

the

FELL

runner



June 1989



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Front cover: Eileen Burnip (Clayton) in sight of the finish, Boulsworth Fell Race. Back cover: Early in the Haworth Hobble, heading for Bronte Bridge and Top Withens.

Photos by Peter Hartley

Apologies on Errors

Apologies are due for the more than usual number of errors and omissions in the last magazine. Many of these involved the formatting of tables and results and occurred from difficulties in the printer reading the floppy disc on which copy was sent. The articles on "The Corsican High Level Route" by Chris Gravina and the "Cairngorms in One Go" by Mark Rigby were also presented anonymously and the first five paragraphs of Peter Knott's article on "K.I.M.M. from an Organiser's View" were in fact written by a competitor in the Elite Class, Inken Blunk.

Brian Covell and not Peter Hartley took the photo on page 4 of Colin Donnelly descending Barrow and John Taylor's photo in the World Cup insert has somehow been inverted. No special prize is offered for those able to list all the errors but I hope that in this smaller issue with extra checking fewer errors will go undetected.

Wheeze's Cartoon

The agreed apology from the Committee to Chris Brasher and Andy Hyslop appears below and Danny Hughes gives the arguments for not publishing the cartoon in the letters page. Some may unfortunately be led to question the value of sponsorship after these events but as Jim Orrell points out below: "You cannot have your cake and eat it." At the time of publication I felt I would be doing a disservice to members by not publishing the cartoon but I grossly obviously underestimated personal feelings and potential for libel.

There are now many people running and jogging on the hills; we do not know how many because they are by no means all F.R.A. members. I thus doubt if satire such as this will ultimately lead to a monopoly market as Danny Hughes suggests and I sincerely hope that a competitive market encourages much needed development in fell shoe technology.

Proposed Editorial Subcommittee

Following the last issue Danny Hughes has again been suggesting the setting up of an Editorial Subcommittee. As editor I appreciate help from Dave Weatherhead and Martin Stone on sections of the magazine. Also I can call on friends at hand for help in choosing photographs, judging contentious issues and, for this issue, with proof reading. An editorial subcommittee of members living in close proximity who already had a working relationship could be effective in dealing with many of the problems in editing the magazine. I wish to continue to keep my present role as editor until the next A.G.M. and, if the membership then considers that editorship by subcommittee is desirable the F.R.A. committee will have the job of finding a subcommittee with a workable interface. A possible paradox in Danny's suggestion is that Neil Goldsmith writes suggesting editorial censorship on Danny for speaking with the wrong hat on.

World Cups and Downhill Running

The World Cup in Keswick last October can now be judged a financial as well as organisational success as a promotion of a major international event. Jean West has written to me at length complaining about facilities for spectators but Danny Hughes assures me that we can do better next time. The abridged letter appears below, perhaps too late to merit publication as Danny has suggested.

Further reflections after reading Jonathan Gibbon's article "Jeux Sans Frontieres" in the last issue would suggest that it will be some time before the World Cup is representative of World Mountain Running. Uphill only running is a peculiarity to Alpine Countries with funiculars, chairlifts, and a network of restaurants and huts high up in the mountains. These countries are for the most part in the best position to finance and be involved in World Cups of Mountain Running but do not represent completely the global picture of countries who run up mountains and certainly not of those who run down them. Perhaps there is a case for promoting downhill only running, perhaps to international level. Few may remember the Doon the Ben Race in 1974 but surely such an event could be even staged to rival Ski Sunday! There may be serious several environmental issues involved here though.

In the letters page Stephen Hicks questions selection procedures for the World Cup. While the "horses for courses" argument will have the final say in World Cup selection I have a lot of sympathy for the view which crudely may be expressed as "Road running clones who do not take the real fell races on board are not worthy to represent King and Country". In Scotland there are now World Cup Derby training squads and uphill only selection races which sometimes leaves me to question my perceived values. Certainly uphill only races do have a place in my racing schedule but once a year usually suffices.

Letters and Articles for Next Issue - deadline August 20th

John Blair-Fish, Five The Screens, 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)

Apology



The December edition of the "The Fell Runner" contained a cartoon under the title "Gripping Yarns" written by Wheeze.

We accept that the cartoon was offensive to both Chris Brasher of Reebok U.K. and Andy Hyslop of Rock and Run, and was generally in bad taste. The F.R.A. sincerely regrets the publication of an item which went against the spirit and fellowship of the hills by introducing an element of malice into the sport.

We would like to apologise unreservedly for the publication of the cartoon and hope that no lasting offence has been caused to two longstanding and highly supportive members of the Association. The cartoonist Wheeze, alias Simon Blease, stresses that it was never his intention to cause offence and wishes to be associated with this apology.

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It is hoped that the response from members will justify the continuation of this column. So why not get rid of those spare shoes, fill that seat in the car to races or advertise your B&B availability etc.?



Our distinctive T-shirts are now on sale to FRA members.

Navy and Grey, and bearing the FRA logo, they are available with short or long sleeves and sizes. Small 32/34, Medium 34/36 and Large 36/38.

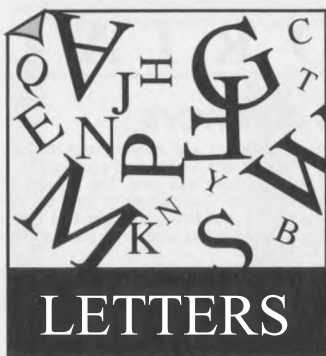
Pete Bland is selling them for the FRA at most fell races or write to him for yours, stating size, style and colour.

Prices: Short-Sleeved. Small, Medium and Large - £4.95.
Long-Sleeved. Small, Medium, and Large - £5.95.
(When ordering by post please add 45p for p.&p.)



PETE BLAND SPORTS

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THE OBJECTIONABLE CARTOON

Dear Editor,

I object to the publication of the cartoon by WHEEZE for the following reasons:

(1) It is possibly libelous and could prove very expensive for the F.R.A.

(2) It promotes one shoemaker at the expense of another which I do not believe is the function of the magazine.

(3) It was probably hurtful to our two members who were targeted.

(4) It does the fellrunning fraternity a disservice by discouraging the development of fellshoes by more than one supplier. Any monopoly will only inflate the cost of the already scandalously overpriced shoes on the market.

I hope this does not discourage WHEEZE from displaying his undoubted talents to amuse, with observations which steer well clear of the defunct NASTY (Styan) column sentiments.

If anyone wishes to make useful, constructive observations about fellrunning gear, supported by facts in a straightforward article or letter, I'm sure these would be welcomed. For instance, can anyone tell me why the front of the soles on my expensive Walsh fellshoes comes unglued after only three or four outings?

Danny Hughes

FELLRUNNING AND DRUGS

Dear Editor,

No sport these days can regard itself above the danger posed by performance enhancing drugs. Fellrunning would be foolish to suppose that none of its participants would be tempted to try them at some time. As the rewards and recognition for success are increased, so will the temptation (for some) to avail themselves of readily available drugs.

If we ignore the possibility and bury our head in the sand, the chances of deflecting anyone so tempted are diminished to vanishing point.

We should, without going overboard, publicise the adverse effects these drugs have and stay alert to the possibilities of abuse.

Any competition held under the patronage of the I.A.A.F. is constrained under their rules to test for drugs and this is the position so far as the World Cup competition is concerned.

D. Hughes
Secretary I.C.M.R.

WORLD CUP

With reference to Jonathan Gibbons' rather gloomy prognosis on the development of the World Cup (Jeux Sans Frontiers) I would make the following comments.

We are still in the very early stages of development and are pleased with the number of nations taking part. Interest from non-participating nations is high and I.A.A.F. support is encouraging.

As the rules stand, having been modified at Keswick, three-quarters of participants in future World Cups will start and finish in the same place. That cannot be achieved without descending. The nature of the ground over which the descent is made will (mercifully, knowing the sadistic instincts of some course planners) be subject to on the spot assessment by the controlling body.

The one course which finishes at or near the top of the mountain can be either the long or short course for senior men. Surely we have more hills than Jon imagines where we can get 30 to 45 minutes of mainly uphill running.

In Die (16-17th September 1989), the women's, juniors' and seniors' short races start and finish in the same place. The long senior men's course, over which there will be an open race for all categories on 17th September, has 4,000 ft of ascent and 1,000 ft of descent - a tough course of 15 km.

I believe there was a consensus at the Keswick meeting. Two quite different approaches to mountain racing have come up with a compromise solution which allows everyone to have some flavour of their own preferences. But by definition, that compromise is not the position preferred by either side. The

agreement, which did not go to the vote, maintains the viability of the World Cup competition. The only other position was to "opt out".

Those of us preferring the British tradition should be well pleased that so much was achieved for our point of view without serious dissension.

I agree that the treatment of Scotland's candidature for the 1990 World Cup was unfortunate to say the least. However, I am glad to report that the Austrian Federation have written to me confirming their intention to stage the 1990 event giving some details of their organisation. I'm sure they will do a splendid job.

Danny Hughes

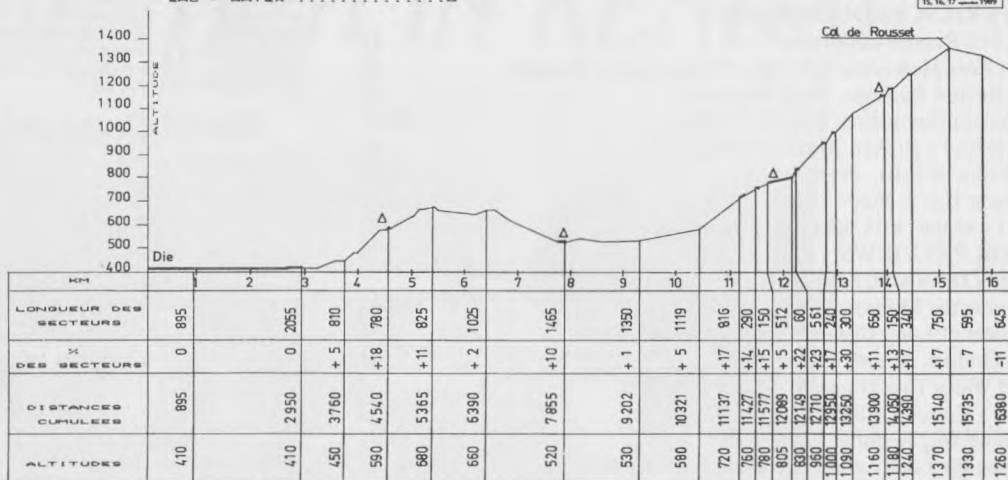
Secretary International Committee
for Mountain Racing (I.C.M.R.)

P.S. The 1989 World Cup will include an open and vets race for all categories over the long course. The course profiles are attached.

Course longue

Senior Homme

LONGUEUR DU PARCOURS16380 m
DÉNIVELLE+1130 m ; -300 m
EAU - WATER



BRITISH SELECTION RACES

I'd like to make a criticism of the two races used for selection of the English team for the World Cup. Although these races may be on a par with the type of running we may expect on the continent, I think Skiddaw is being over-used as a selection counter. Correct me if I am wrong but it's twice now. Skiddaw does not resemble a true British fell race, i.e. the first 10-15 runners may be made up of good road runners, track runners, and not true fell/mountain runners. Compare the races in question to Borrowdale, The Ben, Scafell, 3 Shires etc. It may be that we need to select our teams from the races in question to be competitive, but it would be nice to see some of our runners selected on the results they have achieved in other quality events throughout the season.

Yours concernedly
Stephen Hicks

WORLD CUP: THANKS TO THE SUPPORTERS

May I take this opportunity to say thank you to all the supporters of the World Cup races for their superb support on both days, it was most

appreciated, and personally made all the difference to myself and I am sure the rest of the England team.

Just as I felt that I was about to be dropped by the Italians on the final climb up Grisedale Pike, the shouts of encouragement (and abuse?), brought me around to find a little extra and dig in, and prevented me from being dropped back into the chasing pack. From then on my mind was in a different world and instead of thinking of "hanging in there", I felt that I was in with a good chance of taking a medal, although it may not be the gold. I apologise to the supporters on Barrow for not quite being able to find that extra bit of effort to take the silver, but I was going the best I could, and was pinning my hopes more on the man in front slipping in his road shoes!

Perhaps if the weather had been more typical of our usual weather then it may have made some difference to the overall results, although the Italians would have been very difficult to beat anyway; but personally I am glad that we were blessed with such grand weather and that we did not have what we would have thought to have been an advantage, for if we throw open the challenge to the rest of the fellrunning nations to race then let it be on the best of conditions so that no

one can say that we did so well because of this or because of that. Just as importantly it would have been pretty miserable for the spectators if it had been pouring with rain and poor visibility, instead of which our guests were able to take the best possible picture home with them of the area.

Lastly, I hope everybody enjoyed the weekend, and that there were many "conversions" of those who were against such an event taking place in this country. For those who haven't changed their minds, well, never mind, it's unlikely to happen again here for a good length of time.

Yours in sport
Rod Pilbeam, Keswick A.A.C.

NO COMMENTARY AT VETERANS' WORLD CUP RACE (ABRIDGED LETTER)

As a long time supporter and spectator of fellrunning (my husband is now SV over 55) I feel I must air a few of my opinions of the World Cup race ... I, along with many I spoke to, was disappointed that there was no commentary on Sunday's open race and the veterans ... Also, there were no drink facilities available on the field for spectators.

Yours faithfully, Jean West



Danny Hughes finds it hard keeping pace with Ruth Pickvance, first lady at Winter Hill.

Dave Woodhead

WORLD CUP CAKE CANNOT BE TAKEN AND EATEN

I was interested to read the article in the F.R.A. World Cup Reports and Results on the C.M.R. meeting.

A major problem seems to be one of finance for international meetings. I have also noticed views expressed in *"The Fell Runner"* and verbally from individuals of the seemingly self imposed isolationism of the sport. The "We don't want TV or press coverage or the sport will become too popular and spoil it" attitude.

Well! I think it's a case of you can't have your cake and eat it. If you're a low profile sport, there won't be much in the way of sponsorship coming in. If it wasn't for the fact that B.N.F.L. was situated in one of the heartlands of fellrunning, I'm sure even they would not be interested.

Whilst I'm usually a lone runner/walker on the hills (not just because I can't keep up with most of the pack, I want more people to enjoy the experience and also encourage them to do so. I came upon fellrunning almost by accident, a mixture of walking which I did for pleasure and road running which I did for fitness. As a spectator sport, I'm sure it must be much more interesting than many sports on TV.

I can't imagine that more fellrunners would ruin the countryside anymore than the increasing number of walkers.

Surely we should be working with organisations such as the Ramblers Association to open up more "open country" and repair certain over-used paths. Judging from the Dark Peak F.R. newsletters there are still plenty of problems with access.

Surely those existing fellrunners are not worried about the extra

competition a more popular sport might create!

I would like to add that I am amazed that such a "minority sport" can produce such an excellent magazine. The only advantage of the old A5 size was that it was easier to store on a bookshelf. Anything A4 tends to be thrown away with the lesser magazines by over zealous house-keepers. Colour would be an obvious improvement, but I suspect cost is a problem here.

How about selling slide or print copies of some of the excellent photographs?. That may bring in some money.

Yours sincerely

Jim Orrell, F.R.A. and Dark Peak

WORLD CUP: SQUEEZE THE SPONSORS

Perhaps I can have the final word in the B.N.F.L. debate which has continued on your pages recently.

After becoming the British Fell-running Champion in 1976 (or Fell-runner of the Year as it was then known), I reduced my profile on the fells considerably in order to pursue my career in - yes, you've guessed - nuclear power. I now hold a senior managerial position in one of the country's largest nuclear power plants. Nothing is more certain in my mind than the fact that a blend of fellracing and nuclear power are the ingredients of success.

My own plant is one of B.N.F.L.'s customers and in the knowledge of what we pay for their services, they are not short of a bob or two! My criticism of the sponsorship deals is perhaps that our Committee did not squeeze them hard enough. I thoroughly support this deal and long may it continue.

Yours sincerely
Martin Weeks

"TONGUE-IN-CHEEK" CLUCAS AND ANTI-B.N.F.L. ACCUSATION

I'm sorry to prolong the by now rather boring argument over the B.N.F.L./environmental politics debate but I feel it is necessary to correct some misleading statements made by Mr Reg "tongue-in-cheek" Clucas in the last issue of *The Fell Runner*.

Firstly, the implication that the previous letter by myself is "anti-B.N.F.L.". It is nothing of the sort. If Mr Clucas had actually read my letter he will have understood that what I was concerned about was not the rights or wrongs of nuclear power etc., but the freedom to discuss and debate such matters within the pages of the magazine. You may recall that the original correspondence was a reply to a suggestion by a previous writer that such issues should be excluded from this publication because he thought they were of little interest to fellrunners. My main point was that issues of both environmental and non-environmental politics inevitably have a bearing on sports such as fellrunning and therefore are valid topics for discussion in a fellrunning journal. This doesn't mean, however, that by merely discussing these topics, the magazine is biased towards one particular view or another, as Clucas seems to be implying.

Yours sincerely
Colin Wells

REG CLUCAS GREEN ACTIVIST?

May I respectfully suggest to Reg Clucas that he should remove his tongue from his cheek, and maybe even become a Green activist? He makes some important points in his

letter "B.N.F.L. and other Environmental Factors", and I expect to see his bicycle parked next to mine at some future fell race venues - that is, provided British Rail don't succeed in their campaign to drive away customers (me) with fare increases above inflation, and by making it awkward for those of us who like to take our bicycles by train (the environmentally sound way of travelling long distances to places not served by public transport).

Yours with bum on saddle
Anthony Kay

WORLD CUP: MISPLACED APOLOGIA

Danny Hughes's long apologia for the activities of B.N.F.L. was surely misplaced in the World Cup report section of the last issue. It seems to me that as a personal view, it should have appeared instead on the letters page along with Reg Clucas's contribution on the same subject. It would have been remarkable if Danny had written to oppose the activities of his employers.

More important, our thanks are due to Danny for a long period of hard work in organising the Mountain Running World Cup, which I and many others enjoyed immensely.

Steve Dempsey

EDITORIAL CONTROL ON DANNY HUGHES AND B.N.F.L.

I was appalled at the article by Danny Hughes in the supplement to *The Fell Runner*, which reported on the World Cup. His article concerned itself solely with a case in support of B.N.F.L., it had nothing to do with fellrunning. This may have pleased his employers, who were also the sponsors, but had no place in a journal supposedly concerned with fellrunning. I would be equally vociferous in my condemnation if the article had propounded the opposite opinion.

My point is this, reports of fell races and issues of general concern to the membership relating to the sport are proper topics for articles, letters, cartoons and so on. The journal is no place to argue the rights and wrongs of nuclear power, U.S. foreign policy, perestroika, or anything else of that ilk, interesting though they may be.

I am not arguing that we should not discuss from whom we are prepared to accept sponsorship. Should we accept sponsorship from tobacco companies, food companies and the like, is a valid topic for articles. Blatant propaganda, for or against the products, is not.

I appreciate that copy is at times difficult to obtain, however, I do think that editorial control needs to be exercised.

Yours in sport
Neil Goldsmith

B.N.F.L. "THE FACTS" DISPUTED

The article "B.N.F.L. Sponsorship", included as part of the World Cup reports in the last *Fell Runner*, ^

indicated two things. Firstly, that the debate over B.N.F.L.'s sponsorship of fellrunning had suddenly leapt from the letters page on to the broader space given over to articles; secondly, that Danny Hughes was given the option of such a lengthy piece without once having to explain that he is in fact employed by B.N.F.L. and as such cannot be in the least objective or impartial.

For these two reasons I feel it important to redress the balance by sending this article answering Danny's blatant misconceptions about nuclear power and the role of B.N.F.L. in fellrunning. Not least because Danny insisted that his words were "the facts"...

B.N.F.L. British Nuclear Fools. I read that article by Danny Hughes, too, in the World Cup supplement with the last *Fell Runner*. I found it sad and annoying. Sad because I didn't particularly want to see the debate over B.N.F.L. sponsorship taking up so much space in the magazine. Annoying because it was littered with misinformation and public relations whitewashing.

Danny Hughes. Now, doesn't Danny work for B.N.F.L.? Correct me if I'm wrong - and doesn't that rubbish his assertion that he was presenting us with "facts" and not opinion? Danny has a vested interest in telling us all that nuclear power is safe. I don't have a vested interest in telling you that nuclear power is destructive, wasteful, and dangerous.

Fellrunning needs sponsors. Nobody can argue with it. When organised sensibly and conscientiously, sponsorship is a vital part of the sport. But B.N.F.L.? Are there really, as Danny claims, so many silent supporters of the link between nuclear power and fellrunning? We'll never know. The silence is convenient. Now. What was it Danny was saying, exactly?

"The safety record of the company in dealing with waste fuel is

exemplary". Which is why the Irish Sea is the most radioactive sea in the world - no less than a quarter of a tonne of plutonium has already been discharged into it. That sea will remain radioactive for 250,000 years. And then there are the abnormally high occurrences of leukemia around Sellafield. Mothers not only around Sellafield but immediately across the sea on the Irish coast giving birth to Downs Syndrome babies in significantly high numbers. Waste entering the food chain, ending up on our dinner-plates. In fact, reprocessing of waste at Sellafield has caused more radioactive contamination than any other nuclear plant in the West.

"The unanimous verdict of a House of Lords all-party select committee is that radioactive waste can be disposed of safely."

A recent poll showed that only 17 per cent of the public actually believe ministerial assurances of the safety of nuclear power. Which is hardly surprising when you consider how much fuss MPs kick-up when the waste is going to be buried in their constituencies, not in some unemployment black-hole in the north.

"The anti-nuclear lobby confuse the issue further by making no distinction between nuclear weapons and civil nuclear power." Because it is a fact that Sellafield reprocessing plant produces plutonium for nuclear weapons.

"All renewable sources of power, whilst admirable and in need of development, can never economically supply man's appetite for energy."

More importantly, they cannot supply governments with the basis of a nuclear weapons programme. Which is why renewable energy sources - sun, wind, water, tides, wave, etc - are deliberately starved of funds: £14 million was being spent on these alternatives at the same time

as £6 billion was spent on the fast breeder reactor at Dounray.

"As a result of burning oil and coal, acid rain from the emission of sulphur is destroying Europe's forests. Carbon dioxide emissions are contributing to the greenhouse effect. Prevention of these emissions is hugely expensive."

All coal-fired plants in Britain could have "scrubbing" equipment fitted which would remove 90 per cent of their contributions to the problems of acid rain and the greenhouse effect. The cost? About the same as it would cost to build just one nuclear power station.

"It is right and proper to examine the credentials of a potential sponsor and to decide their suitability not on the basis of what a vociferous minority may believe, but on the information available."

Minority? Numerous polls show the majority of U.K. citizens to be opposed to nuclear power. In a recent poll, only 11 per cent wanted more nuclear power stations - 71 per cent wanted to see money spent on establishing safe alternatives. Are we fellrunners not also in favour of the setting-up of safe, healthy, environmentally-conscious alternatives?

Fellrunning is unique as a running sport essentially because it places the competitor outside the city. In amongst the mountains and valleys.

Away from the concrete and the fumes. Fellrunning champions the desire for what is natural over what is artificial; what is clean, healthy and beautiful over what is dirty, injurious and destructive. I believe B.N.F.L. represents the latter. As such, I see no place for B.N.F.L. as a sponsor of fellrunning.

Boff
Leeds

WATER PRIVATISATION AND ACCESS

Most fellrunners are presently concerned about right of access after the privatisation of the existing Water Authorities. It was mooted at a recent Saddleworth Runners management meeting that we purchase shares in the new Water Companies in order to have some sort of voice in the matter. Is this food for thought for other fellrunning enthusiasts? There may well be strength in numbers.

Yours faithfully
Brian Beedham
Saddleworth Runners

WATER PRIVATISATION - ACCESS RIGHTS

Fellrunners depend upon access to the moors and fells not only for races but as a natural part of the sport.

STOP PRESS STOP PRESS

£30K Sponsorship for Edinburgh A.C. (the Club with the top Ladies' World Cup Course Team).

Edinburgh Athletic Club entered into a £30,000 sponsorship agreement with Edinburgh Solicitors Property Centre. Capital PR who were also approached but declined to assist in finding sponsorship for the World Cup arranged the deal. The three-year agreement, commencing from May 1st, is one of the largest sponsorships agreed with a Scottish Athletic club. The club is changing its name to the Espc ATHLETIC CLUB (Espc A.C.).

The Espc A.C., with a membership approaching 600, is one of the largest and most successful athletic clubs in Scotland. It has amongst its members a large number of well-

known athletes at both Scottish and British international level, including Yvonne Murray, Commonwealth Games bronze medallist; Mary Anderson, Scottish Champion shotputter; and perhaps the strangest team of women hill runners in the U.K. comprising; Paula Hawtin, Patricia Calder and Penny Rother.

1989 WORLD CUP - FRANCE

The F.R.A. is seriously considering organising a 4 day tour to attend the World Cup at Die in France this September. Details are not yet available but, as in Keswick, there will be an open race and the event is expected to have a wide appeal. Those interested, please contact the Secretary or any Committee Member.

Selwyn Wright

GRIPPING YARNS

No. 4 CHEAP FUN?



Fellrunning is, after all, all about running over fells not just racing over them. Whole tracts of land in the upland areas, the place where we practice our sport, are owned by the water authorities. This is particularly true in the Peak District but is also true in the Lakes, notably around Haweswater and Bassenthwaite. No doubt the position is similar in Wales where most of the lakes are "owned" by English water authorities.

The effects of the Bills laid before Parliament will remove, or allow the removal of, traditional rights of access. All of the organisations committed to the use of the fells, including notably the Ramblers Association (R.A.) and the British Mountaineering Council (B.M.C.), regard the access provisions of the Bill prior to the amendment as laughable; cleverly drafted to give the appearance of rights of access which turn out to be non-existent on close reading. Most important is the provision of an amendment to the Bill by the Government to allow the water companies to set up property companies to manage the land for the water companies. The amendment clearly allows these property companies not to be bound by the access provisions of the Bill, which relate only to the water companies.

The right to run or walk over the moors and fells dates back in most areas to medieval times. This right will be removed for water authority land by this Act.

The prospect is that runners will have to pay to go over water authority land and race organisers will have to collect and pay fees to the appropriate property company for the privilege of running over their land. Indeed, the possibility of running over some land may be removed because more lucrative uses exist for that land, such as grouse shooting. The B.M.C. is convinced that climbers will have to pay to gain access to crags on water authority land, the same is bound to apply to fellrunners.

No matter what your politics, or stance on privatisation, the full powers of the Act will remove your rights to run over the fells we all love. This is the most serious issue to face fellrunners in the history of the F.R.A. It is clear that the current Cabinet have no sympathy with the outdoor fraternity, apart from the hunting and fishing brigade, and appears to be populated by unfit chain-smoking enemies of the fitness and health lobby (eg Nicholas Ridley and C. Clark), and when did you last hear of the Prime Minister taking a walk, let alone in the hills.

As an individual you can write to your own M.P., it does not matter which party he or she belongs to, it is the cumulative effect which counts. Once they learn that access is a vote loser the Government will begin to rethink.

The greatest impact will be through the F.R.A. The F.R.A. is our governing body, it must act now to join with the R.A., the B.M.C. and the outdoor fraternity in the campaign for the right to access to the hills. If the battle is lost we will

all be the poorer, and not just in the pocket.

Neil Goldsmith

**"K.I.M.M. FROM
AN ORGANISER'S
VIEW BY
PETER KNOTT"-
FELL RUNNER
DECEMBER 1988**

As I read this article in the December magazine I began to feel both surprised and pleased. Surprised, because when I had written to Peter Knott expressing my disappointment with the "E" course, he'd told me I should take the rough with the smooth, improve my route selection, try more adventurous lines etc., and if I felt strongly enough perhaps John and I should not bother entering again. (There were also veiled threats about handing over future course planning to us but I prefer you should not alarm your gentle readers with this). I was now pleased, of course, because it began to appear that on reflection Peter was acknowledging that the course had fallen below the usual standard. Maybe, I thought, all those people who had expressed their disappointment with the course had also written to him. As I read further, my admiration for his honesty (and his prose) began to overwhelm me.

Unfortunately just as I was revising my personal philosophy of human nature, it struck me that the high degree of authenticity in the account signified not honest appraisal but actual experience. The writer had actually experienced the winding trail of bodies and the tedious (though admittedly novel) shuttle runs back and forth along the forest tracks.

In all honesty and with due thanks to those who probably devoted much time and care to planning the routes, I believe this Elite course was below standard, the worst of the 21 I would submit. Not only were the optimum lines frequently too obvious at first glance but whenever "Pathfinder Richardson" and I pursued a lonely or more adventurous furrow, we paid for our boldness with precious time. A relatively slight re-positioning of a number of control points would have easily produced a variety of competitive route choices.

I was a little relieved to discover that my feelings had been shared by someone else, even if this was a fellow competitor and not Peter Knott after all. Alas for my re-modelling of human nature! Mind you, I bet he's hopping mad. In his account which followed, he said "the event went off without a hitch" Well, it did, didn't it?

Yours erringly
Mike Cudahy

P.S. The 1988 K.I.M.M. was not the 21st but the 19th event sponsored by Karrimor.

PP.S. Go on. I'll admit it. Even after doing all 21 events we still can't always pick the best routes, but as Peter said in his letter to me 'So who's perfect?'

PPP.S. I wonder if whoever planned the Elite course also plotted the set of Vet's handicap results which placed us at the top of the palsied heap only in order, it seems, that we should be struck down later? Isn't life cruel?

ED. Mike also assures me that while *Inken Blunk* who wrote the first five paragraphs of the K.I.M.M. article is a friend of his, no collusion is involved here. I can further state that there is no conspiracy to bring the Karrimor organisation into disrepute.

**HAIRCUT
OR TALENT?**

I refer to the article "Training Weekend 16- 18th September - Threlkeld," and the last sentence in the fourth paragraph about Mr Robinson, the caretaker, describing Kenny Stuart's special shoes, diet, training, haircut etc.

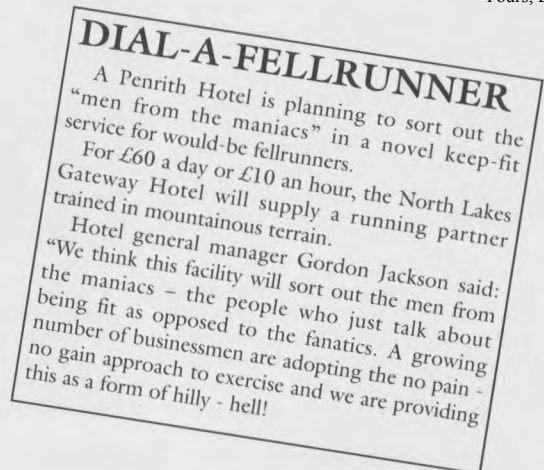
He omitted one essential item: TALENT.

Yours in sport
Neil Shuttleworth
Glossopdale

DIAL-A-FELLRUNNER & EROSION

I am a bit disgusted to see the enclosed clipping in *Northern Runner* magazine (February - March issue), particularly in view of the now over-subscribed fellrace entries and trouble with The National Trust and other bodies over erosion of the terrain.

Yours, Bill Smith



TELFORD AC
PRESENTS

**THREE GREAT
RACES**

1. THE WREKIN FELL RACE
Saturday 26th August, 6 miles and 1700 feet of climbing over the Wrekin and Ercall Hills.
2. THE STRETTON SKYLINE
Sunday 10th September, a 20-mile fell race with 4200 feet of climbing. A classic race over some of Shropshire's finest countryside.
3. THE CARDINGTON CRACKER
Sunday 3rd December, a 10-mile new scenic race for those tired of those big over-subscribed Lakeland events.

Details of all races from:

PAUL SANDERSON

**41 Bridle Terrace, Madeley, Telford
Telephone: Telford 680107**

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Fell Runners Association — Welsh Regional Committee:

The following Officers and Committee members were elected at the AGM on Saturday 28th October 1988.

Chairman:

Les Williams, 30 The Fairway, Cyncoed, Cardiff CF2 6RE (0222 752876)

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Malcolm Jones, 42 Isgraig, Tremadog, Porthmadog, Gwynedd LL49 9PT (0766 513876)

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Jonathan Gibbon, 53 St Fagan's Rise, Fairwater, Cardiff CF5 3EZ (0222 555369)

Treasurer:

Eilir Evans, Rowen, Dinas, Y Felinheli, Gwynedd LL56 4RX (0248 671150)

Statistician:

Martin Lucas, Chestnut View, St Brides Major, Near Bridgend
Mid-Glamorgan CF32 0SY

Robert Benjamin, Frewd Parry, Chas Ryder, Huw Parry, Ruth Parry,
Kay Lucas, Francis Uhlman

COMMITTEE NEWS

There has been three meetings since the last magazine went to press and it's probably fair to say that things have been pretty quiet following the World Cup.

HORWICH 27.11.88

The two major items on the agenda were the setting up of an Introduction to Fellrunning Course and the impending arrival of the British Athletics Federation. It had been the wish of last year's committee to step up our commitment to "grass roots" issues this year and the course, to be held in the Peak District in May, is the first result. New committee members Roger Baumeister and Kath de Mengel agreed to do the "leg work" to make sure it happens.

The setting up of B.A.F. is a very complex issue. Everyone agrees that a new administrative mechanism is necessary for British Athletics but no-one wants to lose any of their present power. As far as fellrunners are concerned the meeting decided it was necessary for us to meet with the S.H.R.A. and N.I.F.R.A. to discuss the way we want fellrunning to be administered. We also discussed again championship races for 1989 and thanks were expressed to Kevin Shand who organised an extremely successful annual dinner and even managed to make a profit.

KENDAL 22.1.89

Further work was done on the organisation of the fellrunning course. A B.A.F. meeting with the S.H.R.A. etc will take place next week. Dave Jones introduced the possibility of getting the calendar out earlier and a scheme was approved which should mean he will be able to present us with an early Christmas gift.

Danny Hughes reported back on a meeting of the I.C.M.R. The good news is that there will be an Open race at the 1989 World Cup. We have offered to buy a "World Cup" out of Keswick - profits as there isn't one at the moment. The I.C.M.R. hopes to start a Grand Prix involving five races in Europe over a season, the year after next.

The Secretary was asked to write to the Environment Minister objecting against the privatisation of Water Boards as this may well have a detrimental effect on our access. We agreed to subsidise a junior training weekend being set up by Konrad Manning.

John Blair-Fish seriously damaged his arm during the pre-meeting run and wasn't able to take part in the discussion on the magazine. Two members had complained about a cartoon in the December issue. The next issue will carry an apology.

SADDLEWORTH 22.1.89

There was further discussion about the magazine, centring on John Blair-Fish's wish to use a printer in Edinburgh, in view of various difficulties in the production of the last issue. It was decided to stay with the present printer for the time being.

The B.A.F. meeting had been very successful. For the first time ever representatives of fellrunners throughout the U.K. sat down together to discuss the future of the sport. We agreed to a joint proposal to the B.A.F. working party which has been comprehensively accepted. A Fell and Hill Running Commission will be directly represented on B.A.F. rather than as at present being responsible to a national Athletic Association. England will have three representatives on the Commission, Scotland two, and Wales and Northern Ireland one each. Oddly, it was the English runners at the meeting, myself and Norman Berry, who suggested that England should not have an overall majority. We feel that the sport can be run without resorting to the sort of block voting which infects the A.A.A.

Roger Baumeister and Kath de Mengel reported that the training course is now virtually booked up. Our Insurance cover has changed. The excess is now £50 and not £175. The Third Party indemnity has been raised to £2m.

SECRETARY'S NOTES

The privatisation of Water Authorities may mean major problems for fellrunners. Rights of open access to lands in many areas are under threat. There is a possibility that users of Water Board land will have to pay for the privilege; that other interests, e.g. shooting, will pay to have us excluded etc. In the Lake District this affects Helvellyn and High Street; in the Peak and Pennines - much more. The Association has written to protest. I ask individual members to do the same by formally objecting in writing to your MPs. THIS IS SERIOUS.

An apology to Chris Brasher and Andy Hyslop appears elsewhere in this magazine. Many members reading the "Wheeze" cartoon in the last issue will have found it funny - I did so myself - until I thought of a serious point. If Reebok's fell shoes are unable to compete with Walsh's then what implications would that have for prices? - I think the price of shoes is high enough as it is! It is surely in our interests to encourage Reebok to market competitive shoes so that we are not only better shod but also less heavily "fleece"! SELWYN WRIGHT

APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

The Fell Runners Association was formed on the 4th April 1970, to look after the interests of fellrunning throughout the British Isles. The Association now has its own governing status within the A.A.A.'s structure.

MEMBERSHIP BENEFITS

Three magazines per calendar year, containing race results, reports, photographs, articles etc.

A very comprehensive calendar listing over 200 events.

Membership runs from January 1st to December 31st.

Anyone joining after October 1st will get 15 months membership.

Club affiliation: one nominated member will receive the above information, plus it that club will be eligible to score in championship races.

Return to Membership Secretary: P. Bland, c/o PETE BLAND
SPORTS, 34a Kirkland, Kendal, Cumbria LA9 5AD (Tel: 0539 31012)
Please mark envelopes 'F.R.A.' and enclose remittance as follows:

	Life Membership	£100.00
Name-----	Annual Membership	£ 6.00
Address _____	Junior Membership	£ 3.00
	Affiliated Clubs	£ 1.00
	Donation	£ _____
	Amount Enclosed	£ _____
Post Code _____ Tel. _____	Signature: _____	
Club _____	Date: _____	
Date of Birth _____		

Championship Reports 1988

(Results published in December 1988 issue)

I honestly don't know why some of you runners bother competing in these championships, you do so well and get into medal winning positions only to stick your noses up at the big dinner night. Out of 26 individual prize winners we had 12 on the night, and these people I am grateful to for making the effort. After all it is supposed to be one's big moment at the end of the season. I also think it's your duty to the other people that turn up who want to see the elite runners collect their awards. I know many have good excuses, but it has been advertised for 6 months! Anyway, at least over 200 people had a good night in Bolton on the 5th November, 1988.

Getting on to the championships, which I think was one of the best selection of races I've come across, that goes for both, you could not find one imposter. Well, young Shaun finally did it winning the English by 11 clear points, and it could not have happened to a nicer lad. Second in the British as well. What a pocket dynamo the lad is. I must admit I had my money on young Gasser at the start of the season but the Yorkshire lad with the multi-coloured "hair" only managed 3rd behind super-duper Billy who's retiring yet again, mind you they say retire when the going's good. He picked up 6 pots at the dinner - second English; third British, Vet over 40 in both and second team trophies. You will be missed mate.

Well done to Colin Donnelly on winning his second British title on the trot. I wonder will he be going for his

third next year? One to watch in the senior men's is Micky Whatt - 6th British, 10th English. The lad has come from nowhere, he's had a tremendous season all on 40 miles a week. I looked at Clare Croft, "dressed to kill" at the dinner presentation and I thought how come this lass managed to paste everybody in the two ladies' championships? She looked anything but a tough lady fellrunner in her smart outfit. By the way, the 1986 ladies' winner in the English you still have the trophy. Poor Vanessa Brindle never received it last year.

In the vet categories Andy Styan battled hard all season, but that man Billy Bland thwarted him each time, Andy coming second to Billy in both championships. Mike Walford had a good season: fourth English and third British. Well done, must be at least 28 - creep, creep. He might get more prizes for Sedbergh hill race now second. Last but not least the Over 50s. What a brigade, 30 scoring in the English and 42 in the British. We had a Cumbrian one and two in both. Danny Hughes repeated his English victory of last year, he did one better in the British second last year. To Bill Gould, first this year in front of Harry Blenkinsop.

Keswick as you see dominated the team championships in both. When are they going to be beaten? I suppose Clayton came close last year only one point behind in the English. This year they were a clear 18 points in front of Pudsey & Bramley and 23 points in front of the same club in the British. Possibly Pudsey could be the club to do it, when all their young up and coming fellrunners mature a bit. A club of the future.

K.T. Shand, F.R.A. Statistician

Total points scorers

British Men 117; Ladies 42; Over 40 116; Over 50 42; Teams 24.

English Men 86; Ladies 25; Over 40 80; Over 50 30; Teams 16.

JUNIOR NEWS

1989 English Championships

There has been a promising start to the 1989 season following our excellent second team place in Keswick. This year we have a Junior Women's Championship which attracted twelve for the first counter at Chew Valley, Sara King, last year's unofficial champion, leading them home. The junior men have also turned out in numbers and no fewer than eight teams were represented at Chew, won by Pudsey and Bramley. World Cup runner-up Mark Rice will be looking for his first F.R.A. Championship title after winning at Kentmere and a familiar name to watch amongst the juniors this year - Bland. Another medallist at Keswick, John Taylor of Holmfirth, leads in the Intermediate Championship which has had disappointing support so far. The highlight, however, was another successful training weekend held at Pendleton in late April with the help of Malcolm Patterson and Jackie Smith, of which an article follows.

Lakeland Training Weekend

This will be my last year as junior co-ordinator but hopefully there will be a further training weekend around the end of September. For further details nearer the time, please contact John Taylor (0484) 862446.

Finally

The 1988 Junior Men's Team Championship was won by Holmfirth with 135 points to Pudsey and Bramley's 136. I apologise for the confusion caused but I missed Holmfirth's third counter at Thieveley in the rush to publicise the results at the World Cup weekend.

Konrad Manning

1989 World Cup

Important Junior Selection

This year's races will be held around Die in France on the 16/17th of September and a team of four juniors will be picked to represent England. To be eligible juniors must have been born in 1970 or after, so all junior and "first-year" intermediates will qualify. Selection will be based on all junior and intermediate championship races but performances at Mytholmroyd (8th July) and Latrigg (6th August) will be given more emphasis. Those selected will be notified by early August.

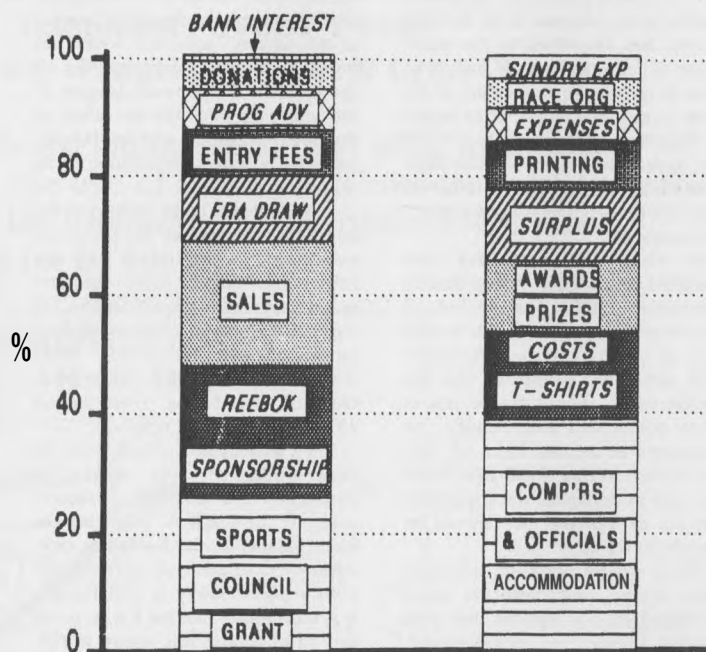
WORLD CUP 1988 ACCOUNTS

The World Cup accounts show a very healthy profit. I should like to take this opportunity of thanking the Sports Council and Reebok for their generous support and all F.R.A. members whose hard work in fund raising helped to make the World Cup a financial success, as well as an enjoyable weekend. Although the surplus is to be divided equally with the Sports Council, F.R.A. funds will none the less benefit considerably as a result of the event.

The main reasons behind the profit were the fine weather, which boosted T-shirt sales, and

also reduced accommodation costs due to early departure of some of the International teams. In view of some pre-race comments, it may be appropriate to mention that the costs of awards in the Veterans' event was £469. This figure includes presentation medals for the first three in each five year age category and slate souvenir medals despatched to all finishers after the event. The expenditure on awards also includes the cost of a World Cup donated to the I.C.M.R. as a perpetual trophy.

Dave Hodgson
World Cup Treasurer



Notes: 100% = £27,186. Surplus = £3,133. The item labelled EXPENSES represents Committee and Secretarial expenses.

Mandatory Safety Rules for SCOTTISH HILL RACES

By Peter Brooks

As writing forms a large proportion of my day to day activities I seldom feel inclined to put hands on the keyboard for issues concerning personal sport and leisure activities. But, for most of us there is at least one compelling issue that motivates comment. For some it's the sanctity of stone dykes, for others: burning fossil fuels, or litter on the hills, or posers who play badminton and drink pretty little cocktails in lieu of a good pint of Thwaites. For me it's the continuation of hill racing over demanding mountain terrain, as scheduled and in any conditions other than where progress is made impossible by deep snow, a white-out or verglas.

It has been a tradition of hill racing that an event is not cancelled or re-routed because of rain, high wind, mist or low temperature per se. That is in conditions which are normal and to be expected on the hills, particularly in Scotland - at any time of the year.

While the sport was populated largely by participants who had come from a mountaineering background there was little problem, but over the last eight years the growth of the influx of punters to hill running, who think the O.S. grid reference of the start is the organiser's telephone number and a compass is for drawing circles, has increased to the point where either positive steps had to be taken to protect the very nature of the sport - and the punters, or to accept its transition throughout to "world cup" type organisation. Not that there is anything wrong with continental style hill running but it is an entirely different sport.

So what, you might ask, has prompted this article? Well primarily comments from experienced newcomers to the sport that events such as the magnificent Arrochar Alps race is too dangerous, that the Moffat chase should not be run in misty conditions and, finally, the comments in the last issue of *The Fell Runner* on the 1988 Ben Nevis race and in particular the suggestion that the date of the race should be brought forward!

These views indicate, amongst other things, that there are some prevailing misconceptions that need allaying amongst the inexperienced, and the experienced but foolhardy, who are continually setting bad examples by being inadequately

equipped and dressed on the start line.

The conditions of both the 1980 Ben Nevis race when the event was cancelled and last year's event, could best be described as inclement and were, in fact, no worse than the conditions that Scottish hill runners have to contend with when training in the hills on a large number of days throughout the year. "That they got worse as the race progressed", contrary to Mr Jackson's view, was entirely predictable, as was the improvement of the conditions as one progressed even further through the race.

It should be recognised that there is a basic meteorological phenomenon whereby, in general, the temperature drops by around 1.5°C to 2°C for each 1,000 ft. climbed.

For the two Ben Nevis races in question a quick check of a thermometer would have indicated temperatures of around 10°C on the field and therefore an expected temperature at the summit of around 3°C; certainly not "freezing conditions".

In addition there is the venturi effect of the mountain sides on wind speed which can lead to either calm or greatly magnified speeds and wind chill factors; when the event was cancelled in 1980 the summit of the Ben was in the lee even though it was a little breezy in parts on the way up.

Anyone on the start line for those two events with less than two layers of thermal wear, a fully waterproof cagoul and at least knee-length thermal breeches was inadequately clad and acting either knowingly, or unknowingly, in a totally irresponsible manner.

Unfortunately a large proportion of the field, our editor excluded, fell into the irresponsible category, presenting the organisers with unnecessary worries and very justified fears for the life of some of these competitors.

Last winter, with these and other similar event problems in mind, the Scottish Hill Runners' Association (S.H.R.A.) was faced with the dilemma of either continuing the much favoured and desirable "leave it to the runners" approach which has prevailed to date or recognising all the inherent and serious dangers of not imposing rules for the safety of the inexperienced and foolhardy, particularly with consideration to an organiser's liabilities.

Unfortunately, in the context of the traditional freedom of the sport, the outcome was inevitable and the following safety rules became mandatory in Scotland on the 1st April, 1989. These apply to all long races and other "designated" races which include: Ben Lomond, Goatfell, Ben Nevis, Tinto and in 1990: Camethy and Criffel.

They were drawn up both from the experience of the S.H.R.A. committee and from an exhaustive study by the C.F.R.A. following the tragic fatality in the Ennerdale race, which led to their comprehensive 1981 report: "Safety of Fell Races". It is unfortunate that the F.R.A. never saw fit to publish this report, in full, in *The Fell Runner* as it provides essential and compelling reading for every hill runner.

It may also be added, and I think as fair and constructive criticism, that the F.R.A. has over the years appeared to be rather dismissive of safety on the hills: where one might ask, as an example, can anyone find the elusive Appendix 1 which successive F.R.A. fixture lists have referred to as containing the F.R.A.'s Safety Requirements?

SCOTTISH HILL RUNNING SAFETY RULES

Applicable to all hill races held under S.A.A.A. and S.W.A.A.A./or S.W.C.C.U. & R.R.A. rules.

The rules below apply to all long hill races and other designated races as listed.

Non-compliance will lead to automatic disqualification from the race and possible disqualification from competing in future hill races.

1. All entrants should have obtained experience in at least three other category "A" hill races.
2. Entrants should have obtained some knowledge of the course. They should make a note of, and carry with them, details of the course, any checkpoint closing times and emergency telephone number.
3. Competitors who stray from the course and are out of contact with the race officials for a considerable period (e.g. by descending into the wrong glen) should contact the race organisers as soon as possible by telephone (either using the race emergency number or through the police).
4. The following minimal essential equipment must be carried:
 - (a) whistle.
 - (b) full body cover of waterproof clothing.

- (c) any other equipment as specified, in addition, by the organiser. And, in addition, for all long races:
- (d) emergency food equivalent to at least 2 oz of chocolate.
- (e) a map of at least 1:50,000 scale of the full area of the race and an orienteering type compass.

A random equipment check of approximately 5 per cent of the competitors shall be carried out by the organisers on the start line.

5. Retirements:

If possible, competitors should first inform a checkpoint official of their retirements from the race. They must then make their way directly to the finish and report to the finish official.

Competitors must retire from the race if requested to do so by a race official, e.g. when a checkpoint closing time has expired. All competitors who registered for the race must report to the finish official, either on completion of the course or on retirement.

6. Any marked sections of the course must be strictly adhered to.

7. Competition numbers must be worn, and shown to checkpoint officials if requested. Competitors must register their arrival at each checkpoint using the system adopted for that race, e.g. depositing a tally and/or registering with a marshal.

Note:

Peter Brooks is a long standing member of Lochaber A.C. He sits on the General Committee of the S.A.A.A. and the S.H.R.A. Committee and is the Convenor of the Scottish Hill Running Commission. In 1988 he was placed third in the British Super Veterans' Championship.

THE FELL RUNNER'S ALPHABET

- A is for Ascend - The first mistake a "normal" runner makes.
 B is for Bonk - The result of ascending too often.
 C is for Continental - A slang term for half a fell race.
 D is for Descend - The vital missing ingredient in "continental".
 E is for Extortion - Old Scottish term meaning "to set a race fee".
 F is for Falling Stone - The correct Descending technique.
 G is for Guru - To assume correct facial expression during Falling Stone.
 H is for Helly-Hansen - Fellrunner's winter plumage.
 I is for Idiot - Slang. Flatrunner's term for Fellrunner.
 J is for Jerk - Slang. Fellrunner's term for Flatrunner.
 K is for Karrimor - A type of race where you wished you could Karriless.
 L is for Langdale - Ancient Cumbrian term for overcrowding.
 M is for Mountain - Celtic word for Fell.
 N is for Norman - The patron Saint of Fellrunners.
 O is for Ordnance Survey - Specialist publications to prevent "pilbeaming" (q.v.) in a race.
 P is for Pilbeam - Old English verb "to get lost".
 Q is for Quandary - Polite term for mental state following a "pilbeam".
 R is for Reebok - Old Norwegian word for sponsor.
 S is for Sheep - The Boulder Brothers favourite training aid.
 T is for Theakstons - Special post-race revival fluid.
 U is for Urban - areas of the country avoided by Fellrunners.
 V is for Valley - another area avoided unless a "bonk" has occurred.
 W is for Walsh - special breed of Cumbrian Goat renowned for its climbing ability.
 X is for X-Ray - Part of World Cup sponsors contribution to the environment.
 Y is for Yomp - Military version of Fellrunning hampered by big boots and backpacks.
 Z is for Zombie - Trance-like state induced by too much bonking (q.v.).

Wheeze

JUNIOR & INTERMEDIATE TRAINING WEEKEND

The general aim of the technical exercises was to increase the awareness amongst participants of the range of information contained on maps and to develop their skills in interpreting maps, thus improving their navigational ability (hopefully!).

All the exercises used the 1:15000 orienteering map of Pendle and Barley.

On the Saturday, we started with a short talk which introduced the map itself, and the symbols used. The use of a compass was also demonstrated and everyone did a simple exercise to ensure that they had understood.

Participants were then split into three groups and each navigated their way across the area covered by the map, from the west (Nick of Pendle) to the east (Barley village).

The idea was to walk/jog, and with the actual navigation being fairly straightforward, give everyone a chance to get used to the map and identify features along their route.

In the afternoon, everyone did a 4-5km orienteering course, the first few controls being easy and the remainder a bit harder. The main thing that seemed to catch people out was the amount of fine detail on the map; they weren't used to looking for a 1 m high earthbank or a 1m deep depression! Problems were compounded when one control was mysteriously destroyed, whether by animal or human we were never certain . . . Most people then ran back across the area (as the mist came down!) and down through the fields back to Pendleton.

Sunday dawned bright and early ... far too early as we had to get up at 6.30. There was fresh snow on higher ground, as everyone discovered when their morning run took them up towards Pendle summit. Whilst they floundered in the snow I set up the remaining exercises. . .

There were two exercises, both on the more finely detailed western end of the map around the Nick of Pendle. First there was a LINE event, where people had to follow a line marked on their maps to find an undisclosed number of controls. With the need to concentrate very carefully on the fine detail of the map and to proceed at an appropriate pace, many were found wandering well off the line! Secondly, and to finish off the

weekend, there was a short RELAY event. Participants were divided into pairs, with each person having three controls to find, and one member of each team running at a time. In the mass start those who paused to read their maps gained time (sometimes minutes!) on those who cracked under the pressure and rushed off - a lesson to be learnt here about navigating in a race situation!

Everyone certainly seemed to enjoy themselves and hopefully, at the same time, they will have gained skills and learnt some valuable lessons about navigation. Hopefully they can now not only develop these skills, but pass them on to their friends and perhaps even to those senior fellrunners who need to sharpen up their navigating!

Malcolm Patterson



Brundholme Country House Hotel

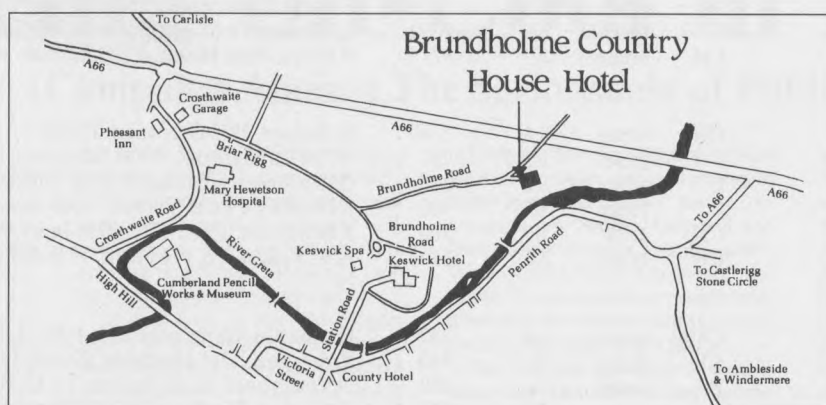
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A delightful Break all for **£110**. Ring now!



— FIXTURES UPDATE —

Calendrier officiel de la CIME 1989

Date	Denomination	Pays	Cat.	Dist. en km max.	Déniv.	Coordinateur
26.3	Mont Faron	F	grise	14,7	480	J. Mayer, Route de la Seyne, 83190 Ollioules, 94 06 91 91
9.4	Montée des 3 Communes	F	grise	10.5	760	J.L. Sivas, 5 r. Doyen Gosse, 38700 La Tranche. 76 42 13 79
16.4	Balcon de Belledonne	F	rouge	65	1400	P.A. Dufaud. 110 galerie de l'Arlequin, 38100 Grenoble, 76 22 10 37
29.4	Cesky Krumlov	CSR	brune	10,8	542	Z. Privatsky, ZA Nadrazim 204, 38101 Cesky Krumlov
30.4	Châtillon	F	brune	10,8	700	Assoc, du Grand 8, 26140 Châtillon, 75 21 14 44
4.5	Montée du Grand-Ballon	F	brune	16,8	1000	J.M. Bellicini, 55 a r. Gallieni. 68760 Willer-s-Thur, 89 82 38 32
7.5	Die - Col Rousset	F	rouge	21,3	1000	S. Aubert, rte de Romeyer, 26100 Die, 75 22 23 00
15.5	La Foulée Verte	F	super	14,7	850	Office du Tourisme. 38970 Corps
20.5	Vallorbe - Dt de Vaulion	CH	brune	10,5	850	J.-M. Charlet. Anc. Pontarlier 18, 1337 Vallorbe, 021/843 30 40
27.5	Cressier - Chaumont	CH	grise	13	750	S. Fournier, St-Martin 6, 2088 Cressier. 038/47 15 19
4.6	Gedenklauf Seelisberg	CH	brune	9,5	1115	T. Tramonti, 6377 Seelisberg, 043/31 32 56
11.6	Cross de la Roche	CH	brune	12.2	678	C.B. Goy. 1261 St-George, 022/68 13 58
11.6	Crête des Voirons	F	brune	14	1000	ARC Cranvessales. Mairie, 74380 Cranves-Sales, 50 39 30 18
18.6	Blumenstein	CH	grise	8	792	H. Hausler, 3638 Blumenstein, 033/56 24 97
25.6	Arette - St-Martin	F	rouge	23,3	1250	M. Ipas, 64570 Pierre-St-Martin, 59 28 41 10
25.6	Montreux - Rochers de Naye	CH	rouge	19,7	1700	F. Brühlart, Riant-Mont 10, 1804 Corsier, 021/922 60 01
25.6	Six-Blanc	CH	super	7,2	1200	J.-F. Murisier, 1937 Orsières, 026/4 13 13
2.7	Cross du Mont-Blanc	F	rouge	23,3	1360	C. Roussel, 63 rte des Praz. 74400 Chamonix, 50 55 88 59
2.7	Randonnée des Douaniers	F	rouge	20,8	300	J.-Y. Salliou, 10 r. de la Croix-Blanche, 22590 Pordic, 96 79 00 73
8.7	Crêtes du Pays Basque	F	rouge	28	750	G. Etxart, 64250 Espelette, 59 29 95 24
9.7	Danisberglauf	CH	grise	13	860	Verkehrsverein Lenzerheide, Sportsekretariat, 7078 Lenzerheide. 081/34 34 34
9.7	Grimpée du Môle	F	gris	12	800	S. Stedile, Av. de la Mairie, 74130 Marignier, 50 34 53 38
9.7	Torrentornlauf	CH	brune	7	1220	A. Mathieu, Flaus Sabine, 3941 Albinen, 027/63 27 06
16.7	Chaumont - Chasseral	CH	rouge	32	1150	J. Pierrehumbert, 2067 Chaumont, 038/33 44 86
16.7	Vogorno - Bardioghee	CH	brune	7,9	1143	A. Marra, via Molini, 6596 Gordola, 093/67 11 09
22.7	Arles-sur-Tech	F	rouge	50	1320	J. Faure, Alzine Rodone, 66150 Arles-s-Tech, 68 39 08 23
22.7	Brides - Courchevel	F	rouge	18,5	1100	Office du Tourisme, 73120 Courchevel, 79 08 00 29
23.7	Frutigen - Adelboden	CH	rouge	19	950	Vehrkehrsbüro, 3715 Adelboden, 033/73 22 52
29.7	Cime de la Bonette	F	rouge	27	1722	P. Jaud, 2 bd Raimbaldi B, 06000 Nice, 93 85 53 67
30.7	Crêtes de Megeve	F	super	19	765	Club des Sports, r. de la Poste, 74120 Megeve, 50 21 31 5Q
30.7	Sierre - Montana	CH	grise	14,7	995	M.-A. Berclaz, Rilke 4, 3960 Sierre, 027/55 47 69
5.8	Thyon-Grande Dixence	CH	brune	16,35	680	J.-W. Sierra, 1987 Hérémente, 027/81 19 10
6.8	Grand Prix des Isards	F	brune	12,9	710	P. Flonthaas, 64490 Aydius, 59 34 75 69
7.8	Barèges - Pic du Midi retour	F	rouge	27	1600	J. Lopez, r. de Doumet, 65120 Luz-St-Sauveur, 62 92 68 19
12.8	St-Martin-La Planchette	F	grise	11	800	R. Bois, Les Lisots, 73140 St-Martin-la-Porte, 79 56 65 71
13.8	Sierre * Zinal	CH	hors cl.	31	2000	J.-C. Pont, Chantevent 28, 3960 Sierre, 027/55 22 85
15.8	Cross du Grand Massif	F	rouge	20,3	1029	C. Sauvage, club des Sports, 74300 Flaine, 50 90 80 74
20.8	Neirivue - Moleson	CH	rouge	20	1265	C. Pythoud, Russalet 9, 1630 Bulle, 029/2 91 60
20.8	Trophée des Martinaux	CH	super	10	1370	M. Borloz, 1892 Lavey-Village, 025/65 24 63
27.8	Kitzbühlerhornlauf	A	grise	12,9	1234	F. Puckl, Kaiserweg 111, 6353 Going, 05358.2590
27.8	Crêtes Vosgiennes	F	rouge	32	1000	L. Marlier, 8 r. de Zimmerbach, 68000 Colmar, 89 79 51 87
27.8	Matterhornlauf	CH	brune	12	977	P. Fuchs, Haus Mistral, 3920 Zermatt, 028/67 20 63
3.9	Ovronnaz - Rambert	CH	brune	8,4	1360	B. Bessard, 1912 Ovronnaz, 027/86 17 84
10.9	Balcon du Mont-Blanc	F	grise	11,647	780	Office du Tourisme, 74700 Sallanches, 50 58 01 57
17.9	Fellhornberglauf	D	grise	8,2	870	G. Soellinger, Lindenstr. 7, 8980 Oberstdorf, 083/22 51 30
17.9	St-Julien - Le Salevé	F	rouge	18,5	900	J. Poulhies, 2/ r. H. Berlioz, 74160 Saint-Julien-en-Genevois, 50 49 25
23.9	St-Imier - Mt-Soleil	CH	grise	10	500	J. Buhlmann, Tivoli 47, 2610 St-Imier, 039/41 18 41
24.9	Fully - Sorniot	CH	brune	7,7	1600	A.M. Bender, Ch. Pré Fleuri, 1926 Fully, 026/46 18 80
1.10	Liberec	CSR	grise	8,4	567	O. Cepelka, Gagarinova 754,46007 Liberec 7
8.10	Crêt de la Neuve	CH	brune	15	830	P. Humbert, 1261 Marchissy, 022/68 14 34
8.10	Peyrinissime	F	rouge	21	450	N. Chambaud, 26380 Peyrins, 75 12 70 97
15.10	Aldapa	F	rouge	20	500	P. Ainciart, Elizabeth, 64240 Hasparren, 59 29 57 51
15.10	Astberglauf	A	super	7,7	568	F. Puckl, Kaiserweg 111, 6353 Going, 05358.2590

Super Marathon of Mont Blanc

This three stage event takes place on 29th - 30th September in the following order - Chamonix-Courmayeur (70km), Courmayeur-Champex (45km) and Champex-Chamonix (40km) with 5500m of ascent. Possibly a tough classic long distance path race. Entry fee 700 French francs including Hotel(!) and refreshments - Details from Saudan's Club, BP 807, 1211 Geneva 1, Switzerland.

Courir en Montagne

The French mountain runners are now producing a newsletter which includes details of mountain races in France and training tips. The newsletter, *Courir en Montagne*, is published on 31st January, 30th April, 30th July and 30th October and can be obtained from Serge Moro, Le Serre de L'aure 0500 0 GAP, France at 100 French francs annual subscription. I am exchanging the *Fell Runner* and *Courir en Montagne* with Serge and can provide a photocopy of the January edition. This includes details of World Cup races at Die, training courses with Jack Maitland as technical consultant and a French runner's impression of fell races lasting less than an hour between lakes, cottages and golf courses (what really happened last October at Keswick?).

P.S. The April edition has just arrived through my letterbox.

Ultra Running

Just a quick reminder that we do exchange copies of the *Fell Runner* with *Ultra Running* which contains details of long distance trail races in the mountains in North America. Anyone interested in having sight of these magazines should contact me.

John Blair-Fish

A Bonker's Nightmare

It could only happen in a bad dream, no downhill, 5200ft of ascent and only 5 miles long. Well it exists, in Switzerland from a town called FULLY up the valley side to SORNIOT.

Last year's winning time by World Mountain Race Champion Jay Johnson 59.43, this year no-one got up under the hour.

The race starts in the main street, immediately turns right to zig-zag up through terraced vineyards, then through thick forest and finally on to rocks before a short flat dash to the alpine hut finish. The view back across the valley to snow covered peaks, with Mont Blanc in the distance is well worth the journey.

Abundant wine, fruit and biscuits at the finish along with gear bags handed personally to each runner by happy young girls numbed the pain of dead legs. But, before the prize giving the sting in the tail, no roads to the top so it's 5200ft down on foot the same way we ran (sorry walked) up.

No one went away empty handed, fruit in a basket or local wine went to every runner. We lived on the pears, grapes and apples for the next week.

1st Ruedy Bucher, Switzerland 1.00.21. 2nd Mike Short, England 1.00.55 1st Vet. 3rd Aldo Rusconi, Switzerland 1.02.55. 22nd Mike Falgate, England 1.14.19. 31st Carol Haig, England 1.17.16 21st Lady. 183 finished.

Michael Falgate

Fellrunning & Coffee Stops on the Polish-Czech Border

During a visit to Poland in July 1988, I managed to get two days running in the Tatra mountains, based at Zakopane. Enquiries have failed to unearth any Polish mountain runners

or races. Certainly the sight of me running caused a few startled expressions amongst the walkers, but then it does in Britain too! The area south of Zakopane is an extensive national park. The Tatra are a range of granite and limestone mountains over 2000m high, that extend into Czechoslovakia. The park has an extensive network of rather rugged paths, to which walkers (and runners) are expected to keep. Most of the paths are so solidly constructed of stone that they take on the appearance of eroded wall footings. Running on them is rather like running on Hadrian's Wall instead of alongside it. In my opinion they rather scar the landscape but they do save the rest of the terrain from erosion. They are a rather severe test of ankles and feet. There is a profusion of wild plants and grasses as well as dwarf mountain pine. There are several high altitude lakes. The peaks are rocky with many vertical cliff walls, excellent climbing. The high valleys have forest, pasture or dwarf pine depending on the altitude. A highlight of the valleys are the mountain huts, "schronisk" some quite large that sell excellent food.

Run 1 started at the cable car station at Kuznice, a half hour walk up from Zakopane. A very rough cobbled road leads away from Zakopane. Soon a track dives off into the forest. Here the stone settings are intermittent. The track climbs gently up through trees and pasture. At approximately 1330m a mountain "hut" Hala Kondratowa sells food and drink, including the nicest biscuits I tasted in Poland. From here there's a climb of over 560m in 2.3kms, the last bit a chain assisted scramble on to the rocky peak. A ridge run follows, south to Suchy Wierch Kondracky 1890m on the Czech border. Then a fast descent back to the hut for more tea and biscuits, before the run down to Kuznice.

Run 2 was cooler, there was mist on the tops. Again from Kuznice, this time via Wysokie 1287m, a small peak hidden in forest. Then through upland pasture to the "hut" at Hala Gasienicowe the Schronisko Murovaniec, at 1500m altitude. This is a large establishment, 110 beds, open year round and sells good food. From here it's a 490m climb in 3kms with the rock path set in the steepest

places in huge steps. The climb ends on the border ridge at 1950m. Here I turned south for the peak at Beskid 2012m before gaining the comfort of the restaurant at the cable car station on Kasprovy Wierch 1986m. The thick mist was on the Polish side only. From the peaks there was a clear view of the Tatra mountains in Czechoslovakia. A far greater proportion and some higher peaks lie within Czechoslovakia. Leaving K-W on the misty Polish side I could see the cables stretching from the cable car station away down into the mist shrouded valley. I had missed the path here and had to run with a nasty vertical cliff face to my right. Once below the mist it was an exhilarating run down cutting some of the hairpin bends, past the cable car station at Myslenickie-Turnie, through the woods to the river's edge. As one descends, the track becomes increasingly well made, which equates to rugged. The last half mile into Kuznice is based on an old mine access road. It is constructed of very large cobbles and is exceedingly painful to the feet, ankles and legs.

Both runs were about 8.5 miles and took me a little under 2.5 hours running time, in a 4 hour trip. It obviously can be run a lot quicker. My excuse is I was carrying a light running sack, it was extremely hot and humid, I had a heavy cold and streaming nose and should not have been running at all. A week before I had missed two days of the WaWel Cup orienteering competition when I was struck down by this cold. This explains my preoccupation with food and drink and the long pauses between the running bits. If I had been fitter I would have run more ridges. The paths make it very tough work underfoot. Though gorse, grasses and flowers stretch away each side un-eroded it's rather like running along a 2ft wide strip of the rockiest terrain Lakeland can offer. On the steep parts the paths are stepped with massive stones and even lower down can be extremely rough.

I found the horseshoe courses a good mixture, an easy run out, long steep climbs and fast descents. I think the region and the other Polish mountain areas have great potential for mountain races. I hope to return next summer to further my experience of the Polish mountains.

Paul Sewter

On Being Un-Cool in Africa

by C.A.T.S. P.I.S. (Campaign Against The Seriousness of Publications In Sport).

Introduction

Once upon a time, not so long ago, 26 gentle Europeans went on holiday to Africa. They had all cleaned their teeth and put undies on without holes in: some even had clean handkerchiefs! As they were too immature to be trusted, a lot of elders (press) came to look after them. The press were very excited, especially as the disease known as "Fellrunning" had been eradicated in other parts of

the world. Here was a chance for a juicy story - an affliction in real life!

These happy voyagers spent their time wandering along tropical beaches as rosy suns set behind them creating photogenic silhouettes used by Guinness in their advertisements.

This, at least, is what the runners signed up for - little did they suspect the run of (for?) their lives was about to commence. "Press" became a physical action not a profession

(although in the Capital some Amazonian ladies were attempted to make it so) and "Radio" became an acronym for "Rather Awkward and Difficult Individuals Organisation". Who would have suspected the Public Relations Officer would have a tenacity for western values closely rivalling the abilities of a flea.

You've read the papers. You've seen the film. Now here's the TRUTH!!!

One Moment in the Life of a Hero

A "Hello Mr Mike Short, you are welcome. You are the Main Man."

B "I'm not Mike Short."

A "You do go climb dat big mountain? You Engleesh?"

B "P*** off. I'm frae Scotland."

A "Ha ha, my name is Mgno Bgfgno, I go do interview for Radio Cameroon. Tell me, what is your name? You do like Cameroon? You tink de race hard?"

C "Oh Jack, please excuse me, Mr Mfgfno, Jack do you want to go to the beach at 10.30am or 10.33am? It's really important that my Company get photos of you being super human in the tea plantations when the sun is at 45 degrees precisely."

B "Well..."

A "Ha ha... you John Makeland, pleased a meet you—"

C "Look, excuse me. Will you think about it, please, we need to know within the next 2 seconds and also do you prefer white socks or blue for photo calls? I think blue will match your yellow swimming goggles best but I'll leave it to you."

A "Mr Maitfield, tell me, how you do win dis race?"

B "I ran as far as hut one and then..."

A "Ha ha, you ran. Now tell me Mr John how you drink so much Guinness?"

C "Excuse me but have you made your mind up yet Jack, we're all waiting for you. I don't care if we go at 10.40am even, but I really think you should change your T-shirt, it clashes with my nail varnish and the bus will pick you up for breakfast tomorrow in two shifts, one at 8.00am and one at 9.00am. If you prefer I could arrange an 8.30 pick-up too. Anyway, would you see what the others think?"

A "Now, Mr Makepeace, you tell me, you ran: how, to be candid, did you run?"

B "My name is Maitland, I'm frae Scotland and I run by putting one foot in front of the other; sometimes quite fast, usually in a very odd style."

A "Ees true ma man. You say..."

Cameroon dress as you hold the Cup victoriously over your head?"

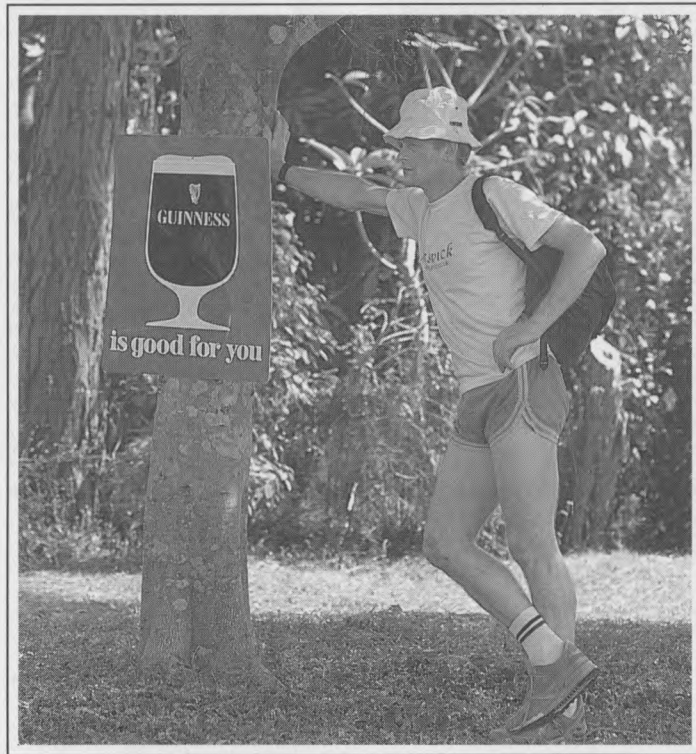
Apology

The 14th Mount Cameroon Race was certainly no easier than the 13th. There is truth indeed in the statement that "ignorance is bliss" - the survivors from last year nibbled nails, toes and Guinness bottle tops in anticipation of the ordeal ahead. Now it seems that one can die from that ignorance which causes bliss - I refer, of course, to the bedraggled state of the first time finishers! But to continue, the mountain hadn't shrunk at all in the past year, neither had the passage of many feet smoothed its knife-like lava flows. Yep, it was still painful!

This year accommodation at the University close to Buea and the start of the race suited everyone's needs for training and sight-seeing. As you may have gathered (gentle reader) we were also accompanied by an assortment of the various Press. In all shapes and sizes, they provided us with wonderful entertainment and alternative conversation to the rather limited "How many miles have you done today?" or, "I think PB's will be better than raids". It was actually a useful insight into the difficulties encountered by this profession, and I, for one, found it heartening to discover that they thought Mount Cameroon was "big" too!

The organisers coped admirably with all the headaches that occur in a Third World Country when trying to organise even the simplest event. The most notable hiccup was the lack of money in the Main Bank!

Sunday, 29th January, was fortunately the coolest day of the



Billy Bland keeping cool before Mount Cameroon.

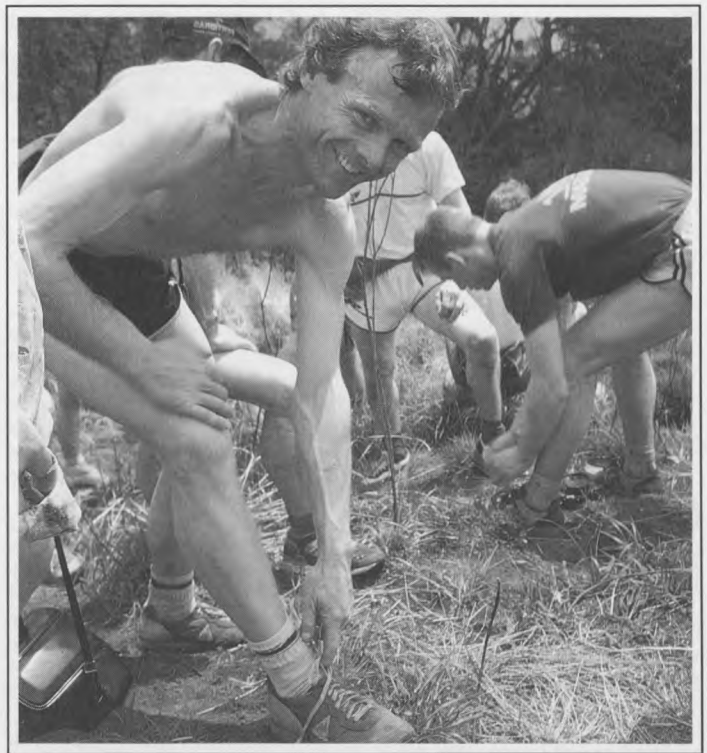
Photo: John Evans

B "Can I have some water now?"

C "Jack, the photographers want you to stand on the podium now. You've been sitting for 2 minutes - surely that's enough rest after a three and a half hour run of 10,000 feet ascent and descent. We were thinking - could you please do a Highland jig for us wearing full traditional

week. A slight haze protected us from the worst of the sun and a light breeze was quite cool at 13,000 feet.

A swift climb to the summit by Jack in 2 hours 32 minutes followed by a rapid descent earned him first place in a time of 3 hours 47 minutes. The second placed David Njombe cheated between the stadium and hut



Mike Short demonstrates the Booth knot on a recce of Mount Cameroon.

Photo: Martin Stone

1. Unfortunately legally he cannot be disqualified and modifications will be made for next year's race. A superb run by Robert Iyonga placed him third overall. The newcomer to this year's race was Fabiola Rueda, the World Cup holder. An impressive climb to the summit in 3 hours ensured her place as first lady, reducing the record to 4 hours 40 minutes.

The dual sponsors U.T.A. and Guinness have much to be complimented upon. A trouble-free week in Africa is, by any standards, impressive. The main problem in a tropical climate - that of dehydration - was carefully considered by the organisers and liberal quantities of the company product prevented any occurrence of this.

I hope the publicity from this year's event encourages other runners to participate. It is certainly a run to complete - a challenge for those people who find a frontal lobotomy fun for Sunday evenings.

Helene Diamantides

RESULTS

1. Jack Maitland, 3.47.34.
2. Ngou Njombe David, 3.48.43.
3. Iyonga Ekema Robert, 3.50.18.
4. Tatah Thomas, 3.50.32.
5. Brent Brindle, 3.54.02.
14. Billy Bland, 4.08.06.
16. Mike Short, 4.11.13.
43. Martin Stone, 4.36.28.
- *55. Fabiola Rueda, 4.42.31.
- *79. Helene Diamantides, 4.59.24.
- *93. Christina Etonge, 5.05.24.
- *Lady

Exceptionally Un-Cool in Africa Edition II by C.A.T.S. P.I.S.

Introduction

Yes, Gentle Reader, the more demented section of the fellrunning society have been "at it" again. Once more brains a boiling and feet a blistering we venture forth into the hostile heat of Africa - Algeria to be precise.

"What for?" I hear you ask in a voice full of rapt amazement and fascinated interest. (The tone closely resembles that used to indicate a total lack of understanding for the repetition of an exceptionally stupid deed.) Being totally unable to justify my desire to run 100 miles in the central Saharan mountains of the Hoggar, I can only say that it sounded like a good idea at the time. Of course, once you've told enough people you are going to do it, it becomes impossible to back down as the harsh

reality of impending pain looms nigh.

One benefit (the only one?) of the 3rd Super Marathon du Hoggar, is the improvement in my French. I summarise here the essentials for those with even less in their skulls than I, who may wish to take part in this event in the future.

A brief guide to Hoggar French for the British

De l'eau

Grief I'm thirsty. Where's the next watering station?

Ravitaillement

Waterhole that isn't a mirage, usually manned by two red and peeling volunteers.

Perform

Nothing to do with your running or other abilities. This call refers to a request for an isotonic drink.

Kilometre

An arbitrary distance, usually further than one can see.

Comment ga va?

Are you in more pain than I am?

Seance de stretching

Nothing to do with dying. Usually involves contortions of a painful nature.

Petit déjeuner

It's 5.30am.

Il fait chaud

It's 30 degrees in the shade.

Massage

Form of torture.

To perform or not to perform.

That is the Question

Only 24 kilometres into the first day's 49 kilometre stage and the mental strategies employed to encourage movement in the lower parts of my body were taking on a recognisably desperate slant:

"If I can run 6km to the next water station, then I will only have another three sections of 5km each to go. That means I have nearly come half way so the rest isn't really that far."

For me the longest first stage was definitely the hardest. Without a doubt the long, straight stretches of scorching desert road tended to demoralise me somewhat. The frequent floundering in sand didn't help either. I'm also not so proud that I won't admit to being thoroughly cheesed off when Fabiola and Rosly managed to leave me as if standing so early in the day!

A high point (the only one?) of my day was passing Boudifa walking along the road. Someone was actually moving slower than I was! A recent motorbike accident had caused injuries and he eventually had to pull

out. The first stage was won by the American Pablo Vigil with Daniel Opplinger and Hans Schnyder in second and third places. Fourth place went to Emo Kis-Kilary, the amazing moustached Hungarian, with Jack Maitland in fifth place. He and Mike Short (sixth on the first day) were to do battle for places in the next few days. However, the ensuing days of exciting competition left the final rankings generally unchanged.

Rankings amongst the enormous field of four ladies could hardly be seen as exciting. The positions on the first day remained identical throughout the race: Fabiola Opplinger-Rueda, first, Rosly Brechbuhl second, Helene Hobbler third and Noelle Julian fourth.

Day two, alias the crippler, consisted of two short stiff sections. The first part in the morning climbed very steeply to a completely shadeless lunch spot. After four hours of hiding under trucks a 2pm start in the heat of the afternoon took us to the Col d'Assekrem at an airless altitude of 2780m.

Day three saw the return of infantile mental strategies:

"It's not so bad, Helene. You've done three sections already and your legs haven't fallen off. You can still see Fabiola in the distance (okay, so what if it's only because she's wearing banana yellow shorts) and you haven't had heat stroke. Eat another fruit pastille at the next water stop and then you only have another three water stops to go before the one which is only 5km to the next."

In actual fact this downhill section was one of the most enjoyable for me, mainly due to the fact I kept finding people who were moving even more slowly than I was.

Day four led to a marked decrease in mental ability to cope with the long stretches of never ending sandy track.

"If I pick my nose it will break the monotony until the next water stop." Fortunately for my nose this approach was unnecessary for very long. An exceptionally garishly clad runner appeared at my side; he seemed to have the same peculiar stride length as myself and the same aversion to running up any inclining slope, no matter how small. Only 10 miles from the finish I had found a running partner!

Hysteria set in as the last water stop announced we only had 5km to go. Both myself and Mr Fluorescence perked up for all of the next 500m. However, we soon decided we'd both rather finish this event than set a new record for 5km.

A cartwheel over the finish line signalled the progressive state of my dementia whilst others simply kissed the ground or sat down on the line. Almost instantly aches and pains appeared, and within half an hour most runners were complete wrecks. People who had jogged or stretched in the intervals of the race, now wept as they tried to reach their feet and untie shoe laces. Mind over matter had never before been so graphically illustrated.

Apology

Not all gloom, doom and pain, the Hoggar mountains are fantastical. Sometimes shattered lava outcrops form the main part of the terrain. In other places smoothed gigantic boulders perch in precarious heaps. The colours and atmosphere of sunrise and dusk in the desert make the event almost magical. Sleeping out under

the stars and watching birds fly from one sweetly scented prickly bush to another, does restore a certain calm to the puddled runner's brain.

The mountain bikers who took part in this event for the first time, provided hours of amusement in their matching pink outfits and pink sunblock. On the other hand we all kept the local Tuaregs (real Arabian Nights stuff) highly amused by our wish to move through the desert under our own steam (literally).

On the final day however we extracted our revenge as we cheered in the winners of the first ever Tuareg Mountain Bike Race.

My thanks go to: (a) The organisers who coped well with the usual delays of flights, with the only hiccup being cancellation of the prologue, (b) Reebok who footed the bill, enabling me to remove 5 years from life expectancy, (c) Jack for having made this event "Public" last year.

The smell of my week-old washing and delicate Saharan colour to all my clothing serves as a reminder. Despite the chic shades and suave hat, for a while I was exceptionally un-cool in Africa.

Results of 3rd Super Marathon du Hoggar, 28th February

1. Pablo Vigil, 10.17.02; 2. Daniel Opplinger, 10.22.23; 3. Hans Schnyder, 10.26.13; Erno Kis Kilary, 10.33.41; 5. Mike Short, 10.46.51; 6. Jack Maitland, 10.49.52.

Ladies

21. Fabiola Rueda, 12.41.15; 22. Rosly Brechbuhl, 12.53.49; 27. Helene Diamantides, 13.35.02; 42. Noelle Julian, 14.58.25.

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RAS MOEL Y GEST, AS/3.75m/1500ft/21.8.88 Gwynedd

1: C. Donnelly (E.R.Y.R.I.)	25.22
2: H. Griffiths (Hebog)	25.33
3: G. Griffiths (L. Group)	27.30
4: D. Roberts (Hebog) 27.32; 5: M. Jones (Hebog) 28.12; 6: D. Carson (Unatt) 29.07; 7: A. Hayns (E.R.Y.R.I.) 30.51; 8: M. Holiday (Leeds) 31.22; 9: R. Griffiths (Holm) 31.25; 10: G. Williams (N.W.R.R.C.) 31.29. Veterans 0/40: 1: R. Piercy (Unatt) 32.51; 2: F. Uhlman (Unatt) 33.49; 3: W. Robertson (E.R.Y.R.I.) 34.12. Veterans 0/50: 1: Griffiths (Hebog) 35.20; 2: J. Carson (E.R.Y.R.I.) 39.14; 3: R. Evans (Prs'tyn, 41.29. Ladies: 1: S. Roberts (Hebog) 32.38. Juniors: 1: D. Carson (Unatt) 29.07; 2: G. Jones (E.R.Y.R.I.) 33.31; 3: G. Richards (E.R.Y.R.I.) 35.00.	

D. Ellis

MOUNT SKIP FELL RACE BS/4.5m/1000ft/27.8.88

Yorkshire

This race is now re-established as a regular event on the last Saturday in August. The But-Law Trophy, named after Butterworth and Tetlaw, who donated for the last Mount Skip Race, was missing last year and has now been replaced.

The new race record went to this year's winner, T. Parr, although Robert Jackson was very close on his heels, having been unlucky to have a collision on the run in.

Jill Thistlethwaite gained her first win in the ladies' race. Calder Valley easily won the team prize in view of their strong representation in a local event. A sprint finish saw John Pegg just pip Alex Bowden in the junior race, which has proved a successful addition this year.

Rod Sutcliffe

1: T. Parr (Notts)	31.36
2: R. Jackson (Horw)	31.43
3: M. Rice (Tod)	32.15
4: I. Holmes (Bing) 32.25; 5: D. Cartwright (P'stone) 32.30; 6: R. Rowlands (Calder) 32.43; 7: J. Winder (Calder) 33.18; 8: M. Holmes (Calder) 33.32; 9: B. Deegan (Roch) 34.37; 10: K. Munton (F.R.A.) 35.00. Veterans 0/40: 1: D. Cartwright (P'stone) 32.30; 2: B. Deegan (Roch) 34.37; 3: K. Munton (F.R.A.) 35.00. Veterans 0/45: 1: B. Jackson (Horw) 35.18; 2: P. White (Halifax) 37.36; 3: M. Ormerod (Halifax) 40.38. Veterans 0/55: 1: H. Thornton (Esca) 46.09. Veterans 0/60: 1: D. Mason (Esca) 51.39. Ladies: 1: J. Thistlethwaite (Calder) 43.58; 2: P. Dore (Roch) 48.27; 3: J. Smith (Calder) 54.31. Juniors: 1: M. Rice (Tod) 32.15; 2: M. Anderton (Calder) 36.11; 3: R. Blamires (Calder) 37.03. Juniors 2.25m/500ft: 1: J. Pegg (Ross) 16.11; 2: A. Bowden (Calder) 16.12; 3: R. Skelton (Calder) 17.33.	

CORRIEYAIRACK PASS RACE CL/16m/2250ft/11.9.88 Inverness-shire

1: S. Ugunas (Liv'ton)	1.47.56
2: J. Macrae (Loch)	1.50.22
3: R. Campbell (Loch)	1.51.43
4: B. Edridge (Unatt) 1.54.31; 5: J. Beagrie (Loch) 1.58.57; 6: S. Stewart (Coast) 2.00.53. Veterans 0/40: 1: B. Eldridge (Unatt) 1.54.31. Veterans 0/50: 1: R. Barker (Red Rose) 2.05.49. Ladies: 1: S. Niedrum (Clyde) 2.11.58. Ladies' Veterans: 1: A. West (Cam) 2.42.25.	

STRETTON SKYLINE FELL RACE

BL/20m/4200ft/11.9.89

Shropshire

The course conditions this year were excellent, firm underfoot, with bright and very warm weather.

Steve Hughes led from start to finish, opening a three minute gap at half-way and further extending his lead to the finish. Both men's and ladies' records remained intact from 1986 (Ken West 2.17.16 and Winky O'Neal 3.02.01).

1: S. Hughes (E.R.Y.R.I.)	2.22.38
2: R. Lee (Macc)	2.29.02
3: D. Davies (E.R.Y.R.I.)	2.32.10
4: J. Wagstaff (Tip) 2.34.50; 5: P. Jones (Telf) 2.34.56; 6: R. Dawson (Telf) 2.36.38; 7: A. Hulme (Penn) 2.36.56; 8: R. Day (Mercia) 2.37.28; 9: P. Cleary (Mercia) 2.37.40; 10: M. Thorogood (RAF Cos) 2.38.16. Veterans 0/40: 1: D. Davies (E.R.Y.R.I.) 2.32.10; 2: A. Hulme (Penn) 2.36.56; 3: R. Boulton (Mercia) 2.50.10. Ladies: 1: A. Capp (Telf) 3.18.18; 2: C. Osborne (Telf) 3.22.28.	

SIMONSIDE FELL RACE

BS/6m/1170ft/17.9.88

Northumberland

1: M. Ligema (Elsw)	40.34
2: P. Hyman (Liv'ton)	40.49
3: P. Dymoke (Liv'ton)	41.00
4: D. Bell (Gosf) 42.25; 5: R. Walker (Elsw) 42.34; 6: A. Philipson (Gosf) 42.42. Veterans 0/40: 1: A. Philipson (Gosf) 42.42; 2: J. Cockbum (Alnw) 44.50; 3: C. Atkinson (Walls) 47.06. Veterans 0/50: 1: P. Carmichael (Morp) 48.21; 2: J. Peacock (Derw'side) 49.31; 3: M. Hyman (Liv'ton) 51.18. Ladies: 1: G. Hale (New Ay'ffe) 49.45; 2: H. MacPherson (W'lands) 53.11; 3: C. Boad (J&H) 55.05. Juniors U/16 (shortened course): 1: R. Gander (Alnw) 40.20; 2: M. Philipson (Gosf) 42.28; 3: L. Wren (Ayc'ffe) 44.18.	

ECCLES PIKE FELL RACE BS/3m/750ft/1.10.88 Cheshire

1: R. Jackson (Horw)	20.44
2: A. Whalley (Macc)	21.18
3: T. Hulme (Pennine)	21.20
4: D. Cartwright (P'stone) 21.40; 5: G. Cresswell (Pennine) 21.41; 6: T. Parr (Notts) 21.44; 7: R. Day (Mercia) 22.03; 8: A. Haigh (Holm) 22.25. Veterans: 1: T. Hulme (Pennine) 21.20; 2: D. Cartwright (P'stone) 21.40; 3: R. Bradley (Holm, 22.48. Ladies: 1: A. Jones (Alt'cham) 24.31.	

END TO END RACE

BM/7m/1900ft/6.10.88

Cumbria

Extremely bad weather with gale force winds, hail and rain greeted the small field for this midweek event.

D. Thompson

1: M. Bagness	69.00
2: G. Bland	
3: A. Beck	

THREE TOWERS RACE

BL/20m/2500ft/16.10.88

Lancashire

A clear autumn day, great conditions for the 233 athletes who started the race. Pre-event favourites Andy Trigg and Kevin Gaskell made the pace with Mark Lee in close attendance. Andy got away on the long climb to the maggot farm - where he wisely waited for Kevin to be sure of finding

the lonely moorland checkpoint at Pilgrims Cross. After the tower he again escaped on the flagged route to the finish.

The well placed Bolton trio of Turner, Lee and Nash received the team prize. Hilary King also of Bolton led the ladies' race from the gun to win her category comfortably.

D. Bleakley

1: A. Trigg (Gloss)	2.06.33
2: K. Gaskell (Horw A)	2.07.14
3: P. Turner (Bolt)	2.11.18
4: M. Lee (Bolt) 2.12.08; 5: C. Nash (Bolt) 2.12.15; 6: T. Duffy (Y.M.C.A.) 2.12.50; 7: P. Percival (Chor) 2.12.59; 8: S. Duckworth (Rad) 2.16.08; 9: F. Loftus (Horw) 2.16.12; 10: M. Bell (Horw) 2.16.19. Veterans 0/40: 1: S. Furness (Black) 2.19.46; 2: K. Munton (Unatt) 2.20.44; 3: D. Kearns (Bolt) 2.21.02; 4: B. Deegan (Roch) 2.22.34. Ladies: 1: H. King (Bolt) 2.38.34; 2: S. Ratcliffe (S'wth) 2.41.49; 3: J. Harold (Horw) 2.44.42; 4: C. Walkington (Clay) 2.48.14; 5: C. Cook (Clay) 2.49.26.	

GALE FELL RACE

CS/4.5m/900ft/30.10.88

Lancashire

One of the oldest records remains intact for yet another year, the 22.52 recorded by Andy Holden during his peak years proves just how good an athlete he was, and still is.

This though did not detract from an interesting race where 168 turned up



Jack Soper, D.P.F.R. 0150, on the long trot to Alphin, at Chew Valley.

Dave Woodhead

RESULTS:RESULTS:RESULTS:RESULTS:RESULTS

on the day although the limit was 125! Some had an extra race as well, as the Calendar listed the Gale Inn as being in Todmorden.

With the larger than usual turnout there was a hotter than normal pace up the road to the steps but, unfortunately for those who wanted to get their breath back, there was very little time lost queueing. The real race did not start until the return journey from the White House as no gaps had opened on the ascent. John Taylor had sufficient speed to get away from Sean Livesey, Gary Devine, Graham Schofield and the rest of the field who were not too far behind. Further back there was an excellent run from William Styán to finish 18th.

Alan Bocking

1: J. Taylor (Holm)	24.48
2: S. Livesey (Ross)	25.05
3: G. Devine (P&B)	25.18
4: G. Schofield (Black)	25.21; 5: A. Whaley (P&B) 25.29; 6: D. Baskerville (Spen) 25.35; 7: G. Kirkbright (Skylac) 25.41; 8: M. Falgate (P&B) 25.43; 9: P. McWade (Clay) 25.50; 10: G. Wilkinson (Clay) 25.51. Veterans 0/40: 1: P. McWade (Clay) 25.50; 2: L. Clarkson (Roch) 26.28; 3: B. Deegan (Roch) 27.40; 4: M. Rowbotham (Roch) 27.55; 5: P. Lyons (Bury) 28.12; 6: K. Carr (Clay) 28.44. Veterans 0/45: 1: K. Lodgeon (Hfx) 28.50; 2: D. Tomas (E.R.Y.R.I.) 29.05; 3: F. Gorman (Hfx) 30.23. Veterans 0/50: 1: T. Shaw (Roch) 28.15; 2: R. Barker (Red Rose) 30.56; 3: W. Smith (Clay) 33.02. Veterans 0/55: 1: W. Tidswell (Hfx) 32.37; 2: D. Clutterbuck (Roch) 33.00. Veterans 0/60: 1: E. Frost 38.59; 2: J. McDonagh (Tod) 39.26. Veterans 0/65: 1: J. Riley (Clay) 40.29. Ladies: 1: C. Walkington (Clay) 32.10; 2: C. Cook (Roch) 32.40; 3: M. Ashton (Clay) 34.31; 4: B. Robinson (Bury) 35.31; 5: E. Woodhead (Clay) 36.42; 6: C. Williams (Horw) 37.12.

SHEPHERD'S SKYLINE FELL RACE BS/6m/1150ft/5.11.88 Yorkshire

This race from the Shepherd's Rest Inn on the moorland scarp near Lumbutts, above Todmorden, is really an extended Stoodley Pike race, with an extra climb back on to the moor edge.

Mark Rice, the 17-year-old Todmorden Harrier and England International fellrunner, sliced nearly three minutes off his previous best for this event to win his first major race. Graham Schofield led the 230 runners with Mark in second place until on the return, at Black Clough, he took the lead and finished to the enthusiastic cheers of a home crowd.

1: M. Rice (Tod)	41.08
2: G. Schofield (Black)	41.14
3: G. Read (Roch)	41.22
4: R. Jackson (Horw)	41.31; 5: R. Rawlinson (Ross) 41.38; 6: I. Ferguson (Bing) 41.39; 7: A. Whalley (P&B) 41.40; 8: P. McWade (Clay) 42.04; 9: A. Styán (Holm) 42.16; 10: G. Wilkinson (Clay) 42.36. Veterans 0/40: 1: P. McWade (Clay) 42.04; 2: A. Styán (Holm) 42.16; 3: J. Holt (Clay) 43.24; 4: M. Targett (Clay) 44.33; 5: I. Clarkson (Roch) 45.49. Veterans 0/45: 1: B. Jackson (Horw) 47.32; 2: D. Gibson (S'worth) 49.57; 3: J. Dean (Saif) 49.58. Veterans 0/50: 1: D. Ashton (Black) 47.02; 2: R. Barker (Red Rose) 50.23; 3: L. Sullivan (Clay) 53.24. Veterans 0/55: 1: T. Sykes (Roch) 55.03. Veterans 0/60: 1: B. Crook (Bury) 57.06. Veterans 0/65: 1: J. Riley (Clay) 69.40. Ladies: 1: C. Haigh (Holm) 51.22; 2: K. Drake (Spen) 52.03; 3: L. Lord (Clay) 53.22; 4: S. Ratcliffe (S'worth) 53.54; 5: S. Haines (Ilkley) 55.21. Juniors U/16: 1: I. Powell (Calder V) 15.44; 2: D. Beels (Roch) 16.12. Junior Girls U/16: 1: J. Croston (Roch) 17.09; 2: L. Lacon (Horn) 17.29.

FFORD Y BRYNIAU BM/9m/2000ft/6.11.88 Wales

Jonathan Hooper first ran this race five years ago on the first occasion it was held. Now he knows the way he was able to set a new record by 1 min. 4 sec. Jan Evans, another regular attendee broke the ladies' record by an even wider margin, 3 min. 2 sec.

Sixth placed Howard Kent, cut himself during the race, only to spend a week in the Cardiff Royal Infirmary when the wound went horribly septic - but he says he will be back next year!

Hopefully, so will the good weather that accompanied this race over the hills that lie to the north of the Welsh capital.

Jonathan Gibbon

1: J. Hooper (Card)	51.48
2: A. L. Williams (M.D.C.)	57.36
3: D. Thomas (M.D.C.)	58.19
4: W. J. Darby (M.D.C.)	58.21; 5: M. Lucas (M.D.C.) 59.12; 6: H. Kent (L' Croup) 1.01.20; 7: C. Ryder (M.D.C.) 1.01.28; 8: S. Phillips (Card T.C.) 1.02.36; 9: S. Blease (L' Croup) 1.02.33; 10: W. Roberts (Card T.C.) 1.04.22. Veterans 0/40: 1: L. Williams (M.D.C.) 57.36; 2: D. Thomas (M.D.C.) 58.19; 3: A. Morgan (C.H.S.O.B.) 1.04.49; 4: B. Thomas (M.D.C.) 1.04.57. Veterans 0/50: 1: D. Fisher (Newport) 1.08.39; 2: E. Alexis (L' Croup) 1.18.35. Ladies: 1: J. Evans (C.H.S.O.B.) 1.11.02; 2: F. Donald (C.H.S.O.B.) 1.24.44.

347 Peter Marshall, Todmorden. 361 Douglas Clarke, M1 A 0140, on ru n to Alphin, at Chew Valley.

Dave Woodhead

LOGGERHEADS FELL RACE BM/10m/2600ft/6.11.88 Clwyd

Held for the first time this year from Loggerheads Country Park just outside Mold, the race attracted 61 starters, but next year there will certainly be a lot more for this excellent race. The course is run over the slopes of Moel Famau Country Park taking in the summits of Moel Famau and Foel Fenlli. Although a lot of the course is on wide forestry tracks, this does not detract from the toughness of the constant climbing and descending on a course that was very well marked.

The race itself was won by Colin Donnelly from Tony Hulme who had the satisfaction of leading his club to victory, and also being the first Veteran.

Alan Bocking

1: C. Donnelly (E.R.Y.R.I.)	1.09.04
2: A. Hulme (P.F.R.)	1.12.54
3: M. Cawood (Leic)	1.13.25
4: D. Davies (Hebog)	1.15.05; 5: J. Hey (Unatt) 1.18.05; 6: J. Griffiths (Aberyst) 1.18.42; 7: J. McGill (Epic) 1.20.45; 8: A. Bocking (P.F.R.) 1.21.11; 9: W. James (B.I.C.C.) 1.21.18; 10: E. Coombes (Vaux) 1.23.36. Veterans: 1: A. Hulme (P.F.R.) 1.12.54; 2: D. Davies (Hebog) 1.15.05; 3: J. Dearden (B.I.C.C.) 1.25.56; 4: M. Spry (Mersey) 1.27.59. Ladies: 1: A. Moore (Prest) 1.48.04.

BLACK LANE ENDS FELL RACE CS/5m/1000ft/6.11.88 Yorkshire

Early morning heavy mist gave way to a lovely November sunny day and although the going was good the course record remained intact.

Dave Cartridge won the race easily for the 7th time in succession and was presented with a special commemorative trophy. Keith Anderson and Gary Devine had a battle for the runner-up spot. Gary losing out on this occasion.

1: D. Cartridge (Bolt)	30.11
2: K. Anderson (Amble)	30.47
3: G. Devine (P&B)	30.50
4: S. Livesey (Ross)	31.18; 5: A. Whalley (P&B) 32.10; 6: C. Valentine (Kesw) 32.19; 7: I. Holmes (Bing) 32.29; 8: G. Wilkinson (Clay) 32.36; 9: M. Fleeming (Amble) 32.44; 10: D. Woodhead (Horw) 32.53. Veterans 0/40: 1: R. Hargreaves (Clay) 33.18; 2: J. Holt (Clay) 34.26; 3: C. Oldham (Clay) 35.11. Veterans 0/45: 1: D. Scott (Clay) 35.32; 2: N. Matthews (Horw) 35.43. Veterans 0/50: 1: M. Simpson (N. Veterans) 39.35; 2: R. Jaques (Clay) 40.01. Ladies: 1: C. Haigh (Holm) 40.30; 2: F. Thompson (Unatt) 42.40; 3: K. Taylor (Clay) 46.29; 4: C. Porritt (Ilkley) 47.02; 5: P. Dore (Roch) 47.24. Juniors: 1: C. Walker (P&B) 10.01; 2: D. Smith (P&B) 10.23; 3: N. Matthews (Horw) 10.40.



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TINTO HILL RACE AS/4.5m/1500ft/12.11.88 Lanarkshire

A record entry of 140 tackled this one hill race in cold wet conditions with mist on the summit.

The 1985 record of 31.33 held by Tiso 1988 Scottish Champion Alan Farningham (now race organiser) was not threatened. At the top four runners turned together but John Wilkinson was too fast on the downhill to win comfortably. Penny Rother avenged her World Cup defeat from Tricia Calder in the ladies' race.

R. Morris

1: J. Wilkinson (Gala)	32.13
2: L. Davidson (Camethy)	32.33
3: G. Kerr (Fife)	32.48
4: B. Potts (Clydes)	33.06;
5: A. Curtis (L'stone)	33.29;
6: D. Rodgers (Loch)	33.38;
7: R. Hope (Gala)	33.53;
8: J. Hampshire (Camethy)	33.56.
Veterans 0/40:	
1: J. Shields (Clydes)	34.52;
2: A. Latham (Biggar)	35.12.
Ladies:	
1: P. Rother (Edin)	36.39;
2: T. Calder (Edin)	37.09.
Juniors:	
1: B. Rodgers (Loch)	35.07;
2: H. Lorimer (Duns)	38.00.

DUNNERDALE FELL RACE AS/5m/1800ft/12.11.88 Cumbria

A clear sunny day brought runners from far and wide to the Blacksmith's Arms to tackle the picturesque but testing course.

Rod Pilbeam running in one of his favourite races led the way over Knott, High Point, Stickle Pike and Great Pike to show his supremacy, reducing his own record by 33 seconds. Ruth Pickvance turned in another fine performance, scoring a convincing win over Carol Haigh who had a curiously subdued run finishing in 90th position. Carol McNeill virtually running on home ground was first lady veteran 0/35 in 100th place.

1: R. Pilbeam (Kesw)	37.22
2: K. Anderson (Amble)	37.47
3: D. Lee (C.F.R.)	38.24
4: A. Bowness (C.F.R.)	38.40;
5: R. Rawlinson (Ross)	38.45;
6: G. Huddleston (Kend)	38.57;
7: H. Jarrett (C.F.R.)	39.28;
8: I. Holmes (Bing)	39.41;
9: N. Lanaghan (Kesw)	40.01;
10: A. Schofield (Roch)	40.21.
Veterans 0/40:	
1: M. Hudson (L.O.C.)	43.28;
2: W. Cooper (Manch)	44.53;
3: T. Peacock (Clay)	45.12.
Veterans 0/50:	
1: H. Blenkinsop (Kesw)	47.41;
2: B. Hilton (C.F.R.)	48.15;
3: B. Smith (Clay)	51.15.
Ladies:	
1: R. Pickvance (Clay)	46.56;
2: C. Haigh (Holm)	51.07;
3: C. McNeill (L.O.C.)	51.59.

PENMAENMAWR FELL RACE CM/12m/1415ft/19.11.88 Gwynedd

1: E. Roberts (E.R.Y.R.I.)	1.06.34
2: B. Nock (H.O.A.C.C.)	1.07.45
3: H. Griffiths (Hebog)	1.10.59
4: D. Davies (Hebog)	1.13.21;
5: R. Cudworth (H.O.A.C.C.)	1.13.38;
6: M. Jones (Hebog)	1.14.22;
7: J. Quine (Bolt)	1.14.54;
8: P. Clark (Kend)	1.15.31;
9: T. Bolland (S.W.A.C.)	1.16.31;
10: R. Wadeley (Biggies)	1.16.55.
Veterans 0/40:	
1: D. Davies (Hebog)	1.13.21;
2: R. Wadeley (Biggies)	1.16.55;
3: P. Jones (Hebog)	1.18.58;
4: I. Knight (S.W.A.C.)	1.23.17;
5: D. Glass (E.R.Y.R.I.)	1.24.14;
6: N. Pratten (W.A.C.)	1.24.15.
Ladies:	
1: S. Farrar (E.R.Y.R.I.)	1.29.05;
2: S. Clark (Kend)	1.32.40;
3: D. Evans (E.R.Y.R.I.)	1.40.46.
Juniors:	
I: D. Cash (Rydal)	28.04.

ROACHES FELL RACE BL/14m/3600ft/20.11.88 Derbyshire

The first snow of the winter caused the start to be delayed to make sure everyone had arrived. However, the fierce winds dropped and sun shone giving views across the South West Peak District.

The snow made the going muddy and the slight breeze was chilly, but despite this the field of just under 200 set out at a brisk pace. John Taylor returned to defend his course record

of 1.49.01 set the previous year and with Colin Donnelly and Andy Trigg present there was a good prospect for an excellent race. Indeed it was these three who quickly moved away from the rest of the field at a pace that looked as if it would bring a new record. Colin moved through in the latter stages to take victory on the line in a very close finish. Such was the pace that the course record was reduced by two minutes and all three finished seven minutes clear of the rest of the field.

The race became an International event with two French competitors travelling out and back overnight, just to compete - the snow was more than they bargained for!

1: C. Donnelly (E.R.Y.R.I.)	1.47.00
2: J. Taylor (Holm)	1.47.03
3: A. Trigg (Gloss)	1.47.15
4: G. Hall (Holm)	1.54.12;
5: P. Brownson (Alt)	1.54.23;
6: J. Nixon (Ach Rat)	1.54.44;
7: M. Rigby (Amble)	1.55.07;
8: D. Trowman (Potts)	1.55.35;
9: S. Elliott (Notts)	1.56.33;
10: C. Penny (Eves)	1.57.02.
Veterans 0/40:	
1: J. Nixon (AchRat)	1.54.44;
2: D. Thomas (M.D.C.)	2.02.11;
3: P. Boulton (S.M.A.C.)	2.03.56;
4: A. Gratton	2.04.23;
5: A. Hulme (Penn)	2.08.02.
Veterans 0/50:	
1: B. Carey (Mercia)	2.09.49;
2: E. Knight (Mercia)	2.22.49;
3: J. Feist (Dk Pk)	2.38.27.
Ladies:	
1: R. Pickvance (Clay)	2.14.59;
2: S. Lewsley (Border)	2.29.25;
3: C. Osbourne (Telf)	2.31.49;
4: A. Capp (Telf)	2.39.55;
5: C. Procter	2.45.32.

Mike Wyhatt sets the pace on Alderman Hill, at Chew Valley.
Dave Woodhead



ESULTS:RESULTS:RESULTS:RESULTS:RES

ROMBALDS MOOR FELL RACE BS/5m/800ft/20.11.88 Yorkshire

Generally good conditions with a covering of snow suited Gary Devine but clubmate Allan Whalley gave him a close run. All proceeds from this event go to charity.

1: G. Devine (P&B)	34.49
2: A. Whalley (P&B)	34.54
3: M. Rice (Tod)	34.57
4: D. Baskerville (Spen)	35.02;
5: R. Pallister (P&B)	35.10;
6: S. Hawkins (Bing)	35.11;
7: C. Valentine (Kesw)	35.13;
8: S. Livesey (Ross)	35.19;
9: T. Lofthouse (Bing)	35.40;
10: P. Harlow (Kesw)	35.46.
Veterans 0/40: 1: T. Hesketh (Horw)	35.48;
2: M. Target (Clay)	36.48;
3: P. Lyons (Burn)	38.08;
4: J. West (Clay)	38.35;
5: D. Scott (Clay)	39.36.
Veterans 0/50: 1: D. Ashton (Black)	38.55;
2: R. Barker (Red Rose)	40.11;
3: P. Watson (P&B)	42.02.
Ladies: 1: S. Niedren (Clydes)	44.13;
2: E. Thackray (Fell & D)	44.35;
3: S. Watson (V. Strid)	44.42;
4: K. Taylor (Clay)	50.25;
5: C. Porritt (Ilk)	50.25.
Juniors: 1: A. E. Waterworth (Clay)	40.38.

1: G. Devine (P&B)	1.23.39
2: D. Cartridge (Bolt)	1.23.41
3: G. Schofield (Black)	1.26.10
4: C. Valentine (Kesw)	1.26.28;
5: W. Brindle (Horw)	1.26.55;
6: R. Jackson (Horw)	1.27.13;
7: R. Owen (Black)	1.28.04;
8: T. Hesketh (Horw)	1.28.12;
9: J. Nixon (A'Ratti)	1.28.20;
10: C. Lyon (Horw)	1.28.40.
Veterans 0/40: 1: T. Hesketh (Horw)	1.28.12;
2: J. Nixon (A'Ratti)	1.28.40;
3: A. Styan (Holm)	1.29.25;
4: J. Boswell (E'wash V)	1.36.34;
5: D. Kearns (Bolt)	1.36.43.
Veterans 0/45: 1: D. Kay (Bolt)	1.34.45;
2: J. Nuttall (Clay)	1.37.18;
3: J. Whitter (Wigan)	1.41.33.
Veterans 0/50: 1: D. Ashton (Black)	1.36.25;
2: D. Weir (Horw)	1.40.48;
3: R. Barker (Red Rose)	1.43.07.
Ladies: 1: R. Pickvance (Clay)	1.43.08;
2: C. Haigh (Holm)	1.43.37;
3: V. Brindle (Clay)	1.51.34;
4: K. Martin (Dk Pk)	1.55.23;
5: W. Dodds (Clay)	1.56.32.
Intermediates: 1: P. McAndrew (Chor)	40.42;
2: J. Taylor (Clay)	42.36;
3: N. Haliwell (Holm)	45.03;
4: C. Taylor (B Aero)	45.17;
5: J. Kennedy (Clay)	46.08.
Juniors U/15: 1: N. Matthews (Horw)	14.35;
2: W. Styan (Holm)	14.40;
3: S. Beaumont (Kghly)	14.46.
Junior Girls: 1: R. Forber (Wigan)	19.54;
2: A. Forrest (Wigan)	20.17;
3: L. Fargher	20.37.



Rombalds Moor - Karen Taylor on the snow.

Dave Woodhead



Eric Forst, Veteran 0160, during the Rombalds Moor race.

Dave Woodhead

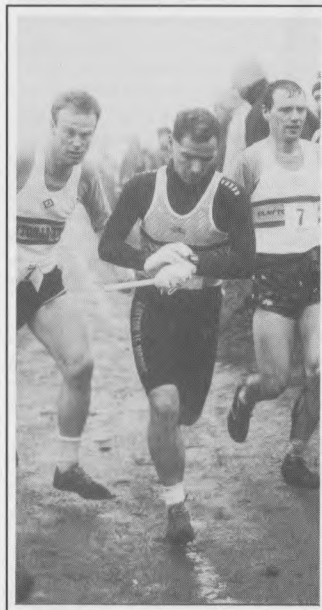
CALDERDALE WAY RELAY 50m/600ft/11.12.88 Yorkshire

Eighty-four teams of 12 runners followed the climbs, valleys, rivers, moors and peaks around 50 miles of Calderdale. Running in pairs over well reconnoitred paths taking in no fewer than a million farms, 3,000,000 disused mills and 6,000,000 yapping farm dogs!

First to show are Rochdale, in front after the first leg - Geoff Read and partner coming in ahead of Horwich and Rossendale. Seventh-placed Pudsey and Bramley overhaul the deficit on leg two over Stoodley Pike, gaining on the descent into Todmorden to overtake Rossendale and Horwich, Rochdale dropping back. Favourites Bingley then put in a remarkably fast section, catching their fourth leg pair still wrapped in cags and trousers! The clear morning gives way to a cold wind and rain, as befits the wilder part of the route. Gary Devine and Jack Maitland, typically undaunted, break the fourth section record to put Pudsey and Bramley back into the lead.

At this stage in the ladies' race Clayton are well ahead of Bingley. Despite the added spills and thrills of the busy road crossing at the start of the last leg, and the numerous bloodied, muddied and near collapsing pairs after leg five, the situation remains unchanged - Pudsey and Bramley achieving their first victory in this event, Clayton Ladies and Veterans clearing up the rest of the prizes.

D.T. Menace



Calderdale Way Relay - Starting leg

5 - Clayton Harriers, W. S. Bateson.

Peter Hartley

1: Pudsey and Bramley	5.44.17
2: Bingley A	5.46.58
3: Rossendale A	5.50.29
4: Clayton A	5.54.18;
5: Horwich A	6.01.34;
6: Halifax A	6.15.38;
7: Kendal	6.15.47;
8: Rochdale A	6.16.22;
9: Skyrac A	6.18.23;
10: Holmfirth A	6.18.40.
Veterans: 1: Clayton	6.19.52;
2: Rochdale	6.22.21;
3: Bingley	6.36.18.

WINTER HILL FELL RACE AM/11m/2700ft/27.11.88 Lancashire

Conditions were perfect for this year's race: a clear sunny day with no wind and much of the notoriously boggy course frozen to comparative firmness. An additional bonus was the view of the surrounding Lancashire hills rising out of a sea of white mist.

Ray Owen, winner of the inaugural event in 1983 and runner-up on subsequent occasions, was again the early leader but gradually faded to finish seventh. The race meanwhile developed into a duel between triple victor Dave Cartridge and last year's winner Gary Devine, who got away towards the finish but held off a strong final surge from Dave.

Carol Haigh led over virtually the whole course in the ladies' race, but perseverance paid off for Ruth Pickvance who was steadily cutting into her lead as they progressed. On the final descent to the finish, Ruth, undaunted as ever, caught Carol to win by nearly half a minute, also reducing the ladies' record by five minutes.

In the junior Pike Race Nathan Matthews significantly reduced his own record after a battle with William Styan. Paul McAndrew was an easy winner in the intermediate race, also setting a new record.

Bill Smith

SHEFFIELD TO MACCLESFIELD TRANSPENNINE RELAY 18.12.88

This event, a lighthearted break from the more serious fellrunning races of the summer months, took the form of a six stage relay starting at Sheffield City Hall and finishing at Macclesfield Town Hall. The route was virtually all cross country and included Win Hill, Lose Hill, Mam Tor and Shining Tor, covering approximately 40 miles with over 2,000 metres of ascent.

The winning team, in a time of 5hrs 14mins 45secs, was Manchester and District Orienteering Club. Close behind were Macclesfield Harriers and fast finishing Pennine Fell Runners. Other teams, although completing the course, were handicapped by lack of route knowledge and team shortages.

Individual runners Mick Hornsey, Pete Coppack and Jim Kelly covered the complete distance in a time of 8hrs 49mins.

Ralph Murray

RESULTS: RESULTS: RESULTS: RESULTS: RESULTS

RON HILL SPORTS WHINBERRY NAZE DASH BS/4.5m/750ft/26.12.88 Lancashire

A field of 214 runners, many in fancy dress, turned out for Rossendale A.C.'s annual Boxing Day Fell Race. The 4.5 mile route takes runners to the summit of one of the highest hills in Rossendale where Santa Claus and his assistants handed out the usual tubes of Smarties to the runners as they reached the trig point. Heavy rain both before and during the event ensured that Ray Owen's record of 24.57 set in 1986 would remain intact. Graham Schofield ran a superb race leading from start to finish to win by 50 seconds from a fancily dressed Geoff Read in second place. Mervyn Keys from the host club ran an inspired race to take 3rd spot. First Veteran 0/40 was Duncan Overton, a notable fellrunner of late, whose absence from the fells in former club colours of Kendal, has been noted by his fellow competitors.

Despite instructions from the organisers to use stiles, and not to climb walls or fences, two fences were tom down by runners and had to be rebuilt. One competitor from a local club, and we know who he is, was observed not to use a single stile and to climb fences. In an event which is fairly low key, is this really necessary? Next year, we will consider removing fences ourselves before the race to avoid breakages.

Carol Haigh was easily first lady, followed by Sue Ratcliffe from Saddleworth.

Graham Wright

1: G. Schofield (Black)	26.22																						
2: G. Read (Roch)	27.12																						
3: M. Keys (Ross)	27.15																						
4: I. Holmes (Bing)	27.19; 5: H. Waterhouse (S'worth)	27.26; 6: D. Overton (Weston)	27.28; 7: G. Wilkinson (Clay)	27.37; 8: A. Whalley (P&B)	27.45; 9: J. Hope (A'Ratt)	27.48; 10: K. Taylor (Ross)	27.55. Veterans 0/40: 1: D. Overton (Weston)	27.28; 2: K. Taylor (Ross)	27.55; 3: P. Hartley (Ross)	28.05; 4: D. Kay (Bolt)	28.41; 5: S. Furness (Black)	29.17. Veterans 0/45: 1: J. Dean (Saif)	30.36. Veterans 0/50: 1: D. Ashton (Black)	29.43; 2: J. Jackson (Roch)	32.07; 3: P. Duffy (Aber)	33.45. Ladies: 1: C. Haigh (Horn)	31.59; 2: S. Ratcliffe (S'worth)	35.08; 3: S. Watson (Indiv)	35.17; 4: C. Walkington (Clay)	36.17; 5: G. Barnes (Amble)	37.06. Juniors: 1: B. Taylor (Ross)	31.35; 2: J. Pegg (Ross)	32.13.

BOULSWORTH HILL FELL RACE BS/6.5m/1200ft/17.12.88 Yorkshire

The Herders Arms, standing in the bleak, picturesque setting on the moorland road from Colne to Haworth, provides the venue. The race starts in the valley of Smithy Clough Beck and ascends to the Trig point on Lad Law at 1700ft on

Boulsworth Hill by a succession of boggy paths and tracks. A sting in the tail was a near vertical climb, on all fours, back-up to the pub at the end. After a week of rain the underfoot conditions were heavy compared with last year's frozen terrain.

Andy Peace was leading at the summit but had the misfortune to take a tumble, which Gary Devine and Wilf Brindle weren't slow to take advantage of. A lively scrap between these lads - and their pursuers - ensued all the way back to the Herders Arms, with Gary eventually proving the stronger.

These times shouldn't be compared with those of the inaugural race in 1987, won by Ray Owen, as that was over a longer course.

Carol Haigh triumphed again on this occasion, although only two places in front of the tenacious Angela Carson, who pursued her like a hound-dog, perhaps inspired by Carol's recent Winter Hill defeat at the hands of Ruth Pickvance.

Bill Smith

1: G. Devine (P&B)	47.33																				
2: W. Brindle (Horw)	47.44																				
3: A. Peace (Bing)	48.04																				
4: A. Whalley (P&B)	48.27; 5: G. Watson (Arien)	48.50; 6: C. Lyon (Horw)	49.02; 7: M. Bell (Horw)	49.10; 8: G. Wilkinson (Clay)	49.30; 9: J. Hope (A'Ratt)	49.56; 10: G. McMahon (Notts)	50.05. Veterans 0/40: 1: P. Hartley (Ross)	51.26; 2: T. McDonald (Bing)	54.35; 3: C. Oldham (Clay)	54.48; 4: K. Carr (Clay)	56.49; 5: G. James (Blackpool)	58.33. Veterans 0/50: 1: R. Barker (Red Rose)	57.08; 2: L. Sullivan (Clay)	60.35; 3: R. Jaques (Clay)	61.18. Ladies: 1: C. Haigh (Holm)	55.31; 2: A. Carson (E.R.Y.R.L)	56.16; 3: K. Drake (Spen)	61.46; 4: K. Martin (Alt)	63.35; 5: W. Dodds (Clay)	63.53; 6: C. Williams (Horw)	37.12.

WANSFELL RACE AS/3m/1500ft/27.12.88 Cumbria

Surely some mistake - it's not raining. Nearly 200 runners, half of them wearing brand new shoes they've got for Christmas, storm off up the road to Wansfell, pausing only to queue at the stile. Off goes Donald Lee with vast numbers of Ambleside and Keswick runners just behind. Round the summit and a fast sprint all the way back down - local Keith Anderson suddenly bearing off to the right to take a faster route down - recceing does pay off. He reaches the road just in front of Andrew Peace but still behind Donald. Carol Haigh complains of being unfit, but still wins convincingly in the ladies' race. A classic race, even when it doesn't rain.

D. T. Menace

1: D. Lee (C.F.R.)	19.26																									
2: K. Anderson (Amble)	20.00																									
3: A. Peace (Bing)	20.10																									
4: A. Whalley (P&B)	20.26; 5: M. Rigby (Amble)	20.31; 6: S. Hale (Perth)	20.43; 7: C. Valentine (Kesw)	20.45; 8: M. Fanning (Kesw)	20.50; 9: I. Holmes (Bing)	20.51; 10: G. Devine (P&B)	20.53. Veterans 0/40: 1: D. Spedding (Kesw)	22.06; 2: J. R. Nuttall (Clay)	22.09; 3: J. Holt (Clay)	22.30; 4: A. Evans (Amble)	24.04; 5: M. Wood (C.F.R.)	24.10. Veterans 0/50: 1: R. W. Booth (Kesw)	25.28; 2: B. Hillon (C.F.R.)	26.46; 3: D. Hayes (Kesw)	27.04. Ladies: 1: C. Haigh (Holm)	25.06; 2: J. Salvona (Liv)	25.11; 3: R. Pickvance (Clay)	26.41. Juniors U/11: 1: J.A. Millar	8.50; 2: S. Smith (Hoar H)	8.50. Juniors U/13: 1: A. Walker (Kend)	6.51; 2: D. Hope (Horw)	7.10. Juniors U/15: 1: D.Coleman (Clay)	11.39; 2: N. Morris (Cope)	12.23. Juniors U/17: 1: J. Taylor (Clay)	10.32; 2: N. Helliwell (Holm)	11.13.

GUISBOROUGH WOODS HILL RACE BS/5.75m/1000ft/27.12.88 Cleveland

This year's event was run under excellent conditions with 70 competitors in the senior race.

On the first of three laps, G. Webb, of Calder Valley, led and it looked likely that he would repeat an earlier victory in this race. On the second lap, however, Paul Lowe, still a junior at Cross Country, made a superb effort through the quarry section to break away and eventually win. He now looks forward to tackling his first long fell race in 1989.

In the Ladies' section, Sally Kay, an excellent Cross Country runner, managed to hold off a late surge by Sheila Wright to win.

Derek Fielden had the run of his life on the hills to defeat both Neil Conway and Jon Williams, the latter being the first Veteran 0/40 in sixth place.

In the Junior race, Mark Brown, Denny O'Callaghan and Chris Pennington struggled hard as they fiercely contested the leading positions, the younger man crowning an excellent run, breaking away along the top section.

D. J. Parry

1: P. Lowe (Mand)	38.50																											
2: C. Wright (Mand)	39.08																											
3: G. Webb (Cald V)	39.38																											
4: D. Fielden (Mand)	40.03; 5: N. Conway (Notts U)	40.28; 6: J. Williams (Mand)	40.47; 7: F. Smith (Salt)	41.31; 8: K. Wood (Salt)	41.54; 9: K. Edwards (H'pool)	42.05; 10: G. Chapman (Unatt)	42.34. Veterans 0/40: 1: J. Williams (Mand)	40.47; 2: L. Small (Mand)	45.58; 3: K. Fielden (Mand)	45.59; 4: R. Stevenson (Mand)	46.50; 5: D. Parker (Mand)	47.04. Veterans 0/50: 1: A. Morgan (Nth Nav)	50.26; 2: J. Bedwell (C.L.O.K.)	63.00. Ladies: 1: S. Kay (Loftus)	45.58; 2: S. Wright (Mand)	46.29; 3: A. Bedwell (Mynydwyr)	47.35. Juniors U/17: 1: D. O'Callaghan (Mand)	12.42; 2: C. Pennington (Mand)	12.44; 3: D. Moorcroft (New MH)	14.30. Juniors U/16: 1: M. Brown (Mand)	12.37; 2: S. Purcell (Mand)	14.13; 3: C. Hine (Mand)	14.44. Juniors U/14: 1: S. Blower (Mand)	15.08; 2: A. Wilson (Mand)	17.54; 3: A. Younger (Anatt)	18.07. Girls: 1: L. Sweeney (Mand)	18.11; 2: K. Parry (Mand)	18.48.

NINE STANDARDS RACE CM/8m/1800ft/1.1.89 Yorkshire

What better way to shake off that New Year celebrations hangover than an eight mile Fell Race with a 10.00am start.

Well, runners in the inaugural race seemed suitably cheerful and awake, chatting on the start as they lined in the market square awaiting the chimes of the village clock. Then the starter fired the last party popper from the night before and they were off!

The course is "out and back", through the village, winding out over footpath and road to the open fell turning at the furthest point, Nine Standards Rigg, a line of weird looking standing stones along the Westmorland and Yorkshire border.

At the halfway point, two Kendal runners Paul Tuson and Phil Clarke turned together, with Duncan Frampton of Keswick close on their heels, and these three positions were maintained until the finish. A superb descent by Ian Holmes of Bingley Harriers took him from 10th to 4th position.

First Veteran was Mike Walford of Kendal, finishing in 11th position, one ahead of the first lady, Carol Haigh of Holmfirth. Carol rounded up the festive running spree with her third victory in as many fell races over the Christmas period, as well as finishing third in the Durham Invitation Cross Country event (which we all watched on Grandstand?) on New Year's Eve.

G. Nasher

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SKIING CAIRNGORMS
Comfortably furnished two bedroom modern
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TV. Central heating. Ideal for the ROUND.
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RESULTS:RESULTS:RESULTS:RESULTS:RESI

1: P. Tuson (Kend)	57.08
2: P. Clarke (Kend)	57.32
3: D. Frampton (Kesw)	58.07
4: I. Holmes (Bing)	58.10;
5: S. Hicks (Amble)	58.28;
6: G. Bastow (Rich)	60.34;
7: A. Harker (Rich)	62.02;
8: J. Hawksley (Kend)	62.23;
9: R. Janoszewski (Clay)	62.36;
10: S. Watson (T.W.T.C.C.)	63.29.
Veterans 0/40:	1: M. Walford (Kend) 64.02;
2: N. Bush (Kend)	67.19;
3: D. Pearson (Swale)	70.40;
4: M. Raine (Clay)	70.53.
Ladies:	1: C. Haigh (Holm) 64.25;
2: R. Pickvance (Clay)	69.03;
3: C. Proctor (T.W.T.C.C.)	77.51.

CHASE TRIG POINT RACE CL/15m/1500ft/7.1.89 Staffordshire

No proper fell but an excellent race over Cannock Chase, that's if you don't get lost. Mercia certainly put a on a good event with plenty of grub after at the village hall.

Most of the pre-race chit-chat was about how easy it is to get lost on the various tracks over the open ground and in the forest, even with maps provided. It's even more disconcerting when everyone goes different ways to the checkpoints.

The lack of a real climb made the race very fast with a group of five pulling away from the rest. Still together at the first Trig point this group was gradually whittled down as the race progressed until Simon Forster took the lead and by the far side of the Chase had gained a 30 second advantage. However, on the return Dave Troman overhauled Simon and opened up a two minute gap in setting a new course record. Helen Diamantides stamped her authority in the ladies' race, leading from start to finish, to win comfortably.

1: D. Troman (Pott Mar)	1.29.43
2: S. Forster (Cardiff)	1.31.35
3: S. Palmer (Mercia)	1.32.39
4: J. Forster (Mercia)	1.34.39;
5: D. Peel (Walton)	1.36.16;
6: M. Seddon (S.E.L.O.C.)	1.36.55;
7: J. Boswell (Erewash)	1.36.57;
8: D. Cooligan (Tipton)	1.37.18;
9: R. Lee (Macc)	1.37.57;
10: R. Panter (Octavian)	1.38.25.
Veterans:	1: R. Panter (Octavian) 1.38.25;
2: A. Hulme (P.F.R.)	1.39.27;
3: R. Dawson (Telf)	1.39.41;
4: Axon (Stone)	1.40.06;
5: E. Knight (Mercia)	1.47.22;
6: P. Graetz (Pott Mar)	1.47.32.
Ladies:	1: H. Diamantides (Dk Pk) 1.59.36;
2: R. Gillick (Stone)	2.02.36;
3: C. Osbourne (Telf)	2.10.57;
4: V. Tandy (Unatt)	2.12.30;
5: H. Johnson (Mercia)	2.13.07;
6: E. Marlton (Walton)	2.36.16.

BLUE PIG HILL RACE BM/8m/2600ft/8.1.89 Yorkshire

Mild conditions greeted the runners for the second Blue Pig Hill Race, with a very big field of over 500

which initially swamped the organisers and caused the start to be put back 20 minutes. The large number of people caused parking problems which could not have been foreseen. Next year, extra parking in Hedben Bridge will be laid on with a free mini-bus service. The organisers apologise to anyone who suffered inconvenience in this way.

The race eventually got underway, and the huge field began the adventures eight mile circuit. Andrew Peace set a good early pace, followed by Mark Whyatt, and these two were never headed. Billy Bland, recovering from a recent operation, started slowly but by half way, had worked his way through the field to 15th. On the ascent of Horsehold Scout, he made further improvement and by the closing stages had a titanic battle on the final descent with Ian Ferguson, Three Peaks winner - Ian just managed to hold him off.

Also deserving a mention was the excellent run by William Styan (Junior), who headed his father for most of the race, until Andy finally took him near the end. William earned 24th place and, in doing so, beat a number of well-known names. Carol Haigh was again first Lady with an improved personal best of 69.38.

The domination of the race by Andrew Peace with some excellent front running meant a new record time of 57.50 and, indeed, the first 13 beat Gary Devine's old record. Thirty-four completed the race in the Elite time of 65.00, and 503 ran.

The Junior race was also won in a new record time of 19.51 by the impressive Alex Bowden of the home club, Calder Valley.

Dave Yates

1: A. Peace (Bing)	57.50
2: M. Whyatt (Gloss)	58.15
3: I. Holmes (Bing)	59.15
4: I. Ferguson (Bing)	59.43;
5: W. Bland (Kesw)	59.46;
6: G. Kirkbright (Skyrac)	60.08;
7: C. Valentine (Kesw)	60.21;
8: A. Whalley (P&B)	60.35;
9: M. Bell (Horw)	61.04;
10: G. Wilkinson (Clay)	61.20.
Veterans 0/40:	1: W. Bland (Kesw) 59.46;
2: A. Styan (Holm)	62.47;
3: P. Hartley (Ross)	62.59;
4: J. Nuttall (Clay)	65.22;
5: G. Palmer (Roch)	65.24.
Veterans 0/50:	1: E. Blamire (Tod) 84.22;
2: T. Conniffe (Unatt)	84.40;
3: P. Dubby (Aber)	85.09.
Ladies:	1: C. Haigh (Holm) 69.38;
2: K. Drake (Spn)	76.32;
3: K. Martin (Altr)	79.02.
Juniors:	1: A. Bowden (C Valley) 19.51.

CARRAGHYN FELL RACE AS/21.5m/900ft/15.L.89 I.O.M.

The highlight of this year's race was the rapid descending of Paul Scott as he tried in vain to catch winner Keith Callister. Both runners broke the course record, as did third placed Alan Gage, who suffered his first defeat on the fells for over 12 months.

Richie Stevenson

1: K. Callister (M.A.C.)	16.54
2: P. Scott (E.R.Y.R.I.)	17.00
3: A. Gage (W.A.C.)	17.14
4: R. Callister (S.A.C.)	18.03;
5: J. Crellin (M.A.C.)	18.33;
6: T. Varley (M.F.R.)	18.37;
7: I. Callister (M.A.C.)	18.58;
8: D. Knowles (W.A.C.)	19.21;
9: R. Stevenson (M.F.R.)	19.36;
10: D. Corrin (M.A.C.)	19.57.
Veterans 0/40:	1: D. Corrin (M.A.C.) 19.57;
2: M. McGurgan (W.A.C.)	20.00;
3: D. Young (M.F.R.)	20.47;
4: P. Simpson (M.F.R.)	21.56;
5: G. Hull (M.F.R.)	22.02;
6: J. Wright (M.A.C.)	22.43.
Ladies:	1: D. Wilson (B.H.) 26.40.

BOX HILL RACE BM/7.5m/1700ft/21.1.89 Surrey

The numbers problem hits Surrey! 261 finishers at the Box Hill Race!

But only eleven of them were able to complete the "severely undulating" circuit of the North Downs faster than Sarah Rowell (better known for her indecently fast time in marathons!). Having such good opposition spurred Angela Carson on, and she came through strongly in the later stages to finish only 37 seconds down on Sarah. Angela wasn't the only long distance traveller to forsake the Pennine peat or Lakeland boulders for the chalk and treacherous wet clay of the Downs - the vests of Keswick, Fellendale and Clayton were in evidence, among others.

However, it was two Southerners - Mark Chapman (London O.K.) and last year's winner, Steve Nicholson (Cambridge University F.R.C.), who broke away from the rest of the field soon after the start. They both finished comfortably inside the old record set by Steve in last year's much worse conditions, but this time Mark won by 13 seconds. However, Steve led C.U.F.R.C. to an easy team victory, and his clubmates also provided a remarkably fast results service - mine came through my letterbox on the following Tuesday.

Anthony Kay

STANBURY FELL RACE BS/5m/1100ft/28.1.89 Yorkshire

A glorious Saturday morning saw the 20-year-old English Junior International, Andrew Peace, fend off strong opposition to win the sixth "Stanbury Splash" from Ponden Mill, near Haworth. Andrew Peace led the almost 300 strong field from the off, chased by Bingley Harriers clubmate, Shaun Winstanley, and Mike Whyatt, of Glossopdale.

As the rough tussocks which abound the moors in the Brontë country took their toll, Winstanley found himself walking virtually every step up the climb to the Trig, allowing the strength of Whyatt to pull through into second place.

The leading pair ran away on the descent over the gentle fast moorland tracks, providing a thrilling finish for the awaiting crowds as Whyatt came close, just inched out on the line by the local lad.

Recent Pudsey & Bramley recruit, Graham "Chopper" Kirkbright, who seems to revel at Stanbury, pulled through to take fourth place, though he was back in tenth at the Trig.

No-one could touch Bingley for the Keighley News Team Trophy, which they won for the sixth time. Scorers were A. Peace, S. Winstanley, I. Ferguson (7th) and I. Holmes (10th), but the tables were turned at the Ale Drinking Challenge at the Grouse Inn afterwards, in which Pudsey & Bramley took the honours!

Holmfirth's Carol Haigh made it a hat-trick of firsts, picking up the new Field & Fell Trophy, an oil painting of Ponden Clough and Kirk, over which the race is run, and a special prize of Bumble-Bee slippers, perfect for steep descents.

All ladies received prizes. In fact, all who turned up at the prizegiving, and there were many, went away with something . . . even if it was only a malt loaf for two.

G. Nasher

1: A. Peace (Bing)	30.47
2: M. Whyatt (Gloss)	30.49
3: S. Winstanley (Bing)	32.13
4: G. Kirkbright (P&B)	32.19;
5: G. Devine (P&B)	32.21;
6: G. Wilkinson (Clay)	32.24;
7: I. Ferguson (Bing)	32.25;
8: H. Waterhouse (S'worth)	32.31;
9: M. Rice (Tod)	32.35;
10: I. Holmes (Bing)	32.47.
Veterans 0/40:	1: J. Holt (Clay) 34.32;
2: B. Deegan (Roch)	35.32;
3: B. Hilton (Leeds)	35.34.
Veterans 0/45:	1: B. Toogood (Dk Pk) 33.40;
2: D. Kay (Bolt)	34.41;
3: D. Quinlan (Bing)	35.19.
Veterans 0/50:	1: G. Spink (Bing) 38.24;
2: D. Tilley (Bolt)	39.14;
3: P. Duffy (Aber)	39.19.
Ladies:	1: C. Haigh (Holm) 37.53;
2: K. Drake (Spn)	40.06;
3: S. Watson (VStrid)	42.10;
4: W. Dodds (Clay)	42.15;
5: E. Thackeray (Fell)	43.18;
6: M. Jagan (E.P.O.C.)	44.36.

CARNETHY FIVE HILL RACE AM/6m/2500ft/18.2.89 Midlothian

With conditions far from perfect, Malcolm Patterson made it three wins in a row, although the course record held by Kenny Stuart, the only other runner to win the event three times in a row, remained intact.

The weather gradually worsened during the day and by mid-afternoon it was wet and windy. Malcolm showed his confidence when he led the pack from the start up Scald Law and by South Black Hill, he and nine others had opened a good lead over the rest. Malcolm, Brian Potts and Peter Dymoke battled through the final stages to head the field of 421 starters.

Despite the atrocious conditions, former British Champion and first time runner in the race, Angela Carson smashed the ladies' record previously held by Penny Rother.

As a matter of interest, the entry fee for the first race in 1971 was 2/(Op), which included a meal!

RESULTS:RESULTS:RESULTS:RESULTS:RES

1: M. Freer (West E)	75.18
2: K. O'Connor (B Leys)	77.18
3: T. Longman (H'cote)	78.13
4: P. Hands (Leic)	79.10;
5: D. Pearce (Wreake)	79.18;
6: N. Wilson (N'eaton)	79.22;
7: G. Slight (G.E.C.)	79.43;
8: M. Elliott (Cham)	80.04;
9: J. Haywood (H'cote)	80.36;
10: P. Chilton (Mercia)	80.42. Veterans 0/40; 1: J. Haywood (H'cote) 80.36; 2: G. Brennan (H'cote) 82.00; 3: M. G. Wilcox (G.E.C.) 83.14; 4: R. Panter (N'eaton) 84.02; 5: R. Marlow (Dk Pk) 84.20. Veterans 0/45: 1: A. George (Rugby) 93.18; 2: T. Ulston (B'line) 93.20; 3: J. H. Sherwood (D-Lux) 93.26. Veterans 0/50; 1: B. Carey (Mercia) 84.30; 2: D. Dalziel (S'shed) 99.17; 3: J. Watson (S'borough) 101.12. Ladies: 1: P. Shore (Burnham) 90.46; 2: H. Fiddament (Lutt S) 97.50; 3: L. Ewing (L.S.M.C.) 100.12.

CALDER VALLEY FELL RACE AL/14m/3600ft/12.3.89 Yorkshire

Slight changes in the course this year, and a Public Relations job to keep the landowners happy. Everyone seemed to enjoy the new route which I think myself was easier on the way back, but more scenic, although it was tougher around Stoodley.

The race numbers were up slightly this year, which was pleasing. The junior race, however, was depleted to six runners. This, I think, was due to the calendar missing out the junior race in our advert.

Unfortunately, we may have to make some more changes in the route next year which I hope will add to the course. Then, hopefully, we can settle down to a standard route.

The race was easily won by Gary Devine and Pudsey & Bramley turned up in numbers again, deservedly winning the team prize. Ian Holmes, of Bingley, ran very well and will surprise a few this year.

J. Winder

1: G. Devine (P&B)	1.58.47
2: I. Holmes (Bing)	2.02.48
3: A. Whalley (P&B)	2.06.01
4: A. Schofield (Roch)	2.06.46;
5: A. Styan (Holm)	2.07.37;
6: T. Lofthouse (Bing)	2.08.14;
7: B. Horsfall (Holm)	2.08.59;
8: P. Hartley (Ross)	2.09.23;
9: G. Kirkbright (P&B)	2.09.38;
10: R. Mitchell (Mand)	2.10.03. Veterans 0/40: 1: A. Styan (Holm) 2.07.37; 2: P. Hartley (Ross) 2.09.23; 3: A. Judd (Leeds) 2.11.36; 4: C. Taylor (Clay) 2.17.46; 5: K. Munton (Cald V) 2.21.15. Veterans 0/45: 1: A. Wardle (Horw) 2.19.59; 2: F. J. Gibbs (F.R.A.) 2.27.03; 3: W. Fielding (Leeds) 2.27.37. Ladies: 1: C. Haigh (Holm) 2.15.01; 2: S. Watson (V Strid) 2.35.45; 3: W. Lightfoot (Dk Pk) 2.39.48.

CRIFFEL HILL RACE AM/7m/1800ft/1 2.3.89 Dumfries

1: J. Wilkinson (Gala)	51.17
2: D. Bell (H.E.L.P.)	41.34
3: A. Famingham (Gala)	52.15
4: A. Curtis (Liv)	52.30;
5: D. McGonigle (Dundee H)	53.09;
6: P. Marshall (H.E.L.P.)	53.26;
7: B. Grieve (Dumf)	54.22;
8: A. Bennett (W'lands)	54.25;
9: P. Stott (E.R.Y.R.I.)	54.36;
10: M. Johnstone (Cam)	54.39. Veterans 0/40: 1: P. Marshall (H.E.L.P.) 53.26; 2: D. Davies (Hebog) 55.45; 3: D. Milligan (Solway) 56.04; 4: Shields (Clydes) 56.20. Veterans 0/50: 1: B. Gauld (Cam) 62.32; 2: J. Buchanan (Scot Mar) 66.52; 3: R. Mitchell (Teviot) 68.41. Ladies: 1: J. Salvona (Liv) 61.06; 2: A. Curtis (Liv) 62.53; 3: S. Niedrum (Clydes) 67.38.

IAN ROBERTS MEMORIAL FELL AND ROAD RELAY 4x4m/18.3.89 Yorkshire

This race has developed a reputation for poor conditions, but this year the weather excelled itself. Gale force winds, torrential rain (which turned to sleet on the top of Pule Hill) produced exposure symptoms to three competitors and also several officials. Fortunately, no one was seriously affected other than comments like "never again".

The team race was never really in doubt when Paul Dugdale only runs the second fastest road leg for his club then Horwich clearly have a strong team out.

1: Horwich R.M.I.
2: Pudsey & Bramley
3: Horwich B

DON MORRISON EDALÉ SKYLINE FELL RACE AL/21m/4500ft/19.3.89 Derbyshire

Typical late winter conditions greeted over 200 starters for this, the season's first British and English Championship event. Low cloud and cold intermittent rain with very heavy conditions underfoot ruled out any chance of a new record, even with the class field assembled.

A group of six broke away and stayed together to finish within four minutes of each other. A number of runners who became detached or took off on their own suffered route finding difficulties, hence the lowly positions of one or two top class athletes. In the ladies race, a high class field saw Carol Haigh and Angela Carson early casualties with the fast pace and subsequent injuries. A terrific battle ensued between Clare Crofts and Ruth Pickvance up to Mam Nick where Clare started to draw away to win the category comfortably.

E. A. Trowbridge

1: K. Anderson (Amble)	2.46.36
2: C. Donnelly (E.R.Y.R.I.)	2.47.34
3: H. Symonds (Kend)	2.47.57
4: M. Hoffe (Amble)	2.48.20;
5: M. Whyatt (Glos)	2.50.03;
6: D. Cartridge (Bolt)	2.50.21;
7: A. Trigg (Glos)	2.55.08;
8: G. Webb (Cald Vail)	2.55.11;
9: A. Hauser (Holm)	2.56.41;
10: P. Tuson (Kend)	2.58.07;
11: R. Ashworth (Ross)	2.59.18;
12: P. Clarke (Kend)	2.59.23;
13: D. Ibbetson (Glos)	2.59.47;
14: W. Gaunt (P&B)	3.03.52;
15: A. Styan (Holm)	3.04.06;
16: B. Horsfall (Holm)	3.04.19;
17: S. Hicks (Guest)	3.04.29;
18: R. Pallister (P&B)	3.04.58;
19: K. Lilley (Dk Pk)	3.05.02;
20: M. McDermott (Macc)	3.05.03;
21: R. Edwards (Leics)	3.05.13;
22: T. Laney (Clay)	3.05.42;
23: M. Seddon (Holm)	3.05.58;
24: M. Rigby (Amble)	3.06.11;
25: G. Huddleston (Kend)	3.09.01;
26: T. Parr (Notts)	3.09.06;
27: J. Nixon (Ach Rat)	3.10.09;
28: R. Berzins (Dk Pk)	3.10.48;
29: J. Maitland (P&B)	3.11.19;
30: R. Whitfield (Bing)	3.15.18. Veterans 0/40: 1: A. Styan (Holm) 3.04.06; 2: J. Nixon (Ach Rat) 3.10.09; 3: C. Taylor (Clay) 3.16.04; 4: M. Walford (Kend) 3.16.09; 5: A. Judd (Leeds) 3.17.33; 6: J. Boswell (Erewash) 3.18.02; 7: C. Keogh (Roch) 3.18.56; 8: B. Deegan (Roch) 3.23.44. Veterans 0/45: 1: F. Thomas (Dk Pk) 3.30.05; 2: D. Jones (Penn) 3.33.00; 3: A. Wardale (Horw) 3.35.04; 4: E. Trowbridge (Dk Pk) 3.35.26; 5: D. Crofts (Heanor) 3.38.20. Veterans 0/50: 1: D. Ashton (Black) 3.17.43; 2: M. Hayes (Dk Pk) 3.26.18; 3: B. Thackeray (Dk Pk) 3.30.13; 4: W. Fielding (Leeds) 3.30.43. Ladies: 1: C. Crofts (Dk Pk) 3.21.08; 2: R. Pickvance (Clay) 3.32.04; 3: J. Johnson (Denby Dale) 3.49.52; 4: F. Cole (C.F.R.) 3.52.16; 5: J. Smith (Dk Pk) 3.52.52; 6: A. Stentiford (Macc) 3.58.14; 7: J. Harold (Horw) 4.00.07.

MANX MOUNTAIN MARATHON AL/30m/8000ft/25.3.89 I.O.M.

Most U.K. competitors managed to brave the stormy ferry crossing to the Isle of Man to witness Horwich's Brent Brindle scoring his fourth consecutive victory in the Mountain Marathon. He was pushed all the way by Pete Irwin just 14 seconds separating them after 30 miles and 8,000ft of ascent. Andy Schofield finished third as last year, with Jack Maitland dropping to fourth. Fifth place went to Pete Browning and he, along with D. Nuttall in seventh and M. Clark in ninth took the team prize for Clayton-le-Moors. Fastest newcomer was sixth placed John Worswick of Horwich.

It was fitting that the 20th anniversary of the Manx Mountain Marathon should see an upsurge in interest with increased entries in both runs and non-competitive walk. The Manx Government's Chief Minister, Miles Walker, presented the prizes

and he along with the competitors thanked Arthur Jones and his many helpers for another well organised event.

Richie Stevenson

Elite:

1: B. Brindle (Horw)	4.42.33
2: P. Irwin (Ross)	4.42.47
3: A. Schofield (Roch)	4.56.59
4: J. Maitland (D.O.S.S.)	5.06.51;
5: P. Browning (Clay)	5.09.11;
6: J. Worswick (Horw)	5.12.51. Standard: 1: J. Amies (Macc) 5.39.22; 2: G. Oliver (Jnr L) 5.40.16; 3: R. Stevenson (Manx) 5.47.26; Veterans: 1: J. Amies (Macc) 5.39.22; 2: M. Cowboume (B.H.) 5.46.16; 3: A. Ireland (Dk Pk) 5.55.26. Veterans 0/50: 1: G. Oliver (Jnr L) 5.40.16. Ladies: 1:

CHAPELGILL HILL RACE AS/1.5m/1400ft/25.3.89 Peeblesshire

1: D. Bell (H.E.L.P.)	19.41
2: J. Taylor (Holm)	20.00
3: A. Curtis (Liv)	20.14
4: D. Shiel (Cam)	20.51;
5: D. Rogers (Loch)	21.01;
6: P. Stott (E.R.Y.R.I.)	21.08;
7: P. Hughes (Loch)	21.15;
8: B. Rogers (Loch)	21.24;
9: S. Bennett (W'lands)	21.25;
10: H. Lorimer (Duns)	21.28. Veterans 0/40: 1: D. Davies (Hebog) 21.34; 2: R. Nicolln (Fife) 22.55; 3: A. Milligan (Solway) 23.33. Veterans 0/50: 1: J. Buchanan (S.M.C.) 26.47; 2: B. Bennett (Pen) 29.26. Ladies: 1: T. Calder (E.A.C.) 23.58; 2: P. Hannaford (Cam) 29.55. Juniors: 1: J. Taylor (Holm) 20.00; 2: B. Rogers (Loch) 21.24; 3: H. Lorimer (Duns) 21.28.

KENTMERE HORSESHOE FELL RACE AM/12m/3300ft/1.4.89 Cumbria

1: C. Donnelly (E.R.Y.R.I.)	1.23.53
2: M. Patterson (Dk Pk)	1.24.05
3: K. Anderson (Amble)	1.25.46
4: M. Whyatt (Glos)	1.26.05;
5: G. Devine (P&B)	1.26.18;
6: J. Taylor (Holm)	1.26.46;
7: P. Skelton (Kesw)	1.26.49;
8: P. Dymoke (Liv)	1.27.02;
9: R. Jackson (Horw)	1.27.06;
10: D. Cartridge (Bolt)	1.27.17;
11: I. Davidson (Cam)	1.27.24;
12: A. Peace (Bing)	1.28.05;
13: A. Bowness (C.F.R.)	1.28.20;
14: A. Trigg (Glos)	1.28.39;
15: G. Webb (Cald V)	1.28.43;
16: R. Pallister (P&B)	1.28.48;
17: N. Lanaghan (Kesw)	1.29.01;
18: R. Jamieson (Amble)	1.29.18;
19: R. Whitfield (Bing)	1.29.34;
20: M. Fleming (Amble)	1.29.51;
21: I. Ferguson (Bing)	1.30.08;
22: P. Clark (Kend)	1.30.15;
23: G. Kirkbright (P&B)	1.30.15;
24: T. Parr (Notts)	1.30.17;
25: W. Nock (Hales)	1.30.30;
26: A. Curtis (Liv)	1.30.33;
27: D. Spedding (Kesw)	1.30.34;
28: D.	

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Frampton (Kesw) 1.30.35; 29: D. Ibbotson (Gloss) 1.30.50; 30: M. Roberts (Kend) 1.30.59. **Veterans 0/40:** 1: D. Spedding (Kesw) 1.30.34; 2: P. McWade (Clay) 1.31.43; 3: A. Styan (Holm) 1.31.47; 4: J. Holt (Clay) 1.33.28; 5: J. Williams (Mand) 1.34.38; 6: J. Hodson (Unatt) 1.37.08. **Veterans 0/45:** 1: T. Birtwistle (Ross) 1/38.55; 2: A. Wardle (Horw) 1.43.19; 3: R. Blamire (Strew) 1.43.40. **Veterans 0/50:** 1: D. Ashton (Black) 1.37.33; 2: R. Hird (Maccles) 1.41.47; 3: N. Matthews (Horw) 1.43.59. **Veterans 0/55:** 1: B. GaUld (Carn) 1.52.39; 2: B. Thackery (Dk Pk) 1.53.53; 3: N. Soper (Dk Pk) 2.02.21. **Veterans 0/60:** 1: W. Fielding (Leeds) 1.49.16. **Veterans 0/65:** 1: F. Carradus (Kend) 2.49.50. **Ladies:** 1: P. Hawtin (Edin) 1.42.17; 2: C. Crofts (Dk Pk) 1.46.01; 3: A. Carson (E.R.Y.R.I.) 1.46.12; 4: R. Pickvance (Clay) 1.47.53; 5: N. Lauery (Amble) 1.51.06; 6: H. Diamantides (Dk Pk) 1.51.34. **Juniors:** 1: M. Rice (Tod) 44.29; 2: S. Brophy (Holm) 47.13; 3: P. Daccus (P&B) 47.46; 4: G. Bland

PENDLE FELL RACE AS/4.5m/1500ft/1.4.89 Lancs

1: J. Maitland (P&B) 31.09
2: G. Huddleston (Kend) 31.26
3: G. Wilkinson (Clay) 32.18
4: G. Gough (Black) 32.33; 5: P. Hardowe (Kesw) 32.39; 6: S. Breckell (Black) 33.12; 7: C. Lyon (Horw) 33.38; 8: W. Horvath (Unatt) 33.42; 9: R. Hargreaves (Clay) 33.44; 10: N. Weaver (Clay) 33.46. **Veterans 0/40:** 1: R. Hargreaves (Clay) 33.44; 2: M. Targett (Clay) 34.55; 3: C. Beever (Holm) 36.16; 4: I. Beverly (Clay) 37.14; 5: A. Evans (Amble) 37.19; 6: C. Taylor (Clay) 37.22. **Veterans 0/50:** 1: D. Tilley (Bolt) 40.00; 2: G. Brass (Clay) 41.42; 3: J. Jaques (Clay) 41.51. **Ladies:** 1: A. Buckley (Lds Univ) 39.15; 2: K. Drake (Spen) 40.27; 3: D. Kenwright (Sarn H) 41.05; 4: J. Kenyon (B Aero) 41.34; 5: K. Patten (S.E.C.O.C.) 43.30.

LLANBEDR TO BLAENAVON FELL RACE AL/14m/4500ft/1.4.89 Gwent

A fairly murky day caused a few minor problems for some on the summits, but everyone turned up in the end! A good entry for a non-championship year of 58 produced 53 finishers.

In the absence of any previous winners, Les Williams finally made it to the winner's rostrum. Les incidentally is one of only two people to complete every Llanbedr to Blaenavon Race, of which this was the tenth. Les is, of course, also a Veteran, as is Dennis Thomas in second place. Where are all the youngsters?

Of the Ladies, Polly Gibb was a convincing winner in one of the best

ever times for a Lady. Last year's winner, Jackie Woods, was 20 minutes behind, despite improving her time by 13 minutes!

Alan Smith retained the Super Vet's prize for the third consecutive year.

G. Buffet

1: L. Williams 2.07.10
2: D. Thomas 2.07.23
3: P. Cleary 2.11.46
4: P. Stott 2.12.45; 5: K. Tonkin 2.14.05; 6: J. Darby 2.14.30; 7: P. Ratcliffe 2.17.43; 8: G. Woods 2.17.55; 9: C. Gildersleve 2.18.15; 10: R. Parkinson 2.18.20. **Veterans 0/40:** 1: L. Williams 2.07.10; 2: D. Thomas 2.07.23; 3: J. Jameson 2.22.30. **Veterans 0/50:** 1: A. Smith 2.35.35. **Ladies:** 1: P. Gibb 2.29.32; 2: J. Woods 2.49.40.

FIENSDALE FELL RACE AM/9m/2600ft/1.4.89 Lancashire

Despite a strong easterly breeze, conditions seemed perfect for records to be broken. Paul Tuson did not disappoint us. His knowledge of the area gained through training on the Bowland fells and, having taken part in exercises with the rescue team, all stood him in good stead. Dave Cartridge's record was lowered by almost six minutes. Vanessa Brindle did an even more comprehensive demolition job on the ladies' record and reduced that by almost 15 minutes!

In the Veterans' class, the Veteran King of the Bowland fells, John Nuttall, used his local knowledge to keep John Nixon at bay and to lower his own record by four minutes. But will his crown be still in place after the Paddy's Pole Race on 6th June?

Holding the race on the same weekend as both Kentmere and Pendle paid off. We had a small entry and this must have made for an enjoyable race. Perhaps a field of only 88 runners needs to generate a bit more income, if only to make a bigger contribution to the rescue team. Can you all afford to pay £150 next year?

Brian Jackson

1: P. Tuson (Kend) 1.18.32
2: D. Nuttall (Clay) 1.19.11
3: T. Watkins (Clay) 1.20.23
4: D. Thompson (Cald V) 1.20.37; 5: A. Taylor (S'fields) 1.21.37; 6: P. Haines (Mand) 1.23.37; 7: J. Nuttall (Clay) 1.24.11; 8: R. Clucas 1.24.20; 9: J. Nixon (A'Ratti) 1.24.27; 10: S. Taylor (Prest) 1.24.48. **Veterans 0/40:** 1: J. Nuttall (Clay) 1.24.11; 2: J. Nixon (A'Ratti) 1.24.27; 3: T. Peacock (Clay) 1.25.35; 4: M. Hudson (L.O.C.) 1.26.56. **Veterans 0/50:** 1: D. Brown (Clay) 1.43.55. **Ladies:** 1: V. Brindle (Clay) 1.31.50; 2: H. Diamantides (Dk Pk) 1.38.45; 3: W. Dodds (Clay) 1.46.50.

HEN/ROCKY MOUNTAINS RACE N/3.5m/1500ft/6.4.89 County Down

Torrential rain, snow and the Rocky river in flood was the welcome awaiting the 34 eager competitors in

the opening race of the 1989 Hill and Dale Series.

All-Ireland Fell Running Champion Robbie Bryson took an early lead but reached the top of Hen Mountain with Brian Ervine alongside. Over Hen and towards Rocky the runners slipped and slid their way down to banks of the heavily swollen Rocky River. Runners paced nervously up and down the bank, unsure whether or not they should take the plunge.

With weary limbs and darkness falling, all but a few made navigational errors, causing many runners to forfeit earlier hard fought positions. Brian managed to hold off a late challenge from Robbie to create a new course record.

1: B. Ervine (B'drain) 36.41
2: R. Bryson (N'castle) 36.43
3: B. McBumey (N'castle) 41.34
4: D. Ross (N'castle) 41.47; 5: D. Graham (B'drain) 42.23; 6: K. Quinn (Tully) 42.36. **Veterans:** 1: W. McNeilly (N'castle) 51.35; 2: W. McNulty (Drom) 52.12; 3: W. Magee (Lame) 54.35. **Ladies:** 1: G. McNeilly (N'castle) 60.31.

MOUGHANMORE FELL RACE AS/3m/1500ft/16.4.89 County Down

Brian Ervine, Gwenda McNeilly and a turnout of 44 runners together produced an evening of new records in the Hill and Dale Race series.

Ascending Pigeon Rock Brian opened a clear lead and on the descent he further extended the margin to win easily, more than a minute inside the old record. Gwenda McNeilly opened a half-minute lead on Morag McRoberts by the summit and maintained this to the finish.

1: B. Ervine (B'drain) 30.59
2: J. Patterson (N. Down) 32.02
3: I. Park (B'drain) 32.44
4: D. Graham (B'drain) 33.32; 5: D. Ross (N'castle) 33.34; 6: K. Quinn (Tully) 34.06; 7: P. Holmes (N'castle) 34.25; 8: P. Mallon (Unatt) 35.42. **Veterans:** 1: M. McNulty (Drom) 36.39; 2: B. McNeilly (N'castle) 40.51; 3: B. Magee (Lame) 41.06. **Ladies:** 1: G. McNeilly (N'castle) 48.41; 2: M. McRoberts (Unatt) 49.06; 3: F. Magowan (Unatt) 50.40.

Psst. . . .

Rumour has it that the F.R.A. is setting up a working party with representatives from all the Home Countries to agree on the recommended size of Mars Bars to be carried in races. The S.H.R.A. is said to favour two bottles of Greenmantle or equivalent. A semi-retired, well-known member of the S.H.R.A. committee has pointed out that he has available a large stock of miniatures for competitors in future races which he has collected from discards at previous races.

Rumour has it that the Government is secretly negotiating with the F.R.A. on issuing personal I.D. cards to be carried in bumbags at all times on the hills to aid collection of local tariffs for use on Lakeland hills.

Rumour has it that the use of two-way lift passes enforces the view that alpine skis are for downhill use only in winter

and road shoes are for uphill use only in summer.

Rumour has it that even magic gear can fall apart on rough terrain and Government health warnings on not sharing needles and choosing your partner carefully also apply to Mountain Marathons. Further research is continuing on self-erecting magic capgoules to carry on Mountain Marathons and the Ben Nevis Race.

Rumour has it Chris Donnelly would like to know who Keith Anderson is.

Rumour has it that several Scottish race organisers bewildered by the multiplicity of organisations offering rules, laws and advice, and competitors making irate 'phone calls concerning their race organisation while wearing sun hats, wish some runners would just run.

FIXTURES UPDATE

- Please note that the date of the Kinniside Fell Race has been changed, it will now be held on **Saturday, July 15th.**
- Paddy Pole race on **6th June** at 7.15 p.m. requires navigation skills in bad weather and to find the start at GR 602442.
- Please find below details of eight races additional to the existing fixtures:
THURSDAY, JUNE 29 - POTTER FELL RACE. N. 7.30 p.m. 7m/700 ft from Oakbank House, Skelsmergh, Kendal. £1 on night only. Teams free. Marked course. Also junior race: U14; 3m. Details: J. Chapman, 1 Oakbank House, Skelsmergh, Kendal LA8 9AQ. Telephone: 0539 31863.
WEDNESDAY, JULY 5 - DANEFIELD FELL RACE. N. 7.30 p.m. 4.5m/ 800 ft from Otley Old Road, Otley Chevin. £1 to organiser by July 1st, or on night. Teams free. Limit 200. Marked course. Over 16. Details: C. Wicks, 32 Grove Lane, Leeds LS6 2AP. Telephone: 0532 787422.
THURSDAY, JULY 6 - FOX AND HOUNDS CHASE. N. 7.00 p.m. 9m/ 1100 ft from the Fox and Hounds Inn, Ainthorpe, Danby, N. Yorkshire. £ 1.50 to organiser or on night. Teams free. Marked course. Over 18. Also 4m cross country fun run. Records: 1.02.18 H. Stevenson 1988; f. 1.15.25 S. Wright 1988. Details: T. Chadwick, 4 Station Road, Castleton, Whitby, N. Yorkshire Y021 2EG. Telephone: 0287 60195.
SUNDAY, AUGUST 27 - RAS Y CNICHT. AS 11.00 a.m. 4.5m/1800 ft from Croesor, near Penrhyneddraeth. £1 to organiser by August 21st or £2 on day. Obvious route. Over 15. Entry includes refreshments. Records: 32.57 C. Donnelly 1986; f. 37.45 A. Carson 1988. Details: F. Uhlman, Beudy Newydd, Llanfrothen, Penrhyneddraeth, Gwynedd LL48 6SP. Telephone: 0766 770257.
MONDAY, AUGUST 28 - CILCAIN MOUNTAIN RACE. N. 1.00 p.m. 3.75m/1150 ft from Cilcain. £1 on day. Teams free. Navigational skills. Over 16. Also junior race: 11-15 years; same course. Records: 26.22 J. Messum 1985; f. 31.57 A. Carson 1985. Details: D. F. Gregg, The Poplar Cottage, Hatton Heath, Chester. Telephone: 0244 332676.
WEDNESDAY, SEPTEMBER 6 - COMBS FELL RACE. N. 7.00 p.m. 3.25m/950 ft from the Beehive, Combs, Derbyshire. £1.50 on evening only. Teams (4) free. Marked course. Over 15. Also junior race. Details: C. L. Lomas, 46 Chapel Road, Whaley Bridge, via Stockport. Telephone: 06633 4247.
SUNDAY, SEPTEMBER 24 - SANDSTONE TRAIL RACES. CM. Race A 10.00 a.m. 16.5m/1750 ft from Duckington. £2.50 to organiser by September 17th. Teams free. Over 19. Records: 1.43.54 S. Anders 1984; f. 2.15.18 A. Shepherd 1985. Race B 10.50 a.m. 9.5m/950 ft from Beeston Castle. £1.50 to organiser by September 17th. Over 17. Records 57.06 A. Thiemicke 1986; f. 1.08.37 J. Pearson 1979.
Both one-way races; buses will depart from the finish at Barnes Bridge Gates, Delamere at 8.30 a.m. If you wish to book a place on one of these, please include £1 with your entry fee. Details: B. Barnes, Hillcroft, 111 Station Road, Delamere, Northwich, Cheshire CW8 2HZ. Telephone: 0606 888845.
SUNDAY, NOVEMBER 19 - BREDON HILL BASH. N. 11.00 a.m. 6.25m/712 ft from Elmley Castle Recreation Ground. £1.50 on day only. Teams (4) free. Over 17. Records: 39.29 G. Patton 1988; f. 50.50 C. McCarthy 1988. Details: M. Burrows, 14 Willow Road, Four Pools, Evesham, Worcestershire WR11 6YW. Telephone: Evesham 48464.

Glen Rosa Horseshoe Fell Race Preview - Isle of Arran, Scotland

The route, as near as possible that suggested by George Broderick in the early '70s, is a great introduction to the Arran ridges.

The alterations - included to appease landowners - have resulted in a safer, more runnable route more or less following the skyline around Glen Rose. Underfoot is an interesting variation between rough grass, rock and heather.

The venue of Brodick Castle has many attractions, to me the most pleasing is that unlike the Goat Fell Race there is no road section at the end of the race. The Castle has a tearoom which will be open all day, so wives and friends will have somewhere to wait. There is an adventure playground for kids and a stately home for grannies.

The race has been timed so that no overnight stay on Arran is required, but Arran offers some very varied and interesting running, so staying at least for the weekend is recommended.

There has been a healthy interest in the race, several runners have been over to Arran to look over the course, entrants coming from as far as London.

Ferries to Arran sail from Ardrossan which is south of Glasgow so it isn't such a huge distance to travel for those coming from the south. **The race is on 24th June and see the calendar for further details. Well worth the effort for someone who is looking for a race that is a bit different.**

Dave Freeman

The Record Business

Who holds the most fell race records? That was the subject of a lengthy discussion recently in a pub somewhere in darkest Lancashire.

No-one was sure if Kenny's one time domination of the record list had now been eclipsed and, if so, who by? In the female ranks the issue was never in doubt, the quick little lass from Holmfirth would surely reign supreme, but who would be second to her, and would Carol hold more records than any man? I resolved to get to the bottom of this as soon as I could find my fixture list.

For the purpose of this survey, only records published in the 1989 F.R.A. Fixture Calendar are counted; this puts the ladies at a slight disadvantage as some race organisers, inexcusably, quote only a male record. It can't be that no ladies have ever competed in these events, surely! Rectification of this state of affairs required for next year's calendar.

Once I began counting up individual runners totals I realised that here was a task likely to cause brain-fade and this is my excuse for any errors discovered by those with an Einstein-size capacity for facts and figures.

The results are interesting; does Carol Haigh hold more records than any man? No Contest. In fact, she holds a staggering 43, making her surely the most prolific record breaker, male or female, in the history of British fellrunning. Angela Carson is next with 17 and Vanessa Brindle 3rd on 11. Look out in future for Ruth Pickvance too, she's much improved and has been giving Carol a hard time in some races lately!

Among the men, it's interesting to see those old stagers, Kenny Stuart

and John Wild, still in the top three despite a lengthy absence from the sport; tough times to crack, huh? Jumping over them though is Colin Donnelly.

MEN - The top three:

- | | |
|-------------------|----|
| 1; Colin Donnelly | 16 |
| 2; Kenny Stuart | 12 |
| 3; John Wild | 9 |

Other notable totals:

- Dave Cartridge 7; Rod Pilbeam 7; Jack Maitland 6; Ray Owen 5; Billy Bland 5; Sean Livesey 5; Paul Dugdale 4; Andy Trigg 4; Andy Styan 3.

WOMEN - The top three:

- | | |
|--------------------|----|
| 1; Carol Haigh | 43 |
| 2; Angela Carson | 17 |
| 3; Vanessa Brindle | 11 |

Other notable totals:

- Pauline Stuart 9; Clare Crofts 6; Ruth Pickvance 4; Sue Parkin 4; A. Bedwell 4; Stephanie Quirk 3; Jean Lohead 3; Penny Rother 3; Sarah Haines 3.

Mental Note: Two Andys among the men. Hmm, there's hope for me yet!

Andy Walmsley

Mountain Navigation

You may think that someone who has managed to get lost on the flagged route to the map issue of a Mountain Marathon is hardly the sort of person to be writing an article on this subject.

You would have the wrong end of the stick! This is not a tub-thumping piece aimed at making sure we always know exactly where we are on the fells; rather in making sure the other fellow doesn't! Yes folks - it's time to blow the gaff on all those simple subterfuges which can be used to throw your fellow competitors off the scent, thereby promoting yourself considerably higher in the results lists.

Race routes may be roughly divided into two. Those you know and those you don't. To take the familiar ones first - there is one golden rule: NEVER WEAR YOUR CLUB VEST! Particularly if the event is in the locality. The wearing of a club vest denotes that you are a mature, experienced athlete well ^



Clare Walker Telford, followed by Gordon Trevor, Titterstone dee, Saturday, February 25th 1989

W. S. Bateson

versed in the ways of fellrunning. If you sport Keswick colours in the Borrowdale Race or Dark Peaks in the Marsden to Edale people will think you know the way! When the mist comes down runners will gather around you and expect you to become their leader. You will turn around and find that you have acquired a "tail" of 15 or 20 people who will blindly follow wherever you lead. However slowly you run and loudly you protest that you too are lost, you will be unable to shake them off. They will follow you until the mist lifts or you drop down out of the cloud towards the finish. Suddenly you are alone again without even a "by your leave!"

A word from the wise! There are ways of dealing with this problem. You don't have to start five minutes after everyone else as Billy Bland did at Ennerdale one year to make your point. If Billy ever ran in my quarter of the field he'd know the answer. A short halt is called for to admire the view, re-apply the Booth knot to your shoe laces, or to reply to a call of nature. Depending on the length of the race and degree of "lostness" of your tails they may latch on to some other poor unfortunate leaving you to go about your business. Needless to say this ruse is best employed immediately after you have led them off-route either accidentally or otherwise! It will not always work. Jon Broxap tried it on Black Combe and half-a-dozen runners stood around twiddling their thumbs until he set off again. (This story was passed on to me: I have never seen Jon Broxap after the first 100 yards of a race!)

If it doesn't work sterner measures are called for. I well remember Barrie Laycock and myself leading a pack on to Fairfield during the Ian Hodgson Relay. The clag was well and truly down and we didn't want our 20 strong accompaniment to find the way down to Cofa Pike. (We had both made the classic mistake of wearing club vests!) Running past the correct exit point we turned Fairfield summit into a huge roundabout and ran a 300 yard circle, stopping several times to consult the map. Two by two our entourage trotted off at tangents, leaving Barrie and myself to slip quietly down the correct ridge. These people were easily fooled - whoever heard of an Ambleside runner being able to read a map!

In some circumstances it may be necessary actually to become lost yourself in order to lose your pursuers. But be careful! This strategy is for desperate situations only: there may be someone in the group who knows where he is! Unlikely as this may seem it has happened that a group simply switches to a new and more confident leader, leaving you alone in the mist with only your map and compass for company.

Even in short races there are usually short cuts which the experienced runner will know about. The rule here is: NEVER SHOW ANYONE A SHORT CUT. The erstwhile President of my own club, Norman Walker, is a past master of this particular aspect of the sport. Norman knows all of the short cuts of every race in the Lakes and has never shown any of them to anybody - even his clubmates (especially his

clubmates!) If Norman is running with a group, as a short cut approaches he will imperceptibly shorten his stride until, reaching the back of the group, he will slide off on to his own route. He is not seen again until he reappears 50 yards in front a minute or two later. No-one ever sees him go! Norman is increasingly turning to an unlikely arena for his unique talents. Taking short cuts in marathons has never really received much official blessing. He must surely be hoping that Road Race officials may follow the lead set by the F.R.A., and develop the art of navigation in their events.

One tactic to watch out for on unknown terrain is the numbers game. Put simply it is based on the proposition that quantity of navigation is more important to the fellrunner than quality. So if 15 people are running on a bearing 90 degrees out from your own then you will follow them. Orienteers among you will know that this is usually the wrong answer - you should trust your own judgment implicitly. This is why in a 400 strong field on a beautiful summer's day the runner who approaches the checkpoint from completely the wrong direction and leaves it in similar style will invariably turn out to be an orienteer!

There are many variations on this simple theme. One which I shall call the "Peart Numbers Game Double Bluff" was worked cruelly on me by an old adversary, Ken Peart, on the Dartmoor K.I.M.M. Ken and his partner Big Daft Ian were on the 'A' Course while Frank Reddington and I had misguidedly thought we could compete at the Elite level. Half-way through the second day Frank and I were contentedly on a bearing over a long leg to Control 42 when Ken and Ian loomed up out of the mist with a tail of half-a-dozen pairs. The encounter was jovial enough at first - Ian enquiring after our health and entering a discussion on the rocket propulsion qualities of Vesta dried foods. Ken was now clearly keen to be off (in fact Ken had nearly disappeared over the skyline) when I asked which control they were headed for. Number 86 came back the shouted reply and since they were virtually on the same bearing as us I reconsulted the map, which showed the two controls almost two miles apart. The six teams behind Ken all seemed convinced he was right and so I altered our bearing accordingly. We ran on for a mile before finding a lake where clearly it had no right to be. It slowly dawned that we had been on the correct line all the time. Seeing Ken a few miles further on his face was beaming that rather malevolent smile and we realised that we had been had by a most complex navigational ploy, the numbers game double bluff. Ken had swung the trick by the imaginative use of his six pair tail!

But how did we come to be lost on a flagged route? I hear you ask. That's a story for another day, but suffice it to say that one of the consequences lay in our being able to experience a delightful afternoon tea at Ennerdale Youth Hostel at 8 pm, towards the end of a 13-hour day. As I recollect we didn't win that one. Perhaps I ought to go on a course?

Selwyn Wright

THE EDITOR'S BROKEN ARM

Pete Bland has suggested that not everyone will be bored by tails of woe demanding your sympathy. Following a very busy frustrating time producing the magazine before Christmas and a very active cross-country skiing holiday in Switzerland, I left home at 7.30am, on the 22nd January to attend an F.R.A. Committee meeting in Kendal and answer the shortcomings in the magazine. On a bumbagless training run before the meeting I slipped in a flat field, fell on the only rock therein, and landed with the weight of my body on my arm striking the rock. The next minute my lower arm was rotated outwards and the pain did not quite explain what had happened. Was this a result of the early start, weak ligaments damaged when falling on adventurous skiing trails, or just a way of avoiding the committee meeting?

The only person running with me, Steve Peruzza, ran on to find help while I tried to walk towards the Golf Course and the route back to Kendal. Walkers passed, bridges were sat on, feelings of nausea and incredulity came and went, the bum bag was searched for. Finally, Steve alerted some walkers who thankfully lent me some extra clothes and led me to a shed on the Golf Course to await the ambulance Steve called. Readers may be surprised at the lack of Joe Simpson Andean ambience.

To add to the drama I had to be stretchered across the Golf Course and the bearers, who were not wearing P.B.s, slipped and nearly dropped the stretcher. After 70 minutes from the point of impact the ambulance men were lifting me into casualty at Kendal Hospital and removing mud from their stretcher. I wish to thank all those who helped me on this occasion, especially Steve who later the same day had to take his wife to hospital to give premature birth. Even the N.H.S. for all its shortcomings some of which I encountered in the succeeding six weeks, has some dedicated workers who must be thanked if they are reading this article.

The Committee Meeting was nearly over by the time I was discharged from the hospital and the discussion on the role of editor was deferred and actually took place in my absence at the subsequent meeting. A three hour wait, a prelude to other waits when using public transport, preceded the arrival of a rescue vehicle from junction 36 to take me and the car, or ash-tray as the Australian driver called it, home courtesy of the R.A.C. After four weeks of somewhat pedestrian activity I started training again and actually managed some P.G.s (performances as well as shoes) jogging on the flat in plaster.

A TRINITY OF FELLS SKIDDAW - GREAT CALVA - LENCATHRA

*This - the umpteenth time I've climbed
from Fitz Park's field to the balding summit.*

*But now we run a special gauntlet,
for time is our sword of Damocles.*

*Heads bowed, as though in reverential deference,
we stride the ever widened path
until the ascent by the monument
squeezes the lungs, grasps the muscles,
and we fight the increasing steepness.*

*Along a levelled path we increase the pace
and then the steepness, though less in fierceness,
meets us as we tread the windswept slate.
At last the shelter is within our view -
we drop beneath the western flank,
dismiss the springing heather that hides our feet,
and once again we contend another fell.*

*Great Calva, shapeless, of nothing to boast,
demeaned by greater summits,
but the ascent, though fast, does not diminish
the human effort to the top where
ageless rusting fencing posts protrude from crude cairn,
like so many discarded weapons.*

*Not until we reach the gentle beck
does coarse heather find its boundary.
No time to choose a crossing,
we leap into the waters.
We assault the extensive flank
that never seems to surrender distance.
On, forever onwards, rising steepness,
until we break the serrated rim
and view a cauldron of greyness
beneath our feet; down we must plunge,
and so we seek the sharp arete,
the ridge that will bring us
into Threlkeld's hamlet, a mellowing of the spirit.*

Peter Travis

The Over the Hill Caper

by Chas Ryder

CHAPTER ONE

It was evening. I sat in my office. The traffic outside in the city sounded like heavy breathing. The 'phone rang. I answered it. The voice sounded like heavy traffic, mostly Ladas and mainly obscene. I slammed it down. A figure appeared in the glass of my door. A bountiful figure.

"Come in," I neighed hoarsely.

She was a dame. And I mean dame from Dame School.

"Real Damesville," I growled.

Her hand went to her purse. Something snapped in my brain.

"Stooge," I thought, pulled from my desk drawer a Clairol 1200. She paused.

"Easy on the artillery," she whispered like a canary on coal gas, and then smiled knowingly. "Two speed, blow dry, thermostat controlled." She knew her stuff all right.

Slowly, like a broad taking a handkerchief from her purse, she took a handkerchief from her purse. She was crying. Usually I slap dames who cry, but we hadn't been introduced.

"I'm Hank Marblejaw," I said, and slapped her.

"It's my husband," she said.

"No. It was me." And I slapped her again.

She got off the floor.

"I want you to follow my husband."

Easy. As easy as ABD. They don't call me Hank for nothing. Hank, Hank Marvin. Shadows. See? It all fitted into place.

I sneered. I sneer good. I got a BSc in sneering.

"Got a floozy, huh?"

She shook her blonde head.

"Two floozies?" I sneered to research level.

"Worse, I ... I don't know. I think it's some sort of perversion."

I like sleeze. Give me good old sleeze any day. A murder wrap's OK for amateurs but sleeze is for real Dicks. She told me all she knew. It was bad. The man had a problem. I had to find out what. She smiled like a neon sign saying "help", or was it "Andrex"? I forget. Then she turned and left the office. Wow! She had more curves than a Bessemer Steel Converter.

When I saw him he seemed like a regular guy. And it wasn't even

November 5th. Sure, a few things were odd. The green Lurex tracksters, the odd stains on his white sweatshirt. But something made him Mr Less-Than-Average. I couldn't figure it. Then it hit me. It was the Silver Shadows. I don't like being hit with Silver Shadows. Like Mike Yarwood, they leave a bad impression. I bugged him round the block, through the Leisure Centre and into the shower. I wanted to frisk him but I could see he was clean. I went back to the office and poured myself a slug. I once tried a snail-on-the-rocks but it stuck to my throat like Bostick.

"This guy's just too normal," I thought. "Norman Normal, road jogger and fun runner. Too much, where's the kink in that?"

The room was hot. So hot you could only see it with a heat seeking device. I was sweating. But it was no-sweat. I'm a cool character. Fiction's like that. I sat and thought. I had a shrewd hunch, but the Doc said with surgery and a big overcoat nobody would notice.

CHAPTER TWO

Saturday. I was up with the dawn. No wisecracks, I don't need cheap laughs, I drove out to Morganstern's place on 25th and Vine. Then waited. It was ten after nine when he came out the house. He drove off in his car. It was an '86 Skoda Convertible. The man wears his style like a kaftan. I tagged behind like a St. Michael label on Y-fronts. He took a left, a right, a left again, then straight on down the expressway out of town. The road was sticky, the sky as blue as a dame's rinse, but for IOg and expenses it was easy meat. I followed Morganstern into the mountains. He pulled up. There were two mean looking stooges there, that made three stooges but it don't make me laugh. They talked. Time passed like a prawn vindaloo. More stooges showed, mainly guys, some dolls. And what dolls. They had more up front than a Klaus Barbie Doll. Something was cooking. At 100 degrees in the shade, it was me. I got out of my car. I tried to look inconspicuous, but with the bulge in my tracksters it wasn't easy. This pugnugly sap sidles up to me. His voice sounded like gravel on a peptic ulcer.

"You runnin'?" he grunted.

I peered over the top of my contact lenses and looked the ape right in his eye. "Yeah," I snapped.

"Registration over there."

I knew his sort, built like a Yamaha organ, Lycra shorts and a 59 pb for 10k. This was serious with a capital C.

I paid my moolah and got my number. Morganstern hadn't noticed me. He was 23, I was 28 but looked older. I checked out the field. The things these creeps were doing with Vaseline made blue movies look like Bambi meets M. Poppins esq. And the smell! There was Deep Heat abuse here. No sweat. I looked over at Morganstern's feet. Something was up. And I don't mean the Dow Jones Index. OK, so he had runner's feet, the size of two road gang shovels and just as clean. But the shoes. Rubber spikes on the soles? Crazy but crazy! I'd hit first base and how. But before I could say Dunlopfetish, the race was off.

CHAPTER THREE

The road stretched ahead like a puppy after a cat-nap. Morganstern was at the front but when I'm paid to follow, I follow good. If I'd tailed him any closer, it would certainly have been unnatural, probably illegal. It was fast. But I was OK. I could handle it. Our feet were hitting the deck like a Shamus hits a suspect when, wham! The stiff turns off the road. The bozo! I thought he'd goofed, when I sees the whole field's making like a rattlesnake up a storm drain. These dopes were heading for the hills. This was the Klondyke without the Klon and only a few dykes.

Ahead the hills looked like a pool table that had been upturned in a bar-room brawl. They were up, steep and green. The 7 ball was a rock, the cue ball a sheep and there was a rip up by the top pocket. It looked tough. Tougher than backspin on the black. And it wasn't even my break. Like it was wild. There was more grass here than a Harlem pyjama party. I'm not an outdoor man. Outdoors is for alleycats and I sure ain't a pavement princess. And it was hard. My breath came in short pants. I clawed my way up the hill like I clawed my way up from West-side Milwaukee and these guys were still running like Nancy Reagan ran for president. And she caught him. I wasn't catching these

schmuks. They were on direct line for the target area Cruise missile-wise and I was on burn-out, one step behind for their three. My luck held. In front Morganstern was flagging like a doorkeep flags a yellow cab. He was going no place. That made two of us. I had to get the low-down on this guy. What made him tick? What made him sweat? What made him rub his thighs like that?

Sure, it was all up, but so was the Al Capone racket if you know what I mean. But now it was up like the Empire State's up. We was all walking. As the man once said, "it was a nice walk if you like grunting". Time passed with the speed of continental drift. There was a breeze. I checked my hair in the mirror. I may be a gumshoe, but I'm a neat gumshoe. I like to reflect. It was OK.

Suddenly there was no up. Up had gone. There was only down. Morganstern had gone too. I didn't like it. Something stank. It could've been my feet. It could have been the mist. Hey! What mist? Who's writing this story? Cut the mist or it's a wooden overcoat for you, buster! That's better. No mist. There was Morganstern on the slippery slope. I followed. I thought flats were Limey apartments 'til my feet went and I was on my butt. Tobogganing without snow? Now that's bizarre. Then I saw Morganstern fall, a real prat fall on the rocks. "Some drunken legs" I thought. Another dumb-cluck went past like a Space Shuttle with flapping sails, and nose-dived into a stream. This was kamikaze stuff without Pearl or her sister Harbour. Morganstern went again and slid like a well-oiled heel on a greasy pole. Then it clicked. Clicked like a thing going click. These guys were falling down. They were fall guys. They ran. They fell. They were fellrunners. I'd heard the word on the grapevine. Some bunch! They were into pain like the Third World's into debt. So this was Morganstem's bag. His dame should worry. He was sick. They were all sick. What would drive a man to this? To the pits and up a mountain? Now I was really flying. Downwards at mach 3. My ankle went over. I fell again. My mug hit the deck. It hurt like hell. But I could get to like it. Maybe ...

TO BE (DIS)CONTINUED



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SATURDAY 11th NOVEMBER 1989

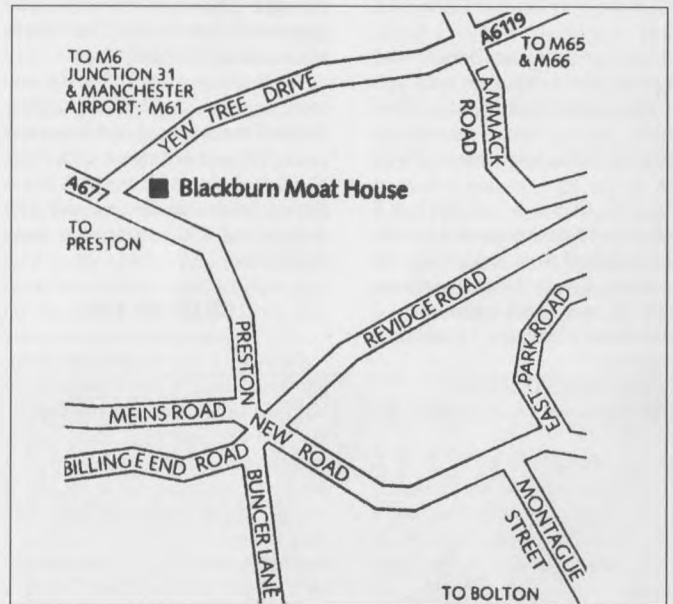
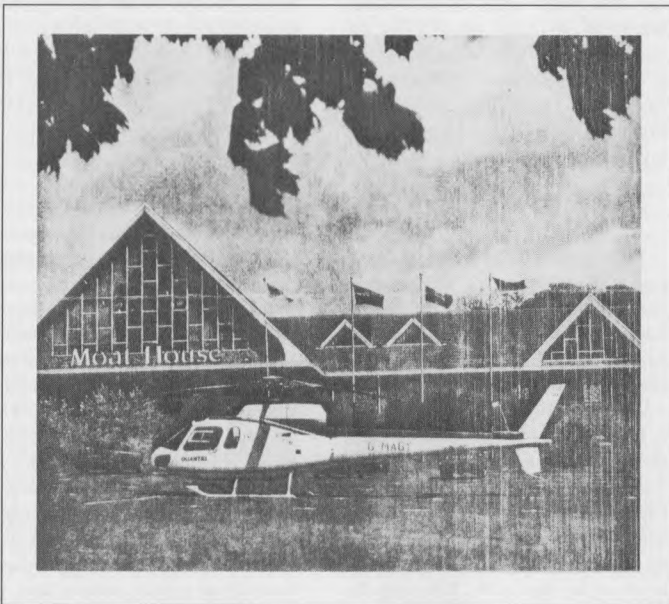
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BOOK REVIEW

The Mountains of Connemara

A hill-walkers' guide. By Joss Lynam, Justin May, Paul Mohr, and Tim Robinson. Folding Landscapes. 1:50,000.

An invaluable little opus for anyone - walker or runner - who intends visiting this gloriously isolated part of the Republic of Ireland. Up to recently, in the opinion of most users of Ireland's mountains, the Ordnance Survey in Ireland was considerably underfunded, especially when you discovered the contour interval of 250ft missed significant crags and cliffs. This discovery was generally made when you were trying to find your way home in a pea-souper! This contour interval and the upland maps had not been revised since 1837 due to other priorities, although major efforts are being made to produce a revised 1:50,000 and a new 1:25,000 series, based on the photogrammetry, which will cover the major mountains. The "preliminary" Kenmare map which is also discussed below is the first one printed. However, production of all of these maps should take some considerable time.

In the meantime Joss Lynam has produced a very useful map and guide-book to this inadequately mapped area. Joss is a founder of the Federation of Mountaineering Clubs in Ireland, an orienteer, hill runner, and climber who led the Irish expedition to Zhanzi in the Himalayas recently. Justin May is also an experienced hill-runner and former Irish orienteering champion. The map covers an area from Letterfrack in the West to Lough Corrib in the East, and from Recess in the South to Ireland's only fjord, Killary Harbour, in the North. It has been prepared from aerial photos and the field work was done by Joss and Tim Robinson, an accomplished mapper and author, who, though born in England, has an intimate knowledge of Connemara from living there since 1972.

The contour intervals are at 30 metres with bold index contours at 150 metre intervals. Distinct changes are shown by means of form lines at 15 metre intervals, and screes and crags are clearly marked. The map also shows footpaths and forestry rides which will be a relief to the many people who have spent unhappy hours trying to bash their way out of unsympathetic forest plantations. The map also shows that essential Irish landmark - the pub!

The map is accompanied by an extensive guide book with 18 walks among the Twelve Bens and Maumturk mountains. The book covers access, accommodation,

weather, safety, and mentions the history of the area. It also has a compact but comprehensive section on the geology of the area by Professor Paul Mohr of University College Galway. The final walk is the Western Way from Oughterard to Leenaun covering 31 miles with only 1,600 feet of ascent, although the going is quite rough underfoot. The toughest route is the Maumturks walk which takes in 8,000 feet of ascent in 15 miles. The record which is held by Aengus O'Cleirigh is well under four hours.

All in all, an essential piece of equipment for visitors to this beautiful part of Ireland.

Recommended.

Kenmare 1:50,000 MAP

Ordnance Survey of Ireland. "Preliminary" Edition.

I'm sure you're all wondering what a preliminary edition is? Well, it's the cause of much dancing and whoops of delight in Irish mountaineering circles, as finally the Ordnance Survey have produced an accurate photogrammetric map of the McGillicuddy Reeks - a range of mountains which includes Carrauntoohil, the highest in Ireland at 3,414 feet. The map is a preliminary one because none of the upland areas depicted have had any field surveying. However, this still does not remove the fact that this is the best map that the Ordnance Survey has produced.

The map has a contour interval of ten metres which is nearly more than the user can absorb at this scale. While crags and cliffs are not marked at present the steep slopes appear as walls of solid brown contours which show the hill shapes clearly. Paths and tracks aren't shown either but the O.S. would welcome comments from clubs and other users on any amendments that they might consider useful. So, now you know what to do with your holidays!

The area covered stretches from Dingle Bay to Kenmare and covers some of the most magnificent mountains in Ireland. The Reeks with their six Munros, the Purple Mountain Annu, Mullaghanattin, and the Coomasaharn Horseshoe are all included. So, those of you who are coming over to compete in the Strickeen Hill, and Carrauntoohil hill races on the 3rd and 4th June, and intend spending some holidays here, have a treat in store.

Cribs? Well it doesn't show the pubs or hotels in the area. Still, you can't win them all!

Douglas Barry
Chairman

Irish Hill Running Association

The Long Distance Record Book

The Long Distance Record Book by Andy Milroy. Published by The Road Runners Club, 1988. £4 (inc. p&p) from Don Bonser, 76 Benhill Wood Road, Sutton, Surrey SM1 3SJ.

Some members may question a review of this book appearing in "The Fell Runner" as only six of its 100 pages are concerned with fell and trail (USA) records, including a photograph of Jos Naylor. However, it can be thoroughly recommended to anyone whose interest strays even a little beyond the realms of our own sport, and particularly those with a liking for ultra-distance events. Andy Milroy lives in Wiltshire and is Honorary Statistician of the Road Runners Club. He is not one of the new breed of athletics writers trying to cash in on the jogging boom with sensational stories and gossip and ill-founded advice on training methods, etc. His approach is that of the true amateur, using the term as we would in regard to ourselves and our so-called "professional" brethren of the Lakes and Dales, and this book, actually a development from three earlier booklets, bears the fruits of his extensive research into long-distance running over the past 12 years or so. The first dozen pages trace the history of running from over three million years ago up to the present, covering all corners of the world. Much of this material was new to me and wholly fascinating. The rest of the book consists of detailed listings of records and other noteworthy performances, achieved mainly on road and track. The book has been neatly typed and bound with a stiff cover, and includes several photographs and drawings, the latter of great historical interest (as are many of the photos). It is certainly a valuable contribution to athletics literature.

Bill Smith

The Round Peter Travis

There is in beautiful countryside the power to change men's lives. The mountains and lakes of the English Lake District have had this effect on many, and author Peter Travis is amongst them. For though the hero of this book is one Gordon Shawcross, he is but a thinly disguised version of Peter himself, and it is Peter's intimate knowledge of fell and tam, Peter's aspirations and ambitions that I felt I was sharing when I read this book.

The facts of the Bob Graham Round are now very well known, at least to readers of these pages, and in *The Round* we follow how Gordon, at 53, comes to be persuaded against his own self-doubts that he has the ability to complete the Round. He is an experienced fellsman, both a climber and runner, but it is only because of the encouragement of his peers that

he sees the challenge is within his grasp.

For the next seven months we share his life as this focuses increasingly on his goal. There are high points of memorable days spent training or racing and of growing friendships with other runners such as Adam Brandthwaite, a Borrowdale stonemason, and there are lows as doubts beset his mind and especially when Joe Palmer, a fellow runner, dies in a tragic accident in a race, as others have done in reality. Then there is the initially unwelcome presence of Colin Foster, who is to share Gordon's attempt. His appearance seems to intrude on Gordon's private world, but in time they are reconciled.

At last the day comes. Does Gordon complete the Round? You must read the book to find out. It is totally fascinating, and in his fictional account Peter Travis comes closer than anyone to conveying what moves men to try this amazing feat. If you too know the satisfaction of a long day in the hills, then you'll delight in *The Round*. I did.

Ned Paul

(Courtesy of Compass Sport)

Ten Years of D.P.F.R.

To mark their 10th Anniversary Dark Peak Fell Runners have produced a record of their first ten years of existence from 1976-1986. The end result may have been a little late in arriving, but the two editors, Graham Berry and Dave Sant, should be congratulated on their achievement of assembling a wide range of articles, cartoons, photographs and results which depict the evolution of the major fell running club in the Peak District.

Many of the articles are esoteric and rely on some knowledge of the personalities involved to be fully appreciated. Nevertheless the book does provide an interesting insight into fellrunning and many of the articles are full of humour. In particular a verbal blow by blow account of one entertaining annual general meeting has been recorded in an unabridged form. It indicates just how silly apparently important issues appear, when viewed in retrospect after the dust has settled. I am sure any fell-running club member will identify with this comedy. Other articles range from the treatment of penile frostbite with warm porridge to an emotional account of the 11th Ennerdale Horsehoe.

Ten years of D.P.F.R. has been professionally assembled and printed, producing an excellent finished article. It is well worth the £5.00 purchase price, especially for those ageing competitors who ushered in amateur fellrunning in the late 70s, as well as the younger element who only joined the ranks after all the hard work was completed.

The book is available from: G. Berry, 28 Montrose Road, Sheffield S7 2EE. Price £5.00 + 60p p&p - total £5.60. Cheques made payable to D.P.F.R.

E. A. Trowbridge

RUNNING THE MUNROS

(or 277 reasons why PB's are best!)

An account of a complete traverse of the Munros, 277 Scottish Mountains over 3,000ft in 66 days.

"Munro-bagging" has become a major pre-occupation for thousands of mountaineers, hillwalkers and fell-runners. It's a game that adds purpose and discipline to those with wandering feet who enjoy the mountains. It broadens the appreciation of the Highlands and Islands by taking you across the length and breadth of Scotland, from the popular areas such as Glen Coe, Ben Nevis and Ben Lomond to the wilder, more remote ranges such as the inner Cairngorms, the big glens of the Western Highlands and the barren reaches of Sutherland.

It all started in 1891 when Sir Hugh Munro first published his list of all the 3,000ft mountain summits in Scotland. Hence the designation "Munro". The game it inspired has driven many a hillman up the A74 and A9 to "bag just a few more" but, as with many games, there are numerous ways to feed the obsession, even to add a competitive element.

Hamish Brown was the first to complete a continuous round of the Munros in 1974. It took him 112 days. Since then there have been several other record breaking rounds. One of these later rounds in 1984 set up a record of 83 days (in winter) which inspired me to try a lightweight fellrunning summer attempt in 75 days or less. The idea just grew and grew and wouldn't be cast aside.

I spent most of the long evenings of the 87/88 winter studying maps and guide books trying to produce an optimal schedule based on a 75 day target. The schedule split the mountains mostly into day trips with a few two or three day expeditions. The method used was similar to Martin Moran's 1984 trip - i.e. using motorised transport to travel between the ranges and a series of temporary base camps. I had planned four two-day 'Karrimor' style expeditions into areas such as Ben Alder, Cairngorms, Glen Affric and Knoydart. Hopefully, a few friends would be able to accompany me into these wilder areas. With the planning complete all I had to do now was wait for spring. I set off in May, traditionally a fine month in Scotland and so it was this year. The first day traversing the Arrochar Alps near Loch Lomond was a grand day only saddened by the departure that first evening of my wife and friends drifting back to home and work. From Arrochar I moved north east to the Cairngorms. A vast tract of wild, desolate mountains as near to the Arctic

tundra as Scotland can offer. The Whit holidays made the area slightly busier than normal but I was still able to enjoy long, long, lonely days running in the hills. During the first few weeks in the eastern ranges I was averaging about 120 miles, 40,000 feet of ascent and 30 mountains per week. I was ahead of schedule thanks to my fitness but due mainly to the kinder than normal weather. With the Cairngorms complete, I moved westwards down the A86 climbing the Monadh Liaths, Creag Meagaidh, the Ben Alder massif, Ben Nevis and the Grey Corries to Fort William and then northwards to Glen Shiel and Kintail. By this time the weather was proving to be exceptional. Day after day I was toiling (or was it boiling?) under a blazing sun in a cloudless blue sky. Something I hadn't anticipated. The weather was so dry, that Fort William was suffering from a drought and I even had to resort to melting snow when traversing the Glen Shiel ridges.

Apart from suffering from sunburn(!) I didn't develop any serious injuries during those early weeks. My calf muscles needed to get used to the perpetual ascending and my knees to the descending, but generally the steady early pace and sensible schedule allowed me to get used to the new daily workload.

My planned route then took me north to roam the big glens of the Western Highlands, Glen Affric, Glen Strathfarrar and Glen Cannich. Some of these glens have been changed irreversibly by hydro-electric schemes. Well trodden stalker paths now mysteriously disappear into deep man-made lochs. Each diversion adding a few more boggy miles to the totals.

During my forays into Glen Affric I noticed I wasn't the only person wearing PB's. There were stud marks everywhere! Who could it be? I later learnt that the weekend before, Jon Broxap had been retraceing the route for his record breaking 24 hour round in Affric and Kintail.

To ease the load I'd arranged for a friend to act as a porter for this expedition. As well as carrying most of the equipment along the low route while I took the high route, he also surpassed himself by packing wine and whisky to celebrate the halfway mark.

My journey continued northwards in an anti-clockwise circuit of the far north via Lairg, Tonge and Ullapool. The mountains in this area are mostly solitary and spread out so I ended up

driving most of the day. Good job the daylight lasted almost 24 hours up there.

By now I was several days up on schedule and had to replan the remaining mountains. The finish was re-scheduled from Ben Hope to the jewel of the Scottish mountain scene, the Black Cuillin of Skye, a fitting climax but 130 or so summits to climb yet. I started a southern sweep to tidy up the Munros south of the Great Glen. These included the Glen Coe and Glen Etive areas, the Ben Lawers Group and Mull, the first of the two islands with Munro.

I timed my second visit to the Glen Coe/Fort William area to coincide with the 3 Peaks Yacht race. This enabled me to catch up on a bit of gossip and borrow a few friends to act as pacers. The gossip seemed to be about other epics, 24 hour Munro records, solo Bob Grahams etc. The pacers, Andrew Addis, Adrian Belton and a short hairy gentleman(?) who shall remain nameless helped me over the Munros and the Black Mount before heading back to work. I was able to repay the favour later in the summer as a pacer on a couple of their 24 hour epics in Wales as reported in a previous issue.

The training effect of 30 days running over mountain terrain for several hours each day meant I was able to cover up to 30 miles every day with an ease I'd never before achieved and may never again. I felt completely at ease in the mountains whatever the type of terrain or weather which incidentally had begun to revert back to a more normal Scottish summer. This meant cloud, rain, mist and wind which brought

with it the occasional drop in spirits although I never doubted myself, my reasons or my motivation.

Having bagged the Southern Highlands, all that was left was the remainder of the Western Highlands and Skye. One of the highlights left on the mainland was the brutal but beautiful Torridon. I managed the Torridon triptych of Beinn Alligin, Llathach and Beinn Eighe one Sunday to complete a long held ambition. These seaboard mountains cannot be beaten for the magic of their scenery. Like vast rugged fortresses they tower over the glens. Not the kind of mountains that can be climbed with hands in pockets. As a scaled up version of Yorkshire's 3 Peaks these mountains would make a superb fell race, but only for those with a head for heights.

A week or so saw the rest of the mainland Munros tidied up and I was ready for the climax of Skye. The Cuillin Ridge on Skye demands respect from upstart fellrunners like me and so I had to enlist the help of some climbing friends to help me over the climbing sections. Again they acted as porters and provided the ropes and hardware. The hardest Munro, aptly named the Inaccessible Pinnacle, was scaled on a grim day with the whole ridge shrouded in a misty mantle thus providing us with some treacherously greasy climbing. With the biggest obstacle over, only the northern half of the ridge remained for the last day. Unfortunately the gales which had been predicted for a week or so arrived. A cruel blow. What made it worse was the fact that this, the last (now penultimate) day was also our



Overlooking Barrisdale, Knoydart from Luinne Bhienn. Photo Mark Elsegood

first wedding anniversary which coincided with the worst gales in Scotland for 35 years!

I felt pretty durable but I wasn't going to test my immortality by ascending the knife edge ridge in a force nine gale. So "we" (by this time the finishing party, wife *et al.*, had arrived) consoled ourselves in the Talisker distillery.

The final, final day arrived and the task was completed in a force 7/8 gale instead on Sgurr nan Gillean, the conditions robbing me of a celebration until we could get down off the mountain. I can't really complain, I was only stopped by the weather on one day. The contrasts in the weather over the months was illustrated in the rainfall figures. Five inches for April, May and June and 13 for July alone! Lucky me!

I must also be thankful for the absence of injury. The most serious of which was self inflicted. Showing off to the tourists on Ben Lomond with a racing descent I inadvertently provided them with some more entertainment by including a somersault over the rocks. On another occasion my track running (railway track) was interrupted almost permanently by the afternoon "express" from Inverness to Kyle.

My final statistics totalled 1,054 miles, 412,000 feet of ascent and 277 mountains in a new "record" of 66 days and three pairs of PBs. The daily averages worked out at 16 and a half miles, 6,500 feet of ascent. Hardly epic stone stuff but I had to last more than 24 hours!

Mark Elsegood

Register of Long Distance Individual Fell Records

Throughout the past year there was more interest in long distance running on the fells than ever before and many of the established records became history. After sifting many pieces of paper I've compiled a list of records which I believe have been set since the beginning of 1988. To quote Selwyn, "If anyone's feeling miffed at being left out, it's probably because they haven't told me". I've come to the conclusion that I can't do justice to both individual and relay records, so I'd appreciate it if some keen team minded person would come forward to take the relays off my hands.

To round off 1988, a few notable performances deserve mention. In June, Helene Diamantides completed her second round of the Bob Graham in 20 hours 17 minutes and knocked 14 minutes off Ros Evans's 1979 record. What makes this performance exceptional is that it was Helene's first solo-unsupported run and it took place on a hot Ennerdale Saturday. Only Martin Hudson has run the route faster without support.

You will read elsewhere of Mark Elsegood's fast round of all the Munros last summer, a great piece of planning and this reduces Martin Moran's record from 83 days (set in winter) to 66.

Mike Hartley has set 1989 off to a blazing start by first taking Denis Beresford's Dales Way record in March and then John Britton's Staffordshire Way record in April. Rumour has it that he is preparing for an assault on Mike Cudahy's awesome Pennine Way record later this Summer.

The F.R.A. make an annual presentation at the dinner for the year's most outstanding long distance mountain run. The LONG DISTANCE AWARD for 1988 went to Mark McDermott for setting a new Lake District 24 Hour Record of 76 peaks. Worthy performances are considered by the committee in early October and so to make sure you're not forgotten, please send details of record-breaking runs to: Martin Stone, 12 Moorlands, 103 Garstang Road, Preston PR1 INN.

The Bob Graham Club's Achievement of the Year Award

This award is made annually in October or November to a member of the Bob Graham Club for one or more long distance achievements on the fells. The period covered by the presentation this November will be the calendar year 1988. Nominations for the award should be made by the end of July each year for achievements the previous year. The nominator may be a friend of the nominee or have witnessed the event and should describe both the

achievement and why he or she feels the member merits the award.

The nominations are scribed by the fair hand of Mike Rose in a beautifully produced book which after 8 years is now a fine record of mountain endeavour. A summary of the most outstanding performance is then added and the book retained by the winner for 12 months.

Please send nominations to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.

RECORDS 1988/DATE

England

Lake District 24 Hour Record: 76 peaks and 39,000ft ascent	23hrs 26	Mark McDermott	18/6/88.
Bob Graham 42 Peaks Ladies' Record: 70 miles and 27,000ft ascent	20hrs 17	Helene Diamantides	1/6/88.
Pendle Way: 45 miles	6hrs 17.30	Mike Wallis	11/11/88.
Dales Way: 81 miles	13hrs 34	Mike Hartley	4/3/89.
Staffordshire Way: 92 miles	16hrs 10	Mike Hartley	8/4/89.

Wales

Welsh 3,000ft Peaks: 15 peaks, 22 miles and 13,000ft ascent	4hrs 19.56	Colin Donnelly	11/6/88.
Glamorgan 500 metre Peaks Round: 14 peaks. 33 miles and 3,800ft	5hrs 57.58	Joe Baldry, Chas Ryder, Derek Thomley and Martin Lucas	9/10/88.
South Wales Traverse: All 31 2,000ft peaks. 75 miles and 15,000ft	17hrs 15	Adrian Belton, Andrew Addis and Mark McDermott	30/4/88.
Welsh Classical Round: 47 peaks of Snowdonia, 69 miles and 29,000ft	22hrs 02	Adrian Belton	13/8/88.
North Wales 2,000ft Peaks Round: 24 peaks	23hrs 38	Colin Brooke and Tony Wimbush	**/*/88.

Scotland

Southern Upland Way: 212 miles	55hrs 55	Mike Hartley	2-4/7/88.
West Highland Way: Official route, 95 miles	17hrs 35	Mike Cudahy	30/4/88.
Scottish 24 Hour Record: round of 28 Munros, 76 miles and 33,000ft	23hrs 20	Jon Broxap	30/6/88.
Cairngorm Munros Round: All 17 Munros, 76 miles and 21,000ft	22hrs 44	Mark Rigby	24/7/88.
Scottish Munros: 277 peaks, 1,054 miles (not continuous) and 411,000ft	66 days	Mark Elsegood	22/5-26/7/88.



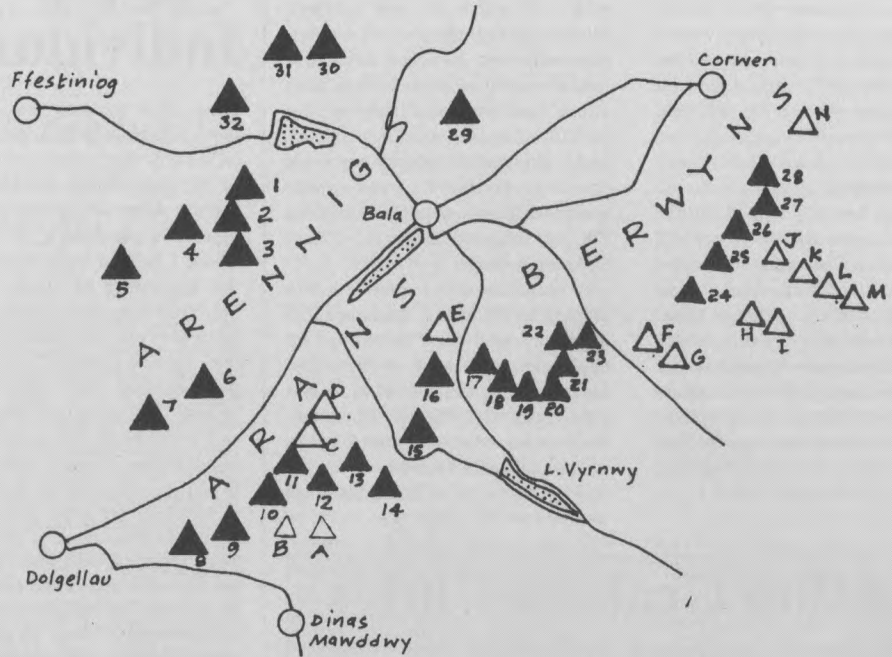
Paul Sanderson, only runner to compete in all 20 Rossendale Fell Races, climbing Whinberry Naze. W. S. Bateson

WILD WALES TWO THOUSANDS

Attempt by C. Brooke and T. Wimbush. Support by K. Guest, J. Hallas, J. Palmer, R. Monaghan, G. Orchard.

A new 24 mountain challenge was inaugurated last year in 23 hours 38 minutes. The route starting and finishing near Lake Bala takes in 32 tops of 2,000 feet-plus in the rugged Aran, Arennig and Berwyn hills. A further 14 tops can be added to the basic round. The Wild Wales Two-thousands establishes a trio of Welsh peak-bagging challenges following on from the Brecon Beacons Traverse and the Snowdonia Classical Round - both previously completed by the Yorkshire based runners. Subject to interest in the route a suitable certificate will be designed. Details of the route can be obtained from C. Brooke, 22 Selderale Avenue, Wyke, Bradford BD12 9LJ (enclose large SAE).

All summits as defined by George Bridge in "The Mountains of England & Wales"



- 1 Moel Llechwedd
- 2 Arennig Fawr
- 3 Pen y Diocyn
- 4 Moel Llyfnant
- 5 Foel Boeth
- 6 Y Ddualt
- 7 Rhobell Fawr
- 8 Pen y Bryn - fforchog
- 9 Glasgwm
- 10 Aran Fawddwy
- 11 Erw y Ddafad - ddu
- 12 Foel Hafod - fyndd
- 13 Foel Rhudd
- 14 Llechwedd Du
- 15 Cerrig - duon
- 16 Foel y Geifr

- 17 Pen y Cerrig - duon
- 18 Pen y Boneyn
- 19 Stac Rhoŷ
- 20 Cefn Gwyntog
- 21 Cyrniau Nod
- 22 Y Groes Fagl
- 23 Trum y Sarn
- 24 Moel Sych
- 25 Cadair Berwyn
- 26 Cadair Bronwen
- 27 Pen-y-bryn
- 28 Y Foel
- 29 Foel Goch
- 30 Gylchedd
- 31 Carnedd Llechwedd
- 32 Arennig Fach

OPTIONAL TOPS:

- A Pen yr Allt-uchaf
- B Gwaen y Llwyni
- C Aran Benllyn
- D Pen-aran
- E Foel Goch
- F Bryn Gwyn
- G Post Gwyn
- H Moel Poethion
- I Godor
- J Tomle
- K Foel Wen
- L Mynydd Tarw
- M Rhos
- N Moel Pferna

WHAT A BUSTER

As part of the master plan for this year Michael has decided to do the Dales Way during March as a training run. We had walked it together some three years previous, from Ilkley to Bowness, taking three days to cover the 81 miles. To refresh his memory over what was to be the last 40 miles or so, he decided to do a quick recon with Richard Ezard, affectionately known as his "apprentice". Short on time they decided to run alternately, then on the day, as long as Richard accompanied him on the bits he had done, Michael would get by.

Watching the weather forecast a few days before, I suggested a change in plan. Why run against the wind? He decided to go the opposite way. A telephone call to Yorkshire and Guy Collinson agreed to join in at Oughtershaw and run the last 35 miles to Ilkley with him. A schedule was drawn up based on the record, half hoping he may just get within sight of it - but conditions would be against him, it was only March, it would be very muddy and the days were short and after all it was **only** a training run!

The first section was a disaster. Setting off in the dark going the opposite way they went wrong and lost 15 minutes. Michael arrived at the checkpoint alone having left Richard behind nursing an old ankle injury. So he was to proceed alone. Richard appeared out of the darkness limping. I consoled him and we drove off to the next check.

Over the next few miles Michael picked up the vital minutes he had lost only to lose them again over ground unknown. Frustration set in - he could have gone faster, if only he didn't have to keep referring to his map and guide book. I tried to keep him calm, after all it was only a training run, Richard muttering in the background and feeling a little helpless. I was also nursing a knee injury, but anyway, I knew I couldn't have kept the pace up uninjured, so had to settle for supplying food and warm drinks of honey and sweet tea.

We left him at Far Gearstones, well behind schedule, for the long drive to Oughtershaw to meet Guy. Knowing what time he was due Guy set off up the track to meet him. Michael appeared in the distance "running" on

the grass, avoiding the good stony track. Had he got sore feet? - never, he'd only gone 45 miles. What on earth had he round his ankle? He eventually arrived at the car. His shoe had fallen apart! Almost brand new, only second time out and the sole, together with the midsole and all, had fallen off and he was "running" with the remains flapping about his ankle. He was laughing. Fortunately it had happened only two miles from the car and he had managed to keep off the painful ground by sticking to the bogs avoiding injury. "Never seen running shoes like those before, what are they?" asked Guy. "New Balance Trail Busters" Michael replied. "Well they've certainly bust" he said. Off they went laughing together, Michael now in his tried and tested Walsh Raids, limping slightly because his leg had stiffened running without a shoe. He was now almost half-an-hour behind schedule, but at least the sun was shining.

Over the next few miles he flew along. At each check he was gaining a few minutes and looking easy, the company was doing him good. He lost time on the climb out of

Kettlewell and arrived at Grassington 13 minutes down. Eighteen miles to go, could he do it? Richard was getting excited.

"Go for it, Mick" he shouted as we set off for Burnsall. Michael came flying over the bridge - "I'm not stopping, give me the guide book, Guy's gone to relieve himself," he shouted. Off he sped along the river bank, 67 miles down and now he'd found his flow. Guy came out of the gents and the three of us drove off to Barden Bridge. Michael appeared a little breathless having covered the last four miles in 31 minutes. Ten miles to go and at last he was up on time, just five minutes, but that was all that was needed to keep the pressure on. Bolton Bridge - up by 19 minutes, but the remaining five miles was to be in the dark.

Richard couldn't wait, as soon as we saw the torches in the distance he was off to hobble to the finish at Ilkley with them. It seemed to take an age for them to arrive. Brilliant - 12 minutes inside the record, and we were full of it.

Gillian Hartley

Many readers will have knowledge of the Pennine Way, even if they haven't traversed the route themselves, but for the benefit of those not familiar with it, a brief introduction may be in order. Starting at Edale in Derbyshire, it runs northward for 270 miles over such notable summits as Kinder Scout, Bleaklow, Black Hill, Penyghent, Great Shunner Fell, Cross Fell and the Cheviot before descending to its terminal at Kirk Yetholm in the Scottish Borders. It was devised in 1935 by rambler Tom Stephenson, but not officially "opened" until 30 years later. Chris Bolshaw recently remarked to me that if Stephenson could have foreseen the state his "Way" would deteriorate into during the 1970s and '80s, due to erosion, he would never have gone ahead with the idea in the first place, and I fully agree with Chris.

The first known attempt to set a record for completion of the route was made just over 30 years ago, but it wasn't till 1970 that a second attempt was made and this inspired a number of subsequent efforts. Clayton-le-Moors Harriers established a relay record in 1970 which has since changed hands several times, but this article will be concerned only with complete traverses of the "Way". My own experience of the route is mainly confined to walking it: from Edale to Dufton on a week's holiday in 1966, the full route in 12 days the following year, and in 10 days in 1969. I have never contemplated running it (apart from pacing Alan Heaton on one attempt) because of the several cross-country sections, which I found dull and tedious by comparison to the upland areas (though admittedly quite pleasant if taken as walks/runs by themselves), and it was here that I was liable to make navigational errors rather than on the fells and moorland, and particularly when such sections came late in the day, after descending from the tops. However, I have great admiration for those who have attempted to run it and this article is by way of a salute to these hardy souls.

The first Pennine Way record seems to have been set in 1958 when 20-year-old Arthur Puckrin of Middlesbrough and Cleveland Harriers completed the route in 6 days 7 hours and 25 minutes. His was also the most adventurous attempt since he had no support of any description, not to mention the fact that route-finding was much harder in those days: "Although there were a few Pennine Way signposts on the roadsides, there was generally no sign of a footpath on the other side, and most of the time I travelled by map and compass." Puckrin experienced mixed weather, including two whole days of rain and mist, and he actually did comparatively little running. His approach was really that of a fellwalker, though he did wear shorts and plimsolls along with his anorak and rucksack, and he mainly used youth hostels for his night stops. His admission at Mankinholes Y.H., near Todmorden, that he'd come over the tops from Edale that same day was greeted with disbelief. Puckrin was a very fit walker, needless to say, but

PENNINE WAY RECORDS

by Bill Smith

he did compete in cross-country and track races at that time and later became a four-times winner of the Lyke Wake Race. His father Tom and brothers Philip and Richard are also accomplished fellwalkers and athletes, while his sister is the noted ultra-distance runner, Eleanor Adams.

In August, 1970, Ted Dance and Dennis Weir of the Rucksack Club, both seasoned fell runners, set a new record of 4 days 23 hours and 20 minutes, going from north to south in

generally fine weather. Like Puckrin, they utilised youth hostels en-route, but also had a small back-up team at road-crossings consisting of Weir's wife and five-year-old son, and John Eckersley of Waterloo Harriers, while from Hebden Bridge onwards they were accompanied by Stan Bradshaw (senior) of Clayton Harriers, who had already been up the previous night helping out on a Lakeland 24-Hour Record attempt. "Stan was a tower of strength", said Dennis. "I don't know

Arthur Puckrin, the first Pennine Way record holder and four times a Lyke Wake Race winner.
Courtesy A. W. Puckrin



whether we could have justified going over Black Hill at night in our tired condition if we hadn't been able to rely on him."

In May, 1971, Ranelagh Harriers of London (!) reduced Clayton's relay record of 34 hours 54 minutes 37 seconds by over an hour. Seven weeks later, two of their members, Bill Bird and Dave Locke, set off from Kirk Yetholm in an attempt to break the record for the complete traverse. Unfortunately, Locke was forced to retire after 140 miles with an injury, but Bird bravely continued alone, experiencing varied weather conditions, to finally achieve a new record of 4 days 8 hours 8 minutes. Two of his clubmates had administered roadside support.

Clayton's ultra-distance fell specialist Alan Heaton also made an attempt that year, south to north, but like Dave Locke, he was thwarted by injury after 180 miles (his own Lakeland 24-Hour Record had been broken by Jos Naylor this same year, incidentally). On June 30th, 1972, he and his clubmate Mick Meath set off from Edale and, despite much bad weather, including almost continuous rain for the last 29 hours, succeeded in lowering the record to 4 days 5 hours 10 minutes. Alan was to make three more record attempts during the '70s, two being terminated by injury while abysmal weather put paid to any chance of the record on his other attempt, which he did complete.

Former holder Bill Bird, along with some other southern athletes and Lakeland fellrunners, was present on the first fully-supported attempt at the Pennine Way record in June 1974 by the redoubtable Jos Naylor of Kendal A.C. He went north to south, enjoying good weather but hampered by an old back injury and a pulled muscle, yet still succeeded in achieving a new mark of 3 days 4 hours 36 minutes, due mainly to cutting down on sleep and rest periods by comparison to the Heaton/Meath attempt. Mike Cudahy, who is well-qualified to speak on such matters, wrote in the 1983 *Rucksack Club Journal* that Naylor's initial burst of 108 miles in 18 hours was a mistake as he afterwards began to stiffen up and finally had to stop for rest prior to the crossing of Kinder when he was still on schedule for a sub three-day record.

Another Kendal A.C. runner, Pete Dawes, who had previously made a solo traverse of the route in 6 days 3 hours 30 minutes, with roadside support from his wife Jean, left Kirk Yetholm in June, 1975, aiming to break the three-day barrier. Jean, who two years later was to become the first lady member of the Bob Graham Club, again provided car support, while his clubmate Boyd Millen, the first of only two men to complete a "Double Bob Graham", was his only support on the fells till Widdybank Farm in Teesdale was reached, and even then Peter covered three sections alone, including the Way's highest point, Cross Fell (2,930 feet), where he strayed off-course in mist. From Widdybank, he had ample support, including Alan Heaton, and though ultimately missing his target, still succeeded in lowering Jos's record to 3 days 1 hour 48 minutes.

Also in 1975, another southern athlete, John Offley of Thames Valley Harriers, who had assisted in Naylor's attempt, succeeded in completing the course but missed the record with his time of 3 days 6 hours 17 minutes. A fine effort, anyway.

At the end of June 1979, Roger Baumeister and Brian Harney of Dark Peak Fell Runners made the second attempt at a "Double Bob Graham", but while Baumeister was successful in breaking Millen's record, Harney had to pull out with ankle injuries after 64 peaks. Five weeks later, however, with his ankles in good shape once more, Harney set off from Kirk Yetholm intent on relieving Pete Dawes of his Pennine Way record. He cut down on his sleep and rest periods more drastically than any previous contender had done and arrived at Edale with a new mark of 3 days and 42 minutes. A sub three-day record now seemed a certainty, but a few more years were to elapse before it became a reality.

Meanwhile, Jack Betney of Clayton Harriers had made two attempts during the late '70s to complete a "Double Pennine Way" (540 miles), both being brought to an untimely end by injuries. Another Clayton runner, John North, had, however, established a new cyclo-cross record for the one-way trip in 1978, taking 2 days 8 hours 45 minutes, previous marks having been set by two noted cyclo-cross men with fellrunning experience, Barry Davies and John Rawnsley.

The next arrival on the Pennine Way record scene was the aforementioned Mike Cudahy of the Rucksack Club, who in 1979 just prior to Harney's attempt, had reduced John Richardson's record of 38 hours 10 minutes for the 120-mile Tan Hill-Cat and Fiddle "walk", linking England's two highest inns (though not by the Pennine Way), to 32 hours 20 minutes. Hearing of the new record and no doubt flushed with the success of his own record, Cudahy made his first Pennine Way attempt that same year but had to retire through injury. Six more attempts came to an untimely end during the next few years before he finally succeeded in achieving his goal. If at first you don't succeed...

Mike's preparation for his 1983 attempt included a traverse of the Welsh 3,000s in winter conditions and yet another Tan Hill-Cat and Fiddle Record of 29 hours 10 minutes. Following the latter epic, however, he felt really tired and depressed and wondered if he'd blown his chances of a Pennine Way record. A week later, though, he felt recovered, but to be on the safe side, decided to put the date of his attempt back a week so as to give him a three and a half weeks' recovery period. This proved to be a canny move as the original date was blighted by atrocious weather conditions, including a blizzard on the Cheviots.

On May 31st, he left Edale at 10.55 in perfect conditions and made good time over the first 58 miles to

Cowling, where his night section began, having been accompanied from Crowden by Inken Blunk, Ted Dance and his son, Mark Cudahy. Mike went solo through the night to Malham and set off for the next upland section over Fountains Fell and Penyghent with Mark, who dropped out for alternate sections. On reaching Hardraw, with 108 miles behind him, Cudahy was 45 minutes inside his sub-three day schedule.

However, persistent rain now began to cause him worries about the schedule and he was an hour behind Brian Harney's time at the halfway point. The section from Cauldron Snout to Dufton, via the rim of the spectacular High Cup, was accomplished in darkness, without a moon, and he reached the village one minute inside his schedule. He had a brief, fitful sleep here before setting off at 04.00 for the steep climb to Knock Fell and a misty crossing of snow-seamed Cross Fell to sunlit Garrigill. A pleasant, mainly cross-country route brought him to Bymess near midnight, leaving him 11 hours for the 29-mile crossing of the Cheviots.

During the early morning hours of darkness, with a bleak wind roaring over the tops, Cudahy stumbled with fatigue on several occasions, and John Richardson suggested he could take a short nap in the refuge hut near Lamb Hill, to which he agreed. At Cheviot summit, he still had over two hours left and finally made the Border Hotel in Kirk Yetholm with a

new record time of 2 days 21 hours 54 minutes 30 seconds.

Mike ran 62 miles solo and was otherwise accompanied by his son Mark (79 miles), Inken Blunk (61), John Richardson (58), Will McLewin (48), Ted Dance (18), Geoff Bell (16) and Donald Talbot (12). This record still stands at the time of writing (April 1989). Not content with just one Pennine Way record, however, Mike Cudahy made an attempt to set a north to south record last year which ended with only 50 miles to go due to injury. Well done, anyway, Mike.

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Almost the Loch Lyon Watershed

Like the anonymous (Mark Rigby?) writer of the article "The Cairngorms in one go: an alternative approach" in the December 1988 *Fell Runner*, I prefer my long runs in the Highlands to involve the minimum (zero!) of organisation. However, since I am afraid of the dark (or more precisely, afraid of falling over while running over rough ground in the dark) my runs tend to be somewhat shorter than 24 hours, especially in November. So what was I doing in the Highlands in November 1987? It was the lure of orienteering events on successive weekends in two of my favourite Scottish areas (Inshriach, near Kingussie, and Linn of Tummel, near Pitlochry) that had made me decide to take a week's holiday in the Central

Highlands, cycling and running. I had come expecting wind and rain, instead, an anticyclone settled over Britain for the jstire week, giving calm dry weather, though a layer of stratocumulus cloud made the atmosphere in the glens somewhat gloomy.

I spent three nights in the middle of the week at Dalchiorlich, a farm two miles down Glen Lyon from the Loch Lyon dam, where Peter and Kate Conway provide dinner, bed and breakfast. On Tuesday evening I revealed my plan to run the Loch Lyon Watershed the following day. Being used to the fact that remote places like Dalchiorlich attract ncutcases, they were not dismissive, but were somewhat concerned that I

would not be able to complete the round in daylight (so was I!). Nevertheless, they kindly phoned round all the relevant stalkers to confirm that my route would not interfere with their activities, and made various suggestions as to where I could take refuge if night fell while I was still up in the hills.

I made no attempt to get up specially early the following morning (I was on holiday!) and accepted the offer of a lift to the top of the road from Loch Lyon to Kenknock in Glen Lochay. I then set off on the long, boggy drag up to Beinn Heagsamich, soon entering the cloud. I was beginning to wonder whether the summit would ever appear, when I began to notice a certain blueness in the cloud above me. Then suddenly I emerged into a new world: bright blue sky above me, the sun shining, a sea of cloud below, studded with islands. Ben Nevis, the Mamores, Beinn a'Ghlo and many more distant peaks; and the summit of Beinn Heagsamich just 100 feet above me.

Arriving at the summit, my euphoria was only slightly dented by the discovery that I only had one exposure left in my camera, and no spare film. After some minutes spent gazing in awe at the view and trying to identify peaks as far away as the Cairngorms. I descended into the cloud to tackle the rather tricky navigation required to find the col on the route to Creag Mhor (which was not made easier by the col lying almost on the boundary between O.S. sheets 50 and 51). From Beinn Heagsamich, Creag Mhor (less than

150 ft lower) had been apparent as a hump in the cloud layer, the cloud flowing smoothly over it as a river flows smoothly over a rock which reaches to just below the surface. When I reached Creag Mhor's summit, the cloud was still flowing over it, so I did not linger but carried on round the ridge to Stob nan Clach.

The next three peaks (Cam Chreag, Beinn a'Chaisteil and Beinn nan Fuaran) are all below Munro level, but involve a great deal of descent and re-ascent between each one - however the navigation was made easier by the fence which runs along the watershed from Carn Chreag to the pass between Loch Lyon and Auch Glenn.

It was just above this pass that I stopped for lunch (for about half-an-hour), before embarking on the long ascent of the rather uninspiring south slope of Beinn Mhanach, my third Munro. Though it is 250 ft below Creag Mhor's summit height, I noticed a certain blueness above me on the summit, suggesting that the temperature inversion, below which the cloud layer was trapped, was lowering. I turned west to Abeinn a Chuirn, a nearby top, and then descended to the col before the climb to Beinn Achaladair.

It was on this descent that I nearly had to abandon the attempt to complete the round. I had stopped to re-tie a shoelace, and when I stopped again by a stream 50 ft further down for a drink, I realised that my faithful compass was no longer in my hand. On the second attempt to retrace my steps, I was relieved to find that I had

indeed left it behind when tying the lace.

My suspicions about the lowering of the temperature inversion were confirmed as I emerged into the "bright new world" at an altitude of about 3,200 ft on Beinn Achaladair, about 200 ft lower than on Beinn Heagsarnich in the morning. Running ecstatically along the stony summit ridge in the glorious sunshine, I became aware that I was not alone, there was a shadowy figure running along the surface of the cloud below me, with a circular rainbow round his head. I had seen pictures of the "Brocken Spectre" in the meteorological literature, but this was the first time that I had come face to face with him. The presence of this haloed character seemed to confirm the feeling of being in heaven.

I descended in to the cloud for the traverse of the Meall Buidhe ridge, before emerging on to my last Munro, Beinn a' Chreachain. The sun was now getting rather low, and reddening; I said "Goodbye" to it for the last time (until the following day, when I had a new film in my camera, the inversion had lowered to 2,800 ft, and I became quite friendly with the Brocken Spectre while running over the hills around Loch an Daimh); and I started the long descent to Gleann Meran.

Because of the impending darkness, I decided that it would not be sensible to complete the watershed route over Meall Buidhe (a different Meall Buidhe), and turned down the glen towards Loch Lyon, on the shore of which I met a ghost. It was the ghost of Caledonian pine forest: whitened remains of roots and parts of trunks. The bleak shore of Loch Lyon would certainly be improved if some of these noble trees were planted there again. It is not improved by the Hydro-Electric Board drawing down the water level to reveal several feet of bare, stony lake-bed.

The path along the north shore of Loch Lyon turned out to be nothing more than a cartographer's doodle, and it took me an hour to stumble little more than three miles back to Pubil, where Peter Conway was waiting for me. I had taken 8% hours to run 24 miles, with 10,500 ft of ascent - not exactly record-breaking pace, but then I never went out with the intention of setting a fast record. However, the full watershed route, starting and finishing at Loch Lyon dam, would make a good challenge run; those who would find this rather short might consider starting and finishing at Invervar, so including the Ben Lawers range, and Carn Gorm and Carn Mairg.

Anthony Kay



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Damp Debut Above Derwent

At Derwent Edge we turned north towards the most remote stretch of the route. The recent snow had mostly thawed but the resulting water would make the going difficult. A west wind was howling at us as we moved along the Edge. We had been out from Edale for four hours. The night seemed darker and colder than before and the deep mud and water began to chill our feet as we passed the huge tor of the Coach and Horses. We guessed we were lying about 20th.

Colloquially this is the Derwent Watershed, officially it was the High Peak Marathon, held annually in early March, at night, over 40 miles of the roughest terrain the Dark Peak's gritstone moors can offer.

Fifty teams of four had started this year and for all of our team, the Bogrollers, it was our debut. Apprehension was mingling with the adrenalin but our tactics were simple. We would avoid going too quickly early on and if we still had energy left after 30 miles we could speed up then.

Teams started from 11 p.m. at one minute intervals so starting at 11.42 we had only a few teams behind us. Along the Lose Hill ridge and on to Win Hill we tried to avoid speeding up as teams of friends - the Matterhorn Marauders and the All Night Burners - came past.

The descent from Win Hill was to be one of the strongest memories. It was the steepest section of the entire route, via a quagmire masquerading as a path down Parkin Clough. Overhanging trees created pitch blackness and our breath swirling in the headtorch beams gave further problems. Immediately to our right but lost in a chasm the stream roared. The few minutes this descent took were punctuated by unrepeatabe shouts as footing was lost and contact made with the deep sludge.

But now we had reached the trig at Back Tor and our route swung north-north-east in a vast curve round the tributaries of the Abbey Brook. Our bearing was confirmed by a set of bobbing lights a few hundred yards ahead. Conversation, earlier wide-ranging and almost continuous, was now strictly functional: "Are we all

here? One kilometre on forty-three degrees." Trudge, squelch, just managing a run to keep the group ahead in sight. "Everyone okay? seven-fifty metres to a knoll, twenty-two degrees."

We hit that checkpoint but it was the following section that I was concerned about. On a reconnaissance we'd gone badly wrong here even in daylight. Almost at once we lost the path. Rain began spattering down as we fanned out to locate it, wading through deep sodden heather. We stuck with our bearing despite the nagging feeling that we should be further right. Lamps were following us. Did this mean our bearing was okay or were they simply following, hoping we were on the correct line?

The cones of light from our beams began swirling and we realised we were in hillfog. The gradient was insufficient to be of much help for navigation. Col took the lead with the rest of us 20 yards back to guide him: "Right a fraction . . . Slow down, we're losing you . . ." Seemingly every few yards red grouse would explode noisily from under our noses. This was bad for the nerves but proved a useful distraction away from increasingly cold feet. After what seemed far too long, when I thought we must be seriously lost, Harry gave a shout: "Cut Gate checkpoint!" An eerie tent glowed in the fog 40 yards ahead of us. The All Night Burners were clustered around it munching flapjack and drinking tea. We didn't know it at the time but this was where the Matterhorn Marauders' attempt ended. Last year they performed as Eiger Sanction so no doubt they'll be back next year as the Weisshorn Veterans or some such.

Five twenty a.m. Darkness, cloud, clammy rain. Before we started we'd blithely talked of dawn on Bleaklow. Dawn was now near but Bleaklow was not. We had a quick swig of tea but it was too cold to hang about.

Out for nearly six hours now, we weren't even half-way. We kept our thoughts most to ourselves and only much later did we all admit we'd had serious doubts about finishing.

The next control, at Outer Edge

trig, was unmanned so there would be no glowing tent to home in on. A golden plover's plaintive cries haunted us through the drizzling gloom. I had the distinct impression that I was walking south but my compass said otherwise and for once I believed it. The punch hung forlornly from the concrete pillar in the mist.

We moved slowly over Featherbed Moss and on to Bleaklow. Dawn was now gradually arriving. It turned out to be a truly miserable damp grey daybreak. Col and Tim, our two strongest runners, were tending to pull ahead. Harry had not been back in training for long and I sensed that he was beginning to have a bad time. I was struggling too. From sodden gloves to frozen feet I was wet through and shivering even with all my gear on. "Bloody desperate, isn't it, H?" I tried to let him know how bad I felt too without sounding too demoralised. The drab landscape seemed interminable. Despite stopping for coffee, raisins and chocolate we felt low on energy and very thirsty. Behind us several teams seemed to be catching up. I just hoped they felt as knackered and dispirited as we did.

Bleaklow is not a clear memory. Our morale was at its lowest ebb. Harry had turned distinctly pale. My fingers appeared to have joined my feet in the early stages of frostbite (four days later I still had pins and needles in my toes). Tim stopped at one point and stood stuffing food into himself. There were endless banks of rotting snow and every glutinous grough we had to slide into and clamber out of looked identical.

We checked in at Bleaklow Stones, though a week after the event Harry asked me whether we'd missed it! He had no recollection of it at all. The east-west trudge in: the wind in this monochrome desolation of snow and peat was soul-destroying.

"Hearn Clough! I recognise that tuft of grass. It's a landmark on the Marsden-Edale. We go due south from here!" shouted Harry, abruptly coming to life. It looked indistinguishable from several million other tufts of vegetation we'd

passed. But he was right. We sloshed along the stream before clawing our way on to Alport Low and picking up the broad swathe of slop which passes for the Pennine Way. The worst was past and for the first time we believed we might complete the route.

At Snake Top tea, soup, hot dogs, cake and more tea revived the spirits if not the feet. Just before we left the All Night Burners showed up. We wondered if we would be able to stay in front of them because immediately after this refuelling stop we found the first mile towards Mill Hill very tough with deep water-filled groughs too wide to jump barring our way every few yards. Things then eased and just after Mill Hill we topped another peaty rise and saw Kinder Scout. We still had ten miles to go but to our battered brains Kinder seemed like home.

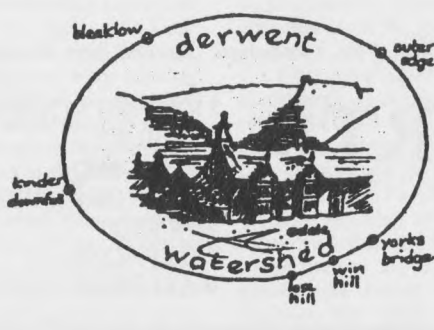
The crossing of Kinder remains as a series of linked memories; a steady run over the ascending gritstone blocks of the edge path; wind whipping the spray back in a lashing arc over the Downfall: the banks of wave-patterned peat around Kinderlow, curved like dunes in some vast chocolate desert; and the new energy working through which allowed a fast descent to the checkpoint at Edale Cross.

The weather had improved too. As we breasted the whaleback of Brown Knoll the clouds had ragged blue holes punched in them and the sun was trying hard to appear.

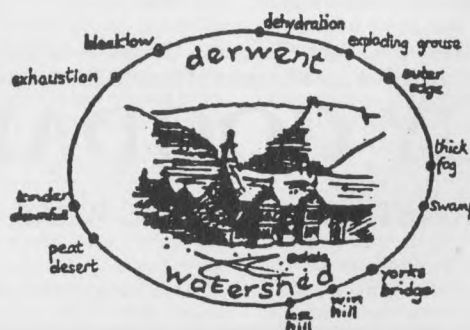
At Rushup Edge control, with the end literally in sight far below, we felt stronger than we had for hours. We careered down the path from Hollins Cross. Edale village hall loomed and suddenly that was it. After more than 13 hours on the move we could sit down and indulge our overwhelming desire for tea. We sank back in a mixture of relief and anti-climax and elation. We had beaten the Burners by half-an-hour and of the 34 teams which finished we had come 12th. You'd be right in thinking this was a very moderate achievement in the annals of fellrunning but we were dead chuffed.

Kevin Borman

The route. . .



. . . and the reality . . .



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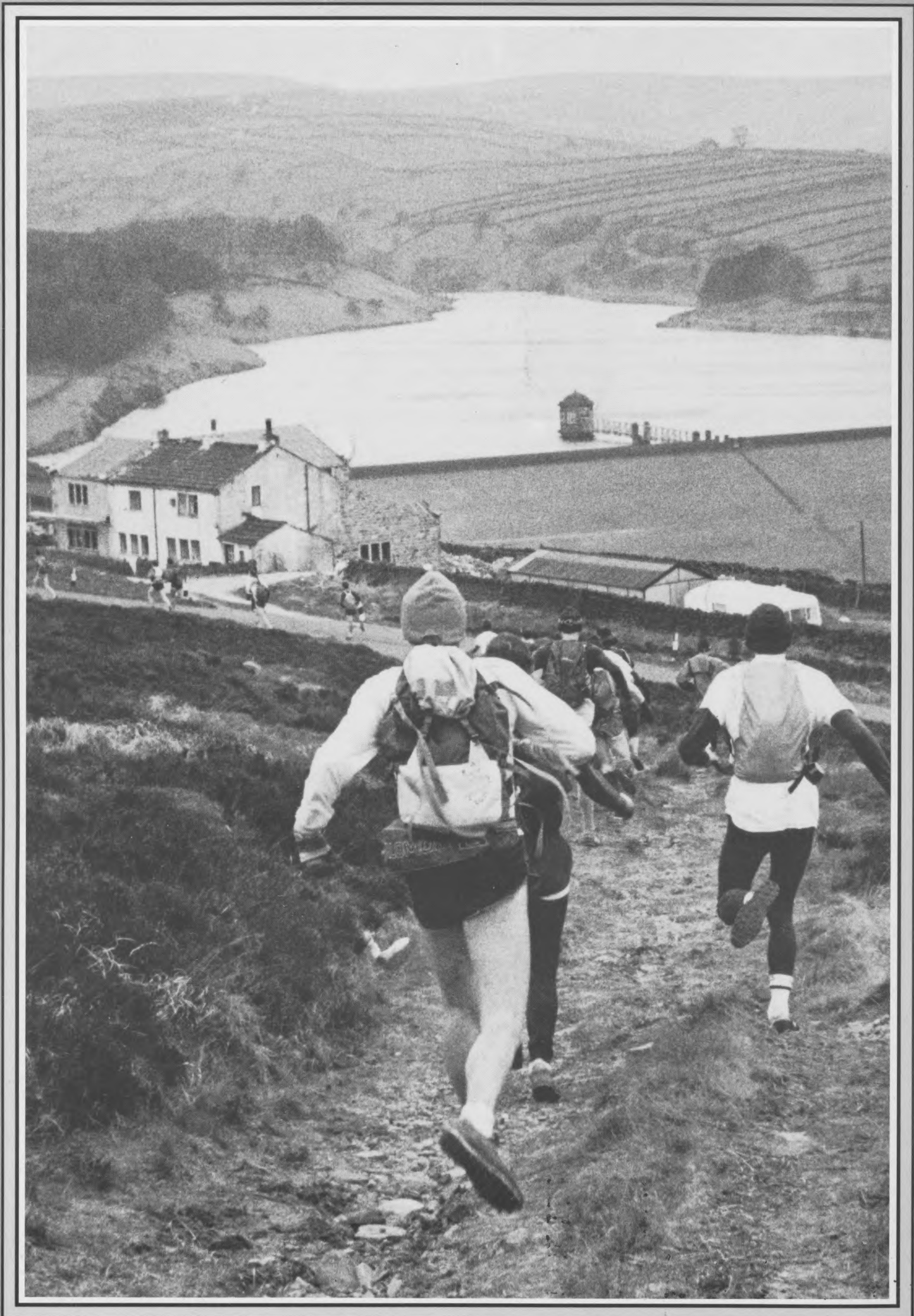
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