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runner



September 1990

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EDITORIAL

World Cup

It seems as Dave Hodgson says in his article below that we are not in a position to disassociate ourselves from the World Cup. It may be that the dedicated man in Walshes, feels that he is not getting the best value out of the FRA when he reads Andy Styan's article in the last issue and hears about selection races and weekends for the elite. The English ALAAS receives invitation to send teams to the Mountain Running World Cup and these are passed to the FRA. The FRA also receives a few invitations to send teams to other international events. In order to prevent all the FRA committee from being involved with satisfying these invitations we have set up a selection committee for the English World Cup team and another for British invitations. We are also opening an extra account for World Cup and international activities which will not use membership subscriptions. In this way World Cup activities may be delegated and become a discernible separate activity.

There are still questions about where the funds come from and whither they may include some or all of the profits from the 1988 Keswick World Cup and also whither the FRA should send a team of regular Fell Runners, or those who perform well ONLY at road or Alpine style selection races. There will be an opportunity to discuss both these questions at the FRA AGM after Langdale.

Editorship

This magazine has been produced differently in order to ensure that it is published before the AGM. After the AGM I intend to concentrate my writing and none-running running related activities in other directions and will be stepping down from being the principal editor of the Fell Runner. No doubt some of you will still be ringing me up at 10.30 p.m. asking about races in Switzerland and France even if I leave the editorial team. There are already one or two people who have expressed interest in the editorish or in joining the editorial team and I will be prepared to tell anyone else interested what is involved and show them into the job.

PS...Selwyn has asked me to say something about entries to Ben Nevis. If you really want to be sure of getting in, make a new year resolution to run the Ben. Then when you've sobered up, or before, write to Uncle George in Fort William at the same time as you thank your Aunt for the wool socks you won't have to win at the Bens of Jura

Caption Contest

Due to the underwhelming response and difficulty in appointment of suitable adjudicators, the June Issue (Whinberry Naze: Boxing Day '89) contest is still open to all comers. (Closing date now 1st December)

Front Cover: Chris Lyon (Horwich) being chased up the big climb at Clitheroe by eventual winner Garry Wilkinson (Clayton). Photo: Peter Hartley

Back Cover: Brendan Taylor on the ascent in the Junior Coniston Fell Race, Photo: W.S. Bateson

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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 3rd December

John Blair-Fish, Five the Screens, 28 Howden Hall Crescent Edinburgh
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LETTERS

The British Championship and The World Cup

After last year's **eventful** World Cup I decided to take twelve months out from competitive racing. Since then I've done everything for the pure pleasure of it. Mind you doing Borrowdale for the first time this year wasn't entirely pleasurable. At the same time I've done a bit of thinking about the state of domestic and international racing, neither came out that favourable. Foremost I found it strange for the British Championship to be changed from what seem a good system. Secondly, I thought how both the quality of the British and World Cup could be improved.

The British Championship system has always been changed every few years. For what reasons I do not know. In terms of committee time, administration and benefit of the runners it would surely be better to stick to a chosen system. Personally I feel nine counters would represent a better championship. It would also award points to those who are most consistent throughout the season, rather than to those who have just a couple of good performances.

As a young aspiring 'fell runner', I want to compete in both the British Championships and the World Cup. But as far as I can see it is just not possible. Some of you readers may well say "tough", well ok you may be right, but I believe there is a way in which the British and the World Cup can be enhanced.

At the moment I feel that the World Cup is overrated and does not deserved an annual fixture. I would rather see, and I suspect others will, the World Cup being held every three years. This would result in three things. Firstly, the World Cup would gain greater prestige and credibility. Secondly, allow a true representation in the British Championship. Thirdly, lead to better preparation of the home countries for the World Cup.

I guess what I am trying to say is that the domestic scene should not be altered for the international one. I see no reason why British fell running should be affected by mountain racing abroad. (Lets face it the World Cup isn't going to be in the British Isles for some time.)

Hopefully next year I will be running in the World Cup. But I cannot see myself competing every year, with the current annual status, as I wish to concentrate on the British also. After all I am a fell runner.....aren't I?

GEOFF HALL

Evaluation of Damage to the Environment

Colin Pritchard raised the question of how we can defend the sport of fell running when it clearly causes erosion. His friends saw the erosion of 300 pairs of Walshes.

Almost any use of the environment causes damage and this needs to be evaluated in two ways.

1. What are the benefits of the use? Fell running enables a lot of people to enjoy the hills, to take exercise and is not exclusive - we don't close the fell to everyone else (unlike shooters).

2. Is the damage significant? The Langdale Race takes place only once a year. Walkers use the same paths every day of the year and over the year cause many times more 'damage'. The net result is that the path becomes rather wide and rocky or boggy. Does this matter when it is only a tiny percentage of the whole mountain (1% or less) which is affected? After all, much of the mountains are naturally boggy or scree-covered. Fell runners may also create a few extra paths - this is totally insignificant compared to the tracks made by sheep.

Fell race organisers should bear in mind the environmental impact of their event and seek to minimise it, even if the impact is hardly significant, by suitable choice of route and placement of checkpoints. However, we should not always give way to those 'environmentalists' who seem to want everyone out of the hills - we should demand that valid quantified scientific reasons are given before we concede any ground.

DAVID ROSEN
Lancaster & Morecambe A.C.

Digging up the Erosion Issue

I was interested to read Colin Pritchard's letter about erosion on the Langdale race. It spurred me to write a letter that I had originally wanted to fire off in 1988 after my experience in the Borrowdale race of that year. Unfortunately the issue was a bit stale at the time following several representations by Jeff Connor. However, since that time little seems to have been done to seriously address this problem, and recent experiences in South Wales indicate that the controlling authorities are hotting up to the erosion issue. Back in 1988, at the Borrowdale race, I was shocked and dismayed to have taken part in what can only be described as an act of rural vandalism. I refer to the route up Bessyboot. Presumably in an effort to spare the regular footpath, the runners were sent up a steep rocky gully. The surface of this gully was very loose, and rock-dodging became a serious occupation as 240 pairs of studs ripped the unstable surface to pieces. I hope to God no observers saw the significant damage done. Why

was the footpath avoided? To make the race more "exciting"? or to save the footpath from damage. The first reason is untenable, and the second is erroneous since at least footpaths are subject to maintenance. Now I would be the first to agree that we must not sanitize our races, but common-sense must prevail if the under-foot conditions are delicate and not subject to repair.

In South Wales, where fields average 50, we have had considerable difficulty with the National Parks authority over the erosion issue resulting in the cancellation of two races. Both have been re-instated, but not without considerable effort, and the future is obviously volatile.

The writing is on the wall for all of us, and I suggest that it is time for our committee to come up with some firm directives on this issue, or else all the time they spend discussing the World Cup will be wasted, as our access to our own training grounds will be denied!

This over the top point of view is really only a way to link up with the second point of this letter, and that is a comment on Andy Styans "kiss and tell" article in the last issue. How much I agree with most of the points he makes, but I must take him to task over his contention that "If you are interested, you do it" with reference to participation in the British Championship. Mr Styan, I wish you to know that I **am** interested, but time, family, financial and professional restraints mean that serious participation is out of the question. I am sure that many of us have to balance these factors against the solitary and selfish passage of time in the soul-cleansing lonely tracts of our beautiful highlands. But I don't really mind. The effort to compromise only heightens the joy and sense of freedom I feel when I scale those non-championship but achievable heights.

See you for a beer at the Ben Andy?

Yours in Sport
SIMON BLEASE

A Policy of Silence in Fell Races Advocated

I read with interest that officials at Wimbledon this year were considering whether or not grunting should be penalised on the grounds that it was becoming so loud that opponents were likely to be distracted by the noise.

Not a moment too soon I say. When can we expect the F.R.A. to pursue such a policy. Fell Running, like Wimbledon, is steeped in tradition and should be carried out in a serene silence in keeping with its surroundings. All too often we hear the phrase that 'so and so was breathing down my neck'. This is as un-sporting as it is unpleasant and the sooner it is eliminated the better. The abundance of grunting, wheezing, blasphemy and dare I say it, flatulence that has permeated our sport has reached epidemic proportions.

I never look behind me when racing. I have no desire to see who is there, nor do I want to know who is descending while I am still on the way up. Those who engage in the un-gentlemanly conduct of shouting 'gerraahtofmeeway' as they descend

out of control should be banned for life.

I do not pretend that I am perfect and I must own up to a muted 'bollocks' when I turned an ankle whilst descending Beinn Shiantaidh on the Bens of Jura. In mitigation I must say that I was at the back of a strung out field with no other living soul for miles but may I offer an unreserved apology for this momentary lapse.

Please let us suffer in silence.

STAN WIMOCK
BINGLEY HARRIERS

No Rejects Running Three Peaks Please

Whatever the strict legal position, this Association believes that it has at least a moral duty to do what it can to safeguard competitors and bearing in mind the nature of the race, the terrain and climatic conditions that is a complex task.

We start by vetting the entries to ensure that competitors have the experience and skill necessary to reduce risk to a minimum but even so accidents do happen. In fact, about 10% of those who start the race will become casualties and competitors do become lost (two this year). When that happens things can go very wrong very quickly. Never forget, that the race has claimed one life already and so the rescue facility swing into action first questions being asked later.

Some runners are naturally disappointed when their entries are rejected; we can understand that. What we cannot understand, or condone is the fact that some of these people run round the course on race day passing through check points and even through the finish funnel. As a result, the positions and times allocated to competitors are thrown into confusion, which is annoying but not life threatening. However, the race monitoring system also become confused and that is dangerous.

Moreover, if we receive a report that a runner needs help we turn out. You can see that by going to the assistance of a non competitor we might be committing the very resources needed to rescue a competitor. You will readily understand our dislike of non-competitors on the course on race day.

We cannot stop people using rights of way but much of the route is not on a right of way and is negotiated specially with farmers for use by competitors on race day only. Non-competitors should be aware that they as a result face a trespass action.

More than that, this Association will in future decline to accept entries from people who have run the race without being competitors and where appropriate we shall report the facts both to the individuals club and the governing bodies.

Please don't do it.

On a separate matter we are concerned by the lack of support in recent years for the junior race and we understand that we are not alone in this.

We have done what we can in terms of providing organisation, suitable well marshalled course and a plethora of prizes and the race has been a proving ground having been won in the past by people such as Shaun Livsey and Gary Devine. We are at a

loss to know what else we can do.

If however, juniors are not encouraged then there is some danger that the sport will ossify at all levels and for the time being we intend to continue to offer this event. We think however, that this is an area which the F.R.A. and the clubs should carefully consider.

D. A. CROFT
SECRETARY

Reply to Judith Johnson on Ladies Prize

Regarding Judith Johnson's letter in the last issue of the Fell Runner.

At present I don't think clubs field sufficiently many ladies to have reasonable national and home country ladies' team championships or ladies' team prizes in most individual races (though their introduction could encourage clubs to a better turn-out of ladies).

Alternatively has anyone considered mixed team championships and race prizes, where each team would have to have a certain minimum number of ladies; instead of separate mens' and ladies' teams. Apart from involving ladies in (decent) team championships this would bring them into the centre of the club's activities and club's would be forced to encourage ladies every bit as much as men. Politically however there are a few clubs high in the team rankings which are at present poorly endowed with ladies who might for obvious reasons think the idea a bit premature.

Yours sincerely
MAXIM TINGLEY

An Explanation of the Cheviot Omission in Holmfirth's P.W

We wish to congratulate Bingley Harriers on coming so close to our record whilst recording the best time to include The Cheviot detour.

Of course we are happy to remain the record holders but not so happy with the adverse publicity from several previews and reports of this latest Bingley attempt.

It should be without saying that we conscientiously followed the 'official' Pennine Way route but we must point out that a 'precise' route can never exist.

We also 'doubled up' as dictated by the rules but the '1500ft' points can never be 'precise' as is the point when daylight changes to darkness and as is the maximum permissible distance between a pair of runners. In other words the P.W. Relay is based on an informal framework where opinions, interpretations and integrity are in integral part of both the route and the rules.

We therefore believe that the rule stating 'the defined route as preferred in A.W. Wainwright's P.W. Companion including ascent of the Cheviot Hill etc.' should also be subject to different inter-pretations.

Wainwright clearly PRE-FERRED NOT to go to the Cheviot Summit and seemed to actually discourage anyone from including 'the detour'. From this and other publications we believe the

official Cheviot Summit detour must be an 'optional extra'.

The decision to put our beliefs into action was taken at the 1/2 way point (Middleton-in-Teesdale) when we had steadily come to be 45 mins inside record schedule i.e. within sight of the 28 hour barrier.

We thought this, together with being 3 times P.W. record breakers, gave us sufficient clout to remove the considerable doubts cast about this record, past records and possible future records from the existence of such a terrible temptation to save time (so near the end).

We respect but regret Bingley's decision not to follow our example and feel they should have left their '85' best time as THE record if not happy with ours.

ROGER BRADLEY

Douglas Bell Replies....

The time taken for our record 29 hours 8 minutes 20 seconds and we are now seeking ratification of our time with the Guinness Book of Records, as the true record for the Pennine Way 24 man relay. Perhaps this should have been done in 1986, when Holmfirth missed out the Cheviot top and yet claimed the record. It was not. I was not party to that decision and can not comment. Holmfirth's time whilst not including the Cheviot, was 30 minutes faster than Bingley's time in 1985. Which, ironically was ample time to run up and down the Cheviot. But this time the boots on the other foot. If we had also missed the Cheviot then we would have beaten their time by about 22 minutes.

There is no point in having rules and not sticking to them. To our knowledge the route laid down by Clayton in 1970 has been adopted by all attempts since then. They specifically included an ascent of the Cheviot as per the official guide. That was the route used by Holmfirth on their previous two record breaking runs in 1977 and 1978 and it is the route that their schedule indicates they intended to take in 1986. Holmfirth's time in 1986 is an excellent time for the route they took - but, it was not the record for the Pennine Way and should never have been put forward and accepted as such.

If you are asking yourself why are Bingley bothering? When they know they hold the true record. Then ask any of Bingley's 24 runners and they will tell you 'Because we deserve it.'

Membership of BMC

You may be interested to know that I am now a Vice-President of the British Mountaineering Council. For me, this means more committee meetings and an increasing awareness of what the B.M.C. does. I would like to pass on that awareness to you.

The B.M.C. exists to promote mountaineering and to look after the interests of British mountain-ering at home and abroad. It employs only four professional officers and much of its work is done by volunteers.

The major issues are in Britain and they relate to access and conservation. To mention just one, the National Parks are under review and, as readers of the outdoor monthlies will know, there is no representative of mountaineering (or

any other energetic pursuit) on the review committee. The B.M.C. is doing its best to correct this sorry state of affairs.

However the B.M.C. is severely limited by lack of funds. Another Access Officer is urgently needed, but a post cannot be created until the money is available. The resources of the B.M.C. are its members, and the necessary funds will have to come from increasing the membership.

There are two alternative subscriptions for individual members - £6.50 or £20, depending on whether you require 'High' magazine every month. 'High' is at present the magazine in which B.M.C. news is officially published, and further details can be found in any issue. Members become eligible to influence B.M.C. policy by contributing to their local area meetings, get third party insurance when in the mountains, qualify for all the B.M.C. personal insurance schemes, and gain other direct and indirect benefits too numerous to mention here.

The address of the B.M.C. is Crawford House, Booth Street East, Manchester M13 9RZ. Please give it your support.

Yours in sport
ANGELA SOPER

Where are they now?

Did you know..... that Dave Cartridge has been out of action for over a year now. His absence he says is because he has been diagnosed as suffering from post viral fatigue syndrome (ME). Hopefully we'll see him back soon.

Two "expats" reappeared this summer on the fell running scene, especially in Cumbria. West Cumbrians Peter Trainor (Keswick) and John Rea (Cumberland Fell Running Association) have returned from a spell overseas (P.T. - Saudi Arabia; J.R. - South Africa). Presently in the second half of the field they should get better results when they've reacclimated to our hills.

Yours in sport
N. SHUTTLEWORTH

No Race Start Till All Are Numbered

I read with interest the report on The Tigger 'T' Higger Tor Race. I agree with Don Langley that people not having numbers or not entering races officially, is totally out of order. I suggest that if a person is seen at the start of race without a number, it does not begin until that person has one.

Don mentioned they are too mean to pay the £2 entrance fee, which may be right. Whilst I suppose this isn't expensive for a 9.5 mile BM cat. race and I certainly wouldn't make excuses for the spoilers mentioned above, the increasing prices of races will no doubt affect unemployed or poorly paid runners.

Why is it some organisers charge 50p to £1 (and in some cases nothing) and some races are asking and the day price of £3.50! The two races I noticed charging this were The Wrekin Fell Race and Eston Nab, there's probably more. This would seem to be blatant exploitation, after all there are more and more races and if these people

want us to join them why rip off the ones who turn up?

I've run a few races in the past few years but it's only this year I've joined the F.R.A., because if we don't join together to keep a check on cheating competitors and overcharging organisers we will have no sport at all.

D. R. TOOTELL

Thanks to those who assisted me at Jura

I recently took part in one of my favourite fell races, The Bens of Jura. Unfortunately, I dislocated my shoulder avoiding a rock, on the descent off Ben Shiantaidh. So I'd like to say a sincere thank you to all the people involved in helping me off the mountain. Especially to Barry Laycock of Ambleside who gave up his race to assist me. Also I say 'thank you' to all the people on Jura who looked after me so well. To Donald Booth race organiser, and finally to my club mates for putting up with me.

Yours sincerely
RICHARD IS BISTER
HORWICH RMI HARRIERS

Overseas Challenge Registrar Appeal

After volunteering for the job of Overseas Challenge Registrar (Fell Runner, Jan '90), I braced myself for a deluge of letters detailing various exotic high-mountain traverses. In reality, only Chris Gravina and Dennis Weir have so far sent details of their foreign exploits.

Now, I know that Chris, Dennis and myself are not the only British fell runners to have been active outside these green (and often claggy) shores, so I am still hoping that more of you will eventually put pen to paper to get your overseas runs registered. It doesn't matter how modest your performances are, after all, my own Sierra Nevada traverse (Fell Runner, Sept '89) is a fairly soft 'record' (Helene Diamantides has expressed interest in visiting the Sierra Nevada, I just hope she doesn't slice too many hours off my time.....).

On a completely different subject, will race organisers please note that Chorley (near to and far bigger than, Horwich, Lancs) has two running clubs. Chorley A.C. (the original, and the only one with a Fell Section), and Chorley Harriers (a breakaway pirate outfit whose members sometimes turn up at the odd fell race). It is causing confusion when both clubs are listed on results as "Chorley", people might get the idea that the Harriers are a *fell running club*!.

ANDY WALMSLEY

Colin Donnelly's Entry to the Ben Nevis

It would appear that the Ben Nevis race committee refused an entry to Colin Donnelly on the grounds that the race quota was full by the time his entry arrive (not because he missed the closing date). The current three-time British Champion has thereby been denied the chance of retaining his British Championship for a record fourth successive time. What on earth is the point of having a British Championship if the Champion cannot

take part? Surely there should be built-in flexibility within a quota system in British Championship races whereby champions and championship contenders are given an automatic right to run? May I urge the F.R.A. executive committee to use what power its got to protect the dignity of fell-running and to protect British Championship races from farcical strangulation at the hands of stupid bureaucrats.

FRANCIS UHLMAN

Selwyn Wright replies

Ben Nevis was included in the Championship this year because it is one of the most popular races around and it is a classic, perhaps the classic, race route in the UK. For the same reason Snowdon was included - this was a definite policy decision which follows some criticism of one or two rather marginal events in previous Championships which were not well supported.

I became aware on 25.6.90 that the Ben Nevis had reached its limit of 500 and that Colin Donnelly's entry, amongst many others, had not been accepted. I discussed this problem with George McFarlane, the race Secretary. He had two major difficulties. Firstly, the Mountain Rescue have imposed a limit of 500 after bad weather problems a couple of years ago. Secondly, the SAAA have a rule whereby substitutions are not allowed. George McFarlane was genuinely looking for a solution and it should be emphasized that this problem is not of his making.

The problem was discussed at an FRA Committee Meeting on 1.7.90. I was asked to write to George with a proposal that he should accept the entries of the 100 or so people who entered after the race reached its limit but before the closing date of 30.6.90. This proposal was duly made, and on the basis that around 25% of pre-entered runners do not make the start line in races generally, and so the probability of exceeding the 500 limit would be minimal.

The B.N.R.A. did not accept our proposal. I am very sorry for the runners concerned - especially for Colin and others such as Judith Harold, Sean Livesey, Tony Hulme and Norman Matthews, who are involved in the Championship. The problem has arisen before and to be perfectly honest is likely to do so again: while ever we want classic races as part of the Championship we are going to have this problem. To suggest that a list of elite runners should be guaranteed entries goes right against the egalitarian nature of the sport. There would be practical difficulties as well.

Who decides which names go on the list? If you go on the previous year's Championship then what happens to the guy who didn't run last year but is leading this year? What happens to the new vet?

The only answer that I have is the rather crass one that runners involved in Championships take this as a warning and make sure that entries for popular classic races go off very early. I know that people don't want to enter races months in advance and that there is criticism of the early closing date for the Ben. In the event this didn't make a scrap of difference. The race would have been full on 23.6.90 when

the 500 limit was reached even if the closing date had been August 31st! If anybody has any solutions to this problem then I'd be very interested to hear them. What would you do? How about a competition to design a perfect Championship? If readers tried to do that they would begin to realize what a hard task it is!

SELWYN WRIGHT

Holme Pierrepont Running Club's Coast to Coast

A recently affiliated club, Holme Pierrepont from Nottingham, an area not yet noted for its fellrunning tradition, embarked on an ambitious relay of 470 miles over the Whitsuntide bank holiday involving 37 runners and support.

Starting in Cumbria at St Bees the Coast to Coast was covered followed by the Cleveland Way through Scarborough to Filey. The Wolds Way took the runners to the Humber bridge and the Viking Way crossed flatter country to Oakham and then home via the Grantham canal back to Nottingham. The total time - 69 hrs, 30 mins, 12 secs.

Not content with this, members on "rest" periods succeeded in completing the remainder of the Cleveland Way and Grantham canal and adding the Jubilee way.

£700 was donated to 'Skylark holidays' for handicapped people and to a 'Cot Death Alarm' fund.

ALISON HOOD
(Member of Holme Pierrepont Running Club)

British Championship Update

Five races: Pen Y Fan and Eildon (Short), Snowdon (Medium), Edale and Ennerdale (Long) have now been run. The remaining Ben Nevis (Medium) will have been run by the time this magazine is printed. Runners may score in four races, at least one from each category. Those wishing to find out their position in either the British or English Championships before the

next magazine is published at the turn of the year should contact the statistician, Mark Hobson, whose address appears above. Leading positions in the British Championship before Ben Nevis are as follows:

Senior Men

1. S. Livesey Ross	108
2. G.Devine Puds	107
3. C.Donnelly Eryri	96
4. E.Roberts Eryri	77
5. G.Schofield Black	74
6. D.Hughes Hebog	70
7. M.Rigby Ambleside	64
8. A. Peace Bingley	60
= M.Fleming Ambleside	60
10. K.Anderson	60

Vets O 40

1. D.Spedding Keswi	62
2. A.Hulme Pennine	56
3. P.Marshall Hadd	51
4. D.Quinlan Bingle	48
5. M.Walford Kendal	41
6. D.Williams Eryri	36
7. J.Griffiths Aber	30
8. D.Keams Bolton	29
= B.Deegan Rochdale	29
10. J.Sweeting MDC	23

Vets O 50

1. N.Matthews Horwi	88
2. B.Thackery DPFR	73
3. R.Bell Amble	71

Ladies

1. T.Calder ESPLC	48
2. P.Gibb Telford	25
3. J.Johnson Denby	22

Teams

1. Pudsey	42
2. Ambleside	33
3. Eryri	29
4. Bingley	26
5. Keswick	25
6. CLM	16

English Championships

This year's English Championships were run over the best four races from the six races: Gategill and Thieveley Pike (Short), Fairfield and Skiddaw (Medium), and Edale and Ennerdale (Long). Leading positions follow.

English Championships Senior Men

1. R.Jamieson Ambleside	91
2. S.Livesey Ross	86
3. G.Schofield Black	83
4. M.Fleming Ambleside	74
5. P.Skelton Keswick	68
= D.Ibbetson Glossop	68
7. R.Bergstrand Mandale	68
8. A.Whalley Pudsey	67
9. W.Bland Keswick	64
10. W.Gaunt Pudsey	61
11. T.Pair Glossop	59
12. I.Fergusson Bingley	54
= A.Trigg Glossop	54
5. D.Devine Pudsey	50
= M.Rigby Ambleside	50
16. M.Prady Glossop	48
17. P.Sheard Pudsey	47
18. G.Bland Keswick	45
19. I.Holmes Bingley	42
= D.Spedding Keswick	42

English Championship Vets O/40

1. T.Hulme Penn	67
2. W.Bland Kes	63
3. T.Hesketh Hor	62
4. D.Speeding Kes	58
5. D.Quinlan Bin	54
6. B.Deegan Roch	43
7. P.McWade CLM	36
8. D.Keams Bolton	35
9. M.Walsh Ken	31
10. K.Carr CLM	25

English Championships Veterans O/50

1. N.Matthews Horwich	88
2. B.Thackery DPFR	74
3. R.Bell Amble	72
4. H.Blenkinsop Keswick	48
5. B.Fielding Leeds	45
6. R.Barker Red rose	31

English Championships Teams

1. Pudsey	38
2. Ambleside	33
3. Glossopdale	32
4. Keswick	25
5. Horwich	24
6. Bingley	23

English Championships Ladies

1. C.Cook CLM	42
2. J.Harold Horwich	21
= J.Johnson Denby	21
4. C.Hughes Reading	16
= P.Gibb Telford	16
6. S.Rowell Leeds	12
= R.Howie	12
= H.Diamantides Amble	12

John Blair-Fish



Adrian Belton and Mark Rigby - "Kings of the Mountains" ■ in the Karrimor Three Peaks Yacht Race.

Photo: Bill O'Connor

FELL RUNNERS ASSOCIATION

OFFICERS AND COMMITTEE MEMBERS 1989-90

Chairman: Dave Hodgson 197 Hall Lane Horsforth Leeds LS18 5EG H-0532 585586 W-0532 441244 x 2343	Secretary: Selwyn Wright 4 Brade Street Broughton-in-Furness Cumbria H-0229 716797	Treasurer: Barbara Carney 16 Birchlands Grove Wilsden W. Yorks BD15 0HD H-0535 273508 W-0274 551156
Membership Secretary: Pete Bland c/o Peter Bland Sports 34a Kirkland, Kendal Kendal, Cumbria LA9 5AD H-0539 821688 W-0539 731012	Fixtures Secretary: David L Jones 12 Victoria Avenue Cheadle Hulme Stockport SK8 5DL H-061-485 1639 W-061-776 1977x247	Editor: John Blair-Fish 28 Howden Hall Cres. Edinburgh EH16 6UR H-031-664 8425
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Norman Berry 165 Penistone Road Kirkburton Huddersfield HD1 0PH H- 0484 602922	Club Representatives: Gary Devine Nelson House Calton, near Ayrton Skipton BD23 4AD	Danny Hughes Hallsteads Gosforth Cumbria CA20 1BJ H-094 05 366 W- 0940 27726
Rod Pilbeam 2 Esh Court View Esh Village Co. Durham DH7 9QG	Member Representatives: Jamie Smith 3 North View Hipperholme Halifax HX3 8EP H-0422 202089	Dave Weatherhead 47 Clarendon Road Eldwick Bingley BD15 3DL H-0274 564102 W-0422 343798

Scottish Representative: Alan Farningham 13 Abbotslea Tweedbank Galashiels TD1 3RZ H-0896 58894	Co-opted: John Taylor 14 New Lane Skelmanthorpe Huddersfield HD8 9EH H-0484 862446
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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 Isgrai, 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

There have been 3 meetings since the last Magazine in addition to the annual Championships decision making jamboree. At Ambleside in May the Fairfield Race provided the jam in the sandwich as we met before and after the race! John Lister, the Treasurer of the AAA filled us in on the progress made towards BAF, which at that stage was - not much!

Dave Weatherhead and the sub-committee looking at computer-isation of the administration of the FRA produced some initial material suggesting that full computerisation and word processing facilities for officers would cost around £6000. We decided to move very cautiously, feeling that the benefits must be quantified before any decision is made.

We also looked at the proposals for a new magazine - 'Up and Down' to replace Compassport, and decided that no action would be taken until we had something in writing from the Editor, Dave Woodhead.

Norman Berry reported back on an International Training Weekend held in Coniston in April and there was discussion on coaching for fell running and on a working party to help the National Trust in the Lakes on projects such as wall re-building and footpath maintenance. Various invitations to international races were discussed. We also decided not to hold an Open meeting in addition to the AGM, as had been suggested by Dave Woodhead.

Keswick, July

It was reported that Jim Darby, who had been appointed England Team Manager, had resigned, blaming lack of motivation for the World Cup by senior athletes and Committee. After a long discussion Pete Bland was appointed with Tony Hulme as assistant.

We decided to look into the possibility of awarding an FRA instead of the usual glass tankards to trophy winners at the Dinner. We also decided to propose that the World Cup should become a bi-annual event, feeling that at the moment it happens too often to be taken seriously enough by most of our members.

Many people have had their entries for the Ben Nevis race returned because the race reached its limit of 500 a week before its closing date. I was asked to write to the organiser making various suggestions as to how to resolve the

situation.

A cheque for £2,000 has been received from the AAA towards our administration costs. Similar grants have been made to the ECCU and the Race Walking Association. Next years FRA Relay will be staged by Bingley somewhere in the Yorkshire Dales.

Sedbergh, August

At 4 1/2 hours this was the longest committee meeting ever! Its hard to say what the main issues were. We decided to set up an England International Development fund as a separate entity so that there could be co criticism of our using members money for international training weekends or for attending international races. We felt that to do this the agreement of the AGM was necessary and a motion is to be put to the AGM to the effect that half of the profit from the Keswick World Cup should be used to start the fund off. This would amount to just over £800.

Updates were given on the 1990 Relay event and the proposals from Bingley for the 1991 event (i.e. based on Kettlewell or Hawes and teams to consist of 4 x 1). The FRA medal will not be ready for this year. There is to be a competition to design the medal in time for next years awards.

There has still been no progress as far as Ben Nevis entries is concerned and amongst many others Colin Donnelly does not have an entry. There had been suggestions that we should scrap the Ben as a Championship race and substitute another race. It was felt impossible to do this as many people had paid £6 on the basis of its being a Championship event. It was not seen to be a good idea to add a seventh race at this late stage and there would be great problems with notifying people. The Secretary suggested that in future where Championship races are pre-entry a list of last years Championship results should be sent to the organiser with a request to guarantee entry to top athletes. This will be more fully

APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

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

MEMBERSHIP BENEFITS

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

A very comprehensive calendar listing over 200 events.

Membership runs from January 1 st to December 31 st.

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

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

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

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

debated at a future meeting.

The Committee was informed of England World Cup selections and the difficulties which have arisen over Junior Mens selection because we do not have definite selection criteria. This is to be resolved for next year when a member of the selection committee will have special responsibility for Juniors.

The Secretary proposed that a motion be put to the AGM to the effect that in order to be selected for England an athlete must have completed 3 'A' Category fell races in the same year. This proposal was defeated after much discussion. It is hoped this question will be debated in the Open meeting after the AGM.

SELWYN WRIGHT

Open Fell Running

Steve Hawkins is quite right to feel aggrieved about 'pro' runners running in 'amateur' races while he can no longer compete in their events. This is a subject which has been close to my heart ever since I myself was banned for competing at Ambleside Sports!

There will be many newer members of the FRA who will not be aware of our attempts in the mid 1980s to unify the sport so that athletes could run wherever and when-ever they wanted. It was thought at the time that the AAA was the body standing in the way of unity, and my motion to the 1985 AGM stated:-

"The FRA recognizes that in principle there is no difference between amateur and professional in our sport. The Committee is requested by this meeting to seek an end to this distinction by means of negotiation with the AAA (or by any other appropriate means)."

This motion was carried unanimously and we became involved in talks with the AAA which were quite successful.

The outcome was that we put forward to the British Open Fell Runners Association (BOFRA) the possibility of their races being publicised in our Calendar, so receiving FRA registration and hence a AAA permit. Cash prizes could be treated as training grants or travelling expenses at the request of 'pro' race organisers. An amnesty would have been announced by the AAA for all 'pro' runners who would then have been allowed to compete in all our races. Unfortunately this was not accepted by BOFRA because they felt their races would be swamped with FRA members wanting to take part and the whole saga ended with the 'pros' saying that they were happy with the existing division between 'pro' and 'am'. Newer members might be surprised to find that it is BOFRA which stands in the way of 'Open' Fell running and not the AAA. That, however, is the situation.

The Committee felt at the time that it would be wrong to try to unite the sport against BOFRA wishes and so the two branches of the sport have continued to go their own ways.

Similarly we have felt that our members would not want us to conduct any sort of campaign against the runners who are competing in both codes - although most of us are aware of various individuals who do so, and we are aware of 'pros' who are in the

FRA. (This does not in fact contravene AAA laws; only actually running in unpermitted races or against 'pro' runners is illegal.)

Steve Hawkins clearly feels that some athletes are getting the best of both worlds. If Keighley Hill Runners are really running both 'pro' and 'amateur' events then we should encourage them to make BOFRA change its policy and allow us to do the same. At the moment it is BOFRA who are hiding behind AAA laws to keep their events small.

The FRA has put forward a way for everybody to run in all types of fell race. That can't happen without BOFRA's support. As things stand at the moment our race organisers are quite within their rights to refuse the entry of anyone who they think is a 'pro' runner. Perhaps if more organisers did that, as at Bumsall, it might encourage the athletes in question to get BOFRA's policy changed!

Negotiations with National Parks

Members might want to know how we have responded to the new National Parks Review Pane., which, amongst many other things will be looking at all types of competition within the National Parks.

Professor Ron. Edwards 24.6.90
National Parks Review Panel
Dear Professor Edwards

The Fell Runners Association has 2800 members from all over the U.K. but chiefly from England and Wales. Our members are regular users of all the National Parks with the exception of the Broads, both in competition and for simple enjoyment.

We are concerned to protect the environment we enjoy and we have a proven record of cooperation with landowners such as the National Trust in this respect. We are aware that a Review is currently under way on the whole spectrum of the Parks and their use, and we have views on the future of the Parks which we would like to put forward.

I am at the moment not aware of any mechanism for our voice to be heard or for any consultation generally. I would be very pleased if you could give me any details of a way to make our views known.

In any event I would like to take this opportunity to give you the basis of our position particularly on point 5.3 iii of the Council for National Parks submission.

- 1) We are well aware that the upland areas of England and Wales are a fragile environment and that we bear a great responsibility for their protection.
- 2) We do not believe that competition per se has a detrimental effect on the landscape or ecology.
- 3) If alerted to environmental difficulties posed by competition we will always seek to resolve those difficulties by such actions as changing routes, dates or by limiting numbers.
- 4) Research shows that numbers of competitors in our events are not rising and indeed have in many cases fallen over the last year or two.
- 5) We have a liaison arrangement with the National Trust in the Lake District (probably the most sensitive

area) which has worked well and has led to a voluntary limit on numbers of competitors. This arrangement could be offered in other areas and to other organisations such as National Parks.

6) We make strenuous efforts to curb publicity of our events and have on many occasions turned down television coverage in an attempt to keep our sport from growing too large for its environment.

7) Fell Running is a traditional sport with a long history going back hundreds of years. We feel it fits in well with the aims and objectives of the Parks.

8) For all these reasons we feel that it would be wrong to place any sort of blanket ban on competition within the Parks - at least as far as Fell Running is concerned.

There is some concern that the recent decision in the Brecon Beacons not to give permission to a Fell Race which last year attracted 26 runners may become the thin end of the wedge, particularly as there is no similar ban on groups of walkers, some of which presumably number more than 26. We of course, seek permissions from landowners for our events which walkers do not. There is a feeling that in this case we have been punished for our honesty. I put this case forward as an example of what we feel is an unhelpful and rather dogmatic stance by one National Park which we very much regret.

I should like to end by assuring the Review Panel that we as an organisation and as individuals, have the welfare of the Parks very much at heart. We do not want to destroy them because we love running in the Parks and many of us love living in them as well!

I shall look forward to hearing from you.

Yours sincerely,
SELWYN WRIGHT,
BEN NEVIS RACE

Team Manager

Peter Bland has recently been appointed by the Fell Runners Association as England Team Manager, a position embracing national teams competing in fell and mountain races, the major event being the ICMR World Cup, this year hosted by Austria. Now a successful sports shop proprietor, Peter, 48, has a broad base of experience having taken part in

many of the classic lakeland guide races earlier in his career as well as orienteering and cyclo-cross.

After amateur reinstatement, he joined Kendal Athletic Club and has since competed in many fell races both in Britain and on the Continent, finishing sixth in the British Fell Running Championship in 1973.

A well known and respected personality in fell and mountain racing, he will, as Team Manager take overall responsibility for advice and guidance to competing athletes.

FIRST AID ON MOUNTAINS by Steve Bollen MB FRCS

PUBLISHED by the BRITISH MOUNTAINEERING COUNCIL

This is in a small booklet form 6"x 4" and weighing only 2oz. The contents are comprehensive and succinct to the point of brevity. As it states in the introduction, it is not intended as a complete first-aid book, but the author also hopes it will not be used whilst sitting beside a casualty. In fact the booklet doesn't state who it might be intended for and this is my main criticism, for it is certainly not comprehensive enough for beginners in first-aid and to superficial for experienced people. Perhaps those people (like myself) who cannot remember all the international signals for helicopter rescue and those who passed their first-aid exam years ago, may find it useful as an aide-memoir and at 95 pence it can hardly be called expensive. As previously stated it is small and light and can easily be slipped in the rucksack with the whistle, spare battery and woolly-hat. It may come in useful to flip through to help pass the long Himalayan nights and is just the right size to be used in an emergency for an attack of Delhi-belly.

DR B H WALKER.

BACK ISSUES

Back issues of the Fell Runner available from the editor: 75p plus postage July 80, August 81, July 82, December 82, July 83, January 84, Summer 85, Summer 86, at £1 each plus postage Spring 87, Summer 87, May 88, June 89, January 90, June 90.

Championships 1991

At a meeting held after the Snowdon race in late July the following list of races was decided on to decide the British Championship, on the same format as 1990 i.e. four races to count from six. (This is a provisional list.)

April (4th weekend)	Scree Hill	Scotland	Short
May (3rd weekend)	Stuc A Chroin	Scotland	Long
June (2nd weekend)	Camedoan	Wales	Medium
July (3rd weekend)	Ingleborough	England	Medium
August (1st weekend)	Borrowdale	England	Long
August (4th weekend)	Cnicht*	Wales/England	Short

*(now replaced by Wrekin)

As far as the English Championship is concerned, the format will remain the same as this year and the following races were chosen provisionally.

April (1st weekend)	Kentmere	Med
May (1st weekend)	Simons Seat	Short
July (3rd weekend)	Ingleborough	Med
August (1st weekend)	Borrowdale	Long
Sept (last weekend)	Thievally Pike	Short
Oct (2nd weekend)	Langdale	Long

These lists will be confirmed in the 1991 Calendar, due out in December.

F.R.A. British Championship Medal - Design Competition.

The F.R.A. Committee have decided to commission a special medal to be awarded to the first three in the various championship categories. The medal, which will be minted in Gilt, Silver and Bronze will be awarded for the first time in 1991.

Members are invited to submit designs for consideration and the designer of the winning medal will receive as a prize one of the first batch of medals to be minted. The Committee have laid down the following requirements for the design:-

1. The medal must be suitable for both men and ladies awards.
2. The design is required for one side of a medal 5cm. in diamet (The reverse will be engraved with category and position of award).
3. The design should feature a Fell running related subject e.g. running figure(s), mountain landscape, and should also incorporate the F.R.A. Logo.
4. Closing date for entries is 31st January 1991.

Entries should be submitted to

Dave Hodgson,
197 Hall Lane, Horsforth,
Leeds LS18 5EG.

Photo Copies will be acceptable.

The F.R.A. and World Cup for Mountain Racing.

It is clear from some of the comments made to members of the Committee that there is a good deal of misunderstanding about the selection and financing of teams to compete in the World Cup Mountain races.

I am fully aware that mere mention of World Cup is like a red rag to a bull to some of our members. However, criticism should be based on fact and not heresy or distortions, and this article is an attempt to correct some misconceptions. Whilst it is true that all committee decisions are not perfect, they are in my experience arrived at fairly and represent an honest attempt to balance the requirements of international competition with the needs of the majority of F.R.A. members.

The invitations to compete in the World Cup are sent to the controlling body for athletics in each country. As far as the U.K. is concerned, this means the A.A.A.s of England, Scotland, Wales and Northern Ireland. The English and Welsh invitations are passed to the F.R.A. and the Welsh Regional Committee of the F.R.A. respectively, who have complete freedom in team selection. As far as the English team is concerned, the F.R.A. committee elect a selection committee and a Team Manager. They also decide on the basis of selection and nominate selection races. The selection policy has varied each year, but in recent years has been based upon automatic selection of some athletes from performances in nominated races and the remainder at selectors discretion.

Funding for the England team is

provided by the A.A.A. who also provide team kit which usually consists of track suit, rain suit, vest, shorts and T shirt. In recent years, the funds provided by the A.A.A. have fully covered the costs of travel, but in the past, athletes have contributed themselves. F.R.A. funds have never to my knowledge been used. The Welsh are not quite so fortunate, and because the Welsh A.A.A. is not as well off as the English A.A.A. the Welsh athletes competing in the World Cup usually make a contribution towards travel costs. This also applies to athletes from some other countries and competitors in the World Cup from Republic of Ireland and Yugoslavia pay most of their own travel expenses.

Reference has been made to the use of F.R.A. funds for World Cup purposes, but I find this difficult to understand. Whilst travelling expenses (the costs of petrol) are paid to committee members for attendance at meetings, it is highly questionable whether fewer committee meetings would be required if there was no World Cup to discuss. There are however, some selection committee meetings, and expenses may be claimed for attendance at these. I have asked the treasurer to try and quantify any committee expenses directly related to the World Cup and to note these in the next set of accounts. I think the figure will be relatively insignificant.

Whilst on the subject of finance, it is worth mentioning that F.R.A. funds benefited by £1600 from the profits on the Keswick World Cup, and also from a small surplus on A.A.A. funding of the England Team in 1989. In addition, the share of the Keswick World Cup profits eventually paid to the Sports Council earned interest which went to the F.R.A. Clearly, as a result of the World Cup, the F.R.A. have benefited financially in recent years.

I should also mention that during the last financial year, the F.R.A. negotiated a Development/Administration grant of £2,000 from the A.A.A. Out of this grant, the Committee agreed to pay the travel costs to send Danny Hughes as representative of the F.R.A. to an International Mountain Racing Congress in Italy.

Finally, I accept that the involvement of the F.R.A. with the International mountain racing scene is somewhat controversial and therefore fiercely debated. In the circumstances, it is hardly surprising that when the subject appears on the Committee agenda, discussions can be prolonged. However, Mountain Racing is part of the European Athletic Scene and it is surely part of the F.R.A.'s role to keep in close touch with developments.

As a matter of interest, I checked the records for the years Committee meetings prior to November 1989 and found that subjects relating to the Magazine and the Championships appeared on the Committee Agenda more frequently than World Cup affairs. These records do not suggest any pre-occupation with World Cup affairs by the Committee.

Any members wishing to raise questions on the World Cup (or any other subject) will of course be welcomed at the A.G.M., full details of which appear elsewhere in the magazine.

DAVE HODGSON

2nd Edale FRA/DPFR NAVIGATION, TRAINING, SAFETY COURSE

11th-13th May

"I got home so excited. I couldn't sleep."

I'm sure that the course didn't have quite so startling effect on most of the 19 participants, but on the whole they seemed to enjoy themselves.

The venue we used was again the excellent Edale Youth Hostel, and the programme was more or less a repeat of last year; - with minor alterations designed to give participants more free time and to allow a slightly earlier finish on the Sunday.

Saturday began with a classroom introduction to the basics of mountain navigation with Malcolm emphasising (ad nauseum? - I hope not) his philosophy that whilst you should "love thy compass", you should always make careful interpretation of the MAP the basis of your navigational technique. Participants should, above all, have been left in no doubt that there was something fundamentally important about those "little brown squiggles" that mess up your map!!

For those in danger of nodding off, there followed the first venture on the mountain with a "map walk", in small groups with an experienced leader, designed to get people relating map to terrain. Swirling mist on the plateau added to the excitement! "Fun but frustrating" was how one participant summed up the afternoon's series of orienteering exercises in Blachamoor, a mixed area of moor and woodland (in)famous for its strength-sapping heather. Fell runners generally find it difficult to adapt to the precise navigational skills required for orienteering, and are often amazed and bewildered by the wealth of small detail included on an orienteering map. The idea is that if they practice orienteering-style, pinpoint navigation, then mountain navigation should feel so much easier - that's the theory anyway!

Sunday's interval start mountain navigation "exercise" (NOT a race, it was emphasised) provided the opportunity for participants to "put it all together", and link up the various techniques they had practised the previous day. Of course, there was also help on hand ensuring that people would know where they were - even if they got lost! It was great fun, in a sadistic sort of way, to watch people going in all directions over the blinder hillsides, often stopping close to control sites, only to head off in the wrong direction and return, sheepishly, some time later. It was reassuring to see most people do well and watch their confidence grow as they realised they could find controls and choose good routes!

The navigational side of the weekend was complemented by three excellent talks - all by Dark Peak members. Dr Tony Trowbridge gave an excellent introduction to the principles of fitness and training for fell runners. Mountain Rescue team members Neil and Gerry Goldsmith talked about safety on the fells and described the operating methods of the Mountain Rescue. Finally, John Firth, a qualified physiotherapist, gave an informative talk about injuries, their causes, and treatment, and possible methods of prevention.

Dark Peak hope to repeat this course again next year, on behalf of the FRA, and we can cope with more than the 19 that participated this year - so if you'd like to have a go at improving your navigation.....look forward to seeing you - and some of your friends!

(Many thanks to all those members of Dark Peak, plus members of the FRA committee, who gave us their time so generously to help to make the weekend a success.)

MALCOLM PATTERSON

INTERNATIONAL SELECTION

I believe that the selection policy, which has been developed in the light of a number of years' experience, proved satisfactory this year as far as the Senior teams were concerned. The innovations of a separate Women's race at Skipton and an Uphill only race at Snowdon were well received.

Unfortunately the same satisfaction cannot be expressed with regard to the selection of Junior Men. The selection policy, which has remained unchanged for a few years, is rather ambiguous and open to misinterpretation. In previous years this does not appear to have caused any problems, but this year misunderstandings have arisen. This is much regretted and next year the policy will be more clearly defined.

The Teams for the World Cup in Telfes, Austria on 15th/16th Sept. are as follows:

Mens' Short Race

Robin Bergstrand (Mandale)

Bashir Hussain (Stockport)

Sean Livesey (Rossendale)

Andrew Peace (Bingley)

Reserve: Gary Devine (Puddsey & Bramley)

Ladies

Cheryl Cooke (Clayton-le-Moors)

Katherine Hill (Tipton)

Yvonne McGregor (Brdfd Airedale)

Sarah Rowell (Leeds)

Mens' Long Race (Uphill)

Mark Croasdale (Lancs. & More)

Paul Dugdale (Horwich)

Graham Huddleston (Kendal)

John Taylor (Holmfirth)

Junior Men

Gavin Bland (Keswick)

Gerard Cudahy (Stockport)

Mark Rice (Todmorden)

William Styan (Holmfirth)

We wish our team the very best of luck and hope that by the time this is in print we shall have some successes to celebrate!

NORMAN BERRY CHAIRMAN OF SELECTION COMMITTEE.

For the first time ever, a full team of Welsh runners is going to the World Cup in Austria, due to sponsorship by Tetra Pak UK of Linexham and due to a grant from the Athletics Association, of Wales. Tetra Pak employ 360 people in Wrexham (including current Welsh Champion Duncan Hughes).

FRANCIS UHLMAN

JOE LONG

On Saturday 16th June at the West Cumberland Hospital, Whitehaven ten days after a massive stroke Joe Long passed away aged 77 years.

As most of the older FRA members will know Joe dedicated many years and many hours to our sport. Joe travelled to many Karrimors with his willing team to dig latrines and assisted in any capacity possible. Joe was responsible for planning and starting many of the local Fell Races in Cumbria and helped make races such as the Ennerdale and Wasdale the envy of many others with sandwiches, cakes and tea in abundance included in the entry fee as runners like Andy Styan should recall because Joe would often laugh at the number of times Andy would return for extra grub. Sadly some of Joe's enthusiasm seems to be missing at these races.

Joe served for many years on the C.F.R.A committee and was a big help when the running section was incorporated. Joe was the type of man who would help anyone and because of this Joe and myself became very friendly and as most of the other runners will recall Joe would travel everywhere with me and acted as coach, masseur, and bag man. Joe loved the fells and sport and acquired many friends who will remember him. His work and humour will be missed; so as a friend and FRA member I would like to say Thanks Joe and Farewell.

HARRY JARRETT

Book Review

The Best of British: A Review Of Fell Running Champions by Neil Shuttleworth. Published by the Author in 1990 and available from him at 16 New Street, Broadbottom, Hyde, Cheshire, SK14 6AN. Price £3.50 inc. p&p.

The author of this 40-page A5-sized booklet has, for the benefit of newcomers to our sport, a long career in fell racing and athletics in general behind him, covering lengthy spells with Bolton United harries, Keswick AC, Cumberland Fell Runners and, presently, his local club, Glossopdale Harriers. He has completed the Bob Graham Round and partnered Pete Walkington to a 3rd place in the 1972 Karrimor Elite, having finished 5th two years earlier. Further proof of his qualifications to compile this small volume lies in the fact that he was fell running columnist and later editor of Ron Hill's magazine, Running Review, besides contributing articles and photographs to other publications.

The initial idea for the booklet came from his clubmate Bill Buckley as they were jogging up the steep ascent to Shelf Moor on a training run from Glossop two years ago. Bill had suggested that Neil should produce a book to coincide with the Bob Graham Round and partner Pete Walkington to a 3rd place in the 1972 Karrimor Elite, having finished 5th two years earlier. Further proof of his qualifications to compile this small volume lies in the fact that he was fell running columnist and later editor of Ron Hill's magazine, Running Review, besides contributing articles and photographs to other publications.

The initial idea for the booklet came from his clubmate Bill Buckley as they were jogging up the steep ascent to Shelf Moor on a training run from Glossop two years ago. Bill had suggested that Neil should produce a book to coincide with the FRA's 20th birthday in 1990. Much of the work on it was done during the summer of 1989 while he was travelling to and from work by train twice a day.

What Neil has produced here is a series of profiles of British fell champions from the first official "Fell Runner of the Year", Dave Cannon, in 1972 to Colin Donnelly and Ruth Pickvance in 1989, plus five other athletes who never won an FRA championship but are noted for other achievements in our sport: Pete Bland, Stan Bradshaw, Mark McDermott, Jos Naylor and Bill Teasdale.

Neil writes in a lively, interesting style and includes many fascinating sidelights about these characters as well as sketching outlines of their careers. Some of them have selected what they consider to have been their best race and I found it intriguing that both Billy Bland and Bill Teasdale chose races in which they finished second! Another particularly interesting item to surface here is the fact that Neil Shuttleworth was once a pupil of Stan Bradshaw's schoolteacher sister - but didn't know anything about the man himself at that time!

Also included is a short chapter entitled "Ups and Downs", a treatise on climbing and descending which first appeared in Compass Sport some years ago, and a one-page chart entitled "Changes in Fell Running - 1970 to 1990" which provides statistics referring to FRA membership, number of races in the FRA calendar, winning times of Ben Nevis, Skiddaw and Snowdon races, cost of FRA subscriptions and race entry fees, and finally, cost of fell running shoes. The last page contains reproductions of several autographs. The cover is adorned with a small colour print of Jos Naylor crossing Pillar in the 1982 Bob Graham Relay, and there are also eight black-and-white illustrations.

Best of British should interest all FRA members and particularly newcomers who have never heard of Dave Cannon, Harry Walker, Mike Short, etc. or know how the annual championships have evolved.

Bill Smith

The Best of British

by

Neil Shuttleworth

An A5 illustrated booklet profiling every British
Champion — and more.

Besides details, how and why.

Copies available from the author at 16 New Street,
Broadbottom, Hyde SK14 6AN

Cost £3.50 inclusive of p & p

Communion

Here, upon the ancient stone,
back to where we once came from,
this is where we find our home
and know the greater living whole.
For as we climb the mountain path,
out of the fragmented world below
we ask no longer 'why?' or 'how?'
but rejoice together in the eternal now.
Steve Palfreyman

The Ben (Nevis)

Sam, and we attempt to stir both mind
and body.
Everything a blur, reality creeps upon
us slowly;
Not much is said over sparsely spread
breakfast table,
but we know the challenge will not
diminish.

Our pacer, guide, navigator, mentor,
uninhibited
by such daunting prospect makes little
of this apprehension - he raises
confidence
to new levels - I'm glad he's here!
Unremitting ascent; he talks us through
the first demanding minutes when body
makes its violent protest - but in vain,
the die is cast, all else an unreality.

I feel the Ben looks down with benign
humour,
as we move inexorably from scree
where subtle footing gives way to
firmer ground.
Now both mind and body unite
to force a pace we must sustain.

Summit of pure white crystal;
silence broken by our intrusive
presence.
No time to imbibe the views;
we take our leave
and plunge into a green
and waiting glen - our offerings made.

PETER TRAVIS

*This poem is a reminder of the ascent
of Ben Nevis when Ed. Balton and I
established the superveteran's Record
for the 3 Peaks of Great Britain on
Sunday May 20th 1990.*

Report appears in Long Distance News

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INTERNATIONAL NEWS

JUST ANOTHER ROAD RACE?

"From Sierre to Zinal - via hell" was how the daily newspaper "24 hours" described the 17th running of the classic mountain race. "The torrid heat didn't hold anyone back, as 3,500 people (1,352 runners) tortured themselves ... Sierre - Zinal is the race of martyrs." Something of an overstatement? I certainly heard one northern fell runner describe the event as "a bloody road race".

That may be true as the first kilometre starts on the road and the jostling for places reminded me of a cold April morning on Blackheath common. It was training for road marathons that first got me introduced to fell running in 1989. By baptism of fire in the Borrowdale of that year convinced me that there's more to life than tarmac. After being well tutored in the finer points of mountain running by the very able Dark Peak fell runners during the FRA's Introductory course in Edale, I emerged a finely tuned running machine capable of anything. At least in my imagination if not quite in reality.

Pulling a calf ligament 5 days before the event was not part of Malcolm Patterson's pre-race advice for any fell event. Against all notions of common sense, intensive treatment was applied and I lined up at 8:20 am at the lay-by on the outskirts of Sierre. (500m above sea level) Having decided to walk the first 7 or 8km I hid away at the back of the field. The prospect of an ascent of 3,500 feet in the first 5km did not fill me with awe - particularly as there is still another ascent equivalent to the height of Scafell to cortie.

No Jack Maitland or Colin Donnelly this year but the in-form Nigel Gates from Bath was looking to go one better than his two previous second places. Colombian Jairo Correa was in a similar position. Having lead for most of the 1989 race, his lack of downhill technique was punished when Gobet made a last minute charge to take the title and course record. However the anticipated rematch never took place. Gobet never really figured in the race due to the fact he still felt tired following his Chamonix to the summit of Mont-Blanc attempt three weeks earlier. He completed that particularly tricky run in 5 hours 10' 15". The catch? An ascent of 10,000 feet from one mile above sea level.

One big plus was that I got my picture in one of the local dailys showing me turn off the initial section

on the road. Progress was slow and I couldn't see much for the dust that was kicked up by everyone. Where were all these wonderful Alpine views I was promised? The first 4km (Beauregard 1146m) took me 47 minutes whereas the leaders will have completed it in half the time. I passed a girl wearing a T-shirt proclaiming that she had fell run with Barry Big Nose. I never did ask as just trying to catch a breath was keeping me busy at this stage. A sign told me I had expanded 14% of my overall so far ... who were they trying to kid? After endless tracks through the forest in the general direction of up, I emerged onto a large meadow, 1 hour 47 minutes after the start (Ponchette - 1870m). If you are racing the event, the importance of a good position in the first climb is important but be patient! Even if your name is Correa you will still end up walking.

The third checkpoint, Chandolin (2,000m) is recognised as the end of the big climb. At this stage in the race Correa (1 hour 09'40") had opened up a three minute lead over the American Jay Johnson. Nigel Gates and the Algerian Makhbouth followed Johnson by 20 seconds. Gobet trailed by seven and a half minutes and decided to drop out at the next checkpoint (Tignousa 2180m). From Tignousa, the Hotel Weissshom (2387 m) could be seen in the distance and its namesake loomed over us all. Correa had established a four minute lead over Gates with the Swiss Thomas Hilterbrand a further three minutes behind. Johnson was dropping back steadily and eventually finished in 62nd place (3 hr 05'). Correa was now in full flight after passing Nava (the highest point at 2425 m) he stormed through Bameusa (2210 m) in 2 hours 12 minutes, a new course record. Things went downhill after that in more ways than one. Correa stumbled on the last downhill section (Zinal is at 1680 m) and was slowing all the time.

He came home to win in 2hr 34' 05" - the fourth fastest ever time. He missed the course record by about 50 seconds but was talking about the possibility of a future race being won in two and a half hours. He was disappointed to not break the record but felt tired after a race in Niesen the previous Wednesday. That particularly nasty ditty involves running up 11,000 steps carved in the mountain side but rewards the winner with a cash prize of £7,500 for his efforts. Big money compared to the £900 paid to the winner at Sierre. Given the fact Correa also won a trip to the Hoggar supermarathon in the Algerian desert perhaps there is some truth in the "Martyrs" headline.

Nigel Gates finished second for the third time but was pleased with his PB of 44 seconds. 38 runners finished under three hours which confirmed many peoples belief that the quality was not as good as 1989 when 45 dipped under that particular barrier.

Sally Goldsmith started as hot favourite for the women's race after

her very impressive victories in 1988 and 1989. Sally led for the first 20km but was overtaken at the Hotel Weissshom by the unknown 24 year old Swiss Marike Ducret. It was Ducret's first attempt at the race and didn't enter with thoughts of winning. Goldsmith reported that she felt OK but just couldn't respond as she had perhaps overestimated her strength. After the race she described her run as "rubbish" - somewhat harsh as she finished 139th overall in a time of 3 hr 20' 44". Ducret certainly finished strongly bounding down the last section with a big grin on her face. Her time of 3 hr 12' 49" was well outside Veronique Marot's 1987 course record but was enough to gain her selection for the Swiss world cup team

The vets race saw two Brits home in the first four. First came John Nixon, who ran an excellent 2 h 53' while John Blair-Fish clocked just under three hours to finish 32nd overall.

Meanwhile three days at sea ... I went through Chandolin after two and a bit hours. Feeling quite adventurous I pressed on through Tignousa to be greeted by the deafening sounds of cow bells near the Weissshom hotel. I knew my strategy of a slow start would pay off! I started to pull back a large number of places although the narrow paths after the hotel with their sheer drops of 2,000 feet did make me proceed with caution. I managed to show up the Europeans on the final descent with some nifty footwork taught to me by the FRA secretary Selwyn Wright ("Just fall forward"). I stopped my watch at 4 hr 32' 28" and proclaimed myself fit for collapse. Certainly my quadriceps felt as if an elephant had jumped up and down on them.

So if you looking for a running holiday next year you could consider doing the Sierre - Montana, Thyon - La Dixence and Sierre - Zinal races which fall in the first two weeks of August. It's the best thing I ever did - apart from Borrowdale, of course.

NEIL C. SCHOFIELD

Sierre-Zinal 12th August;

31km 1900m;

1. Jairo Correa (Colombia) 2.34.05;
2. Nigel Gates (G.B) 2.37.10;
3. Thomas Hilterbrand (Switz) 2.38.53;
6. Gary Devine (Pudsey) 2.43.38;
16. Hefin Griffiths (Hebog) 2.51.29;
18. Andy Trigg (Glossop) 2.53.10;
19. Graham Patten (Mynddwy) 2.53.22;
20. John Nixon (Achille, 1st vet) 2.53.56;
32. John Blair-Fish (Carnethy, 4th vet) 2.59.01;
37. Ian Holmes (Bingley) 2.59.50;
38. John Boyes (G.B) 2.59.51;
46. Alan Catley (G.B) 3.02.06;
99. Marie-Christine Ducret (Switz, 1st Lady) 3.12.49;
139. Sally Goldsmith (G.B, 2nd Lady) 3.20.44;
264. Stel Farrar (Eryri, 5th Lady) 3.34.19

Davos Alpine Marathon 28th July

Colin Donnelly ran an impressive race to move from the sixties after 28km at Filisur to 10th at 50 km at the top of the Sertigpass and 5th at the finish. As when I ran the race in under six hours he found the aftereffects more than he had bargained for and finished 26th in the Val de Dix the following week. The World 100 km record holder, Birgit Lennartz from Germany knocked 6 minutes off Maureen Hurst's record and I defy any British coach of fell, track, fell, or 57 varieties multi-disciplinary events to find a British woman to run under 6.20 at Davos. Hilary Walker, the South Downs record holder, was the only British Lady to make an impressive showing this year. Conditions were very hot with afternoon temperature over 80 degrees F in the valleys in the afternoon. This was especially noticeable in the Sertiglauf race over the second half of the course which started at 11.30. Running downhill with stitch and drinking to prevent dehydration is not an art form I have mastered. Race doctors were kept busy with treating those suffering from the heat and estimating how many litres of water should have been drunk en route.

JOHN BLAIR-FISH

Results

Davos Alpine Marathon

67km 2300m

1. Peter Camenzind (Zurich) 5.21.55;
2. Johannes Knupfer (Davos) 5.34.42;
3. Burhard Lennartz (Germany) 5.43.42;
5. Colin Donnelly (Eryri) 5.43.42;
63. Roger Panter (Nuneaton) 6.45.10;
- Ladies; 1. Brigit Lennartz (Germany) 6.26.55;
2. Eniko Feher (Hungary) 6.40.53;
3. Vroni Steimann (Hausen) 6.53.44;

Sertiglauf

39km 1900m;

1. This Schwyn (Wilchingen) 3.38.29;
8. John Blair-Fish (Carnethy) 4.01.08;
35. Ian Callister (Manx) 4.34.27;
38. Andrew Ives-Smith (Leicester) 4.40.49;

Thyon - Dixence

5th August; 16 km 600m;

1. Jairo Correa (Colombia) 1.08.28;
2. Peter Gschwend (Switz) 1.11.33;
3. Kamel Ben Makhbouth (Algeria) 1.12.03;
7. Gary Devine (Pudsey) 1.13.29;
10. Nigel Gates (G.B) 1.14.59;
19. John Kerley (G.B) 1.17.48;
24. Paul Sheard (Pudsey) 1.19.11;
25. Colin Donnelly (Eryri) 1.19.25;
26. Ian Holmes (Bingley) 1.19.34;
30. John Boyes (G.B) 1.20.43;
33. Neil Wilkinson (G.B) 1.21.04;
36. Mike Short (G.B, 2nd veteran) 1.21.49;
62. Sally Goldsmith (G.B., 1st Lady) 1.25.56;

SWISS KARRIMOR 1990.

The Swiss Karrimor has been held for fifteen years, along identical (but usually more pleasant weatherwise) lines to its British parent, and is the brainchild of Remy Steinegger. This year's event was centred on Lenk, in western Bernese Oberland, and the competition area covered a rougher than usual range of terrain from grassy alps through glacial moraine to high rocky tops such as the Wildstrubel (3243m).

This was to be my first experience of the Swiss version. Martin Stone seemed to think it was time I practised carrying his sack ready for October. A week's acclimatisation seemed appropriate - contrast that with the Friday evening rush in the UK each year. Martin opted for an even longer stay by missing the energy-sapping Borrowdale race and the even more energy-sapping Borrowdale apres. I travelled out with Mike Greenwood and Andrew Addis of Macclesfield, and we enjoyed chance meetings with other British runners on their way to the Sierre-Zinal race the same weekend. Ridge-runner sacs on airport luggage conveyors are a fair indication that there are FRA members nearby.

We spent two days high-altitude reccyng, conquering the Wildstrubel and, oops, coming across one or two controls, and then got on with the serious relaxation, treating the locals to a lunchtime display of carbo-loading opposite the co-op that even The Editor might have struggled with. Finally we indulged in one last high altitude camp (reached by cable-car) which helped acclimatisation but didn't do much for Vince Devlin's lightweight plate which was abused as a Frisbee and ended up somewhat lighter.

The event proper began with a mass start, which had to be reached by cablecar (why didn't we have that laid on in the Howgills?). Unfortunately, the system overloaded under the weight of all that emergency Swiss chocolate and the start was delayed while hapless competitors swung trapped in their gondolas in the heat. The Horwich contingent were marooned tantalisingly close to the top station and were refreshed with well-aimed water bottles from below. Those of us who had peaked for the advertised 1 lam start time started on our day-one food rations; we finally set off at noon, just when it had got really hot. Three hundred pairs, in four categories, were soon strung out across the hillside.

Despite the beautiful weather, navigation proved trickier than in the UK, with technical controls to be searched for or stumbled upon; a fifteen metre depression sounded easy to spot but was surrounded by a dozen identical ones, resulting in the whole elite field regrouping. Soon we were led above 2000m, on glorious

rough terrain which flanked the Niesehom and with spectacular views towards Valais and the 'Cinq 4000ers' that give the Sierre-Zinal its alternative name.

Day one is traditionally short in the Swiss KIMM and we finished in a mere 4hrs 26, eleven minutes behind the leaders, orienteers 'Bloggs and Smith' of Lugano. But what a spectacular camp. At 2500m, above the Rawilpass, it was fully 500m higher than our 'practice' on the Thursday; high enough to make us worry about those spare clothes we had jettisoned before the start. The ground was hard (=rocky), as promised, though some straw bales were available for use as Karrimats or perhaps as main meals by the more fibre-conscious. The views all round were of breathtaking rocky peaks and Martin decided it was a good opportunity for some photos of our tent. Luckily Tim Laney had brought a camera (he'd also brought almost everything else, as his partner's sack was barely large enough to hold more than a Toblerone). The leaders' tent was also a picture: more appropriate for a toy catalogue than an outdoor equipment one though, as it looked more like a Wendy house (and hopefully will be as useless as one in October?!).

Mike and Andy pitched next to us, and we busied ourselves reading their Karrimats (= copies of the Telegraph and Financial Times). Mr Laney went very quiet; was he doing his homework with the map? - no, just struggling with the crossword! Altogether not a bit like the Galloway overnight camp as I remember it. It was still light at 9pm as the last few pairs jogged in, the organiser's party got underway (no barbeque this year though) and a herd of heifers made their bell-jangling entry onto the scene, showing more than a little interest in (a) those whisks of straw poking out from under certain tents and (b) the plastic flags marking the route to the latrine. I hoped my veterinary training wasn't about to be called upon, even given access to Martin's extensive first-aid and repair kit.

Sunday dawned stunningly clear too. What a surprise. Breakfast was of an appropriate Swiss style but had had to be specially imported from Sainsbury's along with the rest of our event food. Thanks, Brian: I wonder what customs would have made of all those white powders? A final contemplation of the view from the end of that decimated line of flags, and then off in the chasing start, straight up to 2900m by the Wildstrubelhutte from where the view over the Plaine Morte icefield would have been even more spectacular if there'd been time to gaze properly. As usual for us two, day two 'felt' better, and but for one navigational error we were holding to the pace 'Bloggs and Smith' were setting, though it says much for the terrain and course planning that we never saw them.

At one point, we avoided a 300m sliding hell of unstable moraine by using a more than sporting direct route up an adjacent crag. Luckily we gripped well, as well as being well gripped. Then a fine 1000m plunge from the Fluseeli took us back down to valley-bottom level, where the sting in the tail dawned on us (Swiss maps take some getting used to): a final 900m climb in sweltering heat remained, not helped by the sight of the course planner sauntering down to watch our progress.

After some six hours, we were back at the luxury sports centre venue having lost a further sixteen minutes to the winners, and could spend a happy afternoon watching the rest of the troops come in and making a start on the 'grosse Biere'. Andrew and Mike had a cracking second day and pulled through to sixth.

Remy asked how he should make the event more high profile, bigger fields etc. We said he shouldn't but that we'd write an article! It really is a brilliant event, on a smaller and more personal scale than the British one, and the weather just a little better too. It's easily accommodated within a touring holiday in the Alps, as many of the British pairs out there this time showed. Just don't let's have all 3000 of us going at once!

Mark Rigby.

PS Bloggs and Smith were Stefano Maddalena and Gigi Pedrini; watch out for them and their tent in central Scotland.



V. Devlin, M. Greenwood, A. Addis, and M. Rigby in magnificent mountain marathon country at 2500m. Photo: M. Stone

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27th TROFEO TERZA PUNTA MONTE MORELLO - ITALY.

British fell running champions Pudsey & Bramley represented English fell running clubs in this international three-stage relay, in the hills of Tuscany, by kind invitation of the event organisers.

The relay (Staffeta) was typical of a very popular type of race in Italy, lasting about 1 1/2 - 1 3/4 hours. The course profiles did not encourage great optimism for a winning performance, but a walk round the course the day before the race persuaded the Pudsey and Bramley runners that it was challenging - technically, tactically, and physically. Graham Kirkbright was to run the uphill first leg, Richard Pallister the 300' climb followed by 1000' descent second leg, and Gary Devine the circular last lap, with 1200' of ascent/descent. Terrain was mainly track, but quite rocky in places and narrow in parts, making passing difficult.

Hopes for cool weather were realised as showers had the Italians shivering. Perhaps that's why they ran so fast - to keep warm! With some teams consisting of three internationals, there was never any hope of beating them.

The following comparison of Pudsey & Bramley's times compared with the fastest leg times is interesting:

1. G. Kirkbright	26m. 48s.	(15th fastest)
Fastest (Bonzi)	<u>23m. 44s.</u>	
Difference -	3m. 04s.	or 33.5 seconds/km. slower
2. R. Pallister	17m. 30s.	(7th fastest)
Fastest (Fregona)	<u>15m. 49s.</u>	
Difference -	1m. 41s.	or 19.5 seconds/km. slower
3. G. Devine	28m. 22s.	(5th fastest)
Fastest(Lizzoli)	<u>27m. 38s.</u>	
Difference -	00m.44s.	or 6.75 seconds/km. slower

There is no doubt that Graham found the uphill only leg very punishing, with no time to draw breath. Richard, famous for his descending ability, held his own against all but the group of Italian internationals. Gary put in one of his best international performances to date (the rain was particularly heavy during his leg) and only just failed to edge in front of the French club Serre Chevalier Briancon. The first overseas team however were from Yugoslavia (SRD - Sorica). There were 33 teams competing, including a climbing club from the Soviet Union, who finished 32nd despite having in their team the first Russian to climb Everest!

In traditional P. & B. fashion, a football match was organised after the event England + Russia v. Czechoslovakia + Russia. The defeat of the former by 7 goals to 4 was put down entirely to their goal keeper Danny Hughes - but since he was not allowed to handle the ball, what did they expect!!

The short visit was full of interest. Accommodation was in a reasonable hotel in lovely grounds, about 5 km. from Florence. We became acquainted with the "Lucertola" (colourful lizards) as they scattered off the path before us on our walk of the course, and with the "Lucciola" (fireflies), lighting up the bushes after dark with tiny brilliant pulses of light as they floated slowly around. A quick visit to Florence on Monday for a dose of culture before departure: we got Gary into "Il Duomo" (the cathedral) by telling him about Brunelleschi's famous brickwork in the Cupola. The climb to the top of the dome was worth it for the fine view of the city on a brilliant sunny day.

The visit brought home to me once again the high quality of the Italian mountain runners and the generous financing of the sport in that country.

Danny Hughes

FRA DINNER

Saturday November 14th.
Venue: Moat House Hotel,
Blackburn.
7.30 for 8.
Price £11.

MENU:

Soup of the day,
Roast Chicken
or Vegetarian Lasagne,
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Coffee and Mints.

Tickets from:

Kevan Shand,
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Rochdale, OL15 8QL,
phone 0706 70080.

Also from: John Nixon,
Graham Wright, or any
committee member.

Return to Die

Results -

Grand Huit: - 29th April

- 46.41 Jairo Correa
- 47.45 Robin Bergstrand
- 49.32 Andrew Peace
- 50.01 Pierre Andre
- 61.03 Danny Hughes

Col-de-Rousset - 6th May

- 71.57 Jairo Correa
- 77.03 Mohamed Youkmane
- 77.19 Andrew Peace
- 78.22 Robin Bergstrand
- 79.20 Patrice Lebreton
- 80.48 Alex Smith
- 83.17 Jack Maitland
- 93.02 Sally Goldsmith
- 96.23 Danny Hughes
- 125.51 Jon. Gibbon

RESULTS

GISBOROUGH MOORS

RACE

BM/12.5m/2400ft 8.4.90

Cleveland

I must offer encouragement and congratulations to the increasing number of females taking part in this year's race. There was a total female entry of 46, with 32 of these going in the long race. With three complete teams, Mandate Harriers found it harder to hang on to their team title, doing 80 by 24 points to New Marske Harriers' 30 points. Excellent performances by Sheila Wright and Cath Proctor who were first and second respectively and ensured a sound team performance for Mandate.

In the main race for men, Robin Bergstrand was soon at the front with a 30 second lead over A. Eyre-Walker and a further 10 seconds over Paul Lowe at Roseberry Topping. This had opened up to 50 seconds and one minute by Captain Cook's, which is slightly over half way. This leading group of three were well clear of the chasing group of Hetherington, Pearson, Williams, Hodson and Connor. At Sleddale Farm, Bergstrand was over four minutes clear of the field. On ascending the moor above Sleddale, which incidentally is marked with 4' white poles every 100 metres, the leading groups managed to reach the landrover track some 40 metres from the top. At this point, Bergstrand missed the turn off and ran to the forest wall, past the trig point, then failed to correct himself turning left. Fortunately, he managed to cut back through the forest at the first gate then descend on the original descent. Eyre-Walker and Lowe were not 80 fortunate and went on to Highcliffe. Bergstrand still managed to win but, in my view, would have achieved a new record but for mis-navigation. Eyre-Walker and Lowe unfortunately finished in 19th and 27th places respectively after running 80 well for 9/10th of the race. As stated on the day, however, fell racing does not just involve running abilities and skills, but navigational skills as well!

Well done Jon Williams who, in finishing second, retained his over 40s title from Roger Bradley. In the over 50s, Derek Owens is in the best form of his life and was a comfortable winner from Dan McCune.

Mandate retained their team title ahead of Holmfirth, Mandate "B", Harrogate and Rowntrees.

In the short races, Simon Brophy set a new record in the under 16s and in the female short race, Helen Berry hung on to win from her club colleague, Sally Haigh, after establishing a decisive 30 second lead in the first mile.

In the medium race, Chris Pennington managed to retain his title despite having to be taken to hospital from the finish with a suspected broken ankle. Gill Hate ran an excellent race to set a new record beating her clubmate, Michelle Roberts.

Anyone visiting or living in the area is welcome to training at Guisborough Rugby Club, 6.30 p.m.

prompt on Tuesdays. (Navigation training and instruction provided.)

David Parry

- R. Bergstrand Mand 82.49
- J. Williams Mand 85.29
- P. Connor Mand 85.34
- G. Hetherington Durham 85.45
- D. Pearson Nand 85.55; 6. A. Hauser Holm 86.08; 7. D. Leaf Row 86.17; 8. J. Hoodson Holm 87.17; 9. T. Griffith Unatt 87.55; 10. ANormandale Rown 88.10; **Veterans 0/40**; 1. J. Williams Mand 85.29; 2. R. Bradley Holm 91.26; 3. B. Dale NMarske 92.55; **Veterans 0/50**; 1. D. Owens Mand 96.55; 2. D. McCune Middles 99.07; 3. S. Hicks Blaydon 103.16; **Ladies**; 1. S. Wright Mand 100.27; 2. C. Proctor Mand 103.43; 3. S. Haines Ilkley 109.22; **Medium Race**; 1. C. Pennington Mand 40.57; 2. G. Hale (female) Mand 43.48; 3. R. Richardson Durham 46.05; 4. A. Swallow Durham 46.05; 5. M. Roberts (female) Mand 49.14; 6. C. Hine Mand 49.34; **Short Race**; 1. S. Brophy Holm 26.21; 2. J. Woodall CLOK 30.40; 3. D. Hodson Holm 32.32; 4. P. Evans Guis 33.09; 5. B. Inness G'head 33.15; 6. H. Berry (female) Holm 33.23

MOUGHANMORE Race

N.I.

AS/3.0m/1500ft 12.4.90

- J. Patterson N. Down 30.59
- B. Ervine B'drain 31.02
- G. Murray B'drain 32.18
- B. McBurney N'castle 32.31
- E. Hawkins DromCast 33.09; 6. C. McCann N'castle 33.53; **Veterans 0/40**; 1. J. Patterson N. Down 30.59; 2. K. Quinn Tree 35.22; 3. F. Morgan N'castle 40.26; **Veterans 0/45**; 1. B. Magee Larne 35.23; 2. B. McNeilly N'castle 42.13

WARDLE SKYLINE FELL

RACE

Lancs

CM/7m/1000ft 21.4.90

On a clear fresh day with damp underfoot conditions after rain on already boggy ground did not deter athletes and gave another impressive turnout for THE event of the year at Wardle village.

The intermediates gave an impressive display in a good field with two in the first ten.

- A. Buckley.
- J. Taylor Holm 40.47
 - G. Huddleston Clay 41.11
 - M. Spinnall Ross 42.17
 - A. Trigg Gloss 42.27
 - G. Cudahay Stock 42.36; 6. P. Livesey Ross 42.41; 7. R. Jackson Horw 43.07; 8. P. McWade Clay 43.13; 9. R. Pallister P&B 43.24; 10. C. Barlow Horw 43.31; **Veterans 0/40**; 1. P. McWade Clay 43.13; 2. I. Holloway Roch 43.57; 3. B. Deegan Roch 45.39; 4. P. Buttery Denby 45.52; **Veterans 0/50**; 1. R. Barker RedRose 52.26; 2. M. Cripps Unatt 56.10; 3. E. Blamire Tod 57.34; **Ladies**; 1. J. Kenyon Lostock 53.14; 2. J. Makinson Clay 54.05; 3. P. Nolan Warwick 54.09; 4. R. Clayton Derw 54.55; **Ladies Veterans**; 1. S. Exton

Stret 57.28; 2. K.Thompson Clay 57.50; 3. P.Dore Roch 62.02; **Intermediates**; 1. J.Taylor Holm 40.47; 2. G.Cudahay Stock 42.36; 3. D.Wilkinson Roch 44.38; 4. J.Gavin Ross 47.52; 5. C.Beadle Holm 47.58; **Juniors**; 1. W.Syvan Holm 43.34; 2. A.Bowden Cald 43.52; 3. A.Smith P&B 46.59; **Teams - Seniors**; 1. Rossendale 27 pts; 2. Horwich 32 pts; 3. Clayton 40 pts

KINDER DOWNFALL FELL RACE Derbyshire AM/10m/2150ft 22.4.90

341 runners started on a day blessed with good weather. Malcolm Patterson led up William Clough and over Kinder to Kinder Low. Here his lack of fitness showed when Mike Prady led a breakaway group. Mike won just ahead of Glossop team mate, Andy Trigg.

The Ladies' race was won by Sue Parkin despite the mix up at the prize giving!

The route change added a little extra distance but times were slower because of the strong wind on top.

N. Goldsmith
1. M.Prady Gloss 1.07.44
2. A.Trigg Gloss 1.07.57
3. T.Parr Gloss 1.08.00
4. D.Neill StaffsM 1.08.19
5. G.Hall Holm 1.08.32; 6. P.Bowler StaffsM 1.08.40; 7. M.Patterson DkPk 1.09.07; 8. M.Jubb SheffUniv 1.09.27; 9. C.Stanley GPT 1.09.47; 10. K.Hagley DkPk 1.10.48; **Veterans O/40**; 1. T.Hulme PFR 1.11.28; 2. R.Wilde Manch 1.11.46; 3. B.Toogood DkPk 1.12.53; 4. D.Cartwright P'stone 1.13.00; **Veterans 0/50**; 1. B.Thackery DkPk 1.22.09; 2. R.Taylor Bux 1.26.20; 3. H.Gill Saddle 1.29.35; **Ladies**; 1. S.Parkin Kend 1.25.39; 2. J.Smith DkPk 1.25.58; 3. K.Martin Altr 1.27.34; 4. R.Clayton DVO 1.30.18; **Intermediates**; 1. G.Hall Holm 1.08.32; 2. P.Bryant Stock 1.19.07; **Junior Race**; 1. M.Moorhouse Saif 27.33; 2. D. Gibbons Stock 27.58; 3. H.Warburton MidChes 28.03

PENTYRCH HILL RACE Glamorgan BM/7.5m/1700ft 24.4.90

Graham Patten improved his time by over a minute and his position from second last year to win convincingly, but unfortunately outside the course set by John Hooper two years ago.

John Gough.

1. G.Patten MDC 48.38
2. S Rhund LesCroup 50.01
3. L.JonesTri 51.43
4. J.Pointon (V) Road 51.57
5. A.Jeffries (<V) Swans 52.15; 6. P Jones Road 52.38; 7. M.Saunders MDC 54.04; 8. M. Walker MDC 54.44; **Veterans 0/50**; 1. B.Griffiths Swans 55.27; 2. J. Collins Swans 56.41; **Ladies**; 1. L.Kirk MDC 57.37; 2. K.Patten MDC 58.29; 3. A.Bedwell MDC 61.27

SNAEFELL RACE Isle of Man AS/5m/1900ft 24.4.90

A record field started this third tough race on a cool but bright evening. The winner was Richie Stevenson, then the much improved Phil Motley, with

comeback man Tony Rowley finishing a good third.

Top local cyclist Stephen Porter tackled his first ever fell race and came an incredible twelfth, in rather different conditions to his recent exploits in the Commonwealth Games in New Zealand.

Richie Stevenson

1. R. Stevenson MFR 43.58
2. P. Motley MFR 45.04
3. T. Rowley MFR 46.06
4.1. Callister MAC 46.15
5. P. Crowe MFR 46.17; 6. D. Young MFR 46.36; **Veterans**; 1. D. Young MFR 46.36; 2. J. Wright MFR 49.36; 3. M. Cowbourne MFR 51.14; **Ladies**; 1. S. Quirk 51.42

CAVE HILL RACE Nthn Ireland AS/2m/750ft 25.4.90

Veteran, Jim Patterson, won the opening round of the N.I. Fell Running Championship at the Cavehill knocking a remarkable 22 seconds off the record in the process.

Defending champion, Adrian Phillpot was the early leader, but by the steep section of the 750 ft climb, Jim had caught up. The two turned together at the top in 9 mins 10 secs and jockeyed for position on the descent.

Jim sprinted clear over the last 200 metres, having clocked an astounding 4 mins 19 secs for the descent, with Adrian finishing just two seconds adrift.

Newcastle's Richard Rodgers, who had set the old record of 13.51 in 1987, finished third and the top six was completed by Billy McKay, Gordon Murray and Brian Ervine.

Ballydrain were the team winners with 18 points from

Newcastle with 24 points.

B. Ervine

1. J.Patterson NDown 13.29 (**Veteran**)
2. A.Phillpot Ach 13.31
3. R.Rodgers N'castle 14.13
4. B.McKay Albert 14.21
5. G.Murray Ballyd 14.35; 6. B.Ervine Ballyd 14.44; 7. D.Barrett Ballyd 14.59; 8. B.McBurney N'castle 15.05; 9. G.McGrath OTC 15.23; 10. D.Graham Ballyd 15.35

RAS MYNDD MAWR Gwynedd AS/4m/1300ft 28.4.90

The 5th Ras Mynydd Mawr was held on a fine, clear day and attracted a record entry of 62.

Hefin Griffiths led to the summit, but Simon Booth quickly established a lead on the descent winning comfortably in a record time.

Two more records were broken, Del Davies in the Veterans winning for the third consecutive year, and Colin Jones in the under 18s. Colin was third overall in his first senior race, a very promising talent.

There were only three ladies, all Veterans, with Sheila Bennett winning comfortably.

D. Tomas

1. S.Booth Kesw 31.20
2. H.Griffiths Hebog 32.01
3. A.Darnell Eryri 32.56
4. M.Roberts Hebog 33.11
5. A.Nicholas Eryri 33.47; 6. D.McAuley Blaen 34.09; 7. S.Jones Colwyn 34.18; 8. G.Williams Eryri 34.20; 9. M.Jones Hebog 34.35; 10. E.Evans Eryri 34.37; **Veterans 0/40**;

1. D.Davies Hebog 32.36; 2. H.Stansfield Eryri 34.52; 3. D.Tomas Eryri 36.21; 4. N.Blake Eryri 36.39; **Veterans 0/50**; 1. D. Charles Eryri 40.07; 2. R.Evans Eryri 46.20; 3. T.Hayes Eryri 47.13; **Veterans 0/60**; 1. J.Pope Eryri 48.37; **Ladies**; 1. S.Bennett Eryri 44.49; 2. S.Lloyd Eryri 55.29; 3. C.Pratten Wirral 65.06; **Juniors U/18**; 1. C.Jones Eryri 32.33; 2. C.Williams Blaen 34.41; 3. R.Thomas Blaen 38.50; **Juniors U/16 - Boys**; 1. T.Hildige Eryri 17.21; 2. D.Warburton Eryri 17.32; 3. D.Griffiths Eryri 19.24; **Juniors U/16 -Girls**; 1. C.Jones Eryri 22.24

HARROP DALE HILL RACE Lancashire 7m 4.5.90

1. D.Crookes EChesh 36.54
2. M.Cheseldine Leeds 37.32
3. S.Willis Saddle 39.53
4. M.Allcock Kippax 39.57
5. A Jones Gloss 40.43; 6. J.Simpson Kippax 40.56; 7. K.Shand Roch 41.06; 8. G.Needham 41.24; 9. G.Sykes Meltham 41.32; 10. R.Poole Gloss 41.35; **Veterans 0/40**; 1. K.Shand Roch 41.06; 2. R.Poole Gloss 41.35; 3. D.Gibson Saddle 42.58; 4. B.Wheatley N'W'W 43.17; **Veterans 0/50**; 1. L.Brierley Saddle 44.40; 2. R.Barker RedR 45.32; 3. P.Davies Oldham 45.51; 2. K.Nagg Elmb 46.34; **Ladies**; 1. K.Drake Spen 44.00; 2. W.Dodds Clay 49.29; 3. J.Docherty Saddle 52.40

RAVENSTONE FELL RACE Lancashire BM/10m/1250ft 5.5.90

1. A.Eyre-Walker Nott 66.22
2. D.Crookes EChesh 66.44
3. D.Ibbetson Gloss 67.07
4. D.Cartwright P'stone 69.17
5. D.Thompson CalderV 70.33; 6. A Jones Gloss 70.51; 7. E.Egner DenbyD 71.21; 8. B. Deegan Roch 71.49; 9. S.Bell NottUniv 72.10; 10. P.Buttery DenbyD 73.35; **Veterans O/40**; 1. D.Cartwright P'stone 69.17; 2. K.Shand Roch 73.45; 3. K.Munton CalderV 74.50; 4. R.Poole Gloss 77.15; **Veterans 0/50**; 1. A.Churchill Clay 75.06; 2. T.Eckersley Saddle 78.56; 3. J. Dean Saif 83.17; 4. L.Brierley Saddle 83.39; **Ladies**; 1. K.Drake Spen 82.54; 2. G.Cook Roch 86.06; 3. C.Haigh CalderV 90.11

SCOUTHEAD ROAD RACE Lancashire 9m 6.5.90

1. D.Crookes EChesh 50.23
2. A.Laycock Melth 52.39
3. J.Simpson Kippax 53.26
4. MALLcock Kippax 53.28
5. A Jones Gloss 55.10

SADDLEWORTH THREE DAY EVENT (HARROP DALE HILL, RAVENSTONE FELL & SCOUTHEAD ROAD) Overall Results

1. D.Crookes EChesh 154.01
2. A.Jones Gloss 166.24
3. MALLcock Rippax 169.05
4. J.Simpson Kippax 171.19
5. K.Shand Roch 171.37; **Veterans O/**

40; 1. K.Shand Roch 171.37; 2. R.Poole Gloss 174.53; 3. D.Gibson Saddle 179.35; **Veterans 0/50**; 1. L.Brierley Saddle 188.15; 2. T.Knagg Elmb 203.11; 3. H.Gill Saddle 208.52; **Ladies**; 1. K.Drake Spen 184.45; 2. W.Dodds Clay 205.50; 3. J.Docherty Saddle 225.25

THREE PEAKS RACE N. Yorkshire AL/23.5m/4500ft 29.4.90

The worst mist for many years was a feature of the 1990 Three Peaks Race. Visibility was down to 50m on all the peaks and one batch of runners even managed to lose themselves in the mist in the High Birkwith area. Fortunately, conditions were not severe as there was little wind and the temperature was comfortable. Conditions underfoot were wetter than many anticipated, with Whenside being particularly heavy on the ascent and greasy on the descent. Not surprisingly, most times were around ten minutes slower than last year when conditions were idea.

The race soon developed into a contest between last year's winner and runner-up, Shaun Livesey and Gary Devine, who were clear of the field at Ribbleshead and still together on Ingleborough. However, Gary broke clear on the descent to Horton to reverse last year's placing and become only the third Yorkshireman to win the Three Peaks Race.

The ladies race was also won by last year's runner-up, Ruth Pickvance, in a time less than two minutes slower than she recorded last year. Peter McWade retained his Veteran's trophy but probably the best performance of the day came from Bill Fielding who at the age of 62 won the Super-veterans class.

The team race was closely contested between Pudsey & Bramley and Bingley, the fine run by newcomer Paul Sheard in 4th place was the performance that clinched the trophy for Pudsey & Bramley.

Dave Hodgson

1. G.Devine P&B 3.00.51
2. S. Livesey Ross 3.02.09
3. I. Ferguson Bing 3.02.54
4. P. Sheard P&B 3.04.36
5. A. Harser Holm 3.05.18; 6. A. Trigg Glos 3.07.23; 7. G. Schofield Black 3.07.28; 8. P. McWade Clay 3.08.03; 9. J. Hodson Holm 3.08.32; 10. G. R. Wilkinson Clay 3.08.44; 11. P. Clark Kend 3.10.00; 12. R. Whitfield Bing 3.10.35; 13. J. Masterton LeiCori 3.10.58; 14. P. Irwin Ross 3.11.25; 15. G. Kirkbright P&B 3.13.04; 16. W. Nock Hales 3.13.25; 17. I. Holmes Bing 3.14.33; 18. T. Lofthouse Bing 3.14.59; 19. P. Mitchell Bing 3.19.27; 20. S. Needs LeiCori 3.19.36; **Veterans 0/40**; 1. P. McWade Clay 3.08.03; 2. R. Whitfield Bing 3.10.35; 3. D. Quinlan Bing 3.22.06; 4. R. Edwards LeiCori 3.26.19; 5. J. Nixon AchRatt 3.27.17; **Veterans 0/50**; 1. W. Fielding Leeds 3.43.48; 2. M Breslin L & M 3.46.18; 3. J. Sykes Hsfth 3.47.55; 4. R. Barker RedRose 3.49.18; 5. R. A. Jaques Clay 3.49.45; **Ladies**; 1. R. Pickvance Clay 3.44.18; 2. D. Kenwright SamHel 3.56.45; 3. S. Ratcliffe Saddle 3.57.20; 4. A. Wright Macc 4.01.28; 5. K. Martin Alt 4.03.11; 6. E. Staig Settle 4.04.29; 7. J. Kenyon AeroS 4.06.15; 8. H. Dodds Clay 4.07.15

HEN AND ROCKY RACE N.I.

AS/3.5m/1500ft

1. J. Patterson N. Down 34.26
2. B. Ervine B'drain 34.35
3. G. Murray B'drain 37.19
4. D. Graham B'drain 37.43
5. E. Hawkins Dromcast 38.04; 6. P. Holmes N'castle 38.49; 7. P. Howie Larne 39.56; 8. K. Quinn DromCast 40.09; **Veterans 0/40**; 1. P. Holmes N'castle 38.49; 2. K. Quinn DromCast 40.09; 3. M. McNulty DromCast 44.36; **Veterans 0/45**; 1. B. Magee Larne 41.47; 2. J. Gibson B'drain 46.52; 3. B. McNeilly N'castle 51.21

CONISTON FELL RACE Cumbria

AM/9m/3500ft 5.5.90

Although a fine sunny day the field was smaller than usual but of good quality.

Sean Livesey and Don Lee missed the Wetherlam checkpoint but since there was no advantage Malcolm Patterson sportingly let the result stand without complaint.

Sarah Rowell tackled a real fell race and proved upto the event finishing only twenty seconds outside the course record.

Now retired Bill Fielding finished 112 place at over sixty years old!

- | | |
|--|--------------|
| | N. Matthews. |
| 1. S. Livesey Ross | 1.10.59 |
| 2. M. Patterson DkPk | 1.11.43 |
| 3. D. Lee CFR | 1.13.05 |
| 4. M. Prady Gloss | 1.13.27 |
| 5. S. Booth Kesw 1.13.34; 6. G. Bland Kesw 1.13.58; 7. H. Jarrett CFR 1.14.24; 8. N. Lanaghan Kesw 1.15.02; 9. G. Cudahay Stock 1.15.10; 10. I. Holloway Roch 1.15.11; Veterans 0/40 ; 1. I. Holloway Roch 1.15.11; 2. M. Targett Clay 1.18.51; 3. M. Walsh Kend 1.19.06; Veterans 0/50 ; 1. H. Blenkinsop Kesw 1.28.50; 2. R. Bell Amble 1.28.57; 3. C. Brown Mercia 1.32.19; 4. B. Thackery DkPk 1.32.56; Veterans 0/60 ; 1. W. Fielding Leeds 1.36.40; 2. E. Frost Clay; 3. K. Gibson NVets 2.40.00; Ladies ; 1. S. Rowell Leeds 1.26.56; 2. S. Parkin Kend 1.31.27; 3. J. Smith (V) DkPk 1.33.09; 4. J. Johnson (V) Denby 1.36.13; 5. R. Clayton (V) DerwO 1.37.42; Juniors ; 1. S. Brophy Holm 31.57; 2. J. Taylor Clay 33.04; 3. N. Matthews Horw 35.09; 4. S. Burns Loch 35.16; 14. J. Wilson U/15 Clay 38.42; 15. 5. Haigh U/15 Girl Holm 38.50 | |

SLIEVE BEARNAGH RACE Nthn Ireland

AM/7m/2650 ft 5.5.90

On a very warm day, the runners set off along the Ulster Way. This is a flat lead into the race of about 1.1/2 miles before the athletes hit the track and the first climb.

The field was well bunched at this stage before Philpott and Patterson started to string the field out on the hard climb up through the Haris Gap and on up Beamagh. Irvine was clear second with Rodgers, Hawkins and Murray in a group.

The field stayed in much the same position down the tricky ascent off Bearnagh. Patterson and Philpott confirmed their battle over Slieve Meelmore. Irvine remained third with Rodgers now getting away in fourth.

At the summit of Meelbog, Philpott had a seven second lead on Patterson. On the fast ascent, he held off a strong challenge from the Veteran, Patterson.

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|-------------------------|---|
| D. Watson | |
| 1. A. Philpott Ach57.46 | |
| 2. J. Patterson NDown | 57.50 |
| 3. B. Irvine Ballyd | 58.57 |
| 4. R. Rodgers N'castle | 63.02 |
| 5. G. Murray Ballyd | 63.06; 6. E. Hawkins CastD 63.23; 7. W. Brown N'castle 70.04; 8. K. O'Hara N'castle 70.16; 9. T. Duffy Unatt 71.46; 10. M. Barton ACKC 72.30; Veterans 0/40 ; 1. B. Magee Larne 72.32; 2. M. McNulty CastD 72.39; 3. P. Holmes N'castle 74.41; 4. I. Taylor Albert 82.38; Juniors ; 1. E. Hawkins CastD 63.23 |

DARWEN MOOR HILL RACE Lancashire

BN/11m/1800ft 6.5.90

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|--|---------|
| 1. C. Donnelly Eryri | 1.16.00 |
| 2. R. Owen Black | 1.16.20 |
| 3. G. Schofield Black | 1.17.54 |
| 4. T. Hesketh Horw | 1.18.07 |
| 5. P. Skelton Kesw 1.19.40; 6. P. Turner Bolt 1.20.20; 7. P. Irwin Ross 1.20.31; 8. M. Upton W'ford 1.21.06; 9. T. Watkins Clay 1.21.28; 10. J. Norman Altr 1.21.35; Veterans 0/40 ; 1. T. Hesketh Horw 1.18.07; 2. B. Hilton Leeds 1.21.39; 3. J. Kerghan Maccles 1.21.55; Veterans 0/45 ; 1. J. Norman Altr 1.21.35; 2. D. Kearns Bolt 1.24.19; 3. J. Nuttall Clay 1.25.19; Veterans 0/50 ; 1. J. Whitter Wigan 1.28.21; 2. P. Covey P&B 1.30.30; 3. R. Barker RedR 1.34.14; Ladies ; 1. J. Kenyon Lostock 1.36.05; 2. K. Thompson Clay 1.46.25; 3. C. Wilkinson Clay 1.52.48; 4. J. Makinson Clay 1.52.48 | |

BEACON HILL FELL RACE Yorkshire

BS/1.5M/500 ft 7.5.90

- | | |
|---|-------|
| 1. R. Jackson Horw | 10.21 |
| 2. C. Walker P&B | 10.24 |
| 3. A. Whalley P&B | 10.33 |
| 4. R. Pallister P&B | 10.37 |
| 5. A. Trigg Gloss 10.49; 6. R. Lang ridge BfdA 10.54; 7. B. Horsfall Holm 11.00; 8. A. Illingworth P&B 11.03; 9. W. Gaunt P&B 11.07; 10. P. Davis LeedsU 11.21; Veterans 0/45 ; 1. B. Jackson Horw 12.02; Ladies ; 1. C. Harding P&B 15.43; 2. S. Corbin P&B 15.48; Juniors ; 1. M. Teal Melth 11.22; 2. S. Robinson Black 13.24 | |

PENISTON HILL RACE Yorkshire

BS /6.5m/1055 ft 7.5.90

- | | |
|---|-------|
| 1. A. Eyre-Walker NottsU | 39.18 |
| 2. M. Bradbury Stock | 39.29 |
| 3. D. Neill Staffm | 39.39 |
| 4. B. Reynolds NottsU | 39.44 |
| 5. L. Warburton Spen 39.56; 6. M. Jubb SheffU 40.12; 7. P. Gebbett SheffP 40.32; 8. G. Damiani Spen 40.37; 9. P. Murray SteelC 41.29; 10. G. Davis SheffU 41.39; Veterans 0/40 ; 1. A. Harmer DkPk 42.22; 2. P. Buttery DenbyD 43.27; 3. R. Pickersgill Longw 43.45; Veterans 0/45 ; 1. D. Cartwright P'stone 42.27; 2. D. Haynes Bing 42.29; 3. R. Lodge Hfx 46.19; Veterans 0/50 ; 1. D. Haynes NDerby 47.28; 2. M. Nalty Clonne 48.38; Veterans 0/70 ; 1. K. Gibson NVets 80.50; Ladies ; 1. J. Johnson DenbyD 49.02; 2. S. Boler P'stone | |

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|--|
| 50.05; 3. J. Ashforth Hallam 52.18; 4. S. Duffy Spen 53.33; Intermediates - Boys U/16 ; 1. M. Moorhouse Saif 20.00; 2. J. Macleod Melth 21.50; Intermediates - Girls U/16 ; 1. H. Shaw EPOC 28.13; 2. C. Shipman P'stone 29.13; Juniors - Boys U/13 ; 1. D. Needham W'field 21.31; 2. N. Croft P'stone 22.08; Juniors ■ Girls U/13 ; 1. V. Hardcastle Longw 24.36; 2. T. Gibbins P'stone 27.03 |
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PENRITH BEACON HILL RACE Cumbria

BS/1.5m/500ft 7.5.90

- | | |
|---|-------|
| 1. M. Rogers Kend | 24.18 |
| 2. S. Booth Kesw | 24.25 |
| 3. T. Lascelles Border | 24.38 |
| 4. J. Ritson W'haven | 25.11 |
| 5. P. Harlowe Kesw 25.12; 6. C. Coote Kend 25.20; 7. T. Janaway R'trees 25.25; 8. R. Unwin CFR 26.06; Junior Race ; 1. R. Clarkson Greystone 5.56; 2. C. Bewley Rowrah 6.00; 3. P. Murray Border 6.20; 4. J. Cavanagh Penrith 6.26 | |

DUMYAT HILL RACE Central

BS/5m/1250ft 9.5.90

Starting from the grounds of Stirling University the marked route takes in wooded track and open fellside.

Conditions were poor due to recent heavy rain which makes the run of Richard Jones excellent in being only three seconds outside the record of 33.18 held jointly by Dermott McGonigle and John Wilkinson.

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|--|-------|
| 1. R. Jones Glasgow | 33.21 |
| 2. W. Ramsbottom L'stone | 33.29 |
| 3. J. Wilkinson GALA | 33.30 |
| 4. K. Cook Unatt | 34.30 |
| 5. A. Kitchen L'stone 34.33; 6. A. Davis StirIU 34.37; 7. D. Crowe Hawk 34.54; 8. J. Davies StirIU 35.03; Veterans ; 1. S. Campbell Cent 38.44; 2. C. Love Hawk 39.22; 3. D. Adams Hamil 40.30; Ladies ; 1. H. Dean FVO 42.33; 2. D. Everington L'stone 44.58; 3. D. Campbell L'stone 46.49; Ladies Veterans ; 1. J. Sharp Cent 49.23; 2. I. Campbell Unatt 53.36; 3. N. Hinton Unatt 53.43 | |

MEELBEG MEELMOR RACE N.I.

BS/3.0m/1800ft 10.5.90

- | | |
|---|-------|
| 1. J. Patterson N. Down | 30.18 |
| 2. B. Ervine B'drain | 30.27 |
| 3. B. McKay A'ville | 32.04 |
| 4. J. Hayes B'drain | 33.04 |
| 5. B. McBurney N'castle 33.06; 6. K. Quinn DromCast 34.04; 7. P. Howie Larne 34.07; 8. D. Graham B'drain 34.16; Veterans 0/40 ; 1. J. Hayes B'drain 33.04; 2. K. Quinn DromCast 34.04; 3. P. Holmes N'castle 35.54; Veterans 0/45 ; 1. B. Magee Larne 36.48; 2. J. Gibson B'drain 43.30 | |

SIMONS SEAT FELL RACE Yorkshire

AS/3.5m/1300 ft 10.5.90

- | | |
|---|-------|
| 1. G. Devine P&B | 23.35 |
| 2. S. Hawkins Bing | 23.40 |
| 3. S. Livesey Ross | 24.12 |
| 4. C. Walker P&B | 24.42 |
| 5. M. Wallis Clay 24.47; 6. M. Crewe Bing 24.54; 7. G. Rirkbright P&B 25.25; 8. R. Pallister P&B 25.32; 9. A. Whalley P&B 25.42; 10. D. Waterworth Clay 25.59; Veterans 0/ | |

- | |
|--|
| 40; 1. D. Spedding Kesw; Veterans 0/45 ; 1. D. Quinlan Bing; Veterans 0/50 ; 1. F. Gibbs Unatt; Ladies ; 1. C. Chidsey P&B; 2. E. Staig Settle; Juniors - Male ; 1. P. Tar get Clay; Juniors - Female ; 1. K. Woolmer P&B |
|--|

BELMONT WINTER HILL RACE Lancashire

BS/4.5m/1000 ft 12.5.90

Conditions on the hill weren't the best there's been, particularly on the stretch to Noon Hill, which was described as "soft", but three of the race records fell.

Colin Donnelly sat in for all of half a minute before making his move and leaving the rest behind to finish over a minute inside the old record.

Nathan Matthews showed continued improvement to trim his own Under 20 record and finishing in a fine 12th position overall. Also showing continued improvement was Janet Kenyon, who also posted a time over a minute inside the previous best. Fine runs from Dave Bateson and Annette Kelly rewarded them with first male and female "Belmonters".

The sausage rolls went down well!

- | | |
|---|----------|
| | M. Kelly |
| 1. C. Donnelly Eryri | 31.48 |
| 2. G. Huddleston Clay | 32.33 |
| 3. W. Brindle Horw | 32.38 |
| 4. C. Lyon Horw | 32.52 |
| 5. G. Schofield Black 33.19; 6. R. Jackson Horw 33.51; 7. R. Rodgers Horw 34.41; 8. D. Thompson CalderV 34.44; 9. P. Stevenson P&B 34.53; 10. J. Hope AchR 35.05; Veterans 0/40 ; 1. J. Hope AchR 35.05; 2. R. McAndrew Chor 37.07; 3. P. Lyons Bury 37.55; Veterans 0/45 ; 1. D. Kearns Bolt 36.43; 2. B. Jackson Horw 37.32; 3. A. Wardle Horw 38.24; Veterans 0/50 ; 1. N. Matthews Horw 38.08; 2. P. Fleming Horw 39.24; 3. R. Aucott DkPk 40.37; Ladies ; 1. J. Kenyon Lost 39.30; 2. J. Harold Horw 40.15; 3. C. Hughes Read 43.35; Juniors - U/20 ; 1. N. Matthews Horw 35.41; 2. R. Hope Horw 37.26; 3. A. Shiers Lost 39.04 | |

TREFRIW MILL RACE Gwynedd

AL/13m/3250ft 12.5.90

Very thick cloud on the tops caused some minor navigational errors but the humid conditions were also a problem due to possible heat exhaustion and two checkpoints had water as a precaution.

- | | |
|---|------|
| 1. E. Roberts Eryri | 1.57 |
| 2. H. Griffiths Hebog | 2.00 |
| 3. D. Williams (V) Eryri | 2.01 |
| 4. A. Darnell Eryri | 2.02 |
| 5. P. Cawley Unatt 2.09; 6. R. Powell Eryri 2.19; 7. I. Kevan RAFUXB 2.20; 8. H. Stansfield (V) Eryri 2.22; 9. M. Blane (V) Eryri 2.24; 10. J. Groark RAF 2.32; Veterans 0/45 ; 1. K. Peers Colwyn 2.57; Veterans 0/50 ; 1. M. Lloyd Wrex 3.17; Ladies ; 1. S. Farrar Eryri 2.52; 2. K. Scott Unatt 3.22; 3. S. Bennell (V) Eryri 4.03; 4. S. Lloyd Unatt 4.23 | |

BEN LOMOND HILL RACE Central

AM/9m/3192ft 12.5.90

David Rodgers became only the second Scot in thirteen years to win the event, the other being Colin Donnelly, but he won comfortably, as did Beverly

Redfern in breaking her own record set last year.

1. *D.Rodgers Loch* 1.05.40
2. *I.Davidson Corn* 1.06.16
3. *J.Wilkinson GALT* 1.07.30
4. *G.Devine P&B* 1.07.35
5. *I.Ferguson Bing* 1.07.40; 6. *M.Rigby W'lands* 1.08.12; 7. *D.Weir Perth* 1.08.34; 8. *W.Gaunt P&B* 1.08.47; 9. *G.Kirkbright P&B* 1.09.04; 10. *A.Bennet W'lands* 1.09.19; 11. *P.Sheard P&B* 1.09.25; 12. *P.Marshall Hadd* 1.09.30; 13. *D.Bell Hadd* 1.09.41; 14. *A.Schofield Roch* 1.09.45; 15. *A.Curtis L'stone* 1.09.49; 16. *G.Bartlett Forres* 1.10.28; 17. *ADytch Clydes* 1.10.57; 18. *I.Wallace Hunter* 1.11.14; 19. *E. Harwood Mercia* 1.11.27; 20. *A.Peace Bing* 1.11.50; **Veterans 0/40**; 1. *P.Marshall Hadd* 1.09.41; 2. *T.Ross Fife* 1.16.04; 3. *R.Nicoll Fife* 1.17.14; **Veterans O/50**; 1. *W.Gauld Carn* 1.17.24; 2. *G.Armstrong Hadd* 1.21.53; 3. *D.Amour Inver* 1.22.47; **Ladies**; 1. *B.Redfern Carn* 1.11.57; 2. *T.Calder (V) ESPC* 1.15.08; 3. *J.Robertson Ayr* 1.22.08; 4. *J.Salvona L'stone* 1.23.41; 5. *S.Niedrum Leeds* 1.27.39; 6. *A.Curtis L'stone* 1.28.21

Elian Vannin Fell Race Isle of Man AL/20m/6000ft 13.5.90

Ian Callister repeated his win of last year, leading from start to finish. He had some seven minutes in hand over Roger Moughtin of Peel with top veteran Dave Corrin finishing third. Times were well down on last year, the deceptively warm weather taking its toll.

Richie Stevenson

1. *I. Callister*
 2. *R. Moughtin*
 3. *D. Corrin*
 4. *R. Stevenson*
 5. *P. Corlett*; 6. *J. Wright*;
- Veterans**; 1. *D. Corrin*

CROWTHORN FELL RACE

^{Lancs}
CS/6m/700ft 13.5.90

Good conditions and a warm sunny day gave Paul Turner the opportunity to break the course record in a small field by today's standards of twenty seven runners.

1. *P.Turner* 41.59
2. *P.Martin* 43.17
3. *N.McKey* 43.36
4. *D.Kearns (V)* 44.04
5. *M.Haigh* 45.18; 6. *M. Boardman* 45.38; 7. *M.Covey (V)* 46.24; 8. *P.Henegan* 50.35

BUTTERMERE SAILBACK HORSESHOE Cumbria (Northern Counties Championships) AM/9.4m/4250ft 13.5.90

Reigning Northern Counties Champion, robin Bergstrand had no difficulty in retaining his title on a fine sunny day at Buttermere. Leading from the start, he returned a time one minute faster than last year but still four minutes slower than Kenny Stuart's marvellous record time. In the absence of several leading opponents (saving themselves for the Championship race the following week?) the main challenge emerged from Cumberland Fell Runners in

Alan Bowness and Donald Lee who, together with old stalwart Harry Jarrett, packed well to give C.F.R. their first Northern Counties victory. The once might Keswick were reduced to relying on their still strong but inevitably fading veterans Spedding and Bland, who as well as being second and third counters for their club, were first two veterans home - only five second between them. Congratulations to a still older campaigner, Harry Blenkinsop (Keswick) who easily won the Super-vets, and to Sue Mackey of Cumberland Fell Runners who put the icing on the cake for the local club by winning the Ladies race.

Danny Hughes

1. *R. Bergstrand Mand* 1.25.28
2. *A. Bowness CFR* 1.28.51
3. *D. Lee CFR* 1.30.04
4. *C. Valentine Kesw* 1.31.13
5. *H. Jarrett CFR* 1.31.35; 6. *G. Schofield Black* 1.31.40; 7. *D. Spedding Kesw* 1.31.58; 8. *B. Bland Kesw* 1.32.03; 9. *G. Lucas CFR* 1.33.15; 10. *P. Skelton Kesw* 1.33.36; **Veterans 0/40**; 1. *D. Spedding Kesw* 1.31.58; 2. *B. Bland Kesw* 1.32.03; 3. *R. Whi field Bing* 1.35.48; 4. *K. Shand Roch* 1.40.00; 5. *J. Nuttall Clay* 1.41.29; **Veterans 0/50**; 1. *H. Blenkinsop Kesw* 1.54.58; 2. *C. Brown Mercia* 1.56.52; 3. *F. Gibbs Unatt* 1.58.35; 4. *D. Hodgson Amble* 1.59.41; 5. *J. Taylor Kend* 2.01.41; **Ladies**; 1. *S. Mackey CFR* 1.56.37; 2. *M. Todd Amble* 1.59.37; 3. *E. Wright Amble* 2.10.22; **Intermediate U/18**; 1. *G. Bland Kesw* 1.36.43; 2. *G. Cudahy Stock* 1.38.32; 3. *J. Gavin Ross* 1.54.26; 4. *A. Lee Roch* 2.02.52; **Junior Race**; 1. *S. Brophy Holm* 30.42; 2. *M. Moorhouse Saif* 31.09; 3. *J. Taylor Clay* 31.33; 4. *R. Brown Wolver* 34.05; 5. *R. Skelton CaldV* 35.43; 6. *P. Charney CaldV* 39.12; **Northern Counties Senior Individual**; 1. *R. Bergstrand Mand*; 2. *A. Bowness CFR*; 3. *D. Lee CFR*; **Northern Counties Team Award**; 1. *Cumberland F.R.* (*A. Bowness, D. Lee, H. Jarrett*) 10pts; 2. *Keswick A.C.* (*C. Valentine, D. Spedding, B. Bland*) 19pts; 3. *Keswick A. C.* (*P. Skelton, G. Bland, D. Loan*) 45 pts; **Northern Counties Junior Individual** (15 -18); 1. *S. Brophy Holm*; 2. *M. Moorhouse Salford*; 3. *J. Taylor Clay*; **Southern Counties Individual**; 1. *D. Spedding Kesw*; 2. *J. Blair-Fish Carn*; 3. *C. Stanley Plessey*; **Cumbria County Individual**; 1. *A. Brownlee CFR*; 2. *D. Lee CFR*; 3. *C. Valentine Kesw*; **Lancashire County Individual**; 1. *G. Schofield Black*; 2. *D. Woodhead Horw*; 3. *D. Ibbotson Gloss*; **Cheshire County Individual**; 1. *N. Hindle Altrin*; 2. *D. Jones Pennine*; 3. *P. Mackie MidChesh*

CARADOC CLASSIC FELL RACE Shropshire AS/3m/880ft 16.5.90

Another GISBOROUGH MOORS RACE
Cleveland
BM/12.5m/2400ft 8.4.90

I must offer encouragement and congratulations to the increasing number of females taking part in this year's race. There was a total female entry of 46, with 32 of these going in the long race. With three complete teams, Mandale Harriers found it harder to hang on to their team title, doing 80 by 24 points to New Marske

Harriers' 30 points. Excellent performances by Sheila Wright and Cath Proctor who were first and second respectively and ensured a sound team performance for Mandale.

In the main race for men, Robin Bergstrand was soon at the front with a 30 second lead over A. Eyre-Walker and a further 10 seconds over Paul Lowe at Roseberry Topping. This had opened up to 50 seconds and one minute by Captain Cook's, which is slightly over half way. This leading group of three were well clear of the chasing group of Hetherington, Pearson, Williams, Hodson and Connor. At Sleddale Farm, Bergstrand was over four minutes clear of the field. On ascending the moor above Sleddale, which incidentally is marked with 4' white poles every 100 metres, the leading groups managed to reach the landrover track some 40 metres from the top. At this point, Bergstrand missed the turn off and ran to the forest wall, past the trig point, then failed to correct himself turning left. Fortunately, he managed to cut back through the forest at the first gate then descend on the original descent. Eyre-Walker and Lowe were not 80 fortunate and went on to Highcliffe. Bergstrand still managed to win but, in my view, would have achieved a new record but for mis-navigation. Eyre-Walker and Lowe unfortunately finished in 19th and 27th places respectively after running 80 well for 9/10th of the race. As stated on the day, however, fell racing does not just involve running abilities and skills, but navigational skills as well!

Well done Jon Williams who, in finishing second, retained his over 40s title from Roger Bradley. In the over 508, Derek Owens is in the best form of his life and was a comfortable winner from Dan McCune.

Mandale retained their team title ahead of Holmfirth, Mandale "B", Harrogate and Rowntrees.

In the short races, Simon Brophy set a new record in the under 16s and in the female short race, Helen Berry hung on to win from her club colleague, Sally Haigh, after establishing a decisive 30 second lead in the first mile.

In the medium race, Chris Pennington managed to retain his title despite having to be taken to hospital from the finish with a suspected broken ankle. Gill Hale ran an excellent race to set a new record beating her clubmate, Michelle Roberts.

Anyone visiting or living in the area is welcome to training at Guisborough Rugby Club, 6.30 p.m. prompt on Tuesdays. (Navigation training and instruction provided.)

David Parry

1. *R. Bergstrand Mand* 82.49
2. *J. Williams Mand* 85.29
3. *P. Connor Mand* 85.34
4. *G. Hetherington Durham* 85.45
5. *D. Pearson Nand* 85.55; 6. *A. Hauser Holm* 86.08; 7. *D. Leaf Rown* 86.17; 8. *J. Hoodson Holm* 87.17; 9. *T. Griffith Unatt* 87.55; 10. *A. Normandale Rown* 88.10; **Veterans 0/40**; 1. *J. Williams Mand* 85.29; 2. *R. Bradley Holm* 91.26; 3. *B. Dale NMarske* 92.55; **Veterans 0/50**; 1. *D. Owens Mand* 96.55; 2. *D. McCune Middles* 99.07; 3. *S. Hicks Blaydon* 103.16; **Ladies**; 1. *S. Wright Mand* 100.27; 2. *C. Proctor Mand* 103.43; 3. *S. Haines Ilkley* 109.22; **Medium**

- Race**; 1. *C. Pennington Mand* 40.57; 2. *G. Hale (female) Mand* 43.48; 3. *R. Richardson Durham* 46.05; 4. *A. Swallow Durham* 46.05; 5. *M. Roberts (female) Mand* 49.14; 6. *C. Hine Mand* 49.34; **Short Race**; 1. *S. Brophy Holm* 26.21; 2. *J. Woodall CLOK* 30.40; 3. *D. Hodson Holm* 32.32; 4. *P. Evans Guis* 33.09; 5. *B. Inness G'head* 33.15; 6. *H. Berry (female) Holm* 33.23

MOUGHANMORE RACE N.I.

AS/3.0m/1500ft 12.4.90

1. *J. Patterson N. Down* 30.59
2. *B. Irvine B'drain* 31.02
3. *G. Murray B'drain* 32.18
4. *B. McBurney N'castle* 32.31
5. *E. Hawkins DromCast* 33.09; 6. *C. McCann N'castle* 33.53; **Veterans O/40**; 1. *J. Patterson N. Down* 30.59; 2. *K. Quinn T'ree* 35.22; 3. *F. Morgan N'castle* 40.26; **Veterans 0/45**; 1. *B. Magee Larne* 35.23; 2. *B. McNeill N'castle* 42.13

WARDLE SKYLINE FELL RACE

Lancs

CM/7m/1000ft 21.4.90

On a clear fresh day with damp underfoot conditions after rain on already boggy ground did not deter athletes and gave another impressive turnout for THE event of the year at Wardle village.

The intermediates gave an impressive display in a good field with two in the first ten.

- A. Buckley*
1. *J. Taylor Holm* 40.47
2. *G. Huddleston Clay* 41.11
3. *M. Aspinall Ross* 42.17
4. *A. Trigg Gloss* 42.27
5. *G. Cudahy Stock* 42.36; 6. *P. Livesey Ross* 42.41; 7. *R. Jackson Horw* 43.07; 8. *P. McWade Clay* 43.13; 9. *R. Pallister P&B* 43.24; 10. *C. Barlow Horw* 43.31; **Veterans 0/40**; 1. *P. McWade Clay* 43.13; 2. *L. Holloway Roch* 43.57; 3. *B. Deegan Roch* 45.39; 4. *P. Buttery Denby* 45.52; **Veterans 0/50**; 1. *R. Barker RedRose* 52.26; 2. *M. Cripps Unatt* 56.10; 3. *E. Blamire Tod* 57.34; **Ladies**; 1. *J. Kenyon Lostock* 53.14; 2. *J. Makinson Clay* 54.05; 3. *P. Nolan Warwick* 54.09; 4. *R. Clayton Derw* 54.55; **Ladies Veterans**; 1. *S. Exton Stret* 57.28; 2. *K. Thompson Clay* 57.50; 3. *P. Dore Roch* 62.02; **Intermediates**; 1. *J. Taylor Holm* 40.47; 2. *G. Cudahy Stock* 42.36; 3. *D. Wilkinson Roch* 44.38; 4. *J. Gavin Ross* 47.52; 5. *C. Beadle Holm* 47.58; **Juniors**; 1. *W. Styan Holm* 43.34; 2. *A. Bowden Cald* 43.52; 3. *A. Smith P&B* 46.59; **Teams - Seniors**; 1. *Rossendale* 27 pts; 2. *Horwich* 32 pts; 3. *Clayton* 40 pts

KINDER DOWNFALL FELL RACE Derbyshire AM/10m/2150ft 22.4.90

341 runners started on a day blessed with good weather. Malcolm Patterson led up William Clough and over Kinder to Kinder Low. Here his lack of fitness showed when Mike Prady led a breakaway group. Mike won just ahead of Glossop team mate, Andy Trigg.

The Ladies' race was won by Sue Parkin despite the mix up at the prize giving!

The route change added a little extra distance but times were slower because of the strong wind on top.

- N. Goldsmith
 1. *M. Prady Gloss* 1.07.44
 2. *A. Trigg Gloss* 1.07.57
 3. *T. Parr Gloss* 1.08.00
 4. *D. Neill StaffsM* 1.08.19
 5. *G. Hall Holm* 1.08.32; 6. *P. Bowler StaffsM* 1.08.40; 7. *M. Patterson DkPk* 1.09.07; 8. *M. Jubb SheffUniv* 1.09.27; 9. *C. Stanley GPT* 1.09.47; 10. *K. Hagley DkPk* 1.10.48; **Veterans 0/40**; 1. *T. Hulme PFR* 1.11.28; 2. *R. Wilde Manch* 1.11.46; 3. *B. Toogood DkPk* 1.12.53; 4. *D. Cartwright Pstone* 1.13.00; **Veterans 0/50**; 1. *B. Thackery DkPk* 1.22.09; 2. *R. Taylor Bux* 1.26.20; 3. *H. Gill Saddle* 1.29.35; **Ladies**; 1. *S. Parkin Kend* 1.25.39; 2. *J. Smith DkPk* 1.25.58; 3. *K. Martin Altr* 1.27.34; 4. *R. Clayton DVO* 1.30.18; **Intermediates**: 1. *G. Hall Holm* 1.08.32; 2. *P. Bryant Stock* 1.19.07; **Junior Race**; 1. *M. Moorhouse Saif* 27.33; 2. *D. Gibbons Stock* 27.58; 3. *H. Warburton MidChes* 28.03

**PENTYRCH HILL RACE
 Glamorgan
 BM/7.5m/1700ft 24.4.90**

Graham Patten improved his time by over a minute and his position from second last year to win convincingly, but unfortunately outside the course set by John Hooper two years ago.

- John Gough.
 1. *G. Patten MDC* 48.38
 2. *S. Rhud LesCroup* 50.01
 3. *J. Jones Tri* 51.43
 4. *J. Poinon (V) Road* 51.57
 5. *A. Jeffries (V) Swans* 52.15; 6. *P. Jones Road* 52.38; 7. *M. Saunders MDC* 54.04; 8. *M. Walker MDC* 54.44; **Veterans 0/50**; 1. *B. Griffiths Swans* 55.27; 2. *J. Collins Swans* 56.41; **Ladies**; 1. *L. Kirk MDC* 57.37; 2. *K. Patten MDC* 58.29; 3. *A. Bedwell MDC* 61.27

**SNAEFELL RACE
 Isle of Man
 AS/5m/1900ft 24.4.90**

A record field started this third tough race on a cool but bright evening. The winner was Richie Stevenson, then the much improved Phil Motley, with comeback man Tony Rowley finishing a good third. Top local cyclist Stephen Porter tackled his first ever fell race and came an incredible twelfth, in rather different conditions to his recent exploits in the Commonwealth Games in New Zealand.

- Richie Stevenson
 1. *R. Stevenson MFR* 43.58
 2. *P. Motley MFR* 45.04
 3. *T. Rowley MFR* 46.06
 4.1. *Callister MAC* 46.15
 5. *P. Crowe MFR* 46.17; 6. *D. Young MFR* 46.36; **Veterans**; 1. *D. Young MFR* 46.36; 2. *J. Wright MFR* 49.36; 3. *M. Cowbourne MFR* 51.14; **Ladies**; 1. *S. Quirk* 51.42

**CAVE HILL RACE
 Nthn Ireland
 AS/2m/750ft 25.4.90**

Veteran, Jim Patterson, won the opening round of the N.I. Fell Running Championship at the Cavehill knocking a remarkable 22 seconds off the record in the process.

Defending champion, Adrian

Phillpot was the early leader, but by the steep section of the 750 ft climb, Jim had caught up. The two turned together at the top in 9 mins 10 secs and jockeyed for position on the descent.

Jim sprinted clear over the last 200 metres, having clocked an astounding 4 mins 19 secs for the descent, with Adrian finishing just two seconds adrift.

Newcastle's Richard Rodgers, who had set the old record of 13.51 in 1987, finished third and the top six was completed by Billy McKay, Gordon Murray and Brian Ervine.

Ballydrain were the team winners with 18 points from

- Newcastle with 24 points.
 B. Ervine
 1. *J. Patterson NDown* 13.29 (Veteran)
 2. *A. Phillpot ACh* 13.31
 3. *R. Rodgers Ncastle* 14.13
 4. *B. McKay Albert* 14.21
 5. *G. Murray Ballyd* 14.35; 6. *B. Ervine Ballyd* 14.44; 7. *D. Barrett Ballyd* 14.59; 8. *B. McBurney Ncastle* 15.05; 9. *G. McGrath OTC* 15.23; 10. *D. Graham Ballyd* 15.35

**RAS MYNDD MAWR
 Gwynedd
 AS/4m/1300ft 28.4.90**

The 5th Ras Mynydd Mawr was held on a fine, clear day and attracted a record entry of 62.

Hefin Griffiths led to the summit, but Simon Booth quickly established a lead on the descent winning comfortably in a record time.

Two more records were broken, Del Davies in the Veterans winning for the third consecutive year, and Colin Jones in the under 18s. Colin was third overall in his first senior race, a very promising talent.

There were only three ladies, all Veterans, with Sheila Bennett winning comfortably.

- D. Tomas
 1. *S. Booth Kesw* 31.20
 2. *H. Griffiths Hebog* 32.01
 3. *A. Darnell Eryri* 32.56
 4. *M. Roberts Hebog* 33.11
 5. *A. Nicholas Eryri* 33.47; 6. *D. McAuley Blaen* 34.09; 7. *S. Jones Colwyn* 34.18; 8. *G. Williams Eryri* 34.20; 9. *M. Jones Hebog* 34.35; 10. *E. Evans Eryri* 34.37; **Veterans 0/40**;
 1. *D. Davies Hebog* 32.36; 2. *H. Stansfield Eryri* 34.52; 3. *D. Tomas Eryri* 36.21; 4. *N. Blake Eryri* 36.39; **Veterans 0/50**; 1. *D. Charles Eryri* 40.07; 2. *R. Evans Eryri* 46.20; 3. *T. Hayes Eryri* 47.13; **Veterans 0/60**;
 1. *J. Pope Eryri* 48.37; **Ladies**; 1. *S. Bennett Eryri* 44.49; 2. *S. Lloyd Eryri* 55.29; 3. *C. Pratten Wirral* 65.06; **Juniors U/18**; 1. *C. Jones Eryri* 32.33; 2. *C. Williams Blaen* 34.41; 3. *R. Thomas Blaen* 38.50; **Juniors U/16 - Boys**; 1. *T. Hildige Eryri* 17.21; 2. *D. Warburton Eryri* 17.32; 3. *D. Griffiths Eryri* 19.24; **Juniors U/16 - Girls**; 1. *C. Jones Eryri* 22.24

**HARROP DALE HILL RACE
 Lancashire
 7m 4.5.90**

1. *D. Crookes EChesh* 36.54
 2. *M. Cheseldine Leeds* 37.32
 3. *S. Willis Saddle* 39.53
 4. *M. Allcock Kippax* 39.57
 5. *A. Jones Gloss* 40.43; 6. *J. Simpson Kippax* 40.56; 7. *K. Shand Roch*



Helene Diamantides, 1st Lady, finishing Wasdale. Photo: W.S. Bateson

- 41.06; 8. *G. Needham* 41.24; 9. *G. Sykes Meltham* 41.32; 10. *R. Poole Gloss* 41.35; **Veterans 0/40**; 1. *K. Shand Roch* 41.06; 2. *R. Poole Gloss* 41.35; 3. *D. Gibson Saddle* 42.58; 4. *B. Wheatley NWWM* 43.17; **Veterans 0/50**; 1. *I. Brierley Saddle* 44.40; 2. *R. Barker RedR* 45.32; 3. *P. Davies Oldham* 45.51; 4. *T. Knagg Elmbr* 46.34; **Ladies**; 1. *K. Drake Spen* 44.00; 2. *W. Dodds Clay* 49.29; 3. *J. Docherty Saddle* 52.40

**RAVENSTONE FELL RACE
 Lancashire
 BM/10m/1250ft 5.5.90**

1. *A. Eyre-Walker Nott* 66.22
 2. *D. Crookes EChesh* 66.44
 3. *D. Jbbetson Gloss* 67.07
 4. *D. Cartwright Pstone* 69.17
 5. *D. Thompson CalderV* 70.33; 6. *A. Jones Gloss* 70.51; 7. *E. Egner DenbyD* 71.21; 8. *B. Deegan Roch* 71.49; 9. *S. Bell NottUniv* 72.10; 10. *P. Buttery DenbyD* 73.35; **Veterans O/40**; 1. *D. Cartwright Pstone* 69.17; 2. *K. Shand Roch* 73.45; 3. *K. Munton CalderV* 74.50; 4. *R. Poole Gloss* 77.15; **Veterans 0/50**; 1. *A. Churchill Clay* 75.06; 2. *T. Eckersley Saddle* 78.56; 3. *J. Dean Saif* 83.17; 4. *I. Brierley Saddle* 83.39; **Ladies**; 1. *K. Drake Spen* 82.54; 2. *G. Cook Roch* 86.06; 3. *C. Haigh CalderV* 90.11

**SCOUTHEAD ROAD RACE
 Lancashire
 9m 6.5.90**

1. *D. Crookes EChesh* 50.23
 2. *A. Laycock Melth* 52.39
 3. *J. Simpson Kippax* 53.26
 4. *M. Allcock Kippax* 53.28
 5. *A. Jones Gloss* 55.10

SADDLEWORTH THREE DAY EVENT

(HARROP DALE HILL, RAVENSTONE FELL & SCOUTHEAD ROAD)

- Overall Results**
 1. *D. Crookes EChesh* 154.01
 2. *A. Jones Gloss* 166.24
 3. *M. Allcock Rippax* 169.05
 4. *J. Simpson Kippax* 171.19
 5. *K. Shand Roch* 171.37; **Veterans 0/50**; 1. *K. Shand Roch* 171.37; 2. *R. Poole Gloss* 174.53; 3. *D. Gibson Saddle* 179.35; **Veterans 0/50; I**. *I. Brierley Saddle* 188.15; 2. *T. Knagg Elmbr* 203.11; 3. *H. Gill Saddle* 208.52; **Ladies**; 1. *K. Drake Spen* 184.45; 2. *W. Dodds Clay* 205.50; 3. *J. Docherty Saddle* 225.25

**THREE PEAKS RACE
 N. Yorkshire
 AL/23.5m/4500ft 29.4.90**

The worst mist for many years was a feature of the 1990 Three Peaks Race. Visibility was down to 50m on all the peaks and one batch of runners even managed to lose themselves in the mist in the High Birkwith area. Fortunately, conditions were not severe as there was little wind and the temperature was comfortable. Conditions underfoot were wetter than many anticipated, with Whernside being particularly heavy on the ascent and greasy on the descent. Not surprisingly, most times were around ten minutes slower than last year when conditions were ideal.

The race soon developed into a contest between last year's winner and runner-up, Shaun Livesey and Gary Devine, who were clear of the field at Ribbleshead and still together on Ingleborough. However, Gary broke clear on the descent to Horton to reverse last year's placing and become

only the third Yorkshireman to win the Three Peaks Race.

The ladies race was also won by last year's runner-up, Ruth Pickvance, in a time less than two minutes slower than she recorded last year. Peter McWade retained his Veteran's trophy but probably the best performance of the day came from Bill Fielding who at the age of 62 won the Super-veterans class.

The team race was closely contested between Pudsey & Bramley and Bingley, the fine run by newcomer Paul Sheard in 4th place was the performance that clinched the trophy for Pudsey & Bramley.

Dave Hodgson

1. G. Devine P&B	3.00.51
2. S. Livesey Ross	3.02.09
3. I. Ferguson Bing	3.02.54
4. P. Sheard P&B	3.04.36
5. A. Harser Holm 3.05.18; 6. A. Trigg Glos 3.07.23; 7. G. Schofield Black 3.07.28; 8. P. McWade Clay 3.08.03; 9. J. Hodson Holm 3.08.32; 10. G. R. Wilkinson Clay 3.08.44; 11. P. Clark Kend 3.10.00; 12. R. Whitfield Bing 3.10.35; 13. J. Masterton LeiCori 3.10.58; 14. P. Irwin Ross 3.11.25; 15. G. Kirkbright P&B 3.13.04; 16. W. Nock Hales 3.13.25; 17. I. Holmes Bing 3.14.33; 18. T. Lofthouse Bing 3.14.59; 19. P. Mitchell Bing 3.19.27; 20. S. Needs LeiCori 3.19.36; Veterans 0/40 ; 1. P. McWade Clay 3.08.03; 2. R. Whitfield Bing 3.10.35; 3. D. Quinlan Bing 3.22.06; 4. R. Edwards LeiCori 3.26.19; 5. J. Nixon AchRatt 3.27.17; Veterans 0/50 ; 1. W. Fielding Leeds 3.43.48; 2. M. Breslin L & M 3.46.18; 3. J. Sykes Hsfth 3.47.55; 4. R. Barker RedRose 3.49.18; 5. R. A. Jaques Clay 3.49.45; Ladies ; 1. R. Pickvance Clay 3.44.18; 2. D. Kenwright SamHel 3.56.45; 3. S. Ratcliffe Saddle 357.20; 4. A. Wright Macc 4.01.28; 5. K. Martin Alt 4.03.11; 6. E. Staig Settle 4.04.29; 7. J. Kenyon AeroS 4.06.15; 8. W. Dodds Clay 4.07.15	

HEN AND ROCKY RACE

N.I.

AS/3.5m/1500ft

1. J. Patterson N. Down	34.26
2. B. Ervine B'drain	34.35
3. G. Murray B'drain	37.19
4. D. Graham B'drain	37.43
5. E. Hawkins Dromcast 38.04; 6. P. Holmes N'castle 38.49; 7. P. Howie Larne 39.56; 8. K. Quinn DromCast 40.09; Veterans 0/40 ; 1. P. Holmes N'castle 38.49; 2. K. Quinn DromCast 40.09; 3. M. McNulty DromCast 44.36; Veterans 0/45 ; 1. B. Magee Larne 41.47; 2. J. Gibson B'drain 46.52; 3. B. McNeilly N'castle 51.21	

CONISTON FELL RACE

Cumbria

AM/9m/3500ft 5.5.90

Although a fine sunny day the field was smaller than usual but of good quality.

Sean Livesey and Don Lee missed the Wetherlam checkpoint but since there was no advantage Malcolm Patterson sportingly let the result stand without complaint.

Sarah Rowell tackled a real fell race and proved upto the event finishing only twenty seconds outside the course record.

Now retired Bill Fielding finished 112 place at over sixty years old!

N. Matthews.

1. S. Livesey Ross	1.10.59
2. M. Patterson DkPk	1.11.43
3. D. Lee CFR	1.13.05
4. M. Prady Gloss	1.13.27
5. S. Booth Kesw 1.13.34; 6. G. Bland Kesw 1.13.58; 7. H. Jarrett CFR 1.14.24; 8. NIMnaghan Kesw 1.15.02; 9. G. Cudahay Stock 1.15.10; 10. I. Holloway Roch 1.15.11; Veterans 0/40 ; 1. I. Holloway Roch 1.15.11; 2. M. Targett Clay 1.18.51; 3. M. Walsh Kend 1.19.06; Veterans 0/50 ; 1. H. Blenkinsop Kesw 1.28.50; 2. R. Bell Amble 1.28.57; 3. C. Brown Mercia 1.32.19; 4. B. Thackery DkPk 1.32.56; Veterans 0/60 ; 1. W. Fielding Leeds 1.36.40; 2. E. Frost Clay; 3. K. Gibson NVets 2.40.00; Ladies ; 1. S. Rowell Leeds 1.26.56; 2. S. Parkin Kend 1.31.27; 3. J. Smith (V) DkPk 1.33.09; 4. J. Johnson (V) Denby 1.36.13; 5. R. Clayton (V) DerwO 1.37.42; Juniors ; 1. S. Brophy Holm 31.57; 2. J. Taylor Clay 33.04; 3. N. Matthews Horw 35.09; 4. S. Burns Loch 35.16; 14. J. Wilson U/15 Clay 38.42; 15. 5. Haigh U/15 Girl Holm 38.50	

SLIEVE BEARNAGH

RACE

Nthn Ireland

AM/7m/2650 ft 5.5.90

On a very warm day, the runners set off along the Ulster Way. This is a flat lead into the race of about 1.1/2 miles before the athletes hit the track and the first climb.

The field was well bunched at this stage before Philpott and Patterson started to string the field out on the hard climb up through the Haris Gap and on up Beamagh. Irvine was clear second with Rodgers, Hawkins and Murray in a group.

The field stayed in much the same position down the tricky ascent off Bearnagh. Patterson and Philpott confirmed their battle over Slieve Meelmore. Irvine remained third with Rodgers now getting away in fourth.

At the summit of Meelbog, Philpott had a seven second lead on Patterson. On the fast ascent, he held off a strong challenge from the Veteran, Patterson.

D. Watson	
1. A. Philpott Ach	57.46
2. J. Patterson NDown	57.50
3. B. Irvine Ballyd	58.57
4. R. Rodgers N'castle	63.02
5. G. Murray Ballyd 63.06; 6. E. Hawkins CastD 63.23; 7. W. Brown N'castle 70.04; 8. K. O'Hara N'castle 70.16; 9. T. Duffy Unatt 71.46; 10. M. Barton ACKC 72.30; Veterans 0/40 ; 1. B. Magee Larne 72.32; 2. M. McNulty CastD 72.39; 3. P. Holmes N'castle 74.41; 4. I. Taylor Albert 82.38; Juniors ; 1. E. Hawkins CastD 63.23	

DARWEN MOOR HILL

RACE

Lancashire

BN/1 lm/1800ft 6.5.90

1. C. Donnelly Eryri	1.16.00
2. R. Owen Black	1.16.20
3. G. Schofield Black	1.17.54
4. T. Hesketh Horw	1.18.07
5. P. Skelton Kesw 1.19.40; 6. P. Turner Bolt 1.20.20; 7. P. Irwin Ross 1.20.31; 8. M. Upton W'ford 1.21.06; 9. T. Watkins Clay 1.21.28; 10. J. Norman Altr 1.21.35; Veterans 0/40 ; 1. T. Hesketh Horw 1.18.07; 2. B. Hilton Leeds 1.21.39; 3. J. Kerghan Maccles 1.21.55; Veterans 0/45 ; 1. J. Norman	

Altr 1.21.35; 2. D. Kearns Bolt 1.24.19; 3. J. Nuttall Clay 1.25.19; Veterans 0/50 ; 1. J. Whitter Wigan 1.28.21; 2. P. Covey P&B 1.30.30; 3. R. Barker RedR 1.34.14; Ladies ; 1. J. Kenyon Lostock 1.36.05; 2. K. Thompson Clay 1.46.25; 3. C. Wilkinson Clay 1.52.48; 4. J. Makinson Clay 1.52.48

BEACON HILL FELL

Yorkshire

BS/1.5m/500 ft 7.5.90

1. R. Jackson Horw	10.21
2. C. Walker P&B	10.24
3. A. Whalley P&B	10.33
4. R. Pallister P&B	10.37
5. A. Trigg Gloss 10.49; 6. R. J. Angridge Bfda 10.54; 7. B. Horsfall Holm 11.00; 8. A. Illingworth P&B 11.03; 9. W. Gaunt P&B 11.07; 10. P. Davis LeedsU 11.21; Veterans 0/45 ; 1. B. Jackson Horw 12.02; Ladies ; 1. C. Harding P&B 15.43; 2. S. Corbin P&B 15.48; Juniors ; 1. M. Teal Melth 11.22; 2. S. Robinson Black 13.24	

PENISTON HILL RACE

Yorkshire

BS /6.5m/1055 ft 7.5.90

1. A. Eyre-Walker NottsU	39.18
2. M. Bradbury Stock	39.29
3. D. Neill StaffM	39.39
4. B. Reynolds NottsU	39.44
5. L. Warburton Spen 39.56; 6. M. Jubb SheffU 40.12; 7. P. Gebbett SheffP 40.32; 8. G. Damiani Spen 40.37; 9. P. Murray SteelC 41.29; 10. G. Davis SheffU 41.39; Veterans 0/40 ; 1. A. Harmer DkPk 42.22; 2. P. Buttery DenbyD 43.27; 3. R. Pickersgill Longw 43.45; Veterans 0/45 ; 1. D. Cartwright P'stone 42.27; 2. D. Haynes Bing 42.29; 3. R. Lodge Hfx 46.19; Veterans 0/50 ; 1. D. Haynes NDerby 47.28; 2. M. Nalty Clonbe 48.38; Veterans 0/70 ; 1. K. Gibson NVets 80.50; Ladies ; 1. J. Johnson DenbyD 49.02; 2. S. Boler P'stone 50.05; 3. J. Ashforth Hallam 52.18; 4. S. Duffy Spen 53.33; Intermediates - Boys UII6 ; 1. M. Moorhouse Saif20.00; 2. J. Macleod Melth 21.50; Intermediates - Girls U/16 ; 1. H. Shaw EPOC 28.13; 2. C. Shipman P'stone 29.13; Juniors - Boys UII3 ; 1. D. Needham W'field 21.31; 2. N. Croft P'stone 22.08; Juniors - Girls U/13 ; 1. V. Hardcastle Longw 24.36; 2. T. Gibbins P'stone 27.03	

PENRITH BEACON HILL

RACE

Cumbria

BS/1.5m/500ft 7.5.90

1. M. Rogers Kend	24.18
2. S. Booth Kesw	24.25
3. T. Lascelles Border	24.38
4. J. Ritson W'haven	25.11
5. P. Harlowe Kesw 25.12; 6. C. Coote Kend 25.20; 7. T. Janaway R'trees 25.25; 8. R. Unwin CFR 26.06; Junior Race ; 1. R. Clarkson Grey stone 5.56; 2. C. Bewley Rowrah 6.00; 3. P. Murray Border 6.20; 4. J. Cavanagh Penrith 6.26	

DUMYAT HILL RACE

Central

BS/5m/1250ft 9.5.90

Starting from the grounds of Stirling University the marked route takes in wooded track and open fellside. Conditions were poor due to recent heavy rain which makes the run of Richard Jones excellent in being only

three seconds outside the record of 33.18 held jointly by Dermott McGonigle and John Wilkinson.

1. R. Jones Glasgow	33.21
2. W. Ramsbottom L'stone	33.29
3. J. Wilkinson GALA	33.30
4. K. Cook Unatt 34.305; A. Kitchen L'stone 34.33; 6. A. Davis StirIU 34.37; 7. D. Crowe Hawk 34.54; 8. J. Davies StirIU 35.03; Veterans ; 1. S. Campbell Cent 38.44; 2. C. Love Hawk 39.22; 3. D. Adams Hamil 40.30; Ladies ; 1. H. Dean FVO 42.33; 2. D. Everington L'stone 44.58; 3. D. Campbell L'stone 46.49; Ladies Veterans ; 1. J. Sharp Cent 49.23; 2. I. Campbell Unatt 53.36; 3. N. Hinton Unatt 53.43	

MEELBEG MEELMOR

RACE

N.I.

BS/3.0m/1800ft 10.5.90

1. J. Patterson N. Down	30.18
2. B. Ervine B'drain	30.27
3. B. McKay A'ville	32.04
4. J. Hayes B'drain 33.04 5. B. McBurney N'castle 33.06; 6. K. Quinn DromCast 34.04; 7. P. Howie Larne 34.07; 8. D. Graham B'drain 34.16; Veterans 0/40 ; 1. J. Hayes B'drain 33.04; 2. K. Quinn DromCast 34.04; 3. P. Holmes N'castle 35.54; Veterans 0/45 ; 1. B. Magee Larne 36.48; 2. J. Gibson B'drain 43.30	

SIMONS SEAT FELL

RACE

Yorkshire

AS/3.5m/1300 ft 10.5.90

1. G. Devine P&B	23.35
2. S. Hawkins Bing	23.40
3. S. Livesey Ross	24.12
4. C. Walker P&B 24.42 5. M. Wallis Clay 24.47; 6. M. Crewe Bing 24.54; 7. G. Kirkbright P&B 25.25; 8. R. Pallister P&B 25.32; 9. A. Whalley P&B 25.42; 10. D. Waterworth Clay 25.59; Veterans 0/40 ; 1. D. Spedding Kesw; Veterans 0/45 ; 1. D. Quinlan Bing; Veterans 0/50 ; 1. F. Gibbs Unatt; Ladies ; 1. C. Chidsey P&B; 2. E. Staig Settle; Juniors-Male ; 1. P. Targett Clay; Juniors-Female ; 1. K. Woolmer P&B	

BELMONT WINTER HILL

RACE

Lancashire

BS/4.5m/1000 ft 12.5.90

Conditions on the hill weren't the best there's been, particularly on the stretch to Noon Hill, which was described as "soft", but three of the race records fell.

Colin Donnelly sat in for half a minute before making his move and leaving the rest behind to finish over a minute inside the old record.

Nathan Matthews showed continued improvement to trim his own Under 20 record and finishing in a fine 12th position overall. Also showing continued improvement was Janet Kenyon, who also posted a time over a minute inside the previous best. Fine runs from Dave Bateson and Annette Kelly rewarded them with first male and female "Belmonters".

The sausage rolls went down well!

M. Kelly	
1. C. Donnelly Eryri	31.48
2. G. Huddleston Clay	32.33
3. W. Brindle Horw'	32.38

4. C.Lyon Horw 32.52
 5. G.Schofield Black 33.19; 6. R.Jackson Horw 33.51; 7. R.Rodgers Horw 34.41; 8. D.Thompson CalderV 34.44; 9. P.Stevenson P&B 34.53; 10. J.Hope AchR 35.05; Veterans 0/40; 1. J.Hope AchR 35.05; 2. R.McAndrew Chor 37.07; 3. P.Lyons Bury 37.55; Veterans 0/45; 1. D.Kearns Bolt 36.43; 2. B.Jackson Horw 37.32; 3. A.War die Horw 38.24; Veterans 0/50; 1. N.Matthews Horw 38.08; 2. P.Fleming Horw 39.24 ; 3. R.Aucott DkPk 40.37; Ladies; 1. J. Kenyon Lost 39.30; 2. J.Harold Horw 40.15; 3. C.Hughes Read 43.35; Juniors - U/20; 1. N.Matthews Horw 35.41; 2. R.Hope Horw 37.26; 3. A.Shiers Lost 39.04

TREFRIW MILL RACE
Gwynedd
AL/13m/3250ft 12.5.90

Very thick cloud on the tops caused some minor navigational errors but the humid conditions were also a problem due to possible heat exhaustion and two checkpoints had water as a precaution.
 1. E.Roberts Eryri 157
 2. H.Griffiths Hebog 2.00
 3. D.Williams (V) Eryri 2.01
 4. A.Darnell Eryri 2.02
 5. P.Cawley Unatt 2.09; 6. R.Powell Eryri 2.19; 7. I.Kevan RAFUXB 2.20;
 8. H.Stansfield (V) Eryri 2.22; 9. M.Blane (V) Eryri 2.24; 10. J.Groark RAF 2.32; Veterans 0/45; 1. K.Peers Colwyn 2.57; Veterans 0/50; 1. M.Lloyd Wrex 3.17; Ladies; 1. S.Farrar Eryri 252; 2. K.Scott Unatt 3.22; 3. S.Bennell (V) Eryri 4.03; 4. S.Lloyd Unatt 4.23

BEN LOMOND HILL RACE
Central
AM/9m/3192ft 12.5.90

David Rodgers became only the second Scot in thirteen years to win the event, the other being Colin Donnelly, but he won comfortably, as did Beverly Redfern in breaking her own record set last year.
 1. D.Rodgers Loch 1.05.40
 2. I.Davidson Carn 1.06.16
 3. J.Wilkinson GALA 1.07.30
 4. G.Devine P&B 1.07.35
 5. I.Ferguson Bing 1.07.40; 6. M.Rigby W'lands 1.08.12; 7. D.Weir Perth 1.08.34; 8. W.Gaunt P&B 1.08.47; 9. G.Kirkbright P&B 1.09.04; 10. A.Bennet W'lands 1.09.19; 11. P.Sheard P&B 1.09.25; 12. P.Marshall Hadd 1.09.30; 13. D.Bell Hadd 1.09.41; 14. A.Schofield Roch 1.09.45; 15. A.Curtis L'stone 1.09.49; 16. G.Bartlett Forres 1.10.28; 17. A Dytch Clydes 1.10.57; 18. I.Wallace Hunter 1.11.14; 19. E.Jarwood Mercia 1.11.27; 20. A.Peace Bing 1.11.50; Veterans 0/40; 1. P.Marshall Hadd 1.09.41; 2. T.Ross Fife 1.16.04; 3. R.Nicoll Fife 1.17.14; Veterans 0/50; 1. W.Gauld Carn 1.17.24; 2. G.Armstrong Hadd 1.21.53; 3. D.Amour Inver 1.22.47; Ladies; 1. B.Redfern Carn 1.11.57; 2. T.Calder (V) ESPC 1.15.08; 3. J.Robertson Ayr 1.22.08; 4. J.Salvona L'stone 1.23.41; 5. S.Niedrum Leeds 1.27.39; 6. A.Curtis L'stone 1.28.21



Descending Causy Pike in Saiibeck. Photo R. Douglas.

ELLAN VANNIN FELL RACE
Isle of Man
AL/20m/6000ft 13.5.90

Ian Callister repeated his win of last year, leading from start to finish. He had some seven minutes in hand over Roger Moughtin of Peel with top veteran Dave Corrin finishing third. Times were well down on last year, the deceptively warm weather taking its toll.

Richie Stevenson

1. I. Callister; 2. R. Moughtin; 3. D. Corrin; 4. R. Stevenson; 5. P. Corlett; 6. J. Wright; Veterans; I.D. Corrin

CROWTHORN FELL RACE
Lancs
CS/6m/700ft 13.5.90

Good conditions and a warm sunny day gave Paul Turner the opportunity to break the course record in a small field by today's standards of twenty seven runners.

1. P.Turner 41.59
 2. P.Martin 43.17
 3. N.McKey 43.36
 4. D.Kearns (V) 44.04 5. M.Haigh 45.18; 6. M.Boardman 45.38; 7. M.Covey (V) 46.24; 8. P.Henegan 50.35

BUTTERMERE SAILBACK HORSESHOE - Cumbria
(Northern Counties Ch.)
AM/9.4m/4250ft 13.5.90

Reigning Northern Counties Champion, robin Bergstrand had no difficulty in retaining his title on a fine sunny day at Buttermere. Leading from the start, he returned a time one

minute faster than last year but still four minutes slower than Kenny Stuart's marvellous record time. In the absence of several leading opponents (saving themselves for the Championship race the following week?) the main challenge emerged from Cumberland Fell Runners in Alan Bowness and Donald Lee who, together with old stalwart Harry Jarrett, packed well to give C.F.R. their first Northern Counties victory. The once might Keswick were reduced to relying on their still strong but inevitably fading veterans Spedding and Bland, who as well as being second and third counters for their club, were first two veterans home - only five second between them. Congratulations to a still older campaigner, Harry Blenkinsop (Keswick) who easily won the Super-vets, and to Sue Mackey of Cumberland Fell Runners who put the icing on the cake for the local club by winning the Ladies race.

Danny Hughes

1. R. Bergstrand Mand 1.25.28
 2. A. Bowness CFR 1.28.51
 3. D. Lee CFR 1.30.04
 4. C. Valentine Kesw 1.31.13
 5. H. Jarrett CFR 1.31.35; 6. G. Schofield Black 1.31.40; 7. D. Spedding Kesw 1.31.58; 8. B. Bland Kesw 1.32.03; 9. G. Clucas CFR 1.33.15; 10. P. Skelton Kesw 1.33.36; Veterans 0/40; 1. D. Spedding Kesw 1.31.58; 2. B. Bland Kesw 1.32.03; 3. R. Whi field Bing 1.35.48; 4. K. Shand Roch 1.40.00; 5. J. Nuttall Clay 1.41.29; Veterans 0/50; 1. H. Blenkinsop Kesw 1.54.58; 2. C. Brown Mercia 156.52; 3. F. Gibbs Unatt 158.35; 4. D. Hodgson Amble 159.41; 5. J. Taylor Kend 2.01.41; Ladies; 1. S. Mackey CFR 156.37; 2. M. Todd Amble 1.59.37; 3. E. Wright Amble



Sue McKay (CFR, 1st Lady at Saiibeck on Causey Pike. Photo: R. Douglas

2.10.22; **Intermediate U/18**; 1. G. Bland Kesw 1.36.43; 2. G. Cudahy Stock 1.38.32; 3. J. Gavin Ross 1.54.26; 4. A. Lee Roch 2.02.52; **Junior Race**; 1. S. Brophy Holm 30.42; 2. M. Moorhouse Saif 31.09; 3. J. Taylor Clay 31.33; 4. R. Brown Wolver 34.05; 5. R. Skelton CaldV 35.43; 6. P. Charnley CaldV 39.12; **Northern Counties Senior Individual**; 1. R. Bergstrand Mand; 2. A. Bowness CFR; 3. D. Lee CFR; **Northern Counties Team Award**; 1. Cumberland F.R. (A. Bowness, D. Lee, H. Jarrett) 10pts; 2. Keswick A.C. (C. Valentine, D. Spedding, B. Bland) 19pts; 3. Keswick A. C. (P. Skelton, G. Bland, D. Loan) 45 pts; **Northern Counties Junior Individual (15-18)**; 1. S. Brophy Holm; 2. M. Moorhouse Salford; 3. J. Taylor Clay; **Southern Counties Individual**; 1. D. Spedding Kesw; 2. J. Blair-Fish Carn; 3. C. Stanley Plessey; **Cumbria County Individual**; 1. A. Brownlee CFR; 2. D. Lee CFR; 3. C. Valentine Kesw; **Lancashire County Individual**; 1. G. Schofield Black; 2. D. Woodhead Horw; 3. D. Ibbetson Gloss; **Cheshire County Individual**; 1. N. Hindle Altrin; 2. D. Jones Pennine; 3. P. Mackie MidChesh

CARADOC CLASSIC FELL RACE Shropshire AS/3m/880ft 16.5.90

Another beautiful evening for this race in the magnificent Stretton Hills, with a turnout of eighty runners, mostly local but some from as far afield as Penistone, Keswick and Black Coombe. Thanks to these for supporting our race. Perhaps they could let their colleagues know that some hard racing can be had in Shropshire, and that it doesn't all start and stop at Junction 36 of the M6!

There was the usual sprint down the lane from Battlefield, across the field and on to the foot of Caradoc. The initial climb for about 400 yards is the sharpest, and then it becomes runnable - at least, for those at the sharp end! Your reporter is too far adrift to see what's going on, but Paul Cadman gets to the summit first and holds off last year's winner, Mick Ligema, by 29 seconds to win in a record time.

It was nice to see local man, Steve Hughes from Little Stretton, winner in 1987, now with Hebog, taking part.

	T. Byles
1. P. Cadman Mercia	22.28
2. M.Ligema CroftA	22.57
3. A.Pickles P'stone	23.14
4. D.Troman PMAC	23.43
5. S.Hughes Hebog 24.07;	6. I.Kevan Cosf 24.15;
7. R.Day Mercia 24.28;	8. G.Rigby Telf 24.35;
9. J.Griffiths Aber 24.46;	10. C.Taylor Mercia 24.52;
Veterans 0/10 ; 1. J.Griffiths Aberyst 24.46;	2. R.Dawson Telf 25.23;
3. T.Thompson Mercia 25.50;	Veterans 0/50 ; 1. C.Brown Mercia 27.30;
2. J.Russell Telf 30.06;	3. T.Byles Telf 30.29;
Ladies ; 1. C.Walker Telf 33.03;	2. G.Hough Shrews 34.08;
3. J.Jarvis ShropSh 34.31	

BLACKSTONE EDGE FELL RACE Lancashire AS/3.5/1200FT 16.5.90

Well the turn-out shows its still a popular race. I noticed quite a few regular faces. I think it must be the

three feet high turks heads that attracts them. I really enjoyed organizing it this year, everything went to plan considering the lack of facilities. I wish somebody would hurry up and turn the Lydgate ruins into a nice pub again.

On to the race which was run in 'iffy' weather, it was on the cards to rain but the wind kept the clouds moving (good). From the off it turned into a four man race with S. Craig leading most of the way but running out of steam back through the bog. Mike Prady and Chris Lyon had a fair old battle on, but Mike had the faster legs on the road at the finish. His winning time was well outside Colin Donnelly's last year. Its also the second time Mike has won the race.

William Styan beat his dad Andy again, but not by much considering the age difference.

Rochdale won the team prize. They had four back in the top eighteen.

I had the results done by a computer firm and there was a full sheet done on the night. All this and no sponsor. Well this was the 8th Edge Race. I am going to do my best to keep it on the calendar, if you all keep coming I'll do it.

P. S. Thanks to Steve Sheppard - the local farmer who lends me his field for the finish and donated a tray of meat from his butchers.

Kevan Shand.

1. M. Prady Gloss	27.47
2. C. Lyon Horw	28.10
3. W. Styan Holm	28.36
4. A. Whalley P&B	29.01
5. A. Styan Holm 29.05;	6. S. Craig Sale 29.09;
7. D. Ashworth Roch 29.11;	8. I. Holmes Bing 29.12;
9. I. Holloway Roch 29.16;	10. D. Thompson CaldV 29.36;
Veterans 0/40 ; 1. A. Styan Holm 29.05;	2. I. Holloway Roch 29.16;
3. K. Shand Roch 29.43;	4. B. Deegan Roch 30.26;
5. B. Mitchell Clay 30.33;	Veterans 0/45 ; 1. D. Quinlan Bing 30.28;
2. B. Jackson Horw 31.23;	3. D. Kearns Bolt 32.04;
4. T. Macdonald Bing 32.39;	Veterans 0/50 ; 1. M. Roberts Brooks 36.39;
2. H. Thompson Clay 37.31;	3. G. Holt Unatt 39.33;
Veterans 0/55 ; 1. B. Hill Clay 41.54;	Veterans 0/60 ;
1. B. Crook Tod 46.18;	2. E. Stuttard Tod 1.01.14;
Ladies ; 1. C. Cook Roch 36.10;	2. S. Niedrum P&B 36.47;
3. J. Teague Bing 37.11;	4. J. Makinson Clay 37.327;
Intermediates 0/18 ; 1. W. Styan Holm 28.36;	2. R. Skelton CaldV 32.18;
3. A. Benzie P&B 33.16;	4. D. O'Sullivan Clay 36.22

STUC A'CHROIN HILL RACE Perthshire AL/13m/5000 ft 19.5.90

1. D.Weir Perth/S	2.13.26
2. E.Harwood Nercia	2.20.37
3. R.Johnston Calder	2.26.20
4. J.Blair-Fish Carn	2.28.00
5. D.Milligan Solway 2.29.21;	6. D.Crowe Dundee 2.30.31;
7. D.Petrie Kilbar 2.34.00;	8. P.Baxter W'lands 2.36.34;
9. G.Pryne Lomond 2.37.30;	10. W.Johnston Calder 2.41.17;
Veterans 0/40 ; 1. D.Milligan Solway 2.29.21;	2. B.Edridge Clydes 2.42.58;
3. T.Stapley Carn 2.57.14;	4. C.Pritchard Carn 3.07.23;
Ladies ; 1. C.Farrell Clydes 3.27.26;	2. S.Ring Clydes 3.32.18;
3. P.Blake Perth 3.32.50	



Robin Bergstrand, winner at Fairfield. Photo: Brian Covell.

GOATFELL RACE Arran

AM/8m/2866ft 19.5.90

Once again the ferry was late from the mainland delaying the start of the race. A good dry course with cool breeze was ideal for the smaller than usual entry.

Sandy Bennet was well outside the course record set by Andy Styan in 1979, but he won comfortably nevertheless.

1. S.Bennet W'lands	1.19.46
2. J.Hawksley Kend	1.20.31
3. R.Brown Unatt	1.23.07
4. D.McGonigle Dundee 1.24.18	
5. T.Brand L'stone 1.26.16;	6. J.Taggart Unatt 1.26.41;
7. A.Brown W'lands 1.26.48;	8. B.Robertson Arran 1.27.23;
9. P.Bettney Unatt 1.27.38;	10. R.Poole Gloss 1.28.17;
Veterans ; 1. P.Bettney Unatt 1.27.38;	2. R.Poole Gloss 1.28.17;
3. W.Buckley Gloss 1.31.04;	4. M.Hurst Long 1.34.08;
5. M.Pickup Clay 1.38.52;	Ladies ; 1. J.Darby Carn 1.28.44;
2. R.Pickvance Clay 1.35.45;	3. S.Haines Ilkley 1.37.02;
4. H.MacPherson W'lands 1.44.17;	5. S.Thomson (V) Anan 1.59.05;
Juniors ; 1. J.Taggart Unatt 1.26.41;	2. D.Welsh Unatt 2.26.02;
3. D.Clark Unatt 2.27.04	

SPELGA SKYLINE N. Ireland

AL/12m/4500ft 19.5.90

Last year's winner, Brian Ervine, forced the early pace which took him and the 1989 Northern Ireland Champion, Adrian Philpott, to a commanding lead by half distance with three mountain tops covered. Jim Patterson was a minute down and

Willie McKay three minutes back.

Positions remained unchanged over the final three climbs and, in fact, Ervine and Philpott agreed to share the workload to challenge Robin Bryson's three year old record. This they achieved by an amazing three minutes.

J. Hayes	1.53.54
1. A.Philpott Achilles	1.53.54
2. B.Ervine B'drain	1.55.58
3. J.Patterson NDown	2.02.46
4. B.McKay Albert	2.12.23;
5. G.Murray B'drain 2.12.23;	6. B.McBurney N'castle 2.15.16;
7. D.Barrett B'drain 2.17.16;	8. D.Graham B'drain 2.17.26;
9. C.McCann N'castle 2.19.03;	10. W.Brown N'castle 2.21.20;
Veterans 0/40 ; 1. J.Patterson NDown 1.55.58;	2. P. Holmes N'castle 2.29.52;
3. J.Sloan NDown 2.37.53;	4. I.Taylor Albert 2.57.06;
Veterans 0/50 ; 1. B.Magee Larne 2.43.20	

CLOUGHA PIKE RACE Lancashire BM/7m/1400ft 19.5.90

Three records were broken in the senior race this year. Mark Croasdale broke his own record by almost 4 minutes to make the fastest time ever for the course in an amazing 48 minutes 22 seconds.

Lynn Everington now holds the Ladies' record with a time of 61.51 which also is an improvement of just under two minutes (though Vanessa Brindle keeps the Ladies' over 35 record with 63.20 set in 1988).

Richard Barker stormed in to push the over 50 record down to 60.59, and very hard luck to Steve Kirkbride who was first over 40 in 6th position and who failed to take the record by 32

seconds.

Good conditions underfoot plus a cooling breeze helped quite a few other athletes to a PB for the course.

The under 12s race was a last minute venture but owing to the enthusiasm of the participants, will certainly be held again next year.

Harry & Sue Ball

1. M.Croasdale L&M 48.22
2. J.Taylor Holm 51.13
3. CLyon Horw 53.36
4. T.Watkins Clay 54.14
5. G.Kenny South/W 54.15; 6. S.Kirkbride Kend 55.37; 7. MAddison Clay 55.52; 8. P.Lowery Unatt 56.05; 9. KJohnston Ryhope 56.14; 10. A.Taylor S'fields 56.56; **Veterans O/40**; 1. S.Kirkbride Kend 55.37; 2. A.Churchill Clay 57.14; 3. R.Bradley Holm 57.39; 4. P. Bramham Craven 58.14; **Veterans 0/50**; 1. R.Barker RedR 60.59; 2. J.Dean Saif 61.28; 3. G.Lloyd Wrex 65.30; **Ladies**; 1. L.Everington Kend 61.51; 2. D.Varney Kend 65.29; 3. R.Clayton DerwV 66.18; 4. L.Lord Clay 68.39; **Juniors** - U/16; 1. D.Hobson Holm 46.37; 2. N.Walker Holm 47.47; 3. B.Slenn L&M 52.54; **Juniors** - U/12; 1. R.Whaite 29.02; 2. M.Craig 29.05; 3. D.Walker 30.10

FAIRFIELD HORSESHOE FELL RACE
Cumbria
AN/9m/3000ft 20.5.90

Once again we were fortunate in having good weather. The facilities available at Rydal always make the organising of this race easier than most. The skills of a good team of officials give you the confidence that enables me to enjoy the major part of the day, but the antics of a very few people in insisting on running the course without

entering and then crossing the finish line inevitably causes confusion to the finish officials. My apologies to all those who waited for the delayed presentation and congratulations to the prize winners.

Despite this being the third year of the revised course and the entry form reminding people of the checkpoint on Great Rigg Man, several of the leading runners took the contour line only to have to return to the summit. Unfortunately for Bingley, they lost the team prize with the ensuing disqualification.

Tony Walker

1. R.Bergstrand Mand 1.12.45
2. M.Patterson DkPk 1.13.22
3. M.Prady Gloss 1.15.37
4. A.Trigg Gloss 1.15.49
5. I.Ferguson Bing 1.15.58; 6. S.Hawkins Bing 1.16.05; 7. T.Parr Gloss 1.16.18; 8. G.Schofield Black 1.16.27; 9. P.Skelton Kesw 1.16.40; 10. P. Wheeler MDC 1.17.08; **Veterans 0/40**; 1. T.Hesketh Horw 1.17.11; 2. D. Davies Hebog 1.19.45; 3. P.McWade Clay 1.19.54; 4. I.Holloway Roch 1.20.00; 5. T.Hulme PFR 1.20.52; **Veterans 0/50**; 1. N. Matthews Horw 1.27.55; 2. R.Bell Amble 1.29.08; 3. P.Covey P&B 1.30.57; 4. B.Thackery DkPk 1.31.59; **Veterans 0/60**; 1. W.Fielding Leeds 1.34.04; **Ladies**; 1. C.Cook Clay 1.29.04; 2. J.Smith DkPk 1.34.26; 3. C.Hughes Read 1.36.12; 4. K.Patten MDC 1.37.35; 5. J.Harold Horw 1.39.48

ELIZABETH CULLUM MEMORIAL MARATHON
Buckinghamshire
N/26m/3500ft 20.5.90

The race for teams of two saw fifty five teams start with weather conditions

in the Chiltern Hills ideal with a temperature of about 61 to 63°F and a cooling breeze, sunshine and cloud.

The route was subject to change due to fallen trees blocking some of the route from the gales, necessitating an increase in distance of approximately half a mile and an additional climb giving the total nearer to 4000ft than 3500ft with approximately 90% on bridleways, footpaths, woodland and scrubland. Teams started at two minute intervals from Princes Risborough Fire Station and soon reached the first climb of the Ridgeway Path to the top of Whiteleaf Hill. The variations in scenery and the beauty of the woodlands in new leaf, gave one the opportunity to run in silence and listen to the birds singing, watching also the varieties of wild life and domesticated farm stock in the fields. The climbs up to the Wendover Monument (6ml), Speen Village (12ml), Naphill (14ml), West Wycombe Ridge (18ml), Slough Hill (20ml), Routs Green (22ml) and Lodge Hill (24ml) were steep enough to test the runners mettle, but were short enough not to be excessively painful.

The team seeding is such that the slowest start first and the fastest last (exceptions for travel distance and requested start time due to work commitment later in the day.). The race rules allow runners to run on their own, with their times aggregated. Runners approaching from the wrong direction or missing a passing check or main checkpoint will be disqualified. One team was disqualified this year.

The 'scratch' team of Colin Steptoe & John Foster both local boys who train in the area and are well versed with the local paths were pre race favourites although a number of F.R.A. members from the North of England were unknown quantities. It was apparent that when these two lads arrived at the North Dean checkpoint (14ml) in 1hr 31mins that the 6hr 35min record (combined times) was in jeopardy. These two with the many others enjoyed the scenery and the challenge of fighting the short sharp hills but had to give way to walking for a while with one mile to go to the finish. Such is the deceptiveness of the Chiltern Hills.

In conjunction with the race is held a 26 mile walk on the same route starting earlier and an 11 mile family walk/run on an 80% different route to cater for any active family.

The sight of all the participants converging on the Fire Station towards the end of the events creates a magical atmosphere, with the necessary filtering done to ensure that each result for each event is fully and correctly recorded.

It would be interesting to hear the views of the F.R.A. members who came South to an event that will grow in stature over the years.

Eddie Gutteridge

1. J. Foster WhPhoe, C. Steptoe Ayles 3.06.52, 3.06.52 ; 6.13.44; 2. M. Bradley Wat, G. Wheeler BurnJog 3.35.03, 3.47.20; 3. J. Crowshaw Ches, S. Grundy Ches 3.46.43, 3.46.43; **First Veteran Team** 1. S. Finlay V/45 Ches, P. WeeksV/40 Ches 3.57.15, 3.57.15; **Second Veteran Team** 2. B. Palmer V/45 Thames, A. Wheeler VI 40 Orient 4.08.55, 4.08.55 : 8.0750
- Ladies** 1. M. Porter Welwyn, S. Fletcher Welwyn 5.05.48, 5.06.50 : 10.12.38

ROCK AND RUN MOUNTAIN MARATHON
Cumbria
19/20.5.90

E Course

1. D. Ratcliffe, P. Irwin 5.48.32, 4.14.56 : 10.03.28; 2. D. Rosen, J. Gibbison 5.59.59, 4.20.55 : 10.20.54; 3. M. Dean, S. Barrett 6.13.11, 4.25.28 : 10.38.39; 4. K. Leitch, K. Masson 6.20.31, 4.48.36 ; 11.09.07; 5. A. Addis, M. Elsegood 6.38.17, 5.14.36 ; 11.52.53; **Veterans** 1. J. Crummett, E. Thurell 7.39.52, 5.42.09 : 13.22.01
- Ladies** 1. S. Walsh, W. Dodds 7.42.46, 6.27.50 : 14.10.36

A Course

1. M. Greenwood J. Parker 5.42.13, 4.01.31 : 9.43.44; 2. R. Powell, T. Jones 6.01.09, 4.01.18 : 10.02.27; 3. M. Campbell, L. Campbell 6.01.10, 4.08.07 : 10.09.17; 4. C. Forrest, L. Thomas 6.11.57, 4.05.00 ; 10.16.57
- Veterans** 1. M. Campbell, V 6.01.10, 4.08.07; 10.09.17

B Course

1. J. Fisher, G. Todd 4.53.13, 3.42.17 : 8.35.30; 2. A. Bedwell, M. Saunders 4.48.41, 3.58.18 : 8.46.59; 3. J. Aitken, T. Calder 5.03.30, 3.46.55 : 8.50.34; 4. A. Herald, C. Proctor 5.01.49, 3.50.18; 8.52.07

C Course

1. A. Barrett, T. Ryan 3.58.09, 2.58.23 : 6.56.32 ; 2. M. Channon, V 3.53.24, 3.09.28 : 7.02.52; 3- A- Philipson, M. Philipson 4.00.06, 3.0.55.1 : 7.05.57

D Course

1. B. Beedham, R. Robinson 4.05.55, 3.38.48 : 7.44.43; 2. K. Shelton-Smith, C. Shelton-Smith 4.06.17, 3.38.43 : 7.45.00; 3. J. Soady, A. Sahni 4.10.39, 3.48.12 : 7.58.51

F Course

1. S. McDonald, S. Pearson 3.55.41, 2.43.45 : 6.39.26; 2. G. Lockton, M. Hughes 4.01.23, 3.10.39 : 7.12.02; 3. (R. Brasnett, T. Jenkins 4.09.23, 3.06.49 : 7.16.12

TWO LADS RACE
Lancashire
BS/4m/800ft 22.5.90

Ideal conditions saw Colin Donnelly beat Will Brindle's record by 13 seconds. Emlyn Roberts and Will were both inside the old record.

In the Ladies' race, Janet Kenyon was one second outside Julie Harold's record.

The race attracted 166 runners and the Junior race had an excellent turnout of 55. All the Juniors received something and there were 45 prizes in the senior race.

J. Hope

1. C. Donnelly Eryri 25.08
2. E. Roberts Eryri 25.11
3. W. Brindle Horw 25.15
4. R. Jackson Horw 25.58
5. CLyon Horw 26.06; 6. G. Schofield Black 26.15; 7. D. Ashworth Roch 26.21; 8. D. Wilkinson Roch 26.43; 9. T. Bolland S'port 26.45; 10. T. Hesketh Horw 26.50; **Veterans 0/40**; 1. T. Hesketh Horw 26.50; 2. S. Furness Black 28.12; 3. B. Crewdson Black 28.55; 4. A. Kenny AchR 29.43; **Veterans 0/45**; 1. M. Cunningham Manch 28.21; 2. B. Jackson Horw



Cheryl Cook, first lady at Fairfield. Photo: Brian Covel

28.39; 3. D.Kearns Bolt 28.47; **Veterans 0/50**; 1. P.Fleming Horw 29.57; 2. R.Barker RedR 31.31; 3. E.Corley Horw 32.53; **Ladies**; 1. J.Kenyon Lost 30.46; 2. P.White Prest 34.49; 3. K.Thompson Clay 36.24; **Intermediates**; 1. N. Matthews Horw 28.24; 2. R.Hope Horw 28.32; **Juniors**; 1. A.Sellars Lost 10.01; 2. M.Moorhouse Saif 10.04

LOUGHSHANNAGH HORSESHOE RACE N.I.

AS/4m/1700ft 24.5.90

In the company of thirty four other competitors, Jim Patterson sliced nearly a minute off the old record for this event which is undoubtedly the toughest race in the Hill and Dale calendar.

On the climb to Ot Mountain the lead runners began to stretch out from the chasing bunch, but with nobody commanding a big lead. It was Billy McKay who reached the top of Loughshannagh first and turned towards Doan with Brian Ervine and Jim Patterson in hot pursuit. The leaders then climbed over Doan without incident while many of the chasers made timely errors on the steep descent. Jim, his mind set on victory, descended strongly to finish six seconds clear of his constant rival,

Brian Ervine.

- | | |
|---|-------|
| 1. J.Patterson N'Down | 39.51 |
| 2. B.Ervine B'drain | 39.57 |
| 3. B.McKay A'ville | 41.49 |
| 4. B.McBurney N'castle | 43.53 |
| 5. C.McCann N'castle 44.16; 6. D.Graham B'drain 44.21; 7. J.Hayes B'drain 44.28; 8. P.Howie Larne 44.44; Veterans 0/40 ; 1. J.Hayes B'Drain 44.28; 2. P.Holmes N'castle 45.05; 3. M.McNulty Duncairn 51.22; Veterans 0/45 ; 1. B.Magee Larne 49.50; 2. J.Gibson B'drain 54.28 | |

HUTTON ROOFCRAGS RACE

Lancs BM/7m/1300ft 26.5.90

Dry, warm weather made conditions ideal for Mark Croasdale to create a new record. An hour before the race part of the course flagging was removed causing a slight problem.

Ian Rooke.

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|--|-------|
| 1. M.Croasdale L&M | 45.11 |
| 2. E.Roberts Eryri | 45.34 |
| 3. A.Buckley Warr | 46.02 |
| 4. P.Skelton Kesw | 47.37 |
| 5. M.Crewe Bing 47.54; 6. C.Lyon Horw 48.20; 7. H.Jarrett CFR 48.44; 8. N.Lanaghan Kesw 49.26; 9. G.Russell Amble 50.12; 10. G.Kenny S&W 50.21; Veterans 0/40 ; 1. S.Kirkbride Kend 51.49; 2. R.Bradley Holm 52.46; 3. A.Judd Leeds 53.53; Veterans 0/50 ; 1. R.Barker RedRose 57.00; 2. M.Rosbrook Orion 60.57; 3. J.Capenerhurst Bing 61.02; Ladies ; 1. S.Parkin Kend 58.20; 2. D.Varney (V) Kend 59.41; 3. G.Wilkinson 61.52; 4. D.Priestley (V) Kend 65.25 | |

BENS OF JURA FELL RACE Isle of Jura

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|------------------------|---------|
| AL/16m/7500ft 26.5.90 | |
| 1. I. Ferguson Bing | 3.15.28 |
| 2. B. Whitfield V Bing | 3.17.55 |
| 3. W. Bland V Kesw | 3.18.43 |

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|--|---------|
| 4. A. Trigg Gloss | 3.20.24 |
| 5. I. Holmes Bing 3.21.56; 6. P. Clark V Kend 3.24.01; 7. A. Styan V Holm 3.30.18; 8. D. Ratcliffe Ross 3.30.51; 9. P. Mitchell Bing 3.34.55; 10. P. Brownson PFR 3.35.56; Veterans 0/50 ; 1. B. Gauld Carn 4.00.55; 2. D. Hodgson Amble 4.23.41; 3. M. Breslin L&M 4.36.44; Ladies ; 1. S. Farrar Eryri 4.28.16; 2. A. Curtis Vstone 4.34.44; 3. C. Kenny AchRatt 4.36.28 | |

GREAT HAMELDON HILL RACE

Lancashire BS/6m/900ft 27.5.90

In hot pursuit of twenty F.R.A. records, Colin Donnelly blazed round a hot, dry course to take 1 min 19 secs off the previous best set by Malcolm Patterson in 1989. Not to be overawed, Cheryl Cook stamped her name firmly on the Ladies' record beating Maureen Hurst's 1986 time of 43.54.

The little "speedy gonzalez", Matthew Moorhouse, won the junior race for the second year running setting a new record. At 14 years of age, he is still eligible to race again next year.

A record 451 finishers saw an increase in standards. Pete McWade was first Veteran home, 14 seconds down on last year but dropping five places, Mr Marathon Man, Ron Hill, took the Veterans over 50 title.

Clayton men and women took both team awards in convincing style, having been well beaten the previous year.

Over £1,000 worth of prizes were awarded in 92 places amongst the various categories and whilst the presentation was delayed by 30 minutes whilst the computer digested the vast amount of data, many happy faces were seen making their way to the various watering holes for deserved celebrations!

P. Healey

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|---|-------|
| 1. C. Donnelly Eryri | 34.26 |
| 2. A. Buckley Warr | 36.03 |
| 3. M. Peace Bing | 36.27 |
| 4. G. Schofield Black | 36.46 |
| 5. A. Whalley P&B 36.58; 6. P. Rodgers N'castle 37.08; 7. A. Peace Bing 37.15; 8. G. Wilkinson Clay 37.16; 9. T. Ashworth Clay 37.52; 10. P. McWade Clay 37.59; Veterans 0/40 ; 1. P. McWade Clay 37.59; 2. M. Targett Clay 38.54; 3. L. Hutchinson Clay 39.17; 4. V. Miles Tod 42.11; Veterans 0/45 ; 1. K. Munton CalderV 41.58; 2. K. Carr Clay 42.10; 3. D. Scott Clay 42.14; Veterans 0/50 ; 1. R. Hill Clay 43.18; 2. P. Flemming Horw 44.06; 3. C. Thayne RedR 44.10; Veterans 0/55 ; 1. P. Madden Black 48.28; 2. P. Dibb Long 49.44; Veterans 0/60 ; 1. B. Crook Tod 50.20; 2. T. Heaton Clay 52.15; Ladies ; 1. C. Cook Clay 43.20; 2. J. Remyon Unatt 45.13; 3. A. Thorpe Hynd 47.59; 4. D. Gowans Ace 49.27; Juniors - Boys ; 1. M. Moorhouse Saif 21.20; 2. D. Mason Clay 23.08; 3. D. Haggerty Unatt 23.16; Juniors - Girls ; 1. P. Smith Black 26.45; 2. K. Targett Clay 29.25; 3. K. Pickles Hynd 29.38 | |

CWM NANT Y GROES Wales BS/6M/1500ft 27.5.90

This years winning time constitutes a new course record with the race having been extended by about a half mile. The previous record holder is now the new record holder. Graham Patten

pulled steadily away from Graham Burke and Dimitri Vorres on the first climb and was untroubled for the rest of the race. Some confusion off the last trig point led Burke and Vorres to take the long route home, but they were some way ahead of the rest of the field. Conditions were dry, sunny and a little windy.

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|--|-------|
| 1. G. Patten M.D.C. | 45.01 |
| 2. G. Burke Dee | 46.00 |
| 3. D. Vorres F'water | 46.10 |
| 4. S. Blease M.D.C. | 48.01 |
| 5. P. Crane C'philly 48.08; 6. L. Williams M.D.C. 48.17; 7. J. Darby M.D.C. 48.42; 8. J. Wilson M.D.C. 48.56; 9. R. Coles M'head 52.09; 10. G. Newton Tad 52.32; Veterans 0/40 ; 1. L. Williams M.D.C. 48.17; 2. G. Newton Tad 52.32; 3. D. Codlip Stroup 54.44; 4. T. Smith M.D.C. 55.37; 5. E. Meredith Blean 56.02; Veterans 0/50 ; 1. C. Jones M.D.C. 60.17; Ladies ; 1. K. Patten M.D.C. 55.27 | |

BENTHAM GALA 10 HILL RACE

Lancs CM/10m/800ft 28.5.90

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|---|-------|
| 1. A. Buckley Warr | 49.02 |
| 2. M. Crousdale LerMeb | 50.30 |
| 3. S. Lybka Kend | 50.44 |
| 4. I. Aitchison Roch | 50.45 |
| 5. K. Gaskell Horw 51.34; 6. A. Hauser Holm 51.41; 7. S. Houlsworth Kend 51.49; 8. C. Coote Kend 52.40; 9. M. Addison Clay 52.41; 10. C. Lyon Horw 53.18; Veterans 0/40 ; 1. P. McWade Clay 50.41; 2. G. Woolnough Kend 53.47; 3. R. Bradley Holm 54.09; 4. S. Kirkbride Kend 54.46; 5. D. Munroe Clay 57.01; Veterans 0/50 ; 1. R. Barker R. Rose 59.57; 2. J. Capenhurst Bing 61.23; 3. T. Sawford LerMeb 65.32; Ladies ; 1. E. Staig Sett 61.20; 2. D. Varney Kend 61.56; 3. P. Walsh Pres 62.26; 4. L. Lord Clay 64.16; 5. D. Priestley E'moor 67.40 | |

CLITHEROE FELL RACE Lancashire BM/6m/1350ft 31.5.90

Local runners, Gary Wilkinson and Linda Lord, demonstrated their strength and speed over this six mile course, with Chris Lyon in second place being left by Gary on the descent, who finished comfortably in a time of 41.44 which was 44 seconds outside of the record. Last years winner, Ray Owen came home in third.

Linda showed positive running (along with her dog!) to finish in 52.33, with Clare Kenny second in 54.14.

A field of 155 runners enjoyed the event held on a calm summer evening.

L. Farnsworth

- | | |
|---|-------|
| 1. G. Wilkinson Clay | 41.44 |
| 2. C. Lyon Horw | 42.19 |
| 3. R. Owen Black | 43.12 |
| 4. R. Hargreaves Clay | 44.08 |
| 5. R. Rodgers Horw 44.16; 6. P. Ward Preston 44.19; 7. M. Addison Clay 44.23; 8. D. Thompson CalderV 44.54; 9. K. Johnston Unatt 45.10; 10. T. Laney Clay 45.20; Veterans 0/40 ; 1. R. Hargreaves Clay 44.08; Veterans 0/50 ; 1. P. Duffy Aber 50.53; Ladies ; 1. L. Lord Clay 52.33; 2. C. Kenny AchR 54.14 | |

LANGDALE GALA FELL RACE

Cumbria AS/1.25m/650ft 2.6.90

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|---|-------|
| 1. G. Bland Kesw | 10.13 |
| 2. G. Wilkinson Clay | 10.32 |
| 3. D. Lee CFR' | 10.41 |
| 4. S. Hicks Amble | 11.05 |
| 5. J. Hey Warr 11.12; 6. J. Hawksley Kend 11.16; 7. J. Hope AchR 11.24; 8. E. Parker Amble 11.33; 9. D. Richardson Kend 11.44; 10. P. Singleton Amble 12.02; Veterans 0/40 ; 1. J. Hope AchR 11.24; 2. T. Walker Amble 12.13; 3. N. Walford Kend 12.16; 4. A. Riley Unatt 12.57; Veterans 0/50 ; 1. R. Berry Unatt 16.49; Ladies ; 1. J. Bardgett Unatt 17.31; 2. E. Unsworth Kend 19.44; 3. L. Lecky-Thompson Unatt 19.55 | |

ALWINTON FELL RACES Northumberland BM/14m/2500ft 2.6.90

Extremely dry conditions underfoot made for easy going and record times in this year's race. The long course, which takes competitors on a 14 mile circuit of Kidland Forest and to the summits of Bloodybush Edge and Cushat Law, was won by Will Ramsbotham who sliced three minutes off his clubmate, Andy Curtis' previous record with a time of 88min 38sec. Second placed Adam Eyre-Walker also beat the previous record with 89min 49sec.

First lady home was Joyce Salvona in 111min 15sec and the team award was won by Livingstone.

A new course record was also established in the 6 mile "short" race by Gordon Dixon in 41 min 54sec. Paula Adamson was first lady in 13min 13sec and the first under 18 runner was David Common in 52min 57sec.

Fine weather on the day encouraged a larger than usual turnout and showed this pleasant area of the Cheviots to its full advantage - especially for those with the time and energy to admire the views on the way around!

I. White

- | | |
|---|-------|
| 1. W. Ramsbotham Liv | 88.38 |
| 2. A. Eyre-Walker Hunt | 89.49 |
| 3. L. Atkinson Alnwick | 94.04 |
| 4. D. Henderson Alnwick | 94.47 |
| 5. M. Brunskill NewtonA 95.43; 6. N. Dunn Unatt 96.16; 7. C. Wright Nand 96.48; 8. S. Dempsey Liv 97.33; 9. S. Murdoch Jarrow 97.34; 10. B. Lowdon Tyne 98.16; Veterans 0/40 ; 1. B. Lowdon Tyne 98.16; 2. P. Kelly SShields 100.53; 3. G. J. Brosnan Unatt 102.18; 4. J. Cockburn Alnwick 107.23; Veterans 0/50 ; 1. W. Ryder Morpeth 105.44; 2. S. Hicks Blaydon 107.34; 3. M. Hyman Liv 113.18; Ladies ; 1. J. Salvona Liv 111.15; 2. A. Curtis Liv 113.31; 3. J. Duggan Morpeth 123.12; 4. S. O' Neill Morpeth 128.39; 6. Mile Race; 1. G. Dixon Morpeth 41.54; 2. N. Griffiths SShields 43.48; 3. S. Kirby Jarrow 48.23; Ladies ; 1. P. Adamson NSPoly 52.13; 2. S. Dunn Unatt 58.48; U/18; 1. D. Common Morpeth 52.57 | |

PEN Y GHENT RACE Yorks AM/5.Sm/1500ft 2.6.90

This year the race was run over a new course, utilising the same start and finish but ascending via bracken bottom and returning by way of Hunt

Pot and Whitber Hill.

Martin Crewe led from the gun and was never headed. Local girl Liz Staig was first lady as veteran the day after her birthday, this event was also her first race five years ago!

Harry Atkinson.

1. M.Crewe Bing 43.28
2. A.Bowness CFR 43.36
3. S.Livesey Ross 44.04
4. C.Hirst Settle 44.28
5. S.McDonald Bing 44.57; 6. P.Cadwallader Sefton 45.11; 7. C.Lyon Horw 45.20; 8. R.Whitfield (V) Bing 45.32; 9. L.Cadwallader Sefton 45.36; 10. D.Spedding (V) Kesw 45.51; **Veterans 0/50**; 1. P.Ward SELOC 61.42; 2. D.Armstrong Sefton 66.03; **Ladies**; 1. L.Staig Settle 56.53; 2. L.Lord Clay 57.18; 3. J.Teague Bing 58.56

WELSH 1000 METRE RACE

Gwynedd AL/22m/6000ft 2.6.90

Not a year for records. Thick mist over the Cameddau took a heavy toll making the need for navigational skills unusually apt.

The much improved route through Ogwen where the horrendous "dog-leg" has been removed provided the setting for a nailbiting finish.

In a storming run up Snowden, John Darby, the 1989 winner, just failed to catch Steve Jones who, having built up an apparently unassailable lead of 15 minutes at Pen-y-Pass, just scraped in with less than a minute to spare.

In her first ever fell race, Carolyn Hunter-Rowe was first woman - a remarkable performance!

Andrew Middleton led the Veterans and Mike Seward the Super Veterans.

It is a pity that this superb course has lost favour, no doubt due to the problem in Ogwen and the very poor results organisation. If these can be resolved, we could see re-emergence of this classic race as a worthy candidate for inclusion in the championship list.

A.J. Middleton

1. S.Jones Eryri 4.28.59
2. J.Darby Mynyddwyr 4.29.53
3. Hartell Deeside 4.31.31
4. A.Nixon Chwyndian 4.46.25
5. S.Blease MDC 4.50.42; 6. N.Bateson Bland 4.52.04; 7. S.Bondi Devon 5.07.37; 8. P.Hamson MDC 5.08.13; 9. I. Blakemore Mercia 5.19.41; 10. A.Middleton Gorphwysfa 5.37.21; **Veterans 0140**; '1. A.Middleton Gorphwysfa 5.37.21; 2. S.Futcher Telford 6.04.09; 3. M.Blake Eryri 6.05.20; 4. D.Hickling Saddle 6.08.06; **Veterans 0/50**; 1. M.Seward Gorphwysfa 5.59.01; 2. W.Vigar Unatt 6.09.57; **Ladies**; 1. C.Hunter-Rowe Unatt 4.50.53

SCOTTISH MOUNTAIN TRIAL

West Lothian O/Various 2.6.90

This year everyone who started actually finished their course and none had to be diverted. Could this really be the Scottish Mountain Trial?

Shorter courses and great weather aided most competitors, several controls would have been very hard to find in the mist.

It would have been good to provide more route choice but constraints of land-form, crossing the Tilt and not disturbing deer made this difficult.

The best thing was that both medium and long courses made it into the heart of the hills, surrounded by the best scenery, providing a challenging and different circuit of mountain terrain - taking competitors to parts not normally visited is what we are all about and next year they might come back for more.

It was a lovely coincidence to find Hugh Symonds in the valley on his Mountains of Britain epic and I hope some of you might feel humbled enough to send some sponsor money.

Andy and Suse

A Course 20m 1870m

1. D. Armitage, E. Butler 4.25.16
2. S. Ilgunas, I. McIntyre 5.00.25
3. M. Milmo, D. Neale 6.36.43

B Course 16m 1280m

- 1.1. Hay, R. Wilby 3.33.37
2. R. Boswell, J. Thin 4.10.20

DUDDON VALLEY FELL RACE

Cumbria AL/20m/6000ft 2.6.90

The cloud ceiling being below 1000ft made good navigation essential this year and resulted in no records being broken. Colin Valentine succeeded in winning after a number of years of trying - being second last year.

Martyn Jones

Long course

- 1.C. Valentine Kesw 3.06.04
2. G. Lucas CFR 3.09.32
- 3.N. Lanaghan Kesw 3.11.10
4. Schofield Roch 3.13.48
5. H. Jarret CFR 3.16.02; 6. I. Ferguson Bing 3.16.04; 7. M. Garret Mand 3.19.08; 8. R. Mitchell Mand 3.20.32; 9. D. Ratcliffe Ross 3.24.45; 10. J. Nixon AchRatt 3.30.53; **Veterans 0/40**; 1. J. Nixon AchRatt 3.30.53; 2. G. Mills Bath 4.04.32 ; 3. D. Donald CFR 4.09.26; 4. G. Clayton Amble 4.09.28; **Veterans 0/50**; 1. M. Wood CFR 3.52.32; 2. M. Breslin L&M 358.26; 3. P. Kelly Ross 4.19.11; 4. J. Harrison DPFR 4.48.30; 5. W. McLewin DPFR 4.52.54; **Ladies**; 1. A. Crabb Amble 4.45.50; **Short course**; 1. S. Wright Amble 1.54; 2. T. Somers-Cocks 1.56; 3. B. Healey NiddV 1.57; **Ladies**; 1. S. Haines Ilk 1.48; 2. G. Hale Mand 1.57; 3. K. Parker 2.23

SCOLTY HILL RACE

Scotland BS/5m/800ft 3.6.90

Fraser Clyne recorded his 10th victory in the 14th Annual Scolty Race from a record field of 116 and led new club, Metro Aberdeen, to an easy victory. It was the first time that Aberdeen AAC had lost the team race.

Mel Edwards

1. F.Clyne NetAber 31.31
2. B.Moroney MetAber 32.07
3. R.Taylor MetAber 32.24
4. M.Cumming MetAber 32.29
5. C.Farquharson Hunt 32.40; 6. S.Brown Fraser 33.17; 7. N. Macdonald MetAber 33.27; 8. R.Bell DundH 33.44; 9. P. Jennings MetAber 33.49; 10. I.Cumming Aber 33.58; **Veterans 0140**; 1. I.Fraser Unatt 35.00; 2. E.Butler Aber 35.39; 3. F.Dunguid Aber 36.01; 4. C.Jnksn

- MetAber 36.14; **Veterans 0/45**; 1. M.Edwards Aber 34.01; 2. C.Love Dundee 35.25 ; 3. B.Scullion Aber 40.04; **Veterans 0/50**; 1. G.Cruickshank Aber 34.01; 2. D.Munro Aber 40.33; 3. /Morrison Aber 41.39; **Veterans 0/60**; 1. E.Dunster Aber 42.15; **Ladies**; 1. J.Shand Aber 38.05; 2. J. Robertson Blair 40.16; 3. M.Stafford Aber 40.55; 4. J.Nuttal! Aber 42.00; **Juniors**; 1. 5.Wright AberUniv 34.10

EDENFIELD FELL RACE

Lancs BM/7.5m/1600ft 3.6.90

Good underfoot conditions but low cloud on Whittle Pike with constant rain were not totally ideal and veteran Peter McWade was well outside the course record.

One Lady fell and sustained a suspected broken collar bone, in an isolated spot, and was assisted back by two gallant fellow runners.

K.Smith

1. P.McWade Clay 44.11
2. G.Schofield Black 44.22
3. A.Buckley Warr 44.25
4. R.Ashworth Ross 44.30
5. G.Gough Black 44.45; 6. G.Kenny S&W 46.18; 7. D.Caldwell Ross 46.22; 8. P.Martin Bolt 46.26; 9. C.Duxbury Ross 46.28; 10. D. Woodhead Horw 46.31; **Veterans 0/40**; 1. P.McWade Clay 44.11; 2. A.Churchill Clay 48.34; **Veterans 0/60**; 1. B.Crook Tod 64.56; **Ladies**; 1. G.Cook Roch 56.48; 2. K.Thompson (V) Clay 58.41; 3. S.Brockbank Rad 59.51; 4. D.Fleming (V) Ross 60.19

MALLERSTANG YOMP

Yorks BL/23m/3400ft 3.6.90

The course was well marked and marshalled, mainly on fells with minimum road, and refreshment points every two and a half miles.

Paul Tuson, who holds the record, won the overall event and Ruth Pickvance created a new record in the ladies category, reducing the old record by well over half an hour.

Ron Sykes was first over sixty competitor with a new record of six hours forty two minutes.

SADDLEWORTH FELL RACE

Lancashire AS/3m/950ft 3.6.90

1. M.Jubb DkPk 20.15
2. M.Patterson DkPk 20.21
3. G.Cudahy Stock 20.30
4. M.Whyatt Gloss 20.33
5. P.Gebbett SheffPoly 21.06; 6. W.Styan Holm 21.17; 7. D.Ashworth Roch 21.29; 8. S.Brophy Holm 21.49; 9. J.Hope AchR 21.51; 10. T.Hulme PFR 21.55; **Veterans 0/40**; 1. J.Hope AchR 21.51; 2. T.Hulme PFR 21.55; 3. R.Shand Roch 22.25; 4. I.Greenalgh Roch 22.54; **Veterans O/50**; 1. P.Fleming Horw 24.39; 2. A.Mellor Tod 26.27; 3. J.Smithurst Bing 26.39; 4. P.Davies Old 27.08; **Ladies**; 1. J.Smith DkPk 26.12; 2. S.Kiveal Saddle 29.08; 3. G.Egner DenbyD 34.40; **Intermediates**; 1. M.Jubb DkPk 20.15; 2. G.Cudahy Stock 20.30; 3. P.Gebbett SheffPoly 21.06; **Junior Fell Race - Male**; 1. C.Walker P&B 20.28; 2. W.Styan Holm 20.43; 3. R.Hope Horw 21.50; **Junior Fell Race - Female**; 1.

- S. Haigh Holm 26.40; 2. H.Berry Holm 27.08; 3. L.Hamer Saddle 31.32

BLENCATHRA FELL RACE

Cumbria AM/8m/2000ft 5.6.90

Seventy runners lined up in heavy rain which cleared during the event. Billy, making a welcome return, ran away from Kevin on the steep final descent to better the Veteran's record by five minutes, and then sportingly refused the Veteran's prize which went to O/45 Tony Walker.

The lemon drink disappeared but the orange and midge cocktail will be well matured by next year!

Surplus monies from entries were boosted by a £10 donation from the new owners of the Mill Inn, and were given to the Eden Valley Hospice Appeal.

John Stout

1. B.Bland Kesw 63.33
2. K.Hagley DkPk 63.54
3. J.Bulman Kesw 64.18
4. G.Bland Kesw 67.51
5. D.Loan Kesw 68.00; 6. M.Davies Kesw 69.35; 7. R.Unwin CFR 70.17; 8. E.Parker Amble 70.27; 9. K.Johnstone Ryhope 70.44; 10.R.Mitchell Mand 70.56; **Veterans 0/40**; 1. B.Bland Kesw 63.33; 2. O/King Narr 80.15; 3. G.Sandham Amble 83.13; 4. G.Clayton Amble 83.23; **Veterans 0/45**; 1. T.Walker Amble 77.37; 2. P.Dowkier AchR 80.40; 3. P.Guerrier DkPk 81.10; **Veterans 0/50**; 1. J.Taylor Kend 88.11; 2. R.Smith Mercia 95.10; **Ladies**; 1. A.Carson Reebok 79.28; 2. M.Todd Amble 79.46 ; 3. J.Fenna Border 85.42 ; 4. S.Lewsley Kesw 91.44

KNOCKREE RACE N.I.

CS/3.25m/800ft 7.6.90

It was by the narrowest of margins that Jim Patterson gained his sixth successive victory in the Hill and Dale series but finishing only one second ahead of Billy McKay.

The race started at a steady pace, winding its way up the leafy lane towards the steep climb and the mountain top. Very little separated the leading bunch at the summit with Brian Ervine just ahead of Billy and Jim.

On the long and slippy run along the summit ridge these three remained locked in combat, it was only when they emerged onto the track that the group split into the finishing order.

1. J.Patterson N'Down 24.48
2. B.McKay A'ville 24.49
3. B.Ervine B'drain 25.12
4. D.Barrett B'drain 25.45
5. B.McBurney N'castle 25.53; 6. C.McCann N'castle 26.02; 7. D.Watson N'castle 26.08; 8. R.Graham ACKC 26.15; **Veterans (>/40)**; 1. P.Holmes N'castle 27.09; 2. B.McCartan ACKC 27.33; **Veterans O/45**; 1. B.McGee Larne 28.40; 2. J.Gibson B'drain 30.50; **Ladies**; 1. V.McBride Unatt 36.35; 2. D.Mackey Unatt 42.42

KNOCKLAY N.I.

AM/6.5m/1700ft 9.6.90

Adrian Philpott of the Achilles Club defeated a strong field to win the six and half mile Knocklay by a clear

margin of 42 seconds.

A group consisting of Philpott, Noel McMonagle and Paul Rodgers broke away in the opening half mile and by the upper part of the 1700ft climb, Philpott was well in front. He was unchallenged on the descent and clocked 47.59 for his third win of the season.

McMonagle took the runner up spot with, 15 seconds ahead of Rodgers, while veteran Jim Patterson descended well to finish fourth.

With Doug McGuinness 5th, Brian Ervine 7th and Darren Barrett 9th, Ballydrain were team winners 3 pts ahead of Newcastle AC.

1. A. Philpott Achill	47.59
2. N. McMonagle Sparta	48.41
3. P. Rodgers N'castle	48.56
4. J. Patterson N. Down	49.03
5. D. McGuinness B'drain	49.23;
6. R. Rodgers N'castle	49.59;
7. B. Ervine B'drain	50.12;
8. W. McKay A'ville	50.41;
9. D. Barrett B'drain	50.53;
10. G. Murray B'drain	53.17;
Veterans O/40;	
1. J. Patterson N.Down	49.03;
2. D. Rankin A'ville	54.06;
3. J. Hayes B'drain	54.42;
Veterans O/45;	
1. W. Magee Larne;	
2. J. Gibson Bldrain	

DOLLAR HILL RACE

Central AS/5m/2000ft 9.6.90

1. I. Davidson Carnethy	42.54
2. J. Wilkinson GALA	43.05
3. P. Marshall Hadd	43.20
4. S. Bennet W'lands	44.46
5. I. Murphy Clyde	45.17;
6. A. Dyth Clyde	45.36;
7. I. Wallace Hunt	45.43;
8. S. Conway L'stone	46.29;
9. E. Butler Aber	47.32;
10. J. Gallacher Kend	47.46;
Veterans;	
1. P. Marshall Hadd	43.20;
2. E. Butler Aber	47.32;
3. T. Ross Fife	47.48;
4. S. Campbell Cent	47.56;
Ladies;	
1. J. Farmer BOF	61.13;
2. A. West Carnethy	67.36;
3. K. McNeil Forres	69.07;
Juniors;	
1. K. Craig Doll	51.43;
2. K. McNeil Forres	69.07

SKIPTON FELL RACE

N. Yorkshire ABS/4m/1000ft 10.6.90

Senior Men

1. N. Gates B & H	23.13
2. M. Patterson DPeak	23.20
3. A. Buckley Warr	23.38
4. S. Winstanley Bing	24.02
5. C. Donnelly Eryri	24.06 ;
6. C. Metcalfe Skip	24.13;
7. P. Davis LeeUni	24.50;
8. D. Quinlan Bing	25.03;
9. M. Addison Clay	25.16;
10. D. Williams Eryri	25.26;
Veterans O/40;	
1. J. Hoffman Brad	25.56;
2. P. Lyons Bury	26.17;
3. P. Bramham CFR	26.30;
Veterans O145;	
1. D. Quinlan Bing	25.03;
2. D. Weatherhead Bing	26.25;
3. G. Stevens Read	27.23;
Veterans O/50;	
1. K. Summerrill NorthV	26.09;
2. P. Fleming Horw	27.57;
3. M. Simpson Skip	30.07;
Youths;	
1. R. Moss Bing	25.51;
2. P. Dolan R'trees	27.17;
3. R. Jebb Bing	29.53;
World Cup Ladies Selection Race;	
1. K. Hill Tipton	26.51;
2. Y. McGregor Brad	27.37;
3. S. Dilnot L'hill	27.50;
4. C. Cook Clay	28.16;
5. J. Smith DPeak	28.42;
6. C. Hughes Read	28.54;
7. C. Crofts DPeak	38.57;
8. D. Everington L'stone	28.59;
9. L. Wright LeedsUni	29.06;
10. K. Drake Spen	29.08

COLEDLAE HORSESHOE FELL RACE

Cumbria AM/8m/3000ft 13.6.90

1. G. Huddleston Clay	1.07.01
2. G. Williamson Amble	1.09.50
3. M. Fleming Amble	1.09.55
4. P. Skelton Kesw	1.10.57
5. H. Jarrett CFR	1.11.35;
6. G. Clucas CFR	1.12.57;
7. A. Curtis Carn	1.13.04;
8. N. Lanaghan Kesw	1.14.11;
9. J. Bulman Clay	1.14.16;
10. G. Bland Kesw	1.15.11;
Veterans O/40;	
1. M. Litt CFR	1.21.07;
2. S. Sharp C.A.S.A	1.25.07;
3. L. Stephenson	1.25.22;
Veterans O/50;	
1. C. Lates	1.33.47;
2. J. Taylor	1.34.36;
3. J. Brewis	1.47.56;
Ladies;	
1. C. Cook Clay	1.21.40;
2. S. McKay CFR	1.27.33;
3. M. Todd	1.27.38

FIVE CLOUGHS FELL RACE

Lancs AM/8.75m/2250ft 14.6.90

Duncan Hughes probably have come much nearer to the course record, set by Sean Livesey, had he known the route. Generally an enjoyable event on tough but variable terrain, with new records being set in all the veterans categories except over fifty.

	T. Targett
1. D. Hughes Hebog	69.56
2. C. Hirst Settle	70.16
3. M. Wallis Clay	70.29
4. C. Lyon Horw	71.01
5. R. Ashworth Ross	72.10;
6. T. Laney Clay	73.52;
7. R. Hargreaves (V) Clay	74.08;
8. A. Davison Tod	74.20;
B. Mitchell (V) Clay	74.33;
10. T. Watkin Clay	75.24;
Veterans O/40;	
1. R. Hargreaves Clay	74.08;
2. B. Mitchell	74.33;
3. J. Miles Tod	80.17;
Veterans O/45;	
1. J. Nuttall Clay	76.21;
2. K. Carr Clay	77.58;
3. T. Peacock Clay	82.06;
Veterans O/50;	
1. R. Barker RedRose	84.00;
Veterans O/55;	
1. L. Sullivan Clay	83.35;
2L. P. Duffy Aber	86.53;
Ladies;	
1. L. Lord (V) Clay	93.26;
2. W. Dodds (V) Clay	94.17;
3. D. Gowans Acc	96.46;
Juniors 3m/950ft;	
1. J. Taylor Clay	22.33;
2. A. Sellars BALost	24.27;
3. S. Smith BALOST	27.08

GRINDLEFORD CARNIVAL FELL RACE

Yorks CS/4m/550ft 14.6.90

Good weather should have given the opportunity for the course record to be broken but only the ladies managed to establish a new record. In the mens race, a mistake by the leaders, taking them a longer route did'nt help their efforts.

Japanese Gentleman-Hiro Nakagawa- was third in his first ever fell race and won the Hope Race three weeks later.

Some barging at stiles must be stamped out, but the transgressors seemed oblivious to the calls of other competitors.

	F. Galbraith
1. T. Parr Gloss	29.16
2. J. Forster NottsU	29.25
3. H. Nakagawa Hall	29.35
4. A. Cory-Wright SYO	29.43
5. R. Rodgers Horw	30.08;
6. A. Harmer (V) DkPk	30.16;
7. N. Pugh SheffU	30.19;
8. S. Charlesworth Staff	30.22 ;
9. J. Birkinshaw Unatt	30.33;
10. R. Beachall SheffU	30.34;
Ladies;	
1. G. Berrow Unatt	34.52;
2. S. Bolser	

P'stone 36.03; 3. C. Barson Beest 38.48; 4. A. Watmore DkPk 39.11

PATRICK FELL RACE

Isle of Man AM/10m/2800ft 16.6.90

This event has enjoyed good weather over the past few years, and this proved to be the case again, with clear skies and warm sunshine. Donald Lee of Workington arrived on the Isle of Man on the morning of the race and lost no time in scoring an emphatic victory to start his annual holidays. He led from the start to knock four minutes off the course record and have a winning margin of some twelve minutes over Tony Varley who was in his comeback race after injury.

	Ritchie Stevenson
1. D. Lee CFR	1.22.57
2. T. Varley MFR	1.39.42
3. R. Moughtin MFR	1.44.38
4. R. Stevenson MFR	1.45.50
5. I. Callister MAC	1.46.54;
6. D. Corrin MAC	1.47.05;
Veterans;	
1. D. Corrin	1.47.05;
2. J. Wright	1.50.54;
3. G. Brew	2.13.19;
Ladies;	
1. S. Quirk	1.55.39

ROSEBERRY TOPPING RACE

Cleveland AS/1.5m/715ft 19/6/90

Another confrontation between Robin Bergstrand who wanted to win this race and Marco Cara the current record holder. With a local track and field meeting also organised by Mandale Harriers, numbers were down. Some committees have a lot to answer for when they have been made aware of fixture dates beforehand - Please take note NYSD league. The quality of the field however made up for any shortfall in quantity.

Marco set off as if the Hounds of Hell pursued him and although I do not have the split it is quite likely that he made the fastest ascent of all time, leaving Robin some 100 metres adrift. It was the descent that turned things around, unlike last year Robin chose the better line and closed the gap to within 10 metres by the time they hit the steps. Within another 100 metres Robin surged past Marco and it was noticeable on the lane how Marco has lost his banna and was treading water as he tried to counter attack. Robin eventually came home fist but was unable to gain Marco's record, falling short by just six seconds.

In the female race the first two were inside the old record held by Gilly Hale who seems to be improving with every race this summer and sliced almost a minute off her record, with club colleague Sheila Wright fading in the last half but nevertheless having an excellent run.

In the junior race Lee Wren ran an excellent race to outkick his club colleague Paul Guy on the finish. Louise Sweeney continued to improve to win the junior female section taking two minutes off last year's time.

	David Parry
1. R. Bergstrand Mand	10.45
2. M. Cara Mand	10.52
3. N. Raitt Mand	11.29
4. N. Conway Mand	11.52
5. N. Duffield Loftas	12.05;
6. M. Garratt Mand	12.12;
7. B. Mitchell Mand	12.23;
8. G. Barnes Mand	12.29;
9. V. Rutland Mand	12.34;
10. I. Mulrooney FRA	12.49;
Veterans O/20;	

1. A. Philipson G'forth 13.10; 2. M. Vassey GLOK 14.10; 3. A. Cameron FRA 14.53; 4. G. Dixon Mand 15.21; **Ladies;** 1. G. Hale Mand 13.36; 2. S. Wright Mand 14.14; 3. A. Priston CLOK 17.40; 4. L. Hannah U/A 18.39; **Junior (Boys);** 1. L. Wren NewAyd 13.01; 2. P. Guy NewAyd 13.05; 3. D. Crawford NewAyd 19.03; **Junior (Girl);** 1. L. Sweeney Mand 18.10

BUCKDEN PIKE FELL RACE

N. Yorkshire AS/4m/1500ft 16.6.90

A hundred and fifty two runners lined up on this warm, still summer's day which marked the tenth Buckden Pike Fell Race.

Alex Smith who is no stranger to Buckden having won the rce in 1985, took the lead early on the climb and held it to the finish. Bingley's Steve Hawkins, a specialist downhill runner was unable to gain the advantage of the final steep drop despite a superb effort, and finished eight seconds adrift of Alex.

Twenty six youngsters under 15 ran the mile junior rae headed by Simon Creighton of Bingley. All competitors in both races were awarded special mugs to celebrate the tenth Anniversary of the event.

	Peter Jebb
1. A. Smtih CFR	32.50
2. S. Hawkins Bing	32.58
3. M. Crewe Bing	33.10
4. R. Whitfield V Bing	33.32
5. D. Woodhead Horw	34.33;
6. R. Rawlinson Ross	34.40;
7. M. Walsh V Kend	34.44;
8. D. Waterworth Clay	35.22;
9. B. Peace V Bing	35.36;
10. P. Davis Leeds	35.55;
Veterans O/45;	
1. D. Quinlan Bing	36.17;
2. D. Weatherhead Bing	37.53;
3. K. Carr Clay	38.16;
Veterans O/50;	
L.J. Sykes Fell	41.17;
2. M. Simpson Skip	43.08;
3. L. Wright Leeds	44.22;
Ladies;	
1. Y. McGregor Bjd Aire	40.13;
2. J. Cook Roch	44.01;
3. L. Wright Leeds	44.22;
Intermediate U/18;	
1. R. Lawrence Bing	37.05;
2. A. Lee Roch	41.16;
Juniors;	
1. R. Moss Bing	37.36;
2. R. Jebb Bing	39.06;
3. C. Carris Bing	41.45;
4. M. Whitfield Bing	42.01

GLEN ROSA HORSESHOE Isle of Arran

AL/13m/5500ft 16.6.90

Conditions were near perfect, clear day and a cooling breeze on the tops, giving those with time to look, excellent views over the Arran Ridges. The field of thirty nine (having been reduced by sixteen runners that were unable to get on to the full ferry) made up in quality what they lacked in quantity. Most finishing the demanding course in less than three and half hours.

We had a new ladies record by Tricia Calder and Clydesdale set a team record of 8.15.45.

Those not so capable were well contented with the endless supply of tea and sandwiches.

Those contemplating coming next year (N.T.S. willing) should not be put off by the Ferry trouble, I'm sure with a little forethought we can avoid it happening again.

	Dave Freeman
1. M. Prady Gloss	2.20.34
2. C. Valentine Kesw	2.21.16
3. T. BollandS&W	2.26.48
4. P. Marshall Hadd	2.26.59
5. D. Bell HEL P.	2.27.24;
6. G.	



On the first climb at Buckden with the village below. Photo: Peter Harley

Kenny 2.42.17; 6. P. Calder 2.42.17; 6. M. Cuddy Gloss 2.42.17; 9. I. Murphy Clyde 2.43.13; 10. J. Shields Clyde 2.45.06; **Veterans 0/40**; 1. P. Marshall Hadd 2.26.59; 2. J. Shields Clyde 2.45.06; 3. P. Corless Kend 3.06.33; **Veterans 0/50**; 1. R. Mitchell Teviot 3.12.11; 2. D. Kerr IrvCab 3.53.33; 3. B. Pringle Teviot 3.53.53; **Ladies**; 1. P. Calder ESPLAC 2.42.17; 2. C. Swain 3.21.28; 3. M. Naylor S.L.O.W. 3.23.10

CARNEDDAU Gwynned AM/10m/3500ft 16.6.90

When the runners got to the waterworks at Gerlan, a group of ten runners had opened up a gap of about 10 metres from the rest of the field. Then came the long climb up to the first checkpoint at the summit of Comedd Dafydd. Emyln Roberts first, pipping Duncan Hughes with Andrew Darnell a further 28 seconds behind. (Andrew must be Eyri's find of the season!) These three broke the old summit record of 45.54. Then came the Veterans, Del Davies and Don Williams at 46.06 and 46.08, both breaking Del's old summit record of 48.06.

In the Super Veterans, Ron Hird broke last year's summit record of 53.17 with 52.04.

The Ladies' race was very interesting as Jill Teague had turned up and having beaten Stell Farrar at Pen-y-Fan, Stell knew she had a serious challenger if she was to retain the title. Stell arrived at the first checkpoint in 55.47 and Jill Teague in 56.32.

By the second checkpoint, Yr Elen, Emyln had pulled out a minute lead on Duncan, with Andrew Darnell a further two minutes behind Duncan. Then came Del, Don and Simon Forster a further minute behind. After came the descent off Yr Elen into the Coseg Valley to the third checkpoint at the settlement and then the sting in the tail - the ascent of Gynn Wigau to the fourth checkpoint. Emyln still had his minute advantage over Duncan who

had pulled two minutes clear of Andrew, and in fourth place Del had pulled two minutes clear of Don Williams.

In the Ladies' race, Stell had pulled three minutes clear of Jill Teague by the fourth checkpoint on the summit of Gynn Wigau.

At the finish, Emyln Roberts had pulled another two minutes clear in 1.34.27, smashing his old record by 8.41 minutes. In fact, the first four were inside the old record of 1.43.08 and Del also broke the Veteran's record of 1.46.07 to finish in 1.41.49. Stell Farrar won the Ladies' race in 2.04.31, also breaking the course record of 2.05.47. The first local to finish was H.D. Jones in 2.57.13.

It can't be long before Ras Cameddau is recognised as one of the classic medium races in the calendar.

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|---------------------------------|--|--|
| 1. E. Roberts Eryri | 1.34.27 | C. Williams |
| 2. D. Hughes Hebog | 1.37.39 | |
| 3. A. Darnell Eryri | 1.40.18 | |
| 4. D. Davies Hebog | 1.41.49 | |
| 5. D. Williams Eryri | 1.45.56; 6. M. Beddon Seloc | 1.50.06; 7. E. Evans Eryri |
| 1.51.25; 8. S. Mansbridge Unatt | 1.51.49; 9. R. Powell Eryri | 1.52.17; |
| 10. M. Jones Hebog | 1.53.28; Veterans 0/40 ; 1. D. Davies Hebog | 1.41.49; 2. D. Williams Eryri |
| 1.45.56; 3. M. Blake Eryri | 2.05.37; 4. N. Fisher Eryri | 2.09.10; Veterans 0/50 ; 1. R. Hird Unatt |
| 1.58.22; 2. C. Brown Mercia | 2.03.49; 3. G. Lloyd Wrex | 2.44.44; Ladies ; 1. S. Farrar Eryri |
| 2.04.31; 2. J. Teague Bing | 2.09.34; 3. S. Ashton MDC | 2.36.59 |

KINDER TROG Derby BL/14m/300ft 17.6.90

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|--|---|
| 1. M. Whyatt Gloss | 1.50.12 |
| 2. M. Jubb DkPk | 1.50.39 |
| 3. P. Brownson PFR | 1.50.39 |
| Veteran 0/40 ; 1. A. Fielding | 2.01.55; Veteran 0/50 ; 1. R. Taylor |
| 2.25.46; Ladies ; 1. J. Needham | 2.21.27; 2. K. Martin |
| 2.24.50; 3. S. Rowson (V) | Macc 2.25.24 |

ROYAL DOCKRAY FELL RACE Cumbria BL/17m/4500ft 16.6.90

- (Long course)
- | | |
|---|--------------------------------|
| 1. D. Spedding Kesw | 2.12.50 |
| 2. D. Loan Kesw | 2.19.00 |
| 3. M. Wallis Clay | 2.19.16 |
| 4. J. Nixon AchRatt | 2.19.37 |
| 5. A. Lewsley Bord | 2.20.40; 6. T. Laney Clay |
| 2.21.16; 7. A. Clarke AchRatt | 2.23.53; 8. J. Hawkesley Kend |
| 2.27.28; 9. P. Browning Clay | 2.28.17; 10. A. Taylor S'field |
| 2.28.37; Ladies ; 1. S. Haines | 2.46.32; 2. R. Pickvance Clay |
| 2.57.30; 3. S. Lewsley Bord | 3.01.35; |
| 4. A. Crabb Amble | 3.15.15; 5. J. Duggan |
| 3.17.54; Short course ; 1. G. Wilkins Clay | 1.16.27; 2. P. Morley Ross |
| 1.17.05; 3. J. Taylor Clay | 1.17.51; 4. A. Heywood Clay |
| 1.23.22; 5. J. Stout CFR | 1.23.26; 6. M. Brown Clay |
| 1.23.34; 7. A. Teasdale Ulls | 1.27.42; 8. D. Hodgson F'dale |
| 1.28.04; 9. J. Faulkner Kesw | 1.28.42; 10. T. Chatterley Bow |
| 1.28.53; Ladies ; 1. E. Wright Amble | 1.37.11; 2. J. Graham Amble |
| 1.53.40; 3. A. Kelly Bolt | 1.53.44; 4. P. Chatterley Bow |
| 1.54.45 | |

KARRIMOR'S THREE PEAKS Yacht Race 16.6.90

From the sheltered Barmouth Estuary at the foot of Cader Idris, sailor and mountaineer extraordinaire, Bill Tilman used to set sail on his many great adventures. Today his spirit still lives on in the Karrimor Three Peaks Yacht Race - the world's toughest test when men and women meet the mountains and the sea.

Now in its 14th year, the race attracted an international field to the start on the 16 June. Three days, three hours and twelve minutes later Dick Skipworth's yacht Severalles Challenge was the first to cross the line, with Clayton-le-Moors runners Ken Taylor and Jack Holt aboard.

On the mountains the standard of running, carrying a full rucksack of emergency gear was exceptional,

despite poor weather and some teams having to run at night. The Kings of the Mountains title for the fastest overall time on the fells went to Adrian Belton and Mark Rigby. They completed the 24 mile return run from Caemafton to Snowdon in 3hr 14 min, the hard 32 mile climb from Ravenglass to Scafell Pike in a new record time of 4hr 30 min and the final 17.5 mile sprint to the summit of Ben Nevis and back in 2hr 49 min.

The second fastest times in the mountains were set by Martin Stone and Jack Maitland. Times were as follows: 1. 3hr 15 min; 2. 4hr 46 min; 3. 2hr 54 min

Third fastest were Billy Bland, twice fell runner of the year, and Andy Sawyer with the following: 1.3 hr 17 min; 2. 4 hr 43 min; 3. 3 hr 06 min

The fastest women's team were Helen Diamantides and Alison Wright, who between them hold the women's record for the Bob Graham and the Everest Base Camp to Kathmandu run. They completed the Karrimor Three Peaks with the following times: 1. 3 hr 56 min; 2. 5 hr 52 min; 3. 5 hr 33 min

WREKIN STREAK Shropshire AS/2m/900ft 19.6.90

Over 100 runners lined up for the start of the third Wrekin Streak on a warm summer's evening.

Duncan Hughes led the field to the summit and back to the finish taking the trophy away from Telford for the first time. Duncan's time was just five seconds outside Vaughan News' record set in 1988. Dave Troman held off the challenge from Veteran, John Fry, the trio all finishing in under 18 minutes.

Polly Gibb improved her own record by over a minute in the Ladies' race, and was over a minute clear of clubmate, Tracey Clarke.

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| Simon Daws | |
| 1. D. Hughes Hebog | 17.31 |
| 2. D. Troman PM AC | 17.49 |
| 3. J. Fry Telf | 17.52 |
| 4. D. Jackson Telf | 18.09 |
| 5. I. Kevan Telf | 18.27; 6. G. Rigby Telf |
| 18.34; 7. R. Day Mercia | 18.47; |
| 8. C. Taylor Mercia | 18.57; 9. D. Jaryd Shrews |
| 19.05; 10. W. Farrow B'north | 19.18; Veterans 0/40 ; 1. J. Fry Telf |
| 17.52; 2. R. Dawson Telf | 19.25; 3. B. Morris Telf |
| 20.08; 4. T. Thompson Mercia | 20.30; Veterans 0/50 ; 1. C. Brown Mercia |
| 20.44; 2. H. Houston Telf | 22.04; 3. A. Cofield Telf |
| 22.15; Ladies ; 1. P. Gibb Telf | 20.37; |
| 2. T. Clarke Telf | 21.45; 3. A. Capp Telf |
| 22.50; 4. C. Walker Telf | 25.07; Intermediates ; 1. R. Brown Wolves |
| 19.31; 2. D. Sutcliffe Unatt | 20.35; 3. A. Thompson Mercia |
| 21.20 | |

TEBAY FELL RACE Cumbria AM/8m/3000ft 20.6.90

Torrential rain immediately before the event stopped in time to give way to a fine evening with good running conditions. The route takes in Rispa Pike, Uldale Head, Linghow and Blease Fell, on this occasion newcomer Pete Skelton had a comfortable win.

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|--------------------|---------|
| J.Capstick | |
| 1. P. Skelton Kesw | 1.14.43 |
| 2. M. Walsh Kend | 1.15.11 |
| 3. P. Tuson Kend | 1.15.53 |
| 4. .Hawksley Kend | 1.17.02 |

5. E. Parker Amble 1.17.19; 6. A. Nicholson Unatt 1.17.24; 7. K. Johnston Unatt 1.17.32; 8. S. Hicks Amble 1.18.17; 9. M. Richardson Amble 1.18.52; 10. C. Webb CFR 1.19.00; **Veterans 0/40**; 1. M. Walsh Kend 1.15.11; 2. J. Slinn L&M 1.25.29; 3. P. Dowker AchRat 1.27.32; **Veterans 0/50**; 1. C. Lates Kesw 1.34.10; 2. F. Haygarth Kend 1.41.08; 3. M. Aldridge Kend 2.07.11; **Ladies**; 1. E. Wright Amble 1.35.18; 2. S. Lewsley Border 1.36.56; 3. J. Fenna Border 1.39.29; **Ladies Veterans**; 1. C. McNeil LOC 1.43.46; 2. C. Carlin Kend 2.10.03

COINERS SEVEN FELL RACE Yorks 7.5m/100ft 20.6.90

In the middle of the eighteenth century there were several coiners gangs operating in the West Riding and the Pennine area of Yorkshire. They clipped and filed metal from true coins and used this to make new coins. The Cragg Vale Coiners were led by David Hartley of Bell House. The Murder of a government officer sent to investigate the gang led eventually to the conviction and hanging of 'King David' for counterfeiting. He was buried in the graveyard at Heptonstall in 1770.

A commemorative coaster illustrating a counterfeit Portuguese moiré was given to all finishers.

The race itself is a fast tour of Coiners country paths involving paths, tracks and moorland, taking in Erringden Moor, Stoodley Pike and Bell House Moor, offering spectacular views of Cragg Vale. The old coiners cottages of Bell House are passed en route.

Peter White.

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| 1. D. Thompson CaldV | 57.15 |
| 2. R. Rowlands CaldV | 57.31 |
| 3. A. Bowden CaldV | 58.00 |
| 4. J. Sage Leeds | 58.00 |
| 5. AJ udd (V) Leeds | 58.46; 6. R. Skelton CaldV 59.26; 7. P. Bramham (V) Craven 59.29; 8. V. Miles (V) Tod 59.35; Veterans 0/45 ; 1. P. White Hlfx 64.14; 2. M. Moore Saif 65.02; |
| 3. J. Williams Hlfx | 70.27; Veterans 0/50 ; 1. M. Omerod Hlfx 70.29; 2. B. Hill Clay; Veterans 0/55 ; 1. C. McCartney Hlfx 75.27; 2. J. Newby Tod 76.15; Ladies ; 1. R. Thistlewaite CaldV 74.14; 2. J. Smith CaldV 75.46; |
| 3. J. Shotter Hors | 76.47; Ladies Veterans ; 1. L. Hayles Hlfx 80.03; 2. S. Bake Hlfx 114.17 |

HOLCOMBE TOWER RACE

LanCS i
CS/3.5ntf850ft 20.6.90

With good conditions for a fast race Malcolm Jones was pushed hard by previous winner Mark Aspinall in the early stages but managed to pull clear and withstand a late charge by C. Roberts.

In the ladies race L. Lacterman found the course to her liking to win the section.

K. Smith.

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|---------------------------------|--|
| 1. M. Jones Horw | 19.39 |
| 2. C. Roberts Earby | 20.01 |
| 3. W. Brindle Horn ¹ | 20.02 |
| 4. A. Peace Bing | 20.09 |
| 5. M. Aspinall Ross | 20.14; 6. R. Jackson Horw 20.21; 7. D. Ashworth Roch 21.11; 8. P. Turner Bolt 21.18; |

9. R. Ashworth Ross 21.23; 10. T. Hesketh Horw 21.31; **Veterans 0/40**; 1. T. Hesketh Horw 21.31; 2. R. Hargreaves Clay 21.44; 3. B. Deegan Roch 22.19; **Veteram 0/60**; 1. B. Crook Tod 33.06; **Ladies**; 1. L. Lacterman Ross 28.02; 2. E. Castledine (V) Leigh 28.33; 3. D. Fleming (V) Ross 28.58; 4. S. Kyveal S'worth 29.06; 5. A. Kelly (V) Bolt 29.23

CROSSONE RACE N.I.

AS/2.5m/1700ft 21.6.90

Brian Ervine claimed his first victory of the Hill and Dale series, leading from start to finish he came home almost two minutes ahead of the next placed runner.

This is one of the most feared of the series with steep, boulder strewn slopes, deep grass and ferns, and a rocky track challenging the competitors.

As the race progressed up the track, Brian took the lead, with Billy McKay taking up the pursuit as the climb steepened. On the treacherous descent Brian maintained his lead and Billy, running on his own, also held his place.

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| 1. B. Ervine B'drain | 31.28 |
| 2. B. McKay A'ville | 33.09 |
| 3. C. McCann N'castle | 33.46 |
| 4. B. McBurney N'castle | 33.50 |
| 5. D. Graham B'drain | 34.35; 6. P. Holmes N'castle 34.40; 7. G. Murray B'drain 34.44; 8. P. McGookin ACKC 34.47; Veterans 0/40 ; 1. P. Holmes N'castle 34.40; 2. K. Quinn Unatt 36.48; 3. W. Ketytle ACKC 42.03; Veterans 0/45 ; 1. B. Magee Larne 39.31; 2. J. Gibson B'drain 43.15 |

SOUTH DOWNS WAY RACE

Hants
BL/80m/9000ft 23.6.90

The event this year incorporated the first WORLD TRAIL RUNNING CHAMPIONSHIP with athletes from the USSR, USA, Canada and West Germany taking part and figuring prominently in the final placings.

A bunch of five runners set the early pace, with Leonid Aksenov of the USSR, recent winner of the Europa Cup 12 hour race in Basle, tucked into tenth place with three of his compatriots shadowing the leaders.

By Truleigh Hill, high above Shoreham, the halfway point, the first three positions were established and Steve Moore finished well ahead of noted long distance track athlete Terry Tullett, well inside four times winner Martin Daykins record, also taking the veterans record.

Hilary Walker beat Leslie Watsons record by nearly ninety minutes with fell runner Silvia Watson joint second after a twenty mile battle with Susan Ashley.

Edin Hadzic, an outstanding German athlete, destroyed the under twenty record, while Camilla Williams, Swedish record holder over 100km, took the 50-54 age group.

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| 1. S. Moore H&W | 9.37.41 |
| 2. T. Tullett B&H | 10.11.10 |
| 3. J. Foster Wycombe | 10.25.15 |
| 4. S. Fawcett IOKAss | 10.32.01 |
| 5. J. White Lond 10.37.59; Veterans 0/40 ; 1. S. Moore H&W 9.37.41; 2. R. Ball Otter 10.45.39; Veterans O/45 ; 1. L. Aksenov USSR 10.47.00; 2. | |

P. Beck Jog 11.06.41; **Veterans 0/50**; 1. L. Aksenov USSR 10.47.00; D. Cartwright USA 11.44.55; **Ladies**; 1. H. Walker Serp 11.06.24; 2=. S. Watson Vallis 11.46.30; 2=. S. Ashley E&E 11.46.30; 3. C. Gray Ports 12.38.16

JAMES BLAKELEY FELL RACE Yorks CS/3m 23.6.90

Heavy morning rain made part of the course slippery. The afternoon cleared up and conditions for the race were quite good, fine but windy.

John Taylor coming back to form after recent injury, was 40 seconds clear of second runner Robert Jackson.

Rob O'Hara last year's winner did not run to form and only finished 9th.

Eric Muxworthy

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|---|-------|
| 1. J. Taylor Holm | 1533 |
| 2. R. Jackson Horw | 16.13 |
| 3. G. Damiani Spen | 16.38 |
| 4. D. Woodhead Horw | 16.48 |
| 5. P. Bonner Clydes 16.57; 6. M. Seddon Holm 17.10; 7.1. Mitchell Long 17.24; 8. B. Deegan Roch 17.26; 9. R. O'Hara Long 17.35; 10. R. Bradley Holm 17.37; Veterans 0/40 ; 1. B. Deegan Roch 17.26; 2. R. Bradley Holm 17.37; 3. R. Bangham Holm 17.41; 4. G. Hall Holm 19.17; 5. A. Armitage Long 23.58; Veterans 0/45 ; 1. B. Jackson Horw 18.34; 2. P. King DenbyD 21.11; Veterans 0/50 ; 1. K. Bamforth HolmV 18.19; 2. K. McMurry Stock 27.33; Ladies ; 1. E. Woodhead Clay 25.01 ;2.K. Mitchell Hudd 26.33; Senior Teams ; 1. Holmfirth J.Taylor, M. Seddon, R. Bradley (17pts); 2. Horwich R. Jackson, D. Woodhead, B. Jackson (21pts); 3. Longwood I. Mitchell, R. O'Hara, A. Armitage (42pts) | |

EILDON TWO HILLS Scotland AS/4.5m/1400ft 23.6.90

The day of the race was dry and sunny with a strong wind. After heavy rain on the previous two days, conditions were wet and slippery underfoot.

It was a first rate race with only 12 seconds splitting the first four finishers. The 1989 winner, John Wilkinson, was just pipped into second place by Colin Donnelly who won in 26.53.

In the Ladies' race, Patricia Calder retained her title and set a new course record for the Ladies of 30.35.

W. Thom

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|--|-------|
| 1. C. Donnelly Eryri | 26.53 |
| 2. J. Wilkinson Gala | 26.55 |
| 3. S. Livesey Ross | 27.01 |
| 4. A. Peace Bing | 27.04 |
| 5. G.Devine P&B 27.10; 6. A.Kitchin Liv 27.16; 7. K. Manning Clay 27.28; | |
| 8. W. Gaunt P&B 27.28; 9. N. Fleming Amble 27.40; 10. D. Rodgers Lochaber 27.42; 11. A. Farningham Gala 27.45; 12. I. Davidson Carn 27.48; 13. R. Pallister P&B 27.49; 14. A. Whalley P&B 27.51; 15. G. Schofield Black 27.52; 16. G. Bartlett Forres 27.55; 17. D. McGonigle Dundee 28.06; 18. A. Curtis Liv 28.07; | |
| 19. E. Roberts Eryri 28.11; 20. A. Ward ESPC 28.14; 21. B. Rodgers Lochaber 28.23; 22. R. Whitfield Bing 28.28; 23. A. Bennett W'lands 28.31; | |
| 24. D. Bell HELP 28.40; 25. G. Kirkbright P&B 28.43; 26. P. Skelton Kesw 28.45; 27. N. Lanaghan Kesw 28.46; 28. G. Ackland Liv 28.47; 29. | |

A. Davis Ross 28.50; 30. P. Marshall HELP 28.52; **Veterans 0/40**; 1. R. Whitfield Bing 28.28; 2. P. Marshall HELP 28.52; 3. T. Hulme PFR 28.59; 4. D. Spedding Kesw 29.13; 5. A. Shankie Teviot 30.25; **Veterans 0/50**; 1. N. Mathews Horw 31.41; 2. B. Gauld Carn 32.02; 3. G. Armstrong HELP 32.10; 4. R. Bell Amble 33.25; **Ladies**; 1. P. Colder ESPC 30.35; 2. P. Gibb Telf32.47; 3. N. Todd Amble 33.24; 4. H. Diamantides Amble 33.41; 5. J. Salvona Liv 33.53; 6. J. Harold Bolt 34.03; **Juniors**; 1. B. Rodgers Lochaber 28.23; 2. J. Brooks Lochaber 29.41; 3. H. Lorimer Duns 30.10; 4. A. Banks Stirling 30.16; 5. J. Armstrong EdinUniv 30.21

YGARN Gwynedd AS/3m/1500ft 23.6.90

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|---|-------|
| 1. D. Neill StaffsM | 28.03 |
| 2. D. Roberts Hebog | 28.44 |
| 3. D. Davies Hebog | 29.13 |
| 4. D. Williams Eryri | 30.38 |
| 5. C. Williams Hebog 31.04; 6. A. Haynes Eryri 31.10; 7. T. Jones Eryri 31.28; 8. G. Hughes Hebog 31.48; 9. M. Roberts Hebog 32.35; 10. C. Hughes Hebog 32.41; Veterans 0/40 ; | |
| 1. D. Davies Hebog 29.13; 2. D. Williams Eryri 30.38; 3. M. Pepper Eryri 36.05; Veterans 0/50 ; 1. R. Hird Eryri 33.10; 2. D. Charles Eryri 37.17; 3. G. Lloyd Wrex 37.37; Ladies ; 1. S. Farrar Eryri 36.46; 2. S. Bennell Eryri 42.05 | |

ANNALONG HORSESHOE N. Ireland AL/13m/5200ft 23.6.90

The Annalong Horseshoe is probably one of the best long races in Ireland climbing five major peaks in the Eastern Moumes. For several years there has been talk in local fell running circles about the likelihood of breaking two hours for this classic race and, following a record breaking run by Adrian Philpott and Brian Ervine at the Spelga Skyline a month earlier, a sub two hour time was a possibility.

Adrian and Brian soon made their intentions clear as they immediately opened up a gap on the rest of the field and by the first summit were over a minute clear of Billy McKay and Richard Rodgers. The pair continued to pull away with Adrian leading on the climbs and Brian forcing the pace on the descents.

The race was decided on the final climb up Slieve Binnian with Adrian reaching the top just over a minute ahead. The gap was still the same on the lower slopes, but with the two hour barrier within his grasp, Adrian scorched down the final section of track and road to clock 1.59.09.

This tremendous run was 2 minutes 45 seconds inside the record and Brian was also half a minute inside it

Billy McKay continued his good form finishing third in 2.08.54 and with Gordon Murray fourth and Davy Graham fifth, Ballydrain were team winners ahead of Newcastle and ACKC.

B. Ervine

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|---|---------|
| 1. A. Philpott Unatt | 1.59.09 |
| 2. B. Ervine B'drain | 2.01.22 |
| 3. B. McKay Albert | 2.08.54 |
| 4. G. Murray B'drain | 2.18.36 |
| 5. D. Graham B'drain 2.23.49; 6. S. Graham N'castle 2.24.21; 7. | |

R.Rodgers N'castle 2.25.13; 8. P. McGuickan ACKC 2.34.00; 9. M.Barton ACKC 2.34.33; 10. P.Holmes (V) N'castle 2.35.04

ST. JOHN'S FAIR FELL I.O.M.

AS/3m/800ft 24.6.90

It is said in Manx folklore that many years ago anyone accused of being a witch was taken to the top of Slieuwhallian Hill and rolled back down in a barrel with lethal spikes protruding inside. If the people were dead on reaching the bottom they were proclaimed innocent, if alive, guilty of witchcraft and hence burnt at the stake, a definite no win situation. However, these days the only people to come rolling down the hill are fell runners in the annual St. John's race, indeed the only barrels around were in the hostleries later that night.

Held in conjunction with the local cricket clubs sports, the course is a short sharp three mile dash to the summit of Slieuwhallian and back. Ian Callister was only third at the summit but descended as fast as the witches of old, to score a popular win from Richie Stevenson with Phil Crow third. Only one minute covered the first five runners.

1.1. Callister MFC 26.55
2. R. Stevenson MFR 26.58
3. P. Crowe MFR 27.24
4. D. Corrin MFC 27.29
5. D. Young MFR 27.56; 6. S. Davies WAC 28.35; 7. R. Moughtin WAC 29.09; 8. P. Kenny MFR 29.56; 9. J. Wright MFR 30.06; 10. G. Hull MFR 30.34; **Veterans 0140**; 1. D. Corrin MFC 27.29; 2. D. Young MFR 27.56;
3. J. Wright MFR 30.06; 4. G. Hull MFR 30.34; 5. E. Brew WAC 34.23; **Veterans 0/45**; 1. B. Baxter MFC 36.27; **Juniors**; 1. T. Corkill UIA 33.55

FALKLAND FESTIVAL HILL RUN

Fife AS/3m/1200ft 24.6.90

Torrential rain this year made the running a bit slower. Amongst the runners was a 71 year old, Mr Webb-Owen from Edinburgh, who completed the course in 63 minutes.

K. McGuire

1. K. Manning Clay 20.26
2. S. Bennett W'lands 20.31
3. R. Nicol Fife 22.20
4. L. Fortune Fife 22.29
5. S. Cambell Alva 22.54; 6. N. Martin Fife 23.31; 7. D. McLean Fife 28.37;
8. D. Reid EKilb 24.00; 9. P. Buchanan Alva 24.12; 10. K. Anthony Fife 24.35; **Ladies**; 1. H. Brunton Unatt 52.53; **Intermediates - Boys U/18**; 1. F. Hooton Edin 26.04; **Juniors - Boys U/14**; 1. S. Shaw Local 26.19; **Juniors - Girls U/15**; 1. L. Rennie Local 29.44

BOAR'S HEAD HILL RACE

Cheshire BM/8m/1200ft 27.6.90

An evening of 10,000% humidity with the threat of torrential rain didn't augur well for fast times and, despite some very determined front running, Mike Prady narrowly failed to better his own record and the race suffered its first casualties when two runners came to grief on the mock-stile before the Chapel on the fast downhill section

(good job Pennine number a resident doctor in the membership!). Times generally were slower because of the conditions but everyone seemed to enjoy themselves and solved the problem of dehydration by packing the Boar's Head vault so tightly that the presentations were held in a space approximately 2' square - as a result Mike Prady's dustbin-bag concealed trophy nearly got thrown away with the chicken bones and I still owe Rob Taylor a rather fine tankard donated by Boddies!

1. M. Prady Gloss 47.49
2. N. Stone Staffs 48.08
3. P. Brownson Penn 48.41
4. R. Taylor Stock 48.45
5. J. Kershaw M'field 48.50; 6. D. Woodhead Horw 49.21; 7. M. Seddon Seloc 49.55; 8. R. Pettengill M'field 50.02; 9. G. Kenny S'port 50.13; 10. A. Bagley Stock 50.29; **Veterans 0/40**; 1. R. Taylor Stock 48.45; 2. J. Kershaw M'field 48.50; **Veterans 0/45**; 1. M. Coles Skyrac 55.10; **Veterans 0/50**; 1. G. Lloyd Wrex 59.19; **Ladies**; 1. H. Holland Boll 59.32; 2. M. Chippendale Stock 59.49; 3. K. Martin Altrn 60.10

COITY RACE

Gwent BS/5m/1000ft 27.6.90

The race was held on a beautifully clear if slightly windy evening, with forty three starters. Mostly from MDC, but a few from across the bridge in England and a few brave locals completed the course.

Graham Patten lead from the start to finish and smashed Jack Maitland's four year record by over two minutes.

Lydia Kirk also knocked two minutes off her own record to win from Karen Patten for the second year in a run.

Local knowledge played a part in the other placings, as some routes are probably two minutes slower than others off the last hill as some people found to their cost.

A notable newcomer was local policeman Adrian Drange, who in nearly his first fell race came a remarkable fifth.

1. G. Patten MDC 34.30
2. N. Miller W'bury 37.49
3. G. Burke Dee 37.50
4. L. Williams MDC 37.58
5. A. Drange SWOC 38.08; 6. M. Walker MDC 38.11; 7. J. Darby MDC 38.11; 8. I. Rochford MDC 38.33; 9. I. Mennie W'bury 39.42; 10. R. Benjamin MDC 40.04; **Veterans 0/40**; 1. L. Williams MDC 37.58; 2. J. Sweating MDC 41.50; 3. T. Smith MDC 43.55; 4. E. Meredith Blean 44.20; 5. P. Havard SWOC 45.42; **Veterans 0/50**; 1. C. Janes MDC 48.32; 2. T. Wood Risca 53.08; **Ladies**; 1. L. Kirk MDC 41.09; 2. K. Patten MDC 42.17; 3. J. Huybs Blaen 48.41; 4. S. Hobbs F' water 55.04

POTTER FELL Cumbria CM/7m/650ft 28.6.90

The route starts at Oakbank beside the River Sprint and follows rights of way and minor roads to enclosed fell via Gumal Dubs and Potter Tam to Frost Hole. The return is along the River Kent on the Dales Way to Burnside and the finish.

In good conditions M. Fleming beat Keith Andersons' record but some

of the following runners diverged off the course due to a misunderstanding of a sign at Potters Tam.

J. Chapman.
1. M. Fleming Amble 44.12
2. D. Jackson KAAC 52.06
3. G. Anderson Grimsby 52.23
4. P. Acland KAAC 52.59
5. V. Devlin KAAC 53.04; 6. S. Johnston Ryhope 53.11; **Veterans 0/40**; 1. R. Winwood Barrow 52.20; 2. A. Richardson KAAC 53.31; **Veterans 0/45**; 1. A. Walker Amble 54.21; **Veterans 0/50**; 1. M. Aldridge KAAC 74.01; **Ladies**; 1. H. Diamantides Amble 55.43; 2. R. Pickvance Clay 56.11; 3. N. Taws Eureka 57.30; **Juniors U/15 4km**; 1. G. Frearson KAAC 14.15

CAIRNGORM HILL RACE Highland AM/10m/3000ft 30.6.90

McGonigle, undeterred by wind speeds gusting to 60 mph, driving rain and thick cloud, broke away from a high quality pack about half way up the ascent. At the summit he had established nearly half a minute lead which Alan Famingham worked hard to close on the knee jarring descent, much of this on the road. However, the lead proved unassailable and McGonigle's winning time, his third victory in the race, was within two minutes of Bobby Shield's eleven year old record despite the appalling conditions.

Tricia Calder took yet another ladies record with a fine win and Peter Marshall added to his tally of veterans wins with eighth place overall.

1. D. McGonigle Hawk 1.13.57
2. A. Farningham GALA 1.14.31
3. D. Beattie Hawk 1.15.11
4. I. Davidson Carn 1.15.25
5. M. Rigby W'lands 1.16.05; 6. D. Rodgers Loch 1.17.18; 7. A. Bennett W'lands 1.18.27; 8. P. Marshall Hadd 1.19.26; 9. D. Crowe Hawk 1.19.43; 10. S.Mathieson Hadd 1.23.23; **Veterans 0/40**; 1. P.Marshall Hadd 1.19.26; 2. R.Wilby Blackl 1.27.58; **Veterans 0/50**; 1. J. Black L'stone 1.37.25; 2. E. Campbell Loch 2.12.58; **Ladies**; 1. T. Calder (V) ESPC 1.24.48; 2. J. Salvona L'stone 1.27.22; 3. L. Hope Loch 1.40.52

BRADDA FELL RACE Isle of Man AL/15m/4000ft 1.7.90

Another clash of fixture and a mid-season glut of injuries reduced the field to just eleven for this years event. Dave Corrin and Roger Moughtin had a race long battle for surpempacy, with Corrin making his move in the last few miles to become the first local veteran to win this race.

Richie Stevenson
1. D. Corrin Mac 2.30.30
2. R. Moughtin MFR 2.32.33
3. R. Stevenson MFR 2.37.22
4. D. Young MFR 2.46.29
5. R. Mylrea RAF 2.49.29; 6. G. Hull MFR 2.51.29

MYTHOLMROYD FELL RACE

Yorkshire BM/7m/1350ft 14.7.90

1. G. Kirkbright P&B 50.20
2. C. Lyon Horw 50.31
3. D. Woodhead Horw 50.53
4. J. Deegan Leeds 51.23
5. A. Whalley P&B 52.10; 6. D.

Thompson Calder V52.23; 7. A. Sunter Horw 52.39; 8. N. Church Imp 52.43; 9. A. Metcalfe Black 52.59; 10. A. Fruin Unatt 53.11; **Veterans 0/40**; 1. G. Nensam Clay 55.44; 2. V. Miles Tod 56.01; 3. M. Crook Horw 56.46; 4. C. Bevon P&B 57.23; **Veterans 0/45**; 1. T. Peacock Clay 59.52; 2. R. Dewhurst Clay 61.32; 3. J. Williams Hfx 64.50; **Veterans 0/50**; 1. J. Dean Saij58.55; 2. R. Barker RedR 63.47; 3. J. Greenwood Clay 67.42; **Ladies**; 1. V. Brindle Clay 60.18; 2. J. Johnson DenbyD 63.12; 3. G. Cook Ross 64.42; 4. J. Nicholson Rown 68.02

SKIDDAW FELL RACE Cumbria AM/9m/2700ft 1.7.90

Despite gale force winds throughout the staging of this years event there was double incentive for taking part - the 25th anniversary and selection for the world cup team (to be held in the Stubia, Austria), and fell runners responded excellently with a record entry in both male and female (and all vets) classes, so we go into the 90's optimistically. Bashir Hussain "rode" the conditions magnificently leading all the way to win a closely fought contest. Shaun Livesey passed a tiring Bergstrand (trying for his fourth consecutive win). Andy Peace (last years junior race winner) gained second spot and, I am told, selection along with Hussain for the World Cup team. In other categories Billy Bland - who seems to have retired prematurely returned after an absence of ten years (2nd in 1980) to gain 2nd Vet over forty. Dave Spedding clipped 1 min 27 sec off the old record for 0/45's with the second 0/45 also breaking the old record.

Yet again a very small entry for the Latrigg Youth Race but good quality running. It was good to see Kendal runners back after an absence of eight years.

Des Oliver/Mike Pearson

1. B. Hussain Stock 65.32
2. S. Livesey Ross 65.60
3. R. Berstrand Mand 66.10
4. A. Peace Bing 66.31
5. M. Croasdale L&M 66.48; 6. M. Jones Horw 67.07; 7. J. Taylor Holm 67.17; 8. G. Wilkinson Clay 68.01; 9. G. Huddleston Clay 68.09; 10. G. Devine P&B 69.25; 11. Prady Gloss 69.29; 12. M. Fleming Amble 69.37;
13. P. Bowler Staffs 69.41; 14. T. Parr Gloss 70.13; 15. G. Schofield Black 70.19; **Veterans 0/40**; 1. T. Hesketh Horw 70.42; 2. W. Bland Kesw 70.48;
3. M. Walsh Kend 73.45; 4. L. Hutchinson Clay 74.46; 5. T. Hulme Penn 75.28; **Veterans 0/45**; 1. D. Spedding Kesw 73.07; 2. D. Quinlan Bing 80.58; 3. K. Carr Clay 81.08; 4. T. Baxter CFR 81.53; 5. A. Evans Amble 84.33; **Veterans 0/50**; 1. N. Matthews Horw 81.17; 2. B. Thackery D. Peak 83.49; 3. R. Bell Amble 84.20;
4. W. Cooper Man 84.27; 5. H. Blenkinsop Kesw 84.58; **Ladies**; 1. S. Rowell Leeds 75.49; 2. C. Cook Clay 80.37; 3. P. Gibb Tel 80.59; 4. Y. McGregor Brad 81.07; 5. K. Hill Tip 82.24; 6. C. Crofts D. Peak 84.01; 7. A. Buckley Leeds 85.20; 8. C. Hughes Read 86.03; 9. J. Smith D. Peak 87.04; 10. L. Wright Leeds 87.53; 11. S. Dilmor Lords 88/30; 12. J. Kenyon L'stock 88.45; 13. J. Harold Horn' 89.53; 14. K. Patten Mymy 91.18; 15.

G. Cook Roch 91.58; **Juniors**; 1. J. Taylor Holm 67.17; 2. J. Bulman Kesw 71.03; 3. J. Taylor Clay 74.12; 4. G. Bland Kesw 75.24; 5. E. Tessm-ctn D'castle 79.42; 6. A. Lee Roch 83.56; **Teams**; 1. Horwich (Jones, woodhead, Hesketh) 208.22; 2. Clayton (Wilkinson, Huddleston, Manning) 209.11; **Lattrigg Junior**; 1. P. Bryant Stock 19.07; 2. J. Walker Kend 19.49; 3. J. Hind Kend 20.54; 4. A. Walker Kend 22.14; 5. M. Barnby Kesw 25.43

BLACK HILL RACE Berwickshire BS/4m/700ft 1.7.90

1. J. Wilkinson Gala 26.52
2. M. McGovern Gala 27.57
3. K. Whiteford Gala 28.56
4. B. Anderson Gala 29.10
5. J. Knox Teviot 29.23; 6. H. Lorimer Duns 29.40; 7. D. Ashburn B'wick 30.44; 8. I. Wilson B'wick 31.23; 9. A. Lorimer Duns 31.30; 10. I. Fairbairn Duns 31.35; **Ladies**; 1. C. Whalley L'stone 34.29; 2. S. King Clyde 39.56; 3. G. Hislop Harm 40.14; 4. L. Knox Teviot 42.43; **Intermediate U/18**; 1. H. Lorimer Duns 29.40; **Juniors**; 1. K. Graham B'hill 40.41

HOPE WAKES FELL RACE Derbyshire BS/4m/650ft 3.7.90

Once more this evening race was blessed with bright sunshine, with conditions underfoot suitable for a fast time. However the winning time was the second slowest in the last ten years and by coincidence so was the ladies winning time. Winner, Hiroyuhi, a Japanese runner temporarily living and studying in Sheffield, and Mike Jubb broke away after the climb to Hope Brinks, and fought out a close finish with Micah Wilson (winner in 1988) placed third.

As usual the Vets enjoyed a tight finish with the first five sandwiched between Uth and 16th place and separated by 39 seconds.

Sylen Boler won the Ladies race for the second year in succession and like last year was under no real threat.

D. Jewell

1. Hiroyuhi Hall 25.08
2. M. Jubb SHUOC 25.15
3. M. Wilson Hall 25.59
4. A. Cory-Wright SXO 26.26
5. S. Charlesworth Staffs 26.33; 6. P. Morris DPFR 26.45; 7. K. Davis P'stone 26.47; 8. P. Bryant Stock 26.49; 9. B. Beachell SHUOC 27.04; 10. B. Haigh P'stone 27.09; **Veterans 0/40**; 1. D. Cartwright P'stone 27.15; 2. D. Fothergill Hall 27.24; 3. G. Band DPFR 27.35; 4. S. Mayfield Hail 27.44; 5. H. Ramezyk Staffs 27.54; **Veterans 0/50**; 1. R. Mason Tot 31.58; 2. A. Wright DPFR 32.58; 3. F. Galbraith DPFR 33.35; **Ladies**; 1. S. Boler (V) P'stone 30.38; 2. C. Barson GPT32.21; 3. K. Margin Altrin 33.00; 4. R. Clayton (V) DVO 33.10; 5. P. Bishop (V) UIA 34.09; **Locals (Hope Valley)**; 1. R. Darwent UIA 28.59; 2. C. Townend U/A 29.11; 3. N. Hodgson UIA 29.36; 4. G. Revell UIA 30.39; **Juniors**; 1. C. Manthorpe Sheff 14.04; 2. A. Turner Bux 14.30; 3. A. Marshall UIA 15.46

PEAKERS STROLL

Derby N/25m/4000ft 8.7.90

This event is open to runners and walkers taking in hills and dales in the Peak District with very little road and affording splendid views. The record is held by Ray Ball of Glossopdale Harriers at 3.09.00 set in 1989. This year Malcolm Coles won the event in dry good conditions.

1. M. Coles Skyrac 3.25.00
2. P. Hitchings Staffs 3.27.00
3. M. Meysner DenbyD 3.33.00

MOEL Y PARC Clwyd BM/10m/2700ft 7.7.90

This was the second year of the event and covered the same course over almost all the tracks and open hill. Conditions were much improved on last year when very misty weather caused many runners to lose their way. The mens record was beaten by three minutes and the ladies by twenty-two minutes.

1. D. Hughes Hebog 1.17.00
2. E. Roberts Eryri 1.17.57
3. H. Griffiths Hebog 1.20.54
4.1. Powell Wrekin 1.25.31
5. M. Boardman Stock 1.26.56; 6. A. Lewis Shrews 1.27.13; **Veterans 0/40**; 1. J. Linley NVets 1.30.29; 2. G. Beckett Mercia 1.46.22; **Veterans O/50**; 1. R. Barker RedRose 1.28.24; 2. C. Brown Mercia 1.40.07; **Ladies**; 1. L. Campbell EryriO 1.36.14

WEST HIGHLAND WAY Scotland 95m/8200ft 7.7.90

The race followed the official of the west highland way apart from one mile where the path near Balmaha had been washed away. The race started at 3am from the station at Milngavie in pouring rain. Sixty competitors took part in terrible weather throughout the event. Conditions underfoot were particularly bad on the path running beside Loch Lomond leading to twenty four retirals by Tyndrum, 52.5 miles up the course. The leader by over twenty minutes at Tyndrum was Bobby Shields of Clydesdale, having overtaken the initial leader Robert Jardine (Bo ness) and eventual winner Michael Francis. Bobby was forced to withdraw following a titanic struggle between Michael Francis (age 31) and supervet George Armstrong (age 56). Armstrong took the lead crossing into Glencoe but had to settle for second when Michael Francis overtook him on the devils staircase on the way to Kinlochleven. Only four minutes separated them at the second to last checkpoint, but the lead increased to over thirty minutes by the finish. Having finished in the top three twice previously Michael Francis was determined to win this year. George Armstrong's performance surprised no-one more than himself as he has never run over such a distance before.

Only twenty competitors completed the course to the Nevis Bank Hotel. Of the thirty nine retirements only two required medical assistance at the end, but neither was hospitalised. Bearing in mind the dreadful conditions this is a considerable tribute to the preparation and fitness of the competitors.

There is insufficient space to mention all the heroics of runners

further down the field, or who didn't finish for various reasons. However the performance put up by Wendy Dodds must receive special mention, not only was she never out of the ten leaders, she looked after an ailing competitor by lending him waterproofs and running with him over Rannoch Moor to Kingshouse and then making sure he was OK before setting off to finish an excellent fifth overall, first lady and first lady veteran.

In spite of everything, particularly the weather, a considerable number of runners have indicated an interest in taking part again next year. The race will start at 0.300 hours on Saturday 6th of July 1991. Further details from Chaos Control, 5/2 Bellevue Place, Edinburgh, EH7 4BS, (031-557 8598).

1. M. Francis Forres 18.50.24
2. G. Armstrong Hadd 19.23.27
3. J. Whitehead Hull 19.44.08
4. G. Oliver 100KA 21.07.58
5. W. Dodds Clay 22.19.52; 6. C. Davies S'worth 23.58.02; 7. P. Blagrough S'worth 23.58.02; 8. L. Volwerk Loch 24.32.00; 9. D. Turnbull Kilb 24.51.03; 10. D. McKirdy Kilb 24.51.03; **Veterans 0/40**; 1. P. Blagrough S'worth 23.58.02; 2. L. Volwerk Loch 24.32.00; 3. D. Turnbull Kilb 24.51.03; 4. D. McKirdy Kilb 24.51.03; 5. J. Templeton SVHC 30.22.12; **Veterans 0/50**; 1. G. Armstrong Hadd 19.23.27; 2. G. Oliver 100KA 21.07.58; **Ladies**; 1. W. Dodds Clay 22.19.52

HATHERSAGE FELL RACE Derby

1. K. Manning Clay 17.09
2. T. Parr Gloss 17.10
3. A. Trigg Gloss 17.35
4. J. Pyrah Sheff 17.41
5. A. Gren Hall 17.47; 6. A. Kirk Gloss 17.52; 7. P. Bryant Stock 18.22; 8. K. Hunter Hall 18.26; **Veterans**; 1. S. Mayfield Hall 18.50; 2. G. Band DKPk 19.08; 3. R. Wild Manch 19.13; **Ladies**; 1. G. Berrow Unatt 21.37; 2. K. Martin Altrin 23.08; 3. A. Carrington Shelton 26.14; 4. J. Evans Unatt 26.21; 5. J. Wilson (V) Hall 26.30

HEATHCLIFF & CATHY CANTER Yorks

BS/3m/380ft 9/7/90

A record turnout and records in the men's and Ladies categories. Over a slightly altered course Colin Donnelly improved on previous winner England International Andy Peace's ascent time to top Withins and also potentially improved on the original record. In the ladies race Sarah Haines reduced veteran Barbara Carney's record by more than three and a half minutes.

Defending champion Peace preparing for the World Cup selection race, was absent but the field was not short of class with three internationals in contention.

1. C. Donnelly Eryri 37.09
2. S. Livesey Ros 37.51
3. G. Devine P&B 38.40
4. A. Whalley P&B 39.05
5. C. Hirst Settle 39.19; 6. R. Pallister P&B 39.34; 7. K. Wright KHR 39.43; 8. M. Wallis Clay 39.52; 9. P. Stevenson P&B 40.05; 10. J. Parker likely 40.13; **Veterans 0/40**; 1. G. Newsman Clay 42.23; 2. M. Pearce Bing 43.35; 3. B. Peace Bing 43.41;

Veterans 0/45; 1. D. Quinlan Bing 41.31; 2. L. Naish Clay 49.35; 3. G. James B & F 49.43; **Veterans 0/50**; 1. J. Amos Clay 48.20; 2. H. Manning Clay 48.27; 3. W. McLewin DkPk 50.36; **Ladies**; 1. S. Haines likely 47.41; 2. L. Lord (V) Clay 50.02; 3. D. Gowans Acc 50.21; 4. J. Teague (V) Bing 50.33; **Veterans 0/55**; 1. B. Thompson Aire 59.13; **Veteran 0/65**; 1. J. Riley Clay 69.12; **Junior U/16**; 1. R. Moss Bing 42.18

DANEFIELD FELL RACE W. Yorkshire N/4.5m/800ft 11.7.90

The second Danefield Fell race on Otley Chevin took place on a sunny July evening over an undulating course, with an uphill finish. The event was won by Gary Devine with a new course record of 27.17. There were cans of beer for the first fifty finishers.

1. G. Devine P & B 27.17
2. D. Wilkinson Roch 27.42
3. R. Pallister P&B 28.03
4. A. Whalley P&B 28.26
5. N. Griffin Skip 28.55; 6. C. Metcalf Skip 28.56; 7. K. Cludery VStride 29.02; 8. D. Asken Harr 29.09; 9. M. Falgate P&B 29.13; 10. D. Woodhead Horw 29.20; **Veterans 0/40**; 1. B. Pickersgill L'wood 29.27; 2.1. Seuffins Sky 31.39; 3. W. Wade Holm 32.03; 4. S. Batley Sky 32.48; 5. G. Barras UIA 33.19; **Ladies**; 1. S. Watson VStride 36.26; 2. T. Carney Dews 42.52; 3. J. Hirst Dews 43.22; 4. J. Howard V Aire 44.59; 5. B. Conway Dews 52.23

THURLSTONE CHASE Yorks CS/4.25m/400ft 14.7.90

Hot, dry and very calm meant slow times, but Steve Timmins proved a worthy winner leading virtually throughout. The Bamforth Twins continue to defy age restrictions, both finishing in the top fifth of the field. Sponsor Bill Davies also completed the course, and viewed his investment from the rear!

Local flavour provided by Peter Mangles - he has a fish and chip shop in Thurlstone!

1. S. Timmins Barn 22.22
2. A. Pickles P'stone 22.52
3. G. Davies Saif 22.59
4. P. Mangles Roth 23.02
5. B. Toogood DPFR 23.11; 6. A. Hauser Holm 23.12; 7. P. West Hall 23.21; 8. A. Wolfenden Spen 23.22; 9. J. Bentley HolmeV 23.35; 10. B. Hague P'stone 23.37; **Veterans 0/40**; 1. B. Toogood DPFR 23.11; 2. R. Bradley Holm 23.56; 3. B. Pickersgill L'wood 24.02; 4. P. Buttery Denby 24.12; 5. R. Asquith Holm 24.31; **Veterans O/45**; 1. B. Toogood DPFR 23.11; 2. R. Asquith Holm 24.31; 3. D. Cartwright P'stone 24.40; **Veterans 0/50**; 1. D. Bamforth HolmeV 24.44; 2. K. Bamforth HolmeV 25.20; 3. C. Macartney Holm 28.45; **Ladies**; 1. S. Boler P'stone 26.47; 2. P. Colley HolmeV 28.59; 3. K. Booth Rock'ham 30.01; 4. L. Westlake Barn 30.07; 5. C. Howlett Kend 30.28; **U/17 - 3 miles**; 1st male A. Shaw P'stone 26.47; 1st female S. Haigh Holm 22.30; **U/15 - 2.25 miles**; 1st male M. Moorhouse Saif 11.14; **U/13 - 2 miles**; 1st male N. Croft P'stone 11.02; 1st female V. Hardscastle L'wood 11.41; **U/11**; 1st male S. Gorst E. Ches 05.59; 1st female K. Sparshott Hall 7.17

WHARMTON DASH

Lancs AS/2m/600ft 15.7.90

1. W. Gaunt P&B 15.44
 2. A. Whalley P&B 15.51
 3. D. Gibbons E. Ches 16.08
 4. G. Cudahy Stock 16.10
 5. S. Brophy Holm 16.30; 6. R. Pallister P&B 16.36; 7. C. Lyon Horw 16.44; 8. P. Webster S'worth 16.57; 9. P. Davis Leeds 17.04; 10. D. Woodhead Horw 17.05; **Veterans 0/40**; 1. B. Crewdon Black 18.03; 2. V. Mills Tod 18.19; 3. S. Batley Skyrac 19.01; 4. N. Clayton E. Ches 19.29; **Veterans 0/50**; 1. N. Matthews Horw 18.22; 2. T. S'worth 18.44; 3. J. Dean Saif 19.05; **Ladies**; 1. J. Harold Horw 19.08; 2. J. Kenyon Lostock 19.17; 3. E. Woodhead Clay 27.52; **Intermediates U/18**; 1. G. Cudahy Stock 16.10; 2. A. Lee Roch 18.58; **Juniors 15-17**; 1. S. Brophy Holm 16.30; 2. B. Crook Bolt 17.08; 3. N. Matthews Horw 17.09; **Junior 12-14**; 1. H. Warburton Warr 17.15; 2. M. Sykes S'worth 19.15; **Junior (girls)**; 1. S. Haigh Holm 20.02; 2. H. Berry Holm 20.51

PEAK FOREST FELL RACE

Derbyshire CS/6m/650ft 15.7.90

Hot, humid and a very dry course made the race fast. Cakes and tea stall were on site.

Good performances considering heat and humidity (one case of heat exhaustion!). The records, both male and female still stand but Dave Ibbetson has won for the 3rd time, always in good times. Sylvaine Boler wins for the second year running. First four seniors home were disqualified for not completing the course (non

familiarity with Goate).

Fun run has been well attended by a good team from Buxton AC mainly. Prizes consisted of beer, later, cider, wine, diet pepsi, fruit juices, pens and chocolate, in many categories giving a total of 32 prizes in all including three spots. Race was run in a very good atmosphere.

D. Denver
 1.D. Ibbotson Gloss 37.30
 2.J. Kershaw Mac'field 38.00
 3.R. Wilde Bux 39.15
 4.P. Bryant 40.11
 5. J. Gallagher 40.21; 6. C. Murdoch Hall 40.47; 7. J. Armistead DPeak 41.03; 8. D. O'Brian Buxton 41.08; 9. R. Ball 41.34; 10. P. Lyons Bury 41.50; **Veterans 0/40**; 1. J. Kenshaw Macc 38.00; 2. R. Wilde Bux 39.15; 3. C. Murdoch Hall 40.47; 4. J. Armistead DPeak 41.03; 5. R. Ball 41.34; **Veterans 0/50**; 1. R. Shaw EPOC; 2. R. Taylor Bux; 3. R. Mason Tot; **Ladies**; 1. S. Boler; 2. A. Watmore DPeak; 3. K. Martin; 4. C. Hall Steel; 5. D. Madden; **Junior U/16**; 1. J. Langley Bux; 2. T. Lowton; **Junior U/15 (boys)**; 1. E. Thomas Bux; 2. S. Garatt Bux; **Junior U/15 (girls)**; 1. H. Shaw Bux; 2. S. Hayman Bux

BOOTLE BLACK COMBE FELL RACE

Cumbria AS/5.5m/1908ft 15.7.90

1.G. Clucas CFR 40.43
 2. D. Lee CFR 41.44
 3. H. Jarrett CFR 42.33
 4. M. Addison Clay 42.53
 5. C. Coote Kend 43.01; 6. N. Lanaghan CFR 43.11; 7. Rk. Urwin CFR 43.14; 8. J. G-Williams Amble 44.07; 9. R. Jamieson Amble 45.36; 10. S. Addison Clay 45.47; **Veterans 0/40**; 1. L. Stephenson Kend 47.50; 2.



Ingelborough Junior Winner. Bingley's Richard Moss, takes the Trophy from Gala Queen. Photo: Dave Woodhead

J. Stout CFR 47.57; 3. M. Wood CFR 49.07; 4. K. Lindley BCR 49.31; 5. D. Donald CFR 49.56; **Veterans 0/50**; 1. B. Hillion CFR 53.08; 2. K. Dobson Hynd 55.49; 3. J. Newby Tod 60.31; **Ladies**; 1. S. Lewsley Kesw 55.25; 2. L. Ewing 58.41

GREEBA FELL RACE 1.0.M.

AM/9m/2500ft 18.7.90

This years Greeba race was held in very hot conditions with good visibility.

Top road man Robbie Callister showed he could handle the hills just as well, taking over the lead with some three miles to go and opened a forty seconds winning margin by the finish at the Hawthorn Inn. Second place went to Richie Stevenson who just held off a fast finishing Ian Callister. Stephanie Quirk had an excellent run to finish ninth overall.

Unfortunately the event was soured somewhat by some over the top officialdom which resulted in a couple of runners withdrawing from the race on the line.

A junior race was held for the benefit of two visitors from the Faroes, who enjoyed the chance of running in the Manx Fells.

Richie Stevenson
 1. R. Callister S.A.C. 1.19.21
 2. R. Stevenson M.F.C. 1.20.07
 3. I. Callister M.A.C. 1.20.37
 4. D. Corrin M.A.C. 1.22.10
 5. R. Sucliff ULA 1.22.50; 6. R. Moughtin W.A.C. 1.24.12; 7. P. Crowe M.F.R. 1.26.50; 8. J. Wright M.F.R. 1.30.27; 9. S. Quirk W.A.C. 1.32.11; 10. M. Cowbourne M.F.R. 1.33.23; **Veterans 0/40**; 1. D. Corrin MA .C. 1.22.10; 2. J. Wright M.F.R. 1.30.27; 3. M. Cowbourne M.F.R. 1.33.23; 4. P. Simpson M.A.C. 1.40.42; 5. G. Brew W.A.C. 1.41.15; **Ladies**; 1. S. Quirk W.A.C. 1.32.11; **Juniors**; 1. F. Benjaminsen Faroes 43.23; 2. A. Joensen Faroes 43.44

SLIEVE DONARD FELL RACE N.I.

AM/7m/2900ft 21.7.90

1. A. Philpott 1.09.27
 2. J. Patterson N.Down 1.09.51
 3. B. Ervine B'drain 1.13.35
 4. B. McKay A'ville 1.14.10
 5. R. Rodgers N'castle 1.16.02; 6. G. Murray B'drain 1.16.18; 7. R. Bradley Holm 1.19.30; 8. H. Shields B'drain 1.19.56; **Veterans**; 1. R. Bradley Holm 1.19.30; 2. D. Rankin A'ville 1.21.13; 3. P. Holmes N'castle 1.24.15

INGLEBOROUGH FELL RACE

Yorkshire AM/7m/2000ft 21.7.90

1. W.Brindle Horw 42.27
 2. M. Crewe Bing 48.03
 3. M. Fleming Amble 48.21
 4. C. Hirst Settle 49.10
 5. R. Ashworth Ross 49.27; 6. N. Wilkinson M/cUn 49.39; 7. R. Whitfield Bing 49.56; 8. G. Kirkbright P&B 50.11; 9. D. Woodhead Horw 50.15; 10. C. Saint Leeds 50.18. **Veterans 0/40**; 1. R. Whitfield Bing 49.56; 2. N. Walsh Kend 50.48; 3. D. Quinlan Bing 51.45; 4. L. Hutchinson Clay 51.52; **Veterans 0/50**; 1. G. Barras Skyrac 59.24; 2. J. Dearden Helsby 59.39; 3. R. Jacques 60.33; 4. R. Barker RedR 60.43; **Ladies**; 1. E. Staig Settle 63.28; 2. R. Naish 64.58; 3. S. Dear ValleyS 65.14; 4. 5. Watson ValleyS 65.49; 5. K. Thompson Clay 67.55; **Junior Boys**; 1. R.Moss Bing 25.24; 2. B. Taylor Ross 25.31; 3. K. Mullan Kghly 26.16; 4. R. Jebb Bing 27.53; **Juniors - Girls**; 1. H. Shaw EPenn 33.47; 2. R. Beesley Horw 37.09; 3. C. Kitchen Unatt 43.44.



Rough ground on the descent to Ingleton at Ingelborough. Photo: Peter Hartley

Experiences of the Run

“THE RECORD HAS STOOD...”

A REVIEW OF THE OPPORTUNITIES FOR BREAKING RECORDS, WHY SOME ARE DURABLE AND TWO CASE HISTORIES OF DECADE OLD RACE RECORDS.

“The Record Has Stood ...”

“Standards rise,” said Ron Hill when interviewed for his 50th birthday; he should know because in his event times have tumbled a lot recently. His 1970 Commonwealth Games winning time of 2:09:28 then gained him entry to the “exclusive 2:10 club,” he joked. Today it is the 6th best U.K. time and just worthy of being within the top 50 in the World. The mile has seen standards tumble in a similar manner. Dr Roger Bannister’s first sub 4 minute mile in 1954 opened the door for John Landy to be next 46 days later. John Walker has broken this mark 100 times. Now 3:50 is the benchmark of a top class race. When Simon Muggleston broke Bannister’s Oxford track record in May he was the 120th Briton to run a 4 minute mile.

Why do standards improve? There are many reasons. For marathons one recent motivating factor in this inevitable improvement is money. For fell runners many factors are responsible for changing standards. Fell racers have, however, a once a year opportunity, unlike track or marathon runners.. Perhaps top of the list would be our good old British Weather. Five other reasons spring to mind:-

- (1) Weather,
- (2) Course changes,
- (3) Travel/Costs,
- (4) Competition,
- (5) Footwear,
- (6) Diet & Medical advances.

Weather

We’ve all experienced the wind and rain battering us on the tops. When adverse conditions occur, we fight them. Similarly mist too negates against record breakingespecially when one gets lost. Hot weather can be a problem too, unless like on the Dark Peak peat it is unusually tinder dry. Andy Darby’s Kinder Downfall record was set under these conditions.

Course Changes

Strictly speaking when a course is changed or modified in anyway the race record currently attributed to that race should be the one relating to the existing existing route. The Kinder Downfall race is essentially unchanged save for the presence of numerous gates and stiles some to aid erosion control. At Grasmere and Bumsall they remove a wall which they didn’t do 30 years ago in Teasdale’s day. The Three Peaks has successively grown in length over the years to satisfy the changing local land-owners. The boards on the boggy Pennine Way Pen-Y-Ghent path are an artificial aid.

Travel/Costs

In 1974 that years Champion was conscious of travel costs. Today there are more races than every. There is more choice. There is no need to travel long distances, unless you live miles away from the hills, or if you are an elite runner who wants to contest a championship event. A races popularity can wax and wane like the Moon. The 1989 Saddleworth Race was an English championship and should have attracted the best yet Ricky Wilde’s 1977 record still stands.

Competition

John Wild, the extremely talented former double British Champion (1981/2) said “I do not chase records. I just run.”

In the 1985 Reebok International Mountain challenge Keswick’s Kenny Stuart set a new all-comers record at Grasmere. Formerly a professional Guides runner, he has had plenty of competition at that venue. Bill Teasdale’s time two decades earlier was a full minute faster (12:01 to 13:05).

If you’re out on your own like Wild or Stuart were, there may not be much incentive to push it to the limit. This was a point strongly raised by Pauline Stuart when the women were sent off say 30 mins before the men. She was out on her own for most of the race and soon found solace in measuring her progress by the number of race records she broke or held.

A rare exception to this “I just run” attitude is the Lantern Pike record set at the revived first race in 1977 by Ricky Wilde. He said, “I ran hard all the way.” Wilde wasn’t just a multi-talented runner, he was a world class athlete. This is discussed further later on by Andy Styan and Harry Smith.

Footwear

Unlike the road or track scene it is doubtful if advances in shoe technology has

significantly contributed to improving records. Whatever the weather a comfortable pair of shoes is essential.

Diet/Medical Advances

Most athletes follow a sensible diet and watch their weight. Unless it is a long race diet, pre-race, is not a factor. On a 24 hour run like the Bob Graham Round people have praised the Ron Hill/carbo load diet. Even for the Ben Nevis race Billy Bland has great faith in the diet. “You can feel the advantage right from the start.”

Medical advances which lead to enhanced performance by the use of drugs is not the preserve of fell runners. The I.A.A.F. sanctioned World Cup tests for such substances and fell runners have been shown to have nothing to hide.

BY N. SHUTTLEWORTH

Barnoldswick Weets Fell Race

In 1977 Dave Slater set a record here. It still stands today. Harry Smith, the races former organiser, assures me that the course remains unaltered and that times generally these days are about a minute or two slower than Slater’s. “The event began in 1970 from the Foster’s Arms Hotel on the Gisburn Road. In 1977 because of the races popularity we had to move the start to the Rolls Royce Sports and Social Club in Skipton Road. The new race was slightly longer - just under 6 miles - and has been held there ever since without any change; start and finish exactly the same.”

Slater set the record on his first attempt from this new venue and retained the title he’d won the year before. It was good weather and the fell was very dry. It was a class field and a “fast” year. It’ll take some breaking.”

1977 Langdale Race

When Holmfirth’s Andy Styan, the 1979 British Champion, won the 1977 Langdale race he set the current record and three others also broke two hours. “It was the only time so many have been under two hours.”

Why? The course is unaltered. Good conditions have prevailed on other years, but as Styan recalls, “There have been perfect conditions and top runners several times since, but not quite the mix of events there were that day.” He reckons that day was special primarily on two counts: good conditions and a very strong field.

“Billy Bland, Alan McGee, Mike Short and myself pulled clear off Thunacar Knott, and the four of us pushed each other all the way. Billy and I got away on the descents, and they’d pull us back on the climbs until we got away off the Crinkles and held it over Blisco. I left Billy by the cattle grid and that was that.”

Oddly enough although Styan felt elated at winning, he may not have extended himself to the limit. Neither Styan nor Bland were at their prime that year, and Andy said, “I reckon the year after we’d have been 1 1/2-2 minutes faster.” Styan senior would like to keep the record in the family: he has this fantasy that he’ll retain the record until son William breaks it.

Whatever the record there is one thing certain one day it will be broken.

Table 1

Race records in F.R.A. Calendar set before 1980

(1)	1977	A	Langdale	Andy Styan
(2)	1977	B	Lantern Pike	Ricky Wilde
(3)	1977	C	Barnoldswick Weets FR	Dave Slater
(4)	1978	A	Saddleworth	Ricky Wilde
(5)	1979	A	Chevy Chase	Andy Styan
(6)	1979	A	Goat Fell	Andy Styan
(7)	1980	A	Kinder Downfall	Andy Darby

Table 2

Result of 1977 Barnoldswick Weets Fell Race

1	D Slater	Bingley	30:34
2.	P Romaine	Holbeach	30:38
3.	I Gilmore	Wolverham	30:56
4.	J Temperton	ASVAC	31:13
5.	A Blinston	Altrinch	31:34
6.	J Calvert	Blackburn	31:37
7.	A Spence	Bingley	31:38
8.	R. Hill	Clayton	31:42
9.	W Padgett	Bingley	31:46
10.	D Nicholl	Leeds C	32:06

Table 3

1977 Langdale Result

1	A Styan	Holmfirth	1:55:03
2	W Bland	Keswick	1:55:17
3	A McGee	Keswick	1:55:33
4	M Short	Keswick	1:56:08
5	S Bland	Keswick	2:05:49
5	A Bland	Keswick	2:05:59

A SAD TALE ...

of how Jeff Harrison lost his manhood and his memory of the Rock-and-Run two-day event.

A bold and highly imaginative route choice on the first day's first leg had ended our interest in the competition as such. After that we ambled on, more-or-less alone, without incident until we made another imaginative route choice. This was to descend about nine metres of steep icy snow to a small grass ledge. Below the ledge was not exactly a yawning chasm, nor yet a great vertical cliff, but an item of landscape that was vaguely reminiscent of both.

In the interests of historical accuracy it should be mentioned that this choice was not unanimous but a majority decision of one to one.

I began to descend comfortably enough; facing the slope and kicking my toes in. I encouraged Jeff to follow by displaying a cheerful, carefree insouciance that I had saved for just such a situation. At first his progress was slow, and punctuated by a succession of low, quiet moans - a sort of private, queasy oo-ers. Suddenly, when I was two-thirds of the way down, Jeff's vocal commentary became loud and public and he began to descend very rapidly indeed.

Two other competitors, who were immediately below us on the grassy ledge, having selected a much more tedious route, were obviously familiar with the loud lament that Jeff had begun and joined in. This presented me with a problem because I prefer peace and quiet on the fells. As Jeff approached, with ever increasing velocity, I braced myself as securely as I could and stretched out my right arm to grab him. His feet passed either side of my hand, which slid up the inside of his left leg until it encountered secure (or at least fairly secure) parts of his anatomy which I could grasp firmly to arrest his movement. This coincided with the part of his lament which consisted of a piercing, high-pitched scream. Safely on the ledge I was treated to a charming little encore piece consisting of grateful whimpers interspersed with subtle curses. This was sung in a curious style between gritted teeth and accompanied by a background duet of murmurs about spare trousers.

The rest of the day passed without further incident. Jeff's behaviour was no more deviant than usual and my right hand appeared to undamaged. Before starting the second day I checked that no change of registration was necessary to reflect the altered status of our pairing and assumed that the previous day's drama had had no (other) consequences. This appeared justified until a bizarre incident at the third control, the summit of Binn ein Beag, 940m. We plodded up and stopped briefly for a bit of food and to pretend to look at the map while watching where everyone else was going. About 100 metres down the rocky descent path Jeff had another burst of super-rapid descent. He sat in a crumpled heap contemplating his grazes and a strange expression came over his face, as if he had seen a vision. I waited for his revelation about the ultimate meaning of life. I wondered if I was witnessing a miracle cure and he was about to speak in a different tongue (i.e. normal pitch).

Then a little voice said 'I've forgotten my rucksack. I left it at the summit.' It was my turn to sit down, in a different sort of crumpled heap, with a strange expression on my face. As Jeff climbed back to the summit with an air of saintly martyrdom I began to field the same question from passing teams. 'Hello Will, what are you doing?' Unable to think of a convincing explanation I settled for the truth, which nobody believed. Nevertheless our progress thereafter was punctuated by solicitous enquiries like 'Has everyone got a rucksack then?' or helpful comments like 'Careful on this bit, you need a rucksack.' Since the event Jeff has been practising diligently and now passes as normal to anyone who does not know better.

WILL MCLEWIN

Reprinted from *Dark Peak News*

THE JACKSON FAMILY:

Three Generations of Fell Runners

Family involvement in fell running has always been strong in the professional side of our sport - just as it has been in track and field and Cumberland and Westmorland Wrestling - but not so pronounced under the amateur code, though family names like Bland, Cudahy, Hope, Matthews, Peace, Styan and Whitfield are rapidly changing this situation. One of the most distinguished and longest-established fell running families is that of the Jacksons of Horwich RMI Harriers and their Father of Salford Harriers.

Bob Jackson Senior

The father, Bob Jackson senior, is actually better-known as a road runner than a fell runner, though he has run many fell races. Born on January 3rd, 1918 at Clifton, on the outskirts of Swinton in the northwestern Manchester area. Bob was formerly a builder by trade and now lives in retirement at Westthoughton, between Bolton and Wigan. His father played amateur Rugby League, while his elder brother was a good welterweight boxer. Bob's earliest athletic success came in the 1931 Swinton and District School Sports when he powered to victory in the mile. Two years later, he was taken under the wing of the reigning Manchester League cross-country champion, Cliff Baldwin, who encouraged him to train and to eventually join Manchester Athletic Club, for whom he became the Youths cross-country champion of both 1934 and '35. He didn't take running too seriously during the pre-War years but was good enough anyway to represent his club in the 1939 "National" at Worsley, near Swinton, which was won by Jack

Holden.

During his Army service, 1939-46, Bob won the occasional Battalion cross-country event and in his last winter of service, represented the 3rd British Infantry Division team in a prestigious cross-country race for the Armies of the Rhine in Germany. He finished 42nd out of a large field and has since often wondered if the runaway winner in the distinctive red vest could have been the famous Zatopek. Following demobilization and a period of inactivity athletics-wise, Bob joined Winton Harriers in 1947 but generally finished up midway down the field in races.

"Then two things happened that changed my approach to running," says Bob. "First I came across a book written by Arthur Newton, the famous long-distance runner, whose ideas on training were completely different to what I had been taught pre-War: train twice a week, with a pack run or race on the Saturday, and always to run hard. Newton advocated running every day at an easy pace over fairly long distances. I decided to give it a try, but found it difficult to get many miles in at night after work.

"Then the second thing occurred. On club nights, I was training with Albert Christian, the Yorkshire cross-country champion and English international. He told me he had started walking to work in Manchester, a distance of five miles, and that it had helped him considerably. This put an idea in my head and after a little planning, I began to hide my boots and jacket in a builder's cabin to run the seven miles home. This training brought me from 67th to 6th in the East Lancashire championships and to represent Lancashire by finishing 8th in the county championship."

During the Spring of 1950, Bob was working near Blackburn and would run home to Swinton three times a week: about 18 miles airline and more by road. This resulted in him gaining 3rd place in the Poly Marathon, after which the selectors informed him that he stood a good chance of making the team for the European championships in Brussels. He blew his chances, however, by winning the Rugby Marathon a fortnight later, with the AAA championship race to come only a fortnight after that: "I just ran out of steam at 20 miles when in 2nd place. I didn't realise in those days that you can't race three marathons in four weeks!"

Between 1950 and '53, Bob finished regularly in the first three in both the Doncaster-Sheffield and Liverpool marathons and the Radcliffe "20", which he won in 1952, his marathon times ranging from 2.32 to 2.38, which for that period, remember, were of a very high quality indeed. As a youth, he had finished 6th in the 1935 East Lancashire cross-country championships and 10th in the Northern, while his best runs as a senior came in 1949 when he finished 6th in the East Lancashire and 8th in the Lancashire.

"I know all this has nothing to do with fell running," apologised Bob, "but it is the background against which my sons grew up. From an early age, they accepted running as a part of their life and I have never heard them complain. They began to run of their own accord and no pressure was ever put upon them.

I came into fell running when I noticed that my son Bob was very good on hills. At the time, I was training a lot with Frank Dawson, Three Peaks winner of 1959/60 [and the first man to break 3 hours on the latter occasion], so we teamed up with him at Salford Harriers. By this time, I was in my late forties and never had the ability to run downhill even at a moderate pace. I did, however, win a few vet's prizes, particularly in the early Three Towers Races. The Ben Nevis has always been a family favourite and I have taken part on twelve occasions. The longer fell races have always appealed to me, particularly the Ennerdale Horseshoe."

Bob senior continued with his long, slow distance training when preparing for fell races but switched from road-running to cross-country, particularly the nearby Irwell valley (he then lived at Swinton), which has several small, steep climbs. During the 1960s and early '70s, he would take Bob junior up to Rivington Pike on Sundays throughout August to do several repetition climbs in preparation for the Ben Nevis Race on the first Saturday of September.

"In the whole range of athletic events, I rate fell running at the very top," says Bob senior. "It demands a high degree of fitness, provides a sense of adventure and achievement, and the environment in which it takes place is the best that this country can offer."

Bob Jackson junior

Bob Jackson junior also was born at Swinton on August 3rd, 1943. He was formerly a painter and decorator by trade but has been employed as a process worker at Chloride Batteries, Swinton, for the past nineteen years. His chief sporting interest while at school was Rugby League, though he did do a little running as a lad: cross-country in winter and 880 yards on the track in summer. On leaving school, however, he decided to follow in his Father's footsteps and take running more seriously, competing in road races up to the marathon distance as a member of Swinton AC. Five years later, in 1963, his growing interest in fell running led him to transfer to Salford Harriers with his Father, as previously noted. However, when Salford's fell section began to dwindle in the early '70s, Bob moved to Sale Harriers to join such noted fell runners as John Barlow, Harry Blenkinsop, Norman Carrington and Dennis Weir, but after they'd moved on to other clubs or retired from the sport altogether, he and his brother Steve decided to move north to a real fell running club, Horwich RMI Harriers, of whom Bob's son Robert was already a member.

Bob's first fell race was the 1963 Rivington Pike, won by Peter Hall (Barrow) in heavy rain. Some of his Swinton clubmates had entered, so Bob and his Father decided they'd have a go, too. He finished 20th and recalls that he found uphill running much less severe than he'd imagined, also his elation on discovering he'd beaten lads who would normally beat him on the road or cross-country. There weren't so many amateur fell races then as there are now, but his Pike Race experience led Bob to enter the Pendle race shortly afterwards and, a few months later, the Ben Nevis, both of which were also won by Hall, the amateur

fell champion of that period.

Bob feels that the Ben Race provided the vehicle for his finest fell running performances, having finished in the first ten on six occasions between 1964 and 1970 (he was 14th in 1968), with a best placing of 4th achieved in the atrocious conditions of the 1967 race, won by Clydesdale's Bobby Shields. Bob has also performed consistently well in the Three Peaks Race and twice dipped under the magical three-hour barrier over the old course from the Hill Inn. Other outstanding runs have included 4th in the 1969 Fairfield Horseshoe; 4th in the 1966 Skiddaw race in which he gained four places on the descent and beat Peter Hall; 4th in the 1966 Three Towers Race; 5th in the 1972 Wasdale; 5th in the 1975 Half Nevis; 5th in the 1959 Thieveley Pike; 6th in the 1966 Pendle; and 6th in the 1971 Ennerdale.

Since attaining veteran status in 1983, Bob's finest effort must surely have been in the 1984 Ben Nevis race, included in that year's British championship, in which he was the first veteran home. The following season, he ran his fastest-ever Ennerdale Horseshoe at the age of 42 in 3 hours 52 minutes, beating nine-times winner Jos Naylor into the bargain, and eventually finished 3rd in the British Vets Championship to the aforementioned Peter Hall, enjoying a storming "come-back" to the sport.

Says Bob: "I find that I run better on rough, steep, rocky course such as the higher Lakeland fells, though not as well over boggy courses like those found in the Peak District. When I was younger, I was probably a bit better at descending than climbing, but having said that, I could hold my own with most on a long, steep climb. I find these days I am a better climber than descender [a feeling which is no doubt shared by veteran fell runners in general]. Because of basic lack of speed, I have always run better over long or medium courses."

His favourite long races are Ennerdale, Borrowdale, Wasdale and Langdale; medium Ben Nevis, Coniston, Fairfield, Snowdon and Ingleborough; and short Blackstone Edge, Thieveley, Stoodley and Gategill. During the past six years, Bob has also run a few road races, including a 2.42 Manchester Marathon, and competes in the Red Rose and South East Lancashire cross-country leagues during winter.

Like his Father, Bob has utilised the miniature hills of the lower Irwell valley as part of his training. During the late '60s and early '70s, he would do six to ten hill reps there during his lunch break and from 25 to 40 after work. If not racing, he would run 15 to 18 miles on a Saturday and do reps on Rivington Pike, Pendle or Holcombe Hill on a Sunday. "These days I don't do as many hill reps," says Bob. "My training consists mainly of straightforward running. I run about four miles at mid-day from work and five to seven miles in the evening after work. I try to get a long run in on a Saturday, 15 to 18 miles, and a run with some hill reps on a Sunday."

"I have enjoyed over 30 years of running and have met many people and made many friends, including runners, race organisers and officials. I have never thought of packing running in. Over the years, it has formed a big part of my life; in fact, it has become a way of life. I have been lucky to have kept free from injuries, apart from the odd niggle in the knee or back: nothing serious. This year, all being well, I shall be competing in my 21st Ben Nevis Race, which is something I've been looking forward to for the past few years."

Stephen Jackson

Stephen Jackson was born on April 21st, 1954 at Swinton but now lives about five miles away at Astley, near Tyldesley, still in the Manchester area. He is a Mechanical Engineer. From boyhood, he had nurtured an ambition to follow his father and brother into serious running as an adult and excelled as a schoolboy on both track and cross-country, with several victories and a few placings to his credit.

When he left school in 1970, Stephen began a full-time engineering apprenticeship at Leigh, fifteen miles away, which left him only Saturdays free for training as he played football on Sundays. He abandoned soccer the following year, however, and began to train a little more regularly for running. He went on a degree course at Salford University in 1972 and two years later won the University's cross-country championship.

"Between 1972 and 1976 my running improved," says Stephen, "but in 1976 my Mother died suddenly, with devastating effects on my family and our running. Between 1977 and 1983, the Jacksons did not compete in many, if any races. It was the marathon boom that encouraged us to enter road and fell races once again."

Like his father and brother, Stephen competes in a few cross-country and road races, but feels he is lacking in the speed necessary to do well in such events. However, he ran a 2.53.57 marathon in 1983 and a 54.42 10 miles and 25.56 5 miles last year. 1989 was also his most satisfying season on the fells so far, its highlights being a 9th placing in the Ben Nevis, 7th at Downham and 6th in the Witches Clough race over the other side of Pendle Hill.

"I am much better descending than climbing," says Stephen, "as proved by my 1973 Ben Nevis Race when I finished 27th after having been 52nd at the summit. However, the nearer the front of the race you are, the more difficult it is to pass people. My lack of climbing ability is due to living on the northern edge of the Cheshire plain, with only flat running possible. I prefer long, rough fell races where my lack of speed is less of a handicap."

The Ben Nevis is his favourite event, while his choice of other long and medium races is very similar to brother Bob's, though among short races he cites Eildon, Blisco and WhinberTy Naze. He generally runs 50 miles a week in winter and 70 during the summer, his training spins ranging from 3 miles to 20, all steady running at 7 3/4 mpm pace. Before moving to Astley, he followed family tradition by using the lower Irwell valley for a circuit of twelve hill climbs, each requiring 1 to 1/2 minutes' effort. Also: "I have trained occasionally on Rivington Pike, doing as many as four reps, but this type of training is mental agony and I

now rely on fell racing to improve my climbing."

Stephen had long nursed an ambition to make the first ten in the Ben Nevis Race and achieved this with a 9th placing in last year's event, as previously noted. Future ambitions are to win his club's fell running championship and to be ranked in the top ten of both the English and British championships. He would also like to see the Jackson family making a clean sweep of trophies in the 1994 British and English campaigns when age qualifications would allow Robert to win the open title, himself the Over-40s and Bob the Over-50s. A third brother, Edmund, now lives in Ipswich, incidentally, but competes only in local races.

"I believe that fell running is the best of all the areas of athletics," says Stephen, "offering a tough challenge with friendly participants over the most beautiful and scenic routes the country can offer."

Robert Jackson

Robert was born at Swinton on 16.10.65 and teaches maths and biology at a local high school. He began running when he was fourteen, inspired by the achievements of his father and grandfather. Two years later, he joined Salford met AC and progressed from running six days a week to running every day.

"In the summer of 1987," says Rob, "I made three very important decisions: (1) to start fell running on a regular basis, (2) to train twice a day on weekdays and once on Saturdays and Sundays (if not racing), and (3) to join Horwich RMI Harriers."

Rob races cross-country during the winter and also does the occasional road race, achieving victory in the 1988 Swinton Half-Marathon and running the fastest time on stage two of the 1989 Manchester-to-Blackpool road relay. He placed 3rd in the 1985-86 Escafeld League for university and polytechnic students) and two years later won the title outright. He came 3rd in last year's Parbold Hill Race, an old style cross-country event in West Lancashire, and finished 4th in the South East Lancashire cross-country league this past winter.

During his first three years of regular fell racing, Rob has confined himself to short and medium events, which he is content to do for the time being, though he does intend to try the longer distances in the future and in fact competed in this year's Borrowdale race.

"My strong points at the moment are undoubtedly my relative speed on the flat and climbing ability," says Rob. "I prefer - and seem to be best at - short, runnable fell races. I like a course with a steep but runnable climb, such as Latrigg. However, I'm becoming a lot more confident on descents and am improving my skill as a descender."

Rob's training presently consists mainly of steady running totalling around 90 mpw during his winter build-up phase. This includes 4 to 5 miles steady every weekday morning and Friday evening, with 9 mile runs on other evenings, the Monday one including 5 x 1200m on the track. He runs 10/12 miles on a Saturday, with some easy hill reps, and 18 on a Sunday, unless he has a race on either of these days. In summer, his mileage drops but the quality increases. "All my training, apart from the track session, is done in the local Irwell valley, which is cross-country terrain," says Rob. "I don't have the time to travel to the Pennines, so my hill training consists of repetitions on the small hills available here."

Rob won the junior race at Ingleton Gala in 1983 and triumphed in the Wasdale junior event in 1986. His progress in the senior ranks can be measured as follows: 1987 1st Mount Skip, 2nd Bamford and Stoodley Pike, 4th Latrigg;

1988 4th Blackstone Edge, 1st Eccles Pike; 1989 1st Cow Hill, Eccles Pike and Beacon Hill (Halifax), 3rd Half Nevis, 4th Holcombe Tower, 6th Rivington Pike.

His favourite races are the Ben Nevis and Rivington Pike: "They have an atmosphere and tradition unlike any other races." Others he particularly enjoys are, in order of preference: Latrigg, Eccles Pike, Cow Hill, Blackstone Edge, Stoodley Pike, Half Nevis and Coniston.

Summarizing his future aims both on the fells and on the road, Rob says: "My ambitions are to represent England on the fells and to compete my first marathon in a time somewhere in the low 2.20s. I hope to continue to find the time and motivation to train at my present level, and hopefully to grow stronger to consistently improve my performances through regular competition on the fells. Generally, I just want to continue to enjoy my running. If I can keep at it as long as my Dad and Grandad, I'll be very happy. While they have never 'pushed' me in running. I'd like to thank them both for all their help, advice and encouragement."

BILL SMITH

T. Pat Campbell

"The race was longer and rougher in my day. Today not only is it shorter, it's practically all concrete paths," so said T. Pat Campbell. Now 82, short, sprightly and cheerful, he won the annual Easter Saturday race to the top of Rivington Pike nine times. (1929-1939)

To travel there he had to endure a thirty mile journey across Manchester. "Horwich was a devil of a place to get to," he recalled. "Travelling was difficult in those days - mostly trams." He still lives in Chapel-en-le-Frith in Derbyshire and is a life member of Salford Harriers, the club he joined soon after his first race. "I ran the Combs Fell Race at Chapel. I was 16 and I came second to Ian Ingram winning three prizes that day."

A Cotton Bleacher

The life and times of T. Pat Campbell's running years were much removed from today's cut thrust commercial hurly burly. To race he was shod in 1/6d plimsolls (now 7.5p.). Work for him was bleaching and dyeing cloths. "I worked for J.J.

Hadfield in nearby Chinley. I used to lift heavy lumps of cotton over 110" wide. It felt like a ton," reflected the diminutive rosy cheeked man.

Salford was a very strong and powerful club then - see Borrowed Time, (Salford Harriers history/centenary book.) "We were as big as Birchfield - a very good club. We won the International cross-country. George Bailey and Tom Evenson were in the team but I was precluded because of the 10 mile rule. I live twice that distance from the clubs H.Q."]

Ten Mile Radius Rule

"I understand the rule was brought in to stop clubs like ours poaching members. They claimed we had built up our team that way. Our club president, J.H. Hardwicke, was also the first secretary of the International Cross-country. Now it is the World Cross-country.

"I could only compete in the local races: I was barred from the National (and hence the Inter-national if I was in the top ten).

1934 Empire Games

Mr Campbell was adamant that he had competed in the 1932 Empire Games. I said, "that was Olympic year."

"Oh well I'm getting on. I can't remember as well as I used to in my prime. Anyway I ran the 4 mile steeplechase at the White City. 48 hurdles -what a race it was."

A Commonwealth Games handbook confirmed that the 2nd Empire games was in August 1934 and 600 people contested 16 sports.

Further research in "The Times" revealed that the British Empire Games had 3 day athletics programme and the 2 mile steeplechase, on the final day (4 Aug), was part of "the best of 3 days athletics." Heavy early morning rain did not prevent good times being recorded. The result of a fine steeplechase was:-

1. S.G. Scarsbrook = (Eng) 10m 23 2/5 s
2. T Evenson (Eng)
3. G.W. Bailey (Eng)
4. T.P Campbell (Eng)

1, 2 10 yards; 2, 3 100yds,

(England won the 220 yards, 80 yds hurdles (W), and the long jump. New Zealand's Jack Lovelock won the mile - 4m 12 4/5s. H. Webster of Canada was the marathon victor taking 2:40:36)

Overnight Travel

"I was invited to an international against Ireland in Dublin and my firm wouldn't allow me time off - to run for my country, so I had to travel overnight. What a journey it was. I won the 4 mile steeplechase in 19m 16s."

Fell Running

To Campbell fell running was only part of his running. Salford was his club. He was committed to them. When he didn't run for them, he did local fell races, and won the nearby Eccles Pike (Derbys.) and the Bumsall race in Yorkshire. Most of all he'll be remembered for the incredible nine victories that he amassed at Horwich.

This successful string of wins ran from 1929 to 1939, a one year absence being when his club first ran the News of the World sponsored London to Brighton relay race.

"When we ran the Manchester to Blackpool relay race they put me on a hilly section because I was strong, and this was the one through Horwich. I always got tremendous support from these people. It was a like footballer playing in front of his home crowd."

Betting and Pros

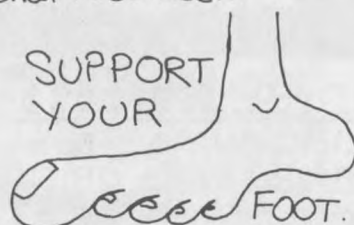
"I remember one Pike race when the bookmakers asked me to stand down. I wouldn't. I won the race and my father and the Club President eventually left the Crown at Horwich rather inebriated. They'd made a packet on my win."

I mentioned the professionals: Bill Teasdale in particular to Mr Campbell and he though fell running then was a minority sport with fields of 20 or 30 in his day. "Teasdale was good, but not that good. At Bumsall they were allowed through a garden and took a wall down for him and he still didn't break the record."

After Club secretary Peter Schofield said, "See you next year," Mr Campbell left Horwich in a motor-car. He was home an hour later. A far cry from the journeys of yester-year he had to endure on motor-bike, tram and boat.

NEIL SHUTTLEWORTH
Broadbottom
June 1990

National Feet Week.



If a man does not keep pace with his companions, perhaps it is because he hears a different drummer.

Let him step to the music he hears, however measured and far away.

HENRY DAVID THOREAU

If you are pissed off with your companion on the fells who keeps lagging behind, perhaps he does so because he is old and tired and congenitally useless anyway.

Let the poor bugger plod on at his own pace, however much of an embarrassment he is; abuse will only add to his misery.

WILL MCLEWIN

Reprinted from Dark Peak News

RUMOUR HAS IT

Rumour has it that Scottish superveterans retire to run around the streets of Edinburgh and through private gardens.

Rumour has it that Irish Hill Running is so laid back that the organisers arrive four hours after the start of the race.

Rumour has it that some members of the FRA would like the World Cup to only be held every four years and only be publicised by word of mouth in Lakeland pubs and Alpine bars.

Rumour has it that travellers to the Swiss Karrimor are advised to keep their emergency marzipan in their bumbags and not in their Walkmans.

Rumour has it that some fell runners in eroded Lakeland have been asked by walkers in an unstylish voice where the thing to get over the barbed wire fence is.

Rumour has it that following several complaints to the editor future issues of the Fell Runner will include regional in-joke supplements.

A late letter - Time out ref...illegal substitution

While I have the feeling that you may well have more than enough letters re the Ben Nevis race for inclusion in our magazine I feel I cannot sit back and not comment.

I have just written to the Ben Nevis run organisers at "the Ben". In doing so I offered my thoughts on the most serious issue of race substitutions. While at the time I did not particularly sympathise with the various leading names who could not get entries - late or otherwise - my level of ill feeling deepens with every glance at the results. More and more names stand out - people who were NEVER THERE. People who were there didn't have their names on the results etc. Surely this is cruel to our stars and leading runners when they could never get away with it. I put it to the organisers that they either change their ways and accept late entries etc, or they get tough and ban for life from their race any runners found to have substituted. With their emphasis on safety, the current system fails miserably. Even the Fellsman Hike organisers had to change their ways and take late entries so surely this event can cope.

Having organised events that frankly dwarf any fell race (with the exception of the Karrimor!) I appreciate the complications more than most but for the Nations prime events - no only the Ben either - this procedure must be adopted. The Ben of course suffers from appearing at a crucial time on our calendar and the more I hear the worse it gets. Can we not move to races /championships without leaving bitter tastes?

Best wishes
TONY CRESWELL
KESWICK AC

Evening run, Back o' Skidda

At first through bracken,
climbing slowly on narrow trods,
I follow their hoof-wom meander out
on to a tussocked arc of hill.

Here the sky seems impossibly wide,
a blue counterpane
tucked in beyond the horizon's curve.

High off Frozen Fell
larksong crowds the air. Knott and
Calva
crouch, muzzle the ground like eager
sheepdogs,
flanks trickling peaty brown.

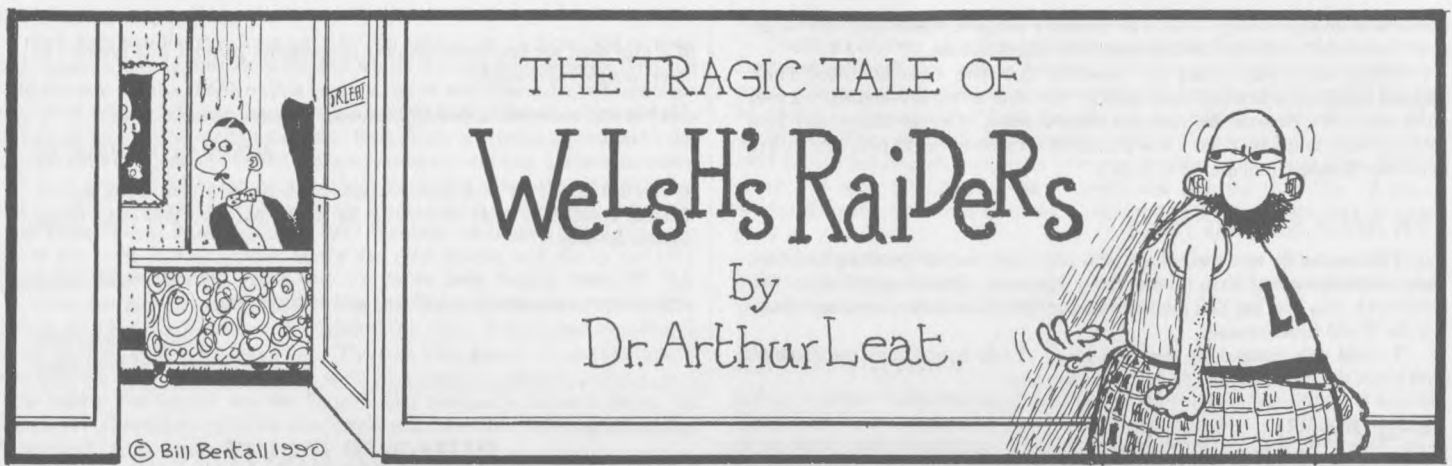
Today the wind shrills and scours;
skirting Miller Moss I'm giddy with
it.
On High Pike the light decays without
a sunset,
sucked in by a confetti of clouds.

I run to the edge
and, not stopping, straight over
into a grainy monochrome of waving
grass.

The contours' familiar thread leads
through
a litter of spoil and run-in shafts,
beneath my fee the drip and shiver
of empty stopes, ghosts in the hollowed
darkness.

Dusk gathers in the light, flattens
perspective,
coughs out a cackle of rooks.
I pause and watch their ragged flutter
and fall.

Clinging to the moment, I walk the
last few yards.
Then, closing the car door,
I parcel up the memories
and carry them home as talismans.



Now it can be told

If I can just get comfortable - that's better - I'll tell you how it happened.

Foote-Prinz had sneaked up behind me and, with one dirty hand over my eyes, was wagging something crisp and fragrant beneath my nose. "Personal for you, Arthur. Bit pongy if you ask me. Who's it from?" This was a regular game between us. As a child I had been blessed with exquisitely sentient nostrils and now, without so much as a squint at the postmark, I was able to declare, "It's from Scotland." There was, upon the white envelope, the whiff of oatcakes soaked in Glenlivet. From the Editor of the Fell Runner Journal perhaps? No. Not enough liniment. Ah! The clear note of macassar oil. Quite unmistakable.

"Well, I'm blessed! A letter from my nephew, Tam. You remember him, Sandy. Used to help us out during his holidays from Gordonstoun. Let's see what he's after."

I read the contents with little snorts of pleasure before handing the letter to Sandy to read back to me, aloud.

"Dear Uncle Arthur,

See they L-Ps you sent me! They was magic ..."

(I marvelled at the benefits of a private, Scottish education.)

"... I done all the Munroes, hauf the Corbetts, a triple Bob Graham, the Welsh 3000 fitters, Ben Cameroon, the Paps of Jura and the Ennerdale and I'm still wearin' them tae the kirk every Sunday. Now then. Ye mind Big Chairlie? I used tae sit by him and pull his ears? He was the guy that said the Mackintosh Art College was 'a monstrous blane on the industrial face of Glasgow'. Mind him? Well he wants a pair. Size 11 and will ye drap them aff at his Gran's when you're passin'. She stays doon by you. Could ye lend me fifty quid? Lang may yer insoles reek.

Yours Aye,
Tammy"

"What do you make of that?" asked Sandy.

"Make of it! Don't you see what it means? Royal patronage! I could end up knighted! You could be an M.B.E."

Erect and proud in my chair I allowed a glow of satisfaction to spread through me. Gazing at my panelled walls I recalled how, twenty years ago, I had joined the Foote-Prinz Shoe Company, fresh from University, taking the offered position of Assistant Podiatric Research Manager. The mere existence of such a position convinced me that Mr. Alexander Foote-Prinz, strange though his appearance was said to be, was a man ahead of his time. On first entering his office I was struck by the fine, bald head set into a thick red beard that almost reached the neckline of his sleeveless vest. When he rose to greet me I observed around his middle a sturdy, black belt which appeared to serve to secure the vest within the top of an enormous and brightly coloured kilt. Below the kilt I could just make out tartan stockings wrinkling down into a pair of truly ancient running shoes of his own manufacture.

When he addressed me it was in a mellifluous, English, middle-class accent only his pronunciation of the letter 'r' giving any clue to the Family Foote-Prinz's Central European origins.

"Go to it. Dr. Leat," he concluded, "Let's see what you come with, eh?" He shook my hand.

Strangely, it was not in the Richmond laboratory, but on the beach at Bognor Regis that I made the observation that would reshape all our futures. Lying there in the sun, my mind a blank, I suddenly felt sand kicked in my face and, at very close quarters, found myself staring at a large naked foot. Until that precise moment I had unquestioningly believed the then universally accepted assumption that the human foot was approximately the same shape and size as the inside of a running shoe. There, right before my sand-filled eyes, was evidence to the contrary. Jumping up, I began to pace the beach, examining as many pairs of feet as I could. Feverishly I took detailed notes. Once back at my boarding house I collated the statistics and, after several wildly exciting hours, was able to write down, for the very first time, Leat's Hypothesis:

The volume of the big toe is always greater than the space into which it is confined.

I could not wait to get back to Richmond and cut big hole sin the ends of all our production.

I wasted not time in ensuring that the patent and copyright of the 'Leat's Orifice' or 'L.O.' was both personal and world-wide. Anyone, anywhere who cut

a hole in his shoe to let his toe out was required thereafter to send me royalties. I became both rich and famous, rich enough to buy out my employer. Shrewdly, though, I kept Sandy on as Managing Director, accountant, sales and production manager, chief personnel officer, head of design and general dogsbody, whilst I became Chairman and Chief Executive of Leat-Prinz Footwear (1971) Ltd.

My reveries were interrupted by Sandy pushing his great, bearded face close up to mine. He looked distinctly sneery.

"If our shoes are so great, Cock, how come every runner in the North of England seems to be running around in Welshies? Tell me that!"

At the very mention of the name I saw red.

"Welshies!!" I roared. "Welshies! Don't ask me why all those cretins still limp around in Welsh's B.P.s. What does B.P. stand for anyway? Baden Powell? Snort, snort. Blue Peter? Snort."

I was feeling quite sick, but it was true. Although we were very big in the London Marathon and Muggers' sectors of the market, when it came to North Britain i.e. that part twixt Hampstead and Durness, our sales were truly abysmal.

"Perhaps Sir John was right. It's our marketing," said Sandy.

"What's Marketing?" I asked, petulantly.

"Good question, Arthur, Old Fruit, and one I put to the old Trouble-Shooter only last week. It seems that it involves first finding out what the punters really want then stuffing them up with it, or them, before your competitors do."

"Well. You're the Sales Manager. What are you going to do?"

"So I am. I'm going away to think about it and I suggest you do some thinking yourself for once." And he slouched out leaving me concentrating furiously and fruitlessly for at least half an hour before slouching in again, pleased with himself and clearly pregnant with at least twin proposals.

"I've got it! All we have to do is sell more L-Ps than Welshy can sell B.P.s is ease to it that less Welshes ever reach the shops."

I had heard of this. It was called lateral thinking. Sandy was a whizz at it. Sometimes his mind worked like a veritable corkscrew. Sitting back, I put on a receptive expression and enquired as to the means by which this state of affairs might be brought about.

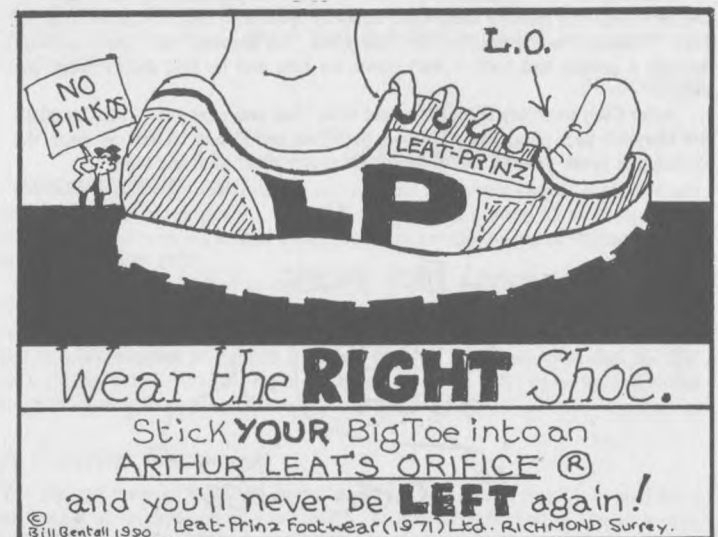
"Please, dear Sandy," I begged, "elaborate."

Elaborate he did, in considerable detail. The whole thing sounded so wonderfully preposterous that I found myself salivating profusely. "But where, dear colleague, shall we get the high explosives?"

"The Old Plastic? No problem at all. I know of a little shop down in Brixton that belonged to a distant relative of mine. Libyan Home Stores they call it. They do mail order and they take Visa."

"I see."

Foote-Prinz was clearly going to take charge of this one and I signalled my approval on behalf of the major shareholders whilst inserting a caveat that in the event of any subsequent difficulties with the forces of Law and Order he was to take the whole of the blame. One thing I refused to go along with, right at the



start, was the sock-over-the-head idea. The sock in question I knew to be one of a pair left to the young Foote-Prinz years ago by an elderly relative who had played in goal for Szczecinek in the Kosjalin region of North West Poland. Further, since I was one of the few people whose appearance was actually enhanced thereby, I preferred to wear my navy-blue balaclava.

"Have you got a date in mind?" I enquired.

"Certainly. October 25th."

"Of course! That would be... er er."

"St Crispin's Day. Correct!"

"I know about that. The Battle of Agincourt. 'Cry God for Harry, England - and all that.'"



"God for whom? No. St Crispin. Patron Saint of all shoemakers. We're going to need all the help we can get!"

During the next few weeks the stationery room at the Leat-Prinz factory took on the appearance of a quartermaster's stores. We assembled and in every spare moment tested and retested every piece of equipment, Operation Cobblers was a scrupulously planned as any 2-Day Marathon. We went for optimum weight which meant that the Heckler & Koch (my idea) was out and the Huntley & Palmers (Foote-Prinz's idea) were in, as were two bottles of Jura Malt.

"Hunger and thirst will be our main enemies," he said.

Quite late in the evening of October 25th our hired light aircraft trundled across the grass and eventually lurched into the sky.

"Tell me again why we have to parachute, in the dark, onto the moors above Rochdale," I asked.

"In order to catch the last bus into Bolton."

"I knew there was a reason." I settled down amongst our equipment and, rather surprisingly, soon nodded off.

You will recall my mentioning the sensitivity of the Leat nose. This trusty organ it was that awakened me. Despite a heavy background of aviation fuel it had detected in the air notes of mustard, malt-vinegar and chitterlings and informed my brain that we were flying over Lancashire. Enemy territory. The pilot had been well briefed by Sandy.

"Wake up, you guys," he called. "Your dee-zee is coming up, so check equipment and when I give you one short ring on this little bell, make ready. Then, when I give you one long ring, hit the silk!"

"Where on earth does he find them?" I thought to myself.

There was a ring. Sandy and I rose and tugged at the static lines and looked over each others packs for any impediments. Then we looked at each other as if for the very last time before turning towards the open door. The bottoms of my



trousers flapped in the wind. There was a loud ringing, the pilot shouted "Go!" and, groaning audibly, we stepped out into the slip-stream, out and down to the dark silence beyond. White rigging lines spun out above us and then the canopies, slap-slapping before spreading widely. There was the sensation of a giant hand having grabbed our braces and then we were swinging, floating gently down towards the earth....

On the bus the West Indian driver looked us over. I had blackened up, being persuaded by Sandy that we would pass for two coal miners. Further, I was accompanied by a creature wearing a striped woollen stocking over its head and a kilt. It was draped in ropes and objects that looked like grappling irons and it was clutching my hand.

"Your mother can travel half fare, Cousin," he said to me, kindly and we blundered down to two vacant seats.

On alighting in Bolton I almost got back on. There was a sickly smell of midsole adhesive about and, turning, I caught my first glimpse of a high, black, three-storeyed building atop of which flashed, faultily, a neon sign:- NORBERT WLSH

Down here on the pavement, though, I was to read a painted sign that said more than enough to steel my resolve.

"Norbert Welsh, purveyor of Mountain Footwear to Jos Naylor MBE"

"There are too many people about still, Sandy," said I. "Crack open the brown ale."

When the streets had finally cleared, my accomplice set down his empty bottle, cleared his throat noisily, stared down at his sporran and addressed me. "Listen Boss. I have to tell you this. Did you ever read Private Angelo? Well, there's one characteristic I share with him. I do not have the *dono di corragio*. You will have to do the assault climb on your own. I shall keep a sharp lookout."

I patted his hand. In fact I felt quite touched as he handed me the rope with a hook on one end. There follows my log of my progress from that moment.

0200 Very cold. 8th attempt, hook caught and held. Pulled rope tight and began ascent.

0227 Up one floor. Resting on sill. Knew was unfit. Had not allowed for senescence. Severe knee-wobble.

0256 Reached top. Problem. Had to let go rope to grab gutter. Little choice. Lurched upwards. Dangled. Tried to cock up leg. Dangled again. Big effort. Leg hooked around something. Heaved. Lay on tiles.

0259 Gathered in rope. Ridge-tiled to crumbling chimney. Plan now to attack via rear of building. Swallowed.

0303 Descent of other side of wet slate roof very hairy. Had to open eyes twice.

0310 Secured rope on TV aerial. Prepared to abseil. Paused. 'Our Father...'

0337 Jumped backwards and outwards. Eyes clamped shut. Stomach arrived mouth. Brown ale squirted from every orifice. Stuck out feet.

From this point things became a little hazy for one reason and another. Each foot hit a glass panel, shattering it, the lower legs thus gaining immediate entry into the premises of N. Welsh Ltd. The central and major parts of Dr. Arthur Leat, however, encountered an unexpectedly solid stone mullion and remained outside.

0337 (by watch) regained consciousness. Waggled wrist. Bloody Swiss rubbish. Sided gingerly left and located window catch. Opened window and, with considerable relief, dropped inside.

All was blackness but there was the strong aroma of B.P.s all around. I switched on the torch, got to my knees and began, ever so cautiously to crawl forward...

"Got everything under control?" said a loud middle-class voice from the window. From the kneeling position I levitated about three feet and came down with heart pounding.

"How the hell did you get there?" I demanded.

"I walked round. This place is built on a hill. Three floors at the front, one floor at the back."

"Well you just nearly frightened me to death, that's all. And what time is it, my Rolex has stopped."

"Dunno. I'll go and find out." The silhouette disappeared abruptly from the window.

"And don't whistle!" I hissed. Onward Christian Soldiers stopped immediately.

I took a look around. Bingo! This was the main store room. Down a rickety wooden stair I could discern a workplace. The air was intoxicating with rubber solution. This, I thought, would do nicely. Taking the sack from my back I felt inside and selected the items I would require. Plastic explosive. Nasty feeling stuff, made me shudder. Surely 1kg would be enough? Without removing the wrapping I slapped the lot against the central girder and, with infinite care, began the delicate task of inserting the mercury azide detonators and, with my tongue sticking out, connecting the two leads to the alarm clock mechanism. Just one more terminal now and the device would be fully armed. Easy. Eaeaeaeasy now. Mustn't shake. Gently does it.

"FIVE TO FOUR!" bellowed Foote-Prinz. Up into the air went the alarm clock, into my tongue went the teeth as two critical wires set off towards each other as if in slow motion. Amazed at my own dexterity I managed to arrest one of them with a finger whilst miraculously fielding the alarm clock with the other hand. I was still for a few seconds, glaring at the window. At last the final connection was made and I set the time of detonation to 0700 hrs. Finally I clicked down the switch to ON.

"Just one more thing," I whispered, "I'll grab some jars of their special adhesive for analysis. I spotted some down the stairs."

"OK, but hurry."

"Don't worry, I shall!"

As quickly as I could manage by the now failing light of my torch I groped my way down the steps and back up with two fat jars, at least I would not have to abseil down again. It was simply a matter of rejoining my comrade via the open window.

As we crept down the alley I looked all around for a clock.

"How did you find out what time it was, Sandy?"

"Hmm? Oh! It was easy. I asked a policeman. Startled him a bit, actually. He was in a doorway just tilting a flask of coffee into his mug when I appeared. It went all down his cape. He had to laugh, though."

I considered my dear colleague in his football sock, running vest and kilt: "I'll bet!" was all I said.

.....
Naturally the first bus to Rochdale was late arriving and we got a sweat on, but, thankfully it eventually trundled round the corner. By ten to seven we were heading for the open moors...

Tension inevitably gave way to hysteria as we lit our campfire and prepared to cook breakfast. The lard crackled merrily in the pan as I chucked in the bacon. The perfume was intoxicating. Perfect! I cracked in a couple of free-range eggs and gave them a squirt of ketchup.

"Put the wireless on, Sandy, old chap," I giggled, "Let's see if they're after us yet."

Foote-Prinz took out the transistor radio, switched on and twiddled the knobs until he picked up a strong, local station.

We were just in time to hear the pips for 8 o'clock. The headlines were read. Details followed about Lithuanian independence, football hooligans, the community charge, the weather; nothing at all about our adventure. What was happening? The bacon was beginning to shrink. I reached in my bag for the sausages. Cor! Blimey! What a pong! Bad almond paste, said my nostrils. "Hey! When did you buy these, my friend? Talk about OFF!"

"... and finally," said the lady announcer, "some news that has just come in. In the early hours of this morning thieves scaled a roof to enter the upper ground floor window of Mr. Norbert Welsh's shoe factory in Bolton." This was IT!!! I tossed the whole, smelly packet into the fire in disgust and cocked both ears.

"They got away with two jars of marmalade but left behind an alarm clock, a length of wire and 21bs of sausages squashed against a girder..."

And that, truly, Doctor, is the very last thing I can remember. Would you pop down to intensive care and ask Mr. Foote-Prinz if there's a drop of the Jura Malt left?

END



Long Distance News Summary

Long Distance Award

I keep a register of Long Distance Individual Fell Records - for both men and women, supported and solo unsupported (which means running on your own, not arranging for any assistance that could affect the outcome and carrying all your own food - no caches). The LONG DISTANCE award is presented annually by the FRA for the year's most outstanding ultra-distance fell achievements and worthy performances (that the committee has been made aware of) will be considered for presentation at the annual dinner in November.

If some of the stuff you're about to read is inaccurate or out of date, please tell me. To do this job properly and be in a position to provide useful information to those who aspire to break records, please send details of record-breaking long distance runs to:

**Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 INN
Tel: (0772) 562395**

Visiting all the Home Countries in One Trip

MIKE HARTLEY - THE THREE BRITISH ROUNDS IN ONE OUTING

Last year Adrian Belton and Helene Diamantides completed the three classic 24 hour British rounds during the Summer season and sowed the seed for future zany schemes. You will read elsewhere of Mike Hartley's extraordinary achievement. To summarise, between the 13 - 16th July in a time of 3 days 14 hours 20 which includes transport between rounds, Mike completed first Ramsay's Round in Scotland (21 hours 14), then the Bob Graham (23 hours 48) and finally Paddy Buckley's Round in Snowdonia (33 hours 30). His only recovery time between rounds was spent dozing fitfully during the four hour car journeys.

I first heard rumours of this plan last January and foolishly dismissed it as ridiculous. Each year some scheme is proposed which for one reason or another appears so ambitious that it must be doomed to fail from the start. We are then amazed when invariably it leads to success - this was one of them.

HUGH SYMONDS - MUNROS OF THE BRITISH ISLES

Hugh has completed his epic journey on foot through four countries (including Eire). The family have returned to Sedbergh, their nomadic existence of the past 3 months now at an end. Since standing on the first Munro, Ben Hope, on April 19th Hugh has become the first person to link all 303 Munros of the British Isles in one continuous 97 day journey. He finally climbed Brandon Mountain in SW Ireland on July 27th. En route, he completed all the Scottish Munros in a record time of 66 days 22 hours, rowing to Skye and sailing to Mull from the mainland.

The involvement of Hugh's family was an important part of the adventure. Pauline and the three young children met him at each road crossing, looked after him and also provided his companions with a constant supply of tea and cakes. Those of us who spent time with Hugh and his family came away feeling we'd been part of something unusual and fairly special. I've never seen a person revel in so much physical activity before, but the mere fact that Hugh decided to carry on beyond Wales (his original objective) to Eire speaks for itself.

MIKE CUDAHY & DON TALBOT - WELSH 3000, ENGLISH 3000, SCOTTISH 4000 (+BIKES)

I bumped into Mike twice in Scotland this Summer, once when we were all helping Hugh Symonds and the second occasion was a chance meeting on the Cam Mor Dearg Arete. At the time I was pacing Adrian Belton on his attempt at the Scottish 24 hour Record. Mike and Don were close to completing a running and cycling adventure which began almost a week earlier in N. Wales.

Starting from sea level at Aber on Saturday 30th June, they climbed the 15 Welsh 3000ft peaks on day 1 before cycling to the Lake District on day 2. On the 3rd day they climbed the four Lakeland 3000ft peaks and then were unfortunately delayed while the engine of their support van was unseized! Then back on their bikes towards Fort William in Scotland. They climbed Ben Nevis and the three other 4000ft peaks in Lochaber region before cycling 60 miles to the foot of the Cairngorms. A few miles from Kingussie, Mike swerved to avoid a rabbit. Don clipped Mike's back wheel, came off and knocked himself senseless on the road. Soon back in the saddle they reached Glen Feshie and camped before tackling the Cairngorms. The adventure was completed with a bike ride to Stonehaven and the sea.

Most of us are aware of Mike's long distance background and ingenuity when it comes to devising new challenges. A browse back through the annals of ultra-distance provides a reminder that Don, now aged 58, is one of the 'old and bold' group of Rucksack Club characters who tackled new and audacious mountain challenges in the sixties and seventies.

MICK HOFFE & STEPHEN WATSON - BRITISH THREE PEAKS BY BIKE & ON FOOT

The human powered record for completing the route from sea level Caernarfon to sea level Fort William and climbing the highest peaks Snowdon, Scafell Pikes and Ben Nevis in each of the three countries en route involves a combination of cycling and fell running. While running over Snowdon and the Scafell, the bikes

are transported to a convenient point from where the next cycling stage begins. About 10 years ago, Stephen Poulton is reputed to have completed the route in 41 hours 55 but few details are available. The Cranes came quite close to that record a few years ago with 42 Z₂ hours. The Guinness Book credits Richard Day and 3 others from Derbyshire with a time of 74 hours 47 in 1988 so there would appear to be some confusion!

During the weekend of 11-12th August, Mick, Steve and two other friends Justin and Paul attempted to break Stephen Poulton's record. They cycled to the foot of Snowdon, climbed the Ranger Path and descended to Pen Y Pass. Back on the bikes and heading for the Lakes, Paul dropped out at Windermere after falling victim to a dose of food poisoning. From the head of Langdale they tackled Scafell Pike via Rossett Gill and Esk Hause and descended the Corridor Route to Styhead, meeting their support team with bikes at Seathwaite in Borrowdale.

It would seem that the cycling sections of these trips are fraught with danger. Last year on Mick's previous attempt, the infamous A74 claimed a victim. This year, again on the A74, Justin lost control after hitting a stone and Mick and he crashed to the ground. For Justin, the adventure terminated prematurely with a trip to hospital while Mick carried on, replacing his bent bike with Steve's second bike. The pair completed the challenge in 42 hours 59 mins, just an hour outside the record.

Working as a team on the cycling stages, taking it in turns to lead while others draught behind, allows some recovery. Stephen Poulton's record was achieved without these advantages which makes it an especially fine performance. [If anyone has details of S. Poulton's record or faster completions could they please contact me.]

A Good Year for Solo Successes

MARTIN MORAN - SKYE RIDGE RECORD

Martin is a mountaineering instructor and lives in Torridon. He often guides groups along the Skye Ridge and last year it was his dubious privilege to 'goad' the editor of this magazine from one end to the other. Living for the past few years in Scotland and enjoying an outdoor lifestyle must have done wonders for his fitness. Documented elsewhere you will find details of Martin's superb record. On Saturday June 2nd, he lowered Del Davies and Paul Stott's time by 16 minutes to 3 hours 33. What puts the job in perspective is that it takes the average fit climbing group about 12 hours to complete the 11 Munros between Gars Bheinn and Sgurr Nan Gilleann. Moving fast over rough ground takes on a whole new meaning when you're on the Skye Ridge!

BOB BERZINS - RAMSAY'S ROUND SOLO UNSUPPORTED RECORD

Each time I've bumped into Bob over the last few years he's said "I really fancy a go at that Ramsay's Round - can you send me a schedule." On 27th May he paid his first visit to 19 of the 24 hills and his time of 21 hours 55 for a first solo round speaks for itself! Some excerpts from a note he sent me about the run:

"Weather was clear and fine apart from a few spots of rain. I'd done a circuit of An Gearanach to Sgurr a Mhaim a couple of years ago and had a run up Ben Nevis, but apart from that I'd never been over these hills before. I'd never done a solo unsupported 24 hour run before and so didn't have much idea about how much food to take. I ended up taking about 5 1/2 lbs of food (10,000 calories!) although I didn't manage to eat it all. Also carried 1 litre of water over the Grey Corries and Mamores, so I was carrying about 10lbs in total at the start. I managed to follow my schedule reasonably well until the Mamores where I suffered somewhat (I'd worked on a schedule based on your 26 Munros run)".

MARK MCDERMOTT - TRANTER'S ROUND RECORD

On 24th May, Mark lowered John Murphy's 1988 record by 22 minutes to 12 hours 48 minutes. Tranter's Round is a magnificent horseshoe route which takes in Ben Nevis and the Lochaber 4000's, the Grey Corries and a descent to the head of Nevis. A big climb onto the Mamores, 11 more Munros before returning to Glen Nevis Hostel. It is the classic route which Charlie Ramsay extended to devise his 24 hour challenge.

This was Mark's first solo unsupported challenge and by all accounts he had a pleasant but hard day chasing his schedule to beat John's old record which was achieved with support and some pacing.

COLIN DONNELLY - PADDY BUCKLEY'S ROUND

Most of us are aware of Colin's fell racing successes but not so well known are his multi-day running Scottish epics of the early 80's. Colin now lives in Llanberis and Paddy Buckley's Round actually passes his house. He phoned me at about 9pm on Sunday 1st July and our conversation went something like this:

"Hello Martin - Colin Donnelly here. D'you think you can give me some details of this Welsh round, I'm thinking of having a go at it". "Sure Colin, but its a bit intricate in places so wouldn't it be better if I sent you some stuff in the post", I replied. "Och, I don't think so - you'd better talk me through it over the phone. You see. I'm thinking of starting in a few hours time".

I gave him the grid references of some more obscure peaks and he just went out and did it, on his own in 23 hours 34 minutes. 10 out of 10 for style! Some excerpts from a note I received:

"Thanks for your help on Sunday night with the listing of the peaks & section times, the latter which gave me a rough idea of what to aim for. I broke Helene's record by two hours - no, in actual fact I was never anywhere near her times. My only plan was to get round the thing.

I'd been thinking of doing the round for a while, yet in the end all the planning was last minute. I'm glad I did it solo although support would have helped. Starting from Llanberis at 01.00 proved ideal, giving me good running

(over Moel Eilio) in the dark with reasonable visibility coming through on the descent towards Yr Aran. The timings allowed me to catch the post office at Capel Curig for extra food. I had only one food drop, that being at Capel Curig. Prior to that a minimum amount of grub was carried in my bum-bag."

ROBIN PRICE - DOUBLE PENNINE WAY

Robin Price is a remarkably hard man with an obsession about the Pennine Way! Last year he ran it solo unsupported in 4 days 8 hours 39. Although he set a new solo record he wasn't particularly satisfied with a time which he felt should go below 4 days. It appears that Robin didn't find the run challenging enough either and on Saturday 21st July this year he set off on his own from Edale to run a DOUBLE Pennine Way, some 540 miles. It makes me feel ill just thinking about it. Those who know the route will realise that 60 miles a day for 10 days, alone and carrying a rucksack for much of the time is not most people's idea of fun - but it is one of great long distance feats of 1990. Stan Bradshaw senior wrote some notes about the trip for the Clayton newsletter:

"At 11.10am on Saturday 21st July Robin Price completed a DOUBLE traverse of the Pennine Way. Robin started at Edale at 5.15am on Wednesday 11th July and reached Kirk Yetholm on the Sunday, reducing the time he set last year by 41 minutes to 4 days 7 hours 58, although last year he wasn't contemplating a return journey!.

As previously Robin was carrying all his own food and clothing for the 270 mile outward leg. His rucksack weighed approx. 181lbs at the start, gradually decreasing as he ate his way into 71lbs of food. The weather was good, but over Kinder and Bleaklow very heavy going and Robin wore light boots. Malham was reached on the 1st day where he had a few hours sleep. On over Fountains Fell and Pen-Y-Ghent to Tan Hill, where again he had a few hours rest. On the 3rd day it was on to Dufton stopping for a few hours at Greys Hut on Cross Fell.

Next to Garrigill where Robin was the centre of attention for Bingley Harriers, who were attempting the PW Relay Record. Very hot conditions on Hadrian's Wall, Wark Forest to Bellingham. All through the night to Bymess, reached at 3am. Then over the Cheviots to reach Kirk Yetholm on good form at 13.13 on Sunday 15th. Robin was met there by some of his friends. He was in good shape and confident of making the return trip. His plan was to have support for the return journey.

Half a day's rest and Robin was off early Monday morning. He was accompanied to Hadrian's Wall by Paul Helme and from Dufton to Middleton by Peter Dawes. From there he jogged the last 130 miles solo to the finish, being fed and watered at road crossings. He was in good shape at the finish, but was slowed down over the last 60 miles with tummy trouble. The return journey took him 5 days 6 hours 10 and his total time including the half day rest was 10 days 5 hours 55."

Chasing Records

ALISON WRIGHT - BOB GRAHAM ROUND

The ladies' Bob Graham record is definitely up for grabs, a lean and mean Alison Wright proved it on 7th July. She missed Helene Diamantides record of 19 hours

11 by just 7 minutes. It's always possible to say 'if only' at times like this and there were at least two places where in less than perfect weather the time was lost. But, the advantage is always with the person attempting to break another's record because at least there is a target to aim for. I reckon that within the next few years some fit lady will complete the round in under 18 hours.

ADRIAN BELTON - SCOTTISH 24 HOUR

The Scottish 24 Hour Record is also under threat. In 1988, Jon Broxap completed a round of 28 Munros in the Affric/Cluanie area. In June and July Adrian made two serious attempts to complete 30 mountains in the area between Ben Nevis and Ben Alder. His intention was to add the 4 Munros north of Ben Alder onto my round which was itself a 3 hour + 2 Munro extension to Ramsay's Round. Foiled on the first occasion by dreadful weather he made another attempt 3 weeks later.

The weather was again very dubious, so rather than tackle the Mamores on a misty wet night he opted (at 4 hours notice!) to base the run at Corrou station rather than Glen Nevis and start off on the less serious hills to the south of Loch Ossian. The logistics for support on big Scottish Rounds are not easy, the wildness of the terrain and isolation are great attractions.

Corrou was only accessible to us by train so you can imagine the bizarre scene on a foul night at Crianlarich station. At 11 pm, three runners dressed in shorts and cags, carrying tiny rucksacks jump on a train for the half hour journey to Corrou where they jump off, switch on head torches before disappearing into the darkness and thick mist. The guard and other passengers were noticeably bemused by strange happenings on the 9.30 to Fort William!

Adrian abandoned both attempts after 17 hours when he was about 2 hours behind schedule. He did however demonstrate that a 24 hour record based on these mountains is quite possible.

MARTIN STONE

Long Distance Relay Records

It is hoped to fill a gap in the records by producing a register of long distance Fell/Cross country relays in Great Britain, on similar lines to the individual register kept by Martin Stone.

I would be pleased to hear from any one who has any knowledge of such relays, their rules, route and records. No matter how old or obscure. Please send details to: Dougie Bell, 20 Old Langley Lane, Baildon, Shipley, West Yorkshire, BD17 6SG. Tel. 0274 599930

Long Distance News

From Ben Hope to Brandon over the Mountains of Britain and Ireland

Sitting in Roger Boswell's armchair at the end of a telephone, I was asked whether I felt apprehensive. I was on a morning chat show with radio Wales and outside I could see the snow piling up on the low hills around Fort William. I don't know the answer I gave but I know how I felt. It was April 17th and I was on my way north to the long awaited start of the run over the 3,000 foot peaks of Britain. I had chosen to start in Sutherland so that I could get injured on the roads of Lancashire and North Wales at the end of the run. Secretly, I hoped to be able to extend the run over to Ireland but though that I or my family could be in no state to go on after 100 days or so in a van en route to Snowdon.

The pacers phone in

Meanwhile, back at home, pacers were phoning base control (Paul Tuson, Sedbergh) wondering whether the late snow had caused me to delay the start date. Tony Cresswell was said to be having kittens and Eddie Dealtry had been sinking to his thighs whilst out on a run in Affric. The start date had been chosen to beat the midgets so I left a white Ben Hope on Thursday April 19th with the company of Paul Tuson and Dave Richardson. Except for Ben Wyvis and A'Ghlas Bheinn I had company on all the British hills. This was a tribute to the commitment of friends and in particular Paul Tuson who kept dozens of maps next to his phone and kept the pacers in contact. On one day in June I had expected to be on my own as no one had phoned Paul by evening but the following day I opened the curtains of the van to see a twitching bivvy sack surrounded by midgets. It was labelled - "Here lies the body of Dermot McDonigle, please disturb." Dermot had phoned Paul at midnight for my location and had then been stopped for speeding in Glasgow as he rushed towards The Bridge of Orchy.

Fluctuating Weather

During the early weeks the weather fluctuated from summer to winter. On some mountains the snow made the mountain descents rapid and entertaining. I had become committed to the idea of self-propulsion during the preparation for the run. This included skiing on studs, running between the peaks and not using ferries for the Isles of Sky and Mull. One day, early in May, I dropped off Ciste Dhubh on a long snow chute and headed for the Cluanie Inn. There I made telephone contact with a boatman from Glenelg. The plan was to row to Kylesheua in slack tide at midday the day after the Cluanie ridge, Sgurr na Sgine and The Saddle. The day was long (nine Munros), and I was ready to eat and sleep by the time I reached the van by the phone box six miles East of Glenelg. Never confident of arrangements made with people I haven't met, I phoned the boatman again. He said "seven in the morning is slack tide." In the late evening darkness, I extended the run to the jetty opposite Skye. Three weeks on the mountains had made me strong and a short road section like this seemed to take nothing out of me provided I spent most of the day eating cluster bars on the run. The following morning, after the gentle row to Skye, I ran on to Broadford for breakfast. There I met Pauline with our motorcaravan and Mike Walford and Phil Clark, the pacers for the Cuillin ridge. The plan had been to climb Blaven the day before the ridge but the forecast was good for the next day so I ran on towards Elgol and got an early night before the big day on the Cuillins. Once on the ridge there wasn't much running. I was guided by Mike's hat, labelled - "Just do it" and Phil's competent handholds. I ended the day in 'The Slig' with scratched fingertips, a strong desire for rounded grassy hills and a sense of relief that it wasn't wet and windy.

What the pacers said

It's difficult to describe so many days on the run in a short space. Comments from Roger Boswell ('it would be a nice day if it wasn't raining'), Helene Diamantides (don't trust her with your camera), Mark Rigby ('it's that hill over there'), Colin Donnelly ('it would be a good bothy if it had windows and a roof'), Mike Cudahy ('no I won't have a slug thanks I've just had some chocolate'), Les Stephenson ('never have I wanted a pint of beer so much in all my life'), Martin Stone ('I'd hate to see you get a ferry'), Ian Rook and Dave Richardson could fill several pages of this magazine. I am planning to write a book with maps and photos sometime in the next few (?) months. To cut a long story short, I completed the 277 Munros in 67 days, the British peaks in 83 and finished on Brandon Mountain in the South West of Ireland after 97 days and 303 mountains. I was lucky to avoid injury, to keep good health, to have the company of fell running friends (25 in all), to have the use of a Motorola portable telephone (thanks to George Scott of Pennine Fell Runners), 10 pairs of running shoes and lots of socks from Reebok, an interest free loan from Yorkshire Bank to buy a motorcaravan (thanks to Dave Hodgson), and the support of my wife, Pauline, without whom I wouldn't have gone further than Altnahara.

HUGH SYMONDS

277 Munros Relay

The idea was to do the 277 Munros, (Scottish mountains over 3000 feet,) as a continuous relay, hopefully within a two week holiday with the weekends at either end. Our schedule was actually for 16 and a half days, but this allowed for 3 hours inactivity every night.

Few Ground Rules

Very few ground rules were laid down - a baton did the rounds - it could be carried in vehicles on public roads and car ferries only; at all other times it was to be earned on foot. In practice, this meant it covered long distances on foot with runners walking/cycling into and out of changeover points.

The Team

The team consisted of 7 from a very mixed background. Tony Payne was the brains behind the attempt, and along with Ian Douglas came with hill walking experience. Hard work over the last few months had seen them accelerate rapidly although Tony badly sprained an ankle three weeks before the start and I doubt many people would have kept going in the circumstances - this with severe tummy trouble and an apparent inability to sleep made his performance quite remarkable. Alwyn Nixon is an experienced fell runner with a penchant for distance events. Rob Howard joined the team in December with no running and little hill experience on condition that he proved his ability nearer the time. John Redmayne, very fit and fast and a lover of the wilds, had no experience of Scotland. Eddie Harwood, orienteer/fell runner was the grand-dad of the team with a solid background for this sort of event. Dave Weir is a top Scottish hill runner and good orienteer.

Flexihol

We also had Diana Penny who catered for us seemingly without sleep, and Colin Powell of Flexihol with his luxury motor caravan, who proved that the name of his business is totally justified by driving at any time, as asked, accompanying runners into changeover bivvies carrying all the gear, and providing the best possible support in other ways.

The start - Skye

Saturday 16th June at 2.30 a.m. saw Eddie start it all off, grateful to leave a solid blanket of midgets behind - what an incentive to run half way up Blaven. He then paid for that climbing onto the main Cuillin ridge. Ian had a long cold wait in the sun-shaded Thearlach-Dubh gap where a climbing team had ropes ready for us. Ian had a warm traverse of the rest of the ridge, and made up a considerable deficit on the schedule. The mainland started with Dave running at race pace to beat an aberrantly short four hour schedule. Rob then suffered from the heat, and a fast start, but lost little on schedule along Glen Shiel. Tony had a steep up and downer (Ben Sgriol), descending in the dark, before Alwyn did the Saddle group as he was to have so often - overnight.

The first wilderness leg

We now had the first of our long legs in wilderness, with the others not knowing how it was going. John scheduled for 8 hours over the Knoydart hills, handed over to Eddie in a remote bothy after less than 5 1/2 hours. Eddie then reached the Quoich dam, a 9 hour schedule, in under 6 hours only to find no-one there. An improvised hitch to find the dozing team wasted an hour, but was never repeated.

North West Scotland

North West Scotland went like clockwork despite two spells of rain, and the first 100 came up in 108 hours, well ahead of schedule. No-one stopped at night, although the desire to send someone else out at night certainly helped speed people along. The inexperienced Rob did the impressive An Teallach as his first ever night experience, and was converted to the idea.

No recreational activities

The anticipated recreational activities never happened because of the relentless speed, even the breaks whilst Ian and Dave went to the far North, and Eddie went over to Mull were only opportunities to catch up with sleep.

South and East of the Great Glen

After Mull, we only had South and East of the Great Glen to do. Somehow it seemed to start slowly. Alwyn had the very rough hills between Glens Creran and Coe in the dark without a torch, and set off at 1.00 next morning up Ben Nevis with a torch which failed early on. In bad weather he was unable to see enough to know whether the snow on the plateau was an easy field or a cornice, and lost an hour before it was light enough for him to realise that the summit was only a yard away.

The following evening Eddie took over in appalling weather to do 19 miles with little over 4 hours of daylight left. Torchlessness required maximum speed, and he read the map onto the last summit with little map reading light left. Rob set off on a 20 mile leg into low cloud and gale force winds at 10.30. The idea of keeping going through the night was now firmly established.

The Cairngorms

Ian, very reticent about the night, had the experience of a lifetime, the next night in gale force winds but with clear weather on Braeriach. In fact the Cairngorms went so fast that the car failed to keep up and a rapid change of support was calculated. Poor Tony, at the height of his stomach bug, anticipating a day-time run, had not take a rest day to try to sleep, found himself setting off in the late evening. This produced one of the few leg write-ups which had nothing good to say.

Ian revisits Glencoe

The chance of our having a peak of the day finish on Ben Lomond was lost, because poor Ian realised that back in Glencoe, he had visited the old summit Clachlet, not realising that a resurvey had made Criese 2 feet higher - he had been

within 500 yards on almost flat ground! Anyway, he had to do it again, and because of the river Etive in spate, it was longer than it might have been.

The finish - Ben Lomond

A good finishing run however got Dave and Eddie to the foot of Ben Lomond in early evening. The rest of the team were spaced out in intervals up the path. Dave (who'd just finished the previous leg), set off with the baton for the first few yards, then handed over, and it was relayed up to the summit to finish in a time of 12 days 17 hours and 8 minutes. The spent runners walked leisurely to the top arriving with a fantastic light bathing the Southern Highlands

The weather was magical at the start and the finish, but in between was poor for June. We had abnormally bad midgets the first part, and a lot of wind and rain afterwards, however we only had serious river crossing problems in one spell. With the right team, the amazing target of a munro an hour (11 days 13 hours) is a definite possibility, although you must not underestimate the logistics and the problem of rest.

The whole thing was done in aid of the Association for International Cancer Research. We found people very generous throughout the run. Any donations would be welcome to the above at North Haugh, St. Andrews, KY16 9SR.

EDDIE HARWOOD

3 Peaks of Great Britain Run - Helicopter Super Veterans Attempt to Establish Record.

Peter Travis (57) and Ed. Dalton (51)

Also in aid of Save the children Fund

Sunday 20th. May 1990

Not in my wildest dreams did I ever consider that I would hold a record in association with the fell running scene, but it has happened. Ed. Dalton (Anglesey) and I have established the Super-veterans' Record for the 3 Peaks of Great Britain (Run and Helicopter) in a total time of 10 hrs. 56 mins. Let me say immediately that I believe there are super-vets who could take that record, but they would have to work hard to do it.

Last year Ed and I decided to have a crack at the 3 Peaks of Great Britain by car, not to try and break any records because it makes it a temptation to break speed restrictions on the roads, but to see if we could do it under 24 hours, we did (23 hrs. 26 mins.). This was done to raise funds for Save the Children Fund.

The attempt by helicopter was also another means of raising funds for STCF. How was it all arranged - with great difficulty and some considerable frustrations. But on the day everything went to plan, not one hitch to spoil a tightly arranged schedule.

The initial difficulty was finding someone or organisation that would provide the helicopter. I approached private companies, the RAF and finally the Army Air Corps. All were very sympathetic to our requests i.e. fund raising and hoping to establish the super-veteran's record, but it was not until I contacted 666 Squadron Army Air Corps that I had a positive response. It was made clear to me that it was only because the squadron was finishing an exercise in Scotland that week that we were able to have this opportunity. (The RAF told us that to use one of their helicopters it would cost around £4,000 an hour!) So one can see why the cost of such a sponsorship is so prohibitive.

I had arranged for various people to accompany us up each peak, to navigate and record/verify times, and without exception all those who played this role were superb. Their navigating skills, helpful remarks, enthusiasm for what we were doing and care (I had a heavy fall coming off Snowdon) were an inspiration to Ed and me.

Roger Boswell came to the Glen Nevis Youth Hostel and at three minutes to six in the morning we were on our way up Ben Nevis. Roger took all the wrinkles out of the climb to the summit and the descent by knowing the best routes intimately and the total time up and down the Ben was 2 hrs. 56 mins. - not particularly fast, but for two 'old codgers' it wasn't bad! There was a very pleasant surprise as we descended the Ben. On the way up came Eddie Campbell who was pacing Hugh Symonds on his epic Munro venture, also for charity. They gave us tremendous encouragement for our attempt and we hope that we did likewise to help them on their venture.

The next part of the attempt was the worst - flying! I have never flown in a helicopter previously and rising vertically and quickly to a height of some 5,000 feet, to ensure clearance of the mountains was not the most comfortable experience I have had in my life. Weather conditions were perfect and with a tail wind we made an extra ten knots per hour flying speed. Refuelling at Prestwick was achieved in just over ten minutes and then we were on our way to Wasdale in a total flying time of 1 hr. 54 mins.

Here we were met by Dave Fenwick et al who took us up Scafell Pike - I had a food bonk part way up the steepest section but John, who was one of the group, helped me out with a couple of ham sandwiches and some encouraging words. Then it was on board the helicopter once again after photographs were taken and the flight to Llanberis took just 1 hr. 06 mins. Superb piloting and navigation by W.O. 11 Mick Sharp added much to the success of this attempt and I am very grateful for his efforts and enthusiasm to ensure good times en route.

We were met at Llanberis by Joan and Dennis Glass, wardens at Llanberis Youth Hostel, and also joined a little later up Snowdon by Eilir Evans. Then it was to the summit! But there was little running up the mountain, but a steady jog down. About a mile from the finish I almost blew it. I fell heavily and thought that I had done some serious injury. But kindness and help from those with us put me right, although I must have gone into a state of shock for some minutes. For one horrible moment I began to consider that it would end there and then - what an irony that would have been! But I was nursed back to the finish and once within sight of the Royal Victoria Hotel my spirits began to rise. There was a reception committee there, children from the school where I used to teach

together with a few friends.

What a day! It has not yet sunk in just what we actually did. Total time: 10 hrs. 57 mins. Running time: 7 hrs. 57 mins, flying time: 3 hrs. 00 mins. The record for the super-veterans is there for the taking and I wish anyone who makes the attempt all the best, but I believe they'll have to work hard at it.

My thanks to ALL who made this day what it turned out to be; an experience that I shall never forget.

PETER TRAVIS

ONE ROUND TOO MANY

After a few pints at last year's FRA dinner, Frank Yates and I mulled over a few possibilities for a suitable 1990 challenge. Having thrown out a few suggestions of a double this (too tedious) or a record that (too fast and skillful), we hit upon an idea that would suit me ideally. At 180 miles it would be long, but not too long. The 82,000 feet of ascent would make it not too hard. I would require not special skills except a certain amount of stupidity, this already being a natural trait of mine - no need to work on that! The Three British Rounds seemed such an obvious challenge it was surprising it hadn't been tried before. After all the Three British Peaks are often done, running, cycling, sailing etc, so I would look upon it as an extended version of that. Ben Nevis, Scafell Pike and Snowdon - plus 110 tops!

I live too far from the hills to get a lot of hill running practice, so after Christmas I made an attempt to improve my 'uphill'. Its fair to say I improved from 'poor' to 'fair has worked hard this term', by July.

"Lots of people have done this before"

As the day drew near, the run took on a different felling, the 82,000 feet was getting bigger by the day. Gill told me to keep it in perspective. "Lots of people have done this sort of thing before", she said. Not that I knew any. Well it was too late to change my mind now, everything was ready, pacers and supporters clued up. Anyway I'd opened my big mouth so many times I had to do it. I searched in vain for some physical reason why I couldn't start. A couple of times I thought I'd found injuries, but they were false alarms. I had to admit, I was fully fit. At last I convinced myself it wouldn't be any harder than the Pennine Way. The 82,000 feet would be offset by the fact that it was ninety miles shorter. I was wrong!

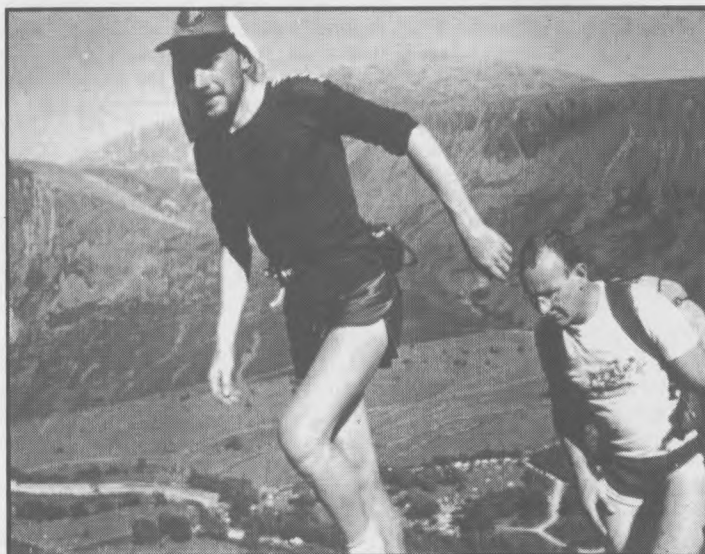
The Moment Arrives

One A.M. Friday 13th July, at last, the moment I 'd been dreading. I hadn't slept at all, a mistake I was to pay dearly for later on. The Mamoeres were dark, misty and lonely, all I had to do was be careful, take my time, get through twelve hours or so of mist without any cockups and the weather should improve. On reaching the top of the Mullach, I shouted, as promised, "Happy Birthday Gill!". What a day to be bom, Friday 13th. She didn't seem to have had too much bad luck, apart from marrying me.

Approaching Stob Ban the mist parted just long enough to show me the orange lights of Fort William far below. "Fort William", I shouted to the mist, "it can't be." Panic started to rise as I checked notes and compass. "Prat", I said to myself as I realised it was of course Kinlochleven. On schedule to meet Alex Macrae on An Gearanach for food and drink, he must have been frozen, having been there all night. Thanks Alex. A good route from Binnein Mor to Binnein Beag chopped a few more minutes off the schedule, soon I was chatting with John Amies and Clive Russell at Loch Eilde Mor.

The Railway Tunnel

Nikes now for the stony track to Luibeil. The trouble with PB's (in my view) is that the ground feels stony even when its not. John and I gained steadily on the schedule over the next three Munros, the weather improving as we dropped to the railway tunnel. A train shot past just before we reached it, a few minutes earlier and we'd have been inside at the same time as the train. Actually, there's probably room for runner and train, but it would be a bit disconcerting.



Mike Hartley climbs Yewbarrow with Scafell's in background. Photo: M. Stone

The Charlie Round Completed

Brian Dodson, Nigel Rose and I made good time up the majestic Stob a'Choire Mheadoin, Pete Simpson and Ian Leighton arriving at the Lairig Leacach just in time. The traverse of Stob Ban and the Grey Corries was an unforgettable experience, blue skies, white quartz on a superb windy afternoon. The climb up Aonach Beag soon wiped the smiles off our faces, somebody said "who ever named these two Aonach Beag and Aonach Mor, got it the wrong way round." Eventually the Cam Mor Dearg Arete and the final climb to the Ben. We stood on top while an obliging climber took our photo. Back to the Youth Hostel to meet Clive and Alex to finish The Ramsey Round in 21 hours 14 minutes and dead pleased.

Regurgitated Pasta

Five minutes later Clive's driving me down Glen Nevis. I got undressed and started to gobble down some pasta while I cooled off. Suddenly my temperatures sky high, I'm feeling sick and looking for a plastic bag to put the pasta back in. I could have deposited it straight back in the food flask, but didn't think of it in the heat of the moment. Clive suggested we stop, but I wasn't keen, standing naked in the middle of Fort William regurgitating the previous twenty hours carbohydrate intake would have been the ultimate in carbo-bleeding before the Bob Graham. Of course I may have been taken for Mr. McAverage setting out on his Friday night binge. Eventually I settled down to sleep on and off during the trip to Keswick.

Jelly Babies

Dawn broke as Graham Eccles, Geoff Fletcher and myself topped Skiddaw. The PB's had disintegrated in Scotland, so I was now wearing a hybrid of Asics with Rivington Pike soles. Luxury, total comfort. The only recollection I have of eating on this leg is of Jelly Babies. Geoff gave me a large bag full and by Blencathra I'd scoffed the lot. Halfway down I found Graham's habit of talking to me while I squatted for a call of nature somewhat unsettling, but said nothing. Well okay, fair dos, just as long as he keeps a safe distance.

John Amies' van at Threlkeld provided a safe haven from the midges as I ate rusks and Complian. Andy Brear and Howard Sawyer kept me nicely on schedule over the Dodds, the Helvellyn ridge and onto Fairfield. As we descended Seat Sandal I was amazed to see six or seven cars waiting for me. I was pleased to see Gill waiting at Dunmail, it was the first time I'd seen her since setting out on this crazy venture.

Dumail to Wasdale

After a brief rendering of "Happy Birthday", this time for benefit, John Amies and Clive Russell, led me up the 'not as bad as it looks' Steel Fell. Still gaining on the schedule we were soon over the Pikes and onto Rosset to meet a large piece of melon waiting with Frank Yates. A good route up Bowfell, back into the Nikes and off towards Wasdale. Andy and Howard met us again on Scafell Pike and we all set off for Mickledore. Frank, having proved his rock climbing prowess by falling off Allen Craggs during last year's O.S., was an obvious choice to lead the way up Broad Stand. The tricky bit being made easy today by a tape sling hanging down the corner. It was a pleasant surprise to find a reception of Wasdale fellracers (long distance contingent) waiting at Wasdale Head. They looked so cool and fresh I found it hard to believe they'd actually done this arduous circuit, it probably wasn't long enough for them. A time check here showed I was 1 hour 15 minutes up on a 25 hour 18 minute Bob Graham schedule. A sub 24 hour round looking a real possibility.

Just Sub 24 hours for BG

The night gear, plus plenty of fluid for the next dry section, meant that Colin Brooke had to shoulder what looked like a very heavy sack. I needn't have worried, he looked so strong I don't think he even noticed it. Every time I asked for something it was always at the top and never any trouble. Pacing 'par excellence'. Darkness fell on Green Gable, Graham and Geoff were back with us now, they confidently cut a few corners of the path on the way to Brandreth. Suddenly I'm tired, very tired, knee hurting, feet hurting, never seeming to get the right line. I stumbled down to John's van. Slumped inside I felt miserable and could easily have given up. The knowledge that I might just break 24 hours making me carry on.

A reasonable crossing of the last three hills put us at Newlands with one hour left. Its normally about 46 miles for me, but with the extra mileage in me I knew it would be close thing. Those last few miles hurt a lot. I thrashed myself to go under 24 hours, but not looking forward to relax and reflect on success but in the knowledge that I would get in the back of a car, travel down to Wales and start all over again. We made Moot Hall in 48 minutes. The Bob Graham in 23 hours 48 minutes, fantastic! The sensible thing to do would have been to pack up, be satisfied. We never even discussed it.

The Drive to Plas-y-Brenin

Richard Ezard drove me down to Plas-y-Brenin with Gill navigating. I don't think I really slept, more a sort of painful, uncomfortable doze, constantly tossing and turning in an attempt to find some relief from the many aches and pains. As we sped along the coast road towards Conway, behind us, the rising sun was a huge red ball sat on the horizon.

Starting the Paddy Buckley Round in poor shape

I felt in pretty poor shape as we set off from Plas-y-Brenin, I didn't know how far I could go, if anywhere. Slowly jogging along the ridge from Moel Siabod to Glogwyn-Bwlch-y-Maen, I realised I was still alive, so I may as well continue. Geoff Pettengell and Mike Laurence looked after me well, it must have been



Ken Taylor finishes Bob Graham at Wasdale. Photo: M'S. Bateson

tedious for them, with me going so slowly, moaning and groaning very step of the way. Geoff actually defying doctors orders so he could run with me. I was glad to see Gill and Richard had walked up to Bwlch Cwmorthin. I took a pain killer now to relieve devastated feet and an increasingly painful knee.

John Amies joined us as we set off for the Moelwyns, the good visibility making the contour to Nricht straightforward. Before long we were jogging into the Aberglaslyn check still up on a three and half day schedule.

Pace slowing on fourth night without sleep

Frank Thomas and John Amies talked me up Moel Hebog, a long and hard climb at this stage. We all had a good moan about the poor quality of Y Gym and Mynydd-Y-Ddw Elor. The rain made the rocky ridge to Y Gam slippery and awkward on tired legs and sore feet. I left Rhyd Ddu with Pete Simpson and Ann Stentiford in improving weather. Now 1 hour 41 minutes up on a three and a half day schedule but also 19 minutes down on a 29 hour 10 minutes Paddy Buckley Schedule. However, I still thought I may make up some time, and a 27 hour crossing wouldn't be impossible, therefore giving me an average of 24 hours per round. How very wrong I was! This would be my fourth night without real sleep, I had no idea what was in store for me. My pace slowed all the time as we climbed towards Snowdon, through thickening mist. A sort of numbness gradually enveloping mind and body. Suddenly all the pain and effort was forgotten, just for a few minutes as we stood above the clouds, it was like being on the edge of a huge cauldron, waves of steam surging up the flanks of hidden hillsides. Snowdon being so high with the cloud so close beneath us, we could see no other land. Torches out as we left Crib-Y-Ddysgl, then down into the boiling sea of cloud.

Having only had about four hours sleep in four nights, I was deteriorating rapidly. Eventually, feet hurting, head swimming, I was forced to sleep. To lie on the side of the track was a tremendous relief, total relaxation, total escape from the constant movement of the last seventy hours. I knew it was only temporary, but it didn't matter, at that moment a few minutes rest was everything my body wanted. Anne and Pete sat by me and patiently waited. Pete woke me after fifteen minutes and we set off for the last four hills before Llanberis. The easy grassy descent of Moel Eilio ends with a steeper, awkward section, again I was slipping and stumbling, frustrated at seeing Pete and Anne gliding effortlessly through the darkness. I knew I'd have to stop at Llanberis for a proper sleep, if not, I'd be forced to stop again on the fellside. "Forty-five minutes sleep, and I'll be away within the hour", I said to Gill as we arrived. I don't know how she found the strength to wake me, knowing how tired I was. Sixty two minutes after arriving I struggled out of the Ritz like luxury of John's van feeling dreadful. Gill, Clive Russell and Clive Lane walked with me as I hobbled up the road towards the quarries. Gill said she'd seen me worse, it was true, but why was I going through this? Why were we both going through this? The pain, no matter how great, would be worth it if success was the end result. If the attempt ended in failure, the pain of the disappointment would be far worse. I'd never been out this long before. I was physically and mentally into new ground and didn't know what to expect. Dawn broke (for the fourth time) on Eilider Fach. By Mynydd Perfedd I wasn't doing much running but I knew if I could stay awake I may just complete the route in three and half days. The tiredness was pressing down on me again, lack of concentration on the ground in front would result in dizziness,

blurred vision and stumbling. Finally while the Clives repaired my big toe I took a couple of Pro Plus tablets. Brocken spectres on Y Gam, superb cloud formations, Gill and John Amies waiting at Llyn-y-Cwn revived my spirits. After a spaghetti breakfast the steep pull to the Glyders didn't seem too bad, we all marvelled at the stupendous views of mist and mountains.

The Descent to Plas-Y-Brenin

I hated the descent from Tryfan to the A5, the pain in my feet being increased by the heavier downward steps. Anne Pete and Clive Lane encouraged me on the climb up Pen-y-ole Wen, very slow now but it didn't seem important, on a beautiful day and the last five hills of a very, very long weekend. We ambled along Craig-yr-ysfa, Anne and I chatting about the rock climbs we'd done. Eventually after one false top we were on Pen-Liithrig-Y-Wrach, the last hill. Pete said it was a historic moment. I suppose it was, in our own small personal and very specialised sort of way. For a change a route down finding a small track all the way to the bridge, a steady walk down the road to Plas-y-Brenin, in a total elapsed time of 3 days 14 hours 20 minutes.

No lasting damage

It felt a bit like getting drunk, doing something you like, until you go too far and then regret it. I suffered no lasting damage, in fact I was out two weeks later pacing John Amies over a section of the Paddy Buckley. So, although I may have said, "I'm never going that far again", I expect I shall. Whose round is it next?

Thanks to all my pacers and supporters who made it all possible and worthwhile.

MIKE HARTLEY

CUILLIN RIDGE RUN

The run was done on Saturday June 2nd, starting at Gars Bheinn at 10.30 am and finishing at Sgurr nan Gillean at 2.03 pm, following the routes as established by Andy Hyslop in his 1984 record run (i.e.: all 11 Munros and the four major climbing obstacles, namely the T-D Gpa, King's Chimney, In Pinn, and Naismith's Route on the Bhasteir Tooth). The total time of 3 hrs 33 mins. split as follows:-

Sgurr nan Eag	0.19
Sgurr Dubh Mor	0.44
Sgurr Alasdair	1.03
Inaccessible Pinnacle	1.35
Sgurr na Banachdich	1.52
Sgurr a'Mhadaidh	2.20
Bruach na Frithe	3.12
Sgurr nan Gillean	3.33

The run was done solo without support. A liberal intake of Cremola foam drink on the approach to Gars Bheinn sustained the effort. Would this get past the Olympics Drugs Committee I wonder?!

Conditions were ideal - cool yet windless with high cloud cover - though some of the rock sections were slightly damp from earlier showers.

The time of 3.33 substantially lowers the record of 3.49.30 set by Del Davies in 1987. My intimate knowledge of the Ridge obviously helped here.

My arrival at Gillean was recorded by John Coatsworth of 31 Oxford Road, Carshalton, Surrey SM5 3QZ, but unfortunately there was no-one around to verify the start at Gars Bheinn.

The Ridge is a magnificent and highly dramatic run, but a controlled defensive style is essential. An "eyeballs out" dash would only lead to injury or death. I got away with one nasty tumble on Sgurr Mhic Coinnich. The rock climbing sections give brief rests from aerobic effort, but certainly quicken the pulse.

by MARTIN MORAN

A Neighbourly Challenge to Ben Nevis

1991 Aonach Mor Hill Race.

Under SAAA Rules with an UPHILL finish.

Fee £5, Inc Gondola runs.

Incorporates SHRA Championship Counter and Team Events, SHRA Ladies 6 V FRA Ladies 6.

SHRA 'Bakers Dozen' V Fell Runners Assoc 13.

2nd June at 12 noon.

MARKED COURSE MUST BE FOLLOWED. Starts 1/2 way UP Aonach Mor at Restaurant, gong to race summit, and has a 25 min + or 2,000 ft + UPHILL climb to finish line.

Entry forms & details from

E Campbell, Kisimul, Alma Road, Fort William, Inverness-shire.

10 mile, 3,500ft, Category A, Medium.

Another Highland Challenge Welcomes Everyone.

LATE RESULTS

CARLSBERG CULTER FELL CHALLENGE

3.6.90

1.W. Gaunt P&B	1.55.22
2. D. Rodgers Loch	1.58.48
3. A. Bennet W'lands	2.00.18
4. A. Dyth Clyde	2.00.48
5. P. Marshall Hadd	2.03.51
6. D. Bell Help	2.03.54
7. J. Aitken Hadd	2.03.57
8. J. Blair-Fish Cam	2.04.03
9. M. Ogston HBT	2.05.30
10. J. Wilkinson Gala	2.05.38
Veterans 0/40	
1. P. Marshall Hadd	2.03.51
2. M. Walford Kend	2.07.03
3.T. Ross Fife	2.14.09
Veterans 0/50	
1. D. Amour SVH	2.16.33
2. G. Armstrong Hadd	2.18.39
3. P. Brooks Loch	2.22.07
Ladies	
1. P. Colder ESPCS	2.08.43
2. L. Longmore ADAC	2.50.29
3. C. Farrell Clyde	2.50.39

Veterans 0/40

1. D. Amour SVH	2.16.33
2. G. Armstrong Hadd	2.18.39
3. P. Brooks Loch	2.22.07

Ladies

1. P. Colder ESPCS	2.08.43
2. L. Longmore ADAC	2.50.29
3. C. Farrell Clyde	2.50.39

MOEL SIABOD FELL RACE Gwynedd AM/6.2m/2300ft 21.7.90

1. C. Donnelly Eryri	46.32
2. E. Roberts Hebog	46.39
3. D. Hughes Eryri	48.55
4. P. Cadwallader Sefton	50.47
5. H. Parry Eryri	50.52
6. A. Darnell Eryri	51.14
7. D. Davies Hebog	51.26
8. L. Cadwallader Sefton	51.46
9. A. Nicholas Eryri	52.19
10. G. Williams Eryri	52.49
Veterans 0/40	
1. H. Parry Eryri	50.52
2. D. Davies Hebog	51.26
3. J. Morris Clwyd	59.14
Veterans 0/50	
1. R. Hird Unatt	56.45
2. G. Lloyd Wrex	65.30
3. D. Charles Eryri	71.29
Ladies	
1. R. Parry (V) Eryri	68.58
2. S. Bennell (V) Eryri	81.39
3. S. Lloyd (V) Wrex	89.49
4. N. Lloyd (V) Wrex	89.50

Veterans 0/40

1. H. Parry Eryri	50.52
2. D. Davies Hebog	51.26
3. J. Morris Clwyd	59.14

Veterans 0/50

1. R. Hird Unatt	56.45
2. G. Lloyd Wrex	65.30
3. D. Charles Eryri	71.29

Ladies

1. R. Parry (V) Eryri	68.58
2. S. Bennell (V) Eryri	81.39
3. S. Lloyd (V) Wrex	89.49
4. N. Lloyd (V) Wrex	89.50

SNOWDON RACE

Gwynedd AM/10m/3200ft 28.7.90

The race was held in ideal weather conditions a few days before a freak heat wave descended on Snowdonia.

Robin Bergstrand dominated the uphill section with last years winner John Lenihan in close pursuit. Bergstrand had nearly half a minute lead at the summit over L. Fregona who has a reputation for his downhill exploits in his native Italy. Fregona ran to form and descended in a new record time of 21.15. England won the team event with Ireland and Italy behind.

In the newly introduced ladies section the winner was Tricia Calder of Scotland. England won the team event with Scotland and Wales behind.

1. L. Fregona Italy	1.03.28
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2. R. Bergstrand England 1.05.01	
3. J. Lenihan Eire	1.05.23
4. H. Griffiths Wales	1.06.38
5. L. Bortoluzzi Italy	1.07.16
6. E. McMahon Eire	1.07.28
7. S. Livesey England	1.07.46
8. J. Taylor England	1.07.53
9.G. Devine P&B	1.08.05
10. D. MCGongile Scotland	1.08.27
11. G. Schofield Black	1.08.38
12. J. Wilkinson Scotland	1.08.53
13. T. Jordan Eire	1.09.09
14. P. Cadwallader Sefton	1.09.22
15. G. Patten MDC	1.09.27
16. D. Hughes Wales	1.09.31
17. G. Brady Eire	1.10.04
18. A. Trigg Gloss	1.10.10
19. D. Rodgers Scotland	1.10.20
20. M. Fleming Amble	1.10.26

Veterans 0/40

1.A. Hulme PFR	1.12.55
2. H. Parry Eryri	1.14.18
3. J. Patterson N.I.	1.15.02

Veterans 0/45

1. D. Williams Eryri	1.15.10
2. D. Kearns Bolt	1.19.18
3. J. Morris Clwyd	1.23.08

Veterans 0/50

1. N. Matthews Horw	1.21.07
2. R. Bell Amble	1.21.54
3. B. Thackery DkPk	1.24.00

Ladies

1. P. Calder Scotland	1.17.25
2. P. Gibb England	1.21.22
3. C. Cooke England	1.22.27
4. J. Darby Scotland	1.23.23
5. L. Kirk MDC	1.23.37
6. J. Smith England	1.24.56
7. J. Robertson Scotland	1.25.14
8. L. Hughes Wales	1.26.15
9. H. Peelo Ireland	1.27.05
10.C. Hughes England	1.27.59
11 C. Hunter-Rowe P&B	1.28.48
12. J. Harold Horw	1.29.03
13. D. Kenwright Wales	1.29.29
14. S. Farrer Wales	1.29.30

REETH HILLS FELL RACE

Yorks AM/12.5m/3300ft 29.7.90

This race takes in some of the choicest area's of North Yorkshire and on a fine day Dave Woodhead managed to win the event after finishing second on previous occasions. On the final descent Dave took a fall and realised only a few days later that he had broken three ribs!

1. D. Woodhead Horw	91.55
2. P. Connor (V) Mand	92.19
3. A. Curtis L'stone	93.02
4. G. Moffatt Howgill	94.28
5. A. Hauser Holm	96.18
6. M. Fayers R&Z	96.54
7. V. Rutland Mand	97.49
8. R. Bradley (V) Holm	98.47
9. A. Jenkins Prest	98.50
10. S. Taylor Prest	99.15

Veterans

1. P. Connor Mand	92.19
2. R. Bradley Holm	98.47
3. G. Newsam Clay	104.08

Veterans 0/45

1. R. Stevenson Mand	112.03
2. G. Webster Mand	116.27
3. R. Gray Mand	126.24

Veterans 0/50

1. P. Barker Mand	124.54
2. J. Watson	125.02
3. W. Johnson	132.34

Ladies

1. R. Pickvance Clay	111.05
2. S. Haines Ilk	112.54
3. S. Watson (V)	118.26
4. A. Curtis (V)	120.09

GRIPPING YARNS

No: 7

HORIZONTAL
BONKING!



Wheef



Climbing Green Gable from Windy Gap at Borrowdale. Photo: Peter Hartley



Hugh Symonds on Ben Lawyers on his Mountains of Britain Run. Photo: Alan Thomson.

