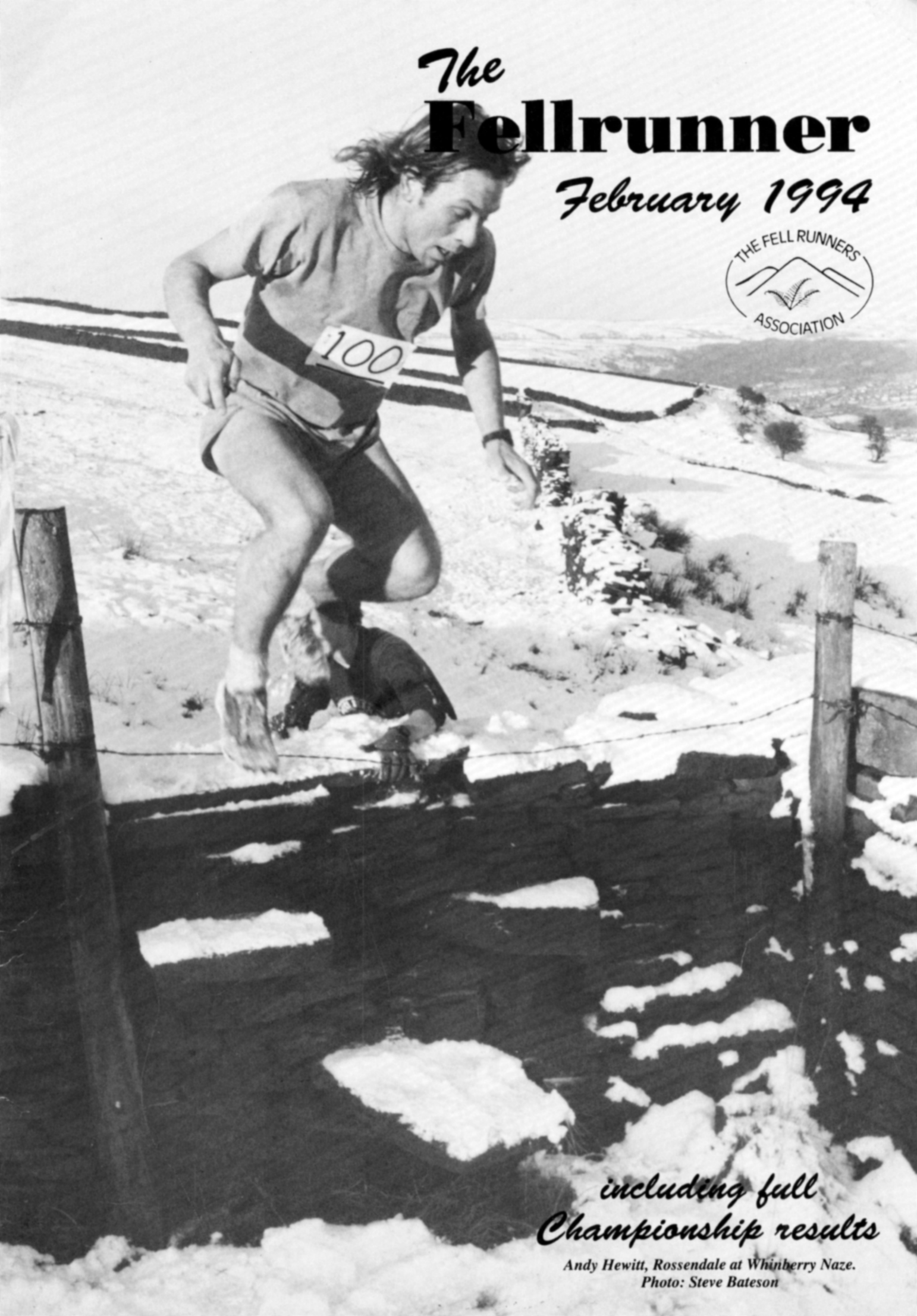


The **Fellrunner**

February 1994



*including full
Championship results*

*Andy Hewitt, Rossendale at Whinberry Naze.
Photo: Steve Bateson*



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THE FELLRUNNING SPECIALISTS

Bit at the Front *Neil Denby*

I have broken one of my own rules in the letters pages of this issue - a few years ago I berated someone for not putting their name to a letter which they wanted published and said, at the time, that I disagreed with hiding behind the cloak of anonymity. The (unsigned) letter which I have published concerns the Calderdale Way Relay and, as one who was involved in this event, I have made an exception (although I would still like to hear from the writers so I can publish their names).

The Calderdale Way Relay, hit by blizzard conditions as forecast, found itself degenerating into chaos. Communications between change over points were non-existent; the race headquarters closed early; the recording at changeovers and 'mass' starts was inadequate.... in fact, the organisers were extremely lucky that the worst that happened was mild frostbite, burnt out clutches and blazing anger. The safety regulations for relays have been shown to be not too onerous to implement at prestigious events like the Ian Hodgson Relay and the FRA Relay. They are reasonably simple, reasonably inexpensive, and were drawn up by an expert team including Mountain Rescue experience; simple things like adequate recording can

avert tragedy and also prevent the risible situation where prizes are awarded to teams that did not complete. I remember a similar situation at one of the Hayfield Races a few years ago (I remember 'cos I did a p.b. that wasn't recorded!) where they were caught out by a rainstorm and the eventual published results bore no resemblance to the times and placings mutilated by rain and wind. Is a clipboard with a cover too much to ask for?

* * *

Publicity and promotion - do we want it? Stocks of the FRA T shirt are still kept by Pete Bland and of the 21st Birthday T shirt by Selwyn Wright. With the 25th Anniversary coming up, do members want something commemorative - a shirt, a mug, a sweatshirt or would they happily run on without? Please let the above know if you want to buy existing stock, *The Fellrunner* or any committee member of what you think of other promotional items.

* * *

An Apology - Many members who paid by standing order for the first time failed to receive their calendar. This was due to the banks failing to inform the FRA in time. The calendars should now be with you! The mistake will not happen again.

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PLUS - Centre Page Extra of Full Championship Results



Coaching

An increasing number of fellrunners - stars and others - have begun to use the services of coaches. There are a good many people that I am aware of who are quite heavily involved in coaching.

Up until now the FRA has not taken any initiative in this area. This has meant that there is no set formula; no organisation for coaches; no training for would-be coaches - and nothing set out in writing about the theoretical side.

There have been some discussions recently which suggest to me that the time is ripe for this to change. The FRA certainly doesn't want to dictate how coaching should develop in fellrunning. I feel that the first step should be to organise a meeting for those involved in coaching at which ideas could be shared and a way forward agreed.

Initially I suggest that anyone interested should write to me giving me some details of involvement. I will then arrange a meeting.

N.B. There appears to be money available within the BAF system to support whatever arrangements we agree on!

- Selwyn Wright

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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Results and Race Reports to:

David Weatherhead, 16 Birchlands Grove,
Wilsden, W. Yorkshire BD15 0HD (0535) 273508

Advertising Copy to:

Francis Uhlman, Beudy Newydd, Llanfrothen,
Gwynedd, LL48 6SP (0766 770257)

FRA Radios

C.B. Radios now available

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

The sets are each powered by non rechargeable batteries which will not be supplied by the FRA. The scheme will be administered by committee member Pete Browning, and technical advice on the use and maintenance of the sets has kindly been offered by John Fish. It is hoped that written notes for guidance will be produced and possibly a course may be set up to make some training available for race organisers

Organisers should initially contact Pete Browning on 0254 56681.

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Secretary's Corner

Annual General Meeting, 9.10.93

1. 40 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 accounts were adopted.

2. The revised Constitutional Rules and FRA Rules for Competition were approved. The alterations are mostly of a minor nature to bring our rules into line with the recent changes arising from the formation of the British Athletic Federation, but there is also a significant change to our method of race length classification which is now based on distance rather than record time. We also took the opportunity to create two elected officer posts for the important roles of Junior Co-ordinator and Environment/Access. The Constitutional Rules and FRA Rules for Competition are published in the 1994 FRA Calendar and Handbook.

3. Officers and Committee were elected as listed on page 2. Other appointments agreed at the meeting are:

Delegates to BAF committees:
Fell and Hill Running Commission, N. Berry, S. Wright, one vacancy
AAA of England, R. Day.
North of England AA, A. Judd.
Midland Counties AA, R. Day.
South of England AA, S. Kirkpatrick.

Delegate to International Committee for Mountain Running, S. Wright.

Auditor, M. Bowen.

4. A short informal discussion followed the meeting. Topics included: professional/amateur divide, English team selection races, separate starts for ladies at championship races, staging World Trophy in England, ladies vets team championship. Opinions expressed will be considered at a future committee meeting and I shall be pleased to receive any views from members who were not present.

Committee Meeting, Wilmslow, 27.11.93.

1. The following sub-committees were appointed:

English Team Selection: N. Berry (chairman), P. Bland (manager), M. Patterson (assistant manager), D. Hodgson.

Championships: A. Hulme (chairman), W. Gaunt, J. Johnson, D. Richardson.

Disciplinary: M. Rose (chairman), P. Browning, B. Carney, N. Denby, A. Judd.

2. The 1994 World Trophy has been put back one week and will now take place on 11 September. This revised date clashes

with the Shelf Moor English championship race which is now rearranged for Sunday, 25th September.

3. Thanks to the organisers of the FRA British Relay at Wanlockhead for an excellent event. Once again the question of club representation cropped up and I was instructed to consult BAF and seek clarification. The outcome affects at least 15 regular competitors and a short article appears elsewhere in this issue.

Calder Valley and Todmorden have agreed to jointly host the 1994 relay, probably based around Hebden Bridge.

4. There was a good turn out for the Annual Dinner and Presentation of Awards at Morecambe, and thanks are due to Dave and Eileen Woodhead for organising a successful evening. The 1994 Dinner will be held at the same venue on Friday, 18 November.

5. The Junior Home International Championships at Grasmere were a resounding success and we are grateful to Dave Richardson and everybody else who made this possible. The FHRC have agreed to repeat the event in 1994 to be put on by Scotland around Edinburgh and the Pentland Hills.

6. Dave Richardson reported that the English Junior Championships really took off this year with in excess of 100 turning out at most events. We hope race organisers will recognise this interest and promote more separate age class races whenever possible.

7. Those minority of runners who still treat the FRA Safety Rules in a cavalier fashion should note that Mynyddwr de Cymru, the club which staged the 1991 Welsh Water Relay at which Carol Matthews died, has been served with a writ alleging negligence. This will be contested vigorously by our insurers. Race organisers must do all they can to minimise any risk, and it is incumbent on all competitors to respect the safety requirements.

Finally, we are seeking a volunteer to ensure our trophies and awards are ready for presentation each year. The job involves keeping a record of the current holders of British and English trophies; chasing up their return for presentation to new winners; obtaining British and English medals and arranging engraving. Members will have seen the impressive display of trophies and medals at the Annual Dinner and we simply need someone to organise this.

Mike Rose

The January Committee meeting discussed finance, championships, the FRA Relay, the environment and access, the success of the junior policy, the commercial use of the FRA logo and the Calderdale Way Relay amongst other things. Full report in the next issue.

News and Views

Second class?

Dear Sir,

With great dismay I read in the FRA Calendar that some Championship Races have segregated ladies and mens starts. How has this arisen? I rang around several organisers, many women runners and FRA officials and have yet to be given a satisfactory, definitive, answer.

May I say that the cross section of women that I have spoken to, do NOT want segregated start times and I feel very strongly that this has been foisted on to the women's running sorority by a small number of women who might prefer to run in a smaller field.

Not so long ago, women sought, and fought, for the right to run with the men, and the laws were changed to accommodate this. It may be that in some races there are some areas that are not conducive to overtaking - such is the nature of fellrunning. Rarely is anyone instructed to keep to the footpath!

I would like there to be further discussion on this issue before any changes are made to the Championship races, so far there has been nothing said to justify a policy change that has not been voted upon.

Women should compete on equal terms within the same race as men, and a segregated start would not ensure women crossing the finishing line any quicker or in different positions. It really is a retrograde step as split starts do not enhance women's status, but merely undermine our credibility. They are just NOT necessary.

Yours faithfully,

Geraldine Walkington, Bolton.

Champion endorses split starts

Dear Sir,

Flicking through the 1994 FRA Calendar, I was pleased to note that a number of Championship Races now have separate starts for women. I have been discussing this matter with quite a few lady fellrunners and we are all of the opinion that this is a positive step forwards. Lady fellrunners will now be able to run their own races rather than being impeded by hundreds of male runners.

I hope that this is a trend that will be continued in all large races where the route is constricted.

Yours faithfully,

Angela Brand-Barker, Cockermouth

P.S. All we now need are 'baby parks' a la Swedish Orienteering events and I can return to full participation in the fell running scene.

Junior thanks

Dear Sir,

May I take this opportunity on behalf of the Junior Section of Horwich RMI Harriers, to thank the organisers of all of the junior races included in the FRA Calendar



*Ian Hodgson Relay - Under 18 Junior champion
Matthew Whitfield and Martin Bruce on Leg 2.
Photo: Allan Greenwood*

in 1993 and especially those selected for the Junior Championship.

Without your efforts there would be no championship. Keep up the good work. One small plea to race organisers: when you put on a junior event, please use the FRA age categories i.e. u/12, u/14 etc.

Yours in sport,

Garry Harrald, Horwich RMI Harriers

Relay Disaster

Dear Sir,

Having paid an extortionate amount to run and seen the level of organisation involved I wonder if there is anything to stop any Jack (or Jill) from organising a relay. Three or four a year and you wouldn't have to work! I understand that, in addition to the £3000 in entries fees, another £1000+ was raised from a newspaper, who also provided the T shirts used as prizes. Where does the money go to? Who benefits? With so much cash sloshing about how come there was no communication between checkpoints in the foul weather conditions, how come no medical assistance for frostbitten runners, how come the hall used as a base for the race was abandoned and how come the money didn't even run to plastic bags to keep results out of the snow? However, since two of our runners, who couldn't even get out of our valley, have been credited on the results, the whole lot must be taken with a pinch of salt. Any explanations? Or financial accounts?

Yours faithfully,

*Several disgruntled runners
(Names/addresses not supplied - see editorial)*

New Club

Dear Sir,

I am writing to inform you of a new club affiliating to BAF for fellrunning activities, namely Darlington Harriers and Athletic Club; Darlington H&AC have been in existence for over 100 years but have been

mainly interested in track and road events. However a small group of runners are seeking to develop fell running within the area and to this end are establishing a club fell running championship and weekend training group.

If there are any runners in the Darlington/South Durham area who may be interested they could contact me on (0325) 283146 for further information.

Yours faithfully,

Keven Shevels, Darlington H & AC.

Soft, strong and VERY long...

Dear Sir,

Having been a member of the FRA since its inception, and a fell runner since well before that, it is with some degree of 'lavatorial humour' that I have followed the great 'TOILET ISSUE' debate. My position on the subject was 'yes, I would love to see enough toilets to go round at all fell races but being blessed with a degree of commonsense realised that this ideal situation would, to say the least, prove impractical. Also, as secretary of the West Yorkshire Cross Country League I know that even when 'pans are aplenty' people do not always use them. Quote: 'let them without sin cast the first stone'

My neutrality on this business was, however, 'wiped away' in early October when the Pudset and Bramley captain, Paul Gaines showed me a letter from Chatsworth estates requesting us not to hold the Simons Seat Fell Race in 1994; one of the reasons being that an Eileen Woodhead had written to the Dales National Parks complaining at the complete lack of toilet facilities at the 1993 event. They also expressed surprise that it should be a member of the fell running fraternity that had made the complaint. Those who know this venue will also know that the same field is used on summer weekends from 9am to 9pm by families wishing to enjoy a day out. The mind boggles.

Being a basic Yorkshireman, if I disagree with someone or something or other I see the event organisers and see what can be done. e.g. if I consider a junior race too long or too severe I take it up with the people concerned NOT write to the FRA, AAA, BAF or NSPCC and I usually find with give and take a suitable compromise is agreed.

With this attitude in mind I rang the Woodheads and tried to put to them the points I am now making, but the only reply was 'you had no toilets, end of story'. After several minutes I had to accept that any form of sensible dialogue would not be forthcoming and for the first time in my life, slammed the phone down, flushed with anger. It did occur to me I may regret this action as 'not becoming' of an old experienced sweat of my years. However it is now well over a month since and I still fail to see how anyone can condone the Woodheads action as being in the best interests of fell running and those who partake.

However, I would like to end on a more positive note by making a suggestion. Per-

haps the FRA could make some sort of toilets available for hire but I imagine the problem would be someone to organise the transport, hire and servicing of same. As the Woodheads are so concerned with this problem could I put it to the FRA that they approach the Woodheads to undertake this task.

If the worst comes to the worst and Pudsey and Bramley do lose this delightful race and venue, I sincerely hope the 240 odd athletes who competed last year and all those who love the sport will note the cause of their sadness.

Yours faithfully,

Pete Watson, Pudsey & Bramley AC

Editorial postscript: 1. I understand that the threat to the race has been lifted. 2. The Woodheads do have portable toilets which they will lend to race organisers.

More praise

Dear Sir,

I would like to add my endorsement of Mark Nutters recommendation of Lancashire Shoe Repairs as mentioned in the last issue of *The Fellrunner*. My Walshies were well past their s(m)ell by date and were destined for the bin since I'd guessed there was no point in resoling them as the uppers were so tatty. I was also fed up of being the butt of many a joke from fellow (Eryri) club members. However, Mark's letter caught my eye, so I duly sent off my shoes with a cheque and full instructions, stressing to Eric Wrathall that I needed them back before the Karrimor the following week. Sure enough, back they came 1 week later by first class registered mail. Eric had fitted an Edmondson sole unit (superb for X-country) and had effected some superb stitching and patching repairs - maybe too good, as I reckon the patches will outlast the rest of the uppers.

Anyway, a first class service and thanks to LSR for putting some life back into my old Walsh's.

Yours faithfully,

Tom Mackie, Eryri.

The Turbines are Coming

Dear Sir,

I suppose I had mixed feelings when they erected 24 wind turbines on Ovenden Moor near Halifax. One half of me said well at least they are doing something towards the cleaning up of the environment, the other half of me said that they were ugly and despoiling the skyline. The local MP called them 'loo brushes in the sky', a description which I have found hard to better. At least I thought that I could live with them, even though my feelings were ambivalent.

Just recently I learned that National Windpower had an application for 44 of these turbines a few hundred yards past High Brown Knoll. Not only is this an area of great natural beauty but it is also on the route of my favourite run and a few local

fell races pass over the moor of the intended development.

The actual site is on Flaigh Hill, a wild stretch of pennine moorland and incidentally, common land. Like many local people I attended a protest gathering in Wadsworth Village. I was heartened to see so many people there, but I left the meeting with a deep sense of foreboding.

National Wind Power is a subsidiary of some very big companies. At the meeting, their representatives gave a talk with slides on the intended development. One slide was of the British mainland with all the potential areas for windpower shaded. Yes, you guessed right, it was all the mountainous and high moorland areas of England, Wales and Scotland.

It was at this point that I came down on the side of opposing what has become known as 'wind farms'. Having listened to many of the arguments I think that the negatives considerably outweigh the positives. First and foremost these are industrial developments on wild and sensitive mountainous and moorland areas. Many have said that the amount of electricity that they produce is not equal to the visual impact that they make. By no stretch of the imagination

Peak District. The government are also keen to see wind power expanded although they seem to lack a coherent energy policy.

It appears that the chances of them gaining planning permission in National parks are remote. However, what about the adjacent high moorlands, will they get the same protection, and will it make any difference if they can be seen from the parks. If the Flaigh Hill development goes ahead it will almost create a visual link between the Ovendon and Clivager Wind Farms allowing these monstrosities to dominate the South Pennine landscape.

Fell runners beware, you will soon be entering the two turbine race, or will it be the propellor skyline.

Yours faithfully,

Dave Gilyeat, Halifax.

Lady Veterans

Dear Sir,

I have recently written to the FRA committee requesting a lady vets o/45 category in the major championships.

It has come to my notice during several races in which I have competed this year that there were at least as many LV45s



Ladies in a category of their own: S. Urmston, P. Davies, W. McCrae, J. Sandyland, F. Bottomley as the Seven Dwarfs at Whinberry Naze.

Photo: Peter Hartley

could they be described as pretty, or fitting into the surrounding landscape.

They are visual pollutants. The electricity they generate goes into the National Grid and therefore provides no local benefits. The Flaigh Hill development will require the contractors to build 10 kilometres of hard core tracks, which they say when the turbines are installed they will 'grass over'. As yet there is no planning permission for the power lines to feed into the grid and these may well be surface structures.

Much of the potential high ground which could accommodate turbines is owned by water companies whose brief is to make as much money as possible out of the land they own. Fell runners will already be familiar with this statement, especially those in the

running as MV60s and surely the latter age group warrants an award in the championships, then the LV45s do also.

Whilst on the subject of lady vets and racing, I feel that on the whole we tend to get a raw deal. Firstly, many race organisers seem incapable of deciding at what age a woman is a vet - some stipulate 35 (as agreed with the AAA), others 40, in line with the male competitors. A classic example of the muddle occurred in the 3 Shires Race when, as first LV40, I was awarded the first vets prize. After some murmuring and dissent in the crowd I was obliged to return the prize so that it could be awarded to the first LV35! This from a race organised by a club of which the FRA

chairman is a member, so if they can't get it right - who can?

Many races do not acknowledge the existence of LV40s, let alone 45s, and do not ask women to state their age category on the entry form. At the Grisedale Horseshoe Race, there was no prize for the LV40, despite the fact that competitors were asked to indicate this on the entry form. Ironically, in this race, out of 15 women competitors, only 5 were non-vets! The breakdown was as follows: 5 non vets, 4 V35s, 5 V40s, 1V50. Incidentally, there were 3 MV60s - and the first, of course, received a prize.

Although the above breakdown may not be typical in many races, it is certainly true that more and more older women are competing on the fells. Could race organisers please take note and recognise the fact - this is one area in which road races excel, they seem to have it sorted.

Surely, those women like myself who have been running and racing on the fells for several years, and who are now creeping into the upper age groups deserve a little reward and recognition for our dedication to the sport. This may also serve to encourage back into racing those women who have had a break to raise a family, and indeed, the women pioneers of early fell racing days who have prematurely hung up their studs.

I live in hope!
Yours faithfully,
Linda Lord, Clitheroe

Credit where its due

Dear Sir,

As organiser of the Three Shires Fell Race I have to apologise to Linda for the mistake on our entry details form which led the results team to credit her as the first lady vet.

However, this was an honest mistake and was nothing to do with us devaluing women runners. We were one of the first long races to award a women's team prize after all!

Readers may like to know that last year 33 women finished the race and we awarded 10 prizes; this compares with 259 male finishers competing for 27 prizes. So we had a prize for every three women but only every nine men.

The time will undoubtedly come when races, and the FRA, will award prizes for women Supervets but to pick on individual race organisers who are doing their best in pretty trying circumstances is a bit unfair.

The FRA is extending the age categories for championships bit by bit - hence the new categories last year for M60s and M40 teams. But we have to be sure that there are enough runners to make a decent competition so, W45s, please let the FRA know if you are interested.

Yours faithfully,
- Selwyn Wright, FRA Chairman

Female factor = 83.1%

Dear Sir,

To complement Olda Cepelka's table in the June issue of *The Fellrunner* which showed the effect of ageing on your race time, I have compiled a list of how much being female affects it.

The 1993 Scottish Hillrunners calendar was analysed, comparing the male and

female records. The table was sorted on the male/female record ratio. The lower half of the table was discounted on the grounds that the female record was weak compared to the male record. The final 'female factor' was taken by averaging all the m/f ratios in the upper half of the table giving the average female factor as 83.1%.

Yours faithfully,
Roger Boswell
full table available from Roger.

Calderdale chaos

A letter from the chairman of Saddleworth Runners gives a view of the Calderdale Way relay.

Just like the great Houdini, they got away with it. However, unlike Houdini, this escape owed nothing to careful planning and brilliant execution, but all to sheer luck. I refer to the shambles into which the Calderdale Way Relay descended, when hit by a sudden snowstorm, and the fact that, to my knowledge, there were no casualties. This shambles could have been avoided with a little forethought and contingency planning.

For the uninformed, early morning sleet quickly turned to heavy snow making driving conditions and therefore access to changeover points extremely difficult. The quicker teams through the third changeover at Blackshaw Head fared quite well, with support already in place at Wainstalls and Shelf. For slower teams, however, potential disaster loomed. Runners left Blackshaw Head and Wainstalls in mass starts, some, it has to be said, woefully ill equipped for the conditions (shorts and lifa in a snowstorm?), only to find that in some cases that support teams and next leg runners had failed to make the changeover point, leaving them to fend as best they could.

For slower runners arriving after the mass start cutoff times, the confusion was made worse by marshalls who had no idea which teams had gone in the mass starts, and who in some cases failed to pass on messages and car keys left in their care.

Surely it is not unreasonable to expect a little contingency planning for such conditions? After all, the event is held in December and snow is no stranger. Only a couple of years ago the event was postponed because of similar conditions, and snow does not always fall conveniently a few days in advance. In this case it was certainly forecast on national TV news.

Communication between checkpoints is essential for this kind of event. In reality, the event should have been stopped at Blackshaw Head when conditions deteriorated. Lack of communication made this impossible.

Registration of runners at the start of each leg is also essential, especially when using mass starts. If you don't know who has set off, then how can you account for them? Or, what is to prevent runners joining in halfway through a leg? Abdicating responsibility by saying teams are self-monitoring is not good enough. Effective control must be maintained.

Some kind of deposit point, complete with envelopes and marker pens, should be available where mass starts are used. This enables messages and keys to be left in envelopes clearly marked with team numbers. Minimum kit should be insisted upon and kit checks made. The preamble in the race information on how to treat hypothermia was of no use to the lightly clad female we discovered in a distressed state by the side of the road from Shelf to Halifax. Fortunately for her we were able to get her into a car in the traffic jam when one of the occupants volunteered to get out and proceed with us on foot. Mind, having seen the crew we put her in with, her distress probably grew even greater.

This type of event attracts a very wide range of ability, from tough old fellrunners to local pub teams. It is this latter group, and the very fit but naive road and cross country runners who need protection from themselves. Never forget that two such runners have already died in the Three Peaks and Brecon Beacon Races.

The results will unfortunately be pretty meaningless for a lot of teams. As recording sheets disintegrated in the wet, poor guesswork seems to have taken over. Saddleworth, for example, got two teams as far as Shelf, but you'd never know. Denby Dale were given the women's prize yet failed to get anyone as far as Shelf!

Surely with the kind of income generated here (over £3000 in entry fees plus £1200 sponsorship) some investment in equipment could be made. Weather writers which provide excellent protection for recording sheets are available at no great cost. Radios or mobile phones can be hired for the day.

Okay, so the benefit of hindsight makes us all wise. But there is an area of neglect which is unforgiveable. In all the confusion, there was one point of reference, the community centre at Greetland. This centre should have been manned until there was absolutely no possibility of anyone being still out, midnight if necessary. For runners to arrive there after hours on foot or in traffic jams, only to find the organisers gone home and no food or drink available, is quite frankly appalling. (And we are not talking here of just the odd runner.) Organisers have a responsibility for competitors in their events, which is not discharged until all are accounted for and safely on their way home.

Finally, concern shown over what to do with 1200 portions of pie is perhaps somewhat misplaced. I would respectfully suggest that more pressing matters need your attention.
F.S.Sykes, Chairman, Saddleworth Runners.

Safety Controversy

Dear Sir,

I read with interest and a degree of consternation the new, or revised, rules relating to the organisation of fell races. I can understand the pressures on the FRA to improve safety, no doubt brought about by the death on a relay, but I can't be alone in thinking that the FRA has gone too far and has not thought through the implications, nor the practicality, of these changes.

The obligation to record the position and time of **every runner at every checkpoint** is not a practical proposition and nor is it useful. Over the ten years I organised the Kinder Downfall race we tried every method known to record runners through checkpoints. What happens? Tags, if used, get blown all over the place in bad conditions, hands get cold so that writing down numbers is not possible. The paper gets wet and the pen won't write and so on. This is difficult even where one is simply trying to record the first 30 or so to verify the prize list. More important, even in good conditions, there are far too many runners coming through a checkpoint at once to make any recording reliable. (Unlike the finish, checkpoints cannot organise a funnel). This applies to many races in the medium and short categories and long races in the early stages.

Equally important, the lack of certainty inherent in all of the current recording systems means that the information recorded is effectively useless. The fact that a runner has not been recorded does not mean they have not gone through the checkpoint and a runner recorded as having passed the checkpoint may not have done so. Therefore, a runner identified as missing can only be located as being somewhere on the course. All races have had the embarrassment of wrongly recording numbers at the finish (seven recorded as two and so on), recording on the hill when the Marshall is cold, wet and miserable is of dubious validity. In most cases the Marshall does not get down to provide lists of numbers until well after the rescue services have been alerted.

I would also like to know whether the recording rules apply to unmanned checkpoints with punches e.g. as at the Chew and the Karrimor.

As a former Deputy Leader of a Mountain Rescue Team who has organised many rescues, the **only** certainties I would work on when searching for missing runner are:

1. route being followed
2. point at which the runner was last sighted as opposed to recorded (i.e. seen by someone who recognised him/her)
3. common navigational errors on that race.

Recording at a checkpoint is not a certainty, and nor does it imply that the runner has continued and not looped back.

Now to the other additions to the rules.

Insisting on waterproof numbers simply adds to the cost of races.

To make the organiser responsible for vetting the competence of relay teams is not only a nonsense, it is also taking responsibility away from the competitor and placing it on the organiser. This flies in the face of modern industrial safety practice which is to put the onus for safe working back on to the operator. It is the responsibility of an organiser to make it abundantly clear that the race requires competence in certain skills and that it could be hazardous; it is **not** the organisers responsibility to check the competence in those skills. The organisers of the Three Peaks Yacht Race insist on a level of equipment and scrutinise the boats to see that the equipment is being carried. They do not vet the sailing competence of the competitors, and nor should they. If we can't accept that some activities are by their very nature potentially dangerous, then it's a sorry state we live in. I realise that these regulations may have been brought about by the insurers but if we wish our sport to continue with the same ethos we should resist these changes. If we do not resist these changes we will see a gradual reduction in races as volunteer organisers realise that now they are responsible for someone else's competence.

I am sure that there are within the FRA a number of people like myself with experience of organising races and who have been members or officials of mountain rescue teams, who would be prepared to argue the above case with the insurers and appear as expert witnesses should the need arise.

The legal profession has a saying that "one offs" make for bad law. We should resist regulating on the basis of a single incident in what should be recognised as a potentially hazardous activity. We cannot ensure the competence of individuals nor can we force them to act sensibly; if most drivers at some time break the traffic laws how can race organisers be expected to control, and be responsible for, the actions of individuals. What happens after the next fatality; do we make every race a string event if the weather is bad?

Yours in sport
Neil Goldsmith

Rumour has it...

that a certain John Richardson of Pennine Fellrunners managed to light his stove, a friend's carrymat, an acre of grassland, and almost his tent. Sufficient pyromania to ensure that the other 300 KIMM competitors swiftly moved well away!

Calendar Update Alterations and Apologies

Before you go any further, put the mag down and go and get your copy of the Calendar and a biro. Done that? Right; now turn to the inside front cover, where you will find Tony Hulme's "Running Bear" advert but no telephone number!! So; just under the address (where it should have gone in the first place) write 0625 582130. That one's 50% me and 50% the printer, so profuse apologies to Tony. While you're at it you could turn to the inside back cover, where the very last line should read: "Rivendell, 23 Helvellyn Street," and if you saw Wendy's writing you'd understand why it's wrong; 20% me, 20% the printer and around 60% Wendy but apologies to her all the same. For the third apology, see the entry for the Durisdeer Race below; definitely 100% me, that one!! I think that's all the grovelling over with, at least no-one else has contacted me yet with news of any other blunders but if you DO come across an error in your race entry please let me know so I can alter it on the database to stop it recurring next year.

And now to the updates, et al.; as usual all arranged in chronological order according to when they will NOW take place.

Sat. Feb. 9. BLAENGARW BUNNY. AS. 12.00 NOON. 3.5m/1500' from the road end at Blaengarw (GR: 900935 on sheet 170). £1 on day only. Teams (4) free. PM/NS/ER. Over 18. Records: 27.14 W. Brindle 1992; f. 33.37 J. Teague 1992. Details: C. Gildersleeve, 68 Bishop's Road, Whitchurch, Cardiff, CF4 1LW. Tel: 0222 624143.

Sat. Feb. 26. WOUND WITHER WOOD WELAY WACE. CL. 11.00a.m. 12m/1200' (4 x 3 mile/300' legs). £5 per team of 4. £2 premium for entries on the day. Details: SAE to N. Denby, 39 Withyside, Denby Dale, W. Yorks. HD8 8SF.

Sun. Mar 6. CHEW VALLEY SKYLINE RACE. AL. 11.00a.m. 13m/2000'. £5 to organiser by 26th Feb. Teams (4) free. NS. Over 18. Also junior races; 12/14 and 15/17 years; 10.45a.m.; £1 by 26th Feb. Details: F. Sykes, Tame House, Delph New Road, Dobeross, Saddleworth, OL3 5BT. Tel: 0457 870459.

Sat. Mar. 19. IAN ROBERTS MEMORIAL RELAY. 2.00p.m. 2 x 4m road; 2 x 4m fell from Marsden Cricket Club. £6 per team of 4 to organiser before 12th March of £7 on day. PM. Junior/Youths/Ladies teams welcome. Records: Fell 20.58 J. Wild; Road 20.28 C. Moore/G. Ellis. Details: R. Futrell, 26 Sycamore Rise, Wooldale, Holmfirth, HD7 2TJ. Tel: 0484 686415.

Sun. Mar 27. DURISDEER. The venue for this race is in DUMFRIES, not Perthshire as stated in the Calendar.

Sun. Apr. 10. WREKIN. The junior races at this event will start from 12.00 noon and NOT from 1.15p.m. These races will be for categories 12/14 years and 16/18 years.

Sat. Apr. 23. MANCHESTER/LEEDS RELAY. CL. 8.00a.m. 67m/??? from the Kings Arms Hotel, Helmshore Walk, Chorlton on Medlock, Manchester. £18 per team of 12. NS/LK/ER. Over 18. Record: 9.21.00 Leeds University 'A' 1992. Details: P. Davis, 21 Hartley Crescent, Woodhouse, Leeds, LS6 2LL. Tel: 0532 431979.

Sat. May 7. RAVENSTONES FELL RACE. BM. 2.00p.m. 10m/1250'. £1.50 on day only. Teams free. PM. Over 18. Details: F. Sykes, Tame House, Delph New Road, Dobcross, Saddleworth, OL3 5BT. Tel: 0457 870459.

Sat. May 7. THREE FEATHERS FELL RACE. AM. 12.00 noon. 7.25m/??' from ?? in the Brecon Beacons. £3 on day only. PM. Records: 52.10 P. Wheeler 1993. Details: C/Sgt. G. Finlayson, HQ Coy. 2RRW, Maindy Barracks, Cardiff. Tel: 0222 227611.

Sat. May 14. BELMONT WINTER HILL FELL RACE. BS. 1.00p.m. 4.5m/1000' from the Black Dog Inn, Belmont. £1.50 on day only. Teams free. PM. Over 16. Also junior races: U12/U14, 12.00 noon. 1.5m/300', £1. U16. 12.30p.m., 2m/500', £1. Records: 30.15 N. Wilkinson 1993; f. 36.30 J. Kenyon 1993. Details: M. Kelly, 9 Lake View, Belmont Village, Bolton, Lancashire, BL7 8AT. Tel: 0204 811450.

Wed. May 25. SADDLEWORTH FELL RACE. AS. 7.30p.m. 3m/950'. £1.50 on day only. Team free. PM. Over 18. Also junior race; 15/17 years; other details as main race. Details: F. Sykes, Tame House, Delph New Road, Dobcross, Saddleworth, OL3 5BT. Tel: 0457 870459.

Sat. June 25. FAN FAWR FELL RACE. AS. 12.00 noon. 2m/1000' from the Storey Arms lay-by on the A470 (GR 983203). £2 on day only. Teams free. NS. Records: 16.02 G. Patten 1991; f. 19.16 J. Teague 1991. Details: C. Ryder, 9 Catherine Drive, Tongwynlais, Cardiff, CF4 7JT. Tel: 0222 813045.

Sun. June 26. MOUNT FAMINE FELL RACE. AS. 11.00a.m. 5m/1700' from the Scout Hut, Hayfield, Derbyshire. £3 on day only. Teams free. PM. Over 16. Limit 200. Counter in the Hayfield Championship. Records: 40.01 G. Bland 1991; f. 49.20 J. Smith 1991. Details: J. McCall, Westwood, New Mills Road, Birch Vale, Stockport, SK12 5BT. Tel: 0663 742199.

Wed. July 17. WHARMTON DASH. AS. 3.00p.m. 2m/600'. £1 on day only. Teams free. PM. Over 18. Also junior race; 15/17 years; other details as main race. Details: F. Sykes, Tame House, Delph New Road, Dobcross, Saddleworth, OL3 5BT. Tel: 0457 870459.

Sun. July 24. SKIDDAW FELL RACE. This race will now take place on this date and NOT on July 3rd. The start time is also altered to 12.30p.m. Entry to the Sports Field will be £3, which includes the race entry fee.

Wed. Aug 10. UP THE NAB. CS. 7.30p.m. 4.5m/750' from Glossop Rugby Club,

Marple Road, Charlesworth. £1.50 on day only. Teams free. PM. Over 16. Records: 24.48 G. Hall; f. 27.00 C. Greenwood. Details: L. Spivey, 8 Talbot Road, Glossop, Derbyshire, SK13 9DP. Tel: 0457 855125.

Sat. Aug. 20. CROSS KEYS ROAD AND FELL RELAY. 1.00p.m. 2x3m road plus 2x2.5m fell. £6 per team of four on day only. PM. Over 18. Also junior race; 15/17 years; other details as main race. Details: F. Sykes, Tame House, Delph New Road, Dobcross, Saddleworth, OL3 5BT. Tel: 0457 870459.

Sat. Aug. 20. GREEN BELL FELL RACE. BM. 2.00p.m. 6m/1300' from Ravenstonedale Show Ground, Newbiggin on Lune, Cumbria. £2 on day only. Teams free. NS. Over 15. Records: 39.53 C. Roberts 1991; f. 41.55 C. Greenwood 1993. Details: P. Davenport, Bollam Cottage, Nateby Road, Kirkby Stephen, Cumbria, CA17 4JN. Tel: 07683 72038.

Mon. Aug. 29. CILCAIN MOUNTAIN RACE. AS. 1.00p.m. 4m/1800' from Cilcain Village centre. £2 on day only. PM. Over 16. Also junior race; 11-16 years; 1.5m; 12.30p.m. Records: 26.22 J. Messum 1986. Details: L. Wardle, Bwthyn Glas, Cilcain, Mold, Clwyd, CH7 5NY. Tel: 0352 740935.

Sun. Sept. 25. SHELF MOOR FELL RACE (BRITISH/ENGLISH CHAMPIONSHIP). This race will now take place on this date and NOT on Sept. 11th. Also the Organiser's address is now 180 Simmondley Lane, Glossop, Derbyshire, SK13 9LY. His phone number remains as in the Calendar.

Late additions...

SAT. JULY 9. WASDALE FELL RACE. AL. 11.00 a.m. 21m/9000' from Brackenclose, Wasdale (GR 184073) £3.50 by July 2nd, (cheques to CFRA). Teams free. PM/NS/LK/ER o/21 Records: 3.25.21 W.Bland 1982 F. 4.28.35 H.Diamantides 1990. Details: R.J.Eastman, 2 Maud Syke, Station Rd., Drigg, Holmrook, Cumbria CA19 1XQ. 09467 24263

SAT. SEPT 24. SCAFELL PIKE FELL RACE. AM. 1.00 p.m. 4.5m/3000' from Wasdale Head Campsite (GR 183075) £2.50 on the day, teams free, PM/NS o/16 Records: 51.43 I.Holmes 1993 f. 68.05 J.Harold 1989. Details R.J. Eastman, as above.

and other things...

GRAIG GOCH, 23rd April. This race will start at 12 noon. NOT as in Calendar.

BUTTERMERE SAILBECK FELL RACE 1994

This race, 8th May 1994, has been selected as a British and English Championship Race and, because of the restrictions on car parking in the village and the effects of a large influx of people into Buttermere Village, there will be a limit on the number of entries. NO LATE ENTRIES OR SUBSTITUTIONS WILL BE CONSIDERED.

The organisers urge all competitors to share transport, due to limited parking space.

THE ROYAL DOCKRAY RACE and MELL FELL DASH

These races will now combine to form the **Matterdale** series. There will be some changes to our format at Dockray. In the past there have been two races on the same day, we now propose to hold our medium race, which will be the first in the series, on the 3rd Wednesday evening in May.

The long race will be on its usual 3rd Saturday in June and will be renamed *The Royal Dockray Hellvellyn Fell Race* as it is extended to take in the summit of Hellvellyn.

The Mell Fell Dash - the short race - will remain unchanged, taking place on its usual day at the Ullswater Country Fair. to conclude the Matterdale Series. There will be a prize, sponsored by Pete Bland Sports, for the overall series winner.

4th Annual Tuesday Evening Mountain-Race Series (Snowdonia)

26/4/94 AS 4m/1100' **Cefn Du**. 7pm From Dolbadarn Arms, High Street, Llanberis, Gwynedd. £1 e.o.d Age 17+, Children's races. Ken Jones, 6 Blaen Ddol, Llanberis, Gwynedd LL55 4TL.

10/5/94 BS 5m/800' **Dwygyfylchi** grid ref. SH744767 7pm Dwygyfylchi, Penmaenmawr. £1 e.o.d Age 17+, Children's races Steve P.Jones, 34A Rhos Road, Colwyn Bay, Clwyd. (0492) 546902 24/5/94

BS 5m/1200' **Garndolbenmaen** grid ref. SH497442 7pm Village Hall, Garndolbenmaen. £1 e.o.d Age 17+, Children's races. Linda Owen, Cae y Llyn, Garndolbenmaen, Gwynedd. (0766) 75397

7/6/94 AS 2.5m/1200' **Moel y Gest** grid ref. SH562383 7pm Tyddyn Llwyn Hotel, Morfa Bychan Road, Porthmadog. £1 e.o.d Age 17+, local knowledge. No children's races - seniors only. Rob Piercy, Garth Terrace, Porthmadog, Gwynedd. (0766) 512450

21/6/94 AS 4m/1300' **Mynydd Mawr**. 7pm Bronyfoel Primary School. Y Fron, Caernarfon, Gwynedd. £1 e.o.d Age 17+, Children's races. Dewi Tomos, Gwelfor, Rhostryfan, Caernarfon, Gwynedd LL54 7PE. (0286) 830142

5/7/94 AS 2m/1000' **Foel Lus** grid ref. SH729772 7pm Gwesty Legend Inn (by A55 roundabout), Penmaenmawr. £1 e.o.d Age 17+, Children's races. Barbecue. Emlyn Roberts, Bro Dawel, Rock Villa Road, Penmaenmawr, Gwynedd (0492) 623503

Best 4 scores from 6 races - based on runners' times as percentage of race standard (average time of first five finishers). Prizes after last race at Foel Lus.

Further Series details from Alan T. Williams, *Tuhwntirbwlech*, Porthmadog, Gwynedd LL49 9PA. (0766) 512004.

A Cockney Conquers U.S. Pikes Peak Marathon

You're 10,000 miles from home and nearly as many feet above sea-level, you've not seen your wife, family or dog for a week, and you're breathless and dizzy - your first thought on turning at the top of the 14,210 foot high Pikes Peak Marathon race is not for England whose vest you're wearing, but for your good old faithful Walsh shoes.

Glossopdale Harrier Lou Myers, 65, from London completed the 26 mile Pikes Peak Marathon in Colorado this summer and rates it as the singular most outstanding experience of his life. He would have been lost without his faithful Walsh shoes; "Once into my stride coming down I took off. You need a good shoe to cope with the rough track."

American Matt Carpenter won in under four hours and was \$1,000 better off. The top American from Boulder trains at altitude for a month for this event. He netted this extra prize after he broke BOTH the up/ascent record and the UP and DOWN record. Two races are held - the UP only on Sat., and up and down on Sun. over the full marathon distance. Carpenter though the competition poor for the ascent race so opted for the marathon. He did not even stop for a drink recalled Lou who said "He was awesome."

Pikes Peak stands at 14,210 feet high and has a road and a railway to its top. Named after Lieutenant Pike, it was first held as a challenge in 1956. Like most there Myers felt leaden legged and a little dizzy when he turned at the top. No wonder - that's over 2½ miles high! After turning he took a while to get into his stride running down hill but when he settled down he came down well.

Lou described the course: "It is 14 miles up and goes through a forest to 11,000 feet on the Barr Trail, then out onto a very rough and stony path zig-zagging from here. The higher you got the bigger the boulders became. It was harder too because of the thin air. There was no vegetarian up there - it was 'zonk'."

Lou travelled through seven states with the Arkansas Pikes Peak Society and proudly wore an England vest, returning home to London with the freedom of Colorado Springs. In all he travelled 11,000 miles and raced 26 ... more like 28 he confided after. He also exchanged an illuminated manuscript from the Lord Mayor of London, and returned with the freedom of Colorado City and an honorary citizen of Arkansas - an excel-

lent ambassador for the country and the sport.

An article by Olympian Don Kardong in an American magazine in Sept. 1992 inspired Lou to do the Pikes Peak. First he flew to Cincinnati, then to Little Rock whose Governor one Bill Clinton sent him a personalised letter wishing him luck. From Little Rock he joined the 202 strong Arkansas Pikes Peaks Society bus and went on an 18 hour journey via Oklahoma, Texas and New Mexico to Colorado Springs in the heart of the Rocky Mountains.

Door to door he reckons it was a journey over 11,000 miles long. Other Brits who have braved this journey nearly half-way round the globe for a marathon race include the late Alan Lamb, Joss Naylor and Hugh Symonds.

Myers, a busy market trader, was born within earshot of Bow Bells and so is of right a "true Cockney". A former Clayton Harriers who began running in his thirties, he has raced on the Continent and in the Boston marathon, and considers modestly that he is good but not fast for his age. One of his most memorable moments was in Athens in 1985 when his very good friend Ron Hill, a member of Clayton-le-Moors Harriers, completed his 100th marathon.

Myers trained and raced on the hills specially for the Pikes Peaks. He trained on the Shropshire Hills and in Derbyshire, and raced in the Haworth Hobble, the Bens of Jura, Borrowdale and the 80 mile South Downs Way. At home he has a computerised treadmill and also works out in a gym twice weekly.

On hearing that Lou was off to the race England's team manager Pete Bland sent Lou an England vest. It goes without saying that Lou wore it and proudly flew the flag across the Pond. Wearing his England vest Lou did us proud in the 37th Pikes Peaks Marathon. Post cards from "The Ancient One" dropped through my letter box like autumn leaves - one informed me "Another day, another race;" another "Oklahoma here we come;" and the final one "Made it 7h 34m; will be back next year." With one under 4 hours and six the norm the pension book carrying Harrier is extremely satisfied with his run: he was the second oldest runner there.

Naturally the Glossopdale Harrier has entered next year's race (and the Rim to Rim - 40 miles in the Grand Canyon), and proves he has his heart in the hills. He was seen on check-point duty at the Karrimor and has completed the demanding Otter 40 miler from Buxton and the classic Marsden to Edale bog trot.

Neil Shuttleworth

For those interested further race details from Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937.



*Yorkshireman Colin Lancaster of Leeds City A.C. leads Simon Daws at the foot of The Lawley on the Stretton Skyline.
Photo: John Cartwright*

Tykes Take Action

For years now Juniors and Ladies alike have had to take second best in the Regional County Championships. Now Yorkshire has taken the initiative by incorporating within this year's short course Classic Kettlewell Races, medals for the U12, U14, U16 and U18 Tykes lads and lasses.

In the senior event, the ladies will also have the chance to chase gold, silver and bronze championship awards, with medals for the first men's team (3 to count). If all goes well it is hard to increase the awards to include O40, O50 and possibly more team honours, next year. But that all depends how supportive you Yorkshire born and resident folks' are, so the boots on the proverbial other foot you could say.

The Kettlewell races have had to be moved back one week due to a clash with the British Championship event Shelf Moor. So the new date for your diary is 18th September with racing starting at 12 noon for the U12's, with the climax being the seniors at 1.30p.m. the organisers are the Hawkins Brothers with 1992 F.R.A. British Champion Steve Hawkins available with any information on 0756 752941.

Yorkshire was the first region to bring its championships within its own borders, and rotates them each year between 'AS', 'AM', and 'AL'. This gives a wider challenge to the athletes, a fairer chance to all and helps to promote a different race yearly. 1995 will see an 'A' medium used, so if any organisers, or runners know of an excellent event which fits the bill within of course, Yorkshire, why not tell David Woodhead, 166 Hainworth Wood Road, Keighley, BD21 5DF, West Yorkshire. Tel: 0535 669100.

A Hard Day's Work on the Ullapool Hills

- How far are you going today then lad?

- Oh, I'm just hoping to do a couple of hills.

A "couple of hills", well a slight downplaying of my plan there, but I didn't think it wise to reveal the true extent of my proposed route to the concerned looking driver sat next to me.

As we crawled along the A835 the convoy of holiday traffic in front of us was the only clue that it was actually summer. The weather having decided to take a distinct turn for the wet and windy! which was I think the main reason for the driver's concern.

- Was this where you wanted dropping off?

- Yes, just on the left here thanks.

- It'll be very misty up there you know; you won't get lost will you?

- No, I've got a map and compass so I'll be fine, thanks, goodbye.

- Goodbye lad.

Ten-forty am, not as early as I'd hoped, but getting a lift from Ullapool hadn't been easy. As I jogged down to the east end of Loch a'bhraoin Iran over the route ahead in my mind. First I wanted to climb the two westerly outliers of the Fannich range, before heading east to join the main ridge at Sgurr nan each, and traversing west-east over seven munros to reach An coireachan. This would allow a descent north to the A835 at Loch Glascarnach, and a subsequent re-ascent to the remote munro of Am Faochagach. From here I hoped to swing north-west to the Beinn dearg group, and finally climb the very remote munro of Seana bhraigh, before descending to the finish at Inverlael, on the A835, each of Ullapool. With 15 munros, and nearly 50 miles of tough mountain running ahead of me I wondered whether I could break the magic 24 hour barrier, or whether it would prove to be too tough under these conditions.

A sketchy track led up the spur of druim reidh, allowing the summit slopes of A'chail-leach to be reached quite easily. This section was enlivened by sudden breaks in the mist which allowed glimpses of the cliffs tumbling to loch toll an lochain, however the weather showed no sign of any permanent improvement as I jogged east to Sgurr breac. I nearly went wrong here by starting to descent the north-east ridge instead of the east, but a quick traverse soon put me back on the correct line to the pass below.

The peaks of the main fannich group were all quite similar, with steep ascents and descents on grass and scree punctuated by airy traverses along the rims of corries, high above the loch studded moors below.

Beinn Liath mor fannaich was quite memorable though as it lay north of the main ridge, and climbing it involved a lot of

subsequent reascent to the ridge east of Sgurr mor. The descent to the col at its foot allowed me to drop out of the mist but I still managed to lose my rucksack for ten minutes, having left it under some rocks while I climbed the final slopes!!

The last four miles of ridge to An coireachan felt a lot easier than the preceding route, and by the time I reached the summit the rain had finally stopped. A car moving along the A835 road looked deceptively close but the map said that it was still five miles away. Boggy moorland on this section made for quite tough going, but at least there was very little ascent, and the wind decreased greatly as I lost height.

Reaching the end of the fannichs section at the A835 road, marked the start of the second stage of the run, over the Beinn dearg hills. With nine munros, and twenty-three miles behind me, I still felt quite strong and set off confidently to look for a way down and across the Abhain a gharbhraim burn. I had worried earlier on that this crossing might have been after dark, as I still had bad memories of night-time fords in the Mamlorn hills near Tyndrum, the previous Autumn. However it was still only 9.30p.m., so there was a reasonable amount of daylight left.

The best place I could find still involved a knee-waist deep ford for about twenty-five feet, but a steady jog afterwards soon got me warm again.

A rising traverse above loch coire lair, allowed me to gain about 500 feet, before I cut straight up the steep west flanks of Am faochagach. Wet and slippery rock in places made for a few "tense" moments, but the angle thankfully eased as the summit neared, and I arrived at the cairn unscathed.

An easy descent to loch prille was quite welcome, but it was followed by some awkward boulder hopping beneath cnap coire loch tuath, and again on the final slopes of cona meall. However the spectacular surroundings made the effort more than worthwhile.

I left my rucksack at the col north of Beinn dearg, and just took the compass for the climb to the summit of the crowning peak of the group. The ascent felt a lot longer than it had appeared on the map, but after food and a rest back at the rucksack, the next summit came underfoot a lot easier. The descent north from Meall nan ceapraichean involved some awkward scrambling down wet rock terraces, and my body was now really feeling the last 35 miles, but with thirteen munros already climbed, and the fourteenth only a short way above me I kept pushing on. Shortly afterwards however I discovered that I had eaten my way through the large amount of food I had started off with yesterday, and after some deliberation I abandoned the original plan of continuing north to seana bhraigh, in favour of a direct descent to Inverlael.

After a short, pathless section I joined a good path leading down to the forestry plantation above the finishing point. There was a final sting in the tail for me though, as I came across a sign saying that due to forestry operations the road ahead was closed, and the public should follow a diversionary path along the other side of the river. With only a mile to go to Inverlael I didn't really feel like diversions, so reasoning that there was probably no-one about on a Sunday morning I carried on anyway. Five minutes later I was retracing my steps, having seen a truck and two forestry workers!!

Inverlael was reached by a wet and tired very happy fell-runner at 10.10 a.m. exactly twenty-three and a half hours after leaving the destination road (A832). So I had broken the twenty-four hour barrier, although I did have to miss out Seana bhraigh.

The final tally therefore stood at fourteen munros, forty two miles, and sixteen-thousand feet of ascent.

All I needed now was a lift back to Ullapool. Several cars passed without stopping, but after about half an hour I got a lift with two walkers. A welcome end to a perfect run.

Jason Went



*Rolling hills - leaders in the Ben Nevis.
Photo: Ewen Rennie*

British Junior Home International and Open Fell Races

GRASMERE 10th OCTOBER 1993

Sunday 10th October saw the inaugural British Junior Home International being held at Grasmere on the fells in the vicinity of Butter Crag and Allcock Tarn above the Grasmere Sports Show Field.

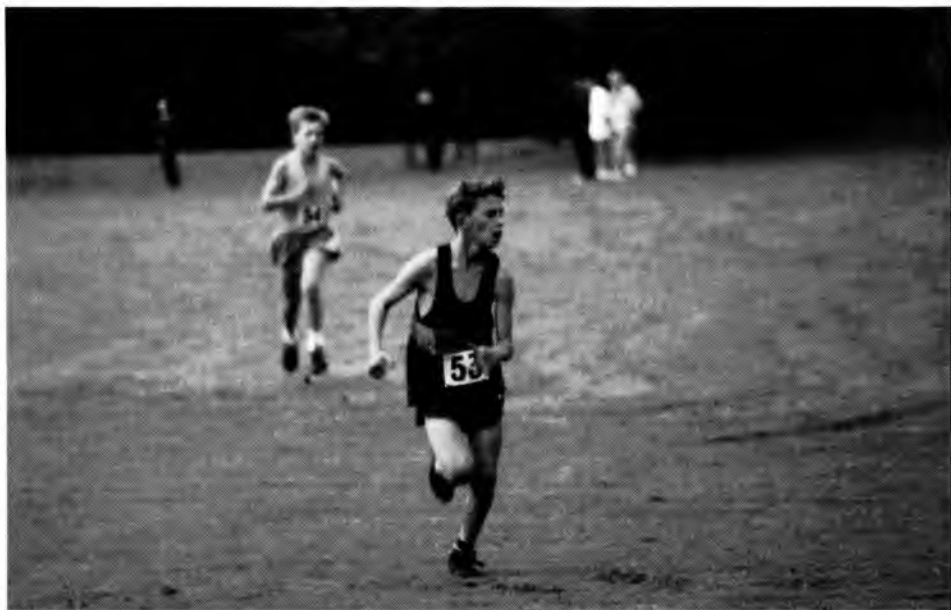
This was the cumulation of many months of hard work for a handful of people to bring together junior teams from the Home Countries of England, Wales Scotland and Northern Ireland, as well as a small but stalwart bunch of youngsters from Eire, for a weekend of meeting other runners and competing at an international level.

The weekend started on Saturday afternoon with the arrival of the International teams at the Youth Hostel in Grasmere.

Once most of the runners had arrived everyone took a ride to the sports field and then gently walked over the respective courses to familiarise themselves with all the ups and downs to come on the following day. After a fine evening meal some watched videos of the World Cup and we welcomed the arrival of the Eire contingent who were staying at the other hostel in Grasmere.

Then it was time to think about an early night and the prospects of some good competitive running the next day Sunday morning dawned a dull, calm and damp morning promising challenging conditions for the day.

The first race on the agenda was the Under 14 boys and girls open fell race which saw 57 competitors battling it out and running off up into the mist (on a well marked course!) on a steep climb up onto the middle slopes of the fell. From the start John Hart of Rochdale took the lead and no-one else was able to compete with him giving him an emphatic victory to become the Under 14 British Junior Boys Champion, followed by John Robertson (Horwich) in second place and Gavin Lamb (Pudsey) in third. First under 12 was Stuart Reid in 4th place and the first girl home was local Grasmere resident Elsie Riley (Kendal) who became under 14 British Junior Girls Champion, closely followed by Gayle Adams of Bristol second and Helen Mat-



Under 12 champion Stephen Savage beating friend and rival Stuart Reid at Ambleside Gala.

thews (Horwich) in 3rd place. First under12 girl was Kristina Lamb (Pudsey).

The second race on the programme was the Under 16 Boys International and Open Race which was blessed with the first sunshine of the day as the mist began to be burned off the fell side to give clear views of the summit of Butter Crag. This race was well won by Welshman Tim Davies followed by his younger brother Andrew in 2nd place and Neil Jackson of N.Ireland in 3rd place. First English runner was Anthony Turner in 4th place followed by Andres Jones who helped to give Wales the team prize..

Next race saw the under 18 girls take to the fell and a powerful and outstanding run by Emma Gorman of Scotland saw her run

away from the rest of the field, winning by a clear margin of 1min 21 secs from Victoria Wilkinson of England, with Linda Graham, also England, coming through to take 3rd place. Lisa Lacon in 4th place gave the English girls the team prize.

The final race of the day, the under 18 boys International and Open Race saw the most exciting run of the day over the one and a half lap course climbing up to Allcock Tarn twice. Scot John Brooks took a commanding lead and dominated the running, but Charles Sykes of England never gave up chasing and with a phenomenal last descent down the steep fields at the end of the race came to within 2 seconds of Brooks. Craig Watson in 3rd and Matt Whitfield in 4th gave England the team prize.

After the final race the action moved to Grasmere Village Hall for the prizegiving. A packed hall of runners, families and friends was honoured by the presence of World Fell Running Champion Martin Jones who came to present the awards. Firstly the English Junior Championship awards were made followed by the prizes and medals for the days races to round off a truly memorable day.

The whole weekend was a credit to all who took part and made all the efforts of the organisers and helpers worthwhile and made it a fitting showcase for Junior Fell Running in Britain. Many new friendships were struck up and the whole event occurred in a very friendly atmosphere which was a credit to all those involved.

A Video was made of the event and this can be purchased at a cost of £12 from Peter Thompson (Tel 05395 60516). A few T-shirts are still available at £3 each from Pete Bland Sports or Dave Richardson (Tel 05395 60602).

Next year it is proposed to hold the event in Scotland on the Pentland Hills near Edinburgh on the same weekend.

COMPETITION

Win a copy of the Peter Thompson video of the Junior International.

A visual prize, so a visual competition - send the editor your most embarrassing/ amusing photograph of yourself (or a mate). The video goes to the photographer, a T shirt to the 'victim' - open to Juniors only. The winning selection of pictures will be published in the June edition.

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Don't forget - we donate 25p to the FRA for every re-sole sent until 25th December 1993

F.R.A. Relay Championships 1993 Wanlockhead Scotland

(Organised by Carnethy,
Hunters Bog Trotters and Livingston)

Thank you for supporting our event. We are conscious that, as three small clubs, inexperienced in the art of officiating, we were prone to error. In particular we apologise for slowness of results on the day and for any inaccuracies in these results. Nevertheless we believe that we did provide the important essentials of our sport and that everyone enjoyed a good day out. We hope that you shared our enthusiasm for the local terrain. Being unconstrained by a network of roads and walls it gives an atmosphere of openness and remoteness, whilst convoluted steep sided hills gave many route choice problems.

The courses were intended to offer a range of length and difficulty. We believe that on "marked" legs the marking should be so clear as to preclude getting lost. Our aim on the two "navigation" legs was to invite route choice rather than to make navigation difficult, so checkpoints were all situated on major features. The excellent weather conditions ensured that very few competitors had difficulty in finding checkpoints, though some found it much harder than others to cover the ground in between. Interestingly the best times on each leg differed from the published predictions by 20, 43, 15 and 20 seconds respectively.

We congratulate all who placed highly in each class or who recorded fast stage times, but equally we applaud all who enjoyed taking part, in the spirit of hill running. In particular we commend the pairs who succeeded in running as a true team on the navigation legs, so as to support each other's performance, rather than competing against each other.

We make no apologies for disqualifying those who ignored very clear instructions on waterproof clothing. We also felt obliged to exclude those whose checkpoint cards provided no evidence of having visited some, or all, of the checkpoints. However we have still published their results separately, and we invite them to reinstate themselves in the rank order, if they feel entitled to do so.

We would like to thank all who helped, and in particular Silva (U.K.) Ltd. for prizes, marking tape, etc., Clydesdale District Council, for free use of camping facilities, the Red Cross for their expert assistance, and Frank Neville of the C.A.A. for vehicular access to the Lowthers. We are particularly indebted to the local landowners, Hopetoun Estates, Bathhurst Estates, and Buccleuch Estates for land access. The latter even provided dense smoke to simulate the low cloud so vital for challenging navigation.

Mr. Telfer, the tenant of the start field and surroundings, was extremely helpful. So was Sid Robbins, Mrs. Jennings and the Community Centre Committee. Indeed the kindness and co-operation of all the local community greatly enhanced our pleasure in organising the event.

M.H. 27.10.93

RESULTS

1. Ambleside	4th 30.43	1st 74.06	2nd 29.43	1st 61.26	195.58
2. Mercia "A"	9 31.42	2 75.42	1 26.26	2 64.06	197.56
3. Borrowdale	16 32.29	13 79.37	4 24.45	3 63.06	199.55
4. Bingley "A"	18 32.32	9 78.34	5 26.02	4 63.25	200.33
5. Clayton "A"	1 29.40	18 84.37	14 26.01	5 60.20	200.38
6. Horwich "A"	15 32.28	3 75.13	3 27.52	6 65.12	200.45
7. Dark Peak "A"	30 34.31	4 74.26	13 30.20	7 61.54	202.11
8. Kendal Vets	22 33.19	7 77.04	9 28.41	8 64.39	202.43
9. Pudsey & Bramley "A"	19 32.54	5 76.50	8 28.44	9 65.28	203.56
10. Kendal "A"	42 35.56	8 74.49	6 27.32	10 65.54	203.43
11. Keswick	11 32.12	10 79.10	15 29.10	11 64.15	204.47
12. Mandale "A"	12 32.12	14 79.59	10 27.02	13 66.31	205.44
13. Clayton Vets "A"	5 31.13	6 78.46	7 28.24	14 68.10	206.33
14. Calder Valley "A"	6 31.19	17 82.45	17 27.28	15 68.46	210.18
15. Cumberland F.R	13 32.13	15 80.02	11 27.27	16 73.51	213.33
16. Carnethy "A"	17 23.38	26 88.44	22 27.41	18 65.23	214.26
17. Preston "A"	8 31.39	19 85.41	18 27.20	19 70.18	214.58
18. Bingley "B"	23 33.21	21 86.13	20 27.57	21 70.35	218.06
19. Pennine Fell Runners	38 35.37	23 84.17	24 29.20	22 69.41	218.53
20. Clayton Vets "B"	27 33.57	22 85.48	21 28.28	23 72.31	220.44

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-The Chew Valley Skyline -

a nostalgia run over the classic course. Usual extensive pize list + 100 Skyline T shirts + Chew Stew + Licensed Bar. Can you join the elite sub 2 hour club?

SUNDAY 6th MARCH CHEW VALLEY SKYLINE FELL RACE (AL/13m/2000ft) 11.00 a.m. from Dovestone Sailing Club, Greenfield. Over 18. **£5.00.** Pre entries only (application form below). **LIMITED ENTRY.** Entry fee includes postage and hot meal. Navigational skills required. Please, **NO TRAINING OVER ALPHIN.** Also **JUNIOR RACE, 12-17, £1.00,** pre entries only. A very arduous course over rough moorland - a serious undertaking not to be taken lightly. All entries close 26th February.

SATURDAY 7th MAY RAVENSTONES FELL RACE (BM/10m/1250ft) 2.00 p.m. from Tanners Waterside Mill, Greenfield. Over 18. **£1.50** on the day only. A fast marked course, possibly a good introduction to fell racing.

WEDNESDAY 25th MAY SADDLEWORTH FELL RACE (AS/3m/950ft) 7.30 p.m. from Tanners Waterside Mill, Greenfield. Over 18. **£1.50** on the day only. **JUNIOR RACE, 15-17,** same details. A short classic of its kind with a steep rocky climb and an even steeper descent. The oldest established fell race in Saddleworth.

SUNDAY 17th JULY WHARMTON DASH (AS/2m/600ft) Short and steep; part of the Saddleworth Country Show. A good day out for all the family.

SATURDAY 20th AUGUST CROSS KEYS ROAD & FELL (2x3m road + 2 x 2.5m fell) Start 1.00 p.m. from Cross Keys inn, Uppermill. Over 18. **£6** per 4 person team on the day only. **JUNIOR RACE, 15-17,** same details. An entertaining day out for competitors and spectators alike. Pub grub and plenty of time for a pint after the race. A good family day.

THE CHEW VALLEY SKYLINE FELL RACE (1994 nostalgia run)

Sunday 6th March Please accept the following entry:

Name..... Address.....

.....Post code.....

Club..... Male Female Age.....

Entry fee enclosed.....(£5 senior, £1 junior (under 18))

Please make cheques payable to "Saddleworth Runners". Entries to: Frank Sykes, Tame House, Delph New Road, Dobcross, OldhamOL3 5BA, Tel (0457) 1111870459

SCOTTISH CORNER

AS CLEAR AS MUD

Although a long standing member of Aberdeen AAC I have also joined a newly-formed athletic club specifically for hill-runners (Cosmetic Hillbashers) as all too often I have been the sole Aberdeen AAC runner competing in hill-races or at least there have not been sufficient AAAC members to make a creditable team particularly at championship races. In an attempt to clarify my position with regard to team competition I have spoken to various officials and there has also been correspondence between the Secretary of Cosmic Hillbashers and the SAF. (At this stage it is worth pointing out that the Secretary of Aberdeen AAC accepts the formation of the new club and has agreed that AAAC does not properly provide for hill-runners).

For those who have resigned from their previous club the situation is reasonably clear - they can run for Cosmics in team competition after serving a nine month ban. (Though why they should have to serve a ban in the circumstances is beyond me).

However for those of us who still wish to retain our links with our previous clubs and run for them in cross-country and road competitions the situation is as clear as mud. BAF Rule 4(5) states that "where an athlete's first claim Club does not include all the disciplines of athletics... the athlete is eligible to represent their next claim club in any discipline of athletics for which their first claim club does not cater". (Unfortunately in Scotland virtually all clubs claim to cater for all the various disciplines as there is no financial disincentive to do so). Nonetheless given the fact that the Secretary of Aberdeen AAC is willing to leave the "Hill-running affiliation box" empty it would seem that I can compete for Cosmics in team competition.

However BAF Rule 4(5) states "only first claim members of a club may represent that Club in Open Team Competition unless the organisers have stipulated that such competition is open also to second claim members." Despite the tenor of rule 4(5) this would seem to preclude me from taking part in team competition for Cosmics although being free to run for them as an individual.

Rule 4(11) which is meant to deal with closed championships such as police or university championships seems to further complicate rather than clarify the situation.

In England most races advertise themselves as being run under FRA Rules of Competition. The relevant one is Rule 8 which states "Runners count in Team

Competition for their First Claim Fell Running Club only. This MAY be different from their First Claim road, cross-country or track Club if that Club does not cater for Fell Running". Leaving aside the question as to who decides whether or not a club caters for a specific discipline it would seem that when Cosmic Hillbashers turn out in force south of the border at Wasdale or Coniston then I can count for them in team competition but at Ben Nevis or Clachnaben I can't.

Or maybe I can. Clachnaben, which will be a Scottish Championship race in 1994, is likely to expose the total folly of the present situation as I will be part of the Cosmic Hillbashers organising team but may not be able to count for Cosmics in the team competition. On the other hand if you accept the notional argument that I can run for Cosmics, as AAAC do not cater for hill-runners, how can one explain the ten or so AAAC members who may run Clachnaben as a one-off hill race for the season? Confused? SO AM I.

- Ewen Rennie

P.S. A Registration Scheme that would allow each individual to nominate their choice of club for each individual discipline (which might mean two or more different clubs) might be one way of resolving the situation but I am certainly not in favour of paying a further £10 to the BAF for the privilege of telling them. After all I already pay out two club subscriptions (which both include an SAF/BAF levy as well as being a member of the SHRA, the FRA and Scottish Vets. That's a lot of pennies before I even buy a pair of running shoes or run a race.

If you would like to check any of the above the secretaries of the relevant Clubs are as follows:-

Aberdeen AAC: Hunter Watson. Tel: 0224 310352

Cosmic Hillbashers: Brian Lawrie. Tel: 0224 646873.

NON- PERMITTED HILL RACES

In response to the editorial in the last issue of Scottish Hill Runner which invited comment, and to avoid the danger of silence being construed as approval of the status quo, I would like to put on record my objections to the present eligibility rules that apply to SAF permitted hill races.

The present rules say:-

Any person who competes in a non-permitted hill race renders himself ineligible to compete in any permitted hill race.

Any person who competes in a permitted hill race alongside anyone who is in-

eligible for any reason will himself become ineligible to compete in any subsequent permitted hill race.

Any person who commits either of the sins described above must consider himself to be banned from entering permitted races. The SAF will not ban that person. The SAF has no procedure for banning anyone. No-one is ever officially banned by the SAF. Any sinner must voluntarily withdraw from future participation in permitted hill races.

The upshot of these rules is that every participant in every permitted hill race held anywhere in Scotland is a banned runner, with just two exceptions: (1) new members of affiliated clubs running their first race; and (2) reinstated members of affiliated clubs running their first race since reinstatement. There are not many such exceptional runners. We are all banned. Not many of us bother about applying for reinstatement.

You, dear reader, are a banned runner. I am a banned runner. I will not be applying for reinstatement. I might consider applying for reinstatement if I am informed by the SAF that a disciplinary committee has formally banned me after due consideration and by following the proper banning-people procedure. But I am on safe ground. There is no such committee or procedure.

These rules are due for scrapping. The SAF should scrap the rule that bans people who have previously run in a non-permitted hill race.

Why the rule should be scrapped:-

As the rules stand at present, any member of an affiliated club is effectively barred from competing in all his local non-permitted hill races. There are loads of non-permitted hill races in NW Scotland, and possibly elsewhere too. Nobody should be prevented from running in their own local hill races. Also, anyone who loves running in their own local non-permitted hill races and continues to do so, cannot join an affiliated club or run in any permitted hill races. This is wrong. It is also wrong for the SAF to stop people running in non-local non-permitted hill races.

The SAF's line:-

The SAF issued a statement on 16/11/93 to all affiliated clubs 'BEWARE ATHLETES PARTICIPATION IN UNPERMITTED EVENTS' to remind us all of the present eligibility rules, and also giving two reasons justifying these rules. (1) the present eligibility rules are there to protect us. (2) were the present rules to be scrapped then some local non-permitted events might suffer from the presence of club athletes. On point (1), speaking for myself, I do not need or want the SAF'S protection. On point (2), I believe the local organisers themselves are the best

judges of who they wish to have participate in their events, not the SAF.

The SAF do not state their real reason for wishing to retain the present eligibility rules. The real reason is that these rules give them a virtual monopoly of control of hill races. This gives them the freedom to inflict any rules or controls they wish without the approval or consent or even consultation of hill runners or hill races organisers themselves. eg. the SAF's hill running commission has just announced the imposition of a levy being imposed on top of the usual entry fee for championship races in order to pay for SAF expenses incurred in running the Scottish Hill Racing Championship. Has the commission considered that some hill runners or hill race organisers might object to this levy? The beneficiaries of this levy, ie championship prize winners, will always be confined to a very select few, viz those who do a lot of speed work and those who train like hell. Some hill runners might be more interested in having a good hard run out in the hills in good company than they are in championships or paying for medals and trinkets for the elite few. Are such hill runners to be disregarded? Some race organisers might object to being obliged to charge more than the usual entry fee. Some hill runners and race organisers might see this levy as just the start in dictatorial interference by the SAF in otherwise independent, successful and self sufficient hill races.

The point is:-

Scrap the present rule which prevents me competing in non-permitted hill races.

- Roger Boswell

Fantastic breakthrough:-

The SGA has allowed amateurs to participate in SGA events. Turkeys have voted for Christmas.

Disclaimer:

The views expressed by the SHRA/SAF in this article are not necessarily those of the contributors.

BAF/SAF Championship Races for 1994

This note is to confirm provisional details of the proposed BAF and SAF Championship races for 1994. The proposed Scottish races for the BAF Championship are as follows:

Merrick HR

Saturday 17 September, start time 12 noon
Category AM, 8 miles, 2710ft and approx £2.50 entry.

PLUS

Culter Fell Horseshoe

Saturday 2 July, start time 2p.m.
Category AL, 12 miles, 4000ft and £4/5 entry (under review).

OR

Chapelgill HR

Saturday 19 March, start time 3p.m.
Category AS, 1½ miles, 1400ft and approx £1.50 entry.

Note full body cover will be required for both the Chapelgill and Culter Fell races (also Pentland Skyline - see below).

We have spoken to the organisers of these races who are all keen to host a BAF championship race. The use of Merrick has been endorsed and actively supported by the Forestry Commission. The Culter Fell race will start and finish at the Crook Inn where additional parking has been arranged in an adjoining field. There will also be an area for camping on land owned by the Crook Inn. The Chapelgill Hill Race has been used for a British championship event in the past.

All of the above races have been selected as SAF championship races except Merrick HR. The other SAF selected races are as follows:-

Clachnaben HR Sunday 24th April

Creag Dubh HR Saturday 6th August

Pentland Skyline HR Sunday 9th October

Glamaig HR, Saturday 9th July

This information is provided so that your committee can hopefully help avoid clashes between other British races and our own Scottish championship in the past few years.

If you require further information or information on any of the above feel free to contact the undersigned.

*Sandy Bennet,
SAF Hill Running Commission*

From next season all Scottish Championship Hill Races are subject to a levy of 50p per competitor. This levy has the object of raising funds for SAF to help contribute towards the cost of the championship (administration, medals, trophies etc...), sending teams to international events and organising coaching/navigation events.

Clash

To avoid a clash with Ben Lomond, the Stuc a Chroin Race will now be on Saturday 30th April and Hill of the Fairies on Sunday 1st May. Details 0877 384609. Although G Coppock is no longer at the Ben Sheann Hotel, this is still the organising venue.



*John Cummins of Fife A.C., Ben Nevis.
Photo: Ewen Rennie*

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:

Name

Address

Post Code Tel.

Club

Donation	£	Life Membership.....£100.00
Amount Enclosed	£	Annual Membership.....£9.00
Signature		Junior Membership.....£5.00
Date		Affiliated Clubs.....£10.00

Upstarts

Another in the occasional series on up and coming runners in our sport. **Norman Berry** looks at the running talent of **Charles Sykes**:

The Wilson Record Breaker

At the Home Countries Junior International at Grasmere in October, a relatively unknown young man ran a superb race finishing first counter for England and a very close runner-up by just a few seconds to John Brooks of Scotland.

The reason that Charles is not so well known in fellrunning circles is that he is a pupil at one of the leading public schools of the North, Sedbergh. As this is a boarding school, Charles does not have the opportunity to run for a club at weekends and his competition is for the most part limited to schools competitions. He does, however, have the benefit of advice from a past master of the fells as Huw Symonds is in charge of running at the school. Charles has represented Cumbria Schools at Cross Country and at 3000 metres on the track and in March 1993 he was a convincing winner of the Midland and Northern Independent Schools cross country championship, beating a former twice-winner on his first appearance.

For Charles and everyone connected with Sedbergh his greatest achievement was also in March of last year when he broke the 94

year old record for Sedbergh's Ten Mile Wilson Run.

The Ten Mile is probably something like a Category C fell race, but for schoolboys is pretty tough. There are a number of steep and difficult ghylls to negotiate and the terrain on Baugh Fell is hard going especially when it is wet, which it often is. The course starts in Sedbergh and is on road and lane for about a mile and a half before climbing on to the slopes of the Howgills, known as Brant fell. After 4 miles the course crosses the River Rawthey and road at Cautley and strikes across Baugh fell for about 3 miles, before joining the Hawes road above Danny Bridge, from where the last two and a bit miles to Sedbergh are on the road. The race has a very long history, first being run in 1881.

It grew out of paper chasing which was popular at that time and has been run every year since it's inception with the exception of two; one due to an outbreak of meningitis in 1937 and in 1947 due to the great depth of snow lying over the course. The race is a very popular occasion for people connected with Sedbergh and one of the great fascinations of the race is that the record time was set as long ago as 1899 in a closely fought race. Since then only on two occasions has the winner come close to the record of 1hr 10mins 16.6 seconds and until the last 20 years, to beat 1.15 was considered very good.

Having stood for so long, many people over the year have believed that there must

be something not quite authentic about the record. People have liked to think that the course must have been different or that Victorian watches were inaccurate but what they did not seem to realise was that C.E.Pumphrey, who set the record, was an athlete of real class, the kind that you only find in any school once in many generations. Pumphrey went on to Cambridge, where he won the annual cross country match against Oxford on two occasions a feat which, today, would make him of international calibre.

On March 23rd 1993, the state of the course underfoot was very good indeed and although some nasty snow flurries made conditions not ideal, Charles Sykes slice a huge two minutes and nine seconds from Pumphrey's record. Being only 17, Charles will run again in 1994 and should he not succeed in lowering his own record then, it will no doubt last for many years to come. He performed well in the first World Trophy selection race at Sedbergh to justify his selection for the Junior International. I am sure that his name is one with which fellrunners will become increasingly familiar in the future.

Rumour has it

that the misprint in the Westmoreland Gazette that announced the Calderdale Way Relax only referred to the attitude of the organisers!

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Rules for Competition

In the June 1993 issue of **The Fellrunner**, I explained the British Athletic Federation Rules for Competition in respect of Club Membership and First Claim status. I thought I could get away with skirting around the issue of Secondary First Claim (which I didn't really understand), but following questions arising from the recent FRA British Relay Championships, I have had to do my homework.

BAF Rule 4(11) refers. The Scottish Athletic Federation and the Northern Ireland Amateur Athletics Federation recognise Secondary First Claim. An athlete must register his Secondary First Claim with SAF or NIAAF as appropriate and it is only valid for competitions wholly confined to clubs affiliated to the body granting that status. Secondary First Claim is not recognised in England or Wales.

So a First Claim member of an English club who is also Secondary First Claim member of a Scottish club must compete in Team Competition for his First Claim club unless the event is restricted to Scottish clubs only. I am not aware of any fell/hill races which are limited in this way, therefore it is quite clear that in the FRA Relay, Ian Hodgson Relay, Calderdale Way Relay, and all other team events, competitors must compete for their First Claim club regardless in which country the event takes place.

Entry to most fell/hill races is on an individual basis. It would be in order for a Secondary First Claim member of a Scottish Club to enter a Scottish race in that club's name, but he/she would be discounted for the purpose of team placings and awards. First Claim membership applies to all Open Team Competition, so I guess there would normally be little point in entering for a Secondary First Claim club.

To sum up, all fell/hill races in England and Wales must be entered as First Claim club members. For all practical purposes, the same applies in Scotland and Northern Ireland. Simple isn't it!

Those wondering, what is the point of Secondary First Claim, should remember that BAF Rules are framed to cover all aspects of athletic competition. Its application becomes more relevant (only in Scotland and Northern Ireland) when one considers the nature of cross country competition for example, where an event may be restricted to clubs in a particular county.

We cannot realistically expect the majority of race organisers to necessarily understand the First Claim/Secondary First Claim rules, nor are they able to monitor who is a member of any particular club. We look to members and clubs to regulate themselves in this matter, and hopefully avoid complaints and ill-feeling in the future.

Mike Rose

THE BOB GRAHAM IN WINTER - A BRIEF HISTORY

*Reflecting on Alison Crabb's winter BG
Martin Stone considers the unseasonal Round*

This seems like a good opportunity to provide a brief history of Winter attempts. Interest in Winter BG's can be traced back to December 1979 when Pete Simpson and I quite independently decided to try it. I was intending to have a go over New Year but after hearing of Pete's plans for the shortest 'weekend' we agreed to combine forces. In those days the challenge came from the desire to complete the round on the shortest day rather than at some time during Winter (however that might be defined). After a 4am anti-clockwise start we ran unpaced until Wasdale in classic snow conditions. I dropped out after an epic near Mickledore



Summer training for Ali Crabb for the rigours to come.

and Pete carried on in deepening snow, paced by Graham Webster and later by Martin Hudson. Pete's time of 26hrs 22mins on the 22/23 December 1979 would not be improved for 7 years.

Inspired by his time pacing Pete, Graham Webster made an abortive clockwise attempt on the shortest day of 1984 but was foiled by deep snow near Rossett. A few weeks later in January 85 he completed the round, taking 25 hours. By now, others were taking an interest and 3 attempts were prepared for 21st December 1985. It was an appalling period of torrential rain and the attempts were doomed to fail. Stan Bradshaw Jr. & Martin Stone had a meeting with their big Clayton support team, sheltering from the rain in the loos at Keswick and decided to forget the BG in favour of a good night in the pub. Graham Webster reached the summit of Skiddaw but was blown straight back down to Keswick. The late Steve Parr who was renowned for his strength and tenacity, battled for 8 hours in storm-force

winds and rain running anti-clockwise, but reached only 3 summits before retiring at Wasdale. That night Keswick High Street flooded to a depth of 6 feet! Undeterred, Steve's second attempt on 3/4th January 1986 was very nearly a success. In 22 hours he traversed 41 summits but darkness, deteriorating weather with snow showers and low morale defeated this solo/unsupported attempt at foot of the final peak, Skiddaw.

Competition to be the first to break 24 hours was growing but in view of all these unsuccessful attempts it was surprising when no less than four contenders completed the Round in under 24 hours, within about three weeks of one another in Winter 86. Selwyn Wright and John Brockbank of Ambleside AC broke the 24 hour barrier for the first time in 23 hours 6 mins on 14 December 1986, running on a moonlit night when the fells were coated with the first snows of Winter. On the shortest day, Martin Stone attempted a solo/unsupported clockwise round but was battered by a fierce blizzard at 2.30am on the Helvellyn ridge and forced to descend in white-out, reaching the A591 near Stannah and walking back to Keswick. The same night Graham Webster & Dick Mitchell followed his fresh tracks over the northern fells before they too surrendered to the elements, finding their supporter buried in snow at Grisedale Tarn. The next night Steve Parr set off in good conditions, this time travelling clockwise with support and two pacers. He ran unpaced to Dunmail through the deep fresh snow and from there was paced to Keswick with much trail-breaking required as far as Bowfell. Undeterred by his recent experience, Martin Stone set off again from Keswick on January 7th 1987 attempting to complete the first solo, unsupported sub 24 hour round. The conditions underfoot were lethal thanks to 2 weeks of freezing snowy weather. A massive anticyclone was stationary over Britain and there was not a breath of wind. This was fortunate as the temperatures dropped to -15C on the Helvellyn range and his water bottle froze solid in the sack. The ascents of Fairfield, Bowfell and Scafell provided dangerous moments in the dark on hard, consolidated snow but he finally cracked the round in 23hrs 41mins.

After a lapse of three years, Barrie Laycock and Martin Scowson of Ambleside AC completed a 22hr 6min round on 9/10th December 1989 in unseasonably pleasant weather. Mark Rigby made a clockwise attempt during Christmas 1990 but this terminated in a blizzard near Rossett. This brings us up to date and the recent success of Alison Crabb. For those who aspire to a Winter Round it would be worth considering the original concept. When we first started attempting Winter Rounds, the idea was to make the first attempt on the shortest day and if that failed or the weather was obviously unsuitable, to choose the next suitable period. The goal posts seem to have moved. Food for thought?

Training for Hill-Running Does the Theory Exist?

In late November last year the pride of Scottish hill-running (and a few assorted others) gathered in Edinburgh to discuss preparation for the 1995 World Trophy. One of the points debated was whether or not there existed the necessary body of training knowledge to properly prepare individuals for the requirements of hill-running. My own view-point was that if such a body of knowledge does exist then it certainly is not in the public domain.

What do we mean by hill-running? Clachnaben, Coniston, Ben Lomond and Snowdon are all excellent hill-races of length 9-10 miles and climb between 3-3,500 feet. However the requirements vary with Lomond and Snowdon requiring the sustained climb followed by a long fast descent down a path whilst Clachnaben and Coniston involve the runner in a succession of climbs and descents. The latter two can be differentiated by the relative lack of paths on most of Clachnaben compared to the well-trodden, if dangerous track down through the quarry at Coniston.

Whilst all of these might be considered A-mediums, the picture becomes further complicated if one takes in long and short races. The requirements of Chapelgill or El-Brim-Ick, each with winning times of under twenty-two minutes, are clearly quite different than say Wasdale or the Bens of Jura at over three hours for the winner. And then of course there are all the 'B' and 'C' type races!

The essential feature of hill-running would seem to be that the major anaerobic component of the race comes in the first quarter rather than in the final sprint to the line. (But that may also be required!). The uneven nature of the terrain may be more or less important depending on the race.

So who wins races? Looking through the Scottish calendar it is noteworthy how many records are held by orienteers (eg. Graeme Barlett and Andy Kitchin). The FRA Fixtures guide is less readable but I well remember during my time in England classic races being won by road runners or even track men such as Mick Hawkins and Kevin Capper. Is the fact that both the latter were steeplechase specialists significant?

On the World Trophy/Cup scene there have been individual British winners in King Kenny, Carol Haigh/Greenwood, Beverley Redfern and Martin Jones but it would be fair to say that only one of these, Kenny Stuart, was a hill-running specialist*. Un-



*Training for hillrunning by running the hills! Manx Mountain Marathon.
Photo: Rob Howard*

like road-running winners at a similar level we do not have their training diaries published and analysed nor the twelve week how to do it article from hill-running gurus similar to Bruce Tulloh or Frank Horwill.

So if you want to run the World Trophy next September or just beat a few internationalists at Snowdon in July how should you train? It is probably not possible to give of your best at both of them as they post quite different problems and are anyway too far apart to cover in a single "peak".

Certainly general training principles can take us that far. If you really want to give of your best then you have to periodise your year. This involves a general conditioning phase followed by a sharpening period leading into the actual competition phase. Then after some rest and recuperation it is time to start the next periodisation set. I may be possible to peak twice in a year but you definitely cannot race well all the year round as most of us try to do.

During the conditioning phase quantity rather than quality of work is important although it is probably necessary to maintain at least one session of hill-work and/or speedwork each week. General body conditioning such as circuit training should also be done during this phase. Some alteration of hard and easy weeks is also desirable.

After twelve weeks or even more of this one moves into the sharpening period. During this six to eight week period the emphasis is on key races. At World Trophy level one has to be able to run 10k in under 30 minutes but even a 4-58 miler like me can make an impression at Snowdon. The sharpening phase should be related to your actual target race but must include pure speedwork as well as speed-endurance work. With daylight now being in your favour try to do as much work as possible over the actual type of terrain that you want to do well over.

The actual competitive phase may last four to six weeks with virtually all the

quality being saved for the actual race or races. The rest of the schedule should be maintenance/recovery running.

The key sessions for the first two phases are likely to mimic the type of work done by 10k road-runners or orienteers with the emphasis on speed-endurance rather than pure speed. So its partial recovery between efforts of one to three minutes. Undulating terrain is probably preferable. Whilst it may be possible to do this with fartlek over your favourite hill run, if you are really serious about World Trophy ambitions then some standardisation of efforts may be necessary so as to allow proper monitoring of progress.

Such meaningful training will stand you in good stead but there is more if you really want to succeed. Proper nutrition will be important whilst flexibility and concentration can and should be improved.

The role of cross-training for hill-runners is an area totally unexplored in public although both Jack Maitland and Keith Anderson are noted for their cycling exploits. Clearly his triathlon training has done little to damage Jack's hill-running capabilities. And where would be be if there was £5000 on offer for winning the World Trophy?

The above is an outline of how one might train to beat the Italians in 1994 but as more and more countries join in, if we want continued British success then, to my mind it is imperative that we start sharing the information on how our stars train. Not just the eighty miles a week in winter and fifty in summer type but the actual training schedules used for several months beforehand. How about it Neil? Come on Kenny, Carol, Beverley and Martin tell us how you did it!

Comments, training schedules (and abuse) to Ewen Rennie, 19 Cromwell Road, Aberdeen AB1 6UD.

* Carol and Beverley run everything whilst Martin only does enough hill-races to be World Champion!

Ewen Rennie

Two views of a race start.... top, Victorian garb for the sponsor of Withins Skyline
— "Bronte Spring Water" as he starts the race — photo: Woodhead, bottom Allan Greenwood's view.....



Results and Reports





Paul Sheard on his way to 3rd at Winter Hill 1993 and 3rd at Holme Moss.
Photo: Allan Greenwood

HOLME MOSS FELL RACE 20.6.93

Ian Holmes finally came to run the race that bears his name, and in the process took the first five runners through, inside the course record. James Parker, Paul Sheard, Ian Ferguson and Andy Wrench gave him, and the spectators, a race to remember. It was not until the essentially downhill running from Black Hill to the finish that the order of the first five home was established.

Although, untypically, the air temperature was cool, the course has never been as boggy and this made the record all the more remarkable. For the first time, runners were more concerned with wading through water than consuming it (to the relief of the Laddow checkpoint marshals who have to carry it there).

At least one runner had to be prised out of the Black Hill Mire by several of his fellows as he floundered up to his armpits.

Coincidentally, W Holmes, of White Peak, won the Ladies' race, while Pete Buttery was first veteran and Andy Harmer set a new O/45 record. You do not have to be called Holmes to win prizes, the list was again extensive with the feeling being that anyone who gets round the course should be in the running for an award.

Once again, many thanks to the army of helpers who made the event possible and the runners who are establishing the race as one of the premier challenges in the FRA calendar. May we please request your cooperation 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 recce over this part of the course.

RESULTS		
1. I. Holmes	Bing	2.07.47
2. J. Parker	Ilk	2.10.29
3. P. Sheard	P&B	2.10.43
4. I. Ferguson	Bing	2.11.28
5. A. Wrench	Tod	2.12.41
6. A. Jones	Gloss	2.24.16
7. N. Wilkinson	Alehse	2.26.20
8. P. Buttery V	Holm	2.26.23
9. G. Oldfield	Bfd/Aire	2.26.43
10. M. Cuddy	Gloss	2.27.18

VETERANS O/40		
1. P. Buttery	Holm	2.26.23
2. R. Haigh	Ilk	2.27.34
3. M. Wilson	Holm	2.38.34
4. A. Green	Bfd/Aire	2.41.58
5. R. Poole	Gloss	2.42.44

VETERANS O/45		
1. A. Harmer	DkPk	2.27.24
2. Y. Tridimas	N Vets	2.38.46
3. R. Futrell	Holm	2.44.49
4. G. Edgerton	Merc	2.46.34
5. F. Reilly	Stock	2.53.55

VETERANS O/50		
1. C. Brown	Merc	2.49.53
2. B. Thacker	DkPk	2.52.05
3. D. Illingworth	Bfd/Aire	2.53.25
4. B. Buckley	Gloss	3.02.44
5. A. Peers	Spectrum	3.25.07

LADIES		
1. W. Holmes	WtePk	3.00.07
2. M. Dunn V	Bing	3.07.11
3. J. Johnson V	Denby	3.08.54
4. L. Robertson V	Denby	3.18.49
5. D. Bailey	Kend	3.24.15

RAINOW HILL RACE Cheshire BS/5m/750ft 8.7.93

RESULTS		
1. N. Wilkinson	C'lang	32.43
2. N. Jones	MidChesh	33.24
3. P. Pollitt	Bolt	34.05
4. N. Smart	Sale	34.10
5. A. Royle	Macc	34.12
6. R. Taylor V	Penn	34.26
7. D. Gartley	Gloss	34.28
8. K. Lomas	DkPk	34.48
9. A. Whalley	Macc	35.02
10. P. Deaville	Gloss	35.08

VETERANS O/40		
1. R. Taylor	Penn	34.26
2. T. Hulme	Penn	38.15
3. T. Woddridge	Alt	38.48
4. R. Wilde	Manch	38.57
5. S. Wood	Boll	39.02

VETERANS O/50		
1. P. Jepson	Unatt	39.15
2. J. Bradbury	Congle	39.53
3. D. Gibson	Sadd	40.50

LADIES		
1. C. Greasley V	Macc	39.49
2. S. Young	Wigan	41.05
3. S. Reason	Stock	41.12
4. E. Dawson	Boll	41.17
5. K. Harvey	Alt	42.23
6. V. Perry V	Stock	44.00
7. K. Cunningham V	Unatt	45.40
8. A. Dinsmor V	Stock	47.56

KIELDER BORDERER FELL RACE Northumberland BL/17m/3000ft 17.7.93

Even with fine weather, the Kielder Borderer, perhaps the toughest category B race in the calendar, could only attract twenty five competitors.

Those who did compete, ran the gauntlet of being bitten by adders, seen on the ascent to 'Three Pikes', or being swallowed whole in the peat during the descent therefrom. However, runners who cared to linger on Peel Fell were rewarded by views to both East and West coasts on such a clear day.

Due to heavy rain in the days preceding the event, the prospect of fast times receded rapidly with every step, particularly on the shallow, boggy climb to Deadwater Fell. Only the winner beat the magic three hour barrier.

RESULTS		
1. B. Knox V	Teviot	2.57.56
2. J. Rea V	CFR	3.07.04
3. T. Furlon	Kesw	3.10.24
4. S. Gakhar	C'mont	3.10.51
5. J. Humble V	Tyne	3.13.06
6. S. Lee	Fire Brig	3.22.18
7. W. Lawrence	Unatt	3.22.19
8. C. Scorer V	Tyne	3.25.48
9. R. Fielcher V	Tyne	3.26.44
10. J. Buchanan V	Annan	3.26.44

VETERANS O/45		
1. C. Scorer	Tyne	3.25.48

VETERANS O/50		
1. R. Hayes	Morpeth	3.27.38
2. R. Mitchell	Teviot	3.37.19
3. M. Graham	Tyne	3.54.43

VETERANS O/55		
1. J. Buchanan	Annan	3.26.44

VETERANS O/60		
1. B. Chambers	N Vets	6.42.34

LADIES		
1. R. Fielcher V	Tyne	3.26.44
2. D. Bailey V	Kend	3.54.43
3. G. Mennin	Unatt	4.16.04

TURNSLACK FELL RACE RESULTS 24.7.93

Well, it was a real poor turn out for the sixteenth Turnslack Fell Race, it goes to show the FRA Calendar is the Fell Runners race bible. I love losing money on race day. Not to mention the Calderbrook Church Committee throwing away loads of food not sold, as only ninety five runners turned out, as opposed to the normal two hundred plus. These old ladies had made sandwiches, cakes etc, in their own time just so they could pull in a few bob towards keeping the

church going. I think its about time there was a system, so long time classic races will not get omitted from the calendar again.

Anyway, as to the race, I know it was a tiny field, but it attracted some good competition. Steve Hawkins registering his second win in this race, was two minutes outside his 1992 record. The fast improving Merv Keys ran him close early on, but the return, Steve opened up and let it rip to the finish. Nice to see Shaun Livsey still turning out. Might I say one of three Rossendale Runners, thanks lads, I thought I was a friend.

The O/40 had a close battle, with our own Dave Beels just missing out to Cumbrian R Clucas by eight seconds. Local lass Glynda Cook, the Rochdale school teacher, won yet again, finishing thirty ninth out of ninety eight starters. Horwich won the team prize with fifty two points, from Clayton with sixty points. Rochdale won the veterans team, four to count. Come on organisers, its time to think about including more veterans teams in your prize lists. Its interesting to note that out of ninety five finishers, fifty were over forty veterans. Where are the young talent I ask?

See you next year (I hope).

Kev Shand RESULTS		
1. S. Hawkins	Bing	55.51
2. M. Keys	Ross	58.58
3. S. Livesey	Clay	59.51
4. G. Schofield	Black	60.25
5. P. Sheard	P&B	61.19
6. A. Wrench	Tod	62.59
7. J. Logue	Horw	63.09
8. G. Hawkins	Bing	63.32
9. C. Lyon	Horw	64.15
10. R. Clucas V	CFR	64.40

VETERANS O/40		
1. R. Clucas	CFR	64.40
2. D. Beels	Roch	64.48
3. J. Dore	Roch	68.06
4. B. Crewdson	Black	68.09
5. I. Holloway	Roch	69.00

VETERANS O/45		
1. B. Mitchell	Clay	67.57
2. J. Talbot	Tod	69.45
3. C. Taylor	Clay	71.18
4. C. Choyce	Clay	73.48
5. R. Cowling	Unatt	74.56

VETERANS O/50		
1. D. Lucas	Roch	78.19
2. D. Tomkinson	Roch	89.13
3. J. Francis	Clay	90.19
4. A. Ainsworth	Tod	92.56
5. E. Rathbone	Mid'ton	100.16

VETERANS O/55		
1. A. Shaw	Roch	73.30
2. G. Arnold	Prest	87.43
3. B. Hughes	Liv/Pem	90.20

VETERANS O/60		
1. B. Leathley	Clay	85.47

LADIES		
1. G. Cook	Roch	75.20
2. J. Rawlinson V	Clay	78.54
3. J. Town V	Denby	79.38
4. L. Bostock V	Clay	82.15
5. L. Warin	Skip	83.44

CAW SUMMIT Cumbria AM/6m/1800ft 4.8.93

A new checkpoint on the knot to stop runners using the road, made the run more enjoyable, and the winning time slower than last year. Good conditions ensured all runners had a good time despite some getting lost in the bracken, through which route finding is essential!!

RESULTS		
1. J. Atkinson	Amble	52.27
2. N. Lanaghan	Unatt	54.34
3. B. Evans	Amble	54.41
4. S. Hicks	Borr	54.59
5. B. Postlethwaite	Barrow	57.09
6. M. Forrest	C'mont	57.29
7. M. Stone	Clay	58.07
8. B. Addison	Kend	60.22
9. A. Wood	BCR	60.52
10. A. McCluskey	CFR	60.58

VETERANS O/40		
1. P. Corris	L&M	61.20
2. K. Lindley	BCR	61.58
3. G. Corless	ManYMCA	62.52

VETERANS O/50		
1. P. Dowker	AchRat	68.46
2. C. Rushton	Wesham	72.08
3. K. Nixon	BCR	72.44

VETERAN O/60		
1. J. Peel	BCR	81.48

LADIES		
1. C. Kenny	AchRat	66.50
2. J. Saul	C'mont	75.59
3. V. Hindmarsh V	BCR	76.20



... and Phil Sheard, also at Winter Hill.
Photo: Allan Greenwood

BORROWDALE FELL RACE Cumbria AL/17m/6500ft 7.8.93

Thanks once again for coming to the 'Borrowdale'. Two hundred and eighty six starters, despite poor weather forecasts the week before and this year not being a championship race. Thanks also to many people who helped with the race, but to mention a few: Miles Jessop, Scafell Hotel and Rathbones of Keswick without who we could not offer the value of prizes and facilities, and to the members of Borrowdale and Keswick on the finish who have to stay until all are accounted for.

That's the thanks, now the congratulations:- Gavin on his third win, Borrowdale Fell Runners for a clean sweep of both team prizes, six finishers in the first seven - Well done Colin, you at least stopped a complete whitewash at the front!

Next year is the twenty first running of the race, and we look forward to welcoming you once again to a classic race, but more than that, a full social weekend.

Pete Barron & Ann Bland

RESULTS

1. G. Bland	Borr	2.47.43
2. S. Booth	Borr	2.52.15
3. I. Bland	Borr	2.58.56
4. B. Bland V	Borr	3.07.49
5. C. Valentine	Kesw	3.09.50
6. A. Schofield	Borr	3.14.01
7. D. Wilkinson	Borr	3.14.22
8. C. Moses	Bing	3.17.38
9. J. Holt V	Clay	3.20.02
10. M. Keys	Ross	3.20.51

VETERANS O/40

1. B. Bland	Borr	3.07.49
2. J. Holt	Clay	3.20.02
3. H. Jarrett	CFR	3.28.39
4. I. Charlton	Kesw	3.33.56
5. R. Haigh	Ilk	3.35.38

VETERANS O/50

1. D. Ashton	Black	3.35.52
2. J. Nuttall	Clay	3.39.43
3. B. Jackson	Horw	4.16.10
4. E. Sullivan	Clay	4.18.47
5. J. Taylor	Ambie	4.21.29

VETERANS O/60

1. B. Fielding	Fellan	4.20.48
2. D. Hodgson	Ambie	4.21.08
3. B. Thackery	DkPk	4.39.32

LADIES

1. M. Todd	Ambie	3.53.40
2. K. Arnold	CFR	4.21.51
3. N. Jones	H'gate	4.24.39
4. G. Cook	Roch	4.29.58
5. S. Newman	Gloss	4.36.21
6. K. Jackson	Kesw	4.45.29
7. P. Line V	Settle	4.47.29
8. J. Finney	Totley	4.52.20

WAUN FACH

Powys AM/7m/2000ft 7.8.93

RESULTS

1. P. Wheeler	MDC	46.00
2. D. Hughes	Hebog	46.38
3. H. Griffiths	Hebog	48.56
4. M. Ligema	Croft Amb	49.36
5. S. Wilkes	Bangor	50.02
6. A. Gartside	Bangor	50.44
7. T. Davies	Merc	50.54
8. G. Owen	Eryri	51.03
9. N. Webb	MDC	51.29
10. P. Maggs	MDC	52.25

VETERANS O/40

1. J. Darby	MDC	55.01
2. W. Waine	Leam'ton	58.35
3. M. Lucas	MDC	59.30
4. M. Grambrill	Thanet	60.00
5. A. Andrews	Unatt	60.50

VETERANS O/45

1. D. Gwilym	MDC	64.38
2. T. Smith	MDC	65.28
3. C. Simms	Griff	66.09

VETERANS O/50

1. D. Williams	Eryri	54.39
2. F. Ulman	Eryri	66.42
3. E. Meredith	MDC	67.43

VETERANS O/55

1. G. Jones	MDC	67.03
2. R. Owensmith	MDC	74.42

VETERANS O/70

1. E. Leal	Ryde	83.48
------------	------	-------

LADIES

1. J. Coker	MDC	60.25
2. D. Kenwright V	Sarn	61.00
3. J. Huybs	Blaenafon	61.54
4. J. Lloyd	Eryri	65.24
5. S. Woods	MDC	69.43
6. S. Lloyd	Eryri	74.30
7. L. Smith	MDC	78.46

JUNIORS

1. T. Davies	Merc	50.54
2. C. Shepherd	Wrex	53.38
3. D. Lewis	MDC	54.57

TEGGS NOSE FELL RACE Cheshire BM/6.5m/1100ft 14.8.93

It was great to put on an event and have people congratulating you on the organisation and course. Most years someone has a moan about something, not this year, what a relief. Dave Neill came along with his Mercia team mates and took all the prizes, or so it seemed, with Daves outstanding win. Phil Bowler going as well as ever, the first veteran in fourth place, to give Mercia the team prize.

Cecilia Greasley took the ladies race easily, the only bright spot for Macclesfield.

Greg Rawson

RESULTS

1. D. Neill	Merc	48.37
2. S. Willmot	Merc	50.15
3. M. Fowler	Penn	50.44
4. P. Bowler V	Merc	50.54
5. R. Jackson	Horw	51.21
6. D. Gartley	Gloss	51.59
7. A. Royle	Macc	52.07
8. C. Leigh	Traff	52.24
9. A. Jones	Gloss	52.39
10. P. Light	Staffs	52.50

VETERANS O/40

1. P. Bowler	Merc	50.54
2. P. Weatherhead	Wirral	54.13
3. J. Kershaw	Macc	54.20
4. R. Clucas	CFR	55.05
5. T. Hulme	Penn	55.11

VETERANS O/50

1. M. Frayne	Hels	58.03
2. R. Tunstall	Hels	62.03
3. B. Smith	Clay	70.07
4. A. Bourne	N'castle	71.31
5. B. Hughes	LivPem	71.58

VETERANS O/60

1. J. Newby	Tod	72.15
2. R. Read	Wilm	73.29
3. J. Withers	Stock	77.28

LADIES

1. C. Greasley V	Macc	58.23
2. C. Banlin	Hels	63.25
3. S. Stafford V	Goyt	67.49
4. L. Owen V	BelleVue	71.26
5. A. Dinsmoor V	Stock	72.40
6. A. Mason V	Macc	76.49
7. L. Cheetham V	BelleVue	77.56
8. S. Jones	Unatt	78.17

JUNIORS

1. N. Woodall	Unatt	66.08
2. R. Pearson	Unatt	79.50

PILGRIMS CROSS FELL RACE 5.5m/1000ft 18.8.93

This new Rosendale Harriers promotion was blessed with fine weather. Starting from the Station Hotel, Helmshore the race takes a figure of eight route over Holcombe Moor, with the massive rock plinth of the Pilgrims Cross at the cross over point.

Claytons' Simon Thompson had a guided tour of the route from organiser Mervyn Keys until the approach to the cross for the second time where Simon took off for a nineteen second win. Martin Corbett of Rosendale came in third, Pete Irwin in seventh, completing the winning team.

Veteran O/45, Tony Hesketh, in fifth position provided inspiration for those still young at heart, while Carol Greenwood in twelfth position dented plenty of male pride, with another outstanding run. Eighty six entries this year, we will be in the calendar next year. Thankyou to all the helpers, there would not be a race without you, and to P&P PLC for the Sponsorship.

Mervyn Keys

RESULTS

1. S. Thompson	Clay	34.59
2. M. Keys	Ross	35.18
3. M. Corbett	Ross	36.03
4. I. Greenwood	Clay	36.58
5. T. Hesketh V	Horw	37.18
6. P. Irwin	Ross	37.27
7. D. Thompson	CalderV	37.54
8. J. Smith	CalderV	38.19
9. D. Naughton	Acc	38.22
10. S. Breckell V	Clay	38.24

VETERANS O/40

1. S. Breckell	Clay	38.24
2. I. Barnes	Ross	41.23
3. G. Newsam	Clay	41.29
4. M. Sadula	Roch	42.41
5. T. Spicer	Ross	43.15

VETERANS O/45

1. T. Hesketh	Horw	37.18
2. K. Taylor	Ross	40.08
3. J. Talbot	Tod	42.23
4. R. Cowling	Unatt	43.45
5. R. Fell	Ross	46.17

VETERANS O/50

1. P. Jepson	Unatt	43.34
2. G. Navan	Ross	50.06
3. G. Arnold	Preston	50.25
4. R. Orr	Clay	50.45
5. W. Wilkinson	Clay	55.40

LADIES

1. C. Greenwood	Calder	38.52
2. J. Lee V	Clay	47.39
3. J. Keys	Ross	48.10
4. L. Warin	Skip	49.57
5. J. Hindle	Clay	52.13
6. T. Briggs	Unatt	56.20
7. C. Lyon	N'burgh	56.26
8. E. Irwin V	Clay	58.14

JUNIORS

1. L. Wilford	Bing	39.09
2. A. Pendergast	Chorley	39.17
3. W. Metcalfe	Ross	45.52



Jonathan Bland, 3rd at Borrowdale.
Photo: Allan Greenwood

CROOK PEAK RACE

Somerset

AS/3m/800ft 25.8.93

On a warm summer evening in Somerset, forty two runners started on the evenly graded one mile, five hundred feet ascent of Crook Peak, a Western Mendip summit. Whilst most runners were still negotiating the limestone outcrop off the peak, Pete James had broken away from his frequent rival, Clive Hallett, as they led up the second climb on to Wavering Down.

After dry preceding weeks, the short, well nibbled turf had the speed of a tartan track. Putting this to good use Pete was never challenged, racing home to break his own course record by over a minute.

This year's race saw the welcome addition of women runners. Alice Bedwell winning convincingly, she set up a fine record and finished well up in the men's results.

Will Robbins

RESULTS

1. P. James	MDC	18.18
2. C. Hallett	Bristol	19.02
3. M. Yarnell	W'bury	19.42
4. C. Lyon	Horw	19.50
5. M. Saunders	MDC	19.58
6. P. Murray	W'bury	20.09
7. D. Gilchrist		20.44
8. A. Bickerstaff	GWR	20.50
9. C. Ashworth	Dursley	21.00
10. K. Robinson V	Black	21.10

VETERANS O/40

1. K. Robinson	Black	21.10
2. T. Lewis	Dursley	21.29
3. K. Graham	Wyven	22.14
4. M. Channon	Cheddar	23.09
5. E. Swift	Horw	25.17

VETERANS O/50

1. D. Bandy	Leam'ton	23.11
2. M. Horwood	Cleve	24.58
3. P. Robbins		27.50
4. J. Battersby	GWR	28.14
5. D. Robbins	GWR	28.48

LADIES

1. A. Bedwell	MDC	22.38
2. C. Lyon	N'burgh	26.31
3. M. Blue	Yate	26.38
4. S. Stirrups		26.43
5. H. Kelsey		31.29
6. J. Muirlittle		34.58

DENIS STITT MEMORIAL RACE

West Yorkshire

BS/5m/1100ft 26.8.93

RESULTS

1. A. Hauser	Fellan	29.23
2. D. Watson	Holm	30.02
3. C. Greenwood	CalderV	30.36
4. T. Haywood	Merc	30.49
5. J. Wootton	Bing	31.00
6. D. Bonnington V	Hallam	31.01
7. J. Lindop	Stock	31.28
8. I. Mitchell V	Longwood	31.56
9. K. Davis	P'stone	32.01
10. P. Dolan	HolmeV	32.03

VETERANS O/40

1. D. Bonnington	Hallam	31.01
2. I. Mitchell	Longwood	31.56
3. R. Innis	S'bridge	32.30
4. W. Waine	Leam'ton	33.51
5. H. Holden	Holm	34.51

VETERAN O/45

1. R. Futrell	Holm	32.27
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VETERAN O/50

1. M. Coles	Skyrac	36.25
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VETERANS O/55

1. D. Balmforth	HolmeV	33.41
2. K. Balmforth	HolmeV	34.10

LADIES

1. C. Greenwood	CalderV	30.36
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ROAN FELL RACE

Roxboroughshire

BM/8m/1500ft 28.8.93

Hot, sunny conditions prevailed for this year's race, in contrast to the recent wet weather. From a relatively safe third position I was able to witness a great battle for the honours between Langholm's Walter Borthwick and Teviotdales's John Tullie.

Borthwick dominated the arduous climb to the first summit cairn and by the approach to the trig point his lead appeared unassailable. However, Tullie kept in pursuit and in the run down to Blackburn Farm, he came through to win for the second year running.

Tony Furlong

RESULTS

1. J. Tullie	Teviot	1.11.03
2. W. Borthwick	Langholm	1.12.02
3. T. Furlong	Kesw	1.18.02
4. R. Turnbull V	Solway	1.20.13
5. W. Lawrence	FRA	1.20.27
6. J. Stout V	CFR	1.20.28
7. W. Kinnear V	Annan	1.23.04
8. J. Westhall	KORB	1.24.42
9. T. Larb	KORB	1.26.22
10. G. Ryan V	Owls	1.26.35

VETERANS O/40

1. R. Turnbull	Solway	1.20.13
2. J. Stout	CFR	1.20.28
3. W. Kinnear	Annan	1.23.04

LADIES

1. S. Davidson	N'castleton	2.00.56
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JUNIORS

1. I. Gilchrist	Unatt	11.47
2. G. Cuthbert	Unatt	12.15
3. N. Faulder	Unatt	12.38

MOUNT SKIP FELL RACE

West Yorkshire

BS/4.5m/1000ft 28.8.93

A much smaller entry than usual, because of the clash with the English Championship race at Pendleton. The highlight was Carol Greenwood's fifth place, breaking the ladies record by over two minutes. Thanks to all runners, hope you enjoyed the race. Thanks to all the marshals from Calder Valley Fell Runners.

RESULTS

1. M. Corbett	Ross	31.08
2. G. Webb	CalderV	31.48
3. T. Lofthouse	Bing	32.14
4. J. Feeny	Bing	32.53
5. C. Greenwood	CalderV	33.08
6. J. Winder V	CalderV	33.13
7. D. Ashworth	Mid'ton	33.23
8. A. Wimpenny	CalderV	34.14
9. W. Brown	Dews	34.20
10. B. Horsley V	CalderV	35.12

VETERANS O/40

1. J. Winder	CalderV	33.13
2. B. Horsley	CalderV	35.12
3. G. Newsam	Clay	35.36
4. P. Bates	LdsCty	36.48
5. J. Baker	E.Hull	37.07

VETERANS O/50

1. L. Sullivan	Clay	39.18
2. R. Blakely	Unatt	40.58
3. B. Pycroft	Bury	46.01

LADIES

1. C. Greenwood	CalderV	33.08
2. J. Ashworth	Mid'ton	41.59
3. L. Warin	Skip	45.11

VETERAN O/70

1. J. Niblett	Horw	64.16
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JUNIOR

1. D. Buy	R'trees	45.57
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JUNIOR RACE

1. G. Ehrhardt	Tod	16.11
2. A. Breaks	H'fax	17.29
3. R. Hartman	BfdGmr	17.41

BRECON BEACONS FELL RACE

Powys

AL/19m/4500ft 28.8.93

Warm and humid conditions prevailed throughout the race, which caused times to be slower than average despite good visibility. Pete Irwin tried to prevent John Nixon's third win, but John forced the pace on the ascent of Cribin and thereafter was not seriously challenged.

Mynyddwyr De Cymru's usual domination of local races took a bit of a battering, with the local lads being beaten by a lady, veteran and superveteran from Croft Ambrey, including Peter Hamilton who made the headlines at this race last year for all the wrong reasons!

It was good to see so many different clubs represented, with many runners travelling long distances to take part. Next year the route will be anticlockwise in direction - see you there.

Old Greybeard (Martin Lucas)

RESULTS

1. J. Nixon V	Horw	2.42.40
2. P. Irwin	Ross	2.47.45
3. A. Haynes	Eryri	2.49.08
4. M. Parker V	Keynham	2.50.00
5. J. Rogers	E.Hull	2.50.56
6. M. Palmer	Unatt	2.53.58
7. I. Powell	Wrek	2.54.29
8. J. Darby V	MDC	2.54.51
9. P. Cleary	CalderV	2.59.46
10. J. Bass	UWCC	2.59.48

VETERANS O/40

1. J. Nixon	Horw	2.42.40
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2. M. Parker	Keynham	2.50.00
3. J. Darby	MDC	2.54.51
4. M. Hirst	Denby	3.17.47
5. P. Hamilton	Croft Amb	3.18.36

VETERANS O/50

1. G. Swindon	Glouc	3.24.40
2. B. Davies	Croft Amb	3.30.52
3. T. Gravina	M'boro	3.35.53
4. E. Meredith	MDC	3.44.20
5. C. Jones	MDC	3.52.08

LADIES

1. J. Tyler V	Croft Amb	3.29.11
2. S. Ashton V	MDC	3.52.46

MACHEN WELFARE MOUNTAIN

RACE

Gwent

BS/5.5m/1000ft 30.8.93

Numbers for this years race were down by eight, but there was a slight increase in lady entrants. The weather on race day was sunny and very warm. All entrants completed the course with no incidents reported. Food and refreshments were provided after the race, and the Machen Welfare Association held a mini fete whilst the race was on.

J Gough

RESULTS

1. S. Hodkiss	CtyBath	34.02
2. N. Adams	Bristol	34.11
3. G. Woods	CtyBath	35.00
4. D. Richards	MDC	35.32
5. A. Woods	CtyBath	35.48
6. J. Wherlock	Westbury	36.02
7. S. Beaze	Brych	36.38
8. A. Woods	MDC	37.05
9. N. Webb	MDC	37.40
10. K. Hodkiss	CtyBath	37.50

VETERAN O/40

1. G. Parsons	Chep	39.34
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LADIES

1. C. McCarthy	CtyBath	43.15
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CILCAIN MOUNTAIN RACE

Clwyd

AS/3.75m/1800ft 30.8.93

The day was bright with sunshine. One hundred and twenty two runners, ten ladies, ten juniors, twenty five veterans and twenty super veterans.

In less than two miles the course climbs over 1000ft. Mick Ligema reached the summit in seventeen minutes dead. It is interesting to see that the first lady, Andrea Priestley was only three minutes and fifty seconds, behind husband/brother? Mark Priestley, who was fifth overall.

A good close race between Alan Duncan and Tony Hulme for the veterans prize (twelve seconds). For the super veterans less than two minutes covered the first five athletes, the prize going to James Thomas with a good time.

The junior prize (sixteen to eighteen years) was won with the excellent time of thirty two minutes and twenty eight seconds by David Morris, a former winner of the Junior Race that precedes the main event.

Apart from Andreas' runaway victory in the ladies event, a good close race with only a minute between the next three finishers.

J Wardle

RESULTS

1. M. Ligema	27.59
2. J. Hey	28.17
3. K. Prydderch	29.07
4. G. Cresswell	29.19
5. M. Priestley	29.27
6. D. Birch	29.44
7. A. Duncan V	30.53
8. T. Hulme V	31.05
9. P. Hill	31.15
10. P. Target	31.46

VETERANS O/40

1. A. Duncan	30.53
2. T. Hulme	31.05
3. G. Brassington	33.01
4. M. Rosser	35.17
5. C. Clode	35.01

VETERANS O/50

1. J. Thomas	34.19
2. J. Darden	35.34
3. D. Smith	35.41
4. G. Lloyd	35.44
5. R. Tunstall	36.11

LADIES

1. A. Priestley	33.23
2. R. Dorz	39.43
3. A. Bond	40.06
4. S. Jones	40.54
5. T. Briggs	43.00
6. L. Kemp	45.37
7. A. Lowry	46.30
8. K. Hopwood	47.42



Sue Ashton, 2nd at Stretton Skyline.
Photo: John Cartwright

CAFOD GRISEDALE HORSESHOE Cumbria AM/10m/4400ft 4.9.93

This year the Grisedale Horseshoe attracted one hundred and seventy four runners, making it the best attended race yet in its brief three year history. It was very gratifying to see such a large, high quality field rising to the challenge that this demanding fell race poses. Three clubs chose to make it their own championship race, a much appreciated affirmation! Weather and running conditions were generally, again, very good, even so the leaders time was down on last year.

It seems to be a very borderline course, alternating between AL and AM.

Competitors will know that all proceeds from the race are used to support an international charity - CAFOD - which is currently heavily involved in bringing relief to the former Yugoslavia, amongst others. Last year we raised almost £1500, this year we shall see when all the sponsorship money is in!

All this is made possible only by the enormous efforts of our helpers and supporters. Many competitors have commented on the quality of the support, and refreshments they receive during and after the race. The re-assurance of having the close support of our radio telecommunications experts, Raynet, is invaluable to runners and helpers alike.

Thanks to all for making it such a successful race. Hope to see you again at the next race on the first Saturday in September 1994!

Peter McHale

RESULTS

1. B. Thompson	CFR	1.45.48
2. M. FanningT	Borr	1.46.03
3. B. McGhee		1.47.05
4. M. Jubb	DkPk	1.47.18
5. G. Schofield	Black	1.47.30
6. B. Bland V	Borr	1.47.49
7. G. Webb	CalderV	1.48.27
8. J. Wooton	Bing	1.49.02
9. D. Woodhead	Horw	1.49.08
10. P. Clark V	Kend	1.49.24

VETERANS O/40

1. P. Clark	Kend	1.49.24
2. H. Jarrett	CFR	1.53.56
3. M. Richardson	Amble	1.57.07
4. H. Nicholson	Clay	1.57.24
5. J. Winder	CalderV	1.57.33

VETERANS O/45

1. B. Bland	Borr	1.47.49
2. M. Wallford	Kend	1.58.53
3. J. Coulson	CalderV	1.59.48
4. B. Rawlinson	Roch	2.01.05
5. B. Linsley	CFR	2.06.06

VETERANS O/50

1. R. Bell	Amble	2.01.12
2. T. Baxter	CFR	2.12.11
3. D. Fibson	Sadd	2.18.48
4. B. Johnson	CFR	2.18.55
5. J. Taylor	Amble	2.18.59

VETERANS O/60

1. B. Fielding	Fellan	2.17.12
2. D. Hodgson	Amble	2.25.57
3. B. Leathley	Clay	2.32.54

LADIES

1. R. Pickvance	Kend	2.11.03
2. C. Greasley V	Macc	2.15.24
3. G. Walkington V	Horw	2.20.44
4. K. Beatty	CFR	2.21.30
5. I. Arnold	CFR	2.22.29
6. L. Lord V	Clay	2.23.44
7. A. Crabb	Amble	2.26.30
8. G. Barnes V	Amble	2.31.45

BEN NEVIS RACE

Inverness-Shire
AM/10m/4400ft 4.9.93

It was a gloriously clear day, though perhaps a little hot for running up and down Britain's highest mountain. There was a somewhat smaller field than usual, with three hundred and forty six starting instead of the usual four hundred. The World Championship in France the same weekend took their toll.

George MacFarlane

RESULTS

1. G. Bartlett	Forres	1.33.38
2. A. Peace	Bing	1.34.43
3. R. Whitfield	Bing	1.35.23
4. G. Bland	Borr	1.35.47
5. J. Bland	Borr	1.36.35
6. P. Mitchell	Bing	1.36.40
7. J. Thin	Carn	1.37.21
8. J. Hepburn	Loch	1.37.40
9. C. Moses	Bing	1.38.04

10. S. Jackson	Horw	1.38.30
11. B. Rodgers	Loch	1.38.54
12. A. Wrench	Tod	1.39.21
13. A. Schofield	Borr	1.40.23
14. B. Clough	Amble	1.40.47
15. T. Jones	Rhed Ery	1.41.36
16. A. Bowness	CFR	1.41.51
17. D. Grundy	Bolt	1.43.52
18. S. Hicks	Borr	1.44.12
19. D. Crowe	Shett	1.45.37
20. M. Fleming	Amble	1.45.43

VETERANS O/40

1. R. Whitfield	Loch	1.35.23
2. D. Grundy	Bolt	1.43.52
3. J. Holt	Clay	1.46.24
4. K. Carr	Clay	1.47.38
5. E. Parker	Amble	1.48.24

VETERANS O/50

1. J. Nuttall	Clay	1.49.23
2. C. Love	DunHawk	1.56.23
3. D. Quinlan	Bing	1.58.04
4. D. Amour	HHH	1.59.11
5. G. Clark	Arb	1.59.41

LADIES

1. J. Farmer	Loch	2.02.18
2. L. Hope	Loch	2.09.38
3. J. Anderson	Loch	2.11.42
4. J. Shreiber	P&B	2.11.55
5. H. Searle	Loch	2.24.03
6. R. Fletcher	Tyne	2.25.34
7. M. Dunn	Bing	2.25.42
8. S. Hay	HHH	2.29.22

STRETTON SKYLINE RESULTS

Shropshire
BL/18.5m/4450ft 5.9.93

RESULTS

1. D. Neill	Merc	2.24.34
2. T. Longman	Hunc	2.30.32
3. S. Entwistle	Gloss	2.31.12
4. P. Cadman	Merc	2.32.46
5. G. Davies	Merc	2.33.16
6. T. Haywood	Merc	2.36.56
7. R. Day	Merc	2.37.40
8. I. Powell	Wrek	2.38.47
9. M. Pearson	Oswest	2.40.22
10. S. Taylor	Prest	2.41.47

VETERANS O/40

1. T. Longman	Hunc	2.30.32
2. M. Wittering	Hunc	2.43.19
3. W. Marsh	TarHend	2.43.40
4. B. Russell	D&K	2.46.00
5. J. Richards	Shrews	2.52.57

VETERANS O/50

1. K. Burgess	Alt	2.45.57
2. R. Hyman	Merc	2.51.00
3. F. Thomas	DkPk	2.51.35
4. J. Pegg	D&K	2.59.29
5. C. Brown	Merc	3.02.20

LADIES

1. A. Priestley	Fellan	2.57.36
2. S. Ashton	MDC	3.12.12
3. L. Warin	Skip	3.26.04
4. C. Robinson	H&H	4.20.54

WOLSINGHAM SHOW FELL RACE

Co. Durham
N/3.5m/450ft 5.9.93

This, the second grand prix event at Wolsingham Show, only nineteen runners started this gruelling route up towards Bowlees Farm, and then towards Greenwell Farm, led by Joe McCready closely followed by Keith Wood.

Joe McCready kept his lead and won in a time of fifteen minutes and thirty seconds, followed by Keith Wood and Gavin McAdam.

RESULTS

1. J. McCready	15.30
2. K. Wood	15.48
3. G. McAdam	15.57
4. G. Carter	16.28
5. A. Vicarage	16.32
6. M. Mallen	16.39
7. F. Clarke	16.50
8. S. Lumb	16.54
9. J. McCready	17.06
10. S. Heslop	18.22

VETERAN O/40

1. R. Gray	19.13
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LADIES

1. K. Vickers	22.41
2. C. Steel	22.50
3. L. Vickers	26.30

JUNIORS

1. D. Morris	32.28
2. A. Crossley	37.17
3. N. Parry	39.44
4. M. McNulty	40.17

HADES HILL RACE

Lancashire
BS/5m/1200ft 2.9.93

RESULTS

1. M. Aspinall	Clay	29.00
2. M. Keys	Ross	29.21
3. M. Corbett	Ross	29.53
4. I. Greenwood	Clay	30.23
5. M. Dagg	Bury	30.23
6. J. Hey	Warr	30.55
7. D. Gartley	Gloss	31.09
8. D. Ashworth	Mid'ton	31.12
9. P. Irwin	Ross	31.15
10. S. Duxbury V	Ross	32.06

VETERANS O/40

1. S. Duxbury	Ross	32.06
2. D. Beels	Roch	32.18
3. S. Westhead	Horw	32.53
4. I. Holloway	Roch	33.27
5. E. Richardson	Ross	34.10

VETERANS O/45

1. M. Crook	Horw	35.11
2. J. Talbot	Tod	35.18
3. R. Cowling	Unatt	35.56
4. D. Beresford	Unatt	36.01
5. C. Taylor	Clay	36.11

VETERANS O/50

1. P. Heneghan	Bolt	37.20
2. D. Lucas	Roch	38.17
3. M. Coles	Skyrac	39.16
4. G. Navan	Ross2	40.41
5. D. Dickson	Ross	42.17

VETERANS O/55

1. D. O'Leary	ManYMCA	41.05
2. R. Francis	Bury	42.38
3. B. Beverley	R'cliffe	54.32

VETERANS O/60

1. J. Newby	Tod	43.05
2. D. Nuttall	Unatt	54.28

LADIES

1. J. Keys	Ross	37.33
2. G. Cook	Roch	38.04
2. J. Ashworth	Mid'ton	38.05
4. L. Bostock V	Clay	39.23
5. J. Rawlinson V	Clay	39.32
6. J. Lee V	Clay	42.10
7. C. Dewhurst	Clay	43.14
8. E. Owen V	BelleV	43.48

JUNIORS

1. J. Hart	Roch	33.18
2. G. Ehrhard	Tod	33.19
3. S. Taylor	Darwen	37.32

SHELF MOOR RACE Derbyshire AS/6m/1500ft 5.9.93

Clear weather and dry underfoot conditions made the course quite fast this year, and the two winners had clear cut victories. Glossopdale packed well to claim the the mens and womens team prizes. Numbers were down on last year, but this was probably due to the traffic chaos in Glossop, due to roadworks and the victorian weekend festivities.

S Priestley

RESULTS

1. M. Kinch	Warr	42.48
2. A. Jones	Gloss	44.06
3. D. Gartley	Gloss	44.13
4. J. Miller	Gloss	44.59
5. M. Williams	Penn	45.24
6. J. Cant	DkPk	45.50
7. A. Styan V	Holm	46.07
8. A. O'Keeffe	GMFS	46.14
9. J. Kewley	Gloss	46.19
10. P. Hands	Leic	46.29

VETERANS O/40

1. M. Seddon	Holm	48.29
2. P. Buttery	Holm	48.41
3. F. Fielding	Gloss	50.00

VETERANS O/45

1. A. Styan	Holm	46.07
2. G. Berry	DkPk	47.35
3. H. Cochrane	Roth	52.23

VETERANS O/50

1. B. Thackery	DkPk	54.43
2. D. O'Leary	ManYMCA	58.58
3. B. Hill	Clay	72.32

LADIES

1. K. Harvey V	Alt	51.31
2. J. Town V	Denby	55.43
3. S. Newman	Gloss	55.54
4. Y. Williams	Penn	62.37
5. S. Whiteley	P'stone	64.00
6. D. Madden V	Gloss	64.20
7. H. Bell	Gloss	77.41

JUNIOR

1. B. Tetler	Unatt	54.12
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RAS MYNYDD PEDOL PERIS HORSESHOE MOUNTAIN RACE AL/17m/8500ft 11.9.93 Gwynedd

RESULTS

1. C. Donnelly	Eryri	3.23.13
2. T. Jones	Eryri	3.35.08
3. A. Haynes	Eryri	3.38.40
4. M. Parker V	Keyham	3.41.37
5. S. Jones	Eryri	3.43.17
6. S. Barnard	Eryri	3.44.08
7. A. Tudur-Williams	Eryri	3.52.49
8. B. Rawlinson V	Ross	3.53.10
9. S. Entwistle	Gloss	3.56.55
10. G. Pettengell	Macc	3.57.07

VETERANS O/40

1. M. Parker	Keyham	3.41.37
2. B. Rawlinson	Ross	3.53.10
3. P. Jones	Eryri	4.06.10
4. A. Oliver	Eryri	4.06.57
5. K. Wilson	Mand	4.11.30

VETERANS O/50

1. G. Swindon	Glouc	4.33.04
2. B. Hughes	Eryri	5.08.38
3. A. Braddock	S/M	6.14.15

LADIES

1. K. Harvey	Alt	4.16.25
2. S. Farrar	Eryri	4.45.50
3. G. Harris	Merc	5.24.08

HODDER VALLEY SHOW FELL RACE Lancashire BS/5m/1000ft 11.9.93

What a pity the Hodder Valley Show only visits Dunsop Bridge once every three years, as this cracking little course would grace any championship. The Dunsop Bridge course has a bit of everything, with climbs up and down Mellor Knoll and Totridge Fell, along with a crossing of the River Hodder. This was knee deep on Friday evening when the course was flagged, but had fallen considerably by race day. Newcomer, Billy Burns took the honours, ahead of the ubiquitous Dave Woodhead, followed by the two Blackburn lads, Owen and Schofield.

The ladies race was won easily by Julie Keys. Commiserations to junior Mark Stanbury, who ran the full senior course whilst leading the Juniors race by a long way. His teammates filled the first three places in the Juniors event.

Thanks to the small band of Clayton members who helped

organise the event at very short notice. It is difficult to put a race on amongst the bedlam of an Agricultural Show, competing with Evil Knieval and a Falconry Show, but somehow we did it.

Peter Browning

RESULTS

1. B. Burns	Prest	37.36
2. D. Woodhead	Horw	38.22
3. R. Owen	Black	38.29
4. G. Schofield	Black	38.35
5. R. Jackson	Horw	38.43
6. G. Gough	Clay	38.51
7. J. Wooton	Bing	39.12
8. M. Woods	Clay	39.56
9. I. Robinson V	Clay	40.51
10. G. Sumner	Unatt	41.41

VETERANS O/40

1. I. Robinson	Clay	40.51
2. I. Holloway	Roch	43.15
3. S. Kirkbride	Kend	43.22
4. G. Newsham	Clay	44.16
5. N. Griffiths	Spec	47.41

VETERANS O/50

1. M. Coles	Skyrac	50.15
2. M. McDonald	Wigan	50.34
3. J. Capenhurst	Bing	52.35
4. G. Navan	Ross	54.25
5. G. Arnold	Prest	55.49

VETERANS O/60

1. J. Riley	Clay	75.48
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LADIES

1. J. Keys	Ross	50.31
2. D. Bailey V	Kend	54.38
3. C. Lyon	New Burgh	55.53
4. N. Field	N'burgh	57.40
5. C. Makin V	Clay	58.27
6. M. Ashton V	Clay	60.30
7. E. Unsworth V	Kend	66.34
8. P. Rowley V	N'burgh	70.40

JUNIOR

1. M. Stanbury	Chor	46.15
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JUNIOR RACE

1. W. Harrison	Chor	27.05
2. A. Haworth	Chor	28.00
3. M. Ellison	Chor	28.54
4. P. Haworth	Ghost Runs	29.41
5. W. Barry	Chor	29.50



Loggerheads race organiser John Morris.
Photo: Andy Todd

THE MORVEN HILL RACE Aberdeenshire AM/5m/1700ft 11.9.93

Heavy rain and thick mist persisted through registration and did not encourage a large field. Ironically, the rain stopped and the hill cleared of mist for the actual running of the race. The feed back from the thirty three runners who braved the elements as were very positive and I believe we have a superb course here. The first 1000ft are very steep, then a series of 'false tops' lead to the summit. The initial section is tricky on descent and requires boldness. Opinion is that it will lose its medium category before long.

A fine run by veteran international orienteer, Dave Armitage, who has found some good form of late, with a fourth place at the Braemar Highland games and a winner again at Cairn Willaims Hill Race.

Brian Laurie

RESULTS

1. D. Armitage V	AAAC	41.31
2. T. Griffin	W'lands	42.28
3. J. Buchan	Metro	42.31
4. P. Jennings	Metro	44.02
5. E. Harwood V	HHH	44.08
6. A. Smith	Ballater	44.31
7. F. Duguid	Dee	45.38
8. B. Lawrie V	Cosmic	45.58
9. M. Stone	Cosmic	46.17
10. P. Buchanan	Ochil	47.02

FIRST LADY

1. P. Donald	Dee	61.11
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FIRST LADY VETERAN

1. R. Hope	Cosmic	72.38
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MOFFAT CHASE HILL RACE Dumfries AM/12m/3000ft 11.9.93

It was a brother and sister success for Andrew and Nicola Davies from Penrith, who won both male and female categories respectively, in this year's race. Thirty seven runners set off from the Ram Statue in Moffat, in good weather conditions, although low cloud on the featureless Arthurs Seat to Hart Fell summit stretch spelt disaster for two of the front runners, Rory Longmore and George Armstrong, when they were unable to locate the Arthurs Seat check point, and were subsequently disqualified. Mention must also be made of Dougie Shiell's second place, and excellent performance following on from his 25th place on 'The Ben' one week earlier.

R Mitchell

RESULTS

1. A. Davies	Unatt	1.54.05
2. D. Shiell	Carn	1.57.21
3. J. Tullie	Teviot	1.57.44
4. D. Bell	H.E.L.P.	2.00.04
5. D. McLean	London Hill	2.08.48
6. C. Burke	Lostock	2.08.48
7. G. Pryde	Lomond	2.11.09
8. G. Howard V	Ilk	2.11.50
9. K. Burns V	Carn	2.12.10
10. J. Donnelly	Shett	2.16.00

VETERANS O/40

1. G. Howard	Ilk	2.11.50
2. J. McCraw	Borders	2.18.33
3. T. McLean	H.E.L.P.	2.21.40
4. G. Clarke	Ochil	2.25.46
5. J. Gill	Unatt	2.32.10

VETERANS O/50

1. K. Burns	Carn	2.12.10
2. J. Littlewood	ScotVet	2.20.03
3. B. Pringle	Teviot	2.35.32

LADIES

1. N. Davies	Unatt	2.21.34
2. L. Longmore	Solway	2.36.13
3. F. Findlay	Loch	2.42.55

YORKSHIREMAN OFF ROAD MARATHON 12.9.93

RESULTS

1. S. Green/P. Sheard	3.07.05
2. J. Callaghan/P. Pyrah	3.17.07
3. G. Oldfield/S. Oldfield	3.18.58
4. P. Irwin/S. Breckell	3.23.58
5. G. Fletcher/T. Spicer	3.26.30
6. J. Verity/K. Abson	3.29.20
7. D. Bamforth/ S. Dale V	3.32.05
8. S. Cockerham/M. Baldwin	3.37.06
9. D. Collins/I. Hill	3.37.50
10. C. McIlreavy/J. Lewis	3.38.52

VETERANS

1. D. Bamforth/S. Dale	3.32.30
2. I. Orson/N. Shaw	3.52.52
3. J. Humble/M. Walker	3.57.04
4. D. Holdsworth/D. Shone	3.58.56
5. D. Armstrong/T. Wimbush	4.02.03

MIXED

1. M. Higginbottom/J. Finney	3.48.55
2. C. Drake/K. Drake	3.57.58
3. A. Green/A. Dennison	3.58.55
4. J. Hobbs/C. Cough	4.01.53
5. C. Scorez/R. Fletcher V	4.15.19

LADIES

1. P. Smee/S. Newman	4.09.36
2. J. Hindle/J. Lee	4.29.16
3. H. Rutter/T. Storie V	4.43.28
4. L. Edmondson/C. Adlum	5.05.34
5. S. Campion/J. Wilkinson V	5.26.38
6. L. Barrett/C. Hewitt V	5.33.25
7. E. Dixon/J. Smith V	5.33.33
8. S. Pickup/J. Wright	5.49.28



Mike Baldwin of Ilkley, 8th at the Yorkshireman, here shown chasing Chris Giltrow-Shaw at Bolsworth.
Photo: Peter Hartley

CORRIEYAIRACK PASS RACE Inverness-Shire BM/16m/2250ft 12.9.93

Thirty seven runners stumbled off from the highly eroded Fort Augustus start of the Corrieyairack Pass. After the first four hundred metres of boulders and gravel were passed, the competitors found conditions both under foot and weather wise ideal, though no records were broken.

Veteran, Brian Howie, pipped local lad Steven Burns for first place by less than thirty seconds.

RESULTS

1. B. Howie V	EdinS	1.49.45
2. S. Burns	Loch	1.50.11
3. M. Wright	Moray	1.52.01
4. M. Francis	Moray	1.52.58
5. M. Flynn	EdinS	1.53.33
6. P. Matheson	Forres	1.54.13
7. R. Boswell V	Loch	1.57.08
8. G. Edge	Unatt	1.58.38
9. J. Dumin	DunHawk	1.59.11
10. S. Stewart	Moray	1.59.46

VETERANS O/40

1. B. Howie	EdinS	1.49.45
2. R. Boswell	Loch	1.57.08
3. R. Collins	H'land	2.04.48
4. B. Brooks	Loch	2.10.44
5. J. Banks	Loch	2.11.26

VETERANS O/50

1. C. Love	DunHawk	2.01.42
2. D. MacDonald	Loch	2.10.46
3. G. Angus	DunHawk	2.13.02
4. I. Chrystal	Loch	2.21.05

LADIES

1. H. Searle	Loch	2.32.07
2. P. Donald V	Dee	2.36.06

MOEL FAMMAU

Clwyd AS/4.5m/1500ft 12.9.93

I must first apologise for any confusion caused by the change of date and my incorrect telephone number in the calendar (but with corrections printed in the 'Fellrunner'), and for the last minute change in the venues and route. The latter resulted in four runners going to the original start, and eventually starting four minutes after the rest of the field. As this made no difference to the relay leaders, due allowance has been made in preparing the results.

John Hey had a fine run to finish first, with a time inside the previous record. Tim Davies again showed his promise in beating Mario Foschi, to take second place, with Mario taking the veterans prize. As a committed supporter of local hill races Alison Bond had a well deserved win in the ladies race. Yet again Pennine took the team prize.

Peter Taylor

RESULTS

1. J. Hey	Warr	31.40
2. T. Davies	Merc	32.25
3. M. Foschi V	Penn	32.26
4. S. Aspey	Denbigh	33.53
5. T. Jones	Eryri	34.15
6. A. Williams	Eryri	35.12
7. C. Shepherd	Wrex	35.36
8. J. Morris V	Penn	37.33
9. E. Davies	Merc	37.48
10. D. Jenkins	Unatt	38.06

VETERANS O/40

1. M. Foschi	Penn	32.26
2. J. Morris	Penn	37.33
3. G. Corless	ManYMCA	38.48
4. T. Hulme	Penn	39.42
5. E. Kettle	Mid Chesh	39.56

VETERANS O/50

1. K. Burgess	Alt	38.09
2. D. Smith	Wrex	40.19
3. G. Lloyd	Wrex	40.25
4. M. Cox	DkPk	41.21
5. M. Edwards	Wrex	43.09

LADIES

1. A. Bond	Wrex	45.33
2. N. Lloyd V	Wrex	46.38
3. J. Davies	Merc	48.32
4. M. Shone V	Clay	57.52
5. C. Chalmers V	Oswestry	63.31
6. M. Edwards V	Wrex	79.10

JUNIOR BOY

1. T. Davies	Merc	32.25
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JUNIOR GIRL

1. J. Davies	Merc	48.32
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TOTLEY TERMINATOR

Derbyshire

BL/18.5m/3000ft 12.9.93

The day started dry and not too warm, for the final race in the Totley Tigers race series. Steve Francis led the one hundred and twenty eight starters out of the field, and soon opened up a lead which he maintained until disaster struck on the final descent, with the finish in sight. He twisted his ankle, allowing brother Neville and eventual winner Adrian Jones to pass him. At that time he was six minutes in the lead, he finished third. This did not alter his position in the race series, in which he came first.

The first lady in the race was Katie Davis, who also was first lady in the series, having taken over from fellow North Derbyshire lady, Liz Evans. It was nice to see Liz back again, having recovered from her 'delicate condition' of last year.

Congratulations to Totley for taking the team prize in the race, just beating Glossopdale. On checking the series results, I would like to congratulate Steve and Neville Francis (Watford) for being in the first seven in all four races.

Can I finally thank all who took part in the series. A total of nine hundred and thirty nine runners in five races, and hope to see you in 1994.

R Mason

RESULTS

1. A. Jones	Gloss	2.17.30
2. N. Francis	Watford	2.17.36
3. S. Francis	Watford	2.19.07
4. N. Sercombe V	R.R.Harr	2.30.37
5. M. Egner	Denby	2.30.41
6. M. Stock	Shep	2.31.06
7. R. Hutton	Tot	2.31.57
8. R. Ashmore	Tot	2.32.01
9. G. Berry V	DkPk	2.32.13
10. J. Cant	DkPk	2.32.19

VETERANS O/40

1. N. Sercombe	Rolls Royce	2.30.37
2. G. Berry	DkPk	2.32.13
3. A. Marshall	Tot	2.35.52
4. R. Innes	S'bridge	2.39.46
5. C. Knott	Stock	2.40.30

VETERANS O/50

1. B. Sprakes	DkPk	2.56.10
2. H. Mathieson	DkPk	3.02.31
3. R. Mason	Tot	3.17.33
4. P. Kohn	DkPk	3.20.31
5. P. Pryor	DkPk	3.22.34

LADIES

1. K. Davis	N.D.R.C.	3.10.21
2. S. Whitely	P'stone	3.31.34
3. L. Evans V	N.D.R.C.	3.45.06
4. G. Donohoe	Tot	3.50.15
5. W. Woodhead	Tot	3.54.07
6. J. Evans	SheffTri	4.03.11
7. M. Haynes V	Tot	4.12.44
8. S. Dyson V	Tot	4.13.53

ORDNANCE SURVEY LAKES

MOUNTAIN TRIAL

Cumbria

O/20m/7000ft 12.9.93

RESULTS

1. G. Bland	Borr	3.55.24
2. P. Clark V	Kend	4.01.31
3. W. Bland V	Borr	4.07.52
4. A. Schofield	Borr	4.15.01
5. A. Belton	Macc	4.18.22
6. D. Ratcliffe	Ross	4.21.37
7. M. Fanning	Borr	4.25.01
8. J. Bland	Borr	4.25.57

9. J. Arnold	CFR	4.27.39
10. C. Valentine	Kesw	4.29.17

VETERANS O/40

1. P. Clark	Kend	4.01.31
2. W. Bland	Borr	4.07.52
3. H. Symonds	Kend	4.31.15
4. A. Kenny	AchRat	4.35.11
5. M. Walford	Kend	4.35.12

VETERANS O/50

1. P. Murry	Horw	4.57.19
2. D. Amour	HHH	5.09.58
3. J. Naylor	CFR	5.26.03

VETERAN O/60

1. D. Hodgson	Amble	6.05.36
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LADIES

1. S. Parkin	Kend	3.41.20
2. H. Diamantides	Amble	3.47.12
3. M. Todd	Amble	4.10.12
4. C. McNeill	Amble	4.10.18
5. C. Somers-Cocks	LOC	4.16.07
6. J. Barnes	Amble	4.26.48
7. A. Crabb	Amble	4.28.47
8. S. Kiveal	Sadd	4.30.03

KETTLEWELL FELL RACES

North Yorkshire

AS/1.5m/950ft 12.9.93

For ten years this classic short race was run under BOFRA rules, but last year saw it changed to FRA rules. This year it was put in to the Junior and Intermediate Championships, and this was rewarded as over one hundred and twenty junior and intermediate runners competed, an excellent turnout. Records were broken in the Under 12's, 14's and 16's by both boys and girls.

Many thanks must go to the local sponsors, whose generosity enabled us to give out more than three hundred pounds in prizes, including the prize for first to the summit in the senior race, which was keenly contested for, and collected by Greg Hull.

The organisers would like to apologise for the slight delays when entering, this was kindly sorted out by Dave and Eileen Woodhead.

Steve Hawkins

RESULTS

1. I. Holmes	Bing	9.47
2. G. Hull	LdsCty	9.59
3. A. Peace	Bing	10.21
4. G. Schofield	Black	10.29
5. J. Wotton	Bing	10.46
6. I. Ferguson	Bing	10.51
7. G. Hawkins	Bing	11.10
8. R. Gibson	Bing	11.14
9. D. Woodhead	Horw	11.15
10. M. Bruce	Bing	11.25

VETERANS O/40

1. J. Hope	AchRat	11.26
2. A. Riley	Unatt	11.42
3. D. Fell	Unatt	12.30
4. R. Asquith	Holm	12.32
5. B. Scholes	K.H.R.	12.50

LADIES

1. R. Whitehead	Bing	14.52
2. C. Dewhurst	Clay	15.13
3. J. Clark	P&B	17.16

BOYS U/20

1. N. Matthews	Horw	10.59
2. B. Taylor	Ross	11.05
3. J. Hodgson	Unatt	11.08
4. P. Bond	Horw	11.17
5. P. Wilson	Sefton	11.19

GIRLS U/20

1. T. Hird	K.H.R.	16.11
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BOYS U/18

1. M. Whitfield	Bing	10.21
2. I. Hanson	Bing	11.38
3. R. Beale	Horw	11.42

GIRLS U/18

1. L. Lacon	Holm	15.20
2. J. Edwards	Ross	18.26

BOYS U/16

1. T. Davis	Merc	8.23
2. D. Hope	Horw	8.31
3. A. Turner	Bux	8.47

GIRLS U/16

1. V. Wilkinson	Bing	9.58
2. L. Graham	Kend	11.25

BOYS U/14

1. J. Hart	Roch	6.12
2. A. Davis	Merc	6.34
3. C. Livesey	Prest	6.35
4. D. Jewitt	Unatt	6.43
5. E. Tresider	Matlock	6.45

GIRLS U/14

1. E. Riley	Kend	7.28
2. G. Adams	Bristol	7.33

BOYS U/12

1. S. Sausage	Amble	5.24
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2. S. Reid	Unatt	5.41
3. W. Hallas	Holm	5.46
4. A. Sutton	Prest	5.50
5. D. Hermann	P&B	5.53

GIRLS U/12

1. K. Lamb	P&B	6.28
2. N. Brannon	Horw	6.36

LANTERN PIKE FELL RACE

Derbyshire

BS/5m/1050ft 18.9.93

In a small village like Hayfield, everybody knows who is doing what, and with twenty locals in the race, there is a lot of crafty training, pre race excuses, bad backs etc, tension mounts, but on the day they are all there along with two hundred and twenty five others.

When the race starts, that's a very special moment for an organiser....relief....and before you relax, panic again, but that brief interlude is priceless.

Out of the field the runners go, sprinting at the front and shuffling at the back, they make their way up the first climb, a long uphill stretch with Charles Addison from Cambridge University leading a very talented strong field. With the weather improving all the time the ground was drying and the pace was getting faster, with Taylor, Trigg, Wilkinson, Stelfox, Kinch all in hot pursuit.

Radio reports transmitted over the tannoy system keeping the spectators in touch with the race, and with the crowd straining to see who would be first over the summit.... It was Addison and proving he could descend as well as the rest of the field, he held his lead to the finish. A brilliant run in a time which was the closest yet to Ricky Wilds record. The first veteran Phil Bowler, was in eighth place and first local, Andy Wilkins was just in front of Kath Drake who took the ladies race. With three local veterans all finishing within one minute....they had been really trying!! Ian Bennett took the honours, and Katherine Harvey was the first local lady.

The Junior race was won by last years second placed boy, Andrew Woodhead, in a very good time. Also an excellent run from Victoria Wilkinson finishing first girl and third overall.

With the beer tent full and all the action of the dog trials, most people enjoyed the rest of the day. Thanks must go to all our trustworthy and Knowledgeable marshals for making this race go so smoothly.

Mel Cranmer

RESULTS

1. C. Addison	Camb	30.04
2. J. Taylor	Holm	30.41
3. N. Wilkinson	C'lang	31.02
4. A. Trigg	Gloss	31.10
5. P. Stelfox	Sale	31.19
6. M. Kinch	Warr	31.57
7. L. Warburton	Spem	32.11
8. P. Bowler V	Merc	32.34
9. R. Jackson	Horw	32.42
10. D. Bond	Woking	32.51

VETERANS O/40

1. P. Bowler	Merc	32.34
2. D. Ibbetson	Gloss	33.07
3. R. Taylor	Penn	33.54
4. T. Hulme	Penn	35.09
5. R. Wilde	Manch	35.41

VETERANS O/50

1. T. Trowbridge	Unatt	39.40
2. R. Tunstall	Hels	40.00
3. E. Normansell	Stock	41.21
4. B. Thackery	DkPk	42.14
5. D. Smith	Hels	43.49

LADIES

1. K. Drake	Spem	36.27
2. C. Greasley	Macc	37.53
3. C. Fothergill	Camb	38.53
4. K. Harvey	Alt	39.29
5. S. Young	Wigan	39.55
6. P. Leech	Hallam	44.06
7. P. Nester	Hallam	45.22
8. L. Wilson	Camb	46.13

JUNIORS

1. A. Woodhead	E.Chesh	18.52
2. P. Howerth	Ghost	21.47
3. V. Wilkinson	Bing	22.01

GREAT SHUNNER FELL RACE

Cumbria

AM/8m/1500ft 18.9.93

The Bingley contingent in the race cycled over from Buckden to the Moorcock Show, as a warm up (off road of course). They then dominated the race, with four in the top ten. A perfect day for running, with only the mire on the summit preventing Ian Ferguson from beating the record.

Thanks to all helpers from Howgill Harriers, especially the ladies. See you all next year.

F Livesey

RESULTS

1. I. Ferguson	Bing	64.04
2. A. Wrench	Tod	64.33
3. D. Woodhead	Horw	65.35
4. M. Bruce	Bing	66.31
5. P. McWade V	Clay	66.37
6. H. Symonds V	Kend	66.54
7. G. Hawkin	Bing	67.30
8. G. Moffat	Horw	69.08
9. C. Moses	Bing	70.39
10. M. Walsh V	Kend	70.59

VETERANS O/40

1. P. McWade	Clay	66.37
2. H. Symonds	Kend	66.54
3. M. Walsh	Kend	70.59
4. C. Todd	Harr	74.55
5. P. Bramham	Craven	75.22

VETERANS O/50

1. G. Charles	Vaux	80.28
2. C. Mallett	Harr	80.58
3. M. Coles	Skyrac	82.04
4. G. Collinson	Fellan	84.17
5. J. Capenerhurst	Bing	84.27

VETERAN O/60

1. B. Fielding	Fellan	81.13
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LADIES

1. R. Pickvance	Kend	81.11
2. S. Brown	Unatt	89.03
3. P. Symonds V	Howg	95.03

MERRICK HILL RACE

AM/8m/2710ft 18.9.93

Special mentions to Girvan Breaker's Club for marshalling the route so efficiently as usual, and for making it possible to provide summit times and places. Also to Jim Hamilton and John Livingston of the Forestry Commission for their help and support, without which there would be no race.

Douglas Shiell improved on his 1992 time by ten minutes and twenty four seconds to lift him from 24th place to first. Well Done to Rory Longmore, Ronald Turnbull and Jack Maxwell, who have completed all five Merrick races.

P Trenchard

RESULTS

1. D. Shiell	Cam	80.05
2. C. Shaw V	W'lands	80.50
3. A. Davenhill	Solway	81.51
4. D. Milligan V	Solway	82.09
5. I. Wallace	HuntBogTrot	82.36
6. R. Longmore	Solway	83.51
7. A. Murray	Unatt	84.15
8. B. Hamilton	Stran	85.27
9. A. Anderson	NithV	87.12
10. B. Weir V	W'lands	89.18

VETERANS O/40

1. C. Shaw	W'lands	80.50
2. D. Milligan	Solway	82.09
3. B. Weir	W'lands	89.18
4. R. Turnbull	SolwayOrien	89.23
5. B. Linsley	CFR	89.28

VETERANS O/50

1. G. Armstrong	H.E.L.P.	89.25
2. J. Buchanan	Annan	99.49
3. A. Anderson	NithV	106.06
4. I. McManus	Irvine	111.08
5. D. Turnbull	E.Kilb	119.15

LADIES

1. A. Linsley	CFR	110.15
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ANDERSONS MOURNE MOUNTAIN

MARATHON

18.9.93

RESULTS - 'A' CLASS

1. B. Ervine/M. Rigby	11.29.21
2. R. Sanby/W. Holmes	14.09.41
3. B. Buckley/R. Poole	14.25.44
4. P. Cleary/S. Skelton	14.27.02
5. H. Diamantides/E. Scott	14.29.10

RESULTS - 'B' CLASS

1. S. Linton/B. Reed	7.46.54
2. C. Rhodes/J. Rhodes	8.08
3. M. Donohoe/C. McGrath	8.40.54
4. A. Leon/A. Lewsley	9.04.14
5. T. White/T. Liddon	9.26.57

VETERANS O/40

1. R. Waterhouse/D. Powell	10.14.11
2. D. Rosen/M. Rosen	11.11.17
3. R. McKee/M. Curran	11.14.47

MIXED TEAMS

1. D. Rosen/M. Rosen	11.00.17
2. G. Somerville/E. Bruce	11.45.50
3. R. Ferry/A. Sandford	11.55.45

RESULTS - 'C' CLASS

1. E. O'Hagan/M. Hanna	6.09.12
2. P. Parker/R. Parker	6.13.12
3. K. O'Brien/C. Cregg	6.25.53
4. R. Hanna/B. Monaghan	6.39.30
5. M. O'Hara/P. Gargan	6.41.45

VETERANS O/40

1. M. O'Hara/P. Gargan	6.41.45
2. T. Bell/M. Hutchings	7.00.14
3. B. Cook/D. Philip	7.39.21

LADIES

1. J. Watt/E. Murphy	8.40.00
2. G. Jennings/L. Roberts	9.31.46
3. L. Hutchinson/E. Hutchinson	9.53.45

JUNIORS

1. S. Wilson/T. Pentland	7.26.17
2. J. Magowan/S. Lamont	7.36.41
3. G. Anderson/E. O'Brian	7.50.20

CORRIS FOREST CHALLENGE

Gwynedd

AM/8.5m/2750ft 18.9.93

The usually quiet village of Abergynolwyn was disturbed on Saturday 18th September, as thirty one competitors and race officials descended on the village for the seventh running of the Corris Forest Challenge, organised by the Forest Enterprise.

The Corris Forest Challenge is described as a rough, tough, eight and a half miles of running through wood, open hill, forest roads and rides, ascending 2000ft to the summit of Tarren Hendre, with the start and finish for the first time this year in the centre of Abergynolwyn Village.

The weather was dry and sunny, but a cold wind kept temperatures low. This gave race marshals a wonderful panoramic backdrop, and good running conditions for the competitors.

A Thomas

RESULTS

1. R. Wilson V	1.47.28
2. J. Marsh V	1.50.29
3. W. Marsh V	1.56.04
4. P. Marsh V	1.59.01
5. Y. Tridimas V	1.59.31
6. D. Barton V	2.02.05
7. G. Spencer V	2.03.20
8. H. Cotton V	2.13.06
9. T. Lewis	2.13.24
10. E. Jones V	2.14.04

VETERANS O/40

1. R. Wilson	1.47.28
2. W. Marsh	1.56.04
3. P. Marsh	1.59.01
4. D. Barton	2.02.05
5. G. Spencer	2.03.20

VETERANS O/45

1. Y. Tridimas	1.59.31
2. H. Cotton	2.13.06
3. E. Jones	2.14.04

VETERANS O/50

1. J. Marsh	1.50.29
2. D. McCaffrey	2.15.29
3. R. Symonds	2.39.10

VETERANS O/60

1. R. Peel	2.37.13
2. J. Jones	2.46.55
3. S. Symonds	3.34.20

LADIES

1. J. Jefferey	2.46.59
2. L. Hodges V	2.58.49
3. S. Symonds V	3.34.20
4. J. Hobbs	3.39.11
5. L. Williams	3.41.38

DALEHEAD RACE

Cumbria

AM/4.5m/2210ft 19.9.93

Thankyou all for supporting us once again, especially Keswick A.C. who turned out in such a great number (much appreciated).

Carol Greenwood broke the ladies record by two and a half minutes, and gave a few of the men a fright being fourth to the top.

Thanks to all the helpers, hope you all enjoyed it and see you again next year.

RESULTS

1. G. Bland	Borr	44.35
2. J. Bland	Borr	46.17
3. A. Trigg	Gloss	46.32
4. D. Troman	Merc	47.37
5. C. Valentine	Kesw	48.18
6. S. Hicks	Borr	48.56
7. B. Thompson	CFR	49.36
8. A. Beaty	CFR	49.38
9. D. Frampton	Kesw	49.42
10. J. Hawkdey	Kend	49.47

VETERANS O/40

1. D. Bodecott	CFR	52.00
2. D. Bridge	Unatt	53.52
3. I. Charlton	Kesw	54.51
4. M. Litt	CFR	55.42
5. M. Parry	Kend	57.04

Full Championship Results

UNDER 12 GIRLS

Best of 4		
Total		
1. K. Lamb	P & B	40
2. N. Brannon	Horw	34
3. A. Murray	Horw	31
4. A. Green	Spem	27
5. G. Unsworth	u/a	20
6. K. Holden	Holm	19
7. J. Riley	Kend	18
8. N. White	Holm	12
9. N. Urmston	Roch	10
10. H. Wightman	Belm	8
11. S. Massey	Bing	5
12. S. Roddie	Horw	4
13. J. Hogan	u/a	2
14= R. Golding	Holm	1
14= N. Jewitt		1

UNDER 14 GIRLS

Best of 4		
Total		
1. G. Adams	Brist	38
2. E. Riley	Kend	35
3. H. Matthews	Horw	33
4. L. Bridle	Horw	30
5. J. Fieldsend	Holm	21
6. C. Langron	Holm	15
7. E. Roddie	Horw	13
8. S. Ramsdale	Horw	9
9= R. Squires	Buxt	6
9. R. Walker	Kend	6
9= E. Urmston	Roch	6
12. R. Perrin	Todm	5
13= N. Hurst	Horw	4
13= G. Dillon	u/a	4
13= S. Dugdale		4
13= H. Ramsdale	Horw	4
18. A. Moore	Salf	2
19. L. Hawkins	Bing	1

UNDER 16 GIRLS

Best of 4		
Total		
1. V. Wilkinson	Bing	40
2. J. Davies	Merc	34
3. J. Walsh	P & B	26
4= R. Murray	Horw	25
4= J. Barrow	P & B	25
6. R. Beesley	Horw	20
7. L. Graham	Kend	16
8. R. Bewley	CFR	9
9. R. Perrin	Todm	7
10. B. McWade		6
11. J. Holden	Holm	3

UNDER 18 GIRLS

Best of 4		
Total		
1. L. Lacon	Holm	40
2. J. Edwards	Ross	32
3. D. Stone	Horw	31
4. T. Hird	KHR	8

INTERWOMEN

Best of 4		
Total		
1. H. Berry	Holm	40
2. T. Hird	KHR	10
3. K. Dobson	Hind	8

U12 BOYS

Best of 4		
Total		
1. S. Savage	Amb	40
2. S. Reid	u/a	36
3= A. Sutton	Pres	29
3= W. Hallas	Holm	29
5. A. Langron	Holm	18
6. S. Calderbank	Horw	17
7. N. Goodliffe	Holm	16
8. P. Matthews	Horw	12
9. M. Chaples	Todm	7
10= C. Robertshaw	u/a	6
10= I. Ramsdale	Horw	6
12. D. Herman	P & B	4
13. R. Jackson		3
14= A. Birley	Horw	3
14= J. Mason	u/a	3
14= M. Gregory		3
17. T. Hunt	Amb	2
18= M. Gibson	Bing	1
18= A. Spencer		1



Mark Croasdale, British and English champion.
Photo: Allan Greenwood

U14 BOYS

Best of 4		
Total		
1. A. Davies	Merc	40
2. J. Hart	Roch	36
3. G. Lamb	P & B	29
4. C. Livesey	Pres	27
5= M. Cain	Horw	17
5= J. Robertson	Horw	17
7. E. Tressider	Matk	15
8. M. Liptrot	Horw	10
9. M. Clayton	Horw	7
10= D. Wilby	Fdale	6
10= S. Asquith	Holm	6
10= D. Jewitt	u/a	6
13= S. Pike	u/a	4
13= S. Briggs	Bing	4
15= M. Robertshaw	u/a	3
15= R. Fell		3
15= W. Harrison	Chor	3
18= S. Haig	Skyr	2
18= D. Leach	u/a	2
20= K. Golding	Holm	1
20= W. Metcalfe	Ross	1

U16 BOYS

Best of 4		
Total		
1. T. Davies	Merc	40
2. D. Hope	Horw	31
3. A. Turner	Buxt	30
4. M. Mason	Wirr	28
5. G. Erhardt	Todm	22
6. B. Robinson	P & B	13
7. D. Walker	CLM	10
8. C. White	Wirr	9
9. A. Burnett	Fdale	8
10. C. Winn	Leeds	6
11= B. Squibb	BCR	5
11= G. Rothwell	Horw	5
11= L. Wilford	Bing	5
11= I. Wellcock	KHR	5
15. C. Singleton	CLM	4
16. S. Robinson	B'burn	3
17= D. Leach	u/a	2
17= C. Waterhouse	P & B	2
17= O. Cromack	CLM	2
20= T. Griffin	Bing	1
20= J. Briggs	P & B	1

U18 BOYS

Best of 4		
Total		
1. M. Whitfield	Bing	36
2= I. Hansen	Bing	31
2= A. Prendergast	Chorl	31
4. R. Beale	Horw	26

5. M. Moorhouse	Salf	20
6= M. Warwick	Horw	17
6= S. Alder	P & B	17
8. C. Calderwell	Bolt	15
9. C. Child	P & B	10
10. R. Jebb	Bing	9
11= M. Hill	Bolt	6
11= M. Oakden	Bhill	6
13= J. Fell		5
13= J. Holt	Wirr	5
15= R. Buckley	Bolt	4
15= W. Jones	BAE	4
17= C. Cariss	Bing	3
17= J. Edwards		3
19= M. Hird	KHR	2
19= G. Bailey		2
21. C. Nuttall		1

INTER MEN

Best of 4		
Total		
1. N. Matthews	Horw	37
2. B. Taylor	Ross	30
3. W. Styan	Holm	28
4. P. Wilson	Seft	26
5. P. Boyd	Horw	22
6. C. Watson	Bing	18
7= D. Riley	Stprt	17
7= R. Hope	Horw	17
9. J. Hodgson		7
10. T. Cowins	Howg	5
11. S. Hartley		4
12. M. Bennett	KHR	3

BRITISH FELL RUNNING CHAMPIONSHIP 1993

SENIOR MEN

1. M. Croasdale	L + M	121
2. A. Peace	Bingley	116
3. G. Bland	Borrowdale	114
4. M. Roberts	Kendal	103
5. M. Kinch	Warrington	99
6. I. Holmes	Bingley	93
7. B. Thompson	CFR	91
8. J. Parker	Ilkley	86
9. M. Hoffe (V)	Ambleside	78
10= S. Booth	Borrowdale	75
10= R. Jamieson	Ambleside	75
12. G. Huddleston	CLEM	74
13. G. Wilkinson	CLEM	71
14. M. Rigby	Ambleside	64
15. J. Bland	Borrowdale	56
16= A. Trigg	Glossop	54
16= R. Whitfield (V)	Bingley	54
18= J. Brooks (J)	Lochaber	51
18= W. Bland (V)	Borrowdale	51
20. S. Livesey	Rossendale	47

VETERAN MEN

1. M. Hoffe	Ambleside	85
2. W. Bland	Borrowdale	81
3. R. Whitfield	Bingley	79
4. P. Clark	Kendal	66
5. M. Foschi	Pennine	60
6. K. Taylor	Rossendale	50
7. T. Hesketh	Horwich	49
8. P. Bowler	Mercia	47
9. H. Jarret	CFR	46
10. R. Bell (SV)	Ambleside	41
11. R. Taylor	Pennine	39
12. T. Hulme	Pennine	38
13= J. Nuttall (SV)	CLEM	33
13= D. Quinlan (SV)	Bingley	33
15= J. Blair-Fish	Carnethy	27
15= R. Boswell	Lochaber	27
17. D. Beels	Rochdale	25
18= R. Clucas	CFR	23
18= S. Breckell	CLEM	23
20. E. Harwood	Highland	19

SUPERVETERAN MEN

1. J. Nuttall	CLEM	45
2. D. Quinlan	Bingley	40
3. R. Bell	Ambleside	39
4. K. Burns	Carnethy	15
5. P. Jepson	U/A Bury	11
6. H. Blenkinsop	Keswick	10
7= D. Ashton	Blackburn	9
7= D. Gibson	Saddleworth	9
9= D. Williams	Eryri	8
9= J. March	Tarren Hendre	8

SENIOR WOMEN

1. A. Brand-Barker	Keswick	43
2. M. Todd	Ambleside	31
3. J. Smith (V)	DPFR	29
4. J. Reid	CFR	28
5. C. Greasley (V)	Macclesfield	22
6. A. Isdale (V)	Bingley	18
7. G. Walkington (V)	Horwich	16
8. L. Thompson (V)	Keswick	14
9. K. Beaty	CFR	13
10= C. Crofts	DPFR	12
10= R. Pickvance	Kendal	12
10= C. Greenwood	Calder	12
13. G. Cook	Rochdale	11
14. J. Kenyon	Horwich	9
15= C. Hughes	DPFR	8
15= L. Fairfax	Australia	8
15= A. Bedwell	MDC	8
18. B. Redfern (V)	Camethy	7
19. K. Arnold	CFR	5
20. H. Diamantides	Ambleside	4
S. Newman	Glossop	3
S. Woods	MDC	3

VETERAN WOMEN

1. J. Smith	DPFR	45
2= A. Isdale	Bingley	33
2= C. Greasley	Macclesfield	33
4. G. Walkington	Horwich	32
5. L. Thompson	Keswick	30
6= L. Hibbert	CFR	16
6= W. Dodds	CLEM	16
8. B. Redfern	Camethy	12
9= A. Watmore	DPFR	9
9= P. Dore	Rochdale	9
11= D. Kenwright	Sam Helen	7
11= S. Ashton	MDC	7
13= K. Hogg	Penicuik	6
13= B. Hardy	Horwich	6
15. G. Barnes	Ambleside	5
16= A. Nixon	MDC	4
16= M. Radford	CFR	4
16= P. Maclaughlin	Westerlands	4
19= M. Gallagher	DPFR	3
19= L. Hailey	Calder	3
19= D. Fleming	Rossendale	3
19= B. Burns	Camethy	3

MALE TEAM (of 5)

1. Borrowdale	44
2. Ambleside	41
3. Bingley	33
4. CLEM	29
5. Rochdale	17

WOMEN TEAM (of 3)

1. Keswick	44
2. CFR	38
3. Horwich	31
4. DPFR	27
5. MDC	14

ENGLISH FELL RUNNING CHAMPIONSHIP 1993**SENIOR MEN**

1. M. Croasdale	L + M	112
2. G. Bland	Borrowdale	108
3. B. Thompson	CFR	107
4. A. Trigg	Glossop	100
5. A. Peace	Bingley	94
6. S. Thompson	CLEM	89
7. I. Holmes	Bingley	88
8. M. Kinch	Warrington	86
9. G. Wilkinson	CLEM	77
10. M. Roberts	Kendal	74
11. M. Aspinall	CLEM	71
12. A. Wrench	Todmorden	69
13. A. Schofield	Borrowdale	68
14= G. Huddleston	CLEM	60
14= M. Keys	Rossendale	60
16. R. Whitfield (V)	Bingley	58
17. R. Bergstrand	Mandale	57
18= R. Jamieson	Ambleside	53
18= S. Hawkins	Bingley	53
20. R. Hesketh (V)	Horwich	48

VETERAN MEN

1. R. Whitfield	Bingley	85
2. T. Hesketh	Horwich	77
3. W. Bland	Borrowdale	72
4. H. Jarrett	CFR	69
5. M. Foschi	Pennine	56
6= S. Breckell	CLEM	54
6= R. Taylor	Pennine	54
8. D. Beels	Rochdale	52
9. K. Taylor	Rossendale	41
10. R. Bell (SV)	Ambleside	39
11= M. Hoffe	Ambleside	38
11= J. Nuttall (SV)	CLEM	38
13. D. Ibbetson	Glossop	36
14= P. Bowler	Mercia	35
14= P. McWade	CLEM	35

16= P. Clark	Kendal	31
16= T. Hulme	Pennine	31
16= D. Quinlan (SV)	Bingley	31
19. B. Schofield	Todmorden	29
20. J. Talbot	Todmorden	23

SUPERVETERAN MEN

1. R. Bell	Ambleside	82
2. D. Quinlan	Bingley	80
3. J. Nuttall	CLEM	80
4. T. Trowbridge	DPFR	62
5. P. Blagbrough	Saddleworth	59
6. F. Gibbs	Bingley	55
7. D. Hodgson (V60)	Fellandale	46
8. H. Blenkinsop	Keswick	40
9. P. Heneghan	Bolton	37
10. D. Gibson	Saddleworth	35
11. D. Jones	Pennine	32
12= B. Johnson	CFR	31
12= T. Baxter	CFR	31
14= W. Wade	Holmfirth	29
14= D. Lucas	Rochdale	29
16. H. Thompson	CLEM	21
17. D. Ashton	Blackburn	19
18= A. Evans	Ambleside	18
18= P. Jepson	Bury	18
20. L. Haynes	Bingley	17

VETERAN 60 MEN**(Short and Medium Races only to count)**

1. D. Hodgson	Fellandale	36
2. C. Rushton	Wesham	26
3. A. Sutcliffe	Kendal	25
4. B. Leathley	CLEM	29
5. J. Beswick	Helsby	14
6. G. Barras	Fellandale	12
7= G. Brass	CLEM	11
7= J. Newby	Todmorden	11
9. G. Booth	Longwood	9
10= A. Ball	CLEM	7
10= J. West	CLEM	7

SENIOR WOMEN

1. C. Greenwood	Calder	48
2. J. Reid	CFR	33
3. C. Greasley (V)	Macclesfield	30
4. A. Priestley	Fellandale	29
5. J. Kenyon	Horwich	27
6= J. Smith (V)	DPFR	23
6= A. Isdale (V)	Bingley	23
8. L. Thompson (V)	Keswick	15
9= G. Cook	Rochdale	12
9= R. Pickvance	Kendal	12
11= K. Beaty	CFR	10
11= J. Shotter	Fellandale	10
13. G. Walkington (V)	Horwich	9
14. C. Crofts	DPFR	8
15. S. Hodgson	Fellandale	6
16. M. Whitley	Bingley	5
17. S. Newman	Glossop	4
18= V. Hamlet	Rossendale	3
18= E. Hodgson	Fellandale	3
20= D. Gowans	Accrington	2
20= K. Arnold	CFR	2

VETERAN WOMEN

1. C. Greasley	Macclesfield	45
2. A. Isdale	Bingley	38
3. J. Smith	DPFR	33
4= G. Walkington	Horwich	30
4= L. Thompson	Keswick	30
6. W. Dodds	CLEM	17
7. L. Hibbert	CRF	15
8. J. Town	Denby Dale	13
9= S. Rowson	Macclesfield	8
9= A. Watmore	DPFR	8
11. L. Lord	CLEM	7
12= A. Haworth	Keswick	5
12= K. Thompson	CLEM	5
14= S. Cariss	Bingley	4
14= E. Denby	Denby Dale	4
14= B. Hardy	Horwich	4
14= M. Radford	CFR	4
14= D. Fleming	Rossendale	4
14= D. Patton	CFR	4
20= J. Johnson	Denby Dale	3
20= L. Hailey	Calder	3
20= S. Lewsley	Keswick	3

MEN TEAM (of 5)

1. CLEM	45
2. Borrowdale	38
3. Bingley	37
4. Ambleside	31
5. CFR	26

WOMEN TEAM (of 3)

1. Fellandale	45
2. Keswick	41
3. CFR	38
4. Horwich	31
5. Bingley	27
6. Denby Dale	21
7. Rochdale	19
8. CLEM	8

9. DPFR	6
10. Rossendale	2

VETERAN MEN TEAM (of 3)**(NB points according to position within vets field)**

1. Pennine	44
2. CLEM	38
3= Bingley	33
3= CFR	33
5. Ambleside	32
6. Rochdale	27
7. Todmorden	20
8. Horwich	16
9. Rossendale	9
10= Keswick	8
10= Calder Valley	8

WELSH CHAMPIONSHIPS 1993**MEN**

1. A. Darby	M.D.C.	70
*2. S. Forster	Eryri	66
3. P. Wheeler	M.D.C.	58
4. A. Woods	M.D.C.	56
5. G. Patten	C.R.B.	53
6. P. James	M.D.C.	51
7. P. Maggs	M.D.C.	46
8. R. Eagle	M.D.C.	38
9. S. Jones	M.D.C.	35
10. H. Griffiths	Hebog	32
11. E. Evans	Eryri	32
12. A. Gartside	Bangor U	31
13. D. Richards	M.D.C.	31
14. S. Mansbridge	Mercia	30
15. M. Saunders	M.D.C.	30
16. A. Williams	Eryri	23
17. J. Darby (V)	M.D.C.	22
18. C. Donnelly	Eryri	22
19. T. Jones	Eryri	22
20. S. Bibby	NWRR	21

* N.B. S. Forster did not qualify for a medal as he did not run 4 races. P. Wheeler ran in 5 races but did not score in two - therefore he gets 2nd place and A. Woods 3rd.

MALE VETS

1. P. (Tan) Jones	Eryri	74
2. J. Sweeting	M.D.C.	69
3. A. Oliver	Eryri	63
4. M. Blake	Eryri	63
5. D. Hill	Eryri	56
6. E. Meredith (SV)	M.D.C.	44
7. Don Williams (SV)	Eryri	44
8. J. Darby	M.D.C.	44
9. H. Parry	Eryri	40
10. Derwyn Jones	Eryri	35
11. M. Jones	Eryri	30
12. D. Whiteside-Thomas	Eryri	28
13. M. Rasgauski	Eryri	27
14. J. Marsh (SV)	T. Hendre	22
15. R. Roberts	Eryri	20

MALE SUPERVETERANS

1. E. Meredith	M.D.C.	79
2. D. Williams	Eryri	44
3. R. Hughes	Eryri	38
4. T. Hildige	Eryri	34
5. M. Taylor	Eryri	31
6. B. Evans	Prestatyn	25
7. G. Billington	Wrexham	23
8. J. Marsh	T. Hendre	22
9. M. Hicks (O/60)	M.D.C.	20
10= M. Pollard	Colwyn Bay	20
10= F. Uhlman	Eryri	20
10= J. Carson	Eryri	20

LADIES

1. A. Brand-Barker	Keswick	86
2. S. Woods	M.D.C.	69
3. V. Colleran	Brycheiniog	64
4. A. Bedwell	M.D.C.	58
5. D. Kenwright	Sam Helen	55
6. A. Nixon	M.D.C.	50
7. S. Bennell	Eryri	48
8. S. Farrar	Eryri	32
9. R. Parry	Eryri	28
10. A. Bond	Wrexham	27
11. S. Mansor	Lliswerry	18
12. S. Ashton	M.D.C.	17
13. J. Huybs	Blaenavon	16
14. R. Ripley	Eryri	15
15. A. Fidler	M.D.C.	15

TEAMS

1. Mynyddwyr De Cymru A	126
2. Eryri A	116
3. MDC B	84
4. MDC C	74
5. Eryri B	68

LADIES TEAMS

1. MDC Ladies	88
2. Eryri Ladies	42
3. Wrexham Ladies	18

1993 SCOTTISH HILL RUNNING CHAMPIONSHIP

SENIOR MEN

1. D. Rodgers	Lochaber	118
2. M. Rigby	Westerlands	110
3. J. Wilkinson	Gala	108
4. J. Hepburn	Dundee	87
5. J. Brooks (J)	Lochaber	84
6. D. Weir	Perth	79
7. G. Bartlett	Forres	72
8. D. Bell (V)	HELP	69
9. I. Veitch	Gala	68
10. J. Thin	Carnethy	61
11. A. Ward	Edinburgh	60
12. A. Davis	Fife	58
13. D. Crowe	Shettleston	49
14. B. Rodgers	Lochaber	47
15. P. Hughes	Lochaber	35
16. G. Ackland	Livingstone	33
17= I. Wallace	HBT	32
17= T. Griffin	Westerlands	32
19. R. Lee	Livingstone	28
20. A. Spencely	Carnethy	27

VETERAN MEN

1. D. Bell	HELP	66
2. J. Blair-Fish	Carnethy	51
3. C. Shaw	Westerlands	48
5. E. Harwood	Highland	28
4. W. Knox	Teviot	27
6. K. Burns (SV)	Carnethy	23
7. C. Love (SV)	Dundee	20
8. K. Adams	Westerlands	19
9= J. Shields	Clydesdale	14
9= T. Ross	Fife	14

JUNIORS

1. J. Brooks	Lochaber	33
2. S. Cameron	Lochaber	25
3. P. Jeffrey	Lochaber	22
4= R. McFarlane	Fife	20
4= V. McPherson	Fife	20
6. H. Hutchinson	Edinburgh	15
7. R. Hogarth	Claremont	9
8. M. Canavan	Penicuik	8
9. Munro	Edinburgh	7
10. B. Brooks	Lochaber	6

SENIOR WOMEN

1. H. Diamantides	Westerlands	66
2. E. Scott	Westerlands	42
3. H. Searle	Lochaber	32
4= L. Hope	Lochaber	31
4= M. Todd	HBT	31
6. J. Salvona (V)	Livingstone	24
7. P. McLaughlin	Westerlands	18
8. C. Menhennet	Clydesdale	16
9. P. Rother	Edinburgh	15
10= J. Schreiber	Westerlands	14
10= G. Irvine	Highland	14

MALE TEAM (to to count)

1. Lochaber	66
2. Carnethy	54
3. Westerlands	51

SUPERVETERAN MEN

1. K. Bums	Carnethy	66
2. C. Love	Dundee	53
3. I. Chrystal	Lochaber	39
4= G. Armstrong	HELP	29
4= E. Harvey	Carnethy	29
6. C. Pritchard	Carnethy	23
7. A. McGillivray	Fife	22
8. F. Bias	EKAAC	19
9= G. Clark	Arbroath	17
9= D. Amour	Highland	17

1993 NORTHERN IRELAND FELL RUNNING CHAMPIONSHIP

SENIOR MEN

1. Neil Carty	North Belfast	107
2. Billy McKay	Albertville	101½ V.40
3. Jim Brown	B.A.R.F.	99½
4. Edmund Hawkins	Newcastle	98
5. Jim Patterson	Duncairn Olym	96½ V.45
6. Adrian Philpott	Lisburn A.C.	84

VETERANS O/40

1. Billy McKay	Albertville	101½
2. Mike Barton	ACKC	57
3. Wes Kettle	ACKC	50

VETERANS O/45

1. Jim Patterson	Duncairn Olym	96½
2. John Sloan	North Down AC74½	
3. Billy Magee	Larne AC	68½

Based on a runner's best 6 results from the 9 championship races including 2 sheet, 2 medium and 2 long.

20 points for first, 19 for 2nd max points possible 6 x 20 = 120.

As you see we score vets and open categories together.



British Ladies Team Winners, Keswick, receive the award from BAF Fell and Hill Commission Chairman, Norman Berry.
Photo: Neil Shuttleworth

LADIES

1. Roma Meconville	North Down AC80
2= Stephanie Pruzina	B.A.R.F. 76
2= Anne Sandford	Ballydrain 76
4. Mary Havern	B.A.R.F. 70
5. Maureen Oliver	DUB Runners 59 V.35
6. Joanne Boyle	B.A.R.F. 50

JUNIOR MEN

1. Neil Jackson	Ballydrain	80
2. Dean Fisher	Ballydrain	77
3= Paul Curran	North Down AC74	
3= Padraig Mallon	Carrickcruppen AC	
5. Aaron Deveney	Larne AC	65
6. Stephen Wilson	Ballydrain	33

Ladies and Junior Mens Championship based on a runner's best four efforts from seven races. Max points possible 4 x 20 = 80.

ISLE OF MAN FELL RUNNING LEAGUE

Isle of Man

Tony Rowley of the Manx Fellrunners Club retained his Isle of Man Fellrunning League Championship, with seven straight wins. The League consists of eleven events, and a competitors best seven events establish their league position. The runner up position went to a former champion, Richie Stevenson. Third position went to Ian Watson in his first season on the fells, showing he well be a force to be reckoned with in the future. There was only one point separating third to fifth positions, which were only settled in the final race of the season.

The veterans championship was decided on the last race in the favour of Richie Stevenson in his first season as a veteran. Defending champion, Dave Corrin, was runner up by one point, and Roger Moughtin was third in his first season as a veteran.

Stephanie Maddrell became the first lady to complete enough races to qualify for the league and thus became the first Manx Lady Fell Champion.

Eddie Brew won the over fifty veterans championship.

I Callister

RESULTS

1. T. Rowley	MFR	7 pts
2. R. Stevenson	MFR	17 pts
3. I. Watson	MFR	21 pts
4. D. Corrin	M.H.	22 pts
5. I. Callister	M.H.	22 pts
6. R. Moughtin	WAC	34 pts
7. D. Bawden	MFR	34 pts
8. D. Young	MFR	42 pts
9. P. Crowe	MFR	47 pts
10. G. Hull	MFR	59 pts

VETERANS O/40

1. R. Stevenson	MFR	10 pts
2. D. Corrin	M.H.	11 pts
3. R. Moughtin	WAC	14 pts
4. D. Young	MFR	20 pts
5. G. Hull	MFR	28 pts

VETERAN O/50

1. E. Brew	Unatt	7 pts
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LADIES

1. S. Maddrell	WAC	7 pts
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Full Results & Reports of the last 3 Championship races



Angela Brand-Barker. British Ladies Champion.
Photo: Allan Greenwood

PENDLETON FELL RACE Lancashire AS/5m/1500ft 28.8.93

Good all round conditions for this English Championship race had attracted a class field. This suggested that two of the longer standing course records might be broken. But this was not to be, which shows how good Kevin Cappers thirty minutes and thirty eight seconds in 1983, and Carol Greenwood thirty six minutes and thirty six seconds in 1984 were.

Mark Croasdale maintained his challenge for the Championship, followed by Brian Thompson and Gavin Bland.

Angela Brand-Barker led the ladies home, followed by Andrea Priestley and Cecilia Greasley who was also first veteran O/35.

Tony Hesketh took the veterans prize. In the O/50 category, its been a ding dong all season between Roger Bell and Dennis Quinlan, with Roger taking the honours this time. Dave Hodgson took the veteran O/60.

Craig Watson was first intermediate, but only by thirteen seconds from William Styant.

A total of thirty one prize vouchers were presented to the various categories, and after expenses and a donation to Pendleton Village, the balance was given to the local Cancer Research and M.S funds.

Roger Dewhurst

RESULTS

1. M. Croasdale	L&M	31.42
2. B. Thompson	CFR	32.04
3. G. Bland	Borr	32.21
4. G. Huddleston	Clay	32.38
5. D. Neill	Merc	32.40
6. M. Keys	Ross	32.51
7. C. Watson	Bing	33.03
8. S. Thompson	Clay	33.08
9. A. Trigg	Gloss	33.13
10. W. Styant	Holm	33.16
11. A. Wrench	Tod	33.19
12. S. Livesey	Clay	33.25
13. G. Wilkinson	Clay	33.40
14. S. Barlow	Horw	33.46
15. A. Schofield	Borr	33.51
16. T. Hesketh V	Horw	33.55
17. M. Aspinall	Clay	34.03
18. J. Bland	Borr	34.12
19. M. Fanning	Borr	34.20
20. P. Bowler V	Merc	34.21
21. G. Gough	Clay	34.25
22. I. Greenwood	Clay	34.26
23. M. Fleming	Amble	34.30
24. P. McWade V	Clay	34.39
25. A. Hauser	Fellan	34.50
26. G. Watson	Alt	34.55
27. N. Matthews	Horw	35.11
28. W. Bland V	Borr	35.15
29. A. Maloney	Roch	35.22
30. M. Foschi V	Penn	35.32

VETERANS O/40

1. T. Hesketh	Horw	33.55
2. P. Bowler	Merc	34.21
3. P. McWade	Clay	34.39
4. W. Bland	Borr	35.15
5. M. Foschi	Penn	35.32

VETERANS O/50

1. R. Bell	Amble	36.40
2. D. Quinlan	Bing	37.19
3. J. Nuttall	Clay	37.39
4. L. Haynes	Bing	38.11
5. P. Jepson	Unatt	40.22

LADIES

1. A. Brand-Barker	Kesw	39.16
2. A. Priestley	Fellan	39.47
3. C. Greasley V	Macc	40.44
4. J. Reid	CFR	41.47
5. A. Isdale V	Bing	41.51
6. L. Thompson V	Kesw	42.35
7. G. Cook	Roch	43.09
8. J. Shotter	Fellan	43.46
9. E. Hodgson	Fellan	44.04
10. D. Gowans	Acc	44.17

INTERMEDIATES

1. C. Watson	Bing	33.03
2. W. Styant	Holm	33.16
3. N. Matthews	Horw	35.11
4. R. Hope	Horw	37.33
5. P. Wilson	Sefton	37.34

BLACK MOUNTAINS Gwent AL/17m/5200ft 25.9.93

After a hectic registration, which without Jessica Taylor's help, I would not have been able to cope with. A sunny cool day from outside the Red Lion pub, saw one hundred and forty eight runners start, plus a police sergeant and his son acting as kit checkers and sweepers during the race.

Local runner, Paul Wheeler (who has beaten Steve Jones the road marathon runner), sprinted to checkpoint one at 2300ft. He ran out of steam thereafter and consequently gave the Welsh Championship to my brother, Andrew. Keith Anderson, never out of third position, out sprinted second placed Gavin Bland, to a new record time of two hours, sixteen minutes and one second. Ex Olympic cross country skier, Mark Croasdale, ran a consistent third to take the British overall. In fact the first thirteen finishers broke the old record. The old ladies record remains intact, as ladies race winner, Angela Brand-Barker just missed out by twenty seven seconds.

Billy Bland, the first veteran jogged around to finish fourteenth overall. First super veteran was Dennis Quinlan on his fifty first birthday. Ambleside was first team (three to count), but Borrowdale (who walked the whole course the day before in fog) won the British (five to count).

Eight runners retired, assisted by Longtown Mountain Rescue and checkpoint marshalls, all returned safely. Special thanks to local runners Nick Pringle, Adrian and Sharon Woods for race results. See you next year.

W J Darby

RESULTS

1. K. Anderson	Amble	2.16.01
2. G. Bland	Borr	2.16.46
3. M. Croasdale	Lanc	2.18.00
4. A. Peace	Bing	2.20.23
5. G. Huddleston	Clay	2.20.51
6. R. Jamieson	Amble	2.22.18
7. M. Roberts	Borr	2.23.07
8. J. Bland	Borr	2.23.32
8. S. Booth	Eryri	2.23.32
10. M. Rigby	Amble	2.25.22
11. A. Schofield	Borr	2.25.40
12. M. Kinch	Warr	2.26.11
13. M. Fleming	Amble	2.26.59
14. B. Bland V	Borr	2.28.00
15. G. Wilkinson	Clay	2.28.45
16. P. Clark V	Kend	2.30.19
17. J. Parker	Ilk	2.31.22
18. B. Clough	Amble	2.32.02
19. S. Hicks	Borr	2.34.29
20. T. Jones	Eryri	2.38.45
21. M. Hawker	Unatt	2.38.49
22. D. Barnes	Amble	2.39.35
23. D. Quinlan V	Bing	2.40.12
24. J. Bass	UniHales	2.40.29
25. E. Evans	Eryri	2.40.38
26. G. Williams V	Club69	2.40.47
27. M. Saunders	MDC	2.41.42
28. P. Maggs	MDC	2.41.54
29. G. Woods	Bath	2.42.27
30. M. Hartell	Macc	2.44.18

VETERANS O/40

1. B. Bland	Borr	2.28.00
2. P. Clark	Kend	2.30.19
3. M. Foschi	Penn	2.51.22
4. M. Daykin	Heref	2.52.42
5. P. Jones	Eryri	2.53.43

VETERANS O/50

1. D. Quinlan	Bing	2.40.12
2. R. Bell	Amble	2.45.22
3. J. March	Tarran	2.52.37
4. F. Thomas	DkPk	2.55.15
5. F. Gibbs	Bing	2.56.17

LADIES

1. A. Brand-Barker	Kesw	2.54.48
2. C. Greasley V	Macc	2.56.07
3. A. Bedwell	MDC	2.57.59
4. G. Cook	Roch	3.00.40
5. L. Thompson V	Kesw	3.07.42
6. J. Reid	CFR	3.08.14
7. G. Walkington V	Horw	3.14.04
8. S. Woods	MDC	3.18.53

THREE SHIRES FELL RACE Cumbria AL/13m/4000ft 11.9.93

Gavin Bland bided his time in this final English Championship decider, before pushing on strongly to victory. This was not enough to take the title from Mark Croasdale however, a retiree in this race. The sodden ground and claggy conditions meant Gavin could not take the record and the race will stay a long A! Carol Greenwood journeyed north and shamed many of the men, winning the ladies race by nearly ten minutes.

Bingley's 'A' team was invincible, if only they could get them all out for a full British Championship! We checked everyone's kit at the finish and did not have to disqualify anybody - Well Done!

Thanks to sponsors Pete Bland and Courage Breweries. Next year well be back to the third Saturday in September.

Selwyn Wright

RESULTS

1. G. Bland	Borr	1.47.59
2. A. Peace	Bing	1.49.36
2. S. Hawkins	Bing	1.49.36
4. I. Holmes	Bing	1.52.16
5. M. Rigby	Amble	1.52.18
6. B. Thompson	CFR	1.54.39
7. I. Ferguson	Bing	1.55.01
8. B. McGhee	CFR	1.58.07
9. M. Aspinall	Clay	1.58.19
10. S. Thompson	Clay	1.58.33
11. M. Kinch	Warr	1.58.44
12. A. Trigg	Gloss	1.58.50
13. G. Wilkinson	Clay	1.59.14
14. A. Schofield	Borr	1.59.20
15. A. Wrench	Tod	1.59.32
16. J. Feeny	Bing	2.00.02
17. M. Wallis	Clay	2.00.08
18. H. Jarrett V	CFR	2.00.16
19. P. Singleton	Amble	2.00.35
20. T. Hesketh V	Horw	2.00.41
21. B. Clough	Amble	2.00.50
22. G. Webb	CalderV	2.00.54
23. S. Hicks	Borr	2.02.42
24. C. Moses	Bing	2.03.12
25. D. Ramsay	Kesw	2.05.04
26. M. Fleming	Amble	2.05.07
27. D. Marshall	PFR	2.05.10
28. J. Hawksley		2.05.40
29. A. Beatty	CFR	2.05.54
30. C. Urmston	Roch	2.06.37

VETERANS O/40

1. H. Jarrett	CFR	2.00.16
2. T. Hesketh	Horw	2.00.41
3. P. McWade	Clay	2.08.28
4. D. Bodecott	CFR	2.10.31
5. D. Beels	Roch	2.11.47

VETERANS O/50

1. J. Nuttall	Clay	2.07.58
2. R. Bell	Amble	2.19.19
3. D. Jones	PFR	2.23.04
4. F. Gibbs	Bing	2.23.40
5. D. Quinlan	Bing	2.25.25

VETERANS O/60

1. D. Hodgson	Horsf	2.44.47
2. C. Rushton	Wesham	2.52.19
3. B. Hargreaves	Tod	3.13.30

LADIES

1. C. Greenwood	CalderV	2.13.58
2. J. Reid	CFR	2.22.58
3. A. Priestley	Horsf	2.24.02
4. A. Isdale V	Bing	2.25.30
5. C. Greasley V	Macc	2.25.35
6. C. Cook	Roch	2.29.34
7. L. Thompson V	Kesw	2.32.42
8. J. Shotter	Horsf	2.34.06

VETERANS O/50

1. P. Dowker	AchRat	57.24
2. D. Patey	Borr	64.19
3. J. Taylor	Amble	66.15
4. D. Brown	Clay	66.32
5. P. Green	Denby	67.52

LADIES

1. C. Greenwood	CalderV	53.17
2. A. Brand-Barker	Kesw	58.43
3. K. Beaty	CFR	60.03
4. L. Thompson	Kesw	60.06
5. K. Jackson	Kesw	64.27
6. K. Arnold	CFR	65.21
7. J. Fanning	Kesw	68.03
8. C. Charlton	Kesw	73.52

DOWNHAM FELL RACE

6.5m/2400ft 19.9.93

I hope you enjoyed the race. The course description at the registration explained there was no need to climb any gates, walls or stile on Pendle, so the first three or four runners coming down the big end of Pendle, jumped over a stile and headed for Barley, leaving John Taylor in the lead, but unfortunately he fell and could not finish.

Thankyou to everyone who helped us, for without them here could not have been a race.

Colin Taylor

RESULTS

1. M. Corbett	Ross	60.07
2. D. Woodhead	Horw	60.34
3. C. Lyon	Horw	61.37
4. I. Greenwood	Clay	61.47
5. I. Robinson V	Clay	62.28
6. D. Thompson	CalderV	63.15
7. K. Carr V	Clay	63.26
8. J. Nuttall V	Clay	64.30
9. M. Nutter	Clay	64.41
10. J. Smith	CalderV	65.01

VETERANS O/40

1. I. Robinson	Clay	62.28
2. K. Carr	Clay	63.26
3. J. Dore	Roch	66.39
4. G. Newsam	Clay	67.13
5. A. Heywood	Clay	68.00

VETERANS O/50

1. J. Nuttall	Clay	64.30
2. R. Jaques	Clay	74.51
3. G. Arnold	Prest	84.23
4. R. Francis	Bury	88.45
5. B. Hill	CLay	96.53

LADIES

1. G. Cook	Roch	71.42
2. L. Warin	Skip	76.08
3. J. Rawlinson V	Clay	76.15
4. L. Bostock V	Clay	77.56
5. C. Dewhurst	Clay	81.25
6. L. Platt	Clay	89.28

SCAFELL PIKE FELL RACE

Cumbria

AM/4.5m/3000ft 25.9.93

I quote from the 1992 results, "to keep the Scafell Pike race going in 1992 was an ambition of mine". In 1993 the faith I had in the runners was repaid in that the field for what was a non-championship race, in competition with three other calendar races, rose to forty eight. The important thing for me is that the Scafell is once again established in the FRA calendar, rightly so, in that England's highest mountain deserves its own dedicated race. Placing the race late in September obviously carries a weather risk which forced a short course last year. This year produced near perfect conditions, with no cloud, no wind, and warm weather.

Ian Holmes ran a blinder to smash his own 1990 race record, by two and a half minutes. By the summit he had a slight lead over Brian Thompson, but made a stunning descent to open the advantage to two minutes. Ian's time came close to Battista Scanzi's international race record from 1987, of fifty one minutes and five seconds (also run in perfect conditions), and Ian's Scafell victory is added to a very impressive 1993 season's results. Scanzi's race was run over a different course, but this does not detract from Ian's remarkably good performance. To beat Brian Thompson (who also came well inside Ian's old record) by two minutes in the hour, is no mean feat.

For the ladies, Kate Beaty's excellent (lone) run came within three minutes of the course record, and placed her about halfway through the field. Next year, I shall put up a 'Jack and Jill' prize for the fastest couple.

Many thanks to you all for running and for helping to keep the race going. Good to see a fine turn out for CFR, the local club. Hope to see you all next year.

R Eastman

RESULTS

1. I. Holmes	Bing	51.43
2. B. Thompson	CFR	53.51
3. A. Bowness	CFR	55.14
4. J. Hey	CFR	56.39
5. C. Valentine	Kesw	57.32
6. A. Beaty	CFR	57.50
7. J. Hawksley	Kend	58.24
8. R. Unwin	CFR	59.54
9. J. Hope V	AchRat	60.23
10. P. Clavey	Amble	60.30

VETERANS O/40

1. J. Hope	AchRat	60.23
2. C. Webb	CFR	65.10
3. L. Sands	Kly	65.33
4. N. Walker	Amble	67.21
5. P. Jackson	Tod	70.37

VETERANS O/50

1. P. McHale	ARCC	73.41
2. B. Johnson	CFR	76.14
3. D. Brown	Clay	79.44
4. B. Hillon	CFR	82.46

LADIES

1. K. Beaty	CFR	71.42
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THIEVELEY PIKE RACE

Lancashire

AS/3.5m/3000ft 25.9.93

This years race was dominated by the Juniors in what was the last event in their Championships. With many titles still to be decided, a big turnout resulted with some closely contested competition. The Davies family from Wales via Mercia, all won their respective junior races, and look to be a rare talent.

The senior race was won by Rossendale's Mervyn Keys, who recorded a very popular four second win over Prestons Billy Burns. Carol Greenwood dominated the ladies race in fifteenth overall, and was never challenged. Numbers in the senior race were well down, with many big names chasing Championship points elsewhere. Hopefully we will by back to our usual turnout next year.

Peter Browning

RESULTS

1. M. Keys	Ross	25.33
2. B. Burns	Prest	25.37
3. M. Corbett	Ross	26.14
4. B. Taylor	Ross	26.25
5. G. Schofield	Black	26.40
6. J. Logue	Horw	27.03
7. D. Woodhead	Horw	27.16
8. I. Greenwood	Clay	27.26
9. S. Breckell V	Clay	27.36
10. P. Irwin	Ross	27.39

VETERANS O/40

1. S. Breckell	Clay	27.36
2. D. Beels	Roch	27.58
3. R. Rawlinson	Ross	28.23
4. K. Taylor	Ross	28.48
5. I. Robinson	Clay	28.54

VETERANS O/50

1. J. Nuttall	Clay	29.23
2. D. Scott	Clay	32.40
3. T. Trowbridge	DkPk	33.22
4. M. Coles	Skyrac	34.19
5. R. Jaques	Clay	34.57

VETERANS O/60

1. B. Leathley	Clay	37.58
2. J. Ritley	Clay	57.47

LADIES

1. C. Greenwood	CalderV	28.24
2. K. Drake	Spem	30.44
3. L. Bostock V	Clay	35.48
4. J. Rawlinson V	Clay	35.51
5. C. Dewhurst	Clay	36.41
6. J. Keys	Ross	37.56
7. A. Donnelly	Eryri	39.37
8. M. Ashton V	Clay	40.11

INTERMEDIATES

1. P. Boyd	Horw	29.01
2. A. Prendergrast	Chor	29.10
3. R. Beale	Horw	29.34
4. S. Alder	Pud	31.35
5. C. Child	Pud	31.53

GIRLS U/18

1. L. Acon	Holm	27.53
2. J. Edwards	Ross	31.40
3. D. Stone	Horw	38.35

BOYS U/16

1. T. Davies	Merc	20.09
2. D. Hope	Horw	20.21
3. A. Turner	Bux	21.37
4. G. Earhardt	Tod	22.03
5. D. Walker	Clay	22.30

GIRLS U/16

1. J. Davies	Merc	28.06
2. J. Baron	Pud	29.16
3. R. Murray	Horw	30.47

BOYS U/14

1. A. Davies	Merc	21.32
2. G. Lamb	Pud	21.45
3. J. Hart	Roch	21.53
4. C. Livesey	Prest	23.11
5. E. Tressider	Matlock	24.00

GIRLS U/14

1. E. Riley	Pud	28.44
2. H. Matthews	Horw	27.02
3. L. Brindle	Horw	28.36

BOYS U/12

1. S. Reid	Unatt	23.08
2. W. Hallas	Unatt	23.38
3. S. Savage	Amble	23.47
4. A. Langrow	Holm	25.22
5. P. Matthews	Horw	26.24

GIRLS U/12

1. K. Lamb	Pud	28.44
2. N. Brannon	Horw	29.08
3. A. Murray	Horw	30.24



Showing a leg at Thieveley Pike.
Photo: Steve Bateson

TWO BREWERIES FELL RACE

Tweeddale

AL/19m/4520ft 25.9.93

RESULTS

1. A. Trigg	Gloss	2.41.51
2. P. Hague	Brit Orient Sq	2.42.32
3. D. Weir	Perth Strath	2.45.26
4. M. Seddon	Brit Orient Sq	2.45.37
5. T. Griffin	W'lands	2.45.54
6. P. Sheard	P&B	2.46.31
7. G. Ackland	L'ston	2.48.04
8. P. Dymoke	L'ston	2.51.50
9. S. Green	P&B	2.51.58
10. J. Wilkinson	GALA	2.52.33

VETERANS O/40

1. D. Bell	H.E.L.P.	2.45.56
2. J. Blair-Fish	Carn	3.03.35
3. R. McInroy	Clydes	3.06.28
4. R. Boswell	Loch	3.07.32
5. T. Ross	Fife	3.11.04

VETERANS O/50

1. G. Armstrong	H.E.L.P.	3.12.45
2. C. Love	DunHawk	3.15.14
3. D. Amour	H'land	3.19.14
4. B. Waldie	Carn	3.21.20
5. J. Stout	CFR	3.27.42

LADIES

1. H. Diamantides	W'lands	3.13.41
2. E. Scott	W'lands	3.29.36
3. J. Salvona V	L'ston	3.29.43
4. M. Coleman	L'ston	3.32.37
5. L. Hope	Loch	3.42.20
6. K. Charles	Carn	3.50.01
7. S. Hay V	H'land	3.54.08
8. G. Irvine	H'land	2.54.55

**THE LYON EQUIPMENT
WHERNSIDE FELL RACE**
North Yorkshire
BM/13m/2150ft 26.9.93

A route change from last years inaugural race impaired the Whernside race greatly - four miles of very wet and muddy 'Green Lane' has been replaced by a second climb up Great Combe. Whether the early leaders were caught unawares by this 'extra' climb or not, John Wooton took advantage of a controlled and steady start to come through in the latter stages for an unforgettable win. Ruth Pickvance was even more untroubled, winning by over ten minutes from Rosie Naish, a name from the early 80's making a comeback?

Next year, the course will take a new line on Whernside summit to avoid the danger of being impaled by Fergie and others going the other way, in the Three Peaks Cyclo Cross.

RESULTS

1. J. Wooton	Bing	1.29.07
2. S. Oldfield	Bfd/Aire	1.29.18
3. D. Woodhead	Horw	1.29.40
4. R. Whitfield	Bing	1.30.06
5. G. Oldfield	Bfd/Aire	1.31.50
6. H. Symonds	Kend	1.31.54
7. J. Hodgson	Kend	1.32.55
8. G. Cresswell	Penn	1.34.25
9. M. Walsh	Kend	1.34.30
10. N. Spence	Kend	1.35.30

VETERANS O/40

1. R. Whitfield	Bing	1.30.06
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LADIES

1. R. Pickvance	Kend	1.47.23
2. R. Naish	Kned	1.58.21
3. J. Rawlinson	Clay	1.59.41
4. K. Davis	N.Derby	2.06.49
5. P. Ling	Sett	2.06.59
6. A. Crabb	Amble	2.08.39
7. D. Bailey	Kend	2.14.14
8. M. Rosen	L&M	2.29.42

TOUR OF PENDLE
Lancashire

AL/17m/4200ft 2.10.93

As I drove around Pendle to the start, it looked like a good day for the men of Pendle, mist down below the fell wall, but as the morning went on, conditions improved.

Congratulations to this year winner, Dave Woodhead, improving his last years time by seven minutes and eleven seconds, and Kath Drake winning the ladies race. Clayton won the mens and ladies team races.

One hundred and eighty people ran, with seven retirements. Kit checks at the start and finish were well received by all runners, and everyone conformed.

My thanks to all marshalls and helpers, eleven check points take some commitment. Thanks also to Rossendale Search and Rescue, and St John's Ambulance.

Kieran and Doreen Carr

RESULTS

1. D. Woodhead	Horw	2.19.24
2. G. Wilkinson	Clay	2.21.11
3. B. Burns	Prest	2.24.34
4. T. Laney	Clay	2.24.38
5. G. Webb	CalderV	2.25.12
6. C. Valentine	Kesw	2.25.59
7. D. Thompson	CalderV	2.28.03
8. S. Jackson	Horw	2.29.24
9. H. Nicholson V	Clay	2.29.28
10. J. Holt V	Clay	2.29.39

VETERANS O/40

1. H. Nicholson	Clay	2.29.28
2. J. Holt	Clay	2.29.38
3. J. Winder	CalderV	2.32.17
4. S. Breckell	Clay	2.35.22
5. P. Booth	Clay	2.44.24

VETERANS O/45

1. K. Taylor	Ross	2.30.44
2. K. Carr	Clay	2.34.50
3. J. Talbot	Tod	2.38.54
4. G. Duckworth	Horw	2.41.25
5. M. Crook	Horw	2.42.58

VETERANS O/50

1. J. Nuttall	Clay	2.35.57
2. R. Bell	Amble	2.37.51
3. D. Lucas	Roch	3.01.07
4. P. Greenwood	Tod	3.07.49
5. H. Thompson	Clay	3.15.27

VETERANS O/55

1. P. Lambert	V Strds	3.01.34
2. R. Jacques	Clay	3.04.24
3. E. Blamire	Tod	3.27.47

VETERANS O/60

1. B. Thackery	DkPk	3.00.32
2. B. Leathley	Clay	3.18.15
3. D. Talbot	Clay	3.42.41

VETERAN O/70

1. J. Riley	Clay	5.13.17
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LADIES

1. K. Drake	Spen	2.44.27
2. G. Cook	Roch	2.59.24
3. S. Watson V	V Strds	3.04.31
4. J. Rawlinson V	Clay	3.13.06
5. J. Lee V	Clay	3.17.09
6. P. Mee V	Gloss	3.18.26
7. H. Blore V	DkPk	3.35.13
8. A. Dennison	Bfd	3.39.30

LLOYNEY LIMP

Powys
AM/12.4/3176ft 2.10.93

On the evening prior to the event, in torrential rain with the lads rover stuck fast up to its axles, the second running of the Lloyney Limp did not seem such a good idea. Such was the weather that final course marking took place at the crack of dawn on race day. The weather gave course director Colin Jones, a week he would rather forget, but on the day the skies were clear, even if the ground was sodden.

Once again Mick Legema of Croft Ambrey led from the start, making light work of the initial precipitous five hundred foot climb - just warming up! It's a stiff race and if the rock gully, four hundred feet of tortuous ascent is thought by many to be the ultimate testing point, then let it be said that one runner said he found the 'gallop' (a wonderful run over springy turf). "just finished my legs", Oh well, cannot please everyone!

The race finished with exhausted competitors running, rolling and falling down the same Joo', they had fallen up, a couple of hours earlier. To everyone's relief they all arrived at the bottom in relatively good condition, the ambulance was not needed!

As always, at a 'Pacers' race, the standard of marshalling and marking was outstanding, contact being maintained throughout the course by radio. The clubs reputation for excellent home made cakes was upheld at the trig point, and the smiles and praise from the runners as they crossed the line, hold it's own tale.

Mick Ligema was a clear winner, having maintained his early lead, with Janet Tyler, also from Croft Ambrey taking two minutes from her own course record, to win the ladies race, and take possession of the new ladies trophy - a beautiful hand crafted oak platter. All in all it was a good race, and with continued sponsorship from local firm, Nash Rocks, it is a race that looks set to increase in 1994. Make it a date in your diary and we will see you there!

P Davies

RESULTS

1. M. Ligema	Croft Amb	1.49.08
2. I. Jones	Unatt	1.50.24
3. J. Childs	WyeV	1.50.34
4. R. Wilson V	PowysO	1.51.39
5. G. Brown V	P'eigne	1.52.18
6. W. Marsh V	Tar Hend	1.53.12
7. J. Marsh V	Tar Hend	1.53.12
8. R. Benjamin	MDC	1.56.42
9. B. Davies V	Croft Amb	1.57.37
10. J. Gardner	N'brook	1.58.52

VETERANS O/40

1. R. Wilson	PowysO	1.51.39
2. G. Brown	P'eigne	1.52.18
3. W. Marsh	Tar Hend	1.53.12
4. W. Waite	Leam	2.02.35
5. D. Barton	Merc	2.04.27

VETERANS O/45

1. T. Davies	Croft Amb	2.04.03
2. P. Tyler	Croft Amb	2.05.42
3. J. Sweeting	MDC	2.13.09
4. P. Hunt	WrekO	2.22.09

VETERANS O/50

1. J. Marsh	Tar Hend	1.53.12
2. B. Davies	Croft Amb	1.57.37
3. F. Uhlman	Eryri	2.06.24

LADIES

1. J. Tyler V	Croft Amb	2.16.30
2. B. Lawrence V	Rhay	2.36.58
3. A. Evans V	Hengoed	3.30.09
4. J. Davies V	Rhay	3.36.35
5. H. Connelly V	Rhay	3.36.36

**COMMEDAGH DONARD
HORSESHOE**

Co.Down
AM/7m/3100ft 2.10.93

In very foggy conditions, Neil Carty won his first ever championship race, over Commedagh Donard, in a time of seventy two minutes and forty two seconds, which was over six minutes outside the record. This result helped Carty to win his first Northern Ireland Championship, as he proved the most consistent runner of the year.

The poor visibility did not deter the ladies, when race winner Roma McConville, and second placed Mary Havern, both broke Roma's existing record of one hundred and one minutes and eighteen seconds, set in 1992.

In the junior race, over two and a half miles and six hundred foot, Ballydrains Neil Jackson was pushed all the way by promising newcomer, Sean Mallon (unattached). Third place being taken by Jackson's team mate, Dean Fisher.

F Morgan

RESULTS

1. N. Carty	N.Belf	72.42
2. J. Patterson V	D'cairn	74.50
3. B. McKay V	A'ville	74.50
4. E. Hawkins	N'castle	77.15
5. J. Brown	BARF	79.59
6. K. Adams	W'lands	80.03
7. M. Barton V	ACKC	80.20
8. J. Hayes V	B'drain	81.58
9. D. Graham	B'drain	83.46
10. J. Sloan V	ACKC	87.26
11. B. Magee V	Larne	87.26
12. A. Hornsby	Unatt	88.25
12. B. Ferry V	Mid Uls	88.25
14. A. Corish V	A'ville	88.35
15. R. Shaefer	A'ville	88.39
16. P. Wilson	Irving	90.44
17. M. McVeigh V	N'castle	94.27
18. P. O'Hare	N'castle	95.18
19. R. Cowan V	Unatt	97.19
20. J. McBride	BARF	98.08

VETERANS O/40

1. B. McKay	A'ville	74.50
2. M. Barton	ACKC	80.20
3. M. McVeigh	N'castle	97.27

VETERANS O/45

1. J. Patterson	D'cairn	74.50
2. J. Hayes	B'drain	81.58
3. J. Sloan	ACKC	87.26

LADIES

1. R. McConville	N.Down	98.47
2. M. Havern	BARF	99.58
3. A. Sandford	B'drain	105.46
4. K. Knell	Unatt	112.26
5. J. Boyle	BARF	115.21
6. J. Hornsby	Unatt	127.52

JUNIORS

1. N. Jackson	B'drain	21.46
2. S. Mallon	Unatt	22.03
3. D. Fisher	B'drain	22.59

IAN HODGSON MOUNTAIN RELAY
Cumbria

4x2man/25m/8500ft 3.10.93

Probably the best days weather we have had for the Mountain Relay enabled the organisers and (hopefully) competitors and their families, to enjoy a beautiful day amidst the lakeland fells. Our thanks to the clubs who supported the event and the many friends who assist with the organisation.

Although the day was dry, the ground was very wet from recent heavy rainfall, and this, combined with the thick mist on the tops on Leg one, meant that times were generally slower than recent years. The exception was the Livingston performance in the mixed team category, which saw the previous record broken by over five minutes, as they finished in eighth position overall.

Bingley continued to celebrate their centenary year in fine style by taking the Mountain Relay trophy back to Yorkshire. Their steady progress from fifth at the end of Leg one, to first at the end of Leg three, was assisted by the Whitfield father and son combination of Matthew (Leg two) and Bob (Leg three), both gained places. Borrowdale followed up their team success in the British Fell Running Championship by beating Ambleside for second place, and solid performances from Clayton and Rossendale gave them the remaining open team prizes. Mercia achieved a creditable eighth place, thanks especially to good runs from their third and fourth leg runners. The Keswick ladies team made up for their male counterparts lack of success, by winning the ladies team award.

We placed a high priority of safety checks this year, and it is pleasing to report that our marshalls received satisfactory co-operation from competitors in carrying out kit checks. Rather more disconcerting were reports from the marshalls at Angle Tarn and High Street, to the effect that some runners were attempting to punch their competitors team number instead of their control card!! Team captains please note and make sure runners are fully briefed in future.

Thanks to Barrie, Maureen and Nigel Atkinson for the use of Syke Side, Alan and Eric Wear for the Hartsop takeover facilities and to Alan for presenting the awards, Stephen Foxall and staff at Patterdale Hall. Mike Beatty and Dennis Kitching for other car parking and land access, and Pete Bland for donation of the fifth team prize. We are also pleased to acknowledge the help and co-operation from Raynet, National Trust, Lake District National Parks and Dalemain Estates.

RESULTS

1. Bingley'A'	3.41.02
2. Borrowdale	3.43.01
3. Ambleside'A'	3.44.11
4. Clayton'A'	3.48.13
5. Rossendale'A'	3.53.24
6. Pudsey & Bramley'A3	3.56.52
7. Kendal'A'	3.57.04
8. Mercia	4.03.31
9. Livingston'B'	4.04.07
10. Horwich'A'	4.05.50

MIXED TEAMS

1. Livingston 'B'	4.04.07
2. Fellandale 'C'	4.27.28
3. Ambleside 'C'	4.30.52
4. Mandale 'B'	4.41.51
5. Denby Dale 'B'	4.53.54

LADIES

1. Keswick 'C'	5.08.52
2. Kendal 'C'	5.15.46
3. Clayton	5.31.49
4. Horwich 'C'	6.04.52
5. Blackburn	6.07.57



Livingstone Ladies, part of the record-breaking mixed team, on the climb to Angle Tarn, (2nd relay leg).
Photo: Allan Greenwood

SANDSTONE TRAIL RACES

Cheshire

CM/16.5m/1750ft 3.10.93

Not a vintage year for times, given recent rain making the going so heavy, but the brilliant weather on the day was a great bonus. Paul Frodsham looked strong throughout and ran consistently well at the front to be almost a minute clear at the finish. He was chased hard by Adrian Jones and Roger Wood who added to his long list of successes in the race, five times winner 1980-1988, first veteran in 1992. Six ladies ran the A race, most of them Sandstone regulars, with Tattenhall well represented. Carol Banlin's time of two hours and eleven minutes is most impressive, as the third fastest ever by a lady, and so is Mick Frayne's two hours, two minutes and seventeen seconds super veterans time, also the third fastest. Only eleven runners completed in under two hours this year, the last of these being the first orienteer Graham Nilsen. This was the lowest number for a long time, reflecting the heavy going and the somewhat reduced turnout - one hundred and twenty six started and one hundred and twenty two finished. There was no doubt about Helsby RC's domination in taking team prize. Does this signal a return to the '80s, when Helsby and Frodsham took the team trophies regularly?

In the B race, one hundred and five runners started and finished. Ian Wetherall's win is his second as a senior and follows four wins as a junior. His time of one hour and fifty two seconds, however, is four minutes slower than his 1989 win. Ladies are better represented in the B race, and competition was strong. Jackie Bale's one hour, sixteen minutes and sixteen seconds was an excellent run in the conditions, and close to the usual winning time. When, though, is someone going to crack Jenny Pearson's 1979! time of one hour, eight minutes and thirty seven seconds? The two fastest times were both non-competitive, one being the only time under an hour. Four entries were accepted reluctantly on the day, and we must stress, as we did last year, that we will go to some lengths to take entries after the official closing date to avoid such race day confusion.

A special feature of this year's race was the cycle time trial along the A54, which added so much interest to the road crossing. Fortunately the police, our marshals and the Merseyside Wheelers' marshal worked together so well, that I do not think any competitor, cyclist or runner was held up unduly. Although Chris Boardman had to slow up on both laps it did not stop him breaking the course record!

The races always get friendly co-operation from police, public bodies and landowners, for which we are very grateful, but they would be impossible to hold without the help and support of our Deeside OC clubmates. Having to pick a date a year in advance which does not clash with local 'O' events, means that next year's race will be two weeks earlier, on September 18th 1994.

Barry and Jill Barnes

RESULTS - 'A' RACE

1. P. Frodsham	Hels	110.22
2. A. Jones	Gloss	111.24
3. R. Wood V	Hels	112.41
4. G. Kenny	S'port	114.22
5. J. Lindop	Stock	114.27
6. M. Hartell	Macc	118.44
7. G. Withers	CEPAC	119.04
8. M. Walker	Hels	119.46
9. S. Ellis	Unatt	119.49
10. R. Pritchard V	Warr	119.51

VETERANS O/40

1. R. Wood	Hels	1.52.41
2. R. Pritchard	Warr	1.59.51
3. M. Whiteside	Hels	2.03.19
4. D. Burke	ManYMCA	2.03.44
5. C. Latter	Tatten	2.04.24

VETERANS O/50

1. M. Frayne	Hels	2.02.17
2. S. Fitzpatrick	L'pool	2.05.12
3. R. Turnstall	Hels	2.09.33
4. B. Morris	Wrek	2.12.21
5. D. Parsons	Mold	2.16.45

LADIES

1. C. Banlin	Hels	2.11.00
2. S. Owen V	Tatten	2.26.27
3. K. Capes V	Tatten	2.39.24
4. S. Birkenhead	Frod	2.51.20
5. L. Seed V	Tatten	2.51.56
6. G. Spooner V	Buckley	3.11.42

RESULTS - 'B' RACE

1. I. Wetherall	Warr	1.00.52
2. P. Weatherhead V	Wirral	1.01.34
3. M. Cuddy	Gloss	1.01.54
4. J. Fidler V	CEPAC	1.02.02
5. M. Prady	Gloss	1.02.08
6. A. Duncan V	S.Liv	1.04.05
7. R. Stradling	Hels	1.05.31
8. D. Ashcroft	S.Liv	1.06.59
9. G. Jenkins	Whitby	1.07.06
10. G. Woodward	Hels	1.07.32

VETERANS O/40

1. P. Weatherhead	Wirral	1.01.34
2. J. Fidler	CEPAC	1.02.02
3. A. Duncan	S.Liv	1.04.05
4. A. Berkley	S.Liv	1.08.45
5. J. McGill	Whitby	1.11.39

VETERANS O/50

1. G. Lloyd	Wrex	1.18.12
2. J. Ash	Unatt	1.34.33
3. A. Bleakley	Unatt	1.39.30
4. A. Meadows	Mersey	1.40.48

LADIES

1. J. Bale	Dee	1.16.16
2. A. Shepherd V	Unatt	1.17.11
3. J. Heslop	Unatt	1.19.59
4. R. Clayton	Unatt	1.21.49
5. A. Bond	Wrex	1.22.11
6. J. Keasley V	Hels	1.26.43
7. K. Jackson	Leic	1.27.28
8. K. Scott V	Hels	1.28.02

LANGDALE HORSESHOE FELL RACE

Cumbria

AL/14m/4000ft 9.10.93

Yet again we were blessed with a good day. Those few people who climbed the fence less than two hundred metres after the start ARE NOT WELCOME NEXT YEAR. On a more positive note, it was great to see a fine turn out. A big congratulations must go to Borrowdale AC, they showed everybody how to do it!

A Boston

RESULTS

1. G. Bland	Borr	1.57.29
2. I. Holmes	Bing	1.57.37
3. J. Bland	Borr	2.10.23
4. B. Whitfield V	Bing	2.11.35
5. A. Davies	Unatt	2.12.20
6. P. Bland	Borr	2.12.39
7. S. Hicks	Borr	2.15.00
8. S. Coffey	Borr	2.16.35
9. D. Ratcliffe	Ross	2.17.27
10. A. Styan V	Holm	2.19.18

VETERANS O/40

1. B. Whitfield	Bing	2.11.35
2. A. Styan	Holm	2.19.18
3. J. Hope	AchRat	2.28.44
4. M. Richardson	Amble	2.29.00
5. K. Carr	Clay	2.30.16

VETERANS O/50

1. R. Bell	Amble	2.42.49
2. D. Quinlan	Bing	2.49.23
3. D. Lucas	Roch	2.51.14
4. G. Causey	Unatt	2.52.24
5. P. Greenwood	Tod	2.53.22

VETERANS O/60

1. B. Fielding	Fellan	2.08.40
2. C. Hanson	DkPk	3.19.30
3. C. Rushton	Wesham	3.28.38

LADIES

1. R. Pickvance	Kend	2.38.40
2. K. Harvey V	Alt	2.43.29
3. C. Kenny	Kend	2.47.15
4. A. Isdale V	Bing	2.50.16
5. N. Davies	Unatt	2.53.57
	Roch	2.57.59
7. A. Brand-Barker	Kesw	3.00.04
8. J. Rawlinson V	Clay	3.00.52

STEAM BUNNY STOMP

Gwent

AM/5.5m/1700ft 9.10.93

Although many of the established 'stars' of the South Wales fell running scene stayed away, the local clubs once again turned out in force for the fourth running of this blast onto the hills and vales of Mynydd Maen. Forty four started and forty two finished with the retirements coming from exhaustion and not injury. Heavy rain had made parts of the course extremely slippery and the streams were in full spate. Thankfully, the rain held off for the duration of the race with excellent visibility reducing the chances of runners missing the markers and falling prey to the carnivorous sheep!

With very few serious challengers, Adrian Woods nearly had it all his own way, but only just held off a determined Peter Maggs for first place. John Darby (V), Eric Meredith (SV) and Sharon Woods (L) made it a clean sweep for MDC in the individual honours and the team prize naturally came their way as well. The top local team was Islwyn with Gareth Gibb finishing a splendid third. Judging by their regular appearance for this race it is obvious that many Gwent running clubs have acquired a taste for the fells, so it would be nice to see them at some of the more traditional fell events next year.

Well Done, were also earned by Susan Spenceley, who finished in 35th place in her first ever fell race, and Derek Thornley who managed to get his pancreas to behave for the duration of the race.

Once again Cliff Hale proved to be a most convivial host, dispensing welcome pies and pints to the hungry hordes. Thanks are due to him for providing the necessary sanitary and refuelling facilities in the cosy confines of the Lamb Inn.

Finally, I would like to thank Chas Ryder and Chris Gilmerle for their help with timekeeping and scoring.

Simon Blease

RESULTS

1. A. Woods	MDC	49.43
2. P. Maggs	MDC	49.46
3. G. Gibb	Islwyn	52.53
4. C. Fitzgerald	Llis	54.18
5. J. Darby V	MDC	54.45
6. A. Jones V	C'then	56.37
7. E. Meredith V	MDC	57.31
8. D. Maskell	Unatt	57.32
9. B. LeGrys	Milo	58.07
10. T. Caveney	MDC	58.15

VETERANS O/40

1. J. Darby	MDC	54.45
2. A. Jones	C'then	56.37
3. G. Parsons	Chep	58.47
4. D. Finch	Chep	60.51
5. D. Gwilym	MDC	61.04

VETERANS O/50

1. E. Meredith	MDC	57.31
2. C. Jones	MDC	69.16
3. A. Johnson	Griff	69.50

LADIES

1. S. Woods	MDC	61.37
2. S. Spenceley	Unatt	69.17



Kieran Carr, organiser of Tour of Pendle, pictured at Winter Hill.

Photo: Allan Greenwood

SHOOTERS FELL RACE Lancashire BS/5.5m/780ft 10.10.93

Fine weather but very muddy in places. Excellent close running by first three runners, with Craig Metcalfe finishing in thirty two seconds outside Mark Smith's record. Pauline Powell held on to the ladies trophy, 42nd place overall, just thirty five seconds in front of Belle Vue racers, Tricia Sloan. Dave Scott of Clayton in his first year in over fifty category, had an excellent run to finish 21st overall, almost four minutes in front of Bradford Aires' Joe Tohill.

The star performance of the day was by junior, Raylene Cowie, of Prestwich who went round the muddy one and a quarter miles in eighteen minutes and twelve seconds, to finish second overall from nineteen runners. The third place taken by Zoe Ellis of Euryby in eighteen minutes and twenty three seconds.

The Shooters Arms was packed after the race. All the runners waiting to see who would win the Shooters Fell race cake, donated by W.H.Oddies bakery of Nelson. Each entrant was given a free ticket, the winner being Mark Shaw, whose mum Linda was first lady veteran. Every runner took home a prize, all of which were donated by local firms and shops. All money raised on the day is given directly to the Leukaemia research unit at Christie Hospital Manchester. Thankyou all runners, see you next year.

R Hargreaves

RESULTS

1. C. Metcalfe	Skip	34.50
2. D. Woodhead	Horw	35.05
3. J. Simmonite	N.Fly	35.10
4. G. Hawkins	Bing	36.01
5. C. Valentine	Kesw	36.12
6. A. Black	Unatt	36.27
7. J. Roche	Clay	36.29
8. P. Brannon	Clay	37.00
9. P. Hall	Clay	37.01
10. A. Life	Clay	38.05

VETERANS O/40

1. A. Heywood	Clay	38.36
2. J. Dore	Roch	39.04
3. P. Booth	Clay	39.36
4. A. Green	Bfd/Aire	40.22
5. P. Cornwell	BelleVue	41.02

VETERANS O/45

1. P. Jackson	Tod	41.35
2. T. French	Clay	43.40
3. P. Carradice	Clay	44.48
4. E. Birtwistle	Clay	45.22
5. T. Targett	Clay	45.55

VETERANS O/50

1. D. Scott	Clay	39.43
2. J. Toehill	Bfd/Aire	43.27
3. J. Capenerhurst	Bing	44.03
4. B. Ogden	Skip	47.59

VETERANS O/55

1. R. Dearden	Clay	48.27
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VETERANS O/60

1. B. Leathley	Clay	48.33
2. J. Riley	Clay	65.39

LADIES

1. P. Powell	Clay	43.20
2. T. Sloane	BelleVue	43.55
3. S. Malir	Fellan	44.55
4. L. Bostock V	Clay	46.02
5. C. Dewhurst	Clay	48.33
6. P. Dore V	Roch	53.10
7. L. Green V	Bfd/Aire	56.16

JUNIOR BOYS U/16

1. C. Singleton	Clay	19.12
2. R. Cowie	P'wich	19.41
3. D. Bryson	Bing	19.46
4. O. Cromack	Clay	20.39
5. M. McElhone	Pendle	21.02

JUNIOR GIRL U/16

1. A. Green	Spenn	26.05
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JUNIOR BOYS U/12

1. N. Treilt	Unatt	17.16
2. J. Hargreaves	Unatt	18.47
3. M. Shaw	Unatt	18.52
4. R. Tindall	Unatt	21.21
5. T. Hall	Black	21.54

JUNIOR GIRLS U/12

1. R. Cowie	P'wich	18.12
2. S. Ellis	Unatt	18.23
3. S. Waddington	Kly.H.R.	20.19
4. N. Hall	Black	21.34
5. D. Waddington	Kly.H.R.	25.47

COP HILL FELL RACE West Yorkshire CM/7m/900ft 17.10.93

Meltham Cop Hill Race, a Meltham Zero promotion was blessed with a bright, sunny, wind free day, which ensured a good turn out for senior and junior races. Dave Woodhead who runs for Horwich RMI took an early lead in the mens race, but had to work hard in the closing stages to fight off an attack from Bradford Airedales' Steve Oldfield, who finished nine seconds behind David Woodhead.

Calder Valley's Carol Greenwood had a runaway victory in the ladies race, her nearest rival Sally Malir of Fellandale finished 72nd overall.

The Cop Hill Cup presented to the winning team was won yet again by Holmfirth Harriers, Bob Harbister's (5th), Ian Moore's (14th) and Andy Shaws (15th) positions, put them six points ahead of Airedale.

Buxton AC won both the boys and girls U/15 races. Holmfirth supplied both first and second boys and girls in the U/13 race.

The U/17 race which covers one full lap of the senior course was won by Bingley's, Luke Wilford, in twenty three minutes and ten seconds. Holmfirth's Lisa Lacun won the girls in a time of twenty nine minutes and ten seconds.

M Bottomore

RESULTS

1. D. Woodhead	Horw	44.48
2. S. Oldfield	Bfd/Aire	44.57
3. D. Cartridge	Bolt	44.03
4. A. Hauser	Fellan	43.36
5. B. Harbisher	Holm	46.00
6. H. Waterhouse V	Sadd	46.00
7. G. Oldfield	Bfd/Aire	46.17
8. M. Egner	Denby	46.29
9. D. Jones	MeltZero	46.58
10. P. Grimes	Hudds	47.11

VETERANS O/40

1. H. Waterhouse	Sadd	46.00
2. M. Seldon	Holm	49.56
3. A. Green	Bfd/Aire	50.17
4. B. Clayton	Sadd	51.57
5. K. Yewlett	HolmeV	52.07

VETERANS O/45

1. C. Beever	Holm	49.19
2. R. Wallage	Denby	49.49
3. C. Westley	Spenn	51.31
4. H. Smith	Spenn	51.40
5. C. Todd	Harr	52.14

VETERANS O/50

1. B. Asquith	Holm	49.44
2. G. Webster	V Strds	53.01
3. J. Robertshaw	Otley	53.03
4. J. Hobbs	MeltZero	54.22
5. D. Cowgill	Holm	61.21

VETERANS O/55

1. K. Bamforth	HolmeV	52.33
2. R. Bray	B&F	58.32
3. E. Meredith	Holm	61.32

VETERANS O/60

1. P. Dibb	L'wood	56.45
2. B. Boothroyd	L'wood	64.23
3. H. Thornton	N.Vets	71.19

VETERAN O/65

1. D. Mason	N.Vets	80.49
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LADIES

1. C. Greenwood	CalderV	47.37
2. S. Malir	Fellan	55.35
3. C. Couch V	MeltZero	56.19
4. S. Watson V	V Strds	56.30
5. P. Coley		57.32
6. P. Leech	Hallam	57.59
7. P. Oldfield V	Bfd/Aire	58.16
8. S. Billam V	MeltEagles	61.54

INTERMEDIATES

1. L. Wilford	Bing	23.10
2. E. Coen	Skyrac	24.47
3. R. Cowie	P'wich	26.56
4. C. Day	Holm	26.59
5. L. Lucan	Holm	29.10

JUNIOR BOY U/15

1. A. Turner	Bux	12.24
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JUNIOR GIRL U/15

1. R. Squires	Bux	16.46
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JUNIOR BOY U/13

1. W. Hallas	Holm	14.01
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JUNIOR GIRL U/13

1. K. Holden	Holm	16.48
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BREIDEN HILLS RACE AM/7.5m/2300ft 17.10.93

RESULTS

1. A. Trigg	Gloss	47.50
2. S. Fenwick	Harboro	49.29
3. T. Davies	Merc	51.56
4. R. Cudworth	H'owen	55.11
5. M. Cuddy	Gloss	55.17
6. T. Longman V	Hunc	56.27
7. P. Ratcliffe	Wrek	57.32
8. S. Entwistle	Gloss	58.51
9. I. Powell	Wrek	58.56
10. J. Gardner	N'brook	59.08

VETERANS

1. T. Longman	Hunc	56.27
2. D. Barton	Merc	61.28
3. S. Orrells	Newtown	61.53
4. B. Russell	Dudley	62.09
5. M. Boulton	Shrop	62.17

LADIES

1. K. Harvey	Alt	65.17
2. B. Evans	Shrop	66.53
3. N. Lee	Hunc	71.38
4. J. Davies	Merc	75.03
5. T. Dunn	Unatt	83.03
6. S. Davies	Unatt	83.53
7. J. Williamson	Shrop	86.47
8. B. Dawes	Telf	95.00

JUNIORS

1. T. Davies	Merc	51.56
2. R. James	Merc	60.14
3. J. Davies F	Merc	75.03
4. J. Benton	Derby&C	80.27
5. G. Mattock	Derby&C	80.38
6. R. Harding	Derby&C	80.46

WITHINS SKYLINE FELL RACE West Yorkshire BM/7m/1000ft 23.10.93

Victory, Mansell - Mode! That's how the winner, Dave Woodhead (35yrs), celebrated, mind it was not with traditional champagne, but with bottles of Bronte Natural Spring Water. In fact the local firm supplied over one hundred and fifty litres of its still and spa water, which amongst the prizes at the Old Sun Inn presentation, so much was on offer that everyone who attended this 'watering hole' came away with goodies. Indeed with two and a half foot long parkin pigs, the biggest bars of Cadbury's chocolate, over twenty five pound of Quality Street available, its a wonder the runners had any teeth left in their heads.

The course as one would expect takes in all that Bronte land has to offer, with initially a wet long haul to the aptly named Stoop Standing Stone. Then it's your best foot forward but getting nowhere, Treadmill, BogTrot Boudry Stone run, to the Pennine Way and Top Withins. This ruin is the farmhouse associated with Wuthering Heights, the Earnshaw home in Emily Brontes novel, before fast, mainly downhill running brings you to the stone slab footbridge over Sladen Beck, Bronte Bridge. Opposite here is Bronte Chair, a curious stone which figures in Jane Eyre, but its upwards your flagging body must go, to summit Bronte Waterfall. The terrain then varies between short sections of rough moorland, fast track and heather before being faced with the last climb up the side of Penistone Hill Quarry. Once a right and left turn are safely negotiated its the finish, with coffee, orange and traditional Bronte Biscuits, freely available to all comers.

On the Junior scene, i.e. the under sixteens, two races took in the undulating quarry area, with twenty five under fourteens scampering around with a time of five minutes and twenty nine seconds giving Mark Gregory the honours. Possibly a little on the short side, but there again, any under fourteen can compete again in the under sixteen race, ten minutes later - now there's a little challenge!

These two junior races are now to become the norm for the Stanbury, Withins Skyline, and the Stoop events, thereby giving the lads and lassies three chances to better their P.B in one calendar year. Great to see eleven under nines competing, we like to catch them young, but do draw the line at prams and baby walkers.

Seymour Hills

RESULTS

1. D. Woodhead	Horw	43.58
2. J. Logue	Horw	44.05
3. P. Mitchell	Bing	44.42
4. G. Hawkins	Bing	44.56
5. B. Evans	Amble	45.23
6. P. McWade V	Clay	45.34
7. D. Beels V	Roch	46.11
8. M. Woods	Clay	46.23
9. S. Addison	Clay	47.07
10. M. Addison	Clay	47.27

VETERANS O/40

1. D. Beels	Roch	46.11
2. G. Newsam	Clay	49.34
3. P. Bramham	Craven	49.51
4. B. Horsley	CalderV	50.55
5. F. Judge	Clay	51.19

VETERANS O/45

1. P. McWade	Clay	45.34
2. J. Talbot	Tod	51.21
3. C. Choyce	Clay	53.24
4. P. Lancaster	Unatt	55.17
5. D. Lynn	Kly.H.R.	56.21

VETERANS O/50

1. T. McDonald	Bing	52.02
2. P. Duffy	Aber	55.25
3. R. Jaques	Clay	56.07
4. K. Pratchett	St.Bedes	60.44
5. A. Ratcliffe	Kly.H.R.	62.08

VETERAN O/55

1. B. Smith	Clay	59.55
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LADIES		
1. K. Drake	Spen	50.35
2. K. Harvey V	Alt	52.51
3. S. Ashby	Dews	55.35
4. J. Keys	Ross	59.54
5. L. Waring	Skip	62.26
6. T. Whitaker	Unatt	66.41
7. W. Robinson	St.Bedes	73.59
INTERMEDIATES		
1. C. Armitage	SeaCadets	73.11

THREE TOWER RACE Lancashire BL/20m/2600ft 24.10.93

Good weather and conditions made for a fast race. John Wiczorek leading Mark Kinch at Great Hill Cairn with Pete Pollit back in sixth place. Positions remained the same until Cadshaw Feed Station where Pete Pollit had started to move up, arriving in fourth place. Good running by Robert Jackson, maintained his high position. Pollit and Wiczorek ran together to the Holcombe Tower, where Pete just out ran John in a very close finish. Just seven seconds separating them.

B J Tyson

RESULTS		
1. P. Pollit	Bolt	2.05.13
2. J. Wiczorek	Acc	2.05.20
3. R. Jackson	Horw	2.05.39
4. M. Kinch	Warr	2.05.55
5. N. Francis	Leic.Cor.	2.06.15
6. M. Fleming	Amble	2.07.01
7. T. Hesketh V	Horw	2.08.55
8. G. Schofield	Black	2.09.06
9. P. Thompson	Black	2.09.32
10. N. Clementson	Horw	2.11.03

VETERANS O/40		
1. R. Edwards	Leic.Cor.	2.11.39
2. S. Ellis	Bolt	2.14.58
3. A. Duncan	L'pool	2.17.12

VETERANS O/45		
1. T. Hesketh	Horw	2.08.55
2. P. Carr	Kly	2.21.18
3. A. Turner	RedRose	2.21.40
4. T. Crook	Bolt	2.24.06
5. D. Kearns	Bolt	2.24.09

VETERANS O/50		
1. R. Bell	Amble	2.17.22
2. B. Jackson	Horw	2.27.55
3. T. Doyle	ManYMCA	2.36.36
4. D. Rutherford	Preston	2.39.27
5. P. Henegan	Bolt	2.39.41

VETERANS O/60		
1. B. Thackery	DkPk	2.39.54
2. B. Leathery	Clay	2.59.18

LADIES		
1. J. Harold	Horw	2.44.02
2. D. Gowans	Acc	2.49.12
3. C. Meads	RedRose	3.04.13
4. M. Shaw V	R'cliffe	3.09.45
5. C. Wright V	Horw	3.11.06
6. E. Hill V	Gloss	3.36.54

SCREES FELL RACE Cumbria N/5m/1560ft 31.10.93

This was the first running of the Screes Fell Race and attracted forty eight runners, including five women runners. Weather conditions were cold and dry and the ground reasonable fast. The course was described by David Simpson, Landlord of the Screes, and his estimate of the winning time of forty three minutes was well beaten by the winner, J. Hooson of Ambleside.

Mention must be made of A. Schofield of Borrowdale, who was lying third for most of the race and suffered a bad ankle injury, which put him down the field at 27th.

Runners from Denby Dale attended the Screes Beer Festival the previous night, and it showed on some of them who finished well down the field, therefore in 1994, the race will be held prior to the Beer Festival.

D H Simpson

RESULTS		
1. J. Hooson	Amble	40.48
2. G. Byers	CFR	42.18
3. H. Jarrett V	CFR	42.45
4. J. Hunt	Anfield	44.05
5. M. Richardson	Amble	44.19
6. I. Block	CFR	44.46
7. R. Bell V	Amble	45.04
8. E. Parker V	Amble	45.27
9. P. Stones	CFR	46.08
10. D. Tyers	CFR	47.06

VETERANS O/40		
1. H. Jarrett	CFR	42.45
2. E. Parker	Amble	45.27
3. N. Walker	Amble	47.35

VETERANS O/50		
1. R. Bell	Amble	45.04
2. P. Dowker	AchRat	50.28

LADIES		
1. E. Wright	Amble	59.51
2. T. Dunn	Unatt	60.15
3. A. Ratcliffe	Ross	63.38
4. J. Walker	Bowline	64.19
5. E. Unsworth	Kend	75.40

GALE FELL RACE Lancashire CS/4.5m/900ft 31.10.93

Well for once the weather was on our side, fine, dry, not too windy and even a bit of sun - ideal for breaking records! Unfortunately the many rumours of some potential record breakers turning out, did not materialise apart from Craig Roberts making the journey down from Kendal after hearing of this. Oh well, maybe next year this long standing record may be threatened.

Craig decided on just staying with the leading bunch until near the summit, and then pulling away to win comfortably. Another good run from Dave Woodhead, who seems to be getting better every race.

Run of the day though must go to Carol Greenwood, who was still with the leaders at the trig point and still holding on for a brilliant tenth place overall, and breaking her own record by one minute and forty two seconds, which I think will now stand for a long time.

Thanks to Carol and Alan Greenwood and Dave and Eileen Woodhead for their expertise and help, also all the helpers on the day and Jim the landlord from the Gale Inn for his hospitality.

Andy Maloney

RESULTS		
1. C. Roberts	Kend	25.57
2. D. Woodhead	Horw	26.37
3. J. Deegan	P&B	26.49
4. M. Keys	Ross	26.56
5. D. Wilkinson	Roch	27.11
6. A. Maloney	Roch	27.15
7. S. Jackson	Horw	27.18
8. C. Merchant	SELCC	27.19
9. M. Cuddy	Gloss	27.37
10. C. Greenwood	CalderV	27.38

VETERANS O/40		
1. S. Ellis	Bolt	27.53
2. D. Beels	Roch	28.03

VETERANS O/50		
1. B. Jackson	Horw	30.41

LADIES		
1. C. Greenwood	CalderV	27.38
2. G. Cook	Roch	32.06
3. J. Ashworth	Mid'ton	32.36

INTERMEDIATE		
1. J. Hart	Roch	35.28

FFORD Y BRYNIAU Glamorgan BM/9m/2000ft 7.11.93

RESULTS		
1. P. James	MDC	56.20
2. J. Pointon V	Ponty	56.45
3. S. Blease	Brych	57.11
4. J. Kerley	CtyBath	57.58
5. D. Jones	TROTS	58.17
6. D. Lloyd	Ponty	58.40
7. C. Fitzgerald	Llis	59.06
8. A. Percy	Islwyn	59.25
9. C. Taylor	Merc	59.30
10. I. Jones	C'diff Tri	59.57

VETERANS O/40		
1. J. Pointon	Ponty	56.45
2. M. Lucas	MDC	60.18
3. G. Parsons	Chep	62.16
4. L. Williams	Brych	63.05
5. P. Jones	Ponty	64.52

VETERANS O/50		
1. C. Jones	MDC	69.22
2. C. Horsfield	N'port	77.55
3. M. Comfort	Ricca	79.50

LADIES		
1. C. Knox	C'diff Tri	67.36
2. L. Underdon	MDC	81.19
3. V. Pakeman	UCC	130.00

BLACK LANE ENDS West Yorkshire 5m/100ft 7.11.93

1. After chasing championship points all season for his club, Clayton-le-Moors, who won the English team title, Garry Wilkinson, finally collected some hard earned silverware. A premier points winner for his club, this amiable twenty nine year old finished 9th in the English, and 13th, British individual tally.

Over this, the seventeenth annual three lap event, incorporating all aspects of running, the finish was a real cliff-hanger. Three runners, Woodhead, Moorehouse and Wilkinson virtually hurdled/climbed the final gate together, and it was only on the uphill finish that Wilkinson sprinted to collapse with a second victory.

On the 'fairer sex' scene, Lindsey Brindle proved a force to be reckoned with, finishing seventh overall from the seventeen athletes. Several minutes later, much muddier and fatigued, she competed in the one lap U/16's, and won in style there as well, some feat, from Horwich R.M.I Blonde Bomber!

Seymour Hills

RESULTS		
1. G. Wilkinson	Clay	32.00
2. D. Woodhead	Horw	32.02
3. M. Moorhouse	Salf	32.07
4. G. Schofield	Black	32.38
5. P. Stephenson	P&B	33.18
6. C. Valentine	Kesw	33.26
7. G. Hawkins	Bing	33.32
8. P. Irwin	Ross	33.34
9. M. Woods	Clay	33.57
10. R. Skelton	CalderV	34.02

VETERANS O/40		
1. D. Beels	Roch	34.08
2. B. Mitchell	Clay	34.50
3. R. Hargreaves	Clay	35.26
4. P. Bramham	Craven	36.12
5. P. Booth	Clay	37.22

VETERANS O/50		
1. D. Scott	Clay	36.55
2. T. McDonald	Bing	37.30
3. R. Jaques	Clay	40.55
4. P. Watson	P&B	41.36
5. R. Moore	Unatt	41.38

LADIES		
1. C. Greenwood	Bing	34.26
2. S. Ashby	D'bury	40.22
3. E. Hodgson	Fellan	41.42
4. L. Bostock	Clay	42.09
5. A. Jorgensen	P'stone	42.49
6. L. Platt	Clay	45.31
7. C. Dewhurst	Clay	46.05
8. J. Hindle	Clay	48.10

INTERMEDIATES		
1. G. Webb	Salf	34.21
2. S. Osadzenko	Skip	44.32

JUNIORS U/16		
1. B. Robinson	Unatt	11.04
2. C. Child	P&B	11.20
3. M. McElhone	Pendle	11.23

JUNIORS U/14		
1. K. Grant	Pendle	6.25
2. R. Hartman	BfdGram	6.38
3. L. Briggs	P&B	6.55



*Jean Rawlingson of Clayton; Gale Fell Race.
Photo: Steve Bateson*

SHEPHERDS SKYLINE FELL RACE

Lancashire

BS/6m/1150ft 13.11.93

Probably the worst conditions of now eight Shepherds Skyline fell races, ensured that not one record was broken. Conditions were heavy and as the day went on the rain got harder and the wind stronger.

The first race was the Junior one, with a decent size field of twenty six. Although the course is a safe one, it is a bit exposed on the top, so we intend to alter it for the next race. The details are not finalised yet, but will be in the more sheltered area of the diagonal path, that the seniors go out and return on.

In the Senior race no previous mens winners entered, ensuring a new name on the excellent trophy that Noon Stone fell race organiser, Brian Schofield, made.

Past long Stoup Gary Devine, headed a group of five on the way to Stoodley Pike. Eventual winner James Parker, and runner up Simon Thompson, were tucked in at the back of this group. At the end of London Road and the start of the last climb, James and Simon broke away and kept those positions, although on the decent down the diagonal path, Martin Corbett was closing fast.

Carol Greenwood now of Bingley, won the Ladies race beating her previous best time set in the inaugural race of 1986, though just over a minute down on the record set in 1992.

Brian Schofield of host club Todmorden Harriers was first veteran. This years race was the first time that a veteran has not been in the first twenty. The mens team winners were Clayton, the first time since 1987. The ladies team winners were yet again, Clayton.

Mark Grice

RESULTS

1. J. Parker	Ilk	41.24
2. S. Thompson	Clay	41.34
3. M. Corbett	Ross	41.41
4. M. Keys	Ross	42.08
5. G. Wilkinson	Clay	42.10
6. S. Oldfield	Bfd/Aire	42.11
7. G. Devine	P&B	42.14
8. G. Schofield	Black	42.27
9. I. Greenwood	Clay	42.29
10. P. Mitchell	Bing	42.44

VETERANS O/40

1. D. Beels	Roch	45.47
2. F. Livesey	Prest	46.54
3. M. Green	Clay	47.57
4. J. Dore	Roch	48.08
5. A. Heywood	Clay	48.41

VETERANS O/45

1. B. Schofield	Tod	45.25
2. K. Carr	Clay	47.20
3. J. Coulson	CalderV	47.33
4. B. Rawlinson	Ross	49.47
5. P. Jebb	Bing	50.26

VETERANS O/50

1. P. Jepson	Unatt	51.08
2. G. Webster	VlyStdrs	52.00
3. D. Illingworth	Bfd/Aire	53.36
4. K. Lodge	H'fax	54.30
5. D. Lucas	Unatt	54.33

VETERANS O/55

1. J. Emmett	Bfd/Aire	56.07
2. A. Ball	Clay	74.17
3. N. Baker	Stock	85.48

VETERANS O/60

1. J. Newby	Tod	68.35
2. A. Ball	Clay	74.17
3. N. Baker	Stock	85.48

LADIES

1. C. Greenwood	Bing	45.59
2. K. Drake	Spenn	51.45
3. G. Cook V	Roch	52.12
4. R. Dunnington V	E.Chesh	53.13
5. T. Sloan	BelleVue	54.35
6. S. Watson V	VlyStdrs	54.36
7. D. Gowans	Acc	55.37
8. J. Rawlinson V	Clay	55.42

JUNIOR BOYS

1. C. Livesey	Prest	12.30
2. A. Sutton	Prest	13.01
3. A. Whittam	Tod	13.06
4. B. Green	Spenn	13.24
5. M. Chapleo	Tod	13.50

JUNIOR GIRLS

1. J. Hetherton	Malt	15.55
2. R. Perrin	Tod	16.22
3. A. Green	Spenn	16.28

COPELAND CHASE

Cumbria

O/10m/3000ft and O/5m/1500ft
14.11.93

The first snow of the year on the eve of the event, made going underfoot very difficult adding to my estimated times for both courses. Nevertheless, the retrial rate was quite low and I was pleased that, even in the conditions, runners took a variety of routes, especially on the long course.



Competing at Black Lane Ends.

Photo: Steve Bateson

Kendal's Phil Clark won by a large margin from his former Karrimor partner, Graeme Huddleston, his third consecutive victory, although the performance of the day must surely have been that of Paul Murray in third place overall.

The day's only mishap took place on the old tramway, above Honister, when P.James sustained a broken collar bone in a fall. Thank you to those runners who stopped to assist him, and particularly to Fintan Clark who helped him down to the road, giving up his own run in the process.

Colin Webb

RESULTS - LONG COURSE

1. P. Clark V	Kend	2.19.52
2. G. Huddleston	Clay	2.35.59
3. P. Murray V	Horw	2.42.35
4. T. Laney	Clay	2.42.43
5. M. Walford V	Kend	2.43.35
6. L. Thompson	Clay	2.45.45
7. D. Tyers	CFR	2.48.59
8. H. Nicholson V	Clay	2.54.38
9. D. Mainwaring	BorderL	2.56.39
10. P. Dawson	CFR	2.59.39

VETERANS O/40

1. P. Clark	Kend	2.19.52
2. M. Walford	Kend	2.43.35
3. H. Nicholson	Clay	2.54.38
4. D. Findley	CFR	3.12.55
5. M. Hobson	LOC	3.25.17

VETERANS O/50

1. P. Murray	Horw	2.42.35
2. B. Johnson	CFR	3.09.20
3. P. Dowker	AchRat	3.28.38
4. R. Smith	LOC	3.35.17

LADIES

1. K. Arnold	CFR	3.27.17
2. J. Walker	Bowline	4.03.43
3. J. Schreiber	Pudsey	4.43.10

RESULTS - SHORT COURSE

1. P. Skelton	Kesw	1.28.42
2. J. Arnold	CFR	1.29.15
3. H. Wood V		1.42.18
4. M. Wood V	CFR	1.44.46
5. R. Douglas	WCOC	1.51.02
6. R. Laney	H'gate	1.51.43
7. U. Wood V		1.52.31
8. P. Kingsland V	CFR	2.00.41
9. M. Simpson V	CFR	2.05.53
10. J. Sutcliffe V	CFR	2.12.14
11. H. Taylor V		2.13.27
12. V. Johnson V	CFR	2.40.17

RESULTS

1. C. Valentine	Kesw	34.44
2. A. Wrench	Tod	35.02
3. P. Mitchell	Bing	35.07
4. D. Woodhead	Horw	35.14
5. M. Moorhouse	Salf	35.23
6. C. Hurst	Sett	35.27
7. R. Jackson	Horw	35.28
8. G. Hawkins	Bing	36.10
9. B. Evans	Amble	36.40
10. D. Smith	P&B	36.53

VETERANS O/40

1. J. Coulson	CalderV	38.25
2. P. Bramham	Craven	38.50
3. C. Todd	Harr	40.01
4. C. Choyce	Clay	40.11
5. P. Jackson	Tod	40.15

VETERANS O/50

1. B. Jackson	Horw	40.26
2. A. Evans	Amble	41.11
3. P. Dowker	AchRat	41.58
4. I. Beverley	Clay	42.56
5. K. Lodge	H'fax	43.10

LADIES

1. K. Drake	Spenn	40.38
2. A. Priestley	Fellan	40.52
3. S. Ashby	Dews	42.47
4. E. Hodson	Fellan	43.29
5. C. Kenny	Kend	44.21
6. L. Bostock V	Clay	44.32
7. C. Dewhurst	Clay	48.28
8. L. Platt	Clay	48.29

JUNIORS

1. A. Turner	Bux	16.29
2. I. Wellock	Kly	16.32
3. B. Robinson	P&B	17.03
4. T. Griffin	Bing	17.04
5. N. Raby	Kly	17.13

LORDS STONES FELL RACE

North Yorkshire

N/10m/2800ft 28.11.93

The first running of 'The Lords Stone' fell race, saw fifty two starter brave sub zero conditions from the Lords' Stone Cafe, Carlton Bank in North Yorkshire. After a week of snow and ice on the moors, the going was made even worse by a strong cold north wind. The conditions on the north face of the moors were so bad that the final descent and climb had to be removed from the course. Special thanks are due to the marshalls who had to stand on the moor tops in arctic weather, it was a relief when all returned safely.

The event was won by Joe Blackett (FRA), from Martin Mavin (Pennine), and Michael Formby (RAF). An early contender was Joe McCredy (Newton Aycliffe) but a navigation error after Three Howes led to his elimination.

The race has been brought forward for 1994 to Sunday November 20th, and it is hoped the weather will be kind enough to allow the full course to be used.

Len Small

RESULTS

1. J. Blackett	Unatt	1.30.07
2. M. Mavin	Penn	1.30.13
3. M. Formby	RAF	1.30.46
4. B. Roberts	Mand	1.30.53
5. B. Firth V	Mand	1.32.22
6. S. Davis	Mand	1.32.36
7. B. Mitchell V	Mand	1.32.42
8. D. Wood	Unatt	1.35.12
9. K. Wilson V	Mand	1.35.15
10. M. Garratt	Mand	1.35.44

ROMBALDS MOOR FELL RACE

North Yorkshire

BS/5m/800ft 21.11.93

The race took place in wintery conditions. Runners from the east of the country were unable to travel.

Around one hundred and seventy runners took part, enjoying the race and facilities, which included marquees for changing. The presentation of prizes took place at Skipton Snooker Centre where pie and peas were served. We were complimented on our day by all the runners.

All the Juniors who ran recieved medals and seniors go prizes up to 25th place.

E Neal

VETERANS O/40

1. B. Firth	Mand	1.32.22
2. B. Mitchell	Mand	1.32.42
3. K. Wilson	Mand	1.35.15
4. C. Woodall	Unatt	1.36.11
5. H. Forest	Tyne	1.48.57

VETERANS O/50

1. R. Stevenson	Mand	1.45.25
2. R. Clarke	Mand	1.56.46

LADIES

1. A. Isdale	Bing	1.45.04
2. R. Fletcher V	Tyne	1.53.07
3. A. Hood	HolmeV	2.16.17

RIVOCK EDGE RACE West Yorkshire BM/10m/1500ft 28.11.93

Devine was eighteen seconds outside the 1991 record (James Parker, Jon Taylor in sixty four minutes and twenty five seconds). Devine-Mitchell-Maitland shared the front running. Drake had no real rivals for women's race, and reduced her record time of 1991 (seventy seven minutes and fifty three minutes), by a minute and a half. She finished four and half minutes clear of second woman, Banlin.

Two dropped out exhausted, one taken to hospital and detained overnight. It showed the value of having St.Johns Ambulance presence.

The race raised three hundred and seventy pounds for Children in Need. A further seventy five pounds will be shared by St.Johns and Keighley Venture Scouts who helped marshal. In its three years, the Keighley Hill Runners who promoted the race has raised almost one thousand pounds for charity.

A Good quality prize list, thanks to sponsors Empire Stores of Bradford, Weider and Complete Runner.

Kevin Hopleson

RESULTS

1. G. Devine	P&B	1.04.43
2. P. Mitchell	Bing	1.04.49
3. J. Maitland	P&B	1.05.31
4. C. Metcalfe	LdsCty	1.05.50
5. M. Foschi V	Penn	1.06.06
6. D. Woodhead	Horw	1.07.10
7. S. Green	P&B	1.07.46
8. J. Emmott	K.H.R.	1.08.33
9. A. Carruthers	Crawley	1.09.44
10. R. Skelton	CalderV	1.09.45

VETERANS O/40

1. M. Foschi	Penn	1.06.06
2. J. Coulson	CalderV	1.10.26
3. P. Bramham	Craven	1.14.32
4. B. Horsley	CalderV	1.14.47
5. A. Heywood	Clay	1.15.13

LADIES

1. K. Drake	Spenn	1.16.22
2. J. Rawlinson	Clay	1.24.25

JUNIORS

1. D. Linder		1.15.17
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JUNIORS U/16

1. M. Shuttleworth	5.45	
2. C. Hastings		5.55
3. D. Thornton		6.04

BOLTON BY BOWLAND FELL RACE

Lancashire
CM/8m/800ft 5.12.93

Although the ground conditions were not the worst we have had, they were nevertheless far from being the best. So it showed how good John Taylors run was, when he missed the record by only twenty seconds. Good runs also by the two Grahams, Huddleston and Schofield for second and third. Mario Foschi in fourth place took the veteran over forty, with Tony Hesketh just thirteen seconds behind for the veterans over forty five prize. Only sixteen seconds separated John Nuttall and Dave Scott for the veteran over fifty, with John taking the honours. Clare Kenny from Kendal was first lady back.

A record of two hundred and eight, turned out for a race that seems to become more popular with each year.

Perhaps its the hot water in the tin bath at the finish, or is it the prizes, which were presented to over thirty prizewinners in the various categories.

One reason for the race being held is to raise funds for the village. This year, despite a modest entry fee of £1.50, we were nevertheless able to donate over three hundred pounds to the Village Hall and Church Roof Appeal.

Roger Dewhurst

RESULTS

1. J. Taylor	Holm	44.38
2. G. Huddleston	Clay	45.36
3. G. Schofield	Black	46.45
4. M. Foschi V	Penn	46.53
5. T. Hesketh V	Horw	47.06
6. P. Hall	Clay	47.25
7. M. Wallis	Clay	47.59
8. S. Breckell V	Clay	48.10
9. S. Taylor	Prest	48.26
10. A. Carruthers	Crawley	48.55

VETERANS O/40

1. M. Foschi	Penn	46.53
2. S. Breckell	Clay	48.10
3. M. Green	Clay	50.25
4. J. Winder	Acc	52.15
5. P. Bramham	Craven	52.20

VETERANS O/45

1. T. Hesketh	Horw	47.06
2. R. Hargreaves	Clay	49.34
3. B. Schofield	Tod	50.14
4. A. Turner	RedRose	51.24
5. K. Carr	Clay	52.09

VETERANS O/50

1. J. Nuttall	Clay	52.06
2. I. Scott	Clay	52.22
3. B. Dover	Bing	52.34
4. D. Kay	Bolt	53.57
5. K. Lodge	H'fax	57.48

LADIES

1. C. Kenny	Kend	58.14
2. S. Newman	Gloss	59.12
3. J. Rawlinson	Clay	59.33
4. P. Line	Sett	64.04
5. C. Lyon	N'burgh	64.15
6. N. Field	N'burgh	64.37
7. L. Platt	Clay	64.50
8. J. Lee	Clay	65.06

JUNIORS

1. W. Jones	B.A.L.	55.15
2. M. Warwick	Horw	56.01
3. B. Green	Spenn	63.46

CALDERDALE WAY RELAY Yorks/Lancs 50m/6000ft 12.12.93

RESULTS

1. Bingley A	5.57.17
2. Clayton A	5.57.59
3. Pudsey & Bramley A	6.05.00
4. Rossendale A	6.10.37
5. Clayton Vets A	6.30.31
6. Rochdale	6.30.38
11. Bingley Vets A	7.12.07

LADIES

1. Rossendale Ladies
2. Bingley Ladies

THE STOOP

West Yorkshire
BS/5m/800ft 19.12.93

Ian Holmes, Kath Drake and over forty Ken Taylor, should not be winning many races early in '94, especially if they consumed the stocking full of goodies of a christmas cake, tin of biscuits, selection box and 3lb jar of Roses chocs. They were not alone in taking home Christmas fare for their efforts, at this the fourth Yuletide Stoop. The one hundred and twenty six runners had to contend with horizontal rain and gale force winds on the soggy climb to the boundary standing stone. Holmsey led here by one hundred yards, while team mates Ferguson and Wootton played 'Cat and Mouse'. Wootton who's new name must be Jerry 'Whooped' Iffy Tom-Cat Ferguson on the run in to dent the latters pride. Twenty eight year old, Jacuzzi Fitter Holmsey claimed an extra T-Shirt prize embossed with the stoop logo, also boasting of his hat trick prowess, with three consecutive wins.

Ladies winner, always the bridesmaid, Kath Drake, finally got her hands on the Sarah Rowell perpetual trophy, while Andrea Priestley led Jean Shoter and Birthday Girl, Heather Maud, to the ladies team. Jane Holding of Darwen Dashers, claimed the Christmas Gateau for her dedication in enjoying the 'elements' the longest.

E F Woodhead

RESULTS

1. I. Holmes	Bing	31.30
2. J. Wootton	Bing	32.43
3. I. Ferguson	Bing	32.54
4. J. Maitland	P&B	33.42
5. G. Hawkins	Bing	33.53
6. M. Woods	Clay	34.12
7. J. Emmott	Kly.H.R.	34.24
8. C. Moses	Unatt	34.35
9. A. Sunter	Horw	34.44
10. M. Priestley	Fellan	34.47

VETERANS O/40

1. K. Taylor	Ross	35.12
2. G. Appleyard	Fellan	35.19
3. J. Dore	Roch	37.10
4. S. Butler	W'field	37.12
5. J. Crummett	CFR	38.13

VETERANS O/50

1. D. Kay	Bolt	38.22
2. G. Collinson	Fellan	41.33
3. M. Coles	Skyrac	43.46
4. E. Blamire	Tod	44.28
5. P. Duffy	Aber	45.29

VETERAN O/60

1. J. Newby	Tod	47.28
2. B. Leathley	Clay	47.34

LADIES

1. K. Drake	Spenn	39.23
2. A. Priestley	Fellan	40.47
3. J. Shoter	Fellan	44.29
4. C. Roberts	CalderV	46.29
5. J. Howard V	AireCentre	50.16
6. H. Maud	Fellan	51.08
7. A. Whitehead	Bing	52.22
8. S. Urmoston	CalderV	56.45

INTERMEDIATES

1. A. Turner	Bux	37.25
2. A. Burnett	Fellan	39.37
3. S. Holmes	Unatt	44.14

JUNIORS U/16

1. J. Hart	Roch	11.39
2. O. Bielby	KHR	12.37
3. G. Hird	KHR	12.57
4. J. Hetherton	R'trees	15.12

JUNIORS U/14

1. R. Hartman	BfdGram	5.43
2. M. Gregory	Roch	5.46
3. A. Longsdale	Unatt	6.11
4. J. Hetherton	R'trees	6.57
5. I. Harvey	H'fax	6.59

TURKEY TROT

Northern Ireland
AS/5.5m/1500ft 26.12.93

A snow covered course awaited the runners of this years Turkey Trot, but with a cloud base above the tops and no wind, the crisp conditions were ideal for a good yomp. The leading group of Robin Bryson, Scottish International Dermot McGonigal, and Neil Cardy fought it out until the decent of the appropriately named Happy Valley, when Northern Ireland champion Cardy, broke away, and it was happy days all the way to the finish line, to put his name on the Martin McMahon trophy for the first time. Robin Bryson claimed second just ahead of McGonigal, and a fine run by Paul Mawhirt produced fourth, ahead of newcomer P.Elliott.

In the veterans category, that hard man of the hills, Willy McKay, took on Iron man Desi McHenry, a triathlete who is turning his hand to fell running. These two had a head until the decent when Desi discovered that road shoes are short of traction on snow, and he could not master skating sufficiently well to stay with Willy. Wes Kettle ran strongly to take third position.

Only two ladies entered and junior orienteer, Eunis Ciminon, triumphed in this race ahead of Roisin Mallon.



Calderdale Way. The weather starts to worsen at Centre Vale.
Photo: Steve Bateson

The prize giving at the local Mountain Centre was helped along with mulled wine, mince pies, christmas cake, sandwiches and loads of prizes, kindly donated by the Surf Mountain Sports Shop, Hilltrekker Sports, and the Four in Hand Bar.

Finally, regular fellrunner, Gary Slone, confided that his ambition was to be mentioned in these pages at some stage, and as this is my first report, I thought I could do a festive Jim'll fix it. Well Done Gary, in eighteenth place and a spot prize to boot it. Not Bad!

Jim Brown

RESULTS

1. N. Cardy	N.Belf	46.32
2. R. Bryson	N'castle	48.11
3. D. McGonigal	N'castle	48.26
4. P. Mawhirt	N'castle	48.50
5. P. Elliot	Unatt	49.48
6. M. Donahoe	A'ville	49.52
7. R. Rodgers	N'castle	50.43
8. G. Maguire	A'ville	50.46
9. E. Hawkins	N'castle	50.55
10. W. McKay V	A'ville	51.13

VETERANS O/40

1. W. McKay	A'ville	51.13
2. D. McHenry	W'field	52.50
3. W. Kettle	ACKC	55.31
4. M. Barton	ACKC	57.18
5. R. Cowen	W'field	57.43

LADIES

1. E. Cimminon	A'ville	73.57
2. R. Mallon	BARF	79.36

JUNIORS

1. N. Jackson	B'drain	61.27
2. S. Wilson	B'drain	63.46
3. E. Cimminon	A'ville	73.57

WHINBERRY NAZE DASH

Lancashire

BS/4.5m/750ft 26.12.93

Once again the organisers were set a difficult, almost impossible task, trying to choose the best fifteen fancy dress runner from the superb outfits on show. Of the two hundred and twenty four starters, the majority chose the fancy dress option joining in with the spirit of the occasion. Special mention once again to Todmorden Harriers who selected a group outfit once again, fifteen of them chained together as convicts. Many thanks to everyone for your efforts.

The race turned out to be a non contest, Ian Holmes, course record holder from last year, has made this race his own in recent years. A light dusting of snow coupled with a clear crisp day for a change, made for a picturesque scene although Ian was over a minute slower than last year. Local man, Mark Aspinall was second, although the sight of Chief Running Bear (alias Mervyn Keys) chasing him to the finish line was a joy to behold. Ladies course record holder Carol Greenwood, was as expected, the first lady, whilst evergreen Sylvia Watson was second. It was pleasing to see thirty nine ladies run in the race. The race was sponsored by local builders, SAGAR Building Services and over forty t-shirts were presented as prizes.

Graham Wright

RESULTS

1. I. Holmes	Bing	25.23
2. M. Aspinall	Clay	26.25
3. M. Keys	Ross	26.27
4. M. Corbett	Ross	26.30
5. G. Schofield	Black	26.38
6. R. Jackson	Horw	27.03
7. J. Pegg	Ross	27.43
8. R. Smith	Horw	27.50
9. A. Halowey	Roch	27.58
10. K. Taylor V	Ross	28.09

VETERANS O/40

1. A. Dewman	B'pool	29.32
2. J. Dore	Roch	30.34
3. T. Spicer	Ross	31.09
4. J. Cooper	Ross	31.28
5. J. Pilling	Ross	31.35

VETERANS O/45

1. K. Taylor	Ross	28.09
2. R. Wilde	Manch	30.09
3. R. Wallace	Denby	30.25
4. J. Crummett	CFR	31.58
5. T. Targett	Clay	33.33

VETERANS O/50

1. D. Kay	Bolt	30.52
2. P. Jepsen	Ross	31.38
3. G. Webster	VlyStdrs	32.58
4. J. Parker	Horw	33.10
5. R. Jaques	Unatt	34.00

LADIES

1. C. Greenwood	Bing	29.16
2. S. Watson V	VlyStdrs	33.14
3. D. Gowans	Acc	34.16
4. N. Wilkinson	Black	34.20
5. M. Chippendale V	Stock	36.16
6. A. N.Other	Skip	37.07
7. L. Threadgold	Horw	37.35
8. A. Martin	Clay	37.51

JUNIORS

1. D. Hope	Horw	29.14
2. R. Buckley	Bolt	29.51
3. I. Duffy	Ross	30.02



Todmorden's convicts at Whinberry Naze.

Photo: Steve Bateson

WANSFELL

Cumbria

AS/3m/1500ft 27.12.93

A cold but clear day with a snow covered fell, produced surprisingly good conditions underfoot. Ian Holmes finished in nineteen minutes and twenty nine minutes, extending a good lead over the following finishers, John Atkinson, Gavin Bland and Mark Rigby. First veteran over forty was Martin Richardson and first over fifty was John Nuttall. First lady was Lynne Thompson, followed by K.Beatty. A good turnout of one hundred and twelve runners. Team prize winners were Bingley, with Borrowdale following.

RESULTS

1. I. Holmes	Bing	19.29
2. J. Atkinson	Amble	20.12
3. G. Bland	Borr	20.13
3. M. Rigby	Amble	20.13
5. R. Hope	Horw	20.34
6. G. Schofield	Black	20.47
7. I. Ferguson	Bing	21.03
8. A. Kitchen	L'ston	21.33
9. P. Holdsworth	Lyon	21.51
10. A. Schofield	Borr	21.53

VETERANS O/40

1. M. Richardson	Amble	24.03
2. S. Varney	Kend	24.35
3. A. Tait	Tyne	25.10

VETERANS O/50

1. J. Nuttall	Clay	29.18
2. B. Laycock	Amble	26.28
3. P. Henneghan	Bolt	27.54

LADIES

1. L. Thompson	Kesw	27.05
2. K. Beatty	CFR	27.46
3. C. McNeil	Amble	32.27

GUISBOROUGH WOODS HILL RACE

Cleveland

BS/5.75m/1000ft 27.12.93

In a year when we had a white Christmas it was mainly muddy on the lower part of the course and a few inches of snow on the top tracks. Going was slow with a few fallen trees blocking the top path. The early leaders in both male and female races were Derek Fielden and Alice Bedwell. In both cases however, the very heavy course not only reduced the pace but meant that much more strength was required, so that the leaders at one third distance had changed significantly at two thirds distance. Paul Lowe made a real effort to break away on the second quarry climb and only Mike Brunskill remained in contention. Paul had however done enough and ran in a comfortable winner, with Mike Brunskill second. The one real change behind these two was Joe Blackett who managed to close from fifth to third reducing his deficit behind the leader by about thirty seconds. Sheila Wright ended as a comfortable winner in the female race, with J.Smith pushing A.Bedwell into third over the last section. The 'Smith' family had a good day, finishing in second and fourth with Mum first in the female super veterans. Other veteran winners were Bob Firth (over forty) and A.Cameron (over fifty) in the mens, and J.Young of Elvet Striders first female veteran. Male junior was Paul Weall of Mandale, whilst J.Smith was the junior female winner (in addition to being second overall).

David Parry

RESULTS

1. P. Lowe	Mand	39.56
2. M. Brunskill	NewAyc	40.23
3. J. Blackett	FRA	40.32
4. P. Skelton	Kesw	40.48
5. A. Rushworth	Bing	40.55
6. B. Roberts	Mand	41.10
7. R. Pattinson	B'end	41.22
8. M. Pattinson	R&Z	41.28
9. M. Saunders	MDC	41.38
10. R. Firth V	Mand	41.47

VETERANS O/40

1. R. Firth	Mand	41.47
2. M. Sheppard	Wigan	42.20
3. J. Williams	Mand	43.40
4. T. Young	Elvet	44.15
5. C. Todd	H'gate	45.28

VETERANS O/50

1. A. Cameron	FRA	49.52
2. R. Clarke	Mand	50.56
3. R. Hayes	Morp	51.07
4. B. Hood	Mand	51.39
5. P. McDermot	Elvet	54.05

LADIES

1. S. Wright	Mand	47.40
2. J. Smith J	Ebor	48.46
3. A. Bedwell	MDC	49.20
4. M. Smith	L'ston	50.00
5. C. Garland	Mand	51.45
6. J. Young V	Elvet	59.34
7. A. Smith V	Ebor	64.47
8. M. Chambers V	Elvet	70.16

JUNIOR BOY

1. P. Weall	Mand	45.12
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CARRGHAN

I.O.M.

AS 1.1.94

The opening event of the 1994 Manx Fell League was held on New Years Day with the annual slog up to the Carraghan summit and back, just two miles but climbing a tortuous 1100 feet.

The majority of competitors were running hang-overs from the previous day, but this tough little lung burster would soon remedy that.

Defending league champion Tony Rowley had been bopping till the early hours, but he soon shrugged that off as he took the lead near the summit half way point and eventually won by nearly half a minute. Second was former fell champion turned mountain biker Tony Varley who was well clear of course record holder Keith Callister.

Ritchie Stevenson

RESULTS

1. A. Rowley	MFR	18.45
2. A. Varley	Unatt	19.14
3. K. Callister		19.59
4. C. Hull	MFR	20.16
5. R. Stevenson V	MFR	20.26
6. I. Watson	NRC	20.43

VETERANS O/40

1. R. Stevenson	MFR	20.26
2. D. Corrin	MH	20.47
3. J. Crellin	MH	21.29

VETERANS O/50

1. I. Chrystal	Loch	23.32
2. E. Brew	NAC	26.42

LADIES

1. S. Maddrell	WAC	24.31
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GREENMANTLE DASH

3/1/94

1. Neil Wilkinson	Ale House	16.44
2. Greg Hull	Leeds Uni	16.57
3. Jack Maitland	Leeds Uni	17.13
4. Gavin Bland	Borrowdale	17.20
5. Robert Lee	Livingston	17.27
6. Garry Wilkinson	Ale House	17.43
7. Andrew Schofield	Borrowdale	17.52
8. Dermot McGonigle	Shettleston	17.54
9. John Hampshire	HBT	17.56
10. Jonathan Bland	Borrowdale	18.01

V40

1. John Blair-Fish	Carnethy	18.11
2. Bill Knox	Teviotdale	19.07
3. Archie Jenkins	HBT	19.31

V50

1. Brian Waldie	Carnethy	20.14
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JUNIOR

1. Dominic Scott	Norham RC	20.47
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LADIES

1. Sarah Young	Ale House	22.13
2. Christine Whalley	Livingston	0.00
3. Anna Forest	P & B	0.00
Janis Smith (Vet)	Pen. Harriers	0.00

Race Review:

KARRIMOR MOUNTAIN MARATHON

This year's K.I.M.M. will be remembered by competitors, organisers and marshals for the outstanding weather and the beautiful setting of Drumlanrig Castle, the event centre. The Duke of Dalkeith's comment at the prize giving, as he welcomed all competitors, that, "not since Bonnie Prince Charlie arrived with his troops in 1492 have so many people descended upon Drumlanrig Castle on a single day", was both an historic gem and a compliment to the skills of the organisers in again handling so many competitors quickly and efficiently.

The beautiful weather conditions made the event enjoyable to all competitors, but naturally removed many of the uncertainties of navigation and the skills required to cope with the elements, undoubtedly resulting in less differentiation between the leading performers and the chasing bunch in all classes. Nevertheless, it was believed that the Elite win of Mark Seddon and Paul Hague was achieved largely through a navigational choice of line. (No doubt you will have your own views on this matter). This illustrates the need for navigation skills to be maintained at a high level. Additionally, the high second day disqualification rate of forty teams in the C Class was largely due to navigational errors in failing to clip the last control.

Although the weather was good, it has also been recognised that the courses were long and the result was that a highly competitive event ensued.

The losers sadly were the Score Class competitors, and the coordinators and planners have recognised, upon reflection, that these courses were too long and without sufficient point opportunities to enable enough competitors to achieve the set points tally.

We are unable to change the rules after the event as numerous competitors set out to achieve the points tallies set only to incur time penalties. Nevertheless, we do not seek to dishearten competitors and will specifically scrutinize these courses in future to set the standard more correctly.

I hope the above information, together with the results, provides you with sufficient information. If you need any further assistance, or photography, please don't hesitate to call me here or Bill O'Connor on 0931 716780.

Please Note: All results are provisional subject to final scrutiny of all control cards.

- A.J. Carruthers (Karrimor)

My advice is to drink a couple of pints before you read this (courtesy of Pennine FR Newsletter)

"Serious Stuff"

Have you ever thought seriously about running?? what I mean is - have you ever thought about running seriously?? To think about running seriously you need to do some PRETTY SERIOUS THINKING!!!

Think about the following:- All races consist of getting to the top of a hill as quickly as possible and, WAIT FOR IT, getting back to the bottom:- as quickly as possible. This concept is seriously flawed by that overall nothing is achieved. Therefore all fellrunners must be mad - this is a requirement and there are NO exceptions.

Let us examine a typical fell race having 200 entrants and lasting 2 hours. A total of 400 "running hours" has been generated and the following have been created:-

200 soiled vests
200 soiled shorts
200 soiled balaclavas
400 soiled gloves
400 soiled and foul-smelling socks
400 wet, slimy fellrunning shoes
200 bumbags full of sticky jelly babies and squashed Snickers bars.

and

200 individuals have run from point 'A' to point 'B' and then back to point 'A'!!

Since within those 200 individuals there is a spread of age, weight, ability and sex

some individuals will take longer than others to cover the race distance. The person who covers the distance before anyone else is termed "THE WINNER". The rest are all "LOSERS". In any race there can only ever be one "WINNER" but there may be many, many "LOSERS".

It is easy to become "A WINNER"; always follow these two basic rules:

1) If there are people in front of you, simply run past them and continue to do this until there are no further people in front of you. You are then termed "THE LEADER".

2) To remain "THE LEADER" do not let people run past you and you will then maintain the position of "THE LEADER" until the end of the race and you will then become "THE WINNER".

By following the above simple rules you will be assured of success. If you wish to become "A LOSER" simply disregard the above advice and ensure that someone is in front of you at all times, preferably the more the merrier.

The advice offered above is the result of years of detailed study of the sport by RECOGNISED EXPERTS.

CONCLUSION: Don't think too seriously about running!!

Henry Twist

WHAT A FAILURE!

WHY?

Because 340 fell runners failed to beat the Chef's challenge: that of clearing his mountainous buffet.

They did however manage to jig to Baldrick's Cunning Plan, catch Friday Night Fever with the disco and laugh at themselves on photofit display and video screen.

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Pyrenean Adventure Games

The FRA was invited by the French Athletic Federation to send a British team of 8 athletes (4 male, 4 female) to take part in two mountain races to be held in the Pyrenees in mid May. The event was to be organised jointly by the French and Spanish Olympic Committees with other sports included - climbing, potholing, mountain biking, skateboarding etc. Teams from all over Europe plus the USA and Canada were invited.

Our first race was to take place on the Spanish side of the Pyrenees with approximately 18k/1100m ascent for the mens race and 12k/800m for the ladies. The course was much to our liking being typically British terrain with a rocky footpath to descend on. On the day of the race, even the weather turned British, with rain at the start and fresh snow on the higher ground.

In the mens race, Ian Holmes was in fine form, winning in a time of 1.44.35, 1.33 ahead of Andy Peace who in turn had two minutes over third placed Frenchman Thierry Kart. Gavin Bland placed 4th and Gary Devine 14th to give the Britons the team prize with over 5 minutes on the Austrians and 10 minutes on the French.

The ladies race was dominated by Carol Greenwood who won in 1.48.38, 2.54 ahead of Gudrun Pfluger of Austria (last years World Champion) who, in turn, was only 44 secs ahead of Tricia Calder. Janet Kenyon in 5th and Mari Todd 11th gave the team over 12 minutes on the Austrians and 31.44 over the French. As the times were to be added together for both races, this put the British teams in a very strong position.

The second race took place in the French Pyrenees only 48 hours later. A longer race - 22k/1400m ascent for the men, 16k/1200m for the ladies - with terrain not as rough as the Spanish race and the weather sunny and warm. Ian Holmes dominated the race and was 4.50 ahead of second placed Thierry Kart in a time of 2.01.04 with Jorg Leipner 3rd a further 33 secs behind. Andy Peace came 11th and Gavin Bland 14th while Gary Devine was forced to retire through injury. The ladies race was a runaway victory for Carol Greenwood in 1.30, 5 minutes ahead of Mari-Christine Ducret of Switzerland. Tricia Calder was third with Janet Kenyon 4th and Mari Todd 12th.

Medals were awarded on combined times to both individuals and teams. Ian Holmes won the mens individual gold by a clear 8 mins 24 secs and Andy Peace took the bronze. Carol Greenwood won the ladies



Carol and Ian.
Photo: Pete Bland

individual gold by 10 mins from Tricia Calder with the bronze going to Mari Christine Ducret. The mens team gold went to Britain, 8 mins ahead of the French with the Austrians third and the ladies team gold also went to the British, with a runaway victory of over 30 minutes ahead of the Austrians, with the French third. This was a well organized event and it is hoped to stage it again in two years.

Pete Bland, Team Manager.

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Reflections on the World Cup

World Trophy Champion Martin Jones gives us his thoughts on the 1993 event.

Mountains and open spaces have always been a great love of mine, and no doubt also to all those who regularly set foot in them or who sensibly park their posteriors in a pub in those areas. When finding that you are improving you always look about you to see what those around you are achieving. I have been fortunate enough to be in such an open-minded club as the Horwich RMI Drinking Club with running influence coming, in the early days at least, from the notable Mr. W P Dugdale. Yes, he was an influence.

As I enjoy every type of running and am always willing to have a laugh at myself failing I tried, 4 years ago, for the England World Cup Team, coming a very sore footed 6th at Skiddaw. Overtraining and lack of foresight were the problems but, gradually eradicating these with the passage of time I had a go, three years later and, stronger and faster, I made the team for Susa. A great experience considering it was my first international vest for under-pant racing.

This year, other pressures ensued and the number of races I ran had to be dropped to improve the quality (well, it sounds good anyway). So thanks to a brave decision by the England team management little old me found himself ready to run up hills again with not one hill race to reflect on since Susa.

Sadly, the team was smaller and with only the company of Scotland in the hotel; but fine company they were and we soon built an atmosphere. Pete Bland's expectations of a medal were high after last years win but this year saw the combining of the

two mens races so forcing up the quality. Most members of the team were buoyant - a good sign. Will Styan was missing and so was his kit, but what's new.

Race morning arrived and our test was here. I had put in a month and a half of training in the Cumbrian hills so it was the day of reckoning for me. The worst thing would have been to let down the management: concrete wellies for me if I did! The race started badly for me. Call me dopey (You're dopey), but the starter never said 'on your marks'. Well, off went the gun and I didn't so had to push past half the field before the first corner at the lake. If you're not in the lead at the start somebody else dictates the pace and we don't want that, do we! So I used the Italian technique of 'pushy-pushy-lots'. Then somebody else decided to dictate the pace - Mr Indigestion, so with six people around me I suffered going up the first climb like never before, with my head down and unaware of who was passing or leading and with thoughts going through my head which England team manager Pete Bland mustn't know. By the top of the first climb I had resigned myself to somewhere in the first 10/20 - the strength was there but Mr Indigestion had done his stuff. I intended, therefore, to relax on the first descent to allow myself to loosen up then politely tell Mr I to leave so that I could get on with things. Surprisingly, I had caught up with Dave Dunham and Robin Bryson but was totally unaware of my overall position.

So on the second climb I told myself to ignore them and do my own thing at my own pace - which I did and by the top they had a 250m lead. By this time I was ready to get stuck in. Despite my previous worries about the rocky patches on the descent - not being a macho descender - I didn't notice them. Concentration soon brought me to the back of Dave Dun-

ham and eventually up to and past Robin Bryson. I was set on running as fast as I could, still not knowing in what position I lay, but on reflection, the crowd did seem rather keen. The road and track work came into it's own again on hitting the road and I just kept going, on and across the line to ask Pete Bland how I'd done. 'Daft bugger', he told me 'You've won'.

On reflection, the team had fine runs all round with few personal disappointments. Everybody put in their best. I hope that the mountain running scene will soon take off from its infancy. Training, awareness of the correct type of training and a higher profile for the sport are needed or we will be left behind - although some like it cold. Great potential was shown at Grasmere when the Junior Home International showed to us all a keen following of future talent which needs nurturing for the individuals and the sport. Back this up with a good 10,000m training combined with more emphasis on hills and we'll be beating the Italians (or Kenyans!) if that is what people want. Hopefully they'll want for the best.

Just fell over a soapbox there, sorry!

For now it's back to study in the flatlands of Leicester where you can see over the top of the highest hill without a soapbox as long as there is a wind.

My thanks to all those who supported me, both those that do and those that don't want mentioning.

Martin Jones.

Snippets

Colin Jones of Eryri has struggled to recapture his form of two years ago prior to a serious cartilage injury. His last five results, all cross country, show clear evidence that his recovery is almost complete.

27th November, Gateshead, Junior Men, 1st
19th December, IAAF World Cross Challenge, Belgium, Junior Men, 1st
January 1st, Durham International, Junior Men, 1st
January 2nd, Welsh Inter Counties, Senior Men, 1st
January 15th, British Inter-Counties, Junior Men, 1st

Since the beginning of the cross country season, when he was badly beaten at Margate, no British junior has come within 45 seconds of him. His next race will be the Welsh National Cross Country Championships, followed, probably, by the World Trials (Seniors)- for the experience. Colin will be 20 in April. - F.U.

Rumour has it

that a certain accident prone member of a Yorkshire club managed to break his toe in an incident involving a penguin, a shower, a lot of blood and two men with mops; and he was naked at the time!

More details from Adam at DDT club nights!

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Fell Racing in Bowland: Part Two

by Bill Smith

Bolton-by-Bowland

Roger Dewhurst, the ex-professional runner from Chipping who later joined Clayton Harriers, moved further up the Ribble Valley from Clitheroe to Bolton-by-Bowland in 1978 and eight years later the local village hall committee asked him if he would organise a race to raise funds for the hall, to which he gladly acceded. The event which materialised is now listed in the FRA calendar as the Bolton-by-Bowland Fell Race (C: 8 miles: 800 feet), though it was originally launched by Roger as the Bolton-by-Bowland Country Run, which is a much more accurate title. The course does include a fair climb over muddy farm pasture during its early stages but the rest of the course is flat, though littered with numerous stiles and two stream-crossings and with some really tough cross-country terrain underfoot to make it one of the most scenic and challenging cross-country events around.

62 runners turned up for the first race on the crisp, clear morning of December 14th, 1986, and on reaching the top of the climb to Higher Heights Farm, at 750 feet on the northeastern flank of Beacon Hill, were rewarded by the inspiring prospect of the snow-covered Bowland fells rearing up in all their glory to the northwest. Gifford Kerr (Clayton) established the inaugural record of 48.21, 27 seconds ahead of Dave Woodhead, and Clayton also took the honours in the ladies' race which was won by Ann French in 1.05.19 from club-mate Karin Taylor in 1.08.16.

Rough fell specialist Colin Valentine (Keswick) came down the following year to demolish the local Clayton challenge with a new record of 47.20, with the ladies' record also falling drastically by over 10½ minutes after Clayton's Maureen Laney finally bested Carol Greenwood. The latter did triumph the following year, however, when Yorkshire's Gary Devine (Pudsey & Bramley) was first back in 50.20 after a hard fought "War of the Roses" battle with Shaun Livesey (Rossendale), who was to set a new record of 44.18 twelve months later.

Chris Lyon (Horwich), a strong runner over muddy cross-country-akin courses, achieved a triumphant 46.47 circuit in 1990, while Spenborough's Kath Drake went round in 54.46 to gain a clear-cut victory over highly-regarded opponents. Shaun Livesey returned to the fray the following year to eventually shrug off Graham Huddleston's challenge and score a 31-second victory over the Clayton man with a time of 44.43, while Maureen Laney



Fiendsdale, 1990: Mark Nutter (Clayton) and Richard Bargett (Kendal) at the top of the climb from Langden Castle.

Photo: Bill Smith

repeated her 1987 victory over Carol Greenwood with the fast time of 50.47.

Ray Owen (Blackburn) led for virtually the whole of the 1992 race, his time of 46.43 defeating runner-up Gary Wilkinson (Clayton) by 31 seconds, though Carol Greenwood had a much wider margin of over 7 minutes to spare in her winning lady's time of 51.45.

Fiendsdale

March 28th, 1987 saw the first running of the Fiendsdale Fell Race, a tough 9-miler with 2,600 feet of ascent, organised by Brian Jackson of Preston on behalf of the South Ribble Orienteering Club, of which he is a member, and the Bowland-Pennine Rescue Team. The latter group is an amalgamation of the old South Ribble Rescue Team and the Northern Rescue Organisation, both of which came into being after two youths lost their lives on these fells in 1962, while the orienteering club preserves the name of the rescue team.

The race, which has a 160 entry limit, starts on the access road to Fell Foot, above Chipping, and finishes at Fell Foot itself after a steep descent from Parlick. The outward route climbs diagonally to the fence/wall junction in the depression between Parlick and Fair Snape, then crosses the rough ground of Wolf Fell to another fence junction on the boggy ridge between Fair Snape and Totridge. A really rough section of thick, trackless heather then leads to the descent to Bleadale Water and CP3 at Langden Castle, which despite its grand name is nothing more than a shepherd's hut in a remote valley whose watercourse, Langden Brook, flows into the Trough of Bowland and is forded in the Hodder Valley Show race from Dunsop Bridge, as previously noted. "I always think of how remote the section down Bleadale Water is," says Brian Jackson, "and when I'm running it I can never believe I'm less than 15 miles from Preston...."

CP4 at the head of lonely Bleasdale (not to be confused with the aforementioned Bleadale, without the "S") is reached by following the highly spectacular and picturesque path up Fiendsdale, which soon climbs to thread its way high up along the edge of the fell, with steep slopes dropping abruptly to the serpentine course of Fiendsdale Water far below. After crossing the watershed, another heathery section leads to the descent into Bleasdale, from which point several routes are utilised to reach CP5 on Parlick, though one of them is faster and more runnable than the others. Brian Jackson has run in the race every year except one, when he was just recovering from flu: "I feel that it is important for organisers to compete. It's fun for me and I can do it because of the superb back-up from the Rescue Team."

Clayton's Tony Peacock led his rivals down to Langden Castle in the inaugural race, whence David Rosen (Lancaster & Morecambe) took over the Pied Piper's role, showing Paul Jarman (Clayton), Andy Lewsley (Border) and Dave Woodhead the way up Fiendsdale and across to Parlick, with the latter overtaking the erstwhile leader on the final descent to record a 16-second victory with a time of 1.26.32. Lewsley's wife, Stella, led the ladies home in 1.49.12.

New records were set in both categories in the bleak conditions of 1988, with Dave Cartridge (Bolton being first back in 1.24.19) ahead of John Taylor (Holmfirth) and Woodhead, and Stella Lewsley reducing her own mark to 1.46.06. The cold wind and rain were such that the check-point marshal on Parlick had to be "substituted" by a fellow-rescue team member.

Paul Tuson (Kendal), 1.18.32, and Vanessa Brindle (Clayton), 1.31.50, triumphed in 1989, while the following year's race, held on a fine Spring day, was unusual in that it was dominated by two Welshmen, Duncan Hughes (Hebog) and Emlyn Roberts (Eryri), who treated spectators to a thrilling, hard-fought descent off Parlick which

Hughes finally won by a mere second in 1.18.47, with another Clayton runner, Ruth Pickvance, taking the ladies' honours in 1.34.47.

The result of the 1991 race was also only settled at the foot of this descent where Malcolm Patterson (Dark Peak) managed to outpace Willie Gaunt (Pudsey & Bramley) by 3 seconds with a time of 1.16.39, while the latter's clubmate, orienteer Yvette Hague, took the ladies race in 1.31.33.

Another well-known orienteer, Chris Hirst (Settle), led for much of the 1992 race but, making his initial traverse of these fells, was unsure of the best line to Parlick and this allowed Robin Jamieson (Ambleside) and Graham Schofield (Blackburn) to take over and dominate the descent to Fell Foot, with Jamieson prevailing by 5 seconds with a 1.18.42 clocking. Ruth Pickvance, now representing Kendal, had an easy win in the ladies race after a twisted ankle put paid to Janet Kenyon's challenge. Ruth's time of 1.36.57 placed her almost 7 minutes clear, though the Horwich girl managed to hang on to 2nd place.

Dry, overcast conditions for last year's race resulted in over 2 minutes being sliced from the men's record by Gary Devine (Pudsey & Bramley) so that it now stands at 1.14.35, 8 seconds faster than it took runner-up Willie Gaunt, while yet another Clayton runner, Linda Lord, was first lady in 1.38.41.

Paddy's Pole

On June 7th, 1988, ultra fell specialist Martin Stone of Clayton Harriers, who like Brian Jackson lives in Preston, organised the first of a midweek evening series of Paddy's Pole Fell Races from Fell Foot. Paddy's Pole is the name of the one stuck into the huge cairn on Fair Snape's western and most popular summit at 1,675 feet, above the head of Bleasdale, though the true summit lies half-a-mile to the north-east at 1,707 feet.

The prize-giving in the Talbot Hotel, Chipping - also used by the Fiendsdale race for the same purpose - includes free pie and peas and cans of Boddington's ale to all competitors despite an entry fee of only £1.20, and Martin himself regards this as being rivalled only by Dave Woodhead's Bronte moors races for value for money. The 4½ mile route, with 1,100 feet of ascent, climbs diagonally from Fell Foot, as in the Fiendsdale race, and similarly returns via a checkpoint on Parlick.

Ray Owen scored a convincing 18-second victory in the inaugural race over a trio comprising Gifford Kerr, Chris Lyon and Mike Wallis (Clayton), each of whom was separated by a mere second, Owen's time being 31.13. Carol Greenwood achieved a much wider winning margin in the ladies' race, her 35.41 placing her 1.41 clear of runner-up Vanessa Bridle, though Vanessa had the satisfaction of winning the second event, on which occasion Carol did not

compete. Shaun Livesey clipped 1.54 off the men's record with a 24-second victory over Clayton's Gary Wilkinson in a time of 29.19.

Wilkinson triumphed in the misty conditions of 1990, however, beating clubmate Tim Watkins by 4 seconds with a 32.18 clocking, though erstwhile leader Livesey got himself disqualified for missing a checkpoint in the clag. Janet Kenyon dominated the ladies race, coming home in 36.57, 03.44 ahead of Clare Kenny (Achille Ratti).

Gary Wilkinson gained his second victory the following year after an exciting tussle with Steve Hawkins (Bingley) which Gary won by 2 seconds in 29.41. Janet Kenyon lowered the ladies' record to 34.51, placing her 03.26 clear of Carol Greenwood who was clearly not yet back to peak fitness after an injury lay-off.

Steve Hawkins' bid for victory in 1992 was ultimately assisted by a stroke of luck (for him) and great misfortune for Simon Thompson (Clayton). Hawkins chased Thompson all the way down the steep, though erosion-smoothed descent from Parlick, only for Simon to take a tumble as he turned abruptly into the finish tunnel, whereupon Steve, being reluctant to look the proverbial gift horse in the face, leaped over him to claim a one-second victory with a time of 29.27. Vanessa Hamlet (Rossendale) won the ladies race in 39.07, 70 seconds ahead of Preston Harrier Phillipa Walsh.

Another Bingley Harrier, Craig Watson (formerly of Clayton), recorded last year's winning time of 30.52, while fell race debutant B. Burns (Preston Harriers) wore road shoes to take 2nd place 12 seconds adrift. Carol Greenwood proved she is really back to top form by setting a new ladies' record of 32.55 in 10th position, reducing Janet Kenyon's record by almost 2 minutes.

The outstanding veteran runner in both the Paddy's Pole and Fiendsdale races has undoubtedly been John Nuttall (Clayton) who has won his glass prize in virtually every race. He is now over 50 and lives at Grimsargh, between Preston and Longridge, in sight of the race area. As Brian Jackson says, "John really is the King of the Bowland fells."

Wallop Well

The most recent addition to the Bowland fell racing calendar is the Wallop Well Wizz, 9.4 miles with 1,600 feet of ascent, inaugurated on May 23 this year by Geoff Newsam of Chatburn, near Clitheroe, who runs for Clayton Harriers. Wallop Well lies atop the scenic fell road from Waddington to Newton, handily situated to slake the thirst of travellers, particularly the oldtime Hodder Valley farmers heading to or from Clitheroe on market day with their horse and carts.

There are several fanciful local tales about how the well got its name. One claims:

The mason who built it, in love with a maid
Who brought him his dinner, one day so 'tis said
Was struggling to kiss her, when over she fell
A pedlar then passing cried, "Wallop her well!"

Geoff Newsam relates another about a farmer whose horse dropped dead in its shafts approaching the crest of the fell road, so he got his wife to take the horse's place between the shafts and haul the cart over the fell. The wife, who was a little peeved at this, was a slow-moving woman and the farmer, in his impatience, began to beat her. Just then another farmer who happened to be passing shouted: "Go on, Bill, wallop her well!" A variation on this concerns a henpecked husband and his wife.

The course itself is one of Geoff's training runs and while running it one day he decided that other runners might enjoy it, too. Registration is at the Three Rivers Country Club and Caravan Park, West Bradford, but the start is half-a-mile downhill on Eaves Hall Lane. The route follows this lane upward and continues to climb over farmland onto the open slopes of Bradford Fell, then heading west to the fell road to visit Wallop Well. It then turns east across the moor to complete a circuit in Grindleston Fell woods, including another climb, then years west again to retrace the outward route from Bradford Fell down to the foot of Eaves Hall Lane.

Shaun Livesey was unchallenged in the first race, setting the inaugural record of 59.55 over 4½ minutes ahead of runner-up Steve Hampson (Preston Harriers), while Jean Shutter (Fellandale) set the ladies' mark at 1.20.01, 3½ minutes clear of Lynn Warin (Skipton). 38 finished. Geoff Newsam hopes to get the race included in the FRA calendar, providing no problems arise in his negotiations with local farmers.

In conclusion, it may be said that while many of the races discussed in this article are of the cross-country variety, all have the true flavour of traditional fell racing.

Acknowledgements: I would like to thank the following for their help in the preparation of this article: Harry Ball, Mike Bamford, Pete Bland, Pete Edge, Roger Dewhurst, Roger Ingham, Brian Jackson, J.A. Marsden, Bob Mitchell, Geoff Newsam, Alistair Patten, Tom Robertshaw and Martin Stone. I must also acknowledge a debt to various race reports in *The Fell Runner*, particularly those of Brian Jackson (Fiendsdale) and Martin Stone (Paddy's Pole), also to Dave Woodhead's "Muddy Gem's Wide Appeal" article (on Bolton-by-Bowland) in the Nov./Dec., 1990 issue of the late, lamented **Up And Down** magazine.

ISLE OF MAN

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(under FRA Rules)

25th ANNIVERSARY

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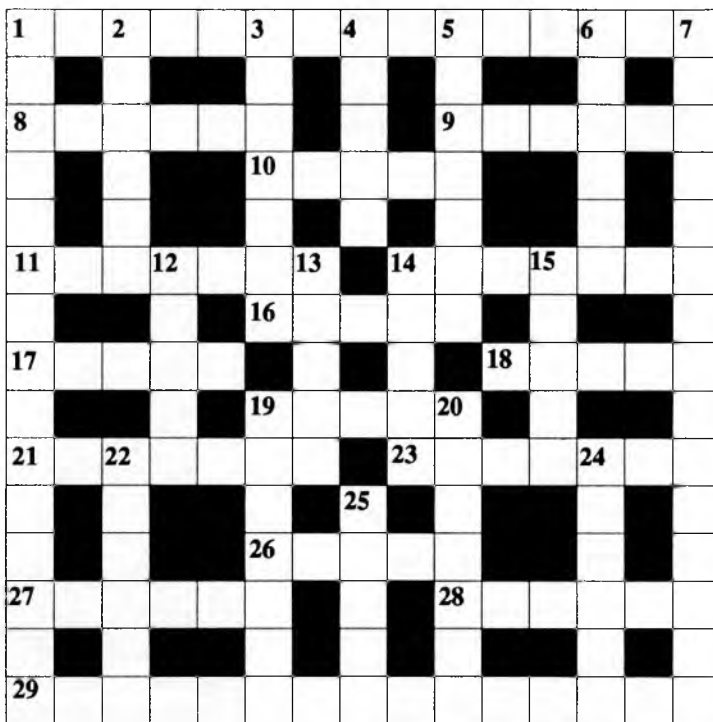
Crossword

CLUES ACROSS

1. 14ac. It is a high step inside brain. (7,8)
8. Bowled inside trial, clannishly (6)
9. Transport stroke on floor(6)
10. Back against hurt! (5)
11. Port Cooper to hospital room (7)
14. One of 1ac weather and river together (7)
16. Poetry eats poet (5)
17. Cup holds gravity before line (5)
18. Easy around measure (5)
19. More secure South African returned arbiter...(5)
21. ...in work makes shamrock (7)
23. Get back about demand (7)
26. Song for charity after afterthought (5)
27. A number of aliens with principles(6)
28. Former pupils compound with Ulster (6)
29. All of them! Each and every one. (4,3,5,3)

CLUES DOWN

- 1 and 3."___ moon" to see where you're crooning? (2,3,5,2,3,7)
2. Frozen droplet, cereal a run short (6)
3. see 1
4. Ruler of snow bump (5)
5. Children with hesitant facial features (7)
6. Add a quieter finish (6)
7. First class side that isn't a square Bernard's charge (15)
12. Puff after crack almost ends louder (5)
13. China picture of French shortened calorie (5)
14. Turn cow (5)
15. Spin on a chocolate (5)
19. Mrs. Bart? (7)
20. A Deutschmark in rare female roan (3,4)
22. Almost the nice types of people (6)
24. All over the place, like a Kipling character and a Southerner (6)
25. Overran gear inside reach (5)



Cumbrian Conundrum - the outcome (at last!!)

(The *Fellrunner*, February 1993, page 25)

A total of 22 entries were received for this winter brain teaser. Judging from the number of comments I have received I suspect that there were a much larger number of potential entries torn up in frustration!! I am pleased, however, to report that written comments received with entries were very favourable. This has prompted me to offer another challenge for this winter. Anyone able to complete this years quiz (below) should feel confident to navigate blindfold and single handedly across the Himalayas using a rusty 1" nail whilst filling in the Times crossword and only carrying in addition a small piece of yak dung. (Now there's a challenge that hasn't been attempted...yet!!). I digress.....The standard of entries was very high with six claiming all correct answers with a further eight just erring with one answer. The most common error was with the answer to question 3. 'Otherwise not bareback' - virtually every entrant established that this was either Blencathra or Saddleback - the correct answer of course is Blencathra since 'not bareback' is Saddleback and 'otherwise' Saddleback is Blencathra - easy really!! Amazingly all bar one entrant worked out the answer to the last clue 'Hike north with knotted rope' (Heron Pike) even though the number of letters in the answer was inadvertently omitted. Perhaps I made it too easy!! And so to the winner. Since there were six all correct entries the tie-breaker came into effect. A panel decision found favour with 'Not a place for stitching' (a cryptic clue for Haystacks').

Tie-breaker answers from six all correct entrants were:

1. 'Harry's not got his top car, so he travels by yacht' (Harry's without rr for Rolls Royce = Hays + travels by yacht = tacks. C. Beesley, 8 Wimborne Close, Lostock, Bolton, BL6 4NG)
2. 'Yes the saint is among the nags' S.R.Coveney, 7 Ashdale Park, North Ferriby, N. Humberstone, HU14 3AS
3. 'Audibly obscure duty' (Haze Tax) Reg Clucas, 28 Henley Drive, Timperly, Cheshire, WA15 6RY

4. 'Quick cut to the Giant' Karen and Dan Parker, 23 Heathfield Court, Wilmslow, Cheshire, SK9 2QE
5. 'Not a place for stitching' Eileen Fielding, 6 Barkly Drive, Leeds, LS11 7HB
6. 'Wrestle with a Giant' Roger Atkinson, 1 Mountain View, Kendal, Cumbria.

Finally, a non winning answer: '40 stone pony git in a leotard' - from Ian Speight, Preston - deserves a prize for saying what everyone else dared not!!

Thanks to everyone who entered or nearly entered - it made it all worth while - good luck with this years challenge. to be set in June.

Nigel Hetherington

Cumbrian Conundrum

Answers

1. Trinitrotoluene O.K.! Knott
2. Metal clad pixie has left. Steel Fell
3. Otherwise not bareback. Blencathra
4. Bench at test venue. Lord's Seat
5. This Norman was united. Whiteside
6. Two confused fish tied up. Thunacar Knott
7. G for cod war. Dow Crag
8. Enterprising skipper had a tumble. Kirk Fell
9. A sort of chase. Steeple
10. A sailor and his miles. Shipman Knotts
11. The Bishop fell going up. Barf
12. Sounds like a sharp knife. Great Calva
13. Wooden transporting device. Yewbarrow
14. W.I. extremes contained in show. Swirl How
15. Mr Ford has a point for sensitivity. Harrison Stickle
16. Spectacular conclusion. Great End
17. Found at the top of the valley. Dale Head
18. No longer a ram and nearly a sheep. Wetherlam
19. Red's fans in good spirits. High Kop
20. Striding northwest to the top. Helvellyn
21. Di's heart is confused. Hart Side
22. The BG first or last. Skiddaw
23. Several packed vehicles rearranged. Ullscarf
24. Grassy end of house. Green Gable
25. Hidden behind scar there's pain. Hindscarth
26. Friday's English tutor. Robinson
27. Fish from a home counties lake. Kentmere Pike



Winner

Jeff Norman of Heaton Mersey, Stockport, won the last crossword. This one's a bit easier, the usual three T shirts on offer for the first correct solutions drawn from the editorial bumbag.

28. Set light to fox. Burn Tod
29. Nest hen able to lay. The Nab
30. Frozen esox lucius. Cold Pike
31. ...with my little eye. High Spy
32. Footwear for Anne Boleyn's daughter. Bessyboot
33. Place of good hope. The Cape
34. Repaired metal lint. Little Man
35. Garry messed with fire. Grey Friar
36. Best call around. Cat Bells
37. The dark peak. Black Combe
38. Alarm A.A. to the grid reference. Glaramara
39. Every society needs one. Pillar
40. Group of boats with Magnus. Fleetwith Pike
41. Disguised lake bed ahead. Beda Head
42. An awful mistake. Great Cockup
43. A fleet of minis. Little Carrs
44. Swallows lose a point. Sallows
45. Carriage for American country girl. Dollywaggon
46. Unhealthy member of thirty-six. Ill Bell
47. Middle of Rydal Horseshoe. Fairfield
48. Chair for desert wellie. Seat Sandal
49. Top fashion. High Stile
50. Hike north with knotted rope. Heron Pike

Snippets

The Crib y Ddisgl race will now be a Welsh trial for the World Trophy. It will take place on Sunday 14th August (not July 10th as published). The new course distance will be 11.5k with height gained of 1175 metres (for the senior men), starting at 1.00 p.m. A separate ladies and juniors course will be run over 7k/580m which will finish at the summit of Moel Cynghorion. Further details from Eilir Evans (0248 671150), or Ross Powell (0286 675800)

Northern Ireland Round up.

The NI Championship results are published in the results section. One or two points to mention: Neil Carty went one better than last year to take the title this year. Former winner of the Belfast Marathon, Roma McConville made it a hat-trick of titles, the ladies championship started in 1991 and Roma has won it every time. Sixteen year old Neil Jackson took the junior title with a maximum tally of points and also took the bronze medal at the inaugural Junior International at Grasmere.

NIFRA has changed the format of the championship for 1994: Senior men and ladies, best 4 from 6 races (at least one each at S, M, L. Junior men, best 4 from 6 short category races. The Championship will once again be sponsored by Anderson Industrial Doors of Belfast, who also support the annual Mourne Mountain marathon. The Knockdhu international will take place on 21st May 1994.

- Brian Ervine



Northern Ireland Ladies Champion Roma McConville at the Knockdhu International.
Photo: Brian Ervine

Winter Bob Graham Round

Alison Crabb 27th - 28th November 1993



The team behind Alison's winter round.

*And now I am a Cumbrian mountaineer;
Their wintry garment of unsullied snow
The mountains have put on, the heavens
are clear;*

*And yon dark lake spreads silently below:
Who sees them only in their summer hour
Sees but their beauty half, and knows not
half their power.*

Robert Southy (1774-1843)

If I can do one, I may as well go for both!
The idea of completing a winter BG came along with the decision to do a summer round. Having completed this in August the 'winter' seed, lay dormant for a few months while I got nervous about the ability of my body to not only recover from the first round, but actually be in a good state of health.

Lots of rest, no training and the Karrimor, with some 'alternative' therapies and positive thinking thrown in, was obviously a good recipe as in the middle of November I made the decision to go for it.

There wasn't much time to organise the pacers, the schedule and food. I decided to use the same 23 hour schedule as the summer round, but starting half an hour earlier at 5.30p.m. on the Saturday. This would make the best use of daylight by running in the dark houses at the start when I was freshest; doing the Scafells in the light and being off the fell by the beginning of the next night.

The day before was the last of those very cold, bright November days, wonderful weather to be out. Two of the pacers did a last minute recce of the Dunmail to Wasdale section. They phoned in with grim news. Everything was frozen. There were huge areas of ice, which were hard to see even in daylight and there was a lot of snow to run through, rather than over. Broad stand had ice all over it so we

would need to go via Foxes Tarn, where it was likely that we'd need crampons! This news dashed my spirits and they sunk further on hearing the forecast of gale force winds for Sunday. As more people rang with advice and good wishes I fluctuated from extreme optimism to despair with every conversation. Looking back, I feel that making the decision that evening, to carry on despite the weather, was harder than the actual doing.

After day-long preparations to be started was a great relief - the feeling of sick anticipation dissolved into concentration on the section ahead. Gill Barnes and Eric Draper and I ran off into the moonlit park, and silence. It was a glorious evening. The moon was providing us with light and the fell tops were lying under a carpet of snow. We chatted on the climb up Skiddaw until the wind took over. When Gill dropped back because of icy rocks on Skiddaw, we agreed to meet at the crossing point of the river Caldew.

The cloud had rolled in and Great Calva disappeared with it. At the bottom of the climb, I took food and drink from Eric's sack and headed off, expecting him to catch up. Finding the excellent track in amongst the heather, I turned to see Eric a long way back. I didn't have time in hand to wait, so we had a yelled version of 'go round the side and I'll see you on the way down.'

The summit was free from cloud but the whole of the Caldew valley lay under a thick blanket.

No sign of Eric, so I shouted a bit. Then Gill's torch appeared, on the other side of the river, about half a mile over to the right. Surely I didn't need to go over there? Do I trust my pacer who has a map and compass, or my own memory of the route? Where the hell is Eric? I decide to go the direct route and flash my torch at Gill, willing her to move towards me - she didn't.

I'd anticipated the problem of frozen feet from crossing the river Caldew but it was the knee-deep reed bed on the other side that caught me out. The velcro at the top of the wellington-like waterproof socks had frozen and come undone, so they were half way down my calves when I stepped into the reeds!

By now I could see Eric's torch behind me, way over to the north and Gill was moving up the ridge parallel to me - we'd meet when it levelled out. It was a welcome reunion for both of us. As we climbed we left the cloud behind and in front of us was an Ansell-Adams-like image of Blencathra - a large boulder-strewn face, in black and white with the moon hanging directly above our route.

It seemed like only a few minutes in John's van eating pasta and getting rid of the 'not such a good idea' welly socks, before I was off again. Davy Sanderson and Denis Barnes were in high spirits as we concentrated on staying upright on the frosty road. From Clough Head to Watson Dodd we had sky clear enough to read the map by moonlight. It was a wonderful experience to be out, moving well over the fells and having an adventure with friends.

Katie Jones was full of encouragement and tales of icy paths, when we met her at the Hellvelyn shelter. A five minute stop for tea and cake left us all very cold and it was the only time on the round that I needed to add a layer to the Buffalo top. From Helvellyn to Grisedale tarn, there'd been a lot of water ice on the ridge but the summit of Fairfield had more and the grass was stiff and white with hoar frost.

Returning to the tarn, Denis said goodbye and turned for home down Grisedale Valley. The moon was shining in a clear sky, so we had no need for torches, Davy giving a few flashes as we came off Seat Sandal. Not having seen any lights, John's van was in darkness and Steve Woods was wrapped in layers of down, hoping for more sleep - it was 2.30am after all! The other two pacers, Eifion Jones and Graham, had nobly reced the route the previous day. I was feeling good but despite this eating was becoming difficult and the pasta, which was my carbo mainstay, was already unappealing and needing forcing down.

I'd anticipated this section to Wasdale would be the crux of the round, with ice, snow and potential difficulty in route finding. As it was, this was unfounded. A lot of the ice had disappeared and what remained was obvious and easily avoidable. Steve's intimate knowledge of the route, took us faultlessly as far as Rossett Pike, where we had a welcoming party of well-frozen supporters, sheltering in a KISU. It definitely wasn't the sort of weather to be hanging around! And despite many recces, we managed to find yet another new route up to Bowfell.

Dawn was spectacular. We dropped out of the cloud coming off Esk pike, running delightedly down the rock steps, and all around us was golden sunlight. The side of Broad Crag and Great End, smattered in snow, was a glorious glowing yellow. And

above the Esk and Morecambe Bay, the pale blue sky was streaked with bands of pink.

The rock on the Scafell ridge was as dry as a summer's day and the going would have been easy if it wasn't for the wind. It really let us know it was there, from a strong steady force as we left Ill Crag to a violent buffeting on top of Scafell. Broad Stand was getting the benefit of the morning sun and I harboured hopes of a direct line, even though we had no rope. I was tired and didn't fancy the extra few feet involved in going by Fox's Tarn. Luckily, they were firm and we didn't have an epic on icy rock. Dropping down from Mickledore and climbing again to the tarn was definitely the hardest part of the day. My first fall so far. I hurt my hand and I lost confidence in descending - I wanted to stop and cry. On the path up, my feet wouldn't go where I intended and I felt pathetic.

The long run down from Scafell sorted out my head but lying in the back of John's van, my legs felt very weak and wobbly. I thought that if I'd been doing this round on my own I'd stop here. But as it was, here was Ruth Pickvance and Mike Palke, looking clean, fresh and ready for the next section. The energy and enthusiasm that everyone else had put in, made it as much their effort as mine and I stopped thinking about how nice it would be just to lie down.

Climbing Yewbarrow my legs returned and conversation replaced my grunts. For some reason we were out of the wind and the heat of the sun meant it was T-shirt time for Mike and Steve, (who came along too). Out of the wind, it felt like a pleasant summers day amble and I began to have the thoughts of a recalcitrant child, wanting to sit down at any opportunity. Steeple changed all that. Re-entering the zone of gale force winds, it was a matter of fighting to stay upright. One of my favourite downhill routes, off the summit of Pillar, was just like learning to fly.

Ruth and I both had temporary loss of memory as we charged off under Kirk Fell, on the Wasdale race route, leaving a confused Steve on the ridge. Was this one of Selwyn's short cuts? Coming off Kirk Fell the wind was coming from our right. It was a case of identifying the next solid object and moving towards it with a great deal of intent, either on all-fours or our backsides. There's a gap of about ten metres between the rock ridge, just above Beck Head. The wind was being forced through a ferocious speed and the result was something between the sound of an express train and low flying Tornado. This roaring stayed with us - to caution us, all the way up Gable.

The fight with the wind had been both invigorating and wearing. Even when it was behind, it threatened to send you careering downhill out of control. The last few summits had taken a long time. I knew we were very late for Honister and I knew that I wasn't going to make the finish in time. I felt vaguely disappointed. In my head I counted up the minutes I could have saved if I hadn't done whatever? But that's not the point, I knew that I'd done as well as I could at the

time and if that wasn't good enough - that was how it was.

I wasn't sure if there was anyone to go with me. Karen was the only pacer for that leg and I wondered how she'd feel about being out in the wind. I decided I'd carry on anyway even if it took a couple of hours over the 24.

Coming down into Honister, two men and a dog were out for a run, heading up in our direction. Lucky them, with so much energy. It took a while for me to recognise them and a little longer for it to sink in. When I'd said goodbye to Denis and Davy, I hadn't thought I'd see them again. And now here was Denis saying, "I've got a plan. We're coming with you. You're not stopping, we're going straight through. You'll do it. Come on...."

Andy Sheath was there in the car. Karen Wilson dressed in a heavy cag was ready to go. Gill and her children were shouting words of support and John was pressing warm treacle tart and hot tea into my hands. It was a blur as tears filled my eyes. Why was everyone being so good to me? I couldn't go any faster. How could I possibly make it within the time? Wind whipped the tea out of the mug and Denis and Davy either side of me, held me down as I drank the last of it.

The next section proved to me that it is possible to do something that you believe to be impossible. How easy it would have been to have taken my time and allowed myself to feel tired. Instead I went at Denis's pace, with his and Davy's words of encouragement every step of the way. Karen held rucksacks and food and serviced the support team. With the wind behind us we flew down hills and the experience was so totally exhilarating that I got to a stage where I could do it by myself. Even if I'd been racing, I couldn't have come off Robinson any faster.

At Littleton there was still some light in the sky. No time for stopping, we had fifty minutes left and Denis was determined to go for as much time in hand as possible. Steve was feeling sick, but he was the most confident of the route along the paths to Keswick. He and Gill ran ahead to open gates and Denis ran alongside me, keeping up the encouragement and support.

Looking back over our shoulders, the grey-black outline of the Buttermere fells stood out, magnificent in their boldness. The big bright moon was right there in front of us again, a talisman, leading the way.

And Keswick saw yet another group of runners making their way through the main street to the welcome party at the Moot Hall, but this one felt a bit different - there had been a lot of doubt in mine and others minds as to whether this was going to happen. It had, with incredible help from my friends (and the moon). And it felt good.

Time: 23 hours 52 minutes.
Direction: Clockwise

Book Review: *A Time to Reflect*

Poetry is the spontaneous overflow of powerful feelings; it takes its origin from emotion recalled in tranquillity. - William Wordsworth.



Poet Peter Travis.

A collection of over 300 poems by running poet Peter Travis represent some 15 years of Peter's poetic output. Much here will be familiar to readers of *The Fellrunner* - Coniston Old Man, The Bob Graham, Joss Naylor, White Out on Ben MacDui and other evocations - sunset on the fell, sudden storms, waterfalls, dawn over Lakeland. Throughout, the poems are written with an intensity of feeling that at once bring the subject to life. His observations, be they of charac-

ters, animals or objects observed are full of timely phrase and neatly turned metaphors. While the buying (and reading) of books of poetry is not currently the fashion, I still feel that this book will steadily gather supporters as word spreads of the spirit which pervades the book.

Peter Travis' vade mecum is his spirit of freedom, carried with him through the mountains of Wales, the Bens of Scotland and the fells of England. My only criticism of the work is that it could have been better catalogued, the poems fall into categories - descriptions of Lakeland tops; reminiscences, races, poems descriptive of more mundane things : The Goldfish, An Old Man, The Watch, Fish and Chips - and it is a pity that they are not thus divided in the book so that the poem might match your mood. Nevertheless, this is a book that will be dipped into again and again by the enthusiast. It is published by Excalibur Press and retails at £8.95. I have chosen from it a short poem that epitomises Peter's style and entitled Vade Mecum:

7,000 Mile Marathon

Rob Januszewski of Barnoldswick has set out to run the equivalent of 35 Everests up and down Weets Hill. The target he set over 10 years ago was to run a million feet uphill, meaning 1,250 times up it. By Christmas he had reached 1,200 and set out to complete the last 50 with some sponsorship for local charities - the Marcus Drury Appeal; Marcus is a local 5 year old who needs specialist treatment for his severe epilepsy - and the Trans Pennine Cancer Challenge. Rob is seeking sponsors from local residents and businesses and fellow runners, if you are interested he can be contacted on (0282) 816824.

*Go with me spirit of freedom,
be my constant companion among the
high fells,
call to me as the raven calls his brother.
Laugh with me and the flowing beck
that cools a mountain flank.
Cleanse my mind of life's mundanities
and speak to me of all that is meaningful*

GLOSSOPDALE HARRIERS : FELL RACES 1994

UP THE NAB FELL RACE Wednesday August 10th, 1994.

4.5m / 750' CS 7.30 p.m. start from Glossop Rugby Club,
Charlesworth. £1.50 on the day.

Details : L.Spivey, 8 Talbot Rd., Glossop, Derbys, SK13 9DP.
(0457) 855125

SHELF MOOR FELL RACE Sunday September 25th 1994.

NOTE CHANGE OF DATE.

5.9m / 1500' AS Starts : Women 2 p.m./Men 2.10 p.m. from
Shepley st., Old Glossop. £2.00 on the day.

Junior race, 2m/400' Start 1.30 p.m. (0457) 866901

NEW GLOSSOP FELL RACE Sunday October 9th 1994.

20m/4,500' BL Start 10 a.m. from Old Glossop. £3.00 on the day.
This is a new and challenging route over Bleaklow and Kinder.

Details : M.Morrison, 24 Dinting Lane, Glossop, Derbys. (0457
864612)

HIMALAYAN CLIMBATHON

19 Nov - 3 Dec 1994 £1180

19 Nov - 6 Dec 1994 £1350

incl. rafting/jungle safari

28 mile race on steep and rough trails with 2000m ascent and descent following a 6 day trek through the Annapurna foothills in Nepal. Optional white water rafting and jungle safari.

Further information from

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THE MID-CORNWALL COASTAL CHALLENGE

Sunday 8 May 1994

The Cornish Coastpath in Springtime - magnificent scenery, bracing sea air, and a carpet of primroses and bluebells all the way - a spectacular setting for a 33-mile run with 4,600 ft of climb!

Also 12 and 23 mile routes.

Coach transport from St Austell to start. Free parking and camping. Certificate and results to all finishers.



Details: Coastal Challenge (FRA), St Austell College, Sedgemoor, ST AUSTELL, Cornwall, PL25 5AB.

While not exactly enthusiastic about the new sport of bike carrying, the editorial team does contain the odd free wheeler. Thus, while it's not fellrunning, it sounds like fun?!!

Polaris Mountain Bike Marathon

October 1993

Seeking some gentle cross-training on the pre-Karrimor weekend I rashly agreed to participate in the Polaris Challenge. After all, it was located within a short stumble of the KIMM venue in Galloway Forest Park and involved similar score route-planning decisions.

A polar front brought a crystal clear overnight sky and a savage frost on the Friday night. Within minutes of loading the bike up, fingers and toes were numb despite goretex gloves and wet-socks. The toes were never to recover...

An ominous clue at Registration should have alerted me to problems. The 1:50,000 master maps had generously proportioned (300 metre) triangles to indicate control sites. Fortunately there were written descriptions and six figure references to verify locations.

Then at the beginning of Day One, another ominous clue. The start had been mislaid and was five minutes further than indicated by the map.

Route planning at the control issue point was a rapid process, the choice being very narrow. Feeling conspicuously alone, we set off in search of the first control. Arriving at the map reference described as 'forest edge' nothing was evident and after five minutes checking on foot we had collected another dozen puzzled competitors. As a long shot we returned 300 metres to an earlier forest edge - and found the misplaced punch!

Our next control epitomised the lunacy of mountain biking and exposed the weakness of the argument that bikes cause no environmental damage.

A soft surfaced long distance bridleway ran over lumps and bumps before climbing steeply to a summit with the highest scoring control on the event. The control was at the edge of the map and was clearly 'out and back'. At the start briefing we had been told that it was permissible to leave bikes and run to dead end controls.

We took a fairly obvious alternative to the bridleway via five miles of road and forest track. This put us within thrashing distance of the forest edge, and a short flog on foot to the summit. Arriving on the summit we were accosted by two bike-pushing competitors who felt so moved by our tactics that they raised a complaint!

The Polaris organisers must be persuaded to adopt an enlightened and environmentally sensitive attitude to control approaches. Controls should either be located here a bike makes it quicker, or to allow competitors to exercise judgement in the mode of access.

We arrived at our furthest point from overnight camp at almost exactly half time and the return route was simple and high scoring. Unfortunately we had misinterpreted the meaning of two permissive path connections. As we struggled our bikes through the first kilometre section of forest fight and tussock grass we reassessed our chances of finishing without penalties. Twenty minutes later, as a broken chain slowed us again and we began to worry, but all seemed possible until we arrived at the second two kilometre carry. This took forty minutes and a second mechanical breakdown soon followed. Our mega-score evaporated at the crucifying rate of 10 points per minute!

White Laggan Bothy camp site will be familiar to Rock & Run MM competitors. But this time there was serious money

around. Each tent had its own little nest of high value mountain bike heaped up outside, some padlocked for security! The vision of having bikes nicked from such a remote location seemed improbable!

Another cold and clear night with a -10C frost gave a magical appearance in the morning. Hard to appreciate such beauty with frozen extremities and frozen Walshes which proved to be our undoing. Cramming feet into unyielding trainers took much too long and dismantling a frozen tent with screaming hot-aches was similarly slow. A twenty minute late start ensued.

Toes that were frozen from the start didn't stand a chance. Cycle toe clips perform as radiators, always in an airflow, and the heat loss was continuous. Passing a heap of road salt led to an urge to bury the feet in the hope that they would thaw. Funny how desperate you can be.

The final sprint along the road with more time penalties clocking up was fortunately mainly downhill, passing other teams who seemed to have all the time in the world. They probably did!

It wasn't until well down the M6 that tingling sensations announced the return of frost-nipped toes and now, even after four days they remain strangely numb.

This event was interesting but in need of some ethical fine tuning. It would benefit from more skilled control placing and route planning choice, and some guidance on time allowance for sections of unrideable ground where the 1:50,000 map gives inadequate information.

Mike F Browell

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* PLEASE QUOTE - REFERENCE F.R. 2 *

Experience of The Himalaya Super Marathon

by *Susanne Niedrum*

The Himalaya Super Marathon forms part of the World Cup Super Marathon series. These races have yet been little publicised in Britain but would be right up the street of many British runners. The races offer the chance to visit often far flung countries and kill yourself at the same time. Paradise!

The Himalaya Race is rather special even in supermarathon terms. With 20,000 feet of ascent and difficult descent over 100 km in 7 days, it is an exercise in planning and judgement as well as survival in the cold, the wet and at altitudes of up to 16,400 feet. It has something for everyone. The long and runnable first day advantages marathon style runners, the second two days favour strong climbers and the last three days manic descenders. The fourth day consists of an untimed but compulsory trek over 16,000 feet.

Organisation and security are assured by the organisation's three experienced mountain guides and medical safety by the race doctor. However, in a land of steep mountain paths and no roads, runners rely completely on the team of sherpas and porters. Carrying over 50kg each, with no equipment or protection against the cold it is they the real champions, not the runners. They carry everything, put up the tents and prepare all the excellent, mostly Nepali meals and drinks. It is also worth saying that despite the high rate of diarrhoeal disease in Nepal (and amongst trekkers!), not one of the runners became ill, thanks to great care in food preparation and water purification and advice received on the importance of handwashing.

Runners arrive in Katmandu for a couple of days of briefing and sightseeing before being whisked off to the Langtang National Park at the foothills of the Himalayas for the first day. Katmandu and the surrounding area is exotic and interesting to visit and the Nepali people are very friendly, hospitable and peaceful. Be warned of the air pollution in Katmandu though, breathing is believing!

At the briefing sessions in Katmandu we were well prepared for the special difficulties of the race including remote mountain security and remedies for various symptoms of altitude sickness. Specific briefing sessions were held on the eve prior to each day. Runners carry food, drink and appropriate clothing during the race, although there is a drink/food station at the halfway point of all except the first day where there are three.

During the race the day started with 6 o'clock tea brought to the tent. Copious breakfast of chapatties and rice pudding at seven in the mess tent, followed by relaxation and exploring until the start at eleven. Obviously runners with no load are much quicker than the porters and so a fast and

light team of porters leave camp at the crack of dawn carrying a warm change of clothes for runners at the finish. The main load arrives several hours later. A section of the kitchen is also detached with this group in order to feed and water runners at the finish. There's nothing better than fresh chips and frankfurter sausages at 14,500 feet when you are cold and exhausted!

The course for the first day from Kalikasthan (6400 feet) to Dhunche (6700 feet) was a



Susanne and other competitors at the start.

relatively straight forward, undulating (to put it politely!) 37km along a stone track. A new 10km loop at the finish allowing runners to assess their overall position and catch a glimpse of the leaders was much appreciated.

Day two to Shin Gompa (10,700 feet) was a completely different story. 3km of undulating mountain path followed by 12km of steep climb, first through forest then over bare grass and rock. Having finished the previous day in third place, Mike Short was first to the top just in front of the previous day's (and previous year's) winner Philippe Rossier. Francois Valotton holding the previous day's second place fell to fifth place. This was obviously not his terrain. Philippe had held on to his overall lead with Mike Short passing Francois for second place. I remained fifth despite having lost out on the climb. From here on, nights were around 0°C and humid and it became difficult to dry out sleeping bags, mats and clothes. Having lived in Africa for the past couple of years this caused me a lot of discomfort!

The third day to Cosain Kund was slightly longer at 18km. The terrain became more rocky, with an undulating section towards the end. The weather continued to be cold and wet. Philippe Rossier took first place

while Mike Short came in third place behind the first Nepali, Sumba Sherpa, who had never run in his life and had been informed of the race the day before! I remained fifth. Afternoons were spent admiring the views and with the local people trying to keep warm around the fires in the kitchens of the lodges, before dinner and briefing in the mess tent.

The fourth day consisted of an untimed but compulsory 23km trek over the Laurebina peak at 16,900 feet to Phedi. Unfortunately snow conditions were such that we were only able to reach a small col at just under 16,000 feet. The tricky climb was, however, well rewarded with fantastic views in bright sunshine above the cloud line to the 26,000 feet peaks in the distance. This day,

designed to avoid the dangers of running at high altitude offered us the chance to really take the time to look around and to take photos. Despite not being a race, the day at high altitude was rather taxing and its effects were to be seen on runners in the later stages.

The fifth day to Tarrepati was a severely testing (for me anyway) 14km of steep rocky descents and reascents, much of it in cold mist and snow. Some runners began to suffer excessive tiredness due to the altitude and others from swelling around the eyes. Most of us were having difficulty sleeping and suffering from headaches and stomach aches, all of which were efficiently taken care of by the race organisers. The strong team spirit amongst runners and organisers helped all of us through difficult moments. This day was made more interesting as runners had to dodge the wings and parts of fuselage of the crashed 737 being carried by porters on the narrow paths back to Katmandu at a salvage rate of £1 per kilo for the 8 day trek. At altitude and with trick descents, Sumba and the other Nepali, Tekbadur (at 15 years of age), came into their own taking first and third places. Eric Bellin had a superb run taking second place. Philippe, Francois and Mike taking fourth, fifth and sixth places. The

top three overall positions remained the same however, with Sumba moving up to fourth place. I dropped here to sixth overall.

The sixth day to Kutumsung was the first of the real downhill stages and the first in perfect sunshine. It consisted of 15km of almost continuous steep, rocky "staircases", the kind where the only way to stay in the race is to take your brain out. Philippe surprised us all by beating Sumba, albeit by one minute, closely followed by Eric Bellin. Mike came in fifth muttering about the craziness of racing over such dangerous terrain. For me this leg was a real challenge and a worry. Having lived in Denmark and Rwanda for the last 4 years, I had not set food off road at all. Luckily however, the coaching received from other runners and a bit of practice during the trek seemed to do the trick. I descended passably and even enjoyed it.

The sixth and final day to Chisopani was also tough, but most runners had planned their race and ran well and easily. The stages consisted of 24km of even more difficult descent (this time the staircases were moving!) alternating with a few vicious climbs and runnable track, followed by a final 4km 2000 feet climb. Overall positions remained the same as the previous day.

Taking into account the course change from last year Philippe Rossier was faster than last year. Both women were able to im-



A superb backdrop to race in.

prove significantly on the time of last year's winner. In general, runners had fewer problems than last year due to listening to advice and running sensibly in the difficult conditions.

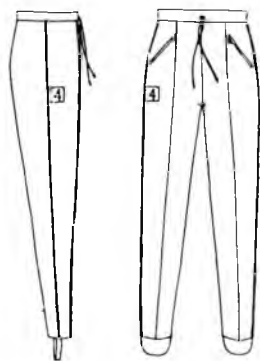
After a final day's trek back down to roads and civilisation, the last two days were spent sightseeing and celebrating in the best restaurants and bars of Katmandu. After nine days not being able to wash due to the cold, the luxuries of the hotel hot shower were well appreciated.

RESULTS

1. Philippe Rossier	Switz	9h 53m 38s
2. Mike Short	Brit/Switz	10h 29m 52s
3. Francois Valotton	Fr	10h 38m 55s
4. Sumba Sherpa	Nep	10h 48m 17s
5. Eric Bellin	Fr	11h 03m 04s
6. Susanne Niedrum	Brit	11h 59m 52s
		1st woman
12. Catherine Bellin	Fr	15h 38m 13s
		(2nd woman

For more information about this and other super marathon races please contact Gilbert Hirschy at World Marathon Adventure, 72 Rue de Lyon, CH-1203, Geneva, Switzerland (Tel: 41 22 3442221 or 7934649, Fax: 7935900).

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'A' class winners Brian Ervine and Mark Rigby.

Race Review

Mourne Mountain Marathon

Rob Howard gives us an outline of the event - and an insight into his own efforts! (All pictures by Rob).

Back at the Tollymore Forest Park for the first time since 1989 the race attracted an entry of 300 teams, the biggest to date, with most in the 'C' class. Day 1 was dry with some low cloud, and while the 'C' class took a direct route to the West of the Ben Crom and Silent Valley reservoirs the 'A' and 'B' gave more scope for exploring the Mournes.

Brian Ervine, who seems to be trying to win with a different partner ever year, teamed up with Mark Rigby and they faced no real opposition, taking a 1 hour 50 minute lead on day 1. Chris and Julian Rhodes hoped to follow up their wins in the first two events of the season, but trailed by 16 minutes to Irish international orienteers Steve Linton and Billy Reed. Only the 'C' course was close with under 5 minutes between the top 3.

It was a wild and uncomfortable night, but most of the tents that blew down belonged to the organisers. Many others were flooded out and with gale force winds the courses had to be shortened. All the overnight leaders won comfortably and there were good performances from mixed and ladies teams in the 'A' class. Over half the 'B' class were disqualified or retired, mainly because of problems locating control 4 on day 2. The organisers gave a 30 minute time penalty, but later decided disqualification was the correct decision. Sadly, this meant a few prizes were incorrectly given.

RESULTS

'A' CLASS (17 started/8 finished)

1. Brian Ervine & Mark Rigby 11.29.21
2. Robert Sanby and Wendy Homes (Mixed) 14.09.41
5. Helene Diamantides & Elspeth Scott (Ladies) 14.29.10

'B' CLASS (98 started/40 finished)

1. Steven Linton & Billy Reed 7.46.54
13. David & Miriam Rosen (Mixed) 11.00.17

'C' CLASS (178 started/141 finished)

1. Edmund O'Hagan & Martin Hanna 6.09.12
20. Colin Sturmer & Janet Baylis (Mixed) 8.03.52
31. Jane Watt & Eileen Murphy (Ladies) 8.40.00

A Personal Account of a Non-Competitive Attempt at the 'C' Course

It was dull but dry at the start and from the route issue point, the Ivy Bridge in Tollymore Forest, we took a direct climb through the trees to control 1 at a track junction. Others took the longer route on tracks or chose the rough ground outside the forest, but vague paths took us where we wanted to go. A good start.

Across a low spur to control 2, then a classic error. Trusting the bearing of a couple of friends I looked for a saddle, and spotted other competitors crossing one. Only after following them for a while did I decide the map and the terrain were at odds. We'd made all the classic mistakes, following someone on another course, not trusting the compass and misreading the map, our saddle was far too low. Almost blasted off our feet by the wind we relocated to the pass at Hare's Gap, and

crouched down behind the wall to eat and take a breather. The long, fast contour to the next control was enjoyable and the view across to the mist shrouded cliffs of Ben Crom and the reservoir below magnificent.

Not much route choice to the busy control 4, passing the craggy slopes of Doan, but should we contour round or go over Slieve Muck to number 5? Since the mist was down we followed a wall up and over, and all the way to the next control, but had no company. Maybe it was the right choice, but who knows? we did come across a ladies pair who said how annoying it was to keep overtaking us, then catch us up again late on. We must have been doing something right.

Next came a real slog to the summit of Wee Slievemoughan, not surprising after more than 4 hours, then back down and up to a choice of cols, and into camp. A wicked rollercoaster finish. A high, sheltered pitch by a wall was certainly wise as the rains lashed down all night and tents were blown over or flooded out. The small stream in the middle of camp at nightfall, was a torrent that was hard to cross by morning.

That was a strong hint to follow the road to a bridge and then get back onto the hills on the way to the first day 2 control, but an amazing number of runners took the life threatening alternative of crossing the Rocky River. Goretex was no match for the rain and we were almost no match for the force 8 blasting down Spelga Pass. A pair came past with the leader towing and slipstreaming an ailing partner. We tucked in behind.

The route choice to control 5, created by taking no. 4 out to shorten the course, divided the field, now closely bunched. This time we took the high road, avoiding the tarmac, and abandoned our leisurely pace in the interests of getting out of there as fast as possible. It was still lashing down rain, blowing a gale and the rivers were still rising. A couple more hairy river crossings, and a longish track run took us back to the finish through the forest. On the run in we found the course planner playing with marker tape, his problem was a local orienteering race in the park and a few too many controls about the place. It's good to finish with a laugh.



Photo: Had enough?! And it's only the end of Day One!

Stellina Challenge 1993

The recently selected team of James Parker, Greg Hull and Brian Thompson had the good fortune not to have the company of Dermot McGonigle (the transport manager!) on the journey out after he missed his train from Manchester. Brian survived a 2 hour delay scare when his train broke down but he still caught the the 6.50 p.m. Heathrow-Turin flight. The whole team then got whisked by chief organiser (super) Mario (Andretti?) at about 100 mph from Turin to Susa.

Accommodation in the Hotel Napoleon was comfy and in the centre of town. The weather was hot and sticky, causing the team to take it easy, avoid training on the course and not think too hard about the race itself. Dermot finally 'honoured them with his presence' at 5 p.m. Saturday after spending a very comfortable night on the tiles of Heathrow's Terminal 1 and delivered presents from BAF and Pete Bland. Nearly all the kit fitted well and looked smart for the 6th opening parade. We were foolish enough to wear our tracksuits, unlike the opposition, but fortunately no-one died from heatstroke. The organisers laid on transport to provide us with a recce of the first 4k of the course and a heated debate between them ensued as they tried to draw a detailed map of the remainder while the team offset their hunger by gnawing fingers.

The other international teams comprised Italy, Austria, Germany and the USA - France and Switzerland had gone to Kitzbuhel in Austria where they would

race against the the host nation and Czechoslovakia in an inaugural 'home international'. On the Saturday evening Dermot and the other team managers were treated to a banquet with about 30 locals involved in the organisation - the courses were numerous and the wine flowed freely courtesy of Signor Beloffi, the sponsor. Thankfully all the team were firmly tucked up in bed by the time the manager got back to the hotel.

With a 9.30 a.m. start on Sunday morning the troops were up and breakfasting lightly at about 7. Big mugs of strong coffee and dry bed with jam topped the menu. Then followed a relaxed warm-up which required little effort as the sun and temperature rose. As well as the Stellina Challenge international the race incorporated the Piemonte regional championship and this open status boosted the field to approximately 140 senior men. (The women's race would start at 10 a.m. approximately half way up the 15.4k course.) It turned out to be a typical and excellent alpine course - first couple of Kms flat through and out of the town followed by a mixture of stony or grassy paths and landrover tracks through hamlets and mostly up gradients which could be run - or ALL if your name happened to be Fausto Bonzi. Thankfully the sun only broke through the haze intermittently, meaning that the temperature didn't become too hot, but the humidity was intense and the drinks stations which were well positioned were gratefully used by all the Brits.

The start was at a very sensible pace and the field was well strung out in single file before leaving the road on to a steep, narrow, rocky path. Bonzi and the American Dunham had a big battle at the front until the Italian made a decisive break at around 10k when 'the man with the classiest ponytail in mountain running' slowed for a big drink. Meanwhile the GB team were pacing themselves well in an event they knew would be especially tough due to the 1500m of straight climb and the weather conditions. Unfortunately, Brian went through a rough patch at about halfway due to the conditions but he sensibly eased off to recover and then dug in again to produce as good a second half as anyone on the team. Encouragement among the team members was excellent and Greg produced a very impressive finish to pass 4 people on the flattish 2k run in.

Neil Wilkinson of Cambuslang and Scotland recorded a creditable 6th place as part of his World Cup build-up and his girlfriend Sarah Young from Wigan won the ladies race despite claiming not to be a mountain runner - surely one for the selectors to keep an eye on and encourage.

The team downed many litres of fluid heartily at the finish and sprawled out in the haze/cloud at just after 11 a.m. A large lunch was enjoyed on the grass at the 2030m finish in the company of Neil, Sarah, James' wife Andrea (official team photographer) and Mike Lindsay (now resident in Verona and official team interpreter).

- Dermot McGonigle

Reebok Everest Marathon

Report and pictures by Rob Howard.

Cath Proctor of Mandale Harriers set a new women's record in the 4th Reebok Everest Marathon on November 26th, finishing 15th overall in a time of 5.32.42. A regular competitor in endurance events she beat Welsh international runner Dawn Kenwright's 1989 record of 5.44.32, and fought off a challenge from New Zealander Viv Prince, a former winner of many Australasian and Asian endurance races. Prince also broke the old record.

British male runners didn't do quite so well, the highest placed being Bob Worth of Ochil Hill Runners, in 8th place with a time of 5.02.31. The winner for the second time was Pierre-Andrew Gobet of Switzerland, but his time of 4.03.29 was well outside Jack Maitland's outstanding record of 3.59.04. The best performance of the day came from 42 year old Ray Brown of New Zealand, who finished 3rd overall and shattered the vets record, despite getting lost and twisting an ankle. His time of 4.28.38 took 33 minutes off the existing record.

With runners from 12 nations and 73 finishers from 75 starters the British organised race was the most successful to

date. It involved a month long trip to Nepal, including the classic 16 day Everest Trek, to get the runners to the start, which is beside the Khumbu Glacier at 17,000 feet, and close to the Base Camp. From there the course is mostly downhill to the Sherpa town of Namche Bazaar (11,200 feet), but there is 1500 feet of climbing to content with, plus the altitude and the cold. (It was -5 on the start line).

The race is organised to raise funds for aid work in Nepal, and is a registered charitable trust. Money goes to clean water, medical and educational schemes, and the last race raised over £43,000. It is organised by Diana Penny Sherpani, at Bufo Ventures Ltd., 3 Elim Grove, Bowness on Windermere LA23 2JN. The next race will be in November 1995, with entry forms available from this summer and the closing date in April next year. Anyone interested can write now to put their name on a mailing list.

If you can't get a month off, but want to race in Nepal, the same company is

organising the Himalayan Climathon this November. This is a 2 week trek in the Annapurna area, culminating in a tough 28 mile race. Full details available on request.



Photo: Lloyd Scott near the start, Everest directly behind.

Martin Stone's Long Distance News Summary

Apologies for any omissions - please keep sending me details of long runs for the record books.

DRAGON'S BACK RETURNS IN 1994

Ian Waddell organised a very successful 200 mile, 5 day stage race down the length of Wales from Conway Castle to Carreg Sennen Castle in September 1992. The race will (subject to the support of 100 suitable runners) take place between Monday 19th - Friday 23rd September. The route will be almost identical to the classic 1993 route. Overnight camps, support and catering will be carried out again by The Parachute Regiment whose fantastic support was so essential to the success of the 93 event.

This year, competitors will be able to enter either a pairs or solo class. The event will go ahead providing 100 suitable runners enter and pay the £50 entry fee. This represents excellent value as it covers unlimited quantities of cooked food & organised overnight camps for 5 days. Entry fees will be refunded if there is inadequate support for the race or runners wish to withdraw their entry once there is a waiting list for places in the event. Entry forms and further details from: Ian Waddell, North Lodge, Cranford, Blackdown, LEAMINGTON SPA, CV32 6RG Tel:0926 423393

RONALD TURNBULL - LOWLAND UPLANDS FROM FIFE TO THE CLYDE

On 26/27th Sept 93, Ronald undertook a 90 mile route with 18,000ft of climb taking him westwards from the coast at East Wemyss to the Clyde. It included 30 'hills' on the Lomonds of Fife, Lochleven, Cleish Hills, Ochils, Stirling, Gargunnoch and the Kirkpatrick. Ronald was on the go for 1 day 18 hours which was at 'recreation/exploration speed' and it included a frozen bivvy in the Ochils looking down on half a million people asleep in their beds. This year Grey Stones Books are publishing a book by Ronald on Crossing Scotland.

IRISH MUNROS IN 24 HOURS

Last May Chris Pearson, Mark Hazlewood and Martin Farr set off at sea level on the east coast of Eire near Arklow and 23 hours 58 minutes later they dipped their toes in the Atlantic near the foot of Brandon Mountain. Their challenge was to climb each of the seven Irish 3000 footers and the additional six 'tops' spread amongst four separate mountain ranges across the width of Eire. This involved a total hill distance of 25 miles, 12000 feet of ascent and about 230 miles of driving between the mountain ranges. The weather throughout the period was windy and periods of prolonged rain and

mist made the rocky ridges treacherous. With plenty of time in hand they intended to take a one hour nap before climbing the final hill, Brandon Mountain. Unfortunately the nap became a 3 hour sleep and they awoke with just over 2 hours to climb Brandon Mountain and drive to the coast. They completed the challenge with 1 minute 52 seconds to spare.

ALISON CRABB - BOB GRAHAM IN WINTER CONDITIONS

Congratulations to Alison Crabb who on 27/28th November last completed the first ladies' sub 24 hour Bob Graham in Winter conditions. Ambleside AC and friends were out in force to provide pacing and support during her clockwise attempt and Alison returned to the Moot Hall with a small margin of 8 minutes to spare. Full details of this epic are provided on page 24.

LONG DISTANCE AWARD 1993

The panel of 20 long distance 'enthusiasts' voted for Martin Moran and Simon Jenkins who traversed the 75 Alpine 4000 metre peaks last Summer in 52 days of remarkable endeavour. An article which appeared in the October 93 Fell Runner describes their journey. The award was presented to Martin at the King's Head, Thirlspot last November following a superb slide show which Martin gave at the annual meeting of the Lake District Mountain Trials Association.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the Autumn, a panel of long distance 'enthusiasts' examine details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 1NN Tel: 0772 562395

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1992/93

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 1992/93 presentation was made at the FRA Dinner to Helene Diamantides & Martin Stone for their winning performance in the 1992 Dragon's Back 5 Day Race.

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 in-

clude a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1993/94 award should be sent by June 1994 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.



Photo: Long distance racing - the 26 mile off-road
Yorkshireman. Pete Irwin climbs to Cock Hill.
Photo: Dave Woodhead

Small Ads

YORKSHIRE DALES HOLIDAYS
Cottage at Hawes, Wensleydale, sleeps 4, overlooks Shunner Fell and Pennine Way £100 - £200 per week. B&B near Askrigg, Wensleydale - spectacular views to Addleburgh and Wether Fell. Double en suite £16 pp. £14 pp twin bedded room. Tel 0969 650565.

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Contact Allan Greenwood
0274 393101.

Anyone interested in joining a party of runners from the Carnethy and Westerlands Clubs going to run the Corsican Supermarathon this year should get in touch with me. This six day race starts around August 15th. The race was described in an article by Neil Schofield in *The Fellrunner* June 1993. Copies of this article, a feature article from the French magazine *Jogging* and previous years entry details are available on request from me. Costs are likely to be about £300 to include entry, lodging, and transport of baggage between stages, and around £200 for flights.

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Profile: Frank Sykes



Silly hat! Frank inspects the course at Chew Reservoir a week before the race

As promised, a profile of a race organiser - one of those without whom we wouldn't have a sport! Our roving reporter, Ray Swatcher spoke to the Chairman of Saddleworth Runners.

Frank Sykes, at 50, has found himself a new interest, an involvement in amateur dramatics that has overloaded an already hectic schedule and after 20 years of running and enjoying such events as the O.S. Mountain Trial (*"the first and best"*) temporarily reduced his training to Sunday runs with the club but he has stayed true to his philosophy: have a go at whatever you want to do as long as you enjoy it. This is a philosophy that he hopes that he has passed on to his three children; who all enjoy a wide range of interests. 17 year old Matthew does run and could be good, but doesn't train, 11 year old Zoë enjoys running, but is too young to be committed while 15 year old Ben has other interests *"there is a great temptation to push your children into what YOU want them to do, but they must find their own way. There are too many coaches and parents who try to live out their own frustrated ambitions through their children and we often see the result of that in athletics,"* he adds. *"How many juniors or good schoolboys do you actually see coming through into the senior ranks?"*

He reserves criticism for the FRA on this point, with his opinion that their policy on junior race limitations was misguided when they lowered the age limit for 'A' races just because there were a couple of good young lads about that missed the age cutoff. *"For our races, we stick to the old limits, it's a dangerous trend to start lowering them."*

Frank's best known race must be the infamous Chew Valley Skyline, a 13 mile bogtrot around the Saddleworth moors that, for many years was the shortest 'long' on the calendar, it's classic simplicity and tough terrain proving a bar to the sub 1 hour 45 minute record that would have taken it down to a medium. The idea for the race came to him after a couple of experiences at other races. First, at a short race on a baking hot day where there was not even a cup of water to be had at the finish, leaving many runners

distressed, Frank thought "we can do better than that"; then, at a longer race, seeing the 300 plus competitors crowding round the tiny window of a caravan as handwritten results sheets were pasted up - "everyone was obviously working really hard, but I felt that we could do better". Finally, at a long Lakeland classic he overheard the leader of the Mountain Rescue Team talking to the organiser. The mountain rescue man pointed out that there were still two runners missing, to which the organiser replied "well, if they're not here by five, tough, I'm going home!". It was on his way back from this event that Frank formed the idea of the Chew valley race. *"I'm not one to criticise without doing something about it"* he comments *"if you don't like something, don't expect other people to change it for you, do something yourself!"* So, instead of writing letters and complaining, Frank decided to see if he could put on a race that offered everything that a runner could want at a decent price: a good course, a modest prize list, drinks and food at the end and somewhere to get changed and get warm. While not detracting from the runners' own responsibility to look after their own safety on the fell, Frank also decided that a safety and medical backup and some form of third party insurance, were also essentials.



Frank & Paul Blagborough win the Bowfell Class at the Saunders MM. 1984

This may not seem strange to those of you who have only been running for 5 or 10 years, but at the time of the inaugural run in 1980, much of this provision was new and unusual. The weather on these moors can be extremely fickle and the ground underfoot treacherous (it's up here that the Moors murderers are said to have buried their victims - bodies that have never been found) so the safety and insurance aspects were seen as essentials. By the end of the inaugural event (won by Mike Short and organised under the auspices of Frank's club at that time, East Cheshire Harriers) the spring day of the start had turned into a winter down-pour.

Over the years the race has seen snow, ice fog, hail, rain and also it's share of sunshine and potential accidents have always been avoided. The course entails running around one of the highest man made reservoir's in England and, on one occasion, the perfect short cut presented itself with the reservoir frozen solid. Knees only turned to jelly later when a ranger pointed out that if a runner had gone through the ice, it would have been the fall that killed him, not the cold water! As water was still being drawn off from below the ice, there could have been a drop of 20 foot before actually hitting the surface. The race, however, has an excellent safety record, with only idiots putting themselves at major risk. *"I spotted a roadrunner at the start one year carrying no gear, so I insisted that he go back and equip himself properly. He, however, decided to dump his bag and equipment near the second checkpoint at Broadstone and continue head down into the race. As he came off Featherbed he bonked, but, not recognising the signs, kept running until he keeled over, passing out by the reservoir - the runner behind who attended him reckoned that he was unconscious before he hit the ground, of course the Mountain Rescue team were close at hand to assist - That's why I've always believed in using the Mountain rescue, and in insurance cover."*

Frank certainly set some standards with the Chew race, insurance is now automatic on registration of a race with the FRA, and we see many more races where value for money is more important than profit.

The Chew Race itself disappeared when Frank decided that the course had taken enough of a hammering. After ten years of the race there were paths where none had previously existed and the size of the field had begun to worry him. He replaced it with a long 'O' event which connoisseurs have come to love, a good challenge and a long day on the fell. Except this year - as you will see from the advertisement elsewhere in this issue, the Chew Valley Skyline is back, for one year only, with the usual high standards of organisation and a good list of prizes but, thankfully, with limited numbers.

This is not the only race that Frank organises but it is the one that shows how good organisation can 'rub off' on other races. We now come to *expect* these standards, and so we should. *"Value for money is the watchword for our races,"* says Frank "runners don't come to races to be ripped off"

Frank's Footnote: After all this pretentious nonsense I have increased the fee for Chew & have a letter of complaint in this issue!



*Boulsworth Hill — on the finish 'wall'.
Photo: Peter Hartley*