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FELL

runner



January 1991

PB's

by Walsh

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Thanks To All

This is the final magazine I am editing though I may remain as a member of the editorial team as I intimated in the last magazine and at the AGM. I am handing over to Neil Denby from Denby Dale and there is a short profile of Neil on the back inside cover. I wish to thank all those who have contributed articles, cartoons, and pictures while I've been editor and also my training partners who have had to hear about all the hassels while we've been training together; also my work colleagues who have to stand in for me when I've gone to visit the printer or typesetter.

The Future

I hope in handing over the magazine that we will be able to devolve some of the tasks away from the editor and that a team scattered around the country can co-operate to produce future magazines. The much talked about computerisation could help us to pass copy around and also reduce considerably the bills for each magazine. The AAA has indicated that it can make grants available for computerisation; it's just a matter of the FRA computerisation subcommittee making decisions.

The relationship between the Fell Runner and Up and Down still needs to be sorted out. The AGM felt that the two could live alongside each other but we need to be clear exactly what the purpose of each is and not be drawn into marketplace competition. It makes life a lot easier if contributors do not send the same articles and pictures to both!

Trail Running

In a letter below, Paul Sewter suggests that a Trail Racing Association is formed. I enjoy both extremes of rough Fell Races and continental style races and feel we should remain in one organisation unless we wish to devolve the World Cup selection and training elsewhere. It must be questioned whether the £800 voted by the AGM to this latter activity will be adequate. As mentioned in the last magazine the FRA helped send Danny Hughes to two World Mountain conferences this year, one from FRA funds and the other through the expenses of a team manager to an invitation race. These activities should really come under the World Cup funding along with other activities which will be needed to develop the International Trail Racing side of the sport.

The Championship

I hear that the committee has now in its wisdom appointed a subcommittee to look into suitable races for championships. Following the problems with Ben Nevis entries in 1990, the committee has laid itself open to criticism for the 1991 championship, choosing one Scottish race, Ben Screel, which has never been in the FRA calendar before, and being forced to use Thievely Pike, a central Lancashire race, as a Welsh race. Also the 1991 selection appears to emphasis the trail type of race. We must wish the new subcommittee luck and those of us interested in championships must feed them with ideas. This may be done by writing to the Fell Runner in the first instance.

John Blair-Fish

Front Cover: John Blair-Fish, winner of Pentland Skyline, going up Caerketton, Back Cover: The climb to the summit of Blisco at Langdale. Photo: Peter Hartley the first peak Photo: Brian Covell.

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^issociA-no¹⁴

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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 6th May

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THE EDGE.

LETTERS

The Fell Runner and Up and Down

As suggested at the AGM, I am writing to you to explain for publication to a wider audience the reasons behind my Motion to consider discontinuing production of the *Fellrunner* and possibly making *Up and Down* the official FRA magazine.

Firstly, to clear the ground I have no connection whatsoever with *Up and Down* and have no complaints about either the *Fellrunner* or its editorial structure; on the contrary I look forward to the magazine coming through the letter-box and have nothing but respect for the selfless dedication of anyone who volunteers to undertake the mammoth task of being its Editor. However, in the present circumstances of increased FRA membership, increased numbers of races each year and consequent increased demands on the magazine and its editor I would seriously question whether the *Fellrunner* is providing the best service for the membership, especially bearing in mind that the cost of the magazine represents a VERY large proportion of people's membership subscriptions and it is incumbent on the Officers of the FRA to ensure that this is being spent in the best possible way.

Three of the services the *Fellrunner* provides are race results and reports. Championship position updates and Calendar alterations and updates. At present Dave Weatherhead operates an excellent data/report collection system for race results, Mark Hobson battles valiantly and successfully to extract the Championship situation from race organisers and I try to do my bit on the Calendar - BUT, because the magazine comes out only three times a year, most of this information is hopelessly out of date by the time the membership receives it. In fact I never send some of the Calendar information in to the Editor because the races will have been run before the next edition is published. Not only is this an unsatisfactory situation but if most of the results have already been published in *Up and Down* then, increasingly, the *Fellrunner's* results section is going to become largely redundant. If our current data collection system were linked to *Up and Down's* two-monthly publication schedule then everything would be that, much more up to date and the FRA membership would be receiving a far better information service than they do at present.

The issue of FRA official and editorial freedom being lost if there were to be a merger with *Up and Down* seems to me to be largely a red herring; Dave Woodhead has made it perfectly clear that he would include any FRA Committee/Editorial material in *Up and Down* in the same way as the 'Felltemative' is presently included, so the FRA's official voice would continue to be heard, but at more frequent intervals, which would surely

be advantageous. For him to do otherwise would be counter-productive in commercial terms because any merger with *Fellrunner*, whatever form it might take, could only result in his magazine improving the quantity and relevance of its material and the size of its circulation.

The obviously contentious area of the proposal is that it would involve a re-structuring of the present membership subscription, probably to a two-tier system where the basic subscription (which would presumably be considerably less than at present) would purchase the Calendar, any other FRA publications and the discounting power of the FRA membership card and the upper subscription level (somewhere around £10 I would imagine) would also include a year's supply of *Up and Down*. I feel the membership would in this way get a far more functional and regular service; the efforts of the various FRA information gathering/dissemination personae (me among them) would be better served and the FRA would no longer have to impose on some generous-minded, gifted and committed person to take on the task of Editor, a job which may well have been reasonable up to a few years ago but which, I would suggest, has over the past few years grown in complexity to the point where it is no longer an appropriate position for anyone other than a full-time professional.

I would like to conclude (almost) by referring to the parallel situation which has existed most successfully for years between the British Mountaineering Council and *High* magazine — everyone concerned appears most satisfied with the arrangement there and I can see no reason why the FRA cannot take what seems to be to be a golden opportunity to establish a similarly successful partnership with *Up and Down* to the benefit of all parties concerned.

I agree totally with the AGM's decision to reject my proposal at the meeting; the role of the *Fellrunner* is a matter of a basic policy and ought to be considered and decided on by the whole of the FRA membership, not just the minority (all credit to them) who attended the AGM. I would, therefore, suggest that the *Fellrunner* include a questionnaire on the issue so that ALL the membership has an opportunity to express its views and that the results of that questionnaire be taken as the determinant of what happens to the role of the *Fellrunner* in the future.

Sorry this letter's so long, but I was asked to produce it and I do regard the issue as being of considerable importance in the FRA's affairs - I rely on John's editorial integrity to print the lot and I apologise to anyone who gets bored halfway through !!

DAVE JONES

Shocked by English International Development Committee Proposal

I have just received the invitation for the 1990 A.G.M. It's a bit too far to go to attend, so perhaps I can add a distant voice to a debate that may well be dead now.

I was shocked and disgusted to see that there was a motion for transferring money, from F.R.A. funds to an English International Development Fund. (No mention of a Welsh, Scottish, Manx, or Irish Fund).

I would like to suggest putting this money - and any other funds the F.R.A. might have as surplus - towards a cause that will benefit ALL fell runners: one of the money funds being set up to repair and protect the paths and tracks we use. Recently *Climber & Hillwalker* have launched a campaign with this aim.

How much money does fell running put into the environment? Yet we do a sight of damage to it. The trail of Mars Bar wrappers and broken staminade bags that line the course after a race soon get blown away, but the paths don't. The first time I ran the Borrowdale in 1982, you had to navigate from Bessyboot to Esk House. The last time I did it, in 1987, the map stayed in my pocket and I followed a path. The only people who would ever use this winding, contouring line are runners receiving or running in the Borrowdale. No doubt now it is even better defined and in their next survey perhaps the O.S. will include it. Fell runners create paths and they further erode existing ones. There has been talk recently of access problems for some of the long established races, with environmental damage cited as a reason for altering routes, or even stopping races. In these environmentally aware times, shouldn't the F.R.A. be concerning itself with what its members are doing to the fells, and putting back into the environment money as payment for the pleasures we all receive? We would all benefit. As for having an International Development Fund: how many people are going to see any of the £800? N.J. Dinsdale, with a lot of letters after his name, in the January 1990 *Fell Runner* makes a good point: "Serious athletes should decide as to whether they are going to be Fell Runners or Fell Racers of International Calibre". I'm serious, (I go out almost every day) even if I'm not of International calibre, but there is no question but that I'm a Runner. Of course I enjoy competition, but the point is that the 'R' in my club's initials stands for Runners, as does the 'R'; in F.R.A.

I pay my subs to Running organisations to be represented by them as a runner and I would like to see the F.R.A. representing me and the thousands of other Runners. If these Fell Racers want a club for themselves then let them set one up. but as they seem to be interested in Mountain Running i.e. international style as opposed to Fell Running, don't let them call themselves Fell anything.

Andy Styan, (June 1990) was right: if we are really going to take on

the Italians, then let's be serious about it and get the best people for the job, which may well mean attracting athletes from the road, track or cross country. As far as I can see this European Sport is no more Fell Running than a Marathon is. It's a different sport and perhaps it needs people drawn not just from Fell Running to compete in it.

And as for all this business of race-fatigue (Tony Trowbridge): that smacks of road running where they do lots of training and not much racing. We never used to hear of race-fatigue when the likes of Billy Bland, John Wild and Kenny Stuart would turn out every weekend and not just win, but break the record too. Kenny even won a world championship race, once, I think.

RICK ANSELL

P.S. We could even pay an extra couple of quid on the subs to go towards a suitable fund.

P.P.S. I've found a race that even Jack Maitland won't know about!

Proposal for a Trail Racing Association

The last few years have seen fell running under pressure to expand both in the number of races and competitors. This expansion has quite rightly been carefully controlled by the F.R.A. and individual race organisers, mindful of both environmental and safety considerations.

However the F.R.A. calendar is listing an increasing number of races. Many of these new races and others not listed but run under 'F.R.A. rules' are not real fell or mountain races in that they do not incorporate trackless open fell or mountain terrain. These races are restricted almost wholly to way-marked tracks, paths and roads; unlike fell racing the amount of climb is not a significant factor.

To accommodate these races I suggest a new category. Trail Race, should be recognised with its own organising body, the Trail Racing Association (T.R.A.). Organised and run like the F.R.A. it could eventually run its own future list and championship with long, medium and short races based on time or distance. The amount of climb need not be a factor of classification.

Trail racing is popular in the U.S.A. where it dominates over mountain racing. In Britain it would serve as a useful filter between road running and fell running; its specific terrain of metalled tracks and paths based on the network of rights of way, bridle and footpaths would be more able to withstand the environmental pressures of larger number of runners than can be accommodated by its relatively fragile uplands of Britain. With the amount of climb not a classifying factor, trail-racing could be truly nationwide with races in all areas of the U.K. including East Anglia!

Britain is blessed (for the moment) with a wide variety of public ways already popular with walkers and runners. But such paths and tracks must be the last terrain not formally utilized into a recognized competition.

PAUL SEATER

All should pay for erosion.

I feel I must put my views on the erosion issue on to paper. I firmly believe that we all have a right to access to the hills and fells of Great Britain freely, and without having to pay for the privilege, but feel we are all being a little bit naive in thinking that the Government and/or voluntary organisations will reinstate the footpaths after we have left.

I would like to see all people who use the fells pay, not for right of access, but for reinstatements, to a central fund maybe administered by a non-political group of people. I don't know how other groups such as the rambles, mountaineers etc would administer this, but our Association could pay either from the central fund, or by individual, or race levies.

If we were to be seen to be contributing to the reinstatement of footpaths, damaged walls etc, then maybe some landowners would be more willing to allow us over their land, and also alleviate confrontation between groups who pay vast amounts of money (e.g. anglers, gun clubs etc) to practice their 'sport'.

Yours sincerely
B. DUFFIELD

Retiring Competitor at Wasdale Causes Confusion

Will you please put the following announcement into the Fell Runner.

"Confusion reigned at the 1990 Wasdale Fell race (21 miles, 9,000 climb) when a runner left the race scene without reporting to the finish. Although he announced his retirement from the race to a checkpoint official, the fact that he was not accounted for as having come off the fell caused an alert which was only stood down when he was located at his home much later.

Both local race and F.R.A. rules emphasise the overriding importance of "reporting to the finish" if you have started a fell race. Such rules are devised, not for the convenience of organisers only, but for the safety of all competitors.

C.F.R.A. have suspended the runner in question from competing in the race in 1991.

D HUGHES
Hon. Sec. C.F.R.A.

Re-cycling Walsh Shoes

I am writing to you concerning the re-cycling of Walsh fell running shoes.

On a recent visit to a sports shop in Settle I was intrigued to see a pair of second hand, one careful owner, only done a million miles, or so it looked like, shoes for sale at a cool £30. Could this be the greening of the F.R.A.? So instead of giving the dog your old shoes or letting them decompose on the compost heap what about re-cycling? Could they reach classic car prices as an antique of the future?

On a serious note I don't think it is a good idea wearing other peoples'

cast-offs because the former owner must have had a different running style, so who knows what damage could occur to the new owner's feet!

Yours faithfully
MARTIN EMPSTALL

WHO'S GOT IT?

Lost:-A glass tankard inscribed

F.R.A. BRITISH
CHAMPIONSHIP 1988 FIRST
MAN

Rightful owner: COLIN DONNELLY
Please contact at races

or
write to him in LLANBERIS,
Gwynedd, LL55 4TT

In 1980 Billy Bland asked me to photograph all the trophies he had won during his successful Championship winning season "before they all go back".

In 1990 I set myself a similar project for the triple British Champion Colin Donnelly to shoot his three British Championship tankards.

Unbeknown to me he only had the 1987 trophy. I obtained the 1989 one and arrived in Llanberis this autumn prepared to shoot the three together. Alas the 1988 was absent.

WHO'S GOT IT?

Please let me know. I'm at 16 New St, BROADBOTTOM, Hyde, SK14 6AN

Yours in Sport,
NEIL SHUTTLEWORTH

1990 KIMM Entry Process Management

I have enclosed a copy of my letter to Karrimor drawing attention to this years entry issue together with some solutions.

Dear Mrs Longbottom,

I would like to take this opportunity to bring to your attention problems with the current KIMM entry process.

This year the entry lists were completed in what appeared to be four working days. Team members that live remote from each other and where both personally endorse the form failed to gain acceptance. This situation was due to the widespread practice of one competitor only endorsing the form for both participants. This is quite wrong and against the requirements that both competitors acknowledge responsibility for the entry and verify their experience.

The practice has developed over recent years due to the popularity of the event, and I suggest the way that the entry system is conducted. I have a number of suggestions that will stop this practice and ensure a higher level of participant standard in line with the original Gerry Chamley concept. These are made as positive proposals for the benefit of the event, organisers, and competitors alike.

Proposed Solutions

1. The entry forms should initially be sent to those competitors who successfully completed the

previous year's event. They should have four weeks to register. This should improve the standard as approximately 50% of last year's participants failed to successfully complete their courses. Additionally, this would also ensure that the previous year's prize winners would get first refusal.
NB.As prize winners from last year we were initially refused a place although our form arrived at Karrimor five working days after general release. We live some way apart and correctly endorsed the document.

- The balance of places should then go to those who apply in writing for an entry form. They are then showing a high commitment to participate, and this should be matched in determination during the event. Again four weeks should be allowed after the initial entry phase 1 in which the forms should be returned correctly endorsed. When one is in a 'sellers' market one does not need to 'mail-shot' for uptake; one gets over-subscription, frustrated expectations, and dissatisfied Customers.
- In phase 1 and 2 procedures above the forms could be uniquely numbered or colour-coded to stop photocopying, and forms from phase 1 being used in phase 2 etc.
- No entries to be permitted where a complete team has not been specified. Eg. blank names, A Nother, TBA etc.
There were approximately 17 such occurrences this year. This is unreasonable when other competitors of over a decade of successful support have been refused!

I appreciate that organising an entry on this scale is a major commitment of a Company's resources. However, there are now organisations that specialise in this type of service and hence could be more cost effective. The reduced mail cost would also contribute to a better funding overall. In these times of ever increasing cost this is a factor to be considered in itself.

As a fallback in addition to the four items above you could make all Classes Score events; graded by time and score attained. This would ensure more emphasis on navigational skills, lower environmental impact (no crocodiles in the B and C Classes), and a higher safety margin by all teams being in camp prior to darkness on the first day.

Once again I hope that these suggestions will be viewed as a positive contribution from a competitor of over ten years successful experience in the ELITE, A, and Score Classes.
Yours sincerely

JOHN SIMPSON.
1990 Competition FRA No 1685
BOF No 153721

Block entries for Championship races

In the light of the unfortunate events surrounding the refusal of Colin Donnelly's entry into the Ben Nevis race, and the obvious cloud over the

British Championships this year, I should like to put forward the following ideas.

Could the FRA undertake to organise a block fee for the British Championship series?

There are at least two possibilities: one would be for a flat fee to guarantee entry to all designated Championship races and to include all the individual race fees. Or, a fee could include guaranteed entry only with race fees being sent by closing dates, as usual, directly to the individual race organisers.

The idea of a single fee to book a place in the Championships has obvious advantages.

Training and year planning can be undertaken with the certainty of guaranteed entry; worry over entry dates and rejection would be eliminated.

A similar system could operate for the National Championships or could be incorporated into the above fee system.

This type of system is in no way intended to set up an elite list of runners, as it would, I hope, be open to any member.

One of the advantages of these ideas is that there would be no change in the current booking system for those who did not wish to book via the F.R.A. or compete in every race. Also a list could be joined at any time during the season, although later participants would receive less benefit.

I am sure the F.R.A. could negotiate with race organisers to accept a pre-booked list of runners. If difficulties arose, maybe some races could not be included in the Championships.

It is I feel the responsibility of the F.R.A. who, after all, organise the Championships, to make sure that the very best runners are encouraged to participate. Taking out the uncertainty of entry, now in the back of people's minds, would I am sure only enhance the sport.

There could also be serious financial benefit to the F.R.A. in a system approximating to the above.

Personally I should like to see funds raised in this way directly returned to the Championships, greater depth, with more encouragement and reward for juniors, women, Vets and Super Vets.

Although there are bound to be difficulties crawling out of the woodwork, unless the F.R.A. find a system to take mountain running into the 1990's surely some of our best runners will no longer wish to compete for the British or National Championships, to the detriment of an ever more popular and internationally expanding sport.

Yours Sincerely
ADRIAN CHILDS

P.S. Would it be possible for all your sports shops owners to produce a gift voucher, similar to a book or garden token, that can be exchanged for sports goods anywhere in the country?

Donated or purchased, such vouchers would become very acceptable race prizes, with the advantage of even small value tokens mounting up over a season. The ideal Christmas and Birthday present!

Pennine Way relay controversy

While I have only passing interest in the P.W. relay record and no connection whatever with either Bingley Harriers or Holmfirth, I do maintain an interest in my old adversary the P.W. and like most uphold (or attempt to) traditions of 'Fair do's'.

I think Holmfirth's claim to the P.W. relay record is a rather mischievous one. Their claim seems to be based on the notion that as Lord Alfred Wainwright disliked the Cheviot bogs one should give the Cheviot Summit a miss. If one is to be consistent with Wainwright's approach to the P.W. a good deal of time may be saved by following his suggestion that the Way should end at Thirwall! (P43, Wainwright's P.W. Guide). If you have a logical and tidy mind there are innumerable detours, curves, twists and bends which can be straightened out (why bother descending to Dufton for instance?)

But the Pennine Way is not Wainwright's, it's the late Tom Stephenson's and there is no doubt whatever that Cheviot summit is and always had been part of the 'official' route. To be fair to Wainwright (and Roger Bradley of Holmfirth is not) he makes this perfectly clear, "... it is unfortunate that the official route* of the Pennine Way prescribes a detour to the summit..." (of the Cheviot) He also says, and the emphasis is mine, "Do it for the record or to satisfy conscience." (P.W. Companion P.9)

I must also add that I find it odd that a large team of hardened fell-runners couldn't find the bottle to include a start out and back which no individual attempting the record has ever (to my knowledge) omitted. In attempting fell-records, particularly the ultra variety, the reliance placed on our own integrity is of prime importance. It is essential that we maintain faith within our own fraternity and that individually we remain true to ourselves. In this respect I feel admiration for Bingley's courageous decision to include the official 'detour' to Cheviot. Of course Holmfirth attempted no deception with their omission but their otherwise creditable effort did not maintain the integrity of the route, it may even have sown seeds of doubt and mistrust for the future.

Fortunately the remedy is simple and in their own legs. In anticipation of the spirited response I wish them good luck up or down that idiosyncratic Pennine ribbon remembering that ***"On Pennine heights there stick out the raw ends of forces that help to set us all our work and to map out our lives."

Yours faithfully
MIKE CUDAHY

* my emphasis

** C.E. Montague in Tom Stephenson's 'The Pennine Way' H.M.S.O. 1980

KATE THOMAS says Thank You

My name is Kate Thomas and I am two years old. I have a bit of a problem called Cerebral Palsy. The silly doctors say I won't walk or talk but they know that I may prove them wrong. I hope to go for treatment in Hungary in 1991 and my dad who thinks he can run has been quietly collecting money for our family.

I had a wonderful surprise today because a man called Uncle Fred Parry had kindly collected money from all the fell runners Daddy had raced against in Wales and England, in particular his own club MYNYDDWR DE CYMRU. I am very grateful and one day I'll be running after my daddy and mummy says I won't have to run fast to pass him.

Thank you and God bless.

KATE THOMAS
XX

Stan reflects on the changes

My wife and I were pleased to meet so many old and new friends at the F.R.A. dinner and presentation on November 11th, when we were guests and I was honoured to be asked to present the prizes.

What a change the last twenty or so years had brought to our sport.

In the 1930's there were only two Fell Races in the North of England, the Rivington Pike on Easter Saturday and the Bumsall Fell in August.

If I wanted competition in summer, I had to leave work at lunch-time on Saturday and catch the train Manchester way to run eight laps of a dusty track at Fallowfields, White City etc. Can you imagine anything more boring?

Many times Pendle Hill would call and I would have a two or three hours jog over my favourite hill; with the off chance of seeing my girl friend, Ida, who lived on the slope of Pendle and who has been my wife for 52 years.

The 1950's saw our sport growing in popularity and since then I have had many happy years.

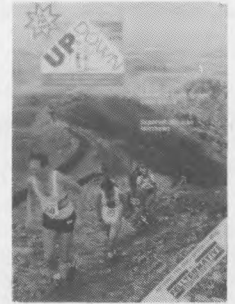
It still gives me a lot of pleasure if it is only as a check point marshal and I hope to be able to help in this way for a few more years yet.

Good running to you all
STAN BRADSHAW

Different and Regular



Pilot — July 1990



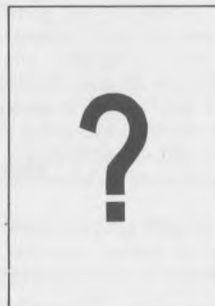
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Wilmslow
Cheshire SK9 5NQ
H-0625 529874
W-0222 485405

Welsh Representative

Jonathan Gibbon
53 St Fagan's Rise
Fairwater, Cardiff
S. Glamorgan CF5 3EZ
H-0222 555369

Rod Pilbeam
2 Esh Court View
Esh Village
Co. Durham DH7 9QG

Club Representatives:

Gary Devine
Nelson House
Calton, near Airton
Skipton BD23 4AD

Danny Hughes
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H-09467 25366
W-09467 73098

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H-0484 602922

Member Representative

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Huddersfield HD8 3BL
H-0484 861228

Dave Weatherhead
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Bingley BD15 3DL
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W-0422 343798

Scottish Representative:

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Tweedbank
Galashiels TD1 3RZ
H - 0896 58894

Co-opted:

John Taylor
14 New Lane
Skelmanthorpe
Huddersfield HD8 9EH
H - 0484 862446 i

Fell Runners Association - Welsh Regional Committee

Chairman: Les Williams, 4 Hanbury Close, Millbrook, Whitchurch, Cardiff CF4 7JB. Tel. 0222-520199

Deputy Chairman: Malcom Jones, 3 Y Graig, Tremadog, Porthmadog, Gwynedd.

Treasurer: Eilir Evans, Rowen, Dinas, Y Felinheli, Gwynedd LL56 4RX.
Tel. 0248-671150.

Secretary & FRA Rep: Jonathan Gibbon, 53 St Fagans Rise, Fairwater, Cardiff CF5 3EZ. Tel. 0222-555369.

Statisticians: Martin Lucas, Chestnut View, St Brides Major, Nr. Bridgend, Mid Glam. CF32 0SY. Tel 0656-88009

Team Manager: Chris Gildersleeve, 7 Bloom S, Pontcanna, Cardiff CF1 9QU.
Tel. 0222-383232.

Fixture Secretary: Robert Benjamin, Sunways, Twmrath Rd., Pontypool, Gwent.
Tel. 04955-56806.

Fundraiser: Francis Uhlman, Beudy Newydd, Llanfrothen, Gwynedd LL48 6SP.
Tel. 0766-770257.

The above were elected at the A.G.M. of Welsh Members held after the Llyn Y Fan Race on October 20th. 1990.

COMMITTEE NEWS



*John Stout ascends the scree on the North summit of Mellthreack 2 Tops.
Photo Woodhead*

Secretary's Corner

AGM. Ambleside 13.10.90

The two motions which were circulated to members with the Notice of the AGM. were both carried by large majorities. So next year we will have a British Women's Vets (0-35) Championship, and there will be an England International Development Fund with £800 in it. Two further motions were received after the notices had gone out (though constitutionally acceptable):

- 1 Several members of Pennine fell Runners proposed that: "Provided arrangements satisfactory to both parties can be made, the FRA should adopt 'Up and Down' as its official magazine and discontinue the production of 'The FellRunner'." After lengthy discussion in which Ned Paul, publisher of 'Up and Down', took a full part, a vote was taken and the proposal was lost by 10 votes to 57. Many people felt that it was simply too early to carry such a motion when 'Up and Down' had only produced one issue.
- 2 Pete Bland was re-elected as Team Manager. Norman Berry will again be Chairman of Selectors and Judith Johnson and Dave Weatherhead will also serve.
- 3 Committee discussed a complaint about the inclusion of a team from Keighley Hill Runners in the Calderdale Way Relay (for details see later in this section).
- 4 Committee approved a British Ladies Team Championship (see Ladies Championships).

Notice of A.G.M. 1991.

12.10.91 Ambleside

The 1991 AGM will be held again in the Percival Lecture Theatre at Charlotte Mason College, Ambleside: at 4pm on Saturday, 12th October. Any motions for the Agenda should be notified in writing to the Secretary by 1 2 . 9 . 9 1 . Nominations for Club Representatives to the Committee and for Committee posts should be notified in writing to the Secretary by 29.9.91. Nominations for Club Representatives to the AGM. (2 votes each) should be with the Secretary by 29.9.91.

SO ENTER EARLY FOR
LANGDALE!

Committee meeting Skipton 4.11.90.

- 1 Committee agreed to set up a Championships Committee with the job of making recommendations on which races should be included in the various championships. This should mean that we will be able to avoid some of the mistakes which have occurred in the past. The Committee will comprise: Gary Devine, Rod Pilbeam, Tony Hulme and the Welsh and Scottish reps.

Ladies Championships

The AGM voted unanimously for Judith Johnson's motion to begin a British Championship for Lady Vets (over 35 years). This will be based on the same races as for the Senior Ladies and points will be awarded in the same way. It will be necessary to inform the Statistician if you qualify for this age group. The Committee decided at its first meeting of the year to inaugurate a British Ladies Team Championship at the same time. Again

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 magazine per calendar year, containing race results, reports, photographs, articles etc.
- A very comprehensive calendar listing over 200 events.
- Membership runs from January 1st to December 31st.
- Anyone joining after October 1st will get 15 months membership.

Club affiliation: one nominated member will receive the above information, plus 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	_____
Address	_____ _____
Post Code	_____ Tel. _____
Club	_____
Donation	£ _____
Amount Enclosed	£ _____
Signature	_____
Date	_____

Life Membership	£100.00
Annual Membership	£ 6.00
Junior Membership	£3.00
Affiliated Clubs	£1.00

based on the same races this will be three to count rather than five for the Men. We hope that more Race Organisers will take up the idea of awarding Ladies Team and Vets prizes in recognition of the increasing number of women competitors!

World Cup - ZERMATT

With the news that there will after all be an Open Race at next years World Cup, we need to start thinking about organising some transport. The dates for '91 are September 6-8th so put them in your diary straight away! I shall be stepping down this year so I'm looking for someone to take over. How about someone who travelled out on the bus last year? It really is dead easy. First get a coach firm to palm you off with their oldest, shabbiest vehicle. Then find the meanest, most underhanded driver who will guarantee not to stop the bus at any point en route for whatever reason, (including starvation or enuresis). Next, take a load of money off 50 mugs, saying its for an 'executive sleeper coach'. Ask a few Scots along to provide the entertainment: find a campsite as far away from the races as possible. If that's not enough then leave someone behind on the Autoroute, and Rod's your uncle!!

National Trust

For some years the FRA has liaised with the National Trust in the Lakes about issues such as access and erosion. We have also made donations to the Trust in the past to help them with their work. We are aware that many members want to do something positive on an individual basis to help protect and preserve the Lake District landscape. After discussions with the Trust we are hoping to set up a Weekend working party next summer. The idea would be to help the Trust wardens with tasks such as footpath maintenance and wall repairs. The dates and venues are not finalised yet but we shall be offering free accommodation for two nights and arranging food at cost. Any members interested in this idea should contact the Secretary.

Open Fell Running

A recent letter in 'Up and Down' raised the old 'pro-am' debate to the forefront once again. The letter pointed to several results in that magazine which appeared to show that some athletes were competing in both 'amateur' and 'open' races. The question was asked whether this is now legitimate. The answer remains a quite definite 'no' - although the reasons are interesting. Any race which takes place in England or Wales requires an AAA. permit. As far as the fells are concerned this means that it must be registered with the FRA. Every race which is in our Calendar is automatically registered and therefore has an AAA permit. The difficulty with 'open' races is not particularly that they involve cash prizes - many of them don't, and some amateur races offer cash in the form of training grants or travelling expenses. It's quite simply that they don't have an AAA permit. Back in 1986/7 we had discussions with B.O.F.R.A. aimed at ending what we saw as the ridiculous barrier between pro. and am. We suggested that by printing BOFRA's fixture list in our Calendar we could go a long

way to resolving the whole problem. This offer was rejected because BOFRA didn't want large numbers of amateurs turning up at their races.

We're still trying to negotiate with the 'open' athletes because we feel that pre-entry systems could be used to protect them from this problem. However until there's some change of attitude the rules will have to stay as they are. We have a duty as the amateur sport's ruling body, to bring those rules to people's attention. We don't want to have to ban anybody (in fact we never have done yet) but we may need to issue warnings to runners who are found to be breaking the rules. Recently I have had to write to the organiser of the Calderdale Way Relay because we received a complaint that a team from Keighley Hill Runners, a club containing many self-confessed 'open' athletes, had entered. I advised the organiser that to accept an entry from the Keighley club would contravene the AAA Laws. At the same time we have been in touch with the Secretary of Keighley Hill Runners, Paul Buckley, and suggested that a way to solve this problem would be for Keighley to allow us to publish details of the races which K.H.R. organise, in the Calendar. Paul feels that would encourage larger fields which would be a problem for his race organisers. Whilst that is a view with which I have some sympathy, it does point to what I feel is the bottom line: "We'll come and run your races but we don't want you running in ours!"

The Committee will continue trying to sort this situation out because we want you, the members to have the freedom to run when and where you want. Unhappily that view is not apparently shared in some 'open' circles - so don't hold your breath!

SELWYN WRIGHT

Ladies Update

"The FRA should initiate a Lady Veteran's Championship for women over 35 at British and English levels from 1991." (Proposed by Judith Johnson and Jacky Smith.)

The above proposal was vigorously discussed at the FRA's AGM and many positive comments were offered. Negative contributions were few and far between. I also got the impression that some of the men were pleased to see a woman taking an interest in FRA's matters and the proposal was passed with a significant majority. In this article I would like to outline my reasons behind this proposal and the case I presented to the members who were present at the AGM. I will then go on to explain the reasons for choosing the age of 35 and not 40.

My main aim was to encourage more women to come and run on the fells and to carry on running as they get older. It will also give them an incentive to return to running after having children and to continue to compete at a high standard at both British and English levels.

A Lady Vets' Championship means, therefore, that women over 35 will be competing against women of a similar age and not against the younger women, some of whom have run at international level and are a class apart.

It will also put us on the road to parity with the men who have two categories for Vets. Hopefully a

Ladies' Team Championship will be established in later years.

I would also like to think that there will be a spin-off in fell races generally as a result of this championship, i.e. that race organisers will award Lady Vets' prizes as a matter of course. Many organisers do this already, it must be said, and I'm sure others will follow suit.

Having taken part in many of the British and English Championship races these past two years, I have picked up the grass roots' feeling that the time is right and that there are sufficient numbers of women over 35 to make this championship viable from 1991. Both the men and women I spoke to agreed that any proposal which encouraged women to get involved more and to receive increased recognition in fell running, was one to be supported. The only controversial aspect of this proposal was the age of 35. This was discussed at length at the AGM.

I personally agree that the women should become Vets, at the same age as the men, i.e. at 40. However, there were several reasons as to why 35 was chosen at this point in time

- About two to three months ago the 3 A'S discussed a motion to change the age to 40 in road racing. The motion was defeated.
- The age of 35 brings us into line with road racing, cross-country and orienteering events.
- We could have set a precedent and chosen 40 and set the ball rolling to come into line with the men but at present I don't believe that there are enough women over 40 for it to be viable yet. In other words the venture would have fallen flat on its face and made us all look rather foolish.

I imagine that the age of 35 will not be around for very long as either one of two things will happen soon:

- 40 becomes the accepted age for Lady Vets, in road racing etc. and the FRA will come into line with them.
- The FRA itself changes it to 40 because there are sufficient women over 40 to make a viable championship.

I'd very much like to hear what other fell runners feel about this issue, both men and women alike. Voice your opinions in the FRA magazine or give me a ring to communicate your thoughts. I'm now a Member Representative on the FRA committee and I can pass on your thoughts for further discussion.

I would like to conclude by saying to the women over 35 - get out there in 1991 and prove the critics wrong! There are enough of us around to make this a worthwhile venture now and it's up to us to do the business!

JUDITH JOHNSON,
(0484 861228)

Junior News

First of all I am sorry for the lack of news throughout the year, as I have not had the time, because of work and preparations for the World Cup after being selected.

Anyone who feels that they would like to take over from me looking after Junior matters please let me know. I feel I can't put enough into it. For example organising training weekends which I think need to be continued after

previous successful weekends. I think and from other people's views it is time for a change in the format at the Junior Championship.

With less races for example 5 from 8 in all categories. Not spread out from March - Sept making a very long season. Also a new selection policy which must be much clearer than before. Also a stricter low age limit, say 15. This will also help with world cup selection after this year's problems.

Back to this year's happenings. The long season started back in March at Calder Valley taking over from Chew, with a promising turnout in a juniors only race which I think if possible all races should be. In May another popular and successful training weekend was held in the lakes, with Brian the bus driver chauffeuring us up there on a hot spring day. Being in conjunction with the Coniston race, this ensured a good turnout after a very noisy Friday night. On Sunday after some orienteering we were meant to go to a talk on training, but with the sun and swimming water only five minutes away this was too much.

As the season progressed the championships began to take shape with the first evidence that there were too many races over a long period as the Junior Women's Championship was becoming a waste of time. A slightly better Inter championship took place. The Junior men's looked pretty good but could have been better with a shorter season. I think it is only feasible to have a Junior Men's Championship until things improve. Any suggestions please let me know.

John Taylor (Junior Coordinator)
14, New Lane
Skelmanthorpe
Huddersfield
HD89 8JJ
Tel 0484 862446

CHAMPIONSHIP RESULTS

JUNIOR MEN Best from eleven races

	points
1st William Styan/Holm	148
2nd Simon Brophy/Holm	136
3rd Mathew Moorhouse/Salford	134
4th Jonathan Taylor/Clayton	121
5th Byron Crook/Bolton	111
6th Peter Targett/Clayton	108
7th Robert Hope/Horwich	

Sixty different runners competed in the eleven races.

INTERMEDIATE

1st Gerard Cudahy/Stock	142
2nd Jason Gavin/Ross	124
3rd Andrew Lee/Roch	120

Twenty different runners competed but only three did enough races to count.

JUNIOR LADIES

1st Sally Haigh/Holm	110
2nd Helen Berry/Holm	98
3rd Alison Goodwin/Moor Sal	90

Only eleven different women competed.

*8th Annual
"Introduction to Fell
Running" course at
Elterwater XH on
Sept. 15/16*

With the help of a party of 12 people from one club (Lostock A.C.) the course was full this year for the first time. "Full" is defined by the capacity of the Elterwater Youth Hostel with about forty beds.

The well developed formula of the past seven years was adhered to, with emphasis on the acquisition of basic navigation skill. The fine weather, expertise of the instructing team led by Ken Ledward and hospitality of the hostel warden and his wife, Mr & Mrs Alan Grant, made for a most enjoyable and successful week-end.

Alan announced that he and his wife were retiring at Christmas so we will have new management next year. It is our plan to recognise this event appropriately, for the success of the course has had much to do with the hospitality and flexibility of the Grant management.

Saturday was focused on navigation exercises on Lingmoor, including lunch break observation of the latter stages of the three shires race, whilst Sunday was mostly devoted to the Silverhowe Chase, a 10K check point navigation trail, on the Silverhowe and Langhouse area, on the opposite side of the valley. In between, talks and demonstrations on events, equipment preparation etc. were held, with special emphasis on two day navigation events.

My thanks to the team of Ken

Ledward, John Gibson, Yvonne Armitage, Mike Welford and Richard Lamb for their skill and effort, not to mention their time freely given, and judging by comments after the course much appreciated by the participants.

What we need for the future is a better map, particularly of the Silverhowe/Langhouse area. On Langmoor we are grateful for the supply of Lakeland Orienteering Club's 'O' map to supplement the Harvey map. Any offers of mapping, cartography and printing assistance to help us to obtain a new map at reasonable cost would be gratefully received.

PETER KNOTT
Silverhowe Chase

Silverhowe Chase Results

1. Richard Lamb Instructor	1.13.50
2. Mark Freer	1.22.22
3. Mike Walford Instructor	1.24.12
4. Keith Adams	1.28.39
5. Neil Sale	1.34.31
6. Michael O'Rourke	1.52.57
7. Andrew Howarth	1.55.15
8. Andrew Sellers (J)	1.58.41
9. Gordon Thompson	2.03.25
10. Peter Starkey	2.08.39
11. Margaret Huyton	2.08.40
12. Reuben Martin	2.09.04
13. Norman Copeland	2.11.55
14. Alan Jones	2.15.01
15. Bill Mansley	2.15.52
16. Marie Hurst	2.24.06
17. Barry Warrington	2.30.59
18. Val Bell	2.31.43
19. Wesley Jones	2.33.09
20. Carol Makin	2.33.43
21. John Garnsey	2.35.53
22. Ann Beesley	2.39.43
23. Lee Donnelly	2.47.38

WANTED JUNIOR HELP

Help is required to co-ordinate the Junior Championship. Various jobs ranging from results to advising the International Selection Committee on any up and coming youngsters.

Particularly suited to parents who take an interest in the Championship, or anyone who is genuinely interested, no qualifications required.

For a friendly chat and to find out more about what is required contact Dave Hodgson - Tel. 0532 585586

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.



*John Gibson instructing on Lingmoor at the FRA Navigational Course.
Photo Peter Hartley*

PRESS RELEASE

SCOTTISH HILL RUNNERS ASSOCIATION - ENVIRONMENTAL GUIDELINES

The Scottish Hill Runners Association (SHRA) has drawn up guidelines for race organisers with the objective of minimising the impact of the sport on the hill environment.

In preparing the guidelines 32 race organisers and 13 environmental organisations were contacted, together with several land owners, and asked for information and opinions on existing and ideal approaches to race organisation and the effect of these on the hill environment. The results reflected the growing dialogue between the sports organisers and environmental advisers over issues such as public access and rural recreation.

An SHRA spokesperson said "We hope that these guidelines will be used to minimise the impact of our sport on the mountains and hills where we compete. The SHRA is committed to constructive dialogue with land owners

and environmental bodies and the guidelines will provide a basis for our future discussions with these people".

Contact:

Christine Menhennet (SHRA)
28 Belwood Street
Glasgow 441 3PT
Tel. 041 632 4795 (home)
041 633 1220 (work)

Stop Press

Geoff Pettengell and Anne Stentiford have won the competition and correctly identified the oaches on the front cover of the calendar. Please do not contact Dave Jones for your pints of bitter.

Calendar Update

Micheldon Straddle date change to Sunday 3rd February. Other details as in calendar

GUIDELINES FOR THE ORGANISERS OF HILL RACES

1. INTRODUCTION

Mountain and hill running is just one of many mountain sports and hill runners are just some of the thousands of people who find pleasure in wild and rugged places. As runners we love to run, love competition but also love the places through which we run. We have a responsibility for that environment and towards those who manage it. We are a minority sport but a part of the whole of mountain recreation. Our actions contribute towards damage which occurs. Our objective should be to climb hills and run ridges without leaving a trace of our passing.

Set out below are guidelines. These are not rules but suggestions of ways in which races can be planned and organised to minimise the effect of the event on the environment. Much of the following is common sense and carried out already. Many of the actions involved depend upon the resources of the race organisers, the sensitivity of the area and the numbers of runners expected.

2. ROUTE PLANNING

2.1 Ownership

2.1.1 Get the owners permission

Establish who owns the land and contact the owners in good time to obtain their permission. District or regional council estates departments or the Scottish Landowners Federation should be able to help in this regard.

2.1.2 Consider special land status

Does the route or any part of it lie in a designated area such as a National Nature Reserve or Regional Park. If so, does this entail any restrictions or particular considerations. Try to consult with these authorities as well as owners.

2.2 Path protection

The most vulnerable areas are slopes of more than 30%, very wet slopes, bare earth slopes and scree slopes. With increasing altitude, the vulnerability of soils and vegetation increases and the likelihood of regrowth reduces. Most erosion is caused by descending runners.

2.2.1 If in doubt consult

If there is any doubt as to the vulnerability or condition of the proposed route, try consulting the Countryside Commission for Scotland who are very knowledgeable and helpful in this regard at both general and local level.

2.2.2 Use existing paths

If there is a path in existence - use it following it as close as possible.

2.2.3 Pay attention to steep slopes

Avoid steep bare slopes, very wet slopes and scree runs particularly if alternative routes exist and especially on descent routes.

2.2.4 Resting the route

In areas suffering badly, consider resting the hill for the next few years until the ground has recovered.

2.2.5 Consider ground conditions

In very sensitive areas consider alternative routes when thawing snow, heavy frost or excessive rain have softened the ground to a considerable depth.

2.2.6 Boundary protection

Consider limiting wall, fence and major bum crossings to specific locations eg particular stiles or gates.

2.2.7 Course marking

Consider additional marshalls and flagging the course to channel runners into the preferred or compulsory route.

2.2.8 Race numbers

Limit the numbers in the race to limit the damage. Pre-entry only can help avoid large numbers of runners turning up on the day.

2.2.9 Dates

Try to avoid coinciding with other events on the same ground on the same day - eg walking or mountain biking events - in order to avoid overloading the route.

2.2.10 Start Location

Consider varying the start location and if necessary requesting runners not to practice on the course beforehand. If possible locate starts on areas of road or track which can bear the pressure of many runners milling around. Allow a run in to any narrow footpaths to allow the field to string out before reaching it.

2.3 Wildlife protection

2.3.1 Wildlife habitats

Consult locally about areas of sensitivity. Are there any Sites of Special Scientific Interest on the course (areas designated by virtue of their fragile plantlife, particular value as breeding sites etc). The Nature Conservancy Council, Scottish Wildlife Trust and RSPB would offer local advice in this regard.

2.3.2 Domestic animals

Consult early with landowners and tenant farmers regarding the vulnerability of any farm stock, and if necessary arrange for the temporary removal of any stock from the route, especially from the start and finish areas.

3. RACE ORGANISATION

In the heat of competition runners may forget (or neglect) to follow instructions. Organisers should take steps to ensure that plans laid to protect the environment are effective on the day.

3.1 Race route management

3.1.1 Mark the course

Ensure that all compulsory routes are flagged clearly.

3.1.2 Brief runners

Ensure that runners are fully informed of any limitation to the route choice and the penalties (ie disqualification) for offenders.

3.1.3 Deploy marshalls

Try to place marshalls at sensitive areas as well as at checkpoints to identify people who ignore instructions.

3.1.4 Enforce rules

Be prepared to take action against anybody responsible for serious damage to the environment or disturbance of wildlife.

3.1.5 Record any damage

It would be useful to keep a record of damage to the course including photographs taken before and after. A post-race inspection of the course while collecting markers should be used to identify any trouble spots.

3.2 Other environmental concerns

3.2.1 Litter

Ensure that there are enough litter bags or bins at the start and finish areas. Remind people not to drop litter and arrange a rubbish collection after the race.

3.2.2 Parking

Parking should be on firm surfaces and not roadside verges or soft fields. Signpost parking areas and restrictions clearly.

3.2.3 Donations

Landscape, footpath and wildlife conservation costs a lot of money. Most of the organisations involved are desperate for funds to carry out protection and restoration work, run public awareness campaigns etc. In areas where such work is known to be taking place consider asking for donations or raising a small levy on entrance fees towards the funds of the local National Trust for Scotland, Conservation Corps or Scottish Wildlife Trust.

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CHAMPIONSHIP RESULTS

BRITISH

This year saw a return (by popular demand, although a few disagreed!) to the best 4 results from 6 races, and what racing we saw.

The first two British races were amongst the most strongly contested I've ever seen. Colin Donnelly winning Edale and snatching John Wild's 1982 record with a record number of runners breaking the 3 hour barrier. Dave Spedding dominated the veteran over 40 category finishing 15th overall. Trish Calder knocked 6 minutes off the ladies record and a rejuvenated Norman Matthews got full marks in the 50+ category.

Pen-Y-Fan again saw records tumble but shock horror, Colin Donnelly was beaten on the descent by Keith Anderson. Trish Calder again superbly dominated the ladies and knocked 4 minutes off the record. Dave Spedding and Norman Matthews also won their categories.

On to Eildon and some were beginning to flag but not Colin Donnelly who again went on to win by 2 seconds from John Wilkinson with Shaun Livesey just 6 seconds down. The over 40's this time saw a victory for Bob Whitfield with Dave Spedding back in 4th place. Norman Matthews and Trish Calder maintained their momentum for solid victories.

Just the medium races to go, starting with Snowdon. Colin was in the Alps leaving the way clear for

Robin Bergstrand to snatch victory. Trish Calder again won the ladies, Tony Hulme the over 40's and Norman Matthews first over 50.

One race to go, Ben Nevis and controversy, Colin Donnelly and 60 others entered after the total reached 500, 'the organisers limit'. Emergency committee meetings were held but concluded nothing could be done, to be fair to all concerned. All this time the team championship had been a battle between Ambleside and Pudsey & Bramley and the title hinged on this result. With Colin absent, Gary Devine and Shaun Livesey were separated by a single point with everything to play for. Gary got the points, well 28 of them anyway, which was enough for victory. Mark Rigby won the race from Keith Anderson. Ambleside won the team event so honours were fairly even between the two clubs. There's nothing like confidence, as the Ambleside squad were later spotted wearing tee shirts emblazoned with 'Ambleside British Champions' - Pudsey are saving their's until next year!

SUMMARY

The 4 from 6 format appears to have been successful with more individual Celtic presence than previously. Eryri, however, were the only Welsh club to treat the championship seriously - how about a few more Scottish teams next year?



Trish Calder, FRA British Champion, at Pentland Skyline. Photo: Brian Covell



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It was unfortunate that Colin Donnelly was unable to defend his title to the full, but feel sure he would congratulate a worthy successor in Gary Devine, a very popular and colourful character (especially the hair styles!) Commiserations must go to Shaun Livesey on just missing out but there's always next year.

Trish Calder was superbly dominant in the ladies events with some quite outstanding results - can anyone challenge her next year?

Dave Spedding at last gained the fruits of many years hard work, running some of the best races of his career for the over 40's championship.

Norman Matthews after a few years of knee problems caused by a youthful karate career, was as enthusiastic as ever to gain a 100% points victory in the over 50. Barry Thackery deservedly gained a trophy for his endeavours in second place.

Team champions, Ambleside, gained their victory through total commitment and team spirit. Can they keep it going for another year or can your team snatch it from them? Watch this space.

ENGLISH CHAMPIONSHIP

Standing at the start of the Thieveley Pike race (the final English counter)

Robin Jamieson led the Championship. Twenty four and a half minutes later he was fourth - such is life! Robin Bergstrand won the race to move from seventh to second but Shaun Livesey finishing second won the Championship by 15 points, taking over from Gary Devine, last years champion - well done Shaun. Third this year was Graham Schofield who always supports the Championships. It's good to see such endeavour rewarded.

The veterans award went to Tony Hesketh, who is more noted for his road running exploits, but he made no mistakes with some marvellous runs throughout the season. Tony Hulme gained second place from Billy Bland who managed third on only three races.

Well done to a much improved Cheryl Cook winning well from Julie Harold, who moved up a place from last year. Judith Johnson finished third, also improving a place from last year.

Norman Matthews won his second Championship of the season, well done Norman. Barry Thackery was again second with Ron Bell two points adrift in third.

The team title was a reverse of the British, Pudsey & Bramley gaining some revenge over Ambleside, with Glossopdale in third.

The format for next year's championship remains the same and I hear the bottleneck at Thieveley has now been sorted, as it's a championship race again.

PRESS OFFICER

RESULTS BRITISH CHAMPIONSHIPS

Senior Men

1	G. Devine Pudsey	109
2	S. Livesey Ross	108
3=	C. Donnelly Eryri	96
3=	M. Rigby Ambleside	96
5	K. Anderson Amble	88
6	G. Schofield Black	84
7	E. Roberts Eryri	79
8	A. Trigg Glossop	77
9	R. Jamieson Ambleside	73
10	D. Hughes Hebog	70
11	D. Rodgers Loch	66
12	R. Pallister Pudsey	65
13	W. Gaunt Pudsey	65
14	D. Ibbetson Glossop	63
15	M. Fleming Ambleside	62
16	A. Peace Bingley	60
17	A. Whalley Pudsey	56
18	D. Spedding Keswick	55
19	G. Patten MDC	51
20	H. Griffiths Hebog	46
21	M. Wallis CLM	43
22	I. Holmes Bingley	43
23	D. McGonigle Dundee	39
24	G. Wilkinson CLM	37
25	P. Skelton Keswick	37
26	S. Hicks Ambleside	37
27	R. Bergstrand Mandate	36
28	P. Mitchell Bingley	36
29	R. Whitfield Bingley	34
30	I. Davidson Cam	33
31	J. Wilkinson Gala	32
32	G. Bland Keswick	30
33	P. Sheard Pudsey	29
34	J. Taylor Holm	27
35	W. Bland Keswick	27
36	G. Huddleston CLM	26
37	I. Ferguson Bingley	26
38	A. Kitchen Liv	25
39	K. Manning CLM	24
40	D. Weir Perth	24
41	C. Valentine Keswick	24
42	S. Jackson Horwich	23
43	J. Wilkinson	23
44	R. Owen Black	22
45	P. Cadwalader Sefton	22
46	P. Stevenson Pudsey	21
47	J. Hooson Holmfirth	21
48	A. Farningham Gala	20
49	S. Booth Keswick	19
50	A. Schofield Roch	18

Vets 0/40

1	D. Spedding Keswick	81
2	T. Hulme Pennine	73
3	D. Quinlan Bingley	64
4	M. Walford Kendal	56
5	P. Marshall HELP	51
6	D. Williams Eryri	36
7	C. Wilkinson Bingley	33
8	B. Jackson Horwich	30
9	J. Griffiths Aber	29
10	D. Kearne Bolton	29
11	B. Deegan Rochdale	29
12	D. Weatherhead Bingley	25
13	J. Sweeting MDC	22
14	R. Whitfield	22
15	J. Holt CLM	22
16	W. Bland Keswick	22
17	H. Parry Eryri	19
18	R. Whitfield Bingley	19
19	T. Hesketh Horwich	18
20	A. Harmer DPFR	

Vets 0/50

1	N. Matthews Horwich	88
2	B. Thackery DPFR	77
3	R. Bell Ambleside	71
4	H. Blenkinsop Keswick	71
5	D. Hodgson Amble	41
6	P. Knott Black	33
7	B. Kettles Lasswade	31
8	G. Lloyd Wrexham	26

9	H. Thompson CLM	22
10	D. Amour Scottish Vets	19
11	B. Gauld Cam	19
12	L. Griffiths Hebog	19
13	G. Armstron HELP	18
14	R. Barker Red Rose	18
15	G. Rawson Clowne	17

Ladies

1	T. Calder ESPLC	48
2	P. Gibb Telford	25
3	J. Johnson Denby Dale	22
4	C. Cook CLM	17
5	H. Diamantides Amble	16
6	K. Patten MDC	16
7	L. Kirk MDC	15
8	L. Hope Loch	13
9	J. Harold Horwich	9
10	S. Niedrum Leeds	9

ENGLISH

Senior Men

1	S. Livesey Ross	115
2	R. Bergstrand Mandate	100
3	G. Schofield Black	93
4	R. Jamieson Ambleside	91
5	M. Fleming Ambleside	81
6	P. Skelton Keswick	78
7	D. Ibbetson Glossop	76
8	W. Gaunt Pudsey	75
9	P. Sheard Pudsey	68
10	A. Whalley Pudsey	67
11	W. Bland Keswick	64
12	G. Devine Pudsey	59
13	T. Parr Glossop	59
14	T. Hesketh Hor	55
15	A. Trigg Glossop	54
16	I. Ferguson Bingley	54
17	M. Croasdale Lancs	54
18	M. Rigby Ambleside	50
19	M. Prady Glossop	48
20	G. Bland Keswick	45
21	I. Holmes Bingley	42
22	D. Spedding Keswick	42
23	G. Kirkbright Pudsey	41
24	P. Mitchell Bingley	39
25	J. Hooson Holmfirth	37
26	C. Valentine Keswick	37
27	A. Schofield Roch	34
28	B. Hussain Stock	32
29	P. Stevenson Pudsey	29
30	M. Patterson DPFR	29

Vets 0/40

1	T. Hesketh Hor	84
2	T. Hulme Penn	68
3	W. Bland Kes	63
4	D. Spedding Kes	58
5	D. Quinlan Bin	57
6	B. Deegan Roch	56
7	M. Walsh Ken	48
8	P. McWade CLM	36
9	D. Kearns Bolton	35
10	K. Carr CLM	35

Vets 0/50

1	N. Matthews Horwich	88
2	B. Thackery DPFR	74
3	R. Bell Amble	73
4	H. Blenkinsop Keswick	48
5	B. Fielding Leeds	45
6	R. Barker Red Rose	31
7	P. Covey Pudsey	30
8	G. Barras Skyrac	30
9	C. Brown Mercia	29
10	F. Gibbs U.A.	27

Ladies

1	C. Cook CLM	45
2	J. Harold Horwich	25
3	J. Johnson Denby	21
4	C. Hughes Reading	17
5	P. Gibb Telford	16
6	W. Dodds CLM	13

WELSH CHAMPIONSHIPS

Senior

1.	D. Hughes	78
2.	E. Roberts	75
3.	D. Davies	70
4.	C. Donnelly	66
5.	D. Williams	58
6.	H. Griffiths	54
7.	H. Parry	50
8.	S. Forster	43
9.	P.M. Jones	41
10.	G. Patten	37
=	T. Jones	37

Veterans

1.	D. Davies	86
2.	D. Williams	82
3.	J. Griffiths	69
4.	H. Parry	64
5.	M. Blake	62
6.	J. Sweeting	60
Veterans 0/50		
1.	G. Lloyd	86
2.	L. Griffiths	69
3.	T. Hayes	44
4.	D. Charles	35

Juniors

1.	A. Abbott	44
2.	G. Hughes	36
3.	C. Williams	22
4.	S. Williams	20

Ladies

1.	L. Kirk	83
2.	S. Farrar	82
3.	S. Bennell	63
4.	G. Teague	53

ISLE OF MAN CHAMPIONSHIP

1.	R. Stevenson Manx Fell	7
2.	D. Corrin Man AC	12
3.	R. Moughtin Wester AC	18
4.	D. Young Manx Felt	21
5.	J. Wright Manx Fell	29
6.	D. Davies Manx Fell	33

Veterans

1.	D. Corrin Manx AC	7
2.	D. Young Manx Fell	13
3.	J. Wright Manx Fell	15

NORTHERN IRELAND CHAMPIONSHIP

1.	Adrian Philpott	138.5
2.	Jim Patterson (V.40)	128
3.	Brian Ervine	126.5
=	Billy McKay	126.5
5.	Gordon Murray	113
6.	Willie-John Brown	92
7.	Kieran O'Hara	88
8.	Phil Holmes (V.40)	83
9.	Marty McVeigh	77
10.	Billy Magee (V.45)	68.5

ALL IRELAND CHAMPIONSHIP 1990

(Croagh Patrick 5 miles, 2500ft)

1.	Adrian Philpott
2.	Eamon McMahon
3.	Brian Ervine
4.	Padraig Higgins
5.	Brian McBurney
6.	John O'Connell
7.	Brian Lenihan
8.	Brendan Doyle
9.	Willie-John Brown
=	Dave Watson

Ladies

1.	Majella Diskin
2.	Catherine Bolland
3.	Helen Callaghan

INTER PROVINCIAL TEAM CHAMPIONSHIP

1.	Ulster
2.	Connaught
3.	Leinster
4.	Munster

1991 Championships

A quick glance at the 1991 British Championship calendar reveals that there is only one race in Wales when one would expect there to be two.

Originally the Cnicht Race was included as one of the two Championship Short Counters. However after this decision, made at the end of July, the race organizer encountered certain problems with the 1990 event that indicated to him that the 1991 race should not be a British Championship counter.

Alternative short races at the same time of the year in the principality were considered unsuitable. As a compromise the 'Wrekin Race' was put forward but the organizer declined the invitation. The upshot has been that 'Thievely Pike' has been included as a short counter in the British Championship as a substitute for a Welsh Race.

It is worth pointing out that short Championship Races seem to cause more bother than the other categories. Congestion is caused by courses that use the same route for ascent and descent, and many events are marred by obstructions that become dangerous when a large field is competing. The consequence of this has been that events have been included in previous British Championships that have not measured up to the required status. Hopefully the new Championship Sub Committee will be able to devote time and effort to alleviating this problem.

JOHNATHAN GIBBON

HEALTH WARNING !

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INTERNATIONAL NEWS

6TH WORLD CUP MOUNTAIN RACES TELFES AUSTRIAN TYROL, 15TH- 16TH SEPTEMBER 1990

This year's World Cup saw the biggest entry to date, with 25 countries taking part, which included Eastern Block countries such as the Soviet Union, Czechoslovakia, East German, Poland, Hungary, and Bulgaria along with Italy, England, Austria, West Germany, Switzerland, France, Ireland, Belgium, N. Ireland, Wales, Scotland, Yugoslavia, Netherlands, Monaco, Sweden, U.S.A., Liechtenstein, Algeria and Colombia.

The races were spread over two days with the Junior Men's, Ladies', Men's short races all run on the Saturday and the men's long race run on the Sunday, preceded by the open race run over the same course.

Saturday's courses were to the liking of the British contingent, (England, Scotland, Ireland, Wales). Steep up and down with some rough underfoot terrain.

Prior to the event starting, on Friday at the I.C.M.R. meeting the I.A.A.F. decided that the World Cup would remain as it is, a decision that must have pleased the Home countries as it means they can keep their independence until at least 1996 and not be consolidated as one British team. Saturday's weather conditions were bright and sunny, temp, approx. 70°. The first race was the Junior Men's, our hopes were high for this event, and we were not to be disappointed. A splendid run by Gavin Bland to gain the silver medal only 10 secs, behind the Austrian Marcus Kroll; Mark Rice ran strongly to finish 6th, Gerard Cudahy 21st and Will Syan 23rd gave us the bronze

medal for 3rd.

The Ladies race was dominated by Anglo Scot Beverley Redfern who won by almost a full minute. Sarah Rowell had an excellent run to finish 5th with Kath Hill 17th, Cheryl Cook 25th, Polly Gibb 27th, to give England 6th team.

The Men's short race was completely dominated by the Italians who finished 1st, 2nd, 3rd, Snowdon race winner Lucio Fregona finishing 3rd. Splendid runs by Bashir Hussain 5th, Robin Bergstrand 6th, and Andy Peace 12th gave England the silver medal for runners up behind the Italians, Gary Devine drafted in on the morning of the race to replace Shaun Livesey who was suffering from a heavy cold, had a creditable run to finish 21 st.

The Mens long race, Sunday (Uphill only).

A cooler day but still warm in the valley but misty in the mountains. This was dominated by the Italians and the Austrians who each placed three runners in the first seven. Paul Dugdale ran very strongly to finish an excellent 13th, with John Taylor a junior two years ago at Keswick, finishing strongly in 21st, followed by Mark Croasdale 25th, Ben Nevis winner Mark Rigby running for Scotland 33rd and Graham Huddleston 35th to give England 6th team place.

Overall we were runners-up to Italy in the World Cup, Austria and West Germany tied for third place, a solid team performance giving us our highest overall place to date.

ENGLAND TEAM
MANAGER PETE BLAND



England World Cup Team. Photo: Mark Croasdale



Andy Peace in World Cup Short Race. Photo: Mark Croasdale

England's World Cup Selection Policy

The 1991 World Cup will take part in Zermatt, Switzerland on the weekend of the 7th and 8th of September.

Selection details are as follows:-

SENIOR MEN

The first two runners in each selection race will gain automatic selection. Five other (including one reserve) runners will be chosen by the selection committee and performances in the two races will be the main but not only criteria.

LADIES.

The first two runners with the best aggregate points score from the two selection races will gain automatic selection. The points scoring will be, first 7, second 5, third 4, fourth 3, fifth 2, sixth 1. Two other runners will be chosen by the selection committee and performances in these two races will be the main but not the only criteria.

JUNIOR MEN

Selection, same as the ladies. Junior age limit must be over 15 on January 1st in the year of the competition and under 20 on December 31st in the year of the competition.

SELECTION COMMITTEE

Norman Berry, Chairman. Pete Bland, Team Manager, Malcolm Patterson, Assistant Team Manager, Dave Weatherhead, Judith Johnson, John Taylor (Juniors).

England World Cup Selection Races 1991

Sunday June 9th, Sedbergh. Junior Men and Ladies

Start, Juniors-12 noon. Ladies-1.00p.m.
Course - Arant Haw. 6km. 453m. ascent
Entry Fee £2. Closing Date 3/6/91

Men's Only Open Race (non-selection). Start 2.00p.m.

Entry on day only £2.
Course - The Calf 8 Miles 2,000ft. ascent.

Sunday June 30th. Keswick Junior Men-Ladies and Men's Short Course

Start, Juniors-12 noon. Ladies-1.00p.m. Men's 2.00p.m.

Courses - Juniors and Ladies Jenkins Hill 9km. 580m. ascent.

Men's Jenkins Hill - Latrigg, 11.5km. 760m. ascent.

Entry Fee £2. Closing Date 24/6/91
Entries and enquiries for all events above to Pete Bland 34a Kirkland Kendal Cumbria LA9 5AD, Tel. 0539-731012.

Sunday July 14th. Llanberis North Wales'

Men's Long Course

Start, 1.00p.m.
Course - Moel Eilio, Moel Cynghorion finish Crib Y Ddysgl Summit. 13km. 1535m. ascent. 575 descent.

Entry Fee £2 on day only.
Enquiries to Eilir Evans, Rowen, Dinas, Y Felineli, Gwynedd, LL56 4RX.

1990 WORLD CUP RESULTS

Women

1. Beverley Redfern	Scotland	36.36
2. Maria Cocchetti	Italy	37.35
3. Eroica Spiess	Swiss	37.54
4. Rumjana Panovksa	Bulgaria	38.04
5. Sarah Rowell	England	38.15
6. Isabelle Guillot	France	38.24
7. Elisabeth Rust	Austria	38.38
8. Antonella Molinari	Italy	38.46
9. Maria-Chr. Ducret	Swiss	39.01
10. Gaby Schutz	Swiss	39.28
11. Trish Calder	Scotland	39.41
17. Kath Hill	England	40.50
18. Joyce Salvona	Scotland	40.53
25. Cheryl Cook	England	42.29
27. Polly Gibb	England	43.09
28. Cath 'ine Smith	Ire. Rep.	43.21
30. Cath 'ine Boland	Ire. Rep.	43.3.5
31. Dawn Kenwright	Wales	43.38
33. Jane Robertson	Scotland	43.46
40. Mary Jennings	Ire. Rep.	44.44
42. Anne Gorman	N.Ire	44.50
45. Liz Hughes	Wales	45.02
46. Stel Farrar	Wales	45.19
47. Roma McConvilla	N.Ire	45.31
50. Sally Patrick	N.Ire	45.57
51. Jill Teague	Wales	46.16
58. Helen Callaghan	Ire. Rep.	48.45
64. Mary Havern	N.Ire	52.15

Team Result Women

i. Switzerland	22
2. Italy	25
3. Scotland	30
4. Austria	43
5. France	46
6. England	47
7. W. Germany	55
8. Ireland Rep.	98
9. E. Germany	120
10. Wales	122
13. N. Ireland	

Junior Men

1. Markus Kroll	Austria	33.39
2. Gavin Bland	England	33.49
3. Ulrich Seidl	W. Germany	33.54
4. Yuri Tschurakow	Soviet Un.	34.08
5. Danilo Bosio	Italy	34.22
6. Mark Rice	England	34.25
7. Christian Nemeth	Belgium	34.28
8. Wladimir Golias	Soviet Un.	34.30
9. Simone Pagani	Italy	34.34
10. Colm De Burca	Ire. Rep.	34.42
15. Donal Gallagher	N. Ire	35.23
20. Colin JOnes	Wales	35.49
21. Gerard Cudahy	Engalnd	35.51
22. Billy Rogers	Scotland	35.55
23. William Styan	England	36.09
28. Geo Lonergan	Ire. Rep.	36.55
30. Colin O'Neill	N. Ire.	37.18
32. Andrew Maguire	N.Ire.	37.33
36. Andrew Abbott	Wales	37.57
38. Stephen Griffiths	Wales	38.06
39. Carwyn Williams	Wales	38.06
41. Edmund Hawkins	N. Ire.	38.23
43. Rodney Forde	Ire. Rep.	38.47
48. Paul Nolan	Ire. Rep.	42.54

Team Result Juniors

1. Soviet Union	24
2. Italy	27
3. England	29
4. Switzerland	47
5. Austria	50
8. N. Ireland	77
10. Ireland Re.	81
11. Wales	94
14. Scotland	192

Men's Short Course

1. Severioa Bernardini	Italy	41.56
2. Fausto Bonzi	Italy	42.10
3. Lucio Fregona	Italy	42.26
4. Dieter Ranfil	W. Germany	43.12
5. Bashir Hussain	England	43.14

6. Robin Bergstrand	England	43.44
7. Giovanni Rossi	Italy	43.54
8. Michail Chramov	Soviet Un.	44.33
9. Colin Donnelly	Scotland	44.34
10. R. Birrer	Swiss	44.40
12. Andrew Peace	England	45.01
13. Eamonn McMahon	Ire. Rep.	45.11
18. Dermot McGonigle	Scotland	45.47
21. Gary Devine	England	46.19
24. Tommy Jordan	Ire. Rep.	46.33
30. John Wilkinson	Scotland	47.01
31. Alan Farmingham	Scotland	47.04
32. Duncan Hughes	Wales	47.17
42. Hefin Griffiths	Wales	48.19
46. Brendan Doyle	Ire. Rep.	49.38
48. Don Williams	Wales	49.54
50. Paul Rogers	N. Ire	49.58
52. Jim Patterson	N. Ire	50.06
53. Emlyn Roberts	Wales	50.15
54. Gordon Murray	N.Ire	50.20
57. Brian Linehan	Ire. Rep.	51.17
61. Richard Rogers	N. Ire.	53.13

Team Result Men Short Course

1. Italy	6
2. England	23
3. W. Germany	47
4. Scotland	57
5. Switzerland	65
9. Ireland Rep.	83
13. Wales	122
16. N. Ireland	165

Men's Long Course

i. Constanino Bertolla	Italy	1.15.27
2. Florian Stern	Austria	1.16.20
3. Luigi Bortoluzzi	Italy	1.16.27
4. Peter Schatz	Austria	1.16.33
5. Jairo Correa	Columbia	1.16.55
6. Hans-J Randl	Austria	1.17.26
13. Paul Dugdale	England	1.19.25
21. John Taylor	England	1.21.35
23. Gerry Brady	Ire. Rep.	1.21.45
25. Mark Crosdale	England	1.22.58
26. Tommy Payne	Ire. Rep.	1.23.10
28. John O'Connell	Ire. Rep.	1.23.44
34. Adrian Philpott	N. Ire.	1.24.41
35. Mark Rigby	Scotland	1.25.02
37. Graham Huddleston	England	1.25.22
38. David Beattie	Scotland	1.2537
39. David Rogers	Scotland	1.25.58
41. Dick Evans	Wales	1.26.24
42. Brian Ervine	N.Ire	1.26.31
43. William McKay	N. Ire.	1.26.50
45. Ian Davidson	Scotland	1.27.28
54. David McGuinness	N.Ire	1.29.38
55. Andrew Darnell	Wales	1.29.47
61. Simon Forster	Wales	1.30.37
67. Huw Parry	Wales	1.32.54

Team Result Men Long Course

i. Italy	11
2. Austria	12
3. W. Germany	39
4. France	42
5. Switzerland	49
6. England	59
7. Ireland Rep.	77
8. USA	80
9. Scotland	112
10. N. Ireland	119
15. Wales	157

Overall Team Results

1. Italy	44
2. England	111
3. Austria	140
4. West Germany	140
5. Switzerland	161
6. France	188
7. Ireland	241
8. Soviet Union	282
9. Belgium	334
10. N. Ireland	352

12. Wales	373
13. Scotland	361

Open Men's Long Course

1. Anton Ungericht	Italy	1.21.41
2. William Nock	Halesowenl	1.23.39
3. Rod Pilbeam	Keswick	1.24.27
4. Georg Hechl	Austria	1.25.03
5. John Hampshire	Carnethy	1.25.33
6. Dietmar Mascher	Austria	1.25.40
7. Andreas Stern	Austria	1.26.40
8. Franz Schwab	Austria	1.26.57
9. Brendan Doyle	Ireland	1.27.35
10. Andy Hauser	Holmfirth	1.27.43
18. Geoff Hall	Holmfirth	1.29.20
19. Adrian Illingworth	P&B	1.29.53
21. PaulSheard	P&B	1.30.13
24. Eamon McMahon	Ireland	1.31.07
25. Denis Bell	H.E.L.P.	1.31.14
26. Andrew Nock	Halesowenl	1.31.26
28. Bashir Hussain	Stockport	1.31.50
32. Alan Buckley Warrington		1.33.55
37. Hayden Lormier	Duns AC	1.34.38
38. Steve Bell	Watford	1.34.38
41. Neil Raitt	Notts	1.35.09
44. Duncan Hughes	Hebog	1.35.13
46. Michael Boardman	Stockport	1.35.23
49. Colin Urmston	Rochdale	1.35.39
50. Steve Waterman	Watford	1.35.08
51. — Shields	Ireland	1.36.08
55. Hefin Griffiths	Hebog	1.36.44
58. Mervyn Keyes	Rossendalel	1.38.31
59. Tommy Jordan	Ireland	1.38.38
62. Gary Wilkinson	CleM	1.40.35
64. Peter Dymoke	Livingston	1.41.10
65. Bob Douglas	Kendal	1.41.20
66. Trevor Harden		1.41.26
68. Brendon Taylor	Rossendalel	1.42.13
69. Chris Beadle	Holmfirth	1.42.19
70. Brian Liyehyan	Ireland	1.43.05
72. Tony Spicer	Rossendalel	1.43.30
79. Richard White	Holmfirth	1.46.05
84. Malcolm Bailey		1.47.56
86. Diarmaid De Burca	Ireland	1.48.30
89. Robert Benjamin	M.D.C.	1.48.55
96. Francis Morgan	Holmfirth	1.51.40
100. Ian McIntyre		1.53.46
103. Steve Woods	Rochdale	1.55.02
110. David Clarkson	C.F.R.	1.59.19

112. Angus Munro		2.00.42
115. Larry Grew		2.02.39
116. Selwyn Wright Ambleside		2.03.05

Over 40's

1. Siegfried Blum	B.R.D.	1.24.48
4. Brian Hilton	Leeds C.	1.33.06
6. Dennis Quinlan	Bingley	1.36.40
9. Jim Patterson	N. Down	1.37.54
10. Alan Judd	Leeds C.	1.38.14
13. David Weatherhead	Bingley	1.40.07
14. Roger Bradley	Holmfirth	1.41.03
17. Geoff Hall	Holmfirth	1.44.44
18. Les Stephenson	Kendal	1.45.57
25. Norman Berry	Holmfirth	1.50.03
28. Lorimer Pilstair		1.53.39
29. Stuart Lowe	Mercia	1.54.29
30. C. Sandham		1.56.52
33. Jim Gibson	Ireland	2.04.19
34. Fred Parry	Newport	2.07.34
36. Donald Williams		2.10.05
40. John Melhinney	Ireland	2.16.43
41. Tony Martin		2.22.33

Over 50's

1. Johann Felgütscher	Austria	1.34.33
3. Raymond Bunn	Halesowen	1.42.42
4. Norman Matthews	Horwich R.M.I.	1.43.55
5. Andrew Brear	Skyrac	1.44.28
6. Danny Hughes	C.F.R.	1.45.08
7. Barry Thackery	D.P.F.R.	1.46.28
10. Ken Peart	AireO.C.	2.00.32
11. Brian Graves		2.06.32
17. Sam Kirkpatrick	Milton K.	2.17.11

Open Ladies

1. Sally Goldsmith		1.32.04
2. Beverley Redfern	Carnethy	1.33.54
3. Sarah Rowell	Leeds C.	1.39.33
4. Penny Rother	Edinburgh	1.41.06
5. Tricia Calder	E.S.P.C.	1.41.54
7. Susanne Niedrum	P&B	1.46.54
8. Stella Farrar	Eryri	1.49.11
9. Joyce Salvona	Livingston	1.50.04
11. Dawn Kenwright	Sam Helenl	1.52.33
15. Barbara Carney	Bingley	2.02.34
19. Mary Melhinney	Ireland	2.16.50
20. Helen Berry	Holmfirth	2.20.00
Sally Haigh	Holmfirth	2.20.00



Mark Crosdale in World Cup Long Race. Photo: Robert Howard

A Profile of Beverley Redfern

I first heard of Beverley Redfern when she won the 1989 Ben Nevis Race and joined my club, Carnethy Hill Runners, and then met her at one of Jim Darby's Saturday hill reps sessions where the potential of both coach and athlete were revealed. As Beverley has had injury problems this year and has been focused by Jim Darby onto particular races, many of you will not know who this World Cup winner is. So I've taken the opportunity to obtain answers to some of the standard profile questions.

Beverley has recently been elected to serve on the SHRA committee and hopes to serve the general interests of the sport. She is not aware of all the debates within the FRA over possible conflicts between the World Cup interests and grass roots matters which could become an issue North of the border as well.

JOHN BLAIR-FISH

Beverley Redfern

Born: Imtarfa, Malta

Hometown: Portsmouth

Age: 34

Height: 5ft 4ins.

Weight: 7st 10lbs

Job: Modern Language Teacher in Fife

Present Club: Camethy Hill Runners

Began Running: Began running for pleasure and general fitness 13 years ago then started racing in 1988 and fell racing in the summer of 1989. Initially I had no understanding of training principles and chose races on a very ad hoc basis. I have been training seriously and consistently since November 1989.

First Fell Race: Lomonds of Fife in June 1989. I was first woman back.

Early success: Lomonds of Fife, Ben Nevis in Sept 1989 (1st woman), Ben Lomond May 1990 (1st woman), and of course World Cup Sept 1990.

Early aspirations/heroines: Initially I chose races which I thought would be challenging like Ben Nevis. Then given my initial success I became more competitive and wanted to see how far I could go. I always admired Tricia Calder, current womens British Championship holder.

Best race: I have to rate the World Cup as my best race. As my performance improved over the year I became aware that I could do well and was determined to give of my best but almost didn't dare hope too much. I'd run the race in my mind 100 times over at least and knew it would be fast and that I'd need to be first to the top, which I was. The hurtling down to the cheers of the supporters and establishing a convincing lead was just a brilliant feeling.

Course Records: Ben Lomond

Preferred Races: I like all races but prefer ones on reasonable paths. I hate tussocky terrain.

Coach: Last year I trained with Jim Darby and his squad and benefited greatly from his advice and support.



Beverley Redfern winning World Cup Ladies Race. Photo: John Coon

Weeks Training: I was injured a lot last year and had difficulty training consistently but I ran somewhere between 50-70 miles, including a track session and a hill rep session. This year I aim to maintain the speed work and hopefully run a similar mileage, but my main aim will be to remain injury-free.

Diet: Vegetarian

Thank Anybody: Jim Darby, the people I trained with, and friends who put up with me when I was injured.

Postscript

Beverley has no definite plans for next season, but will not contest the British Championship and may try marathon running.

STELLINA CHALLENGE

18th - 19th August

The organisers of the 'Stellina Challenge' invited a British team to participate in a series of races held on 18th and 19th August at Susa in the Italian Alps.

The main event was an International Relay on the Sunday held in memory of the massacre of a Partisan Brigade high in the mountains above Susa in 1944. All the countries who had been active in the area during the war were invited with addition of the neutral Switzerland, Austria, Great Britain, Switzerland and the U.S.A. joined the Italians for the relay. However for the Junior - Ladies, Junior Men and Senior-Ladies races the British were the only overseas team represented. Given that these races were also the Italian Inter-Regional Championships the standard of the opposition was high.

The selectors tried to select the strongest British Team available, however this was hindered by the holiday period and the proximity of the World Cup.

The results on the first day were excellent and actually resulted in the Italians changing their World Cup plans considerably. Marie Todds victory in the Junior Ladies Race prompted Italian enquiries about 'Orienteering'. Gavin Bland's race tactics were most mature; his comments on finishing were that the Italians "had no race".

Measured against this high level the results on the Sunday were slightly disappointing. The course for the relay was on the terrain that the Italians seem to revel in. Flat for 3K, then 5K of very steep ascent for the first leg, and both Nigel Gates and Paul Dugdale found that the impact of the hill after the flat caused them to go backwards in the racings. The second leg was a steep climb of 8K with a slight descent to the finish at about 7,5000.

The trip was made all the more memorable by the way that the party mixed so well together given that they did not know each other previously, although Nigel Gates could not quite fathom Colin Donnelly's penchant for brewing cups of tea on a Primus at 3 a.m. in the morning. Patricia Calder found buying newspapers more confrontational than she expected, and Marie Todd's performance on the Bagpipes at the finish of the Relay proved to be an absolute showstopper.

Many thanks to the organisers for their generous and gracious hospitality and to the B.A.A.B. for their contribution to the travelling costs of the ladies and junior men.

JONATHAN GIBBON

Results

STELLINA CHALLENGE RELAY

19/8/90	
1 Italy (A)	1hr 20,16
2 Austria	1hr 20,37
3 Italy (B)	1hr 20,40
4 Switzerland	1hr 24,10
5 Great Britain (A)	
(Nigel Gates, Colin Donnelly)	1hr 24,34
6 Great Britain (B)	
(Paul Dugdale, Bashi Hussain)	1 hr 25,10
7 U.S.A. (A)	1hr 25,47
8 U.S.A. (B)	1hr 30,22
9 Austria (B)	1 hr 31,20

JUNIOR LADIES RACE

(Born 1971 and After) 19.8.90

1 Mari Todd Great Britain 17,30
(14 finished)

JUNIOR MEN'S RACE

(Born 1971 and After) 18.8.90

1 Gavin Bland Great Britain 32,17
2 Colin Jones Great Britain 34,57
(32 finished)

SENIOR LADIES RACE

18.8.90

1 Maria Coechetti Italy 35,16
2 Patricia Calder Great Britain 35,47
3 Antonella Milinari Italy 37,10
4 Katherine Hill Great Britain 37,10
(28 finished)

THE M.A.S. Mount Kinabalu Climbathon September 1st/2nd.

Helene Diamantides and Peter Dymoke (currently living in Australia) were the only British runners to get to Borneo for this extraordinary race, and the first sight of Mount Kinabalu rising to 13,455' above the Jungle left no doubts they faced a tough task.

The race is organised by the Malaysian national airline and the National Park that surrounds the mountain, and began as a competition between the local guides in 1986. It starts from the bottom of the mountain trail at 6,000' and is an up and down race over 21 kms, with the last 5 km being along the road from the end of the trail to the park headquarters.

In 1987 the race attracted the attention of the Gurkha's, who have a strong tradition of hill running, and bases in nearby Brunei and Hong Kong. Since then they have dominated the race, not only winning it every year, but always taking at least the top 10 places. Last year it was the top 14!

As a result the locals have given up trying to beat them and organised a 'Malaysian Open' race and a separate 'International Open' race, in which Dymoke faced the Gurkhas and Russell Prince, a world class ultra runner from New Zealand, with a lot of mountain experience. There was a separate race for the ladies the following day, but Diamantides knew nothing of the opposition, which included last years winner, many mountain porters and 2 New Zealanders.

Both the Brits were at a disadvantage, competing against runners who had trained and fully acclimatised on the mountain, while they only had time for a single training run, which allowed them at least to see the trail but emphasised how much they would struggle at the higher altitudes. Both races started at dawn and the trail was easy to follow, well marshalled and had plenty of drinks stations.

At the start of the 'International' the Gurkhas led the way, putting in bursts of running and fast walking on the ascent, which climbed through dense forest to start with. The vegetation gradually thinned as the runners moved up, but the climbing was sustained and in places steep steps, constructed from logs were used. Some of these were virtually ladders and it was fortunate the weather was dry or they would have been slippery.

Throughout the climb the Gurkhas fought their own private battle, with Dymoke and Prince both aiming to be the first non-Gurkha. Dymoke broke clear early in the climb, but above 11,000' lack of acclimatisation was a real problem. It is at this point that the route breaks out on to the granite cap of the mountain and leaves behind all vegetation. The route is marked by a rope one and a half miles long leading up steeply angled slabs past many magnificent summits.

The area of slabs is huge (it is said to be the size of 370 football pitches) but the rope is only needed on a few occasions as the friction on the rock is so good.



Helen Diamantides - winner of the M.A.S. Mount Kinabalu Climbathon
Photo Robert Howard.

It is more important for controlling the descent, where a fall could be very nasty, and gloves were useful to stop rope burn.

Despite a severe case of deep breathing Dymoke got to the top in 2.04.00 in 11th place, five minutes up on Prince, but 16 minutes down on the first Gurkha. He held this position on the descent to finish in 3.20.24, although Prince nearly caught him. The winner took 2.50.03 and was just 1 second up on his nearest rival, who lost by the same margin last year.

In the ladies race Diamantides unexpectedly took the lead early on and decided to press on during the early part of the climb, as she expected to lose ground at the higher altitudes. It didn't work out that way as she was far too good for the opposition, who never came close to challenging her. She reached the top in 2.10.35 and put in a very fast descent to win in 3.18.58, over 30 minutes ahead of last years winner. That time would have taken 10th in the 'International Open' and beat the old record, which was set on a course 5 km shorter.

Anybody who fancies a try at Mount Kinabalu and the Gurkhas should contact M.A.S. at 191 Askew Rd., London W12 9AX for details. The airline provides tickets at half fare for all entrants.

ROBERT HOWARD

ZERMATT - WORLD CUP 1991

September 7-8

After some hesitation, the Swiss organisers of the 1991 World Cup mountain races have included an open race in the programme. This will be held over the senior mens long course which I believe to be the toughest yet devised. The winner will certainly take up all of the estimated maximum time of 90 minutes, and possibly a little more. Having run over the course three times last summer I offer the following notes for guidance.

The first thing of importance is to remember that Zermatt is at an altitude of 1600m and 15km of the 18km course is above 2000m. Our internationals will need to take expert medical advice on the best way to prepare to meet the altitude effect. The rest of us will need to take it easy, but the absolutely magnificent views will compensate for the slower pace!

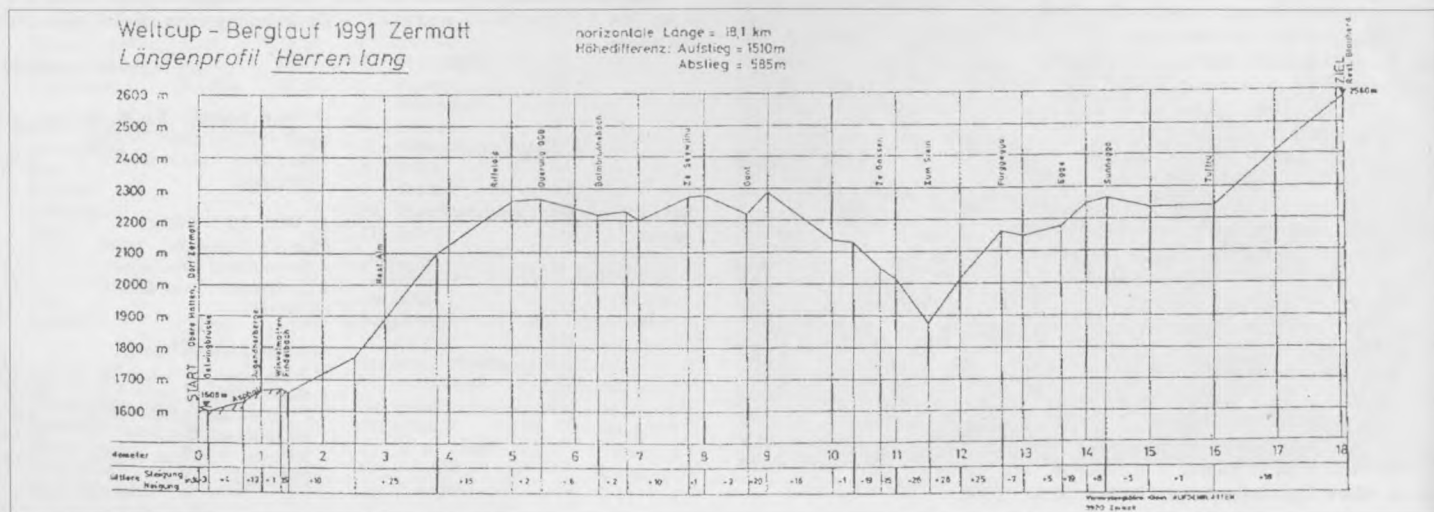
Unusually for a World Cup long course, there is a considerable amount of descent - albeit all on good running surfaces, in fact the whole of the course is on good surface walkers paths.

The first climb onto the Rifflealp is unrelenting but runnable. There follows an undulating 4 km before a descent of 400m spread over 2.5km. After reaching this mid course low point there follows a very steep climb through forest which I guess will be taken at a walk by most people. After reaching the ski station of Sunnegga, there is a fast flat 1.5km followed by a not too steep, but by now painful 350m climb to the finish at an altitude of 2600m. This last section is over a nice rocky path.

The organisers are offering a self catering package which includes transport by coach to Zermatt. Details are still being worked out at the time of writing. If they are not published in this issue of Fellrunner, and you wish to receive them please send me a S.A.E. and I will supply them when they arrive, (address: Hallsteads, Gosforth, Cumbria.)

DANNY HUGHES,

Secretary-International Mountain Racing Committee



CZECHMATE

The North Bohemia town of Deem nestles in wooded hills, not yet deforested by the great weight of acid rain from nearby Germany (Eust) and Poland. The wide river Vltava wends its way through the town, in turn bearing its weights of pollution towards the German border : a brisk trade in environmental degradation!

Beneath rain-laden skies, a line of runners awaits starter's orders for the Beh na Lahti" hill race. The route undulates along a wooded ridge to the featureless forest-summit of Beh na Lahti, with occasional glimpses of the sandstone tors that make Decin a Mecca for rock - climbers ; then it returns by the same route, marked by chalk and streamers. We're well spread out at the top, but in a hurtling descent I almost catch the next man, who however finds a finishing burst. We change under the trees in steady rain, assemble for a soggy prizegiving ; and I descend to the bus, well pleased with my first Czech hill race.

The afternoon sun breaks through as the 'toy train' trundles through narrow valleys and open fields. Each cluster of houses has its station ; each station a painted doorway framing the stationmistress, flags under arm, waving greetings to the passing "express". It is as if the war has only just finished - which, in a sense, is true.

At the industrial, Uranium - mining town of Liberec, I am met - and regally entertained - by Oldrich Cepelka, organiser of the annual Cime championship race up Beh na Jested (1012m), whose "cosmically archetectonic" TV-Tower-come restaurant is a Bohemian landmark. We chat about conditions in the new Czechoslovakia, about mountain races, about our families, way into the night - and he leaves for work before dawn. I jog up the hill through forests scarred by ski developments, until a giant inverted ice-cream cone looms out of the mist. Jested summit hotel. I take the hint and order a giant ice-cream sundae. It's only 10 am ; but then it's only 40p! Ingestion and digestion give time for the sun to bum off the cloud cover, and all of North Bohemia is laid out below. A long, wooded ridge provided the opportunity to savour the solitude of these hills, to incorporate them into a kaleidoscope of experiences and enjoyment of the hills in many countries. My freedom and ease of movement in the North Bohemia hills mirrors the freedom to travel and ease of movement between countries which I almost take for granted.

But paradoxically, for most Czech runners the freedom to travel, through won recently and a great art is a freedom that can't be exercised. If a day's pay buys only £2 in hard currency, who can compete abroad? Even a lifetime's savings may only finance one shopping spree in nearby Germany Well, now for the good news; there is something you can do!

I've opened an interest-bearing account called "Czechmate", which will pay entry fees, and travel and accommodation costs outside Czechoslovakia, to enable Czech runners who work so hard for the sport in their country to savour some

international competition - in neighbouring Germany or Austria - as in Switzerland or even Britain. The account will be administered by Camethy Hill Running Club, and details of its use will be offered to "Fell Runner" (and "Up and Down") for publication.

If you went to the World Cup, you can spare a tenner!

If you entered in time for the Ben, you can afford a fiver!

If you did neither, you're probably both wealthy and wise, and can load some of your savings and every penny goes to the Czech runners' expenses.

Czechmate, 18 Mentone Terrace, Edinburgh EH9 2DF

Pass the hat round next club night.

COLIN PRITCHARD

The Three Peaks of Mexico

I have a copy of an old running magazine dated Feb, 1980. I have kept it because it contains a fascinating article describing the volcano running exploits of two American mountain runners, Chris Reveley and John Link on what could be called Mexico's 3 Peaks. These are the three major mountains of Mexico, the only mountains that rise to over 5000m and hold permanent snow. They are all ancient volcanoes, currently inactive.

The huge cone of Popocatepetl, 5452m (17,900ft) with its stupendous crater is by far the most famous. Ten miles to the north of Popo across the Paso de Cortes is Ixtaccihualt, 5286m (17,350ft.) an undulating ridge-like mountain. The third peak is Orizaba, 5760m (18,900ft) the highest in Mexico. This beautiful mountain stands eighty miles to the east of the other two peaks.

I had been interested in climbing these peaks for many years and this ambition was finally realised over Christmas 1989 with John Colquhoun, a friend from my club, The Cave and Crag. The ascents are technically easy we were blessed with excellent weather. Nevertheless, these are big mountains and temperatures on all three were fairly low. Even with good clothing, polar wear suits, full windproofs, thick mitts, etc, we were still a bit chilly, especially on Ixta. Admittedly, our ascent times were treble those taken by the Americans. Having made the ascents in a traditional mountaineering style (an ice axe and crampons were found to be essential) and appreciating the need for proper acclimatisation for altitudes above 5000m, my admiration for their quick, lightweight running ascents is considerable. The article has photos of Link and Reveley leaping down the frozen slopes dressed only in shorts and with crampons strapped to their running shoes!

In the ten years since that article was published it is more than probable that other runners have had a go at Mexico's 3 Peaks. Does anyone know? When we were staying at Tlamacas Lodge, the base for climbing Popo, numerous fit-looking Mexicans were observed running the paths along the lower slopes of the mountain.

DAVE IRONS

The World's most Spectacular Half Marathon

The organisers of the successful Everest Marathon in Nepal are planning a new race for Easter 1991, The Annapurna Adventure Run. This is a half marathon to be run along the top of the Kaski ridge, which overlooks the beautiful Pheva lake on one side, and is itself overlooked by the towering peaks of the Annapurna range on the other side, with some of the world's highest mountains among them.

The bi-annual Everest Marathon, due to take place in November 1991 looks likely to become a victim of its own success, with far more applicants than the 60 places available. It is also beyond the means of many, requiring a months holiday, the ability to compete in very cold temperatures at high altitude, and with a price tag of £1600. The Annapurna Adventure Run is intended for those who want to experience the thrill of travelling and running in the Himalayas, but who cannot participate in the Everest Marathon.

The Annapurna Adventure Run is a 2 week holiday, incorporating sightseeing in Kathmandu, Nepal's pagoda roofed capital, and a 6 day trek through the beautiful foothills of the Annapurna range, culminating in the race. The dates are March 24th - April 6th (Easter holidays) and the price of £1190 includes all flights (ex London), trekking arrangements, meals and accommodation. There is also an extension available for the really adventurous who wish to try white water rafting, and visit the Chitwan National Park.

Early April is one of the best times to visit the area as skies are normally clear and the rhododendron forests are in bloom. As the highest point of the race is only 1737m (compared to 5184m on the Everest Marathon) there will be no difficulties with the altitude, and temperatures will be pleasantly warm. Unlike the Everest Marathon there will be no screening of applicants and entries on a first come, first served basis.

Everest Again

For those who cannot resist the challenge of the World's Highest Marathon, the next Everest Marathon will take place in November 1991. The one month trip runs from 2nd-30th and costs £1600 (ex London). It includes a 16 day trek to Everest, allowing safe acclimatisation to the extreme altitudes. (Yes, it takes 16 days just to get to the start!)

Entry forms are available now, and selection for the 60 places available takes place on March 31st 1991. Suitable mountain or trail running experience is an advantage, but selection will not be made on speed alone. Because medical supervision is essential no applicants can be accepted for the race day only.

Entrants will be aiming at Jack Maitland's incredible winning time of 3 hours 59 minutes and running against a strong team of the famous Gurhka soldiers. Both races are non profit making and are run to benefit Nepalese charities. For further details write to Diana Penny Sherpani, Bufo Ventures Ltd., 3 Elim Grove, Bowness on Windermere, Cumbria.

ROBERT HOWARD

EVEREST MARATHON 1991

**The highest marathon in the world
2-30 November 1991 - £1600**

26.2 mile high altitude race (5184 - 3446m) on rough and steep trails, preceded by a 17 day trek to the Everest region for essential training and acclimatisation. Mountain running experience essential. Full information and application forms now available; selection 31.3.91.

ANNAPURNA

Adventure Run Nepal

24 March - 6 April 1991 - £1190

24 March - 9 April 1991 - £1320

Half marathon on easier trails (1425 - 1737m) following a 7 day trek through the delightful Annapurna foothills. Optional white water rafting and jungle safari.

Full information from:

BUFO VENTURES LTD

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WINDERMERE LA23 2JN

Tel: (09662) 5445



RESULTS

CAIRNTABLE HILL RACE

6.1m / 1200ft 10.6.90

Scotland

1. D.Auchie DalryT 44.17
2. P.Bonner Clydes 45.05
3. J.Slewarl AyrS 45.12
4. D.Tyson SolwasS 47.02; 5. I. Auchie DalryT 47.19; 6. J.Gemmell Cumnock 47.46; **Veterans:** 1. J.Rowley Lanark 47.53; 2. I. Pollock AftonW 49.33; **Ladies:** 1. I.Fraser AyrS 58.57; 2. L.Griffin Muirkirk 71.57.

FAN FAWR RACE

AS / 2m / 1000ft 10.6.90

Wales

This year again saw the welcome return of a number of Hebog and Eryri runners fresh from the Persons v Equine race held the previous day at Llanwrtyd Wells. Being unable to be provided with horses to chase up the mountain, they were content to chase each other (and the rest of the field chasing them).

Favourite, Duncan Hughes, galloped home first, just missing his own record by a head. Helga Hughes was first Lady, and Hebog the first team.

The going was medium to firm. Rumours that John Brooks, who badly sprained his ankle on the descent, was put down are not true - he has been put out to stud!

Chas Ryder

1. D.Hughes Hebog 16.34
2. D.Davies Hebog 18.13
3. E.Evans Eryri 18.32
4. H.Griffiths Hebog 18.45; 5. P. Hampson MDC 18.48; 6. J. Darby MDC 19.00; 7. L.Williams MDC 19.18; 8. M.Lucas MDC 19.29; **Veterans 0/40:** 1. D.Davies Hebog 18.13; 2. L.Williams MDC 19.18; **Veterans 0/50:** 1. M.Hicks MDC 22.05; **Ladies:** 1. H.Hughes Hebog 31.55.

BEACON BATCH FELL RACE

BS / 5m / 1000ft 13.6.90

Avon

The Welsh invasion of this first annual race proved complete as most of the prizes were carted back over the Severn bridge.

Mynyddwyr de Cymru cleaned up the men's and women's teams as well as the winner, ladies' winner and first veteran over 40. Lydia Kirk, easily won the Ladies' section only days after victory in the Woman v Man v Horse.

Swansea took the Super Veteran's section with Brian Griffiths making the top ten ahead of many of his juniors.

It was a good evening out, and many will return next year.

Graham Patten

1. G.Patten MDC 30.59
2. C.Hallett BOK 31.27
3. J.Werlock W'bury 32.22
4. G.Burke Deeside 32.44; 5. Blease MDC 32.57; 6. M.Walker MDC 33.32; **Veterans 0/40:** 1. L.Williams MDC 33.45; **Veterans 0/50:** 1. B.Griffiths Swan 33.58; **Ladies:** 1. L.Kirk MDC 36.09;

HOLME MOSS FELL RACE

AL / 16m / 4000ft 17.6.90

Yorkshire

The best thing about this race to me is that there are streams at the bottom of every hill. On a belting hot day like this year and last year, descents would be murder without water, but there's also enough to paddle and splash about in as well as drink. Not only that, but the organizers provide two feeding stations - one at the top of Holme Moss and one at Crowden.

The most northerly of the Peak District races, this one has other advantages - it's the least boggy of the lot, except for a mile of the Pennine Way up to Black Hill which, this year, was drier than ever before for the race. It starts from a lovely little setting in the woods near Holmfirth and with plenty of tea and sandwiches at the finish, it's an ideal event for those who like their fell races low-key, friendly and picturesque. This year's race clashed with the Kinder Downfall, so a few hundred people were occupied elsewhere on the Dark Peak, which helped keep Holme Moss to what are probably its best entry numbers - 70 or 80. Long may it stay that way - like fell races used to be!

1990 saw two Veterans battling it out for the honours - not just the race, but the Yorkshire AAA Fell Championship. Andy Styan got ahead on the downs, and Andy Harmer on the ups, but they were together before the final descent from the top of Holme Moss - no surprise that the expert descender won!

These two Andys first ran against one another in their teens in the Ingleborough Junior Race, and it would be nice to think they could still be battling it out in ten year's time!

B.T. Peril

1. A.Styan Holm 2.19.33
2. A.Harmer DkPk 2.20.18
3. E.Egner DenbyD 2.26.43
4. A.Churchill Clay 2.26.56; 5. B.Berzins DkPk 2.28.58; 6. P.Buttery DenbyD 2.30.24; **Veteran 0/45** 1. D.Gledhill Holm 2.40.46; **Veteran 0/50:** 1. P.Covey P&B 2.42.17; **Ladies:** 1. J.Johnson DenbyD 3.00.17.

BEN SHEANN HILL RACE

N / 2.5m / 1400ft 20.6.90

Perthshire

This year's race was run over a new course from Strathyre village to the summit of Ben Sheann and back to Strathyre forming a circular route.

J. Dawson

1. B.Rogers Lochaber 24.49
2. J.Aitken Lochaber 24.59
3. P.Hughes Lochaber 25.14
4. P.Bonner Clydes 25.16; 5. J.Brooks Lochaber 26.14; 6. F.Everitt Lochaber 26.41; **Ladies:** 1. S.Johnston Unatt 35.37.

THE CHEVY CHASE 'A' RUN

AL / 20M / 4000ft 23.6.90

An incident-free, very successful day for the first running of the New Chevy Chase - an improved, longer and

tougher route for competitors that has removed the previously bad five mile road finish - now less than half a mile of road is involved.

The weather on the day brought blustery westerly winds but the cloud being high and patchy meant plenty of sunshine with perfect temperatures.

There were strong performances from many North East fell runners and a glorious run by Wendy Dodds in a rapid time.

The wonderful Cheviot topography was reflected by all competitors' faces - they were thrilled with the route and conditions (even the swampy peat on the Cheviot summit). Consequently, a marvellous atmosphere was generated at the finish, during refreshments and for the prize giving.

Entries for the 'A' Fell Race and the 'B' Fell Race were the highest in the event's 34 year history, and the promise of attracted elite fell runners remains a distinct possibility with the new and already classic route.

L. Heslop

1. G.Brosnan Unatt 3.09.29
2. A.Philipson Gosforth 3.10.40
3. K.Wood Salt 3.11.02
- Veterans 0/40:** 1. G.Brosnan Unatt 3.09.29; **Veterans 0/50:** 1. J.Peacock Gates 3.38.25; **Ladies:** 1. W.Dodds Clay 3.33.25.

WASDALE FELL RACE

AL / 21m / 9000ft 14.7.90

Cumbria

Despite a reduced field, probably due to the World Cup selection races, nothing detracted from the traditional "Wasdale" atmosphere on a glorious sunny day.

In winning the Men's race by about 23 minutes from Colin Valentine, Mark Rigby beat last year's winning time of Colin Donnelly and his own PB set in 1987.

Helen Diamantides was even more impressive, not only winning the ladies' section by 32 minutes from Ruth Pickvance, but smashing Angela Carson's record by 8 minutes, and getting amongst the men's prizes into the bargain (13th overall).

Danny Hughes

1. M.Rigby Amble 3.37.08
2. C.Valentine Kesw 4.00.56
3. P.Clark Kend 4.06.25
4. D.Ratcliffe Ross 4.13.27; 5. D.Nuttall Clay 4.16.43; 6. M.Stone Clay 4.16.57; 7. M.Walford Kend 4.18.54; 8. K.Taylor Ross 4.19.24; 9. G.Webb CalderV 4.20.57; 10. B.Berzins DkPk 4.22.24; **Veterans 0/40:** 1. M.Walford Kend 4.18.54; 2. K.Taylor Ross 4.19.24; 3. M.Hirst Longw 5.07.14; **Veterans 0/45:** 1. J.Nuttall Clay 4.41.14; 2. W.Buckley Gloss 5.20.48; 3. M.Coles Skyrac 5.22.22; **Veterans 0/50:** 1. P.Brooks Lochaber 4.55.27; 2. R.Bell Amble 5.20.30; 3. A.Shaw Roch 5.32.59; **Ladies:** 1. H.Diamantides Amble 4.28.35; 2. R.Pickvance Clay 5.00.21; 3. A.Wright Maccles 5.15.42; 4. S.Haines Ilkley 5.29.17.

OLD COUNTY TOPS RACE

AL / 35m / 9000ft 30.6.90

A record entry of 48 teams faced a route shrouded in mist for the first time in the race's three year history.

The start was leisurely with runners chatting amongst themselves

as in training. It wasn't until Grizedale Tam that the racing started. The Nuttall brothers (later to retire) pushed on strongly as did Valentine/Laney. After Wythburn navigational skills were at a premium, and at Angle Tam it was the Achilles Ratti pair of Hope/Nixon who were in the lead followed by Valentine/Laney.

This set the pattern of the course until crossing Great Moss in Upper Eskdale, the two teams came together only for the Achilles Ratti team to pull away again. However, after Cockley Beck on the steep climb up Grey Friar, Valentine/Laney proved the stronger team and pulled away to win convincingly.

Allan and Claire Kenny ran well to clinch the mixed team prize. Achilles Ratti took a host trick of team wins with no other club finishing three teams.

T-shirts to all finishers, plenty of good food on the route and at the finish, made for a memorable day.

J. Nixon

1. C. Valentine IT.Laney 7.28.12
2. J.Hope/J.Nixon AchR 7.40.16
3. J.Fish/N.Fish 8.03.49
4. C.Nilkinson/M.Rowley Bing 8.16.58; 5. R.Buckley/R.Poolo Gloss 8.28.09; 6. S.Skelton/P.Cleasy CalderV 8.34.59; **Veterans 0/90:** 1. J.Aines/A.Ireland Maccles 9.20.32; **Veterans 0/100:** 1. L.L.Pollard! P.NcHale AchR 12.01.35; **Mixed:** 1. C.Kenny/A.Kenny AchR 9.18.23; **Ladies:** 1. S. Anderton! P.Dickinson 11.38.28.

BEACON TO BEACON RACE

AS / 800ft / 3.25m 17.7.90

Cleveland

Conditions on the day were excellent - the course was dry and the weather was good.

New records were set in all three categories with Robin Bergstrand giving an outstanding performance.

M. Powell

1. R.Bergstrand Mand 16.43
2. P.Connor Mand 18.05
3. V.Rutland Mand 18.28
4. M.Garret Mand 18.40; 5. I. Mulrooney Unatt 18.44; 6. G.Barnes Mand 18.47; **Veterans 0/40:** 1. P.Connor Mand 18.05; **Ladies:** 1. G.Hale Mand 21.11; 2. C.Proctor Mand 22.47.

COWPE HILL RACE

BS/3m/800ft 18.7.90

Lancashire

Whilst big brother Brent is rarely seen on the fells these days, Will Brindle is keeping the family name in lights. Will, who was to go on to win the Ingleborough Fell Race only three days later, led this race from start to finish holding a slight lead from local man, Ray Rawlinson, at the summit and increasing his lead on the roughish descent.

Ideal conditions ensured fast times although last year's record remained intact by a mere three seconds. Ray Rawlinson improved by one place on his third last year and 'Scoffer' Schofield was best placed of those who ran the Wasdale race the previous weekend.

This is the second year that we have used this particular route now, and will have a different course next year. We have something in mind

which is slightly longer and much tougher!

Graham Wright

1. W. Brindle Horw 19.14
 2. R. Rawlinson Ross 19.22
 3. C. Lyon Horw 19.30
 4. A. Schofield Roch 20.15; 5. T. Hesketh Horw 20.19; 6. D. Caldwell Ross 20.30; 7. D. Woodhead Roch 20.32; 8. D. Naughton Clay 20.34; 9. D. Waterworth Clay 20.39; 10. A. Sunter Horw 20.53; Veterans 0/40: 1. T. Hesketh Horw 20.19; 2. K. Taylor Ross 21.11; 3. B. Deegan Roch 21.15; Veterans 0/45: 1. P. Jepson Bury 22.52; 2. P. Kelly Ross 23.13; 3. N. Moore MUS'Frd 23.40; Veterans 0/50: 1. N. Matthews Horw 22.16; 2. J. Richardson NanUniv 28.24; 3. J. Newby Tod 28.42; Ladies: 1. J. Needham Roch 25.11; 2. D. Fleming Ross 26.16; 3. P. Smith B'burn 26.26; Junior Race: 1. W. Metcalfe Ross 9.31; 2. K. Able Ross 9.34; 3. J. Hart Ross 9.40.

BAMFORD CARNIVAL FELL RACE

CS /3.75m / 600ft 18.7.90
 5. Yorkshire

This year's race was run over the same course as previously on a very dry and very hot evening, with 289 runners competing.

I was very surprised, but very pleased, to have such a good turnout in such high temperatures, although gallons of orange juice were served afterwards.

Donald Johnson

1. K. Manning Clay 21.05
 2. A. Trigg Gloss 21.11
 3. T. Tett DkPk 21.15
 4. N. Stone StaffsM 21.19; 5. N. Jubb DVO 21.39; 6. A. Corywright SVO 21.42; 7. C. Stanley GPT 21.44; 8. 5. Wilson Hallam 21.46; 9. K. Hunter Hallam 21.51; 10. J. Kershaw Maccles 22.00; Veterans 0/40: 1. J. Kershaw Maccles 22.00; 2. T. Turner AFD 22.30; 3. G. Band DkPk 22.46; Veterans 0/50: 1. J. Harrison DkPk 26.21; 2. R. Mason Totley 26.56; 3. R. Humphreys Unatt 27.57; Ladies: 1. S. Boler PFR 25.24; 2. J. Smith DkPk 25.40; 3. C. Barson GPT 27.28; 4. P. Mee Gloss 27.36.

KINNSIDE FELL RACE

AM/9m/3000 ft 21.7.90

Cumbria

From the start field G. Byres led the field but by the time Blakney Hause was reached, A. Bowness had taken over the lead which he held on to the finish. A fine run by John Nixon lowered the veterans' record which he had set last year.

Bernard Hillon

1. A. Bowness CFR 1 11.26
 2. H. Jarrett CRF 1 12.3
 3. G. Byres CFR 1 12.54
 4. R. Unwin CFR 1 13.35; 5. J. Nixon (Veteran) Achill 1.14.42; 6. J. Bulman Kesw 1 16.02; 7. R. Lucas Unatt 1 17.23; 8. S. Martin CFR 1 17.27; Veterans 0/40: 1. J. Nixon Achill 1 14.42; 2. J. Stout CFR 1 25.21; 3. I. Charlton Kesw 1 25.51; Veterans 0/50: 1. D. Hughes CFR 1 28.05; 2. J. Sarbarino Achill 1 42.46; Ladies: 1. E. Wright Amble 1 38.31; 2. G. Charlton Kesw 1 49.48; 3. M. Strawbridge Unatt 2 07.33.

MEAL AN-T'SUIDHE

AS /3.5m / 1500ft 29.7.90

Inverness

1. M. Rigby Amble 30.08
 2. J. Brooks Lochaber 32.24
 3. K. Manning Clay 32.29
 4. S. Hicks Amble 32.52; 5. A. Dytych Clydes 33.14; 6. P. Hughes Lochaber 33.39; Veterans 0/40: 1. G. MacConnachie Lochaber 39.01; 2. P. Low Fife 39.13; Veterans 0/50: 1. M. Waddel Graves 53.04; Ladies: 1. C. Proctor Mand 43.08.

HALF NEVIS HILL RACE

AM/6m/2200ft 28.7.90

Inverness

1. M. Dixon Lochaber 62.33
 2. I. Woods UKBiath 62.33
 3. F. Everitt Lochaber 64.43
 4. S. Hicks Amble 64.47; 5. A. Dytych Clydes 65.25; 6. B. Rodgers Lochaber 65.32; Veterans 0/40: 1. B. Shields Clydes 72.24; 2. R. Asquith Holm 74.16; Veterans 0/50: 1. M. Waddel Graves 96.02; Ladies: 1. C. Swain Invern 82.29.

TURNSLACK FELL RACE

AM /8m /2000ft 28.7.90

Lancashire

This year, I had the results out within six days of the race which must be a record for this event! Mind you, after 13 races, it should be organised by now!

I was quite happy with the turnout considering it is a congested time in the racing calendar.

Well, it looks as if Bob and Ray had a right tussle with only 13 seconds between them. I can't tell you exactly what went on up front as I wasn't there. It's the first time haven't run since 1984. Bob's time was just 1 minute 2 seconds outside Robin Bergstrand's record with conditions quite good.

Look where the first lady finished - 23rd overall I could not believe it! Mind you - it was Sarah Rowell. The distance was probably nothing to her. Her time smashed the old record.

The venue turned out to be a winner on the day again with the finish and all the parking in the one large field. There were stalls, a Bouncey Castle and the ladies did a fantastic job serving tea and cakes.

It was tough luck on Rossendale, though, who had the first three home and still lost the team prize to Horwich. Kevan Shand

1. R. Ashworth Ross 1.00.15
 2. R. Rawlinson Ross 1.00.28
 3. N. Aspinall Ross 1.01.30
 4. D. Woodhead Horw 1.01.33; 5. T. Hesketh Horw 1.01.35; 6. R. Jackson Horw 1.01.42; 7. S. Bird Invic 1.02.14; 8. K. Gaskell Horw 1.02.15; 9. C. Lyon Horw 1.02.33; 10. P. Pettensell Nacc 1.03.01; Veterans 0/40: 1. T. Hesketh Horw 1.01.35; 2. I. Holloway Roch 1.03.12; 3. L. Hutchinson Clay 1.03.21; Veterans 0/45: 1. K. Carr Clay 1.08.49; 2. W. Jackson Horw 1.09.02; 3. P. Kelly Ross 1.12.01; Veterans 0/50: 1. T. Shaw 1.13.02; 2. J. Dean 1.13.30; 3. T. Sykes 1.17.39; Ladies: 1. S. Rowell Leeds 1.05.20; 2. G. Berrow Unatt 1.14.29; 3. G. Cook Roch 1.16.32; 4. K. Martin Alt 1.17.09.

COW HILL RACE

AS/ 2m /900ft 30.7.90

Inverness

1. B. Rodgers Lochaber 18.06
 2. T. Buckner Havant 18.27
 3. G. Read Roch 18.37
 4. J. Brooks Lochaber 18.55; 5. P. Hughes Lochaber 19.09; 6. K. Manning Clay 19.28; Veterans 0/40: 1. B. Buckley Gloss 21.21; 2. R. Cant Lochaber 21.47; Veterans 0/50: 1. J. Maitland Snr. Lochaber 23.11; 1. R. MacLachlan Lochaber 26.04.

MOEL HEBOG RACE

AM / 5.5m / 2560ft 4.8.90

Wales

1. D. Roberts Hebog 46.03
 2. H. Griffiths Hebog 47.24
 3. D. Davies Hebog 48.25
 4. A. Darnel Eryri 48.39; 5. H. Parry Eryri 48.52; 6. A. Nicholas Eryri 49.31; 7. A. Furlong Border 51.15; 8. B. Hughes Hebog 51.18; 9. B. Beachall SheffUn 51.21; 10. M. Jones Hebog 51.23; Veterans 0/40: 1. D. Davies Hebog 48.25; 2. H. Parry Eryri 48.52; 3. D. Williams Erwi 54.16; Veterans 0/50: 1. R. Hird Eryri 52.03; 2. G. Lloyd Wrex 63.09; 3. L. Griffiths Hebog 67.22; Ladies: 1. R. Parry Eryri 65.48; 2. W. Lloyd Wrex 79.11; 3. S. Lloyd Eryri 91.08; Juniors: 1. C. Williams Hebog 52.19; 2. G. Hughes Hebog 52.27; 3. I. Jones Blaenwyr 54.42.

TEGGS NOSE FELL RACE

BM/6.5m/100ft 4.8.90

Cheshire

The field was down this year due to a mix up over dates and apologies to anyone who turned up on the original date.

However, we were blessed with another good fine day with dry conditions.

Staffordshire Moorlands came in force and took the first two places and the team prize.

Greg Rowson

1. D. Neill Staffs 45.09
 2. N. Stone Staffs 46.4
 3. M. Fowler Wilrnslow 47.41
 4. J. Kershaw Macc 48.25; 5. P. Frodham Helsby 48.54; 6. S. Longden Altrinc 49.10; 7. A. Wooldridge Altrinc 49.23; 8. R. Bloor Macc 50.23; 9. I. Walker Boll 50.53; 10. P. Leaf Staffs 50.57; Veterans 0/40: 1. J. Kershaw Macc 48.25; 2. J. Whalley Macc 51.59; 3. B. Wheatley Unatt 52.13; 4. B. Mills Altrinc 52.20; 5. G. Litherland N'castle 52.33; Veterans 0/50: 1. J. Dearden Helsby 55.32; 2. R. Tunstall Helsby 56.28; 3. A. Pears Sped 57.43; Ladies: 1. R. Adshhead Stock 56.38; 2. C. Greasley Macc 59.30; 3. S. Rowson (V) Macc 62.35; 4. M. Singleton (V) Ches 63.12; 5. R. Gillick Stone 65.45; Juniors: 1. A. Ainsworth Unatt 57.54; 2. L. Lewis Macc 78.03

BORROWDALE FELL RACE

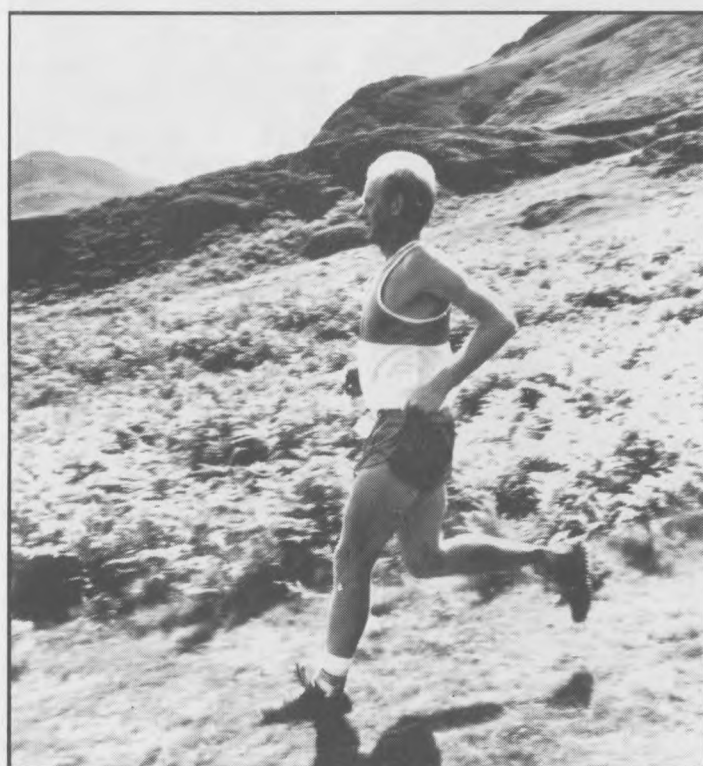
AL / 17m / 6500ft 4.8.90

Cumbria

A perfect day and a record field. Many thanks to all who ran, but a special thanks to all the helpers on the day.

Ann Bland & Pete Barron

1. M. Rigby Amble 2.40.07
 2. G. Bland Kesw 2.42.32
 3. K. Anderson Amble 2.45.40
 4. B. Bland Kesw 2.47.01; 5. R. Whitfield Bing 2.49.19; 6. B. Ashworth Ross 2.55.04; 7. B. Clucas CFR 2.58.13; 8. D. Ratcliffe Ross 2.58.46; 9. P. Skelton Kesw 2.59.51; 10. D. Nuttall Clay 3.01.28; Veterans 0/40: 1. B. Bland Kesw 2.47.01; 2. R. Whitfield Bing 2.49.19; 3. J. Nuttall Clay 3.12.29; Veterans 0/50: 1. P. Brooks Lochaber 3.32.01; 2. L. Sullivan Clay 3.43.28; 3. T. Shaw Roch 3.43.59; Ladies: 1. S. Haines Ilkley 3.29.19; 2. N. Lavlry Amble 3.39.38; 3. H. Mackay CFR 3.46.41; 4. J. Robson BOC 3.51.45; 5. C. Proctor Mand 3.56.50.



Billy Bland descends Righead at Borrowdale. Photo: Woodhead

LATRIGG FELL RACE AS/3m/950ft 5.8.90

Cumbria

The heatwave abated to leave a pleasantly cooler day for the race with sunshine and broken cloud. Underfoot the course was firm, but with some grip available following a recent shower. Altogether the conditions were right for a good afternoon's fell racing.

We were not to be disappointed as no fewer than four records were to tumble. In the Veteran's Over 45 category, V.P.J. Duff's record of 21 minutes 34 seconds held since the present course was set in 1986, fell to J. Stout with a time of 21 minutes 26 seconds. In the Over 50s section, D. Hughes lost his record of 21 minutes 45 seconds to A. Evans with a time of 21 minutes 32 seconds. In the Ladies' race, C. Cook with a time of 21 minutes

21 seconds knocked 20 seconds off S. Parkin's former record. However, S. Parkin in the Ladies' Veterans' section demolished G. Rice's 1989 record (the first year the category was included) by 9 minutes 23 seconds with a time of 22 minutes 2 seconds.

The winner of the race, almost inevitably by a margin of 22 seconds over M. Croasdale, was Robin Bergstrand in a time of 17 minutes 21 seconds. Since the present course was set in 1986, Robin has consistently achieved a high standard in this race both as an Intermediate and as a Senior. He holds both the senior record of 17 minutes 3 seconds and the Intermediate record of 17 minutes 48 seconds.

Once again, we were pleased to see the Juniors and Intermediates in their quest for points towards their Fell Racing Championship.

K.Clark
1. R.Bergstrand Mand 17.21
2. M.Croasdale LancsM 17.43
3. A.Bowness CFR 17.51
4. G.Wilkinson Clay 18.16; 5. G. Cudahy Stock 18.17; 6. J.Bulman Kesw 18.26; 7. W.Styan Holm 18.30;
8. M.Fanning Kesw 18.42; 9. M.Moorhouse Saif 18.46; 10. R.Rawlinson Ross 18.54; **Veterans 0/40:** 1. D.Findley CFR 21.22; 2. 5.Harwood Kesw 21.56; 3. D.Haigh Holm 23.20; **Veterans 0145:** 1. J.Stout CFR 21.26; 2. M.Moore MVS'ford 22.59; 3. I.Knight S'port 23.04; **Veterans 0150** 1. A. Evans Amble 21.32; 2. C.LatesKesw 23.45; 3. D.Baron Prest 26.10; **Ladies:** 1. C.Cook Clay 21.21; 2. S.Parkin Kend 22.02; 3. L.Thompson Kesw 23.06; 4. S.Haigh Holm 23.12; **Intermediates:** 1 G.Cudahy Stock 18 26; 2. J.Bulman Kesw 19.18; 3. D.Wilkinson Roch 19.18; **Juniors** 1. W.Styan Holm 18.46; 2. M.Moorhouse Saif 19 47; 3. J.Taylor Clay 19.18; **Juniors-Ladies:** 1. S.Haigh Holm 23.12.

ANGUS MUNROS AL/18m/5500ft 5.8.90

Angus

1.D. Weir Perth 3.03.00
2.1. McIntyre Vstone 3.09.36
3. E. Butler Aberdeen 3.12.08
4. R. Shepherd Brechin 3.14.03; 5. N. Bowman R. Mar 3.16.22; 6. B. Macher Aberdeen 3.17.01; 7. J. Farquhar HuntB 3.17.01; 8. K. Burns Carnethy 3.18.49; 9. G. Clarke Eloth 3.24.42; 10. J. Stephen Forfar 3.24.54; **Ladies:** 1. J. Farmer OctDrob 3.48.21

BRADWELL FELL RACE BS / 4.5m / 750ft 8.8.90

Derbyshire

1. T.Parr Gloss 25.36
2. P.Murray SteelC 25.48
3. T.Tett DkPk 25.53
4. C.Wright DkPk 26.03; 5. S.Wilson Hallam 26.08; 6. N.Stone StaffsN 26.09; 7. C.Stanley GPT 26.13; 8. 5.Hird Sheff 26.14; 9. B.Kershaw Maccles 26.49; 10. M.Harvey DkPk 27.28; **Veterans:** 1. B.Kershaw Maccles 26.49; 2. G.Band DkPk 27.48; 3. M.Green Stock 29.2; 4. K.Temperton Stain 29.51; 5. R.Marlow DkPk 29.58; 6. A.Lilley Penistone 30.45; **Ladies:** 1. S.Boler Penistone 31.43; 2. K.Martin Altr 33.12; 3. M.Chippendale Stock 33.43; 4. L.Evans NDRC 33.59; 5. S.Pawson Maccles 34.29

DOWNHAM FELL RACE AM / 5.5m / 1700ft 11.8.90

Lancashire

There were 197 runners in the senior race, with conditions quite good but slippery coming down off Pendle Hill, and the grass was a lot longer than in previous races.

The winner was nearly two minutes off the record but a great run by Sarah Haines in the Ladies' race, who knocked 22 seconds off the record set last year.

The Junior race, however, was disappointing with only six taking part.

Colin Taylor
1. W.Brindle Horw 42.01
2. G.Wilkinson Clay 42.15
3. C.Hirst Settle ' 42.57
4. C.Lyon Horw 43.18; 5. D.Troman PMAC 44.25; 6. D.Thompson CalderV 44.48; 7. J.Powker Ilkley 44.55; 8. B.Taylor Ross 45.05; 9. M.Wallis Clay 45.18; 10. [Robinson Clay 45.31; **Veterans 0140:** 1. R. Hargreaves Clay 45.40; 2. J.Nuttall Clay 46.16; 3. K.Taylor Ross 46.23; **Veterans 01 50:** 1.L.Sullivan Clay 50.29; 2. G.Barras Skyrac 50.41; 3. J.Sykes FellD 53.19; **Ladies:** 1. S.Haines Ilkley 52.40; 2. P.Dore Roch 62.48; 3. G.Gaskell Horw 64.21; **Juniors:** 1. N.Matthews Horw 20.57; 2. C.Singleton Clay 22.02; **Juniors-Girls:** 1. B.Matthews Horw 26.12

MOEL TRYFAN RACE BS/5m/1000ft 11.8.90

Gwynedd

Conditions for this year's Moel Tryfan race of 5 miles road and fell were dry and sunny.

A new record of 28 minutes 29 seconds was set by Colin Donnelly, knocking 31 seconds off the previous record, and a new ladies' record was set by Haf Parry, of 36 minutes 46 seconds, knocking 54 seconds off the previous record.

D.Thompson
1. C.Donnelly Eryri 28.29
2. K.Anderson Amble 28.47
3. D.Roberts Hebog 29.34
4. T. Roberts Eryri 30.15; 5. A.Nicholas Eryri 30.31; 6. A.Haynes Hebog 30.40; 7. A Jenkins Murpeth 30.50; 8. D.Davies Hebog 31.00; 9. D.Williams Eryri 31.05; 10. M.Roberts Hebog 31.12; **Veterans 01 40:** 1. D.Davies Hebog 31.00; 2. D.Williams Eryri 31.05; 3. J.Griffiths Aberyst 31.48; **Veterans 0/50** : 1. GUoyd Wrex 37.17; 2. L.Griffiths Hebog 38.46; 3.

T.Hildage Eryri 41.05; **Ladies:** 1. Haf Parry Unatt 36.46; 2. A.Carson Eryri 42.06; 3. J.Glass Eryri 42.56; 4. T.Jones Eryri 43.22; **Juniors:** 1. D.Denham Eryri 21.57; 2. I.Williams Eryri 22.03 ; 3. B.Williams Tydweil 24.13

WADSWORTH FELL RACE

BS/4.5m/800 12.8.90

Yorkshire

Again, a good turnout with 148 competitors. Although the course was dry and fast, the winner's time was 24 seconds outside the record.

There was the usual good number of prizes, many of which were donated by local traders. It was also decided this year that the prizes would be of equal value for both men and women.

It seems to be becoming traditional at the Wadsworth for fell runners to form teams for the Tug o' War competition after the race. The local pub teams always seem to win though!

B. Pierce
1. A.Green Hallam 23.40
2. C.Lyon Horw 24.00
3. H.Waterhouse Saddle 24.15
4. P.Dobson Spen 24.26; 5. A.Fruin Unatt 24.51; 6. K.Robinson Bing 25.04; 7. S.Wolstenholme BfdAire 25.08; 8. J.Greenwood Hfx 25.15; 9. B.Deegan Roch 25.17; 10. M.Allcock Kippax 25.20; **Veterans 0/40:** 1. B. Deegan Roch 25.17; 2. J.Hoffman BfdAire 25.48; 3. G.King Longw 26.18; **Veterans 0/45:** 1. B.Hargreaves Tod 34.54 ; 2. R.Gibson Tod 35.00; 3. H.Thornton Tod 35.04; **Ladies:** 1. G.Cook Roch 29.53; 2. J.Benham Clay 33.08; 3. A.Goodwin-Moore Saif 35.23; 4. S. Reaney Hallam 36.00; **Juniors:** 1. A.Bowden CalderV 25.12; 2. R.Moss Bing 26.48; 3. R.Skelton CalderV 27.28

GATEGILL FELL RACE AS/4m/1500ft 12.8.90

Cumbria

There was a good turn-out and excellent conditions for this year's race.

There were fine runs by Keswick A.C.'s younger members, Gavin Bland and Mike Fanning, Gavin having a good race and beginning to show authority at the front of a fell running field.

Some of the runners further down the ranks seem to have enjoyed it too!

P.Howarth
1.G.Bland Kesw 26.24
2. W.Gaunt P&B 26.36
3. G.Schofield B'burn 27.00
4. M.Fanning Kesw 27.02; 5. R. Jamieson Amble 27.20; 6. S.Livesey Ross 27.51; 7. W.Bland Kesw 27.58; 8. M.Fleming Amble 28.23; 9. P.Skelton Kesw 28.31; 10. A.Walley P&B 28.44; **Veterans 0/40:** 1. W.Bland Kesw 27.51; 2. T.Hulme PFR 30.34; 3. N.Walsh Kend 30.53; 4. D.Weatherhead Bing 31.50; **Veterans 0/50:** 1. N.Matthews Horw 33.03 ; 2. R.Booth Kesw 34.27; 3. B.Thackery DkPk 35.01; **Ladies:** 1. C.Cook Clay 34.54; 2. J.Harold Horn' 35.01; 3. M.Chippendale Stock 37.43

UP THE NAB RACE CS / 4.5m / 750ft 15.8.90

Derbyshire

Youth won the day at Glossop! Three

runners under 20 filled the first three spots with John Cookson easily winning Glossopdale's mid-week promotion from William Styan, who finished third.

Pennine won the team prize despite their experienced Veteran, Tony Hulme, going off course in this flagged circuit!

C.Barker
1.J.Cookson Ech 25.13
2. P.Bowler StaffsM 25.22
3. W.Styan Holm 25.57
4. S. Brophy Holm 27.17; 5. M. Harvey DkPk 27.19; 6. B.Waterhouse Saddle 27.28; 7. G.Cresswell PFR 27.33; 8. T.Hulme PFR 27.37; 9. A.Jones Gloss 27.43; 10. R.Eagle Macc 27.44; **Veterans 0/40:** 1. T.Hulme PFR 27.37; 2. P. Buttery DenbyD 28.02; 3. R.Leah Ech 29.10; **Veterans 0/50:** 1. P.Duffy Aber 31.32; 2. K.McMurray Stock 37.53; 3. G. Richardson Clowne 37.55; **Ladies:** 1. J.Town DenbyD 32.52; 2. A.Woodrow PFR 35.20; 3. L.Blunt Clowne 35.53; 4. J Searle Unatt 36.58; **Ladies Veterans:** 1. A.Woodrow PFR 35.20; 2. D.Madden Stock 38.38

CAERKETTON HILL RACE

AS/2m/800ft 15.8.90

Edinburgh

The weather on the day was not ideal with overcast conditions and constant rain. This probably contributed to the fact that no records were broken.

It was good to note that in spite of the weather, there were 62 senior competitors and an encouraging 16 juniors.

Alan Dobie
1. G.Eckland Liv 13.30
2. C.Manning Clay 13.33
3. H.Lorimer Duns 14.00
4. P.Hyman Liv 14.00; 5. P.West Liv 14.02; 6. P.Marshall HELP 14.04; 7. T.Brand Liv 14.17; 8. C.Walton 1'lopers 14.19; 9. D.Buchan Unatt 14.42; 10. D.Shiehl Carn 14.47; **Veterans 0/40:** 1. P.Marshall HELP 14.04; 2. R.Morris Carn 15.11; 3. D.Owens Carn 18.50; **Veterans 0/ 50:** 1. B.Bennett Penic 19.33; 2. R.Robertson Penic 20.36; 3. R.Kemp Carn 21.13; **Ladies:** 1. J. Robertson AyrS 17.28; 2. M.Anderson ESPCAC 23.07; **Juniors:** 1. G.Browitt Penic 14.35; 2. H.Hutchison EAC 15.37; 3. N.Latimer Harmeny 16.14;

MUSBURY HEIGHTS FELL RACE

BS / 5.5m / 1000ft 15.8.90

Lancashire

The weather changed with a vengeance for the Musbury Heights Fell Race. Competitors had to contend with driving hail and torrential rain. Despite this, 220 runners completed the demanding 5.5 mile course round the Grane and Musbury Valleys.

First lady, Kath Drake, completed a fine hat trick of victories. In second place was Glynis Cook, who had the consolation of also taking the team prize, Rochdale packing three ladies into the first five positions.

In the men's race Colin Donnelly, the current World Cup Mountain Race silver medalist, made the journey from Wales worthwhile with a ten second victory from Chris Lyon, the 1988 race winner. In third place was another race



Vanessa Brindle, 1st Lady Veteran, at Witches Clough. Photo: Peter Hartley

regular, Gary Wilkinson. Tony Hesketh took the Veteran's prize despite suffering a nasty tumble that required hospital treatment.

Rossendale, the host club, took the team prize with Bob Ashworth 5th, Mark Aspinall 6th and Mervyn Keys 10th. Clayton were second. Mervyn Keys

1. C. Donnelly Eryri 37.11
2. C. Lyon Horw 37.21
3. G. Wilkinson Clay 37.28
4. S. Stevenson Telf 37.39; 5. M. Aspinall Ross 38.14; 6. B. Ashworth Ross 38.29; 7. G. Gough B'burn 38.30; 8. D. Wilkinson Unatt 38.50; 9. T. Hesketh Horw 38.53; 10. M. Keys Ross 39.01; **Veterans 0/40:** 1. T. Hesketh Horw 38.53; 2. J. Hope AchR 40.12; 3. K. Taylor Ross 40.40; 4. J. Norman Altr 41.54; **Veterans 0/50:** 1. A. Feers SPEC 45.36; 2. R. Francis Bury 49.09; 3. H. Thompson Clay 49.16; **Ladies:** 1. K. Drake Spen 44.52; 2. G. Cook Roch 46.59; 3. J. Needham Roch 48.48; 4. W. Dodds Clay 49.25

RAMSEY CARNIVAL RACE. AS / 3.5m / 1750ft 16.8.90 I.O.M

Conditions were bad for this 3.5 mile ascent and descent of North Barrule with thick mist and rain. Thus no records were broken.

One visiting competitor was "lost" on the descent, but was located making his way to the finish by a back road!

- Arthur C. Jones
1. S. Partington BdyH 35.55
2. R. Stevenson Manx 39.35
3. P. Crowe Manx 39.56
4. M. Partington BdyH 43.29; 5. D. Corrin Manx 43.50; 6. J. Wright Manx 44.07; 7. D. Davies Manx 44.18; 8. S. Temple Manx 44.31; 9. P. Corlett Manx 48.48; 10. E. Brew North 51.18; **Veterans:** 1. D. Corrin

- Manx 43.50; 2. P. Corlett Manx 48.48; 3. E. Brew North 51.18; 4. K. Bell Unatt 61.05

WITCHES CLOUGH FELL RACE AS/4m/1100ft 18.8.90 Lancashire

Congratulations to Andy Peace and Sarah Rowell on their respective wins and new record times - another record field too with fast conditions in the fine, sunny weather.

- Peter & Linda Lord
1. A. Peace Bing 31.55
2. W. Brindle Horw 32.07
3. M. Rice Tod 32.29
4. G. Schofield B'burn 32.31; 5. W. Styan Holm 33.20; 6. C. Lyon Horw 33.51; 7. D. Thompson CalderV 33.59; 8. B. Whitfield Bing 34.08; 9. 5. Brophy Holm 34.40; 10. A. Schofield Roch 34.50; **Veterans 0/40:** 1. B. Whitfield Bing 34.08; 2. R. Hargreaves Clay 34.57; 3. J. Hope AchR 35.35; **Veterans 0/50:** 1. N. Matthews Horw 38.12; 2. J. Dean Saif 38.45; 3. P. Duffy Aber 40.44; **Ladies:** 1. S. Rowell Leeds 35.56; 2. K. Drake Spen 39.50; 3. J. Kenyon Lostock 40.46; 4. V. Brindle Clay 42.16; **Intermediates:** 1. M. Rice Tod 32.29; 2. P. Targett Clay 36.23; 3. A. Orr Clay 37.58; **Juniors:** 1. W. Styan Holm 33.20; 2. S. Brophy Holm 34.40; 3. M. Moorhouse Sale 35.08

GREEN BELL FELL RACE BM/ 6m / 1300ft 18.8.90 Cumbria

Hot and sunny conditions made Ravenstonedale Show an ideal venue for this race, which attracted a good field of 64 runners.

Graham Moffatt won by a clear margin, but there was strong competition further down the field.

Ruth Pickvance took a day off from building work and claimed the ladies' prize in a record time.

The organisers intend keeping this as a small, friendly race so next year there will be no entry limit and championship runners will be welcome.

- Richard Sewell
1. G. Moffatt Howg 43.38
2. A. Taylor S'fields 44.12
3. J. Smith P&B 44.25
4. F. Smith Salt 44.38; 5. J. Deegan Leeds 44.43; 6. P. Harlowe Kesw 44.49; 7. C. Webb CFR 44.54; 8. K. Wood Salt 45.13; 9. S. Young CFR 46.43; 10. N. Griffiths SShiel 46.45; **Ladies:** 1. R. Pickvance Clay 51.21; 2. G. Berrow Unatt 53.56; 3. P. Domoss WestV 54.38; 4. C. Howlett Kend 57.30

SEDBURGH HILLS RACE AL / 14m / 6000ft 19.8.90 Cumbria

The race was run this year with mist down to 500ft for most of the course.

209 runners started the race, despite the weather, and 192 finished with 17 retirements. Kendal Mountain Rescue were kept busy and assisted two runners off the fell with injuries. Numerous runners (including myself) made navigational errors, but all found their way back.

Keith Anderson led from the start, but climbing up to the second checkpoint Phil Clark found himself in front, Keith going wrong on the descent off Arant Haw. The leading pack of runners stayed together until the descent to Hazelgill Beck when Keith broke away to win eventually by six minutes from James Bulman and Phil Clark.

Sue Parkin was first lady home in 80th place. A further creditable performance was by Roger Bell, who was first Veteran over 50 in 30th place. Thanks to Jamie Smith for keeping

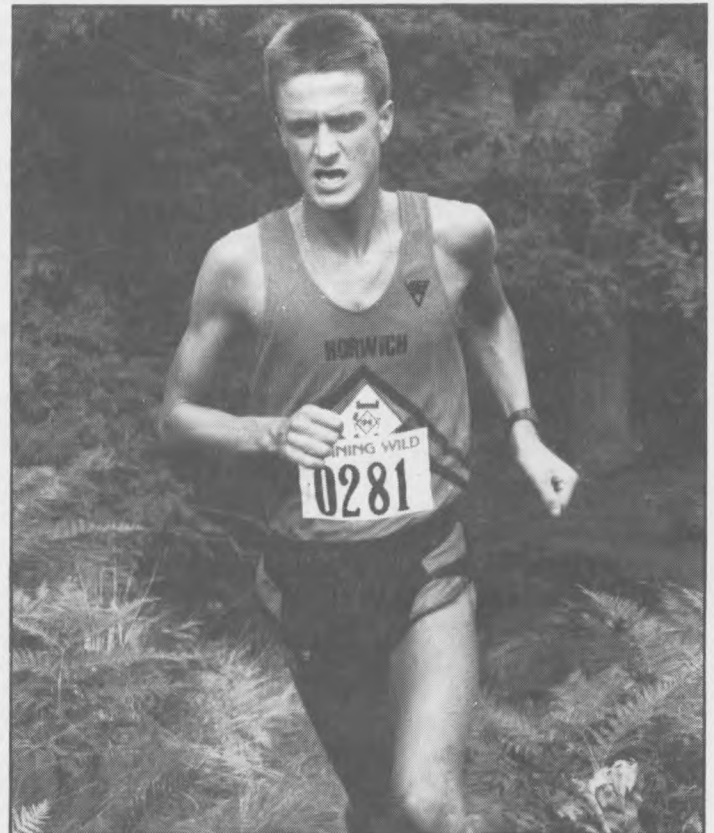
me company and also to all involved in making the race a success in my first time having taken over the race from Mike Walford.

- D. Richardson
1. K. Anderson Amble 2.07.33
2. J. Bulman Kesw 2.13.40
3. P. Clark Kend 2.14.38
4. A. Curtis Clare 2.15.34; 5. S. Hicks Amble 2.16.11; 6. K. Taylor Ross 2.23.44; 7. H. Symonds Kend 2.24.51; 8. A. Lewsley Border 2.25.24; 9. M. Walsh Kend 2.26.05; 10. R. Bloor Macc 2.27.34; **Veterans 0/40:** 1. K. Taylor Ross 2.23.44; 2. M. Walsh Kend 2.26.05; 3. M. Walford Kend 2.32.10; 4. A. Judd Leeds 2.32.56; **Veterans 0/45:** 1. D. Quinlan Bing 2.40.39; 2. D. Weatherhead Bing 2.41.13; 3. A. Phillipson Gosf 2.42.44; **Veterans 0/50:** 1. R. Bell Amble 2.34.51; 2. J. Taylor Kend 2.47.17; 3. D. Hodgson Amble 2.49.55; **Ladies:** 1. S. Parkin Kend 2.49.33; 2. E. Wright Amble 2.59.40; 3. S. Lewsley Kesw 3.02.05; 4. W. Dodds Clay 3.19.06; **Ladies Veterans:** 1. S. Parkin Clay 2.49.33; 2. W. Dodds Clay 3.19.06; 3. A. Kelly Bolt 3.37.36

GUNSON KNOTT FELL RACE AM/5m/2200ft 19.8.90 Cumbria

This year's course was very wet with the cloud base at 400ft below the top of the run.

- David Thompson
1. M. Fanning Kesw 47.35
2. W. Bland Kesw 48.25
3. G. Gough B'burn 51.31
4. R. Unwin CFR 52.12; 5. G. Bastow Rich 52.38; 6. D. Wilkinson Kesw 52.44; 7. D. Bodecutt CFR 54.55; 8. B. Stephenson P&B 55.06; 9. A. Thornber Bing 55.13; 10. D. Orth Clay 55.15; **Veterans 0/40:** 1. W. Bland Kesw 48.25; 2. T. Targett



Wilf Brindle pushing Andy Peace to a new record at Witches Clough. Photo: Peter Hartley

Clay 65.10; 3. P.Newton Kesw 70.45; **Veterans 0/50:** 1. G.Barras Sky 60.02; 2 B Booth Kesw 60.29; 3 C Brown Mercia 64.50; **Ladies:** 1 G Berrow 68.04; 2 M Smith H'hill 83.05; 3. L.Johnson Ryhode 83.17; 4. C.Elsmore Heaton 88.37; **Juniors:** 1 N.Coast Unatt 62.19; 2 R.Brown W&B 63.31

MOEL Y GEST AS / 3.75m / 1500ft 19.8.90 Gwynedd

There were 38 starters for this year's race. The course was very wet and no records were broken.

D.Ellis
1. H.Griffiths Hebog 27.41
2. D.Roberts Hebog 27.47
3. D.Davies Hebog 27.50
Veterans 0/40: 1. D.Davies Hebog 27.50; **Veterans 0/50:** 1. R.Hird Eryri 30.24; **Ladies:** 1. S.Roberts Hebog 33.22; **Juniors:** 1. G.Hughes Hebog 30.15

CROSS KEYS ROAD AND FELL RELAY 2 x 3m road/2 x 3m fell 25.8.90 Lancashire

1. Holmfirth Harriers 'A' 66.16
2. East Cheshire Harriers 68.30
3. Spenborough & Dist AC 68.45
4. Salford Harriers 69.18; 5. Rochdale Harriers 69.33; 6. Holmfirth Harriers 'B' 71.0.5; **Veterans:** 1. Holmfirth Harriers 74.49; 2. Horwich 'A' Vets 75.34; **Juniors:** 1. East Cheshire/Saddleshworth 81.54; **Mixed:** 1. East Cheshire 84.37; **Ladies:** 1. Horwich RMI 89.46; 2. Saddleshworth 92.20

MOUNT SKIP FELL RACE BS / 4.5m / 1000ft 25.8.90 W. Yorkshire

1. M.Rice Tod 30.47
2. N.Willey Ale 32.02
3. A.Bowden CalderV 32.12
4. D.Thompson CalderV 32.21; 5. E.Dalzell CalderV 33.55; 6. G.Read Roch 33.29; 7. B.Deegan Roch 34.03; 8. C.Kent Ale 34.24; 9. C.Smith Eccles 34.27; 10. D.Commisar Unatt 34.27; **Veterans 0/40:** 1. B.Deegan Roch 34.03; 2. D.Commisar Unatt 34.27; 3. V.Miles Tod 36.15; 4. A.Mellor Tod 38.11; **Veterans 0/45:** 1. G.Hart Unatt 48.33; **Veterans 0/50:** 1. K.McMurray Stock 48.21; **Veterans 0/55:** 1. H. Thornton Esca 47.42; **Ladies:** 1. M.Sanderson Roch 41.58; 2. J.Cutts Dews 42.08; 3. S.Carey Tod 42.36; **Ladies Veterans:** 1. J.Newby Tod 45.49; 2. E.Miles Tod 49.01; **Juniors:** 1. J.Smith CalderV 16.27; 2. L.Parry CalderV 18.05; 3. N.Browghan Tod 18.13

PENDLETON FELL RACE AS/5m/1500ft 25.8.90 Lancashire

It's the morning of the Pendleton. It's very misty and the course needs flagging. Should I take a compass? No, after all, don't I train on the course every week?

An hour and a half later I've managed to flag to Mearly Moor Summit checkpoint and start of down to Ashdene Clough. But, wait a minute, who put those flags over on the right? The truth dawns - I'm going back the same way! Lesson learned - I'll take my compass next time!

By mid-afternoon, it had cleared somewhat, and a good race seemed in prospect with the appearance of three of the World Cup contenders, Shaun Livesey, Robin Bergstrand and Graham Huddleston.

Shaun, on a comeback after injury, would be satisfied with third place. But a very competitive race up front saw Graham in the lead only to take a nasty tumble and Robin came through to win by seven seconds.

Outstanding performance of the day was 14 year old Matthew Moorhouse who beat some well known names to finish 9th overall.

Clare Crofts took the Ladies' prize, Roger Hargreaves the Veterans Over 40 and Lawrence Sullivan the Veterans Over 50.

Roger Dewhurst
1. R.Bergstrand Mand 32.46
2. G.Huddleston Clay 32.53
3. S.Livesey Ross 33.14
4. J.Caldwell Bolt 34.36; 5. A.Schofield Roch 34.50; 6. M.Wallis Clay 35.20; 7. G.Cudahy Stock 35.55; 8. C.Lyons Horn' 36.02 ; 9. M.Moorhouse Saif 36.38; 10. S.Breckell B'burn 36.42; **Veterans 0/40:** 1. R.Hargreaves Clay 36.47; 2. J.Nuttall Clay 37.13; 3. M.Targett Clay 37.16; 4. S.Furness B'burn 37.45; **Veterans 0/50:** 1. L.Sullivan Clay 41.11; 2. D.Tilley Ross 41.24; 3. C.Rushton Wesham 44.34; **Ladies:** 1. C.Crofts DkPk 42.07; 2. L.Lord ClayV 46 18; 3 J Needham Roch 4 6 24; 4. L.Bostock Clay 46.42; 1. J.Caldwell Bolt 34.36; 2. G.Cudahy Stock 3720; 3. P. Targett Clay; **Juniors:** 1. M. Moorhouse Saif 36 38 ; 2. J. Taylor Clay 38 14; 3 B Crook Bolt 38.33

BURNSALL CLASSIC FELL RACE AS/1.5m/900 ft 25.8.90 N. Yorks

Under excellent conditions with a good entry Andrew Peace won the event for the second year, but was well outside the record of 12.43 set by John Wild in 1983, although he was never really pushed.

The race was started by Robert Newbould, who won the race in 1939.

Jim Maxfield
1. A.Peace Bing 13.13
2. R.Pallister P&B 14.07
3. A.Whalley P&B 14.14
4. N. P. Lanaghan Kews 14. 21; 5. R.Whitfield Bing 14.27; 6. A.Styan Holm 14.35; 7. I.Holmes Bing 14.41; 8. G.Kirkbright P&B 14.47; 9. T.Kelly Chorley 14.56; 0. A. Jenkins Prest 14.59; **Veterans 0/40:** 1. R.Whitfield Bing 14.27; 2. A.Styan Holm 14.35; 3. D.Carhrlght P'stone 15.29; 4. C.Wilkinson Bing 16 42; 5. D Butterworth P'stone 17.10; **Ladies:** 1. Sara Taylor H' forth 18.57; 2. Jean Shotter H ' forth 21.53; 3.E. Wooiceheci Clay 24.51; 4. Lincia Hayle Hlfx 25.21; **Juniors:** 1. W. Styan Holm 6.35; 2. B. Walker P&B 6.40; 3. M. Whitfield Bing 7.11

WREKIN FELL RACE AS / 5.5m / 1700ft 25.8.90 Shropshire

Phew! Yet another warm and muggy day for this, the 14th Wrekin Fell Race. On the hottest Bank Holiday weekend for over 25 years, times were down by 1-2 minutes against last year when host club, Telford A.C., made a clean

sweep. This year, it was Staffs Moorlands turn , with Dave Neill taking the title of Midland Fell Running Champion, first place and leading in the first team along with Nick Stone (8th) and Steve Charlesworth (11th).

In the Ladies' race, Caroline Hughes had an easy victory of over two minutes from Anne Stentiford.

Almost unbelievably, there were prizes for the first three over 40 and over 50 Veterans (11) with W. Waine and Eric Knight taking the respective honours in 22nd and 26th places overall.

Paul Sanderson continued his record of being the only person to complete all 14 races, and the very dry and, by now, infamous scree slope proved its deadly slippery reputation yet again..... (you know who you are!)

Finally, thank you Shropshire County Council, who rebuilt "the Bridge" a mere two days before the race!

Jonathan Reade
1. D.Neill StaffsM 37.50
2. D.Ramsay Reading 38.25
3. M.Ligema CroftA 38.36
4. S.Willmott CannS 39.28; 5. I.Kevan Telf 39.56; 6. P.Clarke Telf 40.14; 7. D . Wilde Bridge 40.54; 8. N.Stone StaffsM 41.15; 9. R.Cope Newp 41.22; 10. M.Farmery IThames 41.26; **Veterans 0/40:** 1. W.Waine Leam 43.43; 2. P.Axon Mercia 44.09; 3. B.Morris Wrekin 45.28; **Veterans 0/50:** 1. E.Knight Mercia 44.07; 2. R.Bunn Hales 44.31; 3. C.Brown Mercia 48.04; **Ladies:** 1. C.Hughes Read 47.12; 2. A.Stentiford Macc 49.33 ; 3. A.Capp TAC 50.10

BRECON BEACONS AL/19m/4500ft 25.8.90 5. Glam

Kevin Hagley set off at an optimistic pace and quickly paid for it being caught by a chasing group of John Nixon Andy Trigg and Graham Patten by the first checkpoint at Craig Pwllfa. This group of four then remained close contact for the rest of the race with Andy eventually beating last year's winner John by the narrow margin of 12 seconds.

Lydia Kirk won the ladies race (and finished in an excellent ninth place overall) beating Alice Bedwell into second place.

The extremely hot weather probably played its part in ensuring that the course records remained intact. Certainly it was responsible for a record eight runners withdrawing from the race despite a previously unheard of three water points along the route.

Tim Wood
1. A.Trigg Gloss 2.35.56
2. J.Nixon (V) Achill 2.36.08
3. G Patten MDC 2.39.59
4. KHagley DkPk 2.42.22; 5. J. Darby MDC 2.49.46; 6. P.Pollitt Bolt 2.53.28; 7. F.Thomas (V) Chelt 2.53.53; 8. S.Bleese MDC 3.00.49; 9. L.Kirk MDC 3.06.11; O.C.Ryler MDC 3.06.21; **Veterans 0/40:** 1. J.Nixon Achill 2.36.08; 2. F.Thomas Chelt 2.53.53; 3. P.Jenkins Hydro 3.08.12; 4. G.Mills Bath 3.08.20; 5. A.Stanton Chelt 3.10.08; **Veterans 0/50:** 1. G.Swindin Glouc OC 3.17.35; 2. A.Breakwell Kesw 3.41.04; 3. C Jones MDC 3.54.1; **Ladies:** 1. L.Kirk MDC 3.06.11; 2. A.Bedwell

MDC 3.19.54; 3. W.Dodds (V) Clay 3.25.47; 4. A.Kohler Devon OC 4.29.16

ESTONNAB FELL RACE CM / 8.5m / 800ft 26.8.90 Cleveland

1.M.Cara Mand 43.53
2. K.Brown Mand 44.11
3. P.Simms NewMar 45.13
4. R.Firth Mand 46.41; 5. P.Buckby NewMar 48.0S; 6. S.Backhouse NYFire 48.40; 7. G.Potts Mand 48.45; 8. G.Hetherington Dur 48.51; 9. J.Smith P&B 49.29; 10. I.Davison Marsh 49.39; **Veterans 0/40:** 1. R. Firth Mand 46.41; 2. B.Dale NewMar 50.18; 3. A.Ward Unatt 51.42; 4. R.Puckrin Loft 52.54; **Veterans 0/ 50:** 1. M.Harper NewMar 55.04; 2. J.Conaghan NewMar 60.41; 3. C.Dove Loft 61.33; **Ladies:** 1. C.Hogg NewMar 63.14; 2. G.Close Imp 65.59; 3. B.Kettle NewMar 70.12

CNICHT AS/4.5m/1850ft 26.8.90 Gwynedd

A dry day, misty above 1000ft. Colin Donnelly remains unbeaten on Cnicht, but failed to capture the race record from Hefin Griffiths who struggled this year in fourth place. Duncan Hughes and Dafydd Roberts chased Colin the whole way, whilst Del Davies, improving with age like Camembert, ran his fastest ever in fifth place (first Veteran).

Remarkable Ron Hird, now aged 55 and running for Eryri, recorded a time good enough to win the first Cnicht race ten years ago. In the ladies race, long distance ascent specialist Stel Farrar was beaten with surprising ease by Sian Roberts. Aaron Nicholas (Eryri) tore ankle ligaments whilst contesting sixth place with Emlyn Roberts and was stretched off. For him an unlucky day. For the rest, a great race with its own special quality. But once again, it's a crying shame that more women are not involved in Welsh mountain-running.

Francis Uhlman
1. Colin Donnelly Eryri 32.58
2. Duncan Hughes Hebog 33.10
3. Dafydd Roberts Hebog 33.11
4. Hefin Griffiths Hebog 34.47; 5. Emlyn Roberts Eryri 36.22 ; 6. Dave Hill Kendal 37.28; 7. Gwyn Jones Hebog 37.32; 8. Glyn Griffiths Hebog 37.37; 9. Trefor H.Jones Eryri 38.12; 0. Alan T.Williams Eryri 38.17; **Veterans 0/40:** 1. Del Davies Hebog 34.52; 2. Don Williams Eryri 36.20; 3. John H.Griffiths Abery 38.22; **Veterans 0/50:** 1. Ron Hird Eryri 38.22 ; 2. Geraint Lloyd Wrex 46.31; 3. Don Charles Eryri 47.11; **Ladies:** 1. Sian Roberts Hebog 40.41; 2. Stel Farrar Eryri 44.14; 3. Sue Ashton (V) MDC 50.00; 4. Sheila Bennell (V) Eryri 50.21; **Juniors:** 1. Carwyn Williams Hebog 38.15; 2. Ian Wyn Jones Warr 39.44; 3. Goronwy Hughes Hebog 40.41

CILCAIN MOUNTAIN RACE AS/3.75m 27.8.90

This year's race, held in good conditions which were not too hot, attracted the best ever field of 107.

In spite of the good conditions, however, no records were broken. D.Gregg

I. D. Hughes 27.15;
Veterans 0140 - Open: 1. T. Hulme 28.08; **Veterans 0140 - Local:** 1. T. Clisby 35.01; **Ladies:** 1. A. Stentiford 35.48; **Local:** 1. T. Clisby 35.01; **Intermediates:** 1. L. Hughes 35.41

MACHEN MOUNTAIN RACE
AS / 5.5m / 1000ft 27.8.90
Gwent

Conditions for this race, which is held in conjunction with the village fete, were warm and dry.
 J. Gough
 1. G. Patten NDC 32.00
 2. P. Wheeler MDC 33 JO
 3. J. Hooper CAAC 34SO
 4. S. Webb 3RRW 34.55; 5. A. Darby Unatt 35.00; 6. K. Hagley DkPk 35.30; **Veterans 0/40:** 1. L. Williams MDC 38JO; **Ladies:** 1. K. Patten MDC 40.15

DRUNKEN DUCK FELL RACE
N / 7m / 1500ft 15.8.90
Cumbria

1. K. Anderson Amble 49.40
 2. M. Fleming Amble 52.09
 3. D. Wilkinson Kesw 54.32
 4. M. Richardson Amble 54.34; 5. E. Parker Amble 54.42; 6. S. Hicks Amble 55.47; **Veterans 0/40:** 1. K. Lindley BlackC 5937; **Veterans 0/50:** 1. R. Jiell Amble 6236; **Ladies:** 1. H. Diamantides Amble 61.57; 2. S. Lewsley Kesw 70.27; 3. C. Kenney AchR 75.02

HEROD FARM HILL RACE
AS / 3.5m / 1150ft 22.8.90
Derbyshire

1. A. Trigg Gloss 23.41
 2. D. Ibbetson Gloss 24.44
 3. A. Jones Gloss 25.43
 4. G. Cresswell PFR 25.51; 5. T. Woodrudge Unatt 26.14; 6. M. Cuddy Gloss 26.26; 7. R. Eagle Macc 27.19; 8. M. Wilmore Gloss 27.54; 9. W. Brown Dews 28.08; 10. 5. Entwistle Gloss 28.15; **Veterans 0/40:** 1. R. Richards Mercia 28.41; 2. M. Pearce Unatt 31.19; 3. D. Jeffery P'stone 31.28; 4. L. Tetler Unatt 32.03; **Veterans 0/45:** 1. J. Morris Unatt 2851; 2. Burston Unatt 3151; **Veterans 0/50:** 1. W. McLewin DkPk 32.07; 2. M. Seward Longw 35.28; 3. G. Richardson Unntt 38.59; **Ladies:**

1. L. Blunt Clowne 35.13; 2. D. Maddon Unatt 35.48

JACK BLOOR RACES
BM/7.5m/1150ft 1.9.90
W. Yorkshire

Thanks to all the helpers, both in the hall and in the "field". How splendid it was to see so many juniors. Let's hope this is the foretaste of future years.

Congratulations to Shaun Livesey on his record even though it was only an improvement of seconds, and congratulations to Sarah Haines on her record which was an improvement of 2 minutes. Just shows what having a family does for you!

We sponsored eight young people this year to go to all the corners of the world. So, thank you to all competitors for coming and enabling us to sponsor young people again next year. From them, thank you to helpers and runners.

Sue Courchee
 1. S. Livesey Ross 52.18
 2. J. Parker Ilk 52.40
 3. K. Wright Kghly 53.44
 4. W. Brindle Horw 53.54; 5. R. Bloor Macc 53.57; 6. G. Watson Unatt 54.36; 7. M. Falgate P&B 54.45; 8. L. Hutchinson Clay 55.15; 9. J. Nixon AchR 55.41; 10. B. Hilton Leeds 56.01; **Veterans 0/40:** 1. J. Nixon AchR 55.41; 2. B. Hilton Leeds 56.01; 3. R. Whitfield Bing 58.26; 4. K. O'Hara Ilk 58.28; **Veterans 0/50:** 1. R. Shaw EPOC 62.50; 2. M. Hayes DkPk 64.12; 3. K. Peart Grit 65.28; **Ladies:** 1. S. Haines Ilk 62.59; 2. E. Staig Sett 64.20; 3. W. Dodds Clay 67.14; 4. N. Dunn Aire 67.16; **Ladies Veterans:** 1. E. Staig Sett 64.20; 2. W. Dodds Clay 67.14; 3. M. Dunn Aire 67.16;

SHORT RACE - SENIORS

1. L. Spencer Kghly 35.16;
 2. I. Eglan Bing 35.25;
 3. B. Kilner Leeds 40.00;
Junior Race: 1. M. Whitfield Bing 10.41; 2. R. Moss Bing 11.01; 3. A. Atkinson Kghly 11.10; 4. B. Elsworth Kghly 11.12

BEN NEVIS RACE
AM / 10m / 4400ft 1.9.90
Scotland

1. M. Rigby W' lands 1.26.08
 2. K. Anderson Amble 1.28.58
 3. G. Devine P&B 1.32.25
 4. D. Rodgers Loch 1.32.31; 5

G. Schofield B'burn 1.32.50; 6. D. Ibbetson Gloss 1.33.06; 7. R. Pallister P&B 1.33.12; 8. S. Jackson Horw 1.33.27; 9. R. Jamieson Amble 1.33.35; 10. A. Trigg Gloss 1.33.50; 11. I. Holmes Bing 1.35.15; 12. 5. Hicks Amble 1.35.47; 13. W. Gaunt P&B 1.36.11; 14. H. Griffiths Hebog 1.36.33; 15. M. Wallis Clay 1.37.43; 16. A. Whalley P&B 1.38.26; 17. N. Lanaghan Kesw 1.38.57; 18. D. Weir Perth 1.39.08; 19. J. Maitland Loch 1.39.17; 20. T. Kelly Chor 1.39.58; 21. P. Stevenson P&B 1.40.05; 22. A. Schofield Roch 1.40.33; 23. M. Fleming Amble 1.40.38; 24. T. Laney Clay 1.41.37; 25. G. Griffiths Hebog 1.41.40; 26. A. Dytch Clydes 1.41.45; 27. E. Parker Amble 1.41.54; 28. J. Holt Clay 1.41.55; 29. E. Roberts Eryri 1.42.03; 30. D. Spedding Kesw 1.42.09; **Veterans 0/40:** 1. J. Holt Clay 1.41.55; 2. D. Spedding Kesw 1.42.09; 3. C. Wilkinson Bing 1.46.42; 4. D. Quinlan Bing 1.48.16; 5. M. Walford Kend 1.48.37; 6. D. Weatherhead Bing 1.48.49; **Veterans 0/50:** 1. B. Thackery DkPk 1.51.55; 2. D. Amour ScotV 154.49; 3. H. Blenkinsop Kesw 1.56.13; 4. R. Bell Amble 1.56.23; 5. R. Kettles Lass 2.03.26; 6. D. Hodgson Amble 2.04.04; **Ladies:** 1. L. Hope Loch 1.56.58; 2. S. Niedrum LeedsU 2.03.22; 3. J. Schreiber LeedsU 2.08.25; 4. B. Carney Bing 2.12.30; 5. A. Barrett Bing 2.24.36; **Ladies Veterans:** 1. B. Carney Bing 2.12.30

SHELF MOOR RACE
AS / 6m / 1500ft 2.9.90
Derbyshire

Notching up yet another win in the Glossop area was local man, Andy Trigg. This success was a day after 10th place in the Ben Nevis Race. The Shelf Moor was his 6th race and 4th win in less than a fortnight. With wins at Herod Farm, Wemeth Low, Brecon Beacons and Shelf Moor, he was making up for time lost earlier in the summer. He was out of action in June and July because of a broken wrist. With the schools back, the racing programme of this 27 year old Audenshaw, Manchester school teacher is now curtailed to once a week.

Only Colin Donnelly has gone under 40 minutes (1989). Andy's previous best was 41.52 set in 1987.

Glossop's winning team included on-form Alan Kirk, and an unfit Mike Prady.

Over 100 completed this short tough run on the edge of the Pennines.

S. Priestley
 1. A. Trigg Gloss 42.07
 2. J. Hampshire Hunt 42.46
 3. D. Hall Kend 44.01
 4. D. Thompson CalderV 44.16; 5. A. Kirk Gloss 44.23; 6. P. Webster Saddle 44.34; 7. J. Kershaw Macc 45.08; 8. M. Seddon RHill 45.18; 9. 5. Longdon Altr 45.22.10. H. Waterhouse Saddle 45.28; **Veterans 0/40:** 1. J. Kershaw Macc 45.08; 2. P. Lyons Bury 48.16; **Veterans 0/45:** 1. T. Keller PFR 48.06; 2. J. Armistead DkPk 48.53; 3. P. Blagbrough Saddle 50.32; **Veterans 0/50:** 1. T. Eckersley Saddle 51.26; **Veterans 0/55:** 1. G. Booth BMRC 53.29; **Ladies:** 1. J. Kenyon Lost 52.23; 2. G. Berrow Unatt 53.55; 3. J. Town DenbyD 54.58; **Ladies Veterans:** 1. G. Berrow Unatt 53.55

HADES HILL RACE
BS/5m/1200ft 6.9.90

Lancashire

1. A. Peace Bing 29.42
 2. N. Rice Tod 30.09
 3. G. Huddleston Clay 30.20
 4. M. Aspinall Ross 30.25; 5. G. Bland Kesw 30.44; 6. W. Styan Holm 31.10; 7. T. Heskestun Horw 31.15; 8. B. Ashworth Ross 31.22; 9. D. Wilkinson Roch 31.38; 10. A. Maloney Roch 31.40; **Veterans 0/40:** 1. T. Heskestun Horw 31.15; 2. W. Bland Kesw 31.59; 3. J. Nixon AchR 32.03; 4.1. Holloway Roch 32.30; **Veterans 0/45:** 1. D. Quinlan Bing 32.54; 2. K. Carr Clay 34.57; 3. P. Kelly Ross 36.39; **Veterans 0/50:** 1. D. Tilly Ross 37.34; 2. P. Davies Old&R 40.53; 3. P. Ward SELOC 41.55; **Ladies:** 1. 5. Rowell Leeds 33.53; 2. K. Drake Spen 36.48; 3. W. Dodds Clay 39.15; 4. G. Cook Roch 39.49; **Ladies Veterans:** 1. W. Dodds Clay 39.15; 2. J. Teague Bing 40.41; 3. K. Thompson Clay 40.46; **Juniors U18:** 1. W. Styan Holm 31.10; 2. B. Taylor Ross 33.31; 3. C. Fell Ross 34.55

HODDER VALLEY
CS/5m/700ft 8.9.90
Lancashire

A problem regarding the show field at Slaiddum resulted in the Hodder Valley Show being held at Dunsop Bridge this year, not as advertised in the Calendar, though it should have been held; at Newton had the traditional method of rotation been strictly adhered to.

Sean Livesey won for a record fifth time, easily outpacing his rivals on the steep climb and descent of Mellor Knoll and Totridge Fell beyond, though one formidable rival, triple winner Dave Cartridge, was again absent through injury, having similarly missed last year's race. Livesey's time of 32.35 placed him nearly two minutes clear of Mark Rice, who had led the opposition both up and down the fell. In the ladies' race, Janet Kenyon scored a 34-second victory over Vanessa Brindle with a 42.10 clocking, while Matthew Whitfield, Bob's son, had a fine run in the junior race up and down Mellor Knoll in which he decisively outclassed his fellow-competitors. His time would have been faster had he not been temporarily delayed by a queue of senior runners at the stile on the ascent of Mellor Knoll, who did not immediately realise he was in the junior race and only afterwards allowed him to go to the front.

Bill Smith
 1. S. Livesey Ross 32.25
 2. M. Rice Tod 34.18
 3. C. Lyon Hor 34.38
 4. A. Jenkins Prest 34.41; 5. M. Aspinall Ross 35.19; 6. P. McWadeq Clay 35.28; 7. D. Thompson CaldV 35.43; 8. D. Woodhead Hor 36.14; 9. D. Orth Vrat 36.20; O.T. Bolland S'port 36.32; **Veterans 0/40:** 1. P. McQWade Clay 35.28; 2. M. Targett Clay 38.21; 3. A. Judd Leeds 38.25; **Veterans 0/50:** 1. P. Pleming Horw 41.55; 2. B. Hillom CFR 45.04; 3. G. Brass Clay 45.08; **Ladies:** 1. J. Kenyon BAe. 42.10; 2. V. Brindle Clay 45.57; 3. C. Greenwood CaldV 45.22; **Juniors:** 1. M. Whitfield Bing 19.23; 2. R. Moss Bing 20; 3. F. Walker Bing 22.04



Bingley Junior Team, 1st at Jack Bloor Race. Left to Right: Alfie Atkinson, Mathew Whitfield, Richard Moss. Photo: Woodhead

STRETTON SKYLINE FELL RACE

AL / 20m / 4500ft 9.9.90

Shropshire

It must have come as quite a surprise to this record field of 153 starters to see three runners veer off to the left shortly after the start. Orienteers, Dave Troman, Paul Graetz and Paul's 18 year old son, Keith, had certainly done their homework and calculated that the initial sharp ascent onto the Burway Road, and then a steady climb up the road to the first checkpoint at Pole Bank, was superior to the conventional route up Carding Mill Valley and Light Spout Hollow.

No one in the nine years of this race had previously tried it. Local man, Steve Hughes, twice a former winner and bom and bred on the Long Mynd, had advised Paul Cadman, who had considered this route, that it was not on. This statement turned out to be synonymous with the classic "Never ask a bookmaker to tip you a winner!" as they arrived at Pole Bank clear of the main field, Dave arriving over three minutes ahead of the eventual winner, Duncan Hughes.

Meanwhile, the leaders in the main field led by Paul Cadman, made a costly mistake shortly after the waterfall in Light Spout Hollow, carrying straight on up the valley instead of forking left. Adrian Jones soon realised his mistake and retraced his steps to pick up the correct route.

On the ascent of Ragleth Hill, Dave Troman made a mistake (not his fault, but ours - Ragleth has two summits and we had the grid reference on the wrong summit!) which enabled Duncan Hughes to take the lead. Paul Cadman and Wrekin winner, Dave Neill, recovering from their early mistake, had really motored down from Pole bank, each picking up 36 places.

These two eventually caught Duncan, although it was probably owing to his reluctance to take the lead, he was so strong on the climbs that he had time to admire the view whilst waiting for the others to catch him up!

Dave Troman's early effort began to tell on him as he began to lose touch on Caradoc. Stephen Longdon and Trevor Longman, a long time supporter of this race, caught him on The Lawley and from here on he fell away.

Paul Cadman, having already done 75 miles that week, was also beginning to suffer. He lost touch with Duncan Hughes and Dave Neill on the final climb up to the Long Mynd plateau from Gog Batch, and was also caught by Stephen Longdon, who had been almost two and a half minutes behind him at The Lawley summit.

Dave and Duncan were still together at the final checkpoint, but the latter was far too strong and pulled away down the rough descent of Motts Road to win by almost three quarters of a minute, Dave having to be content with second place for the second year running. Paul recovered somewhat after the final climb and passed Stephen to take third place by just 25 seconds.

A few minutes behind the main contenders, Dennis Marshall was steadily carving his way through the early leaders. He caught Adrian Jones and Trevor Longman, who was beginning to fall back, on the climb out of Gog Batch and was rapidly picking up Stephen Longdon, gaining

almost one and a half minutes from the final checkpoint.

In the Ladies' race, Amanda Farrell was the early leader, but Liz Evans finally caught her and 1988 Ladies' winner, Anne Capp, on the final climb to win in a very respectable time.

Perhaps the most remarkable performance in the race was that of Super Veteran, Ray Aucott. His last race had been the Stretton Skyline in 1987 when he had finished 7th. Sidelined for two years with angina, this amazing man was having his first race, and running off about thirty miles a week. The three times Veteran British Fell Running Champion finished a remarkable 20th overall. His colleague, Eric Mitchell, is also worthy of a mention. At 66, and the oldest entrant in the field, he finished in 112th position in a creditable time of 3 hours 43 minutes 2 seconds!

The very warm weather led to slower times than last year, which was run in a downpour. The two feeding stations in Church Stretton and at the bottom of the Lawley, which could be used on the up and down, was a great benefit under these conditions.

It was a pity we didn't have more runners from the north. Those that did come thought it to be a good tough race. Ray Aucott thought it was a magnificent course, the climbs being exceedingly hard, and only a 'B' category race by virtue of the amount of flat between the climbs. Adrian Jones, who had been second at Buttermere, thought it to be a tougher race, and Dennis Marshall equalled it to Edale - so perhaps the category needs re-thinking.

Tony Byles

1. D. Hughes Hebog 2.28.18
2. D. Neill StaffsM 2.29.01
3. P. Cadman Merciam 2.34.11
4. S. Longdon Altr 2.34.36; 5. D. Marshall PFR 2.37.16; 6. A. Jones Gloss 2.37.18; 7. P. Axon Merciam 2.37.34; 8. P. Vesey Altr 2.38.11; 9. T. Longman Huncote 2.39.55; 10. S. Daws Telf 2.40.05; **Veterans 0/40:**
1. P. Axon Mercia 2.37.34; 2. R. Taylor PFR 2.40.19; 3. B. Davies CroftA 2.41.44; 4. J. Kershaw Macc 2.47.04; **Veterans 0/50:** 1. RAucott DkPk 2.48.14; 2. E.Knight Mercia 3.04.28; 3. C.Brown Mercia 3.13.23; **Veterans 0/60:** 1.E.Mitchell DkPk ; 3.43.02; Ladies: 1.E.Evans NDerby 3.04.54; 2. A.FarreU Worcs 3.08.01;
3. A.Capp Telf 3.10.26; **Veterans Ladies:** 1. S.Rowson Macc 3.17.43; **Juniors:** 1.K.Graetz Mercia 3.0152

LLANGORSE LOOP AM/5.5m/1 900ft 9.9.90

Gwent

The Black Mountains of South Wales are characterised by flat tops and steep sides and the going is generally very fast if you avoid the bracken. The Llangorse Loop traverses two of the western outliers of the range and this year was held in perfect conditions.

The initial 800ft ascent of Mynydd Troed is the steeper and shorter of the two climbs and was attacked at a lunatic pace by Anthony Kay. Graham Patten was content to trail Kay along the ridge of Troed, but took the lead on the descent. He then gradually extended this lead to around two minutes over Mynydd Llangorse, while Kay battled it out for second place with

Del Davies. Once again, Kay found himself being used as a pacer along the ridge and then having to watch helplessly as his adversary disappeared ahead on the descent. There is no truth in the rumour that Del Davies intends to slow down when he becomes a Super-vet.

1. G.Patten MDC 43.17
2. D.Davis Hebog 45.34
3. A.Kay Thames HH 45.46
4. G.Griffiths Hebog 46.33; 5. J.Griffiths A'stwyth 46.53; 6. J.Darby MDC 47.53; 7. L.Williams MDC 50.35; 8. J.Sweeting MDC 51.18; 9. J.Wilson MDC 52.29; 10. A.Jones C'mrthen 52.39; **Veterans 0/40:** 1. D.Davis Hebog 45.34; 2. J.Griffiths A'stwyth 46.53; 3. L.Williams MDC 50.35; **Veterans 0/45:** 1. C.Jones MDC 60.07; 2. M.Hicks BreconR 60.48; **Ladies:** 1. S.Ashton MDC 62.07; **Juniors:** 1. B.Marshallsay Swindon AFC 22.54 ; 2. D.Rees 5.Helen 23.30

ORDNANCE SURVEY LAKES MOUNTAIN RACE O / 20m / 7000ft 9.9.90

Cumbria

Yet another fine day for the race, with only the planners complaining (mildly). Mike Walford wondered if they might have lost their bottle after last year's epic. Many competitors may have felt the biggest ordeal was the wait on the start line exposed to Selwyn Wright's comments.

After the event, the commonest criticism concerned the length of the race for both men and women, and this we will note for future years. There was less ascent than last year but several areas of boggy moorland made for heavy going, so that it proved to be another tough and demanding race.

No matter how we try to avoid wall crossings, I suppose it is inevitable that occasionally the line taken by a competitor presents a wall to climb. But there is no excuse for climbing a wall when there is a gate 20 yards away. Please remember the future of fell running depends on the continuing tolerance of landowners.

Bill Hunter, John Lagoe & Mike Rose

1. B.Bland Kesw 4.44.56
2. P.Clark Kend 4.56.12
3. C.Valentine Kesw 5.01.45
4. T.Laney Clay5.03.17; 5. J.Nixon AchR 5.03.34 ; 6. D.Nuttall Clay 5.11.34; 7. D.Ratcliffe Ross 5.12.27; 8. D.Parker Macc 5.17.06; 9. A.Belton MDC 5.26.15; 10. M.Seddon SELOC 5.32.02; **Veterans 0/40:** 1. B.Bland Kesw 4.44.56; 2. J.Nixon AchR 5.03.34; 3. C.Wilkinson Bing 6.02.45; 4. M.Walford Kend 6.04.46; **Veterans 0/45:** 1. J.Nuttall Clay 6.01.10; 2. A.Philipson Gsf 6.08.41; **Veterans 0/50:** 1. J.Naylor CFR 6.05.35; 2. P.Brooks Loch 6.22.03; 3. H.Blenkinsop Kesw 6.25.43; **Ladies:** 1. S.Parkin Kend 4.27.03; 2 S Haines Ilk 4.41.21; 3 W Dodds Clay 4.50.18; 4. C.McNeill LOC 5.09.40; 5. I.Blunk Cam 5.15.52; **iMdiEs Veterans:** 1.S.Parkin Kend 4.27.03; 2. W.Dodds Clay 4.50.18; 3. C.McNeill LOC 5.09.40

LANTERN PIKE BS/5m/1050ft 15.9.90

Derbyshire

On a crisp clear day in perfect conditions seventeen marshalls and organisers took their positions for the

13th Lantern Pike Fell Race. As the runners charged to the first turn, Sid stopped the traffic in the field, whilst Helen and a Policeman bravely jumped out in front of cars on the road. Neil directed the runners up the first hill and Jim marshalled his famous 'T' junction at the top of the field. Further on down the wooded path to Sitch Lane, Dave directed them up the only real climb. On the summit good old Cyril does his usual job come rain or shine, back down through Jim's 'T' and on to Blackshaw where Michelle and Steve manoeuvred gates with efficiency. Further on and back to the finish where Norman, Yvonne, Bog and dog wait with stopwatches poised.

In the tent Jane and Sue work with a furious, practiced efficiency, partly to get the results out in time, but mainly so they can escape the seventeenth re-run of the rousing hymns in the other half of the tent. Neil and Gerry pick up the results hot from the press and finalise the Hayfield Championship positions in time for the presentation.

For a £2 entry fee you bought a day at a real country show in a delightful setting with a FREE Fell Race thrown in. All profits from the race and the show are distributed to local charities - that is why prizes were limited.

1. D.Crookes E.Ches 31.18
2. A.Trigg Gloss 31.25
3. M.Whyatt Gloss 32.46
4. Rob Taylor PFR 32.52; S.J.Pyrah BJOS 33.08; 6. P.Byrant S'port 33.40; 7. A.Kirk Gloss 33.49; 8. R.Eagle Macc 34.09; 9. J Inman BJOS 34.24; 10. S Taylor Prest 34.25; **Veterans 0/40:** 1. R.Taylor PFR 32.52; 2. B.Peegan Roch 34.32; 3. R.Ball Gloss 34.46; **Veterans O/ 50:** 1. H.Kelly E.Ches 37.50; 2. Roger Taylor Buxt 40.26; 3. H.Gill S'worth 42.00; **Ladies:** 1. S.Boam E.Ches 37.28; 2. K.Drake Spen 37.54; 3. 5.Boler(V) P'stone 40.17; 4.K.Martin S'port 41.16; 5. S.Rowson(V) Macc 42.03; **Juniors U/15:** 1. S.Garratt (14yrs) 24.27; 2. A.Turner (11yrs) 25.32; **Girls:** 1. Z.Peatfield (12yrs) 26.23

ELIDIR RACE AM/5m/2800ft 15.9.90

Gwynedd

The race was held on the World Cup weekend, all the main contenders were away on duty in Austria. This gave an opportunity to a number of local runners to excel on this steep and interesting run. The race was won in good time by local runner, Gary Williams of Eryri with fellow team mate Adam Haynes finishing a close second.

A remarkable run by Ron Hird gained him the fourth position and first in the over 50 section.

Ruth Parry won the Ladies section.

There had been some debate before the event regarding introducing a different descent to include a loop of the Dudodyn valley. The organiser would welcome some constructive views on this proposal.

H.Jones

1. G.Williams Eryri 48.45
2. A.Haynes Eryri 49.30
3. B.Beachell Telf 49.32
4. A.Williams Eryri 49.37; 5. R.Hird Eryri 49.58; 6. M.Roberts Hebog 50.24; 7. G.Kenny S'port 50.41; 8. 5.Bernard Eryri 52.09; 9. G.Jones



The climb up Lingmoor at the Three Shires. Photo: Peter Hartley

Hebog 52.511; 10. M.Blake(V) Eryri 53.08; **Veterans 0/40:** 1. M.Blake Eryri 53.08; 2. H.Stansfield Eryri 56.11; 3. A.Middleton G'wysfa 56.14; **Veterans 0/50:** 1. R.Hird Eryri 49.58; 2. G.Lloyd Wrex 62.06; 3. E.Steward DkPk 65.48; **Ladies:** 1. R.Parry(V) Eryri 66.22 ; 2. S.Bennell(V) Eryri 69.07; 3. H.Moore Eryri 71.27; 4. N.Lloyd(V) Wrex 75.41; 5. C.Middleton G'wysfa 81.36

THREE SHIRES FELL RACE AL/13m/4000ft 15.9.90 Cumbria

Ambleside's Mark Fleming once again showed his continued improving form - well done Flez! Mari Todd, also Ambleside although now just on her way to Edinburgh University, led the ladies home with a super time of 2.14.00 - not bad for a 17 year old! Also well done to Ray Rawlinson, Alan Evans and Bill Fielding in the Veterans' categories. Dark Peak Fell Runners pipped Ambleside for the team prize - where were the rest of my boys I might well ask?

My sincerest apologies must surely go to the ladies - a ladies team prize and 0/40 Ladies' Veterans were advertised and yet I stupidly forgot to award them. I promise next year to concentrate on organising and not racing - well maybe! Anyway, congratulations to Ann Whatmore, Margaret Gallagher and Kath de Mengel of Dark Peak Fell Runners, who were the first ladies team, and to Margaret Chippendale of Stockport who was first lady over 40.

Many thanks once again to all our friends who helped man the checkpoints, and also to Martin Stone (organiser extraordinaire) for his help at the finish.

Pre-entries, I realise, are a hassle however numbers will need to be restricted in future years - parking in Little Langdale and the race route in general cannot cope with more than 300 runners. Hence you have been warned - get your entries in early next year and there will definitely be NO ENTRIES ON THE DAY.

Next year the date for the race will be Saturday, 21st September.
Elaine Wright

1. M.Fleming Amble 1.52.04
2. I.Holmes Bing 1.52.49
3. G.Schofield Black 1.54.10
4. A.Curtis C'mont 1.54.22; 5. R.Rawlinson Ross 1.54.43; 6. T.Kelly Chor 1.54.46; 7. A.Schofield Roch 1.55.24; 8. M.Hayman SHOU 1.56.13; 9. A.Cory-Wright DkPk 1.56.20; 10. B.Toogood DkPk 1.56.32; **Veterans 0/40:** 1. R.Rawlinson Ross 1.54.43; 2. B.Toogood DkPk 1.56.32; 3. J.Nixon AchR 1.58.23; 4. C.Wilkinson Bing 2.03.13; 5. D.Milligan Solway 2.05.25; **Veterans 0/50:** 1. A.Evans Amble 2.10.20; 2. H.Blenkinsop Kesw 2.14.51; 3. G.Barr as Skyrac 2.; **Ladies:** 1. M Todd Amble 2.14.00; 2. S.Parkin Kend; 3 E.Wright Amble 2.25.; 4 J.Ramsden Horw 2.26.0; 5. C.Hughes Read; **Ladies Veterans:** 1. M.Chippendale Stock 2.42.

DALEHEAD FELL RACE AM/4.5m/2210ft 16.9.90 Cumbria

Andy Kitchen dominated the race again this year, leading from start to finish. Mike Fanning ran well to finish second, after only six or seven weeks' training, backed up by good runs from young James Bulman and "the old crock" gave Keswick the team prize. They were closely followed by Cumberland Fell Runners, who turned out 18 runners, and also giving us the ladies' winner, Sue Mackay. Harry Blenkinsop took the Veterans 0/50 prize to make it a Keswick "benevolent day!"

All the entry fees went back into the prize list - so, more runners, more prizes.

Ann Bland
1. A.Kitchen Liv 45.08
2. M.Fanning Kesw 45.36
3. J.Bulman Kesw 46.19
4. B.Bland Kesw 46.23; 5. G.Chucas CFR 46.52; 6. H.Jarrell CFR 47.03; 7. D.Lee CFR 47.30; 8. P.Skelton Kesw 47.38; 9. P.Clark Kend 48.13; 10. J.Hooson Holm 49.32; **Veterans 0/40:** 1. B.Bland Kesw 46.23; 2. K.Taylor Ross 50.23; 3. C.Wilkinson Bing 54.45; 4. J.Crummel CFR 56.40; 5. M.Wood CFR 56.50; **Veterans 0/50:** 1. H.Blenkinsop Kesw 58.28; 2. C.Madgin Clay 59.26; 3. B.Hillon CFR 61.57; **Ladies:** 1. S.Mackay CFR 61.21; 2. K.Bryan-

Jones Liv 63.05; 3. J.Schreiber Leedsln 66.28

PLAS-Y-BRENIN 16/9/90 Wales

The fifth annual Plas-y-Brenin Mountain Triathlon, took place at the National Centre for Outdoor Activities in Snowdonia during September.

This unique race involves three gruelling events. Competitors begin with a 6km canoe race around a mountain lake, followed by a 45 miles cycle ride on steep mountain roads around Snowdon; they finish the event with a run up Moel Siabod and return to Plas-y-Brenin, a distance of 6 miles and over 2,250 ft of ascent.

This year's event was blessed with fine weather, which, added to the smooth organisation, meant that a good if tough day was enjoyed by all despite a number of technical difficulties: recent dry weather had lowered the level of the lake, making the normal circuit, two figures of eight through two adjoining lakes, impossible; competitors, instead, circled one lake four times. Road repairs meant a change of circuit for the cycling stage with a subsequent increase in mileage from the usual 26 miles to 45. However, the triathletes, seemingly able to take all in their stride, battled on.

In the end Dafydd Roberts, after an outstanding cycling stage, pulled back the lead to win for the third time in four years in a time of 216.05 mins. Second was Jim Knox in a time of 227.78 mins who, incidentally, won the veterans' division. Third was William Manners in 229.45 mins. First woman home was Sian Roberts in a time of 238.62 mins - this is the first time a husband and wife team have won both men's and women's events. The women's super vets was won by Joan Glass in a time of 279.62 mins.

Comparing this year's field with past years the trend is certainly towards higher standards and, in the best possible sense, greater professionalism and dedication, with competitors opting for sprint boats, triathlon bikes and yet higher standards of fitness. The future of the event, which is unlike any other triathlon is assured through the co-

operation and team work of Karrimor International, Reebok and Plas-y-Brenin.

PERIS HORSESHOE AL/18m/8400ft 22.9.90 Gwynedd

1. C.Donnelly Eryri 3.25.17
2. T.Laney Clay 3.35.38
3. P.Brownson PFR 3.41.46
4. B.Berzins DkPk 3.47.17; 5. T.Jones Eryri 3.48.16; 6. D.Marshall Penn 3.48.41; 7. A.Haynes Eryri 3.51.19; 8. T.Ratcliffe S'worth 3.52.46; 9. G Jones Hebog 3.54.23; 0. D.Parker Macc 3.55.33. **Veterans 0/40:** 1. H. Parry Eryri 3.50.59; 2. J.Griffiths A'stwyth 4.10.36; 3. W.Burgess Unalt 4.15.11; **Veterans 0/45:** 1. D.Davies Hebog 3.36.15; 2. D.Williams Eryri 4.02.41; 3. C.Marsden Swinton 4.31.54 ; **Ladies:** 1. S Farrar Eryri 4.39.38; 2. K.Alimchandani S'worth 4.42.48; 3. A.Wright Macc 4.48.07; 4. L. Kirk MDC 5.03.12; 5. W.Homes Ripley 5.44.03; **Veterans 0/50:** 1. P. Brooks Loch 4.16.37; 2. C.Brown Merc 4.23.29; 3. A.Allport Eryri 5.12.34

ANDERSON MOURNE MOUNTAIN MARATHON September 22nd/23rd

Brian Ervine and Adrian Philpott scored an impressive victory to record a rare win for a local team in N. Ireland's mountain marathon. Recently back from good performances in the World Cup they left several very experienced pairs trailing over an hour behind on the first day and continued that form on day 2 to win the 55km 'Andersons' Class in just 8.29.50, the fastest ever winning time for an elite class in the event.

The race, which reached its limit of 200 teams for the first time this year, is now attracting more runners from the mainland, rather than just a few elite pairs, as has been the case in the past. With the mainland events increasingly oversubscribed, and the attraction of a well organised, but friendly, low-key event in a little visited area this is not surprising. The race also comes at a good time to tune up for the KIMM.

The sponsors and organisers collected everyone from airports and ferry terminals, and took to them to this years venue at Kilbroney Park, above Carlingford Lough in the South of the Mounes. The weather was cold and showery, but those new to the area found the hills very runnable, although there are plenty of attractive and craggy summits.

The biggest class was the 'C', and a feature of the event is the large number of beginners trying their first mountain marathon, and the size of their rucksacks. Some of these found the navigation tricky, one pair asking course planner Robbie Bryson where they were, while standing on the road near a signpost, and another pair ending up on opposite sides of the Mounes.

Both the 'B' and 'C' classes had comfortable winners who retained their day 1 leads to win. In the 'B' it was James Logue & Graham Watson, who beat Andy & Stella Lewsley, while in the 'C' class Andrew & Mark Phillipson won by over 20 minutes. The juniors Marcus Pinker & Brian Creedon did well to take 3rd place in this class. Robert Howard

Anderson Class

- 'A' Class 55 km 4210m ascent.
'B' Class 45 km 3360m ascent.
'C' Class 34 km 2130m ascent.

A Class

1. Brian Irvine/Adrian Philpott 8.29.50; 2. John Kewley/Mark Seddon 10.07.59; 3. John Gibbons/David Rosen 10.25.36; 4. Craig Harwood/John Redmayne 10.44.20; 5. Jeff Winder/Jeff Cousion 11.20.25 (1st Vet); 6. Bill Buckley/Rob Poole 11.41.36 (2nd Vet); 15. Wendy Dobb/Sue Walsh 14.00.26 (1st Ladies)

B Class

1. James Loguel/Graham Watson 08.00.24; 2. Andy Lewsley/Stella Lewsley 08.52.28 (1st mixed); 3. Michael Barton/Wesley Kettle 08.53.47; 4. Geoff Pettengel/Phil Cheek 08.59.06; 5. Bob Waterhouse/Dan Powell 09.23.44; 6. Rober Law/Oliver Wilson 09.25.15

THIEVELY PIKE RACE AS / 3.5m / 900ft 29.9.90

Lancashire

No race records were set other than a record turnout of over 300 seniors, which stretched resources to the limit, but which just about held together.

The top four places went to England internationals with Robin Bergstrand first home. The competition was extremely keen in all the men's categories but Janet Kenyon was a clear winner in the ladies' race.

Loads of prizes were given out to those who attended the prizegiving, including many spot prizes.

Next year, we'll endeavour to remove the stile which caused some hold-ups and some mostly good-humoured comments! It was particularly nice to see the few lads from the Lakes who came down for the race. We might not be able to provide any 3000ft climbs in Lancashire, but we can still put on a decent race!

Peter Browning

1. R.Bergstrand Mand 24.31
2. S.Livesey Ross 24.44
3. M.Croasdale L&M 24.56
4. M.Rice Tod 25.03; 5. G.Schofield Black 25.20; 6. C.Walker P&B 25.25; 7. R.Rawlinson Ross 25.29;
8. A.Schofield Roch 25.40; 9. T.Hesketh Horw 25.44; 10. P.Sheard P&B 25.48; 11. M.Fleming Amble 25.56; 12. W.Stvan Holm 26.04; 13. W.Gaunt P&B 26.11; 14. P.Skelton Kesw 26.16; 15. R.Jamieson Amble 26.19; 16. G.Cudahay Stock 26.20; 17. D.Ibbetson Gloss 26.23; 18. G.Kirkbright P&B 26.25; 19. R.Taylor PFR 26.26; 20. C.Valentine Kesw 26.29; **Veterans 0/40:**
1. T.Hesketh Horn 25.44; 2. R.Taylor PFR 26.26; 3. J.Hope ACHR 27.07; 4. N.Walsh Kend 27.12; 5. T.Hulme PFR 27.16; 6. J.Nuttall Clay 27.44; **Veterans 0/50:**
1. R.Hird Eryri 29.08; 2. N.Matthews Horw 30.01; 3. R.Bell Amble 30.30; 4. G.Barras Skyrac 31.55; **Ladies:** 1. J.Kenyon Lost 31.01; 2. S.Haigh Horw 33.44; 3. W.Dodds Clay 34.12; 4. S.Watson ValleyS 34.30; 5. L.Lord Clay; 6. M.Sanderson Roch 35.41; **Intermediates:** 1. M.Rice Tod 25.03; 2. C.Walker P&B 25.25; 3. G.Cudahay Stock 26.20; 4. N.Fish Unatt 27.14; 5. D.Wilkinson Roch 27.22; 6. P.Daccus P&B 27.24

SANDSTONE TRAIL

RACES

RACE 'A'

CM / 16.5m / 1750ft 23.9.90

RACE 'B'

CM / 9.5m / 950ft 23.9.90

Cheshire

A big entry this year and some very competitive running at the sharp end of both races and two new records in the 'B' race.

The cool damp conditions may have made the going heavy for some but Dave Troman, Mike Farmery and Philip Kujawa set a terrific pace. If the Cadwallader brothers had not arrived late and set off three minutes behind the field, the result might have been even closer. Philip Kujawa finished 14 seconds clear of Mike Farmery, and Dave Troman, 1989 winner, who finished 17 seconds later had to be content with the trophy for the first Orienter.

The Superveteran winner in the 'A' race is becoming an institution - Charles Kavanagh has now won the trophy for four successive years, all in much the same time, and says he is going faster as he gets older.

Cecilia Greasley, Ladies' winner, was within 9 seconds of being the second fastest lady on record.

In the 'B' race, John Taylor convincingly broke Ian Weatherall's 1989 record (56.56) by over 2 minutes, and John Jarvis who finished second set a new Junior record. Pat Matthews, having been the first lady in the 'A' on three occasions, turned her attention to the 'B' race and took the first Veteran Lady prize. The winner of the Ladies' race, Sue Rowson, is also a Veteran.

Jill & Barry Barnes

RACE 'A'

1. P.Kujawa Hels 108.56
2. M.Farmery THH 109.10
3. D.Troman Pott 109.27
4. P.Cadwallader Seft 111.32; 5. P.Frodsham Warr 112.55; 6. S.Longdon Altr 113.02; 7. A.Jones Gloss 113.14; 8. L.Cadwallader Seft 113.15; **Veterans 0/40:** 1. J.Kershaw Macc 114.15; 2. R.Hargreaves Clay 114.50; 3. H.Brough And 115.26; **Veterans 0/50:** 1. C.Kavanagh Narr 122.50; 2. D.Parsons Mold 123.32; 3. R.Tunstall Frod 124.28; **Ladies:**
1. C.Greasley Macc 135.27; 2. S.Owen Tatt, 140.06; 3. L.March Horw 143.30;

'B' RACE;

1. J.Taylor Holm 54.42
2. J.Jarvis Warr 58.15
3. A.Thiemicke CrewN 59.02
4. A.Morris CEPAC 59.36; 5. M.Griffin Tatt 61.01; 6. J.Whalley Macc 61.40; 7. M.Fell Wigan 61.57; 8. A.Whalley Macc 62.06; **Veterans 0/40:** 1. M.Griffin Tatt 61.01; 2. J.Whalley Macc 61.40; 3. R.Bradley Holm 62.48; **Veterans 0/50:** 1. J.Dearden Hels 68.54; 2. G.Lloyd Wrex 72.33; 3. M.Cranny Dees 74.45; **Ladies:** 1. S.Rowson Macc 72.12; 2. P.Matthews Tatt 74.36

SCAFELL PIKE AM/5m/3000ft 22.9.90

Cumbria

Sincere apologies for the tantalising glimpses of the summit one hour before and after the race. The bit in between is one of those experiences that people travel long distances to savour. The furthest in this being from the Isle of

Wight and if Eddie (68) had run there would have been 3 generations of Leals competing. We believe that would have been a 'first', still there is always next year, and might provide some competition for Ken Gibson (72) who did extremely well and, despite the inclement weather took some 14mins off last year's time.

There did not appear to be any significant navigation problems unlike 1989 and St. Johns Ambulance Brigade only had to treat one abraded runner. One was however less obviously damaged - Border's Mr. Furlong who was 12th at the summit, took a tumble on the Pike scree and came in 20th, drove home feeling increasingly sore, was diagnosed as sustaining two cracked ribs! We wish you a speedy recovery. Meanwhile at the front a group of five runners were in contention for the majority of the race. Steve Hicks led as they crested Lingmell Nose but by the summit Billy Bland had taken over and Mike Fanning did the honours as they reached the Nose on the descent. Ian Holmes then passed Mike on the last descent to win by 10 seconds. Both broke last year's record of 54.10 set by Willy Gaunt on the new slightly shorter course, chosen so as not to cause congestion at the stream crossing. By the way I believe Pete Bland's van and a group of about 10 runners for strictly historical reasons one supposes went to the old start back on the road by the bridge, however they were informed in time.

However, back to the finish, about one minute behind Mike Fanning Billy Bland led the vets, home and they comprised about 30% of the field!

I didn't get a run this year for a few reasons not least that we were a bit thin on the ground but the organisation ran smoothly excepting for problems generated by two pre-entered runners who ran through on the tails of the start without registering (note the parallel with the Three Peaks Race - letter in Fell Runner from D.A.Croft). This is a new one to us as previously the most potentially serious misdemeanour is failing to report to the finish having retired or completed the race. This leaves us with one body theoretically still on the fell so we rush around trying to find the missing car etc., and the problem grows to the point where we call the police to check the home address and find he's on holiday in the Lakes! But not registering is a new twist. I had radioed my checkpoints that there were 100 numbers en route when two more bodies hurtle past. I then gave out 102 bodies, but one of the two gave the impression to the summit checkpoint that he had registered. After many radio counts (and having held my very good checkpoints in position in by now driving snow) we did clear this up.

For a while, of course, we thought we had lost someone. No problem if sufficient time is allowed for registration.

Under CFRA Rule 7 no tallies deposited at checkpoint or finish means automatic disqualification, as indicated opposite. Enough said.

1. I.Holmes Bing 53.45
2. M.Fanning Kesw 53.55
3. W.Bland (V) Kesw 55.11
4. G.Clucas CFR 55.31; 5. S.Hicks Amble 55.58; 6. C.Valentine Kesw

- 57.27; 7. T.Kelly Chorl 57.32; 8. J.Hope (V) AchillR 59.01; 9. D.Woodhead Horw 59.20; 0. J.Hawksley Kend 59.35; **Veterans 0/40:** 1. W.Bland Kesw 55.11; 2. J.Hope AchillR 59.01; 3. P.Betmeyer Amble 62.05; **Veterans 0/45:** 1. K.Carr Clay 65.01; 2. P.Dowker AchillR 69.10; 3. Y.Trindimas Clay 69.42; **Veterans 0/50:** 1. M.Blake Kesw 74.31; 2. J.Taylor Kend 74.59; 3. J.Greenwood Clay 82.56; **Ladies:** 1. C.Hughes Read 72.44; 2. A.Crabb Amble 75.47; 3. G.Egner DenbyDT 89.11; 4. S.Capella CambH 122.34; 5. S.Rawson (V) ClowneRR 129.47

BLAKE

AM/7m/215ft 23.9.90

Cumbria

1. H. J.arret CFR 0.55.27
2. G. Clucas CFR 0.55.38
3. B. Thompson Cope 0.56.04
4. 1. Holmes Bing 0.58.02; 5. D. Woodhead Horw 0.58.17; 6. J. Hawksley Kend 1.01.37; 7. D. Beels Roch 1.01.46; 8. C. Taylor MFR 1.03.47; 9. J. Arnold Border 1.03.47; 10. V. Devlin Kend 1.03.50; **Veterans 0/40:** 1. M.Litt CFR 1.05.48; 2. D. Findley CFR 1.08.25; **Veterans 0/45:** 1. J. Stout CFR 1.04.27; 2. M. WOOD CFR 1.05.04; **Veterans 0/50:** B. Hillon CFR 1.09.51; **Ladies:** 1. E. Woodhead Clay 1.32.34; 2. S. Richardson Kend 1.32.34

BLACK MOUNTAINS AL/17m/5200ft 29.9.90

Gwent

Congratulations to Graham Patten for setting a new course record despite the rain and low cloud. He sliced some six minutes off the old record. Leading lady, Lydia Kirk, is now on for a hat trick of wins, a bottle of champagne in 1991? The organiser suffered the embarrassing situation of leading a group of runners off checkpoint two, slightly astray, sorry Del! No showers, but plenty of tea and sandwiches at the pub in Llanbedr. Let us hope for sunny weather next time, that is what I prefer and no doubt the brave checkpoint marshalls would too!

W.J. Darby

1. G.Patten MDC 2.27.00
2. K.Hagley DkPk 2.29.38
3. D.Hughes Hebog 2.32.18
4. P.Irwin Ross 2.38.11; 5. D.Davies (v) Hebog 2.38.21; 6. G.Williams 69 2.39.03; 7. R.Day Mercia 2.39.14; 8. G.Wood Bath 2.41.33; 9. J.Darby MDC 2.42.50; 10. P.Williams Hebog 2.46.07; **Veterans 0/40:** 1. D.Davies Hebog 2.38.21; 2. L.Williams MDC 2.46.47; 3. L.Evans 69 2.58.09; **Veterans 0/50:** 1. T.Breakwell Kesw 3.43.10; 2. C.Jones MDC 4.08.06; **Ladies:** 1. L.Kirk MDC 2.59.10; 2. A.Bedwell MDC 3.18.16; 3. J.Ramsden Kesw 3.43.20; 4. J.Robson SOC 3.43.20; 5. S.Ashton MDC 4.08.38

END TO END

BM/7m/1900ft 4.10.90

Cumbria

1. G.Bland Kesw 63.19
2. J.Hoosen Holm 63.20
3. J.G.Williams Amble 63.59
4. P.Clarke Kend 64.39; 5. M. Richardson Amble 66.33; 6. K.Johnston Amble 66.49; 7. M.Addison CleatM 67.49; 8. M.Walford Kend 70.47; 9. S.Harridine Tadcast 71.02;



Tony Burton and Alan Hudson of Patterdale Mountain Rescue Team, descend St Sunday Crag on Ian Hodgson Relay. Photo Peter Hartley

10. N.Elstone BorderL 7124;
Veterans 0/40: 1. M.Walford Kend 70.47; 2. L.Shaw Black 72.20; 3. R.Bell Amble 74.20; 4. A.Evenas Amble 75.44; 5. P.Cotless Kend 78.34;
Ladies: 1. M.Sanderson Roch 81.50; 2. E.Wright Amble 82.04; 3. C. McNeil(V) LOC 82.29; 4. S.Lewsley (V) Kesw 90.00

TOUR OF PENDLE RACE
AL/17m/4200ft 6.10.90
Lancashire

This year's Tour of Pendle was run in driving rain and gale force winds, none of which seemed to deter the 186 starters.

Colin Valentine forged ahead early along the spine of Pendle and by the Churn Clough checkpoint was 30 seconds clear. He was closely followed by Tim Laney, Pete Irwin, Andy Schofield and Mike Wallis.

During the second half of the Tour (the really hilly bit), Colin pulled further away from the field and finished well clear of Mike Wallis who ran an excellent second half to finish second. Pete Irwin and Tim Laney had a mammoth struggle for third, which Pete eventually won on the final climb up Pendle's Big End.

Veterans, John Nixon (over 40) and John Nuttall (over 45) had excellent runs to finish 6th and 17th respectively.

The Ladies' winner was Janet Kenyon, who had to ask the way part way round, eventually winning by three and a half minutes from Sylvia Watson - Sylvia was also the first Lady Veteran.

The over 50s Superveteran's trophy went to George Barras of Skeyrac who prevented Brian Thackery from completing a hat-trick of wins in this class.

Clayton "A" continued their

domination of the team event with four finishers in the first ten. Rochdale were second with Clayton "B" third.

Shaun Addison
 1. C.Valentine Kesw 2.16.41
 2. M.Wallis Clay 2.19.13
 3. P.Irwin Ross 2.19.42
 4. T.Laney Clay 2.20.06; 5. A.Schofield Roch 2.24.30; 6. J.Nixon AchR 2.26.08; 7. J.Nuttall Clay 2.26.45;
 8. D.Woodhead Horw 2.27.50; 9. J. Holt Clay 2.28.59; 10. K.Taylor Ross 2.29.06; **Veterans 0/40:** 1. J. Nixon AchR 2.26.08; 2. J.Holt Clay 2.28.59; 3. K.Taylor Ross 2.29.06;
 4. J.Furness Black 2.30.53; 5. C.Wilkinson Bing 2.39.20; **Veterans 0/45:** 1.J.Nuttall Clay 2 40 37; 2. K. Carr Clay 2.40.37; 3 J Crummett CFR 2.45.07; **Veterans 0/50:** 1 G Barras Skeyrac 2.45.23; 2. B. Thackery DkPk 2.50.48; 3 R Jacques Clay 2.53.14; **Ladies:** 1. J. Kenyon Lost 3.03.26; 2. S.Watson ValleyS 3.06.57;
 3. P. Mee Altr 3.13.07; 4. G.Cook Roch 3.26.59; 5 G Goldsmith DkPk 3.36.03; **Ladies Veterans:** 1. S. Watson ValleyS 3 13 07; 2. P. Mee Altr 3.13.07; 3 G Goldsmith DkPk 3.36.03

IAN HODGSON
MOUNTAIN RELAY
25m/8500ft 7.10.90
Cumbria

The weather on Saturday, 6th October, was appalling. Barrie and Maureen Atkinson greeted us at lunchtime on Saturday by saying that it was the worst day of the year. The severe gales and driving rain were so bad that we decided that setting any high level controls would be a waste of time because they would not survive the night. Grisedale Beck was impassable at Elmhov and the bridge over Goldrill Beck at Side Farm was six inches under water. The evening was spent making contingency plans for alternative

courses for the first and second legs.

Fortunately, the weather improved dramatically overnight and an early morning check revealed that water levels had subsided and the wind speed had dropped.

By the start of the first leg, all high level controls were in place and the race was on over the usual course. The first leg was keenly contested and the "big four" Keswick, Ambleside, Rossendale and Bingley were all within 20 seconds. However, as last year, the short "easy" second leg virtually decided the race. Rod Pilbeam and Duncan Frampton of Keswick took 5 seconds off the course record despite the wet, soggy ground conditions and, in doing so, opened up a gap of almost two minutes over Ambleside. Rossendale had dropped three minutes on Keswick and Bingley nearly five minutes.

The Ambleside pair of Mark Fleming and Robin Jameson pulled a minute back on their way to achieving the fastest time on leg 3, only for the Keswick old and young pair of Billy Bland and James Bulman to pull away on leg 4 to win the race by just over three minutes.

Further down the field, there were good performances by Livingston 'B' who finished in 11th place in a new mixed team record of 4.10.12, and Clayton ladies who broke the women's record by nearly two minutes, to finish in a meritorious 32nd position.

Unfortunately, Wilf Brindle of Horwich 'A' team fell on Hart Crag and cut his head badly. We had every sympathy for Wilf and the remainder of the Horwich team, where hopes of a high placing were dashed. However, we think congratulations are due to Wilf's partner, Chris Lyons, who

insisted upon escorting him back to the valley by the shortest possible route to receive attention. Chris's action was in the best spirit of fell running.

Our thanks are due to the landowners and farmers for allowing us to cross their land. We are especially grateful to Barrie and Maureen Atkinson for the use of Sykeside as the base for the race, to Stephen Foxall for the use of Patterdale Hall, and to Alan and Eric Wear for the takeover and car parking facilities at Hartsop.

Finally, our grateful thanks to all our friends without whose help we could not begin to organise this event in memory of Ian.

Dave, Shirley, Michael, Neil & Christopher Hodgson

1. Keswick 'A' 3.33.25
 2. Ambleside 'A' 3.36.28
 3. Rossendale 'A' 3.45.52
 4. Bingley 'A' 3.48.00; 5 Pudsey & Bramley 3.49.38; 6 Kendal 'A' 3.59.20; 7. Bingley 'B' 4.01.11; 8. Blackburn 4.02.07; 9. Clayton 'A' 4.02.22; 10. Eryri 'A' 4.04.51;
Mixed: 1. Livingston 'B' 4.10.12; 2. Keswick 'C' 4 17 00; 3. Livingston 'C' 4.37.54. **Ladies.1.** Clayton 'A' 4.52.43; 2. Clayton 'B' 5.47.52; 3. Rossendale 'D' 5.49.38

LANGDALE HORSESHOE
AL/16m/4000ft 13.10.90
Cumbria

This race was blessed with the same clear, sunny weather as last year's event. Following his tremendous run at Borrowdale, where he had finished second to Mark Rigby, 18 year old Gavin Bland confirmed his potential as a long distance rough stuff specialist in the true Blands of Borrowdale tradition, by winning the Langdale Horseshoe by 61 seconds from another



Jean Ramsden and Caroline Carlton of Keswick ascending Red Scares, final leg of Ian Hodgson Relay. Photo Peter Hartley

young stalwart, Bingley's Ian Holmes. This completed a unique double for Bland, for he had also triumphed in the short up-and-down Langdale Gala race four months earlier. Gavin, a fell shepherd, takes after his dad David of Nook Farm, Rosthwaite, being tall and wiry, with the same red hair and strong lean features. David was one of the Keswick AAC Blands who were winning team prizes for their club back in the '70s, being perhaps the only family in fell racing history to be able to claim this distinction.

Gavin is certainly one of the "hottest" junior prospects of recent years and his victory would probably have been more decisive had he been familiar with the whole route, for he seemed unsure of the latter part of the descent from Blisco down Blake Rigg. This section also blighted Donald Lee's chances of a faster time, for he strayed off-course near the top of Redacre Gill, but then corrected his error to come home fifth behind the Ambleside flyers, Rob Jamieson and Keith Anderson. Gavin's Uncle Billy predictably took the vet's prize in eleventh position, while the evergreen Alan Evans, enjoying a new lease of life these days, showed a marked superiority to his rivals in the supervets class.

Wendy Dodds produced one of the very best performances of her long and illustrious career to win the ladies' race by almost ten minutes with a time of 2:37.30, thereby gaining position out of 373 finishers. Unlike the Blands and most other competitors nowadays, who use the Blake Rigg descent, Wendy came down Redacre Gill to the Stream-crossing before cutting across to the checkpoint, which was the standard route used in the early years of this event, incidentally, from 1973 onwards. Janet Kenyon claimed runner-up spot in 131st position, with Wendy's Clayton-le-Moors clubmate, Katie Thompson, taking third place, seven seconds ahead of Ambleside's Nicky Lavery.

Bill Smith
 1. G. Bland Kesw 2.05.04
 2.1. Holmes Bing 2.06.05
 3. R. Jamieson Amble 2.06.19
 4. K. Anderson Amble 2.07.23; 5. D.

Lee CFR 2.08.37; 6. A. Schofield Roch 2.08.49; 7. J. Butman Kesw 2.09.21; 8. P. Irwin Ross 2.09.23;
 9. P. Skelton Kesw 2.09.26; 10. N. Langahan Kesw 2.09.35; **Veterans:**

1. W. Bland Kesw 2.09.59; 2. C. Wilkinson Bing 2.23.57; 3. M. Walsh Kend 2.24.40; 4. K. Carr Clay 2.29.35; 5. T. Peacock Clay 2.32.20; **Veterans 0/50:** 1. A. Evans Amble 2.30.40; 2. R. Bell Amble 2.47.06;

3. D. Tilley Tod; **Ladies:** 1. W. Dodds (V) Clay 2.37.30; 2. J. Kenyon Lstrick 2.47.19; 3. K. Thompson (V) Clay 2.51.33; 4. N. Lavery Amble 2.51.40; 5. S. Ratcliffe S'worth 2.52.59; 6. J. Teague Bing 2.53.31

ECCLES PIKE BS/3m/750ft 13.10.90

Cheshire
 1. R. Jackson Horw 20.41
 2. N. Reeve EChes 21.57
 3. G. Harvey Stock 22.22
 4. P. Sander Unatt 22.41; 5. R. Ball (V) Gloss 23.02; 6. J. Smith Salt 23.11; 7. D. Gartley Stock 23.23; 8.
 5. Entwistle Gloss 23.30; **Veterans:**
 1. R. Ball Gloss 23.02; 2. P.

Wheatcroft Gloss 24.16; 3. R. Jackson Horw 24.27; **Female:** 1. S. Boam EChes 24.35; 2. S. Rowson (V) Macc 28.08; 3. M. Trickey (V) Sale 31.32

KIRBYMOOR FELL RACE BM/8m/1600ft 14.10.90 Cumbria

This year's race was run in excellent sunny weather, but very wet underfoot.

The race was led from start to finish by Dave Woodhead, closely followed by Barry Postlethwaite and A. Taylor. Not far behind these three leading runners were Ron Win ward and Derek Ratcliffe. Over the second part of the course from Gray Craggs to Shooting House Hill and Bank House Moor 2nd, 3rd, 4th and 5th places were to change. Derek Ratcliffe moved up from 6th position to 2nd at Gray Craggs, passing Ron Winward, J. Fish, A. Taylor and local man, Barry Postlethwaite, and finally finished in 2nd position.

Dave Woodhead, who ran strongly from start to finish, was heard afterwards to describe the race as "a grand little course!"

The only ladies' prize went to unattached runner, Jane Ridings. However, due to the increase in support from the ladies, next year there will be prizes for the first two ladies and also for the first lady over 35.

B Richmond
 1. D. Woodhead Horw 54.17
 2. D. Radcliffe Ross 54.52
 3. B. Postlethwaite HoadH 55.27
 4. A. Taylor Spring 56.22; 5. J. Fish Unatt 57.41; 6. R. WinWord Barrow 59.19; 7. J. Smith P&B 59.50; 8. L. Stephenson Kend 64.33; 9. D. Metcalfe HoadH 64.43; 10. T. Johnson Barrow 65.37; **Veterans O/40:** 1. R. Winward Barrow 59.50; 2. L. Stephenson Kend 64.33; 3. D. Metcalfe HoadH 64.43; 4. T. Parkin HoadH 71.23; **Veterans 0/50:** 1. T. Johnson Barrow 65.37; 2. A. Whiteside HoadH 73.33; 3. W. McLEwin Stock 74.54; **Ladies:** 1. J. Ridings Unatt 74.41; 2. M. Smith HoadH 78.47; 3. S. Richardson Kend 80.00; 4. E. Woodhead Clay 89.00

REEBOK THREE TOWERS BL/20m/2500ft 21.10.90 Lancashire

The annual Reebok-sponsored race between Rivington and Holcombe Tower via Darwens was, as ever, well supported. It was clear on the moors, but very windy, for many it was their last run before the Karmior.

For Andy Trigg, who won the race, this was a rare chance to race, because on Saturdays he referees rugby matches at school. He soon broke away, with Blackburn's Graham Schofield in tow. They ran neck and neck to the Children's Home at Edgeworth. Trigg acknowledged Schofield's navigation: "Graham has an intrinsic knowledge of the course and knows many good choices." He arrived at Edgeworth in 1:37:30, 21 secs up on the Blackburn man and 4 mins clear of Selby.

Trigg, 27, edged away over the final Moor to win by nearly two mins. He was full of praise for one of his favourite races: "Well marshalled...

great prizes... T-shirts to first 50... pie and peas in the Comfortable Cricket Club at Ramsbottom...well organised in every respect...even the showers."

One understands why when questioning the Glossop man further about the showers: "Graham and I showered in the ladies showers by mistake, and incurred the wrath of a local Lancashire lady for this misdemeanour."

Bolton won the men's team from fell visitors, Leicester Corinthians, whose first counter, Edwards, was also the first veteran. Julie Kenyon of Lostock was the quickest woman... and third in the showers.

N. Shuttleworth
 1. A. Trigg Gloss 2.05.02
 2. G. Schofield Black 2.07.01
 3. A. Sleby Bolt 2.11.45
 4. P. Turner Bolt 2.11.55; 5. R. Edwards (V) LeicCorr 2.12.35; 6. D. Pennington WigPhe 2.13.15; 7. D. Naughton Clay 2.14.01; 8. P. Percival Chor 2.14.15; 9. T. Heskeith (V) Horw 2.14.33; 10. P. Hands LeicCorr 2.14.42; **Veterans:** 1. R. Edwards LeicCorr 2.12.35; 2. T. Heskeith Horw 2.14.33; 3. R. McAndrew Chor 2.15.15; 4. R. Ball Gloss 2.21.47; 5. M. Cunningham Manch 2.22.44; 6. J. Quine Bolt 2.23.24

LLYN-Y-FAN RACE AM/5.5m/2000ft 20.10.90 Dyfed

The final race in this year's Welsh championship attracted a larger than average entry with a pleasing number from the North (Wales, that is!)

Paul Wheeler set off like a startled sheep and after the first climb to the lake, he had opened up a gap of about 100 metres. The organiser wondered whether his favourite medium race was about to become a "short"! However, only Paul Wheeler can get lost on a good track between two obvious summits, so the final descent turned into a sprint finish between Simon Forster and Emlyn Roberts, both of whom beat the previous record.

Lydia Kirk missed out on the ladies' race record by a few seconds, but clinched the Welsh championship when Delyth Jones, a newcomer to the hills, beat last year's champion, Stel Farrar, into third place.

Prizes, squash, biscuits, results service and a super day out - all for 50p! Mountain running as it should be!

Martin Lucas
 1. S. Forster MDC 44.32
 2. E. Roberts Eryri 44.36
 3. H. Parry Eryri 45.18
 4. D. Davies Hebog 45.58; 5. G. Griffiths Hebog 46.10; 6. D. Williams Eryri 46.54; 7. C. Taylor Mercia 47.25; 8. L. Williams MDC 48.44; 9. J. Darby MDC 48.46; 10.1. Davies Hand 49.06; **Veterans 0/40:** 1. H. Parry Eryri 45.18; 2. D. Davies Hebog 45.58; 3. D. Williams Eryri 46.54; 4. L. Williams MDC 48.44; **Veterans 0/50:** 1. G. Lloyd Wrex 55.39; 2. T. Hayes Eryri 68.00; **Ladies:** 1. L. Kirk MDC 51.19; 2. D. Jones Brec 55.04; 3. S. Farrar Eryri 60.02; 4. R. Parry Eryri 63.28; **Ladies Veterans:** 1. R. Parry Eryri 63.28; 2. S. Bennell Eryri 63.36

1990 F.R.A RELAY CHAMPIONSHIP 20.10.90

Edale, Derbyshire

A day perfect for testing navigation skills as well as running ability - not cold but with persistent, low-lying, thick mist which put a premium on continual attention to pin-point accuracy, especially in the sea of baffling peat groughs which form the top of Kinder Scout.

Only two organisational hiccups - a temporarily marshal-less checkpoint which, fortunately, didn't appear to create the confusion it might have done, and the non-appearance of the F.R.A. Chairman and twenty four engraved prize tankards, which meant that the winning teams had nothing to drink their crates of beer out of! On the first point Pennine are dipping into their Club funds to sent the unfortunate offender on the next F.R.A. navigation course, and on the second point Dave Hodgson is now going to have his car thoroughly checked the day before every major event!

Otherwise, everything seemed to go smoothly. The Edale School was a most useful central point for changing and registration, accessible warmth and refreshment on a somewhat dank day. After a touch of initial shyness (sensitive souls, fell runners!) the services of the volunteer physio/massage unit of Ray Peters and Vaughan Cooper were very much in demand, and particularly helped those runners faced with the daunting prospect of having to run twice. In fact, by the end of the day, a certain prominent Dark Peak lady found the experience to be so beneficial that she was observed on the table both before and after the prizegiving!!

The courses themselves seemed to be well received and, judging by the state of some runners at the conclusion of their leg, appropriately demanding for a Championship event, while the central changeover point certainly made it easier for everyone to know exactly what was going on. The controversial last leg transpired to be not only a tactical discussion point, but also a proof of the ingenuity of certain clubs - the sight of five members of Pudsey & Bramley tearing off down the field raised a chorus of spontaneous applause!

All in all, everyone seemed to put in some very hard running and to enjoy themselves as well - a pity certain Cambrian clubs cast a shadow on their own sporting credibility by not featuring, but the general opinion seemed to be that they were the only people who lost out.

Thanks are due to Edale School, the Peak Park Authority, the National Trust and the Nag's Head while many, many thanks are due to the members/wives/husbands/friends of Pennine Fell Runners who gave up their Saturday and worked tirelessly in the mist all day to make the event a success - without them we couldn't have done it!

Dave Jones & Tony Hulme
 1. P&BA' 3.43.44
 2. 'PFR 'A' 3.45.44
 3. DkPk 'A' 3.49.30
 4. Holm 'A' 3.53.06; 5. Bing 'A' 4.03.41; 6. P&B B' 4.11.39; **Ladies:**
 1. DkPk 4.54.35; 2. Macc 5.28.20;
 3. Clay 5.31.07



Dermot McGonigle, 1st Tinto Hill Race. Photo: Brian Covell

LOGGERHEADS FELL RACE 10m/2800ft 4.11.90

There was no sponsorship for the race this year, so Race Organiser, John Morris, used his charm on the weather man instead. How often can you complete a 10 mile race in November and get a suntan - the greenhouse effect definitely has its plus factors.

Colin Donnelly dominated the event although not without a spirited early challenge from Hefyn Griffiths. Emlyn Roberts took third place from an improving Steve Hughes. Del Davies was well ahead of a tired Tony Hulme for 1st veteran with race organiser John Morris taking third place. Barry Thackery was first 0/50 in 30th place. Anne Forrest won the ladies race by 18 minutes?

The race was again well marked and organised and a pleasure to compete in. I look forward to taking part again next year.

Tony Hulme
 1. C Donnelly Eryri 73.20
 2. H Griffiths Hebog 75.16
 3. E Roberts Eryri 75.43
 4. S R Hughes Hebog 76.30; 5. D Davies Hebog 76.55 1st 0/40; 6. T Hulme Pennine 79.29 2nd 0/40; 7. T Kelly Chorely 79JO; 8. N Fish VIA 81.35; 9. T Bolland S.P. Waterloo 82.06; 10. P Stott ULA 82.06; 11. D Marshall Pennine 82.34; 12. P Marsh Tarren Hendre 82.43; 13. G Kenny Southport W1 loo 82.49; 14. D Fairclough Sefton Harriers 83.15; 15. A Bocking Pennine 85.00; 16. J Morris Vauxhall 85.12 3rd 0/40; 30. B Thackery Dark Peak 90.57 1st Lady; 53. C Brown Mercia 96.49 2nd O/SO; 59. G Clegg Eryri 98.35 3rd O/50; 60. A Forrest Mersey Tri 98.56 1st Lady; 110. S Ingham ULA 116.44 2nd Lady; 113. N Lloyd Wrexham A.C. 117.32 3rd Lady

TINTO HILL RACE AS / 4.5m / 1500ft 10.11.90 Scotland

This year attracted a record field of 154 people on what was a very cold, damp miserable day. The appearance of Rod Pilbeam, English internationalist and 1988 World Cup bronze medal winner gave an added interest to the contest. However, showing a steel like determination Dermot McGonigle led from start to finish and crossed the line over one minute in front of his nearest rival - a classy performance. Unfortunately, he just missed out on the course record set in 1985 by just ten seconds. - Maybe next year!

1. D. McGonigle Dundee 31.43
 2. J. Wilkinson Gala 32.54
 3. D. Rodgers Lockaber 32.58
 4. R. Pilbeam Keswick 33.20; 5. A. Spenceley Carnethy 33.27; 6. P. Marshall HELP 33.27 (1st Vet); 7. J. Blair-Fish Carnethy 33.32; 8. D. Bell HELP 33.38; 9. A. Curtis Livingstone 33.47; 10. D. Davies Hebog 33.50 (2nd Vet); 11. J. Brooks Lochaber 34.30 (1st Junior); 12. R. Boswell Lochaber 34.58 (3rd Vet); 47. C. Bolland Livingston 39.35 (1st Lady)

SHEPHERD SKYLINE BS/6m/150ft 10.11.90 W. Yorks

Of the five Shepherds Skyline Fell races this was the third that has been run in mist. It was clear when we flagged in the morning, the mist and rain arriving just prior to the start time. However, we had over 200 flags out on a 6 mile course. Bashir Hussain must have had no bother finding his way round since he won this at his first attempt in 40.37, just over half a minute outside Sean Livesey's 1989 record. Alan Whalley improved his

1989 time by two minutes to finish runner up in 40.57. The consistent Graham Schofield was third in 41.15. Graham has been in the top four positions in the four times he has run this race. Kathy Drake won the ladies race again, this time in 50.21 about 1 minute down on her 1989 winning time. For the third year running the first men's team of four were Bingley, though this year Rochdale were very close. The only record to be broken was the over 45's by Dennis Quinlan finishing in 43.58, beating his own 1989 record by one and a half minutes.

Entries were up by 30 in the Senior race, but down in the Junior race. If it had not been for Calder Valley fell runners in the Junior race, it would have been a very poor turnout.

Next year's race is the 9th November (second Saturday).

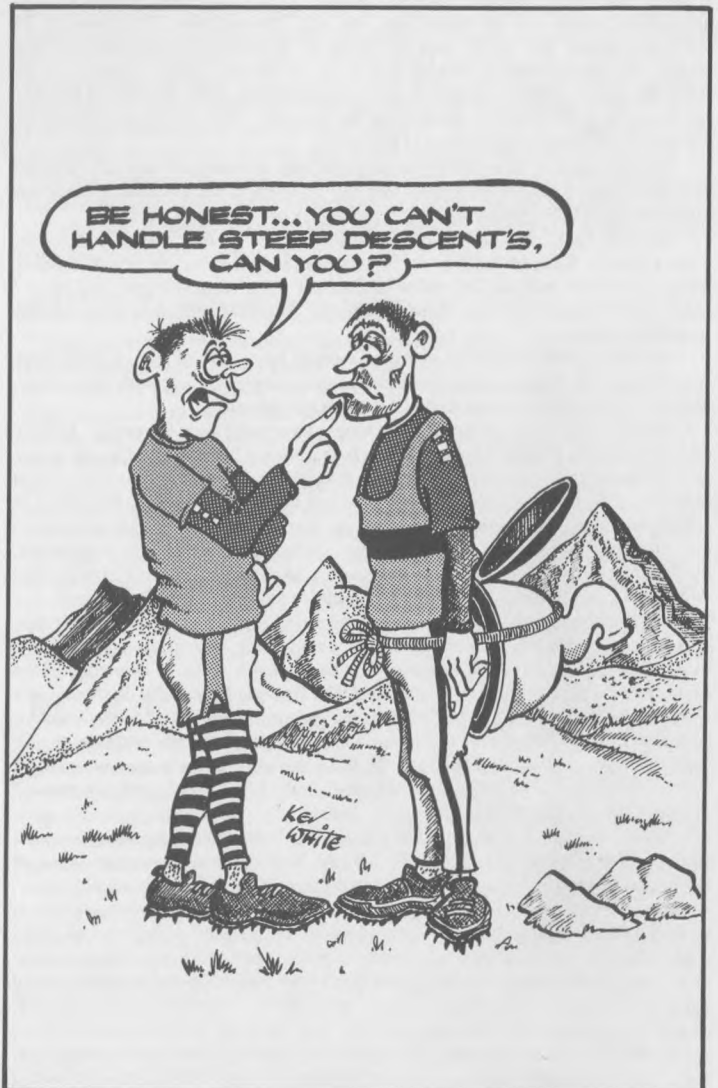
Please bring some Juniors with you - it costs at least £70 to put their race on.

Mark Grice
 1. B. Hussain Stock 40.37
 2. A. Whalley P&B 40.57
 3. G. Schofield Black 41.15
 4. R. Ashworth Ross 41.27; 5. D. Wilkinson Roch 42.12; 6. S. Charlesworth Staff 42.19; 7. I. Holmes Bing 42.42; 8. D. Thompson Caldly 42.48; 9. P. Mitchell Bing 43.01; 10. D. Woodhead Horw 43.10; **Veterans 0/40:** 1. J. Hope Achill 43.42; 2. J. Winder Caldly 44.33; 3. P. Lyons Bury 44.44; **Veterans 0/45:** 1. K. Carr Clay 45.25; 2. P. Blagbrough Saddle 48.11; 3. P.

Jepson Bury 48.16; Veterans 0/50: 1. D. Tilley Ross 51.21; 2. J. Sykes Fell 52.09; 3. M. Roberts Brooks 52.49; **Veterans 0/55:** 1. G. Barras Unatt 51.25; 2. L. Sullivan Clay 52.01; 3. G. Brass Clay 53.23; **Veterans 0/60:** 1. B. Crook Tod 62.12; 2. E. Frost Clay 70.02; **Veterans 0/65:** 1. J. Riley Clay 78.20; **Ladies:** 1. K. Drake Spen 50.21; 2. S. Niedrum P&B 51.07; 3. J. Teague Bing 52.43; 4. S. Watson VallStr 52.53; 5. S. Haigh Holm 53.06; 6. C. Greenwood Caldly 54.14

GALE CS/4.5/900ft 28/10/90 Lancashire

1. R. Jackson Horw 25.53
 2. D. Ashworth Roch 26.00
 3. M. Falgate P&B 26.27
 4. D. Woodhead Horw 26.55; 5. A. Maloney Roch 27.00; 6. M. Addison Clay 27.12; 7. S. Addison Clay 27.21; 8. I. Clarkson (V) Roch 27.24; 9. B. Stevenson P&B 27.29; 10. J. Smith P&B 27.34; **Veterans 0/40:** 1. I. Clarkson Roch 27.24; 2. B. Deegan Roch 28.45; 3. R. Futrell Holm 28.47; **Veterans 0/45:** 1. K. CARR Clay 28.50; 2. P. Blagbrough S'Wrth 30.18; 3. K. Lodge Hflx 30.43; **Veterans 0/50:** 1. P. Fleming Horw 30.30; 2. R. Hill Clay 30.57; 3. W. McLewin DkPk 0:00; **Ladies:** 1. G. Cook Roch 32.42; 2. S. Haigh Holm 33.10; 3. J. Ashworth Roch 33.25; **Veterans 0/60:** 1. B. Crook Tod



Experiences of the Run

When Rock and Run are not hard enough, then Row and Reach

Why do we do it? "Because it's there", is the usual reply to gobsmacked onlookers who gawp in amazement at man's efforts to climb up mountains and find ever harder ways of so doing. But according to Bill Tilman, famous pioneer, Everest explorer and adventurer, "It wasn't there", when he retired to Barmouth; life was lacking challenge. So he created a vision; of climbing mountains - the highest in the kingdoms of Wales, England and Scotland, but in true adventurer style, by sailing in between. Although Tilman never competed in the race (he sailed off to the Antarctic in his 70's, never to be seen again) his local doctor and colleague transformed his vision into the British 3 Peaks Yacht Race. The more they drank, the tougher became the race they were inventing.

And so, in 1977, it was bom, a unique combination of sailors and mountaineers. Breeds apart one might think, but having competed in the race four times now, the difference isn't really that great. Let's just think about it. Both love the elements water - plenty in the sea for the sailors, and Sod's

Law usually means there's lots on the mountains

wind - sailors watch it, mountaineers make it, as they contemplate their next move

rock - sailors are always on the look-out for it, so are climbers

And what about their kit; Smelly Hellites - after three days at sea, one can't distinguish the sailors from the runners such is the atmosphere on board

compasses - vital to us both

ropes - except that sailors call their's sheets

maps - again sailors have to be different and call their's charts

But perhaps the biggest difference in common is the perception of the other for drink. Okay, maybe sailors prefer the hard stuff to copious quantities of ale to replace lost liquids, but by golly, once in port, (sic) I still can't decide which breed is the hardest.

Not that we could partake during the race; this is serious stuff - over 400 miles of sea sailing through some of Britain's most notorious, challenging but spectacular waters off the west coast and, for "mountaineers" (or runners) 75 miles of running and 11,000 feet of climb, up Snowdon, Scafell Pike and Ben Nevis. Or, another way of looking at it, from the runners' point of view, is to do three marathons, with a mountain in each, on successive days, "resting" in between by trying to hold down as much food as possible while the yacht crashes on relentlessly through 3 metre seas, in a Force 6.

The race itself is straightforward enough; start at Barmouth and sail 70 miles to Caernarfon. Runners disembark and run 24 miles to the summit of Snowdon and back, up via the Ranger path, descending via the Llanberis track.

Back on board, and sail 100 miles to Ravenglass on the western edge of the Lake District. Runners have to do 34 miles to Scafell Pike, via Wasdale Head. Back out to sea, and sail 240 miles to Corpack (near Fort William) and run 17 miles up and down The Ben. Simple isn't it? - the first team home wins, usually in about 3 1/2 days.

Yachts, limited in number to 35 are crewed by a team of five, usually three sailors and two runners, although most runners enjoy helping with the sailing, and sailors have been known to run if runners are injured.

So why is it such a challenge? Picking a successful team is crucial. Many a time have I seen a yacht finish with nearly less than a full team of five on board; in a 35' yacht, there isn't a lot of space to hide if you don't all get on well. Night sailing in a Force 7 isn't everyone's cup of tea, nor is setting off up Ben Nevis in a gale, at 2am in the morning, unable to see more than 6' ahead because of torrential rain, as happened to me last year. Some of the waters, Bardsey Sound, Menai Straits, Ravenglass Harbour (it dries out), Mull of Kintyre, the Corrievechen - contain sailing hazards that make most yachties turn pale (and the runners).

For the runners, we have to carry rucksacks (kindly provided by the race sponsors, Karrimor) with a minimum of survival kit - sleeping bag, clothing, food, torches, first aid etc., - weighing in total around 6 - 8lbs. Knowledge of the routes helps - the tops of Scafell Pike and The Ben can be awfully confusing in a storm at the dead of night. But perhaps the greatest hazard of all is the wind, or rather lack of it. The race is now so competitive that once the wind drops, out come the oars, and we have to row! Imagine rowing a 45' trimaran, weighing 3 tonnes, for six hours in shifts of 20 minutes, using 12' wooden sweeps borrowed from the Isle of Man Viking Society.

By the end of the race, you don't know if it's your legs, feet, arms, hands or your bum that hurts the most! You would have to have a strange sense of humour to be able to answer the opening question with "Because it's fun"!

But there are good times; the elation when the wind picks up on the beam, on a flat sea, and suddenly you're reaching along at 15 knots, gazing at a glorious sunset over the western Isles, tucking into freshly cooked steak, courtesy of one of our sailors who happens to be a cattle farmer (we weren't called the gastronomic galleon for nothing!); the lazing on the deck in the scorching sun as we drift slowly northwards on a 50 mile spinnaker run, drinking the one can of ale we permit ourselves during the race; the sight of a competitor being sucked sideways, out of control through the Corrievechen Whirlpool at the north end of Jura; seeing basking sharks, seals and sea-birds off the Mull of Kintyre. But perhaps, most of

all, the sheer satisfaction at successfully completing the race with a sense of team camaraderie that is difficult to describe unless one has experienced the tough times together.

So for those who want to add an extra dimension to their fell running, orienteering, walking or climbing, consider rowing and reaching, (but avoid the retching). The British race is held annually each June, and has now spawned a separate race, off the west coast of Scotland in May, around the Isles of Mull, Jura and Arran (sponsored by Bruichladdich - in more ways than one!). For those wanting to do it on their heads, each Easter there is now a race around Tasmania, modelled along similar lines. Once we have done all that, what then? Come back Mr Tilman, all is forgiven!

ADRIAN BELTON

Footnote (no pun intended):

Adrian has competed in the British race four times, winning the "King of the Mountains" title for running in 1989 and 1990 (best overall race placings - 4th in 1987, 3rd in 1988, 5th in 1990), the Scottish Islands Peaks Race four times (runner up once, 3rd twice) and the Australian 3 Peaks Race (runner up in 1989), and usually competes on a 45' trimaran (you know, the boats with stabilizers). He will be pleased to supply anyone interested with further details (0763 241933).

DON'T FORGET THE TRACK

The trouble with fell runners is that we are just a little too insular. True it's a tough sport, True we're a tough breed. Sadly it's also true that amongst some of us, there are those who look down at other branches of athletics. Those who do, do so at their own peril.

This is not a disease that I suffer from. I have long since recognised that as a serious fell runner, I can only benefit from the pursuit of other disciplines. Before a major fell run, I nearly always compete in an orienteering event, it's a fun and satisfying way of competing on the fells, to sharpen up balance, running tone and mental agility.

I would recommend that all fell runners devote part of their training to the athletics track. There are some real benefits that can be gained from specific training. Fundamentally, performance in a fell race, is a function of many intrinsically linked factors. These include, stamina, agility, terrain judgement, confidence and inherent speed.

It is in the latter two areas that I feel track work has the most benefit. This is true in the latter part of the race. There is nothing more soul destroying than running alongside a competitor for several miles, only to find that they leave you standing over the last two hundred yards of the race. Track work can help you



stop this happening to you. Even more satisfying, you can do this to others.

If you add sprint work to your training, you can develop the confidence to leave others in your wake. I have found that the following programme of track work helps to develop inherent short term speed gain. By this I mean the ability to accelerate to 50% above current running speed for 150-200 yards, at the end of a physically demanding race. The technique will help you fight off mid-race challenges, if you can hold off a challenge, this will give you confidence for the rest of the race.

- .. Undertake sprint development training once per week as part of your overall training package.
- .. Undertake the work after a run of about one third of your normal maximum training distance. There is little point doing the track work cold as it is designed to help at the end of the race not the start.
- .. Whilst you are fresh, run four 100m sprints with 90 seconds recovery time between legs.
- .. After 5-10 minutes rest, run two slow and two fast 400m circuits with 2-3 minutes rest period between legs.
- .. following 5-10 minutes rest, run a steady 800m circuit, accelerating to maximum speed for the final 100m.

Keep this up for three months, and I can almost promise that no one will overtake you, as you run to the finish line in your next fell run. Unless you are up against me, of course.

MARY LAWRENCE

TEN WATERSHED RULES

The Derwent Watershed, 'Big Walks' number 40, is a curious sort of a proposition. It weighs in around 42 miles with relatively very little up and down, but where it gets to you is in the sheer awfulness of the terrain and the difficulty of navigation. Taken on a dry, cloudless summer's day most of the readers of this magazine will knock it off in less than nine hours with ease. Tradition has it that this be solo and unsupported, which adds a bit of hassle, but the Watershed race is something else. Starting and finishing at Edale Village Hall, it covers the same ground but adds three extra little difficulties. First, you have to complete it in teams of four, thus increasing the chances of failure due to injury or other indisposition and ensuring that you move at the speed of the slowest in the team. Secondly, it does it in winter which means that usually both the underfoot and the atmospheric conditions are bad, sometimes atrociously so. Finally, it does it at night which means that navigation has to be exact. In case you're interested in the event, here are some hard-learned rules to help you on your way:

RULE 1: Enter early.

There is a strict limit of 50 teams and, even with a pretty steep entry fee the race is always oversubscribed so you have to get in early. Failure to observe this simple rule cost my team even a start in the 1988 race, a failure all the more galling because ideal conditions of hard frost, clear skies and full moon enabled a team made up of the great and good of British long distance fell running, calling themselves 'Sub Nine', to scamper round in a record 8 hours 17 minutes, almost a full hour quicker than the previous best. Had we been in the race we'd have been a few hours behind but even so might have posted a reasonable time that we could have retired on gracefully.

RULE 2: Assemble a 'balanced* team.

Tradition decrees that teams give themselves vaguely humorous names. Before the days of 'Sub Nine' a team called 'Harry Hut Bouncers' (check THAT one out ...) held sway and, following the emergence of Sub Nine, lots of teams call themselves things like 'Substandard' and 'Subnormal'. Both might have described Craig Harwood, John Redmayne, Graham Richmond and myself in the 1989 race, but 'Bowline Bog Bashers' seemed more appropriate and helped publicise our club a bit. The team needs to get on, since relationships are certain to get strained later in the event, and have a reasonable balance of abilities. It helps if you're all fit, but basic mountain experience pays a greater dividend than sheer speed.

RULE 3: Pace it easily.

We left Edale at 11.30 pm, the 33rd team to start, and jogged gently out into an unseasonably warm night, regrettably not 'wild with stars', moon, or any other source of illumination. The first part of the course is easy and familiar. You could do it drunk and probably have. It goes up to Hollins Cross, along to the first check at Lose Hill, and then down and across by Twitchell Farm to Win Hill. Its very important to pace yourselves hereabouts since there's a long night ahead. Descending Parkin Clough to Yorkshire Bridge is unbelievably unpleasant. Unless you start early, there's always lots of walkers ahead of you descending gingerly down the narrow, twisting path and its usually wet, muddy or icy. Even the normally well-spoken and mannered John Redmayne learnt to push and shove a bit hereabouts.

From here on it gets easier again, with a few miles of road to Stanage and so along under High Neb to the first feed station at Moscar Top. In this section, the next rule became apparent:

RULE 4: Get your kit right.

You would have thought it would be so obvious as not to need stating, but night running over rough ground needs torchlight. We'd all done our bit on this but, typically, Graham Richmond and I had 'skipped a bit' to save a penny or two. You've got to, haven't you? Finding I didn't have a spare bulb for my hand torch (much the best kit for this sort of thing), I'd saved a little by packing an old head torch and economised even more by buying an ordinary flat 4.5V battery from the village shop as a spare. Graham had done much the same, bringing two of these abominations instead of the expensive Duracells that should have gone in. Result was that we both found ourselves running rapidly out of light. That the cheapies each lasted about fifteen minutes didn't help much either. Two fifteen saw us at Moscar, from where the course toughens, leading over tors to the Bradfield Track near Abbey Brook. It was here that we learnt our next rule:

RULE 5: Never, ever, follow the team in front without checking out where they're going.

Lots of people forget this rule, of course, but off Dovestones Tor we followed a party ahead and got off route for the one and only time. After around 500m, the two of us with reasonable 'local knowledge' (see Rule 6) realised the error of our ways. Even more local knowledge led us to a safe haven but the mistake cost us about 15 minutes (It cost the team we'd followed a hell of a lot more, but that's another story...).

From Bradgate Path to Cut Gate is always the low point of the race. By now it was 5 am and we were all at a physical and mental low. Failure on Rule 4 meant that: I was down to my last battery, a wet mist had rolled in, and dawn seemed a long time coming. Near Cut Gate we started to follow other team's lights, confusing them with the orange glow of a lighted and hoped-for control tent. They tell me that mirages of oases have the same effect on desert travellers and I suspect that it was more by luck than judgement that we eventually found the checkpoint. Even then, we weren't really quite sure where it was in any real geographical sense. Here, I revealed my contribution to the night's entertainment, a carefully paced and measured route card put together on a summer's visit some years ago, that I hoped would take us round the north side of Bleaklow. This emphasises the next rule:

RULE 6: Get all the help you can.

Failure to observe this rule in 1986 cost our team of 'Brasher Boot Boys' a good place in the race when we were lying in a surprise fourth place. We got almost irretrievably lost, eventually finding the control by total accident (we thought we were on a fail safe bearing that would get us off the hill!). Depressed by the cock up we decided to pack it in. Little did we appreciate that the same thing had happened to almost everybody else. In fact, a sizeable number had disobeyed Rule 5 and followed us into the same oblivion. This time we found Outer Edge without further incident and by now had settled into an efficient working unit. John led, counting the paces and lighting the way. Craig and I followed counting the hundreds and checking the route card. Graham brought up the rear with the compass and a second torch to keep the crocodile on bearing. There is a clear conclusion to this:

RULE 7: Work as a team.

It may run counter to most things fell runners hold near and dear, but a little bit of formal management doesn't go amiss in this event.

Bleaklow's north face was as bad as I ever remember it, a bogtrotter's Eigerwand of very deep, loose, wet peat with the occasional deep, soft snow for variety and absolutely no points of reference for navigation. The notes actually read 'follow the bearing for 3.8 kilometres' (!) and hereabouts I hit a total personal and private low. I've always found the top a confusing place and the distances and bearings on the route card didn't seem to be getting us anywhere. Lagging behind and tired, I began to witter about the navigation and curse my colleagues for what seemed to be their cavalier attitudes. Despite taking almost three times as many paces to get there than we'd thought necessary, the Wainstones control eventually loomed out of the mist and with it the well-rehearsed descent to Snake Top. Here I had a hot dog, soup, two cups of tea and all the rest of my food and immediately began to feel better:

RULE 8: Eat!

In fact, follow Rule 7 and appoint a team caterer to do nothing else other than provide the team with fudge, rice pudding and all those other good things of life.

From Snake onwards, by now in the full morning light, things improved rapidly. Analysis of the final results shows that from here on we started to overtake teams and, though it didn't seem like it at the time, finish quite strongly. Several teams ahead left Snake making for the next check at Mill Hill by going straight onto the diabolically wet Featherbed Moss. It took some trust to follow one of our team in what seemed totally the wrong direction on his 'little deviation' to the west (Rule 6 again), but, as often happens, thinking for ourselves paid an enormous dividend and we popped up at Mill Hill ahead of three teams and covered the section in the second fastest time of all. There is a clear rule to be drawn:

RULE 9: Be your own men. (It is assumed that ladies will not wish to participate. Now there's a challenge.)

From Mill Hill on the way is both familiar and easy, so we jogged contentedly round past the Downfall to Edale Cross. Subtle little diversions (Rule 6, yet again) to avoid the tops of Brown Knoll (too wet) and Mam Tor (too high) followed, but by now we'd all been awake for over 30 hours, and even if we hadn't done 42 miles would have felt a bit sleepy. Seldom can four men have been so pleased to see Edale's village hall, hot food, the attentions of a physio in a portable massage parlour provided by the organisers and, of course, several pints of good ale. This leads to the final rule:

RULE 10: Stay awake and enjoy it!

See you next March?

(Acknowledgement: self-evidently the idea for this owes a great deal to Robin Campbell's Tower Ridge account in Cold Climbs.)



The scene of the action. A 'photograph' of almost all of the route around Bleaklow and Kinderscout produced from data from the LANDSAT satellite. The black reservoirs can be used for location.

Rumours

Rumour has it that several sheep were offended by Wheeze's cartoon in the last Fell Runner but they were not owners of television sets. Readers should note that neither Chris Bacon Rasher or Dr Leat drive Skoda cars.

Rumour has it that many Lady Veterans are either already winning prizes or do not wish to have their age revealed.

Rumour has it that the Long Distance Editor made propositions to Lady contenders in the Karrimor after drinking too much at the Bob Graham Dinner.

Rumour has it that the defeated by late entry British Champion was later than he could have been at the Karrimor overnight campsite as he chose to go Munro and Corbett bagging on the way round the course.

Rumour has it that the retiring editor is buying two brightly coloured track suits and is going to found a Trail Racers Association.

Rumour has it that the 1991 Breweries Race will be run from Cockermouth to Broughton.

Rumour has it that there are definitely no plans for heats at the 1991 Camethy Hill Race.

Rumour has it that the Scottish Hill Runners Association may think there are no fells in Scotland but are certainly into organised trail racing and active promotion and development of this side of the sport.

Rumour has it that another running magazine is hoping to raise revenue by providing the post office with special pictures for postage stamps.

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Long Distance News

Summary

Long Distance Award

From a number of varied achievements, three of the most outstanding were shortlisted for the 1990 award. These were Hugh Symonds for his Munros of the British Isles, Mike Hartley for his Three British Rounds in 3 1/2 days and Robin Price for a double Pennine Way. It was decided that HUGH SYMONDS should receive the award which was presented at the FRA Dinner last November.

On this occasion we canvassed the opinions of about 20 people as to the most worthy recipient of the award. They consisted of long distance runners who at some time have set very high standards and those with an intimate knowledge of the sport who have followed its development for many years. The panel ranged in age and experience from the 'young pretenders' such as Mark McDermott, Mark Rigby and Adrian Belton to the middle men - Mike Cudahy and Frank Thomas and finally the 'old and bold' Alan Heaton, Stan Bradshaw (Senior) and Fred Rogerson.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to send me a schedule and report. Details of achievements which are added to the register during 1991 will be considered in the Autumn and the award presented at the FRA Dinner. Please send details of record-breaking runs:

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

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

The Bob Graham Club present an annual award to a member of the club who has completed the most outstanding long distance mountain running achievements. The award is made in the Autumn and covers the previous calendar year. Mike Hartley received The Bob Graham Club's Achievement of the Year Award for 1989 in recognition of his Pennine Way record. To be eligible for the award, the member must be nominated by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1989 award should be sent by July to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.

DENNIS THOMAS - OFF AS DYKE RECORD (SOLO)

Between the 26 - 28 October, Dennis Thomas of Mynyddwyr De Cymru completed a run along the 170 mile Offas Dyke Path in 2 days 14hrs 55mins. The route is an official Long Distance Footpath from Chepstow in South Wales to Prestatyn on the coast of North Wales and follows the ancient English/Welsh border for much of the way. The two main obstacles en route are natural (28000 feet ascent) and man made (literally hundreds of stiles!)

Dennis split the route into 3 separate days of about 60 miles each and got a proper night's rest at B+B's. Apart from meeting up with friends at the end of each day the run was solo. On day one he ran 55 miles to Hay-on-Wye, day two 62 miles to Welshpool and finally 53 miles to Prestatyn. The short Autumn days meant that each run started and finished in darkness and the total of his daily running times was only 36hrs 55mins.

WINTER ROUNDS

It's the season when 'mad' runners spend long dark nights in the mountains. In Winter, a 24 hour time limit can seem quite adequate as you romp over the early peaks but it approaches all too quickly as you run into unforeseen problems later. Fifteen hours of darkness can become tedious and takes its toll mentally, especially when the moon sets and the lights go out. For 24 hours every step is premeditated, the torch kept low as you check for glazed rock and pools of water ice. Each foot placement is with care as you skate across streams which have frozen and spread over large areas of hillside.

The 28000 feet of jarring descent is unyielding, even frozen earth feels like rock to a tired body. The occasional slip on dodgy ground serves to concentrate the mind after a lapse into the long distance runner's dream world. Cold air numbs your face and mouth, it also chills the stomach. Ice-cold stream water gives you gut ache and burns the taste buds, food loses its attraction. Your feet soon cool numb, no longer providing you with the spring and agility you need.

Is it really worth it? Well, if the weather is good and there are views of the hills capped with a light covering of crisp snow which you can descend in a relaxed way without fear of injury, that all too short period of daylight is one of the most uplifting experiences you can enjoy on the fells. By the time you reach your 42nd peak on the Bob Graham, Robinson, it is dark again and has been so for two hours. A cold, clear starlit night and very still. You pause awhile to look around you at 41 snowy peaks lit by a rising moon and you'd by a strange person to not be moved by the beauty and grandeur of the hills you have crossed that day. On a normal Winter's day you have enjoyed bagging a peak or two and then descend for a well earned pint beside a roaring fire - but this is very special.

Before the moon has fully risen you are jogging back through the lakes to Keswick, the final obstacle to success being a few strips of lethal black ice which send you tumbling.

There are plans afoot and by the time you read this a few more will probably have been round the Bob Graham at Christmas. I'm sure they wouldn't have missed it for the world!

MARTIN STONE

Long Distance News

The Bob Graham 24 Hour Club

Tenth Biennial Dinner

The ever popular Shap Wells Hotel was almost bursting at the seams at the occasion of the tenth biennial dinner of the elite Bob Graham Club held on 13 October 1990. Some 350 members and friends attended the event which was organised with typical enthusiasm and style by the Club Chairman Fred Rogerson.

Certificates of membership were presented to new members (40 in 1990 and 79 in 1989) by Alison Wright, the youngest lady member, and Mark McDermott, holder of the 24 hour fell-running record. Total membership is now 696. Mark himself was presented with a framed picture of the Fell Record Trophy by Stan Bradshaw. The Achievement of the Year award went to Mike Hartley for his outstanding traverse of the Pennine Way in the record time of 2 days 17 hours 20 minutes.

Special presentations were made to some very special people. The Chairman paid tribute to the legendary man of the fells, Stan Bradshaw, and recounted some of his many inspiring and pioneering long-distance exploits. For services to the Club and fell-running in general Stan and his wife Ida were presented with a gift of Cumbria crystal, a cheque and a folder containing details of Stan's achievements, by their granddaughter six-year old Suzanna. Selwyn Wright then paid a moving tribute to Margaret and Fred Rogerson for their support to numerous contenders over many years, their services to fell-running and their dedication to the Bob Graham Club which they have done so much to foster. A voucher for a holiday for two in Zermatt, the scene of the next World Cup for Mountain Racing, was presented to Margaret and Fred by Mark McDermott. The sustained applause which greeted these awards demonstrated the tremendous affection and regard members felt for the recipients.

The music of Martyn Harvey and Baldricks Cunning Plan and country-style dancing rounded off this entertaining and memorable evening.

BRIAN COVELL

The Bob Graham 24 Hour Club

New members 1990

657 Paul Driver	677 Mike Browell
658 Ian Beck	678 Colin Keogh
659 Philip Martineau	679 William Ramm
660 Paul Helm	680 Colin Henson
661 Cath Procter	681 Walter Wilkinson
662 Andrew Brear	682 Simon Abraham
663 Robert Clay	683 Paul Yardley
664 Dennis Gibson	684 Andy Robinson
665 Sue Ratcliffe	685 Tim Denton
666 Mick Blake	686 Paul Chilton
667 Garry Webb	687 Andrew Walmsley
668 Mark Hartell	688 Peter Meads
669 Graham Finch	689 David Hill
670 Mark Broughton	690 Brefni O'Rourke
671 Ray Stevenson	691 William Mitton
672 Robert Marsden	692 Ian Smallwood
673 Paul Sanderson	693 Scott Umpleby
674 Andrew Quickfall	694 Debbie Cooper
675 Stuart Thompson	695 Jeff Campbell
676 John Rawnsley	696 Alan Drury

Karrimor International Mountain Marathon

27/28.10.90

ORGANISERS REPORT

As persistent heavy rain drummed its early morning call on the tented village, only one objective lay in the minds of the of the 2500 unlikely campers at the Kiltreath camp site on the shores of Loch Rannoch. One driving force stirred lean tired bodies into action in the darkness before dawn; the 23rd Karrimor International Mountain Marathon.

Recognised as the toughest mountain running and navigational event in the world, the 1990 KIMM attracted teams of fell runners and mountain trekkers from far and wide.

Structured to meet varying levels of fitness and competence the event is split into six classes, from Elite through to Score, allowing each competing pair to measure their performance against competitors at their level.

The Elite route took runners over a 76km, two day course with overnight camp above 400m. The setting amongst the mountains of North Glen Lyon took



Two delighted Karrimor Elite Winners, Phil Clark and Graham Huddleston, relax after their flying second day. Photo: Bill O'Connor

the Elite competitors to mountain top check points involving combined climbing distances of almost 4500m over both days.

The first into the Elite camp on day one were Pete Irwin and Derek Ratcliffe who were four time winners of this event. However, Peter and Derek were forced to retire on day two. The winning position was then taken by Philip Clark and Graham Huddleston, who came up from an overnight position of sixth place to win in a time of 12 hrs 47 mins 59 secs.

Race control centre was at Kilvrecht within the Forestry Commission's Tummel Forest Park. Considerable support was given to the event by the Forestry Commission re-emphasised by the presence of the Director General, Mr. Robin Cutler. After a short speech, in which he outlined the Commission's commitment to the continued use of the forests by the general public for sport and recreational purposes, he presented the winners prizes.

A Winning Competitor reports

The 23rd KIMM took place at the end of October travelling to the Scottish Highlands for only the second time in its history. The competition area extended south from Loch Rannoch across Glen Lyon and included the Munros of Cairn Gorm and the isolated tops of Stuchd on Lochain and Meall Buidhe. My knowledge of the area was limited to these Munros and they were remembered as 'easy going', with good running on the ridges. The reality of the terrain turned out to be slightly different.

Saturday morning started in familiar fashion with rain drumming on the caravan roof as we tried to force breakfast down, still full from the excessive eating of the day before. An early start time meant we were already packed so we sat and watched Mike Walford packing enough egg noodles to put a Chinese Takeaway to shame. Knowing Mike's prowess as a trencherman they were probably just his share.

Things looked up on the 20mile drive to the start. As dawn broke the rain began to ease off and soon stopped altogether. The organisation was running smoothly with no queues and easy parking close to the start. This gave plenty of time for a last bite of food before the short jog to the start where a nervous crowd of runners were pacing around waiting for the call, mainly the call of nature. We decided to use Graham's map on the first day so mine quickly disappeared into the bowels of his sac. This avoided any arguments over route choice and was soon to prove to be a bad move.

The route to the control pick up point consisted of a fast run up a forest road, great for getting the adrenalin out of the system.

The first checkpoint was quickly marked and my navigational prowess came to the fore as we raced off for half a mile up the wrong forest road. My first reaction was to hide in the trees until everyone had gone but Graham would have none of it. 'Whats ten minutes in seven hours'; it's a lot of embarrassment as we ran back down the track with 300 competitors coming the opposite way wondering where we were going. Things could only get better!

They did, and on the long climb to the first checkpoint on a ridge of Meall Garbh we settled down to a steady pace that suited us both. This was our first run together since KIMM 89. By checkpoint 2 I was just getting over the bad start

when Ratcliffe and Irwin appeared from nowhere. Graham optimistically suggested following them for a while. After five minutes trying to run uphill through knee deep, leg grabbing heather with two figures disappearing over the horizon a quick change of plan was called for. This consisted of dropping back to our original plan and convincing each other that they were bound to 'blow up'. Who were we trying to kid! The hardest running of the weekend then followed - six miles of pathless heather.

The next four hours passed in a haze of heather, mist and hard running with the hills virtually to ourselves. Where were the other 2000 runners.

A steep descent to Loch an Daimh brought us to the last climb of the day, thankful we did not have to visit the control marked on an island in the loch. This was a beautiful desolate place to be remembered for future backpacking trips.

A super traverse under the crags of Stuchd am Lochain brought us to the overnight camp at Lochan nonn Cat, an impressive rocky corrie at a height of 700 metres. A reasonable night followed considering we were pitched on a wet peat bog which shook alarmingly every time someone walked past. The bad moment of the night occurred when frozen feet finally thawed out and we found out how many blisters we had collected. The dehydrated food tasted great, why do I never eat it at home. Graham finally produced the spare map to see where we had been. It was certainly obvious where we were going to go on Sunday and it involved lots of climbing. Great! Being in sixth position we needed a long second day.

Sunday started with mist down to the campsite and a cold wind blowing with rain in the air, all very cheery. A 200 metre climb over the shoulder of Stuchd an Lochain got us well warmed up with teams just ahead of us in the chasing start. A long descent followed with a couple of teams in sight, the route then went past the other overnight campsite - a complete contrast to ours, with acres of dry sheep cropped turf. Suddenly we realised that all the teams ahead of us were together and catchable. Graham was obviously feeling strong as he suggested passing them and making a break for it. I pointed out that with another three or four hours running to go it was slightly premature, also with worsening weather ten heads were better than one. Although as Pete Irwin pointed out it seemed slightly unfair that some teams were using two maps! An hour later and the tactics had worked, we were down to three teams. A steep 400 metre climb proved to be the crux of the day and at the top we took over the lead. From here Derek and Pete took a different line and Adrian Belton and Mark McDermott fell behind on the steep rough descent into Glen Lyon. After crossing the Glen a different tactic took over. Instead of looking ahead we started looking over our shoulders. The last two checkpoints offered a route choice so confidence wavered as we climbed into the mist. Luckily the re-entrant was just below cloud level and from here we took a direct line across deserted Glen Sassunn. Great relief as we saw a small herd of deer on the ridge above the checkpoint, no-one had been through. They took one look at us and streamed gracefully off down the hill with us staggering slowly behind.

Fifteen minutes later and two tired runners jogged slowly down the tree lined



Snoopy Swiss dressers looking very bedraggled at the finish of the KIMM. Remy Steinegger and Gila Poltera are the hard working organisers and planners of the fantastic Swiss Karrimor. Photo: Bill O'Connor

path to the finish not quite able to believe how well the day had gone. The finish did not quite go according to plan as another runner tripped Graham up and sent him crashing head first, narrowly missing a tree. I wondered if you could finish dragging your partner feet first over the line. Luckily he was o.k. and we tottered over the line together.

My 14th Karrimor and very definitely the best!

PHIL CLARK

KIMM Results

Elite

1 Philip Clark	Graham Huddleston	12.47.59
2 Adrian Belton	Mark McDermott	13.12.44
3 Tim Laney	Colin Valentine	13.31.15
4 Mike Wallis	Jim Watkins	13.36.59
5 Kenny Leitch	Gareth Bryan-Jones	13.45.01
6 Adrian Lowe	Willie Muller	13.49.05
7 Andy Lewsley	David Rosen	13.55.00
8 Ifar Powell	Allen Powell	14.00.38
9 Stefane Maddelena	Gigi Pedrini	14.02.24
10 Andy Deitch	David Weir	14.02.24
44 Wendy Dodds	Sue Walsh (Lady Vets)	17.11.29

A Class

1 Mark Seddon	John Britton	10.21.43
2 Gilbert Pelly	John Rye	10.62.37
3 Mark Rigby	James Hawksley	10.43.56
4 Steve Conway	Graeme Ackland	10.53.05
5 Mark Hayman	Sima Baume	11.04.57
6 Alister Cory-Wright	John Rex	11.32.08

B Class

1 Willy Robbins	Joe Nash	8.36.46
2 Sima Patton	Richard Patton	9.03.50
3 Killiam Lomas	Jenny Jams	9.06.35
4 Fred Smith	Jimmy Smith	9.04.40

Score Class

1 Gerald Orchard	Ian Jones	760
2 Stephen Willis	Jeff Coulson	714
3 Malcolm Campbell	Liz Campbell	696
4 Alan Leahey	Andy Robinson	676
5 Brian Jackson	Stella Lewsley	670

THE HILL

There is a hill where ancient tower
casts watchful eye across arterial valley
and occupies an edge of wildness
that has remained untamed since
Creation's hand first shaped this simple
magnificence.

I have run the hill from early youth
and tasted pleasure to the full;
fought with lashing storm
and unrelenting sun and all this
has sustained me for the future years.

I return, but with less frequency,
and recapture times that shaped my life.
I can still see the friends I knew,
that inner eye of perception,
a lasting mirror of the mind
reflects the days we ran with simple
pleasure.

They will never lose their lustre,
for me the hill is not a place of sadness,
all memories are good, 'the spots of
time'
that sustain me in the darkest days.

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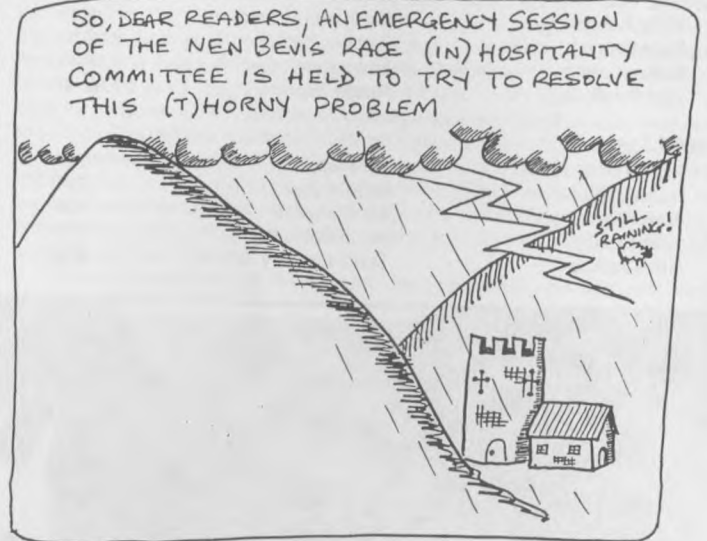
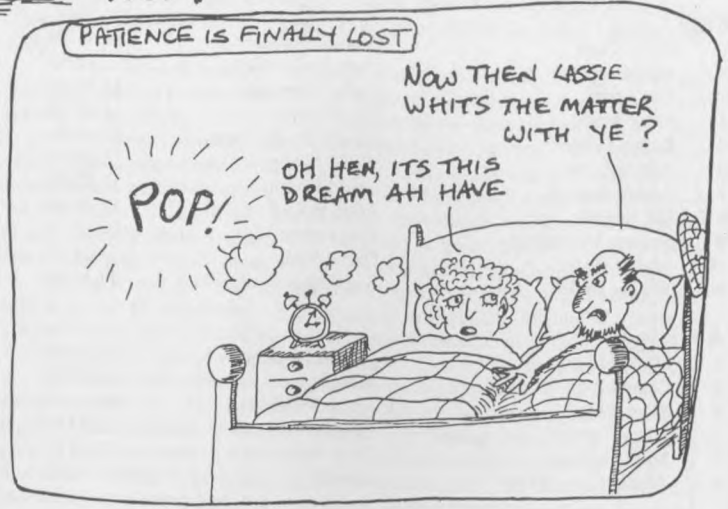
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GRIPPING YARNS

No. 9

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PROFILE



Neil Denby on the final climb at Black Lane Ends. Photo: Peter Hartley

*New Editor of The Fellrunner. Neil Denby, of Denby Dale Traveller,
is bearded by our interviewer.*

Our roving correspondent Ray Swatcher found the new editor of The Fellrunner with one of his other hats on, addressing a Green Party meeting on education; as the prospective parliamentary candidate for his home constituency of Dewsbury and Denby Dale he has the prospect of standing against Labour's environment spokeswoman, Anne Taylor.

His interest in green matters has really grown out of a love of the open countryside and a fear of what we are doing to spoil our children's inheritance through industrialism, expansionism and plain stupidity. He is fond of quoting from Chief Seattle's reply to the Washington bureaucrats who wanted to buy land from the Indians; in particular that we kidnap the earth from our children, and we do not care'. 'I'm an anti-social bastard; I love being out on the fell on my own, in the middle of nowhere, with not another soul in sight and hate to come across man-made examples of despoilation. Everything from crisp bags and tin cans left scattered (who takes them there? How can they possibly not take them back?) to the obscenity of open tips, power stations, and more and more roads offends - yet we seem powerless to prevent it' He thinks we - or at least he will remain powerless for the foreseeable future and is not thinking of giving up his day job yet although he hopes to put up a good fight!

He enjoys training on the fell and even enjoys some races although has never been one to be at the front of the field (unless the local rag is taking pictures at the start - you know, the phoney ones where everyone has to stand as if they were about to start while the guy gets his camera in focus.) He nevertheless does endeavour to be not quite at the back of the field either. "I did nearly come last once", he admits. "When the National Cross Country Championships were held on an airfield in the Midlands and the flat going took its toll. The hills were made of a few straw bales with tarpaulins stretched over them - what a nightmare, not a walking climb in sight.

He particularly enjoys the odd long A, particularly the Lakes ones and has managed to knock off Ennerdale, Wasdale and Langdale this year despite an injury obtained at the Lords Seat race. Most of his racing is done in the Peak district or the Lakes or on the Yorkshire Moors where there are excellent races - many of them with refreshingly small fields - on all types of terrain. Only one type of 'going' is a real non-starter, and that is tarmac. "I have completed marathons and all distances down - and accept that road racing might be useful to sharpen speed - but I've never really enjoyed them; anyway my wife is quite likely to beat me on the road!"

"I suppose my most memorable experience in the last few years (apart from real things, like the development of my two children) was when the skin of my back came off in one piece a few days after the Holme Moss race was run in blistering conditions. I've had some bad moments as well - partially severing an Achilles while haring downhill in the Grisedale Forest; being made to wade the River Ehen at the end of the Ennerdale, (it wasn't half cold), choosing to fall down Lads Leap in the middle of the Glossop Race - in front of a party of elderly walkers who, worried for my safety, (oxygenated blood don't halt look red and gush a lot) offered me a plaster!"

The best moments, though, just can't Neil believes, be categorised. "What can be better than standing on Red Pike as the sun shines down into the valley with that spring crispness of light that only comes when Easter is early? Or being the first footprints on fresh snow on Black Hill?"

What he'd really like, though, is to be able to descend like a true mad fell runner, putting the brain into neutral and flying past everyone, maybe one day even coming somewhere near the front!

RAY SWATCHER

