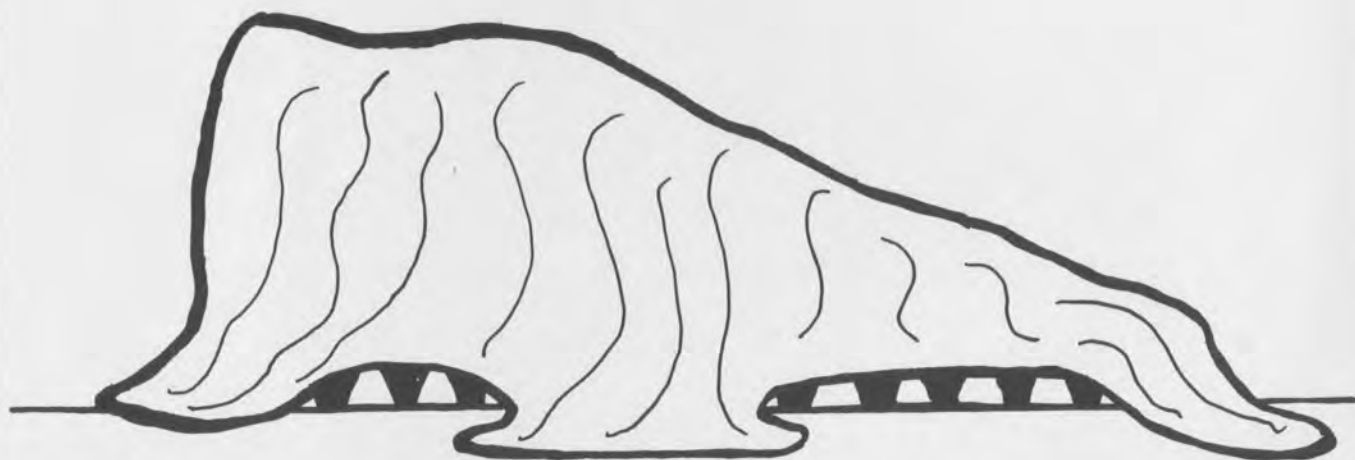


The **Fellrunner**

June 1995



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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
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SEPTEMBER 1st

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Results and Race Reports to:

David Weatherhead, 16 Birchlands Grove,
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Advertising Copy to:

Francis Uhlman, Beudy Newydd, Llanfrothen,
Gwynedd, LL48 6SP (01766 770257)

FRA Radios

C.B. Radios now available

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

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

Organisers should initially contact Pete Browning on 01254 56681.

Bit at the Front - Neil Denby

General meetings - of companies, institutions, running clubs, trade unions, associations - are often the way in which pressure and interest groups manage to make their influence felt. The FRA AGM last year could quite easily have been held upstairs at Rock and Run and it is perhaps a sobering thought to realise that had any group of individuals wanted, for instance, to vote that their club should receive all FRA membership money, it would not have taken many of them to make it stick! I realise that as fellrunners we are free spirits and have no wish to be organised

or regulated - especially not while the Golden Rule is still open - but the sport does need administering and we would be a poorer sport without the people who take on the jobs and functions listed on page 2. Our membership is around 4000; surely more than 1% can make the effort to turn up and make their views felt??

Boulsworth Hill or Lad Law, an outcrop of the Pennine Chain, a remote moorland, an area of natural beauty, a hill rich in history and legend - and a private shooting fiefdom for Lord Savile - is this really the 20th century? See article on page 13.

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Cover Photos:

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Photo: Francis Uhlman

Back: Jonathon Deegan finished 14th at Mickleden Straddle. Photo: John Cartwright

BAF (FRA) Insurance for Fell Races

All 'Official FRA Races', i.e. those registered with the FRA and included in the Fixtures Calendar of supplementary lists in *The Fell Runner* are covered by the BAF Public Liability Insurance.

A summary of the cover provided can be obtained from the FRA Fixtures Secretary. Briefly, the policy indemnifies the insured (FRA and Race Organiser) against all sums which they become legally liable to pay as damages for occurrences in respect of

- a) Accidental bodily injury to any person and
- b) Accidental damage to material property. The limit of indemnity provided arising from any one occurrence is £10,000 plus costs and expenses.

Particularly points to note:

1. The cover EXCLUDES THE FIRST £500 OF EACH AND EVERY CLAIM IN RESPECT OF THIRD PARTY PROPERTY. The FRA has been seeking suitable cover for this excess, but so far has been unsuccessful.
2. The MINIMUM AGE FOR COMPETITORS in an event covered by this Insurance is 11 YEARS, (the minimum age for competitors under the BAF Rules

for Competition). Organisers promoting races for younger athletes should note that they are not covered by FRA Insurance.

3. I guess the Insurers are likely to take a dim view of a claim arising from an event where the organiser is shown to have failed to implement a relevant part of the FRA Safety Requirements. In the light of a recent inquest on a fell runner, I cannot stress too strongly the responsibility of the organiser to do everything reasonably possible to ensure the safety or competitors competing in a fell race.

Perhaps I should take this opportunity to clarify a popular misunderstanding. Our Insurance provides cover for third party claims arising from the event. It does not provide personal cover for athletes sustaining injury through no fault of the organisation. Comprehensive personal cover for their members is available to BAF affiliated Clubs and further details can be obtained from the BAF brokers, Beddis Hobbs and Partners, Beaufort House, 94-96 Newhall Street, Birmingham, B3 1BH.
Tel: 0121 606 0660.

Mike Rose

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*Eric Frost in the latter stages of the Boulsworth Fell Race a few years ago
Photo: Bill Smith*

ERIC FROST

Eric Frost died on January 7th. He was aged 66. About five years ago, he had an operation for cancer. A few months later he ran the London Marathon.

Eric loved the walking and running. I went with him on many trips to Scotland where we climbed many mountains together. He was a very courageous man, as although competing in many fell races, he was continually visiting Christies, Gisbum Park as well as a hospital in London for operations.

He won several over-60s awards on the fells. He often left his car at Barley, climbed Pendle's "Big End", jogged down to the Nick o' Pendle, then to my cabin in Stainscombe. He would enjoy his bacon and eggs and then jog back via Fellwood to Barley.

He loved Pendle Hill. I shall miss his weekly visits to my cabin and he will be sadly missed by all his friends in Clayton-le-Moors Harriers.

We send our condolences to his widow Joan and all his family.

Stan Bradshaw

I cannot claim to have been a close friend of Eric Frost's but I always looked forward to meeting him at certain races through the year, when we'd have a good chat about running and walking. He was always cheerful and full of enthusiasm for the outdoors, despite battling against cancer these past few years (though never complaining about it), and would often recount details of long walks he's recently been on in the Lakes or Scotland.

Boulsworth was usually the first time I'd meet Eric each year and we'd always shake hands and wish each other all the best. At this year's event, race organiser Duncan Thompson held a minute's silence for Eric before sending the runners on their way, and it was a particularly poignant moment, with the moors rising up all around and a bleak wind gusting and howling up the narrow valley of Smithy Clough beneath a dark, rain-threatening sky just the kind of conditions Eric would have found stimulating for a tramp or jog over the moors and fells.

In a sport which abounds with "genuine" people and great characters, Eric Frost was one of the very best of them.

Bill Smith

BRITISH FELL AND HILL RELAY CHAMPIONSHIPS

We are grateful to ERYRI HARRIERS for putting on the 1995 Relay Championships.

Previous organisers have been Fellandale, Bingley, Pennine, Keswick, Camethy / Livingstone / Hunters Bogtrotters and Calder Valley/Todmorden.

We are urgently seeking a Club(s) to organise the 1996 event.

Offers to or further information from: FHRC Secretary, Danny Hughes or FRA Secretary, Mike Rose.

SECRETARY'S CORNER

After my winter in the sun, I caught the boat home from Northern Spain at mid-day on a Thursday, expecting to arrive in Portsmouth at tea-time on Friday. As we left the harbour the force 10 gale made its presence felt and the boat bounced into Portsmouth a day late. Snow blanketed the South of England and a blizzard raged in the Lake District. As I walked into the house, the phone rang; I was expected to attend a committee meeting at Kendal the following day. It's a hard life!

There have been three committee meetings so far this year:

Denby Dale, 29 January

1. New treasurer appointed, Martin Clark of Clayton le Moors.
2. BAF have agreed rule change which provides for fellrunners to compete in non-permitted fell races without loss of amateur status. Note that this does not apply to other athletic disciplines.
3. FHRC proposals for changes to British Championships are quite unacceptable. Jon Broxap and Willie Gaunt to undertake sample survey so that members and clubs views can be considered and presented to FHRC.
4. Commencing this year, gold, silver and bronze will be presented in English Vets Team Championships; previously only winning team got medals.

Kendal, 5 March

Much of this meeting devoted to British Championships and findings of survey.

1. Agreed to press for no change to British Championships. If this is unacceptable to FHRC, we would support a 3 races from 4 format.
3. Noted that Francis Uhlman has resigned as chairman of Welsh FRA.

Hayfield, 23 April

1. Noted that Trefor Jones has been appointed chairman of Welsh FRA.
2. Secretary reported that North of England AA always pass the fellrunning levy to the FRA for the management of our sport. Midland Counties AA contributed in '93/94 and have been reminded about '94/95. The South of England AA with 19 fellrunning clubs have never contributed one penny to the FRA and fails to reply to correspondence. Our S of E rep continues to pursue.
3. Sheila Lloyd and Ross Powell, Eryri, presented their proposals for Fell and Hill Relay Championships. Details and entry form in this issue.
4. Discussion on junior matters, see 'Junior News'.

5. Revisions to FRA Safety Requirements agreed. Copies of the amended Requirements are available from the Fixtures Secretary.

6. Commencing 1996, the British Championships will comprise four races; one short, two medium, one long; a result from each distance required, that is, only one medium race to count. Two of the selected races will be in England, the other two shared between Scotland, Wales and Northern Ireland on a rotational basis; when a race is held in NI it will be of medium length.

7. This year the British Championships will include a category for Veteran Mens Teams (over 40), three to a team, awards to first three teams. Clubs have been notified and an announcement has appeared in 'Northern News', the N of E AA newsletter.

8. Selwyn Wright introduced a paper on the Lake District Traffic Management Initiative which seeks to impose traffic restrictions on many 'minor' roads. Lake District members are no doubt aware of these ideas and we should be interested to learn how fellrunning could be affected. We shall follow developments closely.

Notice of the 1995 Annual General Meeting appears in this issue. I guess many fellrunners are not really tuned in to meetings, but it would be refreshing to see an attendance of more than 43 out of 3600 members. There was a deafening silence when nominations for membership seats on the committee were sought last year. Come and recover from the Langdale race in the comfort of Charlotte Mason's.

Mike Rose

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place after the Langdale Horseshoe Fell Race on Saturday, 14 October 1995 at 4pm in the Lecture Theatre at Charlotte Mason College, Ambleside.

1. Motions for the Agenda should be notified to the Secretary by 14 September 1995.
2. Election of Executive Committee.
 - a) Nominations for Officers should be notified to the Secretary by 30 September 1995.
 - b) Nominations for Club representatives should be notified to the Secretary by 30 September 1995 (four seats).
 - c) Nominations for individual membership representatives may be made at the meeting (four seats).

All members of the Executive Committee must be members of English Clubs affiliated to the BAF for Fell Running.

3. Voting.
 - a) Individual members of the Association who are present at the AGM have one vote each.
 - b) Clubs affiliated to the FRA and English Clubs affiliated to the BAF for Fell Running which are represented at the AGM are entitled to two votes each. Club appointees for this purpose should be notified in writing to the Secretary by 30 September 1995.
4. Open Discussion. This follows the formal business and is an opportunity to air your views and let the Committee know whether you are happy with the way Fell Running is managed.

Mike Rose
General Secretary



Shaun Livesey leads Mark Aspinall and Andy Peace, the eventual winner, on the initial climb from Ogden Reservoir in the Pendle Fell Race

Photo: Bill Smith

Eric Frost

Dear Sir,

I am writing to inform you of the sad news of the death of my father Eric Frost after a long battle against cancer. He died in hospital on the 7th January. He was 66 and had been a member of the FRA and Clayton Harriers for a long number of years. He was a regular participant in fell races over the years and also was a regular marshal, particularly at Boulsworth, Pendle half and Full Tour, Three Peaks, Downham and Black Lane Ends.

He ran in the Open race at the Keswick World Cup venue in 1988 and completed the London Marathon in 1991 just two months after having an operation. He was a great friend of Stan Bradshaw sr., they spent a lot of time together marshalling and walking in Scotland and the lake District. He also had some great battles with Jack Riley in his hey-day.

Yours faithfully,
Michael Frost,
Colne

An appreciation of Eric appears on Page 2

Theft!!!

Dear Sir,

I am writing to make you aware of an incident that recently happened which everyone who knows about it finds hard to believe.

On the 18th February I entered the Wadsworth Trog, a race open to runners from all over the country. Being a relatively new member of Todmorden Harriers and the FRA I was delighted with my finishing position. I came 28th and was also awarded the prize of the use of a local gym for a week for being the first local back who hadn't received a prize already. After taking a shower at the Old Town Cricket Club, being the starting and finishing point of the race, I found that my bum bag and contents had gone missing. Hoping that it was simply a case of someone picking up the wrong bag by mistake I phoned the organisers to see if another bag had been left behind. They said that they would look into it and let me know. A bag had been left behind but, on contacting the owner, it was discovered that he had simply left it and hadn't taken mine by mistake.

So, someone, somewhere has my bag which contained a Gore-tex jacket worth £120, a pair of waterproof trousers, compass, gloves etc. and that person knows that they have it. As the bag did not have

any address or telephone number in it I know that the finder could not contact me. However, they could have contacted the organisers of the race but they have heard nothing.

I find it hard to imagine that everyone is not as honest as I am and will be very reluctant in future to trust my fellow runners to leave my property where I left it. In all, I have lost belongings to the value of at least £200 on equipment which is required for runners to be able to take part in organised races. My household contents insurance does not cover me for this loss and I have had to buy replacements to enable me to enter further races.

Yours faithfully,

Stephen Brandwood,
Todmorden

Should you be able to shed any light on this matter please contact Stephen on 01706 816286; I hope that someone will be able to prove that this was just a mistake. -Ed.

Problems

Dear Sir,

Erosion problems, which appear to be a constant threat these days to our races have this year affected the Winter Hill race. English Heritage have refused permission for the race to go over Noon Hill, a Bronze Age burial site. North West Water have also expressed concern about erosion on other parts of the course.

The race will still take place, but over a new course, which is at present being finalised. Once the course is agreed I will ensure that entry forms are available early this year. Your co operation with regard to training and the effects it has on erosion will be appreciated. In 1996 the race, at the request of North West Water, will be run in July.

Finally, the Dave Hurst composite Relay will be run one week later on 24th September 1995, all other details remaining the same as in the calendar.

Yours faithfully,

Tony Varley,
Horwich.

Cut the Choppers!

Dear Sir,

I would like to put a few thoughts in the minds of fellow fell runners. Once again this year, I took part in one of the most prestigious races in the F R A calendar, the Three Peaks. I have seen this race change in character over the last few years. The media have always been in-

involved in this excellent, well organised race. Only being kept at bay by the type of terrain that fell racing takes place in. Not anymore! Within minutes of the start, we were subjected to the clatter of helicopter noise, downdraft & engine fumes. This noise was to haunt the runners during a lot of the race. Sat in the field at the end of the race, I was trying to wind down - enjoy the day - good run - nice weather, only to be subjected once again to the engine & rotor noise from the next field. The very idea of fell running is to be away from the noise, & pollution of road running, with the very minimum of equipment, peace & solitude, self reliance etc. etc... The Three Peaks organisers push at us that the survival of the race relies on sponsorship. What about races such as Borrowdale, Wasdale, Duddon? These races offer a harder challenge, no media, no hype, no massive organising team. Do we really want OUR sport to be changed in the way that other sports have been. I do not criticise the organisation of the race, but ask the question DO BE WANT TO GO THIS WAY? I will put up with wind farms & would find a helicopter ride exciting, but... FOR ME IT DOES NOT MIX WITH FELL RUNNING So let me offer this small prayer... "From all wheeley & whirley, noisy, smelly, mechanical beasts, good Lord deliver us."

Yours faithfully,

John Linley,
Cheshire.

...and the jeeps!

Dear Sir,

Like many runners, I expect, I do less than my fair share of marshalling but like everyone else I am always very grateful to those people who give up a day to sit on a hill top, usually in miserable weather, to count the runners through. I am particularly appreciative of those marshals who, on long waterless ridge runs, hump several litres of water up. The team on Haycock in last years Ennerdale saved my race.

While I am always more than glad of a drink, in two races, both 'A' Longs in Wales last year, I accepted water with some misgivings as it had been taken onto the hill by four wheel drive vehicle. I don't want to discuss the legality of driving on hill tracks - though in one case the vehicle had been driven across 200m of heather and parked beside a trig point; taking vehicles into the hills to support races is not ethical, nor within the spirit of the sport, as I see it; it is not necessary and will certainly do nothing to enhance

the image of fell runners or fell running among other hill goers or conservation bodies.

Could I, through *The Fellrunner* urge race organisers to dissuade their marshalls from driving on to the hills. If this means dry checkpoints, then so be it; better than chewed up hills and the smell of exhaust

Yours faithfully,

Rick Ansell, Dark Peak

Sock shock in snow

Dear Sir,

The kit item on neoprene Scuba Socks in the February edition of *The Fellrunner* is very misleading. Attracted by the idea of 'warm and dry' feet and the statement by the reviewer that these socks are 'completely waterproof I rang allan austins shop and bought a pair (for £16.50, not the £10.95 quoted). The socks are **not** waterproof: as Austins shop confirmed when I rang to complain, they are of the same material as wet suits, designed to let the water in and then to keep the body warm. However, for me they didn't even keep my feet warm as I found when running in wet snow. Perhaps they're only suitable for warm, wet conditions.

Could your kit reviewer explain how he managed to establish that neoprene Scuba Socks are 'completely waterproof - or publish a correction so that other readers may avoid wasting £16.50?

Yours faithfully,

John Lagoe, Grasmere

Our reviewer thinks that John may have bought the wrong type of socks as he maintains that his keep his feet perfectly warm and dry. There are more expensive versions designed for orienteering which may not be as successful.

Dated April 1st

Dear Sir,

With reference to 'Rumour has it', page 15 of *The Fellrunner*, February.

John Smith was a good bloke but there are many Conservatives who would like to see more open access - and most of them do not own land. To insult the intelligence of your readership with political bias debases your otherwise excellent editorship. The Conservatives are still 'in power' because they don't screw up the economy: anyone under 35 may not remember what 'the other lot' were like

Yours faithfully,

Dave Bodecott, Penrith



Jean Rawlinson finds that wet feet are a feature of many fell races.....

Photo: Bill Smith

Secret Race?

Dear Sir,

In his article on the Tatranska Magistrala race, Mike Browell commented on the rarity of publicity for East European mountain races; but he probably doesn't realise just how good the Slovaks are at keeping their races secret. On the 11th September 1994 I walked along the Eastern section of the Tatranska Magistrala, but it wasn't until 5 months later, when *The Fellrunner* dropped through my

letterbox, that I realised that a race had taken place on the same path on the same day.

The Magistrala is a path that attempts to contour round the southern slopes of the High Tatra, but has to cross several of the steep sided valleys carved out by the streams flowing southward out of the mountains; hence the fearsome zig-zag climb which Mike Browell mentions and which I had used for a training run a few days earlier. Sticking to the



....and wet thighs at some others! Carrs Top Race - Stuart Ferguson, Susan Hodgson,

Pauline Percy, Allan Coates

Photo: Dave Weatherhead

waymarked paths is a rule throughout the Tatr National park on both sides of the Slovak/Polish border. Only if one is accompanied by a National Park guide or if one is a member of a recognised climbing club is one allowed to stray away from these paths. (One can only speculate on the reaction if such a rule were introduced in the English lake District!)

The rule was introduced for conservation reasons and also for safety. The High Tatra ridges are like the Cuillins, magnified nearly three times, and would require considerable climbing skill to negotiate. Only one ridge (Orla Perc in Poland) has a path along it (involving fairly serious scrambling) other paths just go up to a single summit or across a col. However, ridge running enthusiasts can go to the West Tatra, where the mountains are slightly lower and less rugged (and also less crowded). Here there are plenty of ridge paths, largely runnable but also with some more interesting sections involving scrambling.

Yours faithfully,

*Anthony Kay,
Loughborough*

Borrowdale Volcanic

A noon-sun scramble
up Aaron Slack -
naked flesh
on volcanic rock.
The heat is shimmering,
the scree is breathing,
my core is roaring,
the source I am touching.
I'm a long-dormant cone
whose powers have returned,
my time has come,
now I'm unconstrained.
My heart is pumping,
my sweat is streaming,
my flesh is burning,
my energy increasing.
I'm digging deep
in the deep hot well,
I'm giving vent
to the fire in my soul.
My magma is buckling,
my power is erupting,
my sun is bursting,
'Yes!' I am shouting
as my lava is flowing
and my flesh is melting -
volcanic flesh
on naked rock.

Steve Palfreyman

Rumour has it...

that the first and last placed competitors in the Langdale Horseshoe (Gavin Bland winning his umpteenth Long A; Dawn Hopkinson completing her first) found plenty to talk about after the race in the idyllic setting of the pub garden. Can't quite work out if they're staring longingly at each other or if their eyes have just gone (and is Bob jealous??!!).

CALENDAR UPDATE

Not very many this time - good job really after the February edition's massive "cut and paste" supplement!!

TUE. JUNE 20. MYNYDD MAWR RACE. AS. 7.00 p.m. 4m/1300' from Bron y Foel School, Fron. Details: Dewi Tomos, Gwelfor, Rhostryfan, Caernarfon, Gwynedd. Tel: 01286 830142.

MON. JULY 3. HATHERSAGE GALA FELL RACE. BS. 7.30 p.m. 4.5m/800' from the School Field, School Lane, Hathersage. 1.50 on night only. PM. Over 16. Also junior races on Saturday 1st July; phone B.Wilson on 01433 650521 for details. Records: 27.17 G.Hull 1993; f. 32.42 L.Wright 1993. Details: Brian Griffiths, 7 Dale Crescent, Hathersage, Sheffield, S30 1AP. Tel: 01443 650560.

SAT. JULY 8. HADE EDGE GALA RACE. BS. 3m/525' from Hade Edge Recreation Field, 1 h miles from Holmfirth on Dunford Bridge Rd. £1.50 on day only. Gala. Toilets. 14 years on day. Details: Alex Bywaters, 5 New Mill Rd., Muslin Hall, Holmfirth HD7 2SG. Tel: 01484 682496.

SUN. JULY 9. PEN Y FAL. AM. 1.00 p.m. 7.5m/2860' from the carpark near Mynydd Pen y Fal, near Abergavenny (GR 269167). ?? on day only. ER/PM. Also junior and ladies races. These races are the Trial Races for selection for the Welsh Team for the World Trophy. Details: Robert Benjamin, Sunways, Twmpath Road, Pontypool, Gwent, NP4 6AG. Tel: 01495 756806.

The Kentmere Race will take place on JULY 9th, not the 16th as in the Calendar.

SAT. JULY 15. MOEL SIABOD. AM. 2.00 p.m. 6.2m/2300' from Capel Curig Carnival Field, opposite the Bryn Tyrch Hotel at GR SH726578. 2.50 on day only. Teams free. NS/PM. Over 16. Also junior races: U16, 3.6m and U12, 2.4m, both 50p. Records: 46.06 C.Donnolly 1989; f. 56.53 C.Banlin 1994. Details: Ross Powell, Kerkira, Bryn Rhos, Rhosbodruall, Caernarfon, Gwynedd, LL55 2BN. Tel: 01286 675800.

THUR. JULY 20. CROWN DERBY. CS. 7.30 p.m. 3.5m/500' from the Crown Inn, Church Street, Bollington. 2 on night only (2.50 non-aff.) PM. Over 16. Also junior race; 12-16 years. Records: 20.44 J.Newns 1993. Details: Geoff Coe, 16 Clarence Terrace, Bollington, SK10 5LD. Tel: 01625 573934.

TUE. Aug 1. CROW HILL RACE BS 7p.m. 5m/1000' from Mytholmroyd Community Centre, Mytholmroyd near Hebden Bridge. (GR 011260 OS 21, South Pennines) £2.00 on night only. PM All proceeds to local charity. Details: Allan and Carol Greenwood, 71 Smiddles Lane, Bankfoot, BRADFORD BD5 9NT.

WED. AUG 9. UP THE NAB. CS. 7.30 p.m. 4.5m/750' from Glossop Rugby Club, Hargate Hill Lane, Charlesworth, Glossop (off the A626 road). 1.50 on night only. Teams free. PM. Records: 24.48 G.Hall; f. 27.00 C.Greenwood. Details: Edwina Hill, 9 Cottage Lane, Gamesley, Glossop, Derbyshire. Tel: 01457 867854.

SAT. AUG 19. STICKLEPATH HORSESHOE. BM. 2.00 p.m. 9.6m/1723' from Finch Foundry Field, Sticklepath, near Okehampton, Devon (GR 642941 on OS sheet 191). 2.50 on day only. NS/LK/ER. Over 14. No toilet facilities at this race venue. Village fete, etc. Details: Jon Padfield, 4 Steddaford Court, Sticklepath, Okehampton, Devon, EX20 2NP. Tel: 01837 840984.

SAT/SUN. NOV 4/5. KARRIMOR INTERNATIONAL MOUNTAIN MARATHON. O. Early morning interval starts from somewhere in Great Britain. 6 classes including two Score classes. Entry forms available from June 1st. Venue disclosed in early September. Limit of 1000 pairs. Enquiries and applications for entry forms; please send SAE to Mrs.J.Longbottom, KIMM. Karrimor International Ltd., Petre Road, Clayton le Moors, Accrington, Lancashire, BB5 5JP.



Safety Guidelines

Important update for organisers

The safety committee of the FRA approved certain changes to our safety rules in the light of recommendations made by Coroner Osbourne at Judith Taylor's Inquest. These will be included in full in the next issue of the Calendar and Handbook but it is in everyone's interest to know the main changes as soon as possible. These are:

1. Courses which traverse high mountain or moorland terrain must have a low level alternative available for use in adverse weather.
2. Where the weather is so severe as to endanger competitors or prevent marshalls from carrying out the race checking procedures the race must either be abandoned or the low level alternative used. Organisers must be prepared to take firm decisions which may prove unpopular at the time, an up to date local weather forecast is essential in reaching this decision and it is preferable for the decision not to be in the hands of a single person. Once made the organisers decision is final

and all competitors must comply.

3. The organisers should provide information about race rules, race route, retirement procedures and equipment to be carried at the point of registration and this information should also be available to competitors before race day. Again, an up to date local weather forecast should be displayed at registration.
4. Organisers and competitors should be aware of the dangers of hypothermia if runners are forced to slow or stop. Body heat is lost quickly and in cold wet or windy weather the onset of hypothermia can be very rapid without sufficient warm clothing. This factor should influence decisions on the extra equipment runners are required to carry.
5. We strongly recommend the use of radios to monitor runners' progress. The organisers need to be in a position to make a reasoned judgment about the abandonment of a race or the calling out of the rescue services, it is not enough to call out the rescue at the end of a long race when a competitor has failed to make much earlier checkpoints. It is local to have the local MR team plus the Red Cross or St Johns ambulance on standby.

6. Race marshalls should be experienced fell walkers or runners who are dressed to stand severe weather conditions for prolonged periods. They should carry first aid and sustenance to help competitors in an emergency and they must have a thorough knowledge of the race organisers monitoring procedures.

These changes apply, as do the Safety Rules in general to long and medium races in the main although organisers of short races may find some of them applicable. If you are not sure as to how these changes will affect your race or if you want to discuss any aspect of safety at your race then please phone any member of the safety committee:

Selwyn Wright 01229 716797

Dave Hodgson 0113 2585586

Frank Galbraith 0114 2631367

We would like to thank Dr John Ellerton of the Patterdale MRT who gave considerable help to the committee and is preparing an article specifically on hypothermia for *The Fellrunner*

The committee is also considering arranging a one day seminar for race organisers covering safety as well as other aspects of the job. If you would be interested in attending, please ring me.

Selwyn Wright

The *Classic* by

FELLDANCER

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**Now available at leading outdoor and running shops,
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Access and Environmental Guidelines for Organisers of Fell Races

1. Introduction.

Mountain and fell running is just one of many mountain sports and fellrunners are just some of thousands of people who find pleasure in wild and rugged places. As runners we love to run, love competition but also love the places through which we run. We have a responsibility for that environment and towards those who manage it. We are a minority sport but a part of the whole of mountain recreation. Our actions contribute towards damage and disturbance. Our objective should be to climb hills and run ridges without leaving a trace of our passing.

Set out below are guidelines. They are not rules but suggestions of ways which races can be planned and organised to minimise the effect of the event on the environment. Much of the following is common sense and carried out already. Many of the actions involved depend on the resources of the race organisers, the sensitivity of the area and the number of runners expected.

2. Route Planning.

2.1. Ownership.

2.1.1. Get the Owner's Permission.

Establish who owns the land and contact the owners in good time to obtain their permission. The Land Registry or other local landowners should be able to assist. Make sure the owner agrees with your plans and that he fully understands your proposals and that the costs of any damage will be re-imbursed. It is also courteous to contact owners after the event has taken place.

2.1.2. Consider Special Land Status.

Check whether the route or any part of it lies in a designated area such as a National Nature Reserve, a Site of Special Scientific Interest or a National Park. If so, consult the relevant organisation as well as the owners to find out if this entails any restrictions or particular considerations.

2.2. Path Protection

The most vulnerable areas are slopes of more than 30%, very wet slopes, bare earth or peat slopes, and scree slopes. With increasing altitude, the vulnerability of soils and vegetation increases and the likelihood of re-growth reduces. Most erosion is caused by descending runners.

2.2.1. If in Doubt, Consult.

If there is any doubt as to the vulnerability or condition of the proposed route, consult the National Park Authority in National Parks, the National Trust over land owned by them, English Nature or the

Countryside Council for Wales, over Sites of Special Scientific Interest, National Nature Reserves or other sensitive land.

2.2.2. Use Existing Paths.

If there is a path in existence use it, following it as closely as possible and adhering to any erosion control instructions. Avoid creating new paths.

2.2.3. Pay Attention to Steep Slopes.

Avoid steep bare slopes, very wet slopes and scree runs particularly if alternative routes exist and especially on descent routes.

2.2.4. Resting the Route.

In areas suffering badly, consider resting the hill for the next few years, until the ground has recovered.

2.2.5. Consider Ground Conditions.

In very sensitive areas consider alternative areas when thawing snow, heavy frost or excessive rain have softened the ground to a considerable depth.

2.2.6. Boundary Protection.

Limit wall and fence crossing to specific locations e.g. particular stiles or gates and ensure that this is enforced.

2.2.7. Race Numbers.

Decide whether it is necessary to limit the numbers in the race to limit the damage. Pre-entry only may be necessary to ensure that limits set are not exceeded.

2.2.8. Dates.

Avoid coinciding with other events on the same ground on the same day e.g. walking or mountain biking events in order to avoid overloading the route.

2.2.9. Start Location.

Consider varying the start location and if necessary requesting runners not to practice on the course beforehand. If possible, locate starts on areas of road or track which can bear the pressure of many runners milling around. There should be adequate distance for runners to spread out before reaching any narrow footpaths, gates or stiles.

2.3. Wildlife Protection.

2.3.1. Wildlife Habitats.

Consult locally about areas of sensitivity. Identify whether there are any Sites of Special Scientific Interest or other features of wildlife importance on the course. Certain types of habitat may be particularly vulnerable to damage e.g.

Summit plateaus, scree and rock gullies which support fragile fern, moss and lichen communities.

Crags and rocky outcrops may be nesting sites for birds of prey and others

such as ring ouzel.

Many of our moorlands are of international importance for their breeding birds. These birds are easily disturbed resulting in increased mortality. Avoid planning races for the breeding season (mid March to the end of June) or stick to well used routes. Grouse moors require a quiet lead in-period prior to a shoot.

Meadows may be flower rich and support breeding birds. Trampling can damage their wildlife interest and reduce the hay crop for the farmer.

Plan routes to avoid vulnerable wildlife habitats or species and identify, mark and marshall any exclusion areas which are necessary. Landowners such as the National Trust, National Park Authorities, English Nature and the Countryside Council for Wales would offer local advice in this regard.

2.3.2. Farm Livestock.

Consult early with landowners and tenant farmers regarding the vulnerability of any farm stock and, if necessary, arrange for the temporary removal of any stock from the route, especially at the start and finish areas.

2.3.3. Dogs.

Dogs should not be permitted to accompany fellrunners as they pose a risk to wildlife and farm livestock, as well as being detrimental to relationships with landowners and fellow runners during races. Similarly, dogs accompanying spectators can cause problems and organisers should encourage owners to keep dogs under proper control.

3. Race Organisation

In the heat of competition runners may forget (or neglect) to follow instructions. Organisers should take steps to ensure that plans laid to protect the environment are effective on the day.

3.1. Race Route Management.

3.1.1. Mark the Course.

Consider additional marshalls and route marking to channel runners into the preferred or compulsory route. Ensure that all compulsory routes are flagged clearly.

3.1.2. Road Crossings.

Signpost and marshall all road crossings. If the race route includes road sections then ensure that runners are instructed as to which side of the road to run on, so as to minimise disturbance to traffic and risk of injury.

3.1.3. Brief Runners.

Ensure that runners are fully informed of any limitation to the route choice and the penalties (e.g. disqualification) for offenders.

3.1.4. Deploy Marshalls.

Where resources permit, place marshalls at sensitive areas as well as checkpoints to identify people who ignore instructions.

3.1.5. Enforce Rules.

Be prepared to take action against anybody responsible for serious damage to the environment or disturbance of wildlife.

3.1.6. Record any Damage.

It would be very useful to keep a record of damage to the course, including photographs taken before and after. Ask competitors to report any damage on the route. A post-race inspection of the course while collecting markers should be used to identify problems. Any damage should be brought to the attention of the owner immediately after the race. Agree on remedial measures.

3.2 Other Environmental Concerns.

3.2.1. Litter.

Ensure that there are enough litter bags or bins at the start and finish areas. Remind people not to drop any litter and arrange a rubbish collection after the race.

3.2.2. Parking.

Parking should be on firm surfaces and not roadside verges or soft fields. Signpost parking areas and restrictions clearly. Do not block farm and field entrances. The presence of a race can have a great impact upon residents close to the start and finish areas. Ensure that they are warned of your plans.

3.2.3. Toilet Facilities.

Ensure that adequate toilet facilities for the number of runners anticipated are available and clearly signposted at the start and finish areas. In the case of larger races, this may mean hiring portable toilet facilities.

3.2.4. Donations.

Landscape, footpath and wildlife conservation costs a lot of money. Most of the organisations involved are very short of funds to carry out protection and restoration work, run public awareness campaigns etc. In areas where such work is known to be taking place, consider asking for donations, or raising a small levy on entrance fees towards a relevant organisation such as The National Trust, BTCV, Wildlife Trust or a National Parks Upland Management.

Race Review

Rostrevor to Newcastle Relay 2/4/95 20 miles/5,200ft 2x road; 2 x fell

Record smashed by Scots

Weather conditions were excellent - in contrast to last year when an alternative course had to be run due to atrocious conditions - and these were record breaking performances from the visiting Scottish contingent which appears to be getting larger each year.

Once again there was an exciting and dramatic race between local clubs and the visiting Scots. Ballydrain Harriers made all the earlier running as Paddy McCullough, Brian Ervine and John Tracey clocked the fastest times for the first three legs. However, as is often the case, the final leg over Northern Ireland's highest mountain Slieve Donard (2796 ft) proved decisive. Regular visitors Westerlands had gradually moved up to second at the end of leg 3 and were still some way behind - then enter Mark Rigby.

In what can only be described as a devostatory run, Mark overhauled Ballydrain to clinch victory for Westerlands in 2.32.44 and break the overall course record of 2.41.35 which was set all of 12 years ago by Ballydrain. Mark demolished his own leg record for Slieve Donard set in 1993 by over five and a half minutes clocking 55.22 and was 8 minutes faster than Dermot McGonigle who was second fastest on the Donard leg. Ballydrain held on for second and had the consolation of beating the old record, while Newcastle were just half a minute behind on third, with another Scottish club Shettlestone Harriers fourth.

In the ladies' race, Westerlands again triumphed and reduced their own course record by 14 minutes to 3.11.07 and

finished 9th overall. They set leg records all the way and Helene Diamantides sub 70 minute record for the Donard leg left a lot of men in her wake. Local club BARF (Belfast association of Rock Climbers and Fellrunners) gamely fielded three ladies teams but there was no stopping the Westies.

Next year the event will probably revert to its traditional date of the third weekend in march and may be held on a Saturday so that visiting teams do not have to rush away to catch the boat home. Perhaps next year there will also be English and Welsh clubs competing? Full course details and information for this excellent day out are available from NIFRA.

- Brian Ervine

Results

1. Westerlands A	2.32.44
2. Ballydrain	2.41.02
3. Newcastle	2.41.41
4. Shettlestone	2.45.28
5. Anothers	2.59.40
6. BARF	3.03.35
7. North Down	3.04.30
8. Westerlands B	3.04.56
9. Westerlands Ladies	3.11.07
10. Ballydrain Juniors	3.15.22

Fastest Legs

Leg 1 3.25m road	
Paddy McCullough Ballydrain	17.37
Leg 2 5m/2200 ft	
Brian Ervine Ballydrain	48.44
Leg 3 5.25m road	
John Tracey Ballydrain	23.55
Leg 4 7m/2400 ft	
Mark Rigby Westerlands	55.22



Tape and flags keeping runners within guidelines.... John Hope (Achille Ratti) leads Andy Quickfall (Newburgh) at the end of the Fiendsdale race

Photo: Bill Smith

PLYNLIMON

Kite and buzzard roll in open sky;
a moment's vexation at their freedom,
mine is so transitory, so fleeting - but
the moment is mine, nothing else exists.

I searched the hills for centuries flown;
for beneath this five-peaked hill
Glyndwr, man of consequence,
'I say the earth did shake when I was
born,
-I am not in the roll of common man,'
stood before his men to defy the Saxon
throne.

Coarse-grassed the path we chose,
and rising higher, to the north we glanced
Yr Wyddfa's form; dim massif, distant,
distinguished.

By my thoughts reached for the past
and beneath the sweeping flanks I saw
a battle fierce beyond blind courage.
The Covenant Stones still stand
and tell of victory plucked from despair.
The foreign horde, panic-driven, fled the
valley floor.

Now only wraiths distil these potent
memories,
and Plynlimon's sides are silent once
again:

but for the breeze that whispers to those
who hear?

Peter Travis

Footnote to the poem - PLYNLIMON

In November of last year my wife and I
walked to the summit of Plynlimon; a
cloudless sky and a cold breeze. In the
main shelter on the summit we met two
people, complete strangers to us, Terence
and Laura Ruddy. We very quickly engaged
in conversation, particularly after noticing
that of the four of us three were wearing
fell running shoes! We soon discovered
that we had mutual friends and acquaintances
and that we had taken part in
mountain marathons in the past. Conversation,
reminiscences went undiminished
until we reached the cars parked above the
reservoir.

But there is something else - something
that stirred deeply inside me. It was at the
foot of Plynlimon that Owain Glyndwr
raised his army, but was heavily outnumbered
by Flemish settlers, yet out of almost
certain defeat he won a classic victory.
I felt in harmony with the mountain
and the presence of others did not in any
way detract from this. Each time I find
myself on Plynlimon's slopes I feel aware
of others - quite invisible, but a definite
presence. It maybe the history of the place
working its spell on me for it is an area
to which I have given much thought.
Whatever, it is a magic hill for me and a
hill to which I am drawn again and again.

Peter Travis

Championship update

After two races in the English championship - The Kinder Trog and Edale - and with just one set of race results for the British (Stuc a Chroin) to hand, our new statistician has worked out some provisional placings for the British and English Championships. The two races in the English Championships have not separated Mark Roberts of Borrowdale and Mark Kinch of Warrington who are neck and neck on 61 with Mark Kinch also featuring as second in the British rankings. For the Ladies, Sarah Rowell heads both the English and British fields with Nicola Davies (still unattached!) also featuring at the sharp end in both. Steven Jackson of Horwich and Steven Houghton of Calder Valley also find themselves in similar positions in both competitions, 1st and 2nd respectively in both the English and the British while Don Williams of Eryri has taken up his customary position at the head of the English V50 rankings. More details as soon as they come to us - and that means that organisers actually have to get race results sent off!

Provisional Championship positions

ENGLISH

Men

1= Mark Roberts	Borrowdale	61
1 = Mark Kinch	Warrington	61
3. Paul Sheard	P&B	50
4. Jonathan Bland	Borrowdale	49
5. Gary Devine	P&B	28

Ladies

1. Sarah Rowell	P&B	44
2. Nicola Davies	U/A	37
3. Carol Banlin	S. Liverpool	19
4= Janet Kenyon	Horwich	18
4= Kath Harvey	Altrincham	18
6. Jean Rawlinson	Clem	7

Men V40

1. Steven Jackson	Horwich	36
2. Steven Houghton	Calder Valley	35
3= Mike Walsh	Kendal	29
3= Tony Hasketh	Horwich	29

Men V50

1. Kieran Carr	Clem	24
2. Roger Bell	Ambleside	18
3. Dennis Kearns	Bolton	16

Lady Vets

1. Nicola Davies	U/A	20
2. Carol Banlin	S. Liverpool	19
3. Glynda Cook	Rochdale	12

BRITISH

Men

1. Mark Rigby	Ambleside
2. Mark Kinch	Warrington
3. Jonathan Bland	Borrowdale
4. Colin Donnelly	Eryri
5. Neil Martin	Lomand Hill Runners

Ladies

1. Sarah Rowell	P & B
2. Angela Mudge	Camethy
3. Nicola Davies	U/A

Men V40

1. Steven Jackson	Horwich
2. Steven Houghton	Calder Valley
3. Dave Armitage	Cosmic Hillbashers

Men V50

1. Don Williams	Eryri
2. Brian Waldie	Camethy
3. Roger Bell	Ambleside

Bernadette Wallace

Bernadette emigrated to Australia last year but, just seven weeks after her arrival, was tragically murdered by burglars. Bernadette was a member of Newport Harriers who, with some of her friends, established the Bernadette Wallace Memorial Fund with the aim of helping others to enjoy sport. Dennis Thomas' Corsican run (reported on page 23) raised over £1,100 for the fund. Details from Carol Wright, 53 Fields Road, Newport, Gwent NP9 5BP.



Old King Coal!

Fellrunner Dave Jones of Meltham, near Huddersfield, won an event with a difference on Easter Monday. The annual World Coal carrying championships are held in the mining village of Gawthorpe, near Doncaster. Competitors have to run through the village, a course of 1,012 yards carrying a sack of coal. Dave ran away from an elite field, eventually winning by a 50 yard margin and equalling his own world record of 4 minutes and 6 seconds.

BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS

LLANBERIS, GWYNEDD, NORTH WALES

Sunday, 15th October, 1995

The 7th British Fell and Hill Running Relay Championships will be organised by *Clwb Rhedwyr Eryri Harriers* on behalf of the British Fell and Hill Running Commission. The event takes place at Llanberis, the home of the Eryri running club which hosts several prestigious races.

The event headquarters will be located in the Community Centre. The routes, all commencing from the village will cover a variety of terrain, from exposed mountainous areas to fast runnable tracks.

Entry Fee: £24 per team of six (including refreshments). Cheques made payable to "FRA Relay Championships 1995".

Start Time: 10.30am from the Community Centre Grid Reference: **SH 582599.**

Registration: 8.00 - 9.30am at Community Centre Grid Reference: **SH 582599.**

Route: A shortened course may be implemented in the event of bad weather on the day.

Leg 1 - solo: Medium - 6.5 miles/2500ft. Steep climbs and fast ridge running. Some navigation required but also flagged sections. Estimated winner's time: 50 mins.

Leg 2 - solo: Short - 6.25 miles/1100ft.

Mostly fast running on paths and open mountain with some rough sections. Course will be flagged. Estimated winner's time: 35 mins.

Leg 3 - pairs: Navigation 7.5 miles/1500ft. Details of course will be revealed to runners on their teams completion of Leg 1. Varied terrain - fast open mountain to rough moorland. Estimated winner's time: 60 mins.

Leg 4 - pairs: Long - 9 miles/3250ft. Tracks, paths, steep climbs and fast ridge running. Navigation essential. Estimated winner's time: 80 mins.

The estimated winners time for the total distance of 29.25 miles is 3hrs 45 mins.

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

Experience: All runners must be experienced for this type of event. For legs 1, 3 and 4 navigational experience is essential.

Safety Requirements: In accordance with FRA Safety requirements No. 9 the Organiser may require the following equipment to be carried, depending on the prevailing weather conditions:

- a) Windproof whole body cover
- b) Other body cover appropriate for the weather conditions eg. (cagoule & overtrousers)
- c) Map and compass suitable for navigating the course
- d) Whistle
- e) Emergency food (long leg)

PLEASE ENSURE YOU BRING THIS EQUIPMENT WITH YOU. FAILING TO COMPLY WILL RESULT IN IMMEDIATE DISQUALIFICATION OF THE TEAM.

Map: OS Outdoor Leisure Sheet 17 Snowdonia. Snowdonia Area - 1:25,000. Photocopies will be issued of relevant part (coloured for navigation leg).

Limit: A provisional limit of 60 teams will be imposed. Each club will be guaranteed one team in each category. Additional teams may be entered but acceptance cannot be guaranteed.

Categories: Open. Veteran Men (40+) and Women.

Closing Date: Entries MUST be received no later than Saturday, 2nd September, 1995.

Entries & Enquiries to: Sheila M. Lloyd, "Kerkira", Brynrhos, Rhosbodruall, Caernarfon, Gwynedd LL55 2BN. 01286 675800.



ENTRY FORM

(To be completed in block capitals, photocopies acceptable)



Sheila Lloyd, Kerkira, Bryn Rhosbodruall, Caernarfon LL55 2BN.

**Entry Fee: £24 per team of 6, payable to:
"FRA Relay Championships 1995"**

Name of Club:.....

Name of Club Contact:.....

Address of Contact:.....

Telephone Home Work

Indicate with a your GUARANTEED ENTRIES (one entry for each category)

OPEN VETS WOMEN

Other ADDITIONAL ENTRIES (subject to availability)

1. 2. 3.

Choose from Open (O); Veteran Men (V); Women (W)

Race Review Boulsworth Hill



The downhill start of Boulsworth.....

Race Review Boulsworth Hill OVER THE HILL AT 40?

As I walked home from work I was determined to go. I knew the route, it was just a case of getting changed and getting going. Once through the door the resolve melted. The boys wanted a special tea, as near to a party as they could arrange for "Daddy's Birthday". Laid out on the table was a "running" buffet, a birthday cake in the shape of a small hill, complete with sheep and flowing stream, and a bottle of wine, which soon flowed as freely as the stream. Party poppers popped and present appeared, including a couple of badges to wear to proudly proclaim that I was now 40 years of age.

Settling back in a mellow frame of mind I thought of the celebrations that I had arranged. The following Saturday was the day of The Boulsworth Hill Fell Race. I'd sent in my entry accompanied by a little note, "This will be my first race as a Vet, please be gentle with me." My acknowledgement arrived, also accompanied by a little note "Congratulations, but beware, this race isn't gentle with anyone."

For those unfamiliar with this race it has a sting in its tail, a near vertical ascent in the last quarter of a mile, a section known as "The Wall." After fording the stream, struggling uphill through a bog and an ever steepening valley side, you come up against "The Wall". From the bottom it appears to be vertical, it can't be, but it looks like it. And some joker has planted a sign there for our encouragement, "Only 150 yards to go". This only refers to the horizontal distance, with the contour lines that we have to climb over you can more than double that estimate. To celebrate my landmark birthday I chose to tackle this particular landmark.

Come the day of the race the boys were deposited with my long-suffering parents, two buddies were picked up, and we zoomed off to The Herders Arms, Laneshaw Bridge, not far from the picturesque village of Wycoller. Shortly before "the off I made my way down the steep valley side to the start area. Theresa and my two buddies unselfishly determined to wedge themselves firmly against The Herders' bar "to make sure that it isn't blown away in this howling gale". They knew that we runners would be in desperate need of the hostelry should/when we return from our jaunt.

Down at the start, in the middle of a bog, I met up with two other Preston Harriers, Steve Bamber and Joe Howarth. I expected to see nothing more of Steve than the back of his vest as he disappeared into the distance. Joe was an experienced Vet and had beaten me at the last cross country race, but I had beaten him at the Bolton-by-Bowland race. A grudge match in the offing here.

Off we go, through the bog, over the remnants of a dry-stone wall, through the stream, and gently uphill alongside the track from Wycoller. Through a gap in a wall then sharp right and downhill slightly along another track. We soon deserted this in favour of a steep tussocky climb to tussocky Brinks End Moor. A steep drop into Turnhole Clough was followed by a steep climb up onto the track that we had so recently deserted. Spotted Steve (I recognised his back) but no sign of Joe. He could be behind me but I tend not to look back, it's too demoralizing when you can count them all.

The track climbed unsteadily for half a mile then dropped to a concrete roadway which

undulated for almost a mile before we left it to climb Boulsworth Hill itself. Thought I was going well but suddenly my legs were heavy and the marshy ground was pulling at my every step. Everyone seemed to be walking/staggering now. The good lads were long gone, I wondered if they had actually run this section. Three quarters of the way up and an icy blast hit me from the right. Looking up it seemed as if all those in front of me were smoking, their breath condensing in thick white clouds as they exhaled. A most peculiar effect.

Lad Law summit attained in 38 minutes, I turned my back on the wind and looked forward to running again. There was a slight hitch. Somehow the organisers had managed to transport a huge bog right up onto the top of the hill. Rocks all over the place but an immense claggy bog right in the middle of where we had to go. I sank up to my knees a couple of times but kept almost upright and maintained forward motion. Clambered around the Saucer Stones, briefly admired the fine panorama that opened out before me, then plunged down Pot Brinks Moor. Downhill sections like this are where I can pretend to be a runner. Gravity comes to my assistance and I imagine I'm doing the 400m again. Sometimes there are hurdles too; rocks, gulleys, big sods sticking up in your way, you get past 'em as best you can.

Rejoined the track and headed back down towards Turnhole Clough. My legs were heavy again but gravity was still on my side. The stream was very cold, the tussocky field a struggle, then it was back down to the track. The organisers had yet another surprise in store for us. The gap in the wall that we'd run through earlier was actually an opened gate, this had now been closed and we had to negotiate a narrow stile, as well as our slushy shoes and wobbly legs would allow. Heading for the final stream crossing I sneaked a look up at the pub, I wish I hadn't, it seemed a long, long way.

Through the stream, through the bog, up the ever steepening valley side. The Wall was in sight and getting slowly closer. A guy was stood at the bottom of it grinning at me. I didn't know him. What was he up to? Was I hallucinating? He raised a camera. I edged to the left. He edged to his right. I realised that I wasn't going to outrun him so I headed straight for him. I heard a click and he said, "Thanks, lads. That's the front cover of The Fellrunner." I seriously doubted it, I didn't think that my contorted features would be a good advert for the sport.

Grabbed the turf and hauled myself up The Wall, going well. Staggered over the top and to the final stile. Theresa shouted encouragement, I struggled up a swine of a climb to a very smelly pool and the finish. Theresa was there waiting for me. But how? Wasn't she just.... And now she's Oh. To crown my achievement I had just been outsprinted by the wife, and she was wearing her wellies.

Nearly froze to death changing in the car park but shelter was not far away. My valiant friends had prevailed in their titanic battle against the gale. The tavern had not been blown away and hundreds of battered athletes were already sheltering within. I joined them. I then discovered that my friends had indulged in a wager on my possible finishing time. Theresa had offered 70 mins, Bill 72, and Norman an ungenerous 80. I managed 69 mins and a few seconds so Theresa claimed her win-

nings. Joe joined us with the news that he had finished a couple of minutes behind me. I wrapped my hands around a cup of hot coffee and considered the situation.

40? - can't deny it.

Over the hill? - definitely, and I looked forward to trying it again.

Isn't there a race next week? Where's that handbook?

Ben Higginson



*.... and the uphill finish!
Photo: Allan Greenwood*

Rumour has it...

that on May 1st (not April 1st) ITV Calendar News broadcast an item about a woman preparing for the Pennine Way by running on the spot in a bathtub of cold porridge. It was said that she had been advised by Dark Peak Fellrunners that this was the best way to train for running through peat bogs. (I understand that the Scots train for porridge eating contests by coming down here and eating muck - they call it the 'Calcutta Cup!!')

Access to Boulsworth Campaign

A group of organisations and individuals in the South Pennines have come together in order to press for more access rights to Boulsworth Hill. At present access to the highest hill in the south Pennines is restricted to the Lancashire side by taking a concessionary footpath - there is no legal access from the Yorkshire side at all. This is in spite of a ruling made as long ago as 1956 when an inspector at a public inquiry recommended that there should be access rights to the moor. The land itself, while being within easy travelling distance of Haworth, Hebden Bridge and Burnley, is wild and remote. It is the highest point in 50 miles of the Pennine Chain with Lad Law some 300 feet higher than Stoodley Pike. Only Pendle, the other side of Nelson and Colne, is higher. The land is used for grouse shooting and, as such, is managed land, but this has not presented other grouse moor owners with a problem when it comes to access. The Standing Conference of South Pennine Authorities recommended a network of concessionary paths some 3 years ago but even these have been rejected by the landowner.

If you want to find out more about this campaign than contact ABC, c/o 5 St Johns Close, Hebden Bridge, West Yorks, HX7 6HJ enclosing a SAE for a reply.

Rumour has it...

that the following exchange was overheard during the first Rossendale Club run after the London Marathon - First runner: 'How did you do at the London?' Second runner: 'Terrible, I was really bad. I shouldn't really have started. I'd have dropped out but for the crowds' Third runner: 'I always carry a Clayton vest in case I need to drop out'.

"Going over Black Hill today so I've made it extra lumpy..."



CORRIEYAIRICK Challenge

Charity Biathlon

SATURDAY 1st JULY, 1995

17 mile hill run/walk + 26 mile cycle

THE ROUTE starts at Fort Augustus Abbey School. The Run/Walk section crosses the historic Corrieyairick Pass (2543 ft) into Laggan. The change over to bikes is at Garva Bridge. The 26 mile cycle section continues to Laggan and Kingussie crossing the Spey onto the B970 to Insh and finishes at the Kincaig Village Fete.

TEAM COMPETITION CLASSES

Open: Team runs/jogs the foot section and cycles the 26 mile route.

Walk/Cycle: Team walks the foot section and cycles the 26 mile route.

Walk Only: Team walks the foot section only and is transported to Kincaig.

FREE - Overnight camping at Badaguish Outdoor Centre.

FREE - Supper and entry to evening ceilidh dance at Kincaig Village Fete.

COMMEMORATIVE MEDALLIONS & CERTIFICATES to all entrants completing their challenge. **TROPHIES & PRIZES** for a range of achievements. Toilets and Showers provided.

Teams of 4 only. Registration Fee £25/team. Pledge to contribute a minimum of £200 in sponsorship per team to Badaguish Outdoor Centre for People with Special Needs.

REGISTRATION FORMS & FULL DETAILS from Corrieyairick Challenge, Badaguish Outdoor Centre, Aviemore, Inverness-shire PH22 1QU.

Badaguish Outdoor Centre is an independent charity helping people with Cerebral Palsy, MuscularDystrophy, Mental Handicap, Hydrocephalus, Hearing and Sight Impairments and many other special needs - they love it here on Spey side too!





*Results and Reports
from over half a
hundred races*

*Carrs Top Fell Race - Keith Wood of Saltwell
crossing the ford to finish 5th*

CHEVIN 5 HILL RACE
Derbyshire
BS/5m/700ft 22.1.95

Cross country runners better be on their best form if Tipton's Andy Wilton is not to beat them in the forthcoming area and national championships after a magnificent run over the fells in Derbyshire.

Wilton, the course record holder, absolutely annihilated his own best by no less than one minute and thirty four seconds on a far from dry circuit of the Chevin. He was without company for over 90% of the race and his dominant run was captured by the BBC East Midlands cameras.

Behind, the race was almost a repeat of the tough New Years Day Road Race at Whatstandwell, with Sheffield's Kevin Lilley finishing one better, beating local man Tony Barrable in to fourth spot, behind a much improved Paul Gebbett of Notts AC.

Eighteen year old West Midlander, Jayne Danks ran a strong race to win the womens event from recently graduated fitness instructor, Lindsay Kehoe of Bolton.

1. A. Wilton	Tipton	25.26
2. K. Lilley	Sheff	28.00
3. P. Gebbett	NottsAC	28.05
4. T. Barrable V	Matlock	28.36
5. J. Chambers	N.Derbys	28.47
6. G. Cresswell V	Penn	28.50
7. T. Caulton	Unatt	28.51
8. J. Boal	R.R.	28.57
9. S. Leveiton	N.Derbys	29.28
10. R. Lawrence	E&E	29.42

RESULTS 0/40

1.T. Barrable	Matlock	28.36
2. G. Cresswell	Penn	28.50
3. M. Moorhouse	Matlock	29.49
4. J. Millward	Derby	30.55
5. R. Gibbard	Button	31.16

RESULTS 0/50

1. A. Gratton	Staffs	30.12
2. D. Haynes	N.Derbys	34.46
3. R. Bieakman	DVO	37.09
4. P. Blunt	Clowne	38.26
5. G. Richardson	Clowne	38.34

LADIES

1. J. Kay	D&S	34.06
2. L. Kehoe	Bolt	35.17
3. C. Lorimer V/35	Stone MM	35.51
4. S. Sheridan	1st Ascent	36.34
5. E. Johnson	N.Derbys	42.02
6. L. Delrie	Unatt	42.07
7. H. Rose	Unatt	44.42
8.J. Wheatley	Clowne	46.56

SETTLE SCRAMBLE WINTER CHALLENGE
North Yorkshire
CL/23m/2700ft 28.1.95

The "Scramble" is a well established LDWA event, being held jointly as a run for the first time this year. The route should have taken in Malham Moor and the summit of Fountains Fell, but due to heavy snow and wind the day before, a bad weather alternative was brought in to force. The lower level route took runners up from Settle through deep snow to Victoria Cave and across to Catriss Force. From there a quick descent into Stainforth Village, immediately climbing back up the hills to Dub Cote near Horton in Ribblesdale. Once there the race followed very wet riverside paths down to Langcliffe Weir, climbing for the last time, through snow drifts, on to the hills. Another stoney lane descent down Banks Lane to the finish at Settle Primary School.

Race organisers would like to thank all competitors, the CRO, Raynet and parents/staff that helped make the event possible.

The run went off smoothly, despite the weather and will be held again on the last Saturday of January 1996, hopefully using the original course, not the 20m/1700ft alternative.

Andy Hassell

1. M. Roberts	Kend	2.34.20
2. R. Jamieson	Amble	2.36.25
3. C. Hirst	Settle	2.46.45
4. J. Whitehead		2.47.10
5.1. Speight	S'field	2.48.30
6. C. Norris	Settle	2.49.40
7. R. Bell V	Amble	2.49.55
8. R. Mitchell		2.53.45
9. H. Holmes	Aire'teers	2.55.00
10. Y. Tridimas V/40	N.Vets	3.02.40

LADIES

1. S. Sayer		3.50.05
2. M. Rosen		4.02.55
3. J. Taylor		4.02.55
4. J. Briggs		4.09.05
5. D. Thompson		4.54.55

SOREEN STANBURY SPLASH
West Yorkshire
BM/7m/1200ft 28.1.95

The severe heavy snow experienced over Yorkshire, prevented the eleventh Soreen Race being run over the traditional course. It also brought about the organisers, VW camper being incapacitated due to a blown engine.

Hence, at the eleventh hour, the race was declared on, due to the assistance of countless willing volunteers with cars. These vehicles enabled all the prizes, tape, flags, tea urns, gas, signs, water, toilets and of course the famous Soreen Malt loaves, all sixteen cases!!

In the end the route used was 'The Stoop' 5m/800ft, which was also used by the Auld Lang Syne after snow blizzards brought about a shortened course.

Eryri's thirty one year old Scottish Fell International, Colin Donnelly, ran a tactical race through the deep snow to add to other Soreen Victories in 1991, 1993, 1994 and now 1995. Donnelly, a staff nurse in a geriatric ward in Bangor, and who has run in every World Fell Championship to date - his best being second in 1989 and fourth in 1992 - admitted: "I tested the water a bit early on and decided I was not going to get away from the big leading bunch, so I pretended to fall in deep snow drift, and followed a few others through the fresh so I could follow in their footprints! I decided to hold back until the boundary standing stone, at the top, then pulled away on the way back." It was near the summit where Kenny Stirrat and Gary Devine found high deep snow, which put paid to their chances. Devine certainly descended the fastest, moving from fourteenth at the the stone to fourth by the cricket club.

Former UK Marathon record holder, two hours, twenty eight minutes and six seconds in 1985, Sarah Rowell, continued her fine vein of form to win convincingly and be awarded an original oil painting of Ponden Kirk, which is normally climbed. Rowell said "I enjoyed the race, although it is difficult to call it a race as such. After the initial charge at the start, the race turned in to single file and it took too much effort to overtake anyone! But, yes, it was a good work out all the same".

Both team events were reduced by one counting member due to a smaller field than normal (one hundred and five entrants, compared to four hundred).

The Woodentops would like to express their sincere thanks to everybody (too numerous to mention) who put Stanbury Splash Fell Race on in 1995.

Gareth Webb, Darby and Joan

1. C. Donnelly	Eryri	36.09
2. P. Sheard	P&B	36.20
3. S. Willis	Amble	36.50
4. G. Devine	P&B	36.57
5. P. Boyd	Horw	36.58
6. I. Ferguson	Bing	37.19
7. P. Bowler	Totley	37.22
8. S. Green	P&B	37.47
9. M. Woods	Unatt	37.57
10. K. Stirrat	H'fax	38.07

VETERANS 0/40

1. L. Sands	Unatl	41.26
2. N. Bowler	Totley	41.35
3. J. Barker	Roch	42.08
4. A. Hicks	WY LDWA	42.45
5. A. Simmonds	Dews	43.48

FIRST VETERAN 0/45

1.C. Todd	Harr	41.13
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VETERANS 0/50

1. G. James	B'pool	43.06
2. G. Mallett	Harr	43.32
3. C. Taylor	Clay	43.39
4. B. Sprakes	DkPk	44.42
5. R. Jaques	Clay	44.58

LADIES

1. G. Cook V/35	Roch	43.25
2. W. Dodds V/40	Clay	45.29
3. T. Gamey	Dews	47.37
4. L. Warin V/35	Skip	48.56
5. C. Fawcett V/40	KlyRR	50.12
6. J. Buglar V/35	Tod	51.52
7. A. Donnelly	Eryri	54.14
8. S. Turbitt V/40	KlyRR	58.14

YORKSHIRE WATER/SCHOLL OGDEN MOORS FELL RACE
West Yorkshire
CM/6m/700ft 4.2.95

Thick mist, light drizzle and a cooling breeze greeted the one hundred and eighteen runners for the fourth Ogdens Moors fell race. Thanks to the recent snows and heavy thaw, the going was very heavy underfoot over the section between Ogdens Clough and Skirden Clough and up towards the Withens Inn, highest in West Yorkshire. The Ovenden windfarm was barely discernible through the mist, though the rotors could be heard swishing through the otherwise silent cold air.

After last year's fun and games when somebody re-routed our flags and arrows, sending all but the leading pair on an extra half mile excursion, I was determined to get it right this year. We flagged on the morning of the race and marshals were in place instead of arrows.

Last year's winner, local lad, Ken Stirrat, made his move in the first mile, leaving Colin, Steve, and promising Bingley Harrier Robin Lawrence to take up the chase. As Ken disappeared in to the mist on the moorland stretch, this trio pulled away from the rest of the field, with Colin making the most of the fast running down the rough bridleway to the Moorcock.

With Ken now well out of sight, the crucial point came when Colin missed a flag at the gate leading to Hunter Hill and Steve, head down on the stoney track, was surprised to find himself alone on the climb. After looking back and sportingly calling Colin back on course, Steve dug in along the Calderdale Way to Black Hill to hold on to his second position, Colin fighting bravely to take third, only thirteen seconds adrift.

Sarah Rowell, on her first visit to Ogden, stormed round to finish in fourteenth place overall, and a new women's record of thirty eight minutes and sixteen seconds. Second placed Jean Rawlinson broke her own veteran mark, set last year, by over two minutes.

Thanks as always to the marshals and helpers without whom there simply would be no race. To members of Calder Valley runners, our parents and to Bill Smith who assisted in compiling the results sheets at the finish.

Special thanks to Barbara and Patti who had run over the moors from Bingley and offered to take numbers on the finish line. Despite ending up soaked and frozen, they stuck to the task until everyone was accounted for.

Thanks also to Yorkshire Water who allow us not only to race over their land for free but who bought some of the prizes. Dave Wright and Scholl footcare provided us with spot prizes and Calderdale Countryside services allow us to use their facilities and do a great job of maintaining all the footpaths and woodland surrounding the reservoir, and to farmers Frank and Bo Schoefield.

Allan and Carol Greenwood

1. K. Stirrat	H'fax	34.04
2. S. Oldfield	Bfd/Aire	35.44
3. C. Valentine	Kesw	35.57
4. R. Lawrence	Bing	36.29
5. K. Hutton	DkPk	37.08
6. P. Stevenson	P&B	37.15
7. P. Mitchell	Bing	37.39
8. R. Leggett V/40	Horw	37.44
9. S. Gesthorpe	St.Bedes	37.50
10. G. Erhardt	Tod	37.54

VETERANS 0/40

1. R. Leggett	Horw	37.44
2. T. Parkinson	Bfd/Aire	38.01
3. J. Birchenough	Bolt	39.12
4. P. Bramham	CFR	39.54
5. R. Russell	Clay	40.02

VETERANS 0/50

1. D. Quinlan	Bing	41.56
2. G. James	B&F	42.13
3. T. Eckersley	Sadd	43.32
4. B. Buckley	Gloss	43.41
5. M. Coles	Skyrac	44.19

LADIES

1. S. Rowell	P&B	38.16
2. J. Rawlinson V/40	Clay	42.26
3. A. Isdale V/35	Bing	45.19
4. D. Hunter	Gloss	47.27
5. L. Hayles V/40	H'fax	48.49
6. L. Warin V/35	Skip	49.28
7. L. Crabtree V/35	H'fax	49.42

BOX HILL FELL RACE
Essex
BM/7.5m/1700ft 4.2.94

Chris Beecham left the rest of the field in no doubt that he wanted another victory, when he had already opened up a useful lead at the end of the first climb. His lead was extended to a minute by halfway and settled there for the rest of the race. Jerry Watson bided his time in the chasing pack and only moved clear in second place in the later stages. This was Chris's fifth race victory.

There were new faces among the leading ladies. Last year the race was dominated by veterans, but this year the under 35's led the way with newcomers Sarah Brown and Zelah Lewis taking the top two places.

Chris Fanning took advantage of the absence of last year's top two, to be the first veteran and he was followed by Roger Bdl, who as an veteran over fifty five, put in an excellent performance.

Well done also to fifteen year old Esmond Tressider of Matlock who was the first junior we have had running for a few years.

L M Watson

1. C. Beecham	LOK	50.53
2. J. Watson	Thames	52.01
3. P. Fox	Airlog	52.30
4. G. Cory-Wright		52.36
5. P. Lay	Worthing	53.03
6. K. Masson	Worthing	53.25
7. P. O'Connor	Elmb	55.02
VETERANS 0/40		
1. C. Fanning	Airlog	55.34
2. M. Hand		58.27
3. P. Duley	Guild O	60.13
4. C. Hack	P'Jog	61.36
5. P. Pearce		63.15
VETERANS 0/45		
1. P. Oates	Heme	58.29
2. P. Tremain	S'field Stdrs	59.49
3. M. Gram	Camb	60.38
4. P. Byrne	Reigate	63.40
5. R. Green	Woodford	65.02
VETERANS 0/50		
1. J. Crowshaw	Thames V	63.10
2. P. Van Der H	TPT	77.11
VETERANS 0/55		
1. R. Bell	Amble	58.03
2. D. Button	Elmb	77.30
3. C. Prew	Thanet RR	85.36
VETERANS 0/60		
1. C. Gravatt		75.19
2. M. Waddell	Graves RR	75.40
3. A. Keith	Famham	77.59
LADIES		
1. S. Brown	FRA	62.02
2. Z. Lewis		63.52
3. E. Tresidder	Matlock	65.00
4. S. Street	LOK	66.52
5. S. Camell	Reigate	69.41
6. N. Tiller		72.41
7. A. Gauld-Clark V/45	Bishops	78.27
JUNIORS		
1. G. Hardy	LOK	66.39

CREG NY BAA Isle of Man AM/10m/2700ft 4.2.95

The name of this race is rather misleading as the ten mile course does not actually go within a couple of miles of Creg ny Baa which was the original start and finish until 1986 when the course was altered. Now the race starts and finishes at Windy Comer, two miles back up the Snaefell Mountain Road and it was from here that a record number of competitors set out on a beautiful sunny Saturday afternoon.

Onchan building worker Tony Rowley again dominated the race seeing off the challenge of Manx Marathon Champion Robbie Callister who could only manage third place. Runner-up went to former Manx Fell Champion Stephen Hull who is making a long awaited comeback and who could eventually be the man to halt Rowley's series of wins against local opposition.

Richie Stevenson

1. T. Rowley	MFR	1.17.23
2. S. Hull	MFR	1.20.26
3. R. Callister	SAC	1.23.52
4. D. Young	MFR	1.24.43
5. I. Watson	NAC	1.25.53
6. P. Crowe	NAC	1.26.22
VETERANS 0/40		
1. D. Young	MFR	1.24.43
2. R. Stevenson	MFR	1.27.11
3. R. Moughtin	IOM VA	1.32.41
4. D. Famworth	Clay	1.35.08
5. J. Wright	MFR	1.39.46
6. D. Davies	MFR	1.40.10
VETERAN 0/50		
1. D. Corrin	MH	1.26.40
VETERAN 0/60		
1. B. Baxter	MH	2.25.43

MICKLEDEN STRADDLE South Yorkshire BL/12.5m/1880ft 5.2.95

The improved start and finish makes it a 'B' long now and it was good to see several clubs choosing this race as one of their club championship events. Better conditions under foot this year despite the snow the previous weekend meant that both the mens' and the womens' records were convincingly broken. There was significant number of sharper runners at the front end of the race this year which meant strong competition. Paul Sheard knocked nearly ten and a half minutes off Adrian Jones' 1994 record and Janet Kenyon ducked under Carol Greenwood's 1994 record by thirteen seconds.

Judith Johnson



Jean Shotter, 5th lady at Mickleden
Photo: John Cartwright



Adrian Jones saw his record broken at Mickleden
Photo: John Cartwright

1. P. Sheard	P&B	1.24.50
2. G. Devine	P&B	1.25.37
3. A. Trigg	Gloss	1.25.41
4. S. Willis	Ambl	1.27.41
5. K. Stirrat	Hfx	1.28.5
6. M. Prady	Gloss	1.29.10
7. D. Watson	Holm	1.29.57
8. A. Jones	Gloss	1.30.04
9. S. Green	P&B	1.30.21
10. D. Gartley	Gloss	1.31.03

VETERANS 0/40

1. K. Davies	P'stone	1.31.30
2. T. Longman	Huncote	1.34.13
3. R. Taylor	Pennine	1.34.30
4. B. Hilton	Leeds	1.36.37

VETERANS 0/50

1. T. Eckersley	Sadd	1.56.23
2. B. Sprakes	DkPk	1.57.04
3. P. Blagborough	Sadd	1.59.03
4. P. Duffy	Aber	1.59.10

VETERANS 0/60

1. B. Thackery	DkPk	1.57.25
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LADIES

1. J. Kenyon 0/35	Horw	1.45.51
2. T. Sloan	BVue	1.47.43
3. C. Banlin 0/35	SLiver	1.48.17
4. K. Harvey 0/35	Alt	1.48.44
5. J. Shotter	Fellan	1.56.30
6. W. Smallwood	DkPk	2.00.02

EL-BRIM-ICK SERIES Aberdeen 5.2.95

1. J. Buchan	Cosmic	20.27
2. M. Flynn	Cam	20.52
3. D. Armitage V	Cosmic	21.16
4. D. Duguid	AAAC	21.29
5. W. Moir	Cosmic	21.34
6. D. Hirst	Dees	22.02
7. B. Sheridan	AAAC	22.12
8. E. Butler V	Cosmic	22.26
9. D. Gunn	Metro Aber	22.45
10. E. Rennie V	Cosmic	22.47

LADIES

1. S. Armitage	AAAC	23.21
2. P. Donald V	Dees	27.26
3. R. Hope V	Cosmic	33.33

INTERMEDIATES U/20

1. G. Elrick	Cosmic	24.40
2. J. Chalmers	AAAC	29.04

TIGGER TOR FELL RACE South Yorkshire BM/9.5m/1400ft 12.2.95

Paul Bolers' first ever race was Tigger Tor 1994, finishing in seventy fourth position. Then, with a years fell racing behind him, he won this years race with ten seconds to spare.

It was the wettest, windiest race we have ever had with fallen trees on the tricky descent to the Stone Bridge, not to mention the final lap of the muddy rugby pitches making course records impossible.

Several clubs devastated by 'flu missed out on the bath, beer and spot prizes but still two hundred and thirty eight runners entered.

Paul, son of Neville (38th), took an early lead along the Roman Road powering in to a gale force head on wind. On the steep climb over the Roman Fortress of Carl Wark and Higger Tor, Phil Davies had taken over and was leading up to the summit on Stanage Edge.

By the second visit to the Stone Bridge, Paul had stretched a good lead from unattached Phil Davies, based in Castleton. On the final mile, a determined Davies dug in hard but the muddy unplayable rugby pitches were too much for a final sprint finish.

The lads from Watford won the team race for the third year running with Dark Peak, headed by ex Totley runner Rob Hutton, in second team place. Dark Peak again provided the most runners with thirty one entries.

My thanks again to all runners, marshalls, Totley AC helper, Vicky, and my wife Glennis, without them we would not have a race.
Don Langley

1. P. Boler	Totley	1.05.31
2. P. Davies	Unatt	1.05.41
3. D. Watson	Watt	1.05.51
4. M. Adcock	Watt	1.06.00
5. K. Lilley	Sheff	1.08.31
6. M. Foschi V	Penn	1.08.34
7. W. Ellicock	Sheff	1.08.39
8. R. Hutton	DkPk	1.08.49
9. J. Cant	DkPk	1.08.56
10. N. Beatley	Unatt	1.10.37

VETERANS 0/40

1. M. Foschi	Penn	1.08.34
2. D. Bosley	Holm	1.11.09
3. A. Wilson	Holm	1.13.10
4. D. Smith	Unatt	1.14.10
5. C. Barber	DkPk	1.14.22

VETERANS 0/45

1. N. Sercombe	WtePk	1.10.56
2. C. Ellis	Totley	1.14.23
3. D. Tait	Unatt	1.14.31
4. N. Goldsmith	DkPk	1.17.00
5. R. Hopkinson	Unatt	1.19.28



Jane Palmer, first lady at Tigger Tor Photo: Keith Lodge

1. Clayton'A'	4.46.46
2. Rossendale'A'	4.51.18
3. Bingley'A'	4.58.11
4. Pudsey&Bramley'A'	4.59.17
5. Horwich'A'	5.00.57
6. Middleton'A'	5.10.17
7. Todmorden'A'	5.10.30
8. Bolton'A'	5.13.39
9. Clayton'A'V	5.14.08
10. Clayton'B'	5.17.31

VETERAN TEAMS

1. Clay ton Vet'A'	5.14.08
2. Horwich Vets	5.18.45
3. Bolton Vets	5.28.19
4. Rossendale Vets	5.34.39
5. Bingley Vets	5.38.28

LADIES

1. Clayton Ladies	6.20.09
2. Rossendale Ladies	7.02.17
3. Pudsey&Bramley Ladi2s09.39	

FIRST MIXED TEAM

1. Rochdale Mixed	6.38.48
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'TISO' CARNETHY FIVE HILL RACE

Mid Lothian

AM/6m/2500ft 18.2.95

If Kenny Stuarts ten year record was to be broken, this certainly was the year for someone to do it! - our 25th commemorative year. It seems that this was the intention of Andy Kitchin, as he came home in a time ten seconds better than Kenny's time set in 198 5. On the day, Angela Brand-Barker had some keen competition from Angela Mudge, but won the ladies race for the third time, although her own course record which she broke in 1989 still stands.

This was another memorable occasion with the Deputy Mayor of L'isle-sur-la-Sorgue, Penicuik's twin town in Provence, starting the race, and assisting with the presentation of trophies afterwards. He and some of the officials from the BCI club (Lisle/Sorgue) had travelled with the french athletes who took part in this year's race.

Each competitor, marshal, and all who assisted on the day were presented with a commemorative mug and a miniature of whisky (no pun intended, but this, as usual, went down very well).

This year we had a record number of finishers of four hundred and thirty nine, with fifty six of these being ladies.

Eleven athletes who took part in our inaugural race in 1971 completed this year, their entry fee was 10p(2/-), same as in 1971.

B Scott

1. A. Kitchin	L'ston	47.58
2. N. Wilkinson	C'lang	48.38
3. M. Rigby	Amble	49.36
4. J. Thin	Cara	50.12
5. G. Devine	P&B	50.30
6. D. McGonigle	Shett	50.39
7. B. Marshall	HELP	51.07
8. P. Dymoke	L'ston	51.07
9. J. Musgrave	Aber	51.26
10. N. Martin	Lomond HR	51.27

VETERANS 0/40

1. D. Bell	HELP	55.43
2. H. Jarrett	CFR	57.47
3. R. Ramsdale	Cam	58.04
4. R. Leggett	Horw	58.42
5. K. Adams	W'lands	59.50

VETERANS 0/50

1. B. Waldie	Cam	60.21
2. C. Love	Dundee	61.01
3. B. Edridge	Clydesdale	61.03
4. G. Armstrong	HELP	63.36
5. N. Berry	Holm	64.03

VETERANS 0/60

1. B. Gauld	Cam	69.15
2. A. Menarry	Cam	76.30
3. W. McCaskey	Edin	78.43

LADIES

1. A. Brand-Barker	Eryri	60.55
2. A. Mudge	Cam	61.36
3. S. Armitage	Aber	62.14
4. C. Menhennet V	Clydes	66.06
5. S. Wright	Mand	67.34
6. E. Scott	W'lands	71.00
7. H. Hartman	L'ston	71.42
8. J. Jones	Kesw	72.16

JUNIORS

1. J. Brooks	Loch	52.07
2. M. Bain	GlasUni	56.36
3. D. Scott	Norham	59.17

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 18.2.95

The Titterstone Clee race, organised by Mercia Fell Runners, is the first of two races which make up the Shropshire week-end. The results of this race and the Long Mynd Valleys race are combined (three times the first race added to the second time) to produce an overall winner.

There was no mist this year to play havoc with the results, but a bright clear day with a strong westerly wind. As usual with a free route to the summit, groups of runners could be seen each treading their own particular line through and around the bracken to the final steep rocky climb to the main ridge. Sean Willis had made the trip down from Lancashire and was first to the summit, a position he was not going to lose on the descent as he opened up a forty second lead over Andrew Darby and club mate Julian Bass of MDC. Tim Davies and Harry Matthews had their own private battle in the juniors race to finish 4th and 5th respectively overall with only a second separating them at the finish. Helena Axelsson a Swedish orienteer working in Ludlow won the Ladies race, with Christine Ashton of MDC just beating Mum for second place.

Mike Day

1. S. Willis	Amble	18.33
2. A. Darby	MDC	19.10
3. J. Bass	MDC	19.20
4. T. Davies J	Merc	19.43
5. H. Matthews J	Shrews	19.44
6. P. Fox	ALJ	20.20
7. S. Ellis	Tatten	20.31

VETERANS 0/40

1. C. Taylor	Merc	20.48
2. C. Fanning	ALJ	22.19
3. M. Boulton	Merc	22.32
4. P. Tremain	S.S.	23.26
5. T. Davies	Cft Amb	25.03

VETERANS 0/50

1. G. Whitmarsh	Cft Amb	23.16
2. D. Tull	Camb	25.20
3. F. Uhlman	Eryri	25.56
4. P. Jones	Wrekin	27.35
5. M. Jones	Camb	27.39

LADIES

1. H. Axelsson	Ludlow	25.06
2. C. Ashton J	MDC	26.11
3. S. Ashton V	MDC	26.46
4. S. Butcher V	ShropShuff	27.38

VETERANS 0/50

1. G. Berry	DkPk	1.11.10
2. J. Armistrad	DkPk	1.13.09
3. A. Yates	DkPk	1.18.52
4. G. Webster	V Strds	1.19.00
5. P. Seyd	DkPk	1.23.08

VETERANS 0/55

1. K. Ducatel	Stock	1.17.18
2. P. Duffy	Aber	1.25.38
3. R. Mason	Totley	1.30.57

VETERANS 0/60

1. B. Thackery	DkPk	1.24.34
2. J. Englert	Unatt	1.34.58
3. J. Newby	Tod	1.47.50

LADIES

1. J. Palmer	Unatt	1.18.07
2. K. Harvey V	Alt	1.18.43
3. I. Jennings	Roth	1.19.27
4. N. Davies V	Unatt	1.20.53
5. S. Watson V	V Strds	1.21.58
6. L. Evans V	FRA	1.27.22
7. P. Leach	Haliarn	1.27.47

ROSSENDALE WAY RELAY

12.2.95

It was a pleasant surprise when Sunday dawned fine after the incessant rain of the previous day. Clayton le Moors Harriers continued their domination of recent years, the ladies leading throughout, while the veterans had a ding-dong battle with Horwich, and the mixed team hung on from a fast closing Rochdale.

In the men's event it was neck and neck with Rossendale at the last changeover, but Clayton pulled away for a clear victory, Rossendale were an isolated second. The next three teams were surrounded in controversy. Horwich took the wrong route down from Cowpe Lowe and were given a five minute penalty, which put them in fifth. It has always been our policy to punish route transgression with time penalties. Bingley third, ran one runner twice, but because we had not stated in the rules that you cannot, and because we had accepted the Bingley team sheet, we let the result stand. Apologies to Pudsey and the other teams affected by this. Next years rules will state teams to consist of twelve different runners.

As I am standing down as organiser I would like to thank everyone who has run in the event, but I'd especially like to thank all the tireless band of helpers who have ensured the event runs smoothly. Good luck to my successor.

Mervyn Keys



Mario Foschi, first vet at Tigger Tor Photo: Keith Lodge

WADSWORTH TROG

Yorkshire

BL/20m/4000ft 18.2.95

Even though the weather was good compared with previous years, the course was heavy underfoot and presented some navigational difficulties with Colin Valentine leading two Todmorden runners on a more direct line to Cock Hill (check 3), with the following group approaching from a more southerly direction. As is often the case, this race is won or lost in the latter stages from Cock Hill (check 9) and Sheepstone (check 11). The winner, Colin Donnelly left Ian Holmes for dead at High Brown Knoll, and opened up a gap of nine minutes in a distance around four miles to the finish.

Glynda Cook was the first woman home and she also won the Debbie Flanagan Memorial Trophy - provided by Calder Valley Fell Runners in memory of one of their members who died tragically last year.

The current race organisers will not be organising this event next year, but it will be taken over by Calder Valley Fell Runners, who will ensure this attractive and demanding event continues in the calendar.

Kay & Bernard Pierce

1. C. Donnelly	Eryri	2.55.18
2. I. Holmes	Bing	3.04.19
3. D. Horsfall	Bing	3.04.37
4. P. Mitchell	Bing	3.05.19
5. M. Wallis	Clay	3.05.29
6. L. Thompson	Clay	3.09.01
7. J. Wright	Tod	3.09.27
8. P. Irwin	Ross	3.12.37
9. G. Barrie	CalderV	3.17.36
10. S. Breckell V	Clay	3.18.03

VETERANS 0/40

1. S. Breckell	Clay	3.18.03
2. J. Coulson	CalderV	3.19.29
3. A. Spicer	Ross	3.19.54
4. P. Clark	Kend	3.22.36
5. D. Hyde	CalderV	3.23.55

VETERANS 0/50

1. R. Jaques	Clay	3.47.02
2. D. Gibson	Sadd	3.48.40
3. D. Lucas	Roch	3.51.00
4. P. Jepson	Ross	3.56.32
5. A. Wright	N.Vets	4.07.37

VETERANS 0/60

1. B. Thackery	DkPk	4.13.02
2. B. Leathley	Clay	4.33.20
3. J. Newby	Tod	4.57.51

LADIES

1. G. Cook	Roch	3.51.29
2. W. Dodds V40	Clay	4.08.51
3. S. Beconsall	Tod	4.16.07
4. L. Lord V40	Clay	4.23.37
5. L. Hayles V40	H'fax	4.24.05
6. M. Goth	Tod	4.44.12
7. S. Kiveau	Sadd	4.50.20
8. M. Scott	HolmeV	4.50.34

LONG MYND VALLEYS RACE

Shropshire

AM/10.5m/4500ft 19.2.95

In 1994 Mark Kinch's dominating year began in earnest with a new record at the Long Mynd Valleys race. If history has a habit of repeating itself, 1995 looks like following a similar pattern. In the eight year history of the event never has the winning margin been so great. Leading from the start only Sean Willis and Dave Neil were still in contact with Mark at control two. By control five he was clear and with the majority of the 4500ft climb being encountered between controls five and seven, Mark built up a nine minute lead to the summit of Yearlet and at the finish charging through the swollen stream his lead had grown to eleven minutes. He smashed his own 1994 record by one minute and nineteen seconds. Sean Willis hung on to second place to take the overall prize for the two day Shropshire weekend (see Titterstone Cleve report), and Julian Bass of MDC made up considerable ground in the latter part of the race to finish third.

In the women's race Celia Greasley also repeated her 1994 win by an equally impressive margin of six minutes. Carol Banlin stayed in contention up to control four, and finished second with Sharon Woods taking third place, a clean sweep for the veteran ladies.

Ambleside took the men's team prize with three in the first eleven, but were pushed hard by Mercia, whose three

scorers were in the first thirteen. MDC won the ladies team prize.

Race officials were caused some grief by a competitor who having made a navigational mistake chose to ignore checkpoint marshals and proceeded to take three controls out of order. He arrived back at the finish an hour after the course closing time in fading daylight just as a police search including the use of a helicopter was about to commence.

Mike Day

1. M. Kinch	Warr	1.35.30
2. S. Willis	Ambleside	1.46.51
3. J. Bass	MDC	1.46.57
4. M. Fleming	Ambleside	1.48.12
5. G. Watson	Alt	1.48.47
6. P. Cadman	Mercia	1.51.53
7. A. Hauser	Fellans	1.51.56
8. T. Jones	Eryri	1.52.15
9. D. Weill	Mercia	1.52.19
10. T. Laney V	Clay	1.53.32

VETERANS 0/40

1. T. Laney	Clay	1.53.32
2. P. Bowler	Mercia	1.54.51
3. P. Pitson	Erewash	1.58.42
4. C. Taylor	Mercia	2.00.12
5. C. Fanning	ALJ	2.00.18

VETERANS 0/50

1. R. Bell	Ambleside	2.01.39
2. B. Martin	MDC	2.17.52
3. D. Tull	Camb	2.21.40

LADIES

1. C. Greasley V	Mace	2.02.44
2. C. Banlin V	S.Liv	2.08.08
3. S. Woods V	MDC	2.13.01
4. J. Shotton	Fellans	2.17.21
5. A. Nixon V	MDC	2.18.39



Carol Banlin, 2nd lady at Long Mynd Photo: John Cartwright



Nick Nealon and A. Hyde do battle at Long Mynd Photo: John Cartwright

**WOUND WITHER WOOD
WELAY WACE
West Yorkshire
CL/12m/1200ft 25.2.95**

This is a low key event which nevertheless, attracts some top quality runners at the 'sharp' end. At the 'blunt' end there are teams of friends, pub teams and company teams who enjoy a run around this scenic and attractive course, the intention of the race is primarily to raise money for 'The Woodland Trust' for the continued management of Wither Wood, and secondly to have an enjoyable day out including the after-run hospitality in the Travellers Rest. Our thanks to our several sponsors, Tony Hulme at Running Bear, Gill Egner at Skyline Outdoor Sports, Buffalo, members of Denby Dale Travellers, and not least, John and Cath, landlord and lady at the Travellers Rest. Such sponsorship and support mean that we should once again raise a sum in excess of £200 for the Trust. My thanks to all participants.

John Taylor set a cracking pace to establish a lead of over two minutes at the end of the first leg, with Holme Pierrepont and Horwich in 2nd and 3rd. Favourites and course record holders, Pudsey & Bramley gradually whittled away this lead and showed their class, winning by over three minutes from Horwich veterans and setting a new record in the process. Shane Green's twenty one minutes and forty second time of last year, was eclipsed by three P&B stalwarts (including Shane himself), and by John Taylor in a new individual course record of nineteen minutes and forty seven seconds. The fact that, despite the much improved conditions on last years snow covered event, only four people beat the record is a tribute to the excellence of Shane's previous run.

For the ladies, Sarah Rowell's opening salvo of twenty two minutes and thirty six seconds, while being enough to place the P & B Ladies fifth overall after the first leg and a good five

minutes faster than the previous record, was not enough to pull her team through and they were to finish out of the prizes. The Ladies team record was thoroughly destroyed by the holders, Denby Dale Ladies, who posted a time of one hour forty seven minutes and forty seven seconds, only narrowly missing being in the first ten overall.

Problems with prizes notwithstanding, I hope that everyone had a good day out and look forward to seeing you next year.

Neil

1. Pudsey & Bramley	Jakeman/Green/Devine/Sheard	85.37
2. Horwich RMI Vets	Leggett/Hesketh/Walton/Jackson	89.04
3. Holme Pierrepont RC	Gregory/Moore/Fooks/Alves	91.33
4. Hearts of Oak	Taylor/Shaibe/Robinson/Hirst	95.10
5. Saddleworth	Waterhouse/Powell/Whittaker/ Waterhouse	99.39

FIRST VETERAN TEAM 0/40

1. Horwich RMI Vets	Leggett/Hesketh/Walton/Jackson	89.04
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FIRST VETERAN TEAM 0/50

1. Clayton 'Z'	Barton/Orr/Wilkinson/Sullivan	111.38
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FIRST MIXED TEAM

1. Green Team	Green/Dennison/Green/Green	104.34
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LADIES TEAMS

1. DDT Ladies A	Roberts/Coomber/Kay/Pyne	107.47
2. Bingley Ladies	Camey/Taylor/Isdale	110.38
3. Horwich Ladies	B rindle/Threadgold/Hardy/Kenyon	111.58



Ben Green - 25% of the Wither Wood Green Team
(pictured at Hebden Moor by Dave Woodhead)

**HALF TOUR PENDLE
Lancashire
AM/9m/2250ft 4.3.95**

Lying snow, drifting above Wellington Height, made flagging the junior course difficult as the flags disappeared into two foot drifts. But, Pendle Hill resembled a Christmas card and, with clear blue skies and a line of studmarks in the snow at least navigation shouldn't be a problem (unless you're leading the course!)

Mark led until a detour on Spence Moor allowed Colin and Simon to pass, with Colin beating last year's winner by twenty seconds. The men's race was the closest for years with forty eight seconds covering the first eight runners. Steve Breckell finishing ninth overall to retain the veterans trophy.

The women's race was also a close affair with Nicola eventually getting the better of Carol. John Hart won the junior race comfortably for the second year running.

The race incorporated the Lancashire Championship with Simon becoming the men's champion and Nicola the women's champion. *H Thompson*

1. C. Valentine	Kesw	72.02
2. S. Thompson	Clay	72.22
3. M. Aspinall	Clay	72.28
4. G. Schofield	Unatt	72.33
5. M. Wallis	Clay	72.37
6. S. Green	P&B	72.41
7. P. Davis	P&B	72.46
8. M. Keys	Ross	72.50
9. S. Breckell V	Clay	73.40
10. P. Thompson	Black	73.42

FIRST VETERAN 0/40

1. S. Breckell	Clay	73.40
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FIRST VETERAN 0/45

1. J. Holt	Clay	75.45
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FIRST VETERAN 0/50

1. K. Carr	Clay	77.24
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FIRST VETERAN 0/60

1. L. Sullivan	Clay	84.05
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LADIES

1. N. Wilkinson	Black	82.18
2. C. Banlin V	S.Liv	82.54
3. J. Rawlinson V	Clay	84.21
4. L. Lord V	Clay	90.03
5. W. Dodds V	Clay	90.09
6. L. Platt	Clay	90.31
7. K. Jackson	Kesw	93.38
8. C. Dewhurst	Clay	95.25

JUNIORS

1. J. Hart	Oldham	22.56
2. A. Bumett	Leeds	24.26
3. M. Cayton	Horw	24.30



Paul Sheard, here pictured winning Boulsworth Hill, anchored the winning team at Wither Wood
Photo: Allan Greenwood



Jean Rawlinson, 1st Lady Vet 40 at Ovenden
(pictured winning Fiendsdale by Keith Lodge)

ANXFELL HANDICAP RACE

Isle of Man
AL/H'cap 5.3.95

This year's race was postponed for a week due to a heavy fall of snow which had forced the closure of the Snaefell Mountain Road, making it impossible for the emergency services and the competitors back-up to follow the race.

Conditions the following Sunday were much improved to give a dry but still very cold day, although the snow had thankfully cleared.

Unfortunately the race field was reduced considerably by a number of non-starters due to the dreaded flu, which by that time was doing the rounds of the Island.

The handicap formula was introduced with the intention of ensuring that those who might not normally figure at the front of the field have a chance to be first past the post.

This worked admirably this year, with Ramseys Paul Brew, who is one of Manxlands stalwart fell running supporters, taking the lead in the last few miles to be first past the post.

Richie Stevenson

(Handicap/Actual)

1. P. Brew	NAC	6.36.53/6.26.53
2. D. Bawden	MFR	6.49.15/4.44.15
3. K. Quirk	Unatt	6.51.23/6.41.23
4. S. Sayle	NAC	7.00.35/4.55.35
5. D. Famworth V	Clay	7.08.20/5.03.20
6. G. Hull V	MFR	7.10.28/5.55.28
7. P. Crowe	NAC	7.13.03/5.08.03
8. T. Rowley	MFR	7.14.06/4.24.06
9. B. Baxter V	MH	7.17.36/7.17.36
10. J. Gell	NAC	7.31.32/6.06.32

MOEL Y CI Gwynedd AS/2.3m/775ft 4.3.95

This year the race was run in two inch of snow after an overnight snowfall. Young Tim Davies of Mercia led to the summit, but local knowledge enabled last years winner, Gary Rees Williams, to take the lead on the descent, which he held to the finish. The winning time was over a minute slower than last year due to the conditions.

The 1994 over fifty's British Champion, Don Williams, continued his sparkling form, winning his category in sixth place overall. The first two over fifties beat the first over forty, who was again Phil 'Llan Jones'. John Carson won the over sixties category.

Sheila Bennell held off a strong challenge from Megan Oliver to take the ladies race.

Thanks to the race sponsors - 14th Peak Outdoor Gear, Caernarfon, Vaynol Arms, Pentir and William Hughes (Civil Engineering) Ltd of Llangefni. Thanks also to the marshals and people of Rhinlas for all their help on the day. Finally, thanks to the runners for braving the elements. See you again next year.

R Powell

1. G. Williams	Eryri	19.39
2. T. Davies	Merc	19.57
3. T. Jones	Eryri	20.03
4. J. McQueen	Eryri	20.57
5. J. Hey	Warr	21.08
6. D. Williams V	Eryri	21.15
7. S. Entwistle	Gloss	21.28
8. R. Bardgett	Eryri	21.35
9. S. Barnard	Eryri	21.46
10. D. Davies V	Hebog	21.55

VETERANS 0/40

1. P. Jones	Eryri	22.00
2. A. Hughes	Eryri	22.18
3. C. Hartfall	Eryri	23.13
4. R. Roberts	Eryri	25.55
5. M. Blake	Eryri	23.57

VETERANS 0/50

1. D. Williams	Eryri	21.15
2. D. Davies	Hebog	21.55
3. A. Oliver	Eryri	24.16
4. N. Pratten	Wirral	25.24
5. B. Evans	Prestatyn	25.38

LADIES

1. S. Bennell V	Eryri	26.57
2. M. Oliver	Eryri	27.10
3. A. Donnelly	Eryri	27.35
4. A. Thomas	Unatt	28.15
5. N. Lloyd V	Wrex	35.05
6. L. Gartrell	Wrex	36.51

JUNIOR U/14

1. A. Spencer	Merc	7.58
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Veterans battle it out! John Newby of Todmorden Harriers (left) and Alan Heaton of Clayton finished 2nd and 3rd V60 at Ovenden Photos: Allan Greenwood

**NEW CHEW
Lancashire
5.3.95**

A chance comment the weekend before this years event sealed it's fate. Putting out markers for checkpoints, I was questioned on the safety of one of the locations. My reply was "It'll be all right as long as it doesn't snow". Well it did, and to some tune. With going underfoot difficult at best, and a deteriorating weather forecast, on the day a decision had to be made whether to shorten a very long (eighteen mile) event, and withdraw some of the score checkpoints. It was decided to leave all in place and do a 100% kit check with an insistence on ample food and warm clothing, the rest left to the maturity of the competitors. It proved a sound decision, with only four retirements, and a winning time on the long chase only two minutes over that expected. The only adjustment we could have made would have been to extend the time allowed on the short score as most of the competitors did so anyway.

As always the course planning involved a conflict of interests between courses with lots of route choice, and courses tolerable for the poor souls putting out the checkpoints. The long A turned out to be perfect from the planners point of view, with three completely different routes completed by the first five competitors. The main disappointment of the day involved the first seven competitors in the long score all getting one hundred and fifty five points. I felt that this could be partly explained at least by the weather conditions. Deep powder snow must have made it less attractive to use up the twenty minutes or so held by several people. The mystery of the day revolved around checkpoint D in Running Hill Quarries. Several poor souls came back saying "It's not there", but Jim Barrott set many minds in to action when he came back reporting that the checkpoint was 'obvious' in the middle

of the quarry. Even Frank had to ask me had I placed it in the right quarry. I had no doubt. Minds were put at rest when Alan Bocking and Neil Goldsmith told us they had seen a heavy snowfall in the quarry and had searched successfully underneath. Apologies to those who didn't find it, but why didn't you think of digging?

Many thanks to all involved in planning and setting out courses, to the people who put out and collected in the checkpoints, and to Oldham Mountain rescue.

Frank Sykes & Sue Kiveal

LONG COURSE

1. D. Parker	4.02.00
2. M. Seddon	4.13.00
3. J. Crummett V	4.34.00
4. D. Rosen V	4.37.00
5. B. Berzins	4.41.00

VETERANS 0/45

1. C. Hind	4.53.00
2. D. Tait	5.18.00
3. M. Sizer	9.47.00

VETERAN 0/55

1. T. Eckersley	5.18.00
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LONG SCORE

1. N. Evans	155 pts
2. A. Bocking V/40	155 pts
3. N. Goldsmith V/45	155 pts
4. P. Sydney V/40	155 pts
5. A. Farr V/50	155 pts
6. A. Fox	155 pts
7. P. Pearce V/40	155 pts
8. J. Barrott V/40	145 pts
9. C. Nixon	135 pts
10. A. Plummer V/40	135 pts

VETERAN 0/60

1. T. Sykes	100 pts
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LADIES

1. B. Tingle V/40	120 pts
2. C. Sweatman V/35	35 pts

SHORT SCORE

1. J. Gomersall V/40	80 pts
2. S. Beresford V/45	75 pts
3. D. McNeill V/50	65 pts
4. P. Glover V/40	55 pts
5. C. Leal V/40	50 pts

LADIES

1. D. Whittaker	25 pts
2. L. Brown	-10 pts
3. E. Rocke V/40	-20 pts

**CRAGHOPPERS OVENDEN
FELL RACE
West Yorkshire
CM/9m/1000ft 11.3.95**

The sun shone all day on Thursday and Friday. Sunday was glorious, so what happened to Saturday? Oh Well, I suppose it all helps to keep the reservoir topped at Ogden.

Ken Stirrat is a regular supporter of our races here at Ogden, and recorded his fourth straight win in events organised by us - Ogden Fell '94 & '95, the uphill mile last May and an untroubled run here at Ovenden.

Gary Devine pulled through after a somewhat steady start to take runner up spot, with clubmate Shane Green in third, and Paul Briscoe in fourth, this leading quartet took the team honours, (Yorks 1: Lancs nil!!).

A superb performance by Sarah Rowell in the womens category, saw her take sixth place overall, with over nine minutes to spare on Jean Rawlinson, now running in the over forty category. Jean's husband, Barry, made it a family double by taking the over forty award too.

Linda Bostock took third place, while top mountain biker, Jacqui Foster of Keighley swapped two wheels for a pair of studded shoes bringing her home in fourth place.

Another notable performance came in the super veteran category, with Lawrence Sullivan, - now over sixty, beating all the over fifty's together with almost half of the entire field. Surely an early indication of what is to follow in this years over sixty Championship?

This event was brought about in order to raise cash to assist Clayton-le-Moors runner Mark Brown of Burnley with his training programme, as he prepares for the Paralympic Games in Atlanta, USA, in 1996. With proceeds from the race, together with gratefully accepted donation, the grand sum of one hundred and twenty pounds was raised, and presented to Mark before the Pendle Race on April 1st.

A special thankyou must be recorded to Gordon and Ruth of Preston Harriers who organised a collection at their club dinner on the evening of the Ovenden race, raising thirty two pounds.

I run for Calder Valley, Carol for Bingley Harriers, Mark is a Clayton runner, Gordon and Ruth of Preston Harriers, and we had representatives from over twenty different clubs supporting us. All bonded by a common goal and a love of the fells and fell running folk. Thank-you, see you next year.

Allan & Carol Greenwood

1. K. Stirrat	H'fax	1.01.13
2. G. Devine	P&B	1.01.41
3. S. Green	P&B	1.02.46
4. P. Briscoe	V Stdrs	1.03.38
5. M. Keys	Ross	1.04.08
6. S. Rowell	P&B	1.08.41
7. P. Target!	Clay	1.08.49
8. M. Brown	Clay	1.09.23
9. B. Rawlinson V	Ross	1.09.28
10. D. Jones	Meltham	1.09.53

VETERANS 0/40

1. B. Rawlinson	Ross	1.09.28
2. C. Todd	Harr	1.10.12
3. D. Rhodes	Bfd/Aire	1.11.45

VETERANS 0/50

1. R. Blakeley	Unatt	1.17.50
2. D. Illingworth	Bfd/Aire	1.21.59
3. P. White	CalderV	1.26.10

VETERANS 0/60

1. L. Sullivan	Clay	1.17.23
2. J. Newby	Tod	1.34.28
3. A. Heaton	Clay	1.40.07

LADIES

1. S. Rowell	P&B	1.08.41
2. J. Rawlinson V/40	Clay	1.17.54
3. L. Bostock V/35	Clay	1.26.40
4. J. Foster	Kly	1.30.29

JUNIORS U/18

1. M. Drake	CalderV	1.10.32
2. A. Bumett	LdsCty	1.15.19





Gordon Manson at the Llantysilio Race
Photo: John Cartwright

LLANTYSILIO MOUNTAIN RACE

Clwyd

AM/7.5m/2600ft 11.3.95

Low cloud and rain greeted a field of sixty eight. Ifor Powell used his orienteering skills to pull off a surprise win when Mark Kinch took a long detour, along with fourteen others. Mark's calibre as British Champion came through as he clawed his way back to fourth from fortieth when starting his final climb.

Carol Banlin, Helsby's international, cruised round to a new course record.

1. I. Powell	Shrews	54.53
2. S. Daws V	Telf	58.09
3. M. Saunders	Mercia	58.29
4. M. Kinch	Warr	58.41
5. J. Morris V	Penn	58.54
6. M. Evans	Wrex	59.11
7. R. Mapp	Merc	59.15
8. D. Neill	Merc	59.30
9. T. Davies	Merc	59.44
10. C. Banlin V	S.Liv	59.47

VETERANS 0/40

1. S. Daws	Telf	58.09
2. N. Hindle	Alt	60.08
3. P. Bowler	Merc	60.48
4. J. Adair	Holm	61.05
5. A. Nixon	MDC	61.32

VETERANS 0/45

1. R. Roberts	Eryri	60.36
2. P. Jackson	Tod	62.03
3. M. Potter	Merc	68.02

VETERANS 0/50

1. J. Morris	Penn	58.54
2. Y. Tridimas	N.Vets	60.19
3. A. Todd	Hels	63.37
4. M. Cox	DkPk	67.13

VETERANS 0/55

1. D. Smith	Wrex	63.00
2. G. Lloyd	Wrex	67.27

LADIES

1. C. Banlin V/35	S.Liv	59.47
2. L. Lacon	Holm	63.37
3. C. Lorimer V/35	StoneMM	70.20
4. A. Ashley V/35	Wrex	76.04
5. A. Evans V/35	Unatt	78.44
6. S. Lloyd VMS	Eryri	84.08
7. C. Parsons	HolmP	84.09
8. N. Lloyd V/50	Wrex	84.54

JUNIORS

1. T. Davies	Merc	59.44
2. H. Mathews	Shrews	63.56

WARDLE WANDERER

Lancashire

CL/21m/2000ft 12.3.95

Mike Wallis showed his class on the steep climb up to Stoodley Pike to win the third Wardle Wanderer twenty one mile race.

The field was compact for the first five miles after which a small group started to break away.

The group stayed together until nine miles, when Wallis surged ahead up towards Stoodley Pike.

This gave him a good lead over the flat section on the Pennine Way and he managed to maintain his lead to the finish smashing twenty nine minutes off the course record for a fine time of two hours and thirty minutes.

Glynda Cook knocked seven minutes off her previous best time with a new ladies course record.

I Hardman

1. M. Wallis	Clay	2.30.00
2. S. Boulby	Norm	2.39.00
3. D. Dawson	Unatt	2.39.00
4. S. Gregory	Nott	2.39.00
5. S. Anderton	Walsden	2.45.00
6. J. Birchenough	Bury	2.46.00
7. I. Hill	Bing	2.46.00
8. A. Spicker	Clay	2.47.00
9. C. Huthwaite	S'bury	2.52.00
10. A. Lee	Roch	2.52.00

LADIES

1. G. Cook	Roch	3.43.00
2. W. McRea	Roch	4.00.00
3. F. Bottomley	Roch	4.53.00
4. P. Dore	Roch	4.54.00

FIVE TORS MOORLAND RUN

Cornwall

CM/11 m/1170ft 12.3.95

The Five Tors race had a very low pre-entry, lower than in any previous year. However, the number entering on the day was larger than for any previous year, and the final number was almost as high as 1994.

The weather was excellent with warm sun and blue skies, and unusual state for the Five Tors, and everyone seemed to appreciate this, not least the marshals?

C Weston

1. N. Jenkins	D'moor	1.05.51
2. N. Holmes	E.V.H.	1.06.06
3. S. Milford	N'quay	1.08.58
4. M. Pengilly		1.09.56
5. K. Bennett	TVH3	1.11.19
6. D. Wilkinson		1.11.54
7. T. Famell V	DkPk	1.12.21
8. P. Lockett V	N'quay	1.12.42
9. M. Parker V		1.13.52
10. J. Rickeard	TVH3	1.13.55

LADIES

1. J. Nash	ECH	1.25.04
2. D. Brindley		1.29.45
3. S. Silcock V	D'moor	1.34.57
4. S. Dan		1.41.19
5. K. McGartand	Cam	1.46.27
6. L. Wilson	Truro	1.47.05
7. C. Hocking V		1.48.32
8. B. Bowers V	Truro	1.50.56



Russell Mapp of Mercia, 7th at Llantysilio
Photo: John Cartwright

CRIFFEL MICRO HILL RACE

Kirkcudbright

A M/7m/1800ft 12.3.95

Fleet footed John Brooks led home a fifty six strong field. John, from Fort William - who was Britain's leading junior hill runner - finished well clear to claim the title. The Lochaber club runner was over a minute in front of Lomond's Neil Martin, with Sandy Bennet of Westerlands third.

Runners came from as far away as Sunderland, Wooler, Glasgow and Edinburgh to take part.

Arguably, the best performance of the day came from Carnethy's Brian Waldie, who finished ninth overall, and first super veteran.

Cumberland Fell Runner, Kate Beaty of Carlisle secured both the first lady and first veteran lady titles.

Conditions for Sunday's event, were very tough underfoot, with quite deep snow drifts on the hill itself and thick mist at the summit.

One runner did go adrift, but he was found, making his way back, by one of the many marshals. The Moffat Hill Rescue Team was also in attendance.

1. J. Brooks	Loch	53.44
2. N. Martin	Lomond	54.54
3. S. Bennet	W'lands	55.01
4. A. Anderson	Sol	57.30
5. R. Unwin V	CFR	59.52
6. C. Borthwick	Unatt	59.58
7. T. Ireland	ADAC	61.20
8. K. Smith	CalderV	61.24
9. B. Waldie V	Cam	61.28
10. D. Brown	Dumf	61.49

VETERANS 0/40		
1. R. Unwin	CFR	59.52
2. L. Baird	Cam	64.13
3. L. Stevenson	Kend	64.19

VETERANS 0/50		
1. B. Waldie	Cam	61.28
2. A. Phillipson	Oosf	66.08

LADIES		
1. K. Beaty V/35	CFR	71.08
2. C. Ledge	ADAC	88.26
3. A. Miller	Irvine	88.37
4. S. Davis	Sund'Uni	103.33

WUTHERING HIKE

Yorkshire/Lancashire

BL/33m/4400ft 18.3.95

Three Peaks winner, Ferguson, and English fell international, Holmes, were not seriously challenged, dropping Wiczorek (winner for the last two years) and Irwin (six times winner) on Long Causeway, which is approximately a third of the way round this thirty three miler.

Fergy & Holmes had eleven minutes at Horsebridge, and thirteen minutes at the finish.

The hike was formerly 'Haworth Hobbles', many of the same back up team taking over after two founder members Brian Milner & George Dimitrijevic pulled out.

Kevin Hopkinson-01756 794979

1. Ferguson/Holmes	Bingley	4.14.00
2. Irwin/Wiczorek	Ross	4.28.00
3. Hill/Collins	Bing	4.46.00
4. Woods/Davison	DkPK	4.47.0
5. Jeffrey /Farmer	M.Key	4.48.00
6. Horsfall/Brandwood	Tod	4.48.00

7. Priestley/Dawson Mix Fellan/CFR	4.48.00
8. Kirkbright/Young Skyrac	4.52.00
9. Whitaker/Valentine Clay/Kesw	4.56.00
10. Rawlinson/Rawlinson Ross/Clay	5.06.00

MIXED TEAMS

1. Priestley/Dawson Fellan/CFR	4.48.00
2. Rawlinson/Rawlinson Ross/Clay	5.06.00
3. Frechette/Waite CalderV	5.47.00

VETERAN TEAMS

1. Priestley/Dawson Fellan/CFR	4.48.00
2. Rawlinson/Rawlinson Ross/Clay	5.06.00
3. Baker/Moran LDWA	5.08.00

LADIES TEAMS

1. Holdsworth/Greenwood Baitdon	5.50.00
2. Kenyon/Maud Fellan	6.26.00
3. Porritt/Briggs Ilkley	6.48.00
4. Hill/Sharkei-Hurell Gloss	7.46.00
5. Atkinson/Lawton V Mid'ton	8.06.00

LLANBEDR-BLAENAVON

Gwent

AL/14m/4500ft 25.3.95

A record turnout for a non championship year of sixty one, was rewarded with cool clear dry weather, with a mainly following wind.

I'd changed the route slightly this year to make more use of public paths, rather than the previous direct but rougher route between Crieg Mawr and Sugar Loaf. The times of most people were about ten minutes longer, suggesting it added about an extra mile to the distance. A show ^of hands at the prize giving suggested the new route was much more popular, so it will be repeated next year.

From my vantage point as sweeper, I did not see much of the race, but the times suggest that four got away and managed to lead the way to Sugar Loaf. Poor Andy Darby (a winner many times in the past) and competing direct from his sick bed had to drop out at Llanfoust, leaving the first three well clear of the field, with Marie Palmer the eventual winner.

Would you believe over half the field were veterans or super veterans. Where are all the youngsters? Could it be the lack of sport in schools? Anyhow, Adrian Orringe won his category in a very creditable sixth place. Brian Moore took the over fifty's in 22nd, and Sharon Woods the ladies in 23rd.

1. M. Palmer	2.05.37
2. N. Jenkins	2.06.34
3. J. Bass	2.07.52
4. A. Kay	2.13.22
5. P. Pollitt	2.17.19
6. A. Orringe V	2.20.43
7. M. Green	2.21.36
8. M. Parker V	2.22.24
9. T. Gibbs	2.23.11
10. T. Laney	2.24.11

VETERANS 0/40

1. A. Orringe	2.20.43
2. M. Parker	2.22.24
3. M. Lucas	2.29.28
4. J. Darby	2.29.46
5. A. Nixon	2.30.07

VETERANS 0/50

1. B. Martin	2.38.07
2. D. Finch	2/47/27
3. E. Meredith	2.47.52
4. D. Gwilym	3.05.02
5. R. Canavan	3.12.00

LADIES

J. S. Woods	2.38.55
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PEN CERRIG CALCH

Mid Glamorgan

AS/3m/1500ft 26.3.95

Of the Locals who ran, only cads, bounders and determined pot hunters had not run the Llanbedr-Blaenavon the day before. This meant that the hills were alive with the sound of screams of pain, and the creak of iron hard sinews. It also made for a slow(ish) race when combined with the strong wind on top.

Mick Ligema raced off with a fast climb, and turned nearly a minute up on second placed Tim Davies, but Tim gave it everything on the descent and set up a photo finish! Mick kept his first place, but is credited with the same time as Tim.

The ladies race also saw a close finish, with Alice Bedwell just managing to hang on over the final field to finish two seconds ahead of Ann Nixon.

The Winter League Champion, Julian Bass, creaked in in fifth place, with the Ladies Champion, Sharon Woods, hobbling in 26th overall. The only league position that could have been changed in this race was male veteran, but a cream crackered Martin Lucas, could not keep in touch with the rested Paul Lewis.

Another lovely day in Llanbedr, next year Fred Parry is taking over this race. Thanks to Cliff Jones for allowing use of his fields and loo; thanks to Ian Holmes fun post-race & use of the Red Lion; thanks to Kay & Tom for marshalling the summit.

1. M. Ligema	Cf/Amb	29.20
2. T. Davies	Merc	29.20
3. P. Maggs	MDC	30.52
4. K. Smith	CalderV	31.34
5. J. Bass	MDC	32.01
6. M. Collins	MDC	32.17
7. M. Saunders	MDC	32.38
8. A. Woods	MDC	32.29
8. P. Pollitt	Bolt	32.39
10. R. Bargett	Eryri	33.06

VETERANS 0/40

1. C. Ryder	CRB	34.01
2. P. Lewis	MDC	35.03
3. M. Lucas	MDC	38.29
4. A. Orringe	MDC	40.27
5. G. Cheshire	Chep	41.24

VETERANS 0/50

1. E. Meredith	MDC	38.36
2. D. Finch	Chep	39.43
3. T. Smith	MDC	41.49

LADIES

1. A. Bedwell	MDC	35.44
2. A. Nixon V	MDC	35.46
3. S. Ashton V	MDC	39.21
4. S. Woods V	MDC	41.48

JUNIORS

1. T. Davies	Merc	29.20
2. M. Collins	MDC	32.17
3.1. Ashton	MDC	47.40

40TH ANNUAL PENDLE FELL RACE

AS/4.5m/1500ft 1.4.95

1. A. Peace	Bing	31.39
2. A. Bowness	CFR	31.45
3. S. Willis	Arable	31.46
4. C. Roberts	Kend	31.50
5. S. Livesey	Clay	32.25
6. P. Sheard	P&B	33.01
6. R. Hope	Horw	33.01
8. P. Thompson	Black	33.08
9. M. Wallis	Clay	33.14
10. B. Schofield	Horw	33.21

VETERANS 0/40

1. H. Symonds	Kend	34.19
2. S. Breckell	Clay	35.11
3. B. Walton	Horw	35.39
4. B. Mitchell	Clay	35.43
5. P. Lyons	Ross	36.02

VETERANS 0/50

1.1. Nuttall	Clay	36.16
2. K. Carr	Clay	37.31
3. D. Keams	Bolt	38.14
4. D. Scott	Clay	38.59
5. P. Jepson	Ross	40.40

LADIES

1. G. Cook V/35	Roch	39.55
2. E. Hodgson	Fellan	40.21
3. J. Rawlinson	Clay	40.48
4. N. Wilkinson	Black	42.14
5. A. Smith	Wardle	44.44
6. P. Walsy	Preston	45.32
7. A. Forrest	Black	46.40
8. C. Dewhurst	Clay	47.25



The lads are victorious! Ian Ferguson and Ian Holmes after that victory at the Wuthering Hike.



The final ascent of the Pendle Fell Race, with the mist-shrouded summit in the background
Photo: Bill Smith

**BELLS STORES GISBOROUGH
MOORS RACE
North Yorkshire
BL/12.5m/2600ft 2.4.95**

Another year ticks by and we've made it again. I had a heart operation on January 20th, 1995, which proved to be very successful and I hope I can say the same for the race. The build up was unbelievable; two feet of snow and very cold winds only five days before the race. By the Friday evening when we started to mark the route it was quite pleasant and relatively dry, (like my sense of humour). On the Saturday it was the best conditions I have known for marking out the route, and when Sunday arrived, as usual the weather was brilliant. The pre-race entry had revealed no favourites, and the 'on the day' entry was similar. As the field departed the rugby field I was certain that any of five runners could win. At check one (Captain Cook's Monument) a relatively unknown runner was leading, Piran White, was some five seconds ahead of Steve Winspear, with Andrew Normandale in third. At checkpoint two (Roseberry Topping) Piran had established a lead of sixty seven seconds over Steve Winspear, with Joe Blackett, twenty five seconds further away. By the last check both the leading pursuers had closed the gap to twenty seconds and forty five seconds.

It was on the final descent when experience must have been the main factor for as the leaders emerged from the trees, Steve Winspear was comfortably ahead with both Piran and Joe having lost ground. The other significant charge came from Andy Hauser, who moved from twelfth and eleventh respectively at the first two checks, to fourth at Highcliff and the finish. Ged Hemblade continued his improvement over the last two seasons to gain a very creditable fifth.

In the veterans race it was very much as you were in the over forty's and over fifty's, with Peter Connor and Ray Stevenson, both of Mandale, retaining their titles. For Ray the third year in succession. In the team race, Mandale managed to hang on to their title, but only with the help of three veterans in the four man team, who were in fact the first three veterans to finish, (Well done old men!). Runners-up were Bingley, with Rowntrees in third place. In the over sixty's, there was a new winner with Tom Maughan winning by a comfortable three minutes from Alex Menarry and Brian Hood.

In the womens event, Sheila Wright of Mandale, turned in another cracking performance to gain her fourth title in this event, winning by three and a half minutes from Jill Newton. Both the leading women living only a few minutes from the course. In third position in the female race was Ruth Whitehead of Bingley. It was New Marske Harriers however, who managed to win the women's team race, led by Sue Gemson, who was also leading female veteran runner.

In the Short Race there was serious navigational errors, despite the course being well marked, the two to emerge with both good ground speed and directional accuracy were A.Fowler in the male event, and E.Green in the female section.

In the Medium Race there were good performances from K.Sheppard who repeated last years excellent performance; A.McLeod in the under eighteen female section, and PPercy in the shorter senior women's event.

Well done to all two hundred and thirty six who completed the course. If you made navigational errors how about a course reconnaissance before next years event, then you are more likely to get it right on the day!

David Parry (Hon. Sec).

1. S. Winspear	Holm	89.30
2. P. White	W'bury	90.23
3. J. Blackett	Mand	90.52
4. A. Hauser	Fellan	91.16
5. G. Hemblade	PriorySt.	91.56
6. R. Laurence	Bing	92.05
7. J. Barnes	PriorySt.	92.07
8. B. Duncan	R'trees	92.11
9. A. Carruthers	Crawley	92.40
10. P. Connor	Mand	93.11

VETERANS 0/40

1. P. Connor	Mand	93.11
2. R. Firth	Mand	95.29
3. K. Wilson	Mand	98.01
4. M. Sheppard	N.Marske	99.22
5. R. Mitchell	Mand	99.31

VETERANS 0/50

1. R. Stevenson	Mand	106.41
2. G. Farley	NMH	107.14
3. L. Small	Mand	109.10
4. D. Quinlan	Bing	110.16
5. R. Clarke	Mand	114.53

VETERANS 0/60

1. T. Maughan	Unatt	117.10
2. A. Menarry	FRA	120.25
3. B. Hood	Mand	121.35
4. P. Braney	Billing	149.30
5. D. Wright	Tyne	152.15

LADIES

1. S. Wright	Mand	109.50
2. J. Newton	Gt.Ay	113.31
3. R. Whitehead	Bing	120.14
4. S. Jemson V	NMH	124.27
5. Y. Williams	Penn	128.29
6. J. Howard	Fellan	132.29
7. D. Tunstall	Tees	133.37
8. V. Young	H'fax	133.49
9. A. Hood	Fellan	136.53
10. K. White	NMH	140.18

SHORT RACE - U/16 - MALES

1. A. Fowler	35.10
2. D. Longster	81.00
3. G. Miller	84.00

SHORT RACE - U/16 - FEMALES

1. E. Green	63.02
2. A. Todd	71.00
3. C. Lunn	71.02

MEDIUM RACE - U/18 - MALES

1. K. Sheppard	42.20
2. G. Moor	80.42

MEDIUM RACE - U/18 - FEMALE

1. A. McLeod	67.18
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SENIOR WOMEN MEDIUM RACE

1. P. Percy	54.38
2. S. Finnigan V	67.09
3. I. Conaghan V	67.23
4. S. Main V	71.36
5. R. Topping	80.42

SLEEVE MUCK NOVICE RACE

Co. Down

AS/3.5m/1400ft 9.4.95

1. D. Branigan	N'castle	33.43
2. G. Morris	W'field	33.50
3. D. Fisher	B'drain	34.12
4. S. Parke	B'drain	35.06
5. W. Magee	Lame	35.40
6. F. O'Hagan	Newry	35.59
7. K. McClyes	N.Belf	36.14
8. W. Dickie	N.Belf	36.48
9. D. Henderson	Lame	37.56
10. C. Nicholl	Unatt	38.08

VETERANS 0/40

1. D. Henderson	Lame	37.56
2. W. Kytlye	ACKC	39.38

VETERANS 0/45

1. W. Magee	Lame	35.40
2. J. Sloan	BARF	38.25
3. R. Donaldson	Ciyms	39.42

LADIES

1. R. McConville	N.Down	39.56
2. P. Sloan	B'view	40.49
3. A. Sanford	B'drain	41.57
4. J. McClughan	Ciyms	47.28
5. E. Kileoyne	BARF	48.45

JUNIORS

1. D. Fisher	B'drain	34.12
2. S. Parke	B'drain	35.06
3. S. Taylor	A'ville	48.46

FOUR TOPS - Fort William

AL/14m/5100ft 9.4.95

Dry and cloudy overhead at the start, with light rain after two and a half hours out. Thanks to all who helped in any way to make the race a success.

1. M. Rigby	W'lands	2.16.27
2.1. Murphy	Clydes	2.19.53
3. J. Brooks	Loch	2.20.18
4. J. Coyle	Cam	2.22.26
5. S. Bums	LAC	2.26.30
6. D. McGonigle	Shett	2.29.16
7. N. Martin	Lomond	2.29.28
8. D. Hirst	Dees	2.30.04
9. S. Bennet	W'lands	2.37.59
10. E. Mackay	Perth/Strath	2.41.53

VETERANS 0/40

1. J. Shields	Clydes	2.41.53
2. G. Brooks	LAC	2.44.23
3. A. Kitson	LAC	3.03.16

VETERANS 0/50

1. D. Turnbull	E.Kilb	3.22.59
2.1. Chrystal	LAC	3.26.26

LADIES

1. C. Menhennet	W'lands	2.51.13
2. G. Barnes	LAC	3.37.44
3. N. Henderson	LAC	3.46.04
4. J. Schreiber	P&B	3.58.31

Pendle: Andy Peace on his way to victory, descending the final slope to Ogden Reservoir
Photo: Bill Smith



BUNNY RUN ONE
West Yorkshire
CS/3m/300ft 11.4.95

1. I. Holmes	Bing	17.10
2. G. Devine	P&B	17.40
3. P. Sheard	P&B	18.04
4. P. Thompson	Black	18.43
5. G. Schofield	Horw	18.50
6. J. Cordingley	Tod	19.00
7. J. Logue	Horw	19.06
8. R. Skelton	CalderV	19.11
9. G. Ehrhardt	Tod	19.17
10. P. Mitchell	Bing	19.22

VETERANS 0/40

1. P. Carr	KlyRR	19.44
2. H. Waterhouse	Sadd	20.03
3. B. Waterhouse	Sadd	20.19
4. B. Rawlinson	Ross	20.49
5. G. Dodd	Tod	21.04

VETERANS 0/50

1. D. Weatherhead	Bing	22.08
2. T. Cock	Holm	22.29
3. T. McDonald	Bing	23.01
4. T. Minnikin	KlyRR	23.28
5. K. Jones	Bing	23.39

VETERANS 0/60

1. D. Hodgson	Fellan	22.16
2. J. Betney	Clay	25.57
3. B. Hargreaves	Tod	26.22

LADIES

1. J. Rawlinson V/40	Clay	22.17
2. K. Drake	Spn	22.28
3. G. Hodgson	Fellan	23.10
4. S. Duniec U/16	Holm	23.33
5. B. Carney V/45	Bing	24.06
6. J. Foster	KlyRR	24.13
7. P. Oldfield V/35	Bfd/Aire	24.14
8. J. Holdsworth	Baildon	24.15

JUNIORS U/16

1. M. Drake	CalderV	19.55
2. S. Asquith	Holm	19.57
3. M. Pearce	Spn	20.46
4. A. Geall	CalderV	21.04
5. B. Green	Spn	21.10

MANX MOUNTAIN MARATHON
Isle of Man
AL/30m/8000ft 15.4.95

Fellandale's Andy Hauser joined Joss Naylor and Brent Brindle on four wins after his victory in this years Manx, held over the traditional route that takes competitors from Ramsey in the North of the Isle of Man to Port Erin in the South, a distance of thirty miles with eight thousand feet of ascent.

The course seems tailor made for fast running Hauser, with plenty of hills interspersed with long runnable sections, and who would bet against a record breaking fifth victory for the popular Yorshireman in next years event.

Spare a thought for iron man Shane Green of Leeds, who finished runner-up for the third time in as many years, although he seemed well satisfied with his fast time and still had enough strength left to enjoy a giant pub crawl straight after the finish with third placed Darren Blackhurst of Rossendale.

Lift maintenance engineer, Blackhurst, has shown enormous improvement over the last two years, knocking well over one hour off his course times and now must really fancy his chances of pulling off a win in the event he regards as one of the best in the British Isles.

In fourth place and best newcomer, was Black Combe's Peter Smith, who had just over a minute in hand over Tony Rowley, who took the Snaefell Trophy for top local for the third consecutive year.

The standard class was taken by Glasgow's Ewan Jack, who caught long time leader Phil Davis in the final mile.

Jackie Smith became only the third lady to beat six hours as she had an impressive debut finishing fifth in the competitive 'standard class'.

The Manx Mountain Marathon Organisation, who are responsible for all fell running on the Isle of Man, were well satisfied with this years race, with entries showing a 30% increase on last year, mainly from runners from off the Island.

The race owes a lot to organiser Arthur Jones and his helpers, many of whom are well past pensionable age, but are still happy to give up their time to ensure the race passes off smoothly. All the competitors owe them a big thank-you.

Richie Stevenson

ELITE

1. A. Hauser	Fellan	4.34.49
2. S. Green	Doss	4.38.42
3. D. Blackhurst	Ross	4.39.51
4. P. Smith	Black	5.10.27
5. T. Rowley	Manx	5.11.47

VETERANS 0/40

1. R. Stevenson	Manx	5.41.29
2. M. Cowbourne	Manx	5.54.44

STANDARD

1. E. Jack	GSOTC	5.28.49
2. D. Ashton V	MU Sa	5.30.35
3. P. Davis	Leeds	5.35.00
4. C. Huthwaite	Larkh	5.36.23
5. I. Watson	North	5.36.57
6. S. Tithcott	Larkh	5.46.37
7. D. Famworth V	Clay	5.55.36
8. J. Smith V	DkPk	5.55.44
9. P. Crowe	North	5.57.57
10. A. Sweatman V	Horw	5.58.24

LADIES

1. J. Smith V	DkPk	5.55.44
2. C. Matthews	Camb	6.44.33
3. J. Stewart	GSUOT	7.28.32
4. L. McCafferty	GSUOT	7.48.22

WALKERS

1. M. Pilkington	7.58.00
2. D. Thompson	8.03.00
3. A. Clucas	8.29.00
4. C. Drewer	8.35.00
5. P. Stone	8.35.00

LADIES

1. D. Thompson	8.03.00
2. R. Scott V	8.29.00
3. E. Moran	8.39.00



An unshaven Shane Green leads a hot-cross-haircut, Manx Mountain Marathon

MOELWYN PEAKS

Gwynedd

AM/9.5m/2800ft 15.4.95

A much improved field of ninety one runners. This year no retirements. Again, much praise to the marshals. The weather conditions were ideal, with clear skies on peaks and not too hot.

1. G. Devine	P&B	1.17.31
2. P. Sheard	P&B	1.18.63
3. G. Williams	Eryri	1.20.19

VETERANS 0/40

1. B. Walton	Horw	1.23.47
2. D. Williams	Eryri	1.25.59
3. D. Davies	Hebog	1.26.26

FIRST LADY

1. S. Woods V	MDC	1.48.21
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JUNIORS

1. M. Collins	MDC	34.05
2. H. Mathews		34.30

RIVINGTON PIKE FELL RACE

Lancashire

BS/3.25m/l 100ft 15.4.95

1. R. Hope	Horw	17.45
2. S. Stokes	Bolt	17.54
3. R. Jackson	Horw	17.59
4. G. Wilson	Mid'ton	18.12
5. G. Schofield	Horw	18.18
6. W. Brindle	Horw	18.33
7. D. Thompson	Black	18.35
8. A. Selby	Bolt	18.37

VETERANS 0/40

1. J. Crehan	Warr	19.14
2. S. Jackson	Horw	19.27
3. J. Birchenough	Bolt	19.32
4. T. Ryan	Black	20.29
5. H. Richardson	Ross	21.09

VETERANS 0/45

1. T. Hesketh	Horw	18.56
2. J. Hope	AchRat	19.38
3. I. Holloway	Roch	20.19
4. M. Crook	Horw	20.32
5. R. Me Andrew	Cardiff	20.36

VETERANS 0/50

1. D. Kay	Bolt	20.36
2. B. Jackson	Horw	21.15
3. K. Burgess	Alt	22.26
4. D. Walton	Alt	24.01
5. D. Stokes	Bolt	24.37

VETERANS 0/55

1. J. Swift	Chor	22.20
2. R. Hill	Clay	24.06
3. G. Gartrell	Wrex	24.46

VETERANS 0/60

1. B. Rodgers	Horw	23.19
2. L. Pollard	AchRat	25.41
3. J. Bentley	Clay	25.55
4. R. Francis	Bury	26.10
5. J. Coope	Horw	26.13

LADIES

1. J. Rashleigh	Bolt	21.42
2. B. Carter	Unatt	22.31
3. A. Foster V/40	Bolt	24.40
4. J. Hornby	Unatt	25.19
5. C. Dewhurst	Clay	26.00
6. B. Hardy V/35	Horw	26.41
7. L. Unsworth J	Chor	27.00
8. C. Jones	Lostock	27.20

JUNIORS

1. D. Hope	Horw	19.02
2. P. Riley	Leigh	19.18
3. A. Cartwright	Wrex	24.33
4. L. Unsworth	Chor	27.00
5. C. Cartwright	Wrex	27.26

RAS GRAIG GOCH

Gwynedd

AS/5.5m/1400ft 22.4.95

A clear day and dry conditions underfoot made for some excellent performances, with records being broken in every category, on this third running of the Craig Goch race, part of the splendid Nantlle Ridge. Paul Jenkinson took one minute and thirty five seconds off the old record, but was still hard pressed by Andrew Davies, who also finished inside the old record and thus set a formidable task for any other juniors in the future.

The Eryri ladies took all the honours, with British Champion, Angela Brand-Barker, smashing the record by nearly five minutes. The evergreen Don Williams was again unbeatable amongst the strong contingent of veterans.

Dewi Tomos

1. P. Jenkinson	Eryri	46.02
2. A. Davies U/18	Merc	47.14
3. A. Haynes	Eryri	47.30
4. T. Jones	Eryri	48.03
5. J. McQueen	Eryri	48.04
6. K. Prydench	Eryri	48.18
7. D. Williams V/50	48.58	
8. A. Nicholas	Eryri	49.12
9. A. Woodhall	Eryri	49.14
10. R. Taylor V/40	Peak	49.26

VETERANS 0/40

1. R. Iky Ior	Peak	49.26
2. A. Hughes	Eryri	51.27
3. G. Davies	Eryri	51.46
4. R. Roberts	Eryri	52.13
5. I. Smith	Bolt	53.20

VETERANS 0/50

1. D. Williams	Eryri	48.58
2. A. Oliver	Eryri	53.28
3. H. Stansfield	Eryri	54.12
4. E. Davies	Eryri	54.52
5. G. Lloyd	Wrex	67.09

LADIES

1. A. Brand-Barker	Eryri	53.47
2. M. Angharad V	Eryri	56.36
3. B. Ripley V	Eryri	64.56
4. R. Tomos	Eryri	65.03
5. M. Oliver	Eryri	74.04
6. S. Lloyd V	Eryri	77.59
7. M. Tomos V	Eryri	79.15

INTERMEDIATES

1. A. Davies	Merc	47.14
2. P. Howarth	Osw	50.12

JUNIORS U/16 - BOYS

1. K. Howitt	Osw	21.44
2. H. Jones	Eryri	21.55
3. R. Powell	Col.Bay	22.35

JUNIORS U/16 - GIRLS

1. V. Howitt	Osw	26.37
2. C. Cartwright	Wrex	26.57
3. L. allerton	Osw	27.19

SLIEVE BERNAGH

Co. Down

AM/7m/2625ft 22.4.95

1. R. Bryson	N'castle	55.22
2. B. Irvine	B'drain	56.30
3. J. Brown	Barf	62.03
4. D. Brannigan	N'castle	62.10
5. N. Carty	N.Belf	62.32
6. F. O'Hagan	Newry	67.21
7.1. Gourleg	BARF	69.55
8. C. Nicholl	Unatt	70.55
9. B. Dickey	N.Belf	71.33
10. D. Watson	N'castle	73.06

VETERANS 0/40

1. B. McKay	A'ville	65.11
2. M. Barton	ACKC	72.16

VETERANS 0/45

1. J. Patterson	A'ville	59.32
2. W. Kettle	ACKC	73.40
3. R. Donaldson	Ciyms	76.16
4. R. Cowan	Unatt	82.46
5.1. Taylor	A'ville	84.28

FIRST VETERAN 0/50

1. B. Magee	Larne	69.31
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LADIES

1. R. McConville	N.Down	77.53
2. A. Sandford	B'drain	84.40
3. J. McClughan	Ciyms	93.55
4. G. McConnell	N'castle	98.01

JUNIORS

1. D. Fisher	B'drain	28.08
2. S. Parkes	B'drain	28.14
3. D. Galvin	C'land	29.43

CARRS TOP FELL RACE

BM/7m/1115ft 23.4.95

At four o'clock on the Saturday afternoon as I stood on the summit of Carrs Top marking it out amidst the cold, wind, sleet and rain, I had the thought "Bugger this for a game of soldiers". Anyway, Sunday turned out to be a beautiful day for running and I eventually thawed out from the previous day. This was our Club's first attempt at staging a fell race and after this success, who knows what else could be in store?

The pre-race favourite was Roger Hand of Durham City who, although mainly a road runner, is known to possess a fair bit of speed. This he put to good effect and by the halfway mark at the summit, had built up a healthy lead. However, on the return leg, the downhill specialists had managed to claw some of the gap back, but not sufficient to stop him winning by a clear forty seconds. He even had enough time to take the dry alternative and avoid getting his feet wet in the ford.

Second and third places were very closely contested with Steven Wright and Dave Woodhead racing each other all the way through the ford. Steven, however, managed to gain the upper hand and piped Dave to the post by one second.

With half the entries being veterans, the veterans' prize was fiercely contested with the first three all coming home within twenty seconds of each other. Andy Curtis managing to hold off Keith Wilson, the pair of them being closely followed by Kevin Archer.

With there being only two entrants, the ladies' race was a bit short of numbers. Pauline Percy and Susan Hodgson ran in together to jointly claim the prize.

The finish of the race proved to be very interesting as the choice was given of using the bridge and keeping your feet dry, or risk it and cross the ford. As it happened, the ford crossing turned out to be about forty seconds faster than taking the bridge and apart from one person taking an early bath, no one had any problems with the water. Out of interest, of the forty three starters, only three crossed over the bridge, leaving the other forty 'nutters' enjoying their paddle. Next year, fetch your rubber ducks!

Kevin Shevels



7 didn't do a p.b. 'cos' the train was late! At least it's a novel excuse! Crossing the line at the Carrs Top Race

Photo: Dave Woodhead

1. R. Hand	Durh	46.00
2. S. Wright	N'Ayc	46.39
3. D. Woodhead	Horw	46.40
4. F. Smith	Salt	47.09
5. D. Wood	Salt	47.19
6. K. Langridge	Shild	47.53
7. M. Drinnan	Clare	48.44
8. S. Lumb	Dari	49.24
9. A. Curtis 0/40	Clare	49.24
10. K. Wilson 0/40	Mand	49.29
11. K. Archer 0/40	Crook	49.43
12. W. Tait 0/40	Tyned	50.40

LADIES

1= S. Hodgson	Amb	60.25
1= P. Percy	Scarb	60.25

CLACHNABEN HILL RACE

Aberdeen

AM/10.5m/3500ft 23.4.95

The third Clachnaben fell race was this year generously sponsored by OPS. Almost fifty runners entered the race, which was well down on the 1994 championship race. An unfortunate clash with the Stuc a'Chroin Championship race the following weekend was probably another reason for the drop in numbers.

A snowy week and a wicked night of wind and rain on Saturday led to the usual paranoia about race conditions. However, excellent running conditions prevailed on the Sunday with a cool easterly breeze assisting the runners on the outward route. Unfortunately, low cloud persisted on the summits all day.

Despite the cloud a number of runners dramatically improved their times from last year and a very exciting race developed at the front of the field, with the outcome uncertain until near the end. Over Mt. Shade and Clachnaben the lead oscillated between Dave Armitage (the 1994 Scottish Veteran Champion), Tim Griffin and Iain Botheroyd, with John Buchan never far away. Only on the final descent from Mt. Shade did Griffin get away to establish a clear lead, which he held on to.

Zoe Ardron was the delighted winner of the ladies race, and Cosmics' took the team prize comfortably. Thanks to everyone who helped in some way.

Brian Lawrie

1. T. Griffin	Cosmic H/b	1.21.33
2. D. Armitage V	Cosmic H/b	1.22.24
3.1. Botheroyd	W'lands	1.22.45
4. J. Buchan	Cosmic H/b	1.23.32
5. R. Brown	HBT	1.26.00
6. M. Johnson	Metro	1.26.25
7. D. Hirst	Dees	1.27.14
8. W. Moir	Cosmic H/b	1.27.29
9. E. MacKay	Perth/Strath	1.27.33
10. F. Duguid	Dees	1.28.15

VETERANS 0/40

1. D. Armitage	Cosmic H/b	1.22.24
2. E. Butler	Cosmic H/b	1.30.34
3. E. Rennie	Cosmic H/b	1.39.03
4. F. Duguid	Dees	1.45.14
5.1. Jolliffe	Cosmic H/b	1.47.25

VETERANS 0/50

1. C. Love	Dundee	1.34.45
2. S. Cromar	Dundee	2.01.29
3. D. Morgan	Dundee	2.03.23

LADIES

1. Z. Ardron	Cosmic H/b	2.02.08
2. J. Leslie	Garioch	2.30.58
3. L. Provan	Dundee	2.32.37

Jez Wilkinson, Calder Valley, about to leap into something wet and sticky at Carrs Top

Photo: Dave Woodhead

HEROD FARM HILL RACE

Derbyshire

BS/3m/600ft 26.4.95

On a fine spring evening, the Herod Farm Hill Race was relaunched under Glossopdale's banner. Run over a route similar to the original race (though there were plenty of post race discussions about this, over beer and sandwiches in the Drovers), the race proved to be popular though the organiser will get hold of a proper map and count the contours for next year!

With it being a club championship race, Glossopdale dominated the event, with Andy Trigg leading the field of sixty from the outset. Wendy Barnes (with a strong Barnsley contingent) convincingly won the Ladies Race, and Rob Taylor headed the veterans who made up nearly half the field, though it was good to see a couple of juniors.

Many thanks for all who braved the cold, especially the marshals who are still numb two days later, and to the two Clayton runners who came expecting a gentle race!

Barry Hobbs

1. A. Trigg	Gloss	23.55
2. D. Gartley	Gloss	24.14
3. A. Jones	Gloss	24.33
4. M. Hayman	DkPk	24.53
5. P. Boler	Totley	25.06
6. J. Kewley	Gloss	26.06
7. J. Miller	Gloss	26.11

VETERANS 0/40

1. R. Taylor	Penn	26.18
2. N. Boler	Tolley	28.30
3. F. Fielding	Gloss	28.46

FIRST VETERAN 0/60

1. B. Thackery	DkPk	33.44
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FIRST LADY

1. W. Barnes	Bams	34.20
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FIRST JUNIOR

1. T. Campbell	Unatt	33.40
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HEBDEN MOOR FELL RACES

BS/5.5m/1300ft 30.4.95

First class conditions provided fast class racing in this inaugural event. Great seniors race with Paul Dugdale just getting the better of a group of youngsters. Impressive performance from Matthew Moorhouse to hold Paul to twenty seconds. Good to see Robert Hudson from the open ranks mixing it with these.

Katherine Hill, the first lady travelled a long (London Centurion to win the ladies race from Diane Fleming in another close contest. Ian Wellock was an impressive winner of the under eighteens, leaving it until the final descent off the crags to break clear. Victoria Wilkinson, after illness, returned to form, winning the girls race by over one and a half minutes.

In the under sixteens race Matthew Drake won through after a dose tussle and in the girls' race, another tight contest was decided at the stream crossing just before the finish with Louisa Pickles just beating Gayle Adams.

Stephen Savage was a clear winner in the under fourteens in a true crag race with the runners in sight from start to finish. In the girls' race, Emma Hopkinson just got the better of Stefana Duniec in a battle all the way to the line.

Catering for all age groups the under twelves' race was short and fast with athletes racing from Lancashire and Yorkshire, James Mason winning the boys' event and Saoirse Cowley winning the girls.

Thanks to the local fanners, landowners and sponsors, Merritt & Fryers, Builders' Merchants, and 'The Mountaineer' outdoor shop.

Chris Wilkinson

1. P. Dugdale	Hor	25.59
2. M. Moorhouse U/20	Saif	26.19
3. R. Hudson	KHR	26.24
4. A. Smith	K.HR	26.42
5. C. Caldwell U/20	Bolt	27.11
6. D. Woodhead	Horw	27.15
7. J. Haley U/20	Bolt	27.38
8. J. Rodgers	EHull	28.12
9. B. Whalley	P&B	28.32
10. A. Carruthers	Craw	28.38

VETERANS 0/40

1. G. Appleyard	Fellan	29.00
2. P. Lyons	Ross	29.13
3. N. Pearce	Ilk	29.38

VETERANS 0/50

1. P. Jepson	Ross	30.48
2. G. Fielding	Ross	33.32
3. A. Stafford	Kend	33.40

VETERAN 0/60

1. B. Hill	Clay	44.56
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INTERMEDIATES

1. M. Moorhouse	Saif	26.19
2. C. Caldwell	Bolt	27.11
3. J. Haley	Bolt	27.38
4. D. Stewart	Prest	29.03
5. A. Leek	L&M	33.25

JUNIORS U/16 BOYS

1. C. Livesey	Prest	11.41
2. M. Drake	CaldV	11.52
3. J. Hart	O&R	11.55
4. H. Matthews	Shrews	11.56

JUNIORS U/16 GIRLS

1. L. Pickles	KHR	14.01
2. G. Adams	Brist	14.10
3. N. Jones	Chor	14.17
4. L. Brindle	Horw	14.23

JUNIORS U/14 BOYS

1. S. Savage	Amb	8.26
2. S. Reid	Kend	8.51
3. W. Hallas	Holm	9.10

JUNIORS U/14 GIRLS

1. E. Hopkinson	Skip	9.55
2. S. Duniec	Holm	10.08
3. S. Waddington	Skip	10.17

JUNIORS U/12 BOYS

1. J. Mason	Unatt	6.06
2. C. Swire	Clay	6.10
3. M. Smith	Horw	6.22

JUNIORS U/12 GIRLS

1. S. Cowley	Ross	7.21
2. H. Wightman	Horw	7.30
3. K. Rowley	Unatt	7.32



Winner of the U/16 class at Hebden, Chris Livesey at Preston
Photo: Dave Woodhead

THREE PEAKS RACE

North Yorkshire

AL/23.5m/4500ft 30.4.95

The clash with the British Championship race in Scotland inevitably affected the overall quality of the field in this years event. None the less, a good day with firm ground conditions, combined with athletes of the calibre of Andy Peace, Ian Holmes, Shaun Livesey and Ian Ferguson, clearly indicated that a fast race was probable.

It was, therefore no surprise when the Bingley pair of Andy Peace and Ian Holmes came through Ribbleshead on schedule for a new record. They were still together at the top of Whemside, but Andy opened up a gap on the approach to Hill Inn which he extended to seven minutes on Ingleborough and ten minutes at the finish. His winning time was just over a minute outside club mate Ferguson's record. Ian clung on to his second place despite a strong finish from Paul Briscoe, whose gallant third place was achieved despite breaking his wrist during the descent from Ingleborough.

Congratulations to Jean Rawlinson on her win in the Ladies Race. Quite an improvement on her last years performance of second lady veteran! Clayton had a good day, winning both the ladies and veterans team awards, but Bingley packed four in the first eleven to win the men's team race comprehensively.

Good weather always eases the job of race marshalls, but I must thank the seventy odd 'willing!?' volunteers who help us to organise the Three Peaks Race efficiently. Sadly yet again a false alarm was created by the failure of a competitor to report retirement promptly. We should not have to remind experienced fell runners of the need to inform race officials as soon as possible if they decide to withdraw, or not start, after having registered. The presence of the Army Shower Unit created a very favourable impression. Here's hoping that our secretary Doug Croft can persuade them to come again next year. This year's results include details of the various age group course records, which will I am sure, be of general interest.

Finally, my thanks to the management of Pace Micro Technology Ltd for their sponsorship of this years event, and to their staff who were so helpful over the weekend of the event. Thanks also to Pete Bland Sports who gave additional prizes to the mens' and lady's winners.

Dave Hodgson

1. A. Peace	Bing	2.52.52
2. I. Holmes	Bing	3.03.12
3. P. Briscoe	V.Stdrs	3.03.51
4. G. Schofield	Horw	3.05.33
5. I. Ferguson	Bing	3.07.31
6. A. Hauser	Fellan	3.08.31
7. K. Gaskell	Horw	3.10.27
8. G. Wilkinson	Clay	3.12.16
9. B. Clough	Amble	3.14.08
10. M. Wallis	Clay	3.15.43
11. B. Whitfield V/40	Bing	3.17.24
12. T. Jones	Eryri	3.18.34
13. L. Doyle	N' market	3.19.19
14. G. Huddleston	Clay	3.20.04
15. D. Nuttall	Clay	3.20.17

BUNNY RUN TWO

3m/3000ft 18.4.95

1. I. Holmes	Bing	17.03
2. G. Devine	P&B	17.52
3. S. Livesey	Clem	17.53
4. R. Lawrence	Bing	18.39
5. A. Maloney	Roch	18.47
6. P. Thompson	Blackburn	18.51
7. J. Cordingley	Tod	18.55
8. I. Greenwood	Clem	19.05
9. M. Drake	Calder	19.10
10. K. Smith	Calder	19.14

VETERANS 0/40

1. P. Carr	Kly.R.R.	19.44
2. H. Waterhouse	Saddle	20.16
3. B. Waterhouse	Saddle	20.17
4. B. Rawlinson	Ross	20.22
5. A. Green	Brad/Aire	20.59

VETERANS 0/50

1. D. Weatherhead	Bing	21.36
2. T. Cock	Holm	22.22
3. C. Drake	Spem	23.58

JUNIORS U/16 BOYS

1. M. Drake	Calder	19.10
2. S. Asquith	Holm	20.07
3. M. Pearce	Spem	21.20

JUNIORS U/16 GIRLS

L. S. Duniec	Holm	23.02
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LADIES

1. K. Drake	Spem	22.02
2. V. Wilkinson	Bing	22.39
3. S. Duniec	Holm	23.02
4. P. Oldfield V35	Brad/Aire	23.33
5. J. Greenwood	Baildon	23.35
6. C. Fawcett V40	Kly.R.R.	24.08

BUNNY RUN THREE

3m/3000ft 25.4.95

1. S. Thompson	Clem	18.15
2. A. Ward	Sheffield	18.36
3. P. Thompson	Blackburn	18.42
4. A. Maloney	Roch	18.50
5. G. Oldfield	Brad/Aire	19.03
6. J. Brook	Bing	19.05
7. P. Mitchell	Bing	19.10
8. I. Greenwood	Clem	19.19
9. J. Cordingley	Tod	19.27
10. M. Drake	Calder	19.56

VETERANS 0/40

1. J. Butler	K.y.R.R.	20.28
2. B. Waterhouse	Saddle	20.35
3. H. Waterhouse	Saddle	20.40
4. B. Rawlinson	Ross	20.54
5. D. Holdsworth	Baildon	21.06

VETERANS 0/50

1. D. Weatherhead	Bing	21.41
2. J. Smithurst	Bing	22.25
3. R. Asquith	Holm	22.41

JUNIORS U/16 BOYS

1. M. Drake	Calder	19.56
2. S. Briggs	Bing	20.26
3. S. Asquith	Holm	20.30

JUNIORS U/16 GIRLS

1. S. Duniec	Holm	23.11
--------------	------	-------

LADIES

1. J. Rawlinson V40	Clem	22.36
2. K. Drake	Spem	22.37
3. J. Greenwood	Baildon	23.57
4. B. Carney V40	Bing	24.15
5. W. Dodds V40	Clem	24.31
6. L. Bostock V35	Clem	24.50

BUNNY RUN FOUR

3m/3000ft 2.5.95

1. I. Holmes	Bing	17.30
2. G. Devine	P&B	17.36
3. A. Ward	Sheffield	17.47
4. S. Thompson	Clem	18.06
5. A. Maloney	Roch	18.13
6. G. Oldfield	Brad/Aire	18.23
7. S. Green	P&B	18.25
8. P. Thompson	Blackburn	18.39
9. J. Deegan	P&B	18.43
10. I. Greenwood	Clem	18.46

VETERANS 0/40

1. P. Carr	Kly.R.R.	19.27
2. B. Waterhouse	Saddle	19.33
3. H. Waterhouse	Saddle	19.53
4. R. Woodhead	Calder	20.12
5. B. Rawlinson	Ross	20.28

VETERANS 0/50

1. D. Weatherhead	Bing	21.10
2. R. Asquith	Holm	22.03
3. T. Cock	Holm	22.08

JUNIOR U/16 BOYS		
1. S. Briggs	Bing	19.43
2. S. Asquith	Holm	20.06
3. M. Pearce	Spn	20.39
JUNIORS U/16 GIRLS		
1. S. Duniec	Holm	24.01
LADIES		
1. A. Buckley	P&B	22.00
2. J. Rawlinson V40	Clem	22.33
3. K. Drake	Spn	23.18
4. J. Greenwood	Baildon	23.33
5. J. Holdsworth	Baildon	23.50
6. B. Carney V45	Bing	23.53
7. L. Bostock V35	Clem	24.14

5th KNOCKDHU INTERNATIONAL
N. Ireland

47m/1470ft 20.5.95

This international event is hosted by Lame Athletic Club and sponsored by Stena Sealink, Larne Borough Council and the Northern Ireland Tourist Board. England have established a stranglehold on the prize and packed well to take the first four places with Scotland taking the next four. Ian Holmes, in winning the race, took 33 seconds off the record with all the England counters inside the old record.

In the ladies competition it was the Scots who took the honours, pipping England by a single point with Helene Diamantides taking the individual prize. England again took the junior prizes with Jason Hales - in a very creditable 10th place overall - leading the team to maximum points. The Northern Ireland juniors were happy to take the credit for the locals, as worthy runners-up. An excellent warm-up to the international season.

Brian Irvine

1. I. Holmes	England	34.08
2. M. Roberts	England	34.15
3. A. Peace	England	34.26
4. M. Kinch	England	34.37
5. M. Rigby	Scotland	35.45
6. N. Martin	Scotland	36.13
7. B. Marshall	Scotland	36.34
8. J. Thin	Scotland	36.53
9. A. Maguire	N. Belfast	37.13
10. J. Hales	England	38.04
11. F. Cosgrove	Ireland	38.06
12. J. Brown	N. Ireland 'A'	38.41
13. P. Jenkinson	Wales	38.46
14. G. Morris	N. Ireland 'A'	38.57
15. S. Forster	Wales	39.00
16. C. Caldwell	England	39.09
17. N. Carty	N. Ireland 'A'	39.26
18. G. Rees-Williams	Wales	39.37
19. B. Lawlor	Ireland	39.47
20. M. Moorhouse	England	40.02



John Singleton crosses Whit Beck on Lonscale Fell: Keswick Festival Races
Photo: Dave Woodhead

TEAMS

1. England	6
2. Scotland	18
3. N. Ireland	36
4. Wales	39

JUNIOR MEN

1. J. Hales	England	38.04
2. C. Caldwell	England	39.09
3. M. Moorhouse	England	40.02
4. S. Cameron	Scotland	40.15
5. S. Park	N. Ireland	40.28

TEAMS

1. England	6
2. N. Ireland	21
3. Scotland	23

LADIES

1. H. Diamantides	Scotland	41.47
2. J. Kenyon	England	42.25
3. M. Smith	Scotland	42.45
4. N. Davies	England	43.24
5. L. Wright	England	43.43

TEAMS

1. Scotland	10
2. England	11
3. Wales	29
4. N. Ireland	39

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Address.....

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Club.....

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Analysing Performance

What makes a top hill runner?

With grateful acknowledgement to the Cosmic Comic for permission to reproduce this article written by their coach **Ewen Rennie** after attending a **National Coaching Foundation Course** of the same name.

What separates Martin Jones, Beverley Redfem and Carol Haigh from the rest of us? What makes a top hill-runner? Is it in their genes? Or the training they do? Or what?

What are the component skills of hill-running? Depending on the actual race being considered I would argue that there are at least eight basic component skills that go together to make up the masterful performance - the complete Wilson-of-the-Wizard supremo. The complete hill-runner needs Basic Speed, Downhill Technique, Endurance, Motivation, Navigational Skills, Nutritional Sense, Pace Judgement and Uphill Strength. Other coaches may argue for more skills, or even a different list but someone with these eight will be hard to beat.

Basic Speed can be required for a sprint finish in any race but becomes particularly important in races such as Butter Crag or Camethy where an early obstacle (hole in the wall) restricts the field and can lead to the loss of vital seconds. Of course as the race becomes longer basic speed becomes less important as tortoises such as John Blair-Fish and Andy Curtis prove as they grind past you after ten or twenty miles of hard fell running.

Downhill Technique is easy to recognise when someone like Andy Styan comes whistling past you off the top of the hill after you gutted yourself to get there before him. Indeed downhill technique is one of the few component skills to have been previously discussed in the *Fellrunner* with an article by the maestro himself in the June 1991 issue. Like all skills it requires practice, Styan himself at his peak would practice it once or twice a week, and yet a survey I did in 1991 found only three people who practiced descending skills regularly.

Endurance is what becomes important as the race becomes longer but even the shortest hill race is not necessarily won by the person with the fastest time over a hundred metres. Speed Endurance - the ability to maintain a constant high effort over time is what is likely to count. Whilst basic speed is measured by time over a short set distance, speed endurance is measured by the ability to sustain reps with only a short recovery without drop off in performance.

Motivation is frequently what separates the also ran from the champion. Forget the myth that champions are bom not made. THEY ALL HAVE TO WORK TO IMPROVE WHAT THEY'VE GOT Motiva-

tion is needed not just to get them up for the event but also to do the training on a cold wet winter's night. Many a grafter has beaten someone with far more natural talent.

Navigational Skills or route choice are often the weakest part of the hill runner's armoury. Too few races actually demand these skills but all hill runners should be able to pinpoint their own position and navigate from A to B. Just occasionally the mist comes down or the snow sweeps in and then the results can be turned upside down. At a cloud enshrouded Jura in 1991 supervet Bill Gauld almost sneaked a victory through his ability to pace count and use a compass. How many hill runners could confidently tackle a Blue or Brown course at a local orienteering event or even manage a street orienteering event?

Nutritional Knowledge may seem a marginal skill to include but athletes like Sally Gunnell reckon it's what has given her the edge to be a World Champion. If Steve Ovet had listened to advice about fluid losses prior to the 1984 Olympics then Britain would have had all three medallists in the 1500 metres. I can remember staggering across the finish line at the Moffat Chase and asking Jack Maitland how he had got on. "I didn't eat early enough came the reply." Yet I in my foolishness had been out half-an-hour longer and not eaten a thing. Lack of fluid, both before as well as during the race, cost me a top ten placing at Stuc A'Chroin in 1989 yet how many hill-runners really know about glycogen stores and rehydration?

Pace Judgement is vital in any race longer than 100m. Not even John 'Mr Muscle' Regis can run a 200m flat-out the whole way. He talks about cruising the bend and sprinting the straight (or vice-versa) and yet how many hill-runners plan how they will parcel out their energy or where they will make their efforts during a race? Monitoring your body and knowing how much you've got left are vital skills to learn. The really motivated runner may seem to be able to run himself into the ground on occasion but even they have to spread their effort over the course.



*P. Johnson shows one way to descend at Long Mynd
Photo: John Cartwright*

There is no glory in being first half way up the hill if you're twentieth at the finish.

Uphill Strength is both a mental as well as physical thing. Blair-Fish's shuffle and Jack Maitland's orangutan imitation are both effective in getting them to the top faster than their contemporaries. Long after most folk are walking these two are grinding their way to the top. Powerful quadriceps from cycling (or weight training) are beneficial but give me the athlete who can dig in and ignore those around them.

Different races will make different demands on these skills and areas of knowledge but they should all be worked on and they can all be improved. The once or twice weekly coaching session and post race analysis will help. What suits me may not suit you but don't be afraid to ask for help or to argue the toss but don't expect to be spoon fed everything. After all I need to keep some tricks up my sleeve so that I can still beat some of you occasionally.



*.... while Wayne Brown shows how to climb at Fiendsdale
Photo: Keith Lodge*

JUNIOR UPDATE



Juniors cross the water at Hebden Moor - l to r: Michael Cayle, Horwich; James Burgess, Keighley; Tom Doyle, Todmorden in the U/16 race
Photo: Dave Woodhead

The first race of the championship got the season off to an excellent start recently with some fine courses being laid out by Chris Wilkinson at Hebden. It was a very good example of how to run races for juniors, possibly the main factor for this being that it was a junior race meeting primarily, with a senior race attached to it, instead of the other way round. It would be nice in the future if more races could be run in this way, but maybe that will come eventually. Well done all who ran, helped and watched.

There have been a few changes to the races in the Championship this season. The Kettlewell race is now no longer being used as a championship race as it clashes with the World Cup races in Edinburgh. In its place we will now be using **3 Shires** at Little Langdale on 16th September. This race will also be used as a selection race for the Home International which is to be held in Ireland this year on 7/8th October, so if you want an international vest, this will be the one to train up for. In the Intermediate Championship, Noon Stone will still be in the Junior Championship.

At a FRA committee meeting recently some changes to the format of Junior running, and the Championship, were put forward by Horwich and extensively discussed. As a consequence of this it was decided that maximum distances for races should be implemented and these were:

- under 12 - up to 2 miles,
- under 14 - up to 3 miles,
- under 16 - up to 4 miles,
- under 18 - up to 6 miles.

Thus it is recommended that youngsters don't compete in anything over these distances, and next season any races in the calendar over these distances will be contravening FRA rules. There will also be an amendment to FRA Rule 10 in line with this. Another issue raised was a minimum age for championship races of 10 years old on the day for this season and next season this to be raised to 11 years old on the day of the race, to be strictly adhered to. This is because the FRA insurance for race organisers does not

cover them for anyone under the age of 11. As many youngsters are below 11, it was decided to compromise at 10 for this season and then 11 next season. But strictly speaking even at present, youngsters under the age of 11 are at present not covered by race insurance and the organisers are quite within their rights to refuse an entry if they wish. Hopefully this will not occur, but it was felt important that the situation should be given some airing.

Although it may seem a long way off, I am already looking for races for next year's championship, so come on all you critics of races, let's have a few offers. The Hebden race showed what can be done, and it may make you realise there is a lot to organising a race!! Again I am still open to comments and criticisms so keep me informed and on the ball, I am hopefully working for the good of you all.

Dave Richardson

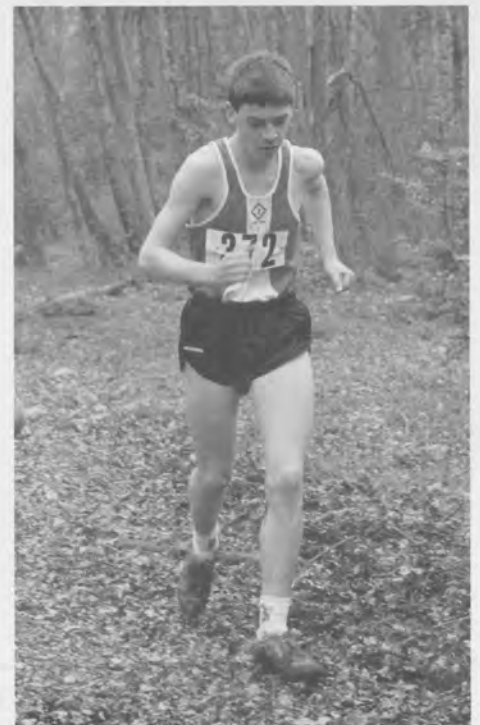
INTERS

Please note that the Noon Stone race is no longer a championship race since it clashes with the World Trophy selection races at Keswick. It is now replaced by **Thievley Pike on 30th September.**

JUNIORS INSURANCE COVER

Race organisers and runners please note that the insurance cover provided by the FRA does not cover youngsters under the age of 11 years on the day.

As from next season there will be a minimum age limit and maximum distances for all Junior races which will have to be strictly adhered to if the races are to appear in the calendar.



Carl Hodgson at the junior Wrekin event
Photo: John Cartwright

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Race Review

**Bunny Run Series; post Easter;
4 x CS/3m/300ft**

Bunnies abounding

The Woodheads have established a series of early season races to test your fitness....

Bunny Run 1

Easter being later this year brought about the Tuesday night series having to be run every week instead of every 2 weeks in order to finish the 4 races before the 'true' midweek fell races begin in early May i.e. Jack Bloor, Flowers Scar, Blackstone Edge, Simons Seat, Whirlaw etc.

The four races are run over the same route so runners can gauge how their aerl season training is progressing (or not!). Incorporated within each race is an egg stage award, that is for the first athlete past the rocks on the short lap before a long lap of Harden Moor, high above Keighley, is tackled. The reward for the stage prize is of course an extra Easter egg as are all the 50 odd prizes on offer in the various categories for each individual race. To challenge for overall series awards a competitors best three race positions count and yes, you've guessed it, the prizes are 30 odd bigger, better, tastier and more chocolatey eggs.

Ian Holmes, series winner last year with three wins showed his leg speed to coast to a new egg stage record of 3.29, a 4 second reduction, before going on to win in the bright sunny but windy evening. Others who received special egg cup record awards were o/60 Dave Hodgson and u/16 girl Stafana Duniec, they improved each mark by 40 and 70 seconds respectively.

Bunny Run 1, always the Tuesday before Easter, is the only one where Cadbury's Creme egg mementos are available to every finisher. Is this the secret of why 225 runners including 61 ladies toed the Cradle Edge start? 'How did you eat yours?'

Bunny Run 2 'Harey' Record Time

After the Easter festivities Ian Holmes took the race by its 'long ears' and literally hared round the 3 mile route to claim a double record. Already holder of the egg stage time at 3.33 he improved it by 3 seconds and then finally re-wrote Greg Hull's 1993 record of 17.10 to 17.03. Kimbledal whirlpool fitter 'Holmesey' missed the record last year at Bunny Runs 2 and 4 by 1 second and 2 seconds respectively and certainly time checks from spectators aided his efforts as he left Gary devine 50 seconds in arrears along with the other 170 runners.

The first u/16 juniors once again showed the talent ready to erupt into the senior rankings in the coming years with Matthew Drake and Stefana Duniec being far



John Cordingley, Todmorden, 5th overall in the series

from overshadowed in the record stakes. A 9th place and 4th lady place certainly gave the older generation a scare or two! 14 year old Stefana, at school at Shelley High nr Huddersfield is a Yorkshire cross country representative and improving with every race; her older sister Justina, 15, is more of a track runner with an 800m p.b. of 2.34 and finished 3rd junior to her credit.

To go with the 50 chocolate eggs prize list, the first buck, doe and Uncle buck (V40) were recipients of 3ft tall blow up plastic bunny rabbits! Howls of laughter echoed around the Guide Inn as Holmes, Kath Drake and Pet Carr were very red faced. A feature of every race is the free guess at the winning man's, ladies' and veteran times with nearest winning a choice of Easter egg. With nearly 80 guesses each time this proves very popular.

Bunny Run 3 New Names

Two new category winners appeared with Simon Thompson and o/40 Jonnie Butler winning their prize eggs and cuddly rabbits. Simon was very disgruntled to learn that the blow up bunnies were not on offer.

The ladies race was a real tussle as Kath Drake tracked 44 year old Jean Rawlinson into the last 300 yards. At Bunny Run 2 Kath won by 2 seconds but here Jean, a building society customer adviser, was in fighting mood. 'Her tactic paid off last time but I somehow found a sprint - which is unbelievable for me - to edge her out by 1 second'. Her daughter Sara also enjoyed the event and was stunned to have a choice of Easter egg prizes for finishing 12th lady. In fact with father Barry

4th o/40 and son Barry junior a spot prize winner, chocolate looks to be on the Rawlinsons Bamoldswick dessert menu for many weeks to come.

With a very cold and windy evening numbers were slightly down with 145, but the contest for the egg stage prize was fiercely fought. Maurice Calvert and Robin Lawrence burst from the group, with Lawrence edging it in 3.43. Both paid a heavy price, being in oxygen debt beyond the rocks, and trailed in 11 th and 27th.

Bunny Run 4 How do they do it?

29 year old Ian Holmes had struggled over Ingleborough to lose out to Andy Peace, while Jean Rawlinson had won - but how did they manage to both win at this 3 miler after competing in the 24 mile 3 Peaks classic only 48 hours before.

Devine, eying the series prize, put Holmes through the wringer by forcing the pace all the way with an egg stage win in 3.33, only for Holmes to chase him down with 200 yards remaining. A sprint ensued with Devine holding him off until Holmes kicked again. How his legs found the energy was beyond the spectators, and himself, but once the adrenalin courses through the veins it proves anything is possible.

Clayton's Monica Shone proved this by becoming the only record setter this evening with a new o/60 time of 30.52, a fine run from this athlete who is just 69 years young.

To cap the series and courtesy of the race profits and the Guide Inn hosts, Tricia and Dave, a free buffet worthy of a more formal function was laid on for all who turned up.

The 4 race series has become a Tuesday night ritual, not only popular with the elite but also with lesser mortals. The organisers guarantee both a good, well organised race and route and a prize giving that is unsurpassed.

- *Runny Egg*



*Stefana Duniec, Bunny Run Champion in her class
Photo: Dave Woodhead*

Cumberland Adventures

Cumberland used to stand as a proudly individual county. An area whose very name conjured up images of such glories as Gowbarrow, Borrowdale, Pillar...

... That was before 1974 though, and the creation of a completely new county, Cumbria. While the modern name also brings forth scenes of deep lakes and majestic mountains, it seems somehow 'diluted' by comparison.

Remembrance of the old counties was aided in the early 1980's by the publication of an excellent guidebook trilogy. The 'Cumberland Way', 'Westmoreland Way', and 'Furness Way', each provide a highly varied route around the old Cumbrian counties.

I had bought the Cumberland book many years ago, but gradually filed the walk away at the back of my mind. Until the October of 1994 that was...

... The end of British Summertime was fast approaching, and as this weekend is becoming a tradition with me, I was looking around for a long run to attempt. Initial thoughts centred around a mountain route somewhere in the Highlands. However, having completed a 45 mile round of the Southern Cairngorms only three weeks previously, my ideas turned to something

involving a greater distance, over easier terrain.

"Why not try the Cumberland Way?", my brain asked. Yes, of course; the route lay mainly on good hill tracks, or through easy countryside, but at 80 miles and 9,500' of ascent, it would certainly be challenging! Could I cover that much ground in one push though? Especially solo, and without any backup. Well there was only one way to find out.

So on a very dreich looking Friday afternoon I boarded the train south, to Penrith. Memories of my run around the English 3,000'ers on this weekend two years before, gave me hope for success. As did my relatively comfortable completion of 60 miles in 17 hours, during the flooded West Highland Way Race, four months previously. However I was under no illusion as to the scale of my present venture.

I had opted to simply take what would be needed for the run itself. Thus allowing a direct return to Edinburgh from the finish. (My impatient urge to be started also played a large part in deciding...) On the down side though, I was committed to running through two nights instead of one, and I would have no sleep for about twelve hours prior to the start...

... Appleby showed itself to be a truly beautiful little market town, even if an 'unofficial' firework display in the local car park, excluded use of the term 'peaceful'!

I was too keyed up though, to linger more than a few minutes in its environs. So 8.05pm therefore saw me take my first steps towards the coast at Ravenglass. My eagerness to be off soon showed itself however, as hurried navigation put me off route twice before nine o'clock! In fact the first twelve miles of fields and lanes made for some very haphazard route finding indeed. A problem which is summed up by my 'Log entry' for Clibum, at midnight; "Diversions en-route, AGAIN!!" Maybe I will start reconnoitring routes in the future, before I attempt them, but as yet it is not a concept I have managed to grasp.

Small villages and pleasant countryside, (complete with 'wholesome' smells!), continued to set the scene for the remainder of the night. One particularly notable feature though, was the impressive country house at Dalemain, near the Western shores of Ullswater. A sign informing the public that the visitor season was now over, seemed strangely superfluous at 4.20am!

Daybreak found me back in familiar territory, on the edge of Lakeland. A fiery sunrise it certainly wasn't; but with thirty miles behind me, and the grey outlines of the Steel Knotts - High Street - Place Fell skyline in front of me, I wouldn't have swapped the moment for anything.

Murky looking ridges, high above the dark strip of the lake, gradually unfurled new vistas, as I wound my way around the flanks of Gowbarrow fell. It was therefore with some regret, that I made the

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subsequent descent into an enclosed river gorge. However a combination of the thundering cascades in Aira beck and the superb Autumn colours, amply repaid the loss of more distant panoramas.

After the sylvan joys of Gowbarrow, came a high and remote seven mile section around the northern outposts of the Helvelyn range. The old coach road I was following provided a very easy passage, but it seemed to stretch on forever at times, and left me with a feeling of lethargy which was both mental and physical. At least the termination of the cart track, at Wanthwaite, marked the half way point though.

"In the homeward straight now," said my brain.

"God, not the same distance still to go?" replied by body.

For once Psychology triumphed over Physiology though, and enabled me to push on with a new found energy. The thought of Keswick's bustling streets, now almost in sight, spurred me on as well, as I was virtually out of food.

First came the ancient stone circle at Castlerigg though, and then the steep climb to Castlehead. A magnificent viewpoint for Borrowdale and the Northern fells. Today however the view was distinctly black, giving me a good idea of what to expect in the Buttermere area later on.

After replenishing both stomach and rucksack (in that order!) with food, I followed the way's circuitous course through Crossthwaite, to Portinscale. Civilisation had made a welcome interlude, but after twenty hours in the company of fields, lakes and mountains, I was glad to be returning to them once more. It was a gradual change though, starting with the Autumnal glories of Lingholm woods. Then, the 'Chocolate box' scenery of Newlands, before I finally reached the tiny farm of Rigg beck at 5.15pm.

Between here and Wasdale head lay twelve miles of tough going, over three passes, only broken by the tiny hamlet of Buttermere after five and a half miles. I knew this section would be the 'make or break' of my journey, and steeled myself accordingly. However the last five miles to Wasdale were very familiar to me, and soon after that it would hopefully be light again. 'No worries then!'

At first my optimism appeared to be well founded, as I reached the summit of Rigg Pass with incredibly little effort. Even the rain, which was now quite heavy at times, couldn't wear me down.

Then, in an instant, my energy vanished under a wave of tiredness.

The three mile descent from the pass immediately transformed into a seemingly endless trudge in the wet and clinging darkness. My head torch was nearly useless as well, which didn't exactly help matters.

However, with thoughts that were swimming in treacle, it didn't even occur to me to change the batteries. Instead I just stumbled on, convinced that a time warp must have swallowed me at some point recently. Then suddenly, the lights I had glimpsed at a distance for so long, were right in front of me. Buttermere at last; "Thank God!" One and a half hours had elapsed since the summit of Rigg Pass, but it felt like an eternity.

My body was screaming out for sleep, and my mind was too befuddled to argue. However there must have been a small voice of defiance in me somewhere. A voice which recalled all the 'Highs' AND 'Lows', which I had experienced in the last 58 miles, and 24 hours. The voice lured me as well, with promises of "...Only seven miles to Wasdale now...", "...Plain sailing after that...", "...Just plod the night and think of the sun rising behind Gable tomorrow morning...", "...Forget the mileage, BUT STAY AWAKE..."

"Carrying on is madness though!", I retorted, "It's night, I'm cold and completely knackered, AND it's absolutely p*****g it down!!"

My arguments seemed horribly detached and logical though; My heard said "GO..."

Sensing that I was wavering, the voice returned, and dealt its 'Coup de grace', "Think how miserable you will be when the realisation dawns that you 'GAVE UP' while there was still a ray of hope... Maybe you could have finished if you just tried..."

"Alright, I'm going, I'm going!!", I muttered as my feet stumbled along the track towards Burtness wood. The first trees afforded a modicum of shelter, allowing me to put on most of my spare clothing, and to change those head torch batteries at last! Any dry layers didn't stay that way for long though, as the rain and wind were now atrocious.

The lake shore path seemed to drag inexorably on, and my mind was now becoming obsessed with the idea of sleep. I couldn't concentrate on anything else, and simply wandered along in a daze looking for trees to collapse against. My body wasn't in a much better state, although with hindsight that was probably mental as much as physical. At the time however, such distinctions weren't an option. Thirty eight hours without sleep, combined with over twenty five hours of continuous effort, was exacting a toll which was simply too heavy.

So after about an hour of 'progress' which had reduced itself to five second staggers between likely looking spots to sleep, my resolve finally crumbled and I sat down under a young conifer a few metres above the path, and there I stayed.

With no tent, or even a sleeping bag, the only protection came from a foil survival blanket, which I wrapped around my upper body. Even so, curling up on a mushy bed of leaves and pine needles felt like heaven.

The cold and rain only allowed a fitful sleep. However morning finally arrived, and saw me hobbling painfully back to Buttermere with a body which felt like it had just been put through a mangle. The 'voice' was silent though. It knew that defeat had only come after I had expended every last dreg of will and energy. But then, 'defeat' wasn't a word I could even begin to associate with the memories of such wonderfully varied country, or with the contrasting depths of emotion which come from pushing mind and body to their limits.

So I didn't reach Ravenglass. So what? There is always next year. Yet, it won't be long before I return to Appleby once more...

Jason Went

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Colin Valentine approaching the Whiteless Pike checkpoint in the 1988 Sail Beck Horseshoe
Photo: Bill Smith

PROFILE: COLIN VALENTINE

by Bill Smith

Colin Valentine of Keswick AC has been one of the most consistent of fell runners over the last fifteen years, turning in numerous top-class performances over varying types of courses, though without ever making a serious bid for the championship. However, he did finish 8th in 1984 and has been inside the top twenty on three other occasions.

Born on December 5th, 1960 at Keswick, he grew up near Grange-in-Borrowdale, eventually moving to his present home at Hutton-in-the-Forest, near Penrith, at the age of 18. A strapping six-footer, weighing 10 stone, Colin's long legs are ideally-made for leaping gates, walls and fences. He attended Lairthwaite School in Keswick, where he ran against Kenny and Duncan Stuart in track and cross-country races, one of the latter courses climbing halfway up Latrigg. On leaving school, he worked for a few months at Honister Quarry, where Billy Bland also was once employed, and since then has followed the equally physically-demanding job of forestry worker, now as a self-employed contractor after being made redundant three years ago.

Chris Bland, the Stonethwaite stonemason, brother of Anthony and cousin of Billy, David and Stuart Bland, introduced Colin to Keswick AC in 1976 and he became hooked on fell racing after entering the junior Crag

Fell Race at Ennerdale. Here he finished second to Albert Sunter (Horwich) in both 1979 and '80 but emerged victorious in the 1981 race over Paul Mitchell (Bingley), then came 16th in the senior Muncaster race the following day. However, his first-ever fell race victory had been in the junior Latrigg race at Keswick Carnival in 1979, when he had been the fastest of four competitors.

1981 was his first season of regular competition and included such results as 7th Penyghent, 8th Kentmere, 11th Latrigg and Wansfell, 15th Butter Crag and Blisco Dash, while in Scotland he began his long association with the Camethy Hill Race, finishing 13th, and also contested the Lochaber Three, coming 14th in the Melantee, 20th Half Nevis and 10th in the Cow Hill.

A Marked Improvement

Valentine's 1982 results generally showed a marked improvement, with second placings at Wansfell and Muncaster, fourth in the inaugural Coniston race, won by Billy Bland, and fifth in both the Black Combe (from Whicham) and Sedbergh Hills Race. The Wansfell result gave him particular satisfaction as he finished only 48 seconds behind Kenny Stuart, then at his peak, and was achieved through his fearless descent style: "When Kenny set the record for the altered Wansfell course, I was running very well over the shorter distances and was delighted to place runner-up after passing Hugh Symonds and Bob Whitfield coming down." This season also gave him his first taste of the South Pennine events he has come to enjoy so much with a third placing

in the Rombalds Moor race south of Skipton.

Colin received his Ben Nevis Race baptism the following year with a commendable 13th position, improving to seventh in 1984 and fourth, his highest-ever position, in 1985. He was also finishing just outside the placings in his other favourite Scottish event, the Camethy, during these years and his persistence finally paid off with a fine victory over a snowbound course in 1986, four seconds ahead of his Keswick club-mate, Jon Broxap.

He achieved victory in another Scottish race, the Pentlands Skyline, that same year, while in the Lake District he triumphed by more than two minutes over Peter Haines (Mandale) in the tough Buttermere Horseshoe (the 20-miler, not to be confused with the Sail Beck Horseshoe) and by 25 seconds over Mark Rigby (Ambleside) in the Scafell Pike race from Wasdale Head. Colin really made his mark in the Buttermere race, pushing Harry Jarrett to a new record of 3.46.06 in 1987, when he was runner-up only 19 seconds in arrears, then being pushed to a new record of 3.37.03 himself the following year by Jarrett's CFR club-mate, Donald Lee, only for Donald to reverse this result a year later with a much more decisive victory.

Long, Rough Courses

Having grown up in Borrowdale, it might have been expected that Colin would have made the Borrowdale Fell Race his speciality the way Billy Bland did, but his best position has been fifth - no mean feat at that! - in both 1985 and '93, while his

outstanding performance in the Borrowdale Sports fell race up Dale Head was third last year behind Billy's nephews, Gavin and Jonathan.

In the Duddon 20-miler, he has been third twice, second once and first in the mist-shrouded 1990 event, while his best positions in Lakeland's toughest races (outside of two-man events) have been second at Wasdale (1990), second at Ennerdale (a much milder course in its latter stages) and third twice in the Mountain Trial (1986 and 1990).

However, Colin preferred the now-discontinued Arrochar Alps race as a long, rough course to any of the Lakeland classics "because there were no flat sections in it." Colin Connelly once included this event among four races in the Scottish championship which he felt should be designated "Super A" races because of their exceptional severity and therefore worthy of extra points. In 1987, Colin finished third behind Billy Bland and Derek Ratcliffe (Rossendale) over this demanding route across Ben Vorlich, Ben Vane, Ben Ime and Beinn Namain, and came fourth in 1988, but had the satisfaction of winning the last event in 1992 over an abbreviated 10-mile course which had been shortened on the day due to abysmal weather conditions, a decision of which Colin approved, incidentally.

Mountain Marathon

He regards his outstanding individual victories to be his 1986 Camethy and 1990 Tour of Pendle, both in very adverse conditions, while among his sterling performances in two-man events his triumph in the 1991 Haworth Hobble with Pete Irwin (Rossendale) in a new record time of 3hrs 51 mins takes pride of place, along with his second placing in the 1989 Karrimor Elite partnered by Clayton's Tim Laney. He also won the 1988 Hobble with another Clayton runner, Jack Holt, and finished fourth in the same year's Old County Tops race teamed up with a female member of that club (and more recently of Kendal AC), Ruth Pickvance, to win the mixed team category, progressing to overall victory in

the 1989 event with yet another Clayton Harrier, Dave Nuttall, in a new record time of 6.25.47 which still stands. Yet another different partner, Mark Rigby (not of Clayton!), resulted in a third placing in the 1988 Rock 'n' Run mountain marathon, while in 1992 Colin and Sarah Rowell (Leeds) were the first mixed pair in the Haworth Hobble, placing fourth overall.

With the Arrochar Alps race no longer being on, Colin's favourite events are the long Lakeland classics, Wasdale and Ennerdale, also the Buttermere Horseshoe before that series also was terminated. In contrast, however, he also has a fondness for South Pennine races: "They're more runnable and easier on the legs; the climbs aren't so big and they give me a chance to recover from the tougher Lakeland races. They also provide an opportunity for seeing new places and meeting new people, whom I find very friendly."

In addition to the aforementioned Tour of Pendle victory, he also triumphed in this year's Half Tour over a snowclad Pendle on March 4th and eight years ago won the Bolton-by-Bowland race north of the Ribble. He has also had third placings in the 1985 Thieveley Pike and Black Lane Ends, the 1992 Boulsworth, and in the same year's gruelling Wadsworth Trog. One of his most unusual outings was in the 1984 Gale Fell Race which he ran in fell spikes, believing it to be a grassy cross-country course, when in actual fact the only grassy terrain is on the short fell section at the top, the remainder being a mixture of dirt tracks, road and steps. Considering his choice of footwear, he did well to finish 11th.

Footwear

However, spikes have proved an asset to Colin Valentine on other occasions: "I like running in soft, fresh snow, especially in heel spikes, and I feel that it has been basically these conditions that have led to good performances following a reckless descent. Winning the 1986 Camethy in really deep, virgin snow was a thrill, particularly as there was a real scrap going on behind me

for second place involving five or six runners."

In common with such fell racing legends of the past as Jeff Norman and Dave Cannon, not to mention the Gurkhas and Eddie Campbell's famous "Green Flash", Colin will also wear road shoes "if conditions permit". However, road shoes were the cause of a bad injury he incurred during the 1992 FRA relays at Threlkeld: "I was crossing the lower grassy slopes of Halls Fell Ridge when I fell and tore a knee tendon. I didn't want to drop out and let my partner down, so carried on for the full 10-mile leg, bleeding badly. We were fourth or fifth fastest. Mike Fanning rushed me down to Keswick hospital afterwards and I had six stitches in the wound. I couldn't go to work the first week, being on crutches, and was out of running for three months altogether."

Colin prefers not to wear socks when he's running and is also noted for his barefoot escapades: "I have competed barefoot when winning a cross-country race at Cockermouth, also in the Pendleton Fell Race, and twice when doing the grassy Blencathra midweek race. One year Keith Anderson passed me on the last part of the descent as he was wearing studs." Two years ago, he finished second in this race, sandwiched between Gavin and Jonathan Bland, the former just managing to pull away on the short bit of track at the end, while in 1988 he won the Blencathra Ridges race in 2.41.00, then continued over the other two ridges to give him a total time of 5.21.00.

Blencathra is Colin's main training ground and here he does lots of repetitions up and down the ridges, though his training also includes interval work on fields in the valley, often barefooted. When he lived in Borrowdale, he trained on the fells around Rosthwaite, though on dark winter nights he was confined to following the long white line down Borrowdale Road: "I actually crashed into Billy Bland coming from the opposite direction one dark night between Rosthwaite and Mountain View." His winter training consists of up to 50wmp on the road, "very steady", while during summer he trains on the fells as often as possible, and when preparing for something like the Karrimor, will run 90wmp.

Daring Descender

Colin Valentine is one of the sport's most daring descenders. However: "Having been made redundant three years ago and now being self-employed, I have become more cautious as I don't want to risk being unable to work due to injury, though I never have had an injury from descending. Most of my descents in the early days, 1980-81, were perhaps held in high regard because of the sheer numbers of runners I used to overtake, rather than isolated runs, and I have often wished I could be better placed on reaching the top so I might come up against some of the other renowned descent specialists."



Colin Valentine vaults the gate on the final descent of the Fairfield Horseshoe, 1988
Photo: Bill Smith

He cites as examples his 1983 Butter Crag run when he passed seven coming down to finish fifth; the same year's Blisco Dash (7th) in which he overtook 16 and 12 the following year (14th); the 1984 Ben Nevis when he hurtled past 14 runners to finish seventh and the Blackstone Edge race earlier that same year. The latter was a British championship counter on this occasion with a heavy snowfall throughout and hard, icy ground underfoot; "In these conditions I felt confident and moved up from 18th at the top to finish third behind Kenny Stuart and Malcolm Patterson.

"Very rough, rocky ground such as coming off the top of Ben Nevis is my favourite terrain and I find it largely a matter of mental discipline. I like to be chasing after people and if my frame of mind is right at the time, that makes a big difference. Therefore, coming down Ben Nevis, I try to forget about the awful long run-in on the road. Descents like Grasmere, down a narrow sheeprod through the bracken, can be very frustrating if other runners get in the way, so I prefer open fellside like that at Chapelgill or Gategill." He has placed second at Gategill (1992) and third at Chapelgill (1986).

Objects of Admiration

Athletes he particularly admires are Kenny Stuart - "the most professional in his approach" - and Billy Bland, while among the ladies he has a high regard for

Carol Greenwood: "I also find it interesting that Carol can compete in other sports such as cyclo-cross and triathlons in addition to track and road races. I admire anyone who is prepared to keep up a regular training schedule, especially someone who keeps going for year after year like Bob Whitfield, who has been so consistent. I admire Billy Bland because he trained hard on a high mileage after doing a hard day's work as a builder and stonewaller."

Colin believes Billy's Bob Graham record of 13hrs 54 mins to be such an enormous achievement that it will probably never be broken, and he furthermore feels that it's never really had the appreciation it deserves. Colin partnered Billy on the Dunmail-to-Wasdale section of the Bob Graham Relay Challenge, over the Langdale Pikes and Scafell range, when Keswick AC set the record of 12 hours: "The weather was atrocious, with torrential rain, high winds and low cloud, and I've never been so afraid as when going up Broad Stand in those conditions without a rope."

He has great admiration for athletes who are fit enough to race successfully on consecutive days, such as Billy Bland winning Ennerdale and Muncaster in 1980 and Borrowdale and Latrigg the following year, and young Gavin Bland winning the

Three Shires Race and the Mountain Trial two years ago.

At the time of writing (Easter), Colin Valentine had won 32 races. "It's nice to win races," he says, "but it gives me more satisfaction to set a record because if it stand for a while, people appreciate you more. I will race anywhere, any distance or terrain, regardless of weather conditions. I only wish some of my Keswick clubmates would support me outside the Lake District but they only seem interested in venturing further afield when there are championship points to be picked up. I never plan my seasons ahead. There are so many good races, I like to do as many as possible rather than just pick out certain ones to aim for. I did once try to do 52 races in a year but finished up doing 50. I've generally averaged 45 races a year since the age of 18. I am able to compete so often and so widely because I am single and not tied down."

Colin's ambition for the future is "to carry on winning different races," the Karrimore Elite being one he would particularly like to win, after having been second, third and fourth in the past. "I am really appreciative of all the hard work put into the sport by race organisers, marshals and other helpers," he says, "and I intend to help out at races myself as I grow older."

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110 miles - Self-deprivation restores reality

An attempt at a Winter traverse of Corsica, using Grand Randonnee 20 had been a long held ambition, eventually a date was fixed and on February 17th I flew out of Heathrow bound for Calvi. The speed with which the date came round nearly caught me out both physically and psychologically and it seemed that suddenly I was at 30000 feet flying to an island to run, walk and scramble some 110 miles and climb a similar height to that at which I was flying.

I was to discover painfully why winter attempts were unheard of and in fact discouraged. To comply with the normal summer traverse would go against the grain and indeed contradict the family motto 'Why do it the easy way when the hard way is available'.

Previous experience of similar events has conditioned one to expect everything. However, the emotional and even the spiritual dimension were to pose new problems on a daily basis.

Choosing to travel North to south left the 'softer' bit for the end and not as a psychologist suggested, it will be all down hill that way.

With darkness and light about equal, I left Calenzama at pre-dawn with head down. It stayed that way for over five hours until I reached the first real top to turn and look at the first 11 miles behind.

From about 5000' old and new snow successfully camouflaged ice to present some extraordinarily large hiccups. Several falls rattled my bones, yet I still stubbornly and lazily resisted the effort to take off my sac and use by ice-axe. Boulders like buses added to the pickle I was in. Too pre-occupied with going up and on was my reason for failing to exercise common sense and as a consequence I paid the going rate.

Lessons were in abundance, some God send and others self-imposed. The "maquis" provided an unforgettable one. An aggressive and abrasive plant that ripped my arms and legs with great delight at every opportunity. This and attempting to navigate through featureless boulder fields was a sobering source of entertainment. At night it was a destroyer.

When motivation wanted and it did, I found myself chasing shadows, some two or three miles across, cast by the bigger peaks. Never once did I win. On the occasions that the sun fell on my face it eas a real blessing and I felt emotionally uplifted and quite positive. In contrast the shadows became debilitating and depressing.

I was aware of the network of refuge huts along the route at roughly day walking intervals and I knew also that in winter they were closed or unattended. My provision of a bivvi bag gave me the reassurance I needed and although never warm enough to sleep, I did feel secure with the lid sealed. Night time was spent rotating from side to side and from front to back, to reduce the effects of the cold. It worked out to a count of 120 something before I felt the bite and I had to run to a fresh position.

My appetite was uncharacteristically poor and I found myself consciously stuffing as opposed to random and frequent feeds. Thirst was a prominent issue and I drank when able, sometimes boiling snow and occasionally eating it to satisfy the need. Eating snow is not desirable.

Fatigue played around with me and slapped me about on more than one occasion. Through it I dropped my ice-axe and stared helplessly as it whistled two hundred odd metres, accelerating into rock with a resounding crack. A fall and the temporary loss of my sac, as it too skated off, caused considerable pain retrieving them. Fatigue can and does strike the unsuspecting individual with persuasive power. The result is often an irresistible urge to lie down - sometimes permanently.

The arrival at the so-called halfway spot of Vizzavona and the forced stuffing of a whole box of Turkish Delight reduced the sense of tiredness and inspired me to plod on after a big break.

Running was becoming a rather dirty word and as I would discover less than 25% of the rock would allow real running to take place. Throughout I had not sighted a living thing, so the waft of perfume that drew my attention came as a delightful surprise as I ran along stopping abruptly and scanning the area in dismay at no visible sign of its origin, I turned to carry on. Before me

sat the most soft and scented blossom tree in total isolation of any other thing. It was responsible for the first and longest smile of the day - even the trip perhaps.

On more than one occasion I questioned my presence and proceeded to search for excuses, reasons and alternatives to halt. I knew I was getting tired.

A snappy self analysis reminded me of a belief I often subscribe to: self-deprivation restores reality. How complacent I am. I turn on the tap and water falls out, I sit on a seat of convenience, I move to another and drive off on it. How simple it all is, or is it? Personally, I need a little deprivation to remind me how fortunate I am and how gracious God is.

Descents can have an equally uncomfortable effect upon the muscles. However on this occasion the sight of what appears as regimental lines of troops, is in fact rows of headstones and this produces both a very relieving and relaxing feel to my walk in. Ahead lies Conca the end and behind, well ... probably the best part of me. 101 hours alone chasing my tail has significantly changed my whole being.

Dennis Thomas

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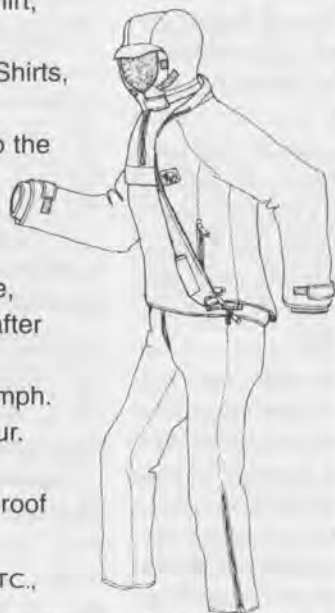
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Prize Crossword

Winners of the last crossword were: Nick Lander, West Hallam; Graham Ball, Settle; Richard Wilson, Dyfed - FRA T-shirts are on their way.

Once again, a theme, ACROSS solutions are all connected with moving like 14 down or 5 across - their clues are therefore mostly incomplete. Down clues are normal. T-shirts to the first 3 correct solutions drawn from the bum-bag on September 1st.

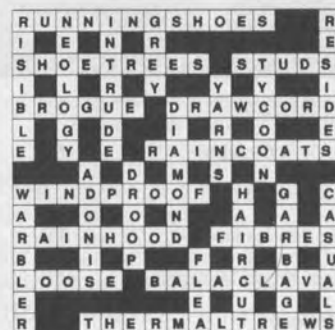
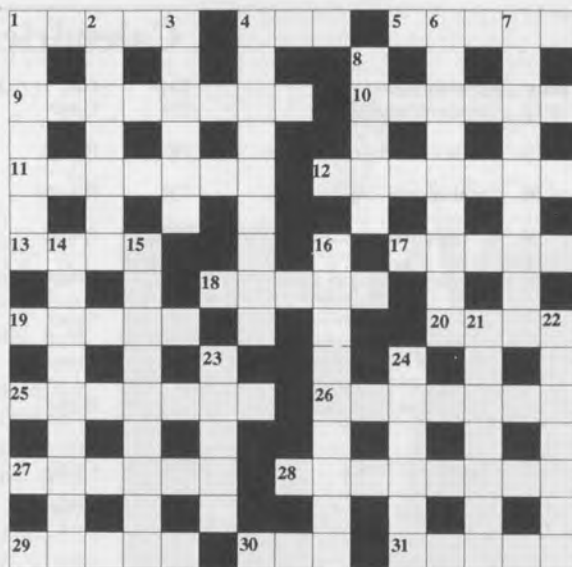
CLUES ACROSS

1. Almost wobbly princess (5)
4. and 30. Barmy hat (3-3)
5. See 18.
9. Confuse Tony, drat his lack of lateness (3,5)
10. To run with hyphen? (2, 4)
11. Pace of flatulence? (3, 4)
12. Model really models attention (7)
13. Hour? (4)
17. One that 23, 31 might pass over (5)
18. and 5. Highly cut to it (5-5)
19. Southern group (5)
20. Oval encouragement? (4)
25. Almost still in straw (7)
26. City railway is honourable (5,2)
27. and 31. Can car go in point? Only when wet! (5,5)
28. Cut twice (4,4)

29. Jump at cardinal cake (5)
30. See 4.
31. See 27.

CLUES DOWN

1. Girl in riot with caretaker (7)
2. Allow almost short mis-sives (7)
3. Give kit a lick inside style (6)
4. Make deadly aim, manufactured diurnally (4,5)
6. Less speed - but better than you thought! (9)
7. 'Fortress in G' - a game move! (9)
8. Sounds like pigs are putting it on (5)
14. Very, very hungry? (9)
15. All hail - there is more fitness (9)
16. Posh Gaelic emporium (5,4)
21. Mythical Mr. Angry phones in (7)
22. Broken pen says where nerves join (7)
23. Poem about the Spanish example year (5)
24. Move towards equatorial belt (5)



ETA COMPETITION

Win ETA. shoes!



Time to get it right! A printers error in the last edition of *The Fellrunner* meant that the ETA Competition could not reasonably be tackled - the lack of a new line start meant that there was the potential for making thousands of words from the letters on offer (one obsessive got up to a total of 3,381 before sending in the entry while another photocopied the competition several times and then stuck the words on top of each other to make a 'mountain' - well, each to their own). This competition is simpler...

Make as many words of three letters or more from the nine letters in the phrase ETA FOR ALL; each word may only use the letters available (e.g. only one letter F so 'TOFF' not allowed) and must contain the central letter 'O'. There are at least three seven letter words!

Winning entries will be pulled from the editorial bumbag on August 1st.

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18.06	Tropheé de Six-Blanc	CH	Brune	8	1100	Albert Lattion Reppaz, 1937 Orsieres	026/83.30.46 026/83.13.09
18.06	Balcon du Mont-Blanc	FR	Rouge	19	1500	Office de Tourisme 74700 Cordon	505.801.57
25.06	Montreux - Rochers de Naves	CH	Rouge	18.5	1630	Roger Seematter Marroniers 26, 1800 Vevey	021/921.47.86
01.07	Crêtes du Pays Basque'	FR	Super	31	1100	G. Etxart 64250 Espelette	599.366.92 599.386.78
01.07	Crêtes du Pays Basque	FR	Rouge	17	1100	G. Etxart 64250 Espelette	599.386.92 599.386.78
02.07	Cross du Mont-Blanc	CH	Brune	8.2	1195	C. Roussell Rue des Praz, 74400 Chamonix, CS Chamonix	505.588.59 505.311.57
09.07	Grimpeé du Molé	FR	Grise	12	800	Gérald Auffrey 524, Av. du Stade, 74970 Marignier	50.34.53.15
09.07	Lenzerheide-Valbella	CH	Grise	10.4	536	Wendlin Parpan c/o Sportbannen Danis AG 7078 Lenzerheide	081/34.43.77 081/34.43.91
16.07	Frutigen-Adelboden	CH	Super	19	950	Tourist Center Sportsekretiat/J. Blum, 3715 Adelboden	033/73.80.85
22.07	Arles-sur-Tech	FR	Rouge	50	1300	J. Faure Impasse dels Tres Vents, 66150 Arles-sur-Tech	68.39.08.23
23.07	Rivera-Monte Tamaro	CH	Brune	10.5	1530	Jean-Claude Lanini Case Postale 117, 6593 Cadenazzo	
30.07	Cross des Crêtes	FR	Rouge	18	735	Club des Sports Rue de la Poste 176, 74120 Megève	502.131.50
30.07	Cime de la Bonnette	FR	Rouge	27	1662	Syndicat d'Initiative 06660 St-Etienne-de-Tinée	930.241.96
06.08	Thyon-Dixence	CH	Brune	16.3	700	Marlyse Thetáz Tonneliers 11, 1950 Sion	027/22.92.65 027/22.71.72
06.08	Grand Priz des Isards	FR	Brune	16.1	710	Pierre Honthaas 64490 Aydos	593.475.69
06.08	Barèges-Pic du Midi-Bareges	FR	Rouge	27	1640	Daniel Delous Maison Forestière, 65120 Barege	62.92.68.92
13.08	Sierre-Zinal	CH	Hors cl.	31	2000	J.-Cl Pont Chantevent 28, 3960 Sierre	027/55.22.85
15.08	Tour Alpin de Grand Massif	FR	Rouge	21	1029	Ch. Sauvage Club des Sports, 74300 Flaine	509.080.74
20.08	Neirivue-Molesón	CH	Super	15.8	1200	Patrice Pemet 1668 Neirivue	029/8.14.77
27.08	L'Alsacienne des Crêtes	FR	Rouge	32	1000	Luc Marlier Rue de Gunsbach 8, 68000 Colmar	89.79.51.87
03.09	Orvonnaz-Rambert	CH	Brune	8.4	1360	Bernard Bessard 1912 Orvonnaz	027/86.23.21 027/86.17.84
17.09	St-Julien - Le Salevè	FR	Rouge	19	900	Gérard Reix 52 Allée des Launages 74160 Collonge-Sous Saleve	50.43.67.33
24.09	Fully-Somiot	CH	Brune	7.8	1600	Pascal Privet Rue de la Maison de Commune, 1926 Fully	026/46.37.97
08.10	Tropheé du Cret de la Neuve	CH	Super	16	820	Christophe Bovy 1261 Marchissy	022/368.17.23
02.10	Mont-Ještěd Liberec	CSR	Grise	8.4	567	O. Cepelka Gagarinova 769, 46007 Liberec 7	004.248.487.369

European Races

CIME Calendar

The CIME championship, La Coupe Internationale de la Montagne Championnat d'Europe, has been taking place for about 20 years and predates any World Cup or World Trophy or Italian ideas of European championships. A series of races in different countries, mostly Switzerland and France plus a few from Austria and Czechoslovakia, are included by paying a fee based on the number of competitors and provide a welcome to visiting foreign competitors which may include accommodation and limited travelling expenses. Races are classified as grises (road), brune (uphill off road), brunes (long) and super (extra points for these races by rotation). Sierre-Zinal is classified as a separate category for obvious reasons. A competitor's points are based on his or her best positions in two from each category.

Further details and rules may be obtained from: A.M. Bender, Ch. Pre-Fleuri, CH-1926 Fully, Switzerland. (+41 26 46 18 80).

France

The comprehensive Carnet de Bipede provides details on all round and mountain races within France in a 500 page book. There is a list of races by date with event, department number, and page reference. Mountain races are marked by a special symbol. There is an alphabetical list of races by starting-town with information of slightly more detail than that listed in the FRA calendar. Some knowledge of the geography of France and the location of the French department given by number is needed. Prospective enquirers without the document who wish to consult me should note that there are several races every weekend all over France during the peak season which are run in a similar fashion to the village Fell Race.

The Bipede may be obtained from: Bipede 94, BP 404, 12104 Millau Cedex, France.

Switzerland

The booklet containing a list of all Swiss road and mountain races may be obtained free from the Swiss National organisation or Swiss Co-ops who provide sponsorship (and groceries if you need them!).

Write to: Schwiz, Leichtathletikverband SLV, "Lauf-Guide", Postfach 8222, 3001 Berne.

Germany

The fixture list "Beglauf Journal '95" published by the Laufer magazine may be obtained for 17-80DM from:

Verglag fur Sportkommunikation, Wilfried Raatz, Am Gembohl 1, 54404 Niedemhausen-Fischbachtal, Germany.

Austria

The list of International Mountain Races which Brian Ervine has given me covers two sides of A4 and I will copy and forward it to anyone interested.

I can only really give first hand experience of Mountain races in Switzerland and attempt to advise on travel to those.

Czechoslovakia

For a list of races please contact:

Colin Pritchard, 18 Mentone Terrace, Edinburgh EH9 2DF.

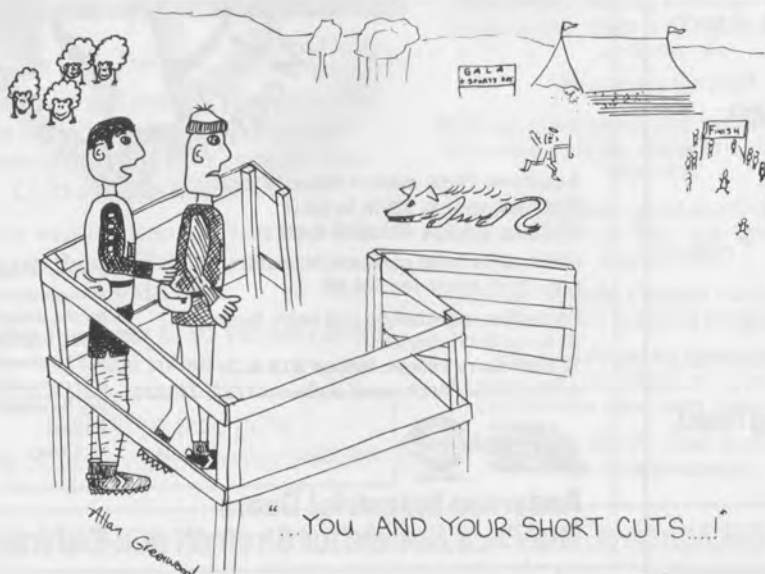
Kit Review

Running Bear have not gone into the fell shoe market - rather than compete with the makers of studs for the outside of the foot they have developed something to go against the inside. What do we all need - apart from a decent and reliable pair of fell shoes? Decent and reliable fell socks of course. I feel that ideally these should be made in black or dark brown and come already covered in peat, soaking wet and smelly; then I wouldn't have to go out on the tops in order to get them this way!

The Running Bear sock is none of these things and definitely brings to mind that Rolls Royce of running socks, the late lamented Windermere Winner. These socks have proved to be comfortable and hard wearing - more padded than the ordinary sock but not bulky with a specially padded sole they are made of a foot unit of natural undyed wool, and an elasticated acrylic upper (with several contrasting trim colours). Our testers have had these socks up and down the fell on a variety of terrain from peat bog to granite rocks, on short and long runs and even tested them on tarmac. They perform well in all circumstances and, as well as the comfort and cushioning, they also wash well - the sole, being undyed, makes no pretence at being white in the first place so there is no point in trying to get it back that way! Comfortable, padded, 70% natural materials - now which shoe should I wear.....?*

The Running Bear Sock; £3.95 a pair; £8.50 for three pairs. See inside back page advert for details of how to order.

To help you make your decision about which shoe to wear we will be running a major review of fell shoes in the October edition of **The Fellrunner - don't miss it!*



THE JOSS NAYLOR LAKELAND CHALLENGE

Since Joss Naylor laid down this challenge to Veteran Fell Runners Over 50, little publicity has been noticed and it is now hoped to improve matters. It was originally publicised in the mountaineering magazines as "Joss's Charity Challenge", with inscribed tankards to be awarded to the first 20 to succeed, provided that they raised at least £100 for their chosen charity. This offer still stands and 17 tankards, generously donated by Chris Brasher, still awaits claimants. Raising charity cash against this run has proved to be quite easy as non-runners are impressed that anyone past their half-century should even contemplate such an event. After the 20 tankards have been won, there will be certificates awarded to subsequent successful runners.

It is a great day out over many of Lakeland's finest mountains, keeping as it does to the high ground between Pooley Bridge and Wasdale. Unlike the Bob Graham, it is not a circular route, but a journey, with no choice of direction. Joss originally traversed it in appalling weather, with strong SW winds, low cloud and rain, paced by Colin Dulson and supported at Stoney Cove Pike and Beck Head by Chris Brasher and Ken Ledward. In spite of the conditions, which were excellent for testing Ken's gear, Joss, Vet 50, completed the route in 11 $\frac{1}{2}$ hours and set these times as targets for others to achieve:-
Vets 50-12 hours; Vets 60-18 hours; Vets 65 - 24 hours.

Those who succeeded and would like their names recorded should send these details: Name, address and age group. Their schedule, date and final time, signed by the runner and pacer/s. A receipt from the charity.



Monica Shone (Clayton le Moors) seen in action at Bunny Run, 4 May, 1995
Photo: Allan Greenwood

Other details, such as a brief account of the run would be of interest.

To: Monica Shone, 21 Woburn Drive, Hale, Altrincham, Cheshire. WA15 8LZ. Tel: 0161 980 4875.

Anyone contemplating the run who would like any information or help is most welcome to ask for it. Those who are unable to raise charity cash are still invited to apply and certificates will be awarded for success. It is a privilege to be able to complete this run as an over 50 - there is life after the Bob Graham, or even in place of it!

I stress that I am only acting as an administrator. Joss would like those about to run to contact him in advance so that he could meet them near the finish if possible.

His address is: Joss Naylor, MBE, Bowderdale Farm, Seascale, Wasdale, Cumbria. CA20 1EX.

THE ROUTE. The distance is about 48 miles + 16,000ft, with 2 road crossings.

Leg 1: Start Roehad (477237), to Barton Fell, Arthur Pike, Loadpot Hill, Wether Hill, Red Crag, Raven Howe, High Raise, Kidsy Pike, Rampsgill Head, High Street, Thomthwaite Beacon, Stoney Cove Pike, Pike How, Kirkstone Pass.

Leg 2: Red Screes, Hart Crag, Fairfield, Seat Sandal, Dunmail Raise.

Leg 3: Steel Fell, High Raise, Rossett Pike, Bowfell, Esk Pike, Great End, Great Gable, Kirkfell, Pillar, Scoat Fell, Steeple, Haycock, Seatallan, Middle Fell, finishing at Greendale Bridge, (143056).

The only known successes to date are:
Joss Naylor v50 1990
Don Talbot v60 6.9.91
Monica Shone Lv65 12.6.92
John Lagoer v65 16.6.94

Monica Shone

Martin Stone's Long Distance News Summary

Not much news to report in this magazine. Do please keep sending me details of long runs for the record books.

GARY TOMPSETT - SCOTTISH 4000's ON FOOT & BY BIKE

This route links the eight Scottish 4000ft peaks, starting at Glenmore Hostel and finishing at Glen Nevis Hostel. It has been traversed in both directions. The running only distance is about 85 miles and the record is 21hrs 39mins while the distance by foot/bike is about 95 miles and the record unknown.

On 26th September '94, Gary sets off from Glenmore Youth Hostel at 07.00. He was aiming to climb Cairngorm, Ben Macdui, Braeriach and Cairn Toul before dropping down to his bike at Glen Feshie. He would then cycle 60 miles to the Aonach Mor ski complex and climb the Lochaber peaks - Aonach Mor, Aonach Beag, Cam Mor Dearg and finally Ben Nevis before descending to finish at Glen Nevis Hostel. The distance covered on foot in the mountain areas was approximately 32 miles and 13,000 feet ascent/descent. Gary was supported and paced by Gavin Miles in the Cairngorms

and Paul Fettes on the Lochaber peaks. The day began breezy with sleet as he climbed Cairngorm and was then clear for some hours. He cycled into strong prevailing winds as he travelled west towards Fort William and the pace slowed in the evening as storms hit the Cam Mor Dearg Arete. His target had been 12 hours but a combination of weather and the onset of darkness increased his time to 15hrs 30mins. We're not sure if this is the foot/bike record - if you have completed the route any faster, please get in touch.

LAKELAND 2,500 FOOTERS - 61 PEAKS

In July 1984, the late Steve Parr completed a round of the 2,500ft Lakeland peaks from the Moot Hall, Keswick. The route is credited with a distance of about 20 miles and 43,000ft ascent/descent. Since 1984, there have been no known completions of this epic route. As a result of interest in the route expressed by a friend of his, Ian Roberts of Lancaster has been doing some detailed research and concludes that Steve discredited himself by 6 minutes and the record is actually 42hrs 55mins 40secs. Ian would appreciate it if anyone who paced Steve that weekend could contact him on 01524 64830 to discuss a few of the route-finding points.

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. Please send a schedule and brief details of any record-breaking run to: **Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PRI INN. Tel: 01772 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. 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.**

Small ad

Bed and Breakfast in the magnificent Staffordshire Moorlands. Running, Climbing, Walking from the doorstep. White Peak ref 016832. Packed lunches, E.M. by arrangement. Phil and Jackie Hitchings. 01538 371038.

THE LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

expanding your horizons?
then enter a challenging mountain race

July 2 The Skiddaw Race (up & down)
9 miles and 2700' of ascent

sae for details Mike Pearson, Fellorien,
Chestnut Hill, Keswick, Cumbria

Sept. 10 The Reebok Mountain Trial
20 miles and 7000' of ascent
Ladies 15 miles and 5000' of ascent
(previous mountain racing experience essential)

sae for details: Julie Pickering, 838 Tong Road,
Old Farnley, Leeds, LS12 5HE

all races require good navigational skills and fitness

16th to 17th
September 1995



Anderson Class: approx 55km in total

'B' Class: approx 50km in total

'C' Class: approx 40 km in total

Participants must compete in teams of two. Team entry fee £20.00

For further information and entry forms:

Write to Robin Bryson,

12 Edenderry Village, Belfast BT8 8LG

or telephone: Andersons Belfast (01232) 741222



Anderson Industrial Doors

The Pace Setters for Strength and Endurance

If there is not enough demand for the Anderson Class, this Class will be cancelled and competitors will be entered for the 'B' Class.

MONDAY : CLOSED

WEDNESDAY 9 - 2

TUES./THURS./ SAT. 9 - 5.30

LATE OPENING FRIDAY

Our last two adverts have featured mainly shoes; this time, for a change, we thought that we would feature some clothing bargains...

How about *half price* Mountain equipment trousers and shorts?

Ronhill Breeze jackets **£10 off** at £29.95?

Many of you have tried our 70% wool socks, the feedback has been very good and we are keeping on our offer of **3 pairs for £8.50** (we now have some new colours).

Nor are we forgetting shoes - ETA now have some new models which are stocked from only **£39.95** and the Felldancer has proved very popular in both racer and trainer models.



Above:

Colin's vest and shorts - **Viga** ultra cool fabric available in plain colours and patterned (illustrated). Viga vests from £7.95 and shorts from £8.95.

Diane is wearing **Runner Bear own label pertex shorts** £8.95 colours various S/M/L/XL.

Running Bear vest £7.95 various patterns and colours.

£20.00 of free gifts with Saucony shoes over £44.99



TONY HULME SPORTS
For all your Running & Sportswear

17A LONDON ROAD, ALDERLEY EDGE, CHESHIRE SK9 7JT
Telephone: 01625 582130



Above:

Running Bear Fleece Jacket - best quality fleece available in full and half zip style. Colours various £28.00 S/M/L/XL

Tactel Trousers - elasticated waist and polycotton lining plus zip pockets £16.95 Navy/Black

Ronhill ripstop pertex jackets - versatile lightweight, breathable and windproof top with Scotchlite trim and zip pockets. **Special Offer** RRP £39.95, save **£10.00**, only **£29.95**

Beartracks training bottoms - navy and black - super value at £8.95 or £9.95 with flash.

New shoes for 1995

Here are a few shoes that we have tried and tested and feel are worth bringing to your attention:

Mizuno Reflex - good rearfoot stability with good forefoot flex - sole with improved grip £49.99

Mizuno Mondo Control - a lightweight control shoe for the mild pronator. £59.99

Mizuno Zephyr - Special Offer - Lightweight racer/trainer - a must for the competitive road racer. Only £29.95

Etonic Glide £49.95 Dual density midsole for over pronators.

MAIL ORDER
24 HOUR TELEPHONE
01625 582130

VISA/ACCESS/AMEX
FREE SOCKS ON ALL MAIL ORDER OVER £50.00

Below:

Mountain Equipment shorts and trousers.

Special Offer Superb windproof polycotton fabric, 4 useful zip pockets
Shorts £12.95 rrp £24.95
Trousers £19.95 rrp £39.95

Running Bear T-Shirt £6.95. Black, Navy, Royal

Special offer Running Bear sweatshirts only **£9.95**

Running Bear Hat - water resistant, breathable with fleece lining and earflaps. £12.95 - cobalt blue

Running Bear Socks - 'simply the best' wool/nylon mix £3.95 a pair or **special offer 3 pairs £8.50**

Sizes 4-7/8-11/11-13



Shoes 1 to r:

Saucony Jazz 5000 stable multi terrain shoe with hardwearing upper, excellent grip and cushioning £49.95

Felldancer one of the lightest fell shoes with excellent grip qualities - available in trainer and racer lasts £46.95 Sizes 4-12

Walsh PB Racer - the first, and still excellent £52.95

New ETA Intrepid Based on same last as the ETA trail. Durable nylon/PVC upper £39.95 sizes 36-46

Also in stock **ETA Racer/Trail** £49.99

FRA DISCOUNT, SPEEDY MAIL ORDER 01625 582130 £1.00 CLOTHING £2.50 SHOES

