

The Fellrunner

October 1995

Including World Trophy
Results and Reports



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The Association has bought some right expensive computer equipment to try to drag us into the 20th century. If you can provide articles etc. on 3+ inch discs of DOS or DFS format (not Unix); preferably in ASCII; then we can handle them easily - the amount of stuff that comes that is obviously a computer print out is growing but still needs to be re-typed if the disc isn't with it. This costs us MONEY! We can handle RISC OS as well if you must. Disks will be returned immediately.

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FRA Radios

C.B. Radios now available

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

The sets are each powered by non rechargeable batteries which will not be supplied by the FRA. The scheme will be administered by committee member Willie Gaunt, 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 Willie Gaunt on 0113 2787513.

Bit at the Front *Neil Denby*

A bumper October issue to see you through the cold, dark nights of winter - and a few thoughts for next summer. Those of us with young children will be pleased to know that two of our current committee members, Angela Brand Barker and Ali Crabb are investigating the possibility of providing creche facilities at certain Lakeland races. Currently such facilities are in short supply, what Angela and Ali want to know is whether there is a demand; and for what age group of kids. Please get in touch with them to let them know your views/requirements. A creche for many people would mean both husband and wife (or boyfriend and girlfriend for the less traditionally minded) being able to compete while children are looked after in safety and I suspect, as a result, an increase in the size of Ladies' fields (how many lads are left holding the baby?).

Congratulations to the Scots on what was reported as, on the whole, a very well organised World Trophy. One recurring gripe - why no publicity? No television? No real newspaper coverage? Surely the 'low profile' approach can be dropped for a World event! Readers of Athletics Weekly will have noticed that the low profile has been raised by regular reports and results from Gareth Webb, who also writes in this edition of *The Fellrunner*. As long as it does not encourage the inexperienced or ill equipped on to the hills, where's the harm?

I am asked to point out that the BAF(FRA) Insurance for fell races has an indemnity limit of ten million pounds, not ten thousand as previously printed. I couple this with the information that the committee is trying to find a way of bringing down the ludicrously high excess of 500 quid to its old level of fifty. Without this, the insurance is virtually useless to most organisers.

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Sahara Supermarathon will be in the next edition

VERY late calendar addition!

GALE FELL, 29th October, 11.30 a.m. CS, 4.5m/900' from Gale Inn, Todmorden Road, Littleborough. £1.50 on day. Over 15. Also junior races, 11.00 a.m. The oldest record in

the book - 23.52, A Holden, 1969. F. Carol Greenwood, 1993. 27.38. Details: A.Maloney, 65 Great Howarth, Wardle, Rochdale OL12 9HE. 01706 521053



"Golf Ball" Race, August. Rossendale's Nigel Gatts is chased by a Clayton duo Photo: Steve Bateson

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A VALEDICTION FOR GEORGE BRASS

given in St. James' Church, Clitheroe by Ed Hill on 2 June 1995

We are here to celebrate the life of George Brass now that his days among us have drawn to a close. We have come together to honour his memory, to give thanks for what he did and was for us; to support each other at this sad time; to share by our presence and sympathy the deep sense of loss of Lilian and his family and to express a solidarity of feeling which, though it might be said in a hundred different ways, contains our confidence that George is, as he always has been, still in the loving hands of the living God.

George was a powerful runner. I can state that with authority having run more miles with him, usually slightly behind, than anyone else I know.

His appearances in the classic fell race annals show that too. Twice winner of the Three Peaks and both times lowering the record by the greatest margins before or since. Twice winner of the Mountain Trial; on the second occasion being the only finisher on a day of gruesomely inclement weather. I could go on and on.

But there is more to running than the result sheets and record books show. Besides the legendary loneliness of the long distance runner there is a good deal of comradeship and sociability. Running with George was a companionable affair. He chatted as he ran. I listened and grunted.

So over seventeen Mountain Marathons and innumerable training miles together I learnt not only his running history from Clitheroe Grammar School Cross Country to his epic Fifty-Five Peaks at fifty five. But also of his boyhood on the farm; his early long walks with the 'old firm' of Claytoners; his motor cycling days; his consummate engineering skills and knowledge; his interest in aeronautics and his love of natural history. We often paused to observe the curlew's or pippit's nest or hear the golden plover or ring ousel when out running.

The meld of his athletic prowess, his long experience, his sharp awareness and his mountain craft made him an



George Brass arrives at Wasdale Head with Tim Laney on his 55 at 55 run

Photo: Ed Hill, who wrote the valediction for George

impeccable team member or supporter on the hills, as many of us can testify.

More than all this, we came to know of his deep affection for his family, his loyalty to his friends, his shining integrity and his willingness to serve and the wisdom of his service.

Remembering these things made his all too sudden going hard to bear. Even so, our memories will be double-edged and will be recalled to raise our spirits. And though our recollections will all be different they will lift our hearts.

Mine will include seeing him stamp into his running shoes or the innumerable times we met in Pendle Road or Well Terrace, often in the winter dark, for Sunday morning runs. Or in the later stages or a Mountain Marathon, at the farther shores of exhaustion, him taking my bag to carry both his and mine on a steep climb or in a deep peat grough, him putting down an arm like a pony's leg to pull me up like a cork out of a bottle.

And these remembered times will quicken a vision of him where he is now. Somewhere up ahead, as he so often was, 'trailing clouds of glory' and waiting for us. So be it.

A full appreciation of George's life and running is on page 12.

SECRETARY'S CORNER

At the time of writing the committee has met twice since the June magazine, and these are the main topics of interest.

BUCKDEN, 17 JUNE 1995

1. Peter Knott will be standing down as organiser after this year's Safety and Navigation Course at Elterwater in September. We are indebted to Peter for organising and developing this excellent course over many years. John Gibbison and Ken Ledward will continue as specialist instructors for the time being, and we are looking for someone to take over the general management. A volunteer in good time for 1996 please. Further information from Mike Rose.

2. Bingley Harriers have agreed to organise the April 1996 Safety and Navigation Course to be based at Kettlewell Youth Hostel in Wharfedale. Details will be published in the 1996 Handbook and Calendar. Runners who went wildly astray on Jura this year will be especially welcome - we know who they are!

3. English nominations for British teams at forthcoming Internationals discussed. Suza event clashes with English trials for World Trophy team and Zermatt event is only two weeks before World Trophy in Edinburgh. Agreed that no English athlete would be available for Suza, but athletes not selected for World Trophy team could be nominated for Zermatt.

4. Fellrunners in Wales are pressing the AA of Wales to establish proper recognition and status. The Welsh FRA, previously a regional offshoot of the FRA, is being re-constituted as the Welsh Mountain Runners Association.

5. The quality and format of junior races discussed. This topic will be further addressed when selecting championship races for 1996.

SAFETY EQUIPMENT AT FELL RACES

This subject has been referred to in every magazine since the Welsh Water Relay tragedy in 1991, and particularly highlighted following the inquest on Judith Taylor last year. Yet there are still a minority of competitors treating safety requirements in a cavalier fashion. Readers will note the correspondence in this issue - and the Fairfield Race is not the only race where leading runners have been found wanting. To comment in detail would be to repeat what has been said many times during the past few years. The issue is simple: the organiser carries the can, and the organiser's decision is not negotiable. If you don't like the rules, don't enter the race. Apart from the safety aspect, failure to carry the specified kit is cheating.

ENVIRONMENT AND ACCESS

Members may have seen recent publicity exaggerating the undesirable impact of fell races in the Lake District and the Yorkshire Dales. And in Lancashire, the organiser of the Winter Hill Race is agreeing a new route with the landowner to meet concerns about erosion. Access problems will no doubt become more frequent in the future. Race organisers wanting advice and assistance are invited to consult Matt Simms, our Environment and Access Officer.

ROSTHWAITE, 17 SEPTEMBER 1995

1. Pete Bland, England Team Manager, reported on the World Trophy in Edinburgh, see elsewhere in this issue.

2. Forthcoming AGM discussed. No motions received by closing date, 14 Sept.

3. Championship Races, 1996 provisionally agreed.

British. As instructed by the Fell and Hill

Running Commission, the 1996 British Championships (which are managed by the FRA on behalf of the FHRC) will comprise four races, 4 to count, at least one at each distance.

Wrekin	short	April
Coniston	medium	May
Aonach Mor	medium	June
Peris	long	Sept.

English. The usual format, six races, 4 to count at least one at each distance.

Wrekin	short	April
Coniston	medium	May
Fairfield	medium	May
Holme Moss	long	June
Wasdale	long	July
Thievely	short	Sept.

4. Noted that the 1996 European Trophy will be on 13 July at Llanberis, North Wales.

- Mike Rose, General Secretary

News & Views... News & Views... News &

Thanks

Dear Sir,

At this years Ben Nevis Race I was in some difficulty and finally collapsed on to a cairn about 200 yards from the summit. An unknown lady runner stopped to help and pushed three jelly babies into my hand, which I quickly devoured. A marshal also came to my rescue with a hot cup of coffee after which I staggered on to the summit and eventually got back down to finish the race.

I would like to thank you both, wherever you are, without your help my first Ben would have been a DNF.

Yours faithfully,

Peter Jackson, Todmorden

Trespassers?

Dear Sir,

I was wondering when an article such as the one on Boulsworth Hill might appear in the magazine. Of course, this is not the only such situation; I enclose a report from the Times newspaper raising the question of access. No doubt there will have been other articles on the same subject elsewhere. The question of public access is often raised on radio and TV e.g. Radio 4's farming programme and the BBC's Country File.

No doubt race organisers do not want to upset landowners where access may not be a right of way but you have taken the plunge - hence the article. The great Liberal Prime Minister David Lloyd George hated landowners and once in referring to the House of Lords asked, 'who made 10,000 people owners of the soil, and the rest of us trespassers in the land of our birth?'

Yours faithfully,

John Gill, Co Durham

If you don't like the heat...

Dear Sir,

May I be permitted a brief reply to John Linley's letter about the Three Peaks Race. Firstly can I say that I share John's concern

about the intrusive noise from helicopters which causes more problems to us as race organisers than to the runners.

The presence of helicopters at the event is due to the media attention that the Three Peaks Race attracts. They are outside our direct control and although we can, and do, point out the problems they cause we have to accept that given the history and popularity of the route a race over the Three Peaks will inevitably attract media attention. The event is in the 'shop window' and we therefore give a high priority to safety, good organisation and maintaining good local relations in an environmentally sensitive area.

The involvement of sponsors in the Three Peaks Race enables us to give competitors some 'extras' not provided at other events whilst keeping the entry fee to a reasonable level. The race has a limited entry which has been greatly oversubscribed for many years which suggests that the package is popular.

However, I admit that many other races offer attractions with a different appeal. Indeed, one of the great things about fell running is the wide variety of races listed in the FRA calendar. Very few of these attract media attention and those that do can be avoided by those who dislike high profile races. The choice is yours, John!

Yours faithfully,

Dave Hodgson, Chairman, Three Peaks Race Association

Prizes puzzle

Dear Sir,

As a non runner I have long been mystified as to how the distribution of prizes for fell races is worked out. It seems to me that the over 40s, over 50s and over 60s are given a prize as an afterthought, or is it that they can have what is left?

I went to a fell race last weekend where two thirds of the field were over 40 and yet the remainder of the field were given prizes up to 20th place and the vets only received a first

News & Views... News

place prize - nothing even for second vet, let alone third! Do the organisers of these events not feel that this is a glaring omission, after all, surely the over 50s and 60s have put in a bit more effort than the younger men and women and are running the same race.

I know that the majority of runners are not running for prizes but, as I say, as a non runner I cannot understand the prize distribution. Perhaps there is someone out there who can explain this, after all, if they allocated the first three prizes in each vets section and then found that they had not enough entrants to give three prizes to, then the prizes left over could go to the rest of the field or even be saved for another race.

Yours faithfully,

Mrs. S.Henson, Bakewell

Balance redressed!

Dear Sir,

The reasoned calm of the News and Views column was rudely disturbed in the last edition by a vulgar political intrusion. Mr Bodecott took exception to a prior remark in the magazine and reprimanded the Editor for political bias whilst congratulating his 'other-wise excellent editorship'.

But did Mr Bodecott have to go the whole hog and be so illogical as to press home the axe he is grinding? Mr Bodecott's principle is that he does not wish to insult the readership with political bias and then promptly goes ahead and does exactly that himself.

Perhaps our noble editor should be entitled an occasional lapse (if that is what it is, we do not all agree with Mr Bodecott's party line) without being subjected to further offensive propaganda. It is by no means clear that the party, to which Mr Bodecott is so slavishly devoted 'don't screw up the economy' as he puts it. What else have the Conservatives been doing for the last two decades? This is not the place for political bias (it's a fell running association) but may I use just two words and then close: negative equity

Yours faithfully,

Peter McWilliam, Aberdeenshire

World Trophy Selection Unfair?

Dear Sir,

This letter is to express concern at the policy used to select the England team for this years World Trophy. This concern is shared by all the competitors and spectators I spoke to at the trial race in Keswick. In fact, virtually all responses were ones of disgust as well as concern.

When one considers the preparation towards and the effort put in by the runners in the trial on a very tough course and under very demanding conditions something needs changing.

The system being used is not fair to the regular fell runner who is supporting fell races all year round. In supporting fell racing these runners are travelling many miles, incurring significant expenses and 'running their guts out' in the process. The present



John Taylor (10th and first English counter) shakes hands with Mark Kinch (13th) while Matthew Moorhouse (junior silver medallist) looks on
Photo: Peter Hartley

system is not in the interests of these runners, is not looking after them and is at their expense. In effect, they are being robbed. It is bad enough that a runner who has done no fell racing all year can turn up on one day and prevent a regular fell runner from being selected by performing better in one race. This year runners have been pre selected who have shown no commitment to or interest in fell racing for two years or more.

To make matters worse, one athlete who was pre selected chose to race a half marathon in Scotland, instead of the Keswick trial race, to try to gain selection for the World half marathon Championships. despite this indication of where his priorities lay, he was still selected for the World trophy team.

Concern was also expressed by everyone I spoke to for the future. What is going to happen? Will the likes of Rob Denmark be offered pre selection? The athletes pre selected may well win or perform better than one of the best regular fell runners, but surely this is not what fellrunning is all about. Unlike a professional football manager who must pick the very best players all the time to satisfy paying spectators, we are dealing with a totally different situation here.

I would like to propose a new system for selection. Firstly, there should be no pre selection. Secondly, anyone who wants to run the trial should have done at least 4 Category A fell races in the year of the trial.

Alternatively, a return to the mid 80s policy of selecting the team based on Championship results in short and medium races would at least be fairer than the present situation. The aim should be to encourage and reward consistent commitment and effort. The contents of this letter are not just my opinion, they incorporate the views, suggestions and general consensus of opinion of the many spectators and competitors I spoke to at the Keswick trial race.

Yours faithfully,

Bob Jackson (Sr.) Horwich RMI

REPLY

Bob's letter uses strong language to express his views some of which are inaccurate. I am glad of the opportunity to respond.

1. Only one athlete was pre-selected for this year's World Trophy races. Martin Jones won the World Trophy men's race in 1992 and '93. He did not compete in the selection race because it took place on his wedding day. He did, however indicate a wish to run in the World Trophy and had shown evidence of his fitness in cross country and road events. Keith Anderson asked to be considered and was chosen at the meeting of selectors which took place immediately after the trial race. Factors that influenced his selection were the gap of two minutes between the 4th and 5th runners in the trial race, Keith's known fitness and his previous fell racing pedigree.

2. Sadly World Trophy Mountain race courses bear little resemblance to Category 'A' British fell race courses. Every alternate year they are uphill only and the up and down courses are often what we consider to be contrived without rough ground or steep descents. The use of special selection races with courses duplicating as closely as possible the actual World Trophy is an attempt to pick "horses for courses." Since they were introduced the England team has achieved the following medals in the World Trophy:-

Senior Men

1 gold medal, 1 silver medal, 2 bronze medals

Ladies

1 silver medal 2 bronze

3. Although the World Trophy is the most important international event, there are several others during the year for which current form in category 'A' races is used as the basis for selection. These include the

Snowdon International European Championships and the Home Countries International. England vests are awarded for all these events. The England selectors also persuaded the Snowdon organisers to accept an England 'B' team who receive recognition of an England vest with the objective of providing encouragement and reward for those on the fringes of the England team. No other country enters a 'B' team.

4. I, too, like to see commitment and effort rewarded but Bob omits to mention another important quality which is ability. To achieve success at international level all three are needed. When it comes to selecting the World Trophy team I believe that the duty of the selectors is to choose the best possible team to represent England. This may sometimes mean including athletes who do not compete regularly on the fells.

5. Members of this year's English selection committee have between them 17 years of accumulated experience as team managers or competitors at World Trophy events. They have also run hundreds of Category 'A' fell races. This experience does not prevent the occasional wrong selection decision but it does mean that judgements are based upon full knowledge of the pressures and athletic requirements of international mountain racing. I believe that the present selection procedures are sound and not in need of change.

Dave Hodgson, Chairman, England selection committee

Follow the milk truck?!

Dear Sir,

Here's a little tale that you might like to publish in your magazine. Arriving late for a fell race I decided to change into my running gear and follow the runners round the course, a 5 miler from Tockholes to Jubilee Tower around the Darwen Moors. As I changed I glanced across the fields and saw the competitors making their way along a track towards the moor. Ten minutes later I was running up the same track in pursuit of the racers, now well out of sight. There was no problem with route finding, red arrows clearly pointing the way. At the first junction half a mile further on I turned left and made my way through a farmyard, over a stile and into a wood. This part of the course didn't appear to be marked so I followed the obvious route down into a small valley and up the other side. I emerged onto a lane, found another arrow and shortly afterwards a checkpoint marshal. She directed me onto the moor and soon I found the runners, now descending. I watched the race until the last competitor had passed me and then returned to the marshal. She was walking back to the start and I decided to accompany her.

'We'll follow the race route back,' she said, 'they return by the outward route'. Soon I was in strange territory. A rough road and a track took us beside a reservoir and some farms. 'I'm puzzled,' I said, 'I followed the

arrows but I'm sure that I didn't find the track that we're on now'. 'What arrows?' asked my companion. I indicated an arrow when we eventually came to one. 'Oh, those,' she said, 'I believe that they are for the milk truck, this race isn't marked'. I then recalled the perplexed look on the farmer's face when I had jogged through his yard.

Yours faithfully,

Gwilym Williams, Blackburn

Warning

Dear Sir,

I am writing this letter as a warning to fellow competitors. In July whilst on holiday in the Lake District I planned to do the Loughrigg race at Ambleside. Unfortunately, the day before the race I developed a sore throat and head cold. Instead of cancelling my race plans, I let the situation take over. I convinced myself that as I was close to Ambleside anyway, the race was only four and a half miles and that if I felt really bad then I could drop out.

Once I got going in the race, despite feeling terrible and having no energy, I didn't drop out. Consequently my performance suffered and I didn't enjoy the race at all. The effects of the race worsened my condition and I had to take a course of antibiotics the following week. Also, my training was badly affected during an important part of the year.

I have learned from this experience. Normally if I am not well I do not race, but the message is never to race if you are not well, no matter how inviting the circumstances. Not only is your performance likely to suffer but subsequent training will be disrupted.

Yours faithfully,

Rob Jackson, Horwich RMI

CALENDAR UPDATE

Only one item in the Calendar Update this time; not really surprising considering the time of year but it's an amazing concept and one which I hope will attract considerable support, not least because the organiser, Eddie Leal, is one of the founder members of the FRA. What follows is NOT a wind-up.

ISLE OF WIGHT FELLRUNNING CHAMPIONSHIP SERIES

Weekend of 21st./22nd. October 1995

A series of three races, all starting from the Ventnor Esplanade, as follows :-

Race One - St. Boniface Fell Race - AS - 3m/775' - 11.00 a.m. on the Saturday.

Race Two - Ventnor Horseshoe - BM - 7m/1500' - 3.30 p.m. on the Saturday.

Race Three - Wroxall Round - CL - 13m/1500' - 10.30 a.m. on the Sunday, followed by the series Prizegiving etc.

The first race is ER/PM and the other two are ER/PM/NS/LK.

Age limits are over 16 for the first two races and over 18 for the third.

Individual Races are £4 entry each; all three is a mere £10 - entries to the organiser, Eddie Leal, Ashy Old School, Ashy, Ryde, Isle of Wight, PO33 4AY. Tel: 01983 567910 or to Lee Matthews, Isle of Man Sports Unit, Westridge, Ryde, Isle of Wight, PO33 1QS. Tel: 01983 812068.

15th October 1995. Penwith Challenge Fell Race. Start: Trewellard Hotel, Trewellard, Pendeen, Nr. Penzance, Cornwall. CM/10miles/?ft. Details: S. Stangroom, 20 Stennack Parc, Trewellard, Pendeen, Cornwall TR19 7TB. 01736 786006.

* New Glossop - Oct 8th - CANCELLED.

RACE ORGANISERS

THIS IS A REMINDER TO ALL RACE ORGANISERS THAT THE REGISTRATION FORMS FOR THE 1996 CALENDAR WILL BE SENT OUT ON THE LAST WEEKEND IN SEPTEMBER.

IF YOU DON'T RECEIVE ONE WITHIN A WEEK OF THAT DATE PLEASE GIVE DAVE JONES A RING.

COMPLETED FORMS ARE TO BE RETURNED BY 31st. OCTOBER

PLEASE MAKE EVERY ATTEMPT TO GET THEM BACK IN TIME OR YOUR RACE MIGHT NOT MAKE THE CALENDAR.

'NUFF SAID

Dear Sir

As organiser of the annual Fairfield Race I believe it is necessary to put the disqualifications at this year's race into context.

I start from the belief that most fell runners are basically honest with themselves and with race organisers. It is important to recognise that some people are no longer able to accept that most providers of services whether it be medical care, package holidays, highway maintenance etc. and fell races try their hardest to provide a high quality product. When, through no fault of the provider, the service does not reach the consumer's own expectations, they or their next kin seek recourse through the courts. Huge compensation is sought. The courts seem eager to comply with their demands, after all it is the insurance companies who normally pay out.

How long before we have a Fell Runners' Charter!

Last year I disqualified a runner at the Fairfield Race for wearing singlet and shorts and carrying no equipment whatsoever. In his defence I was told he did not see the notice requiring protective clothing to be carried. The solution this year, I thought, was to put the requirement on the entry form, issued to all runners as they drive along the estate track to the registration point; everyone will have plenty of time to read the entry form and to sign it at the bottom. This time I was told that 'we do not read the small print!'

I defy any runner to deny that they do not fully consider what clothing to

wear before changing for the race. The weather conditions on the summit were prominently displayed at registration. The control marshals on their return to the finish confirmed the conditions as cold and damp prevailing during the race. No doubt you think - that is different, they are sitting, I am running. Wonderful, until you slip, break a leg, strike your head and become unconscious. Then you are totally reliant on the other competitors carrying adequate protective clothing to look after you! But then they, like you, decided it was warm and windless down in the valley and did not bother to carry any clothing either. The potential for death from exposure is now very real. The courts decide the organiser is to blame. Forget the legal process I do not want my conscience troubled for the rest of my life because the print was too small. Why cannot all fell runners be trusted.

It's about time **all** fell runners thought about the consequences for the organiser and less about themselves and their own inability to carry a few ounces of lightweight clothing around their waist.

As for the phrase 'at the organiser's discretion'. Thank you very much. I do not want to stand in front of a coroner trying to defend my actions. I can hear them saying, 'who are you, Mr. Walker, to predict the possible weather conditions, the experience of the competitors and the nimbleness of their footwork after an hour or longer of arduous racing, to suggest that they can dispense with full body protection on this occasion?'

My case rests.

Tony Walker,

Organiser Fairfield Race, 1988 - 1995 and beyond

ELTERWATER SAFETY AND NAVIGATION COURSE

Peter Knott has organised the above course for many years and Ken Ledward has assisted with talks and practical help. Both Peter and Ken have lots of other interests and advised me some time ago that this year's course would be their last.

John Gibbison, also involved for many years, has agreed to continue for the time being.

Wanted urgently. Several volunteers to help ensure these invaluable courses can continue: experienced fellrunners, orienteers and mountain marathoners who are willing to give up one weekend to pass on their knowledge to others who want to brush up or learn new skills.

I particularly want someone to manage the course, i.e. liaise with the Youth Hostel, collect the monies, agree the programme, and generally keep everyone in line.

The scope of the course, a sociable and friendly weekend, includes indoor and practical sessions covering fitness and training, map and compass navigation, equipment, terrain, emergencies and responsibilities.

The course is held in September each year, based on Elterwater Youth Hotel, with practical sessions on Elterwater Common and Silver Howe. We are keen to include positive details of the 1996 course in the next Handbook and Calendar.

So - if you have the know how, please don't sit back and think our need will somehow sort itself out. Further information and encouragement from Mike Rose, 0113 255 6603.

John Gibbison, 01524 417 694.

News from the Fell and Hill Running Commission

COACHING EDUCATION

The BAF coaching education system has recently been reviewed and restructured. This has involved the introduction of Fell/Hill running as a specialist discipline. As from this Autumn, a new "Club Level 1 Coach" award programme will be in operation.

The specific fell/hill running parts of the award have been prepared by Norman Matthews and Dennis Quinlan, two members of the commissions' coaching steering committee, in conjunction with Carl Johnson, the BAF chief education officer. Norman and Dennis have been assisted by advice from many sources and the commission are grateful for all the hard voluntary work this has entailed. Work continues in preparing material for the "club level 2 coach" award which will be introduced next spring.

Those already involved in the BAF coaching awards will be familiar with the system and will be able to transfer their

awards without further training or examination. Those not involved yet, but who are interested in coaching fell/hill runners, or those involved in some informal coaching, will find the new award material of great interest. They should also be aware that qualifying for the club level 1 award brings them into the BAF insurance scheme - considered to be an essential safeguard for all coaches.

PUBLICITY POLICY

A discussion, initiated by chairman Norman Berry, has brought a response from the regions (England, Scotland, Wales, N. Ireland) which indicates a large measure of agreement that the previous "low profile" policy needs to be relaxed.

Athletics weekly are now carrying more fell running reports and the Times recently featured a full page introducing readers to the idea of fell and trail running. We can therefore expect more recognition to be given to the sport and its leading performers, but in such a way that it is not

"sensationalised" in order to attract those whose proper medium is jogging around a park.

OPEN FELL RUNNING

The commission are committed to review and report back to BAF on the effects of the rule change for this season. We are anxious to hear about the experience of those who have taken advantage to run in open fell races. Please let the secretary, Danny Hughes, or any member of the commission, have your comments.

1996 BRITISH CHAMPIONSHIP

The change in the format has been reported elsewhere. It is hoped that this will result in an enhanced competition in which contenders for the national teams will feel that there is "space" also for having a go at the championship title - not that these two have been mutually exclusive for all runners, but yes, the pressure has been building up.

- Danny Hughes

THE CHALLENGE



1995 F.R.A. PRESENTATION EVENING

Friday 17th November, The Carleton Inn, Morecambe

Popular Ceilidh Band **Tumbling Tom**

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

BUFFET MENU

Prawn cocktail with brown bread & butter
or
Florida cocktail

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

Quiche selection, warm sausage rolls
A variety of mixed salads, rice & pasta dishes
Various rolls and hot garlic bread
Baked jacket potatoes

Chocolate fudge cake with cream or Tipsey trifle
Assorted cheeses with biscuits & celery

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



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Tel 01535 669100

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



Andy Walmsley pictured on Scafell Pike

‘Coniston: Congeniality and Contretemps’

by Andy Walmsley

There are some races which you just can't get on with. Y'know, the ones where no matter how fit/carbo-loaded/psyched-up you are you **always** run like a donkey. Some of these races, like Pendle, Skiddaw, Kentmere and Rivington Pike simply must have something personal against me - I can do no right on them. I'm sure every fellrunner has races like this (it can't just be me, surely?) and I'm sure that, like my list, yours will have no common denominator and no apparent reason for the impressively consistent string of bad runs.

Luckily, there are races at the other end of the scale. Races in which you can turn up the morning after nine pints of Guinness and a vindaloo, in completely worn out Walshes, suffering from a bout of flu and just **know** you are going to run a blinder. Coniston has always been like that for me.

The course is superb; there's no run out to give those pesky lads a chance to turn me off, but a cruel ascent of Mouldry Bank instead; that'll take the sting out of 'em. Before their legs have recovered from that, they are forced to run up the relent-

less miners path, and then that borderline runnable/unrunnable pull up onto Lad Stones through all those 'orrible squidgy patches. The fast run along the ridge to Wetherlam really sorts out those whose legs haven't recovered from the initial climbing, and then we get onto the rough stuff.

The descent to Swirl Hause is an exhilarating sprint over wicked rocks and stones, and then it's quickly back to walking as you labour up Prison Band to Swirl How summit. No sooner have your legs got used to plodding again than you are over the top and into the real lung-bursting bit. The run along the ridge over Brim Fell is just one long blast over superb fell-top terrain with a couple of hard-to-run ascents thrown in, the final little climb to the Old Man being a real test of uphill running determination. And then comes that wild descent!

The Coniston Old Man descent must be the best in English fell racing, demanding all the skills of the true fell racer - route choice/navigational skills, kamikaze levels of bottle on the top half, and pure running ability in the lower part. Oh yes, this is one mega race!

I have done the Coniston every year since 1986 (barring 1989) and I have always surprised myself by running faster than I expect to, whereas in other races I usually

surprise myself by running slower than I expect to!

In 1986, as a raw novice, I lined up with 400+ others (thank goodness fields are smaller now). I targeted the 2-hour barrier and then amazed myself with a 1:46, which made me feel like a fellrunner so I joined Horwich RMI Harriers. The following year, I thought I might just break the 1:45 barrier, but was well pleased to find myself running along the Brim Fell ridge with Horwich's Dave Hurst - who was sadly killed in a mountaineering accident shortly afterwards. I ran with Dave as long as I could, but couldn't quite match his pace on the run-in, finishing 33 seconds and five places behind in (wow) 1:38.21.

Feeling that I was now a respectable athlete, I left Horwich (one of the top fellrunning clubs in the country) and joined my home town club, Chorley A.C. (whom no fell runner had ever heard of) don't ask me why, but I stayed with this impressively non-fellrunning club for seven years.

I returned to Coniston in 1988 to try to crack 1:35. Conditions were ideal and the race was very competitive - especially at the front where six seconds covered the first five (Malcolm Patterson, Rod Pilbeam, Billy Bland, Mike Fanning and Gary Devine). The winning time was 1:10.41 and my time was 1:28.18. I was on cloud nine for days - sub 1:30 and only 18 minutes behind the winner!! I could almost say I was a real racer now.

A heatwave unsportingly descended upon the 1990 race, halting my run of P.B.s but even in the kind of conditions which usually reduce me to a wobbling lump of jelly I still managed a respectable 1:33, and finished just behind Jackie Smith (no bad thing!) who was third lady. I am not prepared to say how far ahead Sarah Rowell was....

Up to now, I had taken a variety of lines off the Old Man, blundering down through the quarries on more than one occasion, but in 1991 I was fortunate enough to be in the company of Graham ('sherpa') Eccles as I ran along the ridge. Graham showed me the optimum line over the shoulder of Brim Fell, chatting away as he always does while I was grunting and slaving in his wake, and then led me down a superb line off the Old Man which shall remain secret. Finding a little extra energy near the finish, I sportingly overtook Graham and finished in a new P.B. of 1:26.32. I don't think I ever thanked Graham for this bit of guidance, so if he's reading this, cheers mate!

1992 was the year when the super-talented Keith Anderson broke Kenny Stuart's record, clocking 1:05.22 (!), but it was not so successful for me. I was running a blinder, and reached the Old Man in 1:10 - yes, I know Mr Anderson had already been loitering around the field for five minutes by then, but this was a significant time for me.

It means that with a 14 minute descent (as I had done the previous year) I could break 1:25. Now where was that bloke. Eccles? Unfortunately, Graham was having one of his social runs further down the field and without his local knowledge I got into all kinds of bother among the crags and quarries. A group of about half a dozen of us became serious contenders for the freestyle crag leaping championships, those in front leaping moderately well because of pressure from behind ("go-on, then!"), while those behind leaped even better out of fear of being left stranded. We eventually rejoined the non-adventurous portion of the field and I finished in 1:29.27.

The 1:25 barrier had survived another year, but the Old Man decided to smile on me again in 1993 allowing me a good descent line and enabling me to clock yet another P.B. of 1:24.19. I now thought that maybe I had reached my ultimate potential - 1:20, gateway to the elite, seemed out of reach - and I was not improving much in other races, so I didn't have anymore P.B. ambitions in this race. But that was before 1995.

The 1994 race saw me trying to regain fitness after a lay off due to illness/injury/laziness (can't remember which) and I trundled around in 1:27.01, a time which would have seemed like a pipe-dream back in 1986. It's amazing how your ability and expectations keep on rising.

1995 saw me arriving at Coniston resplendent in my new Blackburn Harriers colours, and fitter than ever thanks to a solid winter base, and a few weeks of consistent speed work (!) on the Blackburn track (!). I knew I was going to run well as soon as I put on my new ETA Racers and ran from the car to the start - it was all so effortless!

At the start I spotted people like Alan Griffiths of Bowland Fellrunners and Irvine Block of CFR, runners who were just that bit better than me, but who I decided to try to stay with today. Little did I know that I would run even better than that. The first climb was amazing. Mouldry Bank was a cruise, and on the miners path I was amazed to look up and see only a handful of runners ahead - well, two handfuls then - and there was Colin Valentine almost within shouting distance. Even more astonishing, I was backing off the power thinking that I must be trying too hard! It was the fabled 'runners high'.

It was a real buzz to be out ahead of the pack where the runners were strung out at intervals. I hadn't experienced this since 1986, when I was in the strung out runners at the other end of the pack! I ran on in a state of wild euphoria, and eventually found myself running (running!) up the lower part of Prison Band with Andy Beaty of CFR - a runner who I had never seen before except at the start and after the finish of races. We did walk the higher part of the climb, but once on the ridge we were flying

along again. Andy's pace (unsurprisingly) proved too much for me along here, but I reached the Old Man in 1:04 - sub 1:20 was definitely on!

I safely negotiated the Graham Eccles descent route (alone) and found myself tagged onto the back of a group of runners who were battling it out along the quarry track. The legs were giving out a little now, but I was happy to follow along, confident of finishing in 1:20-ish. But disaster awaited me.

Lurking near the gate just above Miners Bridge was a vicious little iron spike - an exposed piece of concrete-reinforcing wire - and it was just waiting for my size 9 ETA. Running in a state of only partial control, on distinctly rubberoid legs, I saw the spike but my reactions were too slow for me to avoid it. I felt it puncture the sole of the shoe, but didn't realise how deeply it had penetrated my foot. Walkers standing nearby were treated to a motley assortment of swear words as I continued grimly on.

Hobbling painfully, I refused to allow a piffing hole in the foot to ruin my mega-run and pressed on slowly to the finish, my dreams of sub 1:20 shattered in the final mile. Masses of people (or so it seemed), including Alan Griff and Irvine Block, swept past me one after another as I limped along. My finish time was 1:21.19 and I was 26th out of a field of 183 - still an amazing 3 minutes off my previous P.B.

The blood oozing out of the sole of my shoe told me I had quite a serious wound, and removing the shoe revealed a puncture about a centimetre long. The St. John's Ambulance people examined the nasty looking split and decided to take me to the local doctor to have it stitched.

So, I was out of action for a while, (I couldn't race properly for over a month) - but that didn't stop me from returning to Coniston the following week armed with a hacksaw. I hobbled up with a determined jaw to the spike, sawed it off, then hobbled back down with a self-satisfied smirk, taking 'Spike' home with me as a souvenir. I have him yet, mounted on my mantelpiece as a reminder of a race which was both a disaster and my best ever run. Up to now that is - I'm still only 35 you know! Here's to many more Coniston P.B.s

P.S. I'd like to pay tribute to the St. John's Ambulance staff, the local doctor (whose name I forget), Nick Matthews for organising the race all these years, and all the runners, such as Glyn Denver and Steve Limmer, who have pursued me around the course year after year but never quite managed to beat me!

I dedicate this story to anyone starting out in fellrunning who (like me) doesn't seem to have much talent. It proves that with perseverance you can keep in improving almost indefinitely. If I can, anyone can.

THE JOSS NAYLOR LAKELAND CHALLENGE

The article in the June "Fellrunner" resulted in a good response. Three unknown successes came to light and there have been several requests for information.

Before elaborating, it is necessary to clarify the start. Joss has expressed his preference for this to be ON Pooley Bridge. After that runners are free to choose their own route via Barton Fell to the first summit, Arthur Pike. It is not mandatory to go via Roehead.

Now to those "lost" runners. Belated congratulations are due to Don Ashton, Colin Henson and John Stout for their runs in 1993. Don and John have negated my fears that Joss had been ambitious for the Vet 50 group when setting their time limit of 12 hours. What it is to be young and fit! Colin chose to await his 60th birthday 'and 18 hours' and ran on the same day as Don Ashton, though only their pacers made brief contact.

John Peel was the first newcomer to the ranks and, yes, he is a direct descendant of the lakeland huntsman. Rest assured that hounds didn't lead him round! Don Barton, having suffered this summer's heat on training runs found a cool day, but total cloud from Dunmail on. A further two successes were reported in September.

An update will be published at intervals. Please keep the schedules coming in. They and the written accounts of the days make good reading and are being filed. I hope we can all meet when Joss arranges the presentation evening. All runners listed to date qualify for an engraved tankard and the charity money collected so far is in excess of £2,000.

Successful runs reported to September 1995

1. Joss Naylor	V50	1991
2. Don Talbot	V60.	Sept. 7 1991
3. Monica Shone	LV65	June 13 1992
4. Don Ashton	V50	May 22 1993
5. Colin Henson	V60	May 22 1993
6. John Stout	V50	May 29 1993
7. John Lagoe	V65	June 16 1994
8. John Peel	V65	July 22 1995
9. Don Barton	V60	Aug. 26 1995
10. Arthur Clarke	V60	Sept. 9 1995
11. Ken Linley	V50	Sept. 9 1995

Please send results and enquiries to the co-ordinator:

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

"SHED-HEADS IN THE MIST"

The 1995 Duddon from an unusual perspective.

So nervous did the anonymous writer of this article feel (given the volatile personalities of some of the people involved) about some of the information it contains that he felt it better for his safety to carefully conceal the identities of the runners by cunningly altering their names so as to avoid embarrassment.

The day dawned quite reasonable really, considering some of the odd things which were to occur later; a touch of cloud on the tops and a little hint of drizzle in the air but not at all cold and certainly nothing to trouble the sound navigator. The usual twitchy assemblage on the field; Marcus pinning his fifth set of detailed bearings, distances and vegetation descriptions to various bits of his clothing in case of some awful mishap; Antonio uncharacteristically confident about the route following his o-so- detailed recce the previous week; Ricardo Senior bemoaning his new, cuddly physique brought about by months of unremitting toil, food, drink and not enough training; Ricardo Junior and Evonia looking a little ashen at the prospect of their first "A" Long; everyone else in their own individual ways preparing for the fray, INCLUDING, as ever, Roberto, who leapt from his car a fraction before kick-off and dashed to registration, where he purchased A MAP (in a shiny bag to keep it clean and dry) to use as a secret talisman in time of stress.

OFF THEY WENT !!

The story goes that Harter Fell provided no problems to anyone, but the rot set in with the onset of the swirling mist on Hard Knott, where Evonia, ably and knowledgeably assisted by her accomplice Aladdin, decided on a subtle strategy to outflank the dreadful climb up Little Stand by a sweep attack taking in Lingcove Beck (and almost Bowfell, Three Tarns and the Crinkles). This innovative scheme, which was rather surprisingly not taken on board by the rest of the field, unfortunately took up just a shade more time than they anticipated and when they finally arrived at Three Shires the unsympathetic marshalling staff told them they intended to cut them off. Quite understandably confused by this and not a little frightened at the prospect of arriving at the Newfield minus some favourite external organ (or two) they refused to co-operate with the cruel suggestion and scuttled off home down Wrynose.

Duddon 2 : Shed-Heads 0

While this was all in progress the dedicated support team had arrived at Three Shires and were treated to the (genuinely) most impressive sight of the leading group of twelve suddenly emerging from the mists in an easy striding pack, loping over the hummocks like foxhounds with no-one ac-



Splash-down at the Duddon finish

ually in front and, pausing only briefly to take swift drinks, slipping away with deceptive ease up the steep start to Wet Side Edge. After this stirring sight there was a pause, then the arrival of the second group and, shortly after that, the first Pennine runner in the shape of a strangely depressed Marcus. "How many in front of me?" "None. You're first Pennine." "Can't be; there were at least four of them in front going up Little Stand." "You're first bloody Pennine !*! Want a drink or something to eat?" Sudden onset of happiness; smiles of delight; imperviousness to the conditions; a new spring in the step; a new purpose in life. "No, nothing to eat, nothing to drink, no dry gear, I'm fine, okay, tra la la, fiddle de dee, I wish I was a bumble bee!" and off he went up Wet Side Edge, a man transformed.

Shortly after there arrived Stefano and Ionesco, both going well and in fine competitive shape for a personal tussle over the rest of the route and then arrived others and still more others and still more others and then, far, far later than anticipated, Antonio and then Roberto. Things were not right; words were said; something awful had happened up there in the mist which was best left uncovered - BUT bold investigative journalism has pieced together most of the story for our eager readers !! - Roberto, whistling down (as he does) from Little Stand into the region of terraces, ramps and tussocks, is struck with uncertainty and doubt. He bethinks himself of the magic talisman, THE NEW MAP, still in its shiny case. No matter that it doesn't have the route on it and that Roberto hasn't a clue where it goes, things are getting serious, so he prostrates himself on one knee and starts to mutter Irish incantations in the hope of achieving enlightenment and, lo!, his prayers are answered as Antonio, compass

held boldly before him, sweeps confidently out of the murk with a cheery cry of "Come on Rob(erto)!" Off they go, across and down, down and across, up and across, down and up and then

STOP.

"Where are we?" "I don't know, I haven't got a map. You've got a map." "Yes, but I don't know where the route goes. You've got a compass." "Well yes, but I didn't actually follow the bearing for a bit up there. I was after a lad in an Ambleside vest."

The rest of the conversation can be left to the imagination but accounts for a lot.

Duddon 4 : Shed-Heads 0

Back at Three Shires, just after a demoralised Roberto had trudged off up the four-lane highway of Wet Side Edge, consulting his map at every step, there arrived Ricardo Junior, who, suddenly aware of the illustrious scalp not too far ahead of him, did a Marcus, became intensely competitive, perked up no end and sprinted off in sprightly fashion. Behind him came Ricardo Senior, still suffering near-terminal lassitude but grimly determined to get round. Time to go for the support team but, back at the finish, it was clear that the day had not yet finished with Pennine. In came our leading runners in good order, in came our next runners in good order, in came Antonio muttering darkly about "15 degrees south of east" - a quaint phrase which caused speculation about where he had learned his compass work and about possible conversation on the hills -

"Swirl How abaft the port quarter!" "Wear away to the nor-nor-west!" and then in came Ricardo Senior, the picture of delight, giggling happily, handsprings at every step, lassitude forgotten in his innocent pleasure at the doings now behind him, recounting how he had come off Dow Crag only to meet coming back towards him some 400 yards further on, firstly Ricardo Junior and then Roberto, both of whom had missed the checkpoint while trying out the little-known "contouring up" manoeuvre from Goat's Hause. He gave them the sage old fellrunner's advice of "Follow the orange peel" and then, realising his chance had come, summoned up hitherto unknown reserves of energy and scorched over White Pike and Caw, determined to maintain his new position to the finish.

Duddon 6 : Shed-Heads 0

Ricardo Junior and Aladdin got drunk in the Newfield, Evonia had two puddings, Antonio seethed off to Manchester to challenge his navigation tutor to a boxing match and Roberto muttered for a while and then went off fishing to Sedbergh but he didn't catch anything.

There's a moral in all this somewhere.

And don't ask who called who a Shed-Head!

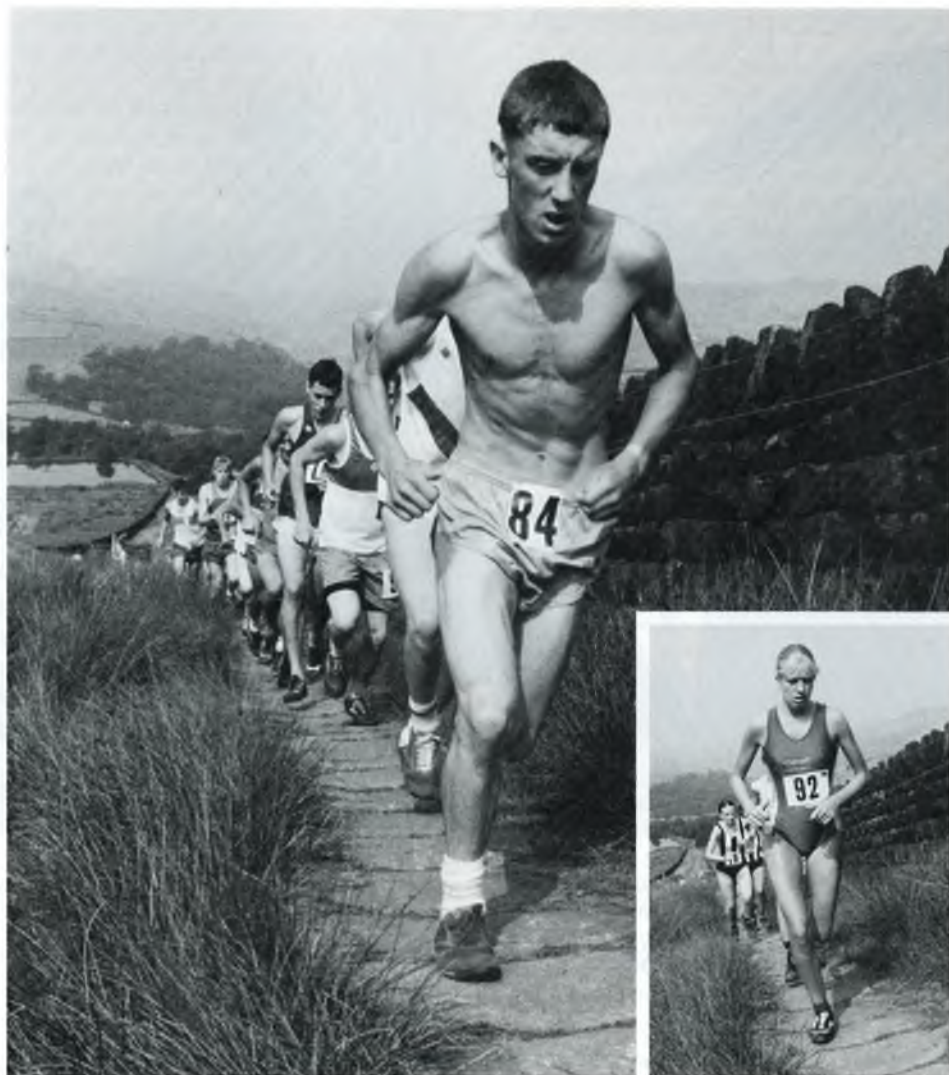
JUNIOR UPDATE

It has been a very good season for the juniors this year and we have had some excellent races and superb courses in the championship. Particular note, in my opinion must go to 'Scoffer' and the Blands at the Steel Fell races where the courses were everything we want in a good championship race, steep and hard, not too long and a soft surface if you fell over (you only got grass burns and not a bash on a rock). I am hoping we can persuade them to put the race on again next year. Credit must also go to the caterers who provided us with plenty of home-made sandwiches and cakes. It was only sad that the weather of the morning did not hold out until after the presentation. Thanks again to everyone who helped and all you who missed it, you missed a classic!!

All the races have been well organised and we have had some good battles, notably in the under 14's where messrs Savage and Reid have been having a ding dong which is going right down to the last race at Three Shires, may the best man win. In the under 12's newcomer James Mason is putting up a good fight with Carl Swire and Mark Smith and in the girls Saoirse Cowley looks to be on her way to winning the championship. As do Chris Livesey in the under 16's and Victoria Wilkinson in the under 18's. The Three Shires sorted out the final placings with Savage pipping Reid by one point in the closest battle.

The Home Internationals are only just around the corner and many of the older athletes will be hoping for a place in the England team. But even for the younger ones and those not selected, it would be great to see as many as possible of you travelling over to Ireland to run in the races. The event is to be based in Belfast with the races on Cave Hill on the weekend of October 7/8th. I am sure we will be given a hearty welcome, and if anyone needs further details or wants to share transport then please contact me.

With regards to age categories, everyone seems happy with the setup and so things are



to stay as they are. It would just be a lot better if all races adopted these categories and then we would have a sound structure.

Looking forward to next season, I am after races for the 1996 championship, so far I have had offers from Yorkshire but nothing from the Lakes of Lancashire, so if you know of a good, well organised race, or even better can persuade someone to put one on especially for

Boys and girls at Noonstone - the start of the junior race; inset - Charnwood girls featured in the final results for two classes Photos: Steve Bateson

the youngsters, as Chris Wilkinson did this year at Hebden, then please let me know.

Good luck to you all and get yourselves over to Ireland in October.

Dave Richardson
(FRA Junior Co-ordinator)



U/12 runner Adam Godwin showed early promise but failed to reach the top five in his age group Photo: Steve Bateson

FINAL JUNIOR CHAMPIONSHIP POSITIONS

Under 12 Boys		Pts	Under 16 Boys		
1 James Mason	KHR	40	1 Chris Livesey	Pres	38
2= Carl Swire	CLM	32	2 Robert Slater	KHR	30
2= Mark Smith	Horw	32	3 Harry Matthews	Shrew	29
4 David Mills	Chor	25	4 Matthew Drake	Cald	26
5 Gareth Johns	Holm	23	5 John Hart	Oldm	22
Under 12 Girls		Pts	Under 16 Girls		
1 Saoirse Cowley	Ross	40	1 Gayle Adams	Bris	40
2 Helen Wightman	Horw	32	2 Nichola Jones	Chor	33
3= Christine Boardman	Horw	26	3 Melissa Leck	L&M	28
3= Sheryl Finan	Chor	26	4 Louise Pickles	KHR	25
5 Nina Birley	Horw	16	5 Renee Heath	Charn	21
Under 14 Boys		Pts	Under 18 Boys		
1 Stephen Savage	Amb	36	1 Lee Gibson	CFR	36
2 Stuart Reid	Kend	35	2 George Ehrhardt	Todm	33
3 Adam Sutton	Pres	33	3 Anthony Turner	Buxt	32
4 William Hallas	Holm	24	4 Owen Bielby	KHR	21
5 Ken Denwood	CFR	20	5 Ian Wellock	Bing	19
Under 14 Girls		Pts	Under 18 Girls		
1 Emma Hopkinson	Skip	40	1 Victoria Wilkinson	Bing	40
2 Stefana Duniec	Holm	34	2 Donna Jones	Oswes	34
3 Samantha Waddington	Skip	27	3= Emma Middleton	Charn	28
4 Sarah Jones	Chor	27	3= Julie William	Oswes	28
5 Nichola Brannon	Horw	25	5 Kathryn Prescott	Chor	24



*Three Peaks Race, 1955:
Winner George Brass approaches Chapel-le-Dale, with Whernside in the background*

GEORGE BRASS **An Appreciation** *by Bill Smith*

The death, from cancer, of George Brass on May 29th this year brought to an end the career of one of Clayton-le-Moors Harriers' most highly-respected members and a man who had played an important role in the development of amateur fell racing, both as a competitor and as an official.

An engineering draughtsman (M.I. Mech. E) and M.C. part-programmer, George had lived at Clitheroe in the Ribble Valley, in the shadow of his favourite training ground, Pendle Hill. He was actually born seven miles updale at Gisburn on June 1st, 1933 and attended Clitheroe Royal Grammar School, where he was in the same class as another future Clayton Harrier and Three Peaks Race winner (1957), Pete Dugdale, and where he ran cross-country. This eventually led to him joining Clayton Harriers at the age of 20, when he met Stan Bradshaw.

The following year, 1954, George placed 3rd to Joe Hand (Carlisle) and Fred Bagley (Preston Harriers), organiser and winner of that year's inaugural Three Peaks Race, in the Lake District Mountain Trail from Langdale, when 14 finished on a wet, misty day. (An unofficial competitor, guides racer Bill Teasdale, actually recorded the fastest time but did not count because of his "professional" status). Displaying his all-round athletic ability, George ran the mile in 4:38.2 at Pleckgate, Blackburn that same year to achieve one of several victories in the Northeast Lancashire Track League.

THREE PEAKS RECORD-HOLDER

On his Three Peaks debut in 1955, George Brass sliced 20 minutes off Bagley's record to come home first in a time of 3.28.45, almost 15 minutes ahead of runner-up Stan Sykes (Longwood), with Joe Hand (now representing Border Harriers) in 3rd place. Three years later, George achieved his second Three Peaks victory and reduced his own record by over 20 minutes to return to the Hill Inn off Whernside with a time of 3.08.25.

Dave Hodgson of Horsforth Fellandale, and the current Three Peaks Race Association chairman, was running for Leeds St. Marks Harriers in those days and recalls this race well: "In my first Three Peaks Race in 1958, I hung on to a group of Clayton Harriers from the first summit, Ingleborough, including George Brass, Stan Bradshaw and, I think, Alistair Patten. Conditions were misty and I had only the vaguest idea of the route. There were none of the well-blazed paths which now exist. The group gradually thinned out until by Nether Lodge, between Penyghent and Ribbleshead, George and I were on our own. George did not know me, but I was aware of him as a previous winner and I had also beaten him the previous year in a one mile track race, when he'd been representing East Lancashire and I Leeds and District.

"I felt pretty confident but had no experience of racing more than 9 miles cross-country. George was doing all the route-finding, and after passing Winterscales at the foot of Whernside, turned to me and asked how I felt. I said I was 'a bit tired'. George immediately shot off up Whernside to win in a new record time! I crawled up on hands and

knees to finish 4th - and learned a few lessons!" George's time was over 9 minutes faster than that of runner-up Ian Watson (Stockport), incidentally, while Ray Shaw (Border H) was the other runner who passed Dave in the latter stages of the race.

"In later years," recalls Dave, "I usually had the better of George in the Three Peaks, which was probably a bit short for him. However, when I made a comeback to the event at the age of 56 in 1988 to complete my 21st race, I struggled a bit and George and I had one or two battles. I think it was 1992 when George caught me on the climb up Ingleborough and seeing I was knackered, stopped to offer encouragement and succour (probably jelly babies!). He pressed on and I continued to struggle up, but I got a new lease of life on the descent and caught George just before Sulber Nick. He was suffering from cramp - for the first time, I think he said. I offered to help him but he would have none of it and insisted on me pressing on, saying he would walk to the finish."

One of my own clearest visions of George goes back to the 1987 Three Peaks Race, run in heatwave conditions. We were both feeling frisky at the foot of the Whernside ascent and amiably discussing our respective chances of the Over 50s award. Halfway up, however, we both began to suffer and struggled over the remainder of the course but kept ourselves going by passing and re-passing each other.

George completed 39 Three Peaks Races and was a Life Vice President of the organising body and had also held the position of President, a post he also held for Clayton Harriers at the time of his death. "He was a valued member of the Three

Peaks Race Association committee," says Dave Hodgson. "During my time as Chairman, I often sought his opinions because I knew that I would get common sense and also views which accurately reflected what the average fell runner thought. The 21 Races award was his idea and he gave me sterling support in committee when innovations such as the Tag System and Substitutes were introduced. I shall miss him as a friend, one of the gentlemen of the fells and someone I could always turn to for a sensible, honest opinion."

MOUNTAIN TRIAL WINNER

George Brass achieved two victories in the very demanding and highly prestigious Lake District Mountain Trial. His first came in 1961 when he defeated the previous year's winner, Keswick mountaineer Des Oliver, by almost half-an-hour with a time of 4.54.58, with Stan Bradshaw placing a very close 3rd, less than a minute adrift. The event was run from Wasdale Head that year and George was contesting the lead at the third control by Wastwater with a local shepherd named Jos Naylor who was afterwards unable to locate the fourth control on Seatallan. Asked by Lakeland climber and author Harry Griffin why he was not familiar with this summit just above his farm, Jos replied: "My sheep don't range that far."

The 1962 Trial was based on Glenridding, Ullswater, and its severity was increased by icy winds, low cloud and driving rain, conditions which resulted in George being the only competitor to complete the course. However, a special award was made to Bob Astles (Karabiner MC) as he had visited the first four controls but descended from High Street, where he'd arrived an hour-and-a-half after George, direct to the finish instead of continuing to the final control on Place Fell. Among those who had retired earlier were triple winner Joe Hand (1954-55-56) who commented: "It was sheer murder. I was afraid of exposure and just gave up"; and the legendary Eric Beard (see Sylvaine Boler's article on Beardie in the October, 1994 issue of *The Fellrunner*) who admitted: "I've never been so cold in my life. I

just had to give up." George Brass himself described both the race and the conditions as the most gruelling he'd ever known. He reached the finish after being out for 6 hours 50 minutes, carrying one shoe in his hand as it had come apart (he was wearing Greengates), and was welcomed back to a thunderous ovation from fellow-competitors, officials and spectators.

Stan Bradshaw has clear recollections of this event: "George and I did a recce a few weeks beforehand and decided that in all probability the race would finish down Place Fell as this would make it more scenic for spectators. So we presumed the race would start on the Helvellyn side (the first three controls were actually located on Birkett Fell, Red Tarn and The Step at the head of Deepdale) and work around towards High Street for the finish over Place Fell. We were correct and George followed the route as we had recce'd it except for not going high over Helvellyn. Owing to the very heavy rain at the start, I lost contact with George and had to retire with exposure, but managed to get over to Place Fell afterwards to cheer him on his way down.

"George was very thorough in preparing for his races. I remember going up in early morning to run the 1954 Mountain Trial and we stopped for breakfast at Staveley. We had egg, bacon, sausage and beans, but George said he was still hungry, so had the same again! In many of his mountain races, he wore a cyclist's plastic jacket, a forerunner of the cagoules worn today. Also, he often wore a strip of leather to protect his instep on rocky ground. It was about 3" wide and about 8 to 9" long, with two lace holes at each end, and was worn over his Greengates, which were heavy pumps made by Dunlop at Manchester and costing 19 shillings (95p) a pair. The other day, George's son, David, proudly showed me these two pieces of leather which his dad had so often used.

"I walked and ran with George all over the Lakeland mountains and he was a wonderful companion and a very modest man."

FAMILY MAN AND STORYTELLER

Alistair Patten, another long-serving Clayton Harrier, remembers George particularly as a devoted family man and recalls a 1959 trip to Scotland with him, Stan Bradshaw and Ken Heaton to run the Ben Nevis Race, this being George and Alistair's introduction to the event. They set off on Friday evening on the overnight train from Preston, but it was late on arrival at Crianlarich, resulting in them having to hitchhike to Fort William, where they arrived two hours before the start.

"During the race, we all suffered from the heat and got badly dehydrated," says Alistair. Dave Spencer (Barrow AC) won the 14-mile event from King George V Park in 1.47.53, his second of three consecutive victories, with Alistair Patten 20th, Ken Heaton 21st, George Brass 33rd and Stan Bradshaw 43rd and to travel home straight after the race, but with no available trains, buses or lifts, resigned himself to travelling home on the Sunday, so we booked bed and breakfast for the night.

"I retired to bed early with minor sunstroke but was woken by George at 10.30pm to tell me he had found a lift back to Glasgow for us that night. The Glasgow City Police pipe band had played for the spectators at the race and were providing dance music at Corpach that evening. We got on their coach at 1am and during the journey were subjected to bagpipe music and large doses of whisky all the way back to Glasgow. Just what you need after a hard race!

"Arriving at Glasgow railway station at around 5am, we found there were no trains south till mid-morning. George's determination to get home was worse than a racing pigeon's, so we now tried to hitchhike from Glasgow, but after walking for several hours through the streets we arrived at Hamilton railway station and caught the original mid-morning train after all. Running can be a very selfish pastime, but not for George as he always wanted to get home to his family as soon as the race or training run was over. His antics to get home quickly brought out the humour and he was often asked if he had just popped out for a shovel of coal for the fire. He has left us with many happy memories which we will never forget."

"George was a great storyteller," says Roger Dewhurst, another clubmate. "He had the ability to recall in very precise and accurate detail incidents from running experiences, sometimes many years in the past. He could recall exactly the time he had done in a certain race, not only that but mine also. On our long training runs in the '70s, which might also include Alistair Patten, Ed Hill and Harry Ball, we would use George's storytelling ability to our advantage. If, towards the end of a long session, George was still going strong while we were struggling, which was often the case, one of us would ask George a question which we knew would require a long, detailed answer. Preferably, the question would be asked just before a long drag, so that we could concentrate on our running while George struggled to both run and converse, and so help us to keep up with him."



*Three Peaks, 1958:
Dave Hodgson leads George Brass, the eventual winner, at Ribbleshead. Hodgson finished 4th.
Photo: Dave Hodgson*

BOB GRAHAM AND BEYOND

In a tribute published in **Clayton-le-Moors News** July 1995, Roger wrote: "I have spent many hours in the company of George, both socially and as a running colleague, over the last 25 years. The memories I have will always be special, and particularly of our Bob Graham Round (ironically exactly 21 years ago to the day of George's funeral) when, due to bad weather, we had fallen an hour behind schedule and were advised to abandon the attempt when we reached Dunmail. But George said he had 'only come out for a bucket of coal' and 'might not get another chance', and that he would continue if someone would go with him."

My own most vivid memory of George harks back to that foul night in June, 1974 when I set off from Dunmail as pacer with him and Roger on their ultimately successful attempt. Climbing Fairfield in pouring rain, wild winds, thick mist and darkness, we met another 42 Peaks aspirant - a highly-experienced fellsman - on his way down to Dunmail. "Are you carrying on?" he asked in passing, at which George growled to Roger: "Does he think we're going to pack it in?" (which is just what the descending runner did!) Coming at such an hour and in such conditions, this comment completely summed up for me George's typically indomitable spirit. I also have good reason to recall George's generosity, for he was among those kind FRA members who loaned Peter Knott, Peter Gildersleve and myself the financial support needed to get **Stud Marks On The Summits** published ten years ago.

George achieved an even greater feat fourteen years later when, in 1988, he completed a circuit of 55 Lakeland peaks, based on the Graham Round, in 23 hours 44



*Mountain Trial, 1962:
The triumphant George Brass, shoe in hand,
approaches the finish*

minutes to celebrate his 55th birthday. Clubmate Tim Laney, who assisted George on this monumental undertaking, wrote an account of it for **Footnotes: The Journal of Clayton-le-Moors Harriers** (1989) which concluded with these words: "The week before, I had been out with Mark McDermott on his 76 peak round. He was very strong and very impressive. I thought then I'd never see the like again. George proved me wrong."

Ed Hill, whose *Valediction* for George is on page 2, comments on their long-run-

ning Mountain Marathon partnership: "It did seem appropriate that we should get our first prize in our seventeenth and last Karrimor at Kinloch Rannoch in 1990 by winning the veteran's Handicap in the A-Class." Keiran Carr, in a tribute published in the July, 1995 issue of **Clayton-le-Moors New**, wrote: "In 1991 I got a call from George inviting me to partner him in the Haworth Hobble. He was quite blunt and told me I was the fourth person he'd asked. The others, whom he knew better, were unable to make it due to work, holidays or injuries/fitness. I was not at all concerned. Just to be asked by him, such a big name, was a thrill. Our combined age was 100 and we won that category." George was also a member of the Clayton-le-Moors "A" team which finished 2nd to the Rucksack Club in the 1973 High Peak Marathon.

George Brass also enjoyed some success in orienteering, finishing 3rd in the first open event in Northern England at Whitewell in 1963 and winning the first international between England and Belgium the following year. He had long held an ambition to do a 100-mile run but wasn't keen to do it on the road or track, so in June, 1977 he ran along the towpath of the Liverpool-to-Leeds Canal from Liverpool to Skipton in 21 hours 20 minutes. Just over a year later, he gained 4th position in the British veterans' decathlon (Over-45s class) at Loughborough, while in the FRA veterans' championships (Over-50s) his best positions were 3rd in both 1984 and '85, 2nd in both the British and English in 1986, and 4th in the British and 2nd in the English in 1987.

Our deepest sympathy goes to George's widow, Lilian, and his sons, David, Peter and Philip.

How modern Fell Running can enhance Understanding of Ancient Scripture - by John Blair-Fish

Prompted by Bill Gauld's plea for more controversial articles in the Carnethy newsletter and suggestions that the taboo subjects of politics, sex, and religion could be raised I thought I would just pen a few ideas that have occurred to me in idle moments while on lunchtime runs when not talking about races or thinking about injuries, the next meeting, or parallel computing.

The article in the July 1980 *Fell Runner* entitled "A Short History of Fell Racing" is ascribed to the late Christopher Bacon Rasher. While a textual analysis of the article cast severe doubts on the authorship, the article nonetheless raises several questions which merit discussion. Those of you unable to find a copy of this volume from your reference library may obtain a photocopy from me later.

The article suggests that the psalmist meant to say: "I will lift up my thighs to the hills" rather than eyes. But surely the mere raising of the eyes is enough to enable the man to either put on his Walshes in wonderment or meditate on all the experiences when he was wearing his Walshes. The writer also compares the psalmist: "By the waters of Babylon I sat down and wept", to the weary participant in a Mountain Trial searching

in vain for a checkpoint. These sentiments echoed fifteen years ago are still valid for today.

The writer then suggests that the Ten Commandments were in fact graffiti on a checkpoint which Moses visited while on a training run up Mount Sinai and that these were mere impertinent hints to better performance. We like the Biblical scholars were not there and may consider this interpretation of events extreme but it is not difficult to postulate a code of content to aid better performance while running up a mountain.

The demonstration of how the fell runner with his Walshes and bum bag can outwit the superbly equipped mountaineer must surely be in the story of David and Goliath. And what of this for advice to the Crane Brothers running the Himalayas "Take nothing for the journey, neither stick nor pack, neither bread nor money; nor are you each to have a second coat. When you are admitted to a house, stay there, and go on from there..."

The Transfiguration begins to be a plausible tale when one remembers finishing a long race in the mist. How many runners at the end of the Wasdale race have not imagined Joss Naylor and Billy Bland sitting on the Cairns in front of them as they looked at their broken

spectra crossing Scafell Pike in the mist.

And could not the Sermon on the Mount just be a transcription of several sayings noted from conversations on long runs in the hills. Who does not wonder why they keep worrying up little things of life when enchanted by the hills: "Therefore I bid you put away anxious thoughts about food and drink... Surely life is more than food, the body more than clothes. Look at the birds of the air... Is there a man of you who by anxious thought can add a foot to his height..." Of course the current worry be whether the car will be broken into or whether it will start.

Paul used the metaphor of running the race of life and compared the training, preparation, and dedication of an athlete to that of one following his teachings. While one can just wonder what metaphors he could have borrowed from the fell running scene, his description of the athlete in training has a ring of truth to those of us who dedicatedly prepare for a particular race.

Thus the feat of fell running and being in the mountains may add plausibility to some of the things written down and in some cases it is even possible to imagine ourselves there in our Walshes in a particular scene or with a particular writer.



Robbie and Jackie Bryson; World Cup, Berchtesgarden, 1994
Photo: Jim Brown

The first thing that I noticed on entering Robbie and Jackie Bryson's attractive Edenderry home was the lack of trophies to testify to the abilities of one of Ireland's top fell runners. Apart from a carved Swiss chair, first prize in a Swiss fell race there was nothing to give any inkling that here was the lair of a world class runner. In a way this lack of ostentation sums Robbie up quite well, for he is a modest quiet bloke whose feet do all the talking.

Robbie's first love was orienteering, getting into the sport as a sixteen year old and later joining the Trinity and Ajax clubs. His interests broadened to include road and fell running after watching a "Go with Noakes" television programme, where John Noakes and his faithful dog Shep had a go. The earliest race he can remember entering was Seehan in the Wicklow mountains where he finished in 5th place. Robbie lived in Dublin then, but made occasional trips North to tackle the likes of Bernagh and Donard. He recalls one particular Donard race as being particularly exciting with a great scrap between a selection of top fell

runners, culminating in victory for Rod Pilbeam, just outside Mike Short's long standing course record.

Apart from fell running Robbie has excelled in a broad spectrum of running disciplines including road, cross country and track. He has had a few marathon attempts with a P.B of 2.24 and fourth place in the Belfast 1994 event. He enjoys cycling, and indeed it is not uncommon to see Robbie and wife Jackie wobbling around Belfast on a tandem. He regards himself as a general all rounder.

In 1984 he moved to Belfast and it was the summer of 1985 that his big breakthrough arrived when he set off with Dermot McGonigle to cycle around Europe competing in various fell races but specifically the Swiss Six-day Orienteering championship. This event is split into two sessions of three days with a break in between. The first three days were rain lashed with Robbie competing manfully while Dermot lay in the tent reading. During the break they cycled to the Montreux uphill race. Robbie was placed 19th and was well

pleased as he was taking on the Europeans at their own uphill game.

Dermot decided that he had enough of the Six-day event and headed for the Matterhorn. After Robbie had messed up the first day of the second session, he packed it in as well and cycled for two days over high passes with a bivouac on one of them, to arrive at the Matterhorn campsite the evening before the event. The Matterhorn uphill race is one of the classics and if you want a breakthrough I expect a place in the top ten would do the trick. Despite the attentions of the top Swiss runner Beat Inhoff, Robbie beat him off and won the race. The prize money got the cycling boys home and to round off their trip they called into Snowdon with Robbie setting a record to the summit which still stands. Although he missed out on the descent Kenny Stuart the eventual winner produced a record time which also still holds. Quite a year you may think, but just to keep his hand in with orienteering side of things he teamed up with Ken Taylor and won the elite class of the Karrimor Mountain Marathon.

Typically Robbie says he never really considered the enormity of what he had achieved and referred to it as a bit of a fluke. He enjoys team events and has taken part in the Three Peaks race, Scottish Island Peaks race and others, usually partnered by his old mate Dermot McGonigle. The K.M.M. was bagged again in 1987 but this time partnered by the Irish Orienteer Aonghus O'Cleirigh but from 1986 onwards the World Mountain Running Championships were to play an increasing part in his racing life.

His first World Championship in 1986 saw him placed 12th in the long race with another emerging Irish talent John Lenihan placed 6th. He was a regular on the team, and in 1991 in Zermatt he achieved his best result, 4th place in the short course, a race which John Lenihan won giving the Irish team the bronze medal. 1992 saw Robbie change to the long course where he was placed 6th, by far the highest position of any British Isles runners.

In 1993 the format of the event, now known as the World Trophy Race, was changed to one race only rather than the previous format of long and short races. This year brought the frustration of 4th place after leading the race most of the way, only to lose it in the last kilometre with Martin Jones of England claiming his second consecutive win. Once Jones overtook him and the gold was lost, Robbie was gutted and missed bronze by 3 seconds. It was only later when he sat back and thought about it, that he regretted not getting into the top three.

The 1994 event at Berchtesgarden, Germany was an uphill course and many felt that maybe Robbie's big chance had arrived, but on the day he ended up 1 minute 44 seconds behind the winner which placed him 9th overall. I had expected to find him disappointed but he simply said that he was

Lake District Mountain Trial Association

Mike Cudahy - Reflections of Distance

After the AGM of the LDMTA at the Kings Head, Thirlspot, nr. Keswick on Friday 10th November at 8.30 p.m. Mike Cudahy will be giving a talk and slide show on ultra distance records, in particular his 'Scottish Cardinals' and 'Munros' runs. All are welcome and there is no admission charge.

Winners

Winners of the first ETA competition have now had a full season in which to try out their shoes and review them on page 32. They are John McIntosh, Bury; Christine Jeffs, Stavely; Valerie Clare, Gwent; Danny Hope, Bolton; Jim Brown, Lisburn and George Fell, Shipley. Winners of the last ETA competition have received their ETAs and will be published in the next edition. Crossword winners were Stephen Brierly, Huddersfield; Jayne Webb, Cardiff and Graham Moxon, Nottingham.

No room for crossword this issue - solution in next Fellrunner.

happy with his run and everything went to plan except for the eight people ahead of him! On the subject of the future ambitions, Robbie looked at me from under his blonde eyebrows and said "That should be obvious".

Robbie has been all Ireland Champion on quite a few occasions, but I wondered why he had never made a serious challenge for the Northern Ireland title. Apparently his job as a fireman doesn't allow him to complete enough championship races to claim the title otherwise he would probably have a go at it. He managed to get enough races to win the Hill and Dales series in 1992 but that was the exception rather than the rule.

On the subject of training he knocks in around 70-80 miles a week with most of that spent running to and from work, a route which he can adjust to take in parkland and a variety of distances. He does no hill running in the winter but makes up for this with a lot of cycling, an activity which he believes improves hill climbing ability. Over the years he has had few problems with fell running injuries, and modestly puts this down to being a namby pamby on descents - believe that if you will.

One amusing incident he recalled was of an early race in Wicklow when a haphazard marshal put out a series of markers which Robbie followed down to what he thought was the finish. However the markers were in the wrong place and the second placed runner realising this followed the proper route to the correct finish. Confusion reigned as runners finished at the two places and the organisers were forced to give prizes to both sets of finishers. Finally I wondered Robbie "What tip would you give to an up and coming fell runner?" "Join the Fire Service" "And to your rivals?" "Eat lots of fat and drink plenty of beer." Well there you have it and maybe beer drinking does play a part, as I have heard that Robbie is a member of the Buffalo club which involves manly drinking exploits! What ever his special training secrets are, I think that we are all keeping our fingers crossed that this all rounder will fulfil his ambitions in the near future.

The 1995 season has been a mixture of success and disappointment for Robin.

Accompanied by Dermot McGonigle he won the Scottish Island Peaks race by the narrowest of margins, drifting into Troon on the morning tide a mere minute ahead of the second team's yacht. The Matterhorn race produced a third place, but generally the season was plagued by injury and illness. (I must have put the scud on him when he told me he seldom suffered from either!). The World Trophy was a disaster, as it followed a week's serious stomach problems, resulting in a horrendous time on the course and a stumbling 99th place. In this one race he had more runners ahead of him than in his other seven World trophy races combined.



Championship Round Up

The Elidir Fawr Race - the last in the British Championship series - became a race for places when both the men's and women's British Champions were confirmed at the same time, when Mark Kinch and Sarah Rowell took the English Championship with wins at Dalehead. Both also conformed their superiority this year with new records for the race. Borrowdale were also confirmed as British and English Team Champions - with 6 in the first 10 at Dalehead, hardly surprising. They are fast becoming too strong for anyone to mount a challenge - the Wigan of the fells!

Final positions in the English Championships (subject to confirmation by the Statistician) are Mark Kinch, 1; Mark Roberts, 2; Gavin Bland, 3; Gary Devine, 4th equal with Paul Sheard. These are followed by Jonathon Bland; Brian Thompson and Simon Booth sharing seventh then Robin Jamieson and Jim Davies. Nicola Davies was runner-up to Sarah, with Glynda Cook third lady. Lady veteran positions are not currently to hand but the field is led by Borrowdales Nicola Davies. For the veteran men (V40) Steve

*Roger Bell & Kieran Carr battle it out at Dalehead. Photo: Peter Hartley
Inset: Glynda Cook at the Lattrigg Round. Photo: Peter Hartley*

Jackson pipped Tony Hesketh by two points with William Bell third while Dave Spedding took the supervet laurels (V50) from Kieran Carr and Roger Bell. Borrowdale are English team champions.

The British Championship - with points still to gain at Elidir - has Mark Rigby and Simon Booth battling for runner up spot with Mark Roberts and Robin Jamieson not far behind. The supervets appears to be sewn up by Dave Spedding while in the men's vets category Steve Jackson is in the lead, Tony Hesketh hot on his heels. Full Championship positions will be published in the February issue of *The Fellrunner*.

THE OTHER SIDE OF SCOTLAND

Ask almost any hillwalker or fellrunner to think of an upland area 'north of the border', and probably only a handful of them will remember the wild moorlands of the Southern Uplands. However, while the Highlands undoubtedly boast the finest mountain country, the borders remain a superb alternative for the discerning lover of wild places.

In many ways the area is reminiscent of the North Pennines or County Durham. For here too are the rough bounds of trackless grass and heather extending for thousands of acres above remote valleys. Home to the last few working mills of a once thriving cotton industry. Another sad reminder of the modern age, with a social harshness to match the natural one of the surrounding moors.

My first visit to the borders was during the May of 1992, less than a week after returning from the scorching sun of the Kintail peaks. Cold, and often misty conditions were therefore a bit of a shock during my round of the Manor Water Valley, south of Peebles. Having completed a twenty mile 'evening run' over the Moorfoot hills only twelve hours previously, it was with slightly stiff legs that I jogged along the initial one and a half miles of tarmac. The ensuing climb south to Birkscairn Hill soon got my muscles working though!!

After leaving Peebles I knew that I would not see another sign of civilisation for the next thirty miles. However it was only now, standing on the first summit, that this figure really sunk in. Ahead of me a billowing carpet of cotton grass stretched onwards almost beyond sight, until it merged with the swirling cloud curtain above. The whole forming an ephemeral land, composed of both Heaven and Earth, yet belonging to neither.

A short detour to visit Glenrath Heights and Stob Law was no hardship, with the grass and heather springing under my feet. Mind you, the climbs did feel worse on retracing my steps back to the watershed!! The generally easy terrain continued though, and soon saw me veering south to collect the outlying tops of Consleuch Head and Deer Law. This latter summit gave superb views over the Etrick and Moffat Hills. Two areas which I vowed to visit as soon as time allowed.

Unfortunately the mist, which had been coming and going since the start, now seemed set to stay. However, if anything, it only added to the atmosphere of this superb 'rollercoaster' route. All too soon though, I arrived at the somewhat unpleasant sounding hill of 'The Scrape',

and began a steady descent to the remote Manor Water valley road. Tarmac not being my favourite running medium, I soon escaped to a field path leading to Cademuir farm. This time there was no avoiding the road, so after a quick change of shoes, I began the final three and a half mile stretch back to Peebles.

The run had only lasted eleven hours, but it had taken me to a world where I wouldn't swap those hours for eleven years of 'everyday living'.

Six months later, at the end of November, I returned to Peebles for a second trip around the Manor hills. As the outlying 'Donalds', (Tops over 2,000' in the Southern Uplands), had been 'bagged' during my previous visit. I decided to adhere purely to the Watershed this time. With a wintry round of the fifty mile, English 3,000'ers, only a month behind me, my 'long distance legs' were still fairly good. In fact I seemed to almost float around the first twenty miles of the route.

It is runs like this that provide one of my biggest impetuses to carry on with what is often a masochistic lifestyle. Runs where your body is able to flow ever onwards without conscious thought, leaving your mind free to seek a timeless harmony with its surroundings.

The last two climbs on the ridge, did admittedly require a more 'conscious effort'. However I was soon descending to the valley once more, where a change of shoes and a final burst of energy saw me back in Peebles at four o'clock. Only 6h 20m after I started the 30 mile, 5000', route. Not a bad time, (for me anyway!)

All too soon the sense of freedom was replaced by the immediate situation of a soaking wet body, no dry clothes and a half hour wait for the next bus back to Edinburgh. However, while feelings may fade in the blink of an eye, memories of days like this last forever. Especially when you think of the look on two walkers faces as a strange apparition comes darting out of the mist towards them. This apparition, with thick icicles crowding in his beard, pauses just long enough to comment on what a great day it is, before disappearing once more into the mist and snow. The looks usually say, you're mad to carry on, but occasionally you see a kindred spirit, whose look says 'I know you'd be mad to stop.'

Other memorable visits to the Southern Uplands include, a three day backpack over the Manor and Moffat hills, and a twenty six mile, night traverse of the

Lowther Hills in a February snow storm. The latter was a complete 'spur of the moment' trip. I woke up at one pm on a dreary Friday afternoon, and with nothing better to do, decided to go down to the borders for a night of walking/running. Six hours later, I was therefore huddling out of the snow in a chip shop in Moffat.

Conditions on the tops were abysmal, with a gale force wind whipping up a combination of snow and spindrift. The going underfoot was no better either, with hard packed snow and ice constantly alternating with waist deep drifts of powder. However thirteen hours later I duly arrived at the minor road leading out to the M74 at Elvan foot, and the start of a new day.

To many people, such outings must appear as simply dangerous and masochistic declarations of insanity. However the night reminded me of three important truths; i) Distinguishing between soft snow, (Walshes **will** grip here), and ice covered snow pack, (Walshes **won't** grip here!!), with a blinding storm of spindrift, and only a Petzl head torch to see by, is a task which requires infinite patience!!

ii) Getting a lift at 8.30am, when you look like something even the cat wouldn't drag in, is no easy task!

iii) Despite all the hardships, night running is worth the effort every time. But then I knew that anyway, after all, it was the reason that I was in Moffat in the first place.

Jason Went



*The Scottish Trial Races were held on the Pentlands - a stone's throw from Jason's stamping ground.
Grant Stewart of Edinburgh University
was 2nd junior
Photo: Dennis Bell*

The First 69 - Some Highlights

A Social Hillrunner's Antidote to Muriel Gray

When I first spotted Ms. Gray gracing the small screen in her ultra expensive designer hill gear I suddenly became aware that the hills and hillspeople as I knew them were changing and not necessarily for the better. I had been aware for some time, even amongst my own chums that some of them had begun COUNTING the Munros they'd climbed - what for I wondered??

Now all of a sudden the hills are crawling with posers dressed to the nines in Ms. Gray type gear "bagging" Munros right left and centre and what's more most of these scunners are "nationally challenged" - that's right, they're English!!

Now putting xenophobia to one side for a moment I'd like to concentrate a bit more on more blatantly macho, sexist, and non politically correct issues and outline my reasons for reacting so badly to the changing hill scene and illustrate my case with some of the "high points" of my own climbing (and running) career.

As a struggling 34 year old, 14 stone rugby player, I came to realise that although almost unstoppable from 5 yards I could scarcely run the length of the pitch without running the real risk of having a heart attack, or at the very least throwing up. Having started playing rugby back in the laid back sixties when, at half-time, the norm was a tin of lager and a fag, I began to understand that I was chronically unfit. Me and you both I hear a lot of you say!!

As my rugby career became more "social" my long suffering wife Viv, who had, at that time, put up with me playing rugby every Saturday in season for almost 20 years, took exception to my developing post match insobriety and suggested that we take up a nice family sport like orienteering. Under pressure I consented and within weeks, despite not having known prior to starting what orienteering actually was, I was hooked.

Running with maps, of course, is the answer. (How many of you knew that???) This orienteering is a great sport but I guess largely under-rated and under supported as over and above simply competing it requires an immense voluntary effort to organise and plan events. So here is the first link in the chain between orienteering and mountaineering - maps!!! I had, in my early years been very fond of stotting up the odd mountain, having, as a 14 year old been taken to Arran by my Mum and walking from Lochranza to Brodick via Glenrosa and the shoulder of Cir Mhor. Mum had been a keen cyclist in the old days, cycling round the whole of Scotland with a great crowd of chums and staying at the then wonderful selection of Youth

Hostels viz. Corgarff, Glenisla, Ferniehurst etc. etc. Guys like Tom Scrimgeour, the warden at Dunblane spring to mind. This fellow I can remember when he was the warden at Crianlarich and if he was anything to go by those days must have been very happy ones - he'd been wounded in the first war and had a decidedly non PC view of Germans as a consequence. He called them fairies as I remember it and trained his otherwise lovable alsation Tess to put the fear of death into them as they walked down the long drive into the hostel. Germans were readily identifiable in the late fifties by their then Ms. Gray type designer hitch - hiking gear and Tom, on spotting one would shout "Fairies Tess!!!" and the normally affectionate creature would transform into an extra from "The Howling" and bound up the drive terrifying the living daylight out of the poor hitchers. She just growled mind you, she never bit anyone.

I had a sneaky suspicion that Tom's somewhat less than charitable approach to international relations might not have met with the approval of his masters in the Youth Hostelling movement.

However we digress, so let's get back to maps. Maps as you are now aware are an essential item for both orienteers and hillpeeps and to me there has always been a real attraction in land navigation as my seafaring uncle George calls it. The only real problem attached to orienteering for me is unfortunately to be found with trees!! Most orienteering is (rather sadly) done in trees and whilst finding it relatively easy to navigate on moor and mountain I found I had a real problem with my concentration in the woods. Of course as we all know concentration is one of the key factors linked to success in sport and I had now discovered why I'd never been a success at sport. Imagine the situation - we're gliding through the forest, mind and body in perfect harmony, we know just exactly where we are (almost) and then a gorgeous lycra clad wood nymphette leaps out in front of us. Where are we, you ask, yes all of a sudden the concentration has gone and we're completely lost.

So at this point I discovered hillrunning, although sadly by this time I was almost 38.

My first hill race was recommended by my (soon to be) mountain marathon partner Pete Halliday, now a man mountain in his own right, topping the scales at just over 14 stones. You should see him in lycra tights!!! Anyway he'd discovered a new medium for showing off his "Linfords" and recommended for a novice like me the Traprain Law hill race - a "softy" by comparison with many races. Despite my pre-race preparations (8 pints of lager, a chinese meal and 7 fags) I enjoyed this immensely and was impressed by the camaraderie and crack amongst the competitors - the difference between hill runners and road racers is similar to the

difference between rugby players and football players - the first are a cheery bunch who clearly enjoy their sport and enjoy a beer, while the second are often petulant adolescents who take themselves incredibly serious, don't smile very often and, unless they're scoring a goal or overhauling you in the last two miles of a half marathon, don't really seem to be enjoying themselves. I could imagine Muriel Gray as a football player.

Next on the agenda then is the 1989 Angus Munros hill race - my first serious race.

Having started some years before as an 18-mile "bonk" (this is a hill running term which means the same as "hitting the wall" i.e. completely running out of steam!!) incorporating a wheel of munros around Glenclova, this race has been gradually whittled down over the years to now including only Driesh, the one Munro to have been climbed by every member of the Dundee Battalion of the Boy's Brigade in the last 30 years - unless they were un*/lucky enough to have missed out on their trip to Scott Lodge. Interestingly the "whittlers" in this case include no less a regal personage than HRH herself - the official line being that the race could endanger the grouse shooting on the Balmoral Estate. Given recent royal libido levels much publicised by our lovable and responsible tabloid press, my own theory involves sheep and is unprintable!! The other whittlers are a bunch of environmental fascists who reckon that around 40 crackpots running over Mayar once a year seriously threatens some unusual form of moss that grows up there. Hill runners, for the record, run in wee studded moccasin type shoes that closely resemble carpet slippers. I wonder if these loony guardians of the earth have actually been up there on a busy summer Sunday - the place is "hoaching" with Muriel Gray lookalikes wearing an awesome variety of hugely expensive and very solid hobnail boots!!

(TO BE CONTINUED)

* Delete as appropriate!!

Gav Clarke

A SHORTIE:-

"On behalf of all the Borrowdale race runners who saw and experienced the same mirage as me, I'd like to say a big thank you to the lady who, alone by the path up Great Gable, was dispensing iced water sponges and ice-cold drinks (and I mean ice-cold!).

It was so wonderful and on such a hot day a beautiful woman providing a service like that just seemed amazingly unreal. I know it was real, though. At least I'm pretty sure, well I think so.....

Andy Styan

*Results & Reports
from over 150 events*

Including full W.M.R.T. Results & Reports

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B. Rawlinson of Rossendale leads a group at Whittle Pike.

Photo: Steve Bateson

BROUGHTON HALL FELL RACE West Yorkshire BM/6m/800ft 15.4.95

When the leading two runners came into sight side by side, it looked like we were going to have a really exciting sprint finish. However, Robin Lawrence and Dave Woodhead decided to share the spoils and came in hand in hand. It was then the news was passed on that the leaders had gone off course, which was soon improved to the fact that everyone else had followed! It appears that they missed seeing the flags at the top and carried on down a farm track - straight into a neighbouring (and not very happy) farm!

Unfortunately, some runners went even further and ended up on the Carleton-Elslack Road. If this includes you, then please accept our apologies. We shall ensure the course is more clearly marked at the top next year.

The extra distances meant that the course records were never under threat. This was a shame because of the calibre of the runners. Sean Livesey and Alfie Atkinson having quite a tussle for the men's race and Sarah Rowell going very well in the Ladies.

The junior races were certainly keenly contested. In the Under 9 Boys' race, Mark Thwaites and Chris Thornton perhaps gave Woodhead and Lawrence their idea by finishing in a dead heat - this makes all the pre-engraving of trophies irrelevant! Rosalyn Emslie from York took the girls' title by over 1.1/2 minutes from Beth Dawson. James Pratt won the Under 13s by ten seconds from Carl Swire with Kath Davey taking the girls' race.

In the Under 15s, Russell Hartman from Skyrac took an early lead and was never really threatened, winning ahead of Andrew Shaw. Likewise, Sarah Dugdale didn't have many problems winning the girls' race.

The Under 17s did not have many entrants giving Gareth Hird no problems in claiming his prize, M. Leck from Lancaster & Morecambe winning the girls' race from B. McWade.

One of the most pleasing aspects of the day was the turnout of 170 seniors and 41 juniors - the best attendance in the three year history of the race. Just over £200 profit was made which will be given to charity. The race will be held again on Easter Saturday next year and we hope you will all come back. As mentioned above, we shall ensure very clear course marking on the top.

1. = R. Lawrence	Bing	42.08
1. = D. Woodhead	Horw	42.08
3. A. Whalley	P&B	42.16
4. J. Emmott	KHR	42.29
5. S. Livesey	Clay	42.34
6. R. Hudson	KHR	42.35
7. M. Foschi	Penn	42.40
8. P. Briscoe	VallSt	42.43
9. I. Greenwood	Clay	42.53
10. M. Pickering	Otley	43.03

VETERANS O/40

1. M. Foschi	Penn	42.40
2. M. Pickering	Otley	43.03
3. D. Hargreaves	Clay	44.00
4. N. Pierce	Ilk	44.18
5. P. Lyons	Ross	44.43

VETERANS O/50

1. G. Howard	Ilk	46.43
2. P. Jepson	Ross	47.31
3. G. Webster	VallSt	50.16

LADIES

1. S. Rowell	P&B	44.52
2. J. Rawlinson	Clay	51.02
3. A. Yorverth	St Alb	51.09
4. S. Watson	VallSt	51.21

U/9 BOYS

1. = M. Thwaites	14.10
1. = C. Thornton	14.10
3. R. Jolly	14.26

U/9 GIRLS

1. I.R. Emslie	16.52
2. B. Dawson	18.37

U/13 BOYS

1. J. Pratt	14.41
2. C. Swain	14.51
3. I. Harvey	15.19

U/13 GIRLS

1. K. Davey	15.33
2. C. Emslei	16.51
3. H. Garnham	16.58

U/15 BOYS

1. I.R. Hartman	21.57
2. A. Carr	22.13
3. C. Shaw	22.33

U/15 GIRLS

1. S. Dugdale	22.44
2. P. Pritchard	23.11
3. N. Jones	23.37

U/17 BOYS

1. G. Hird	32.45
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U/17 GIRLS

1. M. Leck	38.57
2. B. Mcwade	56.37

WARDLE SKYLINE Lancashire CM/7m/1000ft 22.4.95

Weather conditions were described by several experienced competitors as the worst they had experienced. Fourteen of the 149 starters retired in gale force winds and driving rain, three being assisted by the Oldham Mountain Rescue Team, who provided stand-by support. If this can happen on a seven mile CM race in late April in Greater Manchester, the implications for competitors and organisers alike should be obvious.

Special congratulations are, therefore, due to all who turned out; to Martin Corbett for battling on to win; to all other prize winners, not least Mark Heyes for winning a local hat-trick.

Under the circumstances, I would like to record a special thanks to the finishing line team who endured atrocious conditions to record the results. Also, registration staff who brewed up for frozen competitors and the Oldham Mountain Rescue Team.

At the end of the race we remembered Geoff Smith who tragically died shortly before the event. He was a lover of the hills, a former member of Oldham Mountain Rescue Team and an instructor for Wardle Scouts. The actions of everyone involved on the 13th Wardle Skyline were a fitting tribute to Geoff.

1. M. Corbett	Ross	47.34
2. G. Schofield	Horw	49.18
3. P. Boyd	Horw	50.15
4. D. Woodhead	Horw	50.21
5. G. Wilson	Midd	51.07
6. R. Haworth	Midd	51.11
7. J. Hey	Warr	51.14
8. P. Dawson	Unatt	51.17
9. G. Sumner	Ross	51.27
10. A. Hauser	Fellan	51.37

VETERANS O/40

1. D. Caldwell	Ross	53.27
2. I. Holloway	Roch	54.17
3. P. Rogan	Clay	55.14
4. I. Simpson	Long	55.34
5. G. Judge	Clay	55.36

VETERANS O/50

1. I. Blagborough	Saddle	60.44
2. G. Royle	Saddle	62.07
3. C. Marsden	Unatt	63.07
4. T. Targett	Clay	64.27
5. J. Smith	Clay	64.42

VETERANS O/60

1. C. Pollard	ArchR	73.31
2. A. Ball	Clay	Not rec

LADIES

1. T. Sloane	BelleV	58.46
2. J. Shutter	Fellan	59.48
3. A. Martin	Clay	61.01

LADIES VETERANS O/35

1. L. Lord	Clay	64.29
2. D. Fleming	Ross	64.57
3. G. Dickson	Ross	75.20

JUNIORS

1. J. Hart	OldR	54.48
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KINDER DOWNFALL

Derbyshire

AM/10m/2500ft 24.4.95

What a year for record breaking! The stars of this year's race were Mark Kinch and Sarah Rowell of Pudsey & Bramley, who broke the male and female records respectively.

Being a championship race this year, the field was competitive with runners from both the highest and lowest areas of England taking part. The weather was good and the route mainly dry, although the course was several hundred metres longer than normal, just to make things a little more interesting. The route may be back to normal next year, depending on National Trust requirements.

Not deterred by any alterations, Mark Kinch literally ran away from the field and once in the lead, never lost it, holding a commanding lead by the Downfall and described by several spectators on Kinder plateau as "flying". Well, it may be magic mushroom time so I'll just accept that he appeared to be going very quickly. Unable to be caught, he finished a clear winner in a new record time of 1.01.46, 1 min 49secs faster than the old record of Andy Derby (itself one of the longest standing records in the calendar and considered pretty unbeatable). Well done, Mark, and if it's true you don't drink alcohol, I'll swap you a pair of Running Bear socks for your bubbly!

Not to be overshadowed by the men, Sarah Rowell broke the women's record by a staggering 3min 3secs to finish in a time of 1.14.46 (breaking the record of Carol High, which was also considered pretty formidable). I'm sorry I didn't make more of these new records at prize giving but, as usual, I was a little distracted by other duties. Needless to say, my congratulations to you both.

Lakeland runners were much in evidence in the other top race positions with Borrowdale finishing 1st and 3rd in the team event.

Intermediate runners, Matthew Wigmore and Dave Stewart both recorded good times of 1.13.55 and 1.20.37 respectively. The Junior event was also well contested but very short in numbers. Perhaps you mums and dads can encourage your children to

come along next year - we usually have an extensive Juniors prize list!

My thanks to everyone who supported and helped with the event and I regret having had to return so many entries due to the event being full well before the closing date. Hoping to see many of you again next year. Race date for 1996 will be 21 April. Please use Downfall entry or FRA standard form. Famous Grouse Fell Races 26 November 1995.

Wayne Harrison

1. M. Kinch	Warr	1.01.46
2. M. Roberts	Borr	1.05.05
3. M. Amer	CFR	1.05.07
4. C. Roberts	Kend	1.05.25
5. A. Trigg	Gloss	1.05.34
6. P. Banks	B'burn	1.06.50
7. P. Sheard	P&B	1.06.57
8. S. Willis	Amble	1.07.05
9. J. Bland	Borr	1.07.11
10. S. Booth	Borr	1.07.22
11. G. Cudahay	Unatt	1.07.48
12. G. Bland	Borr	1.07.51
13. A. Jones	Gloss	1.08.00
14. M. Fleming	Amble	1.08.14
15. J. Davies	Borr	1.08.26
16. A. Maloney	Roch	1.08.47
17. P. Gebbett	Notis	1.08.54
18. A. Wrench	Tod	1.09.01
19. D. Gattley	Gloss	1.09.03
20. N. Spence	Kend	1.09.08

VETERANS O/40

1. M. Foschi	Penn	1.09.37
2. S. Jackson	Horw	1.11.12
3. S. Houghton	CaldV	1.11.47
4. G. Morson	Bux	1.11.48
5. J. Cant	DkPk	1.12.02

VETERANS O/45

1. T. Hesketh	Horw	1.09.46
2. M. Walsh	Kend	1.11.37
3. J. Coulson	CaldV	1.13.48

VETERANS O/50

1. K. Carr	Clay	1.13.54
2. D. Keams	Bolt	1.17.11
3. J. Armshead	DkPk	1.18.32
4. Y. Tridimas	NthnV	1.19.59
5. B. Jackson	Horw	1.20.21

VETERANS O/55

1. R. Bell	Amble	1.14.33
2. R. Mason	Totley	1.28.31
3. D. O'Leary	ManYMCA	1.37.54

VETERANS O/60

1. L. Sullivan	Clay	1.23.36
2. B. Thackery	DkPk	1.27.19
3. C. Henson	DkPk	1.38.09

LADIES

1. S. Rowell	P&B	1.14.16
2. N. Davies O/35	Unatt	1.21.07
3. K. Harvey O/35	Alt	1.21.37
4. J. Rawlinson O/35	Clay	1.22.11
5. C. Banlin O/35	StLiv	1.23.41

JUNIORS

1. N. Winters	Unatt	36.23
2. E. Brindle	Horw	39.09

PENTYRCH HILL RACE

Mid Glamorgan

BM/7.5m/1700ft 25.4.95

The star of this very popular and competitive race was not for the first placed runner, but the last.

Paddy Wallace - the Newport Harriers' Captain in 1947 - a 70 year old - completed the course in 82 minutes 7 seconds while earlier in the day, he had won an over 70's gold tournament at Cwmbran. Paddy's time was ten minutes faster than the last person in 1994.

The winner, Steve Rhind, registered his second win in the event having had to be satisfied during the last few years with minor placings. The race was highly competitive with Rhind eventually breaking away from N. Gwynne and M. Mussa in the final 800ft climb.

1. S. Rhind	Bridg	51.32
2. N. Gwynne	Trots	53.57
3. M. Mussa	Heart	53.46
4. S. Blease	Brych	53.50
5. J. Pointon	Ponty	53.58
6. M. Saunders	MDC	54.21
7. S. John Jones	Ponty	54.27
8. S. Robst	Pegasus	54.30
9. P. Kirk	Pegasus	55.09
10. P. Bennett	Card	55.13

VETERANS

1. J. Pointon	Ponty	53.58
2. B. McGuinness	Pegasus	55.43
3. M. Lucas	MDC	55.53
4. P. Morris	SanDom	56.10
5. M. Williams	Beddau	56.49

LADIES

1. J. Thomas	Bryna	64.36
2. S. Ashton O/35	MDC	66.43
3. V. Singleton	LCroups	67.50

**KESWICK SPORTS FESTIVAL
FELL RACES
Cumbria
AM/8m/2800ft 6/7/8.5.95**

The First Keswick Sports Festival encouraged many fell running participants into multi-disciplined events - road, cross country, mounting biking, triathlon, biathlon, canoeing, gym test and obstacle course.

The fell race was hot, brilliant weather. The course was simple - Lonscales and Skiddaw Little Man producing fast running and lots of blisters.

The Festival is scheduled again for May 1996.

**THREE FEATHERS FELL RACE
Glamorgan
AM/7m/2050ft 6.5.95**

The good conditions saw Paul Wheeler take the individual honours, as well as setting a new course record of fifty one minutes and eleven seconds. Paul's time gave him a competitive lead over second placed M. Palmer, and third D. Richards.

The women's race saw M.D.C. take the top three places, with first placed A. Nixon running away from her nearest challenger, to win in a time of sixty eight minutes and forty three seconds. The male veterans were closely contested, with P. Bowler of Mercia taking first place.

Again, this popular event, sponsored by Oakdale Batteries, was well organised, with the route so well marked out and marshalled by the 2nd Battalion Royal Regiment of Wales, not even Mark Thatcher could get lost.

With the first rate safety cover and race organisation, this venue with the back-up of two R.R.W. and expertise of race organiser Graham Finlayson B.E.M., linked with the testing course, would prove more than a suitable place to hold the British Championships.

K. Fulthorne

1. P. Wheeler	RRW(TA)	51.11
2. M. Palmer	FofD	54.08
3. D. Richards	MDC	54.43
4. G. Wood	Bath	54.55
5. D. Neill	Merc	55.01
6. S. Anning	Bath	56.04
7. A. Woods	Bath	57.10
8. G. Jones	MDC	57.56
9. A. Woods	MDC	58.11
10. P. Bowler	Merc	58.49

VETERANS O/40		
1. P. Bowler	Merc	58.49
2. K. Davies	Swans	59.30
3. J. Rees	RRW(TA)	60.26
4. W. Darby	MDC	61.46
5. K. Fulthorne	RRW(TA)	62.43

LADIES		
1. A. Nixon	MDC	68.43
2. S. Woods	MDC	70.16
3. A. Ashton	MDC	72.17
4. J. Davies	(RRW(TA))	84.05
5. J. Wilding O/35	GH(TA)	86.27
6. S. Thomas	Chep	87.57
7. K. Morris	GH(TA)	92.01
8. A. Fawcett	L'wery	96.59

JUNIORS		
1. T. Davies	Merc	64.44

**ANNALONG HORSESHOE FELL RACE
Northern Ireland
AL/13m/5100ft 6.5.95**

1. B. Ervine	Ballyd	2.10.06
2. J. Thin	BARF	2.13.15
3. J. Patterson	Albert	2.14.04
4. D. Brannigan	N'castle	2.14.08
5. J. Brown	BARF	2.24.51
6. B. McKay	Albert	2.28.06
7. = P. Howie	Larne	2.36.34
7. = I. Gourley	BARF	2.36.34
9. J. Sloan	Anna	2.38.09
10. M. Barton	Anna	2.51.34

VETERANS O/40		
1. B. McKay	Albert	2.28.06
2. M. Barton	Anna	2.40.58
3. J. McBride	BARF	2.58.53

VETERANS O/45		
1. J. Patterson	Albert	2.14.04
2. J. Sloan	Anna	2.38.09
3. W. Kytte	Anna	2.51.34

**WRAY CATON MOOR FELL RACE
Lancashire
BM/6m/1100ft 8.5.95**

One hundred and eighty six runners lined up in the main street of Wray outside the Village Institute for the eleventh annual race up 1185ft high Caton Moor. The race was started by Reg Baker, President of Lancaster & Morecambe Athletic Club. The conditions were ideal, a cool breeze blowing after the recent hot spell and the fell as dry as its ever been.

First to the top was Alan Bowness, who was overtaken on the descent by Billy Burns, who finished in 37 minutes 5 seconds. First lady was Phillippa Walsh in 47 minutes 13 seconds, with Jean Rawlinson second in 47 minutes 48 seconds. The team prize was won by Clayton le Moors who finished one point ahead of Kendal Athletic Club.

The race was one of the events of Wray Fair and its associated Scarecrow Festival, making it an ideal family occasion.

Fifty two juniors started together five minutes behind the seniors, but each age category turning round at different heights and distances. The under 12s did one and a half miles and 250ft of ascent, the under 14s two and one third miles and 400ft ascent and the under 17s ran three miles and 500ft of ascent. The under 12s were the best represented (thirty three runners) with the two youngest competitors being only six years old. This year Wirral replaced Chorley as the main Club bringing a contingent of Juniors from afar.

Reebok sponsored the race; the runners all had large tyves numbers and the prizes were presented by their representative, Catherine Halstead.

1. B. Burns	Prest	37.05
2. A. Bowness	CFR	37.51
3. K. Gaskell	Horw	39.38
4. G. Damiani	Spn	39.45
5. D. Houlsworth	Kend	39.48
6. P. Leybourne	NFyld	40.22
7. I. Greenwood	Clay	40.45
8. M. Walsh	Kend	40.46
9. K. Smith	CaldV	41.02
10. M. Brown	Clay	41.27

VETERANS O/40		
1. M. Walsh	Kend	40.46
2. K. Taylor	Ross	42.08
3. S. Kirkbride	Kend	42.24
4. G. Appleyard	Fellan	42.32
5. P. Lyons	Ross	42.42

VETERANS O/50		
1. P. Jepson	Ross	45.03
2. R. Barlow	Unatt	47.09
3. D. Simpson	Prest	47.29
4. K. Lindley	B'burn	48.50
5. J. Smith	L&M	49.40

VETERANS O/60		
1. P. Duffy	Aber	49.22
2. H. Catlow	NthnV	53.54
3. B. Leathley	Clay	56.23

LADIES		
1. P. Walsh	Prest	47.10
2. J. Rawlinson O/35	Clay	47.48
3. K. Hill	Cent	47.59
4. A. Martin	Clay	47.59
5. L. Bostock O/35	Clay	51.18

JUNIORS U/12		
1. T. Mitcham	Settle	11.45
2. G. Story	Unatt	12.16
3. B. Layton	Unatt	12.25

JUNIORS U/14		
1. D. Smith	Unatt	15.38
2. S. McCain	Wirral	16.18
3. R. Allock	Unatt	17.16

JUNIORS U/17		
1. C. Hodgson	Wirral	21.00
2. G. Jones	Wirral	21.47
3. J. Blyth	Wirral	22.22

**PENISTONE HILL RACE
South Yorkshire
BM/6.5m/1055ft 8.5.95**

Penistone Footpath Runners would like to thank Ron Hill Sports for sponsoring the event with assistance from Saucony and Isotac. Thanks also to Penistone British Legion, and members and friends of Penistone Footpath Runners for helping to promote the event.

Approximately £250 raised at the race will be donated to Woodhead Mountain Rescue

1. P. Dugdale	Horw	39.39
2. H. Grub	NottsUn	39.48
3. M. Hayman	DkPk	41.22
4.		41.41
5. S. Bell	NottsUn	42.50
6. K. Davis	P'stone	43.02
7. A. Wright	Done	43.07
8. R. Hutton	DkPk	43.08
9. R. Clucas	CFR	43.32
10. N. Stone	Stoke	43.46

VETERANS O/40		
1. K. Davis	P'stone	43.02
2. R. Clucas	CFR	43.32
3. P. Grimes	Hudds	43.43
4. P. Morris	Roth	44.17
5. C. Davis	Saddle	44.30

VETERANS O/45		
1. P. Buttery	Holm	44.56
2. R. Hardcastle	Long	46.54
3. W. Steward	H'fax	48.11

VETERANS O/50		
1. R. Hadfield	Dews	55.30
2. R. Kemp	P'stone	63.43

VETERANS O/55		
1. D. Balmforth	HolmeV	46.30
2. K. Bamforth	HolmeV	47.53

LADIES		
1. K. Harvey O/35	Altr	52.06
2. P. Colley	HolmeV	52.42
3. S. McKay O/40	DenbyD	54.22
4. A. Jorgensen O/35	P'stone	55.05
5. S. Billam O/40	H'fax	56.10
6. S. Boler O/45	P'stone	56.15

BOYS U/13		
1. S. Ellis	Barns	12.32
2. D. Jackson	SteelC	12.35
3. N. Goodliffe	Holm	12.36

GIRLS U/13		
1. G. Cook	Hallam	16.07
2. A. Lohman	Bux	19.27

BOYS U/16		
1. J. Stewart	H'fax	19.47
2. S. Asquith	Holm	21.43
3. W. Hallas	Holm	22.01

GIRLS U/16		
1. S. Duriec	Holm	23.52
2. R. Heath	Charn	25.18
3. K. Sparshott	Hallam	28.00

**PENRITH BEACON HILL RACE
Cumbria
CS/4m/500ft 8.5.95**

1. M. Scott	Bord	26.06
2. N. Elstone	Kesw	26.50
3. R. Hargreaves	CFR	27.01
4. J. Hampshire	HBT	27.32
5. T. Baxter O/50	CFR	27.44
6. D. Jones	CFR	28.02
7. J. Trezise	Totley	28.04
8. D. Barclay	Unatt	28.07
9. D. Mainwaring	Bord	28.23
10. K. Robinson O/40	Black	29.47
11. J. Rayner	Kend	29.52
12. R. Marlow O/45	DkPk	31.42
13. J. Ridley O/50	Unatt	32.16
14. K. Martin	Unatt	35.21
15. K. Heaviside	Bord	35.21

**HELVELLYN FELL RACE
Cumbria
AM/11m/3700ft 8.5.95**

The third Helvellyn fell race was held in cold and mostly dry conditions, a great improvement on last year's appalling conditions. As the runners climbed the very steep grassy slope up to Calthow Pike, it was plain to see that the three Borrowdale runners, Bland, Bland and Booth were making a serious threat to the course record. Indeed as the race unfolded these three runners were together off Helvellyn summit, and still together on the last check. Simon Booth pulling clear of Jon Bland to finish thirty seconds ahead, and two and a half minutes ahead of Gavin Bland, to slice over four minutes off his own record. Gavin will be looking for revenge at the 'Two Riggs'.

In the Ladies', Nicola Davies knocked a staggering twenty five minutes off the previous record to finish five minutes in front of Glynnda Cooke of Rochdale.

Finally, just a big thank you to all checkpoint marshalls, registration and the ladies on refreshments, see you all next year.

Duncan Stuart

1. S. Booth	Borr	1.37.03
2. J. Bland	Borr	1.37.33
3. G. Bland	Borr	1.39.34
4. J. Davis	Borr	1.46.07
5. P. Dawson	CFR	1.46.17
6. W. Bell	CFR	1.46.36
7. N. Lanagan	BlackC	1.47.13
8. S. Houghton	CalderV	1.47.17
9. J. Archibold	CFR	1.47.20
10. S. Shuttleworth	Amb	1.47.29

VETERANS O/40		
1. W. Bell	CFR	1.46.36
2. S. Houghton	CalderV	1.47.17
3. G. Houghton	CalderV	1.55.52
4. S. Young	CFR	1.56.08
5. H. Nicholson	Clay	1.57.36

VETERANS O/50		
1. M. Pitchford	CFR	2.05.24
2. D. Lucas	Roch	2.09.18
3. G. James	B&F	2.11.16

LADIES		
1. N. Davies	Unatt	2.00.20
2. G. Cooke	Roch	2.05.32
3. K. Beaty	CFR	2.08.50

POST HILL FIVE MILE INSURANCE RISK AND 'ONCE UP' CHALLENGE

West Yorkshire
as/4M/1400FT 8.5.95

Oh Dear, I should have taken one of my own favourite bits of advice, never assume anything. I organised the event round this well known local recreational area in the hope it would appeal to the 'let's get healthy by breathing exhaust fumes' brigade, many of whom seem to be looking at off-road events. Despite a fair amount of publicity given by the local media, only a handful of 'non-fellrunners' turned up. However, all the competitors in both races thought it was an event with a difference, and asked (and hoped) that we hold the event again next year.

The 'one-up' challenge which uses the old motorcycle hill climb route, three hundred foot climb in three hundred yards, was won by a 400-800m runner, John Prideaux of Leeds City, closely followed by Chris Hodgson (Fellandale) and another 400-800m athlete, Carl Child (P&B). The more fancied fell runners seemed unable to cope with the anaerobic effect of this type of climb. Interesting!

The 4 mile 'insurance risk' gave the endurance men their chance of glory and Paul Sheard looked the part winning by almost a minute from Andy Hauser, with Paul Stevenson in third.

Jean Shotter (Fellandale) won both Ladies' events.

P. Watson

'ONCE UP'

1. J. Prideaux	Lds	71.03
2. C. Hodgson	Fellan	72.03
3. C. Child	P&B	74.08
4. P. Sheard	P&B	78.08
5. C. Walker	P&B	83.01
6. A. Haynes	Ilk	86.04

8KM 'INSURANCE RISK'

1. P. Sheard	P&B	31.29
2. A. Hauser	Fellan	32.28
3. P. Stevenson	P&B	33.37
4. J. Noon	P&B	33.53
5. J. Hemsley	Ilk	34.53
6. C. Child	P&B	35.19

VETERANS O/40

1. K. Black	VallS	35.49
2. P. Hay	LeedsP	40.23
3. D. Johnson	Spn	41.39

VETERANS O/50

1. I. Brown	LeedsP	48.20
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LADIES 'ONE UP'

1. J. Shotter	Fellan	101.04
2. J. Clark	P&B	108.03

LADIES 8KM 'INSURANCE RISK'

1. J. Shotter	Fellan	41.08
2. J. Clark	P&B	44.10

JACK BLOOR RACES

West Yorkshire
BS/5.2m/1150ft 9.5.95

The usual Junior and Senior races took place in cool, dry weather with the course in unusually dry conditions.

Only six competitors took part in the Junior race, over a 1.5 miles circular flagged course, with a five hundred feet climb. All competitors gave their best. Thomas von Rossum finishing well ahead of the opposition in the junior race.

This was the second running of the Senior race over the new shortened course. The conditions were ideal and one hundred and forty two competitors started.

Greg Hull of Leeds City headed the pack home in thirty nine minutes and three seconds, unfortunately this could not be classed as a new record as one of the check points had been changed from the 1994 race.

The team prize was closely contested, with Pudsey and Bramley taking first place and Leeds City second team prize.

Malcolm Pickering of Otley AC put up a sterling run to finish sixth overall and first male veteran over forty, and P. Livesey of Airienteers took the first veteran prize over fifty.

The ladies were well represented. Lucy Wright of Leeds City took first prize in a time of forty minutes and fifty seven seconds. Second lady was Jo Smith of Ebor and third placed lady, Ann Buckley of Pudsey and Bramley tussled to the end with only nineteen seconds separating them.

Liz Ball of Valley Striders won the first veteran over thirty five.

1. G. Hull	LeedsC	39.03
2. P. Dugdale	Horw	40.09
3. C. Walker	P&B	40.25
4. S. Green	P&B	40.26
5. A. Ward	Sheff	40.50
6. M. Pickering V	Otley	41.05

7. M. Calvert	LdsCty	43.35
8. B. Whalley	P&B	43.42
9. R. Skelton	CalderV	43.44
10. P. Mitchell	Bing	43.51

VETERANS O/40

1. M. Pickering	Otley	41.05
2. R. Haigh	Ilkley	43.03
3. N. Pearce	Ilkley	45.43
4. B. Hilton	LdsCty	45.44
5. T. Thornley	Ilkley	45.52

VETERANS O/50

1. P. Livesey	A'teers	46.50
2. G. Howard	Ilkley	48.39
3. T. Macdonald	Bing	49.15
4. T. Cook	Holm	51.08
5. D. Quinlan	Bing	52.43

VETERANS O/60

1. B. Sweet	Ilkley	63.24
2. B. Thompson	A'teers	76.52

LADIES

1. L. Wright	LdsCty	45.57
2. J. Smith	Ebor	48.13
3. A. Buckley	P&B	48.32
4. L. Woffenden	LdsCty	49.40
5. E. Hodgson	Fellan	49.43
6. J. James	DkPk	50.53
7. J. Dyas	P&B	52.38
8. L. Ball O/35	VStdrs	54.14

JUNIORS U/14

1. T. Von Rossum	Aire	14.48
2. R. Hensman	Claro	15.50
3. R. Chamley	Unatt	26.44
4. O. Von Rossum	Aire	17.08
5. E. Wright	Unatt	17.10
6. L. Hardy	Aire	17.37

FLOWER SCAR FELL RACE

Lancashire
AS/4m/1100ft 10.5.95

Running conditions were ideal, firm ground, sunny spells, contradicting the earlier forecast of showers.

One hundred and seven competed in the tough little course, with Shaun Livesey dominating the mens, and Janet Kenyon winning the ladies, setting the new records.

The course negotiates straw bales and then a long, steep runnable climb to the summit of Flower Scar, decorated by a psychedelic flower on a flag, courtesy of Allan and Carol Greenwood. A fast descent is taken in, then the route concludes with a much gossiped sting in the tail, before the final sprint on the playing field.

I wish to thank the numerous people who helped and the marshals for their valuable help, also a thank you to the Woodheads' for their help and advice in doing the results.

1. S. Livesey	Clay	26.58
2. M. Corbett	Ross	27.32
3. G. Oldfield	Bfd&Aire	27.39
4. M. Keys	Ross	27.51
5. A. Mawney	Roch	27.59
6. K. Smith	CalderV	29.19
7. G. Barrie	CalderV	29.21
8. G. Sumner	Ross	29.44
9. S. Anderton	Tod	29.48
10. B. Rawlinson	Ross	30.17

VETERANS O/40

1. T. Spicer	Ross	31.27
2. F. Richardson	Ross	32.43
3. D. Holdsworth	Baildon	31.59
4. D. Caldwell	Ross	32.20
5. N. Howard	M'ton	33.27

VETERANS O/45

1. B. Rawlinson	Ross	30.17
2. P. Lyons	Ross	31.25
3. J. Dore	Roch	32.15
4. S. Sanderson	Bfd/Aire	32.38
5. J. Newsam	Clay	33.24

VETERANS O/50

1. P. Jepson	Ross	30.09
2. T. Targett	Clay	36.48
3. K. Talbot	Ross	37.58
4. R. Blackley	Unatt	38.13
5. E. Hoare	Clay	39.50

VETERANS O/60

1. P. Duffy	Aber	36.09
2. J. Newby	Tod	42.28

LADIES

1. J. Kenyon O/35	Horw	33.00
2. V. Peacock O/40	Clay	33.41
3. J. Rawlinson O/40	Clay	34.45

4. L. Atkin	CalderV	37.26
5. J. Wood	Ross	40.22
6. J. Walker	Ross	41.02
7. A. Munday	Roch	46.18

INTERMEDIATES

1. B. Rawlinson	Ross	31.55
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VANESSA CHAPPELL FELL RACES

Greater Manchester
BM/6m/1150ft 11.5.95

1. N. Peach	Salc	40.07
2. G. Cudhay	Gloss	40.13
3. G. Watson	Alt	40.23
4. P. Deaville	Gloss	40.38
5. P. Boler	Unatt	41.32
6. M. Williams	Penn	42.08
7. R. Taylor V	Stock	42.32
8. B. Gregory V	Stock	42.50
9. J. Kershaw V	Macc	42.58

VETERANS O/40

1. B. Gregory	Stock	42.50
2. R. Calder	Macc	45.35
3. A. Howie	Stock	46.36

VETERANS O/45

1. R. Taylor	Stock	42.32
2. J. Kershaw	Macc	42.58
3. R. Poole	Gloss	47.40

VETERANS O/50

1. J. Morrison	Penn	47.06
2. B. Buckley	Gloss	48.55
3. R. Hampton	Stock	49.20

VETERANS O/55

1. D. O'Leary	ManYMCA	57.33
2. G. Hilton	Stock	60.41

VETERANS O/60

1. B. Thackery	DkPk	56.35
2. M. Stone	Clay	70.4
3. N. Baker	Stock	90.00

LADIES

1. C. Banlin O/35	L'pool	47.20
2. S. Rowson O/40	Macc	49.17
3. S. Reason	Stock	50.43
4. B. Murray O/35	Macc	51.44
5. V. Perry O/35	Stock	

TWO RIGGS RACE

Cumbria
BM/6.5m/1350ft 17.5.95

This was a carbon copy of the Helvellyn Race, with the exception of Martin Amos staging with Bland, Bland and Booth only. To turn an ankle and retire as I hinted in the Helvellyn report that Gavin Bland would be out for revenge, and revenge was sweet as he sliced over two minutes off Simon Booth's record. A good performance from young up and coming Lee Gibson, of CFR, finishing a creditable sixth.

Congratulations to Nicola Davies who once again showed a clean pair of heels to win in a new course record.

Ninety nine competitors took part in this fast and undulating course, and is growing in popularity, especially th wife's booty. So see you all next year for a value for money evening race.

Duncan Stuart

1. G. Bland	Borr	40.08
2. S. Booth	Borr	40.20
3. J. Bland	Borr	40.55
4. D. Troman	Kesw	41.26
5. J. Davies	Borr	41.33
6. L. Gibson	CFR	43.33
7. N. Lanagan	BlackC	43.48
8. D. Stuart	Kesw	43.54
9. P. Dawson	CFR	44.26
10. P. Skelton	Kesw	44.27

VETERANS O/40

1. H. Jarrett	CFR	45.05
2. W. Bland	Borr	45.34
3. C. Webb	CFR	46.53
4. J. Broxap	Kend	47.51
5. I. Block	CFR	48.05

VETERANS O/50

1. R. Stephenson	Kesw	50.56
2. M. Carson	Kesw	51.22
3. M. Pitchford	CFR	52.08
4. P. Dowker	Kend	52.39
5. C. Wilson	Kesw	53.27

LADIES

1. N. Davies	Unatt	48.45
2. L. Thompson V	Unatt	54.50
3. J. Jones	Kesw	56.24
4. P. Walton	Kesw	56.32
5. A. Brand-Barker	Kesw	60.52

SIMONS SEAT FELL RACE

North Yorkshire
AS/5m/1350ft 18.5.95

A fine evening was enjoyed by around 150 entrants at this popular Wharfedale venue.

Gary Devine showed everyone the way with a victory of one and a half minutes from Martin Aspinall. The ladies' award went to Emma Hodgson who, like Gary, had a comfortable victory margin.

However, the race was overshadowed by the news that Chatsworth Estates (Lord Devonshire) will no longer allow the event to be run on an annual basis.

Although Pudsey & Bramley have not yet 'thrown in the towel', the future does not seem good for this ten year old event.

1. G. Devine	P&B	33.29
2. M. Aspinall	Clay	35.06
3. A. Ward	Sheff	35.20
4. S. Green	P&B	35.36
5. K. Smith	CaldV	35.46
6. P. Dauls	P&B	36.24
7. J. Brook	Bing	36.26
8. T. Sardo	P&B	36.48
9. R. Skelton	CaldV	37.18
10. C. Kirkbright	P&B	37.19

VETERANS O/40

1. B. Goodison	Abbey	38.55
2. P. James	Otley	38.58
3. N. Pearce	Ilk	39.35
4. S. Mummary	Rown	40.23
5. T. Thornley	Ilk	40.26

VETERANS O/50

1. D. Quinlan	Bing	43.59
2. M. Coles	Skyrac	44.20
3. B. Norvill	Tykes	45.54

LADIES

1. E. Hodgson	Fellan	43.09
2. S. Malir	Fellan	45.58
3. L. Atkin	CaldV	46.12
4. J. Greenwood	Bail	47.20
5. T. Hyde O/35	CaldV	47.59
6. R. Whitehead	Bing	49.07

DARREN JONES CLOUGHA PIKE FELL RACE

Lancashire
BM/7m/1400ft 20.5.95

A drop in entries of forty from 1994, despite the afternoon being warm and sunny with a cool breeze up on Clougha Pike, I'm not too sure why? It could have been the Cup Final or possible doubts as to whether the race was on. The fell had been closed until the Thursday. The dry weather had created a fire risk. Mark Croasdale returned and had an easy win, outside his record time of 1990. No problems were reported on the course. It isn't our intention to flag it all and therefore some knowledge of the route is necessary, eg. after dropping off the summit and returning to the gate in the fell wall. This section saw a few going astray.

Thanks to all the helpers before and on the day, including Mr. and Mrs. Jones and family, past and present club members, friends and school pupils. Mr and Mrs Jones once again made a donation towards trophies and also to Lancaster & Morecambe A.C. to benefit the youngsters. Thanks to them and Harry Robinson of Lancaster, who made a donation towards the youngsters trophies.

To maintain the prize and trophy list I was very pleased to obtain last minute sponsorship from W & J Pye Ltd, who have had a long history in the area serving the farming community.

I hope many more of you will come and have a run next year. There were only two entries from the under eighteen cross country race. Both chose to run in the main fell race and finished as first junior boy and girl. This race will not be run next year and those youngsters of fifteen years and over with suitable experience can run in the main race. Hope to see more next year.

J. Gibbison

1. M. Croasdale	Ron Hill	49.28
2. B. Burns	Preston	52.22
3. S. Barlow	Horw	53.03
4. K. Johnston	Rhyope	56.33
5. H. Symonds V	Kend	57.22
6. J. Mann	L&M	57.32
7. J. Simmonite	N. Flyde	57.43
8. K. Taylor V	Ross	58.17
9. S. Umpleby	L&M	58.29
10. L. Croasdale	L&M	58.43

VETERANS O/40

1. H. Symonds	Kend	57.22
2. K. Taylor	Ross	58.17
3. S. Kirkbride	Kend	60.15
4. C. Wilkinson	Bing	61.15
5. P. Bramham	Craven	61.43



Emma Hodgson, first lady at Simon's Seat, pictured at Latrigg
Photo: Peter Hartley

VETERANS O/50

1. T. Peacock	Clay	66.36
2. A. Stafford	Kend	68.08
3. C. Grime	R'trees	70.53
4. F. Walker	FRA	71.07
5. E. Hoare	Clay	73.34

LADIES

1. V. Peacock O/35		66.51
2. V. Wilkinson U/18	Bing	67.20
3. J. Taylor	L&M	73.54
4. L. Johnston		75.49

GOATFELL HILL RACE

Isle of Arran
AM/8m/2866ft 20.5.95

One hundred and four starters and one hundred and two finishers on a dry sunny day, that saw several falls on the fast descent of the solid granite tourist path. Thankfully no serious injuries but plenty of business for the first aider. Few English entrants than usual, and few stars of the Hill Running circuit, so Ian Murphy of Clydesdale led all the way home to win safely by a few minutes, but over five minutes outside the record.

Christine Menhennet was never threatened as first lady, even though a heavy fall on the descent slowed her up over the last few miles. James Shields put in a marvellous performance in his usual relaxed manner to set new standards for the M50's - his new category.

A 3.5 mile Junior race and children's races added to the usual carnival atmosphere of the Goatfell Race and the fine weather ensured a good crowd of spectators. Sponsorship, for which Arran Runners are very grateful, from the Scottish Co-op, beefed up the prize slightly. We look forward to next year as the National Trust seem happy with the route, and hopefully a return of the English Invaders, who usually steal the prizes!

Colin Turbett

1. I. Murphy	Clydes	1.18.49
2. D. Armitage V	Cosmic	1.20.39
3. B. Robertson	Arran	1.21.37
4. J. Coyle	Cam	1.22.24
5. D. Cummings	Shett	1.22.57
6. A. Anderson	Solway	1.23.35
7. J. Shields	Arran	1.24.55
8. G. Allsop	Arran	1.24.55
9. E. Butler V	Cosmic	1.25.38
10. M. Diver	Clydes	1.26.01

VETERANS O/40

1. D. Armitage	Cosmic	1.20.39
2. E. Butler	Cosmic	1.25.38
3. J. Holt	Clay	1.27.31
4. B. Lawrie	Cosmic	1.31.15
5. A. Curtis	C'mont	1.31.50

VETERANS O/50

1. J. Shields	Clydes	1.24.18
2. G. Fleming	W'lands	1.35.48
3. M. Hirst	Denby	1.36.02
4. B. Buckley	Gloss	1.36.11
5. E. Harvey	Cam	1.42.55

VETERANS O/60

1. C. Wright	AyrSF	2.36.03
2. J. Webster	Troon	2.40.32

LADIES

1. C. Menhennet O/35	W'lands	1.37.11
2. J. Rae	W'lands	1.44.21
3. H. Thomson O/35	Arran	1.49.37
4. D. Hunter	Gloss	1.54.16
5. P. McLoughlin O/35	W'lands	1.59.32
6. C. Black	Glas	2.04.12
7. A. Miller O/35	Irvine	2.08.31
8. S. Currie	Arran	2.13.53

CWM NANT-Y-GROES

Gwent

BM/7m/1500ft 22.5.95

A small field perhaps, but one which produced a record breaking run from the shocking pink clad runner Howard Grubb. He knocked eleven seconds off the record held since 1991 by Graham Patten. Congratulations to him.

1. H. Grubb	NottsUni	44.11
2. P. Maggs	MDC	47.50
3. T. Gibbs	MDC	49.48
4. A. Orringe V	MDC	51.30
5. J. Darby V	MDC	52.36
6. G. Parsons V	Chep	53.31
7. D. Finch V	Chep	55.19
8. C. Cheshire J	MDC	55.58
9. A. Moir	MDC	56.13
10. J. Peake	GWR	57.10

WHIRLAW FELL RACE

Lancashire

BS/5.5m/1100ft 23.5.95

The one hundred and twenty strong field completed the initial loop around Harley Wood Playing Fields before turning up Stoney Royd Lane under the railway arch. A heavy metal band belting out added a surreal background to this first 500ft climb up and past Stannally Farm.

Once up on the pack horse track the field began to spread out with Three Peaks winner, Andy Peace, setting the pace. So it remained until at the bottom of the golf course. Peace took a wrong turn crashing down towards the Hole Bottom instead of continuing towards Whirlaw Stones. Unaware of this, the previously second placed, Martin Aspinall was delighted to find he had finished in pole position, with Andrew Ward in second and Mervyn Keys third.

A strong run by Veteran, Jean Rawlinson earned her the prize for the first woman, followed by Ruth Whitehead. Local interest was represented by George Erhardt who, from fiftieth after the first climb, claimed a top ten place overall and the under eighteen prize.

The prizes for the event, organised by Todmorden's Greenpeace, were presented afterwards at the Hare & Hounds.

1. M. Aspinall	Clay	37.38
2. A. Ward	Sheff	38.15
3. M. Keys	Ross	38.40
4. K. Stirrat	H'fax	39.16
5. D. Woodhead	Horw	39.26
6. K. Smith	CaldV	40.18
7. B. Whalley	P&B	40.34
8. A. Preedy	Unatt	40.49
9. R. Lawrence	Bing	40.56
10. R. Skelton	CaldV	41.03

VETERANS O/40

1. C. Davies	Saddle	41.36
2. P. Geldard	Clay	41.44
3. B. Rawlinson	Ross	41.54
4. A. Spicer	Ross	42.08
5. E. Richardson	Ross	42.29

VETERANS O/45

1. B. Rawlinson	Ross	41.54
2. J. Dore	Roch	43.51
3. H. Aspinall	Ross	45.20
4. J. Talbot	Tod	46.47

VETERANS O/50

1. P. Jepson	Ross	44.45
2. D. Quinlan	Bing	46.39
3. P. Heneghan	Bolt	46.45
4. D. Lucas	Roch	48.07
5. C. Magdin	Unatt	48.46

VETERANS O/60

1. D. Hodgson	Fellan	48.18
2. P. Duffy	Aber	49.06
3. B. Thackery	DkPk	52.11

LADIES

1. R. Rawlinson O/40	Clay	46.21
2. R. Whitehead	Bing	50.43
3. L. Bostock O/35	Clay	51.03
4. C. Roberts O/35	CaldV	51.48
5. T. Hyde O/35	CaldV	52.10
6. L. Hayles O/40	H'fax	53.13

HAYFIELD MAY QUEEN FELL RACE

Derbyshire

BS/3m/550ft 24.5.95

1. A. Turner	Bux	21.04
2. N. Peach	Sale	21.13
3. P. Deaville	Gloss	21.19
4. A. Kirk	Gloss	21.25
5. D. Gartley	Gloss	21.40
6. J. Miller	Gloss	22.25
7. J. Kewley	Gloss	23.04
8. J. Kershaw	Macc	23.16
9. A. Brentnall	Penn	23.56
10. A. Howie	Penn	24.00

VETERANS O/40

1. J. Kershaw	Macc	23.16
2. A. Brentnall	Penn	23.56
3. A. Howie	Penn	24.00
4. G. Smith	Gloss	24.29

VETERANS O/50

1. M. Morrison	Gloss	29.51
2. B. Thackery	DkPk	30.17

JUNIORS

1. A. Turner	Bux	21.04
2. D. Winfield	Unatt	26.34

DODD FELL RACE

N. Yorkshire

BS/5m/1200ft 25.5.95

There were sixty three entries including the Junior Race. The race covers about four miles on open fells; it can be viewed from the show and so looks quite spectacular. The race is run as part of a show "A Day in the Dales". We have many other attractions and demonstrations which happen in the Dales.

The race will be held on the same day next year which will be the last Bank Holiday Sunday in May.

A. Dent

1. G. Devine	P&B	29.54
2. P. Sheard	P&B	30.10
3. I. Ferguson	Bing	31.29
4. D. Woodhead	Horw	32.03
5. M. Horrocks	CaldV	35.23
6. P. Atkinson	Leeds	32.58
7. G. Bastow	Swale	33.29
8. G. Barton	B'heath	34.24
9. P. Marlowe	Kesw	35.01
10. C. Hodgson	Fellan	35.13

VETERANS O/40

1. P. Marlowe	Kesw	35.01
2. A. Tait	Tyne	35.56
3. P. Rogan	Clay	37.25
4. P. Corris	LanCM	37.57
5. F. Morgan	Holm	38.05

VETERANS O/50

1. P. Dowker	Kend	38.48
2. G. Webster	Valls	39.18
3. N. Bell	Swale	43.22

VETERANS O/60

1. B. Hill	Clay	
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LADIES

1. S. Rowell	P&B	35.15
2. E. Hodgson	Fellan	39.13
3. S. Watson	Valls	39.48
4. L. Lacon	Holm	40.50
5. C. Young	Leeds	41.10
6. C. Lavers	AchR	41.41

LLANGORSE LOOP

Gwent

AS/5.5m/1900ft 27.5.95

This race goes from strength to strength with numbers swelling from thirteen three years ago to thirty six this year. This was helped by a large contingent from Thrift Green Trotters who, together with other like-minded runners, are combining a visit to the area with a race during the Bank Holiday break. I couldn't make it on the day so my thanks go to the two Johns, Benji and others who stepped in. Make a date next year, still 50p entry which guarantees value for all runners rather than increased entry fees to supplement prizes.

Adrian Orringe

1. M. Ligema	CroftA	46.14
2. M. Collins	MDC	47.52
3. R. Mapp	Merc	50.41
4. G. Nobes	TGT	51.12
5. A. Jones	Carn	51.46
6. D. Mansfield	TGT	51.51
7. C. Gildersleve	CRB	51.58
8. G. Smith	ElsW	52.41
9. D. Lloyd	TGT	52.48
10. K. Parry	TGT	53.53

VETERANS O/40

1. A. Jones	Carm	51.46
2. T. Croft	TGT	56.18
3. C. Hick	Ports	57.07

VETERANS O/50

1. K. Parry	TGT	53.53
2. D. Finch	Chep	54.53
3. A. Morgan	Card	59.07



Ray Rawlinson, first vet at Saddleworth
Photo: Eileen Woodhead

LADIES

1. C. Stevens	Read	55.49
2. D. Kenwright O/35TB1	SamH	60.12
3. J. Smith	Brent	69.18
4. M. Walker O/35	TGT	70.48

JUNIORS

1. M. Collins	MDC	47.52
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ISLE OF JURA FELL RACE

Isle of Jura

AL/16m/7500ft 27.5.95

Out of 178 entries there were 135 starters, of which only eighty three finished. Fifty two runners retired mainly due to missing the first checkpoints in the very difficult weather conditions, or were fired out later on the course. Dense mist, not much above sea level, made accurate navigation essential. Many runners became bunched up, relying on group decisions for route finding, and this greatly aided safety. Luckily, there were no injuries and no-one was permanently lost. The resourcefulness of fell runners shows how all starters managed to get themselves back off the hills, even in one case from Glen Battrick on the remote west coast of the island.

Our marshalling system and communications were seriously stretched in the conditions and may have been only of limited assistance in case of need to find a lost runner. We are considering changing to a tag system next year to increase reliability of checkpoint recording and provide an accurate record at the finish.

Congratulations to Duncan Richardson and Dorothy Dundas, both Jura locals. Their combination of local knowledge with fitness over the terrain has, at last, provided the island with race winners. The depth of ability is shown by the second place of Jura AC in the team competition.

Many thanks to all those who made the event possible, in particular local people of the island who marshal checkpoints, this year in very adverse conditions, Strathclyde Police and RAF Macrihanish for rescue teams, and the sponsors, Isle of Jura Distillery.

We are due for good weather next year and look forward to welcoming old and new friends back to this "Fell Race with a difference."

A. Curtis

1. D. Richardson	Jura	4.26.04
2. A. Peace	Bing	4.27.02
3. A. Trigg	Gloss	4.28.45
4. R. Lawrence	Bing	4.31.20
5. D. Copley	No Club	4.33.17
6= M. Covell	Kild	4.45.15
6= G. Oldfield	BfDA	4.45.15
8. A. Ward	Carn	4.48.18
9. R. Ansell	DkPk	4.53.49
10. M. Shaw	Jura	4.54.51

VETERANS O/40

1. R. Mitchell	Mand	4.57.04
2= D. Booth	DkPk	5.08.25
2= A. Styan	Holm	5.08.25
4. I. Hay	H'landH	5.09.54
5. S. Davis	Mand	5.15.40

VETERANS O/50

1. K. Carr	Clay	5.40.09
2. B. Johnson	CFR	5.58.26
3. P. Farrington	Kild	6.24.15
4. R. Clarke	Mand	6.29.55
5. J. Crossland	Sett	6.30.19

VETERANS O/60

1. A. Clarke	Amble	6.37.31
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LADIES

1. D. Dundas	Jura	5.29.21
2. E. Wright	Amble	6.30.18

SADDLEWORTH FELL RACE

Lancashire

AS/3m/950ft 28.5.95

1. M. Kinch	Warr	19.20
2. S. Willis	Amble	20.23
3. R. Jackson	Horw	20.44
4. R. Rawlinson	Ross	21.05
5. A. Maloney	Roch	21.09
6. J. Hey	Warr	21.17
7. A. Turner	Bux	21.21
8. D. Gibbons	RonH	21.51
9. G. Barrie	CaldV	21.54
10. S. Berthem	Warr	22.01

VETERANS O/40

1. R. Rawlinson	Ross	21.05
2. B. Waterhouse	Saddle	22.21
3. C. Davies	Saddle	22.39
4. D. Beels	Roch	23.04

VETERANS O/45

1. R. Taylor	Penn	22.07
2. J. Barker	Roch	23.57
3. J. Dore	Roch	24.31
4. M. Sadula	Roch	25.10

VETERANS O/50

1. D. Lucas	Roch	26.02
2. F. Green	OldR	26.19
3. D. Fraith	Roch	26.58
4. C. Keogh	Roch	27.05

LADIES

1. G. Cook O/45		25.51
2. R. Clayton	Ford	27.10
3. K. Mather	Unatt	27.45
4. S. Newman	Gloss	27.49

JUNIORS

1. A. Turner	Bux	21.21
2. M. Drake	CaldV	24.09

BENTHAM GALA 10 HILL RACE
North Yorkshire
CM/10m/800ft 29.5.95

The weather was favourable; it was cool with the odd shower and firm underfoot. The course was a little longer than last year because siloing had not commenced.

The entry rate was slightly down this year.

1. J. Wiczorek	Acc	53.31
2. P. Atkinson	Leeds	55.03
3. S. Green	P&B	56.13
4. M. Brown	Clay	56.26
5. G. Damiani	Spn	56.49
6. S. Taylor	Clay	59.02
7. P. Targett	Clay	59.35
8. P. Lambert	Clay	59.35
9. L. Hannion	Unatt	59.39
10. J. Kardasz	L&M	59.55

VETERANS O/40

1. P. Lambert	Clay	59.35
2. F. Judge	Clay	59.59
3. B. Mapp	Prest	61.40
4. D. Tait	Unatt	62.16
5. A. Green	BfdA	62.20
6. R. Winward	Barrow	62.33

VETERANS O/50

1. G. Webster	VallS	67.44
2. D. Simpson	Prest	67.38
3. A. Stafford	Kend	68.28

LADIES

1. S. Watson O/35	VallS	69.48
2. J. Jones	Kesw	70.50
3. C. Young	Leeds	73.50
4. H. Kryen	L&M	76.28
5. C. Dewhurst	Clay	77.41

JUNIORS

L. B. Green	Spn	67.19
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MYNYDD MYFYR HILL RACES
Shropshire
CS/4.5m/500ft 29.5.95

This category CS fell race proved its popularity once more with a record entry of sixty nine runners.

Quality runners such as the young Davies brothers, who are fairly local to the area, Sharon Woods, Welsh Women's Fell Champion, along with husband, Welsh Secretary, Adrian, and with athletes like Paul Frodsham in the line up, a good race was assured.

The first six finishers were in exactly the same order as they rounded the trig point at the top of Mynydd Myfyr. In the women's race, the pre-race favourite, Sharon Woods, rounded the trig point in second place, the leader here being the young Donna Jones. However, Sharon managed to take twenty two seconds out of Donna on the descent.

We look forward eagerly to 1996 when the event will be held on the corresponding Bank Holiday at the usual time.

1. T. Davies	Merc	21.21
2. P. Frodsham	Helsby	21.23
3. A. Davies	Merc	21.38
4. A. Woods	MDC	21.49
5. C. Lancaster	Tel	22.17
6. H. Matthews	Shrews	22.26
7. H. Thomas	TarrH	22.51
8. E. Dallon	RAF	23.19
9. G. Manson	OswO1	23.45
10. S. Jones	Wrex	23.56

VETERANS O/40

1. G. Manson	OswO1	23.45
2. S. Jones	Wrex	23.56
3. P. Cornwell	BelleV	24.29

VETERANS O/45

1. D. Kerr	Wrex	26.00
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VETERANS O/50

1. M. Edwards	Wrex	26.53
2. M. Pierpoint	Shrews	29.07

VETERANS O/55

1. G. Lloyd	Wrex	27.37
2. B. Jackson	Wrex	28.17
3. D. Talbot	OswO1	28.56

VETERANS O/60

1. G. Gartrell	Wrex	28.00
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LADIES

1. S. Woods	MDC	26.14
2. D. Jones	OswO1	26.36
3. S. Ellis	Tatt	28.44
4. S. Candy	ShropS	28.52

FACTORY HILL NIGHTMARE MILE
Lancashire
N/1m/500ft 30.5.95

Former England Fell International, Rob Jackson, saw his one year old course record broken by five seconds as he finished second to Martin Bell in the third staging of this annual event. However, Rob's father, Bob, and Uncle Steve, set new Veterans' records when winning the Over 50 and Over 40 categories respectively. The race saw Bell and Jackson break clear with Bell sprinting to victory in the last four hundred yards. Behind them, England Junior Fell Internationals, Chris Caldwell and Jason Hales led the chase.

In the women's event, Heather Heasman broke Janet Rashleigh's record by an amazing fifty seconds as she finished seventh overall. Janet having to settle for second on this occasion. In third place, Lynsey Brindle, daughter of Brent and niece of organiser, Wilf, broke the Under 20 record.

1. M. Bell	Horw	6.15
2. R. Jackson	Horw	6.25
3. C. Caldwell	Bolt	6.38
4. P. Boyd	Horw	6.45
5. J. Hales	Bolt	6.47
6. S. Jackson	Horw	6.52
7. H. Heasman	Inv	6.54
8. D. Flateley	Bolt	6.55
9. T. Rolands	Horw	6.59
10. T. Hesketh	Horw	7.01

VETERANS O/40

1. S. Jackson	Horw	6.52
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VETERANS O/45

1. T. Hesketh	Horw	7.01
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VETERANS O/50

1. B. Jackson	Horw	7.45
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LADIES

1. H. Heasman	Inv	6.54
2. J. Rashleigh	Bolt	7.47
3. L. Brindle	Horw	8.56
4. L. Leyland O/35	NthnV	9.04

PATRICK FETE FELL RACE
Isle of Man
AM/10m/2800ft 2.6.95

Weather conditions were perfect for this year's race, clear visibility with warm sunny periods and a pleasant cooling wind on the tops.

The organisers were pleased to have a record entry set off from Dalby heading towards the stiff climb known locally as the Slabs!

Most competitors take it fairly easy over this initial ascent and following coastal path through Eary Cushlin to the first checkpoint, as following is the climb that must rate as one of the toughest in any fell race in Britain.

The ascent starts on the Western shore line and climbs tortuously steep, almost like rock-climbing in places, until the summit of Cronk-ny-Iree-Laa is reached.

The race usually takes shape on this climb and, as expected, Tony Rowley opened a lead that he gradually increased on the heathery slopes of South Barrule, eventually arriving at the Patrick Social Club finish with some seven minutes in hand over Stephen Hull with Ian Watson third.

First lady was Great Britain International Road Runner, Brenda Walker, making a welcome return to competition after a long spell out with a serious injury.

After the race, the competitors and officials enjoyed an excellent buffet provided by Mrs Margaret Quirk whose homemade cakes are now regarded as one of the highlights of the Manx Fell Season.

Richie Stevenson

1. T. Rowley	Manx	1.43.14
2. S. Hull	Manx	1.44.49
3. I. Watson	Nthn	1.44.49
4. P. Crowe	Nthn	1.47.35
5. R. Stevenson	Manx	1.48.15

VETERANS O/40

1. R. Moughtin	Western	1.46.57
2. R. Stevenson	Manx	1.48.15
3. S. Moynihan	Sthn	1.52.06
4. D. Young	Manx	1.52.38
5. S. Garry	Kend	1.57.27
6. J. Wright	Manx	2.02.30

VETERANS O/50

1. D. Corrin	Manx	1.49.47
2. E. Brew	Nthn	2.29.59

VETERANS O/60

1. B. Baxter	Manx	2.58.47
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LADIES

1. B. Walker	Manx	1.55.32
2. R. Hootson	Manx	2.58.47

ALWINTON FELL RACES
Northumberland
BL/14m/2500ft 3.6.95

The tenth anniversary running of this popular local event was contested in conditions, reminiscent of the first race - but much worse, with rain, saturated fells and visibility down to ten to twenty yards on the higher sections.

David Henderson led from start to finish; second place went to Ian Mulvey after he passed P. Kelly and Bill Sloan at the top of the diagonal climb just over one mile from the finish.

Despite the atrocious conditions, Joyce Salvona set a new ladies' long course record finishing nine minutes ahead of her nearest rival, Penny Rother.

David Henderson was also the first Northumbrian and North East Athletic Champion. Ian Mulvey and P. Kelly were second and third men in the N.E.A.A. Championships. Sian Porteous was first lady in the same competition with Linda Bray second and Eric Newman third.

Keith Cooper

1. D. Henderson	Alnw	1.38.56
2. I. Mulvey	TyneTrip	1.40.30
3. P. Kelly	Darl	1.40.34
4. B. Sloan	Clare	1.41.11
5. R. Mitchell	Mand	1.41.37
6. R. Firth	Mand	1.42.27
7. F. Smith	Salt	1.43.07
8. A. Curtis	Clare	1.43.24
9. K. Wilson	Mand	1.43.34
10. I. Sands	Unatt	1.44.00

VETERANS O/40

1. R. Mitchell	Mand	1.41.37
2. R. Firth	Mand	1.42.27
3. A. Curtis	Clare	

VETERANS O/50

1. A. Lummis	Morp	2.02.21
2. A. Fortune	Alnw	2.04.35
3. B. Campbell	Liv	2.05.09

VETERANS O/60

1. D. Wright	Tyned	2.30.35
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LADIES

1. J. Salvona O/35	Liv	1.46.58
2. P. Rother O/35	Liv	1.55.56
3. M. Coleman	Liv	2.00.57

WELSH 1000M RACE
Gwynedd
AL/23m/8500ft 3.6.95

A record entry of one hundred and thirty three runners were faced with heavy rain and high winds over the Carneddau ridge in the first half of the race. This led to a high drop-out rate and significantly slower times than in previous years. The conditions did not, however, prevent Colin Donnelly recording his fifth straight win in this unique race from the sea to the summit of Snowdon. This was nearly three quarters of an hour clear of John Darby, the first veteran who pipped Desmond Dawson in third place. First superveteran was Dewi Sinclair and first lady was Serena Wagg.

Conditions were sufficiently bad for a significant proportion of runners to be turned out at Ogden and for almost half the field to finish in the last hour before the seven hour closing time at Snowdon.

One very welcome development this year was the prize-giving field separately from the army at the Tyn-Y-Coed Hotel. It was very well attended and a full set of results was available to allow the generous array of prizes to be distributed. It remains to be seen whether this improvement can be maintained in future years.

A. Middleton

1. C. Donnelly	Eryri	4.19.24
2. J. Darby	MDC	5.02.18
3. D. Dawson	Roch	5.03.22
4. R. Ansell	DkPk	5.05.52
5. R. Roberts	Eryri	5.08.45
6. P. Swilliam	Unatt	5.10.57
7. N. Hindle	Altr	5.12.34
8. G. Perratt	Philips	5.15.07
9. P. Fairless	FRA	5.17.18
10. J. Birchenough	Bolt	5.17.21

VETERANS O/40

1. J. Darby	MDS	5.032.18
2. N. Hindle	Altr	5.12.34
3. J. Birchenough	Bolt	5.17.21
4. P. Parker	Bowline	5.19.58
5. D. Sedgewick	SteelC	5.28.13

VETERANS O/45

1. R. Roberts	Eryri	5.08.45
2. C. Latter	Tatt	5.47.43
3. D. Lodder	DkPk	5.57.31
4. G. Smith	WEnd	6.04.13

VETERANS O/50

1. D. Sinclair	Eryri	5.33.01
2. J. Whitmarsh	RollsR	6.28.34

LADIES

1. S. Wagg	Unatt	5.48.01
2. M. Huyton O/35	Macc	6.08.01
3. M. White O/35	Horw	6.08.01

PEN Y GHENT
North Yorkshire
AS/5.5m/1650ft 3.6.95

Well done to Craig who has stamped his authority on the Pen Y Ghent race over the years. This time, he had sufficient strength to pull away from Mark Kinch through Horton to be first back into the playing field in 43.45.

Congratulations to Janet Kenyon who was first lady in a time of 52.41.

Times were fast despite the damp conditions.

Thanks to all the helpers who make this race possible. Thanks too to Mark and Andrea Priestley who agreed to organise the junior races (despite no Juniors turning up). We will try again next year - put the date in your diary!

Always bring wind and waterproof tops and bottoms (FRA rules). You never know when you will need them. We were lucky this year - one faller who finished the course and was later released from hospital with a broken wrist!

Harry Atkinson

1. C. Roberts	Kend	43.45
2. M. Kinch	Warr	43.55
3. A. Bowness	CFR	44.29
4. D. Neill	Mercia	45.10
5. S. Barlow	Horw	45.59
6. M. Moorhouse	Salf	46.08
7. M. Aspinall	Clay	46.13
8. D. Houldsworth	Kend	46.42
9. M. Hayman	DkPk	47.13
10. G. Oldfield	BfdA	47.49

VETERANS O/40

1. P. Bowler	Mercia	50.10
2. M. Pickering	Otley	50.30
3. B. Hilton	Leeds	51.46

VETERANS O/50

1. P. Reynard	Leeds	55.34
2. C. Taylor	Clay	57.45

LADIES

1. J. Kenyon	Horw	52.41
2. E. Hodgson	Fellan	56.11
3. E. Nutter	Ripon	59.02

LADIES VETERANS

1. P. Line	Settle	71.53
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Matthew Moorhouse, 6th at Pen-y-Ghent but pictured here winning Whittle Pike
Photo: Eileen Woodhead

VETERANS O/50

1. D. Spedding	Kesw	3.29.00
2. K. Darr	Clay	3.35.00
3. R. Bell	Ambie	3.48.00
4. R. Stephenson	Kesw	4.03.00
5. M. Pitchford	CFR	4.07.00

LADIES

1. S. Rowell	P&B	3.24.00
2. A. Mudge	Carn	3.34.00
3. W. Dodds O/35	Clay	4.29.00
4. N. Davies	Ambie	4.40.00
5. C. Menkennet O/35	W'lands	4.42.00
6. K. Beaty O/35	CFR	4.52.00
7. L. Thompson	Kesw	4.58.00
8. S. Hodgson	Ambie	5.03.00
9. J. Sullivan O/35	Clay	5.18.00
10. H. Slater	Tod	5.25.00

SHORT RACE

1. D. Parmenter V	BCR	1.54.00
2. A. Green	Pock	2.06.00
3. D. Darker V	Pensby	2.06.00
4. N. Cowley V	Merc	2.27.00
5. R. Stepp	P&B	2.29.00

LADIES

1. V. Gill V	BCR	2.24.00
2. A. Grivastava	P&B	2.29.00
3. A. Dinsmoor	Penn	2.33.00
4. G. Goldsmith V	DkPk	2.47.00
5. C. Crawshaw V	BCR	3.01.00

DUDDON VALLEY FELL RACE
Cumbria
AL/20m/6000ft 3.6.95

This year was the third time the race has been selected as a championship race, resulting in a record field. Unfortunately the weather was far from perfect with very low cloud and poor visibility for most of the race, only clearing at the last stages of the course.

Gavin did well to beat Mark by six feet considering his fall on gravel only fifty yards from the finish, no doubt caused by Mark breathing down his neck.

Many thanks as always to those who help with the event, be it in the field, on the fell, providing equipment, and land access. All their time is given freely.

Thanks to Chris Burgess at the Newfield Inn and S&N and WBG for their contributions.

Next year's race will be held on the 1st June 1996. See you then.

Martyn Jones

1. G. Bland	Borr	2.54.00
2. M. Rigby	Ambie	2.54.00
3. P. Sheard	P&B	2.55.00
4. J. Bland	Borr	2.56.00
5. S. Booth	Borr	2.56.00
6. R. Jamieson	Ambie	2.57.00
7. G. Devine	P&B	2.58.00
8. M. Roberts	Borr	2.58.00
9. I. Holmes	Bing	3.04.00
10. G. Wilkinson	Clay	3.11.00
11. M. Wallis	Clay	3.11.00
12. A. Schofield	Borr	3.15.00
13. J. Davies	Borr	3.15.00
14. J. Hodson	Ambie	3.16.00
15. S. Jackson	Horw	3.18.00
16. S. Shuttleworth	Ambie	3.18.00
17. I. Deegan	P&B	3.18.00
18. J. Thin	Cam	3.19.00
19. D. Copley	CFR	3.20.00
20. G. Huddleson	Clay	3.20.00
21. R. Lawrence	Bing	3.22.00
22. N. Laughan	BCR	3.23.00
23. D. Nuttall	Clay	3.23.00
24. M. Fleming	Ambie	3.22.00
25. T. Hesketh	Horw	3.24.00
26. S. Rowell	P&B	3.24.00
27. M. Keys	Ross	3.25.00
28. S. Hicks	Borr	3.25.00
29. W. Bell	CFR	3.26.00
30. S. Houghton	CalderV	3.28.00

VETERANS O/40

1. S. Jackson	Horw	3.18.00
2. T. Hesketh	Horw	3.24.00
3. W. Bell	CFR	3.26.00
4. S. Houghton	CalderV	3.28.00
5. H. Jarrett	CFR	3.31.00

MALLERSTANG AND NINE STANDARDS YOMP
Cumbria
CL/23m/2000ft 4.6.95

Mallerstang and Nine Standards Yomp '95, a total of four hundred and seventy entries were received which is a record for the event. One hundred and eighteen of these entries were for the half Yomp.

Seven entrants retired from the course. Thankfully there were no casualties and the major problem was with blistering.

Red Cross manned each of the main checkpoints and gave on the spot treatment. Raynet also manned each checkpoint and kept in constant touch with the base to ensure all entrants were accounted for.

The day started dull with some bright spells and early mist soon cleared from the high points. Later in the afternoon it rained and became quite misty, but the yompers were able to follow the well flagged route to complete the course.

The fourteenth annual yomp is scheduled for 9th June 1995.

PS. Our classification of 'CL' is, I am told - not correct. Several fell runners say the aggregate climb puts it in to 'AL' and they say they have been on less arduous 'AL' events.

N.B. A 23 mile race needs almost 6000' of climb to be an 'A'. Although long, the Yomp averages just 87' per mile of climb, technically not enough for a category C! - Ed

1. S. Moffatt	Howg	3.08.00
2. M. Higginbottom	Unatt	3.08.00
3. E. Crook	Unatt	3.14.00
4. M. Innes	Unatt	3.14.00
5. K. Robson	Tyne	3.19.00
6. R. Symonds	Kend	3.19.00
7. K. Dacre	Kend	3.25.00
8. P. Brittleton	Tyne	3.25.00
9. N. Cassidy	Kend	3.26.00
10. C. Speight	Unatt	3.27.00

VETERANS O/60

1. R. Moulding	Preston	3.54.00
2. B. Christie	Wigton	4.03.00
3. N. Wooding	Linc	5.14.00

LADIES

1. J. Finney	Unatt	3.44.00
2. J. Meeks	Unatt	4.07.00
3. A. Dixon	Unatt	4.20.00
4. B. Cundall	Unatt	4.25.00
5. S. Brookes	Kend	4.41.00
6. D. Shedden	Unatt	4.41.00
7. R. Dunk	Unatt	4.44.00
8. C. Jeffis	Unatt	4.44.00

JUNIORS

2. C. Skelton	1st Briggs	5.25.00
2. P. Moss	1st Briggs	5.42.00
3. A. Langley	St. Helens	5.58.00

EDENFIELD FELL RACE
Lancashire
BM/7.5m/1600ft 4.6.95

After a long period of dry weather, the previous day's rain did little to slow the course, only add a few spots of mud.

Local runner, D. Beels of Rochdale, led from the start with a following pack of three to four. By the finish Sean Willis had won his first Edenfield fell race. In the Ladies race Jean Rawlinson's late entry did not slow down her race speed, being almost five minutes clear.

W. Smith

1. S. Willis	Ambie	45.13
2. R. Rawlinson	Ross	45.41
3. M. Newby	Ross	46.08
4. P. Howarth	Mid'ton	46.11
5. K. Smith	CalderV	46.26
6. A. Cruthers	Craw	47.08
7. P. Lyons	Ross	47.17
8. I. Greenwood	Clay	47.37
9. N. Gotts	Ross	47.45
10. D. Beels	Roch	49.07

VETERANS O/40

1. R. Rawlinson	Ross	45.42
2. N. Gotts	Ross	47.45
3. D. Beels	Roch	49.07
4. L. L'anson	Kesw	50.16
5. T. Harden	Ross	52.27

VETERANS O/45

1. P. Lyons	Ross	47.17
2. B. Rawlinson	Ross	49.10
3. A. Fielding	Bolt	49.18
4. K. Mayer	Bolt	58.36
5. G. Hoare	Clay	61.15

VETERANS O/60

1. R. Frances	Bury	65.05
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LADIES

1. J. Rawlinson	Clay	55.44
2. J. Johnson O/40	Denby	59.31
3. L. Bostock O/35	Clay	59.45
4. J. Sandertands	Roch	75.36
5. P. Dore O/40	Roch	75.36



Jonny Bland, 4th at Duddon, pictured at Gatesgarth
Photo: John Cartwright

STEEL FELL RACE

Cumbria

AS/3m/1150ft 4.6.95

1. S. Booth	Borr	21.02
2. J. Bland	Borr	21.26
3. L. Gibson U/18	CFR	21.30
4. P. Boyd	Horw	21.38
5. A. Maloney	Roch	22.07
6. G. Ehrhardt U/18	Tod	22.20
7. A. Turner U/18	Bux	22.36
8. D. Stuart	Kesw	22.57
9= J. Blackett	Mand	23.04
9= M. Fleming	Amble	23.04

VETERANS O/40

1. D. Bodecott	CFR	25.10
2. P. Weatherhead	Wirral	25.17
3. K. Masser	Ross	26.30
4. N. Walker	Amble	26.31
5. A. Cowley	Ross	30.05

VETERANS O/45

1. C. Wilkinson	Bing	25.25
2. A. Smith	Holm	29.20
3. D. Buckley	Bolt	31.50

VETERANS O/50

1. T. Targett	Clay	29.30
2. P. Green	Denby	35.58

LADIES

1. A. Brand-Barker	Eryri	26.01
2. V. Wilkinson U/18	Bing	28.07
3. E. Middleton U/18	Charn	31.44
4. R. Jelley U/18	Charn	31.49
5. H. Clare U/18	L&M	32.18

BOYS U/16

1. C. Livesey	Preston	16.22
2. R. Slater	Kly	17.01
3. J. Hart	O&R	17.21

GIRLS U/16

1. G. Adams	Bristol	19.06
2. L. Pickles	Chor	21.53
3. N. Jones	Chor	21.53

BOYS U/14

1. S. Reid	Kend	12.38
2. S. Savage	Amble	13.07
3. A. Sutton	Preston	13.38

GIRLS U/14

1. E. Hopkinson	Skip	15.53
2. S. Duniec	Holm	16.33
3. S. Jones	Chor	17.30

BOYS U/12

1. C. Swire	Clay	8.26
2. M. Smith	Horw	8.35
3. J. Mason	Kly	8.48

GIRLS U/12

1. S. Cowley	Ross	11.09
2. H. Whightman	Horw	11.11
3. C. Boardman	Horw	12.26

MUNCASTER LUCK FELL RACE

Cumbria

BM/10m/1800ft 4.6.95

Once again a small but select field. An impressive performance by Brian Thompson who led virtually from start to finish and a brave attempt by Gary Byers to retain the cup and make it three in a row.

Thanks also to all those who helped on the day, and thanks to Muncaster Estates for their continuing support and sponsorship.

1. B. Thompson	CFR	1.20.03
2. R. Suddaby	Unatt	1.22.23
3. G. Byers	CFR	1.23.03
4. D. Ratcliffe	Ross	1.27.06
5. A. Smith	CFR	1.28.13
6. D. Jones	Helt	1.28.27
7. G. Regan	CFR	1.29.07
8. C. Webb	CFR	1.29.34
9. K. Mingins	Unatt	1.29.59
10. P. Ford	CFR	1.30.21

VETERANS O/40

1. G. Regan	CFR	1.29.07
2. C. Webb	CFR	1.29.34
3. C. Cote	Kend	1.32.56

VETERANS O/50

1. P. Duffy	Aber	1.42.59
2. A. Suddaby	B'liners	1.59.43

LADIES

1. C. Banlin	Hels	1.42.15
2. S. Lewsley	Kesw	1.49.14
3. K. Nodop	Unatt	2.12.05



Andy Maloney, 5th at Steel Fell, here pictured on his way to 2nd at Wadsworth

Photo: Eileen Woodhead

BLENCATHRA FELL RACE

Cumbria

AM/8m/2700ft 6.6.95

Another wonderful English summer evening. Reduced entries to fifty nine. A few did not negotiate the full course and the odd one visited Blencathra twice, but despite the visibility, all returned safely in reasonable time. Course record holder, Alan, showed what he can do when fully fit as he came home well clear and even found time to go and see if he could find Sharp Edge on the way back. Nicola Davies, a local was an impressive winner, only a minute outside the record. My special thanks to Ralph Stephenson for marshalling on Blencathra.

J. Stout

1. A. Bowness	CFR	62.47
2. J. Bland	Borr	66.01
3. J. Davies	Borr	66.34
4. M. Forrest	C'mont	67.58
5. R. Suddaby		68.11
6. A. Schofield	Borr	69.40
7. D. Stuart	Kesw	71.39
8. N. Elstone	Kesw	72.05
9. M. Higginbottom	Howg	72.08
10. J. Arnold	CFR	74.24

VETERANS O/40

1. M. Hewitt	L&M	74.46
2. L. L'anson	Kesw	75.07
3. P. Corris	L&M	79.27
4. J. Brockbank	Amble	85.25
5. D. Doumis	WCOO	89.45

VETERANS O/45

1. R. Jackson	CFR	89.55
2. P. Hamilton	Kesw	91.54
3. S. Beaty	Tyne	93.44
4. S. Sharp	CFR	95.44
5. D. Hugill	AchRat	97.40

VETERANS O/50

1. M. Carson	Kesw	81.47
2. P. Dowker	Kend	86.27
3. G. Causey		94.42

VETERANS O/55

1. B. Booth	Kesw	86.51
2. H. Blenkinsop	Kesw	88.41

LADIES

1. N. Davies O/35	Unatt	75.38
2. A. Jones	Unatt	102.44
3. K. Jones	Unatt	112.25
4. J. Kirtland O/40	Kesw	113.03

BODDINGTONS PADDY'S POLE

FELL RACE

Lancashire

AS/4.5m/1100ft 6.6.95

A wet and dismal evening greeted the two hundred and three hardy souls who made their way to Fell Foot for the eighth Paddy's Pole race. Although only four and a half miles, a navigation error near the top of Fairsnape could result in runners dropping to the north into wild valleys, miles from civilisation. The race was delayed for a few minutes as runners were persuaded where possible to fetch cagoules and compasses from their cars. The emphasis on safety and not running around the fells like headless chickens must have paid off, as no-one got lost, even though the clag was down to field level.

After taking second and third places, Barry Burns of Preston Harriers won the race in thirty minutes and eighteen seconds, an impressive time, in view of the weather and only eighty five seconds outside the record. Sean Livesey of Clayton, a previous winner and regular competitor was second back just nineteen seconds later. The men's over forty category was won by R. Taylor of Stockport, and no prizes for guessing who won the men's over fifty class? John Nuttall of Clayton has won the over forty class on three previous occasions, and this was his third win as a veteran over fifty.

The ladies race was dominated by veterans, who took the first three places. Janet Kenyon ran strongly, finishing one minute, forty five seconds ahead of Vanessa Brindle. It was good to see Vanessa competing again with her usual determination after a few 'quiet years'.

Generous support was provided again by Boddingtons, in the form of seven inch cylinders. The landlord of the Talbot Hotel Chipping, Des Wilson, coped with the numbers amazingly well, and thanks to Boddingtons Pubs, two hundred free pie 'n' peas and special alcoholic prizes were handed out. For the first time, the prize giving in the back garden was a washout! Bedraggled runners and friends braved the elements to receive generous supplies of the Cream of Manchester, and it became a race against time to hand out over five hundred cans of Boddingtons Draught, before the results became too pulped to read. Despite the weather, spirits did not seem too dampened, and back inside the pub, the food and drink was much appreciated. All this for a princely sum of one pound and twenty pence.

The organisation of a race is more fraught than usual when the weather is poor, and this year the helpers were stretched to the limit. My heartfelt thanks to the friends who helped. Good running in 1995, and see you all in June, 1996.

Martin Stone

1. B. Burns	Preston	30.18
2. S. Livesey	Clay	30.37
3. B. Banks	Black	31.09
4. G. Wilkinson	Clay	31.32
5. G. Patten	Unatt	31.39
6. P. Thompson	Black	31.46
7. S. Thompson	Clay	31.49
8. D. Nuttall	Clay	32.19
9. I. Greenwood	Clay	33.09
10. R. Taylor	Stock	33.16

VETERANS O/40

1. R. Taylor	Stock	33.16
2. B. Mitchell	Clay	33.46
3. P. Lambert	Clay	33.51
4. B. Rawlinson	Ross	34.33
5. A. Spicer	Ross	34.42

VETERANS O/50

1. J. Nuttall	Clay	35.22
2. K. Carr	Clay	36.19
3. R. Jaques	Clay	38.23
4. J. Nolan	Black	38.27
5. D. Simpson	Preston	38.31

VETERANS O/60

1. D. Barton	Clay	43.03
2. B. Leathley	Clay	45.50

LADIES

1. J. Kenyon O/35	Horw	34.57
2. V. Peacock O/35	Clay	36.42
3. J. Rawlinson O/35	Clay	39.41
4. P. Walsh	Preston	40.47
5. M. Leck	L&M	43.33
6. S. Rawlinson	Unatt	45.56
7. J. Hindle O/35	Clay	46.27
8. L. Unsworth	Chor	46.41

**WALKER RUN
West Yorkshire
AS/2.25m/650ft 7.6.95**

Warrington almost had a winner at the new Walker Run, but John Hey went astray with the finish almost in sight, and allowed Holmfirth Harrier, Brian Crowther to cross the line first.

Hey had led from the start of this tough up and downer, over two and a half miles of rugged country near Huddersfield. But his lapse, which might have had something to do with mischief making children moving markers, let in the young Holmfirth orienteer, although he was hard pressed all the way to the finish by Calder Valley's Karl Smith.

The event, being run for the first time in a new format and over a new course, could have been a Holmfirth club training run. Thirteen of the twenty eight entries came from the club, and they produced the first lady home in Lisa Lacon, the first junior in Steven Asquith, first veteran and first over fifty.

One of the highlights was the appearance of former British and English Fell Champion, Andy Styan, who showed he has lost none of his descending ability, by storming down the near vertical sections to finish a worthy fifth.

Many thanks to the farmers who allowed the event to go over their land (please note, there is no training on the course), the competitors, the marshals, and Hepworth Sports Club, which hosted the event.

Reactions after the runners finally got to the finish varied from stunned silence to a wheezing 'bloody hell'. Hopefully such accolades will mean more runners next year, better prizes and just as much fun.

Dave Overend

1. B. Crowther	Holm	16.07
2. K. Smith	CalderV	16.16
3. J. Rank	Holm	16.22
4. J. Hey	Warr	16.24
5. A. Styan	Holm	16.39
6. J. Cartwright	Denby	16.50
7. M. Holroyd	HolmeV	17.06
8. S. Asquith	Holm	17.38
9. P. Hadin	Holm	17.51
10. M. Sunderland	Hudds	18.02

VETERANS O/40

1. A. Styan	Holm	16.39
2. W. Gibbins	Unatt	18.21
3. J. Adair	Holm	18.32
4. I. Wainwright	Holm	18.47
5. M. Sizer	Holm	18.56

VETERANS O/50

1. T. Cock	Holm	18.57
2. D. Cartwright	P'stone	22.48

LADIES

1. L. Lacon	Holm	19.04
2. J. Town O/35	Denby	22.24
3. S. Duniec	Holm	22.29

JUNIORS

1. S. Asquith	Holm	17.38
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Vanessa Peacock, Clayton. Second at Paddy's Pole Photo: Steve Bateson

**KETTLESHULME ROSE QUEEN
FELL RACE
Cheshire
BM/6m/850ft 7.6.95**

The weather was cool, dry and windy. The fact a marshal fell asleep and failed to open two gates, did not stop Nick Peach breaking the course record by one minute and forty one seconds.

The Ladies record remained intact by just two seconds.

Despite record entries of one hundred and fifty seven runners, new car parking facilities prevented all congestion on village roads, and kept the start and finish area clear.

Apart from the aforementioned marshal all road crossing and gates were well marshaled earning praise from competitors.

The results were quickly available, thanks to Dave Jones and helpers.

Ray Lonas

1. N. Peach	Sale	36.26
2. G. Cudahy	Stock	37.02
3. D. Gartley	Gloss	37.14
4. P. Deaville	Gloss	37.21
5. G. Watson	Alt	37.53
6. M. Williams	Penn	38.43

VETERANS O/40

1. B. Gregory	Stock	39.28
2. D. Mellor	Penn	41.03
3. G. Smith		42.19

VETERANS O/45

1. R. Taylor	Stock	39.50
2. J. Kershaw	Macc	40.33
3. A. Brenthall	Penn	42.02

VETERANS O/50

1. J. Morris	Penn	44.09
2. C. Radcliffe		45.43
3. M. Morrison		50.11

VETERANS O/60

1. P. Duffy	Aber	47.29
2. B. Thackery	DkPk	40.10

LADIES

1. C. Banlin O/35	Hels	44.19
2. A. Jones O/40	Alt	46.08
3. K. Harvey O/35	Alt	46.17

**GLOSSOPDALE WOMEN'S FELL
RACE Derbyshire
BS/3.5m/700ft 8.6.95**

1. R. Dunnington O/35	ECH	31.50
2. S. Newman	Gloss	33.23
3. D. Duniec Jun	Holm	34.26
4. G. Markham O/35	MelthZ	39.13
5. I. Bradwell O/45	ECH	40.12
6. W. Sykes O/35	MelthZ	43.39
7. H. Bell	Gloss	43.48
8. L. Sparkes O/35	Gloss	
9= H. Stravinides O/45	Unatt	52.52
9= A. Howarth O/45	Unatt	52.52

**CASTLETON FELL RACE
Derbyshire
AM/6m/1500ft 9.6.95**

A cool cloudy evening but, thankfully, no repetition of last year's thunderstorm. An increased entry in the senior event which included our supporters from Portsmouth! The course was hard and dry making for, on average, faster times.

This could be due to the fact that much of the track up to Losehill and along the ridge to Marn Tor has been paved! A comment from one competitor was that it was more like a road run! There were also many favourable comments and I hope that the event will continue to increase in popularity. The event was once again sponsored by Brian Johnson of the Old Barn Outdoor Shop, Castleton, who provided many spot prizes, including a couple of fleece jackets.

Sean Willis won the senior event in a time just outside the course record, but Katherine Harvey improved her previous time to set a new ladies' course record.

The Junior event was not very well supported with only nine competitors taking part. However, the winner, Simon Bailey, set a new junior record of 20.31.

Many thanks to all the people who helped to make it such a successful event.

Mick Mattia

1. S. Willis	Amble	41.43
2. M. Hayman	DkPk	41.59
3. P. Gebbett	Notts	42.19
4. R. Pearson	Hallam	43.24
5. A. Jenkins	Unatt	43.33
6. K. Davis	P'stone	44.19
7. R. Hutton	DkPk	44.30
8. A. Carruthers	Unatt	44.42
9. M. Williams	Penn	44.47
10. M. Wilson	Hallam	44.51

VETERANS O/40

1. R. Pearson	Hallam	43.24
2. K. Davis	P'stone	44.19
3. J. Cant	DkPk	46.05
4. J. Spencer	Hallam	48.13
5. G. Smith	Unatt	48.23

VETERANS O/50

1. D. Trickett	Hallam	48.07
2. J. Armitstead	DkPk	48.22
3. R. Pritchard	Unatt	48.57
4. T. Trowbridge	DkPk	52.58
5. M. Morrison	Gloss	56.15

VETERANS O/55

1. B. Wilson	DkPk	50.26
2. A. Webster	Unatt	60.53
3. M. Roberts	Bing	67.28

LADIES

1. K. Harvey O/35	Altr	51.44
2. C. Crofts	DkPk	52.38
3. Y. Williams	Penn	56.04
4. M. Mills	HolmeP	57.19
5. J. Welbourne O/45	P'stone	57.22
6. A. Dinsmore O/45	Penn	61.21

JUNIORS

1. S. Bailey	StaffsM	20.31
2. N. Winfield	Stock	23.27
3. R. Jones	Unatt	25.56

INTERMEDIATES

1. B. Goffe	PennO	48.18
2. A. Marshall	Castle	52.29
3. R. Buckley	Unatt	44.54

RAS CARNEDDAU

Gwynedd

AM/10m/3500ft 10.6.95

1. G. Williams	Eryri	1.35.19
2. P. Jenkinson	Eryri	1.55.10
3. K. Prytherch	Eryri	1.55.30
4. J. McQueen	Eryri	1.55.20
5. D. Williams	Eryri	1.55.12
6. J. Hunt	Eryri	1.55.48
7. E. Evans	Eryri	1.55.36
8. G. Owen	Eryri	1.55.55
9. R. Powell	Eryri	1.59.40
10. S. Woods	MDC	2.02.40

VETERANS O/40

1. G. Owen	Eryri	1.55.55
2. T. Brand-Barker	Eryri	2.06.24
3. M. Gilbert	CBAC	2.11.09
4. R. Roberts	Eryri	1.58.29

VETERANS O/50

1. D. Williams	Eryri	1.55.12
2. G. Windon	Glos	2.03.58
3. A. Oliver	Eryri	1.58.20

LADIES

1. S. Woods O/35	MDC	2.02.40
2. A. Brand-Barker	Eryri	1.58.24
3. M. Angharad O/35		1.58.24
4. S. Farrar O/35	Eryri	2.21.01

ENNERDALE HORSESHOE

FELL RACE

Cumbria

AL/23M/7500FT 10.6.95

The race entry, up this year by 8%, set off a field of eighty eight starters to complete "only the best run in the calendar." Eighty four finished on a day of overcast but humid weather conditions. J. Bland made an early break away from the field by Red Pike and won with comfort in 3.42.55.

The race passed without major incident with all runners completing inside seven hours. Thanks to all who took part.

C. Dulsan

1. J. Bland	Borr	3.42.55
2. J. Davies	Borr	3.56.39
3. M. Fleming	Amble	4.03.49
4. C. Dulsan	CFR	4.08.09
5. A. Davies	Unatt	4.08.15
6. S. Young	CFR	4.08.25
7. S. Shuttleworth	Amble	4.08.52
8. J. Birkinshaw	MOOC	4.16.20
9. P. Smith	BCR	4.20.26
10. D. Rosen	L&M	4.20.46

VETERANS O/40

1. S. Young	CFR	4.08.25
2. D. Rosen	L&M	4.20.46
3. M. Richardson	Amble	4.23.52
4. K. Masser	Ross	4.26.24
5. I. Block	CFR	4.37.26

VETERANS O/45

1. P. Pittson	Erewash	4.21.21
2. J. Nixon	Horw	4.26.36
3. M. Crook	Horw	4.30.38
4. J. Crummett	CFR	4.44.37
5. R. Hopkinson	Unatt	5.12.26

VETERANS O/50

1. R. Bell	Amble	4.28.49
2. M. Pitchford	CFR	4.49.38
3. J. Amies	Macc	4.49.48
4. J. Naylor	CFR	4.59.42
5. M. Coles	Skyrac	5.09.27

LADIES

1. K. Arnold	CFR	5.06.51
2. E. Moody	WCOC	5.22.29
3. C. Roberts O/35	CaldV	5.11.55
4. A. Stott O/40	B'liners	5.47.08
5. D. Patton O/35	CFR	5.53.40

WHALLOPER WELL WHIZZ

Lancashire

BM/9m/1450ft 11.6.95

Cooler conditions, not so big a turnout, only two under the hour, but both records were broken. Graham Patten, returning north, stamped his authority early on, but couldn't shake Ian Greenwood off until he emerged from the wood, and then found another gear on the long climb back to the top. Janet Kenyon took first Lady and the record, with a powerful run that gave her ninth overall.

I don't know who mowed the heather along some of the tracks (no - it wasn't me with the flymo!) but it made running a lot easier. The course (harder than it looks on paper) doesn't give much chance to recover as it's all runnable, but does offer a variety with road, track, fell and woodland.

Thanks to all who took part with a special thanks to Alan and Carol Greenwood who did an eighty mile round trip to help me flag on the Saturday night. Hope to see you all next year.

G. Newsam

1. G. Patten	Bath	56.44
2. I. Greenwood	Clay	59.14
3. S. Taylor	Clay	60.07
4. P. Irwin	Ross	60.36
5. A. Life	Clay	61.27
6. G. Finch	N'burgh	62.49
7. M. Addison	Clay	62.52
8. W. Brown	Unatt	62.55
9. J. Kenyon	Horw	62.56
10. P. Aldersley	ManYMCA	63.08

VETERANS O/40

1. P. Wiss	Imper	63.44
2. T. Broomfield	Imp	65.42
3. A. Green	BfDA	67.51
4. W. Mitchell	Unatt	68.19

VETERANS O/45

1. P. Aldersley	ManYMCA	63.08
2. J. Linley	NthnV	65.58
3. N. Copeland	Lostock	71.43
4. C. Hack	P'mouth	74.09

VETERANS O/50

1. G. Howard	Ilk	66.21
2. P. Heneghan	Bolt	68.73
3. C. Taylor	Clay	68.54
4. C. Magdin	Unatt	69.56

LADIES

1. J. Kenyon O/35	Horw	62.56
2. V. Peacock O/40	Clay	68.51
3. L. Lord O/40	Clay	75.27
4. C. Dewhurst	Clay	77.31
5. M. White	Horw	79.31

AONACH MOR HILL RACE

Scotland

AM/10m/3600ft 11.6.95

1. J. Brooks	LAC	1.14.23
2. B. Marshall	HELP	1.15.39
3. I. Murphy	Clydes	1.19.19
4. J. Hepburn	LAC	1.19.32
5. T. Brand	Liv	1.23.21
6. J. Shields	Clydes	1.24.13
7. G. Brooks	LAC	1.25.58
8. R. Boswell	LAC	1.29.40
9. J. Maitland	LAC	1.30.05
10. S. Loone	Green	1.32.53

VETERANS O/40

1. G. Brooks	LAC	1.25.58
2. R. Boswell	LAC	1.29.40
3. R. Greenaway	Ochil	1.39.53

VETERANS O/50

1. J. Shields	Clydes	1.24.13
2. D. MacDonald	LAC	1.47.49

LADIES

1. C. Menhennet O/35	W'lands	1.37.14
2. H. Searle O/35	LAC	1.56.07

WAUGH'S WELL FELL RACE

Lancashire

AS/4m/1000ft 14.6.95

A fine though cool evening (ask the marshals!) greeted a record one hundred and forty runners in the third Waugh's Well Fell Race, Scout Moor proved very dry and on the slightly altered course, five records fell.

Mervyn Keys repeated his 1993 win defeating Mark Aspinall in the last two hundred metres, and Andy Maloney was also inside the old time. First Junior was George Ehrhardt (record), new veteran, Chris Davies, couldn't stop grinning at the sight of the trophies he won, while Dennis Kearns took Norman Berry's Over 50's record.

Vanessa Peacock smashed Jean Rawlinson's record by three minutes in fortieth overall. Jean settled for second lady with son Barry in eighteenth and daughter Sara in one hundred and first position. Rosendale packed five into the first thirteen places but the team (four runners) fell to Clayton by one point. Among many good runs, fourteen year old Matthew Huxley deserves a mention for a fine thirty first overall.

The race is marked by increasingly cordial co-operation between local people and stalwarts of Rosendale A.C. Dave at the Plane Tree presented a new Brian Bispham Veteran's trophy. Bernard and Jenny Kelly, of sponsor Benson's Beds, gave out the prizes, while Cath Hignett was "indefatigable" in behind-the-scenes organisation. Harvey Magnall, of the Fisheries Restaurant and Ian Kerr, of Marshall's Quarries, provided generous sponsorship yet again towards the constant aim of a new safe children's playground in Turn Village. Bleakholt Animal Sanctuary provided magnificent facilities and made an offer for Mervyn and Jan's dog.

P. Jepson

1. M. Keys	Ross	29.40
2. M. Aspinall	Clay	29.49
3. A. Maloney	Roch	30.12
4. G. Ehrhardt	Tod	31.51
5. K. Smith	CaldV	31.59
6. M. Brown	Clay	32.05
7. J. Hey	Warr	32.07
8. M. Newby	Ross	32.13
9. I. Greenwood	Clay	32.19
10. D. Wilkinson	Roch	32.28

VETERANS O/40

1. C. Davies	Saddle	34.07
2. F. Judge	Clay	34.35
3. N. Hindle	Altr	35.51
4. K. Masser	Ross	36.33

VETERANS O/45

1. J. Dore	Roch	34.43
2. J. Linley	NthnV	36.28
3. N. Harris	NthnV	37.26
4. R. Cowling	Unatt	38.09

VETERANS O/50

1. D. Kearns	Bolt	34.48
2. J. Talbot	Tod	36.36
3. T. Peacock	Clay	37.40
4. R. Wilkinson	Clay	40.44

VETERANS O/55

1. R. Orr	Clay	42.39
2. G. Arnold	Prest	43.30

VETERANS O/60

1. R. Francis	Bury	45.33
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LADIES

1. V. Peacock O/40	Clay	36.35
2. J. Rawlinson O/40	Clay	38.48
3. D. Fleming O/40	Ross	39.15
4. L. Bostock O/35	Clay	41.33
5. L. Lagan	Bolt	43.03

JUNIORS

1. G. Ehrhardt	Tod	31.51
2. J. Hart	OldRoy	34.36
3. M. Huxley	Ross	35.50

GRINDLEFORD CARNIVAL

FELL RACE

Derbyshire

BS/4m/550ft 15.6.95

Grindleford is the first of the summer evening Hope Valley Series. A fine evening despite threatening clouds earlier. Apart from a diversion from the (marked) route by the leaders, a splendid occasion was enjoyed by all with a near record turnout of 327 runners, all of whom finished.

Frank Galbraith

1. G. Cudañy	Stock	29.35
2. M. Wilson	Hallam	29.39
3. P. Boler	Unatt	29.40
4. P. Gebbett	Notts	29.52
5. T. Teat	DkPk	29.53
6. D. Gibbous	RonHill	30.07
7. S. Oglethorpe	DkPk	30.11
8. K. Davis	P'stone	30.26
9. S. Holliday	L'pool	30.31
10. N. Stone	Stoke	30.47

VETERANS O/40

1. K. Davis	P'stone	30.26
2. J. Cant	DkPk	31.35
3. A. Batty	Wood	33.30
4. N. Boler	Unatt	33.38
5. G. Wilding	SteelC	33.40

LADIES

1. D. Challanain	DkPk	40.04
2. D. Pelly O/35	SYO	40.19
3. C. Brunt O/35	Unatt	40.30
4. S. Sheridan O/35	Unatt	40.33
5. S. Newman	Gloss	40.42

SOUTH STAINMORE FELL RACE

Cumbria

BS/5m/656ft 15.6.95

This was the fourth running of the South Stainmore Fell Race. There was a good turnout with forty three runners. Conditions were very good if a little windy and overcast at the start. However, this resulted in both male and female records being broken. John Atkinson won with ease as did Alison Lenderyou leaving last year's winner and previous record holder, Denise Tunstall, in second place. Denise had won the three previous years. The race for the team honours was very close with Ambleside just beating the local team, Howgill, into second place.

David Brass

1. J. Atkinson	Amble	29.12
2. G. Nuffitt	Howgill	30.44
3. P. Kelly	Darl	31.24
4. B. Evens	Amble	31.35
5. S. Moffat	Howgill	31.49
6. G. Bastow	Swale	31.59
7. P. Brittleton	Howgill	32.05
8. A. Sheddou	Howgill	33.03
9. P. Thurlow	Amble	33.28
10. A. Tait	Tyne	33.46

VETERANS O/40

1. C. Patterson	Darl	34.39
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VETERANS O/50

1. A. Tait	Tyne	33.46
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VETERANS O/55

1. G. Muffitt	Howgill	30.44
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VETERANS O/60

1. P. Dyson	Tees	44.02
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LADIES

1. A. Lenderyou	Darl	39.50
2. D. Tunstall	Tees	45.06
3. L. Unsworth	Kend	48.32

YR EIFL**Gwynedd****AS/4.5m/1800ft 17.6.95**

A tortuous race starting on the beach, a non-stop ascent to the summit of Yr Eifl, descending down through the old quarry working back to the beach, followed by a short ascent to finish on the green of the restored village of Nant Gwythebyn.

Local fireman, Paul Jenkinson, led all the way increasing his lead on the descent to come in to win and taking ten seconds off Colin Donnelly's three year old record. Second was James McQueen ahead of Eilir Evans and first Veteran was Gwynfor Owen.

The second record of the day to fall was Menna Angharad taking nearly two minutes off her own Veteran Ladies' record finishing in seventh place overall, whilst Tina Dewsnap was first Open lady and twentieth place.

In the absence of Don Williams, Emyr Davies took the first Veteran O/50 ahead of Wrexham's Mike Edwards and Saddleworth's Paul Blackborough.

Mike Blake

1. P. Jenkinson	Eryri	34.52
2. J. McQueen	Eryri	38.45
3. E. Evans	Eryri	38.58
4. G. Owen	Eryri	39.32
5. K. Prydderch	Eyri	40.12
6. S. Banard	Eyri	41.14
7. M. Angharad	Eryri	44.15
8. R. Roberts	Eryri	44.17
9. D. Ligesev	Denb	44.22
10. T. Roberts	Eryri	44.34

VETERANS O/40

1. G. Owen	Eryri	39.32
2. R. Roberts	Eryri	44.17
3. D. Ligesev	Denb	44.22
4. M. Blake	Eryri	44.36

VETERANS O/50

1. E. Davies	Eryri	47.06
2. M. Edwards	Wrex	47.31
3. P. Blagborough	Sadd	47.53

LADIES

1. M. Angharad O/35	Eryri	44.15
2. T. Dewsnap	Eryri	50.59
3. S. Farrar O/35	Eryri	51.17
4. N. Lloyd O/35	Wrex	61.38

CADER IDRIS**Gwynedd****AM/10.5m/2900ft 17.6.96**

A disappointing turnout for the fifth running of the Cader Idris race owing to a change of date and poor local support. Nevertheless, the standard was good and a new record was made by Colin Donnelly when lowering the present record by six seconds. Colin was first to the summit with a lead of 3.53 minutes and only just over half a minute on the descent to John Hunt, who came second in a good time of 1.23.16.

Alan Duncan was first Veteran home in 1.36.14. Ladies' winner, Katherine Harvey, ran a good race but the ladies' record still stands.

1. Colin Donnelly	Eryri	1.25.17
2. J. Hunt	S.Liv	1.28.26
3. P. Crowson	DkPk	1.33.37
4. J. Bass	MDC	1.33.56
5. D. Whitley	Calder	1.34.35
6. H. Mudge	BroDys	1.35.46
7. A. Duncan	S.Liv	1.36.13
8. J. Rank	Holm	1.36.40
9. R. Wilson	DkPk	1.38.17
10. R. Barry	N'brock	1.38.57

VETERANS O/40

1. A. Duncan	S.Liv	1.36.13
2. A. Nixon	MDC	1.45.13
3. M. Lucas	MDC	1.47.20
4. R. Pullen	Rhay	1.52.36
5. G. Barnes		1.53.47

VETERANS O/45

1. A. Jones	BroDys	1.47.12
2. J. Gwyn Evans	Aber	1.51.02
3. A. Robertson	Hels	1.55.55
4. C. Evans	Aber	2.27.08
5. A. Griffiths	BroDys	2.29.48

VETERANS O/50

1. T. Evans	BroDys	2.04.27
2. D. Connolly	Rhay	2.17.21

VETERANS O/55

1. I.A. Breakwell	Borr	2.07.31
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VETERANS O/60

1. T. Evans	BroDys	2.45.46
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LADIES

1. K. Harvey O/35	Alt	1.47.52
2. S. Woods O/35	MDC	1.53.00
3. J. Searle	DkPk	1.56.27
4. R. Naish O/35	Kend	1.59.48

JUNIORS

1. R. Davies	BroDys	17.24
2. J. Tyrrell	Dolg	18.58
3. W. Meady	Dolg	21.18

BLACKSTONE EDGE FELL RACE**Lancashire****AS/3.5m/1200ft 17.6.95**

As a lot of race organisers will tell you, it gets harder to organise races when you are not involved in the scene. When you are going to races and see your mates etc, help is close at hand and things just slot in to place, but lately the only thing I've been thinking about is how fast I can go on my bike. Boy do I miss fell running though.

Anyway, first of all, I must apologise about the prize giving or the lack of it for some, two days before the event I learned my computer man would not make it, so I had to revert to the sticky label system, sorry we were a bit rusty at it. We were stuck in a cold cow shed at the farm, with light fading, so sorry to all who could not wait at the pub, but at least every one was warm and beer was flowing.

Congratulations to Sean Livesey, still constant after all these years, just three seconds past his winning time in 1992, and a lot slower than his winning time in 1988. Nice to see, Merv Keys getting up there, I think he will win it next year.

Anyway, thanks to all you runners for turning up, I know the facilities are not brilliant, but if you keep coming, I will keep putting the races on.

Kev Sharp, Ex-runner.

1. S. Livesey	Clay	28.05
2. M. Corbett	Ross	28.26
3. M. Keys	Ross	28.32
4. A. Maloney	Roch	28.59
5. I. Ferguson	Bing	29.39
6. K. Stirrat	H'fax	29.56
7. J. Hey	Warr	30.00
8. C. Ehahart	Tup	30.03
9. A. Preedy	Unatt	30.19
10. R. Clucas	CFR	30.24

VETERANS O/40

1. R. Clucas	CFR	30.24
2. H. Waterhouse	Sadd	31.03
3. B. Waterhouse	Sadd	31.08
4. D. Beels	Roch	31.25
5. T. Spicer	Ross	32.02

VETERANS O/45

1. B. Rawlinson	Ross	31.31
2. I. Holloway	Roch	32.19
3. J. Dore	Roch	32.30
4. J. Barker	Roch	34.00
5. P. Nuttall	Ross	34.09

VETERANS O/50

1. P. Jepson	Ross	34.00
2. T. Dutton	YMCA	36.26
3. K. Talbot	Ross	37.48
4. D. McNiel	Sadd	38.44
5. E. Hoare	Clay	39.35

VETERANS O/55

1. J. Smith	Clay	38.46
2. H. Thompson	Clay	39.09
3. P. Davies	O&R	40.06

VETERANS O/60

1. B. Thackery	DkPk	39.46
2. D. Clutterbuck	Roch	42.25

LADIES

1. C. Cook	Roch	34.33
2. J. Rawlinson	Ross	34.49
3. D. Fleming	Ross	37.59
4. L. Bostock	Clay	39.18
5. S. Ratcliffe	Sadd	40.55
6. J. Docherty	Sadd	41.56
7. J. Sullivan	Clay	42.03
8. L. Brown	Sadd	42.10

INTERMEDIATES

1. B. Gorpe	EPOC	30.44
2. J. Hart	O&R	33.03
3. L. Goffe	EPOC	33.45
4. A. Lye	Unatt	39.19

GLEN ROSA HORSESHOE**HILL RACE****Isle of Arran****AL/13m/5500ft 17.6.95**

1. D. Cummins	Settle	2.28.31
2. G. Allsopp	ArranR	2.33.32
3. B. Robertson	ArranR	2.39.08
4. E. MacKay	PerthS	2.40.13
5. M. Abram	W'lands	2.43.28
6. D. Rogers	W'lands	2.43.28
7. P. Buchanan	Ochil	2.48.49
8. R. Scottney	Penn	2.53.15
9. S. Murray	Ochil	2.57.17
10. S. Briggs	Ochil	2.59.50

VETERANS O/40

1. M. Abram	W'lands	2.43.28
2. R. Scottney	Penn	2.53.15
3. M. MacLeod	W'lands	3.01.04

VETERANS O/50

1. G. Hall	Penn	3.30.16
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LADIES

1. J. Schreiber	P&B	3.35.40
2. P. McLaughlin O/35	W'lands	4.07.21
3. S. Kay O/35	DenbyD	5.08.39

ALFRED HULME GREAT HILL**FELL RACE****Lancashire****BS/5.5m/1200ft 17.6.95**

The Alfred Hulme Great Hill Fell Race returned after an absence of six years. The eighteenth running of this event saw a slightly longer course with more "rough terrain section". Conditions were slightly cold but, in general, favourable to good times. A group of four runners set the early pace reaching Drinkwaters together - it was at this point that International Graham Schofield, fell off the pace. Neil Wilkinson took control of the race at this point and pushed hard to the top of Great Hill reaching its summit fifteen seconds ahead. Neil, who has won many fell races in Scotland, finished first in a time of exactly 33 minutes. Top local runner, International and Veteran International Ken Moss, battled all the way with up and coming International Steve Barlow, to finish third in a time of 33.59.

Brinscall-based runner, Richard Smith, had an excellent run to finish fifth. An excellent run was had by John Lovick to finish in eighteenth place in a time of 38.32.

The female section saw Katherine Hill finish in 42.08, well ahead of Phillipa Walsh, whilst Phillipa's clubmate, Jane Hodgkinson, finished third. Elaine Leonard had an excellent run to finish fourth. The overall team prize went to Horwich on eleven points.

The Junior races were run over two and three miles. The Festival opened with the Under 13s and Under 17s races. In the two mile, Under 13s race, Peter Dickenson made history by retaining his title in a new course record of 12.13 knocking six seconds off his previous best. According to the records, no other runner in the history of the junior race has managed to do this! Lisa Richardson won the female race in 14.03.

In the three mile race for Under 16s, a large contingent of Holmfirth Harriers dominated the section. Steven Asquith retained his previous year's title whilst clubmate, Stevana Duniec, finished first female. The team prize went naturally to Holmfirth.

The organisers would like to thank all marshals, helpers, police and sponsors, especially Alfred Hulme Limited, NWWA, Matthew Brown plc, Tony Bolton Sports and local organisations for their support.

Terry Dickenson

1. N. Wilkinson	Salf	33.00
2. S. Barlow	Horw	33.48
3. K. Moss	Chorley	33.59
4. G. Schofield	Horw	35.49
5. R. Smith	Horw	35.49
6. P. Thompson	B'burn	36.37
7. C. Shuttleworth	Pres	37.00
8. A. Smith	Penn	37.03
9. G. Kenny	S'port	37.04
10. A. Griffiths	Bowland	37.21

VETERANS O/40

1. K. Moss	Chorley	33.59
2. P. Lambert	Clay	38.05
3. T. Ryan	B'burn	38.09
4. D. Nicholson	Pres	39.06
5. C. Matthews	Horw	39.28

VETERANS O/45

1. S. Kirkbride	Kend	37.45
2. G. Newsham	Clay	39.41
3. P. Dean	Unatt	42.15
4. A. Appleby	Pres	42.53
5. T. Varley	Horw	43.09

VETERANS O/50

1. J. Nolan	B'burn	41.23
2. A. Peers	Spect	41.35
3. I. Beverley	Clay	41.44
4. B. Buckley	Gloss	41.51
5. A. Stafford	Kend	43.22

LADIES

1. K. Hill	Cent	42.08
2. P. Walsh	Pres	43.19
3. J. Hodgkinson	Pres	44.52
4. E. Leonard	Chorley	46.42
5. C. Goulden	Chorley	47.22
6. M. White O/40	Horw	47.32

JUNIOR BOYS U/13

1. P. Dickenson	Chorley	12.13
2. G. Johns	Holm	12.32
3. A. Godwin	Ross	12.40

JUNIOR GIRLS U/13

1. L. Richardson	Unatt	14.03
2. L. Fieldsend	Holm	14.32

JUNIOR U/16 BOYS

1. S. Asquith	Holm	21.22
2. D. Smith	Part	21.45
3. A. Baker	Roch	22.33

JUNIOR U/16 GIRLS

1. S. Duniec	Holm	25.39
2. J. Fieldsend	Holm	29.11



Derek Brown attempts some acrobatics on water at Buckden Pike
Photo: Peter Hartley

BUCKDEN PIKE FELL RACE Yorkshire AS/4m/1500ft 17.6.95

1. I. Holmes	Bing	30.59
2. M. Roberts	Borr	31.13
3. G. Devine	P&B	31.27
4. G. Bland	Borr	32.42
5. A. Bowness	CFR	32.43
6. R. Jackson	Horw	32.55
7. P. Sheard	P&B	33.04
8. J. Bland	Borr	33.06
9. B. Thompson	CFR	33.08
10. M. Keys	Ross	33.17
11. G. Oldfield	Bid/Aire	33.20
12. A. Maloney	Roch	33.27
13. R. Lawrence	Bing	33.41
14. R. Lawrence	Bing	33.41
15. P. Bond	Horw	33.54
16. S. Green	P&B	33.55
17. S. Booth	Borr	34.03
18. M. Wallis	Clay	34.04
19. S. Willis	Amb	34.32
20. M. Fleming	Amb	34.37
21. B. Hussain	Stock	34.42
22. S. Jackson	Horw	34.44
23. A. Meanwell	Borr	34.47
24. J. Hodgeson	Bing	34.48
25. J. Davies	Borr	34.52
26. J. Blackett	Mand	34.55
27. R. Jebb	Bing	35.00
28. R. Suddaby	Unatt	35.04
29. H. Jarrett	CFR	35.09
30. M. Walsh	Kend	35.13
VETERANS O/40		
1. S. Jackson	Horw	34.44
2. H. Jarrett	CFR	35.09
3. M. Foschi	Horw	36.00
4. J. Blair-Fish	Cam	36.02
5. J. Cant	DkPK	36.43

VETERANS O/45

1. M. Walsh	Kend	35.13
2. G. Haughton	CalderV	39.20
3. J. Barker	Roch	40.15
4. A. Judd	Fellan	40.24
5. K. Robinson	Bing	40.39

VETERANS O/50

1. D. Spedding	Kesw	35.51
2. R. Bell	Amble	39.04
3. D. Kemms	Bolt	39.37
4. B. Jackson	Horw	39.41
5. J. Armstead	DkPK	40.09

VETERANS O/60

1. D. Hodgson	Fellan	44.20
2. B. Thackery	DkPK	45.45
3. C. Henson	DkPK	49.40

LADIES

1. S. Rowell	P&B	37.24
2. J. Kenyon O/35	Horw	38.27
3. N. Davies O/35	Unatt	38.58
4. R. Dunnington O/35	E.Chesh	42.38
5. L. Leavesley	Leeds	43.01
6. G. Cook O/35	Roch	43.24
7. C. Crofts	DkPK	43.38
8. J. Shotton	Fellan	44.10

INTERMEDIATES U/20

1. R. Jebb	Bing	35.00
2. J. Hales	Bolt	35.28
3. M. Wigmore	Hels	35.55
4. D. Stewart	Prest	37.13
5. M. Moore	Eccles	37.47

JUNIORS U/18

1. M. Brindle	Giggles	36.38
2. S. Deakin	Prest	46.55
3. D. Thompson	Unatt	55.29

LAKESIDE GUMMERS HOWE

Cumbria

AS/2.5m/1000ft 17.6.95

This year was the second re-enactment of this historic race since 1930. Once again, over four hundred people turned up to watch and the weather was ideal for running (and rowing!). The team race was first away at 6.30pm. Twelve teams of three set off from the original field and ran the six hundred metres to the boats at the Lakeside Hotel. The passage across the lake provided a most interesting spectacle, with a number of boats colliding. On rounding the cairn at the summit and on the descent were three teams in close contention. In an exciting return row to the finish the 'Crazy for doing it' team (second last year) proved the stronger, to finish twenty three seconds ahead of last years winners 'Cartmel Vikings' in a new record of thirty minutes and thirteen seconds.

The individual race began thirty minutes later. The row across once again proving problematic with a lost oar and near collisions. The ten runners provided the spectators with an excellent race with the first four finishing within forty eight seconds of each other. Robert Doyle was first home in a time of twenty seven minutes and five seconds.

The orchestra playing on the hotel lawn, a demonstration of Cumberland and Westmorland wrestling and fireworks from the summit of Gummers How, coupled with a barbecue for all, once again made this a most enjoyable evening for all.

D. Bird

INDIVIDUAL RACE RESULTS

1. R. Doyle	27.05
2. N. Lanaghan	27.39
3. P. Bateson	27.49
4. G. Lomas	29.42

TEAM RACE RESULTS

1. Crazy for doing it	30.13
2. Cartmel Vikings	30.36
3. Kendal AAA	31.20

THE CHEVY CHASE

Northumberland

BL/20m/4000ft 17.6.95

To think the weather had been atrocious for several weeks before Chevy Chase day, North/North East air streams had blown in late winter temperatures, the sun had been hidden by regular cloud cover and the chances of improvement never entered anyone's fell shoes. A sunny day was equivalent to winning the National Lottery Jackpot. A total of one hundred and forty seven running Chevy Chasers' won the Jackpot, and fleet footed Keith Wood took advantage of ideal conditions to win by a healthy margin. No other completed in under three hours. Strong running by his team mates gave Saltwell Harriers the team trophy with Claremont Road Runners coming second.

Wendy Dodds was the first lady across the Youth Hostel finish line, her time of three hours, thirty six minutes and eighteen seconds could well have been slower. Between Scald Hill and the final climb to Cheviot summit, Wendy hit some deceptively soft peat, over her knees to a standstill. Fortunately Norman Dodd and Vernon Spall (two slow pack runners) literally excavated Wendy, as Norman dug down to reach the soles of her shoes.

One hundred and forty three runners finished, this reflected the good weather, however times were slower than many participants had expected. I wonder if because of the poor climate so far this year, no matter the quality of everyone's' training and racing, the cool temperatures and lack of sunshine has added a dull edge to the normal sharpness of fit midsummer runners. Today, was the fortieth Chevy Chase, in 1955 eight starters began the tradition of the Chevy Chase. Long may it continue. Thankyou to all involved.

L. Hestop

1. K. Wood	2.53.34
2. S. Birkinshaw	3.04.40
3. B. Sloan	3.07.38
4. R. Townsend	3.09.49
5. F. Smith	3.10.22
6. I. Sands	3.10.46
7. G. Owens	3.11.12
8. A. Curtis	3.13.30
9. F. Clarke	3.15.31
10. J. Rea	3.17.01

VETERANS O/40

1. A. Curtis	3.13.38
2. J. Rea	3.17.01
3. L. Turnbull	3.17.35
4. J. Humble	3.17.53
5. C. Pattinson	3.18.08

VETERANS O/50

1. J. Buchanan	3.27.49
2. J. Hancock	3.29.28
3. R. Hayes	3.45.29
4. R. Mitchell	3.48.38
5. W. Wright	3.57.50

VETERANS O/60

1. P. Braney	4.51.56
2. J. Porteous	4.55.37
3. N. Dodd	5.40.35

LADIES

1. W. Dodds O/40	3.36.18
2. E. Moody	3.36.25
3. H. Dickinson O/40	4.29.26
4. G. Lawrence O/40	4.31.04
5. E. Lambert O/40	4.42.17
6. K. Pallinson O/50	4.48.13
7. J. Young	5.07.54

FIVE CLOUGHS

Lancashire

AM/8.75m/2250ft 17.6.95

1. A. Life	Clay	75.27
2. D. Woodhead	Horw	75.37
3. M. Horrocks	CaldV	76.03
4. M. Brown	Clay	76.17
5. S. Breckell	Clay	76.44
6. I. Greenwood	Clay	77.11
7. C. Reade	Bowl	77.30
8. G. Kirkbright	P&B	77.38
9. P. Martin	Bolt	77.46
10. S. Whittaker	Clay	77.49

VETERANS O/40

1. S. Breckell	Clay	76.44
2. D. Beels	Roch	77.59
3. F. Judge	Clay	80.18
4. H. Sawyer	Skyrac	82.40
5. A. Green	BfdA	83.38

VETERANS O/45

1. K. Taylor	Ross	78.09
2. B. Rawlinson	Ross	79.28
3. J. Done	Roch	85.21
4. N. Harris	Ross	88.27
5. D. Banks	Middle	90.16

VETERANS O/50

1. J. Nuttall	Clay	82.31
2. G. Howard	Ilk	84.06
3. T. Peacock	Clay	88.11
4. R. Devy	Saddle	88.33
5. R. Jacques	Clay	88.39

LADIES

1. J. Rawlinson	Clay	89.04
2. L. Lord	Clay	95.59
3. C. Dewhurst	Clay	101.16
4. L. Bostock	Clay	104.28
5. M. Plumbley	Clay	113.50

COWPE FAIR FELL RACE

Lancashire

AS/3m/800ft 18.6.95

In 1994 Matthew Moorhouse missed the course record by only six seconds in misty and soft underfoot conditions. So in clear skies and on firm ground it seemed inevitable that a new record would be set when he set off at a fast pace up the initial climb. Moorhouse was later overhauled by Billy Burns of Preston Harriers, who maintained his lead on the final run in, despite being chased hard, to beat the existing record by twenty one seconds.

Janet Kenyon was a clear winner in the ladies race, finishing nineteenth overall and smashing the ladies record by two minutes and twenty five seconds.

K. Masser

1. B. Burns	Prest	19.51
2. M. Moorhouse	Salf	19.57
3. G. Schofield	Horw	20.22
4. R. Rawlinson V/40	Ross	20.42
5. J. Key	Warr	20.43
6. D. Ashworth	Mid'ton	21.08
7. G. Ehrhardt	Tod	21.25
8. D. Woodhead	Horw	21.36
9. M. Foschi V/40	Penn	21.40
10. D. Caldwell V/40	Ross	21.42

VETERANS O/50

1. S. Furness	Black	23.46
2. J. Eaton	Ross	23.54
3. J. Cooper	Ross	24.32
4. P. Jackson	Tod	25.02
5. G. Thompson	Clay	26.30

VETERANS O/50

1. P. Jepson	Ross	23.32
2. T. Targett	Clay	26.22
3. G. Navan	Ross	28.31
4. G. Corbishley	Ross	28.45
5. G. Fielding	Ross	29.22

LADIES

1. J. Kenyon O/35	Horw	23.07
2. D. Fleming O/35	Ross	26.07
3. J. Wood	Ross	29.12
4. T. Targett	Clay	35.44
5. M. Roberts O/35	D.D.	40.44

JUNIORS

1. G. Ehrhardt	Tod	21.25
2. P. Nixon	Ross	22.52
3. W. Riley	Unatt	25.37

AIREDALE PIKES

North Yorkshire

BS/5.5m/1000ft 20.6.95

On behalf of the Squadron, I would like to thank all runners and helpers who made this event successful.

A special thanks goes to Mr Bob Jackson of the Outdoor Shop of Barnoldswick for his support and generosity, in providing most of the prizes. This year Mr Alan Shorrock of Skipton generously sponsored a silver cup which will be presented annually to the winner.

The race itself proved dramatic in both male and female categories, whilst in the lead, Gary fell when coming off the final descent, but he recovered in time to win for the second successive year. Closer still was the Ladies race with Jean just prevailing in a sprint to the line.

Alan Speak

1. G. Damiani	Spenn	36.44
2. A. Ward	Sheff	36.57
3. P. Dobson	Spenn	37.17
4. M. Lee	Bolt	37.40
5. M. Pickering	Otley	37.43
6. J. Butler	Kly	37.55
7. D. Woodhead	Horw	37.58
8. M. Moore	Eccles	38.19
9. M. Buckland	Bing	38.23
10. J. Hemsley	Ilk	38.28

VETERANS O/40

1. M. Pickering	Otley	37.43
2. J. Butler	Kly	37.55
3. R. Small	Skip	40.34
4. K. Masser	Ross	40.42
5. P. Pyrah	St.Bedes	40.59

VETERANS O/45

1. B. Mitchell	Clay	38.52
2. B. Rawlinson	Ross	40.22
3. P. Bramham	Craven	41.58
4. M. Ford	Bing	43.40
5. D. Thornton	Unatt	43.46

VETERANS O/50

1. P. Reynard	Unatt	40.51
2. G. Howard	Ilk	41.30
3. J. Webster	ValleyS	44.22
4. K. Lodge	H'fax	46.49
5. J. Whalley	ValleyS	47.23

VETERANS O/60

1. B. Leathley	Clay	52.06
2. B. Hill	Clay	56.14

LADIES

1. J. Rawlinson O/35	Clay	44.40
2. S. Watson O/35	ValleyS	44.41
3. L. Ball O/35	ValleyS	45.03
4. J. Foster	Kly	47.11
5. S. Rawlinson	Unatt	48.22
6. Hayles O/35	H'fax	50.09
7. L. Warin O/35	Skip	50.21
8. B. McWade U/20	Clay	50.47

JUNIORS

1. M. Drake	CalderV	39.34
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RIBER RUN

Derbyshire

BS/5m/1000ft 21.6.95

A lovely sunny evening attracted a record field of sixty nine runners ranging in age from fifteen years to sixty eight years old. The runners had excellent conditions underfoot and a pleasant breeze to keep them fresh and cool. The winner for this year, Paul Gebbett, ran the course in a new record time of thirty minutes and fifty six seconds (previous record was thirty one minutes and fifty eight seconds, held by Tim Parr of Notts AC also), with Stuart Oglethorpe second and Tony Barrowble third.

First placed lady, Clare Croft, was 27th overall in thirty eight minutes and fifty six seconds, which was a new ladies record time (previous record held by Philipa Leach in forty minutes and forty seconds).

The organiser was properly rebutted for sex discrimination for having a prize for veterans (men) but not for lady veterans. We might put it right for next year!!

Mike Overend

1. P. Gebbett	Notts	30.56
2. S. Oglethorpe	DkPk	31.50
3. T. Barrowdale	Matlock	31.58
4. R. Hutton	DkPk	
5. E. Tressider	Matlock	
6. N. Sercombe	WtePk	
7. N. Gregory	Clee	
8. R. Pritchard	N.Derby	
9. N. Bassett		
10. N. Evans	Erewash	



Rossendale runners turn out in force at Cowpe Fair
Photo: Steve Bateson



An exhausted Keith Anderson shortly after finishing
 Photo: Peter Hartley

W.M.R.T. 95

Holyrood Park, Edinburgh - A view from the sidelines

Scottish Athletics and the Hillrunning Commission were very proud and pleased to be able to host this prestigious event (Scotland's first 'World' event for 17 years). Our hillrunning support from a small nation does not have large numbers and hosting such an event basically meant 1 'Scot' to 1 visitor! A colossal amount of energy and commitment was shown by many people and the successes all round on the two days (Saturday's open races followed on Sunday by the WMRT proper) proved that a traditional warm and enthusiastic welcome is always available.

The short open race proved ominous and the juniors showed us all their powerful abilities. In the long race, Scotland got a clean sweep and one wonders about the 'prove a point' issue; however, it shows there's some real depth of talent for a change. Judging by the reactions of the finishers, the course was highly commended as 'traditional, interesting, tough, superb', etc. - all you'd expect from a Martin Hyman effort, naturally.

On to Sunday - absolutely glorious sunshine - spectacular visibility promised for the novel Arthur's Seat courses. The courses and venue had been frowned upon by some - but Scots are canny and in terms of infrastructure, ease of access to courses, minimal transport, etc. Hyman would raise challenges without a doubt. Needless to say, it was "hot" (all round) and weather-wise probably not suiting our teams - maybe a real bonus our long, hot summer wasn't too far behind us.

The juniors race was electric and Mat Moorhouse ran brilliantly to finish a very strong second. So the Italians packed 1, 4, 5 - the Czechs close second in 3, 6, 8, France third (41), Wales, absolutely tremendous to be the first home nation in 4th (52), then Slovenia (55), England (56), Scotland (57), Ireland 10th (105), N. Ireland 11th (112). 46 starters total.

The ladies race over the same course gave Gudrum Pflueger her second gold, followed by evergreen Isabelle Guillott. First of our girls home was new star Sarah Young in 6th, then Sarah Rowell (definitely the last!....??) in 12th Megan Smith was first Scot in 15th. Overall a repeat of last years gold medallists - France, 2, 5, 10 (17), Italy second 3, 8 9 (20), England 6, 12, 23 (41), Scotland in 5th (60), Wales 10th (117), Ireland 11th (122) and Northern Ireland (162).

The cauldron by St. Margaret's Loch was heaving for the senior men's race and there was considerable home expectation with a right royal battle predicted between Italy and both 'the Auld Enemies'.

Big Martin and Tommy went at it - whose retribution from the Northumberland series? Tommy Murray got the upper hand and led in true style urged by the partisan Scots and the other home supporters. Fregona of Italy was ominous - cool, calm and collected and they broke down the big man, Fregona tucking in behind Tommy for the last half. It was a bold, brave run up front, but Fregona's class came through to take 30 seconds in the last 600 metres. Bobby Quinn improved on last year to edge into 7th and it was now a question of which between Silver and Bronze might the Scots capture. All-conquering Italy placed 1, 3, 4, 5, 6, 16!! - they deserve the old trophy. The English lads were getting it together and good pace judgement from the fearsome start got them packed into 10, 11, 13, however Donnelly (17th) and newcomer Bartlett (21st) clinched the silver. So this was the icing on the bannock.

Great endeavour by all, on hugely demanding courses - real 'breakers' on the little pimple of 800ft Arthur's Seat. This unique venue did its job admirably - thank you Scottish National Heritage and the other sponsors; thank you all visitors and supporters; thank you all helpers who made it happen; thank you athletes for your courage, class and honest sporting endeavour - we are proud of you all.

Remember - PETER THOMPSON promises a wonderful commemorative video - price(s) are very reasonable.

Dennis V. W. Bell

A Punters (disgruntled) View.

Edinburgh is a fine city with arthur's seat more or less in the middle. a few people doubted whether the venue was suitable with its long, grassy slopes, but as spectating went it was superb. this, however, was it's only good point - even the pipers rumoured to be every 100 yards were missing.

The Open race, without which the band of travelling support might be much reduced, was exploited to the full. If you entered on the day the cost was 7.50 or 5 pre-entry. For this you received a plastic cup of water and a ceramic medal which someone later asked had my granddaughter aged 4 made! Programmes were 2, T shirts 7.50. A rumour also going round was that Ron hill provided the numbers but they cut his logo off them - if this is true, why?

The organisers gave books on the scottish Highlands for prizes, fine if you can read English - the winner was Italian. On the Sunday night there was a ceilidh - again at a cost of 7.50 and security tighter than the skin on a drum.

My view is that unless you were in the know or wearing an organisers/officials badge you were well and truly ripped off. Runners who do the Open race abroad are better looked after as they often make up the majority of the spectators. Do others share these views?

- Pauline Dore.

Scotland

After an exciting hard-fought battle at the trial the team looked forward to running on home territory in front of their own tartan army of supporters. The course on Arthur's Seat although belittled by some as a hilly cross-country course was not underestimated by anyone in the team. Preparation for the event included on the course, a team get together, a Glenshee and a motivation session at the film Braveheart. The day of the race dawned dry and sunny, very reminiscent of the trial day although pleasantly cooler.

In the junior race hopes rested with Alan Milligan, a new recruit to hill running who has matured throughout his first season on the hills and produced an excellent run on Arthur's Seat to finish in 13th place. Grant Stewart a medical student studying at Edinburgh University gaining his first Scottish vest was close behind finishing very strongly. The third counter in the team was James McLeod who has represented Scotland on previous campaigns and worked his way steadily through the field finishing strongly, a creditable performance despite a winter of injury. Steven Cameron worked hard all the way round the course to complete the team who finished seventh overall.

In the ladies race Scotland fielded a strong team with the first finisher Megan Smith, a member of the British Orienteering squad in 15th place. For much of the course she battled with Helen Diamantides who finished 21st, improving on previous finishes in World trophies. Next to finish was Sonia Armitage who finished strongly followed by Angela Mudge who produced a gutsy performance to complete the team. The team finished a creditable 5th improving two places on last year's performance.

However the highlight for the Scottish team and supporters was the men's race. It was very encouraging to have two of Scotland's top cross-country runners wishing to represent their country on the hills. Bobby Quinn had made his debut at the uphill race the previous year and decided to try descending. However the star of the show was Tommy Murray who rocked Arthur's Seat with the enormous roar of encouragement he received when descending from Salisbury Crags in the lead in the mens' race. Tommy had a very courageous run supported by the crowd who tried to will him to win. Unfortunately the experience of the Italian runners particularly in the downhill sections spoil the fairy tale ending. However Tommy's second place was a wonderful achievement. Bobby Quinn raced into 7th place, an improvement of one place on his finish in the uphill race the previous year. Two runners finishing in the top ten was an excellent performance. Meanwhile Colin Donnelly, running in a pair of borrowed shoes was being pushed round the course by the end of the mens' team Graham Bartlett. Willed on by the massive crowd they finished strongly to bring the team home in second place. Great runs by Peter Dymoke finishing in a higher place than previous world trophies and John Hepburn in his first world trophy completed a very satisfying result.

Overall the results were very encouraging with outstanding individual performances and all teams improved on their placings from the previous world cup. The inspiration of the skirl of the bagpipes and the massive home support was greatly appreciated.

Thanks to the huge band of willing helpers and support on the hill, the pipers, Martin Hyman for all his work planning the course and his hard working helpers who laid out the course in atrocious weather conditions marshalling and supporting with great gusto. Well done Scotland!

- Peter Baxter/Elsbeth Scott



Sarah Young (667), England ladies' top finisher
Photo: Dave Woodhead

England

The team got off to an inspired start with a great run from Matthew Moorhouse in the Junior Mens event finishing as runner up to Bonetti of Italy and a mere 21 seconds adrift to take the silver medal. George Ehrhardt ran very well to finish just outside the top 20 with Lee Gibson in 33rd position to give the team 6th place. Matthew Whitfield was forced to retire.

An excellent team performance by the Ladies saw them once again amongst the medals taking the team Bronze medal - the third time in the last four years that they have been in a medal winning position. Sarah Young had a brilliant run in her first World Trophy to finish 6th with Sarah Rowell in 12th with Anne Buckley and Lucy Wright battling hard to keep England on the podium.

The Mens Team really had to pack well after former World Champion Martin Jones collapsed and was rushed to hospital suffering from dehydration when established in the leading bunch, three quarters of the way round the course. Before Martins collapse, the team looked set to take the silver medal position behind the Italians who, in my opinion, fielded their best team ever in this event. John Taylor 10th, Craig Roberts just 15 seconds behind in 11th and Mark Kinch 10 seconds behind him in 13th packed really well. All had their best runs ever in the Senior Mens event. Greg Hull in 28th and Kieth Anderson in 29th had solid runs to keep England in the bronze medal position. Once again the Mens Team were on the podium - again, the 3rd time in 4 years.

- Pete Bland, England Team Manager



Alan Milligan, this season's junior Scottish discovery
Photo: Harry Lawson

Wales

In the senior mens team there were two outstanding performances. Young Darren Hiscox in only his fourth full race had confidently told me he would finish in the top 20. He finished 20th overall then sprinted around the finish and back up the course to where he had seen me spectating to exclaim "I did alright didn't I?" Second home for Wales was Colin Jones who gave a solid performance just behind Darren in 22nd position. It was a treat for Welsh supporters to see Colin back on the fells, running for his country again. Gareth Davies had a determined run to finish 43rd in only his second fell run to exclaim "You fell runners are nuts" as he crossed the line. Paul Wheeler came a respectable 77th in such elite company but was personally disappointed with himself. Kevin Predderch in 86th position was a creditable performance and he will benefit from the experience. Gary Rees Williams in 100th ran well below his best after some excellent results during the season to become 1995 Welsh Mountain Champion which had probably taken its toll.

In the junior mens race there was yet another brilliant performance by Tim Davies in 9th and 2nd British. Tim is maturing every year on the fells and is currently knocking on the door for a senior vest. Tim was closely supported by young Alan Vaughn in 17th place who has now buried the ghost of his disappointing performance in Germany last year. He can now look to the future with new confidence. Matthew Collins in 26th has improved considerably in 12 months and gave a very good performance. Danny Lewis ran his heart out to finish in 41st. All the juniors are eligible to run next year. Mention must be made of Andrew Davies, Tim's brother, who ran, superbly in the 'short open race' in Pentland Hills to finish 4th overall. Unfortunately one poor performance in the

trial race kept him out of the junior team. The Welsh Juniors came 4th team overall and were first British team home. Hopefully with such talented youngsters available we could possibly have the chance of a few medals in the not too distant future.

Ranking alongside Darren's performances in the men's race and Andrew's in the 'open race' was the outstanding performance by Menna Angharad in the ladies race. Menna finished 22nd overall and 5th British in a class field. The improvement in the two years since she started running has been phenomenal.

Ann Nixon in 45th ran like a demon out-sprinting everyone in sight on the run in. Both Alice Bedwell and Sharon Woods in 50th and 59th positions gave very 'gusty' performances. Alice probably a little jaded after such a busy season as a top orienteer.



Junior Welsh star Andrew Davies
Photo: Eileen Woodhead

Sharon did particularly well being called into the team at the 11th hour following the late withdrawal of Angela Brand Barker through injury and having started hard distance training for the Snowdonia Marathon. A good performance by the ladies teams finishing 10th overall on a very demanding course.

I would like to thank all the Welsh supporters who travelled to Edinburgh to make it a brilliant weekend. Their support is fully appreciated by the team and management. Finally a massive thank you to Scotland. After all the apprehension shown by the British teams about holding the event on Arthur's Seat the course was fantastic and the Scottish welcome and helpfulness shown throughout the weekend was a credit to their country. I hope we are able to do a similar job when we hold the European Trophy in Wales next year on Snowdon, July 13th, 1996. See you there.

Diolch yn fawr.

- Adrian Woods, Assistant Team Manager

Northern Ireland

The Northern Ireland team travelled to Edinburgh with our strongest possible squad confident of achieving best ever placings in the World Trophy races.

The men's team incorporated a useful blend of quality and experience with Great Britain international and former cross-country champion Dean McNeilly, Junior cross-country champion Andrew Maguire and fell-running champions Brian Ervine and Neil Carty supported by top veteran Jim Patterson and Jim Brown. Brian and Jim Patterson were taking part in their eighth and seventh World Trophy races respectively.

Previous conception that this year's course on Arthur's Seat would provide an easier test than in recent World Trophy races were soon dispelled when racing commenced.

Although expressing pre-race misgivings as to his quality of preparation Deon was our first finisher in the men's race in 65th place. Brian was second in 72nd place just twenty seven seconds behind Dean with Neil a further forty-two seconds back in 74th place. Jim Patterson ran very well to make the counting team finishing in 91st place and Andrew in 91st and Jim Brown in 102nd completed the team account. The men's team finished in 16th place.

The ladies team were strengthened by the inclusion of newcomers Patricia Sloan, a recent winner at the Snowdon International and Virginia O'Connell. Northern Ireland champion Roma McConville and Annie Sandford completed the quartet.

Patricia had a very good run finishing in 31st place having at one stage been in 10th position. Anne finishing strongly claimed 65th place with Roma next in 66th and Virginia placed 68th. The ladies team were placed 17th.

The Junior men's team included Deane Fisher, Damian Galvin, Paul Curran and Alan Neil.

Deane was the first to show with Damien close behind. Paul's race did not last very long as he was rushed to hospital with a suspected broken leg thankfully later diagnosed as a badly sprained ankle. Alan was now an important county member of the team and he ran accordingly. Damien finished very strongly to place 31st with Deane in 35th and Alan 46th. The Junior men's team were placed 11th.

On behalf of N.I.F.R.A. I would express sincere thanks to our fellow member Mr. Peter Howie who accompanied Paul to hospital and in so doing missed the World Trophy races which he was so looking forward to experiencing.

A very welcome and unusual feature for our team who normally have to travel further with associated financial limitations, was the tremendous support



Veteran Jim Patterson of N. Ireland
Photo: Dave Woodhead

provided by our association members who travelled to Edinburgh for the weekend. All team members benefited significantly from the help and encouragement which they received around the courses. Thanks to all who supported us in this way.

To the Scottish World Trophy committee and all who assisted them we offer our congratulations for a tremendous World Trophy championships. The courses, the accommodation and the friendship extended were of the highest order. You certainly deserved the glorious sunshine you had for the races on Sunday.

Finally I would like to thank the Northern Ireland teams for their support to me over the weekend. They all competed to the utmost of their ability and as always were excellent ambassadors for our country. Thanks also to Adrian Philpott for his valuable experience and much appreciated assistance throughout.

- Brian Ervine

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SEEING IS BELIEVING

RESULTS

JUNIOR MEN

1. M. Bonetti	Italy	33.21
2. M. Moorehouse	England	33.42
3. M. Brusak	Czech	33.47
4. E. Manzi	Italy	34.03
5. M. Denigris	Italy	34.13
6. M. Suchy	Czech	34.26
7. M. De Gasperi	Italy	34.42
8. L. Dryjak	Czech	34.34
9. T. Davies	Wales	34.38
10. A. Tavriac	France	34.48
11. C. Merle	France	34.52
12. C. Schranz	Austria	34.55
13. A. Milligan	Scotland	34.59
14. M. Grom	Slovenia	35.14
15. G. Stewart	Scotland	35.17
16. N. Noe	Belgium	35.20
17. A. Vaughan	Wales	35.24
18. L. Eberle	Switzerland	35.34
19. D. Rihtari	Slovenia	35.42
20. C. Bailly	France	35.39
21. G. Ehrhardt	England	36.00
26. M. Collins	Wales	36.55
29. J. McLeod	Scotland	37.03
31. D. Galvin	N. Ireland	37.12
33. L. Gibson	England	37.22
35. D. Fisher	N. Ireland	37.53
36. S. Cameron	Scotland	38.17
41. D. Lewis	Wales	39.02
46. A. Neil	N. Ireland	43.43

TEAMS	Pts
1. Italy	10
2. Czech	17
3. France	41
4. Wales	52
6. England	56
7. Scotland	57
11. N. Ireland	112

SENIOR WOMEN

1. G. Pflueger	Austria	37.00
2. I. Guillot	France	37.32
3. N. Curti	Italy	37.43
4. C. Lallemand	Belgium	38.14
5. S. Manel	France	38.25
6. S. Young	England	39.12
7. I. Moretti	Switzerland	39.27
8. M. Cabodi	Italy	39.31
9. M.G. Roberti	Italy	39.49
10. E. Mura	France	40.02
11. O. Leveque	France	40.03
12. S. Rowell	England	40.06
13. S. Ambrosy	Germany	40.23
14. B. Guericke	Germany	40.34
15. M. Smith	Scotland	40.41
16. G. De Pay	Germany	40.42
17. T. Perepelkina	Russia	40.44
18. Louise Fairfax	Australia	40.46
19. K. Risk	Australia	40.50
20. K. Kocumova	Czech	40.53

21. H. Diamantides	Scotland	40.57
22. M. Anghard	Wales	41.01
23. A. Buckley	England	41.19
24. S. Armitage	Scotland	41.21
26. L. Wright	England	41.27
31. P. Sloan	N. Ireland	42.02
45. A. Nixon	Wales	43.18
46. A. Mudge	Scotland	43.21
50. A. Bedwell	Wales	43.55
59. S. Woods	Wales	44.57
65. A. Sandford	N. Ireland	47.31
66. R. McConville	N. Ireland	49.33
68. V. O'Connell	N. Ireland	51.55

TEAMS	Pts
1. France	17
2. Italy	20
3. England	41
5. Scotland	60
10. Wales	117
17. N. Ireland	162

SENIOR MEN

1. L. Fregona	Italy	51.17
2. T. Murray	Scotland	51.46
3. M. Toini	Italy	52.01
4. A. Molinari	Italy	52.55
5. A. Agostini	Italy	52.57
6. R. Barbi	Italy	53.04
7. R. Quinn	Scotland	53.20
8. V. Ozana	Czech	53.59
9. G. Fernandez	Colombia	54.03
10. J. Taylor	England	54.06
11. C. Roberts	England	54.21
12. J.P. Payet	France	54.24
13. M. Kinch	England	54.31
14. M. Matanin	Slovakia	54.33
15. A. Peskett	N. Zealand	54.35
16. G. Caneva	Italy	54.37
17. C. Donnelly	Scotland	54.39
18. M. Von Kaenel	Switzerland	54.48
19. P. Sirieix	France	54.51
20. D. Hiscox	Wales	54.59
21. G. Bartlett	Scotland	55.09
22. C. Jones	Wales	55.17
28. G. Hull	England	55.43
29. K. Anderson	England	55.47
35. P. Dymoke	Scotland	56.36
43. G. Davies	Wales	57.01
55. J. Hepburn	Scotland	58.18
65. D. McNeilly	N. Ireland	59.36
72. B. Ervine	N. Ireland	1.00.03
74. N. Carty	N. Ireland	1.00.45
77. P. Wheeler	Wales	1.00.57
86. K. Prydderch	Wales	1.02.05
91. J. Patterson	N. Ireland	1.02.58
97. A. Maguire	N. Ireland	1.03.43
100. G. Rees Williams	Wales	1.04.54
102. J. Brown	N. Ireland	1.08.37

TEAMS	Pts
1. Italy	13
2. Scotland	47
3. England	62
9. Wales	162
10. N. Ireland	302

WORLD MOUNTAIN OPEN RACE (LONG) Edinburgh

SENIOR MEN		
1 Neil Wilkinso	Scotland	51.58
2 Billy Rodgers	Scotland	54.20
3 John Wilkinson	Scotland	54.27
4 Shane Green	England	56.16
5 Tim Griffin	Scotland	56.33
6 Alex Smith	England	56.54
7 Dave Woodhead	England	57.01
8 Francis Cosgrave	Ireland	57.03
9 Brian Cole	England	57.13
10 Garry Wilkinson	England	57.40

VETERANS O/40		
1 Tony Hesketh	England	58.24
2 David Armitage	Scotland	58.52
Reg Haigh	England	1.00.59

VETERANS O/50		
1 Raymond Wilby	England	1.03.55
2 Charles Love	Scotland	1.06.38
3 Donald Ashton	England	1.06.58

WOMEN		
1 Karoline Stobl	Austria	1.07.23
2 Jean Shotter	England	1.10.31
3 Tricia Smith	England	1.13.15

WORLD MOUNTAIN OPEN RACE (SHORT) Edinburgh

MEN		
1 Paulo Germanetto	Italy	30.15
2 Robert Jackson	England	30.27
3 Radek Lhotkos	Czech	30.33
4 Andrew Davies	Wales	31.07
5 Andy Maloney	England	31.32
6 Norman Blissett	Scotland	31.48
7 Tim Brand	Scotland	32.04
8 David Bell	Scotland	32.14
9 Hayden Lorimer	Scotland	32.27
10 Michael Grubinger	Austria	32.55

VETERANS O/40		
1 Les Turnbull	Scotland	36.30
2 Bob Douglas	England	39.02
3 Richard Gatehouse	Scotland	41.07

VETERANS O/50		
1 Norman Berry	England	39.01
2 Robert Spark	England	40.11
3 David Hodgson	England	41.00

SENIOR WOMEN		
1 Jayne Spark	England	35.46
2 Heidi Kjeldsen	Norway	38.12
3 Katy Oxborrow	England	39.12

JUNIOR WOMEN		
1 Isobel Knox	Scotland	41.32

VETERANS O/40

1. T. Barrowble	Matlock	31.58
2. R. Pritchard	N.Derby	34.57
3. H. Ramczyk	Merc	35.47
4. S. Carter	Shelton	37.11
5. A. Platts	Bux	38.19

VETERANS O/45

1. P. Pitson	Erewash	35.35
2. Tait		35.44
3. R. Marlow	DkPk	38.35
4. G. Fry	CalderV	45.02
5. I. Conway	Matlock	46.43

VETERANS O/50

1. J. Carrier	GPT	37.07
2. T. Trowbridge	DkPk	39.13
3. D. Walker	Merc	41.13
4. B. Mosely	DkPk	43.46

VETERANS O/60

1. B. Howitt	Matlock	38.48
2. G. Campbell	Matlock	55.03

LADIES

1. C. Croft	DkPk	
2. J. Edwards	TeamN.face	
3. A. Higgins	Matlock	
4. A. Prieston	Matlock	
5. A. Armistead	Matlock	
6. K. Whitehead	DVO	

WREKIN STREAK**Shropshire****AS/2.75m/810ft 21.6.95**

Tim Davies led the seventy five starters to the summit and managed to maintain his lead over brother, Andrew. Tim Haywood gave Mercia the top three places at the summit although Mario Foschi, making his Streak debut, was able to overhaul Haywood on the descent giving him the Veteran's title. A new name also goes on the women's trophy this year as Judith Witterick led them home in 25.46. Team mate, Sandra Butcher, was second in 26.22. The race, which is sponsored by Ricoh UK raised over £100 for a local special school as well as providing prizes for the top fifteen men and women finishers.

Simon Daws

1. T. Davies	Mercia	17.44
2. A. Davies	Mercia	17.55
3. M. Foschi	Penn	18.30
4. T. Haywood	Mercia	18.36
5. H. Thomas	Tarren	19.02
6. D. Jackson	Telf	19.18
7. S. Daws	Telf	19.33
8. M. Dabbs	Unatt	19.55
9. S. Summers	Tipson	19.58
10. C. Ashley	Wrex	20.16

VETERANS O/40

1. M. Foschi	Penn	18.30
2. D. Jackson	Telf	19.18
3. S. Daws	Telf	19.33
4. R. Hailey	Telf	21.19
5. M. Trevor	Sand	21.21

VETERANS O/50

1. N. Pattern	Wirral	22.00
2. B. Morris	WrekO	22.04
3. G. Lloyd	Wrex	23.44
4. J. Sponson	Mercia	24.02
5. P. Smith	Mercia	24.10

LADIES

1. J. Witterick O/40	ShropS	25.46
2. S. Butcher O/40	ShropS	26.22
3. R. Turner	ShropS	27.07
4. G. Harris O/35	Mercia	27.16
5. M. Murphy	ShropS	28.44
6. N. Lloyd	Wrex	29.20

TEBAY FELL RACE**Cumbria****AM/8m/3000ft 21.6.95**

The evening was ideal for running. The winner coasted home for the second year running.

J. Capstick

1. J. Bland	Borr	1.14.15
2. M. Walsh	Kend	1.15.22
3. C. Hirst	Settle	1.17.22
4. N. Lanaghan	BC	1.17.41
5. D. Stuart	Kesw	1.17.42
6. A. Beatty	CFR	1.19.03
7. K. Taylor	Ross	1.19.35
8. S. Hicks	Borr	1.19.45
9. S. Moffat	HH	1.21.14
10. J. Simmonite	Nfy	1.21.29

VETERANS

1. M. Walsh	Kend	1.15.22
2. K. Taylor	Ross	1.19.35
3. N. Hewitt	LancM	1.22.09
4. J. Broxap	Kend	1.23.04
5. D. Rosen	LancM	1.23.09

VETERANS O/50

1. G. Howard	Ilk	1.25.44
2. G. James	B&F	1.33.21
3. M. McDonald	FRA	1.35.00
4. B. Cox	Kend	1.37.33
5. G. Causey	Unatt	1.37.44

LADIES

1. N. Davies O/35	Borr	1.24.10
2. C. Banlin O/35	Hel	1.25.31
3. J. Shotter	Fellan	1.34.02
4. K. Beatty	CFR	1.34.29
5. D. Priestley O/35	Kend	1.39.55
6. L. Kynoch	Altr	1.43.26

COITY RACE**Gwent****BS/5m/1000ft 21.6.95**

As befits what is virtually midsummer's day, we were blessed with ideal conditions, clear skies, warm with just a gentle breeze. Mind you, forty eight hours earlier the hills were covered in a thick mist which may have caused a little navigational chaos. After last year's sudden decision to run the race in reverse, we reverted to the original route this year which ensured there were showers to wash off the sweat even if the beer wasn't quite as good! For the future, I think we will alternate the route and next year start at the Sports Centre, finish at the pub. By then, our new leisure lakes should have replaced the open cast mine so there will be water to wash in! Perhaps I should include a swim at the end of the run as part of the race! Only joking, I think.

Well, the race itself. For once, I was spared the task of marshaling on the hill so was able to watch as someone pulled well away from the field up the first climb; then it was on to marshal after the final descent panicking slightly when I couldn't see the marshal at the top. He got there about fifteen seconds before the leader! Only two weeks after injury (can't say what) and with only ten minutes start, he did well to get there at all. It was Paul Wheeler who led from the start. A poor route choice on the descent must have lost him nearly a minute which would otherwise have put him close to Graham Patten's record. Derek Green, all the way from Oxford, who just made the start, kept running well to take second and previous winner, Adrian Woods, took third. The ageless, John Darby, won the Veteran's, with Super Veteran, Brian Martin, winning this category. The ladies were very close with Alice Bedwell taking the prize by all of seventeen seconds from Ann Nixon.

Gareth Buffett

1. P. Wheeler	MDC	35.50
2. D. Green	Unatt	37.39
3. A. Woods	MDC	38.03
4. D. Lewis	MDC	38.51
5. M. Collins	MDC	38.57
6. J. Bass	MDC	39.15
7. J. Fitch	W'bury	40.12
8. J. Darby	MDC	41.21
9. J. Poole	Unatt	41.26
10. P. Holder	Card	43.15

VETERANS O/40

1. J. Darby	MDC	41.21
2. L. Taylor	Bath	45.09
3. D. Gilbert	MDC	46.40

VETERANS O/50

1. B. Martin	MDC	44.30
2. A. Morgan	Card	47.31

LADIES

1. A. Bedwell	MDC	44.12
2. A. Nixon O/35	MDC	44.29
3. S. Woods	MDC	44.45

HOLCOMBE TOWER FELL RACE**Lancashire****BS/3.5m/850ft 21.6.95**

A warm, dry day produced ideal conditions for the race. Salford's junior international, Matthew Moorhouse, entered asking "would there be someone to follow?". Well, only just as it turned out. Rob Jackson was the only one to remain in front of this promising youngster. Third place was the ever popular, Mark Aspinall. The ladies' race was a solo run from Jessica Turnbull, (her dad won the Over 60s prize) who finished in seventeenth place, but still some forty seconds down on Carol Greenwood's ten year record.

K. Smith

1. R. Jackson	Horw	19.59
2. M. Moorhouse	Salf	20.20
3. M. Aspinall	Clay	20.33
4. M. Maloney	Roch	20.36
5. M. Keys	Ross	20.45
6. C. Caldwell	Roch	21.06
7. M. Newby	Ross	21.15
8. D. Hooligan	Bury	21.22
9. D. Wilkinson	Roch	21.28
10. T. Hesketh	Horw	21.33

VETERANS O/40

1. S. Ellis	Bolt	21.50
2. G. Richardson	Ross	22.31
3. A. Steel	Radc	22.52
4. D. Hinde	Altr	23.43
5. F. Judge	Clay	23.45

VETERANS O/45

1. T. Hesketh	Horw	21.35
2. I. Holloways	Roch	23.03
3. J. Dore	Roch	23.40
4. G. Newsam	Clay	24.24
4. W. Armstrong	Radc	26.19

VETERANS O/50

1. B. Jackson	Horw	23.98
2. P. Honeghan	Bolt	24.59
3. G. Navan	Ross	27.15
4. E. Hoare	Clay	28.21
5. P. Nixon	Ross	30.18

VETERANS O/55

1. J. Smith	Clay	27.55
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VETERANS O/60

1. I. Turnbull	Bury	28.33
2. R. Francis	Bury	29.36
3. T. Spate	Radc	40.36

LADIES

1. J. Turnbull	Bury	22.04
2. L. Atkin	CaldV	26.00
3. J. Keys	Ross	26.50
4. D. Flemming O/40	Ross	27.02
5. K. Wood	ManYMCA	28.30
6. F. Bottomley O/35	Radc	32.07

TOTLEY MOOR**Derbyshire****BS/5m/800ft 22.6.95**

A record number of starters, two hundred and forty, and two hundred and thirty nine finishers took part in the fifth running of the Totley Moor race, on an extremely hot evening.

All managed to keep to the correct course this year. Last year's winner Ged Codahay, could not quite manage it this year after doing the Chatsworth Chase on the Sunday. Needless to say, the Cricket Inn nearly ran out of beer afterwards.

R. Mason

1. M. Jubb	dkPk	32.24
2. P. Gobbett	Notts	34.15
3. S. Bell	Watf	34.25
4. G. Cudahy	Stock	34.44
5. S. Holliday	L'pool	34.57
6. K. Davis	P'stone	35.09
7. P. Boler	Totley	36.11
8. B. Beanehan	Unatt	36.31
9. J. Morgan	Watf	36.38
10. B. Carr	Watf	36.46

VETERANS O/40

1. K. Davis	P'stone	35.09
2. G. Wilding	StlCity	38.02
3. D. Smith	Unatt	38.14
4. R. Innes	Stock	39.27

VETERANS O/45

1. C. Ellis	Totley	37.05
2. D. Tait	Unatt	39.20
3. C. Bradshaw	Totley	39.40
4. N. Boler	Totley	40.01
5. R. Hopkinson	Unatt	40.59

VETERANS O/50

1. J. Armistead	DkPk	39.36
2. A. Yates	DkPk	42.27
3. C. Radcliffe	Unatt	42.29
4. R. Baumeister	DkPk	42.58
5. C. White	Totley	44.12

VETERANS O/55

1. M. Hayes	DkPk	43.59
2. R. Mason	Totley	45.57
3. T. Platts	Clowne	48.32

VETERANS O/60

1. B. Thackery	DkPk	45.31
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LADIES

1. J. Jennings	Roth	41.44
2. D. Challanian	DkPk	
3. D. Pelly O/35	S.Yorks	45.28
4. C. Dawson	Unatt	45.32
5. W. Barnes	Barns	45.42
6. A. VanGulik	Unatt	46.01

JUNIORS

1. J. Benton	DkPk	40.26
2. L. Banton	Clowne	41.34
3. R. Harding	DkPk	44.06

JAMES BLAKELEY FELL RACE

South Yorkshire

BS/3m/500ft 24.6.95

The day before the race was so hot. The Harden Moss Sheep Dog Trials were looking forward to bumper attendance figures. Whilst flagging the course on Saturday morning, a greater contrast could not be imagined - cold, windy and even some drizzle. The race set off with no better weather with last year's winner, Taylor, absent. Oldfield was closely followed by two good young Halifax prospects, Jonathan Stewart and James MacLeod. After the infamous descent into the gully and the circuit of the Old Meltham Racecourse, the experience of Andy Styan and Keith Davis saw the order change, but Steve Oldfield came home a comfortable winner, followed by one of the youngsters, Jonathan Stewart. Keith Davis came a very close third with Holmfirth Captain, Andy Shaw, just getting the better of former British Champion, Andy Styan.

In the ladies' race, an excellent run by Pauline Oldfield gave their household a family double and also found themselves making up two thirds of Bradford Airedale's third team. Holmfirth reclaimed the team title from Denby Dale, but let's hope for better weather next year.

R. Griffiths

1. S. Oldfield	BfdA	16.57
2. J. Stewart	Hfx	17.32
3. K. Davis	P'stone	17.33
4. A. Shaw	Holm	18.16
5. A. Styan	Holm	18.16
6. S. Anderton	Tod	18.23
7. I. Mitchell	Long	18.29
8. P. Targett	Clay	18.45
9. J. MacLeod	Hfx	18.59
10. R. Kneeshaw	Holm	19.36

VETERANS O/40

1. K. Davis	P'stone	17.33
2. I. Mitchell	Long	18.29
3. R. Kneeshaw	Holm	19.36
4. F. Reddington	Spen	19.47
5. M. Seddon	Holm	20.09

VETERANS O/45

1. A. Styan	Holm	18.16
2. W. Stewart	Hfx	20.20
3. R. Bradley	Holm	21.02
4. S. Crowther	Holm	21.25
5. M. Garry	ManYMCA	23.54

VETERANS O/50

1. P. McWicker	Unatt	25.08
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LADIES

1. P. Oldfield	BfdA	22.18
2. S. Smith	Hfx	24.00
3. T. Targett	Clay	30.15

OLD COUNTY TOPS RACE

Cumbria

AL/35m/9000ft 24.6.95

In contrast to last year, the weather posed few navigational problems. Apart from some mist on the summit of Helvellyn and Scafell Pike, the day was fine and, at times, especially towards the latter stages of the race, very warm. Consequently, only three teams retired (one due to footwear problems), the lowest number for several years. Despite the good weather, none of the course records were threatened. The winning team led from start to finish while most of the other places were settled in the last part of the race from Cockley Beck onwards.

Alan Kenny

1. Leggett/ Martin	Horw	7.23.48
2. Birchenough/ Crook	Bolt	7.46.35
3. Tridmas/ Cliff	Unatt	8.00.38

VETERAN O/80

1. Tucker/ Cheek	Macc	8.35.50
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VETERAN O/100

1. Swift/ Swift	Horw Chor	10.12.14
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MIXED

1. Hewitt/ Nodop	L&M Unatt	9.25.54
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LADIES

1. Wood/ McNeill	B'combe Amble	11.13.56
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MOFFAT CHASE

Dumfriesshire

AM/12m/3000ft 24.6.95

This British and Scottish Championship race was one of the few occasions when the thermal tops and wet gear could be left behind as one hundred and seventy two runners headed out from Moffat High Street in glorious sunshine. Runners were strongly advised to carry water and, with only six retirals for a variety of reasons, the advice was obviously heeded.



Team Carnethy - with faces flagged at Moffat - L. to R. Adam Ward, Angela Mudge, Mark Johnston, Jamie Thin, Gavin Stewart, Gary McInnes.

Photo: Ken Daly

Almost from the start, the race was dominated by who were virtually to be the first five home, with Mark Kinch setting the pace once the climb to Arthur's Seat was completed. Course record holder, Mark Rigby, maintained a third placing behind Paul Sheard through Hart Fell but the fast run in from Swatte Fell saw him lose two places to Colin Donnelly and Mark Roberts. John Wilkinson maintained a strong Scottish challenge holding sixth place all the way until Greygill Head on the return, but ultimately finishing in a still excellent eleventh position.

Despite the heat, the course record was reduced by over three minutes, but one of the best performances of the day must surely have been that of Sarah Rowell who clipped almost twenty minutes off Helen Diamantides' 1992 record, with Angela Mudge and Helen not far behind in other record-breaking performances. 1993 ladies' winner, Nicola Davies, was the first female Veteran.

Generous sponsorship and assistance was given from a variety of business organisations and individuals and my thanks goes to all of those who contributed in any way to making the race a success.

R. Mitchell

1. M. Kinch	Warr	1.37.07
2. C. Donnelly	Eryn	1.37.33
3. P. Sheard	P&B	1.37.51
4. M. Roberts	Borr	1.38.06
5. M. Rigby	Amble	1.39.22
6. S. Booth	Borr	1.41.38
7. J. Davies	Borr	1.41.50
8. N. Martin	Lomond	1.42.00
9. J. Hepburn	Loch	1.42.12
10. R. Jamieson	Amble	1.42.40
11. J. Wilkinson	Shett	1.43.16
12. G. Wilkinson	Clay	1.44.05
13. J. Thin	Carn	1.44.19
14. G. Huddleston	Clay	1.44.49
15. J. Hooson	Amble	1.45.01
16. B. Marshall	HELP	1.45.19
17. J. Deegan	P&B	1.45.49
18. M. Patterson	Shett	1.45.51
19. M. Wallis	Clay	1.45.55
20. J. Blackett	Man	1.46.12
21. G. Devine	P&B	1.46.31
22. J. Robertson	Cambus	1.46.45
23. A. Ward	Carn	1.46.51
24. G. Bland	Borr	1.46.52
25. G. Bartlett	Forres	1.46.53
26. M. Fleming	Amble	1.47.07
27. D. Nuttall	Clay	1.47.10
28. T. Hesketh	Horw	1.47.14
29. J. Maitland	P&B	1.47.33
30. M. Keys	Ross	1.47.51

VETERANS O/40

1. J. Roberts	Camb	1.46.45
2. T. Hesketh	Horw	1.47.14
3. D. Armitage	Cosmic	1.49.22
4. S. Jackson	Horw	1.50.09
5. B. Walton	Horw	1.50.32

VETERANS O/50

1. D. Spedding	Kesw	1.51.37
2. J. Shields	Clydes	1.53.38
3. D. Williams	Eryn	1.54.16
4. R. Wilby	HighHR	1.59.06
5. G. Armstrong	HELP	1.59.49

LADIES

1. S. Rowell	P&B	1.53.18
2. A. Mudge	Carn	1.57.55
3. H. Diamantides	West	1.59.12
4. N. Davies O/35	Borr	2.01.42
5. C. Menhennet O/35	W'lands	2.05.29
6. G. Cook O/35	Roch	2.14.28

CARNEDDAU CHALLENGE

Gwynedd

AL/15M/4500FT 25.6.95

The route was over sixteen miles long with a climb of approximately 4500 feet. It started from Ogwen Valley over the Carneddau Mountain Range to Dwygyfylchi, near Penmaenmawr. The event went very well with fifty one runners taking part.

M. Cassey

1. G. Williams	2.03.44
2. S. Bibby	2.21.45
3. P. Cadman	2.21.27
4. L. Butterworth	2.23.29
5. R. Owen	2.23.58
6. E. Roberts	2.25.41
7. B. Berzins	2.26.04
8. A. Harmer	2.29.53
9. A. Nixon	2.38.39
10. C. Latter	2.39.14

VETERANS

1. L. Butterworth	2.23.29
2. A. Harmer	2.29.53
3. A. Nixon	2.38.39
4. C. Latter	2.39.14
5. N. Gilbert	2.40.06
6. R. Mills	2.42.04

LADIES

1. J. Bale	2.56.12
2. S. Fanar	3.13.20
3. E. Dunnington	3.16.35

HOLME MOSS FELL RACE

West Yorkshire

AL/16m/4000ft 25.6.95

The closing of eighty square miles of public access moorland in the Peak District due to fire risk was notified on Friday, and affected a large part of the usual Holme Moss course. Rather than cancel the race, organiser, Russell Bangham, devised an alternative course involving two laps which proved equally testing and of similar length. Ironically, the weather at the weekend was cool, damp and even misty, with fires being the least consideration. In the event the 'clag' was so dense that despite the revised course being well flagged, the leading group at one point lost their way losing a little time.

The entry was rather lower than usual, perhaps due to the misleading press information about the closure of the moorland. Nevertheless, the Club who turned out in force was Calder Valley, who had chosen the race as one of their Club Championship races, and they enjoyed a particularly successful day claiming the team award as well as a number of individual awards. The special course made time comparisons difficult but Gary Oldfield had an impressive winning margin of over six minutes while the first lady, L. Atkin, was considered to have recorded a very good time.

1. G. Oldfield	BfdA	2.12.34
2. G. Barrie	CaldV	2.18.44
3. P. White	Leeds	2.19.10
4. S. Gregory	Holme	2.19.35
5. B. Hilton	LdsCty	2.21.10

VETERANS O/40

1. S. Houghton	CalderV	2.21.41
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VETERANS O/45

1. A. Styan	Holm	2.23.35
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VETERANS O/50

1. V. McCready	Melt	2.53.23
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LADIES

1. L. Atkin	CalderV	2.45.51
2. T. Hyde O/35	CalderV	2.58.40

FLAGSTAFF TO CARLINGFORD

Northern Ireland
AM/11m/3000ft 25.6.95

Despite very firm going underfoot the extreme heat reduced times considerably, with winner, Brian Ervine seven minutes outside his record, despite finishing over eleven minutes ahead of second placed, Jim Brown.

Armagh AC organised the event and had a large turnout of officials who ensured that all checkpoints were manned.

B. Valley

1. B. Ervine	B'drain	1.43.58
2. J. Brown	BARF	1.55.05
3. M. Scotney	BARF	1.56.00
4. P. Howie	Larne	2.02.50
5. D. Kerr	Armagh	2.04.00
6. B. McGee	Larne	2.05.30
7. D. Watson	N'castle	2.05.37
8. F. Hammond	ACKC	2.08.14
9. J. Sloan	ACKC	2.09.19
10. L. Kerr	Armagh	2.09.21

VETERANS O/40

1. D. Watson	N'castle	2.05.37
2. F. Hammond	ACKC	2.08.14
3. J. McBride	BARF	2.27.58
4. B. Simpson	BARF	2.45.36

VETERANS O/45

1. J. Sloan	ACKC	2.09.19
2. W. Kettle	ACKC	2.10.59
3. J. Gibson	B'drain	2.23.39
4. I. Taylor	A'ville	2.41.37
5. G. Hughes	Armagh	3.16.46

VETERANS O/50

1. B. McGee	Larne	2.05.30
2. D. Rankin	BARF	2.22.05
3. J. Adgey	A'ville	3.05.14

LADIES

1. R. McConville	N'Down	2.30.42
2. J. Boyle	BARF	2.37.12
3. M. Havern O/35	BARF	2.50.42
4. S. Carson O/35	N'castle	2.46.16
5. S. Pruzina	BARF	2.55.50
6. M. Copeland O/45	BARF	3.07.16

GADDINGS FELL RACE

West Yorkshire
BS/5m/900ft 27.6.95

Originally scheduled as a three and a half miler, the route had to be revised ten days before the event, as Walsden and Langfield Commons are now subject to SSSI regulations, laid down by English Nature, restricting the access to certain parts of moorland for conservation reasons. The new route was just short of five miles. There was a steep climb of just under a mile up Birks Lane, where the runners then picked up the new bridgeway across to the Shepherds Rest Inn at Lumbutts. The runners then faced another hard climb up to Gaddings Dam where they had to climb fifty two steps to get to the dam. The descent was via the second set of steps to complete a loop to meet the bridgeway for the return leg. The conditions for the eighty eight runners were most unfavourable, in the middle of the June heatwave with very little breeze.

Winner Andy Maloney of Rochdale Harriers led from start to finish. This was Andy's first win which he celebrated in the traditional fell runners style by being last out of the bar at Pockets Leisure Centre. From the runners comments it was an enjoyable fast course.



L. Atkin, ladies winner at Holme Moss
Photo: John Carwright

The only dampener on the night was the state of the changing rooms, where some runners had washed their shoes in the sinks and left the walls in rather a mess. It would be appreciated if runners would respect the facilities made available to them.

St. John's Ambulance Brigade members were in attendance and treated two casualties for ankle injuries.

M. Gibson

1. A. Maloney	Roch	26.27
2. M. Corbett	Ross	27.05
3. A. Turner	Bux	27.14
4. C. Smith	CalderV	27.25
5. I. Greenwood	Clay	27.50
6. D. Wilkinson	Roch	28.19
7. G. Sumner	Ross	28.36
8. A. Life	Clay	28.56
9. P. Irwin	Ross	29.03
10. D. Beels	Roch	29.19

VETERANS O/40

1. D. Beels	Roch	29.19
2. G. Corlets	ManYMCA	32.53
3. S. Morran	Horw	33.02
4. T. Targett	Clay	34.32
5. J. Connolly	Ross	34.40

VETERANS O/45

1. B. Rawlinson	Ross	30.32
2. J. Dore	Roch	31.29
3. J. Eaton	Ross	31.30
4. N. Harris	Ross	33.06
5. R. Boulter	Tod	34.15

VETERANS O/50

1. P. Jepson	Ross	30.53
2. J. Talbot	Tod	31.42
3. T. Peacock	Clay	34.14
4. K. Hodge	H'fax	34.59
5. F. Wood	Horw	33.05

VETERANS O/55

1. F. Blamire	Tod	36.20
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VETERANS O/60

1. R. Francis	Bury	39.14
2. B. Leathley	Clay	39.22
3. B. Hill	Clay	44.57

LADIES

1. V. Peacock O/40	Clay	31.36
2. J. Rawlinson O/40	Clay	32.43
3. C. Dewhurst	Clay	36.49
4. F. Bottomley O/35	Roch	41.02
5. M. Goth O/35	Tod	41.59
6. P. Dore O/40	Roch	42.29
7. E. Burn O/40	FRA	44.13
8. G. Harvey O/35	H'fax	44.46

INTERMEDIATES

1. J. Edwards	Burn	34.12
2. L. Passco	Unatt	36.24
3. D. Talbot	Unatt	43.47
4. P. Bagley	Unatt	44.15

JUNIORS

1. A. Turner	Bux	27.14
2. J. Hart	O&R	29.56
3. D. Talbot	Unatt	43.47
4. P. Bagley	Unatt	44.15

JUNIORS

1. A. Turner	Bux	27.14
2. J. Hart	O&R	29.56
3. W. Reilly	Unatt	32.41

BOAR'S HILL RACE

Cheshire
BM/8m/1200ft 28.6.95

A scorching evening for this year's race; very firm going all the way round the route but far, far too hot for racing and, as was inevitable in the conditions, not only did all the records stay intact but everyone's times were a few minutes slower than usual. The race was back to its traditional unmarked format over the moor and the tussocks this year, and while this was to the liking of the majority of the field, it did cause some people a few headaches, including the early leader, Nick Peach, who spent some time wandering up and down the park boundary wall looking for the stile over to Bowstones and hence allowing a number of runners to get in front of him. He then spent the rest of the race in a valiant and nearly successful attempt to regain the lead, but Dale Gartley, not a man to let a golden opportunity slip away, was in no mood to be caught and, despite the heat, stormed away from the last checkpoint and down the track to record a well deserved win.

In the ladies' field, Carol Banlin, enjoying an excellent season, put in a strong performance to finish first lady in fiftieth position overall, which also clinched her win in the Lyme Park Series.

Two hundred and forty six runners started, a shade too many for comfort for an evening race from an organisational point of view, many thanks to the marshalling and registration teams for their efforts, and to Henry Tindell for his superb hand crafted trophies. I hope everyone enjoyed themselves.

Dave Jones

1. D. Gartley	Gloss	48.09
2. P. Deauville	Glossp	49.20
4. R. Taylor	Stock	49.37
5. J. Holden	Stock	49.56
6. G. Cudahay	Stock	49.59
7. D. Loxam	Stock	50.09
8. M. Williams	Penn	50.14
9. B. Gregory	Alt	50.22
10. G. Watson	Alt	50.26

VETERANS O/40

1. B. Gregory	Stock	50.22
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VETERANS O/45

1. R. Taylor	Stock	49.37
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VETERANS O/50

1. J. Morris	Penn	56.00
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VETERANS O/60

1. J. Dearden	Hels	61.31
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LADIES

1. C. Banlin O/35	Hels	57.35
2. K. Harvey	Alt	60.43
3. S. Rowson O/40	Macc	61.45

VETERAN LADY O/50

1. M. Chippendale	Stock	66.09
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LYME PARK CHAMPIONSHIP

The Boar's Head Race was also the final counter in the Lyme Park Championship Series, generously sponsored in this its first year, by the Boddington Pub Company. The three races were the Vanessa Chappell Race, the Kettleshulme Race and the Boars' Head, with the common denominators being that they are all Wednesday evening races and all utilise part of Lyme Park in their routes. The series proved to be very popular and was keenly contested with an amount of friendly rivalry being generated among members of local clubs. As can be seen from the points, there was not a lot between people in the end, but Nick Peach, with two straight wins and a second, was a clear winner overall, as was Carol Banlin in the ladies series. The general consensus was that it ought to continue next year, so providing the Boddington's Pub Company are willing to continue their support Dale, Alan and I will try our best to oblige.

Dave Jones

1. N. Peach	Sale	4pts
2. G. Cudahy	Gloss	10 pts
3. P. Deauville	Gloss	11 pts
4. G. Watson	Alt	18 pts
5. R. Taylor	Stock	20 pts

VETERANS O/40

1. B. Gregory	Stock	25 pts
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VETERANS O/45

1. R. Taylor	Stock	20 pts
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VETERANS O/50

1. J. Morris	Penn	115 pts
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VETERANS O/60

1. B. Thackery	DkPk	351 pts
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LADIES

1. C. Banlin O/35	Hels	131 pts
2. S. Rowson O/40	Macc	220 pts
3. M. Chippendale O/50	Stock	332 pts

LANGSTRATH RACE

Cumbria
AS/4.5m/1400ft 28.6.95

Most of the competitors seemed to suffer in the heat with overall times being generally slower than in previous years. However, the Langstrath Hotel, the race's sponsor, did a roaring trade at the bar which just goes to prove it's certainly an ill wind which blows no good!

1. J. Bland	Borr	38.07
2. J. Davies	Borr	38.35
3. A. Davies	Unatt	38.47
4. G. Bland	Borr	39.54
5. C. Dulsion	CFR	41.12
6. M. Holroyd	Borr	41.47
7. A. Beatty	CFR	41.50
8. J. Archibald	CFR	41.56
9. P. Dawson	CFR	42.04
10. R. Hargreaves	CFR	42.59

VETERANS O/40

1. I. Block	CFR	43.50
2. D. Loan	Kesw	44.11
3. M. Lih	CFR	44.42

VETERANS O/50

1. M. Pitchford	CFR	47.50
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LADIES

1. A. Brad-Barker	Kesw	46.24
2. L. Thompson O/35	Kesw	50.28
3. K. Beatty O/35	CFR	50.50

JUNIORS

1. T. Miller	Kesw	60.01
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FOX AND HOUNDS CHASE

North Yorkshire
BM/9m/1400ft 29.6.95

Very hot weather greatly reduced numbers, with only two ladies taking part this year, we saw the retirement of Sheila Wright, through back problems, having won the Ladies race for the last six years. Fifty nine runners took part, the smallest field for four years, Richard Suddaby from Skipton won the race by a clear one and a half minutes, with times overall down on previous years mainly due to the heat. Jon Williams, the notable exception, breaking the senior veteran record. We had three retirements, otherwise the run itself went without a hitch.

Over half of this race is not on public right of way, thus by kind permission of Danby Court Leat, who act on Lord Downe's behalf, we are able to stage this race. Most of this section we tape the day before, so poor old Tom Chadwick who went around to the halfway point of the race, found to his dismay, nearly all the tapes put out the day before, over forty in all, had been removed. Lucky for us, Tom had enough tape to re-mark, but he only just by the skin of his teeth, reached his point in the course, before the first runner came through. Sadly this sort of thing goes on, what people get out of this, well you tell me? Anyhow, well done Tom.

Bob Lillie

1. R. Suddaby	Unatt	61.39
2. J. Blackett	Mand	63.03
3. P. White	LdsCty	63.28
4. P. Stephenson	BurnRd	64.12
5. B. Birth	Mand	65.05
6. A. Carruthers	Craw	65.24
7. P. McHugh	CLOK	66.09
8. R. Roberts	Mand	66.52
9. V. Rutland	Mand	68.37
10. J. Williams	Mand	69.19

VETERANS O/40

1. F. Firth	Mand	65.05
2. V. Rutland	Mand	68.37
3. S. Davis	Mand	70.49
4. D. Knee	BurnRd	71.13
5. D. Kirk	BurnRd	72.35

VETERANS O/50

1. J. Williams	Mand	69.19
2. D. Spencer	Barrow	75.32
3. A. Cameron	FRA	79.47
4. N. Dyson	Mand	84.50
5. R. Clarke	mand	86.14

FIRST LADY

1. R. Thomas	Unatt	77.59
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JUNIORS

1. M. Oliver	N.Marske	33.01
2. A. Oliver	N.Marske	33.52
3. C. Hare	Loft	43.24

POTTER FELL RACE
Cumbria
CM/7m/650ft 29.6.95

This year the race attracted a somewhat disappointing field in terms of numbers, probably attributable to the unprecedented heat of the day. However, those who turned out put in an enthusiastic performance. Underfoot conditions were ideal with all of the riverside fields having been cut in the previous week. Mark Roberts stormed home, well ahead of nearest rivals Paul Trott, and Robin Jamieson. If a team prize were awarded it would have gone to Kendal AC. Women were in a pronounced minority and no records were broken.

Despite the heat, and lack of breeze, there was only one retirement and everyone seemed remarkably fit at the end (though word had it, that some took a dip in Gurnal Dubs on passants!).

John Chapman

1. M. Roberts	Borr	46.03
2. P. Trott	Loft	47.34
3. R. Jamieson	Amble	47.45
4. D. Houlsworth	Kend	47.45
5. M. Walsh	Kend	49.58
6. P. Whiting	Kend	54.16
7. G. Woolnough	Kend	54.23
8. S. Moffat	Howg	54.37
9. D. Jeffs		55.59
10. P. McArthur	Chesh	56.08

VETERANS O/40

1. A. Beck		57.08
2. R. McGill	D'dee	58.22
3. M. Berry	BCR	62.22

VETERANS O/45

1. M. Walsh	Kend	49.58
2. G. Woolnough	Kend	54.23
3. P. McArthur	Chesh	56.08

VETERANS O/50

1. G. James	B&F	58.22
2. D. Wood		71.33
3. D. Tomkinson	Roch	72.55

LADIES

1. V. Peacock O/35	Clay	56.26
2. J. Taylor	L&M	69.32
3. A. Strechan O/40	D'dee	71.26
4. K. Jones		77.00
5. L. Neeson O/50		77.40
6. E. Unsworth O/40		79.20

JUNIORS

1. S. Reid	Kend	14.29
2. B. Gerrish		17.53
3. P. Rigby		20.41

COTSWOLD WAY RELAY
Worcestershire
CL/104m/10700ft 1.7.95

A record entry of twenty two teams took part in the fourth running of this ten stage relay along the waymarked footpath from Chipping Campden in Worcester to Bath. For a second

time the stage race format was adopted with each leg having a mass start as the previous one finished.

With the increase in the number of teams, the level of competition improved considerably, with records being set on eight stages for men and seven for women.

City of Bath A.C.s Larkhall Larks, took an early lead through the efforts of Guy and Alex Woods. After leg three, Stroud A.C. took the lead, thanks to Clyde James, and from there on were never challenged, going on to set a new course record by over thirty minutes. Bristol Orienteers' mixed team held second place, until leg six and were only denied third place overall by the commanding last leg run of Mick O'Doherty of the Larkhall Larks, who led the next runner by over six minutes in breaking his own stage record. Previous winners, City of Bath A.C.'s Cross Crusaders, came second through solid running rather than because of any individual performances.

Bristol Orienteers dominated the mixed category, however, there was a battle for the minor placings. Ridgeway Runners, the only previous winners in this category, had held second place until leg nine, when City of Bath edged in front of them. On the final leg, Stroud A.C. moved in front to take third place. The first four teams were inside Ridgeway Runners course record.

For the first time a ladies team took part. Mendip Mudlarks, based around Wells City Harriers, set the mark for other teams to challenge in future years.

David Hughes

1. Stroud & Dist. 'A'	11.55.00
2. Cross Keys Crusaders	12.57.25
3. Larkhall Larks	13.20.40
4. Wells City H.	13.37.32
5. Striguil Striders	13.43.16
6. Thornbury 'A'	13.44.41
7. Somerset Spartans	13.48.24
8. Northbrook	13.49.44
9. Spirax Sarco	13.52.59
10. Nationwide Direct	14.47.08

MIXED

1. Bristol Orien	13.22.52
2. City of Bath	13.46.07
3. Stroud & Dist 'B'	13.59.04
4. Ridgeway Runners	14.06.03
5. Glouc AC Rolly Pollys	14.56.02

LADIES

1. Mendip Mudlarks	16.16.07
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GUTO NYTH BRAN
Gwent
BM/6m/1300ft 1.7.95

Once again the race was run in very hot and humid conditions. Individual positions were more or less sorted out after the first climb to the top of Bedwas Mountain, unlike last year when each category was very closely contested. Although we only had twenty seven runners, there were no less than ten clubs represented, and two of them being from as far as Scotland and Lancaster. The presentation was held on the village green, where the race finished.

P. Morris

1. A. Woods	MDC	41.06
2. J. Bass	MDC	42.53
3. N. Webb	MDC	43.07
4. M. Collins	MDC	44.11
5. J. Darby	MDC	44.11
6. J. Kardasz	L&M	44.20
7. P. Holder	CardHarl	46.34
8. P. Morris	Herf.Cour	47.13
9. J. Wilson	Brynch	48.39
10. P. Crane	Unatt	48.40

VETERANS O/40

1. J. Darby	MDC	44.11
2. P. Morris	HerefCour	47.13
3. W. Knijn	Unatt	48.45
4. T. Collins	Carn	51.04
5. B. Daugherty	LesCroup	52.02

VETERANS O/50

1. A. Morean	Card.Harl	52.20
2. C. Jones	MDC	54.25
3. R. Harris	MDC	59.43

LADIES

1. S. Woods	MDC	49.41
2. G. Stoff	BoK	62.06

BERWYN RACE
Cheshire
AM/6m/2000ft 1.7.95

The race was held in a relatively cool break in the midsummer heatwave. The ground was firm and no-one got lost, so many good times recorded.

Junior, Tim Davies, continued to set his mark on hill races in Wales and the Borders, whilst Carol Banlin, scored another of

several victories this year. In fact, both Tim and Carol both set new records for the course. This is fast and is punishing on the long descent as the steep climb. In the evening, the midges won on points.

R. Eagle

1. T. Davies	Merc	43.18
2. C. Taylor	Merc	46.33
3. M. Foschi	Penn	46.53
4. R. Hamilton	Ilk	47.04
5. A. Griffiths	Bowland	47.18
6. A. Kaye	Charm	47.25
7. A. Holden	Kly	47.38
8. M. Wigmore	Hels	47.55
9. P. Jenkinson	Eryri	48.10
10. C. Lancaster	Telf	48.43

VETERANS O/40

1. C. Taylor	Merc	46.33
2. M. Foschi	Penn	46.53
3. A. Hulme	Penn	50.56
4. J. Linley	N.Vets	51.33
5. D. Livesey	Denbigh	51.52

VETERANS O/50

1. C. Brown	Merc	56.16
2. B. Webster	Hels	56.39
3. A. Todd	Hels	57.19
4. G. Lloyd	Wrex	58.18
5. P. Smith	Merc	59.43

LADIES

1. C. Banlin	Hels	51.20
2. C. Wrimmer	StoneMM	63.58
3. N. Lloyd	Wrex	70.29

SKIDDAW FELL RACE
Cumbria
9m/2700ft 2.7.95

Conditions never seem to be perfect for the Skiddaw Race, but the heatwave of the previous week ended just in time to prevent possible heatstroke cases. Unfortunately the still hard baked ground did little to help the soles of the feet.

The variation in climatic conditions between Fitz Park and Skiddaw summit always seem to be severe and although it appears to be harsh in fine weather to disqualify runners not carrying the required gear, a firm stance must be taken on safety grounds. This policy could easily save someone's life in the future, which everyone should bear in mind.

Very many thanks to all members of LDMTA Keswick Athletic Club and anyone else who have help and assistance in the running of the race.

1. C. Roberts	Kend	1.04.28
2. A. Peace	Bing	1.04.46
3. M. Croasdale	Bing	1.05.13
4. I. Postlethwite	CFR	1.05.35
5. A. Bowness	CFR	1.06.36
6. M. Roscoe	LdsCty	1.06.47
7. B. Burns	Prest	1.07.20
8. R. Jackson	Horw	1.08.08
9. J. Hodgson	Bing	1.10.07
10. A. Wrench	Tod	1.11.02

VETERANS O/40

1. B. Watson	Horw	1.15.09
2. R. Unwin	CFR	1.15.25
3. R. Haigh	Ilk	1.17.56
4. I. Block	CFR	1.19.10
5. N. Hewitt	L&M	1.21.59

VETERANS O/45

1. I. Halliday	Roch	1.15.48
2. M. Litt	CFR	1.19.25
3. D. Milligan	Solway	1.20.07
4. D. Bridge	Borr	1.21.22
5. C. Todd	Harr	1.22.53

VETERANS O/50

1. D. Kearns	Bolt	1.20.52
2. B. Jackson	Horw	1.21.39
3. M. Carson	Kesw	1.23.08
4. I. Beverley	Clay	1.23.30
5. M. Pitchford	CFR	1.26.04

LADIES

1. C. Stevens	Read	1.23.06
2. L. Leavesley	LdsCty	1.24.29
3. J. Shoter	Fellan	1.25.46
4. C. Young	LdsCty	1.26.41
5. K. Beaty O/35	CFR	1.28.50
6. T. Smith	CFR	1.33.22
7. L. Lacon	Holm	1.34.00
8. G. Walkington O/35	Horw	1.40.25

INTERMEDIATES

1. R. Jebb	Bing	1.16.08
2. C. Floud	LSOC	1.30.30
3. S. Horton	LSOC	1.34.47

SAUNDERS LAKELAND MOUNTAIN MARATHON

Cumbria
1/2.7.95

For the first time in a number of years this event was staged in the Coniston Fells. It coincided with the publication of a new Harvey map of the area. Land ownership and owners permissions were especially complex with number of owners, tenants and commoners to contact, but fortunately everyone was agreeable and helpful.

The weather was fine but not too hot, the day before the event the temperature was over 30 degrees. Winning times were about right. There was the usual happy atmosphere, both at the mid camp in the Duddon Valley and at the finish at John Ruskin School, Coniston.

M. Bagness

KLETS CLASSIC

1. I. Powell	09.20.37
2. A. Keith	09.58.48

FIRST LADY

1. W. Dodds	13.06.14
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SCAFELL CLASS

1. Woods/Davidson	09.54.03
2. Atkinson/Perratt	10.06.47

BOWFELL CLASS

1. Fitch/Gibbs	09.08.40
2. Cory-Wright/Boyes	09.09.56

KIRKFEEL CLASS

1. Taylor/Harrison	07.23.36
2. Tiley/Mills	07.58.48

FIRST LADY

1. Johnston/Beattie	09.45.40
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WANSFELL CLASS

1. Valla/Clark	07.39.25
2. Brammer/Brammer	07.41.23

FIRST LADY

1. Horder/Coleman	07.05.21
2. Hopkins/Spain	07.29.47

FIRST LADY

1. Dunlop/Downie	08.56.18
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CARROCK FELL CLASS

1. Crowther/Gilbert	06.45.27
2. Sarginson/Brown	07.13.41

FIRST LADY

1. Dupras/Tweddlle	08.47.31
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HARTER FELL CLASS

1. Hanley/Seaman	06.39.47
2. Laverack/Holligan	06.59.24

FIRST LADY

1. Wood/Crawshaw	08.16.05
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KINDER TROG

Derbyshire
BL/18m/3490ft 2.7.95

Due to access to the moors being severely restricted and in co-operating with the National Trust, the Kinder Trog had to be re-routed in two main areas. Firstly, instead of the usual straightforward run up to Mill Hill, runners had to go via Cast Meadow, up to the shooting cabin and find access to the moors via Williams Clough at the far end of Kinder Reservoir. Secondly, runners had to arrive at South Head by turning right past Edale Cross, left over the sleeper bridge and running up Dimpus, and access to the summit of South Head was not allowed. Reaction to the new route was quite favourable, and we are now in the process of measuring the extra climbing involved to try to upgrade the race to category A.

Brian Wilson

1. A. Jones	Gloss	2.08.58
2. P. Deaville	Gloss	2.12.39
3. K. Gaskell	Horw	2.17.46
4. S. Houghton	CalderV	2.17.58
5. G. Watson	Alt	2.18.14
6. B. Carr		2.18.55
7. J. Fish		2.19.44
8. I. Warhurst	Penn	2.20.41
9. A. Carruthers		2.21.10

VETERANS O/40

1. S. Houghton	CalderV	2.17.58
2. D. Tait		2.25.32
3. M. Noble		2.26.39
4. A. Green	Bfd/Aire	2.27.01
5. N. Boler		2.31.11

LADIES

1. C. Hatton	Hels	2.36.21
2. L. Hayles	H'fax	3.01.07
3. J. Cave	DkPk	3.04.02
4. R. Brentnall		3.06.22
5. M. Edgerton		3.15.21
6. S. Kay	Denby	3.27.51
7. B. Nixon	P'stone	3.30.15
9. P. Justin		3.40.07

SALTWELL HARRIERS FELL RACE

5.5m/900FT 4.7.95

This inaugural fell race produced a good contest amongst the first three home. Fred Smith taking the lead after Daniel Henderson had led for the first four miles of the race, which begins with a 900ft ascent, and he just managed to hold off the challenge from William Steven for second place. Clarendon pushed Saltwell for the team honours, but lost by just one point. Andy Curtis and William Tait performed well, winning their respective veteran categories, leaving a few younger runners in their wake. An enjoyable evening by all, over a good and very fast course.

Keith Wood

1. F. Smith	Salt	42.03
2. D. Henderson	Salt	42.10
3. W. Steven	C'mont	42.11
4. I. Sands	C'mont	43.19
5. P. McHugh	Loft	43.35
6. A. Curtus	C'mont	43.50
7. N. Wallace	Elswick	45.56
8. W. Tait	Tyne	46.20
9. G. Conway	Salt	46.32
10. J. Dollinson	C'mont	48.11

VETERAN O/40

1. A. Curtis	C'mont	43.50
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VETERAN O/45

1. W. Tait	Tyne	46.20
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VETERAN O/50

1. R. Gray	Amble	59.07
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HOPES WAKE FELL RACE

Derbyshire

BS/4m/650ft 4.7.95

On yet another pleasant warm sunny summer evening with dry conditions underfoot, Andy Wilton, can be said to have run away with this race, finishing almost two minutes ahead of Des Gibbons, with Keith Davis claiming both third place and that of first veteran. A tighter race may have seen Andy get closer to or break Mike Bishop's 1985 record time of twenty three minutes and forty six seconds.

Cecilia Greasley completed a noteworthy hat-trick of wins to match that of Wylvane Boler (1989, 90, 91). Her winning time of twenty eight minutes and fifty nine seconds secured eighteenth place overall, and was the fourth fastest recorded ladies time. Carol Greenwood set the third fastest, with a personal best of twenty eight minutes and twelve seconds in 1982.

1. A. Wilton	Merc	24.09
2. D. Gibbons	RonHill	26.07
3. K. Davis	P'stone	26.22
4. M. Wilson	Hallam	26.29
5. G. Morson	Bux	26.45
6. R. Hutton	DkPk	27.01
7. J. Cant	DkPk	27.35
8. R. Wallace	Denby	27.38
9. I. Christian	RonHills	27.52
10. T. Cos	W.U.T.	27.53

VETERANS O/40

1. K. Davis	P'stone	26.22
2. G. Morson	Bux	26.45
3. J. Cant	DkPk	27.35
4. R. Wallace	Denby	27.38
5. J. Spencer	Hallam	28.24



Adie Jones and Linda Hayles - winners at Kinder Trog
Photos: John Cartwright

VETERANS O/50

1. J. Carrier	G.P.T.	30.50
2. M. Hayes	DkPk	32.14
3. A. Lilly	P'stone	32.31
4. P. Seyd	DkPk	33.15
5. G. Evans	Hallam	33.43

LADIES

1. C. Greasley O/35	Macc	28.59
2. S. Newman	Gloss	33.02
3. S. Boler O/35	P'stone	33.33
4. J. Evans	Sheff	33.48
5. D. Mudwell O/35	Unatt	36.44
6. A. Jorgensen O/35	P'stone	37.05
7. H. Bramwell	Unatt	38.12
8. G. Porter O/35	Staffs	38.46

JUNIORS

1. S. Duniec	Holm	14.53
2. O. Metcalfe	Edale	15.15
3. K. Preece F	Staffs	15.35

SETTLE HILLS RACE

AM/6.5m/1750ft 5.7.95

A perfect summer evening saw the fourth Settle Hills race starting from the market square with one hundred and twenty keen souls out to punish their bodies over the fast six mile course. Starting up the cobbled streets out of town, twelve keen contenders were at the fore; this dwindled to half a dozen when the five hundred foot ascent of 'High Hill' was started after a mile. Gary Oldfield stretched out to lead here, and during the second big climb above Victoria Cave, opened his legs to show a fine pair of heels. His winning time was a minute slower than Greg Hull's speedy run last year on the then new course, slightly lengthened to give a better finish on to the North Ribblesdale club rugby field. Robin Jamieson had his usual conservative start, but after three miles pulled through the tiring chasers and during the descent past the limestone caves of Atermire Scar, eased up to second place.

'Track star', Gary Damiani and 'road runner' Andrew Ward, played cat and mouse, with the Spen athlete reduced to a walk when climbing, but accelerating on the flat and downhill to finish in front. Earlier finishers sipped their pints on the balcony and watched the later punters run in, before presentation by Mr Enthusiasm race organiser, John Crossland. He, on a high having completed his second Bens of Jura race, eleven years after his first time, ran a solid sixty three minutes and fifty nine seconds on the course, but still had the energy to give away three hundred and fifty pounds worth of prizes in the rugby club bar.

Quote of the night from runners swilling squash at the finish was from an exhilarated Howgill Harrier. "It was great, every time I climbed a hill and went round the next corner, there was another b****er to climb!"

Thanks are due to all landowners in this popular area, and the Rugby Club whose facilities add to the friendly atmosphere of the race.

Claude Burst

1. G. Oldfield	Bfd/Aire	48.36
2. R. Jamieson	Amble	49.14
3. S. Oldfield	Bfd/Aire	49.37
4. G. Damiani	Spenn	49.50
5. A. Ward	Sheff	50.10
6. M. Walsh	Kend	50.58
7. M. Holroyd	Borr	51.10
8. C. Hirst	Settle	51.21
9. M. Pickering	Otley	51.49
10. B. Whitfield	Bing	52.15

VETERANS O/40

1. M. Walsh	Kend	50.58
2. M. Pickering	Otley	51.4
3. B. Whitfield	Bing	52.15
4. K. Taylor	Ross	53.10
5. P. Butterworth	Clay	55.40

VETERANS O/50

1. D. Quinlan	Bing	57.57
2. R. Jaques	Clay	60.25
3. M. Ford	Bing	61.49
4. G. James	B&F	62.21
5. T. Peacock	Fellan	63.52

LADIES

1. V. Peacock	Clay	58.06
2. E. Hodgson	Fellan	61.21
3. P. Oldfield O/35	Bfd/Aire	64.14
4. L. Warin O/35	Skip	68.42
5. J. Taylor	L&M	73.01
6. K. Whitfield	Kesw	73.21
7. R. Taylor	Kesw	73.27
8. A. Curle	Fellan	74.21

RAINOW HILL RACE

Cheshire

BS/5m/750ft 6.7.95

On a fine warm evening one hundred and sixty runners completed the seventh annual Rainow Hill Race. Dale Gartley continued his fine season with a clear win over Des Gibbons and Paul Deaville. Carol Banlin was first lady home for the second year running, finishing a creditable thirty seventh place overall.

Proceeds were again split between the Macclesfield Athletics Track Appeal and Rainow Playgroup.

B. Murray

1. D. Gartley	Gloss	33.42
2. D. Gibbons	Altr	34.05
3. P. Deaville	Gloss	34.07
4. M. Wigmore	Helsby	34.29
5. R. Price	ValeR	34.39
6. M. Crosby	Altr	34.53
7. R. Taylor	Penn	34.58
8. J. Kershaw	Macc	35.12
9. R. Murray	Macc	35.37
10. J. Birkinshaw	Unatt	35.53

VETERANS O/40

1. R. Taylor	Penn	34.58
2. J. Kershaw	Macc	35.12
3. R. Murray	Macc	35.37
4. J. Linley	NthnV	37.41
5. M. Doherty	Stock	37.51

VETERANS O/50

1. J. Norman	Altr	38.33
2. K. Burtess	Altr	40.34
3. R. Webster	Helsby	41.17
4. E. Normansell	Stock	42.25
5. D. Attwell	Altr	42.37

VETERANS O/60

1. J. Deaden	Helsby	41.46
2. J. Deniswood	Altr	47.20
3. B. Stephenson	Stock	48.48

LADIES

1. C. Banlin O/35	Helsby	39.12
2. R. Rowson O/35	Macc	41.28
3. R. Pleeth	Matt	41.41
4. S. Newman	Gloss	23.40
5. D. Newton O/35	Wilms	43.46
6. K. Wood	ManYMCA	45.22

JUNIORS

1. M. Wigmore	Helsby	34.29
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THREE HILLS FELL RACE

Lancashire

BS/4m/900ft 6.7.95

Peter Banks left his road shoes at home for the evening and clipped twenty four seconds off Graham Schofield's record.

This sociable evening race takes in three climbs of Darwen Moors on paths and farm tracks. The local club, Darwen Dashers, were well represented with almost a half of their members taking part (forty seven).

Out of one hundred and fifty finishers, thirty one were females which is very promising for the future of our sport. Race organisers need to recognise their efforts by offering prizes in proportion with the ratios of men and women.

Alison Forrest was first female home, obviously enjoying her freedom; Alison got married on 5 August - Good Luck Ali.

A lot of runners were sampling fell running for the first time and as usual at fell races, I was very pleased to see the encouragement they received from their more experienced "fellers". Sincere thanks to all concerned.

Matt Donnelly

1. P. Banks	B'burn	27.34
2. G. Schofield	Horw	28.12
3. P. Thompson	B'burn	29.30
4. P. Boyd	Horw	29.37
5. P. Irwin	Ross	30.17
6. S. Ellis	Bolt	30.57
7. D. Clamp	Bolt	31.05
8. A. Life	Clay	31.13
9. P. Martin	Bolt	31.19
10. N. Holding	DarD	31.22

VETERANS O/40

1. S. Ellis	Bolt	30.57
2. G. Woodburn	B'burn	32.28
3. J. Singleton	Clay	33.00
4. T. Ryan	B'burn	33.23
5. J. Hollins	Pres	33.31

VETERANS O/45

1. S. Furness	B'burn	34.08
2. B. Mapp	Pres	35.34
3. A. Appleby	Pres	36.06
4. R. Ashcroft	DarD	36.56
5. A. Turner	DarD36.58	

VETERANS O/50

1. D. Kearns	Bolt	32.47
2. J. Nolan	B'burn	33.39
3. J. Walsh	DarD	44.37
4. J. Smith	B'burn	45.25
5. M. Coppin	Chor	45.50

VETERANS O/55

1. D. Ashton	B'burn	35.36
2. R. Bray	B'pool	44.49

VETERANS O/60

1. P. Madden	NthnV	41.48
2. R. Chadwick	NthnV	46.08

INTERMEDIATES

1. L. Unsworth	Chor	41.45
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CHARLESWORTH & CHISWORTH CHALLENGE

Derbyshire 8.7.95

This popular short race was organised this year by Bill Deakin, who was a very creditable fifteenth! Held in conjunction with the local carnival, it was first run in 1989 when Glossopdale Harrier, Cameron Campbell, won. Amazingly, this year a zebra went round Coombes Edge, a circuit which includes nine or ten stiles!

1. A. Trigg	Gloss	20.25
2. A. Kirk	Gloss	20.55
3. P. Deaville	Gloss	21.12
4. A. Jones	Gloss	21.35
5. J. Miller	Gloss	21.38

LADIES

1. S. Newman	Gloss	26.52
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MYTHOLMROYD FELL RACE

West Yorkshire

BM/7m/1350ft 8.7.95

1. P. Sheard	P&B	47.22
2. S. Green	P&B	49.21
3. M. Corbett	Ross	49.29
4. R. Lawrence	Bing	49.49
5. K. Smith	CaldV	50.32
6. J. Coulson	CaldV	51.39
7. A. Carruthers	Craw	51.46
8. R. Stephenson	P&B	51.53
9. G. Barrie	CaldV	51.55
10. P. Irwin	Ross	51.58

VETERANS O/40

1. J. Coulson	CaldV	51.39
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VETERANS O/50

1. P. Jepson	Ross	56.28
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LADIES

1. G. Cook O/35	Roch	58.04
2. E. Hodgson	Fellan	58.21



Karl Smith - 5th at Mytholmroyd
Photo: Dave Woodhead



Emma Moody - Ladies winner at Wasdale
Photo: D. Hughes

WASDALE FELL RACE

Cumbria

AL/21m/900ft 8.7.95

The 1995 race was run in warm and humid conditions with a small field, fifty six males and two females. The Borrowdale team dominated the event with Jim Davies leading from Jonny and Gavin Bland and A. Davies (unattached) to Seatoller. Jonny led the race with Jim and by Pillar they had opened a gap of five minutes. Jim ran a solo last half race to come in sixteen minutes ahead of a tussle between Gavin and A. Davies (who made up a lot of ground on the Gable and Esk Hause section). Gavin won third place by four seconds. Lee Thompson made a stunningly fast descent from Scafell Pike (seventeen minutes).

First Veteran Over 40 was Irvin Black, second CFR team member, and in twelfth position was the first Over 50 Veteran, Y Tridmas, a very creditable run, sixteen minutes ahead of the first Veteran Over 45. First lady home was Emma Moody in thirtieth place and Julie Walker finished in thirty ninth position overall. Commiserations to Brian Leathley who at sixty four, had to retire at Gable.

The race records remain safe for another year, the warm and humid conditions produced thirteen retirements, forty five finished.

Winning team was Borrowdale again who have won the team race for the last three years, CFR were second and Dark Peak third.

Thanks to all helpers including two runners, Mr Rigby and another, volunteering to checkpoint marshal after not starting - a wonderful gesture.

R. Eastman

1. J. Bland	Borr	3.51.15
2. J. Davies	Borr	4.00.54
3. G. Bland	Borr	4.16.35
4. A. Davies	Unatt	4.16.39
5. L. Thompson	Clay	4.19.10
6. M. Holroyd	Borr	4.21.07
7. M. Fleming	Amble	4.30.44
8. S. Shuttleworth	Amble	4.33.44
9. P. Hemingway	CFR	4.37.53
10. I. Turnbull	Borr	4.39.06

VETERANS O/40

1. I. Block	CFR	4.39.22
2. J. Blair-Fish	Carn	4.47.26
3. R. Mitchell	Mand	4.55.04
4. N. Hewitt	L&M	4.55.33
5. S. Young	CFR	5.00.24

VETERANS O/45

1. D. Tait	Unatt	5.00.38
2. G. Houghton	CaldV	5.20.19
3. R. Atkinson	AchR	5.58.50
4. C. Latter	Tatt	6.15.47

VETERANS O/50

1. Y. Tridmas	NthnV	4.44.25
2. W. Buckley	Ross	5.36.40
3. C. Grime	Rown	5.54.12
4. P. Blagsborough	Saddle	6.03.13
5. C. Brad	DkPk	6.16.15

VETERANS O/55

1. A. Shaw	Tod	5.47.40
2. J. Swift	Chor	6.21.06

LADIES

1. E. Moody	WCOC	5.20.53
2. J. Walker	Ross	5.56.00

THURLSTONE CHASE

S. Yorkshire

BS/4.25m/800ft 8.7.95

1. A. Roberts	Roth	22.19
2. M. Lee	Bolt	23.10
3. S. McLaughlin	Wake	23.30
4. A. Crossland	Longw	23.41
5. J. Morgan	Waf	24.04
6. R. McCarthy	RMAC	24.15
7. M. Holroyd	HolmcV	24.21
8. S. Firth	H'fax	24.28

VETERANS O/40

1. K. Davis	P'stone	23.11
2. C. Jackson	Longw	24.09
3. N. Kent	Sheff	24.25
4. J. Spencer	Hallam	24.58
5. R. Chitoriski	Barns	25.08

VETERANS O/45

1. C. Beever	Holm	24.23
2. R. Hardcastle	Longw	25.15
3. R. Taylor	P'stone	26.00
4. M. Horsfall	DenbyD	26.04

VETERANS O/50

1. D. Stevens	Hallam	25.14
2. T. Lyons	MelthZ	26.08
3. J. Taylor	MelthZ	26.51
4. I. Wainwright	Hallam	27.27
5. T. Cook	Holm	27.38

LADIES

1. C. Greasley O/35	Macc	25.16
2. K. Drake O/35	Spn	26.48
3. L. Robertson O/40	DenbyD	27.02
4. J. Krol O/35	Holm	28.43
5. S. Boler O/45	Penn	29.00
6. S. Kay O/45	DenbyD	29.25

BELSTON-COSDON HILL RUN

Devon

BS/3.75m/850ft 8.7.95

I was delighted with the way the 2nd revived "Cawsand Run" went, having an ideal blend of competition alongside good humour. Forgive me for creating "new" clubs names for otherwise unattached runners, but given the spirit in which some of you took part. I thought it was fair enough! Thank you to all the helpers and to the prize donators, the Tors Inn, Studio Oceania and Jack Reddaway. Thank you also, Mr Mayor, for presenting the prizes, adding the extra sense of occasion. I think that the number of entrants was ideal - not too big and not too small - and we raised £50 for the village.

Great to see both records broken and particularly the female one eroded by such a high margin, all despite the intense sunshine.

Phil Haygarth

1. B. Rogers	RoyMar	26.57
2. B. Cole	RoyMar	28.14
3. L. Croesdale	RoyMar	28.30
4. S. Burgon	RoyMar	28.31
5. T. David	RoyMar	29.43
6. A. Mudge	Cam	30.26
7. D. Wilkinson	Roch	30.31
8. N. Worsley	Dart	32.42
9. C. Gilmour	Ross	33.00
10. S. Bourne	Fairy	33.23

LADIES

1. A. Mudge	Cam	30.26
2. L. Platt	Clay	36.38

JUNIORS

1. I. Howarth	Fairy	36.55
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SLIEVE DONARD

Co. Down

AM/7m/2800ft 8.7.95

The Fiftieth running of the Slieve Donard Race was held in blazing sunshine. The fifty nine runners kept well bunched through the town and through the forest. As they approached the open mountain, they began to string out. The first surprise of the day was made by Dean Mcneilly as he raced towards the Saddle in preference to the traditional and shorter way by the Black Stairs Only. Robbie Bryson took on the challenge and followed suit. This proved to be the wrong choice as he turned an ankle before the river crossing and McNeilly reached the summit on 35.30. First of the traditional route was Newcastle's Dermot McGonigle in 38.00. The best descent of the day was run by the ageless Veteran, Jim Patterson, who reached the Bloody Bridge in fourth place. The humid conditions meant that few positions changed on the three mile road section with McNeilly having a comfortable run to win two and a half minutes to spare from Neil Cary with McGonigle a further eight seconds behind in third.

Frank Morgan

1. D. McNeilly	Willow	69.34
2. N. Cary	NBelf	72.00
3. D. McGonigle	N'castle	72.09
4. J. Patterson	Albert	73.02
5. D. Branningan	N'castle	76.06
6. D. Maginnis	Ballyd	76.11
7. J. Brown	BARF	77.58
8. B. McKay	Albert	78.31
9. R. Bryson	N'castle	80.16
10. P. Howie	Larne	80.37

VETERANS O/40

1. B. McKay	Albert	78.31
2. D. Watson	N'castle	87.35
3. F. Hammond	LVO	88.50

VETERANS O/45

1. J. Patterson	Albert	73.02
2. J. Sloan	ACKC	88.12
3. K. Quinn	N'castle	91.06

VETERANS O/50

1. B. Magee	Larne	87.25
2. R. Ferry	MidUls	90.01
3. R. Donaldson	CLYMS	94.32

LADIES

1. A. Sandford	Ballyd	97.47
2. J. Boyle	BARF	105.00
3. M. Havern	BARF	100.53

BOOTLE BLACK COMBE

FELL RACE

Cumbria

AS/5.5m/1900ft 9.7.95

A disappointingly small field of only thirty one runners undoubtedly caused by the decision to hold Kentmere on this traditional race date.

A very warm day greeted the runners with Neil Wilkinson leading all the way to win comfortably in 41.18, without even threatening Kevin Capper's eleven year course record of 38.36. Tricia Smith retained her ladies' title in 60.00, with a new name appearing on the Veteran's trophy of Willie Bell in 46.18 in fifth position overall. Danny Hughes took the Super Veteran's category in 56.40. With Cumberland Fell Runners supplying over half the field, it was no surprise they won the team prize with Brian Thompson, Alex Smith and Willie Bell.

W. Todd

1. N. Wilkinson	Salf	41.18
2. B. Thompson	CFR	43.03
3. J. Hodgson	Bing	14.24
4. A. Smith	CFR	45.20
5. W. Bell	CFR	46.18
6. G. Byers	CFR	46.50
7. L. Gibson	CFR	47.02
8. R. Hargreaves	CFR	48.22
9. N. Lanaghan	Borr	48.52
10. K. Mingins	Unatt	48.58

VETERANS O/40

1. W. Bell	CFR	46.18
2. R. Unwin	CFR	4.13
3. M. Litt	CFR	50.04
4. D. Findley	CFR	57.00
5. S. Sharpe	CFR	58.28

VETERANS O/50

1. D. Hughes	CFR	55.40
2. M. Catlow	NhhV	59.00
3. S. Kirkpatrick	CFR	80.11

LADIES

1. T. Smith	CFR	60.00
2. C. Leatherley	Clay	79.04
3. E. Unwin	CFR	83.36

THE SEABROOK HEATHCLIFFE

AND CATHY CANTER

West Yorkshire

CM/6.5m/800ft 11.7.95

If you really want to know what inspired the title of this unusual fell race, and also the novel Wuthering Heights, then go on to the Bronte moorland in the filthiest weather and stand there for half an hour, if you can. Then come back when the sun is on the heather and it's hot enough to lie naked in the grass under a glass clear sky. This will give you some idea of the extremes of love and hate mirrored in the elements in Emily Bronte's most powerful book.

Certainly, the organisers, Eileen and Dave Woodhead, can testify to this because thunder, lightning and heavy rain greeted the flagging and setting up of this seventh Tuesday evening event. A welcome reprieve in this summer of heat, but also disconcerting because runners were bound for Penistone Hill and already the weather had sent shivers down one's spine.

By race time (7.30pm) it had changed, being very humid again, although the threat of the dark sky still lingered. One hundred and twenty five runners tackled the fast runners' course to the ruin of Top Withins via Bronte Bridge (outward) and Sladen Beck (return). Race instructions were simple enough - follow the flagged route after rounding the ruin - up until then the route traced the pilgrimage made by thousands of Bronte tourists, and is thereby obvious. Gary Damiani and Andrew Ward decided the event wasn't hard enough, so followed the flags shortly after Bronte Bridge, which meant that three mile section was run backwards way round, hence the slower time. Ward broke Damiani on the last climb and arrived back into Penistone Hill Old Quarry thirty seconds clear and the first to tuck into the famous Seabrook Ripple Crisps. These succulent appetisers are the mementos on offer to ever finisher. For a moment, as the throng crossed the finishing line, one thought Thor the God of Thunder had returned, due to the crescendo of noise as the athletes hastily consumed their just rewards.

Forty three year old Radiographer, Vanessa Peacock (nee Brindle) made a welcome return to running, finishing this year twenty eighth overall, showing no loss of speed which saw her a prolific race winner. English Champion and an England International in the mid-eighties. Anne Buckley prevailed over Una Creagh, who had travelled from Liverpool, and utilised six lady runners to aid her studies by asking them to compete in heart rate monitors.

Darby and Joan

1. A. Ward	Sheff	39.53
2. G. Damiani	Spn	40.32
3. M. Brown	Clay	41.26
4. N. Conway	Unatt	41.41
5. I. Greenwood	Clay	41.48
6. J. Cordingley	Tod	41.58
7. P. Stevenson	P&B	42.03
8. C. Hirst	Settle	42.05
9. M. Pickering	Otley	42.09
10. A. Brown	Leeds	42.21

VETERANS O/40

1. M. Pickering	Otley	42.09
2. N. Pierce	Ilk	43.36
3. K. Taylor	Ross	43.44
4. P. Pyrah	StBedes	43.46
5. A. Hoyle	StBedes	45.44
6. S. Thompson	Bing	46.41

VETERANS O/50

1. J. Talbot	Tod	47.48
2. J. Firth	W'kirk	51.46
3. C. Drake	Spn	53.44
4. E. Blamire	Tod	52.54
5. T. Foster	Vallis	53.57

VETERANS O/70

1. J. Riley	Clay	1.22.48
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LADIES

1. V. Peacock O/40	Clay	45.59
2. A. Buckley	P&B	47.39
3. U. Creagh	SL pool	47.43
4. K. Drake O/35	Spn	48.02
5. L. Bostock O/35	Clay	55.26
6. K. Fawcett O/40	KRR	52.29

BLACKAMoor CHASE

South Yorkshire

BM/6.5m/1400ft 13.7.95

A record turn out on an extremely hot evening. Two hundred and thirty two runners started with just two retirements. This time we were prepared for the extra numbers, unlike the "Totley Moor" race. Paul Gebbett of Notts.A.C. managed to improve on his second place at the previous race to win by just under a minute from Paul Boler of Totley. Though Konrad Mannings' record of 1992 was in no danger.

Rob Maxon

1. P. Gebbett	Notts	40.25
2. P. Boler	Tot	41.29
3. S. Bell	Waf	41.39
4. R. Hutton	DkPk	42.43
5. D. Crossland	Stl Cty	42.53
6. S. Francis	Waf	43.06
7. I. Chidwick	Lincs	43.14
8. B. Whalley	P&B	43.29
9. J. Smith	Hallam	43.31
10. J. Duckworth	DVO	43.36

VETERANS O/40

1. D. Crossland	Stl Cty	42.53
2. N. Keat	Sheff	44.44
3. R. Pearson	Hallam	45.18
4. D. Smith	Unatt	45.44
5. J. Lindley	Stl Cty	46.44

VETERANS O/45

1. P. Wakefield	Stl Cty	43.54
2. G. Wilding	Stl Cty	44.45
3. R. Wallace	Denby	45.02
4. G. Band	DKPk	46.39
5. R. Brown	PFR	55.50

VETERANS O/50

1. C. Radcliffe	Unatt	50.46
2. P. Seyd	DKPk	53.23
3. D. Pasley	DKPk	53.35
4. P. Haynes	DKPk	55.07
5. R. Brown	PFR	55.50

VETERANS O/55

1. R. Mason	Tot	52.57
2. G. Chapman	Unatt	56.20
3. D. O'Leary	ManYMCA	47.59

VETERANS O/60

1. P. Duffy	Aber	53.55
2. B. Howitt	Matl	
3. G. Richardson	Clowne	60.26

LADIES

1. N. Lee	Hunc	50.29
2. J. Smith O/40	DKPk	50.56
3. R. Clayton	FHAC	51.52
4. J. Jennings	Roth	52.13
5. J. Evans	Bramp	54.34
6. C. Dawson	Unatt	54.47
7. S. Boler O/45	P'stone	55.15
8. L. Callaghan	Unatt	55.34

INTERMEDIATES

1. A. Tierney	Unatt	56.20
2. T. Wain	Wildcats	61.33

KINNISIDE FELL RACE

Cumbria

AM/9m/3000ft 15.7.95

Dismal morning forecasts gave way to superb dry conditions. Clear visibility suited the many Kinniside first timers, as the big cumbrian crowd applauded the 181 runner field out of the show field and on their way. Local man Brian Thompson took the field along in the early stages, flanked by Mark Roberts, Paul Sheard, Gary Devine and pre-race favourite Mark Kinch. The field was quickly thinned out on the dry, fast run up to Blakeley raise, where Kinch and Sheard began to assert their authority on the race. First lady through the Blakeley raise check was Sarah Rowell clearly enjoying herself on the rolling west cumbrian fells, homing in on another course record in her year of great success. Horwich vet Tony Hesketh was another on his way to a fine category win, along with inform super vet Dave Spedding of Keswick A.C. The leaders were to find the route off Larter Barrow 'confusing' and were glad of a shout of advice from the charitable marshalls. By the time the field had dropped down the lowlier forestry path, and avoided 'two swoops', the resident buzzards attentions, the outcome was decided. Kinch pulled on powerfully up the steep 'chimneys' climb and pressed away from the galliant Sheard. The Cleator Moor crowds have seen some fine finishes over the 22 year history of the Kinniside and rose to give Kinch a great cheer as he charged into the packed show field on his way to a new course best. But a further, thunderous round of applause was reserved for the great man himself, Jos Naylor MBE as the wasdale shepherd turned out for the day had a run and then stayed on hand to give out the prizes, (thanks Jos, I owe you one!).

Irvine Block

1. M. Kinch	Whurr	1.05.48
2. P. Sheard	P&B	1.06.38
3. M. Roberts	Borr	1.07.52
4. G. Devine	P&B	1.09.008
5. R. Jackson	Horw	1.09.19
6. M. Keys	Ross	1.09.29
7. R. Jamieson	Amble	1.09.40
8. G. Bland	Borr	1.09.46
9. B. Thompson	CFR	1.10.42
10. S. Green	P&B	1.11.00
11. M. Fleming	Amble	1.11.04
12. J. Davies	Borr	1.11.11
13. A. Wrench	Tod	1.11.20
14. J. Bland	Borr	1.11.42
15. T. Hesketh	Horw	1.11.43
16. A. Maloney	Roch	1.12.32
17. G. Oldfield	Bfd	1.12.36
18. R. Suddaby	Unatt	1.12.59
19. M. Walsh	Kend	1.13.26
20. J. Blackett	Mand	1.13.26
21. A. Davies	Borr	1.14.06
22. S. Jackson	Horw	1.14.28
23. N. Spence	Kend	1.14.32
24. W. Bell	CFR	1.14.33
25. S. Oglethorpe	DKPk	1.14.38
26. J. Deeghan	P&B	1.14.49
27. G. Barry	CalderV	1.14.51
28. B. Walton	Horw	1.14.54
29. J. Archbold	CFR	1.15.15
30. K. Smith	CalderV	1.15.18

VETERANS O/40

1. T. Hesketh	Horw	1.11.43
2. M. Walsh	Kend	1.13.26
3. S. Jackson	Horw	1.14.28
4. W. Bell	CFR	1.14.33
5. B. Walton	Horw	1.14.54

VETERANS O/50

1. D. Spedding	Kesw	1.15.26
2. R. Bell	Amble	1.19.01
3. R. Jackson	Horw	1.23.45
4. D. Kearns	Bolt	1.24.01
5. T. Baxter	CFR	1.25.39

VETERANS O/60

1. L. Sullivan	Clay	1.31.35
2. J. Dearden	Hels	1.32.15
3. P. Duffy	Aber	1.33.13

LADIES

1. A. Rowell	P&B	1.17.09
2. A. Brand-Barker	Kesw	1.25.00
3. G. Cook	Roch	1.25.22
4. C. Banlin	Hels	1.26.20
5. K. Harvey	Alt	1.27.18
6. K. Beaty	CFR	1.30.49
7. A. Buckley	P&B	1.32.49
8. A. Haworth	Kesw	1.33.14

INTERMEDIATES

1. M. Wignmore	Hels	1.16.37
2. J. Hales	Bolt	1.21.27
3. D. Stewart	Prest	1.23.52
4. A. Leck	L&M	1.35.45
5. E. Lacon	Holm	1.39.14

INGLEBOROUGH FELL RACE

North Yorkshire

AM/6m/2300ft 15.7.95

This year, with Mark Croasdale not running, there was a chance for the others to finish first, after reaching the summit together in the mist (sunny everywhere else as usual). John Atkinson beat Steven Barlow on the decent. There was also a first win for Emma Hodgson in the ladies race. The number of runners was one hundred and seventy eight.

David

1. J. Atkinson	Amble	47.40
2. S. Barlow	Horw	48.00
3. J. Hodgson	Bing	48.41
4. B. Whitfield	Bing	50.54
5. S. Bell	Notts	51.20
6. M. Brown	Clay	51.37
7. L. Croasdale	Lanc	51.42
8. M. Pickering	Otley	51.52
9. I. Greenwood	Clay	52.36
10. N. Raitt	Notts	52.38

VETERANS O/40

1. B. Whitfield	Bing	50.54
2. M. Pickering	Otley	51.52
3. R. Haigh	Ilk	53.30
4. S. Kirkbride	Kend	54.28
5. G. Wilkinson	Bing	55.48

VETERANS O/50

1. J. Nolan	Black	58.40
2. B. Buckley	Gloss	59.41
3. R. Jaques	Clay	59.47
4. T. Peacock	Clay	61.54
5. G. James	B'pool	63.05

LADIES

1. E. Hodgson	Fellan	59.57
2. A. Martin	Clay	63.00
3. D. Flemming O/35	Ross	63.32
4. J. Shotton	Fellan	64.24
5. E. Staig O/35	Settle	67.32
6. P. Line O/35	Settle	68.19
7. E. Wright	Amble	68.47
8. J. Taylor	Lanc	69.44

JUNIORS

1. S. Haigh	Skyrac	25.13
2. M. Emmeff	Hynd	27.26
3. S. Preston	Unatt	28.56

STOODLEY PIKE FELL RACE

Lancashire

BS/3.5m/700ft 18.7.95

Ian Holmes of Bingley Harriers led from the front to repeat last year's win in the Stoodley Pike Fell Race. In doing so he left a trail of the best in English fell running in his wake. A strong challenge from Sean Willis of Ambleside was beaten off in the charge up the stone setts towards Withins Gate. By the time Holmes had swung around the Pike and gone into free fall down the sharp end towards London Road the field had spread out, Greg Hull of Leeds City moving into second place. Flushed with success from last year's Shepherds Skyline race Lakes runner Willis dropped back to finish behind Holmes. Hull, Patten, Sheard and Livesey. Hull was unable to match the finishing pace of Holmes turning left at Mankinholes stone troughs towards the new finish in Pig Lane.

A late entry by Lucy Wright of Leeds City proved worthwhile as she was able to take the women's prize by a clear forty four seconds. A good battle for second women finished with Val Wilkinson of Bingley just beating Kath Drake of Spenborough.

A clean sweep by Clayton-Le-Moors resulted in both the men's and women's team prizes going back to Accrington, and seventy three year old prizewinner Jack Riley staggering away with a forty eight pack of toilet rolls!

A spokesman for Todmorden Greenpeace Support Group thanked everyone who had helped with the race on the night and the two hundred plus competitors who turned out to make it such a great success.

1. I. Holmes	Bing	16.40
2. G. Hull	LdsCty	16.47
3. G. Patten	Bath	17.21
4. P. Sheard	P&B	17.28
5. S. Livesey	Clay	17.30
6. S. Willis	Amble	17.38
7. M. Keys	Ross	17.43
8. G. Oldfield	Bfd/Aire	17.52
9. M. Aspinall	Clay	17.56
10. S. Green	P&B	18.03

VETERANS O/40

1. J. Butler	Kly	19.06
2. S. Ellis	Bolt	19.30
3. D. Beets	Roch	19.36

VETERANS O/45

1. R. Taylor	Penn	18.57
2. P. Lyons	Ross	19.26

VETERANS O/50

1. P. Jepson	Ross	21.23
2. J. Talbot	Tod	22.46

VETERAN O/60

1. B. Hargreaves	Tod	26.38
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LADIES

1. L. Wright	LdsCty	21.00
2. V. Wilkinson U/18	Bing	21.44
3. K. Drake O/35	Spn	21.47
4. M. Laney O/40	Clay	21.48
5. A. Buckley	P&B	22.13
6. J. Shotton	Fellan	23.02
7. P. Oldfield O/35	Bfd/Aire	23.28
8. J. Keys	Ross	23.36

INTERMEDIATES

1. G. Eurhardt	Tod	19.08
2. M. Drake	CalderV	20.52
3. S. Riley	P&B	21.25
4. V. Wilkinson	Bing	21.44
5. A. Astin	Roch	22.41

ROSEBERRY TOPPING

RACE RESULTS

Cleveland

AS/1.5m/715ft 18.7.95

Another good night was had by all.....well if your name is Jo, or even Joe! Dave Gamble shot off at a rate of knots with the field in his wake reaching the summit Trig Point some ten seconds ahead of the chasing group. He elected to descend on the tourist route as the scree was roped off. Joe Blackett and Marco Cara immediately saw the error and jumped the barrier plummeted down the scree taking away Dave's advantage. Next step was even more intriguing. Joe cut across the path whilst Marco rejoined now ahead of the field. Joe then came down the steep grassy shute whilst Marco went for the more runnable tourist path. This clearly gave the race to Joe Blackett perhaps on descending skills and route choice. Marco just held off Dave Gamble in the finishing lane.

In the Junior race Martin Garratt was a clear winner but failed by just one second to beat his dad falling for exactly the same rise as above losing out on the scree slope option!

In the female race, Jo Smith, who seems to enjoy all her excursions on the N.Y.M, again continued to show much improvement finishing comfortably ahead of the other Jo..... Schreiber who was in second place.

In the old men's race, Bob Firth held off his club colleague Bob Mitchell to win the over 40's, whilst Ray Stevenson also held off his club colleague, Neil Dyson to win the over 50's. Best Wishes.

Dave Parry

1. J. Blackett	Mand	11.44
2. M. Cara	Mand	12.05
3. D. Gamble	Mand	12.06
4. K. Wood	Salt	12.15
5. D. Archer	Mand	12.28
6. B. Firth O/40	Mand	12.44
7. B. Mitchell O/40	Mand	12.48
8. M. Garratt O/40	Mand	12.54
9. M. Garratt	Mand	12.55
10. I. Hodgson	FRA	13.00

VETERANS O/50

1. R. Stevenson	Mand	15.28
2. N. Dyson	Mand	15.39
3. J. Watson	Plax	16.45

LADIES

1. J. Smith	R'trees	14.29
2. J. Schreiber	P&B	16.36
3. J. Towse	Plax	18.23
4. J. Groves	Uni Sund	22.24

JUNIORS

1. M. Garratt	Mand	12.55
2. A. George	Unatt	17.19

BLISCO DASH

Cumbria

AS/5m/2000ft 19.7.95

The Blisco Dash has always been well supported by Borrowdale Fell Runners who appreciate a classic lakeland course with crags and steep fell. This year was the turn of Gavin Bland to forge clear from the summit and run home thirty eight seconds clear of his cousin Jonny.

Nineteen year old Matthew Moorhouse, aiming for a final shot at the World Mountain Trophy Junior Race in Edinburgh, climbed well, but could not live with the locals in the descent, finishing third, two minutes behind. Kathryn Jackson eased away from Helen Whitehead on the descent to win the womens race and 'open' runner Andy Beck took advantage of the new regulations to win the veterans event. Good Luck to him and his colleagues.

Selwyn W

1. G. Bland	Borr	39.05
2. J. Bland	Borr	39.43
3. M. Moorhouse	Salf	41.30
4. G. Moffatt	Howgw	42.43
5. R. Stuart	Kend	43.06
6. S. Hicks	Borr	43.35
7. D. Copley	Unatt	43.47
8. I. Turnbull	Borr	44.29
9. K. Johnstone	Ryhope	44.43
10. P. Bateson	Unatt	45.35

VETERANS O/40

1. A. Beck	Unatt	47.45
2. K. Dacre	Kend	48.42
3. E. Parker	Amble	49.21
4. N. Walker	Amble	49.43
5. N. Hambrey	Kend	51.27

VETERAN O/50

1. P. Cockshott	BCR	64.25
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LADIES

1. K. Jackson	Kesw	54.14
2. J. Laverack	Amble	57.10
3. H. Whitehead	Kend	57.22
4. C. McNeill O/35	Amble	57.35
5. A. Jones	Kend	57.35

FIRST JUNIOR

1. P. Savage	Amble	47.41
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BAMFORD CARNIVAL FELL RACE**Derbyshire****BS/3.75m/600ft 19.7.95**

A very hot evening, but this did not deter two hundred and thirty six runners scampering up Shalton Edge, a climb of six hundred feet. No record this time, but on total a very quick race with the last runner coming in only twenty two minutes after the first place of Simon Holiday.

The stewards responsible for the results again doing an excellent job, and having all the results out on boards only ten minutes after the final runner.

Donald Johnson

1. S. Holliday	L'pool	21.35
2. S. Martland	Spook	22.02
3. G. Morson	Bux	22.07
4. J. Pearce	SYO	22.08
5. M. Hayman	DkPk	22.15
6. K. Davis	P'stone	22.18
7. S. Oglethorpe	DkPk	22.22
8. D. O'Brian	Bux	22.49
9. M. Greaves	Hallam	22.52
10. A. Sealy	DkPk	23.06

VETERANS O/40

1. G. Morson	Bux	22.07
2. K. Davis	P'stone	22.18
3. M. Greaves	Hallam	22.52
4. J. Cant	DkPk	23.19
5. R. Wallage	Denby	23.27

VETERANS O/50

1. J. Carrier	GPT	25.33
2. P. Sayol	DkPk	26.50
3. B. Howitt	Matl	26.57
4. C. White	Tot	27.10
5. R. Mason	Tot	27.50

LADIES

1. R. Clayton	FHAC	25.53
2. K. Harvey O/35	Alt	26.48
3. J. Smith O/35	DkPk	27.08
4. W. Barnes	Barns	28.01
5. J. Welbourne O/35	P'stone	28.05
6. L. Callaghan	Unatt	28.24
7. S. Boler O/35	P'stone	28.39
8. M. Chippendale O/35	P'stone	28.49

WEST LEAKE COUNTRY RUN**Leicestershire****CS/5m/415ft 23.7.95**

In previous years I have had people surprised that there are hills in this race. Now I have registered it as a fell race, I think they are disappointed that they are not bigger!

It was a hot day for a mid afternoon start, but everybody survived. I think the heat slowed some runners down, so they saw the good views you get on this hilly real cross country course. Paul Gebbett lead from start to finish, the second and third places being closely fought between Stuart Gregory and Lewis Travers. Nicki Lee broke the Ladies record and finished well up the field of sixty five runners who took part. I hope they all enjoyed this not too serious event.

My wife had just had our third child, a couple of weeks previously, so special thanks to her for allowing me to organise the race. Thanks to all those who helped on the day and covered my oversights, especially the Gebbetts who stepped in to do the results. If not for them, chaos really would have taken over.

Tim Parr

1. P. Gebbett	Notts	30.55
2. S. Gregory	Holme P	31.36
3. L. Travers	Erewash	31.39
4. T. Longman	Hunc	32.21
5. N. Bott	Charn	33.02
6. D. Bedwell	LOC	33.47
7. K. Allen	Notts	34.27
8. M. Oglethorpe	L.Eaton	34.47
9. M. Bradford	Hunc	35.08
10. N. Nealon	Hunc	35.15

VETERANS O/40

1. T. Longman	Hunc	32.21
2. I. Nicholson	Bing	36.57
3. C. Leal	Ryde	37.24
4. D. Grinstead	Shelt	39.07
5. V. Aristizabel	Werr	39.29

VETERANS O/45

1. K. Allen	Notts	34.27
2. S. Hawkins	Barrow	42.21
3. D. Reeson	Redhill	42.26

VETERANS O/50

1. G. Fielding	Ross	35.48
2. D. Walker	Matl	37.32
3. D. Hackett	Notts	38.03

FIRST VETERAN O/55

1. E. Robinson	Charn	35.22
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VETERANS O/60

1. G. Travers	Derby	40.47
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LADIES

1. N. Lee	Hunc	35.21
2. L. Flint	Redhill	37.01
3. M. Mills	Holme P	37.04
4. K. Dalton	SYO	40.46
5. J. Beardall	Nun	41.23

WIDDOP FELL RACE**West Yorkshire****BM/7m/1200ft 26.7.95**

A fine sunny evening and firm underfoot conditions helped both the mens and ladies records to be broken. Congratulations to both Graham and Emma on fine runs. The Junior race had to be quickly re-counted after marshalling problems, but all ran the new course well. Clayton-Le-Moor cleaned up in the team section, and Dave Hodgson kept up with family competition by taking the veteran over sixty prize. Thanks are due to all who turned up to help, also the countryside rangers' service, for their assistance. Hope to see you all next year.

T Bradley

1. G. Patten	Bath	46.55
2. M. Keys	Ross	47.40
3. P. White	LdsCty	48.21
4. S. Thompson	Clay	49.18
5. G. Gough	Clay	49.40
6. I. Greenwood	Clay	49.56
7. T. Hobbs	Clay	50.14
8. L. Thompson	Clay	50.30
9. D. Thompson	CalderV	51.30
10. A. Life	Clay	51.41

VETERANS O/40

1. S. Kirkbride	Kend	52.52
2. B. Rawlinson	Ross	54.37
3. J. Linley	N.Vets	55.48
4. J. Booth	DkPk	55.49
5. J. Banker	Roch	56.15

VETERANS O/50

1. B. Mitchell	Clay	52.40
2. R. Jaques	Clay	58.55
3. G. Arnold	Prest	64.52
4. P. White	CalderV	65.05
5. J. Smith	Clay	66.27

VETERANS O/60

1. D. Hodgson	Fellan	61.30
2. P. Duffy	Aber	64.09
3. B. Leathley	Clay	71.14

LADIES

1. E. Hodgson	Fellan	58.18
2. J. Rawlinson O/40	Clay	59.03
3. A. Martin	Clay	59.56

JUNIORS

1. L. McVey	Bolt	28.49
2. C. Swine	Clay	29.44
3. N. Slater	Kly	35.46

CROW HILL RACE**BS/5m/1000ft 1.8.95**

On a very warm and humid evening, Bingley International, Ian Holmes led a high quality field in this inaugural race to the summit of Crow Hill and back. At the turn Ian had opened up a lead of a hundred metres over Gary and Steve Oldfield of Bradford Airedale. Rochdale's consistent Andy Maloney and Rossendale's Martin Corbett, and despite a heavy fall on the descent, maintained his lead to win by twenty one seconds in twenty nine minutes and thirty eight seconds. The steep twisting course sorted out the order of the chasing bunch with Gary pulling nearly half a minute out of Steve, Andy the same distance adrift and Martin a further twenty seconds behind.

Young George Ehrhardt had a splendid run, taking sixth place and first under eighteen prize.

Glynda Cook had a comparatively untroubled race, winning in thirty six minutes and seventeen seconds over Kath Drake, the Spenborough International and Jean Rawlinson, the Three Peaks Champion.

The battle for the over sixty's prize was red hot!! With Brian Leathley in 79th, John Newby in 82nd and Bernard Hill in 88th. In the end, they all received prizes for their efforts.

As usual thanks must go to everyone who helped me to put on another successful event. All the marshals and helpers and especially my wife Carol who planned the route, bought the prizes, flagged the course and marshalled the summit, and to the runners for turning up. Cheers!!!

Over one hundred pounds was raised as a result of this event which will be donated to Guide Dogs for the blind.

Allan and Carol Greenwood

1. I. Holmes	Bing	29.38
2. G. Oldfield	Bfd/Aire	29.59
3. S. Oldfield	Bfd/Aire	30.24
4. A. Maloney	Roch	30.42
5. M. Corbett	Ross	31.00
6. G. Ehrhardt	Tod	32.22
7. M. Horrocks	CalderV	32.25
8. D. Woodhead	Horw	32.27
9. A. Brown	LdsCty	32.29
10. G. Sumner	Ross	32.32

VETERANS O/40

1. R. Crossland	Bfd/Aire	33.33
2. F. Judge	Amble	34.44
3. M. Catherall	Roch	36.06
4. N. Harris	Ross	36.27
5. G. Newsham	Clay	36.36

VETERANS O/50

1. J. Talbot	Tod	37.14
2. G. Firth	W'kirk	38.54
3. R. Blakeley	Unatt	39.06
4. P. Raper	W'kirk	39.26
5. F. Gorman	H'fax	41.35

VETERANS O/60

1. B. Leathley	Clay	44.55
2. J. Newby	Tod	47.02
3. B. Hill	Clay	50.41

LADIES

1. G. Cook O/35	Roch	36.17
2. K. Drake O/35	Spen	37.38
3. J. Rawlinson O/35	Clay	38.22
4. J. Whalley	Unatt	41.05
5. L. Warin O/35	Skip	41.37
6. K. Wood	ManYMCA	46.57
7. L. Barret O/40	P.P.	50.21
8. T. Targett	Clay	53.59

SCRABO HILL RACE**Co.Down****AS/3m/750ft 2.8.95**

1. R. Bryson	N'castle	19.49
2. D. McNeilly	W'field	20.03
3. A. Maguire	N'bel	20.08
4. G. Morris	W'field	20.18
5. D. Fisher	B'drain	21.47
6. K. McClure	N'bel	22.14
7. W. McKay	A'ville	22.19
8. S. Linton	Dub	22.46
9. G. Bell	N.Down	23.02
10. C. Welshman	L'valley	23.16

VETERANS O/40

1. W. McKay	A'ville	22.19
2. G. Bell	N.Down	23.02
3. F. Hammond	Dub	24.48
4. D. Turkington	ACKC	26.54
5. D. Coulter	ACKC	29.05

VETERANS O/45

1. J. Hayes	B'drain	23.36
2. W. Kettle	ACKC	24.44
3. F. Boal	B'drain	26.31
4. F. Strickland	B'drain	27.00
5. R. Cowan	Unatt	27.35

VETERANS O/50

1. B. Magee	Larne	24.33
2. G. Geddis	B'drain	27.14
3. J. Nolan	N'bel	30.54

VETERANS O/55

1. G. Graham	Unatt	25.54
2. H. Young	B'drain	30.29

VETERAN O/60

1. J. Medcalf	CIYMS	30.11
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LADIES

1. V. O'Connell	N'castle	26.39
2. R. McConville	N.Down	26.43
3. A. Sandford	B'drain	26/54
4. M. Copeland	BARF	31.50
5. Y. Lee	Unatt	32.45

INTERMEDIATES U/20

1. D. Fisher	B'drain	21.47
2. A. Neill	B'drain	25.49

JUNIORS U/18

1. C. Welshman	L'valley	23.16
2. A. Donald	N.Down	23.58

CAW SUMMIT**Cumbria****AM/6m/1800ft 2.8.95**

Beautiful hot weather with clear visibility for this evening race, in its superb setting : a steep pull up 'The Knott', across mixed undulating country to the base of Caw, then up it by any route. Then back home via 'The Knott'.

The field of forty one runners took the same route as far as The Knott, but then split in to two different routes. The leading group including John Atkinson, Ian Postlethwaite and Helen Diamantides, took a lower right-hand route, whilst a second group opted for a higher left-hand route.

The going was very fast and Amblesides' J. Atkinson returned home in record time, taking fifteen seconds off the old record. He was closely pursued by Ian Postlethwaite.

Ambleside's Helen Diamantides also had an excellent run and she took nine and a half minutes off the previous record held by Carol McNeill.

Several runners found it hard to retrace the exact line they'd used on the approach to Caw, and this added a little to their times. A very enjoyable evening out.

M P Bery

1. J. Atkinson	Amble	48.28
2. I. Postlethwaite	CFR	48.45
3. P. Pollitt	Bolt	54.23
4. D. Copley	CFR	56.18
5. M. Wigmore	Hels	56.40
6. K. Johnston	Ryhope	58.29
7. A. Smith	Penn	60.10
8. H. Diamantides	Amble	60.41
9. L. Thompson	Clay	61.00
10. M. Bery	BkCombe	61.42

VETERANS O/40

1. M. Berry	BCR	61.42
2. D. Tate	Unatt	62.39
3. C. Barber	DkPk	62.53
4. H. Swindells	DkPk	64.12
5. J. Connolly	Ross	65.29

VETERANS O/50

1. K. Lindley	BCR	63.54
2. P. Dowker	Kend	64.40
3. R. Webster	Hels	65.43
4. A. Todd	Hels	66.24
5. H. Thompson	Clay	76.04

VETERANS O/60

1. J. Peel	BCR	82.21
2. R. Caldwell	Connock	83.33

LADIES

1. H. Diamantides	Amble	60.41
2. C. McCarthy O/35	Hels	67.57
3. T. Smith	CFR	69.52

**REE BOK RYDAL ROUND
AM/9m/3000ft 3.8.95**

1. I. Postlethwaite	CFR	1.17.39
2. B. Thompson	CFR	1.18.05
3. N. Peach	Kend	1.21.52
4. A. Wrench	Tod	1.22.31
5. P. McWade	Clay	1.23.17
6. N. Newby	Ross	1.27.07
7. P. Pollitt	BoltUH	1.27.32
8. M. Richardson	Amble	1.28.40
9. R. Bell	Amble	1.29.41
10. E. Parker	Amble	1.30.32

VETERANS O/40

1. M. Richardson	Amble	1.28.40
2. E. Parker	Amble	1.30.32
3. S. Varney	Kend	1.33.56
4. B. Brindle	Horw	1.34.44
5. L. Sands		1.40.47

VETERANS O/45

1. P. McWade	Clay	1.23.17
2. C. Wilkinson	Bing	1.32.20
3. G. Unsworth	Kend	1.45.35

VETERANS O/50

1. R. Bell	Amble	1.29.41
2. A. Walker	Amble	1.41.41
3. K. Lindley	BCR	1.57.22
4. D. Meek	Kend	1.59.25
5. T. Target	Clay	2.02.26

LADIES

1. R. Pickvance		1.39.44
2. C. McCarthy	Hels	1.43.02
3. H. Diamantides	Amble	1.59.57
4. M. White O/40	Horw	2.01.50
5. E. Wright	Amble	2.02.18
6. C. Lyon	Newb	2.16.10

JUNIORS

1. M. Wigmore	Hels	1.31.26
2. P. Robertson	Hels	2.02.11

**RHEWL ROUGH RUN
Clwyd
AS/4.5m/1800ft 5.8.95**

A very hot afternoon saw the start of the Rhewl Rough Run. After a short road start, the three favourites pulled away. Tim Davies, John Hunt and Andrew Davies, chased each other over the climbs and descents. Approaching a narrow turn off, Tim overshot and John took his opportunity and grabbed the lead. The fast descent gave Tim no chance of closing the gap. At the finish it was John Hunt, Tim Davies and brother Andrew Davies breaking thirty six minutes. Veteran Mario Foschi came in a good fourth.

As there was a poor ladies entry, the prizes were decided almost from the gun, with Alison Ashley coming home in fifty minutes and forty seconds.

It is a pity that the race is not better supported as it is a good and safe run and a good challenge.

Geoff Gartrell

1. J. Hunt	Mersey	35.13
2. T. Davies	Merc	35.26
3. A. Davies	Merc	35.47
4. M. Foschi	Penn	36.17
5. G. Manston	Osw Oly	38.36
6. J. Williams	Shrews	38.54
7. C. Ashley	Wrex	38.58
8. M. Evans	Wrex	39.09
9. S. Jones	Neath H.	40.37
10. S. Evans	Osw Oly	40.57

VETERANS O/40

1. M. Foschi	Penn	36.17
2. G. Manson	Osw Oly	38.36
3. S. Jones	Neath H.	40.37
4. E. Davies	Merc	43.03
5. J. Hunter	Wrex	43.09

FIRST VETERAN O/45

1. J. Richards	Shrews	41.02
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VETERANS O/50

1. M. Edwards	Wrex	46.30
2. M. Cox	DkPk	50.12

VETERANS O/55

1. R. Webster	Hels	45.11
2. B. Evans	P'atyn	45.53
3. G. Lloyd	Wrex	45.53

FIRST VETERAN O/60

1. G. Jones	Wrex	60.03
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LADIES

1. A. Ashley O/35	Wrex	50.40
2. N. Lloyd O/50	Wrex	58.24

JUNIOR U/18

1. A. Davies	Merc	35.47
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**KIELDER BORDERER FELL RACE
Northumberland
B/17m/3000ft 5.8.95**

Kielder's unique combination of wide expanses of rough heather traversed by deep valleys and steep forest rides, with a substantial portion of the route straddling the Scottish Border had the mixed blessing of unrelenting sunshine all day long, which reduced the possibility of navigation errors on the tricky route, but several runners suffered dehydration, although there was only one retirement.

Andy Clarke built up a considerable lead only to lose it to John Rea due to a bad route choice from Peel Fell to Deadwater, but John missed some markers near the end resulting in Andy snatching back the lead to win by thirty one seconds.

The organiser was grateful for the assistance of the North of Tyne Search and Rescue Organisation who manned the remote checkpoints, and the Forestry Commission over whose land almost the entire route runs.

This years event reverted to being part of the Kielder Festival, a move proving popular with running fraternity. Next years event may include a short route as well; watch out for details in the calendar.

John Humble

1. A. Clarke	Tyne	3.09.01
2. J. Rea	CFR	3.09.32
3. D. Armstrong	Tyne	3.21.26
4. A. Tait	Tyne	3.25
5. J. Murphy	Unatt	3.28
6. I. Sharples	C'mont	3.29
7. R. Hayes	Morpeth	3.35
8. S. Banks	Tyne	3.44
9. S. Beaty	Tyne	3.49
10. C. Scorer	Tyne	4.07

VETERANS O/40

1. J. Rea	CFR	3.09.32
2. P. Reed	Morpeth	4.20

VETERANS O/45

1. A. Tait	Tyne	3.25
2. S. Beaty	Tyne	3.49

FIRST VETERAN O/50

1. R. Hayes	Morpeth	3.35
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FIRST VETERAN O/60

1. D. Wright	Tyne	6.02
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FIRST LADY

1. P. Cooper	Morpeth	5.44
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**CRAIG DHU HILL RACE
Invernesshire
AS/2.85m/1223ft 5.8.95**

1. G. Bartlett	FH	27.58
2. J. Brooks	LAC	29.31
3. S. Cameron	LAC	30.17
4. K. Milligan	FMCarnegie	30.20
5. A. Davis	Fife	31.32
6. J. Coyle	Carn	31.54
7. S. Benett	W'land	32.20
8. M. Flynn	Carn	32.35
9. G. McKinnon	LAC	32.50
10. G. Brooks	LAC	33.02

VETERANS O/40

1. G. Brooks	LAC	33.02
2. I. Johnstone	IH	35.47
3. B. Brooks	LAC	41.32
4. D. Howarth	Wolves	41.52
5. D. Turnbull	Kilb	42.27

LADIES

1. A. Mudge	Carn	35.31
2. S. Richardson	LAC	44.00
3. J. Anderson	LAC	44.06
4. L. Wharham	Kilb	45.17
5. J. Smith	P'cuik	52.25

JUNIORS

1. S. Cameron	LAC	30.17
2. K. Milligan	FMCarnegie	30.20
3. S. Kriel	Germany	36.17
4. M. Kippenberg	Holland	44.14
5. R. McBean	Unatt	60.03

WAUN FACH

**Powys
AM/7m/2000ft 5.8.95**

A change of date, for reasons lost in the mists of time, meant a clash with Borrowdale. Numbers were therefore down on those predicted, but still over one hundred runners, from as far away as Scotland, turned up for a race run in near perfect conditions - for spectators.

Mark Kinch defied the heat to knock one minute and thirty nine seconds off what was already a very good record, and Ann Buckley did the same (by twenty two seconds) in the Women's Race. The low level of involvement of the 'official' race organiser worked wonders for the efficiency of the operation, a coincidental trip abroad next year might improve things still further.

Many thanks to all helpers, especially those who took part in the secondary event, getting water up to the finish (no prizes for this yet, as we are still awaiting the results of the drugs tests). Race T-shirts are still available, contact the organiser for details.

John Sweeting

1. M. Kinch	Warr	44.21
2. C. Donnelly	Eryri	46.32
3. M. Roberts	Bon	47.12
4. G. Devine	P&B	47.41
5. G. Rees-Williams	Eryri	47.46
6. D. McGonigle	Shett	47.55
7. J. Wilkinson	Shett	47.59
8. P. Wheeler	MDC	48.07
9. M. Fleming	Amble	48.53
10. R. Jamieson	Amble	49.00
11. H. Grubb	Nous	49.04
12. M. Keys	Ross	49.08
13. A. Vaughn	Eryri	49.17
14. P. Jenkinson	Eryri	49.50
15. S. Jackson	Horw	50.49
16. D. Cummins	Shett	50.52
17. T. Hesketh	Horw	51.00
18. A. Haynes	Eryri	51.11
19. D. Vorres	Griff	51.23
20. G. Owen	Eryri	51.28
21. D. Gilmour	Shett	52.04
22. D. Richards	MDC	52.15
23. H. Jarrett	CFR	52.21
24. A. Woods	MDC	52.29
25. B. Walton	Horw	52.40
26. T. Jones	Eryri	52.50
27. C. Taylor	Merc	52.52
28. M. Palmer	FoD	52.54
29. D. Crowe	Shett	53.21
30. E. Evans	Eryri	53.46

VETERANS O/40

1. S. Jackson	Horw	50.49
2. G. Owen	Eryri	51.28
3. H. Jarrett	CFR	52.21
4. B. Walton	Horw	52.40
5. C. Taylor	Merc	52.52

VETERANS O/45

1. T. Hesketh	Horw	51.00
2. T. Hulme	Penn	55.42
3. J. Barker	Roch	58.19
4. G. Houghton	Calder V	59.13
5. W. Waine	Leam	59.36

VETERANS O/50

1. D. Spedding	Kesw	54.13
2. D. Williams	Eryri	54.43
3. B. Jackson	Horw	58.46
4. B. Martin	MDC	59.16
5. D. Finch	Chep	63.31

VETERANS O/55

1. C. Jones	MDC	67.52
2. D. Townsend	MDC	74.11

SENIOR LADIES

1. A. Buckley	P&B	57.51
2. A. Brand-Barker	Eryri	59.24
3. S. Keri-Wagg	Eryri	60.59
4. P. Gibb	P&B	62.07
5. J. Keys	Ross	66.42
6. J. Schreiber	P&B	67.35
7. C. Read	P&B	70.46
8. J. Wood	Ross	61.04
9. S. Roberts	Unatt	63.31
10. A. Srivastava	P&B	65.46

LADIES O/35

1. G. Cook	Roch	59.59
2. A. Nixon	MDC	60.58
3. S. Woods	MDC	64.02

LADIES O/40

1. A. Goodall	Merc	71.55
2. C. McCarthy	CtyBath	81.24
3. S. Lloyd	Eryri	86.45

FIRST LADY O/50

1. L. Denley	N'brook	66.55
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JUNIOR MEN

1. A. Vaughan	Eryri	49.17
2. D. Lewis	MDC	57.03
3. M. Elys-Ross	Ludlow	58.33

BARNOLDSWICK ROAD AND FELL RACE Lancashire BM/6m/800ft 6.8.95

Former British Champion, Keith Anderson, made a welcome return to the fells to produce a marvellous performance and break Dave Slaters' eighteen year old record, by just four seconds in the twenty fifth anniversary of the race.

Cheered on by thousands of locals on the route in hot sunny weather, Anderson was pushed all the way by team mates, Mick Hawkins, Mark Croasdale and Andy Peace. Anderson soon took the initiative on the descent however, and in a thrilling finish, threw himself over the line to break a record that had seemed invincible over the years.

World Cup International, Janet Kenyon, took the Womens Race, as Anna Shepley (Kostilek) suffered in the warm conditions.

A remarkable four hundred and twenty seven runners finished the race, surely one of the largest fell race fields ever assembled, with all of them being rewarded with a special commemorative plate.

Eighteen past winners took part, and were also presented with special commemorative plaques at the post race prize giving.

Harry Smith

1. K. Anderson	Bing	30.30
2. M. Hawkins	Bing	31.37
3. M. Croasdale	Bing	31.43
4. A. Peace	Bing	31.46
5. S. Shepley	London	37.53
6. C. Saint	LdsCty	33.03
7. R. Brewster	Clay	33.11
8. P. Banks	Black	33.22
9. I. Fisher	Otley	33.24
10. T. Chew	Clay	33.51

VETERANS O/40

1. A. Duncan	Mersey	35.33
2. M. Pickering	Otley	35.39
3. R. Bailey	Bing	36.37
4. J. Wild	RAF/Cosf	36.59
5. P. James	Otley	37.00

VETERANS O/45

1. D. Wilson	NVAC	35.15
2. R. Hargreaves	Clay	37.02
3. G. Woodburn	Black	37.05
4. A. Fielding	Bolt	37.29
5. J. Temperton	Bfd/Aire	38.38

VETERANS O/50

1. B. Mitchell	Clay	36.54
2. G. Norman	Alt	38.43
3. P. Jepson	Ross	39.15
4. G. Murray	Clay	39.24
	Clay	39.38

VETERANS O/55

1. F. Gibbs	Bing	39.04
2. C. Leigh	Horw	40.03
3. C. Robinson	Roch	40.26

VETERANS O/60

1. G. Spink	Bing	41.26
2. D. Hodgson	Fellan	42.59
3. D. Barton	Clay	46.42

LADIES

1. J. Kenyon O/35	Horw	37.36
2. A. Shepley	W'bury	38.21
3. T. Barton	LdsCty	40.14
4. K. Drake O/35	Spen	40.25
5. M. Hart O/35	LdsCty	40.57
6. E. Nutter	Ripon	41.00
7. S. Blackburn	Pend	41.43
8. A. Howarth O/40	Kesw	42.48

JUNIORS

1. B. Rawlinson	Ross	38.32
2. D. Norman	Alt	39.16
3. G. Williams	Unatt	40.50



Anna Shepley, first off the fell at Barnoldswick but eventually beaten by the heat and Janet Kenyon
Photo: Dave Woodhead

LATRIGG FELL RACE Cumbria AS 6.8.95

Despite the lack of advance notice, a quality field of forty four runners started the 23rd Annual Latrigg Race, under a blazing hot midday sun, and, just over thirty seven minutes later the last runner gratefully finished to recover in the welcome shade of the Fitz Park oak trees.

Matthew Moorhouse broke clear on the steep wooded climb, managing to run all the way up, extending his lead to over a minute at the finish. Ian Holmes held off a determined Borrowdale/Latrigg result ahead of Simon Booth.

Victoria Wilkinson showed a clean pair of junior heels in the Ladies Race, with a winning margin of over two minutes, finishing 22nd overall, despite the spirited descent of two Keswick rivals behind her. CFR took the mens team award from BFR who had the same points, by virtue of less cumulative times. Keswick AC were unchallenged for the ladies team award.

My apologies for the summit marshall extending the route by some one hundred and fifty metres, consequently no records were broken, but a big thankyou to all helper, sponsors, land-owners and competitors for a successful day. See you next year on the 4th August, the day after Borrowdale.

Chris Knox

1. M. Moorhouse	Salf	18.01
2. I. Holmes	Bing	19.13
3. R. Jackson	Horw	19.34
4. D. Frampton	Kesw	19.51
5. L. Gibson	CFR	20.03
6. P. Boyd	Horw	20.12
7. K. Leitch	Worthing	20.18
8. S. Booth	Borr	20.20
9. P. Singleton	Kend	20.43
10. J. Bland	Borr	20.48

VETERANS O/40

1. H. Jarrett	CFR	20.58
2. R. Unwin	CFR	21.46
3. M. Litt	CFR	22.15
4. C. Webb	CFR	22.47
5. S. Sharp	CFR	24.50

VETERANS O/50

1. T. Baxter	CFR	22.55
2. M. Carson	Kesw	24.09
3. D. Quinlan		25.51

LADIES

1. V. Wilkinson	Bing	23.51
2. L. Thompson O/35	Kesw	26.05
3. S. Ellis	Tatten	26.44
4. W. Knox O/35	Kesw	27.54
5. J. Oliver O/35	Bolt	32.45

JUNIORS

1. L. Gibson	CFR	20.03
2. V. Wilkinson	Bing	23.51
3. I. McDonald	Kesw	34.00

GLEN CLOVA HILL RACE Angus AL/15m/5500ft 6.8.95

The event started as no doubt many another will have done lately, in hot sunshine, and very little wind, and it promised to be another scorcher, in view of which it was suggested that the only full body cover required would be sun tan lotion!

Indeed, considering that the effects of dehydration, heat exhaustion and sun-stroke, could be just as life threatening as exposure and hypothermia, perhaps the SHRA should consider making the wearing of a sun hat obligatory! In any case many of the runners clearly considered such an item to be essential, and many various forms of head gear were adapted, some runners in fact looking like refugees from the French Foreign Legion! As it turned out of course, the sky clouded over about half way through the race, which brought some welcome relief to the competition. We had put out as much water as possible to the controls, but since they are sited on the hill tops, there is a limit as to the amount that can be carried. We were helped over the second half of the course by a Sea-King helicopter from Prestwick, which was persuaded to be there on a familiarisation exercise!

Fortunately the going underfoot was reported to be excellent, in even the peat bogs on route to W.Balloch, having dried out, so much so, that the mens record was broken by about four minutes, and the ladies by an incredible twenty two minutes. Encouragingly we had three junior boys this year, who ran up to Green Hill and back. I would hope that we can increase this in future years.

John Wilkins

1. M. Rigby	W'lands	2.39.48
2. J. Hepburn	Loch	2.41.09
3. G. Bartlett	Ferres	2.42.31
4. I. Murray	Clydes	2.45.45
5. N. Martin	Lomond	2.49.51
6. D. Weir	Perth/Strath	2.59.24
7. J. Clark	Ochil	3.03.25
8. A. Mudge	Carn	3.04.36
9. M. Johnstone	Cam	3.04.40
10. J. Nixon	Horw	3.05.5

VETERANS O/40

1. K. Adams	W'lands	3.10.49
2. J. Stephen	Ochil	3.21.04
3. R. Greenaway	Ochil	3.22.47
4. B. Hughes	Ochil	3.37.10
5. A. Graham	Lomond	3.55.41

VETERANS O/45

1. J. Nixon	Horw	3.05.58
2. B. Lawrie	Cosmic	3.14.35
3. J. Holden	Fife	3.34.52
4. E. Butler	Cosmic	3.40.45
5. I. Hay	H'land	3.55.40

VETERANS O/50

1. C. Love	D'Hawk	3.21.02
2. G. Clarke	Arb	3.47.22
3. N. Dyson	Mand	3.56.17
4. V. Connor	Unatt	4.37.25

VETERANS O/55

1. D. Wood	Forfar	3.41.27
2. J. Littewood	Scot. Vet. H.	4.29.02

FIRST VETERAN O/60

1. B. Gauld	Carn	3.36.38
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LADIES

1. A. Mudge	Carn	3.04.36
2. C. Menhennet O/35	W'lands	3.26.54
3. J. Cairns O/35	W'lands	3.39.27
4. S. Hay O/40	H'land	3.55.55
5. J. Rae	W'lands	4.03.30
6. J. Robertson	W'lands	4.03.30
7. E. Scott	W'lands	4.03.30
8. P. Blake	Perth/Strath	4.14.13

JUNIORS

1. W. Duncan		1.09.10
2. O. Tait		1.09.10
3. B. Tait		1.14.09

UP THE NAB FELL RACE Derbyshire CS/4.5m/750ft 9.8.95

Many thanks to everyone for running the race. I am sorry numbers were down this year, yet a good run was had by all. Hope to see you all again next year. The 1996 date for the Nab Fell Race will be on the 7th August and start at seven thirty.

RESULTS

1. A. Trigg	Gloss	24.48
2. A. Kirk	Gloss	25.38
3. D. Gartley	Gloss	25.57
4. G. Davies O/40	Salf	26.27
5. P. Deaville	Gloss	26.54
6. J. Miller	Gloss	27.41
7. S. Wyatt	Unatt	28.01
8. A. Brentnall O/40	Unatt	28.52
9. P. Cornwell O/40	Unatt	28.52
10. J. Pollard O/40	Gloss	29.44

VETERANS O/50

1. N. Pratten	Unatt	30.46
2. M. Morrison	Gloss	35.22
3. P. Jenkins	Unatt	42.04

LADIES

1. R. Dunnington O/35	Penn	30.25
2. A. Jones O/35	Alt	31.28
3. K. Harvey O/35	Alt	31.48
4. M. Chippendale O/35	Stock	34.50
5. A. Brentnall O/35	Unatt	35.54
6. Y. Williams	Penn	36.25
7. D. Maden O/35	Gloss	47.39
8. R. Parkes	Unatt	57.35



Sheepstones - Ian Goodyear chased by Julie Keys
Photo: Allan Greenwood

SHEEPSTONES RELAY West Yorkshire AS/3m/1000ft 9.8.95

1. Hull/Brown/Barton	LdsCty	73.07
2. Corbett/Sumner/Keys	Ross	73.24
3. Noon/Walley/Devine	P&B	74.11
FIRST VETERAN TEAM O/40		
1. Eaton/Barnes/Navan	Ross	90.50
FIRST LADIES TEAM		
1. Woffenden/Dunstan/Barton	LdsCty	88.09
FASTEST LEG		
1. I. Holmes	Bing	22.20

GLENTROOL FOREST HILL RACE Wigtownshire

BM/10.5m/1680ft 12.8.95

A disappointing turn out again for the race down on previous years competitors. Low cloud forced a cancellation of the designated route for safety reasons.

A modified race of approximately ten miles was run on the forest road section of designated race route.

S Stebler

1. D. West	Wallsend	1.07.08
2. W. Gauld O/50	Carn	1.13.36
3. M. Nelson	Unatt	1.15.28
4. P. Wilson O/40	Arran	1.18.55
5. P. Duffy O/50	Aber	1.19.45
6. L. Hainey O/40	Unatt	1.30.33
7. W. Woods O/50	Unatt	1.59.04

WADSWORTH VILLAGE FAIR FELL RACE

West Yorkshire
BS/4.5m/800ft 13.8.95

Glynda Cook of Rochdale was first in the womens' race with a time of twenty eight minutes and twenty nine seconds. Glynda won the womens' race in the Wadsworth Trog in February and is now favourite for the Hebden Challenge 'Grand Mix' event, to be decided on Tuesday 22nd August at the 'Good Shepherd 8 Road Race'.

This could very well be the last year for this event as Bernard and Kay Pierce are winding down their race organising commitments and unless someone steps in to take over the race, it will not be in next years calendar.

Bernard Pierce

1. G. Oldfield	Bfd/Aire	23/28
2. A. Maloney	Roch	23.41
3. A. Wrench	Tod	23.54
4. M. Firth	St.Bedes	24.21
5. M. Horrocks	CVFR	24.32
6. J. Brook	Bing	24.33
7. D. Woodhead	Horw	24.46
8. I. Greenwood	Clay	24.50
9. G. Ehrhardt	Tod	24.57
10. M. Wigmore	Hels	24.58

FIRST VETERAN O/40

1. P. Lyons	Ross	25.48
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FIRST VETERAN O/50

1. P. Jepson	Ross	27.53
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FIRST VETERAN O/60

1. B. Leathley	Clay	35.15
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LADIES

1. G. Cook	Roch	28.29
2. J. Whalley	CVFR	30.24
3. J. Foster	KlyRR	31.12

JUNIORS

1. G. Ehrhardt	Tod	24.57
2. A. Burnett	LdsCty	26.29



Kate Beatty, first lady at Gatesgarth
Photo: John Cartwright

GATESGARTH FELL RACE Cumbria

AM/7m/2750ft 13.8.95

Thankyou to everyone who assisted in any form, especially Officials Grant, Margaret and Val. Also a big thankyou to the Cockermouth Mountain Rescue Team and Lyn Thompson for manning the checkpoints.

Gavin established a new record just seconds faster than Johnathons' win in 1994. Good to see Billy back, look out if he starts training?! Lee Gibson ran most of the way up Fleetwith, pretty impressive for seventeen years of age. Keep it going. Well done to all the juniors, young one from Derwent was great. See you in 1996.

Barry Johnson

1. G. Bland	Borr	48.25
2. J. Bland	Borr	48.28
3. M. Fanning	Borr	49.31
4. L. Gibson	CFR	50.16
5. B. Bland O/40	Borr	50.42
6. W. Bell O/40	CFR	51.32
7. H. Jarrett O/40	CFR	51.55
8. D. Loan O/40	Kesw	52.10
9. A. Beatty	CFR	52.46
10. G. Reid	Roch	52.57

VETERANS O/50

1. P. Dowker	Kend	61.46
2. M. Pitchfork	CFR	64.22
3. B. Booth	Kesw	65.49

LADIES

1. K. Beatty O/35	CFR	67.32
2. H. Taylor	CalderV	81.52

JUNIORS

1. K. Denwood	CFR	23.23
2. D. Block	CFR	24.08
3. E. Riley F	Kend	25.26
4. A. Marsh	Teviot	25.37
5. B. Marsh	Teviot	28.40
6. A. Brands	Derwent	28.58
7. L. Bell		29.07
8. D. Brandes		33.27
9. R. Hocking		33.44
10. L. Bell F		33.46

KENTMERE HORSESHOE

Cumbria

AM/11.9m/3300ft 16.8.95

1. S. Livesey	Clay	1.28.05
2. G. Patten	Bath	1.30.22
3. D. Houlsworth	Kend	1.30.55
4. J. Blackett	Mand	1.36.47
5. M. Walsh	Kend	1.36.53
6. T. Hobbs	Clay	1.36.59
7. G. Moffatt	Howgill	1.37.23
8. C. Taylor	Merc	1.37.57
9. N. Spence	Kend	1.40.13
10. D. Ratcliffe	Ross	1.41.21

VETERANS O/40

1. C. Taylor	Merc	1.37.57
2. P. Clarke	Kend	1.41.35
3. B. Walton	Horw	1.42.18
4. J. Broxap	Kend	1.44.26
5. H. Sawyer	Skyrac	1.46.58

VETERANS O/45

1. M. Walsh	Kend	1.35.53
2. G. Woolnough	Kend	1.50.14
3. B. Mapp	Preston	1.54.52

VETERANS O/50

1. K. Carr	Clay	1.46.12
2. A. Stafford	Kend	1.58.59
3. C. Madgun	Unatt	1.59.09
4. D. Simpson	Preston	1.59.15
5. T. Walker	Amble	2.01.45

FIRST VETERAN O/55

1. R. Jaques	Clay	1.55.35
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LADIES

1. J. Finney	Knase	2.04.33
2. Y. Williams	Penn	2.11.57
3. D. Priestley O/40	Kend	2.17.43
4. J. Wood	Ross	2.18.42
5. V. Gill O/40	BCR	2.25.21
6. S. Brookes O/40	Unatt	2.20.52
7. A. Curle	Fellan	2.29.53
8. P. Line O/35	Settle	2.36.59

NOONSTONE

20.8.95

The weather had been hot and humid for well over a month, as race organiser I was keeping my fingers crossed for a change in conditions. Race day morning arrived and it felt hotter than ever, as we do not normally have water on the course, the panic button was now flashing. As it all turned out I need not have worried as help came 'flooding in' (sorry about that). An impromptu drinks station was set up in Cragg Vale, complete with a foreign legion waiter handing out drinks off his tray. Marshall's carried gallons of water on to the moor, every bit of it was needed. A lady marshall at the finish helped the local farmer round up his sheep so that she could cadge some water for the runners. Even with all this water at hand we still had eleven retirements, mainly due to heat exhaustion; how many would there have been without it?



P. Oldfield followed by J. Palmer at Noonstone

Photo: Steve Bateson

As for the race, the pace was also hotting up, there was a group of five including Todmordens Andrew Wrench, who were well clear by the Two Lads Stones. At this point Andrew decided to up the pace, and by the time they reached Black Clough he was left with only one other runner. Paul Sheard of Pudsey and Bramley, it was here that Paul got a thirty yard lead on Andrew, that was to last until the final run in. Here Andrew chased him down and by the finish they were almost neck and neck, it was the best fell race finish I've ever seen. To quote Eileen Woodhead "They were only split by the thickness of a running vest". The consolation for Andrew was that he had a great run, was runner up in the Yorkshire Championship and still holds the race record by a minute.

Congratulations to Tricia Sloan of Belvue on her win in the ladies race, which was quite an achievement considering the heat, as was knocking four minutes off the course record.

The English Junior Championship races went like clockwork - what a relief! We had to fit three races in within the hour, so the timing had to be spot on. Although only sixty juniors in total, there were some excellent races from the top quality fields.

The feed back on the day from most of the runners was one of praise for the whole event. This is a great reflection on all the marshals who turned out to make the event a success, and I would like to thank you all, as you made the day the way it was. Also many thanks to Dave and Eileen Woodhead as you made a stressed-out organiser feel quite normal for a while.

Brian Schofield

1. P. Sheard	P&B	1.04.51
2. A. Wrench	Tod	1.04.52
3. G. Oldfield	Bfd/Aire	1.05.46
4. S. Willis	Amble	1.06.17
5. S. Oldfield	Bfd/Aire	1.06.45
6. M. Corbett	Ross	1.07.22
7. K. Smith	CalderV	1.10.15
8. M. Horrocks	CalderV	1.10.57
9. J. Rogers	E.Hull	1.11.44
10. A. Graish	Bow	1.12.53

VETERANS O/40

1. S. Morran	Horw	1.21.31
2. D. Beels	Roch	1.21.42
3. A. Green	Bfd/Aire	1.21.54
4. J. Taylor	Penn	1.22.45
5. W. Michell	Unatt	1.23.33

VETERANS O/45

1. R. Taylor	Penn	1.13.29
2. K. Taylor	Ross	1.15.57
3. B. Rawlinson	Ross	1.17.59

VETERANS O/50

1. K. Carr	Clay	1.16.16
2. D. Ashton	Black	1.21.53
3. J. Talbot	Tod	1.22.05
4. D. Quinlan	Bing	1.23.27
5. R. Bleakley	Unatt	1.26.20

VETERANS O/55

1. R. Jaques	Clay	1.22.51
2. P. Davis	Old	1.36.27
3. R. Shaw	EPOC	1.36.39

VETERANS O/60

1. L. Sullivan	Clay	1.31.02
2. B. Thackery	DkPk	1.35.38

LADIES

1. T. Sloan	Bellvue	1.20.35
2. G. Cook O/35	Roch	1.21.46
3. K. Harvey O/35	Alt	1.24.05
4. T. Barton	Lds	1.25.43

**LANGDALE COUNTRY FAIR OPEN
FELL RACE
Cumbria
AS/3m/2100ft 20.8.95**

Once again a large and appreciative crowd watched the runners negotiate the spectacular ascent of Harrison Stickle in Great Langdale, at the Langdale Country Fair. The course has the advantage that the competitors are within sight of the showground for almost the entire race, and visitors never fail to marvel at the speed with which the runners complete the gruelling course. However, hot weather took its toll, and the winner, Robert Hope from Horwich, was not able to break the course record of thirty six minutes and seven seconds, set last year by Kevin Capper. The excessive heat slightly reduced the number of competitors, but thirty three took part, including two women.

The afternoon also includes a full programme of Junior Races, run on the south side of the valley over a less gruelling course, and although the younger age groups are well represented, it would be good to see more under sixteen and under eighteen competitors coming forward.

All the fell races were again sponsored by Nirex UK, who provided generous prizes to all winners, and the first lady back received a hand-cut crystal bell donated by Cumbria Crystal of Ulverston.

Alison Bolt

1. R. Hope	Horw	38.16
2. W. Bell O/40	CFR	39.52
3. W. Bland O/45	Borr	41.00
4. T. Kelly	Black	41.27
5. E. Parker O/40	Amble	43.11
6. M. Richardson O/40	Amble	43.11
7. P. Orr	Preston	44.42
8. A. Riley O/45	WCOC	45.10
9. G. Thorpe	Kend	47.11
10. J. Dore O/45	Roch	47.22

FIRST VETERAN O/50

1. P. Dowker	Kend	50.31
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LADIES

1. A. Nixon	MDC	52.26
2. P. Dore O/35	Roch	69.21

**MOFFAT BEEFTUB RACE
AS/2m/1500ft 26.8.95**

After a long drought it rained before the start and during the race and waterproof numbers would have been advisable. The final descent from Great Hill was a slippery as ever, but the ground was hard underneath. Several runners led by Doug Shiel missed the checkpoint on Annan/head Hill. The starters instructions definitely included visiting the trigpoint, but I did not have enough marshalls to check this. Brian Marshall set a new record and Sophie Ben was awarded a special prize for gallantly descending the last hill in flats.

Three runners, Dave Woodhead, Tim Ireland, and John Blair-Fish travelled on to the 'Roan Fell Race' at Newcastleton and re-awarded prizes for overall positions from the combined results of the two races in that order.

John Blair-Fish

1. B. Marshall	HELP	20.16
2. H. Lorimer	HBT	20.50
3. D. Woodhead	Horw	21.11
4. D. Shiel	Carn	21.56
5. T. Ireland	Annan	22.30
6. D. Howes		22.54
7. J. Blair-Fish	Carn	23.02
8. D. Scott	Norham	23.23
9. R. Irving	Annan	23.31
10. J. Donnelly	Darwen	24.56

FIRST VETERAN O/40

1. J. Blair-Fish	Carn	23.02
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FIRST VETERAN O/50

1. W. Kinnear	Annan	26.05
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LADIES

1. S. Clive	HBT	28.46
2. D. MacDonald	L'wade	30.08
3. S. Benn	HBT	37.33

FIRST JUNIOR

1. D. Scott	Norham	23.23
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**BRECON BEACONS FELL RACE
Powys
AL/19m/4500ft 26.8.95**

Another fine summer's day brought the usual Bank Holiday crowds to the Brecon Beacons race. In South Wales anything over forty runners is a crowd: I'm sure that if this race was held two hundred and fifty miles north, entries would be in the hundreds. Graham Patten returned to Wales and, taking the lead immediately was never headed. He extended his lead over the highest summits of Corn Du and Penyfan to win by almost twenty minutes in the second fastest time recorded for

the course. Sharon Woods, 'The Fellrunner' cover girl in June, outsprinted the autograph hunters with a characteristically strong performance to win the ladies race. Look at all those veterans and super veterans in the top twenty, well over half the field were aged over forty.

Lots of thanks are due to the marshalls, particularly those who phoned to volunteer their services, and especially to Margo Sweeting for arranging the super buffet at short notice. A fine race, hot shower, good food and prizes for three pounds: South Wales is the place for value for money fell running!

Old Greybeard

1. G. Patten	Bath	2.33.46
2. S. Ellis	Tatten	2.53.35
3. T. Haywood	Merc	2.53.54
4. N. Baker	TVOC	2.56.08
5. W. Alves	Holme	2.57.36
6. J. Darby	MDC	2.59.36
7. A. Belton	Macc	3.07.46
8. M. Daykin	Heref	3.11.02
9. G. Swindin	N.Glos OC	3.11.23
10. F. Thomas	DkPK	3.13.10

VETERANS O/40

1. N. Baker	TVOC	2.56.08
2. J. Darby	MDC	2.59.36
3. M. Daykin	Heref	3.11.02

VETERANS O/50

1. G. Swindin	N.Glos OC	3.11.23
2. F. Thomas	DkPk	3.13.10
3. B. Martin	MDC	3.14.49

LADIES

1. S. Woods O/35	MDC	3.21.07
2. J. Searle	DkPk	3.22.37
3. S. Ashton O/40	MDC	3.33.28

**BECA
Pembrokeshire
BS/5m/1050ft 26.8.95**

The Beca Race record was shattered on Saturday 26th August, by local runner and triathlete Aled Rees, in a time of thirty two minutes and five seconds. The gruelling five mile course over the Preseli Mountains yielded a field of eighty four runners, who competed for over five hundred pounds worth of prizes, and sixteen cups and shields.

Runners were from as far a field as Yorkshire, Hereford, London and Southampton, and with the weather being slightly cooler ran a very fast race.

The race is divided into nine individual classes, plus two team classes, so there is a chance for everyone to win.

I would like to thank all runners for supporting us and hope to see more of you next year.

John Evans

1. A. Rees	Card.Tri	32.05
2. A. Jones	Cardmarth	32.13
3. D. Jones	TROTS	33.45
4. A. Bickerstaff	G.West	35.13
5. N. Halliday	Eryri	35.25
6. M. Robinson	Llanrhy	36.09
7. M. Adams	TROTS	36.11
8. C. Todd	Harr	36.18
9. R. Phillips	TROTS	36.30
10. R. Morris	TROTS	36.44

VETERANS O/40

1. A. Rees	Card.Tri	32.05
2. A. Jones	Cardmarth	32.13
3. A. Bickerstaff	G.West	35.13
4. N. Halliday	Eryri	35.25
5. M. Robinson	Llanrhy	36.09

VETERANS O/45

1. D. Jones	TROTS	33.45
2. C. Todd	Harr	36.18
3. R. Morris	TROTS	36.44

VETERANS O/50

1. R. Sherwood	Crym	39.32
2. P. Moody	Cardmarth	40.40
3. R. Morgan	TROTS	42.20

LADIES

1. V. Perry	Alt	41.15
2. L. Davies	Sadd	42.45
3. J. Brazil	Haver	43.09
4. C. Peck	Llandy	45.56
5. A. Evans	G'wick	48.21
6. M. Seywood	Card	52.40
7. A. Thomas	Haver	54.05
8. S. Rees	St.Dog	54.37

INTERMEDIATES

1. E. Lewis	Bryn	43.00
2. C. Peck	Llandy	45.56
3. E. Uittle	Rwos	46.25
4. P. Pierce	Cardmarth	47.21
5. S. Rees	Card	54.37

JUNIORS - ONE MILE RACE

1. E. Jones	Blaen	4.10
2. R. Davies	Blaen	4.15
3. B. James	A'wyth	4.20

**DUFTON PIKE RACE
Cumbria
AS/2m/1578ft 26.8.95**

Ian Holmes broke the record of Steve Hawkins and Greg Hull by twenty eight seconds, and Nicola Davies broke Carol Greenwood's record by fifty four seconds. Conditions were cool and firm underfoot.

Dave Cannon

1. I. Holmes	Bing	15.27
2. M. Roberts	Borr	15.57
3. B. Thompson	CFR	16.24
4. A. Bowness	CFR	16.28
5. J. Bland	Borr	16.34
6. G. Devine	P&B	17.33
7. G. Bland	Borr	18.00
8. D. Loan	Kesw	18.05
9. P. Brittleston	Howg	18.22
10. G. Byers	CFR	18.29

FIRST LADY

1. N. Davies	Borr	19.45
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JUNIORS

1. J. Fletcher	Penrith	11.36
2. I. Silburn	Penrith	11.36
3. A. Fryer	Ripon	12.23

**HALTON GILL SPORTS FELL RACES
North Yorkshire
AS/1.7m/800ft 27.8.95**

A field of fifty runners turned out at Halton Gill, including 1993 winner Colin Moses, and 1994 winner and record holder, Stephen Oldfield, but it was Gary Devine who led the field in a near record time of thirteen minutes and eight seconds, and Elsie Riley took the ladies in a new record time of seventeen minutes and forty eight seconds.

All the athletes enjoyed this low key event which also included a 'blind sheep dog trial', 'quad board rides and open childrens sports - all at no cost!

T McKenzie

1. G. Devine		13.08
2. P. Sheard		13.12
3. S. Oldfield		13.26
4. R. Jebb		13.37
5. G. Hawkins		14.12
6. R. Gibson		14.14
7. T. Kelly		14.20
8. A. Dunn		14.28
9. T. McKenzie		14.31
10. I. Ferguson		14.36

LADIES

1. E. Riley		17.48
2. L. Bostock		19.20

JUNIORS U/14 - BOYS

1. S. McCain		6.04
2. P. Lodge		6.19
3. D. Burn		6.43
4. M. Campbell		6.50
5. D. Corigan		6.51

JUNIORS U/14 - GIRLS

1. S. Waddington		7.29
2. N. Slater		7.38
3. R. Barber		7.52

**DALEHEAD
Lakes**

AS/4.5m/2210ft 18.9.95

1. M. Kinch	Warr	41.32
2. S. Booth	Borr	43.33
3. J. Davies	Borr	43.46
4. G. Bland	Borr	44.06
5. M. Rigby	Amble	44.19
6. J. Bland	Borr	44.25
7. A. Davies	Borr	44.41
8. B. Thompson	Cumber	45.06
9. M. Roberts	Borr	45.24
10. G. Wilkinson	Clayton	45.35
11. P. Jamieson	Amble	45.50
12. P. Sheard	P&B	46.11
13. P. Sheard	P&B	46.18
14. B. McGee	Cumber	46.30
15. M. Fleming	Amble	46.40
16. R. Lawrence	Bingley	46.42
17. B. Bland O/40	Borr	46.47
18. A. Maloney	Rochdale	47.01
19. M. Keyes	Ross	47.04
20. M. Wallis	Clayton	47.08

VETERANS O/40

1. M. Walsh	Kend	47.16
2. H. Jarrett	Cumber	47.36
3. T. Hesketh	Horwich	47.43
4. D. Loan	Keswick	48.31

VETERANS O/50

1. D. Spedding	Keswick	49.41
2. K. Carr	Clayton	52.34
3. B. Jackson	Horw	54.58
4. R. Stephenson	Keswick	56.08

LADIES

1. S. Rowell	Pudsey	51.16
2. N. Davies O/35	Clayton	51.59
3. C. Crofts	DkPk	56.21
4. G. Cook O/35	Rochdale	57.05

INTERMEDIATES

1. M. Wigmore	Helsby	48.52
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JUNIORS U/18

1. A. Riley	Borr	55.45
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Sierre-Zinal 13th August 1995

31km 1900m

There was heavy rain before the start as we sat in the trees at 7am after leaving the post buses from Chandolin and Zinal for the start. The rain stopped but it was very humid for the first half hour of the climb. Jairo Correa had his third win as well as being first veteran and was only two minutes outside the record. The rest of the field had slower times than usual. I was 12 minutes slower than last year but ten places higher. Remarks at the finish suggested that some runners always wear the same shoe for a race, no matter what the conditions underfoot. The start was more of a fight than I can remember. Louise Fairfax from Trasmania got more of a trampling than expected from ungentlemanly competitors. The fall in value of the pound and imminence of World Trophy Trial races diminished the British presence.

John Blair-Fish

1. Jairo Correa	Colombia	
1st Vet		2.34.21
2. Jean-Francois Cunnet	Swiss	2.36.24
3. Patrick Vienne	Swiss	2.39.37
9. Paul Sheard	GB (Pudsey)	2.48.02
11. Martin Roscoe	GB (Pudsey)	2.50.56
27. Philip Sheard	GB (Leeds)	3.01.02
29. John Deagan	GB	3.03.10
31. Damon Rodwell	GB (Gloucester)	3.05.13
32. Jean-Francois Seigneur	France	3.05.59
1st Supervet		
41. Isabella Moretti	Swiss	3.09.44
1st Lady		
45. Mike Walsh	Portugal (Kendal)	3.11.14
4th Vet		
51. John Blair-Fish	GB(Carnethy)	3.12.30
6th Vet		3.34.20
163. Step Jakeman	GB	3.35.07
174. James Kiri GB		
189. Rick Ansell	GB (Dark Peak)	3.37.32
		3.37.39
191. Laura Wolfenden	GB	3.38.05
8th Lady		
197. Joanna Dunstan	GB	3.38.41
9th Lady		
204. Geoffrey Webster	GB (ValleyStriders)	3.42.22
7th Supervet		
234. Silvia Watson	GB(Valley Striders)	
12th Lady		
789 finished		

Fionnay-Panossiere 5th-6th August 8km 1200m

This race is always run in time trial with starts every ten minutes between 6am and 9am, and 4pm and 6pm on Saturday, and 6am and 8am on Sunday. I started at 8am on the Saturday with my friend Philippe Rossier. Mike Short was going to start with us but claimed he needed 10 minutes to catch us up and thus do the fastest time.!

John Blair-Fish

1. Mike Short	Saviese	57.41
1st Vet		
2. Jean Daniel Masserey	Vetroz	57.59
3. Norbert Moulin	Volleges	58.08
4. Philippe Rossier	Carouge	60.28
6. Neil Wilkinson	Salford	62.04
17. John Blair-Fish	Carnethy	66.22
5th Vet		
20. Elisabeth Heinzle	Austria	68.09
1st Lady		
48. Sarah Young	Manchester	72.23
3rd Lady		

Internationals Matterhornlauf (Zermatt, Switzerland)

Britain were one of four nations invited to send a team to this international mountain race. The team event is the idea of Pius Fuchs, the race director who is working the race up its bid for the European trophy in 1997. Our team were selected from those who ran in the England and Scottish World Trophy trails, but just missed selection.

Young John Brooks (Lochaber AC) celebrated his 20th birthday and his first international competition by leading the British team home in finishing 7th. After a cautious start he worked his way through the field and passed a tiring Mark Croasdale in the last kilometer. John has represented Scotland as a junior and now seems set to develop into one of their top runners. Living in Fort William will enable him to put in the long climbs, essential training for those with international ambitions.

Mark, slightly below his usual sparkling form and re-adjusting to life in the marines, had a good run for 12th position but admitted that when it came to the hard climbing parts of the race "it just wasn't there". He is now looking forward to a period of consolidation and some low profile races to regain his form for 1996.

A relative newcomer to fellrunning, Ian Postlethwaite (CFR) is really a road running speed merchant. However, his total conversion to fell running is imminent. His ambition is to qualify for the 1996 England World Trophy team and this year's Great North Run could be his last series road race. Ian's 17 position was respectable, but with only three or four runners of real world status in front of him he will want to improve considerably.

John Wilkinson (Shettlestone H), a long standing leader in Scottish hill running had a steady run to finish 22nd.

The GB team were pleased to get into the prize list with 3rd position just in front of the home team, Switzerland.

Result:

1. G. Fernandez	(Columbia)	57.00
2. J. Correa	(Columbia)	57.14
3. R. Bryson	(Ireland)	60.15
7. J. Brooks	(GB)	62.09
12. M. Croasdale	(GB)	62.36
17. I. Postlethwaite	(GB)	64.15
22. J. Wilkinson	(GB)	65.32

Teams

1. Columbia	2.57.54
2. Germany	3.04.56
3. GB	3.09.00
4. Switzerland	3.11.22

(aggregate of first 3 runners)

Challenge Stellina (Susa, Italy)

International Mountain Race Report on the British team performance

The British team for this annual invitation event was chosen from Wales and N. Ireland since the English and Scottish trails for World Trophy teams were being held on the same day.

Darren Hiscox and Paul Wheeler were nominated by Wales and Deon McNeilly by N. Ireland. Their introduction (Paul has competed abroad before) to the international mountain running scene was a baptism of fire as they faced some of the World's top climbing specialists. The 15km, 1500m climb only race with a winner's prize of £1,000 attracted Molinari (Italy), Schatz (Austria) and Fernandez (Columbia) who finished 1, 2, 3. Molinari is World Trophy runner up, Schatz has finished as high as 4th in previous World Trophies and Fernandez is the Columbian mountain running champion.

Darren Hiscox, only 23 and competing in his third mountain race is a real find for Wales. Training on beans, chips, sausage and lemonade (which he claims is his regular - only! diet) he has a raw athlete talent which should develop. He ran strongly to lead the British team home in 16th position.

Paul Wheeler, a noted strong climber but fragile on descents also ran well despite straining a calf muscle during the race to finish 20th.

Deon McNeilly, a former member of the British cross country team would have learned a lot about the discipline of mountain running to which he has now turned his attention. He was 23rd and found it hard. He leads the N. Ireland team in the World Trophy race in Edinburgh.

Martin Roscoe (Leeds City) on holiday in Italy also ran and finished in front of the GB team - 12th position.

Results:

1. A. Molinari	(Italy)	1.18.44
2. P. Schatz	(Austria)	1.20.41
3. G. Fernandez	(Columbia)	1.21.17
12. M. Roscoe	(Leeds City)	1.27.47
16. D. Hiscox	(GB)	1.28.22
20. P. Wheeler	(GB)	1.30.49
23. D. McNeilly	(GB)	1.31.35

Teams:

1. Italy	2.41.08
2. USA	2.53.58
3. Switzerland	2.54.28
4. Germany	2.54.57
5. GB	2.59.11

Aggregate of first two runners in the team

'Sierra Nevada de Espana: The Undiscovered Country'

by Andy Walmsley

Back in September 1989 *The Fellrunner* carried an article, by me, describing my traverse of the Sierra Nevada 3000 metre peaks - the 'Integral de los Tres Mil'. This route, which traverses the main ridge of the Sierra Nevada, covers about 58km and 4000m of ascent if done NE to SW as I did it. Those with masochistic tendencies might prefer to travel in the SW to NE direction, in which case the total ascent is over 4500m.

My time for the standard 'Ruta Alta' (which misses out some outlying peaks) was 15:05 - a record for the route which had previously not been completed in under two days. Obviously no mountain runners had attempted it before. This record still stands (as far as I know) despite a number of fell runners - including Helene Diamantides (gulp) - expressing an interest in it. I can only assume that no-one else has made an attempt.

Perhaps some extra information about the Sierra Nevada might tempt more British runners away from the overcrowded, over-exploited, over-expensive Alps and Pyrenees?

Although the mountains of the Sierra Nevada ('Snowy Range') cannot compare with the Pyrenees or the Alps in terms of sheer spectacle, they can offer qualities which are long-gone from those better known ranges. There are huge areas among these mountains where you can walk, run, climb, mountain bike or ski for hours without meeting anyone - the wilderness experience - and wild-camping in one of the remote corries ('corrals') can give you a real feeling of solitude.

The NW side of Pico del Veleta (3398m.), overlooking the city of Granada is the only area to have suffered any over-development. A tarmac road - the highest in Europe - was built to the summit of the mountain in the 1930's, and more recently a ski resort (which is to host the World Ski Championships in February 1996) was developed in a wide hollow known as Prado Llano ('Flat Pastures'). There are no pastures there nowadays!

A branch of the Veleta summit road actually continues as a rough dirt track over to the southern side of the range, to eventually descend to the tiny moorish village of Capileira in the unspoiled Alpujarras region. The traverse of the Sierra Nevada Road, from Granada to Capileira on a mountain bike would be a superb (but pretty tough) day, with a 40km/2700m ascent on the tarmac road followed by a 20km/2000m descent of the rough and

stony South Sierra Nevada 'Road'.

Alternatively, the ascent and descent of the tarmac road to Veleta and back (a favourite test-piece of the Granada cycle clubs) makes the Alp D'huez look like a ride around the block, I'd choose a road bike for that particular trip though!

Many of the lower peaks and valleys are criss-crossed with tracks which are just made for mountain bikes, and escaping into the hills to explore these tracks and discover tiny bars selling ice cold beer is pure magic.

But it's running we are interested in isn't it? Well, apart from the Integral mentioned above, which is a bit of a serious undertaking, there are many possibilities. The Sierra Nevada Road is a blessing to the high altitude ridge stumbler, making access to the main ridge easy; you can drive up to 3000 metres and explore some superb high ridges without all that nasty collar work climbing up from the valley. A favourite of mine is the super-rough Virgen-Caballo traverse with a return along the Vereda Cortada ('Cut Path') with its chain-protected crossing of a gully which chops the path in half as it traverses a crag face high above the Lanjaron valley. From a car parked at the Veleta pass, this is a mostly un-runnable 5 hour outing unless well acclimatised to the 10,000 foot altitude.

Another obvious target is the ascent of the highest peak of the range, Mulhacén (3398m), which is reached by an easy 350 metre climb up a scree path from the south road as it traverses across the West Face. This route is very popular though, and the summit can be busy - especially on Sundays.

A better route is to drive to the parking place below Mulhacén, then cross the main ridge at the Collado Mulhacén to descend a steep scree path into the Hoya del Mulhacén, below the massive Pared Norte (North Wall) of the mountain. From here, the face looks impregnable, but a series of scree-covered rakes ('El Corredor') lead leftwards to regain the crest of the main ridge NE of the peak, and the ridge (or gullies on the left of it) may then be climbed to the summit, leaving only an easy 10 minute run down the easy angled Cara Oeste (West Face) back to the car.

To the west of the main range, a lesser group of hills ('Baja Montana') spreads out towards Granada. These shapely limestone summits are superb, providing some excellent running terrain. There are narrow but runnable ridges, wonderfully pointed little summits, and fascinating little paths winding in and out of the valleys among a patchy covering of pine trees.

These lower mountains (highest peak: Trevanque - 2079m) are best visited early in the year, around Easter, when the heat is

slightly more bearable. In July and August the temperature can hover in the region of 40 degrees C for weeks on end. However, if you want to explore the high Sierra then July and August are the best months; at other times of the year snow can close the roads and make crampons and axes essential for reaching the highest summits.

ACCESS: The Sierra is situated approx. 65km inland from the Costa del Sol. The nearest international airports are at Almeria and Malaga. It is worth noting that Malaga is probably the cheapest flight destination in Europe, average fares being considerably lower than those to France despite the extra distance. Malaga to Granada = 160km (100 miles).

The Sierra Nevada is also a driveable destination, if you are as masochistic as me, taking roughly three days. This method also allows a stopover in the Pyrenees in both directions. The Pyrenees to Sierra Nevada is about a 12 hour drive - without breaking any speed records. There has been much road building in Spain over the past few years and driving across the country is now easy.

MAPS: Published by Federacion Espanola de Montanismo (1:50,000) or Instituto Geografico Nacional (1:25,000) can be obtained via many map retailers in the UK, or by post (address available from me).

GUIDE BOOKS: There is a guide available in English by Robin Collomb ('Gredos Mountains and Sierra Nevada') and this has some useful info even though only 27 pages are devoted to the range. However, it just so happens that Cicerone Press are scheduled to publish a much more detailed guide to the Sierra Nevada in November/December this year. The Cicerone guide - 'Walking in the Sierra Nevada (Spain) - (written by myself) has information on the High (Alta) and Low (Baja) mountains, camp sites, hotels, mountain huts, the network of dirt tracks, and the suitability of the walking routes for mountain bikes. Get yours as soon as it comes out folks!

Anyone who wants more info is welcome to contact me at the address below:
Andy Walmsley, 1 Vicarage Street,
CHORLEY, Lancashire PR6 0DW





*Bens of Jura - 1993:
Andy Trigg approaching the summit of Corra Bheinn. Finished 2nd
Photo: Peter Hartley*

JURA '95: A SHARP LEARNING CURVE

Francis Uhlman reviews one of the toughest races on the calendar

At 10.30 am on Saturday May 27th, Donald MacKinlay, former director of the Isle of Jura Distillery, raised a 12-bore shotgun to his shoulder and fired a shot signalling the start of the 13th Isle of Jura Fell Race. With a final blood-curdling skirl of pipes from the Islay Pipe Band, 135 runners pattered innocently up the tarmac lane that leads past the telephone exchange and on to the mountain, not knowing that thick mist and wild winds would turn this already daunting race into a severe test of navigation and endurance.

The weather at sea-level was relatively benign, damp, but not raining, with a mild onshore breeze. Two days earlier, race organiser Andy Curtis had been out on the hills in apparently similar weather, with mist down to 500 feet. He navigated to the first summit, Dubh Bheinn (Checkpoint 1) and then on to Glas Bheinn (Checkpoint 2), except that even he, a capable orienteer and race winner in 1991 when the alternative course was run, descended too far East and had to correct his bearings. On race day the less experienced marshals appointed to Checkpoint 2 got hopelessly lost, turned 360 degrees with an apparently erratic compass and accidentally found their way back to Checkpoint 1 just as the leading runners were passing through. That leading group included eventual race winner, Duncan Richardson, as well as a formidable trio of established mainland fell-runners, Andy Trigg, Andy Peace, and Robin Lawrence. Later runners, unaware the Checkpoint 2 marshals were lost, frenziedly searched the

summit of Glas Bheinn for control-card punches.

Two and three-quarter hours later, I drove my car to 3-Arch bridge hoping to catch sight of the first few runners descending Corra Bheinn, the final summit (Checkpoint 7). A thick curtain of mist swirled above 500 feet. One hour later only a few desultory timed-out or retired runners had trudged half-heartedly off the hill, muttering oaths about gale-force winds, nil visibility and nightmare navigation. Then a radio message came through - the leading runner was off the summit of Corra Bheinn; in less than ten minutes he would be down below the mist. Half-an-hour later, a lone, dark figure appeared on a deer trod below the cloud, Duncan Richardson of Jura, still in the lead in spite of a massive navigational cock-up which took him North East off Corra Bheinn on to the Glen Battrick path. About four minutes later, second runner Duncan Copley appeared, tall, leggy, grey in the face, pretty much on auto-pilot. Five more minutes, Peace, Trigg and Lawrence hit the bridge travelling fast, thirty yards separating each. Few words spoken, they punched their control cards and set off on the long road home. Richardson held on to Erin by 58 seconds from Peace 2nd, Trigg 3rd, Lawrence 4th and Copley 5th. To this day, Richardson cannot believe Andy Peace got so close: "All along the road back to Craighouse, I was looking back and I never saw him anywhere." I suggested to him that maybe if the race had gone on a wee bit longer, he might have lost it. "No way", he replied. "I had plenty left". Nevertheless when I overtook all the five leading runners on my drive back to the finish, Andy Peace was really motoring where Richardson was treading air.

The charge had come too late and Duncan Richardson was safe for a truly tremendous victory.

From the buzz in the crowded Jura Hotel that night it was obvious that this was going to be one of those races that grow and grow in fell-running mythology like a lost fish. A week later I asked Andy Curtis if I could send out a questionnaire to all the runners in the race to find out what had really happened. Maybe this was my way of vicariously (but constructively) taking part in a race I had been forced to miss through illness.

I sent out 135 maps and questionnaires to all race starters asking a few basic questions about clothing, food, drink and navigation. The maps showed the accepted "normal" race route. Runners were asked to show where their own routes diverged in the mist and to show their escape route if they retired. I received 102 replies, for which I'm incredibly grateful.

135 runners started, 83 finished, 52 retired (36% of those competing, as compared with a mere 4% in 1994). Of those who retired, the majority were timed out at Checkpoint 4 and some retired voluntarily. Many retired before Checkpoint 2 when they realised what lay ahead. Two retired because their shoes disintegrated, two felt ill, one had had no sleep the night before and one had forgotten her compass. Seven of the nine women starters retired. Maggie Gallagher wrote in her questionnaire: "The wind was blowing me all over the place. I was too light! I could hardly keep my feet at Checkpoint 3. Knowing the paps were another 700 feet higher, I reluctantly decided to retire. I have never ever retired from a fell race before".

The wind at the start in Craighouse had been mild. Above 1000 feet it was gusting to 40 m.p.h., with visibility down to 15 metres. On the paps and on Corra Bheinn, wind speeds allegedly at times reached 50 m.p.h. Alan Brentnall, a team leader of Kinder Mountain Rescue, was blown over twice. So was Pete Browning, 6' 3 and near 13 stone. Runners became quasi windmills. 25 maps were reported damaged or blown away.

From the beginning navigational errors came thick and fast, on the false summits leading to Checkpoint 1, Dubh Bheinn. Having finally located the trig, many runners headed too far East, failing to correct the dog-leg bearing which leads to Glas Bheinn, Checkpoint 2. Many were utterly confused by the lack of marshals on Checkpoint 2 and charged around looking for an alternative summit where the marshals might be hiding. Two dozen or more headed due North instead of West to Checkpoint 3 (Aonach Bheinn), descending more than 500 feet before recognising the premature onset of navigational brain-haemorrhage. There were then relatively few mistakes from Checkpoint 3 to the summit of the first pap. The Col between pap 1 and 2 is a graveyard haunted by the ghosts of many fell-runners, compasses in hand, dazedly, mazedly wandering. Many runners descended too far East off pap 1 and found themselves in bilberry land 300 feet below the Col. One, very cleverly, navigated North-East around the foot of pap 2 and ascended via the descent. One wonders what he said to those descending. Other runners still seeking the Col, zig-zagged in humiliating confusion, including one with 12 Jura races under his belt. All day long the Strathclyde Police Mountain Rescue team together with men from RAF Machrihanish, who were manning rescue posts on the Col between paps 1 and 2 and between pap 3 and Corra Bheinn, reported seeing very few runners. They had slipped past in the mist, to the left of them, to the right of them, on course, off course. Selwyn Wright wrote under "Amusing Incidents": "Being passed by Jon Broxap four times was fun." Jon Broxap wrote under "Horror Stories": "Passed Selwyn Wright four times. He was going slowly in the right direction. I was going fast in the wrong." Stephen Woods reported meeting Andy Styan half-way up pap 2: "He had no idea where he was. Last time I saw him was when the alternative course was run. He didn't know where he was then either." Stephen Woods again wrote: "I had a 'convoy' of people following me - about a dozen. I stopped to put my cag on. They all stopped behind me, scratching their bums, tying shoelaces." George Scott wrote: "It was like a graduation from fell-runner to Mountain Runner. It pushed me to the limit of my orienteering skills. The race will never be the same again." Jon Broxap wrote: "I've never retired from a fell race since I started in 1977 . . . Came very close on this one." Somewhere out there in the driving wind, in the swirling mist, two runners, utterly confused, were struggling up the same pap twice.

Meanwhile the leading five runners were doing well, Trigg, Peace and Lawrence in the lead with Trigg doing most, if not all

of the navigating. Behind them Duncan Richardson and Duncan Copley were navigating brilliantly on their own. On the descent off pap 3, Trigg, Peace and Lawrence missed the near invisible path that swings North to Corra Bheinn and descended far too low towards Loch an t-Siob. Precious minutes were lost. Contouring back to the Col with concentration perhaps waning, they took a fatal line North of the summit of Corra Bheinn where, like dozens of runners behind them, they were hideously lost in a myriad of false, identical summits. Duncan Richardson had now taken the lead, Duncan Copley second. A couple of hours later, Robert Jebb of Bingley also missed the summit of Corra Bheinn and carried on running North for four miles to Glen Battrick where he would doubtless still be running today had he not met the sea. The rest is history. Richardson held on to win. One hour later, Dorothy Dundas, daughter of Davey Mack, head keeper of the Forest Lodge Estate, strode into Craighouse to complete a memorable double success for Jura runners.

Now to the questionnaire. I had an 80% response from the finishers (66 out of 83) and 69% response from the non-finishers (36 out of 52), a total of 102 replies. The FRA safety committee should be pleased to learn that all competitors had adequate clothing for the race though some, in retrospect, would have taken gloves and hats or balaclavas. Approximately 80% of runners carried 1/50,000 maps, 20% carried 1/25,000 maps, mostly originals rather than photocopies. Map reading was a nightmare in the gale-force winds. There was no discernible difference between the performances of those carrying 1/50,000 and 1/25,000 maps. The more dense contour colouring of the 1/50,000 may have been easier to read. Probably better than a map would have been a detailed, waterproof card-system with bearings clearly written. 25 maps were reported damaged or blown away, but of those maps damaged, none had been laminated or transpasealed. Moral: lamination protects maps. 63% of finishers wrote bearings in advance on their maps. 55% of non-finishers wrote bearings in advance. Seven finishers carried altimeters. Two non-finishers carried altimeters. Several runners wrote that they had been in a group where a runner carried an altimeter and it had proved very useful. 47% of finishers had orienteering experience, compared with 28% of non-finishers. 62% of finishers had mountain marathon experience compared with 50% of non-finishers. There was no discernible difference in the average finishing times of those with and those without orienteering experience. The average time taken in 1995 was 5 hours 42 minutes, an hour slower than in 1994. The slower runners were comparatively far less down on their expected times than were the faster runners: Moral - more haste, less speed (in these conditions).

Very few runners felt their race preparations were inadequate as regards food and clothing. Many would, with hindsight, have "reced" the route, many would have laminated their maps, many would have written bearings in advance.

There were no firm conclusions to be drawn from running solo or in groups. Some needed the company of groups, others felt they would have made far fewer mistakes had they run solo. Some runners, had they run solo, would definitely not have finished the race because they were incapable of navigating the route.

93% of finishers said they would have started the race even had they known in advance what the conditions were like. A staggering 94% of non-finishers said the same. 75% of finishers said the race organiser was right to run the full course over the paps. 20% of finishers said that with hindsight the alternative course should have been run. 5% said the alternative course should definitely have been run. 65% of non-finishers agreed with the full course, 26% said, with hindsight, the alternative course, and 9% felt the alternative course should have been run. The vast majority of runners felt that dense cloud plus rain plus wind were the essential criteria for abandoning the full course in favour of the alternative course. Some felt that cloud should not be a factor at all in any decision, and some that wind-chill factor for the marshals was the most important single criteria. In fact in this particular race, none of the runners reported feeling unduly cold and some never even put on their cags or overtrousers. However the marshals on pap 1 and on Corra Bheinn were severely chilled owing to lack of shelter, even with plenty of clothing and food.

Many runners reported that their control-cards disintegrated. These were encased in poly-bags and pinned to their shorts, but sodden cags and overtrousers reduced them to a mess. Additionally, control punches were blowing about in the wind like birds on a string. Runners were coming to Checkpoints in large groups. Their numbers were obscured by cags and shouted numbers were unheard or misheard in the howling wind. Marshals also had difficulty in recording summit times (and numbers when they could read or hear them) on soggy paper with frozen fingers. For the purposes of race statistics, split times on the summits had to be discarded as being too inaccurate for use. Control-card evidence was likewise abandoned at the finish. Radio communications were quite good, but wind-howl across the mikes made for audibility problems. Pap 1 could only reach base in Craighouse via pap 2's radio, though apparently this is the case even in a "good" year.

There are several lessons to be learned from the Jura '95 experience. One is that fell runners, whilst being physically well equipped, can still be hopelessly ill-prepared for solo decision-making in poor visibility under stress. Many runners, including at least one habitual winner of top fell races, would have got profoundly lost had they not sheltered behind the navigational skills of a more competent friend. Far too often, responsibility for decision-making was surrendered in favour of meek dependency on the skills of others. When a group "leader" made a mistake, the whole group was plunged into chaos. Whilst it is comforting and indeed sensible for safety reasons to stay in groups, it is nevertheless essential that all group members retain an awareness of

decision-making logic. As Andy Curtis said later: "Even the most highly skilled orienteer will get hopelessly lost if he doesn't set out in navigating mode. It's appallingly difficult to get back into it if you don't set out with it."

My questionnaire gave ample opportunity, had it been needed, to criticise the Isle of Jura race administration - though that was NOT its purpose. Andy Curtis should take immense pride in noting that there was not one single word of criticism from any of the runners and indeed many runners went out of their way to praise him and to give thanks, especially to the marshals. A number of comments were made about tags as compared with control card systems. Tags give some proof of where a runner has been, but tags can get lost, tag-bags in a gale could be blown away or dropped. If control cards are used, they must be waterproof, not card-in-poly-bags. Whatever system is used, marshals must be retained. Their presence is both heart-warming and reassuring. Maybe some day electronic bar code or smart-card systems can replace both tags and control cards (but hopefully not marshals).

Finally, three questions I should have asked and didn't, and two questions I did ask and shouldn't have. I should have asked about what shoes runners wore and how they performed. Rumour has it that E.T.A.'s are not strong enough for Jura. I should have asked whether runners had attended an F.R.A. (or similar) navigation course. And I should have asked whether map-reading was at all possible for people with reading glasses. I suspect it was near impossible. I asked questions about food and drink without having a clue how to analyse the results. A minimum information requirement was the weight of each runner both before and after the race, their height, their age, their fitness level, their body fat % and their metabolic rate. In other words, never ask questions if you cannot analyse the results!! Nevertheless the range of food and drink intake was

fascinating, from NOTHING (Roger Boswell: "Perhaps in retrospect I should have taken a wee choccy bar"), through to MINIMALIST (Andy Styan: a packet of dextrosol), via ODD (Carl Moriarty: a bag of cold rice pudding) to CAUTIOUS (Arthur Clarke: Kendal Mint Cake, dried bananas, malt loaf, mars bars and staminade). I sent 20 samples of the food and drink runners consumed on Jura to Sue Walsh, sports scientists, at Bangor University. Here is part of a letter she wrote me: "If a runner knows he is going to be active for a period in excess of one and a half hours, he should start eating small amounts of simple sugars at regular intervals after approximately one hour. This will maintain the potential energy levels in the body. It is vital that a runner does not wait until his energy levels have been depleted (after two to two and a half hours) before he eats and, more importantly, he must not "gorge" enormous quantities of simple sugars and overload the energy conversion system . . . More importantly even than simple sugars, the body requires fluids to maintain the appropriate fluid balance. This liquid is probably best taken in the form of water or very dilute energy drinks. Of far greater concern than food intake are: 1) poor clothing 2) inability to navigate 3) inability to "control" a race and make decisions 4) inability to recognise the point where they should retire. These four factors will create stress and consume energy resources . . . If carrying a side of beef makes a runner feel confident and good and the thought of eating it is comforting then what the hell. The important thing is when and how much he eats." Maybe the Editor of the "Fellrunner" should commission an article on Food and Drink in fell-races and mountain marathons, because the subject is clearly of great interest and complexity.

ISLAND RUNNERS

by Andrew Styan

The Bens of Jura race this year was a talking point in many ways. The race was run in thick mist which caused 52 retirements and a lot of fun (!) and many unusual stories of navigation.

Mostly though, it was remarkable for providing local winners in both men's and women's races. Given that there was no history of running on the island before the race was resurrected by Don Booth 12 years ago, this is quite an achievement.

The winner was Duncan Richardson, a stalker who lives at Lussagiven on the remote North end of the Isle of Jura. The first lady was Dorothy Dundas who was 32nd in the race overall. Jura A.C. bagged the second team prize with Mark Shaw 10th and Davie Mack 23rd. Davie is Dorothy's father! The adjoining island of Islay provided another great performance, with Marcus Covell coming 6th.

You might say that local knowledge is a big help in such misty conditions, but as Davie Mack put it, "It doesn't stop you getting lost, but you know where you are when you do!" This, however is quite a handy thing, as most of the runners in the race would testify.

Duncan's winning time was much slower than he would have expected in clear weather but still very creditable. His navigation skills came from his time in the forces, and local knowledge did not figure greatly in his win. Indeed, he went quite badly wrong coming north off Corra Bheinn, and added a couple of miles to his route. In the end he was only a minute in front of Andy Peace.

Marcus, who comes across from Islay to train with Duncan on occasions, got lost himself and felt he could have done much better.

Mark Shaw who lives on Mull now, had not been round the race route for eight years, and went off course several times. He ran much of the race with Andrew Thornber of Bingley, but went off on his own at the end and really enjoyed his race.

Davie and his daughter Dorothy ran much of the race together (no pacing of course!), with Davie leaving her when she was sure of her route. He could probably have been in the first 10 without the fatherly loyalty, but it helped Dorothy to a wonderful win.

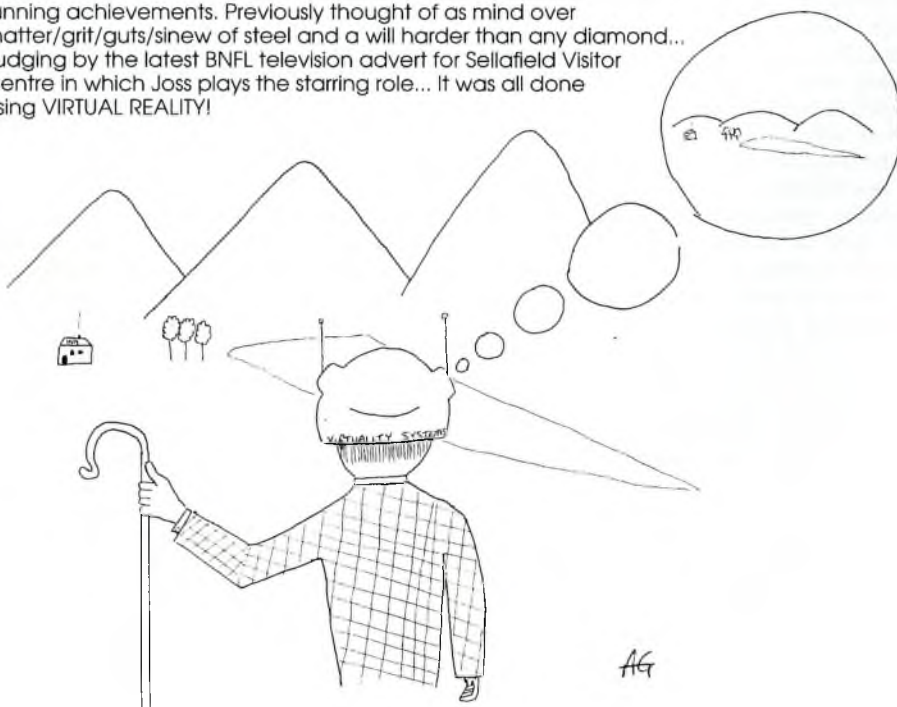
I asked each of them for some information about themselves.

Duncan Richardson

He is 31 years old, married to Cara who also runs a bit. Duncan has been running seriously for three years. His military training inspired him to start, and his upbringing with hills on the doorstep influenced the choice of hill-running.

AH HAA!

So now we know the secret behind Joss Naylor's tremendous fell running achievements. Previously thought of as mind over matter/grit/guts/sinew of steel and a will harder than any diamond... Judging by the latest BNFL television advert for Sellafield Visitor Centre in which Joss plays the starring role... It was all done using VIRTUAL REALITY!



He has run three races on the mainland - Carnethy, Stuc 'a' Chroin and Buttermere (where he came 31st this year). Training comes from walking 60 miles plus per week on the hill (with his stalking job), and running around 60 miles, with some speed work on the only road on Jura. He'd always wanted to do the race since he was a boy, and to run his home race and win it was "like a dream come true". He was thrilled by his reception by the crowd and the other runners, and his only disappointment was the lack of a piper at the finish.

He nearly didn't start the race, having forgotten his shorts, but borrowed a pair which were so big "like a huge skirt, they blew me up the Paps!"

Make no mistake, though. Dunca's performance deserved the result. In the two months before the race he didn't drink alcohol, concentrated on a good, balanced diet and ran 70 miles on the hill each week. I'm sure he would still have made the top six on a clear day.

He dreams of running the Great Walls of China and is intrigued by the Everest Marathon. Let's see what next year brings.

Mark Shaw

Mark is 29 and has been running 12 years off and on ("more off than on" he says). He started running when Don Booth came over to Jura to resurrect the race. He's run the race three times, and nearly run it a couple (rumour has it that one year he was still too boozed from the night before to start the race). This year's tenth position was his best, though not his fastest time. He has run a few mainland races with 'average' performances, but enjoyed doing them.

Living on Mull, he has some great runs with amazing views across to Jura, where he used to live. His training for this year was a mixture of snow and ice climbing, cross-country ski-ing, road running through the winter and hill-running in April and May. He does a maximum of 40 miles on a good week.

His best experience before this year was the 1985 Jura race when he and Willie McDonald became the first locals to complete the course. His ambitions in running are to improve his best time and position for the Jura race and to have a crack at the Skye Ridge, as he likes the climbing too.

Davie Mack

Davie is a 47 year old crofter and stalker, asked how long he's been running, he answers "not long enough". He has run the race 10 times, and was inspired to start seeing Islay's Roland Worthington-Eyre do it. His best time is 3 hrs 54 and best position 18th.

Off the island, he has done the Scottish Island Peaks Race twice and finished 9th on one occasion. His training is mostly "hard work on the croft", but he unwinds with running "the more I unwind the better I run."

He loves training on the island, for what



The Paps of Jura from Islay

you see when you're out. "Have you seen an otter come ashore with an eel and sit and eat it? - Great!"

His best experience yet in running was seeing his daughter cross the finishing line this year. The race itself doesn't mean quite so much now for him "it's just the icing on the cake", but he will be psyching up for the 1998 race when his ambition is "to beat Andy Styan for the Supervets trophy!" (you'll have to eat less puddings that winter, Davie!).

He was unlikely to run the race this year having had a torn ligament, and G.P. advice was simply 'don't run'. However, a physio on Islay, Liz Sellers, worked a miracle on him and he recovered very quickly after that. "Magic hands" he calls her.

Dorothy Dundas

It's hard to get much on Dorothy, and I guess she prefers it that way. She knew she was going to run the race but told nobody outside family (mother also runs on the hills by the way!). Keeping it a secret was her way of avoiding the pressure that she would feel from the community if it were public. She hid in the mass at the start and only came into the public glare when the crowd realised the first woman reaching Craighouse was her! Davie told me the week before that she was doing the race, but I was sworn to secrecy. Now she's back out of the limelight again. If I knew she was running next year, I'd say she wasn't!

Marcus Covell

One of the three Islay runners to finish this year, 25 year old Marcus has been running for 9 years. The rivalry between "Jurachs" and "Eilachs" has been going on for years in this event, but this year Kildatton AC were not in the hunt - Marcus was out on his own.

He has run the event eight times and his best time is 3 hrs 48, and though he was

6th this year, he considers his 14th last year to be his best performance.

On the mainland he has run a lot more races than the others, with his best position being 2nd at Glen Rosa on his 21st birthday - also his best experience in running so far.

Training involves an eight mile run on the road in the morning, Monday to Friday, and a minimum five miles on the hill most evenings, sometimes finishing in the dark, and one night he collided with a stag! Saturday is 10 miles on the hill, with a long run on Sunday.

He finds it hard to get motivated to run at times living on an island with a lack of races, but is always motivated by the Bens of Jura - "I've been addicted to it since I first did it - it's a classic race and I like the friendliness of the competitors."

His ambition is to win the race, though he thinks it will be hard without race experience off the island. He also wants to do the Bob Graham Round.

For all of them, living in a small community and running "the big race", has brought its pressures. Duncan and Dorothy feel it strongly. Davie used to but doesn't any more, and Marcus used to "but now I run to please myself - pressure just makes you run badly because you are tense." Mark actually enjoys the attention "you don't have to be a star to get a good cheer and you get lots of encouragement from locals at checkpoints."

For us outsiders, I know we were all as pleased as the locals that they had such great performances this year. All the best next year, folks, and thanks for your continuing welcome and friendliness which, with the "Isle of Jura" whisky sponsorship, makes this race a magnificent community of runners and locals for that last weekend in May.

IAN HOLMES - AS TOUGH AS THEY COME *by GARETH WEBB*

Many fell running aficionados may have the odd addition to make to the list, but there are quite clearly a handful of major events on the fell calendar, classics that are legendary in the annals of fell running. Events that excite as well as present a formidable challenge. Races that mean something special, not only to the winner, but to those that actually run in it as well.

There's the Three Peaks, for starters, undoubtedly one of the best. And then there's Snowdon as well. There's Burnsall, perhaps, and maybe one or two others. And then, of course, there's the 'Ben'. The infamous Ben Nevis Race. To some the daddy of them all.

It has been called, amongst other things, 'the toughest race in the world'. And who could argue with that description? Some may openly wonder whether our chances of individual and team honours would be enhanced in future years were the World Trophy to be held on Britain's highest mountain instead of some other less challenging location. The answer would clearly have to be a resounding yes. The reason? Well, for one, the continentals - who reckon downhill running to be dangerous and to be avoided at all costs - just wouldn't turn up for one thing!

Ever since William Swan made the first timed ascent exactly a century ago, the 10 mile (4,400ft) event has held an aura and mystique with the elite and tailender alike. It's certainly not a race for the fainthearted. Simply put: it's the race to run and, if you're lucky or talented enough, the race to win.

Imagine then for a moment, if you will, what it would mean to actually win an event as popular and prestigious in fell running circles as say the London or Boston Marathons. Indeed, if the fact that the 500 race limit (pruned to 400 for safety reasons with race organisers assuming an approximate 20% drop-out rate) is reached well before the mid-summer cut-off date, then this early-autumn event is clearly a classic amongst classics. It's also one that everybody has almost certainly heard of. The Ben Nevis Race.

Ian Holmes, the Bingley 'man for all seasons' did just that last September, winning not for the first time, but for the second year running. A marvellous feat when you consider many list winning the the race just once as a career ambition, never mind twice. It also gives hope to mere mortals like you and me, perhaps, when you think that the first time he ran the event he finished 200th in around 2:12! Even then, winning the event was always an ambition of his - although whether he seriously believed he could actually win it at this time is a different matter!

Holmes, 29 and a whirlpool fitter from Yorkshire, is best known by all and sundry as not just any old fell runner. But one of the best. Adept on the roads as well as the

country, Holmes is as tough as they come when he gets on the fells. Victories in the Bens of Jura, two years ago, and Snowdon the same year, as well as, more recently, Knockdu earlier in the season, plus a host of victories and course records in his native Yorkshire and across the Pennines in Cumbria, are all testimony to a talent that is renowned and feared throughout the sport.

And so it is fitting, then, that Holmes - one of the toughest of the tough - should win

one of the toughest races of the lot. The legendary Ben Nevis Race.

Last September's victory was somewhat different, however, to his 1994 triumph. Even though the weather was rainy, his margin of victory over Borrowdale sheep farmer, Gavin Bland, was almost a minute. This year, Holmes was forced to share the limelight, tucking in behind local man John Brooks (of Lochaber AC) - who had run well at Zermatt just a week earlier to place 7th ahead of Mark Croasdale amongst others - until he made his move on the steep descent at Red Burn as



Isle of Jura Fell Race 1993:

Ian Holmes leaving the summit of Corra Bheim, the last stop before the long run to the finish. Ian won in 3.26.29

Photo: Peter Hartley

Brooks stumbled and fell, enabling Holmes to open a 100m lead which he was never to relinquish.

Ben Nevis victory number two, however, almost never was, as he explains: "At the start of the year I was looking towards the World Cup and making the England team. I entered the 'Ben' in June as it's one of my favourite races (he's run it even times in total) and I looked at it as something to fall back on should I not make the team for Edinburgh. Which, of course, I didn't. (Bad blisters forcing him to drop out of the trial race at Keswick).

"I always aim to be really fit at this time of year anyway and so it was always going to be either the World Cup or the 'Ben'. But even though it wasn't my first option, I was absolutely thrilled to win the 'Ben' again. It's definitely one of the highlights of the fell calendar. In fact winning it last year for the first time was without a doubt the highlight of my running career to date."

"Once I knew I wouldn't be going to the World Cup, though, it was always my ambition to win the 'Ben' again," he smiles. "It means so much."

As Holmes hobbles around the house and cycles for an hour or so in the evenings to try and clear the stiffness from his body, it leads me to ask the obvious: Was it a hard race?

"Yes, it was hard," he replies without pointing out the absurdity of the question. "The weather wasn't exactly perfect either. They made us run in waterproofs the whole way, which was more of a hindrance really than a help."

"Still, I set off at a reasonable pace with Andy (Peace) as I don't like running in a group. But after we had got away with a mile or so gone, Andy fell about half a mile up the scree and had to drop out. At this point I had about 20m lead on John, but by halfway he'd caught me."

"So I decided to sit in a bit from then on until we reached the plateau where we could start running properly again. It was here that I opened up a 20-30m lead."

Mindful of his 1991 experience when, as he puts it, "I had a disaster on the descent setting off like an idiot", Holmes decided to bide his time, letting Brooks choose the best line back down the steep scree, waiting for the right time to make his move.

"You've got to remember that it's five miles all downhill and that the pace can really tell on your legs, so you've got to judge your speed correctly right from the off. Last year I had a minute in hand at the top and could afford to pick my way down. This time it was different. This time I let John do the work. I mean, John actually trains on the mountain. I only run up and down it once a year, so it's difficult for me to remember the best line," he adds with a laugh.

Having only been training seriously for about five years, Holmes still has plenty of

goals he'd like to achieve, as well as plenty to look back on with pride. Winning Scafell Pike, the highest mountain in England, as well as Snowdon, the highest in Wales, and Ben Nevis, the highest in Scotland are achievements he holds dear. "I don't think anyone else has ever done that before," he muses. "I'm really proud of my course record at Scafell as well (51:43 in 1993)."

Outstanding ambitions obviously include the World Trophy, an event he feels hasn't seen the best of Ian Holmes to date. He was first Briton over the long course in Susa, Italy, in 1992 in 26th position, and third Briton, in 20th, in Gap, France the following year, again over the long course. Clearly he'd love to improve on these performances.

And, of course, there's the 'Ben' again. Next year the World Trophy will be held at Telfes in Austria and, in keeping with the alternating format of the event, will once again be uphill-only. Because of this, Holmes admits that he won't be looking to win his third World Cup vest next year, pointing to his disappointing 22nd position

(and third Briton) in the European Trophy in France during the summer.

"After all, we're never going to beat the continentals at their own game, are we?" he smiles. "We never seem to do as well as the Austrians and Italians on these types of courses, so what's the point? Next year I'll be looking to the 'Ben' and aiming for the hat-trick."

As Holmes limps around nursing his aching limbs, one imagines a few hot soaks and a gentle time of it with the feet up in front of the telly would seem just the ticket. But no, not a bit of it! In fact as I'm writing this, just days after his marvellous Ben Nevis victory, Holmes is planning his next foray onto the fells to tackle the 1.5M/950ft Kettlewell Race in North Yorkshire the following Sunday.

"I did the race last year and came second. It felt okay then, so why not this year as well?" he asks.

I did say he was one of the toughest, didn't I?

Gareth Webb is the Fell Correspondent for 'Athletics Weekly'.



*Holmes leads the field at Burnsall, August 8th
Photo: Peter Hartley*

Every Duffer will have his day

There are those of us who will never aspire to being champions on the fells. Even though we train hard many times a week, take adequate rest and follow the healthiest diet plan available we just cannot hope to compete with the elite fellrunners of this world who, it seems, only need to get out of bed, yawn and stretch and they're ready for another record breaking run.

But wait all is not lost for eventually one day all things will become equal and our turn will come.

Winter is just around the corner, bringing with it those shorter hours of daylight. For the runner this usually translates to club training nights spent out pounding the roads in darkness, in all weathers, hill sessions on tarmac inclines, weekend cross country races and of course the impending club handicap races. This is the one great leveller of club competition, where every competitor in the race has (in theory) an equal chance. The slowest runners go off first, the fastest man last and providing the handicapper has done his job well, everybody could be in with a shout. In fact, in a perfect handicap, every runner should finish together.

Our club's winter handicap starts and finishes at the Angler's Arms, a cosy watering hole close to the club headquarters. I arrived at 10.20am on Saturday morning and walked across the frost covered car park to where a small group in sweat tops and trackie bottoms were gathered, blowing hot breath onto gloved hands, dancing on the spot in an effort to keep warm and chatting quietly, occasionally a nervous laugh breaking up the conversation. I greeted the others and we chatted a while, others arriving in cars or jogging along the canal towpath. Soon Frank and Peter, the handicapper and club secretary arrived and the usual routine began.

Entered, stretching (check the time), slow steady warm up, changed (check the time) race number one, you know the rest. It is a low number - as usual I am one of the first ones to go. Indeed the fast boys probably won't have arrived yet (probably still in bed!)

I left it until the last moment to put on my cold damp fell shoes, still muddy from yesterday's steady run. then jogged down to the canal lock with a few minutes to go before the off.

Checked the time, not feeling too good. Jogged down the slight incline to the stone canal bridge and stretched a little, feeling a little tired and my calves aching. I jogged back towards the timekeepers and they shout "one minute!" That means me. I prefer these interval starts as, when the

handicap is the "sealed" type, we all set off together and I soon get left behind. At least with today's race I will have some company as they come hurtling by!

It was a little chilly and I didn't want to stand about much longer. "20 seconds" Sue came across and wished me good luck, I returned the greeting and said I'd see her when she catches me up.

3 2 1 and we're away, although I set off a little too ambitiously, almost sprinting over the canal bridge. On the other side of the canal a crowd of elite runners are jogging towards me as I reach the old iron towpath gate. One of them quips "I hope that's just enthusiasm", another, "You're starting too fast". They are both right and I decide to slow to a steady rhythm for the next mile.

I have run this route so many times before, in training runs and in previous handicaps that it is very easy to switch over to automatic pilot and let the mind begin to wander. I tell myself that I must concentrate as I have been training hard lately, improving times in races, though no-one will have noticed. When you're right at the back of the field as usual, and last club member in again, they are usually on their second pint and oblivious to your achievement.

Then there is the fact that I have recently bought a bike, though I still have to develop the ability to pedal the thing, especially when it comes to riding up the slightest gradient. Raleigh don't seem to have the technology to make gears low enough for me to push. But I try and I suppose that's the main thing. And I try often enough to feel a little fitter this year.

Anyway, my mind is wandering so let's get back to the story....

I turn off the canal side and through the stone stile, over the fields and up towards the farm. It is hard going over this section, very boggy in places, frozen in others and I'm glad to reach the farmyard and the short section of bridleway. Shortly I cut up onto a narrow trod which will begin my climb towards the moors. Now it is time to concentrate as I want to force myself to jog all the way up to reach the road crossing. Head down, I grit my teeth a bit and will myself up to the edge of the tarmac track and across to the start of the fell proper.

Now I'm going to really dig in, I tell myself, as I have just allowed myself to glance up and I've seen my minute man. The next mile or so is very fuzzy in my memory. I can just remember seeing my man level with the trees ahead, and nothing more until he spurs me on, "Go on lad". I can feel the cold chill on my face as I pass the Trig point and I'm offered a drink. My reply is probably quite incoherent. My lungs are bursting as I

decline and ask how many are in front. After a long time he manages to work out my garbled babbling. "Two!" he shouts after me.

I begin my descent to the village on the other side of the hill, concentrating on the rutted ground skirting the edge of the golf course. As I pass the clubhouse near the road crossing, I can see my objective in the distance. Richard with his bright yellow shorts and Angie just ahead of him. They are moving well and it takes me a long time before I close in on them.

As I pass, I relax a little, giving each in turn a quiet word of encouragement. It is genuine. These are my compatriots, we run every week in each other's company during the summer. I wonder whether I should slow down and wait for them as we will surely be swallowed up by the fast boys before long, we might as well go through it together and jog round the rest of the course as usual laughing and joking....

Down the bridleway and round to the stables and all such thoughts are quickly forgotten as I negotiate the quagmire of the cow fields leading to the woodland beyond. Suddenly I feel panic. I'm in the lead! Surely the elite squad will be coming soon and I'll be swallowed up as they pour through. I dare not look behind. Down through more muddy fields towards the stream and for an anxious moment I hesitate, thinking that I've gone the wrong way. On a few strides, between a clump of trees and a stile confirms that I'm okay. Across the stream and into the mire of the opposite bank.

This section is a joke. My fell shoes are giving me no help at all even though they are fairly new. It seems the more I try the more I slip, sideways into the fence here, my feet slipping down a tree root there and to make matters worse the mud is sticky and clings to my feet. I must be carrying a stone of clay on each wallshie. Remember that Charlie Chaplin film where he is trying to run up the descending escalator. I bet anyone out walking in those woods that morning will have split their sides.

I reach the end of the path, turn left over the stepping-stones, climb the stile on the opposite bank and head up the steep fields.

Suddenly it hits me. I'm tired. Unbelievably tired. My legs ache, ooh my back aches! I push on up the muddy fields and ahead I see cars on the moors road. It is so difficult to get a grip as I flounder around between the cow pats. It's a relief to cross the road and head towards the golf course on a narrow trod through bracken. Across the fairway and across the second road, I am back onto the fell and the climb begins. I am painfully aware of

my slow, plodding pace and I feel very weary. I look up to see the fell rising ahead of me and realise that there is still a long way to go, much of it uphill. I dare not look behind. In my mind I imagine a steady stream of elite athletes quickly gaining on me. This keeps me going as I tell myself, "they're not going to catch me until after the top."

I am jogging steadily all the way, though my pace must look pathetic as I pass the hikers and mountain bikers on the hillside. I keep my head down and hide my embarrassed and muddy face as I pass. I travel a few hundred yards further and hear a noise up in front. As I look up I see a cyclist coming towards me at great speed and shouting something. I realise that it is my friend David as he shouts out words of encouragement. I now realise that I am nearly at the top and force myself to jog all the way up the steep incline. I am in full view of the large crowd assembled at the summit and make a determined effort to make myself look worthy of being in the lead. In my mind's eye I am International fell runner Ian Holmes, moving smoothly and gracefully over the steep rough ground, whilst in reality I am Mr Blobby, floundering on the fellside.

At the Trig I am pointed in the right direction by the summit marshal who had earlier offered me the drink. It is a relief to be able to run again as the descent through the bracken and ferns is a real joy. At

last I can let myself go and let rip with everything I have inside me (must be last night's Guinness). On reaching the narrow road crossing my legs are starting to tire. Down the narrow trod and onto the Bridleway and I fear that they will buckle. As I reach the farmyard I want to dare myself to glance behind. "They must be here by now", I think to myself, "They MUST be!" Over the boggy farm fields I go, willing my tired legs on until, after an eternity, I finally reach the stone stile. It is at this moment that I allow myself only the most brief glance behind. I squeeze through the gap and stamp the mud off my shoes as I begin the last mile and a bit to the Angler's.

My mind and body are in torment. I had allowed myself to look, and now I could not comprehend what I had seen. "Maybe they were obscured by the farm buildings" I think to myself, "Or maybe I just didn't notice them, it WAS a brief glance...."

Too late now, I'm under the trees which line the canal towpath so another glance is pointless Just press on now and maybe, just maybe....

I push myself on, my whole body weary and aching. Along the towpath there are a few hikers and people out for a stroll. As I struggle past, puffing like an old train, they must think I look blooming stupid, wiping the sweat from my eyes with my balaclava. "Silly sod", I imagine they are thinking, "Going out jogging wearing a

race number on his shirt!" Come on now, I urge myself, not far now. I can see the iron gate ahead and just beyond is the last stone bridge. I am running so hard now I think I will chuck up in a minute. Brendan Foster would be screaming at the top of his voice, "I think he's operating at World record pace David!", whilst David would be totally incapable of summoning the appropriate superlatives.

Don't look back don't ever look back! Over the metal gate and onto the stone bridge and there is a 'clank' behind me. I turn to look and my heart jumps into my mouth. A pack of wolves, eyes burning, teeth flashing, tongues drooling bear down on me, I feel their hot breath on my back as I enter the last ten yards and dive for the finish line in desperation, breaking the tape as I fall and knocking myself senseless against the lock keepers house wall.

As I begin to regain consciousness I become aware of someone or something trying to shake me. At first I cannot make out what is happening but when I rub my eyes and focus I see the wolves are sitting around me, one of them grabbing my legs and shaking me, another pushing towards me a huge silver trophy, his eyes flashing and burning. Though I struggle to break free, the wolf keeps on pulling my leg just like I'm pulling yours.

Allan Greenwood

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THE LOWE ALPINE MOUNTAIN MARATHON. SEPT. 2/3RD.

The Lowe Alpine Mountain Marathon, previously sponsored by Rock & Run, and by Rohan, has always been a race unwilling to compromise, and in the past that has been its undoing. Last year the entry was low and only a rescue act by Martin Stone as the new organiser and Lowe Alpine as a last minute sponsor, pulled the race from the brink. Before that Rohan had found the Scottish venues didn't attract enough runners, and Rock & Run had pulled out after a brave attempt to stage the race on Skye had caused the cancellation of the event.

Attempting to hold another Hebridean mountain marathon for 1995, this time on the Isle of Mull, was a typical no compromise decision. The additional organisational burden on a small team was phenomenal. Special ferries, secure car parking and Friday night camping in Oban, rescue cover, different start and finish venues, baggage transport for dry clothing to the finish and a composite map provided by the OS, made up of six 1:25,000 sheets were just a few of the organisational problems.

Martin Stone applied the same drive and determination that won the first wintry Rock and Run race to his role as organiser and with the help of sponsors, islanders and other volunteers pulled off one of the most memorable mountain marathons ever. Given the chance to mix running, logistics and playing with his lap top he was in his element, as was planner Martin Bagness, who had a new map covering pathless and wild terrain from the ferry terminal at Craignure across to the only island Munro outside Skye, Ben More. No need to compromise there, testing courses and technical controls delivered to order as usual.

Most settled for the long drive and lack of sleep involved in getting to the start, but Eddie Speak & Steve Hardie arrived in style by chartering a plane to Connel and taking a taxi to the ferry on Saturday morning. They joined a



Julie Walker and partner Judith Wood, the only ladies pair to complete the elite course.

full start list of over 400 teams on the hill side near Craignure and in fine weather set off South-West across a series of impressive ridges which gave superb views of both Skye and Jura in the distance.

There was some new forest plantation, but most of the ground was steep with a lot of outcropping rock. The route choice was a little limited by the obvious lines along the major ridges, not that anyone was really complaining about being out in such a magnificent location. The mid-camp was at Ishriff, near the source of the river Lussa, and just about the only flat field available on the map. It was a comfortable spot, and the weather continued to cooperate, only raining during the night, the breeze keeping the midges off, and brightening again for the impressive mass restart on day 2.

With everything else going so well it was almost inevitable the competition would be close. The elite entry was near to Karrimor

standards, and the race turned out to be between the winners of the past 2 races. The military pairing of Steve Sharp from the signals corps and John Rye from the Marines had almost a 10 minute lead from day 1 over the Powell brothers. Ifor and Alun, winners last year in Arrochar. This looked a secure lead until the second to last control when the Powells caught the leaders unaware, but the effort of catching up had taken its toll and they were unable to stay with Rye and Sharp on the race into the finish at Torosay Castle.

The A, B and C courses were all even closer with the first 2 finishers less than a minute apart, and there were some impressive performances from mixed teams. Emma Moody and Steve Burkinshaw finished 9th in the strong elite class and Davey Peel & Jenny James won the B course outright. In the C course mixed teams finished 2nd, 3rd and 4th, with a mixed team taking the vets prize as well.



Phil Clark negotiates a river crossing on day 2.

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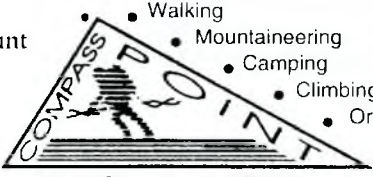
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There was a new bronze perpetual trophy for the elite winners, a sculpture of 2 rucksack carrying runners, which was presented at the prize giving in the castle gardens, where Lowe Alpine announced their continued support for the event. Even the 2km trip back to the ferry was taken care of by a free ride on the miniature steam train and it was a happy bunch of runners who filled the ferry and stormed the canteen.

It was a memorable weekend, described by Martin Stone as "an adventure as much as a race" and has finally erased the dark memories of Skye and the years that followed when it was the race in the wilderness and not the runners. There was plenty of space on trophy plaque for future winners, a reflection of the new confidence in a race which is now back better than ever, and of course, with no compromise.

RESULTS

ELITE

1. Steve Sharp & John Rye (54KM)	9.33.05
2. Ifor & Alun Powell	9.34.50
4. Phil Clark & Hugh Symonds (Vets)	10.03.42
9. Emma Moody & Steve Burkinshaw (Mixed)	10.49.31
21. Julie Walker & Judith Wood (Ladies)	13.47.22
A1. Gavin Thomas & Rick Stuart (50KM)	9.13.20
2. Brendan Bolland & Anthony Meanwell	9.14.11
9. Stephen Jones & Tony Walne (Vets)	10.13.50
12. Miriam & David Rosen (Mixed)	10.42.33
30. Wendy Dodds & Amanda Isdale (Ladies)	12.30.34
B1. Davey Peel & Jenny James (Mixed) (40KM)	7.58.42
2. Tim Brand & Alastair Matthewson	7.59.14
3. Guy Seaman & Hugh Cotton (Vets)	9.06.33
C1. Peter Eccles & Graham Shutt (37KM)	8.01.50



Climbing out of Counshingaun at the start of day 2.

2. Joe Faulkner & Ruth Taylor (Mixed)	8.02.43
4. Joan Nicholson & Norman Jones (Vets)	8.07.32
12. Juliet Vickery & Jane Hailey (Ladies)	8.37.13
D1. Michael & Martin Garratt (30KM)	5.19.58
4. Sophie Powell & James Logue (Mixed)	6.10.34
5. Peter & Margaret Jagan (Vets)	6.19.48
24. Sue & Christine Ashton (Ladies)	7.31.33
SHORT	
1. Robert Ross & Malcolm Nash (26KM)	6.20.45
5. Ian Jackson & Steve Garbett (Vets)	6.59.21
6. Charles & Tina Walton (Mixed)	7.17.57
14. Helen Topliss & Mary Trease (Ladies)	8.21.52

Distances are all straight line measurements.

LOWE ALPINE COMERAGH MOUNTAIN CHALLENGE

MAY 27/28TH

This was the third Lowe Alpine sponsored Mountain Marathon to be held in the Republic on the Comeragh Mountains, situated near the SE coast in County Waterford. After this years event it wasn't hard to guess how the county got its name, fording water was the name of the game. The range rises to 2600 feet and consists of a main, sponge-like plateau, surrounded by impressive waterfall fed corries. When it rains, as it did this year, all the rivers rise very quickly.

Race organiser Pat Healy again used the Clonmel army barracks as the event centre, but bussed competitors to the start on the Southern side of the range so the courses could get into the most impressive corries, notably Counshingaun which is surrounded by 1500 foot cliffs rising from a large lough. It is an impressive sight but only a third of the teams survived day 1 and climbed into the coum for the second control on day 2. Whoever named it must have seen it similar conditions, the literal translation is 'Pissmire Hollow'.

The main innovation of the event was to issue a second map part way through day 1. The race began on a 1:25,000 sheet and then switched to a 1:15,000 orienteering sheet for the end of day 1 and the start of day 2. The change of scale and more detailed navigation at the end of a long day in foul weather was too much for many and contributed to the high retirement rate.

With too few entries there was no elite class this year, just an A and a B class. Irish international fell runner Gerry Brady teamed up with international orienteer Marcus Pinker to win the A in 8.18.16 and the B class winners were Kevin Grogan & Alan Young in 8.14.21. Martin Stone & Debbie Thompson were the only winners from this side of the Irish Sea, taking the Mixed B in 9.05.36, on a cycling trip which included climbing all the Irish 3000 foot summits.

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Climbing up Gamlin End supported by Dave Clarkson, Harold De Moss and Val Johnson

55 at 55- Barry Johnson

I had envisaged blue, clear skies and warm sunny weather. In reality I thought it was bound to rain - mid August in the Lake District is always wet! And yet there we gathered in the weather of my wildest dreams: calm, very warm, too bright for comfort. The weather all summer had been blistering, the hottest on record. The Loweswater hills were more akin to the Sierra Nevada than the customary lush green and misty blue. I wasn't complaining.

Just a small group of close friends started the countdown. The coolness of the Village Hall was quickly lost as we jogged down the road, but we turned into the shade at Scale Hill and walked through the trees back into the sunshine at Lanthwaite Green. First drink of water from Valerie, Penny and Harold DeMoss. No sign yet of the piles Ursula's nightmare had foretold!

Dave Clarkson and David Lees, my first two fell helpers/pacers took me effortlessly through the first section, water, Staminade, High Five, food, sluice in the beck, talk of family holidays. One hour up on schedule at Braithwaite and too early for the next pacers, so David and I jogged across the Bassenthwaite badlands to the bottom of Carl Side. Dave met the next fell help then drove around to Dancing Gate. Clean socks, three new pacers, lots more to drink then off we go into the shade of the trees - luxury. Carlside, Ullock Pike, Skiddaw, Low Man - first time for John Carr on these hills, old hat to Terry Kirton (who is very excited about his new Sunday paper) and we receive a lot of verbals from David Findlay for daring to put our torches on. It was an easy section, jogging downhill, mainly walking the flat and any uphill. We

reached Alan and Sue Ferguson's at Newsham just 30 minutes up on schedule.

Val tended my every need - actually, just a little too much, because the banana came back again on the top of Clough Head. Colin Dulson, Keith Longney and Sky managed me very nicely thank you through the Helvellyn section. No torches, lovely warm temperature. Peter Nicholson and Christine Ross provided tea and biscuits on Sticks Pass. Jim and Peter Fairey appeared with hot chocolate and lots of sustenance and, would you believe, a table and chair. Well bloody hell, that tops the lot - and on Helvellyn summit too!

The weather began to change. Early warnings were banks of cloud billowing from over High Street area. It hit us on Dollywagen. The "Chain Saw Boys" had it sussed - five degrees west, knock off the

magnetic, allow for the depression into the ghyll, avoid a scree by marching twelve paces N.N.W. and down we went - slightly wrong, but we got there. Thanks a lot bosses - a good section.

A big team was waiting at Dunmail, my old mate Peter Nelson, ace navigator, ace friend, and other close friends Phil Stones, Penny DeMoss and leader of the Fell Tigers, Derek "Jack Charlton" Fowler. We pulled steeply up Steel End leaving Harold DeMoss (chief cook and bottle wash) to sort out. Penny, a Californian running friend, was to pace for more fell miles than anyone else. Rain, Mist, Summit, Rain, Mist, Summit, Rain, Mist..... We chatted about the most famous people we met - from the President of the United States to Ena Sharples. By this time - 6.00am Saturday morning Pete had precisely navigated us to Sergeant Man, High Raise, Thunacar Knott, Pavey Ark, Thunacar Knott - Thunacar Knott? Not a foot wrong to Rossett, feeling really good, watered and fed every step. It was colder on Esk Hause and we put extra tops on. The ground was treacherous, Scafell Pike was gloomy, we were thirty minutes down on schedule. We scuttled down the Borrowdale descent, very dirty from the race one week earlier, and on to meet up with Janet Sutcliffe and Joss Naylor on the Corridor Route. Janet had balloons, bunting and a banner ready for Esk Hause but wasn't sure in the unexpected bad weather if I'd passed or not so she met Joss at Sty Head and they wandered back up to the Piers Ghyll area to locate us.

The balloons etc. were intended to broadcast the celebration of my 55th year, hence the proposed round of 55 peaks, sand dunes at 80! I'd considered the Bob Graham round plus 13 but really wanted something different and it wasn't until Val suggested a completely different round based on the same concept, starting and



Blake Fell

finishing at the same place, that Loweswater emerged as the only choice. Grant and I have organised triathlons and Pete and I have organised fell races from there and I have such fond associations with the valley that Valerie's idea to start from the Village Hall and finish with a birthday pint was almost inevitable.

The B.J. round came out of the desire to include a traverse of the Whiteside/Grassmorr fells and finish on the familiar Blake Fell range. The development of the round was a pleasure, with many happy days exploring and tweaking the route and times to the eventual outcome. The round is truly magnificent, we dropped into the valley bottom only twice to road crossings at Braithwaite and Newsham. The remaining "low" points are all high passes and the leg from Dunmail to Loweswater is never intersected by road.

I was overwhelmed by the immediate offers of help for the round from friends old and new and found that I did not have to publicise my attempt to get enough pacers. One guy who should definitely have been there with me - and he was in my thoughts - was Grant Edmondson. He was initially down for two sections but was dragged down by his illness and a knee injury. This was a blow to me, but there will be more days like this to come!

Suddenly we emerged from the high fells, cascaded down the Corridor Route onto Sty Head. The takeover party were huddled by the rescue box with lots of food - thank you Barbara! - and off we go again. Joss chatted all the way up the new path to the summit of Great Gable. A very unique sandwich was consumed with pleasure, the little black bullets with a little bit of apprehension - but they all helped. Typically of the Virtual Reality man, we took some delightful routes and the section from Brandreth to Grey Knotts stretched my legs. The high traverse to the top side of Black Beck Tarn was a treat. Dot Patten and Lynne Hibbert joined us and Janet veered off. Joyce and John appeared briefly and Phil Cottrill kept me sustained and encouraged to Scarth Gap. Thanks Phil.

Coming off Haystacks Joss suddenly plunged off the track into the abundant heather and emerged clutching some sprigs of white heather. He stuffed it into my hand with the directive "give this to Val" down we went to Scarth Gap, exactly on schedule again.

And yes, she was there, a pleasure to see again and delighted by the heather and my good state of health. A little cuddle, a lot of welcome fussing the off, with a big group this time, steeply up Gamling End to High Stile. We all made good progress, Joss in front, blazing the trail. Harold DeMoss, catching up after each rough descent and claiming they don't have descents like these in California; Phil and

Lynne "David Bailey" Cottrill; Claire Kenny raising money for her Everest trip - good to see you; Valerie dishing out the goodies; and my partner to be on our forthcoming Everest Marathon trip, Dave Clarkson, helping on a second section, was by my side. It was a real, real pleasure. I felt good and strong, the weather had improved, the views developed nicely and it was looking likely that I would finish within the 24 hours. We tripped nicely through to Great Borne and it was at this stage that Lynne Hibbert announced her intention of having a go at the Bob Graham round. Best of luck Lynne. Gavel was longer than I had anticipated, Blake fell was wet and windy - we even missed Claire, Keith and Pippa. The final hill Burnbank, came and went. The joy inside was immense - such fantastic country. Paddy O'Neill met me on the lonning up to the village hall. Paddy and I ran a lot together in the early '80's, including our Bob Graham rounds, and his company was extra special.

I had imagined getting back to the village hall, being sick and falling into the



This is it! Burnbank, the final summit

back of the van, but I'm pleased to say, none of that! Frank Smith had put the beer on, Margaret Edmondson and Ursula Clarkson had done a magnificent presentation of Valerie's food, Janet's balloons and bunting were put to good use, and Simon, my son, was there as was almost everybody who had helped during the day plus various other friends. Nothing could have been better.

I am pleased and feel proud to have been able to complete the round. It comprises just over 82 miles and about 31,000 feet of ascent. My time was 20 minutes under 24 hours - 15 minutes inside the schedule.

No pain, no piles, just pleasure. Thanks everyone.

B.J. BIRTHDAY CELEBRATION ROUND

August 11th and 12th, 1994

Start. Loweswater 4.00pm

1. Whiteside
2. Hopegill Head.
3. Sand Hill.
4. Wanlope
5. Eel Crag
6. Crag Hill
7. Sail.
8. Scar Crags
9. Outerside.
10. Stile End
11. Barrow

BRAITHWAITE

12. Carl Side
13. Ullock Pike
14. Skiddaw
15. Little Man
16. Jenkin Hill
17. Lattrigg

NEWSHAM

18. Clough Head
19. Calf Pike
20. Great Dodd
21. Watsons Dodd
22. Stybarrow Dodd
23. Raise
24. White Side
25. Lower Man
26. Helvellyn
27. Nethermost Pike
28. Dolly Wagen

DUNMAIL RAISE

29. Steel Feel
30. Calf Crag
31. Sergeant Man
32. High Raise
33. Thunacar Knott
34. Pavey Ark
35. Harrison Stickle
36. Loft Crag
37. Pike o Stickle
38. Rossett Pike
39. Ill Crag
40. Broad Crag
41. Seafell Pike
42. Great Gable
43. Green Gable
44. Brandreth
45. Grey Knotts
46. Haystacks

SCARTH GAP

47. High Crag
48. High Stile
49. Red Pike
50. Little Dodd
51. Starling Dodd
52. Great Borne
53. Gavel Fell
54. Blake Fell
55. Burnbank

Competition heats up

The fell shoe market would appear to be growing.... we review the leading three brands.

Walshies, of course, recognised as the first and, by many runners, the best in a fell shoe - Walsh are the market leaders and produce a range of different boots and shoes for training, racing and leisure. Norman Walsh has been producing shoes from spikes to boots for over 50 years producing the first fell shoe with ripples on the heel running counter to those on the sole (to aid descending) in 1962. Since 1974 he has collaborated with Pete Bland who is now the sole trade distributor. The soles of the ever popular PB, developed in the mid 70s, are a registered design so no other fell shoe can have the same stud pattern as a Walshie.

It was not difficult to find runners at all levels willing to review PB Racers and Trainers and even, in some cases, to criticise them. The one recurring criticism is that the shoes have little grip on wet rock (but then, what studded shoe does?) and that, to the new runner, they can take a little getting used to. In general though they are described most often as 'lightweight' with 'excellent grip', 'stable', 'good in the wet', 'value for money' (especially true when you consider the relatively low cost of re-soleing) and, on odd occasions, 'comfortable'. Modifications to the shoe are made on the strength of feedback from runners so that recently the uppers have been strengthened and the midsole area improved. If any of the newcomers to the market want to gain a slice of it then it is PBs that they have to beat. You only have to look at the feet of the runners pounding through a finishing line anywhere in the country to see which shoe it is that runners prefer. Many will try one of the new brands only to return to Walshies a few months later, like errant husbands returning from an illicit liaison and being taken back into the fold. As long as this is the case, Norman Walsh and Pete Bland will continue to collar the lion's share of the market.

Consumer's report on ETAs

As part of one of our competitions, people were asked to test the shoes that they won and to review them for this issue. Here are three such responses:

Oh dear, what can I say about my ETA Racers won through a Fellrunner competition last October. The simple answer would be to say that they fell to bits after just two months racing, but unfortunately they were not helped by my pronation problems which caused them to deform, which in turn allowed stones and rocks to cut into them thus hastening their demise.

Now it just so happened that I had bought a pair of ETAs the week before my big win so I decided to carry out an experiment. I moulded a band of fibreglass around the



Peat, tussocks and grass - the studded shoe is essential. Thornton Taylor, Rossendale on the finish of the Noon Stone Race

outside of the heel cups and extending forward to the instep. A padded insole took up any slackness and with the fibreglass pressing up to the foot arch, I found my foot to be much more stable. With the heel cup being reinforced I was hoping that my heel would be held centrally on the shoe.

The result was an improvement on the normal shoes for a while but I still ended up pronating, forcing the heel cup to break away from the sole. There may be other improvements I can try to make fell running shoes better and more robust for me, but at this stage, as far as ETAs are concerned, I have to say that they couldn't stick the pace. On the other hand, the other brands that I have tried have failed as well, hammered into deformity by my overpronating feet so I am still hunting around for an answer.

Jim Brown

As a hard up student I was very pleased to receive a pair of ETA Racing shoes courtesy of ETA/Ronhill and The Fellrunner. Unfortunately, through injury I have not had the chance to test the shoes thoroughly. However, in the use that I have had, I have mixed

feelings about the product. Cushioning is very good and the outsole seems reasonably hard wearing. On grassy descents grip is excellent; uppers are well made and the lacing system is a good idea allowing shoes to be tied tighter. However, I also found some problems. I found the heel counter slightly high and stiff giving sore Achilles tendons (easily solved with scissors). On wet rock and on wet smooth tarmac the shoes performed badly giving a very uneasy, slippery feeling but I am still to find a shoe that excels in this department!

Danny Hope

I am 37 years old and weigh just short of 11 stone (trying to shed a few pounds). I have a tendency to crush midsoles quite quickly especially under heels as I over pronate. I do 30-40 miles a week in total and used the ETAs for runs of 6-12 miles, twice a week.

My first impressions were that the shoe is light and comfy, although they felt tight when I first put them on. They had good grip on mud and grass but were a bit slippery on wet stone/rocks and on cobbles especially when descending. I also found that

the heel cup dug in, probably due to my foot action. They stay light when wet, but they don't half pong - this is not just my feet as my wife has a pair and they stink too. They retain a smell longer than any shoe I've ever come across and cannot be kept in the house or car. (I can vouch for this, mine live in the garage - Ed)

The stitching on the shoes is still intact after 6 months wear but some gaps are developing in the sole and the midsole layers are moving apart. The sole is still in good nick but I've had to rip out and replace the insole - a good move as the cut-to-fit one that I put in provides more cushioning. Overall, I prefer them to Walshes though would rather have the old Reebok Fellrunner (RIP) and I will probably buy a pair when I need to. However, that is some way off - a month before I won these I had my fjellrunners resoled and the week before I bought a pair of ETA Challengers which are still in their box; a good example of Sod's Law I suppose!

John McIntosh

FELLDANCERS

I was sent a pair of Felldancers for testing last January. While still brand new I took them to a former Northampton shoe-maker for his opinion: "Amazingly light, ultra-flexible, well-made, shame they don't use real suede these days. Bring them back before you get them re-soled." Six months later I showed them to him again.

"They've lasted well. The toe's come unstuck a bit, one eyelet needs attention, still incredibly flexible. They've lasted well. How often have they got wet?" "Practically every day till May, then not too often. I've washed them twenty times." "Then they have lasted really well."

In March I loaned them to Adam Haynes (Eryri - 5th in Karrimor elite '94). He wrote the following: "Most comfortable fell shoe since the Rivington pike. Durability and support excellent. Good tread and pattern on the sole - didn't clog up; gave good grip on wet grass. Only reservation: sole does seem to wear quickly. Midsole cushioning is minimal, but I think the soft rubber compound of the sole helped considerably in this respect. The last is wide which really suits me as I have a tendency to pronate - best fell shoes ever in this respect. The uppers are well made with a good firm heel counter - again this helped with pronation. I didn't think the lacing system was very adjustable and the laces became a bit stiff. However, I really think they are an excellent shoe and the shoe which best suits me. I'll be writing out a cheque for my own pair soon."

Having wrested the shoes back from Adam, my own impressions are these. The flexibility remains terrific and the width of the last and softness of the fabric and of the rubber compound makes the shoes in-

credibly comfortable and stable. The lacing is OK if you keep the shoes clean, wash out peat and mud and don't dry near direct heat. The grip has remained excellent even with the soles worn. I've just had them back from a re-sole; the new sole has an ever-so-slightly harder rubber compound which should reduce wear without sacrificing comfort. Four studs at the heel have been elongated and strengthened and stability increased. Altogether a very impressive shoe, worthy competition for Walshes and a lot cheaper. Definitely worth a look.

- Francis Uhlman

Improvements are always being made to shoes as manufacturers hear of problems and complaints - PLEASE make a point of letting people know if you experience problems - things won't be put right unless there is some feedback. ETA tell me that they have currently launched a new fell shoe, the Intrepid, made from one piece to prevent sidestream splitting and abrasion (hopefully we will review this soon) and have altered Racing and Trail shoes with a new rubber compound to improve grip on wet rock (they report good results), a strong interlining layer between the outside and inside materials for strength over rocky terrain plus other minor alterations. Walsh have upgraded their shoes as outlined to the left and Felldancer are waiting for feedback. All we really need now is some stiff competition to bring prices down a bit!

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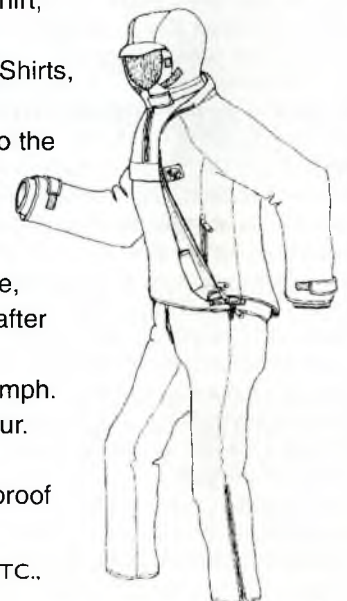
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Steve Broadbent and Pete Gilbert on the way to victory

GELERT 3 PEAKS YACHT RACE JUNE 17TH - 22ND.

This years 3 Peaks Yacht race was one of the closest ever, with the runners determining the final results on Ben Nevis. There are 2 races, one for the multihulls, the faster trimarans and catamarans, and the other for the monohulls. This years running times were well down on previous years, with no well known names competing but the contest was as close as it could get.

After the sail from Barmouth and the first 2 runs up Snowdon from Caernarfon and Scafell Pike from Ravenglass, the first boat to arrive at Fort William was the Catamaran 'Janette' with runners David Grace and Philip Hawley aboard, but the Nottinghamshire Police team on 'Trivial Pursuit' were only 27 minutes behind with runners Pete Gilbert & Steve Broadbent.

On the previous 2 peaks Gilbert & Broadbent had overhauled Grace and Hawley, meeting them on the summit both times, and it was to happen again, with Notts Police pair first back to the boat by just 6 minutes to set a winning time of 3 days 5 hours and 1 minute for the race.

In the monohull class 3 boats arrived close together in the middle of a the night, with conditions on the Ben very poor. First to put their runners up were the team from 'Cachet', then 19 minutes later 'Robo Babe' came in and finally 'Highwayman' arrived, another 14 minutes behind. By the time the runners were back the order was reversed, Stefan Schlett, a German professional athlete and Rupert Shaw claiming the title for 'Highwayman' by a margin of 14 minutes.

The winners of the 'King of the Mountains' trophy were Steve Aspey and Mike Hughes of Denbigh Harriers from the yacht 'Turtledove'. Their total time for all 3 Peaks, a total of 73 miles and 11,16 feet of ascent was 14.58.

- Rob Howard

Rumour has it...

that one Don, who has the map of Saddleworth Moor etched on the back of his hand, a veteran of New Chew and many more, plunged the depths on a training run by asking a *Wainwright* where he was!!!! (Rumour has it that his companions on the training run ran away, pretending not to know him!)

CORRIEYAIRACK PASS

Long since the ringing sounds of hammered stones
have left the glen where redcoats cursed
beneath a burning sun
and winters froze the marrowed bones.
Where clachan, a blackened shame, a skeleton
of brutal kingship conveyed
by a younger hand once stood -
all life has gone, but the hills bear witness
beyond our measured span of time.

Here I run above the glen; below, the Tariff
that swirls its course through towering crags.
I feel the cut of sharpening wind
bear down from Geal Charn
as steepness of Corrie Yairack
bows my head in deference to the climb.

The way becomes a desolation,
but I have tasted freedom!
I leap the surly Black Burn
and spread my arms to touch the fleeting clouds
and my spirit rises beyond infinity.

Peter Travis

NATIONAL GRID SNOWDON INTERNATIONAL RACE. JULY 22ND.



Garry Williams leads Welsh team mate Kevin Prydderch.

Kenny Stuart fired the starting pistol for the 20th Snowdon Race and 1 hour 2 minutes and 58 seconds later saw Mark Kinch cross the line to win. just 29 seconds outside the record he has set in 10 year ago. It was easily the closest anyone has come to taking one of Stuart's longest standing records and the race was won with a 21 minute 28 second descent after Irish International John Lenihan had led the way to the summit.

Lenihan took just 40.58 for the 5 mile climb but was quickly passed by the Italian Gino Caneva

and then by Kinch, who described Caneva as being "out of sight" at the turn. Kinch eventually own by 37 seconds and Lenihan hung on for 3rd in a time which would have won last years race.

The Italian Gianni Vello took over 5 minutes off a good vets record to finish 6th in 1.05.23, Patricia Sloan won the ladies race in 1.22.23, Northern Irelands first medal at the race, and the Welsh ladies won a close fought team contest. With 1st, 4th and 5th England were easy victors in the mens team event.

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FORTY YEARS A FELL RUNNER

During the past summer, 67-year-old Alan Heaton of Clayton-le-Moors Harriers, the first man to complete Bob Graham's "Round of the Fells" inside 24 hours since Graham himself, back in 1960, and a Pennine Way record-holder twelve years later, attempted to traverse both these courses for two reasons: "Firstly, the 35th anniversary of my first 'Bob Graham', and secondly, I have completed forty years of hill running."

Both attempts took place in heatwave conditions, in which Alan has generally thrived in the past, but a lack of water on the Langdale fells during his "Bob Graham" attempt on June 25th resulted in him becoming dizzy and lightheaded, forcing him to retire at Dunmail. Stan Bradshaw therefore remains the oldest man to have completed the BGR: he was 65 when he made his third complete traverse in 1977.

Alan had better luck on his Pennine Way attempt, starting from Edale at 10.00 on Monday, July 24th and finishing at Kirk



*Alan Heaton descending Pen-y-Ghent, Three Peaks Race
Photo: Peter Hartley*

Yetholm at 21.30 on Sunday, July 30th. He had, however, lost almost a complete day on the Friday due to lack of support and did only the short riverside stretch from Garrigill to Alston.

Alan Heaton has been one of the greatest long-distance fell runners in the history of our sport and twice held the Lake District 24 Hour Fell Record during the 1960s, also setting a new Scottish 4,000s record in 1980 and a new "Lakes Run" record (26 lakes and tarns) in 1982. He won the Fellsman Hike a record number of ten times and the Lakes 3,000s marathon twice, among other achievements.

Bill Smith

Martin Stone's Long Distance News Summary

Plenty of news to report in this magazine. Do please keep sending me details of long runs for the record books.

BARRY JOHNSON - 55 LAKELAND PEAKS AT 55

An article elsewhere in the magazine describes Barry's fine run in mid-August from Loweswater village hall which was a celebration of his 55th birthday. His route, the 'BJ Round' included the Whiteside & Grasmoor fells, Skiddaw and surrounding hills, the Helvellyn ridge, Langdales, Scafell, Gable, Haystacks, High Stile, Red Pike and Blake Fell with a number of connecting hills. He decided not to tie himself to the Bob Graham Round but chose a route based on his favourite valley, Loweswater, scene of many triathlons and fell races organised from there by Barry and his friends. Supported by his wife Valerie and paced by many friends, Barry completed his 55 tops, 82 miles and about 31,000ft of ascent in a shade under 24 hours.

COLIN DONNELLY - CHARLIE RAMSAY'S ROUND SOLO

Colin isn't the first person to complete Ramsay's Round solo, however his run in early May was completed in a fast time of 21hrs 5mins. It's very unusual for top racers to split their time and talents between shortish races and long distance events, however each year Colin maintains a balanced approach to the sport by ticking off another 24 hour challenge. As is typical of Colin, the attempt was allocated very little planning time and a holiday on Orkney was shortened by a day as the weather seemed to be set fair in the Lochaber Region. Roger Boswell of Fort William provided 'useful' items such as a small daysack and together with Colin's wife Allison, they supported him at the valley crossings above Kinlochleven and at Fersit. It was still very early in the year and Colin had to contend with long tongues of frozen snow, some of which were quite tricky to cross but at other times provided some exhilarating descents when the snow was soft enough. Colin began his run with the Mamores and finished with the Ben. During the day he bumped into John Brockbank of Ambleside who was busy reccyng for his own attempt and on Anach Mor he met David Orr of Lochaber AC who accompanied him over the Ben.

RONALD TURNBULL - 150 HILLS IN SOUTHERN SCOTLAND & BORDERS

This tour de force by Ronald Turnbull began on 9th May in the Ochils and ended 9 days 14 hours and 150 hills later in the Galloway hills. By then he had covered about 450 miles and climbed 97,000ft. His route took him over the 138 hills of 2000ft or more between the Highlands and the English Border listed in Donald's Tables. These are grouped into areas - the Ochils (9), Moorfoots (6), Cheviots (on border, 3), Caldcleuch Head, Ettrick (15), Moffat Hills (21), Manor Hills (22), Culter Fells (8), Tinto, Lowthers (15), Carsphairn Hills (11) and Galloway Hills (26).

To these he added 6 Cheviot hills wholly in England, 4 hills just across from Stuc a' Chroin and the 2 hills, Eildon and Great Moor Roxburghshire which he felt like crossing en route.

Two previous runs across most of these hills by a young Colin Donnelly in 1981 (12 days) and Peter Simpson in 1992 provided the inspiration and challenge that fired Ronald's imagination. He set out on an uninterrupted journey, camping each night at a suitable point en route, staying off-road as much as possible, even on the cross-country sections which joined the groups of hills together. He was accompanied over 43 hills by Colin Brash, Peter Trenchard and Glyn Jones but for most of the run he was alone. He started each day at about 5am, aiming to be on the tops from dawn to dusk. Colin & Peter provided most of the road support and on day 8 Ronald called in at his home, Gatelawbridge for welcome support from his 'long-suffering' wife and daughter Jessie. A cold northerly airstream meant that the ground was quite dry and although it didn't rain until the last day, Ronald experienced a number of snow showers. He sustained a few minor niggles during the run but concluded afterwards that based on his experience, it might well be possible to run the Scottish Munros in 50 days. There's a challenge!

HILARY SEARLE & LEEN VOLWERK - ACROSS KNOYDART RUN

There are several 'last great wildernesses' in the Highlands and Knoydart ranks high on this list. On 24th June Leen & Hilary completed a run from Glenfinnan to Kinloch Hourn in 10hrs 40 mins. They followed a route which makes use of stalking paths, rights of way and landrover tracks. The run was attempted in drought conditions with high temperatures which made progress hard. The route from Glenfinnan climbs over the pass between Streap and Sgurr Thuilm, drops to Glen Pean and on to Glen Dessary, through the Mam na Cloich Aird to Sourlies Bothy, via Barrisdale to Kinloch Hourn.

ANDY HYSLOP & MARC ELLIOTT - THE PEAK 'HARD ROCK ROUND'

Although not strictly relevant to this column, this self-supported climbing and cycling challenge seemed well worth mentioning. On 15th May, Andy and Marc set off at 5am from near High Tor in the Peak District and spent the next 14hrs 47mins climbing the 8 Peakland climbs described in 'Hard Rock'. These climbs are Debauchery, Suicide Wall, Sirplum, Chee Tor Girdle, Alcasan, Elder Crack, Valkyrie and Right Unconquerable. They cycled between the climbs, carrying all the necessary climbing gear with no support, porters or pre-placed kit. A day of really intense effort was made harder by a fall on Alcasan and about an hour was wasted sorting out the aftermath of their fall. The 'round' finished in Sheffield at Hunters Bar. Andy believes that sub 12 hours should be an attainable target for the future.

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 next month or so, a panel of long distance 'enthusiasts' will examine details of outstanding performances and a suitable recipient of the award will be chosen. The presentation will be made sometime in November. Please send a schedule and brief details of any record-breaking run to: Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 1NN 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 1995/96 award should be sent by June 1996 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria

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