

# *The* **Fellrunner**



*June 1991*

Mark Croasdale leads Brian Thompson at Buttermere Sailbeck.

Photograph: Steve Bateson

**The race is not only to the swift,  
but to those who keep on running...**



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# "BIT AT THE FRONT" *Neil Denby*

The debate on wild, open places and whether and by how much they can be left alone has been going on for decades. The Ramblers Association opened up the Dark Peak and it is now over 25 years since the whole Pennine Way was opened to walkers - increased affluence and transport served to open up much of the countryside to people; while the likes of Wainwright encouraged whole generations to take to the Lakeland fells. The debate always hinges on the same points - how much access and by whom - and which areas are absolutely sacrosanct. Whether walkers, runners, horses or mountain bikes cause the most damage is really a sterile point of debate. Human nature dictates that a small proportion of all users will be careless and unthinking, dropping litter, leaving gates open, putting livestock at risk, (on this last point it is worth remembering that what may be a place of leisure for you and me is likely to be part of someone else's livelihood).

The real question is whether, if we weigh up the options of keeping areas free of people or allowing access, society as a whole benefits from one or the other. We all want to 'get away from it all'; unfortunately everyone wants to get away from it at the same time in the same place. (This is true on a worldwide scale, where seekers after ever more exotic holiday locations find that it is their presence and the service they require that wrecks the character of the places they go to visit.)

Is there a case for closing off whole areas to ALL users, if only to allow them to recover?

American National Parks faced the same problem some years ago and decided to go for a system which managed visitors as part of the overall parks strategy. Visitors are channelled away from overused areas and paths to allow recovery while

The proposed courses for the original Rock and Run are detailed below so that you can judge for yourself, map in hand, in the safety and comfort of your favourite armchair, as to whether the courses would have been demanding, destructive, or whatever. These courses would only have been used in ideal weather conditions.

Map: OS 1:25000 Outdoor Leisure; Cuillin and Torridon Hills Day 1 Start : 484296 Midway Camp : Camasunary Bothy 511187 Finish : Sligachan Hotel 485298

Elite Day 1: Reentrant 474286 Elite Day 1: Summit 524172  
 One 2 : Lochan 483263 Two 2 : Stream 531118  
 3 : Reentrant 454257 3: Loch 537211  
 4 : Bealach a Glaic 4 : Ridge 506255  
 Moire 253238  
 5 : Knoll 454210 5 : Ridge 522286  
 6 : On ridge 474184 6 : Summit 574300  
 7 : Lochan 486216 7 : Stream 596287  
 8 : Stream 478225  
 9 : Lochan 492226  
 10: Crossing 509188

A class 1 : Reentrant 474286 A class 1 : On boulder 526177  
 Day One 2 : Lochan 483263 Day Two 2 : Stream 531118  
 3 : Reentrant 454257 3: Loch 537211  
 4 : Bealach a Glaic 4: Ridge 506255  
 Moire 253238  
 5 : Knoll 454210 5 : Ridge 522286  
 6 : On ridge 474184 6: Stream 496287  
 7 : Crossing 509188

B class 1 : Lochan 475286 B class 1 : Stream 531188  
 Day One 2 : Stream 483266 Day Two 2 : Loch 537211  
 3 : Lochan 454262 3 : Stream 509258  
 4 : Bealach a Glaic 4 : Ridge 522286  
 Moire 253238  
 5 : Lochan 481199 5: Stream 496287  
 6 : Lochan 486213  
 7 : Lochan 482266  
 8 : Lochan 492226  
 9 : Crossing 509188

C class 1 : Lochan 475286 C class 1 : Stream 542207  
 Day One 2 : Stream 483266 Day Two 2 : Stream 520248  
 3 : Spur 453260 3 : Ridge 510291

cards may be obtained giving maps and additional information for a whole range of walks/runs ranging from a Sunday afternoon stroll to the equivalent of a tough Long A. The problem of litter was solved by the simple expedient of offering 1 cent for every piece of litter brought in by a child. (Admittedly, open to abuse, but at least it prevents the creation of litter if youngsters are encouraged to collect their money.) Is there a case for this sort of 'visitor management' innovation in our National Parks and sensitive areas?

As for the Rock and Run Mountain Marathon on Skye; a sensitive area, a superb location, every effort made by the organiser to minimise environmental impact; very real fears on behalf of Skye - there is always that small proportion who are careless and unthinking...

It is obvious that there are points of view to put on both sides but to end the discussion prematurely with the cancellation of the event for what seems to me a totally spurious reason is more than a little unfair.

Mountain racers, as the Skye Mountain Rescue must know, are as committed to safety as rock climbers and cavers and more committed than the majority of walkers. They take risks but these are calculated and safety considerations are paramount. As Mike Browell points out on the letters page, who else takes full survival gear up on to the fell with them?

We rely on the Mountain Rescue for help and support and, indeed, have an affinity with them, as fellow lovers of wild and lonely mountain places. It is right that the debate on access and on the impact of races (and walkers, mountain bikes etc.) should continue. It is not right that it should be cheapened

4 : Bealach a Glaic Moire 4 : Stream 496287  
 5 : Lochan 481199  
 6 : Reentrant 503204  
 7 : Crossing 509188

D class 1: Lochan 473289 D class 1: Loch 537211  
 Day One 2: Lochan 480264 Day Two 2 :Stream 509258  
 3 : Stream 460264 3 : Stream 496287  
 4 : Bealach nan Lice 464283  
 5 : Lochan 482226  
 6 : Lochan 502218  
 7 : Crossing 509188

Score 1: Lochan 473289 Score 1: Pass 516202  
 class 2: Lochan 480264 class 2 : Stream 520248  
 Day One 3: Lochan 474231 Day Two 3 :Stream 496287  
 4 : Lochan 502218  
 5 : Crossing 509188

Extracts from the letter sent out to competitors by organisers Andy Hyslop, Charlotte Webb, Martin Bagness.

The cancellation is due in large part to the attitude of the Isle of Skye Mountain Rescue Association..... (They concluded) the courses were "hazardous, over ambitious and ill conceived".....

In an attempt to save the event we sent the Mountain Rescue revised courses, using only the Red Cuillins, an area which is not exceptionally demanding or dangerous by mountain marathon standards. (They) were not prepared to revise their opinion of the event...

Following the pronouncements of the Mountain Rescue, the local Skye newspaper and the Scottish daily papers ran somewhat sensationalised articles based on their views....

Further problems were created by the Nature Conservancy Council on Skye... in 1989 (we) received a positive letter stating that 'disturbance to bird life is likely to be negligible'... This year, after a staff change and with the involvement of the RSPB ...they required the greater part of the area to be made out-of-bounds... The courses would have become a procession along corridors of land...

by impugning the commonsense and commitment of mountain runners.

The problem appeared to stem from a sensationalist attitude in the Scottish press which insisted on making comparisons between the small but dedicated band of mountain marathoners and the death of an inexperienced runner at a Welsh relay event (for which see elsewhere in this issue). The RSPB also had a hand in it by wanting to put huge areas out of bounds (in one case runners were not to be allowed to go as close as traffic already passed). A statement will be made in the near future on behalf of the event organisers after the committee of Scottish Mountain Rescue Associations meets.

Hopefully Andy Hyslop will not be put off organising similar events in future.

The R & R shop merely provides a framework for the event (which actually makes a loss), with entry moneys being kept in a separate account and the shop covering administration. The decision to retain £1.50 of the entry money to cover costs already incurred seems reasonable. This is not a promotional or commercial event and the organisers have obviously gone to a lot of trouble only to have a cancellation forced on them.

So far there has been no threat of a similar stand being made against other mountain marathons which can only lead to the conclusion that the debate is not about safety, but about Skye.

## Commemorative T shirts

The FRA has decided to mark its 21 st birthday with commemorative T shirts - issued in limited quantities and available at cost price (around £5) from committee members at races. Watch this space for more news!!

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**CENTRE PULL OUT SECTION OF  
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 HALF A HUNDRED RACES**

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## STEVE PARR, 1965 - 1990

It is with sadness that I would like to inform readers of the recent disappearance and presumed death of Steve Parr in the Rolwaling Valley, Himal, Nepal.

Steve was a member of both the Fell & Rock Climbing Club and Clayton-le-Moors Harriers. He was a quiet character who possessed phenomenal strength of mind and action. It was only from snippets of conversation that one came to realise how much Steve had achieved during such a short life.

In the late 70's and early 80's Steve climbed regularly with Bob Milward in Scotland and the Alps. They climbed most of the Scottish classics, completing the first girdle traverse of the Minus & Orion faces on Ben Nevis. In the Alps during this period they achieved the 1st British ascents of the Schreckhorn and the North Face of the Ocho. They climbed the Messner route on the North Face of Les Droites, North Face of the Eiger and three routes on the Dru.

In 1978 they spent a period in the Hindu Kush and had nearly succeeded in climbing Darban Zom when a team member had an accident. It took the remaining three team members 8 days, much ingenuity and determination to evacuate the casualty to base camp.

Bob Milward emigrated to Canada and Steve's hard climbing was interrupted by a period during which he concentrated more on fell running. In 1981 he won the Bullock Smithy Hike, a 56 mile run in Peak District, in a record time of 8hrs 48 mins. His 17hr 58 min Bob Graham Round, also in 1981 was at the time the second fastest ever. It was one of Steve's ambitions to complete the first sub-24 hour Winter Bob Graham Round. Attempts in 1984 and 1985 were thwarted by dreadful weather. During the 1985 attempt Steve was forced to give up when caught in a blizzard on Great Calva, having already completed 41 peaks. In December 1986 Steve completed the second sub-24 hour Winter round.

In July 1984, Steve achieved the first continuous round of the 61 Lake District 2,500ft peaks. To date, his record of 43hrs 1 min has not been broken and it was Steve's wish that the 2,500 Round become established with a 48 hour time limit as a challenge which he once described as "Beyond The Bob Graham Round".

During preparation for an attempt at the Pennine Way record, Steve trained while suffering from a viral infection, which resulted in health problems which limited his running. He returned to climbing and in 1987 completed the first British solo traverse of the Peuterey Ridge Integrate, probably his finest climb.

In early 1988, Steve's activities were severely curtailed after contracting the illness, ME. A few years of slow recovery and numerous setbacks preceeded his final Himalayan trip - for him, a test of his recovery from this debilitating disease.

Steve instructed many teachers and youth workers at Tower Wood. His enthusiasm for the hills will be sadly missed by all who knew him.

*Geoffrey Fletcher, Martin Stone*

## CAROL MATTHEWS 1950-1991

JONATHON GIBBON, FRA Committee member, a member of Mynyddwyr de Cymru and a marshal on the fateful day, gives the definitive account of the tragic death at the Welsh Waters Relay. Whilst only the fifth fatality in the last 60 odd years, it has led to a special enquiry being set up by the FRA. (The previous fatalities were at the Marsden - Edale in the 1930s, Ben Nevis and, more recently, at the 1979 Three Peaks and the 1981 Ennerdale.)

The inaugural Welsh Water reservoir Relay held on the 1st April was marred by the tragic death of a competitor. Carol Matthews, a 41 year old mother of two who was competing for Penarth and Dinas Runners in her first fell event.

Supported financially by Welsh Water, the event had attracted 20 teams and consisted of seven stages on forest paths and open mountainside around seven of Welsh Water's Reservoirs in the Brecon Beacons National Park. The total distance covered was 47 miles with 8000 feet of ascent.

The incident occurred on the 4th leg which involved a relatively direct traverse of the eastern Beacons from Neuadd Reservoir to Pencelli on the Monmouthshire and Brecon Canal, a distance of six miles.

The route was well marked but nevertheless a deterioration in weather conditions and visibility at the time the leg was run resulted in several runners getting lost. Eventually all but one were accounted for, and a search involving members of both Penarth and Dinas and the organising club Mynyddwyr de Cymru commenced. The Police were notified and by nightfall civilian and RAF Mountain Rescue teams were co-ordinating an intensive search in steadily worsening conditions.

Sadly, despite their best efforts the woman was not found and her body was discovered at 10.30 a.m. the following morning about half a mile off the route.

The exact set of circumstances that contributed to this tragedy are now subject to a Coroner's Inquest and there have been calls from the MP of the deceased for an independent inquiry. The FRA have set up a Committee of Enquiry comprising Selwyn Wright, Dave Hodgson, Danny Hughes, Dave Jones and Joe Boothroyd, Chairman of the Lake District Mountain Rescue to examine the implications and lessons to be learned from the tragedy for the sport in general. The FRA has extended its deepest sympathy.



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thereafter. All payments must be made in advance.

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.?

I'm looking to establish fixed publication dates: 1st week in June, October and February. Deadline for articles, letters etc. for the next issue is SEPTEMBER 6th

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# NEWS & VIEWS

## Secretary's Corner

### Committee Meetings

#### 1) WILMSLOW 13.1.91

a) JUNIORS We talked at some length about Junior fell running and the need to sort out a policy on juniors. This will need to include age limits, course distances, championships, safety, and coaching. John Taylor is resigning as our Junior liaison officer and so far no-one has come forward to take over. We set up a working group to look at policy and agreed to advertise in the Fell Runner for a new rep.

b) WORLD CUR Danny Hughes went to an I.C.M.R. meeting in London on 4.1.91. The Italians are still hoping that the World Cup will become an I.A.A.F. event which will lead to it becoming much bigger and higher profile. The I.C.M.R. clearly thinks this will benefit the sport although the meeting expressed some doubt about it. What would happen to the I.C.M.R. in the event of an I.A.A.F. takeover is still not clear.

c) TROPHIES. Selwyn Wright felt that some of the trophies awarded at the Dinner were in such bad condition as to make him feel ashamed of giving them out! It was agreed that some of our cash reserves could be used to buy some new trophies. Firstly we intend to get trophy winners views on each one individually. We are also pressing ahead with a new FRA medal to be awarded instead of the engraved glassware.

d) B.A.F. It is still not entirely clear how the FRA will fit into the new British and English athletics bodies. The Secretary has written for clarification but the response has not been particularly edifying. This will be pursued.

e) CALENDAR. A message to all race organisers: It is not the Fixtures Secretary's job to ensure that there are no clashes with the dates of local races! If you're concerned then it's up to you to negotiate.

#### 2) ILKLEY 3.3.91

a) BORROWDALE FELL RUNNERS. An application for exemption from the '9 month rule' was received from the secretary of this new club, the FRA does not have the power to make decisions on this however. The local First Claims Committee of the AAA is the body responsible. We did decide in this case to recommend that there did not seem to be a valid reason for an exemption.

b) JUNIORS. It appears that two young runners (aged 11 and 8) ran at Whinberry Naze against FRA rules. The Committee felt that the parent involved showed great irresponsibility and given the foul weather conditions it is very lucky that there was no accident. Rossendale were thanked for bringing the matter to our attention and it was agreed to write to the parent concerned.

c) F.R.A.s 21st BIRTHDAY. We agreed to mark this occasion by producing a special anniversary T-shirt.

(Other items from this meeting are dealt with elsewhere in the magazine).

#### 3) SCREEL HILL 20.4.91

The agenda for this meeting was scrapped so that we could have a full discussion of the tragic death of Carol Matthews at the Welsh Reservoirs Relay on Easter Monday. Jonathan Gibbon writes elsewhere in this magazine.

The Secretary has written to Mrs. Matthews' family expressing sympathy and we have also been in contact with John Brooks, the race organiser. The Committee agreed to donate £250 to Mr. Brooks' legal costs for the Inquest.

We also felt that it was necessary to look carefully at our Safety Requirements in the light of Mrs. Matthew's death and an Inquiry was announced.

a) BOFRA. Dave Hodgson told the meeting that he met with representatives of BOFRA recently but had little progress to report. There is no great enthusiasm on the Open runners' part to be allowed to compete in amateur events and Dave feels that they are happy to continue with the present situation. There does not seem to be much more that we can do for the moment.

b) FRA RELAY. The safety arrangements for this event, to be staged by Bingley, were considered at length in the light of the recent death and it was felt that all was in order. The event is described in detail elsewhere in this issue.

c) COMPUTERISATION. The sub committee had recommended to the previous meeting that we should spend £3500 on a desk top publishing package for the Editor of the magazine and for the results co-ordinator. We postponed the decision until the results of the Fell Runner questionnaire were available. Given that 85% of the 500 members completing the survey want the Fell Runner to continue we now agreed to spend the money. We have £1800 from the AAA to put to this purpose and it is expected that we will save around £1400 per year on printers bills.

### Trail Racing

The points made by Paul Seater in his proposal for a Trail Racing association are quite valid. I agree with him up to a point and that point is that I believe that the last thing we need is another organisation. Many athletes already participate in more than one discipline of the sport and belong to more than one body. In addition, this 'new' discipline already transgresses the traditional boundaries of running; both as leisure and as competitive sport.

My view is that any sport that can be carried out in a variety of conditions must be subject to rules devised for the worst climatic conditions/terrain that may be encountered within that sport. While it may irk some competitors in the easier events in the lowlands to follow rules devised for mountain areas, consistency must apply to ensure the safety of both competitors and officials.

Has Paul considered how much launching a new Association is going to cost? In addition, not all his new organisation's members are going to be fell and ex-fell runners and formulating the rulebook could be painful.

I regard the FRA as the ideal body for supervising such events through its rules which were after all evolved to reduce mishaps to a minimum. In addition we already have an excellent publicity machine in place. It may be desirable to form a Trail Racing Club/Section affiliated to the FRA. A separate body is, in my opinion, out of the question; at least for the moment.

*William J Houlder*



*Rochdale 'A' leading for Heptonstall on Leg 4 of the Calderdale Way Relay.  
Photograph - Peter Hartley*

# NEWS & VIEWS

## Italian Alps

Dear Sir,

I have recently begun training for two months running in the Italian Alps, beginning in November 1991. My training at present is concentrated around the Three Peaks in North Yorkshire, a fairly local outing from my native Leeds. I have been returning times around 3 hours 30 minutes for the usual 23.5 mile route. However, I have come across one big problem, boredom!!!

So, if there are any kindred spirits out there who fancy keeping me company I would be eternally grateful if they would get in touch! I run the Three Peaks every weekend, usually Saturdays, driving up in the morning from my Leeds home and returning, tired and grubby, in the evening. If anyone is interested in joining me, my wife and I would be happy to offer a comfy bed and full breakfast to them.

If you feel you can handle the pace, give me a ring at work on Halifax 356041.

Cheers

Larry Wilmot

## Congestion

Dear Editor,

I find it surprising that races such as the Thievely Pike are championship events when there is potential congestion at stiles. It perhaps presents no problem to the elite but it does to other competitors in the middle of the race.

There are many occasions during races when runners queue up at a stile but some scale the fence. Such behaviour, apart from damaging the fence, also damages the civilised image of fell running. Perhaps this point should be emphasised before every race where such congestion is likely to happen?

Race organisers sometimes complain about unregistered runners competing in a race. During a recent race I was surprised to see two such runners, who obviously had the approval of some of the marshals (as I gathered from friendly exchanges using first names). Perhaps they should be reminded of Rule Six!

Yours sincerely,

Y.D. Tridimas  
Liverpool

## Wot, no Moffat?

Dear Sir,

An enquiry about the Moffat Chase which is not on the list this year. I don't know if it was held last year. I did not like to see it moved from its original date in October (I only went to the first two races in '79 and '80) and I remember reading in the mag one year that only 7 turned up for the race while hundreds turned up for the Two Breweries, at about the same time. The food and drink situation at the 'Breweries' is very good, but I will not bother going again as, for a day to enjoy on the hills, it does not compare with the Moffat. Any chance of an organiser putting it on again in late October? I always got the impression that the top runners liked the race, (see calendar update: Ed)

J. Gill  
Consett

## Eric Beards Record for the Cullin Ridge

Contrary to popular belief (v Fellrunner, Summer 1984 and Climber and Rambler July 1984) the detailed times for Eric Beards record run along the Cullin Ridge are available. Eric recorded these times in a fairly well known but still private log book.

Gas Bheinn	12.00
SgnanEag	16
Sg Dubn na Da Bheinn	26

Sg Alasdair	50
Sg Thearlaich	1.02
Sg Mhic Coinnich	15
Inaccessible Pinnacle	39
Sg Dearg	42
Sg Thormaid	2.08
Sg na Greadaidh	34
Sg na Mhaidaidh	--
Bidein Druim nan Ramh	3.00
Sg na Bhaimeich	--
Bruach na Frithe	3.34
Sg a Fionn Choire	--
Am Bhaisteir	3.47
Sg nan Gilleann	4.09

I have always been sceptical of the claim by Andy Hyslop that Beardie did not include the Inaccessible Pinnacle. Eric forgot to record the date of his run but I believe it was 1963 not 1966. He wrote that the previous record was 4 hours 24, held by Les Kendall. Does anyone have any information on that run?

Paddy Buckley  
Lancaster

Dear Neil,

As Chairman of the F.R.A. I am reluctant to become involved in the correspondence columns of the Fellrunner - there are plenty of other opportunities for me to have my say. However, occasionally a letter is published which I feel gives a misleading impression and I feel justified in trying to put the record straight.

Rick Ansell's letter expresses wide ranging views on many subjects, but since he did not attend the last A.G.M. he may be under a misconception about the funds used to set up the England International Development Fund. The proposer of the motion made it quite clear that the funds to be transferred represented 50% of the surplus (profit) from the promotion of the World Cup in Keswick. This event was of course an English promotion and it seems reasonable that a proportion of the funds should be used to benefit English international competition. The meeting certainly agreed with this view since the proposal was passed by a large majority. I should point out that F.R.A. general funds received the other 50% (£800) of the surplus.

On the subject of the environment, I feel that the F.R.A. has a credible record, though more could probably be done. Substantial donations have been given to the Lake District National Trust in recent years - including £200 from the Keswick World Cup promotion. The F.R.A. Secretary is presently trying to arrange for a group of members to carry out work on footpath erosion. Sadly, I have to report that the response to join this working party has so far been disappointing. Rick is free to put forward a proposal at the next A.G.M. for a donation to be made by the F.R.A. to a suitable environmental fund. I have little doubt that such a proposal would receive widespread support.

In response to Rick's other main point, my experience is that most fell runners consider themselves to be fell racers. I think the competitive instinct lurks in all but a small minority of our members, which is why the Calendar of Races is generally accepted as the most valuable service the F.R.A. provided for its members.

Dave Hodgson.

Dear Editor,

The article on recycled PBs in the last issue prompts me to ask if anyone knows what happened to my red and green PBs which I left at the three arch bridge at the 1990 Bens of Jura race. They were not there when I went back to collect them in the evening. Neither Donald Booth, nor Willie Tait, nor the hotel manager had had them handed in.

Also can anyone tell me how to get rid of the type of athletes foot which has got inside the nails on six of my toes and makes them brittle and fibrous?

My doctor got me to apply Phytex for ages but it did not cure the problem. Although the infirmary could not get any fungus to grow from scrapings, my doctor is convinced nonetheless that it is a fungal infection.

Bill Gauld

## Kielder

Dear Sir,

I would like to write on many issues but my main concern is the Kielder Borderer Fell Race (Saturday August 10th 1991) (See calendar update, Ed). This race from Kielder Castle includes a barbecue immediately after finishing the race, hot bath and showers, the best blueberries, bilberries or blaeberrries - the largest and sweetest available anywhere - in unlimited quantities. These, probably the best bilberries in the world, are free on the race route and provide refreshment, energy, vitamins etc.

The course is varied, never severe with extensive views over the Scottish borders, along the Cheviots, Kielder reservoir and forest but entries have been low in previous years as the race has not appeared on the calendar. No worries about erosion here, plenty of pure drinking water on route plus orange drinks. It could be an easy outing after the Borrowdale or a record to somebody's credit for a more able runner.

A folk festival will entertain the family and other local interests - including Hermitage Castle just over the border - can make for a very satisfying day.

J.Gill.

Dear Sir,

*This letter was received with no name or address from "Junior Lady". While I am quite happy to not print your name, I would prefer to know that the letter is genuine by knowing its source. -Ed.*

I wish to express my concern at John Taylor's deplorable comments in the last Fellrunner where he said that he thought that the junior womens championship was 'a waste of time' and that 'it is only feasible to have a junior mens championship until things improve'. I wonder how he expects things will improve if the junior championship is abandoned.

I agree that too few women race over the fells, but what potential championship contenders want is opportunity and encouragement, and not to be dismissed out of hand.

Those of us who are keen, and thoroughly enjoy fellrunning welcome opportunities to run in a fuller field against the senior women and indeed the men.

I suggest that a way forward would be to open the Ladies Championship to include more championship events of junior distance. It shouldn't be too difficult to select a junior ladies champion and runners-up from points gained in appropriate length races against the senior ladies.

Junior Lady



Martin Stone shows off one of the less well known side effects of Stanimaid.

Photo: Helene Diamantides

# NEWS.....

## 1991 Welsh Championship series.

A statement from the Welsh Committee.

The 1991 Welsh Championship will comprise the following races:

Short  
Fan Fawr May 26th  
Y Gam June 22nd

Medium  
Cameddau June 15th  
Elidir Fawr Sept 14th

Long \*PLEASE NOTE CHANGES\*  
Brecon Beacons August 24th  
Peris Horseshoe September 21 st

The Brecon Beacons Race replaces Llanbedr to Blaenavon; this was withdrawn at the last minute as a result of the tragedy in the Welsh Waters reservoir Relay, and more particularly out of respect to the deceased whose funeral had not yet taken place. Despite telephone calls to likely competitors explaining the situation, a handful got through the net and ran. The Welsh Committee would like to apologise to those who took part thinking it was a Welsh championship race, and to the organiser for any embarrassment caused.

The Peris Horseshoe replaces the Black Mountains Race which falls on the same day as Thievely Pike and therefore, regrettably, has to be withdrawn.

Jonathon Gibbon

## Rumour has it

that this was

heard at the Roaches.....

(Cold, wet, windy)

It's days like these when you know why Lenny Henry lives with Dawn French.

(Names changed to protect the innocent!!)

A.B.

## Snippets

A word of thanks for Lyon Equipment of Dent, Cumbria, for their excellent service. After searching many Petzl stockists for a spare Zoom headtorch elastic headband set and having all stockists deny the existence of such a spare, I wrote to Lyon. Within days I received a replacement set, FREE of charge, and a Petzl catalogue. From this and experience with other manufacturers/distributors I advise anyone needing spares/replacements to write to them when all else fails. This experience, also, unfortunately, emphasises the hypocrisy of retailers who's only interest is to stock/sell complete units. Profit is King.

Bill Houlder

## Rumour has it...

that American Ultra Runners are about to invade the English fells. Stephen Studmarks asks if this advertisement contravenes the non development code of fell running?

## Fell Running

Travel on foot through Northern England's Lake District and North Yorkshire Moors, staying in historic country inns along the way. Compete in three fell races, socialise with members of local fell running clubs, visit the famous Grasmere Sports, and explore local sites and attractions. Experienced tour escort and fell running guide provided. 18-30 August, 1991. Twelve days.

SPORTMIND

Moraga Way, Orinda, CA 94563 (415) 254-1860



3 Peaks

Ruth Pickavance (Clayton), B. Horsley (Calder Valley), C. Matthews (Horwich), H. Atkinson (Bingley), M. O'Connor (Clayton), F. Morgan (Holmfirth) high on Pen-Y-Ghent.

Photo: Peter Hartley

## VIEWS.....

### Scottish Hill Running

Dear Editor,

I have been impressed by the achievements of the Scottish Hill Runners Association over the last few years, and I say "well done" to the present and past committees, and "thank you" for all their hard work.

I wish I was still a part of the action myself, the SHRA finally parted company with the FRA.

Some of your readers may not be aware that the SHRA owes its origins to the formation in 1983 of the "Scottish Hill Running Championship Committee" (Robin Morris, Dick Wall, Colin Donnelly and myself), which was formed with the very specific objective of organising a Scottish Championship. However, with Robin's hand very much on the tiller, the objectives soon widened. The SHRA was established in 1984, and one of its objectives was to achieve Governing Body status for Scottish hill running. Despite making constant reference to 'working with the FRA', Robin effectively pulled down the shutters on every suggestion of working with the FRA, and effectively. I felt, and still do, that this was not in the best interests of Scottish hill running, so I allowed my membership to lapse.

Now it's 1991, and the SHRA has still not achieved control of Scottish hill running. The FRA achieved control of the sport in England and Wales nearly 10 years ago. The SHRA might improve its case for becoming the Governing Body in Scotland if they recruited the FRA as an ally rather than treat them as a challenger. As far as I know, the FRA's bid for control of Scottish hill running has not been withdrawn, so the SAAA has 2 bids on the table. The SHRA should agree with the FRA on a joint approach to the SAAA.

The SHRA would also do its credibility a lot of good if it agreed with the FRA on a common set of safety rules, common policies (on issues like conservation, not publicising the sport, open hill running, etc) and a common set of rules for the categorising of races. A common calendar of races wouldn't be a bad idea either. The FRA calendar is gradually losing all the Scottish races, and there are no English or Welsh races in the SHRA Calendar. This is causing a sad lack of awareness of Scottish races by the English, and an even sadder lack of awareness of English & Welsh races by the Scots.

Some folk do not wish to acknowledge that the FRA is a UK association, it does still inform and entertain (though not control) its Scottish members, and it

does still have support and influence in Scotland. It's about time the SHRA stopped talking about links with the FRA, and actually formed them.

Roger Boswell (Lochaber AC)

### Cancellation

This year's RRMM has been forced to cancel due to unfavourable comment by the Isle of Skye Mountain Rescue Association and an about-turn by the local Nature Conservancy Council. I don't wish to rehearse the entire debate in your columns: there will be many facets to the argument; sufficient to be sure that it wasn't a simple Yes/No decision.

Instead I want to make a few points on behalf of those who participate in mountain marathons.

Mountain marathons bring together the skills of fell-running, orienteering and ultra lightweight mountaineering. Participants in any of these are likely to be amongst the most self reliant and environmentally aware mountain users.

A more capable and self-contained group of mountain users would be hard to find in any mountain area on any weekend. A good track record of low accident statistics from decades of mountain marathons bears this out.

Competitors do not undertake mountain marathons lightly. They enter a class of their choice and are vetted for experience. The gear carried is checked and is sufficient for survival. How many other mountain users carry full survival equipment?

Once started on a course, route choice, terrain and weather all come into play and on a well planned course, a wide range of routes are open.

The Skye hills are big enough to absorb two days of an event without significant disturbance to habitat. It is very unlikely that the mountain marathon pressure would equal a busy summer weekend which would inevitably impact on a much smaller area.

Like rock climbers choosing to climb extreme climbs, mountain marathons do not need to be told that their choice is "ill-conceived".

When a support service organisation, in this case a rescue body, requests cancellation of a mountaineering activity because in its opinion it is "hazardous, over ambitious and ill-conceived", one must question its authority. On whose expert criteria did the mountain rescue base their considered opinion? Who were they trying to protect? If me, then let me advise them that they are way out of line. I will continue, perhaps from arrogance or perhaps from the anarchic spirit which many of us share, to do my own thing and use my own judgement.

Mike F. Browell

# SURVEYOR'S REPORT

My thanks to all those who took the trouble to complete and return the survey questionnaire. I was heartened by the kind comments and words of encouragement in them and by the number of people who actually replied. By the time this goes to press, if the post office continues to deliver the normal 1 or 2 per day then over 500 replies will have been received. The vast majority of replies were in recycled envelopes using Forest Savers or similar and a number suggested that we print on recycled paper. I have checked this out with the printers who tell me that recycled is still considerably more expensive but that the paper we use comes from a 'managed source'. If economics allow us to go recycled, we will, watch this space!

Many positive comments and suggestions were received, some of which are being followed up; a separation of results from the main body of the mag (to please those who find them unimportant and can therefore discard them and to please those who find them paramount who will find it easier to highlight them!); more photographs - and of a greater variety of people; using the high quality photographs to produce a FR calendar; producing a yearbook; producing Fellrunner T shirts; making back issues available etc. Also individuals have offered their services, for typing, a new way of categorising races, articles on nutrition, health etc.

The raw data and a brief analysis appears on following pages plus a selection of comments which cover the whole range of responses received. The only items that came in for real stick were International News and the World Cup although certain of the cartoons were also blasted as were 'in' jokes that are unintelligible to most.

People asked for more profiles, articles of general interest, training tips, photographs and race reports and also asked us to remember that there

are other hills - the Quantocks, Chilterns, Long Mynd... that are not in the Lakes or the Pennines. More long distance features, course descriptions, junior news and general scandal were also requested.

Unfortunately the a) sexist and b) narcissistic traits of the male fell runner were to the fore in photograph requests. When asked what you would like to see more photos of many put the one word "me" while others stipulated "naked women", "lovely ladies" or "Helen Diamantides". Less photographs were requested of JBF in ski wear! On a slightly more serious note folk asked for perhaps a little less runner and a little more scenery.

The survey seems to have scotched any idea of a merger with Up and Down magazine but shows that many members feel there is not only a place, but a need for such an addition to fellrunning literature. The 'flier' in the current issue has been given free of charge by the Association and I would encourage people to subscribe. To those who have not yet had the pleasure, it is different to The Fellrunner. It provides fairly comprehensive coverage of a small number of races rather than (as is Fellrunner policy) trying to print all the results it can obtain; the style is a great deal different and its frequency/regularity - dictated by commercial considerations - gives it the edge on being up to date and although the extracts from the Calendar may not be much use to members it does also include non FRA events.

The colour cover and general presentation make it attractive to advertisers and, considering the editor produces it on the same basis as The Fellrunner -i.e. in his spare time, the quality is commendable. If it provides increased choice for the fell fraternity and somewhere else to read news and air views then it can only be a good thing.

# "THE RESULTS"

## Which of the following is nearest to your opinion?

THE FELLRUNNER is fine as it is, I like it, don't meddle	59.35%
THE FELLRUNNER needs re-styling, or something, please change it	22.94%
THE FELLRUNNER ought to cease publication	0.50%
THE FELLRUNNER should merge with 'Up & Down'	14.96%

## General

### 1 THE FELLRUNNER IS

An essential part of my FRA membership	43.64%
An important part of my FRA membership	38.49%
A useful part....	15.71%
An insignificant part...	1.25%

### 2 In general I read

more than 90% of the contents	49.13%
75 - 90% of the contents	34.41%
50 - 75%....	9.98%
25 - 50%....	5.49%
10-25%.....	1.00%

### 3 I find the layout

inviting	18.95%
readable	73.82%
confusing	4.74%
poor	2.24%

## Snippets

Donald Watt (leader Lochaber Mountain Rescue) told Muriel Gray (female Munro nutter, as seen on TV) that by 1995 the present part-time voluntary Mountain Rescue Teams may be superceded by paid professionals, as on the continent.

Such a change could have a massive impact on hill running. The Government would empower the new professional teams with responsibility for safety in the hills. They would probably have the power to **insist** that hill race organisers engage **and pay for** mountain team cover. The majority of todays' hill races couldn't afford this, and would disappear.

Hill race organisers and runners won't know what they've got till it's gone. We'd better start appreciating just what the present Mountain Rescue service does for hill racing. We'd better take notice of what they say when it comes to safety - they know. Nothing will undermine the present voluntary system faster than to have their views ignored, advice spumed, and to get accidents or fatalities on the hill as a result. We'd better spread the word that we like the present voluntary set up, and we're dead against any privitisation of the Mountain Rescue service.

Roger Boswell

## Rumour has it...

that when Mr. Donnelly found he had a puncture at the Scree hill race, and he needed a strong arm to get the wheel off, he didn't call Colin - he called Billy Bland.



**Scree Hill:**

Paul Singleton (Ambleside) about to pass James Dunion (A.D.A.C.) with Mari Todd (Ambleside) preparing to pass them both.

Photo: Bob Geddes, Solway Press Services



#### 4 The 'hard' cover is

essential to my filing of the magazine	16.96%
useful to my ....	34.66%
neither here nor there	41.65%
a waste of paper & postage	5.49%

#### 5 THE FELLRUNNER

should remain at three issues per year	43.64%
should attempt to produce more issues	44.39%
should produce fewer issues	4.99%

#### 6 The introduction of a full colour cover is

essential	2.00%
welcome	26.18%
unnecessary	49.88%
a waste of time and money	20.20%

#### 7 Specifically in connection with the results section have you:

i) No interest	3.64%
ii) General interest	61.02%
iii) Selective Personal interest	17.55%
iv) Reference interest	14.50%
v) Other	2.35%

#### Features

#### 8 Generally I read

all of the features	44.64%
most of the features	47.88%
few of the features	5.74%
none of the features	1.25%

#### 9 I find their presentation

Excellent	14.46%
Good	64.59%
Acceptable	17.71%
Poor	2.49%
Dire	0.10%

#### 10 I find their content

Excellent	15.21%
Good	60.60%
Acceptable	18.45%
Poor	3.24%
Dire	0.75%

#### 11 I have contributed articles

Often	3.99%
Sometimes	13.47%
Once	11.47%
Never	58.37%
Never thought of it!	17.21%

#### 12 Photographs

#### 1 find the number of photographs to be printed is

Not enough	36.41%
About right	60.85%
Too many	0.75%

#### 13 I find the quality of the photographs to be

Excellent	49.38%
Acceptable	45.89%
Poor	2.99%

#### Results

#### 14 Please indicate your opinion of the present results section with respect to

	Poor	OK	Excellent
i) General presentation	9.95%	57.66%	18.91%
ii) Reports Content	15.42%	69.15%	11.19%
iii) Numbers of Races Covered	3.23%	52.49%	41.29%
v) Up to Date Coverage	40.55%	50.00%	5.22%
vi) Photographs	18.16%	59.95%	19.15%
vii) Magazine Space Used	7.71%	72.39%	15.42%

#### 15 Please indicate your level of preference for each of the following

	Low	Med	High
i) Leading Runner Results	10.70%	46.27%	58.81%
ii) Mid-Field Results	24.38%	42.54%	29.60%
iii) Age or Category Results	13.18%	43.28%	39.55%
iv) Factual Report	5.22%	37.81%	52.49%
v) Short General Report	9.70%	41.29%	43.53%
vi) Up to Date Results	8.71%	42.04%	45.52%
vii) Brief Coverage of Many Races	10.70%	32.09%	51.24%
viii) Detailed Coverage of Fewer Races	51.24%	26.87%	15.92%

### Rumour has it that this was

heard at the Roaches.....

(Cold, wet, windy)

It's days like these when you know why Lenny Henry lives with Dawn French.

(Names changed to protect the innocent!!)

A.B.

### Rumour has it

that this year's FRA dinner is to be held at MacDonalds, because you get a better meal there!

T.C.

## Survey:Summary

At the time the database was put together and analysed there had been some 467 responses. That has since risen, in dribs and drabs, to over 500. These will be added to the database and complete results will be available on request to any FRA member.

Taking the last question - the most significant one - first, almost 60% said they were happy with the magazine as it is although a substantial minority of around 15% favoured a link with 'Up & Down'. Only 1.25% thought the magazine an insignificant part of their membership whilst over 82% claimed it was essential or important. Approximately half read all the magazine rising to 83.5% reading all or most; almost 75% found the layout at least readable with a further fifth finding it actually inviting (a total of 92.77%); this linked in with the question on presentation where 79% thought it excellent or good rising to 98.76% thinking it at least acceptable. The 'hard' cover was seen as essential or useful by 51.62% while 26.18% would welcome a colour cover: almost half, however, thought it unnecessary with a further 20% saying it would be a waste of time and money. Many positive comments were made about the benefits of black and white photography. 47% were not bothered about the hard cover or thought (5.49%) it a waste of paper and postage.

There was an almost even split between those happy with 3 issues and those wanting more with 7% coming up with other ideas such as a yearbook or a frequent, un-glossy newsletter.

44.64% read all of the features rising to 92.52% with those who read most of them with 75% thinking their quality good rising to 94.26% who at least find it acceptable. For over 70% of respondents, this is the first time they have contributed to The Fellrunner; 61% thought the amount

of photographs about right while a significant minority (37%) would like to see more. Around half found the quality of the photos excellent rising to 95.27% who found it acceptable.

The results part of the survey has been separately analysed; 65% in the main body of the survey had a general interest in the results while a large minority (15%) had no interest at all.

Recognising the danger, where three possible responses are given, of going for the middle ground, it is interesting to look at the responses that were not "O.K." but show a significant bias one way or another. In terms of presentation twice as many thought it excellent rather than poor; content was seen as poor by almost 16% balanced against excellent by just over 11%. The number of races covered gave almost 94% as either O.K. or excellent whilst the most significant gripe had 40.55% unhappy with the results not being up to date. The use of photographs saw a virtually even split (18.16% poor to 19.15% excellent) while only 7.71% thought too much space was used.

Most people want to know about lead runners (85.08% medium or high preference) with almost three quarters also wanting mid field positions.

Age/category results were given a high rating by almost 40% and a factual report by 52.49%. 43.53% had a high preference for a short general report while over half (51.24%) wanted brief coverage of a lot of races. Detailed coverage - meaning fewer races covered - was rejected by a remarkably similar 51.24%. The results being up to date was a medium or high preference for over 87% while, despite some eloquent comments, only 8.71% were not bothered if results were not up to date.

A selection of comments is printed on page 8 & 9.

# Survey:Comments

The following are a selection of the comments received; they reflect a wide range of viewpoints and any further comment from me would be superfluous.

The Fellrunner stimulates entry and interest in fell running. I look forward to reading it.

**- Robert Harrison**

I feel that The Fellrunner should be replaced by a more frequently produced newsletter and Up and Down should be allowed to fulfil The Fell Runners previous role as is the current tie up between BOF and CompassSport.

**-John Armistead**

Both mags are excellent and very readable - which is more than can be said for "Climber & Hillwalker" and "High" - what a bore they have become in recent years.

**-Michael Milmo**

I came into the sport through orienteering and hope that it does not go the way "O" has. In a word, it has become elitist. Fellrunning remains informal, friendly and generally with reasonably small fields of entrants. I hope The Fell Runner continues to cultivate this, rather than pushing World Cups and the like.

**-Bryan Hardaker**

I think more members, including myself, should consider contributing articles. I do subscribe to Up and Down and in no way do I think they should merge.

**-Stuart R Lowe**

I believe there could be a merger in a couple of years if Up and Down survives. The main consideration must be how best to serve the membership.

**- Alan Backing**

Generally good, balanced coverage

**- Eric Birtwistle**

A combination of The Fell Runner and Up and Down would be great

- The Fell Runner is sometimes a little too serious - running is for fun

**-Roger Hargreaves**

Up & Down may be more up to date with results but it does not ask to be kept on a shelf. Casual readers always comment on the high quality of The Fell Runner.

**- John Eckersley**

If merging The Fell Runner and Up and Down results in a more frequent and up to date supply of fell running interest, as well as giving air to the latest committee news, then the merger can only be of benefit to FRA mem-

bers, provided the membership fee is kept at a reasonable level.

**-David Waddington**

Currently The Fell Runner is for runners. The risk of merging with Up and Down is that it will become a commercial enterprise like other running mags aimed primarily at selling 'gear' to runners i.e. exploiting them whilst purporting to serve them.

**-Mark Benson**

Why do Up and Down want to merge, is it just to gain an existing market?

**-Anon**

Fellrunning is becoming too self-important, pompous and elitist

- missing the point of where it came from and what it's for. International activities are by far the most insignificant and least important to the grass roots of fellrunning.

**-Anonymous LDWA member**

It may be that Up and Down could be useful in the results area but the FRA must issue THE newsletter. Increased subs are not unacceptable.

**-Paul Turner**

Less international news, adolescent standard poetry, toilet humour and articles of "I'm a loony to do this running lark, but..." especially when it often spoils an account of a very creditable achievement.

**-John Ritchie**

Revert back to the original size to give the mag a more personal feel

**-Len Farnsworth**

I would like to see a single annual issue of The Fell Runner, a 'Review of the Year' type mag. Simple newsletters can be used to communicate the day-to-day admin to the members

**-Richard Sewell**

Maybe just a facelift is required to encourage more members to devour its contents.

**-Lavinia Evans**

How about synchronising publication with Up and Down so that we get nine issues at six week intervals?

**-Colin Pritchard**

Please don't go commercial. My observation is that the sport is rich in characters. Highlight them!

**-Barry Tyson**

Generally, it's a good read and pretty inspirational but, speaking as an ex-journalist and average reader the layout is terrible.

**-Richard Lehnert**

I'm keen to see the various sections of the sport catered for from



'elite' to 'bumblies'. The sport shouldn't fragment into 'them and us'. The Fell Runner has a part to play in preventing this.

**-John Coon**

I like BOTH and need BOTH and pay for BOTH!!

**-Michael John Fry**

Please keep politics out (of whatever hue).

**-Nigel Pratten**

Would prefer more concentration on the domestic scene and less on the World Cup but realise this is my own biased point of view since I have no aspirations - or capabilities - to run such short distances.

**-Alison Wright**

There is, should and always will be a distinction between a journal which has its roots as an Association organ and a magazine whose guiding ethos is that of journalism. Both are needed, both should remain, distinct.

**-J. Kyle**

If it disappears as we know it there will be very little chance of it ever being resurrected....Why not have an issue of photographs only?

**-Wayne R Brown**

Both are excellent publications in their own right with each issue eagerly anticipated.

**-Victor Marcinkiewicz**

I really do feel 'Joe Average' should receive more space. The best most of us can hope for is a spot prize; the chance of fame in the mag would make the agony worthwhile!

**-Ian Speight**

Specialise in reporting fellrunning without getting flashy

**-Gary McMahon**

Results are an essential part of the magazine

**-Mike Meysner**

Please, no more triathlon news, race histories, the highly offen-

sive and pathetic Brasher - Disney dramas

**-Colin Valentine**

Maybe FRA members could have discount on subscriptions while Up and Down still goes on general sale although it is nice to have a magazine for members only with committee news etc,

**-Julie Laverock**

I find the black and white prints enhance their appeal, specifically the winter shots

**-Ian Barber**

The style would benefit from a shift back to that established by John Reed

**Andrew J Walmsley**

Some CO-ORDINATION would be sensible

**-Peter Smith**

OK, we are all serious runners, but what are the bits you remember? A friend attempting to SWALLOW a bum during a roasting hot Moffat Chase etc. The older magazines seemed to reflect this - or am I not taking my running seriously enough?

**-Peter Mackie**

My involvement with our sport is like most - a profound love of the hills, not a view of them as a race track. Hence more on the medium...

**-David Unwin**

The Fell Runner isn't cluttered up with useless advertising, the products of which many of us do not want and cannot afford ... all results are out of date, whether one week, one month ...

**-Ken Westley**

Keep The Fell Runner FUN to read

**-Chris Gravina**

...results are eventually in The Fell Runner and if you're really keen you'll be at the race and know on the day!

**-Mike Hartley**

With oversubscribed races already a problem, the last thing we need is possible TV coverage fame, fortune and, of course, drugs! Let those who want national fame take to the road and leave moorland, bog and fell to those who still enjoy the land, relative obscurity and the atmosphere and friendliness of fellrunning.

*-Mark Wood*

I wonder how many fellrunners, like myself, enter very few races, but enjoy 'mountain running' as an individual hobby

*-J.Blunk*

The Fell Runner = Guardian, Up and Down = Private Eye; I enjoy them both but I'm not sure they should merge!

*-Steve Robinson*

I find a certain irony in the demands to keep fellrunning amateur but make its magazine 'professional'. I am content that the mag reflects the approach that most of us have to the sport.

*-Will McLewin*

I'm a former Olympic modern pentathlete (now a has been!) and read the relevant mags for at least five sports. Read what other sports provide before you condemn your own - this is the best by miles!

*-Stephen D Sowerby*

Up and Down is a well presented, professional, interesting magazine to read but is this what fell running needs? A mag like this can only have a detrimental effect on my sport; increased publicity means increased fields

and commercialism, access conflict, bureaucracy etc.

*-John Wooton*

Competitors can get results on the day or send for them, so we don't need them in the magazine.

*-Richard Graham*

I just don't know why someone wants to change an excellent magazine!

*-Tommy Parr*

I reckon they all end up the same after a period of 'bright revitalisation'. Something to do with human nature...

*-Stella Lewsley*

The Fell Runner is obsessed by competition and is really the Fell Racer. What about training or just

sheer enjoyment of running the fells for their own sake?

*-Ken Elliot*

Whichever way the decision on the magazine goes, I wish the FRA committee luck. It seems that the sport has reached an important crossroads with issues such as access rights and impact on the environment coming to the fore

*-Kevin Walker*

The competition for the questionnaire 'drawn from the hat' was won by Jon Smith of Calder Valley Fell Runners, a junior who has opted for one of the 21st birthday commemorative T shirts rather than free membership. This will be in the post as soon as we have them, Jon.



"Ladies First" - crossing Bronte Bridge in the Howarth Hobble.  
Photo: Steve Bateson



.... and the professional climb up the other side  
Photo: Steve Bateson

### APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

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

#### MEMBERSHIP BENEFITS

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

A very competitive 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



# Dave Cannon's Race

*It was a pleasure to see BILL SMITH up and running again after a 17 month lay off; his run at the Shining Tor race will hopefully be followed by many more. The author of "Studmarks" writes:*

A new race appears in the FRA fixtures list this year on the last Saturday of August, the 31st: the Dufton Pike Fell Race which is run in conjunction with the local agricultural show. Dufton Pike is one of the shapely volcanic hills on the edge of the Pennine escarpment in Northeastern Westmorland whose outline will be familiar to Pennine wayfarers. The steep, grassy one and a half mile course involves a climb of 1,050 feet which is just about runnable all the way to the top and in full view of the showfield.

The first amateur race actually took place last year when, due to lack of publicity, only eight ran, six of them internationals, of whom the fastest was Horwich's Paul Dugdale in 16.04. In common with such other amateur events as Lattrigg and Bumsall, however, it was formerly run professionally, the last occasion being in 1989, though it was two years earlier that the record of 17.35 was set by Steve Carr of Oxenholme, a double Grasmere winner and three times professional champion. An earlier winner, back in the 1950s and '60s was the legendary Caldbeck shepherd, Bill Teasdale.

Another legendary figure in the annals of fellracing is the event's present organiser, Dave Cannon, who lives just a few miles away at Appleby. Dave won the first official FRA championship in 1972 and is still regarded as one of the sport's greatest ever descenders. As a young lad competing in both junior guides races and similar AAA governed events - which was quite legal, incidentally - the only rival who could take his measure on a steep descent was the New Hutton fanner, Tommy Sedgwick, now of Burton in Lonsdale.

Cannon won a number of senior amateur races while still an intermediate as a member of Kendal AC, which both he and Sedgwick had joined, though Tommy soon left to continue his illustrious career as a guides racer. Included amongst these victories were such prestigious events as Bumsall, Pendle, Thievely, Rossendale and Harden Moss. He actually gained two victories each at Bumsall and Thievely, and three each at Harden Moss and Pendle, also achieving hat-tricks in the Fairfield and Skiddaw races.

However, the event on which Dave really stamped his authority was the Ben Nevis. He



*Dave Cannon (left) racing Steve Kenyon (Bolton) down Weets Hill in the 1974 Barnoldswick Fell Race. Kenyon was a top road runner but had this been a rough, steep fell race, he wouldn't have been within shouting distance of Cannon. Photo by Bill Smith.*

placed second to Jeff Norman in 1970 and then won 5 of the next 6 events, finishing third to Harry Walker and Bobby Shields in 1973. His last three victories were, surprisingly, achieved after he'd virtually forsaken fell running to concentrate on road racing in order to further his ambition of gaining an international vest. Yet his fastest time of 1.26.55 was attained in the 1976 race and for seven years this record withstood the onslaught of such formidable mountain runners as Alan McGee, Billy Bland, Colin Donnelly, Bob Whitfield and Kenny Stuart. Bland came within one second of it and Whitfield within two, but it was not until the 1983 race that John Wild set a new mark of 1.25.35. The only record of Cannon's to be listed in the FRA fixtures handbook these days is his 1983 time of 22.53 for the C category Penrith Beacon Hill Race.

Dave never realised his potential as a long distance fellrunner, competing in only three events before turning to road racing. These all took place in 1972: the Three Peaks from the Hill Inn in which he blew up and retired at Ribbleshead; the Chevy Chase, in which he placed third to Jeff Norman and Norman Carrington; and the Ennerdale Horseshoe, where he again took third place, this time to Jos Naylor and Dennis Weir after blowing up in the latter stages - though Jos was by then well away!

In 1975, Dave joined Gateshead Harriers, a noted road running club, and Gordon Surtees, his trainer for the previous ten years, warned him

that unless he gave up fellrunning, he would never succeed at the Marathon. Two years later his ambition to gain international honours was realised when he won the AAA marathon championship and developed his reputation as a top road racer.

In 1986, unfortunately, Dave had to pack in running due to having contracted the M.E. virus: post viral fatigue. He then turned his talents to coaching and is now the highly successful trainer of such prominent Northern athletes as Paul Dugdale, Kenny Stuart and Dave Swanston (Copeland).

A story illustrating Dave Cannon's descending prowess, told to me some years ago by Scottish hill runner Jimmy Jardine, will prove a fitting conclusion to this profile of the athlete. It concerns the late Jim Logan, the noted Scottish athletics journalist, going to watch the Camethy Hill Race one year (the old course over Scald Law and Camethy in either 1972 or '73): "He installed himself on the scree near the top of the hill to take an action photo of the runners coming down. He heard them coming, but by the time he had lifted his camera, Dave Cannon was near the bottom. Jim was utterly astounded!"

NB: Dave says he has good prizes, including £70 value for the winner, and there is also a junior race.

**Bill Smith**



# Zermatt-World Cup 1991 September 7-8

Fra Coach Trip September 4-10

Intasun and Club 18-30 are no more but the FRA World cup Travel Service continues into its third glorious year. Unfortunately your genial courier of previous years, Selwyn, has found an excuse for passing the highly sought after job to me, Alan Judd.

The arrangements will be similar to last year's Austrian trip with the outward journey starting on the morning of Wednesday September 4 and the return leaving Zermatt on the morning of September 9 arriving back home on the 10th (4 nights in Zermatt).

The cost should be around £70, as last year, but that and the other details still remain to be confirmed. At the moment it seems likely that we will be using a different coach firm as last year's one left something to be desired, especially on the homeward journey.

As for accommodation the choice appears to be the YHA in Zermatt, a campsite a few kilometres down the valley or the usual range of B & B, self catering or hotels.

As part of the F/A trip we have made a firm booking for 24 places at the YHA at a cost of approximately £ 12/night for bed (including sheets, duvet and pillow), breakfast and evening meal. This is good value especially as the hostel is close to the town centre and the race start. The only pos-

sible drawback is the supposed 10.30pm closing time on certain nights but luckily the hostel manager seems to be open to negotiation on this. If more than 24 people want YHA places we should be able to arrange this as long as you let me know soon enough.

Since the event is over a weekend it will be very difficult to obtain self-catering apartments just for that period as most of it is let on a weekly basis, Saturday to Saturday. However, if you intend to travel independently, or if you want to stay in an apartment, B & B etc. please write to Pauline Imboden, Matterhorn Holidays, Auf dem Sand, 3920 Zermatt, Switzerland to make arrangements.

As in previous years arrangements will be made for pick-up points on the outward journey probably starting at Kendal and working south via Leeds and the M1 to Dover.

Places on the coach and at the hostel will be first come first served, so if you are interested please let me know as soon as possible in writing with a S.A.E. for me to send you the details when they are fixed.

No money yet please!!

(Address, 32 Hollin Lane, Leeds LS16 5LZ. Phone (after 7pm) 0532 743364).



## 1 Year Old . . .

# . . . and Growing

The lively newcomer of 1990, *Up & Down*, is now a lusty one year old. Our watchwords in that year have been quality original writing, lots of top class photography and the best and most informative presentation we can achieve. Judging from your letters we must be doing something right. Here's an example:

*We have just renewed our subscription to "Up & Down" and wish to let you know how much we enjoy reading the magazine. We scour the race reports for successes by club members (Pennine), discuss the photographs (. . . 'so that's Andy Trigg . . .') and study the training recommendations (I knew we were doing it wrong!). "The Felltemative" is excellent.*

**Lucinda & Geoff Hodges  
Macclesfield**

The secret is our commitment to our readers. We cover both codes, all home unions; news, race reports, training advice, injury clinic, personality and race profiles, dips into the archives, comprehensive fixture updates from all over the UK; and all forms of mountain marathons, mountain triathlons, sailing and running duathlons, trail racing and so on. All supported with literally dozens of photos and a worthwhile prize competition each issue, and our lively look at the other side of fell running "*The Felltemative*"

We're one year old now. So why not join our party by becoming a reader. The cost? Still just a tenner, the best bargain you'll find in running.

### Snippets

Some years ago I picked up a tip about night vision. After dark NEVER look directly at anything you want to see. Your central vision is excellent in good light but poor in low light. By 'aiming off' you allow your peripheral vision, which while less acute in good light is better able to handle poor light, to operate effectively. But be warned! If you're using a powerful headtorch, don't look directly at anything reflective i.e. your watch, compass or plastic cased map. It can be painful and an after image can result for quite a while afterwards.

*Bill Houlder*

## What a Load of .....

Do you lady fell runners know what you're missing?

Is your linguistic development being hampered by your sex?

Standing idly in the inevitable queue for the ... um ... facilities 15 minutes before the start I had nothing to do but listen. Some of the noises came from peoples mouths!

The incongruity of the speakers words and their appearance was striking. There they stood, craggy, weather-beaten hard men - world-wise and macho. And every time another one arrived, out popped another mumbled euphemism, straight from the nursery. But what a richness of utterances:

"Is this the queue for the stand ups?"

"Are you waiting for the stalls?"

"Is this the big jobs?"

"Are you just having a splash?"

"Are you all waiting to go

properly?" (!)

and the most popular phrase:

"Is this the queue for the ... er ... um ...?"

On and on they went. Each one different, no-one using either a good old Anglo-Saxon word "having a shi—" or "waiting for a cr-" or being formal - "Is this the queue for the lavatory?" Why not?

So ladies, does your lack of separate 'ones' and 'twos' facilities (see, I'm doing it myself now) mean a lack of variety in your pre-race encounters or are we men missing something just as enriching?

And fellas, how about developing a Fell Runners In Toilet Guide - what phrases have you heard?

**Andy Blanshard**

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THE PACE SETTERS FOR STRENGTH AND ENDURANCE

## Championship

### Current Championship Positions

After 2 British, 2 English and 2 junior championship races, the competition is starting to hot up. Keith Anderson leads the chase with a first at Scree Hill and a 3rd at Stuc a'Chroin, giving him 60 British Championship points.

Andrew Peace is hot on his heels with a 4th and a 1st to be on 59 points. Just 5 points adrift is Gary Devine on 54. Some of the big guns (Donnelly, Livesey, Patterson, Hawkins) have, however, only completed one race as yet and could well become contenders.

In both the British and English Vets Championship, Bob Whitfield is out on his own with maximum points with Robert Taylor his nearest rival on 14 points in both Championships.

The Vet 50 positions may be subject to change as some supervets may be undeclared on the Stuc A Chroin results but currently it looks as if Roger Bell and Alan Evans - with a win and a 4th each - share the lead on 19 points, Andrew Philipson chasing with 14. Bell is untouched in the English with a maximum 24 points.

Peter Dymoke, with two seconds, leads the English Seniors (58 points) with Gary Devine (54) hard on his heels. Marco Cara and Gary Wilkinson share 3rd on 45 points. Again, some of the big guns (Livesey, Bergstrand, Peace) have only one counter so far.

Trish Calder is 7 points clear of her nearest rival in the British with maximum points to Clare Crofts' 17. Crofts leads the English with two seconds giving her 18 points, Janet Kenyon just 3 points adrift. Penny Rother and Jackie Smith share 3rd place in the British but Smith has it all to herself in the English with a similar 12 points. She also leads the English V35 with maximum points while Calder, of course, leads the British.

The junior competition is dominated by William Styan who has won both events - at Buttermere and Simons Seat.

R. Moss of Bingley is in second with 15 points with Horwich's R. Hope on 13 in third position. Styan's major rivals next year are not old enough to qualify for points this year (see Junior section) but there is future championship material there!

Helen Berry of Holmfirth Harriers has won both the junior girls events.



Keith Anderson on his way to maximum points at Scree Hill.

Photo: Bob Geddes, Solway Press Services.

## SIMON'S SEAT

18.5.91 3.5m 1350ft AS

John Taylor had an easy victory, finding that his lungs and legs were still up to the 'proper' fell - this being his first outing on it for some time due to a rash of injury niggles. After the crowded start he eased his way into second place through the little wood and then "I found that I was running quite easily, so decided to take the initiative. When you feel that you've got it, you might as well go for it!" By the top of the climb only Peter Dymoke and

Gary Devine (sporting the usual shiner) were in contention ana by the end of the second ascent John was well clear. "I did lose a few seconds on the descent by nearly taking the alternative route round the wood instead of through it, but corrected in time" commented John. Just in time to take the record by 4 seconds.

Anne Buckley won the ladies race, more than a minute ahead of Dark Peak's Clare Crofts.

## Stuc a 'Chroin

4.5.9113m 5000ft AL

### (Peace Breaks Out!)

"He had a right evil look in his eye when he went past me - the others were just hanging on." This is the description of Andy Peace on the final climb of the excellent Stuc a Chroin Race before he flowed away to a 44 second victory over arch rival, not to mention drinking buddy, Gary Devine.

Scotland enjoyed a heat wave for this second visit in a fortnight by fell running's elite and the hospitality laid on by race organiser George Coppock made the long journeys all worthwhile. Bob Whitfield certainly thought so as he sped over the rough tussocks and heather to win the vets race by 6 minutes from departing Editor and elegant cover-boy Blair-Fish.

Trish Calder all too predictably took the Ladies race together with the Ladies vets section, although Clare Crofts returned to something like her old England form to come within 5 minutes of upsetting the form book. The Women's Championships are really coming alight this year with unprecedented fields in both races thoroughly vindicating the decisions to start team and vets events. Ambleside consolidated their lead in the team sector by pipping Dark Peak who had Jacky Smith following Clare Crofts into third place but couldn't close a third counter quickly enough to stop the close packing Cumbrians.

Their male counterparts had three in the first seven but couldn't prevent the Pudsey hordes from gaining their second straight victory and looking odds on to regain their title. Disappointment too for Ambleside's great white hope, Keith Anderson, pushed into third place, he now leads the hunt for the British Championship by a single point from Andy Peace.

In the supervets group Alan Evans enjoyed a supreme run over the rough terrain to net 39th place and a fine trio of Scottish malts. Not good enough to give him the lead overall however as clubmate Roger Bell hangs on, despite a heavy cold.

Rumours that the race was earlier in jeopardy due to Peace's "handy" intervention in a pool game between the summit marshalls have yet to be confirmed. It is understood however that Keith Anderson may have regretted his diplomatic skills when the Bingley man left him for dead up the final incline.

The big names will now be resting up for the next 'gig' in mid-June when the show hits Bethesda. Watch this space!!

- Ambler

## Comment on Kentmere

7.4.9112m 3300ft AS

I recently had the pleasure to travel with clubmate Pete Marshall to Kentmere to experience a large English fell race. The organisation and atmosphere were good and PB had his work cut out at 500 runners+, with a slightly delayed start.

It was a good run-out in fair conditions, a bit windy and cool with it rather wet underfoot - I sincerely hope that we didn't hammer the course too much, but the boggier bits must be in a state - the 30 - 40 boys in front of me left their marks and I'm wondering what the 460 runners behind did ?!!

Anyway, I enjoyed meeting 'me old mates' again, many after the 'winters break' from racing in hills and mountains for 4 - 5 months... tongues nearly as tired as legs. The route isn't a classic but I'd like to trot round it in the summer and try to admire the fine views, which I didn't see during the race.

Maybe "Scoffs" idea of an immediate re-run of the course would be good right enough - at half pace, reverse direction, off the beaten (thrashed?) track to re-view the course....?

Denis VW Bell

## .... and from the back

A novelty - a long marked course! More than that, bottles of Highland Spring Water in strategic places on what, apart from the obligatory Scottish Forestry track sections, was a very rough course. In fact it should be said right from the outset that the time and effort that the organisers had put into the race was staggering!

The course included a Jura like climb of Ben Each before a two mile rocky ridge climb to the summit of Stuc a'Chroin returning the same way but contouring around and down Ben Each on a steep grassy path.

This competitor, who had become somewhat detached by now, was therefore able to see quite a lot of the race. Andy Peace proved something of a point, winning a Long A when everyone had thought he was suited to shorter and smoother races. Gary Devine obviously, like most of the Pudding and Bramble Runners, relished the conditions; also good to see Jack Maitland back. What's this - John Blair-Fish, second VETERAN, it's about time he grew up! And here comes Tricia Calder, at this stage one place in front of Gavin Bland with Clare Crofts still in touch. Alan Evans is having the race of his life.

The parade eventually passes as I make my way to the summit a few minutes behind Dick Wall doing a new line in 'Asterix the Scott' impressions.

A fairly solitary return to the finish and a chance to look about at the neighbouring hills on this sunny Spring afternoon.

The marshals are still in place, still some water left, but I am now a knackered detached observer. Not my day but a great way to spend an afternoon.

B.Ackmarker

## Scree Hill

20.4.91 4m 1300ft AS

Not a bad course for a field of 100 competitors, but far too congested with three times that amount, the narrow forest path a mile from the start felt positively claustrophobic. The details in the calendar said nothing about bringing a head torch!

To be fair, though, the run along the top of Scree Hill was not without its compensations, and in all honesty who would have expected 300 to turn up at a short race in Scotland.

It was good too to see the benefits of the new ladies team and ladies veteran championships in terms of female participation, forty finishing the race.

Keith Anderson, having recided the course, knew that a fast start was imperative and proceeded to blow the field apart to get even with Colin Donnelly who had beaten him the week earlier in Ireland. Steve Hawkins was a surprise third place.

In the ladies race Tricia Calder showed that she intends to carry on this season where she left off last, despite the best endeavours of the 39 others.

A good day for youth - 13th placed Colin Jones was 17 in March and, providing he keeps away from the longer distances (and the beer & women; I know; Ed) he should have a long and rewarding future in the sport.

B.Ackmarker.

## Rumour has it....

That someone found the hospitality of the pub in Palmachie so overwhelming that they left behind a large Pete Bland Sports sweatshirt (new? won?). Apply to me to get it back or it might turn into a prize! - Editor.



A crowded field for the start of the English Championship race at Kentmere.

Photo: Dave Wood head.

# JUNIOR ROUND-UP



## Stanbury 1991

Photographs, Steve Bateson



### Competition

An FRA 21st Birthday T-Shirt to the first junior and first senior who can correctly identify these three likely lads competing at Stanbury. Entries to the editor before September 6th deadline.

## No New Co-ordinator - or Rules

There is still, as yet, no replacement for John Taylor as Junior Co-ordinator. Pete Watson, a long time FRA member, coach and member of Pudsey & Bramley, came along to the last FRA committee meeting at Simons Seat in order to air his views on juniors but felt that he could not take on the Co-ordinators role due to other heavy commitments to running. He praised the fact that John Taylor had made the Junior Championship more accessible by bringing the numbers down to 5 from 8 and by choosing, on the whole, races that were suitable for juniors. Many junior races on the calendar are still too long or too difficult for youngsters and/or require mountaintcraft; races also seem to depend on the whim of the organiser; perhaps we would see more juniors entering the sport if more appropriate races were organised - a recurring theme in response from the FRA is to look into the possibility of providing firm guidelines for organisers of junior events in a bid to improve the quality for younger runners.

A long discussion also took place at the meeting on the age limit for eligibility for championship points. It was explained that, according to international regulations, athletes (like racehorses) have their birthday on January 1st. This left two up and coming junior athletes in the curious position of having gained their 15th birthday but being ineligible for championship points. The issue was well and truly aired before the committee decided that it would be unfair to others - who might have had a go at the championship had they thought the ruling was different - to alter the regulations in mid season. Whether the rule ought to be changed or not in future years was put down as an agenda item for a future meeting.

## JUNIOR CO-ORDINATOR

still wanted.....

Contact

**F.R.A. chairman Dave  
Hodgson for a friendly chat if  
you feel that you could  
fill the bill.**

Photo: Dave Woodhead

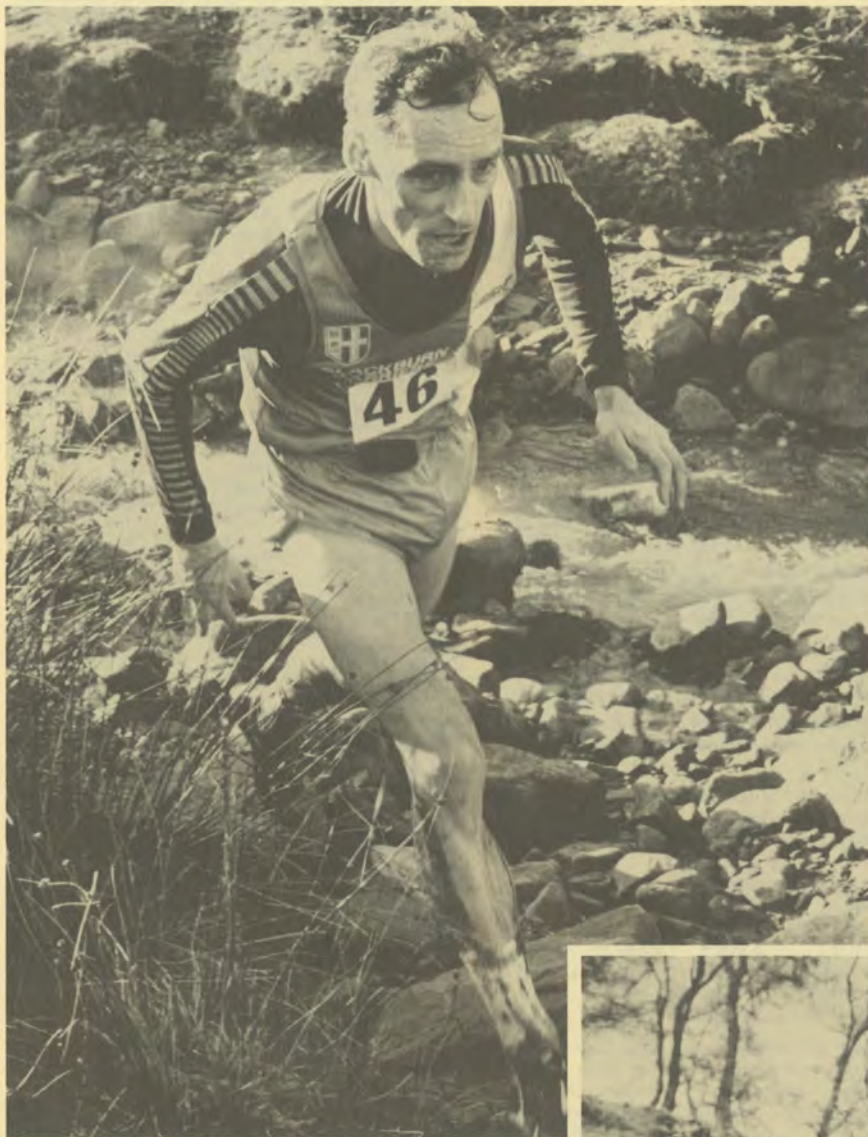


*Under 14 winners of the Stanbury junior race - Stuart Robinson <centre> flanked by Daniel Ford and Victoria Wilkinson.*

*Photo: Dave Woodhead.*







Photograph: Peter Hartley

Graham Schofield crosses Turnhole Clough on his way to the finish of Boulsworth Hill.



Founded 4th April 1970

## Results

Pauline Dare showing why the Stanbury Splash is.....



Photograph: Steve Bateson

## and Reports

from over half  
a hundred races !

## LOGGERHEADS COUNTRY

### PARK FELL RACE

Clwyd

AM/10m/2800ft 4.11.90

This 10 mile course takes in four peaks from 500 ft to 800ft. Conditions on the day were ideal with dry, sunny weather and the going dry underfoot.

The entry of 130 was an improvement of 30 on the previous year with the first three home breaking the course record. Colin Donnelly, the winner, broke the record by three minutes.

One injury occurred and one runner did not complete the course.

John Morris

#### RESULTS

1. C. Donnelly	Eryri	73.20
2. H. Griffiths	Hebog	75.16
3. E. Roberts	Eryri	75.43
4. S. Hughes	Hobog	76.30
5. T. Kelly	Chorley	79.50
6. N. Fish	Unatt	81.35
7. T. Bolland	S'port W	81.58
8. P. Stott	Unatt	82.06
9. D. Marshall	PFR	82.34
10. P. Marsh	TarrenH	82.43

#### Veterans 0/40

1. D. Davies	Hebog	76.55
2. T. Hulme	PFR	79.29
3. J. Morris	Vaux	85.12

#### Veterans 0/50

1. B. Thackery	DkPk	90.57
2. C. Brown	Mercia	96.49
3. G. Clegg	Eryri	98.35

#### Ladies

1. A. Forrest	MerseyT	98.56
2. S. Ingham	Unatt	116.44
3. N. Lloyd	Wrex	117.32
4. M. Woodward	RwacreRJ	118.31
5. L. Hodges	MDCO	124.12

## BLACK LANE ENDS FELL RACE

Yorkshire

CS/5m/1000ft 4.11.90

In the absence of Shaun Livesey, last season's winner, Paul Sheard dominated from the start. He finished strongly with a comfortable lead over Graham Schofield, who improved his 1989 time by almost half a minute when finishing third. Most of the top ten places were held quite easily by the finish.

Roger Hargreaves took away the Veteran's prize, again quite comfortably, as did the other Veteran winners and Lady winner, Judith Johnson.

Conditions were good this year being dry underfoot, although very cold, but all records remain intact.

I wondered on the day whether I had made the right decision to take over the running of the race - participating is actually easier! But I am sure things will go more smoothly next time and this informal, excellent spectator's race could not be allowed to disappear.

Finally, can everyone wear their numbers the right way up next time, and not swap them!

N. Burrows

#### RESULTS

1. P. Sheard	P&B	30.28
2. G. Schofield	Black	30.58
3. A. Whalley	P&B	31.16
4. P. Irwin	Ross	31.24
5. H. Fleming	Amble	31.32
6. R. Ashworth	Ross	31.47
7. A. Peace	Bing	31.55
8. I. Holmes	Bing	31.59
9. R. Jameson	Amble	32.01
10. S. Schofield	Roch	32.11

#### Veterans 0/40

1. R. Hargreaves	Clay	33.57
2. D. Wright	Clay	35.16
3. B. Peace	Bing	35.20
4. P. B ram ham	Craven	36.02
5. J. Dore	Roch	36.28

#### Veterans 0/45

1. K. Carr	Clay	35.01
2. D. Beresford	Clay	37.16
3. C. Taylor	Clay	37.34

#### Veterans 0/50

1. P. Fleming	Horw	36.45
2. J. Sykes	F'dale	38.09
3. H. Manning	Clay	40.10

#### Veterans 0/55

1. D. Barton	Clay	41.35
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#### Veterans 0/60

1. D. Moulding	Unatt	51.44
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#### Ladies

1. J. Johnson	DenbyD	40.16
2. E. Wright	Amble	41.27
3. E. Thackray	F'dale	41.54
4. K. Woolner	P&B	42.05
5. C. Walkington	Clay	42.23

#### Juniors U/17

1.1. Bowden	P&B	10.30
2. R. Hope	Horw	10.55
3. A. Atkinson	Kghly	11.17

#### Juniors U/14

1. D. Hope	Horw	12.33
2. S. Briggs	Kghly	12.52
3. R. Moues	P&B	12.55

#### Girls

1. K. Colley	P&B	13.41
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## CUMBERLAND CHASE

Cumbria

0/10m/3000ft 5m/1500ft 11.11.90

This year's inaugural race from Buttermere Youth Hostel attracted a disappointingly small field. Nevertheless, a good day was had by almost all on the Newlands fell.

Some unusual route choice by Colin Valentine left the race open to domination by two of fell orienteering's old hands with Mile Walford being a clear winner.

The day was marred by a severe knee injury to Tony Cresswell which required hospital treatment but competitors will be pleased to know he is recovering well.

Apologies to those who found the short course too tough. On reflection, I had made this longer than was necessary.

Next year's race will be held from a different venue and will be run on similar lines.

Colin Webb

#### RESULTS - LONG COURSE

1. M. Walford	Kend	2.30.00
2. J. Crummett	CFR	2.39.54
3. T. Bolland	S'port W	2.40.36
4. T. Cresswell	Kesw	2.52.20
5. L. Thompson	Clay	2.53.26
6. P. Davenport	Howgill	2.55.24
7. R. White	Unatt	2.58.05
8. M. Wood	CFR	3.01.31

#### Veterans 0/40

1. M. Walford	Kend	2.30.00
2. J. Crummett	CFR	2.39.54
3. M. Wood	CFR	3.01.31

#### Veterans 0/50

1. D. Hogson	Amble	3.34.01
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#### RESULTS - SHORT COURSE

1. S. Forrest	Wrekin	2.00.45
---------------	--------	---------

#### Veterans 0/40

1. P. Radford	WCOG	2.26.36
---------------	------	---------

#### Ladies

1. J. Sutcliffe	—	2.33.28 (Veterans)
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## PENMAENMAWR FELL RACE

Gwynedd

CM/12m/1415ft 16.11.90

The race began in pouring rain and low cloud and conditions were pretty wet after 48 hours of continuous rain. After 8 miles, competitors faced the dreaded "bog" and in the mist, ended up all over the mountains in North Wales. It was lucky none were drowned finding their way through the "clag". The organisers received calls from Llanfairfechan and Rowen as runners took interesting routes to the finish!

However, it didn't stop Jack Maitland beating local Welsh boys, Hefyn Griffiths and Gary Williams, back to the Fairy Glen and a well earned pint. For the last two years, the race has been won by a runner from across the border - England or Scotland - let's hope 1991 sees a Welsh winner!

C. Jones

#### RESULTS

1. J. Maitland	P&B	
2. H. Griffiths	Hebog	
3. G. Williams	Eryri	

#### Veterans

1. D. Davies	Unatt	
2. R. Skinner	NWPol	
3. M. Jones	Hebog	

#### Ladies

1. S. Farrar	Eryri	
2. G. Cudworth	Hal	
3. E. Dunnington	—	

## ROMBALDS MOOR FELL RACE

Yorkshire

BS/5m/800ft 18.11.90

The strong wind and low temperature made going difficult for contestants.

#### RESULTS

1. A. Whalley	P&B	31.05
2. C. Valentine	Kesw	32.25
3. M. Aspinall	Ross	32.33
4. R. Pallister	P&B	32.46
5. I. Holmes	Bing	32.52
6. M. Peace	Bing	32.58
7. D. Wilkinson	Roch	33.00
8. A. Maloney	Roch	33.07
9. C. Bottomley	Kghly	33.07
10. W. Gaunt	P&B	33.22

#### Veterans 0/40

1. R. Hargreaves	Clay	34.20
2. D. Quinlan	Bing	34.52
3. P. Lyons	Bury	35.12
4. G. Morgan	Hgte	35.17
5. B. Peace	Bing	35.31

#### Veterans 0/50

1. P. Dean	Otley	38.39
2. J. Sykes	F'dale	38.45
3. I. Gribbs	FRA	38.53
4. G. Barrass	Unatt	39.31

#### Veterans 0/55

1. B. Singleton	Clay	56.13
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#### Veterans 0/60

1. E. Frost	Clay	55.00
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#### Ladies

1. K. Drake	Spem	38.25
2. W. Dodds	Clay	40.06 (Veteran)
3. C. Greenwood	CalderV	40.32
4. E. Thackray	F'dale	42.49
5. C. Walkington	Clay	43.49 (Veteran)

#### Juniors

1.1. Bowden	P&B	15.07
2. M. Whitfield	Bing	15.09
3. J. Smith	CalderV	16.49

## ROACHES RACE

Staffordshire

AL/15m/3700ft 18.11.90

A jump in the number of competitors to 292 stretched the organisation and caused a few problems with parking. After next year, we may have to impose a limit and switch to pre-entry. Conditions were very wet underfoot, and cold showers came across during the day, though the hills stayed clear of cloud. John Taylor added to his previous victories, two seconds slower than his record for the course.

Hugh Shercliff

#### RESULTS

1. J. Taylor	Holm	1.51.48
2. A. Trigg	Gloss	1.55.42
3. P. Sheard	P&B	1.55.47
4. P. Brownson	PFR	2.00.47
5. T. Parr	Gloss	2.00.46
6. R. Seager	Cham	2.02.44
7. P. James	SNav	2.03.05
8. M. Chapman	H'gate	2.03.28
9. D. Miller	Mercia	2.03.39
10. S. Willimott	Mercia	2.05.40

#### Veterans 0/40

1. J. Kershaw	Macc	2.07.41
2. R. Edwards	LeicC	2.08.38
3. P. Axon	Mercia	2.11.38
4. R. Ball	gloss	2.14.10
5. N. Sercombe	RollsR	2.14.15

#### Veterans 0/50

1.R. Bell	Amble	2.17.17
2. E. Knight	Mercia	2.28.41
3. G. Charles	Vaux	2.31.21

#### Ladies

1. S. Ratcliffe	Saddle	2.32.16
2. S. Rowson	Macc	2.40.54 (Veteran)
3. A. George	—	2.41.18
4. A. Stentiford	Macc	2.42.00
5. J. Docherty	Saddle	2.44.59 (Veteran)

## WINTER HILL FELL RACE

Lancashire

AM/11m/2700ft 25.11.90

#### RESULTS

1.P. Sheard	P&B	84.33
2. A. Whalley	P&B	84.57
3.1. Holmes	Bing	85.37
4. G. Schofield	Black	85.55

5. W. Brindle	Horw	86.14
6. B. Ashworth	Ross	86.30
7. P. Irwin	Ross	86.50
8. R. Rawlinson	Ross	86.58
9. C. Lyon	Horw	87.21
10. A. Schofield	Roch	87.31

#### Veterans 0/40

1. T. Hesketh	Horw	88.09
2. F. Loftus	Horw	90.44
3. J. Hope	AchR	91.24
4. J. Nixon	AchR	93.01
5. S. Furness	Black	94.23

#### Veterans 0/45

1. K. Carr	Clay	95.59
2.1. Rooke	Kend	96.46
3. D. Kearns	Bolt	99.24

#### Veterans 0/50

1. N. Matthews	Horw	102.22
2. F. Gibbs	Unatt	104.16
3. J. Whitter	Wigan	104.38

#### Ladies

1. K. Drake	Spn	104.53
2. J. Kenyon	Lost	106.11
3. S. Niedrum	LeedsUn	109.42
4. S. Watson	ValleyS	110.46
5. J. Harold	Horw	112.38

#### Ladies Veterans

1. S. Watson	ValleyS	110.46
2. K. Thompson	Clay	114.38
3. M. Chippendale	Stock	117.32

#### Intermediates

1. N. Matthews	Horw	31.43
2. J. Taylor	Clay	32.00
3. B. Taylor	Ross	33.35
4. R. Hope	Horw	35.16
5. M. Moorhouse	Saif	35.36

#### Juniors

1. A. Sellers	Lost	11.02
2. D. Hope	Horw	11.18
3. A. Prendergast	Chor	11.52

#### Teams

1. P&B	43pnts
2. Horw	62pnts
3. Ross	90pnts

## CARDINGTON CRACKER

### HILL RACE

#### Shropshire

#### AM/10m/2600ft 2.12.90

Top British Fell Runner, Colin Donnelly, beat off the Shropshire challenge in this year's Cardington Cracker Hill Race. The Eryri, North Wales, Club runner had a winning margin of almost two minutes in the third year running of the race which attracted over 2000 runners - twice as many as last year.

The early leader was Telford AC's Sammy Stephenson, having his first race since the Sun Life Great Race more than two months ago. But Colin took over at the bottom of the Lawley and was never headed. The battle was going on behind between Mercia's Steve Willimott and Telford's Adrian Pickles, Steve breaking away in the last two miles over the aptly named "Wilderness" to take second place, with Adrian third. Telford's Ian Morris had a fine run to take fifth place. Colin Bell, also of Telford, bounced back into the limelight finishing 10th, despite running in track spikes, with Sammy Stephenson eventually finishing 12th.

Anne Capp, winner of the first race in 1988, came back to win again this year, running almost 20 minutes faster on a slightly shorter course. She clocked 1.37.42.

Paul Rateliffe

#### RESULTS

1. C. Donnelly	Eryri	1.17.29
2. S. Willimott	Mercia	1.19.09
3. A. Pickles	Telf	1.19.37
4. M. Ligema	CroftA	1.20.27
5. I. Morris	Telf	1.20.28
6. R. Day	Mercia	1.21.45
7. T. Heywood	DeeLux	1.22.20
8. D. Millar	Mercia	1.23.03
9. C. Bell	Telf	1.23.07
10. J. Redmayne	Bowline	1.23.12

#### Veterans 0/40

1. R. Dawson	Telf	1.29.39
2. M. Wittering	Huncote	1.32.15
3. T. Thompson	Mercia	1.34.52
4. R. Boulton	Mercia	1.35.54
5. M. Rasgauski	Leam	1.37.06

#### Veterans 0/45

1. D. Davies	Hebog	1.21.57
2. P. Axon	Mercia	1.26.48
3. K. Jones	Telf	1.33.28

#### Veterans 0/50

1. P. Duffy	Aber	1.42.23
2. T. Illston	Bowline	1.48.01
3. J. O'Brien	Huncote	1.48.05

#### Ladies

1. A. Capp	Telf	1.37.42
2. A. Farrell	Wore	1.42.27
3. A. Forrest	Mersey	1.43.24
4. D. Robinson	N'brook	1.43.54
5. E. Evans	NDerby	1.45.06

#### Ladies Veterans

1. E. Jordan	Rowheath	1.54.07
2. C. Folton	DVO	2.03.17
3. J. Witterick	Shropsn	2.10.05

## UP AND DOWN THE STOOP

### West Yorkshire

#### BS/5m/8000ft 23.12.90

#### RESULTS

1. A. Whalley	P&B	29.35
2. I. Holmes	Bing	30.30
3. K. Wright	KHR	30.59
4. D. Woodhead	Horw	31.05
5. D. Thompson	CalderV	31.13

#### Veterans 0/40

1. K. Robinson	Black	33.30
2. B. Crewdson	Black	34.08

#### Ladies

I.E. Woodhead	Clay	44.06
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## WHINBERRY NAZE DASH

### Lancashire

#### BS/4.5m/750ft 26.12.90

The Mayor was most impressed with the quality and quantity of the fancy dress runners. A lot of work and imagination went into the fancy dress and the organisers were most appreciative. This is what makes this event unique, in all seriousness, it's a bit of fun.

The weather for the race was particularly atrocious with strong winds and driving rain ruining many a fancy dress, and the tubes of Smarties handed out by Santa at the summit were well waterlogged before the finish!

The race proper proved to be the usual close battle. Congratulations to Graham Schofield for taking the honours this year.

The City Gents from Pudsey & Bramley, complete with bowler hats, brollies, pin stripe suits and the Financial Times were superb and they did walk the whole of the course with slightly soggy suits at the finish!

The organisers were not amused, though, by the parents of two well under-age girls who were entered and ran in an over-distance race in particularly bad conditions. The matter is in the hands of the FRA Committee.

Graham Wright

#### RESULTS

1. G. Schofield	Black	27.00
2. R. Jackson	Horw	27.12
3. I. Holmes	Bing	27.15
4. M. Aspinall	Ross	27.27
5. S. Jackson	Horw	28.10
6. T. Hesketh	Horw	28.16
7. M. Peace	Bing	28.21
8. J. Hope	AchR	28.23
9. P. Pollitt	Bolt	28.26
10. M. Keys	Ross	28.35

#### Veterans 0/40

1. T. Hesketh	Horw	28.16
2. J. Hope	AchR	28.23
3. K. Taylor	Ross	29.40
4. H. Waterhouse	Saddle	29.51
5. J. Eaton	Ross	30.23

#### Veterans 0/45

1. P. Lyons	Bury	30.16
2. K. Carr	Clay	30.19
3. B. Jackson	Horw	31.49

#### Veterans 0/50

1. T. Eckersley	Saddle	33.11
2. B. Thackery	DkPk	34.19
3. P. Duffy	Aber	35.20

#### Ladies

1. L. Warin	Skip	37.28
2. D. Fleming (V)	Ross	37.42
3. J. Bugler	Old	39.43
4. J. Keys	Ross	41.19

## GUISBOROUGH WOODS

### HILL RACE

#### Cleveland

#### BS/5.7m/1000ft 27.12.90

The race started in a semi-blizzard and I thought we might be in for some real fun, particularly as the wind was howling with gusts up to 80 m.p.h. It soon calmed down to strong wind and an occasional flurry. This left a nice "frosting" of snow on the ground to aid the picture postcard effect.

I knew that times were never going to be fast this year as in the dense forestry section, sixteen large trees had fallen completely blocking the main path and so forcing competitors to climb, crawl, jump, duck and generally deviate round these new hazards.

At the first climb, Gary Devine had moved into the lead closely pursued by Alan Whalley, Willie Gaunt and Marco Gara. At the two mile mark, Gary had opened up a 10 metre gap with Marco in pursuit followed by Alan and Willie now strung out, with gaps developing. At 3 miles, Marco shifted gear and opened up a gap of 50 metres by 4 miles having caught Gary at the Quarry. Marco eventually ran out a comfortable winner with the Pudsey & Bramley men packing well. Peter Connor and Ray Stephenson continued the Mandale individual honours by winning the Over 40 and over 50 Veteran's races.

In the female event, Sheila Wright continued her excellent form to take the principal honours from Joe Schreiber of Leeds University.

In the Junior men's race, the Mandale trio of Derek Fielden, Chris Pennington, and Andrew Parry were the first three.

David Parry

#### RESULTS

1. M. Carva	Mand	38.16
2. G. Devine	P&B	39.20
3. A. Whalley	P&B	39.33
4. W. Gaunt	P&B	40.03
5. N. Preston	R'mond	40.13
6. S. Purkis	R&Z	40.48
7. P. Connor	Mand	40.56
8. K. Wood	Salt	41.24

#### Veterans 0/40

1. P. Connor	Mand	40.56
2. T. Mortlock	R&Z	42.32
3. J. O'Kane	Shildon	44.08

#### Veterans 0/50

1. R. Stevenson	Mand	49.05
2. D. Noble	CLOK	50.14
3. F. Lupton	Whitby	56.07

#### Ladies

I.S. Wright	Mand	47.10
2. J. Schreiber	LeedsUn	52.07
3. J. Nicholson (V)	Rown	59.19

#### Juniors

1. D. Fielden	Mand	42.10
2. C. Pennington	Mand	43.08
3. A. Parry	Mand	46.38

## CAPTAIN COOK

### NEW YEAR'S DAY RUN

#### North Yorkshire

#### N/5.5m/750ft 1.1.91

#### RESULTS

1. R. Bergstrand	29.36
2. J. Taylor	29.51
3. M. Cara	30.07
4. G. Barnes	33.12
5. S. Backhouse	33.19
6. S. Bell	34.02
7. D. Woods	34.02
8. C. Pennington	34.04
9. P. Kelly	34.26
10. C. Webb	34.38

#### Veterans

1. P. Kelly	34.26
2. J. O'Kane	35.10
3. C. Woodall	36.10
4. R. Howarth	36.41
5. D. Middleton	37.00

#### Ladies

1. S. Wright	37.38
2. G. Hale	38.25
3. M. Roberts	41.41
4. K. Proctor	42.46

#### Ladies Veterans

1. B. Kettle	47.16
2. C. Richardson	49.00

#### Juniors

1. J. Woodall	36.07
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2. G. Hine	40.06
3. O. Brown	41.06
Juniors Ladies	
1.R. Jaques	49.26

**NINE STANDARDS FELL RACE**  
**Cumbria**  
**CM/8m/1800ft 1.1.91**

Athletes of international standard contested the leading positions in the third running of this event from Kirby Stephen.

Former Swedish-based orienteer, Steve Nicholson, ran an excellent race in strong wind, rain and heavy ground to finish only 7 seconds outside the record set last year by John Taylor. He was chased by Peter Holdsworth, apparently visiting the area over the holiday period.

Ruth Pickvance, racing within a few miles of her new home, was given a good run by the presence of our leading international orienteer, Yvette Hague. Ruth had only a little more than one minute in hand over Yvette at the finish. Yvette was third counter for the Livingstone team which was only two points behind local club Kendal, led to victory by first veteran, Mike Walsh.

*Tony Richardson*

**RESULTS**

1. S. Nicholson	SLOW	55.55
2. P. Holdsworth	Asppt-Gren	56.56
3. P. Hague	Liv	57.43
4. W. Ramsbotham	Liv	58.42
5. S. Barlow	Horsw	58.45
6. D. Moseley	Sale	59.33
7. M. Walsh	Kend	59.44
8. J. Hooson	Holm	60.44
9. R. Unwin	CFR	60.50
10. C. Giltrow-Shaw	Clay	61.37

**Veterans 0/40**

1. M. Walsh	Kend	59.44
2. M. Hudson	Kend	63.40
3. L. Stephenson	Kend	65.51

**Veterans 0/50**

1. C. Brown	Mercia	76.37
2. J. Newby	Tod	82.39

**Ladies**

1. R. Pickvance	Kend	68.34
2. Y. Hague	Liv	69.40
3. D. Varney (V)	Kend	79.50
4. K. Cameron	Howgill	88.58

**CHASE TRIG POINT RACE**  
**Staffs**  
**CM/15m/1500ft 5.1.91**

This year's race was almost cancelled when I went down ill with flu and a chest infection. Luckily, at 7.30 p.m. on Thursday evening, Nick Kingston agreed to take over as race day organiser.

The race itself was as exciting as ever. Six people broke away and two previous winners, Jonathan Forster and Dave Troman, Stephen Palmer and Paul Cadman desperate to win, and new to course, Andy Trigg and Nick Pugh, fit and looking for victory. As they crossed the road to Moors Gorse for the first time, they were together but the different route choices to Castle Ring and from Brereton Spurs to Moors Gorse, saw Dave Troman back to Moors Gorse first, followed by Stephen Palmer with the chasing four close behind. Dave pulled away up Marquis Drive to be 1.1/2 minutes clear at the last checkpoint and win by just over two minutes. Another victory for Dave Troman who is very fit and helped Mercia win the team trophy with support from Stephen Palmer and Paul Cadman. The second team was Erewash Valley.

The Ladies' race saw local girl, Christine Kilkenny, pull away from the start and win comfortably from Elaine Statham and Angela George. This was a good women's field but illness and injury prevented them from running to their true form.

The finish clock, unfortunately, went wrong and we lost all the finish times after the first ten. I hope this did not spoil the event for you.

Snow. Will it ever come on the day?

*Richard Day*

**RESULTS**

1. D. Troman	Mercia	1.28.45
2. S. Palmer	Mercia	1.30.03
3. N. Pugh	TKOK	1.31.39
4. P. Cadman	Mercia	1.33.32
5. A. Trigg	Gloss	1.33.42
6. J. Forster	Mercia	1.36.03
7. M. Seddon	Gloss	1.37.19
8. I. Morris	Telf	1.37.29

9. T. Mayfield	Erewash	1.37.39
10. M. French	StaffH	1.38.55

**Veterans**

1. T. Longman	Huncote
2. P. Axon	Stone
3. L. Badger	Stone

**Ladies**

1. C. Kilkenny	CannS
2. E. Staham (V)	Stone
3. A. George	Unatt
4. H. Diamantides	Amble
5. A. Stanford	Macc

**CARRAGHYN**  
**I.O.M.**

**AS/2m/1100ft 6.1.91**

The first event in this year's Manx Fell League was won by Foxdale farmer, Keith Callister. After a slow start, Keith soon headed the field for a comfortable thirty second winning margin from come back man, Tony Rowley, with former fell champion, Tony Varley, third.

Fortunately, the severe gales of the previous day had subsided giving as fine a day as one can expect in January.

*T. Varley*

**RESULTS**

1. K. Callister	Manx	18.00
2. T. Rowley	Manx	18.30
3. T. Varley	Manx	18.47
4. J. Crellin	Manx	19.38
5. D. Young (V)	Manx	19.50
6. D. Corrin (V)	Manx	20.05
7. P. Curphey	Bound	20.31
8. S. Temple	Manx	20.48

**BOULSWORTH HILL**  
**FELL RACE**  
**Lancashire**

**BM/6.5m/1200ft 12.1.91**

Ideal conditions saw 223 entrants set off in the fourth running of this event. After two miles, Gary Devine had opened up a 80 yard lead on Schofield, Lyons, Orth and Kirkbright. He then missed the turn up onto the fell road and dropped back to 9th position by the time he rectified his error.

By the summit of Lad Law, he had regained his lead and went on to win by half a minute over last year's runner up Graham Schofield who, in turn, had a half minute advantage over last year's winner.

In the ladies race, Kath Drake and Carol Greenwood (two times winner) were shoulder to shoulder until the climb up to Lad Law. On the climb, Kath broke away to open up a two minute advantage over Carol, who had in turn 40 seconds in hand over Linda Lord, who took third place.

Due to limited parking, it may be necessary to impose a limit, if the race continues to grow in popularity. I shall have to see how it goes in 1992. Please endeavour to share transport whenever possible.

*D. Thompson*

**RESULTS**

1. G. Devine	P&B	48.54
2. G. Schofield	Black	49.25
3. C. Lyons	Horw	49.55
4. J. Emmott	KHR	50.25
5. K. Wright	KHR	50.45
6. D. Orth	Clay	51.01
7. K. Johnston	Ryhope	51.28
8. D. Thompson	CalderV	51.38
9. D. Woodhead	Horw	51.54
10. G. Kirkbright	P&B	52.13

**Veterans 0/40**

1. R. Hargreaves	Clay	52.55
2. K. Taylor	Ross	53.04
3. B. Mitchell	Clay	53.52
4. P. Lyons	Bury	54.44
5. K. Carr	Clay	54.53

**Veterans 0/50**

1. R. Bell	Amble	58.34
2. L. Sullivan	Clay	60.22
3. R. Hill	Clay	62.03

**Ladies**

1. K. Drake	Spn	60.16
2. C. Greenwood	CalderV	62.27
3. L. Lord	Clay	63.07
4. E. Wright	Amble	64.05
5. A. Isdale	Unatt	66.01

**Ladies Veterans**

1. L. Lord	Clay	63.07
2. J. Nicholson	Rown	69.41
3. J. Benham	Clay	70.13

**STANBURY FELL RACE**  
**West Yorkshire**  
**BS/7m/1200ft 26.1.91**

A record entry of 395 runners took part in this year's race. This included an entry of 44 Ladies which equalled last year's entry and is a record for the number of Ladies entering a fell race.

Former course record holder, Andy Peace, was beaten into third place. He knocked three minutes off his best time for this course but Colin Donnelly is now the race record holder with a time of 43.09. Jack Maitland, winner of the race in 1983, took second place.

Kath Drake repeated her win of last year in a record time of 55.50, almost a minute faster than her existing record set last year.

Entrants were presented with the usual malt loaves, tins of biscuits and Yorkshire Puddings at the presentation.

**RESULTS**

1. C. Donnelly	Eryri	43.09
2. J. Maitland	P&B	44.05
3. A. Peace	Bing	45.29
4. G. Devine	P&B	45.59
5. I. Ferguson	Bing	46.12
6. A. Whalley	P&B	46.29
7. M. Crewe	Bing	46.33
8. G. Hull	Leeds	46.38
9. C. Valentine	Kesw	46.41
10. A. Schofield	Roch	46.44



*Pendle Half Tour: Heading for the finish down Ogden Clough to Barley*  
*Photo: Peter Hartley*

Veterans 0/40		
1. J. Hope	AchR	47.52
2. L. Hutchinson	Clay	48.08
3. B. Toogood	DkPk	48.25
Veterans 0/50		
1. N. Matthews	Horw	52.46
Ladies		
1. K. Drake	Spn	55.50
2. R. Pickvance	Kend	56.27
3. J. Harold	Horw	57.42
4. C. Greenwood	CalderV	58.24

**CREG-NY-BAA FELL RACE  
I.O.M.**

**AM/10m/2700ft 2.2.91**

"Foxdale flier", Keith Callister, scored his second win on the fells inside a month despite arriving some two minutes late for the start.

Held in bright but bitterly cold weather, the race was led initially by Tony Rowley and Stephen Hull before Callister hit the front some three miles from the appropriately named "Windycomer", which is the finish. Despite a last gasp effort by Hull on the final descent, Callister hung on for a narrow victory. Rowley tired near the end to finish third, with road specialist, Paul Curphey, having his best run on the hills in fourth place.

*I. Callister*

**RESULTS**

1. K. Callister	MAC	1.17.58
2. S. Hull	MFR	1.18.04
3. T. Rowley	MFR	1.23.00
4. P. Curphey	Bound	1.27.11
5. D. Corrin (V)	MAC	1.27.59
6. D. Young (V)	MFR	1.31.20
7. M. Cowbome (V)	MFR	1.39.14
8. M. Bridson	Unatt	1.36.46

**Ladies**

1. S. Quirk	West	1.40.28
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**MICKLEDEN STRADDLE**

**South Yorkshire**

**BM/8m/1150ft 3.2.91**

Although a little on the cold side, a picturesque setting greeted the 134 starters at Crookland Wood Bridge, Langsett. Crisp snow underfoot and deceptive icy sections made running, to say the least, a little interesting.

Dave Woodhead led up the long but runnable ascent to Outer Edge Trig and down Harden Clough's bounding descent until Peter Webster took the initiative. After a tussle along the Little Don River, Peter pulled away to create a 20 second gap at the finish.

Mike Egner from the host club, Denby Dale Travellers, held third place from Matthew Innes, after one time slipping to fourth.

Carol Greenwood had a fine run collecting the first Ladies' prize, but was closely pushed by local runner, Jill Town, who finished little more than two minutes ahead of Silvine Boler, who took the Veteran's trophy.

*Kevin Dent*



*Jill Town, 2nd lady at Mickleden climbs away from the little Don.  
Photo: Dave Woodhead*

**RESULTS**

1. P. Webster	Saddle	52.02
2. D. Woodhead	Horw	52.22
3. M. Egner	DenbyD	52.50
4. M. Innes	Holm	52.52
5. A. Churchill	Clay	53.11
6. R. Griffiths	Holm	53.43
7. M. Seddon	Holm	53.52
8. P. Crowson	DkPk	54.00
9. P. Buttery	DenbyD	54.17
10. D. Cartwright	P'stone	54.35

**Veterans 0/40**

1. A. Churchill	Clay	53.11
2. P. Buttery	DenbyD	54.17
3. S. Robinson	DenbyD	56.53

**Veterans 0/45**

1. D. Cartwright	P'stone	54.35
2. P. Powel	Holm	57.24
3. M. Ellwell	Saddle	62.05

**Veterans 0/50**

1. T. Eckersley	Saddle	61.20
2. L. Osgathorpe	Wigg	62.40
3. P. King	DenbyD	65.41

**Ladies**

1. C. Greenwood	CalderV	62.00
2. J. Town	DenbyD	62.48
3. S. Boler (V)	P'stone	64.55
4. A. Jorgensen	P'stone	65.55
5. E. Denby (V)	DenbyD	68.57

**BENSON KNOTT RACE AS**

**5m 900ft CS 3.2.91**

1. B Thompson	Copeland	36.04
2. R Jackson	Horwich	36.18
3. M Rigby	Ambleside	36.25
4. G Lucas	CFR	36.35
5. M Fleming	Ambleside	36.37
6. P Livesey	Rossendale	36.41
7. K Vose	Liverpool	37.15
8. D Frampton	Keswick	37.21
9. J Hooson	Ambleside	37.53
10. H Jarrett	CFR	38.23

**Ladies**

1. J Kenyon	Lostock	43.35
2. H Diamantides	Ambleside	44.37
3. E Staig	Settle	44.52 (V35)
4. S Lewsley	Keswick	47.27 (V35)
5. L Ewing	Keswick	48.13

**Ladies (V40)**

1. S Fell	Rossendale	53.46
2. K Taylor	Clayton	54.48
3. C Carlin	Kendal	58.05

**Veterans**

1. R Winward	Barrow	38.38
2. J Eaton	Rossendale	38.42
3. M Walsh	Kendal	39.15
4. R Bell	Ambleside	40.39 (V50)
5. C Pooley	L & M	41.09

**HALF TOUR OF PENDLE**

**Lancashire**

**BM/9m/1800ft 16.2.91**

Saturday dawned fine and clear after an overnight frost. Pendle had shed most of the deep snow which adorned it through the previous week, leaving better running conditions.

Phil Hall proved his recent cross country form by pulling away from Pete Irwin on the long flat run in, after trailing him all the way round. Steve Brecknell ran well to claim first Veteran.

Janet Kenyon was first Lady, reducing last year's winner, Kath Drake, to second but not getting near Kath's record.

*S. Whitaker*

**RESULTS**

1. P. Hall	Clay	1.07.38
2. P. Irwin	Ross	1.07.46
3. D. Woodhead	Horw	1.08.38
4. P. Pollitt	Bolt	1.08.39
5. S. Breckell	Black	1.08.52
6. M. Seddon	Gloss	1.10.18
7. K. Johnstone	Ryhope	1.10.32
8. M. Woods	Unatt	1.10.41
9. D. Blackhurt	Hearn	1.10.53
10. S. Addison	Clay	1.11.29

**Veterans 0/40**

1. S. Breckell	Black	1.08.52
2. J. Nuttall	Clay	1.12.46
3. I. Greenalgh	Roch	1.12.49

**Veterans 0/50**

1. R. Jaquesi	Clay	1.20.03
2. G. Booth	Long	1.22.09

3. H. Manning	Clay	1.23.39
Ladies		
1. J. Kenyon	Lost	1.17.53
2. K. Drake	Spn	1.18.55
3. W. Dodds	Clay	1.23.19
4. A. Asdale	Unatt	1.24.16
5. C. Greenwood	CalderV	1.25.52

**Ladies Veterans**

1. W. Dodds	Clay	1.23.19
2. J. Nicholson	Rown	1.31.51

**CARNETHY FIVE HILL RACE**

**Scotland**

**AM/6m/2500ft 16.2.91**

Although the weather had been atrocious the previous weekend, we could not have asked for better conditions for the running of the 21st Camethy Five Hill Race. Considering there was still a fair amount of snow lying on the summits and shoulders of all hills, the overhead conditions were ideal with bright sunshine all afternoon.

Andrew Peace returned to prove a point (he was joint winner with Keith Anderson last year). He led the field for the while of the six mile course, but with conditions pretty bad underfoot, it certainly was not a day for breaking any records.

From the organisational point of the event, it must be said that as far as the race convener is concerned, this must have been one of the best organised races since the inaugural race in 1971.

On the day, everything went as planned - no hiccups with buses this year. All the athletes were bused to the start in time for the 2.00 p.m. start of the race. For the first time in the race's history I, as race convener, managed to see the start. In fact, I had the privilege of firing the starter pistol to set off the field of 335 athletes.

Each competitor and all marshalls and others who assisted on the day were presented with commemorative mugs together with a little tot of the hard stuff! There were increased prizes this year, with the first twelve positions receiving prizes instead of the first four as previously. First senior and first lady to finish were also presented with commemorative bowls of Caithness glass, duly engraved as appropriate.

A large cake was also baked for the occasion showing the contours of the race etc. This was cut by both male and female winners prior to the prize-giving.

Tricia Calder won the ladies' prize. This year was only her second Camethy race but she returned as the 1990 FRA Ladies Champion, and certainly proved her worth.

We had a total of twenty returning to compete or officiate at this year's race who took part in the first race in 1971, which is a high proportion of the field of 78 from the first race. They too received mementos from the organisers.

Yes! it must be said that the 21st Commemorative Tiso Camethy Five Hill Race was one to remember.

*William Burns Scott*

**RESULTS**

1. A. Peace	Bing	54.13
2. P. Dymoke	Liv	55.03
3. J. Maitland	P&B	55.17
4. G. Devine	P&B	55.31
5. M. Patterson	DkPk	55.35
6. A. Kitchin	Liv	56.07
7. J. Wilkinson	Gala	56.17
8. A. Schofield	Roch	56.18
9. D. Peel	Liv	56.23
10. G. Schofield	Black	56.32

**Veterans 0/40**

1. E. Butler	Aber	58.12
2. J. Blair-Fish	Cam	58.27
3. P. Marshall	HELP	59.41
4. J. Holt	Clay	59.55
5. R. Morris	Cam	61.27

**Veterans 0/50**

1. R. Bell	Amble	62.10
2. B. Gauld	Cam	64.53
3. D. Amour	Cam	67.38

**Ladies**

1. T. Calder	ESPC	62.00
2. J. Salvona	Liv	65.51
3. C. Whalley	Liv	66.14
4. J. Robertson	Ayr	67.43
5. L. Boyd	Liv	68.15

**Ladies Veterans**

1. S. Lewsley	Kesw	73.23
2. K. Hogg	Penic	74.55
3. A. Curtis	Clare	75.29

**Juniors**

1. H. Lorimer	HELP	61.48
2. N. Mendum	Corst	68.37
3. R. Jamieson	Stom	71.19

## TIGERS T'HIGGER TOR RACE 9.6m/1400ft BM 17.2.91

After Arctic conditions only days before, who would have believed we would be racing over Burbage Moor at the weekend? Only me! and then a record breaking entry for the 6th Tiger Tor race. It must have been the promise of a chip butty and a hot bath in the rugby club afterwards. We didn't have to turn anyone away not even COLIN DONNELLY. A few faces were missing but also many new ones, including a team from Ryde Harriers, Isle of Wight with Eddie Leal, age 68 winning the prize for the oldest runner. Well done.

The local Drk Peakers Andy Harmer (sporting a cold) and Bob Berzins led on the outward journey with Colin Donnelly (Eyri) quietly following in 4th place. He was not familiar with the course which still had a good covering of snow and numerous drifts.

The climb to Stanage Edge summit saw runners ascending from all directions, some climbing the south face which looked easy covered by a huge snowdrift. By the Stone Bridge Harmer was still leading with Rob Taylor (Pennine) and Harry Waterhouse (Saddleworth) following closely. The sun was now shining brightly, just to keep the runners warm after their cold start. On the climb out of the valley Donnelly started easing away to eventually finish 33 seconds ahead of Waterhouse who had pulled into 2nd place, closely followed by Peter Webster (Saddleworth) for 3rd position. Martin Seddon (Holmfirth) finished strongly in 6th position to earn himself the yellow T-shirt awarded to the race series winner.

Sue Ratcliffe (Saddleworth), a past winner, led the ladies race from the start to finish. She was closely followed by Jill Town (Denby Dale), Liz Evans (North Derbyshire) and Kath Martin (Altringham), who were battling all the way. Jill Town was the eventual runner up with Liz Evans 3rd. Liz also won the yellow T-shirt for the ladies race series winner.

We presented the team prize to Saddleworth only to find that in fact they were 3rd!!!

Pennine runners Rob Taylor, Paul Branson and Tony Hulme were the team winners. Sorry lads.

Dark Peak Fell Runners Andy Harmer, Bob Burzins and Graham Berry were placed 2nd.

*Don Longley*

### RESULTS

1. C. Donnelly	Eyri	70.29
2. H. Waterhouse	Saddle	71.02
3. P. Webster	Saddle	71.09
4. R. Taylor	PFR	71.11
5. A. Harmer	DkPk	71.22
6. M. Seddon	Holm	71.22
7. P. Branson	PFR	71.27
8. B. Berzins	DkPk	71.28
9. J. Thin	Eyri	71.28
10. G. Berry	DkPk	71.39

### Veterans 0/40

1. H. Waterhouse	Saddle	71.02
2. R. Taylor	PFR	71.11
3. A. Harmer	DkPk	71.20
4. G. Berry	DkPk	71.39
5. T. Hulme	PFR	71.58

### Veterans 0/50

1. B. Sprakes	DkPk	79.05
2. F. Gibbs	FRA	79.34
3. P. Kohn	DkPk	80.32

### Ladies

1. S. Ratcliffe	Saddle	81.47
2. J. Town	DenbyD	82.25
3. L. Evans	NDerby	82.28
4. K. Martin	Altr	82.39
5. J. Heald	Mat	82.45

### Ladies Veterans

1. J. Nicholson	Rown	90.59
2. C. Hall	SCS	99.37
3. S. Rawson	Clown	117.37

## ROSSENDALE WAY RELAY Lancashire 71eg/2man/45m 17.2.91

Of all the Clubs contacted on the Friday evening of the cancellation due to heavy snow, only three gave a definite "no" to the re-scheduling of the race for the following weekend. We wanted to go ahead with the race and we wanted it to go ahead as soon as possible. We spent an anxious week weather watching, and it wasn't until Friday until the snow cleared sufficiently to ensure the race would be held. As it was, race day itself was a perfect day, sunny and warm, although conditions underfoot were a bit dodgy. The organisers were saddened to hear of an injury to John Parker of Horwich, who broke his leg. We wish him a speedy recovery.

The race itself proved quite exciting with positions apart from the leaders changing regularly. Rossendale were never really hard pressed, leading from start to finish this time. The Pudsey "aces". Jack Maitland and Gary Devine could not emulate their Calderdale success and catch the Rossendale pair of Pete Livesey and Mark Aspinall on the penultimate leg. Gary and Co. promised to enter a stronger team next year. The Clayton teams had their own private battle, with their Veteran's team beating their "A" team and finishing in a very creditable 4th place. Clayton Ladies were also first Ladies team and first Mixed team.

There were several reports of short-cutting along the way which, as always, is a problem with this type of event although there should be no excuse as teams are sent out maps and route descriptions, and are strongly advised to recce their respective legs prior to the race. The organisers can only rely on the honesty and integrity of the runners to stick rigidly to the prescribed route. It is impossible to marshal the whole of a 45 mile route although marshalls or checkpoints may be placed at strategic points next year.

Thanks must go to all the team captains who re-organised their teams at short notice and helped to make the event a success after the original cancellation.

*Graham Wright, Mervyn Keys*

### RESULTS

1. Rossendale "A"		
Leg 1	S. Livesey	
	B. Ashworth	49.42
Leg 2		
	K. Taylor	
	P. Irwin	54.37
Leg 3		
	J. Eaton	
	D. Callan	53.21
Leg 4		
	D. Caldwell	
	D. Schofield	42.42
Leg 5		
	M. Aspinall	
	P. Livesey	53.44
Leg 6		
	M. Keys	53.43
	A. Heap	50.159
2. Pudsey & Bramley		
3. Horwich "A"		
Veterans		
1. Clayton		
Ladies		
1. Clayton		

## TITTERSTONE CLEE RACE West Midlands AS/2.5m/750ft 23.2.91

A cool overcast day with very strong winds on top. In fact, you could hardly stand up on the summit. The marshalls on the summit were very lucky not to be the finish team. If they had stood up, they may have been found on Cader Idris! A good field, although numbers were down on last year probably due to the weather and remoteness of this short race.

The top team pulled away from the chasing field with various routes taken, before rejoining about 400 metres from the summit. The group seemed to be watching each other, or were they asleep when suddenly, it was realised that Dave Troman had broken away and could not be caught. It was then left for the chasing group to fight out the minor places.

The Ladies' race was just as close with Karen Patten winning from Chris Hunter Rowe by 14 seconds, and Alice Bedwell pushed into third place, three seconds behind Chris.

*Richard Day*

### RESULTS

1. D. Troman	Mercia	19.15
2. G. Patten	MDC	20.03
3. A. Pickles	Telf	20.03
4. J. Hope	AchR	20.20
5. T. Haywood	DeeL	20.36
6. T. Longman	Hunc	20.40
7. T. Bolland	S Water	20.56
8. A. Kelley	Head	21.00
9. R. Day	Mercia	21.02
10. S. Manstridge	Mercia	
Veterans 0/40		
1. J. Hope	AchR	20.20
2. T. Longman	Hunc	20.40
3. T. Thompson	Mercia	22.43
4. R. Hyman	Mercia	23.24
5. D. Tremain	Spring	23.59
Veterans 0/50		
1. D. Tilly	Ross	23.54
2. C. Brown	Mercia	25.10
3. J. Finlay	Camb	26.20

### Ladies

1. K. Patten	MDC	23.46
2. C. Hunter-Rowe	P&B	24.00
3. A. Bedwell	MDC	24.03
4. D. Gowans	Acc	26.12
5. E. Smart	Unatt	31.49

### Juniors

1. E. Norton	Harle	23.06
2. A. Thompson	Mercia	25.07

## WADSWORTH TROG West Yorkshire N/20m/4500ft 23.2.91

This new start of the season race was a great success despite the appalling weather. Wind, incessant rain and poor conditions underfoot made it heavy going. Nevertheless, Ian Ferguson completed the course in 2 hours 56 minutes with team mate, Paul Mitchell, hot on his heels only 2 seconds behind.

Lady Veteran, Wendy Dodds, was the first Lady home in 3 hours 43 minutes.

143 started and 127 finished.

Old Town Cricket Club provided much appreciated facilities with plenty of food for competitors and hot showers on the go all day. Radio control was provided by Raynet.

The organisers kept up the tradition established in the Wadsworth Village Fair Race of giving equal value prizes to men and women.

It is intended to make the race an annual event for the last Saturday in February.

*Bernard Pierce*



DOWN .....;



### AND UP AGAIN.....

*N. Fenwick and Richard Day at the final checkpoint on Long Mynd.*

*Photos: Francis Uhlman.*

## RESULTS

1. Ferguson	Bing	2.56.00
2. P. Mitchell	Bing	2.56.02
3. A. Schofield	Roch	2.56.57
4. P. Irwin	Ross	3.02.57
5. A. Whalley	P&B	3.09.14
6. K. Taylor	Ross	3.10.55
7. D. Thompson	CalderV	3.11.17
8. S. Green	P&B	3.11.30
9. C. Valentine	Kesw	3.12.22
10. A. Taylor	Spring	3.16.03

### Veterans 0/40

1. K. Taylor	Ross	3.10.55
2. P. Jebb	Bing	3.17.11
3. S. Brebell	Black	3.29.57
4. D. Quinlan	Bing	3.33.44
5. P. Home	CalderV	3.37.55

### Veterans 0/50

1. B. Thackery	DkPk	3.53.07
2. H. Thompson	Clay	4.10.05
3. P. Greenwood	Tod	4.28.56

### Ladies

1. W. Dodds	Clay	3.43.27
2. S. Ratcliffe	Saddle	4.02.57
3. A. Isdale	Unatt	4.07.32
4. J. Schreiber	LeedsU	4.07.38
5. J. Teague	Bing	4.22.43

### Ladies Veterans

1. W. Dodds	Clay	3.43.27
2. M. Dunn	Bing	4.27.02

## LONG MYND VALLEYS RACE

### West Midlands

AM/10m/4000ft 24.2.91

I arrived at the start line with 10 minutes to spare having underestimated the time taken to drive over from mid Wales. Not feeling fully warmed up and somewhat GTI-lagged after driving down two days earlier, I followed Martin Stone up a different route to the rest of the field and immediately found myself in the leading group. I decided to follow Adrian Pickles' route choices between checkpoints which were distributed up and down valleys with increasing steepness as the race progressed. I did the 1980 Karrimor in Arran with Adrian who is both an orienteer and now lives locally to the race. At the penultimate checkpoint Dave Troman broke away and I thought if I hung on to Adrian I'd be certain of second. However, Adrian took the scenic route off the last checkpoint and John Hope and Del Davies got in front of us. Martin, in his wisdom, told me I should have receded the finish so I told him to drink my prize and drove home.

John Blair-Fish

## RESULTS

1. D. Troman	Mercia	1.43.24
2. J. Hope	AchR	1.45.01
3. D. Davies	Hebog	1.45.10
4. A. Pickles	Telf	1.45.33
5. J. Blair-Fish	Cam	1.45.35
6. T. Longman	Hunc	1.45.41
7. S. Hughes	Hebog	1.46.50
8. N. Fenwick	Milk	1.48.14
9. R. Day	Mercia	1.49.34
10. T. Haywood	DeeL	1.49.58

### Veterans 0/40

1. J. Hope	AchR	1.45.01
2. D. Davies	Hebog	1.45.10
3. J. Blair-Fish	Cam	1.45.35
4. T. Longman	Hunc	1.45.41
5. C. Taylor	Clay	1.57.09

### Veterans 0/50

1. D. Tilly	Ross	2.07.28
2. E. Smith	Swan	2.11.07
3. R. Smith	Mercia	2.15.00

### Ladies

1. L. Kirk	MDC	2.03.56
2. C. Hunter-Rowe	P&B	2.08.24
3. H. George	Unatt	2.10.58
4. B. Go wans	Acc	2.11.17
5. A. Capp	Telf	2.16.09

## ILKLEY MOOR FELL RACE

### West Yorkshire

AS/4.5m/1150ft 3.3.91

British Champion, Gary Devine, won for the second consecutive year, in a new record time of 39.00 minutes.

One hundred and eighty seven runners, starting from Ilkley College, set off with conditions wet underfoot. By the time they had passed Cow & Calf Rocks and on their way to Pancake Stone, the 500ft of ascent, the strong wind and occasional driving rain made it worse. The descent into Backstone Beck gave the runners some

shelter, but they were back into the rough elements again, having returned up the other side of the beck and into Rocky Valley before the sharp climb up the steps to the Cairn at 1,082ft.

At this point, Gary was taking command of the race with Colin Walker and Graham Schofield close behind. The long traverse and steady climb to Badger Stone saw no change in the positions. From this point, there is no more climbing. It is a long descent to the finish with no change of position in the first three, 25 seconds separating each one at the line with Andy Darby a further 10 seconds behind in fourth place, James Parker fifth and Greg Hull sixth.

First Lady and international prospect, Anne Buckley, finished in 47.38 with Janet Kenyon second in 48.27, and Yvette Hague third in 50.56.

Ten Ilkley Harriers competed, James Parker finishing a creditable fifth, after an early fall. Steve Cockerham, Mike Williams and John Connor packed well in 58th, 61st and 62nd positions but, unfortunately, not well enough up the field for a team prize. Geoff Howard, Ilkley's only Over 45 Veteran running, had a good race, just in front of Kim Boyter. First Lady Harrier was Sarah Haines in 59.00 minutes, Chris Porritt in close contention and first Lady Over 45. Finally, in 69.27 minutes and 177th position was first Lady over 40, Ros Blackburn.

K. Foster

## RESULTS

1. G. Devine	P&B	39.00
2. C. Walker	P&B	39.25
3. G. Schofield	Black	39.51
4. A. Darbey	MDC	40.01
5. J. Parker	Ilk	40.36
6. G. Hull	Leeds	40.40
7. R. Pallister	P&B	40.42
8. P. Sheard	P&B	40.44
9. R. Jamieson	Amble	40.51
10. P. Mitchell	Bing	41.28

### Veterans 0/40

1. J. Eaton	Ross	43.02
2. K. Robinson	Black	43.43
3. B. Pickersgill	Long	43.11
4. T. Hulme	PFR	44.11
5. D. Wright	Clay	45.05

### Veterans 0/45

1. P. Lyons	Bury	44.27
2. C. Taylor	Clay	48.57
3. W. Wade	Holm	49.23

### Veterans 0/50

1. R. Bell	Amble	45.11
2. P. Covey	P&B	47.47
3. F. Gibbs	Unatt	49.27

### Veterans 0/60

1. D. Mason	Lesc	77.23
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### Ladies

1. A. Buckley	Leeds	47.38
2. J. Kenyon	Lost	48.27
3. Y. Hague	P&B	50.56
4. E. Wright	Amble	51.51
5. C. Hunter-Rowe	P&B	

### Ladies Veterans

1. C. Porritt	Ilk	60.17
2. H. Allen	Aire	63.12
3. S. Anderton	AchR	65.40

## AXNFELL RACE

### I.O.M.

AL/21m/7000ft 3.3.91

The annual warm-up for Easter's Mountain Marathon covers a tough twenty one mile course with 7,000 feet of ascent. Overnight snow had made conditions very difficult, but at least the weather brightened up as the day progressed.

The handicap system used for the last three years has given some close finishes, and this year's event was no exception with scratchman, Stephen Hull, only catching Laxey doctor, David Young, in the last mile to pull back some fifty minutes. Hull's time of 4.05.41 was very impressive given the slippery conditions, and he must have high hopes of a good result at Easter.

## RESULTS

1. S. Hull	MFR	6.05.41	4.05.41
2. D. Young (V)	MFR	6.06.26	4.56.26
3. D. Corrin (V)	MAC	6.24.10	4.54.10
4. R. Stephenson	MFR	6.25.45	4.40.45
5. S. Quirk (Lady)	West	6.28.37	5.28.37
6. P. Corlett	MAC	6.34.14	5.09.14
7. S. Temple	MFR	6.47.05	5.22.05
8. G. Hull	MFR	7.04.52	5.49.52
9. B. Baxter (SV)	MAC	7.21.53	7.21.53
10. M. Bridson	Unatt	7.23.47	7.11.53

## CRIFFEL HILL RACE

### Scotland

AM/7m/1800ft 10.3.91

Blinding mist and the absence of a tail wind failed to prevent the men's record being threatened on Sunday, 10th March. Even so, the Veteran man and Ladies' record were both broken.

A huge turnout of 129 runners saw Keith Anderson win the race just 70 seconds outside the record, after a very close and competitive race with Gavin Bland. The course record of 48.27 was set in 1987 by Rod Pilbeam, the favourable north wind assisting ascent of the hill. That race saw the Ladies' record of 61.04 set by Carol Haigh. The Veteran men's record was broken this year by James Patterson of Ulster, one of a trio over from Ireland to sample the Scots' mist and bog. The Ladies' record was broken by Helen Diamantides with a fine run, reducing the record by some 52 seconds. The Over 50's race saw usual winners, Bill Gauld, beaten this time by Roger Bell.

Co-race organiser, Roger Blamire, managed only fifth Veteran, a disappointment for him, but he was out marking the course for two hours the previous day. The closeness of the markers ensured that no runners got lost, thankfully. Post race refreshments were at the Criffel Inn and Abbey Arms.

R. Austin

## RESULTS

1. K. Anderson	Amble	49.10
2. G. Bland	Unatt	49.38
3. P. Dymoke	Liv	49.51
4. M. Rigby	W'lands	50.52
5. B. Potts	Clydes	51.05
6. M. Fleming	Amble	51.42
7. J. Hooson	Amble	52.06
8. A. Curtis	Clare	52.15
9. J. Patterson	Dune	52.20
10. P. Skelton	Kesw	53.20

### Veteran 0/40

1. J. Patterson	Dune	52.20
2. R. Morris	Cam	54.59
3. D. Davies	Hebog	55.12
4. B. McKay	Albert	55.48
5. R. Blamire	Stew	57.04

### Veterans 0/50

1. R. Bell	Amble	57.43
2. B. Gauld	Cam	59.09
3. A. Evans	Cumb	59.28

### Ladies

1. H. Diamantides	Amble	60.12
2. S. Ingham	Unatt	62.02
3. J. Salvona	Liv	62.16
4. E. Wright	Amble	67.41
5. L. Longmore	ADAC	71.16



Giles Marshall splashes through the river Dane at the Roaches Fell drive  
Photo: Alan Heaver

## CHARWOOD HILLS RACE

### Leicestershire

CM/12m/1500ft 10.3.91

The course record was again broken by Adam Eyre-Walker in 71.04 (previous record 73.02). The Ladies' record was also broken by Lydia Kirk in 88.27 (previous record 90.33).

Two hundred and fifty five runners completed this popular event, which, held outside of the traditional fell running area, is a welcome change from the normal type of race held in the Midlands and South.

K. Vickers

**RESULTS**

1. A. Eyre-Walker	NottsU	71.04
2. N. Stirk	Corith	72.25
3. P. Golding	Rut	75.55
4. E. Barker	Cham	76.15
5. M. Sandford	Hunc	76.21
6. N. Francis	WestE	76.27
7. J. Hampshire	NottsU	76.27
8. P. Bowler	StaffsM	76.34
9. M. Sperry	BMont	77.04
10. T. Longman	Hunc	77.31

**Veterans 0/40**

1. M. Sandford	Hunc	76.21
2. T. Longman	Hunc	77.31
3. G. Dindley	Burton	82.29

**Veterans 0/45**

1. J. Haywood	Hunc	80.36
2. B. Makey	Hunc	84.17
3. R. Hyman	Mercia	84.27

**Veterans 0/50**

1. T. Illston	Bowline	92.57
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**Veterans 0/55**

1. M. Morris	GEC	95.32
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**Ladies**

1. L. Kirk	MDC	88.27
2. A. Mudge	LeicU	91.34
3. C. Heslop	NottsU	93.13

**IAN ROBERTS RELAY**

**West Yorkshire**

**2 x 4m fell/2 x 4m road 163.91**

The team race remained wide open during all four stages. Holmfirth took an early lead whilst last year's trophy winners, Pudsey & Bramley, had a poor start. Gary Devine pulled them back into contention and Jack Maitland into the lead. On the final leg, Sean Livesey always had a chance of catching the leaders and Horwich and Staffs Moorland were also still in the frame.

Pudsey & Bramley hung on and only three seconds separated Horwich and Rossendale for second and third. Sean Livesey robbed Gary Devine of fastest fell leg whilst Tony Hesketh held off Toogood and Pickersgill for the fastest Veteran on the fell.

Leeds University took the Ladies' prize and Yvette Hague was the fastest Lady on the fell.

R. FuttrellR3

**RESULTS**

1. Pudsey & Bramley "A"		
Leg 1 R. Pallister	23.04	
Leg 2 G. Devine	23.29	
Leg 3 J. Maitland	22.07	
Leg 4 A. Whalley	24.13	92.53
2. Horwich "A"		
4. Rossendale "A"		
<b>Veterans</b>		
1. Hallamshire		100.29
<b>Ladies</b>		
1. Leeds University		127.33

**BLACK COMBE FELL RACE**

**Cumbria**

**AM/10m/3000ft 17.3.91**

A record number of 150 runners attended the Black Combe Fell Race.

Running conditions, despite low cloud on Black Combe summit, were good with little to no wind.

Although the winner's time was well short of the course record, he was said to be "fairly bouncing along" in the final stretch.

K. Nixon

**RESULTS**

1. G. Bland	Borr	75.59
2. B. Thompson	CFR	76.32
3. J. Maitland	P&B	77.02
4. R. Jamieson	Amble	77.13
5. A. Whalley	P&B	77.25
6. M. Fleming	Amble	77.44
7. S. Willis	Amble	77.56
8. R. Pilbeam	Kesw	78.10
9. S. Palfreman	Amble	78.16
10. S. Booth	Kesw	78.19

**Veterans 0/40**

1. J. Hope	AchR	80.16
2. S. Varney	Kend	87.07

3. F. Anderson	CFR	88.14
4. C. Wilkinson	Bing	88.22
5. J. Newsham	Clay	88.36

**Veterans 0/45**

1. P. Davies	Hebog	80.50
2. P. Lyons	Bury	89.45
3. J. Grummett	CFR	89.50

**Veterans 0/50**

1. R. Bell	Amble	85.19
2. A. Evans	Amble	94.02
3. H. Blenkinson	Kesw	95.24

**Veterans 0/60**

1. C. Rushton	Wesham	111.52
2. J. Peel	BCR	116.23

**Ladies**

1. E. Wright	Amble	99.02
2. L. Ewing	Kesw	100.41
3. J. Schreiber	LeedsU	107.44
4. H. Johnson	Unatt	114.23
5. S. Ingham	Unatt	118.11

**FIENSDALE FELL RACE**

**Lancashire**

**AM/9m/2600ft 23.3.91**

To celebrate the fifth year of the race, five runners got inside Paul Tuson's two year old record. The Ladies record also went and for the first time, we reached the limit of 160 runners.

Good visibility made for easy navigation and there seemed to be more agreement about which the best lines were for the first part of the race. Despite the light dusting of snow on the steep slope down into Bleadale Water, conditions were ideal for record breaking, and the chilly northerly breeze greatly assisted the leading runners in their traverse of Fairsnape Fell. At the end of the steep descent of Parlick Fell, Malcolm Patterson managed to hold off Willie Gaunt by three seconds, with Pete Irwin only 11 seconds behind Willie.

Because 48% of the men in the race were over 40 and because John Nuttall had been unbeaten in all of his six outings at Fiensdale and Paddy's Pole, considerable attention focused on whether he could make it "Lucky 7". New Veteran, Steve Breckell, clung onto John until the final climb to the summit of Parlick. There, John took a bad line and Steve Breckell beat John in by a mere 36 seconds. He had forced John Nuttall to his best time in the race, and he is 8 years younger!

Fourteen Ladies competed and World Student Orienteering Champion, Yvette Hague, was over two minutes ahead of second Lady, Ruth Pickvance. Yvette's time was 17 seconds inside the old record and she celebrated this by handing out the prizes in the convivial atmosphere of the Talbot Hotel in Chipping.

B. Jackson

**RESULTS**

1. M. Patterson	DkPk	1.16.36
2. W. Gaunt	P&B	1.16.39
3. P. Irwin	Ross	1.16.50
4. G. Webb	CalderV	1.17.22
5. R. Owen	Black	1.18.23

6. D. Thompson	CalderV	1.19.40
7. P. Ward	Prest	1.19.47
8. M. Seddon	Gloss	1.19.58
9. R. Lucas	Unatt	1.20.10
10. A. Taylor	Spring	1.20.32

**Veterans 0/40**

1. S. Breckell	Black	1.20.36
2. J. Hope	AchR	1.24.06
3. B. Wheatley	Unatt	1.24.55
4. G. Newsam	Clay	1.25.08
5. R. Valovin	Clay	1.25.21

**Veterans 0/45**

1. J. Nuttall	Clay	1.20.40
2. K. Carr	Clay	1.27.05
3. T. Peacock	Clay	1.29.39

**Veterans 0/50**

1. R. Dewhurst	Clay	1.34.06
2. H. Blenkinsop	Kesw	1.35.27
3. P. Knott	B'pool	1.40.08

**Ladies**

1. Y. Hague	P&B	1.31.33
2. W. Dodds (V)	Clay	1.33.43
3. R. Pickvance	Kend	1.33.54
4. L. Lord (V)	Clay	1.37.45
5. E. Wright	Amble	1.38.40

**DON MORRISON MEMORIAL**

**EDALE SKYLINE FELL RACE**

**Derbyshire**

**AL/21m/4500ft 24.3.91**

A large field of 316 started the race on a fine day. Colin Donnelly, Andy Trigg and Robin Bergstrand were in contention for most of the way, with Colin beating Andy on the run in, with a new record time of 2.32.18.

Jackie Smith won the Ladies' race in 3.15.01 well clear of the next lady.

T. Foley

**RESULTS**

1. C. Donnelly	Eyri	2.32.18
2. A. Trigg	Gloss	2.32.40
3. R. Bergstrand	Mand	2.42.24
4. R. Brownson	PFR	2.42.29
5. G. Schofield	Black	2.42.52
6. A. Jones	Gloss	2.45.00
7. D. Neill	StaffsM	2.46.15
8. S. Needs	Leics	2.48.46
9. A. Maloney	Roch	2.50.30
10. M. Egner	DenbyD	2.50.56

**Veterans 0/40**

1. R. Taylor	PFR	2.52.05
2. T. Hesketh	Horw	2.53.43
3. A. Harmer	DkPk	2.55.55
4. P. Buttery	DenbyD	2.59.30
5. D. Davies	Hebog	3.03.13

**Veterans 0/50**

1. R. Bell	Amble	3.03.30
2. B. Thackeray	DkPk	3.12.22

**Veterans 0/60**

1. B. Fielding	FellD	3.22.40
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**Ladies**

1. J. Smith (V)	DkPk	3.15.01
2. G. Hughes	Read	3.33.03
3. S. Rowson (V)	Macc	3.37.31



Fiensdale Fell Race: Andy Churchill (Clayton) and fellow competitors en route for the second checkpoint.

Photo: Bill Smith



## MANX MOUNTAIN MARATHON I.O.M.

AL/30m/8000ft 30.3.91

Over 70 runners, the majority from England, started from Ramsey in very misty conditions. Fortunately, the last week had been relatively dry, so giving the hills a chance to dry after seemingly weeks of rain beforehand.

The race quickly became a showdown between last year's joint winners, Pete Irwin and Andy Schofield, along with Manx debutants, Tim Laney and Andy Hauser. It wasn't until Slieau Whallian, after some 17 miles, that an attack by Pete was only answered by Andy, these two staying together until the final mile when Andy made his race winning move to arrive at the finish at Port Erin some 50 seconds clear of Pete.

Third was Andy Schofield, well clear of Tim Laney who held off Martin Stone for fourth, with John Nixon finishing sixth and first Veteran at his first attempt. Fastest super Veteran was again Geoff Oliver, a loyal supporter of the Manx event for some ten years.

The Standard race saw a victory for young local star, Stephen Hull of the Manx Fell Runners, but he only had two minutes to spare over top Lady, Wendy Dodds who smashed the Ladies' record by over 45 minutes in probably the best performance of the day.

Thanks to race organiser, Arthur Jones, and his many helpers for yet another extremely well organised event.

Rickie Stevenson

### RESULTS

1. A. Hauser	Holm	4.36.40
2. P. Irwin	Ross	4.37.34
3. A. Schofield	Roch	4.49.19
4. T. Laney	Clay	5.00.37
5. M. Stone	Clay	5.06.29
6. J. Nixon	AchR	5.15.09
7. D. Kearns	Bolt	5.23.10
8. R. Stevenson	Manx	5.26.00
9. F. Thomas	DkPk	5.30.15

### Veterans 0/40

1. J. Nixon	AchR	5.15.09
2. D. Kearns	Bolt	5.23.10
3. F. Thomas	DkPk	5.30.15
4. T. Crook	Bolt	5.42.32
5. D. Ashton	Mane	5.58.04

### Veterans 0/50

1.G. Oliver	Brm	6.21.36
2. D. Higgins	IOMV	6.56.22

### Ladies

1. W. Dodds (V)	Clay	5.31.24
2. J. Stanley	Lord	7.24.48

## PENDLE FELL RACE Lancashire

AS/4.5m/1500ft 6.4.91

### RESULTS

1. B. Hussain	Stock	30.04
2. K. Anderson	Amble	30.10
3. C. Donnelly	Eryri	30.29
4. S. Hawkins	Bing	31.08
5. T. Chew	Clay	32.21
6. C. Lyon	Horw	32.32
7. R. Jackson	Horw	32.59
8. S. Thompson	Clay	33.11
9. A. Schofield	Ross	33.22
10. S. Jackson	Horw	33.28

### Veterans 0/40

1. S. Breckell	Unatt	33.54
2. J. Hope	AchR	34.24
3. R. Hargreaves	Clay	34.54
4. B. Mitchell	Clay	35.11
5. H. Walker	Clay	35.52

### Veterans 0/50

1. P. Watson	P&B	41.28
2. R. Barker	RedR	41.35
3. G. Booth	Long	41.47
4. P. Knott	B'pool	42.39

### Ladies

1.K. Drake	Spn	39.01
2. L. Bostock	Clay	42.50
3. D. Go wans	Acc	43.42
4. A. Lee	Clay	44.19
5. L. Johnstone	Ryehope	44.10

## LLANBEDR TO BLAENAVON FELL RACE Gwent

AL/15m/4500ft 7.4.91

A shadow was cast over the race by the tragic death the previous weekend during a fell race in the Brecon Beacons. For various reasons related to this, the turnout



Andy Hauser winner of the Manx Mountain Marathon leads a hunch up Middle Hill in the Wardle Skyline Race.

Photo: Bill Smith

of Welsh runners was severely reduced. Nevertheless, over fifty runners started the race from all over the U.K., many looking for points in the Welsh Championship.

Following a minute's silence, the race got underway a few minutes late while we waited for horses to be removed from the track! A showery, very windy day greeted the runners and it always seemed to be against us, so the compulsory waterproofs were very much in evidence. Fortunately, there was no mist for the runners to test their map and compass work because I'm not all that convinced that many competitors knew how to use them even though they were made to carry them! We did, as you may gather, have to fully enforce the FRA safety rules this year.

Andrew Darby, making a welcome return to fell running after a few years' break, led from start to finish to record his seventh win in the race. Don't be deceived by his relatively slow time as the headwind, particularly on Blorngne, was fearsome. One poor chap near me was caught by a gust and went thirty feet down the hill!

My thanks to all who did turn out despite the tragedy of the previous weekend.

G. Buffett

### RESULTS

1. A. Darby	2.05.04
2. P. Cleary	2.06.47
3. J. Nixon	2.10.52
4. D. Harrison	2.15.19
5. A. Orringe	2.15.27
6. C. Taylor	2.15.30
7. N. Webb	2.17.57
8. J. Sweeting	2.18.09
9. M. Anglim	2.18.44
10. S. Skelton	2.19.04

### Veterans 0/40

1. J. Nixon	2.10.52
2. J. Sweeting	2.18.09
3. M. Anglim	2.18.44
4. M. Parker	2.21.44
5. P. Taylor	2.28.30

### Veterans 0/50

1. C. Gravina	3.00.42
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### Ladies

1. S. Haque	2.41.28
2. D. Cooper	2.47.27
3. J. Pike	3.14.28

## KENTMERE HORSESHOE 12 miles 3300ft AM 7.4.91

Snow on the tops but a fine day for running attracted a field of almost 500 to this, the 16th running of the Kentmere Horseshoe. Both reigning English fell champions won their respective races; Cheryl Cook by almost two minutes from Dark Peak's Clare Crofts and Shaun Livesey comfortably from Peter Dymoke, newly returned from the Antipodes. Bob Whitfield also picked up valuable championship points finishing half a minute in front of Harwich's former champion Tony Hesketh. Livesey led from the start of the fell, climbing up to Kentmere Pike and was only challenged by Dymoke on the fast section to High Street.

1. Shaun Livesey	Rossendale	1.23.48
2. Peter Dymoke	Livingstone	1.24.47
3. Robin Bergstrand	Mandale	1.25.52
4. Andy Peace	Bingley	1.26.06
5. Gary Devine	P&B	1.26.31
6. Ian Ferguson	Bingley	1.26.44
7. Richard Pailister	P & B'	1.27.48
8. James Bui man	Borrowdale	1.28.03
9. Bob Ashworth	Rossendale	1.28.10
10. Marco Cara	Mandale	1.28.13

### Ladies

1. Cheryl Cook	Clayton le Moores	1.44.12
2. Clare Crofts	Dark Peak	1.46.09
3. Ruth Pickvance	Kendal	1.48.31
4. Janet Kenyon	Lostock	1.49.34
5. Yvette Hague	P&B	1.49.38

### Veterans

1. Bob Whitfield	Bingley	1.28.35
2. Tony Hesketh	Horwich	1.29.15
3. Bill Padgett	Bingley	1.31.18
4. Billy Bland	Borrowdale	1.32.53
5. Pete Me Wade	Clayton le Moores	1.34.44

## GRISEDALE GRIND

Cumbria

AS/4m/1600ft 13.4.91

The first Grisedale Grind on a Saturday attracted exactly 100 entries. Most of the prizes went to the two local Clubs, Keswick A.C. and Borrowdale Fell Runners.

The race was won by Gavin Bland in 27 minutes

7 seconds, a new course record on a slightly shorter course. Rod Pilbeam, the previous record holder, was first to the top. However, he was passed on the descent by Gavin (third at the top), and James Bulman (fifth at the top).

First Over 40 was Billy Bland and first over 50 was Barry Johnson.

The first Lady was Lynn Thompson which was her first win in a fell race, with Sue Mackay 30 seconds behind.

Keswick A.C. won the team prize with 21 points (Rod Pilbeam, Colin Valentine and Nigel Lanaghan). At present, Borrowdale cannot count in team events.

I would like to thank everyone who helped organise the race, and the Forestry Commission for their help. In particular, I would like to thank Mike Pearson at the Visitor's Centre for his help and encouragement with all the Whinlatter races.

I hope to see you all in August for the Lord's Seat and Grisedale Grind races.

Peter Skelton

### RESULTS

1.G. Bland	Bon-	27.07
2. J. Bulman	Bon-	27.41
3. R. Pilbeam	Kesw	27.45
4. B. Potts	Clydes	27.49
5. C. Roberts	Kend	28.09
6. B. Thompson	CFR	28.20
7. A. Jenkins	Pres	28.27
8. C. Valentine	Kesw	28.31

9. J. Hooson	Amble	28.37
10. N. Lanaghan	Kesw	28.41

#### Veterans 0/40

1. B. Bland	Borr	28.44
2. P. Harlowe	Kesw	29.36
3. F. Anderson	CFR	32.48

#### Veterans 0/45

1. D. Spedding	Kesw	30.51
2. I. Charlton	Kesw	32.10
3. C. Wilson	Kesw	33.18

#### Veterans 0/50

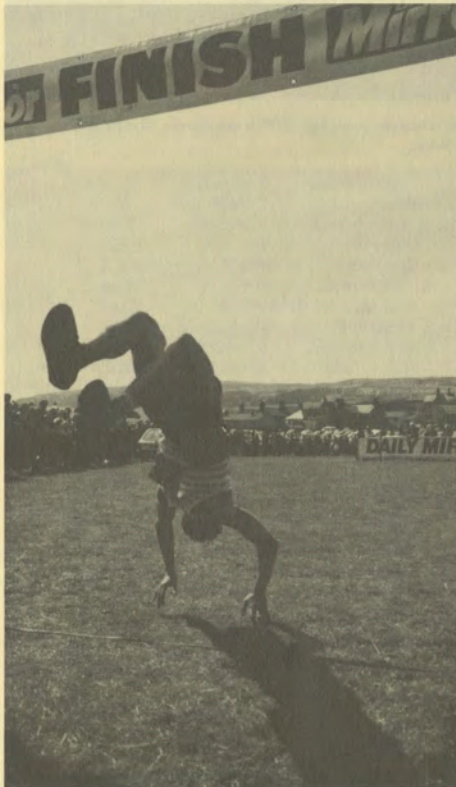
1. B. Johnson	CFR	35.30
2. H. Blenkinsop	Kesw	35.56

#### Ladies

1. L. Thompson (V)	Kesw	36.42
2. S. Mackay	CFR	37.16
3. J. Schreiber	P&B	37.59

#### Juniors

1. J. Duncan		15.04
2. J. Morris		25.17
3. M. Maughan		25.15



Ian Ferguson (Bingley) celebrating his second 3 Peaks win in style!  
Photo: Dave Weatherhead

### MOELWYN PEAKS

#### Gwynedd

AM/9.5m/2500ft 20.4.91

The weather for this year's race was very good with everything going smoothly.

There were no injuries from the seventy seven senior runners and five juniors who took part in the race.

T.W. Owen

#### RESULTS

1. M. McDermott	Macc	1.21.48
2. D. Davies	Hebog	1.21.53
3. I. Sanderson	Telf	1.22.13
4. A. Childs	Eryri	1.22.29
5. A. Haynes	Eryri	1.24.55

#### Veterans 0/40

1. D. Davies	Hebog	1.21.53
2. A. Childs	Eryri	1.22.29
3. J. Griffiths	Aberyst	1.29.09

#### Ladies

1. A. Bedwell	MDC	1.41.10
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#### Locals

1. C. Williams	Hebog	1.27.33
2. D. Williams	Eryri	1.33.16

#### Juniors

1. B. Williams		39.29
2. S. Lewis		39.55
3. N. Philips		55.51

### SCREEL HILL

#### Short A Scotland

4m/1300ft 20.4.91

1 Keith Anderson	29.26	Ambleside
2 Colin Donnelly	30.08	Eryri
3 Stephen Hawkins	30.14	Bingley
4 Andrew Peace	30.18	Bingley
5 Malcolm Patterson	30.29	Dark Peak
6 Gary Devine	30.36	Pudsey & Bramley
7 Shaun Livesey	30.38	Ross'dale AC
8 Gavin Bland	30.41	Borrowdale
9 James Bulman	30.45	Borrowdale
10 Garry Wilkinson	30.55	Clayton Le Moors

#### Veterans

1 Bob Whitfield	32.20	Bingley
2 Robert Taylor	32.50	Pennine
3 Tony Hulme	32.58	Pennine
4 William Bland	33.00	Borrowdale
5 Paul Harlowe	33.16	Keswick

#### Juniors

1 Matthew Whitfield	34.32	Bingley
2 Robert Hope	35.21	Horwich
3 John Brooks	35.52	Lochaber

#### Ladies

1 Tricia Calder	36.10	ESPCAC
2 Cheryl Cook	37.09	Clayton
3 Claire Crofts	37.18	Dark Peak
4 Mari rodd	37.43	Ambleside
5 Janet Kenyan	38.16	Lostock

#### Lady veterans

1 Tricia Calder	36.10	ESPCAC
2 Jacky Smith	39.07	Dark Peak
3 Linda Lord	41.07	Clayton le Moors

### MYNYDD MAWR

#### Gwynedd

AS/4m/1300ft 27.4.91

Conditions were firm underfoot and the weather was kind which augured well for the fast times, and indeed the course record was smashed by forty three seconds by seventeen year old, Colin Jones, beating two previous race winners in the process. Hopefully, this was the first of many senior wins for Colin, surely one of the most exciting prospects in British fell running at the present time.

The evergreen Del Davies failed to beat his own record but managed to win the Veteran's section for the fourth successive year, while Sian Roberts won the Ladies' race comfortably.

Three others who have progressed through the ranks and are now doing well in senior races are Katy Roberts, Richard Thomas and Carwyn Williams.

Dewi Tomas

#### RESULTS

1. C. Jones	Eryri	30.37
2. S. Booth	Kesw	31.10
3. D. Roberts	Hebog	31.54
4. G. Owen	Eryri	32.34
5. J. Thin	Eryri	33.16
6. D. Davies	Hebog	33.34
7. P. Stott	Eryri	33.39
8. I. Sanderson	Telf	33.59
9. H. Griffiths	Hebog	34.14
10. P. Jones	Eryri	34.23

#### Veterans 0/40

1. D. Davies	Hebog	33.34
2. H. Parry	Eryri	36.03
3. D. Thomas	Eryri	37.34
4. C. Hartfield	Eryri	37.56
5. M. Blake	Eryri	38.54

#### Veterans 0/50

1. G. Lloyd	Wrex	40.46
2. L. Griffiths	Hebog	44.34
3. R. Evans	Eryri	46.32

#### Ladies

1. S. Roberts	Hebog	38.53
2. T. Yarham	Eryri	40.30
3. S. Bennell	Eryri	45.49
4. S. Ingram		46.30
5. R. Parry	Eryri	47.53

#### Ladies Veterans

1. S. Bennell	Eryri	45.49
2. R. Parry	Eryri	47.53
3. N. Lloyd	Wrex	53.34

#### Juniors - Under 18 Boys

1. C. Jones	Eryri	30.37
2. R. Thomas	Blaen	34.25
3. C. Williams	Blaen	34.42

#### Under 18 - Girls

1. K. Roberts	Eryri	48.04
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#### Under 16 - Boys

1. T. Garside	Hebog	17.36
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2. M. Parry	Eryri	18.18
3. D. Roberts	Eryri	18.48

#### Under 16 - Girls

1. M. Oliver		
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#### Under 12 - Boys

1. G. Bennell	Eryri	19.54
2. T. Roberts	Eryri	23.47
3. A. Jones	Eryri	23.47

#### Under 12 - Girls

1. G. Tomas	Eryri	27.27
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### SHINING TOR RACE

6 miles 1750ft CM 27.4.91

Yet another new route, the second in two years; this year the opposite way round which meant the first stile was almost 4 miles into the race thus stopping any congestion.

The venue from the sailing club offers excellent facilities and is well worth the extra £50.

The competition was close up front with Wilf Brindle just triumphing over the Mercia pair of Dave Troman and Steve Willmot. Wilf set a new course record of 43.08 in the dry, fast conditions on a slightly shorter course. Barbara Murray snatched the ladies honours in 55.53 from teammate Sue Rowson. Mercia just beat Pennine in the team event 25 points to 33. The field of 199 competitors were easily catered for on this spacious course and we look forward to seeing you on the last Saturday in April 1992.

Note: the race is now back in the black and any profit from this year will go into prizes or T shirts for next year.

1 W Brindle	Horwich	43.08
2 D Troman	Mercia	43.12
3 S Willmot	Mercia	43.16
4 D Neill	Staffs/M	43.28
5 D Crookes	Salford	45.38
6 J Hampshire	H/Bay/Trot	45.56
7 P Brownson	Pennine	46.03
8 G Watson	Macclesfield	46.10
9 A Hulme	Pennine	46.34
10 P Light	Staffs/M	46.49

#### Veterans

1 A Hulme	Pennine	46.34
2 J Kershaw	Macclesfield	46.59
3 R Wilde	M/CHH	48.19
4 P Lyons	Bury	49.04
5 N Bury	Holmfirth	49.48

#### Ladies

1 B Murray	Macclesfield	55.53
2 S Rowson	Macclesfield	56.30(V)
3 C Greasley	Macclesfield	58.05
4 K Martin	Altrincham	60.36
5 J Berrow	Pennine	60.46(V)

#### V50

1 E Knight	Mercia	50.40
2 R Carey	Mercia	51.29
3 B Thackery	DPFR	53.16
4 P Duffy	Aberdeen	54.25
5 E Smith	DVO	57.04

### THREE PEAKS RACE

AL/23.5m/4500ft 28.4.91

This year's race was sandwiched in between two British Championship races which meant that some of the top runners chose to give it a miss. However, the relatively dry weather during the previous week, combined with further improvements in what is fast becoming the "Three Peaks Footpath", made it almost inevitable that fast times would be recorded. On a delightful spring day, 460 starters began the climb of Pen Y Ghent.

Ian Ferguson and Andy Trigg broke away from the field on the crossing from Pen Y Ghent to Ribbleshead, where they were two minutes clear. The pair continued to pull away with Ian finally managing to break away from the Glossop runner during the climb up Ingleborough to record his second Three Peaks Race victory. He was given tremendous back-up by the Bingley team, who finished 5th, 6th and 7th to record an easy team win from Leicester Corinthians - yet another highly creditable performance by the lads from the Midlands. Pleasing also to see the consistent running of Andy Hauser and Graham Schofield, rewarded with their best placings in the race.

The men's course record was broken by four minutes and Sarah Rowell took an incredible sixteen minutes off the ladies' record. Even more remarkable was Sarah's 22nd overall position. Cheryl Cook also finished inside Vanessa Brindle's old record.

My thanks to all the runners, marshalls, spectators, farmers or landowners who helped to make a perfect day. Anyone who did not enjoy it had only themselves to blame.

Dave Hodgson

**RESULTS**

1. I. Ferguson	Bing	2.51.41
2. A. Trigg	Gloss	2.55.46
3. A. Hauser	Holm	2.59.14
4. G. Schofield	Black	3.01.50
5. W. Padgett	Bing	3.02.43
6. I. Holmes	Bing	3.03.33
7. P. Mitchell	Bing	3.03.40
8. A. Schofield	Ross	3.05.01
9. P. Irwin	Ross	3.06.27
10. K. Taylor	Ross	3.07.00
11. S. Needs	Leic	3.07.37
12. C. Hirst	Sett	3.10.57
13. T. Lofthouse	Bing	3.12.41
14. P. Hands	Leic	3.12.49
15. P. Clarke	Kend	3.13.07

**Veterans 0/40**

1. K. Taylor	Ross	3.07.00
2. S. Breckell	Black	3.14.55
3. P. Me Wade	Clay	3.15.23
4. T. Hesketh	Horw	3.18.46
5. A. Harmer	DkPk	3.20.02

**Veterans 0/45**

1. W. Padgett	Bing	3.02.43
2. D. Quinlan	Bing	3.17.13
3. K. Carr	Clay	3.23.20
4. C. Taylor	Clay	3.23.56
5. B. Mitchell	Clay	3.28.27

**Veterans 0/50**

1. F. Gibbs	Unatt	3.37.19
2. S. Jones	Clay	3.45.11
3. M. Breslin	Lanc&M	3.47.47
4. B. Sprakes	DkPk	3.55.02
5. G. Charles	Vaux	4.01.30

**Veterans 0/55**

1. G. Brass	Clay	3.56.42
2. G. Booth	Long	3.58.24
3. E. Blamire	Tod	4.11.37

**Veterans 0/60**

1. C. Rushton	Erew	4.16.23
2. B. Hardcastle	Pock	4.25.04
3. A. Heaton	Clay	4.47.11

**Ladies**

1. S. Rowell	Leeds	3.16.29
2. C. Cook	Clay	3.27.41
3. W. Dadds	Clay	3.37.40
4. S. Watson	ValleyS	3.51.23
5. C. Hunter-Rowe	P&B	3.52.37
6. M. Naylor	ThamHH	4.04.00
7. C. Proctor	Mand	4.05.12
8. C. Greenwood	CalderV	4.06.52

**Ladies Veterans**

1. W. Dadds	Clay	3.37.40
2. S. Watson	ValleyS	3.51.23

**RAVENSTONE BROW:  
Lancashire  
BM/10m/1250ft 4.5.91**

Even the ever-squelchy mass up by the country's highest man-made reservoir at Chew can dry out when we have had such a lack of rain. It has become spongy and only boggy in places in comparison to its normal all-embracing mud. A clear day, firm ground and not too far to travel made John Taylor favourite from the start and he fulfilled this promise with a blistering run inside the old record to set a new mark of 61.00 minutes dead for the 10 mile course. Bob Ashworth was over 3 minutes adrift for his second place with Adie Jones almost 2 minutes behind him for 3rd.

The ladies race was well won by Kath Drake, 2 minutes clear from local runner Sue Ratcliffe.

Excellent organisation by Saddleworth as usual with evidence of radio controls, St. Johns and plenty of free drink on offer. Unlike the Chew Valley, which used to start 1/2 mile away in fog, this race always seems to attract good weather.

R.S.

**RESULTS**

1. John Taylor	Holmfirth	61.00
2. Bob Ashworth	Rossendale	64.15
3. <b>Adrian Jones</b>	Glossopdale	66.22
4. Malcolm Fowler	Wilmslow	66.38
5. T. Ratcliffe	Saddleworth	67.02
6. Dave Crookes	Salford	68.10
7. D.C. Thompson	Calder Valley	68.30
8. Sean Willis	Saddleworth	69.08
9. <b>A. O'Keefe</b>	GMC F.S.	70.18
10. A. Churchill	Clayton	71.03

**Veterans 0/40**

1. A. Churchill	Clayton	71.03
2. Peter Buttery	Denby Dale	71.48
3. Brian Deegan	Rochdale	72.15

**0/50**

1. Keith Lodge	Halifax	80.08
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**Ladies**

1. Kath Drake	Spenborough	82.40
2. Sue Ratcliffe	Saddleworth	84.43
3. Jill Town	Denby Dale	86.07

**CONISTON  
AM/9m/3500ft 4.5.91**

On a cold clear morning - the temperature at about 1' in the valley Malcolm Patterson had an easy win from James Bulman, finishing some 4 minutes clear. At least the wind was blowing from Swirl How - pushing competitors along the ridge - and allowing us backmarkers to marvel at the front runners. To see Patterson still running as we toiled up Wetherlam is surely inspirational. Billy Bland, presenting the prizes, had to award himself third at a friendly prize giving with loads of prizes.

R.S.

1. Malcolm Patterson	Dark Peak	1.07.24
2. James Bulman	Borrowdale	1.11.81
3. Billy Bland	Keswick	1.11.38 (V40)
4. P. Clark	Kendal	1.11.58
5. D. Loan	U/A	1.15.30
6. P. Bateson	Keswick	1.16.06
7. S. Palfrey man	Ambleside	1.16.39
8. J. Hope	Achille R	1.16.40 (V40)
9. R. Unwin	CFR	1.16.46
10. M. Walsh		1.16.62 (V40)
V50 J. Taylor	Kendal	1.16.52
Lady A Isdale	U/A	1.31.49

**STUC A 'CHROIN  
Long A Scotland  
13m/5000ft 4.5.91**

1 Andrew Peace	2.04.08	Bingley
2 Gary Devine	2.04.52	Pudsey & Bramley
3 Keith Anderson	2.06.23	Ambleside
4 David Rodgers	2.07.28	Lochaber
5 Mark Rigby	2.08.30	Westerlands CCC
6 Willie Gaunt	2.09.29	Pudsey & Bramley
7 John Hooson	2.09.36	Ambleside
8 Jack Maitland	2.09.43	Pudsey & Bramley
9 Bob Whitfield	2.09.51	Bingley
10 Simon Booth	2.10.20	Keswick

**Veterans**

1 Bob Whitfield	2.09.51	Bingley
2 John Blair-Fish	2.16.44	Camethy
3 Ken Taylor	2.17.23	Rossendale
4 Peter Marshall	2.17.56	Haddington
5 Jack Holt	2.18.13	Clayton le Moors

**Ladies**

1 Tricia Calder	2.23.56	ESPCAC
2 Clare Crofts	2.29.03	Dark Peak
3 Jacky Smith	2.38.44	Dark Peak
4 Penny Rother	2.41.49	ESPCAC
5 G Reid	2.43.20	Westerlands CCC

**PENISTONE HILL RACE:  
West Yorkshire  
BS/6.5m/1055ft 6.5.91**

With conditions still bone dry this was a race for the runner who likes firm going. John Taylor added to his victory at Saddleworth two days previously and broke the record for the new course into the bargain. Just 8 seconds outside the old course record he showed that this was his type of course. Wilf Brindle came a good second to add to his victory at Shining Tor.

The Hill Race is excellent in also providing a number of girls' and boys' junior races where potential future stars can get their first trophy!

R.S.

**RESULTS**

1. John Taylor	Holmfirth	38.38
2. Wilf Brindle	Norwich	39.36
3. Dale Wilkinson	Rochdale	40.53
4. Paul Light	Staffs & Moor	40.55
5. William Styan	Holmfirth	41.10
6. Billy Minto	Dark Peak	41.17
7. Andrew Maloney	Rochdale	41.38
8. Jeff Norman	Altrincham	41.47 V45
9. K. Davies	Penistone F.R.	42.00
10. Brian Hilton	Leeds City	42.02 (V40)

**Veterans 0/40**

1. Brian Hilton	Leeds City	42.02
2. David Bonnington	Steel City	43.45
3. Peter Buttery	Denby Dale	44.08

**Veterans 0/45**

1. Jeff Norman	Altrincham	41.47
2. Peter Lyons	Bury	44.16

**Ladies**

1. Stella Boam	E. Cheshire	46.10
2. Sylvaine Buler	Penistone F.R.	49.16 (V40)
3. Sue Exon	Swerfoll	53.11 (V35)

**Juniors U13 (short course)**

1. Carl Jackson	Stretford	21.58
2. Craig Heppenstall	Wakefield	22.02

**Juniors U16 (short course)**

1. Andrew Williams	E. Cheshire	21.02
2. Paul Warburton	Stretford	22.22

**RAS MOEL EILIO LLANBERIS  
11.5.91**

1. Colin Donnelly	Eryri	60.32
2. Paul Wheeler	MDC	62.17
3. Paul Brownson	Pennine	64.16
4. Hefin Griffiths	Hebog	64.57
5. Jamie Thin	Eryri	65.40
6. Del Davies	Hebog	65.40
7. Tony Hulme	Pennine	66.01
8. Andrew Darnell	Eryri	66.29
9. Huw Parry	Eryri	67.20
10. Richard Day	Mercia	67.57

**Veterans**

1. Del Davies		
2. Tony Hulme		
3. Huw Parry		
4. John Nixon	Achille Ratti	71.07
5. Ray Catherall	Mold	71.18
o/50 1 G Swindin	North Glos.	77.40

**Ladies**

1. Alice Bedwell	MDC	80.19
2. Tracey Yarham	Eryri	84.17
3. Anne Stentford	Maces	89.23
4. Sheila Bennell	Eryri	95.39

**BUTTERMERE SAILBECK  
9.4m/4250ft/AM 12.5.91**

The start of the race saw the sun shining in the valley but cloud at around 2,500 feet and a temperature of 7 degrees on the tops. The clag brought some problems to the front runners to the extent that the positions at the last check on Crag hill will be published along with the official results to show how many people can go wrong in a touch of fog! The leader at Crag Summit (Mark Crossdale) ended up in 133rd position while other favourites also fell by the wayside (or into the wrong valley!).

The navigation and stamina of Intermediate James Bulman was enough to see him through to win by a good 4 minutes from Holmfirth's Andy Hauser. The race, one of the hardest in the calendar in terms of climb (over 4000foot compressed into less than 10 miles) is still host to a number of championships, proving what a testing course this is.

The junior race saw William Styan following father's footsteps and passing Matthew Moorhouse on the descent to win by a comfortable margin.

1. James Bulman	Borrowdale	1.33.34
2. Andy Hauser	Holmfirth	1.37.07
3. John Wootton	Keswick	1.37.56
4. Andy Schofield	Rossendale	1.38.27
5. Stephen Barlow	Horwich	1.38.34
6. Gary Webb	Calder Valley	1.38.39
7. Andy Trigg	Glossopdale	1.39.22
8. Brian Thompson	CFR	1.39.21
9. Peter Irwin	Rossendale	1.39.21
10 Paul Mitchell	Bingley	1.39.34

**Veterans**

1. Trevor Birtwistle	Rossendale	1.43.53
2. Fred Anderson	CFR	1.44.25
3. Ian Charlton	Keswick	1.44.30
4. John Hope	Achille Ratti	1.44.40
5. Alan Judd	Horsforth	1.45.05

**V50**

1. Fred Gibbs		1.54.37
2. Barry Johnson		1.54.51
3. Harry Blenkinsop		1.55.05

**Southern Championship**

Dave Ramsay	Reading	1.43.42
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**Cheshire Championship**

Andy Trigg	Glossopdale	1.39.22
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**Lancashire Championship**

Andy Schofield	Rossendale	1.38.27
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**Cumbria Championship**

James Bulman	Borrowdale	1.33.34
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**Ladies**

1. Linda Carder	Outward Bound	1.06.25
2. Kath Proctor	Mandale	1.07.52
3. Alison Crabb	Ambleside	1.44.20

**Junior Championship Race**

1. William Styan	Holmfirth	29.39
2. Matthew Moorhouse	Salford	30.19
3. Brendan Taylor	Rossendale	31.23
4. M. Whitfield	Bingley	32.36
5. P. Bryant	Stockport	33.11
6. P. Singleton	Ambleside	33.24
7. Simon Brophy	Holmfirth	34.37
8. R. Moss	Bingley	35.16
9. R. Hope	Horwich	35.42
10. P. Boyd	Blackburn	37.55
11. S. Sweatman	Horwich	40.15
13. R. Wells	Horwich	65.30

#### Junior Girls

1. Helen Berry	Holmfirth	47.44
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### SIMONS SEAT

#### AS/3.5M/1350ft 18.5.91

1. John Taylor	Holmfirth	34.44
2. Peter Dymoke	Livingston	23.55
3. Gary Devine	P&B	24.18
4. Ian Holmes	Bingley	24.19
5. David Neil!	Staff & Moor	24.24
6. Gary Wilkinson	CleM	24.29
7. Wilf Brindle	Horwich	24.48
8. Graham Schofield	Blackburn	24.54
9. Allan Whalley	P&B	24.58
7. Marco Cara	Mandale	24.36

#### Ladies

1. Anne Buckley	Leeds CAC	38.42
2. Clare Crofts	Dark Park	29.46
3. Janet Kenyon	Horwick	30.01
4. Jackie Smith	Dark Peak	30.29 (V35)
5. Cheryl Cook	CleM	31.59
6. Sue Mackay	CFR	32.26
7. Julie Harold	Horwick	33.16
8. Elizabeth Strong	Settle	33.23 (V)
9. Sylvie Watson	Valley Striders	33.52 (V)

#### Veterans M 0/40

1. Bob Whitfield	Bingley	25.44
2. Robert Taylor	Pennine	25.46
3. Phil Bowler	Staff & Moor	25.50
4. Bill Padgett	Bingley	26.28 (V45)
5. Harry Waterhouse	Saddleworth	27.37

#### 0/50 1 Roger Bell

Ambleside	28.34
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#### Juniors

1. William Styan	Holmfirth	25.43
2. Matthew Whitfield	Bingley	26.53
3. Matthew Mooitouse	Salford	27.14
4. R. Moss	Bingley	27.34
5. R. Hope	Horwich	28.36
6. N. Matthews		28.48
7. Robert Jebb	Bingley	29.12
8. P. Boyd	Blackburn	29.18
9. T. Dale	Pell Gypsies	29.58

#### Junior Girl

1. Helen Berry	Holmfirth
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### WORLD CUP : Stop Press : WORLD

On a wet and windy Sunday (9 June) the Junior Men and the Ladies battled it out in the World Cup Selection Races at Arant Haw. This is the first of two selection races, points are aggregated from the two to decide the England team. The course was over 6k with total ascent of 453 metres to reflect the course in Zermatt. Those shown in brackets do not count as they are selected for Wales.

#### Junior Men

Pts W		
7 Colin Walker	Pud & Bram	31.54
5 William Styan	Holmfirth	33.07
- (S. Griffiths)	Aberystwyth	33.16
4 Simon Brophy	Holmfirth	33.52
- (C. Williams)	Hebog	34.11
3 John Taylor	Clayton	34.38
2 R. Hope	Horwich	34.55
1 Brendan Taylor	Rossendale	36.13
P. Singleton	Ambleside	36.59
B. Fletcher	Lancs Uni	38.35

#### Ladies

7 Anne Buckley	Pud & Bram	36.22
5 Caroline Hughes	Reading AC	36.40
4 Kath Hill	Tipton	37.00
3 Clare Crofts	Dark Peak	37.35
- (Jill Teague)	Bingley	37.52
2 J. Rashleigh	Bolton	38.01
1 Jackie Smith	Dark Peak	38.05
Lydia Kirk	MDC	38.33
Cheryl Cook	Dark Peak	38.44
J. Kenyon	Horwich	38.49



Pete Jebb - Simon Seat  
Photo: Dave Weatherhead



Dave Hodgson - Simon Seat  
Photo: Dave Weatherhead



Staggering up Sailbeck in the Northern Counties Championships

# ON GOING DOWNHILL FAST

by Andy Styan

There are four simple rules to going downhill fast on the fells.

1. Close your eyes (most of the time).
2. Lean forward until you feel unsafe.
3. Hurl yourself unthinkingly down the hill.
4. Pretend that you're made of rubber.

These will ensure that you injure or kill yourself pretty quickly, if that is what you want to do.

If you want to be reckless, going downhill fast is easy (as long as you are not afraid), but I don't think any of the good descenders are really reckless. So, what is it that makes a good descender? The editor asked me to write something on it, because I'm quite fast myself and he presumably thought I should know why.

I've been commonly described over the years as a "daredevil", "reckless descender" and "mountain goat". "Reckless" I am not; "daredevil", maybe, because I do feel some pleasure in taking risks; "mountain goat", yes, in the sense that I have a natural skill in running over rough ground. But how much of the skill are you born with, and how much can it be developed? I don't know for sure, but I believe a lot of it is in the genes and some of it can be developed, say, 70:30.

What follows is my own list of suggestions to help improve what downhill ability you have got. I don't know whether they will work for other people, but they describe what goes on in me, and how I work to improve.

## 1. Capture the "downhill spirit" within you

As a child I used to love running down off hilltops and scree and running along dried up beck in the Dales. I knew nothing about fell-running then, so something touched my spirit to set me off doing it alone. (When I found out about fell-racing later, I was totally hooked).

If you can recognise inside you something that does enjoy the feeling of running downhill, you can cultivate it. Imagine the feeling when you are sitting down, driving the car or on a training run. Visualise yourself coming down fast and enjoying it, and get a regular mental picture of this. I have used different kinds of visualisation with great success to help me in racing (maybe another article in there sometime).

## 2. Train for downhill running

People do uphill training quite often, but not many do it downhill. If you do hill reps, in training, try putting the effort into the downhill. If you don't do hill reps, try it! I used to do it once or twice a week and effort on the downhill strengthens the thigh muscles and allows you to go faster in racing, because your "braking" muscles are stronger. Doing it over rough ground gives added practice.

## 3. Do mobility exercises on the trunk, waist and ankles

Going downhill over rough ground requires a body that can move all over the place and keep balance. The more supple you are the more



Andy Styan shows how its done on the main descent at Saddleworth.

you can move around and keep your centre of gravity. Some people do have better natural balance, but a "still" body will always slow you down.

## 4. Look ahead further

Sounds strange, but I believe this is a vital one. I first realised how important this was to me when I was running in a long line of people on a narrow track. People seemed to be able to run right behind the person in front, and I had real difficulty. I realised that I look at the ground several paces ahead - **not** where my next step is going. My eyes and my brain have already worked out where my feet are going to go by looking 8-10 feet ahead or more. I've checked this out with others since and I believe the fast downhill runners **must** do this better. You're covering the ground so much quicker going downhill that you can't look just in front of you. Practise looking 8-10 feet ahead when you're training and particularly over rough ground.

## 5. Explore your confidence in downhill running

Some people are simply scared of falling over. Practising downhill in non-race conditions can help your confidence, but fear is a hard one to conquer. Visualisation can help, but in the end I think you just have to push through the fear barrier. All I can really say on this one is that I

have never injured myself badly going fast on a downhill run. I've had two broken ankles, but they were silly accidents - one in the snow and one on the flat. So, what's the big deal about a few cuts and bruises?

If you concentrate on your feet instead of your fear, it will decrease. I was once following Stuart Bland (the fastest downhill runner I've seen) down off Bowfell and I became quite afraid watching how fast he was going - afraid he would pull away from me! As soon as I stopped watching him and concentrated on me, I was fine.

## 6. Lean backwards and forward

Not at the same time! I lean slightly into the slope when on grass and medium gradients - this increases the speed and still feels safe to me. I lean backwards a little on steep slopes or rocky ones - purely for safety - you fall faster and harder if you're leaning forwards.

## 7. Firm fitting shoes with a good grip help

Some fell-running shoes are, to me, quite sloppy - particularly when wet. You can't make your body move the way you need to if it's trying to compensate for sliding around in your shoes.

I hope these ideas help a few people out there. Since I am old and crooked, I am happy to share them. I've got a few other secrets which I'll be passing on to William.

# "Warming Up"



The start of an event: where the warm-up prevents injury.  
Haworth Hobbles 1991, Main Street just after 8 a.m.  
Photo: Peter Hartley

by Eddie Caldwell LCSP (Phys.)

Eddie is the physio to the England World Cup team and has been for the last 3 World Cups in Keswick, Die and Telfes.

Athletes warm up before competition to make sure that muscles, joints and the important organs like heart and lungs are all working at the most efficient level for running. The warm-up session is also valuable in that it allows the individual the opportunity to get in the right frame of mind and concentrate on the race or training session.

The warm-up has distinct stages. Firstly, easy jogging with warm clothing on. This should take about fifteen minutes and aims to get the runner warm. The next stage is to do some easy stretching exercises to prepare the muscles for the strain to come. Mobilise the major joints, too. Fell runners should perhaps spend about five minutes on this work, though longer would pay better dividends.

The last stage of the warm-up is one of quicker bursts of running at nearer the speeds you will use in the race or training session. Three or four 150s striding out should be sufficient. Then, make sure you keep warm and recover before the race starts. Allow between five and ten minutes for final race preparations and recovery but do keep warm.

Short, sharp events require a more thorough warm-up than the longer events especially in the Summer months. After the race go through a shorter version of your warm-up. This helps the body re-adjust and clears the waste products out of the muscles. You will not be so stiff next day if you warm down after a race.

Example:

15 minutes easy jogging with warm clothing on.

5-10 minutes of gentle, relaxed stretching and mobilising exercises,

example:

Arm circling in each direction.

Slow, wide circles with hips (hula-hoop movement).

Touch toes easily, no bouncing or forcing.

Lunge like a fencer. Get as low as you can and hold the position for 15 seconds.

Draw knee up to chest in standing position then swap to other knee.

Again on one leg, pull heel to buttock and hold for 15 seconds then swap legs.

Stretch calf muscles by facing a wall or tree with feet one behind the other, heels flat on ground about two feet away from wall.

Repeat any of these exercises several times in a relaxed unhurried manner.

Faster strides: e.g. 3 x 150.

Recover and keep warm for last 5-10 minutes before start of race.

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## PERIS HORSESHOE MOUNTAIN RACE

### Saturday, 21st September

11.00 a.m.



GLYDER FAWR  
S.H. 643579

Y GARN  
S.H. 631596

ELIDIR FAWR  
S.H. 612613

START  
Royal Victoria Hotel

Y LLIWEDD  
S.H. 622534

SNOWDON SUMMIT  
S.H. 610544

MOEL CYNGHORION  
S.H. 586564

Footpath Junction  
S.H. 578572

FINISH  
Opposite RVH  
S.H. 584596

**1991**

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Geoff Clegg, 2 Bryn Hyfryd,  
Penisarwaun, Caernarfon, Gwynedd LL55 3BU

# Calendar Update

The details below include new races, late entries and alterations to existing Calendar information. They are arranged in chronological order according to when they will NOW take place.

WED. JUNE 4. CHEVIN FELL RACE. AS. 7.30 p.m. 3m/1000 from the 'Buttercrags' pub, Otley Town Centre. £2 on day or to organiser. Teams free. Partially marked. Over 17. Also junior road race: U17. Record: 16.28 J. Sherban 1986. Details: N. Clayton, 43 Coal Hill Lane, Farsley, Pudsey, Yorkshire, LS28 5NA. Tel: (0532) 559358

TUE. JUNE 11. INGLEBY INCLINE UPHILL MILE. N. 7.30 p.m. 1m/719 from Incline Foot, Ingleby, N. Yorkshire (MR. N7 598037). £1.50 on day. Obvious route. Also junior race at 6.45 p.m. on same course. Records: 8.04 R. Bergstrand 1990; f. 10.48 G. Hale 1990. Details: M. Gamut, 13 Cleveland Street, Great Ayton, North Yorkshire, TS9 6DA. Tel: (0642) 723267.

SAT. JUNE 22. CHEVY CHASE. The start time for the runners in this event is 11.00 a.m. not 11.30.

TUE. 25 JUNE. AIREDALE PIKES FELL RACE. N. 7.30 p.m. 6m/1100 from the Tam House Hotel, Stirton, near Skipton. £1 on night. Teams free. Over 15. Details: A. Speak, 6 Green Bank, Bamoldswick, Colne, BB8 6HX. Tel: (0282) 813774

WED. JUNE 26. TEBAY MIDSUMMER GALLOP. AM. 7.30 p.m. 8m/3000 from the Recreation Ground, Tebay, Cumbria. £1.50 on the night. Navigational skills. Over 16. Records: 1.13.09 J. Broxap 1988 f. 1.24.27 R. Pickvance 1989. Details: R. Capstick, 1 Mount Pleasant, Tebay, Cumbria, CA10 3TH. Tel: (05874) 497.

THURS. JUNE 27. FOX AND HOUNDS CHASE. BM. 7.00 p.m. 9m/? from the Fox and Hounds pub, Danby, Whitby, N. Yorkshire. £3 on day only. Teams free. Partially marked. Also junior race, 4m, same start. Records: 62.18 H. Stephenson; f. 71.13 S. Wright. Details: R. Lillie, 34 Church Street, Castleton, Whitby, N. Yorkshire, YO21 2EQ. Tel: (0287) 660926.

SAT. JULY 6. CARLSBERG CULTER FELL HORSESHOE. AL. 12.00 noon. 12m/4000 from Tweedsmuir Village Hall, near Broughton, Biggar. £4 on day only. Navigational skills. SAAA/SWAAA rules. Over 19. Records: 1.52.14 C. Donnelly 1989. Details: F. Smith, Jennings Brewery, Cockermouth, Cumbria.

SUN. JULY 7. MOFFAT CHASE. AM. 11.00 a.m. 12m/3500 from the Ram's Statue, Moffat. £2 on day only. Teams free. Navigational skills. SWAAA/SAAA rules. Over 19. Details: R. Mitchell, 45 Twirlees Terrace, Hawick, Roxburghshire, TD9 9LP. Tel: (0450) 72499.

MON. JULY 8. HATHERSAGE GALA FELL RACE. BS. 7.30 p.m. 2.8m/380 from Seal Field, Hathersage. £1 on day only. Route obvious/marked. Over 16. Records: 16.38 M. Wilson 1988; f. 21.37 S. King 1988. Also junior race for U16 at 3.00 p.m. on Sat. 6th July. Details: B.L. Griffiths, 7 Dale Crescent, Hathersage, Sheffield, SW0 1AP. Tel: (0433) 50560

SUN. JULY 14. WHARMTON DASH. AS. 3.00 p.m. The date of this race has been changed from Sunday May 26th.

THURS. 25 JULY. CROWN DERBY. CS. 7.30 p.m. 3.75m/250 from the Crown Inn, Church Street, Bollington. £1 (£1.50 unatt.) on night. Course obvious/partially marked. Over 14. Records: 21.35 M. Kinch 1989; f. 26.08 B. Murray 1989. Details: G. Coe, 16 Clarence Terrace, Bollington, Macclesfield, SK10 5LD. Tel: (0625) 573934.

SAT. AUG. 10. KIELDER BORDERER FELL RACE. BL. 11.00 a.m. 17m/3000 from Kielder Castle. £3 to organiser or on day. Teams free. Navigational skills. Over 18. Free barbecue after event. Details: The Forestry Commission, Eals Bum, Bellingham, Hexham, Northumberland, NE48 2AJ. Tel: (0434) 220242.

WED. AUG. 14. UP THE NAB. CS. 7.30 p.m. 4.5m/750 from Glossop Rugby Club, Marple Road, Charlesworth, Derbyshire. £1.50 on the night. Teams free. Partially marked/obvious route. Over 14. Details: C. Barker, 38 Grange Road North, Hyde, Cheshire. Tel: (061 366) 9546. AFTER 1st JULY, the organiser's address will be 34 Hillmount, Dukinfield, Cheshire. Tel: (061 303) 2695.

SAT. AUG. 17. ARROCHAR ALPS HILL RACE. AL. 11.00 a.m. 13m/7900 from Arrochar. £2.50 to organiser by 9th August. Navigational skills. Over 18. Records: 3.07.39 W. Bland 1987; f. C. Menhennet. Details: R. Shields, "Maymore", Drymen Road, Balloch, Alexandria, G83 8HS.

SUN. AUG. 18. GUNSON KNOTT. AM. 2.00 p.m. 5m/2200 from Stool End Farm, Langdale. £1.50 entry to field plus 50p to run - on the day. Navigational skills. Also junior races U10, U14, U18. Part of a 'Lakeland Day'. Records: 45.58 C. Donnelly 1988. Details: D. Thompson/K. Rowland, Stool End Farm, Langdale. Tel: (09667) 616.

SAT. SEPT. 14. ELIDIR FAWR RACE. The date of this race has been changed from 21st September to 14th September.

SAT. SEPT. 28. SCAFELL PIKE. The date of this race has been changed from 21st September to 28th September.

SUN. SEPT. 29. BLAKE FELL. The date of this race has been changed from 22nd September to 29th September.

TUE. OCT 3. END TO END. AM. 2.00 p.m. 7m/1900 from West Head Farm, Thirlmere. £1 on day. Navigational skills. Over 16. Details: D. Thompson, Guidestone, Elterwater, Langdale, Cumbria. Tel: (09667) 275.

## PLEASE NOTE!

That Thomas Laidlaw Rydal Round: August 1st will start at 12.30pm NOT 2.15 as in the calendar!!

## Charity Run



One of our most regular contributors (and those who know him will recognise him through the disguise) will, on June 30th this year, be walking, jogging and running a section of fells in the Lake District for a local charity based in Keswick. The run will be undertaken in southern fell-running gear (as used on broken London Underground escalators) including broly and rolled copy of the Times. The run is in aid of a local charity based in Keswick; "Pets Lifeline".

The route is to start at Seathwaite in Borrowdale and then up Sty Head, over Great Gable, Green Gable, Brandreth and then have a break at Honister. After this it will be up Dale Head on to Robinson and then down the ridge of this fell to the road and return to the Moot Hall in Keswick. "Well," as the man says, "it's something different!"

Anyone interested in helping financially could send a donation to PETS LIFELINE, 23 Kingsway East, Westlands, Newcastle Staffs. ST5 3PY. (0782 612985).

Should be good-fun on the day and if there is anyone out there who would like to accompany me, then we start from Seathwaite at 10.00 am on Sunday 30th June. The alias chosen is to fit the clothes, one Aubrey Balmoral Courtney-Davies



Veterans' Burn-up! Guy Goodair (Wakefield), No. 7, and John Francis (Clayton-le-Moors), No. 54, struggling for supremacy in the last quarter-mile of the Wardle Skyline.

Photo: Bill Smith

# FRA BRITISH RELAY CHAMPIONSHIPS

## SPONSORED BY BINGLEY SPORTS

The third British Relay Championship will be organised by Bingley Harriers and A.C., on behalf of the Fell Runners Association, during October this year. Held annually, usually in a different region, the event will be based on the Yorkshire Dales village of Kettlewell, situated on the River Wharfe, beneath the West flank of Great Whemside. This venue will provide scope for a contrasting course in picturesque Dales countryside but involving sections of rugged and exposed terrain never trodden by studs in competition!

The event will be designed to reflect the tradition of British fell running, testing a club's all round ability in this branch of the sport. One athlete will contest each of the four legs, arranged in a clover leaf, each being typically 'A' category and navigation will be essential! Team selection and running order will therefore be important considerations and the mandatory experience requirements for the second leg runners should be noted.

The winning team will be expected to complete the course in approximately four hours and will officially and justifiably be recognised FRA British Relay Champions 1991. Team prizes (with thanks to our sponsor "Bingley Sports") will include the first three overall and the first three in the ladies' and veteran's (over forty only) categories.

Kettlewell is a delightful Dales village, used as a centre for walkers and potholers, but also catering for tourists, with three pubs, cafes, shops, a Youth Hostel and variety of bed and breakfast accommodation. However, to minimise disruption to the village, all event activities and facilities will be in the event field, including parking, camping, toilets, race start, changeovers, finish and a marquee for refreshments, presentation or shelter!!

All of the course is over private land and the event has only been possible thanks to the co-operation of local landowners and tenants providing permission for access. This has resulted in a restriction on pre-race receiving, particularly on the second leg where access has only been allowed on race day ONLY. Whilst not ideal, to make the best of the situation and for added interest, the actual second section course and checkpoints will not be revealed until the day of the event, making this leg a test of Karrimor type navigation. Only the organising committee and the FRA Chairman are privy to the details of this leg.

Finally, and above all else, safety equipment and procedures will be strictly and rigorously enforced, please help us and yourself by complying with the safety requirements.

The detailed pre-race information packs will be sent to each club contact soon after the closing date of 31st August.

**DATE:**

Sunday, 20th October, 1991.

**VENUE:**

Kettlewell, Yorkshire Dales, GR 971721

**START TIME:**

Race start time 9.30am from the event field.

**REGISTRATION:**

From 7.30am to 9.00am on race day at the marquee in the event field. The runners for the first two legs must be present for registration and must declare the team names, running order, show map and safety equipment. Race numbers and control cards will be issued. A master map will be on display.

**MAP:**

The whole event will be within the area bounded by Eastings 93 - 05. Northings 70 - 82. Each team will be responsible for providing the appropriate Ordnance Survey 1:25000 map for each leg, the Outdoor Leisure 30 Yorkshire Dales (Northern and Central) will cover all but leg two, which should be complemented by Outdoor Leisure 10 Yorkshire Dales (Southern). Map(s) must be carried on leg two and subsequent legs.

**ENTRY FEE:**

£16 each team of four - includes meal pack and free drink.

**LIMIT:**

A provisional limit of 100 teams will be imposed and is expected that this will enable each interested fully paid-up FRA and SHRA club to be guaranteed entries for up to three teams of any category. Additional teams may be entered but will be subject to acceptance on an earliest post date and priority team rotation, until the entry limit is reached.

**CLOSING DATE:**

Entries must be received by the Entries Secretary no later than first post on the closing date of Saturday, 31st August, 1991.

**ENTRIES SECRETARY:**

Barbara Carney, 16 Birchlands Grove, Wilsden, BRADFORD, West Yorkshire, BD15 0HD. Tel: 0535 273508

**TEAMS:**

The event will require each team to comprise four athletes, each competing one of the four legs. N.B. All team members should have fell running experience and be capable of using map and compass - see Registration and Experience requirements.

**ELIGIBILITY:**

Entries will be restricted to fully paid-up and affiliated clubs to the FRA and SHRA, all teams

must contain members of the same club. All team members must have fell running experience and be capable of using a map and compass, second leg runners must satisfy the experience requirements.

**EXPERIENCE:**

Runners for the second section (leg two) will be vetted for suitable experience and in any case must have completed at least one "AL" and one "AM" fell race AND have navigational experience. The organiser will reserve the right to reject any entry, where the competitor's experience for any leg is in doubt.

**PRIZES:**

Perpetual trophy to winning team overall. Medals to first three teams overall and first ladies' and first veteran's team (over forty). Prizes to first three teams in each category: overall, ladies' and veteran's (over forty). One set of prizes per club in each category.

**SAFETY EQUIPMENT:**

All competitors must have access to the following safety equipment on race day and it will be mandatory to carry the first three items and other items as instructed, on each leg: i) Map, ii) Compass, iii) Whistle, iv) Full body windproof cover, v) Emergency food, vi) Hat, gloves, long sleeved top and bottoms.

## FRA British Relay Championship 1991 Entry Form

Entry fee: £16 per team of four. Cheques payable to "FRA"

Name of club contact: .....

Address of club contact: .....

Telephone number of club contact: H: ..... W: .....

Please indicate your THREE guaranteed entries, which may be any category:

Specify: Senior S Ladies L Veterans V

1	2	3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate any additional entries you wish to be considered in the event of spare places:

Specify: Senior S Ladies L Veterans V

4	5	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







#### **FACILITIES:**

Camping (£1.25 per person), parking (50p per vehicle), refreshments and toilets will all be available on the event field. Showers and other facilities will be available nearby or in the village.

#### **ROUTE:**

The four legs have been designed to test a club's all round fell running ability and will typify a cross section of races throughout the season. It is important to remember that weather conditions on the day can significantly increase running difficulties and particularly navigation. The second leg checkpoints will not be revealed until the start of registration on the day of the event which will add to the navigational problems, especially if the weather is inclement. Flagged route sections must be followed. Except check 1, control cards must be stamped at all checks. Cut-off times will be applied to each leg and remaining competitors will then be mass started.

#### **LEG 1 AS/985ft/2.5m**

Mostly good footpath, marshalled and flagged all the way.

Start: GR 971721, Event Field. Check 1: GR 952722, Stile. Finish: GR 971721, Event Field.

#### **LEG 2 AL/3280ft/10m**

Mostly open moorland with few footpaths, experience and good navigation essential.

Start: GR 971721, Event field.

There will be seven checkpoints (excluding start and finish) revealed on the day of the event. The first and last will be flagged from and to the event field.

Finish: GR 971721, Event field.

#### **LEG 3 AM/2785ft/11m**

Mostly footpath and bridleway, marshalled and flagged in places but requiring some navigation.

Start: GR 971721, Event field. Start 9: GR 963755, Track bend. Check 10: GR 955781, Lead mine. Check 11: GR 965776, Gate. Check 12: GR 954780, Farm. Finish: GR 971721, Event field.

#### **LEG 4 AM/2140ft/5m**

Mostly open moorland, some pastureland, experience and navigation essential.

Start: GR 971721, Event field then flagged all the way to Check 13: GR 992727, Stile. Check 14: GR 992729, Stream junction. Check 15: GR 002739, Cairn. Check 16: GR 992727, Stile then flagged all the way to Finish: GR 971721, Event field.

A shortened course may be implemented in case of bad weather on the day.



*Bingley Harriers' David Stephenson leaves Ingleborough Summit for the last section of the 3 Peaks through Sulber Nick.*

*Photo: Peter Hartley*



Founded 4th April 1970

# Annual Dinner and Presentation

**SATURDAY 9th NOVEMBER 1991**

**At the**  
**Blackburn Moat House**  
**Yew Tree Drive,**  
**Preston New Road**  
**Blackburn, Lancashire BB2 7BE**

☎ 0254 64441



## Menu

*Cream of Mushroom Soup*  
\*  
*Roast Ham with mint sauce,  
chateau potatoes & two veg*  
\*  
*Black Forest Gateau*  
\*  
*Coffee & Mints*  
\*  
*Vegetarian alternatives  
(order direct from organiser)*  
\*  
*Price £11.00*



## SPECIAL WEEKEND PACKAGE

*Accommodation from 1.00 p.m.  
Saturday*

\*

*Dinner as shown  
Full English Breakfast*

\*

*Price £24.85 each adult  
Single room supplement £4.00*

**Tickets available from organiser**

**Kevin Shand 0706 70080**

**or his regular sellers**

**£5.00 deposit to Rita Hunt (FRA)  
Moat House, Blackburn, Lanes**

**Balance by 4th November 1991**

# Fell Running

## For Southern Jessies

The first in a series of helpful leaflets for runners not privileged to live north of Sheffield  
by David Bird (Oadby Foreign Legion)

This leaflet has not been produced in conjunction with 'The Lester Runner' and the W.F.R.A. (Wimps' Fell Running Association).

## How to become a fell runner (Southern Version)

Build a mountain of manure in your back garden. Crawl up it. Slide down the other side on your bum (or your face). You are now a fell runner.

## What to Wear

All sorts of rubbish has been written about kit. The only important thing to buy is shoes. Not the posy NIKE stuff that costs half your left arm and that you're more likely to see in Oxford Street than up Kinder Scout, but REAL cred shoes like Totally-Anonymous-Walshes, Understated-Rivington-Pikes or (best pose value) Woolworths white plimsols with two-inch nails. If you're running in Derbyshire, studded wellies are essential. Up to your neck.

I once saw a member of Dark Peak Club who had lost a shoe in the bogs of Bleaklow remove the gold teeth from the corpse of a Highgate Harrier, shape them into spikes with his bare hands and screw them into the soles of his feet. This is true heroism.

Up north, very little else is worn, no matter what the length of race. Rugby shorts, no socks, and twenty-year-old non-thermal string vests seem to have been the fashion since Wilson of the Wizard was a nipper. Watch the evil grin of your competitor as he splashes your lycra as he goes past, knowing that even Persil automatic won't ever get the "Kinder Scout Everlasting Peaty Crud" out of your Sub-4, Wash 'n' Wear lilac and jade snakeskin tights.

Don't be too flamboyant. There are burial mounds all over the Peak District (known locally as "cairns") testifying to the savage killer sarcasm of Northern Fell Runners.

But seriously: the top layer should always be Goretex. Remember the old Chinese proverb: "If it ain't pissing down, it ain't a fell race". Then Polartex, which will keep all wimps nice and warm. Then Pertex, because it's flashy and comfortable. Finally Semtex, which should keep your eggs nicely boiled.

## Other bits of essential kit

Kendal Mint Cake - legendary white chocolate with no chocolate in it.

Compass - watch that never works.

Bum Bag - who on earth would want to put their bum in a bag?

Map - Huge lump of semi-papier mache with the bits you want to read cleverly printed on the comer.

Water bottle - preferably containing meths. Then no-one will nick it.

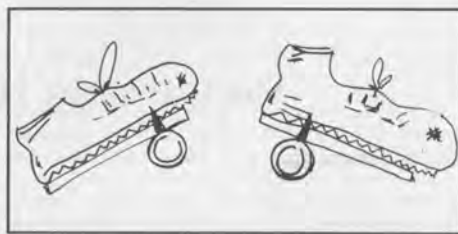
There are lots of others, but you can find out the hard way (i.e. ten miles from the nearest road in heavy mist, and dropped off the tail of the race). A true fell runner never gives any useful information away.

## Training

Northerners believe that there are no fells south of Sheffield. This is quite simply not true. In actual fact, there are probably more Munros in Leicestershire than there are in Scotland, if you care to look for them. For example.

Bradgate Park and surrounding District (known as the Leicester Himalayas). Base camp here (the Gents in the car park) is only 500 feet above sea level, but the summit, together with the buildings there, must top at least 6000 feet.

To say nothing of all the monumental mountains built along the banks of the Grand Union Canal, known as the "Grand Union Canal Bridges and Locks", or GUCBL Range. While these are not of the same height range as Bradgate (up to 3500 feet), some of the ascents are staggeringly difficult. Scree runners will be rewarded here, too, as there are some monumental descents from bridges down to the distant tow-path. One in particular, past Kilby Bridge but before Newton Lock, has up to four loose stones at any one time (please replace if dislodged).



## Racing

As you can see, as a member of the Oadby Foreign Legion you are spoiled for fell running territory. What about the races, though?

The blue riband event must be the World renowned Wigston 7. This is truly a fell race for the connoisseur. Steep climbs, airy ridges, and the danger of knowing that with one slip, you will be off the grass verge and plunging down to certain death on the A50.

The second most important event, though one with more limited appeal, is the Oadby Foreign Legion Handicap Race. Entry of this is limited to people who are at least severely mentally handicapped. This works quite well, because it is a winter race of such appalling toughness that you have to be mentally handicapped to want to run it. (I won a prize there last year).

## At Last

What you have all been waiting for..... a running shoe which lets you TRAIN ON THE FELLOWS!

For imitation uphill running, simply clip the slope-o-matic sole to the toe of your shoe (above left), for downhill running, simply clip the slope-o-matic sole to the heel of your shoe!

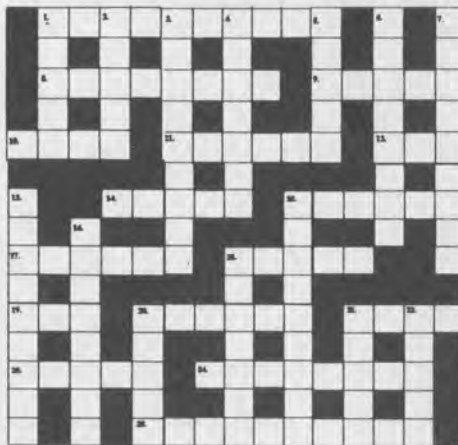
In addition this shoe comes with a choice of insoles so you can choose which type of terrain you want to train on!!! Choose from....

The Kinder Scout - Nasty, sticky peat bog  
The Aonach Eagach - Irritating sharp stones  
The Abu Dabi - Sand

Send a cheque for £99.99 NOW to receive your own "Slope-o-matics" by return of post!!!



## PRIZE CROSSWORD



Have a go at a proper crossword - 21st birthday T shirts to the first 3 correct entries. (You'll find it easier if you have your calendar to hand!!).

### ACROSS

- 1 and 6. 10,21: Spread lake, with canvas in stream (10,8)
8. Confuse Disney in on 10,21 (8)
9. Arrange a gin with last 10 (5)
10. Loud point, double fifty tumbled (4)
11. About row, cover again (6)
12. Mixed bar support! (3)
14. Give King George a worker (5)
15. Scratch around point, 10,21 (6)
17. Irish 10 event, I hear raglan ((6)
18. See 18 down
19. Line of fish eggs? (3)
20. I blush at colour of 10 runner in the cold! (6)
21. People in competition (4)
23. Mixed against Welsh 21, knock-kneed? (5)

24. 10,21 what Norm did in order... (8)
25. ...in order to react Ken, 10,21

### DOWN

- 1 & 10. The drawer of Gods compasses went down to this 10,21 (5,4)
2. A lot we want to dry after 10,21 (5)
3. Valley in common with 5 after kings two double points, 10,21 ((9)
4. Nothing Milton could see, as there's no sun!(7)
5. Valley in common with 3 after point, 10,21 (5)
6. See 1 across
7. 10,21 saint came on a run...(9)
13. ...or saint on a rover...(9)
15. ...or the lice roved...(9)
16. ...in ancient city of Brer Rover (5,3)
- 18 & 18a Actions of a bad descender or a snake? Surprisingly, this rides almost well! (7;5)
21. Exhaust model and expose the thing to water! (3,2)
22. Church law, able and ready! (5)

# RACE REVIEW:

## The Carnethy Hill Race - a personal view from John Blair-Fish

### Early years

As you may know this year saw the 21st Camethy Hill Race taking place with a special world record breaking prize giving and birthday cake. All thanks must go to Bums Scott for convening 21 races and to Jimmy Jardine being the inspiration behind this event commemorating the Battle of RQslin.

My first race was in 1974, eighteen months after I moved up from the South. This was the fourth race in the series. The original course started in the Town park in Penicuik, went through the house estates and farms, across the A702, up Scald Law by way of the present route, then by direct route along the ridge to Camethy; down the scree, and returned to Penicuik by the outward route. This only gave the race a B categorisation. The onset of Thatcherism caused the charges for use of the Town Park and the Penicuik High School to escalate so the race headquarters were moved to the Camethy community centre. An attempt was made in 1980 to run the race from there to Scald Law and Camethy but this was thwarted by thick fog and police action to prevent competitors from crossing the A702. There were two races, an official one excluding the A702 and the hills, and an unofficial one. The numbers taking part in the unofficial one prevented any life bans being imposed but there was considerable correspondence and alternative comment in the Fell Runner.

### The present course

Bums Scott decided in 1981 to start the race on the Pentland side of the A702 and I helped to devise the

present course over the five hills of Scald Law, South Black Hill, the Kips, and Camethy with a descent to the Howe before ascending Camethy. Well you might have guessed!

We've had some pretty wild weather for some races like last year. Snow always makes conditions slower, the 63 minute win by Colin Valentine in 86 being the slowest.

Since 1974 I've only missed 1989, the year I broke my arm falling on the only rock in a field in Kendal prior to having to answer for my sins as FRA editor at an FRA committee meeting. Sir Robin claims to have run a similar number of races.

### The social

In the early years there was a social for all the runners and officials in Penicuik and there was even some free booze. I can now make a serious admission to over imbibing on one occasion when I was writing up my PhD and getting partially stuck in a ditch on the way home. I just hope the fastest policeman from Lothians and Borders is not reading this.

### This year's race

I had a personal battle in this year's race with Eddie Butler from Aberdeen for first vet. Sir Robin suggested while I was making pancakes at the Camethy committee meeting that I needed to watch Eddie as he was 5th in the vets, cross country to my 20th. After a fast start he caught me on the Kips, I tried to

get away going down to the Howe but died going up Camethy when Pilbeam and four others came past. A fast descent with intimate knowledge as demonstrated on the club night run helped me gain some of the ground but I was still 15 seconds down on Eddie at the finish. Livingston's six man passed me at the finish and it was judged I was only club first veteran at the prize giving.

After the race I jogged back with a very disgruntled Jack Maitland. I was told later that he lost the route and second position coming off Camethy. Unfortunately he has done this before losing the lead descending Kentmere Pike in the Kentmere Horseshoe and descending to Buttermere off Red Pike in last year's Ennerdale.

Andy Peace won the race officially, not just the second race as last year. Trie, only-three-weeks-training, Calder, convincingly won the Woman's race.

Andy Spenceley was disappointed at the number of members not wearing club vests or teeshirts in the race but the Sergeant Major who might have instilled discipline in this matter was on an SHRA training liaison exercise in the borders. There was also little evidence of any safety kit check of competitors

Two, or perhaps, three groups were out making videos about the race, including Lesley Kirkwood from our club. Keith Bums and I hope that this will be compatible with the attitude that fell and hill running should only be practiced between consenting adults.

John Blair-Fish

## and a word from organiser Burns Scott.....

Saturday 16th February, 1991

May I use the facilities afforded by your Magazine to thank all the athletes and Clubs who contributed towards the lovely engraved Caithness Glass Trophy which was presented to me at this year's Race on the 16th of February, on the occasion of the fact that I have organised this event here in Penicuik for the past twenty-one years.

Needless to say this presentation came out of the blue, and caught me unaware, but it goes without saying that both my wife and I will treasure this, and the fact that it has already taken pride of place in the Scott household goes to show how much we appreciated this kind gesture.

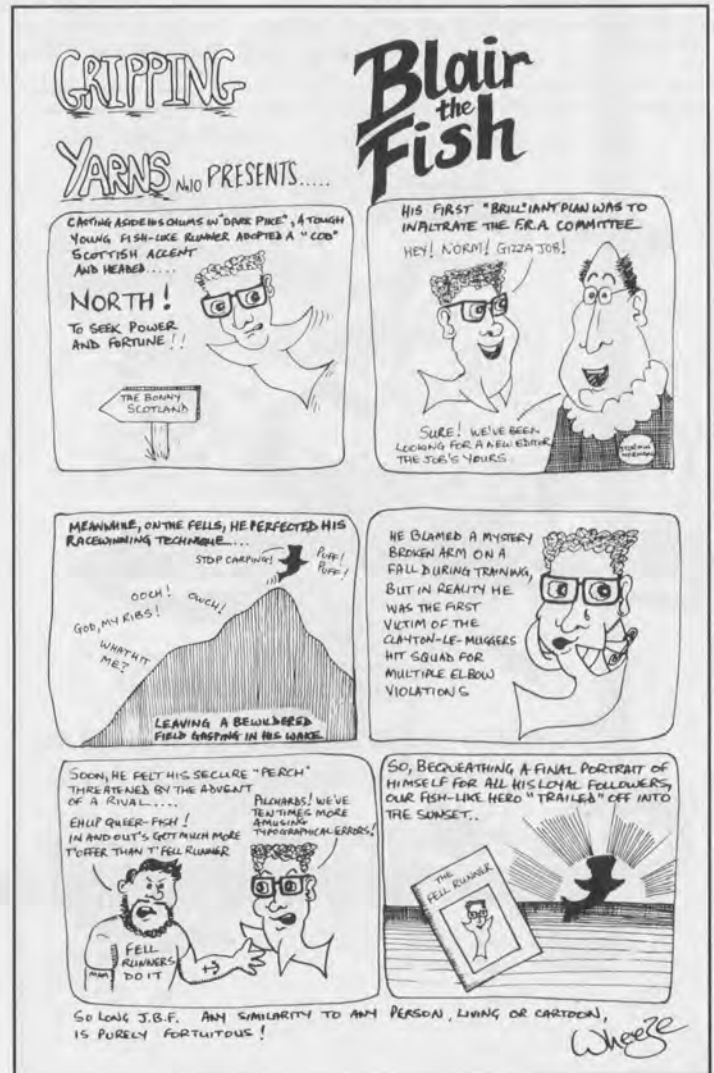
Can I also thank everyone who took time to write and say how much they enjoyed this year's Race, and asking me to pass on their praise for all who help out on the day, whether it be the Marshals out on the hills, or the ladies who assist in the dining room. As an Organiser we appreciate some feed-back from athletes, whether it be critical or complimentary.

Some of you who competed in this year's Race have been in touch inquiring about the Video that was filmed at this event. Can I ask that they contact the Company who are producing this, viz. Esk Valley Video, 5 Lawhead Place, Penicuik, Midlothian EH26 9JU (Tel. 0968 77662). I understand that the cost is £9.99 + £1.50 for P & P.

Incidentally do not get the idea that this was some sort of retirement presentation made to me on the 16th of February. Although 62 years of age, I would like to think that I will still be organising the Camethy Race for a good few years yet. I would be 'lost' without it.....

Yours in sport,

William B. Scott, Race Convener.



# Footpath Problems

FRANCIS UHLMAN scratched his head at the letter from Rick Ansell in the last magazine and set out to try to prove a point... I am writing this account from Snowdonia which, last year, according to official estimates from the National Park Head Office, received nine million visitors. Of those nine million, half a million tried to climb Snowdon and 200,000 succeeded in reaching the top. A further 100,000 reached the top by train, of whom a fair number descended on foot. As regards other mountains in Snowdonia, it is believed that Tryfan, the Glydyrs, the Cameddau and Lliwedd are climbed by 50,000 (at least) per annum and outlying mountains such as Cnicht, Siabod and Hebog by at least 20,000 each. Further afield in the National Park, the summit of Cader Idris is reached by 50,000.

I asked the National Park Office if they could tell me which mountains in Snowdonia had the most eroded footpaths. No official erosion blacklist exists, but obvious candidates include Snowdon (especially the Watkin path), Cader Idris, the Glydyrs, Tryfan, the Cameddau, Lliwedd, Cnicht, Siabod, Hebog and Y Gam (Rhyd-ddu).

There is no fell race on Cader Idris nor on Tiran Mawr - in fact there is no fell-running club within forty miles. There is no fell race on the Watkin path except near the very top. There is no fell race on Tryfan. This of itself proves nothing - only that footpath erosion also occurs where fellrunners do not run.

On the other hand, there are two races, Pedol Peris and Moel Eilio, which take in the steep grassy descents of Moel Cynghorion, on which the public rarely walks. There is no sign of any footpath on the race routes. Again this proves only that erosion does not necessarily occur where fell runners run.

There are fewer than 40 fell runners in Snowdonia at present who can be guaranteed to turn up at every race, if juniors and runners from outside Snowdonia are included, average race attendance is around 80 for the 17 races in the Snowdonia season, the total number of runners in an entire season could therefore be 1,360 (I've not included the Snowdon Race itself because it is run on road and gravel). When I've asked whether fell runners TRAIN on the main Snowdonia summits, the answer I've received has been 'no'. Training is done on local slopes, on forestry tracks, or on the road. When I've asked how much reccing is done prior to races, the answer comes back 'very little'.

My impression is therefore that for summits in the Snowdon area, fell runners are outnumbered by walkers and climbers by a ratio of AT LEAST 300:1!

Last January, the *Fellrunner* published a letter from Rick Ansell which stated that fellrunners drop litter, damage the environment, further erode existing footpaths and create new ones. In spite of doing all this damage, fell runners put no money back into the environment.

Unfortunately, my experience is limited to Snowdonia, where I can honestly say that in 52 fell races, I've never seen any litter dropped by fell runners. As regards fell runners "further eroding existing footpaths", that seems to me to be a fairly meaningless statement without quantifying who uses the footpaths and how often. But if, as he maintains, fell runners CREATE new footpaths where none previously existed, then indeed fell running has got a problem. He cites the case of Borrowdale which, also, I've never visited. No-one but fell runners, he maintains, could have created the paths on the Borrowdale race route.

I decided, therefore, to go out on the hills and see if I could create a footpath. I did this for two reasons, firstly because for some silly reason I care about fellrunning and take criticisms seriously, secondly because I didn't think it was true and wanted to prove or disprove it.

Alas, I've not come up with any proof or evidence to indicate other than that the subject of footpath creation is more complex than I had imagined!

I marked out a short track about 20 yards long on

Moelwyn Mawr. The track sloped about 1:10, with coarse, dry grass at the top and boggy, mossy grass at the bottom which culminated in a ditch. I ran this track 1,000 times and noted the transformations.

On that particular dry day it took 400 passes to make any impression, 600 to start damaging the boggy bit. After 1000 passes, I had made a track which was now clearly visible, severely bruised at the top in the dry part such that it would take a week to mend, and to some extent damaged at the bottom, such that it might take a month to mend. Alas, it now dawned on me that I had run up and down 1000 times and proved virtually nothing. All I had done was provide the evidence of what one man weighing 10st 5 lbs wearing size 8 PBs would do to a given mountainside, on THAT DAY, in those conditions. The test was unrepeatable. Had it rained the previous day or on the day itself, my results might have been totally different. Nevertheless, what I was able to demonstrate at least to myself was that the generalised statement "fell runners create footpaths" is highly inaccurate.

Depending on weather conditions, depending on the number of runners, depending on the time of year,

depending on soil depth, depending on altitude, depending on wind speed, depending on susceptibility of parts of the race route to damage by running shoes, fell runners may create tracks which last for weeks. These tracks may then be used by tens, hundreds and maybe thousands of other visitors to that area over the course of a year (and maybe also by sheep and cattle). But I don't think that fell runners alone create footpaths in the manner suggested by Rick Ansell.

Finally, he makes the point that fell runners damage the environment and should put money back into it using surplus FRA funds to support footpath maintenance projects. Leaving aside the point of whether or not fell runners damage the environment, it is true that money available for the National Parks for footpath maintenance is woefully inadequate.

If one hundredth of the money available in cities for paving stone and pavement maintenance were available for the upkeep of footpaths in National Parks, maybe fell runners such as Rick Ansell would have no need to writhe with guilt.

Francis Uhlman

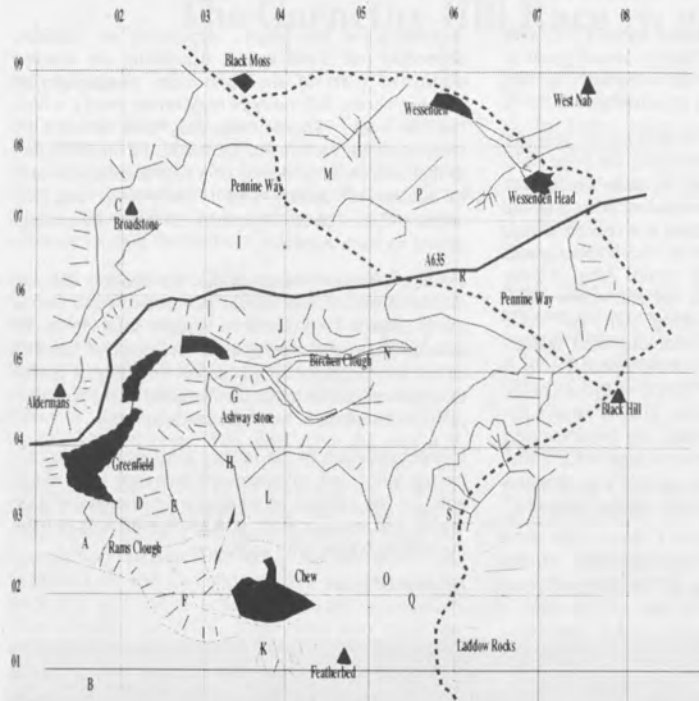


No footpath in evidence on rocky Ingleborough for Ian Chetwynd (Blackpool & Fylde A.C.) in the 3 Peaks - but much of the course is extremely well-trodden.

Photo: Peter Hartley.

# RACE REVIEW: Chew's Company

# Checkpoint Descriptions



LONG COURSE C E F H J P S T (in any order) (winner went E H J C P T S F)

SHORT COURSE A E G N Q (in any order) (winner went A E G N Q)

SCORE A B D F G I K L M N O P R (winner got I P R N G L O K F D in 2.47.28)

## Checkpoint descriptions:

Checkpoint description	Code	Points in score
A Stream Junction (West most)	015024	20
B Inspection chamber	015008	40
C In quarry (West side)	019072	
D Wall comer	022032	10
E Wall comer	026030	
F Bridge	027017	25
G Cairn	033046	20
H Stream junction	034037	
I Shooting butt at stream source	034065	20
J Standing stones (top of crag)	037054	
K Blindstones (South most stone)	037013	25
L Stake at spot height	038032	20
M Stream junction	044077	40
N Between streams	050053	30
O Stream source	053021	30
P Pond (East side)	055074	30
Q Cairn (not on map) at stream source	056019	
R Boundary stone	058061	30
S Stream junction	060030	
T Enclosure	064082	

## New Chew 2 Chew Valley March 3rd '0'

Frank Sykes has a knack of calling up weather to order and this day was no exception with driving rain and hail greeting those who were foolhardy enough to stay out on the moor for a long time. The clag, as usual, was down in places although patchier than usual and the sun actually shone for the early starters - purely to lull them into a false sense of security. This is a race that attracts two distinct types of runners; firstly those who think they can run well on the fell but aren't too hot at navigation; secondly, those who are good at navigation but not top class runners. There are third and fourth types - the ones who can't run or navigate (me) - and the ones who win the event!

Frank has provided courses to suit all tastes and I think that this is the nearest thing on the Calendar to a REAL fell race. The old Chew Valley Race was an excellent event but, possibly because it was so good, attracted huge fields and became a procession rather than a fell race. As the first long race of the season, people used it as an early training run and were often quite rude in their insistence that they must be allowed to run, even when the race was officially full and entries closed. By the first weekend in March, runners had been training round the course since Christmas and there was a well defined trod in place.

Faced with such problems, many race organisers would have packed their bags and given up. Not Frank Sykes; he has ever been an innovator (the old Chew was designed to be a demanding course, inexpensive but with reasonable prizes and, above all, human - providing food and drink for weary runners without ripping them off) and the New Chew, as an event, is excellent. As much tea as you can drink, a piping hot stew, showers, changing and even free beer is provided for the sore of foot.

### Results:

#### LONGER COURSE

Rank	Name	Category	Time	Checkpoints visited	Notes
1	Phil Clarke		2.50.00	E H J C P T S F	
2	Willie Gaunt		2.53.29	C J P T S H E F	
3	Dan Parker		2.57.44	H E F S T P J C	
4	Martin Hudson	V40	3.00.25	F E H S T P C J	First V40
5	John Crummett	V45	3.12.49	F E H S T P J C	First V45
6	Joseph Kyle	V40	3.21.02	F E H S T P J C	
7	Ross Powell		3.22.28	F E H S T P J C	
8	John Orson	V40	3.23.40	F E H S T P J C	
9	Robert Bloor		3.24.24	H E F S P T C J	
10	David Rosen		3.31.40		
11	Wendy Dodds	L	3.35.02	F E H S T P J C	First lady

#### NOT SO LONG COURSE

Rank	Name	Category	Time	Checkpoints visited	Notes
1	Phil Booth		2.10.15	A E G N Q	
2	Mark Williams		2.12.20	A Q N G E	
3	Colin Marsden	V45	2.16.14	A Q N G E	First V45
4	Francis Lowe		2.18.53	A Q N G E	
5	Liz Campbell	L	2.19.32	E G N Q A	First lady
6	Alan Booking		2.20.56	E G N Q A	
7	Gill Berrow	L	2.21.20	E G N Q A	
8	Don Powell	V40	2.21.50	A Q N G E	First V40
9	Dave Hill	V40	2.27.38	A Q N G E	
10	Mike Meysner		2.28.17	A Q N G E	

#### SCORE EVENT

Rank	Name	Category	Points	Penalty	Score	Notes
1	Tony Ratcliffe		2.47.28	240 0	240	IPRNGLOKFD
2	John Riley	V40	2.51.54	235 0	235	ABFKOLGN First V40
3	Bob Tait	V40	2.55.21	205 0	205	MPRNGDF
4	Bob Johnson		2.51.47	200 0	200	ABKFDGNR
5	John Gomersall		2.49.39	175 0	175	ABKONGD
6	Paul Driver		2.52.59	170 0	170	ABKFOLD
7	C.Keeling Roberts	V40	2.51.56	165 0	165	DABKOLG
8	Liz Brown	L	2.59.07	165 0	165	ABKOLR First lady
9	Jim Barrott		2.59.22	165 0	165	ABKOLGD
10	Alan Sweatman		3.08.38	205 40	165	ABKONRP
16	John Tiffany	V45	3.10.53	175 50	125	ABFKOLG First V45

LN.Eerly-Didit

# Mens Invicta Manet

## Mens Invicta Manet

What an inglorious struggle!

Beneath the clouded fell  
grey covered with swirling caps,  
a place to ford was all we asked;  
then with desperate and false nonchalance  
fast-numbered by gripping cold.

Then up the hidden fell we ran  
the narrow trods rivulets among  
the coarse and tortuous heather.  
Slip and curse, fall and blasphemous riposte  
to counter such unbearable ignominy.  
Follow the yellow vest, follow any colour  
as we are swallowed into Stygian gloom!

Now the contest's really on!  
He who knows the vagaries  
of this bleak and lofty fell  
will certainly succeed, but he  
who hopes for friendlier terms  
has already lost the game.  
Splintered scree, a wetness to ignore,  
but then such rock is unavoidable;  
who said these studs are just what you need?

Rock and crag, crag and rock,  
the whole world's made of the stuff!  
It's here and there, there and here.  
Up and down, down and up,  
thick and thicker cloud, angrier and angrier,  
until at last there lifts  
like some curtain of an eccentric theatre,  
that greyness which has been oblivion.

It's down the sodden flank  
and-to the finish - wherever it might be!  
What a run! What a battle!  
What a challenge! What a mess!  
And still we shall come back again.  
They say 'we never learn'.  
Learn what? I have forever asked  
The mind remains unconquered.

Peter Travis

# Tanky's Trog

Ahead lay the long climb via Torside Clough on to the heart of Bleaklow. I glanced at Tim. Wordlessly we each reached the same decision. It was time to struggle into all the gear we had with us; overtrousers to cover the thermal tights, an extra thermal top, a hat, two pairs of gloves and the goretex jacket rather than the lightweight bag. Vicious diagonal rain lanced down. Above us the moors lay brindled, heavily patched with snow and swirling with gloomy cloud. The wind flailed in from the east, the same temperature as when it left Siberia. It was clearly a day for sitting at home in front of the fire. Circumstances had dictated otherwise though and it was imperative that we get moving. A last swig of fast-chilling coffee. "Okay?"

We opened the car doors and stepped out. This was the only day on which we could get out together to retrace the key section of the Marsden-Edale route. The 1990 event over this course, the 'Tanky Trog', was in a week's time, the first weekend of December. With typically impersonal sadism the British weather had granted us a wild blizzard for our attempt to familiarise ourselves with the intricacies of Bleaklow's grough-ridden dome.

Buffeted by the gale, eyes bruised by a barrage of stinging snow pellets, fellshoe-clad feet soon frozen by a foot of snow, we fought our way onto the plateau, possibly found Bleaklow Head (there was some dispute), cut our losses and retreated. In two hours we'd been from the Peak District to the Arctic and back. Some people pay a lot of money for trekking holidays to landscapes like that.

To be fair, eight days on from our retrace, it looked promising at Marsden. No rain, no snow, no low cloud and only a moderately cold wind. Friends and strangers mingled in the car park, glancing at watches, making last-minute assessments of gear, wittering on about their groin strains, lack of training, recent virus, unfamiliarity with the route and last night's party.

Just before nine we trod up a grass slope, dropped over a gritstone wall on to a track and waited for the word. 'Tanky', Bryan Stokes, a grin framed by white hair and beard, gave us a few phrases of encouragement then without any apparent reference to a timepiece said: "Okay, off you go then. See you in Edale."

Don't go off too fast .... Bags of time .... Twenty odd miles to go .... Save your energy for the ascents and the peatbogs .... It's easier said than done. A steep and steady climb out of Marsden's homely gritstone streets, then the endless steady drag on the rough track by the Wessenden reservoirs extends the steadily loping field into an increasingly stretched line. Mike Cudahay, doyen of ultra-distance runners, is twenty yards ahead and although Mike would deny that he's one of the fast men, he's definitely faster than me. Partly because of this I sense that I've gone off too quickly. I know I perform better by going steady then coming through strongly in the later stages of these long events. We'll see.

A sprinkling of winter-clad folk watch us up the steep short slope to the A635 crossing. In such circumstances supporters and spectators are the only people dafter than the competitors. This is from the heart. My first involvement with the Trog was as a support driver and feeding station. Doing the event is much easier.

Over the stile a twisting file of human shapes winds right, contouring above the slopes of Dean Clough, aiming to stay west of the notorious black slurry which is Black Hill. Bodies vanish and reappear, move out of the file and rejoin it, all this to better negotiate the awkward turks-head hummocks and sinuous groughs. Many swear (audibly) that this is the worst part of the route. Underfoot it is sodden. Overhead it is sullen. The feet of the hundred shapes in front have beaten a kind of path through the rank herbage and it is tempting to run on automatic, swerving round the tufts, slithering down the same line as the shape in front into a peat hag, climbing out with the same clump of heather for assistance.

But in a week or two this faint line on the ground will have gone. There is nothing sacred about these

footprints and careful judgement, looking ahead a bit, gauging the line, going for the occasional long jump can cut off ten yards, five seconds, gain you a couple of places, give you someone else's feet to follow until you see your next chance.

Imperceptibly the gradient has changed. Increasingly this is a downhill slope. The legs find new energy. Among the headwaters of Crowden Great Brook we join the Pennine Way and the pace has definitely sharpened. Still a long way to go but I see two regular running partners ahead and push it a little more. I pass Mick Poulter and tuck in behind Tim Mackey, he of the previous weekend's retrace. Helped by intermittent conversation we seem to be progressing fairly well.

We climb the access stile at 067995 which is the first checkpoint and follow a few runners visible ahead. A couple of hundred yards on Tim utters a mouthful of expletives, realising we've failed to turn right, uphill, immediately after the stile, a short cut worth maybe three minutes. We cross the Torside Reservoir dam and see Mel and Jane, our support team. Mick is already here, having taken the cut-off and gained on us. Coffee, chewy bars, the usual stuff. Mel and Jane have supported us before. They can't understand why we do it but they have a soft spot for eccentricity.

Halfway through a particularly chewy egg and tomato sarnie in multigrain bread, which is getting the better of me, I look up and Tim has gone. "Oh, he went a minute or two ago," says Mel. Crafty bugger.

He's two hundred yards ahead as I jog the track to Reaps and begin the steep clamber up to Clough Edge. Last week's snow has all but gone and the path, a clear matrix of peat and rough boulders, is a mass of footprints. Gradually I pull Tim back and as we reach the plateau and begin to run on a bearing, aiming to hit Hem Clough between the Wain Stones and the Hern Stones, we see Mick in front again. There are still snow banks here, like mounded white prehistoric barrows, and a wraith-like mountain mist is hazing things. The running is good though. Tim is having a bad patch so, as is the way in these events, I leave him. I catch Mick. "You must have stayed at Crowden a long time," he says.

Huge boulders loom on our left. Wain Stones? We're a bit north of our optimum line and adjust accordingly. Into Hem Clough, the navigation is over and I try to push on, swerving and splashing down the incipient valley, up on the Alport Low, count the posts, turn off at the one after the one in a pile of stones. It's clear so I chance it, without checking the bearing, aiming across the moor for where I sense Upper North Grain intersects the A57. Three or four figures are in front but too far left, I'm sure, so I stick with my line, dropping steeply at the last minute to cross the stream and get on to the road.

"Good line, that, bonny lad." Bloody hell, it's Tim. How did he catch me? He's feeling better, obviously. Down the verge now to refuel again at Birchin Hat. I feel I've got there quickly and nearly run past Jane and Mel, who haven't seen me coming. Coffee, half a chewy bar, a Rhus Tox tablet (a homeopathic remedy for an ailing knee joint) and off again. Tim, though has vanished.

I shout my number at the Snake Inn checkpoint, follow the road for four hundred yards, stile, path through conifers, sneak past two runners here, over the footbridge, through the sheepfold and its new gates, then reducing to a brisk walk, hands pushing down on thighs as the path tilts steeply, stretching away up and up towards KinderScout.

The route here is stored in the memory, climb round the corner, follow the path to the wall remnants, cross the stream by the big rock, then bear due south, following the line of short golden grass which will lead to Seal Stones. It crosses my mind that this must be how the Inuit and the American Indians - native peoples everywhere, in fact - must have related to landscape.

Almost everyone walks this stretch. At this stage of the race it's too steep to run. A woman passes me, though, climbing strongly and I try to stick with her, passing a couple more people in the process. It's psychologically good to be gaining places uphill at

this stage. I stick lower than those in front, swimming round Blackden Moor then cutting into Seal Stones direct. With a smirk I see that some of them have gone higher than they needed to, wasting crucial energy.

Path again now, into the notch of Blackden Rind and the 'five minute crossing.' I've memorised the notes I scrawled down at a party when talking to Harry Bell the previous week. Harry had retrace'd this section down to the last blade of grass. Third stream from the notch, sharp left and across this narrowest part of Kinder. Somehow I miscout, run on fifty yards and have to retrace. Meanwhile two runners who I'd laboriously overhauled have gone past. Push again and catch them. On to the faint path and into the familiar headwaters of Unnamed Clough.

Grindsbrook is suddenly there, a thousand feet below. There's nothing to hold back for now. Just pain. Leaping the steep descent, I catch and pass two more but can't gain on the woman and the bloke who passed me a few minutes earlier. Thighs scream, zig-zag, don't go straight down, aim for the grass, not the bracken, eyes watering, is it the wind or the pain, knees like jelly, last few feet and on to the broad path in the valley bottom. The two in front are, if anything, pulling away. Keep pushing and at least make sure no-one catches me. Less than a mile. Across the meadows, down to the Pennine Way footbridge, the road, the Nag's Head, tarmac threading through the village, twists and bends, the church, a final bend, and the finish at The Jolly Rambler.



Peter Buttery (39), first vet at Tanky's - here seen with a group climbing Cowpe Lowe in the Rossendale Race.  
Photo: Peter Hartley.

I stagger out the far side of the finish tent and collapse on to a bench. "Hard luck!" says Matt Simms, sidling over, mud-spattered and grinning. "Just missed it!" I look up. What's he talking about? Then I realised. My time is 4 hours, 2 minutes and 7 seconds. Matt had made it inside four hours. In a way I don't care. It's still a personal best and I've run as hard as I can. I'm knackered. Mel and Jane stride up, having just driven round from Snake. They're surprised that I'm already here. It's good to see them.

As I recover and Tim arrives, then Mick a short while later, I begin to mull it over. If only we'd taken the cut-off at Crowden. If I hadn't stayed quite so long at the food stop there. If I hadn't wasted precious seconds finding the start of the five minute crossing. Ah well, maybe next year ....

Kevin Borman

# Calendrier officiel de la CIME 1991

Date	Denomination	Pays	Cat.	Distance en km	Déniv. max.	Coordinateur	Téléphone
1.6.	Cressier-Chaumont	CH	grise	13	750	S.Fournier, St Martin 6,2088 Cressier	038 47 15 19
2.6.	Gedenklauf Seelisberg	CH	brune	9.5	1115	T.Tramonti, 6377 Seelisberg	043 31 32 56
9.6.	Crête des Voirons	F	brune	14	1000	ARC Cranves Sales, Mairie, 74380 Cranves-Sales	50 39 30 18
9.6.	Cross de la Roche	CH	brune	12.2	678	C.B.Goy, 1261 Saint-George	022 68 13 58
16.6.	Vugelles-Chasseron	CH	brune	11	1080	Y. Gander, Poste, 1453 Bullet	
23.6.	Six-Blanc	CH	brune	8.5	1195	M. Rausis, Rte de Champex, 1937 Orsi&res	026 83 29 22
23.6.	Arette-St Marlin	F	super	23.6	1320	P.Casabone, 64570 Pierre-Saint-Martin	59 28 41 10 / 59 88 9219
30.6.	Montreux-Rochers de Naye	CH	rouge	19.7	1700	R. Seematter, Marronniers 26, 1800 Vevey	021 921 47 87
6.7.	Crêtes du Pays Basque	F	rouge	28	750	G. Etxart, 64250 Espelette	59 29 95 24
7.7.	Danisberglauf	CH	grise	10.4	536	Wendelin Parpan, Postfach, 7078 Lenzerheide	081 34 43 91
7.7.	Cross du Mont-Blanc	F	rouge	23.3	1360	C.Roussel, 63, route des Praz, 74400 Chamonix	50 55 88 59
7.7.	Randonnée des Douaniers	F	rouge	20.8	350	J.Y.Salliou, 10/te de la Croix-Blanche, 22590 Pordic	96 79 00 73
14.7.	Grimpie du Mole	F	grise	12	800	S. Stedile, Av. de la Mairie, 74970 Marignier	50 34 53 38
20.7.	Arles-sur-Tech	F	rouge	50	1320	J. Faure, Alzine Rodone, 66150 Arles-s-Tech	68 39 08 23
21.7.	Fnitigen-Adelboden	CH	rouge	19	950	Vehrkehrsbüro, 3715 Adelboden	033 73 22 52
21.7.	Montée du Nid d'Aigle	F	super	19.2	1800	M. Laurent, 1701 Av. de Miage, 74170 St Gervais	50 93 44 89
28.7.	CrStes de Megève	F	rouge	18	765	Club des Sports, r. de la Poste, 74120 Megève	50213150
4.8.	Thyon-Grande Dixence	CH	brune	16.35	680	J.W. Sierro, 1987 H66mence	027 81 19 10
4.8.	Grand Prix des Isards	F	brune	12.9	710	P. Honthaas, 64490 Aydius	59 34 75 69
11.8.	Sierre-Zinal	CH	hors cl.	31	2000	J.C. Pont, Chentevent 28, 3960 Sierre	027 55 22 85
11.8.	Bareges-Pic du Midi-Bareges	F	rouge	27	1600	Club des Sports "L'Avalanche", 65120 Bariges	
18.8.	Neirivue-Le Moléson	CH	rouge	20	1200	Pascal L'homme, 1668 Neirivue	029 2 26 27 / 029 8 10 66
25.8.	Kitzbuehlerhomlauf	A	grise	12.9	1234	F.Puckl, Kaiserweg 111, 6353 Going	053 58 25 90
25.8.	Crates Vosgiennes	F	rouge	32	1000	L. Marlier, 8 r. de Zimmerbach, 68000 Colmar	89 79 51 87
1.9.	Ovronnaz-Rambert	CH	super	8.4	1360	B. Bessard, 1912 Ovronnaz	027 86 17 84
8.9.	Balcon du Mont-Blanc	F	grise	11.647	780	Office du Tourisme, 74700 Cordon	50 58 01 57
15.9.	St Julien-Le Salève	F	rouge	18.5	900	G Jteix, Les Terrasses de Genève, 74160 Collonges sous Saleve	5043 67 33
22.9.	Fully-Somiot	CH	brune	7.7	1600	A.M. Bender, Pr6-Fleuri, 1926 Fully	026 46 18 80
6.10	Liberec	CSR	grise	8.4	567	O. Cepelka, Gagarinova 769, 46007 Liberec	
13.10	Sierre-Montana	CH	grise	14.4	955	P.A. Piffaretti, Residences Kandahar, 3962 Aminona	027 41 37 96
13.10	Crêt de la Neuve	CH	brune	15	830	F. Macheret, 1261 Marchissy	022 68 14 41
27.10	Astberglauf	A	grise	6	568	F. Puckl, Kaiserweg 111, 6353 Going	053 58 25 90
10.11	La Spiridone	F	super	12.2	510	M. Demond, r. Vaucher, 6, 01100 Oyonnax	74 77 39 27

## First Canary Island

This stage race in Grand Canary was a last minute replacement for the Hoggar Super-marathon in Algeria as a result of the Gulf War. The latter was described by Helene Diamantides in the June 1989 Fell Runner as a Runalot holiday. I'd rather describe my trip as a racealot holiday, involving five days of racing with the total distance of 90 miles, the same length as the three day Mont Blanc Supermarathon and well short of the distance achievable in a five day Munro trip.

The trip would astound the value-for-money fell running fraternity with the cost about four times a two week package and involving three flights to get there, and camping at 5000 feet with either cold or wet nights and supplied food which was not always adequate for the task in hand. On the plus side there were two doctors, two masseurs who worked absolutely flat out, two first aid ladies, well thought out routes with endless drink stations, and plenty of helpers. From the campsite we could also see the nearby spectacular Roque Nubolo and, when clear, the mountains on Tenerife above the clouds.

For the start and finish of the trip we stayed in apartments in a so-called-Oasis near the beach at Maspalomas with an open air swimming pool. I was one of the few to sample this latter facility and jokes were made about poison as a result. You see, Gilbert Hirschy from Geneva, was the organiser, and, as a result most of the competitors were from France or Switzerland. It was a bit odd having all instructions in French, including 6am reveille, in French on a Spanish Island.

There were three Austrians and the very young looking PE instructor, Kamel, from Algeria

who won the race. Actually he had his 28th Birthday during the trip but it was not till the day after that cakes appeared at breakfast for two birthdays following hints from me about how it's done on other trips. Speaking of which. Bob Howard, who I got to know on the Everest Marathon trip, was the only other Brit, and besides taking numerous pictures for Running magazine he had the misfortune to sample both my snoring and that of George, the photographer from the French magazine, Jogging.

Pierre Gobbet, the record holder for Sierre-Zinal and Mont Blanc up and down was Kamel's main rival. Then there were three of us of comparable standard, Philippe from Geneva, who I'd run with at Mont Blanc, Patrice, who'd run with Philippe at the Colorado Supermarathon, and me. So we decided to form the SSF team (Scotland, Switzerland, France). Well Gilbert's got a World Cup of Supermarathons over the Canary, Mont Blanc, and Colorado Supermarathons this year, and I hate all this super-nationalism in the Mountain Running World Cup.

Talking of which the Ladies winner from Die, Isabella Guillot, added considerable colour to the race and some remarks made by Gobbet about backsides were later backed up by views on the beach during the race for the organisers at the end of the trip. Daniela Zahner from Verbier who did the race on crutches was also very impressive. As a mountaineer she is determined not to be deterred by a car crash and subsequent skiing accident.

The 5 mile prelude run started outside one of the sponsor's supermarkets and was along

paths and roads along the beach with added hazards of sleepy tourists and steps. The first three main days started at the side of the island and were of length 15-20 miles up 3000 odd feet on roads and jeep tracks to a finish at Ayacatta near the camp site. The volcanic terrain off the tracks would have made some very interesting rough running.

I found I did better on the uphill to my team mates and they did better on flat or downhill. I got third on day one, just lost a minute to Patrice on the last two miles of downhill road on day 2, then lost a full five minutes on day three and even fifth place as a result of going too fast in deep mud at the start, a cunning ploy which did not work. The final day was full marathon distance downhill all the way from a viewpoint on the road below Ayacatta to the beach. I lost another five minutes here, despite getting into third position on the uphill after five miles. I also nearly lost my hat at the start. The last part of the stage was a nightmare, coming off tracks onto a 7 mile badly-signposted stretch on the road and the temperature rising as we reached the beach.

It was sunny on day 1 and the end of day 4. Rain closed the road to the start of day 2 then we seemed to get lost going on a Supermarathon bus tour before arriving to crowds in the square at San Nicolas. Nonetheless it was 11.30 and Gilbert insisted we had or tried to nibble lunch in a restaurant before a postponed 3 pm start. The 7 mile half stage for the afternoon on real mountain paths had already been cancelled because Gilbert thought it was too hard despite a special appeal from myself and Emile Laharraghe, the French 1000 mile champion. Day two was also marked by astounding tactics from Kamel who suddenly



# Sports Injury Treatments

The following is a list of practitioners who have extra qualification in the treatment of sports injuries. Additionally they are active sportsmen and women in their own right and are positively interested in sports injury problems.

The list is supplied by Eddie Caldwell, "physio" to the England team in the last three World Cup events in Keswick, Die and Telfes.

<b>YORK</b>	<b>Wendy Keefer</b>	<b>Edmund Wilson Swimming Pool, Thanet Road, Acomb, York. (0904) 612203</b>	<b>BURY</b>	<b>Eddie Caldwell</b>	<b>1 Bolton Road, Hawkshaw. (0204)887305</b>
<b>ELLAND</b>	<b>Peter Pukacz</b>	<b>39/41 Elizabeth Street, Elland. (0422) 45005</b>	<b>CIRENCESTER</b>	<b>Siggy Hilltout</b>	<b>4 Meadow Way, South Cemey. (0285)861079</b>
<b>HULL</b>	<b>Philip Ward</b>	<b>51 Westboume Avenue, Hull, Hull 446812</b>	<b>EIRE</b>	<b>Mary O'Leary</b>	<b>Knocknagree (064)56010</b>
<b>DEWSBURY</b>	<b>Penny Walker</b>	<b>10 Town Street, Earlsheaton. (0924)459536</b>	<b>EDINBURGH</b>	<b>Dan Ianerelli</b>	<b>65 Craigentenny Avenue, 031 669 7960</b>
<b>BARROW</b>	<b>Bill Armstrong</b>	<b>(0229)42010</b>		<b>David Reilly</b>	<b>2 Broughton Place 031 556 1586</b>
<b>KENDAL</b>	<b>Marla Leichtman</b>	<b>Hill End, Underbarrow (04488) 377</b>	<b>PENRITH</b>	<b>Dave Stones</b>	<b>3 Little Dockray, (0768)67843</b>
<b>BOLTON</b>	<b>Pete Morgan</b>	<b>42 Phillips Road, Famworth. (0204)707335</b>	<b>ALTRINCHAM</b>	<b>Pauline Kelly</b>	<b>4 Moss Lane, 061 941 1378</b>
			<b>CHESTER</b>	<b>Liz Ellis</b>	<b>21 Sandy Lane, Broughton. (0244)349579</b>
			<b>DURHAM</b>	<b>Ken Smith</b>	<b>13 St. Monica Grove, Crossgate Moor.</b>
			<b>NOTTINGHAM</b>	<b>Tom Edwards</b>	<b>54 Melton Road, West Bridgford. (0602)815667</b>

## Supermarathon

shot into the lead after half a mile, gained a 5 minute lead, then blew up. This was the only stage he did not win. Bob put his stakes on Gobbet in the sweepstake run by Nicholas Favre, the jovial proprietor of the restaurant-by-the-campsite at Zinal who ran some stages and encouraged on others from his mountain bike.

The prize giving in a Casino, accompanied by topless dancers, was in sharp contrast to other prize givings I've recently attended. Of the 50 finishers, 26 got prizes of one form or another, and all received a souvenir prize. In addition to my 1st Vet prize and invitation to the Mont Blanc Supermarathon, we received a team trophy and a very-part invitation to either Colorado or the Hoggar; but there's probably no danger of every Supermarathon expecting an invited paper from me.

### Results

1. Kamel Mabkhout Alg. 9.41.16  
(28.06,2.08.12,2.11.33,2.22.32,2.30.50)
2. Pierre Gobet Swiss 9.46.02  
(29.08,2.12.13,2.08.24,2.23.02,2.33.12)
3. Patrice Atienza France 10.41.53  
(31.14.2.26.57,2.17.22.2.39.20,2.46.57)
4. Philippe Rossier Swiss 10.45.24  
(32.01.2.24.23,2.22.40,2.39.20,2.46.57)
5. John Blair-Fisch GB 10.48.17  
(31.58,2.22.09,2.18.14,2.44.30,2.46.57)
6. Guy Jeunet France 11.18.50  
(31.13,2.41.29,2.31.44,2.41.19,2.53.03)
7. Rene Sansonnes Swiss 11.23.44  
(32.46,2.39.41,2.30.14,2.47.59,2.53.03)
8. Isobella Guillot France 11.33.17  
(31.53,2.33.18,2.29.41,2.56.09,3.02.18)

John Blair-Fish

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# F.R.A. INTRODUCTION TO FELL RUNNING COURSE : ED ALE

The weekend of April 26th to 28th 1991 was blessed with fine weather, with Sunday warmer than Saturday. Near perfect visibility and an almost complete turnout of over thirty trainees almost guaranteed a successful course from the start. All of this would have come to nought however had the Dark Peak Fell Runners not provided their usual brilliant cast of instructors. From the expert lecturers to the group leader/instructors, not forgetting Malcolm Patterson's tireless organising, all played their part magnificently. Mention must also be made of the efforts of the warden and staff of Edale youth hostel whose assistance was much appreciated.

Most trainees arrived on the Friday evening and had to wait a little while until Malcolm arrived with the gear. Booking-in was rapidly accomplished each student receiving a handshake, a map (Outdoor Leisure 1, The Dark Peak) and a syllabus. Once this and a few minor details were completed everyone was free to relax and contemplate the morrow.

Saturday morning arrived all too soon, and so did the chaos in The Edges mens washroom. Who had the daft idea of building a washroom with only two

WC's and a narrow corridor; long queues, pain and frustration are inevitable results? I was fortunate, as a YHA member I'd got into the main building with a vast mens washroom. Malcolm gave the introduction and the first lecture, drawing the illustrations as he went along; the original ones having gone astray. After being grouped in threes and fours with DPFRR instructors all went out for a practical on the hills surrounding the hostel.

As photographer I followed, moving between groups who were too engrossed to be self conscious. I also suspect that few understood how effective telephoto and telezoom lenses are at bringing subjects closer. I did get closer for some shots and was impressed by the instructors ability and communications skills as they instructed their charges. As time wore on most groups moved farther and farther up the hill and I decided to head down for lunch. I wasn't the first down because I didn't dare run with two large cameras to worry about.

After lunch, a standard YHA packed lunch eaten in the sun in front of the hostel, we moved out by car to Blacka Moor. 1/15,000 orienteering maps were

issued, masters were displayed and orderly chaos reigned. Until someone suggested that only one map in each group be marked for the first course; a brilliant idea! Since everyone was remaining in groups for the first course this idea saved much time. Meanwhile yours truly had noted the positions of two key control markers and taken a faster route. I was now only carrying two compact cameras so I could move without hindrance. I have also learned not to hang around near control markers, otherwise people home in on me instead of map reading.

Courses one and two are too open to allow me to remain near controls, except in certain places so I confined most of my efforts to course three. Controls one to four were again too open so I made for five, seven, eight and nine. At eight I found a group around me, they were faster on their feet than me but as pupils they weren't really as confident at map reading. So I had subjects for the next two controls. At ten I wished I had a video camera when a lurking instructor redoubled their doubts about their navigation. In actual fact they were on perfect track for the marker!

Saturday evening's entertainment was a mountain safety lecture, with a unique twist. The students, working in groups, had to plan the search for and rescue of a missing Edale Skyline runner. The scenario included it being 5pm on a weekend in late March. The various scenarios were interesting to say the least. Personally I'd have been inclined to phone the RAF to borrow a Tornado with an infra-red recce pod to make an ultra fast search!

Sunday morning, is Tony Trowbridge sponsored by Fyffes bananas? If not he should be; he must sell more for them than all their TV ads put together. Anyway it's still an excellent lecture but having heard it twice I slipped out for a stretch and a chat with the instructors before they left to man their various controls.

All starters on this final exercise leave at one minute intervals so I watched, and photographed many of them before moving out myself. My intention was to go around in reverse, so my subjects would be approaching me. I didn't expect to get right round, since I'd run out of subjects by halfway. I boomed by being the first at, unmanned, control seven; then I was spotted. I hope my, scratch head-look at map-wander about, and out of sight act worked. After photographing the first arrivals I made for six which is less exposed. I saw others pass, out of photographic range because I'd been too clever. They were following compass bearings which went over the shoulder of the hill while I'd assumed that some would follow the wall until another wall across the valley lined up with it. This would have brought them to the control with much less effort.

At control six I discovered that most had already passed by so I took a few more pictures before the control closed. I get the impression that absolutely everybody is faster than me and I was left far behind by the control team. No matter I can find my own way. As I ascended the path over Jagger's Clough, I met another fell runner going the opposite way. He immediately stated, "I'm not in your event, not connected with you," and went on his way. I got the impression that my erstwhile companions had given him the third degree! Being alone and wearing fell shoes has its compensations and I got very close to some unwary wildlife. A Red Grouse, a Mountain Hare and a young rabbit were all surprised by my presence. Unfortunately I was overdue and couldn't stay and watch them.

Being late back, I was grateful that no-one was even faintly concerned about me, I was still eating when the last lecture commenced. It soon became apparent that neither my Mars bar nor my noisy SLR camera were welcome and preparing to leave was out of the question, so I beat a retreat. As is usual the lecture overran and I had to leave to catch my train before the debrief session. I could have stayed longer as it turned out, engineering work at Chinley was causing a thirty minute delay and my train was late.

**Bill Houlder**



*No navigational skills needed by Sarah Rowell as she smashes the ladies record at the 3 Peaks on the same day as the FRA course.*

*Photo: Peter Hartley.*

# Profile

The character of the man can't be faulted; a convert from road running; by his own admission "hopeless" with a map and compass; one who dislikes expensive 'prestige' prizes - who even possesses experience of the odd hairy escapade (including breaking his arm in a motorbike crash the day before the 1990 Ennerdale) - Andy Trigg is a true fellrunner and well known character. At 27, the best, in fellrunning terms, is yet to come and the potential signalled by a 2.23 London Marathon in 1985 has yet to be reached - although Andy is the first to point out that this only just placed him in the first 100.

Last year his 4th at Fairfield and 7th at Edale looked to be putting him into a good position for the championship when he broke his arm in a motorbike crash on the eve of the Ennerdale. He still managed eighth in the British Championship (the same as 1989) but could not improve on his best championship to date which was 1989 when he finished third in the English. Like many contenders for championship points he finds that the travel times and distances involved to get to enough championship races can be onerous and, although currently having an excellent season, he has no immediate ambitions to top the championship table. Indeed his most apposite ambition is to continue to run injury free; and a proper stretching and training programme should help towards this.

A typical training week might amass some 60 to 70 miles including two sessions on at least two days of the week and a 20 miler on Sunday - depending on race commitments. Andy is not, however, a seven day runner and stresses the importance of a rest/recovery day - almost invariably Friday - although since packing in road running some 5 years ago, he finds that injury problems have decreased considerably.

His particular forte is the 'runnable' climb - something many of us dread - and his strength in this area is witnessed by his current record for the peat baggers and bog trotters favourite, the Marsden to Edale race (although I've never managed to run the climb up



*On his way to winning the Calder Valley Race  
- here seen climbing out of Mytholmroyd  
Photo: Peter Hartley*



*Crossing the summit Plateau of Inglethorpe in pursuit of  
eventual winner Ian Ferguson - 3 Peaks  
Photo: Peter Hartley*

## Andy Trigg

Torside or Kinder I am reliably informed that it is possible!). He also holds records for Herod Farm and Higger Tor - no Lakeland scrambles here!

Andy's favourite races are, predictably, on the Dark Peak, in particular the Shelf Moor race, local, rough and fast and his familiarity with Kinder was a major factor in helping him to win this year's Kinder Downfall in conditions of thick mist. He didn't withdraw his entry (as others did) on discovering that 60% of the entry money was going to a political party but did feel that this should have been declared at an early stage. "Do I detect a move to make prizes bigger and better?", he asks - a trend of which he disapproves "There's nothing wrong with a cheap entry and no prizes; I particularly enjoy things like the Stretford Open Track meet on a Tuesday night; arrive, run, go home; no prizes and no fuss."

One of his ambitions is to do as many fell races as possible so, even if you haven't come across him at a race yet, you are likely to! In this he is perhaps following in the footsteps of his hero Jeff Norman who, he says, seems to have won nearly every race he's ever done! "He must be the best all round runner on road and fell" says Andy.

Other wins this year are at Calder Valley and Rossendale and he has picked up two excellent seconds, to Colin Donnelly at Edale and to Ian Ferguson at the Three Peaks - not races which, this year at least, have required any navigational skills - which Andy claims not to possess. (If this is true then there is a lot to be said for local knowledge, coming off Kinder 10 minutes before his nearest rival, and even further in front of the nearest rival to visit the last checkpoint!)

"I like", he says, "to know where I'm going and, thanks to my boss, I'm going to the Bens of Jura again this year; now, there IS a good race."

*Ray Swatcher*



CALDER VALLEY  
Keith Lodge (Halifax)  
Climbing Daisy Bank heading  
for Stoodley Pike on the second  
'loop' from Mytholmroyd

Photograph: Peter Hartley