep descents and ascents.

**Comments:** Handicap event with interval starting times between 8.00 and 11.00 a.m. Competitors are asked to name a long race of 20 miles or longer (e.g. Wasdale, Welsh 1,000 metres) and their usual time for that particular race, to assist the handicapper.

### Ankle Injuries etc:

The article on Ankle Injuries (Summer 1986) brought a large number of enquiries. Steve Hodgson has now changed address and he can be contacted at:

3 Infirmary Close, Blackburn, Lancashire.

He prefers to see runners in a convenient Clinic at Blackburn Infirmary (free of charge) and if you do write to him, please enclose a SAE.

### That's unfair:

Roger Boswell points out that even if you are a Scottish native and/or resident and a member of the FRA, you still cannot count towards the Scottish Championship until you cough up a further £1 membership subscription to the SHRA - complaints to Robin Morris, please.

### Sex discrimination:

(a) Roger also points out that the Ladies' record for the Ben Nevis was missed out of the Race Guide (Summer 1986). It is, of course, 1.43.25, set by Pauline Stuart (formerly Haworth) in 1984.

(b) John Blair-Fish points out that the statistical tests, using Dave Peck's formula on the Pentland Skyline results (Fell Runner, Summer 1986) are only valid for men. There was only one lady taking part, so that the hypothesis that men are more predictable than women cannot be proven in this case.

## RACE GUIDE

### SLIEVE BEARNAGH MOURNE MOUNTAINS NORTHERN IRELAND May or August (1987: 10 May) AM/7m/2,500ft

**Record:** 58.53 - Ian Parke, 1984.

**Maps:** O.S. 1:25,000 'Mourne Country' Outdoor Pursuits Map, 1:50,000 Sheet 29 'The Mournes' (First Series).

#### Course:

- Start: Sheep Pens (293296)  
Ch. 1: Gate on Track (312303)  
Ch. 2: Slieve Bearnagh (313280)  
Ch. 3: Slieve Meelmore (306287)  
Ch. 4: Slieve Meelbeg (300279)  
Finish: Corner of Forest near start.

**Terrain:** A grassy contour, then track to the Hare's Gap. A steep climb and descent of Bearnagh, then two smaller climbs of Meelmore and Meelbeg. Rocky between Bearnagh and Meelmore, then grassy on Meelbeg.

**Comments:** Excellent 'A' medium with plenty of climbing. No navigational problems as the route follows the 'Mourne Wall' over the Peaks. Often an all-Ireland Championship race, but still small and low key. Facilities - a good stream to get washed in.

### ANNALONG HORSESHOE MOURNE MOUNTAINS NORTHERN IRELAND June or August (1987: 28 June) AL/13m/5,500ft

**Record:** 2.02.52 - Ian Parke, 1984  
**Maps:** O.S. 1:25,000 'Mourne Country' Outdoor Pursuits Map, 1:50,000 Sheet 28 'The Mournes' (First Series).

#### Course:

- Start and finish:  
Annalong Valley Gates (357223)  
Ch. 1: Chimney Rock Mountain (364257)  
Ch. 2: Slieve Commedagh (346286)

- Ch. 3: Cove Mountain (336270)  
Ch. 4: Slieve Lamagan (329260)  
Ch. 5: Slieve Binnian (320234)

**Terrain:** Track to start, deep heather on Chimney Rock then mostly short heather and grass with boulders on the descent from Lamagan. Five main climbs with good running in between. Track and road to finish.

**Comments:** Probably the best long race in Northern Ireland, covering the 'Central Ridge' of the high Mournes. Excellent views over the Mourne Range. Very low-key; Starts and finishes by the roadside; No facilities. A real classic.

## HISTORY OF FELL RUNNING - A QUIZ

by Ewen Rennie

All the answers to this Quiz are somewhere in Bill Smith's excellent book - 'Stud Marks on the Summits'.

- The first running of which race featured a dead heat between Commonwealth Medallists?
- Which classic fell race has been won by a World Mile Record Holder? Who was it? In which year did they win?
- An Englishman running for a Scottish Club won an English Fell Race as a Veteran. Who was he? Which race?
- Don Ritchie is acknowledged as an ultra-supremo, but which fell race did he win in 1971?
- Who was the first paid-up member of the FRA?
- Who 'likes a good steep hill so that I can get a walk now and again'?
- Who took up fell running because 'I'd always wanted to do cross country in the summer'?
- The wife of which Fell Running Champion - a runner in her own right - said 'On the fell you always have the mountain to beat - and if you happen to beat other people as well, then that's a bonus'?
- In 1962 one of the classic races had only one finisher? Who was he? Which race?
- In which race did Jos Naylor start last but finish first?
- Who were the Colne Valley Fell Runners? (two names required).
- Who said that it's 'better to have been a has-been than a never-has-been'?
- Ron Hill's first fell race victory was where and when?
- How many consecutive victories did Jeff Norman have in the Three Peaks?
- Who was runner-up at the 'Ben' five times in six years?
- Who achieved simultaneous hat-tricks at Ben Nevis, Pendle and Burnsall? Which year?
- Jeff Norman's first fell race victory was where and when?
- Mike Short's first fell race victory was where and when?
- Harry Walker's first fell race victory was where and when?
- How many consecutive victories did Harry Walker achieve at Edale Skyline?
- Who had won Marsden-to-Edale, Ben Lomond and Skiddaw (amongst others) before he was tragically killed in a climbing accident?
- In how many fell races has Darwen Tower featured?
- Which fell race has six white horses as a course marker?
- Which fell race in 1979 was won by a veteran with another veteran third, and sandwiched between them, a former World Junior record holder?
- Which classic fell race was cancelled at the start line in 1980 because of the weather conditions?

Answers on page 23



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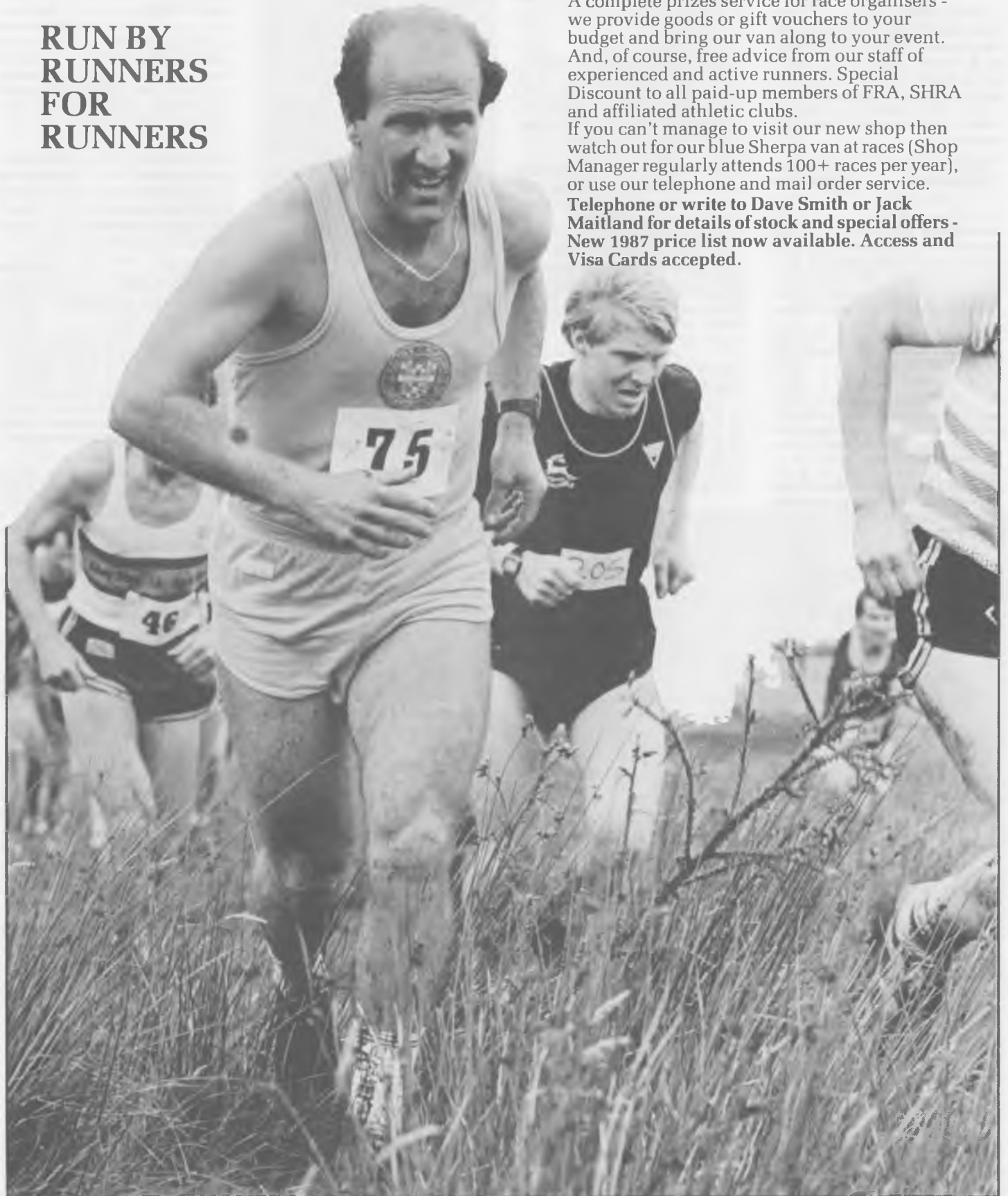
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# RESULTS

**PEN-y-FAN** **Wales**  
**AS/3½m/2,000ft** **12 April 1986**  
 1: G. Griffiths, Eryri 34.24  
 2: H. Griffiths, Eryri 34.26  
 3: D. Roberts, Eryri 34.40  
 4: D. Davies, Eryri (1 Vet 40) 34.47;  
 5: H. Parry, Eryri (2 Vet 40) 35.19; 6: R. Eagle, MDC, 35.28; 3 Vet 40: N. Fisher, Eryri, 39.21; 1 Lady: S. Roberts, Eryri, 44.54; 2 Lady: A. Bedwell, MDC, 46.29; 1 Vet 50: A. Clarke, Eryri, 49.27.

**LLANGORSE LOOP** **Wales**  
**AM/4m/1,900ft** **13 April 1987**  
 1: D. Davies, Eryri (1 Vet 40) 48.06  
 2: K. Hagley, DPFR 48.11  
 3: M. Jones, Eryri 48.34  
 4: L. Williams, MDC, 49.11; 5: A. Andrews, MDC, 49.56; 6: P. Hampson, MDC, 50.45; 1 Vet 50: A. Clarke, Eryri, 65.34.

**CRAIG DUNAIN** **Scotland**  
**CM/6m/900ft** **19 April 1986**  
 1: N. Martin, Inv. 33.15  
 2: G. Crawford, Inv. 34.58  
 3: M. Jones, Eryri 48.34  
 4: R. Boswell, Loch., 35.33; 5: I. Smith, Loch, 35.46; 6: M. McQuade, C.R. 36.27; 1 Jun: P. Slingsby, B.I. 36.54; 1 Vet: J. Gardine, Loch, 38.46; 2 Vet: G. Fraser, Inv, 39.04; 1 Lady: J. Wilson, Inv, 45.46

**BLISCO DASH** **England**  
**AS/5m/2,000ft** **20 April 1986**  
 1: R. Pilbeam, Kes 38.57  
 2: R. Whitfield, Ken 39.27  
 3: C. Valentine, Kes 39.33  
 4: D. McGonigle, Dund, 40.07; 5: J. Broxap, 41.14; 6: A. Styan, Holm, 41.30; 1 Vet: D. Spedding, Kes, 42.20; 1 Lady: E. Wright, Amb, 59.12.

**SNAEFELL** **Isle of Man**  
**AS/5m/1,900ft** **23 April 1986**  
 1: H. Callister, Manx 44.05  
 2: P. Clark, Manx 44.15  
 3: T. Varley, Bound 44.22  
 1 Vet: R. Callister, Manx, 52.18.

**CEFN BACH** **Wales**  
**BS/5m/1,000ft** **27 April 1986**  
 1: A. Darby, Newp. 40.27  
 2: N. Webb, Newp. 41.20  
 3: W. Hagley, DPFR 41.32  
 4: P. Hampson, MDC, 41.36; 5: K. Page, Les.C., 42.09; 6: H. Parry, Eryri (1 Vet 40) 42.23; 1 Lady: R. Parry, Eryri, 57.14.

**TRANSFAN** **Wales**  
**AL/20m/8,000ft** **3 May 1986**  
 1: D. Davies, Eryri (1V 40) 3.39.30  
 2: A. Belton, DPFR 3.49.50  
 3: P. Dixon, MDC 3.57.50  
 4: K. Hagley, DPFR, 3.59.05; 5: L. Williams, MDC, 3.59.45; 6: P. Hampson, MDC, 4.07.13.

**SHINING TOR** **England**  
**AS/5m/1,450ft** **7 May 1986**  
 1: J. Maitland, P&B 35.21  
 2: J. Kershaw, Macc. 35.51  
 3: J. Newns, Macc. 35.56  
 1 Vet: R. Wilde, Man. 36.27.

**BEN LOMOND** **Scotland**  
**AM/9m/3,192ft** **10 May 1986**  
 1: D. McGonigle, Dund. 1.09.31  
 2: M. Dean, C.R. 1.10.08  
 3: J. Stevenson, Irv. 1.10.56  
 4: R. Hope, Carn, 1.11.22; 5: S. Hale, Perth, 1.11.44; 6: P. Dugdale, Dund, 1.12.57; 7: I. Davidson, Ed.Un, 1.13.08; 8: R. Morris, Carn, 1.13.16; 9: M. Burton, Carn, 1.13.25; 10: E. Paterson, U/A, 1.13.43; 11: M. Johnstone, Carn, 1.15.26; 12: D. O'Neill, Loch, 1.15.39; 13: D. Weir, Fife, 1.16.07; 14: B. Brindle, Hor, 1.16.07; 15: S. McLeod, U/A, 1.16.27; 1 Vet 40: D. Lord, Kintyre, 1.18.44;

2 Vet 40: R. Wilby, B.I. 1.20.46; 3 Vet 40: M. Edwards, Aber, 1.20.46; 1 Vet 50: R. Richardson, S.U. 1.22.56; 2 Vet 50: W. Gauld, Carn, 1.28.09; 1 Lady: H. McNee, Ayr, 1.27.27; 2 Lady: C. Menhennet, Bell, 1.34.08.

**TIGERS F.R.** **England**  
**13 May 1986**  
 1: M. Patterson, DPFR 49.42  
 2: T. Tebb, DPFR 50.39  
 3: A. Moffatt, DPFR 50.41  
 1 Vet 40: G. Berry, DPFR, 54.39;  
 1 Lady: J. Smith, DPFR, 61.10.

**DUMYAT** **Scotland**  
**BS/4½m/1,200ft** **14 May 1986**  
 1: S. Hale, Perth 33.30  
 2: K. Cook, U/A 33.32  
 3: D. McGonigle, Dund. 33.40  
 4: T. Mitchell, Fife, 34.34; 5: P. Dugdale, Dund, 35.29; 6: M. Burton, Carn, 35.35; 1 Vet 40: T. Stapeley, Fife, 40.16; 1 Junior: H. Duncan, Dollar, 41.41; 1 Lady: H. McNee, Ayr, 43.35; 2 Lady: E. Bilsborough, U/A, 50.54.

**GOATFELL** **Scotland**  
**AM/8m/2,500ft** **17 May 1986**  
 1: H. Jarrett, CFR 62.05  
 2: D. McGonigle, Dund. 62.10  
 3: J. Stevenson, Irv. 63.00  
 4: R. Hope, Carn, 63.12; 5: A. Farningham, Aberd, 65.22; 6: M. Burton, Carn, 65.40; 7: A. Styan, Holm, 65.41; 8: D. O'Neill, Loch, 66.16; 9: P. Skelton, Cockm'th, 66.32; 10: M. Ogston, HBT, 66.53; 1 Vet: R. Blamire, Stew, 70.15; 1 Lady: H. McNee, Ayr, 76.54.

**HUTTON ROOF** **England**  
**BM/7m/1,300ft** **24 May 1986**  
 1: D. Hall, Ken. (rec) 47.49  
 2: R. Rawlinson, Ross. 47.54  
 3: H. Jarrett, CFR 48.11  
 1 Vet 40: P. Hall, Barrow, 48.23;  
 1 Vet 50: T. Llewellyn, L.&M. 58.26;  
 1 Lady: S. Exon, Stret, 59.00 (rec).

**BENS OF JURA** **Scotland**  
**AL/16m/7,500ft** **24 May 1986**  
 1: D. Davies, Eryri (1 V40) 3.20.19  
 2: B. Ashworth, Ross. 3.20.34  
 3: D. Ratcliffe, Ross. 3.21.13  
 4: A. Styan, Holm, 3.23.45; 5: A. Farningham, Aberd, 3.30.03; 6: P. Haines, Mand, 3.35.58; 7: J. Stevenson, Irv, 3.38.32; 8: R. Boswell, Loch, 3.40.09; 9: A. Dytch, Clyd, 3.42.56; 10: J. Blair-Fish, Carn, 3.44.01; 2 Vet 40: C. Taylor, Clay, 3.52.56; 3 Vet 40: D. Lord, Kin, 3.59.05; 1 Vet 50: R. Richardson, S.U. 4.09.05; 2 V. 50: W. Gaul, Dam, 4.28.32; 1 Lady: W. O'Neale, Keswick, 4.18.20; 2 Lady: S. Haines, York Univ., 4.50.31.

**VETS CAIRNPAPPLE RACE** **Scot**  
**CM/6m/800ft** **31 May 1986**  
 1: A. Adams, Dumb. 33.33  
 2: D. Fairweather, Law 34.28  
 3: I. Leggatt, Liv. 35.37

**SADDLEWORTH** **England**  
**AS/3m/950ft** **1 June 1986**  
 It was my first time at Saddleworth fell race, and, apart from the wet and misty conditions, I fully recommend it. Prizes well down the field, first 15 men, drinks and fast results, all for £1 on day - that's fell racing!!! The course is better than I expected with bags of steep climb all runnable if you're a 'mountain goat'. A short ridge run before a nerve-testing descent from the obelisk, and back to Tanner's waterside mill. The junior race was a shame in that but for a short cut into the mill, Steven Brooks of Bingley would have set a new record.  
 D.Woodhead

1: J. Maitland, P. & B. 19.20  
 2: A. Darby, Newp. 19.31  
 3: M. Patterson, DPFR 19.39  
 4: R. Pallister, P&B, 20.36; 5: D. Hall, Kend, 20.41; 6: B. Brindle, Hor, 20.52; 7: A. Trigg, Glos, 20.54; 8: A. Hulme, Pen, 20.56; 1 Vet 40: D. Cartwright, Pen, 21.00; 1 Lady: J. Johnson, D.Dale, 27.45; 1 Jun: S. Brooks, Bing, 20.37; 2 Jun: A. Jones, P&B, 20.41; 3 Jun: C. Mustill, P&B, 20.54; 4 Jun: M. Peace, Bing, 21.14.

**SARN HELEN** **Wales**  
**CM/16m/3,000ft** **1 June 1986**  
 1: S. Tobin, Swan. 1.41.41  
 2: D. Davies, Eryri 1.43.39  
 3: D. Roberts, Aberd. 1.45.02  
 4: L. Williams, MDC, 1.46.03; 5: C. Bell Swan, 1.46.49; 6: K. Davies, Llan, 1.47.10; 1 Lady: A. Franklin, MDC, 2.05.02.

**SCOLTY** **Scotland**  
**BS/5m/800ft** **1 June 1986**  
 1: F. Clyne, Aberd. 30.30  
 2: C. Bell, U/A 31.49  
 3: A. Farningham, Aberd. 32.03  
 4: I. Matheson, Aberd, 32.24; 1 Vet 40: M. Edwards, Aberd, 34.58; 1 Vet 50: I. Morrison, Aberd, 41.50; 1 Lady: M. McDonald, Aberd, 45.26.

**CAMPSIE** **Scotland**  
**AS/4m/1,500ft** **1 June 1986**  
 1: D. McGonigle, Dund.H. 27.39  
 2: P. Dugdale, Dund.Un. 28.33  
 3: H. Parry, Eryri (1 Vet) 29.20  
 4: R. Boswell, Loch, 29.30; 5: S. McKendrick, Irv, 29.42; 6: D. O'Neill, Loch, 29.48; 7: A. Dytch, Clyd, 29.54; 8: R. Morris, Carn, 30.00.

**OTLEY CHEVIN** **England**  
**BS/3m/700ft** **4 June 1986**  
 1: J. Sherban, Leeds 16.28

**WELSH 1,000m** **Wales**  
**AL/21m/9,000ft** **7 June 1986**  
 160 eager runners, in various stages of dress and undress raced from the beach at Aber towards the Carneddau and dashed haphazardly across the busy tourist traffic of the A55. The mad canter only faltered as the cloud and mist level was reached at the foot of Aber falls. Route choice seemed random and soon all were swallowed up! Many faltered at the first navigational hurdle - notable fell runners spent a fair bit of time running round in circles whilst others made unexpected 180 degree turns on meeting up with known 'local pilots'. Those that did appear on schedule at Ogwen had a very wet, cold and windy traverse of the Carneddus. The tiring 'boglands' of the middle section, from Ogwen to Pen-y-Pass, were very wet, as usual, and very heavy-going. Checkpoint G for most, is always a hit and miss affair, but at least visibility improved and the runners began to spread out again. This year, the river above the Gwryd was at a normal level and not chest deep as it was in 1985. The final section, Pen-y-Pass to Snowdon summit, is mainly a good path with some rocky sections. Fast travelling for some, but definitely a 'Waterloo' for others, especially the final zigzags before Crib y Ddysyl. Inevitably, in wet weather, the short Crib y Ddysyl to Snowdon stint feels very cold, although the railway is a bonus for 'the train spotters!' After the

final checkpoint on the summit, the cafe offers some stark relief before 'it's all downhill' for the final 78 who actually completed the race. A hard race, but the toffees were good!  
 Sue Walsh  
 1: W. Bland, Kes. 3.37.27  
 2: B. Brindle, Horw. 3.41.25  
 3: S. Hughes, Penn. 3.47.03  
 4: F. Loftus, Horw. 3.51.06; 5: M. Hoffe, CFR, 3.51.28; 6: H. Griffiths, Eryri, 3.53.00; 1 Vet 40: H. Parry, Ery, 4.13.25; 2 Vet 40: N. Fisher, Eryri, 4.40.39; 1 Vet 50: A. Clarke, Eryri, 6.03.58; 1 Lady: W. O'Neale, Kes, 4.13.56.

**GOODRICH** **England**  
**7 June 1986**  
 1: R. Tyle, Brom. 18.18  
 2: S. Brown, Chelt. 18.36  
 3: K. Willis, Chelt. 18.41  
 1 Vet 40: J. Potts, Birm, 19.48; 1 Vet 50: A. Sheldon, Glouc, 22.20; 1 Lady: S. Stirrup, Dups, 22.24.

**ST. JOHN'S** **Isle of Man**  
**AS/3m/900ft** **7 June 1986**  
 1: K. Callister, Manx 23.49  
 2: P. Cain, Bound. 24.17  
 3: J. Crellin, Manx 24.32  
 1 Vet: J. Tasker, Manx, 30.21.

**DOLLAR** **Scotland**  
**AM/5m/2,000ft** **7 June 1986**  
 1: D. McGonigle, Dund. 42.17  
 2: A. Curtis, Liv. 42.59  
 3: A. Farningham, Aberd. 43.12  
 4: R. Boswell, Loch, 43.41; 5: D. Bell, Help, 43.47; 6: C. Bell, U/A, 44.08; 7: D. O'Neill, Loch, 44.26; 8: E. Paterson, U/A, 44.40; 9: J. Blair-Fish, Car., 45.30; 10: M. Ogston, HBT, 45.33; 1 Vet: R. Shields, Loch, 47.03; 1 Lady: A. Curtis, Liv, 55.38; 2 Lady: C. Menhennet, Bell, 47.30.

**EDENFIELD** **England**  
**BM/7m/1,600ft** **8 June 1986**  
 This year's race was held on a very warm, clear day. After a very slow start around the Cricket pitch, the field then headed up the road towards the fell, where Geoff Gough took the lead, which he held all the way to the finish, being 41 secs. outside Shaun's 2-year-old record. Geoffrey Gough  
 1: G. Gough, B'burn 42.57  
 2: S. Livesey, Ross. 43.24  
 3: R. Ashworth, Ross. 44.06  
 4: S. Hampson, Sale, 44.35; 5: H. Aspinall, Ross, 45.55; 1 Lady: C. Walkington, Horw, 53.57; 2 Lady: G. Darnell, Roch, 56.11.

**DUMGOYNE** **Scotland**  
**AS/2m/1,050ft** **11 June 1986**  
 1: D. McGonigle, Dund. 20.33  
 2: A. Curtis, Liv. 20.52  
 3: M. Dean, C.R. 21.40  
 4: R. Morris, Carn, 22.07; 5: E. Paterson, Carn, 22.18; 6: J. Stevenson, Irv, 22.29; 1 Vet: R. Shields, Clyd, 23.15; 1 Lady: H. McPherson, Kelv, 33.51.

**CASTLEWELLAN** **N. Ireland**  
**AS/2m/650ft** **12 June 1986**  
 Castlewellan runner, Derek Ross, won his home town race on the strength of his uphill run, almost 20 seconds clear of Davy Graham at the top, with the latter pulling back 15 seconds on the descent. Pauline McNulty surprised Joanne McCrum to take the Ladies' Race.  
 M. McNulty  
 1: D. Ross, Newc. 14.52  
 2: D. Graham, Bally 14.56  
 3: A. Callan, Tolly 15.08  
 1 Vet: M. McNulty, Tolly, 15.16; 1 Lady: P. McNulty, E. & S., 25.00; 2 Lady: J. McCrum, Tolly, 26.08.

# RESULTS

## ENNERDALE England AL/23m/7,500ft 14 June 1986

The weather was kind to the organisers but tricky for competitors. Hot, misty conditions and heavy going underfoot combined to slow down the whole field. Only 7 managed Gold and 12 Silver standard times. Notable aspects were the large number of navigational errors, due to occasional mist patches on the tops. Several competitors did not retire and return to base when requested to, after arriving late at checkpoints. This not only made race monitoring more complex, but involved the volunteer checkpoint controllers having to remain in position for inordinate lengths of time! No doubt the selfish desires of those responsible were satisfied, but at the expense of others' inconvenience and perhaps willingness to help in future. We are sorry, but this event is not geared to accommodate very slow competitors and closing times are published and available to all. Although some competitors may wish to 'carry on', having been timed out, we as organisers have a continued responsibility for them until they hand in their numbers at the finish - no statement by them on the fells can alter that. Committee will be debating any further action on the issue. Having said all that, it was a pleasure to organise the event for the majority of competitors, many of whom expressed their appreciation.

D. Hughes

- 1: H. Symonds, Ken. 3.38.59
- 2: W. Bland, Kes. 3.42.50
- 3: J. Maitland, P.&B. 3.45.50
- 4: R. Ashworth, Ross. 3.46.29; 5: F. Loftus, Horw. 3.47.48; 6: P. Haines, Man. 3.57.25; 7: J. Broxap, Kes. 3.59.41; 8: B. Brindle, Horw. 4.00.42; 1 Vet 40: J. Nuttall, Clay, 4.00.58; 2 Vet 40: D. Davies, Eryri, 4.14.31; 3 Vet 40: J. Stout, CFR, 4.32.08; 1 Vet 50: J. Naylor, CFR, 4.01.38; 2 Vet 50: T. Sykes, Rochdale, 5.29.15; 1 Lady: W. O'Neale, Keswick, 5.12.47; 2 Lady: L. Lord, Clay, 5.17.32; 3 Lady: S. Haines, York Univ, 5.22.28.

## SKIPTON England

BS/4m/1,000ft 15 June 1986

- 1: M. Newby, Ross. 22.18

## KNOCKLAYD N. Ireland

BM/6m/1,700ft 15 June 1986

This year saw the return of the Knocklayd race, after an absence of several years due to access difficulties. It starts from the sea-side town of Ballycastle and climbs up through the forest on tracks, then on to the grassy dome-shaped summit. Ian Parke pushed the pace in the sweltering heat of the forest and reached the summit with a one minute lead over Jim Patterson. Ian won comfortably as Jim's route-finding error and subsequent 'tour' of the forest and Ballycastle's main street removed him quickly from second place.

Brian Ervine

- 1: I. Parke, Bally. 48.07
- 2: D. Graham, Bally. 51.08
- 3: D. Ross, Newc. 51.54
- 4: J. Hayes, Bally, 53.08; 1 Vet: J. Gibson, Bally, 51.05; 2 Vet: D. Watson, Moume.



Above: Ladies winner, Winky O'Neale in the Ennerdale.

(Photo: A. Kentleton)

Below: Billy Bland and Bob Ashworth doing the 'hokey kokey' before the start of the Ennerdale.

(Photo: J. Ulrick)



## OFFA'S DYKE Wales

15m/2,000ft 15 June 1986

- 1: A. Darby, Newp. 1.32.52
- 2: S. Needs, Leic. 1.33.48
- 3: P. Russell, Bourn. 1.34.17
- 4: I. Manners, Slev. 1.34.43; 5: A. Rogerson, Leic. 1.34.50; 6: T. Stone, Leic. 1.35.02; 1 Vet: B. Atkinson, Clev. 1.41.00.

## MUNCASTER England

BM/10m/1,800ft 15 June 1986

- 1: H. Jarrett, CFR 1.16.33
- 2: M. Hoffe, CFR 1.17.11
- 3: P. Hall, Barr. (1 Vet 40) 1.17.49
- 4: R. Bloor, Liv. Un. 1.18.40; 5: R. Ashworth, Ross. 1.19.44; 6: M. Bagness, Amb. 1.21.08; 2 Vet 40: J. Bettinson, U/A. 1.32.56; 1 Vet 50: D. Hughes, CFR, 1.36.56; 1 Lady: V. Thornton, Kend. 1.47.52.

## LOMONDS OF FIFE Scotland

9m/2,000ft 15 June 1986

- 1: D. Bell, Help. 67.35
- 2: D. McGonigle, Dund. 68.06
- 3: D. O'Neill, Loch. 69.43
- 4: A. Farmingham, Aberd. 69.47; 5: J. Stevenson, Irv. 70.58; 6: J. Blair-Fish, Carn. 71.03; 1 Vet: R. Shields, Loch. 75.51; 2 Vet: J. Shields, Clyd. 75.57; 1 Lady: A. Curtis, Liv. 86.28; 2 Lady: C. Menhennet, Bell. 88.31.

## GREAT HILL RACE England CS/5m/600ft 21 June 1986

Bob Shorrocks won this race again for the fifth time in six years. It's about time he had a challenger, because he seems to win by big margins, as if anyone daring to beat him would be lynched by the villagers! Bob was running on his home ground, as was last year's lady winner, Maureen Platt, who lives almost at the start and finish of the race. However, she was pipped by Christine Cook and there were no demonstrations. The villagers always look forward to the event and this year the sun shone through clear skies, but there was a strong east wind, which slowed down the times. Bob was 1½ minutes behind his record.

B. Richardson

- 1: R. Shorrocks, B'burn 31.43
- 2: P. Dugdale, Horw. 32.25
- 3 eq: A. Adams, Staffs 32.26
- P. Campbell, Bolt. 32.26
- 5: P. Turner, Bolt, 32.52; 6: A. Selby, Bolt, 33.42; 7: S. Sunter, Horw. 33.53; 8: M. Aspinall, Ross. 34.02; 1 Vet 40: D. Kay, Bolt, 34.42; 2 Vet 40: D. Lee, Chor. 36.11; 1 Lady: C. Cook, ICL. 42.26.

## BUCKDEN PIKE England

AS/5m/1,500ft 21 June 1986

- 1: R. Rawlinson, Ross. 34.45
- 2: R. Bloor, Liv. 35.06
- 3: R. Ashworth, Ross. 35.16
- 4: D. Ratcliffe, Ross. 35.40; 5: P. Harlowe, Kes. 35.52; 6: J. Verity, ASVAC, 36.07; 7: D. Cartwright, Pen. (1 Vet 40), 36.30; 8: K. Dobson, Bing. 36.44; 2 Vet 40: D. Beresford, Clay. 38.28; 3 Vet 40: D. Weatherhead, Bing. 38.36; 1 Vet 50: B. Thompson, Aire. 50.28; 1 Lady: W. O'Neale, Kes. 42.45; 2 Lady: R. Jones, Aire. 47.02; 1 U/18: C. Harney, Bing. 39.57; 1 U/21: A. Schofield, Roch. 37.10.

## PATRICK Isle of Man AM/11m/2,900ft 21 June 1986

- 1: D. Woodhead, Horw. 1.36.42
- 2: T. Varley, Bound. 1.37.48
- 3: J. Crellin, Manx. 1.44.33
- 1 Vet: R. Callister, Manx. 1.54.00.

## JAMES BLACKLEY England 3m 21 June 1986

- 1: R. Harbisher, Holm. 15.06
- 2: A. Marsh, Holm. 15.28
- 3: A. Jones, P. & B. 15.58
- 4: M. Prady, Glos. 16.10; 5: J. Taylor, Holm. 16.12; 6: R. Asquith, Holm. (1 Vet) 16.19; 1 Jun: G. Hall, Holm. 16.25; 1 Lady: J. Johnson, D.Dale. 20.15.

## HIGHLAND CROSS RACE Scotland 21 June 1986

- 1: G. Harper 3.42.34
- 2: R. Boswell 3.50.03
- 3: S. McKenzie 3.53.00

## WEST HIGHLAND WAY Scotland 95m 21 June 1986

- 1: M. Hartley 18 hrs 47 mins
  - 2 eq: D. Kerr 25 hrs 24 mins
- J. Newbigging

## EILDON 2 HILLS Scotland AS/4m/1,400ft 21 June 1986

- 1: J. Maitland, Pud. 26.38
- 2: D. Cartridge, Bolt. 26.39
- 3: C. Donnelly, Eryri 26.51
- 4: R. Pilbeam, Kes. 26.57; 5: M. Patterson, DPF. 27.31; 6: H. Griffiths, Eryri, 27.40; 7: S. Livesey, Ross. 27.43; 8: G. Gough, B'burn. 28.04; 9: R. Hope, Carn. 28.07; 10: D. Bell, Help. 28.11; 11: G. Schofield, B'burn. 28.15; 12: D. McGonigle, Dund. 28.20; 13: S. Hughes, Pen. 28.23; 14: P. Barron, Kes. 28.50; 15: G. Webb, Hal. 28.54; 1 Vet 40: P. Hall, Barr. 29.02; 2 Vet 40: H. Parry, Eryri, 29.28; 3 Vet 40: D. Spedding, Kes. 29.40; 1 Vet 50: W. Gauld, Carn. 31.33. Sorry, no ladies' details.



R. Hope (506), S. Hale (526), E. Rennie (463) and D. McGonigle (487) in the Lomonds of Fife. (Photo: A. Kentleton)

# RESULTS

## PENDLE FELL RACE England (Pendle Grand Prix) N/1,500ft 22 June 1986

1: M. Aspinall, Ross. 28.33  
2: A. Smith, Burn. 28.43  
3: A. Chew, Clay. 29.11  
1 Vet: D. Beresford, Clay, 31.23;  
1 Lady: L. Lord, Clay, 35.16.

## 'MAD MILE' England Road/1m/550ft 25 June 1986

1: C. Owen 6.49  
2: M. Wood (16) 7.19  
3: S. Chipping (15) 7.21  
4: D. Bewley (1 Vet) 7.27; 1 Lady: E. S. Singer, 9.20.

## HOLCOME TOWER England BS/3m/700ft 25 June 1986

1: P. Dugdale, Horw. 19.37  
1 Lady: D. Sharp, Spen. 24.41

## SLIEVE BINNIAN N. Ireland AS/2m/2,000ft 26 June 1986

Davy Graham made it '3 in a row' on his favourite town hill at Annalong, but was 6 seconds outside his own record. For once, the weather was very kind, although the wind at the top would have cut you in two and nobody hung around, opting for a quick return to the car park, which would have done them proud if the race had been an 'up and down' one.

M. McNulty

1: D. Graham, Ball. 26.11  
2: D. Ross, Newc. 26.42  
3: N. Douglas, Newc. 26.46  
1 Vet: M. McNulty, Tolly, 29.50;  
1 Lady: P. McNulty, E & S, 49.31.

## CAIRNGORM Scotland BM/10m/3,000ft 28 June 1986

1: M. McCulloch, Aberd. 1.21.40  
2: D. O'Neill, Loch. 1.25.36  
3: R. Boswell, Loch. 1.27.42  
4: J. MacRae, Loch, 1.27.55; 1 Vet: R. Shields, Loch, 1.30.32.

## GLENCAR TO GLENBEIGH

### N/12m/3,800ft 28 June 1986

This was the second race in the All-Ireland series and the first championship race to be held in the superb mountains of County Kerry, in the far South West of Ireland. There was a strong Northern contingent, despite the very long journey involved. The route followed a ridge with 9 'tops' and bounded by large 'coums' to the east. Grass and short heather made for fast conditions underfoot, although there were a few boggy sections.

1: G. McGrath, Bray 1.52.14  
2: J. Patterson, Mourne 1.52.16  
3: J. Hayes, Bally 1.52.28  
4: J. Lenihan, Riocht, 1.52.29; 5: M. O'Hara, Ajax, 1.57.22; 6: B. Ervine, Bally, 1.59.23; 1 Vet 40: D. Rankin, Mourne, 2.04.49; 2 Vet 40: D. Watson, Mourne, 2.41.03; 1 Lady: J. Hegarty, Riocht, 3.02.24.

## ST. JOHN'S Isle of Man BS/4m/900ft 28th June 1986

1: D. Woodhead, Horw. (rec.) 28.24  
2: K. Callister, Manx. 32.13  
3: M. Cowbourne, Manx. 34.16  
1 Lady: E. Woodhead, Clay, 47.45.

## FALKLAND Scotland AS/3m/1,200ft 29 June 1986

1: R. Morris, Carn. 20.26  
2: C. Bell, Dund. 20.34  
1 Vet: M. Edwards, Aberd, 22.24;  
1 Lady: C. Butler, Aberd, 29.38.

## ELDWICK GALA England CS/3m/400ft 28 June 1986

Income over expenditure - £5.46. Not, therefore, a spectacular fund-raising event for Bingley Harriers, or for the Gala Committee's charities! But then, fund-raising for whatever purpose has never been high on the list of reasons for organising the race. Moderately successful as a contribution to fell-running by Bingley Harriers and Athletic Club - the uncrowded fell-race still has its place - the race attracting 65 runners this year. The race is still, as Bill Smith describes it in 'Stud Marks on the Summits', a predominantly 'local affair' so it was pleasing to see a strong Lancashire contingent from Horwich challenging the Bingley club's virtual monopoly of the team prize. Nevertheless, notwithstanding P. Dugale's fine run, the Horwich trio was not quite able to best the Bingley runners on the day. Bingley also made a clean sweep of the veteran prizes.

John Capenerhurst

1: P. Dugdale, Horw. 17.04  
2: J. Verity, ASVAC 17.36  
3: M. Crewe, Bing. 17.43  
4: M. Day, Vall.S, 17.43; 5: D. Quinlan, Bing, (1 Vet 40) 18.13; 6: W. Dobson, Bing, 18.23; 7: S. Sunter, Horw., 18.27; 8: P. Crewe, Bing, 18.39; 1 Vet 50: G. Spink, Bing, 19.45; 1 Vet 60: R. Appleby, Bing, 28.32; 1 Lady: R. Smith, Bing, 21.32

## DALES TRAVERSE/WORLD

### WILDLIFE WALK England AL/25m/7,500ft 29 June 1986

It must be a record for the Yorkshire Region, 837 walkers and 78 runners set off at 8.30 and 10.30 respectively. I had to order more food and drink and the weather was not helping, as it was a very hot weekend, causing the checkpoints a few problems with people dropping out.

Simon Townson

1: R. Whitfield 3.59.00  
2: A. Jones 4.02.00  
3: F. Wheeler 4.21.00  
4: B. O'Rourke, 4.31.00; 5: D. Thompson, 4.36.00; 6: R. Monk, 4.35.00; 1 Lady: V. Brindle, 5.02.00; 2 Lady: L. Lord, 5.02.00.

## MT. FAMINE England AS/5m/1,800ft 29 June 1986

I wish I had run in this race instead of having to organise it. The atmosphere among the runners seemed great, the relatively small field (thank goodness) of 230 was due to no advertising other than the FRA Calendar and, in fact, a large field in a short race like this is disastrous.

Al Evans

1: D. Cartridge, Bolt. 29.23  
2: R. Pilbeam, Kes. 39.49  
3: R. Bergstrand, Roch (Int) 41.29  
4: G. Gough, B'burn, 42.05; 5: G. Devne, Sky, (2nd int.) 42.13; 6: G. Schofield, B'burn, 42.18; 7: R. Rawlinson, Ross, 42.33; 8: M. Aspinall, Ross, 42.51; 9: P. Dugdale, Horw. (3rd int.) 42.53; 10: P. Irwin, Ross, 43.24; 1 Vet 40: D. Cartwright, Pen, 43.50; 2 Vet 40: D. Kay, Bolt, 44.24; 3 Vet 40: G. Berry, DPFR, 47.28; 1 Vet 50: G. Barrass, Sky, 51.03; 2 Vet 50: G. Brass, Clay, 52.46; 3 Vet 50: W. Smith, Clay, 54.51; 1 Lady: D. Ellerton, Newc. 51.48; 2 Lady: C. Crofts, DPFR, 53.26; 3 Lady: W. Lightfoot, DPFR, 55.33; 1 U/18: A. Jones, P & B, 45.15; 2 U/18: I. Dermott, Horw., 48.12; 3 U/18: C. Dermott, Horw., 49.03.

## STAVELEY GALA England CS/5m/500ft 29 June 1986

1: J. Robinson, Kes. 34.55

## BLACK HILL Scotland CS/5m/600ft 29 June 1986

1: R. Hope, Carn. 26.46  
2: J. Wilkinson, Mel. 29.17

## LAIRIG GHRU Scotland CL/28m/2,100ft 29 June 1986

1: C. Youngson, Aberd. 3.43.28  
2: P. Brookes, Loch (1 V.) 3.47.05

## HOPE WAKES England BS/4m/650ft 1 July 1986

The combination of a field of over 200 and blessed with yet another glorious sunny evening, meant for some hot competition for everyone (although very few availed themselves of a shower in the nearby college to wash away the sweat 'men' and perspiration 'ladies'), not least amongst the strong field of vets.

D. Jewell

1: M. Bishop, Staffs. 24.19  
2: M. Wilson, Hall. 24.33  
3: M. Farrell, Sheff. 25.12  
4: A. Trig, Glos, 25.24; 5: R. Hand, Sheff, 25.39; 6: M. Patterson, DPFR, 25.50; 1 Vet: D. Cartwright, Pen, 26.51; 2 Vet: B. Toogood, DPFR, 27.06; 3 Vet: G. Berry, DPFR, 27.15; 1 Lady: W. Lightfoot, DPFR, 30.25; 2 Lady: A. Whatmore, Tot, 34.16; 3 Lady: S. Boler, Pen, 34.37.

## COWPE England BS/2½m/755ft 2 July 1986

Mark Aspinall had to win the Cowpe Hill Race trophy. His wife, Carol, said the sideboard wouldn't be the same without it, and so it was with this in mind that Mark set the pace out of Cowpe village.

Local holidays had landed on different weeks this year and there was a subsequent increase in numbers. The weather was its usual self - a balmy summer evening - and the ground was dry, apart from that little brown boggy bit that everybody seemed to put at least one foot in!

On the night, organisation was 'spot on', with an expert team from the Rosendale Harriers on duty. There was even a finish funnel on the field, from where we could see the leaders dragging the brightly coloured streamer of runners towards the hidden summit of Top o'Leach on Hailstorm Hill. A lone figure appeared back over the brow of the hill, with yards of blue sky behind and

speculation started as to whether the course record could be broken. Soon enough, the lanky frame of M.A. came pounding down the precipitous lane and the space on the sideboard would not be empty for long. The course record, however, had escaped him and it was a pity that nobody had been there to make him try harder.

Carol Walkington was a good winner of the Ladies' section, even without the competition from Sue Parkin, who has held (together!) the trophy for the last four years. The overall standard of the entrants was higher than usual as well, and, from starting the race to packing up after the prize presentation took only 1 hour and 5 mins. This was followed by the traditional race down to the Buck Inn for a celebration pint!

J.R. Nixon

1: M. Aspinall, Ross. 15.32  
2: P. Dugdale, Horw. 16.05  
3: G. Schofield, B'burn 16.08  
4: T. Chew, Clay, 16.33; 5: G. Read, Roch, 16.36; 6: D. Ratcliffe, Ross, 16.40; 7: M. Bradshaw, Ross, 16.44; 8: S. Sunter, Horw., 16.46; 9: H. Aspinall, Ross, 16.48; 10: P. Irwin, Ross, 16.52; 1 Lady: C. Walkington, Horw., 21.08; 1 Vet: D. Beresford, Clay, 17.42; 1 Jun: N. Duffy, Ross, 17.04.

## Y GARN Wales AS/2½m/1,500ft 28 June 1986

Tropical conditions and Turkish bath temperatures in the village hall after the event gave this short, fierce, A-class race a unique aura and Welsh Championship contenders a monumental thirst. Excellent climbing by Hevin Griffiths and veteran Huw Parry gave them deserved wins in their classes. Although Andy Darby and Steve Hughes reduced the Eryri component of the top ten. Angela Carson (L) and Arthur Clarke (vet o/50) ensured the local club's domination of all classes. A soul-destroying run: I've never seen so many blisters after a short race!

D. Davies

1: H. Griffiths, Eryri 28.04  
2: A. Darby, MDC 29.00  
3: H. Parry, Eryri (1 Vet 40) 29.24  
4: S. Hughes, Penn, 29.39; 5: D. Roberts, Eryri, 29.50; 6: G. Griffiths, Ery, 30.05; 2 Vet 40: D. Davies, Ery, 30.12; 1 Vet 50: A. Clarke, Ery, 40.37; 1 Lady: A. Carson, Ery, 33.28.



Prize winners at the Dales Traverse

(Photo: S. Townson)

# RESULTS

**CRAIG Y LLAN** **Wales**  
**AS/2m/1,000ft** **5 July 1986**  
This short, steep, attractive race takes place in the afternoon after the local Village Carnival, has lots of spectators and atmosphere.

The 'Griffiths boys' use this hill as part of their training ground so it's not surprising that they were first and second. 'Eryri', the local club, took the first 10 places and two of those were vets!

If you have not run this race, I suggest you pencil it in your race diary for next year. A. Clarke  
1: H. Griffiths, Ery. 13.27  
2: G. Griffiths, Ery. 13.32  
3: H. Parry, Ery (1 Vet 40) 14.39  
4: D. Roberts, Ery, 15.01; 2 Vet 40: N. Fisher, Ery. 16.05; 1 Vet 50: R. Evans, Pres, 20.49; 1 Lady: A. Carson, Ery, 17.24.

**MAMORE** **Scotland**  
**CM/16m/1,500ft** **5 July 1986**  
1: S. McLeod, U/A, 1.48.04  
2: D. O'Neill, Loch, 1.49.54  
3: R. Shields, Loch (V 40) 1.53.39  
4: J. Shields, Clyd, (2 Vet 40), 1.55.00;  
5: R. Boswell, Loch, 1.56.49; 6: A. Shaw, Roch, (3 Vet 40), 1.58.25; 1 Vet 50: A. Heaton, Clay.

**RAS GUTO NYTH BRAN** **Wales**  
**BM/7m/1,300ft** **5 July 1986**  
1: A. Darby, Newp. 39.38  
2: N. Webb, Newp. 42.09  
3: L. Williams, MDC, 43.10  
4: K. Page, Les.C, 43.40; 5: J. Wilson, MDC, 44.01; 6: P. Miles, Club 69, 44.31;  
1 Vet 40: M. Owen, 3 RRW, 46.40; 1 Vet 50: E. Alexis, Les.C, 51.26; 1 Lady: C. Dewhirst, Card, 52.46.

**BRADDA** **Isle of Man**  
**AL/15m/4,000ft** **6 July 1986**  
1: D. Davies, Eryri (1 V.) 2.06.32  
2: D. Woodhead, Horw. 2.08.07  
3: T. Varley, Bound. 2.14.41  
4: P. Stott, Eryri, 2.19.39.

**MOFFATT CHASE** **Scotland**  
**AL/18m/5,000ft** **6 July 1986**  
1: J. Maitland, P & B 2.42.37  
2: J. Blair-Fish, Carn. 2.45.58  
3: D. McGonigle, Dund. 2.46.37  
4: C. Valentine, Kes, 2.47.17; 5: J. Nixon, Horw, 2.51.08; 6: A. Curtis, Liv, 2.52.48; 1 Vet: R. Blamire, Stew, 2.57.40; 1 Lady: S. Haines, York, 3.30.13.

**DANIS** **Switzerland**  
**6 July 1986**  
Starting in the town of Lenzerheide at 1,475 metres and climbing part way up the Danis Mountain to a height of 1,520 metres, the race bore little resemblance to an English fell race - no descent and little rough going underfoot. However, the climb was demanding enough at that altitude, most of it being concentrated into the last 7 km.

Fortunately, the race day dawned wet and cool - typical English weather! After a fast early pace, Bonzi, Valicella and Gotti (Italy) and Cartridge broke away as a group. Bonzi slowly drew away, to leave the other three fighting for minor places. In a desperately close sprint finish, world uphill champion, Valicella, edged into 2nd place, with Cartridge 2 seconds behind in 3rd place. Ray Owen dug in hard

with a good run for 9th position and Alex Smith, showing some recovery to form after a broken ankle, ran well for 17th.

Carol Haigh was up against the Ladies' world champion mountain runner, Olivia Gruener, a German, who recently put up a good marathon time of 2 hrs. 38 mins. Despite leading over the first 4 km, Carol could not hold Gruener as she moved ahead on the climb. Their respective times of 48 mins. 26 secs. and 50 mins. 08 secs. were minutes faster than any woman had run the course before.

Switzerland are to stage the 1987 World Cup in the same area on the Danis mountain, so the experience gained should prove invaluable, especially with regard to the altitude and its effects. Danny Hughes

## RESULTS:

### Men:

1: Fauste Bonzi, Verona 42.57  
2: A. Valicella 43.45  
3: D. Cartridge 43.47  
9: R. Owen, 45.08; 17: A. Smith, 46.39;  
2 Vet 50: D. Hughes; 55.22

### Ladies:

1: O. Gruener; 28.26; 2: C. Haigh, 50.08

**KNOCK** **Scotland**  
**CS/3m/350ft** **7 July 1986**  
1: G. Crawford, Spring. 18.24  
2: I. Howie, Perth 18.25  
3: P. Cartwright, FVH (1 V) 19.10

**HATHERSAGE** **England**  
**BS/4m/380ft** **7 July 1986**  
Micah Wilson won for the second year in succession, finishing comfortably ahead of Robin Hall. He, in turn only just held off the challenge of Tony Marshall, a newcomer to these parts, who must have been pleased with his performance, if he does all his training in Lincolnshire - or perhaps they have got EEC potato mountains out there!

1: M. Wilson, Hall. 20.40  
2: R. Hall, Sheff. 21.06  
3: A. Marshall, Scun. 21.07  
4: D. Ibbotson, Gloss, 21.30; 5: A. Moffatt, DPFR, 22.12; 6: R. Bradley, Holm, 22.20; 1 Vet: D. Trickett, Hall, 22.26; 2 Vet: D. Cartwright, Pen, 22.38; 3 Vet: G. Berry, DPFR, 22.38; 1 Lady: S. Quirk, Kend, 26.12.

**SCRABO TOWER** **N. Ireland**  
**BS/3m/750ft** **9 July 1986**  
Starting on the outskirts of Newtonards, the race climbs Scrabo Hill, descends on paths then climbs up to the tower again for a second lap, before descending to the finish. There is usually a good turn-out of local road runners as the race is almost exclusively on paths and tracks, except for the steep climb up to the tower.

1: I. Parke, Bally. 20.12  
2: J. Hayes, Bally. 20.18  
3: J. Patterson, Mourne 20.28  
1 Vet: A. Gray, Bally, 22.28.

**STOODLEY PIKE** **England**  
**BS/3m/700ft** **9 July 1986**  
1: M. Aspinall, Ross. 16.56  
2: R. Rawlinson, Ross. 17.28  
3: A. Adams, Staffs. 17.33  
4: M. Peace, Bing, (1 U/18) 17.37; 5: A. Peace, Bing, (2 U/18) 17.42; 6: G. Read, Roch, 17.46; 7: A. Sladen, Salf, 17.48;

8: J. Maitland, P & B, 17.50; 9: H. Aspinall, Ross, 17.51; 10: P. Irwin, Ross, 17.55; 3 U/18: M. Rice, Tod, 18.24; 1 Vet 40: G. Brooks, Bing, 19.29; 2 Vet 40: P. Kelly, Ross, 20.11; 3 Vet 40: C. Gledhill, Holm, 20.19, 1 Vet 50: T. Sykes, Roch, 22.57; 1 Lady: L. Lord, Clay, 22.34; 2 Lady: S. Watson, Vall.S, 23.29; 3 Lady: V. Brindle, Clay, 24.00.

**DRINNAHILLY** **N. Ireland**  
**AS/1 1/4m/750ft** **10 July 1986**

Wet conditions made the times the slowest in the race's five year history, but exciting nonetheless, with Derek Ross eventually holding off Davy Graham and Veteran Mike McNulty producing the fastest descent to take 3rd position. Joanne McCrum won the Ladies' race, but the 1982 record by Armagh's Geraldine Finnegan, then aged 15, still stands. The race lives up to its unofficial billing in the July edition of 'The Fell Runner' which stated that the race was Britain's second steepest and anyone who doubts it, why not give it a try? Stephen Rice was a clear winner in the Juveniles' three-quarter mile event, with Lauranne McAlister the fastest girl.

1: D. Ross, Newc. 12.16  
2: D. Graham, Bally 12.19  
3: M. McNulty, Tolly (1 V) 12.26  
1 Lady: J. McCrum, Tolly, 17.54.

**SAUNDERS LAKELAND M.M.**  
**30m/9,000ft** **12 July 1986**  
1: D. Ratcliffe 11.59.00  
2: A. Falkener 14.15.00  
3: P. Sydney 14.38.00

**WASDALE** **England**  
**AL/21m/9,000ft** **12 July 1986**

1: W. Bland, Kes. 3.42.31  
2: H. Symonds, Kend. 3.47.16  
3: A. Ligema, CFR 3.53.11  
4: J. Maitland, P & B, 3.54.10; 5: C. Valentine, Kes, 3.54.10; 6: M. Rigby, Amb, 3.56.02; 7: J. Blair-Fish, Carn, 4.01.58; 8: D. Davies, Eryri, 4.02.02; 9: F. Loftus, Horw, 4.02.53; 10: P. Irwin, Ross, 4.03.21; 11: C. Donnelly, Eryri, 4.05.32; 12: G. Read, Roch, 4.08.43; 13: N. Lanaghan, Kes, 4.09.15; 14: S. Livesey, Ross, 4.11.17; 15: J. Nixon, Horw, 4.16.17; 1 Vet 40: D. Davies, Eryri, 4.02.02; 2 Vet 40: T. McDonald, Bing, 4.33.21; 3 Vet 40: J. Nuttall, Clay, 4.33.40; 1 Vet 50: G. Brass, Clay, 4.40.37; 2 Vet 50: W. Gauld, Carn, 5.02.15; 1 Lady: A. Carson, Eryri, 4.36.47 (rec); 2 Lady: S. Quirk, Kend, 4.43.10.

**THURLSTONE** **England**  
**CS/4m/400ft** **12 July 1986**

1: P. Dugdale, Horw. 20.50  
2: S. Carey, Sheff. Un. 20.54  
3: R. Leaf, Hall. 21.29  
4: S. Curran, Salf, 21.39; 5: B. Hilton, Leeds, 21.45; 6: W. Dorney, Sheff. AC, 21.51; 7: N. Holliday, Leeds, 21.53; 8: N. Smith, Leeds, 22.01; 1 Vet 40: R. Asquith, Holm, 22.17; 2 Vet 40: D. Trickett, Hall, 23.02; 1 Lady: L. Everington, Stret, 23.58.

**MYTHOLMROYD** **England**  
**BM/7m/1,350ft** **12 July 1986**

1: D. Cartridge, Bolt. 45.56  
2: D. Ibbotson, Gloss. 48.55  
3: B. Brindle, Horw. 49.19  
4: S. Sunter, Horw, 49.23; 5: G. Gough, B'burn, 41.31; D. Woodhead, Horw, 49.35; 7: J. Hornby, Spen, 29.37; 1 Vet 40: J. Norman, Alt, 50.31; 1 Vet 50: D. Lawson, Bing, 50.42; 1 Lady: B. Carney, Bing, 61.23; 2 Lady: S. Watson, Vall.S, 63.31; 3 Lady: J. Slattery, Bing, 72.30.

**LOUGHRIGG** **England**  
**AM/6m/2,000ft** **13 July 1986**  
1: R. Pilbeam, Kes. 41.38

**BAMFORD** **England**  
**BS/3m/600ft** **16 July 1986**

Roy Bailey was the pre-race favourite for this one, but he only just managed to hold off the challenge of Micah Wilson, who was rapidly gaining ground on the run-in.

1: R. Bailey, Bing. 20.25  
2: M. Wilson, Hall. 20.29  
3: M. Farrell, Shep. 21.00  
4: A. Marshall, Scun, 21.14; 5: D. Ibbotson, Gloss, 21.31; 6: R. Asquith, Holm (1 Vet) 21.37; 2 Vet: D. Cartwright, Pen, 22.07; 3 Vet: G. Berry, DPFR, 22.35; 1 Lady: C. Haigh, Holm, 22.35; 2 Lady: A. Whatmore, Tot, 27.26; 3 Lady: J. Trickett, Hall, 28.00.

**KINNISIDE** **England**  
**AM/8m/2,000ft** **19 July 1986**

1: D. Lee, CFR 1.08.06  
2: D. Hall, Kend. 1.08.51  
3: H. Jarrett, CFR 1.09.46  
4: G. Lucas, CFR, 1.09.55; 1 Vet: M. Hudson, U/A, 1.15.05; 2 Vet: J. Stout, CFR, 1.15.50.

**INGLEBOROUGH** **England**  
**AM/7m/2,000ft** **19 July 1986**

1: C. Moore, Bing. (rec) 44.36  
2: H. Symonds, Kend. 45.45  
3: M. Patterson, DPFR 46.19  
4: R. Ashworth, Ross, 46.41; 5: R. Whitfield, Kend, 46.51; 6: K. West, Bord, 47.33; 7: S. Barlow, Horw, 47.37; 8: P. Irwin, Ross, 47.51; 9: D. Woodhead, Horw, 48.11; 10: G. Webb, Hal, 48.15; 1 Vet 40: P. Hall, Barr, 48.43; 2 Vet 40: R. Wadeley, Barr, 49.48; 3 Vet 40: H. Pinkerton, L & M, 50.37; 1 Vet 50: G. Spink, Bing, 53.44; 1 Lady: L. Lord, Clay, 57.47; 2 Lady: S. Watson, Vall.S, 62.58; 3 Lady: J. Makinson, Clay, 63.41; 1 U/18: M. Peace, Bing, 22.59; 2 U/18: J. Taylor, Holm, 23.14; 3 U/18: A. Jones, P & B, 24.05; 4 U/18: A. Preedy, Burn, 24.21.

**SNOWDON** **England**  
**AM/10m/3,300ft** **19 July 1986**

1: I. Bortoluzzi, CFS Italia 1.04.24  
2: J. Lineham, Eire 1.04.34  
3: M. Simonetti, CFS Italia 1.05.14  
4: C. Donnelly, Scot, 1.05.16; 5: D. Cartwright, Eng, 1.05.36; 6: R. Pilbeam, Eng, 1.06.01; 7: F. Stern, Austria, 1.06.17; 8: S. Livesey, Eng, 1.07.05; 9: G. Radler, W. Ger, 1.07.52; 10: G. McGrath, Eire, 1.07.52; 11: H. Griffiths, (L) Cymru, 1.08.38; 12: R. Bryson, Eire, 1.09.02; 13: A. Adams, Staf.M, 1.09.06; 14: A. Darby, Cymru, 1.09.20; 15: D. McGonigle, Scot, 1.09.34; 16: D. Bell, Scot, 1.09.47; 17: P. Bowler, Staf.M, 1.10.09; 18: W. Millinger, Austria, 1.10.29; 19: A. Baldassar, CFS Italia, 1.10.34; 20: R. Owen, Eng, 1.10.38; 1 Vet: H. Parry, Eryri, 1.13.34; 2 Vet: P. Coleman, Vaux, 1.18.15; 3 Vet: N. Cantillon, Lut, 1.19.06; 1 Lady: C. Haigh, Holm, 1.14.36 (rec.).

**CRAIG BHEAG** **Scotland**  
**CS/5m/900ft** **19 July 1986**

1: A. McGee, GEC (rec) 33.53  
2: D. O'Neill, Loch. 35.11  
3: D. Weir, Fife 35.43  
4: E. Patterson, Carn, 37.17; 5: P. Hume, Dund.R, 37.34; 6: R. Davidson, Dund.R, 37.40; 1 Vet: R. Shields, Loch, 37.51; 1 Lady: M. Muir, Dund.R, 45.37.



## HOW NOT TO PREDICT YOUR FINISH TIME

by Dave Ellison

I was interested to read Dave Peck's article on 'A statistical analysis of British Fell Races'. A few years ago, I attempted a similar analysis with a rather smaller selection of races (see the table), with two ideas in mind; one was to try and answer Andy Styan's question about how best to grade Fell Races; and the other was to try and find a better Naismith's formula. Interest in this had arisen from reading an article about world records for flat races, which showed a very good relation between the distance of a race and its record time; knowing the distance, you could predict the record time to within two or three per cent. So naturally, I wondered if I could also find an equivalent formula for fell races, much as Dave Peck has done. In fact, I took it further than Dave did, breaking down each race into various sections of flat (yes! there is some in most races), downhill, runnable-up and walkable-up, the last two being somewhat subjective judgements. But to no avail; I couldn't find a good formula - that is, one that would give a prediction to better than 10% for all races.

You will see in the table that I have given two distances and heights for each race: the ones in brackets are from the 1986 FRA Calendar and the others the 'accurate' ones. These merit some comment. First, the FRA Calendar cannot be relied on for accuracy. You have only to check from year to year to see that different distances and heights are often given for the same race (e.g. see the various Langdale entries) and these are not due to change of courses. The record times are sometimes incorrect (Ben Lomond in 1986 Calendar). It isn't unknown for the start times to be wrong as many a frustrated Langdale racer will remember; nor even closing dates for entries! However, many of these may be no more than typographical errors. What is more concerning is that some of the distances and heights have been measured incorrectly and this might well affect the ABC categorisation of races used by the FRA in the rules for competition. The discrepancies from the 'accurate' values are often considerable, as you can see from the table (see in particular the Borrowdale and Langdale distances). The accurate values are ones I obtained by painstaking measurement from 1:25,000 OS maps, using a pencil to copy the course on to the straight edge of a piece of paper, and then using a ruler to measure the distances from that. I know of no better way; measuring wheels skid on the paper; pieces of thread stretch; nylon fishing line isn't flexible enough.

Dave seemed to be unaware of the unreliability of the FRA data. This means, for example, that his feet/mile for Wansfell (500) is incorrect, the true value being nearer 570, making the Wansfell a much tougher race! It also means that his prediction formula might not be as reliable as he thought, though this is probably not so important. As I said earlier, I strained to squeeze an accurate formula from the data but failed (I, like Dave, also used multiple regression). First, I found that

record time depends more strongly on height climbed than distance run. Then I tried Dave's method, and found to predict winning time, the formula is: distance multiplied by 1.7; add height multiplied by .02 and subtract 7. The error using this is about 10%. His numbers were 5.4, .012 and 9 respectively, which means each mile takes 5.4 minutes, and to climb 1,000ft, 12 minutes - more realistic values than mine. However, since climbing is such a major factor, it seems reasonable not to use the total distance in the formula, but instead to exclude the distance involved in climbing. For example, if the distance of the race is 10 miles, 4 of which involve climbing, then count the race distance as 6 in the revised formula. Unfortunately, whilst the formula appeared to predict better, the time for a mile became 2.3 minutes with 22 minutes needed for climbing 1000ft; rather more unrealistic. In fact, I tried several other formulae (like breaking the races into up, down and flat distances) and other combinations of height and distances, but to no avail. I didn't consider as many races as Dave, which may possibly render my results less accurate. However, to consider more races in the detail I used is impossibly time-consuming.

So, what can you conclude from all this? Unlike flat races, there is no simple and accurate formula for predicting record times. The reason may well be that the types of terrain (bog, stone, heather, pathless, snow, etc.) is important and this can't be incorporated in a formula. Or, again, it might be that several formulae are needed - one for short races, another for medium and so on; but, this begins to make life a bit complicated. Secondly, height and distance alone are not accurate guides for indicating the toughness or otherwise of a race. Record times seem to be one of the best indicators. In fact, all this points to the usefulness of the Race Guides that have been included in the FRA mag. recently.

Race	Record		Distance miles	Height feet	Feet/Mile
	mins	secs			
Wansfell	18	56	2.2 (3)	1250 (1250)	570
Blisco	36	54	3.9 (5)	1970 (2000)	500
Skiddaw	62	18	9.4 (9)	2780 (2700)	300
Fairfield	68	30	9.4 (9)	3290 (3000)	350
Kentmere	80	49	10.9 (12)	3190 (3300)	290
Langdale	115	03	11.8 (16)	4960 (4000)	420
Borrowdale	154	38	14.8 (17)	6540 (6500)	440

Table of record times, heights and distances  
(The figures in brackets are from FRA Calendar 1986)

## THE SONG OF THE BULLFROG, THE SCENT OF THE NIKE

by Bill Bentall

We are indebted to the Nike Shoe Corporation for not reading this article before we printed it.

'So to that karsi where stout Trowbridge sags,  
His limpid nikes athwart the straw-strewn flats'.

J.B. Edwards (1863 - )

Thus, with intuitive insight, did the Bard of Tideswell so poignantly encapsulate the spirit of 19th century England. That he should employ what seems to be an American metaphor requires some explanation.

Nowadays, the Deadly Nike-wort has virtually disappeared from our hedgerows, thanks, say some, to chemical farming methods, to 10 years of Conservative government says the BBC. But from the Dark right up to the Middle Ages and beyond, in isolated villages, maidens would wind the flowers into garlands, hanging these around their necks in the Springtime as a primitive, but highly effective method of birth control. Rampant indeed was the squire that was not repelled, if not rendered totally impotent, by the fragrance of the noxious weed. (The word 'noxious' derives from the past participle of the verb 'to nike'.)

The earliest references to the offensive and defensive powers of the Nikewort can be found in the works of Chaucer, a writer who overcame the curse of total dyslexia to produce numerous stories, many of them in paperback editions. Surely, though, Shakespeare was chronologically off-side when he wrote, in 'Merchant of Venice':

..... in such a Nike  
Troilus methinks mounted the  
Trojan walls,  
And shied his sole toward the  
Christian tents  
Where Cressid lay that Night'.  
Characteristically, this poetic licence was to prove prophetic.

The 17th century saw the advent of the fireplace. Before that time, the 'social indiscretions' of men and beasts, consequent upon natural process of digestion, were wafted towards heaven via great holes in the ceiling. In setting up their New England homes in the 'modern' manner, i.e. with confined rooms and fireplaces, the Pilgrim Fathers introduced to America new social problems made more objectionable by the unaccustomed high-fibre diet they were compelled to eat, having not yet brought their edible meat animals, their cows and sheep, from Scrooby with them. When a Pilgrim, having invited some chums around for pie and prayers, declared: 'We're going to lift the roof tonight, Brothers!' he meant exactly that. The arrival of the French brought the 'etiquette nouvelle' to this raw country. Now at a party, such as that described, the host, sensing that one of his honoured guests had recently vented his appreciation of the Indian Corn Stew, was required to glare at the nearest servant girl and bellow; 'Ods Bodkins, Wench! Thou nikes! Hence, with

thee to thy quarters and re-bok thyself e'er I set me hand to thy bare bahoodie!', even though such an outburst might rob him permanently of the other French introduction, his 'droit de Seigneur'. (Before any Guardian readers get too excited about sexism, I can relate that, on a visit to New England in 1980, my wife remarked that some of the serving wenches 'niked a bit', even then.)



American Folk Hero, Johannes Nijksied, or Johnny Nikeseed as he became known, took off about this time with his little bag and travelled west, reaching Oregon. There he planted acre upon acre of Nikewort, believing, with some justification, that this would secure the solitude he sought. He had reckoned on neither the dormant season of the plant nor the sheer guts and determination of the American Pioneer. New settlements sprang up around him in a single winter and the New Oregonians were soon to have set up their first 'Ole' factory, producing 'Genooino Nikrotic Smoking Mixture' for which they found a steady sale amongst the Red Indians. Whole tribes perished.

These 'industrialists' adopted as their trademark 'a streamlined yellow cloud, sharpened at one end to penetrate the nostrils' as the designer put it. Many years later, when the Fruit of the Nike was first applied to shoe technology (by squeezing the juices into the orthotic insoles under pressure) this symbol was placed on the sidewall of every shoe produced, not only in Oregon but in their colony of South Korea.

A pioneer Lady Jogger, Ms Rhoda Schumacher, was wearing a well used pair of the Oregon products in 1962, when she was stopped in her tracksuit by no less than five citizens of dusky hue, demanding that she hand over the Sachs 5th Avenue alarm clock she always carried with her to time her circumnavigations of the New York Hilton building. Her Presidential Citation tells us: 'With commendable coolness, typifying the American charac-



ter, Ms. Schumacher stooped, took off her left Nike and stuffed it, without prior ceremony, into the first face that confronted her. Then pirouetting on her stockinged toe, she brought the right foot upwards and outwards, much in the manner of an ice dancer, and wafted it beneath the noses of the others.'



The New York Times of October 10th, reported that "one escaped, one was comatose but three were D.O.A. at the Manhattan Hospital for Distressed Gentlefolk by the time officer Hooligan of the fourth precinct got them there".

New Yorkers went mad! Much shredded paper was cast down upon Ms Schumacher as she was driven through the city to receive the Freedom of The Big Apple. Politically, it was hot stuff. Hitherto silent, middle aged, middle class Americans took to the streets with posters bearing defiant legends. 'SNIFF EM OUT', 'RAISE A STINK' and, more significantly 'NIKE EM'.



The Pentagon got the message. The Dow Jones Index soared as the public read how a million pairs of Nikes had been ordered 'for our gallant and hard pressed boys in Viet Nam'. They reasoned that not even the malodorous Viet Pong could withstand an all-out, all-American Nikean offensive. They reckoned without the prevailing wind that always blew, it seemed, towards Saigon. Worse, the leaves fell from the trees, revealing the sad spectacle of groups of US troops huddled together cross legged and sometimes cross eyed, passing a warm, wet running shoe around to each other, in their turn pressing it eagerly to their faces and exclaiming: "Jeez! Is that ever COOL!" As the intrusive TV cameras were to show to their unhappy families back home, an epidemic of Shoe Sniffing had struck the Marine Corps. A few months later the Americans withdrew, totally. But the Americans are nothing if not resilient. As recently as September this year, Mr. Gorbachev and his entire Peace-Making Committee reeled out of the Conference building in Reekjavik, his eyes watering

dramatically for the camera and whining that the only thing Mr. Reagan had brought to the table was - his old Nikes. He was, they declared, hell-bent on his plan to float a giant balloon 200 miles up over the Soviet Union, filled with undiluted Nike Essence. At the touch of a button, if his research was successful, a laser beam would pierce the balloon and bring it down on the peace-loving armament workers of their country, a disaster that would make Chernobyl, Aids and even the Karrimor Mountain Marathon look 'like Trotski-Bear's Piknik'. "Honi soit qui mal y pong!" yelled Mr. Reagan from the steps, giving the V-sign. "Airsoules R!" replied Mr. Solyachin.

But we must not be complacent. Shoe Sniffing, despite Mrs. Nancy Reagan's belated efforts, has already reached Keswick, we are told, and could still reach civilised Europe. (If you think someone in your family sniffs shoes, phone Esther Ranzid on 0494 - 685310.)

Courageously, Steve Tram recently came out into the open, declaring "I was a teen-age Shoe Sniffer". Now he devotes a great deal of his energy into countering the effects of the scourge on the

youth of the North East. His yellow jersey with the words 'PUT YER FEET WHERE YER NOSE WAS, MARRAS' eloquently reaches those of tender years whose inclinations are Nikrophilic. Now, what, do you suppose, are the FBI planting in Nikeragua?

#### Footnotes:

R Airsoles is registered as a trademark of the Nike Shoe Corp., Oregon, USA.

\* Ods Bodkins are no longer in production but a few pairs, regrettably only in very large sizes, are still in stock at Pete Bland Sports, Kendal.

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#### Further Reading:

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On Golden Pong. (Filmscript Fonda, J. and Tram, Steve);

Not the Nike, Josephine. Cartland, B.;

A Nike at the Opera. (Filmscript Hitchcock, Ludwig von.);

The Training of Sniffer Dogs. Police Gazette, March 1981;

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And then, if you still intend to wear shoes from Oregon, even after having read the foregoing, here are some hints to reduce the risks:



GOVERNMENT WARNING:  
NOW WASH YOUR HANDS



## EIGHTEEN MINUTES ON COTTER END - WAS IT WORTH IT?

by Hugh Symonds

On Saturday, September 20th, I had arranged to go for an hour's run before breakfast. Paul Tuson and I were just heading for the slopes of Winder, when Paul told me that there was a race near the Moorcock Inn in the afternoon. Paul had been working with Steve Carr (Kendal athlete) and so he was well informed about races other than those listed in the FRA calendar. I felt eager for a race and Pauline and I had already planned to go to the annual Moorcock Show. Local shows provide a lot of entertainment for the family and the fell race would be a bonus. That Saturday morning, I felt committed to racing that afternoon, even though I realised that the race would be a so-called 'professional' one. The run towards the Howgills was curtailed, as I wanted to save some energy so Paul and I settled for a gentle hour's run on the footpaths close to Sedbergh.

The show was close to our home in Grisedale. The previous twelve months I had spent most of my spare time converting a barn into a home with views over the local hills. I had done dozens of runs over the hills close to the Moorcock Inn and this made me feel entitled to have a race. I had felt a great urge to do races that I knew I shouldn't do before now at Killington Sports and Sedbergh Gala. I had resisted the temptation to do these, because I had always had another race lined up within days. This time, I couldn't resist. I just had to join in and race up the fell. I checked the course out and appreciated the course-planner's route over Cotter End. I jogged to the start and found a few athletes who I knew and thought would be at the top end of the field. I asked them how they felt about me racing. One said "I'd rather you raced than stood and watched", and others expressed enthusiasm for extra competition. My mind was now in no doubt, so I picked up a number and did the deed. For a change the locals I knew were not asking me why I didn't race on Saturday. After five years I have become tired of explaining why I couldn't race Winder on Saturday. They don't

understand and they are even more confused now since the recent articles in the Gazette on the Professional-Amateur banning and not banning of me since the Moorcock Show.

Now, four weeks later, I hear that I am banned from the sport in which I have taken part for eighteen years. So far, this has meant the missing of a cross country race in Skipton. I don't mind, eighteen minutes on Cotter End was more worthwhile but I will mind if I am not reinstated before Wansfell. If I went to watch, the temptation to race would be too high and then what would happen? It would have been simpler if I had put a stopwatch on the race up Cotter End and then to follow later and try to break the time. Then the people at the show would really think that I, or it, was nuts. When I am at the Moorcock next week, I will be drinking to the fell.

Editor: Hugh was reinstated just before Benson Knott, but why did he need to be? If he had won at Copeland Chase on 9th November, he could have accepted the cash awarded and called it 'traveling expenses'. Who says honesty pays?

## KESWICK BABY BOOM

by Neil Shuttleworth

At last year's Keswick Awards' Night a number of the ladies sported 'lumps' in various stages of development. Then my girl friend wondered if it was a condition peculiar to Keswick, fell runners or an air or water-borne epidemic? Subsequently, the FRA Newsletter reported on this epidemic and in the course of time these lumps disappeared.

The Keswick Community, busily knitting in the meantime, has now welcomed:

**Martin Baron**, an 8lb 6½oz son to Pete and Anetta;

**Zindzi Gervaise and Vita Raine Creswell**, twin girls 4lb 5oz each to Tony and Veronia;

**Jenny Kruger**, a 6lb girl to Steve and Sandra;

**Robin Stone**, a 7lb boy to Dave and Lisa;

**Matthew Stuart**, a 5lb 15oz boy to Kenny and Pauline.

There is no shortage of wool in the Keswick environs for these children. Perhaps in the next century there will be no shortage of champions. Meanwhile, happy knitting, ladies.

(Thanks to Tony Creswell for information.)

Ed: I hope Ken Russell does not find out.

# LONG DISTANCE NEWS

1986 saw a number of the L.D. Challenge Records broken. These are detailed below, together with details of other L.D. Challenge Records not previously listed.

Team performance of the year was probably that of Holmfirth Harriers, who managed to get their organisational act together by lowering the Pennine Way 24-man relay record to 29 hours 07 minutes.

Jos Naylor reduced Alan Heaton's 'All the Wainwrights' to 7 days, taking only 33 hours rest in the process. Whilst Philip Dixon reduced the Brecon Beacons Traverse record to 18 hours 02 minutes, mention should also be made of Frank Yates' successful round in 20 hours 46 minutes, conducted throughout in pouring rain, poor visibility and gale force winds.

The Winter Bob Graham round has at last been achieved - by Selwyn Wright and John Brockbank in a time of 23 hours 06 minutes, Steve Parr in 23 hours 26 minutes and Martin Stone in a solo, unsupported time of 23 hours 41 minutes.

Performance(s) of the year must be that of Del Davies in lowering the Cuillin Ridge record with Paul Stott. Obviously he was not content at finishing 1st British V.40, 11th British Senior Man, 1st Welsh V.40, 2nd Welsh Senior Man, 3rd English V.40, and 18th English Senior Man in the respective championships! He also won the Bradda on the Isle of Man and numerous other races - How come you didn't place in the Irish championships, Del? No wonder there's no skin on those feet!



Del Davies

(Photo: E. Woodhead)

## BRECON BEACONS TRAVERSE

Since 1983, when Andrew Lewsley and I made the inaugural sub-24 hour crossing (88 miles, 32 major peaks, 16,000ft of climbing over the Carmarthen Fan, Fforest Fawr, Brecon Beacons and Black Mountains), there have been 10 attempts of which 4 have been successful. In view of the number of enquiries (57) the number of attempts has been, perhaps, a little disappointing.

The list is now as follows:

Derek Fisher and Andrew Lewsley	21.43	1983
Colin Brooke and Tony Wimbush	22.56	1985
Philip Dixon	18.02	1986
Frank Yates	20.46	1986

How about some more contenders? For further details, enclosing a stamped addressed envelope, please contact:

**Derek Fisher, 8 Highcroft Road, NEWPORT, Gwent NP9 5EG (Tel: 0633 211316)**

## MORE LONG DISTANCE CHALLENGES

Location	Challenge	Distance	Time	Holder
Glencoe Scotland	Extended round of Glencoe	19m/12,000ft 17 maj. peaks, 5 Munros (on a cold, windy, misty day)	10.54	Ros Evans (nee Coats) 19.9.81
Lochaber Scotland	Charlie's Round (Circumlocation Ben Nevis/Loch Treig)	56m/25,000ft. 24 Munros	23.58	Charlie Ramsey 9/10.7.80
Lochaber Scotland	Mamore Round	22m/10,500ft 11 Munros + 6 tops	7.02	Colin Donnelly
Torridon Scotland	Torridon Trio (Eighe, Liathach & Alligan)	20m/12,500ft.	6.55	Martin Moran 27.10.85
Scotland	Southern Upland 2,000's	380m/82,000ft 130 summits over 2,000ft.	11 days cont.	Colin Donnelly Spring '81
N. Ireland	Mourne 2,000's Circuit	Start/Finish: N'castle. 15 peaks. 28m/12,500ft.	7.34	Brian Ervine
N. Ireland	Traverse of Mourne 2,000's	From Binninn School to Leitrum Lodge. 15 peaks. 23m/10,000ft.	6.00	Brian Ervine
Yorkshire	Yorkshire 2,000's	115m	29.11.40	Peter Simpson

## UPDATE OF PREVIOUSLY LISTED RECORDS

Location	Challenge	Distance, etc.	Time	Holder
Lake District	All the the Wainwrights	391m/121,000ft 214 peaks	7 days, 1 hour 25 mins.	Jos Naylor
Scotland	Cuillin Ridge		3.49	Del Davies (Paul Stott 1min longer on same attempt)
N Scotland	Scottish 4,000's	83m	21.39	Martin Stone
Snowdonia	Welsh Class. Round	61m/28,000ft	23.16	Chris Bolshaw, Ed. Thurrell
S. Wales	Brecon Beacon Traverse	88m/15,000ft	18.02	Philip Dixon

## THE BOB GRAHAM 24 HOUR CLUB REUNION DINNER

Over 300 members and friends of the Bob Graham Club attended the biennial reunion dinner held on 11 October 1986 at Shap Wells Hotel. This year 69 people achieved the round of 42 peaks in 24 hours, and they, together with the 54 successful contenders in 1985, were presented with certificates of membership by Peter Knott and Bill Smith, author of "Stud Marks on the Summit".

The total membership is now 446 which includes 19 females. The trophy for the 'Achievement of the Year' was awarded to Alan Heaton, the very first member of

the Club, for his performance in climbing all the peaks listed in the Wainwright Guides to the Lakeland Fells in just over 9 days. The guest of honour, Eva Graham, niece of Bob Graham, made the presentation.

A limited number of copies of the booklet "The Story of the Bob Graham Round" are available price £1.25 (inclusive of postage) from F. Rogerson, Tether's End, Lindeth, Windermere, Cumbria LA23 3NH.

N.B. The list of new members will be printed in the next 'Fell Runner'.

## THE 1986 KARRIMOR-GALLOWAY REVISITED

by Selwyn Wright

Ten years have passed since the 1976 M.M. in Galloway and that experience has remained indelibly etched as one of life's great traumas. The crossing in the dark of the 4ft deep Dargall River in the midst of an electric storm followed by an hour's torchless plod through drainage ditches towards the twinkling lights of the Loch Dee mid-way camp, will always be a vivid memory of my first Karrimor. The pitching of our apology for a tent a foot below the loch's waterline and the discovery of three boxes of moribund matches amid the remainder of our soaking gear, led to great feats of stoicism exemplified by my treasured statement: "Ah well, I wasn't hungry, anyway." Oh, the resilience of youth!

Of course, it couldn't be that bad again; and those extra ten years of carefully garnered mountaintaincraft would surely lead inexorably to a safer, more successful if less memorable conclusion this time. Well, don't you believe it. We set up camp on the Friday night in a rainstorm which was still in full flight the following morning. That first look at the bleakness of Saturday morning brought all the pain of the previous visit flooding back in minute detail. And soon we were in amongst it and it was real again. The great tufted mounds of marsh grass, with their crevasse-like chasms between: the deepest, thickest heather in Britain: the fierce rocky outcrops barring progress in any useful direction. And above all, the great sodden, oozing, spongy black mass of water which sprang to meet every footfall.

Before the day was halfway through, the joys and freedoms of fell running were replaced in the mind's eye by the alternative temptations of such challenges as indoor bowling, darts and snooker, each of which I would have exchanged with enduring relish for the predicament of the moment. Alas, it was not to be, and it became clear that a repeat performance of our nightmarish crossing of the Dargall was necessary. The bloody river was deeper and swifter than ever, and to use the financial terminology, my assets became liquid and later frozen. Interest was low and an early withdrawal was indicated, as good fell runners should in these circumstances, however, we soldiered on - tightening our belts and increasing productivity. We achieved the second checkpoint and then, quite quickly, the third, and life began to assume a rosier hue. It was about this time that The Galloway produced the final trump card of her corporate planning strategy and threw a force 13 gale at us. Climbing on to Merrick, it strengthened all the time - around about Kentmere '83 force, but it was after reaching the summit and attempting to descend the north ridge, that it attained its ferocious crescendo.

My wife and I sat down at this point and, as the British do, we began to discuss the weather. I say discuss, but in actual fact, it was an exercise in lip-reading, as the eardrums were rendered totally ineffective by the great monstrous beast of a wind bearing down on us out of Greenland. The conversation was interrupted

by the disappearance of my wife, who was plucked from my side and dumped unceremoniously some 10 yards closer to the cliff edge, towards which the storm was driving us. I stood up to remonstrate and a gust made off with my overtrousers - the seams of which it simply unzipped - leaving them flapping sail-like round my legs. Further efforts were of no avail and we simply reefed in the sheets, battened down the hatches and ran before the storm - finding ourselves eventually in Glen Trool along with sundry other misadventurers.

We put the tent up by Bruce's Stone. I had remembered from ten years before that here was the only piece of flat, dry, sheltered ground in Galloway. Bruce didn't seem to mind us being there and only made a nominal charge in the morning. Don't know what he used his Stone for. Did he, I wonder, admire the view from the top of it? Or perhaps it was his wont to kip under it. Being a big lad, he maybe fired it across the Loch with his catapult. But no, could it be that from this very boulder dangled the famous spider of Scottish folklore - from this very rock that Robert the Bruce went to win back his kingdom? Ay, there's the lesson to be learned: "If at first you don't succeed, try, try and try again." Speaking of which, in another ten years the Karrimor Mountain Marathon will, no doubt, find itself back in Galloway and we'll get the chance to bite the dreaded cherry once more. But not me - I've seen the weather forecast.

### NIGHT ON A GALLOWAY HILL

*Wrapped in a patch of flapping nylon  
Pegged into a Scottish bog,  
Two bodies shivvery-fingered boxes of moist  
matches.*

*Tired by far too much for temper,  
Consigned aching feet to a clammy  
Cold dampness of sleeping bag:  
Resigned shattered minds to a clammy  
Cold drowsing. And ever the rain  
And wind pelted to dislodge  
From such a hold on life;  
These two bodies resisting.*

*Came the morning bright and blue  
Creaking limbs anew  
Amid a squelch of sock and  
Eyes raised blinking to the sky,  
Two bodies stood  
Shell shocked . . . in disarray  
Smiling wide across a sunny day.*

Selwyn Wright  
November, 1976

## THE TRANS-SNOWDONIA RELAY

13th/14th June, 1986  
(OR FRANK'S WELSH DO)

by Jim Barrott

Conceived in the fertile part of Frank Sykes' mind, the objects of the exercise were simple:

- (1) To run in relay from the southern tip of the Snowdonia National Park to the northern tip, visiting all the park's separate 2,500ft mountain summits on the way.
- (2) For the 14 pairs of runners, a dozen support drivers and a horde of wives and kids to have a bloody good time.

Both were achieved and, as far as we know, no-one has bothered to do it before, so maybe our modest effort can be claimed as a record. If that is so, then I am sure a larger club can destroy it - but who cares - we had a marvellous time on the year's warmest, sunniest weekend.

The logistics of the weekend were obviously complicated, with 14 pairs of runners setting off from points dotted all over Snowdonia, over a period of 24 hours, all requiring transport back to various camp sites. Our club, Saddleworth Runners, only has about 50 active adult members, so it was a big undertaking that involved virtually everyone's participation. And therein lies the essence of what turned out to be a great club get-together - Involvement.

A further complicating factor was the need for the relay to finish as close as possible to 6.30 Saturday evening, so we could all get on with the important business of eating and drinking at the barbecue planned for that night in Penmaenmawr. It became apparent by about 5.00 a.m. on Saturday morning that this was not going to happen, because the clag was down and the night Legs had taken longer than anticipated. Therefore, a decision was made to send Leg 8 off before the Leg 7 pair had arrived. This has obviously been allowed for in the calculation of total time elapsed. Do I hear cries of "This is just not cricket"? Well, to be honest, we don't really give a damn. You couldn't expect the last pair to come steaming home to find all the grub's been eaten and everyone's gone off to the pub.

The bare facts and figures of the relay do not convey the enormous enjoyment gained by all who took part. And the memories - such as standing on top of Aran Fawddwy near midnight, looking down on wave after wave of moonlit clouds below - and then the terrifying descent in the dark through those same clouds with the light from the head torches bouncing back from the mist into our faces.

Get your club organised and run the route. Or even better, do a different one somewhere else.

Our total distance/ascent/time was 116m/35,000ft/26hrs 24mins.

Now Frank, what have you got planned for next year?

## WEST HIGHLAND WAY - RELAY RUN

31st May, 1986

**On 31st May, 1986, heavily laden, waterproof clad backpackers, splashing along Scotland's first official long distance footpath, The West Highland Way, were somewhat taken aback by the sudden appearance and rapid disappearance of panting men (and a woman!) dressed only in shorts, vests and running shoes, heading in a southerly direction.**

When Stirling-based Central Region A.C. veteran hill runner, Tony Halpin suggested a relay run of the W.H.W. "For charity, and to promote the Club", it seemed like a good idea. Sadly, an extremely wet Spring resulted in very soft, heavy conditions for most of the runners.

Organiser, and participant, Halpin decided that the course from Fort William to Milngavie, a superb of Glasgow, should be divided into nine sections and that the nominated runner for each section should be accompanied by a back-up runner in case of accident. The more experienced hill runners tackled the

early mountainous sections, including the Devil's Staircase, Glencoe, with the track and road runners getting their opportunities over the more level sections.

Due to an 'unscheduled diversion' by a couple of the Club's experienced and accomplished road runners (they couldn't find the white lines!) eight miles distance and a couple of hundred feet ascent were added to the run. Restrictions associated with lambing around Conic Hill, Loch Lomondside also complicated the effort, but the runners on the final leg of the relay were welcomed into Milngavie just before 10.00 p.m. by several drunken revellers and a couple of Club officials - 14 hours and 56 minutes after the commencement of the run from Glen Nevis that morning.

**Total Distance Covered:  
103 miles;**

**Total Height Ascended:  
8,300 feet (approx.)**

**Time taken:  
14 hrs. 56 mins.**

## CUILLIN RIDGE RECORD BROKEN

Paul Stott and myself, both members of Eryri Harriers, went up to Scotland after the Gategill Race and, after doing a bit of rock climbing on the Sunday evening and Monday, went over to Skye to have a crack at the Cuillin Ridge record.

Apart from the early morning midges, Tuesday proved to be an ideal day for the attempt - clear and sunny - in fact a bit on the warm side as we toiled up to the summit of Gars-bheinn to start our run at 10.10 a.m.

We followed the route as described by Andy Hyslop, visiting all the Munro summits and principal peaks and climbing solo on the graded rock sections. By the time we had reached the top of the Inaccessible Pinnacle, we were 2 minutes down on Hyslop's time, mainly due to poor route choice, out to Sg Dubh Mor and other minor accidents. After the Inn Pinn, we made up on time and by the time we reached Bruache na Frithe, it began to dawn on us that we had a good chance of finishing under 4 hrs. We made good time up to Basteir tooth but became separated on the way to the summit of Am Basteir, both of us making our way to the top of this peak by different V.S. boulder problems! Thereafter I had a slight lead on Paul, though we were both on the big chimney below the final ridge of Gillean together.

I arrived on the summit of Gillean at 1.59.30, Paul hard on my heels a minute later. We compared times on our synchronised watches, did some calculations and lay about on the top for a while, chatting to some other walkers. Eventually we made our way back to Sligachan via the Pinnacle Ridge of Gillean.

Time: D. Davies 3.49.30; Paul Stott 1 minute longer.  
Date: August 12th 1986.

Incidentally, both Paul and myself had done the ridge before, myself most recently in 1984, when I did a rapid solo traverse in a comparable time but missed out some peaks.

Del Davies



Paul Stott being chased by Del Davies at the Bradda Fell Race

(Photo: E. Woodhead)

## NOR ANY DROP TO DRINK

by Mike Wallis

**The morning call came far too early - 4.30 a.m. Mrs. Morris had got up to make us a breakfast of tea and toast, but the offer of scrambled eggs was turned down.**

The three of us had decided to cover the 3 British Peaks, all in 24 hours, not for any particular reason, nor to break any records, but just to do it.

After travelling down to Llanberis on the Friday night and sampling the 'local' beer, we now found ourselves ready to go at 5.20 a.m. from the station car park. I only hoped that we'd travelled to Wales better than the Tetley bitter had. Equipped with camera and spare T-shirts, we set off, proud in our Clayton vests. The first 100 yards through the village were the best, fresh legs and a bounce in the run: but no one to witness it. Then we hit this hill! The road out of the village and up through the trees was the toughest on the Snowden climb. Having faced reality early on, a steady pace was then set for the remainder.

The weather was fine, with only the early morning mist to clear away. The route up the tourist track was an easy, gentle gradient all the way, but with nothing to drink, all streams had dried up. Approaching the final pull to the top, we started seeing walkers. Not just the odd one or two, but packs of them, and the first train hadn't run either! Reaching a crowded summit in exactly one hour, the view was spectacular: clouds in the valleys, the sun just breaking through the mist and below us the full Snowdon horseshoe and Llyn Llydaw. Beautiful, but with no time to admire it, just a quick photo and we were off, 5 miles downhill to the car and the north.

On the road by 7.00 a.m. through Betws-Y-Coed to the coastal route, heading for Wasdale Head. Because of the high mile-age of the weekend (total

1,035), we'd hired an Escort 1.6 diesel; this proved to be ideal, both in performance and economy (but not THAT good!).

Taking turns at driving, navigating and sleeping, we reached the Lakes at 11.30 a.m. parking at Wasdale Head campsite. By now there was no hiding from the sun; its full strength burning and no wind to cool us. Having drenched ourselves in the stream, it was then a very steady jog up Scafell Pike, following Lingmell Gill and onto Mickledore. After 5 minutes we were dry and parched, but above the gill there was no more water. Again, an hour to the top, and although clear, the views were lost in the heavy heat haze, with it only just possible to make out the form of Great Gable.

On the descent, we met up with a fellow Harrier, he was at Mickledore, ready to assist in Bob Mitchell's attempt at the Bob Graham Round. We did not envy him; to complete the round on such a hot day would be a great feat of endurance. Further down, we met 3 lads, also on the 3 peaks. They'd set off at 4.00 a.m. up Ben Nevis, we exchanged traffic and road works details, wished them luck and carried on.

By now it was really hot, a dip in the gill to cool off, then on to Scotland. The question of food now arose - all those lovely butties supplied by Mick, waiting to be eaten, but unusual for all 3 of us - no one had any appetite. So, having stopped at Maryport to buy anything cold and wet, we continued with Mick driving. By now, spirits were low. I slept in the back, feeling sick with the heat, waking only to drink the water we carried, a difficult task with Mick at the wheel.

Through Carlisle and onto the A74, he couldn't get lost now, so Steve slept as well. About an hour later, both of us woke, seconds later the car stopped. Maybe 555 miles on one tank of diesel was a bit too hopeful, and only 6 miles short of a service station. Luckily, we were at a junction on the M74 and flagged a car down and the driver took Steve to get some fuel. We'd only lost 1½ hours so we were back on course, with our target now in sight.

It was cooler as we arrived at Fort William at 8.00 p.m. Taking the faster Stirling to Crianlarich road, we'd seen patches of snow on the peaks at about 3,500! How much would still be on Nevis? Superb views approaching, and through, Glen Coe; the thrill of the mountains around us renewed our enthusiasm.

8.15 p.m. and we set off up the tourist path feeling strong, but this was only the excitement; the full day soon began to take its toll. Walkers were making their way down in the gloom of the evening, a heavy mist forming in the glen.

Somewhere beyond Red Burn on the slog up the steepest section, I bonked. Steve carried on ahead, gathering strength from my weakness, Mick stayed and forced me on up, from one cairn to the next. This was a bonk of the 4th category ('Fell Runner' January 1986) - stark raving bonkers. I felt bad, rumours that I ate orange peel are perhaps true, but grass, I'll deny - although who's ever seen a sheep bonk? (except Welshmen).

Steve had reached the summit long before Mick and myself, at 10.30 p.m. There was no celebratory snowball fight, even though the north cliff still possessed a cornice (no Mick, not an ice cream). An Australian took our photo, he was due to stay the night on the summit, and nearly lost all his provisions to our ravenous trio.



(L to R): Mike Wallace, Mick Buckland and Steve Whittaker at the top of Ben Nevis

(Photo: M. Wallace)

The air was still and the evening warm, we'd reached our goal; all 3 British Peaks within the hours of daylight; to finish just a ¼ of an hour run back to the car. Thoughts of hitting Fort William to toast the occasion were not to be; I was knackered, Mick had just run over Steve's foot in the car, and everywhere was shut.

A superb weekend, thanks to Steve Whittaker and Mick Buckland with kind permission of Helen and Karen.



## HALIFAX ATTEMPT ON PENNINE WAY 8 MAN RELAY

Perfect weather conditions saw Geoff Winder leaving Edale at 04.00 hrs. on Saturday morning, June 28th, 1986 on the section to the A58. He tapped Garry Webb on the shoulder and then proceeded to collapse into a heap in the heather. Geoff had the company, for part of his section, of the Holmfirth Harriers, attempting the shortest time for the route of approx. 29 hrs. Geoff's time for his section was some 31 mins. faster than Clayton, so a new record had been set.

Garry had a fine run but suffered from the heat through Cowling. He recovered to make a storming run over Pinhaw Beacon and finished at the Gargrave Bridge changeover point in 4 hrs. 53 mins., just 6 mins. slower than Clayton's time for the section, the heat was beginning to tell!!

Paul Daley and Keith Midgley, wearing hats and kerchiefs as protection from the sun, set off at a brisk pace, with the temperature climbing into the 80's as they climbed over Malham Moor, Fountains Fell and Pen-y-Ghent and arrived at Horton-in-Ribblesdale suffering from the heat and dehydration justly slightly behind schedule. A quick dousing in water, liquid refreshment and they were on their way again, over Cam End to Kidhow Gate just below Dodd Fell, where Dave and Ann Cleminson were waiting with liquid refreshments. The temperature was now over 90 deg. and the pace suffered because of

this. They rallied strongly over the last 6 miles to Hardrow and arrived at the 'Green Dragon' at 7.20 p.m. with the excellent time of 5 hrs. 42 mins.

Paul Frechette and Richard Dyson were the next pair away and they disappeared into the cooling evening, ready to climb Great Shunner Fell - the highest peak on the Pennine Way so far. Their route took them through Thwaite, and past the famous Tan Hill Inn.

A navigation problem some two miles from Middleton-in-Teesdale in the dark lost them a lot of time and they finally arrived at the changeover point at 2.05 a.m. in a time of 6 hrs. 28 mins.

Peter White and Rhus Kift set off along the River Tees in perfect temperatures passing the famous High Force Waterfall just as it was beginning daylight. By Langdon Beck they had switched off their

torches and made good time along the banks of the river. They were treated to the spectacle of Cauldron Snout - a narrow cataract of water sweeping over jagged rocks. On over the moors and High Cup Nick giving a dramatic view of the Lake District Mountains in the distance.

The run to Dufton was followed by the long climb up to Cross Fell, at 2,930 ft, the highest point on the Pennine Way. The pleasant easterly breeze helped keep the runners cool and they were treated to magnificent views on their ascent. The old miners' track from Cross Fell seemed never-ending, but finally they arrived at Garrigill, 7 hrs 32 mins after leaving Middleton.

Peter Lynch and Nigel Quickley disappeared and in mounting temperatures found the going difficult on their hot valley run. They were met at Hadrian's Wall by Keith and Paul, who ran with them to the changeover point at Peel Road, where they arrived at 3.00 p.m. in the afternoon, covering the section in 5 hrs 23 mins.

Dave Cleminson attired in club colours, charged off along the top of Hadrian's Wall and was met after some 24 miles along the route by Gary Webb, who made him work hard over the last 6 miles to Brynness, where he arrived in 4 hrs. 27 mins. at 7.27 p.m.

Cooling temperatures saw Rod Sutcliffe disappear up through the woods, with a fixed glazed stare on his face.

Two hours into the run, he was met on the Cheviot Border by Keith, who ran with him all the way to the finish at Kirk Yetholm. A marvellous finish was assured when Rod and Keith charged out of the growing darkness onto the village green at 11.48 p.m. Rod broke the record for this section in a time of 4 hrs 21 mins, 8 mins better than the Clayton best.

Overall, the Harriers' time was just not good enough to beat the record of 41 hrs 29 mins. Our aggregate time was 43 hrs 48 mins.

The weekend was a great success and maybe next year we can do just that little bit better!!

Peter White

N.B. Three individual records were broken:

Stage 1: G. Winder  
5 hrs. 02 mins. (Edale to A58);  
Stage 5: P. White+R. Kift  
7 hrs. 32 mins. (Middleton to Garrigill);  
Stage 8: R. Sutcliffe  
4 hrs. 21 mins. (Brynness to Kirk Yetholm).

## THE YORKSHIRE 2,000ft PEAKS ATTEMPT BY PETER SIMPSON - JUNE 21st+22nd, 1986

Taken from P. Barker's description in Tony Wimbush's book 'Long Distance Walks in Yorkshire', this circuit became a 'must' after the Dales 100 and a 2 week holiday in the area last year.

It would be surprising if this 115 mile route - much of it good running - in a very accessible area had not previously been run. I could find no account of one, however, although Strider, April '86 published an account of a walk.

According to Chris Dodd's digital watch, my total time was 29 hrs 11 mins 40 secs. His other digitals were less polite about my constant demands for more sugar, cooler water, more milk, etc., in my tea. Seriously though, any attempt which has Chris in charge of road support could not fail to succeed. His constant ability to maintain my interest in food, in the face of a non-committal grunt at every time he asked the question: 'What do you want here?'" was amazing.

The weekend was only the second hot one of the year. Had the attempt been made the previous week, I would have been taken by surprise and almost certainly fainted. As it was, Frank Yates, my supporter on the first section, 'bonked' off Water Crag. He had only just started running again after an injury lay-off following his fantastic trans-Brecon run in quite appalling conditions, in May. A strong easterly wind kept the temperatures reasonable and was more of a help than a hindrance in the early stages.

I went over Coldbergh Edge alone and then Chris Dodd - hot-foot from his mother-in-law's 60th birthday party - and Andy Collinson, paced me over the beautiful ridge from High Pike to

Sail, via Shunner. Scenically, probably the best part of the route.

Descending into the sheltered and hence very hot valley on the Hawes - Kirkby Stephen Road, I was met by a very enthusiastic reception committee of supporters, strengthened by Clive Lane en route to a climbing weekend in the Lakes. With the partially revived Frank, Clive and I plodded our way up Scarth Fell, descending into Garsdale - reminiscences of the Dales 100 - and by footpath to Garsdale Head, where Frank left us.

The long ascent up to Great Knoutberry in ever-strengthening wind and threatening cloud, began to be hard work at the top, but, following the Fellsman route, an easy descent to Stonehouse. Any ascent of Whernside from Stonehouse would be a long plod, and it was getting colder by the minute. The ridge seemed to go on forever and by the time the summit was reached, I was becoming seriously worried about the cold.

To such an extent, in fact, that I insisted that Roger Canavan (still recovering from a wedding the day before) taking over from Clive, took a survival bag. Roger, who was already laden with waterproofs and a rucksack fit for a Karrimor thought, I think, fatigue was taking its toll of my brain, but such is his composure in these situations, that he hardly demurred.

In fact, with the wind now Northwest, the run along Gragar-

eth was an attempt to keep our legs in pace with the speed our bodies were being blown. Roger, who had been scheduled to start at dark - at a walk - demonstrated his surprise by doing a victory cartwheel on the clintstone descent to Kingsdale, with such agility that he fortunately failed to injure himself.

Darkness fell completely as we crossed the valley to start the ascent of Ingleborough. Roger's prayer to walk was now answered with a vengeance, as we started up Ingleborough into the teeth of a gale, with the cloud right down, totally obscuring the full moon I had relied on. Both Roger and I have made innumerable ascents of Ingleborough; nevertheless, we wandered off the upper path several times, before regaining it. We felt our way to Simons Fell (the only unreced summit) and descended on a blind compass bearing. Roger keeping his head when we hit the wall, to turn right to Sulber Nick and in improving visibility, descend to Horton, where Steve Chambers took over.

Until Pen-y-Ghent, I had not met another soul on the fells. Suddenly, hell broke loose. Horton car park was too crowded to get into, a constant stream of solstice-worshippers descending Pen-y-Ghent, kept telling us we were 'too late'. The upper crags loomed eerily and majestically in silhouette against the moon. Picking our way amongst sleeping bodies on the summit, we fought our way to Plover Hill, sheltered by the wall from the wind, as dawn broke.

Fountain and Darnbrook Fell passed uneventfully, before the long, long slog up Birks Fell, where, with the relief of the wind

behind again, a fast descent to Kettlewell was made.

Martin Stone accompanied me over Great Whernside and back on to Fellsman territory (in reverse). Chris joined us both over Buckden Pike where, due to our joint garrulity, we passed the summit of Tor Mere Top before we realised. On the summit of Buckden, was an exact miniature of Stonehenge, recreated, no doubt, by last night's worshippers. A herd of cows took more than a passing interest in us to speed our flight across the final field to the car, where Andy and Roger together with Rosie and Katy were waiting.

Martin was now getting the bit between his teeth and urged me and Roger on over Middle Tongue, ignoring my faint bleats of: "I know this route intimately" and navigating his own way more successfully. Fleet and Oughtershaw Moss had mercifully dried out somewhat since the Fellsman, though were still hard going. Dodd Fell was in the mist again, and only Martin's persistent navigation - reliving mistakes of his last visit - found us the trig. point. In typical fashion, he then led me off on his own idiosyncratic traverse to Drumaldrace, where an even more ingenious descent route was discovered to Gale, where the Pennine Way provided the finish to an epic day on the hills.

The support went like clockwork from start to finish and the fact that I suffered so little, was entirely due to a pair of Brooks Chariot and the brilliant, selfless, and totally efficient support team. Many thanks.



# THE SCOTTISH COAST TO COAST

by Ian Leighton

The idea was born by the finishing tape at the Kentmere and grew to maturity when we spread the maps out in the back of Robin's van after the Three Peaks. There were a number of problems in planning a Scottish high level coast to coast run. Route choice was important: the object of the exercise was to include as many mountains over 3,000ft (munros), including the 4,000 footers, as possible. So Shiel Bridge had to be our starting point. At that stage, I reckoned we would be lucky to do more than 30 in the six days available to us. We would have little or no support and we would have to carry packs of 10-12lbs. I doubted whether we could sustain 12,000 feet of climbing a day for six days over 250 miles. With gear down to a minimum, so much would turn on the weather and good navigation.

We were ruthless with gear: one pair each of road and hill shoes, poly bag, goretex bivvy bag, 2 pairs lifas, polar top, waterproof tops and bottoms, balava, gloves, maps, compass, torch and complan and glucose for emergencies. Lack of sleeping bag, tent and stove and first-aid kit would have ensured we would never have got through a Karrimor kit check. We would pick up food as we went, never carrying more than two days.

We left Shiel Bridge at 3.30 on a dank Saturday afternoon. I have done the 9 munros on the south Cluanie ridge in six hours but it was to be midnight before we found ourselves on Creag Mhaim after much route finding and slithering about on wet rock. Our next problem was to get to Robin's dormobile in Fort William, 35 miles away. Therein lies a sorry tale of getting lost in the dark, hallucinating through overtiredness, sleeping in telephone kiosks to avoid the midges and nearly falling in the Caledonian Canal because of heat stroke. Another ten munros to Fersit by Loch Treig. We spent eighteen hours in Fort William, recovering from the heat stroke and the next front hit us halfway up the Ben about 1.00 a.m. on the Monday morning. We bivvied and set off again at first light to enjoy another day of wind and rain. Route finding across the Grey Corries was straightforward and the only real moment of anxiety was the bearing from Stob Coire Claurigh to Stob Ban. Whatever else went wrong, we could not afford serious navigational errors. The last two munros to Loch Treig we took in our stride and, despite the strong wind, we were pleased to be still climbing strongly. We reached Nancy's hostel at Fersit in time to dry our wet gear, eat, drink, sleep and eat again.

The weather forecast for the next two days was good. With clear tops, we could add another four munros to the eight we had planned to Dalwhinnie. Three munros to Beinn na Lap and from there, in the distance, we could see the great whaleback of Beinn a' Chlachair. It was a long way across the trackless wilderness from Ossian Lodge but it went, and so did Creag Pitridh and Geal Charn, before we stopped to bivvy about midnight at the foot of Carn Dearg. The worst that dawn could offer us was thick

clag at 1,000 feet, and, considering we had to get to Dalwhinnie in time to pick up food, it seemed perverse to be heading back west again.

But we had to pick up the munros to Beinn Eibhinn before turning east and north again over the great tundra plateau of Ben Alder to Beinn Bheoil and a two hour run down Loch Ericht side to food. Sod's law ensured that the clag cleared on Beinn Bheoil.

It is interesting, having talked to Martin Stone, that he chose the same route, through to Glen Tromie and the Feshie. We bivvied somewhere above the Feshie and waded the river in the early hours, our last obstacle to the Cairngorm plateau. On the top, lack of sleep caught up with us again and the day was getting on by the time we were wading the Dee with another four munros behind us. Car a' Mhaim came and went and our shadows were lengthening by the time we reached the summit of Ben Macdhui. A lone sun worshipper reminded us the solstice was imminent and it was then too that it dawned on us we were heading for a final tally of forty-two munros. By that time, we had decided to do the Bob Graham round two weeks later and the coincidence was not lost on us.

The weather station was our only companion on Cairngorm and most of the light had gone by the time we had navigated the crags and snowfields to the River Avon. Two rivers to wade in the dark and a huge full moon saved our torch batteries for the stumble up Beinn a' Chaorainn. Throughout the trip, Robin seemed to have been consistently better than me at coping with tiredness, but at the col below Beinn a' Bhuird, I was staggering so much I had to call a halt for an hour for a kip. Two sun worshippers on Beinn a' Bhuird complete with coffee, biscuits and butties and they didn't offer us any. As we ran off down the Sneck towards Ben Avon, we stopped in our tracks as a great red ball of fire rose over a sea of cloud. Ben Avon sat like a great placid monster in the sea, allowing us to scramble over its back. Somewhere around Cairngorm, I had done something to my knee and it was giving me stick now. But there was still one last munro to do and that was a good 30 miles away. We spent most of that morning jogging down Glen

Gairn to Ballater and most of the afternoon climbing up the other side to Mount Keen in a heat-wave. One last look back at the hills and it was downhill all the way to the sea at Montrose.

270 miles and 80,000 feet of climbing near enough in six days

and well within the scope of any fit fell runner with a bit of distance in his or her legs. I would be only too pleased to hear from anyone planning a similar trip who could do with information about bothies, shelters, where to drop food and the like.



Ian Leighton (in the FRA T-shirt) at the start of the Dales Traverse  
(Photo: S. Townson)

## BOOK REVIEWS

**The Mountain Summits of England and Wales** by Chris Buxton and Gwyn Lewis.

(Price £1.15 inc. p.&p., 30 pages. Red Dial Publications.)

This is a comprehensive, statistical summary of all the summits over 2,000ft in England and Wales. The booklet is simply but well presented at a reasonable price and sub-divides the peaks into 11 areas (e.g. Cheviots, Lake District, etc.) giving individual grid references and O.S. Map 1:50,000 numbers for each summit. It is an ideal reference work for anyone contemplating peak bagging exploits in the hills. The publishers hope the booklet will be sold by shops but copies may be obtained direct from:

**Red Dial Publications, 3 Red Dial Cottages, Red Dial, Wigton, Cumbria CA7 8LW.**

**Grande Traverse and The Mont Blanc Tour** by Malcolm and Nicole Parker.

(Price £6.95, 64 pages. Diadem Books.)

The book is divided into 3 sections - a winter traverse for skiers, a summer traverse for walkers (and presumably fell runners) and Tour of Mont Blanc. The book will be of interest to anyone contemplating a running/walking/skiing holiday in the Alps. It is very well illustrated with detailed reference maps, accommodation and other essential details and superb colour photographs - this presumably reflects the rather high price - but other than that it could prove an invaluable aid to an adventurous Alpine holiday.

**History of the Horwich R.M.I. Harriers** by Ian E. Campbell.

(Price £2.75. 282 pages.)

Horwich R.M.I. Harriers are now one of our top fell running clubs and this well-researched and thoroughly absorbing volume should, therefore, be of interest to most FRA members. It does indeed contain a considerable amount on fell running, including a history of the Rivington Pike Race and a chapter entitled 'Up And Up - To the Fells', which chronicles the emergence of Horwich during the '70's as a fell running club. A large portion of the book is, of course, devoted to the more generally-accepted athletic pursuits of road, track and cross-country running, but this too makes interesting reading, and there is plenty of material on such clubmen as Jack Prescott, Peter Schofield and Mike Short, to name but three. The author is the club chairman and no mean athlete himself, having twice won the club's youth championship (1967 and 1969) and been the 1965 Fielden Cup winner, also runner-up on three other occasions (1967/68/69). His style of writing is typical of club histories, being direct and down to earth. The text has been neatly typewritten (double spaced) and photocopied, and is greatly enhanced by numerous photographs and reproductions of event programmes, newspaper reports, etc., the whole being handsomely bound in a stiff red cover (Horwich's vest colour), adorned on the front by a sketch of the Pike Race. The book is available from:

**Ian Campbell at 22 The Strand, Horwich near Bolton, post free, or at certain race venues.**

Bill Smith

## One Man and His Bog

by Barry Pilton.

(Price £1.95, 133 pages. Corgi Paperbacks.)

This is a light-hearted account of one man's attempt to do the Pennine Way. Anybody who has undertaken it (running or walking) will be able to identify with the writer's account, although, hopefully, not his ineptitude. It is a droll piece of writing, with the style being set by the Author's note on the first page: "If this book should in some small way encourage people to take up walking themselves, then the Author suggests that they read the book again more carefully". Mention is made of the various running records, although the writer shows typical incomprehension as to why we should want to do it. The book is full of amusing insights, but also highlights the damage done to the countryside in an entertaining style. For example, his view of the vast plantations North of Hadrian's Wall: "Forestry Commission plantations are to proper countryside what inflatable rubber dolls are to sex - a sad parody of the real thing".

## HISTORY OF FELL RUNNING - THE ANSWERS

- 1: Carnethy 1974 - Jim Alder and Ian McCafferty.
- 2: Derek Ibbotson, Burnsall, 1953.
- 3: Peter Duffy (Aberdeen), Chevy Chase, 1975.
- 4: Cairngorm.
- 5: Dennis Weir.
- 6: Billy Bland - p374.
- 7: Jean Lochhead - p479.
- 8: Sue Styan - p484.
- 9: George Brass, Mountain Trial, 1962.
- 10: 1971 Mountain Trial.
- 11: Ian Roberts and Rod Futrell.
- 12: Jos Naylor - p432.
- 13: Pendleton, 1958.
- 14: Six. 1970 - 1975.
- 15: Mike Davies, 1962 - 1967. What happened in 1966?
- 16: Peter Hall, 1963 - 1965.
- 17: Three Towers, 1969.
- 18: Langdale, 1974.
- 19: Burnsall, 1971.
- 20: Five, 1974 - 1978.
- 21: Ian Roberts.
- 22: Eight - p215.
- 23: Creag Dubh Hill Race.
- 24: Meltham Cop. Harry Kelly (1st), Gerald King (2nd), Derek Lawson (3rd).
- 25: Ben Nevis.

(Quiz on page 10)

## PROFILE OF CAROL WALKINGTON

by Neil Shuttleworth

**Many women, mothers especially, are asking how does she do it? Soon after the birth of her second and third children, Carol Walkington was collecting trophies, plaques and prizes and leaving other females aghast.**

To make her achievements all the more remarkable, look at her list of hobbies when not running or watching TV: Netball, Badminton, Knitting, Fell Walking, Photography and occasional Aerobic Sessions. In fell running, she has been runner-up in the Ladies' FRA ('83) and on the road second lady in the G.M.C. Tour of Tameside ('85).

The North Bolton based mother of three growing girls, has collected a shelf full of trophies in the last decade. After training as a P.E. teacher, she began her fell running career as one of the pioneers. In 1974, she was placed second to Joan Glass in the Mountaineer Class of the Welsh 1,000 metre Peaks Race and with Jim Smith came sixth overall (1st mixed) in the B class of the Karrimor. "I always did the Karrimor and Edale in the early days. Edale offered ladies the first real race then Fairfield, Crag Fell at Ennerdale and Burnmoor at Wasdale in 1977. I was inspired by my then boyfriend (Peter, a former FRA secretary) and as an interested fell walker, I found it quicker to jog down the fells than to walk."

"The Welsh 1,000m was my favourite race in the early days, because it was my first real race. I still prefer long races and enjoy

those that are runnable and undulating like Rossendale or Hutton Roof Crag, a good new race, but perhaps with my recent successes, I like the Three Peaks best (second in 1983, first in 1986)."

Between these races, a decade apart, the 33 year old mother has visited Switzerland in the summer several times and has an affinity for the region. "We originally went to walk and climb and Peter ran the first Zinal race (1974). In 1978 I took 5 hrs. for fifteenth and in 1983 just missed 4hrs. by 1 minute for ninth lady. There is a great atmosphere, and they cater for all abilities. There is a fantastic reception for British competitors."

Her previous Continental 'Tour' in 1983 saw her finish third woman in the Crete Vosges race, one of her most memorable, and encumbered with two girls (Kim, 4 yrs. and Heather 2 yrs.) she also gained runner-up place in the British Fell Runners' Stakes. She admits training is difficult. To remedy her lack of speed, she trains with the Horwich men doing hill reps. once a week on Winter Hill - but only now she feels she's progressed sufficiently. An increased mileage - from an average of 40 miles a week in 1985 to over 70 last winter and

50/60 this summer - is only part of her successful story. The rest can be attributed to the support given by her athletically inactive husband, Peter, the former FRA secretary and time-trial cyclist, being incapacitated with a bad back and still seeking a cure.

Carol says: "Training is difficult. I need motivation. This year, with Peter being injured, I have been able to pick my times more and race more often. Last year ('85) I had just begun running again following the birth of Jill in late June 1984. Losing one stone in weight, I felt much better. (Now I'm down to 8 stone 3 lbs.) We each did 50 races last year. This was really difficult. We were never both in at the same time. With three girls, the organisation of the family revolves around racing and training."

For a mother of three to be gripped by a disease called running, and to spread it through her community, it can only be a good thing. For Carol to say she needs more speedwork to improve, she has laid the foundation also for her children's future by her own example of being 'Fit for Life'.

Look out at the prize presentations for the lady who has other mothers gasping in amazement. Now you know how she does it.

Hades Hill Race,  
1986 - Carol Walkington  
(Photo: P. Hartley)



# THE SCOTTISH SCENE

by Keith Burns, FRA Scottish Member's Representative

**Scottish hill runners, and all runners who like running up and down Scottish hills, should reflect on how the sport is organised in Scotland. Unlike the tranquil proceedings of the Welsh and Northern Irish FRA Regional Subcommittees, the relationship between the de facto Scottish administrative body, The Scottish Hill Runners' Association, and the FRA remains awkward.**

Despite what, in my opinion, are very good reasons for amalgamation of SHRA and FRA, it must be recognised that there are two very good reasons why it cannot happen in the near future - (i) The majority of SHRA members don't want it. (ii) The SAAA are making it extremely difficult. This is unfortunate, because it is leading to over-lapping functions carried out for hill runners in Scotland by both SHRA and FRA.

Hill runners in Scotland and elsewhere will be aware that hill racing in Scotland owes a great deal to SHRA. The continuing debate should concentrate on how to maximise the opportunities to race up and down hills and how to minimise tedious bureaucratic procedures and conflict. Until there is amalgamation between SHRA and FRA, or if amalgamation doesn't happen, runners with an interest in hill racing in Scotland would do well to join SHRA as well as FRA.

As an aid to an understanding of the controversy, I offer a brief glossary:

## A BRIEF GLOSSARY OF SCOTTISH HILL RUNNING POLITICS

**Blair-Fish, John:** English hill runner resident in Scotland. FRA Publicity Officer with low profile contractionist leanings. Also SHRA member. Criticised for being an anti-publicity Officer by Scottish expansionist movement unaware that this is part of his official FRA brief. Low profile role aided by very long training runs above cloud base. Would like to see SHRA become regional sub-committee of FRA.

**Boswell, Roger:** Welsh hill runner resident in Scotland disguised by English sounding name. Enthusiastic promoter of FRA as the UK governing body, which should govern the Scottish scene. Passionately anti-SHRA, having relinquished office with them. Active pamphleteer and letter writer. Acts as unofficial FRA spokesman in Scotland to counter low profile contractionist leanings of the official FRA Scottish members' representative and the FRA Publicity Officer.

**Booze 'n' Trouble:** Semi-underground Scottish hill running newsletter with sub-undergraduate/anal/Private Eye style. Very popular and threatened by attempted SHRA editorial hijack to clean it up and make it the official SHRA organ.

**Burns, Keith:** English hill runner resident in Scotland, disguised by Scottish sounding name. FRA

Scottish members' representative. SHRA member co-opted to SHRA committee as FRA diplomatic envoy. Contractionist who believes hill running should be for consenting adults in private. Anti AAA. Anti SAAA. Concerned about hazards of too much growth in the sport. Would like to see SHRA become Scottish regional subcommittee of FRA. Attempt to push this through at SHRA AGM failed miserably.

**FRA:** Fell Runners' Association. Self-styled UK governing body for fell racing. Enjoys happy working relationship with Welsh and Northern Irish regional subcommittees. Strained, but tolerable, relationship with English AAA which makes jurisdiction over many Scottish races impossible where they are governed by Scottish AAA Laws. Hence difficult relationship with SHRA who successfully cultivate their relationship with Scottish AAA.

**Fell:** (Norse, Fjäll) used in N. England for hill, mountain. Usage rare in Scotland (Goatfell).

**Hill:** Preferred Scottish hill runner's term for anything you run up. Generic term for mountain, ben, pap, stac, stob, law, fell, etc.

**Kilt, Up Your:** Derogatory term used by English fell runners encountering Scottish hill runners during race.

**Morris, Robin:** Scottish hill runner with English sounding name. Secretary of SHRA. Wild enthusiast, organiser and promoter of hill racing in Scotland. Leading expansionist and publicist for the sport. Sometimes strays into promotion of expansion in England (e.g. promotion of Langdale Race as mass spectator event with car parking at Blea Tarn etc.). Has probably done more for co-ordination and organisation of hill racing in Scotland than any other individual. Very active organiser. Leading SHRA/SAAA liaison man. Separatist.

**SAAA:** Scottish Amateur Athletic Association. Official governing body for athletics in Scotland. Most Scottish Hill races conducted under strict SAAA Laws (e.g. naked upper torso rules, nipple exposure etc.). Devotes measure of control of Scottish hill racing to SHRA and generously funds Scottish International Hill Race squad. Principal impediment to SHRA/FRA amalgamation because of FRA affiliation to English AAA. (Although clear opposition of SHRA members to amalgamation at last SHRA AGM suggests that SAAA is not the only obstacle.)

**SHRA:** Scottish Hill Runners' Association. Delightfully informal but enthusiastic and effective body which makes things happen on the Scottish hill running scene. Looks after Scottish Championships. Produces Scottish Race Calendar. Effectively cultivates its relationship with SAAA and opposes amalgamation with FRA. Wants higher tier UK Fell Running Body with SHRA and FRA as separate constituents with equal status.

**Wall, Dick:** Chairman, SHRA. Passionate, but low profile, Scottish hill running separatist. Race organiser. Very rarely strays across the Border.

## THE S.H.R.A. VIEW

by Dick Wall

S.H.R.A. Chairman

**The SHRA got a lot of criticism in the last issue. We have been accused of being inept, secretive, ungrateful, disorganised etc., etc. I was surprised not to be accused of involvement in genocide and witchcraft! The main criticism appeared in a letter from Roger Boswell (pp 12, 13 and 14!) and the enthusiastic editorial comment on it (p. 71).**

Scotland has had a separate Athletics Association for over a century and protects this independence. The FRA's (and our) recognition that it will not get governing body status in Scotland, in the meantime at least, is simply a recognition of this fact. We have tried becoming a sub-committee of the FRA, but this was not allowed by the current governing body (the SAAA). We are, therefore, working in the framework that exists to provide services for Scottish-based runners. We do feel strongly that the Scottish sport should be run by Scottish hill runners.

**Our Calendar:** The SHRA calendar gives a far more comprehensive list of Scottish Races due to us being here! As in any amateur body, not everything will be done perfectly; however, I have only been made aware of typographical errors in our calendar. If Roger would like to help us compile and check it, he's very welcome.

**Chapelgill:** I am next criticised for not advertising Chapelgill in the FRA calendar and am told (on p.71) that "only 92" did it. What's happened to all the high minded talk about "traditional atmosphere"? I know of no eligible Scots who missed the Chapelgill through lack of advertising. Furthermore, everyone (except Frank Smith who, as usual got lost) had really good fun. (Remember what sport is about?) especially in the pub afterwards. Ever tried fitting 560 into 1 pub after the Coniston?

**Magazine:** I agree with Roger that the FRA magazine is good (especially when I get my name in it). Since he is no longer a member of the SHRA, he can't expect to hear much about its goings on, except in such a fine organ as The Fell Runner.

**Championship Clashes:** This year, there were clashes between our Championship and the UK one. These weren't critical, so that anyone who wanted to could complete enough counting races in both. This overlap doesn't appear too drastic. The 'absurd situation' of having the Eildon in the British Championship and not the Scottish was a decision made at our AGM in Moffatt. However, close liaison between the SHRA and the FRA has been developed this year; the results will be seen next year.

## Categorisation of Races:

Lomonds of Fife is a cracking good race. Is it an 'A' or a 'B'? Does it really matter? It has lots of track but an absolutely heart-bursting first climb and final descent... Oh yes, it also has a lot of your genuine 'traditional atmosphere'. A really enjoyable fell race.

**Our Views:** I feel that Roger's main point is that any Scottish Hill Running body should be part of the FRA... end of story. We think that this view is naive, impractical and unacceptable. However, it is my deeply felt wish that Roger rejoins the SHRA and fights for his views rather than 'fling mud'. We feel his views are naive because it's not what Scottish runners want; only three voted to support a motion to amalgamate with the FRA at our AGM. His views are impractical because the actual governing body in Scotland is the SAAA. It can and does ban runners as well as providing a fair amount of help at 'international' and national levels.

Most importantly, we feel that Roger's view is unacceptable because most Scots see themselves as a separate nation within a United Kingdom and, we believe, would like a UK governing body for hill running which is open 'traditional' but also allows the home nations to run their own sports to a very large degree.

**Editor:** The criticism of Chapelgill to which Dick refers was not aimed at the race organiser nor the fact that it didn't appear in the FRA calendar, but that the SHRA calendar wasn't readily available other than to those in the know.

## Fancy that:

**Question:** Which top Scottish-born fell runner can claim to be the sport's first movie star?

**Answer:** Clayton's flying doctor, Gifford Kerr - He appeared, together with ultra distance road runner, Ian Mitchell, in Chariots of Fire. Gifford was the one at the back of the group running along the beach in sequence to the Vangelis theme music, as shown on numerous occasions in Top of the Pops. I bet that was the last time so many runners were actually in front of Gifford!

## BAGHDAD TROTS

by Tony Peacock

No, not the Middle Eastern version of the Delhi Belly or Montezuma's Revenge, but an account of running during a two week business trip to the Iraqi capital during May, 1986. Luckily, one of our Company Engineers I was due to stay with came to the U.K. just before I was due to leave, so I had a chance to enquire about running in Baghdad. "We'll introduce you to the Hash" he said. "No", I replied, "definitely not - they do pretty nasty things to you for drug trafficking in Arab countries". He then explained that the 'Hash' is the Baghdad Hash House Harriers, a sort of running, cum boozing club.

Being slightly less hilly than the Fens, Baghdad is probably the most unlikely place you would choose to go fell running. The nearest mountains are a long way away and my stay was too short for exploratory trips, so I had to be content with running in the City and its immediate surroundings.

My first run from the Company house was quite an adventure. All street names and numbers are in Arabic, few people speak English and all houses in the suburbs look alike. Eventually I learned to navigate via the picture of President Sadam Hussein erected at every major road junction. Some were be-suited and benign, others aggressive in military style uniform. It also took some getting used to running past the local HQ of the PLO, complete with guards armed to the teeth. In fact, many houses had armed sentries; these I assumed were the homes of army officers etc.

Daytime temperatures were well into the 90's Fahrenheit, so most running was done in the

evening, when the temperature had dropped to 80 or so. The weekend consisted of one day only - Friday - so there was little opportunity for day time training.

After a few days, I was introduced to two Land Rover engineers, who were members of the 'Hash' and arrangements were made. I paid my 5 dinars (to cover food and drink) - I soon found out how difficult it was to stay upright off 5 dinars' worth of local beer. The State Brewery produces two bottled beers, which are very chemic and strong. Whenever I commented on the quality of the beer, I was told quite forcibly not to complain - anything was better than Saudi home brew! The next meet was to be held at a German Construction Camp about 40km away. Following scribbled directions, we went 'straight across Ali Baba Square', 'turned left at the Babel Soap Co.' and surprisingly found our way to the camp. As well as Brits, there were French, German and other expatriots on the 5 mile run through palm tree groves, crossing irrigation ditches full of croaking frogs. Refreshment was provided at the halfway stage from a Toyota land cruiser full of cans of pop and beer. The barbecue after the run was superb - German construction workers certainly live well.

I made a number of reccies along the embankment of the River Tigris - a brown, turgid stream about 200 yards wide. This was an area of mud huts and palm trees which, apart from the odd rusting Datsun, must not have changed much since Biblical times.

I was also lucky enough to be allowed to run in a 10km road race, for which entries has already closed. The entry fee was yet again 5 dinars (to cover food and drink) - everything seemed to cost 5 dinars. The course was round the

grounds of the University, which had the only roads safe enough to run on. There appear to be no 'rules of the road' and this must be the only place on earth where cars are fitted with an extra horn baton on the gear stick, so that it can be blown continuously rather than simultaneously! At one point, the route passed close to the edge of the Tigris where mud and sand had been dredged up to form a hill 100ft high - the highest point in Baghdad, I reckoned. On top of this hill was planned a radar station; the anti aircraft guns were on top of the nearby highrise buildings.

The race was a handicap, everyone had to declare their likely time when entering. The first man home, who unfortunately was an Englishman, finished in a time much shorter than he had stated and after a 'Stewards' Enquiry' was disqualified. The fastest run, much to the displeasure of most Brits, was by a Frenchman, who received a small cup. 16 other prizes were given; I presumed all the money was required for the massive amount of food and beer to be consumed later. The start time had been put back to 6.30 p.m. by which time the temperature had dropped to a very sticky 86 deg.F. This was my excuse for finishing in a very undistinguished time of 39 minutes.

The race finished in the grounds of a building known as the Boat House, which, not surprisingly, is on the banks of the Tigris. The setting was idyllic - one of the few I recall in an otherwise harsh city. As the sun went down, palm trees were silhouetted against the deep blue sky and the heavy scent of some unknown flowering shrub hung in the air. The food, provided by yet another unknown company, consisted of superb curries, salads and much more, and was prepared in the

open-air by Phillipino cooks. Beer was brought in massive insulated trunks full of bottles in melting ice in sufficient quantities to satisfy the very prodigious thirsts.

This provided a splendid finale to my visit to Baghdad, which, whilst not being an ideal place for running, certainly has a large number of runners of widely varying abilities. As well as the group I ran with, there is the rival Babylon HHH, who also organise events. Both clubs have trips to other 'Hashes' in the Middle and Far East, which could be useful to people on an extended stay. There is a Baghdad Marathon run annually in November. The start is at 6.00 a.m. partially to avoid the hottest time of day, but principally to protect the runners from the maniacal Baghdad drivers.



It certainly was an experience visiting Baghdad, and quite a change to have problems of heat, traffic and packs of wild dogs, rather than those of horizontal rain and knee-deep mud. The hot, sunny weather was very pleasant after the cold and damp of a nondescript English Spring, but my first run over the moors on returning home was a sheer delight.

## AN INTERMEDIATE'S VIEW OF THE BORROWDALE '86

by Andrew Schofield (18)

**Borrowdale, Saturday August 2nd, brought wind, rain and mist - ideal conditions if you are Billy Bland, but far from ideal for me.**

11.00 a.m. and I was off, new P.B.'s and a new bum bag to boot - that's how keen I was. A nice steady start along the valley bottom and then the steep climb up Bessyboot with the cries of 'below' and 'sorry' still ringing in my ears. It was on reaching Bessyboot that I first felt the force of the head-on wind - bloody hell! I put my cag on, which is about as waterproof as a paperbag, but it kept the wind off, so that was O.K.

By this time, I was in a group of 10, being led by Esk Hause by Len Ianson of Keswick, so I was confident we were going the right way. I kept with this group until about halfway down the Corridor route off Scafell Pike, but this was where I started my freefall programme, with a somersault followed by a headstand twist, of

which I'm sure Nellie Kim would have been proud. Thus I found myself on the climb up Gable on my own. It seemed to take an age for me to jog and walk up the bugged, but I eventually got to the top and I sped off down the path to Windy Gap.

I ran round the side of Green Gable and on this stretch I very nearly dropped out. The wind was so strong that on more than one occasion it literally blew me over and once it was so strong that it blew me into one of the little tarns on Brandreth. I decided to run from Brandreth to Honister on a direct bearing so I set my compass and set off. Eventually, I dropped out of the mist for the first time since about Glaramara and there below me was the mine at Honister - Gee, that was an ego boost!

As I arrived at the checkpoint at Honister, I heard a friend of mine say to me: "Where's Kev?" - "Kev Shand?" I replied - me in front of Kev Shand in a long lake-land fell race, he won't like that! Then I was told I was about 25th so there was no way I was dropping out. With a following wind, I was able to jog quite a bit of the

way up Dale Head, but it didn't stop the yellow vest of Len Ianson coming past me, he had gone wrong coming off Great Gable.

By now I was so knackered with my knee hurting that I was relieved when I at last reached the massive cairn of Dale Head.

The wind blew me into the direction of Rosthwaite as I started what was going to be a long, slow descent. Nobody passed me on the descent and in fact just after nearly being swept away by the river, I passed an even more knackered Stuart Bland. As I turned into the finish field, I almost fell in the mud, then it was up the final hill and with a dip on the line I just failed to beat 3.45 for 23rd place, my first English Championship points and in a big one to boot - I was well pleased.

Billy had won and finished about 50 minutes in front but I wasn't bothered, I had beaten the Borrowdale, but it will have another chance to get its own back next year.

### Studmarks Review:

Paul Sewter writes to say how much he appreciated Bill Smith's book. He does point out, however, that he would like more photographs, race descriptions and course plans and can't understand how Bill failed to notice his considerable efforts at the back of races, for after all "... winners would not be winners if there were not people like me to beat..." He finishes in similar vein: "Studmarks is not a book to be read and put aside. It is a book to be dipped into and constantly referred to: If I were not already a fell runner, and that's debatable, I would certainly want to be after reading Studmarks." There are still a few copies left, so hurry and order yours now (details on page 88, Fell Runner, Summer 1986).



# RESULTS

**EDINBURGH 7 HILLS** Scotland  
**CM/14m/2,200ft** 20 July 1986  
 1: M. Burton, Carn. 1.38.10  
 2: A Farningham, Aberd. 1.41.15  
 3: A. Curtis, Liv. 1.42.28  
 1 Vet: G. Armstrong, 1.49.43; 2 Vet: M. Burns, 1.51.41; 1 Lady: S. Quirke, Kend, 1.55.40; 2 Lady: A. Curtis, Liv, 1.59.13.

**KILDOON** Scotland  
**CS/3m/300ft** 20 July 1986  
 1: A. Wilson, SVP 16.19  
 2: D. McCrorie, Ayr 17.28  
 3: J. Caird, Ayr 17.40

**STANBURY** England  
**CS/3m/300ft** 20 July 1986  
 1: M. Hawkins, Bing. (rec) 30.36  
 2: M. Aspinall, Ross. 33.28  
 3: T. Chew, Clay. 33.43  
 4: D. Woodhead, Horw, 33.48; 5: I. Barnes, Bing, 34.09; 6: R. Ashworth, Ross, 34.32; 7: P. Jarman, Clay, 34.39; 8: J. Hornby, Spen, 34.44; 9: G. Hawkins, U/A, 34.49; 10: B. Peace, Bing, 35.01; 1 Vet 40: C. Taylor, Clay, 36.51; 2 Vet 40: J. Capenhurst, Bing, 37.55; 3 Vet 40: R. Hatfield, Dews.R.R, 38.22; 1 Vet 50: G. Spink, Bing, 37.55; 1 Lady: S. Watson, Vall.S, 42.43; 2 Lady: K. Taylor, Clay, 46.12.

**GREIBA** Isle of Man  
**AM/9m/2,500ft** 23 July 1986  
 1: T. Varley, Bound. 1.15.01  
 2: R. Callister, SAC 1.15.16  
 3: P. Cain, Bound. 1.15.50  
 1 Vet: B. Cowley, SAC, 1.20.27.

**MOEL SIABOD** Wales  
**AM/8m/2,000ft** 26 July 1986  
 1: S. Livesey, Ross. (rec) 46.40  
 2: G. Griffiths, Eryri 47.11  
 3: D. Davies, Eryri (1 Vet) 47.53  
 4: H. Parry, Eryri (2 Vet) 48.26; 5: D. Roberts, Eryri, 49.46; 6: K. Hagley, DPPFR, 49.54; 1 U/18: C. Wilkinson, Clay, 54.28; 1 Lady: R Parry, U/A, 64.50.

**MELANTEE** Scotland  
**AS/3½m/1,500ft** 26 July 1986  
 1: D. McGonigle, Dund. 30.06  
 2: P. Dugdale, Horw. 31.07  
 3: A. Farningham, Aberd. 31.23  
 4: R. Hope, Carn, 31.31; 5: A. Curtis, Liv, 31.42; 6: R. Boswell, Loch, 31.56; 7: K. Manning, Sheff, 32.14; 8: S. MacLeod, Aberd, 32.48; 9: G. Brooks, Loch, 32.59; 10: D. Weir, Fife, 33.03; 1 U/18: J. McKendrick, Irv, 33.13; 2 U/18: S. McKendrick, Irv, 33.23; 3 U/18: B. Devine, Sky, 34.24; 1 Vet 40: R. Shields, 2 Vet 40: J. Shields, Clydes, 35.02; 1 Lady: C. Menhennet, Bell, 39.46; 2 Lady: A. Curtis, Liv, 42.47.

**HALF NEVIS** Scotland  
**AM/6m/2,200ft** 27 July 1986  
 1: R. Bergstrand, Sheff. 50.37  
 2: R. Hope, Carn. 52.39  
 3: R. Boswell, Loch. 52.52  
 4: S. MacLeod, Aberd, 53.06; 5: G. Devine, Puds, 54.18; 6: D. McGonigle, Dund, 54.37; 7: A. Farningham, Aberd, 54.42; 8: D. MacGillivray, Loch, 55.46; 9: K Manning, Sheff, 55.53; 10: G. Brooks, Loch, 55.58.

**COW HILL** Scotland  
**BS/2m/900ft** 28 July 1986  
 1=: R. Bergstrand, Shef 17.35  
 1=: P. Dugdale, Shef (rec) 17.35  
 3: S. Carey, Shef 17.36  
 4: R. Boswell, Loch, 18.24; 5: DO'Neil, Loch, 18.29; 6: S. MacLeod, Aberd, 18.54; 7: K. Manning, Shef, 19.28; 8: J. MacRae, Loch, 19.34; 9: G. Brooks, Loch, 19.40; 10: C. Lyon, Skelm, 19.47; 1 Vet: R. Gibson, E.K., 21.56.

**ARTHUR'S SEAT** Scotland  
**29 July 1986**  
 1: P. Dugdale, Dund.Un. 20.45  
 2: D. McGonigle, Dund.H. 20.54  
 3: M. Dean, Cent.R. 21.11  
 4: C. Bell, U/A, 21.21; 5: A Farningham, Aberd. 21.22; 6: M. Lindsay, Carn, 21.29; 1 Vet: R. Blamire, Stew, 23.14; 2 Vet: M. Edwards, Aberd, 23.21; 1 Lady: A. Carson, Eryri, 24.28; 2 Lady: A. Curtis, Liv, 25.54.

**DAVOS** Switzerland  
**67k/2,300m** 29 July 1986  
 This, the first Swiss Alpine Marathon, was a superbly organised race, with spectacular mountain views. The first half was fast, with a lap of Davos to the accompaniment of yodelling spectators and a following train. Reconnaissance of the second half of the race two days earlier proved a psychological advantage but not a physical one. The course contained about 8 km of Category A fell race terrain and there were 880 finishers. J. Blair-Fish  
 1: J. Knupfer, Switz. 5.23.34  
 6: J. Blair-Fish, Carn. 5.56.15

**TURNSLACK** England  
**BM/8m/1,200ft** 29 July 1986  
 1: M. Aspinall, Ross. 53.14  
 2: T. Uttley, Bolt. 53.35  
 3: D. Ratcliffe, Ross. 53.47  
 4: G. Read, Roch, 54.19; 5: K. Taylor, Ross, 54.27; 6: I. Holloway, Roch, 54.34; 7: D. Woodhead, Horw, 54.38; 8: P. Brownson, Alt, 54.53; 9: H. Aspinall, Ross, 55.05; 10: R. Asquith, Holm, (1 Vet 40), 55.14; 1 Vet 45: D. Atwell, Alt, 56.32; 1 Vet 50: G. Spink, Bing, 59.11; 1 Lady: L. Lord, Clay, 65.04; 2 Lady: G. Darnell, Roch, 69.33; 3 Lady: J. Makinson, Clay, 71.21; 1 Jun: N. McCallum, Clay, 21.36; 2 Jun: J. Greenwood, Clay, 24.08.

**METLEX RYDAL ROUND** Eng.  
**AM/8m/3,000ft** 31 July 1986  
 1: H. Symonds, Kend. 1.16.38  
 2: D. Lee, CFR 1.18.24  
 3: D. Bland, Kend. 1.20.35  
 4: C. Lyon, Bound, 1.21.02; 5: P. Harlowe, Kes, 1.21.08; 6: M. Rigby, Amb, 1.21.13; 1 Vet: D. Spedding, Kes, 1.22.38; 2 Vet: P Scanlon, Ross, 1.31.15; 1 Lady: V. Thornton, Kend, 1.36.41; 2 Lady: C. McNeil, LOC, 1.41.54.

**SLIEVE DONARD** N. Ireland  
**AM/7m/2,800ft** 2 August 1986  
 The 'Donard' is Ireland's oldest fell race, having started in 1945, and usually attracts a large field by our standards. It starts in the seaside town of Newcastle, on the main street and climbs through the forest onto the slopes of Slieve Donard (2,796ft), the highest mountain in Northern Ireland. The climb to the summit is excellent - sustained and fairly steep. The descent is over boulder fields and rough heather to the coast road, which is then followed for over 2½ miles back to Newcastle.

The weather for this year's event was terrible - torrential rain and gale-force winds the day before, luckily though, by the afternoon start time, the rain had stopped.

Dermot McGonigle, who comes from Newcastle, but now lives in Scotland, returned home to score a victory, that had until now eluded him. Dermot led at the summit, but Jim Patterson and Ian Parke were close behind. On the road, however, Dermot ran strongly to break away and win comfortably.

The race would surely attract more runners from the mainland if the course was improved to avoid the road section and include Slieve Commedagh (2,515ft).  
 Brian Ervine  
 1: D. McGonigle, Newc. 68.41  
 2: J. Patterson, Mourne 69.24  
 3: I. Parke, Bally 69.51  
 4: J. Hayes, Bally, 73.56; 5: B. Ervine, Bally, 74.19; 6: D. Ross, Newc, 74.25; 1 Vet: D. Rankin, Mourne, 79.40; 2 Vet: M. McNulty, Tolly, 82.49; 3 Vet: J. Sloan, N.D.A.C., 86.19.

**CREAGH DUBH** Scotland  
**AS/4m/1,200ft** 2 August 1986  
 1: A. Farningham, Aberd. 29.58  
 2: F. Davidson, Ed. Un. 30.18  
 3: G. Brooks, Loch. 30.46  
 4: J. Crummy, Strath, 31.15; 5: R Campbell, Loch, 31.25; 6: D. McGillivray, Loch, 31.25; 1 Vet: E. Campbell, Loch, 44.05; 1 Lady: W. O'Neale, Kes, 36.26.

**GLAS BHEIN** Scotland  
**5m/1,250ft** 2 August 1986  
 1: D. O'Neill, Loch. (rec) 32.01  
 2: R. Boswell, Loch. 33.08  
 3: T. McCulloch, Ayr 35.00  
 1 Lady: M. Chisholm, U/A, 64.35

**BORROWDALE** England  
**AL/17m/6,500ft** 2 August 1986  
 1: W. Bland, Kes. 2.32.38  
 2: M. Hoffe, CFR 3.10.05  
 3: K. Taylor, Ross. 3.12.12  
 4: D. Ratcliffe, Ross, 3.15.59; 5: D. Hall, Kend, 3.16.12; 6: J Broxap, Kes, 3.16.16; 7: D. Cartridge, Bolt, 3.16.18; 8: G. Read, Roch, 3.21.16; 9: B. Ashworth, Ross, 3.23.27; 10: B. Berzins, DPPFR, 3.23.27; 11: G. Schofield, B'burn, 3.23.40; 12: I. Charlton, Kes, 3.23.44; 13: P. Barron, Kes, 3.26.11; 14: P Clark, Kend, 3.31.27; 15: P Skelton, Cockm'th, 3.34.44; 1 Vet 40: S. Bland, Kes, 3.45.57; 2 Vet 40: M. Dawes, Kes, 3.49.14; 3 Vet 40: W. Harrison, Horw, 4.01.07; 1 Vet 50: G. Barras, Sky, 4.02.00; 1 Lady: S. Haines, York Un, 4.29.17; 2 Lady: D. Ellerton, Newc, 4.34.28; 3 Lady: S. Watson, Vall.S, 4.37.30.

**MOEL HEOG** Wales  
**AM/5m/2,500ft** 2 August 1986  
 After the appalling heat of the Y Garn race in June, cold misty conditions came as a welcome relief to Championship contenders gathered in Beddgelart for the 7th race in the Welsh series. Local athletes Glyn and Hefin Griffiths looked like favourites on the day for this steep and rugged course, nominated as a British Championship race for next year.

In the event, it was an Eryri benefit, with 8 out of the first 10. Should be an exciting race next year, perhaps some 'lane separation' would be advisable on the steep rocky section below the summit. D. Davies  
 1: H. Griffiths, Ery. 46.56  
 2: G. Griffiths, Ery. 48.08  
 3: D. Davies, Ery. (1 V. 40) 48.58  
 4: H Parry, Ery (2 V. 40) 51.32; 1 Vet 50: J. Dearden, Frod, 62.22; 1 Lady: A. Carson, Ery, 59.09.

**ANGUS MUNROS** Scotland  
**AL/18m/6,000ft** 3 August 1986  
 Believe it or not, the 1986 Angus Munros Fell Race was the first Long Category A race to be held in the Scottish Highlands (excluding the islands). The course traverses the high plateau between Balmoral and Glen Clova, visiting the summits of six Munros and two smaller hills: it is a race for those who like their running to be in pathless wildernesses. The terrain is quite varied:

several of the summits are formed by granite tors, and parts of the southern slope of Broad Cairn have a certain resemblance to the Paps of Jura. Away from the bare rock, there is much excellent running on these exposed hills: they are covered by snow for half the year, and blasted by gales for much of the remaining time, so the vegetation cannot grow very high. Further down the hillsides, the vegetation becomes more of a hindrance and bogtrotters will find much to please them. The details of the course are as follows (see O.S. 1:50,000 sheet 44 'Ballater'):

Start: Glen Doll car park (G.ref 283761)  
 1: Craig Bourach (866 metres) (263774)  
 2: Davy's Bourach (Shelter on Jock's Road (232778)  
 3: Tom Buidhe (957 metres) (214788)  
 4: Tolmount (958 metres) (210800)  
 5: Carn an t-Sagairt Mor (1,047 metres) (208843)  
 6: Cairn a'Choire Bhoideach (1,110m) (227846)  
 7: Cairn Bannoch (1,012 m) (223826)  
 8: Broad Cairn (998 metres) (240816)  
 9: Cairn Broadlands (852 m) (283761)  
 Finish: Glen Doll car park (283761)

The weather for the inaugural race was perfect: clear, not too hot and almost windless. This came as quite a relief after the previous day's wind, rain and low cloud. A select company of 13 runners were started by Lord Airlie shortly after 11 o'clock and it became obvious very soon that route choice would play an important part in the race. John Wilkins (the race organiser) had recommended that we should take a ziz-zag path up through the forest and then go diagonally up the hillside to the first check point; but some people thought they knew better. A few hundred yards after the start, one group of runners turned up the zig-zag path, but Alan Farningham (running with two stitches in his knee as a result of his over-enthusiastic descent at Creag Dubh the previous day) led another group further along the forestry road up the valley. Which route was quicker? Well, the first three arrivals at Craig Mellon (Chris Lennox, Alasdair Mackenzie and myself) had all taken the ziz-zag path. However, it is amazing how fast you can run when you're annoyed with yourself: Farningham soon forged into the lead on the long traverse to Davy's Bourach. As the race proceeded over the series of rounded hills to Broad Cairn, Farningham gradually drew away from Mackenzie, but was then pulled back as his wounded knee started to make itself felt. From Broad Cairn to Cairn Broadlands, is the most interesting route choice of the race: round the head of the Gowal valley, or a more direct route into and out of, or even down the track past Bachnagairn and up the north face of Cairn Broadlands. Having taken the direct route, I found that it was not the extra climbing that slowed me down, nor even the Broad Cairn boulder field, but rather the level bog on the long drag up to Cairn Broad-



lands. Bill Gauld also took this route - he and Dick Amour had been playing the usual veteran's game, running at a constant speed, and pouncing like vultures when younger men started fading. These two were the only ones to take less than an hour to get from Broad Cairn to Cairn Broadlands, and Gauld nearly wiped out his 10 minute deficit on Mackenzie on this section of the race. However, Mackenzie took only 14 minutes for the descent of nearly 2,000 feet to the finish; unlike many runners, he obviously had no difficulty in locating the entrance to the forest at the top of the zig-zag path. Gauld was a comfortable second, while Farningham finished a rather uncomfortable fourth behind Amour - maybe special prizes should be awarded to under-40's in these very long races.

Anthony Kay  
1: A. Mackenzie, Inv. 3.58.54  
2: W. Gauld, Carn. (1 Vet) 4.05.46  
3: D. Amour, Inv. (2 Vet) 4.14.28  
**NORTH BERWICK LAW Scot.**  
**CS/3m/600ft 6 August 1986**  
1: M. Burton, Carn. 18.48  
2: D. Bell, Hadd. 18.49  
3: M. Ogston, HBT 19.28  
1 Vet: K. Bruns, Carn. 20.39; 1 Lady: C. Gray, EAC, 24.09.

**COMMEDAGH N. Ireland**  
**AS/2m/2,650ft 7 August 1986**  
Brian Ervine's one and only appearance at a Mourne League race brought him victory and the new race record - by one second. This in very bad conditions and local knowledge vital. Brian led home League Champion elect Derek Ross and Davy Graham, winner of the race the previous two years. Andre Callan (16) showed the sort of form which makes him a great future prospect.

M. McNulty  
1: B. Ervine, Bally (rec) 35.01  
2: D. Ross, Newc. 35.21  
3: D. Graham, Bally 36.01  
4: A. Callan, Tolly, 36.42; 5: B. McBurney, Tolly, 37.11; 1 Vet: M. McNulty, Tolly, 40.08.

**BRADWELL England**  
**BS/3½m/600ft 7 August 1986**  
Dark Peak usually turn out in strength for this local race, making the locals feel like foreigners, but not this year. They were fewer in number and you have to look down to 16th place to find their first finisher. And they only got three in the first fifty when in previous years they have placed in the first six and had winners.

Rumour has it the Dark Peak priesthood had sent their missionaries to new races in far off places. In fact, to all points of a Silva compass from where some of them will doubtless find their way back. Micah Wilson won for the second year running in wet conditions.

1: M. Wilson, Mill. 24.53  
2: I. Higginbottom, Der. 26.02  
3: D. Ibbotson, Gloss. 26.06  
4: A. Trigg, Gloss, 26.10; 5: R. Wilde, Man, (1 Vet) 26.35; 6: C. Lindley, Roth, 26.42; 2 Vet: R. Asquith, Holm, 26.57; 3 Vet: J. Armistead, Mat, 28.40; 1 Lady: C. Haigh, Holm, 28.27; 2 Lady: J. Smith, DPFR, 31.48; 3 Lady: A. Whatmore, Tot, 34.04.

**LARGO LAW Scotland**  
**BS/5m/900ft 9 August 1986**  
116 runners (including a fair number of local unattached entrants) lined up on a warm, sunny Saturday afternoon by the murky waters of Largo harbour, preparing to run up the highest hill in the East Neuke of Fife. And run up it, all the way, was precisely what Terry Mitchell did. Mitchell, Fife A.C.'s star of road and cross-country, hasn't got used to the idea that fell runners sometimes walk up the steepest bits. He established a good lead on the 2 miles of undulating road and footpath from Largo harbour to the foot of Largo Law's volcanic cone (don't worry, it doesn't erupt any more), and was well clear after the steep climb to the summit. Mind you, with his descending ability, he needed to be: by the time he had returned to the base of the cone, it was clear that he would need all his speed to fight off Clive Bell on the return to the harbour.

No showers were provided, but some runners took advantage of the local bathing facilities (the North Sea, not the murky harbour). There was a free pint in the Crusoe Hotel for all finishers, and large quantities of Greenmantle Ale, Mars bars and wine were distributed as prizes. I really can't understand why some race organisers seem to think that fell runners like booze...!

Anthony Kay  
1: T. Mitchell, Fife 29.09  
2: C. Bell, DHH 29.43  
3: M. Dean, CR 30.22  
4: R. Hope, Carn, 30.31; 5: A. Farningham, Aberd, 30.44; 6: J. Robertson, Cam, 31.15; 7: M. Burton, Carn, 31.25; 8: R. Bell, DHH, 31.30; 9: C. Walton, HW, 31.38; 10: I. Davidson, EU, 31.59; 1 Vet: M. Edwards, Aberd, 32.51; 2 Vet: W. Gauld, Carn, 34.05; 3 Vet: G. Wyburn, Fife, 34.23; 1 Lady: H. McNee, Ayr, 37.42; 2 Lady: H. Bowler, Hath, 40.58.

**BUTTERMERE England**  
**AL/20m/8,000ft 9 August 1986**  
1: C. Valentine, Kes. 3.51.44  
2: P. Haines, Mand. 3.53.54  
3: M. Hudson, U/A, (1 V) 3.56.41  
4: A. Richardson, Kend, 3.58.05; 5: M. Garrett, Mand, 3.59.26; 6: R. Ansell, DPFR, 4.00.08; 2 Vet: J. Stout, CFR, 4.19.33; 3 Vet: A. Jones, DPFR, 4.21.06; 1 Vet 50: A. Heaton, Clay, 5.16.09; 1 Lady: W. O'Neale, Kes, 4.40.12; 2 Lady: S. Haines, York Un, 4.44.52; 3 Lady: C. McNeil, LOC, 4.56.43.

**MELBREAK 2 TOPS England**  
**AS/4m/1,400ft 9 August 1986**  
1: R. Hand, Bord. 36.54  
2: J. Wicker, Cockm'th 37.49  
3: J. Ritson, Derw. 38.38  
1 Vet 40: P. Taylor, Cockm'th, 43.08; 1 Vet 50: G. Scott, Cockm'th, 44.03; 1 Lady: S. Ashton, Newp, 50.03; 1 Jnr: R. Hargreaves, Cumb, 46.31.

**DOWNHAM England**  
**AS/5m/1,800ft 9 August 1986**  
1: D. Woodhead, Horw. 43.32  
2: S. Breckell, B'burn 43.36  
3: I. Robinson, CLM 43.53  
4: A. Trigg, Glos, 44.00; 5: P. Jarman, CLM, 44.00; 6: J. Holt, CLM, 44.07; 1 Jnr: S. Thompson, Clay, 44.35; 2 Jnr: E. Cotton, Kend, 45.20; 3 Jnr: J. Taylor, Holm, 45.44; 4 Jnr: A. Jones, P&B., 46.23; 1 Vet: G. Brooks, Bing, 47.18; 2 Vet: T. Peacock, CLM, 47.45; 3 Vet: T.

McDonald, Bing, 48.29; 1 Lady: K. Taylor, CLM, 57.36; 2 Lady: J. Makinson, CLM, 58.21; 3 Lady: E. Burnip, CLM, 61.03.

**WADSWORTH England**  
**BS/4m/800ft 10 August 1986**  
Perched high above the Calder Valley, Brent Brindle took the honours in the very enjoyable Gala Race.

It seems that bright orange flags aren't for following, or so the leaders must have thought, coming off the skyline to Nut Clough. The prize giving was a gem!! Graham Kirkbright of Skyrac battled for third place to receive a 3-foot 'chopper' (a little longer than his other one!!). Cat calls, whistles, and various unprintable remarks were made as he took a firm grip of his 'chopper' nicknamed for ever Graham 'Chopper' Kirkbright.

1: B. Brindle, Horw. 24.41  
2: K. Smith, Army 24.54  
3: G. Kirkbright, Sky. 24.55  
4: J. Verity, ASVAC, 24.56; 5: R. Asquith, Horw, (1 Vet 40) 25.07; 6: M. Saunders, CLM, 25.13; 7: N. Holliday, Leeds, 25.15; 8: T. Parr, Notts, 25.18; 9: P. Jarman, CLM, 25.20; 10: A. Sunter, Horw, 25.21; 2 Vet 40: D. Whitaker, Spen, 26.39; 3 Vet 40: U. Lodge, Hal, 26.54; 1 Vet 50: B. Harwood, O & R, 28.53; 1 Jnr: T. Gibson, Roch, 25.53; 1 Lady: V. Brindle, CLM, 30.29; 2 Lady: J. Makinson, CLM, 31.33; 3 Lady: A. Templeton, Bux, 33.42.

**KIELDERHEAD England**  
**N/17m/4,000ft 10 August 1986**  
The inaugural event, organised by the Forestry Commission, took place around the wild terrain of Kielder Head. Even with good visibility, navigation out of the marked forest sections, posed a problem, the crucial leg being that between Knox Knowe Cairn and the Kielder Stone. After a tough 17 miles of bog and heather runners returned to ample grub and beer, augmented by the dying strains of the Kielder Folk Festival music.

1: J. Stannard 2.42.46  
2: B. Lowden 2.46.39  
3: I. White 2.47.06  
1 Vet: M. Sanderson, 3.02.56; 2 Vet: R. Gray, 3.05.20; 3 Vet: S. Hicks, 3.10.15.

### Apathy rules, O.K.:

Andy Styan writes:  
"Given that 525 runners turned up to run at Langdale then all but 40+50 of them drove past the AGM (at Chapel Stile) on their way home, can we fairly assume that less than 10% of fell runners give a fig about the British Championship and the World Cup? (i.e. the only two motions on the agenda)."

### Isle of Man Handicaps:

In 1987, the 21m Axnfell race and 27m Half Bob Baxter Round will be handicap races, with interval starts between 8 and 11 a.m. Entries to T. Varley a week before the races, together with details of your position and time in another long 'A' race (this is to assist the handicapper).

**England**  
**AS/3m/1,600ft 10 August 1986**  
1: R. Pilbeam, Kes. 26.41  
2: C. Donnelly, Eryri 26.50  
3: W. Bland, Kes. 27.19  
4: R. Bergstrand, Roch, 27.22; 5: H. Griffiths, Eryri, 27.34; 6: G. Griffiths, Eryri, 27.44; 7: D. Cartridge, Bolt, 27.51; 8: R. Rawlinson, Ross, 28.07; 9: P. Barron, Kes, 28.11; 10: M. Fanning, Kes, 28.22; 1 Vet 40: D. Davies, Eryri, 29.29; 2 Vet 40: H. Parry, Eryri, 29.40; 3 Vet 40: D. Spedding, Kes, 30.46; 1 Vet 50: G. Barras, Sky, 33.46; 1 Lady: C. Haigh, Holm, 33.34; 2 Lady: A. Carson, Eryri, 33.57; 3 Lady: D. Ellerton, Newc, 35.42.

**Scotland**  
**CS/5m/700ft 13 August 1986**  
1: G. Harper 32.04  
2: S. Gray 34.31  
3: S. Tait 36.45  
1 Lady: D. Leonard, 46.08.

**'CHANGING WAY' N. Ireland**  
**CS/3m/300ft 14 August 1986**  
The final race in the Mourne Forest and Fell League and the weather once again turned out dreadful, with bitterly cold, lashing rain. Noel Douglas and Derek Ross ran virtually together the whole way, with Noel just edging it. George Newell won the Boys' Under 15 with John FitzPatrick heading the Boys' Under 13.

M. McNulty  
1: N. Douglas, Newc. 21.27  
2: D. Ross, Newc. 21.27  
3: M. McNulty, Tolly (1 V) 21.36  
1 Lady: C. McGonigle, Tolly, 36.32.

**England**  
**BS/6m/1,100ft 16 August 1986**  
Worries about switching to entries-on-the-day only were swept aside by a record entry of 146. Alan Adams led all the way to record his third successive victory. He was not pressurised sufficiently into breaking his previous year's record. Peter Nolan  
1: A. Adams, Staffs. 44.27  
2: R. Pearson, DPFR 44.57  
3: J. Norman, Alt. (1 Vet) 45.03  
4: M. Farnely, Penn, 45.13; 5: R. Wilde, Man, (2 Vet) 45.24; 6: S. Longdon, Alt, 45.35; 7: D. Ibbotson, Glos, 45.42; 8: A. Whalley, Macc, 45.52; 9: S. Tune, Staffs, 45.57; 10: A. Hulme, Penn, 46.04; 3 Vet 40: D. Attwell, Alt, 48.14; 1 Vet 50: E. Faure, Man, 51.34; 1 U/18: J. Wild, Bux, 50.20; 1 Lady: W. O'Neale, Kes, 53.43.

**Wales**  
**AS/3m/1,000ft 16 August 1986**  
A runaway win for Hefin Griffiths with the racing being for 2nd and 3rd places. M. Jones' local knowledge paid off when he overtook D. Williams at three-quarters distance to stay in front to take 2nd place. Moel-y-Gest is a complicated course to follow and a hard course to run, going over and round outcrops of rock and 3 tops, the first one having to be run over again on the way back to the finish. A real hair-raising descent if taken fast - not a race for the faint-hearted.  
N. Fisher (rec) 25.21  
2: M. Jones 28.16  
3: D. Williams (1 Vet) 28.54  
4: A. Hughes, 29.15; 5: N. Fisher (2 Vet) 29.36; 6: E. Evans, 29.36; 1 Vet 50: S. Winstanley, 34.30; 1 Lady: S. Roberts, 33.46.

# RESULTS

## BARNOLDSWICK England

### CS/6m/800ft 17 August 1986

- 1: M. Aspinall, Ross, 32.04  
 2: P. Bailey, Bing, 32.20  
 3: T. Chew, Clay, 32.21  
 4: Mark Smith, Burn, 32.26; 5: R. Brewster, Clay, 33.57; 6: J. Hartley, Clay, 34.02; 7: K. Smith, U/A, 34.06; 8: S. Livesey, Ross, 34.12; 1 Vet 40: D. Weatherhead, Bing, 37.18; 2 Vet 40: D. Bulcock, Clay, 37.32; 3 Vet 40: D. Scott, Clay, 37.43; 1 Vet 50: G. Spink, Bing, 37.07; 1 Lady: C. Haigh, Holm, 35.36 (rec); 2 Lady: V. Brindle, Clay, 41.17.

## DALCHULLY Scotland

### AS/4m/1,500ft 17 August 1986

- 1: J. Musgrave, Aberd. (rec) 27.13  
 2: A. Curtis, Liv. 27.49  
 3: R. Hope, Carn. 27.59  
 4: A. Farningham, Aberd, 28.03; 5: C. Bell, Dund, 28.13; D. Bell, Help, 28.25; 1 Vet 40: R. Shields, Loch, 30.26; 2 Vet 40: R. Blamire, Stew, 30.31; 1 Lady: A. Curtis, Liv.

## TROSTAN TRAIL N. Ireland

### N/16m/3,000ft 17 August 1986

The new course this year met with the approval of all competitors: less road and track and a more straightforward route, with less disastrous results if you did get lost in this fairly remote area. It is a real 'bog-trot' covering 5 hills in the North Antrim moors, and starting with a steep climb from sea level.

- 1: I. Parke, Bally, 2.15.13  
 2: J. Hayes, Bally, 2.19.03  
 3: J. Paterson, Mourne 2.30.55  
 4: B. Ervine, Bally, 2.31.48; 5: H. Murray, Arbroath, 2.44.57; 6: P. McCauna, Newc, 2.51.32; 1 Vet: J. Sloan, N.Down, 2.52.16.

## GUNSON KNOTT England

### AM/5m/2,200ft 17 August 1986

- 1: S. Carr, BOFRA 46.15  
 2: M. Fanning, Kes. 48.10  
 3: K. Taylor, Ross. 48.25  
 4: D. Woodhead, Horw, 48.40; 5: J. Holt, Clay, 51.20; 6: G. Webb, Hal, 51.30; 1 Lady: W. O'Neale, Kes, 60.11; 2 Lady: E. Burnip, Clay, 70.04.

## SEDBERGH HILLS England

### AL/14m/6,000ft 17 August 1986

- 1: R. Bergstrand, Roch. 1.59.33  
 2: H. Symonds, Kend.

## RAMSEY GALA Isle of Man

### AS/3m/1,800ft 21 August 1986

- 1: C. Quine, Manx 36.53  
 2: T. Varley, Bound 36.56  
 3: R. Callister, SAC 37.19  
 1 Vet: B. Cowley, SAC, 37.32; 1 Lady: A. Gomer, Manx, 47.38.

## BURNSALL England

### AS/13m/872ft 23 August 1986

Mike Hawkins, the Grassington joiner, this year became the first local to win the senior amateur race since Robert Newbould of Hartlington won in 1939. Hawkins, a former champion guides racer, who was re-instated two years ago, had previously achieved three victories in the 'professional' Burnsall race held in September. On this occasion, he was first to the top and went on to win by 12 seconds from noted orienteer Robert Bloor, son of the late Jack Bloor, who won the 1951 race. Hawkins' time was

13.16 and his victory completed an outstanding family 'double', for his younger brother, Stephen, had triumphed in the Senior Guides race at Grasmere Sports two days earlier and had then won at Malham on the Saturday and Hebden on the Bank Holiday Monday.

Gary Devine, the 1981 Burnsall Junior winner, took 3rd place in 13.56, just 2 seconds ahead of A. Peace, whose father, Barry, finished only a further 6 places down in 10th place. The 158-strong field included 4 previous winners in Andy Styan 5th, Harry Walker 24th, Dave Hodgson 71st and 7-times champion, Pete Watson 86th.

- Bill Smith  
 1: M. Hawkins, Bing, 13.16  
 2: R. Bloor, Liv. 13.28  
 3: G. Devine, P & B 13.56  
 4: A. Peace, Bing, 13.58; 5: A. Styan, Holm, 14.04; 6: G. Kirkbright, Sky, 14.17; 7: G. Read, Roch, 14.23; 8: R. Whitfield, Kend, 14.28; 9: A. Jones, P&B, 14.29; 10: B. Peace, Bing, 14.31; 1 Vet: D. Cartwright, Penn, 14.50; 2 Vet: G. Brookes, Bing, 15.19; 1 Lady: S. Boler, Penn, 19.59; 1 Jnr: J. Cookson, Stret, 7.05; 2 Jnr: M. Blay, Hal, 7.17.

## FAIRSNAPE England

### N/7m/2,100ft 23 August 1986

- 1: K. West, Bord. 55.27  
 2: D. Woodhead, Horw. 55.44  
 3: S. Breckall, B'burn 57.02  
 4: P. Jarman, Clay, 57.05; 5: A. Trigg, Gloss, 57.52; 6: I. Robinson, Clay, 58.09; 7: D. Ibbotson, Gloss, 58.20; 8: P. Lambert, Clay, 58.57; 1 Jnr: S. Thompson, Clay, 59.20; 1 Vet 40: A. Peacock, Clay, 61.58; 2 Vet 40: C. Taylor, Clay, 62.12; 1 Lady: J. Lohead, Holm, 69.33; 1 Vet 50: D. Talbot, Clay, 70.57.

## GREAT WILDERNESS CHALLENGE Scotland

### N/25m/2,600ft 23 August 1986

Dundonnell to Poolwe, direct route, start Dundonnell, following a landrover track and footpath (rising to 1,500ft) on the southern reaches of the An Teallach mountains to the once cultivated Strath na Sealga, now deserted; then across a bog of the type so beloved by all true fell runners, and hence up Glen na Muice Beag by way of a steep footpath to the high point of 1,750ft on a broad plateau. Then a steep, even dangerous to some, descent to Carnmore, where runners can do a Mike Short and Walk on Water between the Lochs Fionn and Dubh. The rest is a relatively boring slog, across the boggy wastes, leading to the tip of Loch Maree, where runners pick up a landrover track in the forest, and the road merchants can at last make the hill merchants suffer for 4 miles until the finish is reached at Poolewe.

Entries and details available from Alex MacRae, 11 Mellon Charles, Aultbea, Ross-shire IV22 2JN.

- R. Boswell  
 1=: M. Dean, CR 2.57.23  
 1=: J. Musgrave 2.57.23  
 3: A. Dytch, Clydes 3.04.43  
 1 Vet: R. Wilby, 3.15.42; 1 Lady: W. O'Neale, Kes, 3.44.30.

## WREKIN England

### AS/5½m/1,700ft 24 August 1986

- 1: R. Pilbeam, Kes. 35.35  
 2: D. Cartridge, Bolt. 35.39  
 3: M. Patterson, DPFRR 36.39  
 4: H. Symonds, Kend, 36.58; 5: S. Hughes, U/A, 37.19; 6: R. Rawlinson,

- Ross, 37.32; 7: M Bishop, Staffs, 37.58; 8: A. Adams, Staffs, 38.02; 9: A. Harmer, DPFRR, 38.50; 10: P. Oakley, D&K, 38.53; 11: R. Ashworth, Ross, 38.56; 12: M. Farmery, Penn, 39.01; 13: K. Taylor, Ross, 39.08; 14: P. Cadman, W&B, 39.23; 15: G. Webb, Hal, 39.26; 1 Vet 40: D. Cartwright, Penn, 40.33; 2 Vet 40: D. Kay, Bolt, 41.05; 3 Vet 40: R. Bradley, Holm, 41.07; 1 Vet 50: G. Oliver, JLR, 44.11; 1 Lady: C. Haigh, Holm, 40.47; 2 Lady: M. Anslow, Telf, 44.18; 3 Lady: J. Smith, DPFRR, 45.54.

## PENDLETON England

### AS/5m/1,500ft 30 August 1986

Yet again, Pendleton was blessed with a good day for the Annual Fell Race. The race, not for the first time, developed into an almighty tussle between local lad, Sean Livesey and his rival from Bolton, Dave Cartridge. Having been together throughout, it wasn't until the last field that Dave created a gap that enabled him to retain the cup which he won last year. A record turn-out of 248 runners supped 8 gallons of orange juice, then went away happy.

I would like to point out that the route the race takes through the first field is not a public right of way, apart from the first 200 metres. The privilege of using this field for the race has been abused by runners out training. The farmer is, quite rightly, not pleased by this. Please bear this in mind, and hopefully Pendleton Fell Race can remain unaltered.

Roger Dewhurst

- 1: D. Cartridge, Bolt. 31.28  
 2: S. Livesey, Ross. 31.47  
 3: R. Rawlinson, Ross. 32.06  
 4: P. Irwin, Ross, 33.24; 5: P. Jarman, Clay, 33.28; 6: D. Woodhead, Horw, 33.28; 7: P. Hall, Barr, (1 Vet 40) 33.28; 8: R. Whitfield, Kend, 33.28; 9: P. McWade, Clay, 33.31; 10: J. Holt, Clay, 33.32; 2 Vet 40: D. Kay, Bolt, 35.29; 3 Vet 40: D. Beresford, Clay, 36.10; 1 Jnr: A. Jones, P&B, 33.55; 2 Jnr: T. Richardson, Bolt, 34.07; 3 Jnr: I. Dermott, Horw, 34.41; 4 Jnr: S. Thompson, Clay, 34.49; 1 Vet: 50: M. Houghton, Chor, 41.07; 1 Lady: L. Lord, Clay, 41.26.

## ACHMONY Scotland

### BS/3½m/500ft 30 August 1986

- 1: M. Dean, CR 21.38  
 2: A. Farningham, Aberd. 21.45  
 3: R. Boswell, Loch. 21.57  
 4: D. O'Neil, Loch, 22.21; 5: J. Bell, Inv, 22.30; 6: D. Rodgers, U/A, 22.41; 1 Vet: H. Parry, Eryri, 22.56; 2 Vet: R. Shields, Loch, 23.18; 3 Vet: M. Edwards, Aberd, 23.20; 1 Lady: A. Dundas, Inv, 29.01.

## ANNALONG N. Ireland

### AL/13m/5,500ft 31 August 1986

By the first summit, Ian Parke, Jim Patterson and Brian Ervine had opened a gap on the larger than usual field, with Jim Hayes leading the 'chasing' group. Ian and Jim pulled ahead and reached the final summit together - just as they had done in the 1984 race, and again it was Ian who proved the stronger.

Brian Ervine

- 1: I. Parke, Bally. 2.05.30  
 2: J. Patterson, Mourne 2.06.56  
 3: B. Ervine, Bally. 2.10.04  
 4: J. Hayes, Bally, 2.11.13; 5: S. Graham, Newc, 2.15.16; 6: W. Brown, Mourne, 2.18.35; 1 Vet: D. Rankin, 2.21.00.



Denis Beresford on the climb at Gunson Knott (Photo: W. Bateson)



The climb to Mearley in the Pendleton

(Photo: W. Bateson)

**LAXEY GLEN** Isle of Man  
**AM/12m/3,200ft 31 August 1986**

- 1: C. Quine, Manx 1.43.56  
2: M. Hudson, U/A (1 V) 1.44.20  
3: S. Kelly, Manx 1.47.22  
1 Lady: A. Gomer, Manx, 2.30.42.

**HADES HILL** England  
**BS/5m/1,200ft 4 Sept. 1986**

- 1: M. Aspinall, Ross. 28.12  
2: P. Dugdale, Horw. 28.12  
3: A. Selby, Bolt. 29.28  
4: I. Christian, U/A, 29.33; 5: H. Waterhouse, Sadd, 29.37; 6: M. Smith, Burn, 29.41; 7: P. Jarman, Clay, 29.42; 8: P. Irwin, Ross, 30.06; 1 Jnr: I. Barnes, Ross, 30.25; 2 Jnr: M. Rice, Tod, 30.32; 3 Jnr: N. Duffy, Ross, 30.32; 1 Vet 40: D. Cartwright, Pen, 30.56; 2 Vet 40: R. Bradley, Holm, 31.21; 1 Vet 50: T. Smyth, Esc, 37.25; 1 Lady: C. Haigh, Holm, 31.31; 2 Lady: W. O'Neale, Kes, 37.06.

**JACK BLOOR'S RACE** England  
**N/7m/1,200ft 6 Sept. 1986**

- 1: R. Bloor, Aire (rec) 53.55  
2: A. Marshall, Scun. 54.50  
3: G. Hull, Leeds Un. 54.52  
4: D. Woodhead, Horw. 55.42; 5: B. Hill, Leeds, 57.03; 6: G. Kerr, Clay, 57.24; 1 Vet 40: D. Beresford, Clay, 58.49; 2 Vet 40: F. Wheeler, Bing, 59.14; 3 Vet 40: P. Eccles, Aire, 61.18; 1 Vet 50: D. Hodgson, Leeds, 62.39; 1 Lady: S. Haines, York Un. 65.17 (rec); 2 Lady: J. Lothead, Holm, 65.18; 3 Lady: R. Smith, Bing, 66.57.

**BEN NEVIS** Scotland  
**AM/10m/4,000ft 6 Sept. 1986**

- 1: C. Donnelly, Eryri 1.25.48  
2: R. Pilbeam, Kes. 1.27.05  
3: D. McGonigle, Dund. 1.27.49  
4: H. Symonds, Kend, 1.28.23; 5: H. Griffiths, Eryri, 1.29.43; 6: W. Bland, Kes, 1.30.23; 7: C. Valentine, Kes, 1.30.49; 8: M. Lindsay, Carn, 1.32.18;

- 9: J. Broxap, Kes, 1.32.25; 10: G. Griffiths, Eryri, 1.33.02; 11: N. Lanaghan, Kes, 1.33.19; 12: P. Barron, Kes, 1.33.42; 1 Vet 40: D. Davies, Eryri, 1.33.49; 2 Vet 40: R. Jackson, Sale, 1.39.24; 3 Vet 40: J. Nuttall, Clay, 1.39.54; 1 Vet 50: W. Gauld, Carn, 1.45.54; 1 Lady: A. Carson, Eryri, 1.47.51; 2 Lady: D. Ellerton, Newc, 1.52.39; 3 Lady: L. Lord, Clay, 2.00.40.

**HODDER VALLEY** England  
**N/6m/700ft 13 Sept. 1986**

- 1: D. Cartridge, Bolt. 29.18  
2: G. Kerr, Clay. 41.00  
3: P. Jarman, Clay. 41.29  
1 Vet 40: D. Beresford, Clay, 43.18; 1 Lady: V. Brindle, Clay, 48.56.

**KNOCKFARREL** Scotland  
**CS/6m/1,000ft 13 Sept. 1986**

Starting and finishing in the beautiful spa town of Strathpeffer, this race was first run in 1961 but the Ross-shire club, who organised it, were unable to continue after 1982. However, this year, the recently-formed Black Isle Athletic Club have picked up the baton and resurrected the race. The first job was to take the trophies to a jeweller and to get them valued - and what a surprise - the trophy for first man home is worth about £500, being solid silver and beautifully made. Maybe that's what attracted such a classy field.

Dave Lang led from the start and obviously meant business, but Ian Matthieson always had the measure of Lang and took the lead on the final climb of the switch-back ridge which gives this race its character. Matthieson

was never in danger after passing Lang and went on to win comfortably.

Roger Boswell

- 1: I. Matthieson, Aberd. 32.03  
2: D. Lang, Camb. 32.42  
3: C. Armstrong, Elg. 32.48  
4: D. Gunn, Elg, 33.52; 5: R. Boswell, Loch, 33.54; 6: J. Crummy, Strath.Un, 34.13; 1 Vet: M. Edwards, Aberd, 34.40; 2 Vet: R. Shields, Loch, 35.19; 3 Vet: J. Jardine, Loch, 36.56; 1 Lady: K. Butler, Aberd, 44.23.

**CORRIEYAIRACK PASS** Scot.  
**15m/1,600ft 14 Sept. 1986**

Start Garva Bridge (GR 522948) near Laggan Bridge, Newtonmore, following Wades military road (landrover track) over Corrieyairack Pass (alt. 2,600ft) to finish at Culachy House near Fort Augustus (GR 373072). Details from, and entries to: Sandy Hastings, 13 Inveroy, Roy Bridge, Inverness-shire. Tel: 0397-81-345.

- 1: R. Campbell, Loch. 1.47.18  
2: R. Shields, Loch. (1 V) 1.47.41  
3: J. MacRae, Loch. 1.48.02  
4: R. Boswell, Loch, 1.48.28; 5: G. McConnachie, Loch, 1.51.04; 6: J. Crummy, Strath, 1.59.13.

**HALF BOB BAXTER** Isle of Man  
**AL/27m/7,000ft 14 Sept. 1986**

- 1: S. Hull, Bound. 4.35.38  
2: J. Tasker, Manx (1 V) 5.06.02  
3: C. Halsall, Manx 5.13.19

**O.S. MOUNTAIN RACE** Eng.  
**O/20m/7,000ft 14 Sept. 1986**

Magic misty conditions in the early morning soon gave way to one of the best days of the summer, to the relief of some competitors and the chagrin of others. Because of the good road system, it was impossible to plan a medium-length course and we went for the long option, with the extra puzzle (for the planners also) of how to cross the Newlands Valley. How many of you noticed the extra path written on near Keskadale? Eagle-eyed Toby Norris did, but most opted for Newlands House, which a bit more straightforward and runnable.

Mike Rose, Dick Courchee, John Lagoe

- 1: W. Bland, Kes. 4.24.48  
2: D. Ratcliffe, Ross. 4.29.12  
3: C. Valentine, Kes. 4.40.34  
4: M. Hudson, LOC. (1 Vet 40) 4.49.12; 5: R. Ashworth, Ross, 4.54.19; 6: J. Broxap, Kes, 5.01.05; 7: J. Nixon, Horw. 5.03.31; 8: M. Walford, Kend, 5.09.38; 9: A. Harmer, DPFR, 5.09.40; 10: P. Haines, Man, 5.09.55; 2 Vet 40: J. Williams, Man, 5.23.13; 3 Vet 40: A. Phillipson, Gos, 5.27.58; 1 Vet 50: W. Gauld, Carn, 5.52.44; 2 Vet 50: G. Brass, Clay, 6.07.07; 3 Vet 50: J. Naylor, CFR, 6.07.59; 1 Lady: J. Smith, DPFR, 4.08.47; 2 Lady: S. Haines, York Un, 4.21.15; 3 Lady: G. Ingham, N.Z., 4.27.36.

**ECCLES PIKE** England  
**BS/3m/750ft 20 Sept. 1986**

- 1: R. Bergstrand, Roch. 19.15  
2: A. Trigg, Glos. 19.36  
3: T. Parr, U/A 19.56  
1 Lady: C. Haigh, Holm, (rec) 21.30.

**THREE SHIRES** England  
**AL/14m/4,500ft 21 Sept. 1986**

- 1: M. Rigby, Amb. 1.54.32  
2: J. Broxap, Kes. 1.55.34  
3: R. Bloor, Liv.Un. 1.56.01  
4: G. Kerr, Clay, 1.58.56; 5: I. Holloway, Roch, 1.58.59; 6: P. Haines, Mand, 1.59.16; 7: I. Robinson, Clay, 1.59.58; 8: P. Clark, Kend, 2.00.13; 9: G. Read,

- Roch, 2.00.53; 10: D. Hall, Kend 2.01.06; 1 Vet 40: B. Toogood, DPFR, 2.01.07; 2 Vet 40: D. Spedding, Kes, 2.01.11; 3 Vet 40: A. Peacock, Clay, 2.04.30; 1 Vet 50: W. Gauld, Carn, 2.14.52;

**MOURNE M.M.** N. Ireland  
**20/21 September 1986**

This year's event was the biggest and most successful yet, due mainly to the sponsorship of Anderson Ltd., a Belfast company making industrial doors and blinds. With the increased publicity, entries had more than doubled to 135 teams, 20 of these being in the Anderson (Elite) class, and the remainder in the Standard class.

The first day's courses took the teams across to the Western Mournes on routes that had more running and less ascent than in previous years.

Robin Bryson and Pat McCavana lead the Anderson class by 51 minutes at the end of the first day (24 miles approx) from defending champions, Derek Ratcliffe and Ken Taylor (6.42). Derek and Ken had missed a checkpoint and had to return for it, and, like many others, had difficulty finding control 7, which seems to have been badly placed. Jim Patterson and Jim Hayes were a further 7 minutes behind, in 3rd.

In contrast to the heat and sunshine of day one, the second day dawned cold and windy, with mist and drizzle.

The question was, could Robin and Pat hold on to their lead, because, although Robin's ability was undoubted, Pat was in his first mountain marathon! Derek and Ken did all they could and were half an hour faster than Robin and Pat, but it was not enough to make up the deficit. Therefore, there was a 'home grown' win for the first time in several years and a major upset in mountain marathons - (i.e. Derek Ratcliffe didn't win). Jim Patterson and Jim Hayes went well on day two, to extend their lead in 3rd place, ahead of Andrew Addis and Rex Strickland.

In the Standard class, Neil Bowman and Chris Butler put in a tremendous second day to win by five minutes after being third overnight. A total of 77 teams finished day 2 in the Standard class.

Next year, there will probably be three courses - roughly equivalent to Karrimor A, B and C classes. So, if you want a 'smaller scale' mountain marathon and some good training for the Karrimor, why not try the Mourne in 1987? Brian Irvine

**RAS ELIDIR FAWR** Wales  
**AS/4½m/2,800ft 20 Sept. 1986**

- A real change for the first time this year in a North Wales race as Huw Parry notched up his first win. N. Fisher  
1: H. Parry, Eryri (1 V40) 46.29  
2: D. Davies, Eryri (2 V40) 46.32  
3: S. Hughes, Penn 47.18  
4: G. Griffiths, Eryri, 48.03; 5: D. Williams, MDC (3 V40) 48.10; 6: A. Hulme, Penn, 49.20; 1 Vet 50: A. Clarke, Eryri, 61.27; 1 Lady: A. Carson, Eryri, 58.15.



Above Blea Tarn in the 3 Shires  
(Photo: P. Hartley)

# RESULTS

## SCAFELL PIKE **England** N/5m/3,000ft **27 Sept. 1986**

A good field of 80 competitors for the inaugural race up England's highest mountain and a fine winning time - congratulations to Colin Valentine. Conditions were generally good, despite a patch of mist near the top which confused a number of competitors and a total of 13 arrived back having made a lengthy detour into Eskdale. This emphasises, yet again, the necessity for adequate route finding ability on strange terrain.

A. Smith

- |   |       |
|---|-------|
| 1: C. Valentine, Kes.   | 55.40 |
| 2: M. Rigby, Amb.   | 56.05 |
| 3: D. Hall, Kend.   | 56.25 |
| 4: H. Jarrett, CFR, 57.29; 5: M. Fanning, Kes, 58.27; 6: G. Clucas, CFR, 58.48; 1 Vet 40: P. Hall, Barr, 60.35; 2 Vet 40: D. Spedding, Kes, 63.10; 1 Vet 50: C. Ford, CFR, 81.25. |       |

## THIEVELEY PIKE **England** AS/3m/300ft **27 Sept. 1986**

- |  |       |
|--|-------|
| 1: D. Cartridge, Bolt.   | 23.47 |
| 2: P. Irwin, Ross.   | 24.58 |
| 3: P. McWade, Clay.  | 25.02 |
| 4: K. Manning, Clay, 25.13; 5: A. Adams, Staffs, 25.20; 6: D. Woodhead, Horw., 25.33; 7: G. Schofield, B'burn, 25.39; 8: P. Jarman, Clay, 25.45; 9: J. Taylor, Holm, (1 Jnr) 25.47; 10: I. Robinson, Clay, 25.53; 2 Jnr: S. Thompson, Clay, 25.55; 3 Jnr: A. Jones, P&B, 26.22; 4 Jnr: E. Cotton, Kend, 26.55; 1 Vet 40: D. Kay, Bolt, 26.40; 2 Vet 40: S. Tune, Staffs, 27.08; 3 Vet 40: D. Beresford, Clay, 27.33; 1 Vet 50: G. Spink, Bing, 29.21; 2 Vet 50: P. Duffy, Aberd, 29.41; 1 Lady: C. Haigh, Holm, 27.48; 2 Lady: L. Lord, Clay, 32.29. |       |

## SHELF MOOR **England** AM/6m/1,500ft **28 Sept. 1986**

The morning mist cleared and allowed the runners to race on the 2,000 ft Dark Peak plateau unhindered by wet bogs.

Had the mist been thick, the host club had marked the route with flags. Nevertheless, a local school teacher displayed high P.T. ability. He lives close by and has scooped up four local victories.

From a field of 85, Andy Trigg came home first, unpressed, yet set a new course record. The 23 year old removed 1½ minutes from Dave Crook's 2 year old record. Yes, the peat up there was a pleasure to bound over!

The yellow vests of Holmfirth were prominent. They won the men's team and their third man, Andrew Haigh, is brother to Carol. She demolished the ladies' record, just being outsprinted by Stockport's Mike Boardman. He had been supping double figures in the early hours and was pleased with slicing 10 minutes off last year's time.

The host club provided a well-marshalled event, with showers - courtesy of Super Alloys, of Shepley Street. Naturally, only six host members ran, with Phil Marland (13th) and Shaun Priestly (22nd) supporting Andy

in the team race. Penistone Footpath Runners supported a wide range of age groups, from boys and girls to Veteran Man, of whom Dave Cartwright, in 5th, was quickest. N. Shuttleworth

## BLACK MOUNTAINS **Wales** AL/18m/5,000ft **27 Sept. 1986**

- |  |         |
|--|---------|
| 1: D. Davies, Eryri (1 V)  | 2.48.58 |
| 2: M. Walford, Kend.   | 2.54.34 |
| 3: L. Williams, MDC  | 2.54.41 |
| 4: J. Darby, MDC, 2.54.51; 5: K. Hagley, DPFR, 2.55.37; 6: P. Sanderson, Telf, 3.05.00; 2 Vet: J. Jameson, 3.18.56; 3 Vet: A. Peacock, Clay, 3.19.31; 1 Vet 50: D. Talbot, Clay, 3.55.48; 2 Vet 50: A. Clarke, Eryri, 4.05.14. |         |

## TWO BREWERIES **Scotland** AL/18m/5,000ft **27 Sept. 1986**

I'm worried! . . . I like life to follow a pattern. I'm logical. Spend and you get broke. Go to the pub for a swift one, stay for six, get a headache, get earache. Organise something, folk moan. Know what I mean?

Well, I can tell you, I'm worried. At this year's Two Breweries, we didn't run out of food, no-one blamed us for getting themselves lost, no bulls frolicked amongst the runners, the prizes all appear to have gone to the right folk (Brent didn't get a coffee-maker), even the computer worked and agreed with us that everyone was home safe and as sound as could be expected.

Perhaps life isn't really pitching us a googly and as I write, the editor is in fact receiving his

213th letter of outraged complaint, or maybe a local landowner is cooking up a megaclaim for damages . . . However, until that happens - I'm worried.

R. Wall

- |   |         |
|---|---------|
| 1: J. Maitland, P&B (rec)   | 2.42.32 |
| 2: M. Dean, Cent.R.   | 2.46.17 |
| 3: A. Farningham, Aberd.  | 2.47.16 |
| 4: B. Brindle, Horw., 2.47.53; 5: A. Curtis, Liv, 2.48.05; 6: J. Nixon, Horw., 2.49.27; 1 Vet: G. Bryn-Jones, Cent.R., 2.50.58 (rec); 2 Vet: R. Shields, Clay, 2.59.15; 3 Vet: R. Blamire, Stew, 3.03.55; 1 Lady: S. Haines, York Un, 3.16.32 (rec); 2 Lady: A. Curtis, Liv, 3.26.17; 3 Lady: HMcNee, Ayr, 3.31.36. |         |

## BLACK MELDON **Scotland** AS/1m/800ft **28 Sept. 1986**

- |   |            |
|---|------------|
| 1: R. Hope, Carn.   | (rec) 8.45 |
| 2: D. McGonigle, Dund.  | 8.46       |
| 3: J. Maitland, P&B   | 8.57       |
| 4: M. Lindsay, Carn, 9.24; 5: S. McKendrick, Cum, 9.26; 6: J. Patterson, Mourne, 9.27; 1 Vet: R. Shields, Clay. |            |

## THE 5 CLOUGHS **England** N/8m/2,000ft **4 October 1986**

This race was put on at short notice, following the cancellation of the 'Tour'. As the name would suggest, the course follows five major cloughs in an anti-clockwise direction, the terrain consisting of very rough going in the clough bottoms, but with fast running between. Tom Targett

1: P. McWade, Clay.	69.49
2: D. Woodhead, Horw.	72.10
3: P. Jarman, Clay.	72.18
1 Vet 40: J. Nuttall, Clay, 77.44; 2 Vet 40: C. Taylor, Clay, 77.26; 1 Vet 50: D. Clutterbuck, Roch., 89.16; 1 Lady: L. Lord, Clay, 95.45.	



**IAN HODGSON MOUNTAIN RELAY**  
**England**  
**5 October 1986**

With low mist or 'clag' down to 1,000ft the race provided a challenge of navigation as well as fitness. Rossendale led at every change-over for a well deserved win, although the last leg was very much a tactical battle with Keswick. Bingley came through strongly as the race progressed and the competitiveness of the event is shown by the fact that less than 6 minutes covered the first 5 teams. Lower down the field, we were pleased to see Fellandale winning the mixed team prizes with a highly creditable 7th place. Also worthy of note, is the the Horwich 'B' Team, consisting entirely of vets in 9th position. 36 Teams competed.

1: Rossendale 'A' -	1.08.55	1.46.40	2.56.10	3.57.58
		37.45	1.09.30	1.01.48
2: Keswick A.C. -	1.12.21	1.48.28	2.56.39	3.59.03
		36.07	1.08.11	1.02.24
3: Bingley 'A' -	1.18.44	1.56.36	3.04.10	4.00.24
		37.52	1.07.34	56.14
4: Kendal A.C. -	1.15.37	1.54.44	3.04.30	4.03.19
		39.07	1.09.46	58.49
5: Skyrac 'A' -	1.20.34	1.59.10	3.07.55	4.03.36
		38.36	1.08.45	55.41
6: Horwich 'A' -	1.11.44	1.53.57	3.14.10	4.14.13
		42.13	1.20.13	1.00.03

**WORLD CUP**  
**Italy**  
**4/5 October 1986**

The World Cup races were run from the towns of Morbegno and Sondrio in the area of Valtellina, Italy on Saturday/Sunday 4th/5th October, 1986. The Men's event comprises three races:

Men's Short Race (10.95km with approx. 800m of ascent);  
 Men's Medium Race (15.05km with approx. 1,100m of ascent);  
 Junior Men's Race (7.35km with approx. 500m of ascent).

The Women's event comprises one race over the same course as the Junior Men. There were 15 competing nations, 5 more than last year.

**Women's Race:**

Thanks to the generous support of Reebok, and to the girls providing a substantial part of their own travel costs, we were represented by two women this year, as opposed to only one last year. Sadly, especially in view of how well both girls performed, we were only in contention for individual honours, 3 counters being required for the team.

Taking an early lead, Carol steadily increased her lead to win by a substantial margin of 46 seconds. Fortunately, a badly twisted ankle on the final descent did not impede her and only afterwards was it apparent how bad it was, requiring hospital treatment. Despite a very bad fall on the first descent, which later resulted in the need for six stitches, Jackie Smith ran a splendid race in her first international, gaining places throughout the race, several towards the end, to take 11th place.

1: C. Haigh, England	34.13
2: V. Bottarelli, Italy	34.59
3: G. Schuetz, Switzerland	35.21
11: J. Smith, England,	37.32;
16: A. Donnelly, Wales,	38.07.

**Teams:**

1: Switzerland; 2: Italy; 3: W Germany.

**Junior Men's Race:**

Perhaps our highest hopes for an individual rested on Robin Bergstrand, runner-up in the Junior Men's race last year. However, in the steepest part of the second climb, the Italian, Naitza, got away from Bergstrand, who regained some ground on the descent, but was unable to pull back further on the stretch to the finish, where the Italian had a lead of 16.6 seconds. Third and fourth places were filled by Italians.

The rest of the England team ran well, all finishing within 20 seconds of each other, and were 2nd team.

1: F. Naitza, Italy	29.55
2: R. Bergstrand, England	30.11
3: E. Chappoz, Italy	30.36
12: I. Dermott, England,	32.04;
13: G. Devine, England,	32.18;
15: A. Jones, England,	32.24;
23: K. Prydderch, Wales,	34.01.

**Teams:**

1: Italy; 2: England; 3: Switzerland.

**Men's 'Short' Race:**

The Italians dominated this race, with the first six runners home (including two of their 'B' team), but our team ran well and secured 2nd team place. Rod Pilbeam in 5th place was the first non-Italian.

1: M. Simonetti, Italy	45.36
2: F. Bonzi, Italy	45.56
3: R. Gotti, Italy	46.40
5: R. Pilbeam, England,	47.47;
7: D. Cartridge, England,	48.02;
8: J Maitland Scotland,	48.26;
9: C. Donnelly, Scotland,	48.28;
10: H. Griffiths, Wales,	49.07;
12: A. Darby, Wales,	49.16;
15: S. Livesey, England,	49.24;
21: R. Rawlinson, England,	50.23;
27: M Lindsay, Scotland,	50.53;
28: G Griffiths, Wales,	51.00;
30: R. Hope, Scotland,	51.29;
34: W. McAuliffe, Eire,	55.31.

**Teams:**

1: Italy; 2: England; 3: Switzerland; 4: Scotland; 5: Wales.

**Men's 'Medium' Race:**

In a type of race to which our home teams are unaccustomed, i.e. an uphill only course, finishing at the summit, our expectations were not so high as in the other races. One must acknowledge the superb performances of last year's winner and runner-up, Vallicella of Italy and Stuhlpfatter of Austria, who filled those positions once again. Although he had run the previous day, Jack Maitland was the best of British runners.

1: A. Vallicella, Italy	1.00.36
2: H. Stuhlpfatter, Aust.	1.01.07
3: C. Doll, W. Germany	1.02.24
11: R. Bryson, Eire,	1.04.58;
16: J. Maitland, Scotland,	1.06.31;
17: M. Patterson, England,	1.07.26;
20: H Symonds, England,	1.08.03;
22: D. McGonigle, Scotland,	1.08.52;
24: S Hughes, Wales,	1.09.12;
29: H. Griffiths, Wales,	1.10.00;
31: G. McGrath, Eire,	1.10.15;
32: J. Broxap, England,	1.10.37;
33: A. Farningham, Scotland,	1.11.13;
34: H. Parry, Wales,	1.11.30;
35: R. Ashworth, England,	1.12.08;
37: D. Davies, Wales,	1.13.33;
41: C. Donnelly, Scot.	1.14.49.

**Teams:**

1: Italy; 2: Switzerland; 3: W Germany; 4: Eire (47 pts); 5: Austria (61 pts); 6: France (69 pts); 7: England (70 pts); 8: Scotland (71 pts); 9: Wales (87 pts).

**General Comments:**

From arrival on Thursday, 2nd October to departure on Monday, 6th October, the weather was excellent, but not good for racing. The heat contributed to most of the British teams feeling that the races were harder than they expected. The accommodation itself in the Hotel Mezza Luna was quite adequate, but the great disadvantage was that it was three quarters of an hour's journey up the valley out of Morbegno. This meant that individual needs of the athletes for rest, etc., could not be arranged. Transport arrangements to the Hotel were unreliable. Many aspects of organisation, generally and regarding the races themselves, some apparently quite simple, left rather a lot to be desired. But fortunately this did not worry the athletes unduly and the general atmosphere of the event was very good.

N. Berry

**Postscript:** Complaints have been voiced in *Compass Sport* regarding the English team selection and that the FRA should have selected such continental hill running notables as Phil Makepiece, Craig Mochrie, Bob Treadwell and Mike Short. The thinking behind this idea is that as these runners are used to the continental races, then they would do better than English fell runners. The FRA selection criteria was laid down in *The Fell Runner* (Summer 1986) and will continue to operate. Anybody who wishes to run in the championship races will be considered for selection. Presumably, if one of the World Cup races is to be 'to the top' only, then an individual's climbing ability will be of paramount importance. Perhaps the introduction of some 'to the top' races on the FRA calendar may be appropriate. However, let us hope that when the 1988 World Cup is held in England, the courses will reflect our type of fell/hill running (i.e. what goes up must come down).

**COMMEDAGH-DONARD N.I.**  
**AM/6m/3,500ft**  
**11 Oct. 1986**

Good weather again, for the second running of this end of season race, which starts on the outskirts of Newcastle. With very dry conditions underfoot, the close battle from start to finish between Davy Graham and Derek Ross resulted in a new record by almost two minutes. Dessie Connolly marked his debut as a veteran with an easy win, finishing 5th overall.

1: D. Graham, Bally. (rec)	1.10.29
2: D. Ross, Newc.	1.10.35
3: N. Douglas, Newc.	1.15.18
4: B. McBurney, Tolly,	1.16.17;
5: D. Connolly, Lough, (1 Vet 40)	1.19.59;
6: C. McCann, Tolly,	1.20.21;
1 Vet 45: B. McNally, Newc.,	1.30.08.

**International invitations:**

The 1986 International opportunities are likely to be repeated in 1987, with an additional event being an invitation to compete in Ireland over the weekend 16th/17th May - so get training, lads (and lasses) it'll soon be Spring.

**Hayfield Success.**

Neil Goldsmith informs me that the 1986 Hayfield championships proved to be popular with over 30 runners completing all four races and winning a free Footprints T-shirt in the process. The shirts have been funded primarily by the Downfall race, something which cannot continue if the numbers completing all four races continues to grow. In 1987, he proposes to charge a £1 registration fee for the championships. The first 30 in the championships will win a free '87 design T-shirt and anyone completing all four races will be entitled to buy a T-shirt at cost price (around £4). To maintain the exclusive nature of the T-shirts, only people completing all four races will be allowed to buy one.

Registration will be at the Downfall race. The four races are:

- Kinder Downfall
- Kinder Frog
- Mount Samine
- Lantern Pike.

**LANGDALE**  
**AL/16m/4,000ft**  
**11 Oct. 1986**

Once again another fine day meant another record entry (527). Members of the Achille Ratti once again manned the checkpoints providing information for results despite overwhelming numbers. I hope you appreciate the efforts and I apologise for any errors or omissions.

However, the event is proving too popular for its own good, stretching resources to the limit, having considerable impact on the area and the livelihood of local farmers, who on the whole support, and the co-operation we rely on so much.

In 1987 we will only accept pre-entries with a closing date and a limit of numbers to be decided. Sorry, definitely no late or entries on the day for the senior race.

N. Walker

1: R. Whitfield, U/A	1.58.59
2: D. Cartridge, Bolt.	1.59.53
3: P. Irwin, Ross.	2.00.01
4: M. Rigby, Amb, 2.00.18;	5: R. Pilbeam, Kes, 2.00.38;
6: W. Bland, Kes,	2.01.09;
7: J. Maitland, P&B,	2.01.58.
8: D. McGonigle, Dund,	2.02.06;
9: R. Ashworth, Ross,	3.04.29;
10: A. Curtis, Liv,	2.04.46;
11: M. Patterson, DPFR,	2.05.00;
12: R Rawlinson, Ross,	2.05.00;
13: D. Davies, Eryri,	2.06.06;
14: G. Kerr, Clay,	2.06.19;
15: P. Barron, Kes,	2.06.25;
16: D. Ratcliffe, Ross,	2.06.33;
17: A. Styan, Holm,	2.07.05;
18: S. Hughes, Eryri,	2.07.27;
19: D. Hall, Kend,	2.07.34;
20: A. Harmer, DPFR,	2.07.34;
1 Vet 40: J. Nuttall, Clay,	2.14.14;
2 Vet 40: A. Peacock, Clay,	2.14.33;
3 Vet 40: D. Cartwright, Penn,	2.15.34;
1 Vet 50: G Brass, Clay,	2.33.30;
1 Lady: C. Haigh, Holm,	2.34.38;
2 Lady: V. Brindle, Clay,	2.37.01;
3 Lady: H. De Magel, DPFR,	2.37.30.

Photograph overleaf.

D. Jackson in the Langdale  
 (Photo: P. Hartley).



**THREE TOWERS England**  
**BL/20m/2,500ft 19 Oct. 1986**

Fell runners have a reputation for being tough, hardy individuals. The sudden change in the autumn weather on Sunday the 19th October for Bury Athletic Club's Rebok Three Towers Race was to test their characters to the full. Nevertheless, 232 of the original 243 starters finished and a word of appreciation must go to the organising club, Bury A.C., who manned the 7 checkpoints, several of which were on exposed Lancashire moorland, for up to 4 hours.

- Dave Bleakley  
 1: D. Cartridge, Bolt. 1.58.20  
 2: R. Owen, Horw. 1.59.52  
 3: D. Hall, Kend. 2.00.09  
 4: G. Kerr, Clay, 2.01.22; 5: A. Darby, Newp, 2.04.26; 6: T. Tett, DPF, 2.05.22; 7: S. Needs, Leic, 2.06.50; 8: M. Patterson, DPF, 2.07.06; 9: E. Roberts, Eryri, 2.07.14; 10: A. Selby, Bolt, 2.08.24; 1 Vet: M. Cunningham, Man, 2.14.44; 2 Vet: D. Kay, Bolt, 2.16.20; 3 Vet: M. Selby, Bolt, 2.17.52; 1 Lady: P. Mee, Alt, 2.40.53; 2 Lady: E. Castle-dine, Leigh, 2.46.23; 3 Lady: S. Exon, Stret, 2.48.00.

**MELTHAM England**  
**CM/7m/900ft 19 October 1986**

- 1: K. Manning, Clay, 44.11  
 2: R. Harbisher, Holm, 44.24  
 3: A. Hauser, Holm, 45.08  
 4: A. Marsh, Holm, 45.23; 5: J. Taylor, Holm, 45.29; 6: J. Fretwell, Holm, 45.52; 7: M. Seddon, Holm, 46.26; 8: E. Rennie, Lang, 46.28; 1 Vet 40: R. Bradley, Holm, 46.56; 2 Vet 40: A. Corbett, Penn, 47.00; 1 Vet 50: G. Spink, Bing, 50.20; 1 Lady: C. Haigh, Holm, 46.52.

**GALE England**  
**CS/4½m/1,200ft 26 Oct. 1986**

- 1: P. McWade, Clay, 24.38  
 2: D. Ashworth, Sale, 24.43  
 3: G. Kerr, Clay, 24.44  
 4: G. Schofield, B'burn, 25.23; 5: J. Verity, ASVAC, 25.28; 6: G. Read, Roch, 25.37.

**KARRIMOR Scotland**  
**25/26 October 1986**

- Elite:**  
 1: D Ratcliffe/P Irwin 9.50.01  
 2: P Haines/M Garratt 10.18.10  
 3: M Stone/S Bradshaw 10.23.13  
 4: A Thornton/M McDermott 10.28.11  
 5: M. Rigby/A. Hyslop 10.36.47  
 6: A. Belton/A. Addis 10.45.10

- A:**  
 1: A. Kitchel/P. Hague 8.20.15  
 2: R. Bloor/D. Jones 8.49.15  
**Score:**  
 1: G. Williams/J. Sherriff

**RAS FFORD YG BRYNIAN**  
**BM/9m/2,000ft 2 Nov. 1986**

At the bottom of the fourth and final climb, Garth Hill, with its summit manicured to reach the magic 1,000ft, Nick Benbow had a clear lead, which he was to maintain to the finish. Jonathan Hooper, a track runner of some repute, was able to out-sprint Les Williams, whom he had probably relied upon to show him the way! Although the race was run in glorious autumnal sunshine, conditions underfoot were heavy and the only record to be broken was in the Ladies' category, reduced by Veronica Singleton from 77min. 38secs. to 74min. 09secs.

- J. Gibson  
 1: N. Benbow, CHSOB 56.35  
 2: J. Hooper, Card. 56.44  
 3: L. Williams, MDC 56.48  
 4: K. Page, 3RRW, 56.58; 5: G. Aubrey, Bedd, 57.45; 6: G. Jones, 3RRW, 58.10;

- 7: C. Gildersleeve, Les.C, 58.12; 8: J. Darby, MDC, 59.00; 9: N. Webb, 3RRW, 59.50; 10: J. Aston, Les.C, 60.22; 1 Vet 40: A. Morgan, CHSOB, 62.51; 2 Vet 40: R. Virgin, CHSOB, 67.36; 1 Vet 50: E. Alexis, Les.C, 71.57; 1 Lady: V. Singleton, Les.C, 74.09; 2 Lady: S Neal, Les.C, 75.36.

**BLACK LANE ENDS England**  
**CS/5m/1,000ft 2 Nov. 1986**

- 1: D. Cartridge, Bolt. 29.22  
 2: P. McWade, Clay, 30.29  
 3: G. Kerr, Clay, 30.39  
 4: T. Chew, Clay, 30.47; 5: G Schofield, B'burn, 30.59; 6: G Devine, P&B, 31.04; 7: R. Whitfield, U/A, 31.14; 8: J. Paton, Ross, 31.19; 9: I. Barnes, Bing, 31.22; 10: J. Norman, Alt (1 Vet) 31.29; 2 Vet: D. Lawson, Bing, 33.15; 3 Vet: D. Quinlan, Bing, 33.20; 4 Vet: D. Beresford, Clay, 34.15; 1 Lady: V. Brindle, Clay, 37.07; 2 Lady: B. Carney, Bing, 40.48; 1 Jnr: A. Jones, P&B, 10.00; 2 Jnr: M. Rice, Tod, 10.22; 3 Jnr: J. Noon, P&B, 10.24.

**DUNNERDALE England**  
**AS/5m/1,500ft 8 Nov. 1986**

- 1: R. Pilbeam, Kes, 38.19  
 2: D. Lee, CFR 39.40  
 3: S. Carr, U/A 39.46  
 4: G. Clucas, CFR, 39.52; 5: R. Bloor, U/A, 40.15; 6: H. Jarrett, CFR, 40.26; 7: D. Ratcliffe, Ross, 40.37; 8: A. Hulme, Penn, 40.48; 9: P. Harlowe, Kes, 40.55; 10: N. Lanaghan, Kes, 41.00; 1 Vet 40: D. Spedding, Kes, 41.26; 2 Vet 40: P. Hall, Barr, 42.05; 3 Vet 40: M. Hudson, LOC, 43.04; 1 Vet 50: G Scott, Cockm'th 46.22; 1 Lady: V. Brindle, Clay, 46.43; 2 Lady: R. Jones Aire, 49.26; 3 Lady: V. Thornton, Kend, 51.40.

**SHEPHERD'S SKYLINE England**  
**N/7m 8 November 1986**

- 1: P. McWade, Clay, 40.45  
 2: G. Kerr, Clay, 40.59  
 3: R. Ashworth, Ross, 41.09  
 4: G Schofield, B'burn, 41.26; 5: J Eaton, Ross, 42.37; 6: D. Woodhead, Horw, 43.02; 1 Lady: C. Haigh, Holm, 46.06; 1 Vet 40: P. Blagborough, Sudd, 46.13; 2 Vet 40: P. Kelly, Ross, 46.17; 3 Vet 40: N. Berry, Holm, 46.28; 1 Vet 50: G. Spink, Bing, 47.45.

**BOX HILL England**  
**BM/7½m/1,800ft 8 Nov. 1986**

- 1: G 'Chopper' Kirkbright 54.09  
 2: G. Taylor, C&B (1 V) 54.38  
 3: M. Bell, GEC 55.20  
 1 Lady: K. Sharpe, SLOC, 70.00.

**TINTO Scotland**  
**AS/4½m/1,500ft 8 Nov. 1986**

The 103 starters in this, the final SHRA race of the year, had to contend with horizontal rain, strong winds, hail and snow and ice at the summit. Nevertheless, all returned safely to sample the prize-giving, booze-up and SHRA AGM.

- 1: A. Curtis, Liv, 34.10  
 2: J. Stevenson, Irv, 34.29  
 3: R. Hope, Carn, 34.33  
 4: D. McGonigle, Dund, 34.37; 5: I. Davidson, Ed.Un, 34.50; 6: D. Bell, Help, 34.50; 1 Vet: J. Shields, Cly, 36.18; 2 Vet: R. Shields, Loch, 37.13; 1 Lady: A. Curtis, Liv, 42.57; 2 Lady: C. Menhennet, Bell, 44.10.

**Rumour has it . . .**  
 Colin Donnelly is hoping to organise an annual 'night event' in August. First prize: one week's solitary.

**COPELAND CHASE** England  
O/12m/3,000ft 9 Nov. 1986  
Torrential rain and gale-force winds made this year's Chase a test of endurance as well as route finding. Congratulations to all who got round the courses and returned in remarkably fine shape - St. John's Ambulance didn't have one casualty to attend to. However, we did have to rescue one lady, who developed a groin injury and had to be carried off the fell from checkpoint 5.

This year's course was a bit trickier than usual, in that accurate orienteering was required to locate the sheepfold (No 4) which merges so well with the terrain that you have to be on top of it before realising it is there. Several people reported losing time here, including the eventual winners.

The payment of expenses was an innovation which saved us a lot of work. However, it will be interesting to get the reactions of those who were affected - the usual prize-winners!

Danny Hughes

**Long Course:**

- 1: D. Ratcliffe, Ross. 2.08.44
- 2: J. Broxap, Kes. 2.09.08
- 3: P. Haines, Man. 2.09.38
- 1 Vet: S. Murray, Horw. 2.35.36;
- 1 Lady: S. Lewsley, Bord, 2.45.44.

**Short Course:**

- 1. B. Jackson, SROC 1.44.00;
- 2: H. Blenkinsop, Keswick 1.52.17;
- 1 Lady: R. Jones, Aire, 2.03.17.

**ROMBALDS MOOR** England  
BS/5m/800ft 16 Nov. 1986

- 1: G. Devine, P&B 31.42
- 2: G. Kerr, Clay. 31.47
- 3: P. McWade, Clay. 32.00
- 4: I. Barnes, Bing, 32.05; 5: C. Valentine, Kes, 32.22; 6: G. Schofield, B'burn, 32.30; 7: J. Maitland, P&B, 32.36; 8: I. Ferguson, Bing, 32.38; 9: I. Dermott, Horw, 32.39; 10: D. Woodhead, Horw, 32.51; 1 Vet 40: D Spedding, Kes, 34.19; 1 Vet 50: G. Spink, Bing, 36.45; 1 Lady: C. Haigh, Holm, 35.40; 1 Jnr: G. Hall, Holm, 14.49.

**PENMAENMAWR** Wales  
BM/12m/1,415ft 22 Nov. 1986

Over 260 runners set off from the Fairy Glen Hotel in dry, but extremely windy conditions. The steep, narrow 'donkey path' just after the start of the race, provided the usual opportunity for competitors with sharp elbows to gain a few places.

It is worth mentioning that pressure by the NFU and National Park Authority may result in some route changes next year in the vicinity of the Old Church. I hope this is not the thin end of a wedge and is a situation that all fellrunners should be aware of and watch with interest.

A.B. Clarke

- 1: E. Roberts, Eryri 1.14.13
- 2: C. Donnelly, Eryri 1.14.15
- 3: D. Davies, Eryri (1 V) 1.16.58
- 4: O. Mullarkey, FUAC, 1.18.06; 5: H. Parry, Eryri, (2 Vet) 1.18.10; 6: A. Hulme, Penn, 1.18.47; 1 Vet 50: J. Dearden, Frod, 1.28.10; 1 Lady: A. Donnelly, Eryri, 1.29.18.

**WALSH WINTER HILL CLASSIC**  
AM/11m/2,650ft 30 Nov. 1986

The race is now being sponsored by Norman Walsh which is something of a coup for Horwich. Over 500 pre-entries were received and of these it proved necessary to turn over 100 people away. In the race itself, Dave Cartridge again showed that he is in a separate class by leaving a good quality field to battle it out for second place.

John Nixon

- 1: D. Cartridge, Bolt. 1.24.54
- 2: R. Owen, Horw. 1.26.22
- 3: G. Devine, P&B 1.26.28
- 4: R. Pilbeam, Kes, 1.26.30; 5: M. Patterson, DPFR, 1.26.30; 6: P. McWade, Clay, (1 Vet 40) 1.29.08; 7: G. Kerr, Clay, 1.29.20; 8: G. Schofield, B'burn, 1.29.26; 9: E. Roberts, Eryri, 1.32.53; 2 Vet 40: D. Kearns, Bolt, 1.34.19; 3 Vet 40: D. Kay, Bolt, 1.34.47; 1 Vet 50: J. West, ACS, 1.54.35; 2 Vet 50: G. Scott, Cockm'th, 1.55.56; 1 Vet 60: J. Niblett, Horw, 2.41.00; 1 Lady: V. Brindle, Clay, 1.57.05; 1 U/17: S. Thompson, Clay, 39.41 (rec); 2 U/17: N. McCallum, Clay, 44.15; 1 U/15: P. McAndrew, Chor, 16.46; 1 U/14: C. Gaunt, Imp, 18.28; 1 U/13: N. Matthews, Horw, 17.50; 1 U/12: P. Taylor, Chor, 18.31.

**CALDERDALE WAY RELAY** Eng  
50m/5,000ft 7 December 1986

- 1: Rossendale 'A' (rec.) 5.38.13
- 2: Bingley 'A' 5.42.27
- 3: Pudsey & Bramley 'A' 5.44.39
- 4: Rochdale 'A', 5.50.48; 5: Holmfirth 'A', 5.52.18; 6: Telford, 5.53.04.

**WHINBERRY NAZE DASH** Eng  
BS/4½m/750ft 26 Dec. 1986

- 1: R. Owen, Horw. 24.57
- 2: R. Ashworth, Ross. 24.59
- 3: G. Schofield, B'burn 25.17
- 4: M. Aspinall, Ross, 25.30; 5: T. Parr, Notts 25.41; 6: I. Dermott, Horw, 25.51; 1 Lady: V. Brindle, Clay, 32.41; 1 Vet 40: P. McWade, Clay, 26.05; 1 Vet 45: J. Dean, Holm, 29.13; 1 Vet 50: P. Duffy, Aberd, 31.09.

**GUISBOROUGH WOODS** Eng  
CS/6m/1,000ft 27 Dec. 1986

- 1: J. Williams, Mand. (1 V) 37.23
- 2: G. Webb, Cald.V. 37.45
- 3: D. Littlewood, Crook (2V) 37.47
- 4: P. Connor, Mand, 38.18; 5: K. Brown, Mand, 39.57; 1 Jnr: P. Lowe, Mand, 40.21; 1 Lady: G. Hale, Newt.A, 45.51.

**WANSFELL** England  
AS/3m/1,250ft 27 Dec. 1986

- 1: D. Lee, CFR 19.44
- 2: M. Patterson, DPFR 20.09
- 3: G. Read, Roch. 20.17
- 4=: H. Jarrett, CFR, 20.20; 4=: A. Smith, CFR, 20.20; 6=: W. Bland, Kes, 20.30; 6=: J. Broxap, Kes, 20.30; 1 Vet 40: D. Spedding, Kes, 20.59; 2 Vet 40: J. Nuttall, Clay, 21.16; 1 Vet 50: G. Scott, Cockm'th, 24.34; 1 Lady: S. Lewsley, Bord, 30.06.

**GREENMANTLE DASH** Scot.  
AS/2m/600ft 2 January 1987

- 1: J. Maitland, P&B 17.11
- 2: D. Lee, CFR 17.44
- 3: G. Kerr, Clay. 17.46
- 4: R. Hope, Carn, 17.49; 5: C. Valentine, Kes, N/K; 6: A. Curtis, Liv, 18.30; 1 Vet: J. Hutchison, Peeb, 19.40; 2 Vet: R. Shields, Loch, 19.44; 3 Vet: A. Stapeley, Fife, 20.13; 1 Lady: P. Rother, Ed.Ac, 20.24; 2 Lady: P. Hawkin, Ed.Ac, 22.05; 3 Lady: A. Curtis, Liv, N/K.

**BENSON KNOTT** England  
BS/5m/900ft 1 February 1987

- 1: G. Kerr, Clay. 35.28
- 2: H. Symonds, Kend. 36.16
- 3: G. Schofield, B'burn. 36.29

**CARNETHY** Scotland  
AM/6m/2,500ft 14 Feb. 1987

- 1: M. Patterson D.P.F.R.
- 2: H. Symonds Kendal
- 3: R. Pilbeam Keswick

**CHEW VALLEY** England  
AL/13m/2,000ft 1 March 1987

- 1: M. Patterson D.P.F.R.
- 2: R. Ashworth Rossendale
- 3: W. Bland Keswick

**New Fell Running Club:**

Calder Valley Fell Runners are a newly established club based at Mytholmroyd near Halifax with an expected catchment area of Upper Calderdale (i.e. between Halifax and the Lancashire border). Their first promotion is the Calder Valley Fell Race which is a 13 mile, 3,300 foot traverse across the Calder Valley and back between the Withins Hotel and Stoodley Pike. Further details of the race and club may be obtained from John Riley (0422 882855).

**History made:**

No prizes were awarded at this year's Copeland Chase. Although £80 was given away to the race winners, this took the form of out of pocket travelling expenses and not cash prizes and thus remained under AAA's laws. Daft, aint it? Let us hope this isn't the start of races competing to see who can award the most cash (oops, sorry, I mean travelling expenses) because presumably you know who will have to pay through higher entry fees.

**Your starter for 10:**

Paul Sewter poses the question: "Who was seen kissing a fellow competitor at a recent fell race and wishing good luck before the start?"

The permutations could be endless, but I'll refrain from further conjecture in case of libel action, but please let us know, Paul.



Pete McWade, Graham Schofield (5) and Ian Barnes at Rombalds Moor (Photo: P. Hartley)

## SAFETY AND NAVIGATION COURSE, 1986

by Peter Knott

Our assorted collection of some 30 pupils and instructors took over the Elterwater Youth Hostel for the weekend of 20th/21st September for the 5th Annual Course.

The superb weather on the Saturday, together with more instructors than in some previous years, enabled a highly productive day's navigation instruction and a visit to 3 Shires race finish. Both the Silver Howe and Lingmoor events were used, the latter using 1:10,000 and 1:40,000 maps, one result of which saw the course organiser return to the Youth Hostel with only half his group!

Sunday morning was devoted to talks ranging from equipment through long 'O' style races to a session on training from Jack Maitland, whilst the Silver Howe Chase course was being prepared for the big test in the afternoon.

This year, it was Jack who set the standard, with a 1 hour 20 minutes 30 seconds checking round the 10 km, 9 control point course. The standard of performance from the course pupils was very high, with 10 men and 2 ladies completing the course with valid control cards and a further 4 men and 1 lady only incurring a technical infringement at control F by punching the Charnley Way control instead of the correct punch at the same location!

Thanks to all who helped to make the course successful and enjoyable once again. In particular, Ken Ledward's relaxed and confident handling put everyone in the right frame of mind and Alan Grant, the Youth Hostel warden, who made our stay a pleasant one.

Despite talk of moving to a new venue in the future, it looks as though we will be back at Elterwater again next year. The combination of easy access, variety of terrain and suitability of accommodation is hard to beat.

### SILVER HOWE CHASE

Men			
N.S.	Jack Maitland	Pudsey & Bramley	1.20.30
1:	Jon Straker	Hallamshire	1.48.55
2:	Victor Tudor	Rossendale	1.50.42
3:	Paul Mitchell	Bingley	2.03.17
4:	Kevin Walker	Rowntrees	2.03.50
5:	Neil Hindle	Altrincham	2.09.25
Junior			
	John Taylor	Holmfirth (wrong punch at F)	1.52.55
Veteran			
	Tony Castledine	Leigh	2.42.34
Ladies			
1:	Alison Wright		2.48.13
2:	Aileen Mason	Buxton	2.56.51
3:	Liz Ashforth		3.06.01
Veteran			
	Monica Shone	FSRCC (wrong punch at F)	3.00.41

### An alternative view:

## INTERNATIONAL MATCHES, WORLD CUPS, TEAM SELECTION AND SO ON

by Will McLewin

We are told that international races for a few invited/chosen athletes and English etc. teams abroad, and world cup fell running events and all that, is an inevitable development. Certainly, the most gifted fell runners and some of the people who generously give their time and energy to administer fell running for us all (for us all?) seem very keen to get involved in this aspect, and this is natural enough. Equally, certainly many 'ordinary' FRA members are indifferent or positively antipathetic to this aspect and many fear that the idea of races for elite runners only, and all the sponsorship and financial 'considerations' involved, will have adverse effects. There is no doubt that for many FRA members, these developments are unwelcome.

So, do we have growing disenchantment and a management committee seen as merely looking after the interests of an elite few or do we adopt an approach that could receive wider support and that everyone could feel involved in?

A compromise approach is possible. I suggest that when national representative teams are selected for international events between one half and one third of the team is chosen at random from the FRA membership.

(Other countries' associations can be encouraged by this example to take the same enlightened approach).

Below is a tear-off voting slip, so that you can make your view(s) on this idea known to the Committee.

There are no substantial practical problems to this proposal. A modest qualification requirement might be appropriate: some people whose names come out of the hat might be unable to take part or not wish to take part: no problem, pick some more.

## MOUNTAIN RACE - RHOSGADFAN

by Peter Travis

A searing heat, figures shimmer through the pressing weight.  
Runners, a barrier across the village street  
flagged and thronged with garrulous folk;  
well-wishers, the inquisitive, the experts.  
The pungent smell of embrocation in the nostrils.  
The growing fretfulness of keyed-up minds.  
An arm is raised and the discordant chatter  
dies as though the gun becomes their threat.

A pounding symphony along the metalled road.  
Beddgelert's brothers hit the front,  
become the leaders of the pack.  
Over field and dark-heathered hill  
the line begins to stretch,  
a twisting serpent, a skin of many colours.

Mountain summit marks the halfway point,  
a battle of just three combatants.  
The surge, the kick, the bursting lungs,  
they speed the road, past lonely cemetery  
where lies the boy in whose name  
this race is being fought.  
The village looms above the final hill,  
and then the break is made.  
A gasp, a grinding thrust of powerful limbs,  
and still the struggle has not ceased.  
The final sprint, a deafening roar,  
and winner hurls himself to victory.

The spirit of past runs has borne  
the runners through oppressive heat,  
a proud memorial for one who loved the hills  
and made the challenge his victory.

We ran, and shall run again,  
long-lived shall be this race  
to bear the memory of such courage.

Whatever the aims of such events concerning the 'best' runners are supposed to be they are still met, and I dimly recall an idea about the taking part not the winning being the important thing. What happens in, and comparisons with, other sports is irrelevant - this is about British fell running.

Another solution would be to decide that all international races were open races - i.e. open to all. Well, that could happen in addition, it does not have to be an alternative, but enormous numbers of entries would probably result in a restricted entry anyway.

Suppose it was the case that in so-called world cup events, as well as the (same, few) elite runners being taken to the venues and receiving the hospitality and so on, there were also runners representative of all the national associations' members, treated in the same way, receiving the same hospitality etc. not running as fast, but trying just as hard. Would that not be a good thing?

Two last points. Don't just vote hastily one way or the other - think it through; but whether you support the idea or not **do** vote - help your committee to run the FRA by letting them know your views.

Please complete and return to: W. McLewin, 42 Bunkers Hill, Romiley, Stockport SK6 3DS by 1st May, 1987.

I am: in favour of            not in favour of            don't care about  
the basic principle outlined above for representative team selection.

\* Please tick the option preferred.

Signed ..... FRA Number .....

Name (printed) .....



# THE HIGHEST MARATHON IN THE WORLD NEPAL 1987

After a 14 day trek to Gorak Shep, just below Everest Base Camp, and 3 days high altitude training, the race will be run from **Gorak Shep to Namche Bazaar**, the capital of the Sherpa region.

Entry limited to 50  
plus one partner per entry.

**28 day package, London to London  
November 7 to December 4, 1987**  
£1,200

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## ICL Athletic Club present the Sixth Annual **MOW COP KILLER MILE**

The original measured mile uphill road race. 550ft. climb. As usual, races for all ages and sexes, plenty of good prizes.  
**Wednesday, 29th April, at 7.00p.m. onwards.**

*Under AAA Laws.*

Entries by 22nd April to John Britton, 6 Field Way, Alsager, Stoke-on-Trent. Tel: Alsager 77217. Also entries on the day. Still only 50p per entry plus 50p per address for numbers and results.

Course Record: 6.31, Jack Maitland, 1985.

Prize to value of £150 still waiting for the first person under 6.30.



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

In Navy and Grey, and bearing the new FRA logo, they are available with short or long sleeves and sizes. Small 32/34, Medium 34/36 and Large 36/38.

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

Prices: Short-Sleeved, Small, Medium and Large - £3.95. Long Sleeved, Small, Medium and Large - £5.95. (When ordering by post please add 45p for p.&p.)



**PETE BLAND SPORTS**

34a Kirkland, Kendal, Cumbria.

Tel: 0539 31012 or 0539 81688 (after 6p.m.)

# Manx Mountain Marathon

**Saturday, April 18, 1987**

(Under FRA Rules)

Sponsored by:

**MANN-LINK**

(Travel & Overseas Properties)

*Sponsors prizes and holiday concessions  
to be announced*

**Marathon Secretary:**

Arthur C. Jones,  
97 Silverburn Crescent,  
Ballasalla,  
Isle of Man.

**Please Note the Change of Day**

**Manx Dates for Your Diary:**

Ellan Vannin F.R. - May 3rd.

Bradda F.R. - July 5th

Barrule F.R. (Ramsey Gala) - August 11th

Laxey Horseshoe - August 30th



## 9th ANNUAL CALDERDALE HIKE

**Saturday, April 25th, 1987.**

27 Mile or 36 Mile routes

Runner start 10 a.m., 4,000ft. climb over some tough terrain in the South Pennines

**Details from:**

Mrs O. Schofield  
17, Hollins Bank, Sowerby Bridge,  
West Yorkshire.

## Classified Advertisements

**Rates:** £1.00 for first twenty words, then 10p per word thereafter. All payments must be made in advance.

**Editor:** It is hoped that the response from members will justify the creation of this column. So why not get rid of those spare shoes, fill that seat in the car to races or advertise your B&B availability etc.?

**Diet Analysis Programme:** Your food intake analysed for Energy Content, Vitamins, Minerals. Results compared with recommended values. Cost of Service, £5.45. Write for details to: Health and Fitness Screening Service, 1 Morningside Gardens, Edinburgh EH10 5LA.

**Wanted:** More articles, photographs, anecdotes, etc., to enable next magazine to 'hit the streets' in May. Send all copy to the Editor at the address at the front of the magazine.

# COMPETITION RESULTS



(Photo: P. Hartley)

**Winner:**  
Tony Eckersley, of Oldham  
"Search me, I've read the Karma Sutra twice and there's no mention of the Calderdale Way".

**Runner Up:**  
Adrian Porter, of Norwich  
"He said, it stands for 'English Pigeon-toed Orienteering Club', although he's getting better now".

**Some others:**  
"He claims that it is his team's baton that he's holding".  
"Every Pigging Orienteering Club is taking up fell running these days".

"I say stick it to him".  
"Yes, I know you think it's more important to keep your legs warm, but my fans would never forgive me if I covered up my famous knobby knees".  
"Ee' it were a real bargain - he said if he could have my tights I could have these 5 magic beans".  
"He couldn't get over the stile, so I nipped his bum".  
"I like your hair, Linda, who did it?"  
"... finally beating in the whites of two eggs. Then just when she was telling me the oven setting, she goes and runs clean off Copley Crag".  
"Shall I stick this needle up his bum?"

"Tell me, Linda, why are all those fellas turning their backs on two good looking girls like us? ... Because they're ashamed of being so weedy. Perhaps we should have joined one of those body building clubs".

"He says he's a member of European Pissartists Organising Committee, fell runners' section".  
"I have to run like this, or my shorts fall down".  
"Madame Tussauds displays wax work dummy of Linda Lord. Vanessa says: 'It's so lifelike I had to test it with a pin'".  
"I know the sponsors said that 'snug fit' black tights must be worn, but I've got a Contract with 'Muddy Legs' Bath Soap Co. Can you remember how Daley resolved this problem?"  
"Next time he elbows you at the finish, stick this pin in his bum".  
"Well, this one is definitely short and curly".  
"So then I said ... "Then he said ... "Well, I had to then ... "As bad as that ... "I wouldn't quite ... "Then she said ... "Well, wouldn't you have ... "He never did ... "What again ... "So what did you ... "So then I said ... "Then he said ...".

# COMPETITION



(Photo: The Kebab Kids, Sean Sunter (the one with the risqué T-shirt) and Brent Brindle (Photo: E. Woodhead)

**Entries to:** John Reade, 22 Skene Street, Strathmiglo, Fife, Scotland, by 1st May, 1987.

Name: .....

Address: .....

Comments: .....

## RUMOUR HAS IT

... that a Contract is out for the manufacture of 'cardboard' rocks to give foreigners an authentic look and less dangerous 'feel' of real fell running when we host the 1988 World Cup.

... that Eileen Woodhead has photographic evidence that Graham Kirkbright now possesses the biggest chopper on the fells - Eat your heart out, Errol!

... that Bentham Gala is not a real fell race, but it fulfills two basic requirements:  
(i) you get your feet wet on the way out, and  
(ii) covered in cow muck on the way back.

... that CFRA are organising a night fell race this Autumn. Entry will be restricted to those who ran at Coniston and battery lamps will be banned. Runners will be expected to provide their own glow. 1st prize will be a geiger counter.

... that certain Scottish professional hill races - e.g. Strathandrick near Foyers and Glenfinnan, were won by members of a well-known amateur athletic club in N.W. Scotland.

... that 'Booze 'n' Trouble' (the underground Scottish Hill Running Mag.) is lifting material from the Fell Runner ... so ...

**DID YE KEN:**  
"When JBF was on holiday in Switzerland, his home did better business than the Edinburgh Hilton;

**Jock Matelamb prefers doing it Down Under;**  
Scottish race organisers are reported to be chuckling to themselves over the current lack of awareness of their events among their hill running brethren down south. One representative was quoted as saying that if he had 500 undesirables turn up for his race then his sheep would have nothing to eat for the rest of the year.

The FRA committee has been infiltrated by power crazed, money grabbing, half assed AAA officials." (Now, who could they possibly mean?).

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