

THE FELL RUNNER September 1988



76

REASONS WHY PB's ARE THE BEST

Lonscale Fell
Skiddaw Little Man
Skiddaw
Little Calva
Great Calva
Great Sca Fell
Knott
Coombe
Bowscale Fell
Bannerdale Crag
Blencathra
Clough Head
Great Dodd
Watson Dodd
Stybarrow Dodd
Raise
Whiteside
Helvellyn Low Man
Helvellyn

Nethermost Pike
Dollywaggon Pike
Fairfield
Hart Crag
Greatrigg Man
Seat Sandal
Steel Fell
Calf Crag
Sergeant Man
High Raise
Thunacar Knott
Pavey Ark
Harrison Stickle
Pike O'Stickle
Loft Crag
Pike O'Blisco
Cold Pike
Red Howe
Crinkle Crag

Shelter Crag
Bowfell
Rosset Pike
Allen Crag
Esk Pike
Great End
Ill Crag
Broad Crag
Scafell Pike
Scafell
Lingmell
Yewbarrow
Red Pike
Steeple
Scoat Fell
Pillar
Kirk Fell
Great Gable
Green Gable

Base Brown
Brandreth
Grey Knotts
Dalehead
Hindscarth
Robinson
Ard Crag
Scar Crag
Causey Pike
Sail
Crag Hill
Wandope
Whiteless Pike
Grasmoor
Sand Hill
Hobcarton Pike
Ladyside Pike
Whiteside
Grisedale Pike



Mark McDermott on his way to breaking Jos Naylor's 72 Lakeland Peaks Record set in 1975. Mark wore PB Trainers for the record breaking run of approximately 108 miles with 39,000ft of Ascent.

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Front Cover: E Rennie (Longwood) climbing Pen-Y-Ghent in the Three Peaks Race
 — Photo by Peter Hartley
 Back Cover: Helen Diamantides and Martin Stone near Helvellyn Day 1 Saunders
 — Photo by Robert Howard

EDITORIAL

The New Magazine

This is the first magazine printed for us by Airey & Stephenson and we have changed printer to take advantage of a very competitive offer after Airey & Stephenson printed the World Cup programme. We wish to thank Denis Bland for all his efforts in the past both in helping to put the magazine together as well as printing it with Badger Press. You may not all know about Denis helping us to find the 3rd Super Veteran in the results sheet of distant races. We hope that with Airey & Stephenson's ability to turn round the magazine quickly we will be in a better position to produce more magazines per year if required. However, it makes everyone's job easier if copy is either clearly handwritten or typed.

Some thoughts on the Numbers Game

It is good to see that the FRA has now made an agreement with the National Trust in the Lake District to limit numbers with the FRA acting as the controlling body. Also it is encouraging that runners realise that they are not all capable of winning championships and some discover the merits of other races rather than all queueing in their hundreds on championship courses. Quality rather than quantity is the mark of a championship event now. The sport needs to continue to develop gradually in areas outside the most popular ones, such as the Lake District, and alternatives are needed to popular races.

The accepted policy of low publicity which the FRA prefers is constantly challenged by the running press's desire to use our calendar, write articles about our events and the possible impact of events such as the World Cup. A constant watchful eye on how matters are handled is preferable to closing ourselves off. The SHRA's policy of handing out calendars freely at outdoor shops does definitely, to my mind, contravene the accepted code of practice as it has for the last five years.

There may be some areas which are best left untouched by fell races or mountain marathons. In Scotland there are a few wilderness areas, 279 Munros (mountains over 3,000 ft) and 230 Corbetts (hills of heights between 2,500 and 3,000 ft). Having just completed climbing the Munros and now diligently Corbetting when not racing, I do not really want my spirit of exploration spoilt by the course of mountain marathons crossing my path or, sometimes, other walkers! Along with other friends I have my doubts about the Scottish Mountaineering Club publishing guides on how to climb Munros and Corbetts. I may not be noted for my navigation in fell races but I believe that 2nd series 1:50000 maps are sufficient to find the best routes up and down mountains.

These principles of exploration may extend to individual races and it seems more exciting to find one's own best route round a long race route rather than reading the Good Race Guide. I look back with nostalgia finding routes around the Borowdale and Ennerdale Horseshoe.

So I hope the low profile continuous development model continue to be used to produce races on the hills near the runner's habitation but not in wilderness areas, and the pub rather than the guide book is where you find out about the best routes.

Letters and Articles for Next Issue — deadline October 31st

John Blair Fish, Five The Screes, 28 Howdenhall Crescent,
 Edinburgh EH16 6UR (031 664 8425)

Results and Race Reports to:

David Weatherhead, 47 Clarendon Road, Eldwick,
 Bingley BD16 3DL (0276 567589)

Advertising Copy to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston,
 Lancashire PR1 1NN (0772 562395)



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LETTERS

No Blasphemy

Dear John,

So what is all this blasphemy hang-up, and why is it being inflicted on all of us? I thought it was a joke the first time, now I am not so sure or, at least, it seems to be a different joke.

To save misunderstanding please explain for everyone's benefit:

- 1 What do you regard as blasphemous? Please give some examples which are nearly but not quite blasphemous so that we can all be clear about the limits of acceptable communication with you.
- 2 Is indirect blasphemy allowed? What is the standing of the previous caption competition photo and your selection as the winning entry, one which only made sense if the significance of the cross was taken into account.
- 3 Was this part of your brief and made clear before you took over?
- 4 Is it blasphemous if I propose that at the next so-called World Cup Fell Races the British teams' vests bear the logo 'No blasphemy please, we're British'.

Apparently blasphemy causes you pain and anguish — hard luck! We all have our crosses to bear (whoops). You could quietly ignore it, or modify offending phrases. By your repeated pleas for 'no blasphemy' you cause offence as much as you prevent it, and give the impression of indulging in the delights of crying scandal.

Yours sincerely
WILL McLEWIN
STOCKPORT

Ed: *I am not prepared to publish anything that causes offence to me or which may cause offence to others on account of belief. If you are not happy with my editorial policy you have a democratic right to find and elect another editor. The judgement and decision on what may cause offence is, I'm afraid, somewhat subjective. This reminds me of when as an aspiring research student, recently after arriving in Edinburgh, I was asked in a very local local "What do you think of the lassies?" and I replied "It is impossible to generalise". I cannot generalise on this but warn competition contest contenders that I will ignore submissions which may be offensive to myself and others.*

I should point out that it was the previous editor who chose the Cross on Whittle Hill and the 'No Blasphemy' below the Billy McKay photograph is a printer's error.

Carrauntoohil Record

Dear John,

On 5th June John Lenihan set a new record of 71.43 for the 8½ mile run over the Caher Ridge Route, an ascent of 3,960ft, passing over the summit of Carrauntoohil. I think this record will be difficult to beat by any one but I invite anyone interested in running this race or others in Southern Ireland to contact me.

Yours sincerely
DOUGLAS BARRY
26 Sidmonton Court
BRAY, County Wicklow
Tel. Dublin 8618180

Environmentally conscious, political Fell Runners

Dear John,

Peter Barlow (letters, *Fell Runner*, May '88) makes a rather tendentious claim to be the representative of all fell runners except Ian Leighton and D J Shepherd when he states 'We fell runners are not concerned what they think about BNFL and South Africa or Nato'. I suggest Peter drops his 'role image' (whatever that is) as spokesman of the fell running masses as my experience indicates that people who are interested in fell running are concerned with the world outside the sport.

Because of its nature and its intimate connection with areas of wild country, fell running tends to attract people who are interested in the environment, hence the relevance of discussing BNFL sponsorship. As regards the references to South Africa and Nato which Peter objected to so much; no sport is unaffected by politics and to ignore it would be to emulate the well known habit of the ostrich — and I don't mean its ability to run very fast.

I feel Peter should give fell runners more credit for being interested in more things than race times, records and committees. If people want to read a magazine which strictly adheres to a narrow field and dissects the fine details of results, committee decisions and race fixtures and which deliberately ignores everything else, then they should realise that they are probably incredibly boring and should stick to reading *Train Spotter's Weekly* or *Navel Contemplator's Gazette* instead.

Yours eclectically
COLIN WELLS, SHEFFIELD

Dear John,

So Peter Barlow writes in to *The Fell Runner* (last issue) and complains that 'we fell runners are not concerned with what (other runners) think about BNFL and South Africa.... You're wrong, Peter. I for one am concerned. I don't want a sporting little ghetto of stifled opinion and blinkered discussion. I want a sport that does care about the world around it. I want responsible thought given to sponsorship, land use, land access, use of funds etc etc — all of which are as important on a larger scale (eg BNFL's paradoxical yearning to sponsor a healthy, open-air sport to mask their unhealthy, downright dangerous, cancer-cluster reality) as they are on a smaller scale within fell running (eg who's on the committee, how much editorial freedom is there in the magazine etc).

I don't want to live a life where my chosen leisure activities are at odds — morally or politically — with my activities in the rest of my life. Would Peter Barlow still be urging us to 'keep politics out of sport' if the army decided to restrict his access to his favourite fell? If NHS treatment for sporting injuries was no longer available through cuts and withdrawal of grants etc?

BOFF, LEEDS

Keeping Fell Running out of Politics

Dear John,

I would like to comment with regard to your editorial reference to politics and Peter Barlow's letter on the same subject. I definitely support Peter's view here. *The Fell Runner* only comes out twice a year (three times in future?) and I feel strongly that its contents should be devoted to fell running. A car sticker I've seen says it all for me: 'Keep politics out of Sport'.

Yours sincerely
BILL SMITH

Ed: *If the FRA is the governing body of the sport and politics is 'the science and art of government', the FRA is involved in the politics of sport and there are also decisions made elsewhere, as I suggested in my editorial, which influence our governing the sport.*

Keswick AC comments — BNFL and the World Cup

Dear John,

Keswick AC are pleased to be associated with the World Cup Mountain Races to be held in England and hope the venture is a success. However, our committee must point out that they disassociate themselves from any involvement with BNFL in the sport of fell running and regret the use of such a controversial sponsor in this World Cup event without approval of the FRA membership.

Yours etc
CHRIS KNOX
For Keswick AC Committee

RUNNING replies on the Numbers Game

Dear John,

The worry of fell runners about erosion of trails and subsequent withdrawal of permission to use a site for a race has been noted in *RUNNING Magazine* and we have no desire to exacerbate the situation. Fell race organisers such as Hugh Sheriff (*Fell Runner*, page 3, May issue) worried about an invasion of road runners into their events need only take a tip from road race organisers — set a limit on the number of accepted entries, and put aside a number of places for your regulars.

Surely it's better for the FRA to be in control of runners looking for somewhere pleasant to race rather than ignoring them. The latter policy is more likely to result in trail erosion as runners take to the hills not knowing that the land would benefit from a rest.

National Trust land is there for us all. Better to manage it effectively than bury your head in the detritus.

Yours sincerely
DAVE CALDERWOOD
Editor *RUNNING Magazine*

Ed: *The FRA now has an agreement with the National Trust on limiting numbers in Lakeland races.*

Counter-Espionage Operations in the FRA

Dear John,

The truth can now be revealed about how a graduate of Trinity College, Cambridge, became embroiled in a sinister campaign of disinformation involving some rather sordid publications. It was when the date of the Roaches Race was changed that the Sub-Committee for the Protection of Orthodox Fell Running (SPOOF) saw its opportunity and sprang into action. (SPOOF is a rather shady organisation, the existence of which is always vigorously denied by officials of the FRA. However...) SPOOF's plan involved the controlled leaking of certain erroneous information to certain gullible publishers of certain unmentionable journals. The plan was an outstanding success: no one from that motley assortment of 26,000 road runners, fun runners and joggers who invaded the little village of Meerbrook on 26th January 1988 is ever likely to turn up at a fell race again.

The utmost secrecy was required during the execution of this plan: not even the organiser of the Roaches Race could be told what was happening. Indeed, when this organiser wrote to *The Fell Runner* magazine to complain about threatening phone calls, it was deemed necessary to mis-spell his name. This was to protect secrecy and also to protect the organiser himself: the mood was ugly among the disappointed hordes at Meerbrook on 26th January. Even now, Hugh Shirlcliffe walks the streets of Cambridge in constant fear, knowing that at any moment he might be bored to death by someone with flat-soled shoes and shin splints jogging out of a crowd of foreign tourists.

CANTAB

Where was I?

Dear John,

Another good race, thoroughly enjoyed by all, even the weather smiled on us.

But what of the results? Where was I? Not a mention — no name, no number, no time. I was there, honestly — Ray Poulter, Vet 40, U/A, St No. 304, finished in 53.17, pos 61/196.

My wife saw me run, so did 195 other runners, but not the finish marshalls apparently.

Now you may well ask 'What is he carping about?' Well, it's not the first time it happened to me, in fact it's the fourth time in a couple of years. When you are a no-hoper, also-ran, like myself the only time you are going to see your name in print is on the results list. It comes as a traumatic shock weeks later, when scanning the postal results sheet, to realise that one has evaporated, become a non-person!

Oh, I know it's having completed that is important but just for once, please, I want someone to recognise that fact.

Should I in future run under a two-syllable pseudonym or even win a race!

Yours sincerely
RAY POULTER (I think!)
ROSSENDALE

PS — Seriously though, I know that all marshalls do a great job, often under appalling conditions — my apologies to them. (I deliberately have not named the race.)

A letter from Lord Nayclot of Tockholes

Dear Blair-Fish,

Now I know it's none of my business and, though a somewhat confidential matter, you may wish to give it some airing in your glossy little publication. It concerns the rather doubtful business savvy of that admin ghillie of yours who looks after the advertising.

Well anyway, some of the locals round here who do a spot of running around and disturbing gamebirds tell me that they went to a recent race this Stone Johnny was organising and they couldn't make sense of what he was up to. Evidently he was charging them 80p a go and then giving them all pie and peas or a free pint of beer in the local hostelry. What's more he then started giving out prizes of whisky and cans of beer as if the stuff was about to go out of fashion, and this after he had managed to pay for the services of the Barrie Walmsley Charm School for the entire evening.

The locals say that you Scots know a thing or two about keeping these things out of the red. It seems that the only time they ever go to Scotland they get charged £5 each — and that's just to run up and down one hill.

One can only conjecture as to what is going on. When did your auditors last look at the advertising accounts? Could he be getting undercover sponsorship from one of these nuclear outfits? Perhaps the GTI will have to be sold? And I do hear that every one of these yuppie chappies between here and the biggest firm of stockbrokers in Oswaltwistle are casting envious eyes upon it.

Can this really be the sport of gentlemen I ask myself?

Yours on the grouse moor
NAYCLOT
LANCASTRIA

Safety on the Fells

Dear John,

As the responsible organ for our sport I think that it is the duty of *The Fell Runner* to bring to its members' attention the attached article taken from *'Health and Safety at Work'*, June 1988. This refers to the possible health risks associated with bracken.

This definitely calls for a committee, complete with sub-committee, to investigate this problem. Perhaps even the appointment of a full time Fell Racing Safety Officer, salary in the order of £20,000 (please take this as an application!).

In future all fell race organisers will have to plan routes avoiding all bracken or have the necessary safety equipment made available.

The Safety Officer could run each route prior to the race and make recommendations of the specific safety equipment that must be worn.

The FRA could even consider discussions with BNFL on suitable protective clothing, a 'popular' point with fell runners at this point in time! As well as advice they could perhaps even offer to sponsor special fell race equipment — lead lined shorts and vests.

Actually, some of the gear suggested looks quite kinky and could even be 'very interesting' to wear! 'You too can have fun rolling in the bracken'.

Yours (in)sincerely
PETER F PARKES
CLITHEROE

DHSS experts review link between bracken and cancer

The DHSS Committee on Carcinogenicity is reviewing the evidence on the potential health risks associated with bracken following concern that farming and forestry workers could be exposed to some risk while clearing land (HS April 1988, page 8).

The Committee on Carcinogenicity was to consider bracken at a meeting on May 14. The Health & Safety Executive was awaiting the results of that review before setting out guidance on methods for reducing risk posed to workers, should the Committee decide that some risk exists.

Internal HSE guidance has already been passed to Agricultural Inspectors for use in visits. It says: 'Bracken is known to be toxic and carcinogenic to livestock and carcinogenic to experimental animals.' Cattle eating bracken are known to suffer from bone marrow disease and bladder cancer. Rats fed bracken fern develop multiple cancer, says the document.

It continues: 'Plant extracts have been found to contain known or potential carcinogens such as shikimic acid and quercetin. The active carcinogenic for rats has been identified by Japanese workers as *ptaquiloside*, a *norsequiterpene glucoside*.' The compound is found mainly in the curled tips of young bracken and is not thought to be present in spores or sporangia.

The significance of bracken's toxicity for people who cut or handle bracken 'is not clear' according to the HSE. 'The use of mechanical cutters such as strimmers could generate an aerosol which might contain a carcinogen.' it says.

'The provision of suitable respiratory protection and advice about washing before eating or smoking seems sensible, especially for those cutting bracken regularly'. It adds: 'But the wearing of masks by ramblers walking in bracken would be carrying prudence to the extreme.'

In advance of the Committee's review the HSE advises that people working with bracken should take basic precautions in order to minimise any risk. Workers should:

- wear respirators to BS 2091 or BS 6016 while working with bracken;
- wear protective gloves to stop the juices of the plant coming into contact with the skin; and
- wash hands and face before eating or smoking.

An HSE spokesman said: 'These precautions should be followed by people carrying out mechanical cutting, using strimmers or handheld circular brush cutters. They do not apply to those using scythes or those simply walking in it.'

Mountain Marathon Plodders or Mad Racers

Dear Editor,

Is the FRA going through the Marathon Mania?

The FRA magazine has boring articles on people plodding around mountains or hill ranges, dreaming up obscure events whilst on a wild night on the beer.

Your magazine is called the Fell Runner but after reading it maybe it should be called the Fells Runner.

Let's have articles on short races like Burnsall, Pendle, Gategill, Blackstone Edge etc. Let's have better results and a good article on these shorter races. Or maybe we could have articles on the history of some of these classic events.

I would like to stress I have very strong backing from club members at Pudsey and Bramley.

Yours sincerely
P STEVENSON
BRADFORD

Ed: We have members who are runners and racers but I hope we can include enough results for the purely racing fraternity.

The Numbers Puzzle

Dear John,

Here are some comments on the numbers puzzle, to make use of as you see fit. They are not VERY carefully worded — life is too short. A rigorous mathematical proof seems inappropriate and would not help many readers.

Did you finish in the correct position?

There are two main difficulties with questions concerning probability that overlap in practice. The first is defining the problem precisely. The second is that very few people understand probability, but most think they do. The answer that follows is argued in non-mathematical terms, it may be illuminating, it does arrive at the correct result and it does not say anything that is actually wrong. It skates round some awkward questions and it uses the device of 'equivalent situations' which is extremely hazardous and not to be generally recommended.

We assume the runners are registered in random order and that whatever determines their finishing order the numbers they carry have no effect. The registration is independent of the race and so could (in this context) equally well take place after it. Since the numbers are allocated randomly each runner could choose one unseen from a bag in the traditional way cup-ties are arranged. The first runner to choose is one of N say, has race position K and chooses one of the N numbers 1, 2, ... N. Only one number is the 'correct' one, K, so the probability of that runner getting the right one is 1/N (the chances are 1 to N). This is where the main difficulties start because now there are N-1 runners and N-1 numbers, and the two sets to be matched have one item 'missing'. Ignore this! Argue instead that whatever runner chooses the first number he/she has probability 1/N of getting the correct number. Now consider all N runners and all N numbers as two sets of equally important objects to be matched. If the matching is done randomly then each must have exactly the same probability of receiving the correct number.

So each of the N runners has probability 1/N. There are N of them so the probability that any one of them gets the correct number is $N \times (1/N) = 1$. On average, one runner per fell race should find his/her registered number turns out to be his/her race position, irrespective of the number in the race. But do not expect anyone else to be interested!

If you remain unconvinced, consider all the possibilities in races with 1, 2, 3, ... runners. If you said all along this was obviously the answer — well done, but do be cautious if you are tempted to put your money on the table.

The editor may award, at his discretion, senders of commendable solutions a signed photograph of Danny Hughes.

WILL MCLEWIN, STOCKPORT

The Slowest Descenders Contest

Dear John,

I note from the report of the Half Nevis Race in the Winter 1987 *Fell Runner* that a certain Sam Carey is attempting to usurp my position as the worst descender in British fell running. On that same mountain, in the Ben Nevis race two years ago, I lost count of the number of runners overtaking me on the descent, but I suspect that it was not far short of a hundred. Indeed, I found the 'Grassy Slope' quite a relief after the scree on the upper half of the mountain.

Maybe I shall meet Mr Carey some day, in a suitable location for displaying true descending incompetence (eg the top of Goat Fell or Beinn a Chaolais); then we can have a battle royal to show who is the real grandmaster of the nervous waddle. But first I will have to improve my ascending abilities to Mr Carey's standard.

Yours antigravitationally,
ANTHONY KAY
LOUGHBOROUGH

Where was the Editor?

Dear John,

You missed a great day out on Sunday (19.6.88). I've enclosed details of the round as I think it makes a great day out and you don't have to be super fit to do it as its not too long.

Arran 700m Peaks Round

These parameters I set myself were to cover all the peaks over 700m high starting and finishing at sea level.

The route chosen was Brodick — Goat Fell — North Goat Fell — Cir Mhor — A Chir — Beinn Torsuinn — Beinn Nuis — Caistel Abhail — Beinn Bhreac — Mullach Buidhe — Beinn Bhomain — Pirnmill.

I chose this route for the following reasons. Taking the tourist route up Goat Fell makes an easy start and you are not too tired by the time you cross the A Chir ridge (not to be rushed at). The finish at Pirnmill is convenient as there is a very accommodating cafe in which to wait for the bus/transport.

I started at 8.30am and took 6 hrs 27 mins. I expect to be doing it again before the summer is out and would expect this time to be reduced.

I recommend this as a great day out to anyone and a good alternative to the usual ridge traverses on Arran. If anyone is interested I will give any assistance I can.

Best Wishes
DAVE FREEMAN
ISLE OF ARRAN

PS — The route is approx 20 miles, 10,000ft of ascent.

OBITUARY

DARREN JONES — Aged 22

Darren, a member of Lancaster and Morecambe AC, died in his sleep early on the morning of Monday 30th May. No definite cause of death was found and it may simply have been due to a heart 'flutter'.

He had made many friends through his fell running which began while doing Outdoor Pursuits at school. He entered some junior fell races but really just liked to be out running on the fells. He helped me train over the Bob Graham route and paced me on the day for nearly half of it. At Liverpool University he was active on the running scene and would regularly escape to fell races in the Lakes and Lancashire via Morecambe. He also continued his interests in other outdoor activities.

At 17 he completed the 'A' class at the snowy Langdale event of the Karrimor Marathon, finishing as 11th pair with me. His most notable success in other Karrimor and Saunders events was 2nd pair in the 'A' class with Rob Bloor at Galloway.

Darren was superbly fit this season with some good results in medium races. The weekend prior to his death was spent on Jura with the club and he had a fine run in the Bens of Jura Race.

As many of his friends have already said, 'it seems unbelievable that so fit a lad should pass away so suddenly when everything was going well for him. He was such a force in the club that we felt we must remember him. The Clougha Pike Fell Race will be renamed in his memory with a special trophy donated by his parents who hope to be there next May. A small plaque has been placed on Clougha and was recently visited on a club training night by runners and Darren's parents. Cash donations, instead of flowers, went to Kendal Mountain Rescue Team who cover areas of the fells run so much by Darren.

JOHN M GIBBISON
Lancaster & Morecambe AC

"THE ROUND"

Peter Travis

Gordon Shawcross is a man with a burning ambition — perhaps an obsession. At 53 he has resigned his post as a teacher and made his home in the Lake District. He still enjoys running the Lakeland fells and it is among these beautiful hills that he takes up the challenge of THE ROUND: a circuit of 42 mountains, 72 miles and over 27,000ft of ascent, to be completed within 24 hours.

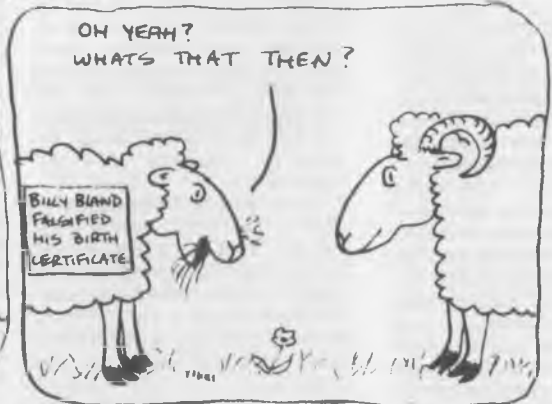
The book reflects his optimism and his doubts, and describes a tragic death while in pursuit of his goal. The story is an encouragement to all who do not let age take precedence in their lives.

The book should have a wide appeal to all who love the Lake District whether runner, walker or tourist. The Round actually exists and is attempted by men and women in the summer months each year.

"A fictional and exciting story based on one of the toughest 24 hour events in the UK, set in beautiful Lakeland."

Orders and cheques payable to Mr P G Knott
17 Westbourne Avenue, Wrea Green, Preston PR4 2PL

GRIPPING YARNS NO:2 THE POLITICS OF RUNNING!



Late Entries

Dear Editor,

I look forward to your comments on the '88 Ingleboro Race, regarding the idiots who 'entered' the race after the registration personnel had gone off to marshals.

The race was held in foul conditions in heavy rain and mist.

Full marks to all marshalls, organisers and staff at the Community Centre.

Yours in Sport
W R BROWN, BATLEY

World Cup Help

For anyone who's been living in a vacuum for the last year the World Cup takes place next month in Keswick! We still need offers of help with eg car parking, programme selling, marshalling etc. Anyone with a minibus free that weekend would be a boon. We're selling T shirts, first day covers, posters and of course programmes, to help cover costs. You might still be able to get yourself a run in the Open race so come to Keswick and enjoy yourself.

CALENDAR UPDATE

N Sun Oct 9 Pentlands Skyline Hill Race — 16m/6200ft from Hillend Ski Centre, Edinburgh, 11.00am, navigational skills. £2.00 ind, team free. To Ann Curtis, 3 Ramsay Place, Penicuik, Midlothian. Tel 0968 72752, or on day.

AMENDMENTS

N Sun 13 Nov Bredon Hill Fell Race — 6m/712ft from Elmley Castle Recreation Ground (off A435 between Cheltenham and Evesham). 11.00am. Marked course. £1.00 ind, teams free. M England, 2 Linden Close, Davies Road, Evesham, Worcs WR11 6US. Tel 0386 40747 or on day. Over 16. Entries by 24 Oct.

24 Sept Langdale Horseshoe Fell Race — £2.00 (limit 400), no late entries. N Walker, 6 Mill Row, Elterwater, Ambleside, Cumbria LA22 9HR.

All other details as per calendar.

NOTE: The Fixtures Secretary retires in October. Anyone interested in this position please contact:

Selwyn Wright or Tony Hulme, 140 Altrincham Road, Wilmslow, Cheshire SK9 5NQ. Tel 0625 529834.

Northern Ireland Championship

Latest Positions After 5 Races	Pts
1 Jim Patterson (V40)	100
2 Jim Hayes (V40)	92
3 Brian Ervine	91
4 Billy McKay	87
5 Gordon Murray	85

All Ireland Championship

Latest Positions After 2 Races	Pts
1 Robin Bryson	2
2 Jim Patterson (V40)	4
3 Brian Ervine	6
4 Jim Hayes (V40)	8
5 Willie McAuliffe	12

FELL RUNNERS ASSOCIATION OFFICERS AND COMMITTEE MEMBERS 1987-1988

Chairman
Norman Berry
165 Penistone Road
Kirkburton
Huddersfield HD8 0PH
H - 0484 602922

Membership Secretary
Pete Bland
c/o Pete Bland Sports
34a Kirkland
Kendal, Cumbria LA9 5AD
W - 0539 31012

Statistician
Kevin Shand
13 Chichester Close
Smithy Bridge
Littleborough, Lancs
H - 0706 70080

Club Representative
Danny Hughes
Hallsteads, Gosforth
Cumnria LA20 1BS
H - 0940 5366
W - 0940 27726

Member Representatives
Frank Galbraith
3 St Helens Croft
Grindleford, Sheffield S30 1JG
H - 0433 31367

David Weatherhead
47 Clarendon Road
Eldwick
Bingley BD16 3DL
H - 0274 567589

David Yates
7 Crimsworth Terrace
Hardcastle Crags
Hebden Bridge
Halifax HX7 7AJ
W - 0422 883213

Press Officer
Andrew Styan
Wentworth Farm
Wessenden Head Road
Meltham, Huddersfield
H - 0484 850770

Dave Hall
15 Black Horse Lane
Hitchin, Herts
H - 0462 52663

Treasurer
Dave Hodgson
197 Hall Lane
Horsforth
Leeds LS18 5EG
H - 0532 585856
W - 0532 441244 x 2343

Editor
John Blair-Fish
28 Howden Hall Crescent
Edinburgh, EH16 6UR
H - 031 664 8425

Scottish Representative
Mark Rigby
c/o 2 Sweden Park
Ambleside
Cumbria LA22 9EY
H - 05394 33623

Secretary
Selwyn Wright
4 Brade Street
Broughton-in-Furness
Cumbria
H - 065 76 797

Fixtures Secretary
Tony Hulme
140 Altrincham Road
Wilmslow
Cheshire SK9 5NQ
H - 0625 529874

Welsh Representative
Arthur Clarke
Craig y Dderwen
Maenan, Llanrwst
Gwynedd LL26 0YB
H - 049 269 281

Northern Ireland Fell Runners Association Committee 1988

Chairman D Rankin
Secretary J Hayes
Treasurer D Watson
Publicity B Ervine

Committee
W McKay J Patterson J Sloan

A Northern Ireland Fixture List containing some fixtures not in the FRA List is available from Jim Hayes.

Enquiries: J Hayes
14 Longlands Drive, Comber, New townards, Co Down, BT23 5AL.
Tel. Comber 0247 872802

SHRA COMMITTEE 1988

Chairperson Ann Curtis
Secretary Alan Farmingham
Treasurer Andy Spenceley

Members
Robin Morris Dermot McGonigle
Dave Peck Pete Brooks Janet Darby
Scottish Rep to FRA Mark Rigby

Welsh Sub-Committee

Chairman Ken Jones
Vice Chairman Les Williams
Secretary Arthur Clarke
Treasurer Johnathon Gibbon
Statistician Angela Carson

HONORARY TREASURER REQUIRED

After three years in the post Dave Hodgson is retiring as Honorary Treasurer at the AGM. He has done a really marvellous job and has also undertaken the task of Financial Controller for the World Cup.

We are very grateful to Dave and are pleased that he has agreed to stand for election as Chairman at the AGM.

A SUCCESSOR IS NEEDED — ARE YOU INTERESTED?

You would be taking over a healthy state of affairs in all respects.

Please contact Dave Hodgson, 197 Hall Lane, Horsforth, Leeds LS18 5EG (Tel 0532 585586)



Dave Hodgson negotiates the gate on the final descent in Fairfield — Bill Smith

INTRODUCTION TO FELL RUNNING COURSE

(SAFETY & NAVIGATION)

Including preparation for Mountain Marathons

**FRIDAY / SATURDAY / SUNDAY
16 / 17 / 18 SEPTEMBER 1988
AT ELTERWATER YOUTH HOSTEL,
GREAT LANGDALE, CUMBRIA**

The course will comprise instruction and experience on the Fells, discussions and talks

Mr P G Knott
17 Westbourne Avenue
Wrea Green
Preston PR4 2PL

Please phone Peter on Preston (0772) 683072 to book places

COMMITTEE NEWS

Annual General Meeting

NOTICE IS HEREBY GIVEN THAT THE AGM OF THE FELL RUNNERS ASSOCIATION WILL BE HELD at 4.00pm ON SATURDAY 8th OCTOBER 1988 IN THE VILLAGE HALL AT CHAPEL STILE, LANGDALE, CUMBRIA

Motions for the meeting should, under FRA rules, be notified to the Secretary by 10th September. Nominations for Club Representatives to the AGM and for election to the Committee should be with the Secretary by 1st October.

Committee Meetings

1 Dolwyddelan 23.4.88

Liaison with the National Trust (Lakes) has continued and both parties are happy with the arrangements. The Association has given a donation of £100 to the Trust in view of its valuable work in the hills.

Dates were set for the AGM and the Dinner.

The Welsh Regional Committee had asked for a statement on its Constitutional position vis a vis the General Committee. As there is no clear cut answer to this point the subject was re-referred to the Welsh Committee for their views as to how they would like the relationship to work.

A letter from Ken Jones had raised the question whether all FRA Representative teams for International events were being picked by the selection committee. The Secretary confirmed that this was so although the FRA is not involved where invitations come to individuals or clubs and therefore the runners are not representing the FRA. Danny Hughes gave the meeting an update on arrangements for the World Cup.

2 Ambleside 22.5.88

There was a long discussion on the merits of the various proposals for the formation of a British Athletics Federation. We agreed to support an amendment which would give us an automatic seat on the Council of the new body.

In spite of several attempts a few years ago the FRA doesn't have a Relay Championship. It was felt that we should remedy the situation and although there will be undoubtedly be many questions as to the format it was agreed that in 1989 the Ian Hodgson Mountain Relay in Patterdale will be promoted as an FRA Championship.

A further World Cup update was given. Although the Keswick courses have been accepted by the International Committee for Mountain Running there are apparently moves afoot within the IAAF to 'outlaw' downhill courses in future World Cups. The Secretary has written to our representative on the appropriate IAAF committee to lobby our view (ie 'British fell runners do it uphill and down!').

3 Keswick 3.7.88

The main item concerned the magazine. A quote had been received to print *The Fell Runner* for £1,300 per issue which is very much less than present costs. As we are assured that there will be no drop in quality the committee agreed to have the next *Fell Runner* printed by the new firm, Airey & Stephenson of Penrith.

The following were selected as an England team for the Snowdon Race at Ken Jones' kind invitation: Sean Livesey, Dave Cartridge, Gary Devine and Rod Pilbeam.

There will be an Introduction to Fell Running Course this September at Elterwater. Peter Knott, John Gibbison, and Ken Ledward will lead the course. Details have been sent to all club secretaries.

A Disciplinary Committee has been set up consisting of the Secretary plus Dave Weatherhead and Mark Rigby.

The possibility of drug testing at the World Cup is to be investigated as it is important that our sport continues to be seen as a clean, healthy pursuit.

FRA Rules OK!

Our rules, as printed annually in the Calendar, state that runners retiring from races must tell officials that they have done so. In long races it is simply not enough to tell the checkpoint marshal. **YOU MUST REPORT TO THE FINISH!**

A lot of inconvenience has recently been caused to the organisers of the Ennerdale Race by two runners who failed to do that. The FRA has issued written warnings to them. Runners have died in races before and the rules are there to prevent them happening again. So please, read the rules **AND STICK TO THEM!!**

Complaints

We all have favourite race organisers who we like to grouse about! Some races, it seems, are profit making ventures. The Committee would like to prevent FRA members from being 'ripped off', so we've decided that if we get written complaints from members then we'll investigate them. But please, no complaints about organisation. Fell runners haven't yet contracted 'Road Runners Syndrome' — we can still function without hot showers and a medal for all finishers!

Cretes du Pays Basque

I recently ran the French fell race, the Cretes du Pays Basque 28km at Espelette in Basque country on 2 July and thought a race report might be useful.

This brilliant weekend of activity kicked off on the Saturday afternoon with a couple of fell races over 15 and 28kms respectively. A friend and I had gone over for the weekend intending to run the 15km but we were 'persuaded' that the 28km was the event with lots of spectacular scenery which was not to be missed.

So we were thrown in at the deep end, but the experience was well worth it.

A gentle undulating run around the foothills of the Pyrenees turned out to be a mountain escapade.

The first 3km was a slightly hilly but pleasant road route up valleys and down dales, through lush countryside. Sounds of water falling, a stream bubbling over rocks, trees rustling, the sight of the sun sparkling off raindrops. — all very exhilarating.

Round the corner, we came onto a track. Sharp left again, and all of a sudden we were climbing. The clouds had closed ominously over the sun and, on looking up the hillside, you could see nothing. I thought 'just a sharp little hill' and continued to jog upwards. The realisation soon hit me that this little hill was a long mountain trail and, like the other runners around me, I slowed to a walk, using the economical fell running technique for climbing — hands on thighs, pressing upwards and breathing evenly. Looking up again, a rent in the curtain of mist exposed more and more mountainside. My watch read 5.00pm — at this rate I would be out until past nightfall!

Over three quarters of a mile later I was at the top and heaving lung (550m above sea level). A sigh of relief and a welcome stop at the drinks station. The pain subsided and it was time to brace my body for going down. Slipping and sliding through the mist, legs nearly going out of control, desperately trying not to trip up and marvelling at those runners who could leap off a mountain edge and fly downwards like goats. Seventy five metres down and, yes, you've guessed it, more uphill climbing — another 275m of scrambling after other bent backs upwards. The mist rolled heavier. Out of the blue a photographer appeared and the surprise brought smiles all round. Up to the summit feeling like drowned rats, the first hurdles out of the way — what a warm up for the remaining 13.3 miles.

The rain came down and the fog rolled over. Everything was still. The running surface varied from mountain track to greasy grass, to rocky downhill sections and slimy uphill sections — all up and down, up and down. The gauntlet had been laid down. I, a novice on the fells, had to get around the course no matter what. And the nearest I'd got to a hill lately in the fenlands around Peterborough was a mere pimple compared to these bergs.

The running became very pleasant — the mist lifted and the countryside unfolded before us as we made our way along a flattish ridge. Race marking ribbon marked the route and feeding stations were plentiful.

After 11 miles things started to go downhill, and very steeply too. A heavy, dark fog settled eerily over the land and I went through a bad patch coming down a steep muddy decline.

Holding eager legs back so that they wouldn't overstretch and cause aching hips and backs, I was suddenly off the mountainside onto man-made tracks. Civilisation — the end must be near. Lack of distance markers and course knowledge meant that I didn't know where I was. Around a corner and a village lay ahead. Settling into a rhythm I pushed forward and hoped that the finish line wasn't too far away — in fact there were still five miles to go! But the real finish didn't take too long in coming — a steady pace interspersed with a walk through feeding stations left me fresh enough to sprint over the line. The relief was indescribable.

But all was not over. A shower and a relaxing drink was followed by a very exuberant friendly Basque banquet for all the race participants — and everyone had to get up and dance the lively traditional country dances. That's why no-one could descend the stairs properly next morning!

Next day dawned sunny and fresh and it was time to hobble out to the mountain bikes to survey yesterday's scene and to cheer on the participants in the 20km mountain bike race. Colourful bikes and gear filled the village square and the air buzzed with excitement as everyone cycled up the road. Past alpine-like scenery and white chalets with colourful window boxes nestling in the valleys. A few miles up the mountain tracks and it was time to turn around and get back to the village for the finish. Whizzing down through the lush velvet-like green countryside I realised how high I'd actually climbed, and felt a thrill as the wind whistled by.

Back to the energetic little village of Espelette for a typical Basque lunch including loads of the local wine and then it was our turn to relax and watch the Basque equivalent of the Highland Games, an exciting demonstration of power and strength, and a novel way to end off a superb weekend.

Verdict: A challenging weekend organised by enthusiastic, forever-smiling runners. A thrilling experience well worth incorporating in with a holiday to this picturesque corner of France.

Next year's events are on July 8/9th. For information on race entries and travel packages, contact Anne Nielson, Le Tourisme Bearnais, 3 Rue d'Orleans, 6400 Pau, France.

I believe that these fell events would be ideal for your readers, especially if taken as part of a summer holiday. This region of France is superb running and cycling country — lots of mountains and off the road tracks. So maybe you could get a group together to participate in next year's event.

If you want to see any photos, please give me a phone call. I hope that you can tell your readers about Espelette.

FIONN LAWLOR

Today's Runner
Bretton Court
Bretton

Peterborough PE3 8DZ
Tel. 0733 264666

World Cup Report

Teams are now expected from the home countries, Eire, France, Italy, Germany, Switzerland, Austria and San Marino. Negotiations are still under way to bring teams from USA, USSR and Canada. Guinness are sponsoring the winner of the Mt Cameroon Race, Reginald Esuka. Individuals are expected from Morocco, Belgium and Australia.

Programmes are on sale (50p), but if you have entered the Open or Veterans races you will receive one by post. The Veterans Race, with World Cup medals awarded in each category to 60 in 5 year steps, is proving very popular, so don't delay entering if you intend to run.

Event T shirts are selling well at £5.95 and an initial order of 500 is well on its way to a sellout.

Commemorative covers are selling more slowly, so if you want to receive your World Cup envelope and insert, stamped in Keswick on the morning of the event, get your order in to Arthur Clarke.

Posters are on order and should be available at the beginning of September. The IAAF representative Carlos Cardoso, responsible for liaison with the International Mountain Racing Committee, has visited Keswick to inspect the course, to view one of our races and generally learn what British fell

running is all about. This is a very positive step in redressing the balance after some intense campaigning by the German alpine countries for their uphill preferences.

World Cup selection races on Blake, Skiddaw and Latrigg have been keenly contested by leading fell runners with, at the time of writing, Robin Bergstrand, Rod Philbeam and Mickey Mouse securing definite places and Dave Cartridge, Gary Devine, Ray Owen, Shaun Livesey and Paul Dugdale all well in the running for the remaining places. Claire Crofts and Carol Haigh lead the ladies contenders with Holmfirth pair John Taylor and Geoff Hall leading the juniors.

It is hoped that there will be a strong turnout of the fell running fraternity, not only to run in the open races on October 16th but to give vocal support to our teams on both days.

DANNY HUGHES



Reginald Esuka, winner of the Mount Cameroon Race

WORLD CUP — KESWICK — OCTOBER 1988 BUDGET

Expenditure	Actual	
	Budget £	as at 30.6 £
Accommodation	10700	1560
Transport	1700	80
Awards/Prizes	2000	
Printing — Programme and Posters	2250	
Souvenir T Shirts	1500	1508
Stationery, Secretarial Committee Expenses	1500	506
Translation, Interpreting and ICMR Meeting	500	
Donation — MRT, St John etc	250	
	22000	3720
Budget Contingency Reserve/ Balance as at 30 June	2500	4150
	24500	7870
Income		
Sports Council Grant	7000	
Reebok Sponsorship	6000	3000
Donations from race organisers, clubs, local business and individuals	1000	1175
Programme Advertising and Sales	3000	
FRA Fund Raising		
Draw	3000	
Poster Sales	500	
T Shirt Sales	3000	
Special Post Covers	300	
Open Race Fee Surplus	600	
	7400	3630
Bank Interest	100	65
	24500	7870

The funding of the World is completely separate from the FRA general funds. The main income items are the Sports Council Grant and Reebok Sponsorship, and arrangements have been made to draw the balance of these monies in September. Programme advertising of £2100 has been sold. Meanwhile, it is important that the FRA membership helps to achieve our share of the income budget by selling T shirts, special post covers, souvenir posters and programmes. Please see advert for details.

The accommodation provided for competitors will be in Youth Hostels

at Keswick and Borrowdale and although these costs represent the main item of expenditure, it is very much less than the Swiss paid out for hotel accommodation in 1987 (£16441).

I think the accounts show a satisfactory situation to date, and I am optimistic that, with the continued support of members, the World Cup will be a financial success. Should we be fortunate enough to achieve a surplus it will be divided equally between the FRA and the Sports Council.

DAVE HODGSON
FRA Treasurer

BOOK REVIEW

Wild Walks

Compiled by Ken Wilson and Richard Gilbert
224 pages, 270 colour photos, Diadem Books £19.95

This very attractive book from Diadem continues the Big Walks and Classic Walks series and so is a large format designed for inspiration in the armchair rather than carrying in the rucksack.

There are 59 chapters covering Scotland, England, Wales and Ireland, mostly written by Richard Gilbert with a sprinkling of other authors covering ground that they know well. But the immediate impact of the book is through the photographs; over 200, all in colour, superbly laid out and reproduced to a very high standard. Those included were selected from over 10,000 submitted by over 130 photographers — the slide show equivalent of a Bob Graham.

Richard Gilbert's criteria for a walk to be 'wild' are remoteness, an untamed landscape and impressive natural features. These qualities are foremost in the 25 Scottish chapters, starting in Orkney and working down to Galloway. Each walk has a sketch map and some details which curiously omit the total ascent, which is as important as overall distance. The English chapters are not so much wild as offbeat routes in otherwise well-known territory, while Wales is represented by routes for the most part away from Snowdonia, in areas to the south offering more elbow room. Most readers will be intrigued by the last six chapters on Ireland. Here is some real wild stuff, both inland and coastal country, unknown to most of us. Trust an Irishman, too, to write the most unusual chapter: Dermot Somers' section on the Man-

gerton Horseshoe, the very last chapter, is refreshingly different from the more conventional route descriptions in the rest of the book.

The only thing that stops me being 100% enthusiastic about the book is a nagging feeling that it is self-defeating to market wilderness landscape in a glossy package. Richard Gilbert does raise and try to answer this point, and advises readers to be 'extremely circumspect' in their approach. A similar defensive note is sounded in one of the Lakeland chapters which gives a general route between Harter Fell and Black Combe without being specific. From my own wanderings in Scotland I know that the (up-to-now) unpublicised Corbetts offer a different experience from the well-trodden Munros where, if you don't find several other people, there's a path and probably litter. A sense of discovery and enjoyment of new hills is sharper and more personal if they are found by ourselves than if a recommended route is followed from a guide-book. The most important publications for exploring the British hills already exist in the form of OS maps. We want to make people aware of the beauty of wild hills — but we don't want the wilderness to be driven away. There is a paradox here and I don't know the answer. But I do hope the undoubted success of *Wild Walks* will not spawn a series of sequels (*Even Wilder Walks*, *Inconveniently Remote Walks* and *The Last Remaining Walks*), so that some corners will remain anonymous for our own adventures.

JIM BARTON

Tioman Festival Hill Race

15 miles 1038 metres — 10th July

We arrived at Kampong Tekek, Tioman Island, a couple of days before the event and found out, much to our dismay, that traditionally competitors row in a viking style boat, on the eve of the event, around to the starting point, Kampong Juera. That was an ordeal in itself in 29°C heat! The event celebrates the beginning of the Haj — the annual Muslim pilgrimage to Mecca. So after the five hour row a feast was laid on by the villagers. A barbecue of shark, lobster, squid, prawn and clams, but more important to ourselves being the carbohydrates of rice, noodles, curried vegetables and banana pancakes. The village huts were filled to capacity with visiting relatives and friends. So we made ourselves comfortable in the hammocks slung between the palm trees, the lapping of the waves sending us into a deep sleep.

Race day saw us up before sunrise, arms and backs stiff from the previous day's exertions, trying to loosen our limbs before the 7.00am start. The race route appeared quite simple on the map — a track up to the waterfall and then the best course out and back visiting Gunung Wajong (1038m) and then down to Kampong Tekek, the inaugural ladies event going direct from village to village passing the waterfall on the way.

As the race started the two cries of 'more ale' were drowned by the jingling of bells strapped to the ankles — the bells were necessary to disperse any nasty animals (cobras and pythons in abundance) lurking in the undergrowth. The competitors scattered to various jungle paths we didn't realise existed. After five miles we came to the waterfall checkpoint, the three competitors beside me dived into the pool to cool down. I promptly joined them and drank my fill before continuing. I found out at this point that a group of four were ahead of us — one of them being the local favourite Ishamial Ben Mohammed. Positions remained the same to the summit, leaders 82 minutes, chasing group 84 minutes. On the descent I broke away and managed to pass two barefooted locals on a steep section, treacherous with exposed tree roots. (Andy Styan would have no doubt ploughed through the roots and demolished a few trees.) After another splash at the waterfall pool I continued at what felt a steady pace down the now easy gradient but I never caught sight of the two leaders who by then were by the finish and had stretched the lead to over three minutes.

Amanda, recovering from serious illness picked up in the Himalayas, competed leisurely. She arrived at the finish sporting a two foot diameter woven bamboo hat and her arms laden with other handicrafts she acquired along the route, the villagers delighted to see a western woman competing. A leisurely hour in the sea helped us to cool down and the salt water aided removal of leeches from our legs. There were no serious casualties from the event, the snake bite serum at the checkpoints remaining unused.

Results: Men —		Ladies	
1 I B Mohammed (local)	137.49	1 Suzi Lee Fatt (Singapore)	118.00
2 Yip Lee Fatt (Singapore)	138.02	2 Elizabeth Go Limp (Sing)	123.22
3 Derek Ratcliffe (UK)	141.22	3 Amanda Ratcliffe (UK)	127.12
4 Aza Arif (Malaysia)	141.51		
5 Harry Fusoon (Singapore)	145.29		

D & A RATCLIFFE

STOP PRESS SWISS RESULTS

DAVOS SWISS ALPINE MARATHON/42m/7000ft 30 July 1988
Charly Doll broke the record by 10 minutes in ideal conditions of cooler weather following rain and less snow than previously. Maureen Hurst, last year's lady winner, retired at 25 miles as a result of a previous injury.

John Blair Fish

1: Charly Doll (Germany)	5.12.25
2: Jorg Hagler (Switz)	5.16.17
3: Vogel Kondrad (Switz)	5.30.02
9: Jack Maitland	5.46.19; 26: Tim Laney
6.09.55; 29: John Blair Fish	6.12.11; 1st Lady Anne Molkenhain
6.45.07; 2nd Lady Suzanne Bitzer	6.49.11; 3rd Lady Leslie Watson
6.55.24; 12th Lady Betty Hall	7.37.13.

VAL DE DIX Switzerland 10m/2000ft 7th August 1988

1: Marco Bovier	1.11.35
2: Thomas Hildebrand	1.12.13
3: Martin May	1.12.30
8: Jack Maitland	1.14.25; 13: Rod Pilbeam
1.16.56; 16: Malcolm Patterson	1.17.27; 26: Mike Bradbury
1.19.55; 1st Vet Mike Short	1.18.41; 3rd Vet Alan Jefferies
1.24.44; 1st Lady Sally Goldsmith	1.24.12

SIERRE-ZINAL Switzerland 20m/500ft 14 August 1988

This year's race was run on a very warm morning at the beginning of a hot day in contrast to the near freezing conditions on the upper parts of the course last year. Leader to the Hotel Weishorn at 13m and previous four times winner Pablo Vigil failed in later stages to finish 21st. His fellow Americans, Chuck Smead (winner 1977) and Jay Johnson (current World Cup holder) withdrew from the race. Jack Maitland stormed through the field in the closing stages but did not quite pull off the same victory as in 1985. Only Albert Moser, 1st Veteran in 10th position, featured significantly in the results from the list of previous winners. Sally Goldsmith, who originates from Edinburgh but works in Verona, finished 1st Lady but did not break Veronique Marot's record of 3.01.04, perhaps due to starting too fast.

John Blair Fish

1: Pierre-Andre Gobet (Swit)	2.34.16
2: Jack Maitland (GB)	2.36.20
3: Thomas Hildebrand (Swit)	2.37.15
10: Albrecht Moser (1st Vet, Switz)	2.43.52; 11: Carl Plumbton
2.45.22; 12: Pod Pilbeam	2.46.26; 17: Malcolm Patterson
2.47.27; 23: Adam Eyre-Walker	2.50.28; 26: Greg Hull
2.52.42; 27: Martin Roscoe	2.52.48; 28: Mike Short
(2nd Vet) 2.52.54; 32: Jeff Norman	(3rd Vet) 2.55.44; 37: Michael Wallis
2.56.59; 39: Michael Ball	2.57.22; 42: Brent Brindle
2.58.24; 43: John Blair Fish	2.58.34; 58: Sally Goldsmith
(1st Lady) 3.04.37; 65: John Boyes	3.05.33; 2nd Lady Rueda Fabiola
3.10.15; 3rd Lady Carol Haigh	3.26.35.

RESULTS

CLOUD NINE HILL RACE

CM/8.75m/950ft/13.3.88	England
1: A Buckley (Warr)	56.13
2: C O'Brien (Manch)	57.35
3: L Hutchinson (Per)	57.43
4: A Woolridge (Altrin)	57.52; 5: A Whalley (Macc)
58.28; Vets o/40: 1: P Nolan (Macc)	61.27; Vets o/50: B Astles (Man)
75.58; Ladies: 1: T Bell (LOAC)	67.45; 2: J Lohead (Holm)
69.57; 3: J Harold (Horw)	73.20; Team: 1: Macclesfield
23 pts.	

LLANBEDR-BLAENAVON AL/14m/4500ft/26.3.88 **Wales**

This year's race was blessed with clear and sunny weather.

With no superstars the race seemed wide open but it was Blaenavon's local hero Adrian Woods who forged into the lead. He maintained this position to the summit of Crug Mawr despite what appeared to be a dubious route choice at one stage. His pursuers were Anthony Kay, Paul Ratcliffe and Denis Thomas — and the checkpoint marshal also got to the summit soon afterwards!

After many changes of position on the descent, Woods re-asserted his lead on the ascent of Sugar Loaf. Eddie Harwood took the best line through the deep heather to find himself in 2nd place approaching the top and powered his way into the lead. Paul Ratcliffe was in 3rd place with the race organiser Philip Dixon in 4th. In 10th position was the old wizard of South Wales fell running Les Williams who magically appeared in 3rd place at the next checkpoint (start of the final climb up Bloreng). The ascent up the north face is where some of the most dramatic bonks in British fell running occur but there were no bonkers in the leading five on this occasion (but plenty further down the field).

Eddie extended his lead to the finish, Les Williams gradually closed in on Adrian Woods and the first local and the first veteran agreed to finish together.

Kay Whittle had been first lady at Bloreng summit but was led astray by the notorious Errol Alexis in the disused coal workings above Blaenavon, allowing Jackie Woods to claim the ladies prize.

Anthony Kay

1: E Harwood	2.04.00
2: A Woods	2.08.00
2: C Williams	2.08.00
4: P Ratcliffe	2.09.00; 5: D Thomas
2.09.00; Vets o/40: 1: L Williams	2.08.00; 2: D Thomas
2.09.00; Vets o/50: 1: A Smith	2.29.00; Ladies: 1: J Woods
3.01.00; 2: K Whittle	3.02.00.

FIENSDALE FELL RACE AM/9m/2600ft/26.3/88 **England**

Conditions were somewhat bracing on the return to Parlick. Quite a few of the competitors seemed to be feeling the effects of the cold as they staggered off to their cars and I was pleased when everyone was accounted for and I could get to the pub to start the prize giving.

Despite the conditions the record was broken by over 2 minutes and the ladies retired by over 3 minutes. Congratulations to Dave Cartridge and Stella Lewsley.

Once you a couple of miles into the race the idea of retiring becomes a risky and difficult proposition. Hence the kit requirement and the presence

of a rescue team. Two competitors retired at checkpoint 4 and were looked after by the team. The excellent radio communications which the rescue team set up were invaluable on a day such as the one we had. Having finished helping at the race the team were immediately called out to Anglezarke Moor where a walker had broken a leg.

1: D Cartridge (Bolton)	1.24.19
2: J Taylor (Holmfirth)	1.24.31
3: D Woodhead (Horwich)	1.24.47
4: P Lambert (Clay)	1.25.00; 5: P Tuson (Ken)
1.26.12; 6: D Nuttall (Clay)	1.26.36; 7: J Nuttall (Clay)
1.28.32; 8: R Bangham (Holm)	1.28.41; 9: J Quine (Bolton)
1.29.51; 10: A Taylor (Springf)	1.30.05; Vets o/40: 1: J Nuttall (Clay)
1.28.32; 2: M Hudson (LOC)	1.30.33; 3: A Wardle (Horw)
1.34.20; 4: D Butterworth (Pres)	1.34.36; Vets o/50: 1: R Barker (R Rose)
1.44.54; 2: T Sykes (ROCH)	1.55.24; 3: D Acklam (SROC)
2.07.21; Ladies: 1: S Lewsley (Border)	1.46.06; 2: L Lord (Clay)
1.48.36; 3: C Kenney (A Rattii)	1.58.10.

RIVINGTON PIKE FELL RACE BS/3.25m/700ft/2.4.88 **England**

Horwich RMI and Race Secretary Pete Schofield thought there was no doubt that Paul Dugdale would win again; the 22 year old unemployed physics and electronics graduate had won the last two races and set a time of 16.41 in 1987.

Once the race, sponsored by a local sportswear firm, got under way it was a battle for 2nd place. Schofield was right; Dugdale turned at the tower with a solid lead and Owen, Schofield and Huddleston were left fighting out the race for 2nd. Dugdale, who had done no hill work (only 70 miles a week with an emphasis on speed work) thought that club mate Ray Owen would offer a challenge.

Next year he will have Alan Blinston's 4 wins to go for; already he has equalised the 3 secured by Ron Hill and Ron McAndrew.

Horwich won the mens team and Claire Crofts the ladies race.

Neill Shuttleworth

1: P Dugdale (Horw)	17.05
2: R Owen (Horw)	17.36
3: G Schofield (Black)	17.42
4: G Huddleston (Kendal)	17.49; 5: N Barlow (Horw)
17.54; 6: Baker (Horw)	18.09; 7: R Jackson (Horw)
18.25; 8: T Chew (Clay)	18.27; 9: W Brindle (Horw)
18.31; 10: D Kay (Bolton)	18.35; Vets o/40: 1: P Lyons (Bury)
20.05; 2: M Conner (Black)	20.08; 3: N Berry (Clay)
20.09; Vets o/45: 1: D Kay (Bolton)	18.35; 2: A Trowbridge (DPFR)
20.10; 3: P Fleming (Horw)	21.20; Vets o/50: 1: D Wier (Horw)
20.21; 2: P Duffy (A'deen)	21.31; 3: B Court (Bolton)
21.43; Vets o/60: 1: B Crook (Bury)	26.44; Ladies: 1: C Crofts (DPFR)
20.37; 2: L Davies (E Ches)	20.57; 3: J Harold (Horw)
22.38; Ladies Vets: 1: C Kiernan (Chor)	25.19; 2: M Gartell (Wrex)
26.04; Junior: 1: C Taylor (B Aero)	21.12; 2: M Whittaker (Chor)
21.13; 3: M Kay (Bolton)	21.51.

KENTMERE HORSESHOE AM/12m/3300ft/3.4.88 **England**

1: M Patterson (DPFR)	1.24.11
2: W Bland (Keswick)	1.24.18
3: G Devine (P&B)	1.24.41
4: H Symonds (Ken)	1.25.13; 5: M Hoffe (Amble)
1.25.46; 6: P Dugdale (Horw)	1.26.28; 7: D McGonigle (Dundee)
1.27.58; 8: J Reade (Clay)	1.28.03; 9: T Davies (Kes)
1.28.15; 10: N Lanaghan (Kes)	1.29.27; Ladies: 1: S



Ray Owen starting the climb up Brown Wardle Hill in Wardle Skyline — Peter Hartley

Parkin (Ken) 1.45.05; 2: J Smith (DPFR) 1.47.01; 3: V Brindle (Clay) 1.49.04; 4: G Cook (Roch) 2.09.02: **Juniors:** 1: G Hall (Holm) 45.59; 2: M Rice (Tod) 46.56; 3: G Davidson (P&B) 49.28; 4: J Taylor (Clay) 49.56; 5: C Walker (P&B) 50.23: **Junior (Women):** 1: S King (Hall) 57.17; 2: J Trickett (DPFR) 66.26.

SLIEVE MUCK FELL RACE
AS/3.5m/1400ft/10.4.88 NI

This 'novice' event is open to anyone who has not won a Northern Ireland Championship race.

In dry but windy conditions Billy McKay of Albertville Harriers opened up a gap of almost 3 minutes on the rest of the field and was just 9 seconds outside the record set by 10k track champion Pat McCavana last year.

After a close battle Barney Farrelly took 2nd place 3 seconds ahead of Gordon Murray. Gary Murray was back in 11th place at the summit but a flying descent brought him through to 4th. Super-veteran Billy McNeilly had a fine run, being the first veteran overall in 7th place.

1: W McKay (Albertville) 31.30
2: B Farrelly (Mourne) 34.23
3: G Murray (Ballydrain) 34.26
4: G Murray (B'drain) 37.53; 5: A Cornish (A'ville) 38.25; 6: M Barton (ACKC) 38.30: **Vets:** 1: W McNeilly (Newc) 38.46; 2: F Morgan (Newc) 40.47; 3: G Geddis (B'drain) 41.00.

WARDLE SKYLINE FELL RACE
CM/7m/1000ft/16.4.88 England

A record day in every way!
Over 300 competitors started and finished. The first three to finish were within Dave Cartridge's record of 42.56 (1986) and Jacky Smith of Dark Peak took nearly 2 minutes off Sue Eaton's record of 53.37 (1986).

From an organiser's point of view there were two unwelcome records — the first time I've known low clouds

on Rough Hill so late in the year (prizes to those who spotted that there were parallel lines of flags, and that the compass bearing advised runners to go WEST instead of EAST!). Otherwise the course was in good condition — drying out underfoot — leading to some fast performances.

The second — a mass exodus of our most experienced finishing line helpers to the Yorkshire Dales — led to 14 competitors not being placed.

We repeat our apologies to them, and assurance that in April 1989 we will return to our usual high standards of organisation.

A L Buckley
1: J Hornby (Spenn) 40.39
2: R Owen (Unatt) 40.59
3: M Patterson (DPFR) 41.35
4: A Trigg (Gloss) 43.19; 5: M Whyatt (Gloss) 43.46; 6: G Huddleston (Ken) 43.58; 7: M Speight (Bing) 44.43; 8: C Lyon (Horw) 45.02; 9: R Wood (Helsby) 45.03; 10: Ibbotson (Gloss) 45.31: **Vets o/40:** 1: T Keller (Man) 45.51; 2: B Deegan (Roch) 47.17; 3: P Walkington (Horw) 47.23; 4: J West (Clay) 47.33: **Vets o/50:** 1: P Duffy (A'deen) 51.10; 2: J Deaden (Helsby) 51.31; 3: B Speight (Holm) 56.31: **Ladies:** 1: J Smith (DPFR) 51.52; 2: L Lord (Clay) 53.24; 3: J Johnson (D Dale) 54.24; 4: J Mallinson (Clay) 56.12; 5: G Cook (Roch) 56.30: **Team:** Glossopdale 21 pts: **Juniors:** 1: M Rice (Tod) 45.39; 2: P Harwood (Saddle) 48.26; 3: D Lucas (Roch) 56.09.

ROSTREVOR TO NEWCASTLE RELAY 17.4.88 NI

Seven teams contested the annual 20 mile relay across the Mourne for the Mourne Observer Cup.

Robert Taggart gave Ballydrain 'A' a 78 second lead on the first leg and on the fell leg over Eagle Mountain to Spelga, Brian Ervine extended their lead to 9 minutes 32 seconds over Albertville 'A'.

Jim Hefferon of Albertville was fastest on the 3rd leg (road), reducing Ballydrain's lead by 48 seconds. Robin Bryson set the fastest time on the final leg over Slieve Donard (despite having run a 67 minute half-marathon the previous day), pulling Newcastle 'A' from 4th to 2nd place at the finish, 11 minutes 26 seconds adrift of Ballydrain 'A'. Third place was taken by Ballydrain 'B' who performed well to beat Belfast's Albertville Harriers.

1: Ballydrain 'A' 2.45.54
2: Newcastle 'A' 2.57.20
3: Ballydrain 'B' 2.59.36
4: Albertville 'A' 3.08.40

GISBORBOROUGH MOORS
BM/12.5m/2400ft/17.4.88 England

On a very dry course the day was set for fast times. The main problem for many of the runners was that the course was reversed to an anti-clockwise direction, meaning that the harder climbs came earlier, Roseberry Topping being in the first half of the race. At this stage Marshall of Durham City was leading with Taylor in close attendance. Once they had returned to the top of Little Roseberry, Taylor caught Marshall who needed to attend to his shoe! From this point onwards Taylor wasn't caught until the wall above Belmangate when his clubmate Hauser closed the gap as both mis-navigated. Fortunately they both chose the right turn, unlike Ligema of Elswick lying 6th at the time and finishing down the field at 26th due to his untimely detour. Despite very strong packing Mandale were beaten in the team race for the first time in six years by Holmfirth, lead by the talented, young Taylor, who showed his colleagues how it's done.

In the ladies section Sara Haines extended herself in an excellent run to win from Sheila Wright of Mandale. Sheila leading her team to victory in the ladies team event.

The veterans section proved very exciting with Jon Williams finishing 7th and retaining his title from Andy Styan and Roger Bradley. A very high standard of veterans! B Milburn of Durham City winning the super veterans category.

D J Parr
1: J Taylor (Holmfirth) 1.25.13
2: A Hauser (Holmfirth) 1.26.39
3: J Marshall (Durham) 1.27.16
4: P Connor (Mand) 1.28.33; 5: H Burdett (Midd) 1.28.42; 6: R Mitchell (Mand) 1.28.55; 7: J Williams (Mand) 1.29.36; 8: V Rutland (Mand) 1.29.55; 9: A Styan (Holm) 1.30.14; 10: R Bradley (Holm) 1.30.29: **Vets o/40:** 1: J Williams (Mand) 1.29.36; 2: A Styan (Holm) 1.30.14; 3: R Bradley (Holm) 1.30.29; 4: R Dale (New Marske) 1.33.20; 5: C Woodall (Cleve) 1.35.11: **Vets o/50:** 1: B Milburn (Durham) 1.40.13; 2: T Maughan (Unatt) 1.44.59; 3: A Morgan (Gosf) 1.50.12: **Ladies:** 1: S Haines (Unatt) 1.43.35; 2: S Wright (Mand) 1.47.20; 3: M Levy (New Marske) 1.54.36; 4: G Close (Imp) 1.57.02; 5: C Haigh (Holm) 1.59.12: **Teams (Men):** 1: Holmfirth 22 pts; 2: Mandale 'A' 25 pts; 3: Mandale 'B' 59 pts: **Team (Ladies):** 1: Mandale 59 pts.

MOELWYNS PEAKS
AM/9.5m/2500ft/23.4.88 Wales

This counter towards the British Championship was run in dry, sunny conditions with most of the top mountain runners in attendance, a good and hard race was in prospect.

The course was altered from the last checkpoint to the finish to suit the fast descenders and make it enjoyable for the runners.

Colin Donnelly set off at a fast pace and led the way from Shaun Livesey and Malcom Patterson to the first checkpoint and up to the first summit, Moelwyn Mann. Hefin Griffiths was left to show the way for the second pack including Gary Devine and Rod Pilbeam. Local knowledge paid dividends for Colin when descending the last summit, Moel yr Hydd. He gave 100% effort to leave Shaun and held on to finish with an 18 second lead. Angela Carson also made it a double when she also passed Clare Crofts coming off the summit.

BBC TV were in attendance with the race being shown the following Monday. A good course, excellent organisation and friendly atmosphere was everybody's opinion of the event.

M R Jones
1: C Donnelly (ERYRI) 1.10.48
2: S Livesey (Ross) 1.11.06
3: M Patterson (DPFR) 1.12.08
4: G Devine (P&B) 1.12.33; 5: W Bland (Kes) 1.12.48; 6: R Pilbeam (Kes) 1.13.00; 7: H Griffiths (Hebog) 1.13.11; 8: M Fanning (Kes) 1.14.31; 9: R Rawlinson (Ross) 1.14.47; 10: G Huddleston (Ken) 1.14.58; 11: D Cartridge (Bolton) 1.15.13; 12: D McGonigle (Dundee) 1.15.28; 13: G Gough (B'burn) 1.17.23; 14: H Symonds (Ken) 1.18.16; 15: J Maitland (P&B) 1.18.16; 16: G Webb (Calder) 1.18.36; 17: J Broxap (Kes) 1.18.41; 18: J Hampshire (Carn) 1.18.56; 19: D Davis (Blae) 1.19.16; 20: S Styan (Holm) 1.19.29; 21: C Valentine (Kes) 1.19.58; 22: S Hicks (Amble) 1.20.02; 23: A Farningham (Gala) 1.20.02; 24: T Laney (Clay) 1.20.03; 25: P Harlowe (Kes) 1.20.04; 26: R Owen (ERYRI) 1.20.05; 27: P Clark (Ken) 1.20.17; 28: M Jones (Hebog) 1.20.20; 29: H Parry (ERYRI) 1.20.29; 30: P Skelton (Kes) 1.20.57: **Vets o/40:** 1: W Bland (Kes) 1.12.48; 2: A Styan (Holm) 1.19.29; 3: H Parry (ERYRI) 1.20.29; 4: I Greenhalgh (Roch) 1.21.29; 5: T Farnell (DPFR) 1.22.39: **Vets o/50:** 1: D Hughes (CFR) 1.28.04; 2: N Matthews (Horw) 1.31.15; 3: H Blenkinsop (Holm) 1.31.39: **Teams:** 1: Keswick 19 pts; 2: Pud & Bram 50 pts; 3: ERYRI 50 pts: **Ladies:** 1: A Carson (ERYRI) 1.25.53; 2: C Croft (DPFR) 1.26.59; 3: J Smith (DPFR) 1.36.04; 4: J Harold (Horw) 1.37.36; 5: J Darby (Carn) 1.39.38: **Juniors:** 1: C Williams (Blae) 34.10; 2: Matthews (Horw) 25.10; 3: R Thomas (Blae) 35.45.

THREE PEAKS RACE
AL/23.5m/2500ft/24.4.88 England

The 35th Three Peaks Race promised to be the most open ever and turned out to be so with the bonus of a glorious day.

First to the top of Pen-y-Ghent was John Reade with Mick Hoffe 3rd and Graham Schofield 5th. They were to stay in the first 10 for the rest of the race, and at Ribbleshead John still held his lead, going through the checkpoint side-by-side with Mick and Robin Bryson, winner of last year's prize for the best newcomer, 3rd. Graham had moved up to 4th, veteran Peter McWade through to 7th, just one notch ahead of Ian Ferguson.

Robin went ahead climbing Whenside with Mick still in 2nd spot, Ian shhoting up to 3rd, Graham still 4th, John down to 5th and Peter back a place to 8th.

Ian was in the lead at the Hill Inn, Mick held 2nd, Robin 3rd, Graham 4th, John 5th and Peter 6th.

There was no change in the first four places on Ingleborough summit but Peter had moved up to 5th and John was back to 7th, just behind Bob Whitfield.



Sue Ratcliffe (Saddleshworth Runners) on the last section of the race, heading for Sulber Nick and the finish at Horton (Three Peaks Race) — Peter Hartley



Bob Whitfield (Bingley) approaching Ingleborough Summit in the Three Peaks Race — Peter Hartley

Ian went away on the run down to the finish and clocked a splendid winning time of 2.57.29.

Peter was first veteran and Vanessa Brindle ran a blinder to take the First Lady's trophy and a new ladies course record.

At the prize giving special awards were presented to athletes who had completed 21 Three Peaks before the day. They were: Alan Heaton (31), George Brass (25), Stanley Bradshaw (23), Alistair Patten (22), Dave Scott (21) and Clifford Huck (21).

Demand for places in the race continues to grow and with entries restricted to 500 the best advice for those anxious to run in the 1989 event is to enter early!

George Kirby
 1: I Ferguson (Bing) 2.57.29
 2: M Hoffe (Amble) 3.01.11
 3: R Boyson (Newc NI) 3.02.14
 4: G Schofield (B'burn) 3.05.08; 5: P McWade (Clay) 3.06.18; 6: A Hauser (Holm) 3.06.55; 7: R Whitfield (Bing) 3.07.27; 8: P Mitchell (Bing) 3.07.54; 9: D Woodhead (Horw) 3.09.41; 10: J Reade (Clay) 3.10.42; 11: M Wallis (Clay) 3.11.09; 12: K Gaskell (Horw) 3.14.22; 13: I Holmes (Bing) 3.15.47; 14: R Mitchell (Mand) 3.16.21; 15: J Broxap (Kes) 3.16.47: **Vets o/40:** 1: P McWade (Clay) 3.06.18; 2: M Hudson (H Hill) 3.22.59; 3: A Hamer (DPFR) 3.23.59: **Vets o/50:** 1: W Fielding (Leeds) 3.38.33; 2: G Brass (Clay) 3.50.42; 3: R Jacques (Clay) 3.53.14: **Ladies:** 1: V Brindle (Clay) 3.37.16; 2: R Pickvance (Clay) 3.52.34; 3: S Ratcliffe (S'worth) 3.54.31: **Team:** 1: Bingley 1,7,8,13 29 pts; 2: Clayton 5, 10, 11, 26 52 pts; 3: Horwich 9, 12, 16, 17 54 pts.

KINDER DOWNFALL

AM/10m/2150ft/24.4.88 England

A field of 375 runners set off in excellent conditions — warm and sunny weather with a hard frost overnight promising ideal conditions.

Local runner Mike Whyatt led most of the way on his home ground and was well clear passing his own home! However, Andy Trigg's superior road speed and experience won as he overhauled Mike on the road, finishing 14 seconds ahead. Times were exceptionally fast and close to the record, which looks unbeatable, especially now there are more gates and stiles to negotiate on the descent slowing runners considerably and breaking their rhythm.

A good performance by Ann Whatmore in the ladies to finish in 82.02.

A welcome return to Jeff Norman to take the veterans prize beating Tony Hulme by over a minute.

N Goldsmith
 1: A Trigg (Gloss) 64.14
 2: M Whyatt (Gloss) 64.28
 3: J Taylor (Holm) 64.48
 4: R Ashworth (Ross) 64.58; 5: R Bergstrand (Roch) 65.17; 6: T Parr (Notts) 68.24; 7: H Jarrett (CFR) 68.38; 8: G Webb (Calder) 68.43; 9: M McDermott (Ken) 69.11; 10: K Mingus (CFR) 69.11: **Vets o/40:** 1: J Norman (Altrin) 69.39; 2: T Hulme (Penn) 70.57; 3: J Boswell (E'wash) 71.44; 4: C Gledhill (Holm) 75.07; 5: G Berry (DPFR) 76.07: **Vets o/50:** 1: P Duffy (A'deen) 82.57; 2: B Thackery (DPFR) 83.53; 3: J Soper (DPFR) 88.26: **Ladies:** 1: A Whatmore (DPFR) 82.02; 2: J Johnson (D'dale) 83.06; 3: C Cook (Unatt) 84.26; 4: J Lothead (Holm) 86.51: **Teams:** 1: Glossopdale 29 pts; 2: Holmfirth 55 pts: **Juniors:** 1: J Fitzimmons (Stock) 30.37; 2: S Adamson (Horw) 31.57; 3: T Longdon (Buxton) 32.21: **Junior Girl:** 1: C Moore (Stock) 38.54

RASSALI RACE

BS/6m/1300ft/24.4.88

Wales

The third running of the Ras Sali saw a better than ever turnout which, combined with perfect conditions, helped the mens record to be lowered by David (Dai) Anderson to 39.19. The record set by Dawn Kenwright the previous year was bettered by 2 seconds to 48.46.

1: D Anderson (Sarn H) 39.19
 2: D Jones (Carm) 40.24
 3: F Thomas (Aber) 40.48
 4: D Roberts (Aber) 41.44; 5: A B Jones (Carm) 41.51; 6: E Harries (Sarn H) 41.57: **Vets o/40:** 1: C Evans (Llelli) 44.41; 2: J Lovekin (S Helen) 45.47; 3: M Beynon (MDC) 46.30: **Ladies:** 1: D Kenwright (S Helen) 48.46; 2: A Abbot (Carm) 54.51

SNAEFELL RACE

AS/5m/1900ft/26.4.88

IOM

This event was the fifth counter for this year's Manx Fell League.

Last year's winner Tony Rowley was in no mood to relinquish his title, leading from start to finish to record a time just one minute outside his own course record. Visiting athlete John Quine of Bolton ran well for 2nd place 2 minutes in arrears with Tony Varley a further minute behind.

The younger runners showed promise with Andrew Bargery 6th and 1st junior David Knowles in 8th.

1: A Rowley (West) 41.22
 2: J Quine (Bolton) 43.47
 3: A Varley (Bound) 44.37
 4: I Callister (Manx) 47.33; 5: R Moughtin (West) 48.25; 6: A Bargery (Manx) 48.50; 7: D Callister (West) 49.52; 8: P Crowe (North) 50.47; 9: R Stevenson (Bound) 51.42; 10: M Cowbourn (Bound) 52.19: **Vets o/40:** 1: D Corrin (Manx) 48.59; 2: R Callister (West) 49.33; 3: G Hull (Bound) 50.53; 4: M Joughin (Bound) 53.46; 5: J Wright (Manx) 54.42: **Vets o/50:** 1: R Baxter (Manx) 67.58: **Juniors:** 1: D Knowles 49.20; 2: C Bargery (Manx) 66.25: **Colts:** 1: P Brown 21.52

MOW COP KILLER MILE

27.4.88

England

1: A Wilton (Tipton) 6.29
 2: N Price (R'heath) 6.45
 3: J Maitland (P&B) 6.46
 4: M Patterson (DPFR) 6.49
 5: S Jones (Sale) 7.00

PENTYRCH HILL RACE

BM/7.5m/1700ft/26.4.88

Wales

Heavy rain greeted the start of the race, making the woodland tracks and mountain paths extremely muddy and slippery. The conditions, however, seemed to have little effect on John Hooper and Glyn Griffiths, who opened up a lead in the forest section, where the gradients are 1 in 3, as they grind their way up the first 800ft climb. Neither gave way on the downhill meadow or through the heavily rutted farm and forest tracks. The chasing pack, a minute behind, included veteran Alan Jeffreys, Alan Woods and Murray Williams.

Towards the top of the second 800ft climb, John gained an advantage over last year's winners Glyn, and on the final downhill section consolidated his lead to win by 58 seconds in a new course record of 47.44.

John Gough
 1: J Hooper (Cardiff) 47.44
 2: G Griffiths (Les Croup) 48.42
 3: A Jeffreys (Swansea) 51.25
 4: A Woods (M de C) 51.55; 2: M Williams (Bed) 52.04: **Vets:** 1: A Jeffreys (Swans) 51.25; 2: D Thomas (M de C) 53.50; 3: B Griffiths (Swans) 54.21: **Ladies:** 1: S Stirrups (Stroud) 62.26; 2: C Burnell (Card) 63.29; 3: J Woods (M de C) 66.27: **Juniors:** J James (Caer) 57.01; 2: M Mussa (Unatt) 66.52

CAVE HILL RACE

AS/2m/820ft/27.4.88 NI
The Cave Hill overlooking Belfast is the venue for this steep little championship race.

Road runner Jim Hefferon of Albertville, winner of last year's Scrabo race, set the pace on the climb. Jim, Brian Ervine and Jim Patterson reached the summit with only 2 seconds separating the three of them.

On the descent it was Jim Patterson, the current Northern Ireland and All-Ireland Champion who forged ahead to win by 10 seconds. His time of 13.55 was just 4 seconds outside the record despite a slight change to the course this year. Jim Hefferon outpaced Brian on the track to take 2nd. Ballydrain's Jim Hayes came through for 4th on the descent ahead of Billy McKay.

Belfast club Albertville, who were showing a keen interest in fell running this year, took the team prize by 2 points from Ballydrain.

It was encouraging to see some new faces and in particular M McCormick and Neil Carty made an impressive debut, finishing 6th and 7th.

Brian Ervine
1: J Patterson (Mourne) 13.55
2: J Hefferon (Albertville) 14.05
3: B Ervine (Ballydrain) 14.09
4: J Hayes (Bally) 14.44; 5: W McKay (Albert) 14.47; 6: M McCormick (Unatt) 15.09; 7: N Carty (CIYMS) 15.11; 8: P Haslett (Albert) 15.18; 9: B Farrelly (Mourne) 15.29; 10: G Murray (Bally) 16.22; **Vets o/40:** 1: J Patterson (Mourne) 13.55; 2: J Hayes (Bally) 14.44

MYNYDD MAWR RACE

BS/4.75m/1340ft/30.4.88 Wales
The third Ras Mynydd Mawr was held in fine weather and once again attracted a field of over 50 runners for the senior race with a good turnout in the junior race also.

Tommy Hildige (Eryri) took over 2 minutes off the record in the Under 12s race, being hard pressed by Jason Baylis (Eryri) for most of the way, while Rhiannon Tomos (Eryri) was the only girl to complete the race.

Another record went in the Under 16s with Colin Jones (Eryri) finishing 32 seconds inside the previous record, followed by Carwyn Williams (Blaenwyr), one of several members of the new Blaenau Ffestiniog based club who supported the races. Once again only one girl, Lucy Davies (Eryri) braved the hills.

There had to be a new winner of the senior race as the winner of the previous two, Glyn Griffiths, was not competing. Colin Donnelly (Eryri) is starting this fell season again in unbeatable form and he won comfortably at his first attempt on the course, while Emlyn Roberts (Eryri) and Dafydd Roberts had a keen struggle for the next two placings. Sian Roberts was the first lady by a long way followed by the first veteran, Sheila Bennell (Eryri). The two leading veteran men are old adversaries, Don Williams (Eryri) led at the summit but Del Davies (Eryri) descended like a goat to overtake him by a narrow margin.

Once again it was heartening to see so many coming from far afield, with representatives from 13 clubs in all. Next year the race will be shortened, cutting out most of the road section and thus moving it into the 'A' short category and hopefully attracting even more competitors. Dewi Tomos
1: C Donnelly (ERYRI) 35.48
2: E Roberts (ERYRI) 36.02
3: D Roberts 36.15

4: M Jones 36.57; 5: D Davies (ERYRI) 37.47; 6: D Williams (ERYRI) 37.51; 7: P Brooks (ERYRI) 38.25; 8: J Wooton (Plas) 38.37; 9: E Evans (ERYRI) 38.39; 10: J Griffiths (Abery) 39.21; **Vets o/40:** 1: D Davies (ERYRI) 37.47; 2: D Williams (ERYRI) 37.51; 3: D Tomas (ERYRI) 39.51; **Vets o/50:** D Johnson (Blaen) 45.50; 2: J Pope (ERYRI); **Ladies:** 1: S Roberts 44.10; 2: S Bennell (ERYRI) 51.03; 3: M Boyle (Cybi) 55.45; **Intermediates U/18:** 1: G Dobson (ERYRI) 42.24; 2: D Fisher (ERYRI) 44.29; **Juniors U/16:** IC Jones (ERYRI) 22.23; 2: C Williams (Blaen) 22.39; 3: R Thomas (Blaen) 23.18; **Junior Girl U/16:** 1: L Davies (ERYRI) 38.48; **Juniors U/12:** 1: T Hildige (ERYRI) 22.59; 2: J Baylis (ERYRI) 23.17; 3: S Buckley 26.23; **Junior Girl U/12:** 1: R Tomas (ERYRI) 39.04

CONISTON FELL RACE

AM/9m/3500ft/30.4.88 England
Cloud and mist over 2000ft caused navigational errors, particularly on Wetherlam, for many of the 319 starters. Indeed, conditions lead to a large number of withdrawals and ruled out any records in spite of a quality field. Nevertheless, only 6 seconds covered the first 5 finishers.

Sue Parkin had a comfortable win in the ladies race and 60 year old Bill Fielding merits a special mention considering his race performance in 1.30.45.

Nick Mathews
1: M Patterson (DPFR) 1.10.41
2: R Pilbeam (Keswick) 1.10.45
3: W Bland (Keswick) 1.10.46
4: M Fanning (Kes) 1.10.46; 5: G Devine (P&B) 1.10.47; 6: M Whyatt (Gloss) 1.11.56; 7: R Jackson (Horw) 1.11.59; 8: A Ligema (Amble) 1.12.09; 9: G Webb (Calder) 1.12.32; 10: R Owen (Unatt) 1.12.34; **Vets o/40:** 1: W Bland (Kes) 1.10.46; 2: K Taylor (Roch) 1.15.39; 3: M Hudson (Hoad) 1.22.11; 4: C Wilson (Kes) 1.26.23; 5: K Carr (Clay) 1.27.05; **Vets o/50:** 1: H Blenkinsop (Kes) 1.28.41; 2: D Hodgson (Amble) 1.41.08; 3: P Farrell (Clay) 1.41.16; **Vets o/60:** 1: W Fielding (Leeds) 1.30.45; 2: R Peart (Elswick) 1.43.34; **Ladies:** 1: S Parkin (Ken) 1.26.27; 2: N Lavery (Unatt) 1.28.51; 3: J Smith (DPFR) 1.32.12; 4: C Cook (Clay) 1.34.20; 5: S Hale (Newt A) 1.36.25; **Ladies Vets:** 1: E Denby (D'dale) 1.41.49; 2: J Johnson (D'dale) 1.44.36; 3: S Clark (Ken) 1.45.02; **Team:** 1: Keswick; **Juniors:** 1: B Hall (Holm)

30.38; 2: R Lawrence (Bing) 32.41; 3: J Clayton (Clay) 32.54; 4: G Davidson (P&B) 33.42; 5: P Daccus (P&B) 33.56; **Junior Women:** 1: K Dobson (Hynd) 46.25; **Juniors U/15:** 1: D Coleman (Clay) 35.38; 2: D Lucas (Roch) 36.12; 3: P Singleton (Amble) 36.39

ELLAN VANNIN RACE

AL/20m/6000ft/1.5.88 IOM

This difficult 20 mile race incorporates over 6000ft of ascent starting and finishing at the Tholt-y-Will Hotel. Locals Tony Rowley and Tony Varley together with visitor John Quine set a fierce pace to open a big gap on the rest of the field, swapping the lead until the last 5 miles where Tony Rowley in his first ever long fell race started dropping back. John opened a small lead and must have thought he would go one better than his previous Tuesday's second in the Snaefell Race until, within sight of the finish, a fast descending Tony Varley fought past to win in a good time.

1: T Varley (Boundary) 3.22.47
2: J Quine (Bolton) 3.22.55
3: T Rowley (Western) 3.41.58
Vets o/40: 1: G Hull (Bound) 4.26.56; 2: J Wright (Manx) 5.06.38;
Vets o/50: 1: R Baxter (Manx) 6.15.00

PENRITH BEACON HILL RACE

CS/4m/500ft/2.5.88 England

As appears usual at the Penrith May Day Carnival the weather dawned grey and gloomy. However 32 entered for the senior race including 3 intermediates but no ladies!

Phil Walters reached the summit first but unfortunately took a wrong turning at the unmarshalled gate and had to re-ascend Beacon Pike losing many places.

Colin Valentine, 4th at the summit, descended well to win in 23.35.

R J Kenyon
1: C Valentine (Keswick) 23.35
2: R Suddaby (Border OC) 23.56
3: S Barton (Kendal) 24.04
4: A Lewsley (Border H) 24.39; 5: M McGill (Amble) 25.15; **Intermeds:** 1: A Baglee (Carl) 26.32; 2: K Beattie (Carl) 30.20; 3: P Healey (E'grove) 38.16; **Juniors:** 1: S Martin (Prith) 6.07; 2: D Newbiggin (E'grove) 6.30; 3: A Goffin (E'grove) 6.30

PENISTONE HILL RACE

BS/6.5m/1055ft/2.5.88 England

A good field of 190 athletes ran the senior race in very wet conditions underfoot, resulting in slower times than last year.

M Whyatt and P Brownson had a convincing 1st and 2nd from road runner A Martin in his first fell race.

The best race of the day turned out to be the boys Under 16 with L Sidebottom and W Styan neck and neck in a sprint finish.

All proceeds from the race this year have been donated to the local group practice, the £425 raised going to a portable ECG machine.

D Cartwright
1: M Whyatt (Gloss) 40.31
2: P Brownson (Altrincham) 40.51
3: A Martin (Barnsley) 42.49
4: M Senior (P'stone) 42.55; 5: A Waterhouse (Saddle) 43.06; 6: A Hulme (Penn) 43.13; **Vets o/40:** 1: A Hulme (Penn) 43.13; 2: P Lyons (Altrin) 45.01; 3: A Judd (Leeds) 45.16; **Vets o/45:** 1: R Asquith (Holm) 44.43; 2: H Kelly (E Ches) 45.34; 3: P Jepson (Bury) 46.02; **Vets o/50:** 1: P Duffy (A'deen) 49.35; 2: B Thackery (DPFR) 51.38; 3: F Pearson (Stain) 57.48; **Ladies:** 1: C Healey (Roth) 49.56; 2: J Johnson (D Dale) 50.31; 3: J Town (D Dale) 52.22; **Ladies Vets:** 1: J Johnson (D Dale) 50.31; 2: S Boier (P'stone) 53.02; 3: A Soper (A Ratti) 60.36; **Intermeds U/16 Boys:** 1: L Sidebottom (E Ches) 21.15; 2: W Styan (Holm) 21.16; 3: S Brophy (Holm) 22.00; 4: S Codd (P'stone) 2.21; 5: A Harrison (E Ches) 22.27; **Intermeds U/16 Girls:** 1: R Cartwright (P'stone) 24.50; 2: B Gibson (Hallam) 26.18; 3: A Fox (Barns) 29.15; **Juniors U/13 Boys:** 1: A Judd (Leeds) 23.16; 2: N Booth (L'wood) 23.35; 3: E Ives (Holm) 23.59; **Juniors U/13 Girls:** 1: L Wilson (Hallam) 25.51; 2: K Wilson (P'stone) 30.45; 3: Z Shaw (E Ches) 31.14

WRAY CATON MOOR RACE

BM/6m/1000ft/2.5.88 England

It was a warm, showery day, though with many bright spells, for the annual Wray Fair and Fell Race.

The out and back course is evenly divided between cross country and moorland reaching 1185ft at the turn.

Hugh Symonds, Stephen Hawkins and 1987 winner Mark Croasdale headed the 186 strong field on the initial country section, with



Mark Croasdale, Hugh Symonds and Steve Hawkins lead the climb from Wray in Wray Caton Moor — Bill Smith

Holmfirth's junior star John Taylor in close contention. Once onto the moorland Hugh injected a little more pace and although Steve had a fine run on the return he was beaten by 4 seconds, Hugh missing Croasdale's record by 25 seconds.

In the junior race over the cross country section but involving a sharp climb and descent Mathew Whittaker triumphed. **Bill Smith**
 1: H Symonds (Kendal) 38.41
 2: S Hawkins (Bingley) 38.45
 3: M Croasdale (Royal M) 39.13
 4: J Taylor (Holm) 39.42; 5: M Wallis (Clay) 39.50; 6: C Lyon (Horw) 40.26; 7: T Watkins (Clay) 41.11; 8: R Jamieson (Amble) 41.18; 9: T Rutherford (Clay) 41.19; 10: G Clarkson (Wesham) 41.25: **Vets o/40**: 1: M Moore (Salf) 43.47; 2: M Walford (Ken) 43.49; 3: N Mathews (Horw) 45.15: **Vets o/50**: 1: D Rigg (CFR) 47.23; 2: D Brown (Clay) 48.38; 3: M Houghton (Chorl) 48.48: **Ladies**: 1: J Harold (Horw) 48.55; 2: L Lord (Clay) 49.19; 3: S Middleton (Black) 51.57: **Juniors**: 1: M Whittaker (Chorl) 21.03; 2: S Aughton (LRGS) 21.09; 3: N Matthews (Horw) 21.20; 4: D Coleman (Clay) 21.24; 5: R Hope (Horw) 21.52

BEN LOMAND HILL RACE
AM/9m/3192ft/7.5.88 Scotland
 1: G Devine (P&B) 1.05.10
 2: J Maitland (P&B) 1.05.35
 3: A Farningham (Gala) 1.06.56
 4: J Reade (Fife) 1.07.38; 5: D McGonigle (Dundee) 1.08.37; 6: J Hampshire (Carn) 1.09.05; 7: P Marshall (Hadd) 1.09.20; 8: D Rodgers (Loch) 1.09.38; 9: G Reynolds (Dundee) 1.10.58; 10: R McNiven (Oban) 1.11.08: **Vets o/40**: 1: P Marshall (Hadd) 1.09.20; 2: J Shields (Clydes) 1.11.18; 3: B Maher (A'deen) 1.12.51; 4: R Shields (Clydes) 1.14.35; 5: P Low (Fife) 1.15.27: **Vets o/50**: 1: P Brooks (Loch) 1.18.23; 2: W Rider (Morp) 1.18.46; 3: R Richardson (S Vets) 1.18.57: **Ladies**: 1: P Rother (Edin) 1.18.07; 2: P Calder (Edin) 1.18.57; 3: J Darby (Carn) 1.24.08; 4: J Salvona (Living) 1.29.01; 5: S Niedrum (Clydes) 1.29.13

DARWEN MOORS HIL RACE
BM/11m/1800ft/8.5.88 England
 A large field gathered for this year's race with over 230 runners toeing the line in Brinscall village.

The going was good to firm, although the section between Great Hill and Piccadilly never dries out completely, as some competitors discovered to their cost. Robin Bergstrand dominated the race with Andy Trigg. The two of them reached the road crossing on the outward journey in 27 minutes and despite an unauthorised short cut in Tockholes Wood, the route is the reverse of the Three Towers Race, climbing Great Hill for the second time before the long run back into Brinscall and the steep climb up the road to the finish.

Robin held off Andy's challenge, winning by just 12 seconds.

Vanessa Brindle was an easy winner in the ladies race with her up and coming clubmate Cheryl Cook 3rd.

K Robinson
 1: R Bergstrand (Rochdale) 1.17.27
 2: A Trigg (Gloss) 1.17.39
 3: P McWade (Clayton) 1.18.50
 4: D Wood (Chorl) 1.19.24; 5: R Jackson (Horw) 1.19.50; 6: T Hesketh (Horw) 1.20.08; 7: G Woodburn (Black) 1.20.50; 8: K Gaskell (Horw) 1.21.11; 9: L Hutchinson (Pres) 1.22.02; 10: H Marsden (Man Un) 1.22.18: **Vets o/40**: 1: P McWade (Clay) 1.18.50; 2: R Hargreaves (Clay) 1.23.33; 3: J West (Clay) 1.26.23: **Vets o/45**: 1: M Walker (Horw) 1.27.20; 2: N Matthews (Horw) 1.30.37; 3: J Whitter (Wigan) 1.33.28: **Vets o/50**: 1: R Barker (R Rose) 1.33.40; 2: P Duffy (A'deen) 1.37.18; 3: M

Houghton (Chorl) 1.39.50: **Ladies**: 1: V Brindle (Clay) 1.35.39; 2: L Lord (Clay) 1.37.45; 3: C Cook (Clay) 1.40.51; 4: M Ashton (Clay) 1.49.07; 5: L Small (Horw) 1.49.40: **Ladies Vets**: 1: L Lord (Clay) 1.37.45; 2: K Taylor (Clay) 2.07.27

NCCA 1988 CHAMPIONSHIP BUTTERMERE SAIL BECK HORSESHOE

AM/9.4m/3700ft/8.5.88 England
 The level of entry was a surprise — far exceeding previous years — and it caught the organisation unawares, resulting in some hurried improvisations.

Luckily the weather was its usual kind self and that helped. Rod Pilbeam registered his first major win of the season in convincing fashion and Billy Bland carried off numerous awards, finishing 2nd and 1st veteran.

Some faces from the junior ranks were very impressive: Mike Fanning and Steve Hawkins, having run for the English team at junior level, are now in contention at senior level. Most promising of all perhaps is John Taylor of Holmfirth, only just into the over 18 ranks and having a splendid run in 6th position. Cumbria and Keswick dominated the County, Area and Team awards, but Kevin Shand, 3rd place in the Lancashire finishers, merits special note — another up and coming lad!

Organised on behalf of the NCCA by the CFRA the awards were presented by Dr Edgar Illingworth, President of the Yorkshire AA.

Danny Hughes
 1: R Pilbeam (Keswick) 1.25.47
 2: W Bland (Keswick) 1.26.53
 3: D Cartridge (Bolton) 1.27.31
 4: M Fanning (Kes) 1.28.08; 5: G Huddleston (Ken) 1.28.32; 6: J Taylor (Holm) 1.28.59; 7: S Hawkins (Bing) 1.30.03; 8: H Symonds (Ken) 1.30.57; 9: K West (Border) 1.31.06; 10: A Bowness (CFR) 1.31.41; 11: P Mitchell (Bing) 1.32.08; 12: B Schofield (Black) 1.32.28; 13: C Valentine (Kes) 1.32.58; 14: G Webb (Calder) 1.33.04; 15: H Jarrett (CFR) 1.33.18; 16: D Woodhead (Horw) 1.33.31; 17: N Lanagan (Kes) 1.33.39; 18: D Hall (Ken) 1.33.51; 19: J Broxap (Kes) 1.34.25; 20: K Shand (Roch) 1.34.34: **Vets /40**: 1: W Bland (Kes) 1.26.53; 2: K West (Border) 1.31.06; 3: B Toogood (DPFR) 1.38.16;

4: I Greenhalgh (Roch) 1.38.33; 5: A Hulme (Penn) 1.38.39: **Vets o/50**: 1: H Blenkinsop (Kes) 1.47.14; 2: W Fielding (Leeds) 1.50.25; 3: D Rigg (CFR) 2.00.33: **Ladies**: 1: A Carson (ERYRI) 1.44.49; 2: S Haines (Ilkley) 1.50.43; 3: H Diamantides (DPFR) 2.02.08; 4: S Lewsley (Border) 2.05.29; 5: J Laverack (Amble) 2.06.52: **Intermeds**: 1: M Fanning (Kes) 1.28.08; 2: J Taylor (Holm) 1.28.59; 3: S Hawkins (Bing) 1.30.03; 4: W Gaunt (Leeds U) 1.39.17; 5: G Schofield (Roch) 1.40.11: **Juniors**: 1: G Hall (Holm) 30.09; 2: W Styan (Holm) 31.20; 3: S Brophy (Holm) 32.36; 4: R Lawrence (Bing) 33.18; 5: J Kennedy (Clay) 33.21: **Team**: 1: Keswick 7 pts; 2: Kendal 31 pts; 3: Bingley 41 pts: **Nth Cty Jun Ind**: 1: G Hall (Holm); 2: R Lawrence (Bing); 3: J Kennedy (Clay): **Sth Cty Ind**: 1: D Hall (Ken); 2: R Day (Mercia); 3: S Jones (ERYRI): **Yorks Cty Ind**: 1: J Taylor (Holm); 2: S Hawkins (Bing); 3: P Mitchell (Bing): **Cumb Cty Ind**: 1: R Pilbeam (Kes); 2: W Bland (Kes); 3: M Fanning (Kes): **Lancs Cty Ind**: 1: D Cartridge (Bolton); 2: G Schofield (Black); 3: K Shand (Roch): **Ches Cty Ind**: A Hulme (Penn); 2: V Wathey (Penn); 3: A Bocking (Penn)

DUMYAT HILL RACE
BS/5m/1250ft/11.5.88 Scotland
 On a dry, firm and cool day, ideal for hill running, Dermott McGonigle retained the Campbell Construction Shield for the second successive year. He just held off a strong challenge from Alan Farningham.

The ladies race was dominated by Tricia Calder — the Edinburgh AC veteran — with a new record time of 38.43, 3 minutes less than the previous best set last year.

P Bilsborough
 1: D McGonigle (Dundee) 33.46
 2: A Farningham (Gala) 33.53
 3: J Pentecost (Falkirk) 35.03
 4: J Reade (Fife) 35.21; 5: J Hampshire (Carn) 35.33; 6: R McNiven (Oban) 36.06; 7: P Seudonym 36.06: **Vets o/40**: 1: S Campbell (Unatt) 40.27; 2: A Lorimer (Duns) 40.44; 3: A Birse (Dundee) 40.49: **Ladies**: 1: T Calder (Edin) 38.43; 2: H McPherson (West) 46.33; 3: P McLaughlin (West) 48.52; 4: E Bilsborough (Unatt) 50.44

BELMONT WINTER HILL RACE
BS/4.5m/1000ft/14.5.88 England
 With the weather clear and sunny for the third running of the Belmont Win-

ter Hill Race over the revised course, a record field of 171 started from the Blue Lagoon at 1.00pm.

The fine day with dry conditions underfoot and an increased entry made it likely that records would tumble. In fact the race record was reduced by 44 seconds by Wilf Brindle and the ladies 2.27 with Vanessa Brindle showing her superiority this time over a short distance.

Occasionally a top class road runner turns to the fells and takes the stalwarts of the hills by surprise. This was one such occasion with Jim Crehan (husband of international Sue Crehan) catching all but one — Wilf Brindle — by surprise.

Crehan set the pace for most of the way, at one stage being over 100m ahead, but later found the boggy sections and steep descents a little alien. Nevertheless the finish was a classic, Brindle pipping Crehan on the run-in by the closest of margins — the latter's track speed deserting him following the final descent.

Mike Kelly
 1: W Brindle (Horwich) 32.52
 2: J Crehan (Warr) 32.53
 3: G Schofield (Black) 33.17
 4: R Jackson (Horw) 33.57; 5: C Lyon (Horw) 34.16; 6: R Bloor (SEL0C) 34.28; 7: A Sunter (Horw) 34.37; 8: P McWade (Clay) 34.44; 9: S Breckell (Black) 34.55; 10: R Jamieson (Amble) 35.09: **Vets o/40**: 1: P McWade (Clay) 34.4; 2: K Taylor (Ross) 35.32; 3: P Lyons (Bury) 37.38: **Vets o/45**: D Kay (Bolton) 36.35; 2: J Nuttall (Clay) 37.10; 3: N Matthews (Horw) 38.43: **Vets o/50**: 1: B Ramsden (Clay) 44.10; 2: P Madden (Black) 44.16; 3: B Hughes (Liver) 47.56: **Ladies**: 1: V Brindle (Clay) 41.09; 2: C Cook (Clay) 42.57; 3: H King (Bolton) 43.47; 4: G Cook (Roch) 45.24: **Junior u/20**: 1: N Matthews (Horw) 39.27; 2: S Adamson (Horw) 43.50

MOEL ELIO RIDGE RACE
AM/8m/3000ft/14.5.88 Wales
 1: C Donnelly (ERYRI) 1.00.21
 2: H Griffiths (Hebog) 1.02.15
 3: D Roberts (Unatt) 1.06.17
 4: H Parry (ERYRI) 1.06.32; 5: E Roberts (ERYRI) 1.06.40; 6: D Hughes (Hebog) 1.07.52: **Vet o/40**: 1: H Parry (ERYRI) 1.06.32: **Vet o/50**: 1: L Griffiths (Hebog) 1.25.43: **Ladies**: 1: A Carson (ERYRI) 1.15.00



Graeme Schofield at the top of the second climb in Belmont Winter Hill — Bill Smith

SLIEVE BEARNAGH RACE

AM/8m/3000ft/14.5.88 NI
A field of 27 lined up for this year's race in hot, sunny conditions. The leading group contained 10 after the initial traverse to the Trassy Track, but on the climb to the Hare's Gap Robin Bryson really took off and no-one was able to respond.

By the summit of Bearnagh, Robin had a significant lead over defending All-Ireland Champion Jim Patterson who was in turn clear of Brian Ervine in 3rd. Over Meelmore and Meelbeg Robin pulled even further clear and stormed home in a new record time of 58.04, 47 seconds inside the old record, a great run considering he had done a sub 30 minute 10k the previous day!

Ballydrain were clear winners of the team prize ahead of Mourne AC.
1: R Bryson (Newcastle) 58.04
2: J Patterson (Mourne) 59.35
3: B Ervine (Ballydrain) 62.36
4: J Hayes (Bally) 63.20; 5: G Murray (Bally) 63.43; 6: W McAuliffe (IHRA) 64.10; 7: N Carty (CIYMS) 64.54; 8: M O'Hara (IHRA) 65.04; **Vets o/40:** 1: J Patterson (Mourne) 59.35; 2: J Hayes (Bally) 63.20; 3: D Rankin (Mourne) 69.45

SIMON'S SEAT FELL RACE

AS/3.5m/1300ft/12.5.88 England
1: G Devine (P&B) 24.08
2: S Livesey (Ross) 24.12
3: R Pilbeam (Keswick) 25.04
4: S Hawkins (Bing) 25.10; 5: P Mitchell (Bing) 25.21; 6: R Whitfield (Bing) 25.22; 7: M Speight (Bing) 25.35; 8: G Webb (Calder) 26.02; 9: I Ferguson (Bing) 26.15; 10: A Whalley (P&B) 26.35; **Vets o/40:** 1: G Brooks (Bing) 28.10; 2: D Spedding (Kes) 28.57; 3: A Judd (Leeds) 29.25; **Vets o/50:** 1: D Lawson (Bing) 31.43; 2: J Rawnsley (Bing) 34.27; 3: B Speight (Fdale) 34.55; **Ladies:** 1: S Haines (Ilkley) 31.48; 2: S Watson (Vall St) 33.57; 3: B Carney (Bing) 35.10; **Juniors:** 1: C Walker (P&B) 27.33; 2: R Lawrence (Bing) 28.01; 3: J Clark (P&B) 28.42

CLOUGHA PIKE RACE

BM/6.5m/1350ft/21.5.88 England
Warm and sunny weather with good running underfoot enabled new records to be returned.

The pan handle course extended to 7 miles involves a combination of fields, woodlands and fells.

Mark Croasdale beat the 1987 record by 1.52 and the ladies record was also broken by over a minute.

1: M Croasdale (Royal M) 50.18
2: S Hawkins (Bingley) 51.01
3: R Whitfield (Bingley) 51.25
4: C Lyon (Horw) 53.27; 5: J Taylor (Holm) 54.03; 6: G Clarkson (Wes) 56.26; 7: R Bradley (Holm) 56.58; 8: P Tumeau (Ken) 57.04; 9: I Dermott (Horw) 57.24; 10: M Seddon (Holm) 57.22; **Vets o/40:** 1: R Bradley (Holm) 56.58; 2: D Gibson (Saddle) 60.57; 3: T Peacock (Clay) 62.46; 4: A Bartley (I.&M) 63.45; 5: G James (B&F) 64.19; **Vets o/50:** 1: J West (Clay) 65.46; 2: W Atkinson (Black) 66.34; 3: B Ramsden (Clay) 66.47; **Ladies:** 1: V Brindle (Clay) 63.20; 2: L Bostock (Clay) 80.38; 3: J Ridings (Unatt) 84.35; 4: J Taylor (Clay) 87.43; 5: J Bramfit (NZ) 100.08; **Juniors:** 1: R Lawrence (Bing) 61.24; 2: J Kennedy (Clay) 65.56; 3: R Rigby (Clay) 69.06; **u/15 (5m 800ft)** 1: S Brophy (Holm) 40.05; 2: D Coleman (Clay) 41.59; 3: D Mason (Clay) 45.12; **u/15 Girl:** 1: C Myles (Pendle) 56.36

KAIM HILL RACE

AS/3.5m/1250ft/15.5.88 Scotland
A warm day with slight breeze on the summit made ideal conditions for this popular race incorporating the 1988 SRHA Senior and Junior

Championships. Alan Farningham reduced Harry Jarrett's record for the descent by one second to 9.04.

1: B Potts (Clydes) 27.59
2: A Farningham (Gala) 28.07
3: D McGonigle (Dund Hawk) 28.17
4: I Davidson (Carn) 28.31; 5: D Bell (HELP) 28.39; 6: J Wilkinson (Gala) 28.52; 7: A Spenceley (Carn) 29.05; 8: P Marshall (Hadd) 29.48; 9: G Kerr (Fife) 29.53; 10: D Rodger (Loch) 29.56; 11: B Rodger (Loch) 29.57; 12: S McKendrick (Irvine) 29.58; 13: J Hampshire (Carn) 30.20; 14: A Bennett (West) 30.29; 15: S Mathieson (HELP) 30.42; 16: J Shields (Clydes) 30.59; 17: H Richmond (Loudon) 31.21; 18: A Rodman (Ard) 32.04; 19: I Jackson (Living) 32.07; 20: J Murphy (Loch) 32.07; **Vets:** 1: P Marshall (HELP) 29.48; 2: J Shields (Clydes) 30.59; 3: I Jackson (Living) 32.07; **Ladies:** 1: T Calder (Edin) 32.16; 2: P Rother (Edin); 3: J Darby (Carn) 36.10; **Juniors:** 1: B Rodger (Loch) 29.57; 2: S McKendrick (Irvine) 29.58; 3: H Lorimer (Unatt) 33.18; **Teams:** 1: Carnethy 124.06; 2: Lochaber 124.49; 3: Clydesdale 128.15

BLACKSTONE EDGE RACE

AS/3.5m/18.5.88 England
Yet again another good turn out of 286, thanks for your support.

It seems harder each year to put this race on what with Lydgate being gutted last year. And now the remaining buildings being gone. Now I've lost my sponsored toilets and water. Nevertheless we will battle on, I'd hate to scrap the race.

Well, both records were broken on the night, I suppose the fact that it did not rain properly for two weeks before helped. Sean Livesey knocked 15 seconds off the mens and Jilly Johnson knocked 44 seconds off the ladies records. Robin Bergstrand was also inside last year's record. There's only one thing for it — I'll have to soak the boggy bit more next year and grow the turks heads higher.

Well done all the prize winners, that's 286 of you nearly. And especially Pete Walkington who's just started fell running again after ten years. He finished 30th, not bad for the old clog. For those who don't know Peter's one of the original Stalwarts. He helped form the FRA and put fell running where it is now.

Kevin Shand

1: S Livesey (Ross) 27.12
2: R Bergstrand (Rochdale) 27.18
3: G Devine (P&B) 27.47
4: R Jackson (Hor) 27.50; 5: R Rawlinson (Ross) 27.56; 6: A Trigg (Gloss) 28.36; 7: C Lyon (Hor) 28.39; 8: G Webb (Calder) 28.46; 9: B Waterhouse (Saddle) 28.51; 10: M Wallis (Clay) 28.53; **Vets o/40:** 1: A Styan (Holm) 29.04; 2: P Walkington (Hor) 30.35; 3: T Shields (Bolton) 31.04; 4: G Brooks (Bing) 31.18; 5: B Deegan (Roch) 31.53; **Vets o/45:** 1: D Lucas (Roch) 35.07; 2: B Beedham (Saddle); 3: B Horrobin (Hor) 36.25; **Vets o/50:** 1: G Spink (Bing) 34.22; 2: P Duffy (A'deen) 34.39; 3: D Clutterbuck (Roch) 36.54; **Ladies:** 1: J Johnson (Denby) 35.16; 2: G Cook (Roch) 35.49; 3: K Etherden (Saddle) 40.05; 4: J Thistlewaite (Calder) 40.33; 5: E Woodhead (Clay) 42.00; **Ladies Vets:** 1: J Johnson (Denby) 36.16; 2: K Taylor (Clay) 42.29; 3: P Dore (Roch) 44.53; **Intermeds:** 1: M Rice (Tod) 29.23; 2: C Walker (P&B) 29.31; 3: R Lawrence (Bing) 30.42; 4: S Hudson (P&B) 32.03; 5: W Styan (Holm) 32.05; **Juniors:** 1: W Davies (Roch) 33.11; 2: A Lee (Roch) 33.12; 3: B Blamires (Calder) 34.45

TREFRIW MILL FELL RACE

AL/13m/3250ft/21.5.88 Wales
The new course for this year's race ascends Pen y Lliithrig-y-wrach, a height of 799m, from the village via the NE end of Llyn Cowlyd reservoir. Runners then descend to the SW end of the reservoir and continue to the top of Craig-wen, 589m, to start the homeward route.

By half way it was evident that Colin Donnelly, Emlyn Roberts and Duncan Hughes were going to have a battle for the lead. At the last checkpoint Colin and Emlyn were involved in a straight fight with Colin breaking away near the finish to win by 4 seconds in a new record time. Indeed, all other class records were also broken!

1: C Donnelly (ERYRI) 1.56.46
2: E Roberts (ERYRI) 1.56.50
3: D Hughes (Hebog) 2.03.16
4: D Davies (ERYRI) 2.04.20; 5: D Williams (ERYRI) 2.06.54; 6: C Rafferty (Army) 2.08.10; 7: S Jones (ERYRI) 2.11.01; 8: I Kevan (RAF) 2.11.16; 9: E Evans (ERYRI) 2.19.19; **Vets o/40:** 1: D Davies (ERYRI) 2.04.20; 2: J Bradley (Well) 2.43.36; 3: S Lowe (Mercia) 2.54.16; **Vets o/45:** 1: D

Williams (ERYRI) 2.06.54; 2: M Edwards (N Wales) 2.34.09; 3: A Hallard (Aber) 2.45.40; **Vets o/50:** 1: J Nicholas (ERYRI) 2.55.15; 2: R Watts (Army) 3.31.34; **Ladies:** 1: A Carson (ERYRI) 2.19.19

FAIRFIELD HORSESHOE

AM/9m/3000ft/22.5.88 England
The weather was much better this year and despite the modified route some excellent times are recorded.

Sue Parkin fell heavily on Hart Crag while leading and several competitors stopped to give assistance. Sue is now at home and wishes to 'thank all those who helped me'.

A meeting of the LDMTA during the winter decided that the time had come to return to the original skyline route, hence the additional checkpoints. The changes at Dove Crag will have preserved the wall at Low Pike.

Shame on the person who failed to enter and then ran through the finish — a time was recorded but of course no number. Permission to use the flagged routes from the start and Low Pike rests on the kindness of one local farmer — people training over these sections will eventually lead to permission being withdrawn.

1: S Livesey (Ross) 71.26
2: R Pilbeam (Keswick) 71.59
3: D Cartridge (Bolton) 72.48
4: G Huddleston (Ken) 73.24; 5: W Bland (Kes) 74.33; 6: J Taylor (Holm) 74.47; 7: M Whyatt (Gloss) 74.52; 8: A Trigg (Gloss) 75.52; 9: H Symonds (Ken) 76.03; 10: M Fanning (Kes) 76.38; 11: I Ferguson (Bing) 76.55; 12: D Barnes (Kes) 77.29; 13: T Davies (Kes) 77.41; 14: M Wallis (Clay) 77.54; 15: C Valentine (Kes) 78.24; 16: R Jamieson (Amble) 78.27; 17: A Sunter (Horw) 78.45; 18: K Shand (Roch) 79.26; 19: I Holloway (Roch) 79.50; 20: A Whalley (P&B) 79.54; **Vets o/40:** 1: W Bland (Kes) 74.33; 2: M Shaw (Skyrac) 79.57; 3: P Walkington (Horw) 82.02; 4: J Nuttall (Clay) 83.24; **Vets o/50:** 1: D Hughes (CFR) 88.16; 2: H Blenkinsop (Kes) 88.35; 3: A Shaw (Roch) 89.22; **Vets o/60:** 1: W Fielding (Leeds) 91.02; 2: B Peart (Elswick) 105.14; 3: D Cartwright (Amble) 113.12; **Ladies:** 1: A Watmore (DPFR) 95.13; 2: S Ratcliffe (Saddle) 96.14; 3: R Pickvance (Clay) 98.34; 4: G Cook (Roch) 99.07; 4: C Cook (Clay) 99.19; **Ladies Vets:** 1: B



The climb to Nab Scar in Fairfield — Bill Smith

Carney (Bing) 102.12; 2: E Burnip (Clay) 106.19; **Teams:** 1: Keswick 'A' 17 pts; 2: Keswick 'B' 40 pts; 3: Rochdale 61 pts

REETH HILLS RACE

AM/12m/3300ft/22.5.88 England
The conditions for the North Eastern Championships this year were perfect and this second event at Reeth brought 74 entrants. Ken West of Border Harriers certainly showed championship form to retain his win by knocking 6 minutes off his last year's record and finishing 3 minutes ahead of Dave Woodhead.

The North Eastern category was again a retainer for Michael Ligema of Elswick. The former British Orienteer had been going strong but, although fading on the last climb, was able to fend off his nearest rival, Mandales John Williams.

Stephanie Quirk of Kendal repeated her last year's win and set another record for the ladies.

The course has 4 climbs surrounding the village of Reeth, including a river crossing. Gary Bastow

1: K West (Border) 1.28.11
2: D Woodhead (Horwich) 1.31.20
3: B Grant (Harrogate) 1.31.50
4: M Ligema (Elsw) 1.33.07; 5: P Clark (Ken) 1.35.22; 6: M Falgate (P&B) 1.35.41; 7: J Williams (Man) 1.35.57; 8: G Bastow (Rich/Zet) 1.36.37; 9: A Hauser (Holm) 1.38.30; 10: A Furlong (Scar) 1.40.30; **Vets o/40:** 1: K West (Border) 1.28.11; 2: J Williams (Man) 1.35.57; 3: K Lodge (Halifax) 1.45.05; **Ladies:** 1: S Quirk (Ken) 1.58.23; 2: E Woodhead (Horw) 2.16.20; 3: L Neeson (Ken) 2.34.26; **Nth East Champ:** 1: M Ligema (Elswick); 2: J Williams (Mandale); 3: I White (Morpeth)

CWM-NANT-Y-GROES RACE

BS/7m/1200ft/22.5.88 Wales
A deviation from the intended route by the leading trio immediately after the first summit left local man John Darby in the lead. 'Puffing Billy' first consolidated and then improved upon his lead in the middle of the race and it was only at the top of the final climb that Griffiths and Hagley were able to get back to him. Perhaps with a few hints from the other famous Darby brother on life at the sharp end and the result might be different next time round for 'Puffing Billy'.

After a number of changes to the 'Abertillery' race over the past years this year's course is a good basis for the future. L R Williams

1: G Griffiths (Les Croupiers) 46.11
2: K Hagley (DPFR) 46.59
3: L Williams (MDC) 47.21
4: J Darby (MDC) 47.29; 5: P Maggs (Islwyn) 47.30; 6: D Thomas (MDC) 47.38; 7: I Stirrups (Stroud) 48.04; 8: J Wilson (MDC) 48.32; 9: J Brooks (MDC) 48.59; 10: H Erubb (Bath U) 49.15; **Vets o/40:** 1: L Williams (MDC) 47.21; 2: D Thomas (MDC) 47.38; 3: M Benyon (MDC) 49.54; 4: F Parry (MDC) 52.42; 5: T Smith (Les Cr) 55.23; **Vets o/50:** 1: B Swindon (Unatt) 50.55; 2: B Blandford (Neath) 52.18; 3: D Howe (Burn) 62.08; **Ladies:** 1: J Woods (MDC) 56.48; 2: S Stirrups (Stroud) 58.54; **Sen Teams:** 1: MDC (A) 13 pts; 2: MDC (B) 28 pts; 3: MDC (C) 39 pts; 4: Les Croupiers 52 pts

CWM NANT-Y-GROES RACE

BM/6m/1300ft/22.5.88 Wales
This is a new course on the other side of the Abertillery Valley to Cefn Bach climb which it replaces. Despite the route being marked the eventual winner, Glyn Griffiths, went off course before regaining the lead from Kevin Hagley.

1: G Griffiths (Les Croupiers) 46.11
2: K Hagley (DPFR) 46.59
3: L Williams (MDC) 47.21

4: J Darby (MDC) 47.29; 5: P Maggs (Islwyn) 47.30; 6: D Thomas (MDC) 47.34; **Vets o/40:** 1: L Williams (MDC) 47.21; 2: D Thomas (MDC) 47.34; **Vets o/50:** 1: B Swindon (Unatt) 50.55; **Ladies:** 1: J Woods (MDC) 56.48

BENS OF JURA FELL RACE

AL/16m/7500ft/28.5.88 Scotland
1: C Donnelly (ERYRI) 3.07.05
2: W Bland (Keswick) 3.09.36
3: J Broxap (Keswick) 3.19.41
4: M Garratt (Man) 3.20.09; 5: M Hoffe (Amble) 3.21.31; 6: A Styan (Holm) 3.22.24; 7: D Bell (HELP) 3.22.35; 8: T Laney (Clay) 3.25.42; 9: R Mitchell (Man) 3.25.59; 10: J Holt (Clay) 3.27.08; 11: R Jamieson (Amble) 3.28.08; 12: J Baston (Unatt) 3.28.35; 13: H Jarrett (CFR) 3.30.35; 14: A Ligema (Amble) 3.32.16; 15: P Haines (Man) 3.34.33; **Vets o/40:** 1: W Bland (Kes) 3.09.36; 2: A Styan (Holm) 3.22.24; 3: R Toogood (DPFR) 3.35.20; **Vets o/50:** 1: J Naylor (CFR) 3.48.43; 2: R Richardson (Sc Vets) 3.59.40; 3: W Gauld (Carn) 4.10.31; **Ladies:** 1: A Carson (ERYRI) 3.50.22; 2: S Haines (Ilkley) 3.57.44; 3: N Lavery (Unatt) 4.12.25; **Ladies Vets:** 1: S Watson (Val Str) 4.28.27; 2: B Hall (West) 4.43.30; **Team:** 1: Mandale 10.20.41

ALWINTON FELL RACES

BM/14m/2500ft/28.5.88 England
The warm Bank Holiday weather attracted a good field of runners for the third staging of the race. A field of 61 completed the gruelling 14 mile course from Alwinton village green over forest tracks and open fell, including the 2000ft summits of Bloodybush Edge and Cushtat Law. Despite fine weather the fells were wet underfoot from the previous week's rain and winning times were rather slower than in previous years.

First home was Peter Dymoke with David Woodhead runner-up for the second year in a row. Third was Michael Ligema, born in Stanington, who won a special for the first Northumbrian to finish.

In a small but quality ladies' field the record was well beaten by Penny Rother in a time of 1.50.57.

There was a good turnout for the short race which starts soon after the main event and which covers 6 miles, including 1100ft of ascent. This race is open to all under 18s and provides a good introduction to fell running.

The fine weather gave a good opportunity for competitors to relax on the village green with a pint or two at the prize giving.

1: P Dymoke (Edin U) 1.34.38
2: D Woodhead (Horwich) 1.35.22
3: M Ligema (Elswick) 1.37.19
4: S Murdoch (J&H) 1.37.33; 5: S Dempsey (Living) 1.38.10; 6: P Marshall (HELP) 1.39.07; **Vets o/40:** 1: P Marshall (HELP) 1.39.07; 2: S Balfour (Living) 1.41.11; 3: B Smith (Morp) 1.46.32; **Vets o/50:** 1: T Bray (Morp) 2.2.13; 2: M Hyman (Living) 2.03.03; 3: J Garbarino (A Ratti) 2.05.51; **Ladies:** 1: P Rother (Edin U) 1.50.57; 2: P Hawtin (Edin U) 1.55.27; 3: G Hale (New Ay) 1.58.16; 4: B White (Morp) 2.23.11; 5: E Woodhead (Horw) 2.27.27; **Short Race:** 1: J Conroy (Morp) 49.19; 2: S Gair (Blyth) 46.36; 3: S Bradstock (Living) 47.48; **Ladies:** 1: M Hyman (Living) 64.30; **Under 18:** 1: A Thompson (Morp) 48.07; **Under 18 Lady:** 1: D Campbell (Living) 60.19

HUTTON ROOF CRAGS RACE

BM/7m/1300ft/28.5.88 England
A dry, hot day following the rain a few days previously made excellent ground conditions in a record run. A record entry of 160 took to the tracks and paths of Hutton Roof and Farleton Knot with runners from as

far afield as New Zealand taking part. It was obvious by the half way checkpoint that Halesowen (barring accidents) would run out team victors, also being pre-race favourites. The individual race was contested, as expected, between the two Halesowen runners Nock and Cudworth, with Owen and Mark Croasdale splitting them. It was this order after only a quarter of a mile and stayed that way to the finish with Dennis Bland, C Lyon and P Harlowe overhauling R Pallister for the next three positions.

The ladies' race was won comfortably by C Cook with 4½ minutes to spare, but the margin was closer in the veterans' categories, A Judd taking the honours with K Muntion and H Pinkerton having a close battle for the minor placings. Mary Walker of Kendal ran a good race to lift the lady veteran prize.

Ian Rooke
1: W Nock (Halesowen) 46.10
2: R Owen (Unatt) 47.02
3: M Croasdale (R Mar) 47.32
4: R Cudworth (Hales) 49.00; 5: C Lyon (Horw) 49.37; 6: D Bland (Ken) 50.18; 7: P Harlowe (Kes) 50.31; 8: R Pallister (P&B) 51.03; 9: S Millington (Hales) 51.42; 10: A Smith (Shaft) 52.02; **Vets o/40:** 1: A Judd (Leeds) 53.01; 2: K Muntion (Unatt) 54.02; 3: H Pinkerton (Unatt) 54.37; 4: C Wilson (Kes) 56.30; 5: R Bunn (Hales) 57.24; **Vets o/50:** 1: B Atkinson (Black) 59.52; 2: D Brown (Clay) 61.45; 3: R Barker (R Rose) 62.57; **Ladies:** 1: C Cook (Clay) 61.16; 2: E Thackray (Fland) 65.40; 3: J Ramsden (LOC) 66.05; 4: M Walker (Ken) 70.06; 5: L Bostock (Clay) 72.49; **Ladies Vets:** 1: M Walker (Ken) 70.06; 2: K Taylor (Clay) 74.05; 3: S Ball (L&M) 74.32

BENTHAM GALA FELL RACE

CM/10m/800ft/30.5.88 England
A darkened sky and a downpour greeted the 106 competitors as they emerged onto Burn Moor, following the initial stages of rough cross-country and ascending tarmac lane. Robin Bergstrand led from Mark Croasdale at this point and these positions did not alter until the latter stages of the homeward cross-country route, now traversed in bright sunshine, when this pair took a wrong turning, after either being wrongly directed by a marshal or misinterpreting his instructions. This allowed their four main pursuers to swoop past them and Bill Nock to gain his second victory of the weekend (having triumphed at Hutton Roof on the Saturday) 53 seconds ahead of his clubmate Rick Cudworth.

Carol Haigh's unopposed victory in the ladies' race was apparently achieved at an unhurried pace.

Bill Smith
1: W Nock (Halesowen) 53.05
2: R Cudworth (Halesowen) 53.28
3: R Whitfield (Bingley) 53.53
4: C Lyon (Horw) 54.08; 5: R Bergstrand (Roch) 54.40; 6: M Croasdale (R Mar) 54.42; 7: G Clarkson (Wesham) 55.27; 8: M Harrison (Horw) 55.45; 9: S McVey (Horw) 55.56; 10: J Parker (Ilkley) 56.07; **Vets o/40:** 1: K Summersgill (N Vets) 58.36; 2: K Lindley (B'combe) 60.08; 3: M Lennor (B'burn) 60.20; **Vets o/50:** 1: D Brown (Clay) 64.42; 2: R Barker (R Rose) 65.38; 3: J West (Clay) 66.20; **Ladies:** 1: C Haigh (Holm) 64.20; 2: D Priestley (Ken) 74.40; 3: P Line (Newby) 74.47; 4: P Parker (Ilkley) 84.50

TISO CAMPSIE HILL RACE

AS/5m/1500ft/29.5.88 Scotland
A disappointing field of only 27 competitors entered the race this year (compared with 96 last year).

Very heavy rain during the event made conditions hard, however, B Potts was only 67 seconds outside the course record. Daniel Wilmott

1: B Potts (Clydes) 28.44
2: J Wilkinson (Gala) 29.35
3: R McNiven (Oban) 30.06
4: R Bennett (West) 30.35; 5: A Dytech (Clydes) 30.41; 6: J Macrae (Loch) 30.44; 7: R Shields (Clydes) 30.53; 8: J Shields (Clydes) 30.58; 9: A Costisank (Kilbar) 31.29; 10: A Rodman (Ardros) 32.49; **Vets o/40:** 1: R Shields (Clydes) 30.53; 2: J Shields (Clydes) 30.58; 3: E Gillespie (Carn) 34.05; **Teams:** 1: Clydesdale 13 pts; 2: Lochaber 32 pts

GREAT HAMELDON RACE

CS/6m/900ft/29.5.88 England
Mick Duxbury of Manchester United and England fame took part prior to presenting the prizes.

Malcolm Patterson and Jacky Smith of Dark Peak took the respective honours for the second year running.

In the Junior race Johnathon Taylor and Dawn Whelan also took the honours for the second time although both move up to senior status for next year's race. Of the 10 trophies up for grabs, 6 went back to last year's winners.

There were 385 finishers in the Senior event including 23 ladies whereas in the Junior race there were 85 finishers including 27 young ladies.

Albert Ashworth of Clayton-le-Moors Harriers had quite a race on for the over 60s honours. He was first to the line with a margin of only 23 seconds before B Crook of Bury AC came home. Paul Healey

1: M Patterson (DPFR) 36.43
2: G Schofield (Blackburn) 37.02
3: G Gough (Blackburn) 37.17
4: G Wadsworth (Ross) 37.43; 5: M Wallis (Clay) 37.43; 6: M Lee (Bolton) 37.47; 7: P McWade (Clay) 38.01; 8: R Rawlinson (Ross) 38.17; 9: A Selby (Bolton) 38.41; 10: T Ashworth (Clay) 38.43; **Vets o/40:** 1: P McWade (Clay) 38.01; 2: K Taylor (Ross) 39.02; 3: J West (Clay) 40.32; 4: S Furness (B'burn) 41.47; 5: K Muntion (FRA) 41.55; **Vets o/45:** 1: K Lodge (Hali) 41.51; 2: D Scott (Clay) 42.23; 3: M Franklin (Bic) 43.55; **Vets o/50:** 1: R Barker (R Rose) 45.55; 2: M Houghton (Chorl) 46.09; 3: P Dibb (Long) 49.44; **Vets o/55:** 1: D Clutterbuck (Roch) 48.49; 2: J Verney (Clay) 51.54; 3: A Anderson (Clay) 56.46; **Vets o/60:** 1: A Ashworth (Clay) 50.12; 2: B Crook (Bury) 50.35; **Ladies:** 1: J Smith (DPFR) 43.58; 2: L Lord (Clay) 48.39; 3: A Thorpe (Hynd) 49.11; 4: C Lewis (Clay) 50.07; 5: A Lee (Unatt) 52.39; **Juniors:** 1: J Taylor (Clay) 21.59; 2: J Pickup (Acc) 23.18; 3: A Bowden (Cald) 23.25; **Junior Girls:** 1: D Whelan (Hynd) 25.16; 2: S Bibby (Hynd) 25.36; 3: K Dobson (Hynd) 28.20

OTLEY CHEVIN FELL RACE

BS/3m/1000ft/1.6.88 England
The weather was kind and dry with a fairly warm evening setting the scene for the race. The main event was preceded by a junior run which it is now hoped will form part of the annual June race.

All 202 runners completed the course, which was fast, but the winning time was still outside the record set by John Sherban in 1986 in a time of 16.26. Mark Minton

1: G Hull (Leeds) 16.07
2: G Devine (P&B) 17.35
3: K Sturatt (Halifax) 17.13
4: M Speight (Bing) 17.15; 5: T Johnsson (Brad U) 17.16; 6: A Gill (Leeds) 17.29; 7: M Falgate (P&B) 17.41; 8: N Holliday (Leeds) 17.45; 9: R Pallister (P&B) 17.45; 10: C Walker

(P&B) 17.52; **Ladies:** 1: C Haigh (Holm) 20.59; 2: S Taylor (F'dale) 21.29; 3: W Wilson (ASVAC) 22.51; 4: E Thackray (F'dale) 23.26; 5: C Porritt (Ilkley) 24.11

CLITHEROE FELL RACE

BM/6m/1350ft/2.6.88 **England**
On a fine, sunny evening over 170 runners raced the 14th Clitheroe Fell Race.

Ray Owen had a good lead for most of the race with over a minute in hand at the wall junction checkpoint. Disaster struck as ray went off straight down the wallside, a route which is definitely longer. Steve Hawkins chose the correct way and picked up a lot of time, enough to win the race and set up a new record.

The course was part marked with the fell section giving licence to the runners to go whichever way they liked always catches a few out!

Carol Haigh also took the right line and created a new ladies' record.

L Farnsworth

1: S Hawkins (Bingley) 41.06
2: R Owen (Unatt) 41.24
3: M Wallis (Clayton) 41.44
4: P McWade (Clay) 41.59; 5: C Lyon (Horw) 42.30; 6: G Kerr (Clay) 42.38; 7: T Watkins (Clay) 42.44; 8: A Whalley (P&B) 42.54; 9: S Sunter (Horw) 43.59; 10: P Standing (Bolton) 44.04; **Vets o/40:** 1: P McWade (Clay) 41.59; 2: C Shields (Bolton) 45.19; 3: S Furness (B'burn) 46.04; **Vets o/50:** 1: R Jacques (Clay) 49.56; 2: R Barker (R Rose) 50.35; **Ladies:** 1: C Haigh (Holm) 51.24; 2: A Thorpe (Hynd) 52.15; 3: L Lord (Clay) 52.43

LANGDALE GALA FELL RACE

AS/1.25m/650ft/4.6.88 **England**
After last year's downpour conditions were near perfect for the gala.

Despite losing a contact lens and having to be directed round the summit flag by a marshall, Rod Pilbeam gave a determined display of uphill running to hold off a challenge from Keith Anderson.

Robin Lawrence claimed the under 17 title.

A group from Prince Henry's Grammar School (Otley) provided no less than 12 runners in the under 17 and under 14 races. Their efforts were rewarded, R Allen won the under 14 and J Lunn took the girls' prize.

N Walker

1: R Pilbeam (Keswick) 10.31
2: K Anderson (Ambleside) 10.46
3: S Carr (Unatt) 11.10
4: M Bagness (WOC) 11.14; 5: E Parker (Amble) 11.43; 6: C Webb (CFR) 11.58; 7: M Scowston (Unatt) 11.59; 8: N Walker (Amble) 12.09; 9: T Walker (Amble) 12.35; 10: M Cox (Aire) 12.59; **Vets o/40:** 1: T Walker (Amble) 12.35; 2: P Covey (P&B) 13.26; 3: R Monk (Ken) 13.29; **Vets o/50:** 1: B Wilkinson (Clay) 14.39; **Ladies:** 1: J Iverick (Amble) 14.16; 2: J Graham (Amble) 15.47; 3: M Huyton (Unatt) 16.56; 4: E Unsworth (Ken) 19.30; **Under 17:** 1: R Lawrence (Bing) 11.29; 2: P Benson (Amble) 12.15; 3: A Castile (Stret) 12.26; **Under 17 Girls:** 1: N Benson 15.07; 2: J Howe (PHGS) 22.05; 3: S Donaghue (PHGS) 26.08

PEN Y GHENT FELL RACE

AM/5.5m/1500ft/4.6.88 **England**
A strong north wind kept rain clouds moving and although the course was dry Dave Cartridge's record of 44.16 remained intact.

Martin Speight led a breakaway group of 7 at the summit with eventual winner Graham Kirkbright 4th

Carol Haigh reduced Jackie Smith's record by 49 seconds (this was her 4th race in 6 days and she

finished 1st lady after her 1st at Saddleworth. Harry Atkinson 1: G Kirkbright (Skyrac) 46.11
2: T Parr (Notts) 46.27
3: A Chew (Clayton) 46.44
4: M Speight (Bing) 46.52; 5: S Breckell (B'burn) 46.59; 6: K West (Border) 47.04; 7: P Marlow (Kes) 47.13; 8: J Parker (Ilkley) 48.37; 9: R Bloor (Unatt) 48.40; 10: M Garrett (Man) 48.51; **Vets o/40:** 1: K West (Border) 47.04; 2: R Toogood (DPFR) 49.42; 3: K Munton (FRA) 52.04; **Vets o/50:** 1: M Houghton (Chorl) 57.28; 2: D Hodgson (F'dale) 58.10; 3: B Speight (F'dale) 59.45; **Ladies:** 1: C Haigh (Holm) 55.33; 2: G Hale (Newton) 58.14; 3: P Mee (Alt) 59.02; 4: S Taylor (F'dale) 59.31; 5: E Thackray (F'dale) 1.03.05

DUDDON FELL AND MOUNTAIN RACE

AL/20m/6000ft/4.6.88 **England**

This year's race was a little special since it was a British and English FRA Championship race and consequently attracted a larger field of runners. It was pleasant to see so many new faces and hope that some of you may return next year having enjoyed yourself so much!

1: S Livesey (Ross) 2.46.25
2: W Bland (Keswick) 2.47.15
3: C Donnelly (ERYRI) 2.47.55
4: M Fanning (Kes) 2.48.00; 5: R Whitfield (Bing) 2.49.58; 6: H Symonds (Ken) 2.52.52; 7: M Rigby (Amble) 2.53.38; 8: M Wallis (Clay) 2.55.00; 9: G Devine (P&B) 2.55.35; 10: A Trigg (Gloss) 2.55.38; 11: D Cartridge (Bolton) 2.55.41; 12: A Styan (Holm) 2.56.14; 13: J Broxap (Kes) 2.56.50; 14: J Maitland (P&B) 2.57.15; 15: N Lanaghan (Kes) 2.57.26; 16: P Bateson (Kes) 2.57.38; 17: M Patterson (DPFR) 3.00.52; 18: G Webb (Calder) 3.03.47; 19: J Winder (Calder) 3.03.57; 20: G Schofield (Black) 3.04.26; 21: J Nuttall (Clay) 3.04.39; 22: A Schofield (Roch) 3.06.16; 23: T Laney (Clay) 3.08.41; 24: S Hicks (Amble) 3.09.28; 25: D Woodhead (Horw) 3.11.23; 26: C Valentine (Kes) 3.12.28; 27: M McDermott (Ken) 3.13.34; 28: R Crossland (Calder) 3.15.22; 29: K Shand (Roch) 3.15.36; 30: P Martin (Bolton) 3.15.53; **Vets o/40:** 1: W Bland (Kes) 2.47.15; 2: A Styan (Holm) 2.56.14; 3: J Nuttall (Clay) 3.04.39; 4: J Nixon (A Ratti) 3.17.04; 5: M Walford (Ken) 3.18.17; **Vets o/50:** 1: D Hughes (CFR) 3.24.03; 2: H Blenkinsop (Kes) 3.47.07; 3: R Jacques (Clay) 3.53.01; **Ladies:** 1: C Crofts (DPFR) 3.24.38; 2: A Carson (ERYRI) 3.38.51; 3: J Darby (Carn) 3.45.48; 4: A Watmore (DPFR) 4.00.45; 5: S Ratcliffe (Saddle) 4.02.33; 6: R Pickvance (Clay) 4.09.36

THE CHEVY CHASE

AL/17m/3000/4.6.88 **England**

Race day weather conditions were good, mainly dry with a cool wind and cloud on the Cheviot.

Starters numbered 51 ready to tackle the course involving peat bogs, heather and a mile of road at the start and 4 miles at the finish. Two steep ascents and descents up to and off the Cheviot summit and Kedgehope Hill give a touch of added interest!

S Hale was a convincing winner and led throughout the race — a splendid effort, he was followed in by CJ Wright who also held his position throughout the race.

The first lady entrant, Sarah Haines, for many years was the sole lady and she did well to finish 15th overall, in the top third of the field.

Lawrence Heslop

1: S Hale (Perth) 2.24.11
2: C Wright (Mandale) 2.27.30
3: I White (Morpeth) 2.34.15
4: B Forbes (C le S), 2.35.00; 5: D Murdoch (Morp) 2.35.20; 6: S Murdoch (J&H) 2.37.20; 7: P Haines

(Ilkley) 2.40.25; 8: G Dixon (Morp) 2.41.00; 9: R Scott (Morp) 2.44.30; 10: R Wright (DCH) 2.49.05; **Vets:** 1: R Wright (DCH) 2.49.05; 2: M Sanderson (UH) 2.55.10; 3: P Duffy (A'deen) 2.56.50; 4: W Fortune (Aln) 2.58.35; 5: A Hoare (Clare) 3.15.23; **Ladies:** 1: S Haines (Ilkley) 2.54.20

EDENFIELD FELL RACE

BS/7.5m/1600ft/5.6.88 **England**

A dry, sunny day and a fast course enabled Bob Ashworth to reverse last year's result by beating G Gough and with a time 2 minutes faster, 22 seconds down on the course record.

There were 165 starters and all finished!

K Smith

1: R Ashworth (Ross) 42.38
2: G Gough (Blackburn) 42.59
3: K Taylor (Ross) 45.37
4: D Waterworth (Clay) 46.15; 5: M Keys (Ross) 46.24; 6: S Duckworth (Rad) 46.34; 7: C Nash (Bolton) 46.48; 8: J Rutter (Clay) 46.50; 9: R Flanningan (Ross) 46.57; 10: T Davies (Bury) 47.00; **Vets o/40:** 1: K Taylor (Ross) 45.37; 2: P Lyons (Bury) 47.58; 3: S Furness (B'burn) 48.02; 4: R Cowling (Unatt) 50.48; 5: G Butcher (Roch) 51.15; **Vets o/45:** 1: P Jepson (Bury) 50.02; 2: K Lodge (Hali) 50.07; 3: D Jones (Unatt) 50.24; **Vets o/50:** 1: T Shaw (Roch) 49.42; 2: R Barker (R Rose) 53.44; **Ladies:** 1: V Brindle (Clay) 54.51; 2: J Lochead (Holm) 56.45; 3: G Cook (Roch) 57.15; 4: K Etherden (Saddle) 59.51; 5: A Haworth (Bolton) 1.02.09

SADDELEWORTH FELL RACE

AS/3m/950ft/5.6.88 **England**

Saddleworth Runners' bank manager can breath easily for another year as Ricky Wild's course remains intact yet again, despite the near perfect conditions. Nevertheless, intermediate Stephen Hawkins decisively beat Mike Whyatt into 2nd place in a small but quality field.

Carol Haigh led the ladies contingent home in a time of 25.14, not bad for her 6th race in a week!

The weather, despite some threatening clouds, stayed fine contributing to the warm and friendly atmosphere of the afternoon.

J Docherty

1: S Hawkins (Bingley) 20.01
2: M Whyatt (Gloss) 20.17
3: D Gibbons (E Cheshire) 20.38
4: H Waterhouse (Saddle) 20.54; 5: A Hulme (Penn) 20.57; 6: K Manning (Clay) 21.11; 7: A Styan (Holm) 21.34; 8: W Gaunt (Leeds U) 21.40; 9: M Seddon (Holm) 21.42; 10: D Beels (Roch) 21.44; **Vets o/40:** 1: A Hulme (Penn) 20.57; 2: A Styan (Holm) 21.34; 3: D Cartwright (P'stone) 22.16; 4: R Bradley (Holm) 22.41; 5: R Futrell (Holm) 22.42; **Vets o/45:** 1: C Gledhill (Holm) 23.21; 2: W Cooper (Manch) 24.06; 3: P Fleming (Horw) 24.39; **Vets o/50:** 1: G Garnett (Bing) 26.57; 2: P Dibbs (Langley) 27.56; 3: H Gill (Saddle) 28.46; **Ladies:** 1: C Haigh (Holm) 25.14; 2: J Johnson (Denby) 25.46; 3: S Exon (Stret) 27.23; 4: R Gee (E Ches) 28.06; 5: S Kiveal (Saddle) 28.56; **Teams:** 1: Holmfirth 33 pts; 2: Bingley 35 pts; Saddleworth 43 pts; **Intermediates:** 1: S Hawkins (Bing) 20.01; 2: W Gaunt (Leeds U) 21.40; 3: T Gibson (Roch) 22.06; **Juniors:** 1: G Hall (Holm) 20.52; 2: M Rice (Tod) 21.36; 3: R Lawrence (Bing) 21.42; 4: W Styan (Holm) 22.07; 5: S Brophy (Holm) 22.11; **Junior Girl:** 1: S King (Hallam) 26.38; 2: C Beels (Roch) 43.38

TWO LADS RACE

BS/4m/800ft/5.6.88 **England**

Dry conditions and a warm, sunny day assisted Ray Owen in creating a new course record by 6 seconds. It was a close race between Ray and Rob Jackson until the final stages.

The course takes in rough tracks and bridgways with a rough stretch of moorland leading to the highest point, a loop at the summit leads to same way back.

John Hope

1: R Owen (Unatt) 25.38
2: R Jackson (Horwich) 26.22
3: B Brindle (Horwich) 28.56
4: S Jackson (Horw) 28.59; 5: R Green (A Ratti) 29.01; 6: J Hope (A Ratti) 29.49; 7: R Ramsdale (B Aero) 30.24; 8: J Worswick (Horw) 30.49; 9: D Kay (Bolton) 31.12; 10: A Simm (Bolton) 31.18; **Vets o/40:** 1: M Crook (Horw) 31.29; 2: S Watson (Horw) 31.39; 3: K Booth (Horw) 33.37; **Vets o/45:** 1: D Kay (Bolton) 31.12; 2: B Hayes (Wigan) 33.06; 3: R Edwards (Horw) 39.09; **Vets o/50:** 1: D Weir (Horw) 32.18; 2: J Coope (Horw) 39.55; **Ladies:** 1: M Hurst (Horw) 40.00; 2: M Moran (Unatt) 40.38; **Boys u/10:** 1: S Hackett (Unatt) 17.26; **Girls u/10:** 1: A Goodwin (Salf) 14.24; **Boys u/13:** 1: I Hesketh (Horw) 11.59; **Girls u/13:** 1: T Squires (Horw) 13.22; **Boys u/15:** 1: N Matthews (Horw) 10.57; **Girls u/15:** 1: C Tomkins (B Aero) 13.49

SCOLTY HILL RACE

BS/5m/800ft/5.6.88 **Scotland**

The 12th annual Scolty Race attracted a record field of 109 and in perfect conditions 3 age category records were broken. Lynda Bain took 25 seconds off Liz (Lynch) McColgan's 1982 time, Linden Nicolson reduced the over 35 record by no less than 4.11 and Les Boyne took 19 seconds off his own over 50 record.

Fraser Clyne won for the 8th time to keep his unbeaten record.

If you wish a tough, low key hill race with minimal downhill and £300 of prizes spread through the age categories, for a £1 entry you could do worse than turn up at Banchory, near Aberdeen on 4 June next year.

Mel Edwards

1: F Clyne (Aberdeen) 30.28
2: I Matheson (Aberdeen) 31.40
3: E Arrowsmith (Aberdeen) 31.55
4: D Duguid (A'deen) 32.52; 5: R Taylor (A'deen) 33.14; 6: C Noble (Fras) 33.21; 7: E Butler (A'deen) 33.33; 8: K Craig (Fl Tri) 33.36; 9: S Brown (A'deen) 33.38; 10: D Armitage (A'deen) 33.43; **Vets o/40:** 1: M Edwards (A'deen) 33.50; 2: B Maher (A'deen) 34.06; 3: J Gallon (A'deen) 35.49; 4: A Birse (Dundee) 35.56; 5: A Kerr (A'deen) 36.46; **Vets o/50:** 1: L Boyne (A'deen) 37.42; 2: C Summers (A'deen) 38.06; 3: A Allan (A'deen) 39.23; **Ladies:** 1: L Bain (A'deen) 34.35; 2: V Simpson (A'deen) 39.43; 3: M MacDonald (P'head) 41.45; 4: K Butler (A'deen) 41.47; 5: L Nicolson (Carn) 42.42; **Ladies Vets:** 1: L Nicolson (Carn) 42.42; 2: O Fraser (A'deen) 45.33; 3: I Rothnie (Loch) 46.08

PADDY'S POLE FELL RACE

AS/4.5m/1100ft/7.6.88 **England**

On a near perfect evening, it seemed that most of Lancashire's runners had turned out for the first race to Paddy's Pole. To avoid any embarrassment we catered for 200 runners. Apologies to the extra 18 whose numbers had to be scribbled on paper — a remarkable turnout!

It was a fine sight on a short race to see at least three different lines of runners snaking their way around Parlick heading for checkpoint 1. Congratulations to Ray Owen and Carol Haigh who won their respective races. Also to John Nuttall who held off some good veterans on his own patch. Well done Clayton on returning teams 1 and 2, Rossendale for coming 3rd. Someone suggested that I limit the number of Clayton entries to 100 next year (79 took

part!). Remarkably no-one retired or seemed to injure themselves. A few runners asked me afterwards what happened to the flags. What flags? In future we will just have to emphasise that navigational skills are required in bad weather. The pleasant post-race atmosphere at the Talbot reflected what I feel about fell running is about and 165 runners took up the offer of a free pie or pint.

A number of people asked me how we could afford to keep the 80p entry fee so low and pay for pie and peas. No problem — we still made loads-a-money (£17) which will be ploughed back into the 1989 race. It does make you wonder why some short races are so expensive!

Martin Stone
1: R Owen 31.13
2: G Kerr (Clayton) 31.31
3: C Lyon (Horwich) 31.32
4: M Wallis (Clay) 31.33; 5: T Laney (Clay) 31.40; 6: T Watkins (Clay) 31.48; 7: S Breckel (B'burn) 31.57; 8: T Rutherford (Clay) 32.05; 9: A Schofield (Roch) 32.07; 10: J Holt (Clay) 32.08.
Vets o/40: 1: J Nuttall (Clay) 32.24; 2: K Taylor (Ross) 32.33; 3: J Nixon (A Ratti) 33.34; **Vets o/50:** 1: R Barker (R Rose) 36.20; 2: G Brass (Clay) 36.28; 3: P Wiseman (Gars) 40.01; **Ladies:** 1: C Haigh (Holm) 35.41; 2: V Brindle (Clay) 37.22; 3: L Lord (Clay) 39.24; 4: C Kinny (A Ratti) 41.24

BIENCATHRA FELL RACE AM/8m/2700/8.6.88 England

Another superb evening with Rod Pilbeam completing a hat trick of victories and being foiled by a new start route in attempted to crack the hour. New records for the ladies and super veterans with Harry Blenkinsop taking 10 minutes off the latter.

Rumour has it that Colin Valentine uses this event as training for the grape pressing season!

Reg Baker gave the event an added touch of class with a pistol start complete with red jacket and cap.

J Stout
1: R Pilbeam (Keswick) 1.00.21
2: A Bowness (CFR) 1.05.03
3: P Harlowe (Keswick) 1.05.14
4: K Anderson (Amble) 1.05.40; 5: C Valentine (Kes) 1.05.53; 6: J Broxap (Kes) 1.05.58; 7: S Carr (Unatt) 1.06.07; 8: S Hicks (Amble) 1.07.07; 9: P Clarke (Ken) 1.07.41; 10: G Moffat (Unatt) 1.08.28; **Vets o/40:** 1: D Spedding (Kes) 1.09.15; 2: R Stephenson (Kes) 1.19.40; 3: G Clayton (Amble) 1.20.41; 4: A Walker (Amble) 1.20.49; 5: R Mercer (Ken) 1.20.50; **Vets o/45:** 1: C Yates (Border) 1.23.42; 2: J Taylor (Ken) 1.26.32; **Vets o/50:** 1: H Blenkinsop (Kes) 1.14.57; **Ladies:** 1: W Lightfoot (DPFR) 1.20.53; 2: R Pickvance (Clay) 1.23.08; 3: J Laverack (Amble) 1.26.37; 4: C McNeill (LOC) 1.26.48; 5: C Kenny (A Ratti) 1.32.32

DOLLAR HILL RACE AM/5m/2000ft/11.6.88 England

This year's race was run in near perfect conditions — the course was as dry as we've seen it and we enjoyed the cool weather with a gentle breeze.

We were slightly disappointed with the number of runners (49), down for the first time, no doubt being due to the Lomands of Fife being next day AND a Senior Championship Race. It was, however, a blow since we have tried hard to give value for money — quick results, refreshments, good changing facilities and the race setting is magnificent. Considering we have to shell out £25 for a licence from the Scottish AAA for the privilege of running the event, it is difficult to cover costs; we would like to see more competitors next year.

Alan S Blyth
1: A Farningham (Gala) 42.49

2: D McGonigle (Dundee) 43.57
3: S Asher (Fife) 45.02
4: D Rodgers (Loch) 45.38; 5: W Rodgers (Loch) 46.17; 6: R Shields (Clydes) 46.19; 7: D Gooch (Dollar) 46.21; 8: J Beech (Loch) 46.24; 9: T Ross (Fife) 46.51; 10: H Lorimer (Unatt) 47.13; **Vets o/40:** 1: R Shields (Clydes) 46.19; **Vets o/45:** 1: J Black (Living) 52.51; **Ladies:** 1: C Smith (Edin U) 52.52; **Juniors:** 1: W Rodgers (Loch) 46.17; 2: D Gooch (Dollar) 46.21; 3: H Lorimer (Unatt) 47.13

TRAPRAIN LAW RACE CM/6.5m/720ft/11.6.88 Scotland

This Gala Day race from East Linton takes in farm tracks, river path, a climb up the Law, country roads and a crossing of the River Tyne!

John Ross, having his first run in the event, beat established hill runner Dennis Bell into 2nd place with last year's winner 3rd. The winning time was also a new record by nearly 2 minutes.

1: J Ross (HELP) 39.39
2: D Bell (HELP) 39.47
3: S Mathieson (HELP) 40.16
4: J Forte (HELP) 40.22; 5: D Weir (HELP) 41.22; **Ladies:** 1: J Smith (HELP) 53.23; 2: P Blake (HELP) 54.58; 3: D Mackie (Dunbar) 56.10

ENNERDALE FELL RACE AL/23m/7500ft/11.6.88 England

Tactics were at a premium amongst the leaders as they set off on the 23 miles around Ennerdale on a hot, dry morning. The pace was restrained (everything is relative!) for the first half the course but no one could stay with Hugh Symonds, whose pace over the easier terrain in the second half ensured his second Ennerdale victory. His winning time of 3.34.48 was very respectable in the conditions.

The most noteworthy performance, however, must be young (21) Mike Fanning in the runner-up position. I hope he doesn't burn himself out with too many long runs at his age.

Billy Bland was first veteran as expected and Jos Naylor chalked up another super veterans prize despite his slowest Ennerdale ever. Sarah Haines beat English World Cup runner (1987) Vanessa Brindle quite comfortably. She could make the top four herself with some speedwork — we need more competition at the top amongst the lady fell runners.

Danny Hughes
1: H Symonds (Kendal) 3.34.48
2: M Fanning (Keswick) 3.37.22
3: W Bland (Keswick) 3.42.29
4: A Ligema (Amble) 3.45.05; 5: P Clark (Ken) 3.46.59; 6: G Huddleston (Ken) 3.50.09; 7: T Laney (Clay) 3.56.25; 8: P Haines (Ilkley) 4.02.07; 9: J Holt (Clay) 4.02.09; 10: A Styan (Holm) 4.04.30; 11: G Lucas (CFR) 4.09.48; 12: G Reade (Roch) 4.10.37; 13: M Stone (DPFR) 4.11.28; 14: C Dulson (CFR) 4.12.18; 15: S Hicks (Amble) 4.13.05; **Vets o/40:** 1: W Bland (Kes) 3.42.29; 2: A Styan (Holm) 4.04.30; 3: M Walford (Ken) 4.16.46; **Vets o/45:** 1: J Nuttall (Clay) 4.15.27; 2: J Stout (CFR) 4.53.29; 3: C Lates (Border) 5.16.33; **Vets o/50:** 1: J Naylor (CFR) 4.35.25; 2: R Todhunter (CFR) 5.59.22; **Ladies:** 1: S Haines (Ilkley) 4.43.57; 2: V Brindle (Clay) 5.00.33; 3: R Pickvance (Clay) 5.10.09; 4: J Ramsden (Lake) 5.31.31; 5: C Porritt (Ilkley) 6.07.44; **Teams:** 1: Kendal AC 12 pts

SKIPTON FELL RACE BS/4m/1000ft/12.6.88 England

Slightly amended courses for the Senior, Inter, Ladies and Under 15 Boys meant there was no record to be broken. This in no way detracts from

a tremendous run from a very in-form Jeff Hornby, who fairly flew down the last 1½ miles to win comfortably from last year's winner Gary Devine.

Another outstanding run came from that evergreen Bingley 'flyer' Derek Lawson who was 1st veteran to finish. Carol Haigh once again showed a clean pair of heels to the female opposition.

The real winner though was the weather and the event itself; bathed in sunshine and not one query all day.

An event that goes from strength to strength, with £300 in prizes up for grabs and all for a very reasonable entry fee of £1 seniors and 50p juniors.

Malcolm Barnwell
1: J Hornby (Spenboro) 23.44
2: G Devine (P&B) 24.18
3: J Taylor (Holmfirth) 24.24
4: S Hawkins (Bing) 24.37; 5: M Wallis (Clay) 24.56; 6: A Whalley (P&B) 25.03; 7: G Kirkbright (Skyrac); 8: A Venn (Sheff) 25.17; 9: R Rodgers (Horw) 25.20; 10: D Leaf (Rown) 25.30; **Vets o/50:** D Lawson (Bing) 25.54; **Vets o/50:** D Cartwright (PFR) 26.24

MUNCASTER 'LUCK' RACE BM/10m/1800ft/12.6.88 England

We had a beautiful day yet again for this year's race, but numbers were well down on previous years.

Donald Lee confirmed his recovery from injury and return to form with what looked like a comfortable win. Although it was a hot day he was barely perspiring as he crossed the finish line! Martin Hudson, appearing in fewer fell races nowadays, clinched the veterans prize and Sarah Haines capped her Ennerdale victory the previous day with another convincing win. A prize for the first under 21 went unclaimed because there were no runners in that age group.

Danny Hughes
1: D Lee (CFR) 1.18.37
2: R Jamieson (Amble) 1.20.46
3: K Shand (Roch) 1.21.11
4: K Mingins (CFR) 1.21.29; 5: G Byers (CFR) 1.24.29; 6: A Fielding (Bolton) 1.24.52; 7: M Hudson (Hoad) 1.28.23; 8: D Loan (Kes) 1.28.45; 9: J Burrell (Lake) 1.31.15; 10: D Nield (Clay) 1.31.55; **Vets o/40:** 1: M Hudson (Hoad) 1.29.23; 2: C Wildon (Kes) 1.32.39; 3: P Cottrill (CFR) 1.42.14; **Vets o/50:** 1: J Peel (Black) 1.52.20; 2: P O'Neill (CFR) 1.55.09

KNOCKLAYD FELL RACE AM/6.5m/1700ft/12.6.88 NI

Every year the weather seems to be good for the Knocklayd Race and this year was no exception with scorching heat and hardly a breath of wind — too warm for running!

Billy McKay was intent on making a move early as he set an intense pace up through the forest, with Jim Patterson in close pursuit. However, on the climb Ian Parke, in his first fell race of the season after illness, came through strongly to reach the summit first, just ahead of Jim. On the final half mile of track Jim broke clear to win.

1: J Patterson (Unatt) 48.27
2: I Parke (Ballydrain) 49.15
3: J Hayes (Ballydrain) 50.04
4: W McKay (A'ville) 50.24; 5: B Ervine (Bally) 52.28; 6: G Murray (Bally) 53.25; 7: B Farrelly (Mourne) 54.14; **Vets o/40:** 1: J Patterson (Unatt) 48.27; 2: J Hayes (Bally) 50.04; 3: J Sloan (N Down) 58.27

COLEDALE HORSESHOE AM/8m/3000ft/15.6.88 England

The classic, well established race provided a preview of the course which is selected for the 1988 World Cup Long Course Mountain Race.

Over 100 runners started the mid week race in warm, bright sunshine. Dry conditions made for fast running and Rod Pilbeam reportedly greyhounded up Grisedale never to be caught by the chasing group of mainly CFR runners. Don Lee made a welcome return to good form following an extended injury lay off. Alan Bowness in 3rd place held off 1987 winner Harry (Lime) Jarrett into 4th position. Previous winner Colin Valentine, losing his course record to Rod, made 5th position.

The ladies race was well contested, Fiona Cole of CFR, in the lead to the final checkpoint, was beaten on the descent by Clayton runner Ruth Pickvance, Jean Ramsden, the 1987 champion, came in 3rd.

Barry Johnson
1: R Pilbeam (Keswick) 1.08.00
2: D Lea (CFR) 1.11.56
3: A Bowness (CFR) 1.12.13
4: H Jarrett (CFR) 1.14.19; 5: C Valentine (Kes) 1.14.44; 6: J Holt (Clay) 1.14.54; 7: M Richardson (Amble) 1.15.09; 8: J Gibbons (L&M) 1.15.45; 9: A Lewsley (Border) 1.15.47; 10: D Spedding (Kes) 1.16.46; **Vets o/40:** 1: D Spedding (Kes) 1.16.46; 2: G Hall (Holm) 1.22.10; 3: G Franklin (Crook) 1.23.35; 4: C Wilson (Kes) 1.24.18; 5: T Crook (Bolton) 1.24.30; **Vets o/45:** 1: C Lates (Border) 1.35.53; 2: M Jackson (Tri Lake) 1.36.00; 3: B Johnson (CFR) 1.36.31; **Vets o/50:** 1: D Hodgson (F'dale) 1.31.29; 2: D Rigg (CFR) 1.34.05; **Ladies:** 1: R Pickvance (Clay) 1.34.09; 2: F Cole (CFR) 1.36.04; 3: J Ramsden (Lake) 1.36.45; **Team:** 1: CFR 3.38.28

RAS CARNEDDAU AM/9.5m/2300ft/18.6.88 Wales

Hazy but generally good conditions assisted Hefin Griffiths to take the race by the scruff of the neck and open up a lead up to Laseg to the first checkpoint. From then on he maintained the leading position and opened up a further 30 seconds on the descent from Bryn Wigau to the finish.

In the ladies section Stella Farrar, competing for the first time, pulled away from the others to win comfortably.

Hefin won the award for 1st to the summit in 43.26 and an exciting sprint finish between Don Williams, Malcolm Jones and Del Davies saw Don just finishing ahead.

C Williams
1: H Griffiths (Hebog) 1.10.56
2: E Roberts (ERYRI) 1.12.43
3: M Ligema (Elswick) 1.16.20
4: D Williams (ERYRI) 1.17.08; 5: M Jones (Hebog) 1.17.09; 6: D Davies (ERYRI) 1.17.14; 7: G Owen (Unatt) 1.21.21; 8: S Hughes (ERYRI) 1.23.19; 9: S Jones (ERYRI) 1.23.30; 10: D Davies (YBlaen) 1.23.31; **Vets o/40:** 1: D Williams (ERYRI) 1.17.08; 2: D Davies (ERYRI) 1.17.14; 3: D Thomas (ERYRI) 1.25.41; **Vets o/50:** 1: L Griffiths (Hebog) 1.32.30; 2: D Johnson (YBlaen) 1.40.29; 3: R Evans (Prest) 1.44.46; **Ladies:** 1: S Farrar (ERYRI) 1.44.58; 2: J Glass (ERYRI) 1.48.05; 3: S Bennell (ERYRI) 1.58.02; **Team:** 1: ERYRI 3.47.05

FAN FAWR AS/2m/1000ft/18.6.88 Wales

A small field of 29 toed the line (or in this case held the fence) for this first running of the latest in South Wales' ever growing fell running repertoire. Glyn Griffiths went off at a ferocious pace and led the field to the top and back to go under 17 minutes on the excellent short, sharp course. Alice Bedwell and Huw Parry were respectively 1st lady and veteran

(proving that North Wales' runners are equally capable of travelling long distances to race 2 miles).

C G Ryder

1: G Griffiths (Les Croupiers) 16.47
2: H Parry (ERYRI) 17.52
3: M Saunders (MDC) 18.50
4: A Woods (MDC) 18.54; 5: D Thomas (MDC) 19.07; **Vets:** 1: H Parry (ERYRI) 17.52; 2: D Thomas (MDC) 19.07; 3: L Williams (MDC) 19.22; **Super Vets:** 1: E Alexis (LC) 25.20; **Ladies:** 1: A Bedwell (MDC) 22.00; 2: R Parry (ERYRI) 25.20; 3: K Lucas (MDC) 31.24

WEST HIGHLAND WAY 95m/8200ft/18.6.88 Scotland

There were no classes of age, sex or otherwise considered for obvious reasons. The course was in good, hard condition and the weather during the day was hot (high 70s).

Facilities were provided by way of occasional back-up points, runners in the main, providing their own requirements.

The existing record of 17.48.30 was not beaten but the ladies record was lowered to 19.43.34 with a great run by Betty Hall. There were 27 entries, 20 starters and 14 finishers, some understandably in an advanced state of exhaustion.

1: D Wallace (Unatt) 18.18.54
2: B Hall (Wester) 19.43.34
3: D Watson (Loch) 20.14.43
4: S Watson (Vall Str) 21.40.45
5: J Dennison (Living) 22.20.50
6: T Deall (Kendal) 22.40.53

GREAT HILL RACE CS/5.5m/1200ft/18.6.88 England

A spell of dry weather made the course hard and runnable, but the record still stands, probably due to the hot, humid day with little wind.

An attractive prize list with spot prizes rounded off a pleasant event.

1: G Woodburn (Black) 32.00
2: D Wood (Chorley) 32.30
3: P Stranding (Bolton) 32.40
4: S Breckell (Black) 32.58; 5: C Nash (Bolton) 33.33; 6: T Hesketh (Horw) 33.50; 7: I Holloway (Roch) 34.14; 8: D Pennington (Wigan) 34.20; 9: P Leaf (Staff) 34.23; 10: H Marsden (Man Un) 34.30; **Vets o/40:** 1: T Hesketh (Horw) 33.50; 2: G Duckworth (Horw) 35.48; 3: P Walkington (Horw) 36.14; **Vets o/45:** 1: J Whitter (Wigan) 38.00; 2: P Henegan (Bolton) 38.17; 3: G Pearty (Horw) 39.50; **Vets o/50:** 1: M Houghton (Chor) 39.27; 2: G Arnold (Prest) 42.30; 3: R Chadwick (N Vet) 43.04; **Ladies:** 1: J Lothead (Holm) 40.31; 2: C Cook (Clay) 41.00; 3: K Etherden (Saddle) 43.44; **Junior u/15:** 1: P Taylor (Chor) 14.52; 2: P Boyd (Black) 15.14; **Juniors:** 1: J Marland (Horw) 16.08; 2: P Lewis (Horw) 17.20

BUCKDEN PIKE FELL RACE AS/4m/1500ft/18.6.88 England

1: C Donnelly (ERYRI) 30.51
2: S Livesey (Ross) 31.06
3: R Pilbeam (Keswick) 31.21
4: D Cartridge (Bolton) 31.21; 5: R Bergstrand (Roch) 31.33; 6: G Devine (P&B) 31.50; 7: S Hawkins (Bing) 31.55; 8: M Patterson (DPFR) 31.58; 9: H Symonds (Ken) 32.11; 10: G Huddleston (Ken) 32.44; 11: W Bland (Kes) 32.44; 12: M Fanning (Kes) 32.56; 13: R Rawlinson (Ross) 33.08; 14: M Whyatt (Gloss) 33.08; 15: G Schofield (Black) 33.11; 16: J Taylor (Holm) 33.19; 17: A Trigg (Gloss) 33.21; 18: K Shand (Roch) 33.23; 19: J Gough (Black) 33.28; 20: M Rice (Tod) 33.31; 21: Jackson (Horw) 33.37; 22: R Whitfield (Bing) 33.39; 23: M Croasdale (R Mar) 33.44; 24: G Webb (Calder) 33.56; 25: M Wallis (Clay) 34.13; 26: M Rigby (Amble) 34.17; 27: A Styan (Holm) 34.23; 28: M Prady (Gloss)

34.31; 29: A Schofield (Roch) 34.33; 30: P Mitchell (Bing) 34.34; **Vets o/40:** 1: W Bland (Kes) 32.44; 2: A Styan (Holm) 34.23; 3: A Harmer (DPFR) 35.33; 4: K Taylor (Ross) 35.41; 5: P Lyons (Bury) 35.42; **Vets o/45:** 1: A Trowbridge (DPFR) 40.17; 2: D Lucas (Roch) 41.49; 3: W Wade (Holm) 42.46; **Vets o/50:** 1: D Hughes (CFR) 37.50; 2: H Blenkinsop (Kes) 38.43; 3: P Brooks (Loch) 40.15; 4: R Jacques (Clay) 40.48; 5: D Hodgson (F'dale) 41.21; **Ladies:** 1: C Crofts (DPFR) 38.13; 2: A Carson (ERYRI) 39.12; 3: S Niedrum (Clydes) 41.54; 4: J Smith (DPFR) 41.55; 5: S Quirk (West) 41.56; 6: A Watmore (DPFR) 41.59; **Intermeds:** 1: S Hawkins (Bing) 31.55; 2: M Fanning (Kes) 32.56; 3: J Taylor (Holm) 33.19; 4: A Schofield (Roch) 34.33; 5: S Willis (Bing) 36.07; 6: W Gaunt (Leeds U) 37.13; 7: G Drury (Leeds U) 38.35; 8: S Watson (P&B) 38.42; **Juniors:** 1: M Rice (Tod) 33.31; 2: R Lawrence (Bing) 36.32; 3: J Taylor (Clay) 37.38; 4: C Walker (P&B) 37.52; 5: J Kennedy (Clay) 38.09; 6: D Smith (P&B) 38.40; 7: S Brophy (Holm) 39.19; 8: R Caunt (Bfd GS) 39.31; 9: J Bulman (Kes) 39.38; 10: P Daccus (P&B) 39.41

PATRICK FETE FELL RACE AM/10m/2800ft/18.6.88 IOM

This event is held in conjunction with the annual Patrick Sports. The 10 mile course takes in one of the steepest ascents on the island from the western shore to Cronk Ny Arrea Laa summit.

After John Quine lost several minutes when he missed a check-point, pre-race favourite Tony Rowley had a comfortable 3 minutes winning margin over last year's Manx Fell Champion Stephen Hull. Road man Dave Ronan switched successfully to the fells to take 3rd, John Quine slipping to 5th.

1: T Rowley (Western) 1.33.32
2: S Hull (Boundary) 1.37.00
3: R Ronan (Boundary)
4: I Callister (Manx) 1.44.15; 5: J Quine (Bolton) 1.46.00; 6: R Moughtin (West) 1.47.48; 7: R Stevenson (CFR) 1.49.00; 8: D Knowles (West) 1.54.40; 9: P Corlett (Manx) 1.56.57; 10: D Callister (West) 1.59.36; **Vets o/40:** 1: D Corrin (Manx) 1.50.12; 2: G Hull (Boun) 1.53.58; 3: J Wright (Manx) 1.57.39; 4: R Callister (West) 1.59.14; 5: E Brew (North) 2.15.33; **Juniors 3m:** 1: A Ironside (Manx) 28.55; 2: G Corkill (Manx) 31.40; 3: T Corkill (Manx) 37.01

JAMES BLAKELEY RACE AS/3m/350ft/18.6.88 England

A bright, sunny afternoon with a course in perfect condition enabled runners to entertain a large crowd to some excellent running. Won by Michael Pearson from Longwood, with fellow clubman Robert O'Hara 2nd and Geoff Hall from Holmfirth 3rd. Good support by Ian Mitchell in 8th position gave Longwood one point advantage over promoting club Holmfirth.

Judith Johnson finished 25th in the race and was the only lady to finish.

Race entries were down on previous years, probably due to the Fell Championship race at Buckden.

E Muxworthy
1: M Pearson (Longwood) 16.01
2: R O'Hara (Longwood) 16.49
3: G Hall (Holmfirth) 17.01
4: A Holmes (Holm) 17.08; 5: A Marsh (Holm) 17.09; 6: S Jarvis (Holm) 17.15; 7: E Rennie (A'deen) 17.22; 8: I Mitchell (Long) 17.33; 9: D Cartwright (P'Stone) 17.53; 10: R Hardcastle (Long) 18.01; **Vets o/40:** 1: D Cartwright (P'stone) 17.53; 2: R Hardcastle (Long) 18.01; 3: D Gledhill (Holm) 18.33; **Ladies:** 1: J Johnson (D Dale) 20.03; **Team:** 1: Longwood 11 pts

SEVEN HILLS OF EDINBURGH CM/14m/2200ft/19.6.88 Scotland

1: A Farningham (Gala) 1.37.28
2: D Bell (HELP) 1.38.28
3: J Wilkinson (Gala) 1.38.48
4: P Marshall (HELP) 1.39.49; 5: A Spencely (Carn) 1.41.31; 6: B Maher (Aber) 1.45.10; 7: G Armstrong (HELP) 1.47.00; 8: B Knox (Tev) 1.47.15; 9: R Brown (Ferr) 1.48.26; 10: R Brown (H Bog) 1.48.36; **Vets o/40:** 1: P Marshall (HELP) 1.39.49; 2: B Maher (Aber) 1.45.10; 3: G Armstrong (HELP) 1.47.10; **Vets o/50:** 1: P Brooks (Loch) 1.53.51; 2: B Gauld (Carn) 1.54.00; 3: P Carmichael (Morp) 2.00.16; **Ladies:** 1: P Calder (EAC) 1.54.07; 2: B Sallie 2.05.08

HOLME MOSS FELL RACE AL/16m/4000ft/19.6.88 England

On the second running of the race, which took place in June rather than last year's September, the conditions were considerably dryer underfoot. Although temperatures were in the high 70s the record was reduced by 5 minutes. Drinks stations, an unusual feature in fell races, proved necessary and more than welcome on the day.

The outcome of the race seemed in no doubt after the first mile as the Glosopdale trio of Andy Trigg, Mike Whyatt and Dave Ibbotson took an early lead and seemed in no danger of losing it in the clear conditions. This proved to be the case with these three finishing 10 minutes ahead of the 4th man making the team result a formality.

Judith Johnson, the only lady competitor, was in no doubt of the ladies prize but still managed to knock 3.27 off last year's record.

Russel S Bangham

1: A Trigg (Gloss) 2.15.03
2: M Whyatt (Gloss) 2.16.49
3: D Ibbotson (Gloss) 2.17.15
4: J Winder (Calder) 2.27.05; 5: M Seddon (Holm) 2.28.57; 6: I Mitchell (Long) 2.32.20; 7: R Bangham (Holm) 2.32.43; 8: P Buttery (D Dale) 2.33.00; 9: K Munton (FRA) 2.33.42; 10: M Prady (Gloss) 2.33.51; **Vets o/40:** 1: K Munton (FRA) 2.33.42; 2: R Futrell (Holm) 2.43.11; 3: N Berry (Holm) 2.44.45; **Vets o/45:** 1: D Gledhill (Holm) 2.41.49; 2: J Hubbard (Long) 2.42.47; 3: K Lodge (Hali) 2.56.23; **Vets o/50:** 1: B Thackeray (DPFR) 3.02.49; 2: A Barber (Saddle) 3.36.21; 3: J Newby (Unatt) 3.42.35; **Ladies:** 1: J Johnson (D Dale) 3.04.18

ROSEBERRY TOPPING RACE AS/1.5m/715ft/21.6.88 England

The race began at a suicidal pace, or so it seemed to me, I must be getting old, but settled down when the steep bits were reached and developed into a battle between two previous winners; Dave Leaf and Paul Lowe. Eventually it was Lowe who edged ahead to win in a slow time which was 51 seconds outside the record of 10.39 (not 10.00 as stated in the FRA Calendar).

International orienteer Billy Hale was the first lady to finish in a new record time of 14.20.

Mick Garratt

1: P Lowe (Mandale) 11.31
2: D Leaf (Rowntree) 11.36
3: A Whalley (P&B) 11.39
4: K Boal (Sund) 11.50; 5: C Wright (Mand) 11.55; 6: M Garratt (Mand) 11.56; 7: M Burn (T&S) 11.58; 8: S Ratcliffe (N Ayc) 12.04; 9: J Williams (Mand) 12.16; **Vets:** 1: J Williams (Mand) 12.16; 2: G Pennington (Mand) 12.59; 3: R Wright (Dur) 13.58; **Ladies:** 1: G Hale (N Ayc) 14.20; 2: S Wright (Mand) 15.06; 3: J Clark (P&B) 18.28; **Juniors:** 1: C Walker (P&B) 12.02; 2: D Smith (P&B) 12.34; 3: J Woodhall (L Jack) 12.40

MIDSUMMERS GALLOP AM/8m/3000ft/22.6.88 England

Excellent conditions and a fine, breezy evening gave the 49 starters fast running for this mid-week race.

Hugh Symonds won for the 3rd successive year, equal 1st was Jon Broxap enjoying success in his last race before leaving for down under.

J R Capstick

1: H Symonds (Kendal) 1.13.09
1: J Broxap (Keswick) 1.13.09
3: C Valentine (Keswick) 1.14.46
4: K Anderson (Amble) 1.15.09; 5: P Clark (Ken) 1.16.05; 6: T Davies (Kes) 1.16.36; 7: T Watkins (Clay) 1.17.13; 8: D Hall (Ken) 1.18.14; 9: M Walsh (Ken) 1.18.15; 10: A Lewsey (Border) 1.18.17; **Vets o/40:** 1: M Walford (Ken) 1.20.15; 2: A Richardson (LOC) 1.20.28; 3: M Hudson (LOC) 1.20.57; **Vets o/50:** 1: J West (Clay) 1.32.30; **Ladies:** 1: J Ramsden (LOC) 1.31.18; **Ladies Vets:** 1: C McNeill (LOC) 1.40.18

HOLCOMBE TOWER RACE CS/3.5m/850ft/22.6.88 England

On a fine evening ideal for racing Paul Dugdale dominated the event, and even beat a fire engine, on call out to a bonfire on top of the hill, to the summit. Mark Aspinall reduced the deficit on the downhill but was unable to catch Paul.

K Smith

1: P Dugdale (Horwich) 20.09
2: M Aspinall (Ross) 20.16
3: T Ashworth (Clayton) 20.34
4: P Stranding (Bolton) 20.36; 5: S Duckworth (Rad) 20.44; 6: R Rodgers (Horw) 20.45; 7: P Livesey (Ross) 20.49; 8: I Holmes (Bing) 20.54; 9: N Weaver (Clay) 21.02; 10: T Hesketh (Horw) 21.04; **Vets o/40:** 1: T Hesketh (Horw) 21.04; 2: K Taylor (Ross) 21.51; 3: B Fairbrother (Midd) 22.38; **Vets o/50:** 1: R Barker ((R) Rose) 24.45; 2: M Houghton (Chor) 25.05; **Ladies:** 1: C Haigh (Holm) 23.17; 2: S Taylor (F'dale) 25.24; 3: C Cook (Clay) 26.00

EILDON TWO HILL RACE AS/4.5m/1400ft/25.6.88 Scotland

The course this year was dry and with fine weather overall times were fast, although Kenny Stuart's record of 25.48 was not threatened.

The two leaders entered the stadium together and despite a spirited finish by John Wilkinson, Alan Farningham just held on to win.

With good facilities and £350 in prizes a pleasant day was had by all.

Eric Allan

1: A Farningham (Gala) 27.25
2: J Wilkinson (Gala) 27.26
3: D Bell (HELP) 28.25
4: S Elliott (Notts) 28.29; 5: A Spenceley (Carn) 28.37; 6: B Potts (Clydes) 28.46; 7: P Marshall (HELP) 29.04; 8: R Hope (Gala) 29.59; 9: M Oaston (H Bog) 30.08; 10: N McDonald (ESH) 30.27; **Vets:** 1: P Marshall (HELP) 29.04; 2: J Rowles (Law) 31.20; 3: I Jackson (Living) 31.30; 4: J Knox (Tev) 31.34; 5: J Shields (Clydes) 31.46; **Juniors:** 1: H Lorimer (Duns) 32.04; 2: T Hughes (Fife) 33.21; 3: J Dennison (Living) 41.31

RUMOUR HAS IT

Rumour has it that the strange foot-wear sported by John Derby this season is in fact the heavily disguised prototype for the Fell Runner Mk 2 undergoing 'speed' training in the destructive conditions of the South Wales Mountains.

RUMOUR HAS IT

Rumour has it that a member of the SHRA is working on 'Ecological Running Inprints on the Scottish Hills'.

Y GARN RACE

AS/3m/1500ft/25.6.88 Wales

The day started clear and sunny but by the time the race started cloud had covered the garn summit.

Hefi Griffiths was the first to disappear into the mist with an 18 second lead on Colin Donnelly at the summit. Hefi maintained his lead all the way to the tape. Huw Parry and Don Williams, the strong veteran duo from ERYRI, fought it out with Huw coming out on top to win his class yet again.

Angela Carson, although not breaking her course record, was a clear winner in her class.

Over 74 started and there were only two retirements.

1: H Griffiths (Hebog) 26.36
2: C Donnelly (ERYRI) 26.58
3: G Griffiths (Les Croups) 28.28
4: D Anderson (Bro D) 28.59; 5: D Davis (Blae) 29.33; 6: H Parry (ERYRI) 29.45; 7: D Williams (ERYRI) 30.07; 8: M Jones (Hebog) 30.36; 9: A Woods (Mynydd) 30.52; 10: B Beachell (S'port) 32.10; 11: B Hughes (Hebog) 32.11; 12: G Davies (Unatt) 33.09; 13: M Saunders (Mynydd) 33.31; 14: L Williams (ERYRI) 33.41; 15: J Brooks (Mynydd) 33.46; 16: R Eagle (Mynydd) 33.51; 17: A Carson (ERYRI) 33.54; 18: D Thomas (ERYRI) 33.58; 19: A Hughes (ERYRI) 34.00; 20: M Lucas (Mynydd) 34.17; Vets o/40: 1: H Parry (ERYRI) 29.45; 2: D Williams (ERYRI) 30.07; 3: L Williams (Mynydd) 33.41; 4: D Thomas (ERYRI) 33.58; 5: H Stansfield (ERYRI) 34.23; Vets o/50: 1: L Griffiths (Hebog) 36.25; 2: A S-Smith (Mynydd) 36.32; 3: D Johnson (Blae) 38.54; Ladies: 1: A Carson (ERYRI) 33.54; 2: A Bedwell (Mynydd) 36.28; Ladies Vets: 1: S Ashton (Mynydd) 39.33; 2: R Parry (ERYRI) 40.24; 3: J Glass (ERYRI) 41.18; 4: S Bennell (ERYRI) 43.02; Juniors: 1: G D Jones (ERYRI) 34.45; 2: G Hughes (Unatt) 37.38; 3: M E Jones (Blae) 64.45

BLAKE FELL RACE

AM/7m/2150ft/25.6.88 England

A new record for Rod Pilbeam, who beat his 1987 time by 28 seconds, confirmed him as a runner coming into peak form. The first 8, all of whom have England vests, look very much like the ones most likely to gain the 8 places available for Keswick, unless people like Dave Woodhead, Graham Schofield and a few others can lift their performances by that vital 30-60 seconds.

As an English Championship race on a superb course it attracted a high quality but surprisingly small field of 111. The amount of travelling is no doubt an important factor, but Lamplugh is only 20 minutes drive from Keswick.

Carol Haigh confirmed her return to form despite difficulties on steep ascents due to a back problem. She was over 2 minutes ahead of the consistent Claire Crofts, Tony Hulme had a good run in 17th place for 1st veteran whilst Danny Hughes and Harry Blenkinsop continued their battle for the super veteran title, with Danny once more just edging in front. John Taylor easily won the intermediate race after almost having to retire with heat exhaustion.

Danny Hughes

1: R Pilbeam (Keswick) 52.14
2: R Bergstrand (Roch) 52.24
3: H Symonds (Kendal) 52.37
4: G Devine (P&B) 54.18; 5: M Patterson (DPFR) 55.33; 6: S Livesey (Ross) 55.36; 7: D Cartridge (Bolton) 53.9; 8: R Owen (Unatt) 55.56; 9: D Woodhead (Horw) 56.02; 10: G Schofield (Black) 56.07; 11: M Whyatt (Gloss) 56.21; 12: M Prady (Gloss) 56.21; 13: G Webb (Calder) 57.31; 14: D

Lee (CFR) 57.43; 15: A Hauser (Holm) 57.54; 16: M Wallis (Clay) 58.02; 17: A Hulme (Penn) 58.10; 18: R Pallister (P&B) 58.17; 19: M Campling (Unatt) 58.35; 20: D Barnes (Kes) 58.35; Vets o/40: 1: A Hulme (Penn) 58.10; 2: A Harmer (DPFR) 1.00.16; 3: B Deegan (Roch) 1.02.55; 4: C Wilson (Kes) 1.06.28; Vets o/45: 1: J Stout (CFR) 1.05.07; 2: A Trowbridge (DPFR) 1.09.03; 3: P Taylor (Border) 1.09.16; Vets o/50: 1: D Hughes (CFR) 1.04.16; 2: H Blenkinsop (Kes) 1.05.44; 3: B Thackray (DPFR) 1.10.08; Ladies: 1: C Haigh (Holm) 1.03.35; 2: C Crofts (DPFR) 1.05.51; 3: A Watmore (DPFR) 1.08.35; 4: A Stentiford (Unatt) 1.13.52; 5: F Cole (CFR) 1.15.10; 5: S Ratcliffe (Saddle) 1.15.34; Intermeds: 1: J Taylor (Holm) 58.57; 2: S Hawkins (Bing) 59.44; 3: A Schofield (Roch) 1.03.15; 4: S Watson (P&B) 1.04.39; Team: 1: Keswick 81 pts

FIVE CLOUGHS FELL RACE

AM/8.75m/2000ft/25.6.88 England

This was the third running of the race which takes in 5 major cloughs on and around Pendle and Spence Moors. It was the first year the course had not been flagged other than the start and finish (which provides the junior route). Jonathon Taylor led the junior race on a very warm day.

The senior race of 106 (including 4 ladies) set off with a group of a dozen arriving at the first checkpoint in Stainscomb Clough slightly ahead of the rest. Geoff Gough and P Martin exchanged the lead just ahead of a chasing group into the next checkpoint. The fast running around the flanks suited Gough who built up a lead to finish comfortably ahead but some 5 minutes outside Peter McWade's course record.

The first lady home in a particularly good time was W Lightfoot in a new record time.

Geoff Gough completed a fine double over the weekend by also winning the Barley Fell Race against strong opposition. Tom Targett

1: G Gough (Black) 1.14.52
2: P Martin (Bolton) 1.15.57
3: J Holt (Clayton) 1.16.05
4: D Thompson (Calder) 1.18.36; 5: P Hartley (Ross) 1.18.46; 6: T Birtwistle (Ross) 1.18.50; 7: M Targett (Clay) 1.19.19; 8: D Naughton (Acc) 1.19.25; 9: K Manton (FRA) 1.20.22; 10: J Rutter (Clay) 1.21.19; Vets o/40: 1: K Manton (Clay) 1.20.22; 2: K Carr (Clay) 1.24.43; 3: T Crook (Bolton) 1.26.21; 4: B Collinson (Clay) 1.26.58; Vets o/45: 1: N Matthews (Horw) 1.26.05; 2: H Thompson (Clay) 1.35.22; Vets o/50: 1: D Brown (Clay) 1.32.01; 2: D Clutterbuck (Roch) 1.33.42; Ladies: 1: W Lightfoot (DPFR) 1.27.02; 2: W Thompson (Clay) 1.58.47; Juniors: 1: J Taylor (Clay) 23.44; 2: J Kennedy (Clay) 24.03; 3: D Coleman (Clay) 24.33

OLD COUNTY TOPS RACE

AL/35m/9000ft/25.6.88 England

This event for teams of two starts at Stickle Barn via Grasmere to the first Old County Top — Helvellyn thence to Wythburn, Esk Hause and Scafell Pike (Mickledore — out of bounds). On to Coniston Old Man and back to Langdale via Three Shires stone, a long, arduous route.

Conditions were hot for such an event but luckily there was enough water in the becks. Also there were refreshment stations.

The eventual winners led virtually from start to finish and although David Rosen and Richard Lamb moved steadily through they never challenged for the lead. Colin Valentine and Ruth Pickvance had a splendid run coming through for 4th overall and 1st mixed team.

John Nixon

1: J Nuttal/D Nuttal (Clayton) 7.41.08;
2: D Rosen/R Lamb (SROC) 8.00.24;
3: J Worswick/A Lowe (Horw/Pres) 8.38.39; 4: R Pickvance/C Valentine (8.45.31); Vets o/45 (90 yrs comb): 1: A Heaton E Watson 9.53.54; Vets o/50 (100 yrs comb): 1: J Amies/D Hodgson (Amble) 11.11.11; Ladies: 1: L Lord/V Brindle (Clay) 9.47.27

ELDWICK AND GILSTEAD GALA FELL RACE

CS/3.25m/500ft/25.6.88 England

Warm and dry weather lasted long enough for the 21st race to be run in very good conditions. A record field of 99, mostly locals, athletes started from the gala arena to tackle the fast out and back course over a combination of road, moorland and meadow taking in Baildon Hill.

Last year's winner Martin Crewe, regaining fitness after injury, led at the summit turn, where ex international and course record holder David Slater was spectating, but the fast descent suited Graham Kirkbright, who held off Martin Speight to continue a successful season with a win.

Wendy Wilson had a comfortable win in the ladies category.

Over 50s veteran Derek Lawson was 8th and 1st veteran home, just over a minute behind the race winner, with Alan Judd, first over 40, close behind.

Nearly 30% of those taking part were Bingley Harriers!

David T Weatherhead

1: G Kirkbright (Skyrac) 17.02
2: M Speight (Bingley) 17.12
3: M Crewe (Bing) 17.16
4: A Walker (Hors) 17.39; 5: R Rodgers (Horw) 17.47; Ladies: 1: W Wilson (Aire) 21.27; 2: S Corbin (P&B) 22.37; 3: E Thackray (Hors) 22.44; Vets o/40: 1: A Judd (Leeds) 18.15; Vets o/45: 1: G Webster (V Strid) 20.52; Vets o/50: 1: D Lawson (Bing) 18.05; Local: 1: P Illingworth (Unatt) 21.07; Team: 1: Bingley 11 pts

ST JOHNS FELL RACE

AS/3m/900ft/25.6.88 IOM

1: T Rowley (Western) 24.14
2: P Cain (Boundary) 25.24
3: D Young (Unatt) 26.35
4: D Bawden (Manx) 26.56; 5: R Stevenson (Frun) 27.15; Vets: 1: D Young (Unatt) 26.35; 2: R Callister (West) 27.41; 3: J Wright (Manx) 28.26; Juniors: 1: D Knowles (West) 33.28; 2: T Corkill (Manx) 35.12

BRADDA FELL RACE

AL/15m/4000ft/3.7.88 IOM

1: A Gage (Western) 2.16.43
2: T Rowley (Western) 2.20.58
3: P Cain (Boundary) 2.29.34
4: D Corrin (Manx) 2.31.59; 5: R Callister (West) 2.34.07; Vets: 1: D Corrin (Manx) 2.31.59; 2: R Callister (Manx) 2.34.07; 3: D Young (Unatt) 2.41.46; Ladies: 1: S Quirk (West) 2.36.30

ERRIGAL FELL RACE

AM/5m/2400ft/26.6.88 S Ireland

This was the first race to be held up Errigal (2466ft), the highest mountain in Donnegal — an impressive peak because of its isolation and white quartzite screes. The course was 5 miles and also took in the nearby summit of Mackoght.

The field of 8 runners was disappointing but in no way devalued the race because all the leading contenders in the All-Ireland Championships were present and it turned out to be a craking good race.

As is familiar in Irish races, Robin Bryson took the lead and by Mackoght had a 40 second advantage

over Brian Ervine and Jim Patterson. With Robin well clear the battle was for second place, which Jim made his own on the descent reducing Robin's lead in the process.

1: R Bryson (Newcastle) 53.09
2: J Patterson (Unatt) 54.00
3: B Ervine (Ballydrain) 55.30
4: J Hayes (Bally) 1.00.18; 5: W McKay (A'ville) 1.00.47; Vets: 1: J Patterson (Unatt) 54.00; 2: J Hayes (Bally) 1.00.18

FALKLANDS FESTIVAL RUN

AS/3m/1200ft/26.6.88 Scotland

Heavy overnight rain made the top part of the course fairly slippery, even so Brian Potts was only 11 seconds outside the course record set by Dermot McGonigle in 1987.

Nearly 90 runners took part and there was also a three legged entry to raise money for charity.

1: B Potts (Clydes) 19.35
2: S Asher 21.10
3: D Gooch 21.23
4: L Fortune 21.34; 5: H Richmond 21.47; Ladies: 1: W Chalmers 29.46; Intermeds: 1: D Gooch 21.23; Juniors: 1: S Lapsley 25.37

KNOCK RACE

BS/3.5m/600ft/27.6.88 Scotland

Good conditions saw 148 athletes set off on a coolish evening, first home was John Pentecost, last year's winner in a new course record by 6 secs.

1: J Pentecost (Falkirk) 17.19
2: S Hale (Perth) 17.33
3: G Grieve (Falkirk) 18.09
4: D McGonigle (Dundee) 18.24; 5: R McNiven (Oban) 18.46; 6: G Russel (Amble) 18.56; 7: D Knight (Perth) 19.03; 8: J Ewing (Perth) 19.29; 9: A Smith (Falk) 19.57; 10: S McCabe (Perth) 20.04; Vets: 1: H Scott (Perth) 24.28; 2: V Hawkins (Perth) 22.48; 3: J Hargreaves (Crieff) 23.47; Ladies: 1: C Cadger (Perth) 24.28; 2: A White (Perth) 25.13; 3: M Ewing (Perth) 25.35; Juniors (Girls): 1: A Fraser (Crieff) 23.35; F Griffiths (Crieff) 25.55; 3: H Dyer (Crieff) 28.10; Juniors (Boys): 1: G Binnie (Crieff) 20.03; 2: J McGillvary (Crieff) 22.15

HOPES WAKE FELL RACE

BS/4m/650ft/28.6.88 England

Once again we had a fine, dry evening although overcast and humid.

Mile Wilson, runner up in this race 4 times since 1983, finally clinched 1st place with almost a minute in hand over Mike Bradbury who won the race last year.

The vets prize was taken by Tony Farnell with a creditable 10th placing and the next 10 vets finished within a two minute time spell.

Carol Haigh was 1st lady repeating her success of last year and that of 1982. Carol's times in chronological order make interesting reading:

28.12; 28.51; 28.37.
1: M Wilson (Hallam) 23.58
2: M Bradbury (Stock) 24.47
3: J Taylor (Holmfirth) 24.55
4: M Prady (Gloss) 25.17; 5: M Whyatt (Gloss) 25.25; 6: M Farrell (Shef) 25.37; 7: D Ibbotson (Gloss) 25.56; 8: N Stone (Bux) 26.00; 9: R Rodgers (Horw) 26.08; 10: T Farnell (DPFR) 26.17; Vets o/40: 1: T Farnell (DPFR) 26.17; 2: B Toogood (DPFR) 26.46; 3: G Berry (DPFR) 27.28; 4: D Cartwright (P'stone) 27.35; 5: G Hall (Holm) 27.36; Vets o/50: 1: M Hayes (DPFR) 28.59; 2: G Jackson (DPFR) 30.20; 3: B Copper (Stock) 32.58; Ladies: 1: C Haigh (Holm) 28.37; 2: S Boler (P'stone) 30.25; 3: S King (Hall) 30.48; Ladies Vets: 1: S Boler (P'stone) 30.25; 2: C Barton (Notts) 31.27; 3: B Haigh (P'stone) 39.03; Junior Boys: 1: G England (Shef) 12.48; 2: P Tomlinson (P'stone) 13.25; 3: R Shipman (P'stone) 13.26

COITY RACE

BS/5m/1000ft/29.6.88 Wales
 Moving the race from the day after Llanbedr to Blaenavon to a midweek evening certainly seemed to have the desired effect with entries up from less than 10 to 38.

Conditions were ideal as the field set off in pursuit of the organiser who had a 5 minute start to get to his marshalling point. Adrian Woods was first to appear with the sole of his shoe almost hanging off, but he managed to hold onto 1st place through to the finish.

In the ladies race Alice Bedwell proved still too strong for the fast improving Jackie Woods.
 1: A Woods (MDC) 37.54
 2: L Williams (MDC) 38.34
 3: D Thomas 38.40
 4: J Griffiths 38.49; 5: J Darby (MDC) 39.04; **Vets o/40:** 1: L Williams (MDC) 38.34; 2: D Thomas 38.40; 3: B Thomas 41.06; **Ladies:** 1: A Bedwell (MDC) 44.46; 2: J Woods (MDC) 47.21; 3: K Lucas (MDC) 1.08.35

BOAR'S HEAD HILL RACE

BM/8m/1200ft/29.6.88
 New to the calendar but its second year of running from the Boar's Head at Higher Poynton, the course covering the slopes of Lyme Park. Whilst there are no steep ascents/descents there are plenty of 'grafting' hills where one cannot afford to walk due to the risk of losing too many places.

This year the field doubled to 112, and it must be questioned whether this was due to advertising or the word that the pub is a Bodington's and many of the prizes had an alcoholic flavour.

Last year's winner, Rob Taylor, had to be content with second this time to Andy Trigg who is in fine form this season winning a number of local fell races. The start of the race though was unusual in that the pace was so sedate it was difficult to keep out of 1st place, which probably cost Andy the record. It wasn't until over a mile had been covered that any pace was injected.

Despite Mike Prady providing backing in third to Andy, Glossopdale had to wait until 37th for their next scorer so lost out to a better packing South East Lanes CC.

The veterans went to Tony Hulme, well clear of Tony Keller who is more reknown for his road feats. Carol Haigh set a new ladies course record as she continues to recover full fitness.

Alan Bocking
 1: A Trigg (Glossop) 47.47
 2: R Taylor (Stockport) 48.13
 3: M Prady (Glossop) 48.26
 4: A Hulme (Penn) 48.40; 5: J Taylor (Holm) 49.07; 6: R Bloor (SEL) 49.23; 7: A Keller (Manc) 49.28; 8: M Seddon (SEL) 49.43; 9: R Lee (SEL) 50.24; 10: M McDermott (Ken) 50.36; **Vets:** 1: A Hulme (Penn) 48.40; 2: A Keller (Manc) 49.28; 3: P Lomas (Manc) 52.48; **Ladies:** 1: C Haigh (Holm) 54.46; 2: K Parker (Manc) 58.43; 3: K Bryant (Manc) 1.07.14; **Teams:** 1: SEL 23 pts; 2: Glossop 41 pts; 3: Pennine 44 pts

CRAIG Y LLAN

AS/1.5m/1000ft/2.7.88 Wales
 1: G Griffiths (Hebog) 13.40
 2: H Griffiths (Hebog) 13.41
 3: M Jones (Hebog) 14.51
 4: H Parry (ERYRI) 15.06; 5: D Roberts (ERYRI) 15.07; **Vets:** 1: H Parry (ERYRI) 15.06; 2: D Davies (ERYRI) 15.19; 3: N Fisher (ERYRI) 17.14; **Ladies:** 1: S Roberts (ERYRI) 17.44; 2: R Parry (ERYRI) 20.42; 3: J Mabbott (Unatt) 26.58; **Juniors:** 1: G Dobson (ERYRI) 17.45; 2: G Hughes (Hebog) 18.41

RAS GUTO NYTH BRAN

BM/7m/1300ft/2.7.88 Wales
 1: M Healy (Lliswery) 35.58
 2: N Webb (Newport) 40.36
 3: A Woods (MDC) 42.34
Vets o/40: 1: L Williams (MDC) 43.06; 2: D Thomas (MDC) 43.12; **Vets o/50:** 1: D Brown (Clay) 49.07; **Ladies:** 1: J Lothead (Holm) 49.46

BLACK HILL RACE

BS/4m/600ft/3.7.88 Scotland
 Although a cold day, conditions underfoot were fair owing to the recent good weather. Numbers were down this year as the event clashed with the Moffat Chase.

It was a fairly slow race — almost 2 minutes outside the record — but David Weir won convincingly.
 1: D Weir (HELP) 28.57
 2: P Blessington (Aber) 29.57
 3: G Blain (Melrose) 32.10
 4: N Benton (Gala) 32.25; 5: G Cannon (Black) 33.48; **Vets:** 1: A Lorimer (Duns) 30.29; **Ladies:** 1: S McGraw (Gala) 35.51; 2: P Blake (HELP) 40.50

Youths: 1: H Lorimer (Duns) 29.59; 2: G Motson 34.27; 3: S Greer (Black) 38.29

MOFFAT WEAVERS CHASE

AL/18m/5000ft/3.7.88 Scotland
 The sudden change in the weather saw competitors unprepared and it seemed that some lessons were needed in how to put on their cagoules on between checkpoints 1 and 2 as well as how to read their maps and compasses. Many of them could also have benefitted by doing some homework on the course beforehand instead of following the leading group half a mile past the checkpoint or blindingly following Blair-Fish's steep contour to the third checkpoint. Despite his initial error Alan Farningham was determined to win and young Dave Rogers managed to run a long race without blowing up. It is to be hoped that Dave Peek's SHRA Safety and navigational Course will attempt to

bridge the gap in approach to long races between the regions. Perhaps Scottish hill runners can benefit by running long races in the Lake District.

Jim Darby as the new organiser of the Moffat lived up to reputable military precision. John Blair Fish
 1: A Farningham (Gala) 2.51.59
 2: D Rogers (Lochaber) 2.54.11
 3: D Bell (HELP) 2.54.53
 4: D McGonigle (Dundee) 2.55.04; 5: D Potts (Clydes) 2.55.40; 6: J Blair Fish (Carn) 2.55.56; 7: P Dymoke (Living) 2.56.40; 8: J Shields (Clydes) 2.57.23; 9: P Marshall (HELP) 2.57.28; 10: J Wilkinson (Gala) 2.59.38; **Vets o/40:** 1: J Shields (Clydes) 2.57.23; 2: P Marshall (HELP) 2.57.28; 3: J Nixon (Ach) 3.02.23; 4: Tony Richardson (Ken) 3.07.04; 5: G Armstrong (HELP) 3.08.52; **Ladies:** 1: V Brindle (Clay) 3.19.52; 2: P Calder (Edin) 3.20.33; 3: P Rother (Edin) 3.28.02; 4: S Niedrum (Clydes) 3.38.58; 5: J Darby (Carn) 3.46.38



Skiddaw: Rod Pilbeam and Malcolm Patterson at the top of the track below Mallen Dodd — Bill Smith



Holcombe Tower: Runners approaching the Tower — Bill Smith

SKIDDAW RACE**AM/9m/2700ft/3.7.88** England

This year's race had an 'additional' appeal being included in the selection races for the forthcoming World Cup. Whilst some well known names were absent, 193 men and 5 ladies started.

Robert Bergstrand in his second Skiddaw Race fought a hard battle with those in the minor places and held on to record his second consecutive win in a superb 1.02.58, only the 3rd person to break 63 seconds ranking him, in my view, amongst the best (the other two were Kenny Stuart and Dave Cannon). Dave Cartridge (being in the first 10 on 7 occasions). Rod Pilbeam and Malcolm Patterson improved on their previous bests.

In the junior race John Taylor improved the record by 17 seconds and Ken West, who won the event 2 years ago, was 1st veteran.

A superb performance in the ladies race saw Carol Haigh knock over 3½ minutes off the record, unfortunately it was 'no contest' as the next lady was 11 minutes behind. In the team event Keswick equalised Kendal's 4 wins and Ambleside maintaining their season's form emerged amongst the prizes for the first time.

Again a disappointing entry for the Latrigg Louth Race, but a fine run by Robin Lawrence of Bingley saw 20 minutes being broken for the first time.

Des Olive and Mike Pearson

- 1: R Bergstrand (Roch) 1.02.58
 2: R Pilbeam (Keswick) 1.03.05
 3: D Cartridge (Bolton) 1.03.06
 4: M Patterson (DPFR) 1.04.26; 5: G Devine (P&B) 1.06.21; 6: J Taylor (Holm) 1.06.28; 7: H Symonds (Ken) 1.06.54; 8: G Schofield (Black) 1.07.10; 9: K Anderson (Amble) 1.07.43; 10: A Trigg (Gloss) 1.07.46; 11: T Davies (Kes) 1.08.00; 12: M Whyatt (Gloss) 1.08.22; 13: D Woodhead (Horw) 1.08.46; 14: R Pallister (P&B) 1.09.22; 15: R Standing (Bolton) 1.09.28; **Vets o/40:** 1: K West (Border) 1.10.00; 2: A Judd (Leeds) 1.13.35; 3: J Knox (Tev) 1.15.05; **Vets o/45:** 1: D Gibson (Saddle) 79.36.19.36; 2: P Taylor (Border) 1.21.07; 3: P Fleming (Horw) 1.21.13; **Vets o/50:** 1: H Blenkinsop (Kes) 1.18.04; 2: J Lightbody (Ferr) 1.23.56; 3: R Booth (Kes) 1.24.46; **Ladies:** 1: C Haigh (Holm) 1.15.56; 2: R Pickvance ((Clay) 1.27.01; 3: A Stentiford (Macc) 1.31.00; **Juniors:** 1: J Taylor (Holm) 1.06.28; 2: G Hall (Holm) 1.12.12; 3: S Cotton (Kes) 1.21.25; **Latrigg Youth Race:** 1: R Lawrence (Bing) 19.20; 2: J Taylor (Clay) 20.26; 3: D Coleman (Clay) 21.00

BRAIDA FELL RACE**AL/15. n/4000ft/3.7.88** IOM

This race, over an undulating circuit which is in effect the reverse 7½ miles of the Manx Mountain Marathon course and return, was run in ideal weather conditions attracting more competitors than in recent years.

No records were broken but we had a new winner in Allan Gage and also a new runner up in Tony Rowley.

It was nice to see Stephanie Quirk competing on the island after moving many good results in the Lake District. She is a local lass and is to remain on the island as a physio-therapist, so we shall see a lot more of her.

Arthur C Jones

- 1: A Gage (Western) 2.16.43
 2: A Rowley (MMMD) 2.20.58
 3: P Cain (Manx) 2.29.34
 4: D Corrin (MMMD) 2.31.59; 5: R Callister (West) 2.34.07; 6: R Stephenson (MMMD) 2.34.23; **Vets o/40:** 1: D Corrin (MMMD) 2.31.59; 2: R Callister (West) 2.34.07; 3: D Young (North) 2.41.46; **Ladies:** 1: S Quirk (MMMD) 2.36.30

SCRABO FELL RACE**BS/3m/750ft/6.7.88** NI

A record field of 50 lined up for this mid week race in Newtownards near Belfast and included not only the regular fell runners but road, track and cross-country runners — not to mention a few tri-athletes. Road man Paul Rowan, tri-athlete Noel Munnis and the Ballydrain fell running duo of Ian Parke and Jim Hayes broke clear of the rest of the field. Noel and Ian had a tremendous tussle on the 2nd lap with Noel just having the edge on the final road section.

Diane Kirk, a former Irish Triathlon Champion, competing in her first hill race, made an impressive debut slicing 2.37 off the ladies record.

In the junior race (2m, 500ft) Thomas Welshman smashed the record with a superb display of front running to beat boys track and cross-country champion Simon Young of Willowfield.

Brian Ervine

- 1: N Munnis (N Down) 20.18
 2: I Parke (Ballydrain) 20.27
 3: P Rowan (Willowfield) 20.39
 4: J Hayes (Bally) 20.53; 5: P Brannagh (A'ville) 21.04; 6: W McKay (A'ville) 21.19; 7: C McGrath (Innis) 21.37; 8: D McHenry (Will) 21.42; **Vets o/40:** 1: J Hayes (Bally) 20.53; 2: D McHenry (Will) 21.42; **Ladies:** 1: D Kirk (N Down) 24.47; **Juniors:** 1: T Welshman (Bally) 13.59; 2: S Young (Will) 14.39; 3: G Dugan (Bally) 14.54

MYTHOLMROYD FELL RACE**BM/7m/1350ft/9.7.88** England

The Dusty Miller has proved a popular venue for this event with the second largest entry in its 10 year history.

Dave Cartridge regained his title after losing last year to Sean Livesey following a 5 year unbeaten run.

Carol Haigh continued her unbeaten run of recent weeks with another success.

J Keighley

- 1: D Cartridge (Bolton) 46.05
 2: J Hornby (Spenn) 46.18
 3: R Owen (Unatt) 48.13
 4: G Schofield (Black) 49.02; 5: G Gough (Black) 50.13; 6: C Nash (Bolton) 51.35; 7: I Holmes (Bing) 51.53; 8: D Beels (Roch) 51.57; 9: R Waterhouse (Saddle) 52.12; 10: M Keys (Ross); **Vets o/40:** 1: A Judd (Leeds) 53.04; 2: B Deegan (Roch) 55.29; 3: K Carr (Clay) 55.44; **Vets o/45:** 1: M Coles (Skyrac) 1.01.35; 2: R Dewhurst (Clay) 1.02.08; 3: G Webster (Vall St) 1.02.12; **Vets o/50:** 1: R Shaw (EPOC) 59.32; 2: G Brass (Clay) 1.00.36; 3: M Roberts (Unatt) 1.03.02; **Ladies:** 1: C Haigh (Holm) 57.56; 2: V Brindle (Clay) 58.55; 3: E Denby (D Dale) 1.05.00; **Ladies Vets:** 1: V Brindle (Clay) 58.55; 2: S Watson (Vall St) 1.07.50; 3: L Mitchell (Hali) 1.28.20; **Juniors:** 1: P Garside (Long) 56.41; 2: A Lee (Roch) 1.01.58; 3: J Tolson (Long) 1.05.10

RUMOUR HAS IT

Rumour has it that a member of the FRA Disciplinary Committee may be disciplined by another athletic body.

RUMOUR HAS IT

Rumour has it that it is easier to get your offspring's name down for Eton than to enter the Ben Nevis Race.

RUMOUR HAS IT

Rumour has it that Pete Bland is going ex-directory.

THURLESTONE CHASE**CS/4.25m/400ft/9.7.88** England

This fast and challenging cross country race offered an alternative to Wasdale and attracted a good selection of athletes, some not normally associated with the fells.

Alan Buckley, the event winner in 1985, led until Mike Pearson sprinted past him to win on the line.

Veteran lady Syl Boler was first home in the ladies section.

- 1: M Pearson (Longwood) 21.30
 2: A Buckley (Warrington) 21.31
 3: P Venables (Rother) 21.54
 4: S Timmins (Barn) 22.02; 5: R Rodgers (Horw) 22.37; 6: M Senior (P'Stone) 22.38; 7: R Hepworth (Long) 22.50; 8: G Terry (Bing) 23.02; 9: S Charlesworth (Bux) 23.07; 10: T Noble (Long) 23.10; **Vets o/40:** 1: B Hilton (Leeds) 22.57; 2: R Bradley (Holm) 23.36; 3: D Cartwright (P'Stone) 23.40; **Vets o/45:** 1: P King (D Dale) 25.28; 2: J Finn (Barn) 26.08; 3: G Evans (Hall) 26.17; **Vets o/50:** 1: K Bamforth (Holme) 24.37; 2: D Bamforth (Holme) 25.01; 3: B Cooper (Stock) 28.10; **Ladies:** 1: S Boler (P'Stone) 25.56; 2: J Wakeham (Barn) 27.31; 3: J Lochead (Holm) 28.00; 4: M Martin (Barn) 28.49; 5: K Etherden (Saddle) 29.23; **Junior u/17 3m:** 1: A Pearson (Long) 17.15; 2: M Aylward (Long) 18.28; **Junior u/17 Girl:** 1: B Gibson (Hall) 22.11; **Junior u/15 2m:** 1: A Shaw (P'Stone) 12.40; 2: R Shipman (P'Stone) 13.10; **Junior u/15 Girl:** 1: R Cartwright (P'Stone) 14.34; **Junior u/13 1½m:** 1: C Gibbins (P'Stone) 10.38; 2: A Fish (P'Stone) 10.53; **Junior u/13 Girl:** 1: R Found (P'Stone) 17.16; **Junior u/11 1m:** 1: A Bowman (W Bret) 6.08; 2: C Hawley (Roth) 6.15; **Junior u/11 Girl:** 1: L Bowman (W Bret) 6.21

WASDALE FELL RACE**AL/21m/9000ft/9.7.88** England

In recording his 9th successive victory Billy Bland also set up another milestone by becoming the first veteran to win one of our major races. Sadly it looks unlikely that he will surpass Jos's 9 successive victories in the Ennerdale Horseshoe since he announced to me, in very convincing terms, that he would definitely retire at the end of the season. However, have we another Keswick runner with potential to take over his mantle? Mike Fanning's position as runner-up in both the Ennerdale and Wasdale suggest big things for his future in long distance events.

The day was cool with low cloud levels and occasional showers. Good for running but posing big problems of navigation. Running this race for the first time in 15 years (and incidentally improving on my best time by 15 minutes!) I felt honoured to have a posse of 25 runners follow me from Seatallan towards Pillar.

With British Championship points up for grabs, current champion Colin Donnelly in 3rd position gained on one of his challengers, Sean Livesey, who finished 5th. Hugh Symond's expected challenge (after his Ennerdale win) did not materialise, but we have a new club team to reckon with — Ambleside — who packed well to beat Keswick, winners for the past 3 years.

Claire Crofts continued accumulating points as leader of the ladies championship. She battled round in a very respectable time in the top third of the field. Danny Hughes



Mike Fanning at Wasdale — Mike Donagh

1: W Bland (Keswick) 3.34.33
 2: M Fanning (Keswick) 3.39.56
 3: C Donelly (ERYRI) 3.45.16
 4: M Rigby (Amble) 3.47.24; 5: S Livesey (Ross) 3.54.09; 6: H Symonds (Ken) 3.56.15; 7: A Ligema (Amble) 3.57.42; 8: P Clark (Ken) 3.58.08; 9: M Hoffe (Amble) 3.59.30; 10: M Wallis (Clay) 4.00.33; 11: A Styan (Holm) 4.02.22; 12: M Whyatt (Gloss) 4.03.04; 13: G Webb (Calder) 4.03.19; 14: G Devine (P&B) 4.05.05; 15: B Berzins (DPFR) 4.05.11; 16: I Fergusen (Bing) 4.09.08; 17: J Holt (Clay) 4.09.43; 18: M Campling (Unatt) 4.09.45; 19: A Hauser (Holm) 4.10.43; 20: K Lilley (DPFR) 4.12.28; 21: M McDermott (Ken) 4.12.49; 22: S Hicks (Amble) 4.13.21; 23: D Ibbotson (Gloss) 4.13.25; 24: K Shand (Roch) 4.14.15; 25: D Spedding (Kes) 4.14.35; 26: A Trigg (Gloss) 4.14.40; 27: J Blair Fish (Carn) 4.14.59; 28: K Taylor (Ross) 4.15.06; 29: J Nuttall (Clay) 4.15.15; 30: J Baston (Unatt) 4.15.40; **Vets o/40:** 1: W Bland (Kes) 3.34.33; 2: A Styan (Holm) 4.02.22; 3: D Spedding (Kes) 4.14.35; 4: K Taylor (Ross) 4.15.06; 5: M Walford (Ken) 4.28.40; 6: A Harmer (DPFR) 4.38.21; **Vets o/45:** 1: J Nuttall (Clay) 4.15.15; 2: P Blasborough (Saddle) 4.53.41; 3: J Amies (Macc) 4.55.11; **Vets o/50:** 1: D Hughes (CFR) 4.29.31; 2: H Blenkinsop (Kes) 4.43.03; 3: M Hayes (DPFR) 4.44.29; **Ladies:** 1: C Crofts (DPFR) 4.45.20; 2: N Lavery (Unatt) 5.00.19; 3: S Ratcliffe (Saddle) 5.01.55; 4: A Stentiford (Macc) 5.18.40; 5: J Smith (DPFR) 5.28.31; **Teams:** 1: Ambleside 20 pts; 2: Keswick 28 pts; 3: Kendal 35 pts

LYKE WAKE RACE
CL/40m/3500ft/9.7.88 England
 1: R Firth 5.15
 2: G Orchard 5.33
 3: G Ardito 5.44
 4: I McPherson 5.47; 5: J Whitehead 5.52; 5: M Harrison 5.52; **Vets:** 1: W Hardcastle 6.12; **Ladies:** 1: E Savage 6.47

TRANS FAN RACE
AL/21m/8000ft/10.7.88 Wales
 The Trans Fan race is a gentle little romp from Llanddeusant to Cwmllech! Over 20 miles through the remotest parts of the Brecon Beacons National Park taking in 6 major summits. On a good day it is one of the hardest races in Wales, this year, in torrential rain, it began to resemble 'Mission Impossible'.

In spite of the ever worsening conditions 26 intrepid souls set out on an epic journey. Astonishingly only 4 dropped out and the last man arrived back 7½ hours later. The race over, the legends began. Tales of runners swept down angry rivers, heroic rescues, groups linking together to ford streams which had been trickles the day before, horrendous stories of the impossibilities of navigation with the mist right down and maps disintegrating in the rain. And yet — at the finish there was only elation at having beaten the worst that the heavens could throw down and the excitement at having succeeded against all odds.

Kay Lucas
 1: H Parry (ERYRI) 4.00.17
 2: K Hagley (DPFR) 4.07.10
 3: D Thomas (MDC) 4.08.27
 4: J Darby (MDC) 4.23.03; 5: E Evans (ERYRI) 4.25.05; 6: L Williams (MDC) 4.35.50; 6: J Griffiths (Aber) 4.35.50; 8: P Dixon (MDC) 4.37.44; 9: M Lucas (MDC) 4.52.47; 10: C Ryder (MDC) 4.53.26; 11: J Fuller (Unatt) 4.58.35; 12: R Robson (Tel) 4.59.17; 13: F Parry (MDC) 4.59.19; 14: A Woods (MDC) 5.06.33; 15: S Bleas (L Croup) 5.18.00; 15: C Gildersleve (L Croup) 5.18.00; 17: R Barlow (L Croup) 6.11.58; 17: J Baldry (MDC) 6.11.58; 17: L Pearce (Unatt) 6.11.58; 20: S Ashton (MDC)

7.16.55; **Vets o/40:** 1: H Parry (ERTRI) 4.00.17; 2: D Thomas (MDC) 4.08.27; 3: L Williams (MDC) 4.35.50; **Ladies:** 1: S Ashton (MDC) 7.16.55

BOOTLE BLACK COMBE RACE
AS/5.5m/1900ft/10.7.88 England
 1: D Lee (CFR) 41.35
 2: C Lyon (Horwich) 41.48
 3: G Byers (CFR) 42.49
 4: J Ritson (Der) 43.05; 5: K Miggins (CFR) 43.15; 6: K White (BCR) 45.13; 7: A Rothwell (Ken) 46.05; 8: M Addison (Clay) 46.50; 9: J Hope (A Ratti) 47.11; 10: S Addison (Clay) 47.38; **Vets o/40:** 1: B Hillion (CFR) 54.28; **Vets o/50:** 1: D Hughes (CFR) 52.11; 2: J Soper (DPFR) 54.41; 3: J Peel (BCR) 57.26; **Ladies:** 1: C Haigh (Holm) 51.05; 2: C Sweatman (Horw) 1.11.38; 3: J Harold (Horw) 1.12.10

STANBURY FELL RACE
BS/5m/800ft/10.7.88 England
 Defending champion Graham 'Chopper' Kirkbright was found wanting on the steep crawl up Ponden Kirk and the tussocky section to the summit. It was here Dr Gifford Kerr used his strength and stamina compiled from the Fellsman Hike to the full.

Times were generally slow with heavy conditions, thick ferns and strong head winds on this interesting circuit of the famous Bronte land moors. With 99 runners everyone took a prize, who stayed for the presentation, with the renowned maltoaf again a feature of the event.

David Woodhead
 1: G Kerr (Clayton) 33.42
 2: G Kirkbright (Skyrac) 34.16
 3: R Waterhouse (Saddle) 34.18
 4: T Lofthouse (Bing) 34.22; 5: I Holmes (Bing) 34.29; 6: R Rowlands (Hali) 34.30; 7: P Hartley (Ross) 34.39; 8: K Robinson (Black) 34.48; 9: G Wilkinson (Unatt) 35.02; 10: I Barnes (Bing) 35.28; **Vets o/40:** 1: B Hilton (Leeds) 36.45; 2: K Munton (FRA) 38.27; 3: P Kelly (Ross) 40.43; **Vets o/50:** 1: G Garnett (Bing) 42.14; 2: P Dibb (Long) 43.46; **Ladies:** 1: P Dore (Roch) 50.36; 2: A Templeton (Bux) 53.16; 3: A Milner (Wigg) 55.16; **Intermeds u/18:** 1: R Lawrence (Bing) 36.10; 2: R Petty (N Shields) 40.31

OUGHTRIGG FESTIVAL RACE
AM/6m/2000ft/11.7.88 England
 1: C Donnelly (ERYRI) 40.59
 2: M Rigby (Amble) 41.02
 3: J Hampshire (Carn) 41.20
 4: R Jamieson (Amble) 42.16; 5: D Loan (Kes) 43.29; 6: D Waterworth (Clay) 43.31; 7: S Waterman (Wat) 43.33; 8: E Parker (Amble) 43.35; 9: E Cotton (Ken) 43.37; 10: S Hicks (Amble) 43.39; **Vets o/40:** 1: T Walker (Amble) 46.19; 2: A Evans (Ample) 46.34; **Vets o/50:** 1: J Dearden (Mels) 46.44; 2: R Berry (A Ratti) 1.00.39; **Ladies:** 1: E Unsworth (Unatt) 1.22.25; **Junior u/16:** 1: P Singleton (Amble) 15.35; 2: J Parsons (Tad) 1.08; **Junior u/14:** 1: J Walker (Ken) 15.55; 2: M Smith (Ken) 16.12; 3: C Bewley (CFR) 18.20; **Junior u/11:** 1: P Savage (Unatt) 18.57; 2: B Crowther (Holm) 19.01; 3: M Fletcher (Unatt) 21.59

INGLEBOROUGH
AM/7m/2000ft/16.7.88 England
 Conditions were exactly the same as last year with low cloud and steady rainfall adding to the challenge of the event, but spoiling the Ingleton Gala, of which the race forms part. Mark Croasdale, who finished 3rd here last year, showed a big improvement this time out with a cracking run which not only powered him to victory but also reduced his time by 2½ minutes to 46.20. Now, while this was 2.16 slower than Colin Moore's record run in 1986, the difference in conditions — they were perfect 2 years ago — must be taken into account, and another pointer to the quality of Croasdale's performance is the fact that he was 96 seconds faster than established star Hugh Symonds, last year's winner in the same conditions. The Lune Valley Challenge is no longer promoted on an official basis, of course, but Mark must be declared this year's 'unofficial' champion with 2 wins, 2 thirds and a 5th over the 5 events.

Runner up Jeff Hornby, this year's Wardle Skyline winner, showed an even bigger improvement, for he had finished 10th last year in 50.52, but was only 13 seconds behind Croasdale on this occasion. Both lads

are likely prospects for the future, though Hornby is apparently more interested in road racing at present. Bob Whitfield, who finished 2nd last year, came 3rd this time, but was 22 seconds faster and again took the prize for the first local. Roger Hargreaves of Clayton was the first o/40 home in 24th position (51.12) while Harry Blenkinsop was the fastest o/50 in 82nd (57.25). Ambleside took the team honours over Clayton and Horwich.

Carol Haigh, whose record of 26.30 for the junior race to Crina Bottom still stands from 1982, scored a decisive 2.55 victory over Vanessa Brindle in the ladies race, finishing 69th and 110th respectively out of 315 finishers. Carol's time of 56.34 missed S Currie's 1983 record by 39 seconds but, as with the men's record, that was achieved in good conditions — which remark is not intended to belittle these records, of course.

There were 21 who finished the junior race, which was won by Clayton's Jonathon Taylor in 24.59 (the record of 23.33 stands to his namesake from Holmfirth) while S Cotton of Pudsey & Bramley was the first girl home in 31.28, which gave her 9th position.

Bill Smith
 1: M Croasdale (R Mar) 46.20
 2: J Hornby (Spen) 46.33
 3: R Whitfield (Bingley) 47.44
 4: R Jackson (Horw) 48.51; 5: G Kirkbright (Skyrac) 48.56; 6: A Whalley (P&B) 48.59; 7: A Anderson (Amble) 49.12; 8: A Walker (Hors) 49.13; 9: G Russell (Amble) 49.18; 10: D Woodhead (Horw) 49.26; **Vets o/40:** 1: R Hargreaves (Clay) 51.12; 2: K Smith (R Rose) 51.13; 3: H Pinkerton (FRA) 52.35; **Vets o/50:** 1: H Blenkinsop (Kes) 57.25; 2: C Huck (L&M) 59.10; 3: D Brown (Clay) 1.00.34; **Ladies:** 1: C Haigh (Holm) 56.34; 2: V Brindle (Clay) 59.29; 3: P Mee (Alt) 1.02.20; **Team:** 1: Ambleside 47 pts; 2: Clayton 99 pts; **Crina Bottom Junior Race:** 1: J Taylor (Clay) 24.59; 2: R Lawrence (Bing) 26.25; 3: W Whittaker (Chor) 26.48



Crina Bottom Race (Ingleborough Junior):
 Jonathon Taylor (406); W Whittaker (405) and R Lawrence (414) — Bill Smith

SNOWDON RACE

AM/10m/3300ft/16.7.88 Wales
1: C Donnelly (Scotland) 1.04.3
2: J Maitland (Scotland) 1.05.21
3: F Ciaponi (C Morbegn) 1.05.43
4: S Livesey (Eng) 1.06.06; 5: R Pilbeam (Eng) 1.06.26; 6: H Griffiths (Cymru) 1.06.30; 7: F Stern (Aust) 1.07.07; 8: M Patterson (DPFR) 1.07.33; 9: D Cartridge (Eng) 1.07.40; 10: F Terae (Yugo) 1.08.00; 11: G Griffiths (Cymru) 1.08.05; 12: G Devine (Eng) 1.09.31; 13: B Potts (Sco) 1.11.12; 14: P Standing 1.11.15; 15: G Honnorat (Fra) 1.11.33; 16: B Podgornik (Yugo) 1.11.44; 17: D Roberts (ERYRI) 1.11.58; 18: J Lenta (Fra) 1.12.10; 19: P Crouvazier (Fra) 1.12.54; 20: W McKay (NI) 1.13.08; 21: G Hechl (Aust) 1.13.12; 22: P Mitchell (Bing) 1.13.14; 23: G Owen 1.13.16; 24: T Roberts (ERYRI) 1.13.30; 25: H Parry (Cymru) 1.13.32; 26: H Benedik (Aust) 1.13.37; 27: A Farningham (Sco) 1.14.04; 28: M Terae (Yugo) 1.14.08; 29: M Jones (Hebog) 1.14.14; 30: A Hulme (Penn) 1.14.18; Vets o/40: 1: H Parry (Cymru) 1.13.32; 2: A Hulme (Penn) 1.14.18; 3: J Patterson (NI) 1.14.54; 4: R Wadeley (Bigg) 1.20.53; 5: D Kearns (Bolton) 1.21.00; Vets o/50: 1: D Williams (ERYRI) 1.14.43; 2: D Nicholas (Mrcia) 1.25.06; 3: P Coleman (Vaux M) 1.25.29; Ladies: 1: S Dilnot (Lords) 1.22.10; 2: M Blue (Reading) 1.28.20; 3: J Smith (DPFR) 1.28.39

WHARMTON DASH

BS/2m/600ft/17.7.88 England
The rain held off although grey clouds scowled down all day for the race run as part of the Saddleworth Show. 42 good and true men and women completed the course, which was modified this year to keep the runners in view of the running track for more of the race. The river was swollen to nearly 4 feet deep and spectators were able to study the various techniques used to cross it. The crawl, breaststroke and dog-paddle were all tried with one or two trying a series of lunges into space and others doing a detour into shallower waters, finishing by threading their way through the sideshows and crowd. M Warrington
1: W Brindle (Horwich) 15.39
2: C Lyon (Horwich) 16.00
3: G Wilkinson (Unatt) 16.03
3: S Willis (Bing) 16.03; 5: R Waterhouse (Saddle) 16.21; 6: R Harwood (Saddle) 16.23; 7: D Cartwright (P'stone) 16.42; 8: H Waterhouse (Saddle) 16.50; 9: D Woodhead (Horw) 16.53; 10: S Sunter (Horw) 16.57; Vets o/40: 1: D Cartwright (P'stone) 16.42; Ladies: 1: R Cartwright (P'stone) 22.37; 2: E Woodhead (Horw) 24.50; Juniors: 1: P Harwood (Saddle) 16.23

SADDLEWORTH THREE DAY EVENT

It is our aim to provide value for money, good competition, rapid results and a good social atmosphere. We don't set out to give great prizes, medals etc, they only add to entry fees, but do try to spread the prizes out covering about 10-15% of the entry. (By the way, we did get rid of the grow-bag on the last day to an o/50 from Saddleworth although he did insist on a bottle of wine to take it off our hands!)

Neil Raitt had three good runs and knocked 7 minutes off his 1986 time when he was 9th in a very strong field. Neil's approach, very competitive but great sportmanship, typifies the response we get from competitors at this event and we appreciate it a lot.

In form Bob Waterhouse knocked 9 minutes off his previous best to be 1st local home behind Dave Woodhead and Ewen Rennie. Stewart Grace was 1st vet home in 5th position with Harry Kelly in 7th 3 minutes adrift. East Cheshire's team (Bill Shaw, Harry and Martin McGann 3rd vet) packed well in 7th, 8th and 9th position, all within 1 minute after 26 miles of racing, but Saddleworth, with Bob, Peter Webster and Tony Ratcliffe, had the edge on the fell and took the team prize.

The competition was good with everyone who ran having a target each day which makes this event interesting for all involved.

Don Whittam

1: N Raitt (Notts) 2.35.35
2: D Woodhead (Horwich) 2.39.51
3: E Rennie (Aberdeen) 2.43.04
4: B Waterhouse (Saddle) 2.44.20; 5: S Grace (Alt) 2.44.43; 6: P Webster (Saddle) 2.24.51; 7: B Shaw (E Ches) 2.47.41; 8: H Kelly (E Ches) 2.47.42; 9: M McGann (E Ches) 2.47.52; 10: A Ratcliffe (Saddle) 2.49.02; Teams: 1: Saddleworth 8.19.06; 2: East Cheshire 8.23.15; Saddleworth B 8.43.38; Harrop Dale Hill Race: 1: D Gibbons (E Ches) 36.51; 2: N Riatt (Notts) 37.43; 3: P Webster (Saddle) 37.56; 4: D Woodhead (Horw) 38.12; 5: H Waterhouse (Saddle) 38.20; Ravensstones Fell Race: 1: G Gough (B'burn) 1.04.05; 2: J Taylor (Holm) 1.04.35; 3: P Martin (Bolton) 1.06.21; 4: H Marsden (Man U) 1.06.32; 5: M Seddon (Holm) 1.06.39; Scouthead Road Race: 1: N Raitt (Notts) 50.26; 2: D Jackson (Ken) 51.38; 3: S Bell (Wat) 52.34; 4: D Woodhead (Horw) 52.49; 5: H Kelly (E Ches) 53.02

Claire Crofts — A Profile

Club : Dark Peak Fell Runners

Born : Croydon

Age : 26

Height : 5ft 6ins

Weight : 7st 10lbs

Job : Postdoctoral Research Assistant working on the development of artificial heart valves.

Began running : August 1985. I joined the Cross Country Club at Sheffield University because they didn't have enough women to make up a team. I ran in a few cross country races but became disillusioned because I always finished near the back of the field. I used to think then that training meant running 3 or 4 miles every day a week before the race and doing nothing for the rest of the time. I could never understand why I was always tired! When I met Tony Trowbridge I mentioned that I had run in some cross country races and he suggested that I should train with Dark Peak. He encouraged me to do the fell races.

First fell race : Short Edale Skyline in 1986. I was second to Jacky Smith.

Early successes : Ran cross country for the Universities Athletic Union in December 1985. 4th in the English Fell Race Championships in 1986 and 2nd in 1987. 3rd in the British Fell racing Championships in 1987. Ran for England in the World Cup in 1987.

Early aspirations/heroes : Sally Ann Hales who used to run for Sheffield University and who was third in the 1985 London Marathon and Carol Haigh.

Describe your best race : The Langdale. I'm afraid that I can't remember the race in detail. I felt that I had nothing to lose in this race as it was the last one that I was going to compete in in the 1987 season. The outcome would also make no difference to my overall position in the championship. I remember pushing hard up the first climb to pass the other women. From then on I was determined not to lose the lead.

Did you set any course records last year? : Yes, 2; Scafell Pike and Langdale.

Have you set any course records this year? : Yes, 4; Chapelgill, Pendle, Duddon Valley and Buckden Pike.

What sort of fell race do you prefer? : I like all the races but for different reasons. I enjoy the long and medium fell races because the pace is relatively steady and therefore the pain isn't unbearable for the first half of the race. I like the short races because there is little possibility of becoming lost and you know that any discomfort you experience will be over quickly.

Do you have a coach? : Yes, Tony Trowbridge. It helps to be able to talk to someone who actually competes in the races.

Describe a week's training : I feel that the vast majority of people who run overtrain and overrace. I therefore try to adopt a balanced approach which includes diet, conditioning and rest.

I've never done more than 50 miles a week. All my training is geared toward running well during the fell running season from April to October. During this period my weekly mileage never rises above 40 miles and is quite often below 30. I always have one rest day from running a week and, if I am preparing for a long race from October to December, my mileage remains below 40 miles a week. Once the New Year arrives the mileage builds up to between 45/50 miles a week. I supplement the running by swimming 1/2 a mile and weight training twice a week.

Do you follow any particular diet? : I eat mainly a vegetarian diet.

Outside interests : I have very little time outside work and running but when I do I enjoy reading, listening to music, knitting and swimming.

What are your ambitions for the future? : To keep on improving.

Feelings about running in the World Cup in 1987 : A mixture of excitement and pride. It was extremely important to me last year as my father was dying from cancer. I know that hearing about the race gave him an immense amount of pleasure. He died shortly after I returned from Switzerland.

Can I thank anybody? : I owe any success I have had to Tony Trowbridge. He has provided an endless supply of advice and support. Without his encouragement I would never have started, and certainly not continued, running.

STOODLEY PIKE FELL RACE

The wind, a gentle whisper through coarse grass supporting symbol of a long forgotten conflict, beckons the contenders to the hills. Wild moorland stretches, for aeons untamed by man, are provocative in their challenge. From metallated road they thrust sinewy limbs, heads bowed, as though in deference to a dark summit obelisk.

The leader hits the ridge, now spared the climb that squeezed the ever tightening lungs. Resistance gone, he accelerates the speed until the downward steepness tests for other qualities. Below him, regimented dwellings of once thriving town, silent mills where cotton ruled the lives of cloistered workers. But the scene is unobserved, for eye and mind are focussed on the uneven ground, to rise and fall, with tussock grass to throw the reckless step, moorland gullies, brown and desolate. He lifts his head, the track is smoother now; the monument looks on as distance dims the sight of victory.

Road Runners' New Record

Accrington Road Runners took to the hills, and proved highly successful, setting a new peak of performance for the rest to aim at on Sunday May 22nd.

For a 14-strong Road Runners team took on the formidable Pendle Way and set a new record for completing an eight-leg relay of the 45 mile course.

Their time of 5 hours 31 minutes 38 seconds was faster than both the senior record (6.32.00) held by Macclesfield Harriers and the junior record (6.8.35) set by Clayton Harriers team late last year.

What undoubtedly helped the Road Runners on their way were the conditions, a day of clear, dry weather being ideal for record breaking.

Their team was: Jack Winder,

Dave Pickup, Gerry King, Harry Haseley, Tony Bolton, Tony Eaton, Gerry Bunn, Mike Tipton, Peter Carroll, Peter Gurney, Jim Brinlow, Simon Parker, Barry Haworth, Michael Dwyer.

David Whittaker and Donald O'Rourke were the time-keepers.

For further information contact Dave Pickup (0254 381798).

NB Note that Alan Ireland's solo time for the Pendle Way reported on in the last issue was 9 hours 20 minutes, not 11 hours 20 minutes. Philip Check has relayed this correction on Macclesfield Harriers' record reported in the last *Fell Runner*.

Stud Marks on the Summits

I must apologise for the number of both factual and printing errors which occur in 'Stud Marks'. I did the proof-reading myself and by this stage of the project had 'gone stale' on it (similar to the effect caused by over-training or over-racing) and many slips escaped my attention which I'd have normally spotted right away. Since publication I've gone through the book again at a very leisurely pace, noting down all errors. Hopefully, none have escaped me this time. A full list follows (minus obvious printer's errors in regard to spelling, misplaced commas etc).

Cover and title page: The first date in the sub-title should be 1863, not 1861. This was a printer's error, along with the 's' missing off the end of 'summits' at the top of each page.

Page	Para	Line	
3	3	3	1040 could not have been the year of the hill race organised by Malcolm Canmore as he was then only nine years old and did not become secure on the Scottish throne till 1058. My sources on this date were David Webster's 'Scottish Highland Games' (Reprographia: Edinburgh, 1973) p.120, and the late Jim Logan's article based on information supplied by Jimmy Jardine, 'Lore of the Scottish Hill Races' (<i>Athletics Weekly</i> : February 26th 1972). The other date which I cited, 1064, came from McDermott's 'Dear Paradise: Stories of Balmoral and Royal Deeside' (Betford Publishers 1979), and this would appear to be more accurate. Thanks to Suse Coon for pointing this out.
9	3	22	Peter Hall did, however, beat Teasdale over the rough, steep Alva course.
43	1	9	Guy Goodair has never run for a Leeds club gaving always been a member of Wakefield Harriers. This error was copied from a report in the 'Craven Herald'.
45	3	2	Godolphin's christian name was Tim, not Tom.
55	4	1	Eddie Leal retired as FRA secretary, not chairman.
81	4	1	Geoff Garnett of Bingley Harriers is another Englishman who was placed second in the Pikes Peak Marathon. He did so in the 1963 race, which was won by a track runner named Rose — possibly a co-author of the book about the race 'Foster Sons of Pikes Peak?' (which I have not seen, incidentally).
116	3	6	Janet Massey and Janet Sutcliffe are one and the same person.
117	2	10/11	Puckrin arrived in Kirk Yetholm at 15.10, not 18.10, thereby giving him an overall time of 6dys 7hrs 25mins.
121	footnote		This should actually be on p.119. Also, it may be of interest to add that John Offley of Thames Valley Harriers completed the Pennine Way in 3dys 6hrs 17mins during 1975 — not a record but a very worthy achievement just the same.
127	2	15	Pete Simpson (Dark Peak FR) completed Ramsey's Round in 1981, taking 24.40 in very poor conditions. This was a solo, unsupported attempt.
130	2	6	Should be 17,000, not 17,00.
152	4	3	Should be 'fourth time in Lakes', not 'third time'.
170	3	10/11	Acklom's second run was, of course, one minute slower than his first.
173	4	8/9/10	In the 1957 race, 63 were timed in at the finish, not 53, with an additional three completing the course but not being timed. See the booklet 'Ben Nevis Races 1951-60' by Eddie Campbell (1983).
189	4	4	Geoff Garnett has never run for Bramley Harriers, having always been a member of Bingley Harriers. This error was copied from a report in the 'Craven Herald'.
196	1	5	The Capricorn campsite is not compulsory and not part of the actual race, as in the Karrimor.
200	1	10	Spence was 6th, not 5th.
200/201	photos		The photograph of Pete Duffy shows him winning the Mamore Hill Race, not the Creag Dubh.
210	1	3	Robinson's 1978 time was not a record, of course, McGee's time the previous year having been 20 seconds faster.
215	2	4	Should be 'Blacksnape Playing Fields'.
216	2	4	Should be 'Black Hill', not 'Blackhill'.
223	5	3/4	Clarkson's time was 40.55, not 41.06.
233	2	7	Should be 'Blamire', not 'Bramire'.
240	1	2/3	Ravald finished 2nd in the 1979 Darwen Moors Race, not the Darwen Tower.
240	3	5	Peter Finnigan organised the Hades Hill Race on behalf of his old club, Altrincham AC, not his present club, Sale Harriers.
240	5	5/6	Peter Eves' time was 15.19.
246	4	7	'Grattan' should be 'Gratton'.
248	4	6/7	Either Styan or Ramsden's time is wrong (???)
254	6	2	Styan's time was recognised as a new record due to the start being altered this year to accommodate the increasingly large fields.
262	2	4	Should be 'Easdale', not 'esdale'.
276	4	5	Should read Ken Taylor 5th and Short 6th.
289	2	5	Should be '... at Snake Inn', not '... at Crowden'.
289	3	5	Hirst's time was 2.59.07, not 2.29.07.
301	1	1/2	Watson's time was 45.14.
303	5	7	Walker's time was 22.42.

310	4	4	Should be 1896, not 1876.
313	4	1/6	Ian Campbell, in 'History of the Horwich RMI Harriers' (1986), p.69, states that Campbell won the race. My information came from a contemporary report in the 'Horwich Journal'.
320	map		The distance and height give actually refer to the new course, not to the one shown.
321	2	3	Spence's time was 1.01.02.
321	4	6	Cartridge's time was 1.01.35.
336	4	4	Arthur Dolphin was killed in the Alps, not Des Birch. My apologies to him.
352	1	3	Should be Under-17s race, not Under-18s.
360/361	photos		The Barnoldswick photograph shows John Fox (ASV), not John Temperton, leading Weeks on the descent.
404	2	8	Should be 'one season of rugby', not 'one session'.
412	1	5	Should be Cairngorm 1959, not 1969.
422	4	9	Leal retired as FRA secretary in late 1972.
433	1	1/2	Should be Heaton Mersey, not Heaton Merseyside.
436	2	1	Should be 1975, not 1965.
437	5	2	Should be Greystoke, not Greystone.
438	4	7	Should be 1956 Pendle, not 1965.
452	1	5	Should read: '6½ mile jog'.
493	4	11	Frank Travis was FRA chairman from 1973 to 1976, not 1972/75.
567	index		Should be Lilian Millen, not Millian.

BILL SMITH

Chew Valley Skyline — Category A

The Dream and the Reality

This two part poem is my impression of the Chew Valley Skyline fell race. Anyone having done the race will realise that, far from having exaggerated, I have in fact grossly understated some of the situations.

THE DREAM

A bright and cheerful April sun gleamed from a cloudless sky
As eagerly we start the run on tracks both firm and dry.

Fell shoes gripping grass and rock as up the hill we go.
Moving fast against the clock our limbs and muscles flow.

The summit reached, as in a dream, like hunting birds we soar.
Leaping turks heads, rock and stream — and on across the moor.

With eyes like magnets homing on each check-point tucked away.
Our minds relaxed and having fun like children at their play.

At Alphin Hill, the end in sight, light breezes cool the air.
We'll cross the line with eyes still bright and energy to spare.

THE REALITY

Rain that greets the reluctant day from clouds as black as sin.
The hope that both will go away sustains the fool within.

No change as runners wait around, persistent rain still flows.
With mist enshrouding all high ground their apprehension grows.

We leave the valley floor behind, for those who also serve
And start to long and tiring grind to lonely grouse reserve.

Upwards over rocks and screes where outcrops stand aloof.
With eager pumping hands on knees we reach the Pennine roof.

Where grunting ghostly figures loom, heads down breathing hard;
Disappearing in the gloom in less than thirty yard.

Play follow my leader and find you're lost, resisting the urge to scream
Or wallow legless on Feathered Moss, the ultimate masochist's dream.

Soul-destroying miles of peat make every step a bind.
To struggle clear and free your feet and leave a shoe behind.

An 'ooze' that saps away the will from staunch and eager hearts
Then creeps up socks and legs until it reaches private parts,

Fills the eyes, the nose, the ears, the hair and last week's scar.
But then the worst of all your fears — it's found your chocolate bar.

Slowly, check-points come and go 'til Alphin Hill is won.
The end in sight, just there below. It's over now, it's done.

JOHN NEWBY — Todmorden Harriers

Alan's Antics

At a recent event, The Duddon, that canny Scot Alan Farningham chose for his pre-race loo a pleasant leafy mound in woods adjacent to the start. Now since canny Scots only carry toilet rolls to football matches Alan, on finishing his business, scooped up a large handful of leaves together with several hundred inhabitants of the

mound (large wood ants) and applied them liberally to his nether regions. It is reported that Alan had an outstanding first half at Duddon, well up with the leaders.

Several ants are still recovering from shock in the local hospital...

JIM HARDKNOTT

Man versus Horse Marathon 1988

Does anyone fancy a 22 mile race across the Welsh hills, with 4,000ft of ascent and a prize of £10,000? It sounds too good to be true and there is, of course, a catch. To win the money you have to beat a horse and rider over the distance.

The race is the annual Man v Horse Mountain Marathon which has been held since 1980 at the unpronounceable spot of Llanwrtyd Wells in mid-Wales. Not surprisingly the race began as a result of an argument over a few pints (at the Nueadd Arms) and the man who decided to organise a race was landlord Gordon Green.

This year's race was held on Saturday June 11th and the big prize was offered by current race sponsors William Hill the bookmakers. They also offered odds of 100/1 against anybody succeeding and, since they are no mugs, the chances are not too good for the runners.

In eight previous events only one runner has come close to beating the horses. That was in 1982 when Paul Brownson (Altrincham AC) was only 4 minutes behind, not so much a result of a fast time (2.06) but due to the horses finding it hard to cope with a very hot day. In different conditions last year even an impressive course record of 1.57, set jointly by four times winner Dic Evans and Paul Wheeler, left the runners 25 minutes behind a fast round by the first horse.

This year the weather was hot again and although Dic Evans was injured, Paul Brownson was back for a second attempt at the race and Mark Croasdale, a member of the British National Nordic Ski Team and winner of this year's Clougha Pike race, was also running.

They were competing not only against horses but also against mountain bikes, which have been in the race since 1985, and they add a further edge to the race as they seem to be evenly matched against the runners. The best time for the bikes up to this year was 2.07 by the USA ladies champion Jacquie Phelan, which put her one minute ahead of Dave Woodhead in 1985, but in '86 and '87 the runners won easily against the bikes. This year, however, there was a strong entry from the bikes and it seems the race has become a very important fixture in the mountain bike calendar.

Starts are staggered for safety reasons with the bikes going first, then the runners and finally the horses. This takes the edge of the run a little as it's not a straight race. Runners in the middle of the field then find they are catching up the bikers and that horses are galloping up behind them. This presents some unusual dangers as the bikers stop for nothing (often because they can't) and on narrow tracks any argument over right of way with a horse will result in the runner coming off worse!

The course runs through some fine scenery and across varied ground, including some short sections of road, footpaths, farm tracks, a couple of longish forestry sections and some open moorland. There is also a ford and ¼ mile from the finish everyone has to cross the River Irfon, which is knee deep in places, slippery and difficult to negotiate when very tired. Cruelly the crossing point is just below a bridge which is off the course and the crossing also gives the horses an advantage they don't need.

Conditions underfoot this year were good following a lot of dry weather and this helped all the competitors, but probably favoured the bikes most. Despite claiming the

distance was a bit long for him, Mark Croasdale quickly took the lead and was never really pressed. Two-thirds of the way round, at the Abergwesyn watersplash, Paul Brownson was chasing hard however, but he missed the inadequate course markers in the last section of forest and became hopelessly lost, so the challenge to Croasdale never materialised. Others missed the way in the same area, among them Pete Irwin of Rossendale, who was also towards the front of the field.

Croasdale won easily in 2.07.48, not a fast time compared to last year 1.57 but nowhere near good enough to challenge the horses and bikers. The first horse and rider came home in 1.47.12 and the leading biker was Tim Gould, a cyclo-cross international, in 1.57. It seems that even this year's hot weather didn't give the runners much chance to part William Hills from their money and end the domination of the horse, but another victory for Mark Croasdale should serve as a warning that he is now a force to be reckoned with.

A final thought. The Man v Horse race is the only one of its kind and should probably remain so, but with a top mountain biker this year equalling the course running record it may be worth considering the potential for a few Man v Bike races in the future!

BOB HOWARD

MAN v HORSE	Wales
20m/4000ft	11 June 1988
1: J Davies (horse)	1.47.12
2: M Croasdale	2.07.48
3: D Hughes (Hebog)	2.13.27
4: G Williams (Club 69)	2.14.20



Mark Croasdale, Winner Man v Horse, at a water splash two thirds of the way around the course — R Howard



Man v Horse — can a runner beat a horse over 22 miles — R Howard

British Fell Records Register

The Fell Records Register is now in its second year and the response from right across the British Isles has been most heartening. I have received details of exploits in all our mountain areas. This year has been a very significant one with a large increase in activity generally and two major achievements in particular.

Firstly the Lake District 24 Hour Record, set at 72 peaks by Joss Naylor in 1975, has finally fallen. Mark McDermott of Kendal AC successfully topped 76 summits within 24 hours from Braithwaite camp site on the 18th/19th June. This feat was chronicled by BBC Look North and several national newspapers as well as the local press.

Not so widely known, but in my view equally as noteworthy, is a Round of 28 Scottish Munros in 24 hours by Jon Broxap which was something of a parting shot a few days prior to Jon's departure for Australia in June. Details of the Round are given elsewhere. Suffice to say that Jon has now climbed more 3,000ft mountains in a day than anyone else and he's done it in the largely trackless terrain of the Cluanie and Affric Hills. The lad is a bit of an all-rounder!

On a rather different scale, but also in Scotland, Mike Hartley of Fellsman and West Highland Way fame has broken Mike Cudahy's record on the Southern Upland Way, speeding over the 212 mile route in 55 hours 55 minutes with a support team of just three!

If anyone's feeling miffed at being left out, it's probably because they haven't told the Register what they've done. The system's only as good as the information it receives.

Please note: Because of an ever increasing workload I've decided to pass on the custodianship of the Register and Martin Stone has agreed to take it on. Martin's address is:

12 Moorlands, 103 Garstang Road, Preston PR1 1NN.

Ladies 4 4,000ft Cairngorm Record

Mel Edwards writes:

"On 16th July, Kath Butler set what we believe is a women's record for the 25 mile, 7600ft round of the 4 4000ft Cairngorm Peaks. She followed the exact route taken by myself in setting the current record of 4.34.08 in 1979, ie Glenmore Lodge, Braeriach, Cairn Toul, Ben Macdui, Cairngorm, Glenmore Lodge, and took 6.44.58.

Hopefully this will encourage others to have a crack at these times".

West Highland Way Race (95m/8,000ft)

(or: Jim Hall tells the whole truth for a change, after having been found innocent in the Scottish Mountain Trial)

My 1988 serious attempt at the West Highland Way was abruptly curtailed in the Milngavie railway station car park five minutes before the start. An argument with a kerbstone whilst sprinting to answer a last minute call of nature resulted in a badly grazed hand and, more seriously, a concussed knee (and my weak one at that).

I was none too keen to run a 95 mile race anyway but unfortunately I have a forceful wife who insisted I navigate and provide moral support (lucky is the man gets nagged only to mow the lawn etc). Nothing could keep me from the official start group photograph however, and I was press-ganged into running regardless of physical state.

The first five mile section to Carbeth was unforgettable, the dawn chorus set to a scene of mist shrouded and disturbed only by the 20-odd shuffling runners in whispered, anxious repartee. Alas, I had no right to be with these running Olympians and to save any more embarrassment I handed in my number at Carbeth. The solo return run to Milngavie was even more serene and visions of sitting in sun-baked beer gardens occupied my thoughts as I hastened to rendezvous with the competitors, this time with a car load of goodies.

Betty was last at Killearn but still on our 23 hour schedule and unaccountably fourth at Balmaha, at 06.35, 30 minutes ahead of schedule. As the midgets and the heat increased the positions at Rowardennan were unchanged with most runners looking very determined and some even looking strong. Already it was possible to identify possible non-finishers because the Rowardennan midge is capable of picking on weaker prey. Spectators suffered even more than runners and I will never forget the picture of Bobby Shields and the 'yellow peril' surrounded by a mist of flying teeth in the dawn sunshine (even he, the course marshal, retired defeated at this point). Highland Way trekkers were stirring for their third day's breakfast as competitors ran past, travellers in different rhythm of time.

It was now a race of car versus runner to meet the next support point at Inverarnan which I made with some time to spare and promptly set off south, on foot and with vittals, to search for my better half. Round a corner in the track she appeared, looking cool and strong despite climbing 2,000ft and covering 39 miles.

As she was gaining on the leaders I tried in vain to slow her pace, afraid that she would blow up well before the finish (she was still going too fast 20 miles later). The race was getting very interesting, the positions at Inverarnan being Dave Wallace (10.18), David Francis (10.26), Duncan Watson (10.38), Betty Hall (10.45), Tony Deall (11.25).

Glen Falloch shimmered in the heat, support teams were reluctant to interrupt their sunbathing and the competitors now began to suffer on the 1,100ft climb from Loch Lomond. Fortunately it was possible for a supporter to keep close and respond to special requests, however impolite. Memories were rekindled of the TV documentary of a recent run through Death Valley, USA, because the runners were inexorably taking on a similar appearance.



Competitors and Duncan Watson (organiser) from West Highland Way outside Nevis Bank — Jim Hall

A standing ovation greeted Betty at Tyndrum at 13.37 as spectators for the sheepdog trials became more interested in a much more rigorous trial going on in their midst. By now she had moved up to second, despite a pit stop for a change of shoes, because David Francis had blown above Crianlarich and Duncan was also going through a bad patch — "I'll get her later" was his recollection of this setback. (He closed the gap a few yards at Auch but suffered as a consequence, losing more time at Bridge of Orchy and Victoria Bridge.)

At Bridge of Orchy (14.50) the situation was getting serious and alcohol for internal application was demanded. The anecdote of Betty 'bevvyng' went up and down the line, causing some concern to the leader who was only 37 minutes in front at that stage. The 'easy' stretch along the road at Victoria Bridge had a debilitating effect on the lead runners and this was a common low point. My sympathies went to Duncan at this point, with one lady going away from him and another (Sylvia Watson) close behind, he apparently was having difficulty standing. The prospect of Rannoch Moor solo must have seemed very daunting. I was so concerned about Betty I sped around to Blackrock Cottage and immediately set off back down the track to meet her. I need not have worried because I did not go far before meeting her cresting the hill, concentrating still on running when the terrain permitted. I resolved to keep with her to the finish only (!) 25 miles away and could not have done it without the availability of the impromptu support car driven by Anne MacDonald. Not only the ladies record but also the possibility of first place was now on the cards as I was convinced that Dave Wallace would 'blow' before the finish.

We had a good line over the Devil's Staircase and enjoyed superb views of old familiar climbs in Glencoe. Storm clouds were gathering in the west however and I was glad that we had plenty of light to the finish, being only 7.30pm at Kinlochleven.

At Kinlochleven the leader was going away from us but I was quite content that a steady pace would see us to Fort William in a respectable time. Sub 19 hours might have been possible but the twists and turns of the undulating Mamore track put paid to such ambitions. Despair was setting in when at last there was the trusty Anne to greet us with a bottle of Lucozade and the good news that we were only 10 minutes from Lundavra, the road-head.

The prospect of the switchback road to Fort William was too much for me so I gratefully jumped a ride and 'supervised' that last stage. Years of mountain climbing had conditioned Betty to arrive at base just prior to 'last orders' and this was no exception. At 10.43, 19 hours 43 minutes after leaving Milngavie, she cruised into the finish and a deservedly tumultuous welcome at the Nevis Bank Hotel.

It had been a long but enjoyable day rounded off with a stolen shower and a couple of pints of beer. Of the 20 starters for this true race marathon, 14 stalwarts completed the race, 9 in under 24 hours. Everybody, support teams included, were privileged to be part of an experience they will never forget and which would not have been possible without the hard work of Duncan Watson, the Nevis Bank Hotel and all associated workers. Roll on next year and the prospect of this event in the championship calendar.

Results

1: David Wallace	18.18.54
2: Betty Hall	19.43.34
3: Duncan Watson	20.14.43



Betty Hall

Cumbria Fell Runners — Bob Graham Relays

Last October I organised a sports holiday in Majorca and it was in a bus crossing the island that Gilbert Scott proposed the idea of a long distance relay run by the club. From an initial plan to the Cumbria Way with one team, we eventually found ourselves with four teams (A, B, Vets and Ladies) preparing for a relay attempt on the more interesting, convenient and charismatic Bob Graham round on May 14th.

This date was chosen with some difficulty even back in February because the season was already crowded with fell races, individual Bob Graham attempts and multi-discipline events. The weeks following the meeting where the date was chosen proved unfavourable to those who needed to reconnoitre the route or time themselves over various sections: there was a lot of rain and mist and the Scafell section was difficult to time because of late snow.

The idea was that we would have two runners on each of the five sections, so ten runners in each team. We would do the course anti-clockwise, and stagger the start times of the four teams so that we could expect each team to finish in Keswick between 9.00 and 10.00 on the Saturday night. This obviously involved the collection of accurate times for each section and this was done at a meeting shortly before the event. We arranged a telephone contact, my mother-in-law who could wait by the phone all day to receive news of schedule changes, retirements and so on and pass this information on to anyone who called for it. We also took the precaution of asking a climbing friend to have a rope for us at Broad Stand.

In spite of careful preparation there were still apprehensions. Which section would Harry J actually run in the end? Would we give Jos a partner who could keep up with him on the rough sections? Would the ladies team actually manage to field ten runners? Was it a wise decision to put two good lady runners on the first section when it became clear that the ladies would have to do that section in the dark?

The day itself was a complete success. We were blessed with perfect weather and amazingly, in spite of weak knees, ankles, stomachs etc, all 40 nominated runners completed their sections — evidence of the powerful motivating force of a team effort. (Gilbert himself unfortunately had succumbed to a long term injury some months earlier.) Everyone enjoyed it, many took slides which we showed at a social event a couple of weeks later, and there was a carnival atmosphere at the Moot Hall on Saturday Night. It was a good day's running, great for club spirit — and as far as I know there was only one navigational error, but I'll keep quiet about that — except to say it wasn't the Vets, Ladies or B team.

Exceptionally good weather helped to make for a record breaking day. All four teams of ten runners each completed the Bob Graham round of 72 miles, 62 peaks and 2,700 feet of ascent in relay order.

Very special thanks to all those who helped in any way to make this day a success, particular thanks to Anne Hayes for manning the telephone, Andy and Shaun Prickett for the rope on Broad Stand, Marilyn Prickett for recording the overall finishing time of each team and to the many friends who assisted with road support.

BARRY JOHNSON, CFR

CFR BOB GRAHAM RELAY — MAY 14th

	A Team	B Team	Vets Team	Ladies Team
	Garry Bryers Keith Mingins	Steve Martin John Kennedy	Bernard Hillan Barry Johnson	Linda Scott Sharon Johnson
Keswick	08.45	05.00	06.00	00.30
Robinson	09.44	06.11	07.17	02.11
Hindscarth	09.53	06.28	07.32	02.37
Dale Head	10.10	06.41	07.44	02.55
Honister	10.17	06.52	07.54	03.20
	Geoff Chucas Stuart Young	Richard Eastman John James	Hohn Stont Ray Phillips	Jeanette Norman Janet Sutcliffe
Grey Knotts	10.33	07.15	08.13	03.48
Brandreth	10.38	07.21	08.19	03.55
Green Gable	10.49	07.35	08.32	04.13
Great Gable	10.59	07.46	08.42	04.28
Kirkfell	11.18	08.15	09.04	05.02
Pillar	11.49	08.55	09.41	05.52
Steeple	12.05	09.18	10.01	06.22
Red Pike	12.16	09.35	10.15	06.39
Yewbarrow	12.40	10.13	10.39	07.13
Wasdale	12.50	10.24	10.53	07.40
	Harry Jarrett Alan Bowness	Tim Houghton John Harrison	Mike Wood Joss Naylor	Janet Aldred Shirley Daley
Scafell	13.35	11.18	11.39	08.45
Scafell Pike	13.56	11.45	11.59	09.09
Broad Crag	14.02	11.53	12.07	09.18
Ill Crag	14.08	12.03	12.16	09.23
Great End	14.17	12.12	12.24	09.40
Esk Pike	14.31	12.29	12.37	10.02
Bowfell	14.44	12.47	12.43	10.22
Rossett Pike	14.59	13.05	12.56	10.44
Pike O'Stickle	15.31	13.52	13.20	11.41
Harrison Stickle	15.43	14.00	13.33	11.52
Thunaoar Knott	15.49	14.10	13.44	12.00
Sergeant Man	16.00	14.21	13.55	12.14
High Raise	16.05	14.28	14.00	12.45
Calf Crag	16.24	14.47	14.19	13.07
Steel Fell	16.38	15.06	14.30	13.07
Dunmail	16.48	15.17	14.43	13.17
	Colin Webb Irving Block	David Donald Peter Todhunter	Ian Heys Grant Edmondson	Chriss Ross Sue Mackay
Seat Sandal	17.15	15.46	15.11	13.52
Fairfield	17.36	16.08	15.32	14.19
Dollywagon	18.04	16.36	16.00	15.01
Netherlost	18.15	16.46	16.08	15.11
Helvellyn	18.23	16.55	16.10	15.25
Lowerman	18.27	16.59	16.23	15.28
Whiteside	18.36	17.07	16.32	15.30?
Raise	18.42	17.14	16.39	15.44
Stybarrow Dodd	18.56	17.27	16.53	16.04
Watson Dodd	19.01	17.32	16.58	16.13
Great Dodd	19.19	17.43	17.09	16.25
Clough Head	19.27	18.02	17.30	16.47
Threlkeld	19.45	18.25	17.55	17.14
	Fred Anderson Richard Unwin	Rob Scott John Morgan	Don Rigg Ken Hargreaves	Val Johnson Penny Kingston
Blencathra	20.19	19.01	18.29	18.02
Great Calva	20.54	19.39	19.08	18.59
Skiddaw	21.33	20.22	20.25	19.59
Keswick	22.06	20.58	20.25	20.54
Total	13.21	15.58	14.25	20.24

The Saunders Lakeland Mountain Marathon

July 2nd and 3rd

The venue for this year's SLMM was the Ullswater Hotel, Glenridding, and a record entry of 1,122 runners were attracted to this popular event. They were competing on 5 different courses covering, by mountain marathon standards, a limited area firmly centred on Helvellyn, and set by a new race organiser Keith Fazey, who had taken over from Ken Ledward.

Keith is a former competitor in the event but this didn't stop him setting long courses with a lot of ascent and descent. He did have to change the course at a very late date due to landowners withdrawing permission, but even so its clear he favours testing courses. Coming after some of the easiest ever courses last year it was a bit of a shock for regular competitors in the event. Some even seemed to be under the mistaken impression that the SLMM was a soft touch compared to other similar races, forgetting that it is as much an endurance event as anything else.

Fortunately, ground conditions and the weather were excellent and although the navigation was relatively simple the siting of checkpoints to force constant ascents put a lot of strain on some partnerships. Ken Ledward described it as "character testing". Late afternoon saw most of the runners making their way rather wearily over Helvellyn towards a mid-camp at Douthwaitehead. For many it was all too much and, by the end of Day 1, 40% had retired — a remarkably high figure in good conditions.

The most welcome sight at a very pleasant mid-camp, except for the man-eating midges, was a van full of beer cans. The side of the van also served as a notice board for Day 1 results being produced by computer for the first time at this race. This list proclaimed Jos Naylor as leader in the 'Scafell' class with Andy Ligema — a miraculous occurrence since Jos wasn't even there! Andy's partner was Colin Dulson but they hadn't informed the organisers of the change. They led by 42 minutes but in the other classes only a few minutes separated the leaders.

Courses on day 2 were considerably shorter so nearly all those who struggled to the mid-camp did manage to finish. Ligema and Dulson duly won the 'Scafell' class ahead of Martin Stone and Helen Diamantides but Robert Sanby put in the most impressive performance of the day to win the solo 'Klets Classic' class by 2 hours 46 minutes. Mixed pairs regularly do well at the SLMM and William and Micah Wilson kept up the tradition by winning the 'Kirkfell' class after leading by a minute overnight.

Next year entry to the SLMM will be limited to 900 and the closing date will be April 1st.

SAUNDERS LAKELAND MOUNTAIN MARATHON 1988

Classes with minimum distances

Klets Classic	A solo event for very skilled and fit high level mountain travellers (73km).
Scafell	For top class fell running navigators (81 km).
Bowfell	For experienced navigators (63km).
Kirkfell	For novice fell runners (56km).
Wansfell	For walkers only (55km).

In every class there were sections for mens, womens and mixed teams.

RESULTS

Klets Classic	1: Robert Sanby	14.58
	2: Joseph Kyle (No ladies entered)	17.44
Scafell	1: Colin Dulson and Andy Ligema	11.10
	2: Martin Stone and Helen Diamantides (No ladies pairs entered)	12.01 (Mixed)
Bowfell	1: Malcolm Miller and Michael Fairlamb	11.45
	7: Tim and Francis Watkins (No ladies pairs completed the course)	12.39 (Mixed)
Kirkfell	1: William and Micah Wilson	8.22 (Mixed)
	2: Roland Sutton and Timothy Oakes	8.27
Wansfell	26: Janet Powell and Sue Rowbottom	10.53 (Ladies)
	1: Peter and Darren Corless	9.49
	3: Andrew Milne and Frances Herridge	10.01 (Mixed)
	47: Lorna Swinyard and Jeanette Stevens	14.40 (Ladies)

ROBERT HOWARD

BEINN FHIONNLAIÐH'S CASE

Thoughts of having a go at the Munros record cropped up during a trip to Knoydart with Mike Walford in February 1987. Idle bothy talk led to a recce in May with Martin Stone amongst others which showed it would go but a bout of flu put paid to it that summer. Martin in the meantime raised the stakes to 26 with another of his solo tours de force.

I wanted to do a round this year so it was either Martin's faster or a new one with the Munros. Having done the Ramsey round last July, the basis for Martin's round, in an attempt to salvage something from a bad summer, the maps were out. The only area with a similar cluster of Munros was centred on Glen Affric, there being 32 in all but 28 looked a realistic total.

The chosen circuit started with the South Cluaine and then ran up the other side of the A87 over the Five Sisters before heading off north into Affric. Beinn Fhada and A Ghlas Beinn were included before Sgurr nan Ceathreamhan - Mam Sodhail circuit. Crossing Glen Affric south again it finished with the Cluaine Horseshoe. A couple of weekends in May with timed runs over the legs showed it would go. 42 Munros in 10 days with 3rd in Jura in the showed I was fit enough. I managed to persuade the pacers from last year along again plus Peter Barron and John Blair Fish. I was pleased Pete had asked to come as he had got me fell running years ago and we'd done the BG together. I only had six pacers for four sections and would have liked two on each leg but Gibbi and I worked around the impasse — Mark would do the last two sections again! David Richardson also agreed to do the support again and then told he'd have to carry a tent in and then move it six miles down the Glen to do the two support stops.

The master plan was hatched — not state-of-the-art stuff like Mark McDermott's for Jos's 24 hour record but as foolproof as possible given the distance from the area. The very attraction of Rounds in Scotland — their remoteness and unfamiliarity compared with, say, the Lakes, causes problems



The Bowfell Class descending Helvellyn via Browncode Crags on Day 1 Saunders — Robert Howard

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but, given good weather, it was on for June 25th. What I had not bargained for was a surprise farewell party two nights before the run. I managed to restrict the flow of amber nectar but the pacers looked upon it as an excuse for some extra loading. The late night could not have been helped.

1000 hrs on Saturday was bright and sunny with a little cloud but very humid. Graham Hudson had already set off to meet us on Craig a Mhaim by the time John Blair Fish had arrived from his B+B, Graham having been dropped last year. We gave him a brisk chase and John was struggling as we set off along the ridge in superb conditions. On the third peak a couple asked us if that was JBF behind us and if so why? (Ed - one of them was JBF's work colleagues). His notoriety goes before him. Whilst training for the Duddon race at Easter the same thing happened to me - that time his old maths teacher! The fifth summit, Scurr an Dorre Leathin, was slightly off the main ridge so Graham decided to wait and get the water off John, then catch me up. John was only too willing and agreed to meet us on the road.

Traversing the inconvenient lump of Scurr a Bhac Chaolais Graham said he was flagging and would wait at the bealach below the Saddle. I yelled instructions to him how to get up Scurr na Sgine - "up the grass next to the big gully, when the grass turns to cliffs, climb into and up the gully. The summit is at the top of the gully". He got it right but descending from the summit I overshot down to the bealach and was heading onto the Faochag ridge before I realised the error. Frantic yelling and back tracking reunited me with Graham and we found the bealach safely - he had the map! We'd lost five minutes but it could have been a lot worse. Graham waited for me at the bealach. There was no one by the circular trig point on the summit of the Saddle. The Ben, Cuillins, Knoydart and Torridons and a good deal else I did not recognise were all poking out of the mist. How many times did you wish you had a camera? The descent was slower than when I reccied it as there was much less snow to bomb down but I still made the road in half an hour.

Unlike McDermott the Terminator, who'd devoured his food on the move, I'd opted for short stops of 10 minutes which I determined to enforce. We'd got carried away with picnics on the Ramsey Round and wasted time. Talking of picnics, JBF had arrived safely and was on his fourth course. He was very apologetic about not keeping up but I consoled him by saying we at least got his water. We found no other on the ridge.

Les Stephenson had set off early to find the faint track I had found running up the spur of the ridge. We caught him cursing me - I'd forgotten how much bracken grows in a month. This was a real directissimo, hands on knees job - 3,350ft in a mile and a half. Pete and I nipped up Scurr Fhuaran - Les had already done it and then debated how to get up Scurr na Carnach. Sir Hugh T had an off day when he designated Munros in the Five Sisters Ridge. We opted up and over and had a trouble free run through to Saileag, Pete picking a great line on the Glen Shiel side. It was still very humid - my T shirt felt stuck on with treacle - and water was a problem. We found some snow in melt pools and more on the col below Ciste Dubh. The ascent of Ciste Dubh was livened up by Kathy telling us in the restrained manner Australians adopt that it was Sue and her waving on the other side of the col! I left Pete and Les as they got water and set off down Ciste Dubh to the tents.

I knew they should be in the bend in Allt Camban but had trouble picking them out. Tip - make your pacers use orange tents! Another quick stop had Dave plying the staple of breakfast cereal and squashed bananas and John and Mark packing frantically. I'd really cocked the schedule up for the second section and was one and a half hours faster. I'd done the first 15 Munros in nine hours but the biggies were yet to come. We left Les and Pete looking knackered which did not augur well for later.



Pete Barron, Jon Broxap and Mark Rigby cross the finish near Cluanie at the end of the Broxap Round - Kathy Broxap



Mark Rigby, John Gibbison and Jon Broxap ascending Ben Attow from Allt Camban - Dave Stephenson

Like the last this section started with a mega climb up on the vast plateau-like summit Beinn Fhada - long hill - which it certainly is being six and a half miles from east to west. I was bothered about the descent to Bealach an Sgarine as it is a blunt craggy but Gibbi and Mark got it spot on putting up deer in the process. They also managed to avoid most of the six or seven false summits of A Ghlas Beinn for which I was grateful - for such an insignificant peak it could have been soul destroying. The descent to Loch Thuill Easaich was the only bit of the round I'd not done but we picked up the route to Scurr nan Ceathreamhnan bang on. This is another big hill like Beinn Fhada but the ridge we took to Mullach nan Dheiragain was more interesting. I'd done it in the reverse way in February when it had been a superb crampon crunching arrete. We met the only person on this section bivvying a little further on. He was nearly the last stranger Gibbi ever saw.

Coming off the Mullach nan Dheiragain Gibbi contrived to do a double somersault. Judging by the yell it was serious! Mark and I were both silently wondering how to retrieve ourselves from a difficult situation - 11.30 at night, at least 10 miles from a phone and half way up a rather remote craggy mountain! Luckily he landed on his side and had not broken anything. After fumbling around for his head torch he continued, very bruised.

Mark and I had to detour a gully unnecessarily onto Beinn Fhionnlaigh but rendezvoused successfully with Gibbi sheltering by the cairn on Carn Eighe. Last time we had been here he was melting snow on his head to cool off! Careful navigation in a dizzly mist from Man Sodhail to An Socach cost us time but probably conserved energy for the last section. Gibbi had headed straight off and his torch led us to the support of the Affric track.

There were two tents which meant that Les and Pete had walked down the Glen with Dave. It had taken them a good two hours and taught them another lesson about the state of Scottish mountains. Gibbi opted to go directly to the finish so Pete was weaned into doing a bit more. I was keen to be off and made the others catch me up. Mark was more sprightly having loaded off the night gear but began to struggle on the first big climb onto the Cluanie Horseshoe. Not really surprising as it was another 3,000ft plus hard. We stayed together over Scurr nan Conhhairean but Mark opted to wait at the Glas Bealach while Pete and I went on to Carn Ghluasaid, an awkward outlier requiring a three mile dog leg. The clag was still down and I was glad Gibbi and I had checked the summit out. A back track to Mark and a long traverse round A Chralaig, the penultimate peak, led us out of the mist at last. The last peak, Mullach Fraoch Choire, meant running north away from the finish but this was made easier by the comical sight of little Dave, 5ft 5ins, struggling under a huge sac, leading big Les, 6ft 3ins, carrying two little sacs. Les plied me with a cup of blackcurrant and ice, an impromptu Slush Puppy with a few natural additives the real thing could not boast! Fittingly the last peak has a sporting narrow ridge to traverse and reverse before the final plunge down Coire a Ghlas Thuill and a mindless trot down the track to the finish behind Pete and Mark seemingly oblivious to me now their job already done!

The celebratory Guinness was consumed amidst midges and nearly everyone was fed - even JBF who had just arrived from his B+B - when we began to be concerned about Gibbi. I'd been secretly watching the hill for half an hour with no sign. Kathy got quite a shock when she found him asleep in the back of the car. Graham nonchalantly said he'd been there.

JON BROXAP

AND

The Pacer's Report on the Broxap Round 30th/31st July 1988

Graham Holden set off prior to the 10.00am start to get as far up Creag a Mhaim as possible, learning from last year's Ramsey Round when Jon had burnt him off going up Ben Nevis. It was a very pleasant, sunny and warm morning and the tops were clearing down Glen Shiel. Near the summit Jon caught up Graham, minus John Blair Fish whom he had set off with and who was struggling to keep in touch with Jon's early surge (as was to be the case later on in the attempt for other pacers in the party). By the second Monro Jon was well up on his schedule.

Jon and Graham were moving along at a good pace bagging Monros with JBF unable to catch them up, but as Jon had used nearly all the water by Sgurr an Doire Leathian, Graham had to go back to collect the water from JBF and then resume the chase to catch up with Jon again, who was continuing to set a hot pace.

A steep climb up Sgurr na Sgine saw Jon still going strongly, but Graham was starting to feel the pace as Jon disappeared into the mist. He went slightly off line going up The Saddle but a clearing of the mist showed a route up and Jon went up on his own and Graham waited in the col. Jon caught Graham up on the descent, had a long drink and then set off rapidly down to the road crossing to meet the rest of the party, well up on his schedule.

JBF had been unable to keep in touch after passing on his water supply and had thus dropped down to the road and arrived about five minutes before Jon and Graham.

Jon had a short rest where he was stoked up with Weetabix, tea and bananas. On the advice of Graham, Les Stephenson set off up Sgurr Fhuaran (1,000 metres straight up) a few minutes ahead of Jon and Pete Barron, who was also taking him through on the next section along the North Shiel ridge to Allt Camban. The climb started up a grassy shelf and Jon continued climbing very strongly with Pete and Les falling in a 'nose to bum' line up Sgurr Fhuaran. It was now very humid and warm and Jon and Pete went up to the summit whilst Les waited in the col and was picked up en route for Sgurr na Ciste Dubh. A good contouring line brought them bang on course and then on to Saileag, all the time Jon going very strongly and Les was starting to hang on now. Water was in short supply and Pete and Les dropped down to a muddy lochan to replenish stocks. By Sgurr a Bhealaich Deirg Jon was about two hours up on his schedule and as he passed the col between Sgurr an Fhuarail and Ciste Dubh, Kathy Broxap and Sue Richardson cheered him from a distance, but there was no stopping. Up Ciste Dubh Pete and Les at last lost touch and Jon descended down to Allt Camban. Whilst Pete and Les followed a few minutes later at a gentler pace.

Down at the support tent at Allt Camban, Mark Rigby and John Gibbison (Gibbi) were caught out as he had not been expected for a couple more hours. Whilst Dave Richardson supplied the Weetabix, peaches, tea and bananas, Gibbi and Mark rapidly prepared for off, and all too soon Jon was off again, heading for the formidable climb up the south slope of Ben Attow.

A fast ascent of Ben Attow with Jon going strong after 15 Monros and 10½ hours again amazed his pacers (who was setting the pace?). Into the mist on the summit of Ben Attow saw Gibbi and Mark navigating and the pace was still 'hot'. Jon was going so well that just stopping

for a drink for him meant the pacers had to race to get back in touch, not an easy prospect up a 2,000 foot ascent. After Sguur na Ceathreamham it started to get dark and Mark was able to lead the way and navigate, Jon even admitted to being a little tired after 12½ hours.

On the steep descent down Mullach na Dheiragain, Gibbi performed a double somersault but was lucky to land on grass, only shaken but not hurt. The incident intensified the concentration and with headlights on the party continued in the dark, Jon still going strongly and the pacers feeling the pace! Mark still had another section to go after this one. In the dark and mist and rain navigation became difficult but good preparation by Mark and Gibbi ensured the right lines were taken. A good ascent up An Socach, followed by a hard descent down a steep gully saw Jon and Mark join up with Gibbi who had missed the summit out, and together they descended down to the support camp which had moved into Glen Affric just as dawn was breaking. 23 summits down and five to go with six hours to do it in.

At the camp Jon was fed again and a brief discussion resulted in Pete Barron preparing to be off again, and soon Jon was up and away with Pete. A few minutes later Mark and Gibbi set off in pursuit.

Pete and Mark bravely continued with Jon setting the pace (still hot) but Gibbi was unable to keep in touch and had to drop out and make his own way back to Cluanie. A hard climb up into the mist and then out above it saw them onto Carn Chluisiach with spectacular views of all the surrounding Munros poking their summits out of the mist. After A' Chralaig the climbs started to ease and en route to Mullach fra Choire Jon, Pete and Mark met Les and Dave who were returning to Cluanie with all the tents from Glen Affric. A razor sharp ridge took Jon, Pete and Mark onto the last summit Mullach fra Choire, and then a backtrack to their sacs and a steep, grassy descent took the group safely down to the An Caorran Mor track. Finally a two mile jog down the track to the Cluanie saw Jon at last slowing up and, at 9.20am on a muggy Sunday morning, Jon crossed the finish line scored in the road 23 hours and 20 minutes and 28 Munros after setting off. The Broxap Round.

RUMOUR HAS IT

Rumour has it that all fell or hill runners of disrepute in Northern Britain were at home when thieves stole several bottles of beer from the Editor's car but left his bum bag intact.

Classified Advertisement
Running/Walking/Climbing in Lochaber? Large 'bothy' style caravan to let. All services, plus roasting wood burning stove. Ideal for winter. Roger Boswell, Cluaran, Annat, Fort William 03977 258.



John Gibbison being force fed chocolate cake by Mark Rigby prior to the Broxap Round — Kathy Broxap

Fat Man in Cuckoo Land

or

"I lost 8lb in a day without trying"

(a report on a round of 76 peaks in the Lake District on 18/19th June, by Mark McDermott)

February 1988, the usual round of curries and beer signalling another birthday, but this time it was my 29th and the mid-twenties I had been languishing in had come to an abrupt end. I decided it is time to do something whilst I still can, but what?

Vaguely I remembered a conversation with Martin Stone about the Lakeland 24 Hour Record; the record set by Jos Naylor in 1975 consisted of 72 peaks involving 105 miles and 37,000 feet of climb. I did some rough calculations and realised this was an equivalent pace to running the Bob Graham round in 17 hours. The previous summer I had struggled round in 18¼ hours, so I figured that if I could get fit I would be able to run a Bob Graham at the pace, but would I be able to keep going for the extra time, and how could I cope in the dark?

At the next training night, after a few pints, I boldly announced my intentions — much to everyone's amusement. But the commitment had been made and I started to train. The house became littered with scribbled notes and maps and gradually a list of peaks and a rough schedule took shape. I decided to adopt 75 peaks suggested by Fred Rogerson (and attempted by several people over the years) to avoid any controversy(!). This still left the decisions of where and when to start (and hopefully finish) and which direction to go, not to mention the 'Langdale Question'.

My weekends were spent checking the route and training, refining the times on the schedule. I even resorted to spending a foul night running the proposed night night section to see how I coped. (The real night section was infinitely more pleasant than the (sic) 'dry run'!) Eventually I could delay no longer and started to ask people if they would be willing to act as pacers. Why did everybody volunteer for the later sections? After some serious arm twisting I had enough gullible people and, after an anxious week watching the weather, the day arrived dry and warm.

I started out at 5.00am from Braithwaite and after an (almost) enjoyable trip 'Back o' Skiddaw' I was soon plodding up onto the Helvellyn ridge tucking into a large tub of rice pudding. Running off Fairfield I was shaken to see one of my pacers cartwheel over the boulders, though fortunately no lasting damage was done. On the way to Calf Crag another of my pacers decided to lie down and roll around holding his stomach; we decided to leave him for dead. He caught us by Sergeant Man and squirted me with suntan cream in retaliation. Looking like a lobster in a mayonnaise dressing (cheers, pal) I tried to persuade Helen and Ruth to lead me down from Loft Crag to Langdale but they declined, and I had to follow Rob Bloor instead. By now it was 2.19pm and Langdale was like an oven and I could barely face food. I managed to eat some fruit but I noticed when Martin tried to pass off a chicken as a slice of melon, so maybe I was not too far gone!

Eventually the cavalcade of supporters fell back and I toiled up Pike O'Blisco with Colin Valentine and Dave Hall for company. Ascending Cold Pike was the crux of the run; I felt very weak at this point and very intimidated at the prospect of what lay ahead. I managed to gag down some chocolate, washed down with water, and the effect was almost instantaneous. Running over to Red Howe I knew that I would be OK if I kept eating enough and didn't suffer any injuries.

In high spirits we covered the unsatisfactory route from Bowfell to Esk Pike (via Rossett Pike and Allen Crag!) and at last I was on Great End, important psychologically because it was the furthest anyone had reached on an attempt going this way round.

Broad Stand passed quickly, despite a shower of rocks from an ascending climber, and we were soon taking afternoon tea in Wasdale. (Notice the 'we', one of my pacers pinched one of my mugs!)

By now I was back to my usual combined harvester approach top food and the big climb to Yewbarrow was made considerably easier by the encouragement of my supporters at Wasdale.

Peter Haines was complaining loudly about the large tub of rice pudding he was carrying so eventually I ate that on the way up Red Pike just to shut him up! At Pillar mark Rigby and John Blair Fish were waiting to greet us (with a boulder in John's case) and I spent a very pleasant evening eating, watching the sunset, eating, chatting, eating and running until Martin led the way down to the car park at Honister where I was able to do some serious eating. It was now 11.11pm and time to pull on a Helly for the night.

The problems I had encountered on my night-time recce made me wary of being too relaxed so I became quite nasty from this point, giving Selwyn a telling off for 'losing' five minutes going up Dalehead and shouting at Tim for using his torch!

Soon we were at Newlands Hause — I don't know what the people in their caravettes thought was happening. As my feet were feeling quite overheated at this stage I sat down for five minutes and put on more grease. Then it was up Ard Crag with lots of head torches bobbling about in a long line up the hillside. After a brief 'exchange of opinions' regarding suitable bearings I was on the ridge to Causey Pike. The night was fabulous with a crescent moon in a clear blue sky and the lights of Keswick glowing orange beyond the darkness of the lake. Throughout this stage I was preoccupied with the question of how many of my scheduled peaks I would have time for and struggled terribly with the mental arithmetic — I'll have to get a portable PC for next time.

By the time we reached Coledale the first glimmers of daylight had appeared and we arrived on the summit of Hobcarton Pike within minutes of the scheduled time.

Down the tricky shale to Ladyside Pike, then more shale contouring before climbing Whiteside — I had decided I had enough time for both. Feeling tired but happy we jogged back to Grisedale Pike, arriving at the top at 3.57am and paused for photographs and congratulations... Then down the stony path to Braithwaite where a very surprised team welcomed us at 4.26am, 23 hours 26 minutes after starting. (I was even more surprised when Martin produced a bottle of champagne!)

I must confess I was glad I didn't have to ho home and milk the cows; a hot bath and champagne breakfast with some of my supporters seemed a far more acceptable way to spend the day.

My sincere thanks to everyone who helped; without their encouragement I would not have stood a chance.

MARK McDERMOTT



Mark climbing the stile after descending Loft Crag



Robert Bloor and Sarah Haines feeding Mark at Wasdale, Colin Valentine, Peter Haines and Martin Stone perceptible (left to right)



Mark eating on the move en route to Pike O'Blisco with left to right Mike Greenwood, Andy Addis, Dave Hall, Colin Valentine, Martin Stone and Peter McDermott

The Welsh Classic Round (Paddy Buckley Round)

Record breaking attempt by Adrian Betton (M&C)
August 13th 1988

The week after the Karrimor Mountain Marathon in October 1987 a group of four of us went to 'reccy' Moel Siabod and the Moelwyns and it was then that one of our number proposed the ultimate challenge... was it possible to do all four '24 hour' classic rounds in a summer? The rounds being the Bob Graham in the Lake District, Charlie Ramsey's in Scotland, the South Wales Traverse and Paddy Buckley's Round in Snowdonia — a sort of 'Grand Slam'.

Now, this nameless friend twisted his ankle at New Year, leaving Andrew Addis and I to attempt the challenge. This involved a South Wales Traverse in April (17 hours 15 minutes — a new record), accompanied by one Mark McDermott warming up for his 76 peaks in the Lake District, a Ramsey Round in July plagued by bad weather but eventually completed in 25 hours 45 minutes, and now, in August, a 22 hour schedule for the 47 peaks of Snowdonia's Classic Round.

We had done a Bob Graham last year in just over 18 hours and the Classic Round is often cited as being BGR plus one hour — so sub 20 hours should be possible. Having reccied all of it twice we reckoned that 21 hours would be a very good time — but in August, with more night-time running, an extra allowance for darkness would be needed. We eventually decided on a Capel Curig start, at 00.30am, with a view to finishing just as darkness fell on the final descent from Pen Uithrig T Wrash.

Our plannig felt good, the pedigree of our pacers first class — Mark 'Mr President' McDermott (President of the 24 Hour Club?), Mark 'Mr Munro' Elsegood (having just completed all 277 Munros in a record breaking 66 days), Kevin Harding (fresh from a 21 hour BGR) and our nameless friend whose ankle was now sufficiently recovered for him to suffer some of the mountains with us.

Our road support was impressive — until Mike Greenwood locked the keys in the support car boot just as we were about to set off. All that food and kit locked in! Adrenalin surged... do we break the window?... will the AA come out?... have we time to stop and worry?... As fate would have it a door was unlocked and so it was with relief that we set out from Capel Curig Cafe into the 'mizzle' of a dark and windy night, President Mark and Munro Mark pacing Andrew and I.

Halfway up Moel Siabod I needed my cagoule. Lesson No. 1... don't put cag over head torch in force 6 wind — after several minutes I emerged like Houdini from a strait jacket only to find it was inside out — another minute waster. Nevertheless, we gained on the climb and ran steadily, albeit cautiously, down

the fence to Clogwyn Bwlch Y Main. From here on our recceing paid dividends as we steadily picked off each summit, utilising a powerful beam torch to spotlight the relevant cairn from up to 100 yards away.

Now President Mark was not impressed with the marshy ground and the tough work required of him at these unearthly hours, and just as the conversation turned to his proposal to 'blackball' Andrew and me from the BGR Club he promptly went waist deep — putting a new meaning on the wording of his proposal.

In these conditions it was impossible to gain on the schedule and as the cloud swirled down after Ysgafell Wen, we were increasingly concerned not to lose too much time. As it was we missed the line down to the quarries and, fearing the steep drops, headed further west. As luck would have it we followed a stream and emerged only yards from the light Mike had set up in the slate workings. Mike had our usual feast laid out — quiche, rolls, bars and hot tea.

I had misjudged how soon it would become light — expecting not to need torches from now on — so I pushed on without checking the map up Fod Ddu. Missing the best line we lost a few more minutes and again on the next two legs the mist was playing havoc.

However, once on the track to Moelwyn Bach we made fast progress as daylight helped lift the gloom. A good ascent of Moelwyn Mawr left our pacers behind in the mist and there was a colourful exchange of language as Andrew and I headed off down to the dam before Cnicht.

The long descent to Aberglaslyn took its toll of President Mark and he headed over to Rex Strickland who had the task of trying to pull back the 20 minutes or so we were down on schedule. Although we ascended Bryn Bariog well the conditions worsened on Moel Hebog and we lost even more time by Myrdd Y Ddwy Elor. Here we decided that Andrew and I would have to split and take separate pacers — but we could not do that before Caer Gors. So after some verbal 'encouragement' from Rex, Andrew recovered well along the Nantiles Ridge and, as if it were a good omen, the clag temporarily lifted on Y Garn.

At Port Caer Gar, Kevin was ready for me with the news that the farm on route to Craig Wen was occupied — dogs to boot. So he would go ahead and negotiate permission. Meanwhile Alison fed me more quiche, chicken legs etc before dogs from a neighbouring car beat me to scoffing the lot!

As Kevin 'negotiated' with the man at the farm, I tried to sneak by. "Do you know where you're going?" he boomed. "Yes" I replied, "Craig Wen, Yr Aran and then up the Snowdon Ridge" and carried on. This did not impress the man but somehow Kevin persuaded him that we could proceed. The weather cleared a little and we made good time — visiting the cairn on Craig Wen (note the schedule is incorrect) and carefully avoiding the electric fence over Yr Aran. Here the weather really closed in with driving rain and low visibility.

The summit of Snowdon was further clagged up by the smoke from an arriving train and the cold wind spurred us on simply to keep warm. Something must have been in the rice pudding I had eaten as we positively flew off Crib Y Ddysgyll and all the way along the Moel Elio Ridge — despite numb hands and face from the debilitating weather.

On the road down to Llanberis we were ahead of schedule but saddened to see Rex and Andrew — they had called it a day on Snowdon nearly an hour down on schedule.

Our road support, Mark and Clare, Mike, Alison and President Mark, were caught by surprise at the bridge as we arrived early. So, as I stripped off to change into fully thermal gear, out came more quiche, rolls, chicken legs a... and rice pudding. No one else could be enticed to come over the next station, so Kevin had to carry on.

With dry kit and up on schedule, morale lifted, we made excellent progress over the Elidirs to Y Gran. Here we turned into the wind and rain, our climb up to Glyder Fawr was the worst one yet. Luckily the time already gained acted as a cushion so that we could afford to stumble and stagger along the Glyder Fawr, circling it twice before finding a safer way up — wet rock and high winds making it very difficult.

It was with relief that we had not lost any more time and, despite crawling on all fours to the summit of Tryfan, we made ten more minutes down to the A5 at Ogwen. Here Kevin retired and Munro Mark took over. Meanwhile the road support walked with me to the cottage, feeding me on the move.

There was no respite in the weather and it was now a battle to finish before we got benighted at the Carnedd. However, a good line (a new one for me) up the east ridge of Pen Yr Oleswen, tail winds along the Carnedd and a general feeling of well being meant that we picked up on schedule. Descending Pen Yr Helgi Du darkness fell and I worried about going down the right ridge. I saw lights to my left, apparently on the summit of the mountain I expected to be our last one. Panic! But I must have been delirious — the lights were a distant town and Mark was bang on course. The last climb went on forever but the last summit was reached 12 minutes ahead of schedule, still without having to use torches.

We expected our other pacers to light up the final descent but the wind, rain and cloud conspired against us and we stumbled down on a bearing — I was totally reliant on Mark and, retrospectively, needlessly panicking about going wrong.

At last we saw Kevin and then President Mark and we had half an hour for the final track and road run to Capel. Now at this time of night a group of four men running by a farmhouse (on a public right of way) could be a suspicious sight. So it was for the farmer who came storming out after us demanding that we stop. Well, with the end so close and a record in the offing there was no way I was going to stop, so we sped on. So did the farmer. I was worried that, due to my tiredness, the others would sprint off, leaving me at the mercy of the irate pursuer. Somehow, again adrenalin perhaps, I sped up even more — by the road we were practically sprinting, and so was the farmer. Impossibly we stepped up the pace even more — not many people can have done five minute miles down the road to Capel after 22 hours on the mountains!

Having now avoided what could have been a difficult situation, we arrived exhausted (more from nervous energy expended!) at the cafe at 22.32. Two minutes behind schedule but 49 minutes inside Pete Simpson's record time from earlier in the year.

It was a very satisfying round — a classic round — a true challenge and certainly tougher than the Bob Graham. The weather hindered us — slow going, poor visibility and debilitating conditions, but perhaps helped that in time stopped still was kept to a minimum! The darkness certainly slowed us, so perhaps sub 20 hours is possible in mid June in good conditions, but careful recceing is an absolute must.

Many thanks to all the pacers, supporters and even the person who proposed the 'Grand Slam' — I've now done all four in under 12 months — and of course to Paddy Buckley for devising this 'Classic Round'. ADRIAN BETTON

PADDY BUCKLEY ROUND

Adrian Betton — 13.8.88

	Est	Actual	ETA	ATA
Capel Curig			00.30	00.30
1 Moel Siabod	60	58	01.30	01.28
2 Clogwyn Bwlchya	18	21	01.48	01.49
3 Y Cribau	12	10	02.00	01.59
4 Cerrig Cochcon	43	58	01.30	01.28
5 Moel Meirch	16	15	02.59	02.57
6 Ysgafell Wen	25	27	03.24	03.24
7 Mynydd L.Lynauyrc	4	4	03.28	03.28
8 'Pinnacle'	7	9	03.35	03.37
9 Moel Drumau	11	11	03.46	03.48
10 Allt Fawr	14	14	04.00	04.02
Bwlch Cwmothina	22	35	04.22	04.37
Bwlch Cwmothina	(2)	(4)	04.24	04.41
11 Foel Ddu	12	14	04.36	04.55
12 Moel Yr Hydd	9	10	04.45	05.05
13 Moelwyn Bach	24	27	05.09	05.32
14 Craig Ysgafn	12	11	05.21	05.43
15 Moelwyn Mawr	12	9	05.33	05.52
16 Cnicht	52	51	06.25	06.43
Aberglaslyn	45	45	07.10	07.28
Aberglaslyn	(2)	(5)	07.12	07.33
17 Bryn Banog	45	41	07.57	08.14
18 Moel Hebog	31	32	08.28	08.46
19 Moel Yr Ogof	18	19	08.46	09.05
20 Moel Lefn	11	11	08.57	09.16
21 Y Gyrn	24	29	09.21	09.45
22 Mynydd Y Dowye	23	23	09.32	10.00
23 Trum Y Odysgl	23	23	09.55	10.23
24 Mynydd Drwsyc	8	7	10.03	10.30
25 Y Garn	12	12	10.15	10.42
Pont Cairngos	24	21	10.39	11.03
Pont Cairngos	(2)	(2)	10.41	11.05
26 Craig Wen *	35	39	11.16	11.44
27 Yr Aran	19	15	11.35	11.59
28 Cribau Tregryn	44	44	12.19	12.43
29 Snowdon	14	12	12.33	12.55
30 Crib Y Ddysg	12	10	12.45	13.05
31 Moel Cughoken	38	33	13.23	13.38
32 Foel Coch	22	19	13.45	13.57
33 Foel Gron	18	13	14.03	14.10
34 Moel Elio	13	10	14.16	14.20
Llanbess	35	28	14.51	14.48
Llanbess	(2)	(9)	14.53	14.57
35 Elidir Fach	65	56	15.58	15.53
36 Elidir Fawr	19	17	16.17	16.10
37 Mynydd Ferfedd	19	13	16.36	16.23
38 Foel Goch	14	13	16.50	16.36
39 Y Garn	24	22	17.14	16.58
40 Glyder Fawr	34	37	17.48	17.35
41 Glyder Fach	17	29	18.05	18.04
42 Tryfan	38	36	18.43	18.40
A5 Dgwen Road	32	22	19.15	19.02
A5 Dgwwen Road	(2)		19.17	19.12
43 Pen Yr Oleowen	60	53	20.17	20.05
44 Carnedd Dafydd	19	15	20.36	20.20
45 Carnedd Llewelyn	33	30	21.09	20.50
46 Pen Yr Helgi Du	24	25	21.33	21.15
47 Pen Llithrig Y Wyr	23	29	21.56	21.44
Capel Curig	34	48	22.30	22.32
Section 1	3.52	4.06		
Section 2	2.48	2.52		
Section 3	3.29	3.35		
Section 4	4.12	3.45		
Section 5	4.24	4.14		
Section 6	3.15	3.30		
	22.00	22.02		

* Crag Wen schedule time (est) incorrect — uses end of ridge

FAR FETCHED RUMOURS

Rumour has it that Diadem Press are about to commission authors for *The Big Run*.

Rumour has it that Peter Travis's book *The Round* was turned down by several publishers for not having enough sex in it but Caption Contest contenders may be able to rewrite the plot more appropriately.

Rumour has it that certain fell runners are considering running all the Munros in one go in aid of Bothy Homes for Retired Fell Runners (all built with appropriate technology).

Rumour has it that the editor may be considering a technical supplement to describe how Mark McDermott computed his optimum route for 76 peaks and to answer Will McLewis's statistical puzzle in more rigorous detail.

The Welsh Classic Round

Attempt by Peter Simpson (DPFR) May 7/8th 1988

Pacers: Clive Lane, Frank Yates, Paul Frecette, Paul Daly, Roger Canavan

After an abortive attempt in 1987 when I retired in ignominy after three sections — after which I spent a week in bed with sinusitis — I was in fairly determined mood as I trotted out at Llanberis at 3.00am on a dark, warm but cloudless night. I reflected that I had to do it this time, having dragged a corps of enthusiastic supporters out again, objecting violently at having to abandon the delights of parties, decorating or driving lessons for teenage children. Not that I had any excuse for failing. The forecast was good (and surprisingly accurate), I had recied the route well and my recent form was good. Muse as I might I could find no convincing excuse for not getting round this time.

I took care up Elidir Fach and Fawr having studied Martin Stone's account of the horrors of Quarries and Glydurs. I need not have worried, a bright three quarter moon came over the horizon as we gained height. By the time we got to Y Garn dawn had broken in an iridescent (ominous?) glow. We disturbed a lone bivvy and his dog as we left the pools before ascending the Glydurs. Clive's intimate knowledge of them and Tryfan avoided any time wasting and we were down the valley again before we were expected.

A strong and at times cold wind on the tops was absent in the valley where it was already getting hot and humid. A sweaty climb up Pen Yr Ole Wen in 50 minutes brought the welcome relief of winds and also the first crowd of walkers. A fast, enjoyable descent to Capel and I felt good (a friend, who was passing by coincidence, reported that I looked 'terrible' so I don't know what I looked like later when I was knackered).

Paul and Paul had not yet arrived as I was an hour and a half up on my 24 hour schedule, so Frank had to re-adjust his mental expectations of a sojourn in the Little Chef in Bettws to a further four hours of toil and tuna fish butties. Drink was now the main requirement and a large quantity of lime juice at Capel only kept thirst at bay for a while. Despite a strong easterly wind the day was now very warm. Minor bonks ensued at Moel Meirch and later at Moel Drumain but the Quarries were reached in the estimated time. The Cnicht (with 100 people celebrating some anniversary on its summit) had been taken in by an out and back route from the main ridge.

The two Pauls, fearing an earlier arrival, had been waiting ages and were cold and eager to be off. Revived by hot tea we set off at a good pace up the Moelwyns, still on schedule for 22½ hours and 'records' being openly mumbled about.

After a long food stop at Aberglaslyn the long slog up Banog and Hebog — the Yewbarrow of the round when done this way. Back to solitude and mellow evening light — and unslaked thirst on the dry ridge. A threat of rain although clouds still high. Running back through the forest we cleared the barrier at Pont Ca'er Gors in unison for the benefit of the camera — and my ego.

Still on course for 22.30, euphoria had to be balanced by the effect of tiredness and darkness. Roger and I set out steadily up Crag Wen having bade farewell to the two Pauls, their ribald banter still ringing pleasantly in our ears. At Yr Aran, darkness fell and the pace began to fall. Halfway up Snowdon we saw the lights of Frank and Clive who had gone up via the PYG track with very welcome tea. Then we were on our own again, feeling our way in the darkness, to Ddysgal, the Ranger track and the Eilio ridge. The descent felt good but overall time was lost on this section and we ran into the Llyn Padarn car park in time to wake the slumbering Clive and Frank, beat the opening of the skies by five seconds and record a time of 22 hours 50 minutes, beating Bolshaw and Thurrell's time by 25 minutes. With a whole summer before us — and numerous rumours of interest — I do not expect it to stand for long. But it was a great day out; many thanks again to the supporters. PETER SIMPSON

SOUTH WALES TRAVERSE

A record breaking attempt on 30th April 1988

by Adrian Betton, Andrew Addis and Mark McDermott

It is 8.00pm on a Friday evening in the Bridge Inn at Ammanford. Mark and Andrew, plus our 'roadie' Mike Greenwood, are already several pints up when Adrian and our other 'roadie' Rex Strickland arrive. A few pints later and the decision is made ... We go tomorrow at 5.00am despite uncertain weather. Saturday could be misty but Sunday looks worse and we don't want to wait until Bank Holiday Monday.

So we make our peace with our bed and breakfast landlady, start packing and preparing at 10.00pm that evening for a 4.00am reveille. The prospect of a 'daylight' traverse after some two years of planning is finally here. Going so early in the year meant that we had to finish by 9.00pm-ish if we were to avoid the dark. So our 15½ hour schedule aims to get us back to Llantary by 8.30pm — time for a few pints more!

4.45am on Saturday and we are at the start. I'm still not sure exactly where it is supposed to be but the small car park by the A4069 is dark, cold and windy and there seems no prospect of any sunshine. In fact the clag is down and out come torches, compasses, maps and extra 'Helly' tops. 1 . . . 2 . . . 3 . . . go! at 5.00am which number, 123, is also the bearing to the top of the first summit — Garreg-Lwyd. Handling map/compass/torch in the dark over slippery rocks at this unearthly hour is not good and we lose a minute on our schedule. En route to No. 2, Garreg-Las, the darkness lightens and we start recognising the landform but still pick a poor route up the steep west flank. The cloud is blowing around us — visibility only 50 metres — and is cold and damp. So a few more minutes are lost.

The route to Bannau Srr Gaer was recied by Rex and Adrian last year in similar conditions when we made an error by drifting north from Garreg. So we returned and recied it again. Murphy's Law has a long lasting effect — we made exactly the same error and ended up on Waun Lefrith. Five more minutes lost. But the pace quickens up to No. 5 and we press on to Fan Hir. And on and on. Unbelievably we miss the track and head down the spur to the south west. Luckily we realise the error and retrieve ourselves. Even then we lose the track off Fan Hir down to the Llyn but start motoring down to the road and our first breakfast. Eight minutes down on schedule but the worst is over and we're feeling good.

Over the spur to the A4067 on schedule and a quick drink before the grind up Fan Gyhrych — losing four minutes on schedule. Still unrelenting clag and wind but we make good time to Fan Nedd and down to the minor road on schedule for the section.

Fan Uia is easy and then there is a good run all the way to Fan Fynych where we recover the original schedule. Perhaps we don't eat and drink enough on this section as we gasped all the way to the Storey Amr where Martin Stone, Helen Diamantides and Alison Wright are also there to greet us. Up to Y Gyrn while the girls run on over the Brecons with our food and drink for the section. Here the effects of the previous fast section begin to tell as we slow down and Diurgat seems a never ending climb. We force feed Andrew and pick up drink again while catching Alison and Helen below Fan-y-Big. A good, sociable run all the way straight over the top to Waun Rydd and we're back on schedule.

The time to Allt Lwyd is deceptive and the steepness of the descent for tired legs means that we reach our lunch rendezvous three minutes down on the overall schedule.

Mark strips to shorts, Andrew wants to sit in the car and Adrian meanwhile starts up the direct ascent of Cefn Yr Ystrad. Martin loads up with all our kit for this section while Helen goes back to look for Alison. Andrew, however, decides he needs more lunch half way up Darren Fach but is running again by the summit. We lose 10 minutes on this ascent but make even time on the descent to Pyrgad.

Here we're left to the road section while our pacers drive the routes, cajoling us along. The sun is out and it is a warm, hard run. Tretower sees us changing back to fell shoes and a veritable tea on the move uphill to Cwm Gu, but we've lost over 20 minutes on the schedule by the time the ascent of Pen Cerig Calch starts. Rex forces us uphill and Martin resumes the roles of porter and pacer. Meanwhile the poor weather is closing in again and its a long and lonely climb up out of the Black Mountains.

Here the schedule doesn't really allow for the 'tiredness' factor and we steadily lose time, probably due to the debilitating weather which turns nasty on Mynydd Llysian. Into the wind and rain off Waun Fach and its a hard grind down to Pen Twyn Mawr.

Here Andrew takes over and shows us a direct route down through the forest to the picnic area where our supporters await us. Helen and Alison join the throng and so each runner has a pacer. Morale is lifted and we make good progress over to Gospel Pass, especially when the weather clears for a while.

At Gospel Pass we're an hour down on schedule but Mark Elsegood is here to meet us — having hoped to meet us earlier he had been delayed in traffic jams. But his arrival was fortuitous as Martin had just injured himself.

Into the gathering gloom up Hay Bluff, Mark and Alison together, Helen pacing Adrian and Rex chasing Mark (E) into regrouping with Andrew. The ground conditions deteriorate and the weather closes in again — straight into our faces. It is a long and horrible slog to the trig at Pen Y Gan Fawr and thoughts of the schedule have long vanished. Its survival and finishing in one piece. The descent to Uantong seems to go on forever and we emerge by the farm at Trevelog for a grotty track run back to Llantery.

The support team seem more excited than the runners who by now are somewhat tired! Into the car park and quite a group is there to meet us. 17 hours 15 minutes, 10.15pm, and no time or energy for a drink.

Within 2 minutes we're in cars and driving to our various hotels/bed and breakfasts. The initial feeling is one of disappointment at having slowed down so much and missing our schedule by over an hour and a half, virtually all of it on the Black Mountains. But then we were aiming to set a new record (Phil Dixon's record of 18.10 had been set in 1986) and so, in the circumstances, we could be well pleased with the attempt. It was 'lightweight', organised with minimum support, mounted at short notice and executed according to plan.

With the benefit of 20:20 hindsight our attempt was beleaguered by the weather — wind, clag and rain, very poor conditions on Black Mountain itself. Furthermore our schedule didn't really take into account the 'tiredness' factor after that road section in the middle — perhaps 16 hours would be a good time in ideal conditions.

Nevertheless, a superb route, a successful traverse with all three of us doing it together, brilliant road support (their rally driving exploits in between each road crossing to keep up with us another story!). My car has never been the same since — it took a day of valetting it clean). Good company on the hills by experienced and understanding pacers — thank you all.

ADRIAN BETTON

COMPETITION

Winner: Andy Darby of Pontypool, Gwent: "Don't worry Mabel, it's only one of them stark raving bonkers fell runners".

Runner-up: Anthony Kay of Loughborough: "Come back Billy. You're supposed to have a rope when you abseil".

Also commended: Andy Darby: "He says it helps him to descend quicker when he has an attack of runner's wind".

and:

"I do not believe it. These double glazing sales reps will go to any lengths to sell their products".

Dennis Oglesby of Marley, West Yorkshire: "Billy's devastating downhill technique known as the ropeless abseil".

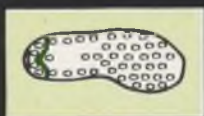
Mark Rogerson, Hexham, Northumberland: "Now, where's the window that needs reglazing?"

The Trailbuster.

Evolved from many gruelling years of rigorous wear-testing through rough and rugged terrain, together with the technical expertise of our Research and Development team – New Balance have developed the first straight-lasted athletic shoe designed specifically for off-road running. THE TRAILBUSTER.

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PROTECTION

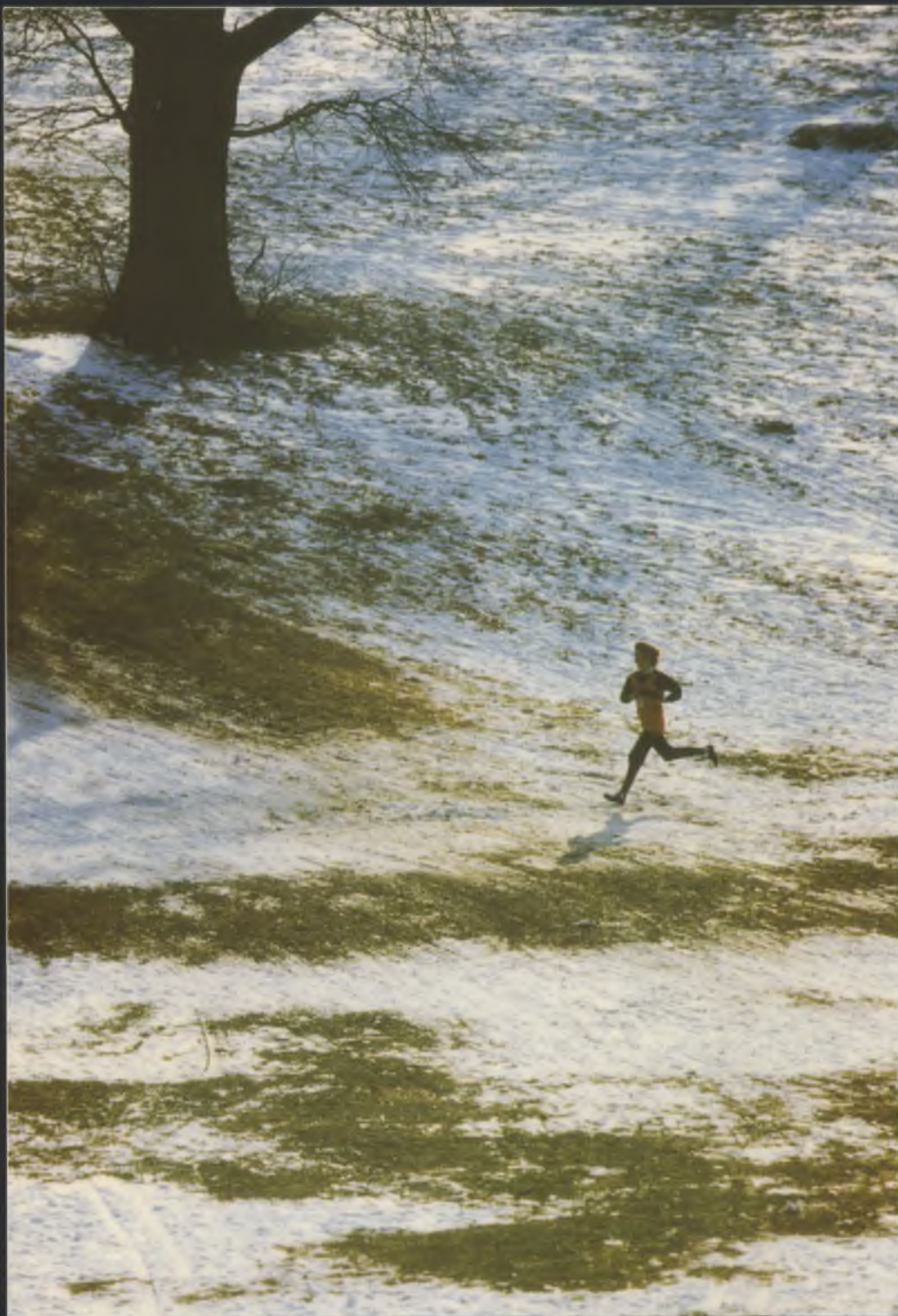
The Trailbuster is constructed from extra-thick leathers and includes a shank strap which offers exceptional protection over rocky and rugged terrain.

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PRO-FIT

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