

The **Fellrunner**

February 1993



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Gavin Bland, airborne at Langdale 1992

photo: Francis Uhlman



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Bit at the front *Neil Denby*

I am a reasonably competent and experienced fell runner. I may even be a 'serious' fellrunner (in the terms referred to by Croft Ambrey's Peter Hamilton on page 9.) I have completed 60 odd different fell races, many of them 3 or 4 times, from Scotland to Wales, Lancashire to the Lakes, the Peaks to the Pennines; I've been out in mud, hail, wind, sleet, fog, rain, snow..... and sunshine; I've even done the odd mountain orienteering event. However, I would not presume to tell a race organiser that I know more about his hills or mountains than he does; he lives there, he knows the country, he knows how the weather can change. **I don't.**

The safety debate has been going on in the FRA for many years and is not helped by people being foolish because they think that they know best.

When I go out for training runs I know that I am master of my own fate; I let someone know the area that I'm going to; I carry, as an absolute minimum, jelly babies, map, cag, compass and whistle (adding almost 10oz to my running weight). Even in the

summer, should I fall off a crag or down a rabbit hole I would like to have the wherewithal to summon help and something to keep me warm while it arrives.

A race organiser can, because he takes the responsibility, free me from these encumbrances; at the same time he is fully and completely within his rights to require me to carry them, and other gear besides. It is his race and his responsibility, if I don't like it, I don't enter - simple as that.

Speaking of which, it's time we had a profile or two of race organisers, those essential movers and shakers of the race scene; any offers?

Today's Runner, an American style jogging magazine, has decided that it would be a good idea to promote fell running. Naturally they turned to the membership secretary and naturally he took the chance of selling more Walshies - it's his livelihood. This does not mean that the FRA committee has changed its policy on promoting the sport. We are still not in favour of mass publicity and still low key - as we always have been.

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Cover photo by Dave Woodhead: after the Open Race at Susa.

If you want a copy phone Dave on 0535 669100

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+ inch 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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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.

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
(Tel: 0539 31012)

Please mark envelopes 'F.R.A.' and enclose remittance as follows:

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Calendar updates, alterations and other little things

Firstly, the two pints of bitter for correctly identifying the location depicted on the front of this years Calendar go to Mark Nutter of Clayton le Moors; it's the top of the pinnacle ridge of Craig yr Ysfa and you would fall over it if you went astray on the Carneddau race.

Secondly, for those of you vainly trying to solve Tony Hulme's quiz on the inside front cover of the Calendar but getting totally stuck on two of the questions - have a look at this update for one of them and consult last years Calendar for the other; the organiser has so far not registered his race for 1993!

Thirdly, while it would be very nice to think that the only mistake I made with this years Calendar was to get the phone number of the organiser of the Moel Fammau race wrong, nevertheless I feel sure there are other inaccuracies hiding away - if you are a race organiser who's Calendar entry contains anything incorrect I would really appreciate it if you would give me a ring so I can correct it at leisure on the computer before the frantic rush starts in October next year.

- Dave Jones

The following information is arranged in chronological order according to when the races will NOW be held.

SUNDAY MARCH 20th. PEN CERRIG-CALCH. AS. 2.00pm. 2.5m/1500' from Craig Llwyd Youth Hostel, near Llanbedr (GR SO 235216). £1.20 on day only. Teams free. NS/LK/ER. Over 14. Details D Thomley, 5 Bryn Siriol, Pentrych, Cardiff, CF4 8QU. Tel 0222 891172

SUNDAY APRIL 11th. ROSSENDALE FELL RACE. This race will now take place on this date and NOT April 18th.

THURSDAY MAY 6th. SIMONS SEAT. This race WILL start from Barden Bridge but will go over a slightly different course.

WED MAY 19th. BLACKSTONE EDGE FELL RACE. AS. 7.30pm. 3.5m/1200' from Lydgate Inn ruins, Blackstone Edge Old Road, Littleborough. £1.80 on day only. Teams (4) free. PM. Over 14. In addition to normal prizes, prizes will be awarded to the first three aged 14-17 and to the first junior girl, records 26.33 C Donnelly, 1989;f.34.03 C Crofts 1989. Details K Shand, 13 Chichester Close, Smithy Bridge, Littleborough, Lancs, OL15 8QL. Tel 0706 370080

WEDNESDAY MAY 19th. BURBAGE FELL RACE. BS. 7.30pm. 5.5m/780' from the Fox House Inn on the A625 by the Longshaw Estate, Derbyshire. £1.50 on day only. Teams (4) free. PM/LK. Over

16. Records 32.53 D Neil 1992;f 41.35 J Smith 1992. Details A Ward, c/o Wilderness Ways, 26 Park Road, Chesterfield, Derbyshire, S40 1XZ. Tel 0246 201437

SATURDAY JUNE 26th. RAS BERYN. ?M. 12.00 noon. 6m/??' from Pistyll Rhaedr. 50p on day only. Teams free. PM/ER. Over 18. Records 43.58 S Hughes 1992;f 52.04 A Bedwell 1992. Details R Eagle, 60 West Bond Street, Macclesfield, Cheshire, SK11 8EQ. Tel 0625 613181

THURSDAY JULY 22nd. CROWN DERBY. CS. 7.30pm. 3.5m/380' from the Crown Inn, Church Street, Bollington. £?? on day only. PM. Records 21.35 M Kinch 1989;f 26.45 C Bowland 1991. Details G Coe, 16 Clarence Terrace, Bollington, Macclesfield, Cheshire. Tel 0625 573934

SATURDAY JULY 24th. TURNSLACK FELL RACE. AM. 2.30pm. 8m/2000' from Calderbrook Football Field, near Summit, Littleborough. £2 on day only. Teams (4) free. PM. Over 16. Also junior race; 14-16 years; 3m. £1.25. Records 53.43 S Hawkins 1992;f 65.20 S Rowell 1990. Details K Shand, 13 Chichester Close, Smithy Bridge, Littleborough, Lancs, OL15 8QL. Tel 0706 370080

SUNDAY AUGUST 15th. GATEGILL FELL RACE. AS. 12.00 noon 4m/1600' from the Horse and Farrier Inn, Threlkeld. £2 on day only. Teams free. LK/ER. Over 18. Records 25.47 K Stuart 1985;f C Haig 1985. Details: P Haworth, Ghyll Yeat, Blindcrake, Cockermouth, Cumbria, CA13 OQP Tel 0900 822620

SATURDAY SEPTEMBER 19th. MOEL FAMMAU. This race will now take place on this date and not the 12th September. Also, the organiser's phone number is 0352 741822. Also Clwyd is not spelt Clwtd!

Snippets FRA Relay 1993

The 1993 FRA Relay is going to Scotland, where it is being organised by the three Lothian clubs; Camethy, Livingstone and District and Hunters Bogtrotters with Robin Morris and Martin Hyman shouldering the bulk of the organisation. It is intended to be a 4 leg, 6 man event that will take place in the Lowther Hills based on Wanlockhead, 5 miles off the M74 near Moffat and Abingdon. Further details and entry forms will appear in the June issue of *The Fellrunner*

Secretary's Corner

ANNUAL GENERAL MEETING, LANGDALE, 10.10.92

1. 58 members attended the AGM in Chapel Stile Village Hall following the Langdale Horseshoe Fell Race. The Chairman reported on the year's activities and the Annual Accounts were adopted.

2. A Committee motion to increase annual subscriptions was carried unanimously. The new subscription rates with effect from 1 January 1993 are:

Life Membership	£100
Annual Membership	£9
Annual Junior Membership	£5
Annual Club Affiliation	£10

3. A motion by Dave Jones to amend the effective date of qualification for the different age categories was referred to the Committee for consideration. It is not really a matter for an AGM and any recommended changes will be put to the BAF Fell and Hill Running Commission as all the home countries would be affected.

4. Officers and Committee were elected as listed on page 2.

5. Other appointments agreed at the meeting:

Delegates to BAF Committees:

Fell & Hill Running:

Norman Berry, Danny Hughes,
Selwyn Wright.

AAA of England: Richard Day.

N of England AA: Alan Judd.

Midland AA: Richard Day.

Delegate to ICMR: Selwyn Wright.

Junior/Intermediate Co-ordinator: Dave
Richardson.

Auditor: Mike Bowen.

6. A short informal discussion followed the meeting. Topics included BAF Rules, Access and the World Cup. Members expressed regret at the demise of 'Up and Down'.

COMMITTEE MEETING, KENDAL, 21.11.92

1. The Chairman reported the success of the 1992 Annual Dinner, though it is a pity so many award winners were unable to attend. Thanks were expressed to Kevan Shand who has organised this event for several years. The 1993 Dinner will be organised by Dave Woodhead and will be held at the Carleton Inn, Morecambe on Friday, 19 November.

2. Membership stood at 3675 at end September 1992, (3425 in 1991) which includes 634 new members in the past year.

3. The following sub-Committees were appointed:



Teamwork - On top of a misty Blencathra in the FRA Relay
Photo: Steve Bateson

English Team Selection:

Pete Bland (Team Manager), Norman Berry (Chairman), Judith Johnson and Dave Hodgson. The sub-committee is authorised to appoint and co-opt an Assistant Team Manager if they wish.

Championships:

Tony Hulme (Chairman), Judith Johnson, Dave Richardson and Peter Browning.

Disciplinary:

Mike Rose (Chairman), Alan Judd, Peter Browning, Neil Denby and Barbara Carney.

Rules and Constitution, (to review and update as necessary and present to the 1993 AGM for approval):

Mike Rose (Chairman), Selwyn Wright, Dave Hodgson and John Blair Fish.

BAF Liaison Group, ('The way forward with BAF'):

Alan Judd (Chairman), Norman Berry, Richard Day, Mike Rose and Barbara Carney.

4. The Chairman outlined our meeting with North West Water two days previously NWW revised charging policy is reported elsewhere in this issue. Matt Simms agreed to take on the role of FRA Access Officer and will advise and deal with future access problems.

5. It is intended to introduce two more English Championship categories in 1993. An English Mens Vets Team Championship will be based on the English Championship races, 3 Vets over 40 to constitute a team. An English Mens Vets over 60 Championship will be based on the 2 English short and the 2 English medium Championship races, best 3 out of the 4 to count.

6. The Committee expressed thanks to Keswick AC for organising the very successful FRA Relay at Threlkeld last October. Certain breaches of FRA Safety Requirements were discussed and an article on this subject appears elsewhere in this issue.

ANNUAL GENERAL MEETING 1992

Secretary's Report

During the past twelve months I have been reminded that many things which I previously took for granted have to be planned and organised by somebody, somewhere. I have learned a lot and it has been a pleasure to work with my fellow committee members. They have willingly taken on various tasks and joined the several sub-committees which enables much of the work to be shared out rather than fall on one or two people.

Routine committee business has been summarised in the *Fellrunner* and need not be repeated here. I will merely highlight a couple of topics which have received considerable attention over the past months and will continue to be in the forefront in 1993.

Firstly, the British Athletic Federation. I am slowly beginning to fathom the new structure of athletics administration, but there are obviously many teething problems. The regional Athletic Associations are now collecting a fellrunning levy from affiliated clubs and we intend to ensure that they recognise the status of the FRA and that a fair proportion of that money comes back to us for the administration of our sport. We also expect more readily available funds for English teams at international events.

Secondly, access. Everyone will be aware of the North West Water policy to charge for organised events over their (our?) land. We must win the campaign to get this policy reversed. How many of you have written to NWW, your MP or your local newspaper? The FRA needs your positive support.

These access problems will not go away, indeed, there are indications that they will escalate. This year we had to change a championship race because of difficulties with the Balmoral Estate. The Lake District Special Planning Board have rejected their officers proposals to charge, but for how long? Snowdonia National Park is preparing a 'Code of Practise' relating to access which I haven't seen but is expected to contain restrictions.

Our World Cup Squad deserve a special mention. After last year's disappointing performances, they returned with heads held high. There was a large band of supporters in Italy to celebrate their achievements and our thanks go to Team Manager, Pete Bland, his wife Anne and Assistant Manager, Malcolm Patterson whose enthusiasm and inspiration has no doubt contributed to their success.

I often wonder whether the vast majority of members believe that we pay undue attention to championships and the international events. Presumably they are satisfied with the FRA and are happy to receive a fixtures list and three magazines because I have heard nothing to the contrary. The committee can only be guided by the membership and we should be delighted to learn occasionally whether we get it right or wrong.

Unlike previous secretaries, I have not served an apprenticeship as a committee member - I was just thrown in the deep end. I am particularly grateful to Selwyn Wright and Norman Berry who patiently and frequently steer me in the right direction.

Mike Rose, 21 September 1992

Sheep droppings

Dear Sir,

I am just writing to congratulate Clayton le Moors on their headline grabbing Penine Way relay record as reported in the October issue of *The Fellrunner*.

An excellent run without the likes of Wallis, Laney, Huddleston and company. Could it be that the Calder Valley Surrogate Relay Record Squad have been in action.

If any other clubs would like a relay record (e.g. Coast to Coast) contact any member of Calder Valley and we will arrange it.

We would appreciate it if the record holders to be would contribute to our petrol expenses

Yours in sport,

Meryl Sheep, Nelson, Lancs

Vets lament

Dear Sir

As my husband (62) and I (51) run over the hills we meet walkers and often stop to chat for a few minutes. On several

occasions we have received the comment "It's alright for you young ones", delivered to us sometimes by people who we suspect are younger than we are! Running is equated with youth in most people's minds.

We are proud that we can still run - and sometimes win in our age categories. I therefore sympathise with your letter writer of 66 who asked if he was 'too old to count'. We like to see our achievements acknowledged just as much as the younger members - and we certainly need the encouragement to keep on running.

I have just joined the FRA and eagerly read through all the material sent; but in all the ladies results I saw some Vs but no SVs. Does this mean that there are no ladies over 50 racing or that you think that ladies are coy about their age?

Yours faithfully,

Brenda Jones, Swarland, Northumberland

Mallerstang Yomp

Dear Sir

I am a freelance writer living in Kirkby Stephen and engaged in a book about the towns annual Yomp. If any of your readers have information or anecdotes about the Yomp (Mallerstang and Nine Standards, BL, 23m, 1,817ft) I would be grateful if they would get in touch.

Yours faithfully,

Audrey Clifford, Croft House, Market Street, Kirkby Stephen, Cumbria CA17 4QW

Thanks to all

Dear Sir,

May I, through this magazine, congratulate Peter Knott and everyone else involved with last years FRA Safety and Navigation Course held at Elterwater on 19th/20th September.

If anyone reading is unsure of their navigation, or is a complete novice navigation-wise, then this course is for them. Not only is the course informative, interesting and useful, but it is also very, very enjoyable. All running abilities were present and it soon became clear that speed wasn't everything when navigating, especially in mist. All the instructors were superb - very knowledgeable, very patient and very amusing - thanks to them all.

Also due to a four hour drive home I was unable to say goodbye to all the course members, who were also getting ready to leave, so may I finish by saying what a pleasure it was to make the acquaintance of them all, a super group. Perhaps we'll meet again someday?

Thanks to everyone for a really great weekend,

Yours faithfully,

Tim Haywood, Burbage, Leics

I wasn't going to publish it, then I thought, what the Hell, I will... but this truly is...

The last word!!!

Dear Sir

I, too, value my time too highly to waste it, particularly since, if your comment on the final letter (in what can now be called the 1991 KIMM affair!) from Mr. Cudahy, this item of correspondence is unlikely to reach the letters column of *The Fellrunner*.

I have broken off from much more important matters to express profound relief that we shall hear no more about it. Perhaps the protagonists could agree to meet privately to thrash out the matter between themselves. May I suggest, though, that something useful may emerge from the last letter. Those who do engage in long hours of long distance running and who's minds are probably insufficiently occupied during this time could be set a brain teaser to solve during their event, given a set of results from a previous KIMM event with the finishing times for each pair on day one the test would be to subtract a hypothetical hour from each team's time at the last control before the route to camp to work out how many more would not have been timed out if..... Anyway, you know the sort of thing nothing too difficult, just a matter of simple arithmetic.

Yours faithfully,

Peter McWilliams, Huntly, Aberdeen

KIMM offer

Dear Sir,

If (when?) you receive any letters of complaint or comment regarding this years KIMM, I will do my best to reply, in my capacity as the Controller of this year's KIMM.

I hope you don't have to send me too many letters

Yours faithfully,

Mike Greenwood, Macclesfield

Walshies for wrestlers

Dear Sir,

Neil Shuttleworth's article about Norman Walsh's shoe making business afforded me a few moments nostalgia.

I still have my special pair of Norman Walsh wrestling boots made for me by Norman in 1970. I wrestled in them on the professional circuit for 14 years and they carried me through approximately 1,500 bouts.

The boots were so good that I never needed another pair. They were light and strong, giving excellent support to foot and ankle - and they looked good too! All the top 'pros' used Norman's boots, even the Americans.

I polish them every month or so, just in case... Sadly they are in far better nick than I am. A belated thanks, Norman, your boots were absolutely first class,

Yours faithfully,

Eddie Caldwell, Bolton

Running abroad

Dear Sir,

Alex Miller in the October issue of *The Fellrunner* enquired about hill races in France. I suggest he has a look at 'Le Bipede' which he can obtain post paid for FF139 from L Bipede 93, BP404, 12104 Millau cedex, France

It is a book of about 500 pages and it lists 4,000 road races. One section of the book lists the races in date order and by category; one of the categories "course de montagne" means a race in hilly or mountainous country. Some of them are on road and some are 'off road'. You need to turn to the section of the book that describes the races. If just the word 'route' is used then it is my guess that the race is on tarmac, but when words such as 'Chemin Forestiers' and 'Sentiers' (forest tracks, paths) are used the race will be principally off road. Quite a large number of races do not have a description but just a name and telephone number.

The 1992 edition listed some 160 'courses de montagnes' and I have used it now for 2 years on my annual holiday and have been able to run in four French races so far.

A word of warning though, some of the races in the Pyrenees can take you to where the air is thin. I ran in the 1991 Omeja to the Pic Puigmal and back race and because Puigmal is at 9,400 ft I suffered from lack of oxygen and nearly fell apart. So now I do not intend to compete in races that go above 6,000 ft.

The races in the CIME list are not necessarily all off road either because it lists the Arette to La Pierre-St Martin yet the advert in Le Bipede only uses the word 'route', indicating, I think, tarmac. Finally, can anyone let me know what the CIME categories (rouge, brun etc.) actually mean?

Yours faithfully,

Peter Duffy, Oldham

PS. As an example of how friendly the races are I enclose a photo of the start of the race I was in this year, sent with a card and local press cuttings about a month later. The race was 20k and 1697 metres and I was 2nd o/50 (only two of us anyway) for which I got a 12" high cup, a watch, a top quality T shirt plus all the wine and food one could want.

Obituary

Dear Sir,

I was saddened to learn of the recent death of Up and Down magazine. For one so young,

with so much unfulfilled potential she will be sadly missed. In her short life she had become known and enjoyed by many. Her demise will leave a gap in the bedtime reading.

Through the columns of *The Fellrunner* I would like to express my thanks to Dave and Eileen who with seemingly tireless energy nurtured this fledgling, bringing her from infancy into the difficult toddler and then through junior years sadly never to join us in the veteran ranks. They did this unpaid and unthanked job as a labour of love and still managed to organise their own 'best value' fell races and help others with theirs. What will they do with all the 'extra' new found time?

I am sure others will join me in offering their sincere condolences in their bereavement.

Yours faithfully,

Wendy Dodds, Queensbury, W. Yorks

Should we take their money?

Dear Sir,

I refer to the article in your last issue "ICL teams win Challenger Competition." I was surprised and disappointed to see this article, since it's appearance may be seen to suggest that the fell running community approves of such idiotic ventures as the Challenger Competition. The idea that somehow mountain activities build 'character' (whatever that is) and develop leadership skills (whatever they are) seems to have died a desirable death

even amongst the outward bound fraternity. To resurrect these quaint notions in the vain hope that anything learned during the competition will generalise to real life business situations is quite ludicrous.

Moreover I feel that the philosophy espoused in the article is irresponsible and dangerous. Mountains (particularly Scottish mountains in Spring) are not the places to practise 'not ever giving up', 'perseverance' and 'sheer determination'. Such attitudes are potentially disastrous and have no place in an environment where to retreat is often the best way to survive.

It appears from the article (and from the accompanying advert on the back cover) that much of the competition is nothing to do with fell running anyway but a 'Krypton factor' mix of mountain biking, orienteering, general knowledge, canoeing, rock climbing, wire walking and a 'death slide'. All of these may be quite enjoyable pastimes in their own right, but why should they be of interest to a fell runner? We don't get the results of cross country races, orienteering events, road marathons or triathlons in *The Fellrunner* and these activities are much closer to fellrunning. So why are we informed in great detail of this particular event? Could it possibly be something to do with the profits to be made from a glossy whole page advert on the back cover? And who was the author anyway? This was the only article in the issue where the author was not named; what could be the reason for this anonymity, I wonder?



Allan Greenwood disguised as a businessman (to offset all those businessmen disguised as fellrunners) at Whinberry Naze.

Photo: Steve Bateson

Finally, the whole idea of using mountain environments to stimulate competition amongst unfit business executives and their companies is extremely distasteful. In the current recession I would have thought that the business community had better ways to spend its time and resources, fell running is about freedom, beauty, wilderness, euphoria, peace, equality, friendship and well-being. Let us keep it as far away as possible from the profit motive and big business

Yours faithfully,

Dave Peck, Invernesshire

On my bike

Dear Sir,

It is generally believed that a little variety in one's training is of great benefit, and I always found that cycling helped me in particular with my uphill running strength. Now if any of you have been wondering "What happened to that old twit. Rod Pilbeam" let me tell you just how unfit I am now that I've retired from fell running. Carrying the extra stone in weight doesn't bother me unduly, unless I think of running up any hill greater than 1:20 and I am undoubtedly less fit ... for running. A 10 minute run on Christmas Day creased me for the next day or two. (Had I been shamed into a moment of sheer lunacy by watching 'Chariots of Fire' or did something deep inside me stir and remind me of the 'good old days'?) However, being unfit and overweight for running doesn't mean I'm totally knackered and past it just yet. Does this mean that Rod is going to make a comeback? ...No ...well ... NO! What it means is that Rod is back into cycling in the way he was before his fell running days.

So what, you say! Well, the reason I am bothering you is to say that I have a pretty hare-brained plan of cycling across the USA in May and June of this year; Los Angeles to Virginia Beach, approx 3,200 miles. Although there are still a fair number of arrangements to be made, one of which is to find some equally deranged company, things are coming together and I have approached a charity to raise some money for them. The charity I have chosen is the Stroke Association. My father had a stroke in November of last year and a friend's mother had 3 from June to November. ANYONE can suffer from a stroke at ANY time; you don't have to be a smoker, drinker, drug taker, overweight or whatever, it can happen to the fittest of us. The charity's work involves all aspects of dealing with people that have suffered from a stroke, from hospital work to helping them re-adapt to life outside hospital. I know it would be all too easy for anyone who wants sponsorship to write to the FRA and I don't mean to set a precedent, but I would be most grateful if anyone who would be

willing to sponsor me could contact me. If anyone would like further details of my intended ride, route maps etc. please do not hesitate to get in touch; I will of course send official confirmation from the charity that I will be riding for them.

I hope everyone has had a good winters training for the fells for this coming year and wish you all a successful and injury free season. Many thanks to you all,

Yours faithfully,

*Rod Pilbeam, 77 Station Road,
Flookburgh, Grange-over-Sands,
Cumbria, LA 11 7JZ. Tel: 05395 59008*

Support

Dear Sir,

I was interested to read Rick Graham's letter regarding unofficial support to race competitors. I would bet that the majority of fellrunners enjoy their sport for the freedom it gives them and the chance to

about navigation, should a runner who hasn't bothered to receive a route be able to gain advantage by following an unofficial guide?

Recently finishing the Yorkshire off road marathon (The Yorkshireman; a pairs event) we were perturbed to discover that the first and second teams had both been guided around tricky parts of the route by an unofficial helper. There's no rule specifically against this, although in this race there was a rule penalising teams by 5 minutes which (accidentally or otherwise) deviated from the route. FRA Rule 6 does say that runners taking part in any fell race must be entered in accordance with the rules and procedures. Somebody offering drinks isn't a runner taking part, but somebody guiding competitors around a course *is* a runner taking part - but one who hasn't entered.

Of course many of us have followed other runners on unfamiliar routes. There's no guarantee that they know the way, how-



Bolton following Bingley, John Birchenough chases Damian Whitehead on Langfield Common. Shepherds Skyline 1992.

Photo: Peter Hartley

get away from the rules and regulations that confound them the rest of the time.

When fellrunners get together to compete in races they hope to do so in a fair manner and on equal terms, although plenty of training and a good helping of natural ability will provide an advantage. Inevitably, when runners compete, disputes can arise which necessitate rules. But what is fair - and who decides? I suppose consensus decides and if a new rule is necessary, that consensus should direct the FRA committee to make it.

Regarding Rick Graham's comments, I would say that providing drinks to competitors in races is generally accepted as fair. Pacemaking and directing runners on unmarked courses may not be. Pacemaking on the track certainly provides an advantage, and since fellrunning is also

ever, and that all adds to the fun of it.

There is also the question of rules and fairness on record attempts for such as the BGR. Admittedly, they aren't races, and it does seem accepted practice to pace and guide runners around the route. Not wanting to detract from the admirable feats of long distance record breakers such as Ann Stentiford, it was interesting to read how, while she was running the BGR in deteriorating weather conditions the "pace literally had to be forced with the pacers forming a human shield; windbreaking for Ann to make progress". I wonder when we will be allowed porters on the Karri mor.

Yours faithfully,

Tony Spicer, Accrington

After much negotiation lets hope this truly is. . . .

The Last Chapter

FELL RACES ON NORTH WEST WATER LAND

In February 1992 we learned of NWW proposals to charge for Fell Races passing over company owned land. On behalf of Fellrunning, the FRA objects in principle to any attempt to charge merely for access to land which is freely available to the general public. At a meeting with NWW in May 1992 they agreed to defer charges until the FRA had the opportunity to put its case to CARAC. (Conservation, Access and Recreation Advisory Committee).

Our submission to CARAC was reproduced in full in the October 1992 issue of The Fellrunner. In the weeks prior to the CARAC meeting on 22 October 1992, we mounted a campaign to publicise our case. This was very effective. Members will have read letters and articles in the national and local press and our Chairman became a TV star. The outcome of the CARAC meeting was that they re-affirmed their support for a charging policy to the extent that where NWW is **involved in additional costs** arising from an event, a **contribution** towards these costs should be sought from the organiser. NWW agreed to hold further talks with the FRA to examine the implementation of this policy which is quite different from the previous idea of an arbitrary charge per competitor.

Mike Rose and Selwyn Wright met NWW at Lancaster on 19 November 1992 and the following policy was agreed. It has yet to be confirmed by the FRA Committee at their January meeting and by CARAC in February. It will then need formal approval of NWW Management Board.

CHARGES FOR FELL RUNNING

It is proposed that the Detailed Charges Schedule, which, as an Appendix to the Green Portfolio Paper (No. 3), is reviewed by the Board on an annual basis, should contain the following statement, which has been jointly agreed by the Fell Runners Association and North West Water.

"Charges will not be sought for access for organised events, but where the Company is involved in unavoidable additional costs (eg exceptional administration, special facilities, or damage), a contribution to those costs would be agreed."

The Fell Runners Association and North West Water have also jointly agreed the interpretation of this statement and the manner of its implementation, which has to be negotiated at local level by the event organisers with the appropriate Conservation, Access and Recreation Managers.

The agreed joint procedure is as follows:

Exceptional Administration

There are certain standard procedures to be carried out by the Area Conservation, Ac-



A bit of nifty footwork allows Kieron Carr to avoid stepping in Water Board resources; Langdale 1992.

Photo: Bill Smith

cess & Recreation Managers, such as an initial telephone or letter enquiry to either operations, estate management or other interests (such as agricultural or shooting tenant, English Nature etc), as part of the routine checking and clearance.

'Exceptional' administration involves the resolution of any problems which arise subsequent to these enquiries, which need to be overcome in order to allow the event successfully to take place. Should this be the case, organisers are asked to budget for a £20 contribution towards the Company's costs. It may well be that the event organiser will not have budgeted for this cost in organising the event, in which case, the sum will need to be accrued to a subsequent event.

The same contribution is appropriate to inter event consultations held to improve, reroute or otherwise ameliorate the effects of previous events, in order to achieve a more successful experience, in which case, this contribution may also be costed to the organisation of the following year's event.

Special Facilities

These relate to action taken by the Company on the ground in order to facilitate the successful running of the event.

Special facilities may include:

- (a) Start
- (b) Finish
- (c) Car Park
- (d) Toilets
- (e) Removal of Fences
- (f) Provision of Gates
- (g) Agreed warden cover.

These will vary considerably between events and, in many cases, there will be other landowners involved and the use of Company land may be minimal. Contribution to any of the costs in this category are a matter of detailed negotiation between the event organiser and the Area Conservation, Access & Recreation Manager.

Damage

The organiser of any event will have ensured that there is the appropriate level of insurance cover before the event takes place, and the Area Conservation, Access & Recreation Manager will need to receive confirmation accordingly.

Review

The above practices will be monitored by both the Fell Runners Association and the Company and jointly revised if necessary.

In simple terms, the above statement means that there is no charge merely for access. If significant input by NWW is necessary or if special facilities are required, then a contribution towards their costs must be negotiated. This is much the same as has always been the case when seeking agreements with landowners in general. It's just that NWW find it necessary to have a written policy document.

Our negotiations with Bill Foster and his colleagues from NWW have always been friendly and constructive and the outcome is very satisfactory. During our discussions, it became obvious that working relations between organisers and NWW personnel have been very good in the past. Both the FRA and NWW hope that our agreement will enable this friendly spirit of co-operation to continue.

For many reasons, issues concerning access and conservation are likely to arise more often in the future. Matt Simms, who is actively involved in conservation, has agreed to take on the important role of FRA Access Officer. In addition to monitoring the implementation of our agreement with NWW, he is your focal point for all access problems arising in the future.

Finally, thanks to all those members who have given active support to our efforts in resolving our differences with North West Water.

Mike Rose

Set out below are the views and opinions of several people and bodies involved in controversy over safety on the fell...

Better safe than sorry...The FRA view

Safety requirements for fell races

One of the attractions of fell running is the friendly atmosphere at races and freedom from bureaucracy. However, most members will recognise that some rules are needed otherwise our sport would be a shambles. Some (including me) will think that there are too many rules, but most are uncontroversial and others are necessary to ensure that amateur status (sic) is fully protected. The FRA Rules for Competition and the FRA Safety Requirements can be found in the Fixtures Calendar.

The FRA Safety Requirements have been around for a long time now, but there is still a tendency for both organisers and competitors to treat them in a somewhat cavalier fashion. Organisers are reminded that with the inclusion of their race in the calendar, they are deemed to have agreed that FRA Rules and Safety Requirements will be applied. They should review their arrangements for implementation and making sure that competitors comply. Competitors are reminded that mountain terrain and mountain weather have potentially hazardous propensities - in plain language this means it can be downright dangerous sometimes. Events attract competitors with varying degrees of ability and experience, and some who are lacking in basic common sense. An organiser has to cater for the lowest common denominator and everybody should fall in with his judgment.

Safety comes to the fore when a tragedy occurs at one of our events - fortunately very rare. Following the death of Mrs. Matthews at last years Welsh Water Relay Race, the FRA reviewed and revised the Safety Requirements and gave considerable publicity to the incident through *The Fellrunner*. Nevertheless, the message has not yet got through. Two incidents this year give cause for concern.

Brecon Beacons Race, 29 August 1992

The same club which put on the Welsh Water Relay Race organises the Brecon Race. Not surprisingly, the organiser made special efforts towards safety. The entry form, signed by all competitors spelt out the gear to be worn or carried, namely, full waterproof body cover (cagoule, over-trousers), emergency food, map, whistle and compass. In view of the poor weather, the organiser decided not to relax this requirement which was reinforced by several large notices displayed around the

venue. Additionally, a final reminder was given at the start line.

Peter Hamilton of Croft Ambrey RC chose to run without waterproofs and has pleaded that he was not aware of the requirements. Well, he should have been! The FRA Disciplinary sub committee has considered this case in some detail, and with the backing of the full committee has barred Mr Hamilton from competing in FRA races for a period of 6 calendar months with effect from January 1st 1993.

FRA Relay, Threlkeld, 18 October 1992.

A complaint was received that the winning team was in breach of FRA Rules in that they failed to ensure that all their runners were in possession of full windproof body cover as required by the organiser. These safety requirements were set out in pre race information, they were clearly stated on a document signed by all Team Managers and were announced by loudspeaker at the start.

Enquiries revealed that several other teams were similarly in breach, but with 6 members to each of 80 teams it was quite impossible to sort out just who was and who was not carrying the necessary gear. The committee views these failings just as seriously as the Brecon case, however, it is acknowledged that by the very nature of a relay race, it is very difficult for the organiser to communicate directly with every individual runner. One of the roles of the Team Manager is to ensure his team members abide by the rules and are properly equipped. Notwithstanding the obligations of individual competitors, where breaches occurred at this event we hold the Team Managers to be primarily responsible.

In the circumstances it was agreed that the results shall stand, and the defaulters, particularly Team Managers, should consider themselves severely censured. At future relay races, winners of each leg and at least 10% at random will be checked at the finish line. Defaulters will be immediately disqualified and reported to the FRA disciplinary committee to consider any further appropriate action. Apart from the safety implications, it is quite unfair to seek to gain a possible advantage over other competitors by failing to carry stipulated equipment.

I am sure that by now it will be abundantly clear that the Committee intends to continue taking a strict line where safety is concerned. We don't want competitors to feel that we are restricting the freedom and spirit of our fellrunning but we do insist that they abide by sensible safety rules in their own interests and for the good name of our sport. Organisers might also bear in mind that if they fail to follow the FRA Safety Requirements our insurers might consider a claim to be void.

- Mike Rose, FRA Secretary

Better fair than foul - the organisers view

Mynyddwyr De Cymru are most concerned to learn of two recent, apparently contradictory decisions by the FRA.

The first concerned the disqualification from the Brecon Beacons Race (an MDC race) on 29th August 1992 of a competitor for not carrying the appropriate navigation and safety equipment specified - and well publicised - by the organiser as stipulated by the FRA Rules for Competition and in the FRA Safety Requirements. On the disqualification being reported to the FRA by the race organiser, following discussions with the club officers, we understand that the FRA resolved to ban the offending competitor from all FRA races for 6 months.

The second decision concerned the FRA relay championships on 17th October, where we understand no action was taken against various runners, and in particular the winning team, despite complaints that they had not met the safety requirements as set out in the rules. We understand that conditions on the day were such that a competitor who had to be stretchered off the hill was possibly saved from serious injury because he was carrying the proper equipment.

You will appreciate that following the tragic events of the Reservoir Relay in 1991, MDC race organisers are particularly sensitive about safety procedures and are rigorously enforcing the rules in all club races - hence the 29th August disqualification. We are most disappointed and concerned that the FRA appear to be inconsistent in their approach to the rules - is it because the first case involved an average, middle-of-the-field runner and the second involved some of the leading clubs in Britain.

We are particularly disappointed that the FRA officers cannot be relied upon to uphold the Association's own rules in a firm but fair fashion - especially in an FRA organised event. Our club has been reminded in the most forceful way of the need for safety to be the overwhelming consideration in races and can conclude only that the FRA committee members are prepared to exercise double standards in this area. This will do nothing for the reputation of the sport. All the 'safety requirements' and 'rules for competition' are worth nothing if they are not known to be enforced at all levels of the sport. Whilst the 6 month ban on one runner may seem excessive, a few similar cases would make it clear to all competitors that the rules are there for their own protection and that they will be applied rigorously - even against the sport's elite.



A dangerous edge - a long drop - no problem if you have the experience. Supervet Leo Pollard on Swirral Edge, Grisedale Horseshoe

Photo: Bill Smith

Sorry to have written at such length, but the strength of feeling in this club on this issue requires it be given a thorough airing. Be assured that there is always 'a welcome in the hillsides' but make sure you have your map, compass, whistle.....!

K. Lucas, Treasurer MDC.

Better free than fettered - the competitors view

Last August I took part in the Brecon Beacons Fell Race. I omitted to carry full kit (I had not seen the notices at registration, nor heard the organisers announcement at the start). At the finish I was disqualified. I wrote a letter of apology and explanation. To no avail. The FRA disciplinary sub-committee recommended, and the Committee endorsed, a six month ban.

Is this a case of taking a hammer to crack a nut? An exercise of detached, Brussels-style power by the FRA? Their making a scapegoat out of me? A sign of insecurity on their behalf? All of these things, I think. Shaken by the repercussions of the death of Carol Matthews at the 1991 Welsh Water Relay Race (attempt by the deceased's party to foist liability on the FRA), the FRA gives the impression of being in crisis. Subsequent to the incident, as the BBC has lost touch with its viewers and listeners, so the FRA, in their haste to regulate and 'cover' themselves, have lost sight of what running and racing are all about.

When we go for a run, a walk, a ride or a climb we do so at our own risk. Risk taking and uncertainty are integral parts of the activities (and of life in general). We decide what we wear, what equipment we take, the route we follow. In the event of an accident, we know that it is no good our holding responsible the agent of the misfortune - a crevasse on a mountain, a rabbit hole in a field, a stone on the road. Nor do we have any recourse against the owner of the land. We relish these activities as expressions of freedom. Part of that freedom is the assuming of personal responsibility.

Why should it be any different when we take part in a race - be it fell or road? The runner should be free to decide what he or she wears or carries. Why require a runner to carry full kit for safety reasons when he/she has signed beforehand a disclaimer releasing the organiser (and the FRA) of all responsibility for his/her actions (and consequences thereof). The essence of running is freedom. Hedging running with restrictions goes counter to its nature.

The FRA are understandably concerned about claims for negligence being brought against them and/or race organisers. Safety Requirement 8 reads: *The disclaimer on the entry form does not protect the organiser if, in the event of legal proceedings, he is found to be negligent.* This prompts two comments. First, negligence on behalf of the organiser would be very hard to prove unless he, for example, routed his race along the edge of a precipice, where no barrier existed against falling. Secondly, could the disclaimer not be strengthened? The FRA might take a leaf out of the hard bitten terms and conditions imposed by companies upon their customers. Take, for

example, this double barrelled release from liability clause of an American mountain trekking company

As consideration of being permitted by The Company to participate in these activities... I hereby agree that I, my heirs, personal or legal representatives or any other members of my family, will not make a claim against or sue The Company or... for injury or death resulting from the negligence of or other acts, however caused, by any employee, agent or contractor of The Company... as a result of my participating in this trip. I hereby release The Company from and against any all liability arising out of or connected in any way with my participation on the trip, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

The FRA should draw breath and have confidence in their position. People who are not experienced and adequately trained should not be taking part in difficult fell races in the first place. They are the duffers in the aphorism "Better drowned than duffers, If not duffers won't drown" - (Swallows and Amazons, Arthur Ransome.)

So ease off on the safety requirements, please, FRA. By all means protect yourselves, but let running be. I would rather drown than be a duffer. And that, I suspect, goes for all serious fell runners.

I hope that you will not shrink from publishing this, the subject merits exposure and debate on the pages of your magazine.

- Peter Hamilton, Herefordshire

The hardest race of my life, or a duffer's eye view of Cross Country.

Safeway International

21/Nov/1992

I don't bother racing during the winter as a rule. It's the Cross-Country season and I've never really been a right big fan of Cross Country running. I mean, it's good to watch all right, standing about in the rain or sometimes snow (it's hardly ever sunny for a Cross meeting is it), stamping your wellie clad feet and swinging your gloved hands, cheering them on as they toil round fields, up through the woods and over parkland. But not actually to take part.

You see it's all a bit too fast and flat for my liking. I like to run on the fells during the Summer, even though I'm not so good on the climbs. Come to think of it, I've never really been able to get the hang of coming back down either. But the thought of bashing out the miles of grassland at full tilt without a chance to have a rest, sends me scurrying off to find a less painful pastime, such as a visit to the dentist or listening to Lena Zavaroni.



It had to happen though, sooner or later. Her indoors had her sights firmly set on doing the Ladies' race at Gateshead this year and, as it is a fair trek up the A1 for us, she decided that it would be more worthwhile a journey if we were both to run. "It will do you good" she said, ignoring my protests as she wrote out the cheque, "... a bit of speedwork will sharpen you up ... just what you need for the winter...."

Sharpen me up! What for, shovelling snow? Question of sport? Anyway the cheque was posted before I could argue further (well it's only 80p lost if I don't run) and soon the dark nights began to draw in. October came and went, the Guy Fawkes '10' and the Skyline Fell Race, and the season just about drew to a close. The training runs continued for a couple of weeks, then the old spikes came out of the loft and we were off to Tyne and Wear.

The journey up the A1 was pretty uneventful apart from me being reassured that "lots of the local clubs will be there, with runners of all abilities, there are bound to be a couple you can beat." Oh

yes that was me reassured. What if that couple do track work, what if they do Cross races. I was beginning to have serious doubts.

The first impression that I had of Gateshead was that I was impressed. A well set out town, modern stadium, well signposted and no litter. The parking and registration were clearly marked and efficient. This was for me a minus point, as I would have preferred my race number to have been irretrievably and irreplaceably lost.

Number pinned on, windproofs on, spike bag out (damn, she found it under the bed) and off to the Bowl. Here I came across my first big shock. There were runners everywhere. Senior men who I could be up against, were stretching, striding and looking extremely lean and fit! These were a different class altogether to the bods that trudge up and down hillsides in smelly Lifas. They all looked so well groomed with bright new-looking waterproofs and shoes. There was one lad stretching his hamstrings against the back of the chip van. He looked very useful. There was another buying some chips who looked as fit, in fact the bloke selling the chips looked in better shape than me.

Oh, I know what to do. I'll go and sit in the loo and miss the start. Yes, that's it, then I'll sneak out and have some chips and do what I do best, stamp my cold feet and swing my arms and cheer them on. It wasn't to be.

The Ladies' race had been run. Carol was changed and dry and ready to make sure that I didn't chicken out. The tannoy blared out asking us to the start so I stripped off from cagoule and windproofs and tried to look like a sleek designer Cross runner as I joined the rest of the international field. I casually eyed up the opposition. Oh dear. Things didn't look good. Many had spike-marked legs, a tell tale sign of hard fought battles of old. The starter raised his gun and we were off, or rather they were off, I followed.

We made our way across the bowl, down a short slope, round a bend over the South Shore road and up the steep banking. I could hear the tannoy wailing something about the leaders starting their second mile. After 2h laps I felt I was starting to settle into my stride. I was with a small group, the man in front wore a white vest, on my right shoulder was a fellow wearing a bobble hat, and just behind was the one I had just strained to get past, with "read Runner magazine" on the reverse of his vest. We rounded the next bend and I heard Carol shout. I looked up and asked her who was leading the race. "Him", she replied as two Kenyans passed us with the ease and grace of Gazelle. If only she'd taken a photo as they were just on my shoulder. A few seconds later another Kenyan sped past, the rest of the field

started to pour through, lapping us up.

As our little group came up to complete their third, of four laps, I contemplated tucking in behind the next man to pass me, Zimbabwean Stanley Mandabele, as he turned into the finishing straight, but the Geordie marshal fixed me with his eagle eye and I sheepishly slunk over to the left of the course and into the last gruelling lap.

The rain was now coming down in stair rods as I pattered down the slippery slope for the final time, glad to get that one out of the way. The course was by now really slippery, not surprising as this is the eleventh race of the meeting, I thought. I was in real danger of losing a shoe if the mud became any thicker, but at least then I'd have an excuse.

One big circle around the rim of the bowl to do. White vest and Bobble cap were right on my tail but I had Northern Runner in my sights. I was going to get stuck in and catch him I decided. Up the short climbs I thought I was gaining on him but he seemed to sense my presence, probably by the wheezing and grunting, and put a kick in on the flat. I imagined that I could shake off my two followers on this final loop and so really dug deep into the fat stores for that glorious ounce of Lard that would carry me on to victory over my adversaries. It was there! Just when I needed it a final surge of adrenalin rushed through my entire being. I felt as though I was floating, being carried along on a breath of wind. I was suddenly aware that my surge had arrived as I was about to make my last descent from the rim of the Bowl, and the floating sensation quickly turned to wallowing.



I lay there spreadeagled, the hailstones now hammering into my eyes. White vest slid past, generously sharing with me some of the mud from his shoes, followed by Bobble cap who, if I hadn't been wiping mud from my nose, would have perforated my left hand with his crampons. I reflected, as I lay, on life and how cruel it can sometimes be. I pondered on how wonderful it would be to just be allowed to lay here for ever, to die and be buried on this very spot where so many athletic greats have trodden before. Just leave me here with my pain racked body.

But no, wait. I can hear someone else coming along the course, at least I'm not last! I can still go on and save myself from that humiliation. Quick, get up, there are people watching who have witnessed my plight. They'll will me on to the finish as long as my weary body can still function.

Yes, I'm on my feet. There's pain alright but pain is nature's way of telling you that you are still alive. I can move. I can walk, jog, I'm running again. Not far now, one small loop to run, one giant loop for mankind. My legs are working, I can see the others in the distance. The crowd is cheering me on, "Keep going, not far now, well done...." I'm gaining on them, I can sense them getting tired and realise that my short lie down has done me good. 1000 metres to go now and I've got them in my sights, 500 to go and I'm catching them. The crowd are wild with excitement, 300 metres to the line and we're level, they both sense my attack and try to respond but they haven't anything left in the tank. 200 metres and I can see Northern Runner ahead. I'm bearing down on him, he responds and we cover the last 100 metres in 9.8 seconds, dipping through the tape together, but he takes Gold and I get the Silver, which turns out to be a foil carton of Safeway apple juice, although the taste is just as sweet.

Never again. In the space of 31 minutes my body has whirled through the whole spectrum of physical and emotional states. It was fast, tough, it was the first time I had been lapped and now I'm aching, tired and ready for bed. What was that? Oh, the wife's just told me that there's a West Yorkshire Cross Country League meeting on next Saturday. I'd better clean my spikes up before bed then!

Allan Greenwood

World Cup: Important Changes

World Cup Selection Races (England)

Due to the Men's Uphill race being dropped this year, the Crib y Ddisgl race on July 11th is no longer a selection race for the England team.

Important change of date for selection races

Sedbergh, Arant Haw, July 18th (Junior Men and Ladies) has been brought forward one week and will now take place on July 11th. This is also the date for the Calf Fell Race, which is now the first selection race for men. £2 entry fee by 5th July; otherwise details as in calendar.

New Selection Policy for Senior Men Only.

This years World Cup sees only one race for men - Up and Down; 6 to run, 4 to count. The first three runners with the best aggregate points score from the two selection races will gain automatic selection. First = 7 points, 2nd,5, 3rd,4 down to 6th, 1. Three other runners will be chosen by the selection committee; performances in the selection races will be the main but not the only criteria. Keswick selection races are as published.

Further information from England Team Manager, Pete Baland, 12 Danes Rd., Staveley, Kendal. 0539 821688

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Record breaker to return?

Interview with Keith Anderson

by Doug Tilly

Talk to Keith Anderson about his two favourite topics, running and cooking, and you soon realise he is a very intense person, who understands both subjects well.

He has returned to cooking for a living, working as head chef at Chapels Restaurant in Horwich, Lancashire, where in less than two months he has built up a reputation for good food.

This will come as no surprise to those who know him as a runner. The former British Fell Running Champion has applied the same meticulous care to this profession as he did to his training and preparation for running.

Thirty five year old Anderson came into the sport from a background of football in the Northern Premier and Highland Leagues. From the start he showed ability and began to set records on the fells. Such was his progress, it was only a matter of time before he became champion and sure enough in 1991 he captured the season long title. That same year he won the Cumbria Cross Country Championship and recorded a useful 29.30 for 10K, thereby outlining his all round ability.

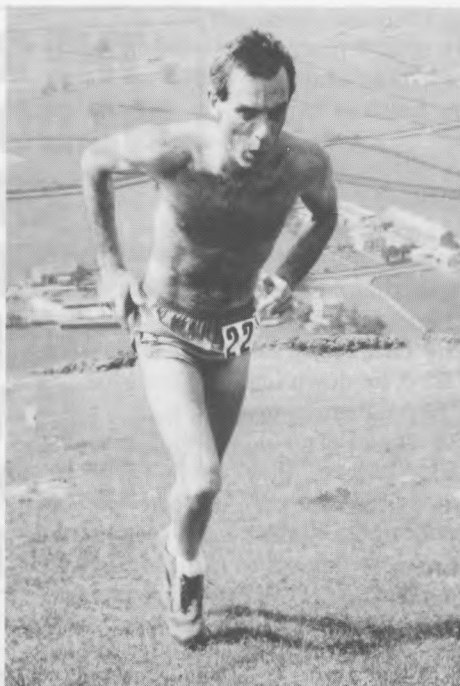
The 1992 season started in fine style. At Pen Y Fan in Wales, Anderson turned a 30 sec deficit at the summit into a 63 sec winning margin, lowering his own record by 66 sec. He then went to Coniston, where he ran away from a class field eclipsing Kenny Stuart's seven year old record in the process. The next race, Dollar Hill, in Scotland saw him suffer defeat by allowing Robin Bergstrand to gain too large an advantage on the climb and failing by 11 sec to catch him at the end. He was now free to concentrate on his major aim of the season, the World Cup of Mountain Running to be held at Susa in Italy.

But on 8th August 1992 in the World Cup Selection Race at Jenkins Hill, Keswick, Anderson could only finish a disappointed sixth and was not selected for the English World Cup team. He was devastated.

"I can't explain my run, I possibly went off too hard after Martin Jones, but I was in my best form ever. I went there to win, my whole season had been aimed at the World Cup. The three months before the trial, I had been doing double reps on Jenkins Hill, and I mean going hard.

I had done treadmill tests, with fan heaters and spot lamps, worked in a steam room with high humidity and temperatures between 80 and 100 degrees and my other training did not change. My preparation was right. It's still beyond me."

As reigning British Champion and comfortably leading the present campaign,



Keith Anderson pictured at Hutton Roof 1992.

Photo: Bill Smith

surely the selectors should have picked him for the World Cup. After all their stated policy for senior men was 'the first two runners in each selection race will gain automatic selection. Five other runners (including one reserve) will be chosen by the selection committee and the two races will be the main but not the only criterion'.

Last year Keith had dropped out on Jenkins Hill but had accepted the travelling reserve spot to Switzerland. Whilst there he had performed the task of general help, including cooking for the team. He then scored a run away victory in the open race in a time only slightly slower than the leading English runner in the International event. He is still baffled and bitter with the selectors for only offering him the place of reserve again.

"I ran two International races earlier in the year and finished second in both. Also I had broken my own record at Pen Y Fan and won Coniston by nearly 4 minutes, breaking Kenny Stuart's record on the way. I think I had done enough to be selected.

The selection policy is a farce. At the trials if you have a problem on the day, or a bad run, you don't get picked. Yet another runner, who does not run either of the trial races is selected on the strength of one run abroad. I think that shows what an absolute bloody shambles that set up is.

I did not want to go as a reserve; I felt and still feel that I had done enough to be selected. What I do feel is a bit off though, is when the team manager rings up one day offering me the reserve spot. Then two days later, the chairman of selectors rings up to say he thought perhaps I was a bit upset at first, but that they had kept the reserve place open for me.

I couldn't believe it! I had been speaking to Sean Livesey on the phone and he told

me he had just turned the reserve place down, yet here was someone telling me they had kept the spot open. What an absolute bloody joke."

Billy Bland said in 1985 when interviewed by B.B.C. TV that he thought International races could spoil the friendliness of fell racing. He could see cross country runners who had not quite made it at International level taking on fell runners and possibly beating them and thus gaining the selection. This appears to be happening to a certain extent, there being a number of non fell people making World Cup teams. How does Keith view this?

"I don't think it will affect the friendliness and camaraderie of the sport. The club fell runner, which means most of us, will still want to run and have a good time and a laugh and joke afterwards.

I honestly believe though that there should be two codes; one for fell running and the other for the World Cup. Those who want to can then have a go at being selected, no matter what area of running they come from. A good athlete can win the trials, but to take the Championship is another matter. Whoever wins that has to be able to run on all types of courses and in varying conditions whilst attempting to be consistently in the top three. In other words a true fell runner.

What does worry me about all this is that the Championships are in danger of being de-valued. If things aren't sorted out quickly I can see everything becoming a shambles and people with potential to win the Championship will not fit in enough races to qualify because they see a greater emphasis on the trials and World Cup. Some may have enough ability, but others will fail and concentrate on only one. That is the sort of thing that could injure the sport."

The selected team for the short course race in Italy won the gold medal with an excellent all round performance of Martin Jones 1st, Robert Bergstrand 3rd, Mark Croasdale 9th and Craig Roberts 14th. In the October edition of *The Fellrunner* it was reported that the 'English selection policy had been to take the strongest short course team and this had paid real dividends with two individual medals - a gold for Martin Jones and a bronze for Robin Bergstrand plus the team gold medal.' Anderson is not convinced.

"No one can argue with two gold medals, the team did well. But nothing was said about taking the strongest possible short course team before or during the trials. The teams chosen were totally unbalanced. The policy was first two past the post would be selected. If they had stuck to that Robin Bergstrand would have had the choice of either event, Jones selected for the short race and Croasdale would have been in the long course team. That would without doubt have strengthened the all round World Cup squad.

In fact I firmly believe that if the selectors had shown faith and picked me for the short race, England would have had a better chance in the overall World Cup allowing for just one of those runners being moved to the long race. Let's face it the long teams performance was to say the least, mediocre."

Since that day in August, Keith Anderson has not raced, in fact he has only done a few small runs for his own pleasure. He has in effect, turned his back on the sport.

So upset was he by what had happened in the selection race and the aftermath, he abandoned the championship, by failing to compete in the final race the Peris Horse-shoe in Wales, as his own form of protest. He had been eyeing up the record at the Ben Nevis, and with his phenomenal descending ability, that was well within his compass. This was also forgotten.

Furthermore, he resigned his partnership in the firm of ETA, a company manufacturing fell and off road running shoes. Anderson was the A in the name and to the rank and file of fell running, the man who got the new fell shoe off the ground. For all his success, Keith has remained approachable and has always been willing to help others, whether it be about training (he is a great believer in using a heart rate monitor) or information about the shoes.

It will be a pity if Anderson does not return to the sport. At the moment though, his major purpose is looking into the possibility of establishing his own restaurant. The split shifts and long hours necessary in the catering business do not leave him much time or energy for training. But does he miss running?

"Yes I do. I miss the camaraderie and the racing. Having said that, apart from the World Cup, I have done everything I set out to do. If I went on for another two or three years, what else could I achieve. Maybe the time has come to think about making a living. Running was fun but at the end of the day it didn't pay the mortgage.

I realise that makes it sound like I will not be returning, but I can't say. Perhaps when I am set up, I will be able to turn out and just have a run round in a race, without any pressure."

Keith Anderson is not the type of person to 'just run round'. He is competitive and a winner. There is no doubt that if he does open his own restaurant it will do well. His ambitious nature will ensure success. Will he return? Only time will tell. As a pointer though he now lives in the shadow of Rivington Pike, and he considers this race a classic. Perhaps next Easter Saturday!!

P.S. Happy to say that Keith is now back in training and looking to return to the Lakes.

Moving Mountains

...or how to rip the soul out of the earth

I've always been moved by mountains and hills. Ever since I was a young boy I can remember a stirring feeling inside whenever I came across them. That feeling has never dulled; on the contrary, it has grown as I myself have grown, and as I have visited different places in different seasons and seen all the subtleties of form and colour that mountains can have. That is why I became a fell walker and, particularly, a fell runner. There is still nothing like being up in the hills to make my soul soar.

Now a mountain is making my soul sore. I am very sad and angry that a mountain in one of my favourite places seems likely to disappear completely, a proposed 'superquarry' will remove most of Beinn Dubh on Islay. The mountain rises above the sound of Jura a mile or two south of Port Askaig. For anyone who has been to the Bens of Jura Race it faces you across the water as you travel down the single track road from the Jura ferry. There will be a special port built for the tankers that will take the quarried stone away by sea, most of it apparently going abroad. The land is being sold to Wimpey Asphalt by the Schroeder Estate (he is reputedly one of the 20 richest men in Europe, a millionaire several times over).

I've asked myself why it upsets me so. I know that it will make a terrible eyesore; the sea will be messed up around the new port, and the noise will blast away the quiet which is the hallmark of any wilderness area. For the visiting runners and walkers, the beauty of the sound of Jura will be hideously scarred, and the silica dust will blow with the prevailing wind right on to the Paps of Jura - come to Jura and breathe the fresh air! The flora and fauna on Jura is likely to be affected over time and the eagles that inhabit South East Islay will have to move elsewhere, along with many other birds and animals. All this distresses me, and certainly turns me off visiting Jura, where I have holidayed for ten years now.

However, the anger I feel is more basic than all this; I feel that removing a mountain in such a beautiful and unspoilt place is an act of desecration. In an area like that, to create a superquarry and remove a mountain is a violation akin to rape - the mountain cannot protest. It may sound cranky, but I believe that mountains have souls like we do and we have no right to destroy or desecrate in this manner. Is it moral behaviour to perpetrate an act of vandalism like this to make roads for more cars; worse still, to export the product.

I could go into a lengthy discussion on the pros and cons of quarry sitings, the need for more roads, for more cars, the need for millionaires to make more money etc. but I just want to help the protest that is starting on Islay. If you have visited Jura or Islay, or any other unspoilt wilderness areas, I hope that you will identify with what I've said. Please help the protest by writing a short note to the local athletic club who are co ordinating fellrunners protests. Write c/o George Middleton, Ardimersay House, Kildalton Estate, Port Ellen, Isle of Islay.

- *Andy Styan*

World Cup Saved?

but '93 event still in doubt

The future of the World Cup - or the World Mountain Running Trophy as it will now be known - has been in doubt since widespread disagreement about the format of the event at the meeting of the International Committee for Mountain Running in Bardonechia last August, representatives of countries involved met in London in early January to try to resolve the problems. It became very clear that unless a compromise on the issue of 'Up and Down' versus 'Uphill Only' could be reached there would be no more World Cup.

The one which was finally arrived at after prolonged but amicable negotiations was not the outcome which we would have hoped for beforehand but was really the only solution which would allow the competition to continue.

In future there will be only one Mens Race each year for teams of 6 with 4 to count, which will alternate between a 'mainly uphill' event and an 'up and down'. The race will be around 1 Ok with 700 metres of climb when it's 'up and down' and 1200 metres when it is 'uphill only'. The Womens race, for teams of 4 with 3 to count, will also alternate be-

tween uphill and up and down, will be 7k long and will have 550 metres of climb when uphill and 400 metres when up and down. The Junior Mens race will have the same course and rules as the womens.

There will continue to be an Open Race but one major change will be that all the races are likely to take place on the same day. This change, together with the smaller teams, is aimed at making the event cheaper to run. Under the old format no country was able to raise enough money to stage the World Cup in either 1993 or 1994. we hope that St.Gervais in France will now be able to organise this years event (1993 will be an 'Up and Down' year), that Germany will do so in 1994 and that Scotland's bid for 1995 (the next 'Up and Down' year) will be successful.

For reasons not solely financial, the event in St.Gervais is still in grave doubt and it is quite possible that the World Cup may not happen at all in 1993. The French organisers seem to be no further on than 5 months ago and their representative did not show up at the London meeting - which was financed by the IAAF.

Beyond 1993 the future of the World Cup now looks secure - albeit in a form which will only suit us every other year

- *Selwyn Wright*

Profile

GAVIN AND JONATHAN BLAND

Continuing The Family Tradition
by Bill Smith

The mid-70s saw the emergence of what is probably the most famous family in fell racing, the Blands of Borrowdale, namely Billy, David and Stuart and their cousins Anthony and Chris. Various permutations of these lads saw them regularly winning team prizes for their club, Keswick AC, though Billy is now the only one still regularly competing. However, his nephews, Gavin and Jonathan, sons of David and Stuart respectively, entered upon the amateur scene in 1989 after a season's competition in junior guides races, and proceeded to make an impression similar to that left by their elders.

Gavin Bland

Gavin was born on 21.10.71, stands 5' 11" and weighs 10 stone. He has the distinctive red hair of his father's family and bears a strong resemblance to David. His early years were spent at Nook Farm, Rosthwaite, but in 1982 the family moved southeasterly across the fells to West Head at the southern end of Thirlmere. From here, Gavin's shepherding covers the high fells on either side of Dunmail, including Helvellyn, Steel Fell and Sergeant Man.

He left school in Spring, 1988 and competed on the junior guides race circuit that summer, finishing 2nd at Grasmere and Kilnsey and 3rd at Ambleside. I was chatting to David in the changing room at Grasmere and he mentioned to me then that both lads would be joining Keswick AC for the following year's competition. Also in 1988, Gavin finished 2nd to orienteer Martin Bagness in the 7-mile End-to-End race from West Head to Stool End, Langdale, in October.

His first race of 1989 was the Chew Valley Under-18s event, in which he finished 3rd. "I ran my first senior race at Loughrigg a week later, finishing 10th. It was a 9-mile course, further than I'd ever run before, but I found it much easier than the flat-out pace of a short race and enjoyed the increased competition of running in a larger field." He went on to triumph in such junior races as Sail Beck, Dollar and Latrigg, as well as in the senior Gunson Knott and End-to-End races, with several noteworthy placings in between, including 2nds at Langdale Gala, Gategill and the Rydal Round, and 3rd Butter Crag and Mellbreak.

Gavin's success continued into the 1990 season, particularly impressive being his victories in the prestigious Langdale Horse-show and Gategill events. This season also included his most memorable performance as a junior when he placed 2nd in the World Cup at Telfes, Austria. 1991 was



Gavin Bland at Ingleborough.
Photo: Bill Smith

even more successful, with further wins in such classic Lakeland races as the Blisco Dash, Three Shires and Borrowdale, which he regards as his outstanding senior performance to date: "It was the first British Championship event I'd won - and I beat Keith Anderson!"

Gavin finished runner-up to Keith in that year's British Championship and also won the English Championship, a triumph which he regards with mixed feelings: "I was really trying to win the British Championship and just happened to win the English." He does not regard it as his greatest achievement so far: "Running for England in the last four World Cups has been more satisfying."

His early season results last year were affected by a sprained ankle incurred in the first British Championship race at Pen-y-Fan, but he eventually struck winning form again in such events as the Duddon, Blencathra, Coledale, Dockray, Tebay, Mell Fell, Skiddaw, Mellbreak, Borrowdale, Ben Nevis, Mountain Trial and Butter Crag.

The latter was a particularly exciting race in which Gavin just managed to pip John Atkinson at the line (though both were given the same winning time of 12.43) after John had plunged into the lead coming down, following Mark and Craig Roberts' dominance on the climb. Alan Riley of Grasmere, a former Kendal AC runner now competing as a highly-successful veteran on the guides race circuit, was particularly impressed by this finish but wondered just how much more thrilling it might have been had last year's Grasmere Guides Race winner, Robert Hudson of Malham, been competing.

In common with such other noted descend-ers as Keith Anderson, John Atkinson and the now-retired Tommy Sedgwick, Gavin is not an equally-proficient climber. Discussing his respective merits, he echoed a remark made to me back in the '70's by his

Uncle Billy: "I like a walk when I'm climbing." Also: "I lack a bit of speed on the flat and don't like a sprint finish."

In view of these latter remarks, it came as no surprise to learn that Gavin does no speedwork at all in his training: "I sharpen up by racing regularly. My work on the farm keeps me fairly fit all year round so I don't need to train as hard as someone with a non-physical job. For three weeks at lambing time, I've no time or energy to train, and sheep-shearing and running don't mix either.

"I've always been a lazy trainer (and probably a lazy racer) and only do just enough - and not enough in winter! However, I can get fit fairly quickly. Billy advises me on training: he says I've **never** done any hard training, not like he did. His advice on racing is: a steady start always pays.

"I train on the road in winter, but my legs can't take a lot of miles (shin soreness), so I run on the fells as much as possible. I have no injury problems when I'm doing all my training on the fells. However, I never train over a course, though I do look around long 'As'. This year I looked around Duddon the week before the race with Billy, but we didn't look round Borrowdale or Ennerdale in one go, but did them in stages. I can navigate if needs be but prefer to know where I'm going in a race. I won the Mountain Trial without ever using my compass."

On racing, Gavin says: "I have no preference about the distance but I do like the steep, rough courses best, and I think I do better in a long race." However, he is not averse to the cross-country-type of fell race "as long as there's not a lot of tarmac in it. They are harder for me, but if I am fit, I hold my own okay."

His favourite races are: Borrowdale, "because it's local and I **have** to win it," Ben Nevis, "because it's **the** race to win," and Butter Crag, "because it's a classic."

Some years ago, Billy Bland was asked why he didn't compete in Continental hill races and replied: "Because I'm a fell runner, not a bloody road runner." On the same subject, Gavin says: "Continental races are certainly different. They're flatter and faster and not rough enough for me, but I like them. You need to be a good road runner to do well, which is why I always struggle in them."

Asked who he regarded as his chief rivals over a steep, rough course, Gavin named his cousin Jonathan in long races and John Atkinson in short ones. Kenny Stuart and Colin Donnelly are runners he particularly admires, while Uncle Billy "has been the biggest influence and the most help."

Gavin Bland's ambitions are: to win the British Championship and the World Cup, and then "to run a good road race - but I'll need to get fit first", and eventually to break Billy's record for the Bob Graham Round. The first is definitely a realistic aim, and possibly also the last, but his "mountain goat" style of running could prevent him realising the other two. Anyway, Gavin, good luck with all these ambitions.

Jonathan Bland

Jonathan Bland was born on 14.9.72, matches Gavin's 5'11" but weighs in a little heavier at just over 11 stone. He lives with his father Stuart at Thomythwaites Farm, near Seatoller, with Bessyboot, first checkpoint in the Borrowdale Fell Race, looming southeasterly above Comb Hill. Jonathan's shepherding covers most of the high fells immediately in that direction, including Glaramara at 2,540 feet and Langstrath below the far side of that ridge. It may be of interest to mention that in the inaugural Borrowdale race in 1974, Ken Cartmel of Keswick AC dropped down into Langstrath from Bessyboot as he considered it the quickest way to reach Esk Hause.

Jonathan ran "only a handful" of guides races as a junior but did achieve success in the Grasmere Under-17s event in 1989, after finishing 3rd the previous year behind Gavin and the winner, Peter Reid of Bumeside. However, it must be pointed out in all fairness that the unluckiest lad in both these races was Nigel Atkinson of Famhill. In 1988 he led at the flag and set off on the slippery descent, only to take a bad tumble and eventually get carried off the fell with badly-torn ankle ligaments and a chipped bone. In 1989 he again led at the flag but then unaccountably went off course, allowing Jonathan to storm into the lead and achieve victory over Peter Reid.

Jonathan's first taste of fell racing had come in local events such as Borrowdale Sports and after joining Keswick AC in 1989 he showed great promise by winning the Coniston junior race, placing 2nd in the Latrigg junior, run in conjunction with the Skiddaw race, and achieving some good results in senior events such as 4th Mellbreak, 5th Loughrigg, 6th Langdale Gala, 7th Gategill and 3rd End-to-End. Unfortunately, he then chose to abandon the sport for 18 months but came back without any apparent harm done by his lay-off with a 3rd place in the race up Dale Head at Borrowdale Show, followed by runner-up in the Scafell Pike race.

Last season, he more than made up for his 18 month abstinence by racing prolifically and often with great distinction, not only in short up-and-down races but also over the long, rough courses. In the

former category, he placed 2nd at Dale Head and Blisco and 3rd at Mellbreak and also performed impressively in medium-length events such as 5th Sail Beck and Blencathra and 10th Ben Nevis. However, he showed a strong family trait by producing his best results in long races, including a fine win in the Buttermere Horseshoe, 2nd at Ennerdale, Wasdale and Borrowdale, 3rd Duddon and Langdale, and 6th Mountain Trial.

Like Gavin, Jonathan feels that life on a fell farm is beneficial to him as a fell runner: "Sometimes I don't feel like going for a training run if I've been shepherding all day, but on the whole I enjoy farming very much. It helps to keep me fit, what with gathering and clipping, and is bound to be better than sitting in an office. At lambing time, my training drops off to just an odd evening a week. However, with all the work that lambing entails, such as walking and gathering, it probably gets me much fitter than my normal training would do."

Jonathan doesn't do any special training for races he hopes to do well in: "I just try to get fit before the running season, then maintain it throughout the season. The only courses I train over beforehand are local ones like Dale Head and Borrowdale. Both my father and Billy usually give us advice on how to run races and how to pace ourselves. They also often show us around a course before a race, a fortnight beforehand if possible.

"I prefer long races to shorter ones, probably because I do better at them. I find it easy to keep going over the long courses and after about an hour's running, I find I'm getting stronger while others are slowing up a bit. I wouldn't say I'm a good navigator with map and compass but I can manage if I take a bit of time. Obviously I did some practising before the Mountain Trial and got quite used to using my compass."

"Cross-country-type fell races are good for getting me fit but I don't enjoy them as much as rougher or longer races and find them harder. However, such courses do improve my speed and fitness and make me try a bit harder.

"I am a much better descender than climber and find it easy to run downhill over rough ground, probably because I'm

used to shepherding over rough ground on Glaramara. I find it harder to climb and think I need a bit of uphill work to improve that side of my running. I tend to walk on steep ground where others are running. I have had no serious injury problems: just the odd blistered foot when the ground is dry and hard, and the occasional twisted ankle when out training."

Jonathan names Borrowdale as his favourite race for a similar reason as Gavin gave: "It's local and I like to do well in it." However: "I like all long races and any steep, straight-up-and-down courses like Scafell Pike, Ben Nevis and Blisco." Jonathan adds that he is never keen on travelling far to races as "I never feel right after sitting in a car for two or three hours."

He rates the 1989 Grasmere Juvenile Guides Race as his best junior performance "because it was a pretty good field and I wasn't expected to win." The senior races which he regards as his outstanding ones all took place last year: Borrowdale, Ennerdale, Duddon, Buttermere, Langdale and the Grisedale Grind.

In reply to a question about his main rivals, Jonathan said: "I think I like to beat anyone I can in any race. Obviously I like to beat Gavin if I can but mainly I just like to do well, and probably try a bit harder when we've got a good team out at a race" - here referring, of course, to Billy's breakaway club, Borrowdale Fell Runners, whose ranks were recently somewhat depleted by the departure of James Bulman to play rugby.

Discussing runners he particularly admired or who had influenced him, Jonathan was a bit more reserved than Gavin: "Obviously with my Father and Uncle Billy both being fell runners, they must have had some influence on me. Billy was a fell running champion for quite a few years and has won or done well in a great deal and wide range of races."

Jonathan's ambitions are to become a champion fell runner himself and to win the Borrowdale, Wasdale and Ben Nevis races. We wish him luck in the pursuit of these targets.

Jonathan Bland on Blake Rigg in the Langdale Horseshoe.

Photo: Bill Smith



Junior Update

At the end of a successful season it was very pleasing to see all the juniors and inters at the FRA presentation dinner at Blackburn in November. Thanks to all who attended and congratulations to all the award winners.

Hopefully this next season will be even more successful, and it is to be hoped that the new format, more in line with the senior style will be well supported. This season it will be 6 races, with the 4 best results to count to the championship, with 10 points going to the winner, 8 points to second, 7 to third etc. down to 1 point for ninth position. The junior races, for boys and girls, age categories under 12, 14, 16 and 18 on January 1st, 1993, have all been finalised and will be:

Belmont Winter Hill (12.00 start)
Hutton Roof
Buckden Pike
Ambleside Gala
Kettlewell
Thievely Pike

The intermediate races, for men and women under 20 on 1st January, 1993 differ very slightly, being:

Belmont Winter Hill
Hutton Roof
Bucken Pike
Ambleside Gala
Pendleton
Kettlewell

In all these races inters will run in the main SENIOR race.

It is also very important that all potential runners register with myself their name, address, telephone number, age, date of birth and club, and make sure that they run in the appropriate age group, ie the age group they are in on 1st January 1993.

1993 should see some interesting new events for the Juniors occurring, amongst them a proposed home international race between the home countries giving an opportunity for youngsters to gain an international vest so that is something to aim for. There has also been a suggestion for a team championship in the future and another idea has been for a junior inter club relay team, so watch this space for further developments. If anyone has any other interests or suggestions I would be only too pleased to hear them so don't hesitate to contact me. The same goes for criticisms!!

A further point which has been raised has been the suggestion for a minimum age for runners in junior championships, and over 9 years old has been mentioned as the threshold. At present there are no restrictions and official age limits are up to the discretion of the individual race organisers. Any opinions on this will also be gratefully received and as yet no decision has been made so there is no lower limit except that laid down by each individual race organiser.

I look forward to seeing you all again this season and would like to thank Andy Trigg for all the work he put in last season and also Gary Harold for help, advice and suggestions he has given me this year.

Dave Richardson (Junior co-ordinator)



Junior prizewinners at the FRA dinner.
Photo: Neil Shuttleworth



*Results
and
Reports*

*from over half a
hundred races.*

FRA Relay 1992:

A ladies team on the rocks on leg 2.

Photo: Steve Bateson

HOLME MOSS FELL RACE

West Yorks

AL/16m/4000ft 21.6.92

You can understand the problems that the Northern Europeans had with the heat in Barcelona when you run a long race on day like this. It was a belter! Lovely for watching, and lovely for sitting around at the finish, but definitely a tough one to run.

Many runners wore hats and many ran without vests. It was so hot you could tell by the outline on sunburned skin who had been wearing a vest. One of the good things about this race in hot weather is that you cross five streams and pass through two drink stations, so dehydration is not a problem if you're sensible.

This year's conditions underfoot were better than ever, with nearly all the peat bogs dried out, and apart from the heat, it was an ideal day for a record. Andy Trigg set off as if that was his intent - he was one hundred and fifty yards ahead after less than a mile. He pulled further and further away, followed only by Wrench. The battle for third place went on between Devine, Styan, Buttery and Ramsbottom, with the four changing positions all the way. Styan was third at Crowden, and then seventh at Bareholme. Devine was sixth at Crowden, but then pulled away into a clear third at the climb to Black Hill.

For the chasing pack, the leaders were out of sight, but they were dropping back all the time. Trigg was flagging badly and just held on to first place by thirty seconds from Wrench. Two minutes behind, Gary Devine was nearly caught by Andy Styan who just pipped Holmfirth's leading fellrunner of 1992, Pete Buttery.

The time was the second slowest in six years, so the weather won in the end. Lying on the grass at the finish with sandwiches and tea, was probably the most pleasant part of the day.

We hope you enjoyed the race and will be back next year. May we please request your co-operation in not training over the part of the course between the Start/Finish and Holme Moss. This is private land, our use of which is very sensitive, so please never train or reeve over this part of the course.

BT Peril

RESULTS

1. A. Trigg	Gloss	2.22.05
2. A. Wrench	Tod	2.22.36
3. G. Devine	P&B	2.24.15
4. A. Styan V	Holm	2.24.33
5. P. Buttery V	Holm	2.24.45
6. W. Ramsbotham	P&B	2.30.14
7. B. Schofield V	Tod	2.31.33
8. G. Berry V	DkPk	2.32.22
9. J. Smith	P&B	2.33.21
10. R. Haigh V	Ilk	2.33.21

VETERANS 0/40

1. A. Styan	Holm	2.24.33
2. P. Buttery	Holm	2.24.45
3. B. Schofield	Tod	2.31.33
4. R. Haigh	Ilk	2.33.21
5. J. Oldroyd	L&M	2.38.32

VETERANS 0/45

1. G. Berry	DkPk	2.32.22
2. D. Kearns	Bolt	2.33.22
3. R. Futrell	Holm	2.41.58
4. R. Bradley	Holm	2.42.08
5. J. Talbot	Tod	2.42.19

VETERANS 0/50

1. D. Balmforth	HolmeV	2.52.31
2. B. Buckley	Gloss	2.56.54
3. B. Thackery	DkPk	3.00.31
4. G. Booth	L'wood	3.16.47
5. T. Broakwell	Borr	3.25.32

LADIES

1. J. Town	Denby	3.24.05
2. S. Caizey	Tod	3.40.23
3. A. Kelly V	Bolt	3.43.58
4. C. Porritt V	Unatt	3.56.07
5. M. Gott	Tod	3.59.14
6. P. Collier V	Tod	4.06.22

MOUNT FAMINE 1992

Derbyshire

AM/5m/1700ft 28.6.92

Last years Mount Famine Race was held on a windless humid June day with temperatures in the high 80s fahrenheit.

Whilst only a five mile bash the organisers were concerned about the problems runners might experience in dealing with extreme conditions, particularly given the acute climbs involved, and warned at the start that it was advisable to

drink en-route, there being a good stream at the bottom of Dimpus Clough, just before the second ascent of Mount Famine.

Sadly the worries turned into reality when the runner who had led the field all the way round, collapsed with only half a mile to go to the finish, suffering from acute dehydration and chronic heat exhaustion.

This was Mike Jubb a Dark Peak runner who lives in Derby and has been showing extremely good form in recent seasons.

At the point he collapsed he was out of sight of the second runner, Konrad Manning of Clayton, who passed Mike just above Stones House Farm.

It must be stressed that at the point the next few runners passed Mike he was conscious and only appeared to have 'blown-up'.

The third runner ex-local Mike Whyatt alerted a passing local stroller to the plight of Mike Jubb and an ambulance was summoned.

In the next few seconds Mike staggered and fell down the rough, stoney path and by the time Andy Trigg and others, including Tony Hulme arrived he was face down, totally unconscious and breathing only sporadically and with great difficulty.

Mike was manoeuvred into the recovery position by his fellow competitors and was helped to cool by application of cold water, kindly brought by Mrs Liz Hodgson from the nearby farm.

The ambulance arrived as the last runners were going through and Mike was rushed to hospital in Stockport. He remained unconscious for several more hours and was given emergency treatment.

He was eventually allowed out of hospital three days later, and has luckily and thankfully shown no ill effects, apart from a few nasty bruises and contusions. The diagnosis from the hospital was that he had suffered acute dehydration and chronic heat exhaustion.

It is my understanding that this condition can prove fatal, either as a result of breathing or cardiac difficulties or (especially in a fell race) by injury caused as a result of collapse.

I strongly urge all runners to think about Mike Jubbs experience whenever they set out on a race in hot, humid conditions.

He was at peak fitness and in most respects was very well prepared for the race, he was obviously running very well to be leading a race by a large margin with some extremely good quality runners in the field. His only mistake was in not taking on board sufficient fluid to cope with the conditions. He is lucky to be still around.

Think about it!

J McCall

RESULTS

1. K. Manning	Clay	41.30
2. M. Whyatt	Gloss	42.00
3. A. Ward	Clowne	42.18
4. A. Jones	Gloss	45.12
5. F. Smith	Salt	46.05
6. P. Brownson	Penn	46.59
7. M. Boulton	Gloss	48.24
8. J. Smith	Unatt	48.36
9. T. Cuddy V	Unatt	48.41
10. J. Miller	Gloss	48.48

VETERANS 0/40

1. D. Cartwright	P'stone	49.31
2. F. Fielding	Gloss	49.47
3. R. Scottney	Penn	49.51
4. P. Booth	Penn	50. F9
5. G. Scott	Penn	50.52

VETERANS 0/45

1. T. Cuddy	Unatt	48.41
2. H. Swindells	Unatt	51.02
3. T. Ward	Clowne	59.22

VETERANS 0/50

1. P. Taylor	Bux	58.08
2. G. White	M'lock	60.02
3. D. Nicholson	Hels	63.17
4. G. Richardson	Clowne	69.35
5. K. McMurry	Stock	74.43

LADIES

1. J. Smith V	DkPk	50.41
2. A. George	Merc	51.04
3. K. Martin	Alt	57.51
4. M. Chippendale V	Stock	58.36
5. L. Adshead	Unatt	58.55
6. G. Walkington	Horw	63.44
7. G. Goldsmith	DkPk	66.27
8. M. Edgerton	Unatt	66.27

WASDALE FELL RACE

Cumbria

AL/21m/9000ft 11.7.92

For the second year running, conditions on the fell were bad. Only one runner, Phil Clark, broke the gold standard of four hours while about quarter of the field retired. Phil ran an almost faultless race in difficult conditions to become the new holder of the Wasdale trophy. He looked fit and unscathed after 3 hr 58 mins battling against the rain, wind and mist. Five more runners broke 4 hr 30 mins for the silver standard and twenty six retired.

Only two ladies ran, Wendy Dodds celebrated her first Wasdale with a win.

Many thanks to all the helpers, especially those on the checkpoints and the Wasdale Head Hotel and 'The Screes', Netherwasdale for donating prizes.

The 1992 Wasdale was the last race organised by the CFRA with Danny and Norma Hughes at the helm. They have now retired from race organising and will be sadly missed. Rumour has it they will not disappear completely from the scene so we look forward to seeing them at the fells sometime.

RESULTS

1. P. Clark	Kend	3.57.18
2. J. Bland	Borr	4.11.39
3. A. Schofield	Ross	4.12.50
4. M. Fanning	Borr	4.17.00
5. B. Berzins	DkPk	4.20.03
6. M. McDermott	Macc	4.21.04
7. A. Lewsley	Bord	4.30.06
8. A. Hewitt	Ross	4.32.15
9. I. Block	CFR	4.34.42
10. D. Ashton V	Black	4.36.08

VETERANS 0/40

1. M. Hurst	L'wood	5.15.26
2. R. Poole	Gloss	5.25.04
3. P. Wheatcroft	Gloss	5.26.34
4. G. Houghton	CalderV	5.32.50
5. R. Anderson	Loch	5.41.26

VETERANS 0/45

1. M. Parker	Kayham	4.36.36
2. K. Carr	Clay	4.43.56
3. Y. Tridimas	Unatt	4.45.42
4. M. Walford	Kend	4.56.33
5. M. Hawkins	EreW	4.59.41

VETERANS 0/50

1. D. Ashton	Black	4.36.08
2. W. Buckley	Gloss	5.25.00
3. J. Taylor	Amble	5.26.51
4. M. Coles	Skyrac	5.41.58
5. H. Thompson	Clay	6.02.58

LADIES

1. W. Dodds	Clay	5.20.51
2. A. Crabb	Amble	5.57.41

WHARMTON DASH

Greater Manchester

AS/2m/600ft 12.7.92

RESULTS

1. G. Schofield	Black	15.22
2. R. Rawlinson V	Ross	15.27
3. P. Boyd	Black	15.58
4. B. Waterhouse	Sadd	16.09
5. P. Brownson	Penn	16.11
6. A. Maloney	Roch	16.20
7. D. Wilkinson	Roch	16.32
8. N. Clemenson	Horw	16.32
9. G. Read	Roch	16.44
10. J. Smith	P&B	16.48

VETERANS 0/40

1. R. Rawlinson	Ross	15.27
2. B. Waterhouse	Sadd	16.09
3. H. Waterhouse	Sadd	16.51
4. J. Barker	Roch	18.06
5. A. Mellor	Tod	18.31

VETERANS 0/45

1. P. Blagbrough	Sadd	18.42
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VETERANS 0/50

1. P. Jepson	Bury	18.26
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LADIES

1. R. Gee V	ECH	18.25
2. A. Buckley	P&B	18.37
3. C. Cook	Clay	18.58
4. G. Egner	Denby	24.05

JUNIORS

1. P. Boyd	Black	15.58
2. M. Sykes	M'lock	17.33
3. A. Turner	Bux	17.41
4. C. Ashton	Black	18.29
5. J. Hart	Roch	18.34



Still smiling at the start of the Wasdale before the weather closed in
Photo: Steve Bateson

INTERNATIONAL SNOWDON RACE

Gwynedd

AM/10m/3200ft 25.7.92

The Seventeenth Annual International Snowdon Mountain Race, run in severe weather conditions, was won for the second year in succession by Mark Croasdale of England. Both the Mens and Womens International team races were won by England. The ladies race was won by Trish Calder (Scotland).

Hefin Griffiths of Eryri was the first local runner home.

The race is from Llanberis to the summit of Snowdon (3650 ft) and back. The distance is about ten miles which includes about one mile of road running, and varies from the gentle slopes of Cwm Brwynog to the rugged rocky climbs of Allt Moses and Clogwyn Coch.

Organiser Ken Jones said it was a fine race under the circumstances, with 399 runners managing to finish the course, despite the heavy rain, and forty mile per hour winds. He paid a special tribute to Pesava, the Czech runner who managed to finish in fifth place in his first stab at the race. "He only arrived in Llanberis twenty minutes from the gun, having travelled overnight from Prague to Victoria by bus, which was a great achievement" said Mr Jones.

RESULTS

1. M. Croasdale	Eng	1.05.09
2. L. Fregona	Italy	1.05.19
3. N. Wilkinson	Scot	1.05.52
4. G. Bland	Eng	1.06.35
5. M. Pesava	Czech	1.06.00
7. P. Dymoke	L'ston	1.06.50
8. S. Livesey	Ross	1.07.38
9. C. Donnelly	Scot	1.07.43
10. E. McMahon	Rep.Ire	1.07.45
11. L. Bortoluzzi	Italy	1.08.13
12. S. Hawkins	Eng	1.08.36
13. D. McGonigle	Scot	1.08.58
14. T. Jordan	Rep.Ire	1.09.16
15. J. Wilkinson	Scot	1.09.16
16. P. Cadwallader	L'pool	1.09.21
17. B. Potts	Clydes	1.09.22
18. M. Lee	Bolt	1.10.14
19. F. Terac	Slovenia	1.10.27
20. S. Hughes	Cymru	1.11.14
21. G. Patten	Cymru	1.11.18
22. R. Rodgers	N.Ire	1.11.21
23. H. Griffiths	Cymru	1.11.40
24. D. Ramsay	Read	1.11.51
25. A. McGuire	N.Ire	1.12.44
26. J. Civmy	Czech	1.12.46
27. G. Hickson	Rep.Ire	1.13.19
28. E. Roberts	Cymru	1.13.26
29. I. Urh	Slovenia	1.13.27
30. N. Fenwick	MKeynes	1.13.57

VETERANS 0/40

1. P. Jones	Eryri	1.14.44
2. D. Cox	Poole	1.15.40
3. D. Williams	Eryri	1.19.59
4. P. Rameczyk	Staffs	1.21.33
5. W. Marsh	Tarren	1.23.16

VETERANS 0/45

1. T. Hulme	Penn	1.15.27
2. D. Kearns	Bolt	1.16.51
3. M. Parker	Keyham	1.19.12
4. P. Jones	Hebog	1.19.20
5. D. Williams	Eryri	1.21.48

VETERANS 0/50

1. J. Marsh	Tarren	1.22.47
2. J. Dell	Strat	1.26.35
3. G. Charles	Vaux	1.27.00
4. K. Parry	Thrift G	1.28.07
5. M. Adams	Cleve	1.29.29

LADIES

1. T. Calder	Scot	1.18.37
2. S. Rowell	Eng	1.18.51
3. J. Kenyon	Eng	1.20.11
4. C. Menhennet	Clydes	1.23.27
5. A. Brand-Barker	Cymru	1.23.58
6. A. Bedwell	Cymru	1.24.22
7. S. Parkin	Eng	1.26.24
8. K. Patten	Brych	1.26.53
9. D. Kenwright	SamH	1.27.34
10. C. Greasley	Macc	1.27.52
11. J. Smith	Eng	1.28.12
12. L. Hope	Scot	1.29.02
13. M. Todd	Cymru	1.29.04
14. J. Robertson	Scot	1.29.11
15. T. Williams	Cymru	1.29.50
16. S. McLeish	Scot	1.30.25
17. C. Doe	Poole	1.31.03
18. Z. Lowe	Albans	1.37.45
19. M. Havem	N.Ire	1.38.54
20. J. Ratcliffe	Gorph	1.39.15

LATRIGG FELL RACE

Cumbria

AS/3m/950ft 2.8.92

The 20th annual event went well, despite race numbers and pins not arriving back from Borrowdale. Although no records were broken, several runners came close. Mark Croasdale improved on his 1991 time by twenty seconds, chased hard by John Atkinson who could not close the gap Croasdale had created on the ascent.

Matthew Whitfield was first Junior in fourth place overall, with Matthew Moorhouse thirty seconds behind in second place, seventh overall.

Alan Evans was only seven seconds outside his 1990 0/50s record in thirtieth place. Some of the middle order runners gave spectacular displays on the descent, especially those in road shoes! Eighty one men and fourteen ladies ran with no retirements.

Many thanks to all that helped on the day, the sponsors and a special thanks to Mr J Spedding for access on to Latrigg.

M Fanning won the prize for the best combined results from Borrowdale and Latrigg, one point ahead of Ian Ferguson.

Chris Knox

RESULTS

1. M. Croasdale	L&M	17.42
2. J. Atkinson	Amble	18.08
3. R. Jackson	Horw	18.20
4. M. Whitfield	Bing	18.28
5. D. Gibbons	Gloss	18.43
6. M. Aspinall	Clay	18.54
7. M. Moorhouse	Saif	19.00
8. B. Evans	Amble	19.11
9. I. Ferguson	Bing	19.16
10. M. Fanning	Borr	19.19

VETERANS 0/40

1. R. Whitfield	Bing	19.50
2. D. Beals	Roch	20.02
3. S. Sharp	CFR	21.23
4. D. Findley	CFR	21.39
5. B. Jackson	Horw	21.52

VETERANS 0/50

1. A. Evans	Amble	21.28
2. B. Hillon	CFR	23.52
3. H. Blenkinsop	Kesw	24.28
4. M. Coles	Skyrac	24.34
5. K. Led ward	Borr	33.17

LADIES

1. N. Wilkinson	Black	23.01
2. K. Beatty	CFR	24.36
3. J. Schrieber	P&B	25.23
4. G. Cook	Roch	26.41
5. J. Clare	Unatt	28.14
6. G. Egner	Denby	28.52
7. E. Harboard V	Kesw	30.25
8. P. Dore	Roch	30.42

JUNIORS

1. M. Whitfield	Bing	18.28
2. M. Moorhouse	Saif	19.00
3. C. Bewley	CFR	21.44

WAUN FACH FELL RACE

Powys

N/7m/2000ft 15.8.92

RESULTS

1. G. Patten	CRB	48.35
2. T. Taylor	Hereford	50.16
3. L. Gwilym	MDC	51.19
4. P. Coker	LesCroup	53.49
5. M. Saunders	MDC	54.16
6. J. Darby	MDC	54.36
7. D. Booth V	MDC	54.49
8. J. Groark	Raf St Athen	55.07
9. D. Adlam	MDC	55.30
10. L. Williams V	CRB	55.48

VETERANS 0/40

1. D. Booth	MDC	54.49
2. L. Williams	CRB	55.48
3. N. Cowley	Alvis R.C.	58.39
4. E. Meredith	MDC	62.08
5. L. Jones	Merc	65.14

LADIES

1. A. Bedwell	MDC	58.13
2. J. Coker	LesCroup	61.35
3. K. Patten	CRB	63.12
4. E. Williams V	Islwyn	85.48

SEDBERGH HILLS RACE

Cumbria

AL/14m/6000ft 16.8.92

Once again a good turn out for the race. Two hundred and fifty five is about the maximum we want for it. Good weather prevailed after a horrendous Saturday, but times were down on last year.

John Taylor had a convincing win despite an original descent off Winder, but not as amusing as Robin Jamiesons, viewed from the field, which cost him second place. A sterling run by Roger Bell, first Vet 0/50. Ladies numbers were down this year, hope there will be more next year. Prize for the 'biggest bonk' between checkpoint three and the finish went to club mate Alan Gillard (a convincing performance deserving every sympathy).

The Junior races were successful, especially the under 10's. Next year there will be the U'10, U'12, U'14, U'16, and U'18 races up Winder.

Thanks to all the marshalls, officials and helpers, and the Kendal Mountain Rescue Team who kept their eyes on all the runners. Two hundred and fifty five starters and two hundred and forty four finishers.

Next Years Race is 15th August 1993.

Dave Richardson

RESULTS

1. J. Taylor	Holm	2.02.49
2. M. Roberts	Kend	2.06.10
3. R. Jamieson	Amble	2.06.29
4. D. Lee	CFR	2.08.36
5. G. Huddleston	Clay	2.09.06
6. S. Hughes	Hebog	2.10.22
7. M. Flemming	Amble	2.12.06
8. N. Conway	Unatt	2.12.35
9. B. Clough	Amble	2.12.54
10. T. Hesketh V	Horw	2.13.32

VETERANS 0/40

1. T. Hesketh	Horw	2.13.32
2. M. Walsh	Kend	2.20.57
3. K. Carr	Clay	2.24.09
4. M. Walford	Kend	2.25.12
5. J. Winder	CalderV	2.25.19

VETERANS 0/50

1. R. Bell	Amble	2.18.22
2. G. Collinson	Fellan	2.42.36
3. M. Coles	Skyrac	2.47.29
4. J. Taylor	Amble	2.47.47
5. P. Lambert	ValleyS	2.49.12

VETERANS 0/60

1. A. Sutcliffe	Kend	2.58.25
2. C. Rushton	Wesham	3.10.41
3. J. Newby	Tod	3.14.15

LADIES

1. S. Wright	Mand	2.37.56
2. S. Parkin V	Kend	2.38.47
3. J. Ried	CFR	2.39.47
4. K. Beatty	CFR	2.45.23
5. A. Isdale	Bing	2.50.12

6. G. Hale	Mand	2.58.03
7. A. Kenny	AchRat	3.01.24
8. L. Bostock	Clay	3.07.55
JUNIOR U/10		
1. B. Procter	Kend	
2. G. Richardson	Kend	
3. J. Symonds	Unatt	
JUNIOR U/12		
1. A. Symonds	Unatt	
2. D. Tuson	Unatt	
3. R. Hartman	Bfd	
JUNIOR U/14		
1. A. Turner	Bux	
2. D. Wilby	Fellan	
3. L. Procter	Kend	

CAERKETTON HILL RACE AS/2.5m/800ft 19.8.92

It was a grand evening weather wise. Ninety four seniors and twenty juniors, with a new senior record of twelve minutes thirty five seconds.

RESULTS

1. P. Dymock	L'ston	12.35
2. J. Wilkinson	Gala	12.37
3. M. Rigby	W'lands	13.11
4. H. Lorimer	HBT	13.23
5. S. Ilgunes	L'ston	13.27
6. B. Hartman	L'ston	13.38
7. J. Muhl	Cam	13.57
8. I. Boothroyd	W'lands	14.08
9. D. Chester	W'lands	14.09
10. I. Wallace	HBT	14.13

VETERANS 0/40

1. B. Knox	Teviot	14.36
2. C. Shaw	W'lands	15.33
3. D. Calder	W'lands	15.40

VETERANS 0/50

LB. Waldie	Cam	15.05
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LADIES

1. H. Diamantides	Amble	15.48
2. L. Hope	Loch	16.13
3. J. Robertson	W'lands	17.21

JUNIOR GIRLS

1. G. Balfour	EdinWool	19.20
2. R. Balfour	EdinWool	21.10
3. J. Coon	Linoc	22.03

JUNIOR BOYS

1. M. Canavan	P'cuik	15.13
2. M. Munro	EAC	15.22
3. P. Dylan	Cam	16.36

BURNSALL CLASSIC FELL RACE North Yorkshire AS/1.5m/900ft 22.8.92

Reasonable conditions prevailed in spite of very unsettled weather, and a first class entry had a very good race.

First to the summit was Marie Croasdale in 8:54.8 followed closely by Andy Peace and Steve Hawkins of Bingley Harriers. Andy Peace looking for his fourth successive win at Burnsall had to settle for third place as Mark Croasdale held in front of him on the descent with Steve Hawkins beating both of them in a splendid descent time of 3:42.

Bob Whitfield came in ninth as the first Veteran, followed closely by Andy Styan of Holmfirth, a former winner of this race.

First lady was Sara Hodgson of Fellandale.

The Junior race, an English qualifier always looked exciting with fifty four runners on the day. The crowd were not disappointed as Matthew Whitfield of Bingley beat last years winner William Styan of Holmfirth, with both of them breaking the record, previously held by William Styan.

D Maxfield

RESULTS

1. S. Hawkins	Bing	13.04
2. M. Croasdale	L&M	13.12
3. A. Peace	Bing	13.15
4. J. Parker	Ilk	13.36
5. G. Devine	P&B	14.00
6. T. Byrne	Bristol	14.11
7. P. Boyd	Black	14.22
8. T. Loffhouse	Bing	14.28
9. R. Whitfield V	Bing	14.48
10. A. Styan V	Holm	14.56

VETERANS 0/40

LB. Whitfield	Bing	14.48
2. A. Styan	Holm	14.56
3. D. Cartwright	P'stone	16.08
4. A. Judd	Fellan	16.19
5. K. Robinson	Bing	16.35

VETERANS 0/50

1. R. Haigh	Ilk	16.24
2. D. Ashton	Black	16.46
3. P. Murray	Horw	17.41
4. R. Dewhurst	Clay	17.53

5. D. Illingworth	Bfd/Aire	18.04
LADIES		
1. S. Hodgson	Fellan	16.47
2. A. Buckley	P&B	17.56
3. E. Thackwray	Fellan	18.26
4. J. Shotton	Fellan	20.03
5. J. Smith V	Unatt	21.28
6. J. Bowers	LdsPostal	22.20
7. P. Collier V	Tod	23.55
8. C. Kenyon	Fellan	24.09
JUNIORS		
1. M. Whitfield	Bing	6.25
2. W. Styan	Holm	6.31
3. C. Watson	Clay	6.33

DENIS STITT MEMORIAL RACE West Yorkshire BS/5m/1100ft 27.8.92

The conditions were wet and windy. Pudsey and Bramley's Willie Gaunt ruined promoting club Holmfirth Harriers' hopes of turning out the winner for this tough little race round the Summer Wine town of Holmfirth.

The lead changed hands numerous times as Gaunt and Holmfirth skipper Bob Harbisher battled for supremacy with Bolton's Peter Pollett and Spenboro's Gary Damiani.

The rest of the big field trailed far behind in the muck and mire so they never saw Gaunt, resplendent in Pudsey and Bramley's unique colours (voted worst vests of the year), turn on the heat on the final grassy climb to romp home by twelve seconds.

Harbisher clung on for second from Pollett, and Holmfirth had the satisfaction of taking team honours with a daredevil descent by Chris Beadle taking him through to tenth with fellow Harrier Ian Moore completing the scoring. The women's prize went, not surprisingly, to Spenborough's racing machine, Kath Drake.

The first twenty past the post were guaranteed free ale, so the final fight for places proved just how popular a pint of Tetley's really is.

Dave Understart

RESULTS

1. W. Gaunt	P&B	29.31
2. B. Harbisher	Holm	29.43
3. P. Pollitt	Bolt	29.51
4. G. Damiani	Spn	30.13
5. M. Egner	DenbyD	30.27
6. A. Jones	Gloss	31.13
7. T. Radcliffe	Sadd	31.19
8. J. Lindop	Stock	32.18
9. R. Kempley	P&B	32.46
10. C. Beadle	Holm	32.47

VETERANS 0/40

1. T. Wright	L'wood	33.06
2. M. Seddon	Holm	33.57
3. R. Innis	S'bridge	34.35
4. K. Whittiker	Sadd	35.13
5. P. Wheatcroft	Gloss	35.14

VETERANS 0/45

1. D. Cartwright	P'stone	32.51
2. R. Cowling	Unatt	34.31
3. R. Bradley	Holm	34.55
4. G. Lomas	HolmeV	38.16
5. D. Jeffrey	P'stone	38.28

VETERANS 0/50

1. D. Balmforth	HolmeV	34.39
2. M. Colis	Skyrac	36.58
3. D. Gledhill	Holm	37.03
4. D. Owen	L'wood	37.20
5. K. Bamford	HolmeV	38.45

VETERAN 0/60

1. J. Newby	Tod	40.50
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LADIES

1. K. Drake	Spn	34.46
2. A. Jorgensen V	P'stone	39.03
3. B. Coomber	DenbyD	42.02

MOUNT SKIP FELL RACE Lancashire BS/4.5m/1000ft 29.8.92

This was another record year with Greg Hull and Lucy Wright breaking the men's and ladies' records. They were part of a strong Leeds University team which also took the team prize.

All starters avoided the grouse shooters' gunshots and returned safely in the heavy downpour which added to the run of the descent.

The Junior course had to be altered at the last moment because a path had become impassable with brambles and nettles - we should have this clear for next year.

Many thanks to the landowner of the moor, Mr Frank Schofield, who tolerates our traversing of his land on numerous races. Please co-operate with his request to avoid running on the moor on Saturdays between 12th of August and December.

Thank-you also to Mr Wadsworth who allows us to struggle up his field to the pub and, of course, to the Gala Committee for their tremendous efforts in providing such a marvelous setting for the race.

Rod Sutcliffe

RESULTS

1. G. Hull	LdsUni	28.56
2. M. Kinch	Warr	29.12
3. C. Walker	P&B	29.59
4. M. Roscoe	LdsUni	30.30
5. A. Wrench	Tod	30.44
6. P. Davis	LdsUni	30.45
7. P. Bowler V	Staffs	30.46
8. J. Hey	Warr	31.01
9. R. Rowlands	CalderV	31.11
10. N. Stone	Unatt	31.54

VETERANS 0/40

1. P. Bowler	Staffs	30.46
2. D. Beels	Roch	32.56
3. B. Schofield	Tod	33.24
4. P. Lyon	Bury	34.00
5. J. Baker	E.Hull	36.04

LADIES

1. L. Wright	LdsUni	35.23
2. A. Watmore V	DkPk	39.13
3. G. Cook	Roch	41.18
4. S. Candy	Tod	45.15
5. P. Collier V	Tod	48.04

INTERMEDIATE U/17

1. M. Moore	Eccles	34.49
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JUNIORS

1. D. Smith U/13	Part	21.10
2. J. Han U/16	Roch	21.12
3. B. Brooks U/16	CalderV	22.28

ROAN FELL RACE Roxburghshire BM/7m/1500ft 29.8.92

Cool breezy conditions greeted twenty three race participants to the Roan Fell Race, an event that had not been staged for ten years. Hence in spite of ample marking, runners after leaving the woods, set off cautiously along the boggy/tussock prone climb to Roan Fell.

John Tullie from 'up the road Teviot Head', was first up with Harry Jarrett and A.Beaty in close pursuit. But John was able to get away on the fast run in, below Blackburn Farm, to win quite comfortably. Colin Webb from CFR prevailed to take the veteran prize.

With the race now re-established, it is hoped in future that bigger fields of runners will tackle this rounded, but rather arduous fell tucked away in the Scottish borders.

Tony Furlong

RESULTS

1. J. Tullie	Unatt	51.42
2. H. Jarrett	CFR	52.55
3. A. Beaty	CFR	53.01
4. E. Cranston	HBT	56.01
5. C. Webb V	CFR	57.17
6. J. Blair-Fish V	Cam	57.38
7. A. Breakwell V	Ipsw	1.01.32
8. H. Lorimer	HBT	1.01.42
9. A. Coltman	Teviot	1.04.45
10. L. Stephenson V	Kend	1.05.00

INTERMEDIATE

1. J. Atkinson	Unatt	28.14
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JUNIORS

1. T. Davidson	Unatt	11.18
2. M. Roberts	Unatt	11.49
3. M. Falder	Unatt	11.50

PENDLETON FELL RACE Lancashire AS/5m/1500ft 29.8.92

Overnight rain brought heavy conditions, which meant that Kevin Cappers' long standing course record stayed intact.

Gary Devine had a comfortable victory over Martin Lee and Chris Hurst.

Matthew Moorhouse again outstanding as the first junior in fifth position overall.

Carol Greenwood who holds the Ladies course record, won again. A good entry of one hundred and seventy nine seemed to enjoy the afternoon, and we were able to distribute seventeen prizes to the various categories. We were also able to donate seventy pounds to Pendleton Village Hall, thirty pounds to Multiple Sclerosis and thirty pounds to the Somalia Famine Appeal.

The one sour note of the afternoon was the amount of plastic drink cups left around the village by runners taking them back to their cars then leaving them. Surely if we want to continue to have the privilege of using country villages as race venues than all runners should at least follow the country code.

Roger Dewhurst

RESULTS

1. G. Devine	P&B	32.57
2. M. Lee	Bolt	33.22
3. C. Hirst	Sett	33.25
4. C. Lyon	Horw	34.15
5. M. Moorhouse	Saif	34.24
6. W. Gaunt	P&B	34.30
7. S. Livesey	Ross	34.33
8. A. Webb	CalderV	34.43
9. A. Whalley	P&B	35.14
10. D. Nuttall	Clay	35.30

VETERANS 0/40

1. S. Breckell	Clay	35.59
2. J. Nuttall	Clay	37.23
3. G. Woodbum	Black	37.26
4. K. Carr	Clay	37.58
5. P. Bramhall	Skip	38.35

VETERANS 0/50

1. D. Tilley	Ross	41.29
2. J. Sykes	Fellan	42.31
3. M. Houghton	Chorley	44.17
4. H. Thompson	Clay	44.44
5. W. Wilkinson	Clay	47.03

LADIES

1. C. Greenwood	CalderV	38.52
2. L. Bostock	Clay	43.34
3. G. Walkington	Horw	45.46
4. J. Rawlinson	Clay	45.58
5. J. Makinson	Clay	47.30
6. L. Hayles	CalderV	48.50
7. C. Dewhurst	Unatt	49.51

BELLINGHAM SHOW FELL RACE

Northumberland

BS/4m/600ft 29.8.92

A disappointing small field turned out for this year's race, perhaps because it fell on the Bank Holiday Weekend and many potential runners were up to other things.

To an accompaniment of short but heavy showers, Steven Murdoch of Farrow & Hebbum A.C. won again, taking fifty four seconds off his 1991 mark. The following three runners were also inside his previous time.

A welcome development was the entry of two ladies, with Isabel Neill setting a creditable record.

A Philipson

RESULTS

1. S. Murdoch	F&H	27.21
2. P. Wilkin	T&S	27.54
3. G. Menzies	NeneV	28.00
4. K. Wood	Salt	28.09
5. B. Mitchell	Morpeth	29.19
6. G. Bayne	Morpeth	29.93
7. A. Curtis	C'mont	29.45
8. D. West	Wallsend	30.09
9. I. Elsmore	Morpeth	31.11
10. J. Garbarino V	AchRat	37.19
11. G. Rutherford	Unatt	37.44
12. A. Lummis	Morpeth	38.20
13. I. Neill	F&H	40.16
14. A. Mitchell V	Morpeth	41.43

MACHEN WELFARE MOUNTAIN RACE

Gwent

BS/5.5m/100ft 31.8.92

Owing to adverse weather conditions on the Saturday and Sunday and the forecast for the Monday, the Machen Welfare Committee decided to cancel the fete. Typically Monday dawned clear and bright and the good weather continued throughout the day. The race however was still held and a smaller but enthusiastic band of runners turned out. One runner I should point out ran the Brecon Mountain, Torfaen Half Marathon and Machen Race in the space of three days.



Dave Neal (Clay.) follows Billy Brooks (Lochaber) up the Ben.
Photo: Steve Bateson

RESULTS

1. G. Woods	CtyBath	33.42
2. I. Ellis	Ellswick	34.27
3. T. Taylor	Hereford	35.52
4. S. Forster	MDC	35.57
5. L. Gwillym	MDC	36.06
6. N. Webb	Cardiff	36.07
7. A. Woods	CtyBath	36.27
8. R. George	Beddau	36.34
9. P. Coker	MDC	37.08
10. L. Foulkes	MDC	37.30

VETERANS 0/40

1. N. Cowley	A.W.I.S	40.48
2. C. Ryder	Brynych	42.54
3. S. Asington	Chep	48.41
4. J. Battersby	G.W.R.	51.40

LADIES

1. J. Coker	MDC	42.00
2. D. Nichallanain	MDC	50.22
3. J. Clarkson V	LesCroup	61.00

BRECON BEACONS FELL RACE

Powys

AL/19m/4500ft 29.8.92

Race day started fine with clear views and sunny spells. However, for once, the Met Office was right, and the weather soon deteriorated, with high winds and heavy showers characterising most of the race. Among the leading half dozen runners, there were a lot of changes of position during the race, but the winner, Adrian Jones was never far from the front of the field, eventually finishing ahead of Peter James and third placed Chris Kemp.

Lydia Gould was the first lady home, and despite being nine minutes slower than her last year's course record time, still had a lead of forty five minutes on second lady, J Tyler.

On a rather sour note, one runner ignored all the pre-race reminders about the requirement to carry waterproof clothing, and was disqualified. I hope that this disregard for FRA rules will not happen again, and that the new organisers who take over from me next year will not have occasion to take such action in future Brecon Beacon Races.

Tim Wood

RESULTS

1. A. Jones	Gloss	2.43.53
2. P. James	Bristol	2.46.07
3. C. Kemp	C.R.B.	2.50.06
4. R. Eagle	MDC	2.50.21
5. A. Haynes	Eryri	2.50.29
6. M. Parker	Keyham	2.51.33
7. P. Ratcliffe V	Wrek	2.53.10
8. L. Gwillym	MDC	2.53.58
9. N. Conway	Unatt	2.55.37
10. B. Berzins	DkPk	2.59.03

VETERANS 0/40

1. P. Ratcliffe	Wrek	2.53.10
2. G. Mills	Bath	3.04.08
3. N. Cowley	Alvis	3.12.51
4. M. Hirst	L'wood	3.13.07
5. J. Jameson	Ciren	3.20.43

VETERANS 0/50

1. A. Smith	Swan	3.13.27
2. R. Gould	Wessex	3.34.40
3. A. Breakwell	Borr	3.50.10
4. R. Mason	Totley	3.53.44
5. W. Vigar	Quan	3.55.30

LADIES

1. L. Gould V	MDC	3.09.32
2. J. Tyler V	C.Ambrey	3.53.59
3. M. Naylor	ThamesH&H	3.56.17
4. A. Hood	HulmePierre	3.57.25

MOEL FAMMAU MOUNTAIN RACE

Clwyd

BS/3.75m/1000ft 31.8.92

Over one hundred and forty four runners entered, the first runner to reach the summit was young England runner Matthew Moorhouse with several runners close on his heels. Within the first twenty runners to reach the top was the first lady, Andrea Priestly. John Hay proved to be the quickest down the Mountain, beating young Matthew by thirty seconds. A very good time by the veteran winner Paul Stott, and only a minute behind came Brian Morris the super veteran winner. A good race for the best local runner was decided in Ross Wardle's favour after he and Tim Clisby had passed and repassed each other at least four times in the last half mile.

J Wardle

HADES HILL RACE

Lancashire

BS/5m/1200ft 3.9.92

RESULTS

1. M. Kinch	Warr	28.42
2. J. Taylor	Holm	29.00
3. M. Lee	Bolt	30.14
4. P. Livesey	Ross	30.19
5. S. Thompson	Clay	30.39
6. A. Maloney	Roch	31.05
7. A. Whalley	P&B	31.10
8. M. Corbett	Ross	31.14
9. D. Wilkinson	Roch	31.23
10. B. Waterhouse V	Sadd	31.26

VETERANS 0/40

1. B. Waterhouse	Sadd	31.26
2. D. Beels	Roch	32.44
3. B. Schofield	Tod	33.34
4. G. Newsham	Clay	34.39
5. J. Barker	Roch	35.07

VETERANS 0/45

1. P. Lyons	Bury	32.17
2. J. Linley	NthnVets	35.04
3. J. Talbot	Tod	36.14
4. R. Cowling	Unatt	36.20
5. J. Fox	Roch	37.23

VETERANS 0/50

1. D. Ashton	Black	34.22
2. P. Jepson	Bury	36.02
3. K. Talbot	Ross	37.40
4. W. Buckley	Gloss	38.18
5. D. O'Leary	MerYMCA	41.14

VETERANS 0/55

1. M. Houghton	Chorley	39.19
2. J. Watson	Pjax	42.44
3. G. Arnold	Prest	44.12

VETERAN 0/60

I. J. Newby	Tod	43.24
2. D. Nuttall	Unatt	56.13

LADIES

1. K. Drake	Spenn	37.04
2. V. Hamlet	Ross	37.45
3. D. Flemming V	Ross	41.43
4. H. Talbot	Ross	42.18
5. J. Wood	Ross	42.27
6. S. Carey	Tod	42.43
7. C. Dewhurst	Unatt	45.09
8. K. Hewitson U/18	Ross	45.12

INTERMEDIATES U/18

1. C. Fell	Ross	33.14
2. C. Ashton	Black	40.13
3. J. Hart	Roch	40.14

BEN NEVIS RACE

Highland

AM/10m/4400ft 5.9.92

After a couple of months of bad weather, Ben Nevis Race day dawned bright and clear, to everyone's amazement and delight. Three hundred and fifty eight runners started, five retired and two finished outside the time limit.

Almost perfect conditions, cool and nearly windless, led to times faster by five minutes than last year. There were no mishaps and everyone enjoyed another fine race.

RESULTS

1. G. Bland	Borr	1.27.02
2. D. Rodgers	Loch	1.27.58
3. S. Hawkins	Bing	1.29.29
4. M. Rigby	W'lands	1.30.03
5. I. Ferguson	Bing	1.31.25
6. M. Croasdale	L&M	1.31.58
7. S. Jackson	Horw	1.32.31
8. R. Whitfield V	Bing	1.32.44
9. G. Bartlett	Forres	1.34.00
10. J. Bland	Borr	1.35.35

VETERANS 0/40

1. R. Whitfield	Horw	1.32.44
2. D. Bell	Hadd	1.35.56
3. T. Hesketh	Horw	1.38.48
4. E. Harwood	HHRnrs	1.42.15
5. J. Holt	Clay	1.42.56

VETERANS 0/50

1. B. Gauld	Cam	1.53.17
2. D. Amour	HHRnrs	1.54.43
3. P. Murray	Horw	1.55.38
4. C. Chrystal	Loch	2.02.04
5. P. Dowker	AchRat	2.03.23

LADIES

1. C. Greenwood	CalderV	1.53.25
2. C. Menhennet	Clydes	1.54.48
3. L. Hope	Loch	2.00.29
4. A. Isdale V	Bing	2.03.20
5. K. Martin	Alt	2.11.28
6. L. Bostock V	Clay	2.14.16
7. R. Fletcher V	Tyne	2.20.51
8. J. Schreiber	P&B	2.21.42
9. J. Rawlinson V	Clay	2.24.57
10. S. Clarke V	HHRnrs	2.26.13

CAFOD GRISEDALE HORSESHOE

Cumbria

AL/10m/4400ft 5.9.92

This year saw only the second Grisedale Horseshoe Race, but already it has to be re-classified from AL to AM, with Mike Fanning dragging the leader's time down to one hour forty three minutes from the record established last year by Billy Bland at one hour forty seven minutes. Congratulations to both for helping off to a 'flying start' what will surely become an annual event.

Also in this second year the number of runners fielded increased by approaching 100%, with about seventy taking part in the first year rising to almost one hundred and thirty this year. Notwithstanding the demanding nature of the course, it has clearly become a popular round - designed by fell runners for fell runners!

Another change lay in the choice of route. Virtually all runners this year chose to approach Catstycam via Little Cove and the 'Hole in the Wall', rather than skirting Moor Side. It does seem to be the quickest way to Catstycam for those whose legs are up to it. Another minor change (for which I am entirely responsible) was at the beginning of the flagged finish. This caused some dispute amongst ARCC members, but will no doubt be resolved (democratically) in time for next year's race. Hope to see you there!

Pete McHale

RESULTS

1. M. Fanning	Borr	1.43.44
2. D. Lee	CFR	1.48.17
3. A. Schofield	Roch	1.48.45
4. C. Valentine	Kesw	1.48.49
5. M. Roberts	Kend	1.49.07
6. P. Clark	Kend	1.49.10
7. G. Schofield	Black	1.51.00
8. B. Bland V	Borr	1.52.40*
9. J. Taylor U/20	Clay	1.55.49
10. D. Loan	Kesw	1.55.56

VETERANS 0/40

1. J. Hope	ARCC	1.58.01
2. M. Garratt	Mand	2.04.29
3. W. Angus	Tyne	2.07.56
4. M. Parry	Kend	2.08.44
5. N. Hambry	Kend	2.19.55

VETERANS 0/45

1. B. Bland	Borr	1.52.48
2. B. Mitton	ARCC	2.15.50
3. D. Gibson	Sadd	2.16.14
4. J. Humble	Tyne	2.16.17
5. Y. Tridimas	Unatt	2.16.26

VETERANS 0/50

1. R. Bell	Amble	2.08.03
2. J. Taylor	Amble	2.29.53
3. A. Daniels	ARCC	2.45.07
4. G. Thompson	Unatt	2.58.29
5. J. Gabarino	ARCC	2.59.36

VETERAN 0/55

1. L. Pollard	ARCC	2.59.30
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LADIES

1. K. Beaty	CFR	2.18.03
2. R. Pickvance	Kend	2.25.52
3. T. Bryden	Unatt	2.28.52
4. G. Walkington V	Horw	2.29.18
5. K. Arnold	CFR	2.32.24
6. J. Laverack	Amble	2.33.10
7. J. Robson	Kesw	2.33.55
8. A. Cooper	Racc	2.40.18

JUNIORS

1. M. Garratt U/15	Mand	10.05
2. M. Harding U/12	ARCC	8.10
3. J. Arnold U/8	CFR	8.45

JACK BLOOR RACES

West Yorkshire

BS/7.5m/1150ft 5.9.92

Another beautiful afternoon and again a good atmosphere, even in the finish funnel! A splendid run by James Parker and Greg Hull, who knocked almost two minutes off the record. Some excellent performances in the junior race too.

What a marvellous surprise when Ilkley Harriers said they were giving us £250 for the Fund: more money to give to young people to go off on expeditions to all parts of the world. Thankyou John and James, all members of the club and the people of Ilkley. Many thanks also to Terry Loneragan (the Complete Runner) for donating the team prizes, for which there was strong competition.

In response to local demand, and in the hope of even more competitors next year, we have decided to go for an evening race, over the same courses, in 1993. We are looking at a Tuesday, probably in mid-May. Look in the FRA Calendar and bring all your club for their evening hard training night. Thankyou all for your support and we hope to see you next year.

Sue Courchee

RESULTS

1. G. Hull	LdsCty	49.52
2. J. Parker	Ilk	49.54
3. T. Byrne	Bristol	51.32
4. R. Hamilton	Ilk	53.53
5. M. Jubb	DkPk	54.29
6. S. Cock	LdsCty	54.42
7. G. Damiani	Spn	54.52
8. R. Herries	HtrsBT	55.10
9. D. Woodhead	Horw	55.18
10. J. Butler	KlyRR	55.23

VETERANS 0/40

1. K. Taylor	Ross	56.30
2. B. Hilton	LdsCty	56.31
3. R. Haigh	Ilk	58.55
4. P. Livesey	Air'teers	59.14
5. R. Futrell	Holm	59.57

VETERANS 0/50

1. R. Shaw	EPOC	63.53
2. T. Cock	LdsCty	66.43
3. W. Wade	Holm	68.34
4. K. Peart	Grit	69.02
5. R. Cutts	L'wood	70.56

VETERANS 0/60

1. B. Thompson	Air'teers	93.24
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LADIES

1. M. Smith	Unatt	69.23
2. L. Ball V	V/Stdrs	71.56
3. J. Lochhead V	Denby	73.41
4. J. Manning	NoHopers	81.23
5. R. Gooch V	Ilk	82.25
6. S. Sanderson	NoHopers	85.38
7. M. Holman	NoHopers	85.38
8. R. Blackburn V	Ilk	87.17

JUNIOR RACE

1. R. Ashdown	Kly	11.52
2. D. Wilby	Fellan	12.15
3. A. Burnett	Kly	12.32
4. M. Lunn	LdsCty	12.38
5. M. Hird	Kly	14.18

THE LLANGORSE LOOP FELL

RACE

6.9.92

RESULTS

1. G. Patten	CRB	44.45
2. K. Hagley	DkPk	45.17
3. S. Blease	CRB	48.10
4. J. Darby	MDC	50.14
5. J. Sweeting V	MDC	52.33
6. A. Orringe	MDC	53.18
7. M. Lucas	MDC	54.25
8. R. Benjamin	MDC	56.39
9. K. Patten F	CRB	57.16
10. A. Nixon F	MDC	61.59
11. M. Hicks SV	BreconB	63.54
12. S. Maggs	Islwyn	65.34
13. D. Ni Challanain F	MDC	70.39

STRETTON SKYLINE

Shropshire

BL/18.5m/4450ft 6.9.92

Dave Troman won for the second time after being a doubtful starter. He joins Ken West and Steve Hughes as the only others to have won more than once. But this was not before he had undergone a desperate struggle with John Redmayne and Paul Cadman over the last few miles.

Paul Ratcliffe showed inspired form, storming into an early lead which he held until the bottom of the Lawley. He was caught at the start of the climb by Troman, Redmayne and Cadman who gradually pulled away from him. Ratcliffe caught them on the descent, only to be dropped again across Comley Farm.

As the leaders emerged through Gog Batch for the final steady climb onto the Long Mynd it was somewhat surprising that they took to the longer route up the lane rather than cut across the fell. (This is supposed to be a fell race, lads. I'll have to prevent this in future!).

Just by Bullocks Moor Farm (that is Bullocks, by the way), Dave opened up a gap of a dozen yards or so to test the others. To his surprise John and Paul easily pulled it back, so he abandoned any further adventures. In fact across the

Long Mynd Plateau he fell off the pace three times, but managed to pull back each time.

On the final descent down Mott's Road, Paul, who openly admits, he is not a great descender finally dropped back - not a bad effort though, for someone who had only been back in training for about six weeks, after failing to negotiate a ladder correctly - to finish just under three minutes behind Dave and John, who were finally separated by just three seconds. The result could have been different according to Paul who believed that John was the stronger of the three during the last few miles. Had he previous knowledge of the route he may well have been able to despatch the other two.

Steve Houghton was another who erred by following someone else's nose. In his case someone running a trifle too slow. He picked up well in the latter stages, and may well have gone closer had he followed the right group!

Paul Ratcliffe looked in a dreadful state coming through Gog Batch, slinging his bum bag through the window of my car in disgust and vowing to retire. It appeared he was joking, gaining a further wind to finally finish only four minutes behind the leaders.

Jeff Norman was again first veteran over forty and Andrea George won the ladies prize for the second year running. There were good performances from the over fifties: the first four finishing inside three hours. Of these I would single out Mick Ward of Oswestry at the age of fifty eight returning a time of 2.53.55.

Finally, for those who find the category 'B' description for the race misleading we can only abide by the rules of the F.R.A. The amount of road exceeds the maximum for a category 'A' race by about two percent. We could, by moving the start and finish, a mile down the valley, thus eliminating two miles of road, achieve an 'A' category but we do not wish to alter the established character of the race.

Tony Byles

RESULTS

1. D. Troman	Merc	2.31.09
2. J. Redmayne	Bowline	2.31.12
3. P. Cadman	Merc	2.33.42
4. S. Houghton	CalderV	2.33.45
5. P. Ratcliffe	Telf	2.35.04
6. S. Jones	Eryri	2.41.30
7. J. Norman V	Alt	2.42.49
8. D. Jackson	Telf	2.44.38
9. C. Taylor	Merc	2.45.14
10. K. Graetz	Merc	2.45.28

VETERANS 0/40

1. J. Norman	Alt	2.42.49
2. M. Wittering	H'cote	2.45.36
3. K. Burgess	Alt	2.47.21
4. J. Linley	N.Vets	2.53.49
5. W. Waine	LeamSpa	2.55.00

VETERANS 0/50

1. J. Marsh	Tarr/Hend	2.48.34
2. R. Hyman	Merc	2.53.40
3. M. Ward	Osw	2.53.55
4. T. Illston	Bowline	2.55.44
5. B. Morris	Wrek	3.00.08

LADIES

1. A. George	Merc	3.01.51
2. D. Mee	Alt	3.24.26
3. J. Witterick	ShropShuff	3.40.00
4. J. Skidmore	Bowline	3.41.16
5. P. Frazer	ShropShuff	3.42.45
6. S. Butcher V	ShropShuff	3.47.47
7. J. Tooze	ShropShuff	4.09.53
8. J. Taylor	ShropShuff	4.50.42



Christmas spirit! Christine Adlum is a gift at Whinberry Naze. Photo: Steve Bateson

SHELF MOOR RACE

Derbyshire

AS/6m/1500ft 6.9.92

Thick mist and heavy rain on the morning of the race cleared before the start, leaving good visibility but wet underfoot conditions. Andy Trigg was trying for his second hat-trick this year, having won the race five times in the last six years. However, John Taylor established a good lead on the climb to 'Higher Shelf' which Andy was unable to claw back on the descent.

Cecilia Greasley was a comfortable winner of the womens race from Jacky Smith. The team race was close between local rivals Pennine and Glossop, with the latter just holding on.

S Priestley

RESULTS

1. J. Taylor	Holm	41.48
2. A. Trigg	Gloss	41.57
3. A. Jones	Gloss	45.10
4. G. Cresswell	Penn	45.53
5. M. Weedall	Penn	46.13
6. B. Brindle	Horw	46.26
7. P. Singleton	Amble	46.31
8. M. Seddon	Gloss	46.54
9. T. Hulme V	Penn	46.59
10. A. Harmer V	DkPk	47.06

VETERANS 0/40

1. A. Harmer	DkPk	47.06
2. R. Taylor	Penn	47.56
3. A. Keddie	DkPk	52.50
4. I. Bennett	Ech	53.22
5. R. Scottney	Penn	53.55

VETERANS 0/45

1. T. Hulme	Penn	46.59
2. P. Lyons	Bury	47.19
3. D. Cartwright	P'stone	48.49
4. G. Rowson	Macc	50.59
5. N. Berry	Holm	51.24

VETERANS 0/50

1. M. Houghton	Chorley	56.44
2. G. Richardson	Clowne	72.09

LADIES

1. C. Greasley	Macc	52.42
2. J. Smith V	DkPk	53.34
3. A. Watmore V	DkPk	55.25
4. S. Rowson V	Macc	56.32
5. S. Newman	Gloss	57.24
6. S. Boler V	P'stone	57.56
7. J. Johnson V	Denby	59.00
8. C. Wilson	Barnsley	60.31

INTERMEDIATES

1. P. Boud	Black	48.09
2. P. Vale	VVU	49.47
3. N. Wilkinson	Clay	50.50
4. P. Salmon	VVU	54.28
5. B. Carr	KCC	54.38

JUNIORS

1. P. Singleton	Amble	46.31
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HODDER VALLEY SHOW FELL RACE

Lancashire

BS/5m/800ft 12.9.92

A great turnout on the day. I hope you enjoyed the race and the show. Due to the higher than expected numbers the race made a profit of £75, which I have sent to the 'Africa in Crisis' appeal.

Congratulations to Craig on an excellent run. The show was held in a different field to the one I'd expected - hence the run out through the village. I'd like to thank all those who assisted me on the day, particularly Mike and Margret Bamford whose land we used and marshalls without whom the race couldn't have taken place. Next year's race is from Dunsop Bridge. The course is a classic AS. Hope to see you there!

Tim Laney

RESULTS

1. C. Watson	Clay	44.28
2. P. Sheard	P&B	45.46
3. J. Roche	Clay	46.13
4. G. Kenny	S'port	46.16
5. G. Wilkinson	Clay	46.22
6. I. Greenwood	Clay	46.33
7. M. Corbett	Ross	46.40
8. S. Duxbury	Ross	46.49
9. A. Maloney	Roch	47.04
10. P. Sheard	P&B	47.10

VETERANS 0/40

1. B. Mitchell	Clay	48.20
2. R. Hargreaves	Clay	48.38
3. K. Taylor	Ross	48.44
4. D. Famworth	Clay	49.41
5. I. Campbell	Clay	50.26

VETERANS 0/50

1. M. Coles	Skyrac	55.17
2. P. Watson	P&B	55.58
3. M. Houghton	Chorley	56.24

LADIES

1. C. Greenwood	Cald	49.27
2. J. Kenyon	Horw	50.16
3. L. Bostock V	Clay	56.20
4. L. Ford V	Clay	57.14
5. G. Walkington V	Horw	59.21
6. J. Makinson	Clay	60.10
7. C. Dewhurst	Unatt	63.59
8. C. Chidsey	Unatt	64.52

MOFFAT CHASE HILL RACE

Strathclyde

AL/12m/3000ft 12.9.92

Clear, cool conditions presented the front runners an opportunity to set a new course record and Mark Rigby (Westerlands) did not disappoint, knocking seven minutes off John Taylors winning time last year and also dropping the race category from AL to AM in the process.

Helen Diamantides (Amble), also set a new ladies record taking twelve minutes off Lesley Hopes' last years winning time.

R Mitchell

RESULTS

1. M. Rigby	W'lands	1.40.20
2. J. Goyle	Cam	1.48.42
3. D. Crowe	Shett	1.48.55
4. D. Bell V	Hadd	1.51.22
5. J. Cutkin	Hadd	1.51.32
6. T. Griffin	W'lands	1.52.31
7. R. Longmore	Sol	1.55.00
8. S. Taylor	Prest	1.55.20
9. R. Macintyre	Clydes	1.57.00
10. D. Cummins	W'lands	2.02.07

VETERANS 0/40

1. D. Bell	Hadd	1.51.22
2. R. Turnbull	Sol	2.09.11
3. W. Elliot	Sol	2.16.52
4. L. Stephenson	Kend	2.20.40
5. D. Adams	HamiltonH	2.22.37

VETERANS 0/50

1. J. Buchanan	Annan&Dist	2.09.08
2. G. Armstrong	Hadd	2.20.03
3. J. Little wood	Scot V H	2.25.53

LADIES

1. H. Diamantides	Amble	2.13.54
2. D. MacDonald	Lasswade	2.32.30

RESULTS

1. I. Murphy	Clydes	1.39.53
2. A. Walker	HBT	1.45.32
3. D. McAra	Falkirk	1.45.50
4. P. Mowbray	HBT	1.46.49
5. M. Mon-Williams	L'ston	1.47.04
6. J. Kirkland	D'eeHH	1.47.15
7. J. Hepburn	Loch	1.47.19
8. I. Wallace	HBT	1.49.42
9. P. Bonner	Clydes	1.50.21
10. M. Flynn	Caledon Pk	1.50.35

VETERANS 0/40

1. B. Edridge	Clydes	1.55.00
2. R. Boswell	Loch	1.56.41
3. J. Watson	L'ston	1.57.08
4. C. Love	D'eeHH	1.57.47
5. T. Martin	Fife	1.59.50

VETERANS 0/50

1. M. Hawkins	B&R AC	1.5.5.
2. G. Clark	Arb'Footers	2.02.00
3. D. Amour	H'land	2.02.25
4. F. Benham	Arb'Footers	2.10.58
5. B. Campbell	L'ston	2.17.14

LADIES

1. C. Menhennet V	Clydes	2.01.38
2. L. Hope	Loch	2.14.14
3. H. Diamantides	Amble	2.24.13
4. M. Vint V	Arbroath	2.29.14
5. S. Taylor V	Garioch	2.35.30
6. P. Blake	Perth Strath	2.40.38
7. F. Russell	Loch	2.41.14
8. S. Whistler V	Bade	2.51.49

ORDNANCE SURVEY LAKES

MOUNTAIN TRIAL 1992

Cumbria

13.9.92

Good weather yet again, though the recent rain had left steep grass and rock quite greasy and this caused a few spills. Condolences to Darren Blackhurst who had to retire with a broken wrist at Codale Tam.

Glamara Hostel proved an excellent venue with easy access to the hills at the start and finish. Runners were sent on their way with the usual cheery banter from Selwyn Wright, the great majority taking the grassy shoulder towards 'Tam at Leaves' on their way to the first checkpoint above Dovenest Crag. For the men, Codale Tam was the next target and opinions were equally divided between the North and South flanks of High Raise.



David Walker (Clayton) on his way to victory in the Hodder Valley junior fell race.

Photo: Bill Smith

CORRIEYAIRACK PASS RACE

Highland

BM/16m/2250ft 13.9.92

After a week of stormy weather, race day dawned fine and a record entry of sixty two runners were bussed to the start at Ardachy, near Fort Augustus.

Once the race is started, the timekeepers then make a sixty mile drive to the finish at Garva Bridge - normally no problem, but this year we almost did not make it in time, thanks to the magnificent record-smashing run by Ian Murphy.

The previous record was not just broken, it was slashed by five minutes and twenty eight seconds, a staggering 5.2%. Many Congratulations!

Christine Menhennet was a clear winner of the ladies race, missing Tricia Calders' 1991 record by just under four minutes.

All sixty two finished in good time. In addition, Leen Volwerk and Andrew Craig (Lochaber A.C.), not satisfied with a mere sixteen miles of grandiose and historic scenery, did the course both ways in a highly creditable five hours and fifteen minutes.

John Morrison Fish

There followed a long leg to Green Hole, Lingcove Beck. Most headed for Stake Pass but the leading runners cut the corner across the Stake basin. We thought that dropping into Langdale would be an option but have only heard of Phil Clark doing this.

The next leg brought a fairly even split between the longer way by Esk Hause and the direct flog by Little Narrowcove, the leading men preferring the latter!

Meanwhile the women had been burning it up. From above Dovenest to the next checkpoint near Rossett Crag the majority stayed high but some took a direct line down and up across Langstrath. A few went wildly astray in the direction of High Raise and did well to persevere when they eventually relocated - had they been following the men?!

The routes rejoined on the Corridor Route and then there was a fairly even split between the high route via Windy Gap and the lower but rockier route by the Gable Traverse and Beck Head. The remainder of the race was fairly straight forward but some route choice, especially around Brandreth and Grey Knotts, was still available. We were particularly pleased at the overall variations in route and warmest congratulations to Gavin Bland, Sue Parkin and everyone who completed the course.

Bill Hunter and Peter Jones

MENS RACE RESULTS (0/20m/7000ft)

1. G. Bland	Borr	4.19.07
2. W. Bland	Borr	4.22.20
3. P. Clark	Kend	4.42.19
4. C. Valentine	Kesw	4.44.39
5. M. Fanning	Borr	4.49.10
6. J. Bland	Borr	4.54.48
7. M. Seddon	SELOC	4.54.06
8. T. Laney	Clay	4.57.08
9. A. Lewsley	BorderH	5.05.02
10. M. Walford	Kend	5.09.51

VETERANS 0/40

1. W. Bland	Borr	4.22.20
2. M. Walford	Kend	5.09.51
3. M. Walsh		5.20.30

VETERANS 0/50

1. P. Murray	Horw	5.39.52
2. B. Johnson	C.F.R.	6.12.24

VETERAN 0/60

1. D. Talbot	Rucksac	7.11.16
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LADIES RACE RESULTS (0/17m/5000ft)

1.S. Parkin V	Kend	3.42.39
2. J. Ramsden	Kesw	3.53.33
3. L. Campbell	Eryri	4.05.06
4. C. McNeill V	L'land OC	4.14.59
5. A. Salisbury	Eryri	4.17.48
6. J. Robson	Kesw	4.20.10
7. S. Lewsley	Kesw	4.22.22
8. M. Todd	Amble	4.24.18
9. G. Hale	OS	4.25.03
10. W. Dodds	Clay	4.29.20

RAS MOEL FAMMAU

Clwyd

AS/4.5m/1500ft 13.9.92

After preparing the course on Friday and Saturday in the rain and wind, the Gods were kind and Sunday, although cloudy proved to be warm and dry with a little wind. Early Sunday morning, time to set up stall (the caravan, and again not on the level), and mark the final descent, field and finish. As the start time approached I was getting more and more uptight, but as helpers arrived and began their tasks, I realized with 1/4 hour to go, that I had nothing to do. Relaxing, I also realized that I could run the race.

We're off, the run up the field is not too bad. Turn right and around the bluff on the flat wide greenway. Should be trying to make up places here, as the path ahead is restricted. Turn up the valley towards Moel Fammau. Here's the ferns, funny how the path seemed much wider when I was clearing it. Start of the steep bit, walking now, wanting to pass but unable to do so because of the vegetation. Tell myself that it will save me for later. The slope eases, and the heather is not so high, so I'm able to gain a couple of places. The summit, but where is the marshall? Everyone is following the correct route, so hopefully the lack of a marshall had riot caused a problem.

Down the other side, going past someone by cutting the corner through the heather. Down through the ferns, no problem, jump the broken wall and up the path to the ridge. Turn right along the ridge path (Offa's Dyke Way), but making hard going up to the cairn at Moel Dywyll, and I'm overtaken by some runners, including the first lady. Off the summit through the heather, the marked course proving to be quicker than trying to cut across. Down the spur, leaping over gorse bushes, amazing how much they have grown since last year. The runner beside me nosedives into a gorse bush, but is up and running. The final descent, into the field and a hard push to maintain position to the finish.

It is not over yet, in a somewhat befuddled state I have to sort the results, with limited concentration being eroded by (silly) requests. One runner is missing, however he turns up before taking any action. So to the 'Golden Lion'. The service is a bit slow but the refreshments most welcome. Prize giving, running/race talk, all most enjoyable. The sun is out by now, making a pleasant afternoon with some runners taking their refreshments outside.

It is still not over, I have to go back to the hills to collect the markers and to remove the caravan (must remember to try and get it level next year). Stop for a few minutes to talk with the farmer, and to thank him. It is all over now, until next year!

Peter Taylor

RESULTS

1. S. Hughes	Hebog	32.39
2. E. Roberts	Eryri	33.08
3. J. Hey	Warr	33.23
4. S. Mansbridge	Merc	34.33
5. T. Hulme V	Penn	34.49
6. P. Stott V	Hebog	35.07
7. D. Marshall	Penn	36.29
8. E. Evans	Eryri	36.34
9. P. Lyons V	Bury	36.41
10. P. Marsh	Tar Hen	36.59

VETERANS 0/40

1. T. Hulme	Penn	34.49
2. P. Stott	Hebog	35.07
3. P. Lyons	Bury	36.41
4. D. Williams	Eryri	37.07
5. G. Fielding	Bury	38.18

VETERANS 0/50

1.J. Marsh	TarHen	38.31
2. P. Jepson	Bury	38.43
3. T. Hildage	Eryri	41.49
4. G. Lloyd	Wrex	42.04
5. B. Evans	P'atyn	44.38

LADIES

1.C. Greasley	Macc	38.53
2. A. Brand-Barker	Eryri	39.12
3. D. Kenwright	SamHelen	41.24
4. A. Bond	Wrex	48.28
5. C. Bell V	Wrex	48.47
6. J. Leslie	Eryri	50.22
7. S. Lloyd	Eryri	50.23
8. N. Lloyd V	Wrex	54.17

TOTLEY TERMINATOR

Derbyshire

BL/18.5m/3000ft 13.9.92

The third running of the 'Terminator' saw the day start dull and overcast but no rain, unlike the previous two years when the weather was too hot.

A record field of one hundred and thirty seven runners set off on a tour of the Peak District.

Mark Hayman, last years' winner led the field from start to finish in a record time, knocking eight minutes twenty two minutes off last years' time.

At the halfway point, Hayman led from Micah Wilson of Hallamshire, with Konrad Manning and John Taylor close behind.

Last years' first lady, Liz Evans of North Derbyshire, struggled a bit this year, running in 'a delicate condition'. The winner this year of the ladies, was Roz Clayton of Derwent Valley Orienteering, followed by Pam Bishop.

All in all I think everybody enjoyed the day, even the last two in, who perhaps saw a little more of Derbyshire than the rest.

Rob Mason

RESULTS

1.M. Hayman	O'Gay ton	2.15.01
2. J. Taylor	Holm	2.16.43
3. K. Manning	Clay	2.16.54
4. M. Chapman	HighGarth	2.25.01
5. C. Adams	DkPk	2.25.05
6. M. Wilson	Hallam	2.26.08
7. G. Desforges	DkPk	2.26.50
8. D. Tait V	Unatt	2.27.58
9. A. Harmer V	W.P.F.R.	2.29.49
10. S. Bell	Wat	2.29.50

VETERANS 0/40

1. D. Tait	Unatt	2.27.58
2. A. Harmer	DkPk	2.29.49
3. N. Sercombe	R R Harr's	2.37.30
4. M. Seddon	Holm	2.39.02
5. S. Buckley	D.V.O.	2.39.50

VETERANS 0/50

1. B. Sprakes	DkPk	2.53.42
2. R. Mason	Totley	3.04.44
3. P. Pryor	Unatt	3.13.42
4. A. Wright	W.P.F.R.	3.39.11
5. T. Richardson	Clowne	4.35.37

VETERANS 0/60

1. D. Perkyms	Totley	3.05.45
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LADIES

1. R. Clayton V	D.V.O.	3.05.04
2. P. Bishop V	Brampton	3.12.42
3. K. Davis	N Derby	3.29.24
4. K. Gee	Clowne	3.35.05
5. G. Donohoe	Totley	3.45.33
6. W. Woodhead	Totley	3.45.33
7. J. Deakin	Hallam	3.50.08
8. S. Peel	Unatt	3.50.08

SIMONSIDE FELL RACE

Northumberland

BM/6.25m/1200ft 19.9.92

Another record entry of two hundred and fourteen running this excellent varied course on the junction between the Pennines and the Cheviots. Peter Dymoke knocked three seconds off his own record with a clear win. Trish Calder, at a fantastic 21st overall, was first woman in spite of a slight previous injury. Archie Jenkins deserves special mention as not only the first veteran over forty did he finish ninth overall, but next day he went on to finish 482nd in the Great North Run! Once again as the race clashed with the Great North Run those that did both races had their G.N.R 'T-shirt' overprinted with the Great Mountain n' Marathon Superhero design. An amazing one hundred and six runners did the 'double' and received their limited edition 'T-shirt'.

Neil Dunn a local shepherd did the best total time because of his fine third position in the Simonside. Susan Barron did the best time for the women in the double with Barbara Young second. Showing the strength of fell runners, others running the double were in the first five hundred in the G.N.R!

Traditionally this great run is part of a country show (at Thropton) adding to the atmosphere and giving a bit more interest to the spectators, families and supporters.

Sam Webb

RESULTS

1. P. Dymoke	L'ston	41.34
2. B. Evans	Amble	44.22
3. N. Dunn	Unatt	44.32
4. K. Wood	Salt	45.00
5. J. Picklesly	Unatt	45.23
6. F. Smith	Salt	45.57
7. D. Henderson	Alnwick	46.03

8. S. Addison	Clay	46.29
9. A. Jenkins V	HBT	46.42
10. D. West	W'end	46.48

VETERANS 0/40

1. A. Jenkins	HBT	46.42
2. J. Dallinson	C'mont	49.19
3. D. Jackson	Unatt	50.37
4. P. Enbleton	Alnwick	50.25
5. D. Mallinson	Unatt	51.39

VETERANS 0/50

1. A. Philipson	Gosf	50.58
2. R. Mitchell	Teviot	54.33
3. G. Atkinson	W'end	54.48
4. R. Checkley	Heaton	58.55
5. B. Pringle	Teviot	59.37

LADIES

1.T. CalderV	HBT	49.24
2. F. Lothian	Unatt	52.44
3. D. Everington	L'ston	55.08
4. M. Coleman	L'ston	58.11
5. S. Evans	Unatt	55.58
6. R. Fletcher V	Tyne	59.15
7. J. Duggan	Unatt	61.16
8. B. Young	C'mont	63.42

INTERMEDIATES U/16

1.1. Tall	Unatt	56.16
2. A. Beaty	Tyne	60.32
3. B. Lamb	Unatt	74.25

JUNIORS

1. L. Chrisp	R.G.S	50.48
2. A. Beaty	Tyne	60.32
3. B. Lamb	Unatt	74.25

GREAT SHUNNER FELL RACE

Cumbria

AM/8m/1500ft 19.9.92

In cool, damp, overcast conditions, ninety eight runners set off to cover the eight miles that make up the Great Shunner Fell Race.

Despite the wet, muddy conditions Ian Ferguson of Bingley Harriers came home first, only one second outside the course record. He was closely followed by Paul Sheard and Bob Whitfield who was also first veteran. Martin Bruce (Bingley) in fifth place secured the team prize for Bingley Harriers with nine points.

The ladies field was few in number, but Carol Greenwood took her opportunity to finish first, seven seconds inside the course record. Our thanks to all who helped make it a very successful afternoon.

RESULTS

1.1. Ferguson	Bing	1.04.01
2. P. Sheard	P&B	1.04.15
3. R. Whitfield	Bing	1.05.12
4. A. Wrench	Tod	1.05.33
5. M. Bruce	Bing	1.07.13
6. M. Corbett	Ross	1.08.55
7. G. Webb	CalderV	1.09.04
8. G. Bastow	R&Z	1.09.28
9. M. Whitfield	Bing	1.09.46
10. D. Trempton	CalderV	1.10.43

MERRICK HILL RACE

Ayrshire

AM/8m/2710ft 19.9.92

With just fifty seven runners charging for the bracken path to struggle up the slopes of Eschoncan to get the 1992 Merrick Race under way, it was apparent that the change of date to September and Championship status had little effect on numbers. However a top quality field and good weather prevailed over quantity as the first nine finishers all bettered last year's winning time, with Mark Rigby lowering Andy Kitchin's 1989 record by one minute and fifty nine seconds. With the men's championship already decided and Andy orienteering in Norway it was a race to decide the runners-up with 1990 winner Ian Murphy's second place lifting him to third in the Championship behind Dermot McGonigle. Again the Ladies' race was poorly supported with only two starters. Christine Menhennet prevailed over Lesley Hope to set a new ladies' record and Lesley's second place was sufficient to give her the Championship. Dougie Milligan won first veteran 0/40 for the second time in three starts. The team prize went to Clydesdale Harriers.

This year saw the introduction of a Handicap category. This was open to the nine runners who had completed all three previous Merrick races, with handicaps being calculated from the average of the three times. Six of the nine eligible started and the special prize went to Ronald Turnbull who followed up his recent successful Bob Graham Round by comfortably beating his handicap to lead Rory Longmore home by four minutes and forty seconds on corrected time.

RESULTS

1. M. Rigby	W'lands	44.30
2.1. Murphy	Clydes	46.07
3. D. McGonigle	Shett	46.15
4. D. Crowe	Shett	48.22
5. J. Coyle	Cam	48.09
6. D. Woodhead	Horw	48.15
6. P. Dugdale	Horw	48.21
8. R. Longmore	Solway	49.19
9. J. Hepburn	D'deeHH	49.56
10.1. Wallace	HBT	50.32

VETERANS 0/40

1. D. Milligan	Solway	51.00
2. B. Edridge	Clydes	52.30
3. B. Knox	Teviot	52.36
4. B. Howie	Edin S.	51.30
5. C. Shaw	W'lands	51.42

VETERANS 0/50

1. B. Gauld	Cam	53.07
2. G. Armstrong	H.E.L.P.	58.44
3. J. Buchanan	Annan&Dist	57.01
4.1. Chrystal	Loch	59.04
5. D. Turnbull	E. Kilbride	65.26

LADIES

1. C. Menhennet	Clydes	54.44
2. L. Hope	Loch	57.54

ELIDIR FAWR RACE

Gwynedd

AM/5m/2800ft 19.9.92

The five mile race took its usual course to the ragged summit of the 2800ft Elidir Fawr, crossing the river and in to Cwm Dudodyn and as on many previous occasions it was Gwynfor Owen who led to the summit.

He was overtaken on the descent by Emlyn Roberts and John Hey and it was Emlyns' prowess and experience which led him to the finish line seventeen seconds ahead of Hey. Veteran runner, forty nine year old Don Williams started a full three minutes behind the rest of the field due to a longer than usual warm up, and finished in an excellent time of fifty one minutes and forty seconds. The ladies race was won by Alison Bond with Brian Evans of Prestatyn leading the 0/50s males home.

Post match cuisine was enjoyed at the Vaynol Arms and the race was sponsored by the appropriately named Ffilmin Elidir of Cardiff.

D Ellis

RESULTS

1. E. Roberts	Eryri	47.04
2. J. Hey	Warr	47.21
3. T. Jones	Eryri	48.51
4. G. Owen	Eryri	49.09
5. S. Barnard	Eryri	50.29

VETERANS 0/40

1. D. Williams	Eryri	51.40
2. P. Jones	Eryri	53.10
3. D. Williams	Eryri	53.58
4. D. Davies	Hebog	54.27
5. D. Whiteside-Thomas	Eryri	55.42

VETERANS 0/50

1. B. Evans	P'tatyn	64.26
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VETERANS 0/60

1. J. Pope	Eryri	87.23
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LADIES

1. A. Bond	Wrex	69.40
2. S. Bennell V	Eryri	76.05
3. J. Powell V	Wrekin	90.50

LANTERN PIKE FELL RACES

Derbyshire

BS/5m/1050ft 19.9.92

Why does it always rain when you are marking out the course, and then clear up for the race?

With torrential rain which miraculously stopped and the mist lifting, the race started with Andy Trigg in the lead followed by John Taylor and two hundred and forty 'hanger-son'. By the top of the first climb four runners had broken clear and it was proving to be a very fast race. On the second climb, a short steep grassy bank, John Taylor took the lead and increased the distance all the way to the summit. With two hundred yards in hand he held this lead to the finish in the fastest time ever, which given the conditions was a remarkable performance. There was a two minute gap after fourth place which goes to show what a fast pace the leaders set.

Jackie Smith won the ladies race making it a clean sweep in the Hayfield Championships.

I would like to thank everyone who helped with the organisation of the event and hope you all enjoyed the country show and dog trials after you had recovered.

Mel

RESULTS

1. J. Taylor	Holm	30.27
2. A. Trigg	Gloss	30.55
3. M. Aspinall	Clay	31.11
4. J. Pyrah	Hallam	31.21
5. M. Jubb	DkPk	33.33
6. S. Mansbridge	Merc	33.41
7. P. Stelfox	Sale	33.48
8. D. Bond	Camb	34.11
9. S. Patton	Camb	34.11
10.1. Aitchison	Roch	34.32

VETERANS 0/40

1. J. Kershaw	Macc	34.45
2. R. Wilde		34.54
3. L. Best	S'port	35.03
4. T. Hulme	Penn	35.22
5. P. Lyons	Bury	35.29

VETERANS 0/50

1. P. Jepson		37.
2. R. Tunstall	Helsby	40.07
3. J. Dearden	Helsby	41.07
4. R. Taylor		42.30
5. M. Morrison	Gloss	42.46

LADIES

1. J. Smith V	DkPk	39.07
2. C. Fothergill*	Camb	39.37
3. S. Rowson V		40.35
4. V. Perry	S'port	40.40
5. A. Harris V		41.13
6. S. Newman	Gloss	41.40
7. K. Harvey	Alt	41.55
8. P. Bishop V	Bramp	42.42

JUNIOR BOYS

1. A. Williams	ECH	19.01
2. A. Woodhead	ECH	19.22
3. A. Turner	Bux	20.28

JUNIOR GIRLS

1. J. Butterworth	ECH	23.26
2. Z. Peatfield	S'port	23.58
3. C. Kershaw	Macc	24.15

DALEHEAD RACE

Cumbria

AM/4.5m/2210ft 20.9.92

Thankyou all for coming, we hope you enjoyed the rest of the show. We'll be pleased if you would support the race again next year.

Billy and Ann Bland

RESULTS

1. G. Bland	Borr	46.39
2. J. Bland	Borr	46.45
3. M. Fanning	Borr	46.58
4. C. Valentine	Kesw	47.42
5. A. Maloney	Roch	50.17
6. G. Cresswell	Penn	50.23
7. K. Johnston	Ryhope	50.55
8. P. Ledward	Borr	53.10
9. N. Lanaghan	Kesw	53.13
9. D. Gibbon	Kesw	53.13

VETERANS 0/40

1.1. Charlton	Kesw	54.33
2. D. Bridge	Kesw	54.52
3. D. Bodecott	C.F.R	55.41
4. S. Harwood	Kesw	58.29
5. G. Lloyd	Kesw	59.28

VETERANS 0/50

1. D. Ashton	Black	55.22
2. H. Blenkinsop	Kesw	60.00
3. D. Brown	Clay	69.01
4. J. Finlay	Camb	76.35

VETERAN 0/60

1. J. Newby	Tod	72.46
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LADIES

1.S. Parkin V	Kend	56.33
2. M. Todd	Amble	58.07
3. J. Elliot	Kesw	66.52

PERIS HORSESHOE MOUNTAIN

RACE

Gwynedd

AL/17m/7500ft 26.9.92

A few last minute problems this year for the organiser meant having to move the presentation to the community centre, and unbeknown to the runners at the start, a tree had blown down during the night in the forest and blocked the final run in. But thanks to Marshal 'Ernst' of 'Hogiau Llanber' it was cleared in time for Colin Donnelly to continue his sprint to the finish line.

Colin Donnelly won the event for the fourth time. He pulled away from Gavin Bland and Andy Trigg in the last mile, with only a minute separating the first three home.

Over one hundred and ninety runners, including entries from the continent for the first time, started the race. The weather conditions were very good for a change, the summits were shrouded in mist, but clear weather lower down.

Food and drinks were available around the course, although keeping up with the demand for water at some points was a problem for the marshalls. No problem at the finish though runners consumed fifty gallons of soup and almost as much tea and coffee, and nearly three hundred rolls and butter, perhaps because it was free!

Eryri Harriers would like to thank all those who helped make successful day. A final thankyou to Alan Williams for the hours he put in on the computer working out the programme and finalising the results sheet.

Results in October Fellrunner

THIEVELEY PIKE FELL RACE

Lancashire

AS/3.5m/900ft 26.9.92

A straight forward win for John Atkinson who found the course very much to his liking, and a fine run by Gary Wilkinson in second place. Carol Greenwood looks almost unbeatable at the moment. The lowest number of competitors for some time meant no hold-ups on the course and made the organisation much easier than last years Championship event.

Thanks once again to our dedicated team of regular marshalls and helpers. Finally my apologies to Messrs. Wilkinson, Thompson and Nuttall for forgetting to award the team prize at the presentation. I hope the beer they received in the pub afterwards made up for it.

See you all next year.

Pete Browning

RESULTS

1. J. Atkinson	Amble	25.28
2. G. Wilkinson	Clay	25.47
3. P. Sheard	P&B	26.04
4. M. Aspinall	Clay	26.26
5. A. Wrench	Tod	26.31
6. W. Styam	Holm	26.40
7. B. Taylor	Ross	26.52
8. C. Lyon	Horw	27.02
9. S. Thompson	Clay	27.05
10. A. Schofield	Ross	27.29

VETERANS 0/40

1.J. Hope	AchRat	27.33
2. D. Beels	Roch	28.12
3. P. Lyons	Bury	28.48
4. K. Carr	Clay	29.37
5. D. Lewis	Horw	29.40

VETERANS 0/50

1. D. Ashton	Black	30.24
2. P. Murray	Horw	30.43
3. P. Jepson	Bury	31.40
4. K. Talbot	Ross	33.51
5. R. Dewhurst	Clay	34.02

VETERANS 0/60

1. A. Ball	Clay	44.49
2. J. Riley	Clay	53.43

LADIES

1.C. Greenwood	CalderV	29.57
2. M. Todd	Amble	31.05
3. C. Cook	Clay	32.17
4. A. Lee	Clay	34.41
5. L. Bostock V	Clay	34.50
6. V. Hamlet	Ross	35.37
7. G. Wilkinson V	Horw	35.47
8. C. Whittam	Tod	36.06

JUNIORS U/16

1. D. Hope	Horw	22.39
2. A. Turner	Bux	23.06
3. D. Walker	Clay	24.01
4. J. Robertson	Horw	24.43
5. N. Winfield	Bux	26.39

BLACK MOUNTAINS

Gwent

AL/17m/5200ft 26.9.92

Neil Conway was a worthy winner, being an orienteer must have helped in the patchy fog. Local runner Chas Tyder embarrassed himself by missing Crug Mawr (checkpoint five). Where were all the lady runners? Where were my FRA radios? The rescue services had to be called up due to a runner being late, whilst he had not retired, therefore not breaking FRA rule seven. I think runners hoping to run after the race has started will be strictly refused an official race number in future. Anyway, hope to see you all next year when the race will be a British Championship.

W J Darby

RESULTS

1. N. Conway		2.44
2. J. Nixon V	Horw	2.49
3. P. James	B.O.K.	2.52
4. L. Foulkes	M.D.C.	2.52
5. N. Cole	W.O.A.C	2.53
6. A. Haynes	Eryri	2.54
7. L. Gwillym	M.D.C.	2.55
8. W. Waime V	Leam'ton	2.56
9. G. Mills V	Bath	2.57
10. J. Sage	Ilk	2.58

VETERANS 0.40

1. J. Nixon	Horw	2.49
2. W. Waime	Leam'ton	2.56
3. G. Mills	Bath	2.57
4. N. Cowley	Alvis	3.07
5. D. Gwillym	M.D.C.	4.07

VETERANS 0/50

1. M. Callow	Wrek	4.02
2. A. Smith	Swansea	4.07
3. B. Vigar	Q.O.	4.18
4. I. Teesdale	Read	4.41

LADIES

1.S. Ashton V	Chep	4.17
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SANDSTONE TRAIL RACES

Cheshire 27.9.92

Despite recent heavy rain, conditions on the day were good, with mild temperatures and a light breeze. This was the 'almost' year. At least two longstanding records were almost broken, and the first two runners in the 'A' Race almost knew where they were going. Neither of them were local, but Alistair Landels had the map and the ability to use it. It seems as though Paul Cadwallader may have been the stronger runner but his frequent route finding hesitations gave Alistair plenty of chances to make steadier progress and stay in contact. (Alistair has had quite a successful year representing New Zealand in the Orienteering World Cup, and shortly after the race was going to the States for the next round.) His twelve second victory over Paul is perhaps less significant than the twenty three seconds by which he missed Steve Anders 1983 record, and it seems clear they could both have gone inside it with more positive route finding. Nonetheless, brilliant and exciting runs from both of them. Kevin Melia was six minutes down to gain third place in a still very creditable time. Roger Wood, who has many Sandstone trophies on his shelves, was fourth overall and first veteran. Dawn Kenwright's time as first lady was the second fastest ladies time recorded, although still some four minutes outside Annie Capp's 1989 effort.

The 'B' Race was very full again and there were some excellent runs. Adrian Thiemicke, another Sandstone regular, recorded his third victory in a very consistent time, and the ladies winner, Andrea Priestly, came closer to Jenny Pearson's 1978 record than anyone has. In 1991 Andrea (then Andrea George) had also been first lady but had entered on the day and was non-competitive. This year she pre-entered and made sure of her trophy. There were some notable runs by Juniors, with Nick Jones (6th) and Mike Wainwright (8th) coming through very strongly.

The races are promoted by Deeside Orienteering Club, and originated some sixteen years ago from popular training runs. Although not orienteering events, club members turn out in large numbers, both to run and organise, and their help is essential to the smooth running of the event. Next years date will be 3rd October, NOT 26th September as stated in the results booklet.

Barry Barnes

RESULTS 'A' RACE (CM/16.5m/1750ft)

1. A. Landels	CenAuck OC	104.17
2. P. Cadwallader	L'pool H	104.29
3. K. Melia	Seft	110.14
4. R. Wood V	Hels	111.36
5. H. Brough V	Audley	115.47
6. C. Booth	CEPAC	116.09
7. A. Duncan V	S. L'pool	116.14
8. J. May	Mersey	116.17
9. A. Morris	CEPAC	116.22
10. J. Lindop	S'port	116.57

VETERANS 0/40

1. R. Wood	Hels	111.36
2. H. Brough	Audley	115.47
3. A. Duncan	S. L'pool	116.14
4. L. Best	S'port	118.30
5. M. Wilmore	Gloss	118.42

VETERANS 0/50

1. B. Price	Hk Norton	127.44
2. R. Tunstall	Hels	128.06
3. B. Morris	Wrek	129.02
4. C. Hallows	Deeside	130.54
5. L. Woodley	Tatten	132.58

LADIES

1. D. Kenwright V	SamHelen	129.29
2. S. Owen V	Tatten	137.48
3. M. Chippendale V	S'port	140.33
4. P. Matthews V	Tatten	140.42
5. U. Creagh	Mersey	143.24
6. K. Capes V	Tatten	164.42
7. L. Leach V	R'cliffe	167.07
8. R. Franklin V	L'pool H	171.21

RESULTS 'B' RACE (9.5m/950FT)

1. A. Thiemicke	C&N	59.55
	Hels	59.59
3. G. Kenny	S.W'loo	60.22
4. G. Groves	L'pool H	60.24
5. J. Kershaw V	Macc	60.25
6. N. Jones	Mid Chesh	60.52
7. D. Alexander	CEPAC	60.56
8. M. Wainwright	Hallam	61.17
9. M. Priestley	Merc	62.48
10. J. Whalley V	Macc	63.05

VETERANS 0/40

1. J. Kershaw	Macc	60.25
2. J. Whalley	Macc	63.05
3. R. Mitchell	Unatt	68.10
4. D. Press	Unatt	68.26
5. M. Dorricott	Ford Hale	72.07

VETERANS 0/50

1. J. Dearden	Hels	72.02
2. S. Robinson	N'castle	74.25
3. M. Cranny	Deeside	77.19
4. J. Beswick	Hels	79.49
5. M. O'Donnell	Deeside	79.49

A REVIEW OF THE LLOYNEY LIMP — 3.10.92

BLOWING THE SECRET

Gwesyn Davies is an 'animator' of the fells. I have to appropriate that word to describe him; he is that special. For many years, he and his wife, Angie, have introduced walkers to the joys of tackling the mountains of Mid-Wales. Popular demand has led him to guiding the same to the Pyrenees and the Himalayas. Now, with the creation of the Lloyney Limp, he has opened up his home territory to fell runners.

Many would consider Gwesyn's 'Mountain Kingdom' to be a backwater. Therein lies its appeal. Access is most commonly on the A4113 via the quaint town of Knighton. As soon as you enter Powys (the border lies five miles east of Knighton), the landscape changes. The plain narrows, the hills burgeon; the tameness of Herefordshire gives way to Welsh wildness. You find your eyes roving over the soft profile of the hills. As a runner you yearn to be amongst them. At Knighton a minor road drops down to the romantic valley of the upper River Teme. After a few miles you come to Lloyney. It would be easy to pass through it without realizing that, above and beyond it, there stretches the most beautiful tract of rugged, untrodden country, in the depths of which the River Lugg takes its source.

The natural beauty of this area, at the centre of which rises the Beacon Hill (1800ft), has been a well-guarded secret. Did Gwesyn Davies do wrong in putting on such an event, in advertising it in 'The Fell Runner', inviting local clubs.

Not a bit of it. Any fear that the Beacon and its sub-region would be over run and somehow despoiled was unfounded. Just twenty seven runners accepted the invitation to come to the first edition of the Lloyney Limp, to the private viewing, as it were. Organisers dream of larger fields. Gwesyn expressed disappointment. He had no reason to. Maybe fell runners are conservative in their choice of events, more disposed to stick to the tried and tested, rather than risk floundering in a backwater. After the event, which runners and organisers judged a success, he would realise that word would travel, that next year sixty would turn up, and more if some scribe sang the virtues of his race.

Let's you think that the Lloyney Limp is a one man act, let me quickly put you right. The race is organised by an exceptional band of men and women. The mainstays on the day being course organiser Colin Jones and secretary Pamela Davies, known as the Presteigne Pacers. I have no idea of what accolades the club has won, they put on an excellent half marathon in March and a notable cross-country race in November - but I do know that they produce the finest cakes of any club in the West of England and Wales. A selection of these were available at checkpoint five on top of Beacon Hill. I regret having had to forego the pleasure because, for once, competitiveness got the better of gourmandise. A stop here, though, to chat to the marshalls, to sample the fare and to take in the expansive view of the Cambrian Mountains, is recommended.

The Presteigne Pacers are an unusual club because they are more concerned with giving satisfaction than taking part. So it was that Pacers and friends were to be found at cardinal points of the course, manning the checkpoints, holding gates open, marshalling in the middle of a field, offering a drink here, a word of encouragement there, and only two members, as far as I know, ran the race.

Conditions on race day were good. The morning was dry and clear, if grey in aspect. The threatened deluge - a

hallmark of the Autumn of '92 - did not strike until after the race. But Gwesyn and the Pacers, to their credit, were prepared for the worst. They had hired radios and undergone training so as to establish communication between HQ (Gwesyn 'mobile') and the checkpoints. They unfurled yards of red bunting to mark the course. So good a job did they do that all onus of navigation was lifted from the brains of runners who, thus lightened, could run 'free' and uninhibited like racehorses in training. The back section of the course, ran over the springy turf of open moorland, is aptly named 'The Gallop'. One or two 'brainless' runners still managed to miss a turn and protest to the organisers into the bargain.

This is not to say the course is easy. The curtain-raiser to the race was a precipitous 500 ft climb, up the local 'Sugar Loaf'. The same incline provided a cliffhanging finish with some runners only holding on by 'the seat of their pants'. For good measure a 400 ft rocky gully was inserted into the middle of the course. The author of the perversion, Mountain King Gwesyn, stood atop a crag, capturing on film the agony of his subjects.

But all entrants came through the ordeal, many with glowing smiles and words of praise to the organisers. Mick Ligema of Croft Ambrey was the inaugural winner. He had showed signs of unease at taking the lead at the start, so laidback were his challengers. Janet Tyler, also of Croft Ambrey, a recent convert to the fells, was an inspired winner of the ladies prize. Redoubtable Tarren Hendre Horsepower won the team prize.

So, the secret's out of the bag. In 1993 the numbers will be up, the competition will be tougher and woman power will be the rage. What are you waiting for? Oh, yes, for those of you who may be technicians rather than gourmets, the course specifications. They are as follows:- category AM, 12.4 miles, 3176 ft of ascent, O.S. 148, grid references of eight checkpoints:- 231764, 217753, 201770, 183766, 76768, 96748, 17753, 231764.

Don't miss the next Lloyney Limp. Look for an October date in the calendar. Our host, the kind publican of the Lloyney Inn, has promised that he will get some goodies from his brewers. A kingdom and a crown!

Anthony Hambleton

RESULTS

1. M. Ligema	Cft Amb	1.45.59
2. J. Childs	H'ford	1.48.25
3. P. Marsh	Tarr/Hend	1.48.53
4. D. Evans V	C'diff	1.51.21
5. R. Wilson	Powys OC	1.51.33
6. W. Marsh V	Tarr/Hend	1.55.26
7. J. Marsh V	Tarr/Hend	1.55.26
8. M. Coyle	C'diff	1.57.42
9. S. Lave V	Merc	1.58.11
10. P. Hamilton V	Cft Amb	2.05.35

LADIES

1. J. Tyler	Cft Amb	2.18.34
2. B. Lawrence	Rhay	2.33.44
3. A. Pugh-Evans V	Rhay	2.53.47



Michael Breslin (Lancaster & Morecambe) on Blake Rigg in the latter stages of the Langdale Horseshoe.

Photo: Bill Smith

LADIES

1. A. Priestley	Merc	69.01
2. F. Bergett	Unatt	78.11
3. A. Rowe	Alt	79.59
4. S. Charm an V	Unatt	80.24
5. B. Majumdar V	Deeside	82.07
6. K. Scott V	Hels	82.42

7. A. Bond	Wrex	83.04
8. B. Heathcote	Unatt	86.08

JUNIORS U/21

1. N. Jones	Mid Chesh	60.52
2. M. Wainwright	Hallam	61.17
3. M. Cranny	Deeside	70.23
4. C. Barnes	Mersey	86.38
5. B. Hunt	Unatt	88.32

TOUR OF PENDLE

Lancashire

AL/17m/4200ft 3.10.92

Congratulations to Mark on a great run, just three seconds short of last years winning time. Congratulations also to Carol who broke the ladies record for the second consecutive year, even though she got slightly lost in the Pendle mists on her approach to the last climb.

The high percentage of Clayton runners ensuring the club all three team prizes. Calder Valley won the ladies team race for the second consecutive year.

My thanks to the marshalls on the checkpoints (there are eleven checkpoints on this race) who turned out in poor weather and the marshalls and helpers at the finish, without them there would be no race.

Kieran and Doreen

RESULTS

1. M. Aspinall	CLMH	2.21.03
2. C. Hirst	Settle	2.22.04
3. J. Wiecezorek	Ace	2.22.21
4. C. Valentine	Kesw	2.22.24
5. T. Laney	CLMH	2.24.32
6. M. Wallis	CLMH	2.25.44
7. D. Woodhead	Horw	2.26.35
8. J. Holt V	CLMH	2.26.46
9. H. Nicholson	CLMH	2.29.18
10. L. Thompson	CLMH	2.29.57

VETERANS 0/40

1. J. Lout	CLMH	2.26.46
2. A. Harmer	DkPk	2.31.05
3. J. Winder	CalderV	2.34.14
4. S. Furness	Black	2.36.29
5. M. Crook	Horw	2.46.36

VETERANS 0/45

1. K. Carr	CLMH	2.37.57
2. G. Duckworth	Horw	2.41.59
3. J. Nuttall	CLMH	2.43.14
4. C. Taylor	CLMH	2.46.42
5. D. Beresford	CLMH	2.52.06

VETERANS 0/50

1. P. Murray	Horw	2.46.19
2. B. Needle	DkPk	3.12.30
3. M. Coles	Skyrac	3.14.30
4. H. Thompson	CLMH	3.26.23
5. H. Coop	Unatt	3.42.26

VETERANS 0/55

1. P. Lambert	V Strds	3.02.48
2. K. Peart	Unatt	3.27.26
3. D. Fisher	N'port	3.51.53

VETERANS 0/60

1. B. Leathley	CLMH	3.22.19
2. J. Newby	Tod	3.38.41

LADIES

1. G. Greenwood	CalderV	2.41.10
2. S. Watson V	V Strds	3.07.33
3. G. Cook	Roch	3.12.13
4. M. Goth	Tod	3.51.52
5.1. Neville V	CalderV	3.57.50
6. J. Howard V	A.C.P.	4.20.06

IAN HODGSON MOUNTAIN RELAY

Cumbria

4x2/25m/8500ft 4.10.92

The first leg, which was run in difficult conditions, proved critical to the result of the 1992 race. Mark Rigby and John Atkinson of Ambleside opened up a two and a half minute gap over the other leading contenders, and although Bingley closed to within a minute at Kirkstone, the Ambleside last leg pair stretched the lead to nearly seven minutes at the finish. Bingley and Pudsey & Bramley kept the Yorkshire flag flying in second and third places and it was good to see Calder Valley, Pennine Fell Runners, Blackburn and Holmfirth achieving top ten finishing positions for the first time.

Ambleside showed their strength in depth by finishing first team in the 'Mixed class' as well as winning the race, and Clayton regained the Ladies title which they lost to Livingston last year.

On the whole, times were slower than last year and all records remained intact. However, fine runs by Bingley on leg three and Pudsey & Bramley on leg four came within five and two seconds of the respective records.

In response to several enquiries, we have checked our records to find the ladies records for each leg. These times are those achieved by a ladies pair and times recorded by a lady accompanying a man are not eligible. The ladies records are:- Leg One : C.Cook/V.Brinkle (Clay) 1989 1.27.35 Leg two : C.Cook/M.Laney (Clay) 1991 42.39 Leg three: W.Dodds/L.Lord (Clay) 1990 1.22.04 Leg four : H.Diamantides/M.Todd (Amble) 1991 59.36

The success of this years event was due to the help and support of our many friends who so willingly give their time to travel to the Lake District to assist with the organisation of the Mountain Relay. Our grateful thanks to them all.

We must also acknowledge the co-operation of landowners and farmers in the Patterdale area, who permit us to cross their land and in some cases make car parking space available. Our visits to Alan and Eric Wear, Stephen Foxall, Mike Beattie and Dennis Kitching have become a pleasure because they welcome us like old friends. Barrie, Maureen and Nigel Atkinson continue to make the superb facilities at Sykeside available to us, despite the possible damage to the camping field by car parking on sodden turf. Particular thanks to Barrie for presenting the awards this year.

We hope all competitors enjoyed the challenge of the hills in this years relay and that all will return on the first Sunday in October 1993.

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

RESULTS

1. Ambleside 'A'	3.39.14
2. Bingley 'A'	3.46.10
3. Pudsey & Bramley	3.50.50
4. Keswick 'A'	3.53.59
5. Rossendale 'A'	3.56.45
6. Calder Valley 'A'	3.59.42
7. Pennine F.R. 'A'	4.02.01
8. Borrowdale	4.03.40
9. Blackburn	4.04.57
10. Holmfirth 'A'	4.05.34

Fastest Legs

LEG ONE

1. J. Atkinson/M.Rigby	Amble	1.10.03
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LEG TWO

1. D. Frampton/D.Ramsay	Kesw	35.29
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LEG THREE

1. A. Peace/I.Ferguson	Bing	1.01.33
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LEG FOUR

1. W. Gaunt/P.Sheard	P&B	46.23
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LADIES TEAMS

1. Clayton	5.08.21
2. Bingley	5.19.22
3. Keswick	5.20.45

MIXED TEAMS

1. Ambleside	4.17.01
2. Livingston	4.33.07
3. Mandale	4.38.11

LANGDALE HORSESHOE FELL

RACE

Cumbria

AL/16m/4000ft 10.10.92

RESULTS

1. I. Ferguson	Bing	1.58.18
2. M. Rigby	Amble	1.58.27
3. J. Bland	Borr	1.59.43
4. R. Whitfield V	Bing	2.01.21
5. T. Lofthouse	Bing	2.03.10
6. W. Gaunt	P&B	2.03.44
7. G. Bland	Borr	2.07.04
8. S. Coffey	Ross	2.07.06
9. R. Jamieson	Amble	2.07.07
10. A. Peace	Bing	2.07.39

VETERANS 0/40

1. R. Whitfield	Bing	2.01.21
2. P. Horne	CalderV	2.19.17
3. B. Rawlinson	Ross	2.22.32
4. R. Meinroy	Clydes	2.23.40
5. Z. Campbell	Clay	2.26.39

VETERANS 0/45

1. J. Nuttall	Clay	2.19.26
2. K. Carr	Clay	2.19.33
3. D. Milligan	Solway	2.21.38
4. J. Talbot	Tod	2.25.47
5. P. Halliwall	Bing	2.27.19

VETERANS 0/50

1. D. Quinlan	Bing	2.28.47
2. R. Ball	Amble	2.28.51
3. P. Dowker	AchRat	2.42.59
4. M. Breslin	L&M	2.44.49
5. G. Causey	Unatt	2.45.43

VETERANS 0/60

1. B. Fielding	Fellan	2.54.18
2. B. Kenton	Unatt	3.21.28
3. P. Pryor	Dron	3.25.21

LADIES

1. H. Diamantides	Amble	2.23.25
2. M. Todd	Amble	2.43.15
3. A. Isdale V	Bing	2.46.25
4. L. Lord V	Clay	2.47.30
5. K. Arnold	C.F.R.	2.49.33
6. K. Harvey	Alt	2.50.40
7. R. Clayton V	Derwent	2.52.40
8. E. Wright	Amble	2.53.53

STEAM BUNNY STOMP

Gwent

AM/5.5m/1700ft 10.10.92

The organisers estimate of fifty entry forms and finishing certificates for the third running of this 'three up - three down' race, proved to be woefully inadequate with sixty three masochists finally turning out. Although it was a superb crisp Autumn day for racing, the organisers would like to think that the quality of the course also had something to do with the doubling of numbers over last years race.

On a perfect day for running no records were broken and no-one got lost apart from the small group who decided to have a second look at Cwm Lickey - dingbats!! Steam Bunny Blease and Glyn Griffiths were the only runners to challenge the stranglehold of MDC on the top ten placings. Simon and eventual winner, Lyndon Gwilym, swapped the lead throughout but Lyndons' superior strength on the ascents finally paid off as he came home twenty one seconds ahead. Griffiths managed to clinch sixth place despite this being his first race after a long lay-off (regular sloggers were later seen to be spitting feathers!). Mr and Mrs Coker did well with Mr bagging third and Mrs taking first lady spot. Twenty eight of the sixty three entrants were veterans with John Sweeting taking top honours in eighth place.

Judging by all the good natured ribbing going on as bodies collapsed over the finishing line this was the first fell race for several competitors, one of these being one of our transatlantic cousins trying out the flavour of this uniquely British sport. Doug Shiperdigian, who hails from Chicago, was heard to curse "This is a ****ing sport for real men" as he crossed the line in a very creditable fifty eighth place. However, most of the support was from much nearer home and apart from the usual hordes from M.D.C. the organisers would like to thank the clubs of Islwyn, Blaenavon, Fairwater, Beddau, Llivery and Griffithstown for turning out in such good numbers.

Once again, thanks must go to the Lamb Inn for the use of their facilities. The new Landlord seemed suitably impressed with the crowd packing out his bar on a Saturday afternoon.

RESULTS

1. L. Gwilym	MDC	48.11
2. S. Blease	Brych	48.32
3. P. Coker	MDC	50.09
4. L. Foulkes	MDC	50.14
5. J. Darby	MDC	50.52
6. G. Griffiths	Hebog	50.57
7. P. Lewis	MDC	51.15
8. J. Sweeting V	MDC	51.54
9. A. Woods	MDC	51.56
10. R. Benjamin	MDC	52.01

VETERAN 0/40

1. J. Sweeting	MDC	51.54
2. G. Parsons	Chep	52.39
3. N. Jones	F' water	57.12
4. E. Meredith	MDC	57.29
5. J. Turnbull	Beddau	57.58

LADIES

1. J. Coker	MDC	56.32
2. S. Manser	Llis	58.41
3. L. Gould	MDC	59.31
4. S. Woods	MDC	Griff
5. A. Nixon V	MDC	62.11
6. S. Ashton V	MDC	65.21
7. V. Turnbull	Beddau	67.59
8. H. Sawyer	Schmoos	73.01

BUTTER CRAGS RACE

Cumbria

AS/1.5m/900ft 11.10.92

RESULTS

1. G. Bland	Borr	12.43
2. J. Atkinson	Amble	12.43
3. C. Roberts	Kend	13.20
4. M. Roberts	Kend	13.22
5. M. Crossdale	L&M	13.35
6. M. Whitfield	Bing	13.47
7. J. Bland	Borr	13.51
8. G. Wilkinson	Clay	13.67
9. R. Whitfield V	Bing	13.53
10. U. Steidl	Germ	14.00

VETERAN 0/40

1. R. Whitfield	Bing	13.53
2. D. Bodecott	C.F.R.	15.23
3. N. Walker	Amble	17.40

VETERAN 0/45

1. D. Elsley	Tadley	19.01
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VETERANS 0/50

1. A. Evans	Unatt	16.15
2. M. McGill	Kend	16.19
3. D. Ashton	Black	16.23

VETERANS 0/65

1. J. Riley	Clay	30.05
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LADIES

1. S. Clark V	Kend	18.38
2. M. Walker V	Kend	20.23
3. J. Shorter	Fellan	20.32
4. C. Dewhurst	Unatt	20.33
5. B. Unsworth V	Kend	27.21

FLAGSTAFF TO CARLINGFORD MOUNTAIN RACE

11.10.92

The annual Flagstaff to Carlingford Mountain Race took place in near ideal conditions. The winner was Brian Ervine in a new record time improving the 1983 time set by club-mate Jim Hayes whose 1.40.24 had defied several determined previous efforts. Brian was followed home by his Mourne Mountain Marathon partner Neil Carty who was first of a quartette including third placed runner Billy Reid - and in joint fourth Stephen Linton and Jim Patterson. Jim Patterson was first veteran. Roma McConville set an inaugural women's record of 2.23.09 when she won the women's race from Stephanie Pruzina and Joanne Boyle.

The Flagstaff to Carlingford race covers a distance of seventeen kilometres with 1020m of climb and comprises a wide variety of terrain with dense heather and bog interspersed with very runnable areas across the Cooley Mountains and in the final section through the Carlingford Mountains and Slieve Foye some severe rocky areas.

Brian Valley

RESULTS

1. B. Ervine	1.36.40
2. N. Carty	1.46.03
3. B. Reid	1.46.10
4. S. Linton	1.46.16
4. J. Patterson V	1.46.16
6. J. Brown	1.50.55
7. M. McNiff	1.55.57
8. J. Sloan V	2.03.21
9. A. Stott	2.07.03
10. D. Rankin V2	12.23

LADIES

1. R. McConville	2.23.09
2. S. Pruzina	2.25.55
3. J. Boyle	3.01.26

COP HILL FELL RACE

West Yorkshire

CM/7m/900ft 18.10.92

RESULTS

1. R. Harbisher	Holm	45.22
2. D. Woodhead	Horw	45.50
3. A. Hauser	Fellan	46.36
4. P. Grimes	Hudd	47.21
5. P. Buttery V	Holm	47.22
6. H. Waterhouse V	Sadd	47.45
7. S. Whitehead	L'wood	47.50
8. I. Mitchell	L'wood	48.31
9. C. Beever	Holm	48.36
10. I. Moore	Holm	48.45

VETERANS 0/40

1. P. Buttery	Holm	47.22
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VETERANS 0/50

1. D. Bamforth	HolmeV	50.17
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LADIES

1. R. Gee	E.Chesh	54.33
2. C. Couch	Melt	56.10
3. J. Town	Denby	59.32
4. J. Shotter	Fellan	60.47
5. J. Wallis	Melt	61.10
6. K. Whittingham	Denby	61.41
7. L. Robertson	Denby	62.02
8. C. Lyons	Melt	63.46

JUNIORS U/17

1. C. Wheeler	Traff	23.46
2. C. Day	Holm	26.46
3. A. Davies	Melt	30.21

JUNIORS U/15

1. A. Washington	Melt	13.12
2. M. Warmby	Melt	13.14
3. A. Burnett	LdsCty	13.34

JUNIORS U/13 - BOYS

1. A. Turner	Melt	14.33
2. J. Goodliffe	Holm	14.50
3. L. Scaramuzza	L'wood	15.08

JUNIOR U/13 - GIRLS

1. E. Spivey	Melt	16.06
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JUNIORS U/11 - BOYS

1. W. Hallas	Holm	8.11
2. N. Goodliffe	Holm	8.23
3. M. Dewhurst	Holm	8.52

JUNIORS U/11 - GIRLS

1. N. Holdsworth	Holm	8.40
2. E. Knight	Melt	8.45
3. K. Holden	Holm	9.10

BREIDEN HILLS RACE

Shropshire

AM/7.5m/2300ft 18.10.92

Many thanks to all our helpers - your efforts were much appreciated! The 'diversions' in the forest were unfortunate but beyond our control; if you got lost perhaps it helps to know that more than £450 was raised for Emma Allen.

We hope to see you all again next year - Sunday 17th October.

Stuart Cathcart

FRA RELAY CHAMPIONSHIP

18.10.92

I must thank the people of Threlkeld, who welcomed seventy teams, over four hundred runners and many spectators to their village on Sunday. The event produced some excellent races, and I hope made a good spectacle. Both Bingley Harriers and Pudsey & Bramley ladies retained their titles, and in the veterans' race last year's runners-up, Clayton, triumphed.

Road runner Duncan Frampton, from the organising club Keswick, led up the climb to Doddick Fell, but on the descent was passed by Mike Fanning and Bingley junior Matthew Whitfield. Mike just held off Matthew at the finish to hand over a two-second lead. Heidi Kjeldsen of Livingston was the first lady back, leading Anne Buckley of Pudsey by three seconds.

The ladies' race was decided on the second leg when Sarah Rowell and Yvette Hague returned with a ten minute lead. Their time of 1.22.19 was the thirtyfifth fastest on the day.

Brothers Craig and Mark Roberts took Kendal into the lead with a fine run in 1.10.44, but were denied the fastest time. Rolls Royce Harriers were quietly confident of the fastest time on this leg and Jim Ward and Mike Jubb did not let them down, recording 1.10.12. After the second leg Clayton had built up a two minute lead over Mandale in the veterans' race.

Bingley took the lead on the third leg. Bob Whitfield and Tim Lofthouse ran the second fastest time of the day to hand over with a lead of nearly two minutes on Pudsey. The fastest time went to Borrowdale runners Gavin and Johnathan Bland with fifty three minutes eight seconds. Fastest ladies were Carolyn Hunter-Rowe and Freia Reichardt from Pudsey (1.10.34), who stretched the Pudsey lead to twenty minutes.

Andy Peace anchored the Bingley team to victory, recording the fastest time of the day on the steep ascent and descent of Blease Fell. Andy's time was thirty three minutes and nine seconds. Pudsey were second by six minutes, followed closely by Cumberland Fell Runners, making a welcome appearance in a relay.

In the veterans' race Mike Targett gained another minute over Mandales's Mick Garrett, and stretched Clayton's winning margin to four minutes. Ambleside held off Kendal by five seconds to gain third place.

Jo Schreiber saw Pudsey to victory in the ladies' race, the team finishing a very respectable fortysecond overall. Clayton were second and Cumberland Fell Runners third. The fastest time on the leg was recorded by Lyn Thompson of Keswick in forty seven minutes and thirty seconds. Anne Curtis running for Camethy was only five seconds slower. We were very pleased that former British Fell Running Champion and Threlkeld resident, Kenny Stuart, agreed to give out the prizes. Kenny was an important member of the organising committee, both liaising with people in the village and suggesting the routes for each leg.

I would like to thank everyone who helped, both on the day and before. I must draw everyone's attention to two incidents during the day. Last year a runner died on a relay in Wales. With safety very much in mind, strict requirements

were laid down for qualifying races, and for the gear to be carried on legs two, three and four. These were clearly stated on the team sheet signed by each team captain, and were repeated regularly on the PA system. Unfortunately we did not make kit checks, but trusted that each team would adhere to the safety requirements. However, three teams obviously did not carry adequate gear on the last leg. Eventually it was decided that the results should stand, because we had not carried out a detailed check on other teams' gear.

I must apologise to all the teams who carried the full requirements with them during the race.

The second incident showed the importance of safety requirements in fell races. A runner fell on the descent of Blease Fell and sustained head injuries. We called out Keswick Mountain Rescue Team, and a helicopter took the injured runner off the fell. I understand that the runner was not seriously hurt and has been nicknamed 'Chopper' by his team mates. Please remember accidents can happen in fell races and when they do it's the organiser who stands in the firing line! I must thank Steve Batley of Skyrac AC veterans' team, who abandoned his own race to attend to the injured runner, and Keswick Mountain Rescue Team for their prompt response.

Pete Skelton

RESULTS - Final Positions

1. Bingley	2.58.19
2. Pudsey & Bramley	3.04.35
3. Cumberland Fell Runners	3.05.11
4. Clayton Le Moor	3.06.13
5. Borrowdale	3.07.05
6. Kendal	3.07.27
7. Livingston	3.07.59
8. Keswick	3.08.25
9. Ambleside	3.09.12
10. Rossendale	3.11.50

LEG ONE

1. M. Fanning	Borr	19.02
	Bing	19.04
	Kesw	19.34
3. D. Frampton	Kesw	19.34
4. R. Skelton	CalderV	19.52
5. T. Brand	L'ston	20.02

LEG TWO

1. J. Ward/M. Jubb	Royce	1.10.12
2. C.Roberts/M. Roberts	Kend	1.10.44
3. M. Wailis/K. Manning	Clay	1.11.48
4. P. Sheard/W. Ramsbottom	P&B	1.11.51
5. S. Hawkins/I. Ferguson	Bing	1.12.16

LEG THREE

1. J. Bland/G. Bland	Borr	53.08
2. T. Lofthouse/B. Whitfield	Bing	53.50
3. G. Devine/W. Gaunt	P&B	54.59
4. S. Thompson/G. Wilkinson	Clay	55.02
5. D. Lee/A. Smith	CFR	55.02

LEG FOUR

1. A. Peace	Bing	33.09
2. P. Dymoke	L'ston	33.53
3. J. Atkinson	Amble	34.19
4. G. Schofield	Black	36.31
5. D. Loan	Kesw	37.02



View from below! Clayton's mixed team on leg 2 of the FRA relay.

Photo: Steve Bateson

RESULTS

1. C. Donnelly	Eryri	61.07
2. S. Hughes	Hebog	61.09
3. J. Hey	Warr	64.20
4. I. Kevan	Telf	64.36
5. J. Fry	Telf	64.54
6. I. Sanderson	Telf	64.58
7. P. Marsh	Tarr/Hend	65.02
8. T. Davis	Newtown	65.06
9. P. Stott	Hebog	65.28
10. S. Mansbridge	Merc	66.46

VETERANS 0/40

1. I. Kevan	Telf	64.36
2. J. Fry	Telf	64.54
3. T. Longman	Huncote	67.31
4. B. Morris	Wrek	70.10
5. T. Illston	Bowline	70.13

LADIES

1. B. Evans	Shrews/Mntnrs	81.44
2. A. Capp	Telf	82.46
3. J. Jeffreys	Osw	83.29
4. J. Jarvis	ShropsShuffs	88.07
5. J. Breakwell	Shrews/Mntnrs	89.14
6. B. Heathcote	Merc	90.09
7. J. Williamson		94.01
8. V. Smith	Bowline	94.35

JUNIORS

1. T. Davis	Newtown	65.06
2. J. McGregor	ShropsShuffs	73.52
3. P. Sullivan	Wrek	77.48

GALE FELL RACE Lancashire

CS/4.5m/900ft 25.10.92

Flagging a course in driving snow at dawn is one of my favourite ways to start the day, particularly when I realised that I could have had another hour in bed if I'd remembered about the clocks going back. Oh yesiree. Conditions were still bad for the one hundred and twenty eight starters in the race, who managed to squeeze unscathed through the narrow bridge at the start without waking Billy Goat Gruff.

Unfortunately the field then managed to, startle three ponies into jumping out of their field! Thanks go to Kev Shand for saving the day - now we know he's not just a cowboy builder...

There were thoroughbred performances too from Mark Aspinall and Ray Owen, who galloped away from the rest into the heavy wind. But for the weather we would have seen a fast win, as they pushed each other right to the line. Craig Watson followed in third and he was first under eighteen too!

In the women's race Carol ran to within two seconds of her twenty nine minutes and twenty seconds from last year, finishing in thirty first overall. This year's time will stand as the record, as no-one touched the wall of the Whitehouse last year.

Well done to all damp and mucky finishers for managing to leave their cosy beds.

The youths' race suffered from the weather, with only eleven starters compared to last year's thirty. Nevertheless in a good race Adam Burnett pipped John Hart by just a second, with Alex Parr first girl back though only twelve years old. Well done to all, especially the last two, who seemed to have been pushed into it ("Never again!") by their dads, who needless to say did not run themselves: not very clever.

Geoff Read

RESULTS

1. M. Aspinall	Clay	25.25
2. R. Owen	Black	25.31
3. C. Watson	Clay	26.32
4. R. Jackson	Horw	26.48
5. A. Wrench	Tod	26.50
6. M. Corbett	Ross	27.00
7. S. Jackson	Horw	27.12
8. S. Hinchcliffe	Dews	27.15
9. L. Saint	Fellan	27.19
10. M. Lee	Bolt	27.28

VETERANS 0/40

1. D. Beels	Roch	28.44
2. J. Eaton	Ross	24.59
3. I. Holloway	Roch	29.14
4. R. Jackson	Horw	29.40
5. A. Mellor	Tod	31.09

VETERANS 0/45

1. P. Lyons	Bury	27.52
2. B. Deegan	Roch	29.37
3. I. Clarkson	Roch	30.41
4. C. Keogh	Roch	31.59
5. J. Talbot	Tod	32.02

VETERANS 0/50

1. P. Jepson	Bury	30.15
2. A. Shaw	Roch	31.26
3. F. Gorman	H'fax	32.51
4. F. Craddock	Midd	33.43
5. R. Blakely	Unatt	34.19

LADIES

1. C. Greenwood	CalderV	29.22
2. G. Cook	Roch	32.29
3. C. Whittam	Tod	34.47
4. J. Cutts	Dews	36.25
5. C. Dewhirst	Unatt	39.36
6. N. Carey	Roch	41.06
7. S. Urmston	Roch	41.50

INTERMEDIATES U/18

1. C. Watson	Clay	26.32
2. L. Parry	CalderV	30.36
3. L. Ellis	Clay	30.58
4. K. Bowden	CalderV	31.20
5. C. Whittam	Tod	34.47

MANAGRAKEM FELL RUNNING LEAGUE

Isle of Man 26.10.92

Tony Rowley of Manx Fell Runners Club has won 'The Managrakem Fell Running League' for the first time. Tony had an excellent season winning six races, his best events being Carraghyn, Creg-ny-Baa and Snaefell. Second position went to veteran runner David Young who won the Hawthorn Inn and Elian Vannin races. In third place was Richie Stevenson, his best results were first local finisher in Laxey Horseshoe and Manx Mountain Marathon races. This was the third successive year Richie has been the first local finisher in the Manx Mountain Marathon, the only other runner to achieve this was Barry Pitts in 1970, '71 and '72.

The Veteran's League was won by David Young who had his best ever season winning the veterans award in eight races and setting new veteran's course records in the Carraghyn, Cleg-ny-Baa, St. Johns and Hawthorn Inn races. Second position went to defending champion Dave Corrin, who was the first veteran to finish in two races, setting a new veterans course record in the Axnfell race. Third position went to Mike Cowbourne who was first local veteran to finish in the Manx Mountain Marathon.

The League consists of four long races, four medium and four short. Each competitors best seven races (a minimum of two of every distance) establishes their final league position.

Ian Callister

RESULTS

1. T. Rowley	6. M. Cowboume V
2. D. Young V	7. P. Corlett V
3. R. Stevenson	8. J. Wright V
4. D. Corrin V	9. D. Davies
5. D. Maddrell	10. G. Hull V
	11. E. Brew V

FFORDD Y BRYNIAU Glamorgan

BM/9m/2000ft 1.11.92

A record breaking year for the Ffordd-y-Bryniau with a best ever turnout of eighty six runners. Paul Wheeler of MDC knocked thirty four seconds off the existing course record in a race run in very wet and slippery conditions. After previous attempts at the record Paul finally worked out and researched the definitive shortest route taking in all four peaks and then turned in an irresistible performance on the day.

Jane Coker, also MDC, knocked almost four minutes off the ladies record and this in spite of two errors en route, one involving an irate farmer! Plenty more to come from Jane. John Pointon in his first ever fell race easily won the veteran men's category and also finished second overall. Record turnout, two new records and this bodes well for this popular race on November 7th next year.

W A Morgan

RESULTS

1. P. Wheeler	MDC	51.14
2. J. Pointon V	Ponty	57.31
3. L. Foulkes	MDC	57.42
4. S. Blease	Bryn	58.01
5. C. Taylor	Merc	58.45
6. I. Coombes	Ponty	59.18
7. L. Gwilym	MDC	59.35
8. M. Ellis	B'end	59.46
9. M. Benbow	C'diff Hqns	60.04
10. J. Bunn	L'werry	60.37

VETERANS 0/40

1. J. Pointon	Ponty	57.31
2. H. Griffiths	Saff Strdrs	64.12
3. J. Sweeting	MDC	64.22
4. P. Thomas	P&D	66.41
5. D. Finch	Chep	68.56

VETERANS 0/50

1. D. Fisher	MDC	71.15
2. M. Woods	Blaen	71.43
3. G. Royle	Unatt	76.17
4. D. Parry	C'diff Hqns	105.56

LADIES

1. J. Coker	MIX:	67.28
2. S. Manser	L'werry	68.34
3. S. Woods	MDC	72.07
4. V. Turnbull	Beddau	77.32
5. L. Smith	MDC	88.33

LOGGERHEADS COUNTRY PARK

FELL RACE

'Clwyd

A M/10m/2800ft 1.11.92

The race was a success for the fifth year running. One hundred and forty five runners completed the course.

D Neill was the winner for the second year running, improving his time by three minutes.

The first lady was C Greasley beating the course record by eight minutes. She ran a superb race especially on the descent leaving her male counterparts 'aghast'.

J Morris

RESULTS

1. D. Neill	Staffs	73.33
2. M. Weedall	Penn	78.26
3. M. Williams	Penn	79.04
4. J. Kershaw V	Macc	79.46
5. D. Hughes	Wrex	80.08
6. I. Selvey	W'port	80.56
7. T. Bolvand	S'port	81.19
8. T. Hulme V	Penn	81.34
9. P. Stott V	Hebog	81.55
10. M. Esner	W'loo	82.37

VETERANS 0/40

1. J. Kershaw	Macc	79.46
2. T. Hulme	Penn	81.34
3. P. Stott	Hebog	81.55
4. J. Linley	N.Vets	87.13
5. P. Nolan	Macc	89.14

VETERANS 0/50

1. J. Marsh	Tarr/Hend	87.49
2. T. Eckersley	Sadd	97.22
3. A. Wright	Warr	98.21
4. B. Thackery	DkPk	102.06
5. B. Evans	P'tatyn	106.12

LADIES

1. C. Greasley	Macc	87.55
2. S. Rowson V	Macc	100.59
3. B. Evans	Shrop	105.25
4. L. Warin	Skip	107.08
5. A. Bond	Wrex	110.41
	Wore	114.13
7. K. Mavin	Penn	121.50
8. S. Lloyd	Eryri	123.06

BLACK LANE ENDS FELL RACE Lancashire

CS/5m/1000ft 1.11.92

The weather this year was fine and conditions underfoot good except for the penultimate field, because of much overnight rain. Unfortunately a footbridge had to be negotiated instead of the stream crossing and this apparently caused queues.

The first three in the seniors race made their intentions clear on the first lap (of three) and by the start of the second lap had already started into a clear lead. During this lap the final positions were sorted out with the fourth man over a minute behind, and Matthew Moorhouse justifying inclusion in the Senior race with a fine fifth place.

Carol Greenwood retained her title by a comfortable margin.

RESULTS

1. C. Donnelly	Eryri	29.56
2. J. Taylor	Holm	30.14
3. M. Kinch	Wain	30.43
4. P. Sheard	P&B	31.55
5. M. Moorhouse	Saif	32.24
6. W. Ramsbotton	P&B	33.02
7. T. Chew	Clay	33.08
8. G. Wilkinson	Clay	33.09
9. A. Wrench	Tod	33.15
10. G. Schofield	Black	33.16

VETERANS 0/40

1. M. Pickering	Otley	33.26
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VETERANS 0/45

1. P. Lyons	Bury	34.19
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VETERANS 0/50

1. T. McDonald	Kly	38.
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VETERANS 0/55

1. T. Shaw	Roch	38.57
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VETERANS 0/60

1. J. Newby	Tod	45.25
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LADIES

1. C. Greenwood	CalderV	36.39
2. K. Drake	Spenn	38.42
3. C. Cooke	Clay	38.43
4. G. Walkington V	Horw	44.49

INTERMEDIATES

1. D. Walker	Clay	11.25
2. G. Ridings	P&B	11.51
3. S. Robinson	P&B	12.01

JUNIORS U/14 - BOYS

1. M. McElhowe	Pendle	11.42
2. A. Turner	Bux	11.48
3. A. Burnett	P&B	12.09

JUNIOR U/14 - GIRLS

1. C. Presgrave	P&B	15.30
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Dunnerdale 7/11/92 5m 1800ft AS

Ace Race

A serious omission from my fell race experience was at last put right with a visit to the Blacksmiths Arms at Broughton Mills early in November. This excellent Black Coombe Fellrunners promotion is nicely low key with a super course and pie and peas afterwards included in the entry fee of £2.50.

From the pub the course climbs steeply on road for a half mile before the fell to the first checkpoint. The 4 checkpoints form a rectangle on both sides of the minor road which joins the Broughton and Dunnerdale Valleys, returning over Stickle Pike and Great Stickle. The gradient and roughness of the terrain is such that would satisfy the strictest of Category A criteria yet no climb is so prolonged as to inflict serious mental or physical stress on the participants.

The outright winner holds an attractive trophy for 12 months and the past winners names inscribed on it read like a 'who's who' of fell running. The first race in 1983 was won by Shaun Livesey and after Kenny Stuart and Jon Broxap had held the trophy, Rod Pilbeam won in 1986, '87 and '88 setting the current course record of 37.22 in 1988. The roll of honour is completed by Keith Anderson, Robin Jamieson and now John Atkinson (Ambleside) who held off a strong challenge from English Champion Brian Thompson (CFR), with the versatile Mark Rigby 3rd. Ambleside took the team race, Harry Jarrett the vets (don't they look young these days!) and Cheryl Cook the Ladies.

With 210 starters the road at the start was a bit congested but most people seemed able to find their rightful place. The race is happily still entry on the day only and it is to be hoped that the popularity of the event will not become such as to force pre entry.

- Peter Knott

1. J Atkinson	Amble	37.51
2. B Thompson	CFR	38.24
3. M Rigby	Amble	39.17
4. M Fleming	Amble	40.04
5. J Hey	Warr	40.13
6. G Bland	Borr	40.17
7. H Jarret	CFR	40.46(V40)
8. P Clarke	Kendal	41.00(V40)
9. B Evans	Amble	41.04
10. J Hope	AchRat	41.15

Team : Ambleside

Ladies		
1C Cooke	CleM	47.16
2 F Reichardt	P&B	48.33
3 J Reid	CFR	49.40



David Waddington (Clay.) overtakes John Riley (CV) early on Shepherd's Skyline.
Photo: Mike Brown

WITHINS SKYLINE FELL RACE

West Yorkshire BM/7m/1000ft 7.11.92

RESULTS		
1.1. Holmes	Bing	42.52
2.1. Ferguson	Bing	44.17
3. A. Wrench	Tod	45.07
4. G. Devine	P&B	46.03
5. P. Briscoe	VStdrs	46.32

6. C. Metcalfe	Skip	46.34
7. C. Watson	Clay	47.00
8. D. Woodhead	Horw	47.05
9. D. Thompson	CalderV	47.22
10. B. Schofield V	Tod	47.27

VETERANS 0/40

1.B. Schofield	Tod	47.27
2. B. Mitchell	Clay	48.26
3. P. Bramham	CravenFR	50.54
4. T. Robertshaw	Clay	51.20
5. H. Atkinson	Bing	51.54

VETERANS 0/50

1. D. Quinlan	Bing	50.22
2. T. MacDonald	Bing	53.59
3. J. Smithurst	Bing	56.29
4. R. Dewhurst	Clay	57.12
5. K. Peart	Unatt	59.37

LADIES

1. S. Rowell	P&B	48.43
2. A. Isdale	Bing	56.01
3. A. Priestley	Merc	56.04
4. L. Bostock V	Clay	57.28
5. S. Watson V	VStdrs	57.46
6. A. Lee	Clay	58.49
7. M. Dunn V	Bing	1.01.38
8. C. Dewhurst	Unatt	1.08.25

SHEPHERDS SKYLINE FELL RACE

Lancashire BS/6m/1 150ft 14.11.92

Despite the icy conditions, new course records were set in both the mens and ladies race. Ian Holmes beat the record, set last year by Shaun Livesey by twenty two seconds. Shaun in runner up spot, was only four seconds slower than last year. They were both together at Stoodley Pike in 18.30 with third placed Ian Ferguson twenty five seconds behind. The two leaders were together for about two thirds of the way, then Holmes made a break for it over Caldwell Hill, a lead he maintained to the finish.

In the ladies race Sarah Rowell finishing nineteenth overall beat the 1986 record set by Carol Greenwood (nee Haigh) by a minute and a half. Last year Carol won in 48.24, this year she was a minute faster to finish runner up. Winner in 1989 and 1990, Kath Drake was third again, as she was last year.

In the mens race Bingley won the team prize, their fourth time in the seven years of this event. For the third year running, Clayton won the ladies team prize. There were only two retirements from a reduced field of two hundred and forty five. The Junior field was down on last year with only twenty three entries. Despite the cost of eighty three pounds for this race, it is an event we are keen to put on. Danny Hope (junior) of Horwich had a comfortable lead and beat the 1990 record by three seconds.

Mark Grice

RESULTS

1.1. Holmes	Bing	39.10
2. S. Livesey	Ross	39.36
3.1. Ferguson	Bing	40.42
4. A. Wrench	Tod	41.12
5. M. Corbett	Ross	41.50
6. G. Webb	CalderV	42.09
7. T. Lofthouse	Bing	42.40
8. A. Maloney	Roch	43.15
9. D. Woodhead	Horw	43.26
10. R. Lawrence	Bing	43.32

VETERANS 0/40

1. J. Hope	AchRat	43.59
2. S. Heron	Dews	44.59
3. B. Peace	Bing	45.54
4. J. Eaton	Ross	46.32
5. M. Seddon	Holm	47.24

VETERANS 0/45

1.B. Schofield	Tod	44.05
2. P. Lyons	Bury	44.35
3. B. Mitchell	Clay	45.14
4. K. Carr	Clay	46.10
5. D. Berrisford	Clay	49.03

VETERANS 0/50

1. P. Jepson	Bury	48.25
2. R. Blakeley	Unatt	52.28
3. R. Dewhurst	Clay	53.51
4. P. White	CalderV	55.38
5. H. Thompson	Clay	56.41

VETERANS 0/55

1. A. Shaw	Roch	50.56
2. R. Bray	B'pool	58.43
3. R. Montgomerie	E.Chesh	58.50

VERERAN 0/60

I.J. Newby	Tod	63.05
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LADIES

1. S. Rowell	P&B	44.36
2. C. Greenwood	CalderV	47.21
3. K. Drake	Spn	50.29
4. S. Watson V	VStdrs	52.48
5. K. Harvey	Alt	53.29
6. A. Lee	Clay	53.56
7. A. Isdale V	Bing	54.30
8. D. Gowans	Acc'ton	54.51

JUNIOR BOYS

1. D. Hope	Horw	11.49
2. A. Turner	Bux	12.27
3. G. Ehrhardt	Tod	12.44

JUNIOR GIRLS

1. C. Presgrave	Tod	16.30
2. A. Parr	Tod	16.44
3. P. Fish	Tod	17.25

COPELAND CHASE

Cumbria

0/10m/3000ft 15.11.92

In view of the appalling weather both before and after the event we were fortunate to have such fine weather on the day even if this made navigation much easier!

Both courses had the same winner as 1991 - Phil Clark most convincingly on the long course from Orienteers Richard Suddaby and Dave Rosen, and Tony Brand-Barker also by comfortable margin on the short course. Elsewhere there were strong performances from John Crummett (who always does well in this sort of event), and a much improved Kate Arnold who showed a lot of the men the way home.

Colin Webb

LONG COURSE (0/10m/3000ft)

1. P. Clark V	Kend	2.00.04
2. R. Suddaby	Bdr Lnrs	2.18.24
3. D. Rosen	L&M	2.18.35
4. J. Arnold	C.F.R.	2.22.19
5. J. Crummett V	C.F.R.	2.26.17
6.1. Smith	LOC	2.27.32
7. A. Lewsley	Bdr Lnrs	2.30.51
8. S. Long	S.Mid	2.32.15
9. T. Laney	Clay	2.39.55
10. W. Harrison	C.F.R.	2.47.47

VETERANS 0/40

1. P. Clark	Kend	2.00.04
2. J. Arnold	C.F.R.	2.26.17
3. R. Phillips	C.F.R.	3.06.04
4. P. Hamilton	Kesw	3.06.10
5. M. Milmo		3.15.08

VETERANS 0/50

1. D. Hodgson	Amble	3.12.28
2. B. Johnson	CFR	3.13.20

LADIES

1. K. Arnold	CFR	2.56.39
2. S. Lewsley	Kesw	3.10.57

SHORT COURSE (0/5m/1500ft)

1. T. Brand-Barker	WCOG	1.11.54
2. M. Walford V	Kend	1.24.41
3. M. Wood V	CFR	1.28.12
4. A. Suddaby SV	Bdr Lnrs	1.31.50
5. L. Stott V	Bdr Lnrs	1.36.42
6. M. Simpson V	CFR	1.39.26
7. A. Stott FV	Bdr Lnrs	1.44.48
8. P. Kingswood F	WCOG	1.46.10
9. U. Wood FV	B'Combe	1.47.32
10. C. Porritt FSV	Ilk	1.49.55
11. M. Rosen FV	L&M	1.50.19
12. J. Sutcliffe FSV	CFR	1.57.00
13. V. Johnson FV	CFR	2.00.22
14. A. Calder V	CFR	2.03.10
15. J. Suddaby FSV	Bdr Lnrs	2.15.22

ROMBALDS MOOR FELL RACE

North Yorkshire

BS/5m/800ft 15.11.92

We had one hundred and sixty runners in the Seniors, less than last year, probably due to the weekend being cold and wet, although it kept fine for the races. Everyone seemed to enjoy it.

We provided changing tents for both men and women, and a marquee for standing out of the cold for which we were complimented.

Our results were out five minutes after the last runner had landed, some said they had never seen results out so fast. I must say for a change!

The presentation was held at the Skipton Snooker and Squash Centre, a very comfortable place for pie and peas, drink and chat. Next year we have the same venue, plus if the runners would like a hot shower they will be available. I am sure with the facilities we can offer it will bring more competitors.

I must take this opportunity to congratulate C Roberts of Kendal on his record breaking run.

E Neal



Rombalds Moor - just after the start.
Photo: Dave Woodhead

RESULTS

1. C Roberts	Kend	29.52
2. I. Holmes	Bing	29.56
3. P. Sheard	P&B	30.32
4. C. Hurst	Sett H	30.36
5. G. Divine	P&B	30.52
6. C. Walker	P&B	31.01
7. T. Hesketh V	Horw	31.08
8. C. Metcalfe	Skip	31.15
9. T. Chew	Clay	31.27
10. R. Pallister	P&B	31.31

VETERANS 0/40

1. T. Hesketh	Horw	31.08
2. R. Hargreaves	Clay	33.25
3. B. Crewdson	Black	33.59
4. G. Young	R'trees	34.43
5. P. Bramham	C.F.R	34.49

VETERANS 0/50

1. P. Covey	P&B	35.51
2. G. Mallett	Harr	37.52
3. M. Coles	Skyrac	38.14
4. P. Watson	P&B	39.21
5. J. Tiffany	Nidd V	40.26

VETERANS 0/60

1. B. Thompson	Air'teers	54.28
2. E. Frost	Clay	57.35

LADIES

1. C. Greenwood	CalderV	34.44
2. S. Parkin V	Kend	36.39
3. F. Reichardt	P&B	38.21
4. E. Thackery	Fellan	38.32
5. L. Bostock V	Clay	39.25
6. A. Isdale V	Bing	40.23
7. J. Rawlinson V	Clay	41.43
8. B. Hardy	Horw	44.42

ROACHES RACE

Staffordshire

AL/15m/3200ft 15.11.92

Plenty of mud and mist greeted another three hundred plus field, for this popular late season race. Dave Neill and Mark Kinch had a tremendous battle, Mark looked the strongest approaching the Roaches on the return, but it was Dave who pulled away across the final fields from a very tired Mark.

The mud failed to slow Macclesfield's Karen Parker as she stormed to victory by over seven minutes from in-form club mate Cecelia Greasley, and set a new course record by two minutes.

Macclesfield's John Kershaw limped into the finish to take first veteran in twelfth place, after a fall just after Roaches summit when in fourth place and running well.

Hugh Shercliff who along with his fellow runners from CUFRC has organised the race since it was first run ten years ago, stepped down this year, but still was out marking the route. On behalf of all us runners, many thanks for all his efforts. Many thanks as well to all the marshalls and sponsors

A Jaddu

RESULTS

1. D. Neill	S&M	1.54.55
2. M. Kinch	Warr	1.55.37
3. A. Hauser	Fellan	2.04.22
4. D. Miller	Merc	2.04.34
5. A. Jones	Gloss	2.04.51
6. S. Willimott	Merc	2.05.06
7. K. Farmer	MiltonK	2.05.53
8. J. Hey	Warr	2.06.15
9. M. Hartell	Macc	2.06.20
10. N. Fenwick	MiltonK	2.06.47

VETERANS 0/40

1. J. Kershaw	Macc	2.08.42
2. M. Hartley	Macc	2.12.10
3. R. Edwards	Lek	2.20.13
4. F. Fielding	Gloss	2.21.36
5. R. Hopkinson	Unatt	2.25.54

VETERANS 0/45

1. F. Reilly	Stock	2.16.38
2. N. Sercombe	RollsR	2.23.19
3. J. Liney	N.Vets	2.24.03
4. C. Latter	Tatten	2.25.06
5. N. Geeson	RydeH	2.26.15

VETERANS 0/50

1. J. Marsh	Tarre	2.18.32
2. J. Amies	Macc	2.19.30
3. T. Illston	Bowline	2.27.33
4. R. Hyman	Merc	2.29.26
5. B. Thackery	DkPk	2.37.14

LADIES

1. K. Parker	Macc	2.20.40
2. C. Greasley	Macc	2.28.00
3. A. Priestly	Merc	2.33.47
4. S. Rowson V	Macc	2.36.40
5. R. Clayton V	D.VOC	2.39.38
6. L. Cliff V	H. Pierre	2.40.52
7. A. Stentiford	Macc	2.44.00
8. L. Warin	Skip	2.46.28

RIVOCK EDGE RUN

West Yorkshire

N/10m/1500ft 22.11.92

Bingley's in-form Ian Holmes emerged as leading mudlark in an eventful Rivock Edge race from Silsden on Sunday.

He had four seconds to spare on last year's joint winner, Ilkley's James Parker, and was inside the course best.

But it's unlikely his record will stand. Much to the chagrin of the organisers, who have already spent a good deal of work on the ten miler, a vital farm junction was not manned. With the marshall elsewhere, runners ploughed on towards the trig point turnaround.

Leaders returned via the same forestry track while others did the loop course in reverse.

It probably lopped three to four minutes off the leading times, the organisers were later relieved that praise for mounting the operation far outweighed the odd criticism and grumbles.

Again charity was a big winner with all profits - and one hundred and fifty runners paid two pound each for the privilege of a mudbath - being shared between St John Ambulance and the local Scouts.

It was an immensely enjoyable race - made more demanding by mud.

Kevin Hopkinson

RESULTS

1. I. Holmes	Bing	62.15
2. J. Parker	Ilk	62.19
3. D. Woodhead	Horw	67.10
4. B. Evans	Amble	67.17
5. M. Bruce	Bing	67.29
6. I. Fisher	Otley	67.31
7. K. Wright	KHR	67.46
8. T. Lofthouse	Bing	68.08
9. M. Samdamas	KHR	68.16
10. M. Foshi	Penn	68.20

VETERANS 0/40

1. K. Taylor	Ross	69.07
2. P. Helliwell	Bing	70.28
3. G. Newsam	Clay	73.34
4. R. Haigh	Ilk	73.45
5. D. Quinlan	Bing	75.34

LADIES

1. K. Drake	Spenn	76.17
2. E. Thackery	Fellan	80.43
3. A. Priestley	Fellan	81.23
4. G. Close	Imp	83.04
5. J. Cubbon	Otley	84.18
6. L. Bostock	Clay	85.02
7. T. Stamford	KHR	86.28
8. T. Brydon	Unatt	88.35

WINTER HILL RACE

Lancashire

AM/11 m/2700ft 22.11.92

On a wet and misty day, two hundred and eighty three runners set off on the tenth running of this race. The field included a number of past winners, so a close and competitive race was anticipated.

The visibility on the top was down to ten yards, which obviously created navigational problems for a number of the runners. Even the leading trio did not choose the optimum route to check point eight.

Neil Wilkinson broke away with about a mile to go to win from 1990 winner and course record holder Paul Sheard, by eighteen seconds with Mark Kinch four seconds further back. Other past winners in the top ten were Ray Owen, Gary Devine and last year's winner Simon Thompson.

The ladies race was never in doubt with Carol Greenwood, fiftieth overall, winning by twelve minutes.

Pudsey & Bramley won the team race, but good packing by the host club Horwich gave them second and third team. The ladies team race was won by Clayton.

In addition to the first two men receiving Walsh PB's this year, the ladies winner also received a pair. T-shirts were given to the first fifty men and first five ladies.

Unfortunately two runners needed hospital treatment, Mark Edmondson for a broken ankle and Glyn Denver for tom ligaments, the usual practice of having mountain rescue and Raynet on hand proved worthwhile. I trust both make a quick recovery.

RESULTS

1. N. Wilkinson	ManUni	87.17
2. P. Sheard	P&B	87.35
3. M. Kinch	Wan-	87.39
4. R. Owen	Black	88.55
5. P. Blake	Wigan	89.11
6. G. Devine	P&B	90.25
7. S. Thompson	Clay	90.34
8. T. Hesketh V	Horw	91.02
9. G. Schofield	Black	91.59
10. S. Green	P&B	92.02



Second time up the hill, second time out of the mist; Winter Hill.
Photo: Steve Bateson

VETERANS 0/40

1. T. Hesketh	Horw	91.02
2. J. Hope	AchRat	97.02
3. T. Longman		97.44
4. S. Furness	Black	99.58
5. B. Crewdson	Black	101.49

VETERANS 0/45

1. K. Carr	Clay	98.13
2. G. Duckworth	Horw	105.10
3. D. Kearns	Bolt	106.16
4. Y. Tridmas	Unatt	107.56
5. T. Crook	Bolt	108.45

VETERANS 0/50

1. T. Illston		115.08
2. F. Gibbs	Bing	115.29
3. A. Wright	Warr	116.26
4. R. Orr	Clay	123.25
5. I. Chrystal	Loch	125.26

VETERANS 0/55

1. M. Houghton	Chorl	124.20
2. B. Thackery	DkPk	129.50
3. J. Coope	Horw	140.59

LADIES

1. C. Greenwood	CalderV	104.30
2. F. Reichardt	P&B	116.17
3. G. Walkington V	Horw	127.48
4. J. Rawlinson V	Clay	128.41
5. A. Lee	Clay	128.43
6. K. Thompson V	Clay	134.18
7. K. Jackson	Unatt	137.09
8. P. Matthews V	Horw	144.07

WHINBERRY NAZE DASH

26.12.92

REPORT

A record entry of 283 runners took part in this year's feature fell race. The fancy dress outfits get better every year; this year's job of choosing the best fancy dress outfits was almost impossible. Whilst Todmorden's Mark Grice masquerading as a Christmas tree and Dave Woodhead's impersonation of Humpty Dumpty were entertaining special mention should go to 13 pairs of legs from Todmorden locked together in a bright yellow Chinese dragon. Probably more than half the field had made the effort and chosen to compete in some disguise or other and it is this which makes this race unique - a special thanks is due to all who ran in fancy dress.

The race proper was won easily by a very in form Ian Holmes who made light of the difficult underfoot conditions, the usual mud being replaced by rock hard ruts and patches of ice. No mystery Santa on the summit this year to dish out the smarties, the job was eagerly accepted by club member Joanne Edwards, girlfriend of Brendan Taylor, after she was told she got to kiss all the first twenty men as they reached the trig point.

The dragon came last!

- *Graham Wright.*

1 I Holmes	Bing	23.35
2 T Richardson	Thames	24.23
3 G Schofield	Black	24.25
4 J Brown	ManUni	24.30
5 S Livesey	Ross	24.39
6 R Jackson	Horw	24.51
7 M Corbett	Ross	25.26
8 S Jackson	Horw	26.09
9 T Hesketh	Horw	26.12(V40)
10 P Lyons	Bury	26.15(V45)
11 K Taylor	Ross	26.19(V45)

LADIES

1 C Greenwood	CVFR	28.05
2 D Gowans	Acc	34.05
3 D Fleming	Ross	34.54(V35)

FURTHER VETS

21 J Hope	Achille	27.30(V40)
22 H Waterhouse	Sadd	27.35(V40)
26 B Mitchell	CleM	28.03(V45)
109 R Jacques	CleM	33.34(V50)
137 H Thompson	CleM	35.20(V50)
148 M Coles	SKYRAC	36.05(V50)

UP AND DOWN THE STOOP

5m/800ft 20/12/1992

1. Ian Holmes	Bing	26.50(rec)
2. Andy Peace	Bing	26.55
3. Andrew Wrench	Tod	28.37
4. Tim Lofthouse	Bing	28.41
5. Willie Gaunt	P&B	29.41
6. Dale Wilkinson	Roch	29.48
7. Ben Evans	Amble	29.52
8. Mervyn Keys	Ross	29.58
9. Dave Woodhead	Horw	30.05
10. Martin Bruce	Bing	30.25



Macclesfield runners negotiate leg 2 of the FRA relay.

Photo: Steve Bateson

V40

1. Pete Lyons	Bury	31.00(rec)
2. Paul Rogan	CleM	32.39
3. Jamie Dore	Roch	32.48

V50

1. Pete Jepson	Bury	33.36(rec)
2. Malcolm Coles	Skyrac	36.11
3. Roger Dewhurst	CleM	36.19

LADIES

1. Carol Greenwood	CV	32.50(rec)
2. Andrea Priestley	F&Dale	36.13
3. Zoe Braithwaite	Darwen	36.20
4. Linda Bostock	CleM	37.04
5. Alison Lee	CleM	37.54

Welsh Championship Races

The following are the Welsh Championship counters for 1993

Long: Welsh 1000 Metres, June 5th;

Black Mountains, Sept 25th

Medium: Three Feathers, May 1st; Moel

Eilio, May 15th

Short: Pen Cerrig-Calch, 20th March(?);

Y Gam, 19th June



The Stoop: Willie Gaunt (P & B) nearing the summit with Martin Bruce (Bingley) in hot pursuit.

Photo: Allan Greenwood

Pennine Way Run

I write as a 48 year old average Club runner, a member of Richmond and Zetland Harriers: one who will never break any records but who loves to run on the moors where I live in Swaledale.

A friend suggested that other runners may be interested to read of my attempt to run the Pennine Way during the first week of August this year. Last year, when I walked the Pennine Way, backpacking, I recall thinking that if I could walk it in 12 days, then surely I could run it in 7. Subsequently I read the Hugh Symonds book "Running High" and my mind was made up. I would give it a go. My attempt would not be in the same league as Hugh's superb run but for me it would be a major challenge.

My next thought was that if I was to do something so challenging, then I may as well try to raise some money for a charity which I have supported since the death of a friend several years ago, the Multiple Sclerosis Society.

My idea initially was to travel very light, possibly staying in bed and breakfast accommodation and carrying the minimum of clothes, food etc. Then my wife offered to help and suggested that we hire a caravette as my financial contribution to the charity attempt. The scheme grew as the rest of the family chipped in, so that the number one support team was my wife and daughter for the first 4 days, followed by the number two team of my son and his girlfriend.

A month or two before the start, I asked a friend if he fancied joining me for a little outing, the Pennine Way in 7 days (there aren't very many people who can be asked that question if a serious answer is to be expected!). So Ray Stevenson of Mandale Harriers, whom some of you will know from his ultra distance/off road races, agreed to join me, injuries permitting.

The caravette, time off-work and sponsorship were arranged. We were both troubled by injuries before the start, Ray's calf and my lower back, but the arrangements were made and there was no turning back. Also other local runners agreed to join us for parts of the way, Pete Smith, Alan Radcliffe and Alec Whiteside. Would the injuries get severely worse so that we had to give up or could be "run through them"? Wouldn't we feel silly if we had to give up on the first day? Still, as someone once said, better to try and fail than not to try at all.

The programme we had set ourselves was:

Saturday 1 August:

Edale to A58 road near Littleborough (White House Inn).

Sunday 2 August:

White House to Gargrave.

Monday 3 August:

Gargrave to Hawes.

Tuesday 4 August:

Hawes to Middleton in Teesdale.

Wednesday 5 August:

Middleton to Alston.

Thursday 7 August:

Alston to Bellingham.

Friday 7 August:

Bellingham to Kirk Yetholm.

The distances being between 34 and 42 miles per day, and 260 miles overall, there being several variations on the route as sections of moor wear out and alternative ways are provided.

We managed to get slightly ahead of our programme so that by the last day we had only 35 miles to cover, rather than the 42 originally planned. Nevertheless the last 27 miles over the Cheviots, where there are no road crossings and no opportunities to be met by the support party, is always difficult and we ran out of water in warm conditions some 10 miles from the end. We were very pleased to see my son Philip approaching us with a 1.5 litre water container, about a mile or so from the last descent.

Memorable Moments:

1. The very slow start from Edale, when Ray and I were both nursing injuries and not sure if we would each manage only a few miles.

2. Torrential rain in a howling gale on Fountains Fell after my daughter Helen joined us for a 5 mile section. Then taking refuge in the caravette for food and a hot drink before the climb up Pen-y-ghent.

3. Nearly losing a soft contact lens on the descent from Pen-y-ghent. I was putting on my cagoule, while running, and the draw string was too tight so that it pressed against my right eye and flipped out the lens onto my lower eyelash. I grabbed the lens tightly between finger and thumb, ran on to catch the others, sheltered behind a wall, squirted water onto the lens from a drinks bottle and managed to insert the lens again. I was very lucky, as I have no spares and running in glasses over rough ground in wet weather is difficult.

4. Seeing the support van driving away from the agreed meeting point as we approached - the Way was not signposted at the road crossing and my wife, Irene, had been uncertain whether she was waiting at the right place.

5. In the Cheviots - a man, 2 boys and the biggest goat I've ever seen - a large white creature which, in the distance, I thought must be a large Great Dane or a small donkey. This party, which also included a small goat and a dog, walked the whole

Pennine Way in 16 days. We decided that goats are easier than dogs on long walks as they get free grazing on the way and there is no need to carry food for them.

6. Almost being blown off Cross Fell (2,900 ft AOD) by the Helm wind.

7. The run down to the village green at Kirk Yetholm, followed by a celebration drink (or two).

Statistics:

Blisters gained - nil

Toenails lost - three

Weight change - nil (I ate a lot!)...

And while on the subject of food, we had lots of rice pudding, custard, cakes, bananas and lemonade during the day at convenient stopping points. Being able to eat and drink and then run again immediately afterwards was essential.

Apart from the first two days when we started running at about 9am, we would begin at around 8 o'clock and continue to about 6pm. While running, we averaged 5 mph or more but including stops for food and drink our average was about 4 mph. We completed the run in 6 days 6 hours and 50 minutes. At different times, and sometimes at the same time, we both suffered badly from aches and pains. In my case the main problem was aching and very tender thighs which, rather than tiredness, slowed my pace.

Despite the pain, the thought of giving up never occurred to either of us. We were both happy to run each day, although getting our stiff muscles and aching joints to start moving each morning was a battle. Ray's long experience, his advice, humour and his pace setting were invaluable to me. I could not have asked for a better companion for the run. Could I have completed it without him? I'm glad I did not need to find out.

The run has raised over £2,300 so far for the Multiple Sclerosis Society and more is promised. However, I agree with Ray: I prefer the running to collecting money. Completion of the run gave me a wonderful sense of achievement which no doubt I shall look back on in years to come. Perhaps others may be inspired by reading of my efforts to try their own personal "Everest"?

Ken Smith

Rumour has it...

that even the marines were shocked by the state of Martin Stone's tee shirt after he insisted wearing the only one that had 'Staminade' written on it throughout the entire race. "It has nothing to do with cheap advertising" said Martin "it's just a way of getting a non expensive upfront product profile...psst... want to buy some?..."

A WHITE PEAK WANDER

The limestone area of the Peak District is often dismissed when considering where to go for a long Sunday run. It's not particularly mountainous and during summer is full of sightseers in their cars. These thoughts pass through ones mind and the Dark Peak usually beckons. However, a careful look at the map will reveal quiet places away from the crowds. It was this sort of process that led me to discover a gem of a run. Most people have heard of Dovedale but who has heard of Silly Dale read on.

The starting place is Castleton. OK OK I know its on the Dark Peak map and its full of tourists but it's a convenient starting point and what's more after a 20 plus mile run its Hostelrys and cafes are most welcome.

From Castleton follow the minor road that heads in a generally Southerly direction as far as Little Hucklow. The first 2 or 3 miles are on this minor road it gives you chance to warm up to the task ahead. In Little Hucklow follow the footpath near the pub towards Broad Low. Another mile on the road towards Foolow and then head South on the system of tracks and paths towards Wardlow Mires. Cross the road and the limestone scenery begins in earnest. Head South towards Cressbrook Dale passing Peter Stone. Those of you who are observant will notice that this is

featured on the cover of the White Peak map.

The next few miles are the home of the species "cragus ratus". They are easily recognised by their long arms which drag along the floor whilst walking which is not something they do a lot of. Whilst performing their strange dances on the limestone the sound of clanking aluminium can be heard. Beware do not listen as it is hypnotic and can lead to the uncontrollable urge to climb up things!

Exit Cressbrook Dale at Home Farm and head west up Millers Dale towards Litton Mill. This is pleasant and easy running by the side of the River Wye. After the mill a minor road is used as far as Millers Dale where the Anglers Rest may be the convenient place to take a break. Its about halfway and what's more there is a pool table in the Public Bar.

Out of Millers Dale the general direction is North and in seeking the path to Monks Dale you should look for the steps at the side of the church. The going is rougher in Monks Dale and it's here you regret the beer consumed during the pool match.

We all know that your knee bone's connected to your leg bone etc. but it's not common knowledge that Monks Dale's connected to Peter Dale and Peter Dale is

connected to Hay Dale and Hay Dale is connected to Dam Dale. By following the new words of the song, Peak Forest is reached and a return to the Dark Peak map is imminent.

Oxlow Rake is used next and the Bride Way towards Castleton is followed. Cave Dale is the last of the day and from this you will suddenly pop out into the hustle and bustle. Your car will be nearby and so will all the creature comforts of the 20th century.

I don't know the exact distance and what's more I don't care. For those who are pedantic about these things I would guess about 20 miles. What's more important is have you enjoyed it?

Richard Denby

Snippets

The Kirkstone Pass Inn, the highest inn in the Lakes, is not served by a water main but by a wellspring and by the rainwater collected by landlady Pat Yates. She collects it, purifies it and is forced to pay the water company £900 a year to check that it is pure. Now she faces a further bill from the National Rivers Authority for rainwater. Just remember this quote when you next pass your local polluted stretch of stream or river, or the next time some major polluter is fined his small change, or even when you stoop to drink from a mountain stream...
"...we are guardians of water. We can't allow just anyone to take it, we have to keep control..."

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01

ANDERSONS MOURNE MOUNTAIN MARATHON SEPT. 19th/20th



The smallest of the mountain marathons has always appealed to those fed up of the follow-my-leader aspect of both the Saunders and the KIMM, and with the race organisation improving year by year, it wasn't surprising that this year's entry list was full. A few year's ago an upper limit of 200 wasn't reached, but with hill running increasing in popularity in Ireland a full quota of nearly 300 teams arrived at the Silent Valley, last used as an event centre in 1988.

The venue was well worth a second visit, with the start/finish and registration set in the beautifully laid out gardens beneath the dam of the Silent Valley reservoir, a spot that is a popular tourist attraction. Runners new to the area realised why when they left to start to climb up to the control description issue point on the dam itself.

As they stopped to plot the controls they could look up at a magnificent view, with the reservoir crowned by some of the more impressive peaks of the Mourne. Nearest at hand was the craggy summit of Slieve Binnian, and while the 'A' & 'B' classes headed for the western shore, the popular 'C' class had a steep climb eastwards up the slopes of Binnian.

As usual half the competitors were in the 'C' class, which is popular with walkers, but the standard of running is higher in the 'B' and the elite 'A' class, though not a match for the mainland events. Generally, the atmosphere is more relaxed, and the efficiency of the small, but dedicated, organising team has improved year by year, with the help of the sponsors, who make industrial doors.

The attractions of the Mountains of Moume, are new ground to many, and apart from being perfectly timed as a KIMM training outing, the race has the further attraction of a runner as able and experienced as Robin Bryson setting the courses. Inevitably, he had to take the elite runners on a grand tour of the area, just to fit a long course into a compact area, while the 'B' and 'C' were sent either side of Ben Crom and Silent Valley reservoirs, which cut right through the heart of the Moumes.

On a day that started with brilliant sunshine, and remained dry despite some dense cloud settling over the tops, they were heading for a mid-camp below an impressive col known as Hare's Gap. The 'A' and 'B' classes came from either side of Slieve Beamagh, with the latter

climbing through Hare's Gap from a control on the Kilkeel River. This deeply incised stream is flat bedded, tumbling over smooth slabs, and many competitors took this as an invitation to walk and climb 800m straight up the gully. Adventurous, but not the quickest route.

Mid-camps in the Mourne Mountain Marathon are still rough and rugged, and this year was no exception. There were clear leaders in all 3 classes overnight, and it wasn't surprising to find Brian Ervine leading the 'A' class again, this time with Neil Carty. They had a 44 minute lead over James Brown and Martin McNiff, while last year's winners, Rob Poole and Bill Buckley were 3rd, less than a minute up on Dave Rosen and Alan Gillard.

Martin White and Nigel Fenwick lead the 'B' class, well clear of brothers Chris and Julian Rhodes, while the 'C' class was dominated by the Irish Junior Orienteering squad, Brian Creedon and Marcus Pinker leading Gavan Doherty and John Feehan by 31 minutes.

Day 2 started with rain showers and cloud covered tops, but brightened as the day progressed, so most pairs finished back at Silent Valley in bright sunshine. The courses were necessarily short as visitors from the mainland

had ferries and planes to catch, and it was the Irish juniors who were first back.

The other overnight leaders also held on to win, though also by reduced margins. White & Fenwick, who runs for Milton Keynes A.C. (and says there is huge interest in hill running in the club!) both praised the route choice on the course, after finishing 6th on day 2. Ervine & Carty finished a minute behind Brown & McNiff on day 2, but with plenty of time in hand to give Ervine his 3rd title, each with a different partner.

With a poor map, local knowledge is obviously a help, but he denied it played a major part in the win. "We made a couple of poor route choices, as contrary to popular opinion I don't know every inch of the Mournes, and it was hard going as neither of us are 2 day specialists and this event comes at the end of a hard seasons racing." Carty, who was finishing off his first, highly successful, hill racing season did particularly well in his first mountain marathon.

Details of the next MMM are available from Dennis Rankin at 18 Cranmore Gardens, Belfast BT9 6JL. The organisers will help pick up visitors from airports and ferry terminals, but this is placing an increasing strain on their limited resources and competitors are now strongly encouraged to attend by car.

'A' Class (20 started) 62 km.	
1. Brian Ervine & Neil Carty	10.28.10
2. James Brown & Martin McNiff	11.10.20
3. Alan Gillard & Dave Rossen	11.33.48
11. Robert Sanby & Wendy Holmes (Mixed)	13.44.21
'B' Class (102 started) 44 km	
1. Martin White & Nigel Fenwick	8.46.35
2. Chris Rhodes & Julian Rhodes	8.55.34
10. Andy Lewsley & Stella Lewsley (Mixed)	10.06.32
19. Stephanie Pruzina & Joan Flannagan (Ladies)	10.41.45
'C' Class (151 started) 32.5 km	
1. Brian Creedon & Marcus Pinker	6.01.55
2. Gavan Doherty & John Feehan	6.29.01
12. Clyde Mitchell & Diana Mitchell (Mixed)	7.40.12
23. Jane Bugler & Maureen Ashton (Ladies)	8.18.49



Strappings, Taping and Supports

A common topic of discussion among fellrunners is that of using some kind of strapping or taping, particularly of ankles. Used correctly these can be most beneficial. Used incorrectly these aids can cause injury!

Basically, a strapping is used to provide support for a limb or joint, to allow some mobility and limit painful movement. It may also give a useful psychological support to the runner if he or she feels that the injured part is comfortable and stable. I use strappings and supports in the acute stage of an injury to prevent swelling and give a little help to strained tissues. Later on, I may advise their use when the runner is resuming training. At this time the strapping is used to prevent or avoid the risk of re-injuring the joint.

Another use, dramatically illustrated in American gridiron football, is to protect a perfectly healthy joint against potential injury. This use of strappings and supports is under the expert eye of a professional therapist who knows exactly what he is doing. And even among the experts there is a lot of dispute about the efficiency of strappings and supports.

At an individual level there are many dangers, a strapping or support may be the wrong type, used in the wrong place, be too tight or too slack, used for too long (or possibly even permanently). All of these can make the original injury into a chronic condition.

The consensus of opinion is that a strapping or support for an injury is not a permanent solution. It should be used only for a short period. Some experts claim that there is little justification for wearing a strapping or support for a sports injury for more than a week. Many other experts contend that the natural efficiency of muscles, tendons and ligaments (and hence joints) is lowered if they are given too much support and a considerable portion of their efficiency is taken over.

It is not a good idea to strap an injured ankle and go out and run when otherwise it would cause pain. Similarly, do not try and completely immobilise an ankle and then run on it. as well as damage to the immobilised ankle there will be a lot of stress placed on other joints e.g. knee, hip, low back, with the probability of further injury.

In the early stages of an ankle injury, a professional will use compression bandaging to limit swelling around the joint. A non professional will probably get it all wrong and only succeed in trapping the surplus blood and fluid and impeding the normal drainage away from the injury. This will lead to serious complications, the effects of which may well be with you for a very long time and prevent full recovery from the injury. How many runners do you know with a 'weak ankle or a 'dodgy knee'. These are probably conditions that have arisen from minor injuries that have not been properly treated at the time.

View strappings, taping and support with caution. Do not use them unless you know what you are strapping, why you are strapping it, how to strap it correctly and for how long it should be strapped. Do not use strappings or support just because a club mate thinks it is a good idea. If you are not sure, seek professional advice and guidance.

If you do use a strapping it is vital to check the circulation immediately afterwards and at intervals just in case you are impeding the flow of blood and drainage around any joint. Watch out for any tingling or lack of feeling around the toes. Check them for easy movement or if they start to go cold. Check the nail beds to see if they start to turn blue or go unnaturally pale. You can do this by pressing a finger nail into a toe nail until the toe nail turns white, release the pressure and the toe nail should become pink quickly. This shows that the blood flow is normal.

If you do decide to strap your injured ankle make sure that you begin on the inside of the leg and pull the strapping firmly as you go under the foot and up the outside of the leg.

Snippets

The Howarth Hobble will not traverse Black Hameldon this year due to erosion problems so please do not train on the moss! Other alterations will ensure that the 33 miles stays intact and the bottleneck early on will also be sorted.

Wednesday May
19th; 3.5m/1200'

The
11th

Kev Shand
Promotions

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7.30 p.m. from Lydgate
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Details from Kev Shand
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Photo: Peter Hartley.

Race Review

Up and Down the Stoop, Sunday 20th December 1992, 5m/800ft, BS

Frosty but Fast

Penistone Hill is the starting point for several races covering the local hills, from the fast and furious to the wet and windy. The varied terrain makes for interesting runs, made even more novel by the ever changing weather conditions.

A beautifully crisp, sunny winters morning in late December with a liberal coating of frost, was the setting for the third 'Stoop' race. The ground was frozen hard on the run out from Penistone Hill so it was potentially a day for fast times. This proved to be the order of the day, as new markers were set in every category, including the junior race. Ian Holmes accomplished his mission of breaking Alan Whalley's inaugural record, where he was second over a minute behind the Pudsey Harrier.

First to emerge at the sharp end were the Bingley pair of Andy Peace and Ian Holmes, the latter forging ahead on the steep climb. This remained the order as they rounded the summit boundary stone, set there by Keighley Corporation in 1902 - with Andrew Wrench of Todmorden and Bingley's Tim Lofthouse some 30 seconds adrift of the pace.

After a swift descent and a fine tussle on the return journey, Holmes emerged triumphant, climbing out of the quarry some 5 seconds clear to set a new record of 26.50 - knocking over 2 minutes from 'Boff Whalley's 1990 figures. Peter Lyons and Pete Jepson of Bury A.C. set respective record times in the over 40s and over 50s categories, while Carol Greenwood continued her recent run of record breaking performances, clipping her own figures by over 3 minutes. Russell Ashdown set a new record of 11.22 for the junior race, leading home 4 of his Keighley club mates into the bargain.

Two new perpetual trophies were presented, kindly donated by Sarah Rowell and bearing her inscription. The other innovation at the prize giving in the Sun Inn was to give several prizes wrapped in Christmas paper, along with the usual festive array of selection boxes, cuddly toys, wine, beer, biscuits etc. The spirit was entered into as 'prezzies' were quickly dispatched amidst party poppers, streamers, party blowers and crazy string.

- Allan Greenwood/Dave Woodhead

Winter Ridge

Grey fingers thrusting through the white facade that sweeps unbroken down the silent fell.

An aerial ridge that calls for conquest; but winter's guise hides treachery beneath a white and gentle softness. Summer has seen me fleetfooted on this edge, the fellside irregular with boulders strewn as by some indiscriminate hand.

But the challenge is stronger now; I hear the crack of frozen snow, I see the grey breath rise slowly and then disappears, eaten up in the blue clearness of the morning.

The jagged edge, flecked with a tantalising and intimidating whiteness, hides a fickle route where feet deftly gauged the firmness of the rock. The only world for me is at my feet; beyond the serrated ridge - nothing.

Movement, measured and meticulous hinders speed, calculates and conditions. Every nerve is taut with uncertain steps. At last the sharpness smooths to gentle angles and both body and spirit are released.

- Peter Travis

1992 NORTHERN IRELAND FELL RUNNING CHAMPIONSHIP

Senior Men

1 Brian Ervine	Ballydrain Harriers	117
2 Neil Carty	North Belfast Harriers	107
3 Jim Patterson	Duncairn Olympic v45	103
4 Billy McKay	Albertville Harriers v40	102
5 Jim Brown	BARF	97
6 Gordon Murray	Ballydrain Harriers	94
7 Edmund Hawkins	Newcastle AC	91
8 Diamian Brannigan	Newcastle AC	77
9 Peter Howie	Lame AC	70
10 John Sloan	North Down AC v45	59

Ladies

1 Roma McConville	North Down AC	60
2 Stephanie Pruzina	BARF	57
3 Sally Patrick	Duncairn Olympic	55
4 Mary Havem	Newry Shamrocks	53
5 Judy Farmer	Dub Runners	52

Junior Men

1= Bob Johnson	Ballydrain Harriers	60
1= Chris Adgey	Albertville Harriers	60



A real winter ridge runners ascending Winter Hill for the second time.

Photo: Steve Bateson

Reviews

In Monte Viso's *Horizon*, a magnificent piece of mountain literature, offered as a prize in these columns just a few issues back, has deservedly won the Boardman Tasker Memorial award for mountain literature which this year received books from 6 different nationalities and in 7 different genres. Will McLewin's book, in the words of one judge's congratulatory comments proved that "Once again the small Ernest Press is to be congratulated on publishing a fresh, original, important and deeply knowing voice from the centre of the activity of living with, on, in mountains, the voice from under the boulder..." The chairman of the judges stated, "It's a very English book, who's understatement might pass you by. But it's much more than a guidebook, it's effect is cumulative, and it has a curve like a novel. It has a subdued turbulent wit and is mysterious, like a slow river. It has obviously been a long time in the writing and is cleverly self-edited. It reminds me of the best of Shipton. McLewin is fully in tune with the mountains: indeed, each mountain comes across almost as if it were a person. He will have a good effect on other mountain writers. But for mountaineers, a warning, he is a much better Alpinist than he makes out to be - do not be fooled by his modesty, or you will have an accident. We have enjoyed our armchair bivouacing with Will McLewin and we hope you do too."

Edward Ley-Wilson is not a man to do things by halves. When he fancies a run, he goes off and does the Great Wall of China or traverses the Himalayas; when he fancies going into the tourist industry then only the most remote bed and breakfast accommodation in Britain will do. Access is by either a mile and a half walk or a 3 mile boat ride, but the evenings can be whiled away with personal film slide shows of Edward's expeditions. The latest, 1990, expedition to run the Himalayas is now published as 'The Himalayan Shuffle' (£14.99, Lochar) and reads more like a novel than an expedition diary.

Intermediate Technology was the charity which they chose to run for - providers of appropriate technology to the less developed world - the same group that Hugh Symonds supported on his epic run.

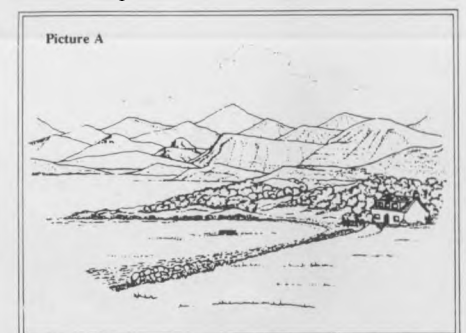
The book does not just follow the course of his run, along with (and in some cases, without) partner Justin Matterson, from Darjeeling to Gulmarg in Kashmir but also documents the psychological traumas faced, the sickness, the appalling weather conditions and the people and

mores of these remote regions. At times the threat of revolution, insurgency and violence is almost overwhelming; at times their feelings as they face yet more hardship are almost tangible. When Ed takes a wrong turn and finds that he can't cross the river without a long return climb the explosion of frustration will be familiar to anyone who has made a mistake in the mountains - but here magnified a hundred fold. They took the minimum of equipment and relied on the minimum of support.

In his earlier (1988) attempt to run the Great Wall of China, Edward was finally thwarted by bureaucracy and forced to abandon after 1200 miles. In this epic, as they approach Kashmir, it looks like they will again be thwarted. It's well written, highly entertaining stuff that might well, itself, be looking at the Boardman Tasker prize.

Competition.

Our two pictures below show the location of the cottage at Kerracher, Kylesku (05713-288 for more information) but there are 10 changes to the second one. Ring the changes and send your entry to the editor for a chance to win a signed copy of 'The Himalayan Shuffle'. First correct entry from the editorial bumbag before the May deadline will receive the prize.



Most of us will only take to the fells in our native islands; some will be more adventurous and trek in the Himalayas or the Hindu Kush; for others, there is the middle ground - like the frozen North of Scandinavia. Take heed, though, of Mercia fellrunner Rod Campbell's warnings in

10 things you need to know about Norway

Having been lured to the frozen North by a fair Northern maiden and other means that I cannot here reveal, I feel bound to pass on the benefit of my experience:

1. Do not order your Kroner for the day of departure - the journey can take so long that you will have left several days before. Kroner is the unit of currency and is named after some of the inhabitants.
2. Think of how much money you'll need, double it, add 50% and arrange a tranche of credit. Do not tell the IMF.
3. Fly don't float - the boat takes days. On the other hand you may enjoy listening to old comrades reliving their war in the bar at 3 a.m. accompanied by an Indonesian cocktail pianist playing Abba. This way you can take your car, make sure it is filled with very rich people.
4. Smorgasbord is out - this will set you back about £20. Go for the millibord - nth inch thick slivers of bread with 'i«th inch slivers of meat for only £5 a round. Cheese abounds - the best stuff is the brown, gooey caramac type but don't hack it off in lumps or you'll be deported. Slice it off with the slicer provided so that you can taste it on your millibord.
5. Decide what you want to do before you go, this can influence your choice of equipment. If hut trekking as we did, remember that it is a vast, snow covered empty land even in summer, even as far south as Bergen and even as low down as the sea. When it is not snowing it is raining so take a wardrobe composed mainly of waterproofs. As to footwear, Wellingtons seem to be the best thing - at least that is what all the Danes wear. (You will find mainly Danes on your

travels, or Swedes, or Germans, very few Norwegians; after all there are only 4m of them.) Next to that take plastics especially if you want to climb any mountains with snow on en passant (ice axe here). Do not take lightweight boots, you will soon find that they are not waterproof but are more like yards of blotting paper wrapped around your feet. I know this. Take Walshes if you really think that after 15 miles of trudging through the slush you will want to go on an evening jog through the bogs.

6. Sognefiord is not sunny. After retiring from the slush and the hutte do not camp near the luxury cruise piers or you will hear comments from your beloved countrymen like "look at those poor people, they must be unemployed" as they pass your Fellpacker 1 ana the boiling fishheads.

7. Do not have as your traveling companion a virtual teetotaller. You will always remember the look of disgust appearing on their face as you order your first and only pint of Pilsen in the Hutte on Friday night at £5. They do not seem to be impressed by your pathetic rationalisation that you would be spending more than £5 on a Friday night in the UK anyway.

8. Do not start from sea level. This means that you will have to climb up to the hut. Instead, start at the road at 1200m. This way you will walk down to the hut.

9. Eat as much as you can for hut breakfast (only £7) then fill the plastic bag with as many slices as possible - don't take any notice of people trying to tell you that you can only have one slice.

10. Do not learn Norwegian. It will be the wrong version. Learn to count, it is much easier.

Editorial indulgence allows me to add one more from personal experience

11. Do not go at Christmas; Christmas dinner consists of boiled cod and mash, to have both is considered a treat!

"A good idea at the

18th - 20th September 1992

by Mike Brown

It seemed like a good idea at the time. The dry weather of May and June had made Black Hill and even the habitual morass of Black and White Mosses dry and dusty.

The £30 fee for the seemingly quite distant mid-September weekend (including all accommodation, food and instruction) was a real bargain. I sent off an early application, confident that I could maintain my fifty miles a week throughout the summer and hoping to arrive in Elterwater in a state of fitness belying my advancing years.

It was not to be. The bad weather began in July and continued throughout August. A family camping trip to Great Langdale was all but washed out. Rain, wind and a stomach bug decimated my summer running. As mid-September approached the weekend that was supposed to be a refreshing experience with which to begin a new academic year assumed the proportions of an ordeal in which I was not nearly fit enough to participate.

So what was it like? Twenty years in education have made me something of an authority on short residential courses.

They mostly share the same tired old format - short plenary sessions, long group sessions, lots of time at the bar. People are not committed; their motives are often, variously: to drink/eat as much as possible; to get away from wife/husband; to be with somebody else's wife/husband etc. By contrast the Autumn 1992 FRA course was quite simply the best short residential course I've ever attended.

Commitment was the key to success. The twenty-two course members (5 women and 17 men) ranged in age from 16 to over 60. All of them joined in every activity. No one moaned. Nobody was reluctant. The Course leaders were equally highly motivated. Under the leadership of Peter Knott (Blackpool and Fylde AC) they worked selflessly and unstintingly to pack as much as possible into the weekend.

I arrived at the stone-built Youth Hostel near to the enticing Britannia Inn in Elterwater village well before dark. It was a fine and quite sunny Friday evening.

Peter introduced himself - weatherbeaten bearded face, eyes peering benevolently over reading glasses; tall, spare, his "Trackstered" legs extending almost endlessly to just below his pectorals - the man had got to "be a fell runner. His build and demeanour reminded me of a benign stork.



A bit too merry for a Norwegian Christmas! Mervin Keys gains his smarties at Whinberry Naze.

Photo: Steve Bateson

time" F.R.A. Safety & Navigation Course

People arrived. Dormitories were allocated. By 9pm the majority had made it. John Gibbison (Lancaster and Morecambe AC), Assistant Director of the course, decided to give an impromptu and unscheduled instruction session in basic map reading. If Peter resembles a stork, John is more like a member of the hawk family - piercing eye, slightly aquiline face and the musculature of an efficient predator. Fortunately he also has a great sense of fun!

By 10pm most of us were crammed into the tiny whitewashed back room of the Britannia sharing real ale with the Furness Morris Men. Dancing had taken place outside earlier but now a sing-song accompanied by melodeon, fiddle and recorder was in progress. One of our ladies sang a song and two more performed a jig. We were instantly popular and were presented with Furness Morris Jubilee souvenir badges.

At 7am on Saturday it was barely light although quite warm. Langdale was clear but wraiths of cloud hung over the surrounding fells threatening navigational problems for the Three Shires race which was to begin four hours later. Everyone assembled on the stone terrace in front of the hostel for the early morning run. A couple of miles of easily paced cross-country was followed by a quick shower - when seventeen men share a single shower little lingering is permitted. The ensuing Youth Hostel breakfast was rapidly devoured.

For most of the morning John continued with his navigational teaching, introducing us to Harvey maps (1:40,000) and 1:10,000 orienteering sheets. By 1 lam we were in groups of four - each with an instructor - for a four hour jaunt on the fells to practice what we had learnt. At 4pm most groups gathered on the summit of Lingmoor Fell to watch the Three Shires runners come through. Earlier the cloud had been solidly down on high ground but visibility was not increasing. Pike O'Blisco, over which the runners had come, appeared and disappeared as if ripping its jagged summit through thick cobweb or old and very dirty lace curtains.

By mid-afternoon we were back at Elterwater for an outdoor lecture/demonstration on mountain marathon equipment and tactics featuring several of the course leaders. Ken Ledward - former Outward Bound instructor and veteran of many Karrimors came particularly to the fore in this session demonstrating his own design of ultra-lightweight tent.

Two commercially made videos featuring earlier K.I.M.M.s followed, starring, amongst others, Peter Knott (a former co-ordinator of the event) and John Gibbison competing in the elite class.

The time before and immediately after the 7pm meal was one of frantic preparation as we split into pairs and tried to

match up the co-ordinates for an after-dark orienteering course with our Harvey maps. Despite deep, wet bracken and my face down full-length fall into wet mud Margaret and I managed to complete the course in a position only half way down the field. This was largely due to her ability to see in the dark without glasses and do most of the navigation while I ran alongside waving a torch. 10pm saw most of us back in the Britannia enjoying the selection of real ale bitters. Closing time came as sheets of driving rain engulfed the village and course members sprinted back to the hostel.

Sunday, 7.30am. John Gibbison led us on a muddy riverside run which visited Skelwith Force in spate. The early morning cloud began to clear, returned, cleared again. Course members peered anxiously from the hostel windows during the Sunday morning indoor sessions on relocation, hyperthermia and safety.

By 11.30am the fells were almost cloud-free and bathed in pale sunshine. More frantic preparation began for the culminating event of the course - the 5 mile/1,000' Silver Howe Chase individual orienteering event. Ten controls with markers and orienteering punches were laid out by Ken Ledward. The circuit began from Elterwater village car park, climbed the north side of Langdale above Chapel Stile and contoured north-west giving clear views of the Langdale fells. Ken's merry sadism began to emerge at control 3 which he'd placed in a tiny boggy tarn west of Silver Howe summit. From there the north-westerly course continued to pick up control 4 where bivvy-bag, first-aid kit and control marker were all cunningly hidden in a little walled enclosure. The route now began to lead eastwards to a control on Long Howe and then to one on a rocky knoll overlooking the woodlands to the west of Grasmere. From here a steep de-

scent led to a control hidden in a wall bend. I must have chosen the worst possible line of descent dropping very steeply through head high bracken underlain by wet, greasy rocks. However it did drop me straight on to the control near which Ken lurked impishly surveying the progress of competitors.

Control 8 was a nightmare. Carlisle vet. Jim Etheridge and I met up in a jungle of gorse and bracken and spent the best part of half an hour before realising we would not meet the 3pm deadline unless we abandoned the search. Having decided this we immediately found the errant control, made a steep descent to the penultimate marker and jogged in reasonable style southwards along the Grasmere-Elterwater track to pick up the last control on a knoll above the village car park where the gaunt figure of Peter could be seen brandishing his stopwatch. Seven minutes inside the deadline and our cards fully punched - the apprehension which had marked our morning preparations was completely dispelled by our success and the warmth of the Indian Summer afternoon.

After a quick de-briefing at the hostel, hasty goodbyes were said, some addresses and phone numbers exchanged and damp ETAs, socks, thermals etc. stuffed into rucksacks.

The improving weather had brought out the tourists. I drove back to Ambleside and found myself in a traffic jam that seemed to stretch the entire length of Windermere. Managing to turn round in a hotel car park I retraced to Skelwith Bridge and took the narrow roads through Hawkshead and Newby Bridge. L.K. and N.S. really **are** better than just following the person in front.

Thanks to Peter, John, Ken and everyone else who helped. The weekend was amazing. A real tonic before the dark days of autumn. It **was** a good idea after all.



Navigation problems for all but the head of this magnificent Chinese dragon ... a (?) competitor at Whinberry Naze on Boxing Day.

Photo: Steve Bateson

1993 FELLRUNNING CHAMPIONSHIPS

(British and English)

I have received numerous enquiries seeking amplification of the information given in the 1993 Fixtures Calendar and I think it might be helpful to summarise the main criteria.

1. BRITISH CHAMPIONSHIPS.

The six races are:

Long: Ennerdale, Black Mountains.

Medium: Criffel, Moel Eilio.

Short: Whittle Pike. Meall an T'Suidhe.

Categories:

- Senior Men, Men Vets 040, Men Vets 050, Mens Team

- Senior Ladies, Ladies Vets 035, Ladies Team.

Individual:

- Best four positions to count which must include one race at each distance.

Teams:

- Best four positions to count which must include one race at each distance.

- Mens Team, five runners to count.

- Ladies Team, three runners to count.

- Different runners may constitute a team at each race.

2. ENGLISH CHAMPIONSHIPS.

The six races are:

Long: Ennerdale, Three Shires.

Medium: Pen-y-Ghent, Long Mynd Valleys.

Short: Whittle Pike, Pendleton.

Categories:

- Senior Men, Men Vets 040, Men Vets 050, Men Vets 060, Mens Team, Mens Vets 040 Team.

- Senior Ladies, Ladies Vets 035, Ladies Team.

Individual:

- All categories except Men Vets 060, best four positions to count which must include one race at each distance.

- Men Vets 060, best three positions from the two short and two medium races to count.

Teams:

- Best four positions to count which must include one race at each distance.

- Mens Team, five runners to count.

- Mens Vets 040 Team, three runners to count.

- Ladies Team, three runners to count.

- Different runners may constitute a team at each race.

3. ENGLISH INTERMEDIATE CHAMPIONSHIPS. The six races are (run within the senior race in each case):

Belmont Winter Hill, Hutton Roof, Buckden Pike, Ambleside Gala, Pendleton, Kettlewell.

Categories:

- Men and ladies over 18 and under 20 on 1 January 1993.

Individual:

- Best four positions from the six races to count.

4. ENGLISH JUNIOR CHAMPIONSHIPS. The six races are:

Belmont Winter Hill, Hutton Roof, Buckden Pike, Ambleside Gala, Kettlewell, Thievely Pike.

Categories:

- Boys and girls U12, U14, U16 and U18 on 1 January 1993.

Individual:

- Best four positions from the six races to count.

All runners are eligible for the British Championships.

England, Northern Ireland, Scotland and Wales each hold their own National Championships. The FRA does not expect runners to compete in more than one National Championships.

Qualifications for the English Championships are:

(i) First claim member of an English Club.

(ii) Member of a Club outside England but either English by birth or having resided in England for a minimum of 12 months at the time of the first Championship Race of the season.

(iii) Unattached runner with birth or residential qualification as (ii).

Senior runners in categories (ii) and (iii) must register with the FRA Statistician. Runners intending to compete in the Intermediate/Junior Championships should register with the Co-ordinator.

Further information from: FRA Statistician, Mark Rigby, 332 Crow Road, GLASGOW, G11 7HT. Tel: 041 334 0442.

Intermediate/Junior Co-ordinator, David Richardson, Summerlands Lodge, Endmoor, KENDAL, Cumbria, LA8 0ED. Tel: 05395 60602.



Chris Lyon is checked in by international Craig Watson on 'the Yorkshireman' 1992.

Photo: Dave Woodhead

Race Review

Whittle Pike

July 3rd, AS, 4.5m/1,400 ft

Included in the 1993 British and English Fell Championship is the Whittle Pike, formerly the Cowpe Hill Race. The race route has been changed several times in recent years although the route to be used this year is the same one competed over in 1992. The start and finish is at Cowpe Village playing fields in the small village of Cowpe near to Waterfoot which is situated midway between Bacup and Rawtenstall in the Rossendale Valley and is organised by Rossendale Harriers.

Traditionally a Wednesday evening race which nevertheless attracted a large entry the 1993 Championship event will be held on a Saturday, as above. The race route itself could perhaps be best described as a typical Lancashire type of fell race offering a little bit of everything, plenty of good fast running, some tough tussocky ground plus the usual helpings of turks heads and mud. Several ladies from Keswick AC, taken on a recce of the course recently, found the muddy sections not to their liking but we assured them it would be much worse come July. (Well, it is supposed to be good for the complexion!)

The route will be well flagged and marshalled with the first and last section the same and the rest of the run taking in Whittle Pike and the surrounding fells. Whittle Pike is visited, albeit from a different direction, by two other races, the Easter Sunday Rossendale fell Race and also the Edenfield Race organised by Bury AC. The large cross on the summit that has recently been replaced is a memorial to a crashed airman. Anyone wanting to recce the route should contact myself or Andy Hewitt and we would be pleased to take you round - we need the exercise!

- Graham Wright

Snippets

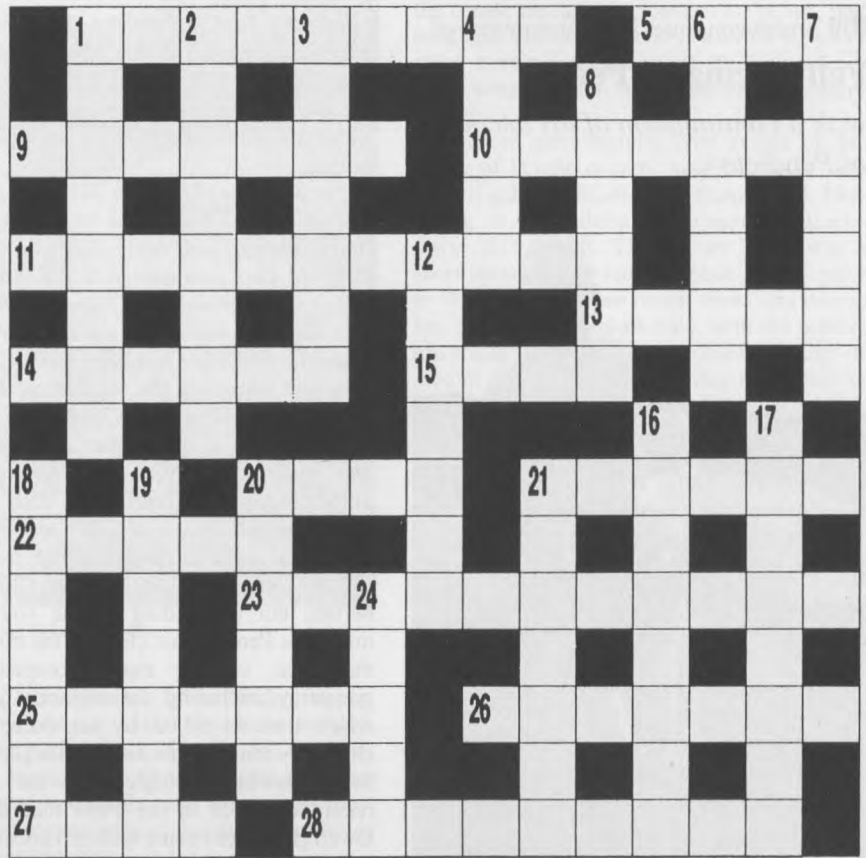
In view of the financial difficulties coming to light following the death of Robert Maxwell, Mirror Group Newspapers have reviewed their sponsorship programme. We regret that one of the casualties is the Daily Mirror's £8,000 per annum sponsorship of the Three Peaks Race. The Daily Mirror have been sole sponsors of the Three Peaks for more than 30 years, the longest running sports sponsorship deal in the UK.

Termination of this long standing arrangement is immediate but the organisers are committed to ensuring that the 40th annual running of the premier classic UK fell race will take place on Sunday, 25th April, 1993 as planned. The organisers wish to thank the Daily Mirror for their understanding and support over so many years.

Obviously time on your hands over Christmas as a bumper entry to the last puzzle arrived. T shirts to E. Beesley, Bolton

Alan Carter, Cleveland
Mike Derrick, Sheffield.

If you were unsuccessful (or even if you weren't) have a go at this issue's puzzle. Entries to the editor any time up to the deadline for the next issue; T shirts for the first three correct solutions extracted from the editor's bum bag after that date.



Cumbrian Conundrum

While away those dark evenings with this quiz, sent by Nigel Hetherington/row the wilds of Wales. A 21st birthday T shirt to the first correct answer drawn by Nigel, something from the editor's bum bag for the runner up.

The puzzle comprises 50 clues to 50 Lake District peaks. All, except one very popular peak, are over 1500 feet above sea-level. All peaks are named on the traditional 1" map. The clues are cryptic in style and no apologies are offered for the apparent 'corny' nature of some of them - it all adds to the fun and makes it more likely that we will have a clear winner! The numbers in parentheses relate to the number of letters in the answer - just like a crossword. No additional merit prizes are to be offered for anyone claiming to be the first to have ascended all peaks !!

Entries to Nigel at Old Barnstead, New Brighton Road, Sychdyn, Mold, Clwyd, CH7 6EF

1. Trinitrotoluene O.K.!(5)
2. Metal clad pixie has left.(5,4)
3. Otherwise not bareback.(10)
4. Bench at test venue.(5,4)
5. This Norman was united.(9)
6. Two confused fish tied up.(8,5)
7. G for cod war.(3,4)
8. Enterprising skipper had a tumble.(4,4)
9. A sort of chase.(7)
10. A sailor and his miles.(7,6)
The Bishop fell going up.(4)
12. Sounds like a sharp knife.(5,5)
13. Wooden transporting device.(9)
14. W.I.extremes contained in show.(5,3)
15. Mr Ford has a point for sensitivity.(8,7)
16. Spectacular conclusion.(5,3)
17. Found at the top of the valley.(4,4)

18. No longer a ram and nearly a sheep.(9)
19. Red's fans in good spirits.(4,3)
20. Striding northwest to the top.(9)
21. Di's heart is confused.(4,4)
22. The BG first or last.(7)
23. Several packed vehicles rearranged.(8)
24. Grassy end of house.(5,5)
25. Hidden behind scar there's pain.(10)
26. Friday's English tutor.(8)
27. Fish from a home counties lake.(8,4)
28. Set light to fox.(4,3)
29. Nest hen able to lay.(3,3)
30. Frozen esox lucius.(4,4)
31. ...with my little eye.(4,3)
32. Footwear for Anne Boleyn's daughter.(9)
33. Place of good hope.(3,4)
34. Repaired metal lint.(6,3)
35. Garry messed with fire.(4,5)
36. Best call around.(3,5)
37. The dark peak.(5,5)
38. Alarm A. A. to the grid reference.(9)
39. Every society needs one.(6)
40. Group of boats with Magnus.(9,4)
41. Disguised lake bed ahead.(4,4)
42. An awful mistake.(5,6)
43. A fleet of minis.(6,5)
44. Swallows lose a point.(7)
45. Carriage for American country girl.(11)
46. Unhealthy member of thirty-six.(3,4)
47. Middle of Rydal Horseshoe.(9)
48. Chair for desert wellie.(4,6)
49. Top fashion.(4,5)
50. Hike north with knotted rope.

The winning entry will be the one with the most correct answers - or at least the one with the most that are the same as on the answer sheet !! In the event of a tie the most humorous or devious clue to the answer 'Hay Stacks' will decide the winner:

Prize Crossword

1, 5 and 10 across and 1, 16 and 17 down are of a kind, 1 down describing them generally. The definition, which is to be found in one who ran, generally quite well, is missing in all cases.

ACROSS

1. Man at the French years, queen missing(9)
5. In choral psalm?(4)
9. Anti win with street(7)
10. Music nearly ties(7)
- II. Pb for ever?(3,4,4)
13. He's in arm with ladies(5)
14. Pace of Jimmy in Gestapo(6)
15. Eastern headgear, turned to point(4)
20. Tube with last, without model animal(4)
21. Almost hymn to three, but no points in beat(6)
22. No French friend in name (5)
23. 'Ave you seen me in the toilet? Opposite to 26,18(4,2,5)
25. Endlessly happy, minus unfortunate(7)
26. and 18. Retreat of him on mixed drinks, one more?(4,3,7)
27. Turn to a right list(4)
28. Ambitious snakes around when I shout(9)

DOWN

1. Generally up and down(8)
2. Keep Mini at an exchange(8)
3. French pals, around fifty is same(3,4)
4. Concur about age(5)
6. Waits a lot on sire(7)
7. Lawrence, and my three points make arrangements(7)
8. Male cats cause harm(6)
12. Exist, and make happen as a consequence(7)
16. Funeral fire born of one(8)
17. Cots containing man with six(8)
see 26
19. Container follows throw with old insult(7)
20. Spot lady playing instrument(6)
21. Space that is right, more spacious(7)
24. Quarter with lichen for patriarch (5)

Bill Smith continues his major review of

Fell Racing on Pendle

with a continuation of his account of Pendleton...



Bill Smith
Photo: Derek Hodgson

In the first race over the extended course in 1981, Harry Walker led from John Reade (Clayton) all the way to finally win by 18 seconds in 33.21. Those great rivals, Shaun Livesey and Dave Cartridge both triumphed on two occasions during the '80s while the present course record of 30.38 was set way back in 1983 by Kevin Capper (Lancaster) after a hard fought battle with Cartridge; Capper took the following years race as well. The first Ladies Pendleton Hill Race was contested in 1978 and saw Anne Pendlebury (Bolton) win by almost a minute from Sue Styan (Holmfirth) in 29.26. Jean Lochhead (Airedale, now of Denby Dale Travellers) set the fastest time for the old course, 28.03, in 1979 and her clubmate Wendy Proctor won the first race over the longer course in 43.40. Clayton's Linda Lord finished runner-up on that occasion but in later years notched up two victories herself, as did Carol Haigh, while a third Airedale runner, Yvonne MacGregor, set the current record of 28.30 in 1989.

From Clitheroe Castle

The Clitheroe Fell Race from the Castle to the big cairn on Pendle Rise was inaugurated in June, 1974, as part of the Ribble Valley Festival of Sport, the 7.5 mile course included a little road and a long cross-country run to and from the fell, but with a good steep climb and descent above Little Mearley Clough.

Mike Short (Horwich), the 1975 FRA Champion, made a spirited attempt to gain his first ever fell race victory here that year, for he was leading over the homeward cross-country section and looked a good bet for 1st. However, Jeff Norman's unrelenting pur-

suit finally paid off and the Altrincham ace, three times winner of the Three Peaks Race and that year's champion fellrunner, forged ahead to win in 48.11, a record which was to withstand all challenges for this particular course.

Ricky Wilde's 1978 time of 48.58 was the closest anyone ever came to it, while both Harry Walker and Andy Derby (Newport) achieved two victories over the old course during the 70s and 80s respectively. However the most successful athlete of all in the Clitheroe Fell Race has been Dave Cartridge with two wins over the old course, 1980/84, and two over the new one, 1986/87.

After a lapse of one year, 1985, the race was revived in 1986 over a shorter (6 mile) course from Four Lane Ends outside Clitheroe, which cut out the road sections and added a circuit on the felltop, ascending to the north of Little Mearley Clough, as before, but descending to the south. The infamous Pendle mist cloaked the course for that race, causing many competitors to go astray, including the winner, Cartridge, who's time of 53.03 by far exceeded the slowest winning time for the longer course. Steve Hawkins (Bingley) set the existing record of 41.00 in the 1988 race and Ray Owen (Horwich) came within 4 seconds of it the following year. Carol Haig has triumphed in the ladies race over both the new and old

time of 49.39, which was drastically reduced to 42.09 the following year by clubmate Ian Robinson, and yet again to 40.53 by John Wild in 1983. The present holder is four times winner Shaun Livesey who clocked 40.04 in 1989, the same year in which the ladies record of 52.18 was set by Ann Buckley (Leeds).

Touring Pendle

October 2nd, 1982 heralded the first Tour of Pendle race, a tough 17 miler with 11 checkpoints strategically located to give a total of 4,200 ft of climb, with the severity of the course sometimes being heightened by bad weather. Reinstated champion guides racer Kenny Stuart (Keswick), with little more than a month of amateur competition behind him, played a cagey waiting game in that first race till he was sure of the way down to the finish at Barley, then broke away to win by 1.41 from Dave Cartridge with a time of 2.22.07. Cartridge himself won the next two races, lowering the record to 2.15.11 in 1983 and again to 2.14.02 in 1988 on the occasion of his fourth victory, a mark yet to be beaten. Linda Lord won the first two ladies events, then in 1984, Pauline Stuart (nee Howarth) set a record of 2.45.17 which was only broken last year when Carol Greenwood (nee Haig) went round in 2.43.26.

Up to 1989, a shorter course, the Half Tour of Pendle, was run on the same day for those



Pendleton, 1992: Sham Addison at the Devil's Apronstones checkpoint.
Photo: Bill Smith

courses and is record-holder for the latter with 51.24, achieved in 1988.

Sting in the Tail

In August, 1981, a fell race was run from Downham, most picturesque of Pendleside villages, as part of the local gala, though it has since continued as an independent event. The course is a traditionally steep one, taking in Pendle summit and a short, sharp climb up modest Worsaw Hill (725 ft), which turns out to be a real 'sting in the tail'. The Pendle mist again played havoc with many runners sense of direction in that inaugural event, resulting in the leaders failing to locate the summit checkpoint and subsequently being disqualified. This gave Clayton's Nigel Weaver the opportunity to record a winning

who didn't feel themselves capable of the full tour. Nine miles, with 1,800 ft of climb, it visits the first four checkpoints of the full tour. This gives two fair climbs and a good steep descent off Spence Moor to the last checkpoint. Since 1990, the Half Tour has been run as a separate event in mid February and this year the concluding section from the Ogden Clough control was increased in both length and quality to give an improved run in to Barley. The records for the old course were both set in 1990 by Shaun Livesey and Kath Drake: 1.01.59 and 1.15.38 respectively. Livesey's 1992 winning time was 1.04.44, while Carol Greenwood set the new ladies mark at 1.17.57



*The main climb begins in the Five Cloughs junior race.
Photo: Bill Smith*

Yet another race from Barley was introduced during the early 1980s by Pendle Leisure Services. Now called the Barley Fell Race, its 5 mile course reaches Pendle's summit by a different route to the Pendle fell race but returns the same way. Early winners included Harry Walker and Mick Hawkins (Bingley), while Mark Aspinall, the former Rossendale Harrier who has recently joined Clayton, has triumphed six times in seven years, setting the present record of 27.50 in last year's race, on which occasion three times winner Kath Drake also established the ladies' record of 34.00.

Running the Cloughs

In August, 1986, Peter and Linda Lord promoted the first Witches Clough Fell Race to raise funds for the Physiotherapy Department of Burnley general Hospital where Peter, a climber, walker and Clayton Harrier had received treatment for a stroke. That first race, in which Ian Robinson and Karin Taylor were the fastest man and woman, was run over a shorter course to the one which evolved the following year and which has been run since. From Sabden, the mill village which according to local legend once had its own treacle mine, this latter course (4m, 1100 ft) heads north for the modest eminence of Calf hill (turning point in the junior race) at 832 feet, then veers easterly to climb Bank Hill on to Spence Moor before turning west to the Devils Apronstones and then south to Sabden over Calf Hill once more. The clough in the race is actually Chum Clough but the race was so named in deference to the legends of witchcraft in which the area is steeped, also to the fact that the route passes the house of one of the alleged witches who were executed at Lancaster Castle in 1612.

Graham Schofield (Blackburn) triumphed in the first race over the longer course with a time of 33.44, while Jean Lochhead took the ladies award in 42.49. The current records of 31.55 held by Andy Peace (Bingley) and 35.56 by Sarah Rowell (Leeds) were both set in 1990, which was the last occasion on which the race was run, though there are plans to revive it as a midweek evening event next year.

October 4th 1986 saw the first running of Tom Targett's Five Cloughs Race as a replacement for the Tour of Pendle which was not held that

year due to organiser John Reade's departure for Scotland. Also run from Sabden, this testing course (8.75m, 2,250 ft) visits Churn, Stainscomb, Ogden, Little Mearley and Ashenden Cloughs, and competitors must run in the rugged beds of the stream gullies or risk disqualification.

Pete McWade (Clayton) won the inaugural event in 1.09.49 and Linda Lord the ladies race in 1.35.45. The following year, the race was promoted in its now customary month of June, and thick mist put paid to the hopes of early leader Shaun Livesey, who strayed off course, allowing Graham Kirkbright (Skyrac) to come home first in 1.13.45. Livesey made no mistake in 1989, however, when he set the existing record of 1.04.43, while Janet Kenyon (Horwich) broke the 1990 record of 1.27.02 set by Wendy Lightfoot (Dark Peak) by half a minute in this year's race.

East of Pendle

The Bamoldswick fell Race to the top of Weets Hill and back was first organised in August 1971 as a 5 mile run from the Fosters arms pub, though an extra mile was added in 1977 when the venue was changed to the Rolls Royce Club. The race takes place on gala weekend with cheering spectators lining

the course through the town. It is, in fact, half road and half cross country, with no rough or steep terrain, and many of the competitors (and winners) are road and cross country runners.

Two other cross country type events on the fringe of Pendle country have been run from village galas at Blacko and Barrowford, both taking in the hilltop monument of Blacko tower at 1,018 ft. The former event was a short up and down race of about 2 miles prior to WWII but in more recent times this course has been run by juniors only, with the seniors traversing a longer cross country route of around 4.5 miles. Harry Walker triumphed in this event in both 1980 and '81. Since 1986, the Barrowford Fell Race, along with the Barley and Bamoldswick events, has formed part of an 11 race series called the Pendle and Burnley Grand Prix, which includes fell, road and cross-country races. It was inaugurated by Clayton's Gerry McCabe who has since been a leading light in its organisation.

Pendle Way

Finally, mention must be made of the Pendle Way, a 45 mile right of way around the Borough of Pendle which crosses both Pendle and weets. The route was officially opened in 1987 and quickly became the object of several record making attempts, both as a relay event and as a complete traverse. Pendle Forest Orienteers established the inaugural records of 6 hrs 59 mins (relay) and 10 hrs 56 mins (complete traverse), only for the latter mark to be drastically reduced a week later by Clayton's Dennis Beresford, who went round in 7 hrs 14 mins. Beresford improved on this the following May, 1988, with a 6.32 circuit, and just over six months later, his clubmate Mike Wallis created yet another new record of 6.17.30 which still stands.

Meanwhile, the relay record had been successively lowered, first by Macclesfield Harriers (6 hrs 32 mins), then the following day, December 29th 1987, by a team of Clayton juniors (6.08.35). Further new marks were set during 1988 by Accrington Road Runners and a team from Cleveland guest, which included Clayton runners. Then on September 25th of that year, Clayton returned to the fray and established new records, as yet unbroken, in five categories, three of them inaugural: seniors 4.55.50, veterans 5.13.56, supervets (o/50) 5.59.55 and ladies 6.21.33.

European Race Information

The CIME calendar published in the June 1992 Fell Runner becomes available around April every year and will be published in the June 1993 Fell Runner. Other information given in previous issues of *The Fellrunner* on contacts for different countries is repeated here:

Switzerland: Annual fixture list, Guide 93 des courses populaires is available from the Swiss Athletic Federation free or from Swiss Co-ops. la Federation Suisse d'athletism FSA, case postale 8222, 3001 Berne.

France: There is a comprehensive fixture list with details of all road and mountain events in a thick paperback book. There are summary pages listing races by date and department with a special symbol for mountain races, and specific details in similar or greater detail to the FRA calendar listed alphabetically by race venue. Price 139FF from Le Bipde 93, BP 404, 12104 Millau, Cedex, France.

Germany: Information provided by Wilfred Raatz is available from the Berglauf-Journal, Am GenBoke, D6101 Niedemhausen, Fishbachtal. price 12-80 DM plus postage.

Czechoslovakia: For £2.25 from February a list is available from Fixtures Mixture, Czechmate, 18 Mentone Terrace, Edinburgh, EH9 2DF.

John Blair-Fish

”Mishaps, coincidences and encounters”

Shepherds Skyline Fell Race 1992

by Mike Brown

Way back at the end of July I'd enjoyed an afternoon on the Haworth Moors in the company of the incomparable Stan Bradshaw snr. Now in his 81st year, Stan had spent the morning on Pendle and then proceeded to accompany me on a 12 mile jaunt around Top Withens together with various sections of the Pennine Way and Haworth Hobble routes. In the early evening we watched the Widdop fell race. Unfortunately I had no camera. I wanted some photos of Stan and so he suggested that we meet again at the Shepherds Skyline Fell Race. During the first fortnight of November I rang his number repeatedly without result. I decided to risk it and go up to Lumbutts anyway.

A phone call to my usual photographic companion confirmed his availability. The day before his wife went into labour. He, not surprisingly, cancelled. I persuaded Ken, my veteran companion of many mountain epics of the 1960s, to take his arthritic knees and venerable Pentax up on to the hills above Lumbutts.

The moor lying east of the Whitworth valley, across Calderdale and still further east towards Haworth have invariably greeted my visits by assuming a near monochrome appearance. Although this is notable fell-running country - Hades Hill, Turnslack, Widdop, the Hobble etc. - I don't find it easy to like. Perhaps the leaden rotting dish-cloth grey which the sky inevitably takes on whenever I go to the area has something to do with it. Lines of pylons marching over the moors to the south don't help either.

Place names can be very evocative but, in much of this South Pennine area, even the natives seemed to have lacked the incentive to use any but an utterly mundane nomenclature. Rough Hill, Great Hill, Round Hill, Middle Hill, Long Hill: there is almost a sense of apathy in the unimaginative titles bestowed upon this landscape by our Pennine forebears.

The old Skoda rumbled into the car park of the Shepherds Rest in plenty of time for the start of the 1992 Skyline. There was no sign of Stan. The unmistakable small, wiry figure in the little home made cotton cap - its peak stiffened with plastic cut from a margarine tub - was nowhere in evidence.



Shepherd's Skyline: The run in. Preston's Gordon Thompson leads winning V50 Pete Jepson (Bury) and Peter Hill of Dewsbury.

Photo: Ken ?

It was overcast with little wind. Stoodley Pike presented a grey and ghostly outline. The temperature was about freezing and a thin coating of ice masked many of the bogs and puddles. With twenty minutes to go Shaun Livesey was to be seen ruefully examining the terrain on the early stages of the route.

Soon after the start Ian Holmes (Bingley) with Livesey (Rossendale) at his shoulder led the 245 runners below the old quarries up on to Langfield Edge. The leading bunch quickly gained the skyline at Jeremy Hill and began to proceed north-east over Coldwell and Bald Scout Hills towards Stoodley Pike. An anti-clockwise circuit of the 200' monument was followed by a descent towards Higher Greave. The course then contoured above Broad Can before making a 500' ascent back up to Withens Gate and returning to the Shepherds Rest via the outgoing route.

By about 2.20pm Holmes led Livesey by 30 yards back through the quarries leaving Bingley's Ian Ferguson nearly one minute adrift. Ten minutes later the main bunch of runners began to come through although something like two miles must have separated the front runners from the tailenders.

Shaun Livesey's 1989 course record was bettered by 22 seconds by Ian Holmes. Sarah Rowell was first lady home breaking Carol Greenwood's 1986 record.

The sight of 245 runners together with their families and friends all trying to get into the Shepherds Rest Inn quickly led us to abandon

any thoughts of refreshment and point the car for home.

During the previous week I'd discovered a copy of Mike Cudahy's book ("Wild Trails to Far Horizons") in the local library. I'd read about two-thirds of the accounts of his ultra-distance mountain records with awe and admiration. An hour after leaving Lumbutts Ken and I were firmly rooted before the blazing log fire of Saddleworth's eighteenth-century Cross Keys Inn when characters from the book began to appear all around us. Wasn't that Mike Cudahy over by the fireplace? The guy on my right bore a striking resemblance to the Rucksack club's John Richardson. Looking exactly like her photograph in Mike's book, Inken Blunk also appeared. The whole thing seemed too much of a coincidence but the eventual entrance of Chris Bolshaw, with whom I'd done some long-distance stuff in the early 1970s, confirmed our suppositions. It had been the day of the Rucksack Club's own orienteering event which had been staged on Saddleworth Moors and the competitors were now regaling themselves in my local. Introductions took place through Chris and Ken and Mike Cudahy went into a prolonged huddle concerning arthritic knees and acupuncture.

A strange day - failing to meet people we'd expected and meeting people we'd not expected. The late shadows of the winter afternoon reached hungrily into the warm pub and the draught bitter went down like nectar. It's a funny old world.

THE MID-CORNWALL COASTAL CHALLENGE

Sunday 9 May 1993

**33 miles along the Cornish Coast Path - 4,600' of climb
(29 miles footpath, 4 miles lane)**

**Course records: 4 h 40 (Damon Rodwell '92)
6 h 04 (Catherine Newman '92)**

Now in its tenth year. Come down South and give it a try!

**Details from: Coastal Challenge (FRA), St Austell College,
Sedgemoor, ST AUSTEIX, Cornwall, PL25 5AB.**

15th Annual Border Hike

challenges you to a 2 day orienteering event

1st/2nd May 1993

covering 30 miles of arduous terrain with incidents at checkpoints. Held on the Northumberland, Durham and Cumbrian fells.

**Teams comprise 3 males or 3 females 14-19 (age on day of event) Prizes for 1st, 2nd, 3rd and 1st ladies
Medals for all finishers**

£10 per team includes 4 meal tickets for finish

**Entry forms from G Stearman 12 Alumwell Road. Low Fell,
Gateshead, Tyne and Wear**

Event organised by 3rd Gateshead Coy Boys Brigade

Helene Diamantides gives her account of the Welsh Dragon's Back Race

A Busy Holiday in Wales

ROUND about,
and ROUND about,
and ROUND about I go:

I think I am a traveller escaping from a bear.

I think I am an elephant,
Behind another elephant,
Behind ANOTHER elephant, who isn't really there...

(*'Busy'*. A. A. Milne)

Well, most of you know how nice it is to have a week away running in the hills. Now imagine that someone feeds you, moves your dry clothes to all the places you want them and also puts up your tent at the end of the day. Not bad eh?, and all for a tenner.

I'd been training for the Dragon's Back race for most of the year and by September felt really unfit and desperately afraid of what I'd entered. The only answer lay in getting a partner who was even less prepared than I, and daft enough to want to do it! Martin Stone said 'Yes!'.

The 220 mile event was organised by Ian Waddell to raise funds for the Amanda Bevan rehabilitation centre. Heavy sponsorship by Jet and heavy paratroopers made the event a long distance dream. Can you imagine hot showers after a wet day in the hills? or a choice of 3 pasta and potato main courses? and the sight of lots of men in uniform. A race, definitely for women!

Day one was the hilliest. We traversed the Cameddau, Glyders and Snowdon, in mist. Map reading tended to weed out the opposition and the finishing times for the day varied from 8-15 hours.

In the true spirit of international co-operation we spent the second day also trying to lose the American and Swedish opposition in the mist. Did you know that Nike Airs can't come down rocky gulleys as fast as fell shoes? Shame isn't it? - they'd have kept up with us otherwise! And it's just as well they didn't find the lovely grass. As it is they now think the Moelwyns are even rockier than Tryfan! After doing this vanishing act we and two other teams settled down to some proper running: Mark McDermott had teamed up with Adrian Belton but had problems through lack of receiving the course; Phil Clarke and Mike Walford were Kendal runners which naturally made THEM slower.

Day 3 saw us visiting Cadair Idris and Pumlumon via all the scenic country in between. This was potentially one of the hardest days with a combination of rough terrain, long distances and high hills. As it was, the skies were clear, the weather kind and we even saw Red Kites.



The Moment of Victory!
Photo: Rob Howard

Day 4: Famous terrain to all S.A.S. members...the dreaded Elan Valley. Tussock grass, and still more tussock grass proved to be the last straw for me. As I keeled over into a bog and didn't get up again, Martin force-fed me chocolate, took my rucsac and spoke very roughly indeed! It worked, and I continued to move forwards. But not very fast. And certainly not with a rucsac. However, the Dragon's Back is all about teamwork and I was able to repay the favour the following day.

Day 5: Tour de whats-left-of-Wales (well almost). Home via Fan Hir and the Black Mountain. Actually the longest day of the whole lot and an apallingly stiff climb to the finish at Carreg Cennen Castle.

Guidelines to success in the race.

1. Prepare for it and train, train, train. This maximises the chances of shin-splints BEFORE the start. Then you can cancel your entry and not lose face.
2. Day 1 (and days two to five). Eat a lot

early on. It's worth trying to overcome nerves and eating more than just the odd chocolate bar I forced down.

3. Don't win the first day. Especially if you're female this enrages the opposition and spurs them on. It also upsets the paras who set up the showers (I thought they were SUPPOSED to be mixed?)

4. Day 2. I know it's not easy at 5.30 am, but breakfast is essential. It also pays to have reccied the Rhinogs in mist.

5. Days 3 and 4. Don't assume the valleys are the easy bits. Irate farmers who merely think you should be on a footpath, not a bridleway, are less fearsome than those who move the footpaths to suit themselves.

6. Day 5. This is the longest and roughest underfoot just near the very end. Tanky's Trog or Edale Skyline in gloopy conditions would be the perfect preparation.

7. At the finish. Smile even if you don't feel like it: the cameras will have a field day if you don't!



Stone gives laid-back post-race interview.
Photo: Rob Howard

1992 World Mountain Cup Races

a personal view

Travelling reserve 'e Rob Jackson gives an account of the World Cup in Italy.

Everyone had been told to be at the Manchester Airport for 6.30 a.m. ready for the 8.20 a.m. flight to Milan. All seemed to be going well with the whole team present and looking the part in their England shellsuits. However, Janet Kenyon, who has had a travel jinx in the past, was forced to miss the flight due to passport problems. Malcolm Patterson kindly volunteered to wait with Janet until an afternoon flight.

After arriving in Milan at midday there followed a three hour coach journey to our accommodation in Bardonecchia, about 20 miles from Susa. Most of the team then went for an easy paced run, followed by the evening meal and some much needed sleep.

Friday was spent looking over the courses and then in the evening all the teams marched around Susa and attended the Opening Ceremony.

During the Opening Ceremony the first ever Junior Womens Race was being run and it almost ended in chaos as it finished towards the end of the ceremony. It meant that the teams at the ceremony only got to see the end of the race - why it couldn't have been held with Saturdays races in Bardonecchia I don't know. Anyway, Rachel Elleray, Helen Berry and Caroline Pimblett ran well against quality opposition and finished 6th team.

Rachel celebrated by buying a large quantity of grapes which she kindly shared - it made a change from the pasta that awaited us back at the hotel.

The first two days had been very warm so it came as a big shock - but a pleasant one to those running - when it rained all day Saturday. While the 'long' race team members went on short, easy paced runs preparing for Sunday's race, the 'short' team members were getting their studs ready!

The first race was the Junior Men's and Will Styan prepared by eating a good sized piece of John Taylor's parkin only an hour before the start. It obviously didn't affect his stomach as he stormed around the course in 4th place, leading Craig Watson, Matt Whitfield and Nathan Matthews to silver medals.

The women followed up with an equally impressive performance. Fantastic runs from Sarah Rowell (2nd) and Janet Kenyon (5th) well backed up by Clare Crofts and Caroline Hughes produced more team silver medals.

The final race was the mens 'short' and by this time the course was a total mudbath. The conditions really suited not only the English but all the Brits.

Martin Jones really showed his class, winning by a huge margin to become only the second British men's world champion after Kenny Stuart.

The rest of the English team chased Martin and were inspired to produce excellent runs. Robin Bergstrand had a brilliant run to finish third and was well backed up by Mark Croas-

dale and Craig Roberts which was enough to clinch England's first ever team gold.

Everyone returned to the hotel drenched and cold but jubilant, with the Martin Jones fan club rapidly increasing!

At the hotel the 'long' team members were in serious preparation for the next days race. John Taylor and me decided to have a carbo loading competition but I just couldn't match John's intake of parkin, which followed the hotel meal. We were all in our beds shortly after 10p.m. but sleep was very difficult since all the other runners who had raced that day were noisily celebrating until the early hours. I think all the other countries had banded together to keep the English awake!

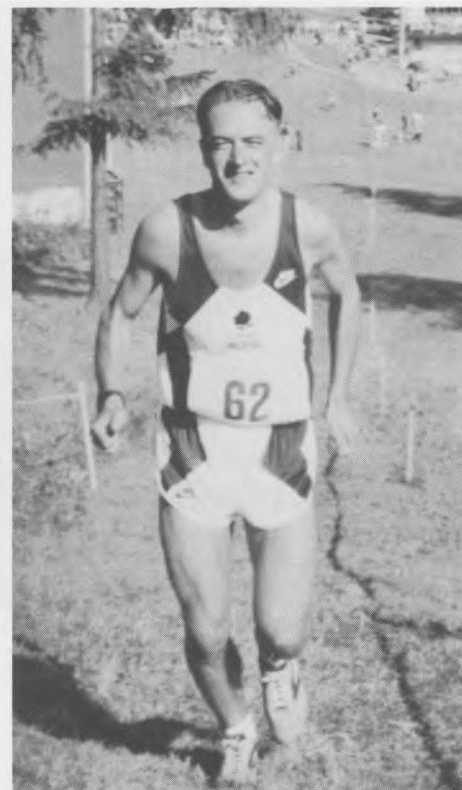
As travelling reserve and with no injuries or illness I was competing in Sunday's first race over the long course. This meant that at 5.30 a.m. myself and Andy Trigg (who unofficially slept on the floor of our room) were eating jam butties bleary eyed and as quietly as possible so as not to disturb the other 'long' race members who were luckily getting another 2 hours sleep.

By the time we had arrived in Susa for the 8.30 start the sun was out and it was starting to get very warm. I really found the uphill slog of approximately 10 miles and 5000 ft to my liking and was soon into a battle with the Italian reserve and 1986 World Junior Champion, Franco Naitza. He eventually pipped me by just over a minute but I was pleased to take second. One of my best memories is of the brilliant support we got throughout the race. Many English spectators - including team members from Saturday's races - were on the route, but the Italians also were very generous in their support.

By the 10.30 start of the Mens Long Race everyone was well keyed up for this last event. The English team performed very well in this top class company - the winner being Barcelona Olympic marathoner, Helmut Schmuck of Austria.

The English runners treated us to two sprint finishes. Ian Holmes lead the team home in 25th just in front of John Taylor, closely followed by Gavin Bland and Steve Hawkins to manage 8th team place and 2nd overall in the World Cup. The next couple of hours were spent by the whole team recovering, relaxing and sunbathing in beautiful sunshine near the finish of the long race.

Later in the afternoon the team was transported down to Susa for the closing ceremony. This was followed by a meal put on by all the teams in Bardonecchia and much drinking in the town centre. The celebrations were brought to a conclusion at around 2 a.m. when the local police decided to make their presence felt, producing a rapid retreat to the hotel. It was here that John Taylor showed that he had led the way in the consumption of wine, by bringing it all back again! Craig Roberts also proved himself



Rob Jackson. 1992 World cup Mountain Races

determined to enjoy this particular part of the weekend.

Surprisingly, the next morning everyone in our room was up at 7.30 and most of the team appeared for breakfast followed by preparations for our 1 o'clock departure to Milan Airport. This is where the trip really got going. Transport didn't arrive until 3 p.m., leaving a virtually impossible task to reach the airport for the 5.05 flight. Despite 90 mph speeds, only one of the three vans made it in time. This meant 12 of us stranded. However, possibly owing to our smart England gear and the fact that we were carrying several cups, we were transferred to a flight to London. This, however, was then delayed until 10 p.m., arriving in London after the last shuttle to Manchester had left.

Malcolm Patterson and Pete Bland managed to produce a convincing story so that we were put up at the £115 per night Excelsior Hotel. Unfortunately we had to be up at 6 a.m. the next morning to catch the first Manchester shuttle - but not before several team photos were taken in and around the hotel!

We finally arrived back in Manchester before 9.00 a.m. on Tuesday morning, about 12 hours later than expected. But everyone agreed that this slight mishap actually turned out to be a bonus at the end of a great, memorable and very successful trip. I hope the others aren't too jealous.

In conclusion I would like to thank all the team management, especially Pete and Anne Bland for looking after us all and providing the opportunity for such a great few days. I'm sure everyone is already looking forward to France 1993.

- Rob Jackson (*Travelling Reserve. England Team*)

THE BOB GRAHAM 24 HOUR CLUB BIENNIAL DINNER

Sixty years have now passed since Bob Graham ran into history and established a unique challenge of physical endeavour which, to date, over 800 others have managed to achieve. Many of these and their guests were present at the club's biennial dinner held on 10 October 1992 at Shap Wells Hotel, which was packed to capacity. A number of members had competed earlier in the day in the Langdale Horseshoe Race and some were contemplating the Butter Craggs Race the following day. The evening's events were organised and hosted by the ever-enthusiastic Fred Rogerson, the club chairman.

Alison Wright, the youngest lady member, and Mark McDermott, the current holder of the 24 hour fell running record, presented certificates to new members from 1991 and 1992. They included the prodigious 13 year-old Ben Squibb from Cornwall who is the youngest member overall. Total membership is now 808 of which 41 are ladies. Margaret Rogerson then presented the women's fell running record trophy to Anne-Marie Grindley of Burnley who has 58 summits to her credit. Photographs of the trophy were given to all female members of the club.

The Achievement of the Year Award, instituted by Margaret and Fred Rogerson and Alan Heaton, went to Anne Stentiford of Biddulph. In successive months Anne completed the Paddy Buckley Round in North Wales in a time which was then a new record (for men and women) and the Bob Graham Round in the fastest ever female time. The latter event was accomplished in atrocious weather conditions which made her achievement even more impressive. Alan Heaton made the presentation.

The evening was rounded off in energetic fashion when members took to the floor for the very popular country-style dancing to the music of Martyn Harvey and Baldricks Cuning Plan.

To commemorate the 60th anniversary of Bob Graham's original round in 1932, the booklet "42 Peaks - The Story of the Bob Graham Round" has been enlarged and updated, and is now on sale in various mountaineering shops. Copies may be obtained from: F. Rogerson, Tethers End, Lindeth, Windermere, Cumbria, LA23 3NH at £3.36 (inclusive of postage). Cheques should be made payable to "The Bob Graham 24 Hour Club).

Brian Covell

Rumour has it...

that the French in St. Gervais can organise top class fell races... but someone hasn't told them what is involved in staging a World Cup, with the result that it is a somewhat uncertain starter...

Grand Prix de la Montagne

(Mountain Running Grand Prix)

A small group of race organisers in Switzerland have got together, raised sponsorship money, and staged their own Grand Prix.

The Grand Prix comprises 6 races, four of these are the same each year and two other races are invited to take part for one year only. To obtain a listing, runners must finish in 4 of the races, but if they compete in 5 or 6, the best 4 results count. Substantial prizes are awarded for all the usual categories.

The 'big' 4 forming the base of the competition are,

Ollon-Villars	(July)	10.2k/1490m
Rougemont-Videmanette	(July)	9.0k/1200m
Neirivue-Moleson	(August)	20.0k/1265m
Ovronnaz-Rambert	(Sept.)	8.4k/1360m

I ran in the Ovranaz race this year. It is uphill all the way except for a few 100m of level

running. Mike Short had a good run to finish 12th out of 340 starters. We finished by running the last 3km in deep snow. The organisers performed the heculian task of clearing a path all the way the day before.

There were 56 in the over 50 age category which I finished 11th and received a nice sweat top as a prize! This level of competition in the older age group is unheard of in this country. Could it be that uphill only races are less damaging to the body and the survival rate is greater?

This particular race had no cable car to return us to base, so it was a matter of retracing our steps all the way. Great fun, because the organisers have had the great wheeze of providing strong refreshment point at intervals for the returning heroes which made for a very merry time. Recommended!

Danny Hughes

Easter Manx Mountain Marathon Saturday 10th April 1993

Three classes - Elite, Standard and non competitive walkers. The course is from Ramsey to Port Erin covering a distance of 30.5 miles and 8,000 ft of ascent.

Entry fee is £4.00 per person plus an additional £4.00 for the buifet supper

Easter Castle to Castle Coast Walk Monday 12th April, 1993

This is a non competitive walk with certificates to all finishers. The walk is from Peel to Castletown covering a distance of 26 miles. The route is scenic and there will be refreshments en route.

Entry fee £1.00 per person

For further details and entry forms for either event, contact Mr. A C Jones, 97 Silverburn Crescent, Ballasalla, isle of Man. 0624 822286

TRAIL RUNNING ADVENTURES

Go with the Trails and Mountains' Groups to run the 50K 'Shadow of the Giants' in Yosemite (California) in June

or

The 50K 'Mule Run' in the California Rockies in October

or

Running the Grand Canyon Rim to Rim to Rim in May

Contact:

Trails and Mountains 6 Manor Road, East Grinstead, RH19 1LR
(0342) 322508

Future Tours include : Kepler Challenge (NZ); Comrades Marathon (SA); Marathon des Sables (Morocco)

Long Distance News Summary

LONG DISTANCE AWARD 1992

The panel of 22 Long Distance 'experts' decided that Rory Gibson and Andrew Johnson should win the 1992 Award for their continuous and very fast traverse of the Scottish Munros on foot, by bike and in the water. Last Summer they completed their 'triathlon' in 51 days from Ben More on the island of Mull to Ben Hope in the far north. Their route included ascent of 400,000ft, 910 miles on foot, 600 miles by road bike, 150 miles by mountain bike and a swim both ways across Loch Lomond!

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 Tel: 0772 562395

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1991/92

The Club presents 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 1991/92 presentation was made to **Anne Stentiford** on Saturday 7th October at the Biennial Reunion Dinner. In August 1991 Anne broke the overall record for The Welsh Classical (Paddy Buckley) Round, completing the route in a time of 19hrs 19 min, some 49 minutes inside the old record. Four weeks later and in appalling weather conditions, Anne battled her way round the Bob Graham to set a new ladies' record of 18 hr's 49 min. It was the **13th fastest BG Round** ever and a quite astonishing performance in weather which deteriorated in the latter part to produce winds gusting to storm force, driving hail and rain squalls across the fells.

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 are worthy of consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1992/93 award should be sent by June 1993 to:

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

JOHN CRUMMETT - SCOTTISH 4000'S TRAVERSE

This 85 mile, 17,000 foot route from Glen Nevis near Fort William to Glen More

near Aviemore crosses Ben Nevis, Cam Mor Dearg, Aonach Mor & Aonach Beag before dropping into the head of the Nevis. There follows a 50 mile low level run which crosses cols and passes along Loch Ericht before crossing the A9 at Dalwhinnie. The final 25 mile crossing of the Cairngorms takes in Cairn Toul, Angels Peak, Braeriach, Ben Macdui & Cairngorm before dropping off the plateau to finish at the Norwegian Stone close to Glen More Hostel. I don't believe that this classic has received much attention in recent years and the record remains my own of 21 hr's 39 min set as a solo-unsupported run in July 1986 - a time which is certainly within the grasp of a number of runners.

During August Bank Holiday 1992, John Crummett completed the third solo-unsupported traverse. Setting off from Glen Nevis Hostel at 6am on the Sunday, John encountered gale force winds and driving rain on the Cam Mor Dearg Arete. The rain abated in the evening but became worse as John climbed from Glen Feshie onto the Cairngorm Plateau. In the conditions which prevailed it would have been an achievement to have completed a supported round but to survive alone and complete the route in 34 hr's 40 min was really well done. After a good night's sleep at Loch Morlich Hostel, John cycled the sixty miles back to his car which he'd left at the start.

Forthcoming Long Distance Challenge - **"THE PIXIE RUN"**

From the man who brought you "THE DRAGON'S BACK"

SOUTH WEST COAST PATH - 613 MILES & 3 EVERESTS IN 14 DAILY STAGES

For those who can't wait until 1994 for another go at *The Dragon's Back*, Ian Waddell has come up with a tough challenge for Summer 1993 which he describes as 'not being for the faint hearted'. The path follows the coastline from Minehead in Somerset to Poole in Dorset and although a race, it is also intended to be a very relaxed and low key event. Once again the Parachute Regiment will be providing support though on a much more limited scale than for the Dragon's Back Race last year. Those taking part, including Ian, will attempt to run an average of 44 miles each day for 14 days, starting on 11th July. The winner will be decided on aggregate time and Ian expects the majority of competitors to be solo runners. He doesn't want the Coastal Path to be 'infested' by runners, but should any person **with the necessary ability** require further details, please do not hesitate to contact Ian and provide him with 'Proof of Sanity': **Ian Waddell, North Lodge, Cranford, Blackdown, LEAMINGTON SPA, CV32 6RG Tel:0926 423393**



Adrian Belton on the final day: Jet 220
Photo: Rob Howard

Small ads

Lineage is remarkably cheap at £1.00 for the first 20 words then iOp per word thereafter. Why not take advantage of this to let over 5,000 readers - members, friends, family - know of your cottage to let, car seat to share to races, kit to flog, or just to trade insults with each other!

RUNNING HIGH

Hugh Symonds' story of his 2000 mile run over the 303 mountains of Britain and Ireland **Books for sale direct from** Hugh Symonds, Greenmantle, Underwinder, Marthwaite, Sedbergh, CUMBRIA LA 10 5HT **£14.99 including p & p** **Discount for multiple trade orders**

EXILED NORTHERN FELLRUNNER

living in Salisbury and working in Oxford would like to meet other fellrunners in both areas for training, sharing costs to races. **Telephone 0865 277987**

PINNING YOU DOWN

Being green conscious we are in the red, so to speak, for your defunct/redundant race safety pins - so how about digging around on the dashboard, sportsbag or other orifices that might have them lurking around. A few make a many so envelope them today for for us tomorrow; for your fraught, friendly organiser **Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorks. Tel:0535 669100**

MUGS, SHIRTS & STUFF

We don't print but we will provide your artwork, logo or original design for T shirts, mugs, mats and other race memorabilia. Headed notepaper, membership cards, fixture lists we can set **and** print; small runs a speciality. Contact us through the editor on 0484 861812

WANTED

Books, magazines, articles, videos, films etc. dealing with fellrunning history, training and similar **Elfed Jones, 43 Dundonald Road, Colwyn Bay, Clwyd LL29 7RE**

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Stanbury	Darby & Joan	2.21
Three Shires	Mike Fry	2.22
Titterstone Clee	Wheeze	2.24
UK Challenger Trophy		3.23

International

Aigle-Leysin	John Blair Fish	3.25
Knockdhu	Ray Swatcher	3.16
Mont Blanc	John Blair Fish	1.27
Mount Cameroon	Neil Schofield	2.31
Swiss Alpine Marathon	Neil Schofield	1.23
World Cup; Susa	various	3.8
World Cup at the crossroads	Jonathon Gibbon	3.11

Stephen Hawkins - British Champion

At 25 Stephen Hawkins is the youngest brother in a very successful running family. In a short illustrious career his latest win, the 1992 British Fell Running Championship - the amateur one - has taken some of the spotlight off his elder brother Michael. Stephen ran the British races to help his club Bingley to try and win the British team title, his primary aim being to wear an England vest as a senior. This he did and at the Fell Runners' Association dinner last November collected the main trophy and silver team medals: a fine reward for a long year and another success in a career that began over half his life ago.

Grassington is about ten miles from Skipton in the Yorkshire Dales and is the centre of Open Fell Running in Yorkshire. The Hawkins were born there and so it was second nature that Stephen, now 25, followed his brothers Michael, 30, and Graham, 28, into the Open Fell Running scene. This is the professional side where money is the prize. Stephen who has lived there all his life, began running as a 12 year old. "My brothers did Open Fell running and I followed them. I think my first race was at the Hebden sports in 1979. I'd be 12 then." Success seems to run in the family for brother Michael is now an international steeplechaser and Graham a successful Professional Guides Racer.



Stephen Hawkins on his way to winning Turnslack.
Photo: Neil Shuttleworth

This talent must have rubbed off on Stephen: aged 19 he won Grasmere and became senior BOFRA Champion in 1986. Reinstated as an amateur in 1987, he gained an England vest and won silver medals in the World Cup in Switzerland.

He collected more silver medals in 1992: they were team medals for the British and English championships. Stephen, tall and lean, recalls that Adrian Rushworth, Bingleys Fell captain, enlisted his support to help the team win the team title. "I did the British series solely to help Bingley. As far as the individual title was concerned at the beginning of the year there was only one winner - Keith Anderson. He had two early season wins and I won Kevan Shand's Turnslack. Sixth at Peris secured me the British title from Dave Neill. My only goal was to run in the World Cup and wear an England vest as a senior." Stephen was 33rd in Sousa, the fourth Brit.

For the coming season his aim is to defend his title and help Bingley improve on their silver team medals. "It's also Bingley's centenary year."

Neil Shuttleworth



Retiring dinner organiser Kev Shand presents the trophy to Stephen Hawkins.

Photo: Neil Shuttleworth



COMERAGH MOUNTAIN CHALLENGE TWO DAY MOUNTAIN MARATHON

NIRE VALLEY : CLONMEL : SOUTH EAST IRELAND

SAT 29 MAY 1993 : SUN 30 MAY 1993

TWO DAY NAVIGATION/ENDURANCE EVENT FOR TEAMS OF TWO

New map - 5 colour - Survey 1990-92 - Scale 1:25,000 - 5.M Contours

Course Lengths:

Elite Class 60K approx; Standard A Class 45K approx; Standard B Class 35K approx

For further information and entry forms write to

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World Cup Open Race

The results of the open race at the World Cup are always of interest as the 'home' countries provide such a high proportion of the entries. Perhaps this is a reflection on the following the sport has here as opposed to on the continent, in Susa a third of the finishers were from the UK and Ireland, including 7 out of the first 10. For those who haven't seen them, I thought it would be more genuine if we kept the original spellings. I like the idea of Selvin Wright's Germanic conversion and Davi Woodhead's gradually turning Swiss, while Serbian Jhon Coyl was just beaten by first lady Jain Wallace ...

1 Franco Naitza 1.15.43
2 Robert Jackson 1.17.17 England

3 Peter Dymoke 1.19.22
5 James Ward 1.20.23
6 Andy Trigg 1.21.08
8 Will Ramsbotham 1.21.42
10 Mark Flemming 1.22.15
14 Alex Smith 1.24.05
19 Eamonn Me Mahon 1.24.40
22 Carl Saint 1.25.18
26 Garry Wilkison 1.25.51
29 Jain Wallace 1.26.27
30 Jhon Coyl 1.27.17
34 Patrick Boyd 1.28.07
37 Davi Woodhead 1.28.39
39 Mark Mon Williams 1.28.56
41 Colin Farquason 1.29.06
42 Rick Cudworth 1.29.22
47 Brent Brindle 1.31.27
50 Gordon Fay 1.31.43

Scotland 59 Duncan Asquith 1.34.01 England
Scotland 60 Andy Hauser 1.34.22 England
England 61 Herman Pakit 1.34.37 Scotland
England 62 Colin Urmston 1.34.58 England
England 64 Charles Kindall 1.35.42 England
England 68 Chais Ashton 1.36.37 Ireland
England 74 Rodney Forde 1.36.51 Scotland
England 77 Robert Herpes 1.37.20 Ireland
England 80 Kevin Grogan 1.37.41 England
Scotland 82 Steven Ward 1.38.07 Wales
Scotland 83 Stephen Jones 1.39.54 Wales
England 88 Mark Saunders 1.39.54 England
England 89 Neil Wilkinson 1.40.57 Scotland
Scotland 93 Jan Kiltie 1.41.00 Wales
Scotland 94 Alan Williams 1.41.46 N Ireland
England 95 Robert Johnson 1.43.51 Wales
England 99 Ross Powell 1.44.23 Scotland
101 John Hampshire 1.44.29 England
103 John Varley 1.45.07 England
105 Eddie McGrath 1.46.51 England
107 Robert Bejamii 1.47.31 England
109 Derek Spiller 1.48.28 England
112 Selvin Wright 1.49.35 England
115 Andrew Wood 1.53.05 England
118 Richard Lecky-Thompson 1.54.23 England
120 Neil Sale 1.57.30 England
123 Alastay Boston 2.08.11 Scotland
130 Black Darcem

