

The **Fellrunner**


October 1994




including
World Trophy Reports



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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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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.

Bit at the Front *Neil Denby*

Once again we, along with other users of the great outdoors, are having our rights of access gradually eroded away. After the privatisation of the water boards and the long drawn out negotiations the Association conducted in order to prevent them from charging us, we are now faced with a back door privatisation that is cutting down on access.

The government, backing down from a wholesale privatisation of the Forestry Commission (one of the largest holders of land in the country) is selling off individual forests and woodlands to private buyers to effect a sort of piece meal

privatisation. This means that, whilst the Forestry Commission allowed a 'right to roam' on much of their land, private contractors are not so bound. Thus only official rights of way (which may be busy bridle paths or, in some cases, tarmaced lanes) are left to the runner. If this is happening in your area and it is going to spoil your enjoyment and use of woodland, then write to your M.P. and see what he/she will do about it. Surprisingly, according to an article I read recently, an M.P. thinks that a mailbag of 10 letters on a subject is big so it shouldn't take many of us to kick up a fuss if we find we are being barred from woods and forests.

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**WIN ETA SHOES!
SEE PAGE 14**

*Cover Photo by John Cartwright.
Start of Holme Moss Race.*

The Fellrunner

The Fellrunner will again be producing a 12 month calendar. Featuring some of the best shots that never made it into the magazine with brief information about some of the classic races, it will make an excellent Christmas present or race prize as well as being useful and decorative in its own right.

The calendar will be A4 format and costs a mere £3.00
if ordered before November 15th.

Orders and sales after then will be £3.50.

*The calendar is not a
fundraiser, but nor do I wish it
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large measure on the number of
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Jack Bloor Fund

The Jack Bloor Fund was set up ten years ago to commemorate the late Jack Bloor, a skilled fell runner, orienteer and mountaineer who spent much of his life helping young men and women to enjoy the challenge of the great outdoors and to improve their sporting skills. The purpose of the fund is to provide financial assistance to help young people to undertake adventurous activities or to attend courses or compete in events which will improve their athletic skills. During the last nine years nearly £3000 has been awarded in grants for 53 applicants. The purpose of these grants has varied from assisting with the costs of participating in group expeditions to Peru and China to helping with the finance for a climbing trip to the Alps and improving orienteering skills by competing in Scandinavia. The trustees are particularly keen to support small expeditions where the applicants display per-

sonal initiative. The definition of 'young people' is generally anyone up to mid twenties.

Most of the fund's income comes from the annual fell race on Ilkley Moor and in the past grant applications have been restricted to the clubs of which Jack Bloor was a member. However, thanks to an upsurge in entries in the race during the last two years and some generous donations the trustees of the fund fell able to accept applications for grants from a wider area.

In future members of any club in Yorkshire affiliated to the Fell Running Commission of the British Athletic Federation or direct to the F.R.A. will be eligible for grants from the fund. Similarly the fund is also being extended to cover Yorkshire clubs affiliated to the British Orienteering Federation and the British Mountaineering Council.

Grant application forms are available from Dave Hodgson 197, Hall Lane, Horsforth, Leeds, LS18 5EG. Tel. 0532 585586.

Snippets

Toilets at races

The committee has decided to take on board an idea put forward by Eileen Woodhead on this subject. As from next year race organisers will be asked to state on their registration forms whether toilets are available at their event. We hope that this will lead to less pollution at races and, dare I say it, consumer choice as runners will be able to decide whether to expose themselves to events without facilities.

The British Championship

The BAF Fell and Hill Commission is in the process of reviewing the format of the British Championship. It's of some concern that the current format isn't attracting any Scots at all and only a few Eryri members from Wales. We need to know your views! Would you favour a single race to decide a long race Championship, with similar events at short and medium distances? Should the British Championship go to Wales or Scotland for four races out of six when only English runners seem to compete? Does the English Championship merely replicate the British? Or is it a case of 'if it ain't broke, don't fix it'?

If you enjoy doing the Championship and want it to stay as it is then write and tell us. If you aren't doing the British but would like to if it were organised differently then write and tell us. If you don't like writing then come along to the AGM and tell us face to face. But whatever you do, don't do nothing. Because then we have to guess what you want - and we might get it wrong. Comments please to Selwyn Wright.

Tragedy hits Clayton runners

News broke over the summer of a tragic accident on Mont Blanc. Clayton runners Graham Huddleston, Gary Wilkinson, Neil Wilkinson and Alan Heywood were caught by an avalanche and while the injured Alan Heywood was dug into a snow hole with Neil, the other two runners set off for help. Alan was trapped for 24 hours and, by the time he arrived in hospital had been clinically dead for 5 hours. Despite efforts by French doctors to revive him by restoring his body temperature and placing him on a ventilator, he was in a coma when flown into Manchester and passed away shortly afterwards. Our sympathy goes out to his family and friends. There have been over 100 serious incidents on the mountain this year with 93 deaths and 11 missing persons.

Back issues.

of The Fellrunner are available, in extremely limited supply, from the editor at a cost of £2.00 plus 50p p+p. They may be available from Pete Bland to whom ALL membership enquiries should be addressed. Would the chap in Headingley who offered archived copies please phone the editor on 0484 861812 as I've lost your address!!

SECRETARY'S CORNER

I was pressed into the role of commentator at the Bens of Jura Race, and getting excited as the first runner approached the finish I announced: "the leading competitor is in sight and has just come over the hump backed bridge - no name yet." A local rushed over to tell me it is called Keils Bridge. Actually it was Mark Rigby.

There have been three committee meetings since the last issue and as usual, one of them was while I was away on the continent. Thanks to Selwyn for looking after things during my absence.

Committee Meeting, Threlkeld, 26.6.94

1. Several championship races this year have been less than satisfactory. Our not very onerous requirements will be set out in a brief spec so that organisers can state on their registration forms whether they are willing to stage a championship race. British champs organisers received a grant of £250 this year (from FHRC and sponsorship) to help with any additional costs, and we are considering how to fund a grant to English champs races, possibly from BAF sources.

2. Similarly, we are less than happy with some of the recent Junior champs events which tend to be treated as an afterthought tacked on to the senior race. There is a growing concern amongst children and parents, and we shall be seeking to persuade organisers to pay more attention to the needs of junior competition.

3. Matt Simms and Dark Peak FR are in consultation with the Peak Park seeking to ensure that their new Bye Laws for Access Land do not adversely affect fellrunning. It is interesting to note that the draft document groups fellrunning with war games!

4. I make no apologies for repeating again and again that the committee takes a dim view of competitors who ignore an organiser's safety requirements. The FRA and the Lake District Mountain Trial Association

have disciplined a competitor at the Fairfield Horseshoe Race for failure to wear or carry weatherproof body cover on a day when conditions were very poor with low visibility, very strong winds and blustery heavy showers. The offender, a member of the FRA who should know better, has been banned from competing in all LDMTA races until July 1995 and has been given a formal warning by the FRA about future conduct.

5. And while on the subject of clothing, we support the view expressed by Graham Wright (letter, June issue) that Lifa, Lycra and similar figure hugging fashions are not in themselves adequate body cover in severe conditions. We expect suitable cag and over-trousers.

Committee Meeting, Keswick, 7.8.94

1. Much to our surprise and disappointment, BOFRA members have voted against our suggestions aimed at closing the pro/am divide and making all fell races truly open to all. It seems they want to compete in our races but choose not to co-operate in making it possible for BAF athletes to compete in those races which do not have permits (all FRA races are deemed to have permits). The present situation is farcical with more and more runners from both sides of the fence competing in both 'amateur' and 'professional' races. Current BAF rules are virtually unenforceable, even if we wanted to, and the subject will be pursued through the FHRC and BAF.

2. We are monitoring access to several woodlands in South Yorkshire following their transfer into private ownership. If sale has in fact been completed it would seem there is little we can do to ensure continuing freedom of access.

3. The FHRC are deliberating on the future format of the British Championships. Your views are sought, see separate item elsewhere.

4. Complaints have been received about competitors' dogs causing problems during races. Our Environment Policy (to be published shortly) will recommend that dogs should not

be allowed to accompany competitors, but we believe the matter is primarily for race organisers to decide.

Committee Meeting, Kendal, 10.9.94

1. Agreed that races without toilets at the venue will be indicated in the Fixtures Calendar. There are only a few, mostly summer evening races in remote locations where it is uneconomic and impractical to utilise port-



*Devine winning Turns lack. Nice as Sheba is (nice dog, down girl!) she may no longer be welcome at races - even if she brings Gary with her!
Photo: Allan Greenwood*

able units. Intending competitors should take note and satisfy their needs at public toilets en route to the venue.

2. British and English championship races tabled by the sub-committee. After some discussion we were not entirely in agreement and the item was referred back for further consideration.

3. Questionnaire by Alison Crabb seeking views as to whether ladies should start races before or with the men produced a poor response. Nevertheless, opinion seems to favour starting with the men and this will be implemented at all British and English championship races in 1995.

4. Noted that the 1994 Junior Home International Competition will be hosted by Scotland and takes place on the Pentland Hills, near Edinburgh on Sunday, 9 October.

5. Following a pilot event in Italy this year, the meeting of the ICMR in Berchtesgaden voted to introduce a European Trophy competition. The format will alternate between all up hill or up and down, being the opposite of the World Trophy format of the same year. France will host the European Trophy in July 1995.

6. Concern was expressed about proposals by the Lake District Special Planning Board to limit vehicular access to locations such as Langdale, Little Langdale, Wrynose and Hardknott. If such ideas come to fruition many long established races could be seriously affected. Selwyn Wright will be attending various protest meetings to keep us informed.



*No. 44 Jim Whalley leads a group out of Rydal Hall on the Fairfield. Conditions meant that body cover was necessary.
Photo: Eileen Woodhead*

News and Views

Prize plea

Dear Sir,

I do not wish to appear ungrateful, but I would like to remind race organisers that lady runners are not usually 'Large'.

Instead of being able to proudly wear prize T shirts I have to hand them over to my husband and sons. (But do they really want to wear T shirts proclaiming 'Ladies Winner!'). The recent trend for XL and XXL T shirts means that several prizes have been consigned to the back of the wardrobe, never to see the light of day.

So race organisers, please think again when ordering your next batch of prize T shirts, and provide a few mediums for the little people.

Yours faithfully,
Katy Thompson, Clayton le Moors

Ben Nevis Facts

Dear Sir,

As a member of the FRA for many years I have read with great interest the comments on various fell races via the letter pages of *The Fellrunner*, but being a southerner, bom and bred in Essex, I cannot race all that much on the fells and therefore cannot judge on peoples comments whether a race was well organised or not.

But there is one race where I think that I can stand with my Northern cousins and offer comment on and that is the Ben Nevis race which I've run 18 times. This brings me to the point of writing this letter which is to correct the remarks of one J.K.Riley of Burnley in the June edition of *The Fellrunner*.

The race instruction card sent to all runners states under Item 4, Time allowances to Finish, 3 and a quarter hours. This being 5.15 when the officials have long started to come down from the hill. As Mr Riley completed his Ben in just under 4 hours, DNF does indeed apply.

His comment on the football match and distillery have all the hallmarks of a man who's mind has outrun his pen and should therefore be ignored if we are to take his letter seriously. If 400 other runners had a 'light meal' why did he not think of asking somebody where to go to get his?

He also complains that in 1980 no fees were returned when the race was cancelled, race instructions Item 7 reads, no fees will be returned. His remarks on George MacFarlane are again best ignored. I have corresponded with George for many years and have always received prompt and knowledgeable replies to my questions on the Ben; remember, Mr Riley, no George, no Ben! The BNRA

officials are a small band of hard workers who I am sur most runners will agree give all who run the Ben a great weekend in Fort William and our thanks goes out to them.

Finally, to anyone who can't run the Ben in under 4 hours, it's time to look for hill races that are more suited to your abilities.

Yours faithfully,
John Cash, Essex

Wind power is progress

Dear Sir,

In reply to Kev Shand's article in the June issue of *The Fellrunner* I would like to put forward an alternative viewpoint. I too can see the Ovenden Moor windfarm above Keighley and also the Chelker windfarm near Skipton where I live, a sight which I find very agreeable and rather majestic (would you rather look out at an open cast coal mine or a nuclear power station?).

Kev obviously has his views on the aesthetic values of wind turbines but statistics dictate that he is in the minority. All available evidence suggests that most people living in areas where wind energy developments have taken place actually support wind energy. For example, a survey in Cornwall and Devon showed that more than 84% of local people approved of wind energy when questioned after the construction of the Delabole windfarm. Only 4% disapproved. The same survey revealed that -

- 1) Before construction, 56% thought that windfarms spoil the scenery but after construction only 28% did; 60% thought that they didn't.
- 2) Before construction, 40% thought wind turbines were noisy, but afterwards only 10% thought that they were. 80% thought that they weren't.

I would also like to put the record straight regarding the cost effectiveness of wind

turbines. It is extremely misleading to suggest that wind power is not cost effective. The prices paid by the regional electric companies do not reflect the true costs of generating electricity from wind. Current prices are a distortion, resulting from the requirement under government 'renewables' orders that the current capital costs of wind power developments be repaid by 1998. After that date, when premium prices end, existing projects will generate some of the cheapest electricity in the UK, since their capital costs will have been paid off, and the operating costs for wind energy are very low. By the end of the decade, unit operating costs could fall to below 1 p/kwh compared to coal's 2.5p/kwh.

As far as green issues are concerned I would agree with Kev that there should be more planned development for all renewables. However, to infer that wind energy's contribution to the reduction in greenhouse gasses is insignificant is ridiculous. The few windfarms currently operating in the UK will, over their lifetimes, have generated about 7.6 billion units of electricity and prevented the emission of about 6 million tonnes of carbon dioxide. Surely not a worthless contribution.

As for the future, the next tranche of contracts under the non fossil fuel obligation of the R.E.C's is due to be released this Autumn. By the March deadline for submitting bids 230 wind energy schemes had been put forward. Energy minister Tim Eggar stated that he did not expect more than 20 to go ahead. Government planning policy requires the environmental benefits of wind and other renewables to be taken into account, but also places just as much emphasis on the need to protect the local environment.

OK, Kev, the Great Hill development (if granted) may disrupt Tumlack, but as with everything, what price progress?

Yours faithfully,
Ian McKnight, Skipton LMS Runners



*Nicola Davies, first lady at Borrowdale, descends above Tongue Gill
Photo: Bill Smith*

...or is it??

Dear Sir,

Following Kevan Shands article about windmills in the last issue, readers may be interested in some happenings in Leicestershire a few years ago. A local businessman had erected some wind turbines on his farm in Chamwood Forest (the most scenic and hilly area in the county) without planning permission. The district council asked him to take them down, and there was a public outcry - but the outcry was in favour of keeping the turbines! So why the difference in public attitudes between Leicestershire and the South Pennines? Simple, there are two turbines at West Beacon Farm in Leicestershire, not 20 or 30. This is an **appropriate** use of windpower.

Wind turbines are an ideal way of suppling electricity to isolated farms and small settlements. One or two turbines providing enough power for a farm are no more visually intrusive than many agricultural buildings. By generating power where it is needed, the problem of power losses in transmission over long distances is overcome. And once the capital cost of the turbine is paid, the farmer won't have any more electricity bills!

Which brings me on to the reason why windpower is currently being developed in an inappropriate manner, with power being transmitted long distances from remote windfarms to the National grid: money. No one makes money out of not selling electricity - and if farmers started using their own turbines, the electricity companies would not-sell quite a lot of power. (Kevan makes an important point about the need for more energy conservation: again, the problem is the economics of not-selling.) In purely economic terms, it makes more sense to have National Windpower generating electricity for the grid from large wind farms, however stupid that may be environmentally. Maybe we should be campaigning against the economic system rather than against the wind farm developers.

Anyone for a revolution?

Yours faithfully,
Anthony Kay, Loughborough

Video request

Dear Sir,

The presentations for the British Junior Fell Championships were held in Grasmere last October 10th. Someone had a camcorder at the presentations and taped at least some of it. If anybody has a copy of that or any of the u/16 race not on the FRA video could they please contact me with a view to selling me a copy.

Yours faithfully,
Edward Davies, Welshpool
0938 580293

FRA CALENDAR 1995 TO ALL ORGANISERS

The registration forms for races to be included in the 1995 Fixtures Calendar will, as usual, be sent out to all organisers on the last weekend in September.

If for some reason you haven't received one by the end of the first week in October then PLEASE give Dave Jones a ring on 061 485 1639.

Once you have received your form it would be a tremendous help in getting the calendar out by Christmas if you could return it completed to Dave Jones by MONDAY 31st OCTOBER.

Cerebro masochism?

Dear Sir,

May I be amongst the first to formally congratulate cerebro masochist Mr Nigel Hetherington on his splendid quiz entitled Lake District Navigational Challenge 1994. Unfortunately he neglected to mention one or two other 'useful things to have around' in his preamble - a Cambridge University honours degree in conundrums, life membership of Mensa and a couple of weeks off work, to name but a few. I presume the metre rule with long straight edge was intended for whacking the kids/wife/dog when interrupted!

Having struggled as far as Round 4 question 9, stuck up on Rossett Pike, my very patient and loving spouse kindly pointed out that the closing date for entries was a mere 3 months prior to the publication of the quiz (my mistake - Ed). I can hardly wait for the next one and neither can my wife.

Yours, in the study,
David Lindop, Penistone

Convenient conveniences

Dear Sir,

After reading the June issue and finding the toilet issue STILL being discussed I would like to tell a little story which concerns 1994's Ilkley Moor Fell Race.

We arrived just in time to see all runners embark on their dreams of winning, betting their last years time or just completing the race. A cold February day but we hadn't gone baht 'at, when my daughter says 'Daddy, I want a wee wee'. OK, nearly three years old, no problem, there's a bush, easy; just as I was performing this chore Alison, my wife, was collecting two teas and an orange juice. Alison says 'I think I'm in labour and I need the toilet!' So off we went to the college which was,

this year, the base for registration and sure enough toilets were in abundance. May I thank the organisers and college bodies for making them available.

Alison was in labour and my second daughter was bom 12.20 a.m. on 21st February. Who says fell racing doesn't cater for everyone.

Yours faithfully,
Wayne Morrison, Todmorden

Second sex?

Dear Sir,

I do NOT think that women should have separate start times at fell races! When I enter a race I do not expect to be shunted off into a separate women's race - I resent it very much. I enter a fell race and expect to run it. The fact that I qualify for a subsidiary category within the main race is incidental. I want to run the open race, to race against clubmates and rivals I have been competing against for years. I do NOT want to be a second class citizen, considered to be incapable of competing in the main race. This would deprive me of most of the enjoyment that I get from fell racing.

Women are just a (small) category within a race - why single them out for a separate race? If the argument is that each category should have its own separate race, then why is no one kicking up a fuss and trying to make vets have a separate start time too? The potential for confusion - with each category having its own start time and no one knowing who is racing against who - is horrendous. A race organisers nightmare!

The introduction of separate start times for women is a retrograde step. Let's hope it does not continue. I personally would be very disappointed to see such blatant sexism become the norm in what I have found to be a very non-sexist sport!

Yours faithfully,
Maggie Gallagher, Dark Peak Fellrunners

World Trophy - Berchtesgaden 1994

Not much joy for the home countries from the uphill only Continental races held in Hitler's mountain retreat. Reports from respective team captains below...

Creditable Wales

We came, we saw, we were soundly beaten! The British runners as a whole did not perform well on this type of uphill course, which favoured the Continental runners. But class will out and Angela Brand-Barker, Tim Davies and Andrew Davies can hold their heads up high. Nor was there a single poor performance amongst the senior men, who all ran their hearts out without having the ghost of a chance in this company. Paul Wheeler felt disappointed with 62nd position; Gwynfor Owen, 40 this year, dead heated with Duncan Hughes for a creditable 78th place. We still haven't seen the best of Duncan Hughes at World Trophy level. Hefin Griffiths finished a dependable 83rd ahead of Andy Darby in 98th and Steve Wilkes (injured for most of the season) 101st. The men's team finished 15th out of 20.

Amongst the ladies, Angela Brand-Barker had an excellent run being 3rd British runner in 26th position. Newcomer Menna Cwper came in a promising 53rd, Jackie Huybs was 59th and Sharon Woods close behind in 62nd position. The ladies team finished 14th out of 17.

As for the junior men, this was a very young and inexperienced team, only Tim Davies had run at this level before. Tim, as usual, pulled out all the stops to finish 18th - at the age of 17 he still has two more junior World Trophies ahead of him. His younger brother Andrew, aged only 14, ran an incredible race for 29th position (with a possible further five junior events to come!). Next in was 15 year old Mathew Collins from Gwent who coped well in his first race at this level in 43rd position, he was closely followed by Alun Vaughan in 44th. Alun ran well below his best on the day having qualified ahead of the other three at the Llanberis Trial race. The junior team finished 9th out of 14. All the juniors benefitted from the experience and will be able to put it to good use in future years.

Francis Uhlman/Ross Powell

Delighted Scots

The Scottish party of athletes, management and supporters left Berchtesgaden delighted with the Scot's successful weekend. Everyone had performed to the limits of their individual ability but also, and just as importantly, had performed successfully as members of a team. The programme of squad coaching and training sessions, which had been put in place towards the end of 1993, had borne fruit



*Andrew Davies, Wales, had an excellent run for a 14 year old
Photo: Francis Uhlman*

with a strong team spirit evident in the pre race preparations. This was, without doubt, the foundation for the achievement of each individual and each team on race day. So all those who contributed, in whatever capacity, to the squad sessions but who were not with the teams in Berchtesgaden deserve an equal share of the credit for the successes on the day.

Whilst it is not always appropriate to highlight individual performances, everyone in the party was thrilled to see John Brooks better his 1993 performance by one place by finishing 5th in the junior mens event and confirm his fine talent, be it up-and-down or uphill only, and to witness a truly class performance from 'new boy' Bobby Quinn who saw off a number of recent World Trophy medal winners by finishing 8th in the Senior Mens race, just 91 seconds behind the winner.

Our ladies team were justifiably over the moon with their performance, with Helene Diamantides leading the team in 25th place followed by Susan Ridley in 29th, Elaine McKay in 32nd and Julie Farmer in 42nd (8th team). In the Junior Mens race Brooks was followed by Martin Canavan in 34th place, Russell McFarlane in 46th and James McLeod in 48th (also 8th team). In the Senior Mens race, Bobby Quinn was supported by second 'new boy' Terry Mitchell, 32nd, Peter Dymoke, 47th, Colin Donnelly 55th, John Wilkinson 64th and David Rodgers 77th. (8th team again!).

These were all quality runs in a competition where standards are rising dramatically each year and, whilst we have to measure our performance in terms of our position worldwide, we do often, and

quite legitimately, measure our performance against our counterparts from the Home Countries and, in this respect, our teams had every reason to be well pleased with their performances.

Postscript. This report would be incomplete if it failed to include a special mention for Bobby Quinn and Robin Thomas (Hunters Bogtrotters) whose drinking prowess at the Closing Celebration secured Scotland the title of 'World Beer Drinking Champions'!! - Alistair Lorimer

Disappointed England

This year was always going to be difficult as the races were totally alien to us (uphill only). We were never going to repeat the success of Italy '92 and France '93. On the whole it was a disappointing result for the England team as many athletes performed below their best.

The best result of the weekend came from junior man Charles Sykes, running in his first World Trophy and finishing 9th; Matthew Moorhouse, also competing at this level for the first time, finished 12th, Matthew Whitfield 25th and Chris Cauldwell 38th, the team taking 5th position. This was a very creditable performance considering that we seem not to have many juniors to choose from. The race was won by Martin Bajcicak of Slovakia who is still eligible to compete next year with the team event won by the Czechs taking 2nd, 3rd and 13th.

In the ladies race we had a poor result, a contributory factor being that three of our best ladies were unavailable and all of the team were competing at this level for the first time. Elaine Foster, who won the Keswick Trial Race by nearly 2 minutes was first counter in 21st position. Lucy Wright, way below her best form, was 30th, Carol Banlyn 39th and Julia Jen-



*Colin Donnelly, Scotland
Photo: Francis Uhlman*

nings 41st, the team finishing 9th. The race was won by Gudrun Pfluger of Austria who also won in Italy in 1992 and came second last year in France confirming her all round ability in both types of races.

The competition in the mens race was the best ever, but if Robert Quinn of Scotland, having a superb run on his debut can finish 8th, then we should have done better. Andy Wilton, also on his debut, finished 20th, leaving all the experienced English World Trophy runners in his wake. Craig Roberts 24th, Mark Croasdale 26th, Robin Bergstrand 30th, Mark Kinch 42nd and Bashir Hussain 44th. The team was placed 6th. Italy took the team event for the 10th successive year.

If we are to do well in Scotland in 1995 several of our athletes will need to cut down on their race programme and give the world Trophy greater priority. Once again the support given to the teams by the travelling supporters was fantastic and, on behalf of the team and management, may I say a big thank-you.

Pete Bland

Irish Ambassadors

The Northern Ireland party travelled to Berchtesgarden via Birmingham and Munich. Early indications suggested possible disaster when the team managers luggage, including some team vests and shorts, was despatched to Amsterdam. Perhaps some team members would have hoped that he would have gone there too. Undaunted the group arrived in Berchtesgarden already well acquainted with the local set-up due to information provided by former international Adrian Philpott who had just returned from a holiday in the area.

Friday was allocated for visiting the race area and inspecting the courses. The missing luggage arrived intact and Adrian joined the party; on Saturday morning we had a very pleasant and informative visit to the local salt mines followed by a light training session in the afternoon. Race day commenced with the junior mens race. Dean Fisher was our early pacesetter with Paul Curran and Paddy Mallon starting more conservatively. Paul upped the pace in the latter stages on the steeper section to finish 47th with Dean in 49th and Paddy in 55th. The team was placed 13th.

In the ladies event held on the same course Roma McConville, the Northern Ireland Champion, led the quartet all the way in her usual gutsy style to finish 55th. Sally Patrick, who is more familiar with the road running circuit, had a good run to finish in 61st. Newcomer to the hills Jeanette McClughan and World Trophy regular Mary Havem also ran well placing



*The Northern Ireland Team
Photo: William Magee*

63rd and 65th respectively. The ladies team was placed 17th.

The senior mens team included All Ireland Champion Brian Ervine and Northern Ireland Champion Neil Carty but it was a recent convert to the hills Frank Sharkey, a more than useful road runner, who had a great debut leading the team in in 60th place. Brian, who was slightly restricted by a stitch in the middle of the race, finished 80th and Richard Rodgers also ran well to finish 84th. Neil was next in 92nd, expressing disappointment with his form on the day. Another World Trophy regular 48 year old Jim Patterson had a very commendable 104th placing as did newcomer Jim Brown in 106th place. The team was placed 17th. The last day was spent in traditional fashion with a walk up to the Eagle's Nest, Adolf Hitler's mountain hide-out. The team members are all to

be congratulated on their efforts and their support to me during our time away. They mixed readily with other team members and the locals and were excellent ambassadors for Northern Ireland. I would also like to thank Jim Gibson for his valuable support throughout the weekend and also Adrian Philpott for his assistance and the contributions to team morale.

William Magee

**Please note new editorial
address:
13 Greenside,
Denby Dale,
West Yorkshire, HD8 8QY**



*England: Croasdale heads Wilton
Photo: Francis Uhlman*

An alternative view from Berchtesgaden; direct....

From the Horse's Mouth.

I've been called a lot of names through the years, most teachers have. However the ones that readily spring to mind are those associated with my running career:

The Goddess, Diamond Thighs and Tank Engine being but a few. Recently, though, the most amusement has come from being told that I was not "much of a racehorse, more of a carthorse really".

So, from your equine correspondent, here is a view from the nose-bag of the World Trophy 1994 - Germany.

The day dawned dry and fair on Sunday 4th September in Berchtesgaden. The going thus being hard to firm brought some heavy betting on the favourites in the Italian colours. In the Colts race the local favourite "Brooksie" was tied in the betting with "Moorhouse" both of whom had shown great form over the sticks in recent months. The bookies had an uneasy time following revelations over stabling disparities prior to the event, the English livery stables being rumoured to be far superior, but possibly with insufficient bran mashes the night before the races. Scottish colt Canavan added to the uncertainty by pulling up slightly lame in a trial gallop. Once underway a fine race ensued round the loop back past the punters near the starting stand and up onto the hill. With only one minute splitting the first 4 places. "Brooksie" was first Brit home, a good length clear of the English Sykes, known more for his form as a descender.

Meanwhile the fillies were sweating up in the enclosure preparing to get underway in the next event. It was noticeable that a tight rein was being kept on the England team who had drafted in some flat racers for this season. Riding in the colours of Sheik Mohammed D'Arby, the scottish string (mostly novices over this distance) were favourites only over the Polish who were given a soft handicap due to generous girth measurements *. In the starting gates Ireland were drawn in the

railside stalls, with England and Scotland towards the stands. A nasty narrowing in the course less than quarter of a furlong after the start led to the early use of whips. With one furlong to go and the going getting steeper, punters spurred the teams on as a change in positions led to a win by two lengths for Austrian "Pflüger" (not a typo - ed.) over last year's champion Isabella Guillot. The chestnut Elaine Foster was first Brit, home in 22nd position in an event dominated by bays. Your correspondent was delighted to be second Brit, the more so by leading the Scots to a surprise victory over the English string.

The two-year-olds race boasted a significant number of experienced contenders, although with the previous years' winner being retired (to stud?) in Canada the field was wide open. Coming under starter's orders the heavy presence of sheepskin nosebands and blinkers promised an interesting race. With the going more suited to trotting, it was expected that the U.S.A. would feature well up the field with their medallist from last year, Dunham, bolstering the team. In fact a sprint for the finish confirmed the Austrian's individual dominance over the event and the Italian supremacy in the team placings. At the turn onto the steep going "Bobby (who-the-hell-are-you) Quinn" was the leading brit, neck and neck with 5:1 favourite Robby Bryson who was threatening to come up well on the inside, but held him off for a fine 8th place with the English trailing by several lengths but packing well. The Welsh and Irish made heavy weather of it further back, one of the latter in particular looking long in the tooth but finishing strongly. Andy Wilton, the frisky novice out of the England stable narrowly avoided a stewards' enquiry following the heavy use of the whip in the final approach.

* By the way, the Polish ladies were 16th team home - for those interested.

- Helen Diamantides



Race Review

JUDITH TAYLOR MEMORIAL RUN

Tuesday 30th August 1994

When Judith tragically died it soon became obvious that a lot of people just wanted to do something to help and remember her by, the Clayton Club committee were conscious of this but felt it right and proper that any suggestion of a race or run should come from Philip, Jonathon and Abigail. Eventually Phil raised the subject and the idea of a fund raising 'Memorial Run' was born. This was never intended to be a serious race, but obviously the issue of numbers and results would add to the occasion. Phil and his mates from Clayton 'Z' team got the job of finding a route (hopefully not on Pendle Hill) but based on Barley Car Park the scene of most Clayton races and summer training. In true style Pendle Hill was back in, but on a much more leisurely approach than the Big End via the Pendle Way and returning from the trig-point via the pleasant farmland of the Pendle Race route. Contingency plans were made in the event of wet weather or mist.

Tuesday 30th seemed appropriate to fit in with the busy fixture list. The night itself was a very warm summer evening and this attracted lots of support, 240 willing volunteers set off, including Phil and Jonathon, with most of Judith's family shouting encouragement. Also taking part were members of Kendal and Patterdale Mountain Rescue teams who helped in the search for Judith at Kentmere, Pete Bland making a comeback got round to great applause, and work colleagues of Judith who had never run before made the effort. The race wasn't about winning but for the record at the sharp end Greg Hull, Shaun Livesey and Craig Watson battled out the honours, with Vanessa Peacock (Brindle) surprising a few of the ladies and showing them a clean pair of heels (could this be another comeback?).

Entry was donation only and at the start £ 924, had already been raised towards the Mountain Rescue Funds, we rallied round the tin cans after people had partaken of one or two drinks, plus a donation from the landlord of the Pendle Inn, and pushed the final total to £1,060, which reflected magnificently the way people felt about Judith. She will be sadly missed on the fells, and particularly at Pendle Hill where she trained so often, but she will not be forgotten.

Ian. E. Campbell. Clayton Chairman.

RESULTS

1. G.Hull Leeds City	29.44
B.Mitchell Clayton 1.V.45	
2. S.Livesey Clayton	29.55
V.Peacock Clayton 1.L.V.	
3. C.Watson Bingley	31.17
F.Gibbs Bingley 1.V.50	
4. M.Wallis Clayton	31.26
R.Jaques Clayton 1.V.55	
5. S.Thompson Clayton	32.10
J.Rawlinson Clayton 2.L.V.	
6. D.Woodhead Horwich	32.21
L.Lord Clayton 3.L.V.	
7. S.Riley u.a	33.01
8. S.Breckell Clayton 1st V.40	33.28
9. C.Lyon Horwich	33.29
10. I.Greenwood Clayton	33.30

Crocks comp.

Top crock Dave Overend wants a championship he can win...

There's a saying that those who can, do; those who can't, teach. Cruel, because I know several teachers who can - and who do, but that's not something you want to talk about in a family magazine.

But there should be another saying; those who can run, do run; those who can't, dream of running. There always seem to be more dreamers than runners. It's all down to injuries. Even the fittest, most athletic fellrunner is only too happy to reveal a host of aches and pains - especially just before the start of a race. The question "how are you?" elicits the reply: "Not bad. But I haven't been able to train/eat/sleep/evacuate my bowels properly and the knee/groin/achilles/calf/entire skeletal system is playing me up. I don't expect to do well, so I'm going to treat it as an easy training run." An hour later, the invalid has outsprinted Keith Anderson to the line and still looks as fit as a butcher's dog. Funny how given a good result, the aches and injuries all seem to evaporate. If Boots could bottle it and sell it as a cure-all, they'd make a fortune.

But there are plenty of true wounded among the ranks of the FRA. Men and women who organise their lives around a daily diet of pills and potions and regular visits to the physio and osteopath. Occasionally these veterans of our beloved sport manage to make it to the starting line, only to aggravate their injuries and vanish from the competitive circuit for another six months. They also serve who sit and ache.

So spare a thought for those who can't run - but dream. They deserve recognition. They pay their fees but put no strain on the resources of the FRA. Neither do they clog up the start lines at races and nor do they add their size 12s to the damage done by countless pairs of Walshes pounding the fells. Unlike those fit and graceful athletes who enjoy their sport, they suffer in silence.

But enough is enough; writing as a true veteran amongst the ranks of the always injured, I make a plea for my fellow-sufferers. In the past four years I can list as many injuries as a Ferguson or a Devine can claim victories: a tom hamstring; a tom achilles; a tom groin muscle; a broken kneecap; a tom cartilage and now a mechanical back sprain (and I never even knew that I had a mechanical back!)

If running runners can have a championship then injured runners can also have one. There are far more of us than you so let's see some justice. Allocate points for

injuries and where they are won. A Holme Moss hamstring (Cat A Long) might earn 10 points while a Cop Hill calf strain (Cat C medium) would merit a mere two. A Half Tour of Pendle hernia (Cat A medium) might deserve 5, while a Bumsall broken ankle (A short) would merit a hefty 20 and a Cader Idris cartilage (B medium) 6. Who knows, certain events could become synonymous with specific injuries - a Teggs Nose, a Gunson Knott, a Howarth Hobble, a Mickleden Straddle, a Kinder Downfall, a Lloyney Limp, a Cardington Cracker.

God forbid, a Totley Terminator, or for those whose nerves are always getting the better of them and render them incapable of competing, a Turkey Trot, the Sedbergh 'ills, a Lowther Run, a Passing Clouds and a Slieve Muck. If you haven't suffered from them, you're bound to know someone who has, or still is. The lucky few who manage to avoid the many injuries and illnesses aimed specifically at fell runners should thank their lucky stars that fate has dealt them a decent hand, foot, back and body.

By the time I get over my latest tragedy, the Welsh 3000s may have become the Welsh 2500s and Will Styán may be a supervet. But I *will* be back. Who knows, I might in the meantime have picked up a couple of championships for the injured. I've certainly got the experience and the medical records to prove it!

Dave Overend

SCREE RUN

*The distant beck, a twisting thread
that holds the sweeping flanks
above the narrowing dale.
I scan the steep scarred slope
for unimpeded route
and then, dismissing hesitation,
leap into a bouldered infinity.*

*The run, a breathless plunge;
no ridge or crag or summit fell
to beguile the fixing eye and mind.
Downwards, still air mutated
to a rushing breeze.
The valley swiftly rising,
controlled descent as heels
bite hard and legs propel
and arms sustain the upright.*

*I am the mountainside,
I have taken by storm
an invisible citadel,
and my spirit soars above
the crags that have kept vigil.*

Peter Travis

Rumour has it...

that this is a description to be found in the KIMM mini-catalogue "the side pocket zips downwards to allow the bladder to be removed for quick refilling. Dependent on the conditions, you may have to remove the tube through the specially created hole in the hood....." Saves time on pub stops maybe but we're not sure about the anatomical adaptations!

Mark makes his mark

July saw the staging of the World Championships for Disabled Athletes under the baking blue skies of Berlin. A freak fortnight of weather had temperatures into the 30s and high humidity meaning all sport was difficult and distance running even more so making Mark Brown's achievements all the more outstanding. The Clayton runner took the bronze medal in the 10,000 metres in a time of 35.43 as Spanish World Record holder Conda took the gold. Conda went on to create a new World Record in the 5,000 metres with Mark a very creditable fourth in a time of 16.37.

Mark will be competing in the Paralympic Games in Atlanta, Georgia in 1996. Let's hope that there's some television coverage of these games which are just as important as the Olympics.



Mark battles it out with Steve Whitaker, Wardte Skyline Photo: Dave Woodhead

Junior Update

At the time of going to press five out of the six races in the championships have taken place and most of the winners of the age categories have already been established with several good battles still outstanding for the minor placings.

It has been a mixed season of fortunes with some of the races in the championships being disappointingly poorly organised. However, for the future it is hoped to have an official list of minimum requirements for race organisers to comply with. Already some race organisers have come forward offering their venue for the 1995 season so we are hoping things will be much better next season. This does not, however, detract from the efforts that were put in by the youngsters. Those who were trampled on in the first race and who came back for the second, and those young legs who slogged their way up the long course in the fourth race, but still turned up at Sedbergh where I hope the courses were more to their liking, deserve particular credit. Also congrats to all those who have achieved medals this season and thank you to all for turning out.

At the time of going to press the venue for the presentation has not yet been sorted out, but one strong contender is to hold it at the Winter Hill Venue at Rivington Barn on 20th November and if possible to hold some junior races before the presentation. Thus it will make it



Stephen Savage, 13 years old: a winner at Ambleside
Photo: Dave Woodhead



Junior Race : Langdale Gala
Photo: Dave Woodhead

a worthwhile day out which is at a venue central to most runners, and I hope that those youngsters from the southern regions will also be able to make it up. The venue is not too far away from where the Livington Pike race took place.

The BAF are also trying to implement some changes and as a consequence next season there may be some changes in the age categories to bring us in line with other sectors of athletics. These are to bring the changeover date to 1st September and make the age categories U13; U15; U17 and U20. This would mean for the 1995 season the age categories would be from 1st September 1994, and would fit in with the categories used by school. However, as of present it has been decided by the FRA committee that things will remain as they were for the 1994 season.

Any opinions on this aspect would be gratefully received as soon as possible before a final decision is made. Also feedback on anything else is always welcome - please put your opinions to me!!

Finally, thanks again to all you youngsters for turning out and to all the mums and dads for bringing them along. Have a good winter and we look forward to an even better season next year.

Dave Richardson
FRA Junior Co-ordinator

1994 English Junior Championship

Positions after 5 Races - Best 4 to count

UNDER 12 BOYS

1. Lee Barnard	Telford	33
2= Nicholas Goodliffe	Holmfirth	30
2= Stephen Edwards	Wirral	30
4. Stephen McCain	Wirral	25

UNDER 12 GIRLS

1. Sarah Jones (Champion)	Chorley	40
2. Natile White	Holmfirth	31
3. Helen Wightman	Horwick	26
4. Jodie Hogan	Rochdale	22

UNDER 14 BOYS

1. Chris Livesey (Champion)	Preston	40
2. Michael Cayton	Horwick	25
3. Stuart Reid	Kendal	20
4. Matthew Cain	Horwick	19

UNDER 14 GIRLS

1. Nichola Jones (Champion)	Chorley	38
2. Samantha Clark	Ghost	36
3. Stefana Duniec	Holmfirth	29
4. Nichola Brannon	Horwick	22

UNDER 16 BOYS

1. Anthony Turner (Champion)	Buxton	37
2. Gavin Davies	Mercia	25
3= Gavin Lamb	Pudsey	22
3= John Hart	Oldham	22

UNDER 16 GIRLS

1. Victoria Wilkinson (Champion)	Bingley	40
2. Gayle Adams	Bristol	32
3. Melissa Leek	Lanc&Merc	30
4. Donna Jones	Ghost	22

UNDER 18 BOYS

1. Matthew Moorhouse (Champion)	Salford	40
2= Danny Hope	Horwick	22
2= Mike Mason	Wirral	22
4. R. Buckley	Bolton	20

UNDER 18 GIRLS

1. K. Prescott	Chorley	32
2. Lisa Lacon	Holmfirth	28
3. Linda Graham	Kendal	24
4. Rebecca Beesley	Horwick	23

INTER MEN

1. Robert Hope (Champion)	Horwick	40
2. Nathan Matthews	Horwick	31
3. M. Hill	Bolton	22
4. J. Holt	Wirral	19

INTER WOMEN

1. Helen Berry (Champion)	Holmfirth	40
2. Joanne Edwards	Rossendale	32



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TEAM KIT
by





Gummers How

Race Review

Dash, splish, splash, dash!

Lakeside/Gummers How 18/6/1994
3.5m/1000' AS

Jog, jog, jog, jog, quietly away from the busy hotel; trot down the road into a field; line up nervously (well, have any of us done anything like this before?) for pictures and then the start; sprint, sprint, sprint into immediate oxygen deficiency, knowing that this first section is vital; round the corner at speed to be deafened by the roar from the huge crowd; supporters, onlookers, residents, wedding parties, orchestra in black tie; belt along the waterfront looking for a boat; skid, skid, skid to a halt by the first craft available; leap in, adjust the oars; stroke, stroke, stroke in powerful rhythm (that's the theory; stroke, crab, splash, erk, stroke is more like it); splash, splash out the other side; puff, puff to the old Beacon Point; hammer, hammer down again; leap into the boat (miraculously pointing the right way); stroke, stroke, crab; nearly there; near enough now, kersplash, wade, wade and on to the finish, through quite the biggest and noisiest crowd of 500 plus supporters and onlookers. And win a prize!

Thus the first running of the Gummers How Fell Race since 1930, revived after a 64 year gap by Dave Birch and his brother Neil after finding a Victorian silver 'teapot' trophy which passed into their hands on the death of their grandmother 4 years ago. Research revealed it to have been the prize won by their great grandfather Nelson Hewartson of Finsthwaite when he won the race in 1893.

"Competitors have to race from the ring a quarter of a mile to the shore of the lake, leap into a boat, row across about a halfmile, race to the top of precipitous

Gummers How, the famous old Beacon Point, and return" (Westmoreland Gazette 30.8.30)

Further research, through the Westmoreland Gazette, revealed that the race had been part of a Unionist fete up to 1930 (the Unionists being the equivalent of today's Conservatives) and that its popularity was such that special trains were laid on to bring the 2-3,000 spectators down to the waterside. Not quite as many this year, but a spectacular event none the less involving an initial short run (the Finsthwaite, Lakeside and District Unionist Demonstration was held in the grounds of Buck Yeats House) with the priority being to get to the nearest boats - a real sprint in a field restricted to 10 runners by the number of boats available - a row across Lake Windermere, and then the race to the top of Gummers How and back down (almost all of which is visible to the spectators) and a return row across the water. Mark Croasdale took the individual honours in a time of 25.48 but would have been well beaten by the man who last won the race in 1930, one Ronnie Robinson:

"Robinson is an expert oarsman as well as a wonderful mountaineer and none can touch him at the game. He takes about 21 h minutes as a rule to do the whole course and this year he was springing out of his boat on the western shore on the return journey as the second man was putting his oars in the rowlocks" (Westmoreland Gazette, 30.8.30)

Robinson had been winning for several years, encouraged to return by the prizes as, in common with all Guides Races, he won a sum of money (£12 in 1927); unique to this race was that the cash came along with either a copper kettle or silver teapot. In 1927 he was observed

"At once taking the lead he rounded the flag on the summit within 12 minutes and descending the breast at breakneck speed he romped home as fresh as a daisy' to the band strains of 'See the Conquering Hero Comes' and a thunder of applause from the grandstand occupants and all around the ring (The News 3.9.27).

The band was once more in evidence, along with a barbecue and, as a special bonus for the spectators, a team race was also run. Here teams of three had to get across and the fastest w[^]re to be seen waiting frustratedly on the far shore for their slower members to catch up. This introduced an element of team tactics and decision making which added to the interest - do we take a specialist oarsman, do we all run together or just do our own thing, do one or two of us row? The team winners, members of Cartmel Football Team, finished just one minute 39 seconds up on their rivals but celebrated by getting extremely wet and donating their prize to the NSPCC. There may even

be a pairs contest next year.

The event was extremely well organised and attended with past competitor Jimmy Atkinson (who last raced the course in 1928) presenting the prizes after which all the competitors, thoroughly wet on the outside, went off to get thoroughly wet on the inside.

A superb event all round - just a pity it's in the evening and we'd managed to find a pub at lunchtime who turned out to be in the Guinness Book of Records for stocking more varieties of beer than anyone else; and they turned out to be one of the race sponsors, providing beer prizes!

Snippets

The LAMPS physiotherapy service, so ably promoted by Martin Stone has decided (now that it's part of a bigger body) to no longer offer the service which it gave to fellrunners as they are too high a risk. As a result, many runners find themselves without insurance cover for physiotherapy services. A Huddersfield based practice has offered to negotiate group rates if sufficient people are interested; this would, of course, only apply to those in this geographical area. Are there enough interested bodies/clubs to make this viable? Please contact Neil Denby with your views/projected numbers.



The Jura Fund

Regular attenders who didn't manage to get to Jura last May will like to know that a fund has been set up to benefit the islanders. Over many years now the friendliness and hospitality of the locals towards their annual guests has been fantastic. To such an extent in fact that some of the stalwart runners decided to make a collection to mark our appreciation. Life is pretty tough for the islanders and it's hoped that their Community Council will come up with an idea which would benefit either the school or the village hall at Craighouse.

A bar collection at Craighouse raised a total of £125 and further collections will take place next May - but any contributions which you want to make in the meantime should be sent to Selwyn Wright.

Championship Update

Championship Race reports are contained in the central section. At time of going to press these are the.....

CURRENT CHAMPIONSHIP POSITIONS (Pre-Shelf Moor)

British

MEN		
1. Gavin Bland	Borrow	102
2. Mark Kinch	Warr	86
3. Andy Trigg	Gloss	85
4. James Parker	Ilkley	84
5. Ian Holmes	Bing	83
6. Simon Booth	Borrow	80

VETS

1. Don Williams	Eryri	57
2. Harry Jarrett	Cumber	53
3. D. Ibbetson	Gloss	50

SUPERVETS

1. Don Williams	Eryri	45
2. Roger Bell	Amble	33
3. John Nuttall	Clayton	29

WOMEN

1. Andrea Priestley	Fell	33
2. Jacky Reid	Cumber	30
3. Angela Brand-Barker	Eryri	29

VET WOMEN

1. Kath Harvey	Altrin	37
2. Jean Rawlinson	Clayton	25
3. Cecilia Creasley	Macc	24

MALE TEAM

1 = Borrowdale/Clayton		41
3. Eryri		32
4. Bingley		19

FEMALE TEAM

1. Fellandale		36
2. Eryri		18
3. Clayton		15

English

MEN

1. Brian Thompson	Cumber	111
2. Mark Kinch	Warr	90
3. Gavin Bland	Borrow	87
4. Sean Livesey	Clayton	79
5. Graham Huddleston	Clayton	78
6. Mark Roberts	Kendal	77

VETS

1. Derek Ibbetson	Gloss	74
2. Harry Jarrett	Cumber	66
3. Mike Walsh	Kendal	59

SUPERVETS

1. Roger Bell	Amble	40
2. John Nuttall	Clayton	37
3. Bob Toogood	DkPk	30

VET 60

1. B. Thackery	DkPk	36
2. E. Leathley	Clayton	27
3. M. Waddell	Gravesend	21

WOMEN

1. Andrea Priestley	Fell	45
2. Jacky Reid	Cumber	30
3. Cecilia Creasley	Macc	24

VET WOMEN

1. Cecilia Creasley	Macc	33
2. Kath Harvey	Altrin	27
3. Jean Rawlinson	Clayton	24

MALE TEAM

1. Clayton		48
2. Glossop		25
3. Horwich		23

WOMEN TEAM

1. Fellandale		48
2. Clayton		31
3. Macclesfield		18

VET TEAM

1. Pennine		45
2. Kendal		31
3. Clayton		25



Don Williams - Welsh vets and supersets champion
Photo: Francis Uhlman

Scottish

MEN

1. John Wilkinson	Gala	82
2= Graham Bartlett	Forres	69
2= Brian Marshall	HELP	69
4. John Hepburn	Lochaber	62
5. David Cummins	Ochils	54
6. Neil Martin	Lomond	51

VETS

1. Dave Armitage	Aberdeen	35
2. Denis Bell	HELP	29
3. Dougie Milligam	Solway	24

SUPERVETS

1. Brian Waldie	Camethy	38
2. Charlie Love	Dundee	35
3. Sandy McGillivray	Fife	32

WOMEN

1. Sonia Armitage	Aberdeen	35
2. Angela Brand-Baker	Eryri	33
3. Julie Farmer	Lochaber	28

TEAM

1. Shettleston		40
2. Camethy		37
3. Lochaber		24

JUNIORS

1. John Brookes	Lochaber	36
-----------------	----------	----

Welsh Championships 1994 Final Positions

MEN

1. S. Forster	Eryri	84
2. H. Griffiths	Hebog	72
3. E. Roberts	Eryri	70
4. A. Woods	M.D.C.	59
5. D. Williams (SV)	Eryri	56
6. T. Davies (J)	Mercia	53
7. P. (LI) Jones (V)	Eryri	46
8= C. Donnelly	Eryri	42
8= S. Blease	C.R.B.	42
10. P. Hague	Eryri	40
11. A. Orringe (V)	M.D.C.	38
12. G. Owen (V)	Eryri	36
13. A. Darby	M.D.C.	35
14. T. Jones	Eryri	33
15. P. (T) Jones (V)	Eryri	32
16. D. Vorres	M.D.C.	30
17. T. Taylor	M.D.C.	28
18. A. Nixon (V)	M.D.C.	24
19. D. Hughes	Hebog	22
20. D. Lewis (J)	M.D.C.	21

MALE VETS

1. D. Williams	Eryri	86
2. P. (LI) Jones	Eryri	74
3. A. Orringe	M.D.C.	72
4. P. (T) Jones	Eryri	68
5. A. Nixon	M.D.C.	58
6. M. Lucas	M.D.C.	58
7. G. Owen	Eryri	44
8. C. Jones	M.D.C.	36
9. E. Meredith	M.D.C.	33
10. J. Marsh	Tarren	31

MALE SUPERVET

1. D. Williams	Eryri	88
2. E. Meredith	M.D.C.	71
3. C. Jones	M.D.C.	68
4. F. Uhlman	Eryri	53
5. J. Marsh	Tarren	40

LADIES

1. S. Woods	M.D.C.	84
2. S. Lloyd (V)	Eryri	67
3. J. Coker	M.D.C.	42
4. A. Scrivens	M.D.C.	36
5= A. Brand-Barker	Eryri	22
5= M. Cwper (V)	Llanfrothen	22
5= L. Gould	M.D.C.	22
8= A. Bedwell	M.D.C.	20
8= S. Ashton (V)	M.D.C.	20
10= V. Singleton	Casino	18
10= S. Bennell (V)	Eryri	18
10= A. Donnelly	Eryri	18

TEAMS

1. Eryri A	132
2. M.D.C. A	114
3. Eryri B	92
4. M.D.C. B	82
5. M.D.C. C	70

MALE VETS TEAMS

1. Eryri A	110
2. M.D.C. A	97
3. Eryri B	74
4. M.D.C. B	56
5. Tarren hendre	20



REMEMBER, REMEMBER THE DO IN NOVEMBER



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

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Prawn cocktail with brown bread & butter

Portions of roast chicken, roast beef with
horseradish & honey roast ham
Fresh salmon mayonnaise

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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

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(when booking tickets, please indicate 'veg')



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Win shoes and.. Run into the new season with



RONHILL SPORTS have recently acquired the ETA brand and are offering a dozen pairs of ETA Racing or ETA Trail Shoes.

SIX PAIRS OF SHOES TO BE WON IN THIS ISSUE

A further six in February's edition. Two will go to the first correct answers from juniors; two for the first two ladies; two to the first two men, all winners to be drawn from the editorial bumbag on December 1st. Winners will be notified by Christmas and published in the next edition of **The Fellrunner**

ALL YOU HAVE TO DO IF YOU WIN IS :

To provide **The Fellrunner** with a brief review of the shoe's performance for publication in the magazine - ETA value the views of all types of fellrunners - and.....

Turn ROAD into FELL in 5 moves or less, changing just one letter at a time.

RACING

is a close fitting ultra lightweight fell and cross country shoe with a specially developed sole unit designed for excellent grip on mountain terrain.

European sizes 36-47

ROAD

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is a high performance fell shoe cut similarly to RACING but with increased impact absorption for the heavier runner.

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Entries in an envelope marked "ETA" to Neil Denby, 13 Greenside, Denby Dale, West Yorkshire, HD8 8QY to arrive no later than November 30th. Please state shoe size. *(With the close running fit of these shoes some runners may prefer to go one size up.)*

The Fellrunner
Turn road into fell and win with



Kit Reviews

The Ronhill Autumn Range includes a number of garments and accessories that fellrunners will find useful winter buys. Our testers were particularly impressed with the microfleece hat, a skullcap type design which fits snugly to the head and keeps the ears lovely and warm. On Ben More in foul Easter weather it kept out snow, sleet and rain. Wearing a hat of course means that heat loss is minimised from the top of the head (a major source of heat loss) and, unlike a hood, there is no flapping around in the wind or loss of peripheral visibility. It is made from double pile microfleece, a man made fibre that stretches and stays warm even when wet. If, on the other hand, you are working hard but need just to protect ears from biting winds then the microfleece headband - a sort of hat without a lid - allows you to comfortably stay cool while keeping your ears warm. The microfleece gloves and balaclava are soft, stretchy, warm and efficient at wicking water away from the skin; the balaclava has a shaped peak and Lycra binding to the face and neck; all perform their functions very well at competitive prices from £10.99 for the headband to £14.99 for the balaclava.

The other major item of interest in the catalogue for fellrunners is the Pertex Scirocco Pull-on. This is a lightweight jacket that is extremely functional in that it folds up into its own pocket and converts

into a bum bag. It lacks a hood and the map pocket could be bigger but it is windproof and showerproof with a stand up collar and press stud windflap to keep the neck warm. The slightly dropped tail cuts out draughts from behind and the 'shock' cord comes in for the same criticism as in the last edition: it is a shock when it snags on something! The major benefit of this garment is in its convenience; keep it wrapped up as a bumbag and lurking in the bottom of your kitbag and if the weather looks like it might turn, slip it on for training runs. This reviewer feels that it would not be suitable for high mountain conditions, but then it doesn't pretend to be. Price: £39.99. Ring 061 366 5020 for catalogue. 4061 366 5020 for catalogue.
-A.E.

The Extender pack from Cotswold is a 'superbumbag' designed for a number of sports, trail and fell running included. It is extremely comfortable with a foam waistbelt and two 20 oz SportFlasks included. The centre portion expands into a gusseted pouch which will hold spare clothes, torch, whistle, etc. The weight of a couple of pints of water make it excellent for long runs on the hills to build up endurance but it is too heavy to race with. Excellent for horse riding and brilliant for cycling, however! Cotswold can be contacted on 0285 860483.

- R.O.

Snippets

Martin goes; Carol stays, Ruth goes a lot further...

World Trophy Champion mountain runner Martin Jones was to be seen this summer not at the World Trophy in Berchtesgaden but the other side of the world, competing for England in the Commonwealth Games. Carol Greenwood, on the other hand, having packed in racing in favour of training for a few months, was picked to represent England in Canada but unfortunately reawakened an old back injury on the eve of the games and was forced to withdraw. She found that she could not compete in the World Trophy either - a great loss to the England Ladies.

Ruth Pickvance will no longer be the familiar figure she was on the fellrunning circuit as she has moved to Singapore where husband Alan is working. Her running from henceforth will be in local events such as the Mount Kinabalu this September where she came second.

Report and picture in next issue.

Calendar Update

TUES. DEC 27th. BEACON HILL RACE.
BS. 12 noon. 5m/1000' from Old Brodleians
R.U.F.C. Clubhouse, Hipperholme, Halifax.
(GR 123261) £2.00 on day only. PM/LK.
Details : R.M.Horne, 8 Bramley View,
Halifax, West Yorkshire, HX3 8ST. Tel:
0422 201269.

SOUTH WALES WINTER HILL SERIES 1994/5

6 Short Fell Races (approx 3 miles)
ALL ON SATURDAYS,
Starting at 2.00p.m.
ENTRY FEES: £1.20 per race,
or £6.00 for the series

Individual Prizes (best 5 results
to count)

Team Prizes (3 to count)

Awards for runners completing
all races

October 15

BLORENGE 2.5m/1400ft
From Llanfoist Inn, Llanfoist,
nr. Abergavenny. Organiser:
Eric Meredith (0494 775030).

November 12

ALLT LLWYD 2m/1400ft
From Abercynafon, on minor
road South West from
Talybont-on-Usk, just after
Talybont reservoir (GR SO
083177). Organiser: Derek
Thomley (0222 891172).

December 10

BWLCH Y CLAWDD
3m/1000ft
From car park at junction of
A4061 and A4107, nr.
Treorchy (GB SS 939945).
Organiser: Martin Lucas
(0656 880009).

January 7

THE DARREN 3m/1070ft
From the Darren pub, Risca,
nr. Newport. Organiser: Robert
Benjamin (0495 756806).

January 28

SUGAR LOAF 3.5m/1150ft
From Car Park on minor road
from Pantygelli (just north of
Abergavenny) to Fforest Coal
Pit (GR SO 293201).
Organiser: John Sweeting
(0495 752961).

March 25

PEN CERRIG CALCH
3m/1500ft
From Ty Mawr Farm, nr.
Llanbedr (GR SO 234206).
Organiser: Derek Thomley
(0222 891172).

Don't forget to bring full body
cover - in the event of bad
weather the race organiser may
insist on competitors carrying
suitable clothing.

Further details: contact
individual race organisers, or
John Sweeting, 23 St.
Matthews Road, Pontypool,
Gwent, NP4 5JZ.
(0495 752961).

Kit Review

You don't normally associate the company Karrimor with lightweight clothing for runners, cyclists and climbers. However, they've recently developed a range called "elite" aimed at people who want to perform in these particular sports. Karrimor recently asked me to test a number of garments from their "elite run" range.

Having never been much of a kit fanatic myself, I rather wondered what I'd measure them against! My shorts are at least twelve years old and I tend to get sentimental about old bits of kit and don't really question whether they're doing their job! However even I could appreciate that many of the products are excellent.

The "Vail Cape" windproof cagoule is incredibly light (120g) and is made from breathable pertex; it is close fitting and quiet to run in, and the back

is slightly longer which also makes it excellent for cycling. The "Beaufort" version has a concealed hood and pockets with leggings to match.

In really cold weather, the ABL base layer shirts were excellent over a Helly; they've got a long front zip to provide ventilation, and they didn't become wet or heavy as T-shirts do.

I must admit that I was really taken with the "Slick Rock Bib Tights". These aren't for running but are more for winter cycling and were just right for cross country skiing - great warmth to the legs, lower back and front, lycra and furry inside, good wicking and you look the part!

Karrimor produce a Technical Directory each year which you can get free by phoning (0254) 385911; I was amazed at the extent of their range and the diversity of their products. It seems they're not doing shorts yet though.....

Ruth Pickvance

Tailored on a performance last. High-tech materials. Unique loop lace system. Anatomical shaped footbed.



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Stockists on 061-366 5020.

Separate start times for Women in Championship races

Thank you to all the people who responded and those of you who are still intending to, but the editorial deadline has already been well stretched.

I had a total of 20 responses, (fifteen women and five men, one of which is a race organiser). Several women wrote letters, stating very strongly their reasons why the mass start should be maintained.

There was an unintentional bias in the posed question "Women should have a separate start time" which was meant to be followed by "YES - NO" tick boxes, unfortunately these were lost in the printing process.

The comments on paper have been much the same as I've had at races, with a majority of fifteen people in favour of maintaining the mass start.

Reasons given for separate starts

- On short championship races, if the course dictates, e.g. Scree Hill and Thievely Pike.
- Two people said that it gave better competition, women versus women.
- Avoiding the crush of narrow starts.
- Get to see the opposition.
- Better for the spectators.
- Provide a fairer race.
- If we wish to develop women's racing at an elite level, separate starts for short and medium championship races, which have constrictions, need to be considered.
- I have observed two cases of women contending for the championship who have been 'escourted' (paced) by men, which I believe contravenes the FRA rules.
- As a man - 'so that I can look at their bottoms when I run past!'



Reasons given for starting with the men

- Three people commented that women have had to fight for, and earned their equality to race with men. Giving that up is a backward step.
- Not much of a race for the majority of the women as the gaps are too wide.
- A bottle neck at the start affects both men and women alike.
- More interesting for most women to run with the men and more of a challenge.
- More interesting for the men to run with the women.
- From a back-markers perspective, I would find it more daunting to compete in all-women starts. I like the friendliness and jostle of the mass starts. I am also often the last woman, but not last over all.
- Some men's pace is dependent on the pace of the woman with the nicest bum/legs.
- Stiles have always been there (women don't lose out any more than men). If you don't like queuing, run on the road!

- I want to run the open race, to run against club mates and rivals I have been competing against for years.
- Runners tend to position themselves at the start line according to their ability (so there is no need for any change).

Number of entries for Championship races

- Fourteen people thought that entries should be limited. For some, this was an alternative to separate start times, for others it was in addition.

Other comments

- Would like some ladies only fell races, as in road and cross country.
- Have wave starts as in a triathlon:- elite men, all women, male vets, junior men and other men.
- Two women suggested that separate starts for short races, spread out over the afternoon, would allow both mum and dad to race (as in orienteering).
- If women want to see each other in Championship races, give them an orange number to put on their backs.
- 'I'll do my best to avoid entering a race which has a separate women's start.'
- Would the race organisers please stand by their decision! (I'm not sure what is meant by this comment, but maybe it means that if a race has been advertised as having an early start, start at that time rather than asking the women runners to vote).
- Change has to be considered, made carefully and accepted as it is the route to successful survival of many things, including sport.

Ali Crabb

PICTURE CAPS: Leading ladies who run with the men: Top: Carol Banlin receives the shield for winning Fairfield. Centre: Bridget Coomber, 3rd at Bentham Gala. Bottom: Linda Bostock on her way to first at Noon Stone. Photos by: Andy Todd; Dave and Eileen Woodhead.



*Results and Reports
from over 150 races*

- Please note that reports and results reach the current issues only if race organisers send them through promptly. The quicker we get them, the quicker they get published.

*Mike Blake struggles to overtake Eryri teammate Clive HartJall on the line at the Ras y C'nieht.
Photo: Francis L'ilman*

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 19.2.94

Titterstone Clee provided some unexpected surprises this year, with the thick mist creating havoc to the route choice of a large number of renters. The leading group took a wrong line off the summit and found themselves having to double back on themselves. Dave Smith a keen orienteer and the only runner with a map took a little used route which paid tremendous dividends with only a few runners having the courage to follow him, including Mark Healey the eventual winner, it was good to see a winner from the Springfield Striders club, based in Essex, who faithfully support the race each year. The times were a lot slower than previous years, reflecting the problems that the mist created. Deborah Gowans from Rosendale was first lady home.

Mike Day

1. M. Healey	S'field	22.47
2. P. Cleary	CalderV	22.50
3. M. Anglim V	O.S.	23.05
4. D. Smith V	Merc	23.07
5. J. Nixon V	Horw	23.23
6. J. Maund	Merc	23.39
7. I. Sanderson	Telf	23.40
8. M. Baldwin	Utley	23.45
9. M. Boulton V	ShropShuff	24.15

VETERANS 0/40

1. M. Anglim	O.S.	23.05
2. D. Smith	Merc	23.07
3. J. Nixon	Horw	23.23
4. M. Boulton	ShropShuff	23.53
5. G. Whitmarsh	Croft/Amb	24.39

VETERANS 0/50

1.3. Clemens	StoneMM	24.37
2. P. Jones	Wrek	25.12
3. D. Tull	Camb	25.28
4. M. Jones	Camb	28.28
5. J. Sproson	Merc	28.57

LADIES

1. D. Gowans	Ross	25.06
2. K. Thompson V	Clay	28.30
3. B. Evans	ShropShuff	28.47
4. A. Capp	Telf	33.33
S. L. Standen	S'field	33.58
6. A. Walker V	S'field	34.16
7. J. Williamson	S'field	34.29
8. S. Urmoston	Clay	37.11

JUNIORS

1. D. Hope	Horw	23.55
2. T. Davies	Merc	24.56
3. A. Davies	Merc	25.13

LONG MYND VALLEYS

Shropshire

AM/10.5m/4500ft 20.2.94

The Long Mynd Valleys race is the second part of the Shropshire Weekend. The results of the Titterstone Clee Race, held the previous day, are added to the Long Mynd Race to produce an overall winner. Following the 'topsy turvey' results of the previous day, the overall trophy was wide open.

On an extremely cold day with patches of ice and snow covering the tops, Mark Kinch had a storming run, he was well clear of the field by control two, and poured it on over the last three checkpoints, over the toughest part of the course. He won by a clear margin of six minutes and broke Andy Triggs record set last year by twenty three seconds; a tremendous achievement. Cecelia Greasley comfortably won the ladies race by a margin of six minutes.

Andrew Wrench made up a large number of points to take the overall Shropshire Weekend Trophy, and Deborah Gowan won the overall Women's race.

Mike Day

1. M. Kinch	Warr	1.36.49
2. M. Wallis	Clay	1.42.40
3. J. Hey	Wan-	1.45.22
4. D. Neill	Mere	1.45.25
5. A. Wrench	Tod	1.45.57
6. P. Cadman	Merc	1.46.21
7. A. Hauser	Horsf	1.47.19
8. T. Longman V	Hunc	1.48.25
9. G. Webb	CalderV	1.50.11
10. J. Bass	UWCC	1.50.54

VETERANS 0/40

1. T. Longman	Hunc	1.48.25
2. J. Nixon	Horw	1.55.56
3. P. Bowler	Merc	1.56.01
4. J. Hope	AchRat	1.56.08
5. M. Anglim	OS.	1.56.18

VETERANS 0/50

1. B. Morris	Wrek	2.12.46
2. D. Tull	Camb	2.13.09
3. J. Clemens	StoneMM	2.14.38
4. P. Jones	Wrek	2.14.51
5. E. Meredith	MDC	2.16.19

LADIES

1. C. Greasley V	Macc	2.05.11
2. A. Bedwell	MDC	2.11.29
3. J. Shotter	Horsf	2.11.54
4. S. Woods	MDC	2.13.48
5. B. Evans	Shrop	2.19.50
6. D. Gowans	Ross	2.26.12
7. S. Ashton V	MDC	2.27.04
8. K. Thompson V	Clay	2.30.21

BROUGHTON HALL FELL RACE

North Yorkshire

BM/6m/800ft 2.4.94

The new course was much preferred as it avoided all road sections and with a lap of the field at both the start and finish, it also gave the spectators much more to see.

John Taylor (who was ineligible to run in the Northern twelve stage relay also held that day, due to change of clubs), had a comfortable win, never really being threatened. However, the clash for second place was not settled even on the line with Craig Metcalfe and Robin Whitely crossing the line together.

Unfortunately the late change of date affected entries, despite notices and flyers being distributed at events. The Yorkshire on Sunday newspaper did not help by printing the wrong date, despite being told the new date! Apologies to all who turned up on the 9th. The race will now always be held on Easter Sunday.

M Sadares

1. J. Taylor	Bing	38.12
2. C. Metcalfe	LdsCty	39.08
2. R. Whitely	BirmUni	39.08
4. A. Smith	KHR	40.25
5. P. Daccus	P&B	40.36
6. A. Black	Clay	40.48
7. M. Sandamas	KHR	41.06
8. C. Bottomley	KHR	41.11
9. V. Whitehead	KHR	41.18
10. M. Wycherley	KHR	41.22

VETERANS 0/40

1. P. Buttery	Holm	41.29
2. S. Smith	Ripon	44.14
3. T. Robertshaw	Unatt	44.19
4. P. Morris	KHR	45.35
5. D. Lynn	Sett	45.50

VETERANS 0/50

1. M. Coles	Skyrac	49.11
2. J. Newby	Tod	51.50
3. B. Ogden	Skip	53.40
4. J. Watson	TeamPlax	54.45
5. A. Ratcliffe	KRR	55.14

VETERAN 0/60

1. B. Thompson	Aire	69.42
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LADIES

1. S. Ashby	Spenn	45.21
2. J. Rawlinson V	Clay	46.58
3. L. Bostock V	Clay	50.00
4. W. Dodds V	Clay	51.52
5. T. Hird	KHR	54.35
6. A. Whitehead	Bing	57.41

JUNIORS U/17

1. D. Linder	Unatt	30.12
2. I. Wellock	KHR	31.53
3. G. Hird	KHR	43.00

JUNIORS U/14

1. A. Philpotts	KHR	23.33
2. C. Shaw	KHR	24.29
3. S. Dugdale	Skip	24.30
4. A. Carr	Unatt	24.39
5. D. Stanforth	KHR	24.49

JUNIORS U/11

1. A. Lonsdale	Bronte	16.58
2. I. Harvey	H'fax	17.06
3. L. Holdsworth	Bronte	18.48

KINDER DOWNFALL FELL RACE

Derbyshire

AM/10m/2150ft 17.4.94

Thanks to a few good dry days and strong winds preceeding race day, a very wet, boggy Kinder Scout was transformed in to quite idyllic running terrain and the race was, for the first time in several years, held in dry sunny weather.

Once again, and despite pre-entry only, a good turnout of approximately three hundred and thirty runners made it to the start line including an above average percentage of female runners.

Pre-race televised coverage of the London Marathon may have helped to set the mood, and clear conditions on Kinder Scout helped to keep runners well in touch with each other. Runners positions at Edale Cross were quite close and the final leading positions were not resolved until the road and track section over the last mile. Andrew Wrench of Todmorden Harriers took the lead over this section to finish in first

position followed closely by Pete James, Paul Mitchell and Sean Willis. The first women was Kath Drake, followed closely by Sally Newan, with Carol Banlin of third.

The good weather also helped all the support team to carry out their duties and I would thank them for their time and commitment once again. I would also apologise for the lack of liquid refreshment for some runners at the finish, which considering the fine condition was something everyone no doubt was looking forward to - sorry, I'll try harder next year. Race t-shirts were presented to fifty runners plus numerous other prizes.

On a final note next years event will I hope be held but due to some reservations by the National Trust, over whose land much of the race is held, there may be a serious reduction in numbers.

Wayne Harrison

1. A Wrench	Tod	1.08.07
2. P. James	MDC	1.08.24
3. P. Mitchell	Bing	1.08.28
4. S. Willis	Amble	1.08.29
5. T. Parr	Notts	1.08.42
6. P. Cadman	Merc	1.08.50
7. G. Cudahy	Unatt	1.09.02
8. M. Foschi V	Penn	1.09.40
9. P. Grebbett	Notts	1.09.52
10. G. Webb	CalderV	1.09.55

VETERANS 0/40

1. M. Foschi	Penn	1.09.40
2. G. Cresswell	Penn	1.10.05
3. T. Longman	Hunc	1.12.49
4. R. Leggett	Horw	1.12.54
5. L. Best	Stock	1.12.57

VETERANS 0/45

1. A. Harmer	DkPk	1.13.37
2. N. Sercombe	WtePk	1.15.45
3. J. Norman	Alt	1.16.27
4. M. Hall	Erewash	1.17.44
5. H. Swindells	DkPk	1.18.49

VETERANS 0/50

1. J. Morris	Penn	1.19.05
2. D. Jones	Penn	1.20.20
3. J. Clemens	Merc	1.22.14
4. P. Turstall	Helsby	1.23.26
5. T. Trowbridge	DkPK	1.23.45

VETERANS 0/60

1. B. Thackery	DkPk	1.24.33
2. B. Leathley	Clay	1.33.59
3. B. Hargreaves	Tod	1.52.41

LADIES

1. K. Drake	Spenn	1.19.47
2. S. Newman	Gloss	1.19.54
3. C. Banlin	Helsby	1.21.30
4. C. Crofts	DkPK	1.22.27
5. K. Harvey V	Alt	1.22.38
6. J. Smith V	DkPk	1.23.48
7. P. Priestley	Unatt	1.28.16
8. W. Dodds V	Clay	1.28.32

SNAEFELL RACE

Isle of Man

AS/5m/1900ft 26.4.94

Weather conditions were cold and dry as the thirty runners set off for the first check point on Cronk-Y-Vaare, but the mist that already covered the tops of Snaefell could be seen to be descending on to the rest of the course at a rapid rate.

Pre-race favourites Steve Partington and Tony Rowley had eased away from their pursuers as they disappeared in to the gloom heading for Clagh Ouyr.

A number of competitors lost their way on the fast descent to the Black Hut, although this was nothing compared to the chaos that was to follow on the final dash from Snaefell down to the finish at the Bungalow. Just about every finisher had some tale of woe as the dense mist took its toll.

The two leaders drifted off course but managed to adjust their route with Rowley getting the verdict after a fierce sprint finish.

A number of runners were sampling the fells for the first time, making the organisers a bit concerned as to where they might actually end up in the poor visibility. Luckily everyone made it back to the finish, although some had obviously run a lot further than the intended five mile course.

A special word of thanks to Waite Kennaugh and Arthur Jones for officiating in such unpleasant conditions.

1. T. Rowley	MFR	45.27
2. S. Partington	MH	45.29
3. R. Stevenson V	MFR	46.35
4. D. Young V	MFR	46.52
5. D. Corrin V	MH	48.20
6. D. Maddrell	MFR	48.31
7. R. Moughtin V	WAC	50.17
8. I. Watson	NAC	50.28
9. P. Crowe	NAC	50.35

STUC A'CHROIN HILL RACE

Perthshire

AL/13m/5000ft 30.4.94

Despite a slight reduction in numbers of entrants, caused perhaps by initial confusion over the date, many regulars were present.

The day was warm and sunny with a slight breeze, and conditions fairly dry underfoot. This pleased the marshals out on the hill. The runners gave the impression of being able to cope with anything.

The two main sponsors ensured that 'highland spring' water was readily available during the race and 'tullibardine' malt whiskey afterwards.

John-Hooson, ran home a worthy winner, and everybody seemed to be very pleased with the afternoons activities.

Many of the runners stayed overnight in the village and joined the locals in a marvellous ceilidh/dance in the hall.

A Bennie

1. J. Hooson	Amble	2.13.10
2. N. Martin	Lomond	2.14.10
3. D. McGonigle	Shett	2.14.54
4. D. Weir	Perth/Strath	2.16.25
5. D. Cummins	Ochil	2.18.37
6. A. Davis	Fife	2.24.02
7. A. Ward	Cam	2.24.05
8. J. Thin	Cam	2.24.18
9. J. Reade V	Fife	2.24.33
10. D. Crowe	Shett	2.26.33

VETERANS 0/40

1. J. Reade	Fife	2.24.33
2. D. Bell	H.E.L.P.	2.26.54
3. R. Boswell	Loch	2.23.50
4. C. Shaw	W'lands	2.24.58
5. K. Bums	Cam	2.40.31

LADIES

1. J. Saul	C'mont	3.07.47
2. G. Kirkwood	Cam	3.15.12
3. L. Rabour	L'ston	3.16.28
4. H. Searle	Loch	3.20.58
5. P. Hawtin	L'ston	3.26.03
6. L. Maclellan	Cam	3.36.40
7. J. Low		3.43.12
8. J. Cairns	W'lands	3.46.20

HILL OF THE FAIRIES

Perthshire

AS/4.5m/1500ft 1.5.94

Having run the Stuc A'Chroin Race on Saturday afternoon and danced innumerable eightsoons reels in the evening at the ceilidh, twenty stalwarts gathered on Sunday for a lunch time dash up Ben Sheann (Hill of the Fairies). Brian Marshall and John Brooks headed the field, with times of thirty seven minutes and four seconds, thirty seven minutes and six seconds respectively. Three veterans in the first ten, speaks for itself.

A Bennie

1. B. Marshall V	H.E.L.P.	37.04
2. J. Brooks	Loch	37.06
3. S. Weir	Pitrvivie	39.32
4. N. Martin	Lomond	40.46
5. R. McFarlane	Fife	42.24
6. R. Brown		43.04
7. D. Murray	Cam	44.11
8. E. Mackay	Unatt	44.17
9. T. McCulloch V	AyrSea	44.29
10. G. Brooks V	Loch	47.00

LADY

1. D. Macdonald	L'wade	52.23
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JUNIOR BOY

1. R. McFarlane	Fife	42.24
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WRAY CATON MOOR FELL RACE

Lancashire

BM/6m/1000ft 2.5.94

Well, what a nice day we had. The weather indeed was pleasant. One hundred and seventy nine entered this straight up (just about runnable) and down (what a flyer) early season race, to the isolated summit of Caton Moor on the northern edge of the Bowland hills. That most unchallenged and unstoppable flyer of them all, Mark Croasdale, was way out in front again, finishing one minute and twelve seconds ahead of nearest rival Craig Roberts. What was stoppable though, was the traffic. The village of Wray had never seen anything like it. The Scarecrow competition, timed for the week before, generated so much publicity including television coverage about Wray Fair, which is all part of the fell race day, that many runners who had other drivers with them, left their cars in the traffic jam and arrived in the village on foot. The start was delayed by half an hour so that almost everyone made it for the new time, including our sponsor, Mike Shaft of Bay Radio (96.9 FM), who started the race.



*Positions reversed from Wray Caton Moor. Tim Davies of Wales here heads England's Matthew Moorhouse.
Photo: Francis Uhlman*

The number of runners who entered the senior race was very much the same as in pre-scarecrow times, but the number of entries in the junior fell races increased by about fifty percent. Forty four of them were in the one and a half mile, two hundred and thirty feet, under twelve race. It is great to see so much enthusiasm amongst the children. In fact three of them were only six years old.

Peter Edge

1. M. Croasdale	L&M	36.50
2. C. Roberts	Kend	38.02
3. M. Moorhouse	Saif	38.06
4. G. Damiani	Spenn	39.27
5. G. Watson	Alt	39.28
6. K. Gaskell	Horw	40.32
7. R. Rodgers	Horw	40.58
8. T. Hesketh V	Horw	41.00
9. A. Maloney	Roch	41.12
10. T. Davies	Merc	42.18

VETERANS 0/40

1. T. Hesketh	Horw	41.00
2. G. Appleyard	Fellan	42.37
3. S. Kirkbride	Kend	43.20
4. C. Matthews	Horw	43.45
5. F. Livesey	Preston	44.10

VETERANS 0/45

1. B. Rawlinson	Ross	45.22
2. A. Turner	Clay	45.49
3. J. Linley	N.Vets	46.49
4. E. Swift	Horw	49.07
5. P. Watson	Horw	51.14

VETERANS 0/50

1. G. Fielding	Ross	45.57
2. D. Jones	Penn	46.25
3. A. Evans	Amble	46.32
4. G. Webster	V.Stdrs	47.46
5. D. Gibson	Sadd	48.25

LADIES

1. A. Brand-Barker	Eryri	46.30
2. J. Rawlinson V	Clay	47.13
3. S. Watson V	V.Stdrs	48.04
4. L. Lord V	Clay	51.59
5. D. Bailey V	Kend	55.08
6. P. Rowley V	N.Nomads	56.22
7. B. Hardy V	Horw	57.26
8. C. Lyon V	N.Nomads	57.45

JUNIORS U/16 - BOYS

1. M. Stanbury	Chor	20.44
2. K. Round	Chor	21.22
3. W. Harrison	Chor	22.50

JUNIORS U/16 - GIRLS

1. M. Leek	L&M	24.19
2. H. Mathews	Horw	25.05

JUNIORS U/14 - BOYS

1. C. Livesey	Preston	16.09
2. D. Smith	Preston	16.31
3. D. Eley	Preston	17.38

JUNIORS U/14 - GIRLS

1. K. Edge	Local	24.42
2. J. Elliot	Local	27.25
3. G. Sykes	Local	27.29

JUNIORS U/12 - BOYS

1. R. Dickenson	Chor	10.45
2. S. Blackburn	Chor	10.50
3. S. Calderbank	Horw	11.32

JUNIORS U/12 - GIRLS

1. S. Round	Chor	14.32
2. J. Lawrenson	Local	16.40
3. C. Lawrenson	Local	17.03

PENISTONE HILL RACE

Derbyshire

BM/6.5m/1055ft 2.5.94

Once again the weather was kind to the organisers for May Day. The sun shone all day long, the 'drink ladies' at the finish were kept busy as the runners ran in with tongues hanging out due to raging thirst. Tony Hulme and Running Bear may not have made a fortune on the day, but the ice-cream lady must have made enough to retire early!

The mens race was won convincingly by Bingley's John Taylor, ahead of Ken Stirrat from Halifax. The course record was never really under threat, but with someone to chase John down from Hartcliffe on the final descent, things may have been different.

The Ladies Race too was won by a good margin, with Rob Dunnington almost a minute ahead of Sally Newman. Keith Davis won the mens veteran prize on the final run in, with superior hurdling techniques over the stiles.

'Results' of the welly-throwing contest held after the main race are awaiting ratification. The streamlined modern green welly seems to fly further than the traditional black one - Steve Backley take note.

All proceeds from this race as in the previous three years are to go to Woodhead Mountain Rescue, a total of one thousand and eight hundred pounds has been donated in the past four years. Hope to see everyone again next year - May Day.

Dave Lindop

1. J. Taylor	Bing	38.59
2. K. Stirrat	H'fax	39.42
3. L. Waiburton	Spenn	39.59
4. N. Raitt	NottsUni	41.36
5. G. Raven	E.Chesh	41.40
6. S. Bell	NottsUni	42.19
7. P. Davis	LeedsUni	42.50
8. A. Carruthers	Crawley	43.05
9. A. Wright	Done	43.16
10. M. Hayman	DkPk	43.24

VETERANS 0/40

1. K. Davis	P'stone	43.41
2. A. Norgate	L'wood	43.52
3. L. Best	Stock	43.58
4. K. Bowskill	Penn	45.30
5. P. Buttery	Holm	45.48

VETERANS 0/45

1. B. Pickersgill	L'wood	44.55
2. K. Binney	Bamsley	45.31
3. R. Hardcastle	L'wood	47.04

VETERANS 0/50

1. P. King	Denby	50.48
2. R. Brown	P'stone	55.36
3. D. Hewitt	Unatt	55.46

VETERANS 0/55

1. K. Bamforth	HolmeV	47.24
2. T. Egghersley	Sadd	49.18
3. T. Bentley	Done	50.06

LADIES

1. R. Dunnington V	E.Chesh	47.41
2. S. Newman	Gloss	48.34
3. A. Jorgensen V	P'stone	51.42
4. P. Colley	HolmeV	53.30
5. N. Moorhead	Bamsley	56.11
6. S. BolerV	P'stone	56.25

JUNIORS U/16-BOYS

1. S. Firth	Melt	20.53
2. M. Warmby	Melt	21.35
3. S. Asquith	Holm	21.55

JUNIORS U/16-GIRLS

1. R. Heath	Cham	26.10
2. R. Squire	Bux	30.10

SIMONS SEAT EELL RACE

North Yorkshire

AS/5.5m/1700ft 5.5.94

1.1 Holmes	Bing	36.23
2. G. Devine	P&B	36.45
3. K. Stirrat	H'fax	38.33
4. S. Green	P&B	39.32
5. P. Mitchell	Bing	39.56
6. B. Stevenson	P&B	40.12
7. R. Pallister	P&B	40.32
8. G. Gough	Clay	40.35
9. B. Goodison	Abbey	40.47
10. P. Davis	LdsUni	41.00

VETERANS 0/40

1. G. Appleyard	Fellan	41.42
2. S. Smith	Ripon	43.45
3. F. Judge	Clay	45.13
4. P. Bramham	Craven	45.49
5. D. Lear	S.T.A.C.	47.18

VETERANS 0/45

1. M. Lister	Harr	44.29
2. D. Rhodes	B&A	45.43
3. K. Robinson	Bing	46.23
4. P. Jackson	Tod	47.41
5. D. Ackroyd	Ilk	49.11

VETERANS 0/50

1. G. Webster	V.Stdrs	48.35
2. A. Boland	St.Bedes	50.43
3. G. Collinson	Fellan	51.13
4. R. Blakeley	Unatt	52.34
5. H. Crossland	Fellan	53.39

VETERANS 0/55

1. J. Smith	Clay	53.37
2. R. Courchee	A'teers	64.06

LADY

1. L. Wright	Leeds	42.41
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BEN LOMOND HILL RACE

Strathclyde

AM/9m/3192ft 7.5.94

Terry Mitchell followed his wins in the Hunters Bog Trot, and the Belfast Marathon, with his first win at Ben Lomond. Terry had a two minute lead over previous winner Malcolm Patterson at the summit. Terry was caught by Malcolm on the descent but pulled away on the road to win by thirty metres. Ian Murphy was the only other runner to break seventy minutes in third place. First veteran (and top ten finisher) was Denis Bell. Joyce Salvona was a clear winner in the ladies category, as was Gibson Fleming in the super veterans category. In a close team contest, Shettleston just got the better of Hunters Bog Trotters.

Thanks to the one hundred and sixty one runners, numerous marshals and helpers, and to Polaroid for their sponsorship.

Sandy Bennet

1. T. Mitchell	Fife	1.08.46
2. M. Patterson	Shett	1.08.54
3. I. Murphy	Clyde	1.09.40
4. D. Weir	Perth	1.10.12
5. D. McGonigle	Shett	1.10.54
6. B. Marshall	H.E.L.P.	1.10.57
7. R. Rogers	HBT	1.12.17
8. A. Davis	Fife	1.12.39
9. D. Bell V	H.E.L.P.	1.12.50
10. D. Crowe	Shett	1.13.24

VETERANS 0/40

1. D. Bell	H.E.L.P.	1.12.50
2. J. Shields	Clyde	1.14.44
3. C. Shaw	W'lands	1.16.26
4. K. White	W'lands	1.19.47

VETERANS 0/50

1. G. Fleming	W'lands	1.22.12
2. C. Love	Dundee	1.24.58
3. R. Hayes	Morpeth	1.36.11

LADIES

1. J. Salvona	L'ston	1.25.27
2. C. Menhennet V	Clyde	1.34.40
3. P. Blake	Perth	1.36.30

ANNALONG HORSESHOE

AL/13m/5200ft 7.5.94

1. B. Ervine	B'drain	2.03.35
2. P. Mawhirt	N'castle	2.03.46
3. J. Patterson V	A'ville	2.06.56
4. N. Cardy	N.Belf	2.11.23
5. J. Brown	BARF	2.15.06
6. B. McKay V	A'ville	2.15.22
7. J. Mitchell	Unatt	2.24.50
8. B. O'Reilly	IMRA	2.32.07
9. M. Barton V	A.C.K.C	2.36.34
10. C. Young	IMRA	2.38.04

CUMBRIAN COCKUP

Cumbria

AL/30m/7750ft BL/20m/4000ft 7.5.94

For the first promotion everyone seemed pleased. We will have to tweek a number of details before next year, possible start times of your choice in one hour blocks, as long as you arrive back between certain times. Rules relating to couples who come back without partner or pairs who split company on Skiddaw so as to satisfy preferences in distance. We will see.

Luckily we had good weather, initial rain/sleet quickly dispersed and brought lovely bright conditions and the calm at the end of the day was very welcome. No serious mishaps other than runners in the long walker section arriving before checkpoints opened, and one or two going astray around Scarness.

Well done to Colin and Jim, superb running. Ruth and Mike competed brilliantly and ran in contention most of the way. Howard and Mark in the shorter 'Cockup' should be very pleased. Thanks to the many marshals and officials. Our grateful thanks to 'The Times' and 'Star' newspaper, and 'Calypso' drinks for their generous support, the LDWA for advice and help, the National Trust, Forestry, Bassenthwaite Village Committee, the National Parks Ranger, and everyone not mentioned and certainly not forgotten. Barry

LONG RACE

1. J. Arnold C. Dulson	5.09.00
2. R. Pickvance A. Gillard	5.18.00
3. Y. Tridimas S. Cliff	5.43.00
4. E. Turnbull B. Taylor	5.47.00
5. S. Young I. Block	5.55.00
6. P. Hall I. Cousins	6.03.00
7. T. Brand-Barker P. Hemingway	6.05.00
8. C. Pattinson D. Rose	6.07.00
9. P. Cottrill D. Clarkson	6.10.00
10. T. Houston A. Heaton	6.28.00

VETERANS 0/40

1. M. Frith M. Moss	6.32.00
2. C. Scorer R. Fletcher	6.35.00
3. A. Bland C. Bland	6.47.00
4. A. Wright N. Harris	6.54.00
5. R. Devy F. Sykes	7.02.10

MIXED TEAMS

1. R. Pickvance A. Gillard	5.18.00
2. C. Kenny P. Corris	6.28.10
3. C. Scorer R. Fletcher	6.35.00
4. M. Stone Rebecca	6.45.00
5. A. Bland C. Bland	6.47.00

RESULTS - SHORT RACE

1. M. Yearsly H. Beanland	
2. B. Christie N. Pattinson	4.34.00
3. C. Brooke V T. Wimbush VI	5.00.00
4. J. Marsh T. White	5.14.00
5. G. Robinson V B. Hughes V	5.20.00
6. J. Cowan S. Wilkinson	
7. C. Makin V T. Sykit V	5.32.00
8. D. Lees V D. Turner V	5.32.00
9. J. Milligan V P. Swain V	5.38.00
10. V. Bell V G. Bell V	5.44.00

MIXED TEAMS

1. C. Makin T. Sky it	5.32.00
2. V. Bell G. Bell	5.44.00
3. C. Lardner R. Lardner	5.42.00
4. J. King J. King	6.06.00
5. C. Smith P. Kingsland	6.11.00

BUTTERMERE SAILBECK

HORSESHOE Cumbria

AM/9.4m/4250ft 8.5.94

A round of the William Hill English and British Fell Running Championships. This was a successful race with a total of three hundred and twenty five starters (fifty ladies). The Ladies Race was over the same course as the mens, but was started earlier to avoid congestion at the start. The Men's race was won by Ian Holmes, just nine seconds ahead of Mark Kinch. This was Ian's third win in succession, a very fine performance. Third placed J.Paricer was one and a half minutes further back with Brian Thompson, M.Roberts and Gary Devine completing the top six.

The Ladies Race was won by Andrea Priestley by a comfortable margin of three and a half minutes 60m Celia Qreasley who was also the first lady veteran. Angela Brand-Barker was third with Jenny James very close behind, followed by Jackie Reid and Jean Rawlinson

Team awards went to Clayton-Ie-Moor who narrowly beat Bingley. Eryri for the Veterans team and Fellandale for the Ladies team.

The Junior races were not well supported with only two competitors in die under eighteen event, and ten in the under fifteen race. Matthew Moorhouse won the under eighteen event from Anthony Turner, with Ian Fowler winning the under fifteen race from Stuart Reid and Darren Block.

Prizes were presented by the President of the International Committee for Mountain Running and Secretary of the Fell and Hill Running Commission, Danny Hughes. Danny also

helped with the time-keeping for the event and thanks for his assistance are dm.

I would like to thank the two runners from the North East who stayed behind to thank me for putting on the race. Their thanks and those by other competitors makes the task of organising the race more worthwhile. C HEUUn

Results in last issue

JACK BLOOR RACES

West Yorkshire

BM/5.2m/1150ft 10.5.94

Congratulations to all, especially those for whom this is their one fell race outing of the year. An outstanding result for Lucy Wright, getting within two minutes of an overall win! How about that, Grits? Ilkley College are obviously a team to be reckoned with these days.

The new course was well received and looks like being adopted for the foreseeable future; less path running and no need for the 'tail enders' to carry torches.

A quick top up shows receipts of three hundred and eighty three pounds, and race expenses of one hundred and five pounds, leaving us with two hundred and seventy eight pounds to go to the fund. Since last year's race, we have given out three hundred and twenty five pound in grants, so please spread the word and keep coming and supporting us.

Many thanks to Terry Lonergan for the first team prizes and to all our helpers who turn the race in to a social event as well, especially the Gritstone Club for their fieldwork and all the administration team, who enabled the prizegiving to take place EARLY! Lastly also many thanks to Ilkley College for their hospitality and all facilities. SueCourchee

1. J. Logue	Horw	45.08
2. R. Skelton	Ilk	45.14
3. G. Hull	LdsCty	45.14
4. G. Hawkins	Ilk	45.15
5. D. Woodhead	Horw	45.16
6. P. Davis	LdsCty	45.22
7. R. Copt	Nidd	45.30
8. B. Stevenson	P&B	45.46
9. R. Hamilton	Ilk	46.11
10. R. Lawrence	Bing	46.15

VETERANS 0/40

1. M. Lister	Harr	47.37
2. S. Smith	Ripon	48.16
3. T. Thomley	Ilk	48.17
4. P. Bramham	Craven	48.55
5. J. Butterfield	Horsf	49.52

VETERANS 0/50

1. P. Livesey	Aire	48.53
2. G. Webster	V Stdrs	53.09
3. G. Howard	Ilk	53.14
4. W. Wade	Holm	55.53
5. G. Collinson	Fellan	56.03

VETERANS 0/60

1. D. Hodgson	Fellan	59.28
2. B. Thompson	Aire	82.26

LADIES

1. L. Wright	LdsUni	46.50
2. S. Rowell	P&B	49.43
3. S. Watson V	V Stdrs	56.03
4. L. Ball V	V Stdrs	58.21
5. L. Atkin	Unatt	58.50
6. C. Roberts V	CaltrV	61.31

JUNIORS

1. A. Burnett U/17	LdsCty	12.28
2. D. Wilby U/17	Fellan	12.30
3. T. Van Rossum U/14	Aire	14.42



Jean Shoter, first lady at Hellvellyn.

Photo: Steve Bateson

HELVELLYN FELL RACE

Cumbria
AM/11m/3700ft 15.5.94

A record of one hundred and fifteen runners started the second running of this race. Setting out up the steep climb to 'Calf How Pike' the runners were greeted with high winds, rain and thick mist. Simon turned Helvellyn summit in a poor fifteenth place, then powered back and won the race a second time, one minute and thirty five seconds ahead of team mate Andrew Schofield. Numerous runners getting lost in mist resulting in fifty one retirements, but not so for Phil Clarke taking third overall, first veteran over forty, and leading Kendal to first team.

Duncan Stuart

1. S. Booth	Bon-	1.55.52
2. A. Schofield	Bon-	1.57.27
3. P. Clark V	Kend	1.57.32
4.1. Powell	Shrews	1.59.16
5. D. Richardson	Kend	2.01.38
6. J. Lagoe	Amble	2.02.38
7. C. Valentine	Kesw	2.04.53
8. M. Higginbottom	Howgill	2.04.55
9. S. Birkinshaw	WCOC	2.05.51
10. S. Young	CFR	2.08.03

VETERANS 0/40		
1. P. Clark	Kend	1.57.32
2. G. Wright	Ross	2.11.20
3. J. Crummett	CFR	2.12.28
4. J. Nixon	Horw	2.18.11
5. J. Marsh	Teviot	2.20.39

VETERANS 0/50		
1. T. Eckeley	Sadd	2.30.13
2. B. Pringle	Teviot	2.59.46
3. M. Mitchell	Teviot	3.00.04
4. J. Taylor	Amble	3.03.20

LADIES		
1. J. Shotter	Fellan	2.56.24
2. E. Moody	WCOC	2.58.45
3. J. Saul	C'mont	3.02.41

ST. JOHNS FELL RACE

Isle of Man
AS/3m/900ft 17.5.94

A near record field took part in the annual race up the 'witches hill' at Slieauhallian in almost perfect weather conditions.

Manx champion Tony Rowley maintained his one hundred percent record this year against local opposition, with a dominating performance that saw him finish forty seven seconds ahead of 1992 winner Paul Clarke.

The top three was completed by first veteran David Young, the Scottish bom doctor knocking an impressive near half a minute off the over forty course record.

Also in record breaking mood was the only lady competitor Stephanie Maddrell, who bettered her own best time by some two minutes to confirm the good form she showed in the Buttermere Horseshoe two days previous.

The race was given an international flavour with the entry of the Manx bom Canadian duo of Peter Corrin and son Simon, both thoroughly enjoying their debut on the Manx fells.

Richie Stevenson

1.T. Rowley	MFR	23.50
2. P. Clarke	MH	24.37
3. D. Young V	MFR	25.29
4. R. Stevenson V	MFR	25.31
5.1. Watson	NAC	25.39
6. D. Corrin V	MH	26.13
7. R. Webb V	MH	26.15
8. P. Crowe	NAC	26.38
9. D. Bawden	MFR	27.11
10. S. Corrin	Canada	27.29

VETERANS 0/50		
1. E. Brew	NAC	33.38

FIRST LADY		
1. S. Maddrell	WAC	28.20

TWO RIGGS RACE

Cumbria
BM/6.5m/1350ft 18.5.94

On a dry cold evening, ninety nine runners set out along the fell wall before crossing the valley floor, where Simon Booth, Dave Ramsay and team mate Dave Troman led the field on to High Rigg. Still together on Low Rigg where Simon eventually triumphed to take victory and slice one minute and forty eight seconds off the course record. Good solid performances from Billy Bland and Dave Loan for the over forty category, Billy coming home twenty seconds ahead.

Congratulations to Heather Monro in knocking two minutes and eleven seconds off Angela Brand-Barkers 1993 record. Borrowdale narrowly took the team prize from Keswick.

Duncan Stuart

1. S. Booth	Bon	42.14
2. D. Troman	Kesw	42.20
3. D. Ramsay	Kesw	42.33
4. J. Bland	Bon	42.43
5. B. Bland V	Bon	42.52
6. M. Fleming	Amble	43.05
7. D. Loan V	Kesw	43.12
8. A. Schofield	Bon	43.21
9. N. Lanagan	B'Combe	43.41
10. B. Evans	Amble	44.37

VETERANS 0/40		
1. B. Bland	Bon	42.52
2. D. Loan	Kesw	43.12
3. C. Webb	CFR	46.13
4. D. Bodegott	CFR	47.31
5. E. Parker	Amble	48.15

VETERANS 0/50		
1. M. McGill	Kend	47.18
2. P. Dowker	Kend	51.14
3. M. Carson	Kesw	52.28
4. D. Hayes	Kesw	54.25
5. J. Causey	Unatt	55.07

LADIES		
1. H. Monro	Amble	51.16
2. L. Thompson	Kesw	54.39
3. K. Beaty	CFR	54.57
4. J. Saul	C'mont	55.20
5. T. Bryden	Bon	56.19

BLACKSTONE EDGE FELL RACE

Lancashire
AS/3.5m/1200ft 18.5.94

It was not the largest turnout in its twelve year history, but the Blackstone Edge Fell Race this year attracted one hundred and seventy five starters. This makes up for the poor turnout last year when it did not make the calendar, mind you, it's a long way from the three hundred and six runners we had in 1987.

Well, as for conditions it was perfect, dry and coolish and I am a bit surprised that the times were so slow, in fact, the winning time was the slowest for ten years, not taking anything away from Gary Devine who won well. He was pushed all the way by second placed Andrew Wrench and third Mervyn Keys. Perhaps the notorious boggy bit had some extra suction this year!

Well done to all the prize winners and all those that came back to the pub later - keeping up with tradition. Having glanced at the results I noticed that the unattached club came out on top. Over forty individuals makes you wonder, why is being a member of a club so bad?

Back to the event, we all know what a bad deal and hassle organisers get from farmers and land owners, but Mr Steve Shepperd, the farmer on this patch can not do enough for me - thanks Steve. Thanks for all those lads from Rochdale Harriers that helped me on the night.

Keep wind turbines out of your back garden.

KShand

1. G. Devine	P&B	28.28
2. A. Wrench	Tod	28.32
3. M. Keys	Ross	28.37
4. A. Maloney	Roch	28.51
5. C. Lyons	Horw	29.47
6. C. Walker	P&B	30.13
7. D. Gibbons	Saif	30.17
8. G. Webb	CalderV	30.20
9. J. Hey	Warr	30.27
10. D. Woodhead	Horw	30.31

VETERANS 0/40		
1. D. Beels	Roch	32.14
2. P. BATTERY	Holm	32.25
3. B. Crendson	Black	32.40
4. J. Barker	Roch	33.15
5. P. Camwell	BVR	33.37

VETERANS 0/45		
1.B. Rawlinson	Ross	32.37
2. J. Lindley	N.Vets	34.19
3. M. Sadula	Roch	35.10
4. R. Horae	CalderV	36.27
5. R. Cowling	Unatt	36.36

VETERANS 0/50		
1. P. Jepson	Ross	33.53
2. P. Walkington	Horw	34.07
3. B. Jackson	Horw	34.32
4. P. Blagbrough	Sadd	35.20
5. P. Heneghan	Bolt	36.19

VETERANS 0/55		
1. P. Watson	P&B	36.57
2. J. Smith	Clay	37.47
3. R. Cutts	L'wood	39.26

VETERANS 0/60		
1.B. Thackery	DkPk	38.23
2. R. Francis	Bury	40.26

LADIES

1. J. Rawlinson V	Clay	35.16
2. S. Kiveal	Sadd	39.07
3. A. Srivastava	P&B	41.16
4. G. Dickson V	Ross	41.37
5. T. Egerton	Unatt	41.47
6. H. Pilling	Unatt	41.52
7. A. Whitehead	Bing	43.10
8. J. Hindle V	Clay	44.09

MELL FELL DASH

Cumbria
AM/10m/2500ft 18.5.94

The Mell Fell Dash had heavy rain, cloudy and windy conditions, and at one time we were not going to see the race at all. Although it did not stop raining, it cleared enough. With forty one runners starting, times were good, ten minutes from the start the first runner was at the top, and in seventeen minutes and twenty seconds he was at the finish, just sixteen seconds off the record.

With the Mell Fell Dash completed, that was the end of the series of three races including the 'Royal Dockray Helvellyn Fell Race', 'Royal Dockray Fell Race' and the 'Mell Fell Dash'. There were only three competitors who ran in all three events, the overall winner was Gavin Bland, who won all three races and was presented with the Matteredale Bowl.

1. G. Bland	Bon	17.20
2. J. Bland	Bon	17.27
3. K. Stuart	Kesw	18.33
4. D. Hope	Horw	18.40
5. B. McGhee	CFR	19.02
6. A. Schofield	Bon	19.10
7. C. Valentine	Kesw	19.22
8. A. Beaty	CFR	19.39
9. D. Loam V	Kesw	19.50
10. R. Walker	Kesw	20.06

VETERANS 0/40		
1. D. Loam	Kesw	19.50
2. J. Hope	AchRat	20.07
3. C. Webb	CFR	20.58
4. G. Lloyd	Kesw	22.21
5. N. Long worth	Kend	27.26

VETERANS 0/45		
1. A. Judd	Fellan	21.30
2. T. Burton	Unatt	24.55
3. M. Simpson	CFR	28.35

VETERANS 0/50		
1. P. Dowker	Kend	22.19
2. G. Janes	B&F	22.52

VETERAN 0/55		
1. H. Blenkinsop	Kesw	23.47
2. L. Watson	H'worth	32.27

VETERANS 0/60		
1. D. Hodgson	Fellan	24.24

LADIES		
1. K. Beaty	CFR	24.04
2. K. Arnold	CFR	24.42

JUNIORS		
1. D. Hope	Horw	18.40
2. S. Robinson	Black	22.49



Simon Booth, winner at Helvellyn and Two Rigg's pictured at Gatesgarth.
Photo: John Cartwright

ROYAL DOCKRAY FELL RACE Cumbria AM/10m/2500ft 18.5.94

The Royal Dockray Fell Race was the first race of the Matterdale Series. With a turn out of thirty nine runners which was acceptable with a change of date. The weather was overcast but the tops were clear and we expected a good time, having some of the runners from last years long event competing. They did not let us down, breaking the record by six minutes and twenty seven seconds, with a new time of one hour, eight minutes and fifty seven seconds.

1.G. Bland	Bon-	1.08.57
2. A. Schofield	Bon-	1.09.03
3. S. Booth	Bon	1.10.20
4.1. Aitchson	Roch	1.11.02
5. B. Bland V	Bon	1.13.49
6. R. Unwin	CFR	1.16.48
7. R. Mitchel V	Mand	1.17.10
8. D. Stuart	Kesw	1.17.51
9. P. Smith	DkPk	1.18.43
10. R. Lamb V	L&M	1.20.02

VETERANS 0/40		
1. B. Bland I	Bon	1.13.49
2. R. Mitchel	Mand	1.17.10
3. R. Lamb	L&M	1.20.02
4. D. Rosen	L&M	1.20.08
5. T. Martin	Kend	1.24.23

VETERANS 0/50		
1. R. Bell	Amble	1.21.43
2. P. Dowker	Kend	1.27.17
3. G. Causey	Unatt	1.30.12
4. H. Blenkinsop	Kesw	1.30.46

FIRST LADY		
1. T. Bryden	Bon	1.33.40

ROYAL DOCKRAY HELVELLYN FELL RACE Cumbria AL/19m/5500ft 18.6.94

The Royal Dockray Helvellyn Fell Race was the next event of the series, and what a shock the organisers got on the day. Instead of sunshine and blue skies, there was heavy rain with cloudy and windy conditions, especially with extending the route up on to Helvellyn. With fifty runners starting, it was not until the first runner returned that we knew what the conditions were like. The winds going up on to Lower Man were very strong and the old cornice on the head wall of Brown Cove was still there, although camouflaged. Never the less, there were only five retirements and a very reasonable time of two hours, fifty one minutes and ten seconds was good under the conditions, which is the new time for the race.

1.G. Bland	Bon	2.51.10
2. J. Bland	Bon	2.51.12
3. B. Whitfield V	Bing	2.51.32
4. A. Schofield	Bon	2.51.37
5. S. Horton	CalderV	2.52.12
6. D. Loam V	Kesw	3.01.10
7. N. Hewitt V	L&M	3.15.03
8. J. Birchenhaugh V	Bolt	3.15.16
9. N. Cole	Unatt	3.15.23
10. M. Holroyd	Bon	3.15.49
10. M. Larkins	Bon	3.15.49

VETERANS 0/40		
1. B. Whitfield	Bing	2.51.32
2. D. Loam	Kesw	3.01.10
3. N. Hewitt	L&M	3.15.03
4. J. Crummitt	CFR	3.19.32
5. P. Conis	L&M	3.24.10

VETERANS 0/50		
1.G. Causey	Unatt	3.56.03
2. P. Green	Denby	4.27.35

LADIES		
1. K. Arnold	CFR	3.42.56

CARADOC CLASSIC Shropshire AS/3.5m/880ft 18.5.94

On a very cool evening, just over a hundred runners lined up for the start of the 1994 Caradoc Classic. By the summit, Duncan Hughes had established a thirty second lead over the chasing group of Mercia's Davies brothers, and last years winner Paul Cadman. Cadman was able to overhaul the Davies's lead, but could make no impression on Hughes who extended his lead to over a minute by the finish. Cadman gained some solace in the fact that his record of twenty two minutes and twenty eight seconds set in 1991, still remained. First veteran home was Telfords Dave Jackson with Croft Ambreys Brian Davies taking the over fifty category for the second year running.

The ladies race was won by last years runner up, Janet Tyler of Croft Ambrey, an excellent performance as she was also the first lady veteran. In second and third positions were Bar-

bara Evans and Judith Witterick, respectively both Shropshire Shufflers.

The junior mens race was again dominated by Tim and Andrew Davies of Mercia, who finished third and fourth overall.

1. D. Hughes	Hebog	22.55
2. P. Cadman	Merc	24.03
3. T. Davies	Merc	24.10
4. A. Davies	Merc	24.18
5. A. Jones	Telf	24.20
6. D. Jackson V	Telf	24.39
7.1. Powell	Shrews	24.52
8. P. Williams	Wrex	25.05
9. R. Day	Merc	26.00
10. C. Taylor	Merc	26.05

VETERANS 0.40		
1. D. Jackson	Telf	24.39
2. R. Hellis	Merc	26.48
3. J. Richards	Shrews	27.05
4. S. Onells	Merc	27.08
5. B. Dredge	Merc	27.17

VETERANS 0/50		
1.B. Davies	Croft/Amb	26.49
2. R. Hyman	Merc	27.56
3. B. Morris	Wrek	28.51
4. R. Sandland	Telf	29.39
5. P. Jones	Wrek	29.58

LADIES		
1. J. TyierV	Croft/Amb	30.23
2. B. Evans	Shrop	32.02
3. J. Witterick V	Shrop	32.25
4. N. Moorse	Ludlow	34.05
5. A. Bond	Wrex	34.13
6. G. Harris V	Merc	34.34

GOATFELL RACE Arran AM/8m/2866ft 21.5.94

One hundred and seven entrants, the largest field for many years set off for the 1994 race, almost half of whom had travelled from south of the border. Glossopdale Harriers who have literally made the event their own in recent years, had a large turnout of nine runners, whilst Cumberland Fell Runners had a strong field of ten. Women unfortunately were poorly represented, only eight in the whole race.

Conditions were good this year, dry, cool and clear. Arran runners were slightly anxious about the new flagged and prescribed route to the summit, a longer way stipulated by the landowners - the National Trust of Scotland. However, the end results spoke for themselves with most finishers expressing general satisfaction with the new arrangements.

The winner, Andy Peace, missed the old record by only thirty seconds. Ruth Pickvance enjoyed her day, bettering previous form to win the ladies event. Harry Jarrett of CFR, a previous overall winner came to win the veterans trophy and was not disappointed.

One final comment which hopefully does not apply to readers of the 'Fell Runner' - the number of entrants who presented us with problems, by turning up without basic whistles and waterproofs as required by the governing bodies. Well next year be warned! We've run out of whistles to 'lend'!

Colin Turbett

1. A. Peace	Bing	1.13.40
2. S. Booth	Bon	1.16.08
3. B. Marshall	Hadd	1.18.36
4. H. Janett V	CFR	1.20.07
5. D. Gartley	Gloss	1.20.24
6. P. Deauville	Gloss	1.21.23
7. J. Reade V	Fife	1.21.55
8. B. Robertson	Anan	1.22.13
9. D. Lee	CFR	1.22.46
10. M. Cuddy	Gloss	1.25.10

VETERANS 0/40		
1. H. Janett	CFR	1.20.07
2. J. Reade	Fife	1.21.55
3. J. Shields	Clydes	1.25.35
4. D. Bowden	D'dee	1.28.44
5. D. Milligan	Solway	1.29.57

VETERANS 0/50		
1. P. Dowker	Kend	1.36.03
2. W. Buckley	Gloss	1.36.24
3. A. McGillivray	Fife	1.40.07
4. D. Turnbull	E.Kilb	1.48.35
5. A. Anderson	Dumf	1.56.33

VETERANS 0/60		
1. S. Connolly	D'dee	2.10.22
2. C. Wright	Ayr SF	2.42.04

LADIES		
1. R. Pickvance	Kend	1.31.04
2. J. Reid	CFR	1.36.35
3. A. Crabbe V	Amble	1.47.44
4. R. Fletcher V	Tyne	1.48.56
5. H. Thumson V	Anan	1.49.55
6. D. Hunter	Gloss	2.13.45

KNOCKDU Co.Antrim AS/4.5 m/1470ft 21.5.94

The event promoted by Larne Athletic Club and sponsored by the Northern Ireland Tourist Board, Stena Sealink and Lame Borough Council attracted the largest ever entry for a fell race in Northern Ireland, with fifty five open runners competing with fifty six internationals.

Kinch and last years winner Mark Croasdale, also representing England opened a thirty metre lead over their team mates James Parker and Brian Thompson, as they stormed up the long ascent of Knockdu for the first time.

The Scots team were grouped just behind with the leading English and Scottish juniors Matthew Moorhouse and John Brooks also in early contention.

Kinch and Croasdale were neck and neck on the second lap round the Sallagh Braes and it was only on the final descent that Kinch got away to take eight seconds off the course record, with Croasdale six seconds behind also breaking his record of last year.

James Parker of England was third with Neal Wilkinson from Scotland who has been third for the past two years having to be content with fourth place on this occasion.

Matthew Moorhouse retained his junior top placing with an excellent run to finish fifth overall and Lucy Wright also representing England, was first lady, finishing in forty first position giving England a clean sweep of the individual titles.

England also won the three team events with Scotland runners-up in the mens and ladies categories, and a very promising young Welsh team second in the junior mens category.

The Northern Ireland men produced a good result to finish third with Neil Carty in tenth place, Jim Brown fourteenth, Brian Ervine sixteenth and Paul McWhirt nineteenth.

The open race winner was N.Martin representing Lomond Hill Runners with V.Sage of Ukley Harriers second and Vine Bradley of North Belfast Harriers third. Best placed Lame AC runner was Martin Beattie in ninth place.

Kevin McVeigh of Lame AC was second junior in the open race and John Hope of Achille Ratti was the top veteran.

1. M. Kinch	Eng	34.41
2. M. Croasdale	Eng	34.47
3. J. Pailer	Eng	35.54
4. N. Wilkinson	Scot	35.49
5. M. Moorhouse	Eng	35.59
6. J. Wilkinson	Scot	35.50
7. B. Thompson	Eng	36.15
8. J. Brooks	Scot	36.26
9. J. Hepburn	Scot	36.48
10. N. Carty	N.Ire	37.00
11. N. Martin	L.H.R	37.09
12. S. Forster	Wales	37.14
13. L. Veitch	Scot	37.18
14. J. Brown	N.Ire	37.49
15. T. Davies	Wales	38.01
16. B. Ervine	N.Ire	38.02
17. X Patterson	A'vttle	38.04
18. M. Whitfield	Eng	38.38
19. E McWhirt	N.Ire	38.45
20. D. Hope	Eng	38.51
21. R. Rodgers	N.Ire	38.58
22. A. Jones	Wales	38.59
23. K. Lavery	N.Ire	39.03
24. G. Rees-Williams	Wales	39.07
25. A. Vaughan	Wales	39.11
26. A. Davies	waies	39.36
27. W. McKay	N.Ire	40.01
28. D. Fisher	N.Ire	40.12
29. R. McFarland	Scot	40.16
30. D.Huws	Wales	40.28

NATIONAL SENIOR MEN		
1. M. Kinch	Eng	34.41
2. M. Croasdale	Eng	34.47
3. S. Parker	Eng	35.24
4. N. Wilkinson	Scot	35.44
5. J. Wilkinson	Scot	35.50

NATIONAL JUNIOR MEN		
1. M. Moorhouse	Eng	35.49
2. J. Brooks	Scot	36.26
3. T. Davies	Wales	38.01
4. M. Whitfield	Eng	38.38
5. D. Hope	Eng	38.51

INTERNATIONAL LADIES		
1. L. Wright	Eng	41.46
2. A. Brand-Barker	Wales	43.10
3. A. Priestly	Eng	43.45
4. H. Diamantides	Scot	44.07
5. C. Greasley	Eng	44.57
6. J. Farmer	Scot	46.04
7. V. Wilkinson		46.54
8. R. McConville	&	47.54

VETERANS 0/40		
1. J. Hope	AchRat	41.12
2. R. Haigfa	Hk	42.50
3. D. Henderson	Lame	47.42
4. M. McVeigh	N'castle	50.25
5. S. Dunn	E. Antrim	53.05

VETERANS 0/45

1. J. Patterson	A'ville	38.64
2. R. Ferry	M.Uls	47.41
3. A. Corish	A'ville	48.59
4. F. Boal	B'drain	50.23
5. R. Cowan	Unatt	52.20

VETERANS 0/50

1. N. Berry	Holm	45.40
2. W. Magee	Lame	47.09
3. E. Campbell	W'field	47.48
4. R. McCourt	Unatt	57.07
5. J. Nolan	Unatt	59.23

MENS OPEN

1. N. Martin	L.H.R	37.09
2. J. Sage	ilk	40.40
3. V. Bradley	N.Belf	40.43
4. D. Melville	Belf.Assoc	40.44
5. F. Sharkey	Unatt	40.57

LADIES OPEN

1. J. Boyle	Belf.Assoc	57.39
2. H. McKeenan	Belf.Assoc	61.16
3. M. Copeland	Belf.Assoc	69.33

DARREN JONES PIKE RACE

Lancashire

BM/7m/1400ft 21.5.94

A slight drop in entries from last year on a better day generally, but with a strong, cold wind on top. Robin Bergstrand repeated his win of two years ago, and from the local clubs point of view it was nice to see Kevin Capper making a return to fell running by travelling to his old stamping grounds.

No real problems were reported on the course. Our problem is that we have to cross so many fields surrounding by fences and walls. Many of the fields contain livestock. Dismantling fences and putting them back again is a headache. Perhaps we could talk nicely to our friendly estate worker who knocked up the new ladder stile at the top of the bluebell glade, three days before the race.

It was good to see the youngsters out in force again. Sorry about the delayed start due to sheep blocking the first gateway. We could not find the shepherd! Thanks for your support. Why not bring a friend or two next year to make a team (club or school).

J M Gibbinson

1. R. Berstrand	Mand	52.28
2. K. Capper	L&M	53.44
3. T. Hesketh V	Horw	55.47
4. D. Woodhead	Horw	56.58
5. S. Umpleby	L&M	57.07
6. C. Lyon	Horw	57.25
7. B. Bolland	N'burgh	57.47
8. J. Taylor	Clay	58.01
9. D. Richardson	Kend	58.04
10. K. Johnston	Ryhope	58.46

VETERANS 0/40

1. T. Hesketh	Horw	55.47
2. S. Kirkbride	Kend	59.37
3. B. Walton	Horw	61.23
4. F. Livesey	Prest	61.30
5. P. Jackson	N'burgh	62.59

VETERANS 0/50

1. P. Heneghan	Bolt	67.22
2. D. Simpson	Prest	68.27
3. G. James	B'pool	68.46
4. J. Smith	L&M	69.15
5. C. Madgin	Unatt	69.45

LADIES

1. L. Lord V	Clay	69.44
2. C. Kenny	Kend	70.03
3. A. Watmore V	B.P.F.R	71.48
4. K. Warin	Skip	77.25
5. D. Priestley V	Kend	78.17
6. C. Dewhurst	Clay	80.23

JUNIOR BOY U/18

1. E. Malloch	L&M	25.51
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JUNIOR GIRL U/18

1. M. Leek	L&M	31.13
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JUNIOR BOYS U/15

1. A. Singleton	MHS	15.01
2. M. Liptrot	Horw	15.31
3. M. Cayton	Horw	15.38

JUNIOR TEAMS U/15

1. Horwich	M.Liptrot	
	M.Clayton	
	J.Robertson	
2. Morecambe High School	A.Singleton	
	M.Lyons	
	A.Garnett	

JUNIOR BOYS U/12

1. L. Raisbeck	Osw	10.31
2. G. Richardson	Kend	10.54
3. N. Jones	G'stang	10.55

JUNIOR GIRL U/12

1. H. Wightman	Horw	12.16
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JUNIOR TEAM U/12

1. Garstang	N.Jones	
	M.Salisbury	
	K.Salisbury	
	J.Harold	
	H.Wightman	
	S.Pearson	
2. Horwich		

ROSSENDALE FELL RACE

Lancashire

BL/12m/2800ft 22.5.94

Thanks to everyone for making the race a success changing the date had no effect, and the weather as usual was cold and wet.

A field of one hundred and three set off towards Cowpe, over half in the veteran categories. A group of five broke away from the main field and then Martin making a decisive break on the way to Whittle Pike, to win by over a minute.

P J Warin

1. M. Corbett	Ross	1.36.22
2. M. Aspinall	Clay	1.37.47
3. A. Wrench	Tod	1.39.33
4. M. Keys	Ross	1.39.44
5. G. Schofield	Black	1.40.24
6. A. Hewitt	Ross	1.43.40
7. B. Schofield V	Tod	1.44.20
8. D. Ratcliffe	Ross	1.44.24
9. R. Leggett V	Horw	1.44.29
10. B. Mitchell V	Clay	1.45.03

VETERANS 0/40

1. R. Leggett	Horw	1.44.29
2. J. Birchenough	Bolt	1.46.10
3. J. Cooper	Ross	1.50.54
4. A. Spicer	Ross	1.55.44
5. N. Shaw	Roch	1.55.55

VETERANS 0/45

1. B. Schofield	Tod	1.44.20
2. B. Mitchell	Clay	1.45.09
3. J. Nixon	Horw	1.50.37
4. B. Sawlinson	Ross	1.53.53
5. L. Teller	Gloss	1.56.07

VETERANS 0/50

1. J. Morris	PFR	1.54.29
2. G. Fielding	Ross	2.00.39
3. D. Gibson	Sadd	2.00.00
4. S. James	Clay	2.05.49
5. E. Duffy	Ross	2.10.16

LADIES

1. J. Rawlinson V	Clay	2.03.03
2. E. Hodgson	Fellan	2.18.45
3. J. Wood	Ross	2.39.36
4. G. Dickson V	Ross	2.51.32
5. S. Urmston	Clay	3.23.29
6. N. Carey	Oay	3.23.30



*Simon Forster, first Welsh counter at Knockdhu.
Photo: Peter Reed*

ELIZABETH CULLUM MEMORIAL

MARATHON

Buckinghamshire

BL/26m/3800ft 22.5.94

Heavy rain prior to the event and intermittent heavy showers on the day, created a quagmire of mud throughout the twenty six and a quarter mile route in the Chiltern Hills, the like of which has never been seen by local athletes who have lived and trained in the area for twenty years. The mud which in places was like cement slurry made the event for many of the athletes.

This year's route which was of two loops with return to the start area for the last twelve and a quarter miles, is enjoyed by the athletes and enables those who cannot continue, to retire. The visit of Susan Niedrum and Paul Sheard from Pudsey and Bramley AC, created much excitement in the South, and they duly delivered the goods in beating Colin Steptoe and John Foster winners of the team race for the past five years. The latter having to retire with sciatica on the route, although the speed of the Pudsey mixed team could not be equalled. Next year route maps will be issued in lieu of route descriptions.

The seventy nine finishing teams of two and seventeen individuals ran tremendously well to complete such an arduous muddy hilly course. It is hoped that the team winners will return next year to defend their title.

E Gutteridge

TEAMS

1. Sheard/Niedrum F	P&B	7.28.14
2. Harding/Harding	TGCJ	7.42.56
3. Walford/Baker	TVOC	7.45.56
4. Burt/Dell	V.Ayles	7.55.35
5. Abery/Grundy	Chesh	8.02.52
6. Koenig/Hutchinson	St.Alb	8.20.39
7. Wilkinson/Richardson	WycPhx	8.28.54
8. Cook/Leak F	Chilt	8.33.10
9. Prior/Hunn	B'swade	8.39.44
10. Sreeves/Molesworth	C'ton-Ayles	8.52.04

RECEDHAM WAY RELAY

Lancashire

CL/50m/5000ft 22.5.94

The race entry was so poor, the event was cancelled and will not be run again.

TWO LADS RACE

Lancashire

BS/4m/800ft 24.5.94

1. W. Brindle	Horw	25.03
2. N. Wilkinson	Saif	25.12
3. R. Jackson	Horw	25.32
4. P. Pollit	Bolt	26.53
5. C. Caldwell	Bolt	26.54
6. T. Hesketh V	Horw	26.56
7. C. Lyon	Horw	27.00
8. C. Leigh	Horw	27.01
9. D. Hope U/18	Horw	27.13
10. B. Brindle V	Horw	27.23

VETERANS 0/40

1. B. Brindle	Horw	27.23
2. S. Jackson	Horw	27.29
3. R. Clucas	CFR	28.01
4. F. Livesey	Prest	28.30
5. A. Steele	R'cliff	28.38

VETERANS 0/45

1. T. Hesketh	Horw	26.56
2. D. Kearns	Bolt	29.28
3. K. Fowler	Bolt	29.51
4. B. Mapp	Prest	30.06
5. R. McAndrew	Chorley	31.57

VETERANS 0/50

1. D. Kay	Bolt	30.00
2. B. Jackson	Horw	30.23
3. P. Heneghan	Bolt	31.52
4. B. Rogers	Horw	33.00
5. T. Conniffe	Horw	33.28

LADIES

1. S. Young	Wigan	30.55
2. C. Branlin	Helsby	31.15
3. T. Sloan	B.Vue	33.03
4. L. Threadgold	Horw	35.20
5. H. Matthews U/16	Horw	35.37
6. C. Prescott U/18	Chorley	35.41

INTERMEDIATES U/18

1. C. Caldwell	Bolt	26.54
2. D. Hope	Horw	27.13
3. A. Prendagast	Chorley	28.06
4. J. Kettle	Vale	29.14
5. J. Haines	Bolt	29.51

JUNIORS U/16

1. D. Finan	Chorley	29.19
2. J. Hart	Oldham	30.26
3. M. Liptrot	Horw	30.44

WHIRLAW FELL RACE

Lancashire

BS/5.5m/1100ft 24.5.94

Kenny Stirral of Halifax Hamers held off a strong challenge from 1992 British Fell Champion Steve Hawkins, to take first prize in the Whirlaw Fell Race. The pair closely shackled each other, until the final steep descent past Stannally Farm, when Stirral made his decisive break. Last year's winner, Andrew Wrench, had to settle for third place.

Before, most runners seemed to enjoy the extra lap around the playing fields both before and after the race, but not so for Eric Stuttard, Todmorden's veteran over seventy, who claimed he was obliged to force the pace whilst in the view of the assembled spectators, and hence was knackered going up the first steep ascent.

More than one hundred pounds was raised for the environmental pressure group 'Greenpeace', and Calder Valley won the team prize. *Mark Anderton*

1. K. Stirrat	H'fax	36.29
2. S. Hawkins	Bing	36.40
3. A. Wrench	Tod	37.23
4. M. Keys	Ross	37.36
5. S. Oldfield	Bfd/Aire	38.30
6. G. Oldfield	Bfd/Aire	38.49
7. G. Webb	CalderV	39.25
8.1. Aitchinson	Roch	39.48
9. B. Whalley	P&B	39.51
10. D. Thompson	CalderV	39.52

VETERANS 0/40

1. F. Judge	Clay	43.06
2. E. Emerson	Tod	43.08
3. J. Cooper	Ross	43.41
4. P. Clarke	Bing	45.59
5. R. Kneeshaw	Holm	46.24

VETERANS 0/45

1.B. Mitchell	Clay	41.12
2. B. Rawlinson	Ross	43.14
3. D. Rhodes	Bfd/Aire	44.56
4. G. Newsam	Clay	46.14
5. J. Talbot	Tod	47.11

VETERANS 0/50

1. P. Jepson	Ross	44.46
2. C. Madgin	Clay	49.02
3. R. Blakely	Unatt	49.49
4. T. Daniels	AchRat	50.27
5. E. Hoare	Clay	52.42

VETERAN 0/55

1. E. Blamire	Tod	48.34
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VETERAN 0/60

1. J. Newby	Tod	53.24
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LADIES

1. K. Drake	Spn	44.40
2. L. Athin	Unatt	49.42
3. P. Oldfield V	Bfd/Aire	50.06
4. C. Whitton	Tod	52.32
5. M. Ashton V	Clay	55.17
6. J. Hindle V	Clay	55.25

ISLE OF JURA FELL RACE

Jura

AL/16m/7500ft 28.5.94

Running conditions were ideal this year with clear, dry conditions and a gentle cool breeze keeping temperatures down on the hills. Previously dry and cold weather had kept down growth of grass and heather, similar to conditions in 1988 when most of the records were set.

Mark Rigby, running on his own over the last few miles broke Colin Donnelly's 1988 record by six seconds, just one week after setting new running records and taking the king of the Bens trophy partnered by Ian Ferguson in the Scottish Island Peaks Race. Many runners have remarked on the seemingly ideal preparation of three marathons in less than forty hours for a good run on the following weekend, but this was the best demonstration.

Helen Diamantides celebrating the end of exams won the ladies race just three minutes outside the 1988 record. Billy Blands veteran record in the same year seems more than safe (three hours, nine minutes and thirty six seconds). Jack Holt made up for his close second place in 1993 in a closely run competition with Roger Boswell and Andy Styan (again in the top ten). The race now regularly sees good results from local runners reflecting a much improved standard. Marcus Covell in fourteenth place led home the Islay team in the eighth year that both Islay and Jura have managed to get teams round.

This year from one hundred and eighty one entries, one hundred and fifty eight started and only four failed to complete the course, there were thankfully no injuries.

Thanks to all those who made the race possible, in particular the runners who helped with registration and finish (Mike Rose, Arthur Clarke, Angela Brand-Barker and John Cummins), local people of Juia and the Isle of Jura Distillery.

A Curtis

1. M. Rigby	Amble	3.06.59
2.1. Holmes	Bing	3.10.10
3.1. Ferguson	Bing	3.12.59
4. A. Trigg	Gloss	3.19.47
5. A. Peace	Bing	3.21.22
6. P. Mitchell	Bing	3.37.06
7. J. Holt V	Clay	3.41.44
8. R. Boswell V	Loch	3.43.34
9. A. Styan V	Holm	3.44.09
10. B. Clough	Amble	3.45.13

VETERANS 0/40

1. R. Boswell	Loch	3.43.34
2. D. Ibbetson	Gloss	3.53.07
3. K. Adams	W'lands	3.58.05
4. R. Scottney	Penn	4.06.16
5. M. Hirst	Denby	4.08.22

VETERANS 0/45

1. J. Holt	Clay	3.41.44
2. A. Styan	Holm	3.44.09
3. K. Carr	Clay	3.49.33
4. M. Walford	Kend	3.51.13
5. C. Taylor	Clay	4.02.40

VETERANS 0/50

1. J. Nuttall	Clay	3.52.15
2. G. Armstrong	HELPS	4.10.52
3. P. Dowker	Kend	4.19.14
4. A. McGillivray	Fife	4.32.54
5. F. Uhlman	Eryri	4.36.06

VETERANS 0/55

1.1. Chrystal	Loch	4.51.01
2. R. Mitchell	Teviot	5.03.30
3. J. Smith	Tod	5.34.47

VETERANS 0/60

1. J. Newby	Tod	5.53.52
2. A. Clarke	Amble	6.30.39

LADIES

1. H. Diamantides	Amble	3.53.56
2. R. Pickvance	Kend	4.34.30
3. A. Crabb V	Amble	4.40.52
4. A. Isdale V	Bing	4.44.24
5. B. Evans	Shrop	4.49.06
6. M. Gallagher V	DkPk	4.56.21
7. H. Searle	Loch	4.58.50
8. E. Wright	Amble	5.03.29

LLANGORSE LOOP

Gwent

AS/5.5m/1900ft 29.5.94

What a glorious day you missed if your name does not appear in the results. A sunny spring day brought out the crowds this year, doubling the numbers from the previous three years and encouraging spectators to stroll up Mynydd Llangorse to see the mn-in. The course was dry underfoot so it was obvious that a good time was on, especially in view of the calibre of the field. Simon ran away with it, but the next four had a tussle along Troed and up llangorse before the last mile and a half dash along the top sorted out the placings. From the look of exertion on peoples faces it was obvious that everyone ran their guts out taking full advantage of this lovely race. Nice to see Benji and Sweetie turn up on time, but I do not think the stuff Benji was sniffing on the journey did him any good. Bret was marshalling on Llangorse and would like to thank Danny for the extra training run due to a wrong turn at the trig. It was good to see new juniors racing, well done to Huw and Christine. Thanks one again to Puffing Billy for marking Troed and Pat for walking one and a half miles to the road checkpoint (sorry about the sore legs!).

At fifty pence entry, I am staking a claim that this is the best value for money race in Wales. Prizes for the category winners and spot prizes to Christine (pluckiest performance), Anthony Morris (travelling from West Yorkshire), and Cledwyn (oldest competitor, but your secret is safe with me).

Adrian Orringe

1. S. Forster	Eryri	43.24
2. A. Woods	MDC	45.45
3. M. Ligema	C.Ambrey	45.58
4. J. Sage	Ilk	46.17
5. J. Bass	UWCC	47.56
6. C. Gildersleve	Brych	52.31
7. T. Caveney	MDC	53.08
8. B. Martin V	Gt.West	53.33
9. R. Benjamin	MDC	55.07
10. R. Barlow	S.H.	55.35

FIRST LADY

1. S. Woods	MDC	57.10
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BENTHAM GALA 10 HILL RACE

Lancashire

CM/10m/800ft 30.5.94

Although apparently a new record time, not really so, because the course was a little shorter due to local farmers requirement (whether or not first cut silage completed). The weather was dry with a cool breeze and conditions underfoot were dry and hard. The entry of ninety four is the first time it has been under one hundred.

G Robertson

1. J. Nieczorek	Acc	48.52
2. G. D&Miani	Spn	49.03
3. M. Falgate	P&B	50.26
4. A. Hauser	Fellan	52.13
5. T. Hesketh V	Horw	52.41
6. C. Lyon	Horw	53.12
7. J. Kardasz	L&M	53.23
8. H. Symonds V	Kend	54.30
9. J. Doyle	Sedb	54.35
10. N. Holding	Darwen	54.50

VETERANS 0/40

1. T. Hesketh	Horw	52.41
2. H. Symonds	Kend	54.30
3. R. Winward	Barrow	55.12
4. F. Judge	Clay	55.18
5. P. Jackson	N'burgh	55.29

VETERANS 0/45

1. G. Fielding	Ross	60.10
2. G. Webster	V.Stdrs	61.04
3. D. Simpson	Preston	62.20
4. M. McDonald		63.53
5. J. Capenerhurst	Bing	66.38

LADIES

1. S. Niedram	P&B	59.05
2. S. Watson V	V.Stdrs	63.19
3. B. Coomber	Denby	64.40
4. J. Shotter	Fellan	65.57
5. E. Denby	Denby	73.38

JUNIORS

1. M. Osbourne	G'forth	56.42
2. C. Cheshire	Chep	64.46

MYNYDD MYFYR

Shropshire

CS/4.5m/500ft 30.5.94

A fine sunny and warm day, dry underfoot and an entry of fifty runners. The bank holiday fixture was another success and was held in conjunction with two days of village sport and fun activities.

Topping the bill were the local young Welsh Internationals Tim and Andrew Davies of Mercia, they proved to be just that, as they stormed away to take first and second place overall. The first three to finish all broke the course record set by Shaun Mansbridge in 1993 at twenty two minutes and fifty eight second. Sister Jackie made it a threesome by winning the junior lady prize.

The woman's record was also broken by Samantha Mather of Wrexham who took sixty eight seconds off Jane Meegans 1993 best.

Doug Morris



Langdale Gala juniors race, Nina Hall chased by Jeremy Sykes and Laura Hillman.

Photo: Dave Woodhead

1. T. Davies	Merc	22.11
2. A. Davies	Merc	22.32
3. I. Powell	Shrews	22.56
4. S. Aspey	Denbigh	23.42
5. M. Hand V	Unatt	23.48
6. R. Bonsor	Unatt	24.00
7. M. Jones	Merc	24.15
8. G. Manson V	Os-Ol	24.17
9. C. Ashley	Wrex	24.31
10. E. Davies	Merc	25.15

VETERANS 0/40

1. M. Hand	Unatt	23.48
2. G. Manson	Os-Ol	24.17
3. G. Sponser	Merc	25.22
4. G. Brassington	Os-Ol	25.26
5. R. Pierce	Wrex	26.10

VETERANS 0/45

1. J. Rowlands	Os-Ol	27.57
2. M. Harrington	Os-Ol	29.20

VETERANS 0/50

1. B. Jackson	Wrex	28.20
2. J. Tipping	Wrex	33.17

VETERANS 0/55

1. P. Norman	Wrex	27.18
2. G. Gartrell	Wrex	28.19
3. G. Jones	Wrex	35.30

VETERANS 0/60

1. M. Morrel	Wirral	26.20
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LADIES

1. S. Mather	Wrex	28.15
2. V. Musgrove V	Wrex	28.21
3. J. Wilcox	Shrews	29.42
4. C. Lorimer V	StoneMM	29.47
5. S. Candy	Shro.Sh	29.51
6. J. Joffreys	Os-Ol	29.56
7. S. Ellis	Tatten	31.12
8. A. Bond	Wrex	32.00

JUNIORS

1. T. Davies	Merc	22.11
2. A. Davies	Merc	22.32

FACTORY HILL NIGHTMARE MILE

1m/500ft 1.6.94

In the second staging of this event, both Rob Jackson and Janet Rashleigh broke the one year old coarse records.

1. R. Jackson	Horw	6.21
2. V. Skelly	Horw	6.28
3. W. Brindle	Horw	6.33
4. D. Fiatley	Unatt	6.45
5. T. Hesketh V	Horw	6.57
6. I. Hanes	Horw	6.59
7. M. Duxbury	Horw	7.08
8. D. Hope	Horw	7.20
9. P. Longford	Unatt	7.28
10. T. Nelson	Bolt	7.32

VETERAN 0/40

I.T. Hesketh	Horw	6.57
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VETERAN 0/45

I.E. Swift	Horw	8.24
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VETERAN 0/50

I.B. Jackson	Horw	7.57
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FIRST LADY

1. J. Fashleigh	Bolt	7.44
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CHEVIN FELL RACE

West Yorkshire

AS/3m/900ft 1.6.94

After the usual dose of summer weather (rain), the evening brightened up to produce humid conditions. This however did not affect the reduced field (where were Bingley?) of one hundred and twenty seven runners who set off at a gallop on this fast flat course, well the first bit is anyway. After the fast start, this is where it starts to hurt, but not it seems the leaders Greg (Chevin) Hull, is halfway up, closely followed by Gary Devine. Richard Pallister, Davy Smith and Carl Saint make up the leading bunch. The first lady Lucy Wright is well placed. From the start the runners can just be seen on the skyline, the highest point 'surprise view'. A quick tour of the Chevin Park, then a fast descent through the woods to rejoin the route at the foot of the notorious climb of the stairs. Greg Hull had opened a large gap on Gary Devine who himself is comfortably in front of Carl Saint. Down Station Road towards Otley Market Place Greg races, and finish bets are taken, "will he beat last years time?". Unfortunately he is down by five seconds. The others trot or race to the line, and panic among the men as Lucy comes in tenth, an excellent time and placing.

Prizes to first six men, three veterans, three ladies, plus a can of ale to every fifth finisher, I am bloody well running next year!

Neil C



Donald Lee above Langdale Gala Field finished third.

Photo: Dave Woodhead

I.G. Hull	LdsCty	18.07
2. G. Devine	P&B	19.15
3. C. Saint	LdsCty	19.34
4. D. Smith	P&B	19.4
5. M. Watson	Skyrac	20.06
6. R. Skelton	Ilk	20.21
7. P. Davis	LdsUni	20.29
8. R. Pallister	P&B	20.32
9. M. Moore	Eccles	20.36
10. L. Wright	LdsCty	20.37

VETERANS 0/40

1. M. Jeffrey	Otley	21.24
2. B. Hilton	LdsCty	21.40
3. P. Bates	LdsCty	22.31

VETERANS 0/50

I.F. Gibbs	Bing	22.46
2. B. Wade	Holm	22.53
3. T. Cock	Holm	23.51

VETERANS 0/60

1. D. Hodgson	Fellan	23.46
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LADIES

1. L. Wright	LdsCty	20.37
2. K. Drake	Spn	22.08
3. L. Woffenden	LdsCty	23.05

LANGDALE GALA FELL RACE

Cumbria

AS/1.25m/650ft 4.6.94

1. S. Booth	Borr	10.28
2. J. Hey	Warr	10.38
3. D. Lee		10.46
4. D. Woodhead	Horw	10.53
5. R. Walker		11.13
6. B. Evans	Amble	11.35
7. M. Osborne	Gosf	11.43
8. P. Mavin	Amble	11.45
9. C. Giltrowshaw		11.54
10. L. Turnbull		11.55

VETERANS 0/40

1. C. Webb	CFR	12.15
2. N. Walker	Amble	12.40
3. D. Palmer		13.02
4. A. Stephenson	Amble	13.04
5. B. Crewdson	Black	13.12

VETERAN 0/50

1. R. Dewhurst	Clay	15.30
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LADIES

1. S. Hopeson	Fellan	12.46
2. H. Monro	Amble	13.21
3. J. Laverack	Amble	17.12
4. B. Unsworth	Kend	19.35
5. A. Templeton		19.49
6. S. Hall		19.50

DUDDON VALLEY FELL RACE

4.6.94

As usual I thank the people who make the race the success it is. Without the co-operation of the local community who have supported the race now for seventeen years it would not continue. Special thanks to the Hartley and Hoggarth families who have assisted greatly over the years, but also to all the other landowner who are supportive.

Thankyou Beryl for presenting the prizes. Next years event is scheduled for the third June 1995. See you then.

Martyn Jones

RESULTS - LONG RACE

1. G. Bland	Borr	2.55.00
2. J. Bland	Borr	2.56.00
3. M. Hartell	Maccs	3.02.00
4. A. Schofield	Borr	3.06.00
5. G. Webb	CalderV	3.07.00
6. S. Houghton	CalderV	3.09.00
7. L. Thompson	Clay	3.10.00
8. S. Hicks	Borr	3.11.00
9. P. Clark V	Kend	3.12.00
10. R. Leggett V	Horw	3.14.00

VETERANS 0/40

1. P. Clark	Kend	3.12.00
2. R. Leggett	Horw	3.14.00
3. N. Hewitt	L&M	3.23.00
4. J. Nixon	Horw	3.25.00
5. J. Winder	CalderV	3.26.00

VETERANS 0/50

1. B. Thackery	DkPk	4.13.00
2. G. Causey		4.20.00
3. B. Leathley	Clay	4.31.00
4. R. Robinson	Sadd	4.31.00
5. P. Green	R'trees	4.36.00

LADIES

1. N. Davies		4.01.00
2. G. Cook	Roch	4.01.00

RESULTS - SHORT RACE

1. C. Chinn	BCR	1.43.00
2. A. Wood	BCR	1.50.00
3. P. Brooks	Eryri	1.51.00
4. P. Simpson	IoM	1.51.00
5. D. Parminter	BCR	1.57.00
6. C. Mounsey		2.09.00
7. D. Marsden		2.30.00

LADIES - SHORT RACE

1. L. Hope	Loch	1.50.00
2. V. Gill	BCR	2.18.00
3. C. Crawshaw	BCR	2.22.00
4. J. Howard		2.38.00
5. V. Young		2.38.00
6. W. Batten	Duddon	3.18.00

WELSH 1000m PEAKS RACE

Gwynedd
AL/23m/8500ft 4.6.94

Conditions were near perfect for the 23rd Welsh 1000 metre Peaks Race. Another record entry field (up 50% from last year) left Aber in cool, windless weather, for the long toil on to the Cameddau. Cloud over two thousand feet ensured that local knowledge or good navigational skills were needed to avoid wasted time on the featureless plateaus of the Cameddau.

Not unexpectedly, Colin Donnelly had no trouble with the conditions and extended a ten minute lead at Ogwen over club mate Emlyn Roberts to fourteen minutes at the finish. First over forty was Eryri's Mike Hale, but he was overshadowed by Mike Parker of Dartmoor, the first over forty five who got in six minutes earlier, placing fifth overall. In the ladies section, Katherine Harvey, produced a fine performance to beat Eryri's Stel Farrar by over thirty minutes.

The prize giving was again affected by computer gremlins and somewhat overshadowed by the army presence, a particular feature of this event. However, this should not affect the return to popularity of this race, whose classic line from the sea to Snowdon is unique in the fell running calendar.

A J Middleton

1. C. Donnelly	Eryri	3.46.35
2. E. Roberts	Eryri	4.00.40
3. N. Jenkins	D'moor	4.12.13
4. T. Jones	Eryri	4.15.09
5. M. Parker V	D'moor	4.23.27
6. M. Hale V	Eryri	4.29.26
7. G. Williams V	Club69	4.29.36
8. D. Dawson	Wardle	4.30.50
9. P. Vale	Viking	4.31.36
10. A. Atkinson	Sutton	4.37.08

VETERANS 0/40		
1. M. Hale	Eryri	4.29.26
2. G. Williams	Club69	4.29.36
3. B. Sutherland	Unatt	4.48.04
4. P. Parker	Bowline	4.55.26
5. S. Bondi	D'moor	5.05.20

VETERANS 0/45		
1. M. Parker	D'moor	4.23.27
2. D. Hill	Eryri	5.22.41
3. R. Boulton	Merc	5.27.48
4. A. Jones	Unatt	5.43.28
5. D. Ashcroft	Unatt	5.59.17

VETERANS 0/50		
1. A. Simpson	Drake	6.39.35
2. J. Whitharsh	Shelton	6.40.15

VETERAN 0/55		
1. R. Shaw	EPOC	6.34.15

LADIES		
LK. Harvey V	Alt	4.48.59
2. S. Farrar	Eryri	5.22.11
3. D. Thompson V	Hardley	5.34.19
4. J. Robson	Hardley	5.49.20
5. A. Donnelly	Eryri	5.57.55
6. S. Gard	Exeter	6.28.32

PEN Y GHENT RACE North Yorkshire AS/5.5m/1650ft 4.6.94

Another excellent turnout for this years race with three hundred and seventeen in the senior race and ninety one in the junior race.

Heavy showers spoiled the day (wet numbers) and duplicate issue due to late arrival of official numbers did not help things on the finish line. Waterproof numbers bought early will cure this next year.

Craig Roberts has had two wins and a second place in the last three years. Lucy Wright gave us a new lady winner. Both only seconds outside the records for their respective categories.

Thanks to all helpers and officials and to Chris Wilkinson for organising the junior event. Perhaps I can talk him in to doing it next year?

1. C. Roberts	Kend	43.13
2. S. Hawkins	Bing	43.25
3. J. Parker	Ilk	43.32
4. B. Thompson	CFR	43.44
5. M. Moorhouse	Saif	43.48
6. G. Devine	P&B	44.08
7. R. Bergstrand	Mand	44.35
8. P. Sheard	P&B	45.00
9. M. Roscoe	Lds	45.05
10. A. Bowness	CFR	45.40

VETERANS 0/40		
1. P. Bowler	Merc	47.17
2. B. Whitfield	Bing	47.29
3. M. Walsh	Kend	49.32
4. B. Brindle	Horw	50.11
5. B. Waterhouse	Sadd	50.31

VETERANS 0/50

1. N. Berry	Holm	55.45
2. P. Walkington	Horw	55.45
3. P. Reynard	Lds	56.43
4. F. Gibbs	Bing	56.54
5. D. Illingworth	Bfd	57.30

LADIES

1. L. Wright	Lds	50.12
2. S. Rowell	P&B	50.46
3. K. Drake	Spn	54.17
4. S. Young	Wigan	55.31
5. L. Wolfenden	Lds	55.45
6. J. Read	CFR	56.04
7. J. Smith V	DkPk	58.11
8. A. Isdale V	Bing	59.05

JUNIOR BOYS U/16

1. J. Hart	O&R	26.18
2. A. Bumett	LdsCty	26.28
3. G. Lamb	P&B	26.43

JUNIOR GIRLS U/16

1. V. Wilkinson	Bing	28.38
2. G. Adams	Bristol	29.47
3. D. Jones	Ghost	30.30

JUNIOR BOYS U/14

1. S. Haigh	Skyrac	17.48
2. M. Clayton	Horw	18.02
3. S. Reid	Kend	18.20

JUNIOR GIRLS U/14

1. S. Clark	Ghost	19.58
2. L. Brindle	Horw	20.49
3. S. Duniec	Holm	20.54

JUNIOR BOYS U/12

1. N. Goodliffe	Holm	13.20
2. S. Edwards	Wirral	13.39
3. L. Barnard	Telf	13.56

JUNIOR GIRLS U/12

1. S. Jones	Chor	15.24
2. N. White	Holm	16.07
3. H. Wightman	Horw	16.37

EDENFIELD FELL RACE

Lancashire
BM/7.5m/1600ft 5.6.94

Conditions on the day were ideal for running. Dry but not dusty, and cloudy but not wet weather. This gave fast times of which the womens record was nearly broken, but the winner, Rawlinson was unable to maintain her speed in the second half of the race and fell twenty seconds short of the record.

The mens race was always about who would be second and third. The leader and eventual winner dictated the race form start to finish. Sean Willis in his first race at Edenfield ran well to finish third.

W Smith

1. M. Corvet	Ross	44.14
2. G. Gough	Clay	44.48
3. S. Willis	Amble	45.06
4. R. Howarth	Mid'ton	45.47
5. K. Taylor V	Ross	46.03
6. A. Murphy	Mid'ton	46.17
7. P. Gebbitt	Notts	46.40
8. D. Blackhurst	Ross	46.41
9. S. Brackly	Mid'ton	47.08
10. T. Taylor	Ross	47.15

VETERANS 0/40

1. G. Beels	Roch	47.29
2. Readington	Spn	48.02
3. D. Emmerson	Unatt	50.27
4. P. Clarke	Bing	51.40
5. B. Crenoson	Black	52.04

VETERANS 0/45

1. K. Taylor	Ross	46.03
2. A. Fielding	Bolt	49.29
3. N. Shaw	Roch	50.32
4. B. Suringar	Bolt	52.03
5. D. Stansfield	Unatt	53.18

VETERANS 0/50

1. P. Jepsen	Ross	50.36
2. M. Raine	Clay	55.52
3. R. Pathyjohns	N.Vets	58.35
4. G. Hoare	Clay	59.16
5. P. Clayton	N.Vets	60.33

VETERAN 0/60

1. R. Francis	Bury	61.50
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LADIES

1. J. Rawlinson V	Clay	53.37
2. V. Hamlet	Ross	54.34
3. G. Cook	Roch	57.55
4. D. Flemming V	Ross	58.34
5. K. Thompson	Clay	59.23
6. D. Hunter	Gloss	61.19
7. B. Brady	R'cliffe	74.14
8. T. Briggs	Clay	74.23

GLENGOYNE GALLUP

AS/2m/1400ft 5.6.94

Thanks to Glengoyne Malt Whisky for their generous sponsorship, particularly the excellent hospitality at the end. Thanks are also due to Sir Archibald Edmonstone of Duntreath Castle for the use of his land once again.

1. J. Brooks	Loch	23.04
2. J. Hepburn	Loch	23.29
3. B. Marshall	HELP	23.44
4. S. Bums	Loch	24.20
5. D. Cummings	Ochil	24.28
6. D. Bell V	HELP	24.42
7. S. Bennet	W'lands	25.55
8. J. Gallacher	Ochil	26.09
9. M. Diver	Clydes	26.59
10. D. Murray	Cam	27.13

VETERANS 0/40

1. D. Bell	HELP	24.42
2. G. Brooks	Loch	27.29
3. F. Cation	Fife	29.38
4. B. Brooks	Loch	29.48
5. T. Ritchie	W'lands	30.46

JUNIORS

1. J. Brooks	Loch	23.04
2. D. Gorman	Vic.Pk	31.08
3. S. Johnston	Unatt	37.04

MUNCASTER LUCK FELL RACE

Cumbria
BM/10m/1800ft 5.6.94

A small field but some impressive individual performances. Congratulations to Angela Brand-Barker for setting a new ladies record and to Gary Byers for successfully defending his title. Admiration too for those sickeningly fit runners who ran the race after completing the twenty mile Duddon Fell Race on the Saturday.

Many thanks to Muncaster Estates for their continuing support and to all those who helped on the day.

1. G. Byers	CFR	1.20.58
2. D. Woodhead	Horw	1.23.27
3. H. Jarrett V	CFR	1.25.09
4. R. Unwin	CFR	1.27.54
5. R. Lecky-Thompson	Amble	1.28.39
6. C. Coote V	Kend	1.29.06
7. A. Brand-Barker	Kesw	1.29.24
8. D. Jones	Melt	1.32.31
9. J. Stout V	CFR	1.34.28
10. T. Suddaby	Unatt	1.34.48

VETERANS 0/40

1. H. Jarrett	CFR	1.25.09
2. C. Coote	Kend	1.29.06
3. C. Knox	Kesw	1.36.39
4. P. Whitehead	E'wash	1.37.09
5. I. Block	CFR	1.39.55

VETERANS 0/50

1. J. Jarrett	CFR	1.34.28
2. P. Duffy	Aber	1.38.54
3. J. Chippendale	Stock	2.49.17

LADIES

1. A. Brand-Barker	Kesw	1.29.24
2. W. Knox	Kesw	1.44.31
3. T. Smith	CFR	1.45.22
4. E. Wright	Amble	1.45.50
5. M. Chippendale	Stock	1.49.24
6. A. Ratcliffe	B.Combe	2.02.45
7. L. Lecky-Thompson	B. Combe	2.09.30
8. C. Hewitt	L&M	2.16.37

MALLERSTANG AND NINE

STANDARDS YOMP

Cumbria
BL/23m/1817ft 5.6.94

The Yomp entries totalled four hundred and four which is a record turnout. Weather was fine but with a fairly strong wind on the fell tops.

Nine Yompers retired at various points on the course, but there were no serious injuries or problems. The local Mountain Rescue Team were on call if needed, and several fast reaction teams were out patrolling the course.

All Yompers enjoyed refreshments on their return to base. Trophies and medals were awarded at a presentation in the base (Kirkby Stephen Grammar School) on the day. All Yompers completing the twenty three mile or the eleven and a half mile courses were awarded certificates.

The fastest time of the day was by Mr M.Fleming of Windermere. It was twelve minutes outside the course record but a fine time for the conditions. The fastest female time of three hours and twenty three minutes by Ruth Pickvance was a new record for the class. Ruth actually knocked three minutes off her time for the 1992 event. For your diaries please note, the event will take place on 4th June 1995.

1. M. Fleming	3.03.00
2. H. Symonds	3.06
3. D. Higginbottom	3.09.00
4. R. Bell	3.14.00
5. K. Robson	3.17.00
6. D. Charlton	3.17.00
7. M. Hudson	3.18.00
8. N. Cassidy	3.20.00
9. G. Moffat	3.28.00
10. C. Rafferty	3.21.00

VETERANS 0/60

1. C. Henson	DkPk	4.01.00
2. R. Moulding	Black	4.05.00
3. R. Irwin	Prest	6.13.00

LADIES

1. R. Pickvance	3.23.00
2. J. Finney	3.30.00
3. S. Niedrum	3.36.00
4. R. Fletcher	3.59.00
5. J. Lee	4.34.00
6. D. Shedden	4.37.00
7. J. Laycock	5.03.00
8. G. Picken	5.48.00

JUNIORS U/16

I.C. Skelton	1 stBriggScouts	6.00.00
2. D. Harding		7.11.00
3. M. Tench		7.16.00

1. S. Hawkins	Bing	28.53
2. S. Livesey	Clay	29.12
3. B. Bums	Ptest	29.19
4. S. Thompson	Clay	30.05
5. W. Brindle	Horw	30.09
6. M. Keys	Ross	30.13
7. M. Wallis	Clay	30.17
8. T. Hesketh V	Horw	31.11
9. S. Jackson V	Horw	31.15
10. C. Lyon	Horw	31.43

VETERANS 0/40

I.T. Hesketh	Horw	31.11
2. S. Jackson	Horw	31.15
3. J. Brychenough	Bolt	32.52
4. F. Judge	Clay	34.22
5. J. Linley	N.Vets	34.43

VETERANS 0/50

I.J. Nuttall	Clay	33.57
2.I. Beverley	Clay	36.52
3. D. Simpson	Prest	38.00
4. P. Heneghan	Bolt	38.19
5. G. Charles	Vaux	38.35

VETERANS 0/60

1. C. Rushton	Kend	42.07
2. D. "nUbot	Clay	43.19
3. B. Leathley	Clay	44.58

LADIES

1. D. Gowans	Ross	38.32
2. J. Rawlinson V	Clay	38.36
3. L. Lord V	Clay	39.59
4. M. Leek	L&M	41.00
5. L. Plan	Clay	43.16
6. V. Hamlet	Ross	43.21
7. A. Smith	Clay	44.13
8. C. Dewhurst	Clay	45.11

Last years winner, Kevin Hagley, forced the early pace up the mountain, but lost out to the climb of the first checkpoint, in which Gwynfor Owen broke the summit record by one minute and six seconds to set a new record of forty four minutes. Gary Williams took two and a half minutes off Gwynfor on the run and contour to the second checkpoint Yr Elen, from then on he was never headed.

In the ladies race Andrea Priestley was establishing a one minute lead at the first checkpoint, adding another minute at the second checkpoint from Cecilia Greasley, which she kept all the way to the finish.

1. G. Williams	Eryri	1.40.33
2. G. Owen V	Eryri	1.42.09
3. S. Houghton	Calder	1.45.50
4. K. Hagley	DkPk	1.45.59
5. T. Jones	Eryri	1.47.11
6. B. Bolland	N'buigh	1.48.06
7. G. Williams	Eryri	1.50.48
8. C. Loyon	Horw	1.51.02
9. A. Wimpenny	CalderV	1.52.11
10. S. Barnard	Eryri	1.52.46

VETERANS 0/40

1. G. Owen	Eiyri	1.42.09
2. G. Houghton	CalderV	2.00.27
3. G. Davies	Unatt	2.00.35
4. M. Hale	Eryri	2.01.56
5. T. Hulme	Penn	2.02.23

LADIES

1. A. Priestley	Fellan	1.59.33
2. C. Greasley	Macc	2.03.02
3. S. Bennell	Eryri	2.24.39

CADER IDRIS

Gwynedd

BM/10.5m/2900ft 11.6.94

The fourth Cader Idris Race was held one again under ideal conditions. Due to an error by one of the stewards, the race took the original course and thereby Paul Sheards strong run will not be counted as a record. Never the less it was a fine run and Paul was the first at the summit in forty one minutes, a short distance ahead of Duncan Hughes who ran one of his best races to date, although making a valiant effort lost ground on the way down to Paul. Paul followed last years winner Will Ramsbotham and fellow club member as a Pudsey and Bramley winner in an excellent time of one hour, eighteen minutes and twenty seconds, followed closely by Duncan Hughes, and fellow club runner Gary Devine.

1. P. Sheard	P&B	1.18.20
2. D. Hughes	Hebog	1.20.18
3. G. Devine	P&B	1.21.48
4. M. Roscoe	LdsCty	1.21.57
5. P. Hague	Eryri	1.23.05
6. S. Foster	Eryri	1.24.13
7. A. Derby	MDC	1.24.42
8. J. Hunt	L'pool S	1.26.04
9. H. Griffiths	Hebog	1.26.11
10. T. Davies	Merc	1.27.20

VETERANS 0/40

1. R. Wilson	PowysOrien	1.32.55
2. P. Marsh	TarHen	1.33.32
3. P. Jones	Eryri	1.34.30
4. R. Neelis	Merc	1.38.31
5. D. Barton	Merc	1.39.16

VETERANS 0/45

1. J. Richards	Shrews	1.39.26
2. D. Thomas	Eryri	1.41.00
3. M. Rosgouski	Eiyri	1.41.58
4. D. Hill	Etyri	1.42.51
5. P. Evison	Eryri	1.44.48

VETERANS 0/50

1. D. Williams	Eryri	1.31.24
2. B. Davies	Cft/Amb	1.36.14
3. J. Marsh	TarHen	1.39.19
4. B. Martin	GtWest	1.41.59
5. F. Uhlman	Eryri	1.47.44

VETERANS 0/55

1. C. Jones	MDC	1.55.53
2. B. Sanderson	Howe	2.17.23

VETERAN 0/60

1. J. Newby	Tod	2.05.24
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LADIES

1. K. Biyan-Jones	DkPk	1.45.00
2. M. Coliper V	Llan	1.48.13
3. J. Tyler V	Cft/Amb	1.50.03
4. L. Leavesley	LdsCty	1.50.56
5. S. Woods	MDC	1.53.44
6. U. Creagh	S.L'pool	1.54.10

JUNIORS U/16

1. A. Davies	Merc	15.44
2. M. Glyn-Roberts	Cader	18.53
3. C. Evans	Cader	18.56

JUNIORS U/14

1. T. Lloyd-Roberts	Cader	17.53
2. D. Wynn-Roberts	Cader	18.19
3. R. O'Conner	H'ford	18.56

BLENCATHRA FELL RACE

North Yorkshire

AM/8m/2700ft 7.6.94

No midgets for once but enough problems all the same. A well intentioned helper stopping the race clock and a non-club runner slipping through the finish unrecorded. The latter event instigated a three hour search using his employer and the Lancashire Fire Brigade to trace him. On the plus side one hundred entries, with Gavin recording his third victory in a row, pushed all the way by Mark making his first appearance in the race. Angela removed forty five seconds off the ladies record time. Thanks especially to the local lads who stayed behind to offer support in finding our missing man.

J Stout

1. G. Bland	Borr	61.17
2. M. Roberts	Kend	61.31
3. A. Bowness	CFR	62.26
4. J. Ward	Derby	62.46
5. J. Blend	Bon-	64.40
6. N. Spence	Kend	65.24
7. A. Schofield	Borr	66.30
8. N. Raitt	Mand	66.40
9. K. Hagley	DkPk	66.57
10. P. Lowe	Mand	67.15

VETERANS 0/40

1. D. Loan	Kesw	68.50
2. D. Bodecot	CFR	71.51
3. M. Richardson	Amble	72.32
4. D. Rosen	L&M	76.03
5. C. Knox	Kesw	79.28

VETERANS 0/45

1.I. Charlton	Kesw	77.56
2. T. Richardson	Kend	77.57
3. A. Todd	Hels	85.16
4. R. Jackson	WCOO	87.22
5. R. Dixon	Kesw	87.30

VETERANS 0/50

1. R. Bell	Amble	73.38
2. G. Causey		86.03

VETERAN 0/55

1. H. Blenkinsop	Kesw	81.32
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LADIES

1. A. Brand-Barker	Kesw	74.34
2. K. Drake	Spen	79.25
3. N. Davies	Spen	80.31
4. K. Beaty	CFR	82.55
5. T. Bryden	Borr	83.28
6. J. Jones	Kesw	85.19

CARNEDDAU

Gwynedd

AM/10m/3500ft 11.6.94

Due to a clash of races only thirty nine runners started this year's Ras Carneddau, with thirty eight of them completing the course. This puts next years race in doubt as the organiser requires sixty entrants to break even, due to having no sponsors.



World coal-carrying champion David Jones crosses the Esk at Muncaster.
Photo: Eileen Woodhead

BODDINGTONS PADDY'S POLE

FELL RACE

Lancashire

AS/4.5m/1100ft 7.6.94

After twenty four hours of unsettled weather we were lucky once again to enjoy a dry if sometimes overcast evening. The race was a success and the event seemed to proceed without a hitch.

Steve Hawkins of Bingley made his first visit to Paddy's Pole and after a ding-dong battle with the record holder Sean Livesey, won the race and carved twenty six seconds off the 1989 record. Sean finished seven seconds inside the old record and B.Bums of Preston Harriers equalled the old record. The men's over forty category was very closely contested by two members of Horwich. Tony Hesketh clipped ten seconds off John Hopes's 1991 record with clubmate Steve Jackson, a mere four seconds and one place behind. Guess who won the veteran over fifty class? John Nuttall has won the veteran over forty category on three previous occasions and this was his second win as a veteran over fifty.

There was no sign of Carol Greenwood this year. How could she bear to miss Paddy's Pole in favour of high stakes in road and track running? I bet you can't win twelve cans of Boddingtons at a televised inner city road race. But on a more serious note, Carol's 1993 record was not at risk this year. Debbie Gowans narrowly beat first lady veteran Jean Rawlinson who were celebrating their Silver Wedding Anniversary that day. What better way to ease them in to the next quarter century than with a prize of twenty four cans of Boddingtons Draught.

Generous support was provided again by Boddingtons in the form of seven inch cylinders. The prize giving in the back garden was the usual chaotic affair and gasps of 'what more Boddingtons Draught' could be heard as the tables groaned under the weight of over five hundred cans.

All this for the princely sum £1.20. Is there no limit to the value for money we can offer at this race?

ENNERDALE

Cumbria

AL/23m/7500ft 11.6.94

This year saw a significant drop in numbers to seventy. The weather was near perfect with low wind but overcast. There were no surprises in the individual or team results, with Borrowdale taking most of the honours. The winners time was comparatively slow due probably to lack of competition. Despite the good weather there were a number of falls resulting in swollen ankles, cuts etc which kept the St. Johns busy.

1. G. Bland	BorT	3.46.23
2. J. Bland	Borr	3.49.24
3. M. Larkins	Borr	4.01.10
4. J. Arnold	CFR	4.02.12
5. S. Young	CFR	4.07.36
6. D. Nuttall	Clay	4.10.30
7. S. Umplby	L&M	4.10.55
8. P. Vale	Viking	4.11.23
9. C. Stead	T&S	4.13.13
10. P. Cleary	CalderV	4.16.55

VETERANS 0/40		
1. D. Rosen	L&M	4.21.20
2. R. Calder	Tatton	4.30.18
3. F. Judge	Clay	4.31.30
4. R. McInray	Clydes	4.36.21
5. I. Block	CFR	4.42.03

VETERANS 0/45		
1. J. Nixon	Horw	4.24.23
2. J. Crummet	CFR	4.26.58
3. T. Burton	Unatt	6.31.24

VETERANS 0/50		
1. J. Naylor	CFR	5.16.29
2. M. Hayes	DkPk	5.35.47
3. A. Wright	N.Vets	5.51.51

LADIES		
1. J. Shotter	Fellan	5.55.06
2. J. Howard	Fellan	6.09.16
3. J. Robson	Hardley	6.12.49

AONACH MOR HILL RACE

12.6.94

1. J. Brooks	LAC	1.21.31
2. A. Bowness	CFR	1.22.40
3. J. Reade V	Fife	1.23.03
4. R. Boswell V	LAC	1.23.32
5. N. Kelman	HHR	1.24.14
6. B. Marshall	HELP	1.26.11
7. G. Brooks V	LAC	1.27.34
8. B. Brooks V	LAC	1.37.30
9. T. Wilkie V	SpangoV	1.39.16
10. J. Maitland	LAC	1.40.12

VETERANS 0/50		
1. A. McGillivray	Fife	1.43.51
2. J. Chrystal	LAC	1.48.09

LADIES		
1. J. Anderson	LAC	1.49.10
2. G. Bames V	Amble	1.53.02
3. N. Henderson	LAC	1.54.50
4. L. Hope V	LAC	1.57.40

WHALLOPER WELL WIZZ

Lancashire

BM/9m/1450ft 12.6.94

Many thanks to all who turned out to give the Wizz a flying start. I hope the multi terrain course had something for everyone. The trip back to the cairn above the wood caught a few out, but you can not have it down hill all the way home. Pete McWade had a tremendous run, after a nine mile battle with Dave Woodhead, pulling clear by six seconds to set the record. Tony Hesketh was always in contention but had to settle for third. Ten runners got inside the hour to claim Wizz status. A strong run by Carrol Banlin took the ladies race finishing a credible twenty third place overall. Second was S.Malir and third Lynne Warin who had spent three hours the previous evening flagging the course.

I asked for constructive criticism to help improve the race next year, the only point brought up was, "why wasn't the bar open?". Well next year it will be, so I hope to see you all next year over a pint!

Geoff and Lynne

1. P. McWade V	Clay	57.24
2. D. Woodhead	Horw	57.30
3. T. Hesketh V	Horw	57.48
4. D. Gartley	Gloss	58.11
5. S. Breckell V	Clay	58.19
6. A. Camithers	Craw	58.55
7. M. Kay	Bolt	59.03
8. S. Taylor	Prest	59.11
9. D. Blackhurst	Ross	59.15
10. G. Appleyard V	Fellan	59.37

VETERANS 0/40

1. S. Breckell	Clay	58.19
2. G. Appleyard	Fellan	59.37
3. P. Wise	Imperial	60.32
4. P. Bramlar	Craven	63.38
5. R. Paul	Saif	67.25

VETERANS 0/45

1. P. McWade	Clay	57.24
2. T. Hesketh	Horw	57.48
3. J. Lindley	N.Vets	63.33
4. C. Taylor	Clay	67.37
5. Y. Tridimas	N.Vets	68.36

VETERANS 0/50

1.1. Bevely	Clay	65.42
2. G. Charles	Vaux	67.15
3. D. Illingworth	Bfd/Aire	67.56
4. F. Valicor	FRA	73.52
5. R. Dewhurst	Clay	76.04

LADIES

1. C. Banlin	Helsby	64.18
2. S. Malir	Fellan	69.23
3. L. Warin	Skip	76.14
4. J. Ackroyd V	Imperial	76.54
5. L. Platt	Clay	76.54
6. K. Thompson V	Clay	77.15

COLEDALE HORSESHOE

Cumbria

AM/8m/3000ft 15.6.94

There was another excellent turnout for this midweek race, this time in less than perfect conditions. Many thanks to the marshalls who endured cold, windy conditions on the fells, and to Mr Stuart for allowing us to use the campsite; it was a very good venue and avoided the parking problems we have had in recent years.

Some of you will be aware that Ian Turnbull was injured on the fell. Happily he was able to hobble back to the finish, so the Mountain Rescue Team were spared an excursion. Sincere thanks to those who helped him, in some cases incurring slower times or retirement in the process. It can happen to any >f us.

Barry Johnson

1. G. Bland	BorT	1.14.12
2. J. Bland	Bon-	1.14.18
3. S. Booth	Bon	1.14.24
4. N. Spence	Kend	1.16.12
5. A. Schofield	Bon	1.16.44
6. L. Thompson	Clay	1.17.27
7. P. Dawson	CFR	1.18.05
8. A. Meanwell	Bon	1.18.30
9. M. Larkins	Bon	1.18.44
10. D. Ramsey	Kesw	1.18.59

VETERANS 0/40

1. H. Symonds	Kend	1.19.12
2. C. Webb	CFR	1.22.25
3. M. Walsh	Kend	1.22.55
4. R. Mitchell	Mand	1.27.11
5. D. Findley	CFR	1.27.33

VETERANS 0/50

1. T. Baxter	CFR	1.29.09
2. J. Stout	CFR	1.32.09
3. H. Blenkinsop	Kesw	1.37.15
4. M. Carson	Kesw	1.38.05
5. M. Pitchford	CFR	1.38.09

VETERAN 0/60

1. C. Rushton	Kend	1.45.06
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LADIES

1. A. Brand-Barker	Kesw	1.24.07
2. R. Pickvance	Kend	1.30.45
3. K. Beatty V	CFR	1.39.54
4. J. Jones	Kesw	1.42.40
5. E. Wright	Amble	1.43.30
6. W. Knox	Kesw	1.43.51



Angela Brand-Barker, first at Coledale, pictured on her way to breaking the Muncaster record.
Photo: Eileen Woodhead

WAUGH'S WELL FELL RACE

Lancashire

AS/4m/1000ft 15.6.94

Enthusiastic help from local residents and generous sponsorship laid a good foundation for the success of the second Waugh's Well Fell Race at Turn Village, Edenfield. The one hundred and eight strong field snaked up the old coal tramway to Scout Moor and Whittle Pike under overcast skies, but dry conditions ensured record in all categories. Andy Wrench turned last year's second in to a clear win. Simon Thompson pushed last year's winner Mervyn Keys in to third, all these beating last year's record. Similarly, Glynda Cook trimmed six seconds off her ladies record* but was well beaten by Clayton Jean Rawlinson, who is currently testing records in local races. Ken Taylor took super Mario Foschi's veterans record by half a minute, but was well beaten by his own son Brendan in sixth place. Not surprisingly, Rossendale took the team with Martin Corbett fifth, and Darren Blackhurst tenth. A stern under eighteen battle in fourteenth and fifteenth saw John Hart take two minutes off his own record, only to be pipped by Todmordens George Ehrhardt.

Waugh's Well fell race is deliberately designed to be a local history trip (Whittle Hill is hollow because of the coal mining to fuel local textile mills), and some of the runners in the age categories reflect the history of fell racing. Perhaps special mention should go to a rejuvenated Norman Berry, taking Paul Blagborough's over fifty record, and original FRA member Jim Smith, formerly of Bury, but now joining Tony Shaw in the Todmorden over fifty five social section after racing.

Very reprehensibly, local thirteen year olds Jamie Cunliffe and Jude Dolan signed on without mentioning their age, and earned a slip on the wrist plus the admiration of all present by finishing stiff, but happy in fifty three minutes. Naughty boys! Jamie also earned a pair of shorts from sponsor Tony Hulme. Around one hundred and fifty pounds could be devoted to the fund for soft, tartan style surface for the Turn Children's playground.

P. Lyons and P.Jepson

1. A. Wrench	Tod	30.24
2. S. Thompson	Clay	31.01
3. M. Keys	Ross	31.11
4. A. Maloney	Roch	31.37
5. M. Corbett	Ross	31.49
6. B. Taylor	Ross	31.51
7. J. Hey	Warr	33.35
8. A. Murphy	Mid'ton	33.39
9. D. Woodhead	Horw	33.49
10. D. Blackhurst	Ross	34.06

VETERANS 0/40		
1. G. Wright	Ross	36.11
2. J. Barker	Roch	37.01
3. A. Heywood	Clay	37.43

VETERANS 0/45		
1. K. Taylor	Ross	34.28
2. D. Kearns	Bolt	36.20
3. J. Talbot	Tod	38.19

VETERANS 0/50		
1. N. Berry	Holm	38.02
2. B. Buckley	Gloss	39.11
3. P. Blagborough	Sadd	39.22

VETERAN 0/55		
1. R. Orr	Clay	43.42
2. G. Arnold	Prest	45.36
3. W. Wilkinson	Clay	48.45

VETERAN 0/60		
1. J. Newby	Tod	44.44
2. R. Francis	Bury	45.45

LADIES

1. J. Rawlinson V	Clay	39.43
2. G. Cook V	Roch	41.10
3. J. Wood	Ross	47.23
4. J. Hindle V	Clay	48.22
5. G. Dickson V	Ross	48.38
6. J. Peddie V	Ross	49.01

JUNIORS

1. G. Ehrhardt	Tod	34.43
2. J. Hart	O&R	34.49

DARLINGTON INDIVIDUALS

1. C. Pattinson	Dari	35.46
2. P. Kelly	Dari	36.41
3. K. Shevels	Dari	38.16
4. D. Boyd	Dari	40.34
5. J. O'Donnell	Dari	42.24

LADIES

1. D. Tunstall	Tees	41.42
2. D. Bailey	Kend	42.31
3. D. Sheddon	Howg	43.51
4. A. Lenderyou	Dari	45.22
5. S. Thome-Wallice	Dari	48.07
6. L. Cheetham	BellView	49.24
7. J. Corrie	Kitkby	52.24

**SOUTH STAINMORE SPORTS
FELL RACE
Cumbria
CS/5m/656ft 16.6.94**

A good turn out of thirty eight runners. The day was damp, but good running conditions. The course record was broken by Mark Fleming in thirty one minutes and forty one seconds. The old course record held by Angus Sheddin of Howgill Harriers set in 1992 at thirty two minutes and thirty seconds.

Darlington Harriers held their Fell Race Championships at this fell race, the overall Darlington winner was presented with a special tanker by the President of South Stainmore Sports, Mr Alf Kirby. David Brass the race organiser for the fell race said he will donate all the Darlington prizes next year, if they held their Championship at this race.

David P

1. M. Fleming	Amble	30.41
2. B. Evans	Amble	32.12
3. M. Mavin	Pendle	33.12
4. P. Thurlow	Amble	33.21
5. S. Moffit	Howg	
6. F. Linesey	Howg	34.05
7. K. Sanderson V		34.07
8. M. Richardson V	Amble	34.32
9. K. Flint V	Tees	35.35
10. P. Ralph		35.43

VETERANS 0/40

1. K. Sanderson	Tees	34.07
2. M. Richardson	Amble	34.32
3. K. Flint	Tees	35.35
4. M. Boardman	Stock	39.50
5. J. Smith	FRA	40.44

VETERAN 0/45

1. I. Sheddin	Howg	40.03
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**GRINDLEFORD CARNIVAL
FELL RACE
Derbyshire
CS/4m/550ft 16.6.94**

Nothing special to report, no records broken except in number of entrants which was at its highest ever with three hundred and sixty.

A note for race organisers, whilst the ambulance provided by St. John Brigade was out collecting a runner with a serious ankle injury, another runner collapsed at the finish with an epileptic fit so that the NHS ambulance had to be called. Moral: you can not have too much first aid cover.

JG

1. J. Stevenson	SHUDC	28.30
2. A. Poirrette	DkPk	29.30
3. M. Innes	Holm	29.39
4. G. Cudahy	Gloss	29.42
5. K. Webster	M'lock	30.12
6. A. Whittiker	M'lock	30.22
7. S. Oglethorpe	Hallam	30.25
8. C. Adams	DkPk	30.42
9. M. Wilson	Hallam	30.47
10. G. Cresswell V	M'lock	30.54

VETERANS 0/40

1. G. Cresswell	M'lock	30.54
2. K. Browskill	P'stone	32.17
3. G. Band	DkPk	33.08
4. D. Tait	Unatt	33.36
5. W. Gibbins	Unatt	33.58

LADIES

L.J. Smith	DkPk	36.47
2. J. Jennings	R'hamH	37.42
3. A. Jorgenson	P'stone	39.28
4. S. Chapman	E'wash	39.28
5. S. Sheridan		40.19
6. N. Hector	Ely	40.23
7. C. Dawson		41.02
8. S. Boler	P'stone	41.12

**PATRICK FELL RACE
Isle of Man
AM/10m 18.6.94**

Owing to the cancellation of the annual Patrick Fayre (the fell race is usually run in conjunction with it), the course had to be altered with the distance maintained at ten miles, but with a slightly longer road section at the start.

Onchan building worker Tony Rowley again dominated the race, coming home over six minutes ahead of Laxey Doctor David Young, who has hit top form at just the right time as he bids to regain the veterans league title he last won in 1992.

After the race, competitors were able to enjoy the luxury of a hot shower at the Patrick Social Centre, and better still enjoy a mouth watering selection of home-made cakes, all washed down with large pots of tea, courtesy of Manx Mountain Marathon's Organisations popular vice president, Mrs Margaret Quirk.

Richie Stevenson

1. T. Rowley	MFR	1.33.09
2. D. Young V	MFR	1.39.36
3. R. Webb V	MH	1.40.02
4. I. Watson	NAC	1.42.10
5. D. Corrin V	MH	1.45.05
6. R. Stevenson	MFR	1.47.32

VETERAN 0/50

1. E. Brew	NAC	2.20.58
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FIRST LADY

1. S. Maddrell	WAC	1.53.49
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**YR EIFL
Gwynedd**

AS/4.5m/1800ft 18.6.94

This was a gruelling race starting on the beach at Nanr Gwrtheym, climbing up through the old quarry village, now restored and used as an instructional centre for the Welsh language, to the summit of Yr Eifl, before descending down through the old workings to finish on the village green after a steep climb back up from the beach. The highlights were the outstanding runs by fifteen year old Alun Vaughn, and current British and Welsh ladies champion Angela Brand-Barker (still affectionately known to a lot of us as Carson). Alun trailed veteran Gwynfor Owen to the summit by thirty two seconds but overtook him on the descent turning in the fastest time of the day to win by twenty three seconds, Gwynfor however having the consolation of taking forty nine seconds off Del Davies's three year old record. Climber Paul Jenkinson, more used to hanging on rock than running over them held off Trefor Jones, while Don Williams who seems to be running on Duracell, once again comfortably took the over fifty ahead of second veteran Huw Parry.

The second highlight of the day came in the form of Angela who ran in the seventh place overall taking nearly five minutes off Tracey Williams 1992 record, an astronomical amount on such a short course. Obviously Angela is well back to form and we look forward to her along with Alun and Gwynfor representing Eryri in Germany in September.

MB

1. A. Vaughn	Eryri	37.08
2. G. Owen V	Eryri	37.31
3. P. Jenkinson	Eryri	38.13
4. T. Jones	Eryri	39.10
5. D. Williams V	Eryri	40.23
6. H. Parry V	Eryri	40.42
7. A. Brand-Barker	Eryri	40.46
8. J. McQueen	Unatt	41.21
9. S. Banard	Eryri	41.42
10. E. Evans	Eryri	42.51

VETERANS 0/40

1. G. Owen	Eryri	37.31
2. H. Parry	Eryri	40.42
3. R. Roberts	Eryri	44.06
4. A. Oliver	Eryri	44.56
5. M. Hale	Eryri	45.37

VETERANS 0/45

1. D. Williams	Eryri	40.23
2. F. Uhlman	Eryri	47.59
3. M. Edwards	Wrex	50.02
4. B. Hughes	Eryri	50.39
5. G. Lloyd	Wrex	51.42

VETERAN 0/60

1. J. Carson	Eryri	57.39
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LADIES

1. A. Brand-Barker	Eryri	40.46
2. M. Cwper	Unatt	45.59
3. S. Farrar	Eryri	50.18
4. A. Donnelly	Eryri	54.51
5. A. Bond	Wrex	57.50
6. N. Lloyd V	Wrex	59.37
7. S. Bennell V	Eryri	62.18
8. S. Lloyd V	Eryri	67.19

**LAKESIDE GUMMERS HOWE
Cumbria
AS/1000ft/HOWE**

Preparations for the restaging of this historic event began in the afternoon in heavy rain. This had cleared by late afternoon leaving a cool evening ideal for running (and rowing!).

Entries had been received for all available places five weeks before race day. The original format going back to the last event in 1930, was for one runner per boat and this was the second scheduled race of the evening. The first event however was a team race, using ten boats, with three runners per team.

The start for both races was in the original field next to Lake Windermere with competitors running four hundred yards to the boats on the shore in front on the Lakeside Hotel. From here they rowed across the lake before making the steep ascent to the summit of Summers How (1100ft). The rapid descent was made back to the boats for a return row to the finish on the hotels lawn.

A crowd of approximately four hundred were present with over one hundred and fifty spectators and runners staying for a B-B-Q after the presentation of prizes. The individual race winner took the one hundred pound cash prize and a perpetual trophy while the winning team received a seventy five pound prize (donated to the NSPCC) and a perpetual trophy. Winners are automatically entered in next years races and their times are now the new records.

A great time was had by all and we look forward to next years event.

Dave Birch

RESULTS - INDIVIDUALS

1. M. Croasdale	25.48
2. P. Bateson	27.46
3. G. Lomas	29.23
4. P. Helliwell	31.05
5. N. Denby	32.10
6. A. Wood	32.44
7. A. Clarke	34.02
8. J. Lawson	36.03
9. S. Ralston	37.40
10. D. Briggs	37.49

TEAMS

1. Cartmel Vikings	30.59
2. Crazy for doing it	32.28
3. Salford United	35.18

**THE CHEVY CHASE
Northumberland
AL/20m/4000ft 18.6.94**

In the land of the Chevy Chase a reversal of normal conditions set an immediate test for the enthusiastic and happy band of runners who started the thirty ninth Chevy Chase. The ground conditions usually soft and sticky were solid to springy, but the gloomy cloud cover and wild blustery winds tormented the competitors and obviated the desire of those who sought a fast time. In fact split times up to the summits of Cheviot and Hedgehope were some fifteen minutes slower than in previous years. Thick, low cloud covering the tops of these two peaks added to the 'grimness'. This is a pity because the views from here are wonderful on a clear day - being obscured by cloud also confuses the skills of navigation and two participants took a right turn instead of left and hence re-visited Cheviot summit. Hedgehope is half way and with the wind on their backs some lost time was retrieved but the strength had been sapped. Finish times were still good and all the field completed within the five hour limit.

Thank you to all the runners and to the marshals, especially those on Hedgehope and Langtree Craggs.

Lawrence Heslop

1. J. Aitken		2.54.22
2. D. Hurst	Dees	2.59.07
3. K. Wood	S'well	2.59.20
4. A. Atkinson	S&D	3.03.13
5. L. Turnbull	Norham	3.04.36
6. B. Davies V		3.06.28
7. F. Smith	Salt	3.07.33
8. J. Dallinson V	C'mont	3.08.05
9. J. Humble V	lyne	3.08.38
10. B. Sloan	C'mont	3.13.54

VETERANS 0/50

1. J. Hancock	Oct'Droobers	3.26.33
2. R. Mitchell	Teviot	3.32.37
3. W. Wright	Elswick	3.33.04

LADIES

1. R. Fletcher V	Tyne	3.28.13
2. J. Saul	C'mont	3.45.17

**JAMES BLAKELEY FELL RACE
West Yorkshire
BS/3m/500ft 18.6.94**

On an overcast and breezy day, there was bound to be a new winner as last years champion, Bob Harbisher, was out with a back injury. Former Holmfirth runner John Taylor made early ground on the rest of the field with Lee Warburton, Steve Oldfield, Dave Woodhead and Steve Winspear chasing the next few positions. After the famously steep descent to the stream the runners eased in to their rhythm, but Lee Warburton made little impression on Taylors lead as they rounded the old Meltham Racecourse. Warburton headed Bradford & Airedale's Steve Oldfield, to finish second and third respectively. First veteran was Ian Mitchell form Longwood and first lady was Gay Leary from Halifax. This year all proceeds from the Harden Moss Sheep Dog Trials went to the British Diabetics Association and thanks go to all the runners for supporting this unusual but fine little race.

R.J. Griffith

1. J. Taylor	Bing	15.55
2. L. Warburton	Spenn	16.39
3. S. Oldfield	ASVAC	17.05
4. D. Woodhead	Horw	17.44
5. S. Winspear	Holm	18.11
6. S. Watson	P&B	18.26
7. M. Dransfield	Spenn	18.29
8. A. Town	Denby	18.35
9. M. Egner	Denby	18.38
10. A. Shaw	Holm	18.41

VETERANS 0/40		
1.1. Mitchell	L'wood	18.51
2. M. Seddon	Holm	19.44
3. P. Bales	Holm	19.51

VETERANS 0/45		
1. R. Wallage	Denby	19.16
2. A. Smith	Holm	21.07

VETERANS 0/50		
1. K. Bamforth	HolmeV	19.52
2. D. Gibson	Sadd	20.57

LADIES		
1. G. Leary	H'fax	22.40
2. L. Robertson	Denby	23.34

1. D. Neill	Merc	73.29
2. G. Schofield	Black	73.43
3. A. Mean well	Borr	74.10
4. P. McWade V	Clay	74.14
5. K. Taylor V	Ross	74.46
6. B. Bolland	N'burgh	75.31
7. A. Holden	Kly	76.32
8. K. Carr V	Clay	79.06
9. K. Mansep	Ross	79.20
10. B. Rawlinson V	Ross	79.43

VETERANS 0/40		
1. P. Booth	Clay	81.48
2. H. Nicholson	Clay	83.44
3. B. Russell	Clay	85.37
4. R. Warm an	Skyrac	85.42
5. P. Rogan	Clay	87.16

VETERANS 0/45		
1. P. McWade	Clay	74.14
2. K. Taylor	Ross	74.46
3. K. Carr	Clay	79.06
4. B. Rawlinson	Ross	79.43
5. S. Batley	Skyrac	85.00

VETERANS 0/50		
1. N. Berry	Holm	86.24
2. P. Blackburn	Sadd	87.15
3. J. Smith	Clay	92.38
4. H. Blenkinsop	Kesw	92.54
5. H. Thompson	Clay	93.29

VETERAN 0/60		
1. B. Hill	Clay	135.30

LADIES		
1. J. Rawlinson	Clay	87.25
2. D. Gowans	Ross	93.55
3. L. Bostock	Clay	99.09
4. J. Wood	Ross	107.48
5. J. Hindle	Clay	109.19
6. C. Wright	Horw	114.39
7. H. Berry	Holm	121.32
8. M. Ashton	Clay	135.28

CALF HILL RACE (1.5m)		
1. S. Finan F	Chor	16.35
2. P. Glynn	Unatt	17.17
3. G. Meakin F	Unatt	18.35

DEERSTONES RACE (3m)		
1. M. Moorehouse	Saif	20.50
2. T. Davies	Merc	21.11
3. A. Davies	Merc	21.10
4. D. Stewart	Prest	21.49
5. M. Mason	Wirral	21.53

15. G. Webb	CalderV	2.13.16
16. J. Bland	Borr	£13.24
17. S. Jackson V	Horw	2.13.52
18. L. Thompson	Clay	2.14.11
19. R. Jackson	Horw	2.15.26
20. D. Ibbotson V	Gloss	1.15.29
21. H. Jarrett V	CFR	2.16.07
22. M. Prady	Gloss	2.16.33
23. D. Blackhurst	Ross	2.16.45
24. S. Livesey	Clay	2.17.30
25. L. Fleming	Amble	2.18.31
26. P. Bowler V	Merc	2.18.46
27. P. Clark V	Kend	2.19.00
28. M. Aspinall	Clay	2.19.29
29. J. Wright	Tod	2.19.39
30. B. Brindle V	Horw	2.19.57

VETERANS 0/45		
1. A. Harmer	DkPk	2.20.44
2. M. Walsh	Kend	2.21.05
3. T. Holme	Penn	230.21
4. D. Tate	Unatt	2.32.10
5. J. Lindley	N.Vets	2.38.47

GLEN ROSA HORSESHOE

Isle of Arran

AL/13m/5500ft 18.6.94

This the sixth year of the race saw by far the worst weather conditions to date. Winds gusting to seventy mph on the summit, and driving rain. The weather gave an opportunity to test my planning for the race, and I was well pleased with it, although the decision to go ahead with the planned route was not automatic.

Twenty seven runners completed the course which includes the summits of Reinal Chliabhain Cin Mhar and Goat Fell. We had a few more retired than usual this year, but no injuries.

The necessity to navigate ensured that no records were broken although there were some very commendable performances. Particularly from Norman who led for most of the way. Judging from the more animated than usual conversation about the route in the tea tent, the race was a success.

Many runners asked me to thank the marshals, it goes without saying that I did and that races like this could not go ahead without their dedication and that of the other helpers.

Dave Freeman

1. N. Reiman	H'landHH	2.37.06
2. G. Alsop	Arran	2.40.36
3. J. Reade V	Fife	2.47.57
4. D. Rogers	W'lands	2.50.22
5. M. Abram	W'lands	2.57.30
6. J. Gallacher	Ochil	2.57.37
7. J. Hope V	AchRat	2.57.48
8. P. Buchanan	Ochil	3.00.17
9. R. Scottney V	Penn	3.02.28
10. C. Taylor	Merc	3.04.31

VETERANS 0/40		
1. J. Reade	Fife	2.47.57
2. J. Hope	AchRat	2.57.48
3. R. Scottney	Penn	3.02.28
4. G. Clarice	Ochil	3.20.10
5. I. Struthers	W'lands	3.55.49

VETERANS 0/50		
1. A. McGillivray	Fife	3.23.18
2. P. Farrington	Kildalton	3.5.738

FIVE CLOUGHS FELL RACE

Lancashire

AM/8.75m/2250ft 18.6.94

The senior race was won by D.Neill of Mercia. Previous winner P. McWade broke the veteran over forty five record to set a new time. Veteran over sixty, B.Hill, is the only person to have completed all nine events, he must be quite barmy!! Over one hundred pounds was raised for a charity yet to be chosen.

Twelve youngsters set off in the Calf Hill Race, although five went astray in the excitement and continued up the three mile long Deerstones course for juniors. These have therefore been included in the junior results. All junior race numbers were recorded at the high point on the fell and positions compared with the finishing order to ensure accuracy. Matthew Moorhouse broke his own course record by fifteen seconds to record a new time of twenty minutes and fifty seconds. The Davies brothers were second and third. All ages were recorded as actual age of January 1st 1994.

Tom Targett

HOLME MOSS FELL RACE

South Yorkshire

AL/16m/4000ft 19.6.94

Paul Sheard of Pudsey and Bramley came to the peak of his form at just the right time to score a splendid victory over internationals and race favourites. Ian Holmes and Mark Kinch, to win his first Championship race. The going was good underfoot, and though the weather was not good for spectators, the low cloud, cool breeze and occasional drizzle were quite good for the runners.

Mark Roberts led at Holme Moss but was closely attended by Holmes, Kinch and Sheard. Gary Devine had moved up to second at Crowden and Sheard was fifth. At Laddow Rocks the first three were Sheard, Holmes and Kinch and they remained together through Black Hill and Holme Moss, and Andy Trigg closing the gap behind from about two minutes to little over a minute. With the end in sight, Sheard made his bid down the last tricky descent and opened a gap, which Kinch expected to be able to close before the finish but found that he could make no impression as Sheard raced on to a new record in two hours, two minutes and fifty seven seconds. Meanwhile, the previous record holder Holmes ran out of gas and was passed by Trigg. Nevertheless Holmes and the next three, James Parker, Devine and Roberts all finished inside the previous record.

Equally in record breaking form was Andrea Priestley (Fellandale), who won by a small margin of forty three seconds from Jackie Reid (CFR), and lowered Carol Greenwood's record of two hours, forty nine minutes and fifty four seconds by a huge sixteen and a half minutes. And all men and lady veterans followed suit to the end so there wasn't a record left standing.

1. P. Sheard	P&B	2.02.57
2. M. Kinch	Warr	2.03.17
3. A. Trigg	Gloss	2.04.26
4. t Holmes	Bing	2.05.48
S. J. Parker	Ilk	2.06.17
6. G. Devine	P&B	2.07.01
7. M. Roberts	Kend	2.07.27
8. G. Bland	Borr	2.08.04
9. B. Thompson	CFR	2.09.51
10. M. Wallace	Clay	2.10.43
11. A. Wrench	Tod	2.11.18
12. A. Jones	Gloss	2.12.11
13. M. Corbett	Ross	2.12.45
14. G. Huddleston	Clay	2.12.58



Andrea Priestley, a record breaker at Holme Moss.
Photo: John Cartwright

VETERANS 0/50		
1. B. Toogood	DkPk	2.25.31
2. J. Nuttall	Clay	2.28.03
3. R. Bell	Amble	2.28.10
4. G. Howard	Ilk	2.37.52
5. B. Jackson	Horw	2.40.10

LADIES		
1. A. Priestley	Fellan	2.33.26
2. J. Reid	CFR	2.34.09
3. S. Hodgson	Fellan	2.37.21
4. C. Greasley V	Macc	238.02
5. K. Harvey V	Alt	2.42.44
6. S. Malir	Fellan	2.45.13
7. A. Stentiford	Macc	2.46.40
8. J. SmHhV	DkPk	2.46.52
9. E. Hodgeson	Fellan	2.49.30
10. S. Rowson V	Macc	230.19

COWPE FAIR FELL RACE

Lancashire

AS/3m/800ft 19.6.94

Low cloud and rain tested competitors local knowledge and the quality of the flagging of the marked course. However, Matthew Mooifouse was only six seconds outside the record in spite of the conditions, a heavy fall and a win in the Junior Championship Race the previous day.

The rest of the field was some distance behind, including first veteran Ray Rawlinson, making a welcome comeback after a long lay off.

Fifty percent of the field again received a prize or a t-shirt, though the race entry was disappointing compared to last year. This was not surprising given the weather and a busy racing weekend including senior and junior championship races.

Keith Masser

1. M. Moorhouse	Saif	20.18
2. B. Taylor	Ross	21.00
3. J. Hey	Warr	21.44
4. D. Woodhead	Horw	21.47
5. C. Lyon	Horw	22.31
6. R. Rawlinson V	Ross	22.44
7. R. Skelton	CalderV	22.46
8. K. Taylor V	Ross	22.52
9. A. Hewitt	Ross	23.03
10. T. Taylor	Ross	23.07

VETERANS 0/40

1. R. Rawlinson	Ross	22.44
2. K. Taylor	Ross	22.52
3. T. Ryan	Black	24.01
4. D. Emmerson	Unatt	24.34
5. M. Crook	Horw	24.59

VETERANS 0/50

1. P. Jepson	Ross	24.19
2. M. McDonald	FRA	28.49
3. G. Corbishley	Ross	29.42
4. D. Dickson	Ross	30.30

LADIES

1. L. Threadgold	Horw	28.02
2. J. Wood	Ross	32.25
3. B. Brady V	R'cliffe	34.23
4. T. Briggs	Clay	34.34
5. M. Roberts V	D'Dash	44.20

WREKIN STREAK

Shropshire

AS/2.75m/810ft 21.6.94

Seventy runners lined up for the start of the seventh Ricoh sponsored Wrekin Streak slightly down on previous years', due to the poor weather conditions. Duncan Hughes in excellent form continued his domination of Telford Athletic Clubs 1994 evening fell races by adding the 'Streak' title to the Caradoc Classic title which he won in May. Hughes was never headed after the first half mile and had amassed a comfortable twenty second lead by the finish. He became the only runner in 1994 to break the eighteen minute barrier, finishing in seventeen minutes and thirty eight seconds. Local interest in the race was maintained by Telford AC's flying milkman, Sammy Stephenson, making a rare appearance on the fells after a long lay off. Stephenson overhauled Mercia's excellent junior Tim Davies on the descent, to finish second. Last years winner Rob Cope, finished fourth, and Telfords Dave Jackson took the veterans prize for his fifth spot.

The ladies race was also won by this years Caradoc winner, Barbara Evans. Barbara was pleased with her run after her efforts at Offas Dyke at the weekend. Second lady and first veteran was Mercias Gill Harris. All ten lady finishers received prizes with equal treatment to the men, so come on ladies and get your studs on and support the race!

Simon Daws

1. D. Hughes	Hebog	17.38
2. S. Stephenson	Telf	18.01
3. T. Davies	Merc	18.08
4. R. Cope	Wrek	18.44
5. D. Jackson V	Telf	19.00
6. H. Thomas	Telf	19.56
7. P. Cadman	Merc	19.57
8. C. Ashley	Wrex	20.02
9. R. Day	Merc	20.08
10. S. Kelly	OakPk	20.11

VETERANS 0/40

1. D. Jackson	Telf	19.00
2. J. Mostyn	Wrex	21.06
3. R. Hailey	Telf	21.08
4. D. Barton	Merc	21.19
5. J. Richards	Shrews	21.39

VETERANS 0/50

1. B. Morris	Wrek	21.20
2. G. Lloyd	Wrex	24.13
3. J. Bradley	Telf	25.12

LADIES

1. B. Evans	Shrop	24.29
2. G. Harris V	Merc	25.05
3. A. Bond	Wrex	26.26
4. J. Tooze V	Shrop	26.35
5. B. Dawes V	Telf	29.03
6. N. Lloyd V	Wrex	29.53
7. L. Payton	H'quins	34.04
8. C. Lewis V	Telf	35.21

JUNIORS

1. T. Davies	Merc	18.08
2. P. Sullinan	Wrek	20.36
3. D. Hughes	Wrex	20.40

AIREDALE PIKES

North Yorkshire

BS/5.5m/1000ft 21.6.94

Rain which had fallen throughout the day abated long enough for the race to be completed in dry but muggy conditions. The early pace was set by Gary Damiani and Jonnie Butler with D. Woodhead, B. Taylor, J. Logue, G. Hawkins and P. McWade in close contention. After a mile, a burst of speed by Jonnie took him over the stile and in to the wood in first place. Coming out of the wood it was Taylor who opened up a lead, with Woodhead and Damiani in pursuit. Positions remained the same over the two summits, until on the long descent, Damiani's superior leg speed gained through his track experience brought him to the fore.

The ladies race turned out to be a battle between the Fellandale pair of Emma Hodgson and Jean Shotton, with the former being triumphant but falling a long way short of the excellent ladies record set last year by Carol Greenwood.

Alan Speck

1. G. Damiani	Spn	36.56
2. B. Taylor	Ross	37.03
3. D. Woodhead	Horw	37.12
4. P. McWade V	Clay	37.32
5. J. Logue	Horw	38.04
6. J. Butler	KJy	38.11
7. M. Moore	Eccles	38.50
8. T. Taylor	Ross	38.55
9. A. Carruthers	Crawley	39.05
10. G. Hawkins	Bing	39.25

VETERANS 0/40

1. P. McWade	Clay	37.32
2. P. Geldard	Clay	40.21
3. T. Falkingham	Skip	41.29
4. K. Robinson	Bing	42.51
5. R. Wilkes	St. Bedes	43.47

VETERANS 0/50

1. P. Reinard	Lds	42.36
2. J. Whalley	V Strds	48.20
3. A. Stockdale	Skip	49.19
4. E. Moore	Clay	49.23
5. P. Turner	St. Bedes	49.46

VETERANS 0/60

1. D. Hodgson	Fellan	45.25
2. F. Makin	R.R.R.	51.04
3. B. Leathley	Clay	52.02

LADIES

1. E. Hodgson	Fellan	45.50
2. J. Shotton	Fellan	46.37
3. L. Platt	Clay	49.51
4. A. Whitehead	Bing	55.19
5. G. Wilkins	Unatt	63.50

JUNIORS

1. M. Moore	Eccles	38.50
2. A. Bumett	LdsCty	41.47
3. J. Edwards	Burnley	44.06

HOLCOMBE TOWER RACE

Lancashire

CS/3.5m/850ft 22.6.94

After running this race for twelve years, Mark Aspinall knew exactly what was needed to win. In recent years he has not been out of the top four, and again after second last year, he improved one place to lead from the front all the way round.

Next to Mark, the ladies race followed the same pattern, with Jean Rawlinson well clear. The race had plenty of veterans including over sixty and over sixty five.

W Smith

1. M. Aspinall	Clay	20.10
2. R. Jackson	Horw	20.44
3. A. Maloney	Roch	21.02
4. A. Wilkinson	Roch	21.09
5. C. Urmston	Clay	21.13
6. A. Murphy	Mid'ton	21.21
7. M. Hill	Bolt	21.55
8. D. Blackhurst	Ross	21.58
9. D. Schofield	Ross	21.58
10. T. Taylor	Ross	22.12

VETERANS 0/40

1. S. Ellis	Bolt	22.14
2. A. Steel	R'cliffe	22.28
3. B. Walton	Horw	23.07
4. K. Manser	Ross	23.24
5. A. Heywood	Clay	23.59

VETERANS 0/45

1. P. Lyons	Ross	22.19
2. K. Taylor	Ross	22.54
3. P. Aldersley	ManYMCA	23.28
4. R. McAndrew	Chorley	29.38
5. D. Guinty	Bolt	25.22

VETERANS 0/50

1. N. Berry	Holm	24.07
2.1. Beverley	Clay	24.22
3. D. Scott	Clay	24.23
4. R. Jackson	Horw	24.52
5. P. Moneghan	Bolt	25.12

VETERAN 0/55

1. J. Smith	Clay	27.15
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VETERAN 0/60

1. R. Francis	Bury	29.09
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VETERAN 0/65

1. T. Spate	R'cliffe	40.42
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LADIES

1. J. Rawlinson V	Clay	25.44
2. L. Bostock V	Clay	27.17
3. K. Thompson V	Clay	28.51
4. J. Wood	Ross	30.18
5. M. Ashton	Clay	31.23
6. J. Edwards	Ross	31.36
7. K. Goss V	Clay	32.17
8. G. Dickson V	Ross	32.22

BOAR'S HEAD HILL RACE

BM/ 22.6.94

An extremely fine evening for this year's race resulted in a field of well over two hundred runners, with some quality competitors at the sharp end, including the leading contender for this year's British Fell Running Championship, Mark Kinch. Conditions could not have been better, a couple of days of showers had put a little bit of bounce back into the previously bone hard ground but all the boggy sections had well and truly dried out. In addition, the course had to be fully marked this year to avoid any confrontation with the newly installed herds of highland Longhorn cattle and the territorial ambitions of their bulls - and as the organiser had a brief and inglorious encounter with 'McTavish the Mighty' and his eight foot horns only a short time before the race, he was fully in agreement with the Park Rangers views on the matter. All in all the scene was clearly set for an opportunity to have a tilt at the record and Mark Kinch, very much the current man in form, stormed round to take a minute and a half off Mike Prady's record, to lower it to forty five minutes and fifty one seconds, taking with him the second and third runners, who also slipped inside the previous best.

All the race proceeds, totalling two hundred and seventy pounds, were handed over as a contribution to this year's charity at the Boars Head, which is to purchase another Guide Dog for the Blind.

Next year I hope the race can revert to its previous, largely unmarked format, as the conversations in the pub afterwards seemed to indicate that a majority preferred the opportunity to select their own route through the tussocks on the way out and the rhododendrons on the way back, we'll have to see what the Longhorn situation is!

Dave Jones

1. M. Kinch	Warr	45.51
2. D. Neill	Merc	46.20
3. A. Royale	Macc	47.05
4. P. Frodsham	Helsby	47.58
5. G. Cudahy	Gloss	48.03
6. M. Williams	Penn	48.21
7. M. Prady	Gloss	48.23
8. R. Taylor V	Stock	48.24
9. N. Withers	Wilms	48.32
10. D. Gartley	Gloss	48.37

VETERAN 0/40

1. R. Taylor	Stock	48.24
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VETERAN 0/45

L.J. Norman	Alt	50.38
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VETERAN 0/50

1. J. Momi	Penn	56.67
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VETERAN 0/60

1. R. Reed	Wilm	67.55
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LADIES

1. C. Greasley	Macc	56.17
2. V. Perry	Stock	57.29
3. S. Reason	Stock	58.18
4. S. Rowson	Macc	58.47
5. K. Harvey	Alt	59.23

TEBAY FELL RACE

Cumbria

AM/8m/3000ft 22.6.94

Breezy but a warm night, with the wind against on the out run, but behind the runners from the last checkpoint. The winner opened up a big gap after the fourth checkpoint, almost three minutes outside the record.

Reg Capstick

1. J. Bland	Borr	1.13.43
2. R. Jamieson	Amble	1.15.21
3. M. Fleming	Amble	1.15.51
4. A. Schofield	Borr	1.16.19
5. M. Walsh V	Kend	1.16.53
6. K. Johnson	Ry	1.17.33
7. D. Loan V	Kesw	1.17.35
8. D. Stuart	Kesw	1.17.59
9. A. Beattie	CFR	1.18.04
10. R. Unwin	CFR	1.18.54

VETERANS 0/40

1. M. Walsh	Kend	1.16.53
2. D. Loan	Kesw	1.17.35
3. H. Symonds	Kend	1.19.13
4. P. Ciaric	Kend	1.24.29
5. M. Walford	Kend	1.25.06

VETERANS 0/50

1. J. Baxter	CFR	1.28.01
2. M. Carson	Kesw	1.28.49
3. P. Dowker	Kend	1.30.33
4. M. McDonald	FRA	1.35.43
5. H. Blenkinsop	Kesw	1.36.15

LADIES

1. R. Pickvance	Kend	1.25.17
2. J. Jones	Kesw	1.32.35
3. K. Beaty V	CFR	1.33.10
4. C. Kenny	Kend	1.37.48
5. T. Bryden	Borr	1.39.28
6. D. Priestley V	Kend	1.42.31
7. P. Bailey V	Kend	1.42.57
8. J. Wright V	Kesw	1.44.15

COITY RACE

Gwent

BS/5m/1000ft 22.6.94

Just for a change the organiser decided to run the race in reverse this year, which rather surprised a few people. However, it was a lovely night and there were few navigational problems. The times generally were about three minutes slower than normal, which perhaps reflects the difficulty of finding the few small tracks from the direction on to open moorland.

For some reason the numbers were well down this year, as apparently has occurred at, at least one other venue lately. There seems no logical explanation for this, it being a lovely night and the same day as in the last few years. The race however was very close at the top. From the finish we could see the three leaders come over the hill together and at the end, ten seconds only separated them.

In the ladies race, four of the five finished within two minutes of each other, lead by local Jackie Huybs. Veteran lady, Sue Ashton was only one minute and forty seconds behind. The mens veterans over fifty was won comfortably by Eric Meredith, another local copying his excellent form of last year.

Finally, a very commendable performance by junior Calum Cheshire in tenth place, beating his Dad by nearly five minutes.

1. A. Woods	39.42
2. D. Gilchrist	39.47
3. T. Taylor	39.52
4. A. Percy	40.33
5. P. Lewis V	41.44
6. A. Orringe V	43.51
7. R. Benjamin	44.41
8. J. Sweeting V	45.12
9. N. Sproull	45.47
10. C. Cheshire	46.02

VETERANS 0/50

1. E. Meredith	48.12
2. C. Lloyd	55.28
3. J. Battersby	59.32

LADIES

1. J. Huybs	47.34
2. A. Scrivens	48.17
3. S. Woods	49.24
4. S. Ashton V	49.55
5. C. Tanner V	60.24

TOTLEY MOOR FELL RACE

Derbyshire

BS/5m/800ft 23.6.94

The evening was extremely warm as the runners assembled for the third race in the Totley/Tigers race series. This year incorporating the South Yorkshire Fell Championship, so there were a few new faces as well as the regulars. Unfortunately the winner for the last two years and record holder, Andrew Ward, has deserted the hills and gone back to the roads. This years winner carries a familiar name, but could get no where near Andy's record time of thirty one minutes and forty five seconds. The first three stayed together from start to finish with quite a gap between them and fourth placed Rob Hutton, in only his second year of serious hill running. Second placed Matthew Innes was a previous winner of the series.

All in all, a good evening with a pub ten yards from the finish, what more can you ask for?

P.S. I apologise for the long delay in giving the prizes out.

Rob Mason

1. G. Cudahy	Gloss	34.38
2. M. Innes	Holm	34.43
3. T. Clayton	N.Derby	34.46
4. R. Hutton	DkPk	36.00
5. K. Davis V	P'stone	36.31
6. P. Boler	Totley	36.40
7. B. Edwards	DkPk	37.06
8. D. McQueen	Unatt	37.08
9. K. Bonskill V	P'stone	37.19
10. M. Wilson	H.Harriers	37.24

VETERANS 0/40

1. K. Davis	DkPk	36.31
2. K. Bonskill	P'stone	37.19
3. K. Rowe	H.Harriers	39.04
4. R. Innes	S'bridge	39.54
5. M. Seddon	Holm	40.05

VETERANS 0/45

1. D. Tait	Unatt	38.24
2. A. Marshall	Totley	38.59
3. J. Armstead	DkPk	39.40
4. C. Bradshaw	Totley	39.57
5. L. Tetler	Gloss	40.45

VETERANS 0/50

1. T. Trowbridge	DkPk	41.49
2. C. White	Totley	42.35
3. B. Sprakes	DkPk	43.22
4. R. Mason	Totley	43.56
5. R. Baumeister	DkPk	45.07

VETERANS 0/55

1. M. Roberts	Bing	50.31
2. J. Norman	DkPk	50.38
3. G. Richardson	Clowne	56.04

VETERANS 0/60

1. B. Thackery	DkPk	43.46
2. J. Newby	Tod	48.51
3. C. Henson	DkPk	49.17

LADIES

1. C. Crofts	DkPk	41.51
2. V. Aisthorpe V	LincFR	42.34
3. L. Evans V	FRA	45.51
4. S. Roler V	P'stone	46.08
5. C. Dawson	Unatt	46.51
6. E. Bradshaw V	Totley	47.25
7. C. Burton	E.Hull	48.12
8. H. Bloor V	DkPk	49.08

JUNIOR

1. B. Tetler	Unatt	50.10
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CASTLETON FELL RACE

Derbyshire

AM/6m/1500ft 24.6.94

The second running of the Castleton fell race which takes in Losehili, Hollins Cross and Mam Tor attracted and increased entry this year of just over the 'ton'. The very hot, humid day resulted in a tremendous thunderstorm, which fortunately did not begin until after everyone had completed the course. However, there must have been some difficult journeys home for many competitors.

The junior race was dominated by Esmond Tressider of Matlock, who broke the previous record, held by local runner Simon Woollacott, who finished in second place this year by nearly two minutes.

The senior event was impressively won by Kevin Capper, in a new record time of forty minutes and twenty two seconds. Dave Neill of Mercia in second place also broke the previous record. The first lady back was Eleanor Foreman.

M Mattia

1. K. Capper	L&M	40.22
2. D. Neill	Merc	41.32
3. S. Oldfield	Bfd	43.23
4. D. Woodhead	Horw	43.39
5. P. Bowler	Merc	43.45

6. D. Gartley	Unatt	44.39
7. S. Oglethorpe	Hallam	44.42
8. N. Stone	Cty Stoke	44.45
9. G. Cresswell	A'boume	44.58
10. A. Carruthers	C'ley	45.18

VETERANS 0/40

1. P. Bowler	Merc	43.45
2. G. Cresswell	A'boume	44.58
3. G. Morson	Bux	45.43
4. K. Bonskill	P'stone	46.49
5. P. Spurge	P' mouth Jog	49.00

VETERANS 0/45

1. A. Harmer	DkPk	46.52
2. J. Carrier	OPT	51.11
3. S. Finka	DkPk	52.54
4. R. Marlow	DkPK	54.52
5. R. Longden	Goyt V	56.36

VETERANS 0/50

1. A. Gratten	Staffs	48.19
2. R. Pritchard	N.Derby	51.02
3. P. Blunt	Clowne	58.35
4. M. Morrison	Gloss	59.23
5. B. Rogers	SOT	61.16

VETERANS 0.55

1. K. Mitchell	Roth	60.14
2. G. Richardson	Clowne	71.55

LADIES

1. E. Foreman	St. And	60.04
2. S. Taylor	Cheadle	63.37
3. J. Deakin	DkPk	64.50
4. J. Simm	Unatt	67.00
5. S. Batten	P'mouth	73.13
6. P. Spurge	P'mouth	81.40
7. J. Birch	Unatt	86.33
7. M. Miller	Stl Cty Strds	86.33

INTERMEDIATES

1. R. Wren	Kesw	49.39
2. R. Goddard	SYO	49.40
3. E. Foreman	St.And	60.04

RIBER RUN

Derbyshire

BS/5m/1000ft 22.6.94

The best turnout for the events history with sixty runners. They left Leagreen in bright, blustery conditions. This event seems to attract a lot of 'oldies' with thirty two veterans running. Only six ladies though - where are all the girls?

The course was slightly different this year but this did not deter the winner Tim Parr from returning a fast time. First lady back was Phillipa Leach and Mick Moorehouse was the first veteran.

Mike Overend

1. T. Parr	Notts	31.59
2. S. Oglethorpe	Hallam	32.40
3. K. Webster	Matlock	33.01
4. M. Moorehouse V	Matlock	33.22
5. P. Light	Staffs	33.41
6. G. Thorpe	Matlock	34.01
7. S. Charlesworth	Matlock	34.18
8. P. Vale	Viking	34.31
9. S. Darlington		34.42
10. M. Evans	E'wash	34.56

VETERANS 0/40

1. M. Moorehouse	Matlock	33.22
2. H. Ramczyk	Staffs	35.27
3. A. Keen	E'wash	35.58
4. P. Pitson	E'wash	36.14
5. J. O'Reilly		36.42

LADIES

1. P. Leach	Sutton	40.40
2. S. Cherridan	Sutton	42.28
3. A. Higgins	Matlock	45.36
4. H. Finlayson V	Matlock	48.27
5. V. McDonald V	Matlock	56.04
6. M. Whitaker	Matlock	60.47

OLD COUNTY TOPS RACE

Cumbria

AL/35m/9000ft 25.6.94

A day of low cloud and thick mist that persisted for the duration of the race, produced the most challenging condition in the history of the race. As a result all times were well down on previous years, with the winners time being nearly two hours outside the record. The only exception being super veteran Arthur Daniels who recorded his fastest time to date.

As usual in this race the final section from Cockley Beck to the finish over Grey Friar and Coniston Old Man proved decisive. Not only the leadership, but many of the other places changed dramatically.

The poor visibility also contributed to a higher than average number of retirements and failures to meet the check point cut off times.

AKenny

1. P. Cleary S. Skelton	8.24.06
2. G. Webb D. Thompson	8.27.54
3. Y. Tridimas S. Cliff	8.32.47
4. A. Wimpenny S. Houghton	8.41.29
5. C. Giltrow-Shaw G. Newsham	8.58.18
6. S. Edmondson S. Umpleby	9.01.31
7. R. Ansell R. Sanderson	9.13.31
8. R. Pickvance N. Hewitt	9.19.40
9. N. Kirk T. Oakes	9.37.36
10. A. Crabb M. Walford	9.38.59

VETERANS 0/40

1. Y. Tridimas S. Cliff	8.32.47
2. S. Woods J. Smith	9.59.41
3. J. Doyle C. Merckel	10.01.59

VETERANS 0/45

1. A. Kenny A. Daniels	9.59.59
2. J. Slinn M. Hayler	10.34.06
3. M. Pickup P. Gamer	11.02.09

VETERANS 0/50

1. E. Swift J. Swift	10.47.29
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MIXED TEAMS

1. R. Pickvance N. Hewitt	9.19.40
2. A. Crabb M. Walford	9.38.59

KINDER TROG

26.6.94

1. A. Jones	Gloss	1.50.25
2. P. Deauville	Gloss	1.52.45
3. D. Woodhead	Horw	1.53.20
4. M. Foschi V	Penn	1.53.42
5. M. Williams	Penn	1.54.06
6. K. Webster	Matlock	1.57.14
7. D. Gartley		1.57.39
8. J. Norman V	Alt	1.57.54
9. L. Best V	Stock	1.58.05
10. J. Fyne		1.58.16

VETERANS 0/40

1. M. Foschi	Penn	1.53.42
2. J. Norman	Alt	1.57.54
3. L. Best	Stock	1.58.05
4. R. Leggett		1.59.00
5. D. Tait		2.03.10

LADIES

1. K. Harvey V		2.15.20
2. W. Doops V	Clay	2.27.00
3. J. Cave V	DkPk	2.32.32
4. A. Dinsmoor V		2.35.16
5. Y. Williams	Penn	2.35.30
6. D. Hunter	Gloss	2.41.30
7. G. Goldsmith V	DkPk	2.41.43
8. H. Musson	Totley	2.42.15

STOODLEY PIKE FELL RACE

Lancashire

BS/3.5m/100ft 28.6.94

This year's Stoodley Pike Fell Race saw a bold bid for the front, up the stone steps towards the Langfield skyline, wilting in the searing heat as Mark Aspinall was overtaken by a succession of top quality fell runners.

An England/Scotland duel began on the top as Ian Holmes and Neil Wilkinson ran along the gritstone block towards the Pike. It was only on the steep descent from the Pike itself that Holmes, currently running for England in Italy, was able to beat the Scottish international into second. Holmes finished in seventeen minutes and fourteen seconds which, with the additional finish along the Calderdale Way, must be comparable with the record of sixteen minutes and forty nine seconds, set by A. Sladen back in 1980.

Gary Devine, the 1991 British Champion, could only spectate from an isolated third position.

An interesting battle for fourth between Andrew Wrench and Clayton's Sean Livesey ended with the Todmorden man on top, not daring to look over his shoulder on the approach to Mankinholes.

The pairing of the Oldfield brothers from Bradford/Airedale in ninth and tenth places, underlined the quality of this field.

Eric Emerson of Todmorden was the first veteran home. He was followed by Kath Drake of Spenborough who engraved her name on the large winners shield as first women home.

M Andelton

1. I. Holmes	Bing	17.14
2. N. Wilkinson	Alehouse	17.42
3. G. Devine	P&B	18.01
4. A. Wrench	Tod	18.07
5. S. Livesey	Clay	18.16
6. M. Aspinall	Clay	18.25
7. B. Taylor	Ross	18.30
8. A. Maloney	Roch	18.40
9. S. Oldfield	Bfd/Aire	18.43
10. G. Oldfield	Bfd/Aire	18.47



Kath Harvey, first lady at the Kinder Trog.

Photo: John Cartwright

VETERANS 0/40

1. E. Emerson	Tod	21.34
2. E. Taylor	Roch	21.42
3. D. Schofield	Ross	21.56
4. R. Kneeshaw	Holm	22.01
5. G. Wright	Ross	22.22

VETERANS 0/45

1. K. Taylor	Ross	20.01
2. B. Mitchell	Clay	20.29
3. P. Lyons	Ross	20.31
4. B. Rawlinson	Ross	21.54
5. S. Sanderson	Bfd/Aire	22.06

VETERANS 0/50

1. N. Berry	Holm	21.40
2. B. Jackson	Horw	22.03
3. D. Illingworth	Bfd/Aire	22.50
4. P. Jepson	Ross	22.55
5. P. Heneghan	Bolt	23.02

VETERANS 0/60

1. R. Francis	Bury	26.52
2. J. Newby	Tod	27.05
3. J. Riley	Clay	38.03

LADIES

1. K. Drake	Spenn	22.25
2. V. Wilkinson	Bing	22.47
3. J. Rawlinson V	Clay	23.07
4. J. Shotton	Fellam	24.04
5. P. Oldfield V	Bfd/Aire	25.20
6. R. Whitehead	Bing	25.38
7. H. Berry	Holm	26.45
8. S. Nichols V	Ross	28.20

HOPE WAKES FELL RACE

Derbyshire

BS/4m/650ft 28.6.94

The hottest day of the year to date, Wimbledon tennis and World Cup Football may have contributed to a smaller field than usual. Those who ran this evening fixture enjoyed warm air, a clear sky and dry conditions underfoot. As usual the climb up Hope Brinks 'ribboned' the field and at the turn Andy Poirrette had a fifteen yard lead on Micah Wilson. He extended his lead on the run home and at the finish had slipped to fourth place, but finished well to regain third place

at the expense of Matthew Innes. Keith Davis was first veteran in fifth place, with Billy Wilson (father of Micah) die first super veteran in twentieth place. Cecelia Greasley was first lady and first lady veteran in thirty-fourth place having about two minutes in hand on Clare Crofts who had a similar advantage on Sylvan Boler.

DJewell

1. A. Poirrette	DkPk	26.10
2. N. Stone	City Stoke	26.44
3. M. Wilson	Hallam	26.54
4. M. Innes	Holm	27.00
5. K. Davis V	P'stone	27.13
6. S. Oglethorpe	Hallam	27.23
7. R. Hutton	S'bridge	27.30
8. A. Hulme V	Penn	27.46
9. D. Gledhill	Hallam	27.53
10. P. Bowler	Totley	28.03

VETERANS 0/40

1. K. Davis	P'stone	27.13
2. T. Hulme	Penn	27.46
3. R. Wallace	Unatt	28.32
4. D. Tait	Unatt	28.41
5. R. Innes	S'bridge	29.37

VETERANS 0/50

1. B. Wilson	DkPk	29.20
2. J. Clarke	Hallam	29.36
3. T. Trowbridge	DkPk	30.33
4. Sprates	DkPk	31.45
5. M. Hayes	DkPk	32.17

LADIES

1. C. Greasley V	Macc	30.11
2. C. Crofts	DkPk	32.00
3. S. Boler V	Unatt	34.04
4. K. Bryan-Jones	DkPk	34.25
5. N. Challanaid	DkPk	36.35
6. J. Trickett	Hallam	36.44
7. J. Evans	Bramp	37.20
8. H. Musson	Totley	38.48

JUNIORS

1. E. Tressider	Matlock	14.33
2. J. Wing	Unatt	14.52
3. D. Stefana	Holm	15.41

LANGSTRATH RACE

Cumbria

AS/4.5m/1400ft 29.6.94

Gavin Bland broke his own previous record of thirty seven minutes and two seconds, whilst his cousin, Jonathon also finished within the old record. Pete Walkington set a new over fifty record, beating the previous time by over two and a half minutes, likewise Bill Fielding set a new over sixty record. Steven Savage took nearly three minutes off his previous record in a new under sixteen time of forty four minutes and forty three seconds.

1. G. Bland	Borr	36.40
2. J. Bland	Borr	36.50
3. S. Booth	Borr	37.10
4. D. Ramsay	Kesw	38.13
5. A. Davies	Unatt	39.15
6. C. Valentine	Kesw	39.24
7. M. Larkins	BorT	40.07
8. K. Johnston	Ryhope	40.13
9. D. Loan V	Kesw	40.33
10. A. Beatty	CFR	40.47

VETERANS 0/40

1. D. Loan	Kesw	40.33
2. M. Richardson	Amble	41.43
3. C. Webb	CFR	42.58

VETERANS 0/50

1. P. Walkington	Horw	46.34
2. G. James	B'pool	48.36
3. M. Pitchford	CFR	49.30

VETERANS 0/60

1. B. Fielding	Fellan	50.07
2. C. Rushton	Kend	52.15
3. P. Green	Denby	54.34

LADIES

1. N. Davies V	Unatt	46.44
2. E. Riley U/16	Kend	51.45
3. K. Jackson	Kesw	53.35

JUNIORS U/16

1. S. Savage	Amble	44.43
2. P. Savage	Amble	45.37
3. D. Block	CFR	48.13

FOX AND HOUNDS CHASE

North Yorkshire

BM/9m/1400ft 30.6.94

A warm dry night with a dry course produced a record winning time by Marco Cara, beating the previous best time of fifty nine minutes and four seconds set by Bob Firth in 1991. A clean sweep by Mandale Harriers, of the first ten men in, eight were Mandale runners. Last years team winners Saltwell did not provide the challenge expected as they did not arrive, perhaps this could have been due to clash of fixtures, who knows?

This was the eighth running of the 'Fox and Hounds', Sheila Wright took the ladies event title for the seventh time, quite a record. As in the previous four years Theakstons Brewery provided the prizes, ninety four runners set off in the main event, with eighteen runners in the under seventeens four mile event. The latter event being the one event which Mandale did not win, the four mile team prize which went to Loftus AC.

We saw yet again as in previous events a large contingent of veterans, thirty seven in all and quite a healthy number of female runners this year.

BobLillie

1. M. Cara	Mand	59.03
2. B. Ffith V	Mand	62.31
3. V. Rutland V	Mand	63.34
4. R. Beigstrant	Mand	63.44
5. B. Mitchell V	Mand	63.54
6. C. Wright	Mand	65.31
7. M. Fisher	Mand	65.50
8. R. Pollard	CLOK	66.19
9. T. Edwards V	Mand	66.59
10. S. Backhouse	Scarboro	67.02

VETERANS 0/40

1.B. Firth	Mand	62.31
2. V. Rutland	Mand	63.34
3. B. Mitchell	Mand	63.54
4. T. Edwards	Mand	66.59
5. K. Wilson	Mand	68.38

VETERANS 0/50

1. R. Stevenson	Mand	71.21
2. B. Hood	Mand	80.52
3. A. Cameron	FRA	81.11
4. R. Clarke	Mand	82.40
5. J. Watson	Plax	83.45

LADIES

1. S. Wright	Mand	71.34
2. S. Gayer	Mand	83.33
3. L. Dupras	N.Marske	88.40
4. S. Jemson V	N.Marske	90.06
S. A. Smith V	Ebor	95.42

4 MILE RACE - BOYS

1. M. Gilpin	Loftus	28.52
2. A. Bradshaw	Mand	30.35
3. L. Rowlands	Unatt	31.24

4 MILE RACE- GIRLS

1. A. McLeod	M&C	42.16
2. C. Hare	Loftus	42.45
3. E. Scarthy	Unatt	42.53

POTTER FELL RACE

Cumbria

CM/7m/650ft 30.6.94

Our small, local, evening style race seems now to have become established in the calendar and for the second time has attracted more than seventy senior entrants. Conditions underfoot were firm and dry. The hay had already been cut and this meant that the going alongside the River Kent down the Dalesway was fast.

Extra marshals this years ensured that we had no wayward ways and strays!

Ruth Pickavance established a new womens course record, but the mens record of 1990 remains intact.

Proceeds of this race are donated to charity and this time will go to Bosnia Direct, based in Edinburgh.

John Chapman

1. P. Politt	Bolt	47.55
2. M. Foschi V	Penn	48.24
3. P. Leyboume	N.Fly	48.38
4. N. Lanaghan	B.Coombe	49.03
5. B. Addison	Kend	49.32
6. J. Simmonith	N.Fly	49.49
7. B. Evans	Amble	51.03
8. R. Urwin	CFR	51.32
9. P. Thurlow		51.49
10. P. Smith	B.Coombe	52.09

VETERANS 0/40

1. M. Foschi	Penn	48.24
2. H. Symonds	Kend	52.55
3. M. Leek	L&M	54.22
4. B. Jones	LOC	58.00
5. G. Clarke	Howg	60.49

VETERANS 0/45

1. M. Walford	Kend	53.12
2. G. Denny	Kend	54.18
3. M. Hudson	Kend	54.26
4. J. Oldroyd	L&M	58.29
5. T. Targett	Clay	60.07

VETERANS 0/50

1. K. Gresty	Kend	63.43
2. B. Hughes	LivPem	64.35
3. K. Nixon	B.Coombe	66.18
4. B. Hill	Clay	68.08
5. D. Tomlinson	Roch	68.23

LADIES

1. R. Pickavance	Kend	54.49
2. N. Davies V		58.10
3. C. Kenny	Kend	60.14
4. S. Parkin V	Kend	61.32
5. D. Bailey V	Kend	61.43
6. D. Priestley V	Kend	61.59

INTERMEDIATES

1. A. Leek	L&M	53.17
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JUNIOR RACE

1. S. Reid	Kend	14.15
2. E. Nash	LOC	14.11
3. C. Mulvaney	Kend	15.36
4. E. Galloway		15.58
5. M. Leek F	L&M	16.24

GREAT SHUNNER SHUFFLE

North Yorkshire

BL/29m/4600ft 2.7.94

1. J. Davies	Penrith	
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VETERAN

1. M. Woodrey	Skip	
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FIRST LADY

1. N. Davies	Penrith	
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FIRST LADY VETERAN

1.F. Tonnant	Dari	
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WHITTLE PIKE FELL RACE

Lancashire

AS/4.5m/1400ft 2.7.94

A much smaller affair than last year when the race was a British and English Championship event. Congratulations to all the runners and thanks to all the helpers and winner international. Thanks for the generous sponsorship with almost half the field receiving t-shirts.

Andy Hewitt

1. D. Neill	Merc	37.50
2. B. Taylor	Ross	38.53
3. G. Schofield	Black	39.40
4. G. Webb	CalderV	40.32
5. C. Lyon	Horw	40.53
6. M. Corbett	Ross	41.00
7. A. Maloney	Roch	41.18
8. K. Taylor V	Ross41.36	
9. A. Preedy	Unatt	41.49
10. B. Walton V	Horw	41.58

VETERANS 0/40

1.B. Walton	Horw	41.58
2. J. Birchenough	Bolt	42.16
3. D. Beels	Roch	42.46
4. T. Spicer	Ross	44.20
5.1. Barnes	Ross	44.56

VETERANS 0/45

1. K. Taylor	Ross	41.36
2. B. Mapp	Prest	44.48
3. B. Rawlinson	Ross	45.13
4. A. Mellor	Tod	46.23
5. J. Talbot	Tod	46.48

VETERANS 0/50

1. P. Jepson	Ross	46.11
2. P. Blagbrough	Sadd	46.52
3. L. Sullivan	Clay	49.14
4. D. Lucas	Roch	50.11
5. P. Kelly	Ross	54.29

LADIES

L.J. Rawlinson V	Clay	48.15
2. G. Cook V	Roch	50.05
3. R. Whitehead	Bing	54.38
4. L. Warin	Skip	55.49
5. P. Dore V	Roch	59.23
6. J. Wood	Ross	60.41
7. J. Taylor	Unatt	60.53
8. N. Rose	SpecStdrs	63.07

YGARN

Gwynedd

AS/3m/1500ft 2.7.94

After much changing of dates to the organisers annoyance, this triangular shaped course had forty runners puffing and panting their way round. Despite attempts to inform 'The Fellrunner' the change of dates did not appear in the calendar update section. In recent years, very few from the other side of Offa's Dyke have made the trip to this race. The true race date did appear in the Welsh Calendar and thus caused few problems in the principality. Therefore it is with much sympathy towards those that turned up the week before that the humblest apologies are extended.

Ah yes, back to the race, the bookies favourite, a certain Colin Donnelly was not in sight of the finish line marshals as Hebog's Duncan Hughes crossed the line in a very decent time. On this occasion, Mrs Donnelly had one up on hubby as she was the first lady. The best performance of the day though was by twelfth runner home, Duncan L Hughes, the only junior competitor in the race (aged fourteen), who also happens to be the son of the race winner.

Bass and the Cwellyn Arms ensured that all competitors were well rewarded, and prizes were presented by 'fourteenth peak' (outdoor specialists), Caernarfon. Resolution for 1995 - 'no mucking about with dates!'

E Evans

RESULTS

1. D. Hughes	Hebog	26.53
2. C. Donnelly	Eryri	28.31
3. J. Bass	UWCC	29.00
4. G. Owen V	Eryri	29.20
5. T. Jones	Eryri	30.11
6. A. Haynes	Eiyri	30.14
7. P. Williams	Wrex	30.47
8. S. Barnard	Eryri	31.44
9. J. McQueen	Unatt	32.15
10. M. Ackerley	EryriOrien	32.36

VETERANS 0/40

1. G. Owen	Eryri	29.20
2. G. Davies	Unatt	34.26
3. R. Roberts	Eryri	35.06
4. M. Blake	Eryri	35.10
5. P. Evison	Eryri	35.44

VETERANS 0/50

1. G. Lloyd	Wrex	38.20
2. B. Evans	P'atyn	38.33
3. T. Hildage	Eryri	38.51

VETERAN 0/60

1. J. Carson	Eryri	44.52
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LADIES

1. A. Donnelly	Eryri	43.15
2. N. Lloyd V	Wrex	44.52
3. S. Lloyd V	Eryri	45.35

JUNIOR

1. D. Hughes	Wrex	32.45
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CULTER FELL HORSESHOE

Peebleshire

AL/12m/4000ft 2.7.94

The record entry for this years race, competed over the usual course in weather conditions varying from rauid to distinctly unpleasant. Navigational skills (or tenacious following) were required especially around the summit of Culter Fell itself. In spite of these conditions record winning limes were set by the winning male and female competitors, to feet the first seven men and women beat their respective records.

The dodgy weather did not dampen the high spirits of all those involved in the event who stayed on to 'recover' at the start/finish venue. The Crook Inn, and then joined in a ceilidh at the local village hall.

Peter White

I.G. Bland	Borr	1.49.05
2. P. Hague	Eryri	1.49.13
3. J. Parker	Ilk	1.49.23
4. A. Trigg	Gloss	1.49.26
5. J. Bland	Borr	1.49.32
6. S. Booth	Borr	1.49.47
7. B. Thompson	CFR	1.50.16
8. J. Wilkinson	Gala	1.51.19
9. J. Thin	Cam	1.50.8
10. A. Jones	Gloss	1.51.44
11. M. Roberts	Kend	1.53.46
12. A. Wrench	Tod	1.53.55
13. M. Wallis	Clay	1.54.02
14. C. Donnelly	Eryri	1.54.23
15. G. Huddleston	Clay	1.54.47
16. T. Griffin	Aber	1.55.17
17. S. Jackson V	Horw	1.55.21
18. R. Whitfield V	Bing	1.55.40
19. D. McGonigle	Shett	1.56.11
20. G. Bartlett	Forres	1.56.28
21. P. Clark V	Kend	1.56.47
22. D. Blackhurst	Ross	1.57.06
23. D. Cummins	Ochil	1.57.33
24. L. Thompson	Clay	1.57.44
25. W. Bland V	Borr	1.57.59
26. B. Marshall	Hadd	1.58.35
27. J. Hooson	Amble	1.58.37
28. S. Thompson	Clay	1.58.51
29. M. Fleming	Amble	1.59.32
30. A. Meanwell	Borr	1.59.42

VETERANS 0/40		
1. S. Jackson	Horw	1.55.21
2. R. Whitfield	Bing	1.55.40
3. P. Clark	Kesd	1.56.47
4. W. Bland	Borr	1.57.59
5. D. Annitage	Aber	1.59.51

VETERANS 0/50		
1. D. Williams	Eryri	2.03.25
2. R. Toogood	DkPk	2.06.53
3. R. Bell	Amble	2.07.31
4. J. Nuttall	Clay	2.13.08
5. R. Amour	H'land	2.17.22

LADIES		
1. Y. Hague	P&B	2.06.55
2. A. Brand-Barker	Eryri	2.10.09
3. H. Diamantides	Amble	2.11.53
4. J. Reid	CFR	2.16.35
5. S. Hodgson	Fellan	2.17.19
6. K. Harvey V	Alt	2.19.46
7. E. Hodgson	Fellan	2.20.44
8. J. Shotter	Fellan	2.26.29
9. S. Armitage	Aber	2.26.38
10. K. Beaty V	CFR	2.26.55

SKIDDAW FELL RACE

Cumbria

AM/9m/2700ft 3.7.94

Somebody, somewhere had it in for the Skiddaw Race this year. The original date was changed to fit in with 'Keswick Sports Day', but the decision was made just too late to be changed in the 'Fell Runner' calander. The Keswick Sports Day was subsequently cancelled, but not before the new date was advertised in the Fellrunner magazine. This must have had a bearing on the low turnout for the event, which experienced quite a downpour that started just before the 'off and finished shortly afterwards. However, it was a delight to use the new sports pavilion with its superb facilities, and we hope to return to the original Skiddaw Race date next year.

Many thanks to everyone who turned up to help, and for the prize sponsorship by Rathbones of Keswick, who have decided to make it their last year of involvement after several years of generous help.

1. K. Capper	L&M	1.05.34
2. S. Hawkins	Bing	1.05.46
3. D. Neill	Merc	1.06.50
4. A. Bowness	CFR	1.07.35
5. R. Jackson	Horw	1.08.11
6. D. Ramsay	Kesw	1.08.21
7. D. Frampton	Kesw	1.09.48

8. G. Byers	CFR	1.11.56
9. G. Hawke		1.13.52
10. B. Walton V	Horw	1.14.40

VETERANS 0/40		
1. B. Walton	Horw	1.14.40
2. D. Loan	Kesw	1.15.29
3. A. Tait	Tyne	1.22.04

VETERANS 0/45		
1. D. Bridge	Borr	1.18.49
2. I. Charlton	Kesw	1.21.03
3. S. Sharp	CFR	1.25.28

VETERANS 0/50		
1. B. Jackson	Horw	1.21.41
2. M. Timmer	L'pool	1.30.58
3. H. Blenkinsop	Kesw	1.31.28

FIRST LADY		
1. K. Jackson	Kesw	1.35.51

SETTLE HILLS RACE

6.7.94

1. G. Hull	LdsCty	47.46
2. M. Roscoe	LdsCty	48.35
3. M. Fleming	Amble	50.29
4. R. Foley	LdsCty	50.33
5. R. Lawrence	Bing	50.50
6. R. Jamieson	Amble	50.57
7. M. Walsh V	Kend	51.50
8. G. Webb	CalderV	51.55
9. A. Preedy	Unatt	52.01
10. J. Hodgson	Kend	52.09

VETERANS 0/40		
EM. Walsh	Kend	51.50
2. G. Appleyard	Fellan	53.57
3. S. Kirkbride	Kend	54.22
4. D. Rosen	L&M	57.17
5. G. Eastell	St.Bedes	57.30

VETERANS 0/50		
1. G. James	B&F	62.11
2. R. Jaques	Clay	63.46
3. M. McDonald	FRA	63.54
4. G. Collinson	Fellan	64.17
5. S. James	Clay	64.21

VETERAN 0/60		
1. J. Newby	Tod	60.01

LADIES		
1. S. Malir	Fellan	60.38
2. A. Isdale V	Bing	60.55
3. E. Hodgson	Fellan	62.14
4. L. Lord V	62.36	
5. L. Ball V	V Strds	62.56
6. C. Young	LdsCty	63.26
7. J. Shotter	Fellan	63.59
8. J. Parkinson	Unatt	65.30

HATHERSAGE GALA FELL RACE

Derbyshire

BS/4.5m/800ft 4.7.94

1. A. Green	Hallam	29.22
2. J. Smith	Hallam	29.25
3. D. Woodhead	Horw	29.46
4. S. Oglethorpe	Hallam	30.29
5. N. Stone	Stoke	30.29
6. K. Davis V	P'stone	30.43
7. R. Hutton	DkPk	30.54
8. G. Cresswell V		31.04
9. C. Sparks		31.19
10. G. Thorpe	Matlock	31.37

VETERANS 0/40		
1. K. Davis	P'stone	30.43
2. G. Cresswell		31.04
3. M. Moorhouse	Matlock	31.39
4. K. Bowskill	P'stone	32.16
5. R. tones	S'bridge	33.24

VETERANS 0/50		
1. B. Wilson	DkPk	33.31
2. T. Trowbridge	DkPk	35.11
3. L. Wainwright	Hallam	35.26
4. T. Cock	Holm	36.00
5. M. Hayes	DkPk	36.42

VETERANS 0/60		
1. C. Henson	DkPk	40.32
2. D. Perkins	Totley	42.00

LADIES		
1. C. Crofts	DkPk	36.23
2. C. Dawson		39.33
3. S. Billam V	H'fax	40.04
4. J. Trickett	Hallam	41.52
5. M. Howarth V	S.C.S	43.05

RAINOW HILL RACE

Cheshire

BS/5m/750ft 7.7.94

Nick Peach was a clear winner and the first two ladies took a minute off the previous record, with Carol Balin from Helsby crossing the line just ahead of the former record holder Cecelia Greasley. A regular turnout of one hundred and twenty five runners on this fine summers evening once again raised funds for the Macclesfield Athletics track appeal and Rainow play-group.

1. N. Peach	Sale	33.05
2. D. Woodhead	Horw	33.48
3. N. Withers	Wilms	34.02
4. G. Cresswell V	Penn	34.36
5. R. Murray V	Macc	34.55
6. I. Walker	Stock	35.02
7. G. Morson V	Bux	35.32
8. M. Shackcloth	Saif	35.49
9. J. Yearsley	Wilms	36.21
10. S. Rivers	Alenhouse	36.50

VETERANS 0/40		
1. G. Cresswell	Penn	34.36
2. R. Murray	Macc	34.55
3. G. Morson	Bux	35.32
4. R. Calder	Tatten	37.28
5. J. Humphries	Stock	36.58

VETERANS 0/50		
1. D. Dale	Congle	42.02
2. J. Walker	Unatt	42.59
3. T. Lordner	GoytV	45.00
4. G. Anderson	B'ton	45.28
5. G. Coe	B'ton	45.30

VETERANS 0/60		
1. R. Reed	Wilms	46.05
2. J. Wood	Alt	46.19
3. R. Davies	ADAC	60.50

LADIES		
1. C. Banlin	Helsby	37.49
2. C. Greasley V	Macc	38.01
3. D. Landers	Wilms	40.31
4. S. Rowson V	Macc	41.27
5. F. Stafford	Stock	43.43
6. E. Dawson	B'ton	44.01
7. A. Dinsmoor V	Stock	46.38
8. S. Hartley	Sale	47.37

GUNSON KNOTT

Cumbria

AS/5m/2200ft 7.7.94

The race was run in dry but hot and humid conditions. Simon Booth from Borrowdale took control from two thirds up the hill, and was never challenged. An imperfect choice of route off the summit removed his chance of attacking the record. A disappointing entry of nineteen for an attractive race with no road and plenty of route choice.

Roger Bell

1. S. Booth	Borr	47.38
2. C. Valentine	Kesw	50.01
3. K. Johnson	Ryhope	50.16
4. M. Larkins	Borr	50.33
5. P. Whiting	Kend	51.43
6. T. Suddaby	Unatt	52.42
7. B. Evans	Amble	53.51
8. P. Thurlow	Amble	54.03
9. D. Bridge V	Borr	54.10
10. R. Bell V	Amble	54.14

VETERANS 0/40		
ED. Bridge	Borr	54.10
2. P. Betteney	Amble	7.35

VETERANS 0/50		
1. R. Bell	Amble	54.14

VETERAN 0/60		
1. B. Fielding	Fellan	65.32

FIRST LADY		
1. J. Laverack	Amble	68.06

BELSTONE - COSDON HILL RUN

9.7.94

Thank you to everyone for making this a great day, and ideal way to raise over seventy pounds for the village hall. This is the first time I have organised the race, although 'The Belstone-Cawsand Run' was first run in 1973 as a downhill only race, this years version is rejuvenated, being up and down and under the FRA rules. I think Cosdon provides a wide variety of route choices, meaning that it is not only a test of athletic ability but navigation also. Apologies to traditionalists, I know that the original name of the hill is spelled Cawsend (not Cosdon), I deliberately use the latter because that is what the Ordnance Survey use. Well done Kevin for stamping your authority on the rest of us with such conviction, the cup and photo as the new holder will be on display in The Tors Inn for all to see (until someone breaks your record)! Meanwhile have a good year and hope to see you all back next year to challenge the record. Phil Haygarth

1. K. Reed	27.07
2. D. Haygarth	29.34
3. J. Fuller	30.30
4. R. Kohler	30.32
5. S. Bondi	30.38
6. R. Parkinson	31.00
7. M. Whelan	31.08
8. P. Knight	31.29
9. N. Worsey	32.30
LADIES	
1.C. Barkwell	43.49
2. H. Haworth	48.04
3. D. Donaghy	55.22

THURLSTONE CHASE

South Yorkshire

BS/4.25m/800ft 9.7.94

Great for spectators and families, but too hot for runners, was the verdict at this year's Thurlstone Chase. The pleasant breeze at the start disappeared as the field headed down to lower altitudes and several runners were tempted to take a dip in the reservoir at the half way point. The hot, humid weather kept times well out of record contention too, though there were some very impressive performances on the day.

Paul Young, continued his recent good form by winning the race and keeping the 'Radiant Superglaze trophy' in South Yorkshire for the second year running, while fell specialist Cecilia Greasley romped home one minute clear of last years winner Kath Drake, to take the Ron Cooper trophy back over the Pennines to Macclesfield.

Thanks to the support of sponsor Bill Davies of Marathon Thoroughbred Racing, the race has attracted an increasing entry from veterans over fifty runners. In this age category, both of last years winners were beaten into second place, Pauline Senior of organising club Penistone Footpath Runners losing out to Betty Machin of Spensorborough, and Keith Bamforth beating his twin brother Donald by just a few seconds.

Hie most impressive runs of the day, though, came from local athletes; in the under seventeen category, Jilly Ingman of Bamsley AC recorded the second fastest time ever for the course and was running on her own for most of the race. Her time of twenty two minutes and eleven seconds has only been bettered by Alana Cooke, and that is going back quite a few years. In the under thirteen race Sam Ellis, also of Barnsley AC, was just a few seconds outside the course record too. Success for the host club came in the shape of Melanie Shaw, who was the first under fifteen girl home. Lisa Mill ward, third in the under eleven girls, and Katherine Smythe, fourth in the under thirteen girls. Tom Wadsworth won the Colin and Pam Brown Shield for the first local runner in this age group.

At a time when the size of entry to many local races has been falling, the good weather brought out about the same number as turned up as last year for the senior race, with a slightly higher turn out than previously in die junior events.

P McLeod

1. P. Young	Hallam	22.56
2. D. Crossland V	StlCty	23.16
3. J. Butler	Kly	23.37
4. M. Foschi V	Penn	23.41
5. M. Mason	Wirral	23.45
6. C. Proctor	Kly	23.50
7. D. Woolley	Kly	24.09
8. P. Battery V	Holm	24.09
9. A. Shaw	Holm	24.19
10. R. Wallace V	Denby	24.29
VETERANS 0/40		
1. D. Crossland	StlCty	23.16
2. M. Foschi	Penn	23.41
3. P. Buttery	Holm	24.09
4. I. Mitchell	L'wood	25.10
5. M. Dickinson	Bams	25.11
VETERANS 0/45		
1. R. Wallace	Denby	24.29
2. C. Beaver	Holm	25.00
3. S. Moss	Spenn	25.04
4. C. Westley	Spenn	26.13
5. R. Bradley	Holm	26.29
VETERANS 0/50		
1. K. Bamforth	HolmeV	26.03
2. D. Bamforth	HolmeV	26.18
3. T. Cock	Holm	27.41
4. D. Kennedy	Unatt	28.29
5. D. Batty	P'stone	28.32
VETERANS 0/60		
1. K. Beresford	Unatt	30.09
2. J. Wallace	Hallam	32.41
3. J. Beswick	Helsby	33.57
LADIES		
1.C. Greasley V	Macc	26.02
2. K. Drake	Spenn	26.52
3. P. Coley	HolmeV	28.21
4. S. Boler V	P'stone	28.25
5. A. Jorgenson V	P'stone	28.57
6. C. Fawcett V	Kly	29.07

JUNIOR U/17 - BOY		
1. A. Crossland	Melt	18.48
JUNIOR U/17-GIRL		
1. J. Ingman	Bams	22.11
JUNIOR U/15 - BOY		
1. S. Firth	Melt	11.45
JUNIOR U/15-GIRL		
1. M. Shaw	P'stone	15.19
JUNIOR U/13 - BOY		
1. S. Ellis	Barn	10.35
JUNIOR U/13 - GIRL		
1. N. Holdsworth	Holm	12.34
JUNIOR U/11		
1. M. Buckingham	Holm	6.28

BOOTLE BLACK COMBE FELL

RACE

Cumbria

AS/5.5m/1900ft 10.7.94

1. M. Roberts	Kend	41.52
2. A. Smith	CFR	42.24
3. B. Taylor	Ross	42.44
4. S. Booth	Borr	44.20
5. P. Boyd	Horw	45.40
6. M. Moorhouse	Saif	46.08
7. N. Lanaghan	BCR	46.13
8. A. Hewitt	Ross	46.29
9. R. Lecky-Thompson	Amble	46.31
10. N. Matthews	Horw	48.24

VETERANS

1. C. Coote	Kend	49.50
2. K. Lindley	BCR	58.18
3. S. Sharp	CFR	65.12

LADIES

1. T. Smith	CFR	57.14
2. L. Platt	Clay	57.59
3. J. Taylor	Unatt	69.32
4. V. Gill	BCR	69.47
5. E. Unsworth	Kend	75.30

BRADDA FELL RACE

Isle of Man

10.7.94

Whilst the southern half of the British Isles were enjoying heat wave conditions, the Bradda competitors were splashing their way round the southern hills of the Isle of Man in foul weather, which included heavy rain showers, strong winds and dense mist.

Fortunately nobody went too far astray, as the fifteen mile course is one of Manxland's easiest to navigate, covering mostly coastal and public footpaths.

As expected Tony Rowley came out on top, leaving him in an unassailable position in this years Manx league. As in the recent Patrick Race, Rowley was followed home by veteran David Young with Dave Bawden third in his best run of the season so far.

On a day when times were generally very slow, Peel's Steph Maddrell actually knocked nine minutes off her P.B. to finish a superb fifth overall, confirming a return to the form she enjoyed a few years ago, when she ran for Keswick AC.

The race officials and marshals did their usual magnificent job in what must have been most unpleasant conditions and for this the competitors would like to record a big thank you.

Richie Stevenson

1. T. Rowley	MFR	2.26.13
2. D. Young V	MFR	2.31.25
3. D. Bawden	MFR	2.35.15
4. D. Corrin V	MH	2.39.09
5. S. Maddrell	WAC	2.47.07
6. M. Cowboume V	MFR	2.51.21
7. R. Webb	MH	2.59.59
8. R. Stevenson	MFR	3.06.45
9. J. Gell	NAC	3.07.47
10. J. Wright	MFR	3.08.45
VETERAN 0/50		
1. E. Brew	NAC	3.14.07

THE SEABROOK HEATHCLIFF AND

CATHY CENTER

West Yorkshire

CS/6.5m/800ft 12.7.94

It's in the bag! That was the attraction for one hundred and fifty runners at this Tuesday evening canter event, run over a historic and literary race route. 'In the bag' because every finisher is rewarded with a bag of crinkle cut crisps courtesy of Seabrook Crisps. By the time second man Kenny Stirrat was finishing in West End Cricket ground, winner Ian Holmes was already munching his crispy reward, after missing Colin Donnelly's 1990 record by a mere second.

The race name derives from its association with Emily Brontes classic writing of Wuthering Heights, and that Haworth Moor was the childhood playground of Heathcliff and Cathy. In fact the now sadly ruined farmhouse of Top Withins is said to be the inspiration of emily's novel. This is actually the turn round race point, but another literary monument is Bronte Bridge, known to the sisters as 'the meeting of the waters', which is crossed by the fletcher of foot after twelve minutes.

So how did this event find its way in to the calendar? Well, Stanbury Splash, now in January used to be in July then incorporated within Stanbury Village Gala, but with runners increasing from one hundred to now four hundred entrants, the village just could no cope. Hence, in 1988 a move to Penistone Hill Country Park.

A July race still appealed, so the canter was bom, with the initial intention to run straight to Top Withins and back via Bronte Bridge, but a trial race run highlighted the potential problems of three stiles beyond the famous Clapper Bridge. This would cause returning runners to meet outward runners, and the dilemma of who would give way! So, the route swings towards Stanbury Village, before climbing in and out of South Dean Beck at the rear of Lower Laithe Reservoir.

An Ambition of the organisers is to have a ghetto blaster below Top Withins, playing the 1977 classic 'Wuthering Heights' by Kate Bush, but as yet have not found a flex long enough.

Darby and Joan

1. I. Holmes	Bing	37.10
2. K. Stirrat	H'fax	38.02
3. M. Aspinall	Clay	38.18
4. G. Devine	P&B	39.26
5. G. Oldfield	Bfd/Aire	39.36
6. P. Brisco	V Strds	40.01
7. S. Green	P&B	40.17
8. J. Wright	Tod	41.09
9. T. Taylor	Ross	41.17
10. K. Taylor V	Ross	41.59

VETERANS 0/40

1. K. Taylor	Ross	41.59
2. J. Greenwood	H'fax	44.43
3. K. Cludahy	V Strds	44.54
4. R. Haigh	Ilk	44.59
5. P. Butterworth	Clay	45.00

VETERANS 0/50

1. T. Shaw	Tod	47.39
2. R. Jaques	Clay	50.16
3. R. Shaw	EPOC	50.29
4. E. Blamire	Tod	51.21
5. M. Coles	Skrac	52.43

VETERANS 0/60

1. J. Newby	Tod	53.56
2. B. Hargreaves	Tod	59.14
3. B. Thompson	A'teers	70.56

VETERANS 0/70

1. J. Riley	Clay	80.07
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LADIES

1. A. Priestley	Fellan	45.37
2. S. Malir	Fellan	48.11
3. E. Hodgson	Fellan	48.42
4. W. Dodds V	Clay	52.22
5. L. Hayles V	H'fax	55.24
6. C. Wright	Horw	55.55
7. J. Smith V	Kly	57.02
8. J. Howard	Fellan	57.16

INTERMEDIATES U/18

1. A. Burnett	LdsCty	43.48
2. J. Hart	O&R	45.25

BLACKAMOOR CHASE

Derbyshire

BM/6.5m/1400ft 14.7.94

Phew! What a hot one it was tonight, which probably accounts for the slower winning time this year of Alistair Landels over his time last year. Though he did say after the race he missed Andy Ward this year, even so Konrad Mannings record still stands at thirty seven minutes and twenty nine seconds.

This year we managed not to clash with Bamford, all it took was a phone call, others please note! The winner of Totley Moor, came back hoping to repeat his success, but could only manage a commendable fourth this time. It is good to see promising newcomers at races, in particular young Paul Boler of Totley - seventh tonight, sixth at Totley Moor and eleventh at Grindelford.

Tonight's prize giving was much improved on Totley Moors, where we were very late, in fact most of the prize winners had gone home.

Finally what a good turn out by the host club Totley, with twenty runners in the race.

Rob Mason



First three home, Heathcliff & Cathy Canter, Ian Holmes flanked by Mark Aspinall and Kenny Stirrat.
Photo: Dave Woodhead

KINNISIDE FELL RACE

Cumbria

AM/9m/3000ft 16.7.94

Brian Thompson of local club Cumberland Fell Runners, made every yard of the running to come home a full six and a half minutes clear of his rivals. English international, Thompson, from nearby Egremont trains on these rolling West Cumbrian hills and went out to break, friend and team mate Alan Bowness's course best time of one hour, eight minutes and nine seconds. The Kinniside, now in its twenty first year is held in conjunction with Cleator Moor Sports in Cumbria. Previous Kinniside winners include Dave Halstead, Geoff Lucas, Kenny Stuart, Harry Jarrett, Alan McGee, Don Lee and Bowness who has won four out of the last five runnings.

Glorious summer sunshine and clear blue skies were the order of the day as the fifty eight runners got underway. Thompson was chased strongly in the early stages by Canadian runner Gavin Hawke, who won the respect of many of his fellow competitors with his undoubted ability on a course and terrain that must have been alien to him. Not too far behind the remarkable Angela Brand-Barker was up in the first dozen or so runners, and about to take Ruth Pickvances record of one hour, thirty minutes and thirty seconds. By the third checkpoint on Latter Barrow, Thompson was three minutes ahead of his pursuers who included, Hawke, Gary Byers, and 'hardy annual' Harry Jarrett, who has run in practically every Kinniside, and finished in the first four fifteen times. As Brian ran down the forestry path in Lowther his only foe was an irate Buzzard who dived down on him repeatedly, but this could be the price you pay if you run in "splendid isolation". All was well at the packed finish on the show field, as Brian lowered the record, and Angela took a full nine minutes off the ladies best, as she finished a superb tenth overall. Cumberlands' leading lady, Jacky Reid was also well inside the record.

Irvine Block

B. Thompson	CFR	1.07.12
2. H. Jarrett V	CFR	1.13.41
3. G. Byers	CFR	1.13.48
4. G. Hawke	Canada	1.14.02
5. W. Bell	CFR	1.15.55
6. R. Unwin	CFR	1.16.41
7. M. Litt V	CFR	1.18.22
8. P. Hemingway	CFR	1.18.29
9. J. Nixon V	Horw	1.20.01
10. A. Brand-Barker	Eryri	1.21.21

VETERANS 0/50

L.J. Stout	CFR	1.26.26
2. T. Baxter	CFR	1.27.45

JUNIORS U/14 (limite)

1. D. Block	CFR	7.51
2. P. Donaldson	C'land	8.16
3. R. Fulton	Work'ton	8.50

JUNIORS U/16 - BOYS

1. A. Davies Merc	23.44
2. H. Matthews Shrews	24.46
Colwyn	26.20

JUNIORS U/16 - GIRLS

1. S. Clark Ghost	27.57
2. D. Jones Ghost	29.14
3. S. Omed Eryri	29.43

JUNIORS U/12 - BOYS

1. A. Spencer Merc	16.01
2. T. Anderson	16.38
3. B. Farrelley	17.28

JUNIORS U/12 - GIRLS

1. M. Lloyd-Roberts	19.55
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INGLEBOROUGH FELL RACE

North Yorkshire

AM/7m/2000ft 16.7.94

On a day when even on the top of Ingleborough there was not enough breeze to cool the runners, Mark Croasdale lead from start to finish to record his fourth consecutive success in this race.

There were three hundred and thirty five runners of which only five failed to complete the course.

Congratulations to Lesley Leavesley on her first course win, and to Linda Lord, Michael Walsh and Roger Bell who have all won their events before, does this prove course knowledge in a benefit?

David McGregor

1. M. Croasdale	Lancs	45.25
2. G. Hull	Lds	46.32
3. K. Capper	Lancs	46.44
4. M. Roscoe	Lds	47.44
5. G. Schofield	Black	47.54
6. A. Smith	CFR	48.15
7. S. Oldfield	Bfd	48.26
8. G. Oldfield	Bfd	49.16
9. M. Fleming	Amble	49.31
10. D. Woodhead	Horw	49.37

VETERANS 0/40

1. M. Walsh	Kend	49.44
2. T. Hesketh	Horw	49.59
3. H. Waterhouse	Sadd	52.00
4. B. Waterhouse	Sadd	53.01
5. J. Birchenough	Bolt	53.42

VETERANS 0/50

I.R. Bell	Amble	53.40
2. F. Gibbs	Bing	58.07
3. D. Gibson	Sadd	58.28
4. Illingworth	Bfd	59.00
5. W. Wade	Holm	59.19

LADIES

1. L. Leavesley	Lds	60.25
2. E. Hodgson	Fellan	60.49
3. L. Lord V	Clay	61.28
4. J. Shottor	Fellan	62.12
5. J. Cubbon	Otley	63.11
6. T. Smith	CFR	64.19
7. L. Platt	Clay	66.53
8. E. Staig V	Settle	66.57

JUNIORS

I.S. Haigh	Skyrac	26.46
2. V. Wilkinson	Bing	27.46
3. W. Haiglas	Holm	28.54

1. A. Landels	DkPk	39.12
2. A. Green	Hallam	40.20
3. S. Bell	Watford	40.34
4. G. Cudahy	Gloss	40.57
5. T. Parr	Notts	40.58
6. M. Innes	Holm	42.32
7. P. Boler	Totley	42.56
8. P. Wakefield V	S.C.S	43.06
9. J. Cart	DkPk	43.07
10. J. Arram	Unatt	43.43

VETERANS 0/40

1. P. Wakefield	S.C.S	43.03
2. A. Harmer	DkPk	44.01
3. D. Tait	Unatt	44.19
4. K. Rowe	H.H.	45.30
5. A. Marshall	Totley	45.34

VETERANS 0/50

1. R. Pritchard	N.Derby	46.21
2. J. Clarke	Hallam	47.10
3. R. Mason	Totley	49.21
4. M. Hayes	DkPk	50.26
5. H. Mathieson	DkPk	51.29

VETERAN 0/60

1. B. Thackery	DkPk	52.47
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LADIES

1. V. Aisthorpe V	LincsFR	50.34
2. J. Smith V	DkPk	51.00
3. R. Clayton	Unatt	51.07
4. A. Jorgenson V	P.F.R	52.06
5. W. Smallwood	DkPk	53.03
6. E. Bradshaw V	Totley	53.51
7. J. Evans	Brampton	57.31
8. H. Musson	Totley	58.02

MOEL SIABOD FELL RACE

Gwynedd

AM/6.2m/2300ft 16.7.94

Good conditions on a fine clear day. It was the largest turnout for several years with one hundred and forty seniors and twenty four juniors. A new ladies record was set in fifty six minutes and fifty three seconds.

MikeC

1. P. Hague	Eryri	48.52
2. T. Davies	Merc	50.20
3. G. Owen V	Eryri	50.25
4. J. Hey	Warr	51.17
5. P. Jenkinson	Eryri	52.30
6. T. Jones	Eryri	52.58
7. P. Cadman	Merc	53.30
8. C. Taylor	Merc	53.45
9. D. Williams V	54.06	
10. S. Barnard	Eryri	54.25

VETERANS 0/40

1. G. Owen	Eryri	50.25
2. P. Jones	Eryri	55.32
3. T. Hulme	Penn	56.31
4. R. Dredge	Merc	56.48
5. R. Heelis	Merc	57.31

VETERANS 0/50

1. D. Williams	Eryri	54.06
2. J. Morris	Penn	58.35
3. R. Hyman	Merc	62.19
4. J. Dearden	Hels	64.54
5. B. Hughes	Eryri	65.31

LADIES

1. C. Banlin	Helsby	56.53
2. C. Greasley V	Macc	60.29
3. S. Farrar	Eryri	70.22
4. P. Jones	Beserkers	71.14
5. S. Ellis	Tatten	71.46

RAMSEY GALA FELL RACE

Isle of Man

AS/3.5m/1750ft 17.7.94

Newly crowned Manx Champion and red hot pre-race favourite, Tony Rowley, duly recorded his ninth consecutive win and remains unbeaten against local Isle of Man opposition so far this year.

A fine display of descending by ex-pro Roger Gibson saw the Bingley Harrier pull through from fifth place at the half way mark, at North Barrule summit, to finally finish a fine runner up.

Bolton's John Quine finished third, ahead of top veteran Rob Webb, who beat fellow over forty, David Young, by a mere two seconds.

The number of competitors in Manx Fell races are small compared to most other races in the British Isles with fields averaging about twenty to thirty as a rule. However, whilst some athletics disciplines in the Isle of Man are showing a marked decline, fell races are showing a slight increase, especially in the popular short events.

The enthusiastic committee members of the Manx Mountain Marathon Organisation, who organise all fell races on the Island, are determined that this progress continues in the future.

Richie Stevenson

1. T. Rowley	MFR	35.09
2. R. Gibson	Bing	36.55
3. J. Quine	Bolt	37.39
4. R. Webb V	MH	38.23
5. D. Young V	MFR	38.25
6. R. Stevenson V	MFR	39.56
7. D. Corrin	MH	41.26
8. P. Crowe	N.A.C	41.32
9. P. Quine	Bolt	41.35
10. D. Bawden	MFR	43.47

VETERANS 0/50

1. E. Brew	N.A.C	49.47
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BLISCO

AS/5m/2000ft 20.7.94

The perfect evening for a stroll up the pike! The humidity made it a rather sweaty grind and I'd developed quite a thirst by the end. Many thanks to Lecky and Brocky who did the summit check and to Beth who looked after Jack while Elaine took the times. Well run Gavin, Mike Walsh and Clare. Pete Dowker brought the one and trophy back and then carried it off again! We made a small profit (about fifteen pounds) which will go to the Jura fund. (See the next Fellrunner if you weren't at Craighouse in May).

By the way we are looking for copies of the Three Shires Race results, pre 1989 for our records. Please give us a ring if you can help. This year the Shires is a Junior Championship event, and we'll need a lot more help than usual. Again, please ring! Cheers!

Selwyn

I.G. Bland	Borr	38.36
2. J. Hooson	Amble	39.46
2. J. Bland	Borr	39.46
4. R. Hope	Horw	40.16
5. B. McGhee	CFR	41.09
6. N. Spence	Kend	41.44
7. M. Larkins	Borr	42.18
8. T. Lofthouse	Bing	42.31
9. R. Gibson	Bing	42.43
10. K. Johnstone	Ryhope	42.51

VETERANS 0/40		
1. D. Loan	Kesw	43.09
2. M. Walsh	Kend	45.08
3. E. Parker	Amble	45.49
4.1. Robinson	Clay	46.19
5. D. Bodecott	CFR	46.42

VETERANS 0/50		
1. P. Dowker	Kend	50.30
2. J. Taylor	Amble	57.00

LADIES		
1. C. Kenny	Kend	54.23
2. M. Ratcliffe	BCR	58.46

BAMFORD CARNIVAL

BS/3.75m/600ft 20.7.94

Even with very hot weather we had an excellent field of runners, totalling two hundred and fifty runners. Andy Wilton was first home and gave us a new record. The previous record was held by M.Patterson of Dark Peak Fell Runners, this was set in 1989 at a time of twenty minutes and twenty one seconds.

Donald Johnson

1. A. Wilton	Tipton	20.12
2. A. Maloney	Roch	21.40
3. P. Light	Staffs	21.47
4. P. Young	H.H.	21.53
5. K. Davis V	Pend	22.12
6. T. Clayton	N.D'shire	22.12
7. G. Cresswell V	Matlock	22.13
8. J. Kerr V	Pend	22.20
9. S. Oglethorpe	H.H.	22.28
10. K. Webster	Matlock	22.33

VETERANS 0/40		
1. K. Davis	Pend	22.12
2. G. Cresswell	Matlock	22.13
3. J. Kerr	Pend	22.20
4. L. Crow	Kimber	23.12
5. P. Aldersley	ManYMCA	23.22

VETERANS 0/50		
1. J. Clark	H.H.	24.50
2. P. Jepson	Ross	25.20
3. R. Mason	Totley	26.31
4. P. Duffy	Aber	26.39
5. P. Seyd	DkPk	26.56

LADIES		
1. R. Clayton	Ford Hale	26.22
2. J. Smith V	DkPk	27.19
3. A. Jorgensen V	Penn	27.50
4. S. Boler V	Penn	28.16
5. K. Bryan-Jones	DkPk	28.51

CROWN DERBY Cheshire

CS/3.5m/380ft 21.7.94

1. A. Royale	Macc	21.55
2. S. Thompson	Clay	22.07
3. G. Cudahy	Gloss	22.22
4. J. Yearsley	Wilms	23.43
5. B. Gregory	Stock	23.49
6. J. Kershaw V	Macc	24.28
7. G. Clegg	DkPk	24.33
8. B. Hobbs	Gloss	24.39
9. P. Aird	Dee Strds	24.47
10. S. Rivers	777	24.53

FIRST LADY		
1. D. Lenders	Wilms	27.48

JUNIOR BOY		
1. N. Jones	Sale	27.33

JUNIOR GIRL		
1. E. Platt	Macc	28.44

INTERNATIONAL SNOWDON RACE

Gwynedd

AM/10m/3200ft 23.7.94

For a change the 1994 Snowdon Race was held in sweltering conditions. The event was a battle between Robin Bryson of Ireland and Robin Bergstrand of England. Bryson was first to the summit but was soon overtaken by Mark Kinch and Bergstrand. The downhill sprint was dominated by the Italian Fabio Capioni who stormed down in a new record of twenty one minutes and five seconds to win by over one minute from Mark Kinch and Robin Bergstrand. Lucy Wright of England won the ladies class with Carol Banlin second, four seconds behind.

Jenny

MENS OPEN

1. E. Ciapioni	Italy	1.04.44
2. M. Kinch	Eng	1.05.16
3. R. Bergstrand	Eng	1.06.16
4. M. Croasdale	Eng	1.06.28
5. R. Bryson	illllt	1.06.35
6. C. Roberts	Eng	1.06.39
7. B. Thompson	Eng	1.06.57
8. C. Donnelly	Scot	1.07.42
9. T. Mitchell	Scot	1.07.57
10. L. Holmes	Eng	1.08.53
11. M. Roberts	Eng	1.09.07
12. J. Wind	Derby	1.09.57
13. P. Haigh	Eryri	1.10.17
14. J. Thin	Cam	1.10.39
15. G. Owen	Eryri	1.10.43
16. J. Poduska	Czech	1.11.33
17. J. Wilkinson	Scot	1.11.43
18. J. Hepburn	Loch	1.11.49
19. A. Smith	CFR	1.11.56
20. N. Caity	N.Ire	1.12.18
21. P. Bowler	Merc	1.12.31
22.1. Urh	Slov	1.12.44
23. E. Tirinzoni	Italy	1.12.55
24. A. Trigg	Gloss	1.13.08
25. D. Hughes	Cymru	1.13.19
26. H. Griffiths	Cymru	1.14.26
27. G. Bland	Eng	1.15.11
28.1. Bercic	Slov	1.15.21
29. B. Novak	Slov	1.15.58
30. M. Prady	Gloss	1.16.21

VETERANS 0/40

1. G. Owen	Eryri	1.10.43
2. P. Bowler	Merc	1.12.31
3. D. Bell	Halk	1.16.53
4. P. Jones	Eryri	1.21.05
5. D. Fairclough	Sefton	1.21.34

VETERANS 0/45

1. J. Patterson	Belf	1.16.49
2. T. Hulme	Penn	1.22.14
J. P. Jones	Hebog	1.24.04
4. P. Bratby	Congle	1.29.20
5. J. Richards	Shrews	1.30.34

VETERANS 0/50

1. D. Williams	Eryri	1.20.33
2. K. Parry	Thrift	1.30.05
3. N. Pratten	Wirral	1.31.52
4. D. Brown	Clay	1.38.40
5. P. Hengghan	Bolt	1.39.32

LADIES INTERNATIONAL

1. L. Wright	Eng	1.22.35
2. C. Greasley	Eng	1.23.00
3. A. Priestley	Eng	1.24.30
4. A. Zivko	Slov	1.27.38
5. K. Drake	Eng	1.29.10
6. S. Armitage	Scot	1.32.36
7. S. Woods	Cymru	1.33.42
8. D. Kenwright	Cymru	1.35.10

LADIES OPEN

1. C. Stevens	DkPk	1.22.41
2. C. Banlin	Helsby	1.24.47
3. M. Trobec	Slov	1.34.47
4. J. Smith	DkPk	1.35.45
5. T. Smith	CFR	1.37.58
6. M. Blue	Y&D	1.38.01
7. B. Hogge	Eryri	1.42.00
8. L. Plan	Clay	1.46.29

JUNIORS U/18 - BOYS

1. T. Davies	Merc	28.47
2. B. Hrovat	Slov	29.30
3. D. Lewis	MDC	30.55

JUNIOR U/18 - GIRL

1. E. Brojan	Slov	35.50
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Snowdon International, Martin Lee of Bolton.

Photo: Robert Howard

MEALL AN T'SUIDHE

Fort William

AS/3.5 m/1500ft 23.7.94

The juniors ran away with all the honours in the first of Lochaber Athletics annual three race programme, including The Melantee, Half Nevis and Low Hill events.

John Brooks made a very fast start which saw him with a lead of over one hundred yards at the bottom of the hill. On a very steep hillside, Brooks team mate Steven (Didi) Cameron was working really hard with veteran Graham Brooks, running a stormer in third place. Hilary Searle of Lochaber was first lady home.

Ronald Campbell and John Maitland

1. J. Brooks J	Loch	30.42
2. S. Cameron J	Loch	31.30
3. N. Kelman	HTand Hill	32.38
4. H. Lorimer	H.B.T	33.04
5. G. Brooks V	Loch	33.24
6. S. Hicks	Bon-	33.56
7. R. Boswell V	Loch	34.35
8. M. Flynn	Cam	34.53
9. M. Gorman	W'lands	34.57
10. R. McFarlane J	Fife	35.27

VETERANS 0/40		
1. G. Brooks	Loch	33.24
2. R. Boswell	Loch	34.35
3. T. Ross	Fife	36.10
4. J. Holden	Fife	37.10
5. J. Fish	Loch	43.36

VETERANS 0/50		
1. A. McGillivray	Fife	37.53
2. E. Orr	Loch	41.28
3. I. Chrystal	Loch	41.43

LADIES		
1. H. Searle	Loch	45.49
2. L. Hope V	Loch	49.31

ETA LOUGHRIGG

Cumbria

BS/4.5m/1000ft 23.7.94

Thanks to all who helped in any way and to Alan and Joy Evans of ETA/Ron Hill Sports who provided sponsorship. Next year this will be a Junior Championship. See you then.

Martin Richardson

1. J. Hoosen	Amble	27.30
2. R. Jackson	Horw	27.54
3. M. Fleming	Amble	28.16
4. M. Bagness	Amble	28.33
5. T. Lofthouse	Bing	28.40
6. R. Hope	Horw	28.53
7. D. Hope	Horw	29.31

VETERANS 0/40		
1. A. Riley	Unatt	30.24
2. R. Bell	Amble	30.30
3. M. Richardson	Amble	30.33
4. C. Coote	CFR	31.50

LADIES		
1. M. Chippendale V	37.42	
2. M. Leek		39.06
3. J. Laverack	Amble	40.18
4. E. Unsworth V	Kend	45.38

JUNIORS U/14 - BOYS		
1. S. Savage		14.12
2. M. Cayton		14.24
3. S. Asquith		14.25

JUNIOR U/14 - GIRL		
1. S. Duniec		16.44

JUNIORS U/12 - BOYS		
1. T. Holsgrae		19.00
2. G. Johns		19.18

JUNIOR U/12 - GIRL		
1. N. White		21.30

HALF NEVIS RACE

Fort William

AM/6m/2200ft 24.7.94

On Sunday 24th July Fort William and Royal Marine, Bill Rodger, recorded a brilliant victory in the Half Nevis Hill Race, spreadeagling the field completely and recording the very fast time of fifty minutes and twenty nine seconds.

Bill's brother, David, set a really fast pace along the Achintee Road, and looked as though he meant business, and Bill and Steven Bums were left in his wake. Lochabers Gill Barnes was first lady in thirtieth place.

Eddie Campbell completed his thirtieth consecutive Half Nevis Race and also won the senior super veteran award.

Ronald Campbell and John Maitland

1. B. Rodgers	R. Marines	50.29
2. D. Rodgers	R. Marines	51.04
3. S. Bums	Loch	54.22
4. R. Boswell V	Loch	56.32
5. J. MacRae	Loch	56.44
6. S. Bennet	W'lands	57.15
7. S. Hicks	Borr	58.47
8. G. Brooks V	Loch	59.32
9. J. Maitland	Loch	59.51
10. S. Nolan	Loch	60.33

VETERANS 0/40		
1. R. Boswell	Loch	56.32
2. G. Brooks	Loch	59.32
3. J. Holden	Fife	62.21
4. B. Brooks	Loch	64.16
5. R. Brown	Loch	68.40

VETERANS 0/50		
1. A. McGillivray	Fife	63.10
2. E. Orr	Loch	68.25

VETERAN 0/60		
1. E. Campbell	Loch	100.44

LADIES		
1. G. Barnes V	Loch	71.25
2. L. Hope V	Loch	74.18
3. H. Searle	Loch	80.18
4. J. Smith V	G.G.	90.28

PASSING CLOUDS FELL RACE

Staffordshire

BM/6.5m/1600ft 24.7.94

Dale Gaitley and Stuart Oglethorpe were together all the way round, with Dale just winning by two seconds at the finish. Jan Cave who was second last year, was a worthy winner of the ladies this year.

Sorry juniors, more time between you and the senior next year, your just too fast for them.

Phil Hitchings

1. D. Gartley	Gloss	50.26
2. S. Oglethorpe	Hallam	50.28
3. J. Cant	DkPk	51.04
4. G. Cresswell V	Penn	51.09
5. G. Bagnall	Chelt	51.57
6. G. Thorpe	Matlock	52.55
7. H. Thomas	Tarren	53.54
8. S. Kelly	Ok Park	53.39
9. S. Charlesworth	Unatt	55.12
10. P. Newton	Rushton	55.12

VETERANS 0/40		
1. G. Cresswell	Penn	51.09
2. A. Bolking	Penn	56.19
3. R. Scottney	Penn	59.31
4. R. Dawson	SMAC	63.47
5. N. Cowley	Merc	63.55

VETERANS 0/45		
1. P. Wheatcroft	Gloss	57.27
2. P. Clark	SMAC	59.54
3. D. Homley	ASHb	60.00
4. R. Austin	Staff	63.05
5. P. Boulton	SMAC	63.30

VETERANS 0/50		
1. K. Brownlee	Uttox	74.31
2. B. Rodgers	Cheadle	77.30

VETERANS 0/55		
1. P. Grundy	Bux	70.53

VETERANS 0/60		
1. B. Thackery	DkPk	64.16

LADIES		
1. J. Cave V	DkPk	68.36
2. S. Westerman V	Bux	77.39
3. J. Sayer V	Telf	77.49
4. A. Mason V	Macc	79.29
5. D. Madden V	Gloss	80.06
6. J. Clowes	Staffs	80.47
7. J. Briggs V	Clay	86.51
8. D. Howe V	Goyt	87.12

JUNIORS U/16 - BOYS		
1. A. Turner	Bux	25.18
2. S. Heathcote	SMAC	26.49
3. M. Heath	Wirral	28.49

JUNIOR U/16-GIRL		
1. D. Jones	Ghost	34.18

JUNIORS U/14-BOYS		
1. K. Hawitt	Ghost	28.36
2. W. Hallas	Holm	29.06
3. J. Blyth	Wirral	30.38

JUNIORS U/14-GIRLS		
1. S. Clark	Ghost	29.56

LAC COW HILL RACE

Fort William

AS/2m/900ft 25.7.94

John Brooks again destroyed the field with a powerful display of hill running on Monday evenings' Cow Hill Race. John was always in the lead and only Steve Bums posed any real threat, but Brooks came home well in front, in the particularly fast time of seventeen minutes and sixteen seconds, with Bums taking a good second place.

The two ladies had an exciting finish with Hilary Searle AC, just holding off Lesley Hope (LAC) to take first lady home.

Ronald Campbell and John Maitland

1. J. Brooks	Loch	17.16
2. S. Bums	Loch	18.19
3. S. Cameron	Loch	18.22
4. M. Gorman	W'lands	19.23
5. M. Flynn	Cam	19.42
6. R. Boswell V	Loch	19.48
7. S. Hicks	Borr	20.06
8. G. Brooks V	Loch	20.39
9. S. Nolan	Loch	20.47
10. B. Brooks V	Loch	21.20

VETERANS 0/40		
1. R. Boswell	Loch	19.48
2. G. Brooks	Loch	20.39
3. B. Brooks	Loch	21.20
4. T. Watson	Morpeth	23.53
5. J. Fish	Loch	26.48

VETERANS 0/50		
1. A. McGillivray	Fife	22.06
2. I. Chrystal	Loch	25.27

LADIES		
1. H. Searle	Loch	24.31
2. L. Hope V	Loch	24.33

BRADWELL FELL RACE

Derbyshire

BS/4.5m/600ft 3.8.94

The race was held in ideal conditions, sunny but not too hot. The first time for four years it has not rained.

There were creditable runs from sixty eight year old R. Mason of Matlock AC, and sixty nine year old M. Bromley of Hallamshire Harriers.

1. A. Wilton	Tipton	24.57
2. P. Bowler V	Merc	26.53
3. T. Clayton	N.D'shire	27.10
4. G. Cresswell V	Penn	27.27
5. K. Davis V	P'stone	27.40
6. N. Bassett	Stock	27.44
7. M. Innes	Holm	27.46
8. G. Morgan V	Bux	27.51
9. J. Cant	DkPk	27.57
10. P. Boler	Totley	28.05

LADIES		
1. C. Greasley	Macc	31.38
2. P. Binnington		33.24
3. S. Boler V	P'stone	34.53
4. M. Chippendale V	Stock	35.35
5. F. Stafford	Stock	35.56
6. J. Welbourn		35.57
7. M. Jervis		36.06
8. S. Billam	H'fax	36.10

GATESGARTH FELL RACE

Cumbria

AM/7m/2750ft 14.7.94

Well done Jonathan and Carol on two new course records. Harry Jarrett had a convincing run to take the over forty category and Tommy Baxter in the over fifty section gets faster with each run. Thanks to the Cocker-mouth Rescue Team for covering the checkpoints and to all the other marshals and officials for your help.

Barry

1. J. Bland	Bon-	46.50
2. G. Bland	Bon-	49.11
3. B. McGee	CFR	49.13
4. C. Valentine	Kesw	51.07
5. S. Booth	Borr	51.36
6. H. Jarrett V	CFR	51.39
6. M. Larkins	Borr	51.39
8. P. Bland	Borr	54.02
9. A. Beaty	CFR	54.05
10. J. Archbold	CFR	54.17

VETERANS 0/40		
1. H. Jarrett	CFR	51.39
2. E. Parker	Amble	56.39
3. I. Charlton	Kesw	58.15
4. D. Findley	CFR	58.48
5. W. Tait	Tyne	59.14
VETERANS 0/50		
1. T. Baxter	CFR	60.59
2. P. Green	Loch	60.59
3. P. Dowker	Kend	61.50
4. M. Pitchford	CFR	66.18
5. F. Wood	Horw	67.12
LADIES		
1. C. Banlin	Hels	61.10
2. J. Reid	CFR	64.16
3. K. Beatty V	CFR	67.23
4. L. Hibbert V	CFR	72.25
5. J. Taylor		77.01
JUNIORS		
L.J. King	Derwent	29.47
2. R. Bewley	Derwent	44.43

CAPRICORN Cumbria 'O' 23/24/7/94

This was the third time the Capricorn had visited this area in seven years, so it made the planning of different routes even more difficult especially to give the competitors maximum route choice.

Due to the deadline of the end of April for the maps to be overprinted, most of the planning had to take part in February and March in what can be described as difficult wintry conditions, plenty of snow, hail, rain and mist

Having competed in all Capricorns to date, I was delighted when I was given the opportunity by Brian to put something back in to the event. I also have a soft spot for these fells, having previously won the 'A' class twice on this area (though 1991 saw me nearly last on the 'E'). Logistically I thought that there might be problems with John and I both living on the other side of the Pennines to the area, but John now retired and improvements to the A66 meant I could reach Fellside in a little over two hours (on a good day!) and day trips were easily undertaken.

Chris Wright

ELITE CLASS		
1.M.Seddon	Seloc	7.04.56
2.I. Powell	Wrex	7.15.45
3. D. Ratcliffe	Ross	7.24.10
4. K. Masson	MV	7.40.28
5. L. Thompson	Clay	7.47.27
6. J. Britton V	MDOC	7.49.06
7. D. Rosen V	SROC	8.05.16
8. M. Walford V	Kend	8.05.19
9. J. Kewley	MDOC	8.16.20
10. T. Laney	Clay	8.27.51
LADIES		
1. E. Moody	WCOC	10.07.04
2. K. Arnold	CFR	11.19.30
CLASS 'A'		
1. N. Conway	EPOC	5.30.12
2. D. Francis	BAOC	5.30.25
3. M. Cowan	Dairy	5.34.49
4. G. Ackland	L'ston	5.35.53
5. N. Cole	WAOC	5.38.00
VETERANS		
1. M. Seilens	SOS	5.43.38
2. M. Hudson	LOC	5.59.59
3. D. Armour	INVOC	6.20.38
LADIES		
1. S. Pattinson	NEOA	7.29.31
2. P. Demoss	WCOC	7.46.23
3. S. Hodgson	Ind	7.56.56
4. J. Dyass	Aire	8.00.33
5. A. Mudge	FVO	8.53.02
CLASS 'B'		
1.R. Wren	BL	4.36.15
2. D. Godfree	EUOC	5.02.09
3. M. Hind	INVOC	5.04.08
VETERANS		
1. J. Yamell	NOC	5.35.11
2. M. Mann	WAOC	5.46.12
3. S. Cane	SOC	5.59.47
LADIES		
L.J. Bale	Dee	6.32.24
2. A. Stott V	BL	6.56.26
3. M. Rogers	Clyde	7.13.11
CLASS 'C'		
1. D. Chester	Ind	4.05.25
VETERANS		
1.W. Wright	NATO	4.40.31

LADIES		
1.S. Wright	CLOK	4.17.07
CLASS'D*		
1. A. Robinson	HOC	3.38.28
VETERANS		
1. M. Godfree	DVO	4.01.23
LADIES		
L.J. Anthony	SROC	4.33.10
CL ASST		
1. Bamby/Stott (Boys)	NWJS	3.27.54
2. Kennedy/Kennedy (Man+Jun)	EPOC	3.28.08
22. Dobby/Farrell (Fem+Jun)	MDOC	4.58.02
28. Howell/Peny (Girls)	EBOR	5.10.55
TRIM CLASS		
1.S. Spingett	BKO	2.42.00

GUTO NYTH BRAU Mid Glamorgan BM/6m/1300ft 2.8.94

The race was run in very hot conditions, it set off at a steady pace up Church Street. After the first climb to the top of Bedwas Mountain the placings were more or less sorted out with Hefin Griffiths slowly pulling away from Nigel Webb (who incidentally has come second on a number of occasions). There was a good tussle for the first over forty category, with a small margin splitting third, fourth and fifth places. T.Tie same happening with the first over fifty, a minute or so splitting seventeenth and eighteenth places, and yet again with the first two lady's times being split by only seconds. It was a good race overall and enjoyed by everyone who took part.

P Morris

1. H. Griffiths	Hebog	41.12
2. N. Webb	MIX:	42.21
3. P. Morris V	H'ford	44.45
4. A. Orring V	MIX:	45.43
5. G. Parsons V	Chep	47.47
6. W. Knijn	Unatt	48.01
7. T. Caveney	MDC	48.17
8. R. Samuel	Unatt	48.28
9. P. Crane	Unatt	48.56
10. B. Orring	MDC	51.21
VETERANS 0/40		
1. P. Morris	H'ford	44.45
2. A. Orring	MDC	45.43
3. B. Daugherty	LesCroup	53.04
VETERANS 0/45		
1. J. Sweeting	MDC	52.33
2. B. Teagle	Rhymney	58.48
3. K. Livesy	BSO	60.02
VETERANS 0/55		
1. C. Jones	MDC	53.40
2. R. Harris	MDC	54.31
VETERAN 0/60		
1. D. Harper	Unatt	64.04
LADIES		
1. S. Ashton V	MDC	52.53
2. R. Teagle	Rhymney	53.28
3. V. Singleton	LesCroup	63.02
FIRST JUNIOR		
1. D. Gorman	Rhymney	52.49

SHEEPSTONES RELAY West Yorkshire AS/3x3m/1000ft 3.8.94

In conditions much better than previous years, a strong Bingley team won this years relay with a comfortable margin over Halifax. The result may have been different had Kenny Stirrat not had to run the first and last legs for Halifax. His times for both legs make impressive reading.

The fastest leg of the night was run by Ian Holmes of Bingley in twenty two minutes and thirty four seconds, which was twelve seconds faster than Andy Peace also of Bingley. But with both of these fast times, Bingley were forty eight seconds outside the Pudsey and Bramley 1989 record.

Ilkley won the veterans over forty prize and Fellandale easily won the ladies race. Special thanks to all the helpers and runners. See you in 1995.

Andy Thompson

FIRST TEAM		
1. R. Jebb	Bingley	26.29
2.1. Holmes	Bingley	22.34
3. A. Peace	Bingley	22.46
SECOND TEAM		
1. K. Stirrat	Halifax	23.48
2. S. Keighley	Halifax	26.26
3. K. Stirrat	Halifax	24.06
THIRD TEAM		
1.S. Oldfield	Bfd/Aire	24.45
2. R. Grillo	Bfd/Aire	26.08
3. G. Oldfield	Bfd/Aire	24.01

FIRST VETERANS 0/40 TEAM		
1.R. Haigh	Ilkley	26.38
2. J. Ellis	Ilkley	28.34
3. G. Howard	Ilkley	28.45
FIRST LADIES TEAM		
1. S. Malir	Fellandale	30.26
2. J. Howard	Fellandale	36.59
3. J. Shotter	Fellandale	30.30

CAW SUMMIT Cumbria AM/6m/1800ft 3.8.94

Divine intervention played its part in the running of the Caw Summit Fell Race. Heavy thunderstorms immediately prior to the start stopped almost as the runners set off, leaving the summit clear of mist and cloud. Fifty one running, therefore thoroughly enjoyed a true fell race! Plenty of routes to the summit, lots of Bracken for the unwary and lovely wet boggy ground to cross in Long Mire.

Local runner R.Leccky-Thompson led to the summit but was overtaken on the inward run home by the winner, G.Byers of Ambleside. The winning lady, Elaine Wright of Ambleside improved on the ladies course record by almost a minute which considering the conditions underfoot was a considerable achievement.

1. G. Byers	CFR	54.59
2. R. Leccky-Thompson	Amble	55.15
3. D. Ratcliffe	Ross	55.21
4. H. Jarrett V	CFR	57.38
5. S. Johnston	Ryhope	57.49
6. K. Johnston	Ryhope	57.49
7. A. Griffiths	Prest	58.10
8. J. Hawksley	Kend	58.13
9. P. Bateson	Unatt	58.35
10. S. Parker	Unatt	58.42
VETERANS 0/40		
1. H. Jarrett	CFR	57.38
2. C. Coote	Kend	58.49
3.1. Block	CFR	59.39
4. P. Corris	L&M	63.33
5. K. Lindley	BCR	64.51
VETERANS 0/50		
1. P. Dowker	Kend	64.14
2. P. Green	Loch	64.23
3. K. Nixon	BCR	72.53
4. J. Taylor	Amble	78.12
5. P. Cockshott	BCR	78.24
VETERAN 0/60		
1.J. Peel	BCR	84.25
LADIES		
1.E. Wright	Amble	69.27
2. A. Ratcliffe	BCR	73.11
3. M. Smith V	Kend	78.28
4. V. Gill V	BCR	78.37

WAUN FACH Gwent AM/7m/2000ft 6.8.94

1. H. Griffiths	Hebog	48.20
2. G. Owen V	Eiyri	48.56
3. T. Davies	Merc	49.47
4. A. Darby	MDC	50.20
5. T. Taylor	MIX	51.00
6. T. Jones	Eryri	51.12
7. E. Roberts	Eryri	51.33
8. D. Gilchrist	Unatt	52.05
9. A. Woods	MDC	52.47
10. D. Williams V	Eiyri	53.32
VETERANS 0/40		
1. G. Owen	Eryri	48.56
2. A. Orring	MDC	54.12
3. P. Llan-Jones	Eryri	54.18
4. P. Lewis	MDC	55.40
5. M. Lucas	MDC	59.17
VETERANS 0/50		
1. D. Williams	Eryri	53.32
2. B. Davies	Cft/Amb	55.58
3. G. Webster	V Stdrs	58.59
4. B. Martin	GWR	59.38
5. N. Pratten	WirTal	64.02
LADIES		
1. S. Watson V	V Stdrs	61.58
2. S. Woods	MDC	63.11
3. S. Ashton V	MDC	64.40
4. V. Singleton	LesCroup	69.23
5. K. Marlow	N'brook	77.23
6. S. Lloyd V	Eiyri	82.15
JUNIORS		
1. T. Davies	Merc	49.47
2. D. Lewis	MDC	54.20
3. A. Elms-Ross	Ludlow	58.20

BARNOLDSWICK WEETS**FELL RACE****Lancashire****CM/6m/800ft 7.8.94**

The race name has been changed from 1994, which was omitted in the handbook. Next year will be our special twenty five years anniversary with commemorative items and an invite to all past winners to attend, men and ladies. One hundred and ninety two completed this race.

W Smith

1. P. Sheard	P&B	33.26
2. R. Brewster	Clay	33.36
3. G. Raven	E.Chesh	33.38
4. D. Wilson V	N.Vets	33.44
5. D. Gibbons	Saif	33.57
6. P. Hall	Clay	34.07
7. A. Woodhead	E.Chesh	34.39
8. P. Sheard	P&B	34.45
9. D. Woodhead	Horw	34.54
10. S. Sayer	Skip	35.32

VETERANS 0/40

1. C. Davies	Sadd	36.36
2. D. Hargreaves	Clay	37.24
3. A. Kelly	Bum	37.38
4. P. Butterworth	Clay	37.51
5. A. Green	Bfd/Aire	38.31

VETERANS 0/45

1. D. Wilson	N.Vets	33.44
2. B. Mapp	Prest	37.31
3. P. Lyons	Ross	37.40
4. P. Bramham	Craven	38.39
5. P. Wilkinson	N.Vets	39.02

VETERANS 0/50

1. P. Jepson	Ross	39.09
2. D. Scott	Clay	39.11
3. G. Fielding	Ross	39.16
4. T. Cock	Holm	40.45
5. P. Henegham	Bolt	41.14

VETERANS 0/55

1. D. Bamforth	HolmeV	37.49
2. F. Gibbs	Bing	38.20
3. K. Bamforth	HolmeV	38.44

VETERANS 0/60

1. G. Spink	Bing	41.10
2. B. Hargreaves	Tod	47.21
3. R. Francis	Bury	49.10

LADIES

1. J. Kenyon	Horw	39.44
2. E. Nutter	Ripon	40.41
3. J. Rawlinson V	Clay	42.37
4. P. Colley	HolmeV	42.43
5. T. Stanforth V	KlyHR	44.50
6. K. Mather	Sadd	45.13
7. L. Threadgold	Horw	47.32
8. C. Dewhurst	Clay	49.41

GLEN CLOVA HILL RACE**Angus****AL/15m/5000ft 7.8.94**

This was the ninth staging of the event in this area, although only the second on this course. The original route took in eight Munro summits, hence the 'Angus Munros', but due to pressure from environmentalists and land owners we are reduced to one Munro, hence the name change. Conditions were just about ideal with a cool temperature, little or no wind, good dry running under foot, and generally high cloud cover, except over Dreish, but no doubt the orienteers would have preferred low cloud, and there is no doubt if this happens it will certainly test navigational skills to the limit, especially in the area from Green Hill to W.Balloch hare of Alderaine and Red Craig, as this is quite featureless even on a clear day! Numbers were down by twenty by last year and we had no ladies or juniors! In spite of the good conditions however, Mark Rigby's time of two hours, forty three minutes and five seconds last year was not bettered, the first man home being about eight minutes adrift. Of the forty three starters three retired at the mid-way check at Braedownie, one with an ankle injury, and two were timed out at the same point, having taken over twice the leaders time to this control. In all there are nine check points to collect, each manned by at least one marshal, and in most cases by two, plus a radio operator from RANET; the Tayside Mountain Rescue Team are also in attendance on the hill and we had the back up of an RAF Sea King helicopter from Lossiemouth, who were used to ferry out the mountain rescue personnel. The main sponsors are still "ORDNANCE SURVEY", who provided prizes and a range of services, and the race starts and finishes at the "CLOVA HOTEL, where the proprietor Graham Davie gave us the use of a steading building for use as a race HQ.

John Williams

1. D. Cumming	Ochil	2.51.00
2. D. McGonigle	Shett	2.52.23
3. D. Weir	Perth/Strath	2.54.01
4. J. Nixon V	Horw	3.02.26
5. D. Crowe	Shett	3.15.31
6. M. Cumming	H.B.T	3.19.05
7. G. Simpson	H.B.T	3.20.16
8. A. McGillivray V	Fife	3.20.33
9. J. Gallacher	Ochil	3.21.05
10. S. Muiray	Ochil	3.22.28

VETERANS 0/40

1. J. Nixon	Horw	3.02.26
2. F. Kelly	Ochil	3.22.43
3. J. Stephen	Ochil	3.28.20
4. R. Greenaway	Ochil	3.30.26
5. R. McIntosh	D'deeHawk	3.44.37

VETERANS 0/50

1. A. McGillivray	Fife	3.20.33
2. C. Love	D'deeHawk	3.33.00
3. J. Littlewood	Scot Vet	3.37.48
4. G. Armstrong	Hadd	3.43.20
5. D. Turnbull	E.Kilb	4.10.39

UP THE NAB FELL RACE**10.8.94**

1. A. Trigg	Gloss	25.52
2. D. Gartley	Gloss	26.54
3. A. Jones	Gloss	27.02
4. G. Cresswell V	Penn	27.27
5. S. Entwistle	Gloss	28.33
6. P. Buttery V	Holm	28.41
7. S. France	Kimber	28.48
8. A. Smith	Penn	29.00
9. H. Twist	Penn	29.24
10. A. Butler	Goyt	29.27

VETERANS 0/40

1. G. Cresswell	Penn	27.27
2. P. Buttery	Holm	28.41
3. A. Brentnall	TSB OSC	29.38
4. R. Scotney	Penn	29.44
5. C. Barber	DkPk	29.54

LADIES

1. K. Harvey V	Alt	33.15
2. S. Boler V	Unatt	33.33
3. F. Stafford	Stock	35.28
4. C. Wilson	Bamsley	35.48
5. J. Bradwell	Unatt	38.04
6. J. Bennett V	Kly	40.04
7. D. Whipp	Unatt	40.17
8. M. Gent V	Unatt	47.08

CRIB Y DDISGL RACE**Gwynedd****AM/7m/3800ft 14.8.94**

The course was adapted once again this year to mimick the forthcoming World Trophy event in France, so that the race could be used as a trial for the Welsh team. This year's hopeful contenders started off in Llanberis, running past Llwyn Celyn YH via the Maesgwm Valley to the Bw'ch, then left and up to the summit of Moel Cynghorion. The race for the ladies and the juniors ended here, whilst the men carried on down to the Snowdon path which was then followed up until it met the Snowdon railway, before crossing over and finishing by the 'trig' point on Crib y Ddisgl.

Visibility and temperature on the day presented no problems for the runners. Duncan Hughes the winner led from early on with Paul Wheeler keeping him company. The gap between them appeared on the descent off Moel Cynghorion, Wheeler was then overtaken by strong climber and veteran Gwynfor Owen, who proved yet again to the selectors (following his success in the Snowdon Race, first Welshman home) that his inclusion in the national team could not be overlooked. As it happened the first three Welsh qualifiers in this race were automatically selected.

This was also the case for the ladies and the junior (under twenty years) boys. They set off together about ten minutes after the men, with the first four boys finishing in front of leading lady Angela Brand-Barker. Congratulations also to Alun Vaughn and Christine Ashton on being awarded the Welsh Junior boys and girls Welsh Championship as a result of their success.

After they all made their leisurely way down from the two summits, they were greeted with tasty soup and rolls at 'The Heights Hotel', Llanberis - co-sponsors with the fourteenth Peak (Outdoor Specialists), Caernarfon. The race was organised by the Eryri Harriers.

E Evans

1. D. Hughes	Hebog	61.10
2. G. Owen	Eiyri V	62.35
3. P. Wheeler	MDC	63.11
4. M. O'Doherty	W'bury	64.23
5. F. Williams	Eryri	65.07
6. A. Darby	MDC	65.45
7. S. Wilkes	BgrUni	66.22
8. T. Jones	Eryri	66.48
9. J. Bass	IFWCC	66.50
10. P. Jenkinson	Eryri	67.33

VETERANS 0/40

1. G. Owen	Eiyri	62.35
2. A. Oiringe	MDC	72.28
3. J. Darby	MDC	73.38
4. P. Jones	Eiyri	78.39
5. M. Lucas	MDC	83.22

VETERANS 0/50

1. D. Williams	Eryri	69.58
2. J. Morris	Penn	76.11
3. D. Roberts	Eryri	84.03

LADIES RACE - AM/4.5m/1900ft

1. A. Brand-Barker	Eiyri	37.03
2. M. Angharad V	Unatt	40.22
3. L. Gould V	MDC	41.03
4. J. Huybs	Blaen	41.21
5. S. Woods	MDC	43.15
6. S. Ashton	MDC	45.00
7. E. Roberts	Unatt	48.39
8. S. Bennell V	Eryri	51.29

JUNIOR BOYS (U/20) - AM/4.5m/1900ft

1. A. Vaughn	Eryri	32.57
2. T. Davies	Merc	33.40
3. A. Davies	Merc	35.28
4. M. Collins	MDC	36.00
5. D. Lewis	MDC	37.57

JUNIOR GIRLS

1. C. Ashton	Chep	47.02
2. R. Tomos	Eryri	48.24

WADSWORTH VILLAGE FAIR RACE**Lancashire****BS/4.5m/800ft 14.8.94**

The recent spate of warm dry weather produced a fast course and the winner of the men's race, Kenny Stirrat of Halifax Harriers, missed breaking the course record by three seconds and finishing over a minute in front of Corbett, of Rossendale. Of the one hundred and four entrants, fifty runners fell in to veteran categories and it was pleasing to see the team race run by a team of veterans over forty from Saddleworth finishing in fifth, ninth and fourteenth. The womans race was won by Jill Town of Denby Dale.

1. K. Stirrat	H'fax	22.41
2. M. Corbett	Ross	23.45
3. G. Oldfield	Bfd/Aire	23.55
4. A. Maloney	Roch	24.07
5. H. Waterhouse V	Sadd	24.32
6. M. Foschi	Penn	24.39
7. D. Woodhead	Horw	24.40
8. M. Lee	Bolt	25.21
9. B. Waterhouse V	Sadd	25.25
10. J. Birchenough V	Bolt	25.31

VETERANS 0/50

1. G. Fielding	Ross	27.13
2. P. Jepson	Ross	28.08
3. T. Cock	Holm	28.54
4. L. Sullivan	Clay	29.22
5. R. Balkley	Unatt	29.42

LADIES

1. J. Town	Denby	32.04
2. S. Billam V	H'fax	32.36
3. J. Scarf	EPOC	35.16
4. M. Ashton V	Clay	35.26
5. A. Munday	Roch	35.29
6. P. Dore V	Roch	35.37
7. S. Smith	Unatt	38.12
8. S. Lawty V	Unatt	38.20

JUNIORS

1. G. Ehrhaat	Tod	26.43
2. J. Stewart	H'fax	27.20
3. M. Drake	Unatt	29.52

HERDWICK CHALLENGE**Cumbria****AM/8m/4000ft 21.8.94**

I am very sorry but the race did not take place as only twelve names came on Sunday 14th August, so we did not do it.

Yours sincerely Jean and Keith Rowand

LANGDALE COUNTRY FAIR

FELL RACE

Cumbria

AS/3m/2100ft 21.8.94

This is only the second year that this particular race has been held, and it is clearly gaining fast in popularity. This year thirty nine runners contested the race, fairly short in length, but rising sharply over two thousand feet to the summit of Harrison Stickle, overlooking the picturesque Langdale Valley. Last years winner, James Hawksley, came third this year, with his record of forty one minutes and six seconds being soundly beaten by Kevin Capper, well ahead of Greg Hull in second place. It was a glorious warm day, providing excellent visibility for the large crowd of spectators at the Langdale Country Fair, who were able to see the runners for almost the entire course, and the organisers hope for even greater numbers of competitors next year. We promise to get the cold drinks organised in future, but can not promise a repeat of this year's marvellous weather, when even the beer tent ran dry and had to send out for more supplies.

Alison Bolt

1. K Capper	L&M	36.07
2. G. Hull	LdsCty	39.45
3. J. Hawksley	Kend	39.57
4. P. Clark V	Kend	41.12
5. K. Johnston	Ryhope	41.30
6. L. Croasdale	L&M	41.38
7. M. Richardson V	Amble	41.45
8. A. Maloney	Roch	41.50
9. R. Lawrence	Bing	42.00
10. W. Bill	CFR	42.55

VETERANS 0/40

1. P. Clark	Kend	41.12
2. M. Richardson	Amble	41.45
3. E. Parker	Amble	43.42
4. P. Green	Lk Orien	47.03
5. D. Fell	Unatt	48.42

FIRST LADY

L.C. Walker V	Bing	70.45
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NOON STONE FELL RACE

West Yorkshire

AM/9m/2300ft 21.8.94

For the second year running, the Noon Stone Fell Race, organised by Todmorden Harriers, was blessed with warm sunshine and was a resounding success. On a beautiful day like this, there can't be many more pleasant places to be than the setting for the start and finish of the race, the delightful penine villages of Lumbutts and Mankinholes, near Todmorden. A record number of one hundred and twelve runners sweated their way over the fells south of Stoodley Pike to complete the tough nine mile course, covering a lot of rough country after the initial rollercoaster style start.

The race was won by Todmorden's Harriers fell running champion Andrew Wrench. Andrew was well pleased with his dominating performance as he left a quality field trailing in his wake, to finish in a superlative record breaking time of sixty three minutes and fifty seven seconds - three minutes in advance of Gary and Steve Oldfield of Bradford & Airedale, who were well ahead of Gary Devine of Pudsey & Bramley. Bradford & Airedale comfortably took the team prize with Rob Grillo completing the victorious trio. The ladies race was won by Linda Bostock of Clayton, who headed a small, all veteran field. Race organiser Brian Schofield found time to compete in his own race and picked up a prize for being the first veteran runner.

In the number of entrants to rise at the present rate, the race should be up to the two hundred plus entry that it deserves in a few years time. Around thirty five valuable prizes were awarded which is not so bad considering the scale of the entry. Thanks are offered to local landowners for providing access to the fells and car parking space and also to the landlord and staff of the Top Brink Inn and the ever-reliable SUohns Ambulance Brigade. A final word to would be entrants for next year's race, please do not attempt to recce the route as access for a particularly sensitive part of the moors is only granted for the day of the event.

Keith Parkinson

1. A. Wrench	Tod	63.57
2. G. Oldfield	Bfd/Aire	66.20
3. S. Oldfield	Bfd/Aire	67.44
4. G. Devine	P&B	69.07
5. A. Preedy	Unatt	69.14
6. D. Woodhead	Horw	69.45
7. B. Schofield V	Tod	70.12
8. R. Grillo	Bfd/Aire	71.38
9. R. Stott	Ross	73.17
10. B. Walton V	Horw	73.48

VETERANS 0/40

L.B. Walton	Horw	73.48
2. D. Beels	Roch	73.57
3. C. Davies	Sadd	74.22
4. B. Ashworth	Ross	75.07
5. T. Longman	Hunc	75.26

VETERANS 0/45

1. B. Schofield	Tod	70.12
2. B. Mitchell	Clay	73.53
3. A. Mellor	Tod	77.50
4. J. Dore	Roch	79.15
5. R. Bradley	Holm	79.24

VETERANS 0/50

1. P. Jepson	Ross	79.57
2. P. Blagborough	Sadd	84.40

VETERANS 0/55

1. L. Sullivan	Clay	83.57
2. D. Brown	B'land	85.24

VETERANS 0/60

1. R. Francis	Buiy	98.31
2. J. Newby	Tod	99.20

LADIES

1. L. Bostock V	Clay	89.05
2. P. Oldfield V	Bfd/Aire	92.02
3. P. Dore V	Roch	103.50



Trevor Longman, Huncote, at Noon Stone.
Photo: John Cartwright

ROUND LATRIGG

Cumbria

BS/5.5m/800ft 24.8.94

A slightly shorter and certainly faster course resulted in quicker times overall despite the weather, with Gavin Bland of Borrowdale setting a new course record of thirty one minutes and twenty seven seconds. The new facilities at the cricket pavilion appeared to be much appreciated, particularly the hot shower and cups of tea. My thanks as always to all the marshals.

1. G. Bland	Borr	31.27
2. C. Beecham	H'gate	31.27
3. A. Schofield	Borr	31.43
4. D. Troman	Kesw	32.19
5. J. Curran	Kesw	32.58
6. I. Turnbull	BorT	33.13
7. D. Stuart	Kesw	33.33
8. C. Valentine	Kesw	33.37
9. A. Beaty	CFR	33.43
10. C. Webb V	CFR	35.29

VETERANS 0/40

1. C. Webb	CFR	35.29
2. I. Charlton	Kesw	35.34
3. C. Knox	Kesw	37.28

VETERANS 0/45

I.D. Spedding	Kesw	36.43
2. J. Platt	Oldham	37.26
3. G. Unsworth	Kend	38.16

VETERANS 0/50

1. K. Parry	Thrift	35.56
2. D. Gibson	Sadd	37.13
3. P. Green	Amble	40.09

LADIES

1. L. Thompson V	Kesw	38.17
2. K. Beaty V	CFR	39.54
3. J. Ward	C'mouth	45.00

JUNIORS

1. R. Short	Kesw	37.11
2. T. Kidger	Unatt	47.44

GOLF BALL FELL RACE

Lancashire

AS/5m/800ft 24.8.94

Despite poor weather conditions during the day. The sun came out as the race was starting. With a much stronger elite field turning out this year it was going to be hard for local runner M.Keys to retain his title and his record. It was not long in to the race when positions were being fought for, with conditions under foot being good the record was there for the taking. The record fell to a new time of thirty five minutes by the winner, G.Hull. Last years womens record was never going to be challenged with the absence of C.Greenwood. The race must be gaining in popularity with an increase of twenty five runners from last year and we hope to see even more there next year.

May I take this opportunity to thank all the helpers and hope to see you all next year.

Jan Kempton

1. G. Hull	Lds	35.00
2. G. Devine	P&B	35.29
3. W. Brindle	Horw	35.39
4. S. Thompson	Clay	35.42
5. B. Taylor	Ross	36.11
6. M. Corbett	Ross	36.26
7. M. Aspinall	Clay	36.46
8. M. Keys	Ross	37.27
9. T. Hesketh V	Horw	37.36
10. A. Preedy	Unatt	37.58

VETERANS 0/40

I.T. Hesketh	Horw	37.36
2. B. Ashworth	Ross	39.32
3. B. Mitchell	Clay	39.40
4. D. Beels	Roch	40.10
5. J. Winder	Acc	41.10

VETERANS 0/50

I.J. Smith	Clay	47.25
2. M. McDonald	FRA	48.26
3. R. Francis	Bury	51.17
4. K. Talbot	Ross	51.18
5. J. Newby	Tod	51.54

LADIES

1. C. Banlin	Helsby	42.32
2. G. Cook V	Roch	45.58
3. J. Rawlinson V	Clay	46.11
4. D. Gowans	Ross	46.22
5. L. Bostock	Clay	47.57
6. D. Mulkerin V	Unatt	50.49
7. S. Ormerod	Black	55.11
8. B. Hardy V	Horw	55.22

THE FIFTH DENIS STITT

MEMORIAL RACE

25.8.94

The conditions were sunny with scattered cloud and a light breeze. Eighty six started of whom two retired. The club thanks David and Suzanne, your hosts at the Victoria Inn, for their generosity.

I.J. Oldfield	Bfd/Aire	28.04
2. W. Styan	Holm	28.28
3. D. Watson	Holm	29.39
4. A. Hauser	Fellan	29.49
5. S. Winspear	Holm	30.06
6. R. Haibisher V	Holm	30.26
7. M. Egner	Denby	30.33
8. R. Waterhouse V	Sadd	30.42
9. K. Davis V	P'stone	31.15
10. A. Shaw	Holm	31.18

VETERANS 0/40

1. R. Harbisher	Holm	30.26
2. R. Waterhouse	Sadd	30.42
3. K. Davis	P'stone	31.15
4. D. Bonnington	Hallam	31.38
5. I. Mitchell	L'wood	31.41

VETERANS 0/45

1. R. Futtrell	Holm	32.44
2. R. Bradley	Holm	34.33
3. M. Horsfall	Denby	35.58
4. D. Jeffrey	P'stone	37.49
5. W. Barton	Denby	38.05

VETERANS 0/50

1. D. Bamforth	HolmeV	33.14
2. N. Berry	Holm	33.36
3. K. Bamforth	HolmeV	34.34
4. T. Cox	Holm	35.23
5. D. Gledhill	Holm	37.32

LADIES

1. J. Shotter	Fellan	35.57
2. K. Drake	Spem	36.22
3. L. Robertson V	Denby	38.05
4. J. Town V	Denby	38.36
5. P. Colley	HolmeV	38.59
6. B. Coomber	Denby	41.19
7. L. Hayles V	H'fax	41.36

BECA
Pembrokeshire
BS/5m/1050ft 27.8.94

The sun shone once again for us on the eighteenth Beca race at Crosswell, Crymych. A field of eighty two runners set off on a rather wet course on the Preseli Mountains. The five miles were covered in thirty three minutes and forty nine seconds by Pete James of Bristol, followed closely by last years winner, Dewi Jones of St.Clears. Dewi had won the last five Beca races with a personal best of thirty two minutes and fifty nine seconds in 1990. The course record set in 1984 is thirty two minutes and twenty seven seconds held by Ifan Lloyd. Runners were from as far afield as Sheffield, Southampton and even Berkley, California, USA. The organiser would like to thank all competitors and looks forward to seeing many more next year.

John Evans

1. P. James	Bristol	33.49
2. D. Jones	St.Clears	33.58
3. A. Jones	C'gan	34.02
4. A. Abbott	A'wyth	35.37
5.N. Gwynne	Crymych	35.41
6. B. Antwis	G'gan	36.26
7. E. Rees	Lamp	37.07
8. R. Phillips	N'port	37.35
9. M. Jenkins	A'wyth	37.50
10. R. Lewis		38.36

LADIES

1. A. Abbott	A'wyth	44.22
2. J. Brazel	Haver	44.36
3. C. McCarthy	Bath	45.45
4. J. Hawking	Crymych	48.22
5..A. Evans	Merthyr	50.20
6. M. Barlow	L*oveiy	52.57

MOUNT SKIP FELL RACE
Lancashire
BS/4.5m/1000ft 27.8.94

Conditions were fine but blustery for the eighth running of this race which forms part of the busy and popular Mytholmroyd Gala. The terrain is an interesting mixture of path, track, road, tussocks and heather, but the fun continues through the finish field as the runners have to avoid the wandering crowds and the various activities in the central arena (which this year included a ten ton truck doing wheelies and a band of majorettes performing during the race). Ken Stirrat emerged unscathed to win easily from Gary Oldfield and Robert Jackson. Ros Dunnington also won comfortably from Glynda Cook in the ladies section.

1. K. Stirrat	H'fax	29.47
2. G. Oldfield	Bfd/Aire	30.31
3. R. Jackson	Horw	30.35
4. A. Maloney	Roch	30.47
5. M. Corbett	Ross	31.14
6. N. Blissett	HBT	31.32
7. J. Wright	Tod	32.30
8. M. Foschi V	Penn	32.40
9. T. Sardo	P&B	33.00
10. S. Anderson	Tod	33.50

VETERANS 0/40

1. M. Foschi	Penn	32.40
2. M. Groom	Roch	36.30
3. J. Adair	Unatt	37.39
4. J. Fox	Roch	40.52

VETERANS 0/45

1. D. Tate	Unatt	36.03
2. J. Baker	E.Hull	37.01
3. A. Jones	CalderV	38.20
4. P. Southwell	Tod	39.22

VETERANS 0/50

1.B. Jackson	Horw	36.06
2. P. Blagbrough	Sadd	36.40
3. R. Blakeley	Unatt	38.53
4. Padfield	Dews	43.06

VETERANS 0/60

1. J. Beswick	Helsby	47.45
2. R. Thompson	A'teers	58.45

LADIES

1. R. Dunnington V	E.Chesh	37.07
2. G. Cook V	Roch	39.06
3. L. Lacon	Holm	41.29
4. M. Goth	Tod	47.17
5. S. Wilson	Unatt	49.20
6. V. Anderton	Chelt	63.30

JUNIORS (2m) - BOYS

1.D. Smith U/14	Unatt	17.43
2. R. Hartman U/14	Skyrac	18.53
3. D. Marsden U/14	Unatt	20.16
4. J. Doyle U/12	Tod	20.29
5. J. Moore U/12	Tod	22.24

JUNIORS (2m) - GIRL

1.H. CoxU/11	P'wich	26.56
--------------	--------	-------

ROAN FELL RACE
Roxburghshire
BM/9m/1500ft 27.8.94

"Three in a row for Tullie". Driving rains, hail and even sleet helped reduce the turnout as runners and marshals alike struggled in difficult conditions.

Teviotdale Harrier, John Tullie broke from the pack at Blackburn Farm on the lower slopes and finished well ahead of the field for his third consecutive win. Les Turnbull of Norham prevailed over Steve Paling of Keswick for second place.

Thanks must go to the Territorial Army in the form of the King's own Royal Border Regiment, whose participation as race marshals proved very valuable as weather conditions deteriorated during the event.

Tony Furlong

1.J. Tullie	Teviot	1.11.45
2. L. Turnbull	Norham	1.16.55
3. S. Paling	Kesw	1.17.54
4. R. Cranston	Teviot	1.21.43
5. J. Swindon	Spem	1.21.47
6. M. Zeidan	Unatt	1.27.00
7. B. Helliwell V	Disley	1.30.50
8. A. Robertson	Oxford	1.31.55
9. J. Gill	Unatt	1.33.04
10. T. Lamb	Unatt	1.35.20

JUNIORS

1. R. Cuthbert	Unatt	12.23
2. B. Lamb	Unatt	15.20

Y CNICHT
Gwynedd

AS/4.5m/1850ft 28.9.94

A head to head battle involving Duncan Hughes and Colin Donnelly with the same result for the second year running, Donnelly overtaking Hughes on the descent following a record breaking climb by Hughes. In the space of a week, Donnelly lost the record on Peris and gained another on Cnicht, a reward for exceptional talent and grittiness in the face of a force ten gale on the summit. In third place came Tim Davies just turned seventeen, a few seconds ahead of previous record holder Hefin Griffiths. The first ever junior race on Cnicht to the half way stile saw victory giving to Tims young brother. Another with Duncan Hughes junior in close attendance, these two boys are stars of the future.

A dry day, showers constantly threatening (but staying away) and a howling gale mastered by the master himself, Colin Donnelly. One of the great little races, as usual. See you next year.

Francis Uhlman

1. C. Donnelly	Eryri	32.32
2. D. Hughes	Hebog	32.41
3. T. Davies	Merc	35.02
4. H. Griffiths	Hebog	35.10
5. T. Jones	Eryri	36.49
6. G. Owen V	Eryri	37.15
7. D. Whitty	Cader	38.28
8. A. Harmer	DkPk	38.46
9. J. McQueen	Unatt	39.00
10. B. Hughes	Hebog	39.09

VETERANS 0/40

1. G. Owen	Eryri	37.15
2. A. Harmer	DkPk	38.40
3. P. Jones.	Eryri	39.28

VETERANS 0/50

1. D. Williams	Eryri	39.22
2. G. Lloyd	Wrex	46.52
3. B. Evans	P'atyn	49.00

VETERANS 0/60

1. J. Carson	Eryri	53.50
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LADIES

1. M. Carper V	Unatt	44.10
2. A. Salisbury V	Eryri	51.09
3. A. Bond	Wrex	52.12
4. A. Donnelly	Eryri	52.30
5. S. Lloyd	Eryri	64.19

JUNIORS

1. A. Davies	Merc	19.10
2. D. Hughes	Wrex	19.24
3. C. Roberts	Eryri	21.55

SNAILBEACH FELL RUN

Shropshire
AS/3m/800ft 29.8.94

1. T. Davies	Merc	24.29
2. A. Davies	Merc	27.01
3. H. Matthews	Shrews	27.34
4. S. Trow	Unatt	28.07
5. J. Richards V	Shrews	28.25
6. S. Lewis	Telf	29.01
7. E. Davies	Merc	29.55
8. G. Spencer V	Merc	29.59
9. B. Morris V	Wrek	30.30
10. J. Morris	S.Shuff	30.31

VETERANS 0/40

1. J. Richards	Shrews	28.25
2. G. Spencer	Merc	29.59
3. D. Owen	Shrews	32.54
4. G. Trevor	Shrews	37.19
5. G. Morgan	Unatt	40.14

VETERANS 0/50

1. B. Morris	Wrek	30.30
2. D. Jones	Unatt	33.52
3. J. Sproson	Merc	34.57
4. K. Matthews	Unatt	48.45

LADIES

1. J. Davies	Merc	38.21
2. A. Francis	Unatt	41.21
3. P. Matthews	Unatt	56.58

JUNIORS

1. A. Davies	Merc	27.01
2. H. Matthews	Shrews	27.34
3. N. Smith	Merc	31.19

HALTON GILL SPORTS

Dales
AS/1.7m/800ft 28.9.94

Five men sized stone cairns mark the turn round point on the Hoise Head Moor direction of this short steep fell run from Halton Gill Bridge.

A cool, very breezy day with intermittent rain greeted the record 42 senior runners as they ventured on this perfect dales village, in miniature. Certainly on a finer day, the hamlet could be explored with its 17th century houses, and little school. But the grandest building is a 'Porch Bam', dated 1829.

Only two years ago, when the event was on the open calendar it attracted only seven runners, hence its inclusion now in the F.R.A. list. In fact the event was first run in 1986 when only locals were allowed to compete, with at its best twenty five challenging the straight up and down route.

With every inch viewable by the spectators, they were treated to 38 year old Steve Oldfield, showing tremendous power as he ascended to the Crown of Cairns. Ulcon Quarry worker, Andy Smith closed with a dare devil descent to within 6 seconds, as John Wootton lost 2 places, which left him wondering if his bottle had gone. Oldfield's winning 1994 reign now reads. Crosshills, Cowling, Long Lee and Hellifield Gala events, along with Oxenhope Straw Race; involving 5 pints of ale, a bale of straw and a partner. The icing is collecting an FRA race record, as he bettered Colin Moses' time by 21 seconds.

Apologies to all for the timing problems, but we just aren't used to so many runners, and found our one man timekeeper/results recorder, plus sleeting rain our downfall. Next year this will be rectified along with the start times which will be 2pm Juniors, 2.30pm Seniors. Again a legacy from our BOFRA days, when everyone knows Junior Races are first on the agenda.

Thank you for visiting Halton Gill, and tackling our fell race, sorry about the weather. Sunny next year, fingers crossed!

Tom McKenzie

1. Steven Oldfield	Brad/Aire	13.24
2. Andrew Smith	U/A	13.30
3. Gary Webb	Calder	13.38
4. John Wootton	Bingley	13.44
5. Dave Woodhead	Horwich	13.47
6. Colin Valentine	Keswick	13.59
7. Roger Gibson	Bingley	14.22
8. Michael McKenzie	U/A	14.29
9. Gary Bastow	Richmond	14.40
10. Duncan Thompson	Calder	15.08

LADIES

1. Jennifer Shuttleworth		19.23
2. Kirsty Lowther	U/A	19.28
3. Pauline Oldfield	Brad/Aire	19.32

VETERANS 0/40

1. George Young		
-----------------	--	--

JUNIORS U/14

1. David Huff		
2. John Blyth		
3. Tim Hulgrove		

U14 GIRLS

1. Donna Crisp		
----------------	--	--

NORTH BERWICK LAW RACE

August 3rd

1. Graeme Ackland	Livingston	19.30
2. Tim Brand	Livingston	19.41
3. Richard Rogers	HBT	19.59
8. John Blair-Fish (1st vet)	Camethy	20.39
11. Richard Hackett	Camethy	21.14
25. Trevor Collins (4th vet)	Camethy	24.39
29. Paul Fraser	Camethy	25.14
38. Jim McWhinney	Camethy	25.33
55. Tim West	Camethy	27.26
93 finished		



*Rocky Races: Above, Mari Todd on her way to second at Borrowdale, on the Rigghead Quarry path. (Photo: Bill Smith)
Below S. Houghton on Prison Band in the Coniston Race. (Photo: Peter Hartley)*





To mark the 25th anniversary of the tragic death in a car accident of 'Beardie', this is a TRIBUTE TO A 'VERY SPECIAL MAN'

The Legendary Eric Beard

by Sylvaine Boler

Snow was beginning to fall as I left the lodge. Great saucer-like flakes, floating gently down and settling on the pine trees and the heather. The delicate white covering transformed the glen into an enchanted place and the silence and beauty of it had drawn me outside like a magnet the moment my morning's work was finished. I looked up through the thickening snowfall to the deep blue of the Cairngorms and knew they would soon be white. The long awaited ski season was here at last.

As I made my way down the narrow footpath that wound between the pines to the river, I heard a cheerful shout of, "Hello pal!" and there was 'Beardie', running through the forest on the other side. We met on the stepping stones in the middle and Beardie danced me round, singing and laughing at the snow, whilst I tried desperately to avoid falling in.

It was a rich moment and I little knew at the time how I would come to treasure it, for it is one of my last memories of this extraordinary man.

Eric Beard, better known as 'Beardie', was a small, skinny man with a spiky crew-cut and a smile for everyone, for he was everyone's friend. His view of life was straightforward, almost childlike in its simplicity. He was outgoing, incredibly kind, always cheerful and full of laughter, stories and songs. He had hundreds of friends and children adored him. He raised a great deal of money doing race events for children's charities. He was an accomplished entertainer and a very competent mountaineer but, above all, Beardie's *raison d'être* was running the fells.

He started as a road runner with Leeds A.C. but after a serious injury during a marathon, he took to running on the hills, being introduced to the idea by well-known mountaineer, Dennis Gray (first General Secretary of the British Mountaineering Council). He learned to climb, tutored by such notables as

Joe Brown and Don Whillans, and indeed when he set the record for running the Cuillin Ridge on Syke, he soloed all the rock climbs en route. This was an outstanding achievement and the record stood for twenty-one years.

Beardie used to make me feel terribly lazy as he was usually sitting outside on the fence having run up and down a couple of 'four thousanders' before the Lodge staff appeared for breakfast! I often asked him about his running exploits but I never ran with him - how I wish I had been a runner then but in those days I was more interested in climbing and skiing, which is why I was at Glenmore Lodge. A year there on the domestic staff gave me free tuition in these sports - and sailing and canoeing - every afternoon and on days off too. Running - especially up and down mountains - just seemed like very hard work. (I was right!).

Beardie was quick to notice that I was, like himself, from Yorkshire. It wasn't the accent (I didn't have one then!) but the fact that, like him, I ate cheese with my fruit cake! Beardie adored fruit cake, honey butties and tea, and due to his tough regime, ate like a horse. Unfortunately, the training and the record-breaking took its toll and Beardie had to go into hospital for cartilage operations on both knees. He was told it would be months before he could run again, if at all, but it was only a matter of a few weeks before he was once more sitting on the fence outside one morning, great scars on his knees just below the baggy khaki shorts.

I used to wonder how he managed to fit all his activities in. He divided his time between Plas-y-Brenin outdoor centre in Wales, and Glenmore Lodge, working as a temporary instructor and handyman. He also found time to train with another great fell-running legend, Joss Naylor, in the Lakes. There was his work for charity and races on the track and road, in Britain and abroad but it was his long distance records on the fells he was justly known for:-

<i>Mountains of Mourne</i>	<i>Arrochar Munros</i>
<i>Snowdon Horseshoe</i>	<i>Three British Tops</i>
<i>Rooftop of Wales</i>	<i>Welsh 3,000's</i>
<i>Cuillin Ridge in 4.09</i>	
<i>Cairngorm 4,000's in 4.41</i>	
<i>Lakeland 24 hour (56 peaks in 23.35)</i>	

He won the Dovedale Dash in 1960 and recorded 6th place in the Three Peaks (his first fell race) following it up with 4th five years later in 3.04.52. There are many more achievements, too numerous to mention here.

He was a central figure at many a ceilidh and 'Beardie's sing-songs' were a legend in themselves. We also had many a great sing-song in a back room at Jimmy Ross's in Carrbridge with Tom Patey on his squeezebox and the local police sergeant bashing away on the piano until 5.00am. (Pints were still being served of course!). There were always a few guitars and I soon bought one and joined in. I learned many songs from Beardie during my time at the Lodge. One of my favourites is "Ramblin' Boy" by Tom Paxton and it always reminds me of him.

I was down in Yorkshire when I received the dreadful news of Beardie's death in a car crash on the M6. Shock waves reverberated throughout Beardie's huge circle of friends and the Observer newspaper ran an article headlined: "Death of a Very Special Man". He was 38. He had been in Langdale and was due to leave for Liverpool for an attempt on the world record for a 24 hour run. He was in the Old Dungeon Ghyll enjoying a pint with a friend when his lift arrived. He started to leave, half of his pint still in the glass. The friend told him it was bad luck, but Beardie didn't want to keep his driver waiting.

Coincidentally, that friend who shared his last drink with him was Mike Gilroy. Mike and his wife, Linda, were to become great friends of mine in later years. I met them through the British Sub-Aqua Club instructor circuit and went with them on several diving holidays. One night, sitting in a pub on Skye, Mike and I discovered the Beardie connection and we spent the rest of the evening reminiscing about Beardie's exploits. There was as much laughter as tears as we talked of him. To this day, the outdoor world still mourns his loss.

Sometimes, when I'm struggling through the clag and the mud in a tough fell race, I seem to glimpse through the mist a wiry, little barrel-chested figure with a spiky crew-cut, a red tartan shirt and khaki shorts, pumps on his feet and the biggest smile in all the world on his face, shouting me on for all he's worth - but I am quite sure it is just wishful thinking.

In the words of Tom Paxton: "If when we die we go somewhere. I'll bet you a dollar he's ramblin' there."

Beardie, may all your rambles bring you joy-

Beardie had many articles written about him in books and magazines, but the following three books are of special interest:

"Stud Marks on the Summits" by Bill Smith
"Rope Boy" by Dennis Gray
"Mountain Lover" by Dennis Gray

Eric Beard in action. On his record breaking Ben Nevis, Scafell, Snowdon run. Note the footwear.



BOOK REVIEW

JUDITH'S RUN

by Philip Taylor, 'u x 5 V: 77 pages: £4.50.

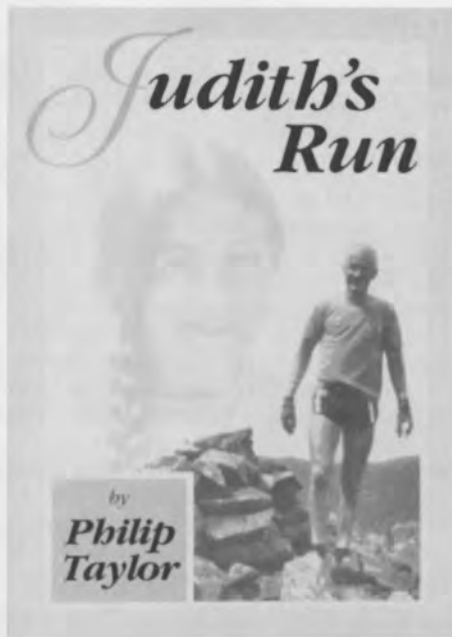
Everyone will be aware of the tragic incident which occurred in this year's Kentmere Horseshoe Fell Race when Judith Taylor of Clayton-le-Moors Harriers lost her life in near blizzard conditions to the north of High Street. This little book is in the form of a tribute to Judith by her husband Philip, also of Clayton Harriers, and it can truly be described as "a labour of love."

The book tells the story of Phil's attempt at the Bob Graham Round in June, which was directly inspired by Judith, hence the title. They had planned the attempt together and Judith was to have accompanied Phil in the latter stages from Sticks Pass over the Dodds and Clough Head to Threlkeld, then over Blencathra, Calva and Skiddaw.....to "make sure you carry on when you're tired."

Neither Judith nor Phil were strangers to the Lakeland fells, having roamed them for nigh on 28 years, 25 of those years as husband and wife. The book opens with a chapter describing their last run together just before Easter: a mainly low-level circuit of Borrowdale from Portinscaie, though including Walla Crag. Then follows a harrowing account of the ill-fated race on Easter Sunday and then subsequent search. A particularly poignant scene conies when news is received at the Kendal Mountain Rescue base that Judith has been found and Phil is about to be transported to Patterdale. Dave Rochell, chairman of the Kendal MRT, tells him: "There is still hope. Cling on to that! Cling on to hope! And whatever the outcome, carry on enjoying the hills. Judith would want that!"

The remainder of the book is devoted to Phil's Bob Graham attempt, and a thoroughly gripping account it is, especially in the latter stages when he is suffering and losing time, yet is driven on by his dedication to "Judith's Run" and by Judith's maxim in regard to the Round: "Giving up is not an option."

Poignant memories of happy days together on the fells are scattered throughout the book, almost on every page, in fact. Many of these flashbacks are humorous, and humour abounds also in many of Phil's lucid recollections of his companions' comments on the Round, most of them displaying the fell runner's typically irreverent sense of fun. He certainly had some characters with him on that epic run, and I can well imagine John McGonagle mischievously asking two walkers on



Bowfell summit, "Is this Helvellyn?" (p.50).

Those who have completed the Bob Graham Round themselves will find many happy (and perhaps some not-so-happy) memories revived by this graphic account, while those who are contemplating an attempt will get a good idea of what they are likely to experience. No doubt many will find the book in itself an inspiration to attempt the Round.

Above all, though, the book is a monument to the memory of Judith: "to help people remember her.....", as Phil states in his dedication. It is a fitting tribute.

There are several black-and-white photographs included and two of them are united to form the striking cover illustration: Phil on the summit of Kirkfell, with Judith's smiling face superimposed in the background in the form of a vision, above the summit cairn.

Phil Taylor published this book himself and all profit from it will be donated to Kendal Mountain Rescue Team, who organised the search for Judith, though three other teams were also involved: Langdale and Ambleside, Penrith and Patterdale.

Phil will be selling copies at races he attends and it will also be available from Pete Bland, organiser of the Kentmere Horseshoe. Alternatively, it can be obtained by post from Phil Taylor at 52 East Lancs Road, Blackburn, BB1 9QZ, a small charge of 50p for postage and packing raising the price to £5. No fell runner should be without a copy.

Bill Smith

Rumour has it...

that Keith Makinson of Clayton was spotted on ITV's Gladiators programme waving a giant glad hand...

Moffat BeefTub Race

27th August 1994
2 Miles 1500feet

The field for this race was very distinguished and select, partly as a result of the race being advertised in different calendars for three different start times. Only in Scotland could such phenomena occur! Rory Longmore closed a fifty yard gap on Anthony Dawson on the final slippery descent to the finish and received first aid from his wife Linda after she'd secured the Ladies prize. Anthony who lives in Durham was said to be just out for a bit of practice on the hill before competing against his Todmorden clubmates. The weather was very changeable for the race such that while a vest seemed superfluous at the top of the first climb a cagoule was needed at the finish. Doug Shiel arrived for a later start time and would have won the race from his unofficial time. He was rewarded with the special spot prize to phone Sir Robin with the results.

This scenic race, one of the most spectacular in Britain with a very challenging descent to the finish, will take place next year again on 26th August at 11 am. The opportunity to follow this with a long run over the Moffat hills or travel across to the Roan Fell Race in the afternoon at Newcastleton will once again be available.

1. Rory Longmore Solway 21.58
2. Anthony Longmore Todd 21.58
3. John Blair-Fish (Vet) Camethy 24.16
4. Jonathan Muhl Camethy 27.17
5. Linda Longmore Solway 29.15
6. Marie Woodman Camethy 36.45

John Blair-Fish



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**(Easier)
Prize
Crossword**

Solution



Winner of the last crossword was Brian Covell of Edinburgh. The prizes for this one will be copies of Phil Taylor's book, reviewed on facing page. One for each of the first three correct answers drawn from the editorial bumbag on December 1st.

Clues

ACROSS clues are all of a kind and their clues therefore short. (The clue is in the prize). DOWN clues are normal.

CLUES ACROSS

- 1. Hood's turn? (8)
- 4. Lift wage increase (5)
- 7. Almost mark down (7)
- 9. Bend down (7)
- 10. Large house end (5,5)
- 13 & 21. Big Yorkshire chat at museum (5,5)
- 14 & 20. Bit of leg around bit of cloth (4,4)
- 16. Literary bird with candle end (7)
- 22. Impurities in ash? (4,6)

- 26. Slip attorney point (7)
- 27. Hold hands like spire (7)
- 28. Inexperienced half of 10 (5)
- 29. Top of valley (4,4)

CLUES DOWN

- 1. Competitor found in academy around queen (5)
- 2. Awarding body awards degree to model association (5)
- 3. Prize for no end of ringing(5)
- 5. Make business of raffia with son(7)
- 6. Class two quartzes (7)
- 8. Not so dark a boat (7)
- 11. Feels fishy, almost (4)
- 12. Wide ban around corked stock (3,4)
- 15. Sack tie around Biggles or Baders stuff? (4,3)
- 17. Tar baby made for bad kid(4)
- 18. Era with luck for ship stopper (7)
- 19. Finished fee is late (7)
- 23. Rod we propelled with oar (5)
- 24. Fat poem to honey-makers, we hear (5)
- 25. Decorated peer without model (5)

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THE LONELINESS OF THE LONG DISTANCE RUNNER CORSICA HIGH LEVEL ROUTE GR20'

At every step the solitude grew more profound'.

They say that to lose one's partner once is unfortunate. To lose one's partner a second time is careless but to lose him three times or more must be intentional.

The French Grande Randonnee long distance footpaths are an exercise in isolation and a relatively recent discovery for me. Last summer saw a solitary circuit of the Tour de Mont Blanc in four and a half days, running alone with a light sac with minimal gear. I had anticipated that solitude and loneliness were synonymous but was relieved to find one without the other.

So seeking for further amusement...."the GR 20 is generally considered to be the most difficult of all the GRs....wholly mountainous....177 km arid 9700 metres ascent....serious undertaking etc hyper-etc."

It had the makings of an interesting trip.

It wasn't planned as a solitary epic! John Myers agreed to join me on this adventure. He had excellent credentials, stamina to spare, multi-day trekking epics under his belt, a good KIMM partnership... and speaks immaculate French.

Malheureusement, his attitude and agenda were slightly at variance with mine. Whereas he saw it as an opportunity to chat in french conversation-class mode to fellow travellers on the way, I wished no more than a quick bonjour - au revoir. Clearly some serious attitude problems were to be overcome.

Attitude is everything on these ventures. If you expect it to take a fortnight it will take a fortnight. I expected it to take five days but John didn't. He packed extra kit and extra yummy supplies of dehydrated food.

Corsica is like Italy with an attitude problem. It's French territory but the ambience and place names are Italian. The language sounds Italian. Scenically it's a mountainous island renowned for it's infamous tortuous coastal roads and gloried for it's chic beach holiday resorts. But the genius loci is the GR20. Running north south it takes an audacious line through the highest mountains, never dipping below 1000 metres and rising beyond 2000 metres at cols and summits. It chooses not to take in the ultimate high points but there is no harm in that....

The Corsica Super-Marathon takes place each year in August and an international elite of some twenty hard individuals spend six days pretending to run the GR20. Our scheme reversed the route from south to north over the same period, saving the more rugged north section to the last so that

we could die struggling in dramatic mountain scenery. Better that than fade quietly away in the southern foothills.

There are three logistical problems to be overcome on such an epic run. Firstly water. Much of the route follows ridges which streams find difficult to cross. Fortunately by running it is possible to minimise the time you feel thirsty. Cunning?

Secondly, accommodation. There are over fourteen spartanly equipped mountain refuges at one day Hiking intervals. Rather more thinly spread are four small hotels where beds and food are available. The solution is to carry small quantities of appalling dehydrated food as an incentive to blast past as many huts as possible and aim to reach hotels. Or suffer the disadvantages of dehydrated food.

Thirdly, food. See dehydrated food, as above.

June 94 was a tricky month for Corsica. Snow had fallen and the island was experiencing an uncharacteristically wet summer; flooding of the mountain streams had caused disasters and, all in all, things were not going in accordance with the guidebook's seasonal predictions. No matter, better to travel hopefully....

Day One - Keep on Running

Arriving at the tiny mountain village Of Conca I couldn't help noticing that the sides of the road were lined with crypts as if entering a graveyard. 389 m

This foreboding was soon forgotten as we set off on a crack of dawn start. Optimistic notions of doing much running were rapidly laid to rest as we stumbled up the first rocky path. Having crested the first rise, notions of running the flat bits also evaporated as the rock strewn chaos continued. When at last a downhill arrived it proved possible to trip and tumble.

This set the scene for the next five days, where running was the occasional activity for no more than 20% of the route. The remaining time was spent sweating uphill and rock hopping and falling downhill.

John was clearly under strict instructions from his coach; instructions which compelled him to start like a dormant tortoise and finish like a demented train. I had experienced this mode of Myers movement once before; the Jekyll and Hyde phenomena....

The first parting of the ways took place after one hour.

I had plenty of time to ponder upon the loneliness of the long distance runner as I drank several beers and ate a lonely sandwich at the Col de Bavella some four hours later. By the time JM arrived it was time to go. The early afternoon clouds were forming and soon we were in thick mist and pouring rain, slogging to an early finish at the Asinao refuge.

It was not a happy experience. Spending a soggy night in a remote hut with soaking

gear, the prospect of dehydrated food and more of the same in future days was not inspiring. The only sensible resolution was to aim for a distant hotel and restaurant, and to accept no substitute.

Day Two - Breaking up is hard to do

After an early start the next day we reached the second parting of the ways as I waited on the summit of Monte Incudine. As John arrived and sat down for a breather (as instructed by his trainer) I proposed to meet him at the hut. This simple understatement of intention belied the question "which hut?" Twelve hours later I staggered into the restaurant at the end of the rainbow and ordered a couple of grande bierras. I drank them in solitude with a toast to absent friends, showered, changed, read a book and eventually started a lonely dinner. As the evening shadows lengthened a solitary figure was seen staggering towards the Capannelle dortoir....

It had been a long day. One might have expected an emotional greeting but with stoic resolve John got stuck into his meal as if it was an everyday occurrence to be left for dead on top of a mountain with only the photocopied shreds of a map to protect him.

Day Three - Lonely Hearts Club

Day Three started gently enough with a runnable track contouring until a steep zig-zagging descent lost all the precious height gained and gave more scope for parting of the ways. Vizzavona station was not easy to locate with potential wrong turnings at every turn. I waited in now traditional solitary mode for my companion to emerge from the forests.

This half way oasis is reported to be an opportunity to enjoy the comforts of civilisation and prepare for the terrors yet to come. Ten minutes of comfort, civilisation and a couple of lemonades did the trick and we were off to tackle the crux. This proved to be the 1000 metre flog through forest and rocks to the Crete de Muratello. With this awful business out of the way it was almost enjoyable to tumble down the ridge to L'Onda Refuge. Despite strong winds and swirling mists we decided that the next section should be tackled direct over the tops. In retrospect this was a bum decision and navigational problems (OK, so we lost the little red and white markers!) ensued in thick mist and a gale amidst the craggy pinnacles of the ridge. We were somewhat grateful to get sight of the Petra Piana Refuge as the clouds cleared on our descent.

Day Four - Lazing on a sunny afternoon

It started with a spectacular ridge crossing taking us through a tortuous route across unlikely terrain. The views were superb but the line unlikely, only appreciated in retrospect. We managed to avoid parting for a couple of hours but then the inevitable happened and long spells of loneliness ensued.

A short while later after a very pleasant runnable section through alpine meadows I arrived at Le Lac de Nino, a lonely and picturesque spot well featured on postcards. Some time later John arrived....

The final section of this short day took us over a spectacular ridge and down donkey tracks to the Hotel Castel di Vergio. The afternoon was yet young and we passed in decadently supping beers on the terrace of the hotel. Anything to avoid another night in a refuge!

Day Five - Only the Lonely Day

Five was to be the highlight and started with a gentle couple of kilometres jogging down the road at dawn.

By the time we had topped out of the first valley near the Mori Refuge the sun was strong. As we descended through pine forests it felt and smelt like Yosemite. Thirst forced us to stop at a bergerie; actually the path virtually passed through the building! The enterprising proprietor fetched supplies up the track by donkey and charged enough to make a comfortable profit. The donkeys attempted to supplement their meagre income by eating Johns sandwich.

The climb up to the Cirque de la Solitude (Ah! Solitude - a place which sums up the epitome of the loneliness of the long distance runner!) was a pleasant rocky scramble passing the architecturally interesting Tapanatu Refuge. As we passed over the col the scenery changed and the image I

have retained is of a bomb crater. The Cirque de la Solitude is a barren and stark place, bare unvegetated rock tumbling down to a narrow defile. The way through is at first unclear until the awful realisation that the line descends deep down into the cirque. As the rock steepens, chains and ladders appear and whilst in dry conditions it is possible to pad down the slabs, in wet and with huge sacks no doubt the extra security is justified.

Having climbed all the way down, passing an ominous fresh bloodstain, we had to scramble back up again. As we left the cirque the atmosphere changed back to the familiar expansive views down to the Altore ski station. Passing the jumbled remains of the Haute Asco hut led down to a choice of route. We chose high and were rewarded with a grinding ascent to pick our way along a Skye-like ridge until at last it was possible to slide down snow slopes towards the Spasimata Refuge. The descent was long and complicated and I regret to say that I misled John yet again. At the hut I met the charming guardienne Nicole and eventually was able to introduce JM as he stumbled in.

Nicole! Papa!!

Such are the things of dreams....

Day Six - Homeward Bound

On the sixth day it was wind-down mode and a second breakfast on ice-cream and coffee at the Auberge de la Foret. Things seemed to be going nicely and in the

correct direction until the forest track turned back on an unmapped hairpin. Our map clearly predated the forest fires of the eighties and a continuing unmapped sequence of hairpins took us higher and higher up the hill and away from our objective. Then the path stopped, not with a bang but with a whimper, fading away to nothing. Just chest high maquis. Optimistically we headed uphill.

The maquis tolerated this but took some revenge and soon our legs were shredded. Then we met Le Legion. Three pairs in full kit were fighting their way down where we were coming up. They had been hunting (what??) but had lost their dogs. In coarse French they invited us, if we saw them, to whack them soundly and send them downhill.

This scenario caused us some concern. Had they really lost their dogs? Or eaten them to supplement rations? Would they be court-martialled for eating the highly trained equipment? We struggled on.

Time passed. At last the final slope to Calenzana. But this was not to be a pleasant jog down to the finish. The voracious maquis tried to devour us every step of the way and our well tanned legs were bloodied by the finish.

Finally after five and a half days we were free of the routine, able to have an early lunch without guilt and able to throw away the remaining detestable dried food!

Mike F Browell
July 1994

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CORSICA GR20

SECTION	DISTANCE km	ASCENT metres	TIME hrs/mins
Conca - D'Asinao	26.8	1789	6.59
D'Asinao - Capanelle	44.5	2283	11.33
Capanelle - Petra Piana	34.2	2243	8.14
Petra Piana - Col de Vergio	23.1	1035	6.16
Col de Vergio - Spasimata	31.2	1946	9.17
Spasimata - Calenzana	16.2	637	4.30
TOTAL	176km	10109m	46.49

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The Bob Graham Round finds the Lakeland tops quite busy around midsummer as runners utilise the long hours of daylight. Many rounds are completed, many fail; sometimes a round is achieved without any real problems or incidents; this is what it feels like ... a personal account by Adrian Watts

The Banana Round

The forecast for the weekend was for hot and sunny weather so I made sure I packed the sun tan lotion and sun hat, but luckily I still included cold weather gear as well. Starting at 9am Saturday morning the weather was overcast after some overnight rain, so no need for the sun protection. We had a leisurely run round to Robinson, but on the way we left the road too soon (my fault) and lost a couple of minutes. The top of Robinson was in mist and we thought we had made good time until we realised as the mist momentarily cleared that the ground was still rising, we eventually made the summit 4 min down on schedule. One down and 41 to go!

We had a good run round to Dale Head without losing any more time, but off Dale Head I thought I knew the way down and was looking for the fence on the right. Of course there isn't one that high up and we ended up in the quarries and lost another 5 minutes on the schedule. Not a very auspicious start, so I resolved to follow the navigators lead for the rest of the round.

A change of shoes at Honister, drink, cake and a banana then off up Grey Knotts with the mist still down. I had a good climb up here but at the top I climbed the rocks only to be told that there was a path around the other side. Coming off the summit I went over on my ankle (stifled shout), luckily there was no real damage it just ached for the

rest of the day. Brandreth was reached under schedule, my navigator on this leg, Andy Schofield (Scoffer), was very very good which was just as well because the visibility was down to 5 yards at times. The Gables came and went under schedule, I was annoying my pacers by constantly asking how the time was going, but I needed to keep my mind occupied and numbers do the trick for me. A slight deviation on the way up Kirk Fell gave rise to a short scramble and we lost 3 minutes, this was not a disaster and definitely not bad in the conditions. It was so bad that Scoffer was getting annoyed at the weather, but at least it kept the pace down and saved me from over doing it too early.

It was so bad on the way to Pillar that we took a direct bearing which led to a rock climb rather than an easier detour, this lost us another 4 minutes, this was still not disastrous as I had been very optimistic on the early schedule. Keith had to stop on this section as one of his shoes split along the outside, but luckily he had some parcel tape in his bag, this didn't last long so while we went on to Steeple he stopped for more permanent repairs. More time was lost over the Red Pike - Yewbarrow section and the descent to Wasdale was purgatory for me so how Keith managed I will never know. We reached Wasdale just 26 minutes behind schedule which in the conditions we had encountered was not far short of a miracle (congratulations and thank you to Scoffer and Keith Masser). There was no panic on the time as I still had over an hour in hand and on the last 2 legs I had been over generous with the times.

Now for the biggest climb of the day,

Scafell, the first half an hour was 'easy!', but then I paid the price for being over enthusiastic, I struggled up to the path and we gained the top only 2 minutes down. We had not managed to arrange a rope for Broad Stand so we used the West Wall Traverse to Lords Rake and then up Mickledore, this lost us another 3 minutes to Scafell Pike. The mist was still down and it was alternately stiflingly hot and then quite cool. We continued to lose time all the way to Bowfell, not through any problems with navigation which was spot on, but because of my dislike of the rocky terrain especially as the rocks were wet.

Bowfell to Rossett Crag was the turning point, we contoured under Hanging Knotts, as we came out of the mist at Rossett Gill I had three 'angels' a 'saint' and two dogs waiting to cheer me up and provide me with sustenance (Thank you Judith, Christine N, Christine A and Ken and sorry to Joe, Andy and Gerrard for being late). On this leg even with the stop we made up 5 minutes of time and the mist began to clear showing us Pike O' Stickle, we lost 5 minutes to this top, but from here to Dunmail we made up another minute. Graham Wright who was navigating (very well) went on ahead to Steel Fell to look for a better descent to the road. Trying to be clever I went down a gully before I saw him, it wasn't the correct one but I managed to traverse across and only lost a minute on the

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descent. I felt embarrassed at leaving Graham at the top and apologised to him when he got to the cars. As we had made our way along to Steel Fell the mist was clearing and we had good views of Grasmere and Windermere to the South and I prayed that it would also clear to the North over the Dods, although at first glance this looked unlikely.

A change of clothes at Dunmail Raise was very welcome as was the food and a chance to sit down for half an hour. Boyd Millen (of the first double BGR fame) made himself known and offered his help, after checking with Andy Hewitt (the navigator for the section), whom I had great faith in, this was accepted as a means of correcting any great errors made. I found him a marvellous person with vast experience and a good motivator, he did however get annoyed at my constant nagging of the time keepers about how we were doing and he told me to shut up about the time until we reached Threlkeld.

As I mentioned earlier I had set a pessimistic schedule for the last 2 sections, this was just as well as I only made the climb up Seat Sandal spot on time, I found I struggled on each of the first climbs after a stop, probably due to the food needing time to settle. The descent was very tentative but a strong climb up Fairfield kept me on target for the section. I was dreading the descent of Fair-

field having done it in the daylight 2 weeks before, but as it turned out this paid dividends as Andy found some scree and I 'flew' down half of the descent. The pull up Dollywagon was hard to start with after the 'fast' descent, however I soon got into a rhythm and felt a lot better knowing that this was the last big climb of this section.

The mist started to clear on Helvellyn which was just as well as Boyd had been shouting at Adrian Murphy about the use of the torch in the mist. The only time the torches were used was for the recording of the times on the summits. We made very good time from Helvellyn pulling back 29 minutes on the schedule, mainly thanks to the moon coming out and the improved conditions underfoot. I prefer the grassy going even though it gave me my one and only fall as I misjudged a grassy step. The descent from Clough Head was agony with sore legs and feet but after making up so much time I was feeling fairly pleased with our progress and knowing I could afford a good rest at Threlkeld if necessary.

The last section had no real worries for me, having helped out on this leg last year, knowing that if necessary I could walk the whole section and still finish inside 24 hours. A relaxed start from here, even missing the turn off the road didn't upset me, led us on to Halls Fell

Ridge as the sun was rising. The ridge was dry and after two excursions to the Black Cullins held no worries for me except that I was tired. From the top of Blencathra we took a sweeping line to the right towards Mungrisdale Common before turning left for a direct line to the bottom of the fence up Great Calva. Half way up the climb my support team stopped for a drink, but I kept on plodding on up, I was first to the top and was looking forward to rest. This was not to be because as I turned round they had caught me up. Never mind nearly finished, only Skiddaw to go now. I had survived the day on bananas and Staminade and I had just had the last of about 20 of them when the discussion turned to the symptoms of suspected banana overdose which led to collapse and turning yellow. I was wearing yellow gloves at the time so I fell on my back with my legs in the air in a state of collapse, this caused a smile all round and we decided to have 5 minutes rest before the last pull up Skiddaw.

The descent was a painful affair even though I had changed to road shoes for extra cushioning, but Graham wouldn't let me relax until we reached the park. We arrived back at Moot Hall at 7.40am just 20 minutes down on my schedule and stone steps had never looked or felt so comfortable before. Thanks to all who made the day so memorable it was an outing I will never forget.

APPLICATION FOR MEMBERSHIP OF THE FELLRUNNERS ASSOCIATION (FRA)

The FRA was formed on the 4th April 1970 to look after the interests of fellrunning throughout the British Isles. It is a constituent member of BAF.

MEMBERSHIP BENEFITS INCLUDE

Three magazines per calendar year, published in February, June and October containing reports, photographs, articles, profiles, competitions and comprehensive race results and reports.

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Membership runs from January 1st to December 31st.

Anyone joining after October 1st receives 15 months membership.

Clubs who affiliate to the FRA receive the fixtures calendar. All membership enquiries should be made to the membership secretary.

Return to membership secretary, Pete Bland c/o
PETE BLAND SPORTS, 34a Kirkland, Kendal,
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Please mark envelopes 'FRA' and enclose
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2nd Grande Course du Verdon et du Lac de Sainte-Croix

24-26 June 1994

This three day Supermarathon goes right round the Lake of Saint Croix and in and out of the spectacular Gorge du Verdon, well known to climbers, on Day 1. The start and finish was at the new village of Les Salles, built in 1973 when the old village was submerged by enlarging the Lake for hydroelectricity. Day 1 was 38km in length with two big climbs, the first at the start from Les Salles at 300m onto a ridge at 1200m, and the second major climb was out of the Gorge at the end of the race to the finish at Rougon. There were also several smaller climbs within the Gorge, along with a few scrambly descents and twists and turns, series of ladders and a tunnel. The running over the ridge at the start was also enhanced by the presence of vegetation making the markings difficult to find, the rocks difficult to anticipate on descent, and occasional abrasions to the body. The stage started at 7.30, which was actually late compared to day 2(7am), and day 3 (proposed for 6 am). By 11 am the temperature was unbearably hot despite the presence of feeding stations every 7km and most runners carrying water bottles.

Actually coping with the heat was a big factor in surviving the race, as all the 140 runners and almost as many organisers, or so it seemed, were camping out.

I had a slow start on Day 1 but found I gained a few places on the descent and through the Gorge. With about 6km to go I was within sight of 4th but when I found the tunnel it was the wrong one, and took me back 1km down the trail. This lost me four places together no doubt with the sincere gratitude of my fellow vet Gilles and the other runner who followed me. Then my groin started to really hurt and the temperature seemed unbearable and I struggled to finish. The first lady, Corinne Favre, came past me to finish 6th as did Rod Oliver, one of the organisers of the Aigle-Leysin race where I've won a few pairs of skis. Susanne Niedrum finished, also suffering from the abductor muscular/ligament problems which one inherits from twisty rough descents.

Day 2 was 30km from Rougon to Moustiers, famous for painted china plates among other things. There were two ascents of about 300m onto ridges. I was in pain from the start and dropped out at the first feeding station at 7km. Susanne who could barely hobble the previous evening continue to the finish with endorphines and one of two anti-inflammatory injection from one of the race doctors. The finish was in the scenic main square of the town by the church.

During the race and afterwards on day 2 the weather begun to change and it got very windy. Overnight it started to rain. At 5am an additional briefing (these were integral to the race) was given at breakfast to

the effect that the long 46km final day was cancelled because all the markings had been blown away. The British tradition of finding your own way DOES make organisation easier and ofcourse avoids complaints about inadequate marking! Day 3 now consisted of a 25km out and back course from Les Salles, run in a thunderstorm and heavy rain from 9am. Daniela Zahner, who I've met in several other Supermarathons and races on crutches after car and skiing accidents, invited me to start with her at 8am and carry her bag but I turned the offer down, preferring to spectate along the route. But I got wet and cold and when I came back to the start I found my bags had been moved to a campsite down the hill where showers were available. So I did not see the finish but instead talked to the French professor friend I met in the Sahara Supermarathon who was minding the children this time while his wife ran.

The prize giving was from 3.30pm till 6pm with great panache. The main organiser had a delightful singsong voice which I had already taken an intense disliking to. There were interviews and a ghetto blaster machine to entree the first three in each class. Young children came up to pick numbers for spot prizes for almost half the field.

Well don't get me wrong, it's a great race, but it is difficult to get there for a weekend and coping with the weather and very early starts would suggest it should be incorporated into a holiday, rather than a long weekend while still jet lagged from a trip to Colorado. The GR4 which goes through the Gorge looks like a good bet for a more leisurely trip.

1. Guerino Ferrin	8.12.24(4.04.20,2.22.41,1.45.23)	
2. Georges Daudu		8.16.31
	(3.58.57,2.22.42,1.54.52)	(1st Vet)
3. Francis Asensio	(2nd Vet)	8.32.19
		(4.12.54,2.29.57,1.49.28)
4. Rod Oliver	8.50.51	(4.17.38,2.40.13,1.53.00)
5. Pascal Monnier	8.50.54	(4.17.12,2.36.32,1.57.10)
6. Corrine Favre	8.52.06	(4.20.08,2.37.35,1.54.15)
	(1st Lady)	
13. Susanne Niedrum	(2nd Lady)	9.22.19
		(4.38.19,2.45.30,1.58.30)

John Blair-Fish

14th August Sierre-Zinal 31km 1900m

This year the strongest field ever was amassed at the start of the Sierre-Zinal race with six Colombians, Mohammed Ben-Sallah, the winner of the Sahara Supermarathon, Dave Dunham from the USA, five top Italian Mountain runners, and many strong Swiss runners and past winners. The representation from the UK was rather mediocre, the attractions of the World Trophy selection races being considered as more important than the so-called New York Marathon of Mountain running, not forgetting as always that there are no money prizes in the World Trophy. The weather was cool with some cloud cover. With a continuing abductor injury I decided to run the race cautiously but nevertheless ran one minute faster than last

year despite also having to retreat into the bushes just before the Weissshom Hotel but that cured the stitch problem! With past winner Correa finished 4th and 1st vet and 4 vets in the first 16 I had little hope of a possible vet prize.

We saw the Grand Raid Mountain Bike Race advertised for August 21st, a 130 km race from Verbier to Grimentz over 4 mountain passes with over 4000m of climb. The race was limited to 4000 competitors but might provide an alternative attraction for fell runners visiting the Valais next year.

John Blair-Fish

1. Jacinto Lopez Paipa-Boyaca	Colombia	2.35.25
2. Jean-Francois Cuenet	Bulle Swiss	2.37.36
3. Patrick Vienne	Riaz Swiss	2.38.07
4. Jairo Correa	Bogata Colombia (1st Vet)	2.40.24
5. Martin Von Kaenel	Schainadital Swiss	2.40.42
6. Peter Gschwend	Kloten Swiss (2nd Vet)	2.41.22
7. Dave Dunham	US	2.42.31
8. Franco Togni	Carenno Italy	2.44.26
9. Ettore Chmapretavy	Introd Italy	2.44.37
10. Hans-Ruedi Studer	Hausen Swiss (3rd Vet)	2.44.46
16. Ugo Leonardi	Airola Swiss (1st Junior)	2.47.17
23. Martin Roscoe	Burnley GB	2.54.04
32. Gary Devine	Pudsey GB	2.54.04
38. Garry Wilkinson	Clayton GB	2.55.29
39. Shane Green	Leeds GB	2.55.42
61. John Blair-Fish	Camethy GB (12th Vet)	3.02.55
72. Jean-Francois Seigneur	Megeve France (1st vet 2)	3.05.39
80. Phil Davies	Leeds GB	3.07.42
111. John Coyle	Camethy GB	3.14.38
165. Ian Ferguson	Bingley GB	3.23.55
175. Brigitte Eustache	St Jeoire France (1st Lady)	3.24.28
219. Lucy Wright	Leeds GB (4th Lady)	3.32.53
228. Lesley Leavley	Leeds GB (5th Lady)	3.33.58
279. Robin Kindersley	London GB	3.39.51
317. Neil Goldsmith	Dark Peak GB (64th Vet)	3.46.42
319. David Parsons	Bournemouth GB (65th Vet)	3.46.52
334. Keith Hill	GB	3.48.27
359. Steve Hilton	GB	3.51.02
360. Robert Gamer	GB 3.51.06	
403. Natasha Cendrowicz	London GB (13th Lady)	3.35.49
404. Matthew Pritchard	Camethy GB (18th Vet)	3.57.27
450. Raymond Bunn	GB (19th Vet 2)	4.01.38
466. Louise Collis	London GB (18th Lady)	4.03.17
1127	finished	

Castle Peak Marathon, Aspen, Colorado 12th June 26.2 miles 3500 feet of ascent

This race was the first one in a series of Skyrunner Marathons organised by an Italian group doing research into the limits of human performance and effects of altitude and sponsored by the Italian shoemaker, Fila. Last year Mark Rigby from Ambelside and Westerlands, Phil Clark from Kendal, and Martin Stone from Clayton took part in their race up and down Monte Rosa and Helene Diamantides took part in their high altitude marathon in Tibet. The group have their own Fila team of runners, mostly consisting of Italians but also including Pascal Bertres, a mountain guide from Val d'Isere who I've twice raced on the Mont Blanc Supermarathon.

The race was limited to 50 invited runners, made up mostly from the Fila team and USA top mountain runners but including one or two other representatives from Europe. I travelled out with the cameramen from TransWorld Sport from London. We changed planes on the way out at Washington and Denver, and thence to Aspen. The jollities of Heathrow after the ride down on the shuttle were up to usual expectations with questions asked about my recent trip to Morocco. We had to cross Washington airport twice in the middle of a very hot afternoon to visit customs and also board two planes due to a faulty valve in the first one. We came back via Los Angeles which gave me an opportunity to inspect the Grand Canyon from the air and parts of the polar region as well as the smog and excitement of LA airport where we had to travel the length of the airport to recheck the cameras to prove they'd been out of the country.

We arrived in Aspen at 10pm (or 5am BST) and I felt very tired after all the travelling. The next day after a bit of wandering round while another American film crew interviewed us I had a run up from 8000 feet to 11000 feet over a ski area behind the hotel and then looked for my friend Douglas whom I met at the Everest Marathon and looks after the Jerome Hotel in Aspen. In the evening

my stomach and head started complaining and I was confined to bed for the next day, a combination of altitude sickness and travel exhaustion.

On the Friday before the race Douglas showed me some thermal caves used a commercial sauna and then I had a chance to look at part of the course with the American runners on Saturday. Pascal and the Fila group had a fuller look with the cameramen on the Thursday when I was ill. The course started at 11500 feet and went up a stony dirt track for about 4 miles before heading directly up over the snow to 13000 feet. The original route over the peak was not possible as it is designated as a wilderness area. On descent to the starting point there was a 13 mile road back to Aspen. The idea of the race was to split mountain and road fifty fifty and include road and mountain runners in the field of competitors to see how each performed (or suffered).

The start was at 8am. I found myself left at the back of the male field as we climbed the track through the forest. I passed two runners as they slipped back on the snow. The winner, Matt Carpenter, had put on instep crampons for this part of the ascent and this would have helped. The descent down the snow was fun and some of the American runners accused me of being a maniac descender and said

I nearly ran into a TV camera but I thought I carefully negotiated this hurdle (though not falling through the deeper snow).

I felt fairly fresh when we hit the road but not one hour later. It got hotter and hotter and my calves got tighter and tighter. With about 8 miles to go an American runner called Bill Cuculic came past me and he got 10 minutes on me. The number of 'aid' stations was limited as mountain runners were expected to be self sufficient. But mountain runners do not run on roads, n'est-ce pas? There was an aid station with 13 miles to go and another one about five miles from the finish which was later than expected. As I looked at my watch every five minutes looking for it and saw Bill steam past I began to wonder how slow I was running. But there was some consolation when I passed three runners later. I felt I was crawling along trying to remember the last few turns to finish in front of the Hotel and here the cameraman Nick ask me how I felt to finish.

The only other English-English speaking finisher was ex patriot Theresa McCourt, a free lance writer originally from Manchester but then living in Sacramento and covering the race for Runner's World.

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GELERT 3 PEAKS YACHT RACE

JUNE 18th - 23rd - Rob Howard

Just about the most adventurous race any runner can enter in the U.K. is the Gelert 3 Peaks Yacht Race, but it isn't the 72 miles and 11,000 feet of climbing to reach the tops of Snowdon, Scafell Pike and Ben Nevis which you should worry about, it's the bits in between. Two runners enter as part of a team of 5, the other 3 being yachtsmen who sail from the mid-Wales coastal town of Barmouth via Caernarfon and Ravenglass to the end of the race at Fort William, letting the runners ashore at each landfall to scale another peak.

Mark Hawker was one runner who set sail on June 18th and like many he was seasick before the boat crossed the start line in a fierce wind, rising and falling on huge waves, and occasionally crashing straight through them. He was aboard 'Highwayman' with partner Andy Murphy, one of the smallest entries, where the facilities were no more than a much used bucket and accommodation resembling a torpedo tube.

Hawker said, "I don't mind admitting I was scared. I didn't know if the boat could take those seas and was delighted to get ashore, but getting back on twice was the hardest thing I've ever done. I was seasick all the way and couldn't eat a thing. I thought of giving in, and would have if anyone else had suggested it."

The sailors had their own problems in the rough weather. One boat was dismantled, several ran aground or hit rocks, distress calls were put out and last year's winners had to cut a sail away while drifting onto rocks. While leading 'Highwayman' also ran aground entering the dangerous tidal harbour at Ravenglass and was stuck for some time.

Nor was the running all straightforward. It was often a tricky row ashore from moorings, the mountains were all cloud covered and Ben Nevis had blizzard conditions. Runners were often under pressure to get back to the boat in time to catch all-important tides and that means being on the mountains at night.

The Royal Engineers did Scafell instead of Scafell Pike, and the Territorial Army pair ran down the wrong side of the hill and were lost for several hours (is the national defence in safe hands?) Debbie Thompson on the all female crew of 'Severalles Challenge' had a bad reaction to some seasickness tablets and was almost delirious on the ascent of Scafell Pike, while her partner, Kath Praeter, made only one comment as she came ashore at Caernarfon. "I hate sailing" was



Mark Hawker (L) and Andy Murphy (R) aboard Highwayman on the High Seas

Photo: Rob Howard

said with feeling, but like Hawker she got back on the boat and finished the race.

At the end of it all there was a new race record of 2 days 8 hours 12 minutes for the trimaran "Shockwave", the ladies team finished 2nd and 'Highwayman' 8th in 4

days 7 hours 2 minutes. Richard Ludlow and Michael Llewellyn won the 'King of the Mountains' title in a total time of 12 hours 26 minutes and the last boat in took nearly a week, but everyone did finish safely.

THE LOWE ALPINE MOUNTAIN MARATHON Arrochar 1994

After a last minute change of sponsor and organiser, the Lowe Alpine Mountain Marathon (formerly the Rohan MM) took place as planned on 3/4th September. Martin Stone took on the organisation and the feared shortfall of entries was averted. 424 teams entered the six challenging courses planned by Martin Bagness and 285 started the first day. The weather on Saturday was poor and about 70 teams failed to complete the day. Day 2 started well but by late morning heavy rain was falling. Despite the bad conditions all teams were accounted for on Saturday night and no-one left the event area without making their intentions known. The Elite teams performed especially well as only one of the 15 teams failed to

make the mid camp - however day 2 was another story! On the shorter course it was pleasing to see father & 'youngish' son teams and young brothers producing really good results. All in all competitors felt that they'd had a tough but enjoyable weekend at an event with a really good atmosphere which was small enough to remain fairly relaxed and unpressured.

Many thanks to the competitors for supporting the event, the twenty or so dedicated helpers, Jen Longbottom of Karrimor for assistance in boosting the number of entries and of course Lowe Alpine for their provision of excellent prizes.

We are pleased to announce that Lowe Alpine will continue to support the event 'somewhere in Scotland' in 1995 and further details will be announced as soon as possible.

See Rob Howard's full report in the next edition.

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Saunders MM
Photo: Rob Howard

Rob Howard's.....

MOUNTAIN MARATHON ROUND-UP

LOWE ALPINE COMERAGH MOUNTAIN CHALLENGE MAY 28/29th

The long, hot summer started in late May with fine weather in S.E. Ireland for the first mountain marathon of the season. A few brave souls were back after the torrential rains last year and they weren't surprised to see a length of rope in the kit list (for river crossings), but ironically a lack of drinking water was the problem this year.

Race organiser Pat Healy, Major in the Irish army, obtained the use of the barracks in Clonmel, which provided excellent facilities for the venue, with last year in mind he also set shortish courses without too much navigational difficulty as many of the entries were new to this type of race and he wanted to give them a good chance of getting round.

There were 3 courses, Elite, 'A' and 'B', and the vast majority settled for the shorter run, which wasn't surprising given the general lack of experience and the excess of equipment some pairs were carrying. The first controls were either side of a shrine above the town, after which the courses took the runners south, across the Nire Valley and on to the edge of the main plateau of the Comeragh and Monavullagh hills.

These rise to 2609 feet and a major feature of the area are the surrounding Coums, which include Coumshingaun, said to be the deepest in Europe. That was too far off to be included, but everyone finished the day among the deeply set lakes of a series of coums surrounding the head of the Nire Valley.

The campsite was by the river and fine weather and good ground, combined with impressive performances, resulted in the elite leaders.

Mark Seddon and John Kewley arriving to find no marshals, so they timed in the next 7 pairs until the officials turned up. Seddon and Kewley had a clear lead over their only opposition, Jim Browne and Molua Donahoe from N. Ireland, while in the 'A' class International hill runner Gerry Brady and junior international orienteer Marcus Pinker were runaway leaders.

Both kept their advantages on the second days route back along the Knockanaffrin ridge, so Seddon claimed yet another title to go with the KIMM crown from last year and Kewley won his first elite class after four previous second places. Things may well have been different had Brady and Pinker been in the Elite, and Brady's protestations that "Marcus is too young and I'm too old for the elite" rang a bit hollow.

The B class was closer, but army sergeants Pat Spillane and Tommy Duggan hung on to win in their first mountain marathon and received generous prizes from Laurie Grey, the M.D. of sponsors Lowe Alpine who have their European manufacturing base in Ireland. The company are committed to supporting the event in future and next year the competition will take place in some of the more spectacular areas of the Comeragh. It is hoped a cheap transport package can be arranged and to go on a mailing list for details you can write to Pat Healy, Cut Bush, Curragh, Co. Kildare, Ireland.

STOP PRESS: After Rohan withdrew their sponsorship at the last minute Lowe Alpine stepped in to save September's Mountain Marathon at Arrochar - see item on page 27.

ELITE (50.7km/1750m)

- | | |
|-------------------------------|---------|
| 1. Mark Seddon & John Kewley | 7.36.32 |
| 2. Jim Browne & Molua Donahoe | 8.18.51 |

'A' (45km/1745m)

- | | |
|--|----------|
| 1. Marcus Pinker & Gerry Brady | 6.01.16 |
| 3. Peter Gargan & Maurice O'Hara (vets) | 7.22.07 |
| 15. Helen McKeegan & Joanna Boyle (ladies) | 11.18.56 |

'B' (39.5km/1570m)

- | | |
|--|---------|
| 1. Tommy Duggan & Pat Spillane | 7.02.39 |
| 2. John Reve & Anderson | 7.03.36 |
| 3. H. White & Campbell-Crawford (vets) | 7.15.47 |
| 5. Sarah & Andrew Gooda (mixed) | 8.06.28 |
| 6. Una Creagh & Deirdre Ni Challanain (ladies) | 8.08.20 |

17th SAUNDERS LAKELAND MOUNTAIN MARATHON JULY 2/3rd

The SLMM was back at the Grastnere Sports Field once again with the courses set on the Harveys Western Lakeland sheet and the mid-camp at Stool End Farm, Langdale. For those lucky enough to get in before the entry list was full (last Christmas) the weather on Saturday was unpleasantly hot and humid, with dense low cloud.

At the start, above the western end of the lake Klets runners were coming to terms with a new format. All the checkpoints were given out and could be visited in any order over the 2 days, with the night spent at the mid-camp. At least 5 controls had to be left to day 2 and seven were compulsory on day 1, forcing a long first day, heading North to Thirlmere, west to Scafell, and even south to the tarn at Little Stand.

Route planning was protracted and vital, but those on the shorter courses were not necessarily having an easier time. The area between the start and the Langdale Pikes is complex, particularly around Silver Howe, and the dense cloud caused major problems. Progress was slow with some retirements from those who couldn't cope with the navigation, but at least there was the beer van waiting at the campsite, which remained dry, which is more than can be said of the competitors.

The day 1 Klets results showed different competitors had taken in different numbers of controls, but defending champion Ifor Powell was in first in 7.21.22 with 13 controls, which was more than anyone except Mark Hartell. However, he took 8.57.17 for 15 controls, which left only 4 for the second day. He would have to do one of them again!

"I don't know what came over me" he said, "I guess I just decided that while I was out there I may as well do as many as possible." Powell pointed out, "It was a long day and my time was more than the winning time for both days combined last year." Scafell and Bowfell competitors too were finding it hard, slowed down by the weather on tough courses.

The excitement for the evening was provided by watching a prolonged helicopter rescue from Crinkle Craggs, but this had nothing to do with the race and was successfully accomplished. The mass restart on day 2 was spectacular and the runners quickly arrived at a very low rock outcrop and were in danger of tumbling down it like so many lemmings. Ifor Powell sprinted away up Mickleden easily leaving his nearest challenger, Dan Parker. Despite this Hartell was first back but he couldn't make up all the lost time and

finished 4th. Most Klets runners approved of the new format, which gave plenty of freedom but retained the overnight at the mid-camp.

Mark Seddon was 3rd, Dan Parker second and Ifor Powell retained his title in one of the highest quality Klets competitions for many years. This was accomplished on a ration of 4 packets of biscuits and some fruit jellies in what has been a prolific season. Powell has come first or second in the elite classes of all the long navigational races this season.

"I plan to run the KJMM with my brother Alun, who is mountaineering in Russia at present" he said at the finish. Since they were 2nd in the KIMM elite 3 years ago and Ifor has said that Alun is the better runner they could make a formidable challenge, but the Swiss champions, Buholzer and Butikofer, who won in the 1992 British KIMM in appalling conditions will be running again too. It could be a good race.

Stephen Jones and Gary Williams were impressive in the very long Scafell class (look at the times) and as always in the SLMM good performances by mixed and ladies pairs were a feature. Stephen and Barbara Willis taking 2nd place in the Harter Fell class were the highest placed mixed pair, but they were hard pressed by father and son team Jim and Janies Parker, who were just 2 seconds behind. James is only 16 and was in his first mountain marathon.

KLETS CLASSIC

1. Ifor Powell	9.07.09
30. Wendy Dodds (ladies)	16.05.43

SCAFELL (48km)

1. Stephen Jones & Gary Williams	10.24.18
4. Anne Stentiford & Andrew Addis (mixed)	12.18.40

BOWFELL (43.5km)

1. Tim Nash & Jim Briggs	9.51.49
7. David & Miriam Rosen (mixed)	12.06.37
41. Natasha Davison & Wendy Barrett (ladies)	16.58.13

KIRKFELL (38km)

1. Michael Carmont & John Smallwood	9.35.07
3. Anne Salisbury & Alison Hood (ladies)	10.49.46
5. Julia Laverack & Davey Sanderson (mixed)	10.52.50

CARROCK FELL (34km)

1. Walter Harrison & Duncan Taylor	7.18.23
3. Richard & Dawn Hopkinson (mixed)	7.51.25
35. Joanna Paxton & Lynda Dean (ladies)	10.41.22

HARTER FELL (3 lkm)

1. Graham & Andrew Robinson	7.23.39
2. Stephen & Barbara Willis (mixed)	8.18.32
6. Una Wood & Cynthia Crawshaw (ladies)	8.35.26

WANSFELL (28km)

1. Andy Alien & Tony Walne	8.20.08
3. Neil & Julie Brammer (mixed)	8.43.24
15. Katherine Horder & Anne Francis (ladies)	10.31.47

BED A FELL (26km)

1- Malcolm & Peter Sizer	8.55.17
3. Andrew & Christine Branson (mixed)	9.20.38
8. Moya Bolger & Wendy Rudeford (ladies)	11.03.14

* Distances are straight line measurements.

SWISS KIMM

The 19th Swiss KIMM took place on August 13/14th in a remote area near the Italian border, though it was only a few days before the race that the organising team realised special permission was needed due to the environmentally sensitive nature of the area. From the tiny village of Sufers it was a long climb up into the mountains, but thankfully minibuses ferried everyone up the 500m to the start via a long track.

A bright sunny morning gave way to foul weather in late afternoon, by which time everyone knew the courses were long and hard, though opinion varied on the terrain. The majority on the various C and short courses thought the area was mostly shattered rock and scree, while the hardy few on the Elite/A and B courses felt there was more pasture and runnable terrain than usual. The longer courses were shortened, but the first in still took over 6 hours and everyone was out for a long time.

Olivier Buholzer was critical of the long courses after the race and also had some trouble with the Austrian pair who eventually finished third. They dogged his footsteps for much of day 1 without so much as looking at map or compass until an infuriated Buholzer refused to move on and made his feelings about their lack of sportsmanship very clear. Ifor Powell & Pete James overhauled the Austrians on day 2, after finishing a very weary 3rd on day 1.

The other minor controversy of the race was a thorough kit check at the end of day 1 for everyone, even though it was pouring with rain. This resulted in 23 disqualifications, mostly for lack of suitable torches and battery power. Race

organiser Remy Steingger after warnings about teams going badly prepared at last year's race was clamping down.

Twenty British pairs made the trip, with mixed fortunes. The only other prize winners were Alex Pryor, a veteran of many Swiss KIMM's, and Roger DeFaye, 3rd in the C/Senior class. Most felt it was as hard as the UK KIMM, especially with an unfamiliar map using 20m contours and the altitude. Next year is the 20th race and "something special" is planned.

SWISS KIMM RESULTS

ELITE/A (64km/5160m)

1. Olivier Buholzer & Urs Butikofer	12.39.22
2. Ifor Powell & Pete James	13.58.06

'C' (35km/3020m)

1. Beat Oesch & Thomas Frutig	9.58.23
12. Mike Kipling & Alton Horsfall	12.10.46
21. Steve Webb & Kevin Dews	13.03.46
27. Toby Mallinson & Chris Stamp	14.27.11
DNF. Simon Tidmus & James Stephens	
DNF. John Meredith & Raymond Collins	
DSQ. Mark Leyland & Brian Cook	

'C' SENIOR (32km/2520m)

1. Francesca & Michele Gugliemetti	7.48.38
3. Alex Pryor & Roger Defaye	8.54.56
11. Cameron McCready & John Baton	12.28.01
14. Philip Ward & James Bold	14.01.23
DSQ. Ted Smith & Alan Springett	

1C' HIS & HERS (32km/2520m)

1. Marlene Wenger & Jurg Van Binsbergen	9.07.35
13. Sarah & Andrew Gooda	11.41.32
18. Allison Kempson & Gary Mills	12.30.06
29. Duncan Innes & Wanda Jamecui	14.31.44
DNF. Catherine & Andrew Morton	
DNF. Val & Dave Machin	
DNF. Jeffrey & Carolyn Matthews	

TRIM (25km/2020m)

1. Phillip Senn & Sandro Brunella	6.10.11
19. Richard Lewis & Garry Drew	8.37.18

* Distances are straight line, ascents are planners estimates on optimum routes.

Also run but with no British entries were: 'B\ Ladies 'C\ Junior 'C', Family Trim His & Hers Trim.

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The First Vango/Efamol Western Isles Challenge

by Martin Stone

Martin introduced the Challenge, which took place last April, in the previous edition. This is how it went.

DAY 1 - THE UISTS & BENBECULA

After all the anxieties, it's good to get going and all the teams opt to begin the race by bike, starting at 3 minute intervals. The rain holds off and a strong south westerly makes for an exhilarating ride up the island. Our team chops and changes on the road between bike and foot, getting in those northings and it is really intriguing to guess the strategy of other teams as their member comes piling past on a bike. Teams cheer each other and everyone is on top form. It is clear from the outset that this is going to be a race with much friendship and camaraderie, even between the most competitive of teams. The first mountain is Beinn Mhor on South Uist, a climb of 600 metres from sea level into thick cloud on the near vertical west flank. Then along an airy ridge, buffeted by strong gusts before a long and gentle descent into sunshine, great views and the inevitable energy-sapping bogland, peppered with small tidal lochans, which is a major feature of these islands.

Another 25 or so kilometres on the road, then an abortive attempt to save 3.5 kilometres by wading an estuary which is still too full of water before the second mountain excursion. Again, this is from sea level to the 350m summit of Eaval which stands proud of the flatlands which are crossed en route. I begin to tire and Hamish from the Aberdeen University team draws level some way to my left. A lapse in the navigation and I find myself the wrong side of a tidal lochan by its outlet. It really is very strange country, so flat and intersected by lochans that you have no idea until it's too late that you are about reach an obstacle that can only be avoided by a 1km detour. The tide is rushing out through a 15 metre outlet and with some trepidation I swim across and continue, wringing out clothes and bum-bag, to the relative safety of the mountain-side. Eaval provides the best weather and views of the entire 3 days, whetting the appetite for what is to come. The mountain running sections will prove wild and exciting, with opportunities in poor visibility on unpathed terrain to make (and lose) much time on over-ambitious descent routes. The flatlands are equally testing, some of the most arduous country I've ever crossed, preventing progress at more than 4mph. Pinpoint navigation is essential to locate fords which after the



Butt of Lewis lighthouse
Photo: Martin Stone

heavy rains are under a metre of water. The penalties for missing these are very costly in lost time.

The next meeting point is one of the major decision points on the race, the south side of Loch Eport. From here it's either 19km by bike to the end of day one at Lochmaddy or a 1 km windsurf/canoe, 4km run across bogland and 200m canoe across an inlet to Lochmaddy pier. To make life interesting, our team chooses the latter option and Martin Welch attempts to windsurfs across Eport in a force 6 to hand the baton to Al. In the meantime we scoot round in the van to Lochmaddy with the intention of despatching Lisa by canoe to meet Al at opposite side of the inlet. It transpires that Al makes such good progress, he arrives before us and the team wastes 5 valuable minutes at the end of the day.

We finish the day in fourth place, some 26 minutes behind the leaders Aberdeen University. However life isn't quite so simple as teams haven't covered the same distance on foot - the event is still wide open. By 5pm the wind is up again and the rain falls heavily. Lochmaddy is invaded by about 40 support vehicles loaded to the gunnels with boats, bikes and wet bodies. The briefing for day two takes place in the hotel at Lochmaddy after many ominous delays which give the organisers time to gather more confusing weather forecasts. They need to make a decision about the long sea crossing next morning to Rodel on Harris. It doesn't look at all promising and most people are secretly quite relieved when the crossing is again cancelled and Ian opts to re-start the race at Rodel. Apart from one notable exception, the teams are good natured and flexible when the organisers feel the need to make changes. Some of the marginal decisions are reached by consensus and it's evident that the competitors are full of admiration for Ian and his team and the way they are

coping in the first year with difficult conditions. Rather than 'rock the boat', the teams are keen to support the event by taking a conciliatory view when a decision doesn't suit them.

Amid much sounding of horns, the whole convoy rolls onto the CalMac ferry for a late crossing to Tarbert on Harris. Most people are dog-tired and find a corner to grab a few hours shut eye while the keener teams complete the nightly ritual sat round a table, poring over maps and talking through the next day's plans until they can't absorb any more detail.

DAY 2 - HARRIS

A murky morning at Rodel and after a mile on the bike, the 460m hill Rhoineabhal catches out many teams as they struggle to locate the correct descent line in thick mist. We take an early lead and our cyclists frighten themselves silly on some steep, winding, gravel covered roads leading towards Tarbert and the foot of Clisham. By opting to do most of the running, I am avoiding doing any cycling during the race but have lent my bike to the other three - not all that professional since the seat height cannot be adjusted as the post is totally seized in. However, by pure fluke Al, Lisa & Martin all happen to have the same leg length. For cyclists the hazards are numerous - sheep on the road, approaching cars and support vehicles trying to overtake so they can get ahead to the next support point. Some teams are puncturing frequently and the Aberdeen powerhouse, Susie cycles for 14 km on a flat front tyre. We are very fortunate that our only puncture occurs later in the day, within 100 yards of our vehicle.

I set off up Clisham, at 799m the highest point on the race, but in the mist I am unable to find an easy way down the east side through big cliffs. Eventually I slide down a snowfield but later become quite disorientated as I try to get back onto the intended line around a subsidiary hill, Tomnaval. Aberdeen make up a few minutes and we both arrive at the crossing point for Loch Seaforth together. We opt to windsurf while they choose to canoe and Martin Welch takes off like a goodun to meet Al who is already poised for action on the other side.

We're still ahead until late in the day on an arduous 12km section of bogland when the Stornoway Stormers close on me rapidly and I'm overhauled soon after missing a vital ford crossing. The tough country gives no respite and both teams slowly grind to a halt, falling into bogs and pools, having to leap across ditches and myriad streams. The day finishes where the featureless fell meets the road in the middle of nowhere and I've arranged for the other three team members to walk out towards me for a kilometre to act as beacons and guide me in. I notice the Stormers gently drifting away to my right, losing height and they become delayed by some awful bogs while I lock onto my line

of human beacons. It works a treat and we finish the day with the fastest time, now in second place overall and only 12 minutes behind Aberdeen University on aggregate.

DAY 3 - LEWIS

Yet another wet night and an overcast start with the forecast of heavy rain later. The day begins with a biking section followed by the ascent of 429m Suinaval. Teams elect to leave the road from a number of locations and the mountain is approached from all angles. We opt for a northerly descent route to boost our northings and make for Miavaig where the sea craft have gathered to make a mass start at 8.30am. The seas are still expected to be quite big and so the route has been amended to offer more shelter than was originally planned for the 14km crossing of Loch Roag and East Loch Roag to Breasclete.

How the mighty are fallen! This is the only serious sea crossing of the event and the leading three teams, Aberdeen, ourselves and the Stormers choose totally inappropriate craft for the 14km crossing. Aberdeen have decided to make sure they are covered by choosing the same craft we choose. There is a slight breeze at Miavaig and so Martin Welch opts to windsurf. The rest of the team drives round to Breasclete where to our horror we find not a breath of wind! Most teams are canoeing and this will be a great opportunity for them to get even with us. Half way through the crossing, the craft will pass under the causeway bridge joining Bemera to Lewis and this is a good place to view progress. In a panic we drive back to the causeway and find that Martin is miles behind the canoists, becalmed at the back of the fleet. Some quick thinking and checking with the organisers allows Al to canoe off, meet Martin, take the baton and canoe back the remainder of the way to Breasclete. We retrieve Martin and his windsurf and to our amazement, we meet the Aberdeen windsurfer at the same spot. In desperation he is carrying the windsurf on his head along the shoreline towards the causeway bridge. The rest of his team have been slow to recognise his plight and it takes them a further hour to remedy the situation.

Al arrives at Breasclete 1hr 15mins behind the first canoeist but now we're over an hour ahead of Aberdeen. By now it is slucing down again and the cold, driving rain makes the rest of the day very unpleasant. We head off for Stornoway by bike with the feeling that if we can claw back some time on the canoeists, we could yet win the event. Apart from a battle with rhododendron forests in the grounds of Stornoway Castle, we make good time and prepare ourselves for the toughest fell section of all, the 20km of desolate bogland on the north of Lewis. Such a wild section that the organisers insist We run in pairs and progress in horrible weather is miserably slow. Al and I can only occasionally manage to raise a jog



Syniad Dda at the end: Butt of Lewis
Photo: Martin Stone

and yet we're passing pairs who can't even manage a walk. Features cannot be identified, and we cannot accurately judge where we are on the Muirneag plateau. After what seems like an eternity we feel the ground dropping into a decent sized stream and at last we're safe again. I set off alone for the last fell section which if anything is worse again. The final 8km of fell takes nearly 2 hours, I don't see a soul and yet somehow manage to pass 5 teams. It's a tremendous relief to hand over for the last time to Lisa and Martin who bike the final few miles to the Butt Of Lewis Lighthouse.

The prize-giving and buffet at Stornoway Town Hall after the race is a grand affair and a fitting way to round off a superb week of sport. Ian and the organisers arrive late, delayed by the last team in who reach the lighthouse after being lost on the final moorland section - embarrassing for the runner concerned as quite ironically he comes from Ness, the village by the Butt of Lewis. We are left guessing the outcome until the last minute and we aren't feel too optimistic until the result is finally announced. Syniad Dda - Good idea.

The race has been a great adventure and all the teams have obviously enjoyed the challenge. Well done to Ian Callaghan and the other organisers.

Results:

1 Lowe Alpine Syniad Dda	24hrs 28
2 Aberdeen University	25hrs 46
3 Stornoway Bog Stormers	26hrs 08

Entry for the 1995 Challenge will be strictly limited and those who are interested should write towards the end of the year with large SAE to: Ian Callaghan, Scarista House, Isle Of Harris, SCOTLAND PA85 3HX - 0959 550238.

—Long Distance News continued from page 32

This 'scientific' approach has helped both Marks to take a seemingly impossible challenge and make it seem more realistic. To the 76 peaks, Mark was hoping to add Catstye Cam and Haycock with a possible option on Fleetwith Pike. During his build up for this year's attempt, Mark won the Fellsman hike by 30 minutes, came 3rd to two Blands on the Duddon Fell Race and notched up many other long race successes. Philosophical in the face of failure is a good description of Mark's attitude and let's hope that undaunted, he and others will make attempts in next few years.

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 of the award will be chosen. The presentation will be made at the Annual Dinner on 18th November. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 INN Tel: 0772 562395*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

The Club presents an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April. 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 1994/95 award should be sent by June 1995 to:

Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria

Martin Stone's Long Distance News Summary

Plenty of news to report in this magazine. Do please keep sending me details of long runs for the record books.

ANDY HYSLOP - SKYE RIDGE RECORD

The record creeps ever lower as Andy returns to the ridge after a lapse of exactly decade. In May 1984, he lowered Eric Beard's legendary record by 5 minutes to 4hrs 4mins. More recently Del Davies/Paul Stott and then Martin Moran each carved off 15 minutes to give a time of 3hrs 33mins. 'After doing some work on the Ridge over the last six months' as Andy put it, he set out at 9.15am on May 25th. He made big gains on sections which he had previously traversed, finding that the best lines more often than not are direct. He found Martin Moran's schedule very useful but was disappointed to lose time around Bidien. He reached Gillean in 3hrs 32mins 50secs, a minute inside Martin's record. Early on, he had met a group whose leader asked if he was attempting the record. 'Too early to say' was Andy's terse reply as he rushed past. He never realised that his questioner was in fact Martin Moran, who watched Andy's progress for the next few hours! Another reece took place in late July and a second successful attempt on August 7th. His times at summits were always within minutes of Martin's but on this occasion he lost a few precious minutes at the end because the Basteir Tooth was slightly wet. However, he improved on his time by another 35 seconds, recording 3hrs 32mins 15secs.

ANNE STENTIFORD - LADIES' LAKELAND 24 HOUR RECORD OF 62 PEAKS

In 1979, Anne-Marie Grindley set a Ladies' record for 58 Lakeland peaks within 24 hours. She based her run at the Moot Hall, Keswick and added 16 peaks to the basic Bob Graham Round. Some of these were in her own words 'controversial' as they required little extra effort, however she did add about 3 hours of running to the basic round and still completed the run within 24 hours. The main extension to the Bob Graham was an additional section on the North West fells from Newlands Hause, adding peaks such as Whiteless Pike, Wandope & Causey Pike.

On 15/16th July, Anne Stentiford added four more peaks to the list - Catstye Cam, Lingmell, Haycock & Grasmoor. These peaks entailed an extra 2 hours of effort in addition to Anne-Marie's route and her time of 23hrs 17mins equated to a

Bob Graham completed in about 18 hours with an additional 5 hours run at the same pace. She was paced and supported by 14 friends, mainly from her club Macclesfield Harriers. Weather conditions were excellent for most of the round, but too warm as she passed through Wasdale. Unfortunately she found it hard to eat and this caused problems after about 15 hours as she began to run out of steam. It was her tremendous motivation that helped her when the time came to dig deep. As a safety precaution she decided not to add Fleetwith Pike and was delighted to complete the 62 peaks in a time of 23hrs 12mins. This run will hopefully motivate other ladies to make an attempt on the record so that it doesn't lie dormant for another 15 years.

MIKE CUDAHY - SCOTTISH MUNROS RECORD

You can never keep a good man down and Mike Cudahy has certainly made good use of his early years of retirement. He recently completed a continuous epic journey in May and June on foot and by canoe, linking together all the Scottish Munros. He may well have been inspired by the days that Inken Blunk and he spent pacing Hugh Symonds on his Munros of Britain run in 1990. It was originally his intention to use a sea canoe from his start point on Mull to the mainland and also for the return trip to Skye. Unfortunately, unsuitable weather made ferry crossings advisable, but as part compensation he canoed across Lochs Lomond and Quoich. Apart from this the entire journey was on foot. He got off to a good start with two weeks of cold, dry conditions. The pattern then changed and subsequently there were more wet days than dry with summit views failing to make the 50% mark. His wife, Inken Blunk was essential to the success of the venture as she drove the support van, covered all logistical aspects, set up over a dozen camp/bothy stops and accompanied him on 95 hills. Invaluable company was provided by three good friends, John Richardson, Don Talbot and Paul Murray. Three of his sons, Mark, Gerard and Liam also spent time with him. His time from Ben More Summit, Mull to Ben Hope was 66 days, 7 hours and 5mins. This was 15 hours faster than Hugh Symonds 1990 time however comparisons are not straight forward as Hugh managed to sail and row to the islands, also he was only part way through his trip when he had completed the Scottish Munros. Mike believes that with luck and good weather, a top ultra mountain runner could reduce these times to below 50 days.

FRANK THOMAS - COTSWOLD WAY RECORD

After narrowly failing to break 24 hours for this 102 mile run in 1993, a much fitter Frank (who is also a vet-50) set off on Friday 2nd September from Bath at 9.25pm for the re-match. This time

better preparation and organisation paid dividends and Frank reached Chipping Campden in 22hrs 23mins. He was supported throughout and paced for about 75 miles by a few of his local friends from Cheltenham Harriers.

CHRIS DAVIES - TAN HILL INN -> CROSS KEYS INN 100 MILER

To celebrate his 40th birthday, Chris decided to tackle a 100 mile 'pub crawl' from Tan Hill Inn to his local pub, The Cross Keys at Saddleworth which is home to the Oldham Mountain Rescue Team and starting point for a relay race. On the 8/9th July he completed the run (his first '100') in a good time - 21hrs 5mins. The route follows the Pennine Way south from Tan Hill to Standedge and then a few miles along the Oldham Way to The Cross Keys.

MALCOLM MACLACHLAN- SOUTHERN UPLANDS WAY SOLO ATTEMPT

The target for this 212 mile solo unsupported run from Portpatrick in the SW corner of Scotland to Cockburnspath on the East coast was 84 hours. This is roughly 50% longer than Mike Hartley's current supported record. Malcom recced the route extensively and set himself three 60 mile daily stages with a few hours sleep and a final 30 mile section. He carried lightweight mountain marathon style kit and of the 20lbs carried, his food weighed about 7lbs. He set out on 20th July from Portpatrick and camped at Clatteringshaws Loch, close to Beattock and finally Melrose. The attempt finally ground to a halt early on day 4, due to a combination of the heat, a leg injury and unpalatable food with no means to heat it. Lessons were learnt and Malcolm plans another attempt in 1995.

MARK HARTELL - ATTEMPT AT MEN'S LAKELAND 24 HOUR RECORD

Unlucky man, Mark Hartell, of Macclesfield Harriers who has now made two attempts in two years. Both times he has been beaten, not by the size of the challenge but the Lakeland weather. It is so difficult to find enough good pacers and free time slots that you only get one bite of the cherry each year. Each time, six months of dedicated training and planning is wasted. This year while adding peaks early in the Round to the Bob Graham on the Northern Fells, Mark and his pacers missed a peak in thick mist while trying desperately to navigate and run fast enough to keep on schedule. Mark's preparation is similar in many respects to that of the current record holder Mark McDermott. Each night section has been recced at night and all parts of the round have been covered beforehand at exactly the pace that will be necessary.

- turn to page 31

MONDAY : CLOSED

WEDNESDAY 9 - 2

TUES./THURS./SAT. 9 - 5.30

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