

The **Fellrunner**

June 1994



*including comprehensive
race results and reports*

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Peter Hartley

Summer Madness



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Bit at the Front *Neil Denby*

Once again we find ourselves tinged with sadness in our sport. An experienced competitor, well aware of the hazardous nature of the sport, well equipped and with mountain and navigational skills, tragically died at the Kentmere race. The initial verdict was hypothermia, but the inquest is yet to report. Judith Taylor will be sadly missed by the sport and we join in sending our condolences to her family.

Controversy over the result of the Moel Famau Race meant that the results have only recently been confirmed. As a consequence there is no championship round up in this edition. However, it appears that Mark Kinch is making a real bid for the

British title with a 1st and a 2nd, giving him a total of 41 points. Nearest rival is J Parker with two 3rds and thus 36 points and Ian Holmes close on his heels with 35. The competition may get even hotter now that the news is out that the William Hill sponsorship deal has been accepted by the FRA, details in this issue. For the ladies, Andrea Priestley is ahead with maximum points while Janet Reid and Celia Greasley with a 2nd and a 5th each hold joint second position. Celia is the leading lady veteran. Leading mens veteran is Mick Hoffe. Full Championship updates will appear in the next issue - please note that none of these points have been confirmed by the statistician.

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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Plus a comprehensive round up of race results and reports.

The Fellrunner is published 3 times a year
1st week in June, October and February.
Deadline for articles, letters etc. for the next issue is

SEPTEMBER 2nd

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ON GOING DOWNHILL FAST
by Andy Stan

There are four simple rules to go downhill fast:

1. Check your position at the start
2. Look forward and not at your feet
3. Don't overuse your arms
4. Practice the point in which you want to go

There will always be a hill you want to go down. It's not just a matter of going downhill, it's a matter of going downhill fast. It's a matter of going downhill fast and staying on your feet. It's a matter of going downhill fast and staying on your feet. It's a matter of going downhill fast and staying on your feet.

1. Position at the start
The first rule of downhill running is to get into a good position at the start. This means leaning forward, with your feet under your hips and your arms out to the sides. This will help you to maintain a good balance and prevent you from falling over.

2. Look forward
The second rule is to look forward, not at your feet. This is because if you look at your feet, you will lose your balance and fall over. Instead, look at the ground ahead of you and try to keep your feet in a straight line.

3. Don't overuse your arms
The third rule is to don't overuse your arms. Your arms should be out to the sides, but they should not be moving up and down. This is because if your arms are moving up and down, you will lose your balance and fall over.

4. Practice the point in which you want to go
The fourth rule is to practice the point in which you want to go. This means practicing your downhill running on a hill that is similar to the one you will be running on. This will help you to get into a good position and stay on your feet.

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It's all downhill from here!
Andy Stan gives some tips on the noble art of running downhill

This particular stream often seemed to run in a straight line. People seemed to be able to run right behind me and I was always in the lead. It was a bit of a mystery to me. I was always in the lead. It was a bit of a mystery to me. I was always in the lead. It was a bit of a mystery to me.

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The Fellrunner June 1991

Snap!!!

Recognise any similarities between the two items above? Has it happened to you at any time? Whilst I am a great believer in recycling, I think that the recycling of old articles is going a bit far! I have written to The Runner and pointed out that

The Runner March 1994

items published in *The Fellrunner* are copyright, to *The Fellrunner*, the FRA and, if they wish to claim copyright, to the author. A copyright notice will henceforth appear in the magazine. I did ask for some cash for fell running (the Welsh international team is in dire need of sponsorship,) but the publishers of *The Runner* have not been forthcoming!

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CHRIS GRAVINA 1934 -1994



Chris demonstrates the art of travelling light.

Friends of Chris will be very sad to hear that he died in an accident in Central Gully on Great End, March 19th 1994. A member of Ambleside A.C. and the Alpine Climbing Club Chris was 59 and had recently retired.

A true mountain adventurer Chris enjoyed to the full most activities associated with mountains and hills both home and abroad. As with quite a few of us, this eventually led him to Fell running, Bob Graham Rounds and Mountain Marathons. It has been said of Chris that once you met you never forgot him, for lots of reasons! A casual glance into the boot of his car or rucksack might lead you to think he was a bit chaotic, even disorganised. Not so, his BGR schedule was extremely well planned and fine tuned to the nearest minute and his attention to weight reduction on MMs was planned down to the nearest half ounce. Following a fall in a Mountain Trial in which he finished three quarters of it with a broken bone in his leg, he decided that a change of glasses might avoid such future incidents. He went to an optician who recommended varifocal lenses as being ideal for a desk bound executive. Chris replied that reading a map whilst running downhill was what he had in mind. There was a short flight of stairs from the waiting room to the surgery. For the next half hour, he ran up and down these stairs map in hand, trying different pairs of glasses. Eating with Chris whilst camping was usually another unforgettable occasion. His choice of food and his cooking was in the Haute Cuisine class. He had a theory that as food could be looked on as necessary only to consume calories and replace fuel and as it all went into the same digestive system it didn't matter what mixed with what or how it was cooked for that matter. Raw sliced garlic and neat curry powder sprinkled on top of packet noodles was one of his favourites. Some of us developed the habit of bringing along extra food of our own. One final secret recipe should not be allowed to pass away. Whilst in Corsica Chris got temporarily separated from his running companions who were carrying the food. That evening, sharing a hut with some German walkers and not wanting to let the side down he scoured his sac for any food and uncovered a small phial of olive oil and some

salt. Watched by the Huns he put this into a pan, added water and made a soup. Still not wanting to lose face he proceeded to drink this concoction with accompanying appreciative noises and much smacking of lips. Following unsuccessful solo attempts on the BGR and with the support of his Ambleside Club mates he completed his round in good style, well under 22hrs. This led Chris to many more long distance challenges. The Alpine passes on his own, the TMB in three days, the Corsican High Level Route with friends from Macc Harriers, Countless MMs. and the South Downs Way. Always game for a challenge or an adventure into the unknown, Chris came to mind when our High Peak Marathon vets team lost one of its members and Chris had the necessary handicap years in. Into the team he came at one weeks notice and no training, we got round in just over ten hours and won the Vets prize. He finished, to use one of his favourite phrases, "totally knackered" Greater love hath no man! A good friend and reliable companion on the fells, we will miss you Chris, thanks for the good times together and have a brew on when it's our turn. Our sympathies go to his wife Anne and his two sons Richard and Robin.

Derek Hodgson for Clubmates in Ambleside A.C. & Friends in Macclesfield Harriers.

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.



Kendal Tragedy

The 20th running of the Kentmere Fell Race ended in tragedy when, amidst horrendous conditions, 45 year old Judith Taylor died.

Judith's body was brought down from Knott on High Street by members of Patterdale Mountain Rescue who had joined Kendal and teams from Penrith, Langdale and Ambleside in the search.

It ranks as the only serious incident in the history of the race, which is organised by England team manager Pete Bland, who was reluctant to talk about the incident but stressed that the race had been run according to FRA guidelines on safety. Full body cover and navigational skills were stipulated and Judith had the necessary experience. Husband Phil pointed out that both he and Judith had competed in such races before (Judith had completed the 12 mile Kentmere course on a number of occasions) and knew that organisers had safety uppermost in their minds. Pete Bland had mountain rescue assisting on the fell and was busy checking people off. Indeed, mountain rescue team leader Andy Dell defended Peter's decision to let the race go ahead. "It's not up to the organisers to wrap people up in cotton wool," he said, "Any competitor driving up the valley would have been aware of the conditions in the hills and anyone standing on the race line was responsible for their own actions."

It was raining hard in the valley bottom and, as height was gained, this turned to snow and near blizzard conditions, especially on High Street where blowing spindrift made it almost whiteout conditions in the gusting south westerlys.

Supporters at Nan Bield reported runners suffering from various degrees of exposure and disorientation but no one in sufficient difficulties to warrant great concern; although 78 of the 253 starters failed to finish, Judith was the only casualty.

She was found just below The Knott, on the way to Hartsop, some way from the race route but on what looked like a pre planned 'escape route'. Her descent was what Andy Dell called a "sensible mountaineering decision" considering the wind and weather. Cause of death has to be determined by an inquest into the event.

Jon Broxap, who knows and trains on these hills, was the winner of the race, giving him the dubious distinction of holding the slowest winning times for both clockwise and anticlockwise Horse-shoes but accepted that his achievement - a combination of good running, local knowledge and orienteering skills - paled into insignificance when the tragic death was considered. The sympathies of all fell runners go out to Phil Taylor, marked by periods of silence at the start of fell races the following weekend.

Judith Taylor

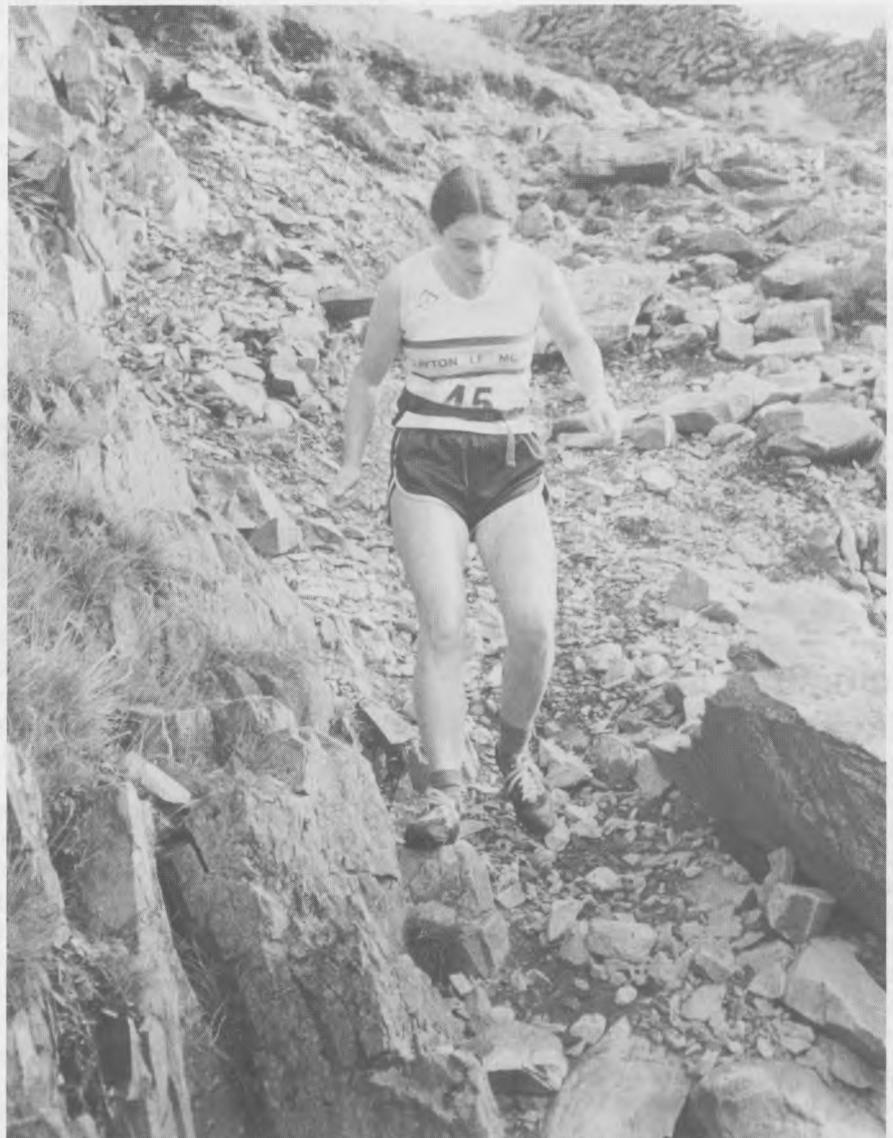
A personal viewpoint from friend and clubmate Don Barton:

It was with great shock and sadness that members of Clayton le Moors Harriers learnt of the tragic death of Judith Taylor during the Kentmere Horseshoe Race on Easter Sunday, 3rd April.

Judith joined Clayton in 1984 and during her ten years with the club she, together with other family members, made a telling contribution to both the affairs of Clayton and of fell running in general. Judith was an active, racing member, participating in all aspects of the sport - fell racing, cross country and relay events. She always made herself available for team selection and was a keen adviser to other lady members of the club.

Judith was a consistent supporter of social and club events and her ready smile and wry sense of humour will be sorely missed by all members. Clayton as a club will be that much less without her.

Our deepest condolences go out to her husband Philip and to her family, son Jonathon, 21 an engineering student at Lancaster University and 19 year old daughter Abigail, studying engineering at Dundee University.



*Judith pictured at the Ian Hodgson Relay.
Photo: Dave Woodhead*

Secretary's Corner

The rumour that I have re-joined the Army, been knighted, and sent to Bosnia is untrue. I have simply been enjoying the winter sunshine in the Algarve, so thanks to Peter Browning for taking the minutes of the Denby Dale meeting.

Committee Meeting Denby Dale, 22 January 1994.

1. Brief guidelines for the organisation of the FRA Relay were approved and are published elsewhere in this issue.

2. Request for introduction of V45 Ladies English Championship discussed. Review of number of ladies running in this category to be undertaken, then we will give further consideration.

3. Reported that BAF are floating ideas for raising additional funds, including suggestion that individual registration fees be levied on all athletes. FRA already a *voluntary* membership system and we would oppose any further registration charges.

4. Reported that cost of sending England Squad to 1993 World Trophy has been met by Foundation for Sport and the Arts.

5. Rumours of plans to restrict fellrunning in Peak District. Peak District National Park say there are no such plans at present, and local clubs will be consulted if the question arises in the future. Members asked to advise FRA immediately they get wind of access problems, whether in the Peak or any other area.

6. Lots of complaints about chaos and confusion in deteriorating weather at 1993 Calderdale Way Relay. Secretary to start dialogue with organisers to ensure action is taken to remedy weaknesses in Safety Requirements.

Committee Meeting Hayfield, 20 March, 1994

1. Contact with BOFRA re-established and it is hoped that pro/am problems can be resolved before long. Ideas have been put to BAF Fell and Hill Running Commission, and if these are endorsed, they will form basis of discussions with BOFRA.

2. Debate amongst ladies for and against separate starts continues. Arrangements as in FRA Fixtures Calendar to stand this year. In meantime, lady members should lobby Judith Johnson or Alison Crabb so we can review for 1995.

3. Reported William Hill offered sponsorship for British Championships and has been accepted in principle by BAF Fell and Hill Running Commission. After much discussion for and against this development, majority vote endorsed sponsorship for 1994. Just how sponsorship money will be used to be considered at forthcoming FHRC meeting.

4. Bernard and Kay Pierce attended to discuss outline proposals for 1994 FRA Relay. They gave an excellent presentation and a great deal of thought has gone into all aspects of organisation. Thanks expressed and approval to go ahead. Entry details can be found in this issue.

These are brief notes of the main items discussed at the meetings. Further information on any of these topics can be obtained from the secretary.

Committee Meeting Buttermere, 8 May 1994

1. Reported that Fell and Hill Running Commission have agreed details of William Hill sponsorship of British Championships, see item on page 16.

2. Selwyn Wright, Peter Browning and Mike Rose met representatives of British Open Fell Runners Association, Lakeland Sports Promoters association and Ambleside Sports Association. The meeting was friendly and constructive and it is our aim that events organised by these bodies and the FRA will be open to everyone by the end of the year. We look forward to the end of the professional/amateur divide in fellrunning.

3. Peter Bland reported on the sad death of Judith Taylor in the Kentmere Horseshoe Fell race. Selwyn Wright and Jon Broxap represented the FRA at the funeral which was attended by many of her fell running friends. We await the findings of the inquest and will consider what can be learnt and whether any changes should be made to our safety requirements.

4. Our thanks are due to Dark Peak and everybody involved in the recent Safety and Navigation Course at Edale. A lot of voluntary work goes into the organisation of these courses and it is disappointing that only 15 people attended, hopefully only a temporary downturn. We believe these courses are a valuable service to the sport and recommend them to both newcomers and old hands who want to brush up their navigational skills and get up to date on training and gear. The next course is at Elterwater on 16-18 September, details in the fixtures calendar.

5. The Germans have gone back to their original date for the World Trophy at Berchtesgarden. The date is 4 September and once again the FRA supporters trip is being organised by Alan Judd. Details on page 16 : book your passage early!

BAF Rules for Competition

BAF have completed a review of their rules and no change has been made to Rule 4 relating to First Claim. Therefore, in all FRA races a competitor may only represent his/her First Claim Club. Where an athlete is a member of more than one club, the first claim is that with the longest period of unbroken membership. (June 1993 issue of *The Fellrunner* refers).

Rumour has it that there have recently been some changes to the Scottish Athletic Federation Rules which enlarge the scope of Secondary First Claim representation in Scottish events. I don't know what these changes are, but I should point out that they can't make any difference to events held under FRA Rules, and that includes those Scottish Races in the FRA fixtures calendar.

Veterans

Members approaching the magic age of 40 (35 in the case of ladies) frequently enquire as to when they will be able to compete as a veteran. The simple answer is: on the day they reach the relevant age.

BAF Rule 7(3)(vi) - veteran men: competitors who are at least 40 years of age on the day of the competition, and veteran women: 35 years of age on the day of the competition.

It follows that other veteran categories are based on the same criteria.

Mike Rose - General Secretary

Notice of Annual General Meeting

The Annual General Meeting of the Fell Runners Association will follow the Langdale Horseshoe Fell Race on Saturday, 8 October 1994 at 4p.m. in the Percival Lecture Theatre, Charlotte Mason College, Ambleside.

Motions for the Agenda should be notified to the Secretary by 8 September 1994.

Election of Executive Committee.

Nominations for officers and club representatives (four seats) should be notified to the Secretary by 24 September 1994.

Nominations for individual members (four seats) may be made at the meeting.

All members of the Executive Committee must be members of English clubs affiliated to the BAF for fell running.

Voting. Individual members of the Association who are present at the AGM have one vote each.

Clubs affiliated to the FRA and English clubs affiliated to the BAF for fell running which are represented at the AGM are entitled to two votes each. Club appointees for this purpose should be notified in writing to the Secretary by 24 September 1994.

Mike Rose, General Secretary

News and Views

Assault

Dear Sir,

During this years annual Rossendale Way Relay an incident occurred giving our club grave cause for concern. Several runners on leg 3 were physically assaulted, some quite seriously by a local farmer objecting to runners crossing his land. Other runners were subjected to a tirade of verbal abuse and threats. The organising club, Rossendale Harriers and AC, immediately informed the police who spoke to a number of the runners involved. They were advised by the police that to bring charges leading to a prosecution of the farmer involved that they would have to make a formal written statement. This has been left in the hands of the police and the individuals involved.

The police that same evening interviewed the farmer and warned him of his conduct and advised him that charges might follow.

The various local authorities, Rossendale Borough Council Access officer and countryside warden have been advised and informed and a letter is to be sent by them advising the farmer that the event is held on a public right of way, is way marked and he is well out of order trying to prevent the race taking place.

Representations have been made by myself and other people to this bloke in the past to no avail and always ending in argument and abuse. The simple fact of the matter is that he objects to a public right of way crossing his land, and no amount of friendly persuasion will change his mind. These are the kinds of people we seem to increasingly have to deal with in places like Rossendale, local hillbillies who seem to think that physical violence is the answer to everything. Give me the Water Board, Local authority or National Trust anytime. I would rather negotiate access with them than talk to one of our local thugs!

Clearly we are very concerned about the whole matter and things will have to be resolved before next years event. In the meantime, on behalf of our club I would like to apologise to everyone affected or upset in any way by this incident.

Whilst I'm on my soapbox and still on the subject of our Relay, several runners saw fit to misinterpret to their own advantage the rules which say that 'full body cover must be carried'. This is an FRA rule for relays bearing in mind recent events at such races. We all know that it means cag and overtrousers, or so I thought; not so, according to certain individuals 'full body cover' means just that, like long sleeved T shirts or Lifas and Lifa or Lycra bottoms. It amazes me the lengths to which some people will go to flout the rules and take



*Nigel Gotts of Rossendale seeks enlightenment (or his partner) Rossendale Way Relay.
Photo: Steve Bateson*

great delight in doing so too. For next year, full body cover means cag and overtrousers.

Yours faithfully,
Graham Wright, Rossendale

Fell safety

Dear Sir,

I write at a time when Fell Safety is prominent in all our minds, in particular, at Clayton Le Moors, who have suffered such a tragic loss in the recent accident at Kentmere. One cannot over emphasise the standards and conditions set down by race organisers. They are the local people and they know exactly what conditions can be like in that area. Yet, so many times have I heard officials say, 'How can you check everyone?'. Well quite simply - you can!

At last year's Full Tour of Pendle, and this year's Half Tour of Pendle, the Clayton Committee introduced a very simple 'funnel' system into the start area. This merely meant three or four people (who could still compete in the race) holding a tape, to ensure that everyone entering the 'Start' area had the compulsory kit with them at the time. The competitors welcomed the short delay, most of them realising it was in their interests. Only when all the athletes were in the 'pen' did the race begin. A similar check was carried out at the race finish, with only one person required to check that competitors still had the required kit. At the 'Half-Tour' one offender was discovered and he was promptly disqualified from the race and warned that he was not welcome at future Clayton events.

It is easy to argue that fell safety is a matter for the individual, unfortunately the events at South Wales have proved that it is not. It is time that our members realise this and conform to the very simple instructions given out by race organisers.

ATHLETES SHOULD NOT GO TO A FELL RACE WITHOUT SAFETY KIT - if you are not required to carry it because of good weather, that is a bonus.

Yours faithfully,
Ian. E. Campbell. Chairman, Clayton-le-Moors Harriers.

Not our race

Dear Sir,

After the various comments made about the running and organisation of the Calderdale Way Relay in the February edition of *The Fellrunner*, we feel that, as a club, we ought to make the point that this relay is not a Calder Valley fixture.

The event is run and organised by Halifax Harriers and AC, a club who are mainly involved in track and field events. We feel that as co hosts of this years FRA relay, along with Todmorden Harriers, that this issue was in need of clarification.

Yours faithfully,
Tony Bradley, Calder Valley

Thank you

Dear Sir,

I wish to offer, through your magazine, my thanks to Dark Peak Fellrunners for organising and instructing on the FRAs Safety and Navigation course at Edale Youth Hostel at the weekend of 22-24 April. I was one of 15 runners attending and can only describe the course as excellent value for money! £37 for full board and top class instruction. A definite must for all 'serious' fellrunners.

Once again, my thanks to all at Dark Peak.

Yours faithfully,
Janet Farnworth, Darwen

Lost Pants

Dear Sir,

I ran the last leg of the Rossendale Way Relay from Stubbins to the finish for Clayton Vets. When I finished I could not find my tracksters in the car or anywhere else. I think I took them off and put them on the bonnet of my car or possibly in someone else's boot. The organiser hasn't been given them. They are Ronhill Trackster Treks, practically new, black with a white stripe down each side, medium, 2 zip pockets containing hankies.

If anyone picked them up and wonders what to do with them, I would be very pleased to have them back. Please phone on 0254 822618.

Yours faithfully,
Kieran Carr, Clayton

Ladies First?

Dear Sir,

I have read with interest comments about split starts for women in some fell races. I think this is a sad re invention of the wheel to return top days gone by which our 'sisters' strongly fought to overcome in the past.

The organiser of the Moel Fammau is to be congratulated for listening to the women present at this race who voted with their feet to start with the men. Although advertised that the women would start 20 minutes before the men, this was due to be changed to 10 minutes on the day. The organiser asked the women at the start and all expressed a wish to start with the men (or at least no one was brave enough to shout out otherwise). I spoke to only one woman who would have liked to start early - the reason being to watch the mens race finishing and to see her husband finish - when she heard that the planned 20 minute gap had been reduced to 10 she appeared quite happy to start with the main field.

Yours faithfully,
Wendy Dodds, Bradford

Bit of a bummer!

Dear Sir,

I have been following the recent and greatly debated toilet issue with much interest and amusement but, after all I've read and heard, something still puzzles me. Tales of runners 'going' on the fells or in the woods .. good gracious, don't they know what a bum bag is for?

Yours confusedly,
Poohcary Joggers (name etc. supplied)

Ladies First (2)

Dear Sir,

I would like to comment on the 1993 English Ladies Team Championship. I feel that last years competition was probably the best ever, and therefore deserves at least a brief mention.



Wendy Dodds (Clayton) and Pauline Oldfield (Bradford and Airedale) battle it out at the Harden Bunny Run.
Photo: Allan Greenwood

The fact that so many teams not only completed but were seriously competing made it an excellent and very interesting competition. The enthusiasm was evident from the first race and continued throughout the year. The title was decided on the last race (Three Shires) and could have been taken by any one of three other teams (CFR, Keswick, Fellandale). The other teams were also working hard for position.

The Ladies Team competition in my opinion outshone the mens last year. Congratulations must go to all clubs who had ladies teams competing in the required number of races. It shows we are serious competitors with a high level of commitment.

Hopefully everyone enjoyed themselves along the way, Fellandale certainly did, and we will be doing battle again this year.

Yours faithfully,
Jean Shotter, Fellandale

Alliteration, onomatopaeia and a bit of fun

Dear Sir,

Gambol, Splash, Straddle, Hobble, Cockup, Wizz, Shuffle, Canter, Limp, Stomp, Trot, Wace
Why?

Yours faithfully,
Danny Hughes, Gosforth

Didn't DNF

Dear Sir,

I am writing to you with regard to last year's Nevis race, in which I was recorded as DNF. When I finished with a time of under 4 hours, there were no officials around to record it!

Apparently all runners have to finish before the start of a football match! They couldn't organise 'a booze up in a distillery. The entry fee of £6 included a 'light meal' but on the ticket to be presented there was no address as to where this might be obtained.

This is the second time I have been disgruntled; in 1980 when the race was cancelled over 400 entries were never returned.

On the mountain itself, the Mountain Rescue did a great job down to the Red Burn but after that there was no one and as far as the officials know I am still on the mountain! So much for safety regulations, especially when the great race chief warns all runners if they do not report in when they retire they will be disqualified from next year's event.

During 15 years of running I have never packed a race in and I have a great respect for amateur organisers. In October I wrote to the secretary Mr G McFarlane enclosing a SAE to ask him to look into the matter for me but up to now there has been no communication from him.

Yours faithfully,
JK Riley, Burnley

Northern Runners

Dear Sir,

I would like to thank you for publishing my letter advising readers of the creation of a fellrunning section within our club. The response received has been very encouraging and proves that there is an interest in fellrunning within the North Yorks/South Durham area. However, one aspect that has emerged is the number of runners who are already a member of a club but who find themselves the only member interested in fellrunning. as such they often find themselves attending races and training on their own.

If you are a runner in this situation you are more than welcome to attend any of our training sessions. The overall aim of our group is to develop the sport of fellrunning within the area and as such the group is open to all runners no matter their ability or whether they already belong to another club. Please contact me for further information,

Yours faithfully,
Keven Shevels, Darlington H & AC, (0325) 283146

GOOD MORNING...
ARE YOU SIGNING ON FOR THE
(AMBLE, HIKE, STRADDLE, MOG,
STROLL, STRIDE, HOBBLE OR TROG?)



CALENDAR UPDATE

Below is printed the latest batch of new races, alterations, deletions and anything else that helps bring the Calendar up-to-date.

All entries are in chronological order according to when the event will NOW be held.

SAT. JUNE 18. BRINSCALL CENTENARY FESTIVAL JUNIOR FELL RACE. BS. 2.15 p.m. 9/U13 - 2m/250'. 13/U17 - 3m/400'. Both from Brinscall Gala Field, School Lane, Brinscall, Chorley. £1.50 to organiser or ☐2 on the day - cheques payable to "Chorley A.C." PM. Details: T.Dickenson, 58 Millbrook Close, Wheelton, PR6 8JY. Tel: 0254 830591. Entries to: T.Dickenson, BWARA, School Lane, Brinscall, nr.Chorley, Lancashire.

TUE. JUNE 28. GARNDOLBENMAEN RACE. There are so few details of the event on the registration form that the best thing for any intending runners to do would be to contact the organiser :- M/s L.Owen, Cae Llyn, Garndolbenmaen, Gwynedd, LL51 9TZ. Tel: 0766 75397.

SUN. JULY 3. PEAKERS STROLL. CL. 11.30 a.m. 25m/4000' from the Devonshire Arms, Peak Forest, nr Buxton (on the A623). £2.50 to organiser or on day. Teams free. PM/LK. Over 15. Under 15 permitted if accompanied by an adult. Record: 3.09.00 R.Ball 1988. Details: J.Hipwell, Flemstone Lea, Peak Forest, Buxton, Derbyshire, SK17 8EL. Tel: 0298 24056.

WED. JULY 6. MOUNT FAMINE FELL RACE. After much consultation and deliberation among the members of the Hayfield Championship Series it has been decided to hold the race on this date and NOT on the 26th.June. The race will start at 7.30 p.m. and entry will be FREE. Registration on day only. Other details as in the February edition of *The Fellrunner*.

SAT. JULY 9. BELSTONE-COSDON HILL RACE. BS. 2.00 p.m. 4m/850' from Belstone Village Green. £2.50 on day only. Teams free. PM/LK. Village fete, etc. Details: P.Haygarth, 7 Steddaford Court, Sticklepath, Devon, EX20 2NP Tel: 0837 840275.

THUR. JULY 28. FERNILEE FELL RACE. CM. 7.00 p.m. 7m/530' from the Shady Oak pub, Fernilee, nr Whaley Bridge. £4 to organiser or £4.50 on day. A two-lap event run in conjunction with a mountain bike duathlon. Details: Open Country Events, 3 Market Street, Whaley Bridge, Stockport, SK12 7AA. Tel: 0663 735020.

THUR. JULY 28. REEBOK RYDAL ROUND. AM. 12.30 p.m. 9m/3000' from Rydal Park, Ambleside Sports. Entries free - pay admission to Sports Field. Details: Pete Bland, 34A Kirkland, Kendal, LA9 5AD. Tel: 0539 731012.

SAT. AUG 20. SPERRIN MOUNTAINS RACE. The race will now be held on this date and NOT on August 13th.

SAT. AUG 27. BELLINGHAM SHOW FELL RACE. BS. 2.00 p.m. 4m/600' from the Show Field, Bellingham, Northumberland. £2 (50p for U16) on day only. Teams free. PM/NS. Over 14. Separate award for U16. Also junior race for 11-14 years. Held in conjunction with the agricultural show. Records; 27.21 S.Murdoch 1992; f. 40.16 I.Neill 1992. Details: W.Campbell, 4 Noble Street, Bellingham, Northumberland, NE48 2AD. Tel: 0434 220733.

SAT. AUG 27. MOFFAT BEEFTUB RACE. AS. 11.00 a.m. 2m/1500' from GR063128 on OS Sheet 78 (Wear and Moffat). Parking at Corehead Farm. £3 on day only. NS/LK. Records; 21.26 D.Bell 1992; f. 28.13 C.Whalley 1993. Details: J.Blair-Fish, 5 The Screes, Howdenhall Crescent, Edinburgh, EH16 6UR. Tel; 031 664 8425.

SUN. OCT 30. ROACHES FELL RACE. The race will now be held on this date and NOT on 13th November.

Although Keswick Sports have been cancelled, the SKIDDAW FELL RACE will still be held on SUNDAY, JULY 24 with a 12.30p.m. start time, as announced in the February issue of the *Fellrunner*, but the entry fee will be reduced to £2.50.

Spirit of the Fell

To be frank, I was distinctly unfit, my legs and lungs were killing me as I pushed them up the final slope on to the plateau and then on to Black Hill trig. The softness of the saturated peat tortured my heavy legs, but it was wonderful to be back up there. Mick had waited for me at the trig, and from there we pushed on across the moor towards Holme Moss radio mast. Despite my feeling of unfitness, I had to confess that it was quite a beautiful morning, clear and bright with some snow remaining from the heavy falls of the previous month. We were up and about quite early and there was no one else to be seen; Black Hill all to ourselves albeit in a stinging cold wind now mercifully at our backs.

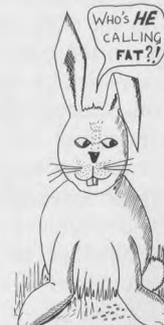
Mick led the way, running with his beautifully balanced short paces as the view opened up towards Holme Moss. I was feeling better now and striding out more easily, and as we got nearer to the mast I took what looked like a better line and we diverged slightly. I picked up a little pace as we approached the top of Heyden Brook, when suddenly a huge white hare shot out in front of me, from almost under my feet. I was so astonished that I stopped running as did Mick, and we watched the hare bullet down into Heyden Brook and up the steep east bank in mere seconds, before stopping to look back at us, his white coat contrasting with the sombre colouring of the moor, and his ears bolt upright. Mick and I both laughed out loud

Snippets

Rohan are again organising a mountain marathon event (formerly sponsored by Rock and Run. Last years event at Blair Athol 1 castle was a huge success for both organisers and competitors and this year Rohan are continuing the involvement of Colin Hunter, as the Scottish based access negotiator, and Martin Bagness, an international orienteer, as course planner.

The 1994 event will be held in the Argyll Forest Park, which includes the Arrochar Alps, courtesy of the Forestry Commission. Once again, six courses are available, ranging from the demanding elite course with an aggregate winning time of 12 hours, through to a short course, for which one team member can be under 14 years of age.

Details available from Rohan.



at this lovely and unexpected sight. "Look at him ... what a fat bastard ... just look at him go!"

In truth we were very impressed; the speed, elegance and sharp instincts of the animal mocked our own pedestrian efforts, and his ease of movement and mastery of the rough terrain spelt out the message "I belong here!". As we started running again I smiled to myself and thought about the hare as we hit the track beneath the radio mast. Seeing him sprint away from us with such sudden power seemed to symbolize the wonderful wild spirit of the place and our god fortune simply to be out there. Oh for such technique on that unforgivingly broken surface! Mick and I sped on down towards Holme, Digley reservoir and the waiting car, sorry to be off the top but glad to be out of that biting wind. No doubt our friend the hare was safely back under cover somewhere near the head of Heyden Brook. Spirit of the place indeed.

Steve Dean, (*Dark Peak Fell Runners*)

Nuff Said!!

An occasional column where those who feel that they have been wronged through these pages are allowed a full right of reply. Whilst I was assured that a copy of the comments on the race had been faxed to the organisers it seems that they never arrived....

CALDERDALE WAY RELAY

12 December 1993

We set out below our response to letters both signed and anonymous(!) which appeared in the February issue of *The Fellrunner*. No-one should doubt that the club was acutely aware of the problems encountered by athletes and we do apologise to anyone who suffered distress on the day. After staging this event successfully for 9 years with hardly a hitch you can imagine what a shock it was for us all. Obviously we were extremely relieved that all participants returned home safe and well. An emergency meeting of the race committee was held on 16th December when all issues were very fully debated and constructive criticism of the organisation of the event was addressed.

We would however wish to say that we very much regret the editor's lack of judgement in making an exception to his long-standing policy of not allowing the publication of letters from un-named sources. It seems shabby journalism to print a letter containing scurrilous accusations without even giving the organiser the opportunity to reply in the same issue. (*See above, Ed*) The writers of the letter in question are badly informed and obviously unaware of the costs and difficulties of staging an event which takes up most of a day, covers a course of 50 miles in 6 stages and involves 1,200 athletes.

The suggestion that an entry fee of £2.67 per person is 'extortionate' takes some swallowing - what does that make the entry fees for such as the 3 Peaks and the London Marathon? Our fee includes a coaster for everyone; pies and peas for everyone; vouchers for the winners; provision of portable toilet facilities; community centre hire and numerous other sundry expenses. This year we were fortunate to obtain sponsorship from Yorkshire on Sunday well above anything we have had in previous years. This was obtained on 11 February 1993, some 4 months after we were obliged to set the fees for entry in the FRA calendar. Our sponsors did not provide the tee shirts, we provided them - and paid separately for the artwork involved in the design! In addition to the tee shirts, gift vouchers were awarded as prizes.

The implied suggestion that individuals are making money out of the event is libellous. Yes, the club did make a profit this year (it is not unknown for us to make a loss) and make no apologies for it. Halifax

Harriers is not just a fell running club but provides a comprehensive athletics facility for 210 members, of which 100 are aged under 20 - hands up anyone who objects to paying a small subsidy to a 110 year-old club providing facilities for up and coming athletes. We have one of the best junior sections in the county and offer free training by qualified coaches to all the children of Halifax and district who wish to partake in athletics.

We comment on other points raised as follows:-

1) "The race was hit by blizzard conditions as forecast" - the detailed weather forecast for the area as published in that day's Yorkshire on Sunday says "A bright and frosty start to the day with periods of sunshine. However, during the day cloud will increase from the South West making the sunshine increasingly weak and hazy"

2) "Communications between change-over points was non-existent" - last year we experimented with mobile radios but had great difficulty due to the combination of high ground and steep valley sides. Clearly we will have to try again this year but as anyone knows who has been involved with these it is nowhere near as simple as it sounds.

3) "The Race Headquarters closed early" - the Community Centre remained open until 10.30 pm and facilities to change and shower were available until then. The Centre was not left by race officials until 6.30pm and although a few runners arrived after that they were given coffee or tea by the stewardess. Also, no mention has been made of the warmth, hospitality and food provided (in some instances free of charge) by the licensees of both the Shoulder of Mutton at Blackshaw Head and The Delvers at Wainstalls, to whom the club has expressed its great indebtedness.

4) "The recording at change-overs and mass starts was inadequate" - we fully accept this point and, in future, intend to issue numbers to runners at the start of each leg rather than before race day.

5) "Frostbitten runners" - frostbite in the Oxford English Dictionary is described as 'Inflammation or gangrene of and below the skin from severe cold'. Please would any participant who suffered from this contact us. Several runners did not have, or chose to ignore, the race instructions issued to all teams and team captains must accept responsibility if some of their members did not have all the relevant race information. The cause of runners being chilled at Blackstone Edge and Wainstalls was because transport for runners was unable to get through - no amount of contingency planning could have averted that situa-

tion as the whole Metropolitan area around Halifax (pop. 190,000) was brought to a standstill that day. However, we recognise that the minimum clothing to be worn or carried should be more explicit in future and will also institute a system of checks for this.

6) "Marshalls failed to pass on messages and car keys" - it is not the job of our marshalls to hold or pass on car keys and we have no intention of adopting this suggestion which is fraught with potential problems.

7) "As recording sheets disintegrated in the wet poor guess-work seems to have taken over" - we only had trouble with recording at the end of leg 5 and our mobile support crew couldn't get there because they were stranded in traffic as well. Even so many of the times and placings were correct but what are we supposed to do - cancel the whole results? not award any prizes? Better surely to make some educated guesses and run the risk of a few mistakes. In future we intend to issue recorders with adequate waterproof materials in an effort to obviate this problem.

8) "Misplaced concern over what to do with 1200 portions of pie" - a pathetic allegation and the last thing on the minds of the organising committee (even apart from the fact that all pies were eaten except for a tray left in a member's car by mistake.)

Finally, we are very appreciative of the support we have always enjoyed for this event from those who have the welfare of the sport at heart and trust that this will continue. We are considering a change in the date of the race for 1994 and are currently in discussion with the FRA fixtures secretary about this. Hopefully this will be clarified one way or the other in the next issue of *The Fellrunner*.

* * *

Postscript

With regard to the discussions taking place about a new date for The Calderdale Way Relay this year. We have listened to all points of view on this matter and also had discussions with the FRA's fixtures secretary'. The final outcome is that the club committee have decided to leave the date unchanged for 1994. This means that the event will be held on Sunday 11 December 1994 as published in the FRA calendar. Not only is this traditional date favoured by the overwhelming majority of runners, but also finding a suitable alternative date would be difficult. Obviously we are hoping that there will not be a repeat of last year's appalling weather conditions, but runners can be assured of better contingency planning for such an eventuality. Hope to see you all on 11 December.

Junior News

The Junior and Intermediate Championships have now got under way with a marked contrast in the types of courses experienced. Numbers of runners at the events have been quite pleasing, particularly notable being the increase in under 16 girls. It was also good to see the emergence of some new clubs in prominent positions, notably Wirral, as a direct spin off of the success of their club member Mike Mason in last years Home International. It seems that the benefits of such an event are showing already. The courses at the Wrekin were also a very pleasant surprise and created quite a contrast to what most of us are used to running on. The courses were certainly a lot tougher than what I was expecting them to be. Well done to all involved, it was good to see so many travelling all that way for the event and showing the seniors in the English championship race that there are plenty of youngsters about.

By the time this goes to press several of our runners will have gained international vests this season at the Knockdu Race in Ireland. Congratulations to Matt Whitfield, Matthew Moorhouse, Anthony Turner, Danny Hope and Victoria Wilkinson.

Unfortunately there have also been some disappointing aspects to the status of junior running. Many organisers seem oblivious to the fact that these are the runners of the future and at many events the juniors have very little consideration. Particularly dissatisfactory was one event in the Lake District in early May where there was a senior race which I ran in and at the same time a junior race which my son ran in. In this race it was announced that there would be no marshalls and that the course was flagged so that it was foolproof. The organiser, was very surprised that the leading runners (who were very experienced juniors) still went wrong, which is very easy when you are concentrating hard on keeping running. What was most upsetting was that even at a river crossing, which was flowing quite strongly, no one was in attendance and youngsters down to the age of 10 were put in a potentially dangerous situation. Whilst it is easy to say the youngsters did not have to start, when you have travelled 60 to 70 miles to do a race, as some of the youngsters had, that is not always the conclusion reached. We do not want to be seen to be over pampering the juniors, and we do not want to lose any races, but for just a little forethought and a little more organisation events could become even more attractive. So come on race organisers, think more about the youngsters, they need every encouragement and should not be treated as an afterthought, they are the future of fell running!!!

Towards the end of the season, after the last championship race I am hoping to organise a Junior Relay race in the vicinity of Sedbergh based around Winder Fell. The format will be 6 runners to a team, running in pairs over 3 stages comprising of age groups under 12, 14 and 18. All the routes will be flagged and the start and finish will be at the Sedbergh Peoples Hall, the venue for the 5th Junior Championship race. I am hoping to have finalised things by this race and the routes will be on display to allow a recce on the day. Anyone who would like to compete but is unable to raise a team

should contact me and if sufficient numbers are obtained I will put some scratch teams together so that everyone can have a run. It is to be hoped that most teams will be single clubs, but if any clubs wish to combine, or enter a mixed team then this will be acceptable. The emphasis is to be on having an entertaining and enjoyable afternoon out. There will also be a senior race for parents to compete in and show their youngsters that they are not quite over the hill. The event will be rounded off by having the presentation of the English Junior Championship Awards for the season. Further details and entry forms can be obtained from myself.

This years Junior Home International is to be held in Scotland on the Pentland Hills on the weekend of 8th - 9th October. All the details have yet to be confirmed, but it is anticipated that the format will follow on from last year with an Under 14 open race for the British



Jacqui Davies wins our video competition for this picture of brother Tim winning at Grasmere. Too fast for the shutter speed!! T-shirt and video on their way.

Junior Champion Boy and Girl, and Under 16 and Under 18 Boys International Race and an Under 18 Girls International Race. Further details can be obtained from Robin Morris, 33 Momingside Rd, Edinburgh EH 10 4DR (Tel 031 4478846)

Current junior positions in results section.

THE CHEF'S CHALLENGE



PROVE HIM WRONG AT THE

1994 F.R.A. PRESENTATION EVENING

Friday 18th November, The Carleton Inn, Morecambe

Back by popular demand, leading Ceilidh Band

Baldrick's Cunning Plan

Fell Race Videos, Photo-Display, Presentations
The Mountainous Buffet + Bar 'till 2:00am

BUFFET MENU

- Prawn cocktail with brown bread & butter
- Portions of roast chicken, roast beef with horseradish & honey roast ham
- Fresh salmon mayonnaise
- A variety of mixed salads, rice & pasta dishes
- Brown & white rolls with butter
- Baked jacket potatoes
- Chicken & mushroom vol au vents
- Quiche Lorraine, warm sausage rolls
- Chocolate fudge cake with cream or cheesecake
- Assorted cheeses with biscuits & celery

+ for all you vegetarians, the Carleton Inn is laying on an exclusive menu (when booking tickets, please indicate 'veg')



from: Dave Woodhead
166 Hainworth Wood Road
Keighley
W. Yorks BD21 5DF
Tel 0535 669100

Accommodation at
£10 to £20 per night
SAE please, for list

Race Review

Kettlewell Classic 11/9/94 1.5m/950' AS

Short, Sharp Shock = Fell Classic

1984 Yorkshire Champion Dave Woodhead looks into the geography and history of the 1994 Yorkshire Championship races.



Graham Han kins leads Halton Gill organiser Tom McKenzie through the River Wharfe in 1989.

The route now uses the bridge.

Photo: Craven Herald

A winning time of under 10 minutes means that this race is a real SHORT lungburster, add in 950' of climbing, negotiating Gate Cote Scar Crag makes it very SHARP. Add into the melting pot the SHOCK of a 30ft scree slope plunge, a dressing of short turf and the spice of a picturesque Dales setting and here are all the ingredients to make up a classic fell race.

The above describes Kettlewell fell races in the Yorkshire Dale of Wharfedale, which this year hosts the Yorkshire Fell Championships on 11th September for all age categories.

Peaceful Kettlewell lies in a deep cleft on the flank of the Dale and has many fine old houses nestling close to Cam Beck near where it joins the River Wharfe. From its centre a whole series of footpaths and tracks radiate into the

high pasture making it a tourist haven, ideal for exploration. So it was only a matter of time before a fell race was established.

The race route has seen change since its conception with a crossing of the River Wharfe and a seven foot wall being replaced by using the valley road and bridge for 100 yards. Just before this old stone bridge, which bears a wealth of coded mason's marks, stands a shop on the right that used to house the blacksmith's forge and has top-and-bottom divided doors. 1992, the tenth anniversary, saw this diversion because the organisers, the Hawkins brothers, Mick, Steve and Graham, had safety in mind, especially with the event now under FRA rules. Before 1992 the race had played an important part in the BOFRA Championships and had seen four BOFRA

Champions become senior winners, Steve Carr, John Atkinson, Stephen and Mick Hawkins. Stephen, the youngest of the Hawkins brothers, is the course record holder with 9.44 set in its inaugural year as an amateur event. To anyone who breaks this mark there is a £20 bonus prize, which will increase yearly until awarded. Stephen reckons only one person is capable of that - himself!

The Switch

So, why did the races switch codes? Well, Mick had been reinstated in 1985, after winning the BOFRA title 3 times, 1982,83,84, so decided to seek new challenges by following Fred Reeves and Kenny Stuart into our ranks.

1986 joint BOFRA Champion Steve followed in 1987 and Graham finally in 1992, hence the change. All three now run in the famous Blue and White hoops of Bingley Harriers and have done themselves justice since their reinstatement.

Certainly the change to 'amateur' paid dividends as 125 youngsters toed the various separate start lines in 1993. This year saw the races chosen as part of the FRA Junior Championship series. In fact, 5 out of the 6 existing records were broken and with the whole route clearly visible it was a spectators delight. The separate under 12, under 14, under 16 and junior races are a refreshing change from the normal herded together race and gives the next generation of athletes their true moment of glory.

Registration and prizegiving are outside the cobbled forecourt of the Bluebell Hotel, built in 1680. Along with the Racehorses Hotel and Kings head these are a legacy from when Kettlewell was a market town on the coaching road from London to Richmond. These now serve the tourists and long distance walkers on the 73 mile Dales way as it meanders its way from Ilkley to Bowness on Windermere. Park Rash, the notorious narrow zig zag, 1 in 4 gradient road over to Coverdale which rises 1600ft, was the reason the coaching route was abandoned. But this road did find favour for a while in testing the climbing abilities of vintage cars. Even to this day, traffic tends to avoid here, but the reward for visitors is spectacular scenery greeting the eye at every turn with Top Mere and the 2300ft ridge of Great Whernside looming on either side. On the crown of the road is where the Fellsman hike, in May, has a checkpoint before the runners/walkers trudge the last nine miles of this 60 mile event into Grassington.

Abundance of Races

But it's to the west that the Kettlewell races ascend, on to the long moorland ridge of Old Cote Moor known as Middlesmoor Pasture where a rock cairn marks the turn round. This summit cairn carries a first to the top prize for the seniors, which is normally reached in 6 minutes by the leader. The main footpath over here descends into Littondale and the main village of Arncliffe. This valley contains three more fell races at Hawkswick, Arncliffe and Halton Gill, the latter becoming an FRA event in 1993 with Colin Moses triumphant in 13.45.

In fact this whole area is renowned for this type of short, sharp shock fell racing, with approximately a dozen races spread from Cray down to Gargrave. Most are of the open (professional) status, but four are FRA ruled: Kettlewell, Halton Gill, Buckden and Burnsall.



Ian Roberts, winner of the inaugural Yorkshire Championship in 1978 (pictured here at the Manx Mountain Marathon).
Photo: Dave Woodhead

Vying for the fell pundits most spectacular and famous of these short, sharp shock fell races are Burnsall and Kilnsey. Burnsall just 6 miles down the valley hosts both FRA and open events in August and September respectively, nowadays over the same route. AAAs racing commenced here in approximately 1932 but open/professional racing dates back possibly to around 1850. Kilnsey has only once been under AAAs rules in 1933, but this 170ft high limestone crag has the ultimate test of a runners nerve in that of the notorious chimney, a sheer 40° rock face descent.

Kettlewell at this moment may not rank with the likes of Kilnsey and Burnsall yet, but its potential is there. All we ask is give it a go and see if we are right on 11th September.



A major contender for this year's Yorkshire title, Ian Holmes, winner at Kettlewell last year.
Photo: Dave Woodhead

Yorkshire Senior Winners

1978	Ian Roberts	Holmfirth Skiddaw Kendal
1979	Bob Whitfield	N.C.A.A.
1980	Andy Styan	Holmfirth N.C.A.A.
1981	Gary Edwards	Bingley N.C.A.A.
1982	Bob Whitfield	Kendal N.C.A.A.
1983	Andy Hauser	Holmfirth N.C.A.A.
1984	Dave Woodhead	Horwich N.C.A.A.
1985	Bob Whitfield	Kendal Buttermere
1986	Robin Bergstrand	Rochdale Buttermere
1987	Robin Bergstrand	Rochdale Buttermere
1988	John Taylor	Holmfirth Buttermere
1989	Gary Devine	P&B Holme Moss
1990	Andy Styan	Holmfirth Holme Moss
1991	Andy Peace	Bingley Thieveley Pike
1992	Chris Hirst	Settle Ingleborough
1993	Ian Ferguson	Bingley Calder Valley
1994		Kettlewell

N.C.A.A. - Northern Counties Race from Honister Pass. 14m/5000ft

Yorkshire Awards for 1994

Gold, Silver, Bronze Awards - Men
First Team Gold Awards - Men
Gold, Silver, Bronze Awards - Ladies
Gold Awards - first boy and girl in U12, U14, U16 and junior races, ages on 1st January, 1994.

Kettlewell Senior Winners

1983	Mick Hawkins	
1984	Mick Hawkins	
1985	Steve Carr	
1986	Steve Hawkins	
1987	Graham Hawkins	
1988	Fran Batchelor	
1989	John Atkinson	
1990	Kevin Wright	
1991	John Atkinson	
1992	Steve Hawkins	Bingley
1993	Ian Holmes	Bingley

Race Review

**Ogden Uphill Mile,
10.5.94, 1 m/500'**

The shortest ever fell race??

Ex international steeplechaser turned fellrunner Kenny Stirrat of Halifax Harriers led a quality field from start to finish in this fun uphill mile at Ogden Water, Causeway Foot, beating Bingley's Andrew Peace by 12 seconds.

The event was held as a celebration of Sir Roger Bannister's sub 4 minute mile 40 years ago at Oxford on 6th May 1954 with no prizes on offer and all proceeds going to BBC TV's 'Children in Need'. Guests of Honour who sportingly agreed to start the race were Ann and Derek Ibbotson, Derek's sub 4 minute mile at the White City in 1957, a new world record of 3.57.2, was the first time a Yorkshireman dipped under the famous barrier.

First lady home was Mary Green of Bingley Harriers in a time of 7.38 while the first junior, in the slightly less demanding half mile race, was Lee Southernwood of Halifax Harriers in 3.10.

Organisers Carol and Allan Greenwood would like to hold a similar event perhaps later in the year and possibly hold the event annually in May. Our thanks to all those who helped out with the organising of the race and to the runners for turning up!

- Allan Greenwood.

RESULTS

Juniors ½ mile race)

1. Lee Southernwood Halifax Hamers 3.10

Seniors 1 mile race

1. Kenny Stirrat	Bingley Harriers	5.31
2. Andrew Peace	Bingley Harriers	5.43
3. Craig Bottomley	Keighley Hill Runners	5.54
4. Bertie Goffe	E. Pennine Orienteers	6.02
5. M. Blackburn	Leeds City	6.18

Ladies

1. Mary Green Bingley Harriers 7.38

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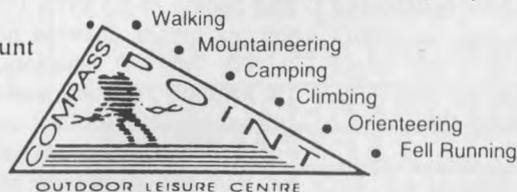
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A duffer's eye-view of Open Fell Racing or 'Guides races'

To me there has always seemed to be a bit of mystique about Open fell races. The fact that they are said to come under a different 'code' to FRA races and so don't appear in the fixtures calendar, coupled with the stories about people actually being banned from FRA races because they had taken part in an Open race seemed a bit odd to say the least. I thought running was for everyone and that races were made for runners to compete in, so surely 'open' means just that. Very curious I reckoned so last summer I decided to go out and see what all the fuss is about.

Whilst on camping holiday in August, Carol and I noticed a sign advertising Ennerdale show (Aug 26th) and decided that it would be a good day out. A glance through the British Open Fell Runners Association (BOFRA) fixture list told us that there would also be the added bonus of a fell race.

We arrived at about noon, the sun was blazing down already and without a cloud in the sky it promised to be another scorcher of a day. No entry to the Showground carpark as we were runners, so in to the farm fields and immediately the atmosphere hit our nostrils, a lovely mixed aroma of cow muck, horse manure and barbecued Cumberland sausage.

Down in the showfield the Hounds were being walked briskly, warming up for the Trail racing and the Showjumping was in full flight with a running commentary over the tannoy. Children had balloons, old folks ate ice cream, coconuts were being shyed and sheep were being shown. A real Country Show atmosphere.

The Junior races (U12's/U14's/U17's races) would start at 1.30 and the Seniors would follow, so we were told at the information tent. Entries were taken by one of the farmers' wives, no numbers were given, she just asked what colours of vest and shorts we would be wearing, "for the commentator". Oh, and by the way, entry was free.

We walked around the showfields a while, taking in the atmosphere, and it was starting to get almost unbearably hot. I could have murdered a pint as we passed the beer-tent but I was already scared of being last in the race as it was. We hadn't seen anyone we knew yet, in fact we hadn't seen anyone who looked as if they might be running. What if we're the only ones who've come to do the fell race?

As it turned out I needn't have worried. We had walked a full circle of the showground, back to the Info tent, and we saw that others were registering, including



*Guides races are often characterised by short courses and steep ups and downs. Pendle (top) and Stanbury (bottom) have the switchbacks but would be considered long!
Photo: Peter Hartley*

David Hird, our friend from Keighley and the veteran Roger Ingham of Skipton. They sat with us as we watched the Junior race. It was a real spectacle, 1000 foot straight up and down, all visible from where we sat.

In all there were 10 entrants for the Senior race, three of them ladies. We were asked to line up in the middle of the show ring and we were counted. Hundred of people around the ring had turned their attention to us and I just wanted the starter to let us go. We were told to get set, the hanky was dropped and the crowd cheered us and clapped as we sprinted off.

Straight across the field we went, onto a straw bale and over the perimeter fence, then up a short rough grassy banking to a dirt track. A five bar gate was hurdled then out onto the grassy fellside. Two lean looking lads had surged into the lead and were soon forcing the pace. I was lying third (THIRD!!) but I very soon began to feel the effect of the fast pace in the blistering heat. By the second gate I had been caught by David and Carol, and I was not sweating like mad. "You went off a bit quick didn't you?" She said, but I couldn't summon up a reply.

Carol followed David up and away, following the fence slightly off the left and steeply to the first flag. I was really starting to suffer. Flies were buzzing round me and getting in my eyes. I found it hard to get my breath. In what had seemed like a very long 10 minutes, I had reached the summit flag and was speeding back towards the showfield. I could hear heavy footfalls behind and heavier breathing. Oh no, I can't lose any more places!

I didn't dare look back, just let myself go down the steep fellside and even started

contemplating leaping the fell gate. As it got closer though I became aware of the fence and gate being about four feet high and of solid wood, so compromised (bottled out) with a two handed vault which I think I ought to practice a bit.

Along the track now and we've cracked it. As I hit the last gate a great magnet seemed to pull my legs. I heard him catching me again his stride breaking as he too went over the gate. I dashed towards the straw bales and over the perimeter fence, the tannoy in the field told everyone, "Oh, here come another two runners, make a bit o' room, look out - mind that horse and let 'em through."

He was right on my shoulder as we dashed through the smell of horse manure to the line. A small envelope the size of a wage packet was thrust into my hand together with a rosette which declared me 5th.



My rival came over smiling and shook my hand. As we chatted, he asked if I knew there was another race tomorrow at Crosby Ravensworth.

My pay packet contained a five pound note, the first prize I had ever won. Ah, I thought, that must be what the FRA object to. Receiving a money prize makes you a professional in their eyes, though nobody could possibly earn a living from the prizemoney, even if they won every week.

That seemed to me to be the only difference in our races and the Open races (though not all of them give money). The people are just as friendly and enthusiastic about the sport. Roger Ingham of Skipton, a great authority on open fellrunning, came in 8th. He asked his son to run over to the car and fetch his camera because he wanted his photo taken with Carol. He told her that she was, by running today, the first Lady ever to beat him "in all my 30 years of running". Then he took us for a drink to celebrate and asked us to come and run in the Embsay crag race which he organises. What a smashing bloke.

Crosby Ravensworth race the next day was more like a cross country course really. Starting again from a village show with showjumping, sheepdog trials and a very large beer tent. The Seniors went off at 6p.m. and we had to negotiate seven hurdles (fences and dry stone walls) on the way out to the turning point at a farm, then the same route back. Prizes at this

race were such as you might find on a tombola or raffle stall, wine, baskets of fruit, jams, ornaments etc. which I suspect were donated, and all the juniors received an engraved silver spoon with a coat of arms on the handle, in a presentation box.

I would say that some of the top runners in these races are pretty good. Steve Carr who won at both of the above races ran at Dufton Pike and was placed in the top 10 in a very high class field.

Other Open races we did last season include Burnsall (Sept 20th) which uses the same route as the August Bank Holiday race, Embsay (Sept 27th) a horseshoe route, from The Olde Elm Tree pub in the village of Embsay near Skipton, with an extremely steep climb up to Embsay Crag, and Wasdale Head Show (10th Oct) where the race goes from the showfield near the Church, over a drystone wall and straight to the top of Kirk Fell (233071 ^m) and back. See the section in Wainwright's 'The Western Fells' (Kirk Fell 4) and see what he thought of this climb, he was right!

The winner John Atkinson did 29 minutes, and as at Ennerdale, they gave small cash prizes. The races are organised by a Mr. Jim Naylor brother of the great Joss Naylor, fellrunning's living legend, of Bowderdale. Joss was in fact at the show exhibiting his Herdwick sheep though I don't know whether they won.

So there we are. Apart from the smaller fields, and the shorter, faster courses there don't appear to be any differences in these races and the one's we're familiar with, they are well organised and run in by people who love the sport, and they welcomed us with open arms. Don't just take my word for it though, go and see for yourself.

FOOTNOTE

At Wasdale the highlight of the show was definitely the Hound trail as far as we were concerned. A large piece of sack cloth is used to lay a scent trail after first having been soaked in a bath containing a mixture of aniseed and paraffin. From an early age the dogs are trained to follow this scent, firstly over very short distances, to find their dinner. As the dog grows so the distance is increased and so very soon learns that if he runs for it he gets it quicker, and sometimes, if he doesn't run fast enough he may be beaten to it by another dog!

The Hounds look like a cross between a Greyhound and Beagle and will cover ten miles over the fells in about v_2 an hour! Their reward at the finish is a scrap of food from the owner, who will shout, clap, whistle and jump up and down as their dogs run to them.

Betting is a big business and the prize money, together with the prestige of winning at Wasdale is strongly contested.

Allan Greenwood

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Three Peaks Race

We expected a closely contested race this year, and it was therefore not a surprise to find a bunch of thirteen runners together at Ribblehead. Andy Peace then made one of the fastest ascents of Whernside ever recorded, to open up a one minute gap, which he increased to nearly four minutes by the finish. Mark Rigby, another newcomer to the race, won a closely fought contest for second place from James Parker, whose performance pleased not only himself, but our sponsors - James happens to be one of their employees!

Veterans were not as prominent as usual this year and for the second successive year newcomers filled the first two places.

In the ladies race, Sarah Rowell again showed what a formidable competitor she is over the Three Peaks course, and despite fading a little on the final descent, still finished in overall thirty fourth place, well ahead of her nearest rivals.

Bingley and Clayton had their usual battle for the team award and the formers' strength in depth, enabled them to triumph yet again. Clayton did, however, win the Ladies Team Award. The new Veterans Team Trophy went to Ambleside with two veterans in their counting team.

My thanks to the dedication of the many marshals who helped to ensure the success of another Three Peaks Race, especially the Check Point leaders, whose efficiency enables us to give the accurate intermediate times which are so interesting to competitors.

Finally, may I express the thanks of all runners and the Three Peaks Race Committee, to our sponsors Pace Micro Technology Ltd. They were certainly successful in making everyone aware of their presence on race day and, hopefully, will feel able to continue their support next year. Thanks also to Pete Bland Sports for giving vouchers to the men's and ladies winners.

Dave Hodgson



Malt Woods of Clayton is attended to by the girls at the finish. Photo: Dave Woodhead



N. Harris, P. James, D. Bailey climbing Pen y Ghent at the head of a group. Photo: Peter Hartley



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Kev Shand draws all our attention to the monsters striding across the open fell

Tilting at Windmills

I want to draw everybodys attention to something that could threaten the very nature of our sport and which, in the short term, threatens various races, including the Turnslack. At the moment there are 400 wind turbines scattered around the country from deserted airfields in the Lake District through North Yorkshire and Lancashire down to the ridge above Penistone in South Yorkshire and beyond. From where I live on the top of Blackstone Edge you can see two wind farms, one at Coal Clough near Burnley and one at Keighley. It is anticipated that over 250 applications for wind farm sites will be submitted by developers this year. In this area plans are being drawn up for two more turbine 'farms': 40 windmills on Flaight Hill above the historic Hebden Bridge and 20 on Great Hill, Calderbrook which is part of the Turnslack Race which is heading for its 18th birthday this July.

I know that everyone will have their own view about wind turbines; the people that form the committees and local groups that are battling against the siting of turbines are not totally against them but feel that they must be put in the correct place and not on beautiful common land. The sites chosen are invariably on lonely and exposed hillsides, the very high ground in Scotland, Wales and the North where lovers of the open fell race and train. Who knows, if the government were allowed to site these just anywhere there would be no lonely places left to run and train in. The facts about wind turbines are stated here to allow you to draw your own conclusions; if you feel as concerned as I do perhaps we can get the weight of the FRA Committee to speak out against them, following the lead of The World Wide Fund for Nature, David Bellamy, English Nature, The Council for Rural England.....

Coal Clough Windfann.
Photo: Peter Hartley



Facts

Supporters of windmill farms argue that the turbines make a significant contribution to power, that they are green, that they provide cheap energy and that they are safe. So, are they...

Significant contributors?

Drax Coal fired power station has an installed capacity of 3890 MW, Dinorwig Pumped Storage Power Station 1740 MW, Sizewell Nuclear Station, 1320 MW. A typical 20 turbine wind 'farm' 10 MW. The 400 turbines built so far provide one fifth of one per cent of national output

Green?

"If you are going to have a significant contribution to total energy demand met by wind you really have to go offshore" - National Wind Powers Chairman Dr. Peter Chester. 1988

A 20 turbine site costs around £10 million; enough to insulate 45,000 homes and save the amount of electricity produced by 75 turbines in a year, every year.

The annual savings on greenhouse gas emissions from a 40 turbine installation

would be equivalent to just a single WEEKS increase in UK road traffic.

To realise any genuine reduction in greenhouse gasses requires more efficient energy conservation plus planned development for ALL renewable technologies.

Cheap?

Great Hill (20 turbines) would produce less than 1% of a power station like Ferrybridge at about 4 times the cost to the consumer.

Windpower costs lip per KW hour compared to coal powered 2.5p per KW hour.

Great Hill would be subsidised by that portion of electricity bills originally earmarked for decommissioning nuclear plant.

To produce the same output as a conventional Station would require a wind 'farm' covering 400 square miles.

National Windpower have received grants from taxpayers money of up to £7.5 million or 25% of construction costs for three sites

"Payment each year (from the government) should work out at between £2000 and £2500 for each turbine" - Farmers Guardian

Safe?

In Wales broken turbines 66ft long, weighing over 1.5 tons have been thrown over 300 yards.

On Ovenden Moor pieces of blade have been found over 200 yards away from damaged turbines.

And...

A wind turbine generator is typically 200ft high, 80ft higher than Stoodley Pike. To supply 10% of current demand would require a 'farm' of 38,000 machines on 4,000 square kilometres of land (about 1.7%) of UK land area.

British Aerospace pulled out of National Wind Power last year after deciding that broken blades aren't a good advertisement for an aircraft manufacturer.

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The William Hill British Fell and Hill Running Championships.

The Fell and Hill Running Commission have accepted an offer from William Hill to sponsor the 1994 British Championships.

The FRA Committee will continue to exercise caution when considering publicity and commercial interests, and our support for this sponsorship does not signify any change in our 'low profile' policy. William Hill are not seeking to exploit the Championships in an unacceptable manner, they are simply asking that their banners be displayed prominently at venues and that their name appears on all relevant paperwork, we believe that a modest sponsorship of this nature will be good for our sport; it will help the championships to go forward with the prestige that they deserve and will give greater recognition to the winners achievements.

This sponsorship makes it possible to award prizes as follows:

	Men	Women
1st Club	£300	£200
1st Individual	£200	£150
2nd Individual	£125	£100
3rd Individual	£75	£60
1st Veteran	£100	£75
1st Super veteran	£75	...

It is also intended to award a certificate to all competitors gaining points in the competition. We are seeking a suitable design for the certificate. Perhaps some of our artistic members could come up with some ideas for consideration, bearing in mind that we shall need to incorporate the William Hill name/logo.

Submissions please to our Chairman by the end of July.

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The bus will leave on *Wednesday, 31 August* and return on the morning of *Tuesday, 6 September*. Pick ups en route as usual and drivers as for 1993

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Trig happy

he will be seen to hurl himself at one of the things with deep passion.

There are mountain lovers, moorland His most recent meeting occurred nuts and fell running freaks, all with during the Wadsworth trog race in that same affection for the great out- February, coming across the triandors and that sense of freedom that it gulation pillar on the summit of gives them. But there is a member of Sheepstones edge he flung himself at it Todmorden Harriers, in West Yorkshire with such abandon that it has now been who, despite being all these things, is a officially surveyed as being three inches total and utter trig point nutter. His love further west. A new Trig appeared on of ordnance survey columns is so deep Keith's forehead that afternoon and was that whenever he gets the opportunity, quickly Christened Parkinson's Peak!

And they're off... Women leading the field.

Buttermere Sailbeck was different; the women ran from the start line and up on to the fell accompanied by the shouts and cheers of the men, who were to start 5 minutes later.

Responding to requests to allow women their 'own' race and problems with narrow starts and large entries at some races, the Committee decided to have a go at doing things differently by setting starts for the women in Championship races before the men for 1994/5.

Talking to some of you before the race I know that there are very strong feelings about this change and so rather than wait until the end of the season to ask your opinion, I thought that I would do it now. Here's your chance to air your views, whether male, female or race organiser. As far as this seasons Championship is concerned, start times will remain as those published in the calendar.

..... cut.....

Name..... Club.....

Male Female Race Organiser

Women should have a separate start time

Reasons.....

If a field is too big then.....

Race entries should be limited Yes No

The following categories should start early

Vets Supervets Ladies

The first 200 entries should go off first

Yes No

Any sort of change is unthinkable

Yes No

Any further comments

.....
.....
.....

Thank you.

Please return to Ali Crabb by September 31st, results for discussion in the next edition of The Fellrunner.

3 Beast Banks, Kendal, Cumbria LA9 4JJ

*Mike Newby of Rossendale at Pendle.
Photo: Steve Bateson*



*Results and Reports
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NINE STANDARDS FELL RACE

Cumbria

CM/8m/1800ft 1.1.94

A field of seventy seven took part in the sixth annual New Year's Day race to the distinctive line of Cairns which stands on the Pennine watershed overlooking Kirkby Stephen. Facilities in the town make it the obvious starting point for the race, although the length of the road through Hartley to the fell gate prescribes a C classification. A new route to Hartley at the start of the race was introduced this year to avoid congestion at a kissing gate. The extra six hundred yards added an average of three minutes to the times of regular runners, so the quality of the winning runs of Graham Schofield and Helene Diamantides is clearly demonstrated by both finishing within only half a minute of the previous records.

The first three men had established their lead within half a mile of the start, with eventually Graham Schofield and Mark Fleming reversing their first and second positions from last year.

Kirkby Stephen's Sports and Social Club provides an ideal venue for registration and the presentation of trophies. Facilities here include hot showers (unisex) and bar. All competitors received a bowl of soup and roll, also a bottle of waterproofing solution, thanks to kind sponsorship by Nik-wax.

A Richardson

RESULTS

1. G. Schofield	Black	55.15
2. M. Fleming	Amble	56.34
3. R. Byers	Traff	56.48
4. M. Walsh V/40	Kend	58.17
5. G. Moffat	Howg	58.36
6. R. Jamieson	Amble	59.40
7. A. Sunter	Horw	59.52
8. H. Symonds V/40	Kend	59.56
9. G. Crook	Black	60.01
10. C. Capel	Howg	60.23

VETERANS 0/40

1. M. Walsh	Kend	58.17
2. H. Symonds	Kend	59.56
3. J. Dore	Roch	62.43
4. W. Tail	Tyne	62.44
5. C. Matthews	Horw	63.22

VETERANS 0/50

1. R. Bell	Amble	62.05
2. J. Laycock	Amble	64.00
3. G. Fielding	Ross	67.40
4. P. Dowker	Kend	72.02
5. G. Causey	Unatt	73.19

LADIES

1. H. Diamantides	Amble	64.42
2. N. Davies V	Unatt	69.04
3. J. Finney	Unatt	69.04
4. K. Beaty V	CFR	69.59
5. S. Clark V	Kend	72.47
6. C. Kenny	Kend	74.59
7. M. Chippendale V	Stock	75.33
8. L. Threadgold	Horw	77.05

CAPTAIN COOK NEW YEARS DAY RUN

North Yorkshire

BS/5.5m/750ft 1.1.94

RESULTS

1. K. Brown	31.24
2. P. Lowe	31.38
3. C. Stead	31.43

VETERAN 0/40

1. R. Firth	34.30
-------------	-------

LADY

1. S. Wright	38.32
--------------	-------

LADY 0/40

1. C. Potts	43.11
-------------	-------

JUNIOR BOY

1. S. O'Grady	34.11
---------------	-------

JUNIOR GIRL

1. S. Jackson	41.59
---------------	-------

GOWER GAMBOL

W.Glamorgan

BS/4.3m/850ft 15.1.94

It rained - lots-

pub in the rain:

we'll all be back next year. With thanks to Alf and Mark.

Old Greybeard

RESULTS

1. P. James	MDC	32.45
2. J. Bass	UWCC	33.45
3. A. Woods	MDC	33.58
4. P. Maggs	MDC	33.59
5. P. Murray	TFTC	34.14
6. M. Saunders	MIX:	34.33
7. A. Reed	S'sea	34.36
8. J. Sage	Ilk	34.38
9. P. Lewis	MDC	35.13
10. C. Taylor	Merc	35.21

VETERANS 0/40

1. M. Lucas	MDC	35.45
2. J. Sweeting	MDC	40.47
3. D. Gilbert	MDC	41.50
4. N. Baker	Griff	42.00

VETERANS 0/50

1. E. Meredith	MDC	40.49
2. A. Smith	3MS	42.09
3. C. Jones	MDC	43.53
4. J. Battersby	GWR	49.52

LADIES

1. J. Coker	MDC	39.21
2. A. Bedwell	MDC	39.53
3. S. Woods	MDC	41.10
4. S. Ashton V	MDC	41.46
5. J. James	DkPk	42.34
6. C. Ashton	Chep	46.17
7. S. Powell	TFTC	59.00
8. K. Lucas V	MDC	63.40

BOULSWORTH HILL FELL RACE

Lancashire

BM/6.5m/1200ft 15.1.94

A cold clear day greeted the one hundred and ninety one starters in this years Boulsworth Hill Race. Although the course is well marked, the leading group followed the leader and eventual winner the wrong way off Lad Law. This would have made things worse for them, it is a more technical descent and would also introduce an unnecessary climb back up to Beaver Gate (where the correct route rejoins the outward run).

Congratulations to Ian and Amanda on their victories.

In the junior race, Adam Bennett of Keighley and Chris Livesey of Preston had a real nip and tuck battle, with the lead constantly changing as they pulled away from the rest of the field. Adam proved the stronger of the two on the 'Boulsworth Wall' to record a two second victory. Congratulations to all the finishers in a dissappointingly small junior field of ten.

D Thompson

RESULTS

1. I. Ferguson	Bing	49.58
2. J. Maitland	P&B	50.40
3. G. Williams	Eryri	51.07
4. A. Wrench	Tod	51.11
5. P. Hall	Clay	51.16
6. G. Devine	P&B	51.20
7. C. Lyons	Horw	51.22
8. G. Schofield	Black	51.27
9. S. Green	P&B	51.38
10. J. Wooton	Bing	52.01

VETERANS 0/40

1. B. Mitchell	Clay	52.57
2. G. Appleyard	Fellan	53.12
3. K. Taylor	Ross	54.25
4. K. Carr	Clay	54.55
5. D. Bramham	Craven	57.21

VETERANS 0/50

1. R. Bell	Amble	55.53
2. D. Quinlan	Bing	59.53
3. R. Jaques	Clay	63.03
4. P. Dowker	Kend	63.43
5. M. Cox	DkPk	66.30

VETERANS 0/60

1. B. Thackery	DkPk	65.44
2. B. Leathley	Clay	70.19
3. J. Newby	Tod	90.30

LADIES

1. A. Isdale	Bing	63.18
2. J. Rawlinson V	Clay	64.18
3. W. Dodds V	Clay	67.29
4. C. Kenny	Kend	67.50
5. A. Martin	Clay	69.40
6. N. Field	N'burgh	70.24
7. R. Whitehead	Bing	71.21
8. D. Thompson V	Hardley	72.02

JUNIOR - BOY

1. A. Bumett	Kly	21.09
2. C. Livesey	Prest	21.11

JUNIOR - GIRL

1. S. Waddington	Kiy	28.08
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THE TENTH BOX HILL FELL RACE

Surrey

BM/7.5m/1800ft 22.1.94

Given rather more time for preparation, the race was able to return to its usual January date this year. The timing also allowed for better publicity, with an entry in the FRA calendar and runners at both Camberley 10K and the Wendover Hill Race being made aware of our existence. In addition I sent some entries to a selection of Surrey clubs, and the combination of all these factors mean't that the number of runners was just right, without having to turn anybody away - something I would have hated to do.

The winter rains meant that the course was a bit muddier this year. This seemed to slow running times by a minute or two compared to the super-fast conditions of recent years. I prefer to call this years conditions 'normal' for the time of year, and I will go on praying for knee deep snow or sheet ice to make the event really exciting.

Congratulations to Chris on his hat-trick of victories. He was less pressed this year, being clear for the second half of the race. The ladies race was similarly clear cut, but it was nearly not so. Runners missed the awkward turn a mile from the finish and dragged Alice off course so that she was caught by Nuala Atkey, but then she managed to storm away again. However, Nuala Atkey, a veteran over forty five, must have recorded the best age/sex adjusted result of anyone. Dave Bowden was the fastest veteran (as in 1993), and Gerald Uwins was so surprised to be getting the prize for the first over fifty that he nearly spilt his beer. Worthing look unchallengeable in the team category, and the SPLIT were the only ladies who managed to raise three runners.



Graham Schofield, Richard Byers and Mark Fleming at the Nine Standards.

Photo: Ken Ormande

RESULTS		
1. C. Beecham	LonDOK	50.18
2. K. Masson	Worth	50.59
3. K. Leitch	Worth	51.31
4. R. Thetford	TVOC	51.57
5. P. Lay	Worth	52.10
6. J. Lowden	Worth	52.20
7. K. Vallis	Alton	52.45
8. N. Bateson	BAOC	52.59
9. D. Lodge	FamTri	53.14
10. M. Hawker	SPLIT	53.33

VETERANS 0/40		
1. D. Bowden	Alton	55.32
2. A. Hall	P'mouth	55.46
3. G. Trott	Alton	56.14
4. K. Griffiths	Stubb	56.34
5. W. Taylor	S.Nav	56.45

VETERANS 0/50		
1. D. Stead	Dork	67.25
2. L. Coles	Worth	69.54
3. M. Jones	Camb	71.05
4. C. Fake	Amphib	71.56
5. D. Button	Elm	73.51

VETERANS 0/60		
1. A. Keith	FamTri	77.12
2. P. White	Read	84.52
3. L. Myers	Gloss	88.40

LADIES		
1. A. Bedwell	SPLIT	62.59
2. N. Atkey V	P'mouth	64.01
3. J. Robson	S'ampton	65.02
4. A. Jorgensen V	P'stone	65.02
5. S. Sherin V	P'mouth	65.47
6. S. Mundy V	Stubb	66.32
7. D. Thompson V	Hardley	70.30
8. M. Kvanagh	Sutton	70.36

CHARNWOOD HILLS RACE Leicestershire CL/12m/1500ft 23.1.94

The new date has brought a few more of you from the North, however, the results show this race is still dominated by local (but fast) runners. Thanks to those runners who travelled to join us from White Peak, Dark Peak and Cumberland Fell Runners. This years race was very muddy, a couple of local road runners (in flats) called it a day before having completed the first mile. Oh how we laughed! The other two hundred or so runners were more sensibly stud shod.

Outstanding performances this year came from Heather Jennings, first lady, and first over sixty veteran, Len Clark, in 29th and 83rd overall places respectively. The team prize (BEER) predictably went to local club Huncote Harriers with 4th, 6th and 7th places. I have done everything I possibly can to give other visiting clubs a chance to win this prize, only three runners to count! If I can tempt a visiting car load of fast fell runners to take this prize, I will double the quantity! Spot prizes in addition to the more normal prizes (worth well over three hundred pounds in all, thanks to Sub Zero thermals for their generosity) meant that 10% of the field went home with at least a pair of gloves or hat.

Hope to see you next year, 22nd January.

Craig Harwood

RESULTS		
1. A. Long	C'ville	84.07
2. N. Francis	Leic	84.17
3. T. Parr	Notts	86.32
4. G. Slight	Hunc	87.24
5. P. Mann	P'hoec	87.33
6. J. Heywood V	Hunc	87.53
7. T. Longman V	Hunc	88.14
8. S. Rice	Milton	88.32
9. J. Moran	Erewash	88.38
10. A. Jones	B'mont	88.48

VETERANS 0/40		
1. T. Longman	Hunc	88.14
2. B. King	Hunc	89.01
3. R. Maijoram	B'mont	89.02

VETERANS 0/45		
1. J. Heywood	Hunc	87.53
2. G. Brennan	Hunc	94.58
3. G. Smith	W.End	102.04

VETERANS 0/50		
1. J. Sherwood	Hinck	104.36
2. T. 111st on	Bow	105.07

VETERANS 0/55		
1. P. Duffy	Aber	111.08

VETERANS 0/60		
1. L. Clark	S'field Stdrs	107.16

LADIES		
1. H. Jennings	B'mont	95.27
2. H. Fiddament-Hanis V	Rulby	109.12
3. M. Picken	D.Cal	111.19
4. S. Whilde	W.End	112.07



Linda Lord leads a bunch at Stanbury
Photo: Peter Hartley

STANBURY SPLASH West Yorkshire BM/7m/1200ft 29.1.94

Local pride crashed to the class of North Wales-based International and former British Fell Champion, Colin Donnelly, who returned yet again to triumph at this the eleventh Soreen Stanbury Splash. The thirty four year old nurse is the first athlete to win the race three times, 1991, 1993 and 1994, and rates the race and weekend, worth the travelling.

Three hundred seniors made the pilgrimage to Penistone Hill Country Park, to enjoy the elements, terrain and 'not to be missed prize giving'.

A revised route which now omits the awful bracken banking and subsequent bog, which everybody loved to hate, and caused a possible bottleneck is now an open field descent and climb. There is also extra track which is reckoned to add about a minute to the leaders, but seems to benefit the 'down the orders' runners who reported faster times. Alison Donnelly, yes, Colins better half, was one of these, as the radiographer improved her P.B by two minutes, with Colin two minutes slower. Are they going to meet in the middle?

O.K, we understand this revised route makes it harder for the true fell runners like Ian Ferguson, and plays into the speed merchants hands, but to quote 'iffy' himself, "A bit more training Ian and you'll get there."

The race proper broke up after surmounting the six hundred foot heathery sheer climb of Ponden Kirk. Over the subsequent tussocky section to the trig point, Donnelly made his move and turned with twenty yards over Ferguson and Stirrat. Steeplechaser, Kenny Stirrat was the unknown quantity, and over this generally runnable route gave the winner some concern. Local, Ferguson claimed that trophy award, and now is the most prolific name on the plate, four in a row. Team wise Pudsey and Bramley gained the Keighley News trophy, and in their internal competition with Yorkshire rivals, Bingley, over the season now have two in a row (Boulsworth other). Do the Losers buy the beer?

An original oil painting of Ponden Kirk, now adorns Andrea Priestley's homestead as the teacher improved from sixth last year in sixty one minutes and three seconds, to victory in fifty seven minutes and fourteen seconds. She certainly praised the new route, finding it much easier to negotiate round the men as they slowed. More reward came her way with Fellandale winning the Warburtons Soreen Team Trophy, backed up by Emma Hodgson and Oley Becker.

Barlicks', Carl Shaw looked a winner in the under fourteen's race, until a tumble allowed Mark Gregory the incentive, as nineteen enjoyed the quarry run. Only three in the under sixteen's, but a stylish John Hart romped home two minutes ahead.

Darby and Joan

RESULTS		
1. C. Donnelly	Eryri	46.27
2. K. Stirrat	H'fax	46.51
3. P. Sheard	P&B	47.02
4. I. Ferguson	Bing	47.24
5. G. Huddleston	Clay	47.35
6. M. Wallis	Clay	48.00
7. G. Schofield	Black	48.08
8. P. Bowler V	Merc	48.18
9. J. Maitland	P&B	48.23
10. G. Williams	Eryri	48.43

VETERANS 0/40		
1. P. Bowler	Merc	48.18
2. M. Henderson	Hallam	51.15
3. S. Breckell	Clay	51.16
4. B. Ashworth	Ross	51.32
5. K. Midgley	H'fax	52.19

VETERANS 0/50

1. B. Toogood	DkPk	51.49
2. D. Quinlan	Bing	56.41
3. D. Kay	Bolt	56.43
4. J. Sykes	Horsf	57.49
5. I. Noot	EPOC	59.25

VETERANS 0/60

1. B. Leathley	Clay	68.03
2. J. Newby	Tod	68.23
3. B. Thompson	Aire	93.00

LADIES

1. A. Priestley	Horsf	57.14
2. K. Drake	Spn	58.09
3. S. Ashby	Dews	58.11
4. G. Cook V	Roch	60.13
5. E. Hodgson	Horsf	60.40
6. O. Becker V	Horsf	60.52
7. J. Rawlinson	Clay	61.04
8. A. Jorgensen	P'stone	62.19

INTERMEDIATES U/18

1. B. Goffe	EPOC	54.27
2. A. Burnett	Horsf	58.06

BOYS U/16

1. J. Hart	Oldham	11.03
2. B. Inghamp	D.D.	13.00
3. A. Duxbury	KSC	16.04

BOY - U/14

1. M. Gregory	Oldham	5.39
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GIRL - U/14

1. S. Waddington	KHR	6.58
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BOY - U/12

1. J. Pratt	KHR	6.11
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GIRL - U/12

1. R. Drury	Unatt	7.45
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BENSON KNOTT FELL RACE Cumbria BS/5m/900ft 6.2.94

The race organisers would like to thank you all for your support and hope to see you again next year.

RESULTS

1. C. Roberts	Kend	30.58
2. M. Roberts	Kend	31.08
3. G. Bland	Borr	31.48
4. D. Ramsay	Kesw	32.00
5. J. Hooson	Amble	32.14
6. D. Frampton	Kesw	32.38
7. A. Schofield	Borr	32.56
8. M. Walsh V	Kend	32.57
9. J. Bland	Borr	33.02
10. G. Byers	CFR	33.04

VETERANS 0/40

1. H. Symonds	Kend	34.07
2. G. Appleyard	Fellan	35.14
3. C. Pooley	L&M	35.53
4. N. Hewitt	L&M	35.54
5. D. Bland	Kend	37.30

VETERANS 0/45

1. M. Walsh	Kend	32.57
2. S. War wood	Kesw	39.00
3. T. Martin	Kend	40.05
4. K. Lindley	BCR	42.38
5. G. Clayton	Amble	43.27

VETERANS 0/50

1. M. McGill	Kend	35.38
2. R. Bell	Amble	36.14
3. A. Evans	Unatt	38.06
4. M. Cox	DkPk	43.10
5. E. Hoare	Clay	44.03

VETERANS 0/55

1. H. Blenkinsop	Kesw	44.06
2. G. Arnold	Prest	45.41
3. G. Parker	Unatt	47.42

LADIES

1. J. Kenyon	Horw	37.09
2. L. Thomson V	Kesw	39.01
3. A. Conner V	Unatt	40.15
4. L. Parry	Kend	44.48
5. D. Bailey V	Kend	45.22
6. L. Lelky-Thompson	BCR	48.38
7. E. Wilson V	Settle	49.37
8. M. Rosen V	L&M	49.43

CREG-NY-BAA FELL RACE

Isle of Man

AM/3m/1070ft 4.2.94

The week prior to race day had seen horrendous weather battering the Isle of Man, indeed two days before the off, the mountain roads were closed by snow with 80 mph winds making it difficult to even stand up on exposed hillsides.

Thankfully the weather moderated on the Friday and, amazingly, by the Saturday afternoon start time, conditions were almost perfect, albeit wet and muddy underfoot.

London born Tony Rowley maintained his outstanding early season form with a start to finish win with former Manx Fell Champion turned Mountain biker, Tony Varley second, nearly five minutes behind.

Onchan meter-reader, Dave Corrin, narrowly missed the veterans course record as he took third place overall just two minutes adrift of Varley.

RESULTS

1. T. Rowley	MFR	1.16.27
2. T. Varley	MMBC	1.21.15
3. D. Corrin V/40	MH	1.23.12
4. R. Stevenson V/40		1.23.22
5. S. Hull	MFR	1.23.42
6. D. Young V/40	MFR	1.25.26
7. R. Crowe	NAC	1.28.06
8. D. Bawden	MFR	1.29.38
9. S. Temple	MFR	1.34.20
10. K. Callister	MH	1.35.49

VETERAN 0/50

1. E. Brew	NAC	1.52.49
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VETERAN 0/60

1. B. Baxter	MH	2.16.34
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FIRST LADY

1. S. Maddrell	WAC	1.37.35
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OGDEN MOORS GEOFFREY AKERS MEMORIAL FELL RACE

**West Yorkshire
CM/6m/700ft 5.2.94**

On Thursday I was a worried man. After about six months of careful planning, obtaining land access permission, and buying race prizes, we were engulfed in a snowstorm - roads were blocked and traffic was at a standstill.

Friday morning was a different story. Though the snow lay thickly on the ground and in places deep drifts made the course hard going, my Dad and I got flags in place in four and a half hours. Saturday morning at nine o'clock we were fogbound. Did we put enough flags out? Were they spaced out too far to be seen in the mist?

All our worries were unfounded as by eleven o'clock start time, it was a beautiful sunny morning, with crisp snow covering the moorland surrounding Ogden Water. This seemed to justify our advertising the race as "possibly the most scenic short fell race in Yorkshire."

Local lad Kenny took the lead early on, pulling Jeff clear of the chasing Pudsey lads. His local knowledge paid off in the last half mile or so, where some sick minded individual(s) had re-routed our arrows and thrown the flags over the wall. The first two home were the only ones in the first half of the field not to detour further up the Calderdale Way and back via the Golf Club! Carol, although being the course designer, also ran the longer route, "just to make sure they weren't heading towards Keighley!" Despite this, Carol succeeded in slicing ten seconds of the record.

Thanks to Yorkshire Water, who allow us to run over their land for free; Calderdale Country Services who maintain all the pathways and woodland around the area; Frank and Bo Scholefield who are always willing to allow us to hold our events over their farmland; the marshals; registration officials; finish funnel recorders and the refreshment ladies (our Mums). And of course, thanks to you, the runners for turning up. See you next year.

Allan and Carol Greenwood

RESULTS

1. K. Stirrat	H'fax	32.47
2. J. Hornby	Spn	33.51
3. P. Sheard	P&B	35.25
4. S. Green	P&B	35.26
5. G. Devine	P&B	36.38
6. J. Hey	Warr	36.50
7. D. Woodhead	Horw	36.53
8. P. Sheard	P&B	36.59
9. C. Cariss	Bing	37.00
10. L. Warburton	Spn	37.05

VETERANS 0/40

1. P. Weatherhead	Wirral	39.41
2. P. Bramhall	Craven	42.28
3. L. Sands	Unatt	43.35
4. K. Rowe	Hallam	43.41
5. R. Lockwood	Unatt	43.47

VETERANS 0/50

1. I. Noot	EPOC	43.57
2. E. Trenbath	B.Vue	45.23
3. R. Shaw	EPOC	47.29
4. A. Greenwood	EPOC	49.00
5. M. Morrison	Gloss	49.46

VETERAN 0/60

1. B. Thompson	A'teers	62.35
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LADIES

1. C. Greenwood	Bing	38.59
2. S. Newman	Gloss	44.03
3. J. Rawlinson V	Clay	44.37
4. P. Oldfield V	Bfd/Aire	47.41
5. S. Cariss	Bing	49.27
6. S. Swindon	Spn	50.34
7. S. Pattinson	Unatt	50.53
8. H. Bell	Gloss	50.57

INTERMEDIATE U/18

1. N. Woodhall	Helsby	43.46
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ROSSENDALE WAY RELAY

Lancashire

6.2.94

Clayton men had a dream start on the first two legs, which left everyone else trying to claw back the deficit. Rossendale came through from eighth to second at the end of the penultimate leg, but Clayton with the fastest last leg put the outcome beyond a shadow of a doubt. Rossendale were an isolated second place, but it came down to a sprint finish on the run in to settle for third spot, Pudsey just getting the better of Bingley. Clayton ladies were just as dominant in their section.

I only heard of one instance of route variation, it is not possible to marshall any event of this nature, but it seems the vast majority of competitors do learn their leg. The full body cover rule was adhered to, but we do mean windproof cagoule and overtrousers, thermal tops and long johns are not enough!

There was a serious incident on the third leg, some competitors were verbally abused and physically assaulted by an angry farmer. This man has been cautioned by the police and we will take steps to ensure competitors safety next year.

We had no main sponsor this year but thanks go to the Rossendale Free Press, Winner Sports Clothing and Running Bear for their assistance. Thanks also to Raynet for their valuable monitoring of the change overs and relaying information to the event centre. The biggest thanks go to all the hard working team at Rossendale who make this and all the other events possible.

Next year the event will return to its normal second Sunday in February date.

Mervyn Keys

RESULTS

1. Clayton'A'	4.42.12
2. Rossendale'A'	4.50.47
3. Pudsey & Bramley'A'	4.54.26
4. Bingley'A'	4.54.29
5. Horwich'A'	4.57.18

VETERAN TEAMS 0/40

1. Clayton Vets'A'	5.07.49
2. Horwich Vets'A'	5.20.10
3. Rossendale Vets	5.27.36
4. Bingley Vets	5.30.50
5. Bolton Vets	5.40.32

MIXED TEAMS

1. Todmorden	6.11.04
2. Pudsey & Bramley	6.34.11
3. Rochdale	6.39.19
4. Newburgh Nomads	6.46.43
5. Clayton	6.51.05

LADIES

1. Clayton	6.17.12
2. Bingley	6.45.47
3. Rossendale	7.01.40

MICKLEDEN STRADDLE

South Yorkshire

BM/11.5m/1820ft 6.2.94

In spite of the unfortunate clash with the Rossendale Way Relay and the poor weather, there was still a very good turn-out for the 1994 race. One hundred and eighty eight runners set off with only three retirements. The race this year had a particularly large number of entries from male veterans and women who were possibly attracted by the team prizes.

The start/finish was amended slightly this year to ease congestion at the start of the race and to make life easier for the organisers. It puts nearly a mile onto the course, taking it over twelve miles and in to the BL category. This will now be the definitive course for future.

Excellent run from Adie Jones on the day to clinch first place, leaving many of his Glossopdale compatriots sleeping off their annual club dinner, but they still managed to win the men's team prize. Carol Greenwood had a superb run to win the first ladies' prize in sixteenth position overall. Holmfirth were the victors of the new male veterans team prize, and Denby Dale ladies packed well to win the ladies team prize.

Again, a good low-key well organised event which aims to plough the majority of the money generated back in to top quality T-shirts and many other excellent prizes for as many runners as possible. See you in '95!

JJohnson



*Phil Warner and G. Fielding of Rossendale at Haslingden Grane, Rossendale Way.
Photo: Steve Bateson*

RESULTS

1. A. Jones	Gloss	1.34.19
2. A. Wrench	Tod	1.35.04
3. D. Woodhead	Horw	1.36.16
4. M. Prady	Gloss	1.38.35
5. D. Sunderland	Spem	1.38.57
6. M. Henderson V	Hallam	1.39.08
7. P. Crowson	DkPk	1.39.25
8. P. Buttery V	Holm	1.42.06
9. B. Toogood V	DkPk	1.42.23
10. T. Longman V	Hunc	1.42.42

VETERANS 0/40

1. M. Henderson	Hallam	1.39.08
2. P. Buttery	Holm	1.42.06
3. T. Longman	Hunc	1.42.42
4. S. Butter	Holm	1.45.00
5. K. Davies	P'stone	1.45.09

VETERANS 0/50

1. B. Toogood	DkPk	1.42.23
2. J. Marsh	T.Hend	1.45.10
3. P. Duffy	Aber	2.03.05
4. B. Needle	DkPk	2.05.41
5. R. Mason	Totley	2.06.56

VETERAN 0/60

1. B. Thackery	DkPk	2.04.33
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LADIES

1. C. Greenwood	Bing	1.46.04
2. K. Harvey V	Alt	1.53.55
3. A. Jorgenson V	P'stone	1.59.23
4. J. Searle	DkPk	2.01.23
5. L. Pyne	Denby	2.03.42
6. J. Cave V	DkPk	2.08.00
7. B. Coomber	Denby	2.09.35
8. S. Stafford V	Goyt V	2.13.11

**TIGGER TOR RACE
Derbyshire**

BM/9.5m/1400ft 13.2.94

Once again a wonderful day at Tigers Rugby Club! Temperatures biting cold, below freezing with a moderate wind, this hardened the ground up and slowed the muscles down! (Slightly slower times than last year). Two hundred and ninety four runners from as far away as the Isle of Wight competed. Ryde Warriors brought with them their oldest runner, Eddie Leal, 72 years old who completed the course in a very commendable time of one hour fifty one minutes forty four seconds.

The first runner to the trig point on Stanage Edge was local Hallamshire Harrier, Andrew Green who eventually finished second. An outstanding run was completed by Super Veteran, Bob Toogood who finished twelfth overall and took the first Veteran's prize. Nick Sercombe, in twenty fifth position, was first Over forty. Sally Newman won the Ladies' race, with Sylvia Watson first Lady Veteran, both pushing last year's winner, Kath Harvey into third place.

The first team medals were awarded to Dark Peak, after a dead heat on thirty seven points. The first place was awarded to Dark Peak who were twenty six seconds faster overall than Hallamshire Harriers. Dark Peak provided the most entries from one club, thirty three in all. WELL DONE!

According to my computer printout, Watford Harriers were clear winners of the team event but on the day, for some reason, they were overlooked. My apologies go out to Steve Bell (4th), Matt Adcock (5th) and David Watson (9th) of Watford - I'll buy you all a pint at Tigers 10!

My thanks go out to all who helped on the day, and the runners for their enthusiasm - 133 have joined the race series. Anyone who hasn't entered can still do so at Tigers 10 - free T-shirt to all who complete the series.

Finally, to the runner who dumped his car, threw his keys to the marshal, and then joined the race without a number, DON'T COME AGAIN! You caused a lot of confusion and upset. Try organising a race yourself and see what can go wrong! More in The Fell Runner.

Don Longley

RESULTS

1. P. James	MDC	1.01.36
2. A. Green	Hall	1.01.55
3. T. Tett	DkPk	1.02.08
4. S. Bell	Wat	1.02.36
5. M. Adcock	Wat	1.03.13
6. J. Hodgson	Kend	1.03.20
7. T. Clayton	N.Derdy	1.04.14
8. R. Hope	Horw	1.04.26
9. D. Watson	Wat	1.04.26
10. T. Hatwood	Mercia	1.04.42

VETERANS 0/40

1. N. Sercombe	Wh.Pk	1.08.05
2. S. Butler	Holm	1.08.17
3. M. Seddon	Holm	1.09.26
4. H. Swindells	DkPk	1.10.24
5. D. Tait	Unatt	1.10.28

VETERANS 0/50

1. R. Toogood	DkPk	1.05.15
2. G. Fielding	Ross	1.09.49
3. R. Pritchard	N. Derby	1.10.44
4. D. Jones	Penn	1.12.42
5. J. Clark	HH	1.13.08



Simon Anderton, Jon Wright and Andy Horsfall find themselves as early leaders in the Trog as the front runners stray in the mist. Photo: Dave Woodhead

VETERANS 0/60

1. B. Thackray	DkPk	1.17.57
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LADIES

1. S. Newman	Gloss	1.13.10
2. S. Watson	V.Str	1.14.34
3. K. Harvey	Alt	1.15.11
4. C. Daish	Ryde	1.17.34
5. D. Challanain	DkPk	1.19.36
6. E. Paine	Denby	1.19.49
7. V. Aisthorpe	LincFR	1.21.06
8. R. Clayton	Ford	1.21.57

LADIES

1. S. Watson V	V.Strds	3.37.06
2. G. Cook	Roch	3.59.38
3. W. Dodds V	Clay	4.01.13
4. A. Isdale	Bing	4.05.29
5. A. Jorgenson	P'stone	4.16.01
6. S. Gayter	Mand	4.23.18
7. L. Haylas V	Calder	4.24.43
8. D. Flanagan	Calder	4.29.08

WADSWORTH TROG FELL RACE

West Yorkshire

BL/20m/4000ft 19.2.94

Local runners did exceedingly well in the twenty mile fell race from Old Town. Steve Houghton, finished second in a field of one hundred and eighty one starters from all over the country. Todmorden Harriers won the team prize with their first three runners placed sixth, seventh and fourteen (A.Horsfall). The overall winner was Paul Mitchell and the first woman was Sylvia Watson. The weather was somewhat deceiving with sub zero temperatures and a mist on the moor tops. This resulted in a relatively large number of retirements due to the cold and also a number of sprained ankles on the icy ground. Quite early on, the leaders veered off to the right in the mist from Dean Head reservoir and like sheep the leading bunch followed, resulting in them approaching Cock Hill from the Oxenhope side.

Excellent support was provided by all the marshals, Raynet, who provided radio control throughout, Calder Valley Moorland Rescue and the Red Cross. The usual well appreciated facilities and refreshments provided by Old Town Cricket Club and the cooperation of local landowners ensured a splendid day was had by all.

Bernard Pierce

RESULTS

1. P. Mitchell	Bing	2.59.53
2. S. Houghton	Calder	3.01.14
3. A. Schofield	Borr	3.02.03
4. S. Oldfield	Bfd/Aire	3.03.03
5. A. Jones	Gloss	3.05.39
6. J. Wright	Tod	3.09.08
7. S. Anderton	Tod	3.13.39
8. R. Ashworth V	Ross	3.13.49
9. C. Valentine	Kew	3.14.34
10. L. Thompson	Clay	3.14.44

VETERANS 0/40

1. R. Ashworth	Ross	3.13.49
2. P. Clark	Kend	3.15.08
3. J. Birchenough	Bolt	3.15.14
4. Y. Tridimas	N.Vets	3.22.45
5. T. Spicar	Ross	3.36.27

VETERANS 0/50

1. J. Marsh	T.Hend	3.42.48
2. L. Sullivan	Clay	3.50.29
3. D. Gibson	Sadd	3.51.02
4. E. Blamire	Tod	3.54.22
5. G. Webster	V.Strds	3.56.37

VETERANS 0/60

1. B. Thackery	DkPk	3.53.43
2. B. Leathley	Clay	4.17.03
3. J. Newby	Tod	4.37.13

TISO CARNETHY FIVE HILL RACE

Midlothian

AM/6m/2500ft 19.2.94

It must be said again 'someone up there certainly looks after us'. We had another super day as far as the weather was concerned for this time of year, although it was fairly treacherous on the shoulders and summits of all five hills. This may be the reason why we did not see Kenny Stuart's record time of forty eight minutes and eight seconds set in 1985, broken this year.

However, eighteen year old John Brooks, Scottish Junior Hill running champion led this year's field of four hundred and seventeen starters, from start to finish, closely followed by Andy Kitchin, and Mark Rigby. This was Johns first Camethy Race, and certainly proved worthwhile, for not only did he take first place, but he also broke Jack Maitland's junior record by three minutes and eleven seconds, set in 1981.

Angela Brand-Barker finishing first lady was two minutes and twenty three seconds off her own record breaking time set in 1989, but admitted that she found it very hard this year, and could not relax, especially on the shoulders and summits. Anyway, well done to all who finished the course this year, as we only had six retirals, with four hundred and eleven finishers.

Can I conclude by castigating a few athletes, who should have known better, who griped because we blocked off the scree coming off Camethy Hill. In fact one of the complainants was not even a competitor on the day. However, let me explain - if an explanation is necessary. The reason why we did not allow competitors to come down the scree was because the farmers asked us not to, and I would say that I have to offer no other explanation, only to say I have to take on board the farmers request, or no race!

As a race organiser I am regularly circulated with do's and don'ts especially relative to the environment, these coming from both the F.R.A. and the S.H.R.A. and I make no apologies for adhering to these regulations. As far as our race is concerned, competitors are warned each year that there will be slight adjustments to the course.

Bums Scott

RESULTS

1. J. Brooks	Loch	48.21
2. A. Kitchin	Liv'ston	48.23
3. M. Rigby	Amble	49.29
4. J. Maitland	P&B	51.04
5. D. McGonigle	Shett	51.19
6. G. Ackland	Liv'ston	51.44
7. G. Devine	P&B	51.53
8. J. Hepburn	Dundee	51.55
9. P. Fettes	GlasUni	52.00
10. A. Ward	Cam	52.05

VETERANS 0/40

1. J. Blair-Fish	Cam	52.49
2. D. Weir	Perth	52.59
3. A. Curtis	C'mont	55.07
4. D. Bell	H.E.L.P.	55.16
5. R. Boswell	Loch	56.00

VETERANS 0/50

1. R. Bell	Amble	59.06
2. B. Lay cock	Amble	60.39
3. C. Love	Dundee	60.43
4. B. Waldie	Cam	61.20
5. N. Berry	Holm	62.54

VETERANS 0/60

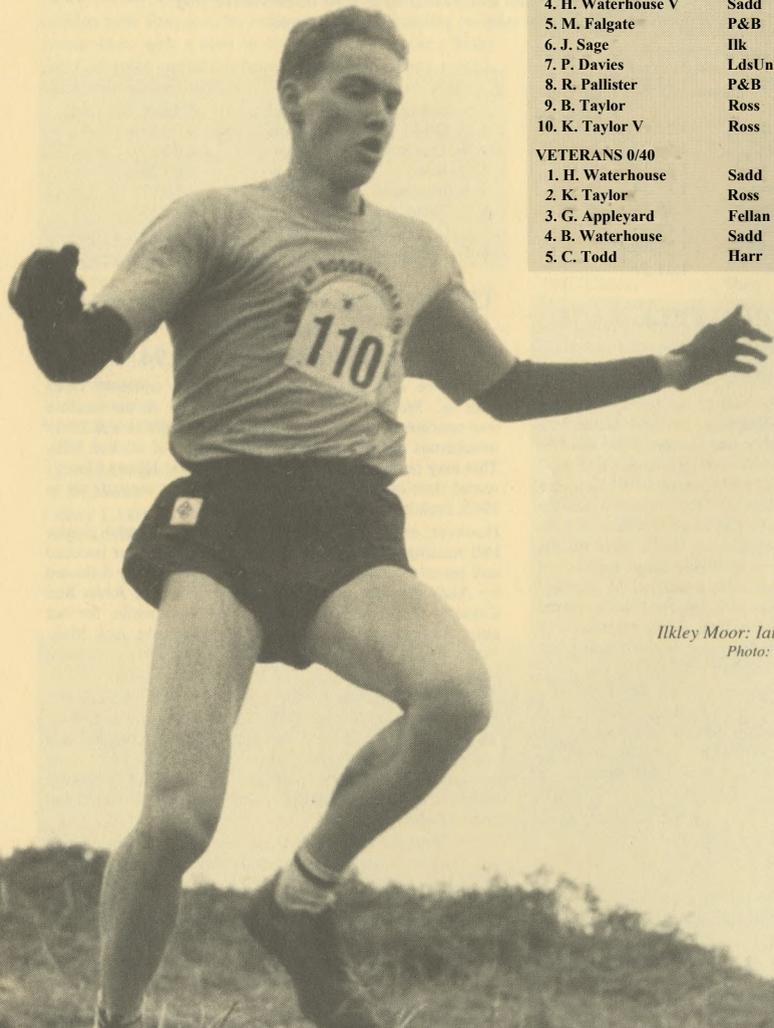
1. R. Robertson	Cam	83.04
2. J. Gillies	Cam	84.45
3. E. Campbell	Loch	92.27

LADIES

1. A. Brand-Barker	FRA	60.55
2. H. Diamantides	Shett	61.52
3. J. Salvona	Liv'ston	65.04
4. S. Young	Wig'Phoenix	65.15
5. S. Wright	Mand	65.29
6. C. Whalley	Liv'ston	66.51
7. A. Forrest	P&B	70.52
8. D. McDonald	Lasswade	71.49

JUNIORS

1. J. Brooks	Loch	48.21
2. M. Bain	GlasUni	56.32
3. M. Cana van	P'cuik	57.29
4. V. McPherson	Fife	58.53



*Ilkley Moor: Iain Hansen of Bingley.
Photo: Steve Bateson*

ILKLEY MOOR FELL RACE

West Yorkshire

AS/4.5m/1150ft 20.2.94

Whilst both last years winner Neil Wilkinson, or runner-up, James Parker, failed to toe the start line for the sixth running of the Ilkley Moor Fell Race, a good quality field was still in evidence. The Rossendale athlete, Martin Corbett, soon showed at the head of a leading group which included Ilkley's own Jonathan Sage. The first climb to the Badger Stone, a prominent landmark on Ilkley Moor, saw this group begin to break up. Martin Corbett pulled gradually away not to be headed, and finished in, a little slower than last years winning time, surprisingly so, when conditions were very firm after recent cold spells.

Andrea Priestley could not match the strength of Carol Greenwood who took the womens title. The free soup and rolls at the presentation in Ilkley Harrier's club house, rejuvenated the tired athletes and was very much appreciated by all.

The unattached Sheffield runner was found safe and well, by the South Yorkshire Police at home! Could I please ask all fell runners to go through the finish or inform a race marshal in DNFinG. Also, do not put wrong telephone number on your entry form when you are ex-directory!!

John Connor

RESULTS

1. M. Corbett	Ross	40.18
2. P. Sheard	P&B	40.53
3. D. Woodheads	Horw	41.37
4. H. Waterhouse V	Sadd	41.55
5. M. Falgate	P&B	42.12
6. J. Sage	Ilk	42.16
7. P. Davies	LdsUni	42.18
8. R. Pallister	P&B	42.19
9. B. Taylor	Ross	42.31
10. K. Taylor V	Ross	42.48

VETERANS 0/40

1. H. Waterhouse	Sadd	41.55
2. K. Taylor	Ross	42.48
3. G. Appleyard	Fellan	43.19
4. B. Waterhouse	Sadd	44.29
5. C. Todd	Harr	46.19

VETERANS 0/50

1. T. Eckerley	Sadd	48.52
2. P. Blagbrough	Sadd	49.51
3. P. Dowtier	Kend	50.41
4. P. Heneghan	Bolt	51.20
5. B. Hood	Mand	55.03

LADIES

1. C. Greenwood	Bing	46.42
2. A. Priestley	Fellan	47.34
3. E. Hodgson	Fellan	49.57
4. J. Rawlinson V	Clay	51.09
5. L. Lord V	Clay	53.09
6. L. Bostock V	Clay	54.50
7. R. Gooch V	Ilk	59.01
8. S. Haines	Unatt	59.01



*Ilkley Moor: Andrea Priestley of Fellandale - lady winner.
Photo: Steve Bateson*

HALF TOUR OF PENDLE

Lancashire

AM/9m/2250ft 5.3.94

RESULTS

1. S. Thompson	Clay	65.52
2. G. Devine	P&B	66.22
3. J. Parker	Ilk	67.05
4. C. Hirst	Settle	67.57
5. D. Woodhead	Horw	68.57
6. P. Sheard	P&B	69.10
7. C. Urmston	Clay	69.13
8. P. Thompson	Black	69.15
9. S. Green	P&B	69.17
10. P. Sheard	P&B	69.43

VETERANS 0/40

1. S. Breckell	Clay	72.12
2. D. Beels	Roch	73.13

VETERANS 0/45

1. B. Mitchell	Clay	73.53
2. B. Rawlinson	Ross	76.09

VETERANS 0/50

1. J. Nuttall	Clay	76.17
2. G. Howard	Ilk	79.59
3. D. Scott	Clay	80.53

VETERANS 0/60

1. B. Leathley	Clay	95.21
2. C. Rushton	Kend	100.53
3. G. Brass	Clay	118.25

LADIES

1. C. Greenwood	Bing	76.08
2. J. Rawlinson V	Clay	85.06
	P&B	90.07
4. L. Bostock V	Clay	90.42
5. L. Lord V	Clay	91.20
6. W. Dodds V	Clay	93.05
7. K. Thompson V	Clay	96.49
8. L. Warin	Skip	98.57

MOEL Y CI
Gwynedd
AS/2.25m/1000ft 5.3.94

This was my first year as race organiser, so it was pleasing to have an entry of seventy five seniors and one junior.

Unfortunately, the course had to be changed due to land access problems. However, the new course received favourable comments and will probably be the same for next year.

Early morning rain had given way to dry, cloudy conditions by the start of the race. The race was won by Eryri's Gary Rees Williams, who led from the start. Phil 'Llan' Jones is back on form finishing first over forty and eleventh overall. Evergreen, Don Williams, convincingly won the over fifty's, coming in fourteenth overall. John Pope was first (and only), over sixty. First lady was Clare Bolland, and first lady veteran was Sheila Bennell of Eryri.

First prize in the Senior Men/Ladies categories was 'dinner for two' in the Vaynol Arms, Pentir. Numerous other prizes were donated by 14th Peak Outdoor Gear, Caernarfon. Thanks are due to the marshalls and people of Rhiwlas for all their help on the day, and to Nigel Fisher who 'invented' the race and has organised it for the last eleven years. Finally a big thank-you to all the runners for turning out in force. Hope to see you all again next year!

Ross Powell

RESULTS

1. G. Williams	Eryri	18.21
2. M. Keys	Ross	18.36
3. J. Hey	Warr	18.39
4. G. Kenny	SWAC	18.49
5. E. Roberts	Eryri	18.59
6. D. Blackhurst	Ross	19.35
7. S. Jones	Eryri	19.45
8. T. Davies	Merc	19.49
9. A. Hewitt	Ross	19.54
10. T. Bolland	SWAC	20.24

VETERANS 0/40

1. P. Jones	Eryri	20.32
2. A. Hughes	Hebog	21.07
3. D. Williams	Eryri	21.44
4. A. Spicer	Ross	22.20
5. R. Fell	Ross	23.44

VETERANS 0/50

1. D. Williams	Eryri	20.48
2. B. Hughes	Eryri	24.40
3. B. Evans	P'atyn	24.41
4. M. Cox	DkPk	24.57
5. F. Unlman	Eryri	25.10

VETERAN 0/60

1. J. Pope	Eryri	32.48
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LADIES

1. C. Bolland	SWAC	24.02
2. J. Lloyd	Eryri	24.59
3. S. Bennell V	Eryri	25.24
4. S. Farrar	Eryri	27.04
5. B. Ripley V	Eryri	27.38
6. A. Bond	Wrex	27.49
7. S. Buxton V	SWAC	31.28

ELLAN VANNIN FELL RACE

Isle of Man
AL/20m/6000ft 6.3.94

In 1992 it was decided that there were too many long races on the Manx fell calendar, and, in order to retain all the various courses, the Anxfell and Elan Vannin races would be held on alternate years on the March date, that is ideally suited as preparation for Easters Manx Mountain Marathon.

This year was the turn of the Elan Vannin, a twenty one mile race that covers a circular route starting and finishing at Tholt-ry-Llill and which includes the brutal climb up Sliu-Dhoo at about the nineteen mile point.

The race is run on a handicap formula with Ramsey carpet fitter, Juan Gell looking favourite to be first home to take advantage of his one hour handicap, but scratchman Tony Rowley, had other ideas, storming round the course to finally catch and overtake Gell in the last mile.

Richie Stevenson

RESULTS

1. T. Rowley	MFR	5.52.39
2. J. Gell	NAC	5.59.07
3. D. Young V/40	MFR	6.01.43
4. R. Stevenson V/40	MFR	6.06.22
5. D. Corrin V/45	MH	6.06.59

VETERAN 0/50

1. E. Brew	NAC	6.09.08
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VETERAN 0/60

1. B. Baxter	MH	6.50.43
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PENDLE FELL RACE

Lancashire
AS/4.5m/1500ft 9.3.94

RESULTS

1. G. HUH	Leeds	31.31
2. N. Wilkinson	Saif	32.03
3. J. Maitland	P&B	32.07
4. M. Roscoe	Leeds	32.20
5. G. Devine	P&B	32.48
6. W. Brindle	Horw	32.49
7. G. Schofield	Black	33.24
8. C. Watson	Bing	33.41
9. C. Walker	P&B	33.42
10. G. Hornby	Soen	34.25

VETERANS 0/40

1. B. Mitchell	Clay	36.47
2. J. Birchenough	Bolt	36.49
3. R. Leggett	Horw	36.59
4. S. Vamet	Kend	37.24
5. K. Carr	Clay	37.32

VETERANS 0/50

1. D. Kay	Bolt	37.45
2.1. Beverley	Clay	40.37
3. B. Butcher	Gloss	41.50
4. D. Gibson	Sadd	42.01
5. P. Heneghan	Bolt	42.15

LADIES

1. S. Rowell	P&B	36.30
2. L. Wright	Leeds	36.43
3. K. Drake	Spn	40.32
4. J. Rawlinson	Clay	41.23
5. S. Toung	Wigan	42.23
6. J. Siddiqui	Sale	42.54
7. G. Walkington	Horw	45.00
8. L. Platt	Clay	46.06

11. G. Wilkinson	Clay	73.02
12. A. Wrench	Tod	73.20
13. M. Wallis	Clay	74.34
14. S. Green	P&B	75.08
15. R. Jackson	Horw	75.10
16. R. Hope	Horw	75.31
17. M. Hoffe V	'Amble	75.54
18.1. Postlethwaite	Barrow	76.03
19. D. Ibbetson V	Gloss	76.05
20. A. Meanwell	Unatt	76.12
21. A. Jones	Gloss	76.14
22. N. Spence	Kend	76.27
23. A. Schofield	Denby	76.31
24. S. Jackson	Horw	76.37
25. C. Urmston	Clay	77.27
26. D. Loan V	Kesw	77.37
27. J. Atkinson	Amble	77.58
28. M. Fleming	Amble	77.59
29. P. Sheard	P&B	78.09
30. M. fosebi V	Penn	78.39

VETERANS 0/40

1. M. Hoffe	Amble	75.54
2. D. fbbetson	Gloss	76.05
3. D. Loan	Kesw	77.37
4. M. Foschi	Penn	78.39
5. B. Ashworthy	Ross	79.44

VETERANS 0/50

1. J. Nuttall	Clay	83.32
2. M. McGill	Kend	84.07
3. R. Bell	Amble	86.09
4. J. Laycock	Amble	88.08
5. G. Howard	Ilk	88.44

VETERANS 0/60

1. B. Thackery	DkPk	92.41
2. B. Leathley	Clay	100.12
3. C. Henson	DkPk	110.51



*Pendle: J. Birchenough (Bolton) from P. Crabtree (Bingley) and Bob Mitchell (Clayton) - leaving the summit.
 Photo: Peter Hartley*

BLACK COMBE FELL RACE

Cumbria
AM/9m/3800ft 13.3.94

A total of three hundred and fourteen runners braved exceptionally strong winds and occasional squally showers whilst running in the Black Combe fell race, the initial counter in the English Fell Race Championship for 1994. The winner, B.Thompson, was only seconds off the course record - an extraordinary creditable performance on the day.

The high winds required full body cover which obscured race numbers, this, together with runners not remembering their own numbers, caused confusion in the compilation of race results and delays in prize giving. Subsequent to the race, full accurate results were compiled and all outstanding prizes sent out by post. Apart from this hiccup, the race and all other arrangements went like clockwork. Much praise being due to the marshalls in bad conditions and the Black Combe runners support group, for the usual good feed they put on at the end of the race.

RESULTS

1. B. Thompson	CFR	68.55
2. S. Livesey	Clay	69.50
3. A. Landels	DkPk	71.24
4. S. Booth	Borr	71.32
5. G. Huddleston	Clay	71.39
6. G. Devine	P&B	71.51
7. J. Bland	Borr	71.57
8. G. Schofield	Black	72.23
9. N. Corbett	Ross	72.50
10. G. Bland	Borr	73.04

LADIES

1. H. Diamantides	Amble	84.13
2. A. Priestley	Fellan	86.58
3. J. Reid	CFR	90.14
4. A. Isdale V	Bing	92.37
5. K. Harvey V	Alt	93.31
6. J. Rawlinson V	Clay	93.40
7. E. Hodgson	Fellan	93.50
8. K. Beaty V	CFR	95.02

INTERMEDIATES

1. R. Hope	Horw	75.31
2. B. Taylor	Ross	78.41
3. N. Matthews	Horw	81.36
4. P. Boyd	Horw	83.55
5. D. Hope	Horw	92.20

OLLERSET MOOR RACE

Derbyshire
BM/6.5m/830ft 20.3.94

RESULTS

1. M. Moorhouse	Saif	39.47
2. A. Trigg	Gloss	41.00
3. D. Ibbetson	Gloss	41.02
4. M. Prady	Gloss	41.17
5. T. Parr	Notts AC	41.20
6. D. Gartley	Gloss	41.27
7. G. Webb	CalderV	41.57
8. P. Grimes	Hudd	42.04
9. A. Jones V	Gloss	42.09
10. M. Weedall	Penn	42.20

VETERANS 0/40		
1. D. Ibbetson	Gloss	41.02
2. A. Jones	Gloss	42.09
3. P. Weatherhead	Wirr	43.03
4. J. Birchenough	Bolt	43.47
5. F. Fielding	Gloss	46.10

VETERANS 0/50		
1. D. Kay	Bolt	46.04
2. J. Morris	Penn	46.50
3. D. Jones	Penn	47.06
4. M. McGrath	Penn	48.55
5. F. Uhlman	Eryri	51.36

LADIES		
1. C. Greenwood	Bing	46.31
2. R. Dunnington	E. Ches	48.48
3. E. Craig	Bux	56.25
4. A. Dinsmor V	Stock	56.49
5. D. Hunter		57.22
6. Y. Williams	Penn	58.02
7. J. Johnson V	Denby	59.27
8. B. Tingle V	P'stone	60.13

JUNIORS		
1. M. Moorhouse	Saif	39..47
2. N. Woodall		47.51
3. R. Lowe	Bux	51.14
4. L. Banton	Clowne	52.27
5. B. Tetler		53.33



Showing poise and stile at Ollerset Moor.... Alexis Dinsmor (L) and Hilary Bell (R).
Photo: Allan Greenwood

FIVE TORS MOORLAND RUN Cornwall CM/11m/1170ft 20.3.94

For once the race was run in fine, clear weather and entrants were even able to see the Lake at the start and finish, and, if they looked, could enjoy the views promised on the information sheet.

Numbers were down slightly from last year, probably due to the new date of the Grizzly which was held only one week before. However, everyone enjoyed the race and a pleasant atmosphere prevailed.

We now keep a scroll record of winners and no longer present trophies to the winners because of the failure to retrieve the shields from the 1992 winners, of both ladies and gents. The scroll is engraved and kept in the community centre at Common Moor.

C Weston

RESULTS		
1. M. Bell	Horw	1.07.13
2. D. Wilkinson	Roch	1.10.00
3. N. Doyle	Newq	1.11.52
4. J. Rickeard	TVH3	1.12.43
5. M. Northey	Newq	1.12.45
6. P. Lockett V	Newq	1.12.58
7. C. Pauli	DrakeHash	1.14.38
8. T. Farnell V	P'leven	1.14.47
9. M. Slater	DrakeHash	1.17.00
10. M. Hancock	TVH3	1.17.25
VETERANS 0/40		
1. K. Rolfe	E.C.H.	1.20.49
VETERANS 0/45		
1. P. Lockett	Newq	1.12.58
VETERANS 0/50		
t. G. Wraith	Pirrans	1.27.17
VETERANS 0/55		
I.G. Winzer		1.27.51

LADIES		
1. D. Brindley	ECC	1.29.49
2. L. Thompson	Drake	1.34.42
3. B. Popperwell		1.37.04

PEN CERRIG CALCH Powys AS/3.4m/1600ft 26.3.94

Jonathon Sage needed to win this, the last race of a series of six, to snatch the 'South Wales Winter Fell League Championship' from the grasp of Julian Bass, but Ray Eagle had other plans. Ray normally arrives at race registration, tells you how ill he is, and hasn't trained for weeks, and then runs in to a top five finish spot. When he arrived at Pen Cerrig-Calch registration this year, on a lovely, warm, sunny day and said he was fit, we should have realised he would win.

Although many runners were saving themselves for Llanbedr to Blaenavon the next day (a situation which provided us with as many spectators as runners), competition was keen in a good field. Ray took off like a shot and was never headed, despite not choosing the best descent route. Alice Bedwell ran well to come within spitting distance of Veronica Cullerans course record, and finished twenty four seconds and two places in front of the first male veteran, Martin Lucas, fresh from his Antipodean triumphs.

Thanks to Cliff Jones for the use of his field and toilet facilities; thanks to Ian Holme for sandwiches and good beer in the Red Lion afterwards. Thanks to all that came to run for Easter Eggs!

D Thomley

RESULTS		
1. R. Eagle	MDC	28.29
2. J. Bass	UWCCH	29.00
3. T. Taylor	MDC	29.20
4. G. Rees-Williams	Eryri	29.57
5. J. Sage	Ilk	30.32

6. T. Davies	Merc	31.04
7. M. Saunders	Merc	31.25
8. C. Taylor	Merc	31.34
9. I. Powell	Shrews	32.20
10. R. Benjamin	MDC	33.25

VETERANS 0/40		
1. M. Lucas	MDC	34.22
2. A. Jones	Carmarthen	34.29

VETERANS 0/50		
1. E. Meredith	MDC	36.54
2. C. Jones	MDC	38.20

LADIES		
1. A. Bedwell	MDC	33.58
2. S. Ashton	MDC	36.42
3. A. Nixon	MDC	40.22

JUNIOR		
1. B. Orringe	MDC	37.19

LLANBEDR TO BLAENAVON FELL RACE Gwent AL/4m/4500ft 27.3.94

After a lovely, sunny day on the Saturday, we assembled on Sunday with and eye on the weather. In the end all but the last few got in before it hit us, with mist, rain and wind. Fortunately the last few were well kitted out, and eventually got back the finish, albeit messy to find the summit in the mist. Such is the overall standard these days that a small group at the back were so far separated from the rest by the last summit, that with nobody to follow, they ran off the hill down the wrong valley, missing checkpoint two.

Looking back to our first race fifteen years ago, my time then was in the top ten, it would not have got me in the top half of the field now.

Also, notable are the large number of veterans today, with thirty in a field of sixty seven, are we becoming an old mans sport?

Congratulations to all the prize winners.

RESULTS		
1. S. Forster	Eryri	1.58.30
2. E. Roberts	Eryri	1.58.47
3. N. Jenkins	Dart	2.00.23
4. P. Jones	MDC	2.01.02
5. H. Griffiths		2.07.25
6. D. Vorres	MDC	2.07.28
7. A. Woods	MDC	2.07.34
8. P. Jones V		2.07.34
9. D. Williams V	Eryri	2.09.47
10. I. Powell	Shrews	2.10.49

VETERANS 0/40		
1. P. Jones	Eryri	2.09.46
2. J. Nixon	Horw	2.12.17
3. A. Orringe	MDC	2.15.01
4. M. Parker	Dart	2.15.47
5. J. Darby	MDC	2.16.10

VETERANS 0/50		
1. D. Williams	Eryri	2.09.47
2. J. Marsh	TarHen	2.18.30
3. E. Meredith	MDC	2.37.06

LADIES		
1. J. Coker	MDC	2.28.33
2. S. Woods	MDC	2.32.31



Pete Janies, Simon Forster, Andy Darby, Nigel Jenkins, Emlyn Roberts, Adrian Woods. Llanbedr to Blaenavon Race.
Photo: Peter Reed

**DON MORRISON EDALE SKYLINE
FELL RACE
Derbyshire
AL/21m/4500ft 27.3.94**

The weather was once again bitterly cold, with strong winds on the tops.

At the first check point the Bland cousins, Gavin and Jonathon, were leading a close knit pack which included their team mate Andrew Schofield and Steve Hicks, with Colin Donnelly a couple of minutes behind in sixth place, obviously playing the waiting game.

At the third checkpoint, Cheshire Cheese, the Borrowdale team of Jonathon, Gavin and Andrew were packing well with Colin close behind. By Mamorick, after the Lose Hill/Mam Tor Ridge where wind conditions were at their worst, Colin Donnelly had taken the lead with Gavin, Jonathon and Andrew one minute behind. Adrian Jones was in fifth position, four minutes behind the leader and this was to be the finishing order.

After the long drag past Brown Cow Knoll to Edale Cross, Collin had lengthened his lead to four minutes. The unluckiest man in the race was Philip Hands who was in eleventh place with a few miles to go, when he fell and injured his arm and had to be taken to hospital after limping in to the finish.

RESULTS

1. C. Donnelly	Eryri	2.40.58
2. G. Bland	Borr	2.45.26
3. J. Bland	Bon-	2.48.53
4. A. Schofield	Bor-	2.49.55
5. A. Jones	Gloss	2.51.42
6. T. Longman V	Hunc	2.56.55
7. J. Hey	Warr	3.01.15
8. B. Brindle	Horw	3.02.33
9. H. Twist	Penn	3.03.46
10. S. Hicks	Borr	3.04.40

VETERANS 0/40

1. T. Longman	Hunc	2.56.55
2. R. Edwards	Leic	3.04.41
3. N. Sercombe	WtePk	3.09.30
4. M. Hawkins	Ere	3.14.19
5. P. Pittson	Ere	3.17.29

VETERANS 0/50

1. D. Jones	Penn	3.22.20
2. B. Thackery	DkPk	3.35.28
3. R. Mason	Totley	4.00.02
4. R. Baumeister	DkPk	4.03.47
5. M. Cook	Unatt	4.07.25

LADIES

1. K. Harvey V	Alt	3.34.50
2. A. Jorgensen V	P'stone	3.38.52
3. J. Searle	DkPk	3.39.02
4. J. Cave V	DkPk	4.09.12
5. S. Kiveal	Sadd	4.10.34
6. S. Stafford V	Goyt V	4.11.31
7. A. Dinsmoor V	Stock	4.16.49
8. M. Gallagher V	DkPk	4.21.57

**DURISDEER HILL RACE
Dumfriesshire
A M/9.5m/3600ft 27.3.94**

No use being fast if you're lost! This was the lesson learnt at Durisdeer, as twenty runners followed each other in stead of their maps up Bonnie Prince Charles's route to Wanlockhead. A retirement rate of one in six must be unusual for a race as short as this one. High winds, rain and a bit of sleet caused disintegration of runners' morale equally with their photocopied maps.

Even in nice weather it is an interesting course with a couple of vertical bilberry descents, a gulch full of rocks and splashy waterfalls and a two mile gently descending grass track for the speed freaks. Strong contingents from Fife adn from Pete Bland's van rose to the challenge: Ochii (third, tenth and twelfth) got the team prize, but Kendal (second, fifth and seventeenth) should have done - sorry!

Only six from last year came back for another go - is my idea of fun so different from everyone else's? Adam Anderson of Sanquhar was the only one to improve a previous time, and that by a magnificent eleven minutes. Sleet obviously suits Jon Broxap, who gained four places over the final hill to gain second place. N.Dyson (Mandale) gained an astonishing twenty eight places on his way round, to first super veteran j placing.

RESULTS

1. N. Martin	Lomond	94.26
2. J. Broxap	Kend	94.55
3. D. Cummins	Ochii	95.19
4. A. Anderson	Solway	96.31
5. S. Varney V	Kend	96.37
6. J. Hope V	AchRat	97.17
7. R. Colbeck	RNAC	106.22
8. I. Wallace	HBT	114.57
9. G. Pryde	Lomond	115.32
10. S. Murray	Ochii	118.04

VETERANS 0/40

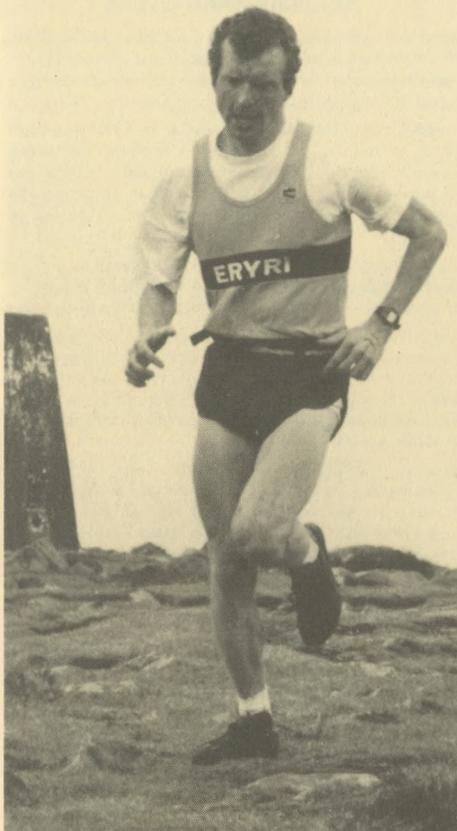
1. S. Varney	Kend	96.37
2. J. Hope	AchRat	97.17
3. G. Clarke	Ochii	121.57
4. D. Miller	Irvine	123.16
5. J. Marsh	Teviot	123.34

VETERANS 0/50

1. N. Dyson	Mand	122.25
2. B. Waldie	Cam	125.24
3. C. Pritchard	Cam	125.50
4. N. Rose	Cam	126.38
5. J. Buchanan	Aiinan	130.36

LADIES

1. J. Salvona	Cam	125.24
2. J. Cairns	W'lands	149.01



*Above: Welsh Championship Race winner
Simon Forster, Eryri.
Photo: Peter Reed*

*Below Left: The sort of Derbyshire gritstone feature that
inspired most of Henry Moore's work - here between
Edale Cross and Grindslow.
Photo: Peter Hartley*

*Below Right: John Hey of Warrington coming off
Win Hill at Edale.
Photo: John Cartwright*



**ROSTREVOR TO NEWCASTLE
RELAY
Northern Ireland
21m/3700ft 27.3.94**

Gale force winds and torrential rain meant that a revised course had to be used for the first time in the events' 13 year history. The second leg over Eagle Mountain was replaced by a hilly road leg to Spelga Dam and the other mountain leg over Slieve Donard was shortened by only climbing to the Donard - Commedagh col at a height of 1800ft.

Although it was disappointing to have to substitute a mountain leg with a road leg the organisers definitely made the right decision in the interests of safety as conditions proved very unpleasant even on the road legs.

The race itself however turned out to be as exciting and dramatic as ever. The hastily arranged alternative route was challenging enough in the conditions and without the risks of the Eagle mountain leg in the atrocious conditions.

Philip Healy gave Ballydrain a 50-second lead on the first leg to Leitrum Lodge but NACA All Ireland cross country champion Mark McAteer stormed up the road to Spelga Dam to put Armagh AC a minute ahead. By the end of the third leg Armagh had extended their lead to two and a half minutes over Ballydrain with Newcastle a further minute behind and had victory in their sights.

However things changed dramatically on the final leg through the mountains to Newcastle as both Armagh and Ballydrain went off course in the mist and Dermot McGonigle came through from third place to snatch victory for Newcastle just 5 seconds ahead of Ballydrain.

Mark Rigby recorded the fastest time on the final leg to bring Scottish visitors Westerlands up to third, ahead of long time leaders Armagh, while Westerlands ladies were the only ladies team to complete the course.

Brian Irvine

RESULTS

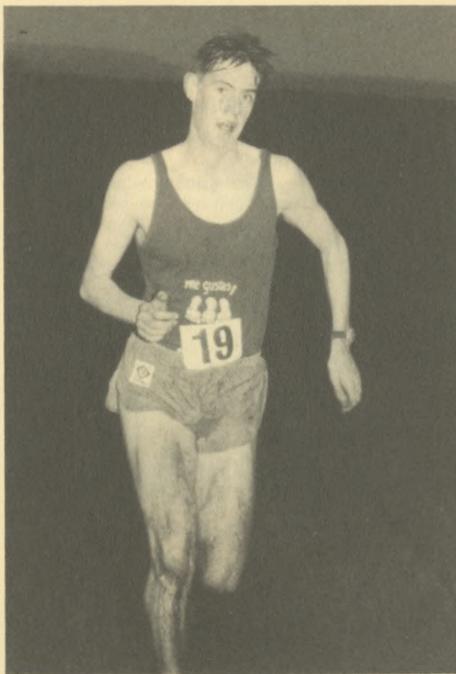
1. Newcastle AC	2.25.52
2. Ballydrain Harriers	2.25.57
3. Westerlands AC	2.27.05
4. Armagh AC	2.31.05
5. Oldpark Flyers	2.31.08
6. Newcastle 'B'	2.39.47
7. Barf 'A'	2.43.06
8. Newry	2.46.58
9. BFL	2.48.02
10. Albertville	2.48.35
11. Westerlands Ladies	2.50.46
12. Barf 'B'	2.54.26

FASTEST LEGS

Leg 1 5.5m/700ft Road	P. Healey	Ballydrain	29.50
Leg 2 4.6m/800ft Road	M. McAteer	Armagh	28.06
Leg 3 4.6m/200ft Road	M. Patterson	Newry	23.59
Leg 4 6.6m/1800ft Fell	M. Rigby	Westerlands	53.09



*One of the problems with results is the length of time they take to reach Dave Weatherhead. Loads of pictures of Long Mynd - here Clayton's Chris Urmston finishes - but no results from the 20th February event!
Photo: John Cartwright*



*Running in the Dark at the Bunny Run is Robert Jebb.
Photo: Allan Greenwood*

**BUNNY RUN ONE
West Yorkshire
CS/3m/300ft 29.3.94**

"IN SAFE HAND" - The unusual cuddly rabbit perpetual trophies returned to the hutches of Gary Devine and Carol Greenwood, with Carol's name the only one on the three year old rabbits belly. Meanwhile, down in Oldham, veteran Harry Waterhouse is busy constructing his hutch.

An impressive one hundred and sixty four turned out on a windy but bright evening, with even former FRA editor, John Reade from Fife, finding the Guide Inn. Off hopped the Bunny suited athlete before the mass charge, especially for the Easter Egg stage prize, which Mervyn Keys took from the clutches of Devine.

After a short and long lap of Harden Moor, involving one hands and knees crawl, the runners hared back to get their hands on the Cadbury's creme egg momento. With over fifty Easter Eggs as prizes the only choice was Bounty, Aero, Mars, Toblerone, Galaxy etc. Within the time it took Gary to win the race, chocolate wrapper and boxers made the pub resemble a scene out of Willy Wonkas Chocolate Factory.

Runny Egg

RESULTS

1. G. Devine	P&B	18.10
2. A. Wrench	Tod	18.16
3. G. Cudahy	Stock	18.21
4. M. Keys	Ross	18.24
5. C. Metcalfe	LdsCty	18.37
6. C. Saint	LdsCty	18.45
7. P. Sheard	P&B	18.56
8. S. Green	P&B	18.58
9. S. Oldfield	Bfd/Aire	19.06
10. P. Mitchell	Bing	19.22

VETERANS 0/40

1. H. Waterhouse	Sadd	19.57
2. G. Appleyard	Fellan	20.38
3. E. Hepson	Tod	21.15
4. K. Parkinson	Tod	21.23
5. A. Green	Bfd/Aire	21.28

VETERANS 0/50

1. E. Blamire	Tod	23.24
2. M. Coles	Skyrac	24.09
3. B. Ogden	Skip	25.33

VETERANS 0/60

1. J. Newby	Tod	26.21
2. B. Hargreaves	Tod	27.35
3. G. Garnet	Bing	28.21

LADIES

1. C. Greenwood	Bing	20.20
2. K. Drake	Spn	21.50
3. J. Rawlinson V	Clay	23.00
4. J. Shotter	Fellan	24.04
5. L. Bostock V	Clay	24.13
6. W. Dodds V	Clay	24.51
7. P. Oldfield	Bfd/Aire	25.12
8. J. Schrieber	P&B	25.29

JUNIORS U/16

1. T. Turner	Bux	20.07
2. D. Bryson	Bing	20.44
3. A. Bumett	LdsCty	20.52
4. R. Slater	Unatt	21.05
5. J. Hart	Oldham	21.21

**MANX MOUNTAIN MARATHON
Isle of Man
AL/30m/8000ft 2.4.94**

It was a case of same again in this years Silver Jubilee Manx Mountain Marathon with the Yorkshire duo of Andy Hauser and Shane Green finishing first and second respectively, a repeat of last years result.

Weather conditions were very similar to 1993 also, with plenty of sunshine and clear skies although the very strong westerly wind blew in the occasional snow shower and meant slow times for most of the seventy or so runners who made their way from Ramsey in the North of the Isle of Man, to Port Erin in the South, a distance of thirty miles.

First casualty of the race was four time previous winner, Brent Brindle, who was forced to retire at the Black Hut due to a knee injury picked up in the previous weeks Edale race.

Only two runners were able to seriously challenge the Hauser-Green tandem, Horwich veteran Rupert Leggett and leading standard class competitor Darren Blackhurst from Leeds, hanging on gamely until the steep ascent to Slieauwhallian at about the eighteen miles mark where he gradually started slipping back.

The race was finally decided on the steep descent from Cronk-ny-Aree-Laa to the Sloe, where Green, who had appeared to be the strongest runner all day, suddenly started to labour with sharp attacks of cramp. Hauser sensed victory was his and he forced the pace over the final few miles to eventually arrive at the Bradda Glen finish with a five minute advantage, he being the only runner under five hours to prove the difficulty of the windy conditions.

It was a fine performance by thirty eight year old Hauser in a race he rates as one of the best in the British Isles; his impressive Manx record now reads competed four times, won three, and second on the other occasion.

Green maintained his second place but was obviously very disappointed at the finish. With his undoubted talent, his turn for victory will surely come sooner rather than later.

Third to complete the course was Standard winner Blackhurst, who knocked a massive forty five minutes off his previous best time, with Rupert Leggett next to finish to give him the veterans award.

Fourth Elite runner was Clayton-Le-Moors Mr Consistency, Peter Browning who recorded his seventh consecutive finish just getting the better of Manx Champion Tony Rowley, who took the Snaefell Trophy for top local.

Jean Shotter took the ladies award on her debut in the Manx, whilst sixty years young guest of Honour, Geoff Oliver, was top super veteran as he completed the course for the twentieth time.

Thanks to the generous sponsorship of local brewery Okells, all finishers were awarded commemorative certificates, medallions and t-shirts.

Many thanks to race organiser Arthur Jones and his loyal band of helpers, especially Dough and Rosa Drown, who delayed their departure to Romania where they are doing so such marvellous charitable works, in order to ensure the race had its usual detailed result sheets.

The annual beer drinking race took place on the Easter Sunday night with Brent Brindle's Mountain Men team consisting of Brent, Alan Bagley, George Matuszewski and Richie Stevenson progressing smoothly through the early rounds. However, Brent's ambition of victory in the most sought after competition of the weekend was dashed in the semi-finals where Birmingham University narrowly came out on top. In the final Alehouse 'A' (Manchester University) beat Birmingham after a controversial re-run.

Richie Stevenson

RESULTS - ELITE

1. A. Hauser	Fellan	4.55.59
2. S. Green	Doss	5.00.40
3. R. Leggett V	Horw	5.20.14
4. P. Browning	Clay	5.35.48
5. T. Rowley	Manx	5.38.19

RESULTS - STANDARD

1. D. Blackhurst	Leeds	5.05.40
2. D. Corrin V/40	Manx	5.52.54
3. D. Bawden	Manx	5.56.38
4. D. Ashton V/40	Saif	5.59.52
5. R. Townsend	Unatt	6.01.35
6. P. Davies	Leeds	6.23.45
7. G. Oliver	100K	6.28.30
8. D. Findel-Hawkins V/40	Stock	6.29.21
9. E. Jack	Glas	6.30.29
10. D. Young V/40	Manx	6.31.11

VETERANS 0/50

1. I. Chrystal	Loch	7.28.44
2. E. Brew	Nort	7.36.01
3. R. Baxter	Manx	8.51.00

LADIES

L.J. Shotter	Fellan	7.09.12
2. J. Stewart	Glas	7.58.52

MOEL FAMMAU
Clwyd
AS/4.6m/1740ft 3.4.94

As organiser it is difficult to comment about the race, I saw very little of the actual race. I would like, however, to make some comments of a general nature. The weather was poor, however it was not as bad as the previous day when I was putting out the course markers in a blizzard, nor was it as bad as the forecast.

The route was chosen to be 'runnable', with room for overtaking, and yet also to be worthy of and 'A' category. I hope that I achieved this aim. My congratulations go to all athletes who participated in the race and to all who helped on the day, and especially to my family. My apologies go to all those who have been upset by the misunderstanding about the race route.

RESULTS

1. M. Kinch	Warr	38.53
2. S. Livesey	Clay	39.21
3. J. Parker	Ilk	39.35
4. B. Thompson	CFR	39.39
5. G. Huddleston	Clay	39.40
6. A. Peace	Bing	39.48
7. M. Roberts	Kend	40.36
8. I. Holmes	Bing	40.46
9. G. Bland	Borr	40.57
10. S. Forster	Eryri	41.03
11. C. Donnelly	Eryri	41.29
12. G. Devine	P&B	41.30
13. G. Wilkinson	Clay	41.33
14. J. Bland	Borr	41.42
15. M. HofTe V	Amble	41.45
16. E. Roberts	Eryri	41.47
17. M. Keys	Ross	41.50
18. M. Wallis	Clay	41.55
19. A. Wrench	Tod	42.00
20. A. Trigg	Gloss	42.06
21. M. Aspinall	Clay	42.08
22. P. Boler V	Merc	42.21
23. S. Booth	Borr	42.24
24. M. Flemming	Amble	43.03
25. D. Ibbetson V	Gloss	43.33
26. A. Vaughan J	Eryri	43.36
27. M. Prady	Gloss	43.43
28. A. Schofield	Borr	43.55
29. M. Foschi V	Penn	44.03
30. G. Owen V	Eryri	44.19

VETERANS 0/40

1. M. Hoffe	Amble	41.45
2. P. Bowler	Merc	42.21
3. D. Ibbetson	Gloss	43.33
4. M. Foschi	Penn	44.03
5. G. Owen	Eryri	44.19

VETERANS 0/50

1. J. Nuttall	Clay	46.22
2. D. Williams	Eryri	46.50
3. R. Bell	Amble	47.27
4. J. Moms	Penn	49.10
5. G. Howard	Ilk	49.37

LADIES

1. A. Priestley	Fetlan	50.14
2. J. Reid	CFR	50.49
3. E. Hodgson	Fellan	51.20
4. C. Banby	Helsby	51.54
5. C. Greasley V	Macc	52.45
6. S. Rowson V	Macc	52.46
7. C. Crofts	DkPk	52.59
8. K. Harvey V	Alt	53.05

INTERMEDIATES

1. I. Hansen	Bing	45.14
2. R. Jebb	Bing	46.05
3. B. Orringe	MDC	54.07

JUNIORS

1. A. Vaughan	Eryri	43.36
2. T. Davies	Merc	46.55
3. A. Crossley	Quay	58.09

FOUR TOPS HILL RACE
Inverness-Shire
AL/14m/5100ft 10.4.94

RESULTS

1. G. Bartlett	Forres	1.50.33
2. D. Hirst	Dee	1.58.23
3. G. Simpson	H.B.T.	2.00.55
4. T. Ross V/40	Fife	2.01.29
5. J. Holden V/40	Fife	2.03.13
6. D. Duncan	Unatt	2.07.53
7. S. Tindale	S.Shlds	2.08.04
8. J. Maitland	L.A.C.	2.09.11
9. I. MacDonald	HHR	2.10.02
10. M. Davis	L.A.C.	2.11.16
VETERAN 0/50		
1. A. McGillivray	Fife	2.17.05

GISBOROUGH MOORS RACE
BL/12.5m/2600ft 10.4.94

Another excellent day and typically the organisers had had to suffer snow and hypothermia in the preceding few days whilst marking the course. The result was dire warnings about wind proof body covering. In the event the sun shone all day and a few sun tans were achieved. During race registration, despite the previous weeks weather, there was the largest 'on the day' entry we have known, to add to the pre-entry list. So much so, that the marshalls had to go without their customary t-shirts as only three were left at the end. It must be the whisky that was on offer as prizes courtesy of Bell's Stores!

The race began on time despite the above and the field clattered off full of the joys of spring. Very soon there was a breakaway group established made up of about six athletes. Interestingly, however, this was not to be that significant due to later happenings. By Captain Cooks Monument, Stead, had established a lead of twenty eight seconds, with Cara, exactly the same time ahead of McCready. Fielden, was almost two minutes adrift at this stage in sixth, whilst McGonigle was running strongly. The surprise package was perhaps Gamble, in what I understand is his first year of competition running, very well in fifth position.

At Roseberry Topping the placings were similar with only Fielden having made something of a move up in to fourth, closing the leaders down to a little over a minute. On the descent of Roseberry things went drastically adrift for both Stead and to a lesser extent McCready, with the leader taking the Hutton track and not immediately ascending Little Roseberry. This resulted in a complete change and at Highcliffe, Cara had a comfortable lead with Fielden having moved in to second as others faded. The unfortunate Stead had dropped to twenty ninth, whilst McCready had recovered a little to ninth. Unfortunately a second disaster awaited on the descent, with a twisted ankle limiting McCready to painful progress, helped down by Stead who gave up any ambitions of salvaging a few more places, the pair finishing eventually in fifty second and fifty third place. In the meantime, Marco Cara continued his excellent return to form for his second win in this event, with young Fielden, his club colleague giving chase in second. This established a comfortable team victory for Mandale, with its nearest rivals being the 'B' team.

In the womens race Sheila Wright, was to dominate from the outset establishing a minute's lead by Sleddale Farm and two minutes from the leading female veteran, Margaret Levy. Mandale women won the team event, with Sharon Gayter and Cath Procter being the other two counters.

In the mens veterans race it was Peter Connor of Mandale in overall eighth, who won from his club colleague Bob Mitchell. In the over fifty's, Ray Stevenson retained his title from Barry Harrison his team, CLOK in fact, going on to win the unaffiliated team prize (Pollard 29th, Gaskin 47th and Harrison 73rd). In the over sixty's race, B.McNeil of Durham was the winner, with D.Cook in second.

In the five mile race, K.Sheppard, a newcomer to the area, romped home in first position, with S.Heathfield a convincing winner in the womens section. Hope to see you next year.

David Parry

RESULTS

1.M. Cara	Mand	86.58
2. D. Fielden	Mand	88.12
3. D. Gamble	Bill	88.51
4. N. Raitt	Mand	89.31
5. D. McGonigle	Shett	90.54
6. B. Duncan	R'trees	91.03
7. G. Hemblade	Y.P.St.	91.18
8. P. Connor V	Mand	91.25
9. B. Roberts	Mand	92.44
10. A. Beavers	R'trees	92.48

VETERANS 0/40

1. P. Connor	Mand	91.25
2. R. Mitchell	Mand	95.44
3. P. Rafferty	Thirsk	96.28
4. R. Firth	Mand	96.40
5. K. Wilson	Mand	99.28

VETERANS 0/50

1. R. Stevenson	Mand	103.48
2. B. Harrison	CLOK	109.21
3. B. Sprakes	DkPk	113.31
4. A. Cameron	FRA	116.55
5. N. Dyson	Mand	117.38

VETERANS 0/60

1. B. McNeil	Durham	116.09
2. D. Cooke	Unatt	126.57

LADIES

1. S. Wright	Mand	105.46
2. M. Levy V	Loftus	111.58
3. S. Gayter	Mand	119.44
4. Y. Williams	Penn	131.56
5. J. Howard V	A'teer	132.32
6. S. Jemson V	NMH	132.40
7. K. Blakely	Loftus	133.08
8. K. Neesam	NMH	134.33

WREKIN FELL RACE
Shropshire
AS/5.5m/1700ft 10.4.94

All races this year were held in ideal conditions, with bright sunshine and a moderate northerly wind. In the first race for boys and girls under twelve and fourteen, run over a distance of two miles with an overall climb of three hundred and fifty feet, underfoot conditions on the way up were muddy and soft, but on reaching the summit of the Ercall, underfoot conditions were perfect on the path and all the way down to the finish. AH age groups were keenly contested, as the results show.

The under sixteen boys and girls course was run over a course of just under three miles, with nearly six hundred and fifty feet of climbing. Underfoot conditions for the first half of the race was again soft and muddy, with the remainder of the race incorporating a stiff three hundred foot climb at the halfway point, with the last mile all downhill into the finish.

The senior race set off with a record entry of over two hundred and seventy runners, in perfect conditions. Underfoot conditions throughout the course were ideal, considering the adverse weather conditions of the previous few days. After the first half mile, Mark Kinch assumed control of the race and by the summit he was around half a minute clear of the pursuing runners. By all accounts on the way down, Marie was very much in control, constantly looking back to see where the nearest challenger was. By the finish Mark had a comfortable lead of forty four seconds, which puts him second fastest on the all time list.

The ladies race had a clear winner also, in Janet Kenyon, moving Janet in to fourth place on the all time fastest times.

Ian Kevin

RESULTS

1. M. Kinch	Warr	35.20
2. B. Thompson	CFR	36.04
3. J. Ward	Derby	36.12
4. M. Roberts	Kend	36.41
5. G. Bland	Borr	36.57
6. G. Huddleston	Clay	37.02
7. M. Moorhouse	Saif	37.12
8. G. Wilkinson	Clay	37.15
9. C. Roberts	Kend	37.30
10. S. Livesey	Clay	37.33
11. M. Aspinall	Clay	37.48
12. R. Jackson	Horw	37.49
13. M. Hoffe V/40	Amble	37.56
14. M. Keys	Ross	38.09
15. M. Corbett	Ross	38.11
16. S. Thompson	Clay	38.12
17. M. Wallis	Clay	38.13
18. P. Bowler V/40	Merc	38.14
19. M. Fleming	Amble	38.16
20. A. Trigg	Gloss	38.20
21. A. Wrench	Tod	38.22
22. D. Ibbetson V/40	Gloss	38.31
23. R. Hope	Horw	38.43
24. M. Walsh V/40	Kend	38.44
25. N. Spence	Kend	39.04
26. A. Schofield	Borr	39.13
27. N. Jones	ValeR	39.19
28. M. Prady	Gloss	39.31
29. P. Cadman	Merc	39.34
30. D. Lee	CFR	39.39

VETERANS 0/50

1. R. Bell	Amble	41.56
2. B. Toogood	DkPk	43.04
3. J. Nuttall	Clay	43.10
4. M. McGill	Kend	43.31
5. G. Howard	Ilk	43.58

VETERANS 0/60

1. B. Thackery	DkPk	47.48
2. E. Leathley	Clay	53.50
3. J. Newby	Tod	55.23

INTERMEDIATES U/20

1. R. Hope	Horw	38.43
2. N. Jones	ValeR	39.19
3. N. Mathews	Horw	41.27
4. D. Riley	Stock	44.11
5. S. Robinson	Black	48.22

JUNIORS U/18

1. M. Moorhouse	Saif	37.12
2. T. Davies	Merc	42.11
3. D. Hope	Horw	42.30

LADIES RACE

1. J. Kenyon	Horw	44.59
2. A. Priestley	Fellan	45.25
3. C. Greasley V	Macc	45.45
4. L. Thompson V	Kesw	46.41
5. J. Rawlinson V	Clay	46.59
6. J. Reid	CFR	47.36
7. S. Rowson V	Macc	47.46
8. A. Isdale V	Bing	47.59
9. E. Hodgson	Fellan	48.10
10. K. Harvey V	Alt	48.22

JUNIORS U/16 - BOYS		
1. A. Turner	Bus	17.45
2. A. Davies	Merc	17.59
3. G. Lamb	P&B	18.00
4. J. Han	O&R	19.12
5. C. Hodgson	Wirral	20.44
JUNIORS U/16- GIRLS		
1. V. Wilkinson	Bing	20.52
2. G. Adams	Brist	21.30
3. M. Leek	L&M	22.15
4. J. Walsh	P&B	22.26
5. H. Matthews	Horw	23.26
JUNIORS U/14 - BOYS		
1. C. Livesey	Prest	13.43
2. M. Cain	Horw	14.03
3. J. Robertson	Horw	14.10
4. A. Sutton	Prest	14.34
5. J. Blyth	Wirral	14.42
JUNIORS U/14 - GIRLS		
1. N. Jones	Chor	15.53
2. S. Clark	G.Rnrs	16.02
3. S. Dunnier	Holm	16.08
4. K. Lamb	P&B	16.18
5. L. Brindle	Horw	16.32
JUNIORS U/12 - BOYS		
1. L. Barnard	Telf	14.42
2. S. McCain	Wirral	14.53
3. S. Edwards	Wirral	15.01
4. K. Masser	Ross	16.16
5. I. Ramsdaie	Horw	16.39
JUNIORS U/12 - GIRLS		
1. S. Jones	Chor	18.02
2. N. White	Holm	18.25
3. H. Wightman	Horw	18.31
4. C. Boardman	Horw	19.28
5. H. Atherton	Horw	19.46

**WOUND WITHER WOOD
WELAY WACE
West Yorkshire 10.4.94
CL/14m/1400' (4 x 3.5 legs)**

This race was put on as a charity event to raise money for the purchase of a local ancient woodland by the Woodland Trust. Barnsley AC came with the intention of swiping the various splendid prizes on offer but reckoned without Pudding and Brambles all star line up, more ex Champions, record holders and excessive beer drinkers than you could shake a stick at! They pipped Barnsley by 42 seconds on a course that was made extra interesting by the foot of snow that was rapidly melting. Some splendid individual times considering the conditions and the fact that it is a 'thick' three and a half.

My thanks to all our supporters and sponsors from Buffalo to Patrick the chocolate man and John the pub (who reckoned that it might have cost him less money if he'd just gone out and bought the wood himself!) Cheap entry, loads of food, loads of beer, loads of merriment, loads of prizes and still a healthy £200 to give the Trust at the end of the day.

What was to have been a one off may well become an annual event but beware, the entries will be strictly limited.

RESULTS

1. Pudsey A	88.27
2. Barnsley AC A	89.09
3. Pudsey B	97.05
4. Denby Dale A	101.05
5. Helsby RC	101.26
6. Longwood Vets	103.48



Wither Wood Marshall!



Mark Kinch - winner at the Wrekin and putting in a bid for the Championship.
Photo: Steve Bateson

LADIES

1. Denby Dale A	125.10
2. Barnsley AC	128.29
3. Denby Dale B	132.52

FASTEST LEGS

Men

1. Shane Green	21.40
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Ladies

1. J. Ingman	27.40
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**BUNNY RUN TWO
West Yorkshire
CS/3m/300ft 12.4.94**

HAIL TO THE RUNNERS! - On an evening not even fit for your pets to be out, one hundred and twenty eight hardy and obviously keen athletes toed the start line on Harden Moor. Fell shoes were the order of the day, as International, Jeff Hornby, can truly testify finishing a mere sixteenth, two minutes down on Ian Holmes. 'Holmsey' is the first runner to complete the double, i.e. win the egg stage and the race itself. Up in to the Stage Rocks, Hornby chased hard, but on the long lap found the descent as slippery as an eel.

Even in these elements, Ilkley Harrier, Christine Porritt managed to set a new over fifty's record, taking over three minutes off Liz Spence's record.

Once again over fifty Easter Eggs were 'dished out' along with a dozen spot prize eggs, and being for the fairer sex, Cadbury's creme eggs for each at the finish.

Let's just hope the hail prevails for Bunny Run III on this fortnightly Tuesday evening slot.

Runny Egg

RESULTS

1. I. Holmes	Bing	18.06
2. P. Mitchell	Bing	19.14
3. P. Thompson	Black	19.18
4. S. Oldfield	Bfd/Aire	19.21
5. G. Damiani	Spem	19.26
6. J. Logue	Horw	19.30
7. G. Oldfield	Bfd/Aire	19.34
8. M. Bruce	Bing	19.35
9. R. Pallister	P&B	19.39
10. A. Whalley	P&B	19.47

VETERANS 0/40

1. M. Pickering	Otley	19.51
2. H. Waterhouse	Sadd	20.02
3. D. Rhodes	Bfd/Aire	21.33
4. E. Emerson	Tod	21.36
5. A. Green	Bfd/Aire	21.38

VETERANS O/SO

1. D. Quinlan	Bing	22.25
2. R. Hill	Clay	26.34
3. R. Cutts	L'wood	27.09

LADIES

1. C. Greenwood	Bing	21.15
2. K. Drake	Spem	22.18
3. J. Rawlinson V	Clay	23.18
4. N. Wilkinson	Black	23.32
5. A. Isdale V	Bing	23.39
6. S. Malir	Fellan	24.06
7. L. Pickles	Unatt	24.48
8. L. Bostock V	Clay	25.02

JUNIORS U/16

1. A. Turner	Bux	20.13
2. I. Wellock	Unatt	21.07
3. G. Hird	Unatt	21.37
4. O. Belby	Unatt	22.20
5. J. Hart	O&R	22.28

**MOELWYN PEAKS
Gwynedd
AM/9.5m/2800ft 16.4.94**

Good day for the race, clear but windy on the peaks. Entries around the average, considering the London Marathon the following day and three fell races on the same day. When can this be considered as a British or Welsh Championship Race?

E. Hughes

RESULTS

1. E. Roberts	Eryri	1.16.42
2. P. Hague	Eryri	1.19.07
3. G. Williams	Eryri	1.22.46

VETERANS 0/40

1. J. Birchenough	Bolt	1.27.42
2. P. Jones	Eryri	1.28.27
3. D. Williams	Eryri	1.32.06

LADIES

1. M. Cowper		1.49.41
2. J. Schreiber	P&B	1.53.51
3. S. Bennell	Eryri	2.08.50
4. N. Williams	Eryri	2.08.50

WARDLE SKYLINE FELL RACE

Lancashire

CM/7m/1000ft 16.4.94

Another fine day, and another fine turnout. However, despite dry conditions underfoot and a fast course, a stiff wind ensured that the leaders were well outside both the course records. Mark Aspinail was closely beaten by winner Ken Stirrat, but had the consolation of being a member of the first Clayton team to win this event. His old club - and four times winners of the team event at Wardle - Rossendale, were only one point behind them. They might have fared much better but for an injury to Pete Livesey, and the fact that Pete Irwin had only just returned to the rigours of the fells, after sampling the delight of the swimming pool and deckchair!

We were glad to welcome Kath Drake to her first visit and win at Wardle. Clayton put in an impressive performance in the ladies' results, with Jean Rawlinson third overall and first female veteran.

This being our Centenary year, I should make a mention of the achievements of Rochdale Harriers, two in the first twenty - Andy Maloney and third veteran, Dave Beels. Glynda Cook was second lady veteran, and Rochdale were the third team.

Allan Buckley

RESULTS

1. K. Stirrat	H'fax	43.39
2. M. Aspinail	Clay	43.44
3. M. Moorhouse	Saif	43.16
4. R. Jackson	Horw	43.20
5. M. Keys	Ross	43.21
6. M. Corbett	Ross	43.39
7. G. Schofield	Black	44.46
8. A. Hauser	Fellan	45.07
9. P. McWade V	Clay	45.09
10. S. Breckell	Clay	45.35

VETERANS 0/40

1. P. McWade	Clay	45.09
2. P. Weatherhead	Wirral	47.19
3. D. Beels	Roch	47.31
4. M. Groom	Roch	48.26
5. B. Walton	Horw	48.31

LADIES

1. K. Drake	Spn	51.15
2. S. Newman	Gloss	51.31
3. J. Rawlinson V	Clay	52.29
4. C. Banlin	Helsby	52.32
5. J. Siddiqin	Sale	54.09
6. S. Malir	Fellan	54.30

GRAIG GOCH

Gwynedd

AS/5.5m/1400ft 23.4.94

The second Ras Graig Goch was held in clear, if windy conditions, a great improvement on last year's misty debacle. As a consequence the times improved considerably, the only concern was the very low turnout for what is considered by those who ran, as a classic course involving a variety of terrain, two ascents with a fast level bit in the middle, and plenty of opportunities to gain an advantage by choosing the best line.

Emlyn Roberts won comfortably, taking five minutes off the record, while Phil Llan in seventh place overall, took four minutes off the veterans record. Tim Davies of Mercia, a sixteen year old, had a very good run, finishing fourth overall, while his younger brother Andrew, had had a race against Harry Matthews in the Junior race.

Only two ladies competed, I am sure they would welcome a bit more competition next year.

D Tomos

RESULTS

1. E. Roberts	Eryri	47.37
2. J. Bass	UWEC	49.13
3. S. Jones	Eryri	49.24
4. T. Davies	Merc	50.04
5. S. Barnard	Eryri	50.22
6. C. Williams	Hebog	52.11
7. P. Llan Jones V	Eryri	52.29
8. S. Froggat	Cybi	53.16
9. D. Williams V	Eryri	53.19
10. A. Woodhall	Eryri	53.22

VETERANS 0/40

1. P. Llan Jones	Eryri	52.29
2. D. Williams	Eryri	53.19
3. M. Blake	Eryri	56.44
4. A. Oliver	Eryri	58.52
5. D. Thomas	Eryri	60.00

VETERANS 0/50

1. T. Hildige	Eryri	62.12
2. T. Mackie	Eryri	68.08
3. T. Hayes	Eryri	79.04

LADIES

1. A. Donnelly	Eryri	70.07
2. S. Lloyd	Eryri	77.58

JUNIOR BOYS U/16

1. A. Davies	Merc	21.28
2. H. Matthews	Shrews	21.39
3. T. Hill		35.40

JUNIOR BOYS U/12

1. L. Foreman	Eryri	27.40
2. I. Volker		46.56
3. J. Wright		46.58

SHINING TOR RACE

Cheshire

AM/6.5m/1900ft 23.4.94

Mark Kinch, fresh from victories in the English and British Championship races, was the obvious favourite for the tenth running of the Shining Tor race. This proved to be the case, as he cantered round in the sunshine on a course made soggy from overnight rain, only pushing the pace with two miles remaining and leaving Mathew Moorhouse an isolated two minutes behind, and one minute ahead of Mike Prady - making his fourteenth comeback. Phil Bowler ran well for first veteran. Sally Newman finishing well clear as first lady.

A special mention must go to Eric Mitchell, finishing what is quite a hard course and he is over seventy. The one hundred and fifty foot climb at the finish makes it easier for the officials and also keeps competitors quiet for a few minutes. The Sailing Club is expensive to hire, but makes a good venue and we shall be using it next year.

Tony Hulme

RESULTS

1. M. Kinch	Warr	48.02
2. M. Moorhouse	Saif	50.14
3. M. Prady	Gloss	51.24
4. S. Willis	Amble	51.27
5. G. Cudahy	Stock	51.54
6. S. Mansbridge	Merc	52.11
7. A. Jones	Gloss	52.31
8. P. Bowler V	Merc	52.36
9. D. Gartley	Gloss	53.34
10. G. Webb	CalderV	53.42

VETERANS 0/40

1. P. Bowler	Merc	52.36
2. G. Gressmell	Penn	54.19
3. J. Birchenough	Bolt	54.34
4. R. Leggett	Horw	55.03
5. R. Clucas	CFR	55.07

VETERANS 0/50

1. B. Toogood	DkPk	55.10
2. J. Clemens	Merc	60.06
3. D. Jones	Penn	60.34

VETERAN 0/60

1. B. Thackeray	DkPk	64.02
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LADIES

1. S. Newman	Gloss	58.43
2. J. James	DkPk	60.17
3. J. Smith V	DkPk	62.01
4. S. Rowson V	Macc	62.11
5. K. Harvey V	Alt	62.24
6. C. Menhennet V	Clydes	66.58
7. D. Challanain	DkPk	68.06
8. J. Cave V	DkPk	71.25

MANCHESTER TO LEEDS RELAY

23.4.94

RESULTS - TEAMS

1. Doss AC	11.33.11
2. Pudsey & Bramley	11.48.43
3. Alehouse	12.00.34

FASTEST LEGS

Leg 1. M. Bowler	Krapp	51.54
Leg 2. Jez	P&B	1.31.11
Leg 3. J. Smith/Widdop	P&B	1.09.15
Leg 4. J. McFarlane		
T. Partington	Ale	2.14.38
Leg 5. P. Davis		
R. Hudson	DossAC	1.22.14
Leg 6. B. Taylor	DossAC	1.33.48
Leg 7. S. Bund	Ale	29.40
Leg 8. D. Shepherd	DossAC	1.06.23

THREE PEAKS RACE

North Yorkshire

AL/23.5m/4500ft 24.4.94

RESULTS

1. A. Peace	Bing	2.56.52
2. M. Rigby	Amble	3.00.44
3. J. Parker	Ilk	3.01.01
4. G. Bland	Borr	3.03.38
5. I. Ferguson	Bing	3.05.24
6. G. Schofield	Black	3.05.51



A study in concentration. Alan Heaton on Pen-y-Ghent - 3 Peaks.

Photo: Peter Hartley

7. A. Schofield	Borr	3.06.52
8. G. Wilkinson	Clay	3.07.53
9. A. Hauser	Fellan	3.09.09
10. P. Briscoe	VlyStdrs	3.09.30
11. L. Thompson	Clay	3.09.36
12. G. Huddleston	Clay	3.10.06
13. M. Roberts	Kend	3.10.50
14. A. Wrench	Tod	3.11.12
15. M. Wallis	Clay	3.13.08
16. J. Wootton	Bing	3.13.25
17. K. Gaskell	Horw	3.13.56
18. M. Aspinail	Clay	3.14.37
19. S. Jackson V	Horw	3.16.49
20. J. Blair-Fish V	Cam	3.17.15

VETERANS 0/40

1. S. Jackson	Horw	3.16.49
2. J. Blair-Fish	Cam	3.17.15
3. P. McWade	Clay	3.18.56
4. T. Hesketh	Horw	3.27.17
5. S. Kirkbride	Kend	3.27.26

VETERANS 0/50

1. R. Bell	Amble	3.31.03
2. B. Laycock	Amble	3.31.24
3. G. Howard	Ilk	3.40.39
4. D. Quinlan	Bing	3.47.09
5. J. Sykes	Fellan	3.52.17

VETERANS 0/60

1. G. Booth	L'wood	4.28.35
2. B. Leathley	Clay	4.31.02
3. C. Rushton	Kend	4.31.04

LADIES

1. S. Rowell	P&B	3.21.50
2. H. Diamantides	Amble	3.38.33
3. C. Hunter-Rowe	P&B	3.43.37
4. L. Thompson V	Kesw	3.50.47
5. J. Rawlinson V	Clay	3.55.16
6. C. Kenny	Kend	3.58.09
7. A. Isdale V	Bing	4.01.18
8. W. Dodds V	Clay	4.03.03

(report in main magazine)

CLACHNABEN HILL RACE

Grampian

AM/10.5m/3500ft 24.4.94

Conditions for the race appeared to be impossible on Friday night, with a foot of snow blanketing the upper reaches of Mt.Shade and Clachnaben. Saturday was very mild, however, and the snow was virtually gone and the water had subsided. At registration, the runners enjoyed pleasant sunshine, although mist was to hang about the summits most of the day, as it did in 1993. Next year there will be a prize for the first person to see the summit of Clachnaben. Eighty six runners started the race. Graeme Bartlett, last years Ben Nevis winner, was first to the summit of Clachnaben but on the descent to the Black Hillocks Wood was overtaken by Neil Morton and John Hepburn, and a gap developed between them and Bartlett and Malcolm Patterson. From here on, a great battle was to be waged between the leading two on the long re-nascent of Mt.Shade, Hepburn, possibly, looked the stronger, but Martin must have been keeping something in reserve, at the finish he edged it by eight seconds, for a fine win. The first twelve men all broke the record set at last years inaugural race by John Kirkland (Dundee HH) in 1.26.27.

The ladies race was also a ding dong affair with the outcome uncertain right to the end, where Sonia Armitage took first place from Joyce Salvona, who was first lady veteran. Sonia's time smashed last years course record. A pleasing aspect of the race was having ten ladies start.



Results yet to come for.... Kinder Downfall
- here John Kewley finishes.
Photo: John Cartwright



Down the slope at the Wrekin - Jackie Smith to the left, Sally Malir to the right. Photo: Steve Bateson

Not to be out done, Sonia's husband Dave, who won a string of hill races in the North East last year, won the veterans prize in a course record time.

Charlie Love, obviously still in fine shape, successfully defended his super veteran title, and Shettleston comfortably won the team prize. Hope to see you all next year.

B Laurie

RESULTS

1. N. Martin	Lomond	1.19.59
2. J. Hepburn	D'dee	1.20.07
3. M. Patterson	Shett	1.21.39
4. G. Bartlett	Forres	1.21.47
5. J. Wilkinson	GALA	1.22.23
6. B. Marshall	HELP	1.22.54
7. D. Weir	PerthStrath	1.23.09
8. A. Davis	Fife	1.23.34
9. D. McGonigle	Shett	1.24.23
10. D. Crowe	Shett	1.25.10

VETERANS 0/40

1. D. Armitage	Aber	1.25.31
2. D. Milligan	Solway	1.31.21
3. C. Shaw	W'lands	1.31.48
4. R. Boswell	Loch	1.34.17
5. B. Lawrie	Cosmic	1.35.18

VETERANS 0/50

1. C. Love	D'dee	1.36.53
2. G. Armstrong	Hadd	1.37.24
3. E. Harvey	Cam	1.43.42
4. A. McGilluary	Fife	1.43.51
5. N. Dyson	Mand	1.51.08

LADIES

1. S. Armitage	Aber	1.38.35
2. J. Salvona V	L'ston	1.38.45
3. J. Farmer	Loch	1.44.23
4. K. Paton	Metro	1.50.19
5. D. McDonald	L'wade	1.54.34
6. H. Searle	Loch	1.55.57
7. P. Donald V	Deeside	1.59.02
8. L. Longmore	Solway	2.00.17

BUNNY RUN THREE

West Yorkshire

CS/3m/300ft 26.4.94

HOPPITY HOLMES - The third race in this Tuesday evening series brought warm fine weather, and attracted Sean Livesey from his Clitheroe haunt. But Hoppity Ian Holmes was in determined mood, and has now taken the egg stage in each outing along with the record, now standing at three minutes thirty two seconds. What a shame his trust fund has'nt enabled him to purchase a wrist watch, otherwise he would have known that Greg Hull's seventeen minutes and ten seconds record was a possibility.

Special prizes, Easter eggs of course, went to Robin Lawrence and Jean Rawlinson respectively, for combining this race with the Three Peaks two days earlier, this award will become a feature! Over forty Ray Rawlinson actually set a new record! A great feat indeed. Two other Bucks (longer in the teeth than hoppity) set records, Uncle Buck Harry Waterhouse and Great Uncle Buck J. Peter Smith.

Runny Egg

RESULTS

1. I. Holmes	Bing	17.11
2. S. Livesey	Clay	18.06
3. S. Oldfield	Bfd/Aire	18.42
4. J. Logue	Hor	18.52
5. T. Lofthouse	Bing	19.09
6. J. Butler	KRR	19.13
7. H. Waterhouse V/40	Sadd	19.14
8. R. Lawrence	Bing	19.19
9. J. Wright	Tod	19.24
10. P. Thompson	Black	19.27

VETERANS 0/40

1. H. Waterhouse	Sadd	19.14
2. G. Appleyard	Felndale	19.51
3. T. Ryan	Black	20.46

VETERANS 0/50

1. T. Cock	Holm	22.47
2. R. Hill	Clay	24.18
3. R. Cutts	L'wood	25.52

VETERANS 0/60

1. J. Smith	Bing	25.06
2. J. Newby	Tod	26.21
3. G. Gamett	Bing	27.36

LADIES

1. K. Drake	Spn	21.51
2. J. Rawlinson V/40	Clay	22.17
3. S. Malir	Felndale	23.07
4. N. Wilkinson	Black	23.25
5. H. Mayo	Unatt	24.08
6. P. Oldfield V/35	Bfd/Aire	24.30
7. W. Dodds V/40	Clay	24.45
8. B. McWade U/16	Clay	25.27
9. H. Morrell V/40	Bing	26.52
10. J. Thompson	LeedsU	27.06

LADY 0/50

1. C. Porrirt	Ilk	27.41
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JUNIORS U/16

1. I. Wellock	Unatt	20.31
2. A. Burnett	LeedsC	20.39
3. J. Hart	Old	20.48
4. S. Ackworth	Spn	20.58
5. M. Pearce	Spn	21.16

PENTYRCH HILL RACE

Mid Glamorgan

BM/7.5m/1700ft 26.4.94

Almost continuous rain in the twenty four hours preceding the race, left the underfoot conditions good, after days of high winds had left much of the ground hard and rutted.

One hundred and two athletes started and G.Woods of Bath soon established a lead. Marc Mussa, whose first ever race was t is one five years ago as a junior, worked hard to reduce the winner, getting near to his pledge that one day he would win the race. On the second climbing of the Gauth Hill, the mist suddenly closed in, leaving visibility at some twenty metres. Good markings and marshalling and a sweeper, prevented any problems.

John Gough

RESULTS

1. G. Woods	Bath	50.12
2. M. Mussa	HBW	50.44
3. S. Blease	Brynch	52.16
4. M. Saunders	MDC	52.36
5. J. Baker		52.49
6. J. Pointon V	P'pridd	53.11
7. J. Kerley	Bath	53.27
8. A. Woods	MDC	53.33
9. D. Vorres	MDC	53.38
10. A. Percy	Islwyn	54.37



..... and Howarth Hobbie, Mick Cook and
Graham Duckworth.
Photo: Dave Woodhead

VETERANS 0/40		
1. J. Pointon	P'pridd	53.11
2. M. Lucas	MDC	56.25
3. D. Hughes	Bath	56.59
4. N. Williams	Beddau	60.08
5. G. Aubrey	Beddau	61.00
LADIES		
1. C. McCarthy	Bath	60.46
2. J. Coker	MDC	61.35
3. A. Bedwell	MDC	62.55
4. S. Ashton	MDC	63.08
5. J. Huybs	B'afon	63.14
6. L. Underwood	MDC	63.55
7. V. Claire	Llis	67.22
8. M. Greatex	Llis	68.24
JUNIOR		
1. M. Dury	Islwyn	66.02

ENGLISH JUNIOR CHAMPIONSHIP LEADING POSITIONS AFTER 2 EVENTS

UNDER 12 BOYS		
1. S. McCain	Wirr	18
2. S. Edwards	Wirr	15
3. K. Masser	Ross	12
UNDER 12 GIRLS		
1. S. Jones	Chor	20
2. N. White	Holm	16
3. H. Wightman	Horw	14
UNDER 14 BOYS		
1. C. Livesey	Pres	20
2. M. Cain	Horw	16
3. A. Sutton	Pres	10
UNDER 14 GIRLS		
1. N. Jones	Chor	20
2. S. Clark	Ghost	16
3. S. Dunnier	Holm	14
UNDER 16 BOYS		
1. A. Turner	Buxt	20
2= G. Lamb	P&B	15
2= A. Davies	Merc	15
UNDER 16 GIRLS		
1. V. Wilkinson	Bing	20
2. G. Adams	Bris	16
3. M. Leck	L&M	14

BUNNY RUN FOUR West Yorkshire CS/3m/300' 3.5.94

This four race series ended with three new records by Pete McWade in 0/40, Anthony Turner in U/16 and Jean Rawlinson V/35 and proved its popularity with 118 competing.

Definitely the series is for manic chocoholics. Manic because the race is so fast and furious, it's over before you've settled into a rhythm, and chocoholic because Eileen and Dave Woodhead inflict vast amounts of the notorious health food on their guests. Nobody gets away without having tasted any.

Just how this huge stock of the chocolate ovals are acquired is a trick shown to them by Paul Daniels, especially when only a quid secures race entry.

After race four, believe it or not a little profit was made, but in typical 'woodentop' style it was handed back to the runners and spectators alike in the form of a FREE sandwich buffet at the Guide Inn.

The best, biggest and chocolatist eggs were saved for the overall series athletes, with first 12 men, 4 0/40s, 0/50, 0/60, 3 U16's, 1 U16 girl, 6 ladies, 1 FV35, 1 FV40 and finally an egg draw for all who did all 4 races. Now that's chocolate! Choc's away!!!

Runny Egg

RESULTS			
1. Ian Holmes	Bingley	17.12	
2. Shaun Livesey	Clem	17.54	
3. Paul Mitchell	Bingley	18.32	
4. Steve Oldfield	Brad/Aire	18.42	
5. Gary Oldfield	Brad/Aire	18.47	
6. Rob Hickman	U/A	18.58	
7. Peter McWade	Clem	19.01	Rec. V40
8. Harry Waterhouse	Saddleworth	19.08	V40
9. Jonnie Butler	KLY.RR	19.10	
10. Robin Lawrence	Bingley	19.13	Rec.
13. Anthony Turner	Buxton	19.21	U16
28. Dennis Mayho	Brad/Aire	20.15	V40
29. Ian Wellock	U/A	20.16	U16
31. Bob Waterhouse	Saddleworth	20.21	V40
35. Adam Burnett	Leeds C.	20.37	U16
36. Dennis Quinlan	Bingley	20.41	V50
48. Kath Drake	Spenboro'	21.39	Lady

UNDER 18 BOYS		
1. M. Moorhouse	Saif	20
2. D. Hope	Horw	11
3. T. Davies	Merc	10
UNDER 18 GIRLS		
1. C. Whittam	Todm	20
2. K. Prescott	Chor	16
3. L. Brannon	Horw	12

ENGLISH INTERMEDIATE CHAMPIONSHIP POSITIONS AFTER 3 RACES

MEN		
		Points
1. R. Hope	Horw	30
2. N. Matthews	Horw	22
3. P. Boyd	Horw	12
WOMEN		
1. H. Berry	Holm	30
2. J. Edwards	Ross	24

BUTTERMERE SAILBECK Cumbria AM/9.4m/4250' 8/5/94

RESULTS		
1. I. Holmes	Bing	1.24.59
2. M. Kinch	Warr	1.25.08
3. J. Parker	Ilkley	1.26.33
4. B. Thompson	C.F.R.	1.27.18
5. M. Roberts	Kendal	1.27.41
6. G. Devine	P&B	1.28.34
7. S. Booth	Borr	1.29.02
8. A. Peace	Bing	1.29.48
9. S. Livesey	Clem	1.30.03
10. A. Trigg	Gloss	1.30.20
11. P. Sheard	P&B	1.30.43
12. G. Wilkinson	Clem	1.30.59
13. E. Roberts	Eryri	1.31.55
14. M. Roscoe	Leeds City	1.32.20
15. G. Bland	Borr	1.33.10
16. M. Wallis	Clem	1.33.120
17. A. Wrench	Tod	1.33.20
18. R. Jackson	Hor RMI	1.33.36
19. A. Schofield	Borr	1.33.36
20. T. Hesketh	Hor RMI	1.33.51 Vet

21. J. Hooson	Ambleside	1.34.13
22. G. Huddleston	Clem	1.34.20
23. A. Meanwell	Borr	1.34.41
24. P. Hague	Eryri	1.34.53
25. M. Larkins	Borr	1.35.02
26. S. Thompson	Clem	1.35.09
27. G. Hull	Leeds City	1.35.24
28. D. Gartley	Gloss	1.35.25
29. H. Jarrett	C.F.R.	1.35.27 Vet
30. I. Ferguson	Bing	1.36.01

VETERANS		
1. T. Hesketh	Horwich	1.33.51
2. H. Jarret	C.F.R.	1.35.27
3. D. Ibbetson	Gloss	1.36.28

SUPERVETERANS		
1. D. Williams	Eryri	1.41.41
2. R. Bell	Ambleside	f.44.03
3. B. Toogood	DkPk	1.44.47

OVER 60		
1. B. Thackery	DkPk	1.57.48
2. B. Leathley	Clayton	2.16.54
3. M. Waddell	Gravesend	2.31.54

LADIES		
1. A. Priestley	Fellandale	1.46.14
2. C. Greasley	Macc	1.50.47
3. A. Brand-Barker	Eryri	1.52.04
4. J. James	DkPk	1.52.14
5. J. Reid	CFR	1.52.39
6. J. Rawlinson	Clayton	1.52.43
7. L. Thompson	Keswick	1.55.14
8. N. Lavery	Ambleside	1.53.34
9. S. Rowson	Macc	1.57.17
10. J. Smith	DkPk	1.58.20

LADY VETERANS		
1. C. Greasley	Macc	i.50.47
2. J. Rawlinson	Clem	i.52.43
3. L. Thompson	Kesw	1.55.14
4. S. Rowson	Macc	1.57.17
5. J. Smith	DkPk	1.58.20

TEAMS		
1. Clayton 1	S. Livesey, G. Wilkinson, ML Wallis	
2. Bingley	I. Holmes, A. Peace, I. Ferguson	
3. Borrowdale	S. Booth, G. Bland, A. Schofield	

LADIES TEAM		
	Points	
1. Fellandale	24	
2. Macclesfield	27	
3. Dark Peak I	32	

51. Jean Rawlinson	Clem Rec.	21.53 V40
		Lady
68. Sally Malir	Fellandale	23.06 Lady
73. Mary Green	Bingley	23.31 V35
		Lady

SERIES WINNERS		
1. Ian Holmes	Bingley	3pts
2. Steve Oldfield	Brad/Aire	11 pts
3. Paul Mitchell	Bingley	15pts
4. James Logue	Horwich	22pts
5. Gary Oldfield	Brad/Aire	23pts
6. Paul Thompson	Blackburn	24pts
7. Jonnie Butler	KLY. R.R.	27pts
8. Robin Lawrence	Bingley	29pts
9. Rob Hickman	U/A	42pts
10. Ron Skelton	Ilkley Coll.	50pts
11. Mark Sandamas	U/A	51 pts
12. John Brook	Bingley	54pts

LADIES		
1. Kath Drake	Spenboro'	4pts
2. Jean Rawlinson	Clem	7pts V40
3. Sally Malir	Fellandale	12pts
4. Pauline Oldfield	Brad/Aire	19pts V35
5. Wendy Dodds	Clem	20pts V40
6. Linda Bostock	Clem	21 pts V35
7. Ruth Whitehead	Bingley	27pts
8. Helen Morrell	Bingley	35pts V40
9. Amy Green	Spenboro'	36pts U16

V40		
1. Harry Waterhouse	Saddleworth	4pts
2. Keith Parkinson	Todmorden	18pts
3. Andy Green	Brad/Aire	20pts
4. Barry Crewdsen	Blackburn	21 pts

V50		
1. Ron Hill	Clem	8 pts

V60		
1. John Newby	Todmorden	3pts

GIRL U16		
1. Beverley McWade	Clem	3pts

BOYS U16		
1. Anthony Turner	Buxton	3pts
2. Ian Wellock	U/A	5pts
3. Adam Burnett	Leeds C.	8pts

OVERALL MENS TEAM		
Bingley		

OVERALL LADIES TEAM		
Clayton le Moors		

Welsh Uphill Trial Races, Llanberis, Sunday 14th August 1994.

These races will be used for Welsh team selection for the World Trophy.

Senior Men Start at 1.00 p.m. 11.4k/1175m
(finish Crib y Ddisgyl)

Senior Ladies and Junior Men Start at 1.15 p.m.
7.3k/580m (finish Moel Cynghorion)

The first three Welsh senior men, first two Welsh ladies and junior men will be selected automatically. Three other senior men, two ladies and two juniors will be chosen by the selection committee.

The Moel Cynghorion Race will also be used for the inaugural

Welsh Junior Championships.

The first junior man and junior lady will be 1994
Welsh Champions.

Age qualifications for this race are 14 and over on the day and under 20 on 31st December 1994.

*Further details from Ross Powell, 'Kerkira',
Bryn Rhos, Rhosbodrual, Caernarfon, Gwynedd,
LL55 2BN*

0286 675800

One of the problems of conservation is trying to keep the peat on the moors. People will take it away for gardens etc. Here S. Kirkbridge of Kendal is spotted stealing vast quantities of it at the Three Peaks.

Photo: Peter Hartley



FRA British Relay Championships

In recent years the Relay has been organised by Fellandale, Dark Peak, Bingley, Keswick and in 1993, Livingstone/Carnethy/Hunters/Bogtrotters.

The event is co-ordinated by the FRA on behalf of the Fell and Hill Running Commission and this year's Relay is being organised by Todmorden/Calder Valley, details in this issue.

Applications to stage the 1995 Relay are invited from interested clubs for consideration at the November committee meeting. Offers to FRA secretary please.

The guidelines, reproduced here, will be of interest not only to potential organisers, but also to the general membership.

From next year the event will be called the British Fell Hill Relay Championship.

Mike Rose

Guidelines for Organisers

VENUE

- Location to be suitable for a safe and efficient central changeover.
- There should be adequate changing facilities and a suitable waiting/drinking/eating point such as pub, marquee or hall, bearing in mind the time of the year and that a lot of people could be waiting around for a long time.
- Adequate parking and toilet facilities should be provided.

TEAMS

- So as not to penalise smaller clubs, teams should comprise not more than 8 runners - 6 is probably the optimum number.
- All team members should be experienced in A category races. Team managers should confirm this on entry forms.
- Only clubs affiliated to BAF (for fellrunning) or the FRA may enter, and all runners must be first claim members.
- There must be no doubling up of runners to make up a team or teams. This could create potential dangers and, bearing in mind that this is a championship event, it could be held to be unfair.

COURSES

- Assuming an 11.00a.m. start, plan for a winning time of around three to four hours.
- Although every leg need not necessarily be A category, all the legs should be demanding, and the relay as a whole should measure up to A category criteria.
- As far as possible, the course should not utilise recognised race routes.
- The number of legs, number of runners per leg, lengths and degree of marking of legs is decided by the organising club who should bear in mind that the objective is to provide as much variety as possible to test a club's strength and fellrunning skills in depth.



This year's relay country - Colin Valentine crosses Crimsworth Dean on the Wadsworth Trog.

Photo: Peter Hartley

- The pre-race information should include at least one copy of the event map which need not delineate all legs in detail, but, subject to any access constraints, should give sufficient information about the general location of checkpoints to allow a team to do some forward planning. The pre-race information should indicate any marked sections and those legs which place a higher premium on navigational skills so that clubs can select their teams in the most appropriate combinations.

SAFETY

- Organisers MUST adhere to the FRA Safety Requirements for Fell Races.
- In particular, bearing in mind the time of the year, the organiser should stipulate at least full windproof whole body cover and other equipment in accordance with Safety Requirement 9. Clothing and equipment requirements

MUST be enforced by checks as Safety Requirement 13.

- Any team which breaches the clothing and equipment requirements MUST be instantly disqualified from the event.
- Safety requirements should be spelt out in the initial publicity in *The Fellrunner* and also in any subsequent literature to clubs, to ensure no-one is in any doubt on the day.

Organisers should be prepared to present their outline proposals to the FRA for consideration at the committee meeting in March/April.

Entry details should be submitted to the editor of *The Fellrunner* in early May for publication in the June issue.

Advice on club eligibility can be obtained if necessary from the FRA secretary.



FRA BRITISH RELAY CHAMPIONSHIPS

**Hebden Bridge/Todmorden, West Yorks
Sunday October 16th 1994**



The 6th British Relay Championships will be organised by the combined forces of Calder Valley Fell Runners and Todmorden Harriers, on behalf of the Fell Runners Association.

The event happens in October and will be based in the Upper Calder Valley area of Calderdale, which is the region between Burnley and Halifax. The valley is host to twelve established fell races, a testimony to the level of interest in the sport amongst local runners. The event headquarters will be located in the village of Old Town, situated high above the much-visited town of Hebden Bridge. The routes will cover a variety of terrains - from wild, exposed Pennine moorlands, to secluded wooded valleys. For more information you can contact the address given in the details on the facing page.



ENTRY FORM
TO BE COMPLETED IN BLOCK CAPITALS
PHOTOCOPIES ACCEPTABLE



*B & K Pierce
7, Old Town Hall Cottages
Hebden Bridge
West Yorks
HX7 8SP*

Entry Fee: £21 per team of 6, payable to "FRA Relay Championships 1994"

Name of Club: _____

Name of Club Contact: _____

Address of Contact: _____

home _____

work _____

Indicate your **GUARANTEED ENTRIES.....**

(one entry for each category)

Men

Vets

Women

please ✓ as appropriate

Other **ADDITIONAL ENTRIES.....**

(subject to availability)

1.

2.

3.

enter the appropriate letter - M, V or W

Choose from MEN (M); VETERAN MEN (V); WOMEN (W)

DATE:

Sunday 16th October 1994

VENUE:

Old Town, Hebden Bridge, West Yorks.

ENTRY FEE:

£21 per team of six (including refreshments).

Cheques made payable to "FRA Relay Championships 1994"

START TIME:

10.30am from the Village Green
Grid Reference: 000283

REGISTRATION:

8.30 - 10.00am at Old Town Cricket Club.

Grid Reference: 998285

ROUTE:

A shortened course may be implemented in case of bad weather on the day.

Leg 1 - solo

Medium - 9 miles, 2200ft. Rough moorland with some navigation but also flagged sections.

Estimated winner's time: 70 mins

Leg 2 - solo

Short - 5 miles, 1300ft. Steep climb and some rough moorland. This section will be fully flagged.

Estimated winner's time: 35 mins

Leg 3 - pairs

Navigation - 7.5 miles, 1300ft. The checkpoints to be revealed to runners on their team's completion of Leg 1.

Estimated winner's time: 60 mins

Leg 4 - pairs

Long - 13 miles, 2300ft. Paths and tracks with fast running in places, but rough terrain and steep climbs in middle around Stoodley Pike area.

Estimated winner's time: 90 mins

The estimated winner's time for the total distance of 34 miles is 4V* hours

Exact locations of routes will be given on the day as land permission has only been given for the day of the race.

MAP:

O.S. Outdoor Leisure Sheet 21 - "South Pennines" 1:25:000. Each team is responsible for providing their own maps. Maps must be carried on legs 1, 3 and 4.

ELIGIBILITY:

All runners must be 18 years or over. Open only to teams of SIX 1st claim members from clubs affiliated to the FRA, BAF (for fell running) and SAF. Each team must be made up of 6 individuals - strictly no doubling up.

EXPERIENCE:

All runners must be experienced for this type of event. For Legs 1 & 3 navigational experience is essential.

SAFETY REQUIREMENTS:

In strict accordance with FRA Safety Requirement #9 all competitors are required to carry windproof whole body cover; map; compass; whistle; emergency food.

These equipment requirements will be enforced by holding checks before the start of each leg. Additionally, all leg winners and at least 10% of other finishers will have their equipment checked on finishing (FRA Safety Requirement #13).

Pairs on legs 3 & 4 MUST stay together at all times.

FAILURE TO COMPLY WITH ANY OF THESE STRICT REQUIREMENTS WILL RESULT IN IMMEDIATE DISQUALIFICATION OF THE TEAM.

LIMIT:

A provisional limit of 80 teams will be imposed. Each club will be guaranteed one team in each category. Additional teams may be entered but acceptance cannot be guaranteed.

Categories:

Men; Veteran Men (40+); Women

CLOSING DATE:

Entries MUST be received no later than Saturday 3rd September 1994

ENTRIES & ENQUIRIES TO:

Bernard & Kay Pierce, 7 Old Town Hall Cottages, Hebden Bridge, West Yorkshire HX7 8SP Tel: 0422 842377

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Also contact Martin to become an agent for your club/group



Lake District Winter Navigational Challenge 1994

Useful things to have around : The 1" Lake District Tourist map, compass, metre rule (long straight edge), FRA fixtures list, large pot of tea, very patient and loving spouse / partner. Each correct answer is worth 1 point and 5 for the tie-breaker (50 in all).

Round 1- Spot Height Pursuit - A gentle circular route to warm up those cold winter muscles.

Start and finish: Three Shires Stone, 1281

Objectives: Simply answer the 10 questions along the way.

Route: 2250, 2630, (1), 2502, 2019, YH, (2), 2631, 870, (3), 942, 445, (4), 278, 1089, (5), 1183, 1231, (6), 231, 310, (7), 940, 1400, 927, (8), 2129, 1291, (9), 1570, 2733, (10)

1. Play music for Porridge?
 2. Tides out!
 3. Rampant as charger
 4. His Driver
 5. U.S. Stone wall area?
 6. A fools carpentry material
 7. Obvious member of 1.
 8. Distilled wine on the rocks
 9. Chris, boxer broken and added
 10. Confused trader finally gets the point
- Finally descend to finish and prepare for second round!!

Round 2 - Tour of the Tarns - A steady endurance event to help build stamina.

Start and finish: Dollywaggon Pike

Objectives: Visit and name 11 tarns along the way.

Route: 345130, 356082, 298088, 244064, 214106, 150990, 250060, 263162, 244400, 570911, 342015, 345130

Descend and change into dry clothing for round three.

Round 3 - Compass Confusion - Time to brush up on navigation before that first race.

Start and finish: Napes Needle

Objectives: Navigate with your compass and observe your surroundings Caution: bearings based on grid north for simplicity
Route: 180 to 2499, (1). W to 1998, 30 to nearest farm (buildings), (2). E to stretcher point, N to stream crossing, (3). 254 to where rope becomes untangled (N end), (4), (5). Due N to 2479, NW +10 to Little Dodd, E to far shore of water body, follow nearest stream to source, (6). 136 to first summit, (7). Follow main ridge path generally SE, finally descend S to top of pass, (8). Turn left and follow road, pass through 4 grid lines and take next right as far as 430, (9). Follow beck to tarn source, (10), (11), (12). Finally return to finish via Sty Head and prepare for the big race in Round four.

1. Garden implement on 138
2. Burnt Castle on 260
3. Military rank for 92
4. First summit on 328
5. Type of moss on 302
6. Summit nearest in the N

7. First crag on 75
8. 7.5miles on 146 to famous rock
9. W to Yachting terrain!
10. 180 to upland seaside 18?
11. 270 to treeless forest
12. 88 to first Flyers wet landing

Round 4 - The Race - putting together

everything you've trained for

Start and finish: To be established

Objectives: Work it out

Route: Devious

July 4th 1993 to YH at August 7th 1993

(1). Continue to December 27th 1993 (2) and onto summit of nominal Pike from 12m/3300' (3). 180 to 1500 and maintain height to (4) with L foot uppermost. 90 to track, 876, 1387, 1454, 1005, (5), 669, W passing over two metalled roads and ascend nearest summit over 1500 feet. (6). Fly W at 2500' and on touching land contour anti clockwise to first stream. Follow stream down to A road (7) and then follow road south. (8). After crossing through eight gridlines ascend first peak on your right (9). Including this summit count clockwise via the recognised BG peaks to the eighth. In km NSEW 5100 and then briefly S to nearest tarn (10). 9000 (11). 8000 to nearest summit (12).

1. Via which major water body?
2. Passing over which A road?
3. Name of Pike?
4. Outcome of animal injury!
5. Interlude for supporters!
6. Another seasonal from Cliff can be seen to the north !
7. County to south of island on 90
8. How many Right Honourables on the way?
9. From the summit name the edge in the west where the first tarn can be found
10. Name of tarn ?
11. Name of island to E ?
12. Why is this point familiar ?

If you have got this far you deserve a hot bath and a new pair of fell shoes ! Prize giving is at the Moot Hall, Keswick. As you make your way there, convinced that

you have not only had a good outing but have completed the courses as set, mull over this tie-breaker : BG summits + number of true 'Lakes' on the competition map + number in a Karrimor team divided by 5 . Square the answer and subtract NE. Divide by 3. **What number am I ?**

Finally send your entry to Nigel Hetherington, Old Barnstead, New Brighton Rd, Sychdyn, Mold, Clwyd, CH7 6EF to arrive no later than March 31st 1994.

Rainbow on the Fells

A multi-coloured arc of promise,
a hope of better things after the storm.
Dark clouds give way to welcome light
and the bow, for a brief span of time,
the visible confirmation that the elements
in all their fury do not hold sway forever.

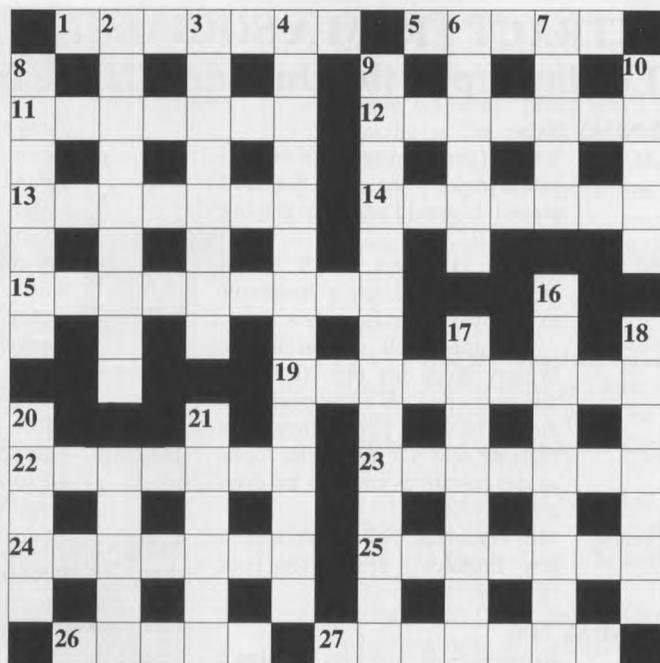
It dipped into the narrow dale,
washed by swollen stream,
and fixed another extremity
to splintered crag, the playground
of climbers who test their skills
against the towering wall.
I watched with unabated fascination,
colours born of each other
as bright as a pleasure dome
fashioned in a poet's mind.

I had no measure of time,
I sat and stared, lost in its beauty;
and then the bow began to lose its lustre.
my mind would seize to hold it fast
but it was dimming slowly.
I watched until there was no more,
all had been taken from me,
but this I knew, there would be another time
and a promised future I had recognised.
Peter Travis





The prize crossword once again rears its ugly head, A T shirt to the first three correct solutions pulled from the editorial bumbag before the next deadline. Winners of the last puzzle were Howard Swindells, Sheffield; Richard Horsfield, Sheffield and Ian Speight, Preston. Special mention to Stephen Brierley, Huddersfield.



CLUES ACROSS

1. Blow this safety feature! (7)
5. Weight of car at jewellers (5)
11. One who resembles apes mixed a model vista (7)
12. The same livery (7)
13. Discharge dismissed descent (7)
14. No northern mail, hardly! (7)
15. Welsh prince has two pound sheep and left short girl (9).
19. East, eastern queen finds way (9)
22. Real South African first: water drained by Stalin
24. Convertible nothing held back operation (4-3)
25. Ten upset deer went in (7)
26. Pinocchio's indicator has no force in sign in sock! (3,4)
27. Doctor agrees with carts (5)
28. Rocky around ingrate

CLUES DOWN

2. Centre hit pulsation (9)
3. Turn engineer in a model to produce silk (8)
4. Spotted big cats small cats (6,8)
6. The solutions are self evident! (6)
7. A cereal to lead to trees (5)
8. Safety feature for blows (7)
9. and 20. Standing for office in alternative contests - not entered here (7,2,5,5)
10. Happy - miles around (5)16. Heavy covering of protective gear(9)
17. Fell champion Clive? (8)
18. Big drinks fell Dawson (7)
20. see 9
21. Seabird has operating system on victim
23. Change real model (5)

Rumour (about the Hellvellyn Race) has it...
 that Gavin Bland visited the top of one hill twice and Hellvellyn not at all... that approximately half the competitors failed to finish (or approximately half managed to...)... that one competitor, (the promise of the usual crumpled fiver for his name,) parked his silver car upside down in the field by the farm, having failed to notice the hairpin bend in the road, and had strolled off to register as the boys in blue sought in vain for the owner of the unconventionally parked vehicle.

Snippets
 Joss Naylor's Wainwright Round - 7 days to visit all of the Lakeland tops described by the blessed AW - has been repeated, but by a team running in relay. It took eight runners from the Eden Valley Mountaineering Club, running in pairs, 4 days 12 hours and 30 minutes to cover the round. The run took place in May of this year in mixed weather conditions including some snow on Hellvellyn and a full moon which assisted at night in sections of 20 to 30 miles. Jane Meeks, Harry Blenkinsop, Alan Davis, Pete Teasdale, Phil Blanshard, John Bardgett and Ron Kenyon were the runners.

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EXTRACT FROM A SOCIAL HILL RUNNER'S TRAINING DIARY (Leading up to the Durisdeer Hill Race on 27th March 1994)

SUNDAY 20th

AM Recover from yesterday's visit to Murrayfield - the way Scotland played I should still be playing Rugby!!!

PM 8 mile, 1100 feet whack across Ochils via Cockburn's Reservoir to Dumyat. Surprise a few sheep - get bloodywell soaked in the Wharry Burn for the 10th time this year - piss off a few posers on the tourist track. I guess they can't imagine how someone who looks as degenerate as me can be even remotely fit!!

Evening MC Dunblane Folk Club sink a few "Frothies" - upset a few Folk "Purists".

MONDAY 21st

AM Recover from previous evening's "Frothies".

PM Boss on holiday - zip home at lunchtime for a 4 mile bash around Sheriffmuir Wood - get soaked again!!

Evening Make up with Viv for being late home last night.

TUESDAY 22nd

AM Recover from making up with Viv!

PM Zip home, get changed and shoot

along to Alva to do my favourite training circuit - a horseshoe around Big Torry (of Alva Games fame!) and The Nebit - being kept off the scree at Carnethy and the subsequent heather descent almost finished me off because I hadn't acclimatised my pins for yet another season of suicidal descents - the horribly steep bits around Alva Glen certainly do the "Biz".

Evening Ceilidh Band practice nite - slope off to the "Tappit Hen" for a few "Frothies" afterwards!

WEDNESDAY 23rd

AM Recover from 14 year old daughter's vegetarian cooking of previous night.

Phone office - say I'm going to be late and zip round Sheriffmuir Wood again!!

Get soaked again - the weather in Dunblane is bloody awful!!

PM Fall asleep at desk!! - thank goodness the boss is still on holiday.

Evening Cook tomorrow night's macaroni cheese - Carbo loading! (Thursday night is Dad's cooking night!!)

Fall asleep watching video of Horizon programme about

nuclear fusion - didn't understand it anyway!!

THURSDAY 24th

AM Recover from insomnia caused by falling asleep twice yesterday!! Beginning to look forward to Durisdeer Race - course looks good and the Ochil guys all loved it last year, despite the snow! Do family shopping at Asda in Livingston - this is one of the reasons I like Hill Running - very few supermarket patrons participate!

PM Slope off from work early - drive to Alva at just under light speed and batter round Horseshoe in much improved time - legs feeling much better!! - I wish either (a) that I'd run in unused gear or (b) that I'd brought fresh gear to change into because by the time I get home the car smells like a septic tank!!

Evening Viv out!! - I have "fun" with Sarah and Fiona playing Snap and "Happy Families". I've finally decided that I really can't handle being consistently beaten at Snap by a 7-year-old. Fiona thinks I LET her win!!

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FRIDAY 25th

- AM Recover from overdosing on own macaroni cheese!
Wish it was 5.00p.m.
- PM Pig out on two macaroni pies and a frenzy of fudge do'nuts (Carbo-loading) then fall asleep at desk again!!!
With that the boss was on holiday the week before EVERY hill race.
- Evening Play at P.T.A. Family Ceilidh - Viv and the kids are at it too! (except Jenny who's a Nirvana fan)
slip back a few surreptitious "Frothies" - a cunning plan to liaise with the rest of the bad in the "Tappit Hen", after the ceilidh is foiled by Gareth who wants to walk home with his Dad - the real reason is, however, that he's chatting up a GIRL!! - the wee creep's only 12!!

SATURDAY 26th

- am Recover from surreptitious "Frothies" - have muesli pig out (Carbo-load)
Take the wee girls (and Jenny and her pal) swimming - Jenny is only inches slower than me over 25 metres!!
Do 40 lengths to loosen up legs and clear me old sinuses.
Have chocolate pig out (Carbo-load) in cafeteria - ("Mummy doesn't buy us chocolate Dad!", they tell me - after they've eaten it of course).
- PM Walk round Callander Crags with Sarah (middle daughter) and Viv in splendid Spring weather - probably the nicest day we've had since last August. Meet this great old guy also, by coincidence, called Gavin who's a Munroist - only the 5th I've met - he's at least 75 and looks fitter than me!!
- Evening Have friends round for supper -
I resist the temptation to take it easy prior to tomorrow's race and whack back seven pints of Belhaven Lager - surely the best lager brewed in the U.K. (That's my excuse anyway!!)

SUNDAY 27th

- AM Day of race here at last!!!
Recover from Belhaven Lager - fill face with muesli, strong fresh Java coffee and marmalade rolls.
Westher is for once just as bad as BBC said it would be!!
Roddy arrives from Killin bang on time - what??? A hill runner on time I hear you say!!
Whilst sorting out the Building Industry we inevitably miss our exit to Thornhill from the M74.
- 13.30 The weather in Duriseer is absolutely atrocious!!
50 to 60 complete headbangers congregate in driving wind and rain to test their finely tuned bodies against the challenging terrain and the very worst that Scottish Spring weather can throw at them!!



Not the Durisleer, but equally wintry conditions at Pendle. Mark Nutter about to descend.

Photo: Peter Hartley

And we're off!!! - why do hill races invariably have to start with climbs? - how can that old guy go so fast?
Goodness!! even Halliday (my Karrimore partner who's 14 stone at the moment) is in front of me!!! I'm breathing through my back-side as usual!!
Descend into Dalveen Pass on my bum - it's the only way to do it - but I suspect it pisses off some of the other runners when I pass them in this fashion!!
I lose touch with the guy in front - the selfish slimebag accelerates away from me and consequently I lose touch with my whereabouts. I casually ignore the map and start up wrong glen round Steygail.
I eventually realise my mistake when Eddie Harvey, who's on a higher plane both physically and navigationally shouts: "What the f*** are you doing down there?" - others, however, do not realise their mistake!!
Cracking descent into Dalveen Pass again with big Irish guy - we're going like bloody trains!!!!
- some of the other runners stay too high!!
Legs now feeling distinctly rubbery!
Dig out my Linford Christie inserts to impress any female Marshalls at main road crossing - there are none!

Breathing through my bum again on the final climb AND it's absolutely bloody freezing!!!
People could die going this I'm thinking as I'm passed by a buy wearing shorts!
Seriously begin to wish I was a tough guy too!!
Seriously begin to wish I was in front of a roaring fire with a hot CUP OF TEA - this is a bad sign Gav!!!
Last Control and Marshall appear through driving snow and mist - I promise myself that I WILL be a Marshall one day soon and thank him profusely!!
It's all down hill from her chaps!!
It feels like two sub - 4 minute miles into finish - but it actually takes 20 minutes!
"Great stuff Gav" shouts Dave (who was 3rd) as I stagger into finish. "We might have cracked the team prize!!!"
A first for old Clarkie??? - Enough of a high to justify retiring?? - you guys should be so lucky!!
There's good news and bad news guys, the good news yes!!!! we've won the team prize, the bad news oh no!!! there isn't actually a prize for the first team.

I remonstrate vigorously with the hard pressed organiser who only ten minutes ago feared he had lost a runner.

"Do you know how old I am" I ask, I plead "I've never been in a winning team before - I might never be again!"

What I'm ACTUALLY saying is: "Do you realise what a hopeless hillrunner I really am" and, "I might never, indeed, there's almost no chance of me being in another race where so many of the top guys go the wrong way!!!"

He eventually relents. I drive home a happy man to share my winnings with my supportive family.

Evening The three Cadbury's eggs, and the orange go down a treat with the kids - Viv's not so keen on the bottle of Greenmantle Ale - I drink it for her!!!

I then slope off to the Folk Club to "rehydrate".

What a great week it's been!!

*Gav. Clarke, Ochii Runners,
31 st March 1994*

FOOTNOTE!!

Organiser has apologetically indicated results that abunch of Sassenach Scumbags from someplace called Kendal have actually won the Team Prize - it has something to do with cumulative time rather than First team in!!!
Come on lads, you English guys have already stolen the Calcutta cup this year!!! A MORAL victory nonetheless!!!



*A few year's fellrunning here! A last few words before setting out on the Wadsworth Trog.
Photo: Peter Hartley*

'Age Shall Not Weary Them' - well, just a Little Perhaps

I was 61 years of age on the 24th April this year and wondered if the time had arrived to hang up the running shoes; certainly I had given it some serious consideration, but just could not bring myself to say 'enough is enough'. Why not? If I'm three quarters of the way down the field (or more!) does it really matter? The answer was a resounding - No!

Four years ago, at the age of 57, a friend (Ed. Dalton) and I ran the 3 Peaks of Great Britain, ferried between mountains by an Army Air Corps helicopter, in 10hrs 57 mins, and I thought that after this there really wasn't much for me to do. I reckoned it was a reasonable achievement and some months earlier I had taken early retirement from teaching and begun my own gardening business.

One of the problems I had to face was a rapidly expanding business that demanded a great deal of physical effort - sometimes working 10 hours a day - when the weather permitted!

I found less time for training, I used to clock up around 30 - 50 miles a week up to the age of 58, but by this time the effort demanded to sustain this kind of running was quickly diminishing. Indeed, I found local road races required more and more determination than I had previously experienced. This was also beginning to affect my interest - so I had to consider the future.

There was no way I could continue as I had been doing, but I really did not wish to surrender the enjoyment that the fells had brought me for almost fifty years. Living in the Midlands and with business commitments meant that I could not get to many fell races and although I took part in some road races locally (many of them with some substantial hills) they were little compensation for running on the fells.

For me the important thing was to get out to the hills and just contemplate finishing the route - times no longer really matter. This surely is the kind of attitude we need to nurture. Of course competition is important, the will to win must be at the forefront of most runners, but there are the 'also-rans' and being one of them I feel that just taking part now, sharing the ethos of the event, enjoying the environment are qualities that need not diminish. There are not many of us over 60's on the fells. I notice that a few race organisers recognise the 60+ category - I hope that more will do the same. We may be at the back of the field - perhaps that is because we carry so many wonderful memories of faster times, stronger legs, more expansive lungs - but we are taking part because it is such an important and integral part of our lives - you ask Jack Riley!!

N.B. If there is anyone out there saying that this philosophy does not consider the time spent by marshals at checkpoints waiting for the 'Ancient Brits' to arrive - then I'm sure we don't mind cut-off times being used on the longer route, we'll co-operate, but don't write us off because we are getting near to collecting our bus passes!

Peter Travis

Most Tasteless Beer Mat of the Century Award??

by Anonymous Pennine Scribe

I mean, there you are, having sprained your ankle 10 minutes into the race and ripped your shorts struggling down all alone in the pouring rain. You've sportingly congratulated all the rest of the club, sat in the pub with a fixed grin listening to tales of heroics, dynamic running, last-gasp sprints and all the rest of it. In comes the landlord asking whose is the car in the car park with the alarm going - yes, it's yours!! Rear quarter-light smashed; radio ripped out; cassettes gone; spare gear and £120-worth of leather jacket missing, glass and rain all over the back seat; Autoglass very busy on a Saturday afternoon, at least three hours, Sir, sorry about that, we'll get there as soon as we can. Back into the pub, commiserations from the lads, more beer. "We'll have to go, tea'll be on and I said I'd take the wife/kids/mother-in-law/dog to an evening at the abattoir. Autoglass will be here soon. Best of luck with it. See you on Wednesday." One by one they disappear into the evening. You slump over the beer-sodden table, dispirited, lonely, angry and in pain from your injured ankle. "Sod it," you say to yourself and reach to the table for your wallet, only to find it's gone, probably nicked while you went to the toilet five minutes ago. The unfairness and injustice of it all overwhelm you, black despair wells up from the pit of your soul, you fight back the tears and stare in blind distress at the table, idly playing with the Robbie's beer mat in front of you, until your twitching, nervous fingers have picked all the Robbie's logo off it and you turn it over, TO FIND.....

Rumour has it...

that veteran fellsman and writer, orienteer and mountainman Bill Smith, took to following a group on the Coniston Race ("I know that I shouldn't have done it") with the inevitable consequences....

Kit Review

Much to the disgust of other members of the editorial team, I have received more stuff for product testing. But then, since I run *The Fellrunner's* advertising and am usually amongst the first to have to deal with marketing managers and agents, what am I supposed to do?

First, the Ronhill Mountain Breeze pullover, which retails at £44.99. My sample is cobalt blue trimmed with purple at the sleeves and around the line of the hood. It's a Pertex 5 showerproof windshirt with 11" vertical zip at the neck and 7" horizontal zip for a map pocket, each strip complete with a coloured drawstring. The waist hem is elasticated internally manifesting itself externally in a 'shockcord' draw loop which hangs down from the waist on your left side. The Mountain Breeze pullover attempts to be both 'pretty' and functional. On the pretty side it succeeds admirably, eliciting many favourable comments as I flashed it around my local community and at fell races. On the functional side, however, the pullover fails to satisfy.

First, the garment has a map pocket in which you can't - believe it or not - fit a map! Second, the armpit zips are awkward to open and close and functionally useless, since, unless you are climbing trees or rocks, or waving at passing aircraft, you rarely expose your armpits to the remotest possibility of ventilation. Third, the elas-

ticated 'shockcord' waist loop is aptly named, since it hangs down at a perfect height for snagging in car handbrakes, doorhandles or tree branches. Indeed, wear the pullover on Cenotaph Corner or some famously exposed climb and you could find yourself twanged back into space. Not, therefore, a serious garment for fellrunners or outdoor pursuits specialists, but if you want to look pretty exercising the dog or posing for pics on a hillside, this is definitely for you.

Never mind about the pullover, how about the next two products from Ronhill, the trackster tights and fitness vest? The tights, as opposed to the ordinary Ronhill Tracksters, are a lightweight performance item in 'Exertech' fabric (whatever that means - it says 100% nylon on the label). They are available in black and bottle green, soft and stretchy, they give complete freedom of movement without being clingy or clammy. They're also warm and windproof, ideal for training and winter racing. Worn recently in Nepal, they were perfect for daytime trekking and survived rough treatment with ease. The 'ankle gripper' elastic can make the tights awkward to remove unless you jam your fingers hard down the back of your heel and shoe horn them off. Excellent value at £19.99.

Finally, the fitness vest for men. Not much to say about a vest really, but this is a low cut, slimline, cold weather performance vest made of viloft, which is an equal mix of viscose and polyester. The vest feels

great, slinky, soft and sexy. What more can I say!!! £11.99, available in black, red, royal blue and white.

Francis Uhlman.



Ron Hill sporting some of his "own" kit at the Harden Moor Bunny Run. He won the 0/50 category for the four-race series.

Photo: Allan Greenwood

Rumour has it...

that when Mervyn Keys married Jan on April 23rd, he wore his best Gore Tex suit.

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THE PACE SETTERS FOR STRENGTH AND ENDURANCE

Fell racing in Czechoslovakia.

Mountain races are an integral part of the fellrunning scene in Czechoslovakia, but the sport of fell running doesn't really enjoy a separate existence there. Most participants in the country's numerous hill races fit these into a busy season along with cross country and road marathons. A typical hill race would be Snowdon length (but uphill only) and attract 30 to 100 runners.

Prior to the 1989 'Velvet Revolution' the running calendar was enormous, with over 1000 events and most races supported by modest state sponsorship. Couple this with an extensive and cheap public transport system and you can picture the scene on a Saturday or Sunday morning as the buses disgorge crowds of enthusiasts near to the start. Supporters take up their positions along the path or, in the case of hill races, take the chairlift towards the finish; competitors don neatly laundered bibs bearing their race number and at the whistle shoot off at a suicidal pace that leaves the average foreign visitor standing!

With the evaporation of state sponsorship post 1989, race organisers have become, perhaps more like their British counterparts, fund raisers, and many races have passed into oblivion. Steep rises in the cost of public transport, and a greater preoccupation with making ends meet, have

significantly reduced participation. Whilst in theory international travel became far easier under the new regime in Prague, in practice the heavily devalued Czech Crown represents an insurmountable barrier to travel for most Czech runners.

This year a Czech team will again participate in the Snowdon International race (23rd July) and possibly in other races in the preceding week. It does so through the generosity of the race organisers and with some practical support from 'Czechmate', the fell runners' own support fund. In return, Czech runners offer hospitality and race information to prospective visitors from Britain. There should be many: inclusive holidays by coach from London, with halfboard, offer remarkable value.

The 1994 fixture mixture, available from the address below, lists 38 races, mostly in North Bohemia. Here the mountain ranges - including the National Park of Krkonose (Giant mountains, rising to 1602 metres at Snezka on the Polish border) are seamed with waymarked footpaths, many of them metalled, even on the mountain ridges. Here is a different style of hill running: the frequent 'Boudas' (mountain hotels) provide beer at 12p, or sumptuous ice cream sundaes costing little more, giving a whole new dimension to the runners' phrase 'solo unsupported'!

The future of Czech hill racing is insecure. The encouragement you can give to the Czech team visiting Britain this year, to the

race organisers and to Czechmate, will help to keep it 'on the map'.

The Czechmate 'Fixture Mixture' is available from Colin Pritchard, 18 Mentone Terrace, Edinburgh EH9 2DR. Please enclose a donation to the Czechmate fund.

Snippets

Harvey maps - famous for their waterproof cartography - a step forward in map making greatly to the benefit of fell runners - have taken another step forward in introducing a new event to the calendar. The event is basically a cunning running event, i.e. orienteering - but unlike most orienteering events does not require exceptional map reading skills in order to discover fiendishly placed controls. This event, known as a 'Rogaine' is one where the controls are easy to find, it is the route planning and finding that is paramount. The rogaine is very popular in Canada and Australia but little known in the UK.

The Harveys event will run over two days on the weekend of 3/4 September and will be in aid of the South of Scotland Youth awards. There will be 30 controls positioned within a specified area and the idea is to clip as many as possible. There will be three classes of entry, open pairs, family groups and teams. Contact Marilyn Park, Crooks House, The Crooks, Mable, Dumfries. 0387 85444



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Supermarathon World Cup 1994

by *Susanne Niedrum*

The Supermarathon World Cup is the grand name given to a series of races held throughout the world. To qualify for the World Cup, the race must either be over at least 3 days with one day over 42km or a single day race over 44km. The races all take place in grandiose scenery and mostly qualify as mountain races. During the races runners can provide for themselves or choose to join the "package holiday" where all needs are taken care of. This year the races are to be held are:

Sahara (Morocco)	March	132km	in 4 days
Verdon (France)	June	100km	in 3 days
Dents du Midi (Switz)	Sept.	44km	in 1 day
Andalusie (Spain)	Sept.	45km	in 1 day
Colorado (USA)	Sept.	160km	in 5 days
Himalya (Nepal)	Nov.	155km	in 6 days

Scoring for the World Cup works a bit like the fell runner championships. Points are awarded according to your position in the race and points from your 4 best races are counted. Last year the Cup was won by Corinne Favre (France) and Modestino Presiozi (Italy).

The first race in the 1994 Cup took place in the Moroccan Sahara in mid March. At midnight on Friday the 11 th March, 39 runners (including 7 women) from 6 countries met in the town of Quarzazate set at the foothills of the Atlas mountains at the edge of the Sahara desert. On Saturday morning we were introduced to the organising team (including sports doctors, a masseur/nutritionist/coach, timers, an interpreter, a journalist and a photographer) and given a thorough briefing on the ordeal to come. Saturday afternoon and we were off for a prologue of 4.5km around Quarzazate. In the usual Toutrekking style the evening was crowned with a traditional Herber folklore welcome where we were all invited to dance.

On Sunday we took a leisurely trip to Tinerhir where the first stage would begin the next morning. Accommodation was in a large common room where certain participants used the tactic of snoring to deprive their fellow competitors of sleep. Next year I will take a tent!

The race began in earnest on Monday morning with a 20km climb through the Gorges due Todra. The terrain was pretty rocky and I had a few good trips whilst gazing at the scenery. Luckily the weather was kind to us and throughout the tour

days the temperature did not go above 20°C.

Philippe Rossier (Switzerland) twice winner of the Nepal Supermarathon was the first non-Moroccan, followed by John Blair-Poisson (as he was to be known) in 7th and 14th place respectively. The Moroccans took 13 out of the first 16 places, setting a precedent which would continue for the rest of the race.

A supermarathon is all about managing your race, not giving too much on the first day and being able to finish strongly on the last drop of reserve. I had however been advised to go nearly all out on this short stage and obediently did so. I had a good run to finish 1st lady, followed by the young Moroccan half-marathon runner Anna Nait Lahlan.

The second day was the one we had all been looking forward to: 44km uphill. The scenery was fantastic and everyone was in fine form and great humour (despite the snoring). I started off at a steady pace with Amina tucked in behind me and we soon found ourselves pulling through the field, to the frustration of some of our male colleagues! Unfortunately just after half way I lost Amina, who, as a half marathon runner at the tender age of 19, was beginning to feel the strain. However, shortly afterwards, as I rounded a corner, I was amazed to encounter John Blair-Poisson who was complaining that the course was too flat! We continued together and gradually hauled in some more places. I owe my good run to John who really pulled me through as I was beginning to crack, and to my trusty water belt which allowed me to drink and eat continuously without stopping. This was to be my best placing, finishing 11th just behind John who outsprinted me for the finish!

Upon arrival I did the silly thing of stuffing myself with biscuits which immediately brought on a pretty unpleasant bout of hypoglycaemia, leaving me unable to find my stuff, drink or do anything. Many thanks to Philippe Rossier who sorted me out. By this stage, everyone was suffering badly from horrendous blisters caused by the dryness and heat, not to mention the stiffness. The Moroccan masseur had his work cut out and worked without a break from lunchtime until well after 10p.m. Us sceptical runners were very impressed as nearly all injuries and stiffness were miraculously cured.

The night was spent amidst amazing scenery under two traditional Berber tents. But having become wise to the tricks of my fellow runners I chose to pitch my own tent a small distance away. Blissful sleep!

The third day was really tough and at several stages I called for help from my mother. I had trouble getting going on the uphill section but began to make some

headway once we started going down. About half way through the race, helped arrived in the form of John whom I had once again miraculously managed to catch up. This obviously wasn't John's terrain. We soldiered on together chatting to keep our (my) mind off the pain and finished in joint 15th place. Thanks John! Philippe Rossier also suffered on this day but managed to hang onto his overall place of 15th.

After another good massage everyone seemed in good form for the last day as we prepared to give it everything we had left. The course was an out and back totalling 30km through the Gorges du Dades. As in Nepal this was much appreciated by runners as we got the chance to see the head of the field and assess our own position. John refused to wait for me this time and lead the field uphill for the first half. He lost out a bit on the descent but managed a descent 5th place bringing him to 12th overall. I really gave it my all and nearly came unstuck on the last steep climb after putting in a long downhill burst to overtake Frenchman and third non-Moroccan, Gilles Liege.

Overall I managed 14th place (and first woman), clocking in as the 4th non-Moroccan in a time of 9h 20. Philippe retained 5th place. The Moroccan winner, Mohamed Ben Salah clocked the amazing time of 7h 25 for the rough, hilly 132km (an average of 4'24' minute miling).

The race was run in conjunction with a mountain bike race which covered the same course with bits added on at the beginning and/or end. I very much enjoyed watching the bikes and they added a lot to the great race atmosphere and camaraderie.

After the race and more traditional Berber dancing and singing in Quarzazate, we had a sight-seeing trip through the Atlas mountains down to Marrakech for a couple of days and nights sampling the restaurants, the souk and the local night spots. The prize-giving was a memorable occasion with prizes going not only to the winners but to the "smiliest" runner and the oldest participants. A "holiday" to be thoroughly recommended. See you in Verdon!

For further details of races place contact:
Gilbert Hirschy, Toutrekking World
Marathon, 72 Rue de Lyon, Ch-1203,
Geneva.
Tel. 41 22 3442221. Fax. 41 22 7934649.

Rumour has it...

that of the various members of the committee that managed to set out on the arduous task of the Three Peaks all managed to finish in decent times (even the geriatrics) except one. Is this the way to celebrate your valedictory year?

The Third Sahara Supermarathon

12th, 14th, 15th, 16th, 17th March 1994

In the depths of a midlife crisis in January and February this year, I looked for something new and different to do to escape. My colleagues advised me against jumping off the 8th floor of the building and other proposed trips from other members of Camethy over Easter to escape did not fit in with other visits of relations and conferences. Then I read somewhere about the calming effects of looking at the desert and remembered my friend Gilbert Hirschy in Geneva organises a Supermarathon in the Sahara. A Supermarathon is a peculiarly French, or Swiss French invention, involving running several races of about marathon length in time and usually on well marked tracks me on successive days.

I paid my deposit to Gilbert then tried to work out how I would join the party. There were two groups, one leaving Paris and one leaving Geneva, and Gilbert did not offer me a flight from London. It seemed that cheap flights to Paris and Geneva were all being used for special weekends so after sitting with Tom in World Beater for an hour I got fixed up to fly to Geneva via Amsterdam and back with two early morning departures, five hours in Amsterdam, and two days in Geneva. But this was all put to good use with explorations of Anne Frank's house and canals in Amsterdam, archaeological excavations below Geneva cathedral, and a jog up the notable Saleve hill just outside Geneva. My friend Philippe who was coming to the Supermarathon managed to find me excellent hospitality with his ex girlfriend and her fiance in an apartment with views of Mont Blanc on one side and the Jura on the other.

On Friday afternoon of 11th March we all met at Geneva airport. Suzanne Niedrum had arrived from Rwanda late Thursday. Both Suzanne and Philippe had invitations to run in the race as winners in the Himalaya Supermarathon in November. From Geneva we flew to Casablanca and then Ouarzazate and then into a Motel for the first two nights. The terrain looked very barren, being on the edge of the desert and all the houses looked like castles. Saturday was classified as a day for acclimatisation and was also used for sleeping. There was a briefing in the morning around the swimming pool and a running of a 'Prologue' Race in the afternoon. Gilbert uses these races in places where all the world in the neighbourhood of the race can see that we are there. On Gran Canary in was on the beach; here it was through the town. It was said to be 6km but times suggest less. It became clear that the Moroccan contingent in the race were going to be strong. I finished first European 12th position with

Philippe and Suzanne not far behind. Afterwards I wondered if I'd put too much effort into saving a few seconds in the total accumulated time in the race.

On Sunday we travelled to Tinerhir. This was a day for sightseeing but there was not much to see, and a day for a very leisurely lunch stop in a restaurant although this was not one of the stages in the eating contest I had with Philippe. We arrived at the 'encampment' about 3pm and Philippe and I jogged up a stony hill. Some of us were staying in what were called 'bungalows', some in the recesses of the restaurant, and others like Philippe chose to sleep next to the empty swimming pool. It rained during the night, Philippe assured me. I shared a room and got to know Gunter, a 61 year old writer from Munich, who later asked me about some of the idiosyncracies of the English language. "Little Mary by herself", "little Mary alone", but none of these phrases matched the German or French equivalent. Monday was the day of the first stage up the Gorge du Todra. But it was not up, more flat. The steep sides of the Gorge were impressive. I tried to stay with Philippe but lost two minutes on him. Gilles, a French vet I was hoping to beat came past me after 10km and then Brahim, a Moroccan student I just beat in the prologue. Because the river had flooded the track Gilbert had moved the start and the stage was shortened from 23km to 19km but I did not know this till 1km from the finish. This was not hill running so runners of course could not run with wet feet! As Jean Francois, a French professor I talked to later in the week, said, Gilbert always adapts the race to suit the conditions and schedule rather than the race to suit the conditions. But I was really here for a holiday so I soon forgot this one. After a picnic lunch we wandered round the village of Tamtattoucht were entertained by children and watched villages at work, before a slow and bumpy ride back down the gorge. It would have been faster to run.

Tuesday was the longest day, 45km and ascending 1000 metres to an overnight camp at 2000m. It was also the first day of a 6am breakfast for a 9am start. I ran with Philippe and the leading group for about 6km and then it became apparent that this was going to be a difficult day as there was no shade from the sun, the dry rock track was going to blister my feet and was not a surface I could run at road marathon pace on. So I sort of switched off until Suzanne caught me up. "Oh I did not expect to see you:" she said. When the track started to climb the male chauvinism came out and I tried to get away. Then she shot away when I stopped at a feeding

station at the top of a hill. These appeared every 6 or 7 km but sometimes the indicator of kms passed did not match what I thought I'd run. After 30km I caught Suzanne again and then we passed a few others dying in the desert, or so it seemed. The last uphill suddenly appeared and then it was the finish. 3.13 for me, 3.14 for Suzanne, 2.56 for Philippe and 2.36 for Mohammed, the winner. But was Mohammed going to the mountain? We walked from the finish to the overnight camp. There were two big tents, a shower tent, and some of us put up little tents to try and escape the noise but that did not work. Philippe found himself a quiet spot and slept outside again. There was only one full time masseur on this trip and the list of people in the queue was already as long as the list of finishers when I arrived. Suzanne was not feeling well but seemed to get a lot of attention. Michel, the French GP Doctor from Paris, proved to be the sort of Doctor we all wished was our GP. There appeared to be some nice rocky hills to wander up but the state of the blisters on my feet and my legs suggested otherwise.

Stage 3,38km back down to the Plaine Boulmalne, was even hotter than stage 2, and being downhill should have been fast. The local mayor started the stage. I very soon gave up trying to stay with the leaders and it took me over 30 minutes to pass the first feeding station at 7km. The track passed a village at the highest point just before this where I got the impression the villages were all laughing at my running style. Suzanne caught me up and I decided to run the rest of the way with her, finishing hand in hand. Perhaps I could have run faster and caught a few at the finish but this was on a flat plain in the heat and not up and over Scafell Pike at the end of Wasdale.

Then it was lunch at Boulmane as on Monday and a wait there for everyone else who had finished after us. Somehow the massage order got muddled in the process so that my turn in the queue was not till 10pm. However, as extra masseurs were enlisted I got special attention from Michel who seemed to sort out several problems as well as my blisters. Our last two nights in the 'wilds' were spent at the Ait Oudinar Inn and was fairly palatial with ensuite shower facilities (cold). Not quite encampment expectations! This inn was owned by Gilbert's chief local organiser who also owned the restaurant at Boulmane. He described the area as a "Paradise" which it was with the river, and the green along its banks, the steep sided gorge and hills behind, after all the neo-desert.

The final stage of 30km up and down this Vallee Du Dades was undulating, and in the shade. The sight of a hairpin ascent turned me on and I took the lead. The Moroccans later caught me and after the turning point at 15km four of them

sprinted away. But this was my best stage and I beat Gilles by 13 minutes to be second veteran to the Moroccan Jaja, and second European to Philippe. The afternoon included a photo tour back up the Gorge.

Then the parties started and the 'folklore' which involved local music and dancing. On Friday we went to Marrakech which proved to be a full day's journey with lunch and more 'folklore' at Ouarzazte. I got up early for a jog up a hill before 9am departure then we had to wait till 10.30am as the bus broke down. It was going to Ouarzazte that I talked to Jean-Francois in a taxi. He had combined the race with a visit to see collaborators at Marrakech University but was sometime critical of both their research. He was likewise critical of Gilbert's organisation. He made a consumer comparison of the TransAtlas Race in May, the Marathon des Sables, and Gilbert's race and, yes, all the stars go to the Trans Atlas race. (I'll find out more details for anyone who wants them.)

The pass over the Atlas Mountains was impressive. The other side of the pass was very very green. Marrakech was definitely Civilisation, trying to get bags off the bus in a busy street and find rooms in a packed hotel. Jean Francois had told me how to get a shared taxi out to the Ourika Vallee but on Saturday I decided to give the blisters which had been bleeding

and the sore legs a rest. Jean Francois did manage to get away for the day for a very cheap but dangerous ski and also by chance hitchhiked a lift back with one of his collaborators at Marakech University. In this small World they'd also unknowingly sat and watched a film with him the previous evening.

I went out to the market with a group on Saturday morning with two local guides who'd appeared from somewhere as part of the organisation. All the locals in Marrakech seemed to assume that everyone has loads of money to spend on souvenirs and could not understand the hill runner mentality. I gave in and after a bit of bargaining returned from the market with a carpet. An afternoon swim in the Hotel swimming pool and the prize giving was all that remained before the two days of travelling back. The final party was on the plane when we were drinking wine and eating lunch at 10am. Gilbert gave me a brass tea pot for second vet and an offer of a slight reduction on either the Colorado or Himalaya Super-marathon both of which cost more than four figures Stirling. I think shocked Isobelle, the journalist from Jogging Magazien, by rephrasing Gilbert's phrase about his series of races to "Course Populaire pour Tout Le Monde qui peut payer". The Moroccons got invitations to European races.

Meanwhile if you've got any running shoes you do not want and do not want to auction for CzechMate, let me know as the Moroccan runners were asking all of us for ours.

- Results (from 45 starters and 39 finishers)
1. Mohamed Ben Sallah Morocco 7.38.23 (13.24, 1.05.30, 2.38.35, 2.01.33, 1.40.21)
 2. Mohamed Iguider Morocco 7.53.40 (13.24, 1.05.30, 2.52.49, 2.01.33, 1.41.24)
 3. Aziz El Akad Morocco 8.00.29 (13.51, 1.07.29, 2.52.54, 2.02.49, 1.44.26)
 5. Philippe Rossier Swiss 8.38.00 (15.33, 1.12.04, 2.56.53, 2.21.49, 1.51.41)
 10. Lahcen Jaja (vet) Morocco 8.58.50 (15.43, 1.15.51, 3.07.34, 2.23.06, 1.56.36)
 12. John Blair-Fish (vet) Scotland 9.06.30 (15.21, 1.14.39, 3.13.49, 2.33.39, 1.49.02)
 13. Gilles Liege (vet) France 9.15.25 (15.41, 1.14.00, 3.11.24, 2.31.45, 2.02.35)
 14. Suzanne Niedrum (Lady) England 9.20.01 (16.08, 1.17.18, 3.14.38, 2.33.39, 1.58.18)

There was also a small but select section doing the race on mountain bikes or VTT as the Swiss say. They usually started after us and came streaming past along with the organisers and journalists in their landrovers. The mountain bikes seemed very light and sophisticated.

John Blair-Fish

European Races CIME calendar

The CIME championship, La Coupe Internationale de la Montagne Championnat d'Europe, has been taking place for about 20 years and predates any World Cup or World Trophy or Italian ideas of a European championships. A series of races in different countries, mostly Switzerland and France plus a few from Austria and Czechoslovakia, are included by paying a fee based on number of competitors and provide a welcome to visiting foreign competitors which may include accommodation and limited travelling expenses. Races are classified as grises (road), brune (uphill off road), brunes (long), and super (extra points for these races by rotation). Sierre-Zinal is classified as a separate category for obvious reasons. A competitors points are based on his or her best positions in two from each category.

Further details and rules may be obtained from: A.M.Bender, Ch. Pre-Fleuri, CH-1926 Fully, Switzerland. (+41 26 46 18 80) France.

The comprehensive Carnet de Bipede provides details on all road and mountain races within France in a 500 page book. There is a list of races by date with event, department number, and page reference. Mountain races are marked by a special symbol. There is an alphabetical list of races by starting-town with information of

slightly more detail than that listed in the FRA calendar. Some knowledge of the geography of France and the location of the French department given by number is needed. Prospective enquirers without the document who wish to consult me should note that there are several races every weekend all over France during the peak season which are run in a similar fashion to the village Fell Race.

The Bipede may be obtained from: Bipede 94, BP 404, 12104 Millau Cedex, France Switzerland.

The booklet containing a list of all Swiss road and mountain races may be obtained free from the Swiss National organisation or Swiss Co-ops who provide sponsorship (and groceries if you need them!).

Write to: Schweiz, Leichtathletikverband SLV, "Lauf-Guide", Postfach 8222, 3001 Berne Germany.

The fixture list "Beglauf Journal '94" published by the Laufer magazine may be obtained for 17-80DM from: Verlag fur Sportkommunikation Wilfried Raatz Am Gernbohl I 54404 Niedernhausen-Fischbachtal Germany Austria.

The list of International Mountain Races which Brian Ervine has given me covers two sides of A4 and I will copy and forward it to anyone interested.

I can only really give first hand experience of Mountain races in Switzerland and attempt to advise on travel to these.

John Blair-Fish 28 Howdenhall Crescent Edinburgh EH 16 6UR031-664 8425 (Home) 031-650 4928 (Work)

Pome

The last Howarth Hobble

The gathered happy throng
Stamping, laughing and calling
Anxiously glancing for the hour
Straining to hear
Adjusting, checking, stamping again
As the muffles of the masters voice
Echo on the frost filled air

Squinting as the rising sun
Silhouettes the single raised limb
For an eternal second there is silence -
Then the cry, as the arm falls
And the machine rumbles forward
Coming to life

Onward they will go, fulfilling dreams
Until such time as they will return
Bringing with them stories from afar
And a load of mucky washing.
- Ogden Moore.

Rumour has it...

that Carol Greenwood was heard to say after a recent event that she attended but did not run that she 'wasn't allowed to take part'!! sniffing scandal and suspecting some sort of international ban to have been imposed, our correspondent was disappointed to learn that Carol's problem was that her coach wouldn't let her run - and she listened to him!!!

The First Vango/Efamol Western Isles Challenge *by Martin Stone*

In this edition, Martin introduces the Challenge and gives its general background. Full details of how the challenge went in the next issue.



Al Hughes drags Lisa Holliday out of the water at the end of day one.

It's Tuesday morning 24th April and we're sat in a queue for the ferry at Kyle of Lochalsh looking out at big, big white-topped seas. Our transit van is being buffeted from side to side by gale force winds. There isn't much room in the van for six of us and Harris, the Springer Spaniel as we're sharing it with two racing bikes, a mountain bike, we're sitting on all the running and cycling gear, parapent, canoeing & windsurfing kit, camping gear and a week's food. The roof-rack is adorned with our seagoing craft, two kayaks and a windsurf. Apart from braving the elements making forays into the CalMac office to be reprimanded for having such a long windsurf mast, no-one dares to venture out of the van. Our team Lowe Alpine Syniad Dda is made up of Al Hughes - British Mountain Guide/professional cameraman, Lisa Holliday - Outdoor Pursuits Lecturer, Martin Welch - Mountain guide/cameraman and myself. Our backup team are Heather Welch who is eight months pregnant, Walter McPhee and of course Harris the dog. Al, thinking the race was a good idea, decided that we should call the team 'Syniad Dda' which means 'good idea' in Welsh.

We try to weigh up some of the opposing teams who are parked close by us in the queue without getting too psyched out. It's funny how they all seem to have better bikes, canoes not to mention their flash support vehicles.

It must be a similar sight at Ullapool and Mallaig as 27 teams from all over the UK make the long journey to the Outer Hebrides, converging on a school house on the Isle of Benbecula to be briefed by Ian Callaghan who has devised this most unusual and exciting new team event, The Western Isles Challenge.

* * *

Ian Callaghan used to be a merchant banker in The City but escaped at the tender age of 31 to enjoy a less bruising lifestyle and now owns a small hotel on the idyllic Isle of Harris. He is a fairly quiet, unassuming guy but obviously has a giant imagination and great vision. He has persuaded the two main sponsors, Vango outdoor equipment of Glasgow and the Western Isles health products manufacturer Efamol to support a 3 day relay race from Castlebay on Barra in the south, joining together all the Outer Hebridean Islands to arrive at the Butt of

Lewis lighthouse (of Shipping Forecast fame) in the north. Four team members will between them run, cycle, canoe and sail the entire distance without the use of motorised transport (apart from backup). They will cover about 200 miles, of which 80 miles and 10,000ft climbing would be on foot, 95 miles by bike and 20 miles on the water. A team member will pass through 25 checkpoints and collect a small square of the local Tartan at 13 of these, attaching it to a key-ring baton. Each day, racing will finish close to the next sea crossing and the daily times aggregated at the end of the event to decide a winner. Extra ferries are being laid on by CalMac to re-position teams and backup on the next island ready to receive their canoeist/dinghy sailor or windsurfer when they arrive with the tartan baton in the morning. Clever Stuff!

The event is, to say the least, 'very rich' with rules and an encyclopaedic mind will prove a handy attribute for any team strategist - along with enough cunning to capitalise on any laxity in the rules that can be identified. One of the most intriguing rules which provokes much thought is the requirement to cover 70km on foot throughout the 3 days in a northerly direction. It provides teams with the challenge of deciding where and when they should achieve these 'northings'. As there are no more than 50 'obvious' northerly kilometres to be run on the fells, there will be occasions when it is necessary to sacrifice a fast section normally completed by road bike and to run it instead.

The secret of success lies in where the team opts to complete these extra foot miles; whether to get them out of the way on the long day one stretches of flat 'due north' roads of Benbecula or to get a good early lead using the bikes and leave the running until later in the event. The

organisers has also required an incredibly detailed 3 day schedule to be sent or faxed to them no later than 72 hours before the event. Once the team has made decisions on mode of travel, who would complete each section and the schedule was complete, no changes (with a few exceptions) are permitted. The reason for this is partly so that the army who are manning the mountain checkpoints will know who to expect but it will unfortunately cramp the style of a number of teams. The result is that team strategists have spent literally days before the event poring over maps, slotting in northings and fine tuning their plans to come up with 'The Mother of all Route Cards'. When on the last possible day I returned from the post box and sat down after a 9 hour route card session I felt that the worst part of the event must now be over!

* * *

The rain is sluicing down as the teams get together for the first time at Linacleit School to receive the final (and fourth) set of event details/ rules. The weather forecast for tomorrow is atrocious and Ian Callaghan is obviously a man bearing a heavy weight of responsibility. He has made the only sensible decision which is to abandon the 12 mile hill and road section on Barra and the potentially hazardous sea crossing to South Uist. Day one of the challenge will start at Ludag at the bottom of Southist. In view of the complexity of the event, the teams ask very few questions but disperse to their various billets on the island in an apparent state of shock, apprehensive about what is to come. We learn that the poor weather has caused the cancellation of a ferry crossing to Stornaway which prevents a few team members from reaching the start and one or two team members are also stranded overnight on Barra.

Finally, we get going.... Full details in the next Fellrunner.

Open Country Mountain Bike Challenge

Sunday 18th September 1994

A one day test of navigational and bike handling skills for teams of two similar to the Polaris Challenge. If you don't know what that is, it's a Karrimor on wheels. Entry forms from-

Open Country, 3 Market Street, Whaley Bridge, Stockport SK12 7AA.

Tel 0663 735020.

Martin Stone's Long Distance News Summary

No long distance news to report in this issue. Do keep sending me details of long runs for the record books. Just one plea to those considering entering the Dragon's Back Race this year - **enter now before its too late.**

DRAGON'S BACK - LAST CHANCE TO ENTER

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. Unfortunately he only has 50 entrants so far and unless he gets about 100 suitable applicants the race will not take place. This

years race will 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 1993 event.

This year, competitors will be able to enter either a pairs or solo class. The event will only go ahead providing 100 runners enter and pay the £50 entrance fee. This represents excellent value as it covers unlimited quantities of cooked food and organised overnight camps for 5 days. Entry fees will be refunded if there is inadequate support for the

race or runners withdraw their entry once there is a waiting list for places. Entry forms and details from *Ian Waddell, North*



33 miles and only a second or two separate winning pair *Simon Thompson and John Wiczolek* from challengers *Paul Sheard and Sarah Rowell*.

Howarth Hobble 1994.
photo: *Dave Woodhead*

Lodge, Cranford, Blackdown, Leamington Spa CV32 6RG. 0926 423393

FRA LONG DISTANCE AWARD

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 is chosen. Please send a schedule and brief details of any record breaking runs to *Martin Stone, 12 Moorlands, 103 Gars tang Road, PRESTON PR1 INN 0772 562395*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

The club presents an annual award to a member who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April. To be eligible for the award, the member **MUST BE NOMINATED** by a friend or someone who witnessed the event. In recent years the Club has not always been made aware of achievements which are worthy of consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1993/94 award should be sent to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.*

CALENDRIER OFFICIEL DE LA CIME 1994

DATE	DENOMINATION	PAYS	CAT.	DISTANCE	DENIV.	CO-ORDINATOR	TELEPHONE
18.06	Arette-La Pierre St-Martin	FR	rouge	23.6	1320	P. Casabonne 41, Av. M. Loubens 64570 Arette	598.894.96 505.801.57
19.06	Balcon du Mont-Blanc	FR	brune	14.2	1100	Office du tourisme 74700 Cordon	026/83.13.13
19.06	Trophee du Six-Blanc	CH	brune	8.2	1195	Michel Rausis Rte de Champex	
26.06	Montreux Rochers de Naves	CH	rouge	18.5	1700	Roger Seematter, Marronniers 26 1800 Vevey	021/921.47.86
02.07	Crêtes du Pays Basque	FR	rouge	31	1100	G. Etxart, Lasterka, 64250 Espelette	599.386.92
02.07	Crêtes du Pays Basque	FR	rouge	18	1100	G. Etxart, Lasterka, 64250 Espelette	599.386.92
03.07	Cross du Mont-Blanc	FR	rouge	23.3	1360	C. Roussel, 63. Rue des Praz 74400 Chamonix CS Chamonix	505.588.59
10.07	Danisberglauf	CH	super	10.4	539	74400 Chamonix Wendelin Parpan Postfach 7078 Lenzerheide	503.311.57 081/344.377 081/344.391
10.07	Grimpée du Molé	FR	grise	412	800	Syndicat Initiative Marignier 524, Av. du Stade 74970 Marignier	503.453.15
17.07	Frutigen-Adelboden	CH	rouge	19	950	Verkehrsbüro, Dorfstrasse 23 3715 Adelboden	033/732.252
17.07	Montée du Nid d'Aigle	FR	rouge	20	1800	CS St-Gervais Office du tourisme 74170 St-Gervais	50.78.22.43
23.07	Arles-sur-Tech	FR	rouge	50	1320	J. Faure, Alzine Rodone 66150 Arles-sur-Tech	683.908.23
24.07	Crêtes du Megeve	FR	rouge	18	735	Club des Sports 176 r. de la Poste 74120 Megeve	502.131.50
31.07	Cime de la Bonette	FR	rouge	27	1662	Syndicat Initiative 06^60 St-Etienne-de-Tinée	930.241.96
07.08	Thyon-Dixence	CH	brune	16.3	680	Marlyse Thetáz, Tonneliers 11 1950 Sion	027/22.91.65 027/22.71.72
07.08	Grand Prix des Isards	FR	brune	16.1	710	Pierre Honthaas, 64490 Aydos	593.475.69
07.08	Bareges-Pic du Midi-Bareges	FR	rouge	27	1600	CS "L'Avalanche" 65120 Bareges	629.268.92
14.08	Sierre-Zinal	CH	hors cl	31	2000	J.C.I. Pont, Chantevent 28 3960 Sierre	027/55.22.85
15.08	Tour Alpin du Grand Massif	FR	rouge	22	1029	Ch. Sauvage, Club des Sports 743000 Flaine	509.080.74 029/810.66 029/226.27
21.08	Neirivue - Le Moleson	CH	rouge	15.8	1200	Pascal L'Homme 1668 Neirivue	
21.08	Kitzbuehlerhornlauf	A	grise	12.9	1234	F. Puckl Kaiserweg 111/2 6353 Going	053.582.590
28.08	L'Alsacienne des Crêtes	FR	super	32	1000	L. Marlier, 8 r. de Gunsbach 68000 Colmar	897.951.87 027/86.23.21 027/86.17.84
04.09	Ovronnaz-Rambert	CH	brune	8.4	1360	Bernard Bessard 1912 Ovronnaz	
18.09	Course du Safeve	FR	super	19	900	G. Reix 52 Allée des Launages 74160 Collonges sous Saleve	504.367.33
25.09	Fully-Sornior	CH	brune	7.8	1600	Georges Arlettaz, Rue des Amis 1926 Fully	026/46.10.19
03.10	Mont-Jestéd Liberec	CRS	super	8.4	567	O. Cepalka. Gagarinova 769 46007 Liberec 7	004.248.487.369
09.10	Trophe du Cret de la Neuve	CH	brune	16	830	William Berseth Ski-Club 1261	022/368.17.13
30.10	Astberglauf	A	brune	6	568	F. Puckl Kaiserweg 111/2 6353 Going	053.582.590

Profile: Roger Dewhurst

Roger Dewhurst of Clayton-le-Moors Harriers is one of a small number of fell runners who have experienced every aspect of our sport: initially competing as a "professional" in short up-and-down races only; then as a Clayton member running the gamut of everything from short amateur events to the long, rough Lakeland classics, and gaining early membership of the Bob Graham Club; and finally as a fell race organiser, namely Bolton-by-Bowland and Pendleton, though it must be conceded that the former is actually a very fine cross-country course rather than a true fell race.

Early Days on the Pro Circuit

Roger was born at Longridge on March 5th, 1941 and grew up at Townley House Farm, near Chipping. "My interest in running started as a youngster when I lived on a farm 2 miles to the east of Chipping," he recalls. "The distance to school had to be covered on foot. I usually arrived late due to having to work on the farm beforehand, so I used to run to and from school each day.

"This must have got me fit as I was able to win the Victor Ludorum Cup for the outstanding athlete at St. Michael and John Secondary School, Clitheroe, at the age of fourteen."

He next began to take an interest in the annual Chipping Sports held in May: "I won the prize for the first local on at least three occasions, but my best performance was in placing second to Reg Harrison in 1959." Harrison was a noted guides racer from the Furness Fells to the north of Ulverston and a great rival of the famous Bill Teasdale, who notched up a total of four victories at Grasmere, among other achievements.

Roger's local fell race ascended to Parlick Pike, with a fast run down back to the sports field: "Chipping Sports tended to be a busy day for me as I would run either the fell race or open track events in the afternoon, then the local races in the evening."

"Whit Mondays was always Slaidburn Sports and I used to travel there by bike. I believe I won the fell race on three occasions. It would be less than two miles and mainly over undulating fields. The sports field was the last one on the left approaching the village from Newton."

Travelling to the various sports meetings was a problem in those days, but in 1961 Roger managed to get a lift to Old Flan Sports at Ulverston: "I didn't have a bad day, winning the 880 yards in 1 minute 59 seconds and the mile an hour later in 4.46, both handicap races on grass tracks." He also competed on the grass track at Ambleside Sports and in the Grasmere Guides Race.



Roger Dewhurst on the climb to the last checkpoint on Parlick in the Fiensdale Fell Race.

Photo: Bill Smith

Pirie's Debut

"I won the mile and placed third in the 440 yards at Lowgill Sports in 1962, and was placed in both the mile and 220 yards at Hawes a year later. I ran in the mile at Jedburgh Border Games in July, 1962, when Gordon Pirie was making his debut as a professional. I didn't have much start on him and distinctly recall him puffing past me. The following month, I won the mile and came third in the half-mile at Clapham. I also competed with varying degrees of success at Penrith, Rastrick, Dent, Malham and Kilnsey."

Like many professional runners, Roger Dewhurst would only start training a month before the season began in May: "I varied the training between speed work and a few excursions onto the Bowland fells, mainly Saddle Fell. I would run from our farm in the valley bottom to the top and back, about 2h miles each way."

Sunday Morning Epics

In 1966, Roger left farming and went to live in Clitheroe, where he took a job with Refuge Insurance, with which company he has since risen to the position of Branch Manager for the Accrington-Burnley area.

"I now had a long break from running," says Roger, "missing out on probably my best years." He joined Clayton in 1969 at the age of 28 and began training on Pendle, which is very handily situated from Clitheroe.

"A regular feature in the early '70s was the 7a.m. Sunday morning run with George Brass, Ed Hill, Alistair Patten and Harry

Ball. These took place mainly in the winter and because of the early starts before daylight, entailed some road running. For a number of years, we did the circuit of Pendle, Hameldon and Boulsworth, always on a Good Friday: a good 36-miler.

"In those days, sponsorship was in its infancy, but we raised a lot of money for charity. Among our other epics was a round of Pendle, Worsaw Hill, Waddington Fell and Longridge Fell, while another was a run through thirteen villages in the Ribble and Hodder valleys - a good long day out."

Despite the long runs, however, training during the early '70s was "a bit sporadic".

"There were nowhere near as many events as nowadays, so building up to a race, I might average 30mpw for a few weeks, then after the race, do nothing much for a period."

One other long training run he particularly recalls from the early '70s was around the Three Peaks course from the Hill Inn with a group which included Stan Bradshaw: "I was straining to keep up with him as we climbed Whernside. Stan would have been around sixty then. I was well impressed." Roger ran his first Three Peaks Race in 1970 and completed his 21st event in 1992.

In 1972, he ran the Lakes 3,000s Marathon and finished 12th in 12 hours 21 minutes, and the following year placed third in the Karrimor Standard "A" class from Plas Gwynant in Snowdonia, partnered by Harry Ball. They teamed up again the following year to come 15th in the Elite class in the Cheviots.

Wild Weather on the Bob Graham Round

Roger considers that 1974 was probably his best season and it was during that year that he achieved membership of the Bob Graham Club. Six Clayton runners had set off on Saturday, June 1st on a joint anti-clockwise attempt, and while the weather was fine during the early stages, it soon deteriorated, and only Roger and George Brass continued from Dunmail. I paced them from this point onwards and recall that the weather at night was really foul.

"The worse of the weather was encountered on the ascent of Fairfield," noted Roger in his account of the attempt, "where the wind and rain were so strong that progress was almost impossible at times." It was on this climb that another contender, a fellsman of long experience, passed us on his way down and asked if we were carrying on? As he disappeared down into the darkness and mist, George turned to Roger and said indignantly: "Does he think we're going to pack it in?" That was just what the solo contender (with pacer) did, in fact, returning down to Dunmail, though he did succeed at a later date.

The wind was so strong along the Helvellyn ridge that George Brass was literally blown off his feet descending from Whiteside. The weather improved beyond the Dodds, however, and Don Talbot and the late Gerry Charnley joined us for the final section from Threlkeld in good weather, reaching Keswick with a time of 22 hours 56 minutes. Don had earlier paced them from Wasdale to Dunmail.

Training

When it comes to races, however, Roger prefers short or medium courses, particularly with steep climbs and descents, though he also has a fondness for long, grassy descents. He considers himself to be a competent climber on steep terrain, but a better descender: "I have always picked up places on descents, though not quite so much now as when I was younger."



Carol Dewhurst running in the 1993 Whittle Pike Race.

Pendle and Thieveley rank highly among his favourite races "as both have steep climbs and fast descents."

Roger has never been a high mileage man in regard to training and his 30mpw during the '70s has already been noted: "At the moment, I'm taking it quietly with a couple of races per month on about 20mpw. But a couple of years ago, when I finished 5th in the British Over-50s Championship, I was doing 55mpw, with 6,000 to 8,000 feet of climbing." His local training now covers the area of the Bolton-by-Bowland race: "But I sometimes take the car over to Pendle and do a few 'Big Enders'."

Fell Race Organiser

In 1982, Roger Dewhurst succeeded George Brass as organiser of the Pentleton Fell Race and continues to serve in this role: "We have always given a good range of prizes, plus a contribution to the village hall and one to charity."

Roger had moved up the Ribble Valley from Clitheroe to Bolton-by-Bowland in 1978, and in 1986 was asked by the local village hall committee if he could organise a race to raise funds for them: "I was only too pleased to be able to contribute something to the village. The course has remained virtually unaltered since. It finishes on the village green, outside the house of a committee member, who very kindly fills up a tin bath on the green with hot water. It's as well to try to finish as far up the field as possible as the water soon gets muddy!"

"We pride ourselves on having what I consider to be the fastest results service in the business; indeed, the first batch of results will be on the notice board within five minutes of the winner coming in. And everyone can see where they finished by prize-giving time."

Another Fellrunning Dewhurst

Roger's personal ambition is "to keep enjoying my running for at least another twenty years. Hopefully, the name will continue in the sport as my daughter Carol

has joined Clayton and already had some success in winning last year's Clougha Pike race and the Clayton Downhill Challenge, also being first lady in the 5-mile Brockhall Bender road race. Her fiancé, Alan Life, was the 1992 Clayton fell runner of the year."

Carol is aged 28 and is employed as a secretary by a firm of Clitheroe accountants. Like her father, she is not a high mileage trainer but keeps fit by racing prolifically. She won the ladies' section of last year's Lune Valley Challenge, and placed 2nd at both Kettlewell and Tour of the Hameldons, the latter a Clayton "summer series" promotion.

Bill Smith

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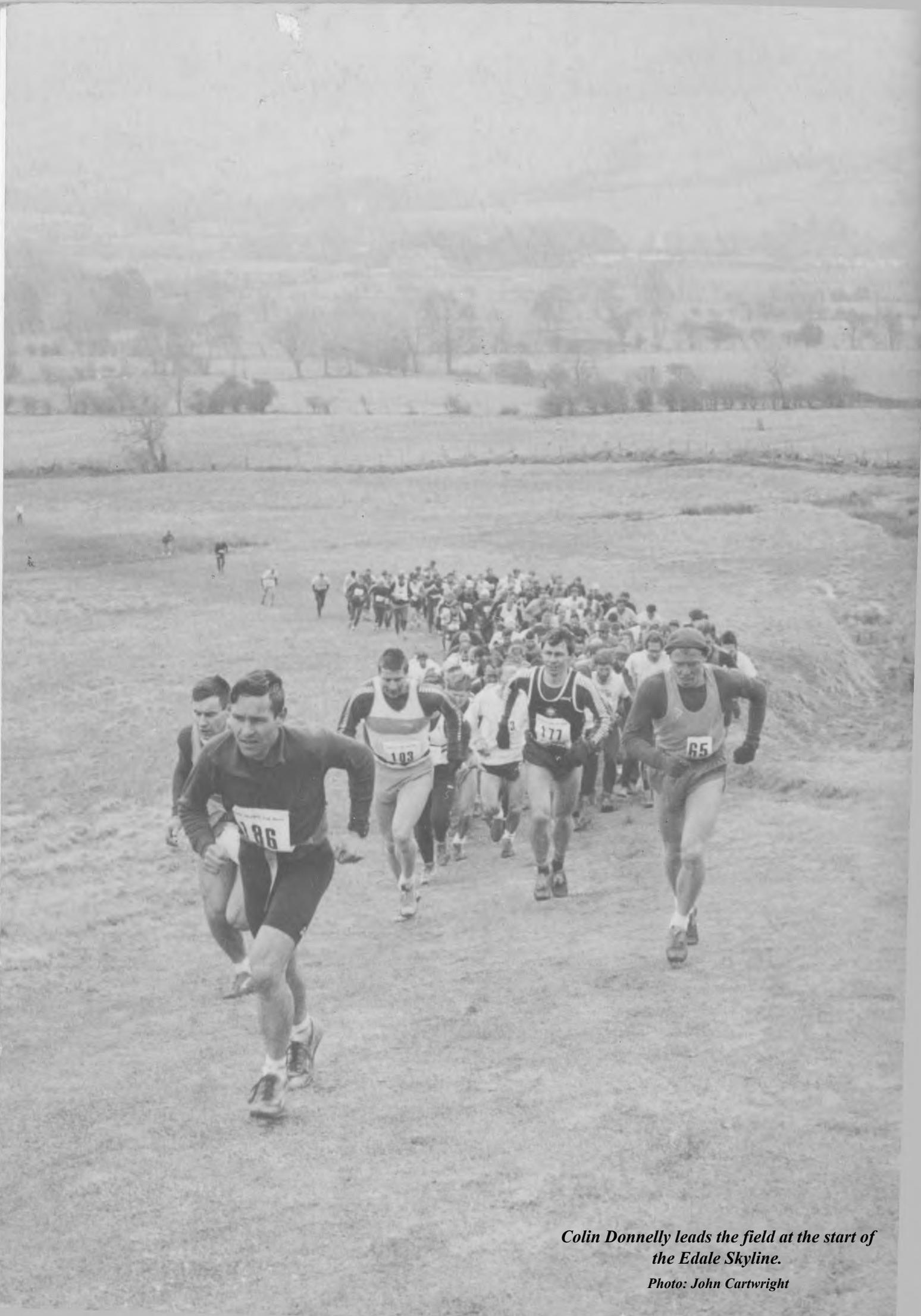
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Colin Donnelly leads the field at the start of the Edale Skyline.

Photo: John Cartwright