

The **Fellrunner**

February 1992



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Bit at the Front *Neil Denby*

The open discussion at the end of the AGM generally throws up a number of interesting points and provides a guide to what may become policy in future years. It also provides a forum for gripes of all sorts to be aired outside the 'official' confines of the meeting proper. Unfortunately, decisions taken on the spur of the moment are easily forgotten

- Clayton were to write to the Fellrunner about cheating - non competitors pacing and navigating in relays - amongst other things; an article was to have been written (can't remember who by) about Championship races and format; nothing has been forthcoming on either count. In the case of the latter, I'm not even sure that the FRA will maintain control of British Championship races or whether this will fall to the mysterious fell and hill running commission of B AF.

There are other forms of cheating as well such as not carrying the required kit, (how the Hell do you check everyone at the start, in the middle and at the end?). Seems incredible to me that, in a sport such as ours, people will seek an unfair advantage by discarding items essential to safety. Surely, we can be trusted? Can't we? Remember what can happen when safety kit is not carried...

The reverberations from the Welsh Reservoirs Relay still continue. Please read the Association's appeal below and try to send something

- pass a hat round at a race, hold a raffle, anything!

Worries were also expressed about races being forced off private land (Her Majesty the Queen - well, her staff - has been directly responsible for the Angus Munros race being withdrawn from the British Championship) or the possibility of landowners actually charging for access. Please let us know if any draconian measures are introduced that might wreck your race.

Finally, there was some controversy over the FRA's 'low profile' policy. In places it means that we lose potentially (and actually) good runners and also find it difficult to recruit. We are particularly unattractive to juniors, no money, no glamour and dedication required. Should we look for greater publicity to encourage interest in certain areas? What are your views?

Oh, and before I forget, tell EMAP to put its fixtures book where the monkey put its nuts - although Bill and Selwyn express it much more eloquently inside!!

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**PLUS CENTRE PULL OUT OF
FIFTY PLUS RACE REPORTS
AND RESULTS**

APPEAL

Immediately after the tragic death of Carol Matthews in the Welsh Reservoirs Relay last Easter the F.R.A. Committee recommended to race organiser John Brooks that he should be legally represented at the Inquest. We also agreed to contribute up to £500 towards his legal costs, which are not covered by the F.R.A. Insurance Policy. We felt that it was necessary to do this in order not only to protect John Brooks but also the sport in general.

In November John was presented with a bill for over £1200 for his barrister's services. The Committee felt that John Brooks should not be placed in the position of having to foot this extra bill for £700 for a tragedy which was no fault of his. We have agreed to settle the bill in full.

Clearly we felt this to be a cause which members would want the Association to support. Equally we would hope that members and clubs will want to show their own support for a man who was simply involved in putting on a race - without thought of personal gain - for all of us to compete in.

Bluntly, the Association has, in an emergency, underwritten this legal account for which we have not budgeted. The Committee would therefore like to ask for donations towards these costs. Contributions should be sent to the Treasurer, should be payable to the F.R.A. and should be clearly marked: 'John Brooks'.

Many thanks for your help!
Selwyn Wright

PS. We are also looking at the possibility of extending our insurance cover to allow for legal representation at Inquests.

Get it on disk!!



The Association has bought some right expensive computer equipment to try to drag us into the 20th century. If you can provide articles etc. on 3+'' discs of DOS or DFS format (not Unix); preferably in ASCII; then we can handle them easily - the amount of stuff that comes that is obviously a computer print out is growing but still needs to be re-typed if the disc isn't with it. This costs us MONEY! We can handle RISC OS as well if you must. Disks will be returned immediately.

*If you have no idea what
any of this means, then
ignore this space!*

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Results and Race Reports to:

David Weatherhead, 47 Clarendon Road,
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Francis Uhlman, Beudy, Newydd, Llanfrothen,
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Cover Photo:

*Horwich runners cross Hayeswater Gill on their way to
High Street. Ian Hodgson Relay: Leg 3.
Photo: Peter Hartley.*

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Joe Whitter 1939 - 1991

It is with deep regret that we have to record the passing away of one of Lancashire's true fellrunning characters. Joe Whitter, a member of Wigan Phoenix, died recently after a short period of illness at the age of 52.

Joe was famous among fellrunners of the Wigan/Chorley/Horwich area for his marathon Sunday morning runs during the winter months. Runs which were always enriched by Joe's cheerful banter. Many are the runners who have been spurred on during the final miles of these runs by one of Joe's inimitable "C'mon lads, all downhill now," usually delivered at the foot of a long uphill drag!

Everyone who ever ran with Joe will have a story to relate about the man. We always remember the time when we were standing with Joe by the cricket field at the White Coppice after a reckless descent of Great Hill. A family were passing, the woman struggling on the stoney path in stilleto heels when Joe, completely unabashed, greeted her with a pithy "Momin' Missis, grand shoes, them - 'specially for running downhill!"

Yet there was no hint of a sneer in Joe's jocular sarcasm, it's hard to believe there was an ounce of

malice in the man. Even when battling with rivals in a race, Joe always remained chatty, friendly, sportsmanlike, even to the point of shouting encouragement if you managed to overtake him.

Although he never achieved fame or notoriety, Joe's performances as an all round club athlete were legendary. He was able to turn his hand equally well to the Bolton 40 miler road race as to the Rivington Pike Race, and would think nothing of running 20 miles on a Saturday and then running us lesser mortals into the (peaty) ground on Sunday morning.

Joe Whitter was one of those essential characters that make fellrunning what it is. The Anglezarke Moors will be a poorer place without him and he will be sadly missed.

Typically, Joe requested his ashes to be scattered on the moors he loved, and there are many fellrunners who will now be unable to run past Drinkwaters on Great Hill without remembering him.

We surely speak for everyone who knew Joe when we pay tribute to a true sportsman and say, farewell Joe, you won't be forgotten, and don't forget, it's "all downhill now".

- Andy Walmsley - Tony Quinn - and other friends of Joe

Dave Johnson 1949 -1991

Dave, a member of Eryri Harriers, died accidentally during the early hours of Saturday November 2nd. He is survived by his wife and two children.

For several years, Dave was a keen distance roadrunner who had a number of marathons to his credit, including the ubiquitous London, however, Dave always liked the mountains and through Eryri Harriers and friends he soon became an enthusiastic fell runner. He took part in many Welsh races such as Ras Cameddau, Moel Eilio and even completed in training the arduous '14 peaks' - all the N.Wales peaks over 3000 feet in one round.

Never a front runner, Dave was one of those quiet chaps who was always helpful to fellow competitors, for it was in his nature to put others before himself. On the hills at a time of crisis his quiet, easy going manner was very reassuring, he was one of those guys we take for granted, i.e. those who seldom win anything, but would support local races and was always there for a welcome chat and a pint afterwards.



Dave Johnson, pictured in 1990 near the summit of Carnedd Llewelyn during a winter time recce of the Carneddau course.

Such was his popularity that literally hundreds turned out to attend his funeral. Many will miss him.

- Tony Furlong; Keswick AC

Raymond Aucott 1940 -1991

Many fell runners will have been deeply saddened by the unexpected death at his home, on 14th October 1991, of Ray Aucott, aged 51. he leaves his twin daughters Charlotte and Abigail, and son David.

First and foremost Ray was a gentleman, generous of heart and considerate of others, particularly with his less fit partners in team events such as the Karimor Elite and the Three Peaks and Scottish Island Peaks Races. These partners were always nursed along and encouraged by Ray to the point of surpassing their normal levels of performance.

Very much an all rounder, and archetypal of that core of enthusiasts who moulded the sport of amateur fellrunning in its formative years, Ray was a lover of the hills. He entered the sport from a background of success in cycle racing, both on the time trial circuit and in mass start events. Later, he became a well above average rock climber and also an accomplished Morris dancer.

The name and club, Ray Aucott DPF, appeared continually amongst the winners of the

more arduous hill races during the 80s. Notable achievements included National Veteran Fellrunning Champion three times. Northern Counties Veteran Champion, 1st veteran in the 1984 Three Peaks Race and first veteran and outright winner of the 1985 Bens of Jura, setting a new veterans record and walking off with 2 1/2 gallons of Jura malt whisky.

One indelible personal memory I have of Ray is of him lying opposite in a heaving waterlogged boat during the 1983 Three Peaks Yacht Race and watching him, between my own severe spasms of seasickness, attempting to eat for the run up Scafell while munching one mouthful of banana after another while repeatedly ejecting the previous one; such was his fortitude. Not many hours afterwards we found ourselves in the sea together after being shipwrecked off the Cumbrian coast.

Ray was a person of whom his friends can look back and say with sincerity, "It was not only a great pleasure knowing him, I am proud to have known him."

- Peter Brooks

News and Views

Secretary's Corner

COMMITTEE MEETINGS AND AGM

Mike Rose has taken up post as the new FRA

Secretaiy:

Having recently taken early retirement, some of my envious friends think I should be doing something useful to keep my brain active and to avoid boredom. And so it came to pass, that in the North Wall Bar, Zermatt, I must have agreed to stand as FRA Secretary.

Some members will be aware that I often disagree with the direction our sport takes, but it is not my wish to use this office to try to further my obviously antiquated views; rather I look forward to hearing what the mainstream membership think about topical matters.

Since the last issue there have been three committee meetings and the AGM.

1. Hayfield 14.9.91

a) Radios. The committee authorised the purchase of radios - 2 mobiles and 10 handsets, which will be available to race organisers (see elsewhere in this issue).

b) Trophies and medals; the continuing up date of the Association's trophies was proceeding including work on new medals and on ceramic designs.

c) Junior Policy. Andy Trigg and Dave Richardson agreed to be co-opted on to the committee with responsibility for juniors. Much of the meeting was devoted to a wide ranging discussion of the many points to be addressed in the encouragement and development of junior competition. World Cup selection policy was discussed; efforts to encourage training weekends were described and the announcement that next year there will be a Junior "Ladies Race at the World Cup was made. John Taylor received the thanks of the committee for all his hard work as junior co-ordinator.

Annual General Meeting, Ambleside 12.10.91

Sixty seven members were present. A motion to increase the size of the committee by two (an additional member rep and an additional club rep) was carried. The new officers appear on page 2. Dave Hodgson retired from the post of chairman and from the committee. A presentation was made to Dave and Shirley of a framed view of the Ullswater area in appreciation of their services to fellrunning over many years.

Apart from the main committee elections, Selwyn Wright, Norman Berry and Danny Hughes were elected as delegates to the British Athletics Federation, Fell and Hill Running Commission.

A lively discussion after the conclusion of the formal business included pacing in races (especially relays), enforcement of compulsory kit, access problems, choice of championship races and quality of courses and FRA low profile policy.

2. Horwich 24.11.91

a) England Team. Pete Bland was reappointed England Team manager and the selection committee will comprise Dave Hodgson, Judith Johnson and Andy Schofield.

b) Inquest. The inquest into the tragic death of Mrs. Carol Matthews and the consequences were discussed. The organising club has received a claim for compensation for negligence. A report appears elsewhere in this issue and it is clear that all clubs, organisers and competitors themselves will have to re-think the subject of safety very seriously indeed. The FRA Safety Requirements for Fell Races can be found in the 1992 Fixtures Calendar.

c) Many race organisers have received a request for race details from a commercial venture seeking to publish a sort of "Michelin Guide to Events incorporating some aspect of the Guinness Book of Records". While each organiser is, of course, free to decide for himself, our advice is to ignore this request. We simply do not need this "wonderful opportunity to reach for the first time all those sportspeople who would not otherwise learn of this event".

3. Boulsworth Hill 11.01.92

a) Juniors. Andy Trigg and Dave Richardson were formally co-opted to look after junior/intermediate interests in 1992. trophies and awards will be presented in all categories after the last counting race at Shelf Moor. All participants in the competition will receive a Certificate of Merit. It is hoped that clubs and members will support and encourage young blood towards ensuring that these championships are a huge success. **Please register your intention to compete with Andy Trigg.**

b) Sub Committees. English Championship sub committee of Tony Hulme (chairman), Pete Browning, Mark Hobson and Judith Johnson appointed.

Disciplinary sub committee; Mike Rose (chairman), Barbara Carney and Alan Judd. Hopefully this committee will not be required to meet!

Rod Pilbeam feels, as he is not currently competing, that it is inappropriate for him to stay on the committee so has tendered his resignation, c) Events. Alan Judd has again agreed to organise the FRA coach to the World Cup, this time in Italy at the end of August. For further details please contact Alan **enclosing a stamped addressed envelope.**

The 1992 FRA Relay will be staged by Keswick AAC. The FRA secretary would like to hear from clubs interested in organising the 1993 relay.

d) Championships. An English Ladies team championship is to be introduced this year. Scoring will be on the same basis as the British (3 to count) and the races the same as the mens with the exception of Sedbergh (see below). It should be noted that from 1993, British Championships will become the responsibility of the BAF Fell and Hill Running Commission.

The organiser of the Angus Munros is facing access problems; opposition, on several grounds, from the Royal Balmoral Estate has put the race in jeopardy. The organiser could not guarantee, therefore, that the race will take place, therefore a substitute has been sought. There being no suitable Scottish races the BORROWDALE race, held on the same weekend, has been substituted. Our apologies to Scottish athletes for this unfortunate situation. The decision was agreed unanimously by the committee including the FRA's Scottish rep; the Borrowdale has been chosen as being of equal severity and on the same weekend. Due to the necessity to make the copy date for this magazine it is also regretted that it has not been possible for discussion to take place with the SHRA.

Reference to the FRA Calendar reveals that a Ladies World Cup Selection Race, Arant Haw, takes place the day after a British Championship race, Tumslack.

To overcome this clash, Tumslack will be replaced in the British and English Ladies Championships by the Sedbergh Trial Race (Arant Haw) the following day. This will include ladies teams and vets. There will be no change in the mens championships. It was clearly not fair to expect leading women to compete on successive days. It is unfortunate that the clash was not spotted earlier and the committee apologises to those affected.

Finally, the rumour that I now have time to train every day is true. But I don't.

- Mike Rose

Views

Letters

Fell Relay

Dear Sir

May I, through your excellent publication, thank Bingley harriers and their gallant team of helpers that organised the British Fell Relay Championships at Kettlewell on October 20th. We are a new running club who mostly take part in road and cross country events and only occasionally on the fell. We were only formed in March 1991 and affiliated to the FRA in the summer so even to finish a team in the BFRC was an achievement. We even managed to stay ahead of our local friendly rivals (Penistone Footpath Runners) until Leg 3 (which was an even bigger surprise!). I was originally down to run Leg 1 but when our "star" runner Dave Smith had to pull out due to work commitments, I was put on Leg 4. Steve Frith, the orienteer in the club, said it would be better for him to run Leg 4 as I was a marathon runner of many years experience and like a fool I believed him when he said it would be in the best interests of the club!!!

Now, I have run a variety of distances (from 800 metres on the track to 9 miles cross country to the Bolton 40, as well as small fell races) but was surprised at the severity of the course and *according to your mag* it was an easy leg. I can't wait until next year to have a go at a *tougher* leg. Just think, it took me longer to run 11 miles on the fells than I have run the Spensborough 20 - amazing!

I would just add that Barnsley Harriers have been converted to fellrunning. How can you compare a flat 10k road race in a town centre to the views of a fell race!! No comparison, see you next year. Thanks again, from a bom again runner.

Yours faithfully,

Dave Allenby. Secretaiy. Barnsley Harriers.



*Runners head up Dovedale at the start of the tan Hodgson.
Photo: Peter Hartley.*

VIEWS.....

Hands off our sport

Dear Sir

Most readers will by now have heard about the forms being sent out by EMAP Pursuit publishing Ltd to all fell race organisers for details of their events to be included in a commercial fixtures book, along with other types of running events.

Dave Woodhead, himself the organiser of three fell races, rightly attacked this project in the November issue of the 'Up and Down' magazine and advised other race organisers to follow his example by chucking their forms into the rubbish bin. Unfortunately, some organisers, apparently fairly recent converts to our sport, have in their innocence completed and returned the forms. Dave suggested that these people should contact EMAP immediately and demand withdrawal of their event from the book, and hopefully they have done so.

EMAP, incidentally, took over 'Athletics Weekly' in 1987 and horrifically transformed it from the widely, and highly esteemed, 'Athlete's Bible' to an inferior magazine which bears no resemblance to the classic one it replaced.

This is, incidentally, the second occasion on which a commercial organisation has tried to muscle in on our sport. Six years ago, 'Running' magazine approached Peter Knott, former FRA chairman and editor of The Fellrunner and now Karrimor organiser, with a request that he submit fell running articles for publication. Peter was refused and was then threatened with the suggestion that fell running could be the next new 'challenge' to which 'Running' would be directing its readers now that the marathon craze was apparently on the wane. 'Running' began life in the early 80s as 'Jogging' to cash in on the jogging boom but apparently changed its name when it realised that many of the joggers had developed into real athletes.

All true fellrunners must surely agree that what we don't need right now is an influx of novice competitors into our already overcrowded races - quite apart from the safety problems and impending trouble with the National trust and other landowners which this could cause - and particularly when that influx would be motivated for financial reasons only by a body with no genuine interest in or knowledge of our sport.

Yours faithfully,
- Bill Smith

Calendar

Dear Sir

A suggestion for future years is : have the calendar as an option on the membership, to be sent out with the fixture list, thus saving money on postage. I would be happy for my direct debit with the FRA to be increased by a couple of pounds. The package would still only be about £10.

Yours faithfully,
- Kevin Cunliffe, Wiggington AC, Derby



Over-60 stalwart Bill Fielding on the final climb of the Grisedale Horseshoe.
Photo: Bill Smith.

A pedant writes...

Dear Sir

I think the calendar is fine, except you are obviously out of date. The Three Peaks Race no longer starts from the Hill Inn and hasn't for some time. Could you consider correcting this in a future 'Fellrunner'.

Yours faithfully,
- (name and address supplied)

Munro Record

Dear Sir

Scottish 24 hour Munro Record; Fellrunner, October 1991.

As Adrian Belton neither added extra Munros nor ran faster than the existing record the articles in the last Fellrunner were misleading and erroneous. The record is still 28 Munros in 23 hours 20 minutes set in the Kintail/Affric area in June 1988.

Yours faithfully,
- Jonathon Broxap, Keswick AC (Scottish 24 hour Munro Record Holder - just!)

Celtic complaint

Despite the fact that this appeared after the January 10th deadline, we think it only fair to print it.

Dear Sir

By the time that your readers see this letter, the subject will be old hat and quite out of date. Nevertheless I feel that what you printed as a British view of

the 1991 World Cup at Zermatt was far from what it claimed to be, and ignored the hard earned achievements of the Scottish, Welsh and Northern Irish competitors and concentrated on the (under)achievements of the English.

Ignorance of mountain running is a characteristic of athletics generally in the UK. The Scots, Welsh and Northern Irish find it harder to raise the money to travel to the world cup than their English counterparts. It is a great shame, therefore, that their achievements go unrecognised in a magazine that does claim to know something about the sport.

Colin Jones, young CJ, only got mentioned by virtue of the fact that he has two more years to compete as a junior, and not because he was the first British competitor in his race. Messrs Wheeler and Griffiths, second and third British competitors in the Mens Short Race are not mentioned at all - although Peter Dymoke and Gavin Bland who finished behind them are. Billy Rodgers of Scotland achieved the enviable sequence of improving his position in races despite moving from the junior to the senior ranks - yet no significance was seen in this.

To many such gripes may seem petty. However, to those of us who live in the Celtic fringes, the report as it was printed only reinforces the false impression that the FRA is an English organisation, with the interests of English fellrunners as its sole raison d'tre. Yours faithfully,
Jonathon Gibbon, Chairman Welsh Regional Committee, FRA.



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.

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

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Manx Fell Running

The Managrakem League

Manxman Ian Callister reports on the 1991 championship.

Steven Hull of the Manx Fellrunners Club has won the Isle of Man's Managrakem Fellrunning League, finishing just a single point ahead of clubmate Tony Rowley. The championship is held over the whole season and requires an all round effort over long, medium and short races, all A class. The best seven races count, two long, two medium and two short plus one other. The winner gets one point, second 2 and so forth, thus the runner with the fewest points wins the league.

Steven's best performances were in winning the Laxey Horseshoe event in a record time and winning both the Anxfell and Snaefell Races. Tony won the Elian Vannin, North Barrule and St. Johns Fair events. Defending champion Richie Stevenson took third position overall, just 4 points behind second. He was the first Manxman to finish in the Manx Mountain Marathon and also won the Patrick Fete race.

Newcomers to the Manx fellrunning scene are Dave Maddrell and Mark Bridson, who completed the series for the first time. They finished 8th and 7th respectively.

Dave Young finished second overall in the Elian Vannin and St Johns fair races and established new veterans course records in both the Carraghyn and North Barrule races but still failed by one point to take the veterans championship prize from holder Dave Corrin. Corrin ran out first veteran in 5 races, including Bradda Fell where he set a new Manx veterans record. First vet in the Patrick Fete race, and first local vet in the Manx Mountain Marathon was Mike Cowboome, who finished in third place in the veterans league.

The Isle of Man offers excellent running and a fine variety of races from the arduous 30 1/2 miles of the Mountain Marathon to the steady 20 miles of Elian Vannin to stiff 10 milers like the 2800 foot of Patrick Fete and short, sharp shocks like the 1900 foot/5 miles of Elian Vannin. Spread throughout the year the races are well worth a visit, "We find ourselves racing against the same people all the time" say the locals, so why not take some time out and try a Manx race - if you can see the Isle of Man from Irton Pike and the Western Fells of the Lakes then surely it is worth looking at the Lakeland hills from the island.



Manx champion Steve Hull.
Photo: Ian Callister.

Is your heart really in it?

You don't strain to train with a pulse meter

British Fell running Champion Keith Anderson gives heart rate monitors the once over.

After spending a couple of years training quite hard, I reckoned I had reached a reasonable level of fitness. However, this was not without a number of illnesses with periods of tiredness and staleness leading to annoying layoffs. All this now seems to have changed, due to the fact that I now train with a heart rate monitor.

Heart rate monitors are designed to enable you to get the maximum possible benefit from your training, and, let's face it, if you invest a fair amount of time and effort in that area, you want to see results. A heart rate monitor helps you to work at that optimal level of effort where you push hard enough to improve fitness but not so hard that you go over the top.

Most of us just get the gear on and we're off for a run; a heart monitor makes us question each session. Why am I doing this particular session and at what effort level? Heart monitors thus have a purpose in all aspects of your training; they help you to gauge your effort and adjust your running in everything from easy to hard workouts.

The most likely problem for us all is working too hard; because we want to improve *now* even when we are tired or should be recovering we think that the harder we train the better we will get. In fact, over training will knock you back rather than improve your performance.

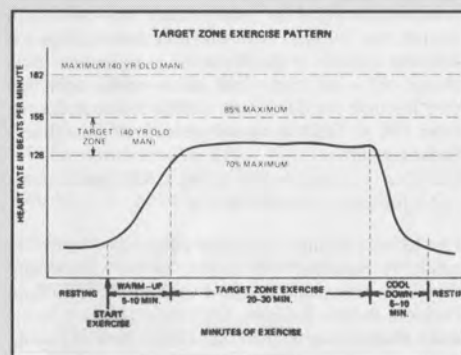
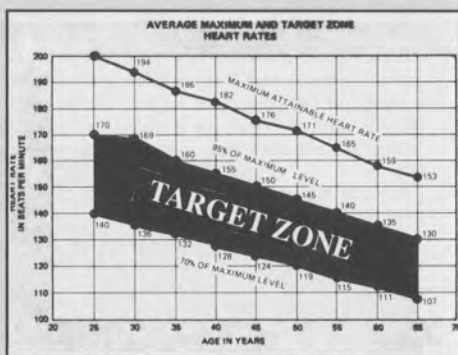
You should be aiming to train within the target zone - 70 - 85% of your maximum heart rate, to give maximum benefit; a heart rate monitor will tell you when your pace is too fast and when it is too slow. They ensure that your cardio vascular system is working at peak efficiency for you so that all your training is bringing you benefits.

With control on track, hill sessions and long runs you won't overdo it, your recovery days will be just that. Any onset of illness will show on your heart monitor. My improvement since exercising with a heart monitor has been impressive.

-Keith Anderson



I might sound a bit like the chap in the razor adverts when I say that I liked the product so much I bought the company. I didn't quite manage the company but I have gone out and taken the agency for the product. So if you want to improve and run to your full potential send an sae for details to: Keith Anderson, ETA Racing Shoes, Rohan House, Compston Road, Ambleside, Cumbria LA22 9DJ.



Philpott makes it a hat trick

Adrian Philpott pipped teammate Jim Patterson by a mere 4 points to retain his Northern Ireland Fell running title for the third successive year. Jim took the veterans title as the first of four in the top six who were over 40; do we get better as we get older or is it that the youngsters run out of steam? It is interesting to note that, in spite of the growth in the sport over the past few years - and the growth therefore in competition - founder members of the Northern Ireland Association Denis Rankin, Jim Hayes and Jim Patterson are still going well, all in the top six, twelve years after the Association was formed.

This was the first year that a ladies competition has been held, based on the best three races from six qualifiers. Mother of four Roma McConville took the inaugural title and also found the time to win the Moume Hill and Dale series of mid week races (best six results from eight).

There is a strong club feel to the results as well this year with Duncaim Olympic providing the first two men and the second and fourth lady and Ballydrain having four men in the first dozen.

Results:

MEN		Points
1. Adrian Philpott	Duncaim Olympic	119
2. Jim Patterson	Duncaim Olympic	v40 115
3. Billy McKay	Albertville	v45 107
4. Jim Hayes	Ballydrain	v40 103
5. Gordon Murray	Ballydrain	102
6. Denis Rankin	Albertville	v45 80
6. Peter Howie	Lame AC	80
8. David Graham	Ballydrain	76
9. Kieran O'Hara	Newcastle AC	72
10. Martin McNiff	BARF	66
11. Billy Magee	Lame AC	v45 65
12. Jim Gibson	Ballydrain	v45 57

LADIES

1. Roma McConville	North Down AC	60
2. Suzie Carson	Duncaim Olympic	58
3. Mary Havem	Newry Shamrocks	56
4. Sally Patrick	Duncaim Olympic	38



NI Champion Adrian Philpott pictured at Annalong Horseshoe.
Photo: N. Ervine.

VIEWS,.....

Tough races

Dear Sir

Re. "Britain's toughest race". In answer to your request for suggestions to improve on height/distance as a measure of toughness I suggest a function which is proportional to the energy expended in completing the race by our 'best' runners.

$energy \times \text{the square root of } (distance + height! 100) \times \text{best time } \{1\}$

(Division of height by 100 is arbitrary, but seems reasonable if you consider the table - maybe this should be empirically defined). My derivation of the function is fairly intuitive.

If e is the energy needed by our 'best' runner then $e = f(\text{distance} \times \text{height})$

(I'd like to factor in nature of terrain, e.g. bog or track, but that can be included in other ways, see below). The energy is also given by $e = f(\text{best time}) \{2\}$

I get this by considering our 'best' runner being able to deliver say x joules/min. In this case $e = xt$. (if we're using best times then I reckon that different runners must work at pretty much the max for a human, say $3/4$ hp?) Note this time factor caters for different terrains. If all else is the same in two races except one is on tracks and one is on the open fell then the time for the former will be less than for the latter. OK so I reckon a good measure of a toughness factor is then

$(\text{distance in miles} + \text{height in feet} \times 100) \times \text{time in mins} \{e2 = f(\text{distance} \times \text{height}) \times f(t)\}$

I've listed a number of events using times from October '91 Fellrunner (so maybe not best times) and they look reasonable to me. I've done Bens of Jura, Duddon, Brecon Beacons, Glen Rosa and Ben Nevis and I think I'd agree with the relative rankings using this toughness factor.

Yours faithfully,
- Roy Heselden, Odiham, Hampshire

Event	miles	ascent ft	time	Rating
Ennerdale	AL 23	7500	3:36	146
Peris	AL 17	7500	3:25	137
Bof Jura	AL 16	7500	3:20	135
Duddon	AL 20	6000	2:53	118
Borrowdale	AL 17	6500	2:40	115
3 Peaks	AL 23.5	4500	2:51	108
Brecon Brecons	AL 19	4500	2:30	98
Glen Rosa	AL 13	5500	2:14	96
Stretton Sky	AL 18.5	4300	2:28	95.4
Sedbergh	AL 14	6000	1:57	93
Dockray	AL 17	4500	2:08	89
Ben Nevis	AM 10	4500	1:33	71
Buttermere	AM 9.4	4250	1:33	69.6
Coniston	AM 9	3500	1:07	54
Fairfield	AM 9	3000	1:11	52.5
Goatfell	AM 8	2866	1:15	52.4
Skiddaw	AM 9	2700	1:06	48.7
Kinder Down	AM 10	2150	1:05	45.3
Snowdon	AM 10	3200	47:50	45
Snaefell	AM 5	1900	41:3	31
Moughanmore	AS 3	1500	30.5	23.5
Castlewellan	AS 4.5	850	26.2	18.5
Bumsall	AS 1.5	900	12.55	11.7

Inquest

No statement may yet be made on the Carol Matthews inquest as there is a possibility of further legal action.

Rumour has it...

that Rod's resignation has absolutely nothing to do with the toilet facilities at FRA committee meetings; they are always better than at championship races.

'nuff said

A (hopefully very) occasional column in which those whose reputations, motives, expertise etc. have been impugned can have the last word - and I mean the last word - on items of controversy. It is editorial policy to allow people to respond to personal attacks or accusations in the same issue; where this has failed to happen then there is recourse to this space. I have also noted that it is worth pointing out that the views expressed in letters and articles are not necessarily those of the editor; I had always wondered why that caveat appeared; now I know!

First, the case of the Wasdale Race and a certificate. Danny Hughes points out that the complainant did not visit all the checkpoints and also took exception to the editorial; thinking that it criticised the organisation of the Wasdale Race. The race organiser, R.J.Eastman, also got the impression that the organisers were being criticised. For my part, I regret that such an impression was caused; the CFR races are amongst my favourite outings - in particular the Wasdale - but I have also enjoyed Ennerdale, Muncaster and Sailbeck and my club has made a point of going to Sea Fell for several years. They are also, from the point of view of runners' safety, extremely well organised and, as R.J.Eastman points out in his letter "CB radios have been in use for over 5 years and before that the RAF and Civil Mountain Rescue teams covered checkpoints on the Ennerdale and Wasdale". He also points out that, "When Danny Hughes spoke to Mr. Greenwood at the finish he was speaking (a) on behalf of the CFR committee and (b) simply out of courtesy to let Mr. Greenwood know why he was not receiving a race certificate." Other points made in his letter are also worth repeating:

"Arguing your way past a checkpoint official after the closing time shows a disregard for your own safety and that of the rescue services. The fact that he overhauled runners who did beat the closing time makes no difference. He should have retired and returned to the finish by the shortest, safest route.

As a race organiser, I have to ask volunteers to man checkpoints - often the same people year after year who sit for hours in anything from a heat wave to hail often taking up drinks for the runners. Try it yourself, then imagine yourself downstream from another checkpoint official who radios through that a runner has just refused to retire atui is continuing round the course. You know how long he should take to reach you if no mistakes are made. You m/ust stay in position until the runner emerges from the clag or until you receive radio confirmation that he is down and safe. Imagine the thoughts of that official who is staying on his point at 2,500 feet in appalling weather waiting, while you miss him and finally arrive at the foot of the Pike and start complaining about being disqualified.

Lastly - disqualifying timed out runners 'very cruel practice'. Is it indeed? The runner may well be 'bitterly disappointed' but that is the consequence of having pitted mental and physical ability against a severe challenge and lost. How you deal with your own disappointment is a measure of your maturity, responsibility and self control. Accepting a referees decision, even when you think it unjust, is true sportsmanship. Fell running is a wonderful sport but if the basic safety rules are made more 'flexible' I believe chaos and danger would result."

On the same subject, Danny Hughes has asked me to publish the following which he received shortly after the race:

"Just a note of thanks to you in appreciation of all the hard work that Norma and yourself have put into the Cumbrian races, especially the Wasdale Race. We runners seem to take for granted the work and worry shouldered by the organisers ami officials, and turn up to run. as if by right.

I am as guilty, or moreso, than most and would like to say that 20 years at Wasdale was made possible by yourself and Norma, many thanks.

I was rather taken aback that the Wasdale was almost shortened, but again, I can understand why. Perhaps I can see a little more into other peoples point of view at last. It must come with age. However I just wanted to register my personal thinks for all you have done."

- Anthony Shaw, Rochdale Harriers

Finally, from another member of Rochdale:

"I ran in with Allan and Carol, and initially felt similar disappointment at the decision to time us out at the finish for being 4 minutes late at Gable, especially, as Allan correctly states, the marshall checked us in and then allowed us to continue.

It wasn't until my brain had thawed a little on the way home that I realised that we had inadvertently missed the checkpoint at Esk Hause shelter by taking a diagonal path to Esk Hause proper. We thought that we had visited the shelter but had not. I understand that Allan is fairly new to the fells, and he may not be aware until he reads this that he did not visit the shelter. From his perspective, however, he completed the course, was given permission to finish despite being four minutes late at Gable, and then was told at the funnel after a fairly heavy day in the saddle that he vim not on.

I understand from Danny Hughes that there were some heavy words at the finish, and that there may have been some slightly less heavy words with the marshals at Gable, as Allan arrived there a few seconds before me.

I felt most uneasy about the whole affair, and chose to write to Danny Hughes to explain the position as I saw it, and to offer an apology to me if I contributed to the ill feeling at the finish, because while I did not feel in any way aggressive (I was too tired) I did find it difficult to hide my disappointment.

What do I think? I think that we should not have had a certificate because we were timed out at Gable and didn't visit the shelter, i also think that whilst event organisers sometimes get things wrong - there are ways of discussing the issues so that an amicable solution can be arrived at. Blasting them may make you feel better, hut I feel that life is too short for that sort of approach. Kick a rock, but not a long suffering controller.

If the marshalls had been a little clearer on the rules they may have been more assertive with us. and this is not a criticism of the marshalls, then the situation may have been resolved there and then. If we had been an hour and four minutes late there would have been no ambiguity. At the top of Gable with the conditions as they were on the day, the four minutes timed out rule did seem a little harsh.

I also think that Allan should not be 'disgusted' with Danny and that Danny should not be too upset with Allan. They can be, of course, because they are consenting adults, but I somehow think that it will not help.

My final thought is a fairly obvious one but must be made. When the mist and drizzle get as serious as they did in July then there must be rules to ensure safety. Linked to this is the comfort of the marshalls who are not moving and need a cut off time which means something. I like Danny Hughes, hope that the marshals are willing to help again next year.

If Allan and I train hard all year and get faster, and learn how to read maps in all sorts of weather, and work on the principle that the battle is with the Wasdale Fell Race and not with the organisers then our sport will be the winner.

I feel that I had a good day out on the fells, I didn't qualify for a certificate and that's that. I wouldn't expect to join the BG club if I took 24 hours and 4 minutes, and I put Wasdale '91 down to experience. The KIMM '91 ... npw that's a completely different ball game ... Dear Jen ...

- Peter Steckles, Rochdale Harriers

Second, we move on to a complaint against the committee for its 'high-handedness' towards the Hayfield Race series... The FRA committee complained at race profits supporting a political party.

The Secretary of the FRA The Editor of the Fell Runner

Dear Selwyn,

This letter has been written collectively by the organisers of four of the races in Hayfield in response to your letter to Neville Kirk on the subject of the Kinder Downfall Race. It has also been sent to the editor of the Fell Runner for publication as we believe the issues need airing.

We all take great exception to the tone and contents of the letter. Firstly, the FRA committee has in no way attempted to ascertain the race organiser's views or comments or to evaluate the evidence before making a judgement, clearly a breach of the rules of natural justice, not to mention normal commercial practice or reasonable manners. Secondly, by which set of rules are the committee reaching their decision? We would like the FRA committee to point out the rule, or rules, which prohibit organisers using races to raise money for political purposes. If you can successfully demonstrate such a rule we suggest that you apply it in an even handed way and remove all such races from the calendar. You will first need



Kinder Downfall — runners heading along the skyline to Kinder.
Photo: Steve Bateson

to establish exactly what constitutes a political organisation, a definition which the Charities Commissioners find fraught with difficulty.

Thirdly, we find your stance sanctimonious in the extreme. The FRA accepted sponsorship from BNFL, an act with very clear political overtones, without putting it to the membership, yet you feel free to chastise other race organisers, again without putting it to the membership.

Organising a race takes a considerable amount of time and effort, and, in the case of the Downfall, considerable numbers of people on the day. For the last three or four years the previous organiser had been trying very hard to off load the race organisation to someone else, without success. In the past both Pennine and Glossopdale agreed and then declined to take over the race. Mindful of the fact that the Glossop race now no longer exists due to the failure of any local club to help the erstwhile organiser out, we collectively agreed that an organisation with a need to raise funds would have little difficulty in mobilising the necessary numbers required, and equally important would not draw on the existing helpers; helpers who have been called on for all the local races for the last 10 years. This proved to be true.

It is not runners who get exploited by organisers, the real losers are the helpers, the marshalls, time keepers etc. Runners ARE NOT CUSTOMERS they are often unreasonable consumers. Race organisers are not suppliers trying to make fat profits, if any of us costed our time we would be in severe financial deficit.

We would have more time for those who occupy the moral high ground if they themselves put something back in to the sport. With one or two exceptions the adverse comments we received before and after the race were from runners who have never been known to help at any race.

Neville Kirk took on the mantle of race organiser in 1990 on the basis that he would enlist the aid of the local Labour Party to provide helpers and that a contribution would be made to that organisation. He made it quite clear that this was the case on his form to the fixtures secretary. This information was ignored or overlooked (the race venue was also entered wrongly in the calendar). The race literature gave runners the choice: some runners declined to enter on principle, 324 chose to run. Nev could have kept quiet about where any surplus was going to, he rightly and honestly chose to spell it out, so that the runners could decide for themselves.

We find it astonishing that in a time when there is increasing "organiser fatigue", (witness the difficulties Dark Peak has in obtaining sufficient support

Kev White Limerick Competition

*A roadrunner went on the fell,
With his map and his compass as well,
The trouble was that.*

The trouble is that 'that' rhymes with so many things that come to mind when considering pounding the tarmac; credit has thus been given to the more imaginative of you who have managed to find alternative rhymes to 'twat', 'prat', 'fat', 'crap' (which doesn't rhyme anyway) and similar. All credit (but no prize) to D.Sweetman, who changed the rules by lengthening the third line in order to find better rhymes:

*The trouble was that his gender
Was too big for a descender*

So it rang with the sound like a bell

- although still obsessed (as are most of you!) with parts of the body and bodily functions! The ladies were slightly subtler; Anne Wilson came out with

In a bog he went splat

He's not used to mud, you can tell.

while Lindsay Turner offered

He was blind as a bat

And mistook an old barn for Bowfell.

There was also a tendency to rhyme 'that' with 'flat' and 'well' with 'yell' or 'Hell' as in Ian Aitchison's

It was heaven when flat

But on the descent, bloody Hell!!

and Allan Greenwood's

His soles were too flat

And his medals kept swinging like Hell

My favourites (and therefore the prizewinners) were

He looked such a prat

With his A-Z, climbing Lingmell

He'd no brains in his hat

And his ASICS were knackered to Hell

- Chris Nixon

And the overall prizewinner

He began in Zermatt

And finished on top of Snaefell!

- Ian Aitchison

Prizes are, e'en now, winging their way via the pigeon post to you (apart from the Lingmell one as my totally inefficient secretary has lost the name that went with it. I think it was J.N. but I could be wrong. Would the perpetrator like to get in touch?). My thanks to all who 'had a go' - I regret that there isn't the space to print them all, nor are the laws on libel and obscenity sufficiently flexible!

A new competition for a Kev cartoon is lurking on page 13.

for the Skyline) and the loss of fell races (witness the Glossop and the Eccles Pike), the FRA can threaten organisers. There is little enough pleasure in organising a race, especially when you would prefer to run, without the FRA chastising us in this high handed way. The FRA membership would be better served if the committee put its efforts in to helping organisers eg. by providing temporary stiles to races with congestion at single stiles.

A race fee is a small amount to pay for a few hours "entertainment" compared to the amount runners spend on travelling to a race and on beer afterwards. It is up to the organiser what he/she does with any surplus made (usually small). Does the FRA know what other "undesirable" causes are supported covertly?

In Hayfield we organise five races each year and in general these are enjoyed by the participants. The local community of fell runners is composed of members of 4 different clubs but operates as a friendly sociable group. We have excellent relationships with the local community, landowners, police and the National Trust. We hope that in the future before criticising us the FRA committee will talk to us about our problems and plans.

Hayfield fell Race Committee



FRA Safety and Navigation Course

20 - 22 September 1991;
Elterwater Youth Hostel

Organised by Peter Knott (who also instructed), along with Chief Instructor John Gibbison and John Carberry, Rick and Ruth Curwen and Katy Jonas; joined by visiting lecturer Keith Anderson and warden and catered for by Colin Chadwick and Sean Willis. This team, who's efforts were much appreciated, produced an enjoyable and thought provoking weekend on all aspects of fellrunning where navigational skills are of the utmost importance and safety is not an issue to be taken lightly.

A pity about the low numbers but at least everyone got due care and attention. 15 participants met for the briefing on Saturday morning and then did Ken Ledward's little navigation test. (Ken couldn't help this year thanks to a clash with an exhibition but he will be invited next year I think!) The test helped to sort groups out and by 11 a.m. instructors jogged their charges towards Lingmoor with an orienteering map of the area and the Harvey map to cover, in a 4 hour session, such matters as distance pacing, use of compass, contour features whilst navigating point to point. However, I certainly felt that I owed it to my friends in the Three Shires Race to once again (how many years now?) be on that final climb to Lingmoor summit to give some final encouragement. How they always seem to appreciate my being there ... don't you? It is a good time to sit and eat lunch.

The aim was to be back at the hostel for 3 p.m. but things don't always go to plan when time is spent looking for one of your group who has strayed. He was safe, however, having joined my group. Keith Anderson arrived to give us a chat. He had attended this course many moons ago when just a jogger, pretty unfit but wanting some experience. How he has progressed. He gave us a witty insight into his training and race programme which has led to him being the current British Fellrunning Champion. Also, as one of the partners in the new ETA fell running shoe he discussed some of its design features. Now, Keith made a few digs about my running in his talk, and I'm not one to bear grudges. I was, however, standing on the finishing line of the Langdale race in October having jogged round the course with my bad knee and ankle in some ridiculously long time when who should come in some 15 minutes later... Sorry, to mention this, Keith but either our course didn't work for you or you need to come again, or even better a small compass needs to be planted in the toecap of the ETA trainer. You see, folks, navigation is a very important part of fell running, especially when the mist is down. Lots of other runners went wrong that day. How many others simply followed a known navigator? (Have a look through the fell race reports for any season and see how many of them mention navigational errors!)

The weather changed a little on Saturday evening to torrential rain but that didn't discourage the participants from undertaking a short navigational exercise in pairs on Elterwater Common by torchlight. Surprisingly well received.

There had been a pre breakfast run on the Saturday but nothing much happened before breakfast on the Sunday. Perhaps something to do with the Silver Howe Chase taking place that afternoon. Some more talks in the morning and then preparation for the event started at 12.30. Katy Jonas set the pace but was happy to be beaten into 4th place in 1:36:52 by the fast running and good navigational skills of Mike Prior; 1:25:26; Alan Spence; 1:25:59 and Deborah Flanagan; 1:29:00. Five visitors also took part in the event on a slightly shorter and less complicated course than usual to get everyone back for a final debrief at 4 p.m.

Other topics covered, some to meet particular interests, of participants, by the instructors were: the

FRA and its safety policy for races, 2 day mountain marathon equipment and score event tactics, other types of races and events (with video footage), and progressions after the course.

1992 courses are at Edale Youth Hostel 24th - 26th April; details from Malcolm Patterson, 60 Thomas Street, Lees, Oldham OL4 5BT and at Elterwater Youth Hostel 18th - 20th September, details from Peter Knott, 17 Westbourne Avenue, Wrea Green, Lancashire PR4 2PL.

Why not give one a try?

- Peter Knott

MIKE ROSE

F.R.A. Secretary

At the A.G.M. in October the Association elected a new Secretary; a man who although well known in fell running circles, did not come along the usual route of long term Committee membership. The Editor asked for a pen picture of the man who has taken over a key role in the Association.

Mike is a pensioner, two stone overweight and chainmokes cigars! He can argue the hind leg off a donkey and has a reputation for wearing little other than vest and shorts throughout the year! He tells me that he finished fifth in the first ever Langdale race, "but the other four were proper runners".

On the factual side, Mike has been a great friend of fellrunning for very many years. He has helped at countless races and successfully organised both the Fairfield and the Mountain Trial over long periods. He is a committee member of both the Mountain Trials Association and the Bob Graham Club. Mike is a member of the Gritstone Club and is Warden of their hut at Thirlmere. He is also a Lake District Voluntary Warden.

As a competitor Mike has always maintained a solid consistency - he has usually been last! His great achievement, as he will tell anyone with the time to listen, (lots of it!), was the completion of the Bob Graham Round in 1982. This feat has since inspired many who had previously thought the 'B.G.' outside their scope to 'have a go'. As an outdoorsman he has no peer and his love for the mountains shines through. Most who know him think of Mike as a Cumbrian, and are surprised to find that he has always lived in Leeds, although his neighbours see little of him at weekends!

At a time of some difficulty for the Association, Mike stepped forward following his retirement from the Civil Service, to fill a large gap. His organisational ability, his unquenchable enthusiasm, his sheer practicality and genial bonhomie will certainly serve the Association well. We wish him good luck!

Selwyn Wright

FRA Radios

C.B. Radios now available

As reported in the last Fellrunner, the Association has bought 10 c.b. radios which are now available to race organisers. It is hoped that the use of the radios will significantly improve the organiser's ability to monitor competitors progress, particularly in long and medium events.

The sets are each powered by non rechargeable batteries which will not be supplied by the FRA. The scheme will be administered by committee member Pete Browning, and technical advice on the use and maintenance of the sets has kindly been offered by John Fish.

It is hoped that written notes for guidance will be produced and possibly a course may be set up to make some training available for race organisers

Organisers should initially contact Pete Browning on 0254 56681.

Calendar Update

Below are included additional races and alterations to race dates or details.

All the information below is listed in chronological order according to when the races will NOW be held.

SUN. MAR. 8 CHARNWOOD HILLS RACE. CM.

11.00 a.m. 12m/1500' from Martin High School, Link Road, Anstey, Leicestershire. (GR 547093). £3 to organiser or £3.50 on day. Teams (5) free. PM. Over 17. Records: 71.04 A. Eyre-Walker 1991; f. 88.27 L. Kirk 1991. Details: K. Vickers, 249 Knighton Church Road, Leicester, LE2 3UQ. Tel: 0533 708212.

SAT. 13th JUNE KNOCKDU will now take place on this date not June 6th.

THURS. JUNE 18. SOUTH STAINMORE SPORTS FELL RACE. N, 7.00 p.m. 5m/656' from Stainmore Sports Field, Bleathgil (GR NY 854125). £2 to organiser by June 4th, or £3 on day. Teams free. PM. Over 17. Details: D. Brass, Barras Farm, Barras, Kirkby Stephen, Cumbria, CA17 4ET. Tel: 07683 41397.

SUN. JUNE 21 COWPE FAIR will now take place on this date not June 14th.

THURS. JUNE 25. TOTLEY MOOR RACE will now take place on this date and not on June 18th.

SAT. JUNE 27. BERWYN RACE. AM. 12.00 noon. 6m/2000' from Pistyll Rhaeadr (OS sheet 125 GR 075295). 50p on day only. Teams free. PM. Over 18. Records: 44.44 M. Ligema 1991; f. 59.08 S. Warner 1991. Details: R. Eagle, 60 West Bond Street, Macclesfield, SK1 18EQ. Tel: 0625 613181.

THU. JULY 2nd POTTER FELL CM 7.30pm from Oakbank House, Skelsmergh, nr. Kendal (GR 518964) £2 to organiser or on day. Over 15. Also junior race U15 3m. Records: 44.12 M. Fleming 1990; F. 55.43 Helene Diamantides 1990. Details: J. Chapman, 1 Oakbank House, Skelsmergh, Kendal LA8 9A1. Tel: (0539) 731863

JULY 22. BLACKAMOOD CHASE will now take place on this date and not on July 8th.

The next entry is prefaced by the most sincere, unctuous, sycophantic, Kenneth Baker-like apology possible. The race details were submitted in ample time and in perfect order and I proceeded to file them in the wrong place. Sorry John.

SAT. AUG 29. DEVIL'S BEEFTUB RACE. AS.

11.00 a.m. 2m/1500' from GR 063128 on OS Sheet 78 near Moffat - parking at Covehead Farm. £1.50 on day only. Teams free. NS/LK. Details: J. Blair-Fish, 5 The Screes, 28 Howdenhall Crescent, Edinburgh, EH 16 6UR. Tel: 031 664 8425.

SAT. AUG 29. ROAN FELL RACE. The start time for this race is now 1.30 p.m. There are also junior races: 14-17, 3m. and 11-13, 1.5m.

SUN. AUG 30. LAXEY GLEN will now be held on this date and not on August 23rd.

SAT. OCT 10. TWO PEAKS will now be held on this date and not on October 17th.

Please Note....

Neither the PERIS HORSESHOE nor the PEN-MAENMAWR fell race are accepting entries on the day in 1992.

An English Ladies team championship is to be introduced this year. Scoring will be on the same basis as the British (3 to count) and the races the same as the mens with the exception of Sedbergh (see Committee News)

The Borrowdale Race has been substituted for the Angus Munros. Please check Committee News for reasons and explanation.

Keith Anderson emerged the clear winner of the British championship with an irresistible inevitability towards the close of the season (when did it end? it seems to have started again!). In the battle for second place, Gavin Bland gained the win on home ground at Borrowdale which assured him of the runner up position and also took the English title by 3 points from Andy Peace.

Nice to see so many different people gaining championship points: 85 counters in the British and 79 v/40 veterans. It's not easy to gain championship points as many of our best runners will tell you - people who might be expected to win a race on their day may not even feature in the points tally.

The ladies managed 28 counters with comeback star Carol Greenwood (nee Haig) just failing to sneak in

to the top ten. Bet she's there next year if she stays injury free.

A disappointing turnout for the inaugural lady vets championship, only Trish Calder and Jackie Smith finished a short, medium and long counter, although a further 15 ladies scored points.

In the team competition - that indicator of a club's strength in depth - the usual crew are up there, Bingley, Pudsey and Bramley, Rossendale, Clayton - but Ambleside managed to sneak past them all into top spot, as also did their ladies.

Still, a clean sheet starts this year; who do you fancy? Northern Irish and Manx results have their own slots elsewhere in this issue. Full UK results are in results section.



The British Fell and Hill Running Commission

Jonathon Gibbon explains the ins and outs of the new set up.

The governing authorities of mountain running in the UK have in the past been the Amateur Athletics Association for England, Wales and Northern Ireland, and the Scottish AAA north of the border. The situation was further complicated by the fact that in Scotland the ladies authority was a different Association, the Scottish Womens AAA. Fortunately south of the border the matter had been simplified by the AAA delegating authority to the Fell Runners Association for all matters within its jurisdiction.

The setting up of the British Athletics Federation has as its sole purpose putting the governing authority of all branches of Athletics under one body. Therefore the governing authority for all aspects of mountain running within the UK will become the BAF Fell and Hill Running Commission as and when BAF comes into full effect during March 1992.

The composition of this body is three representatives from England, two from Scotland and one each from Wales and Northern Ireland plus a secretary. The chairman and optional treasurer are to be elected from the existing members. The English, Welsh and N.Irish representatives are all to be elected by the relevant meetings of the Fell Running bodies in those countries. The position in Scotland is slightly different in that the new Scottish Athletic Federation have demanded some input in to the election of representatives.

Two positive advantages emanate from the new set up. Firstly, there will be a set of rules that are common to all home countries. This has not been the case before and this simplification is a definite move forward; secondly, the British Championship will now be organised by BAF rather than the FRA and therefore will be funded by BAF.

Obviously, as with anything new, there are bound to be a few teething problems. One potential source of confusion is that the sport of athletics is administered in England through three area Associations, and in the past mountain running has been governed by the FRA which has always been independent of the areas. One hopes that the two positions are not irreconcilable. However the BAF Commission are mindful of the fact that Fellrunning has always been administered by those who compete within the sport and are most anxious to ensure that the situation doesn't change.

- Jonathon Gibbon



Welsh veterans champion Del Davies approaches the summit of Moel Hebog on the Peris Horseshoe Race.
Photo: Francis Uhlman.

Club Profile

Ambler takes a look at the club that virtually swept the hoard in last season's championship.

"His feet never seemed to touch the ground ...". Even to the casual observer it was something very special. Keith Anderson swooped from sixth place at the summit of Pen-y-Fan and within a couple of hundred yards had demolished Colin Donnelly's lead and was well on his way to building up one of his own. This was the second race of the 1990 British Championship and Anderson's victory hauled his long suffering clubmates to the team award and pole position in the season-long struggle for the team championship. Th year culminated in a 'shoot-out' with title holders Pudsey and Bramley at the Ben. with Ambleside winning in some style.

The previous October the club set the ball rolling by thrillingly beating Keswick by a mere 6 seconds at the end of three and a half hours of the Ian Hodgson Relay to become the first winners of the FRA Relay Championship. And in 1991 they not only retained the British Team Championship after losing the first two races, but also took the individual title through Keith Anderson, along with the Ladies' Team Championship; the mens over 50s title (Roger Bell), and the Intermediate Championship through Ben Evans. And with a total membership of around 60 that meant that a staggering one member in every 6 was a British champion!

These statistics make the club sound like a very ruthless, elitist organisation, with room only for the true 'contender'. In actual fact that's quite a long

Ambleside 6 a Champion!

way from the truth, as the club manages to conform with all the good fell-running stereotypes. The fact is that Ambleside AC was formed in a pub, and has never really strayed far from one in the whole of its eight year existence. This has meant two runs a week from the local rugby club (home of the Wansfell Race amongst others) through the winter and a succession of tourist haunts in summer. The Old Dungeon Ghyll; The Three Shires; The Mortal Man; The Travellers Rest at Grasmere; The Sun at Coniston and the Blacksmiths Arms at Broughton Mills, are all regular watering holes.

In the early days there were few pretensions to athletic ability and Andy Hyslop of 'Rock And Run' fame, and Guy Russell - later to be banned by the AAA - were the closest things to the clubs first superstars, although it wasn't really that close! just for the record I seem to remember them finishing fifth and sixth at the Box Hill Race one year, although this may have been a little 'Athletics Weekly' joke! For Andy the "Rock" has sadly overtaken the "Run" and Guy has followed him into the corporate business world, opening an outdoor shop in Grasmere. Guy is rumoured to be planning a comeback next season.

These two were backed by a colourful group whose athletic prowess has always been in serious question. Norman Walker (Lord Walker of Langdale as he is respectfully known within the club) was elected to the presidency. For several years Norman tried to retire from this onerous position, leading to an attempt in 1987 to install him as President for life at an 'extraordinary' meeting at the Imperial. Fort William. The meeting was unfortunately in- quorate (and incoherent as well) and Norman finally managed to resign the following year. The ex-president's cute navigational ploys have been the subject of great wonderment over the years and have been referred to several times in these pages. Other names to conjure with from pioneering days are Geoff Clayton, John Brockbank, Barrie Laycock, Eric Parker, Ian Stephenson, Ian's sister Elaine, and husband to be Selwyn Wright.

Anyway, enough of these digressions. You will want to know what brought about the transformation from this clubload of backfield bumbler to the elite corps of athletes which has won the British Championship for the last two years. And the Ladies, before I forget. Let us turn to the Bard for a moment.

*"It's not the old lags what's done it;
Still they scuttle around like crabs.
But these new boys; were they born to win races?
Or discovered in Mark Rigby's labs?
Developed by 'Impact's trainers? *1
Or cooked up in Anderson's wok? *2
They can climb like the fleet footed antelope
- And come down like Nora Batty's sock!" *3*

The question, however, is a good one and it deserves a serious answer. The fact is that the club has accumulated various runners over the years who have gone on, sometimes through adversity, but always through great effort, to become 'proper athletes'. I shall deal with one or two in depth.

Mark Rigby has been a runner since his school-days at Bradford Grammar. He joined the club when his parents retired to the area in the mid 1980s. Mark caused some consternation when he won the Three Shires in 1985. No club member had ever actually won before and there were calls for Mark to resign and join Keswick! Since then Mark has gone onto become a backbone of the team, is a regular member of the Scottish World Cup team, and has several ultra distance 'firsts' to his name. Definitely the intellectual of the club, Mark has a Cambridge degree in veterinary surgery. On his day, however, he is not above spewing up his excess champagne, although he will probably say this was some sort of scientific experiment!

Steve Hicks is a Kendal blacksmith who has been doing the Championship since way before the 'Ambleside boom'. Performing exceptionally well over long classic courses he can be relied on as a

high counter in at least two Championship races each year. Last year he was 'Team Captain', although no-one at the club knows what that actually means. (If Keswick have got one then we'll have one too!)

Robin Jamieson is a convert from Windermere Football Club along with his buddy Mark Fleming. Robin was leading the English Championship with one race to go in 1990. Typically Robin wasn't aware of this fact until someone pointed it out to him! He eventually finished fourth. One suspects that the full extent of his talent has yet to be seen although Robin has consistently been in the top two or three counters for the club over the last two years. Nobody's going to take themselves too seriously when Robin's around and his humour is good for the whole club. Robin was the first recipient of the club's 'Rod Pilbeam award for Mountain Navigation'.

Mark Fleming, known as 'Flez', is a high mileage and plenty of races man. He's had some good runs this season without quite finding the form that took him to 9th place at Eildon last year. Less quantity and more quality should see him thrashing Robin next year! (It's a good thing I'm writing this anonymously!) Flez is instantly recognisable by his 'go faster' hairstyle.

Mick Hoffe is an all round outdoorsman, into sailing, climbing, skiing, cycling and canoeing as well as running. He and 'other half' Nicky Lavery once canoed across to Jura with all their camping equipment, and the following day Mick finished second in the race! Last summer their holiday was spent dragging a sledge across Lapland for three weeks, overnighing in snowholes. Mick is short of a toe due to frostbite many years ago, which makes him a good partner in boat races for 'Fergy' who chopped off a finger so as not to be outdone!

*Keith Anderson expresses shock at his British victory.
Photo: Bill Smith.*

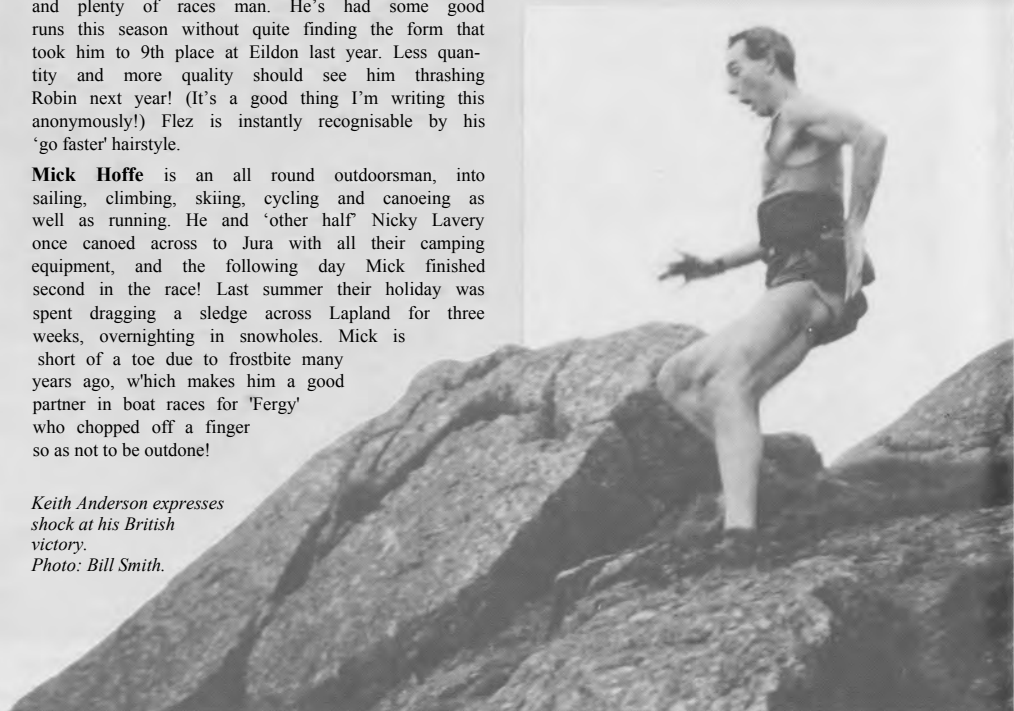
Much too busy to do a whole Championship, Mick allows himself to be dragged to a couple of races a year and finishes in the 'frame'. But beware, it's rumoured that he becomes a vet next year.



*Helene Diamantides pictured at the 1991 Thievely Pike race
Photo: Steve Bateson*

Helene Diamantides. What do you say about Helene that hasn't already been said? She's travelled the world in search of a good run; Everest base camp; Mount Cameroun; Kinabulu in Malaysia; and broken records wherever she's gone! In the UK she set records for the fastest Bob Graham as well as other 'ultras', and in finishing 13th overall at Wasdale in 1990 she set up what is probably one of the greatest performances in a fell race ever by a woman. And last year in spite of serious injury problems she finished third in the British Championship, winning Borrowdale.

Mari Todd lives in Lochgoilhead (on your Karrimor map), studies at Edinburgh University and plays the bagpipes. Nevertheless she ran for Wales at the World Cup and joined Ambleside while working in the area the year before going to college. If this sounds a bit higgledy piggledy then you've got a good picture of Mari who's also a British Junior Orienteering Champion! And if you come across a female piper busking at Waterhead, be sure to give generously!



Roger Bell- this year's British and English Vet champion owns a gallery in Ambleside but finds time to race practically every weekend. Roger took up running two years ago after a lay off which lasted nearly 30 years! This probably accounts for the enthusiasm which he brings to training sessions and which has infected the club's other 'golden oldies', Alan Evans and new Secretary, Derek Hodgson.



Mark Rigby descending Shullingsloe Hill at the Roaches
Photo: Alan Heaver

Keith Anderson, as well as being the club's leading runner and British Champion has played the major part in motivating the whole club and bringing it together in such a positive manner. With wins at Screel, Cameddau and Thievely he has proved himself the best all round fellrunner in the country at the moment. It was a sore shame not only for him but also for England that he didn't do himself justice in the World Cup Trial and could only run in (and win) the Open Race at Zermatt. In looking at why Ambleside has suddenly shot to prominence over the last two seasons, the answer can really be given shortly and succinctly in two words: Keith Anderson!

There's lots of others of course. The great thing is that for Ambleside the Championship is something that everyone feels a part of. It's not just the top half dozen who regularly attend, but twenty or thirty go along to have a run and cheer on their mates. And the lads at the top clearly thrive on it! Everyone at the club has enjoyed the rivalry with Pudsey over the last two years, and now it looks like Bingley are getting their act together so 1992 could be a vintage year. Youngsters Nick Fish and FRA Intermediate Champion Ben Evans will be doing full seasons for the first time and the club hopes that top orienteer Martin 'Bilbo' Bagness will continue to turn out occasionally. Last year's recruit from Holmfirth, John Hooson, will be looking to consolidate his position, and so Ambleside will not be relying too heavily on this season's rumoured capture from the 'Open' scene, four times British professional champion, John Atkinson, as they go in search of three British Championships in a row!

Footnotes

*1 Impact = a training development company whose employees included Keith Anderson, Mick Hoffe and Andy Ligema.

*2 Wok = a reference to Anderson's former trade : chef. Keith is currently a cobbler.

*3 Nora Batty = the well known Holmfirth supen'et with a penchant for long and wrinkled socks.

-Ambler

Upstarts

A look at up and coming runners

Our roving reporter aims to catch up with some of the names in the frame before they win their first race...

A familiar figure at many a fell race over the past couple of years, instantly recognisable by his permanent grin (is the man mad, or just enjoying himself) and the inevitable addition of a bobble-less bobble hat (in summer replaced by a headband) is **Andy Maloney**. Why the 'at'? "Cos I always 'ave, it stops me 'air flappin'" says Andy in that familiar Rochdale burr.

A member of Rochdale Harriers for the past two years - and wishing he'd joined, for the motivation club membership gives, when he first joined the FRA in 1984, Andy's short term ambition is to gain some championship points - not an easy task when the cream of British fell running turns out to championship races on a regular basis. In fact, his first fell race was a British Championship race; Blackstone Edge 5 years ago found him on the start line in a fiver's worth of Woolies trainers - not a stud in sight - and with snow fast falling. His race preparation had consisted of reading that the race was on in the Rochdale evening paper on the Friday. He finished about half way down the field "a bit disillusioned" but kept coming back to try the odd fell race - Hades Hill; Gale; Wardle Skyline (pleasing himself by just ducking under the hour) and even getting round to buying himself some shoes with studs on - initially Hi Tec GPRs, graduating to Walshes, and now on his first pair of ETAs.

The 25 year old gardener has only been running 'properly' for a couple of years, previous to that only managing the odd outing. "I trained for the big Rochdale Fun Run in 1983 and came 305th out of a field of over 2000 but then stopped running again - at least until the next fun run" (his best position was 84th). "I realised a couple of years ago that I wasn't getting anywhere, so I decided to concentrate on fellrunning", with the result that Andy has been placed in the first dozen in numerous races. Motivated by clubmates Kev Shand and Geoff Read to put some real effort in, Andy went at it hammer and tongs, completing 30 races in 1990 and 44 in 1991.

With no background in fellrunning as a junior or in any other sports -"I watch Rochdale and go to work on my bike, sometimes, when I can get the motiva-



Crossing the bottom stream at Black Lane Ends, 1991
Photo: Steve Bateson



Andy heads for Stoodley Pike in the Shepherds Skyline 1991.
Plwto: Steve Bateson

tion" - Andy has managed to find a natural affinity for the hills. "I like short ones or long ones," he says, "but not medium ones! A short, sharp three to four miles or a good 2 1/2 hours plus like the Borrowdale or the Edale. I like all types of terrain as well - the only thing I don't like is steep, rough descents, I lose a lot of places on them. I didn't like Gategill for that reason". Still, he'll turn his hand to most types of race - enjoying Shopherds, Rombalds Moor, Tour of Pendle and Stoodley Pike amongst others.

He has turned in his best performances at shorter races; 4th at Up The Stoop; 4th at Black Lane Ends; 5th at Wadsworth Village but admires runners who can do all distances. "Billy Bland," he says, "must be one of the best; he's done it at all distances, from the short to the really long; and Kenny Stuart, who holds records on all sorts of different courses. Of course, you have to admire 'the boss' - Joss Naylor". His own best performance he considers to be his tenth at Wardle Skyline, "I felt I had a really good race" and he was pleased with the way he came through at Borrowdale after a poor start to finish in the top 10%.

The last championship race of '91 saw him rattling away in the car to Kev Shand, Dale Wilkinson and an unnamed lady and missing the turn off to Kendal. This meant taking a country lane and, inevitably, getting stuck behind a bus and arriving with scant minutes to spare. The lady was to have been dropped off to meet a climbing instructor - she didn't make it - but the lads did make the start, just! After a quick change in the car Andy was actually the last to set off, just as the man at the gate was closing it. "I managed to pull through and get up into the 40s but after the crinkles and the bad step, lost it all and ended up well down".

This is not his only case of being lost in the lakes - the notoriously misty Wasdale '91 race saw him stop on Seatallan to get his compass out, only to discover that he'd dropped it out of his pocket somewhere in the valley. Still, he picked up on a couple of runners in turn, finally ending up with someone "who doesn't run so fast but is a good navigator" to complete the arduous circuit in 5:55.

Training? "Not enough," says Andy, "I do about 45 miles a week and try to mix it up - a road fartlek, hill reps with Geoff Read, and longer runs but not enough really long ones - I tend to train by racing!" After managing almost a race a week last year this year he aims to do less races, - "to be more selective" in that hunt for those first elusive championship points and maybe even that first win.

Young Fellrunners

by **EDDIE CALDWELL**
(England "Physio")

So far we have received virtually no feedback from juniors or others regarding the Junior Championship for 1992. I hope therefore that the format offered is acceptable, however, one point raised has been whether the Shelf Moor race is suitable as in the calendar it states that runners must be over 17. Obviously, a separate race will be put on to ensure that each race category can take place.

A further point I wish to stress is that all races will be shorter than in the past. The general criteria has been that the winning time for each course should be about 20 minutes maximum. Of course I realise that for some this is short, but, and this is important, we are not catering only for those with the aspirations or ability to run for England. The basic philosophy is to encourage participation and enjoyment in a safe environment amongst the whole range of abilities. There are plenty of harder races available for any junior who considers the championship races too easy.

It is hoped that a training day will be organised at Carnegie College, Leeds, sometime after Easter. The guest speaker will be former national coach Wilf Paish (coach to Peter Elliot). It is intended that the day will consist of a film show/talk and practical session on track and hill training. Also I have requested the use of the fitness testing laboratory and treadmill.

Interested juniors please contact me for details - they will also be available at races as soon as practicable.

- Andy Trigg, 16 Queen Street, Hadfield, via Hyde, Cheshire.

Race details are on page 46 of the fixture calendar.

Most of the teenage fellrunners who come to me for treatment have overuse injuries. A few have accident-type injuries, for example, a sprained ankle. The majority have injuries to muscles, tendons and sometimes bones and ligaments that have been caused by working those tissues too hard and too often.

Many muscle injuries are very small ones. Almost insignificant. Almost! The problem is that if the damage in the muscle is not given time to heal it will be very liable to further damage as soon as any pressure or strain is put upon it. When a bone is fractured i.e. broken, the body produces a new growth of bone to heal and knit together the broken area.

The same is NOT true about muscles, tendons and ligaments. They repair by forming a scab and then a scar and not more muscle, tendon or ligament tissue. Bones are made stronger by repair; muscles become a little weaker. The scar tissue is rigid and inelastic and the junction between scar tissue and muscle tissue will be weak for some time.

If you keep injuring a muscle, for instance the calf muscle and not giving it time to repair then, sooner rather than later the injured muscle will suddenly seize up and stop you from even walking properly, let alone running. The philosophy of "I run through my injuries" is a dangerous one.

Equally dangerous is the philosophy of training hard every day and then racing at week-end. Young bodies, as well as old bodies require rest. The harder you train and race the more your body needs rest. It is during resting hours and on rest days that the body repairs itself and removes the debris from your system.

I have lost count of the number of very promising young athletes - from all areas of sport but particularly from running - who have been county level or better before they left school and have finished on the scrap heap by the time they were eighteen! In almost every case it has been because they over-trained, over-raced and got injured. Injured badly. There is no more heart-rending situation than a chronically injured young runner. A potential champion who is finished at eighteen.

By all means train hard. When you race give it all you've got. Do not train hard too often each week. Do not race too often. Do not race at the end of a hard week's training. Have one, or better still, two rest days each week. By all means have a word with your clubmates, your parents and your coach, but have a look at your training and racing schedules and make sure that you have not overloaded yourself. It certainly is not a case of the more you do, the better you will become.

If you have an injury firstly make sure you give it time to heal. Get treatment if necessary and also get advice. Do not train with an injury. Pain is nature's way of telling you something is wrong. If you try and ignore injury pain you will make the injury worse. Do not race with an injury, or an illness for that matter. It's often very easy to either take a chance or even be bullied by your mates into training or racing. You have got the injury, not them.

I can clearly remember in Telfes a couple of years ago when Sean Livesey had the guts to declare his illness, take advice, and then pull out of the World Cup Long Race. Champions become champions by using common sense as well as their talents. If you don't use your common sense your running career will not be long enough to allow you to become a champion. On the other hand, common sense will keep you running the fells for years to come. Your own champion.

E. Caldwell



Winter Hill juniors on the run in
Photo: Steve Bateson

Complaint

The anonymous writer who made serious allegations of cheating against a lady fellrunner have had their letter passed on to the committee, where the complaint is being investigated. Please sign your correspondence if you want it published, your name can be withheld on request.

Rumour has it...

that a certain Lakeland club that was told to take its bat(on) home was not too pleased ... they'll be back

LATE NEWS!

(Just squeezed in!)

Junior Training Day

is at
Carnegie College,
Leeds
on

SUNDAY, MAY 10th

run by Wilf Paish

12.30pm
Practical
Interval/Hill Training

2.30 - 4pm
Theory
Film; Principles of
Training

Approx. 20 places only
Juniors (boys or girls)

contact Andy Trigg on
(0457) 867642

CHAMPIONSHIP
RACES

Coniston
May 2nd 2h 70'

Five Cloughs
June 20th 3m 950'

Burn sail
August 22nd 1m 500'

Shelf Moor
September 6th 2m 650'
(12 noon start)

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LANCS BB11 1DR**

As Featured on the Cover

I'd walked into something heroic - I suddenly realised (halfway up Mellbreak) that I was a suitable shot for treatment on the front cover of the Fell Runner - "Mike Fry (Southend A.C.) seen ascending mellbreak" - I was doing what all Fell Runners do - something I'd read about and seen pictures of - but never been able to join in - I was running a fell race. Have you any idea, you who publish, and you who participate in FRA photo opportunities, what you are doing to those of us beyond the pale - to those of us eking out a meagre running on the shores of the Wash, the flats of Hyde Park (London, not Leeds) and the edges of the Thames? Deprived by nature of our natural habitat we Southern fell runners have to find some way of linking in, something to bear us messages of hope - and that is "The Fell Runner". It thuds on the mat in its manila envelope and you open it - and there is a picture of Colin Donnelly on the skyline. Gosh, you think - knowing that the ascent of Pier Hill is not actually in the same league. Mind you, next time on Pier Hill you stand there for a bit - imagining the wind in your hair and the sensational drop either side, as you are jostled by crowds coming out of Debenhams and looking for the quickest way down to Peter Pan's Playground. You superimpose images from those glorious black and white photos on to your everyday running surroundings. The steps up through the Ornamental Gardens become the track of Grindsbrook Clough, with you toiling up the side in some fearful rainstorm (though we can actually run to those).

Of course the shock occurs when after years of rationed running you actually do at last get to run up a fell. Suddenly you've crossed into another world - like all those heroes of fantasy, you have stepped over the threshold - you are now what you have always dreamed of being. To cap everything the guy who won the associated Fell Race at Mellbreak - the Buttermere skyline race - was Andy Trigg - as featured on the back page of the June Fell Runner - a mythical creature - really there.

There are people there wearing running vests with names on that you have only dreamed on, that you didn't actually think were real - Clayton le Moors, Pennine, Keswick AC.

(I knew about Dark Peak vests cos I'd been on the Edale course - where everyone (in charge) is Dark Peak).

This course was enormously helpful, in every way - but most in saying that if you can't do fell running

properly - ie living in the shadow of Kinder or Ingleborough - then you can still run fells, just adapting what you do to the life style demanded by your job and home circumstances. I work teaching Drama at a great school in Southend. Right, well it's not impossible - team up with other interested parties. So Chris the head of Computers and me the Head of Drama join the Head of PE and we all go mud bashing 3 times a week. It's not peat - but we don't get the views either.

OK so you can't sport a mythically famous club vest - but that doesn't mean you shouldn't get involved with a running club. After that was sorted out in my mind I joined Southend AC - only to find that my sponsors, Barry, Maurice and Ron, were all fell running mad as well and the legs benefit from the training anyway, at whatever altitude they endure it.

But what they can't acquire Down South is experience - as I found out on top of Weatherlam in this year's Three Shires. I slogged up the side at a good rate, then headed down the other side - on the wrong ridge. Local knowledge would have kept me from that - as it would have eased navigation by Blea Tam. And it is no joke belting up from Southend across London and up to Ambleside one night, only to have to reverse the whole trip immediately after you've come 15th from last!

The Southern Fell Runner is a betwixt and between creature - in the dales and on the hill your accent and you're being lost marks you out as Not A Local. Back home you stuff your pockets with course maps and details trying to will yourself back, and trying to devise a training schedule for Class A Is on roads that rarely ripple in the heat, let alone climb to the clouds.

But once having found the way across into the world of fell running, you want to return. Never mind the distance or the problems laid up for you by British Rail and their amazing vanishing stations - you'll get there. Of course the heroes and heroines may at first express some surprise at seeing someone from SOUTHEND A.C. in the same column as Rossendale and Horwich - but not for long. And the eats at Fell races are magic.

Off I go again to train running through the mean streets, down the concrete canyons, with Langdale in my heart. Up and down the football pitch looking beyond to a different landscape all together, lined not with golf and footy players, but with stone walls and sheep. Back to base to mull over photos and books, scheming and conspiring to break out up North - to run our hearts out, not just in Essex mud and drizzle, but over the gritstone and the grass, with the wind in my hair.

Mike Fry

Bruichladdich Islands Peaks Race to change name 1992 Event to have a Youth Teams Course

The Bruichladdich Islands Peaks Race will appear under a new name this year. Its sponsors wish to increase the visibility of its Isle of Jura Malt. The race will therefore be called the Isle of Jura Scottish Peaks Race. It will start in Oban on 15th May. The race will follow the same classic routes involving the same three islands. Entry forms for the 1992 event are available from Curly Mills, 5 Seafield View, Kinghorm, Fife.

This year the race will incorporate a Youth Teams Course for the first time. This will cater for teams who cannot meet the experience qualifications necessary for the Senior category. The Youth Team Competition will be held over revised island courses which have been designed to provide an appropriate challenge to both navigating and endurance skills whilst ensuring adequate safety for less experienced teams. Nevertheless it is recommended that participants in the Youth Teams have some experience of the hills and are able to use a map and compass.

The minimum Youth Team size is seven in total with a minimum of four youths and three adults. There is no upper team size, but there must be a majority of youths in the team. The running sections must be covered by one experienced adult runner (who has the experience necessary to qualify for the senior race) and two youths. Youths must not attempt two consecutive mountain sections. A youth entry must be at least sixteen before the race and under twenty on 31st December 1992.

Junior hill runners who are keen to enter this event, but who do not have access to a boat, are offered an opportunity to compete by applying to the Ocean Youth Club, a registered educational charity whose aim is to give young people the opportunity to go to sea under sail. Ocean Youth Club hope to make up a twelve person team for the race, crewing their 72 ft. ketch 'Tykoo'. This will have a staff crew of four and will accommodate 12 crew berths for runners and sailors. A place on Tykoo will cost about £140.

Clubs or individuals are invited to submit applications for places on Tykoo to make up a team entry for the Youth Teams Race.

Those interested in the Ocean Youth Club entry should contact Nigel Gardner, Ocean Youth Club, 2 Rannoch Drive, Crossford, DUNFERMLINE, Fife KY12 8XP.

Kev White Competition

B.A.F. fled?

Even from our lofty perch at the centre of FRA business, the editorial team cannot find out what on earth BAF is, does or stands for. We've asked the folk on the British Fell and Hill Running Commission; we've asked the folk on BAF; we even asked the AAAs - but no-one can give us a sensible and understandable explanation as to what is going on in our putative governing body.

Never mind, win yourself a framed Kev White cartoon by coming up with a suggestion as to what you think B.A.F. stands for; Bloody Awful Foulup; Barmy as A Fruitbat; anything but British Athletics Federation. Mark envelopes 'Baffled' and send your offerings to The Editor, 39 Withyside, Denby Dale HD8 8SF. Suitable prizes will be dug up for the runners up.



Not a Southend vest in sight as the Tour of Pendle sets off from Barley Bridge.
Photo: Peter Hartley.

Snippets

EMAF Publishing

Race organisers will recently have received a request for details of their events to be published as part of a comprehensive list of all running races in Britain.

Several organisers have been in touch with us to complain, on the basis that the last thing that Fellrunning needs is extra publicity. The Committee shares these feelings of anxiety about this project, which incidentally has been undertaken completely without the FRA's knowledge or sanction.

There are two reasons for this opposition. We have long had a policy of not wanting to attract large numbers of new competitors who would clearly both be ignorant of basic safety procedures and would create environmental difficulties. It has been suggested in the past that this is a policy of élitism. I would say that there can surely be no sport which is more friendly towards newcomers - once they have started running! That's very different from going out of our way to attract people: which is precisely what the EMAP publication would do.

Our advice to race organisers who have received requests from EMAP, therefore, is not to give your race details unless you want, and can cope with, an influx of novice runners.

Incidentally, when we wrote to the publisher to put our views to him, I asked where he had got organisers' addresses from. He told me that this information did not come from our Calendar - a response which I found very surprising since my own race is not advertised anywhere else! The FRA is considering how best to safeguard its copyright legally as this is only the latest in a long line of commercial rip-offs.

- Selwyn Wright,
Chairman, Fell Runners Association.

Snowdon Marathon

Welsh Fellrunning Champion Emlyn Roberts set off for a bit of off-fell training...

Few results gave greater pleasure in N Wales than Emlyn Roberts' win in the Snowdon Marathon last October. The 32 year old Eryri Harrier finally took the biggest road title in Snowdonia, winning by a minute and a half from John Parker of Tipton in 2:31:41. In the three preceding years Emlyn had finished 5th, 6th and 3rd.

The Snowdon Marathon starts with an 800' climb in 4 miles from Nant Peris to Pen y Pass, followed by a 900' descent into Nant Gwynant and a level run to Beddgelert. The race climbs 400' in 2 miles after Beddgelert, followed by a relatively flat 8 miles to Waenfawr. At the 21 mile mark runners face an appalling 700' climb in 2 1/2 miles up to Bwlch y Groes, followed by a 900' descent in 2 1/4 miles into Llanberis, finishing at the magnificent Royal Victoria Hotel. Half way down the descent into Llanberis John Parker, who had led from the start, still held a one minute lead, but his short stride pattern was totally unsuited to steep tarmac descents and the giant-striding Emlyn soon gobbled him up to win by a convincing margin. James Bulman of Borrowdale finished 4th (1st junior) in an astonishing 2:42:41. Amongst other fell runners, Phil Jones of Eryri finished 15th in 2:51 and John Blair-Fish 17th (5th vet) in 2:53. Zo Lowe of St.Albans took the ladies title in 3:02:30 with Kath Drake of Spenborough a mere 29 seconds behind.

A thousand runners took part in perfect weather conditions. I doubt if many runners looked at the views, but this marathon passes through some of the most spectacular mountain scenery in Britain. If you fancy a truly challenging road marathon, this one has got everything!

- Francis Uhlman

ON YER BIKE!

Although the best way to train for running is to run there are risks involved. Besides the various strains and injuries there are the hazards from fellow pedestrians whose awareness of others seems non-existent at times. Cycling does have its own hazards but on balance the benefits outweigh the disadvantages.

To train on a bike, you obviously need a bike. The best bike, in my opinion, is the 'racing' type machine. These usually have 700 x 25 or 28mm/28 x 1 or 1 1/2 inch wheels, ten or twelve speed gears, Maes bend 'dropped' handlebars, side-pull brakes and a minimum of accessories. Be warned! with tyre pressures of 100 psi the ride can be hard; although you do get the maximum effort to progress co-efficient from this type of cycle. To obtain the best from your cycle you are best advised to purchase from your friendly local cycle dealer making certain that he knows what you want it for. You may consider that the difference in price offered by a warehouse or other pile-em high, sell 'em cheap outfit better suits you; but consider this-the cycle dealer will usually ensure that the bike you buy fits you and your needs. El-cheapos don't usually employ experienced cycle mechanics either, a pimply and spotty underpaid YTS 'trainee' is nearer the mark.

Before I go any further a word or two about gearing is in order. Most cycles sold in Britain are severely overgeared. This stems from the fact that most bikes are built to a price and high gearing systems are cheaper than low gears. Although we now use chainring, chain and sprocket driven 'safety' bicycles the original British cyclist rode a large wheeled 'ordinary' (or penny-farthing to the uninitiated) and gearing in Britain still refers to the equivalent wheel diameter as if driven directly through the pedals. We used to use pages of gear tables to obtain these figures, but now we have the pocket calculator. You simply divide the number of teeth on the chainring by the number of teeth on the sprocket and multiply by the wheel diameter. Obviously you can use either

imperial or metric figures as you desire; but don't forget the decimal point!

EXAMPLE: Chainring 52T divided by sprocket 14T multiply by wheel 0.7/28 ins. = 2.599m/103.9 ins.

This is a regular top gear on many bikes. My own used a 48T chainring, 14T sprocket with a 0.7m/28in wheel and I prefer my measurements in proper inches. The result is 95.99 ins., I call it 96 because you can go on forever with tiny decimal fractions. At the bottom end chainrings of 42T combined with sprockets of 24T result in 49 inches which I believe is a bit high. You can usually drop it to 42 inches by having a 14-28 freewheel block fitted in place of the 14-24 original as the cheaper derailleurs are usually capable of handling a 28 tooth sprocket. Changing the chainrings is usually quite an expensive option since most of those fitted are incompatible with the interchangeable rings systems like Stronglight (fitted to my trainer/commuter) and TA (fitted to my tourer).

Oddly enough many vital bits and bobs are called accessories. My favourite is a set of mudguards, they're not usually standard on 'racers' but they're great when riding on wet roads after rain. Lights are vital, unless you're always able to train in daylight, for use in autumn and winter. I now use Ever Ready 'Nightrider' lamps with rechargeable Nickel-Cadmium (NiCad) batteries and Tungsten-Halogen bulbs. They give me about 1 1/2 hours of light per charge. Higher capacity (and higher price too) batteries are available. I consider tools and spares equally vital and I carry enough tools to get the wheels off and get at a punctured tube for repair or replacement. A roll of insulation tape, spare tube and puncture outfit carry in the same 'tubesock' as the tools. A bottle and cage may or may not be fitted as standard to your 'bike but keeping drinking as you go will reduce dehydration. Using certain mixes can also help avoid 'the bonk'; yes, cyclists get it too.

Since cyclists and runners usually meet much the same weather we can use the same clothing for both, with certain provisos. If toeclips and straps are used running shoes are unsuitable, they can get trapped, cycling shoes are stiffer and should provide better protection from pedal, clip and tight straps. Your bum or posterior is in dire need of protection from your saddle, fortunately today padded cycling underwear is available and advisable. In summer proper padded cycling shorts should be used rather than running or fashionable poser 'cycle' shorts bereft of padding. Depending on the weather gloves or trackmitts should be considered as there's a sensitive nerve in the heel of the hand; compress that and your forearm goes numb! Headgear is an emotive subject today. I'm nearly neutral as I use a skidlid on the tourer which has rear-view mirrors and don't on the trainer/commuter which hasn't because it makes head turning difficult. If you must, at least be sure to use a proper road helmet, racing ones are built to a different criteria.

Anyone can ride a bike is an old adage and Wanna bet? is my favourite reply! Most people pedal too slowly in too high a gear because they can't change gear. They also brake late and violently, so it isn't surprising that there are so many 'accidents', more that there are so few. Remember you are the power unit, plan your riding ahead to utilise your speed and gearing to the conditions. Keep your ears open too, they'll tell you if you're in gear or slightly out or even the type of driver coming up behind, even before he becomes visible.

Try always to ride in a relaxed manner, taut muscles move less easily and road shocks hurt more. Also try to observe the doings of pedestrians, I've lost count of how many women simply step straight out into the road without looking. It's even worse when they're deep in conversation and a recipe for disaster when they're driving a car. Male motorists are equally brainless only in different ways. Your life and safety may depend upon what you observe, deduce and your actions based upon that.

I'm not trying to put you off, just warning of the potential hazards because, "Forewarned is Forearmed"; a very true adage. Don't forget the bicycle is a very effective energy amplifier you will have to double, treble, quad/quint/sextuple the distance to obtain the same benefits as running gives. It is, done properly, a smooth progressive form of exercise that will benefit you without oversteering your joints.

William J. Houlder



*Emlyn Roberts takes to tarmac. ...
Photo: Francis Uhlman.*



*Results & Reports
from
over 50 races*

*Dave Naughton of Clayton leaps the stream at the Thievely Pike
Photo: Peter Harley*



*Helen Diamantides on
her way to winning
the Roaches Race,
takes time out for
a spot of aerobics
Photo: Alan Heaver*

MELL FELL DASH Cumbria AS/2m/800ft 23.6.91

RESULTS

1. S.Booth	Kesw	22.36
2. H.Jarrett	C.F.R	22.32
3. W.Bland V	Borr	22.37
4. A.Schofield	Ross	23.08
5. C. Valentine	Kesw	23.21
6. D.Lee	C.F.R	23.48
7. D.Stuart	Kesw	23.58
8. N.Lanaghan	Kesw	24.06
9. K.Johnston	Ryhope	24.10
10. A.Beaty	C.F.R	24.13

VETERANS 0/40

1. W.Bland	Borr	22.37
2. K.Robinson	Black	24.58
3. F. Anderson	C.F.R	25.18
4. M.Litt	C.F.R	25.20
5. P.Law	C.F.R	26.06

LADIES

1. S.Mackay	C.F.R	28.30
2. L.Ewing	Unatt	28.51
3. K.Bailey	Unatt	36.39

MOUNT FAMINE FELL RACE Derbyshire AM/5m/1700ft 23.6.91

An excellent contest at the sharp end with a new course record for Gavin Bland, fighting off a mighty challenge from Glossopdale fell star Andy Trigg.

A tremendous run by junior M.Moorhouse to finish 4th overall, just one place ahead of first veteran R.Whitfield. Another superb run from Jackie Smith who at 32nd overall was first woman, as well as first female veteran.

Thanks to all helpers. All proceeds go to Hayfield Championship fund.

RESULTS

1. G.Bland	Borr	40.01
2. A.Trigg	Gloss	40.59
3. M.Juba	SheffUni	41.16
4. M.Moorhouse	Saif	41.33
5. R.Whitfield V	Bing	41.47
6. D.Ibbetson	Gloss	42.08
7. A.Jones	Gloss	43.27
8. R.Taylor V	Penn	43.32
9. D.Wilkinson	Roch	43.52
10. A.Maloney	Roch	44.03

VETERANS 0/40

1. R.Whitfield	Bing	41.47
2. R.Taylor	Penn	43.32
3. D.Cartwright	P'stone	45.22
4. M.Cunningham	McrH	47.24
5. B.Deegan	Roch	47.28

VETERANS 0/50

1. B.Thackery	DkPk	51.30
2. E.Smith	D'wentVal	54.29
3. R.Taylor	Bux	55.48

LADIES

1. J.Smith	DkPk	49.20
2. M.Chippendale	Stock	56.00
3. R.Briggs	SheffUni	57.29
4. G.Goldsmith	DkPk	58.37
5. P.Dore V	Unatt	59.33

INTERMEDIATES

1. D.Wilkinson	Roch	43.52
2. B.Evans	Amble	47.15
3. A.Lee	Roch	49.18

JUNIORS

1. M.Moorhouse	Saif	41.33
2. S.Brophy	Holm	44.15
3. M.Whitfield	Bing	48.32
4. P.Boyd	Black	49.33
5. P.Bryant	Stock	51.17

WASDALE FELL RACE Cumbria AL/21m/9000ft 13.7.91

This year's Wasdale Fell Race started in conditions which were the worst anyone could remember, with driving rain and a stiff breeze. After deliberating about using an alternative short route, it was decided to allow the race to proceed on the normal course route, with the proviso that if weather conditions didn't improve, Pillar would be the last checkpoint. Many runners reported at Greendale that they found the conditions along the top of the screes quite acceptable and so, with the rain easing off, runners were greeted at Pillar with the news that the full course was on. This must have been a severe psychological blow to many and a record number of retirements resulted. Certainly, route finding was

proving a problem to many and several missed Eskhouse Shelter, including J.Winder (Calder Valley) who would otherwise have been first veteran home. The organisers were faced with some hard decisions - not only on allowing the race to proceed, but in enforcing race rules concerning the visiting of all controls and checkpoint closing times. Unfortunately, some runners seem not to understand the significance of the latter and the need to retire from the race and return directly to base having been timed out. Despite all this, and the slowest winning time on record, the race produced one of the most thrilling finishes to date. Gary Webb had a clear lead at the last control on Lingmell nose wall, but he must have been aware that the swift descending N.Counties champion, young James Bulman, was closing on him. Half way down from the wall Gary took a tumble and within seconds James had snatched the lead. In the short run to the finish Gary had no time to recover his composure and settled for the Ian Robert's memorial trophy for second place. James thus became the youngest ever winner of the Wasdale.

There was no Gold Standard times (less than 4 hrs) and only 2 Silver Standard times (less than 4.5 hrs).

Congratulations also to veteran 0/50 campaigner of about 20 Wasdales, Tony Shaw of Rochdale; 0/40 campaigner of probably every Wasdale (!?), Mike Walford; and newcomer Sue Ratcliffe (Saddleworth) who took the ladies prize in a very respectable 23rd position overall.

Thanks are due to all who helped on the day, especially checkpoint controllers who spent several hours on mountain tops in very bad conditions, and also St John's Ambulance Brigade, Wasdale Mountain Rescue Team, St Mary's Church, Gosforth (refreshments), and C.F.R.A. officials and friends.

Danny Hughes

RESULTS

1. J.Bulman	Borr	4.20.18
2. G.Webb	Cald	4.20.31
3. P. Irwin	Ross	4.30.48
4. A.Curtis	C'mont	4.31.09
5. A.Schofield	Ross	4.32.11
6. B.Ashworth	Ross	4.38.01
7. T.Ratcliffe	Sadd	4.38.02
8. C.Dulson	C.F.R	4.40.01
9. B.Berzins	DkPk	4.40.13
10. R.Sewell	BdrLnrs	4.40.59

VETERANS 0/40

1. M.Walford	Kend	5.08.19
2. M.Walsh	Kend	5.16.44
3. R.Poole	Gloss	5.27.08

VETERANS 0/45

1. R.Davy	Sadd	5.26.18
2. B.Buckley	Gloss	5.27.07
3. D.Lucas	Roch	5.55.42

VETERANS 0/50

1. A.Shaw	Roch	5.06.39
2. T.Eckersley	Sadd	6.01.55
3. P.Brooks	Loch	6.01.57

LADIES

1. S.Ratcliffe	Sadd	5.14.52
2. A.Stentiford	Macc	6.06.46

KINNISIDE FELL RACE Cumbria AM/9m/3000ft 20.7.91

This years race got underway on a fine sunny day with fifty six starters. G.Byers, after a win the previous weekend at Bootle, led from the field towards Kinniside Kop. By the time Flat Fell had been reached he had been joined by a group including J.Nixon, H.Jarrett, D.Lee and R.Hand, at Latterbarrow DD.Lee had a thirty second lead which he increased at the finish. This was his third win in the event and John Nixon again was first veteran and Ruth Pickvance running her first Kinniside won the ladies category.

RESULTS

1. D.Lee	CFR	1.10.50
2. A.Hand	Durh	1.12.44
3. H.Jarrett	CFR	1.12.51
4. G.Byers	CFR	1.13.14
5. J.Nixon V	AchRat	1.13.46
6. P.Novak	Kesw	1.16.07
7. D.Stewart	Kesw	1.16.41
8. R.Clucas	Unatt	1.17.11
9. M.Conway	Mand	1.17.44
10. M.Egner	DenbyDT	1.18.25

VETERANS 0/40

1. J.Nixon	AchRat	1.13.46
2. K.Robinson	Kend	1.19.18
3. I.Charlton	Kesw	1.20.08

VETERANS 0/50

1. T. Baxter	CFR	1.26.23
2. D.Hughes	CFR	1.43.27
3. B.Hughes	Liv'pool	1.49.30

LADIES

1. R.Pickvance	Kend	1.30.12
2. C.Charlton	Kesw	1.40.04
3. S.Ashton	MOC	
4. M.Ashton	MOC	1.59.03

BORROWDALE FELL RACE Cumbria AL/17m/6500ft 3.8.91

RESULTS

1.G.Bland	Borr	2.40.37
2. K.Anderson	Amble	2.41.53
3. T.Ferguson	Bing	2.49.27
4. A.Trigg	Gloss	2.49.48
5. K.Roberts	Eryri	2.50.54
6. J.Bulman	Borr	2.51.45
7. R.Whitfield V	Bing	2.52.11
8. B.Bland V	Borr	2.52.21
9. M.Hoffe	Amble	2.52.54
10. M.Rigby	Amble	2.54.59
11.P.Irwin	Ross	2.55.41
12. S.Booth	Kesw	3.00.01
13. N.Fish	Amble	3.02.15
14. M.Wallis	Clay	3.03.49
15. A.Philpott	Dunclrain	3.04.37
16. T.Lofthouse	Bing	3.06.23
17. N.Janaghan	Kesw	3.06.46
18. P.Mitchell	Bing	3.06.56
19. P.Skelton	Kesw	3.07.23
20. S.Jackson	Horw	3.07.39
21. J.Holt V	Clay	3.07.56
22. S.Hicks	Amble	3.08.36
23. G.Schofield	Black	3.09.34
24. J.Smith	P&B	3.09.45
25. J.Winder V	CaldV	3.10.15
26. M.Campling	Unatt	3.10.17
27. M.McDermott	Macc	3.10.20
28. P.Cleary	CaldV	3.10.30
29. B.Brindle	Horw	3.10.46
30. D.Ashton V/50	Black	3.11.35

VETERANS 0/40

1. R.Whitfield	Bing	2.52.11
2. B.Bland	Borr	2.52.21
3. J.Holt	Clay	3.07.56
4. J.Winder	CaldV	3.10.15
5. (Charlton)	Kesw	3.14.10
6. R.Mitchell	Mand	3.15.38
7. J.Nuttall	Clayton	3.19.40
8. R.Sutcliffe	CaldV	3.24.24

VETERANS 0/50

1. D.Ashton	Black	3.11.35
2. A.Philpison	G'forth	3.24.29
3. R.Bell	Amble	3.27.14
4. A.Evans	Amble	3.32.14
5. A.Shaw	Roch	3.36.55
6. M.Breslin	L&M	3.39.50
7. R.Blenkinsop	Kesw	3.39.59
8. B.Thackery	DkPk	3.43.57

VETERANS 0/60

1. W.Fielding	Fetadale	4.01.36
2. E.Mitchell	DkpK	4.49.56

LADIES

1. H. Diamantides	Amble	3.26.05
2. C.Crofts	DkPk	3.31.07
3. M.Lavery	Amble	3.37.47
4. M.Todd	Amble	3.41.07
5. A.Wright	Macc	3.44.24
6. W.Dodds	Clay	3.46.06
7. J.Harold	Horw	3.48.56
8. E.Wright	Amble	3.54.10
9. S.McKay	CFR	3.57.51
10. S.Watson	VallS	4.00.51
11. K.Parker	Macc	4.06.05
12. K.Gott	Clay	4.07.13
13. C.Proctor	Mand	4.08.56
14. L.Bostock	Clay	4.11.14
15. C.Kenny	AchRat	4.12.50

MOEL TRYFAN Gwynedd BS/5m/1000ft 10.8.91

No records were broken this year as weather conditions were very very bad with heavy rain and fog.

D.Thompson

RESULTS

1. C.Jones	Eryri	28.58
2. H.Griffith	Hebog	
3. E.Roberts	Eryri	30.12
4. S.Griffith	Aber	30.52
5. E.Rees-Williams	Eryri	31.09
6. R.Thomas	Blaen	31.41
7. T.Jones	Eryri	32.25
8. D.Davies V	Hebog	32.28
9. P.Jones	Eryri	32.30
10. M.Roberts	Hebog	32.44

VETERANS 0/40			
1. D.Davies	Hebog	32.28	
2. D.Williams	Eryri	32.46	
3. D.Tomos	Eryri	34.38	
4. G.Davies	Unatt	34.50	

VETERANS 0/50			
1. M.Adams	Clev	35.40	
2. G.Gartrell	Wrex	38.06	
3. B.Evans	Prest	39.01	
	Wrex	40.05	

VETERANS 0/60			
1. J.Pope	Eryri	46.48	
2. D.Glass	Eryri	48.12	

LADIES			
1. A.Cartwright V/35	Prest	37.39	
2. H.Parry	Unatt V/35	38.27	
3. K.Tumer	Macc V/35	41.28	
4. K.Roberts	Eryri	42.44	
5. J.Glass V/45	Eryri	43.25	
	Wrex	44.42	
7. A.Bond	Wrex	44.59	
8. N.Lloyd V/45	Wrex	45.50	

JUNIORS			
1. I. Williams	Eryri	21.44	
2. M.Oakley	Bridge	23.13	
3. L.Adams	Clev	28.26	

LAXEY GLEN HORSESHOE FELL RACE

Isle of Man

AM/12m/3200ft 25.8.91

A cloudy but warm day welcomed the runners for this years Laxey. Visibility was good apart from some low cloud on the higher summits so navigation was not a problem. Some twelve English competitors were welcome starters, some having competed in the previous weeks Manx Grand Prix which incorporates five races in six days.

Due to missing a number of races through injury Stephen Hull had to finish today to qualify for this years Manx League, in fact a good result would put him in an unsailable position at the top.

From the start on picturesque Laxey promenade Stephen forced the pace along with Tony Rowley who was the only other who could claim the number one league spot this year. Approaching the first checkpoint on Slieau huy, Tony decided the pace was too hot and he dropped back allowing Stephen to storm over Clagh Ouyr and Snaefell opening a comfortable lead which he increased on the return leg through Glen Roy to finish over seven minutes clear back in Laxey, to become Manx Fell League Champion.

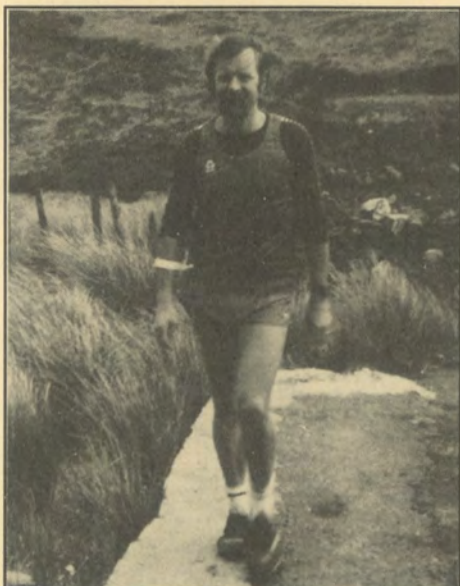
Meanwhile Tony had been caught and passed by Jason Bradley of of Preston only for Jason to take a wrong turning within sight of the finish and miss out on second place by just nine seconds.

Dave Corrin came out on top in the veterans, ahead of close rival David Young, whilst back in 23rd place was David Rosen of Lancaster and Morecambe who escorted round the only lady to finish, his wife Miriam after finishing second in the T.T. course '40' road run the previous day.

Three other gluttons for punishment were Alan Baggely, James Baird and Mike McGurgon who were completing their sixth race in eight days.

All the competitors were grateful to the RAYNET radio operators and the many course marshals for an extremely well organised race.

Richie Stevenson



Mike Cowbourne, Head Brewer, Isle of Man Breweries.
His work is sampled after many a race!

Photo: Ian Callister

RESULTS

1. S.Hull	Manx	1.42.55
2. T. Rowley	Manx	1.49.39
3. J.Bradley	Preston	1.49.48
4. T.Bolland	S&W	1.52.38
5. R.Stevenson	Manx	1.52.45
6. A.Baggely	Stock	1.54.27
7. D.Corrin V	ManxH	1.57.41
8. P.Crowe	Manx	1.57.53
9. D. Young V	Manx	2.00.49
10. D.Maddrell	Manx	2.01.12

VETERANS 0/40

1. D.Corrin	ManxH	1.57.41
2. D.Young	Manx	2.00.49
3. P.Buttery	Denby	2.02.41
4. M.McGurgan	IoMVets	2.09.18
5. P.Corlett	ManxH	2.10.30

LADIES

1. M.Rosen	L&M	2.34.53
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DUFTON PIKE FELL RACE

Cumbria

AS/1.5m/1578ft 31.8.91

Seventy runners toed the line for the Senior Race up Dufton Pike on Saturday 31st August. The weather was ideal for fast times and a fast pace was set by Brian Thompson. As the leaders turned at the 1578ft summit, in 11.30, it was Steve Hawkins from Bingley, closely followed by Brian Thompson with Sean Livesey close behind in third. On the descent Livesey passed Thompson, but could not catch Hawkins, who won in a new record time of 15.55 - nine seconds inside Paul Dugdale's 1990 record.

In the junior race, half way up the pike, Matthew Whitfield ran a superb race to break the record by 1 minute 22 seconds in 9.05. All in all it was a good day and next year we have had an offer from Keswick Athletic Club to help with the Officialing, which will mean everyone will get their correct times - Apologies to anyone who did not.

I think this race could become a classic and maybe a counter for the Championships if we can progress like this year.

Dave Cannon

Dufton Pike lies on the western fringe of the high Pennines, some five miles South of Cross Fell and on the Eastern edge of the lovely Eden Valley, an area known locally as the "East Fellsides". Along with it's neighbouring Knock" and Murton Pikes it sits over the great Pennine fault and is of volcanic origin. As one might expect of a volcanic structure it is almost a perfect cone, like a mountain from a child's story book.

The idea of racing up the pike is not new, a local non-agenarian tells me that the race was run over the same course more than fifty years ago and the time taken in those days was in the order of twenty minutes, but like many other events was lost with the advent of World War II.

It was resurrected in the "New Inn" at Brampton, a hamlet that enjoys fabulous views of the three pikes with Cross Fell and the Pennines as a backdrop. After putting the world to right, the company turned it's attention to the entrancement of Dufton Show, (locally known as the "Fellside Royal"). "What we need", said Ike Dent, the Champion Stone Waller; "is a fell race"! Before closing time it was all settled, Roger the Landlord would present a cup and double all the prize money raised by the customers and Sarah Burrows would provide a shield for the Juniors. The Fell Runners Association was contacted within the week and on the last Saturday of August 1987 Bill Teasdale dropped the flag and the race was well and truly reborn.

In many respects it is an ideal venue for a fell race, it starts with gently rising ground from the 600 foot contour to the bottom of the pike at about 850 feet, it then rises steeply to the summit at 1578 feet. The hillside is regularly grazed, the few outcrops of rock are easily avoided and when the race is run on last Saturday in August, the ground is usually dry, giving a firm foothold all the way. In 1987 the winning time was 17 minutes 35 seconds, since then times have improved to break 16 minutes this year.

In 1989 "Cannon Hire" undertook sponsorship with the New Inn and A.A.A. Marathon Champion Dave Cannon became the moving spirit. As a result seventy competed this year.

Dufton show must enjoy the most beautiful setting of any show in the country, it is embraced on three sides; by Knock Pike, The Pennines and of course Dufton Pike, giving it the feel and ambience of a remote hanging valley. Certainly a great day out for the family, but don't tell anyone, it is another well kept secret of the Vale of Eden.

G.W.B.

RESULTS

1. S.Hawkins	Bing	15.55
2. S.Livesey	Ross	16.05
3. B.Thompson	CFR	16.32
4. J.Bulman	Borr	16.43
5. A.Bowness	CFR	16.51
6. R.Jameson	Amble	16.56
7. D.Lee	CFR	17.00
8. C.Valentine	Kesw	17.05
9. B.Bland	Borr	17.10
10. S.Booth	Kesw	17.18

VETERANS 0/40			
1. B.Bland	Borr	17.10	

VETERANS 0/50			
1. R.Bell	Amble	18.25	

LADIES			
1. C.Greenwood	Kly	20.41	

JUNIORS			
1. M.Whitfield	Bing	9.07	
2. E.Lorrimer	Hadd	10.53	
3. A.Hill	Kirkby	12.21	

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 31.8.91

Despite a number of counter attractions there was a good turnout of 143 runners for this long established race.

Simon Thompson of Clayton recorded his second victory of the year in a Pendle Race. An Excellent run from Ray Rawlinson gave him second place overall and first veteran.

Don Ashton continued his comeback with twelfth position overall and first veteran 0/50, and Lucy Wright was a good winner of the Ladies Race with 56th position.

The Ashtons also turned out the Junior winner with Chris in 65th position.

Roger Dewhurst

RESULTS

1. S.Thompson	Clay	34.24
2. R.Rawlinson	Ross	35.34
3. A.Jenkins V	Preston	35.46
4. P.Davis	LeedsU	35.54
5. M.Falgate	P&B	36.09
6. D.Blackhurst	Heme	36.36
7. J.Nuttall V	Clay	36.58
8. M.Buckland	Unatt	36.59
9. D.Beels	Roch	37.02
10. S.Addison	Clay	37.08

VETERANS 0/40

1. R.Rawlinson	Ross	35.34
2. J.Nuttall	Clay	36.58
3. K.Carr	Clay	38.58
4. S.Fumess	Black	39.35
5. R.Valovin	Clay	40.38

VETERANS 0/50

1. D.Ashton	Black	37.17
2. R.Jaques	Clay	41.26
3. A.Daniels	Ach Rat	44.39
4. C.Rushton	Wesham	47.06
5. W.Smith	Clay	47.28

LADIES

1. L.Wright	LeedsU	41.58
2. K.Gott	Clay	44.13
3. J.Schreiber	P&B	48.16
4. S.Haines	Ilk	49.36
5. E.Twigg	LeedsU	50.40

JUNIORS

1. D.Valovin	Unatt	44.57
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SHELF MOOR RACE

Derbyshire

AS/6m/l 500ft 1.9.91

The race was won again this year by local Andy Trigg of Glossopdale Harriers, with a clear lead from club mate Dave Ibbetson. Dave was climbing well up the hill but Andy proved the stronger runner across the moor on top to gain a clear lead for the descent of Lightside. The hot and humid conditions made record times unlikely and both men and women were well outside Colin Donnelly's and Carol Haigh's times, though Clare Crofts was well clear of the second woman, Ann Stentiford in the womens race.

The only problem we know of this year was the traffic jam caused by roadworks at Hoi ling worth which delayed a number of people who then unfortunately missed the race start, apologies to them, especially those from Saddleworth who were using the race as a part of their club championship (it wasn't our fault).

Thanks for the compliments received from participants they were appreciated - it is nice not only to hear if things go wrong. Is there anyone out there who can stop Andy Trigg from achieving his 6th victory in 1992? We shall see you next September.

Liz Sparkes

RESULTS

1. A.Trigg	Gloss	42.34
2. D.Ibbetson	Gloss	43.38
3. N.Wilkinson	McrU	44.13
4. G.Webb	CaldV	45.19
5. N.Reeve	EChes	45.27
6. M.Weedall	Penn	45.40
7. M.Innes	Holm	45.57
8. P.Brownson	Penn	46.07
9. G.Berry V	DkPk	46.14
10. S.Clay ton	Stock	46.25

VETERANS 0/40		
1. T.Hulme	Penn	47.35
2. J.Whalley	Macc	50.35

VETERANS 0/45		
1. G. Berry	DkPk	46.14
2. J.Norman	Alt	46.38
3. D.Cartwright	P'stone	48.17
4. D.Gibson	Sadd	51.33

VETERANS 0/50		
1. D.Ashton	Black	47.43
2. T.Eckersley	Sadd	51.39
3. W.McLewin	DkPk	59.41

VETERANS 0/55		
1. G.Booth	L'wood	54.23

LADIES		
1. C.Crofts	DkPk	52.49
2. A.Stentiford	Macc	56.59
3. M.Chippendale V	Stock	58.11
4. S.Rosen V	Macc	58.17
5. A.Hood	HolmePier	67.43
6. L.Blunt	Clowne	69.59
7. M.Shone V	Clay	81.25
8. V.Pakeman	HolmePier	82.50

HADES HILL RACE

Lancashire

BS/5m/1200ft 5.9.91

A slight course change from previous years was necessary because of quarrying in Hades Hill, probably reducing times by about 30 seconds (estimate courtesy of K.Shand and partners).

The coffee and biscuits provided by Whitworth Fair Committee, and the use of Whitworth Workmen's Club for the presentation of awards, seemed much appreciated.

D.Clutterbuck

RESULTS		
1. A.Peace	Bing	28.36
2. S.Livesey	Ross	28.58
3. M.Aspinall	Ross	29.12
4. N.Wilkinson	McrU	29.42
5. M.Rice	Tod	29.59
6. P. Irwin	Ross	30.32
7. A.Maloney	Roch	30.36
8. P.Tumer	Bolt	31.07
9. A.Schofield	Ross	31.23
10. A. Davison	Tod	31.47

VETERANS 0/40		
1. R.Taylor	Penn	31.59
2. J.Hope	AchRat	32.11
3. H.Aspinall	Ross	32.36
4.1.Holloway	Roch	32.52
5. K.Shand	Roch	33.06

VETERANS 0/45		
1. D.Keams	Bolt	33.28
2. G.Murray	Clay	35.38
3. J.Talbot	Tod	36.02
4. R.Cowling	Unatt	36.08
5. Y.Tridmas	Unatt	36.39

VETERANS 0/50		
1. M.Coles	Skyrac	37.49
2. A.Daniels	AchRat	39.23
3. H.Manning	Clay	40.34
4. P.Davies	O&R	43.51
5. J.Bradbury	Unatt	44.03

VETERANS 0/55		
1. E.Blamire	Tod	37.59
2. J.Newby	Tod	42.03
3. B.Hargreaves	Tod	43.16

VETERANS 0/65		
1. J.Riley	Clay	55.03

LADIES		
1. K.Drake	Spenn	36.18
2. V.Hamlett	Ross	39.28
3. C.Whittem	Tod	39.29
4. J.Croston	Saif	39.46
5. D.Flemming V	Ross	39.57
6. L.Warin	Skip	40.27
7. W.Dodds V	Clay	41.08
8. M.Sanderson V	Roch	41.24

INTERMEDIATES U/18		
1. B.Taylor	Ross	32.19
2. J.Smith	Cald	32.45
3. C.Fell	Ross	33.36

JACK BLOOR RACES

Yorkshire

BM/7.5m/1150ft 7.9.91

A superb day for us but rather too hot for running, I think. It suited James Parker of Ilkley who stormed round like a startled rabbit (his phrase), in a new record time, seeing off former winners Sean Livesey and Robert Bloor. As the bumper fun book (FRA Calendar) says, "Navigational

skills/local knowledge." The ladies' race sees a new name on the trophy - well done, Yvette!

The turnout overall was a bit disappointing and the committee will turn their minds to finding a solution to this. We have some ideas; watch out for the next FRA Calendar for any changes.

Many thanks to all competitors and helpers from me and more importantly from all the young people who benefitted from a grant this year. Keep coming!

Sue Courchee

RESULTS		
1. J.Parker	Ilk	51.52
2. G.Hull	Leeds	53.37
3. S.Livesey	Ross	54.44
4. R. Pal lister	P&B	56.04
5. M.Falgate	P&B	56.06
6. S.Barlow	Horw	56.10
7. G. Watson	Macc	56.16
8. D.Thompson	CaldV	57.22
9. R.Bloor	Mcr	57.30
10. K.O'Hara	V Leeds	57.36

VETERANS 0/40		
1. K.O'Hara	Leeds	57.36
2. D.Quinlan	Bing	58.06
3. J.Conner	Ilk	58.51
4. G.Little	Bing	59.32
5. R.Futrell	Holm	60.27

VETERANS 0/50		
1. W.Wade	Holm	64.49
2. A.Daniels	AchRat	69.40
3. R.Cutts	L'wood	77.08

LADIES		
1. Y.Hague	P&B	64.09
2. G.Hale	Mand	69.28
3. J.Lochhead V	DenbyD	74.10
4. G.Tweddle	Mand	76.29
5. J.Shotter	Fell	76.38

JUNIORS		
1. R.Moss	Bing	10.59
2. J.Smith	CaldV	

ELLAN VANNIN FELL RACE

Isle of Man

AL/20m/6000ft 8.9.91

A beautiful summers day for the final event in this years Manx Fell League, although a little too warm for twenty miles and 6000ft of ascent. A lot of runners decided to give the race a miss having qualified for the league already, so the organisers were very disappointed to have just seven starters.

Tony Rowley was one who had to finish to qualify for the league and it was he who set the initial pace along with David Young. It soon became apparent that the change of date for the race from early May to September was going to make the course very much harder with ferns and heather at a far greater height than would have been the case earlier in the year.

After almost disappearing in the undergrowth at the Glen Auldyn checkpoint everyone stayed within a few minutes of each other on the Eastern section of the course, no doubt the fear of wifling in the hot conditions was at the back of everyones mind. Just after Snaefell, which is over half distance, Tony decided he would push on a bit through to Drivdale and by the awesome climb from Ballaugh Glen to Slieau Dhoo he was well clear, finally arriving back at Tholt and Will some thirteen minutes ahead of top veteran David Young.

The remainder of the field were spread over more than an hour with everyone pleased just to get round a very tough course.

R.Steverson

RESULTS		
1. T. Rowley	MFR	4.02.20
2. D. Young V	MFR	4.15.12
3. R.Stevenson	MFR	4.18.31
4. D.Corrin V	MH	5.08.06
5. P.Corlett V	MH	5.08.07
6. M.Bridson	MFR	5.08.08
7. D.Maddrell	MFR	5.28.30

STRETTON SKYLINE

Shropshire

BL/18.5m/4450ft 8.9.91

Some of these young lads must be wondering what they must do to beat 'old' Ken West's record set in 1986. I say 'old' because Ken became a veteran on the day he set it. His time was 2.17.16, and no one has come anywhere near it. But it is beatable as Ken himself confirmed to Paul Cadman in a telephone conversation before the race. This was Paul's aim. He had thoroughly prepared for it, and his performance during the race two weeks before the race with Dave Troman and Richard Day had given him tremendous

confidence. But as the racehorse trainer well knows, the race can sometimes be lost on the gallops!

Paul set off well enough and reached Pole Bank 25 seconds ahead of Telford's Adrian Pickles. He had extended his lead at Raglett but the heat was having its effect. It became clear that the record was not on so he settled down just to be content with winning the race. He was joined by Mike Noble at the summit of Caradoc but pulled away again up the Lawley to lead from Dave Troman and Adrian Pickles who were rapidly catching him. Across the fields of Comley Farm to the final slog up Gog Batch and back on the Lory Mynd, Paul finally ran out of energy and was passed by Dave Troman - who had suffered a similar fate last year by going off too fast, Adrian Pickles and a string of others. Dave finally pulled away from Adrian on the Lory Mynd plateau to lead by nearly two and half minutes at the final checkpoint at Motts Road, and despite a spirited effort by Adrian managed to hold on by a shade under two minutes at the finish.

Jeff Norman, winner of the first race back in 1982 carved his way through the field from nineteenth at Pole Bank to finish third and fastest veteran. Paul Cadman suffered badly over the last few miles, eventually dropping to fifteenth.

In the ladies race Andrea George, an unattached runner from near Whitchurch (the flat part of Shropshire), won from last years' winner, Liz Evans.

Oldest runner in the race was Clayton's Lou Myers although he lives nearer to Stretton, coming from W1 cockney country - no doubt using the Euston flyover for his hill work!

Although from the record field of 161 starters we had runners from Clayton, Rossendale, Glossopdale and even Kenwick (how on earth did he find his way south of junction 36) none of them fared particularly well against the more local runners. Come on, you northern chaps! Ken believes the record can be beaten. Why don't some of you prove your man enough?

Tony Byles

RESULTS		
1. D.Troman	Merc	2.28.24
2. A.Pickles	Telf	2.30.17
3. J.Norman V	Alt	2.33.34
4. M.Noble V	Stock	2.35.09
5. P.Jones	Telf	2.35.34
6. D.Miller	Merc	2.36.05
7. M.Ligema	Croft	2.38.34
8. S.Willmott	Merc	2.30.54
9. T.Longman V	H'cote	2.40.19
10. R.Day	Merc	2.40.36

VETERANS 0/40		
1. J.Norman	Alt	2.33.40
2. M.Noble	Stock	2.35.09
3. T.Longman	H'cote	2.40.19
4. I.Kevan	Telf	2.48.15
5. B.Mills	Penn	2.52.03

VETERANS 0/50		
1. E.Knight	Merc	3.00.12
2. C.Brown	Merc	3.01.09
3. B.Morris	Telf	3.08.26
4. M.Piermont	Shrew	3.08.36
5. E.Perks	Dud&Kings	3.28.58

LADIES		
1. A.George	Unatt	3.10.59
2. E.Evans	N Derby	3.12.55
3. P.Mee	Gloss	3.17.57
4. A.Farrel	Wore	3.24.52

HODDER VALLEY SHOW FELL

RACE

Lancashire

BS/5m/800ft 14.9.91

Some fast times on this new course - probably through a lack of any proper fell and plenty of road! I had hoped to take the race to the top of Beatrix Fell, but no practical routes were available. Another time maybe!

Many thanks to all of you who came to the race - I hope you enjoyed it. Hope to see you at Slaidbum next year.

T.Laney

RESULTS		
1. M.Croasdale	L&M	25.25
2. S.Livesey	Ross	26.23
3. T. Ash worth	Clay	27.28
4. C.Lyons	Horw	27.47
5. S.Addison	Clay	28.46
6. J.Calvert V	Clay	29.04
7. L.Hutchinson V	Clay	29.17
8. D. Whitehead	Bing	29.19
9. M.Buckland	Clay	29.20
10. G.Woolwough	Kend	29.28

VETERANS 0/40		
1. J.Calvert	Clay	29.04
2. L.Hutchinson	Clay	29.17
3. D.Wright	Clay	29.31

VETERANS 0/50

1. M.Coles	Skyrac	32.54
2. G.Rawlinson	Clay	33.46
3. H.Manning	Clay	34.00

VETERANS 0/60

1. C.Rushton	Wesham	35.23
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LADIES

1. A.Buckley	Leeds	31.04
2. M.Laney V	Clay	31.36
3. J.Kenyon	Horw	32.37

LANTERN PIKE FELL RACES

Derbyshire

BS/5m/1050ft 14.9.91

The Lantern Pike fell race was the last counter in the Hayfield Championship and things got a little tense especially between the locals wondering if they might make up the minute or so difference from previous races. Despite these many private battles on the day it was the ladies race which proved to be the most exciting finish.

On the run to the flag Carol Greenwood fell with 50 yards to go, Stella Boam having a final charge after trailing Carol all the way and burst over the line to take the result. It was a cruel blow for Carol having led all the way and would have won easily.

Andy Trigg had a really good run winning with, I believe the third fastest time. Road runner Paul Stelfox was a close second upsetting the regular Fell runners, third was Dave Ibbetson, and first local Mike Whyatt seventh overall.

With radio points around the course we were able to relay commentry to the spectators in the showground, courtesy of the sheepdog trials and mountain rescue.

Mel Cranmer

RESULTS

1. A. Trigg	Gloss	30.46
2. P. Stelfox	Sale	31.04
3. D. Ibbetson	Gloss	31.12
4. N. Wilkinson	MCRU	31.27
5. D. Neill	Staffs	31.46
6. R. Jackson	Horw	32.06
7. M. Whyatt	Gloss	32.34
8. M. Weedall	Penn	32.53
9. M. Aspinall	Ross	33.06
10. S. Charlesworth	Staffs	33.09

VETERANS 0/40

1. T. Hulme	Penn	32.22
2. R. Taylor	Penn	32.43
3. G. Berry	DkPk	34.32
4. M. Cunningham	Unatt	35.12
5. H. Ramczyk	Staffs	35.45

VETERANS 0/50

1. D. Hughes	CFR	39.10
2. R. Taylor	Bux	41.08
3. D. O'Leary	YMCA	41.35

LADIES

1. S. Boam	EChes	37.03
2. C. Green wood	Unatt	37.05
3. C. Greasley	Macc	40.09
4. G. Berrrow V	Penn	41.41
5. S. Rowson V	Macc	41.52
6. D. Madden V	Unatt	44.38
7. C. Allington	Unatt	45.42
8. A. Dinsmor	Stock	46.04

JUNIORS U/16

1. A. Williams	Unatt	18.57
2. P. Ryan	Unatt	22.14
3. S. Jenkinson	Local	23.01

TOTLEY TERMINATOR

South Yorkshire

BL/18.5m/3000ft 15.9.91

RESULTS

1. M. Hayman	G'tonians	2.23.33
2. A. Cory-Wright	DkPk	2.23.51
3. C. Adams	DkPk	2.27.18
4. G. Berry V	DkPk	2.33.42
5. G. Desforges	DkPk	2.34.08
6. A. Harmer V	DkPk	2.34.41
7. B. Minto	DkPk	2.37.43
8. G. Band V	DkPk	2.37.58
9. C. Stamp V	DkPk	2.38.00
10. D. Tait V	Unatt	2.39.03

VETERANS 0/40

1. G. Berry	DkPk	2.33.42
2. A. Harmer	DkPk	2.34.41
3. G. Band	DkPk	2.37.58
4. C. Stamp	DkPk	2.38.00
5. D. Tait	Unatt	2.39.03

VETERANS 0/50

1. B. Sprakes	DkPk	2.52.02
2. M. Coles	Skyrac	2.55.30
3. R. Mason	TAC	3.01.19
4. P. Kohn	DkPk	3.02.47



Totley Terminator start: 851 Stuart Riddell, 682 John Addenbrooke, 665 Owen Henrikson, 797 Sean Clarkson, 776 David Sedgwick. Photo: Dave Woodhead

VETERANS 0/60

1. D. Perkins	TAC	3.02.36
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LADIES

1. L. Evans	NDerby	2.55.56
2. P. Mee V	Gloss	3.03.14
3. R. Clayton	DerwentV	3.11.13
4. H. Musson	TAC	3.14.00
5. J. Ramsden	Kesw	3.19.24

DALEHEAD FELL RACE

Cumbria

AM/4.5m/2210ft 15.9.91

RESULTS

1. S. Booth	Kesw	45.34
2. M. Fanning	Borr	46.41
3. J. Bland	Borr	47.09
4. A. Jenkins	Preston	47.27
5. J. Wootton	Kesw	49.24
6. D. Stuart	Kesw	49.41
7. A. Beaty	CFR	49.44
8. K. Johnston	Ryhope	49.54
9. K. Wood	Salt	49.55
10. J. Taylor	Clay	49.59

VETERANS 0/40

1. I. Charlton	Kesw	52.33
2. C. Wilkinson	Bing	52.51
3. M. Litt	CFR	52.52
4. B. Crewdson	Black	53.51
5. K. Robinson	Bing	54.36

VETERANS 0/50

1. B. Booth	Kesw	57.36
2. M. Blake	Kesw	65.17
3. A. Daniels	AchRat	65.33

LADIES

1. J. Teague	Bing	55.50
2. A. Brand-Barker	Eryri	56.58
3. J. Kenyon	Horw	57.15
4. L. Wright	LeedsUni	59.38
5. L. Thompson	Kesw	60.45

JUNIORS U/14

1. V. Wilkinson		13.39
2. R. Fell		13.57

ORDNANCE SURVEY LAKES

MOUNTAIN RACE

Cumbria

15.9.91

RESULTS MENS RACE

1. W. Bland V	Borr	3.28.47
2. P. Clark	Kend	3.32.57
3. M. Rigby	Amble	3.34.37
4. C. Valentine	Kesw	3.37.55
5. G. Bland	Borr	3.48.54
6. A. Belton	MDC	3.49.08
7. M. Seddon	SELOC	3.50.41
8. T. Laney	Clay	3.54.42
9. S. Hicks	Amble	3.54.49
10. A. Lewsley	BH	3.56.27
11. A. Schofield	Ross	3.58.09

12. G. Huddleston	Unatt	3.59.53
13. M. Hudson V	Kend	4.00.55
14. K. Harding	HHOC	4.04.40
15. M. McDermott	Macc	4.05.00
16. D. Parker	Macc	4.05.59
17. J. Nixon	AchRat	4.09.13
18. D. Rosen	L&M	4.11.13
19. M. Garrett	Mand	4.11.23
20. B. Berzins	DkPk	4.11.31

VETERANS 0/40

1. W. Bland	Borr	3.28.47
2. M. Hudson	Kend	4.00.55
3. J. Nixon	AchRat	4.09.13
4. R. Mitchell	Mand	4.14.34
5. J. Crummett	CFR	4.18.08

VETERANS 0/50

1. J. Naylor	CFR	4.15.02
2. A. Philipson	G'forth	4.18.26
3. H. Blenkinsop	Kesw	4.22.13
4. B. Gauld	Cam	4.37.40
5. D. Hodgson	Amble	4.59.52

LADIES

1. C. McNeill V	LakelandOC	3.37.06
2. K. Parker	Macc	3.52.41
3. L. Campbell V	Eryri	4.00.55
4. A. Salisbury V	Eryri	4.07.45
5. J. Robson	SOC	4.09.32
6. G. Hale	OS	4.10.52
7. J. Smith V	DkPk	4.15.29
8. E. Wright	Amble	4.20.33
9. D. Leakey V	Thames	4.27.14
10. G. Barnes V	Amble	4.34.55

VETERANS 0/35

1. L. Campbell	Eryri	4.00.55
2. A. Salisbury	Eryri	4.07.45
3. J. Smith	DkPk	4.15.29
4. D. Leakey	Thames	4.27.14
5. G. Barnes	Amble	4.34.55

VETERANS 0/40

1. C. McNeill	LakelandOC	3.37.06
2. W. Dodds	Clay	4.36.20
3. M. Rosen	L&M	4.41.32
4. A. Soper	AchRat	4.51.41
5. B. Farr	POTOC	5.06.12

CORRIEYAIRACK PASS RACE

Lochaber

BL/16m/2250ft 15.9.91

Having to bus an unknown number of runners 20 miles from Spean Bridge to the start, then drive 60 miles at breakneck speed to try and reach the finish before the winner; then bus all the runners back to Spean Bridge, this race could prove to be an organisers nightmare. But the organiser, Sandy Hastings wasn't a bit concerned. He took 3 weeks holiday and made sure he was in foreign parts on race day.

Well done Trish Calder (UK No 1), just back from Zermat, on breaking Chris Menhennet's very fast(2.00.57) record. Well done also John Hepburn, his best ever result wearing a Lochaber vest - we know he used to be pretty good in a Hawkhill vest, but that was ages ago.

Roger Boswell

RESULTS

1. I.Wallace	HuntBogTrot	1.47.36
2. J.Hepburn	Loch	1.48.23
3. C.Bain V	Perth	1.49.19
4. A.Gartside	HuntBogTrot	1.50.29
5. J.Aitken	HELP	1.52.07
6. R.Campbell	Loch	1.53.57
7. N.Lancaster	Loch	1.54.20
8. R.Boswell V	Loch	1.54.27
9. P. Hughes	Loch	1.54.42
10. M.Flynn	Cal Pk	1.54.51

VETERANS 0/40

1. C.Bain	Perth	1.49.19
2. R.Boswell	Loch	1.54.27
3. B.Edridge	Clyde	1.56.40
4. R.Anderson	Loch	2.01.27
5. R.Collins	H'land Hill	2.03.41

VETERANS 0/50

1. D. Armour	Cam	2.00.59
2. R.Andrews	E C'wall	2.09.59
3. R.Gorman	Scot V	2.12.50
4. C.Chrystal	Loch	2.22.34
5. B.Brown	Bklsle	2.25.32

LADIES

1. T.Calder	Edin	1.57.48
2. C.Menhennet	Clyde	2.18.12
3. M.Small	Clyde	2.27.05
4. F. Find lay	Loch	2.30.35
5. F.Brown	Bklsle	2.35.47

PERIS HORSESHOE MOUNTAIN

RACE

Gwynedd

AL/17m/7500ft 21.9.91

RESULTS

1. P.Brownson	Penn	3.25.02
2. E.Roberts	Eryri	3.26.09
3. D.Davies	Hebog	3.27.06
4. T.Laney	Clay	3.30.05
5. G.Webb	Cald	3.30.05
6. Schofield	Ross	3.33.10
7. M.Campling	Kend	3.33.20
8. A.Haynes	Eryri	3.35.33
9. D.Thompson	CaldV	3.38.05
10. S.Houghton	CaldV	3.39.04

VETERANS 0/40

1. D.Davies	Hebog	3.27.06
2. M.Parker	Kayham	3.41.44
3. H.Parry	Eryri	3.47.43
4. G.Houghton	CaldV	3.52.07
5. G.Mills	Bath	3.56.32

LADIES

1.L.Kirk	MDC	4.12.00
2. J.Teague	Bing	4.14.56
3. A.Wright	Macc	4.30.16
4. L.Campbell	Eryri	4.36.59
5. K.Parker	Macc	4.43.28

SIMONSIDE FELL RACE

Northumberland

BM/6.25m/1200ft 21.9.91

With Trish Calder being fourteenth overall, and only just over 5 minutes behind the first man, one wonders whether fell running will be the first sport where women will challenge the men to the first position!

With a record entry of 170 from both sides of the border it was good to have an extremely powerful field for the 10th running of the race.

Trish Calder knocked almost one minute off the ladies record. Karen Mitchell, previous record holder, heavily challenged for the first position although still suffering a sore toe, after being eleventh lady in the previous weekend's Great North Run.

Peter Dymoke added to his World Championship success by setting a new course record. John Hampshire pressed Peter hard for first to the summit, but Peter pulled ahead to finish a convincing three minutes plus ahead.

Andrew Philipson, who has been a keen supporter over the 10 years of the race, celebrated becoming a super veteran by not only winning his category, but finishing in a better time than a strong field of veterans 0/40.

A very good race celebrating 10 years which have put Simonside firmly with the great races in the fell running calendar.

Ian Webb

RESULTS

1. P.Dymoke	Liv'ston	41.37
2. J.Hampshire	HuntBogTrot	44.29
3. F.Smith	Salt	44.41
4. H.Lorimer	Hadd	44.44
5. N.Dunn	Unatt	45.01
6. K.Wood	Salt	45.39
7. I.Wallace	HuntBogTrot	46.04
8. M.Forrest	C'mont	46.22
9. P.McHugh	Unatt	46.26
10. R.Walker	Elswick	46.31



Steve Robinson almost losing partner Peter Buttery on Leg 3 of the Ian Hodgson

Photo: Peter Hartley

VETERANS 0/40

1. B.Lowdon	Tyne	47.14
2. W.Tait	Killawbog	47.21
3. D.Charlton	Tyne	47.54
4. C.White	NewAy	48.06
5. J.Cockburn	Alnwick	48.14

VETERANS 0/50

1. A.Philipson	G'forth	46.55
2. G.Atkinson	Wall send	52.20
3. S.Hicks	Blay	54.12
4. B.Hillow	CFR	56.13
5. C.Bell	Unatt	56.51

LADIES

1. T.Calder	ESPCC	44.48
2. K.Mitchell	Tyne	48.21
3. L.Frater	Alnwick	55.55
4. S.Barron V	C'mont	58.26
5. E.Morgan	Heaton	58.34
6. K.Elsmore	Unatt	61.58
7. T.Cooper	C'mont	63.38
8. B.Jones V	Alnwick	64.34

ELIDIR FAWR RACE

Gwynedd

AM/5m/2800ft 21.9.91

After four glorious years of clear visibility and blue skies something had to give, and it did, with atrocious weather conditions of sheet rain which damped the spirits of the spectators but not the competitors of the Elidir Fawr Race.

Top British World Cup runner Colin Donnelly made the early pull to the summit of the 2800ft rocky ridge with a clear lead over fellow club International Emlyn Roberts.

The lead changed on the downhill with Donnelly easing off leaving Roberts to open a two minute gap at the finish. Trevor Jones following in to gain the local Eryri club a clean sweep in the open class.

Evergreen Del Davies continued his impressive form with a time of 46.58, with the 0/50's Eryri's dominance continued with Ron Hird and Ladies newcomer Tracey Yarham (Eryri) gaining a victory in a fierce ladies race which had veterans Hedda Moore, Sheila Bennell and Ruth Parry finishing close to each other.

Post race celebrations were extended with an excellent meal in the local watering hole which made the weather conditions sink in to oblivion.

D.Ellis

RESULTS

1. E.Roberts	Eryri	44.48
2. C.Donnelly	Eryri	46.48
3. T.Jones	Eryri	46.54
4. G.Rees Williams	Eryri	48.17
5. D.Woodhead	Horw	48.23

VETERANS 0/40

1. D.Davies	Hebog	46.58
2. H.Parry	Eryri	49.35
3. D.Williams	Eryri	51.22

VETERANS 0/50

1. R.Hird	Eryri	55.15
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VETERANS 0/60

1. J.Pope	Eryri	
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LADIES

1. T. Yarham	Eryri	63.56
2. H.Moore V	Eryri	64.49
3. S.Bennell V	Eryri	64.59

THREE SHIRES FELL RACE

Cumbria

AL/13m/4000ft 21.9.91

The force eight storm started about an hour after everybody got back and most things seemed to go fairly smoothly on the day. No records were broken but there were good performances throughout the field. Gavin stretched his long legs away from Simon Booth down the final pasture while 'Mr Navigation' Robin Jamieson decided to pay visit to the summit flag on the juniors course just for fun. Matthew Whitfield went there in earnest and with his dad taking the veterans award it was a good day for Clapham!

Apologies are due to members of the Achille Ratti club for my rather warped sense of humour in the results. After five or six hours the boredom gets to you a little!

Selwyn and Elaine

RESULTS

1. G.Bland	Borr	1.51.03
2. S.Booth	Kesw	1.51.10
3. R.Jamieson	Amble	1.51.51
4. J.Bulman	Borr	1.52.16
5. C.Valentine	Kesw	1.52.43
6. D.Lee	CFR	1.53.14
7. G.Schofield	Black	1.53.19
8. A.Cory-wright	DkPk	1.54.12
9. R.Whitfield V	Bing	1.55.40
10. H.Jarrett	CFR	1.56.43

VETERANS 0/40

1. R.Whitfield	Bing	1.55.40
2. J.Winder	AmblV	2.03.06
3. C.Wilkinson	Bing	2.07.18
4. M.Litt	CFR	2.08.46
5. K.Carr	Clay	2.12.47

VETERANS 0/50

1. R.Bell	Amble	2.13.33
2. B.Wilson	DKPk	2.21.02
3. G.Charles	Vaux	2.22.54
4. S.Bradsshaw	Clay	2.23.48
5. J.Taylor	Kend	2.26.25

LADIES

1. R.Pickvance	Kend	2.19.13
2. J.Ramsden	Kesw	2.26.40
3. L.Longmore	Unatt	2.39.50
4. C.Moore	Clay	2.39.55
5. L.Wann	Skip	2.45.26
6. A.Walters	Kend	2.52.08
7. G.Cook	Roch	2.52.20
8. M.Rosen V	L&M	2.57.02

GREAT SHUNNER FELL RACE

Cumbria

AM/8m/1500ft 21.9.91

Dry, windy conditions that pushed runners to the summit of Shunner which should have led to a record time had the leading group not gone astray. Phil Clarke once again benefiting from others mistakes was first back onto the showfield, 57 seconds outside the previous years record, but over one minute clear of K.Wooton who was closely followed by Keswick club mate Jon Broxap. An outstanding run by Carol Greenwood who lopped four minutes off the ladies record in 24th position overall.

Amazingly 84 runners turned up for the race, with a packed Calendar this was very encouraging to organising club - Howgill Harriers.

Kendal won team prize, on a countback from Keswick.

F.Livesey

RESULTS		
1. P. Clarke	Kend	1.04.57
2. K. Wooton	Kesw	1.06.09
3. J. Broxap	Kesw	1.06.36
4. G. Moffat	H'gill	1.06.55
5. B. Hilton V	Leeds	1.07.04
6. G. Bastow	R&W	1.07.47
7. G. Woolwough V	Kend	1.08.27
8. S. Hawkins	Bing	1.08.53
9. J. Quine	Bolt	1.09.01
10. P. Whiring	Unatt	1.09.14
VETERANS 0/40		
1. B. Hilton	Leeds	1.07.04
2. G. Woolwough	Kend	1.08.27
LADIES		
1. C. Greenwood	Cald	1.12.48
2. L. Lord	Clay	1.25.39
3. P. Symonds	Unatt	1.28.43
4. M. Shone	Clay	2.12.35

BLACK MOUNTAINS

Gwent

AL/17m/5200ft 28.9.91

Thanks to strong winds, rain, fog and a cold chill that must have been well below freezing, the race was reduced to AS/3.5m/l 150ft. Fifty seven runners set off to checkpoint one and back, but the checkpoint marshals made them turn round well before checkpoint one - Pen-Cerrig-Calch. A few runners were moaning before the start at the shortened race, but no one was moaning after returning to the finish. Indeed, runners were personally thanking me on making it a short race. Congratulations to Peter James, last to register, first to pass the post and first to leave for home! Congratulations also to Lydia Kirk, first ever hat-trick winner, therefore a bottle of Moët champagne, Lydia is also getting married in October. The weather could only improve for next years race - I hope!

W. Darby

RESULTS		
1. P. James	BOK	24.10
2. S. Blease	MDC	24.13
3. D. Davies V	Hebog	24.23
4. D. Booth V	MDC	24.35
5. R. Day	Merc	24.51
6. G. Williams V	69	25.03
7. C. Taylor	MDC	25.32
8. B. Borzins	DkPk	25.42
9. J. Oakley	Worcs	25.50
10. S. Parris	Hebog	26.04
VETERANS 0/40		
1. D. Davies	Hebog	24.23
2. D. Booth	MDC	24.35
3. G. Williams	69	25.03
4. G. Mills	Bath	26.08
5. M. Walford	Kend	27.36
VETERANS 0/50		
1. D. Fisher	MDC	30.16
2. T. Breakwell	Borr	31.53
3. P. Robbins	Bristol	33.48
4. I. Teesdale	ReadJog	35.51
LADIES		
1. L. Kirk	MDC	27.21
2. D. Challanan	Swan	30.30
3. K. Whittle	DkPk	32.56

CAFOD GRISEDALE HORSESHOE

Cumbria

AL/10m/4400ft 28.9.91

Seventy one runners started off from Glenridding Hall, on a blustery day that promised rain but thankfully held off. After Ghyllside campsite the majority turned right heading for Red Tam Beck and Catsycam, Phil Clarke had other ideas, running up Miresbeck and across Birkhouse Moor, arriving at Catsycam one minute ahead of Billy Bland, Mike Fanning and Mark Campling. Along Swirrell Edge and onto Helvellyn these four regrouped and stayed together until St. Sunday Crag, across Grisedale and over Grisedale brow, Mike started to feel the pace and settled for fourth. This last steep climb tested a few tired legs, not so 63 year old Bill Fielding who finished 29th in a time of 2.19.09.

There was ample refreshment provided by the Cafod and Achille Ratti ladies and accompaniment by father Hughes on the piano.

Four hundred pounds was raised for Cafod by entry fees; sale of T-shirts and sponsored runners. Next years race will be held on the 5th September at 12.30pm.

P. McHale

RESULTS		
1. W. Bland V	Borr	1.47.30
2. P. Clarke	Kend	1.48.21
3. M. Camplings	Kend	1.48.27
4. M. Fannins	Borr	1.53.54
5. J. Hope V	AchRat	1.57.40

6. H. Nicholson	Clay	1.59.36
7. M. Wood	Clay	2.01.08
8. J. Taylor	Clay	2.02.56
9. J. Amold	C.F.R	2.03.02
10. M. Garret	Mand	2.03.08
VETERANS 0/40		
1. W. Bland	Borr	1.47.30
2. J. Hope	AchRat	1.57.40
3. A. Kenny	AchRat	2.09.51
VETERANS 0/45		
1. J. Crummet	CFR	2.09.14
2. P. Dowker	AchRat	2.14.32
3. H. Ball	L&M	2.20.24
VETERANS 0/50		
1. C. Brown	Merc	2.15.09
2. M. Breslin	L&M	2.17.09
3. A. Daniels	AchRat	2.26.10
VETERANS 0/60		
1. B. Fielding	F'dale	2.19.09
LADIES		
1. R. Pickvance	Kend	2.22.45
2. G. Barnes	Amble	2.32.54
3. C. Kenny	AchRat	2.37.56

COMMEDAGH-DONARD HORSESHOE

County Down

AM/7m/3100ft 28.9.91

Just one week after the Moume Mountain Two day marathon, Brian Ervine made up for his disappointment (as he had to withdraw after the first day) by winning this race, 2 minutes and 21 seconds outside the record he set two years ago. Ervine established an early lead over the nearest challenger Billy McKay on the ascent of Sleivenabrock, with Gordon Murray close behind.

The 0/45 veteran Denis Rankin was fourth at this point but the low lying mist caused some problems as he lost some ground and eventually finished behind Ballydrains' Jim Hayes.

Paddy Rodgers in his first fell race came home in a creditable sixth place.

The first junior in seventh place overall was Robert Johnson one of a new batch of runners coming into the sport and now running for Ballydrain Harriers.

Mary Havron, the current Irish Champion, from Newry Shamrocks was the only lady competitor on the day, and established a new womens record.

David Watson

RESULTS		
1. B. Ervine	B'drain	68.24
2. B. McKay V	A'ville	70.47
3. G. Murray	B'drain	72.02
4. J. Hayes V	B'drain	73.35
5. D. Rankin V	A'ville	76.38
6. P. Rodgers	N'castle	78.28
7. R. Johnson J	B'drain	79.33
8. D. Barret	B'drain	80.08
9. M. Barton	ACKC	80.10
10. P. Howie	Lame	80.51
VETERANS 0/40		
1. B. McKay	A'ville	70.47
2. J. Hayes	B'drain	73.35
3. D. Connolly	Armagh	92.01
VETERANS 0/50		
1. D. Rankin	A'ville	76.38
LADIES		
1. M. Havron	Newry	1.54.26

SCAFELL PIKE RACE

Cumbria

28.9.91

RESULTS		
1. A. Bowness	CFR	53.54
2. J. Bland	Borr	54.58
3. C. Valentine	Kesw	56.21
4. K. Masson	Worthing H	58.18
5. A. Beaty	CFR	60.18
6. S. Bennet	W'lands	61.34
7. I. Block	CFR	63.34
8. P. Bettney V	Amble	64.59
9. K. Leitch	Worthing H	65.07
10. S. Hoggarth	Unatt	65.11
VETERANS 0/40		
1. P. Bettney	Amble	64.59
2. M. Blake	Eryri	65.47
3. C. Leal	Ryde	69.43
VETERANS 0/50		
1. H. Blenkinsop	Kesw	66.05
2. M. Blake	Kesw	77.48
3. B. Bennet	Penicuik	90.04

TWO BREWERIES HILL RACE

Tweedale

AL/19m/4520ft 28.9.91

RESULTS		
1. A. Kitchen	Liv'ston	2.38.46
2. A. Cory-wright	BritOrienSq	2.42.37
3. J. Musgrave	BritOrienSq	2.42.49
4. G. Ackland	Liv'ston	2.43.35
5. N. McIntyre	HuntBogTrot	2.45.11
6. S. Conway	Liv'ston	2.46.50
7. I. Wallace	HuntBogTrot	2.47.22
8. M. Hayman	BritOrienSq	2.48.40
9. M. McDermott	Macc	2.48.48
10. M. Seddon	BritOrienSq	2.48.56
VETERANS 0/40		
1. B. Bullen	ForthV	2.50.49
2. N. Bowman	Loch	2.59.13
3. J. Blair-fish	Cam	2.59.38
4. T. Ross	Fife	3.06.31
5. K. White	W'lands	3.11.23
VETERANS 0/50		
1. R. Amour	Cam	3.11.01
2. G. Armstrong	Hadd	3.18.04
3. R. Mitchell	Teviot	3.28.37
4. J. Cummins	Fife	3.31.36
5. B. Beedham	Sadd	3.35.49

LADIES		
1. Y. Hague	Liv'ston	3.05.18
2. J. Robertson	A'seafth	3.18.40
3. L. Wright	LeedsU	3.19.19
4. J. Farmer	Loch	3.25.28
5. A. Wright	Macc	3.27.42
6. K. Hogg	Penicuik	3.30.16
7. L. Hope	Loch	3.31.25
8. J. Ramsden	BritOrienSq	3.32.36

BLAKE FELL RACE

Cumbria

29.9.92

RESULTS		
1. B. Thompson	CFR	53.01
2. B. Potts	Clyde	54.12
3. D. Lee	CFR	55.03
4. A. Bowness	CFR	55.58
5. J. Wootton	Kesw	57.39
6. H. Jarrett	CFR	58.25
7. G. Byers	CFR	58.43
8. K. Leitch	Worthing H	59.14
9. K. Masson	Worthing H	61.39
10. M. Litt V	CFR	61.52
VETERANS 0/40		
1. M. Litt	CFR	61.52
2. C. Coote	Kend	65.59
3. D. Bridge	Kesw	67.42
VETERANS 0/50		
1. D. Hughes	CFR	67.15
2. B. Johnson	CFR	71.15
3. M. Blake	Kesw	80.20



Gordon Murray
Photo: Norman Ervine

SANDSTONE TRAIL RACES

Cheshire

29.9.91

This years record entry included regulars and past winners. The leading group in the 'A' (CM/16.5m/1750ft) contained Roger Wood and Jeff Norman, and the dominance of Altrincham AC left little room for doubt about the team prize. 'A' winners often have a comfortable lead at the finish but this year the intense competition saw the first four across the line with less than two minutes between them. Peter Pickwell certainly worked for his win, and the battle between past winners Jeff Norman and Roger Wood for fourth place and first veteran went to Jeff by just 21 seconds. Another 1991 record was the 15 ladies who entered the 'A' race; 11 ran, and winner Sue Rowson, who won the 'B' race last year, was under pressure from Cecilia Greasley throughout.

Another past winner was Adrian Thiemicke, whose time for the 'B' (9.5m/950ft) was a couple of minutes slower than his 1986 win, but, as in the 'A' had to work hard in a strong leading group to snatch a close win. Raewyn Baily's first place in the ladies race would have been challenged had A.George pre-entered; although running some 3.5 minutes faster, as an entry on the day she was however ineligible for a prize. Pauline Davies was first veteran lady for the 3rd time, in a slightly slower time than usual.

The high numbers resulted at times in some crowding in the path and queueing at stiles, and also gave the split-time keepers some problems which have resulted in some times being missed. Apologies for this, but these factors lead us to think that raising the entry limit above 150 each race is not sensible. We had to start returning entries for the 'A' race some days before the closing date, so it seems that early entry is the best way to ensure a run.
Jill & Barry Barnes and John Hammond

RESULTS 'A' RACE

1. P.Pickwell	Alt	1.47.33
2. P.Hyde V	Alt	1.48.23
3. D.Warren	Wins	1.48.44
4. J.Norman V	Alt	1.49.20
5. R.Wood V	Hels	1.49.41
6. S. Duck worth	R'cliffe	1.50.06
7. M.Farmery	Thames	1.50.42
8. T.Bolland	S'port&W'loo	1.53.04
9. G.Kenny	S'port&W'loo	1.53.04
10. S.Brennan	MerseyTri	1.53.06

VETERANS 0/40

1.P.Hyde	Alt	1.48.23
2. R.Wood	Hels	1.49.41
3. J.Fidler	CEPAC	1.55.13

VETERANS 0/45

1. J.Norman	Alt	1.49.20
2. P.Clarke	Warr	2.03.38
3. J.Morris	Penn	2.05.22

VETERANS 0/50

1. R.Tunstall	Hels	2.04.18
2. B.Morris	Wrekin	2.07.40
3. A.Ireland	Macc	2.09.16

VETERANS 0/55

1. S.Fletcher	CEPAC	2.14.18
2. H.Johnson	N'burgh nomads	2.20.30
3. F.Birkenhead	FrodH	2.43.06

VETERANS 0/60

1. T.Martley	Deeside	2.47.46
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LADIES

1. S.Rowson V	Macc	2.12.42
2. C.Greasley	Macc	2.14.38
3. S.Owen V	Tattenhall	2.18.51
4. P. Matthews V	Tattenhall	2.20.38
5. W.Dodds V	Clay	2.26.24
6. K.Capes V	Tattenhall	2.39.36
7. H.Musson	Totley	2.39.36
8. M.Ashton V	Clay	2.42.03

RESULTS 'B' RACE

1. A.Thiemicke	Crewe&Nant	59.15
2. P.Weatherhead V	Wirral	59.56
3. J.Whalley V	Macc	61.37
4. G.Wood ward	Hels	62.13
5. R.Love	Unatt	62.15
6. M.Priestly	Unatt	64.23
7. G.Leighton	Macc	64.53
8. T.Hulme V	Penn	65.25
9. M.Carey	Unatt	66.04
10. K.Graetz	Merc	66.10

VETERANS 0/40

1. P.Weatherhead	Wirral	59.56
2. J.Whalley	Macc	61.37
3. T.Hulme	Penn	65.25

VETERANS 0/50

1. G.Gartrell	Wrex	73.11
2. G.Lloyd	Wrex	74.32
3. P.Ward	SELOC	76.48

LADIES

1. A.George	Unatt	71.56
2. R.Bailey V	Tattenhall	75.29
3. P.Davies V	Mid C'shire	78.36



Supervet Edwin Coope (Horwich) on the climb to Birkhouse Moor in the Grisedale Horseshoe
Photo: Bill Smith

4. N.Sanders	Wrekin	80.37
5. A.Rowe	Alt	81.11
6. S.Black	Tattenhall	81.16
7. S.Ingman	Wrex	81.56
8. B.Metcalf	Wrekin	83.14

JUNIORS

1. K.Graetz	Merc	66.10
2. P.Wemyss	Audley	66.28
3. J.Martin	Audley	67.38

TOUR OF PENDLE

Lancashire

AL/17m/4200ft 5.10.91

Early cloud cover gave way to a clear sky, a complete opposite to last year.

Duncan Thompson led for most of the race but was overtaken on the notorious last climb by Andrew Schofield who powered his way into an unbeatable lead, finishing third with first veteran Jeff Winder coming in fourth.

Big news of the day being the breaking of the 7 year old ladies record by Carol Greenwood of Calder Valley, lowering it by 1 minute 51 seconds.

Winners of the new N.W.W ladies team trophy - Calder Valley.
K.Carr

RESULTS

1. A.Schofield	Ross	2.21.00
2. T.Laney	Clay	2.22.55
3. D.Thompson	CaldV	2.23.11
4. J.Winder V	CaldV	2.23.18
5. D.Naughton	ClayV	2.23.39
6. D.Goldie	CaldV	2.24.32
7. J.Holt V	Clay	2.24.57
8. A.Maloney	Roch	2.25.09
9. J.Nuttall V	Clay	2.29.15
10. P.Browning	Clay	2.29.19

VETERANS 0/40

1.J. Winder	CaldV	2.38.18
2. J.Holt	Clay	2.24.57
3. M.Targett	Clay	2.39.20
4. G.Newsam	Clay	2.41.20
5.I.Campbell	Clay	2.4.525

VETERANS 0/45

1. J.Nuttall	Clay	2.29.15
2. B.Mitchell	Clay	2.34.09
3. R.Canavan	H60*37	
4. P.Greenwood	Unatt	2.59.30
5. G.Webster	Valls	3.02.05

VETERANS 0/50

1. D.Ashton	Black	2.30.14
2. S.Bradshaw	Clay	2.50.00
3. R.Jaques	Clay	3.01.47
4. H.Thompson	Clay	3.18.44
5. H.Coop	Unatt	3.40.46

VETERANS 0/55

1.J.Newby	Tod	3.57.04
2. B.Hill	Clay	4.00.15

VETERANS 0/60

1.B.Leathley	Clay	3.17.06
2. D.Clutterbuck	RodH	3.23

VETERAN 0/65

1.J.Riley	Clay	4.49.50
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LADIES

1. C.Greenwood	Cald	2.43.26
2. J.Kenyon	Horw	2.55.31
3. S.Watson V	Valls	3.04.12
4. A.Lee	Clay	3.19.52
5. D.Gowans	Acc	3.20.08
6. D. Madden V	Stock	4.01.06
7.1.Neville V	Cald	4.03.05
8. C.Ashworth V	Tod	4.19.11

TEAMS

1. Clayton	2. Calder Valley
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MOEL FAMMAU

Clwyd

AS/4.5m/1500ft 6.10.91

The month leading up to race day saw changes to both the route and the name and all before the first running of the race. The reason was to give competitors an enjoyable and worthwhile race, and for the name to reflect the essential nature of the race. Thus the race was devised to be a true category 'A' race, that is testing, with a good climb and excluding tarmac and forest roads. Because of the geology of the Clwydian Range, the route covers terrain that is neither rocky nor boggy, but provides a good run over grass and through heather.

Excellent weather conditions and an idyllic setting overlooking the Vale of Clwyd greeted the athletes at the race field. After the initial charge up the field and around the spur, the runners faced a deceptively easy looking valley, leading to a steep climb through the heather to the summit of Moel Fammau. After descending to the ridge, a short climb brought the athletes to the cairn on Moel Dywyll that marks the final descent. It was here that Tony Hulme moved from the back of the breakaway group of three and into the lead, and remained there, successfully negotiating the gorse bushes to the finish.

The race was generally well recieved, especially as the entry included refreshments in the local.
Peter Taylor

RESULTS

1. T. Hulme V	Penn	34.08
2. G.Kenny	S'port&W'loo	34.27
3. P. Stott	Hebog	34.30
4. G.Cresswell	Penn	34.51
5. P.Lyon V	Bury	35.15
6. G.Burke	N'port	36.00
7. P.Jepson V	Bury	37.56
8. A.Bocking	Penn	38.25
9. N.Holmes	Unatt	39.15
10. D. Williams	Unatt	40.20

VETERANS 0/40

1. T.Hulme	Penn	34.08
2. P.Lyon	Bury	35.15
3. P.Jepson	Bury	37.56

VETERANS 0/50

1. G.Lloyd	Wrex	42.43
2. P.Duffy	Aber	43.12
3. B.Evans	P'atyn	43.41
4. M.Cox	DkPk	47.05
5. T.Maden	NV AC	56.20

LADIES

1. S.Ingham	Wrex	46.58
2. A.Bond	Wrex	50.37
3. N.Lloyd V	Wrex	50.44
4. G.Wood	Wrex	58.37

IAN HODGSON MOUNTAIN RELAY

Cumbria 25m/8500ft 6.10.91

Bingley Harriers became the first Yorkshire club to win the Mountain Relay, when they triumphed over Ambleside, the newly crowned British Fell running Champions. The winning margin of fifteen seconds over a race of three and a half hours is an indication of the keenly contested race. Both teams were level at the last control, at the head of Dovedale, until Paul Mitchell and Tim Lofthouse managed to open up a gap on the descent, to break the recent domination of the event by Lakeland clubs.

Borrowdale made a highly creditable debut in the event to take third place with their young "stars" Gavin Bland and James Bulman breaking the 1987 first leg record of Billy Bland and Rod Pilbeam by fifty six seconds. This was probably the outstanding performance of the day.

Other records were broken when the Clayton Mixed Team lowered Livingston's overall time and to even the stakes, Livingston Ladies lowered Claytons overall time. Both these records were broken for the second successive year, and the growth of entries in these categories may well lead to further improvements.

For once the weather was good for running, after a series of poor days on previous years.

Shirley, Michael, Sara, Neil, and Chris Hodgson.

RESULTS

1. Bingley 'A'	3.34.38
2. Ambleside 'A'	3.34.53
3. Borrowdale 'A'	3.40.56
4. Livingston 'A'	3.43.28
5. Keswick 'A'	3.43.37
6. Rossendale 'A'	3.50.14
7. Horwich 'A'	3.56.15
8. Kendall 'A'	3.59.11

Mixed

1. Clayton 'C'	4.09.38
2. Ambleside 'C'	4.29.25
3. Fellandale 'C'	4.57.33

LADIES

1. Livingston 'B'	4.50.18
2. Keswick 'C'	5.16.34
3. Clayton 'D'	5.17.59

LANGDALE HORSESHOE FELL RACE Cumbria AL/16m/4000ft 12.10.91

Numerous runners went astray in the Langdale Fell Race, when the mild, still weather produced thick mist on the tops. In this final counter of the English Championship many of the problems occurred on Bowfell and the Crinkles, with some of the runners ending up at either Cockley Beck or Wrynose Pass after going off course. Among those to suffer was British Champion Keith Anderson * only eighteen seconds behind eventual winner Mark Croasdale on Crinkle Crag, he finally finished 276th out of a 384 strong field after going badly astray. Croasdale had done his homework! Before disappearing into the mist the Lancashire and Morecambe runner established an early lead which he extended to three minutes by the finish line for.

Members of Bingley Harriers filled the next four places, courtesy of Ian Ferguson, Ian Holmes, Steve Hawkins and Andy Peace to clinch the English Team Championship. Being a championship race it was decided, for the first time to award a ladies team prize. It was disappointing that no club completed a team.

RESULTS

1. M. Croasdale	L&M	1.58.11
2. I. Ferguson	Bing	2.01.12
3. I. Holmes	Bing	2.02.28
4. S. Hawkins	Bing	2.03.37
5. A. Peace	Bing	2.04.27
6. G. Bland	Borr	2.08.32
7. N. Fish	Amble	2.08.48
8. B. Bland V	Borr	2.09.09
9. T. Lofthouse	Bing	2.09.14
10. G. Webb	CaldV	2.09.22
11. S. Barlow	Horn'	2.09.30
12. M. Campling	Kend	2.09.37
13. R. Whitfield V	Bing	2.10.08
14. J. Wooton	Kesw	2.10.55
15. S. Booth	Kesw	2.10.55
16. P. Dymoke	Liv'ston	2.11.21
17. P. Mitchell	Bing	2.11.45
18. C. Lyon	Horw	2.11.52
19. M. Hayman	DkPk	2.11.56
20. A. Cory-Wright	DkPk	2.12.09

VETERANS 0/40

1. W. Bland	Kesw	2.09.09
2. B. Whitfield	Bing	2.10.08
3. J. Winder	CaldV	2.15.36
4. J. Hope	AchRat	2.19.33

5. J. Nuttall	Clay	2.20.00
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VETERANS 0/50

1. A. Philipson	G'forth	2.28.51
2. S. Bradshaw	Clay	2.34.45
3. D. Ashton	Black	2.36.44
4. R. Bell	Amble	2.37.29
5. H. Blenkinsop	Kesw	2.40.34

LADIES

1. C. Cook	Clay	2.35.10
2. J. Kenyon	Horw	2.44.01
3. J. Ramsden	Kesw	2.52.31
4. L. Ewing	Kesw	2.59.03
5. C. McNeill V	Amble	2.59.28
6. J. Smith V	DkPk	3.06.37
7. C. Proctor	Mand	3.10.06
8. M. Chippendale V	Stock	3.11.26

STEAM BUNNY STOMP

Gwent

AM/5.5m/1 700ft 12.10.91

The second running of this aggressive little course was met by a record field of 38 (7 up on last year), despite the rival attraction of seeing Wales getting thumped by Australia in the Arms Park (Oh Woe!). Good visibility meant there were no problems with following the marked stages, but the conditions were much wetter underfoot ensuring that no records were in danger. There was much cursing on the final muddy descent/ascent section (and also in the pub when the landlady had to sweep out the lounge after the hordes had left). Les 'Old Elixir' Williams nearly made it a veterans victory, but was overhauled by a newcomer Michael Dans from Stroud, who has only been racing for a year. Stroud A.C made a valiant effort to prevent MDC from scooping their customary team prize, but were unsuccessful on this occasion.

S. Blease

1. M. Davis	Stroud	48.50
2. L. Williams V	Unatt	50.29
3. J. Darby	MDC	51.45
4. M. Ellis	Bridgend	52.07
5. L. Gwilym	Blaen	52.10
6. P. Lewis	MDC	52.56
7. J. Wilson	Red/Black	53.45
8. M. Lucas	MDC	54.02
9. R. Jones	Swan	54.11
10. C. Gildersleve	MDC	54.33

VETERANS 0/40

1. L. Williams	Unatt	50.29
2. D. Finch	Chep	54.50
3. M. Williams	F'water	61.40

VETERANS 0/50

1. R. Ellis	Stroud	70.21
2. L. Myers	Clay	80.04

LADIES

1. A. Fiddler	MDC	64.01
2. H. Sawyer	SCHMOOS Tri75.51	

KIRKBYMOOR FELL RACE

Cumbria

BM/8m/1600ft 13.10.91

A group of six runners including B. Thompson were the first to reach checkpoint 1 - Gray Crag, if it had not been flagged many runners would have failed to reach the checkpoint. From Gray Crag to Cocklakes is a hard section with knee length heather and thick mist; not a good combination. Between Gray Crag, Cocklakes, Slate Road, and Blades moss to Shooting hill this group was reduced to five runners. Coming down to Lowgill it was down to three runners; Postlewaite, Thompson and Jarrett. A mishap at the gate by Postlewaite due to being closed by unknown person, while trying to pull it open Thompson and Jarrett leapt over passing Postlewaite on the fast downhill finish. B. Thompson took ten seconds out of Jarrett to win and 22 seconds behind was Postlewaite in third position. First lady S. Preston of Horwich was a very slow time due to adverse conditions for all runners. Everyone enjoyed the day with a friendly atmosphere in the hall.

B. Rrhmond

RESULTS

1. B. Thompson	CFR	60.26
2. H. Jarrett	CFR	60.36
3. B. Postlewaite	Hoad	60.48
4. J. Nixon V	AchRat	61.27
5. S. Banks	Unatt	64.15
6. G. Green V	Cope	65.03
7. D. Parminter	B'combe	71.06
8. R. Grieve	BCR	71.30
9. B. Daly	LakesOC	72.21
10. C. Giltrowshaw	Clay	77.22

VETERANS 0/40

1. J. Nixon	AchRat	61.27
2. G. Regan	Cope	65.03
3. L. Stephenson	Kend	82.47

VETERANS 0/50

I. T. Johnson	Barrow	1.38.41
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LADIES

1. S. Preston	Horw	1.52.08
2. R. Dunk	Kend	1.53.12
3. C. Sweatman	Horw	1.53.20
4. M. Tommis	Horw	1.53.21
5. J. Field	Horw	1.53.25
6. S. Luke	Horw	1.53.27



Langdale Horseshoe: Steven Cliff (Liverpool Pembroke) leads P. Hamilton and others on the traverse through Black Crag.

Photo: Peter Hartley

LLYN Y FAN

Dyfed

AM/5.5m/2000ft 19.10.91

Paul Stott and Edward Gdula had good reason to celebrate their 40th and 18th birthdays respectively with overall veteran and junior wins. On a cold, clear day with a dusting of snow on the tops, Welsh International Paul Wheeler set a fast pace up the track to Llyn-y-Fan Fach and around the skyline to the first check at Bannan Sir Gaer. From here he extended his lead to almost six minutes at the second summit (Fan Foel) but by using the well known Wheeler navigation method he contrived to lose all his lead on the straight run-in, to Hebog's Paul Stott. Would this have become a short race if he hadn't gone wrong?

The sunshine and good views were appreciated by those further down the field, although there were a few gasps of "What? Down there?" at the top of the final descent, from certain runners not used to Mynyddwyr De Cymru's idea of a good day on the hills.

Dai the Dap

RESULTS

1. P.Stott V	Hebog	44.08
2. D.Booth V	MDC	44.48
3. P.Wheeler	MDC	44.51
4. S.Blease	Steam Bunny	45.27
5. T. Furlong	Sam	45.30
6. C.Taylor	MDC	45.54
7. L.Williams V	Unatt	46.23
8. E.Gdula J	Sam	46.39
9. J.Sweeting V	MDC	47.24
10. C.Kemp	Sam	48.17

VETERANS 0/40

1. P.Stott	Hebog	44.08
2. D.Booth	MDC	44.48
3. L.Williams	Unatt	46.23
4. J.Sweeting	MDC	47.24
5. R.Barlow	MDC	51.56

LADIES

1. D.Reynolds	USA	76.06
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FRA BRITISH RELAY CHAMPIONSHIP

North Yorkshire

A/25m/5500ft 20.10.91

The gale force winds which had tormented the country during the week gave way to clear, dry and cold conditions for the Third F.R.A. British Relay Championship in which eighty-eight, four man teams took part. Twelve ladies teams were entered, but on the day only four ran, which was a little disappointing. It would also have been nice to have had a Welsh entry to make a truly British championship; Brian Irvine raised a good Ballydrain team which came over from Northern Ireland, and three Scottish clubs entered seven teams. An excellent cross section of English clubs travelling from all directions made up the remaining majority of teams.

The event consisted of two short and two medium 'A' category legs with each changeover taking place in the main event field within view of the beer tent. The organisers had been forced to keep details of the second leg secret, until the day of the event due to access problems, making navigation essential.

The first leg was a straight up and down affair with England International Craig Roberts finishing just ahead of Simon Thompson and Mark Jubb.

The second "Karrimor" type leg was inevitably a compromise; reasonable should the weather be bad (safety being paramount) but not too easy in good conditions, the latter prevailing on the day. In the event the following runners could, to some extent, capitalise on the mistakes of those in front. The positions at the end of the leg bore little resemblance to those at the start! Ian Holmes came through to lead at the changeover with Mark Rigby having run the fastest leg, close behind, lifting Ambleside from twenty sixth place. Bob Whitfield, the British and English Veteran Champion (designate) had a storming run to put Bingley veterans in an unassailable position and Clayton ladies were, at this stage establishing a clear lead.

The scene was set for a head to head clash between Andy Peace and Keith Anderson on the third leg. Andy was quickly overhauled but a wrong turning towards the end allowed him to regain the lead with nearly a minute in hand at the changeover.

Steve Hawkins was determined to do well running in his own back yard on leg four and extended his lead to give Bingley Harriers the FRA British Relay Championship. This was a fitting climax to the clubs season having recently been the first Yorkshire club to win the Ian Hodgson Relay and become the English and Yorkshire Team Champions.

RESULTS

1. Bingley	3.47.52
Leg 1. R.Lawrence	22.27
Leg 2. I.Holmes	1.23.02
Leg 3. A.Peace	1.18.41
Leg 4. S.Hawkins	43.42

2. Ambleside	3.54.48
Leg 1. P.Singleton	23.58
Leg 2. M.Rigby	1.21.42
Leg 3. K.Anderson	1.19.23
Leg 4. N.Fish	49.45

3. Clayton-Le-Moors	3.56.04
Leg 1. S.Thompson	21.15
Leg 2. M. Wall is	1.27.29
Leg 3. G.Huddleston	1.20.39
Leg 4. K.Manning	

4. Horwich	4.00.52
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6. Bingley Vets	4.01.32
7. Kendal	4.04.17
8. Pudsey & Bramley	4.04.50
9. Rossendale	4.04.59
10. Holmfirth	4.12.38
11. Calder Valley	4.13.02
12. Dark Peak	4.14.18
13. Lancaster & Morcambe	4.14.28
14. Claremont	4.15.12
15. Notts	4.16.05
16. Keswick	4.16.19
17. Pennine	4.19.16
18. Ballydrain	4.19.26
19. Macclesfield	4.19.55
20. Preston	4.20.00

VETERANS

1. Bingley	4.04.17
Leg 1. D.Quinlan	23.30
Leg 2. R.Whitfield	1.23.50
Leg 3. W. Padgett	1.27.12
Leg 4. B.Peace	49.45
2. Clayton-Le-Moors	4.20.05
3. Clayton-Le-Moors	4.21.48
4. Rossendale	4.22.15
5. Blackburn	4.26.00

LADIES

1. Pudsey & Bramley	5.03.16
Leg 1. C.Chidsey	33.10
Leg 2. Y.Haigh	1.40.40
Leg 3. C.Hunter-Roe	1.43.01
Leg 4. J.Schreiber	1.06.25
2. Clayton-Le-Moors	5.16.18
3. Lancaster & Morcambe	6.18.52
4. Calder Valley	7.07.14

KARRIMOR MOUNTAIN MARATHON 1991

Strathclyde
26/27.10.91

RESULTS

ELITE

1. M.McDermott/A.Belton	15h 22m 20
2. A.Powell/I.Powell	15h 46m 15
3. O.Bulholzer/M.Ramsauer	16h 02m 57

A CLASS

1. A.Cory-Wright/M.Jubb	13h 32m 47
2. M.Sellens/G.Sellens	14h 01m 21
3. R.Thetford/P.Warren	14h 28m 24

B CLASS

1. N.Conway/R.Stewart	09h 52m 43
2. G.Pettengell/K.Lomas	10h 34m 13
3. J.Duckworth/I.Mennie	10h 51m 49

C1 CLASS

1. A.Hemsted/M.Hemsted	07h 36m 16
2. P.Green/N.Lawford	07h 47m 16
3. A.Cousins/M.Stafford	08h 34m 52



Ballydrain's Jim Hayes on Leg 4 of the FRA relay.

Photo: Peter Hartley

GALE FELL RACE

Lancashire

CS/4.5m/900ft 27.10.91

This was the 25th running of the Gale Fell race, and I was pleased to organise it, as this was my first fell race 10 years ago. Kev Shand wondered what this jogger in leather trainers was doing beating him, and dragged me kicking and grinning on to the circuit. The course is more track than fell, but the race has been distinguished by some great athletic performances, especially in the days when it was the end of season bash for internationals who excelled on fell, track and cross country alike. Andy Holden's record isn't the oldest in the calendar by default: his contemporaries Colin Robinson and Jeff Norman came within seconds, and many good athletes have tried since: every year for 23 years! To put it in perspective, a good runner like Rob 'twice a day' Jackson was a full minute slower in winning this year's race, and that was without a cross country the day before, which was obligatory in Andy's day.

John Hope won a very competitive veterans race, with John Nixon and Monsieur Le Continent - Mike Short elbow to jambe behind. I considered disqualifying first 0/50 Don Ashton, and first 0/60 Derek Clutterbuck, as neither of them look their age, must ask for proof or a bribe in future. Robert Hope was first junior in 31st place.

In the women's race Carol Greenwood was untroubled winner, placing 38th overall. Jean Rawlinson was first veteran, with Pauline 'Libelous Photo' Dore behind. Caroline Whittam was first junior, "Oh no they've shuvved me in the senior race!" Please note that I am giving equal prizes to men and women, including a women's team prize, and I hope that more will be claimed next year or I will look even dummer than I look already!

* Dangerous start* Following consultations with my elders and betters I have decided to leave the start as it is, to preserve the tradition of the race and its record. This depends on your common sense. Take it easy at the start, or we may end up with someone turned into chips through colliding with the narrow bridge. Thanks!

Geoff Read

RESULTS

1. R.Jackson	Horw	25.00
2. M.Rice	Unatt	25.12
3. C.Lyon	Horw	25.39
4. D.Wilkinson	Roch	25.48
5. D.Hoolahan	Bury	25.58
6. J.Hope V	AchRat	26.35
7. M.Buckland	Clay	26.36
8. A.Baloney	Roch	26.46
9. M.Corbett	Ross	26.49
10. J.Nixon V	AchRat	26.50

VETERANS 0/40

1. J.Hope	AchRat	26.35
2. J.Nixon	AchRat	26.50
3. M.Short	Horw	26.52
4. P.Lyons	Bury	27.11
5. K.Shand	Roch	27.49

VETERANS 0/50

1. D.Ashton	Black	28.46
2. P.Fleming	Horw	30.02
3. K.Lodge	H'fax	30.20
4. R.Dewhurst	Clay	31.57
5. A.Davids	Ach Rat	32.48

VETERANS 0/60

1. D.Clutterbuck	Roch	33.44
2. J.Riley	Clay	42.35

LADIES

1. C. Green wood	Cald	29.20
2. J.Kenyon	Horw	30.59
3. G.Cook	Roch	32.16
4. A.Lee	Clay	32.35
5. C.Whittam J	Tod	33.34
6. J.Rawlinson V	Clay	34.20
7. L.Warin	Skip	34.53
8. D.Gowans	Acc	35.50

JUNIORS

1. R.Hope	Horw	28.47
2. J.Crossley	Roch	29.24
3. R.Jebb	Bing	32.24

*SPROGS' RACE

1. A.Gott	Unatt	12.11
2. P.Reynolds	Roch	12.37

BLACK LANE ENDS FELL RACE

Yorkshire

CS/5m/1000ft 3.11.91

Conditions were again cold but wetter with rain and then snow falling during the seniors race. Graham Schofield and Colin Valentine were together at the stream crossing on the first lap but Graham pulled away up the hill and was never in danger of being caught.

Two stiles had to be negotiated this year - a problem which could not be remedied, even by having marshals at the gates, due to sheep and tven trouble.

Numbers were quite well down on last year, with a particularly poor turnout of ladies. The statistics were 139 men of which 60 were veterans, only 9 ladies of which 2 were veterans, 16 juniors of which 2 were girls.

Neil Burrows

RESULTS

1. G.Schofield	Black	32.07
2. C.Valentine	Kesw	33.00
3. M.Buckland	Clay	33.25
4. A.Maloney	Roch	33.37
5. M.Short V	Horw	33.44
6. A.Schofield	Ross	33.51
7. S.Addison	Clay	34.02
8. B.Mitchell V	Clay	34.28
9. M.Addison	Clay	34.31
10. T. Davies	Bury	34.41

VETERANS 0/40

1. M.Short	Horw	33.44
2. K.Shand	Roch	34.55
3. P.Branhan	Craven	36.19
4. B.Peace	Bing	36.30
5. D.Lewis	Horw	36.32

VETERANS 0/45

1. B.Mitchell	Clay	34.28
2. P.Lyons	Bury	34.42
3. K.Carr	Clay	36.05

VETERANS 0/50

1. P.Fleming	Horw	38.31
2. R.Dewhurst	Clay	40.14
3. F.Wheeler	Bing	41.01

VETERANS 0/55

1. B.Rogers	Horw	44.20
2. J.Coope	Horw	46.03
3. J.Newby	Tod	47.01

VETERANS 0/60

1. D.Clutterbuck	Roch	43.47
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LADIES

1. C.Greenwood	Cald	38.05
2. K.Drake	Spn	38.53
3. E.Staig V	Settle	40.25
4. A.Lee	Clay	43.55
5. J.Rawlinson V	Clay	44.43
6. T.Hird	K'ly	44.59
7. S.Haines	Ilkley	46.27
8. T.Stanforth	K'ly	46.31

INTERMEDIATES U/17

1. M.Whitfield	Bing	10.19
2. M.Moorhouse	Saif	10.30
3. J.Smith	Cald	11.13
4. R.Jebb	Bing	14.19
5. B. Els worth	K'ly	11.38

FFORDD Y BRYNIAU

Mid-Glamorgan

BM/9m/2000ft 3.11.91

This was the tenth running of this race and there is still furious debate about which is the shortest route. Runners must check in at four peaks but can find their own route. This years winner Welsh International athlete, Paul Wheeler, was only just over a minute outside the record (John Hooper - Cardiff, 51.48) but according to those with most local knowledge did not take the shortest route in two important places. Herein lies the fascination in this race. Paul is determined to get it right next year.

Sixty nine runners braved the hail, wind, rain and thunder with wheeler an easy winner of the mens race. The ladies race was very exciting with all three ladies together on the last almost vertical climb. Vanessa Simon, leading at this stage had not done her homework and went wrong with only 400 metres to go leaving Frances Donald and Veronica Singleton to battle it out almost to the point of exhaustion. Les Williams of Brynceiniog kept up his recent tradition of winning the mens veteran race and has always finished very well in this race. The strong Royal Regiment of Wales (TA division) won the team prize while Mark Benbow of Cardiff had a very promising run in his first attempt at this kind of event.

A. Morgan

RESULTS

1. P. Wheeler	BRRW	53.01
2. P.Maggs	Chep	56.04
3. L.Williams V	Bryn	58.07
4. M.Davies	Stroud	59.00
5. G.Burke	MDC	59.16
6. D.Adlam	BRRW	59.42
7. M.Benbow	C'diffHSOB	60.22
8. L.Gwilym	Blaen	61.20
9. J.Darby	MDC	61.26
10. G.Parsons	Chep	61.44

VETERANS 0/40

1. L.Williams	Bryn	58.07
2. D.Booth	MDC	62.45
3. J.Sweeting	MDC	65.58

VETERANS 0/50

1. D.Fisher	MDC	70.47
2. M.Famham	Croup	82.40
3. D.Parry	C'diffHSOB	96.45

LADIES

1. F.Donald	Pegasus	73.55
2. V.Singleton	Croup	74.00
3. V.Simon	Beddau	75.50
4. S.Hubbs	Unatt	88.05



Carol Greenwood, on a comeback after injury, wins Black Lane Ends.

Photo: Steve Bateson

LOGGERHEADS COUNTRY PARK

FELL RACE

Clwyd

AM/10m/2800ft 3.11.91

Even though the weather was not as kind as the previous three years, there was a record field of 142 runners. Entrants for the first time found the course most enjoyable, even through the adverse weather conditions and snow falling on the mountain tops. This years race was a course record for the first lady, Deborah Flannagan of Wirral and the first veteran 0/50 - Donald Ashton of Blackburn.

J.Morris

RESULTS

1. D.Neill	StaffsM	76.19
2. M.Weedall	Penn	77.33
3. N.Fish	Amble	78.42
4. G.Williams	Eryri	79.25
5. D.Davies V	Hebog	79.37
6. J.Norman V	Alt	80.57
7. S.Hughes	Hebog	81.54
8. R.Wood V	Helsby	82.55
9. M.Williams	Penn	84.21
10. S.Wood	Penn	84.30

VETERANS 0/40

1. D.Davies	Hebog	79.37
2. J.Norman	Alt	80.57
3. R.Wood	Helsby	82.55

VETERANS 0/50

1. D.Ashton	Black	85.06
2. C.Brown	Merc	92.50
3. A.Wright	Warr	94.05
4. S.Fitzpatrick	Liv'Pool R	98.19
5. W.Murphy	Fords	99.24

LADIES

1. D.Flannagan	Wirral	95.59
2. A.George	Unatt	96.13
3. L.Davies	CEPAC	103.45
4. S.Ingham	Wrex	107.03
5. A.Bond	Wrex	116.46



Tony Hulme leads a group up the first climb at the Shepherd's skyline.

Photo: Dave Woodhead

TINTO HILL RACE

Lanarkshire

AS/4.5m/1500ft 9.11.91

In near perfect conditions Brian Potts of Clydesdale ran away from a quality field and smashed Alan Farningham's previous record out of sight! The first five finishers were all inside the old mark which had stood since 1985. The new strength of Scottish juniors showed with three in the top twenty in one of the classiest fields assembled in Scotland all year. Evergreen Del Davies once again clinched the veterans prize and Mari Todd easily won the women's race. Livingston won the team event from a strong Edinburgh University team making their debut as a force in Scottish Hill running.

A.Farningha

RESULTS

1. B.Potts	Clyde	30.55
2. A.Walker	EUHH	31.07
3. R.Lee	Liv'ston	31.11
4. D.McGonigle	Shet	31.16
5. G.Bartlett	Forres	31.21
6. J.Wilkinson	Gala	31.39
7. B.Rodgers	Loch	31.59
8. P.Mowbray	EUHH	32.14
9. S.Conway	Liv'ston	32.26
10. G.Ackland	Liv'ston	32.51

VETERANS 0/40

1. D.Davies	Hebog	34.09
2. J.Blair-fish	Cam	34.25
3. R.Morris	Cam	34.52

VETERANS 0/50

1. G.Armstrong	HELP	37.45
2. W.Gauld	Cam	39.08
3. P.Duffy	Annan	40.23
4. C.Chrysal	Loch	43.01
5. R.Mitchell	Tevt	43.09

LADIES

1. M.Todd	EUHH	38.05
2. C.Menhennet	EUHH	39.03
3. K.Macmillan J	EUHH	39.04
4. J.Robertson	WCCC	41.09
5. D.Everington	Liv'ston	43.34

JUNIORS

1. P. Mowbray	EUHH	32.14
2. J.Brooks	Loch	33.09
3. R.Hogarh	C'mont	34.10
4. J.Gallacher	Kend	35.57
5. M.Johnston	Cam	35.57

SHEPHERDS SKYLINE FELL RACE

Yorkshire

BS/6m/1150ft 9.11.91

A record breaking event won by Shaun Livesey who beat his 1989 record by 22 seconds. The field of 334 entries was up 65 on last years previous record. The weather was the best we have had in the six years of this race, both the day before and after had been atrocious. The junior field was up to 33 due to the large number of entrants from the Prince Henry Grammar School, Otley, though I still ended up with two spare shields.

In the senior race, Shaun and Jeff Hornby were together at Long Stoup in 13.13, with a short gap to Graham Schofield and then another gap to the chasing pack. At Stoodly Pike Shaun and Jeff were together in 18.43 with Graham 19.05. First lady Carol Greenwood was at the pike in 22.51, a minute in front of second placed Janet Kenyon. Shaun, who was the only one to run all the climb to Long Stoup was back there in just over 27 minutes with about 100m lead over Jeff. The slight route change there has improved the

course a bit. By the end of the race Shaun was a minute clear, however Jeff had the consolation of leading Spenborough to the team win although Rochdale were a very close second. Don Ashton in the 0/50 category beat the previous record by three minutes and Kathy Gott improved the record in the lady 0/35 category by forty seconds.

Mark Grice

RESULTS

1. S.Livesey	Ross	39.32
2. J.Hornby	Spn	40.29
3. G.Schofield	Black	40.55
4. C. Valentine	Kesw	41.31
5. G.Webb	CaldV	41.41
6. A.Maloney	Roch	41.47
7. P.Bowler	Staffs	42.05
8. P.Mitchell	Bing	42.16
9. D.Wilkinson	Roch	42.37
10. T.Lofthouse	Bing	42.46

VETERANS 0/40

1. J.Hope	AchRat	44.00
2. K.Shand	Roch	45.07
3. J.Nixon	AchRat	45.14
4. G.Newsam	Clay	46.09
5. P.Buttery	DenbyD	46.10

VETERANS 0/45

1. K.Carr	Clay	45.48
2. P.Jepson	Bury	47.27
3. D.Scott	Clay	49.28

VETERANS 0/50

1. D.Ashton	Black	47.01
2. P.Fleming	Horw	51.06
3. R.Dewhurst	Clay	51.56

VETERANS 0/55

1. R.Bray	B'pool	54.58
2. P.Lambert	ValleyS	55.01
3. J.Winters	B'pool	57.15

VETERANS 0/60

1. B.Leathley	Clay	59.45
2. M.Church	N Vets	69.14
3. J.Riley	Clay	77.05

LADIES

1. C.Greenwood	Cald	48.24
2. J.Kenyon	Horw	49.44
3. K.Drake	Spn	50.52
4. K.Gott V	Clay	51.54
5. R.Gee V	E.Ches	52.53
6. Y. McGregor	Bfd/Aire	53.14
7. L.Lord V	Clay	54.27
8. A.Lee	Clay	54.28

JUNIOR BOYS

1. J.Kettle	Midch	12.30
2. I. Hanson	Bing	12.52
3. J.Edwards	Bum	13.33

JUNIOR GIRLS

1. C.Whittem	Tod	13.46
2. C.Allen	Prince H	15.49
3. K.Yates	Prince H	16.39

CUMBERLAND CHASE

Cumbria

*0710m/3000ft 17.11.91

This year attracted a bigger field, and on the long course particularly there was some close competition at the sharp end. Congratulations to Phil Clark who just edged out Mark Seddon, and to Tony and Angela Brand-Barker who made it a family clean sweep in the short race.

Due to a change in land ownership and the associated access problems, I was forced to replan the long course at the last minute. This did not stop someone deliberately removing two control markers. Fortunately the first of these was on a very obvious feature and the second was manned, so although some runners may have lost a little time, I don't think the overall result was much affected.

I was disappointed to hear that a number of runners were seen crossing one of the out-of-bounds areas, whether this was deliberate or simply the result of not noting these down at registration is another matter. I could have planned to make this impossible but would have reduced the choice of routes. Perhaps I should be less trusting in future.

Colin Webb

RESULTS - Long Course

1. P.Clark	Kend	2.13.26
2. M.Seddon	Gloss	2.13.58
3. T.Laney	Clay	2.15.59
4. A.Lewesley	BorderL	2.17.06
5. A.Powell	LUOC	2.20.39
6. L.Thompson	Clay	2.24.34
7. M.Walford V	Kend	2.25.36
8. D.Rosen	L&M	2.27.45
9. A.Curtis	C'mont	2.30.42
10. R.Stanwix	WCOC	2.31.23

VETERANS 0/40

1. M.Walford	Kend	2.25.36
2. I.Heys	CFR	2.52.05
3. J.Harrison	CFR	2.54.21

VETERANS 0/50

1. B.Johnson	CFR	2.51.57
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LADIES

1. S.LewesleyV	BorderL	2.51.57
2. R.Pickvance	Kend	2.57.05
3. K.Darke	LUOC	3.05.23

RESULTS - Short Course

1. T.Brand-Barker	WCOC	1.22.33
2. A.Brand-Barker	WCOC	1.28.13
3. J.Arnold	CFR	1.30.02

WINTER HILL FELL RACE

Lancashire

AM/11m/2700ft 24.11.91

RESULTS

1. S.Thompson	Clay	87.15
2. G.Schofield	Black	87.23
3. N.Wilkinson	Clay	87.46
4. C.Valentine	Kesw	88.11
5. C.Lyon	Horw	90.17
6. T.Hesketh V	Horw	90.30
7. R.Ashworth	Ross	90.50
8. P.Sheard	Unatt	91.12
9. B.Brindle	Horw	91.26
10. S.Barlow	Horw	93.34

VETERANS 0/40

1. T.Hesketh	Horw	90.30
2. J.Hope	AchRat	93.58
3. S.Breckell	Clay	93.59

VETERANS 0/45

1. K.Carr	Clay	99.22
2. D. Kearns	Bolt	102.23
3. Y.Tridimas	Unatt	106.10

VETERANS 0/50

1. R.Bell	Amble	98.28
2. D.Ashton	Black	99.41
3. P.Murray	Horw	104.33

VETERANS 0/55

1. P. Duffy	Aber	114.33
2. M.Calvert	Bumden	119.21
3. J.Garbaring	AchRat	121.29

VETERANS 0/60

1. D.Clutterbuck	Roch	122.13
2. B.Leathley	Clay	134.26
3. J.Niblett	Horw	170.17

LADIES

1. A.Buckley	Leeds	102.30
2. C.Greenwood	Cald	102.58
3. J.Kenyon	Horw	109.45
4. E.Wright	Amble	112.06
5. S.Watson V	Vail S	118.07

LADIES 0/35

1. G.Scarisbrick	Horw	132.07
2. P.Matthews	Horw	132.32
3. S.Duffy	Spn	134.20

LADIES 0/40

1. S.Watson	VallS	118.07
2. M.Chippendale	Stock	125.15
3. P.Dickenson	Horw	139.30

TEAMS

1. Horwich	48 PTS
2. Blackburn	114 PTS

Ladies

1. Horwich	733 Pts
2. Horwich	833 Pts
3. Kendal	912 Pts

CARDINGTON CRACKER HILL

RACE

Shropshire

AM/10m/2600ft 1.12.91

Colin Donnelly, one of the country's top international fell runners, retained his title in the fourth Cardington Cracker - but it was desperately close.

Donnelly, a Scottish international, but based in North Wales and running for Eryri, won by almost two minutes last year, but this time only thirty seconds separated the top four.

The ten mile route involving 2600 feet of climbing is not easy and the organisers advise inexperienced runners to stay away. From the start the course approaches The Lawley via Hoar Edge and then descends the steep western facing slope before attacking the second peak, Caer Caradoc from where the descent is down past the Three Fingers rock. Runners then tackle Helmeth Hill on their way to Gaerstone Hill and follow the ridge to Hope Bowlder Hills and on to Willstone Hill before descending to the finish.

Donnelly, Mercia's Paul Cadman and Eryri's Emyln Roberts, chased by Telford's Sam Stevenson, got away from the field. On a damp but mild day, thick hill mist reduced visibility to twenty metres in places.

These four pulled gradually further away from the record 250 strong field making this Telford AC promotion one of the biggest on the Shropshire calendar and the final event in the County Fell Running Championship.

Stevenson, enjoying an excellent series of results over the last few weeks, tried everything but could not make contact with the first three.

The international class of Donnelly showed as he always seemed to have something in reserve and despite frantic "stile leaping" by the chasing two, held on by two seconds. His winning time of 1.14.39 was faster than previously, but this year's course was slightly shorter than that used before. Only three seconds split the top three in a cracking finish living up to the race's name.

Stevenson, fourth, but some eight minutes quicker than when third in 1989, was pleased with his run and some three minutes clear of the fifth place runner.

RESULTS

1. C.Donnelly	Eryri	1.14.39
2. P.Cadman	Merc	1.14.41
3. E.Roberts	Eryri	1.14.42
4. S.Stevenson	Telf	1.15.10
5. S.Willmott	Merc	1.18.18
6. T.Haywood	DeeLux	1.18.53
7. G.Patten	MDC	1.20.12
8. R.Day	Merc	1.20.19
9. G.Williams	Eryri	1.20.23
10. D.Miller	Merc	1.20.29
11. T. Jones	Eryri	1.20.49
12. D.Davies V	Hebog	1.20.57
13. D.Tromans	Merc	1.21.34
14. S.Houghton	CaldV	1.21.39
15. A.Kay	Thames	1.21.44



Runners finally reach the Trig on Winter Hill.

Photo: Steve Bateson

VETERANS 0/40		
1. P.Stolt	Hebog	1.23.30
2. T. Longman	H'coat	1.25.42
3. J.Fry	Telf	1.25.59
4. L.Williams	Brych	1.26.03

VETERANS 0/45		
1. D.Davies	Hebog	1.20.57
2. T.Thompson	Merc	1.33.25
3. H.Stansfield	Eryri	1.33.52

VETERANS 0/50		
1. R.Bell	Amble	1.22.44
2. C.Brown	Merc	1.32.49
3. E.Knight	Merc	1.38.00
4. B.Nicholas	Merc	1.40.12
5. A.Corfield	N'port	1.42.26

VETERANS 0/55		
1. M.Ward	OswestO	1.35.13
2. G.Gartrell	Wrex	1.48.34
3. A. B reek well	Borr	1.49.04

VETERANS 0/60		
1. F.Wheatcroft	DeeLux	2.27.09
2. M.Mcdermid	B'line	2.31.37

LADIES		
1. D. Robinson	N'brook	1.36.04
2. A.George	Merc	1.38.07
3. A.Forest	Mersey	1.42.06
4. E.Evans	N Derby	1.43.23
5. J.Jeffries	OswestO	1.51.22
6. B.Evans	Unatt	1.51.48
7. A.Bond	Wrex	1.55.38
8. J.Witterick V	Shrop Shuff	1.57.57

JUNIORS		
1. R.Unwin	Telf	1.26.29

BOLTON BY BOWLAND FELL RACE Lancashire CM/8m/800ft 1.12.91

Bolton By Bowland Fell Race increases in popularity each year, perhaps it is considered a good loosener for the following weeks Calderdale Way Relay.

Before the off, it looked likely that the field of 241 would be spearheaded by Shaun Livesey and Graham Huddleston; this proved to be the case. They were together at the halfway stage, but Shaun pulled away in the later stages to win the race for the second time, but missed breaking his record for the course.

The leading Veterans were well placed in fourth and fifth places, with Barry Mitchell Breaking the 0/45 record and Don Ashton the 0/50. With Carol Greenwood and Maureen ("I've got a terrible hangover") Laney lining up, I thought the ladies record might be in jeopardy and sure enough Maureen knocked four minutes off her own record.

Roger Dewhurst

RESULTS		
1. S.Livesey	Ross	44.43
2. G.Huddleston	Clay	45.14
3. C.Hirst	Settle	45.38
4. D.Soden V	SWAC	45.56
5. T.Hesketh V	Horw	46.11
6. C.Lyon	Horw	46.19
7. B.Evans	Amble	46.26
8. S.Breckell V	Clay	46.29
9. A.Schofield	Ross	46.57
10. J.Taylor	Clay	46.57

VETERANS 0/45		
1. B.Mitchell	Clay	48.13
2. J.Nuttall	Clay	49.01
3. P.Lyons	Bury	49.11

VETERANS 0/50		
1. D.Ashton	Black	51.08
2. M.Bichsel	Skyrac	53.51
3. K.Lodge	Hflx	54.55

VETERANS 0/60		
1. D.Talbot	Clay	64.36
2. A.Frost	Clay	75.16
3. J.Riley	Clay	76.38

LADIES		
1. M.Laney	Clay	50.47
2. C.Greenwood	CaldV	52.12
3. K.Gott	Clay	56.54
4. L.Lord	Clay	57.56
5. A.Lee	Clay	59.04

JUNIORS		
1. W. Jones	Lost	59.49
2. S.Smith	Lost	60.57
3. J.Wilde(Unatt)		71.15



Kippax changeover at the end of Leg 1, Calderdale Way Relay
Photo: Steve Bateson

CALDERDALE WAY RELAY

Yorks/Lancs 50m/6000ft 8.12.91

After horrendous weather conditions on the last two years, this year could not have been better. The start, which at one stage seemed as though it would be delayed at least ten minutes due to the mugs which should have been in packs of twelve but came in boxes of thirty-six. This was a tense time for Manchester University's lone runner, who, thinking he had no team decided not to run. Had he done so, the team would have finished in the top fifteen.

Holmfirth 'A' were accused of using abusive language against Calder Valley 'A' on leg 5, seemingly for not helping them with the route. No penalties were given.

Each year we emphasise the necessity to keep to the route and follow the country code in order not to upset the local landowners and the countryside rangers. The majority of teams have now learned that running with your partner rather than 200 yards apart is to the teams advantage.

RESULTS		
1. Clayton 'A'		5.36.01
Leg 1 Huddleston/Manning		1.10.25
Leg 2 Woods/Greenwood		55.47
Leg 3 Watson/Buckland		33.59
Leg 4 Wallis/Thompson		1.02.34
Leg 5 Loney/Roche		50.26
Leg 6 Fay/Wilkinson		1.02.50
2. Pudsey and Bramley 'A'		5.38.29
3. Rossendale 'A'		5.43.52
4. Bingley 'A'		5.48.33
5. Holmfirth 'A'		5.54.13
6. Calder Valley 'A'		5.54.40

VETERANS		
1. Clayton Vets		5.55.35
Leg 1 Hargreaves/Mitchell		1.14.21
Leg 2 Nuttall/Targett		58.53
Leg 3 Wright/Famworth		36.13
Leg 4 McWade/Holt		1.05.59
Leg 5 Perrow/Newsome		52.12
Leg 6 Robinson/Hutchinson		1.07.57
2. Bingley Vets		5.59.53
3. Rochdale Vets		6.23.15

LADIES		
1. Clayton Ladies		7.05.35
Leg 1 Laney/Cook		1.23.50
Leg 2 Brindle/Gott		1.08.31
Leg 3 Thompson/Bostock		44.27
Leg 4 Lord/Lee		1.20.11
Leg 5 Dodds/Rawlinson		1.04.37
Leg 6 Lewis/Moore		1.23.59
2. Bingley Ladies		7.48.16
3. Rossendale Ladies		7.56.51

UP AND DOWN THE STOOP 5.5m/800ft 22.12.91

Ian Holmes improved on last years second place, leaving on a high note, to take up his post as a ski instructor in the Italian Southern Tyrol. Gary Devine was fourth at the boundary stone but leapt the finish gate in better style than Hinchcliffe and Maloney.

Don Ashton created a new super veteran record and Carol Greenwood a new ladies record, in fact five ladies beat the old 44.06.

RESULTS			
1. I.Holmes	Bing		31.50
2. G.Devine	P&B		32.50
3. D.Hinchcliffe	Dews		32.52
4. A.Maloney	Roch		32.54
5. J.Smith	P&B		33.40
6. M.Woods	Clay		33.45
7. M.Buckland	Clay		33.50
8. S.Addison	Clay		34.12
9. B.Evans	Amble		34.15
10. D.Woodhead	Horw		34.26

VETERANS 0/40			
1. D.Beels	Roch		34.34
2. G.Newsam	Clay		36.19
3. J.Dore	Roch		38.28

VETERANS 0/50			
1. D.Ashton	Black		36.06
2. A.Ratcliffe	KglyHR		43.57

LADIES			
1. C.Greenwood	CaldV		36.38
2. L.Bostock V	Clay		40.51
3. W. Dodds V	Clay		42.04
4. J.Rawlinson V	Clay		43.45
5. M.Curran	Unatt		46.47

INTERMEDIATES U/18			
1. B.Elsworth	KHR		37.22
2. C.Ashton	Black		38.11
3. J.Smith	CaldV		39.59

WHINBERRY NAZE DASH Lancashire BS/4.5m/750ft 26.12.91

The organisers had the most difficult job this year in choosing the best dressed fancy dress runners. A lot of time and effort had obviously gone into the outfits, picking the best was impossible, every one was a winner. Fancy dress runners outnumbered those in usual regalia underlining the spirit of the event.

Ian Holmes was a runaway winner even finding time to launch an attack on Santa on the summit in an effort to de-beard him to find out who our mystery man in red really was. It turned out to be his best mate Ian Ferguson, although Holmes had no idea. Team mate Andy Peace just pipped Shaun Livesey for second place although Rossendale were not to be denied their team award finishing with three counters in the first six.

Due to the large entries of 265 runners, Santa ran out of Smarties for the tail enders and nearly lost his trousers after being assaulted by a bunch of local girls intent on revenge. The scouts are already out looking for next years great mystery Santa. *Graham Wright*

RESULTS			
1.I.Holmes	Bing		24.25
2. A.Peace	Bing		24.48
3. S.livesey	Ross		24.49
4. M.Aspinall	Ross		25.03
5. G.Schofield	Black		25.09
6. G.Wadsworth	Ross		25.58
7. R.Jackson	Horw		26.02
8. G.Wilkinson	Clay		26.15
9. A.Maloney	Roch		26.29
10. S.Jackson	Horw		26.38

VETERANS 0/40			
1.K.Taylor	Ross		26.56
2. J.Hope	AchRat		27.23
3. D.Beels	Roch		27.55
4. D.Lewis	Horw		28.26
5. S.Furness	Black		29.17
6. T.Hulme	Penn		30.26
7. A.Kenyon	Ross		30.28

VETERANS 0/45		
1. P. Lyons	Bury	28.01
2. K. Carr	Clay	29.10
3. D. Kay	Bolt	29.26
4. J. Crummett	CFR	31.14
5. C. Taylor	Clay	31.36

VETERANS 0/50		
1. D. Ashton	Black	29.42
2. J. Jenkinson	AchRat	32.04
3. R. Jacques	Clay	32.09
4. P. Duffy	Aber	34.03
5. D. Brown	Clay	35.29

LADIES		
1. C. Greenwood	CaldV	29.19
2. M. Bergstrand	Mand	32.29
3. S. Watson V	VallS	34.06
4. S. Lloyd V	PLS	35.04
5. A. Lee	Clay	35.42
6. L. McTeman	Ross	36.28
7. D. Gowans	Acc	36.59
8. P. Dore V	Unatt	40.02

LADIES VETERANS 0/35		
1. S. Watson	VallS	34.06
2. S. Lloyd	PTS	35.04
3. P. Dore	Unatt	40.02
4. M. Hurst	Horw	41.00
5. C. Sweatman	Horw	43.36

EIGHTH ANNUAL TRIGS POINT RACE CM/15m/1500' Staffs 5/1/92

There was a rush of entries during the last week this year which produced one of the largest fields to date. It was a quality field with the overall winner coming from anyone of ten people. The veterans and ladies also was to be equally exciting. The weather was good, no rain and mild. Where is the snow I keep promising?

In the race 6 people broke away with John Taylor, Dave Troman, Paul Cadman, Dave Neill, Steve Palmer and Nick Pugh. Close behind was Dave Miller and Mike Hartley. At Moors Gorse they had pulled away. In the ladies race, Carol Greenwood had already a big lead with Elaine Statham, Andrea George and Alice Bedwell chasing hard behind and now having their own battle.

Dave Troman pushed hard to Castle Ring and by Breton Spurs only John Taylor was with him. By the time they entered the last Trig Point it was a sprint and John just won with last year's winner producing his fastest ever time.

In the ladies race Carol Greenwood produced a fine run to take the ladies record with Elaine Statham second and Andrea George third.

May I again thank all who helped with the race this year, the marshalls, those on registration, finish and results and those who helped in the kitchen. Without their help the race cannot go on.

Richard Dax

RESULTS		
1. J. Taylor	Holm	1.27.33
2. D. Troman	Mercia	1.27.45
3. N. Pugh	G.O.	1.28.07
4. S. Palmer	U/A	1.28.46
5. D. Neill	S/Moor	1.28.46
6. P. Cadman	Mercia	1.31.57
7. D. Miller	Mercia	1.34.04
8. M. Hartley	Macc	1.34.37
9. K. Jellyman	Rugeley	1.37.09
10. P. Gebbett	Nott OC	1.37.34
11. M. Hartell	Dees	1.37.40
12. R. Thompson	U/A	1.37.55
13. T. Haywood	DLux	1.38.05
14. S. Mansbridge	Mercia	1.38.48
15. M. Seddon	Gloss	1.39.42
16. C. Taylor	Mercia	1.39.43
17. M. McDermott	Macc	1.39.44
18. J. Greatholder	C&S	1.40.18
19. C. Beadle	Holm	1.41.41
20. B. Couth	Mercia	1.41.43
21. P. Cleary	CV	1.41.59
22. N. Evans	Erew	1.42.24

VETERANS		
1. J. Marsh	THendre	1.43.37
2. M. Wittering	Hunc	1.43.51
3. R. Hyman	Mercia	1.44.10

LADIES		
1. C. Greenwood	CV	1.42.28
2. A. George	Mercia	1.50.48
3. A. Bedwell	MDC	1.51.51

BOULSWORTH HILL BM 6.5m/1200' 1/01/92

RESULTS		
1. S. Livesey	Ross	46.14
2. A. Trigg	Gloss	42.24
3. C. Valentine	Kesw	46.46
4. I. Ferguson	Bing	47.26
5. W. Ramsbottom	P&B	47.47
6. P. Sheard	P&B	47.53
7. G. Webb	CV	47.56



Martin Pugh (Skyrac) crossing Turnhole Clough early in the race.

Photo: Peter Hartley

8. C. Lyon	Horw	48.10
9. G. Devine	P&B	48.33
10. A. Maloney	Ross	48.54

VETERANS 0/40		
1. K. Taylor	Ross	50.24
2. J. Holt	CleM	51.17
3. P. Lyons	Bury	51.36

0/50		
1. B. Jones	u/a	52.11

LADIES		
1. S. Rowell	Leeds	52.13
2. C. Greenwood	CV	55.27
3. A. Forrest	7	57.15

LADY VETERANS		
1. J. Teague	Bing	66.08

TEAM		
Pudsey & Bramley		

JUNIOR BOYS		
1. R. Ashdown u/15 KHR		21.04
2. J. Wellock u/14	KHR	22.12
3. A. Bumett u/13	Leeds	22.45
4. G. Ridings u/16	CleM	23.03

JUNIOR GIRLS		
1. J. Hetherington	Malham	31.34
2. K. Jazawitch	Malham	32.21
3. D. McHugh	New Marske	34.47

STANBURY BM 7m/1200' 25/1/92

RESULTS		
1. S. Hawkins	Bing	45.16
2. A. Trigg	Gloss	45.17
3. W. Brindle	Horw	45.52
4. C. Valentine	Kesw	45.57
5. M. Bell	Horw	45.59
6. I. Ferguson	Bing	46.12
7. S. Livesey	Ross	46.21
8. A. Scott	Ross	46.26
9. T. Byrne	Bristol	46.27
10. W. Ramsbottom	P&B	46.30

VETERANS 0/40		
1. B. Ashworth	Ross	47.00
2. T. Hesketh	Horw	49.17
3. L. Hutchinson	CleM	50.00

4. J. Hope	A Ratti	50.27
5. G. Newham	CleM	51.45

VETERANS 0/45		
1. P. Lyons	Bury	50.31
2. K. Carr	CleM	51.22
3. G. Howard	Ilkley	53.33

VETERANS 0/50		
1. R. Toogood	DPFR	50.26
2. D. Ashton	Black	52.04
3. I. Noot	EPOC	55.43

LADIES		
1. C. Greenwood	CV	54.08
2. J. Kenyon	Horw	56.29
3. K. Drake	Spenn	57.50

MICKLEDEN STRADDLE 2/2/92

CM/11V2m/1800' Yorks

1. I. Ferguson	Bing	01.25.30
2. A. Peace	Bing	01.25.36
3. A. Wrench	Tod	01.26.27
4. A. Jones	Gloss	01.26.42
5. P. Buttery	Holm	01.27.28
6. G. Watson	Macc	01.27.50
7. D. Sunderland	Spenn	01.28.07
8. M. Seddon	Gloss	01.28.10
9. N. Conway	Mand	01.28.29
10. T. Lofthouse	Bing	01.28.40

VETERANS 0/40		
1. P. Buttery	Holm	01.27.28
2. J. Norman	Altr	01.28.55
3. D. Cartwright	Pen	01.31.42
4. C. Todd	Harr	01.34.27
5. T. Hulme	Penn	01.36.59

VETERANS 0/50		
1. B. Toogood	DkPk	01.30.08
2. R. Shaw	EPOC	01.47.05
3. P. Duffy	Aber	01.48.00

LADIES		
1. J. Smith	DkPk	01.44.22
2. P. Mee	Glossop	01.50.17
3. J. Schmeider	P&B	01.53.58
4. B. Tingle	Pen	02.04.03
5. K. Whittingham	Denby	02.06.47

1991 CHAMPIONSHIP RESULTS

BRITISH FELL RUNNING

RESULTS

1. K. Anderson	Amble	125
2. G. Bland	Borrow	114
3. A. Peace	Bin	113
4. G. Devine	Pudsey	83
5. D. Neill	Staffs	80
6. M. Rigby	Amble	79
7. S. Hawkins	Bin	78
8= B. Whitfield	Bin	75
8= G. Schofield	Black	75
10. J. Bulman	Borrow	72
11. P. Dymoke	Liv	69
12. G. Wilkinson	CLM	65
13. S. Booth	Keswick	64
14. M. Croasdale	Lancs	61
15. J. Hooson	Amble	60
16= R. Jamieson	Amble	56
16= I. Holmes	Bin	56
18. R. Pallister	Pudsey	54
19. P. Sheard	Pudsey	50
20. I. Ferguson	Bin	49
21. M. Wallis	CLM	48
22. S. Livese	Ross	46
23. D. Rodgers	Loch	44
24. E. Roberts	Eryri	43
25= W. Gaunt	Pudsey	40
25= J. Wilkinson	Gala	40
25= M. Hoff	Amble	40
25= M. Bagness	Amble	40
29. R. Bergstrand	Mandale	37
30. J. Maitland	Pudsey	34

VETERANS 0/40

1. B. Whitfield	Bin	88
2. R. Taylor	Penn	67
3. K. Taylor	Ross	64
4. J.B. Fish	Cam	58
5. T. Hulme	Penn	57
6. J. Holt	CLM	50
7. T. Hesketh	Hor	44
8. W. Bland	Borrow	36
9= P. Marshall	Hadd	32
9= E. Butler	Aber	32
11= J. Winder	CV	29
11= R. Mitchell	Man	29
13. P. McWaade	CLM	25
14. D. Quinlan	Bin	21
15. D. Davies	Hebog	19
16= M. Walsh	Ken	18
16= S. Breckell	CLM	18
18= A. Childs	Eryri	17
18= R. Sutcliffe	CV	17
18= R. Taylor	Penn	17

VETERANS 0/50

1. R. Bell	Amble	84
2. D. Ashton	Black	78
3. A. Phillipson	Gosforth	74
4. A. Evans	Amble	73
5. B. Thackery	DPFR	60
6= R. Dewhurst	CLM	52
6= B. Johnson	CFR	52
8. H. Blenkinsop	Kees	50
9. D. Tilly	Ross	43
10. R. Hirdt	Eyri	36
11. G. Brass	CLM	34
12. R. Jacques	CLM	33
13. P. Covey	Pudsey	27
14. M. Breslin	Lancs	24
15. E. Blamire	Tod	23
16. H. Thompson	CLM	22
17. C. Brown	Mercia	20
18. W. Gauld	Cam	18
19. D. Amour	Cam	17
20= P. Fleming	Hor	16
20= A. Shaw	Rochdale	16

LADIES

1. T. Calder	ESPC	48
2. C. Crofts	DPFR	35
3. H. Diamantides	Ammble	29
4. C. Cook	CLM	28
5. J. Smith	DPFR	27
6. M. Todd	Amble	22
7. N. La very	Amble	18
8= P. Rother	ESPC	12
8= Y. Haque	Pudsey	12
10. A. Wright	Macc	11

LADIES VETERANS

1. T. Calder	ESPC	48
2. J. Smith	DPFR	39
3. K. Gott	CLM	24
4. W. Dodds	CLM	23
5. L. Lord	CLM	22
6. J. Teague	Bin	17
7. A. Watmore	DPFR	16
8. E. Stair	Settle	16
9. L. Bostock	CLM	15
10= S. Rowson	Macc	11
10= K. Thompson	Macc	11

TEAM

1. Ambleside	45
2. Pudsey	41
3. Bingley	39
4. Keswick	26
5. CLM	24
6. Horwich	17
7= Rossendale	15
7= Eryri	15
9. Lochaber	13
10. Rochdale	12

LADIES TEAM

1. Ambleside	45
2. DPFR	41
3. CLM	35
4. Macclesfield	29
5. Eryri	6

ENGLISH FELL RUNNING

RESULTS

1. G. Bland	Borrow	110
2. A. Peace	Bin	107
3. P. Dymoke	Liv	98
4. M. Croasdale	Lancs	93
5. K. Anderson	Amble	90
6. I. Ferguson	Bin	82
7. I. Holmes	Bin	78
8. S. Hawkins	Bin	77
9. J. Bulman	Borrow	74
10= B. Whitfield	Bin	72
10= G. Devine	Pudsey	72
12. G. Schofield	Black	69
13. R. Bergstrand	Mandale	66
14. G. Wilkinson	CLM	64
15. G. Webb	C.V.	56
16= R. Jamieson	Amble	54
16= S. Livese	Ross	54
18. J. Parker	Illkley	53
19. M. Rigby	Amble	51
20- D. Neill	Staffs	50
20= R. Pallister	Pudsey	50

VETERANS 0/40

1. B. Whitfield	Bin	85
2. T. Hesketh	Hor	78
3. R. Taylor	Penning	64
4. W. Bland	Borrow	58
5. J. Winder	CV	47
6. J. Nuttall	CLM	40
7. K. Taylor	Ross	39
8. B. Padgett	Bin	36
9. J. Holt	CLM	34
10. K. Carr	CLM	33
11. P. Me Wade	CLM	32
12= G. Newsam	CLM	30
12= N. Berry	Holm	30
12= D. Quinlan	Bin	30
15= R. Sutcliffe	CV	29
15= K. Shand	Roch	29
17= T. Hulme	Penning	27
17= L. Hutchinson	CLM	27
17= M. Walsh	Kendal	27
20. B. Deegan	Roch	26

VETERANS 0/50

1. R. Bell	Amble	84
2. D. Ashton	Black	78
3. A. Phillipson	Gosforth	77
4. A. Evans	Amble	70
5. P. Covey	Pudsey	63
6. H. Blenkinsop	Kes	55
7. R. Jacques	CLM	54
8. M. Breslin	Lancs	46
9. F. Gibbs	Harbome	43
10= R. Dewhurst	CLM	40
10= B. Johnson	CFR	40
10= B. Thackery	DPFR	40
13. E. Blamire	Tod	38
14. C. Brown	Mercia	35
15. S. Bradshaw	CLM	31
16. D. Tilly	Ross	28
17. H. Thompson	CLM	25
18. D. Hodgson	Amble	23
19. G. Brass	CLM	19
20= M. Baldwin	UA	18
20= N. Bush	Han-	18

LADIES

1. C. Cook	CLM	43
2. C. Croft	DPFR	36
3. J. Smith	DPFR	25
4. J. Kenyon	Lostock	24
5. H. Diamantides	Amble	21
6. M. Todd	Amble	15
7. Y. Haque	Pudsey	13
8= T. Calder	ESPC	12
8= A. Buckley	Leeds	12
10. W. Dodds	CLM	11

WELSH CHAMPIONSHIPS

1. E. Roberts	Eryri	83
2. D. Davies	Hebot	72
3. H. Parry	Eryri	53
4. A. Childs	Eryri	51
5. S. Blease	MDC	45
6. A.T. Williams	Eryri	43
7. S. Forster	MDC	39
7= E. Evans	Eryri	39
9. J. Thin	Eryri	38
10. J. Sweeting	MDC	32

VETERANS 0/40

1. D. Davies	Hebog	88
2. A. Childs	Eryri	80
3. H. Parry	Eryri	76
4. M. Blake	Eryri	67
5. J. Sweeting	MDC	66
6. R. Hird	Eryri	62
7. T. Mackie	Eryri	49
8. J. Bennell	Eryri	38
9. D. Thomas	Eryri	35
9= D. Williams	Eryri	35

VETERANS 0/50

1. R. Hird	Eryri	66
2. G. Lloyd	Wrexham	40
3. J. Pope	Eryri	31
4. D. Fisher	MDC	22
5. M. Hicks	MDC	20

LADIES

1. J. Teague	Bingley	84
2. S. Bennell	Eryri	68
3. L. Kirk	MDC	44
4. L. Campbell	Eryri	36
5. S. Ingham	Wrexham	35
6. R. Parry	Eryri	33
7. N. Lloyd	Wrexham	28
8. Alice Bedwell	MDC2	22
8= T. Yarham	Eryri	22
10. A. Brand-Barker	Eryri	20
10= H. Moore	Eryri	20

SCOTTISH

1. A. Famingham	Gala	76
2. J. Wilkinson	Gala	72
3. D. Bell	HELP	67
3= P. Hughes	Lochaber	67
5. M. Rigby	Westerl	51
6. P. Marshall	HELP	42
7. D. Rodgers	Lochaber	39
8. J. Blair-Fish	Camethy	38
9.1. Wallace	HBT	36
10. B. Rodgers	Lochaber	34
11. J. Thin	Eryri	24
11= E. butler	Aberdeen	24
11= R. Boswell	Lochaber	24
14. A. Soenccley	Camethy	23
15. B. Gauld	Camethy	22
16. C. Donnelly	Eryri	21
17. A. Garside	Ayr Seaf.	20
18. P. Dymoke	Livingston	19
18= B. Potts	Clydesdale	19
18= J. Coyle	Camethy	19

VETERANS 0/40

1. P. Marshall	HELP	42
2. J. Blair-Fish	Camethy	39
3. E. Butler	Aberdeen	33
4. T. Ross	Fife	26
5. E. Rennie	Aberdeen	22
6. R. Nicoll	Fife	19
7. B. Maher	HBT	13
8. J. Nixon	Achille R.	11
8= B. Edridge	Clydesdale	11
10. D. Milligan	Solway	8
10= C. Bain	Perth	8
10= S. Balfour	Livingston	8

VETERANS 0/50

1. B. Gauld	Camethy	42
2. D. Amour	Camethy	40
3. R. Mitchell	Teviotdale	31
4. B. Pringle	Teviotdale	24
5. R. Gorman	S. Vets	22
6. G. Armstrong	HELP	20

TEAMS

1. Lochaber	44
2. Camethy	40
3. HELP	29
4. Livingston	27
5. Westerlands	26

LADIES

1. T. Calder	ESPC	44
2. L. Hope	Lochaber	35
3. P. Rother	ESPC	28
4. M. Small	Clydesdale	24
5. S. King	Clydesdale	20
5= C. Menhennet	Clydesdale	20
7. F. Russell	Lochaber	15
8. G. Paul	Camethy	12
9. L. Longmore	Annan	11
10. P. McLauhlin	Westerl.	10



*Clayton (S. Thompson) and Kendal (C. Roberts)
descend on Leg 1 of the FRA Relay.
Photo: Steve Bateson*

and now for something completely different...



The Coed y Brenin 'yomp' is set in the mountain scenery of southern Snowdonia. Coed y Brenin - Forest of the King - is the setting for the annual 'yomp'. For the past 10 years the Forestry Commission have acted as hosts for this popular event which follows a new course on each occasion.

Each male competitor is expected to carry 25lbs and each female 15lbs over a course that aims to cover as much variety of terrain as possible over a distance of approximately 8 to 12 miles. Competitors take part as individuals or as teams of three.

Course organiser for the past 10 years has been Mark Yorke, the local Forestry Commission manager. "I enjoy giving them a few surprises on the route", he says, "and I wait with interest to hear the feedback comments on how painful and fun they find the various obstacles en route".

N. B. This is NOT an FRA event

Competitors start off at timed intervals and past winners have included Patrick Winterton, ex Royal Marine and captain of Britain's cross country ski team at the Calgary Winter Olympics, and Dafydd Roberts, champion mountain cyclist and past winner of "Survival of the Fittest".

Competitors enjoy a course that includes stretches of knee deep bog, forest tracks, open hill, rocky crags, paths and the occasional river crossing. All within a setting of fine mountain and varied forest scenery. "Fun and competitiveness are the order of the day" says Mark Yorke, "Entries to date have been mainly from this locality of Gwynedd, however, to celebrate the 10th anniversary of the event we hope to draw entries from a wider field in 1992." This years event is on Saturday May 30th from the Forestry Commission's Coed y Brenin visitor centre about 6 miles north of Dolgellau.

waite Cove and others went via Fairfield and close to Ruthwaite Lodge. Phil Clark's straight-line variation on this took in a lot of rough ground; David Bland who farms the area took a similar route and says there's a good line!

Carol McNeill took the high route to Hard Tarn, but several women including OS runner Debbie Cooper went by Ruthwaite Lodge. The Hard Tam checkers found some arriving spot on ("been here before") and others who overshot, following runners leaving the tarn for the ridge. The steep slope above echoed to shouts of "Below!".

From Dunmail Raise the straight way up Steel Fell and along the ridge was probably fastest, but the ascent at this stage of the race must have led many to ponder on routes to the south. The snag is bracken! Spectators at Dunmail had a lot of fun watching decisions being made (or avoided). Martin Hudson's line across Greenbum was probably the best of the southward variations.

Billy Bland was probably the only runner to take a direct line to Ash Craggs, which was there to set up the last leg to Ullscarf Gill. There is a good line under Ash Craggs so round the top via Greenup Edge was certainly as fast as dropping down into Wythbum and climbing out near Castle Crag.

The routes this year were noticeably shorter than last year. We aimed for a men's winning time in good weather of about 3fe hours and a last man's time of about 8 hours; both targets achieved! This meant that the majority of runners finished in good time for a meal and chat afterwards, and allowed the caterers and others to pack up at a sensible time - all, we think, without diminishing the quality of the race. Comments immediately afterwards supported this view and it will no doubt be discussed by the LDMTA Committee.

Once again we express our admiration and congratulations to all runners, especially the two winners, and to the oldest (Ed Hill) and the youngest (Gavin Bland).

John Lagoe and Bill Hunter

Snippets

You may remember our piece on Aubrey Balmoral Courtney-Davies who undertook a charity run on June 30th last year in aid of Pets Lifeline in Keswick. The run was completed in the most atrocious weather and one navigation error from Green Gable led our intrepid runner to end up on Base Brown at the head of Gillercombe instead of Brandreth!

The run raised around £1000 for the charity. The participants - who were met by serving maids at Honister - express their thanks to all concerned.



Race Review

Ordnance Survey Lakes Mountain Race Course Planners' Report

Heavy rain and high winds on Saturday; heavier rain on Monday, and in between a superb day for the "mountain trial". Too fine? The planners always hope for at least some mist, to give an edge to the good navigators: they've not had that for six years! However good conditions mean fewer worries for the organisers and, together with the shorter routes, made a very enjoyable day for runners and helpers.

In general the nature of the terrain allowed runners to choose a lot of path including in preference to straight line routes, and many did so, though very few (including Billy Bland and Debbie Cooper,) started that way, running horizontally. Most men used Raise Beck to reach Grisedale Hause and then make an ascending traverse to the ridge north of Great Rigg. For some the start of the steep descent to Rydal Beck was in mist, making immediate route choice awkward.

The checkers in Tongue Gill reported women runners coming from all directions: it's a long drag round to the west of Seat Sandal and not easy to keep the right height. Carol McNeill's route by Grisedale Hause was probably quicker, but involves a dog-leg on the next stage.

Checkpoint M2 was placed simply to set up the next leg to Hard Tam. Here the attraction of path running led many (including the winner) to go over the tops. However a good number chose to traverse under The Step to Deepdale Hause and then into Ruth-

Organiser's Report

After seven years as organiser, it is time for a change. Next year's race will be masterminded by Geoff Coverdale who has been entries secretary for several years.

The "OS Race" only happens because of the enthusiastic teamwork of a multitude of volunteers and I am very grateful for their help over the years. I should particularly mention the help of our sponsors, the Ordnance Survey; it has been a pleasure to work with Jim McKee and more recently Peter Flood, and to meet Charlie Payne and John Leonard each year. Without their support, the race could not take place in its present form.

It has been a privilege to be involved in the organisation of this unique event and I have made many friends. Sometimes when things go wrong, I wonder why I bother. But it all seems worth the effort on the day and it is very satisfying to see the many competitors who return year after year and express their appreciation.

So good luck Geoff, and I am sure the LDMTA, the Ordnance Survey and all the helpers and competitors will give you the same support they have given me.

Mike Rose

Next year John Lagoe will be in Alaska on race day. Where will Mike Rose be? I suspect somewhere on the field, stripped to the waist as usual and giving us the benefit of his enthusiasm and wit. Many thanks, Mike and John for all you both have done.

So we need a new planner to replace John and work with Bill Hunter for next year. We are looking for someone with recent experience of running in the race. If you are interested in this challenging and very rewarding job, please contact me (0937 842645) or Edwin Coope.

Dick Courchee

Calderdale Way Relay: 1984-1991

Little did I realise whilst browsing through Hebden Bridge Tourist Information Centre one day in late June of 1978... there on the back wall of the centre was a large scale map showing the whole of Calderdale with a large green mark running erratically round the borough boundaries. The note below the map read "proposed Calderdale Way Route to be opened October 28th 1978.

I was immediately drawn to the possibilities of a long distance walk round the route and contacted Ian Kendal, one of the countryside officers controlling the project. Ian proved most helpful and allowed me to borrow the map so that I could carefully mark up the



1984: Dave Smith leads the charge at the start of the first open Calderdale Way Relay.
Photo: E. North

route on the South Pennines map. During July and September of the year I ran a number of sections, seeking out long overgrown stiles, wall stoops and footpaths, many of which were extremely difficult to find (no CW markers then!).

On some of the runs I had been accompanied by David Cleminson of Bingley Harriers and after some discussion it was decided to run the whole of the route together on the opening day of October 28th 1978, before anyone else got the idea. We left Clay House West Vale at 6 a.m. and were treated to a superb sunrise as we crossed Norland Moor. At Crow Hill we were surprised to see fresh footprints and thought that someone had beat us to it until we came on brothers Jim and Mike Milner who had set out at 5 a.m. to walk the Way.

From the first run the idea of the Calderdale Hike was hit on as a means of raising funds for Tuel Lane Scout Group where I was scout master at the time. Since 1979, the Hike has been held every year to date, the route varying from year to year but basically round the Calderdale Way.

Sometime in 1980 I suggested to the fell runners in Halifax Harriers that the route could possibly be broken down into sections with one or two runners on each leg, originally there were 5 legs with the route from Hinchcliffe Arms Cragg Vale finishing at Blackshaw Head. Finally in December 1981, we did the relay.

Ten Harriers completed the 51 mile circuit in 6:24:31 starting and finishing at Clay House, West Vale, each pair contributing to a fast time despite some torrential rain on the course. By the time the last leg set off, "they ran so fast that the support party had difficulty keeping pace with them" reported the Evening Courier.

The run was repeated the following year and from this second run we decided that if we threw out a challenge to local clubs we may get (at the very most) ten teams interested in taking part. As the results table shows, the rest is history; what I imagined would be a very low key relay event has now turned into the largest relay of its kind in the country, attracting over 1200 runners from 100 clubs throughout the U.K.

The reasons for the success of this type of relay are many, the main ones being the spirit, camaraderie and effort required not individually, but collectively from the whole team and club. It's a day to encourage your fellow runner to better efforts, it's a day when each individual must run his best for both his partner and his team. He cannot be selfish and run off and leave his partner, but must encourage him. It's a day when the runners who did not make the team, or family and friends can become totally involved and part of the event, moving cars, providing backup and support. And finally it's the pie and peas and a pint at the Heath Old Boys Rugby Club at the end of it all!

- Peter White

Ian Hodgson Mountain Relay 1986-1991

The Kimmor Mountain Marathon is probably one of the most strenuous events in the fellrunners calendar. In 1985, it was held in the Patterdale area of the Lake District and the "score" class was won by Ian Hodgson and Jem Wilson. The day after the race, Ian was tragically killed in a road accident whilst cycling. The KIMM was Ian's favourite race and the Patterdale event was the ninth time he had competed. Unfortunately, due to the time delay in calculating the results of the score class, Ian never knew that he and his partner had won.

Ian's three brothers and parents are all involved in fell running and the family decided that they would organise a fell race in his memory. It was felt appropriate to hold the race in the same area as the 1985 Mountain marathon and, because Ian was always keen on team races, it was decided to make the event a relay race.

The course planning and arrangements with landowners were carried out during the winter and early spring and the inaugural race took place on 5th October 1986. The four stage relay course covers some of the most spectacular scenery in the Lakes with steep climbs, spectacular ridges and rocky descents. Start and finish are at Syke Side Camp Site, adjacent to Brotherswater, one of the most unspoiled of lakes, and three of the stages involve climbs of well over 2000ft. The total distance is 24 1/2 miles and the route traverses many of the best known mountains in the area, including Hart Crag, Fairfield, St. Sunday Crag, High Street and red Screes.

Thirty six teams competed in the first race which was won by the Lancashire based club of Rossendale Harriers, in a time of 3:57. Although the race was keenly contested with the first five teams finishing within 5 1/4 minutes, a feature of the race was the friendly spirit in which the event took place.

Much of the route crosses land owned by the National Trust and in view of their concern for the environment and possible erosion of popular footpaths, it was agreed to limit the 1987 race to a maximum of 50 teams. An indication of the popularity of the event was that this maximum was achieved well before the closing date for entries. The 1987 race was dominated by Lakeland clubs who took full advantage of the low mist and low visibility, to fill three of the first four places. The winners were Keswick AC who, in spite of the adverse conditions, set a new course record of 3:43:55

This has since been lowered by Ambleside to 3:30:20 and in the 1991 race the first non Lakeland club (Bingley) took the honours.

The objective of the event is to provide some well

Taking the Baton

Relays are extremely popular events - even at Olympic level. What is the magic that makes people want to take part in a relay - is it the competition, is it the team element, is it the ale and chat afterwards? In this issue we look into four of the long relays that currently grace the fellrunning scene. In the next issue we intend to look at some of the shorter ones.



Todmorden Harriers hand over to their ladies at the end of leg 2; Rossendale 17.2.91.
Photo: Peter Hartley.



Simon Thompson leads leg 1 runners on the steep climb from Kettlewell, October 1991.
Photo: Peter Hartley.

organised competition with a friendly atmosphere. Legs are run in pairs for safety reasons, making a total of eight per team, and non competitors are strongly discouraged from giving navigational assistance.

There is a wide spread of awards with all runners receiving a Relay Coaster (unique design every year) and every team receives a Harveys Hellylyn 1:40000 map. (Unusually it is this map that is the 'baton' that must be passed - thus ensuring that runners always have a map whilst competing.) We usually try to give four Open Team prizes, 1st B team, 1st mixed team and first and second ladies team. The Mixed class is, we think, unique to the race, and we prefer it to a Veterans class which we have many times been asked to include.

We have avoided sponsorship because we feel that this would be out of character with the nature of the event. However, Pete Bland Sports and the Moon Restaurant (Kendal) have each regularly donated a team prize. Finance is by entry fees and money earned from home made refreshments which are donated by family, friends and members of Horsforth Fellandale. The event is very dependent on the goodwill of various friends who generously give their time to help, but the organisation and responsibility is carried out by members of Ian's family.

We think that one of the reasons for the popularity of the event is that it takes place over genuine mountain terrain. Unfortunately, the weather has seldom been good enough to enjoy the scenery. We also think that communication is important and endeavour to display leg times and results on the day.

The winning team hold the Ian Hodgson Trophy for one year (currently sojourning for the first time in Yorkshire) and, no doubt, the Lakeland teams will be looking to fetch it back 'home' in 1992.

■ Dave Hodgson

CALDERDALE WAY RELAY SINCE 1984

1984 22 teams entered 21 teams finished
Winner Rossendale 05.50.21
Runner up Bingley 06.17.51
First & Only Ladies Clayton 08.11.54

1985 35 teams entered
Winners Rossendale 05.38.32
Runners up Bingley 05.50.12
1st Ladies Bingley 07.39.48
2nd Ladies Clayton 08.06.26

1986 44 teams entered
Winners Rossendale 05.38.13
Runners up Bingley 05.42.27
1st Ladies Bingley 07.44.10
2nd Ladies Clayton 07.53.49

1987 73 teams entered
Winners Bingley 05.35.38
Runners up Clayton 5.45.08
1st Ladies Clayton 07.29.51
2nd Ladies Bingley 08.29.13

1988 88 teams entered
Winner Pudsey & Bramley 05.44.17
Runners up Bingley 05.45.58
1st Ladies Clayton 07.41.18
2nd Ladies Bingley 08.19.59

1989 91 teams entered
Winners Pudsey & Bramley 05.35.02
Record
Runners up Bingley 05.39.24
1st Ladies Clayton 07.02.41
2nd Ladies Bingley 07.53.25

1990 97 teams entered due to bad weather date had to be altered.

85 teams completed on revised date in January '91
Winners Pudsey & Bramley 05.53.50
Runners up Rossendale 05.57.19
1st Ladies Clayton 07.41.08
2nd Ladies Bingley 08.32.45

1991 ? teams entered
Winners Clayton 'A' 5.36.01
Runner, up Pudsey & Bramley 'A' 5.38.29
1st Ladies Clayton 7.05.35
2nd Ladies Bingley 7.48.16

Leg Records:

1. Skyeside to Patterdale
G. Bland 1hr 06 11 (1911)
J. Bulman
 2. Patterdale to Hartsop
R. Pi 1 beam 33 37 (1990)
D. Frampton
 3. Hartsop to Kirkstone Inn
D. Spedding 1hr. 01 28 (1989)
P. Harlowe
 4. Kirkstone Inn to Sykeside
C. Valentine 46 21 (1989)
N. Lanaghan
- 1986 Rossendale 3hr57 58
1987 Keswick 3 43 35
1988 Keswick 3 46 02
1989 Ambleside 3 30 20 Record
1990 Keswick 3 33 25
1991 Bingley 3 34 38
Mixed Record Clayton 4 09 38
Ladies Record Livingston 4 50 18

Rossendale Way Relay 1987-1991

A Rossendale Way was first suggested in the early 1970's but it wasn't until the early 1980's when the unemployment situation led to the creation of various schemes to provide temporary employment that the Rossendale Way came about.

Ian Goldthorpe, planning officer of the Borough of Rossendale and a keen walker was the man responsible for the Rossendale Way being opened in 1982 and it was he, too, who wrote the guide to the Way, published in book form as "Rossendale Rambles" and the Rossendale Way leaflets.

Rossendale Harriers and AC first ran a relay round the route in the summer of 1987, Rossendale winning the mens event in 4:45:57, Horwich the ladies in 7:15:15. This first event had only 4 legs, run in pairs, for the 45 mile route but the time is still the fastest the Way has ever been done. Thirteen teams completed the course.

The race was revived for February 1990 and is now held on the second Sunday of the month with six legs run in pairs - an event which now attracts over 40 teams. Both in 1990 and 1991 Rossendale men and Clayton ladies have dominated the event. In 1990 Rossendale won by 4 minutes from Clayton but Clayton Ladies beat Rossendale Ladies. In 1991 Rossendale pushed Pudsey and Bramley into second position with Clayton ladies again beating Rossendale. The record for the six leg course is 4:49:08 set by Rossendale in 1990 and 6:20:31 set by Clayton ladies in the same year.

It remains to be seen whether the dominance of Rossendale, who have yet to lose the event, can be broken in 1992. Clayton le Moors are possibly their strongest challengers at present although Pudsey and Bramley could also field a strong team.

- Mervyn Keys

FRA British Relay Championship 1989-1991

As long ago as the early 1980s the idea of a British Fell Relay Championship was first discussed. It was raised at FRA meetings by Dave Hall of Kendal and Dave Hodgson and discussed in FRA committee meetings.

Encouraged by the popularity of other long distance relay events - in particular the Calderdale Way and the Ian Hodgson, the FRA decided that the time was right to promote a Championship Relay in 1988.

The inaugural championship was held in conjunction with the Ian Hodgson Relay in 1989 with the winners being Ambleside, followed a scant six seconds later by Keswick - an indication of how fiercely the competition was taken. Bingley came in third place. The first ladies team, as in so many of these events, was Clayton le Moors, triumphing over Rossendale.

The decision was made that year to offer the organisation of the event to FRA affiliated clubs, both to spread the workload and the geographical location. Pennine Fellrunners applied to organise the second championship and based it at Edale adopting an unusual format which caused quite some discussion.

In 1991 Bingley Harriers organised the event, using the area around Kettlewell, and returning to a more conventional format of one runner per leg - although this appears to be the only long relay not run in pairs. The Kettlewell event introduced a navigational element, the route for the second leg not being revealed until the day of the event due to access problems.

The FRA committee have put forward safety guidelines for the relay event, together with suggestions for a championship format that will give a winning time of around 4 hours. The 1992 event has been taken on by Keswick AC and will be based at Threlkeld.

-David Weatherhead



Denby Dale Traveller Mike Egner hides partner Ralph Barker on leg 1 of the Ian Hodgson.

Below is the official KIMM report and Mike Cudahy's complaint. This has been faxed to the race organisers for comment. At time of going to press no reply has been received.

Karrimor Mountain Marathon 1991

Once again the KIMM returned to the mountains and forests of Scotland. This year the Arrochar Alps and the Argyll Forests played host to the 1600 teams who took on the challenge of this the most enduring of mountain marathons - now in its 23rd year.

Recognised as the world's toughest test of mountain running and navigational skills, the KIMM attracts competitors of an exceptionally high standard from across the world. It is a unique two day event which brings together outdoor enthusiasts and lovers of wild country, introducing serious runners and orienteers to new areas of the British hills.

Competitors run in pairs, in one of six classes - Elite, A, B, C1, C2 and Score - on courses of varying difficulty and length. In the Elite category, the runners are literally running two back-to-back marathons across mountains, following an unmarked course and carrying full survival and camping equipment.

Despite a high pressure system moving over the country Day 1 of this year's event dawned wet and fog bound; conditions that were to prevail throughout the day. In the grey light of morning the competitors headed onto the hills from the Forestry Commission Campsite on Ardgarten in search of controls on The Cobbler and The Brack on routes that would eventually take them to their overnight camp.

By late afternoon it was obvious that Arrochar Alps were proving difficult country. Hard climbs, thick forest and long traverses across steep rocky slopes were making fast times impossible. At the end of Day 1 many teams had retired or failed to make camp.

For the many that stayed the course Day 2 offered little promise of a change in the weather. By late morning the first of the Score Event teams were arriving at the 'finish' at the end of what everyone agreed had been a very tough KIMM. If the weather conditions were never severe, the terrain certainly was. There were hundreds of tired and aching bodies making their way down Lomondside late on Sunday afternoon for whom the 1991 Karrimor Marathon will be a vivid and lasting memory long after their aches and pains have gone.

As in past years an environmental charity will receive 10% of the total entry fees. This year the John Muir Trust will be the beneficiary.

FINAL RESULTS

Elite Class

1 st Mark McDermott and Adrian Belton	16h22m20
2nd Alun Powell and Ifor Powell	15h46m 15
3rd Oliver Bulholzer and Matthias Ramsauer	16h02m15

(This was a Swiss team and previous winners of the Swiss KIMM elite class)

A Class

1 st Alistair Cory-Wright and Mike Jubb	13h32m47
2nd Martin Sellens and Graham Sellens	14h012m21
3rd Roger Th:ford and Paul Warren	14h28m24

B Class

1st Neil Conway and Rick Stewart	9h52m433
2nd Geoff Pettengell and Killian Lomas	10h34m 13
3rd John Duckworth and Iain Mennie	10h51m49

C1 Class

Andy Hemsted and Mark Hemsted	7h36m16
2nd Phillip Green and Neil Lawford	7h34m52
3rd Anthony Cousins and Michael Stafford	8h34m52

The final placings and times of the other groups had yet to be decided and the competitors were informed that these would be sent out at a later date.

THE 1991 KIMM: THE E AND A COURSES

Sat 26th Oct. Ardgarten Forest Park, H.Q. of the 1991 KIMM. Time: about 7.30 p.m. We should be brewing up at the overnight camp, we are not. We are sharing a large marquee with other disenchanted competitors. Not all of us are incompetent novices. There are a number of fit and skilful teams here. In fact, there are dozens of them. So what went wrong? Simple, we were given hopelessly unrealistic courses which had us beaten from the start.

Well, everyone makes mistakes. Admitting mistakes is the best way of having them understood, forgiven and avoided in the future. We also knew that a piece of land had been belatedly withdrawn by the land-owners. (P. Knott, co-ordinator: 'The area was always a bit dodgy and my hopes (sic) of getting away with it came unstuck...') curious way to plan). However, I wonder how many of those in that marquee, having read the official KIMM report are now prepared to understand and forgive? I am not. I feel affronted by what I have read. Someone is trying to take advantage of my credulity. And I feel bad about having to write this because I appreciate the goodwill that must invariably go into the organising of this event. But if we cannot turn the errors made into valuable feedback for the future then we, the competitors, have lost more than we thought we had.

The planners attempt to explain problems (though they make no reference to the enormous failure rate) by quoting two factors. Firstly, it was misty so that certain deer trods which otherwise might have wafted us effortlessly to each control, could not be seen. True, I saw very few trods. However, the map indicated we were going in the right direction. It would always seem wiser to trust the map rather than the deer. Unfortunately, the map failed to warn us of the murderous slope of brashings above the B828 (unjustifiable? I thought so), or the true forest perimeters. But don't blame the mist. It evaporated around 10.30 a.m.

The second major point concerned the withdrawing of the area to the north. This was undoubtedly a terrific strain on the resources of the course planners. They had, however, spent a considerable time in the region presumably familiarizing themselves with the nature of the terrain. On receiving the control card on day 1 I remarked that if the course was 42 km there must be good running on it somewhere. A few hours later I knew there would be no good running and that the course was simply too long. The course lay-out also showed we were to be tortured with clock-wise contouring all day. Now, if after just a few hours experience of the terrain and a short scrutiny of the map I could (and did) predict our probable failure, how can I be expected to understand the gross errors which pre-ordained that failure? The E/A courses were simply too long for the terrain. It is illuminating that the controller thought 'the changed courses must have added about an hour to the E/A courses...'. Well, if you deduct all this hour from day 1 times, it is doubtful if more than 25 Elite teams would have made camp before the cut-off time anyway. Thus, the courses were always going to be too long. What kind of planning is it when runners reach controls four to five hours behind the estimates given to the marshalls? Of course, what everyone was asking was how many of the legs had been run under realistic conditions? A rhetorical question, as all answered, 'apparently none!'

Another question; why, when it was obvious to all at the first road crossing that teams were hours behind schedule, the marshalls at the second road crossing were not empowered to send teams straight on to the mid-way camp? Peter Knott told me 'You can't do that sort of thing.' Why can't you? And why can't you shorten an overlong second day either?

There are lessons to be learned from the debacle of the 1991 KIMM but not by fudging the issues. The co-ordinator's report almost completely ignores the problem - apparently the car-parking was a success. The event organiser passes the buck to the controller/planners but tells us that the organisation ran smoothly, good show! The controller/planners tell us it 'was a pity' an hour (sic) was added to the E/A courses, that the 'original courses were longer than the advertised time' (obscure) and the mist prevented you from finding the best routes'. Finally, 'the reduced speed..... resulting in longer finishing times which may not by itself be a bad thing.' I don't quite follow all this but I do regard a failure rate of 81% for the Elite and 68% for the A class as unacceptable. I further regard the official KIMM report as an additional slap in the face for already disappointed competitors. It was ill-considered to produce such a bland and evasive report. I don't care how smooth the organisation or how wonderful the car parking, if the event fails the competitors, the event is a failure.

Karrimor presumably feel it in their interest to promote this event. Perhaps they should invest more of their resources to ensure that those who plan the event are given the support needed to provide courses commensurate with the status of the event. If their products were as badly researched as this year's event they would soon be bankrupt.

I am loath to finish on such a bilious note. Congratulations to those teams who did master the courses, a remarkable achievement. Secondly, I'm sure the early retirees were enheartened by the good cheer of those manning that marquee. In fact, thanks to all helpers in this event. You did your best and we did our best. The failure of the event at the A and E levels is unfortunate but not necessarily unforgivable. The attempt to pass it off as a barely qualified success most certainly is.

Yours sincerely
Mike Cudahy

POST MORTEM

Post mortems; the analysis of what went wrong,
why I was overtaken on the fierce ascent
when normally it would not have happened.

I sit and view the hills I have run,
and see nothing there at all.

This was how it used to be
when youth and strength undergirded my being.

Two score years or more have passed and still I feel
the thrill of climb.

Lungs and muscle must fight the harder,
and descents more ponderously executed.

Those who pass me are legion now;
it does not matter, for I am still one with them.

Below a multi-coloured melee
alive with tales of how and why,
of brave decisions, of costly errors.
For me the route was a resurrection
of so many such events - but now that watch is
hardly given thought
and placings really do not matter.
But the thrill is just as vibrant
as when I pushed the pace for time and place.

I am the fells, the dale, the crag,
for me that is enough.

Peter Travis

Rumour has it...

that the Winter Hill fell race is seeking the record
for the most times climbing the same hill in a
race

Book Reviews

Running High by Hugh Symonds

Published by Lochar£15

This is the story of an achievement. An outstanding achievement. In 1990 Hugh Symonds set off from the summit of Ben Hope. 67 days later he arrived on top of Ben Lomond having traversed all 277 Munros entirely on foot. He then set off to run to the summit of all the English 3000 footers closely followed by the Welsh 3000s. Finding that he still had plenty of energy left and needing a holiday from the attentions of the media, he caught a ferry to Ireland and ran to the top of the Irish Munros. From start to finish the whole adventure took a mere 97 days, raised a lot of money for the charity Intermediate Technology and earned Hugh the runner of the year award from Running magazine.

A year later he has published the book and is giving slide shows about the run. Before attending the slide show I wasn't expecting a lot. Pictures of Hugh running 2500 miles up 300+ mountains might get tedious. In fact Hugh gave an excellent talk, concentrating on the reasons and the preparations rather than the run itself. He cleverly got round the problem that running is a repetitive and personal thing by showing the pictures of the mountain runs to music. This, coupled with magnificent photography gave an inspiring and moving interlude that perfectly complemented his talk about the factual and practical side of the adventure.

In the book he chooses to describe all the mountains in detail, with less emphasis on the preparation. His wife, Pauline, acted as support, van driver, cook, mother of three, school teacher and mechanic. Her diary is included with Hugh's and successfully breaks up his account of the run to provide a fascinating read that will inspire anyone interested in Munro bagging. The reader cannot fail to be impressed by the scale of the achievement. Running an average of 21 miles and 5000' a day, Hugh never seems to lose interest. Even in the worst of Scottish storms or the height of domestic arguments, the mountains remain a supremely motivating force. How he maintained such a physical workload for 97 days without either injury or illness is a mystery that only the mountains can answer.

On the down side the maps in the book are of poor quality and difficult to follow, which is a shame since many painstaking hours have been spent by his father drawing them. The photographs are excellent and the appendices fascinating especially the childrens' diary which provides a refreshingly unimpressed view of the adventure. The finish on the last mountain, Brandon, on the Dingle peninsula is an anticlimax. If only Hugh had gone on to break the course record for the Sedbergh hills or win the Karrimor. But then these challenges probably seem insignificant after the Grandfather of all mountain runs. Let's hope not.

-Mike Meynsner

In Monte Viso's Horizon Climbing All the Alpine 4000m Peaks by Will McLewin

Published by Ernest Press £16.95

The title of this book draws the reader's attention to the potential view of Monte Viso from many of the 4000 metre peaks. At the inside cover explains: "Monte Viso (3841 metres) lies in the southern Alps where it stands alone, towering above its neighbouring heights." The book gives a combination of guide book and diary account of the author's ascent of all the 4000 metre peaks in the Alps with many superb pictures and illustrations which alone justify the purchase of the book. The book is divided into geographical sections with each section followed by an essay on particular aspects of Alpine climbing such as guides, bivouacs, approach walks, food and safety. There's even a section on the Sierre-Zinal race.

I have two minor criticisms of the book, the first is that the maps are not detailed enough to pick all the routes out when reading the text, or, at least not at 3 am on a midwinter morning and, no doubt, if taken to a bivouac on a climb. No doubt Will's telephone will start ringing... Secondly the order of ascent of the 4000m ascents is only given in the appendix and I was always left wondering as I read the text how the climbs fitted into sequences and equally where the Sierre-Zinal races appeared in the sequences. Mention is made of Will welcoming his clubmates from Dark Peak on the summit of Mont Blanc a few days after the Sierre-Zinal race.

In one section Will explains how the Alps appear to be shrinking. His knowledge of the Alps appears to diminish their vastness. The natural recession of the snow and the development of piste skiing both are mentioned and in the latter context Will points out the anomaly of the Swiss concern for litter and the inacceptability of "strident, large-scale commercial litter" i.e. advertising. Record attempts to climb all 4000m peaks and apparently diminish their vastness also get a mention but no doubt it's not like the Munros.

Having read the book I now regret that my annual pilgrimage to Sierre-Zinal has not included ascending any of these peaks. Indeed as Will points out in the introduction: "Seeing the sunrise from a mountain in the Alps always makes me wonder how (nearly) everyone else survives without it."

Copies of the books will be available from booksellers at £16.95

from mid-February, or, FRA members may obtain a signed or unsigned copy post free from Will by sending him a cheque for the cost price. His address and phone number are: Will McLewin, 42 Bunkers Hill, Romiley, Stockport, SK6 3DS. Phone: 061 430 3772

John Blair-Fish

The Munro Almanac; Cameron MacNeish. pub.Lochar

Amidst the commemorations of the 100th anniversary of Sir Hugh Munro's listing of the 3000 footers it seems a particularly well timed move to publish yet another Munro guidebook, however, this new, compact guide has to compete with the established and popular guidebooks such as Butterfield's 'The High Mountains' and 'The Munros' by the Scottish Mountaineering Club, not to mention the plethora of storytelling type guide books, however, what makes this book different is the attempt to produce a small, compact and yet thorough guidebook, presumably designed to enable it to be taken on Munro forays; something which is practically impossible with the coffee table display books mentioned above.

The Munro Almanac is compact to carry on the hill and the route descriptions are detailed enough to be useful but, as the author admits, it is not designed to replace the use of the appropriate OS map. The other information provided on accommodation, transport, stalking etc. is useful in planning Munro excursions. The maps, however, are extremely basic and can only be used to locate which part of Scotland a particular Munro is in. Somebody, somewhere, will undoubtedly be producing a 'Wainwright' type guidebook for those who need a navigational handrail.

All the information contained within this book is usually to be found in greater abundance in the larger established guidebooks with the addition of colour pictures and more detailed and useful maps. However, the Munro Almanac has a genuine use if you need a basic route description to take with you or cannot afford the space in the car/bike/backpack for one of the larger tomes. For preference, I would personally rather plan the route (if necessary) using Butterfield's 'The High Mountains' and take only an OS map on the hill, after all, fell running usually precludes the carrying of excess baggage such as guide books.

- Mark Elsegood

Win 'In Monte Viso's Horizon'

The Fellrunner is offering a prize of Will McLewin's "In Monte Viso's Horizon". Sparkling writing and magnificent photographs conspire to take you to the Alps without leaving your armchair. All you have to do is ring the names of the Alpine peaks hidden in the wordsquare. The names of the ten highest peaks are in there; this is what you're looking for...

Mont Blanc Nordend
Mont Blanc de Courmayeur Zumsteinspitz
Dufourspitz Signalkuppe
Dom Liskamm
Grezzigpfel Weissshorn

Entries to :-
Neil Denby
39 Withyside,
Denby Dale,
W. Yorks HD8 8SF

First correct entry drawn wins the prize

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On the Right Track

Bill Smith delves into the archives to see how track work can enhance fellrunning.

Mary Lawrence, in her article "Don't forget the Track" (The Fellrunner, January 1991), advised fell runners to include some track work in their training in order to improve the quality of their racing performances. The high number of prominent fell runners, both amateur and professional, who have followed this practice over the years bears testimony to the soundness of this advice. For something like Wasdale or Ennerdale, or the Lakes OS Mountain Race, however, no amount of track training will benefit you as much as long, rough mountain miles - and many of them. It is worth noting that Billy Bland, probably the greatest all round fellrunner in the history of the sport, has never indulged seriously in track work.

Let me say at the outset that I have never been a track trainer myself - not to speak of, anyway. In my younger years, strongly influenced by Stan Bradshaw, Alan Heaton and Jos Naylor (at a time when Billy Bland was running only short professional races), I was mainly interested in long distance fell racing and concentrated on high mileage and on 'long days in the hills' (as Harry Griffin entitled one of his books,) and using short fell races as 'speed training'. However, after reading a training schedule of Dave Cannon's, when he was at his fell running peak, published in the first FRA magazine (not yet called The Fellrunner) in 1971, I did attempt, for a while, to emulate his weekly grass track session of 16 x 400s at my local sports stadium.

Unfortunately, I soon realised that, despite my good intentions, I was not giving this type of training 100% - something I've never had any problems with doing hill reps. For someone like me, with no real interest in flat running unless it's rough cross country, track sessions with one or more companions would be more beneficial than solo efforts. My best ever track session took place one summer evening when my old mate, Boyd Millen of Kendal AC, called in to see me when I was involved in one of these workouts. He would wait for me about halfway round each lap and, just before I drew level, would sprint off ahead of me so that I had to kick like mad to try to overtake him. I immediately realised the enormous benefits of this kind of assistance but sadly it was the only occasion on which I enjoyed it.

Nowadays, when I'm more or less confined to short races due to recurring knee trouble, I could do with some track work but my ageing knees won't stand it.

However, it is interesting to look back over the years at some of the fellrunners - and their brethren of the Northern and Scottish grass track circuit - who have benefitted from track training and racing.

Highland Games

While several top amateurs have combined track and fell racing successfully, the practice of competing in both types of event, and very often on the same day, appears to have been most widespread amongst professional runners, with a long tradition stretching way back into the early days of Highland, Border and Lakeland games. Some of these events attracted top amateurs who would compete under assumed names, though this practice was largely stamped out in Scotland by the formation of The Scottish Games Association in 1946. Professionals, too, would indulge in such ruses in an attempt to conceal their form from the handicapper, some even going to the trouble of wearing masks.

Inverary Highland Games claims to be one of the oldest of such gatherings, with running events always prominently featured. David Webster states in his monumental work, *Scottish Highland Games*:

The running and jumping items, generally termed 'light events', are essential components in any traditional highland games... (and)... the handicapping of runners has long been standard practice at many gatherings... The running and hurdling events at the games usually cover the standard distance, although fellrunnerom time to time some unusual features are included in the races. The foot races of the High-

lander often included a hurdle lap and up to 1906 the hurdle race at the Braemar Games included the crossing of the River Dee...

The hill race at Braemar gathering is, of course, now traced directly back to the year 1064 or thereabouts when King Malcolm Canmore organised a race up Creag Choinnich to help him choose a fleet footed *gille-ruith* to carry his despatches over rough country. This event is generally regarded as the first known hill or fell race and as the forerunner of the Braemar gathering and of Highland Games in general.

One of the most famous competitors of the late 19th century was Jamaican born A.R. Downer, who went with his mother to live in Edinburgh in 1880 at the age of 7. Downer was hailed as the champion sprinter of the world. Some of the oldtime competitors favoured colourful training techniques. Andrew Davie of Deeside liked to chase rabbits and, according to Webster, "in the absence of suitable holes in which they could take refuge, Andrew could run them to a standstill." Davie once waited for a stagecoach from Kincardine O'Neil to Aberdeen but found it full on arrival. He therefore covered the distance on foot 'at a fast jog trot' and beat the coach in.

The modern 'Race the Train' event in Wales is nothing new, for Francis "Markis" Jamieson, an outstanding Highland Games runner of the 1860s, ran against the train at Aikie Fair but was sadly outdistanced. David Webster reported:

Is the train disappeared out of sight, the irrepresible Markis lived up to his reputation "Gin it hadna been for this confoot heavy pair o' new Ebby Gibbs (boots) I wae hae gi'en him a red face".

Lakeland Sports

The multi talented competitors of the Northern and Scottish Games circuits can perhaps best be exemplified by citing the example of Tom Conchie of Shap, five times winner of the Grasmere Guides Race between 1894 and 1900, who once won nine events in one day, including two fell races. Conchie once beat the famous Fred Bacon, holder of the world mile and one hour records, in a two mile track race in Scotland.

John C. Murray of Falstone, who won the next four Grasmere Races, also was a prolific track competitor, as was Tommy Metcalfe of Hawes, who's disputed 1908 Bumsall Fell Race record - the second of three consecutive wins - resulted in the famous and even more controversial Dalzell race of 1910, when the Lakeland champion was timed in 12.59.8. Metcalfe was probably equally good on both track and fell and won the 1910 Powderhall half mile fell run from a 50 yard start. In 1908, he had beaten Dalzell at both Ullswater and Keswick and finished second to him at Grasmere after winning the mile beforehand. He was probably the first Yorkshireman to compete in Lakeland fell races and always claimed he'd have beaten Dalzell in the guides race had he not run the mile first.

Ronnie Robinson, a woodcutter from Newby Bridge and six times Grasmere champion during the 1920s, also triumphed in numerous mile and half mile grass track races. Ronnie Gilpin of Braithwaite, the outstanding Lakeland fell runner of the 1930s, competed at his local Peace Celebration sports in 1919, aged

10, and was victorious in the 100 yards sprint, high jump and wrestling, as a senior, he combined his fell racing with similarly rewarding competition on the grass track, and his training, in which he was advised by Gerry Russell, included both track and fell running.

Bill Teasdale, MBE, the legendary 'King of the Fells' of the 1950s and early '60s, lives at Caldbeck and shepherds on the lonely fells 'back o' Skidda'. For his speed training, Bill used the grass track in Fitz Park, venue for the modern Skiddaw and Latrigg races and for the old Keswick August Bank Holiday Sports race up Latrigg which he won 12 times. The Sports were, however, probably more well known for their track races than fell races, for the accurately measured track "provided professional runners with a rare opportunity to produce a decent time" in the words of Roger Ingham, the professional athlete from Skipton who is a walking encyclopaedia of fell racing and general sporting knowledge.

It was here in 1955 that Michael Glen of Bathgate, West Lothian, ran the world's fastest ever mile, professional or amateur, on a grass track, clocking 4 minutes and 7 seconds. This was when the four minute barrier had been broken by only five runners - Bannister, Landy, Tabori, Chataway and Hewson and, as Ingham points out, "Under similar conditions to those enjoyed by Bannister and company, Glen could possibly have achieved a four minute mile himself, for he ran from scratch in the handicap and had to pass 32 runners, some three and four abreast, to win the race."

Olympian Gordon Pirie afterwards came within a whisker of this record when he turned professional, clocking 4:7.5. Although his athletic fame had been won on the amateur track, Pirie and fellow Olympians Brasher, Disley and Bruce Tulloh later became interested in orienteering and entered the Lake District Mountain Trial, Pirie finishing 3rd on his debut in 1967.

The Fumess fell runner, Reg Harrison of Oxenpark, was Teasdale's keenest rival on the fell during his peak years and also excelled as a track runner.



Bill Teasdale
(Photo by John Hardman: courtesy Westmorland Gazette)

He beat Gordon Pirie in a two mile track race at Jedburgh in the Scottish Borders in 1962 and on another occasion triumphed in a cross country race at Brighouse, Yorkshire, over Gordon Froment, 1967 winner of the Powderhall Mile. Pirie, who died last December, was also defeated over one mile by hill shepherd Jim Brotherton, who like Michael Glen was a regular on the Highland and Border Games Circuit.

Pete Bland was another of Teasdale's rivals during the 1960s but never succeeded in beating him. He finished second to Bill at Grasmere in 1961 and showed him the way to Ambleside in 1966, only for the Caldbeck shepherd to sprint past him on the run in. Like his Borrowdale namesake, Billy, Pete has done little track work in his career, either as professional or amateur, and that only spasmodically and generally on the local cricket pitch. Pete did, however, occasionally compete on the track during his professional career, usually for 'mercenary' reasons (his term) rather than genuine interest, for if he won it meant an extra 10 bob (50p) on top of whatever he made in the fell race.

At some meetings, free entry was gained to the field if you entered for three or more events, so there was another 'mercenary' reason for competing on the track. Pete says that while he'd usually reserve his main strength for the fell race, if he thought he was going well on the track and stood a chance of winning, he'd give it his all, even though the fell race was still to come. Overall he had a few minor successes on the track, the 'peak' of his track career (again, Pete's term, spoken with ironic humour) being his victory in the half mile at Rusland Sports one year.

Another star of that era was Skipton's Norman Beck, who played football during the winter and competed on the fell racing circuit during the summer, excelling on steep, rough descents, Roger Ingham favoured Beck to win the Grasmere Guides race in 1962 but the weather on that day was really foul, with rain pouring down and the field a quagmire. Norman declined to get out of the car for fear of getting his best suit dirty. "I'm keen," he said, "but not that bloody keen. There's always another year..." When he did finally emerge from the car, it was too late to warm up for the Guides Race, so he ran the mile instead and won it from Bobby Morton of Wigton, 1963 winner of the Powderhall Mile and double Grasmere Guides champion, 1963/4. "the mile was actually more of a cross country race in the conditions," recalls Ingham. Beck gained the first of his three consecutive wins in the Kilnsey Crag race in 1963 after earlier winning the mile.

Roger Ingham, now 47, has been a dedicated all round sportsman all his life and was inspired to take up fell racing at the age of 12 by the feats of Bill Teasdale. Says Roger, "Track work, especially crucifying 400s for speed work, was always interspersed in among fell training for speed." Roger triumphed in the 2 mile event in the prestigious Braemar Highland Gathering in 1974.

Fred Reeves of Coniston dominated the professional fell racing scene during the 1970s, though he was overshadowed as a steep, rough descender by the New Hutton farmer, Tommy Sedgewick. Reeves had previously competed under AAA laws as a member of Barrow AC, being outstanding on road, track and country, winning the 1964 Rivington Pike Race and also turning in noteworthy performances on both Ben Nevis and Pendle. He turned professional in 1967 and concentrated on the track for two years before turning to fell racing, winning the British Two Mile Professional Championship at Glenrothes, Fifeshire in 1969. as a fell runner, he continued to include track work in his training, which was supervised by another professional runner, Dennis Bevins of Haverthwaite. Sedgewick, too, included sprint work in his training, as indeed do most of these short up-and-down course specialists.

Amateurs on Track and Fell

T.P."Pat"Campbell of Chapel-en-le-Frith and Salford harriers was one of the earliest amateur fell racing 'stars' and also an accomplished track and cross country runner. He set a new record for 4 miles at the 1932 Tailteann Games and represented Great Britain in the 2 mile steeplechase against France in 1934 and Finland in 1935.

Stan Bradshaw's first athletic aspirations - apart from soccer - were in 1928 as a sprinter and he competed on the track throughout the '30s as well as on road, cross country and fell. Both he and his brother Harold ran at Bumsall Feast Sports during this decade and in 1935, Stan finished 5th in the fell race, won by Albert Swainson (Bramley), after placing second in the 880 yards. A year later, he won the 880 before coming 10th in the fell race, while Harold similarly triumphed in the 80 yards sprint. In 1938, Pat Campbell won the fell race by three seconds from Stan, who had previously placed third in the 880 with Harold second in the 80 yards. Closer to home, Stan competed in the 1935 Pendleton Sports and finished runner up in both the half mile and fell race, the latter being won by Dick Sagar.

George Brass, now a well known supervet who's fell running achievements include setting new records in both the '55 and '58 Three Peaks Races and winning the Lake District Mountain Trial in both 1961 and '62, being the only competitor to complete the course in the atrocious conditions of 1961. In 1954, a year after meeting Stan Bradshaw and joining Clayton-le-Moors Harriers, George had run 4:38.2 for the mile at Pleckgate, Blackburn, this being just one of several triumphs in the Northeast Lancashire Track League that year.

1957 was the first fellrunning season of the late Eric Beard (Leeds City AC) ultra distance mountain runner and 21-years holder of the Cuillin Ridge record (4 hours 9 minutes; 1963), he having previously been a long distance road runner till being introduced to climbing by Dennis Gray. During that year, he finished 6th in the Three Peis Race and 10th in the Ben Nevis, the latter having been preceded by a



*Clitheroe, 1974:
John Calvert heads a hunch including Harry Walker, John Waterhouse and Jeff Norman, the eventual winner, on the outward cross-country section.
Photo: Bill Smith.*

summer competing as a 3000 metre specialist in Holland, Germany and France with Hull Harriers, with several triumphs to his credit.

Like Beardie, George Rhodes of Stafford AC and the Rucksack Club has been an accomplished all round athlete and mountaineer. At the height of his fell running career, which spanned the 1960s and '70s, his winter training for cross country included visiting his local cricket ground twice a week for 12 x 400s as hard as he could. Another track session involved sprinting the straights and jogging the bends for 40 minutes.

Harry Walker and John Calvert were both double Three Peaks winners during the 1970s, with Walker gaining a third victory in 1981. The latter is now regarded as one of the all time 'greats' of fell racing, while Calvert specialised in 'fast' Pennine courses but will probably be best remembered as a road runner. Both men began their running careers with Clayton-le-Moors Harriers, spent the greater part of those careers with Blackburn Harriers, and are now back with Clayton. Track running was the cause of their leaving CleM as teenagers, for Clayton had no track facilities, and they had been competing on the track as second claim members of Blackburn Harriers. (Ron Hill also began his career with Clayton and eventually returned to them after establishing his reputation as one of the all time greats of road racing with Bolton United Harriers. In his autobiography, Ron commented about his transfer to Bolton to seek a wider sphere of competition: "All Clayton seemed to be interested in was running from Working Mens Clubs and fell races, and as I said in my letter of resignation, I was fed up 'being in a team of bloody mountain goats.'")

A proposal for Clayton and Blackburn to amalgamate in 1968 was defeated and the two aspiring track men therefore transferred to Blackburn. During the early 70s, Walker was, like Lakeland star Dave Cannon, specialising in short steep races, though his strong point was climbing rather than descending, for which Cannon was noted. There have been few climbers in our sport to rival Harry at his peak and his favourite ascents at that time were Pendle (up the 'Big End'), Bumsall,(direct climb straight up the fell, same as the present descent route, which was also used then.) and Thievely (different course to and from the fell, but same steep climb up to Thievely Scout).By this time he was, of course, a dedicated fell runner, not a track runner, but he still competed in the occasional track event to aid his speed in short fell races and even in the Ben Nevis.

Yet another athlete from those days who is still competing is Harry Jarrett, now of Cumberland Fellrunners. Harry was a successful track runner as a schoolboy and won his county 2000 metre steeplechase championship also placing second in the NCAA championship. Influenced by another West Cumbrian, 1500 metres international John Kirkbride of Blackpool and Fylde AC, Harry transferred from Barrow to that club: "John persuaded me to join

Blackpool as he thought I could run well on the track." His time for the 3000 metre steeplechase was 9.29. By the mid 70s, however, Harry was beginning to realise that it was in fell racing that he wished to pursue his athletic career and he therefore joined Keswick AC. That was before the more handily located CFRA had branched out into athletic club as well as an organising body.

Another former Blackpool runner, Peter Knott, is a past FRA chairman and editor of The Fellrunner, though more recently involved in the organisation of the Karrimor. Peter was a county class steeplechaser in his younger days and was once an indoor steeplechase record holder. Professional soldier Taff Davies (Aldershot, Famham & District AC), the 1981 FRA veteran champion, was also a 3000 metre steeplechase champion.

Alan McGee (Keswick), a slightly younger West Cumbrian contemporary of Jarrett's, followed in Cannon's footsteps by winning the FRA championship (1977) as a short, steep race specialist, noted for his flying descents. Alan included two track sessions a week in his training. A somewhat older short course 'star' is Pete Watson (Pudsey & Bramley), seven times winner at Bumsall and eight times at Harden Moss between 1958 and 1969. Pete credits these victories mainly to "quite a fair amount of basic speed and strength from my earlier track days". Clayton's Jack Betney, prolific veterans class winner in short fell races of the late '70s and '80s, with a flair for steep descents, also owed his speed over such courses to his earlier track career with Sefton Harriers.

Two southeast Lancashire athletes who were prominent on the fells in the late '60s and '70s, though mainly over fast 'runnable' South Pennine courses, were Colin Robinson (Rochdale Harriers) and Ricky Wilde (Manchester Harriers). Robinson, the 1969 Three Peaks winner who also notched up numerous triumphs in such events as the Gale Fell Race (seven), Three Towers (four) and Rossendale (three), represented both county and country on the track and set a UK record for 2000m in 1968. Wilde, the first amateur to smash the Dalzell record at Bumsall (in 1977, following Fred Reeves' success in a special professional race two months earlier), also scored a host of resounding victories on his local Pennine moorlands, as well as farther afield at Snowdon and Fairfield Horseshoe. Ricky won both the AAA and European Indoor 3000m track championships in 1970 and also competed internationally on the outdoor track. Colin's wife, Brenda (Bury and Radcliffe AC) was one of the pioneers of womens fell racing in the late '70s and early '80s and specialised in the same type of Pennine events as her husband, winning over twenty of them during those years. Brenda had been both a Lancashire and Northern representative on the track during the 1960s.



Pete Bland: Burnsall, 1974.
Photo: Bill Smith.

Ricky Wilde's unrelated namesake, John Wilde (RAF Cosford and CFR), who's bid for a hat trick of FRA championships was narrowly thwarted by Kenny Stuart in 1983, was another highly talented all rounder who reached the steeplechase finals of the 1978 Commonwealth Games, Mick Hawkins of Grassington, in Wharfedale, who became a champion guides racer during the early '80s following Stuart's departure to the amateur code, later followed Kenny into becoming reinstated himself, and, joining Bingley Harriers, persevered to become an international steeplechaser.

Ambleside's Keith Anderson, the reigning British champion, who's place in the steep, rough descenders hall of fame is assured already, includes track work in both his winter and summer training. The former consists of 8 x 900s, 6 x 1200s or 5 x 1500s, with 3.5 minutes recovery, done on a cinder track at Windermere, while during the summer he uses the Queen Katherine School grass track at Kendal for relentless 400s in 60/62 seconds, benefitting here from the speed of Kendal AC road runners Craig Roberts and Stephen Lydka, his occasional training partners. Roberts finished runner-up to Anderson when he broke the Dunnerdale Fell race record last November, leading on the initial road section till the fell was reached, whereupon Keith took over.

Tracking the Ladies

Brenda Robinson has already been mentioned as a pioneer of AAA ladies' fell racing, and others of that ilk who included track running in their training were Gillian Pile (Manchester Harriers), Anne Pendlebury (Bolton) and Jean Lochhead (Airedale and Spen Valley). The latter was runner-up to Ros Coates (now Mrs Ros Evans) in the inaugural ladies fell running championship in 1979 and came third in 1980, but had easily been the most successful lady competitor of 1978. In addition to being an orienteer and former international racing cyclist, Jean was the indoor 1500m champion of both 1972 and '73 and was a Commonwealth Games finalist over this distance in 1974. As a fell runner, she did track training once a fortnight and also made full use of the moors and countryside around her Holmfirth home.

1982 saw the emergence of another high calibre female athlete from Holmfirth, Carol Haigh, who during that season won sixteen or more senior fell races while still a junior, having previously, and simultaneously, excelled at cross country. Carol, who now competes as Carol Greenwood for Calder Valley fellrunners, the club of her husband Allan, was one of the outstanding exponents of ladies' fell racing throughout the 1980s and, of course, she still is. She has practiced different types of track training over the years and it may be of interest to detail them as a guide to aspiring track trainers: 12 x 400m, all around 70/72 seconds with 100m jog recovery; 5 x 800m, all around 2.20 with 400 jog recovery; 3 x 1000m, all around 3 minutes with 2 minutes recovery; 10 x 300m in 49/50 secs with 100m walk

recovery; 15 x 200m in 31/32 secs with 200m jog recovery; also a pyramid session of 1 x 600m (1.45), 1 x 500m (1.24), 1 x 400m (1.06), 1 x 300m (0.49), 1 x 200m (0.32) and 1 x 100 (0.14). "These sessions have generally been done on tartan," says Carol, "but I have also used both grass and cinders. One of the sessions was done at least once a week, with a fell race at the weekend."

The most recent 'star' convert to the ranks of lady fellrunners is Leeds City AC's Sarah Rowell, who was formerly a prominent road racer with Dartford AC. Sarah exploded on to the fell scene in May 1989 when she demolished the Hutton Roof Crag ladies record by a massive seven minutes, and last year she reduced Vanessa Brindle's 1989 Three Peaks record of 3.32.43 by over 16 minutes, finishing 22nd overall. Sarah included a weekly track session on tartan or cinders during her road racing career and also utilised middle distance track races for speed training. Her personal best racing performances, all achieved in 1985, were 2.19 for 800m, 3.34 for 1500m and 9.22 for 3000m.

"I still incorporate track work into my training now I'm running on the fells," says Sarah, "although I generally tend to fit into what the rest of the training group are doing, so it tends to be road orientated. During the summer, I usually do one track interval session - round the outside of cricket pitch. The aim would be to do one long interval session and one short session a week. Typical examples would be:

6/8 x 800m with 90 sec recovery; 10/16 x 400m with 45/60 sec recovery; 8/10 x 600m with 90 sec recovery. 4 x 3 x 300m with 45 sec recovery and 5 minutes between sets; 16 x 200m with 200m jog recovery. Sessions on the grass could include efforts of 3 to 5 minute sessions or pyramid sessions. "During the winter, one session a week is either a road fartlek or a hill session, while the other one tends to be on either the track or grass. This may either be a more structured interval session or a steady run with 16 x 45 seconds hard and 45 seconds easy."

While this article includes many items of purely historical interest, it is also hoped that some of the various types of track work outlined may inspire some readers to experiment with this type of training themselves, hopefully resulting in improved performances over the fells.

Acknowledgements: For much of the historical material used, I am indebted to Roger Ingham of Skipton, and also to two fine source books: David Webster, Scottish Highland Games (Edinburgh; Reprographia, 1973), and Michael Miller and Denis Bland, See the Conquering Hero Comes: An Illustrated History Of the Grasmere Sports Senior Guides Race (Kendal 1973)



Sarah Rowell in the latter stages of the
Witches Clough Fell Race. 1990.
Photo: Bill Smith.

Rumour has it.....

that the Scots committee is now down to two members, and they are not talking to each other!!

Race Review

Black Hills 28/09/91 S.Wales

Bleak Black Race

Over the years this race has steadily built itself a strong reputation as a good test of all-round ability, offering plenty of open ridge running, sapping tussle descents and some sections requiring smart navigation or a good memory. Sadly none of these featured on race day, as the course was obliterated by the most unbelievably wicked weather conditions, dense mists, drenching rain and gale force winds conspired to put poor old organiser John Darby in the invidious position of having to consider a shortened race.

Credit to all competitors, some of whom had travelled considerable distances in these elements, there was no serious dissent to this proposal. Much to the relief of the marshalls, who were mindful of the total lack of cover on the broadbacked checkpoint peaks. After some discussion, an extremely well clad party of marshalls was despatched to first point for an 'out and back' 3/5mile dash. It's a measure of the severity of the conditions that the fully equipped marshalls party never made the 701 metre summit being beaten back by winds literally lifting them off their feet and rain painfully battering exposed parts. At roughly the 500 metre contour in a niche on the path they set up the checkpoint, unbeknown to the 57 starters.

Still well packed together, the leaders were turned back down the track into the face of the following field, causing some interesting avoiding manoeuvres. Peter James led from start to finish and was actually last to register, first past the post and first to leave for home. While RAF doctor Simon Blease, only 4th at the turn, descended with confidence to gain second. Run in pressure from a charging Del Davies nearly took the MDC athlete to first, only three seconds being the divide. In 4th, Dave Booth, an RAF mountain rescue team member, chased hard to finish second 0/40, only 12 seconds behind Davies. Lydia Kirk, although not suited to short races, took the honours by three minutes, and received a bottle of Moet champagne for her hat trick of wins. South Wales traverse star, Derek Fisher, completed the honours by taking the 0/50 prize from Borrowdale's Tony Breakwell.

The rustic confines of the Red Lion were more than usually welcome on such a day, and new Welsh FRA chairman Jonathon Gibbon took the opportunity of praising both John Darby's brave decision taking and the good spirit and backing the competitors had given. From the comfort of a distant armchair or barstool some may say that the decision was over-cautious or perhaps even influenced by a nearby and recent tragedy. However, anyone with such thoughts should consider the experience of a party of runners who came down to do the race as Karrimor practice. Obviously very tough nuts, these, on hearing about the shortened race, decided not to enter but to run the full route as training. They did not manage to complete more than a third of the course before being beaten back by the weather. For runners of such resistance to bad conditions to be so affected completely vindicates the organisers decision. Perhaps all organisers of AL courses should have a ready prepared foul weather route.

Wheeze

A RACE LIKE NO OTHER

Neil Schofield

The Swiss Alpine marathon takes place every year towards the end of July. Staged over 67 km (42 miles in real money) with a difference in altitude of 7500 feet it would probably take you about 15 hours of non-stop walking at a fairly brisk pace to cover the distance.

40 year old Peter Camenzind obviously decided to adopt a different strategy and destroyed the field, completing the course in 5:21.46 - nearly nine minutes ahead of the second places rival. That works out at about seven and a half minute miling for the distance.

That in itself doesn't sound impressive until you consider that the first half of the race is nearly all downhill. To get an idea of how this feels go for an 18 mile warm up, find a mountain almost twice as high as Scafell Pike to run a half marathon up and then follow it with a 10 mile warm down.

Before the race even started, race organiser Andrea Tuffli was confident a new record had been set as there were over 2,000 entries for the three races over various distances that go to make up the event. Sparring no expense the event has over 500 helpers and the organisers even have huge amounts of equipment helicoptered in to the highest point of the race. This ensures that every runner can get a hot cup of tea and full medical backup at the Sertig pass, 8,788 feet above sea level.

The first five runnings of the event blessed with what has become known as "Tuffli - weather"; fine conditions without the attendant rain that is a feature of mountainous terrain.

Not so this year. The week started promisingly but by Thursday there was almost constant rain. The following day was no different. The weather reports on the TV and radio were predicting a fine day on the Saturday but this didn't materialise.

At least the rain stopped but low cloud and cold didn't bode well. The race organisers faced a difficult decision. There was an alternative possible which would cut out the big climb and would reduce the distance to just 33 miles.

The start of the race was scheduled for 8:00 am but the race organisers delayed this one and a half hours, forever optimistic that things would improve. It has been said that the Swiss Alpine marathon without the Sertig pass would be like having a Rolls Royce without an Angel on the radiator. At 9:00 am it was announced that the race route would be unchanged despite cloud cover at 6,500, sub-zero temperatures and ankle deep snow at the top of the pass.

Tuffli had assembled a strong field of challengers which included all the past winners (Hannes Knupfer, Jorg Hagler, Charly Doll and Peter Camenzind). There was a hope that that Pierre Andre Gobet would take part but bad form and a viral infection delayed his debut. Gobet holds the record for the 10,000 ascent of Mt. Blanc from Chaminox, a task he completed in 1990 in an astounding 5:10.15.

The main competitors in the women's race were Eniko Feher and Marta Vass from Hungary and Vroni Steinmann from Switzerland. Flying the flag for Britain was ultra-distance specialist Hiliary Walker. Other familiar names included Mike Gratton and Sally Ellis who were both running in the Landwasser race over the first 17 miles and had high hopes of winning their respective categories.

The early pacemaker in the Alpine marathon was the Russian Lev Hiterman, obviously relishing the cold conditions. He went through ten km, which is run entirely on the road with 30 seconds on the two favourites Doll and Camenzind. At this stage Hagler

was third while local boy Knupfer was already some two minutes behind suffering from a prerace knee injury.

It isn't until then that the first hill makes an appearance. Despite this "blip" the race is largely downhill to Filisur. Leaving Filisur there is a nasty climb through narrow paths just prior to another sharp downhill into Bergun. When the climb to the Sertig pass began, the Society athlete began to fade and Doll found himself in the lead.

Tschants (42 km) is not Charley Doll's favourite location. It was here in 1990 that he had to withdraw from the race and this year it was the point where Camenzind caught and passed Doll who by this stage was reduced to a state which could only be described as the survival shuffle.

Things didn't get any better for Doll as he was then passed by the 1987 winner Hagler. By this time Camenzind had extended his lead to some three minutes. Hagler had reduced this deficit to just two minutes at the top of the Sertig pass (50.5 km) but things were going from bad to worse for Doll who was now some six minutes behind the leader and only some 30 seconds ahead of the fourth placed athlete Koni Vogel.

Conditions at the top of the pass went from one extreme to another. For the final mile uphill visibility was very good but on the other side of the pass it there was a bitter wind and bad underfoot conditions. The remaining ten miles to the finish are run either on good quality path or narrow forest trails; whichever, it still seems like an eternity.

Camenzind showed a clean pair of heels to the rest of the competitors and extended his lead on the downhill section to the finish by some six minutes. For the second consecutive year he had achieved a very impressive double of winning the Biel 100 km and the Swiss Alpine Marathon. His consistency is remarkable as his time in Davos was some nine seconds faster than in 1990.

The real excitement was taking place in the runner up spot where Charly Doll was making an amazing recovery. He made up three minutes on the downhill and in the last 500 metres caught and overtook Knupfer to finish in 5:30.21.

"I almost collapsed at the pass," he said, "I was totally drained, had no energy left and had never felt so bad. Normally I wouldn't have gone on. The descent was hideous and I fell over at least three times, once into a brook. I feel fine now but I would never had believed that such a performance was possible after such a crisis."

To show how impressive the recovery was, Konrad Vogel, who was only 30 seconds behind Doll at the Sertig pass came home in fourth place in a time of 5:43.54. Hannes Knupfer had a similar experience: "Shortly after the start my legs started to feel very heavy and as showed later I was suffering from a heavy cold. I had more problems to overcome as I got muscle cramps and fell over on the descent; despite everything I finished."

In the women's race the eventual winner Eniko Feher came from behind on the long climb overtaking Jacqueline Keller from Switzerland and Vroni Steinmann. Feher clocked 6:47.30 to take the tape in Davos. Keller held onto second place ending up three and a half minutes down (6:51.01) with Steinmann coming third in 7:00.10. Hiliary Walker finished in a very creditable seventh in a time of 7:26.17.

In the Landwasser race Sally Ellis showed she was in excellent form by winning the event in 1:54.26. This was some six minutes ahead of her second place rival. In the men's field Gabriel Kamau from Kenya won a closely contested race to win by one minute in 1:41.30. Mike Gratton finished fourth in 1:43.56.

The British ladies continued to show good form over the hills as Clare Weyman from Brighton came fourth in the Sertiglauf in 4:28.42.

The event was rounded off with the usual post race party. The revelry went on long into the night and copious amounts of alcohol were consumed - presumably to rebuild runners potassium reserves.

The whole of the small town is taken over for the week prior to the race as there is a week long symposium looking at all aspects of training. Very interesting stuff but sadly you'd need at least a degree in German to get any benefit.

There are enough places to visit and there is a choice of low key races in the locality leading up to the main event. If you choose to visit for the 1992 event then it is worth remembering that the race starts at one mile above sea level and nearly all the Brits at the event felt the effects of thin air for at least a couple of days.

The 1992 event could prove to be an interesting race. With the prospect of the lifting of the international sports ban on South Africa a small delegation of officials were present at the race. They expect a mini-invasion of nearly 200 runners, ten of whom have been described as potential winners. The delegation spokesperson was quoted as saying that he confidently expected the record time for the distance to go below five hours. Time will tell.

APPENDIX

Race entry forms and further details of the 1992 event can be obtained from the organiser at the following address:

Secretariat Swiss Alpine Marathon
P.O. Box, CH-7270 Davos Platz I,
Switzerland

The tourist office in Davos will be able to provide you with details of accommodation upon request. If you are having difficulties in securing accommodation they offer a service whereby they will book the details for you. We managed to get a room for about £25.00 a night plus breakfast.

Promenade 67,
CH-7270 Davos, Switzerland

It is possible to get special off peak fares with one of the major carriers into Zurich. British Airways were offering a return scheduled flight for £129.00 if you stay a Saturday night.

There is a railway station beneath Zurich airport and a return ticket to Davos (journey time approx three and a half hours) costs SWF 79 (approx £31.00).



Also a race like no other is the Boxing day fancy dress romp at Whinherry Nage. Here Neil Wilkinson of Manchester Uni. is chased wigless to the finish.
Photo: Peter Hartley

MIKE HARTLEY'S COAST TO COAST RECORD - 19th/20th JUNE 1991

When I discovered Mike Hartley was short of support over the latter stages of his attempt and volunteered to help I didn't realise I would also be pressed into the role of chief scribe. As I did not join in until Ingleby Cross at 160 miles I have started the account with comments from Dennis Beresford and Pete Simpson. I tender my apologies to those who would have liked a more detailed story.

DENNIS BERESFORD: "Friday 19th July 1991, 03:30 Mike Hartley sets off from St. Bees; weather, warm with drizzle, light westerly. First paceman is Peter Gent, a marathon runner. Unfortunately, this kind of terrain (and time!) doesn't suit him and Mike has to stay with him. By Seatoller (27 mis) they are 50mins down on schedule. Mike strips to shorts (and here Dennis joins him on support). The drizzle is still with us but conditions could not be better for ultra-running. Mike is moving well and relaxed.

At Grasmere (38 mis) we are still 50 mins down but Mike is running his scheduled times. Here Clive (Russell) joins us. By Grisedale Tam the drizzle has stopped and the sun is breaking through. At Patterdale (46 mis) Mike's wife, Jill, meets us but Mike is not scheduled to have a stop until 70 mis. The mist is lifting off the top of Kiddy Pike and by Haweswater the sun is coming out strongly. The two of us jump into a stream to wash our dirty legs. Mike says he feels revived, but the sun is getting to me and after a doughnut and drink I tell him to go on to Shap (62 mis) without me. He does and is picked up by the next paceman, John Amiss." (TIME approx 16:00)

MIKE CUDAHY: "Around this time I was oscillating between Sunbiggin Tam and Kirkby Stephen, hoping to wish Mike good luck. I managed to miss him marginally but was impressed with the beautiful conditions. I was also suffering from those 'wish it was me out there' feelings. But it wasn't and I went on to a comfortable bed. I couldn't prevent part of me running over those dim-remembered paths. Wonder how he's getting on?"

PETE SIMPSON: "Surrender Bridge - midnight (103 mis). A shadowy group of supporters awaits the one hour behind schedule Hartley. I had always regarded it as an impossible schedule anyway. However, Mike is unperturbed predicting he will pick up with the dawn. He picked faultlessly across the moor to Reeth. A dark night, but the route had been twice rechecked.

Reeth (106 mis); overheard: 'I'm finding it increasingly hard not to sit down at each car stop'. However, even he has not developed the art of dressing his feet standing up - paltry excuse! Totally knackered myself from a decent minor epic it was gratifying to know that somewhere, deep down, Mike too was human.

Approaching Richmond, 24 hours now gone. Richmond itself (117 mis) with all the bogs closed (to deter vagrants?) but what of runners not equipped with poop scoops? Overheard: 'My golden rule is never to give up in the night. Things always seem much better when it gets light'. Ellerton (126 mis). Much to Jill's consternation Mike has not eaten since before Richmond. He himself is concerned that he has not made up his 'lost' time. Three miles later I was ordered off the road by Jill and Clive, asleep on my feet. I was dispatched homeward. Already Mike was picking up a confident rhythm on the road."

MIKE CUDAHY: "It is extraordinary how low-key a record-breaking run can be. Folk out walking the dog or sitting outside the pub barely raise an eyebrow as 2 or 3 usually dishevelled runners shuffle past. It takes the eye of knowledge to discern the iron hiding in the vacant stare and apparently casual amble. If few can grasp the almost superhuman ability needed to cover 26 miles at under 5 minutes per mile, and if one must be actually there to appreciate the astonishing speed of the top-class sprinter, who can be expected to comprehend the endeavour and endurance hidden within the painful shuffle of the ultra runner? (look Mummy, joggers!)

Ingleby Cross - 9:00 (140 mis). It was just as I knew it would be. One car with patient wife assembling a

(hopefully) tempting choice of food and drink. A quiet lane, the odd, disinterested dog-walker. Then, here comes the support runner (Clive). A weary herald, doing the business with no tangible reward. And a little behind, with patient, careful tread, the man himself, carrying his invisible burden of miles with a thoughtful introspection. After losing an hour to his early schedule Mike had been chipping away with the new dawn. He was not back on target, moving well. With 'only' 50 miles left and the near certainty of a handsome new record one might have expected an emphatic, even triumphant arrival. But Jill had confided that Mike was finding the whole run unexpectedly tough. He was very tired she said.

Well, at 140 miles wouldn't you expect that? In the context of an ultra-run you have got to be aware of the depth and range of the condition so inadequately described as 'tiredness'. Leaving for the North York Moors with Mike at a brisk pace, I think I understood what kind of tiredness Mike was experiencing. He confirmed he was finding the venture harder than expected. In the earlier stages he had even wondered whether he could break the record (a relatively soft one of 46:49), let alone achieve his 42 hour target. The discrepancy between these feelings and his subsequent actual achievement serves to highlight the ability of the man, his determination to succeed and his most rigorous preparation and training.

As the Prussians say of such things 'If it doesn't kill you it will make you stronger'. His training may be considered both appalling and inspirational. It is this, plus what must be considerable natural ability, which has brought Mike such a crop of records and ultra feats. This year alone he was second in the Fellsman Hike (10:19), first home in the LDWA 100 (18:48) and at the short end of the scale ran 10 miles in under 55 minutes. Perhaps most meritorious was his 1st place in the S. Downs Way 80 miles at an average speed of 7min:20sec per mile and that was only three weeks ago. Ah! but there's the rub. A three week ease down after a shortish ultra should be just right. However, intensity of effort can be more exhausting than sheer length, if only we knew how to plot the trade-off factor.

Shortly after he began this ran his body started to inform him that recovery had been partial. The bounce and energy had not been replaced. Too often we ultra-runners regard ourselves as indestructible. It is only when the body, in extremis, pipes up 'Excuse me, but you've overdone it. I'm knackered!' that we grasp the obvious.

It is within this context that Mike's ran was unusual. It was a tribute to his iron training and implacable determination. I'm not sure whether the others sensed the fires were burning low but Jill knew it and, from similar experience, so did I. But you would never have guessed the struggle from his running. Except

perhaps for the downhill, the hateful pain-bringer. Here only, was he a man on reserves, carrying a heavy burden. On the flat his pace was as steady as a metronome, occasionally swinging to a slower rhythm but never faltering. But for me, where he truly exhibited himself as phenomenal, was in his uphill running. Time after time he ran on past the point where he could reasonably have been expected to start walking. The other extraordinary feature of his performance was his incredible discipline at support points. Rarely sitting, he was often away before we were ready to accompany him. I do not envy the lot of runners who are ready to follow Mike's records, roll on the mobile intravenous drip!

But he is human of course. And in one sense it was nice for Dennis and I to help him cope psychologically with that swine of a road hill soaring out of Grosmont. We were so effective that it was Dennis and I who were rubber-legged at the top. Then, at the last stop with less than 10 miles left, I said to Jill 'Park over there, he won't mind walking 20 yds across the car park.' But he did. He just sat on the bridge. He didn't complain but we took food to him.

The other thing I understood only too well was the refusal, nay the inability, to ease up. The schedule time was on target at Ingleby Cross, then, could another hour be chipped off? It could. Then, Oh God, I've got to go for sub-40 hours now! How have I got myself into this position and why can't I just relax and enjoy the run? We are motivated by the need to feel a sense of achievement and that only comes when we have both achieved our goal and given everything we have to give, no easy triumphs in this game. And now the end in sight...."

DENNIS BERESFORD: "The thing that will always stick in my mind is seeing Mike Hartley and Mike Cudahy run into Robin Hood's Bay together."

I felt proud and privileged to be running into Robin Hood's Bay with Mike. I wasn't troubled with the thought he was breaking my record. I felt Mike was running his own, unique run just as I had run mine. My own achievements live on as wonderful, joyful memories of endeavour and fulfilment. I know Mike will (and does) feel the same about his. Those of us who are lucky enough to do so are adding milestones along the road to sporting achievement, setting targets that others may wish to follow. We can all, not just the record setters, cherish our own achievements, holding our own memories and dreams close to our hearts.

Mike's new record: 39hrs 29mins. Well done Mike, thanks to you, Jill, and the others for sharing the experience.

- Mike Cudahy



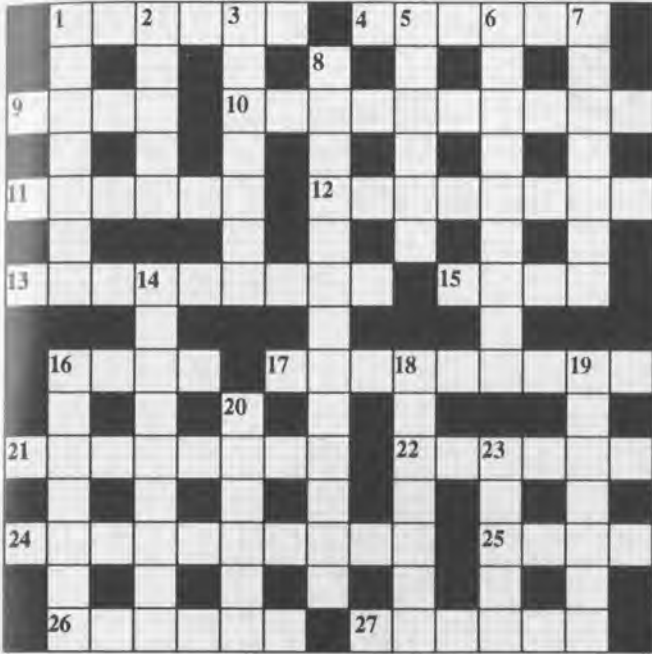
Robin Hood's Bay, Mike and team. L. - R. Clive Russell, Dennis Beresford, Mike Hartley, Mike Cudahy.

Prize Crossword

Winners of the last crossword (solution below) were Mike Meysner of Denby Dale, Gordon Booth of Longwood and Ian Speight of Preston. 21st Birthday T-shirts have been despatched.



Pay up!!
The 12 month calendar proved a resounding success. None left! To those who forget to add on postage, please send it soon or we may be forced to publish your names.....!!



Crossword winner Mike Meysner ripostes with a puzzle of his own - the first correct entry pulled from the editorial bumbag will receive an autographed copy of 9,16Ds book, T-shirts to the runners up.

Clues Across

- Stick a boat strip from the 16A (6).
- Sounds like dead heads rowing a boat (6).
23. Knight who inspired 9, 16D (4,5)
- Overwhelming numbers occur on winter 23s (10).
- Inside must unite to shock something (4,2).
- Harsh letter re nude to the organiser (4,4).
- 2nd 23. A nice dumb one? (3,6).
- Different keys give access to 12 23s (4).
- Large pay increase leads to the 22 or even the 18 23 (5,4).
- Inferiority complex like male logs (5,3).
- Powdery suspended arrangement may help with 23s in winter (4,6).
- Want a new East End (4).
- Accent found under pressure (6).
- Powerful air about Turkish car (6).

Down

- Space machine closed and let off (7).
- Tree in France is pale (5).
- Football Club train crashes, is wild with anger (7).
- He heard he scratched (6).
- Sounds like we shut a gran stupidly in area of 23s (9).
- Wee ties twisted to give goodie (7).
- 1st Irish 23 (14).
- Spring bloomer sailed to America (9).
- Three times Three Peaks winner ran all the 23s (8).
- Is a gale blowing on 23? (7)
- Chief holds compass points for 23 (3,3).
- See 9.

STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS

ROCK AND RUN MOUNTAIN MARATHON

The Rock and Run Mountain Marathon will not take place this May. The organisers have encountered problems with conservation; protected birds of prey nest in the first and second choice competition areas. Last minute efforts to obtain an alternative venue produced a negative response from the landowner.

The organisers are now working on a WINTER mountain marathon, possibly in the Lake District in late 1992.

For details and entry forms send a stamped, self-addressed envelope to: RRMM, 3/4 Cheapside, Ambleside, Cumbria LA22 0AB. Please do not telephone!


All requests for entry forms already received will be answered later in the year.

GRIPPING YARNS No:11

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SILVA

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MADE IN SWEDEN
TYPE 4

*John Blair Fish sets off on yet another long distance escapade... where does he get the time, and the money...?
I think the University should he told!!*

The Fifth Mont Blanc Supermarathon

13th, 15th September 1991

This was my third run in the 140 km, three day Mont Blanc Supermarathon which was this year organised by Gilbert Hirschy, the organiser of several other Supermarathons. Werner Schweitzer, the 53 year old Swiss jeweller, who just beat me into second position in 1989 and 1990 was injured and not running. My team mates from the Canaries Supermarathon where we won the team prize with Patrice from Orleans 3rd, Philippe from Geneva 4th, and myself 5th were present at the start line. Pascal Bertres who was 4th in the Mont Blanc Race in 1989 after getting lost was also there. A thunderstorm started just before I arrived at Geneva on Thursday, the first rain they'd had since June and it was wet on Friday.

Stayed with Philippe Thursday night and we went to Chamonix 6.30am Friday with Andre. Gilbert did a better job with the organisation than Soudain did avoiding road sections and clearly marking the course. Food not as plentiful however so it's just as well I took some. Soudain had to give speel at the prize giving about why he'd given up organising the event because of the bad press when an Italian died of exposure on Col de la Signe the first year. (He would have failed a kit check). I made up ten minutes in the second half of first day to win but twisted my ankle coming down Col de la Signe. Pascal Bertres, the eventual winner of the race, was only 30 seconds behind. A Russian 100 km runner (2nd World Champs 1987) was impressed by my downhill running and invited me to a 50 mile race

round the Black Sea in November. (Everything except flight included). Despite massage and strapping ankle was a real pain on 2nd day. Lost the track going down Val Ferret and climbed back onto the road. Walkers had probably sabotaged the flags. When the path rejoined the road an irate Italian runner told me to go back to the last revailment or risk disqualification but I just could not care less and told Gilbert what had happened when I arrived at Champex.

Finished 6th, 25 minutes down. Third day seemed to go better but I did not feel awake and my attempt to try and keep up and maintain 2nd overall position failed. Weather was also better. Just got 5th position sprinting into the square at Chamonix. The route from Argentiere to Chamonix along the river was far preferable to the road in previous years. Finally got 4th overall, only 3 minutes behind 2nd, but 50 minutes down on winner Pascal Bertres. Some estimates for course changes put his time as greater than my two previous times. Or perhaps. Only the first 3 got offered free trips. However there's a picture of: "Un Ecosais, John Blair-Fisch, vainqueur du premier jour" in one of the local papers. (Blair-Fisch seems to be the accepted spelling of my name over there.) The first lady was over 50. Philippe dropped out on the first day with tendonitis along with Patrice who had not recovered from a 12 marathon a day race in Russia last month. So much for the victorious Canaries team. But we all hope to go to Hoggar next February.

I'll forget about running the Carnethy Hill Race for the 15th time. Gilbert said the verbal invitation to run a race organised from France in lie Reunion two weeks after Mont Blanc as the token Brit, had not materialised. I was in the lead in his Supermarathon World Championship after the two Canaries and Mont Blanc races but could not really go the last race in Colorado in 3 weeks as I was supposed to be at a British Computer Society Specialist Group committee meeting in London. Also I was dubious about doing a five day race so soon after twisting an ankle. As well as pointing out that it was I (and not Pascal) in the lead overall they thought at the prize giving maybe I had not got a sponsor but I did not explain I was a highly paid academic!!! The end of the race was celebrated with Philippe and Andre in an Italian Restaurant in Carouge, a suburb of Geneva where Philippe used to live. I discovered that they are better at making II Pesto sauce than I, but maybe planting a herb garden instead of running supermarathons might help. The journey home included a 50 minute wait in Geneva for air traffic control in London to commence the journey and a rush onto the British Midland flight to Edinburgh at Heathrow without a boarding pass.

Results

1	Pascal Bertres France	(6.09.38;3.47.33;3.28.04)	13.25.16
2	Walter Rieger Austria	(6.24.48;3.58.17;3.48.49)	14.11.54
3	Jean Luc Amatuz Swiss	(6.40.19;3.58.57;3.33.06)	14.12.22
4	John Blair Fish UK	(6.09.03;4.18.33;3.48.18)	14.15.56
5	Vitali Kovel USSR	(6.12.26;4.46.38;3.54.50)	14.53.55
6	Guy Jeunet France	(7.01.44;4.17.20;3.35.19)	14.54.23

Race Review:

Stanbury

26.1.92 Yorkshire

Inquiringly "How did you find it, son?"

(sulkily) "With great difficulty, it started in the middle of nowhere"

"I thought they always went from pubs"

"So did I, so what happened when you got there?"

(Tearfully) "This man shouted at me, Dad"

(paternally) "Well, there's no need for that"

(more tearfully) "He got me in this quarry with a lot of other people and shouted at me. He shouted at me to hurry up, then he shouted at me to shut up, then he shouted at me to stand still, then he shouted at me to move back, then he just shouted; something about finishing up a climb behind you - I couldn't make sense of it. Mum says I shouldn't be shouted at, it makes me upset"

(sympathetically) "There, there, don't worry about it. What happened after the shouting"

(animatedly) "We all set off down this road, nice and firm underfoot, proper tarmac in places, Dad, really nice stuff"

(encouragingly) "Sounds OK to me"

Then we had to go on this track - not a proper road at all, but not too bad, then - you won't believe this, Dad"

"Go on"

(astoundedly) "We had to go off the track altogether on to this tiny footpath that wasn't even there in some places"

(shocked) "Good God!"

"Oh, there's worse than that to come. We had to wade this stream, climb a hill, get our feet wet again - I did try to keep them dry, Dad, honest, I know how Mum worries about chilblains - all of this hopping round what the others called *(wMspering)* Turks heads - I thought this was a bit racist Dad, so I didn't say it"

(proudly) "Good boy, at least some of Mummy's teaching has rubbed off"

"Then we had to go back, over the stream again and up the hill"

"Back on the nice road?"

(lachrymose) "No, they wouldn't let me go on the tarmac, I had to go across this frozen Siberian wasteland instead - right next to a perfectly good road" *(getting tearful again)*

(concernedly) "There, there son, was it finished then?"

(emphatically) "No, I had to run back into the quarry and up another hill before it was done"

"Wasn't there a quicker way?"

(patronisingly) "Yes, of course, but we couldn't use it. Even worse, I took my towel and soap on a rope into the little hut for a shower and do you know what?"

"What?"

(unbelievably) "There weren't any! No showers, no baths, not even a proper changing room!"

"You poor boy, did you come straight home then?"

"No, there was another race then, a sort of treasure hunt *(warming to his theme)* You had to get in your car and zoom around all these back lanes looking for this pub. I got a good start and the old GTI really woke up some of those sleepy country folk as it whizzed round loads of narrow lanes"

(proudly) "I bet you enjoyed that, son, did you win?"

(petulantly) "I thought I had, but when I got there the pub was already full - I couldn't work it out. Then that man started shouting again"

"What about this time?"

(embarrassedly) "Malt loaves - he gave me one"

"What for?"

(pathetically) "For being the 35th lady but *(breaking down)* Daddy, I'm a boy, aren't I? I know I only shave once a month but I am a proper boy aren't I Daddy..."

(comfortingly) "Course you are, son"

(sniffingly) "Well, I'm going back to do another, they won't make fun of me, or my names not Julian - they say there's a nice one at some place called Wasdale..."

(resignedly) "But your names not Julian....."

Forthcoming Events

Martin sometimes receives news of up and coming long distance events; two interesting ones for 1992 are:

OKSTINDAN MOUNTAIN MARATHON - NORWAY

On August 15-16th a two day race will be held from Korgen in northern Norway. Although the organisers call it a mountain marathon it actually consists of 2 daily races which follow marked routes and with a mass start. The aggregate distance is about 54km and there is 1300m of climbing. Personal kit is transported to an overnight campsite which is reached at the end of day 1. The running times on both days are aggregated to decide the winner. There are number of mens and womens classes available.

The final entry date is August 1st and details can be obtained from: Jan Gaute Buvik, N-6846 Korgen, NORWAY Tel: 01047-87-91337

THE JET 220 EXPERIENCE - 5 DAY RACE FOR PAIRS IN WALES

On September 21-25th, a 220 mile race will take place over 5 daily stages in Wales. The stages will be around 45-50 miles each day and runners will compete in pairs. The route is The High Route from Llanfairfechan on the N Wales coast to the Gower Peninsula in S Wales. Personal equipment will be transported by the organisers to each overnight stop. Runners will be under canvass each night and the provision of food, first aid and marshalling will be by members of the Parachute Regiment, n

A limit of 20 teams has been set for safety reasons and to be accepted, each runner must have a proven background in multi-day long distance mountain running. The event is under the auspices of Mad Hatters, a group which aims to 'Compete for Others'. All monies raised by the event will be donated to a charity in Warwickshire. Further details can be obtained from: *Ian Waddell, North Lodge, Cranford, Blackdown, LEAMINGTON SPA, CV32 6RG Tel: 0926 423393*

*Mystery man succeeds in getting stoddley Pike to move South!
Photo: Peter Hartley*



Fellrunner's Highland Retreat

Edward Ley- Wilson, who in 1988 ran the Great Wall of China and in 1990 ran the entire length of the Himalayas in just 85 days, is opening up his croft house at Kerracher to fellrunners. With access by boat or by walking, he and his wife offer runners a unique place to rest their weary limbs after days on the wild Assynt mountains and hills in the far north west coast of Scotland. Congenial company, great home cooking, log fires and a slide show for long stayers. Kerracher awaits those who long for a wilderness outside their backdoor.

For more details write to Edward Ley-Wilson, Kerracher, Kylesku by Lairg, Sutherland, Scotland IV27 4HW or telephone Drumbeg (05713) 209

Himalayan Climbathon

7-21 November '92 £1295 7 - 24 November '92 £1370

The race takes place after a one week trek in the Annapurna foothills in Nepal, with optional white water rafting and safari. A tough race; 28 miles on steep and rough trails with 2000m ascent and descent

Further information from

BUFO VENTURES Ltd

3 Elim Grove
Windermere LA23 2JN
Tel: (05394) 45445 (24 hours)



Martin Stone's Long Distance News Summary

LONG DISTANCE AWARD

A panel of 22 assorted long distance 'experts' considered the 1991 achievements and cast their votes. Those shortlisted were Mike Hartley for his Coast to Coast Record, Adrian Belton for his round of 28 Munros within 24 hours and Anne Stentiford. Anne received 16 votes and was presented with the 1991 award for her record-breaking Welsh Classical Round and ladies' record for the Bob Graham which she completed in atrocious weather.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. Each Autumn, the panel examines details of outstanding performances and a suitable recipient of the award is chosen. Please send a schedule and brief details of any record-breaking run to:

Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PRI INN.

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

The award for 1990/91 was presented to ROBIN PRICE who in July 1990, completed a Double Penine Way in 10 days 5 hours 55 minutes. His time included a half day rest at 'the turn'. He ran hundreds of miles alone with only road support.

The Bob Graham Club present an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April and the presentation is made the following October. To be eligible for the award, the member MUST BE NOMINATED by a friend or someone who witnessed the event. In recent years, The Club has not always been made aware of achievements which merit consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1991/92 award should be sent by June 1992 to:

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

COLIN DONNELLY - SNOWDONIA SKYLINE TRAVERSE

In 1990, Colin completed his first 24 hour round - the Welsh Classic Round, solo. This must have whet his appetite and in June of last year he did a solo-unsup? ported Bob Graham Round. Within a month he was on his feet once again for nearly 24 hours, pioneering a new route across Snowdonia from a beach on the north of the Lleyn Peninsula near Nefn to the coast at Conwy. The idea was partly inspired by Angela Carson. The route climbs the steep coastal hills Yr Eifl and Bwlch Mawr on the north side of the Lleyn Peninsula before moving inland to Mynydd Graig Goch at the western edge of the Nantle ridge. East along the ridge to Trum Y DDysgl and then following the Welsh Classical Round towards Snowdon. From Snowdon, the Welsh 15 3000 foot peaks to Foel Fras and finally the natural ridge-line falling gradually NE to Sychnant Pass, Conwy Mountain and the coast.

Colin completed the first 'Snowdonia Skyline Traverse' on 5th July 1991, a distance of 57 miles and 23,400 feet of ascent/descent. He ran the entire way alone, receiving road support only at Pont Cae'r-gors. The weather was mixed with some unpleasant wind and rain which nearly caused the

run to terminate prematurely. The route took 23 hours 13 minutes and his late evening arrival at Conwy resulted in a further two mile walk to catch the train home from Landudno Jn.

DAVE YATES - CALDERDALE WAY RECORD

On 28th September 1991, Dave Yates completed the 53 mile route in 8 hours 50 minutes, starting and finishing at Clay House, West Vale. Running against a relay team of fellow teachers at Calder High School proved to be a good motivator and Dave completed the run well inside his own existing record. He raised a substantial sum of money to support a Heart and Lung Appeal.

PETER SIMPSON - DALES WAY IN WINTER

The record for this 81 mile route from Ilkley to Bowness has often changed hands and is currently held by Dennis Beresford in a time of 12 hours 44 minutes. On Saturday 4th January, Pete Simpson set out from Bowness at 5am, paced first by Jon Broxap and later by Les Stephenson. He completed what is almost certainly the fastest Winter Dales Way in 15 hours 54 minutes. Conditions were cool, dry and wet underfoot. Pete was supported throughout the run by Frank Yates.

RICHARD WHITE & DAVE PECK - THE MULLARDOCH ROUND

On 19th July 1991, Dave and Richard of Camethy Hill Runners completed a route in Scotland which encircled Loch Mullardoch anti-clockwise and took in 9 Munros. They're not suggesting that 10 hours for the 40 miles and 7,000 feet ascent is particularly speedy but the route is one of the finest natural rounds in the Highlands. From the dam at the east end of the loch they climbed north east visiting Cam nan Gobhar, Sgurr na Lapaich, An Riabhachan and An Socach before dropping to the inlets at the west end of the loch. They climbed beside the river Glean a' Choilich to the ridge south of Mullardoch where they climbed the other An Socach before following the ridge east to Mam Sodhail, Cam Eige, Tom a' Choinich and Toll before dropping finally to the dam.

Their route includes 3 of the Munros climbed by Jon Broxap when he set the Scottish 24 Hour Record in 1988 and Dave suggested that a fast time for the Mullardoch Round would probably be about 7 hours.

Del's Bunkhouse

Overlooks Conway Valley and Snowdonia. Simple self catering accommodation for up to six (friendly) people! Grid ref. SH 828585; 4 miles from Betws-y-Coed.

Ring 0492 640906, or write to Del at Bryn Beddau, Nant y Rhiv, Llanrwst, Gwynedd LL26 0TW

Del's Outdoor Adventures

Training runs, walks, lightweight expeditions, mountain leadership training and assessment in Snowdonia organised and/or led by Del and associates. Also gorge walking, scrambling, industrial archaeology, mountain biking, etc.

Ring Del for details: 0492 640906 or write, address as above.

B & B

Gwely a Brecwast (Bed & Breakfast) £10; Snowdonia, for fellrunners only. Grade 2 listed barn conversion, built 1666, with magnificent views. 40 minutes drive (or less) from start of every important Snowdonia fell race. Bed-dgelert 5 miles, Tremadog 5 miles, Llanberis 16 miles. Advance booking only, telephone Francis Uhlman 0766 770257. GR SH 623436

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Profile

Hugh Simmons

Friend of 11 years and running companion of Hugh Symonds Paul Tuson initially thought that he would have difficulty finding enough information for a profile - until he started to look into Hugh's achievements.

After a days work we sat, one January evening, in front of a woodburning stove in Hugh's half converted bam, looking back through fellrunning mags and reading through diaries.

Hugh's athletics career began in 1967 running cross country for the school team and he soon became a member of Altrincham A.C. His early influences were Alan Blinston and Jeff Norman of Altrincham; Alan gained selection for the 5000m at the 1968 Olympics and Jeff's early seventies 3 peaks successes provided inspiration.

Hugh's first fell race was the Bumsall Classic in 1970 where he finished 11th in 15:47 and on the same day he joined the FRA (membership number 126). He became Lancashire Schools Cross Country champion in February 1971 and the same year Lancashire Schools Steeplechase champion, breaking Andy Holden's record. At this stage Hugh only occasionally dabbled in fell running as he was based in Altrincham but the interest was always there as he came 5th in the Junior Whemside races in 1973/74 and also competed at Kentmere and Fairfield. Moving on to University at Durham he ran for the University and the British Universities Sports Federation and then gained two Oxford 'Blues' (for Athletics - 5000m - and Cross Country) whilst completing his PGCE. Whilst he did little mountain running during this time, Hugh laid the foundations for the future, spending three summers as a mountain guide in Norway and, in 1976, travelling out to India teaching and travelling including a traverse of the Himalayas involving mountain passes up to 19,000 feet.

Returning from India in 1978 Hugh picked up his running career again, concentrating mainly on cross country and road clocking times in 1980 like 2:31 for the Sandbach Marathon, 51:40 for the Chris Vose Ten, 51:11 for the Huddersfield Ten.

1981 saw an important move to Sedbergh where Hugh took on a Maths teaching post at Sedbergh School. The local Howgill fells made an ideal training ground and his fell running career soon took off. Results that year included a 27th at Borrowdale, 11th at Sedbergh and 7th at Wansfell. It was also in this year that Hugh joined Kendal AC.

Hugh feels his best early result was the 4th place gained in the Ben Lomond race the following year (as well as 9th in the Three Peaks) and it was a week later that he completed the first of his 'long' training runs covering the 42 miles from Sedbergh over the Three Peaks in 7 hours. This laid the foundation for a third place at Ennerdale. He recorded his first ever fell race win at the Bentham 10 and also won at Buckden Pike. During the summer Hugh, Pauline and his young son headed off to the states where he competed successfully in the Pikes Peak Mountain Marathon (28 miles/14,000ft) in Colorado, finishing runner up to an American Indian Al Waquie. On his return to England Hugh raced at Thievely pike finishing runner up to Kenny Stuart.

By 1983 Hugh's keen interest in the sport had led him to become editor of The Fellrunner and he came close to winning the Three Peaks, again being runner up to Kenny Stuart. He dabbled in cross country and recorded his best position in the 'Nationals' - 129th ~ but made up for it by running one of the fastest times recorded at Skiddaw to win in 1:03:09. Other victories were at Latrigg and on home ground at Sedbergh where he set a record of 2:1:37, helping him to that years "As" championship. He also raced the **■** Zinal in Switzerland where he placed 12th.

Hugh had yet another stab at The Three Peaks the following year and, this time, won it - the first of his



three victories and in "the closest I ever got to him" finished 15 seconds behind Kenny Stuart at Coniston. Other wins that year included Buckden, Glossop and Lantern Pike with seconds at Fairfield, Ennerdale and Wasdale and a third at Ben Nevis. After being selected for the England team he finished 15th at Zogno.

The Three Peaks was again a target the following year and he achieved the second of his wins as well as proving his all round ability by running the Windermere to Kendal road race in 50:36, taking 6th place. His most notable victory was at the Ben Nevis. "I'd embarked on a bam conversion that summer and my training had been severely curtailed, so I was surprised to win such a prestigious race".

This bam conversion was to keep Hugh busy throughout the winter and a 25th position in the Three Peaks confirmed his loss of 'peak' form. Other classics, however, were there for the taking and he was victorious at Ennerdale and Tebay while a mistake in the mist on Lingmell cost him his 5 minute lead over Billy Bland - and the Wasdale race. He was runner up at Ingleborough and Sedbergh and won the Rydal Round race and was again selected for the England World Cup team.

A run out in the Moorcock Show Fell Race (under BOFRA rules) provided a sour note to the year, with Hugh losing his amateur status and being banned from the sport he had been involved in for 19 years. Fortunately he sought and gained reinstatement in time to compete in the Benson Knott race the following year (1987).

Hugh recorded his third Three Peaks win this year and also won Edale, Ingleborough, Tebay and Dentdale. Partnered with M Walford he gained 9th place in the Karrimor. He set a new record by traversing all the 31 peaks over 1500ft on the Howgills in a time of 4:49 on the 4th June. August then saw Hugh travelling to the Pyrenees and competing in the Cabaleros Mountain Race which he won in a record time of 1:47:06. This was also the year that Hugh started his preparations in Scotland for traversing all the 3000ft peaks.

Long distance training started in earnest in 1988 - and I mean *long* distance! A sponsored charity run from Sedbergh to Boston Spa, a distance of 75 miles following the Dales Way, was completed in 12 hours 50 minutes and raised £2000 in a day for the Martin House Childrens Hospice at Boston Spa; the run was undertaken with excellent support from members of Kendal AC. This year also saw Hugh win the Open Race at the World Cup over the Coledale Horseshoe course and clock up his second wins at Ennerdale and Edale, with further victories at Sedbergh, Tebay and Wray caton Moor.

What Hugh regards as his best ever win was achieved in 1988, with victory at the 51k Vignemale Race in Switzerland and the French Pyrenees. This is Europe's highest race, climbing to 3298 metres, involving over 2700 foot of ascent and including the crossing of two glaciers. Not only did he win but set a new record of 4:30:13. Two weeks later he won the Pic du Midi in another record of 2:09:39. This year he moved up by one position in the Karrimor to 8th, again with M Walford.

By 1989, Hugh's preparations for running all the 3000' peaks were becoming more time consuming and so this year competition was kept to a minimum; he still maintained his fitness however and knocked off a third place at Edale and Rossendale, yet another win at Tebay, and a 5th place, this time partnered with Paul Tuson, in the Karrimor.

1990, Hugh completed his epic run over all the 3000' mountains of Scotland, England, Wales and Ireland and on his return to Sedbergh immediately set about recording this epic adventure in his book 'Running High', (reviewed elsewhere in this issue and offered as the crossword prize).

Winter training for Hugh contains a high mileage rate even when not attempting to do the Munros in one go. 80-100 miles on fell, cross country and road - roughly a third on each, is the norm, while in summer this drops to 50-70 miles including two quality sessions, one of which is a 5 x 8 minute session along the foot of Winder.

Hugh feels his most memorable races are the Three Peaks wins and his Ennerdale and Ben Nevis wins but regards the Vignemale race as the one that will live longest in his memory.

Once again training has been curtailed by a bam conversion but a serious foot injury is also holding him back, while he also contributes to the sport by coaching at Sedbergh School where the boys cross country and athletics have shown great success in over the years. Despite the current injury, Hugh intends to find more mountains to climb. "I'll be back" he says.

- Paul Tuson





*Runner Simon Bland
descending to Pen y Pass
in the Peris Horseshoe.
Photo: Steve Bateson*