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EDITORIAL

Attention on Contents

The fixtures list was published earlier than usual this year and all readers are advised to have a look at the fixtures Update. Some race organisers are still arguing about dates among themselves as we go to press but possible Championship contenders are particularly advised to mark, learn and inwardly digest the changes.

It is still proving impossible to keep politics out of fell running and several of you are concerned about water privatisation. Some of you may, like me, have just attempted to “get in there” and gone out to buy shares with the intention of attending shareholders’ meetings if access is threatened; but this is not going to prevent us from voicing our fears on these pages.

International Competition and World Cup

I have heard murmurings that the last magazine contained too much international and long distance news. To this I shall comment firstly that I can only publish what I am sent. If you want to select articles from your club magazines and send them to me with their author’s permission please do so. Secondly, I feel that both international competition and long distance attempts are the highest things to which we can all aspire and we all can have a chance without being superstars if we choose our event or range of hills. The composition of FRA Committee and championship is increasingly being driven by the World Cup. Regrettably some of you may feel excluded as a result but we are or should be a democratic organisation. Also, as I have pointed out before, you do not need to run the championship to establish yourself as a strong competitor or record contender, or the World Cup to receive international recognition. The FRA magazine will always attempt to ensure that this is the case.

All Contributions Welcome

Finally I must reiterate that the contents of the magazine are just the sum total of the contributions and it is up to you, dear readers, to redress any perceived imbalance rather than sending accounts of your exploits to the “Living Runner” or the “Sundial Sports” magazine or your own Mr Nasty column to the “Private Foot” magazine.

Front Cover: Ian Hodgson, Mountain Relay: Gary Wilkinson and David Nuttall, Clayton Harriers Leg 1 Runners, towards the end of the first stage — Photo: Peter Hartley. Back Cover (Top): H Atkinson (Bingley Harriers) (44) high on the ascent with third runner M Purja (Gurkha Rifles) — Photo: Peter Hartley. (Bottom): International Consultant on Downhill Running and Master Tactician Jack Maitland congratulated after winning the Everest Marathon — Photo: Bob Howard.

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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.?

Letters and Articles for Next Issue—deadline 1st May

John Blair-Fish, Five The Screens, 28 Howden Hall Crescent
Edinburgh EH16 6UR (031-664 8425)

Results and Race Reports to:

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

Advertising Copy to:

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

LETTERS

Race Reports and Results

Prompted by the letter from Ray Eagle in the last issue of the *Fell Runner*, particularly the comments concerning results, I thought it might be of interest to members as to how results are obtained and prepared for print.

Every single race organiser listed in the FRA calendar is sent, within a few days of his event, a letter requesting a copy of results and a race report. A standard blank "Results and Race Report" form is also included to try and ensure all categories of results are covered. This letter and form is accompanied by a return stamped addressed envelope.

The majority of organisers do respond, some with comprehensive results and clear reports, others simply return a copy of their results sheet (which doesn't always provide the information I need). Whilst I receive most reports fairly promptly there are a few which are returned weeks, or even months later.

I also receive very good reports from individuals, eg Bill Smith, Dave Woodhead, Anthony Kay and others and also Brian Ervine ensures I have the Northern Ireland details.

All these results are edited and re-typed into a suitable format for the printer to meet the magazine final copy date.

Regarding content, I always try to include a race report no matter how brief, although on some occasions only after piecing together scant information. I do invariably receive a copy of the race full results listing, but bearing in mind there are over 250 races in the calendar with fields of typically 200 (frequently more) competitors, I cannot see any way of printing comprehensive results to satisfy everyone. However, the editor and I are always open to suggestions for improvements — we try to please!

I would take this opportunity to make a plea to race organisers to please let me have clearly written reports and identify result categories.

Yours sincerely
DAVID T WEATHERHEAD

Mike Hartley's achievement denigrated

I had been looking forward to reading an account of Mike Hartley's Pennine Way record. However, I think Frank Yates, who wrote the article in *Fell Runner* has, I guess unwittingly, denigrated Mike's great achievement. To head the article "Pennine Way in 2 1/2 days" then tell us Mike didn't do this is a most unfortunate approach. Even more unfortunate, in my view,

is to round off the article, not with a tribute to Mike but the glib statement that the challenge is for a 2 1/2-day completion. Well, Frank, I'll hold your coat while you have a crack at it! In the meantime, well done Mike, a great achievement. Most remarkable, in my opinion, was your disciplined approach 16 stops, less than four hours in 270 miles is quite phenomenal.

Yours faithfully
MIKE CUDAHY

Better a "has-been" than a "never-was".

PS — I really enjoyed reading that my record had been "blown away" (great journalese) and that I was just the "other" person to go sub-three days (I thought I was the first). If Frank would apply a couple more derogatory remarks it will ignite the fires under my training to the coming year (but not for 2 1/2 days!)

The Other Pilbeam

Concerning "The Fell Runner's Alphabet" (June 1989 issue). You obviously failed to consider that there might be another Pilbeam out there on the fells (sorry Angela — mountains!), with map and compass in hand, who might take offence at your definitions. I'll have you know that I've only succeeded in getting lost once since I took up the sport. How was I to know that some of the railway track would have been taken up on Snowdon, thereby causing my "quandary"?

PS — I always understood Pilbeam to be the name of a "lost" village in the South of England, had, but perhaps I shouldn't mention that!

Yours somewhere else in sport
STEVE PILBEAM (ERYRI)

Registrar of Overseas Accomplishments

The September 1989 issue of *The Fell Runner* was definitely the best yet, and I can state categorically that this has nothing to do with the fact that my article on the Sierra Nevada was contained therein (honest). No, the best thing about it was the wealth of long distance and international news.

Reading about Martin Stone's not-quite-successful Brecon Beacons traverse, I was amazed by the similarities to my own experience in Spain, despite the rather dissimilar conditions! Martin's lessons learned will serve me well in future also!

The tremendous feats accomplished by Helene Diamantides, Adrian Belton, Mike Hartley and others, left me feeling rather feeble — I had previously thought I was

moderately fit, obviously I was mistaken!

The International News section was a feast, the interview with Hugh Symonds being particularly interesting; these Pyrenean races sound tremendous, I must try to get over there as soon as possible!

There seems to be a general upturn in interest in overseas races and challenges, it is certainly a subject in which I am interested, the Integral de Sierra Nevada is, I hope, only the first of many foreign exploits. I have a number of ideas floating around but I am not saying what they are in case some mega-fit individual pre-empt me with some superhuman times! Which brings me to the main reason for writing this letter.

While Martin Stone is doing a grand job of keeping a *British* long distance register, we have no one keeping a record of *overseas* challenges and records. Looking back through earlier issues of *The Fell Runner* there are plenty of examples of overseas endeavours, but no actual register for them. I am therefore volunteering for this job (must be mad), and will try to keep a detailed record of all overseas accomplishments other than actual organised races. So, come on all you foreign travellers, send details of your exploits (past or present) to: Andy Walmsley, 140 Eaves Lane, CHORLEY, Lancs PR6 0SU.

Yours exotically
ANDY WALMSLEY

Northern Ireland and British Team Selection

I was pleased to read in the Summer 1989 *Fell Runner* of the spirit of co-operation and unity with which Fell Runners are entering into the British Athletics Federation.

Unfortunately, however, when I read the report of the "Stellina Challenge" I began to smell a rat. It was nice to see an invitation had been received to send a British Team, but when that team was being selected where were the discussions with Northern Ireland? Equally so after the discussions where was a representative on the team from Northern Ireland?

I feel it should only have been right in the "new spirit of co-operation" that Northern Ireland should have been on one of the British Teams and that future selection of such teams should reflect the unity of the British Athletics Federation.

GORDON MURRAY

Dave Hodgson replies:

Guilty—On the lack of consultation with our friends in Northern Ireland re selection of the British team. I will see it doesn't happen again!! In mitigation, the view of the FRA Committee was that we should send as strong a team as possible and we did not think that any of the Northern Irish lads had shown the form to justify a place in a team of four runners representing Britain. That view seems to be supported by the World Cup results. Notwithstanding this consultation should have included Northern Irish officials and I hereby don sack-cloth and ashes and apologise.

DAVE HODGSON

A Bumbler's View of the Championship

As a bumbler of many years standing, I don't pretend to understand the pressures facing those who aspire to championship recognition.

But I am a lot wiser now I have read the philosophy of the current British champion as reported in a recent issue of *Compass Sport*. "There are too many races. There's no incentive: the British champion is awarded a glass tankard. Furthermore for the elite there's no financial help towards travelling to championship races."

It is also reported that he won't be contesting the championship in 1990. Well quite frankly, I couldn't care less because I shall be at the flag end and won't win even a plastic mug. But I shall enjoy the races and the companionship of the vast majority of runners without whom there would be no championship.

Yours sincerely,
MIKE ROSE

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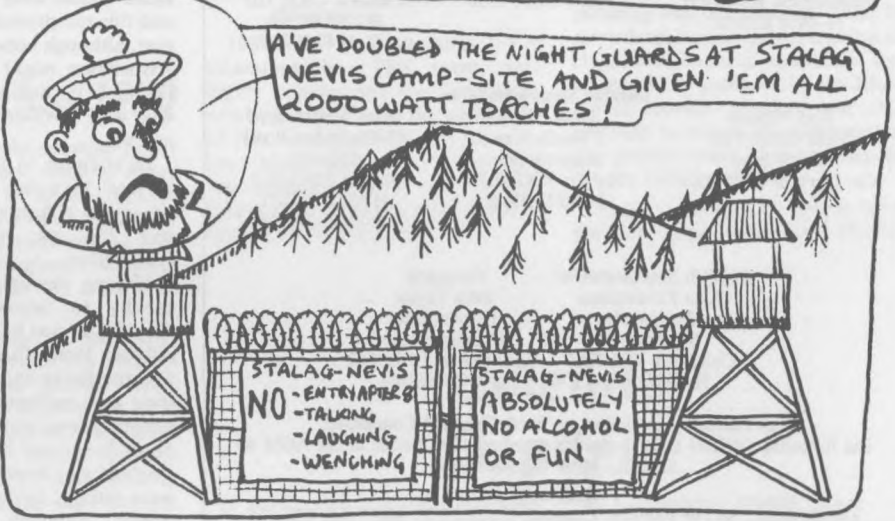
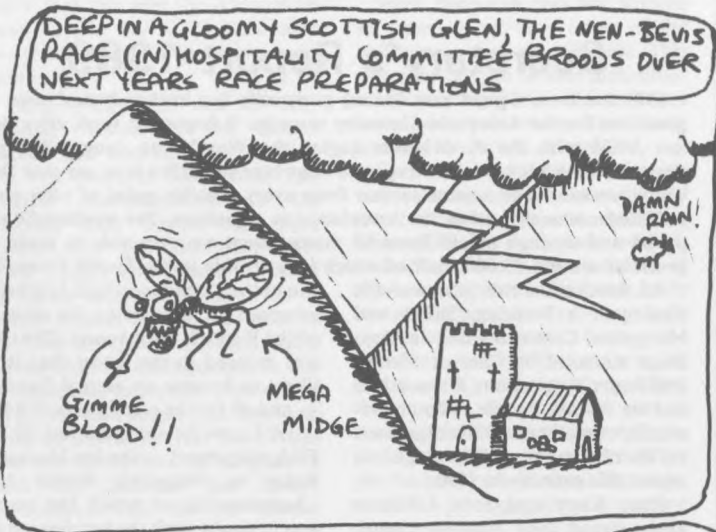
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FELL RUNNERS ASSOCIATION

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Fell Runners Association — Welsh Regional Committee:

The following Officers and Committee members were elected at the AGM on Saturday, 14th October 1989.

Chairman:

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

Deputy Chairman:

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

Secretary and FRA Committee Representative:

Jonathan Gibbon, 53 St Fagan's Rise, Fairwater, Cardiff CF5 3EZ (0222 5553699)

Treasurer:

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

Team Manager:

Chris Gildensleeve, 7 Bloom Street, Pontcanna, Cardiff CF1 9QU (0222 383232)

Statistician:

Martin Lucas, Chestnut View, St Brides Major, Near Bridgend
Mid-Glamorgan CF32 0SY (0656 88009)

Robert Benjamin, Frewd Parry, Huw Parry, Ruth Parry, Kay Lucas,
Francis Uhlman, Steve Barnard, Simon Blease

COMMITTEE NEWS

Secretary's Report 1989

1989 has been a good year for me personally (no broken bones!) and a good one for the Association in many respects. It began the week after the last AGM with the Association staging the World Cup competition in Keswick. This has been fully reported elsewhere so suffice it to say that the whole weekend was a great success from every possible point of view and reflected extremely well on the Association as organisers. The weather did us proud and through sound financial management we were able to make a profit of around £3,000, half of which is repayable to the Sports Council.

An innovation this year was the staging of a Training, Safety and Navigation Centre at Edale in May. Stage managed by Chez de Mengel and Roger Baumeister, it was attended by 30-odd people, who unanimously complimented the organisers on its effectiveness. It is hoped to repeat this exercise in 1990.

Peter Knott and John Gibbison again staged their Autumn Course and this too proved just as useful as ever, although better publicity by the Association might have attracted a few more participants. Thanks to all who were involved in either of these courses.

In addition to these two courses Konrad Manning and Jon Taylor organised a Junior Training Weekend. This was subsidised by the Association.

Moving through the year rather rapidly to September, the 1989 World Cup was held in Die, France. All four Home Countries sent teams and the Scots and Welsh produced their best performances ever. Colin Connelly was second in the Men's Short Event and both teams pushed England very hard. The English Men were without an outstanding performance although Jeff Horley's seventh place in the Short Event was excellent. The Juniors performed extremely well although the 85° temperatures took their toll, particularly on Geoff Hall who collapsed 300 metres from the finish while in second place. Gerard Cudahy and Gavin Bland ran superbly in sixth and seventh. In the Ladies' event the team raced magnificently into second place, a single point behind the Italians, with Sarah Rowell in fourth place.

As another innovation this year, a coachload of 49 members journeyed to France to support the team and

run in the Open race which had been arranged in response to the success of the Keswick open events. The trip was enjoyed to the extent that it is likely to become an annual fixture, — and all for the princely sum of £45!

1989 saw the inauguration of an FRA relay event — the Ian Hodgson Relay in Patterdale hosted the Championship of which the result was in doubt until the last few yards when Ambleside's last pair held off their Keswick counterparts by a mere six seconds over an event of V/i hours. This result heralded much celebration — not least by your Secretary!

Back in February the first ever meeting of representatives of fell running organisations from all four Home Countries took place in Penrith. The reason was the expected arrival of a single body to administrate athletics throughout the UK — The British Athletics Federation. Everyone present welcomed the possibility of fell running also unifying its organisation and we agreed unanimously on a draft Constitution for the proposed Fell and Hill Running Commission. The details have already been reported in this magazine. Needless to say BAF is still very much on the horizon but time hasn't appeared to bring it much closer. One gets the impression that if athletics administrators had athletics a little higher in their priorities and money and power a little lower then they would have a better chance of agreeing a plan. Take a tip from fell running, gentlemen!

The Championships season ran quite smoothly — especially for Colin Donnelly who made it three in a row in the British. In an article in *Compass Sport*, however, Colin takes us to task for only giving him

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.

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a glass tankard! He also suggests that we should sponsor him to turn up at races. That might seem pretty rich for a non-member of the Association who can't manage to take up his free tickets to attend our Dinner and collect his awards! By the way Colin, I feel you should know that this year the Association paid out over £1,000 for the awards — that's nearly 50p from every member.

Ruth Pickvance was a very popular winner of the British Ladies' title and Andy Styan took the Vets award in both British and English championships. In the English, Gary Devine and Clare Crofts took the individual titles while Pudsey and Bramley cleaned up all the team awards on offer.

The Annual Dinner continues to go from strength to strength under Kevan Shand's management. It was an extremely enjoyable evening for all the 300-odd people who attended.

At the start of the year Dave Jones told the Committee of his plan to have the Calendar out before Christmas. This is an almost

Herculean task but Dave and the rest of us felt it very worth while to give members more time to plan their racing. It has been achieved and at the time of writing I believe all members have a copy of the Calendar. Congratulations are due to Dave.

John Blair-Fish too has worked very hard to get three issues of the *Fell Runner* out within the year. This was done despite serious difficulties on the printing side — with the latest issue being printed by Macdonald Lindsay Pindar pic, Loanhead.

On the debit side it was for me very depressing to see only 30 members attending the AGM at Winter Hill. For an Association with something like 2,800 members I think an attendance like that is fairly lousy! Is it because the Committee's completely isolated from the members — or is it that we're doing such a good job that you've nothing to complain about? Either way it makes it hard for me personally to justify the 12 hours or so a week that the Association's business demands.

SELWYN WRIGHT

Selection Policy - World Cup 1990

The Committee has decided to make several changes to the selection policy for the England team for the 1990 World Cup in Telfes, Austria. Many leading runners have suggested that as the long race in Austria will be virtually all uphill, we should have an uphill only selection race. We agreed that this is a good idea and a race is to be organised on Snowdon on 15th July 1989 (details below). No course could be found in England containing sufficient sustained climbing. The course on Snowdon is 17 miles with 3,800 ft of ascent.

We also decided to give the Selectors a little more discretion than they had in 1989 by making only two places in each team available automatically. The Selectors will choose the other two in each case plus a male travelling reserve.

These are the details:

Men's Long Race

First two runners in Snowdon "Uphill only" race will gain automatic selection.

Men's Short Race

First two runners in the Skidlaw Race will gain automatic selection.

Five other runners will be chosen by the Selection Committee and performance in these two races will be the main but not the only criterion. One of these five will be nominated as the travelling reserve.

Ladies' Race

The system will be the same as for 1989 except that only two athletes

will gain selection automatically. The two races will be the Skipton Fell Race and the Skidlaw Race. Eleven points will be awarded for a win; nine for second etc. Two other runners will be chosen by the Selectors and performance in these two races will be the main but not the only criterion.

Juniors (Please contact: John Taylor).

"Uphill Only" Selection Race

Sunday 15th July, 2 pm. 7½ miles 3,800 ft of ascent. Over 18 only. Fee £2 on day. From Bridge between Llyn Peris and Llyn Padarn, Llanberis, to Summit of Crib y Ddysgyl (300 m from Snowdon cafe). All kit to go to the summit must be in organisers hands by 12 noon.

Details: Eilir Evans, Rowen, Dinas, Y Felinheli, Gwynedd, LL56 4RX.

SELWYN WRIGHT

We're making a determined bit to keep the British Championship at the forefront of fell running in this country and that's why we've decided to reduce it to six races with your best four to count.

We know this won't suit everybody but when you look at the following statistics we think you'll see what we mean. We've compared the two years before the present format came in with the two years since. Here are the results:

1986	4 from 6	5 English in first 10. 3 Scots. 2 Welsh.
1987	4 from 6	7 English in first 10. 2 Scots. 1 Welsh.
		1st Team Eryri.
1988	6 from 9	9 English in first 10. 1 Scot.
		1 more Scot in first 20. No Welsh in first 30.
		1st Non-English team 7th.
1989	6 from 9	9 English in first 10. 1 Scot.
		3 Scots and 2 Welsh in first 20. But hardly any raced outside their own country.

SELWYN WRIGHT

FRA Relay Championship

1989 Patterdale, Lake District
Winners — Ambleside AC

1990 Peak District

Winners —

1991

Winners —

1992

Winners —

1989 saw the inaugural FRA Championship. The event was highly popular and the Committee would like to ensure the continuity of this event. Pennine Fell Runners have kindly agreed to promote the race in the autumn of 1990 and full details will be announced in the next edition of the magazine.

The FRA are seeking offers to plan and organise a relay championship in 1991 and 1992. The thought is that this event should be held in a different area each year with the exact nature of the race and course decided by the organisers. The planning and organisation could be carried out by one club or a group of clubs and financial assistance and prizes will be provided by the FRA. Please consider whether your club can help to ensure the continuity of this popular event by organising the race in 1991 or 1992.

Enquiries or further details from Dave Hodgson — Tel: 0532 585586.

Calendar Update

- Pen y Fan (British Championship) — the date of this race is now Saturday, 7th April 1990.
- Llanbedr-Blaenavon — the date of this race is now Sunday, 8th April 1990.
- Kaim Hill — the date of this race is now Sunday, 6th May 1990.
- Goatfell — the date of this race is now Saturday, 19th May 1990.
- Winter Hill — the Organiser of this race is now Tony Varley, 1 Kensington Drive, Horwich, Bolton BL6 6AE. Tel: 0204 669570.
- Welsh Championship — please note that Transfan (7th July) replaces Trefriw (12th May) as one of the long races.
- Late, late entry: Sunday, 9th September 1990. Corrieyairack Pass Race. CL. 12 noon. 16 m/2,250 ft from Fort Augustus. Registration by 11 am at the Motor Inn, Spean Bridge. £2 to organiser by 3rd September. Teams free. Obvious route. Over 17. Transport provided to start and back from finish. Records: 1.45.21 G Reynolds 1987; female 2.11.58 S Niedrum 1988. Details: S Hastings, 13 Inverroy, Roy Bridge, Inverness-shire. Tel: 039781 345.
- Cairngorm Uphill Race — cancelled. Previously 1st July.
- Moffat Chase: 7th July — New Organiser: Ian Campbell, 5/3 Boat Green, Warriston Road, Edinburgh EH3 5LL.
- Glamaig Hill Race: 21st July — New Organiser: Alan Farningham, 13 Abbotslea, Tweedbank, Galashiels TD1 3RZ.
- Pentlands Skyline: 7th October — New Organiser: Jim Darby, 85 Kirkhill Road, Penicuik, Midlothian.
- Trefriw Mill Race: The date of this race is now 6th May 1990.

NB U 20 Fell Runners

Because of date clashes and race cancellations. Chew Valley, Mythonroyd and Burnsall are replaced by the following races:

For Inters: Wardle, Lattrig, Witches Clough.

For Juniors: Calder Valley, Lattrig, Witches Clough.

Please let me know if you are interested in an early season Junior training weekend at the end of April.

John Taylor,
14 New L
Skelmanthorpe,
Huddersfield HD8 9EH.
Tel: 0484 862446.

The British Championship 1990

Readers will be aware by now that the British Championship will have a different format this year. The change is the result of lengthy discussions within the Committee and consultations amongst the membership. In addition to that we received complaints that the format as it stood, was unfair to Scots and Welsh runners who had to do huge amounts of travelling.

As I wrote in the last Magazine, the results of championship races showed that some top English runners, and most of the top Scottish and Welsh athletes, were voting with their feet. We feel that one of the main reasons for this is simply that, as Tony Trowbridges article in the last Mag suggests, there are too many important races for top runners to do justice to Championships, Selection races and Internationals. Something had to give!

Regional Committees News

Welsh Regional Committee

The Fell Runners Association is responsible for the sport in Wales due to the fact that Athletics in the Principality is under the jurisdiction of the AAA.

In 1983 Fell Running began to take off in Wales and numerous new races were beginning to appear on the Calendar. At the same time the FRA was reaching the stalemate regarding its position as the Governing Body for the sport in Scotland. In order to avert a possible similar position arising in Wales the FRA decided to devolve some power to a Welsh Committee elected by Welsh Members. Administrative costs were to be paid by the FRA.

One of the briefs to the Welsh Committee was to organise a Welsh Championship for which the FRA provide the Trophies. This is open to all Competitors with Welsh qualifications and all first claim members of Welsh Clubs.

Since 1983 there has been a continuous growth in International Mountain Racing and the WRC looks after Welsh interests in this area. However, funding for the World Cup from the Welsh AAAs has always been inadequate and the WRC has always had to raise a considerable amount of money for this itself. Raffles and the sale of Welsh calendars are used for this.

A new and unwelcome concern to the committee is that of access. Traditionally there has never been any problem with this, but letters from official bodies would indicate that all is not well in this area. Changes to race routes can be

expected at best. However the Welsh Regional Committee will act in the Fell Runners' interest on this issue.

Welsh Mountain Running Championship 1990

The 1990 Welsh Championship will be based upon the following races:

Short

Pen Y Fan 31st March
Cnicht 26th August

Medium

Snowdon 28th July
Llyn Y Fan 13th October

Long

Trans Fan (not Trefriw) 7th July
Peris Horseshoe 22nd September

Open to all with Welsh qualifications and all first claim members of Welsh Clubs.

JONATHAN GIBBON

Northern Ireland Fell Runners Association: Committee 1990

President: LESLIE COOKE.

Chairman: IAN TAYLOR.

Secretary: JOHN SLOAN, 18 Thorn Hill, Bangor BT19 1RD. Tel: 0247 457093.

Treasurer: GORDON MURRAY.

Press Officer: BRIAN ERVINE, 38 Kennedy Drive, Lisburn BT27 4HZ. Tel: 0846 665476.

Assistant Press Officer: MICEAL MORGAN.

Members: W J BROWN, BILLY McKAY, DENIS RANKIN, DAVE WATSON.

Sunday, 7 am, saw another short run, by some. In the morning Peter talked about the FRA and race responsibilities of the organiser and competitors. Ken chatted about gear and safety in general. David Rosen had arrived Saturday afternoon looking quite fresh from his run in the 3-Shires. He had contributed to the talks then and supervised the night navigation but was now able to offer tips to course members on route-planning and route choice particularly relevant to the afternoon event, which was now to be planned over lunch.

The 10 km Silver Howe Chase started at 1 pm with David Rosen out early, setting the pace and showing slick navigational skills. Miriam Rosen also guested and course members attempted to find all ten checkpoints in the allotted time with varying degrees of success. The weather was good but maybe the course was a little too long with one checkpoint proving particularly troublesome. Dave left us with a review of his route, leg times and comments (including how he had put one checkpoint into the right place — my fault).

Results: 10 km Silver Howe Chase, Sunday, 17th September, ten checkpoints:

1. David Rosen (guest here) 1.43.32
2. Miriam Rosen (guest) 2.18.05
3. Dave Marshallsay 2.28.46 (1st course member)

These were the only ones to get all ten checkpoints in the time.

The following three competitors made nine checkpoints in time:

4. Richard Carter 2.30.00
5. Malcolm Carson 2.31.52
6. Yannis Tridimas 2.35.50

There was a quick de-brief back at the hostel, Ken sold some gear and we all waited for one course member to return. He did eventually — via a more scenic route. Thanks to the helpers, Alan Grant and his wife at the Hostel and course members for contributing to an enjoyable weekend.

There will be two courses next year. See your FRA Calendar for details. I think there is room for two courses. How good are your navigational skills? Can you use the map and compass which you often carry in races? Can you prevent that odd error which has cost you time and positions? Could you enjoy a long run in the Lakes or Scotland miles from anywhere in bad weather on high mountains and feel very confident of navigating yourself home without problems? Any doubts — try an FRA course put on cheaply for your benefit.

JOHN M GIBBISON

NB: The organiser of the May Course is now Malcolm Patterson and not Selwyn Wright as in the Calendar. Please contact Malcolm Patterson, 31 Hunter Hill Road, Sheffield, S. Yorks S11 8UD, for details of the May Course.

FRA "Introduction to Fell Running" Course

(including Fell Running, Training, Navigation, Safety) held at Ellerwater YH
— 1 5th to 17th September 1989

A bit down on numbers this year! Was it because of the very successful course held at Edale in May? Certainly the 12 who attended got good personal tuition from the old hands of Peter Knott, Ken Ledward and myself with help from Yvonne Armitage yet again and a visitor from that other course in the shape of Roger Baumeister.

Peter did most of the administration and Ken was the big boss. We were all told that we must keep strictly to the time schedules. Those on the course who assembled early enough on the Friday evening at the Youth Hostel viewed the K1MM video of the Cheviot 1988 event. Up at 7 am Saturday for the now customary pre-breakfast joy. After breakfast there was a map and compass session for all. No point in going out if you can't use these items. During coffee runners were split into groups with instructors

and the rest of the day was spent on Lingmoor, going over a pre-described route working on navigational skills and watching the 3-Shires competitors struggling up to Lingmoor summit, over our lunch. I hope to run this race again someday.

Back at the hostel for 3 pm allowed for coffee, wash/change and de-brief of the session. Then there were talks on fell running from the short race to the 2-day events and endurance runs by myself and Roger. A range of year was looked at for 2-day events. Ken wanted to work the group harder and keep them out of the pub so he organised a short night navigation exercise. There was also time in the evening to watch a poor video of a great event of October 1988 — the World Cup of Fell Running in Keswick. A bit monotonous watching runner after runner over the same bits of ground!

FELL AND MOUNTAIN MARATHON GEAR

Jetpacker Tent (47 oz)	£147.00
Jetpacker LE Tent (44 oz)	£143.00
Spacepacker Tent (62 oz)	£196.00
Superlight S/Bag (28 oz)	£45.50
Dreamlight S/Bag (32 oz)	£78.75
Huskey four season S/Bag (48 oz)	£98.00
PB Racer studs	£40.99
PB Trainer studs	£40.99
Silva VM studs	£42.80
R/Run Ridgerunner rucksack	£27.95
R/Run Hipsack	£8.45
R/Run Hipsack GT	£4.95
Troll Rainsuit (9 oz)	£39.00
Viga Tracksters	£9.15
Helly Hansen balaclava	£3.65
Helly Hansen L/Johns (2nds)	£5.75
Helly Hansen L/sleeve vest	£11.95
Meraklon L/sleeve vest	£7.65
Meraklon thermal gloves	£3.25

Cheque with order (post free). Send SAE for full list.

GUY GOODAIR SPORTS

7 Rayner Street, Horbury

West Yorks WF4 5BD

Tel: 0924 278043

Championship Results

British and English Championships

Now you can all understand why I have retired from the statistician's job after about nine years. A phone call from the editor, I'm on the deadline for getting the championships in the next magazine. So pen to paper and I've got cracking. First of all I would just like to say, as this will be my last report, I have been on the FRA committee since 1978 mostly as statistician. From the word go I was totally wrapped up in the sport and I've loved every minute of it. I am grateful that I have been able to serve the sport all these years. Without doubt you are the best sportsman on earth. Thanks. (Hang on one of the kids is crying.)

So back to the championships. Can you all remember my last line in my last report, Pudsey the Fell Club of the future. And what a start, British club champs with 52 points and English with 38 points. They are all young lads, not a codger in sight. I still can not understand why Kendal did not score in their short. They only needed 7 points to take the title.

Anyway back to the British Champs. It's true what runners are saying. It's been quite poor this year. Apart from C Donnelly (Eryri) it looks like another English Champs. You could say only the first 10 condensed. Well done Colin, three years on the trot but I think British Champions should receive their awards at the dinner. After all it's more or less organised on their behalf.

Ruth Pickvance from Clayton really dominated the British Ladies. She won by a clear 16 points from June Harold of Horwich.

We had the same 1-2-3 in both champs in the over 40s, and what a tussle between the winner, Andy Styan, and Dave Spedding. It was very close in both. My good friend, Don Ashton, won both over 50s. By golly this bloke looks well for his age. I do not think I'll look that good in the year 2000. Nice to see Glossop showing second and third in the English Mens. Last year I said Micky Whyatt would do well. He was only 9 points adrift of Gary Devine, the winner. Well what more can I say? I'm going to take it easy now and count my points scored in the vets next season, plus plenty of children sitting. Once again thanks to all those that attended the dinner presentation in Blackburn. You made it a smashing night. I think there were only a couple of trophy winners missing. Same again next year everyone.

Yours in the (Greatest Sport),
KEVAN SHAND

British Championships Senior Men

1. C Donnelly (Eryri)	189
2. G Devine (Pudsey)	172
3. G Schofield (Blac)	134
4. M Prady (Gloss)	131
5. M Whyatt (Gloss)	126
6. W Gaunt (Pudsey)	121
7. G Webb (CV)	119
8. A Trigg (Gloss)	118
9. D Spedding (Kes)	109
10. A Styan (Holm)	99
11. J Taylor (Holm)	89
12. G Griffiths (Hebo)	70
13. D Bell (Hadd)	65
14. K Anderson (Amb)	60
15. P Clark (Kend)	53
16. J Wilkinson (Gala)	52
17. R Pallister (Pudsey)	51
18. A Curtis (Liv)	50
18. W Styan (Holm)	50
20. D Roberts (Hebog)	48

21. G Bland (Kes)	46
21. S Booth (Kes)	46
21. D Cartridge (Bol)	46
24. A Peace (Bing)	45
25. I Davidson (Cam)	42
26. C Valentine (Kes)	42
27. P Marshall (Hadd)	41
28. P Skelton (Kes)	39
28. I Ferguson (Bin)	39
30. R Rawlinson (Ros)	38

British Championships Vets 0/40

1. A Styan (Holm)	124
2. D Spedding (Kes)	123
3. B Deegan (Roch)	92
4. R Bradley (Holm)	57
5. M Walford (Ken)	47
6. J Hope (Achille)	36
6. P McWade (CLM)	36
6. C Taylor (CLM)	36
9. L Stevenson (Ken)	35
10. J Holt (Clay)	35

British Championships Vets 0/50

1. D Ashton (Black)	126
2. N Matthews (Hor)	119
3. R Hird (Macc)	113
4. B Thackery (DPFR)	95
5. M Hayes (DPFR)	54
6. P Brooks (Loch)	48
7. W Gauld (Cam)	45
8. B Evans (Prest)	33
9. B Fielding (Leeds)	32
10. L. Griffiths (Hebo)	31

British Championships Teams

1. Pudsey	52
2. Holm firth	45
3. Glossopdale	30
4. Eryri	29
5. Kendal	26
6. Keswick	25
7. Hebog	24
8. CLM	19
9. Horwich	12
9. Rochdale	12
9. Ambleside	12

British Championships Ladies

1. R Pickvance (CLM)	60
2. J Harold (Hor)	44
3. C Crofts (DPFR)	33
4. J Smith (DPFR)	29
4. S Farrar (Eryri)	28
6. C Menhennet (Bel)	17
7. F Cole (Cumb)	15
8. R Parry (Eryri)	13
8. J Johnson (Denby)	13
10. A Curtis (Liv)	12
10. T Calder (Edin)	12
10. P Hawtin (Edin)	12

English Championships Senior Men

1. G Devine (Pudsey)	113
2. M Whyatt (Gloss)	104
3. A Trigg (Gloss)	91
4. W Gaunt (Pudsey)	87
5. G Webb (CV)	86
6. A Styan (Holm)	79
7. A Peace (Bin)	78
8. D Spedding (Kes)	75
9. D Cartridge	71
10. J Taylor (Holm)	70
11. R Pallister (Pudsey)	66
12. K Anderson (Amb)	61
13. P Clark (Ken)	58
14. T Parr (Notts)	53

15. M Prady (Gloss)	52
16. G Hall (Holm)	48
17. R Jackson (Hor)	45
17. I Ferguson (Bin)	45
20. G Schofield (Blac)	44

English Championship Vets 0/40

1. A Styan (Holm)	85
2. D Spedding (Kes)	82
3. B Deegan (Roch)	64
4. P McWade (CLM)	49
5. M Walford (Ken)	47
6. L Stevenson (Ken)	43
7. N Berry (Holm)	37
8. J Hope (Achille)	36
8. C Taylor (CLM)	36
10. R Bradley (Horn)	30

English Championships Vets 0/50

1. D Ashton (Black)	88
2. N Matthews (Hor)	80
3. R Hird (Macc)	74
4. B Thackery (DPFR)	65
5. B Fielding (Leeds)	47
6. R Bunn (Hale)	43

English Championships Teams

1. Pudsey	38
2. Kendal	32
3. Holm firth	28
4. Keswick	26
5. CLM	25
6. Glossopdale	23
6. Rochdale	23

English Championships Ladies

1. C Crofts (DPFR)	48
2. R Pickvance	39
3. J Harold (Hor)	34
4. J Johnson (Denby)	30
5. J Smith	27
6. C Cook (CLM)	16

Northern Ireland Championship 1989

1. A Philpott (Achilles)	116 1/2
2. J Patterson (North Down) V 40	113
3. B Ervine (Ballydrain)	112
4. J Hayes (Ballydrain) V 40	95 1/2
5. W McKay (Alberville)	92
6. D Graham (Ballydrain)	89
7. D Barrett (Ballydrain)	83 1/2
8 = W Brown (Newcastle)	78 1/2
8 = I Park (Ballydrain)	78 1/2
10. D Watson (Newcastle)	73
11. G Murray (Ballydrain)	72
12. K O'Hara (Newcastle)	65

All-Ireland Championship 1989

1. B Ervine (Ballydrain)	18
2. J Patterson (North Down AC) V 40	18
3. D Rankin (Alberville) V 40	34
4. D Watson (Newcastle AC)	43 1/2
5. W Brown (Newcastle AC)	44 1/2

1989 Isle of Man Fell Running Championship — Best 2 Long, 2 Medium, 2 Short to count

Seniors Points	
1. Tony Varley (MFR)	7
2. Ian Callister (MAC)	11
3. Richie Stevenson (MFR)	13
4. Roger Moughtin (WAC)	23
5. Phil Crowe (MFR)	32
6. Phil Kenny (MFR)	35
7. Peter Corlett (MAC)	37
8. Stuart Temple (MFR)	38
9. Juan Gell (MFR)	49
10. Simon Davies (WAC)	

Veterans Points	
1. Dave Corrin (MAC)	9
2. Dave Young (MAC)	10
3. John Wright (MAC)	12
4. George Hall (BH)	15
5. Bob Baxter (MAC)	29
6. Eddie Brew (NAC)	30

Intermediates Points	
1. Paul Brew (WAC)	5

Juniors Points	
1. David Knowles (WAC) 4	

Welsh Mountain Championship (Pencampwriaeth Rasmus Mynydd Cymru)

Senior Men Points	
1. Duncan Hughes (Hebog)	78
2. Hefin Griffiths (Hebog)	77
3. Huw Parry (Eryri)	64
4. Denis Thomas (Mynyddwyr De Cymru)	61
5. Malcolm Jones (Hebog)	55
6. Glyn Griffiths (Hebog)	54
7. Del Davies (Hebog)	48
8. John Darby (Mynyddwyr De Cymru)	46
9. Eilir Evans (Eryri)	44
10. Trefor Jones (Eryri)	43

Veterans Points	
1. Huw Parry (Eryri)	64
2. Denis Thomas (Mynyddwyr De Cymru)	61
3. Del Davies (Hebog)	48
4. Les Williams (Mynyddwyr De Cymru)	40
5. Frewd Parry (Mynyddwyr De Cymru)	15

Ladies Points	
1. Stel Farrar (Eryri)	79
2. Ruth Parry (Eryri) (1st Lady Vet)	56
3. Kay Lucas (Mynyddwyr De Cymru) (2nd Lady Vet)	49
4. Ann Nixon (Clwydian)	35
5 = Karen Patton (Mynyddwyr De Cymru)	20
5 = Lydia Kirk (Mynyddwyr De Cymru)	20
7. Sheila Bennell (Eryri) (3rd Lady Vet)	19
8 = Sue Ashton (Mynyddwyr De Cymru) (4th Lady Vet)	18
8 = Mary Morgan (Mynyddwyr De Cymru)	18
10. Annie Williams ?	16

Notes
The men's championship was eventually decided on a sprint finish in the last race of the season (Llangorse), with Duncan Hughes keeping close enough to Hefin Griffiths to beat him by one point overall.

Stel Farrar was a clear winner of the ladies' championship, but the ladies of Mynyddwyr De Cymru took five of the top ten positions and certain of them will be challenging for the top spot next year.

For the record, over 70 runners scored points in the championship, an indication of the strength in depth of Welsh Mountain Running and encouraging for the future of the sport.

MARTIN LUCAS
Hon Statistician
Welsh Regional Committee

International News

Fifth World Cup Mountain Races

Die, France, 16th/17th September 1989

The Fifth World Mountain Racing Cup took place this year in the Drôme region of France, a noted wine producing area (Côte de Rhone), situated 100 miles south east of Lyon and not more than two hours from the Mediterranean.

The Ladies', Junior and Short Men's Races all took place at the village of Chatillon, starting and finishing in the main street. The village of stone built houses nestles in a steep sided valley, the hillsides mainly forested but with rocky outcrops at the summits reaching up to 6,000 ft.

The weather for the short races was excessively hot and sunny. The Juniors and Ladies took the brunt of the heat starting at 2.30 pm and 3.45 pm respectively, with the senior men at 5 pm.

Although the organisation went well the medical teams were fully employed as numerous competitors from the more temperate parts of Europe suffered heat stroke and blistered feet.

The Senior Men's Long Race took place on the following day starting at Die the main town of the area where the competitors were accommodated. The course was mainly uphill but with a descent of 400 ft at 4 miles, and another of 300 ft to the finish at the Col-de-Roussel ski resort. Although it was sunny again, the 11 am start meant that it was not as hot as it had been for the previous days races.

Die proved to be a beautiful base for the event, and the local "Diois" went out of their way to be hospitable. A superb area for a future holiday.

Junior Men's Race 7,742 m/460 m climb

England had a strong team and high hopes for this race. Northern Ireland fielded a full team, but Wales only had two youngsters (15 and 16), and Scotland due to a peculiar sense of priorities had one representative.

The English team ran steadily but Steven Brookes began to show the strain midway through the race. Worse was to befall Geoff Hall who collapsed spectacularly 400 m from the finish with heat stroke when a certainty for second, Gerard Cudahy (6th) and Gavin Bland (7th) put in solid performances, and the gritty Brookes hung on for 12th giving England a well deserved Bronze Medal.

Joan Evans (18th) and Colin Jones (23rd) showed outstanding potential for future Welsh team efforts, but Billy Rodgers had an off day for Scotland, Andrew Callan (22nd) was Northern Ireland's highest finisher.

1. Andrea Agostini	Italy	34.25
2. Martin Schopper	Switzerland	35.39
3. Ivani Paragoni	Italy	35.36
6. Gerard Cudahy	England	36.38
7. Gavin Bland	England	37.03
12. Steven Brookes	England	37.49
18. Joan Evans	Wales	38.37
22. Andrew Callan	Northern Ireland	39.18
23. Colin Jones	Wales	39.32
29. Edmund Hawkins	Northern Ireland	40.57
34. Donal Gallacher	Northern Ireland	42.34
37. Richard McCauley	Northern Ireland	43.53
39. Billy Rodgers	Scotland	44.09
43 finished		

Ladies' Race 7,742 m/460 m climb

The Ladies' route was the same as the junior men. Fabiola Rueda of Colombia was on a hat-trick of victories in this event. However she was beaten into second place by Isabelle Guillot of the home country much to the pleasure of the local crowd. Despite the heat, British interests were well represented by the English team who were second to Italy by one point, Sarah Rowell, fourth, Yvonne McGregor, eighth and Janet Darby tenth, all performing well in adverse conditions. Scotland 5th team were led home by Trish Calder running a very well judged race to place 6th. Northern Ireland's first ever representative in this event, Paula Hawtin came a very creditable 12th, and Wales's highest placed competitor was Dawn Kenwright in 24th place.

1. Isabelle Guillot	France	38.24
2. Fabiola Rueda	Colombia	38.55
3. Manuella Di Centa	Italy	39.04
4. Sarah Rowell	England	39.21
6. Patricia Calder	Scotland	39.33
8. Yvonne McGregor	England	40.16
10. Janet Darby	England	40.54
12. Paula Hawtin	Northern Ireland	41.04
24. Dawn Kenwright	Wales	45.10
25. Christine Whalley	Scotland	45.18
26. Joyce Salvona	Scotland	45.22
36. Clare Croft	England	46.13
37. Christine Menhennet	Scotland	46.32
39. Stel Farrar	Wales	46.40
52. Ruth Parry	Wales	55.24
53 finished		

Men's Short Race 10,040 m/695 m climb

Of the two Senior Men's Races this was the one which was closest to British Fell Running in terms of the Course, and at 5 pm temperatures were cooler than they had been earlier in the afternoon.

At the halfway stage Fausto Bonzi led Colin Donnelly and Martin May, Hefin Griffiths and Jeff Homby were in the first dozen.

By the finish, little had changed but for the British the interest was further down the order. Brian Potts (12th) and John Wilkinson (15th) ensured that Scotland got the Bronze Team Medal. Duncan Hughes (20th) and Glyn Griffiths (26th) put the Welsh Team in eighth place one point behind the English. Their team with the exception of Jeff Homby did not perform to expectation maybe put off by scenes of distress at the finishing line after the previous races. Five competitors had been hospitalised after these first three races.

1. Fausto Bonzi	Italy	46.00
2. Colin Donnelly	Scotland	47.20
3. Martin May	Switzerland	47.59
7. Jeff Homby	England	49.30
9. Hefin Griffiths	Wales	49.55
12. Brian Potts	Scotland	50.29
15. John Wilkinson	Scotland	50.52
16. Mike Prady	England	51.31
20. Duncan Hughes	Wales	51.38
25. Ian Davidson	Scotland	52.53
26. Glyn Griffiths	Wales	52.56
29. Bashir Hussain	England	53.24
34. Malcolm Patterson	England	54.27
37. Darren Barret	Northern Ireland	55.45
38. Gordon Murray	Northern Ireland	55.50
41. Malcolm Jones	Wales	56.36
42. Brian Ervine	Northern Ireland	56.42
44. Noel Macgonagle	Northern Ireland	58.55



Sarah Rowell (England), 4th place, Ladies' World Cup Race —
Photo: R Douglas.

Men's Long Race 16,380 m/1,130 m climb

Despite a 700 ft descent at the four-mile mark this race was in the main the typical European uphill race that Britons tend to treat with trepidation. Whereas seven Britons finished in the first 20 in the short race only three did in the long.

Colombian Jairo Correa was an easy winner, and an Algerian, Mohamed Youkmare, 4th so to some extent the event is becoming World Representative rather than just European.

Jack Maitland was the pick of the Brits coming 10th, Robin Bergstrand 13th and Shaun Livesey 16th ran steadily to place well. Duncan Hughes 39th and Hefin Griffiths 42nd were the only two Senior Men to run in both races.

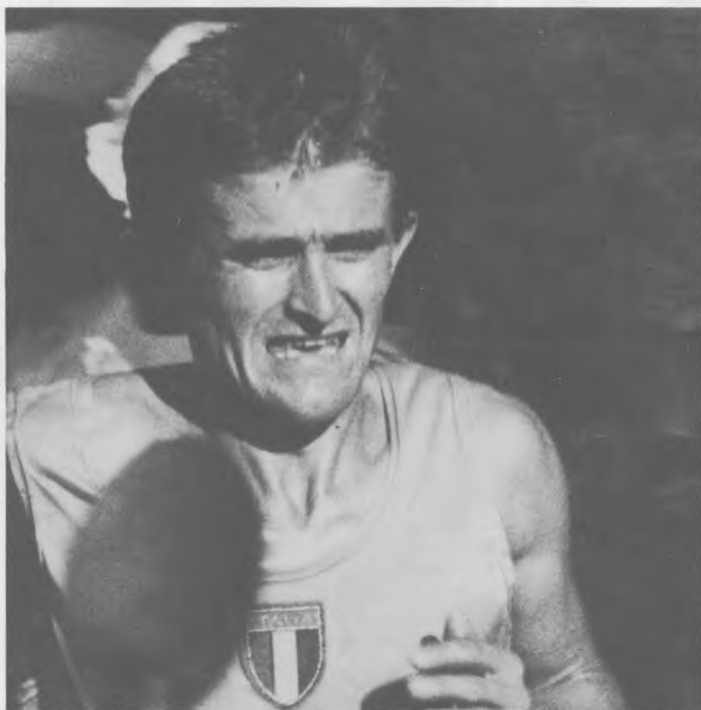
1.	Jairo Correa	Colombia	1.11.37
2.	Constantino Bertolla	Italy	1.13.17
3.	Luigi Bortoluzzi	Italy	1.14.06
10.	Jack Maitland	Scotland	1.16.44
13.	Robin Bergstrand	England	1.17.35
16.	Shaun Livesey	England	1.18.25
32.	Dennis Bell	Scotland	1.23.07
34.	Emlyn Roberts	Wales	1.23.19
35.	Ian Mathieson	Scotland	1.23.21
36.	Adrian Philpott	Northern Ireland	1.23.33
37.	Andrew Peace	England	1.23.48
39.	Duncan Hughes	Wales	1.24.01
41.	David Rodgers	Scotland	1.25.27
42.	Hefin Griffiths	Wales	1.26.24
45.	David McGuinness	Northern Ireland	1.26.51
47.	Huw Parry	Wales	1.28.18
49.	Gary Devine	England	1.28.49
52.	Jim Patterson	Northern Ireland	1.31.50
58.	Billy McKay	Northern Ireland	1.37.40
61.	finished		

Junior and Senior Men overall points place in 1988

World Cup Team Placings

1.	Italy	34	(1)
2.	Switzerland	71	(2)
3.	France	138	(9)
4.	England	145	(3)
5.	West Germany	189	(4)
6.	Eire	202	(7)
7.	Austria	238	(5)
8.	Scotland	238	(6)
9.	Wales	274	(8)
10.	Belgium	290	(x)
11.	Yugoslavia	327	(11)
12.	Northern Ireland	335	(10)
13.	Monaco	374	(12)
14.	Algeria	374	(x)
15.	Holland	403	(x)
16.	San Marino	431	(14)
17.	Liechtenstein	448	(13)
18.	Morocco	449	(x)

JONATHAN GIBBON
TONY HULME



DO OR DIE!

The Fell Runners' Coach Trip to the Fifth World Cup Mountain Races held at Die and Chatillon, France 16th to 17th September

Much credit must go to Selwyn Wright of Ambleside AC for the planning and organisation of a successful coach trip to the Fifth World Cup in France this year. Having to fill a 50-seat coach must have seemed a daunting prospect initially, a long weekend watching and competing was enough of attraction to fill the coach. Its popularity seems to assure it becoming an annual event.

Unfortunately the French restricted speed limits for public transport made the journey a little brain and bum numbing, eased in part by many coffee and croissant stops, and to stretch the legs and swollen feet.

One felt a little naive rolling south, peeling clothes off as the motorway temperature signs increasingly read, 29°C, 31°C, 34°C, well the thermal underwear might be needed.

After 24 hours of mobile incarceration our destination of Die was finally reached within the receding light of evening. Staggering off the bus the athletic priorities had to be established, pitch camp, go for a run, find a toilet roll shop, think about ones stomach and then find a watering hole.

Some self-contained frugal souls dined out of butty bags, others stumbled innocently into the equivalent of "Greasy Freds", and others dined in timorous silence, what had they really ordered? snails or horse meat?

We had arrived on Friday evening with the following day free to

spectate the junior, women's and men's short course events in Chatillon, followed by our Sunday performance in the open course on Sunday, a few ales wouldn't go amiss.

It came to pass one balmy night in the medieval town of Die. A rare spectacle, witnessing the gravity of the occasion, as a nameless soul from Bingley fell out a tree onto a table (some alleged he was already out of his tree) scattering beer and people in all directions. Probably an example to the French of Newtonian logic that the Brits are damn good descenders. To round up the evening an impromptu underpants relay race around the central church. The gauntlet was thrown down by the Scots, and the challenge was taken up of course by the English. As with the gauntlet some of the underpants came down, this pantomime over excited a nearby muzzled guard dog, that almost wagged itself to death and barked itself hoarse. The local cafe audience took it on the chin in a deadpan manner, well they get Italian television so they have seen it all before.



F Bonzi (Italy), World Cup Short Course Winner — Photo: R Douglas. Jairo Correa (Colombia), Men's Long Course Winner — Photo: R Douglas.

Dawn broke on the Saturday with a clarity that bode well for sunbathers, but must have instilled a fearful anticipation for the athletes for the heated dramas that lay ahead.

Arriving at the days venue by coach, one was struck by the heat, that not only came from above but also radiated from the old town walls, instantly lulling one into the desire for a siesta, or was it the beer? When in Chatillon do what the Chatillonnese do and disappear up the nearest shady nook. The streets were deserted but for mad dogs and British fell runners, who gazed in wonder at the many loudspeakers blaring festivity amongst the bunting, as though awaiting a ghostly heroes return.

The juniors and ladies shared the same 7.7 km course with a total ascent and descent of 460 m, and the Senior Men's short course was 10 km, with 695 m, of ascent and descent. All the course routes formed a figure of eight, with the town in the centre, which proved ideal for spectating. The town seemed to suddenly disgorge thousands of enthusiastic supporters onto the narrow streets as the competitions commenced.

The first race was the junior event, that popped down the tight streets like an uncorked bottle of champagne, only to slow a little by sharply turning uphill and north out of the shady sanctuary of the streets, higher and relentlessly zigzagging onward onto a stony path, that seemed it's self to force a way through the parched south facing limestone. Within minutes appearing high on the steep slope above the village. Seen from a distance they moved with an amazing fluid grace, the rasping and strained breathing lost high in the hills.

The heat took its toll, most dramatically with Geoff Hall in the junior race, who placed second until 500 m from the finish, collapsed and had to be hospitalised. When the ladies attacked the first slope no one glowed but smoothly floated uphill, literally lathered. The English ladies also struggled with the heat, with Sarah Rowell placed second on the heels of the leader on the last climb, having to concede two places in the last kilometre because of exhaustion. Considering the conditions the UK ladies packed well, placing five runners in the top 12 positions. Many of the other athletes succumbed to the heat, sometimes feeling the effects well after their event. The organisation was good and medical attention was readily at hand.

The men's 10 k short course generated excitement with the diminutive Italian Bonzi dominating, and winning the race, though strongly pursued by Scotland's Colin Donnelly, who placed second. Again UK and Eire showed the depth of athletes in the field by placing five runners in the top nine places. It is interesting to note that on average the British and Irish runners made up about one third of the total of competitors entered into the international competitions.

Sunday morning saw the start of the 17 km long open race, followed

by the senior men's long race over the same course. Both races began with great pageant and enthusiasm in the infamous square of Die, now renowned for its international underpants relays.

Both events started with a frantic sprint around the town before bearing north for 3 km, on very flat tarmac, which probably made Alex Smith feel very happy.

Then darting into the countryside, climbing up and around the side of the first wooded hill, the top being reached at about 5.5 km, then came 2.5 km (half of the total descent) of slack descent that was attacked savagely by the British fell runners, daring not to miss two rare chances to make up time with any form of descending prowess.

As the descent panned out into a 2 km of relative flat, one could see walls of vertical limestone reaching skywards for thousands of feet, forcing one to wonder how the hell it could be breached without too much suffering?

Threateningly, most of the climbing is done in the last 5 km to 6 km, not too steep, but carried on at a fair lick.

The route was by narrow winding paths that occasionally popping out of the forest onto road sections, then plunged back into the relative cool of the trees. Concentration wandered as one's calves starting to scream, followed then by heavy lead like legs, now paying for too brisk a start.

When will the col appear?

At last popping out onto open mountainside at about 4,000 ft, oblivious to the alleged superb views. Thankfully the path crossed a scree slope, a chance to pass a few runners tip toeing around.

More and more supporters appearing besides the track, swarming over the last few hundred feet of hill climb, giving no quarter, no chance to ease off. Yelling, such noise, some zealot clanging away with a large cowbell strapped around his waist, swinging it between his legs, I wonder, does his mother know?

At last the top of the col, with the final descent to the finish, passing danger signs about the descent, which turned out to be manicured grass as flat as a tilted pancake.

In the open race Rod Pilbeam led a field of 400 to win in a time of 1.15.56, of which 80 finishers were British runners with the top five placings being filled by competitors from the FRA coach. Second place went to the ever youthful and competitive vet Mike Short, originally from Horwich, now living in Switzerland. The first lady home was Sally Goldsmith in 35th position overall in a superb time of 1.27.03, with second place going to Sarah Rowell racing again in a very creditable time of 1.33.46.

In hindsight rumblings about footplates and lack of French toilet paper faded into the corner of the brain, a good time was had by all. Remember if one is taken short, carry a good thick book, so thick that one may never finish it, but the pages in the back may always be at your service.

Open course 17 km race to Col-de-Rousset, from Die, France. 400 entries, 80 of which were from the UK, 50 per cent of which travelled by the FRA coach.

Pos.	Time	Name	Club	Cat.	Place
1.	1.15.56	R Pilbeam	Keswick	SM	1
2.	1.17.57	M Short	S Ski	VM1	1
3.	1.18.53	A Smith	Cumberland	SM	2
4.	1.19.09	G Huddleston	Kendal	SM	3
5.	1.20.08	M Wyatt	Glossopdale	SM	4
19.	1.23.35	A Hauser	Holmfirth	SM	15
20.	1.23.53	W Gaunt	Pud & Bram	SM	16
22.	1.24.54	D Bader	Haddington	SM	18
27.	1.25.53	J Taylor	Holmfirth	SM	23
28.	1.26.05	G Kirkbright	Pud & Bram	SM	24
30.	1.26.22	R Pyatt	Peebles	SM	26
32.	1.26.32	M Falgate	Pud & Bram	SM	28
33.	1.26.45	S Bell	Watford H	SM	29
35.	1.27.03	S Goldsmith		SF	1*
38.	1.27.57	N Raitt	Keighley	SM	33
39.	1.28.18	A Schofield	Rochdale	SM	34
41.	1.28.52	J Hodson	Holmfirth	SM	35
42.	1.28.52	P Fettes	Scotland	JM	1**
44.	1.29.20	A Illingworth	Pud & Bram	SM	37
46.	1.29.36	R Bradley	Holmfirth	VM1	6
47.	1.29.50	A Curtis	Livingston	SM	39
48.	1.30.23	R Rawinson	Rossendale	SM	40
50.	1.30.25	A Judd	Leeds C	VM1	8
53.	1.30.36	S Waterman	Watford H	SM	43
56.	1.31.32	B Douglas	Kendal	SM	46
58.	1.31.49	T Hulme		VM1	9
59.	1.32.08	M Ogston	Hunters	SM	48
66.	1.33.22	A Bear	Skyrac	SM	54
67.	1.33.23	M Keys	Rossendale	SM	55
68.	1.33.24	I Campbell	Livingston	SM	56
70.	1.33.46	S Rowell	Leeds	SF	2*
72.	1.34.05	B Hughes	Hebog	SM	58
74.	1.34.12	A Buckley	Warrington	SM	60
77.	1.34.44	G Griffiths	Hebog	SM	63
78.	1.34.47	M Jones	Hebog	SM	64
84.	1.35.30	B Irvine	Ballydrain	SM	69
94.	1.36.22	B Hilton	Leeds C	VM1	15
97.	1.36.31	J Hawkesley	Kendal	SM	76
101.	1.36.47	C Hodgson	Horsforth	SM	79
104.	1.36.54	B Stephenson	Pud & Bram	SM	82
105.	1.37.01	M Lucas	Wales	SM	83
106.	1.37.01	G Brooks	Bingley	VM1	18
107.	1.37.04	P Calder	Edinburgh	VF	1*
108.	1.37.10	N Berry	Holmfirth	VM1	19
110.	1.37.15	H Sawyer	Skyrac	SM	85
112.	1.37.26	D Barrett	Ballydrain	SM	87
113.	1.37.28	D Hughes	Cumberland	VM2	2
114.	1.37.31	G Hall	Holmfirth	VM1	20
116.	1.37.37	B Taylor	Rossendale	JM	3**
118.	1.38.06	J Aitken	Help	SM	90
119.	1.38.15	G Barras	Skyrac	VM2	3
121.	1.38.39	L Stephenson	Kendal	VM1	21
126.	1.38.57	S Mathieson	Haddington	SM	95
134.	1.39.38	R Hill		VM2	4
156.	1.42.04	B Thackery	D Peak	VM2	8
167.	1.43.09	A Thornber	Bingley	SM	118
168.	1.43.16	D Holmes	Stockport	SM	119
174.	1.43.27	G Morray	Ireland	SM	124
175.	1.43.28	I Park	Ballydrain	SM	125
176.	1.43.28	J Hayes	Ballydrain	VM1	31
182.	1.43.54	E Thackray	Horsforth	SF	3*
184.	1.44.12	A Curtis	Livingston	VF	3*
186.	1.44.36	F Morgan	Holmfirth	SM	129
196.	1.45.37	D Hodgson	Fell & Dale	VM2	13
197.	1.45.45	A Walker	Fell & Dale	SM	135
198.	1.45.49	A Williams	Wales	SM	136
204.	1.46.11	A Cowley	Rossendale	SM	140
211.	1.46.57	P Clarke	Bingley	SM	145
226.	1.48.52	S Farrar	Wales	SF	4*
238.	1.50.03	C Urnston	Rochdale	SM	162
253.	1.51.07	J Finlay	Cambridge	VM1	49
273.	1.55.15	J Keys	Rossendale	SF	7*
286.	1.57.33	K Wilkins	Donkey AC	SM	186
292.	1.58.00	J Dupuy	Donkey	SM	192
297.	1.58.53	C Beadle	Holmfirth	SM	195
307.	1.59.50	B Graves	Milton Kn's	VM1	62
338.	2.06.36	R Griffiths	Horsforth	SM	212
346.	2.08.34	M McElhinney	Ireland	VF	8*
361.	2.11.50	S Kirkpatrick	Milton Kn's	VM2	29
374.	2.15.45	J McElhinney	Ireland	VM1	82
377.	2.16.29	F Moore	Rossendale	SM	231

Key — * Female runners.
** Junior runner.

BOB DOUGLAS

Dites Le Avec Des Fleurs

The Owl and the Boozy Lot went to Die,
In a beautiful Sea-Link boat.
They took some money and plenty of honey,
And got back a five-pound note.
The Boozy Lot looked at the waves outside;
There wasn't a sign of a star.
"Oh lovely lager, oh lager my love."
And went back down to the bar,
The bar,
The bar,
And went back down to the bar.
As Calais approached, they got back in their coach.
"Is it TV or tapes?" the Owl said.
Boozy said to the Owl "Your video's foul."
So they put on some music instead.
They drove all the way for a night and a day,
To the Land where the Apple tree grows,
And there in a wood our Roddy-wig stood,
With his shoes at the end of his toes,
His toes,
His toes,
With his shoes at the end of his toes.
"Dear Rod are you willing to run up a hill in
Your shoes?" Said our Roddy, "I will."
"I haven't been picked but I'll soon have them licked;
I'm no Turkey whose over the hill."
He dined on rice and pieces of ice,
With a runnable spoon for it all,
And then round the square, he set off like a hare,
And finished up first at the Col,
The Col,
The Col,
And finished up first at the Col.
At the Cafe de Paris, 'cause that's where the bar is,
They were holding an underclothes race,
When the Luminous Dong fell out of a tree,
And broke every glass in the place.
It was Tricia's birthday, and so at one thirty,
They were all in a birthday suit mood;
Paul and Richard thereafter, amid shrieks of laughter,
Were running around in the nude,
The nude,
The nude,
Were running around in the nude.
On the way back, some wheel nuts came slack,
But they drove as if nothing was wrong,
Until after Lyon, they seemed to agree on
A stop to see what made the Bong.
They made the nuts tight, then drove on all night,
By the light of the silvery moon,
And, apart from the journey, all were agreed,
The trip was all over too soon,
Too soon,
Too soon,
The trip was all over too soon.

WILLIAM and EDWARD

World Cup: Hard, Hot and Heroic

by Eddie Caldwell LCSP(Phys)
(Team Masseur/Osteopath)

Three of the England team members presented with injury and fitness problems during the month before the World Cup in Die. Team captain, Malcolm Patterson struggled to regain racing fitness after surgery to remove his appendix. Bashir Hussain sustained a twisted ankle accompanying his girl-friend in a local fun run and overtight hamstrings.

Mike Prady required some work on

A long journey by coach and plane left most members of the squad with tightness in neck and shoulders and tension headaches and in the pre-race period most of my time was occupied with massaging stiffness out of travel weary bodies and helping the team to unwind and relax.

Saturday in Chatillon was unbelievably hot; officially 92°F. The sun blazed down and the steep, double climb afforded no shade. The road stretches were hard and airless. Add to this the tension of world class competition and the stage was set for drama and, as it turned out, near tragedy.

Geoff Hall collapsed in extreme distress while clear in second place with some 300 metres to the finish. Thankfully, Danny Hughes was on the spot quickly followed by Geoff's father, Tony Hulme and the emergency team. Geoff's tongue had to be dragged out of his throat twice but the mobile oxygen team were quickly on the scene and what could have been a tragedy was quickly under control. After a night in hospital, his worst injuries were to his heels.

Steve Brooks had been in joint second place in the Junior race with Geoff, but a combination of sheer effort and heat had him walking before the end of the race. Ged Cudahy and Gavin Bland defied all the odds and finished strongly to gain the bronze medal.

The ladies' team came within inches of winning the gold and were defeated by one point and a combination of dehydration and heat stroke as all four ran magnificently to register our best perfor-

mance of the whole championships. Both men's teams had to fight the heat and the hard, rocky paths and long stretches of road. After race injuries were almost exclusively concerned with achilles tendons, calf muscles and heel blisters. I had to fashion little horseshoe-type supports out of chiropody felt for Mike Prady to stick around the edges of his heels and relieve the pressure on the huge, blood filled blisters that occupied the centre of each heel.

If next year's races are over similar terrain, I think some expert research into and advice about the correct footwear and/or use of sorbothane heel pads should be given. As Gary Devine stated so succinctly, "This is no bloody Edale".

Our runners were in very good condition for the World Cup and took full advantage of my services both before and after competition. Team spirit was excellent and with the seasoned internationals looking after the newcomers with great generosity of spirit. When spirits were a little low after the long course race, Sean Livesey upon studying the result sheets was heard to exclaim with enthusiasm, "Well, at least we stuffed the Dutch" and the heads lifted immediately.

Judging by the strain and soreness in the bodies after the races there was little doubting the effort that had gone into competition. Some of the team, I suspect, pushed their bodies a little further than they had ever done before and, on balance, were a shade unfortunate to finish only third team overall.

EDDIE CALDWELL

FRA bus trip to World Cup. Trophy Winners (left to right): G Barras, P Taylor, A Smith, R Pilbeam, M Wyatt and W Gauld — Photo: R Douglas.



My View of the 1989 Everest Marathon

The idea to take part in the second Everest Marathon had taken hold on the afternoon after the finish of the Veteran's open race in the World Cup at Keswick in 1988.

I had bought a coloured booklet describing the first race, it sounded an interesting challenge. A year later, this November a Bangladesh DC took off nine hours late from Heathrow carrying 60 runners and about 20 helpers and doctors en route to Kathmandu. A marathon in more ways than they had paid for had begun. The runners consisted mainly of English (40), then American/Canadians (16) and one each from New Zealand, Holland, Ireland. After two days' sightseeing in Kathmandu, the party split into two groups and I left with the first group for the mandatory nine hour hair-raising bus journey to the road-end at Jiri. For the next two weeks we trekked eastwards across the grain of the countryside for 120 miles, crossing three 10,000 ft passes, before dropping down into the Dudh-Kosi gorge and turned north for Everest. At Namche Bazaar, 11,000 ft, we were joined by Jack Maitland and Stewart Dufield the winner of the first marathon, both had been at altitude for three weeks — training and acclimatising. On our walk in, our group had been passed by the Gurkha team going like a train, having run all the way from Jiri in a phenomenal short time. There were stories flying around of their 40 kilometre training runs with their officer feeding them oranges from his bicycle. It looked as if it was going to be a great race.

Altitude sickness problems

After Namche we ascended slowly to Gorak Shep at 17,000 ft in order to avoid acute mountain sickness. Our awareness of this condition, was heightened by the fact that three Japanese climbers had died from it, the previous week. Despite our precautions, five members of the support party had to descend to a lower altitude and one had to be carried down over-night her symptoms were so severe. Only one runner failed to make the start line, this was due to injury rather than illness. Perhaps this shows the determination and single mindedness of the runners. In fact one, Huw Parry a Welsh International runner, ran with an ankle heavily bandaged, having "sprained it" on the second day — he still came 26th — subsequently in the U.K. it was found to be broken! At Gorak Shep there was no snow unlike two years ago, but the temperature was still dropping to - 20°C at night and was still - 10°C as the 79 runners lined up at the start at 7 am.

Survival

I think the thoughts of most of the runners at the start was of survival, for although we had ascended slowly and many of the runners were on Diamox, we had nearly all suffered at some time from headaches and diarrhoea. I was still getting short of breath when putting on my shoes and getting in and out of my sleeping-bag. In fact the night before

the race I had started "periodic breathing" this is when you stop breathing for up to a minute before restarting. We had been told it was never fatal — just alarming! The thought of attempting to run was furthest from my mind. At the "off" Jack, Stewart and the Gurkhas flashed across the dry lake bed and disappeared over the terminal moraine, which was the first obstacle. I discovered I could run at 17,000 ft — that is for about 12 ft. I walked the next two miles which consisted of threading one's way up, down and around the large moraine left by the retreating Khumbu Glacier, most of the runners walked this section, there was very little room for overtaking any way. After the moraine it was a gentle trot to the first aid station at Lobuche and further on a good loss of height to Dhugla. It was on the approach to Dhugla that a lot of action took place. Firstly a number of experienced international fell runners went of course by going too far to the right and ended up well below the check point. Then later the only serious accident of the race occurred, when Ian Stansfield broke his ankle on the rocky descent. This incident became news to me at the next aid post at Pheriche I was discarding the many layers that I had started with, when the "lost" runners reappeared with sheepish smiles on their faces. After Pheriche I was only passed by Craig O'Brian, and by Chris Reeves at the climb to Tengboche, otherwise I had the whole glorious countryside to myself, and I found now due to the lower altitude that I could keep up a continuous and sustained jog. The beauty of having aid/water stations every three miles was that at least their was a near objective to aim for, manned by familiar, cheerful faces. People who were ready to help you off with gear and force food and fluid into you. Also you got the news, how the race was developing up front and their interpretation of events. At Pheriche Jack was 4th. The Sherpas were looking strong, Stuart was 5th. By Tengboche Jack had pulled back to 2nd, but was four minutes adrift — he wasn't taking enough water. By Sarnassa it was history, because the race was over but none of us knew the outcome.

Eckart passes and is repassed

As I left each aid-post I had been aware that Eckart Lemberg the oldest competitor at 61 had been arriving at shorter and shorter intervals and during the 1,500 ft climb to Sarnassa he passed me climbing strongly and pulled away, there was little I seemed to be able to do about it, but I knew then that even if I had to walk the rest I would finish. At the start of the six miles loop out to Thamo and back, I met two Gurkhas cavorting back along the track. "Did you win?" I asked. "Yes" they replied, so that seemed

to be that. On the loop, which is extremely strenuous, as it is all hills, I sensed that Eckart was tiring and I passed him before the mani-wall, which was the turning point. I could now see Chris Reeves again but ran out of miles before I could catch him. Just before the descent into Namche to the finish I passed Stuart Dufield who had climbed up to the loop after his race to give us late-comers encouragement and to take all our pictures as we passed. I finished 41st in seven hours 19 minutes, a bit more than double my best marathon time which is supposed to be a rough rule of thumb guide to form. I wasn't particularly tired — I could have run quite a few more miles, although I was covered in dust and was wheezing, but I had found perhaps due to poor acclimatisation I had just been unable to find the extra energy to run uphill and run faster. The news was that Jack had won by less than a minute having pulled away over the last three miles having had a tremendous battle over the whole route. Stuart Dufield had lowered his winning time by 25 minutes and finished 5th. Stephen

Cooper from Guilford, who has just discovered fell running via triathalons was the next European in 8th place. Eckart who should have been just behind me, added substantially to his time by insisting initially on finishing in the field used two years ago! He always seemed to be in a world of his own! The last competitor finished in 12 hours in the dark.

The course rates as BL plus altitude

Although the start is at 17,000 ft and the finish at 11,000 ft the whole course is a switch-back. There are only two recognised climbs of 500 ft at Tengboche and 1,500 ft at Sarnassa, these are the only two worth measuring in Nepalese terms, any flat land in Nepal has either got rice or potatoes growing on it. The moraine at the start and the descent to Dhugla are quite rough but the rest of the route is on a good track. In this country the course would probably be graded BL, but that wouldn't take into account the altitude or the yaks!

FRANK WALKER

Critique of the 1989

EVEREST MARATHON

24th November 1989

The Style of the Trek

The Gurkhas, Jack Maitland, and Stewart Dufield made their own way to Namche while the rest of us joined a slow trek from Jiri to Namche over nine days in two groups. This was not well suited to independently minded fell runners. On a typical morning a militarist voice would announce over a 7 am breakfast of a bowl of rice pudding with coconuts (not beloved Ambrosia) and a cold omelette: "Right chaps, today's trek is mostly flat and it is a three-hour easy walk to the lunch stop by the river. For safety please keep together in your pairs." Those of us who failed to buy trekking maps in Katmandu cursed the trekking staff when we ran past overnight campsites three times searching for them. Their delays were partly caused by a shortage of porters. The scenery as we walked, jogged, sat in tea shops, or attempted to deodorise clothes in the river, was not particularly exciting. The tracks were just rough enough for Huw Parry to emulate Colin Donnelly's run in the Breweries race when Huw tore ankle ligaments on a short training run.

More on the food

There were several complaints about the food. The two cooks for the different trekking groups had probably not got the same certificate. For our group kerosene dressing on the salad was not quite up to the expected vinigaire. Green soup every night became addictive and we all learnt that spam, grilled over the open Sherpa fire, and served with best Nepalese tomato ketchup and chilli sauce, could only be appreciated at altitude. Monotony was probably the name of the game. Later, a domestic

animal, or perhaps the yak that tore several trekkers' clothing, was slaughtered after representation had been made about lack of meat. However, few took it on board. Most of us contracted one of the stomach or cold bugs on the rampage in the groups. The Himalayan Rescue Association suggested to us in a lecture that trekkers should consider altitude sickness first as a cause for any discomfort but one can speculate on other causes.

The cold above Namche

Above Namche (12,000 ft) the views of the high mountains became spectacular especially on the wee hill Kalapathar above Gorak Shep where the race started. But it was very cold, -20° when we started the race at 7 am. Special Everest Marathon pee bottles were not available to relieve discomfort in tents, nor, on the race day in question, toilet tents.

During the race and as on other days once the sun came up it got warmer and runners removed clothing some leaving Duvet jackets to be portered down to the finish.

The race

There were aid posts every three miles on the race with ample drinks, some food and a support team including a doctor. Many questioned granting subsidised trips to a large team of doctors and perhaps NHS assessment of doctors and their duties would seem lenient compared to those given by participants. The roughest part of the course was immediately after the start on the moraine at 17,000 ft. The course was mostly downhill on well-defined tracks though the 1,500 ft climb out of the river at 14 miles seemed never ending. After this the six-mile loop

out and back at Namche was a psychological disaster for many and it seemed a pity that this could not be included higher up or the challenge of running from Gorak Shep to Namche did not suffice.

Special hazards included yak trains and ice. Unexpectedly for a mountain race there was one broken ankle sustained by dual British and Australian nationality semi-retired school teacher and triathlete Ian Stansfield who was carried down. All runners were provided with a notebook to leave messages about injured runners but it proved difficult not to give pens away to Nepalese children.

The race leaders

Jack Maitland and Stewart Duffield showed that their extra acclimatisation was beneficial. Jack ran a tactical race, taking the lead around 20 miles and smashing the record. Clearly the Gurkhas and Sherpas demonstrated that they can take us on but maybe they need a weekend course on running races with shoe-string budget Maitland as principal technical consultant before they can thrash us at the World Cup. Speculation may be rife in 50 years' time as to who introduced fell running to the Himalayas.

Cut-off times

Cut-off times, while being very liberal allowing for a ten-hour walk over the course, were a cause for considerable discussion. If credibility is more important than numbers for this race a factor of two on the winner's time as per British races should be considered sufficient and this would facilitate a slightly later but warmer start. It is also hoped that more runners will be able and encouraged to plan their acclimatisation in future races.

The return to Katmandu

Jack Maitland trekked out and only just reached the prize-giving in Katmandu in time unchivalrously leaving his girlfriend behind. The rest of us had further entertainment waiting to fly out on the sloping runway at Lukla. In their eagerness to get down to Katmandu, bad weather, uncertainties about the number of flights available, and the vagaries of a Third World Country were not appreciated. Rumours of a Studmarks two-centre holiday at Lukla and Heathrow where we had an eight-hour wait are entirely unfounded but the Kumu Lodge in Namche where Jimmy Carter stayed in 1985 definitely had possibilities.

STEPHEN STUDMARKS

Results

1. Jack Maitland 3.59.04
 2. Kusang Gurung 4.02.35
 3. Birkaram Puja 4.12.30
 4. Devijang Gurung 4.16.46
 5. Stewart Duffield 4.28.39
 8. Stephen Cooper 4.57.32
 11. Martin Jones 5.06.51
(USA, 1st Vet)
 13. Shave Megoran 5.23.13
 14. John Blair-Fish 5.29.31
 16. Dawn Kenwright 5.44.32
(1st Lady)
 18. Steve Porter 5.54.27
 19. George Barras 5.56.17
 20. Stewart Campbell 5.57.17
- 70 finished.

THE SUPERJOG AROUND MONT BLANC

or

THE THIRD SUPERMARATHON DU MONT BLANC

This event took place on 22nd to 24th September in three stages of 70 km, 40 km and 40 km and total ascent of 5,000 metres; about half of the race was on the road thereby removing a few sections of the full Tour de Mont Blanc footpath.

As every time the race was advertised the entry fee went up I wrote in July to the organiser Sudain Sylvain suggesting I would be prepared to fly out for the weekend to sample this event if offered a reduced entry fee. Early in September, the day before the Ben Nevis race, my offer was accepted and I spent the rest of the next few days planning the travel. It was arranged that if I flew to Geneva and took a taxi to the Hotel des Alleves Sudain would pick me up. The taxi meter clocked up several Swiss francs in the Geneva rush hour on the Thursday evening and Sudain did not appear at the hotel for nearly three hours. I finally arrived at Chamonix at 11 pm to stay in a small hotel with the start next morning at 8 am. While trying to size up the opposition from the field of 30 runners with compounded indigestion from over-stacking and worries about ability to take the 70 km on board with lost sleep Werner Schweizer introduced himself. He had seen me at several CIME races, had finished fourth Vet 50 at Sierre-Zinal, and suggested I should be capable of winning the Super Marathon.

As we set off down the road to Les Houches three or four runners disappeared into the lead. At the top of the Col de Voze three of us wondered which way to go before consulting some walkers and the sketch map of the route. We passed two runners when we returned to the route and then I ran with Walter Reiger till we overshot the Col at Croix de Bonhomme and joined Werner Schweizer who had down the race on the previous two events. We passed a flagging Pascal Bertes going up to the Col de Seigne, the final pass in the first stage, then I found I was in the lead descending to Courmayeur, the end of the first stage. A Scotsman living in Chamonix was handing out the water and chocolate at the final refreshment stop but I did not stop, not realising there was still 10 km to go. Despite a night in a comfortable hotel though situated next to the road to the Mont Blanc Tunnel carrying juggernaught lorries, a nine-course meal, and a pseudo-English pub, I had little enthusiasm starting the second day up 15 km of road to the bottom of Col de Ferret. I tried taking short cuts up the road and lost a few places. The mist was down and despite extra dustbin liner markings put out by my Scottish friend in the support crew I hesitated passing up the Col. On the descent I caught up Daniel Murro from Marseilles and we ran down the road and chatted for the 10 km to Issert. But why the road when there was a path nearby? Sylvain later said

something about slippery rocks. Perhaps as believable as his suggestion that running at 5,000 metres in the Himalayas was the same as running at 4,000 metres in the Alps due to the lower latitude and the fact vegetation grows at a higher altitude in the Himalayas. But maybe as in other events lateral thinking is required to fully understand the organisers' methods.

From Fersit we ascended up 400 metres in 6 km to Champex and an intermittently defined path as the rain came on. Murro sprinted to the finish in sixth place. Rice salad, tea, fruit, cheese, and chicken for the carnivores was on the table in the back of the Club Alpin as we entered at the end of this stage. But it rained outside next to the Lake, a jog round the Lake did not seem in order, and it was only dortoirs upstairs for a siesta. In the evening the waitress service meal extended to five courses with a possibility of thirds at each iteration. Lying third at the end of the second day I began to get psyched up for day 3.

Pascal Bertes, who had blown up on days 1 and 2, Alain Poyet, winner of day 2, and myself all set out determinedly up the road from Champex on day 3. As we started to climb to Bovine I took the lead and

Pascal and I then battled out for the lead till Le Tour. Despite directions from Sulvain over Breakfast we still lost a minute at Col de La Forclaz. Down the 12 km of road with spectacular views of Mont Blanc from Le Tour to the finish at Chamonix Pascal gained seven minutes on me. I expect the others gained a bit as well, but taking a 66 half Marathon man on at the end of a two and a half hour session on his own terms was not my idea of how to finish a three day race. Werner Schweizer was seven minutes behind me and retained his lead from day 2, finally two minutes ahead. But he took the Veteran trophy and had the choice of a free trip to the Hougar or Himalaya Super Marathons whereas I took the Senior trophy and his second choice trip to Himalayas. There were monetary stage prizes but these only helped covered the entry fee, taxis, and a night near Heathrow before a Monday morning in the Shuttle departure lounge.

I wish to thank Sudain Sylvain and his team for organising this event very efficiently and for assisting to get to the event and take part.

Results

1. Werner Schweizer
(7.20.38, 3.56.00, 3.33.36)
14.50.14
2. John Blair-Fish
(7.19.48, 4.06.10, 3.26.34)
14.52.32
3. Alain Poyet
(7.33.36, 3.52.00, 3.34.45)
15.00.21
4. Pascal Bertes
(7.45.27, 3.56.10, 3.19.39)
15.01.16

JOHN BLAIR-FISH



Jack Maitland poses for the camera at Tengboche with views of Everest —
Photo: Bob Howard.

WORLD CUP 1990

After the enjoyable experience of Die 1989, when the British contingent carried off ALL the prizes in the open race, it is time to whet your appetite for the 1990 World Cup in Austria.

The event will take place in the Tyrol region, the Stubai valley, centred on the village of Telfes. This is a famous skiing area, so, as you might have guessed, the summit of the long "open" course (the same course as the senior men's long World cup course) can be reached by ski lift, which makes it ideal for spectators.

The course profile is fairly self-explanatory, but those who ran in the trial race in 1989 need to note that the long approach to the mountain proper has been cut by half to about 3 km.

After a lap of the village, there is an extremely steep climb for a few hundred metres to which the profile does no justice. The 3 to 8 km section is through woodland, most of it on quite a rough track. The remainder of the race is on open mountainside, at times on broad hard track, at other times on the grassy ski piste, but at all times climbing steeply.

With an overall climb in excess of 1,400 metres (4,200 ft) anyone with aspirations to do well will have to have done plenty of specialised training.

The setting is quite splendid since the course follows a ridge which is

surrounded on one side by a great semi-circle of vertical rock cliff.

The open race precedes the World Cup race on Sunday, 16th September, and the FRA secretary informs me that another bargain coach trip will be arranged.

The senior men short race, ladies and juniors, all take place on Saturday and the profiles for these races are also shown. For the ladies/junior course most of the climb is on a soft woodland path, followed by a descent on a wide forest Landrover track. It is an even tougher course than Die, though hopefully we will not have the same high temperatures to contend with.

The senior short course is an extension of the above with a completely different descent, quite tricky at the top in places before widening out into a hard forest path.

There is no open race over these Saturday courses.

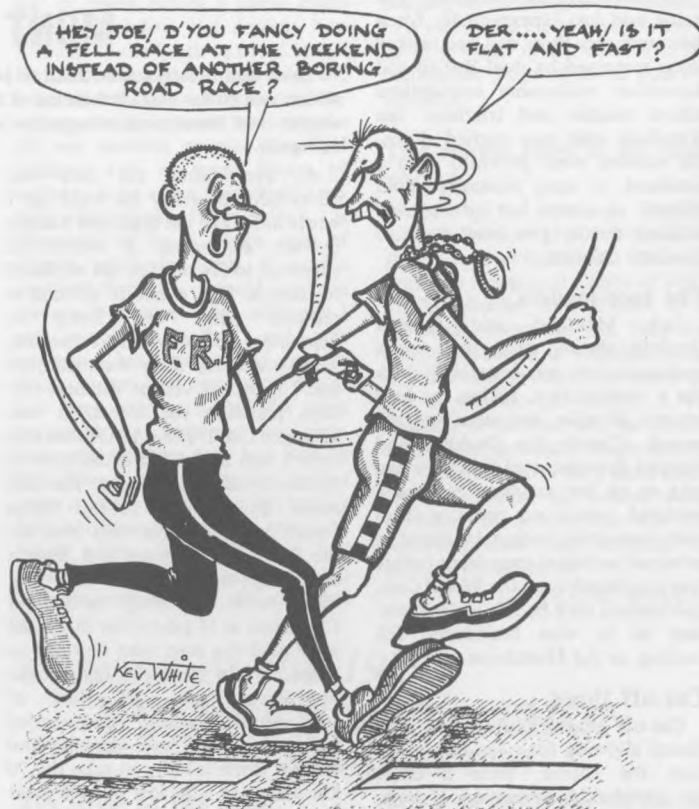
After some internal problems, the Austrian committee have sorted themselves out, and with finance no problem all seems set for one of the best World Cups yet.

DANNY HUGHES
Secretary, International Mountain
Racing Committee

These may be obtained: Federation suisse d'athlétisme FSA, "Guides des courses '90," case postale 8222, 3001, Berne, Switzerland.

Camet du Bipede, BP400, 12101 Millau Cedex, France.

JOHN BLAIR-FISH



International Committee for Mountain Racing

The 1989 Annual Meeting was held in Die during the World Cup, when representatives from 12 countries attended.

Scotland and Switzerland applied for the 1991 World Cup and this was eventually awarded to Switzerland when Scotland withdrew. The event will be held in Zermatt and organisation is in the hands of Pius Fuchs and his team, who are responsible for the highly acclaimed international Matterhornlauf. It will probably take place on the first weekend in September. Arrangements for 1990 in Austria are described elsewhere in the magazine.

There were many undercurrents which made the meeting not an easy one. The Swiss/Austrian representatives wanted a complete re-organisation leaving themselves in positions of control. The German representative was again extremely negative about downhill running. Struggles for position in both Austria and Italy threatened to bring about significant changes. There were mutterings about the number of British teams and representatives.

At the end of it all, the position with the committee is unchanged,

with Chairman, Secretary and Treasurer re-elected.

The direction of the major international event, the World Cup, is however quite clear. It is destined to become a World Championship event, on a par with the Cross-country World Championship, under the control of the IAAF. We (the British) through our various initiatives and my own position as secretary, supported by the FRA, have been and will continue to be in a position to greatly influence the quality and nature of this World Championship. A congress on mountain racing is being planned by Italy for the summer of 1990, which will be another opportunity to put our point of view to a wider audience.

Great interest in staging the 1992 event has been shown with Scotland, Italy, Columbia, France, Federal Republic of Germany all prepared to make a bid.

DANNY HUGHES
Secretary, ICMR

EUROPEAN RACES 1990

Because most countries are now more interested in the World Cup and National Championships there is no CINE championship or CINE calendar this year. Members may like to consider whether they would rather be able to run a few selected European Championship races or the World Cup. Meantime to find holiday races they can consult the free Swiss calendar or the comprehensive 400 page, 3500 race, French Camet du Bipede, price FF89.

ICL Athletic Club
present the Ninth Annual

MOW COP KILLER MILE

(alias "the Fell Runners Revenge")

The original measured mile uphill road race. Every step is uphill — 550 feet climb. As usual, races for all ages and sexes, plenty of good prizes.

Wednesday 25th April at 6.45 pm onwards
Under AAA/WCCA Laws

Entries by 18th April to John Pointon, 18 Shelley Close, Kidsgrove, Stoke-on-Trent ST7 4JB. Tel: 0782 783256. Still only 50p per entry, plus 50p per address for numbers and results. Entries on the day £1.00, but must run in the last batch of Fun Runs.

New Exciting Prizes for 1990
ICL's new graphics personal computer
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Generous subventions for breaking
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6.17 Roger Hackney (1987)
8.06 Jayne Spark (1988)

ICL

Experiences of the Run

PUDSEY AND BRAMLEY — THE HISTORY

1973 The Lean Years

When I first joined Pudsey and Bramley way back in 1973 at the age of 12, any success had eluded the club for a good few years. The club was established in 1908 as Brantley Harriers and had success at cross country, winning honours at the Yorkshire, Northern and National Championships. We also had an Olympic competitor in the early days.

Back in 1973 the club was going through a lean spell. Club nights saw 10 athletes training on a good night with half of these being Juniors. There must have only been 15 members.

The Driving Force — Peter Watson

Pete Watson was and still is the driving force behind the club, although he is not having the success today which he did in his early running career. He competed for Yorkshire at cross country and was a member of Bramley's very successful cross country team, the team winning medals in all the major championships in the 50s and 60s. Like me he started his fell running at Burnsall. It was and still is a club tradition to train up at Burnsall a fortnight before the race to pick the best route for the day followed by a stint in the Red Lion for a few pints. Pete as you may or may not know, had a great success on the fells, being fell running champion in 1969. He won Burnsall a record seven times, also Harden Moss eight times and he has been runner-up in the Three Peaks, Ben Nevis and Snowdon. But there were only a handful of races back in those days. Even today Pete enjoys running on the fells when he is not injured. But his main job at the club besides being Club President is coaching the younger section and he had a great success at this. He steered Adrian Jones who competed for England on the fells and cross country and at present he coaches the very talented Colin Walker who was third in last year's Northern Championships and has run for England on the country.

Junior Section Success

Pudsey's younger section have had a lot of success recently. They have won medals in nearly all the cross country championships and they have also won the Fell Running Championship for the past few years. So it was with delight being Pudsey's Fell Captain that the Boys' team retained the English Fell Championship with consistent performances from Colin Walker, Danny Smith and Paul Daccus throughout the year.

The Seniors Coming Through

The Seniors' success has taken a long time in coming and it has only been in the last three or four years that the team has won any cross country medals after a gap of over 15 years. At the start of the marathon boom Richard Pallister joined the club. Being bored with marathons he took to the fells with myself, travelling to Scotland and Wales as well as all over England, only to find that at registration the organiser would say: "What Club? Pudsey and Bramley?"

Jack Maitland — The Catalyst

Jack Maitland started to take an interest in the club when he saw that we were travelling to races and he was living locally in Leeds. He approached the club about joining and it was then that the ball started to roll. We did all the British and English Championship fell races when Jack won his first British Championship title.

The team started to pick up the odd team prize here and there but there was never enough backup runners if anyone had a bad run. Then Gary Devine entered onto the scene. As an old school friend of Richard, he said he would join the club if we cut down on our drinking habits and that his dad might come and watch some races.

Success in 1987-89 Championships

1987 saw the Senior team finishing third in the British Championship and in 1988 we came a close second in both the British and English Championships. So at the start of 1989 Willie Gaunt, a good club runner from Leeds University, decided to join us and we decided to have a go at winning both championships.

The 1989 season started badly with myself and Boff (Alan Whalley) being injured. Boff had come on really well in 1988 and was sadly missed nearly all season. Watch out for him in 1990. Jack was also missed, only doing two or three races. So after a poor start at Edale and Kentmere the team started pulling together, putting five or six runners in the top 30 in most races and as many as 10 runners in the top 50. With a sound back-up team, all in all we had 12 different scorers in both championships the runners being Jack Maitland, Boff, Gary Devine, Richard Pallister, Andy Illingworth, Willie Gaunt, Colin Walker, Paul Stevenson, Brian Stevenson, Mike Falgate, and mega rock star Danbent Nabacon. The latter seems to have more fell than rock success this year. The rest of the club always turned up to support us at championship races in style.

The Challenge to Other Clubs

Next year we will be looking forward to travelling all over the British Isles again, beer drinking, underpants racing (unbeaten at this also) and some fell races in between.

So let us have a good strong challenge from some other teams but by sticking to the rules set out by our governing bodies as some teams failed to do this year.

Look forward to seeing you on the fells.

PAUL STEVENSON

Thoughts on Water Privatisation

Thoughts from 5 Trigs

Pottering around the 5 Trigs (West Nab, Broadstone, Alpine Pike, Featherbed Top, Black Hill) the other day with a couple of mates, it became apparent, during one of those periods in between the bouts of sideways rain with bits in it, when the brain floats back into gear, how much the water boards have done to alter the bog and fell around the Pennines. This ranges from the helpful provision of water culverts by some Victorian engineer (the line to take from the Pennine Way to Broadstone) to the flooding of valleys for water storage (I lived in Wales when some of the furore over drowned villages was at its height); and from reservoirs noted for their facilities or their beauty — on this route, Wessenden, Greenfield and England's highest man-made, Chew; to the sudden recent proliferation of fences marking off, presumably, water board boundaries pre-privatisation. Remember too, that the competition to the Snake Inn for the coaching trade (and walkers, runners and other bog trotters seeking a friendly haven) sank without trace when the Alport Inn was submerged under Ladybower! They have not, however, with all their engineering works, changed the character of the fell too dramatically — in places, of course, not at all — particularly where the native red grouse predominate — and I suppose that we ought to be grateful to the shootists for maintaining large stretches of the moor (though I find it hard to square with my anti-blood sports principles). They have also found it difficult to change those areas where wetness is an overriding feature — Kinder Plateau, Bleaklow, Black Hill et al. And where they have caused ructions to the fabric of the moor it has soon settled back into its rugged character and, in the main, has remained open to access (apart from sad losses like the Alport Inn).

Ministerial Reassurances

There has been much talk, much worry recently about the nasty things the privatised water authorities will do to the fell in the relentless pursuit of profit. The BMC took the step of writing to Colin Moynihan, hoping that the Sports Minister could give them some assurances about access to crags. They received reassurances that were not really all that reassuring about access and charging for access (clauses 7 (a) and 7 (5) in the Act).

The response was that "such charges will *seldom* be practical" (my emphasis) and that anyway water authorities would not need to charge for access as all costs could be recouped through general charges (water metering, here we come!). Any change of use or sale would have to be approved by the Secretary of State. Cynically, I don't see this as much of a safeguard, especially when you see what has happened in cases where the Environment Minister has been called on to protect the environment! The intention of the Minister is, of course, to reassure the public, the problem is that there are no real controls on the privatised water authorities built into the Act.

The Continuing Bone of Contention

Access to the fell has been a bone of contention for many years and on Margery Hill, Black Hill, the Dark Peak and numerous other areas remains restricted on certain days of the year, noticeably at weekends, so that the green wellie brigade can have their fun. Dodging the keepers has been a local pastime for a long time — a game first started by numbers of the local rambling fraternity when laying down long distance routes like the Derwent watershed in 1918 or the Marsden to Edale (and beyond!) pioneered by "Colonel" Cecil Dawson of the "94th" and the Manchester Ramblers — and continued to this day between Authority (with a capital "A" — keepers, beaters, hound exercisers, tenants. . .) and the free spirit (which reminds me, how are we supposed to get up Wildboar Clough to access the open countryside if someone is putting up their own version of the Berlin Wall?).

Hopefully the fears of problems from water authority profiteering will not come to pass, the sale of assets, the enclosure of moorland, restriction of rights of access, turnstiles on footpaths (pay and display fell running?) and relations, barring the odd mishap between intransigent tenants and obdurate runners, will remain as vaguely smooth as they are currently.

The Continuing Fight Over Access

Had I been around in 1932, I might well have been one of the five arrested in April of that year during the mass trespass on Kinder — at the time less than 1% of its 150,000 acres was open to the public. Had I been around in 1935 I would have been a supporter of Tom Stephenson as he fought to

establish the Pennine Way. What a cheek! To want to walk 250 miles down the backbone of England over someone else's land! I *am* around in 1990, when the Pennine Way celebrates the Silver Jubilee of its complete opening in 1965 and would hope to be one of those prepared to stand up and be counted if the water authorities try to restrict access.

Vigilance

I worry when I see the road that privatised corporations like BT and British Gas have gone down once the public dropped its guard, and urge us, and other users of the fell, not to drop ours when the water authorities go private. Vigilance must be the watchword. They need to remember that those of us who enjoy being up to our thighs in bog, in visibilities approaching zero, in temperatures below zero, are at least partly unhinged and likely to take very unkindly to moorland being interfered with or restricted — and paying to run on the fell —! All the fell runners I know are sloth to part with money and this would mean the end of the sport!!

NEIL DENBY

Who Owns What?

The water privatisation had a big effect on me this year. I felt angry and helpless watching **our** water, **my** water, being "sold" to private bodies and individuals. Angry at the illogicality of setting up a monopoly to increase efficiency and competition, selling a product that surely belongs to all of us already. Helpless at living in an elective dictatorship that does such a thing when three-quarters of the population is against it.

Worst of all though, was the thought that anyone other than the people who live on the land could "own" the water that we need for survival, and maybe access to that land could be restricted or even charged for.

Who owns the air, the rocks, the heather, the bracken, the grass, the wind, the rain, the sunshine and all the natural phenomena we meet when we're out on the hills? How can the water be "sold" or "bought"?

Anyway, enough of this, because it is only a preamble to what follows. "This Earth is Precious" is one of the most touching pieces of writing I have read, and it echoes many sentiments of today's environmental movement. I guess also it is likely to strike a chord for many lovers of the hills. I think it deserves a place in *The Fell Runner*.

ANDY STYAN

This Earth is Precious

In 1854, the "Great White Chief" in Washington made an offer for a large area of Indian land and promised a "reservation" for the Indian people. Chief Seattle's reply, published here in full, has been described as the most beautiful and profound statement on the environment ever made.

How can you buy or sell the sky, the warmth of the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?

All Sacred

Every part of this earth is sacred to my people.

Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people. The sap which courses through the trees carries the memories of the red man.

The white man's dead forget the country of their birth when they go to walk among the stars. Our dead never forget this beautiful earth, for it is the mother of the red man.

We are part of the earth and it is part of us.

The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices in the meadows, the body heat of the pony, and man — all belong to the same family.

Not Easy

So, when the Great Chief in Washington sends word that he wishes to buy our land, he asks much of us. The Great Chief sends word he will reserve us a place so that we can live comfortably to ourselves. He will be our father and we will be his children. So we will consider your offer to buy our land. But it will not be easy. For this land is sacred to us.

This shining water that moves in the streams and rivers is not just water but the blood of our ancestors. If we sell you land, you must remember that it is sacred, and you must teach your children that it is sacred and that each ghostly reflection in the clear water of the lakes tells of events and memories in the life of my people.

The water's murmur is the voice of my father's father.

Kindness

The rivers are our brothers, they quench our thirst. The rivers carry our canoes, and feed our children. If we sell you our land, you must remember, and teach your children, that the rivers are our brothers, and yours, and you must henceforth give the rivers the kindness you would give any brother.

We know that the white man does not understand our ways. One portion of land is the same to him as the next, for he is a stranger who comes in the night and takes from the land whatever he needs.

The earth is not his brother, but his enemy, and when he has conquered it, he moves on.

He leaves his father's graves behind, and he does not care. He kidnaps the earth from his children, and he does not care.

His father's grave, and his children's birthright, are forgotten. He treats his mother, the earth, and his brother, the sky, as things to be bought, plundered, sold like sheep or bright beads.

His appetite will devour the earth and leave behind only a desert.

I do not know. Our ways are different from your ways.

The sight of your cities pains the eyes of the red man. But perhaps it is because the red man is a savage and does not understand.

There is no quiet place in the white man's cities. No place to hear the unfurling leaves in spring, or the rustle of an insect's wings.

But perhaps it is because I am a savage and do not understand.

The clatter only seems to insult the ears. And what is there to life if a man cannot hear the lonely cry of the whippoorwill or the arguments of the frogs around a pond at night? I am a red man and do not understand.

The Indian prefers the soft sound of the wind darting over the face of a pond, and the smell of the wind itself, cleaned by a midday rain, or scented with the pinon pine.

Precious

The air is precious to the red man, for all things share the same breath — the beast, the tree, the man, they all share the same breath.

The white man does not seem to notice the air he breathes. Like a man dying for many days, he is numb to the stench.

But if we sell you our land, you must remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandfather his first breath also receives his last sigh.

And if we sell you our land, you must keep it apart and sacred, as a place where even the white man can go to taste the wind that is sweetened by the meadow's flowers.

One Condition

So we will consider your offer to buy our land. If we decide to accept, I will make one condition: the white man must treat the beasts of this land as his brothers.

I am a savage and I do not understand any other way.

I have seen a thousand rotting buffaloes on the prairie, left by the white man who shot them from a passing train.

I am a savage and I do not understand how the smoking iron horse can be more important than the buffalo that we kill only to stay alive.

What is man without the beasts? If all the beasts were gone, man would die from a great loneliness of spirit. For whatever happens to the beasts, soon happens to man. All things are connected.

The Ashes

You must teach your children that the ground beneath their feet is the ashes of your grandfathers. So that they will respect the land, tell your children that the earth is rich with the lives of our kin.

Teach your children what we have taught our children, that the earth is our mother.

Whatever befalls the earth befalls the sons of the earth. If men spit upon the ground, they spit upon themselves.

This we know, the earth does not belong to man: man belongs to the earth. This we know.

All things are connected like the blood which unites one family. All things are connected.

Whatever befalls the earth befalls the sons of the earth. Man did not weave the web of life: he is merely a strand in it. Whatever he does to the web, he does to himself.

Even the white man, whose God walks and talks with him as friend to friend, cannot be exempt from the common destiny.

We may be brothers after all.

We shall see.

One thing we know, which the white man may one day discover — our God is the same God.

You may think now that you own Him as you wish to own our land; but you cannot. He is the God of man, and his compassion is equal for the red man and the white.

This earth is precious to Him, and to harm the earth is to heap contempt on its Creator.

The whites too shall pass, perhaps sooner than all other tribes. Contaminate your bed, and you will one night suffocate in your own waste.

But in your perishing you will shine brightly, fired by the strength of the God who brought you to this land and for some special purpose gave you dominion over this land and over the red man.

That destiny is a mystery to us, for we do not understand when the buffalo are all slaughtered, the wild horses are tamed, the secret corners of the forest heavy with scent of many men, and the view of the ripe hills blotted by talking wires.

Where is the thicket? Gone.

Where is the eagle? Gone.

The end of living and the beginning of survival.

SOME CALL IT BEING SCIENTIFIC

I was fascinated by the brief but concise article on "Fell Running Fatigue" written by Mr E A Trowbridge, in the September 1989 edition of *Fell Runner*. As a fellow coach and competitor, I felt I had to comment and lend support to the valid points raised.

During 1987-88, I had the privilege of coaching Shaun Livesey. His ambition was also to win the English and British Fell Running Championships. This would then be followed up by a successful run in the World Cup, scheduled to take place in Keswick at the end of the domestic Championships, October 1988.

The sort of commitment required to undertake this challenge places an enormous load on the runner, physically and psychologically. The risks of OVERTRAINING, leading to CHRONIC FATIGUE soon becomes very apparent when constructing the necessary training plan. When embarking upon such a prolonged campaign of excessive loading the athlete must be continually aware of the problems and risks of overtraining. Realistic ambitions can very quickly become nothing but unpleasant dreams.

Shaun and I adopted a very similar approach to the season as did Tony and Clare. On completion of drafting the annual Training Plan, simple but effective monitoring procedures were introduced to detect early warning signs of fatigue. Amongst them were regular body weight checks, percentage fat level checks and resting pulse checks. A simple "step test" method was used directly before and after Championship events as well as throughout the year.

From evaluation of the checks and observations, training loads were increased or decreased accordingly to give the desired effect. Such a mechanism allows for implementation of a PEAK followed by a RECOVERY, which is all too often neglected by athletes. Normally weekly training loads would be kept very low both before and after Championship events, particularly following long races. Emphasis was always put on improving and speeding up the recovery process.

Shaun's season proved to be very successful, winning the English Championship and finishing runner-up in the British. However, the dreaded Championship programme eventually took its toll towards the end of the season. Shaun ran reasonably well in the World Cup but could not do justice to his early/mid season performances.

- In conclusion, I feel the way to success for future athletes must be through the adoption of a more scientific approach to the whole concept of training and recovery.
- To employ simple but effective methods of measuring and monitoring the body's reaction to work loads. This alone is not sufficient, some form of

corrective *action* must be taken as and when necessary, based on the observations made.

- More priority should be given to the aspects of preparation and that of enhancing recovery. Replenishment of glycogen stores and fluid levels should commence immediately on completion of prolonged intense exercise. Massage, stretching, diet and reduced training loads are the next areas to consider with respect to the process of recovery.
- The FRA intentions should be clearly defined with respect to Championships and International competition. If the International scene is to be pursued then the whole issue of Championships and selection needs reviewing. The continentals will continue to progress and improve, will the Brits?
- Finally, serious athletes should decide, as to whether they are going to be Fell Runners or Fell RACERS of International calibre.

This article is in no way directed as a criticism towards the FRA. I would like to think it provides some encouragement to the committee and competitors alike.

N J DINSDALE, BCCS Coach, BAWLA Coach, BCF Mas Dip

REACH FOR THE FELLS

Grey crags, fissured and wrinkled by eternity;
bouldered slopes to steal the strength;
mountain tracks that wind, and dip and climb;
dark tarns, hollowed eyes of mountain pass;
serrated ridges, aerial edges to test the fleetness;
the sun, a suspended furnace to torment the miles.

A coloured melee forms an irregular line;
faces narrate the hopes, the doubts.
They run into their world, all else an unreality.
Steepness bends the backs and lungs
rasp to new demands until each
body surrenders to a stronger will.

Each peak an obligation of conquest;
as eyes search for the next ascent.
They plunge below the weathered crags,
each searches for a victory over self,
it is the freedom of the spirit,
as mind and body harmonize in this undaunting struggle.

PETER TRAVIS



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COLIN DONNELLY - A PROFILE

It is getting to become a habit for Colin Donnelly to win the British Fell Running Championship title. This season he won his third title, a feat only equalled by Keswick's Kenny Stuart. Equally good at long and short races his relaxed attitude would surprise many but beneath it lies a genuine desire to be on the hill.

His first taste of success was in the Dumfries and Galloway Cross-Country Championships at 16. As an Aberdeen University student he roamed the Highlands when his job as a ghillie in Achnasheen, Ross and Cromarty, allowed. This vacation job prepared him for his proudest moment: winning the 1979 Ben Nevis Fell Race, aged 19. Ranked tenth that year and fourth a year later he did not develop fully the potential. For five years he pursued long distance events.

The former Cambuslang Harrier joined the RAF at Valley, Anglesey, in North Wales and ran for Eryri Harriers. He contested the 1986 British Championships and narrowly lost out to former fellow Aberdeen student Jack Maitland. As we now know Donnelly got it right in 1987 — 1988 and 1989 too.

In 1988 the versatile runner set records — amongst others — in the long Bens of Jura and Welsh 3,000 footers. The latter he reckons is his peak achievement. When one obliterates a record set by Joss Naylor (Welsh 3,000) then clearly he has to rate highly. These long records are complemented by some short ones too, his aggregate ranking him as holder of the most records in the FRA Fixture List. This year he sliced nearly three minutes off the Shelf Moor Race in Glossop to make it a "short" race.

Only Billy Bland defeated the Glasgow born runner in the nine race British Series in 1988 and that was at Wasdale where Bland chalked up his ninth win. This year Donnelly was unopposed as Bland had retired. Donnelly respects Bland highly for his sportsmanship.

The 1989 season saw him set more course records in the British Championship, his only defeat came at Edale. In retrospect he berates the British Championships series and considers it poorly organised. "They expect you to move up from six to nine cross-country miles to 20 muddy fell miles instantly (Edale). It's poorly organised. Take the Wasdale, it's the week before the Snowdon and a week after Skiddaw. For aspiring or established internationals it's a bit much.

"There are too many races. It should be 4 from 6 not 6 from 9. I'll not be contesting them next year. There's no incentive: the British Champion is awarded a glass tankard. Furthermore for the elite there's no financial help towards travelling to Championship races. That's the only way to ensure participation. After all the Swiss offer travelling expenses to their 61ite."

With two or three quality sessions — lasting 30 to 40 mins max — slotted into his lunch hour, Colin's weekly mileage is about 50. Living in Llanberis at the foot of Snowdon he rarely runs up it. Rarely injured the all rounder who likes a "fast" course hates wet weather descents. Additional training is done by cycling or swimming.

This summer saw him in the Alps. Being third at Thyon and Sierre-Zinal are good results he was happy with. Between venues, he backpacked with pals over the passes: Thyon to Sierre. An excellent second to Bonzi in the World Cup confirmed him as the Best Briton. This was seriously challenged in the Two Breweries Race where he received badly torn ligaments — previously reported as a broken ankle.

After 5 1/2 years in the RAF he left the service in September disillusioned at regularly being refused leave to run for GB or Scotland. Now he is studying to be a nurse, and will run when he can.

NEIL SHUTTLEWORTH

WHY

I fight against the wind, rain, sleet and snow,
The hard or soft ground beneath my sole.

I leap over streams from rock to rock,
I never fail to get a knock.

I climb up gullies and doughs to encounter the peat bogs,
And beds of feather moss.

I twist and turn along the ridges,
Through disused quarries and around the deep ditches.

I carry a whistle, map, and compass
Just in case, I meet the morning dew, mist or fog.

I ran the Towers,
I ran the Peaks,
Over moorland, and lakeland fells.
Why I do it, I do not know
Because it brings me pain from head to toe.

MIKE GROOM

RUMOUR HAS IT

Rumour has it that a new race around the Aonach Mor ski-ing development at Lochaber 2000 is even better value than the Ben Nevis Race.

Rumour has it that certain Welsh races with fewer than 30 runners are in danger of extinction as competitors worry sheep.

MARSDEN TO EDALE 1989 RACE

They came from the North in a shower of rain, of snow of sleet, of hail
In a steady stream that might have been in search of the holy grail
And they plunged from the mud into the mud, with the tarmac in between
Taking a drink or time to blink at the rain that fell in streams.

And they spread on down across the moss in a never ending line
The hard men led and the leaders sped as the others trailed behind.

They dodged Black Hill and went on down to what seemed like a slight
incline

To the leading few — but the others knew that this was a steady climb
Soldiers Lump, decisions to make, Laddow or Crowden side
And the mist, in tatters, sees the runners scatter, the line now spread out
wide.

And the doubts well up; did they choose right? Have they taken the wrong
line?

But the stomach knots are soon forgot when they spot a familiar sign.

Like ants from a hill with a goal in mind they appeared on a half mile plot
Then ranks re form, like a magnet drawn to a single rain drenched spot
And they straggled then up the Pennine Way as the wet wind stung them raw
To the wintry spot of Bleaklow Top through the dank, strength sapping
moor.

But slower now, the cadence changed, only the leaders gallop on
The fog, now thick, makes the others pick their way through bog and stone.

Through the wreathing mist to a cairn up high, through the black peat bogs
and ponds

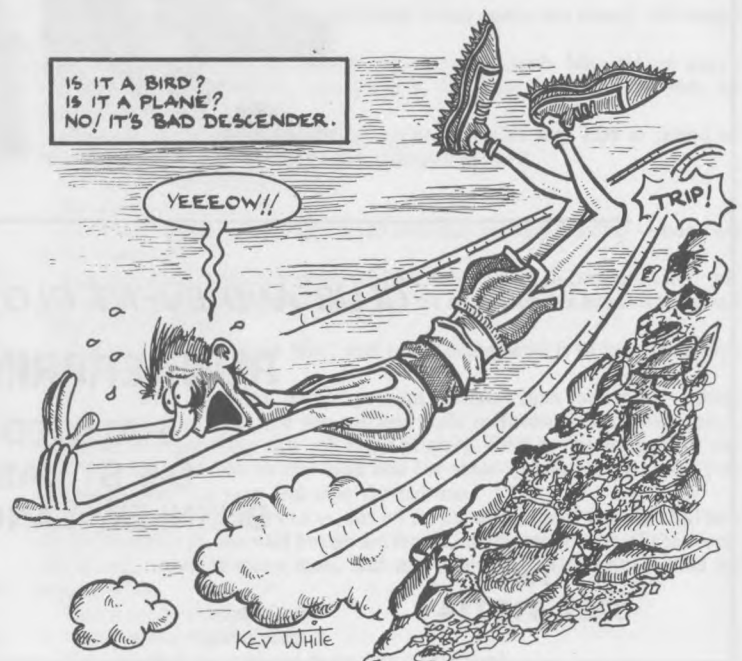
To at last perceive the road that weaves like a silver snake beyond.
Then spirits rise through the quick descent over springy wet Turks heads
And they reach the stile in a single file, jogging where others sped.

The tarmac beckons but proves no friend to the weary running kind
Muscles are dead, PBs like lead, plod through the two mile grind.

At last it's there, the final climb up Kinders grassy face
With senses dull, the final pull is taken at walking pace
And then the top, the Dark Peak route, they're running now once more
And Edales sight from such a height makes flagging spirits soar.

A painful descent, the path, the road, the pub, supporting friends
Who sterling throughout, have never shown doubt, that we'd finally reach.

NEIL DENBY



POLITICAL UNREST IN NORTHERN GREAT BRITAIN

In a major political turnabout of the decade Sir Austin Maestro was voted out of office at the AGM of the Northern Great Britain Hill Race Association (NGBHRA); as fast as Ian Farmer could create posts for Sir Austin the electorate gave the thumbs down. Sir Austin, a major figure in forming the NGBHRA, was granted freedom of the Glasgow Indoor Athletics Stadium for services to the Athletics by the NGBAAA, probably because he alone kept Hill Running from Sassenach control. Sir Austin now retires from active service in sport to write articles on Hill Running for Sunday tabloids and directions of how to reach popular Lake District Races from the M6. An FRA Safety Officer is advising affiliated clubs to warn Sir Austin against publicising their club runs in the local press following a recent incident in the Shorefoot Hills. Competitors at next year's Gretna Chase are also recommended to bring their own buns.

Delegates at the NGBHRA all expressed considerable dissatisfaction with the actions and attitudes of the NGBAAA who purport to be the governing body of running on the Hills. Dr Peter Felles gave a brief outline of the book he was writing for the American market, *The Felles Family on the Fells*, before describing how his son worked all summer filling shelves in a local Supermarket to pay for a ticket to the World Cup in Mr Bogieman's van, but was then prohibited from running by an overzealous official who believed that his committee's selection policy alone could determine rights to represent his country. The meeting formulated a motion to put to the NGBAAA that they NGBHRA should have automatic representation on the NGBAAA and should thus itself be considered as the governing body of the Sport.

The NGBHRA motion was defeated at the NGBAAA AGM. A counter motion from the Countryside Trails Association that they should govern Hill Running during the hunting months was also defeated. Some elements of the NGBAAA appeared to regard the NGBHRA as a bunch of naturalised Sassenachs. Simon Springs who runs a public relations firm in the Central Lowlands and previously served on the Far North Area Committee was heavily defeated and was last seen running in the early season snow on an instinct volcano. (Readers are asked to spot the double meaning.)

I vividly remember talking to Colonel Shells from the Countryside Trials at the Glenfoyne Gallop. Colonel Shells always believes in fair play, obeying rules, and wanted to put Roland Connelly on a charge for dyeing his vest green near the Green Abattoir Brewery without holding an Anglesey passport. Roland Connelly had just won a resounding victory as I was passed at the finish by sometime International Andriano Spenco after turning several Melantee-style somersaults. I spotted Colonel Shields sipping whisky by the distillery. He was unable to enthuse about the race and apologised for missing the start. As I remember many a Highland Games with officials swaying out of their marquees with whisky glasses to present prizes for the Hill Race I now wonder if the Countryside Trails Association will ever be fit to govern Hill Running.

The FRA should certainly be careful to consult both Sir Austin Maestro and Colonel Shells as to the number of heal spikes allowed per team in any relay they organise near the Green Abattoir Brewery.

The Editor invites comment on the latter question and will provide a special prize for the best reasoned answer to: How many heal spikes are allowed per relay team in an FRA relay the FRA delegate to an organiser in the Scottish Borders?

ANGUS PENTLAND

Mountain Marathon News

LAKES MOUNTAIN RACE 1989

(Get me to the "KIRK" in time!)

Perhaps this year's title should be "Walk and Run" or "Rock and Walk" but if you knew how to avoid the obstacles and had the stamina for about 37 km (23 miles) and 2,600 metres of climb (8,500 ft) then maybe "Run and Won" was for you. The winner covered 22 miles and climbed 9,400 ft.

There was more route selection than previously; the scenery, the weather and the organisation were excellent; but there were four main bones of contention.

- The presence of dangerous crags and a vertical sided gill in the vicinity of Pillar Rock on what looked like a good route on the 1:50,000 map which was supplied. This would have been very dangerous in mist.
- The dog leg to point 4 at Woof Gill. (Is that how it got its name?) Did it have to be so low down? Very few took the Honister route choice.
- The masochistic journey from Lingmell to Kirk Fell at the end of a long race. It would have been quite easy to come in the other gate via "Down in the Dale". There was even a lane left between cars and wall.
- The length of the optimum route.

There is no doubt that the race was a "severe test of route choice, navigational skills and stamina in difficult mountain country" as expected, but there is a problem regarding the route choice and the navigation which is not intended by the planner and which I wish could be reduced.

The event is "planned on the O.S. 1:50,000 map". Unless you have been over every bit of the terrain recently enough to remember what it is like, you have to rely on the map. You have to assume that where there is brown you can go, and black crag you cannot. Scree you judge when you see it. But what about these path symbols? Black paths are also black on the 1:25,000 map and are usually good, although not necessarily easy to run on because of large stones. Red paths are green on the 1:25,000 and described as rights of way. The 1:25,000 legend states that "Public rights of way shown on this map may not be evident on the ground". This statement is not repeated on the 1:50,000 Landranger legend.

"They are derived from Definitive Maps" (whatever they are!) and "shown subject to the limitations imposed by the scale of the mapping". Some of the green lines follow ludicrous routes in large sweeping curves where the 1:25,000 scale of mapping would allow far greater accuracy. It is as though the landowner had taken his pencil and said "Alright, they can go through here" and drawn a line with one sweep of his hand.

The 1:50,000 sometimes adjusts these and puts them where the tiny black dashes are on the 1:25,000 and sometimes doesn't. How are we to know? It is high time that the "rights of way" symbol is left to these "Definitive Maps" for legal purposes and that actual paths, which walkers, or runners, can rely on, are what is shown on 1:25,000 and 1:50,000 maps.

So, how does this affect leg 2 to Robinson's Cairn? If you go via Pillar the 1:50,000 has a gap in the black crag symbols and a black path for part of the route. It looks as though you could get down. The 1:25,000 shows many more crags near the top and a very winding path threading through them. Not so easy!

If you go for a contour route from the bottom of the scree at 167126, it looks as though you could join a red path heading for Pillar Rock. What is not clear without careful scrutiny is that half the contours are missing because it is so steep and there is no room for them. There is also a vertical sided gill around 171124. The path could be clearly seen on the far side and some people (including the winner) managed to cross, but it was generally thought to be dangerous. This gill is clearly marked on the 1:25,000 map, and the green line crosses at this very point. The 1:50,000 only shows rounded brown contours.

With difficulty several of us descended to the safer ground below and ran across to the path going up the spur beside the stream at around 174Vi 125 Vi. This path is not shown on either map, nor on the Harvey 1:40,000. On this latter map you might have to assume that along the forest edge and up the stream was the only route, as their green dotted line through the rocky area is described in their legend as "Public footpath without path on the ground". What sort of a thing is that!? The legend lives on!

There are other areas where "missing contours" makes the ground seem less steep than it actually is, so it pays to look closely at the index contours. The map is much clearer by these omissions especially when the lines have to be printed by magenta dots on a yellow line. I wish they would go back to printing a brown line. The most noticeable example was the view of point 4 from the lip of the combe. It looks like 14 contours but the 1:25,000 shows 25 of them!

It is a pity that these path and crag anomalies or omissions take the edge off what is basically a good map. A similar edition of the 1:25,000 would be clearer but probably too large a sheet. I think enough information could be put on the 1:50,000, perhaps with revised symbols for vertical or very steep rock. On some continental maps paths are----- where they are suitable for walkers and . . . where rock climbing may be necessary. The use of artificial



paper and a small sheet size is a great help in rain and wind. I understand that there is some difficulty with registration over a full sized sheet. Perhaps a set of small sheets is the answer, possibly printed on both sides. Those of us who have been at the last six events now have an impressive set of waterproof maps covering most of central lakeland. Thank you O.S.

ROUTE CHOICES AND COMPARATIVE DISTANCES, CLIMBS, AND TIMES

Any attempt at times must be subjective, but as long as a system is used it gives a reasonable comparison. If times on two alternatives are quite close either might be the better choice, depending on the roughness of the terrain, or the ability of the competitor to cope with climbing or running.

This is NOT an analysis of actual times taken. It is an estimate.

I have used the following and assume they hold for the entire race. They may not!

In my case I think they doubled after point 4.

- A. Run, with occasional walk over steep bits and scree. 5 min/km + 1 min/30m ↑
- B. Walking reasonably quickly up a medium gradient. 7½ min/km + 1 min/30m ↑
- C. Climbing a steep slope. 2 min/30m ↑
- D. Running down an easy or medium slope. 5 min/km
- E. Descending a steep slope. (In a state to continue!) 1½ min/100m ↓
- F. Difficult progress, e.g. rock clambering or tree branches 15 min/km

Heights have been rounded to the nearest 5 m, distances to 0.05 km, times to Zmin.

Map references and heights above sea level have been given in brackets where appropriate. The units km, m, and min, have been left out for clarity.

The "crow flies/mole tunnels" distances and height differences are given for comparison.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
0	Start to Mark Up (flagged)				
	Start (186087) (80) to Grid Ref Issue (185094) Marking up (125)	1.0	+45	A	6½ 2
	Total	1.0	+45		8½

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
1	Mark Up to Tewit Tarn (146118) (605) "Crow"	4.55	+480		
A	GRI (125) to Dore Head (485)	0.6	-	A	3
	DH to Col (160½100) (650)	0.65	+360	C	24
	Col to Scoat Tarn outlet (600)	1.5	+165	A	13
	STO to Col (149109) (705)	0.45	-50	D	2½
	Col to Tewit Tarn (605)	1.1	+105	A	9
			1.0	-100	D
	Total for route A	5.3	+630 -150		56½
B	GRI (125) to Mosedale End (180)	1.6	+55	A	10
	ME to Col (162110) (765)	1.6	+585	C	39
	Col to Scoat Fell Wall (152110) (770)	1.0	+5	A	5
	SFW to Tewit Tarn (605)	1.0	-165	D	5
	Total for route B	5.2	+645 -165		59

Choose "A", but might depend how far you can run up Mosedale End.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
2	Tewit Tarn to Robinson's Cairn (176124) (650)	3.05	+45		
A	TT (605) to Col on Long Crag (155122) (650), dropping to (550)	1.1	-55 +100	A	9
	Col (650) to Path/Scree (165½125½) (620), dropping to (470)	1.25	-180	½A + ½B	13
	P/S (620) to Cairn (650), dropping to (510) to avoid gill	1.2	-110 +140	¾A + ¼B	12
	Total for route A	3.55	-345 +390		34
B	TT (605) to (450) on Path (151126), contour to Path/Stream (160125) (450)	1.9	-155	A	9½
	P/S (450) to Path/Scree (165½125½) (620)	0.5	+170	B	10
	P/S (620) to Cairn (650), dropping to (510) to avoid gill	1.2	-110	¾A + ¼B	12
	Total for route B	3.6	-265 +310		31½
C	TT (605) to Scoat Fell (800)	1.0	+195	½A + ½B	13
	SF (800) to Wind Gap (800)	1.6	-	A	8
	WG (800) to Pillar (880)	0.5	+80	½C + ½B	6½
	P (880) by winding path to cairn (650)	0.8	-230	B + E	9½
	Total for route C	3.9	+275 -230		37

Choose "B", safest and might be quickest.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
3	Robinson's Cairn to Stream Jn (201118) (300)	2.4	-350		
A	Cairn (650) to Forest Edge (400)	0.3	-250	E	4
	FE (400) to Road (240)	0.45	-160	½F + ½A	4½
	Road (240) to Stream Jn (300)	2.1	+60	A	10½
	Total for route A	2.85	-410 +60		19
B	Cairn (650) via Path to Black Sail Col (540)	1.9	-110	A	9½
	Col (540) to Stream Jn (300)	1.0	-240	D	5
	Total for route B	2.9	-350		14½

Choose "B", too much hold up getting to Forest Road.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
4	Stream Jn to Woof Gill (259111) (350)	6.0	+50		
A	Str Jn (300) to Col (208126) (560)	1.1	+260	½C + ½B	18
	Col (560) to Fleetwith Col (216135) (530)	1.25	-30	A	6½
	Col (530) to Honister Summit (360)	0.85	-170	D	4½
	HS (360) to Woof Gill Bottom (190) via lowest point on road (100)	8.0	-260	A	43
	WGB (190) to Str Jn (259111) (350)	0.4	+90 +160	C	11
	Total for route A	11.6	+510 -460		83
B	Str Jn (300) to Gillercombe Head (650)	1.6	+350	B	24
	GCH Col (650) to Base Brown Col (610)	0.85	-40	A + 1	5½
	BB Col (610) to Stockley Bridge (190)	1.6	-420	½E + ½D	7½
	SB (190) to Col (248108) (700)	1.3	+510	¾C + ½B	32½
	Col (700) to Edge of Woof Gill (590)	1.1	-110	A	5½
	Edge (590) to Str Jn (259111) (350)	0.4	-240	E	4
	Total for route B	6.85	+860 -810		79
C1	Str Jn (300) to Windy Gap (750)	1.9	+450	B	29½
	WG (750) to Sty Head (470)	1.1	-280	D	5½
	SH (470) to Low Esk Hause Turn Off (232085)	2.0	+210	½A + ½B	16
	LEHTO (680) to Edge of Woof Gill (590)	3.6	-90	A	18
	Edge (590) to Str Jn (259111) (350)	0.4	-240	E	4
	Total for route C1	9.0	+660 -610		73
C2	Str Jn (300) to Beck Head (620)	1.4	+320	B	21½
	BH (620) to Sty Head (470) by Traverse. Remainder as C1	2.0	-150	1½ × D	15
	Total for route C2	9.4	+530 -480		74½

Choose "C1", more climbing than C2 but not so rough.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
5	Str Jn (350) Woof Gill to Knoll (206077) (690)	6.2	+340		
A	Str Jn (350) to Edge (590)	0.4	+240	C	16
	Edge (590) to Low Esk Hause Turn Off (680)	3.6	+90	A	21
	Descent towards Sty Head (550) to Corridor	1.5	-210	A	7½
	Corridor (470) to Lingmell Col (750)	2.0	+280	½B + ½A	21½
	Col (750) to Knoll (690)	0.5	-60	D	2½
	Total for route A	8.0	+610 -270		68½
B	Str Jn (350) to Edge (590)	0.4	+240	C	16
	Edge (590) to Low Esk Hause (235083) (720)	3.6	+130	A	22½
	Climb to Great End Col (840)	1.2	+120	¾A + ¼B	11
	Col (840) to Corridor (216080) (675)	0.9	-165	E + D	7
	Corridor (675) to Lingmell Col (750)	0.65	+75	B	7½
	Col (750) to Knoll (690)	0.5	-60	D	2½
	Total for route B	7.25	+565 -225		66½

Choose "B", less climbing, less corridor.

LEG	Description and Sections	LENGTH	CLIMB	TYPE	TIME
6	Knoll to Kirkfell Lower Summit (790)	3.1	+100		
A	(Corridor + Traverse)				
	Knoll (690) to Col (750)	0.5	+60	A	4½
	Col (750) to Corridor (221093) (450)	2.1	-300	1½ × D	16
	Corridor (450) to Beck Head Tarn (620)	2.25	+170	B	23
	BHT (620) to Rib End Top (202½107) (740)	0.35	+120	C	8
	RET (740) to Kirkfell Lower (790)	0.35	+50	B	5
	Total for route A	5.55	+400		56½
B	(Down and Up)				
	Knoll (690) to Top of Slope (690)	0.65	—	A	3½
	ToS (690) to Lingmell Beck (200092) (140)	1.2	-550	E	8½
	LB (140) to Beck Head Tarn (620)	1.6	+480	C	32
	BHT (620) to Rib End Top (202½107) (740)	0.35	+120	C	8
	RET (740) to Kirkfell Lower (790)	0.35	+50	B	5
	Total for route B	4.15	-550 +650		57
Choose either. It depends whether you feel like climbing or negotiating rocky paths.					
7	Kirkfell to Track Jn (187092) (110)	1.9	-680		
	May have minor variations missing Kirkfell High Summit.				
	Kirkfell Low (790) via (750) to Spur at (780)	0.6	-40 +30	A	4
	Spur (780) to Track Jn (110)	1.5	-670	1⅓ × E	13½
	Total for leg 7	2.1	+30 -710		17½
8	Track Jn (110) to Finish (186087) (80)	0.6	-30	A	3

ROUTES							LENGTH	CLIMB	ESTIMATED TIME		
"OPTIMUM"	1A	2B	3B	4C1	5B	6A	Start + Finish + 7 29 3.7 75	37.4 km (23.2 miles) Using 6B gives the same time 36.0 km	2,640 m (8,660 ft) 2,890 m	5 hours 28 mins	
	Times	57	32	15	73	67					57
	Distance	5.3	3.6	2.9	9.0	7.3					5.6
	Climb	630	310	—	660	565					400
LEAST DISTANCE	1B	2A	3A	4B	5B	6B	Start + Finish + 7 29 3.7 75	33.6 km (20.8 miles)	3,245 m (10,650 ft)	5 hours 44 mins	
	Times	59	34	19	79	67					57
	Distance	5.2	3.6	2.9	6.9	7.3					4.2
	Climb	645	390	60	860	565					650
LEAST CLIMB	1A	2C	3B	4A	5B	6A	Start + Finish + 7 29 3.7 75	40.2 km (25.0 miles)	2,455 m (8,050 ft)	5 hours 43 mins	
	Times	57	37	15	83	67					57
	Distance	5.3	3.9	2.9	11.6	7.3					5.6
	Climb	630	275	—	510	565					400

Compared to the "Optimum" you can only save 2 miles at the expense of 2,000 ft, or save 600 ft at the expense of 2 miles. In each case you lose about 15 minutes.

Using 4C2 rather than 4A for the "Least Climb" saves 2.2 km and 8 mins and might be worth considering.

THE REALITY. I presumed that I had chosen the wrong routes and that was why I was out for rather a long time. As Mark Rigby described where he went, I was amazed. He had taken exactly the same route! He managed to cross the offending gill on the way to Robinson's Cairn, and even had a small excursion across Piers Gill and Grains Gill for good measure. It was an incredible feat of stamina. Well done! His route: 1A, 2A but crossing the gill, 3A, 4B, 5B, 6A. This involves 35 km (21.8 miles), 2,870 m (9,420 ft), and took him 5 hours 5 minutes.

BILL GAULD

THE ANDERSON MOURNE MOUNTAIN MARATHON

16th to 17th September

The Mourne Mountain Marathon has always been very much a local affair, with only a few visitors from mainland UK crossing over to compete with the Irish runners, but things were different this year. Over a third of the field of 159 pairs (the biggest ever) were from outside Ireland, most of them coming after speaking to those who enjoyed last year's race.

The prospect of a smaller, low key, mountain marathon, in an area many runners don't know at all, and just at the right time as a warm up for the "Karrimor" is certainly a pleasing one. In the past the awkward journey may have put people off, but transport was laid on from ferry terminals and airports to overnight accommodation on the Friday, to the venue on Saturday morning, and back to ferries and planes Sunday afternoon.

Among those travelling over were Derek Ratcliffe and Ken Taylor, teamed up again to try and repeat their wins of 1985 and 1987. They have run the event for many years now, Ken winning it three times and Derek five times, and with some of Ireland's better runners off at the World Cup they were firm favourites in the "A" class.

Course planner Robin Bryson was also away competing but his courses proved challenging despite very dry ground conditions and perfect clear weather. The venue was in the Tollymore Forest park, near Newcastle, and those new to the Mournes got to see a lot of them in the two days, the "A" course in particular has to cover most of the area to get in the distance.

There was some controversy in the "A" class on the first day as the second checkpoint was wrongly placed. Some searched for it, losing a lot of time in the process, while others, Ratcliffe and Taylor included, decided it was clearly not where it should be, and pressed on. That was the right decision as there was little the organisers could do but let all the time stand.

Perhaps partly as a result of that Taylor and Ratcliffe led by nearly an hour at the end of the day. The "B" class also had clear leaders as Kay Whittle and Keith Tonkin led Tom O'Dowd and Stephen Ferris by 32 minutes, but Kay had injured her knee and was doubtful about day 2. The "C" class was much closer with Peter Whitehead and Denise Wilson just 38 seconds down on Chris Plumpton and Malcolm Jones.

**KARRIMOR
INTERNATIONAL
MOUNTAIN MARATHON
28/29.10.89**



The mid-camp was cramped onto ground in the South of the Mournes, near Sleivenagor, which still managed to be a bit boggy, despite the dry summer. It did offer an expansive view of the main peaks to the North where much of the second day's competition would take place, and caught the sunlight on a clear morning just as the mass restart took place for the second day.

Ratcliffe and Taylor duly won for the third time, with a winning margin of nearly 1/4 hours, but the excitement was in the "B" class. Kay Whittle had continued, but had to descend very slowly and it was a matter of whether those behind could take advantage of this. After her brave effort Kay, and partner Keith Tonkin, were cruelly beaten by Tom O'Dowd and Stephen Ferris by just 17 seconds!

In the "C" class Peter Whitehead used his experience and navigational skills to select good lines and lead Denise Wilson to a win in her first mountain marathon. Other notable performances came from Sue Walsh and Wendy Dodds, who were the first ladies pair to get round the "A" class, and from John Redmayne, who dislocated his shoulder on day 1. His partner, Craig Harwood, put it back in and they finished fourth in the "A" class.

Everyone seemed pleased with the courses and impressed with both the event and the Mournes, so it seems likely that this upturn in popularity will now continue in future years. However, the race will never reach the saturated levels of the mainland races as the Mourne Mountain Marathon has a limit of 200 pairs. (If you would like to send entry details next year contact race organiser Dennis Rankin at 18 Cranmore Gardens, Belfast, BT9 6JL.)

ROBERT HOWARD

RESULTS

"A" Class (56 km) 12 starters/11 finishers.

- | | |
|-----------------------------------|-------------------|
| 1. Derek Ratcliffe and Ken Taylor | 9.45.32 |
| 2. John Kewley and Tony Varley | 11.13.54 |
| 6. Bill Buckley and Rob Poole | (Vets) 12.26.05 |
| 8. Sue Walsh and Wendy Dodds | (Ladies) 13.25.25 |
| 9. Mike Cudahy and Inken Blunk | (Mixed) 14.50.23 |

"B" Class (47 km) 52 starters/47 finishers.

- | | |
|--|-------------------|
| 1. Tom O'Dowd and Stephen Ferris | 10.01.12 |
| 2. Kay Whittle and Keith Tonkin | (Mixed) 10.01.29 |
| 14. Mary McPherson and Deirdre Ni Chellanain | (Ladies) 12.27.47 |
| 15. Ian Taylor and Billy McNeilly | (Vets) 12.31.29 |

"C" Class (34 km) 73 starters/62 finishers.

- | | |
|--------------------------------------|-----------------|
| 1. Peter Whitehead and Denise Wilson | (Mixed) 9.01.35 |
| 2. Chris Plumpton and Malcolm Jones | 9.18.25 |
| ?. Gillian Dunbar and Sue Denmark | (Ladies) |

159 starters. 75 per cent finished. Distances are straight line routes.

Karrimor winners Derek Ratcliffe and Pete Irwin shake hands with the 2nd team of Tim Laney and Colin Valentine — Photo: Dave Woodhead.

Class E			
1:	P Irwin/D Ratcliffe	12.37.46	
2:	T Laney/C Valentine	12.45.01	
3:	M Stone/M Rigby	12.52.48	
4:	P Clark/G Huddleston	13.07.19	
5:	H Symonds/P Tuson	13.14.12	
Class A			
1:	J Smith/W Gaunt	12.45.31	
2:	N Conway/P James	12.46.18	
3:	Y Hague/W Ramsbottom		12.50.07
	(Mixed)		
4:	R Balling/M Hartell	12.51.52	
5:	M Meysner/M Egner	13.05.43	
Class B			
1:	A Brear/H Sawyer	9.58.23	
2:	D Troman/P Graetz	10.34.30	
3:	T Dibben/G Atkins	10.39.18	
4:	N Melville/S Conway	11.12.06	
5:	T Bolland/S Cunningham		11.12.52
Class C1			
1:	J Cross/B Stansfield	8.34.29	
2:	G Crawshaw/P Redhead	9.17.00	
3:	P Eccles/G Shutt	9.32.07	
4:	S McKendrick/M Forrest		9.35.07
5:	M Ibbott/K Morris	9.45.40	
Class C2			
1:	S Cranny/M Wainwright	7.43.27	
2:	M Yates/R Hitchens	8.09.06	
3:	T Bell/M Bell	8.50.50	
4:	T Tweddell/R McKenna	9.23.09	
5:	I Beaumont/R Wells	9.28.29	
Score Class			
1:	I Powell/A Powell	10.03.57	(400 pts)
2:	J Golton/I Jones	10.26.00	(400 pts)
3:	P Davies/(P Barron	10.30.54	(400 pts)
4:	P Bartlett/J Emeleus	10.55.52	(400 pts)
5:	V Leventon/P Stott	10.46.55	(398 pts)



RESULTS

KNOCKLAYD

AM/6.5 m/1,700 ft/10.6.89

Co Antrim

Ian Park continued his dominance of the event with a resounding win over a top class field in this year's race.

The pace was fast and furious on the initial half-mile of the track and a group of eight had broken away. By the summit, Ian had a commanding lead and pulled away on the descent for his third win in the last four years.

An exciting battle for second place ensued on the descent, as six runners reached the now infamous overgrown fire-break with seconds separating them.

Nineteen-year-old Andrew Callan was first to reach the track, but a very strong finish by Jim Hefferan gained him the runner-up spot, while Adrian Philpott's finishing kick took him to third.

With eight men breaking 50 minutes, it was the most competitive and exciting Knocklayd race to date.

B Ervine

- | | | | | | | | |
|--------------------------|--|--------------------------------|------------------------------|-----------------------------|------------------------------|--------------------------------|--------|
| 1: I Park (B'drain) | 46.42 | | | | | | |
| 2: J Hefferan (A'ville) | 48.26 | | | | | | |
| 3: A Philpott (Achilles) | 48.37 | | | | | | |
| 4: A Callan (Dromara) | 48.48; 5: J Patterson (Nth Dn) | 48.59; 6: N McMonagle (Sparta) | 49.12; 7: B Ervine (B'drain) | 49.26; 8: J Hayes (B'drain) | 49.41; 9: G Murray (B'drain) | 50.03; 10: D Barrett (B'drain) | 50.31. |
| Veterans 0/40: | 1: J Patterson (Nth Dn) 48.59; 2: J Hayes (B'drain) 49.41. | | | | | | |
| Ladies: | 1: 1: H Stuart (Lisburn). | | | | | | |

finally walking. I'd say he bonked, but these days the words have been hijacked to mean something else, and he certainly wasn't doing that — not during the race anyway!

Gary was slightly wrong near the end and let in Mike Whyatt to sneak a win, with Mike Prady and Andy Styan some way back. Gary, however, took the Yorkshire title, with Andy second. Andy Trigg did finish!

After several problems with the landowners, including this year, the course looks set to be a permanent route next year, and the slight confusion with flagging at the end will be eliminated.

Next year it is hoped to include a race for junior athletes.

B T Peril

- | | | | | | | | |
|-----------------------|---|-----------------------------|------------------------------|------------------------------|-----------------------------|------------------------------|----------|
| 1: M Whyatt (Gloss) | 2.13.58 | | | | | | |
| 2: G Devine (P & B) | 2.14.36 | | | | | | |
| 3: M Prady (Gloss) | 2.22.15 | | | | | | |
| 4: A Styan (Holm) | 2.26.17; 5: A Taylor (S'fields) | 2.27.40; 6: A Hauser (Holm) | 2.28.49; 7: J Hosson (Unatt) | 2.29.20; 8: R Bradley (Holm) | 2.29.38; 9: A Trigg (Gloss) | 2.31.40; 10: F Loftus (Horw) | 2.35.28. |
| Veterans: | 1: A Styan (Holm) 2.26.17; 2: R Bradley (Holm) 2.29.38; 3: G Berry (Dk Pk) 2.42.24; 4: R Poole (Gloss) 2.42.33. | | | | | | |
| Veterans 0/45: | 1: W Buckley (Gloss) 2.42.36; 2: B Sprakes (Roth) 2.59.39; 3: J Toehill (ASVAC) 3.08.57. | | | | | | |
| Veterans 0/50: | 1: J Hubbard (Long) 2.45.22; 2: B Thackery (Dk Pk) 2.53.27; 3: D Clutterbuck (Roth) 3.15.50. | | | | | | |
| Ladies: | 1: J Town (Denby D) 3.10.08; 2: E Denby (Denby D) 3.27.45. | | | | | | |

YORKSHIRE CHAMPIONSHIP

- | |
|----------------------------|
| 1: G Devine |
| 2: A Styan |
| 3: A Hauser |
| Team: 1: Holmfirth. |

EILDON TWO HILLS RACE

AS/4.5 m/1,400 ft/24.6.89
Scotland

- | | |
|------------------------|---|
| 1: J Wilkinson (Gala) | 27.33 |
| 2: D Bell (HELP) | 28.07 |
| 3: R Hope (Gala) | 28.20 |
| 4: A Bennett (W'lands) | 28.43; 5: P Fettes (Glas) 30.24; - 6: N MacDonald (Edin) 30.29; 7: H Lorimer (Duns) 30.39; 8: J Knox (Teviot) 30.41; 9: T McCall (Berwick) 30.42; 10: S Henderson (Gala) 30.47. |
| Veterans 0/40: | 1: J Knox (Teviot) 30.41; 2: R Nicoll (Fife) 31.15; 3: K Burns (Carn) 32.14; 4: A Lorimer (Duns) 32.47. |
| Veterans 0/50: | 1: F Bias (E Kilb) 39.19. |
| Ladies: | 1: P Calder (ESPCAC) 31.10; 2: S King (Clydes) 43.55. |
| Juniors: | 1: P Fettes (Glas) 30.24; 2: H Lorimer (Duns) 30.39; 3: S McKendrick (Unatt) 31.44. |

HOLME MOSS FELL RACE

AL/16 m/4,000 ft/18.6.89
Yorkshire

From the early morning heat and the cloudless sky, it seemed obvious that this year's race was going to be a matter of survival for most runners, and so it turned out. The fact that it was this year's Yorkshire AAA Fell Race Championship brought a few extra top runners along, and the leaders pushed quite hard over the early section to Holme Moss Mast. Andy Trigg, Mike Whyatt and Garry Devine pulled away from Mike Prady on the moors over to Crowden and, thereafter, it became a three-man race with Prady and Andy Styan in pursuit.

There are plenty of streams to cross during the race, so essential water was available all the way round, and one marshal had even carried several gallons up to Laddow Rocks. Nevertheless, many people suffered in the heat and the times were mostly slower than last year.

For the front man, the end of the circle via Black Hill back round to Holme Moss saw Devine and Whyatt pulling away from Trigg, who was reduced to jogging and

GLEN ROSA HORSESHOE

N/12 m/5,500 ft/24.6.89

Isle of Arran

The conditions were almost perfect for this new race.

Del Davies and Andy Dytch set a cracking pace and shared the lead round most of the course, Del going ahead in the last few hundred yards.

From the feedback so far, the route was found to be most enjoyable, the 37 runners having come from all over the country and I am sure they all thought it well worth the effort of travelling to Arran.

The only upset of the day was that I awarded the team prize to the wrong club. My sincere apologies to Bellahouston.

D Freeman

- | | | | | | | | |
|------------------------|---|---------------------------------|---------------------------------|----------------------------|------------------------------|--------------------------------|----------|
| 1: D Davies (Hebog) | 2.18.49 | | | | | | |
| 2: A Dytch (Clydes) | 2.18.58 | | | | | | |
| 3: D Richardson (Kend) | 2.29.53 | | | | | | |
| 4: J Lagoe (Amble) | 2.37.39; 5: G Pryde (Lomond) | 2.40.58; 6: J Blair-Fish (Carn) | 2.44.07; 7: R McInroy (H'burgh) | 2.44.14; 8: P Mackie (Irv) | 2.48.02; 9: D Freeman (Kild) | 2.50.01; 10: H Richmond (Loud) | 2.50.27. |
| Veterans 0/40: | 1: D Davies (Hebog) 2.18.49; 2: P Mackie (Irv) 2.48.02; 3: C Chrystal (Loch) 2.57.53; 4: V Monaghan (B'hstn) 3.04.15; 5: D Mack (Jura) 3.05.18. | | | | | | |
| Veterans 0/50: | 1: C Chrystal (Loch) 2.57.53; 2: R Gibson (E Kilb) 3.13.20. | | | | | | |
| Ladies: | 1: C Menhennet (B'hstn) 2.51.08. | | | | | | |



OLD COUNTY TOPS FELL RACE

AL/35 m/9,000 ft/24.6.89

Courageous front running by David Nuttall and Colin Valentine, coupled with excellent weather for running, allowed the pair to lower the course record by over an hour, John Worswick and John Gibbison hung on to a lonely second place. The battle throughout the race was for third place, which was resolved after Scafell Pike when Duncan Thompson and Jeff Winder pushed on quickly down Little Naran Cove, and John Nixon and John Hope went via Broad Crag Tarn more slowly.

Veteran 80 team positions also produced a close race, Nixon and Hope taking the lead after Wythburn but always pursued by Rob Poole and Bill Buckley.

Records fell in many categories — Alan and Clare Kenny set a new record for the Mixed team and Ray Miller and Paul Murray in the Veteran 90 category. The team prize went again to the host club, Achille Ratti.

Plenty of food during and after the race, plus T-shirts to all finishers meant everyone went away with something.

John Nixon

- | | |
|--|--|
| 1: D Nuttall/C Valentine (Clay/Kesw) | 6.25.47 (MC) |
| 2: J Gibbison/J Worswick (Lane M/Horw) | 7.12.48 (MC) |
| 3: D Thompson/J Winder (Calder V) | 7.21.35 |
| 4: J Nixon/J Hope (A'Ratti) | 7.24.30 (V80); 5: R Poole/W A Buckley (Gloss) 7.35.23 (V80); 6: J Slinn/M Breslin (Lane M) 7.45.17 (V80); 7: G Eccles/R Halenko (Clay) 7.47.13; 8: P Cooney/P Dowker (A'Ratti) 8.12.49; 9: R Isbister/S Sunter (Horw) 8.13.12; 10: A Kenny/C Kenny (A'Ratti) 8.14.16 (MX); 16: R Miller/P Murray (Horw) 8.43.34. |

ANNALONG HORSESHOE

AL/13 m/5,200 ft/24.6.89

Northern Ireland

The leading positions were decided in the early stages as Adrian Philpott, Ian Park and Jim Patterson set off up the track towards Chimney Rock Mountain at an almost suicidal pace.

At the first summit Ian and Adrian were together with a forty-second lead over Brian with Jim a similar distance back. The ding-dong battle continued with the pace never slackening.

On the final climb up Slieve Binnian the leading pair built up a commanding lead and sensing that the record was within their grasp, agreed to finish together, taking fifty seconds off the record for what was undoubtedly one of the best races in Ireland.

Brian Ervine

- | | |
|--------------------------|---|
| 1: I Park (B'drain) | 2.01.54 |
| 2: A Philpott (Achilles) | 2.01.54 |
| 3: B Ervine (B'drain) | 2.09.02 |
| 4: J Patterson (N Down) | 2.09.45; 5: D Graham (B'drain) 2.12.19; 6: J Hayes (B'drain) 2.16.02; 7: D Rankin (Unatt) 2.18.00; 8: W McKay (A'ville) 2.22.48; 9: S Graham (N'castle) 2.28.01; 10: W Brown (Unatt) 2.29.18. |
| Veterans 0/40: | 1: J Patterson; 2: J Hayes; 3: D Rankin. |
| Teams: | 1: Ballydrain 9.5 pts; 2: Newcastle 32 pts. |

MOUNT FAMINE FELL RACE

AS/5 m/1,700 ft/25.6.89

Derbyshire

A medium-sized field set off in warm summer conditions around this demanding course reckoned to be one of the toughest in the Hayfield Championships.

Malcolm Patterson and local hero Mike Whyatt battled out pole position, with Malcolm ultimately comfortable in victory, despite the fact that Mike frequently uses the steepest climb up Mount Famine for hill repetitions training. A friendly atmosphere existed throughout the afternoon, encouraged by the warm weather and random distribution of designer T-shirts!

1: M Patterson (Dk Pk) 42.01
 2: M Whyatt (Gloss) 42.43
 3: D Ibbetson (Gloss) 44.23
 4: J Kershaw (Macc) 46.43; 5: M Egner (Denby) 46.53; 6: P Brownson (PFR) 47.04; 7: D Beels (Roch) 47.10; 8: A Kirk (Gloss) 47.17; 9: B Deegan (Unatt) 47.31; 10: J Cant (PFR) 47.50. **Veterans 0/40:** 1: J Kershaw (Macc) 46.43; 2: B Deegan (Unatt) 47.31; 3: R Wilde (Mcr) 48.38. **Veterans 0/50:** 1: R Hird (Macc) 50.01; 2: B Thackray (Dk Pk) 54.55; 3: H Gill (Sadd) 57.00. **Ladies:** 1: J Smith (Dk Pk) 52.12; 2: B Murray (Macc) 57.43; 3: K Martin (Altham) 57.58; 4: J Town (Denby) 59.26. **Teams:** 1: Glossopdale; 2: Dark Peak.

THE LAW 4 m/1,800 ft/5.7.89 Central

Andy Curtis was first to the summit cairn in 21 minutes 8 seconds. The positions changed on the descent, Sandy Bennett taking a mere 8 minutes 33 seconds to overtake Andy and win comfortably.

1: S Bennett (W'lands) 29.55
 2: A Curtis (L'stone) 30.37
 3: A Dytch (Clydes) 31.27
 4: D Woodhead (Horw) 31.37. **Veterans 0/40:** 1: P Templeton (L'stone) 37.36; 2: B Campbell (L'stone) 40.52. **Ladies:** 1: D Campbell (L'stone) 49.40; 2: E Woodhead (Clay) 56.32.

BLACK COMBE FELL RACE AS/5.5 m/1,900 ft/8.7.89 Cumbria

1: C Donnelly (Eryri) 40.54
 2: G Devine (P & B) 42.20
 3: K Mings (CFR) 42.27
 4: G Byers (CFR) 43.01; 5: M Addison (Clay) 43.10; 6: E Roberts (Eryri) 43.15; 7: A Whalley (P & B) 43.27; 8: D Nuttall (Clay) 43.41; 9: R Pallister (P & B) 44.11; 10: R Unwin (CFR) 44.18. **Veterans:** 1: W Todd (Cope) 45.13; 2: D Hughes (CFR) 47.50; 3: N Matthews (Horw) 49.08; 4: J Lightbody (Ferr) 53.58; 5: G Atkinson (Unatt) 55.17. **Ladies:** 1: R Pickvance (Clay) 58.05; 2: K Houghton (Unatt) 59.01.

LOUGHRIGG FESTIVAL FELL RACE AM/6 m/2,000 ft/9.7.89 Cumbria

As usual, the race went by with several incidents, but still managed to run relatively smoothly considering!

Apologies for the hiccups — the main one being a delayed start due to an unfortunate mountain rescue incident on the race course. However, conditions were near ideal and this no doubt contributed to the first three runners being within the previous record time.

Due to increasing commitment to the Rock and Run Mountain Marathon, it would be most pleasant if someone else would consider organising this race. Would any contenders please contact Rock and Run.

W Holligan

1: M Croasdale (R Mar) 39.36
 2: R Jamieson (Amble) 39.45
 3: G Bland (Kesw) 40.07
 4: P Harlowe (Kesw) 40.40; 5: J Bland (Kesw) 41.00; 6: G Russel (Amble) 41.28; 7: S Hicks (Amble) 41.41; 8: K Anderson (Amble) 41.59; 9: E Parker (Amble) 42.05; 10: M Campling (Kend) 42.10. **Veterans 0/40:** 1: M McGill (Kend) 42.14; 2: T Walker (Amble) 45.45; 3: T Richardson (Kend) 46.20; 4: C Wilson (Kesw) 47.53; 5: G Clayton (Amble) 47.56. **Veterans 0/50:** 1: R Barker (Red R) 47.07; 2: H Blenkinsop (Kesw) 47.27; 3: W Fielding (Leeds) 49.13. **Ladies:** 1: E Unsworth (Unatt) 1.30.18; 2: P Hall (Loc) 1.30.19. **Juniors U/16:** 1: P Singleton (Amble) 15.16. **Juniors U/14:** 1: C Bewlen (CFR) 16.32. **Juniors U/11:** 1: P Savage (Unatt) 19.21.

HEATHCLIFF & CATHY CANTER 6.5 m/800 ft/12.7.89 Yorkshire

Most comments seemed favourable on the first running of this race, which will become an annual event, although hopefully low key! Even at a wicked 50p entry, profit was made towards next year.

The local hills obviously suit Bingley Harriers with the first three places being representatives of the club. With three internationals at the front the field was respectable, one of these, Andrew Peace, made his winning move on the climb to Top Withins ruin, which the Brontë sisters made so famous.

Dave Woodhead

1: A Peace (Bing) 37.52
 2: S Hawkins (Bing) 38.12
 3: S. Winstanley (Bing) 38.46
 4: G Devine (P & B) 39.28; 5: M Wallis (Clay) 39.50; 6: M Falgate (P & B) 39.59; 7: K Wright (Kgly) 40.24; 8: I Holmes (Bing) 40.30. **Veterans 0/40:** 1: A Judd (Leeds) 43.48; 2: D Weatherhead (Bing) 44.40; 3: M Pierce (Bing) 44.53. **Veterans 0/45:** 1: K Munton (Cald) 44.58; 2: K Lodge (Halfx) 45.23. **Veterans 0/50:** 1: P Smith (Bing) 50.42; 2: R Dearden (Clay) 50.42. **Ladies:** 1: B Carney (Bing) 51.15; 2: R Sharpies (Bing) 51.32; 3: T Hird (Kgly) 52.46.

KINNISIDE FELL RACE AM/9 m/3,000 ft/15.7.89 Cumbria

Excellent weather this year with bright sunshine for the sports.

There were 52 starters for this year's race, with Alan Bowness leading the runners from the field. By the third check, he had opened up a two-minute lead but Donald

Lee reduced this to one minute at the finish with Alan Bowness winning in a time just eight seconds outside last year's record. John Nixon, lying in third place, was overtaken by Paul Tuson at the bottom of Dent, to finish fourth overall and first vet.

The hot conditions took their toll on the runners in the latter stages of the race, and the lager from the sponsors was much appreciated at the finish.

B Hillon

1: A Bowness (CFR) 1.09.00
 2: D Lee (CFR) 1.10.00
 3: P Tuson (Kend) 1.15.01
 4: J Nixon (A'Ratti) 1.15.05; 5: H Jarrat (CFR) 1.15.25; 6: J Ritson (Derw) 1.15.50; 7: S Hicks (Unatt) 1.16.00; 8: J Hope (A'Ratti) 1.17.10; 9: M Hudson (LOC) 1.18.07; 10: S Martin (CFR) 1.18.07. **Veterans 0/40:** 1: J Nixon (A'Ratti) 1.15.05; 2: J Hope (A'Ratti) 1.17.10; 3: M Hudson (LOC) 1.18.07; 4: D Donald (CFR) 1.27.42; 5: T Baxter (Cumb) 1.29.03. **Veterans 0/45:** 1: T Baxter (Cumb) 1.29.03; 2: B Johnson (CFR) 1.29.34; 3: P Bland (Kend) 1.35.58. **Veterans 0/50:** 1: D Rigg (CFR) 1.33.14; 2: W Scott (Cumb) 1.42.44. **Ladies:** 1: B Nelson (Unatt) 1.35.24; 2: F Cole (CFR) 1.39.26.

INGLEBOROUGH FELL RACE AM/7 m/2,000 ft/15.7.89 Yorkshire

1: S Hawkins (Bing) 47.42
 2: G Kirkbright (P & B) 49.01
 3: R Whitfield (Bing) 49.11
 4: W Brindle (Horw) 49.24; 5: G Schofield (Black) 49.43; 6: M Fleming (Amble) 49.52; 7: C Hirst (Settle) 50.44; 8: D Woodhead (Horw) 51.12; 9: W Padgett (Bing) 51.36; 10: I Holmes (Bing) 51.46. **Veterans 0/40:** 1: W Padgett (Bing) 51.36; 2: K Taylor (Ross) 51.58; 3: D Quinlan (Bing) 52.41; 4: R Hargreaves (Clay) 53.21; 5: S Kirkbride (Kend) 53.31. **Veterans 0/50:** 1: D Ashton (Black) 54.37; 2: P Bates (Leeds) 60.46; 3: G Barras (Skyrac) 61.37; 4: W Fielding (Leeds) 61.53. **Ladies:** 1: S Niedrum (Clydes) 61.41; 2: D Varney (Kend) 65.29; 3: E Staig (Settle) 66.35.

WHARMTON DASH FELL RACE BS/2 m/600 ft/16.7.89 Lancashire

The weather and the setting were magnificent for the race. A large crowd, clear skies, and a good view of a spectacular section of the climb and the descent, and the river crossing at the end, all combined to make it a very enjoyable event for both competitors and spectators.

There were plenty of helpers and marshalling was straightforward. One competitor was misdirected, but that was by someone not connected with the race. Thanks to all those who just came along and asked to help on the day or, better still,

agreed in advance to help in some way. This latter helps the organiser avoid ulcers!

William Brindle's winning time of 15.25 was a new course record and Saddleworth Rotary were generous in providing a free drink for all competitors and 25 T-shirts as prizes.

M Warrington

1: W Brindle (Horw) 15.25
 2: G Schofield (Black) 15.55
 3: H Waterhouse (Saddle) 16.01
 4: S Brophy (Holm) 16.04; 5: C Lyon (Horw) 16.08; 6: A Kirk (Gloss) 16.10; 7: S Charles (Unatt) 16.43; 8: H Atkinson (Bing) 16.46; 9: D Thompson (Calder V) 16.50; 10: R Bingham (Holm) 16.56. **Veterans:** 1: G Smith (Saddle) 19.00; 2: J Blackburn (Oldham) 19.11; 3: C Etherden (Saddle) 19.26; 4: D Frain (Roch) 19.30; 5: D Haigh (Holm) 20.07. **Ladies:** 1: S Haigh (Holm) 19.19; 2: S Boler (P'stone) 21.38. **Juniors:** 1: S Brophy (Holm) 16.04; 2: M Blackburn (Saddle) 17.24; 3: M Teale (Melth) 17.48; 4: R Derry (Saddle) 18.22.

GREEBA FELL RACE AM/9 m/2,500 ft/19.7.89 Isle of Man

1: S Hull (Bound) 1.12.52
 2: T Varley (MFR) 1.15.40
 3: J Quine (Bolt) 1.16.00
 4: I Callister (MAC) 1.17.09; 5: J Kewley (MFR) 1.18.42; 6: R Stevenson (MFR) 1.21.48. **Veterans:** 1: D Corran (MAC) 1.24.05; 2: J Wright (MFR) 1.29.18; 3: D Corkhill (Bound) 1.30.16; 4: G Hull (Bound) 1.31.19; 5: M Joughin (Bound) 1.31.50.

BEACON TO BEACON FELL RACE N/3.5 m/700 ft/19.7.89 Cleveland

The recent dry weather ensured that ground conditions were very hard underfoot. This was reflected in the fact that records were broken in all three categories.

The overall winner was Vic Brudnell from Mandale Harriers, who usually runs in road events and not on the fells.

M Power

1: W Brudnell 17.39
 2: C Wright 18.38
 3: B Mitchell 18.59
 4: M. Vickers 19.04; 5: M Garrett 19.15; 6: B Roberts 19.19; 7: G Barnes 19.28; 8: K Donoghue 19.50; 9: E King 19.54; 10: A Bradley 20.14. **Veterans:** 1: M Rulton 21.03; 2: J Welford 22.40; 3: G Dixon 22.42. **Ladies:** 1: G Hale 22.01; 2: C Proctor 23.18; 3: J Gordon 37.27. **Local:** 1: E King 19.54.

"WINNER" COWPE HILL RACE

BS/2.5 m/750 ft/19.7.89

Lancashire

An alternative to the course involving a more devious route to the summit was met with approval by most runners, some five minutes being added to the previous course record.

A warm summer's evening greeted 131 entrants in the lovely setting of Cowpe village. Dry conditions underfoot and a well-flagged course, along with T-shirts for the first 50, combined to ensure a good race.

Ray Rawlinson from the host club fancied his chances and set a good pace on the early climbs, but had to give way to an in-form Gary Wilkinson and Ian Ferguson on the run in. Andrew (Scoffer) Schofield also fancied his chances and had trained around the route regularly in the days leading up to the race. Despite this, he had to settle for fifth place.

Cheryl Cook was first lady and John Hope first vet in sixth place.

G Wright

1: G Wilkinson (Clay)	19.01
2: I Ferguson (Bing)	19.04
3: R Rawlinson (Ross)	19.14
4: I Holmes (Bing) 20.04; 5: A Schofield (Roch) 20.10; 6: J Hope (A'Ratti) 20.20; 7: A Sunter (Horw) 20.23; 8: S Cunningham (Stipt) 20.34; 9: P Cook (Clay) 20.37; 10: K Taylor (Ross) 20.45. Veterans 0/40: 1: J Hope (Horw) 20.20; 2: K Taylor (Ross) 20.45; 3: M Crook (Horw) 22.06; 4: D Bulcock (Unatt) 23.31; 5: J Greenwood (Clay) 23.31. Veterans 0/45: 1: P Kelly (Ross) 23.03; 2: J Blackall (Clay) 25.02; 3: G Navan (Ross) 25.46. Veterans 0/50: 1: N Matthews (Horw) 21.57; 2: D Tilly (Bolt) 23.42; 3: B Hill (Clay) 28.32. Ladies: 1: C Cook (Clay) 23.44; 2: J Harold (Horw) 24.14; 3: C Dawkins (Horw) 24.52; 4: J Keys (Ross) 25.52; 5: G Gaskell (Horw) 27.06. Boys U/15: 1: N Matthew (Horw) 9.01; 2: J Pegg (Ross) 10.01. Girls U/15: 1: H Rapson 14.26; 2: C Beals 16.15. Boys U/13: 1: D Stacey (Ross) 11.04; 2: D Yates 11.39. Girls U/13: 1: A Moore 12.53; 2: K Constant 13.16.	



BAMFORD CARNIVAL FELL RACE

CS/3.75 m/600 ft/19.7.89

Yorkshire

The race was held on a very hot evening and the course was hard and dry. There was a record number of 270 entrants, with 269 finishers.

The previous course record held by M Wilson was broken by one second by M Patterson.

A new Ladies' Cup was donated this year which was presented to the winner, J Smith.

D E Johnson

1: M Patterson (Dk Pk) 20.21
2: R Bailey (Bing) 20.28
3: P Bowler (Staffs M) 20.40
4: M Whyatt (Gloss) 20.52; 5: P Murray (Steel C) 20.54; 6: G Hall (Holm) 20.55; 7: T Parr (Gloss) 21.10; 8: B Mint (Dk Pk) 21.33; 9: D Ibbotson (Gloss) 21.41; 10: P Orton (Burton) 21.50. Veterans: 1: B Toogood (Dk Pk) 22.43; 2: G Berry (DK Pk) 23.07; 3: M Harris (Stock) 23.11; 4: N Clayton (Skyrac) 23.27; 5: C Murdoch (Hallam) 23.38. Ladies: 1: J Smith (Dk Pk) 25.25; 2: S Boler (P'stone) 25.40; 3: J Carrier (Roth) 26.15; 4: M Chippendale (Stock) 28.36.

TURN SLACK FELL RACE

AM/8 m/2,100 ft/22.7.89

Lancashire

I know I asked for the weather to improve on last year but the heat and humid conditions we had on the day were worse than the rain in 1988, and I think this must have affected the performances of some runners!

This year we managed to avoid the stile on the way out which got rid of the bottleneck.

Well done, Robin, our ex-Rochdale boy! I think he led from start to finish. He won only just, though. It seems Steve Hawkins was breathing down his neck right to the line and they were both inside Ray Owen's time from last year.

I was quite pleased with the overall turnout — 240ish. With such a congested calendar, one cannot hope for much more. For the first time ever this year, I tried computerised resulting. It makes a big hole in the budget but think it is worth it as the first sheet of results was out within half an hour. It saves work and there is less chance of error.

There was plenty of food available before and after the race which was put on by the local ladies with profits going to church charities.

Now the course has been sorted out, and providing the Water Board and farmers don't kick up a fuss, with its very good venue the race will be around for another 12 years!

K T Shand

1: R Bergstrand (Mand) 59.13
2: S Hawkins (Bing) 59.14
3: D Ibbetson (Gloss) 60.59
4: G Schofield (B'burn) 61.35; 5: G Wilkinson (Clay) 63.31; 6: P Rodgers (N'castle) 63.36; 7: T Hesketh (Horw) 63.39; 8: I Holmes (Bing) 64.10; 9: D Thompson (Calder V) 64.26; 10: R Rodgers (Horw) 64.51. Veterans 0/40: 1: T Hesketh (Horw) 63.39; 2: K Taylor (Ross) 65.34; 3: J Hope (Horw) 66.03. Veterans 0/45: 1: K Munton (Calder V) 69.33; 2: P Kelly (Ross) 73.04; 3: C Madgin (Clay) 75.23. Veterans 0/50: 1: J Dean (Saif) 70.52; 2: R Barker (Red R) 78.14; 3: P Duffy (Aber) 79.48. Ladies: 1: S Niedrum (Clydes) 77.34; 2: J Town (Denby D) 79.45; 3: F Russell (Thames) 84.23; 4: G Cook (Roch) 85.09.

WIDDOP FELL RACE

CS/7 m/850 ft/26.7.89

Yorkshire

Due to land access problems this year, there were two slight route changes. This made the course about 14 mile longer, and included more track and road. Nevertheless, conditions were good, mainly dry underfoot and Mike Prady repeated his 1988 win, but was three minutes down on his own record.

The main problem was parking along the narrow Widdop road. Next year, the police will be on duty to alleviate this problem.

The prizegiving was held in the Pack Horse Inn where the race starts and finishes. The Pack Horse sponsors the race by providing the winner's trophy, and each year gives spot prizes.

John Riley

1: M Prady (Gloss) 47.35
2: S Livesey (Ross) 47.58
3: A Bowness (CFR) 48.31
4: G Hall (Holm) 48.58; 5: G Wilkinson (Clay) 49.04; 6: M Wallis (Clay) 49.07; 7: R Rodgers (Horw) 50.15; 8: H Emmott (K'ly) 50.39; 9: M Keys (Ross) 50.46; 10: A Green (Unatt) 50.54. Veterans: 1: J Holt (Clay) 51.03; 2: K Taylor (Ross) 51.36; 3: B Mitchell (Clay) 54.45; 4: M Clayton (Skyrac) 54.57; 5: V Miles (Tod) 55.29. Veterans 0/45: 1: K Munton (Calder V) 56.30; 2: P Guerrier (Dk Pk) 58.06; 3: D Attwell (Altr) 59.04. Veterans 0/50: 1: P Duffy (Aber) 60.15; 2: D Brown (Clay) 62.36; 3: G Arnold (Prest) 63.38. Ladies: C Cook (Clay) 60.07; 2: L Staig (Settle) 63.30; 3: S Watson (V Strid) 64.00; 4: K Thompson (Clay) 67.09. Juniors: 1: A Bowden (Calder V) 19.13; 2: W Styan (Holm) 19.24; 3: M Patterson (Unatt) 27.44.

MEALL AN T-SUIDHE HILL RACE

AS/3.5 m/1,500 ft/29.7.89

Argyll

1: D Rodgers (Loch) 29.34
2: M Croasdale (R Mar) 31.11
3: S Hicks (Unatt) 31.23
4: B Rodgers (Loch) 32.02; 5: P Hughes (Loch) 32.07; 6: P Tuson (Kend) 32.22; 7: J Shields (Clydes) 32.33; 8: S Burns (Loch) 32.44; 9: J MacRae (Loch) 32.57; 10: J Maitland (Loch) 32.58. Veterans 0/40: 1: J Shields (Clydes) 32.33; 2: T Ross (Fife) 35.15; G McConnachie (Loch) 37.07. Veterans 0/50: 1: F Benham (Arb) 41.04; F Bias (E Kilb) 43.15; 3: J Newby (Tod) 46.53. Ladies: 1: E Unsworth (Kend) 64.16. Juniors: 1: B Rodgers (Loch) 32.02; 2: S Burns (Loch) 32.44; 3: P Fettes (Glas) 34.08.

GLOSSOP FELL RACE

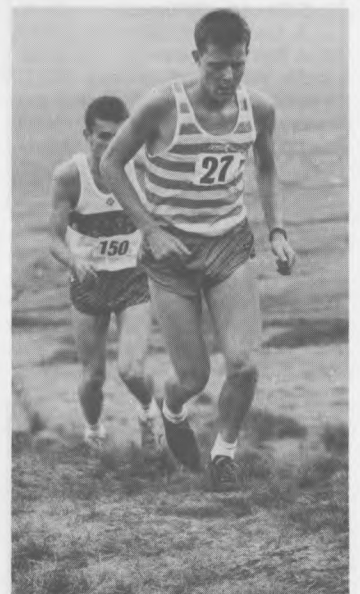
AL/22 m/4,200 ft/30.7.89

Derbyshire

As usual the race attracted a hardy band of entrants for the traverse of the moors north of Glossop, and could only go ahead thanks to the lifting of a temporary closure of the moors due to the threat of fire. An added attraction this year was the diversion on the descent down to

Crowden from Bleaklow, caused by the erection of erosion fences. Had it not been for this rougher descent Andy Trigg would probably have broken Hugh Symonds record in an outstanding run, with very good underfoot conditions. It was a good day for the Glossopdale club for they took the first three places, although Colin Valentine did threaten the trio but a short cut caused him to miss a checkpoint.

1: A Trigg (Gloss) 2.45.29
2: M Prady (Gloss) 2.52.21
3: D Ibbetson (Gloss) 3.09.55
4: G Webb (Cald V) 3.16.04; 5: A Harmer (Dk Pk) 3.17.46; 6: W Gaunt (P & B) 3.20.56; 7: J Boswell (E'wash) 3.22.53; 8: R Poole (Gloss) 3.23.05; 9: I Speight (Red Rose) 3.23.34; 10: R Pallister (P & B) 3.26.25. Veterans 0/40: 1: A Harmer; 2: J Boswell; 3: R Poole. Veterans 0/50: 1: G Barras (Skyrac) 3.27.27; 2: B Thackray (Dk Pk) 3.48.37; 3: F Gibbs (Unatt) 3.48.59. Ladies: 1: K Martin (Alt) 3.56.27; 2: B Murray (Macc) 4.09.19; 3: F Russell (Tham HH) 4.17.02. Teams: 1: Glossopdale 8.47.45; 2: Dark Peak 10.25.52.



Hades Hill: Andy Peace (Bingley) at the top of the first climb, closely followed by eventual winner Steve Brooks (also Bingley) — Photo: Peter Hartley.

HALF NEVIS HILL RACE

AM/6 m/2,200 ft/30.7.89

Argyll

1: B Potts (Clydes) 51.31
2: M Dixon (Loch) 51.57
3: R Jackson (Horw) 51.58
4: D Rodgers (Loch) 53.14; 5: M Croasdale (R Marines) 54.15; 6: J Shields (Clydes) 55.11; 7: J MacRae (Loch) 55.21; 8: S Hicks (Unatt) 55.24; 9: J Maitland (Loch) 55.30; 10: S Mathieson (Hadd) 57.12. Veterans 0/40: 1: J Shields (Clydes) 55.11; 2: T Ross (Fife) 58.35; 3: G McConnachie (Loch) 61.34. Veterans 0/50: 1: W Ryder (Morpeith) 63.04; 2: P Brooks (Loch) 64.06; 3: F Benham (Arb) 71.48. Ladies: 1: T Warrick (Unatt) 81.59.

COW HILL RACE

BS/2 m /900 ft/31.7.89

Argyll

1: R Jackson (Horw) 17.39
 2: B Rodgers (Loch) 17.41
 3: D Rodgers (Loch) 18.14
 4: G Elsassner (TSV Kunter) 18.24;
 5: M Dixon (Loch) 18.27; 6: J Brooks (Loch) 18.28; 7: S Hicks (Unatt) 18.48; 8: R Boswell (Loch) 19.16; 9: J Shields (Clydes) 19.18;
 10: J Maitland (Loch) 19.22.
Veterans 0/40: 1: J Shields (Clydes) 19.18; 2: R Cant (Loch) 21.58; 3: G McConnachie (Loch) 22.16. **Veterans 0/50:** 1: J Maitland Snr (Loch) 21.30; 2: F Benham (Arb) 24.03; 3: J Newby (Tod) 26.27. **Ladies:** 1: E Unsworth (Kend) 33.05. **Juniors:** 1: B Rodgers (Loch) 17.41; 2: S Burns (Loch) 19.31; 3: J Coyle (Unatt) 20.40.

METLEX RYDAL ROUND

AM/8 m/3,000 ft/3.8.89

Cumbria

1: S Hawkins (Bing) 72.45
 2: G Bland (Kesw) 74.05
 3: M Crossdale (R Mar) 74.14
 4: A Bowness (CFR) 75.20; 5: P McWade (Clay) 75.52; 6: G Wilkinson (Clay) 77.16; 7: G Russel (Amble) 78.00; 8: G Moffat (Unatt) 78.46; 9: I Holmes (Bing) 79.37; 10: M Fleming (Amble) 79.44. **Veterans 0/40:** 1: P McWade (Clay) 75.52; 2: D Cartwright (P'stone) 80.07; 3: A Hulme (Penn) 80.24. **Veterans 0/45:** 1: M McGill (Kend) 84.51; 2: R Blamire (Stew) 89.11; 3: A Evans (Amble) 89.22. **Veterans 0/50:** 1: B Hillon (CFR) 94.30; 2: J Taylor (Kend) 99.51. **Ladies:** 1: D Kenwright (Sarn Helen) 98.55; 2: E Wright (Amble) 104.50; 3: C McNeil (LOC) 105.44.

BORROWDALE FELL RACE

AL/17 m/6,500 ft/5.8.89

Cumbria

In a year of generally low fields for long races, Borrowdale was once again one of the most popular races in the calendar.

After many years of dominance by Billy Bland, it was a new winner this year in Dave Spedding, who fulfilled a long ambition to win this tough race and still keep the trophy in Keswick!

Ann Bland and Pete Barron

1: D Spedding (Kesw) 2.50.37
 2: S Booth (Kesw) 2.53.20
 3: D Ratcliffe (Ross) 2.53.54
 4: N Lanaghan (Kesw) 2.56.35; 5: A Ligema 2.59.16; 6: I. Holmes (Bing) 3.04.32; 7: D Barnes (Amble) 3.04.44; 8: D Nuttall (Clay) 3.08.51; 9: B Whitfield (Bing) 3.11.21; 10: S Hicks 3.13.36. **Veterans:** 1: D Spedding (Kesw) 2.50.37; 2: I Charlton (Kesw) 3.16.33; 3: D Davies (Hebog) 3.25.12; 4: B Toogood (Dk Pk) 3.28.31; 5: J Holt (Clay) 3.28.55. **Veterans 0/50:** 1: N Matthews (Horw) 3.41.54; 2: B Booth (Kesw) 3.54.17; 3: B Thackery (Dk Pk) 3.58.26. **Ladies:** 1: S Mackay (CFR) 3.53.17; 2: S Ratcliffe (Saddle) 3.55.39; 3: J Harold (Horw) 4.01.46.

TROSTRAN TRAIL

BL/16 m/3,000 ft/5.8.89

Northern Ireland

The dry summer weather seemed to have had little effect on the Northern Antrim hills and under-foot conditions remained heavy.

After a steep climb up Lurigethan a group of four established a clear lead and continued to pull away from the rest of the field. By the summit of Trostran, Ian Park was two minutes ahead of Jim Patterson, but then the mist came down. Ian missed the checkpoint on Slievenanee going completely off course and out of contention, not just in the race but also in the Northern Ireland Championship.

Brian Ervine was first to the summit of Slievenanee, but Jim had latched on to take advantage of his navigation, and once out of the mist pulled away in the later stages to repeat his win of last year.

1: J Patterson (N Down) 2.23.11
 2: B Ervine (B'drain) 2.27.54
 3: W McKay (A'ville) 2.32.50
 4= J Sloan (N Down), W Brown (N'castle) 2.53.40; 6= S Graham (N'castle), D Watson (N'castle) 3.08.00; 8: I Taylor (A'ville) 3.26.26. **Veterans 0/40:** 1: J Patterson; 2: J Sloan; 3: I Taylor. **Team:** 1: Newcastle 17.5 pts.

TEGGS NOSE FELL RACE

BM/6.5 m/1,100 ft/5.8.89

Cheshire

The race is held in conjunction with Macclesfield Sheep Dog Trials and once again the weather was perfect, a bit hot for racing though.

Sarah Rowell, of Leeds City, made a very rare appearance on the fells and her international class really showed as she destroyed the previous ladies' record, Dianne Ellerton's 52.28, by over three minutes, not to mention most of the field as well, finishing in 11th position.

Up front, John Taylor returned to defend his trophy but found Malcolm Patterson much too hot (!) to handle as the latter easily ran away from the rest of the field to win by a minute.

In the Veterans' race, Tom Hesketh was equally a cut above the rest with nearly three minutes to spare over John Kershaw.

A Bocking

1: M Patterson (Dk Pk) 43.50
 2: J Taylor (Holm) 44.51
 3: J Newnes (Saif) 45.19
 4: D Neill (PMAC) 45.28; 5: M Farmery (Thames) 46.54; 6: T Parr (Gloss) 46.54; 7: P Light (Staffs M) 47.08; 8: T Hesketh (Horw) 47.43; 9: P Rodgers (N'castle) 47.49; 10: S Longdon (Altr) 48.15. **Veterans 0/40:** 1: T Hesketh (Horw) 47.43; 2: J Kershaw (Macc) 50.22; 3: J Whalley (Macc) 52.47; 4: P Boulton (Staffs M) 52.59. **Veterans:** 1: R Hird (Macc) 51.43; 2: R Walker (Macc) 61.29; 3: R Graves (Macc) 62.37. **Ladies:** 1: S Rowell (Leeds) 49.30; 2: J Smith (Dk Pk) 56.07; 3: A Harris (Stock) 57.15; 4: B Murray (Macc) 60.33.

LATRIGG FELL RACE

AS/3 m/950 ft/6.8.89

Cumbria

1: R Bergstrand (Mand) 17.03
 2: R Pilbeam (Kesw) 17.21
 3: S Brooks (Bing) 18.09
 4: G Wilkinson (Clay) 18.27; 5: R Jackson (Horw) 18.37; 6: G Hall (Holm) 18.39; 7: G Cudahy (Bux) 18.40; 8: G Bland (Kesw) 18.40; 9: H Jarrett (CFR) 19.04; 10: C Walker (P & B) 19.10. **Veterans 0/40:** 1: D Spedding (Kesw) 19.31; 2: K Taylor (Ross) 20.15; 3: T Brown (Ross) 22.17. **Veterans 0/45:** 1: N Berry (Holm) 21.48; 2: A Evans (Amble) 22.10. **Veterans 0/50:** 1: P Taylor (Border) 23.25; 2: D Baron (Preston) 27.04. **Ladies:** 1: S Haigh (Holm) 23.35; 2: H Berry (Holm) 25.27; 3: M Roberts (Mand) 25.41. **Intermediates:** 1: S Brooks (Bing) 18.09; 2: G Hall (Holm) 18.39; 3: J Taylor (Holm) 19.52. **Juniors:** 1: G Cudahy (Bux) 18.40; 2: G Bland (Kesw) 18.40; 3: C Walker (P & B) 19.10. **Intermediate/Ladies:** 1: M Roberts (Mand) 25.41. **Juniors/Ladies:** 1: S Haigh (Holm) 23.35; 2: H Berry (Holm) 25.27; 3: C Chidsey (P & B) 26.22.

MILLENIUM WAY

CL/25 m/2,700 ft/6.8.89

Isle of Man

There were only six starters in the running section (51 in the walkers). The event is run as a handicap with a staggered start, the slowest leaving Castletown at 8 am.

1: Sylvia Watson (Val Str) 3.48.16
 2: Geoff Webster (Val Str) 4.08.12
 3: Bob Baxter (Manx AC) 4.30.52

REETH HILLS RACE

AM/12 m/3,300 ft/6.8.89

Yorkshire

Around 70 runners turned up for this year's circuit of the Swaledale Hills, in hot, humid conditions; never before has a river crossing felt so pleasant as when I was splashing through the Swale two-thirds way round the course! But there was still one more hill to go (there are four distinct climbs and descents on the course), so I had to cut my bath short.

On the first descent, a leading group of five emerged from the scree. Paul Tuson was dropped on the ascent to Fell End Cairn, and Rob Seager took the lead from Gary Bastow as they returned to Arken-garthdale after the second descent. Rob gradually extended his lead over Calver, the third hill, and arrived at the checkpoint in Healaugh 45 seconds clear. However, it was on the final climb to Harkerside that his three pursuers really started to fade. Meanwhile, this climb was the signal for the start of a remarkable piece of running by Andy Hauser. Having chased me up to the hill at a speed which left me wanting a rest at the top, he stormed along the level path

over the moor to gain second place at the start of the final descent. In fact, Andy ran the section from Healaugh to the finish more than a minute faster than anyone else.

The ladies' race was dominated by orienteers, with Jill Libby finishing some five minutes clear of Wendy Dodds. Further back, Ruth Pickavance was discovering that a week is not long enough to recover from the Davos Alpine Marathon.

Anthony Kay

1: R Seager (Cham) 1.35.24
 2: A Hauser (Holm) 1.36.23
 3: B Grant (Harr) 1.37.03
 4: G Bastow (Rich & Zet) 1.38.02
 5: A Kay (Tham HH) 1.38.18; 6: D Woodhead (Horw) 1.38.57; 7: M Vickers (Mand) 1.42.02; 8: M Burn (Thirsk & Sow) 1.42.05; 9: S Murdock (Jarr) 1.42.13. **Veterans:** 1: B Grant (Harr) 1.37.03; 2: J Baker (E Hull) 1.49.02; 3: J Hoffman (ASVAC) 1.52.30. **Ladies:** 1: J Libby (Mand) 2.03.42; 2: W Dodds (Clay) 2.09.09; 3: K Taylor (Clay) 2.35.07. **Teams:** 1: Richmond and Zetland 5.07.23; 2: Harrogate 5.14.49; 3: Mandale 5.24.49.

EDITORIAL TEAM

MEMBER

A volunteer with fresh ideas for future issues and stamina to facilitate their fulfillment is needed to join our editorial team of John Blair-Fish, Martin Stone and Dave Weatherhead. If interested contact John Blair-Fish.

ANGUS MUNROS

AL/14 m/500 ft/6.8.89

Tayside

The course was abbreviated due to objections from Balmoral Estates Office, resulting in three Munros being missed out and two alternative controls substituted.

The start had to be delayed to allow the marshalls to locate the control points in the thick mist. However, the weather cleared towards midday, then thunderstorms later in the afternoon, luckily by this time most competitors were safely back.

The race was won, not surprisingly, by a Scottish Orienteering Champion, D Armitage from Aberdeen.

Next year, the race may have to be cancelled due to objections from Balmoral Estates: the area is of scenic beauty and a Scottish Wildlife Area.

John Wilkins

1: D Armitage (Aber) 2.56.51
 2: M Hudson (Lake O) 3.02.41
 2: D Weir (Perth/Strathgathay) 3.03.15
 4: J Macrae (Loch) 3.16.59; 5: P Hughes (Loch) 3.16.59; 6: G Brooks (Loch) 3.21.23; 7: G Kerr (Kinghorn) 3.24.46. **Veterans 0/40:** 1: M Hudson (Lake O) 3.02.41; 2: I Hay (F'ness) 3.30.30; 3: F Dugied (Aber) 3.56.08. **Veterans 0/50:** 1: T Brooks (Loch) 3.25.29; 2: C Chrystal (Loch) 3.47.59; 3: D Wood (Brechin) 4.03.43. **Ladies:** 1: L Hope (Loch) 3.26.07

BRADWELL FELL RACE

BS/4.15 m/750 ft/9.8.89

Derbyshire

1: S Carey (Sheff) 24.35
2: M Speight (Bing) 25.37
3: P Murray (Steel C) 25.54
4: T Parr (Gloss) 25.56; 5: B Horsfall (Holm) 26.23; 6: R Rodgers (Horw) 26.27; 7: M Farrel (Sheff) 26.27; 8: S Charlesworth (Bux) 27.10; 9: C Cope (Sheff) 27.12; 10: A Harmer (Dk Pk) 27.15. **Veterans:** 1: A Harmer (Dk Pk) 27.15; 2: N Sercombe (Rolls R) 27.23; 3: R Wilde (Manch) 27.31; 4: J Kershaw (Maccles) 27.49; 5: G Berry (Dk Pk) 28.17. **Ladies:** 1: J Smith (Dk Pk) 31.04; 2: S Bolter () 31.55; 3: A Harris (Stock) 32.29; 4: K Martin (Altr) 32.45.

PORT ERIN REGATTA FELL RACE

CS/6.5 m/800 ft/10.8.89

Isle of Man

No records were broken in the wet and windy conditions.

Although there were more visiting runners than usual, it was the local man, Ian Callister, who had his third successive victory in this short event.

A C Jones

1: I Callister (Manx) 46.14
2: D Callister (Unatt) 49.05
3: D Todd (Stret) 49.11
4: G Webster (Valley S) 51.05; 5: J Wright (Manx) 52.35; 6: S Watson (Valley S) 52.41; 7: B Gilks (Milt K) 58.25; 8: R Nuttall (Calder V) 58.27. **Veterans 0/40:** 1: J Wright (Manx) 52.35. **Ladies:** 1: S Watson (Valley S) 52.41. **Juniors 1 1/2 miles:** 1: B Critchley 11.03; 2: C Coole 11.06; 3: C Woolnough 12.18.

KIELDER FELL RACE

BL/17 m/3,000 ft/12.8.89

Northumberland

When will anyone discover the optimum route between Knox Knowe and the Kielder Stone?

This year, some went high and some went low and some went off to look for bilberries, presumably. The heather-clad moors were looking magnificent belying the treachery underfoot but G Dixon triumphed unscathed to easily beat the three hour barrier.

1: G Dixon (Morp) 2.54
2: R Pyatt (Unatt) 2.54
3: L Stephenson (0/40) (Kesw) 2.54
4: B Knox (Teviot) 2.55; 5: I White (Morp) 2.57; 6: A Barnes (Morp) 3.08; 7: G Pyatt (0/50) (E'burgh) 3.08; 8: S Hicks (0/40) (Blay) 3.08. **Ladies:** 1: S O'Neil 4.19; 2: V Grevett (Tyne) 5.08.

MEALBREAK TWO TOPS FELL RACE

AS/4 m/1,400 ft/12.8.89

Cumbria

The race was dominated by the usual two; Alan Bownes and Johnny Wicker have been the first two for

the last three years. Alan won this year, improving on his own record by 41 seconds. Just as important as records, it is all the other runners who make it a real race and this year we had the largest field yet!

1: A Bownes (CFR) 34.00
2: J Wicker (CFR) 35.15
3: G Bland (Kesw) 37.14
4: J Bland (Kesw) 37.19; 5: D Woodhead (Horw) 37.30; 6: J Hey (Warr) 37.36; 7: D Bodecote (CFR) 39.03; 8: J Ritson (Derwent) 39.26; 9: J Unwin (CFR) 39.33; 10: S Barnard (Eryri) 39.37. **Veterans 0/40:** 1: J Slinn (L & M) 41.37; 2: D Finley (CFR) 41.39; 3: D Donald (CFR) 42.17. **Veterans 0/50:** 1: P Taylor (Border) 43.09; 2: H DeMoss (H Wycombe) 50.17; 3: K Willis (E Ches) 51.51. **Ladies:** 1: S Ashton (MDC) 49.08; 2: J Riddings (Unatt) 50.51; 3: A Linsley (Unatt) 54.23. **Juniors U/15:** 1: D Wilby 16.30; 2: B Slinn 17.37.

DOWNHAM FELL RACE

AM/5.5 m/1,700 ft/12.8.89

Lancashire

1: S Livesey (Ross) 40.04
2: G Hoddlesdon (Kend) 40.41
3: G Wilkinson (Clay) 41.56
4: R Jackson (Horw) 42.26; 5: C Hirst (Settle) 42.46; 6: C Lyon (Horw) 43.21; 7: S Jackson (Horw) 43.26; 8: P Harlowe (Kesw) 43.28; 9: G Webb (Calder V) 43.45; 10: R Owen (B'burn) 43.51. **Veterans 0/40:** 1: P McWade (Clay) 44.11; 2: J Holt (Clay) 45.01; 3: J Hope (A'Ratti) 45.07; 4: K Taylor (Ross) 45.13. **Veterans 0/50:** 1: D Ashton (B'burn) 47.48; 2: G Barras (Skyrac) 51.19; 3: D Tilly (Bolt) 52.13. **Ladies:** 1: A Buckley (Leeds) 52.18; 2: C Cook (Clay) 53.04; 3: D Kenwright (Sarn H) 56.25; 4: E Thackray (Fell D) 56.51.

BUTTERMERE HORSESHOE FELL RACE

AL/20 m/8,000 ft/12.8.89

Cumbria

Earlier in the summer, we were worrying about the heat, and about the scree being dry and loose. Then the weather broke just before the race and the forecasts were for gales and thunderstorms. So we were glad when we struck incredibly lucky in getting dry weather for the duration of the race, cool enough for the runners, and just about warm enough for the checkpoint officials. We never suspected it would be record-breaking conditions.

The race turned into a needle match between Don Lee and Colin Valentine. These two local runners ran a hard race last year, staying together until Colin broke away on the last descent. This year it was Don who got away, at Dale Head, running a fine solo race for over half the distance. The race had a similar

field to last year and retained its unique friendly atmosphere.

1: D Lee (CFR) 3.32.42
2: C Valentine (Kesw) 3.41.36
3: D Ibbetson (Gloss) 3.57.50
4: A Jones (Gloss) 3.59.40; 5: P Browning (Clay) 4.00.29; 6: J Winder (Cald) 4.01.29; 7: A Taylor (Spring) 4.04.19; 8: D Rosen (L & M) 4.08.46; 9: S Watson (Amble) 4.13.30; 10: S Cunningham (S'port) 4.14.29. **Veterans 0/40:** 1: A Jones (Dk Pk) 4.22.10. 2: B Linsley (Mynydd) 4.31.32; 3: R Futrell (Holm) 4.35.45. **Veterans 0/50:** 1: C Cravina (Amble) 5.53.33; 2: S Kirkpatrick (M Keyn) 6.24.09. **Ladies:** 1: F Russell (Thames H H) 4.55.39; 2: C Proctor (Coventry) 5.01.12; 3: P De Moss (High Wycombe) 5.23.34.

WADSWORTH VILLAGE FELL RACE

BS/4 m/800 ft/13.8.89

Yorkshire

Despite a heavy downpour when erecting the registration tent the weather was good for the race with the course suitable for fast running. The clear winner was Kenny Stirrat who is better known for steeplechasing than fell running. His time was only fourteen seconds outside

Paul Dugdale's record and if he had been pushed he may have got close to breaking it.

Pudsey and Bramley pipped last year's team winners Horwich by one point. Alf Sunter said they didn't try hard as someone spread the rumour that the prize was coke, not beer.

1: K Stirrat (Hlfx) 23.30
2: R Pallister (P & B) 24.00
3: A Green (Unatt) 24.10
4: M Falgate (P & B) 24.18; 5: R Rodgers (Horw) 24.24; 6: C Lyon (Horw) 24.38; 7: A Sunter (Horw) 25.00; 8: S. Sunter (Horw) 25.00; 9: T Hesketh (Horw) 25.05; 10: H Waterhouse (S'worth) 25.13. **Veterans 0/40:** 1: T Hesketh (Horw) 25.05; 2: J Hoffman (ASVAC) 25.57; 3: V Miles (Tod) 26.30. **Veterans 0/50:** 1: N Matthews (Horw) 27.34; 2: T Sykes (Roch) 31.33; 3: R Cotts (L'wood) 32.00. **Ladies:** 1: Y McGregor (ASVAC) 28.11; 2: J Harold (Horw) 29.17; 3: S Bolter (P'stone) 30.05. **Juniors:** 1: N Matthews (Horw) 27.24; 2: J Smith (Cald V) 29.56; 3: S Haigh (Holm) 30.10.

GATEGILL FELL RACE

AS/4 m/1,500 ft/13.8.89

Cumbria

The race day was wet making conditions slippery under foot but there was a slight increase in numbers on last year's race.



Downham Fell Race: R F Limmer on Wor saw Hill, the "Sting in the Tail", after climbing and descending Pendle Hill — Photo: Peter Hartley.

The fast time was due to the course taking a direct route up and down and not going across farmers' fields.

Peter and Anne Haworth

1:	K Anderson (Amble)	26.00																
2:	G Bland (Kesw)	26.40																
3:	N Lanaghan (Kesw)	27.42																
4:	S Booth (Kesw)	27.46; 5: H Jarrett (CFR)	28.49; 6: D Spedding (Kesw)	28.59; 7: J Bland (Kesw)	29.12; 8: M Croasdale (Unatt)	29.38; 9: G Russell (Amble)	29.46; 10: D Lee (CFR)	29.50. Veterans 0/40: 1: D Spedding (Kesw)	29.59; 2: C Wilson (Kesw)	33.06; 3: D Donald (CFR)	33.42; 4: D Findley (CFR)	34.04; 5: F Wood (Horw)	36.36. Veterans 0/50: 1: W Booth (Kesw)	33.36; 2: H Blenkinsop (Kesw)	34.21; 3: M Lake (Kesw)	41.08. Ladies: 1: C Charlton (Kesw)	43.11; 2: E Woodhead (Clay)	53.41.

UP THE NAB FELL RACE

CS/4.5 m/750 ft/16.8.89

Derbyshire

1:	G Hall (Holm)	24.40														
2:	A Kirk (Gloss)	26.04														
3:	W Styán (Holm)	26.18														
4:	A Davison (Tod)	26.23; 5: A Hulme (Penn)	26.32; 6: P Brownson (Penn)	27.05; 7: G Cresswell (Penn)	27.08; 8: K Britton (ICL)	27.12; 9: A O'Keefe (GMC Fire)	27.14; 10: R Bloor (Macc)	27.27. Veterans 0/40: 1: A Hulme (Penn)	26.32; 2: G Berry (DPFR)	27.29; 3: G Hall (Holm)	28.20; 4: M Harris (Stock)	28.27; 5: N Berry (Holm)	28.53. Ladies: 1: H Lohead (Holm)	31.55; 2: K Martin (Altr)	32.19; 3: J Town (Denby D)	32.26.



MUSBERRY HEIGHTS

FELL RACE

BS/5.5 m/1,000 ft/16.8.89

Lancashire

It was a night when all the records were broken. Graham Huddleston smashed the old record by over a minute and a half in a race he dominated. Leading from early on, he came home with 47 seconds to spare. Gary Wilkinson brought home the chasing pack, the first six men ducking under the old record including Chris Lyon, last year's winner.

Kath Drake reduced her own record to win the ladies' race from Cheryl Cook of Clayton. Vanessa Brindle was the first lady veteran in third place, another record.

In the men's race, T Hesketh was the first veteran over 40 in tenth position, also in record time.

Rossendale just took the men's team prize from Horwich. Clayton

won the ladies' team with three in the first four.

Two hundred and twenty-three started, a record entry, and after the torrential rain of the afternoon, the sun even came out.

W Keys

1:	G Huddleston (Kend)	37.09																	
2:	G Wilkinson (Clay)	37.56																	
3:	R Pallister (P & B)	38.04																	
4:	R Rawlinson (Ross)	38.09; 5: C Lyon (Horw)	38.19; 6: B Ashworth (Ross)	38.33; 7: A Sunter (Horw)	39.15; 8: M Keys (Ross)	39.20; 9: S Sunter (Horw)	39.22; 10: T Hesketh (Horw)	39.26. Veterans 0/40: 1: T Hesketh (Horw)	39.26; 2: K Taylor (Ross)	39.44; 3: J Hope (A'Ratti)	39.49; 4: S Furness (B'burn)	41.56. Veterans 0/50: 1: D Tilley (Bolt)	47.26; 2: P Duffy (Aberd)	47.37; 3: J Jenkinson (Unatt)	47.51. Ladies: 1: K Drake (Spenn)	44.42; 2: C Cook (Clay)	46.29; 3: V Brindle (Clay)	48.23; 4: L Lord (Clay)	49.43.

CAERKETTON HILL

RACE

N/2 m/800 ft/16.8.89

Edinburgh

Sixty-five runners started the main race on a windy, showery evening but the wind helped people to faster times than previous years, despite the wet ground.

Andy Kitchen, a former British orienteering champion now running for Livingston AAC, set a very fast pace on the steep climb above the ski-slope and was well clear by the summit of Caerketton. He increased his lead with a fast descent which included leaping the stile near the bottom to knock 30 seconds off the old record.

In second place and first vet was Peter Marshall who also had a good descent and, somewhat unusually for him, picked up places after being fourth at the summit.

First lady was Trish Calder who inevitably smashed the ladies' record as she has done at virtually every race she has run in this year. Trish was also first lady vet.

Twelve under-17s covered the same course as the seniors in a separate race and this resulted in a very exciting finish between Mitchell McEwan and Hamish Hutchinson, with Mitchell just managing to hold off Hamish.

A W Spenceley

1:	A Kitchen (Liv)	12.41																						
2:	P Marshall (HELP)	13.38																						
3:	S Bennett (W'lands)	13.53																						
4:	A Curtis (Liv)	13.54; 5: J Aitken (HELP)	14.04; 6: B Neil (Unatt)	14.18; 7: D Buchan (Unatt)	14.21; 8: N MacDonald (Edin SH)	14.21; 9: I McIntyre (Liv)	14.27; 10: R White (Carn)	14.36. Veterans: 1: P Marshall (HELP)	13.38; 2: S Balfour (Liv)	15.42; 3: R Morris (Unatt)	15.49; 4: M Thewlis (Holm)	16.08; 5: B Campbell (Liv)	6.52; 6: A Lorimer (Duns)	16.58. Ladies: 1: T Calder (Edin)	15.53; 2: J Robertson (W'lands)	16.45; 3: K Hogg (P'cuik)	17.19; 4: A Curtis (Liv)	18.11. Juniors U/17 Boys: 1: M McEwan (P'cuik)	16.04; 2: H Hutchinson (Edin)	16.05; 3: N Thomas (Liv)	17.30. Juniors U/17 Girls: 1: D Campbell (Liv)	18.31; 2: L Duffy (Harm)	19.58; 3: J Coon (LINOC)	23.37.

BURNSALL FELL RACE

AS/1.5 m/900 ft/19.8.89

Yorkshire

Under perfect conditions the race was started this year by T P Campbell of Salford Harriers who won the race on three consecutive occasions in 1936, 1937 and 1938.

The finish was the most exciting in years with Andy Peace losing the lead to Bingley clubmate and last year's winner Steve Hawkins with only a hundred yards to the finish. Andy fought back to regain the lead with only ten yards to go and join the ranks of the many famous names who have won this truly classic event.

Steve did have the consolation of recording the fastest descent on record, after being twenty-three seconds adrift at the summit.

In the junior race, a big entry from Pudsey and Bramley won the team, with C Walker winning for the second successive year.

1:	A Peace (Bing)	13.28																				
2:	S Hawkins (Bing)	13.29																				
3:	R Whitfield (Bing)	14.11																				
4:	J Taylor (Holm)	14.19; 5: G Kirkbright (P & B)	14.27; 6: G Gough (Black)	14.42; 7: M Falgate (P & B)	14.45; 8: A Schofield (Roch)	14.50; 9: S Cock (Leeds)	14.51; 10: J Hope (Ach Ratt)	14.52. Veterans: 1: J Hope (Ach Ratt)	14.52; 2: D Cartwright (P'stone)	15.47; 3: P Jebb (Bing)	16.29; 4: N Clayton (Sky)	17.07. Ladies: 1: A Curtis (L'stone)	19.24; 2: J Shoter (Horsf)	25.21; 3: E Woodhead (Clay)	25.59; 4: I Neville (Hlfx)	29.11. Intermediate: 1: A Peace (Bing)	13.28; 2: J Gavin (Ross)	16.00; 3: A Lee (Roch)	17.10. Juniors: 1: C Walker (P & B)	6.34; 2: G Cudahy (Bux)	6.35; 3: W Styán (Holm)	6.42.

GREEN BELL FELL RACE

BM/6 m/1,200 ft/19.8.89

Cumbria

The Ravenstonedale Agricultural Show moved to a new field this year, about half a mile West of Newbiggin-on-Lune, so a new fell race route was devised. The slightly tougher course is more tortuous on the ascent with a few rather steep sections but has direct and fairly gently descent.

Robin Bergstrand did not attend to defend the title he won last year, but Mark Crossdale did a pretty good imitation, taking the lead at the start of the climb and gradually extending it to over two minutes at the finish. Duncan Overton, who claims not to have fully regained his fell legs after years of Weston-Super-Mare, kept second place for most of the race, although he was headed by Anthony Kay for a short distance either side of the summit.

The race was notable for its distinguished spectators; Tony Richardson took his dodgy knees to the summit and Peter Haines was left holding the baby while his wife Sarah ran the race at a somewhat slower pace than usual. Among the faster ladies, Daphne Varney finished two minutes clear of last year's winner, triathlete Penny De Moss.

Anthony Kay

1:	M Crossdale (Roy Mar)	41.27							
2:	D Overton (Kend)	43.39							
3:	A Kay (Thames H H)	44.41							
4:	R Jamieson (Amble)	45.03; 5: J Baker (Cardiff)	46.26; 6: J Hawksley (Kend)	46.35; 7: R Douglas (Kend)	46.56; 8: A Eadington (Midd & Clev)	47.32. Ladies: 1: D Varney (Kend)	55.18; 2: P De Moss (Matwell Tri USA)	57.22; 3: F Miralees (Unatt)	71.45.



Musberry Heights: T Hesketh (Horwich) and Mervyn Keys (Rossendale and event organiser) on final descent — Photo: Peter Hartley.

WITCHES CLOUGH FELL RACE

AS/4 m/1,100 ft/19.8.89

Lancashire

1: R Owen (Black) 32.45
2: R Jackson (Horw) 32.53
3: C Lyon (Horw) 32.59
4: P McWade (Clay) 33.47; 5: M Keys (Ross) 33.50; 6: S Jackson (Horw) 34.06; 7: D Woodhead (Horw) 34.15; 8: J Rutter (Clay) 34.49; 9: S Cunningham (S'Wlool) 35.00; 10: T Rutherford (Clay) 35.14. **Veterans 0/40:** 1: P McWade (Clay) 33.47; 2: B Mitchell (Clay) 35.32; 3: V Miles (Tod) 36.39; 4: G Newsham (Clay) 37.08; 5: B Jackson (Horw) 37.14. **Veterans 0/50:** 1: R Barker (Red R) 39.53; 2: R Jacques (Clay) 40.37; 3: G Brass (Clay) 41.09. **Veterans 0/60:** 1: B Crook (Tod) 42.41; 2: A Ashworth (Clay) 43.10. **Ladies:** 1: C Cook (Clay) 39.57; 2: K Thompson (Clay) 45.30; 3: M Ashton (Clay) 46.22. **Juniors 12/15:** 1: D Mason-Meath (Clay) 21.44; 2: J Wilson (Clay) 23.09; 3: L Drake (Clay) 23.30. **Juniors 7/11:** 1: D Allwood (Clay) 13.58; 2: P Oldham (Clay) 14.13; 3: I Hesketh (Horw) 14.21.

SEDBERGH HILLS RACE

AL/14 m/6,000 ft/20.8.89

Cumbria

1: K Anderson (Amble) 2.01.59
2: G Huddleston (Kend) 2.07.12
3: A Trigg (Gloss) 2.10.56
4: H Jarrett (CFR) 2.11.04; 5: D Davies (Hebog) 2.11.06; 6: G Wilkinson (Clay) 2.11.19; 7: M Horn (Val Str) 2.11.25; 8: P Tuson (Kend) 2.11.41; 9: D Radcliffe (Ross) 2.12.03; 10: S Hicks (Unatt) 2.12.44. **Veterans:** 1: D Davies (Hebog) 2.11.06; 2: K Taylor (Ross) 2.16.05; 3: M Hudson (Lake) 2.23.43; 4: K Carr (Clay) 2.24.38; 5: R Poole (Gloss) 2.25.57; 6: C Taylor (Clay) 2.26.34. **Ladies:** 1: K Martin (Altrinch) 2.43.48; 2: K Procter (Mand) 2.49.29; 3: L Lord (Clay) 2.50.14. **Team:** 1: Kendal 24 pts; 2: Rossendale 32 pts. **Juniors:** 1: P Vale (V Scouts) 1.38.31; 2: J Wild (Pendle) 1.40.12; 3: N Wilkinson (Clay) 1.40.34.



Sedbergh Hills Race organiser Mike Walford heading for the last check-point on Winder — Photo: Bill Smith.

KING OF THE FOREST (Lords Seat and Grisedale Grind)

Cumbria

1: S Booth (Kesw) 64.31
2: D Spedding (Kesw) 65.37
3: A Whalley (P & B) 67.14
4: M Richardson (Amble) 69.09; 5: C Valentine (Kesw) 69.22; 6: T Eadington (Midd) 70.29.

GUNSON KNOTT FELL RACE

AM/5 m/2,200 ft/20.8.89

Cumbria

1: G Bland (Kesw) 46.35
2: I Fergusen (Bing) 47.45
3: S Booth (Kesw) 47.51
4: R Rawlinson (Ross) 49.04; 5: C Valentine (Kesw) 49.44; 6: A Peace (Bing) 50.18. **Veterans 0/40:** 1: J Hope 50.23. **Ladies:** 1: L Johnston 87.46.

LORDS SEAT RACE

BS/5.5 m/1,000 ft/22.8.89

Cumbria

1: S Booth (Kesw) 34.11
2: A Whalley (P & B) 35.11
3: J Quine (Bolt) 35.17
4: D Spedding (Kesw) 35.33; 5: E Parker (Amble) 36.41; 6: S Young (CFR) 36.48; 7: M Richardson (Amble) 36.49; 8: P Stones (CFR) 36.50; 9: G Monk (Cumb A C) 36.52; 10: A Eadington (Midd) 37.01.

GRISEDALE GRIND

AS/4 m/1,600 ft/24.8.89

Cumbria

1: G Hall (Holm) 29.45
2: D Spedding (Kesw) 30.04
3: D Lee (CFR) 30.11
4: P Harlowe (Kesw) 30.17; 5: S Booth (Kesw) 30.21; 6: C Valentine (Kesw) 30.23; 7: G Russel (Amble) 31.49; 8: A Whalley (P & B) 32.03; 9: M Richardson (Amble) 32.20; 10: D Loan (Kesw) 32.41.

MACHEN MOUNTAIN RACE

BS/5.5 m/1,000 ft/26.8.89

Gwent

Bright and sunny weather with a good turnout of 71 athletes from all over Southern England and Wales ensured an interesting race. The men's and ladies' winners were also man and wife.

J Gough

1: G Patton (MDC) 33.33
2: P Harris (Newp) 33.55
3: N Webb (Newp) 34.13
4: S Lonerhan (N'pton) 34.20; 5: P Crane (C'philly) 36.10; 6: J Darby (MDC) 34.40; 7: E Harwood (Mercia) 35.28; 8: E Davies (C'Philly) 36.10; 9: G Cop (San Dom) 36.26; 10: G Parsons (CHS) 36.24. **Veterans 0/40:** 1: E Davies (C'philly) 36.10. **Ladies:** 1: K Patton (MDC) 41.10.

WREKIN FELL RACE

AS/5.5 m/1,700 ft/26.8.89

Shropshire

Run over the established course in cool, overcast conditions following heavy rain the race was won by Ray Keeney after pulling out a 400 yard lead by the half way point to win very comfortably.

Several runners retired from the race including race organiser Jon Reade, who had already run the course three times in the morning laying out the course. Due to the continuing poor turnout, there will be NO junior races next year.

Jon Reade

1: R Keeney (Telf) 37.01
2: D Wilde (B'north) 38.45
3: P Cadman (W & B) 39.01
4: A Hulme (Pennine) 39.22; 5: R Cudworth (Hales) 39.29; 6: G Patton (MassFerg) 39.34; 7: V New (Telf) 40.01; 8: R Cope (Newp) 40.06; 9: A Kay (Unatt) 40.11; 10: R Day (Mercia) 40.13. **Veterans 0/40:** 1: G Patton (MassFerg) 39.34; 2: R Dawson (Telf) 43.12; 3: N Berry (Holm) 43.53. **Veterans 0/45:** 1: R Hyman (Mercia) 45.06. **Veterans 0/50:** 1: R Bonn (Hales) 45.36; 2: P Kelly (Ross) 49.03; 3: T Byles (Telf) 51.48. **Ladies:** 1: P Gibb (Telf) 45.10; 2: A Capp (Telf) 49.03; 3: C Hughes (Read) 48.56.

PENDLETON FELL RACE

AS/5 m/1,500 ft/26.8.89

Lancashire

A good race up front with local lad, Sean Livesey, having the upper

hand over Gary Devine.

Wet conditions underfoot meant that Kevin Capper's record time of 30.38 in 1983 remained intact.

Pete McWade took the Veteran 0/40 prize finishing in 15th position, closely followed by John Hope.

Don Ashton was a good winner of the Veteran 0/50, as too was Yvonne McGregor in the ladies' race.

Brendan Taylor won the Under-18 Junior race and Chris Ashton the Under-15s.

Everyone seemed to enjoy the afternoon and despite a low entry fee of 80p, we were nevertheless able to present 19 prizes.

R Dewhurst

1: S Livesey (Ross) 31.35
2: G Devine (P & B) 32.07
3: W Gaunt (P & B) 32.15
4: J Hornby (Spn) 32.36; 5: M Wallis (Clay) 32.37; 6: M Peace (Bing) 32.44; 7: G Wilkinson (Clay) 32.49; 8: C Lyon (Horw) 33.17; 9: G Schofield (B'burn) 33.27; 10: D Nuttall (Clay) 33.29. **Veterans 0/40:** 1: P McWade (Clay) 34.01; 2: J Hope (A'Ratti) 34.32; 3: J Holt (Clay) 34.51; 4: J Nuttall (Clay) 35.36. **Veterans 0/50:** 1: D Ashton (B'burn) 38.08; 2: G Barras (Skyrac) 39.33; 3: R Jacques (Clay) 41.06. **Ladies:** 1: Y McGregor (ASVAC) 38.20; 2: C Cook (Clay) 40.51; 3: E Thackray (Fell D) 41.55; 4: B Carney (Bing) 44.10. **Juniors U/15:** 1: C Ashton (Lancs) 14.32; 2: M Whitfield (Bing) 14.38; 3: M Brace 15.26.



Pendleton Fell Race: Mike Wallis heading for Apronfull Hill — Photo: Peter Hartley.



Pendleton Fell Race: Karin Taylor (Clayton-Le-Moors) crossing Ashendean Clough after the descent from Mearley Moor — Photo: Peter Hartley.

BRECON BEACONS FELL RACE

AL/19 m/4,500 ft/26.8.89

Wales

The fine summer left the ground in the Brecon Beacons firm, despite some mist and drizzle at the start of the race. A warm sun soon broke through and the 65 runners ran most of the race in very good weather.

John Nixon soon established a narrow lead, but by Yr Allt, the first six runners were still within a minute of the leader. However, the gap steadily widened and John finished the race five minutes ahead of second placed Denis Thomas. The first two men were Veterans, and this seemed to be a Greybeards race, with six Veterans and the first Senior Veteran among the first 15 finishers.

Lydia Kirk ran a fine race, rapidly distancing herself from the competition and finishing in an excellent 12th place overall, and 17 minutes ahead of second lady, Alice Bedwell.

The first team was Mynyddwyr De Cymru with four runners in the first six finishers.

T M Wood

1: J Nixon (A'Ratti)	2.41.52
2: D Thomas (MDC)	2.47.17
3: G Woods (Bath)	2.52.27
4: J Darby (MDC)	2.53.40;
5: L Williams (MDC)	2.56.17;
6: L Foulkes (MDC)	2.58.00;
7: J Jameson (Ciren)	2.58.15;
8: M Lee (Bord)	3.02.11;
9: M Hirst (Longw)	3.04.26;
10: M Briars (Ply)	3.05.27.
Veterans 0/40:	1: J Nixon (A'Ratti) 2.41.52;
2: D Thomas (MDC)	2.47.17;
3: L Williams (MDC)	2.56.17;
4: J Jameson (Ciren)	2.58.15.
Veterans 0/50:	1: L Swindin (N Glos) 3.10.52;
2: A Breakwell (Kesw)	3.27.31;
3: W Vicar (Quant)	3.36.03.
Ladies:	1: L Kirk (Wessex) 3.09.12;
2: A Bedwell (MDC)	3.26.27;
3: C McCarthy (Bath)	3.50.47.

MOUNT SKIP FELL RACE

BS/4.5 m/1,000 ft/26.8.89

Yorkshire

This is a classic gala fell race, straight up from Mytholmroyd gala field by paths and tracks, past the Mount Skip Inn, and then up through the heather to the trig point on Midgley Moor. After a short loop, the descent retraces the climb. This new route was devised when the race was re-established in 1987 following a lapse of a few years. The But-Law Trophy (named after Messrs Butterworth and Tetlaw who donated it to the gala committee) is presented annually to the winner.

The cool, damp weather this year, together with firm, dry terrain produced a series of new record times but John Taylor was just unable to dip under thirty minutes. Julie Harold smashed the ladies' record by four minutes and the junior record went to Alex Bowden who broke 15 minutes in the junior race.

Rod Sutcliffe

1: J Taylor (Holm)	30.00
2: R Jackson (Horw)	30.52
3: A Davidson (Tod)	31.55
4: W Styan (Holm)	32.49;
5: D Thompson (Cald V)	33.05;
6: V Miles (Tod)	33.23.
Veterans 0/40:	1: V Miles (Tod) 33.23;
2: J Hoffman (ASVAC)	33.29;
3: R Bradley (Holm)	33.35.
Veterans 0/45:	1: B Jackson (Horw) 33.27;
2: K Munton (Cald V)	34.57;
3: K Lodge (Hlfx)	35.09.
Veterans 0/50:	1: N Matthews (Horw) 34.55;
2: J Dean (Saif)	35.15;
3: M Ormerod (Hlfx)	39.59.
Ladies:	1: J Harold (Horw) 37.20;
2: J Lochead (Holm)	38.00;
3: J Cutts (Dews)	45.54.
Juniors (2.25 m/500 ft):	1: A Bowden (Cald V) 14.58;
2: N Matthews (Horw)	15.27;
3: N Moorhouse (Saif)	15.35.
Girls:	1: J Duffield 21.13;
2: R Beesley (Horw)	21.21.

LAXEY GLEN

HORSESHOE FELL RACE

BM/12 m/3,200 ft/27.8.89

Isle of Man

This 15th annual race enjoyed its second largest entry, including nine mainland competitors, with fine cool weather for good running conditions.

Colin Donnelly, British Fell Running Champion, making his debut in the event, set out to create a new record and there was little doubt but that he would succeed. By Snaefell summit, the third of five manned checkpoints he held an eight minute lead which he increased steadily to break the old record by over thirteen minutes. The second man, John Quine, also broke the record by eleven seconds and Manxman Tony Varley exactly equalled the record. Martin Hudson, twice winner of the race in previous years, won the veterans' trophy for the second successive year.

Arthur C Jones

1: C Donnelly (Eryri)	1.29.43
2: J Quine (Bolt)	1.42.56
3: T Varley (Manx FR)	1.43.07
4: M Hudson (Lake O)	1.44.25;
5: A Gage (West)	1.48.28;
6: A Bagley (Stock)	1.50.13;
7: R Stevenson (Manx FR)	1.52.04;
8: R Radcliffe (York)	1.55.16;
9: I Callister (Manx AC)	1.55.27;
10: J Kewley (Gloss)	1.56.07.

ESTON NAB FELL RACE

CM/8.5 m/800 ft/27.8.89

Cleveland

1: R Bergstrand (Mand)	44.43
2: K Brown (Mand)	45.21
3: J Taylor (Holm)	45.33
4: V Brudenall (Mand)	46.02;
5: S Purkiss (Rich Z)	46.16;
6: R Burn (Rich Z)	46.39;
7: N Preston (Rich Z)	47.00;
8: G Boutell (Mand)	47.16;
9: R Firth (Mand)	47.27;
10: M Burn (Thirsk)	48.21.
Veterans 0/40:	1: R Firth (Mand) 47.27;
2: R Bradley (Holm)	48.52;
3: D Owens (Mand)	52.15;
4: K Wilson (Middles)	52.22.
Veterans 0/50:	1: M Harper (N Marske) 55.40;
2: T Watson (Scarb'h)	58.57.
Ladies — 6 miles:	1: S Lane (N Marske) 41.47;
2: J Lochead (Holm)	42.46;
3: C Hay (Marsh H)	43.45;
4: S Kay (Loftus)	45.10.
Youths — 6 miles:	1: W Styan (Holm) 35.51;
2: N Hellewell (Holm)	37.07;
3: D Fielden (Mand)	38.05.

RAS Y CNICHT

AS/1,850 ft/27.8.89

Gwynedd

On a beautiful day for running, Hefin Griffiths cruised nonchalantly to a third event win, smashing Colin Donnelly's record with ease. Duncan Hughes was second in the fastest ever time for a Cnicht newcomer, with Clyn Griffiths a close third.

Del Davies skipped home in fourth and first veteran, with Ruth Parry taking the ladies' prize in the absence of habitual winner Angela Carson.

Medwyn Roberts will soon be winning races if he strengthens to ascend as fast as he descends.

If club performances mattered, it would have to be recorded that Hebog men wiped Eryri off the face of the principality, but where are the Hebog women?

1: H Griffiths (Hebog)	32.40
2: D Hughes (Hebog)	33.21
3: G Griffiths (Hebog)	33.33
4: D Davies (Hebog)	35.46;
5: M Roberts (Blaen)	36.13;
6: H Parry (Eryri)	36.27;
7: W Hughes (Hebog)	36.37;
8: G Owen (Eryri)	37.11;
9: A Nicholas (Eryri)	37.24;
10: E Evans (Eryri)	37.36.

Veterans 0/40: 1: D Davies (Hebog) 35.46; 2: H Parry (Eryri) 36.27; 3: D Hill (Eryri) 42.46.

Veterans 0/50: 1: B Evans (Prest) 45.37; 2: J Carson (Eryri) 51.16; 3: P Mabbot (Hebog) 56.47.

Ladies: 1: R Parry (Eryri) 48.56; 2: S Bennell (Eryri) 52.40. **Juniors U/19:** 1: C Williams (Blaen) 41.21.

BEN NEVIS RACE

AM/10 m/4,400 ft/2.9.89

Argyll

1: K Anderson (Amble)	1.27.41
2: I Ferguson (Bing)	1.31.49
3: E Whitfield (Bing)	1.32.28
4: D Rodgers (Loch)	1.35.14;
5: I Holmes (Bing)	1.35.40;
6: R Jamieson (Amble)	1.36.59;
7: D Davies (Hebog)	1.37.18;
8: P Marshall (Hadd)	1.37.33;
9: S Jackson (Horw)	1.37.37;
10: T Laney (Clay)	1.37.41;
11: P Tuson (Kend)	1.37.47;
12: J Holt (Clay)	1.37.55;
13: J Hey (Warr)	1.38.16;
14: G Moffat (Kend)	1.38.27;
15: S Hicks (Amble)	1.38.53;
16: A Bennet (W'lands)	1.39.17;
17: A Dythc (Clydes)	1.40.12;
18: R Jackson (Horw)	1.40.21;
19: J Shields (Clydes)	1.40.30;
20: T Birtwhistle (Ross)	1.40.43.
Ladies:	1: B Redfern (Carn) 2.03.10;
2: L Hope (Loch)	2.03.59;
3: S Taylor (Fell D)	2.05.39;
4: B Carney (Bing)	2.12.27;
5: R Sharpies (Bing)	2.14.22.

JACK BLOOR RACES

BM/7.5 m/1,150 ft/2.9.89

Yorkshire

Now in its fifth year, the "optimum" route seems to be more or less settled with one or two minor variations—mainly at the start!

Ideal conditions for this year's races saw a new record time on the long course — 52.47 by James Parker.

R Jones

1: J Parker (Ilk)	52.47
2: K Emmott (Kghly)	53.58
3: G Watson (Arient)	53.59
4: D Woodhead (Horw)	54.21;
5: J Deegan (Lds Univ)	54.33;
6: R Bloor (Macc)	54.47;
7: S Cock (Leeds)	55.22;
8: A Judd (Leeds)	55.40;
9: D Thompson (Calder V)	56.00;
10: J Smith (P & B)	56.05.
Veterans 0/40:	1: A Judd (Leeds) 55.40;
2: J Nixon (A'Ratti)	56.13;
3: J Williams (Mand)	56.51;
4: R Futrell (Holm)	57.34.
Veterans 0/50:	1: G Barras (Skyrac) 62.30;
2: R Shaw (EPOC)	63.49;
3: P West (Unatt)	68.24.
Ladies:	1: J Lochead (Holm) 65.16;
2: L Lord (Clay)	66.20;
3: E Thackray (Fell D)	66.49;
4: G Hale (Mand)	71.19.
Short Race:	1: B Kilner (Leeds) 35.41;
2: G Morgan (Hgte)	35.41;
3: M. Lumgair (Arient)	39.37.
Juniors:	1: M Hilton (Leeds) 13.37;
2: T Hird (Kghly)	14.41;
3: M Garratt (Mand)	14.59.

SHELF MOOR FELL RACE

AM/6 m/1,500 ft/3.9.89
Derbyshire

The race category is now an A/short as a result of Colin Donnelly smashing the course record, in fact the first five were all inside Andy Trigg's old record of 42.06 — including Andy himself.

1:	C Donnelly (Eryri)	39.45
2:	M Prady (Gloss)	40.24
3:	M Whyatt (Gloss)	40.41
4:	G Griffiths (Hebog)	41.06; 5: A Trigg (Gloss) 41.54; 6: W Gaunt (P & B) 42.49; 7: D Ibbetson (Gloss) 43.31; 8: B Waterhouse (S'worth) 44.18; 9: E Harwood (Mercia) 44.40; 10: A Hulme (PFR) 44.51.
Veterans 0/40:	1: A Hulme (PFR) 44.51; 2: J Kershaw (Macc) 45.37; 3: D Cartwright (P'stone) 45.54.	
Veterans 0/45:	1: D Jones (PFR) 48.01; 2: K Munton (Cald V) 48.44; 3: P Guerrier (Dk Pk) 50.27.	
Veterans 0/50:	1: R Barker (Red Rose) 51.15; 2: B Thackery (Dk Pk) 52.13; 3: K Mitchell (Roth) 54.04.	
Veterans 0/55:	1: J Soper (Dk Pk) 57.31; 2: H Thornton (Esc) 63.43.	
Ladies:	1: B Murray (Macc) 52.17; 2: K Martin (Alt) 53.21; 3: J Town (Denby) 54.25; 4: S Boler P'stone 55.04.	

HEROD FARM HILL RACE

N/3.5 m/1,150 ft/6.9.89
Derbyshire

This is a new midweek race organised by Pennine Fell Runners from the Drovers Arms on Chunal Road in Glossop — a Boddington house for those who like a good drink. The course includes two ascents of Whitley Nab, both from the steep side, to add interest.

After a slow start, Dave Ibbetson made a break just after Herods Farm and quickly broke up the field. This decisive break gave him a clear lead and he was never really troubled again except when he nearly made a diversion to Coombes Edge at the top of the second climb.



Thievely Pike Race: Peter Duffy (Aberdeen) at the top of the big climb — Photo: Peter Hartley.

1:	D Ibbetson (Gloss)	25.16
2:	A Jones (Gloss)	26.34
3:	M Seddon (SELOC)	26.44
4:	D Cartwright (P'stone)	27.01; 5: M Cuddy (Gloss) 27.04; 6: G Gibbons (P'stone) 27.08; 7: D Griffin (P'stone) 27.25; 8: A O'Keefe (P'stone) 27.43; 9: A Bocking (Penn) 27.54; 10: A Wathey (Penn) 28.06.
Veterans:	1: D Cartwright (P'stone) 27.01; 2: E Thurrell (E Ches) 28.40; 3: J Davies (Penn) 28.45.	
Ladies:	1: L Blunt (Clowne) 36.54; 2: S Blunt (Clowne) 48.03.	

HADES HILL RACE

BS/5 m/1,200 ft/7.9.89
Lancashire

1:	S Brooks (Bing)	29.00
2:	S Livesey (Ross)	29.02
3:	A Peace (Bing)	29.07
4:	G Hall (Holm)	29.15; 5: G Huddleston (Kend) 29.19; 6: M Whyatt (Gloss) 29.34; 7: M Aspinall (Ross) 29.50; 8: G Devine (P & B) 30.18; 9: G Wilkinson (Clay) 30.41; 10: G Kirkbright (P & B) 30.59.
Veterans 0/40:	1: J Nixon (A'Ratti) 31.35; 3: B Deegan (Roch) 32.41; 3: R Futrell (Holm) 33.26; 4: G Hall (Holm) 33.50.	
Veterans 0/45:	1: W A Buckley (Gloss) 35.39; 2: D Gibson (Saddle) 35.57; 3: P Guerrier (Dk Pk) 36.44.	
Veterans 0/50:	1: D Ashton (B'burn) 33.48; 2: N Matthews (Horw) 34.36; 3: D Tilly (FRA) 36.39.	
Veterans 0/55:	1: B Thackery (Dk Pk) 37.47; 2: C Rushton (W'ham) 39.58; 3: J Payne (Horw) 41.37.	
Veterans 0/60:	1: J Miles (Tod) 47.50.	
Ladies:	1: R Pickvance (Clay) 36.07; 2: J Harold (Horw) 36.52; 3: J Needham (Roch) 38.48; 4: G Cook (Roch) 40.12.	
Juniors U/18:	1: B Taylor (Ross) 32.56; 2: C Ashton (B'burn) 37.09; 3: D Lucas (Roch) 37.44.	

HODDER VALLEY FELL RACE

CS/5 m/600 ft/9.9.89
Lancashire

The conditions for this year's race were ideal — firm and fast course in cool, clear weather.

Most runners found the race enjoyable although fast and demanding with the event being dominated by the class of Shaun Livesey.

M J Bamford

1:	S Livesey (Ross)	35.38
2:	M Wallis (Clay)	36.24
3:	G Wilkinson (Clay)	36.48
4:	C Lyon (Horw)	37.02; 5: P McWade (Clay) 37.35; 6: R Owen (B'burn) 37.41; 7: G Schofield (B'burn) 37.58; 8: T Bolland (S'port) 38.42; 9: J Holt (Clay) 39.12; 10: C Shuttleworth (Brom) 39.15.
Veterans 0/40:	1: P McWade (Clay) 37.35; 2: J Holt (Clay) 39.12; 3: T Wigglesworth (Bing) 39.49; 4: P Kearus (Clay) 40.45.	
Veterans 0/50:	1: D Ashton (B'burn) 41.21; 2: B Hillon (CFR) 45.05; 3: G Rushton (W'ham) 47.04.	
Ladies:	1: V Brindle (Clay) 42.37; 2: C Cook (Clay) 44.29; 3: L Lord (Clay) 46.09; 4: K Gott (Clay) 48.08.	
Juniors:	1: D Mason (Clay) 23.41; 2: A Johnston (Clay) 23.48; 3: M Whitfield (Bing) 23.48.	

ORDNANCE SURVEY LAKES MOUNTAIN RACE

0/20 m/7,000 ft/10.9.89
Cumbria

Sensitive to comments tjr.t the last couple of races had been too easy, the course planners set out to design a longer course over rougher terrain. Wasdale head was chosen for the first time in twenty years, with as always, courses planned to test route choice and navigational skills as well as stamina.

A perfect day, cool with clear visibility, reduced the need for navigation, but on the whole competitors had to make several difficult route choice decisions.

It was a long hard race for both men and women and it is intended that this will be the pattern for future years, although a winner's time of around four and a half hours will hopefully be maintained.

1:	M Rigby (Amble)	5.10.00
2:	M Hudson (Lake O)	5.26.50
3:	D Ratcliffe (Ross)	5.28.44
4:	D Nuttall (Clay)	5.28.47; 5: R Berzins (Dk Pk) 5.35.00; 6: M Stone (Clay) 5.35.17; 7: J Nixon (Ach Ratt) 5.35.29; 8: F Loftus (Horw) 5.39.15; 9: T Laney (Clay) 5.42.30; 10: J Gibbison (L & M) 5.42.30.
Veterans 0/40:	1: M Hudson (Lake O) 5.26.50; 2: J Nixon (Ach Ratt) 5.35.29; 3: M Walford (Kend) 6.06.19.	
Veterans 0/50:	1: J Naylor (CFR) 6.07.34; 2: H Blenkinsop (Kesw) 6.49.59.	
Ladies:	1: H Diamantides (Dk Pk) 4.37.15; 2: A Salisbury (Eryri) 5.11.25; 3: S Walsh (Eryri) 5.19.17; 4: E Wright (Amble) 5.28.23; 5: C McNeil (Lake O) 5.28.29.	
Teams:	1: Clayton; 2: Kendal.	

BIRDS EYE HANDICAP FELL RACE

AL/27 m/7,000 ft/10.9.89
Isle of Man

1:	B Baxter (MAC)	6.15.49
	actual	6.15.49
2:	S Corrin (MAC)	6.28.41
	actual	5.13.41
3:	S Hull (BH)	6.50.20
	actual	5.05.20
4:	D Young (MFR)	6.56.34
	actual	5.41.54
5:	T Varley (MFR)	6.56.45
	actual	4.26.45
6:	G Hull (BH)	6.57.43
	actual	5.57.43
Veterans:		
1:	B Baxter (MAC)	6.15.49
	actual	6.15.49
2:	S Corrin (MAC)	6.28.41
	actual	5.13.41

LLYN Y FAN

AM/5.5 m/2,000 ft/10.9.89
Dyfed

As usual, the organiser's advice regarding maps, compasses and the like went totally unheeded so that the order of runners as they emerged from the clouds was almost the reverse of when they entered! This led to a few interesting upsets with certain North Walian learning that speed isn't everything!

This is a classic horseshoe route in spectacular and remote countryside which would repay a visit by a few more "foreign" runners next year.

M Lucas

1:	M Jones (Hebog)	49.05
2:	D Thomas (MDC)	49.15
3:	L Foulkes (MDC)	49.55
4:	L Williams (MDC)	50.07; 5: M Lucas (MDC) 50.10; 6: J Darby (MDC) 50.12; 7: A Hind (THH) 50.23; 8: D Davies (Hebog) 53.05; 9: H Griffiths (Hebog) 53.06; 10: G Griffiths (Hebog) 53.12.
Veterans 0/40:	1: D Thomas (MDC) 49.15; 2: L Williams (MDC) 50.07; 3: D Davies (Hebog) 53.05; 4: F Parry (MDC) 57.18.	
Ladies:	1: A Bedwell (MDC) 57.47.	

LANTERN PIKE FELL RACE

BS/5 m/1,050 ft/16.9.89
Derbyshire

The race was run in good conditions, firm underfoot, cool with slight rain towards the end.

Roy Bailey proved to be the strongest runner on the day, leading a trio also including Geoff Horn and Mark Aspinall ahead of the pack. Ricky Wilde's 1977 record of 29.29 has survived again — when will it be beaten? Although there is no team prize, Penning Fell Runners packed well in the top ten.

In the ladies' race Nicky Salisbury won comfortably but was well outside Carol Haigh's 1984 record of 34.50.

1:	R Bailey (Bing)	31.45
2:	G Horn (Sale)	31.52
3:	M Aspinall (Ross)	32.15
4:	D Ibbetson (Gloss)	32.37; 5: R Taylor (Penn) 32.57; 6: P Brownson (Penn) 33.43; 7: G Cresswell (Penn) 33.47; 8: P Stelfox (Stock) 33.49; 9: A Kirk (Gloss) 33.54; 10: J Pyrah (Sheff) 34.06.
Veterans 0/40:	1: R Taylor (Penn) 32.57; 2: D Cartwright (P'stone) 35.21; 3: R Ball (Gloss) 35.55.	
Veterans 0/50:	1: D Ashton (Black) 36.20; 2: W Cooper (Mancr) 37.25; 3: N Matthews (Horw) 37.46.	
Ladies:	1: N Salisbury (Birch) 37.30; 2: A Harris (Stock) 38.46; 3: K Martin (Alt) 40.50; 4: S Boler (P'stone) 41.24; 5: J Town (Denby) 42.27.	
Juniors:	1: N Matthews (Horw) 20.18; 2: S Quigley (Stret) 20.33; 3: S Boardman (Stret) 21.51.	

ELIDIR FAWR RACE

AM/5 m/2,800 ft/16.9.89
Gwynedd

The early pace was set by Gwynfor Owen, who was well ahead at the summit. He was overtaken on the downhill by Del Davies, who was in a time of 46.16.

The race coincided with the World Cup in France and as a result most of the top Welsh runners were absent.

K Jones

1: D Davies (Hebog) 46.16
 2: G Owen (Eryri) 47.05
 3: D Woodhead (Horw) 47.48
 4: E Harwood (Mercia) 48.00; 5: S Barnard (Eryri) 49.12; 6: A Nicholas (Eryri) 49.20; 7: A Jones (Gloss) 49.57; 8: A Darnell (Eryri) 50.18; 9: M Roberts (Hebog) 50.49; 10: E Evans (Eryri) 50.55.
Veterans 0/40: 1: D Davies (Hebog) 46.16; 2: P Jones (Hebog) 51.36; 3: K Muntion (Calder V) 54.11. **Veterans 0/50:** 1: R Hird (Macc) 53.32; 2: B Evans (Prest) 63.50; 3: T Byler (Telf) 66.45.
Ladies: 1: S Bennell (Eryri) 65.47; 2: J Holt (Gorff) 79.11; 3: E Woodhead (Clay) 79.55.

THE THREE SHIRES RACE

AL/13 m/4,000 ft/16.9.89
Cumbria

1: K Anderson (Amble) 1.45.55
 2: A Bowness (CFR) 1.49.11
 3: D Lee (CFR) 1.50.07
 4: E Whitfield (Bing) 1.50.39; 5: C Valentine (Kesw) 1.51.43; 6: D Nuttall (Clay) 1.52.03; 7: M Rigby (Amble) 1.53.22; 8: M Wallis (Clay) 1.53.38; 9: H Jarrett (CFR) 1.54.01; 10: I Ferguson (Bing) 1.54.17. **Veterans 0/40:** 1: R Whitfield (Bing) 1.50.39; 2: J Nixon (A'Ratti) 1.58.43; 3: J Holt (Clay) 1.59.59; 4: J Hope (A'Ratti) 2.02.58. **Veterans 0/50:** 1: H Blenkinsop (Kesw) 2.13.07; 2: M Breslin (L & More) 2.20.30; 3: J West (Clay) 2.26.58. **Ladies:** 1: V Brindle (Clay) 2.08.45; 2: R Pickvance (Clay) 2.22.56; 3: J Ramsden (Kesw) 2.29.15; 4: L Lord (Clay) 2.32.08. **Juniors U/16:** 1: R Hope; 2: M Whitfield; 3: R Jebb. **Juniors U/12:** 1: P Savage; 2: D Ford; 3: R Eastman. **Juniors U/10:** 1: S Savage; 2: R Bodecott; 3: E Bodecott.

DALEHEAD FELL RACE

N/4.5 m/2,210 ft/17.9.89

Cumbria
 1: A Kitchen (Liv) 47.07
 2: D Spedding (Kesw) 48.14
 3: S Booth (Kesw) 48.32
 4: G Gough (B'burn) 49.00; 5: N Lanaghan (Kesw) 49.12; 6: S Hicks (Amble) 49.23; 7: C Valentine (Kesw) 50.02; 8: J Bulman (Kpsw) 50.21; 9: D Loan (Kesw) 50.56; 10: J Hope (A'Ratti) 51.35. **Veterans 0/40:** 1: D Spedding (Kesw) 48.14; 2: J Hope (A'Ratti) 51.35; 3: C Wilson (Kesw) 57.23; 4: D Merritt (Bing) 59.19; 5: E Dealtry (Kend) 59.29. **Ladies:** 1: A Carson (Reebok) 57.05; 2: C Charlton (Kesw) 68.17.

SCAFELL PIKE RACE

AM/5 m/3,000 ft/23.9.89

Cumbria
 Weather conditions for the 1989 Scafell Pike Race were perfect — for those with rudimentary route finding ability! The normally simple but steep ascent/descent of Scafell Pike, via Lingmell nose/col, became a navigation exercise with thick mist above 1,000 ft. Leaders at the

summit, Jack Maitland and Shaun Livesey, visited it for a second time ten minutes later! No one can have been more surprised than Willy Gaunt, who strolled home in splendid isolation (2/i minutes in front of the next man) and enquired how many had finished! He appears to have been the only one of the leading ten, as they disappeared into the mist, to stay on course.

Despite Jack's wanderings, Pudsey & Bramley won the team race without him with 22 points ahead of Keswick who had 36 points.

This year's course was slightly shorter than previously, due to a different start and finish, so Willie Gaunt holds the new course record.

D Hughes

1: W Gaunt (P & B) 54.10
 2: A Styan (Holm) 56.45
 3: N Lanaghan (Kesw) 56.54
 4: G Webb (Calder V) 56.58; 5: D Spedding (Kesw) 57.18; 6: G Devine (P & B) 57.27; 7: R Pallister (P & B) 57.30; 8: A Whalley (P & B) 57.34; 9: P Harlowe (Kesw) 57.37; 10: D Davies (Hebog) 57.40. **Veterans 0/40:** 1: A Styan (Holm) 56.45; 2: D Spedding (Kesw) 57.18; 3: D Davies (Hebog) 57.40; 4: P Jones (Hebog) 61.24. **Veterans 0/50:** 1: N Matthews (Horw) 62.21; 2: B Hilton (CFR) 67.47; 3: P Knott (B'pool) 69.29; 4: M Blake (Kesw) 71.29; **Ladies:** 1: J Harold (Horw) 68.05; 2: R Pickvance (Clay) 68.30; 3: C Cook (Clay) 69.03; 4: J Johnson (Denby D) 72.40. **Intermediates:** 1: J Gavin (Ross) 60.06; 2: A Lee (Roch) 72.47.

THE SANDSTONE TRAIL RACE

CL/16.5 m/24.9.89

The Sandstone Trail Race originated as a training run for Deeside Orienteering Club, and has been run as an organised race for thirteen years now. This is the first time it has been registered with the Fell Runners Association as a category "C" fell race. The route follows sixteen and a half miles of Cheshire County Council's way-marked long distance footpath, the Sandstone trail, from Duckington in the far south of the county to Delamere forest in the centre. The first seven miles are over the tree-clad Peckforton ridge, crossing the highest point of the race, Rawhead, at 227 metres, before dropping to Beeston Castle. Here, a shorter (nine and a half mile) race is started one hour after the long race, and both join to cross the meadows and tracks of the Cheshire Plain before climbing again into the undulating sandstone woodland of Primrose Hill and Delamere. Although the route is all footpath and farmland it is rough going, and despite frequent marshalls, runners need to pay close attention to route finding.

This year the long race was won by an orienteer for the first time since Terry Harper won the inaugural event in 1977. Dave Troman dominated the race from the outset and by Beeston was over two minutes clear of quite a tight bunch of runners. Annie Capp had the most outstanding run of the day, taking the ladies' record by nearly ten minutes.

Barry Barnes

1: D Troman (Potters O C) 107.09
 2: P Pickwell (Alt) 108.38
 3: G Ratcliffe (Warr) 109.03
 4: P Frodsham (Warr) 110.33; 5: D Jackson (Telf) 111.21; 6: T Bolland (Mersey O C) 113.00. **Veterans 0/40:** 1: B Dale (N'castle) 114.28; 2: J Kershaw (Macc) 114.52; 3: J McGill (Flint) 120.15. **Veterans 0/50:** 1: C Kavenagh (Warr) 122.34; 2: D Parsons (Mold) 124.28; 3: I Brierley (S'worth) 125.02. **Ladies:** 1: A Capp (Telf) 125.39; 2: P Gibb (Telf) 126.21; 3: S Ratcliffe (S'worth) 136.19. **Short Race:** 1: I Wetherall (Helsby) 56.56; 2: S Willis (S'worth) 60.21; 3: J Whalley (Macc) 60.26.

ECCLES PIKE FELL RACE

BS/3 m/750 ft/30.9.89

Derbyshire

1: R Jackson (Horw) 20.27
 2: G Cresswell (PFR) 21.26
 3: P Brownson (PFR) 21.47
 4: T Hargreaves (Stock) 22.12; 5: R Ball (Gloss) 22.32; 6: R Tuson (Stock) 23.05; 7: B Jackson (Horw) 23.24; 8: R Thomas (Matlock) 24.04; 9: P Wheatcroft (Gloss) 24.13; 10: R Atkin (Matlock) 24.21. **Veterans:** 1: R Ball (Gloss) 22.32; 2: B Jackson (Horw) 23.24; 3: P Wheatcroft (Gloss) 24.13; 4: B Linsley (Mynydd) 24.30; 5: A Jones (Unatt) 25.28; 6: R Longden (Goyt V) 25.45. **Ladies:** 1: K Martin (Altr) 26.15; 2: Linsley (Unatt) 29.27; 3: J Bennett (Unatt) 30.32. **Intermediates:** 1: J Chambers (Stock) 13.52; 2: J Langley (Buxton) 14.21; 3: S Finney (Buxton) 15.39. **Juniors:** 1: P Linsley (Stock) 10.30; 2: J Rourke (Unatt) 10.42; 3: M Ball (E Chesh) 11.27.

PERIS HORSESHOE FELL RACE

AL/18 m/8,400 ft/30.9.89

Gwynedd

1: H Parry (Eryri) 3.29.39
 2: E Roberts (Eryri) 3.34.27
 3: T Jones (Eryri) 3.46.38
 4: J Winder (Calder V) 3.50.23; 5: E Evans (Eryri) 3.53.24; 6: A Nicholas (Eryri) 3.55.46; 7: C Rhodes (Eryri) 3.59.59; 8: P Jones (Eryri) 4.00.36; 9: S Barnard (Eryri) 4.01.53; 10: R Crossland (Calder V) 4.02.18. **Veterans 0/40:** 1: H Parry (Eryri) 3.29.39; 2: R Devy (Holm) 4.13.44; 3: C Brown (W'hampton) 4.36.27. **Veterans 0/50:** 1: P Brooks (Loch) 4.17.13; 2: B Thackeray (Dk Pk) 4.35.32; 3: A Clarke (Eryri) 5.21.41. **Ladies:** 1: S Farrar (Eryri) 4.02.38; 2: S Ratcliffe (Saddle) 4.14.10; 3: R Parry (Eryri) 4.36.48; 4: S Bennell (Eryri) 5.04.57.

THIEVELEY PIKE FELL RACE

AS/3.5 m/900 ft/30.9.89

Lancashire

No one has ever won this race so convincingly and the 79 seconds' margin over the relatively short

course shows just how Sean Livesey completely dominated the field from start to finish. Last year's winner Gary Devine had to be content with second place but he led Pudsey & Bramley to an easy team victory.

Peter Browning

1: S Livesey (Ross) 24.14
 2: G Devine (P & B) 25.33
 3: G Kirkbright (P & B) 25.37
 4: G Webb (Calder) 25.39; 5: D Ibbetson (Gloss) 25.43; 6: A Whalley (P & B) 25.48; 7: G Schofield (Black) 25.52; 8: R Pallister (P & B) 26.03; 9: A Schofield (Roch) 26.26; 10: M Rice (Tod) 26.38. **Veterans 0/40:** 1: J Hope (Ach Rat) 26.42; 2: A Styan (Holm) 26.58; 3: D Beresford (Clay) 28.10; 4: B Deegan (Roch) 28.19; 5: K Carr (Clay) 28.20; 6: B Mitchell (Clay) 28.23. **Veterans 0/50:** 1: R Jaques (Clay) 32.11; 2: P Duffy (Aber) 32.31; 3: D Clutterbuck (Roch) 33.31; 4: K Dobson (Hynd) 34.52. **Ladies:** 1: G Cook (Roch) 32.52; 2: J Thistlethwaite (Calder) 37.18; 3: W Dodds (Clay) 37.23; 4: C Waterhouse (Tod) 37.57. **Juniors U/16:** 1: B Taylor (Ross) 21.45; 2: D Mason-Meath (Clay) 22.45; 3: R Hope (Horw) 22.49.

BLACK MOUNTAINS RACE

AL/17 m/5,200 ft/30.9.89

Wales

Was it the glorious sunshine that brought them all out? Ninety runners at a long race in South Wales!

When organiser John Darby had recovered from the shock of having to register about three times the usual number of participants, he started the race and it soon became clear that Adrian Bolton was going for a hat-trick of victories.

Duncan Hughes, a rare visitor from North Wales, stayed close behind but half way up Pen Cerrig-Calch it was Anthony Kay who surged into the lead by running up a slope which any sensible fell runner would walk up! Hughes caught Kay soon after Pen Cerrig-Calch and they stayed together on the long ridge leading north from this summit. Neither runner had been round the course before and they had rather different approaches to finding their way. Kay was well equipped with map and compass (but we all know what happens to orienteers in fell races!), while Hughes simply hadn't a clue where he was supposed to be going and was relying on other runners showing him the way.

All went well until the descent into Grwyne Fechan valley — someone at the Ordnance Survey had doodled a line of crags on Kay's map and while he was circumnavigating this imaginary obstacle, he moved through the field from 1st to about 13th place.

Hughes managed to avoid going too far astray and by the next checkpoint (on Pen-y-Gader) he had regained the lead from Eddie Harwood and Rob Seager who had led the rest of the field on the correct route. Hughes stayed in front as far as Bal Mawr (checkpoint 4) and then disappeared into the forest to cross the Grwyne Fawr valley. When he eventually re-emerged onto the

summit of Crug Mawr, he had dropped to fifth place though he regained two places on the final descent to Llandbedr. Meanwhile, back in the forest, Harwood finally shook off Seager (presumably by talking him into exhaustion) gaining a two minute lead by Crug Mawr, which he extended to four minutes at the finish.

Possibly the most impressive performance of the day, however, was that of Lydia Kirk, first lady in twelfth position overall with a particularly fine turn of speed over the last four miles.

Anthony Kay

1: E Harwood	2.33.21
2: R Seager	2.37.24
3: D Hughes	2.38.57
4: D Thomas 2.39.10; 5: J Darby	2.39.28; 6: A Belton 2.44.41; 7: M Lucas 2.46.22; 8: A Kay 2.48.25; 9: J Shaw 2.49.00; 10: L Williams 2.50.12. Veterans 0/40: 1: D Thomas 2.39.10; 3: L Williams 2.50.12; 3: M Briars 2.58.35. Veterans 0/50: 1: D Fisher 3.17.00; 2: T Breakwell 3.20.24. Ladies: 1: L Kirk 2.54.21; 2: P Shore 3.54.00; 3: J Wingham 4.21.00.

COMMEDAGH-DONARD AM/7 m/3,100 ft/30.9.89

Northern Ireland

Conditions were similar to recent years, with cloud on the tops, for the final race of the Northern Ireland Championship.

Brian Ervine soon made his intentions clear as he opened up an early led on the big climb up Slieve Commedagh. However, by the summit, Jim Patterson had a slender lead and by the top of Slieve Donard his advantage had stretched to 40 seconds. Brian gained on the steep descent and won by eight seconds, taking over one and a half minutes off the record set in 1987 when Brian and Jim dead-heated. Gordon Murray continued his good form winning a tight battle for third place, while veteran Jim Hayes marked his retirement with a good run to take fourth.

For over a decade Jim Hayes has been one of the leading figures on the Irish fell running scene, being a founder of the NIFRA in 1979 and a tireless race organiser and office bearer of the association. He dominated the local scene in the early and mid-80s winning the Northern Ireland title on seven occasions and the All-Ireland title in 1985.

It is fortunate for the sport, that although he no longer intends to compete. Jim will still organise races, serve on the committee of NIFRA and continue to run.

1: B Ervine (B'drain)	66.03
2: J Patterson (N Down)	66.11
3: G Murray (B'drain)	70.30
4: J Hayes (B'drain) 70.37; 5: D Ross (N'castle) 71.43; 6: D Rankin (A'ville) 73.15; 7: B McBurney (N'castle) 74.30; 8: D Graham (B'drain) 74.34; 9: W Brown (N'castle) 74.38; 10: J Brown (Unatt) 76.20. Veterans: 1: J Patterson; 2: J Hayes; 3: D Rankin.	

IAN HODGSON MOUNTAIN RELAY 25 m/8,500 ft/1.10.89 Cumbria

In the 4th Ian Hodgson Mountain Relay (and the inaugural FRA Championship), Ambleside achieved a hard fought win in the closest finish in the short history of the competition. When the final pair crossed the line, just six seconds separated the winners from Keswick, these two teams having been neck and neck on the decent from the final control.

The "easy" second leg was to decide the race. Ambleside extended their lead gained on the first leg which, despite record breaking runs by Keswick's third and fourth leg runners, proved crucial at the finish. Bingley's international pair severely damaged their team's chance with a bad route choice which cost them nearly two minutes on the leaders, and the Pudsey & Bramley runners inexplicably failed to find Angle Tarn control which resulted in the team's disqualification.

In ideal running conditions, records tumbled throughout the day — Ambleside's final time of 3 hr 30 min 20 sec was some 13 minutes inside the old record and indeed, both Keswick and third placed Bingley were also inside the previous mark. Three of the four leg records fell to the two leading teams, emphasising the difference that good conditions and close competition can make to personal and team performances.

The mixed team and ladies' records were also comprehensively beaten, with Livingston edging out Keswick in the mixed and Clayton dominating in the ladies by breaking five hours for the first time.

Possibly the most popular record to be broken was that of the weather! After three years of low cloud and rain, the race was mostly run in good visibility. From a spectator viewpoint, relays provide intriguing viewing, and being able to see the final parties battle it out up the steep Red Screes climb was an added bonus to competitors and spectators alike.

Dave, Shirley, Michael, Neil and Chris Hodgson

1: Ambleside 'A'	3.30.20
2: Keswick 'A'	3.30.26
3: Bingley 'A'	3.33.52
4: Clayton 'A' 3.47.06; 5: Kendal 'A' 3.52.48; 6: Horwich 'A' 3.54.58; 7: Rossendale 'A' 3.55.16; 8: Clayton 'B' 4.03.25; 9: Lancaster & Morecambe 'A' 4.06.05; 10: Bingley 'B' 4.08.13. Mixed Teams: 1: Livingston 'A' 4.26.48; 2: Keswick 'C' 4.31.51; 3: Bingley 'C' 4.37.57. Ladies: 1: Clayton 'A' 4.54.34; 2: Moon Restaurant 5.42.27.	

END TO END RACE BM/7 m/1,900 ft/5.10.89 Cumbria

1: G Bland	59.57
2: M Bagness	60.05
3: J Bland	62.46
4: S Hicks (Amble) 63.19; 5: J Hawkley (Kend) 63.45; 6: M Richardson (Amble) 65.51. Ladies: 1: M Chippendale 87.53; 2: A Crabb (CFR) 90.02; 3: P Melville 94.04; 4: L Rydance 94.16.	

TOUR OF PENDLE AL/17 m/4,200 ft/7.10.89 Lancashire

The races this year were run in bad weather, with very poor visibility.

The Full Tour was dominated by Shaun Livesey virtually from the start with a chaser race going on behind him, especially for the first Veteran's prize.

Next year's Full and Half Tour will be held on separate days — the Half Tour being on 17th February 1990.

M Wallis

Full Tour

1: S Livesey (Ross)	2.19.29
2: G Schofield (B'burn)	2.23.48
3: G Webb (Calder V)	2.24.58
4: A Schofield (Roch) 2.25.10; 5: J Holt (Clay) 2.25.26; 6: K Taylor (Ross) 2.25.42; 7: C Valentine (Kesw) 2.26.25; 8: A Whalley (P & B) 2.26.57; 9: D Thompson (Calder V) 2.27.23; 10: M Whyatt (Gloss) 2.27.48. Veterans 0/40: 1: J Holt (Clay) 2.25.26; 2: K Taylor (Ross) 2.25.42; 3: J Nuttall (Clay) 2.29.47; 4: M Targett (Clay) 2.34.33. Veterans 0/50: 1: B Thackeray (Dk Pk) 2.46.09; 2: R Jaques (Clay) 2.54.59. Ladies: 1: R Pickvance (Clay) 2.59.36; 2: S Watson (Valley S) 3.05.07; 3: K Thompson (Clay) 3.05.44.	

Half Tour

1: J Hooson (Holm)	1.08.18
2: G Cudahy (Bux)	1.08.22
3: I Holmes (Bing)	1.08.42
4: N Weaver (Clay) 1.08.50; 5: P Daccus (P & B) 1.08.53; 6: P Cook (Clay) 1.09.02; 7: D Waterworth (Clay) 1.09.13; 8: D Smith (P & B) 1.09.17; 9: D Hindle (Hynb) 1.09.52; 10: C Walker (P & B) 1.10.07. Veterans 0/40: 1: J West (Clay) 1.13.31; 2: G Newsham (Clay) 1.15.34; 3: D Scott (Clay) 1.18.28; 4: A Speak (Clay) 1.20.09. Veterans 0/50: 1: R Cutts (Long) 1.31.46; 2: P Ward (Unatt) 1.37.22. Ladies: 1: J Johnson (Denby D) 1.24.28; 2: L Lord (Clay) 1.24.55; 3: B Heathcote (Walt) 1.38.25. Juniors: 1: G Cudahy (Bux) 1.08.22; 2: P Daccus (P & B) 1.08.53; 3: D Smith (P & B) 1.09.17.	

PENTLAND SKYLINE HILL RACE AL/16 m/6,200 ft/8.10.89 Lothian

The race took place in near perfect conditions — clear and bright but not too hot. A cool, fairly strong wind on the tops, although cold for the marshals, helped in blowing competitors back along from Hare Hill to the finish.

The course is a classic round of the impressive easterly tops of the Pentland Hills starting and finishing at the huge artificial ski slope of Hillend just outside Edinburgh. The race route is one of "The Big Walks" series as a full day's expedition. Underfoot, the course varies from fast grassy hills (including those of the Carnethy 5) to the rough heather grouse moors of Hare Hill and Black Hill. Views of the reservoir filled interior and north over the city to the Forth are superb.

John Nixon was just beaten into second by a poor route choice of the final hill but both he and Mark Rigby bettered John's 1988 record by five minutes. Paula Hawtin in a fine run over regular training hills took over eight minutes off the previous ladies' best set by Yvette Haigh in 1988.

Andy Curtis

1: M Rigby (W'lands)	2.26.40
2: J Nixon (Ach Ratti)	2.27.04
3: D Weir (Perth)	2.32.08
4: S Bennet (W'lands) 2.36.33; 5: P Hyman (L'stone) 2.38.40; 6: J Blair-Fish (Carn) 2.38.49; 7: M Stone (Clay) 2.42.59; 8: W Knox (Teviot) 2.47.15. Veterans 0/40: 1: J Nixon (Ach Ratti) 2.27.04; 2: K Burns (Carn) 2.52.48; 3: H Murray (Arbroath) 3.02.31. Veterans 0/50: 1: W Gauld (Carn) 2.54.56; 2: G Armstrong (HELP) 2.57.57; 3: R Armour (Inver) 3.05.59. Ladies: 1: P Hawtin (ESPC AC) 2.59.43; 2: P Redfern (Cam) 3.04.14; 3: D Turner (Solway) 3.52.55. Teams: 1: Westerlands 25 pts; 2: Livingston 28 pts; 3: Carnethy 33 pts.	



Ian Hodgson Mountain Relay: Shortly after the start Leg I Runners heading up Dovedale — left to right: Matthew Bland, Rod Pilbeam, Ray Rawlinson, Bob Whitfield, Dave Nuttall and Mark Aspinall — Photo: Peter Hartley.



The Editor, John Blair-Fish, racing for his free refreshments at the end of the Pentland Skyline Hill Race — Photo: Brian Covell.

Lydia poised to make an upset in the ladies' section.

Now running into a stiff north wind along the descending ridge to the finish there was little between the leading pair until a few hundred yards from the finish when Hefin pulled away to create an eleven second lead at the line. It was a full three minutes after Duncan that third placed Eddie Harwood crossed the finish line.

Lydia Kirk, meanwhile was piling on the speed to take an unassailable lead and breaking Angela Carson's record by nearly two minutes also outpacing Stel Farrer by five and a half minutes, an exceptional performance that hopefully bodes well for next season.

After presentations to the winners the surprise results of the Welsh Championship showed that, despite Hefin winning the final race that day, Duncan Hughes's position was sufficient to give him the title for

1989. Stel Farrer had also done more than enough to secure her claim of Welsh Ladies' Champion 1989 — congratulations to both.

B Priddy

BUTTER CRAG RACE AS/1.5 m/900 ft/8.10.89

Cumbria

1: M Croasdale (L & M) 13.00
2: A Kitchen (Liv) 13.03
3: G Bland (Kesw) 13.06
4: A Peace (Bing) 13.10; 5: R Whitfield (Bing) 13.44; 6: G Wilkinson (Clay) 13.46; 7: D Lee (CFR) 13.58; 8: I Holmes (Bing) 14.03; 9: S Booth (Kesw) 14.11; 10: P Harlowe (Kesw) 14.14. **Veterans 0/40:** 1: R Whitfield (Bing) 13.44; 2: D Spedding (Kesw) 14.24; 3: J Hope (A'Ratti) 14.44; 4: D Overton (Kend) 15.24. **Veterans 0/50:** 1: B Hillon (CFR) 17.13; 2: R Booth (Kesw) 17.20; 3: J Taylor (Kend) 19.05. **Ladies:** 1: R Sharpies (Bing) 18.25; 2: E Thackray (Fell D) 18.40; 3: J Laverock (Amble) 19.34; 4: B Carney (Bing) 19.34. **Juniors:** 1: J Hind (Unatt) 10.09; 2: P Singleton (Amble) 10.22; 3: M Whitfield (Bing) 10.31.

LLANGORSE LOOP AM/5.5 m/1,900 ft/14.10.89

Gwent

Conditions underfoot were good though a blustery north wind, and showers which caught the tail end of the field made it less than ideal.

This was an important race for the men's Welsh Championship with the outcome deciding whether Hebog's Hefin Griffiths or Duncan Hughes would take the title. The ladies' title was already pencilled in for Eryri's Stel Farrer (definitely not a veteran) who nevertheless made the trip south to perhaps notch up another win.

The race started straight into the 875 foot climb to the top of Mynydd Troed, which immediately strung out the field with Hefin and Duncan in contention at the front. Further back it seemed Stel had some unexpected competition in the shape of Lydia Kirk who, having broken the record for the Black Mountains race two weeks previously really had the bit between her teeth.

A wind assisted ridge then into the cwm for a 1,000 foot climb out onto Mynydd Llangorse with Hefin and Duncan still at close quarters, and

1: H Griffiths (Hebog) 42.51
2: D Hughes (Hebog) 43.02
3: E Harwood (Mercia) 46.09
4: J Darby (MDC) 46.45; 5: H Parry (Eryri) 46.58; 6: L Williams (MDC) 47.07; 7: D Thomas (MDC) 47.10; 8: M Jones (Hebog) 47.14; 9: E Evans (Eryri) 47.32; 10: S Bernard (Eryri) 47.58. **Veterans 0/40:** 1: H Parry; 2: L Williams; 3: D Thomas. **Veterans 0/50:** 1: C Horsefield (Newp) 59.16; 2: C Jones (MDC) 60.40; 3: F Hodges (Unatt) 61.14. **Ladies:** 1: L Kirk (MDC) 50.18; 2: S Farrer (Eryri) 55.47; 3: S Ashton (MDC) 62.01; 4: C Macarthy (Bath) 71.56. **Teams:** 1: Hebog 133.07; 2: MDC 141.02; 3: Eryri 142.28.

LANGDALE HORSESHOE FELL RACE

AL/16 m/4,000 ft/14.10.89

Cumbria

1: R Whitfield (Bing) 1.59.03
2: I Ferguson (Bing) 1.59.31
3: M Croasdale (L & M) 1.59.48
4: M Rigby (Amble) 2.01.17; 5: M Hoffe (Amble) 2.06.11; 6: D Ratcliffe (Ross) 2.06.44; 7: R Jamieson (Amble) 2.07.08; 8: M Bagness (Amble) 2.08.10; 9: P Clark (Kend) 2.08.38; 10: D Spedding (Kesw) 2.09.56. **Veterans 0/40:** 1: R Whitfield (Bing) 1.59.03; 2: D Spedding (Kesw) 2.09.56; 3: A Styan (Holm) 2.10.38. **Veterans 0/50:** 1: G Barras (Skyrac) 2.28.49; 2: M Breslin (L & M) 2.35.32; 3: B Thackery (Dk Pk) 2.44.57. **Ladies:** 1: R Pickvance (Clay) 2.40.12; 2: J Ramsden (Kesw) 2.45.10; 3: S Ratcliffe (Saddle) 2.45.15; 4: C Kenny (A'Ratti) 2.46.23; 5: K Martin (Altr) 2.50.54.

MELTHAM COP HILL RACE

CM/7 m/900 ft/15.10.89

Yorkshire

A sunny morning with a slight breeze on top of the Cop and course softened by the previous day's rain made ideal racing conditions.

Mike Prady opened a gap from John Taylor on the first lap which he maintained to the finish.

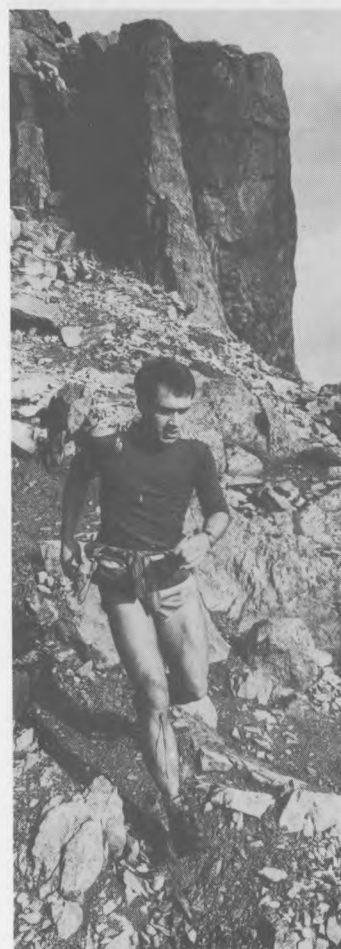
1: M Prady (Gloss) 43.25
2: J Taylor (Holm) 43.47
3: H Waterhouse (Sadd) 44.05
4: C Saint (Leeds) 44.27; 5: D Ibbettson (Gloss) 44.34; 6: A Whalley (P & B) 44.45; 7: S Willis (Sadd) 44.55; 8: M Falgate (P & B) 45.25; 9: S Winspeare (Holm) 45.31; 10: A Hauser (Holm) 45.54. **Veterans 0/40:** 1: C Beevers (Holm) 45.59; 2: D Quinlan (Bing) 46.55; 3: R Bradley (Holm) 47.18. **Veterans 0/50:** 1: D Bamforth (Holm V) 47.18; 2: K Bamforth (Holm V) 48.55; 3: P Dibb (Long) 57.44. **Ladies:** I: S Exon (Stret) 53.11; 2: P Colley (Holm V) 57.18; 3: C Lyons (Meath) 57.50. **Juniors U/17 (3 m):** 1: W Styan (Holm) 23.17; 2: N Helliwell (Holm) 23.21; 3: C Gibbins (P'stone) 24.08.

THREE TOWERS RACE

BL/20 m/2,500 ft/22.10.89

Lancashire

Three runners were together at Ladslaw, the half way point. They were Ray Owen, Keith Anderson and J Bell. Going through the children's home and Pilgrims Cross, Owen and Anderson broke clear, looking relaxed. However, Anderson was clearly the stronger despite sporting a broken collar-bone following a fall in the Butter Crag race. He had been letting Owen show him the way round and left him on the final, flagged descent, incidentally this was the fourth time Owen had finished second.



Langdale Race: Martin Stone at the Bade Stop — Photo: R Douglas.



Lynne March (Horwich) in the Three Towers Race — Photo: Dave Woodhead.

1: K Anderson (Amble) 2.02.40
2: R Owen (Black) 2.03.06
3: J Nixon (Ach Rat) 2.06.10
4: R Wilde (Mcr) 2.07.18; 5: A Sunter (Horw) 2.08.18; 6: F Loftus (Horw) 2.09.10; 7: A Selby (Bolt) 2.09.24; 8: T Hesketh (Horw) 2.09.54; 9: P Hands (Leics) 2.10.28; 10: T Dolland (S'port) 2.10.29. **Veterans 0/40:** 1: J Nixon (Ach Rat) 2.06.10; 2: R Wilde (Mcr) 2.06.10; 3: T Hesketh (Horw) 2.09.54; 4: M Walker (Horw) 2.15.28; 5: R Bradley (Holm) 2.15.45; 6: R Edwards (Leics) 2.18.30. **Ladies:** 1: S Ratcliffe (Sadd) 2.37.29; 2: L Lord (Clay) 2.43.45; 3: J Harold (Horw) 2.44.30; 4: J Foster (Horw) 2.56.12; 5: G Gaskell (Horw) 2.56.25; 6: D Cowan (Acc) 2.57.59. **Teams:** 1: Horwich; 2: Bolton; 3: Blackburn.

BLACK LANE ENDS

BS/5 m/1,000 ft/5.11.89

Yorkshire

With seven times winner Dave Cartridge absent through illness, a new name was assured on the trophy. This went to Sean Livesey in the 14th Black Lane Ends Race from the Hare and Hounds Public House, with 158 competitors Livesey had it paced to perfection, only taking the lead on final steep Tussocky Drop, before the ascent of Scald Bank for the last time. Keith Anderson was in contention, but Livesey had the speed and strength to record 30.27, just over a minute outside the course record held by Cartridge, 1986. Anderson finished runner-up again as in 1988, but did improve his time by just three seconds — not bad since at Butter Crag in October he broke his collar-bone on the descent.

Third was Graham Schofield, with Paul Stevenson fourth, which is the position he held all the time, then came the chasing pack, four runners within 20 seconds.

Roger Hargreaves was again first 0/40, one place higher than last year, but some 36 seconds slower. Lady-wise Kath Drake, on her first visit to the event, took the honours ahead of Julie Harold and K Rushton.

In the Junior Race, over one lap of the seniors three, Nathan Matthews took winner's laurels to improve from third last year, with Charmain Chidsey taking first girl.

Next year's race is "under new management" with Clayton's Neil Burrows taking over from Sheila and Harry Walker, who have done sterling work in the past 14 years. Harry in fact won the race three times in 1976, 1977 and 1979, and has always figured to the fore, but really it has been the back-room work of his wife, Sheila, who made the race run.

Many thanks from the many fell runners who have enjoyed this fine event, one memory is breaking the ice on the water trough to wash down afterwards, that's fell running.

TINTO HILL RACE AS/3 m/2,000 ft/11.11.89 Lanarkshire

1: B Potts (Clyde)	31.37						
2: D Lee (CFR)	31.55						
3: I Davidson (Camethy)	32.05						
4: P Hyman (L'stone)	32.13; 5: A Farningham (Gala)	32.26; 6: J Wilkinson (Gala)	32.32; 7: D Bell (HELP)	32.38; 8: D Troman (Pott)	32.48; 9: P Marshall (HELP)	32.51; 10: R Bonner (Clyde)	33.01.
Veterans 0/40:	1: P Marshall (HELP)	32.51; 2: D Davies (Hebog)	33.38; 3: J Shields (Clyde)	34.15.			
Veterans 0/50:	1: G Armstrong (HELP)	36.31; 2: W Gauld (Camethy)	38.54; 3: R Mitchell (Teviot)	40.53.			
Ladies:	1: T Calder (E'burgh)	35.56; 2: P Hawtin (E'burgh)	36.19; 3: J Salvona (L'stone)	39.15; 4: A Curtis (L'stone)	39.15; 5: H Hogg (Penicuik)	39.50.	

SHEPHERDS SKYLINE FELL RACE BS/6 m/1,150 ft/11.11.89 Yorkshire

1: S Livesey (Ross)	39.54						
2: A Peace (Bing)	41.16						
3: G Wilkinson (Clay)	41.25						
4: G Schofield (B'burn)	41.53; 5: D Nuttall (Clay)	42.38; 6: G Read (Roch)	42.53; 7: D Thompson (Calder V)	42.54; 8: A Whalley (P & B)	42.56; 9: P Irwin (Ross)	42.58; 10: C Valentine (Kesw)	43.27.
Veterans 0/40:	1: J Hope (A'Ratti)	43.31; 2: D Beresford (Clay)	45.57; 3: J West (Clay)	46.30; 4: P Buttery (Denby D)	47.04.		
Veterans 0/45:	1: D Quinlan (Bing)	45.25; 2: K Lodge (Hfx)	47.43; 3: K Monton (Calder V)	47.45.			
Veterans 0/50:	1: R Barker (Red R)	50.55; 2: M Roberts (Brooks B)	52.37; 3: R Hill (Clay)	53.23.			
Veterans 0/55:	1: J Brass (Clay)	56.01; 2: T Sykes (Roch)	57.07.				
Veterans 0/60:	1: B Crook (Tod)	57.59.					
Ladies:	1: K Drake (Spn)	49.15; 2: L Lord (Clay)	52.34; 3: E Thackray (Fell D)	53.24; 4: B Carney (Bing)	54.39.		



Shepherds Skyline Fell Race — Clayton Ladies: 350. Eileen Irwin, 385. Linda Lord, 191. Katie Thompson, 351. Judy Mauwson, 110. Eileen Woodhead and Maureen Ashton — Photo: Dave Woodhead.

THE NINTH ROACHES FELL RACE AL/15 m/3,700 ft/12.11.89 Derbyshire

The course was extended to hold the start and finish at the registration point, and on the whole this was a popular change. Many runners managed to improve on their time from the previous year in spite of it — due to sunny, dry conditions. John Taylor came home well clear to establish the new course record. Unfortunately, the first serious accident of this race occurred when Marc Cope fell on the first fields and severely damaged his knee, it is hoped he makes a full recovery.

1: J Taylor (Holm)	1.51.46						
2: M Rigby (Amble)	1.58.52						
3: T Parr (Glos)	2.00.45						
4: J Hooson (Holm)	2.00.50; 5: E Harwood (Mercia)	2.02.02; 6: T Longcote (Huncote)	2.02.09; 7: P Brownson (PFR)	2.03.38; 8: A Jones (Glos)	2.04.47; 9: M Cuddy (Glos)	2.07.50; 10: J Kershaw (Macc)	2.08.08.
Veterans 0/40:	1: J Kershaw (Macc)	2.08.08; 2: A Hulme (PFR)	2.11.08; 3: P Nolan (PFR)	2.18.13.			
Veterans 0/50:	1: J Dean (Saif)	2.24.19; 2: E Knight (Mercia)	2.26.17; 3= P Duffy (Aber)	2.32.16; 3= S Wheatley (Unatt)	2.32.16.		
Ladies:	1: P Gibb (Telf)	2.23.48; 2: K Martin (Alt)	2.29.30; 3: A Capp (Telf)	2.38.46; 4: C Greasley (Macc)	2.45.00.		

First three juniors — Black Lane Ends Race: 111. J Kershaw (P & B), 3rd; 95. Nathan Matthews (Horwich), 1st; and 100. Matthew Moorhouse (Salford), 2nd — Photo: Dave Woodhead.

ROMBALDS MOOR FELL RACE BS/5 m/800 ft/19.11.89 Yorkshire

1: S Livesey (Ross)	30.29						
2: G Devine (P & B)	31.11						
3: A Peace (Bing)	31.20						
4: R Pallister (P & B)	31.34; 5: B Horsfall (Holm)	31.45; 6: G Kirkbright (P & B)	31.58; 7: M Jackson (Leeds Un)	32.02; 8: A Wheatley (P & B)	32.03; 9: T Hesketh (Horw)	32.14; 10: D Nuttall (Clay)	32.17.
Veterans 0/40:	1: T Hesketh (Horw)	32.14; 2: D Quinlan (Bing)	34.16; 3: C Todd	35.05.			
Veterans 0/50:	1: N Matthews (Horw)	35.39; 2: J Sykes (Fell D)	36.53.				
Ladies:	1: V Brindle (Clay)	37.10; 2: J Harold (Horw)	37.47; 3: C Proctor (Clay)	38.12.			

WINTER HILL FELL RACE AM/11 m/2,700 ft/26.11.89 Lancashire

1: G Devine (P & B)	1.23.25						
2: K Anderson (Amble)	1.25.41						
3: R Pallister (P & B)	1.25.56						
4: R Owen (B'burn)	1.26.04; 5: G Schofield (B'burn)	1.26.32; 6: W Gaunt (P & B)	1.26.59; 7: C Valentine (Kesw)	1.27.19; 8: P Sheard (P & B)	1.27.28; 9: C Lyon (Horw)	1.27.44; 10: R Jackson (Horw)	1.28.04.
Veterans 0/40:	1: D Spedding (Kesw)	1.29.11; 2: T Hesketh (Horw)	1.29.41; 3: J Hope (A'Ratti)	1.32.39; 4: J Holt (Clay)	1.32.57.		
Veterans 0/45:	1: J Nuttall (Clay)	1.33.10; 2: K Munton (Cald V)	1.40.14; 3: P Kelly (Ross)	1.44.39.			
Veterans 0/50:	1: N Matthews (Horw)	1.40.27; 2: P Duffy (Aberd)	1.47.21; 3: R Barker (Red R)	1.47.40.			
Ladies:	1: R Pickvance (Clay)	1.40.46; 2: J Kenyon (B Aero)	1.49.50; 3: J Harold (Horw)	1.52.57; 4: C Kenny (A'Ratti)	1.54.25.		

1: S Livesey (Ross)	30.27						
2: K Anderson (Amble)	30.44						
3: G Schofield (Black)	31.26						
4: P Stevenson (P & B)	32.32; 5: D Woodhead (Horw)	32.48; 6: C Saint (Leeds)	32.53; 7: D Waterworth (Clay)	32.57; 8: A Schofield (Roch)	33.15; 9: I Holmes (Bing)	33.15; 10: M Addison (Clay)	33.17.
Veterans 0/40:	1: R Hargreaves (Clay)	33.44; 2: B Mitchell (Clay)	34.28; 3: S Kirkbride (Kend)	34.51.			
Veterans 0/45:	1: D Scott (Clay)	36.25; 2: K Lodge (Hlfx)	36.46.				
Veterans 0/50:	1: R Jacques (Clay)	39.16.					
Ladies:	1: K Drake (Spn)	37.51; 2: J Harold (Horw)	38.58; 3: K Rushton (N Chesh)	40.38; 4: E Thackeray (Fellandale)	41.55.		
Junior Race:	1: N Matthews (Horw)	10.28; 2: M Moorhouse (Saif)	10.47; 3: J Kershaw (P & B)	11.10; 4: D Mason-Meath (Clay)	11.28.		
Girls:	12: C Chidsey (P & B)	13.23; 16: S Corbin (P & B)	14.04.				





Rombalds Moor Fell Race — Junior line-up: 425. R Partridge (Clayton-Le-Moors), 410. Matthew Moorhouse (Salford), 423. S Sweatman (Horwich), 55. H Warburton (Mid Cheshire), 401. Matthew Whitfield (Bingley), 414. Angus Benser (Pudsey) and 413. Ian Bowden (Pudsey) — Photo: Dave Woodhead.

Long Distance News

Awards

Helene Diamantides and Mike Hartley shared the FRA's Long Distance Trophy for 1989. Helene received the award in recognition of her three record breaking 24-hour rounds and Mike for his Pennine Way record. I keep a register of Long Distance Individual Fell Records and rely on those who set new records to send me a schedule and report. Details of achievements which are added to the register during 1990 will be considered by the committee in the Autumn and they then decide who should receive the Long Distance Award. Please send details of record-breaking runs to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston, PR1 1NN

The Bob Graham Club present an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award is made in the Autumn and covers the previous calendar year. Mark McDermott received The Bob Graham Club's Achievement of the Year Award for 1988 in recognition of his Lake District 24-Hour Record — 76 peaks. To be eligible for the award, the member must be nominated by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1989 award should be sent by July to:

Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria

500 metre summits of Glamorgan and Gwent

On 10th-11th November, Denis Tomos completed two solo/unsupported runs in South Wales. On the Friday he completed a round of the 14 500 metre summits in Glamorgan. His time of four hours 58 minutes knocked an hour off the inaugural run which was completed about a year ago. The route covers hills above the Rhondda Valleys, a distance of 33 miles and 3,800 ft ascent.

What makes Denis' challenge a bit special was the run he completed the next day in the county of Gwent. He completed an A-* B crossing of the 13 500 metre summits, 36 miles and 8,000 ft ascent. A novel idea to link the two in this way and carried out on his own once again. His time of six hours 15 minutes is probably the record.

Winter Rounds

ENGLAND

After a lapse of three years, two more successful completions of the Bob Graham a few weeks before Christmas. During a period of unseasonably pleasant weather, Ambleside AC were out in force on 9th-10th December supporting Barrie Laycock and Martin Scrowson who completed the round in 22 hours six minutes. The moon was $\frac{1}{2}$ full, skies clear and the winds light. There was a dusting of snow on Helvellyn. For Martin it was especially satisfying as he hadn't already completed the round in Summer.

WALES

In Snowdonia, I completed the first solo-unsupported Paddy Buckley Round on 28th-29th December. Fairly decent weather with a chilly east wind and clear skies for about half the round. Snow level at about 2,800 ft with extensive patches of consolidated snow on Snowdon, Glyders and Carneddau. The run was monitored by Del Davies and my brother who picked up bags of "debris" — unwanted clothes, food and used batteries which I deposited at five points en route. In addition, they watched me (without me knowing) through binoculars from several vantage points to narrow down my position should an accident occur. The first 13 hours, all in darkness, took me from Capel Curig via Moel Siabod, the Moelwyns, Cnicht, Moel Hebog and the Nantles to Yr Aran — approximately half way.

The beautiful morning was not fully appreciated as I chased a rather too optimistic schedule around Snowdonia. Thick cloud in the afternoon, iced rocks and snow-filled gullies left me much to do on the final Carneddau section. For extra speed, the rucksack was dumped and I set off up Pen Yr Ole Wen with bits attached to me like a decorated Christmas tree. It came dark again 90 minutes from the finish and I became well lost while descending the final peak, Pen Llithrig Y Wrach. I arrived back at Capel Curig in 23 hours 40 minutes, with just 20 minutes to spare. An "exciting" day, not TOO many risks taken this time and the result hanging in the balance till the very end.

SCOTLAND

In Scotland, Martin Moran and Paul Potter made the first but unfortunately unsuccessful Winter attempt to complete Charlie Ramsay's Round. On 10th December they set off up the Ben in ideal weather — cold, dry conditions with no cloud and bright moonlight. Martin retired quite early, having crossed the Grey Corries. He was suffering from the first effects of flu. This left Paul to cover the mountains east of Loch Treig and the long low level section back to the foot of the Mamores. At this point Paul retired as a result of exhaustion and dropping behind schedule.

So, of the big three, just the Scottish 24-hour round remains unconquered in Winter. My view, for what its worth, is that Winter rounds should not be attempted too early in the season and preferably not before the shortest day. I planned to attempt the Bob Graham and Paddy Buckley rounds on the shortest day but blizzards forced me to abandon the BG and conditions were so awful in Snowdonia that I never started Paddy's round. As a compromise, on both occasions I chose the next period of settled weather after Christmas.

MARTIN STONE

Bob Graham 24 Hour Club

1989 Members

578 Peter Orr	616 Paul Boyes
579 Barney Foot	617 John Pickering
580 Alan Davis	618 Patrick Green
581 Philip Blanshard	619 Steven Robinson
582 Sue Mackay	620 Geoff Clucas
583 Mike Sadula	621 Alan Heywood
584 Malcolm Miller	622 Garry Wilkinson
585 Howard Chambers	623 Richard Wilkinson
586 Rick Robson	624 Barry McDermott
587 David Crofts	625 Tony Thompson
588 Dave Sleath	626 John Belt
589 John Thornhill	627 Andy Bennett
590 John Axson	628 Paul Blakeney
591 Jerry Knights	629 Mike Pownall
592 Jonathan Marsh	630 Jonathan Whitehead
593 Simon Oxley	631 Ian Douglas
594 Neil Wilkinson	632 Peter Hamilton
595 Neville Kirk	633 Sheila Anderton
596 Philip Wheatcroft	634 Michael Bell
597 Giles Marshall	635 Dave Crowther
598 David Pryce	636 Kenny Leitch
599 Mike Hawkins	637 Keith Masson
600 Dennis Lucas	638 John Wolstenholme
601 Andrew Davies	639 Guy Hillyard
602 James Davies	640 Steven Giles
603 Vince Devlin	641 Peter Vale
604 Bryan Hardaker	642 Christopher Wilson
605 Peter Jackson	643 Gavin Bland
606 Tim Gravina	644 Stephen Wilson
607 Paul Martin	645 Peter Dowker
608 Reinhard Balling	646 Paul Cooney
609 Juck King	647 Clare Kenny
610 John Firth	648 Keith Emmison
611 Barry Needle	649 Maggie Dunn
612 Christine Porritt	650 Lawrence Ormerod
613 Andrew Leon	651 Tony Brindle
614 Matthew Boyes	652 Anne Stentiford
615 Adrian Boyes	

Certificates presented at the biennial reunion held at the Shap Wells Hotel on Saturday, 13th October 1990.

Details will be posted to all members in the spring of 1990.

1989 — 75 new members from 180 registered.

FRED ROGERSON

Hon Chairman and Membership Secretary

BOOK REVIEW

Wild Trails To Distant Horizons by Mike Cudahy. Published by Unwin Hyman: London, 1989. £14.95.

My first reaction to this book was that it was grossly over-priced for such a comparatively slim volume of 183 pages. Once I began reading it, however, the price faded to insignificance as I became spellbound by Cudahy's gripping accounts of his various ultra fell record pursuits.

The first chapter, "Dreams of Distance", chronicles Mike's introduction to athletics as a schoolboy track runner who became "a runner-up in the 'Youth Sprint Championship of Stockport'". He joined Stockport Harriers, whose members included three athletes who had a strong influence on his career: his uncle Wilf Brown, "a lifelong Harrier and rambler", and two whose names will be well known to many FRA members, Ian Watson and Len Fitzsimmons. Ian then lived on a farm on the flanks of Kinder Scout, from where he would lead "pack runs" over the moors, and it was on one of these excursions that young Mike received his initiation into hill running: "I had found my medium, my environment. On the track I enjoyed my speed but high up on the moors I had found and expressed my nature and it was gloriously and joyfully at one with the hills all around me."

It was Len, however, who introduced Mike to fell racing by way of the

Three Peaks Race, the Lake District Mountain Trial and the first Two Day Mountain Marathon (later to be known as "The Karrimor") in 1968, in which they were partners. It was Len also who introduced Mike to the Derwent Watersheds route over which he was later to compete as a "substitute" for Denis Weir in the Rucksack Club team for the first High Peak Marathon in 1972. This led to Mike joining the Rucksack Club himself and having his "ultra" appetite sharpened by some of the club's traditional long "walks", such as the Colne-Rowsley, Tan Hill-Cat and Fiddle_and Scottish 4,000s.

As a Rucksacker, he became involved with such redoubtable bogtrotters — or "grough hounds" — as Ted Dance, Geoff Bell and John Richardson, who is now his regular Karrimor partner. Mike's first attempt at the "Tan-Cat" with Geoff Bell, south-to-north, came to an untimely end at Cowling, but included a humorous (in retrospect) navigational error on Jackson's Ridge at night: "After some incalculable period of time we were brought to a halt by the unlikely prospect of a cluster of bright lights floating above the moor some distance away. We looked at each other — the bloody moor was haunted!" The lights eventually turned out to be from the Herders Arms, now venue for the Boulsworth Fell Race, which meant they were considerably off-route.

The bulk of the book is, of course, devoted to Cudahy's various record attempts, both successful and unsuccessful: Tan-Cat, Colne-Rowsley, Pennine Way, Coast-to-Coast, Southern Uplands Way and West Highland Way. Not only are the attempts themselves chronicled in detail but also Mike's gruelling preparation for them, which sometimes included events like the Fellsman and LDWA Yorkshire Dales 100, as well as joint epics with his friend Inken Blunk such as the Welsh 3,000s in winter conditions and an extended Scottish 4,000s traverse. In the course of such preparations, he sometimes came across other ultra fell record breakers: Brian Harney, whose Pennine Way record he shattered in 1983; Pete Simpson, Yorkshire Dales 2,000s holder and former Coast-to-Coast joint-holder; and Mike Hartley, "one of the few people I have met interested in attempting my records". Indeed, Hartley now holds three of Cudahy's records: Southern Uplands, West Highland and Pennine Ways.

The book is copiously illustrated with black-and-white photographs (which I prefer to colour, incidentally), some of historical interest, but most of them modern pictures from the camera of John Beatty, including both training and record attempts. One which may be of particular topical interest shows the highly promising junior fell runner Gerard Cudahy, third eldest of Mike's seven children, training on the moors above his native Buxton. Both front and back covers of the dust jacket are adorned with colour pictures of Mike, the front one depicting him traversing the rim of High Cup on the Pennine Way.

This is a book which I found very hard to put down and which can be unreservedly recommended, particularly to long-distance enthusiasts.

BILL SMITH

THE CARDINAL MUNROS

The plan for the trip was simple, to visit the southernmost, westernmost, northernmost and easternmost Munros on the Scottish mainland. For those who don't know (and I didn't) these hills are: Ben Lomond, Ladhar Bheinn (pronounced "Larven"), Ben Hope and Mt Keen respectively. A secondary aim was to traverse all the 4,000 footers. It was also important, of course, to travel the journey by wild ways and to include other Munros in passing. From the comfort of my armchair I thought I could allow a nice round week for the venture, a sort of ultra man's Bob Graham equivalent. However, as the pile of maps needed to cover the route mounted ever higher, I began to revise my estimates. It was not until spring 1989 that I actually got round to counting the miles and feet of ascent. The totals came to over 520 miles and around 100,000 ft. Allowing for misfortunes and bad weather, I guessed I might need a fortnight. I couldn't afford the time so settled for 10 days and the prospect of needing several attempts. I should add this was to be a supported effort. Unlike that mad bugger Martin Stone I need a bit of care and attention on these do's.

Days 1 and 2 — Ben Lomond, the Mamores and Ben Nevis

Day 1 was really a half day, starting at noon on the summit of Ben Lomond and then following the West Highland Way for 38 miles to Inveroran. The next day nearly saw the end of the attempt. I always knew it would be a toughie as it started over the Black Mount Munros, then followed the West Highland Way from the head of Glencoe over to Kinlochleven. The approach to the Ben Nevis group was via a couple of peaks on the Mamores ridge, including the highest, Binnein Mor (3,700 ft). This route was one I hadn't reconnoitred and I certainly didn't get the best lines — which was why Inken and I were engaged in a losing battle with the dark descending from the Ben. Just outside Fort William at 11 pm I still had to follow the Caledonian Canal to the bottom of Glen Loy and then trek 5 miles on the road up the glen. I enjoyed the canal bit, sauntering along, listening to Bach on the walkman, ignoring the fact that Day 2 had just spilled over into Day 3. I paddled through a watery tunnel under the Canal, giving it "Fee, Fi, Fo, Fum" etc and cackling to myself. However, I declined the ensuing road section and collapsed into the waiting van reflecting yet again on the enormous gulf between my ambition and my ability. Bed at 2.30 am

and up at 6 am to be confronted with the need to make a crucial decision. There were, regrettably but inevitably, a number of miles of road and hard track on my route which, overall, would add up to a sizeable total. Now, I had just demonstrated my inability to maintain my schedule and though I might return with a better planned schedule and succeed, I would still have those hateful road miles to confront. Not only that, but I really did want to get round to the beloved Cairngorms at the end of my journey. To stand any chance of success I would have to up my average speed. There were two ways of doing this. One was to try harder, possible, but I was already trying hard. The other was to hop on the old roadster we'd brought for support and crank my way along the roads. The word "cheating" kept sounding in my ears and I strove hard to make an objective assessment. What finally decided me was that Inken, Mark and Don had already committed 10 days to the venture. I could not ask the extra time inevitably demanded if I continued the journey solely on foot.

I hopped onto the bike and into another world. The hard metal road flowed effortlessly under the purring tyres. The soft morning mists tenderly brushed my cheeks. In half an hour I arrived, refreshed and with a good appetite at the head of the glen. Magic! Why hadn't I planned this from the start? — I could have done even more!!

Day 3 — Glen Dessary and Knoydart

Unfortunately my late start, coupled with a long pathless section over to Glen Dessary, meant that I was no longer in time to tackle Knoydart as part of Day 3.1 didn't fancy a bivvy en route to Kinloch Hourn, nor would I miss the three Knoydart Munros which included Ladharr Bheinn. So, Day 3 ended after only 7 hours at Glen Dessary. Here I took advantage of the hot sun and bathed in the river before assuming a comatose state ready for a big Day 4.

Knoydart on the fourth day furnished the perfect answer to why we do this kind of thing. I started at 3.44 am with Don and Mark. We soon vanished into dank mist and resigned ourselves to a hard, dull day. Amazingly, as we approached the top of Meall Buidhe the summit seemed to erupt out of the mist before us, startling and vivid against a pure blue sky. Only my second time over Knoydart and both times in sunshine and sparkling visibility. If you haven't been yet, try the traverse from Glen Dessary to Loch Nevis, continue over Meall Buidhe and Luinne Bheinn to approach beautiful Ladharr Bheinn, which looks west across the blue Atlantic infinity. We crossed Barrisdale and headed in sweltering heat for Kinloch Hourn. Thirty miles and around 9,000 ft, a good day, but I still had several hours to go to achieve my target. Fortunately, John Richardson and Inken were at hand to take over from Don and Mark and help chat away the miles.

Day 5 — The Connecting Day

Day 5 was "connecting" day. I headed north to Kinlochewe via Achnashellach on a day of torrid heat. By now I was fairly acclimatised and enjoyed both the gentle jogging and the occasional pleasant contrast afforded by the trusty velocipede.

Day 6 — Another Big "Hill" Day

Day 6 was another big "hill" day. With John, Mark and Don I departed for the stupendous An Teallach. Again, I had a sporting approach — 16 miles and 5,500 ft over three of the Fisherfield Munros. Shenavall bothy with An Teallach rearing above was a bad place to discover Don had been niggardly with the butties! But on this mountain one feeds on inspiration alone. We shared our last morsels before the final summit and then unashamedly burnt off a presumptuous youth with spindly legs, a flash jacket and no conception whatever of the pride old fell runners have in their climbing prowess. Like Knoydart, when I got down to Dundonnell, I felt I'd had a good day. This time I still had 24 miles and 4,000 ft to go. I potted contentedly along, alone and enjoying the solitude. Sean came out on the track from Oykel Bridge with the bike but I found it too rough and dark to ride until near the end. What a good day, about 50 miles and 13,500 ft.

Day 7 — Ben Hope

Bed after midnight and up at 4 am to a showery, cold morning. Day 7 was to be a long day. Ben Hope, the most northerly Munro was the main target. The route lay along tracks and minor roads, ideal for fast travel. I was now going well both on foot and awheel. I had also developed a sense of urgency. This whole trip might just be on, but I was still a full day behind. Pedalling furiously and plodding steadily I covered the 45 miles to Ben Hope in 10 hours. At last I stood with John and Sean at the northern pivot. Vast, translucent skies curved over us, deep moorland grass billowed in the wind, a sense of space and freedom lay around us. A feeling of fatigue I certainly had but also a confidence in ever-springing energies, a melding of spirits, mine and the mountain's. Above all I was filled with joy, gratitude and utter contentment.

Turn for Home

Turn for home then, still about 260 miles to go and less than four days left. Urgently, I run down to find John has his super racing bike ready for the long (13 miles) road section to Altnaharra. With a tail wind I'm touching 30 mph in places. Intoxicated with speed I skid to a stop in the village. I suddenly remember the toe clips, then gravity has its wicked way with me. Sixty miles

Can I claw Ben Klibrec into the total? Inken an I set off, deliberately without torches (great incentive!) to attempt a

er 17 miles. Engulfed in freezing torrential rain on the hill and going

slowly I am suddenly struck with the risk I'm taking. Benightment is not a pleasant prospect. I begin to run desperately hard over the rough ground, fear lending wings etc. Running by a large stream, Inken suddenly stops and calls me over. There in a pool is a huge otter, the first I've ever seen. He is swimming slowly, eyes fixed on us, then in a swift, lithe movement he catapults himself onto the rocks, bounds across the bank and vanishes beneath the undercut cliff of another stream. Now I almost don't care if I am benighted. I've seen an otter! The peaty ground soaks up the light but just as it fades we see a torch winking. Mark has come to guide us over the last 1/2 mile. By the time I've eaten and prepared for the next day it's well after midnight and I'm shivering with cold and fatigue. Still, 77 miles today and some lost time clawed back.

Day 8 — Ben Wyvis

Day 8 begins at 4.30 am and huge banks of cumulus are thumping down heavy showers. However, I felt good again and by the time I had cycled and walked the 20 miles to Bonar Bridge the sun was competing with the showers.

I was heading for Ben Wyvis across very mixed terrain which included miles of trackless heather. Another 20 miles and Mark and I began an interminable slog up the slopes of Wyvis from the lodge at Loch Glass. It was now dry but an icy wind was blasting across from the west. The top of Wyvis is like an expanded Howgills, great grassy sweeps, lovely running country. Due to late snow in the spring I had not reconnoitred this section and Don did well to estimate our descent line and have the bike ready for the road to Strathgarve. Fifty miles gone and only 12 miles of track left to cycle. I was looking forward to an "early" (10 pm) finish when I stood on the pedals and pulled the back wheel askew. Then I discovered that despite my suggestions no one had attached any tools to the bike! A rock, a lump of iron and very slow riding got me to the support point. I finished the day late but with hedgerow scents filling my nostrils as I thrashed along by the van headlights — great!

The Epic Day 9

Day 9 was to be of epic proportions. I still had more than half a day to make up and had no idea how. My cunning support, however, anxious not to spend all summer in Scotland had hatched a scheme or two! The deep gash of Loch Ness forced me to head south-west before I could go east to the Cairngorms. My route lay mainly along old military roads, including the Corrieyairack Pass over the Monadhliath Mountains. I had hoped to get to Dalwhinnie in time to take a cross-country line to Glen Feshie but Dalwhinnie was nearly 80 miles away. Although the tracks gave good going and I could cycle about 17 miles of road, it became obvious that some replanning was needed. I let my logistics officer (Inken) struggle with the problem and pushed on in wet and windy conditions through some fairly moderate scenery. In Fort Augustus I had a long stop devouring mounds of chips liberally coated with margarine. These powered me over Corrieyairack to the bothy at Melgarve where Inken revealed her plan. It was after 7 pm and Dalwhinnie still lay nearly 20 miles away with Glen Feshie another 18 miles further on, all over rough ground. After Feshie lay arguably the most committing day, the Cairngorm 6 Tops. I should not be thinking of going through the night to Feshie and then onto the Cairngorms without sleep. I was, of course, thinking exactly that, ambition was riding high. However, my support felt that to stand a chance of success overall I should cycle via Speyside to Feshie and sleep before tackling the Cairngorms. If I was successful I would then still have half a day left in which to reach Mt Keen. They were right, of course, but it took some swallowing for I was now changing the route to suit the bike. Even this "easy" option gave me about 35 miles of cycling and pedalling up Glen Feshie into a head wind was a tough finish to the day — nearly 100 miles; about 50/50 cycle/foot. I was told I must have my full four hours' sleep that night but I slept badly for the first time. I was worried. Worried about the bad weather forecast and worried that perhaps my over-commitment might lead me to take my two relatively inexperienced supporters, Mark and Inken, into rash situations. I awoke with trembling hands and nerves like piano wires. On the long, high approach to Cairn Toul we were being lashed by heavy rain and my heart was sinking. My body fat must have been very low by now and I was feeling unusually cold. I concentrated on navigation, not only because the clag was very thick, but also because the effort kept me alert and motivated. Surprisingly the rain ceased, and as we headed for Braeriach the mist assumed a promising radiance. Even so, I was astonished to be bathed in sunshine by the defile of the Lairig Ghru. The rebound from anxiety to relief and joy flung us to the summit of Ben Macdui in no time. By 3 pm we sat on Cairngorm making final plans. Mark was to jog down to Derry Lodge to tell Don to drive to Invercauld Bridge on Deeside. Inken and I intended to head for the Fords of Avon and approach Ben Avon via Beinn a'Chaorainn and Beinn a'Bhuird. Glen Avon was filled with golden light, a group of placed reindeer brought a touch of magic to this most remote, wild and beautiful place. I was now very fatigued and only the strength I drew from the spirit of these elemental mountains was sustaining me. Lower sank the sun and became more golden. It spread a carpet of jewels over the rain drenched grass of Beinn a'Bhuird, it threw into sculptured relief the crags beyond the plateau edge. Impossibly high an issue of crystal water chuckled between green banks like a symbol of purity. Almost, I wished to end my journey now. Practicality drew me on and after a weary scramble to the high summit of Ben Avon we turned for the long, dark path home. By the time we had reached the easy track I was stumbling with sleep. I'd done my big day but it was after midnight. I had less than 12 hours to eat, sleep and cover 20 miles of rough country — over

Lochnagar to Mt Keen. I'd not slept much the previous night, if I had my full four hours now I wouldn't make my 10 day target, but did it matter?

Hungry for the Finish

I awoke almost automatically at 3.45 am, less than three hours asleep but amazingly alert and hungry for the finish, a successful finish! Don and I made short work of the rough approach through Balmoral Forest to Lochnagar. By 7 am we were striding across the top. There was a quiet, shy morning light and a scent of autumn in the air. Also there was a pervading sense of peace, solitude, tranquillity. I ran into Glen Muick full of a quiet strength. After a good breakfast I departed with Mark and Don for the final summit and most easterly Munro, Mt Keen. A tricky approach but I'd done my homework for this section. We even dawdled, hoping it would give Inken time to make the long drive round to Glen Lee and meet us on the summit. The rough moor is tantalisingly slow but at last the final climb! I move slightly to one side so I can be by myself for the end. Pause to pick a sprig of white heather, then onto the main path. The trig point comes into view and quite involuntarily I am running wildly towards it. I scramble up to it and stand gazing west through my tears to the Cairngorms, into wind, into blue mountains. "Autumn mists and silver sun and wind upon my hair." I try to grasp the realisation that I have done what in my secret heart I thought was impossible. I turn to share the joy with Don and Mark. Mark produces a little hip flask, a present from Sean for our final summit. We sip and make a toast, but one without words!

Logistics

I traversed about 400 miles on foot and 140 on the bike. Inken Blunk, Don Talbot and Mark Cudahy supported me throughout though I was not always

accompanied en route. As my "days" often ended around midnight and began between 4 and 5 am I really did ask much of them. But they were magnificent in every way. I don't think any support team has ever worked harder or more effectively. John Richardson and Sean Cudahy lightened their load from Kinloch Hourn and we saw them depart after Ben Hope with heavy hearts.

Reconnaissance

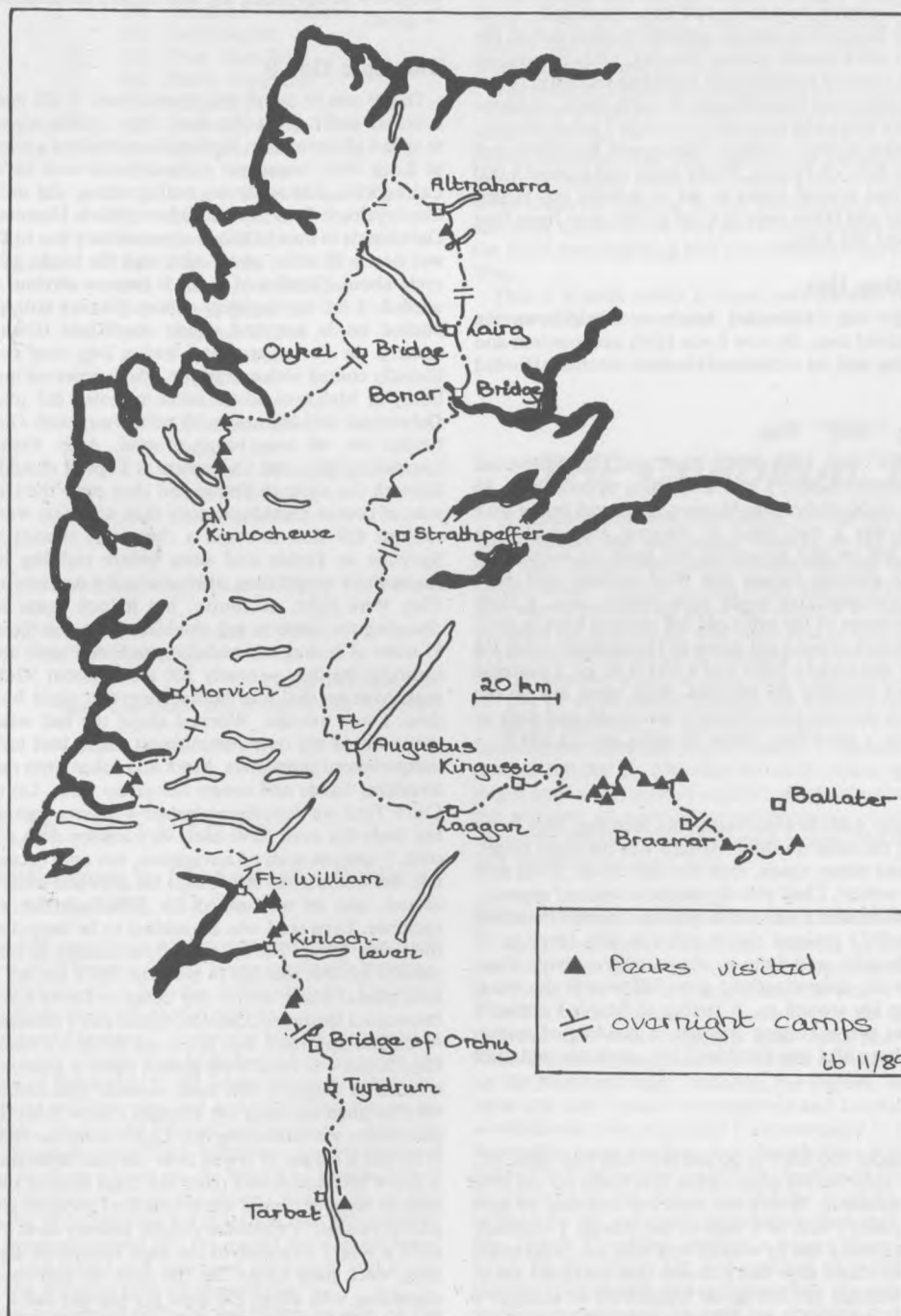
I could write a good deal about the fine balance between the need to build knowledge of a challenging route and the preservation of a sense of exploration. For this journey I spent a total of about three weeks putting the route together. I visited areas not normally traversed by the hill walker. I also learned a lot about the spread of conifer plantations. Above all, I developed a sense of gratitude to the skilful makers of the stalkers' paths, the gradual disappearance of which (mainly due to indiscriminate afforestation) we will have cause to regret. As always, the mountain sections proved less problematical than the lowland areas. In the latter one is more likely to be confined to paths which sometimes refuse to comply with one's route plans.

If anyone would like advice in tackling the route, please contact me.

MIKE CUDAHY

Peaks visited:

Ben Lomond, Stob Ghabhar, Clach Leathad, Meall a'Bhuiridh, Na Gruagaichean, Binnein Mor, Aonach Beag, Aonach Mor, Carn Mor Dearg, Ben Nevis, Meall Buidhe, Luinne Bheinn, Ladhar Bheinn, Mullach Coire Mhic Fhearchair (2), Beinn a'Chlaidheimh, An Teallach, Ben Hope, Ben Kilbreck, Ben Wyvis, Cairn Toul, Braeriach, Cairn Gorm, Ben Macdui, Beinn a'Chaorainn, Beinn a'Bhuird (North T), Ben Avon, Lochnagar, Mount Keen.





Above: Ian Ferguson (Bingley Harriers) passing the top of the Gardyloo Gully with the Ben Nevis summit in the background — Photo: Peter Hartley.

Below: J Wilkins, Angus Munro Organiser, seen descending Ben Nevis — Photo: Peter Hartley.



