

# The Fellrunner

June 1996





*Coniston 4.5.96. Ian Holmes, Gary Devine and Mark Kinch - the leaders in the British Senior Mens Championships.  
Photo: Peter Hartley*

## British Championships

After the first two rounds of the British fell championships, leaders are beginning to emerge. For some, of course, the realisation that the foreshortened format (do The Wrekin or you've had it) had been thrust upon us, came a little too late. Those who realised the importance of this single race joined a super-elite field of contenders, a collection of record holders, internationals and former champions the like of which is seldom assembled. Mark Kinch and Ian Holmes are battling it out for the title with Mark just ahead on 101 points, Ian on 99, while Gary Devine is no slouch in third place on 89 points. Mark Roberts and Dermot McGonigle complete the

top five. Holmes has already broken the record at Coniston (British) and Fairfield (English) amongst others and looks set to take it to the wire with Kinch.

For the ladies, newcomer Menna Angharad, the Welsh phenomenon is in first place with Carol McCarthy of Helsby a full 12 points behind her. Borrowdale's Nicola Davies is in third place with a trio of names to conjure with tying for 4th on 2 points - Sarah Rowell, Jean Shotter and Glynda Cook. Other ladies, who have only raced once, could still come into contention. Anne Buckley, for instance, has a second place to her name.

For the veteran ladies, Menna, of course, has maximum points with Carol and

Glynda behind her. Angela Brand-Barker, again, could yet come into contention, with a second place at Wrekin but having missed Coniston.

For the veteran men, Graham Schofield leads the field with Mike Egner and Tony Hesketh tying for second, nine points adrift. The supervet competition is extremely close, with only three points separating leader Anthony Bland (another Borrow from Blanderdale) from Barry Mitchell of Clayton and Eryri's Don Williams with Dave Spedding currently fourth.

The team competition appears to be wide open with Cumberland Fellrunners winning at The Wrekin and Borrowdale at Coniston.



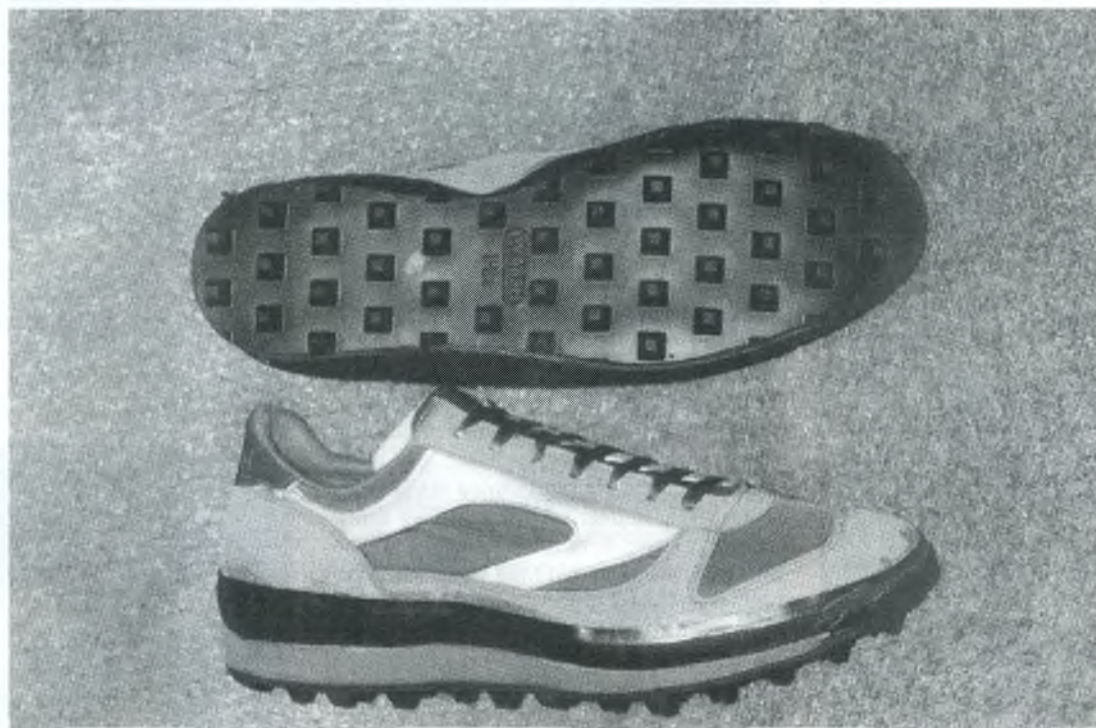
*Ladies in contention*

*Above: Jean Shotter of Pudsey & Bramley.  
Below: Nicola Davies of Borrowdale.  
Photos: Peter Hartley.*



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Winning the 1936 Burnsall Race

## Appreciation T.Pat Campbell

Sadly, we have to report the death of Mr Pat Campbell, the renowned fellrunner, international steeplechaser and cross country runner. He represented his country in the 1932 Tailteann Games and set a new record for the 4 miles and in 1934 and 35 again won international honours, competing against France and Finland. As a fellrunner he won the Eccles Pike fell race for three years in succession but is best remembered for his prowess on Rivington Pike, this race he won nine times between 1929 and 1939. When Burnsall changed to amateur status in 1932 he entered and was second to Swainson the Bramley Harrier. He continued to compete at Burnsall and won the race in three consecutive years, from 1936 to 1938. His tussles with the local Newbould boys from Hartlington are well remembered. He attended the Centenary winners lunch in 1982 and later attended as the official Fell race Starter. He was a kindly man and those who knew him were privileged to do so. May he rest

in peace and, as we share the prayers of his family, may we look to the fells and remember him.

*Leonard Horton, President,  
Burnsall Sports.*



and pictured at Horwich, Easter 1990

## Katie Darroch 20.3.1896 - 13.1.1996

It is probably the first time that we have reported the death of a lady who almost reached her 100th birthday but had never run a fell race in her life! However, Katie Darroch was known to fellrunners all over the world as the lady who designed and knitted the Thistle and Stags Head Stockings which became one of the most sought after prizes among the fellrunning fraternity, traditionally given to those coming last in the Bens of Jura fell race. A number of readers will also have met her as it was only in the last few years that she had to move away from her beloved Jura to be cared for on Islay.

Recently, as part of a living arts project, she recorded her life story which was then printed and is a fascinating document

spanning almost 100 years of crofting life devoted to her family, though she never married or had children of her own. Included in this document was the pattern for the famous stockings which have been worn at Holyrood Palace, at Highland gatherings the world over and at many Jura weddings, as well as by fellrunners far and near. Katie was buried at the ancient cemetery at Kilearnadil on Jura, a final resting place overlooking Small Isles Bay and the final stretch of the Bens race. Knowing how much she enjoyed the bustle and camaraderie of the race, without ever taking part in it, I can't help feeling that she will still be looking over it in future - and watching out for her socks amongst those returning to the island! Her brother Donald, now in his 80's, is to be found marshalling, as usual, on Beinn an Oir.

- Julie Cribb

## Get it on disk!!



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

*If you have no idea what  
any of this means, then  
ignore this space!*

# Bit at The Front..... Neil Denby

Interesting to note that the Long Distance Walkers association is having trouble in keeping people away from its AGM! Our pathetic non quorate turnout last year must have its causes in one of two things. Firstly, the venue and timing of the meeting - is a large hall after a strenuous Long A the best place and time to debate the great issues of the day? Would the AGM perhaps not be better served if it was held somewhere easily accessible (I've no argument with Ambleside, but maybe somewhere nearer the motorway would be better) and after a short but popular race - even then, the people that turn up to run the race are not necessarily the same people who will feel it necessary to attend a meeting.

Secondly, there is the format and style of the meeting itself; we are a collection of obsessives who troll around the fells in snow, sleet, ice, torrential rain and the occasional bout of sunshine, wading through streams, rivers, mud, mire and the occasional burst of invective thrown

by fellow runners; are we really the sort of people who want to listen to a statement of the accounts of the Association or, even worse torture, attempt to understand the intricacies of BAF?

After a long race, which option would you choose - a) a seat in Charlotte's hallowed hall attempting to understand the tortuous meanderings of BAF, FHRC and other initials; b) a seat in The Golden Rule with another pint of ale?

The LDWA AGM is set up as a week-end of events where, it seems, the AGM is not the main reason for attendance; did we ought to look at our set up? Perhaps hold the AGM in Morecambe before the 'Do'?

Of course, the reason for the low attendance could equally be that the entire membership have an unfailing confidence in their elected committee as long as (cynical view, this) they continue to receive *The Fellrunner* and the Fixtures Calendar.

Those of you who subscribe to Athletics Weekly (or read it in Smiths) will have noticed an increase in the coverage afforded to fell races. This is due to the committee's decision that a little more publicity would not harm our sport. AW are having difficulty, however, in striking a balance. The British and English Championship Race at Coniston was tucked in amongst the track and field results which dominate the journal; The Three Peaks Race - surely one of our Blue Riband events - did not merit a report. Gareth Webb, as fell correspondent to AW, provides these reports, but it is obviously an editorial decision as to what to use. If you feel that the balance is wrong then write to AW and tell them!

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*Front page photographs: Paul Sheard and Kenny Stirrat at The Three Peaks (Peter Hartley); Inset: Joss Naylor's familiar figure (Allan Greenwood); First three at Hebden Moor - Glendinning/Slater/Huff (Dave Woodhead)*



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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.

# Secretary's Corner

Two committee meetings have been held since the last magazine. Here are some of the items discussed which may be of interest to members.

## 1. Denby Dale, 24 February 1996

i) To save lots of postage, subscription notices will not in future be sent to members paying by standing order. A note in the October magazine will remind those members that subscriptions will be paid by their bank on the relevant date.

ii) On 27 November 1995 Dave Hodgson and Mike Rose attended a meeting called by the Sports Council to discuss the impact of competition and challenge events in the countryside. A wide range of outdoor interests were represented and it was shown that most governing bodies have responsible environmental policies. However, concern was expressed about the growing number of professionally organised events specifically to raise money for charitable purposes or commercial gain. National Parks and other land-owning interests are seeking greater control over these large scale events and we are watching developments carefully to ensure that suggested 'codes of practice' and the like do not introduce problems for our sport.

iii) Sledge-hammer traffic management ideas for the Lake District have been mothballed for the time being. But neither the real nor perceived problems are likely to go away and we shall be alert for the introduction of piecemeal restrictions to develop the plans by stealth.

## 2. Grassington, 20 April 1996

i) Present subscription rates will be maintained for 1997.

ii) Changes in the points system for the British Championships are introduced for 1996. Scoring for men is extended for the first 30 to the first 50, and similarly, veteran men from 20 to 30.

iii) Arrangements for the British Fell/Hill Relay Championships were agreed. The event takes place at Sedbergh on Sunday, 20 October 1996, details and entry forms will be found on page 18.

iv) Dave Richardson, Selwyn Wright and Dave Hodgson are co-ordinating arrangements for the Junior Home International which will be held at Grasmere on Sunday, 13 October 1996, so come along and encourage the juniors before tackling the Butter Craggs Race. As well as England, teams have been invited from Scotland, Wales, Northern

# NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of **The Fell Runners Association** will take place after the Langdale Horseshoe Fell Race on Saturday, 12 October, 1996 at 4pm in the Lecture Theatre at Charlotte Mason College, Ambleside.

1. **Motions for the Agenda** should be notified to the Secretary by 12 September 1996.

## 2. Election of Executive Committee.

a) Nominations for Officers should be notified to the Secretary by 30 September 1996.

b) Nominations for Club Representatives should be notified to the Secretary by 30 September 1996 (four seats).

c) Nominations for Individual Membership Representatives may be made at the meeting (four seats).

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

## 3. Voting

a) Individual members of the Association who are present at the meeting have one vote each.

b) Clubs affiliated to the FRA and to the BAF for Fell Running which are represented at the meeting are entitled to two votes each. Club appointees for this purpose should be notified in writing to the Secretary by 30 September 1996.

4. **Open Discussion** follows the formal business and is an opportunity to express views on any aspect of our sport.

*Mike Rose, General Secretary*

Ireland and Eire. The event is financed mainly by the FHRC and the FRA, but in addition, we gratefully acknowledge significant contributions from an anonymous supporter, the Three Peaks Race Association and the Lake District Mountain Trial Association. Details of the event will be found elsewhere in the magazine.

v) 25 members attended a very successful Safety and Navigation Course at Kettlewell in April. We thank Barbara Carney and Bingley Harriers for giving their time to host this valuable service on behalf of the FRA. Although there are some classroom sessions, the course is essentially practical with lots of time on the hills. It is also good fun, and I commend it to all members who want the confidence and ability to traverse fell race courses safely when the mist is down and there is no runner in front to follow. The next course is at Elterwater on the weekend 13/14/15 September 1996, details are on page 29.

Finally, members and clubs are reminded of the **1996 Annual General Meeting**; a

notice appears above. Only 14 members attended last year and I make a special plea for more support and involvement. The future of the FRA is in your hands.

*MIKE ROSE, General Secretary*



*Championship contender Carol McCarthy at Llantysilio  
Photo: John Cartwright*

## BCR Records

Dear Sir,

In the last few months, Black Combe Runners have taken some stick over the fact that the current Calendar does not reflect the correct course records for BCR hosted fell races.

In order to deflect further flack, rectify the situation and provide further recognition where it's due (and where it is wanted!) I detail below the current, correct, course records. Would interested runners please amend their calendars as necessary.

**Black Combe** (m) M.Roberts 67.39 1995

(f) H.Diamantides 84.13 1994

**Caw** (m) J.Atkinson 48.28 1995

(f) H.Diamantides 60.41 1995

**Dunnerdale** (m) K.Anderson 35.41 1993 (f)

J.Kenyon 43.09 1993

**Kirkby Moor** (m) J.Atkinson 48.09 1995

(f) C.Lorimer 67.07 1995

These course records will be provided to the Fixtures Secretary for inclusion in the 1997 Calendar

Yours faithfully,

*K.J.Nixon, Black Combe Runners*

## Bible bashing

Dear Sir,

Continuing the theme of biblical references to fellrunning, it occurred to me that the most obvious quotation would be from Isaiah 52,7 'How beautiful on the mountains are the feet of those who bring good news...' However, I soon realised that this verse could not possibly refer to our sport, after all, whoever heard of a fellrunner with beautiful feet?

On the other hand, turning over just one page, I find a verse that is definitely relevant to fell running. Isaiah 53,6 reminds us that 'We all, like sheep, have gone astray'

Yours faithfully,

*Anthony Kay, Loughborough*

## Gasp!

Dear Sir,

All fell runners become blasé with the gasps of awe from onlookers as we demonstrate our prowess; but I did smile when, whilst training wearing knee bandages, I heard a child say to her mother 'Look, Mummy, that man is running with TWO broken legs!'

Yours faithfully,

*Graham Breeze, Hawsworth*

## KIMM '95

Dear Sir,

We understand that other competitors at last years KIMM had complained to Karrimor about the abrupt attitude of the two female marshals at checkpoint BN and would like to pass on this information to them. We were unfairly disqualified at the checkpoint



*Not far to go, as runners head for Barley Village - 1/2 Tour of Pendle 1996*

*Photo: Allan Greenwood*

for the reason given 'team split at checkpoint' which was absolute rubbish and should have been 'audacity of competitors to question the attitude of marshalls'.

The two girls were unnecessarily rude and everyone we know who took part in the event confirmed that they had experienced a similar 'welcome' as they approached the checkpoint. It seems that unless partners arrive hand in hand they are not a team and therefore breaking the rules of the event.

We appreciate how difficult it is to ensure that rules are adhered to, especially when confronted with runners 'en masse' and we are aware that people will be tempted to cheat if it is not stipulated that team members arrive together at the checkpoints (we have both marshalled similar events ourselves) but our result proved that we were not trying to get round the course as quickly as possible, which would result in teams trying to save a bit of time at checkpoints, especially if they are not compatible in their abilities.

As walkers - my partner being a non runner - we chose a route well within our capabilities, and had plenty of time to spare on each day if we had wanted to increase our score, but we were having a great weekend and the weather was kind to us, albeit a bit chilly if marshalling on an exposed checkpoint.

The KIMM event is usually very well organised on behalf of Karrimor by an excellent team of volunteers. It seems a pity that in this case that good record is marred for some competitors by the poor attitude of marshalls who we are told are related to the organiser. This may explain the lack of response to our first letter of complaint and subsequent follow-up. On the plus side, Karrimor have agreed to forward our certificates to us. Better late than never!

Yours faithfully,

*Anne Benyon, Derbyshire*

## More on Mickleden

Dear Sir,

Your comments about the cancellation of the Mickleden Straddle fell race must strike most readers as a most worrying development in the continuing reassertion of land rights for minority use. In her comprehensive survey of Scottish hill running 'Race You To The Top' Suse Coon records that the Lairig Ghru Race, organised by Eddie Campbell, was refused a permit in 1978 'but got round this by making it invitation only i.e. he invited the cream of Lochaber to 'accompany him on an afternoon run'. This may perhaps be one future solution which may also minimise on lawyer's fees.

Yours faithfully,

*Peter McWilliam, Aberdeenshire*



*Jamie Thin - Carnethy AC and Scotland, becomes engaged to Joanne Boyle. BARF (Belfast Association of Rock Climbers and Fell Runners) and Northern Ireland.*

## FELL/HILL RUNNING COMMISSION REPORT

**Coaching.** Further progress can be reported in that the BAF booklet on fell/hill coaching is about to be published. This, together with a video will form the basic material for use in preparing coaches for specialisation in fell/hill running and BAF coaching awards. Starting from an open invitation for anyone interested to get involved the real working party eventually reduced to Dennis Quinlan and Norman Matthews who have prepared all the material. They have also been nominated for BAF senior coach (fell/hill) by their respective coaching regional committees and approved the commission and the Chief Education Officer of BAF (Carl Johnson). In this capacity they are authorised to assist others in gaining the club level 2 award for fell/hill running.

**Norman Matthews:-** Norman started fell running as a veteran after younger days spent perfecting his skills in the martial arts in which he achieved a 2nd degree black belt. His best season as a vet was 1990 when he won both English and British Super-Vet titles taking maximum points in each. Since then, arthritic knees have meant that competition has given way to coaching. In fact Norman first qualified as assistant coach in 1987, club coach in 1988 and senior coach (3k/10k) in 1995.

His pupils include Janet Kenyon (Fell international), Janet Rashleigh (Road international), Lindsey Brindle (English junior fell champion), Patrick Boyd (Intermediate fell champion) as well as his own son Nathan who ran for England at two World Trophy meetings. His club is Horwich of which he is a past chairman. He also served his time on the FRA committee in the early 80's.

**Dennis Quinlan:-** Dennis has been involved in athletics since the age of 14 and was an English Schools senior cross-country champion. As a senior athlete he represented the Republic of Ireland at cross country, road and track. As a super-vet he represented England at Cross country and was British 5K road champion. He was also prominent as a vet and supervet in fell races gaining places in the British Championships.

He has been coaching since the early 60's advising at all levels men and women. His pupils include several internationals of fell, track, road and cross country. He has been adviser to the England World Trophy team. He has written many articles about distance running including those for the short lived but popular 'Up and down' magazine in the early '90's. Dennis is a member of Bingley Harriers.



*Norman Matthews*

The route for aspiring coaches is through the BAF system, with its hierarchy of awards from level 1, level 2 to senior coach. Those interested should contact their regional coach education administrator. Club secretaries should have the information.

Anyone wishing to know more about the requirements for the fell/hill award can contact either Norman (01204 468390) or Dennis (01274 561837).

**British Championship.** A suggestion from the commission that championship points be awarded down to 50th position for men has met with the approval of the regions and will be implemented by the statistician this year.

*Danny Hughes,  
Secretary - Fell/Hill Running  
Commission*

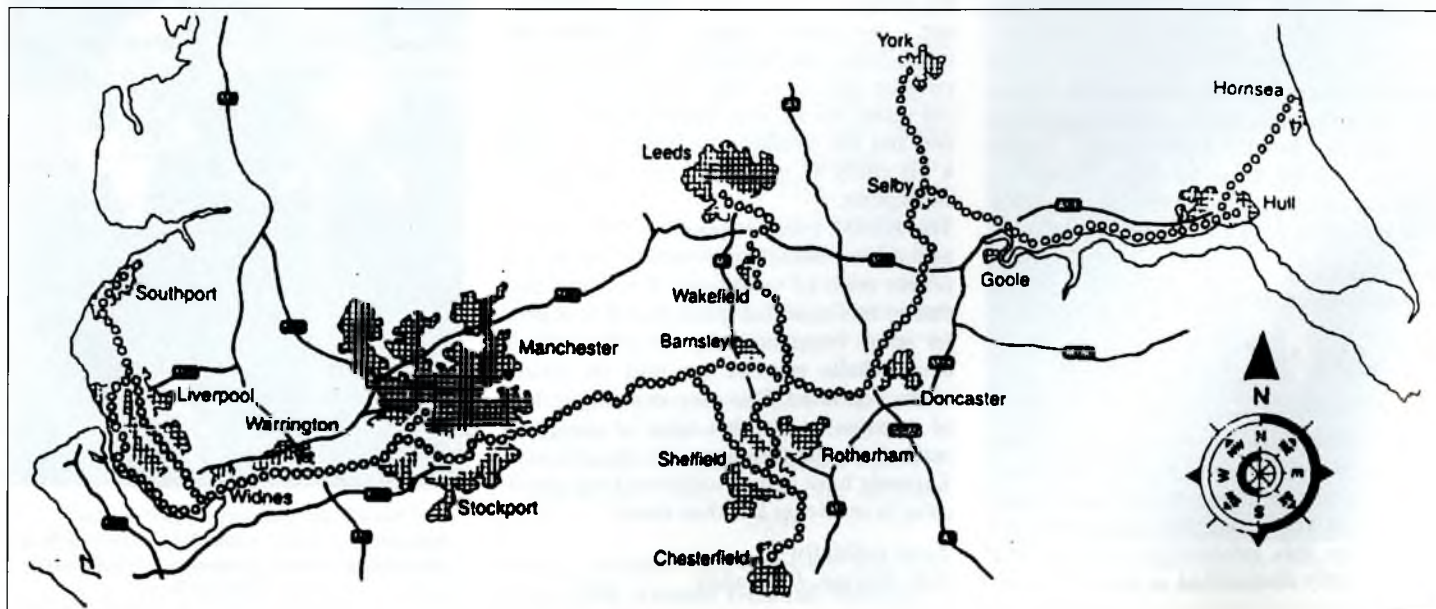


*Dennis Quinlan*

## Transpennine Trail

The Transpennine Trail, established with the help of a partnership involving 30 local authorities and stretching from Southport to Hornsea (taking in sideshoots to York, Leeds, Chesterfield, Sheffield...) is staging a 17 leg relay race starting from St. Andrews Quay, Hull on 27th July and finishing at Walton Hall Sports Centre, Liverpool on the following day. The run is approximately 160

miles, with 130 of it off road and is open to teams of up to 14 runners. The longest leg is 14 miles with lengths to suit all runners down to 6 miles - runners will be required to run in pairs during the hours of darkness. The entry fee is £30.00 per team. Further details from Pam Ashton, 01226 772574.





## CALENDAR UPDATE

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

SUN. JUNE 30. PATTERDALE OLD GUIDES RACE. AS. 2.30 p.m. 2m/850' from Patterdale, Cumbria. Pay at the Ullswater Country Fair gate and collect race ticket. Teams free. PM. Details: Andrew Laverick, "Catstycam" Outdoor Shop, Glenridding, Penrith, CA11 0PA. Tel: 017684 82016.

TUE. JULY 2. COMPTONS CROSS. BM. 7.15 P.M. 7m/1000' from Marl Pits Sports Centre, Newchurch Rd., Rawtenstall GR. 821230 £2 on day only. PM/LK. Over 14. Details: Keith Masser, 21 Brandwood Park, Stacksteads, Bacup, Lancs, OL13 0PA. Tel: 01706 878935 after 6 p.m.

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

WED. JULY 3. FELLSIDE FELL RACE. AM. 7.15 p.m. 7m/1900' from Fellside Village, near Caldbeck (GR 305375). 2 on day only. NS/LK. Over 16. Records: 51.21 J.Bland 1995; f. 62.19 A.Brand-Barker 1993. Details: Stella Lewsley, 2 Holme Eden Farm Cottages, Warwick Bridge, Carlisle, Cumbria, CA4 8RQ. Tel: 01228 562170.

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

SAT. JULY 21. OLDFIELD GALA. 2.30 p.m. BS. 3.5m/900' from The Grouse Inn, Nr. Oakworth, Keighley. G.R. 011383 on S. Pennine Sheet. £2 on day only. PM/LK. Over 16. also junior race. Details: Colin Moses, 44 Oldfield lane. Oldfield, Keighley, W. Yorkshire BD22 0HZ. Tel: 01535 647997

SAT. JULY 13. BELSTONE COSDON HILL RUN. BS. 2.00 p.m. 3.75m/850' from Belstone Village Green, near Okehampton (GR 620935 on OS Sheet 191). 2.50 on day only. Teams free. NS/LK. Over 14. No toilet facilities at this race venue. Categorically no dogs on race. Village fete, etc. Records: 26.57 W.Rogers

1995; f. 30.26 A.Mudge 1995. Details: Phil Haygarth, 7 Steddafords, Sticklepath, Okehampton, Devon, EX20 2NP.

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

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

TUE. AUG 6. DERBY TRADER 4.5 MILE FELL RACE. BS. 7.30 p.m. 4.5m/700' from Milford Social Club, Milford, Belper, Derbyshire (100 yards from the A6). 2 to organiser or 2.50 on the night. PM. Over 15. Also junior race; 2.2m, U16, 1 in advance or 1.20 on night. Records: 25.26 A.Wilton 1995; f. 33.25 N.Lees 1995. Details: David Denton, PO Box 33, Belper, Derbyshire, DE56 4HZ. Tel: 01773 880338/0374 781658.

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

THUR. AUG 15. CRACKEN EDGE FELL RACE. BM. 7.30 p.m. 7.5m/1475' from the Kinder Mountain Rescue HQ (behind the George Hotel), Hayfield. 2.50 on night only. Teams free. PM. Over 18. Parking in public carpark on the other side of the main road. Details: Alan Brentnall, "Westfield", Spring Bank, New Mills, High Peak, SK12 4BH. Tel: 01663 746476.

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

SAT. AUG. 24. ARNISON DASII. 2.30 P.M. AS 2.5m/750' from Patterdale Playing Field, Patterdale, Cumbria (G.R. 391161 on 1-25th N.E. Lakes sheet) £1.50 on day only. Teams Free. PM. Over 16. Details: Mike Beaty, Home Farm, Patterdale, Cumbria. Tel: 017684 82370

TUE. SEP 3. DERBY TRADER 3 MILE FELL CHALLENGE. CS. 7.00 p.m. 3m/350' from Milford Social Club, Milford, Belper, Derbyshire (100 yards from the A6). 2 to organiser or 2.50 on night. PM. Over 15. Also junior race; 1.5m, U16, 1 in advance or 1.20 on night. Records: 18.04 D.Dickinson 1993; f. 24.20 J.Pidgeon 1993. Details: David Denton, PO Box 33, Belper, Derbyshire, DE56 4HZ. Tel: 01773 880338/0374 781658.

FRI. SEP 6. FESTIVAL OF SPORT FELL RACE. This event will now be held on this date and not on the 13th.September. Category is now BM (4m/800'). All other details as in the Calendar.

SUN. SEP 29. CALDER VALLEY FELL RACE. This event will now be held on this date and not on the 28th.September. All other details as in the Calendar.

SAT. OCT 5. SNOWDONIA MULTI-TERRAIN CHALLENGE. BM. 12.00 noon. 12m/1500' from Coed Y Brenin Visitor Centre, Ganllwyd, near Dolgellau, Gwynedd (GR 715276 on OS Sheet 124). Registration at Forest Enterprise, Government Buildings, Dolgellau. 5 to organiser by 27th.September or 6 after that. PM. Over 18. Details: Mark Yorke, Gwyd-delfynydd, Bryn-crug, Tywyn, Gwynwdd, LL36 9RF. Tel: 01654 712075.

SAT./SUN. OCT 26/27. KARRIMOR INTERNATIONAL MOUNTAIN MARATHON. Two-day pairs Mountain Marathon event from a venue somewhere in Southern Scotland. Elite, A, B, C and two Score Classes. Over 16. Details: Karrimor International Mountain Marathon, Karrimor International Ltd., Petre Road, Clayton le Moors, Accrington, Lancashire, BB5 5JZ. Tel: 01254 398531.

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

SUN. DEC 15. SIMONSDALE CAIRNS FELL RACE. BM. 11.00 a.m. 11m/1400' from the Newcastle Hotel, Rothbury, Northumberland (GR 057017). 2 on day only. ER/LK/NS/PM. Over 16. Records: 78.12 T.Wylie 1995; f. 1.59.28 S.Watson 1995. Details: Ray Hayes, 21 Brumell Drive, Lancaster Park, Morpeth, Northumberland, NE61 3RB. Tel: 01670 517697.



*Neil Carty, Brian Ervine & Jim Brown, First 3 in the Nephin Race*

## The 1995 Connaught Championships - A view from the couch

'Yer man' told me it would be a great weekend, amidst the wild and rugged splendour of County Mayo. It will do you good, he insisted, two pleasant wee runs in two days and a night of male bonding in Westport. What more could a man ask for? He sounded so plausible, it sounded so appealing.

Of course what 'yer man' forgot to mention was the fact that the first run would be over Nephin, a classic horseshoe ridge, during the hottest part of the day; the male bonding would consist of rehydrating ones body on an intravenous drip of Guinness, and the run on the morning of the second day would be over Croagh Patrick, a classic slag heap. The whole weekend appeared to have been planned by the SAS branch of Alcoholics Anonymous and demanded physical fitness, endurance and a sympathetic liver.

As we gathered for the race on the first day I was most impressed that 'yer man' knew so many of the finely honed athletes present. He whispered to me that he had dealings with many of them, in both a social and professional capacity. With temperatures in the eighties I was extremely surprised to see a runner by the name of Billy McKay, running around with a full set of waterproofs on. "I bet you see a lot of him", I said. "Every week," he replied.

As we all congregated for the race instructions, I couldn't help noticing a pair of glasses sitting on top of a wet patch on the road. As I lingered amongst the tourists at the back of the field. I was comforted by the thought that I was not the only one over the hill before we went over the hill!

With a searing heat and no wind, to say that every place was hotly contested, was somewhat of an understatement. On the final descent I was greeted by what looked like an ostrich mating ritual, lots of colourful bums in the air and not a head in sight. On closer inspection it turned out to be a group of the returned runners, on all fours, with their heads in the stream. On my arrival at the finish

I received both welcomed fluids and some voluntary coronary care from 'yer man'. At this point he informs me that the race had been won by Brian Ervine. "Is that the guy with the bra strap?" I asked innocently. "Don't be stupid, it's a heart monitor," replied yer man. "Well it looked like a bra strap to me," I protested. "Well it would do from that far back," came the retort.

The racing had apparently not been confined to the boy racers and a number of the more seasoned runners such as "white-lightning Kettyle" and Mike Barton the "beast of Bernagh", had been involved in an epic tussle with the rehydrated Billy McKay who had the honour of being the first home in the 'old farts category'.

What followed can only be described as a very keenly contested prize-giving during which Annalong Canoe and Kyacking Club's tactics of loading the minor placings reaped handsome dividends in the spot prize competition. ACKC's success, orchestrated by the master tactician Peter Turkington, was greeted by consternation by Newcastle's Marty McVeigh. Poor old Marty had been relying on a prize, as he had allegedly sneaked out of the house the night before, after telling his wife that he wouldn't be long and was just, "nipping out to get a new pair of socks."

Whether due to dehydration, exhaustion or an unnatural reaction to the Guinness drip, the hours following the race were like something from a surreal film. My blemished memory recalled the setting to be a bar, which was actually a grocery shop but was in reality an undertakers. It was populated by a large group of half naked middle aged men intent on drinking the place dry, while trying to convince the locals that yes, they had actually run over Nephin. As interaction was in full flow groups of lost German tourists would wander at regular intervals, Kafta-like, in front of my eyes. They all stopped, as if scripted, in front of the bacon slicer and shouted in German at the ten year old bar man who rarely responded

due to the noise of the Japanese motor racing that was taking place on the satellite television warm up for the night that followed. Indeed, such was our physical and mental state when we arrived in Westport, that a number of the swans who happened to be floating past on the canal took pity and started tossing bread towards us.

The seance responsible for gathering the troops around Croagh Patrick on the Sunday morning was extremely successful and all the mid-night cowboys managed to both show up and throw up on time. The living dead were joined by a number of runners who had not competed the day before, including former Connaught Champion Brian McBurney and 'yer man' informed me that the Roger Daltry look-alike was in fact the great John Lenaghan who was out to try and beat both Brian Ervine and Adrian Philpott's championship record.

Judging from the number of flattened pilgrims I had to jump over during the first hundred metres, I guessed it must have been a fast start. To say that one runs up Croagh Patrick is something of a pork pie. Though, the boy racers can ascend and descent the paths quickly, even they have to move into 'scramble mode' for the summit. Such is the erosion, both natural and man made, that the final ascent requires the negotiation of approximately 150 metres of coarse, sharp, anti-social scree. This scree has a nasty reputation for damaging pilgrims, never mind runners. From the relative comfort of the tourist class I could see that John Lenaghan and Brian Ervine were engaged in a tactical battle, with each taking a different route off the top.

As I made my way gingerly up towards the summit I encountered what I took to be an apparition appearing from the haze in front of me. Being on a holy mountain, I was not really surprised. However, as I got closer, I realised that this was no apparition, but was in fact (the puddle) McKay who suffers from fear of heights, wandering around as if in a trance. Come to think of it, he had more than a passing resemblance to Moses and kept mumbling something about not being able to find his tablets. I said that I unfortunately could not help him as all my aspirin had gone on my porridge that very morning.

On returning to sea level 'yer man' informed me that John Lenaghan had won the race. He had failed in his attempt to beat Adrian Philpott's record. Brian Ervine had, by finishing a very strong second, retained the Connaught Championship. Billy McKay's conversion on the mountain meant that the Veterans' Championship went to Wes Kettyle who pipped Mike Barton by a whisker. Rumour has it that his success was due in no small part to his partnership with Bradbury Surgical supplies, for whom he does a bit of part-time modelling. He was overheard in the bar after the race telling a local reporter his success was all due to "the Titan, the truss of champions!"

After the prize giving in which poor old Newcastle remained sockless, 'yer man' suggested we should all make tracks. As I tried to muster up what little energy was left in my dilapidated body he turned around and said, "Wouldn't it be great if it was like this all the time!" As my running shoes left my left hand on an upward trajectory towards his head, I couldn't help but think that bloody psychiatrists are all alike! -  
*THE TAILGUNNERS*

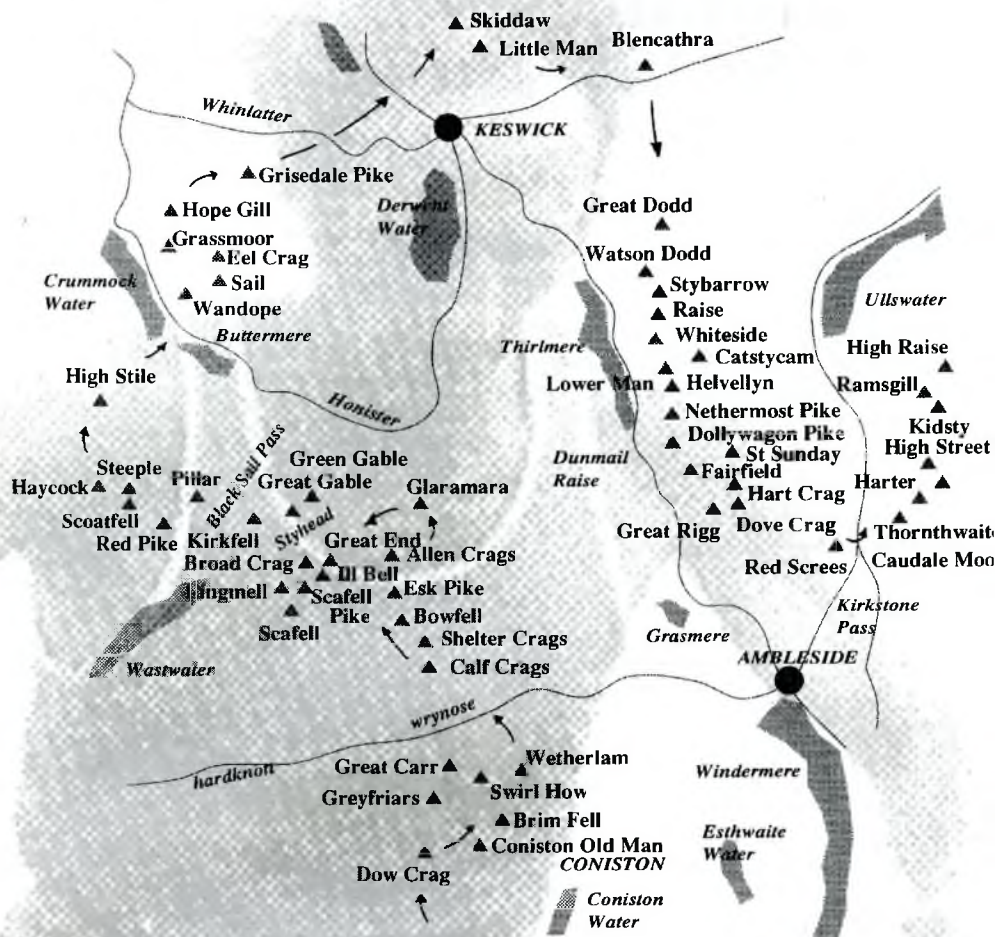
# The Boss

## 60 at 60

King of the Fells, MBE and Fellow of Manchester University Joss Naylor (not to mention official World's Biggest Liar and occasional TV star for Sellafield) has set himself a mammoth task for his 60th birthday. No pipe and slippers for this pioneer of fell running, but a 36 hour trek over 60 Lakeland Peaks over 2,500 foot. The familiar stooped figure, thin as a rail, will be raising money for his own Multiple Sclerosis Appeal Fund on a tortuous course that takes him from the Conistons via the Three Shires Stone, out to Glaramara and back to the Scafells, then on to the craggy summits above his own home in Bowderdale before a long pull out to Buttermere and the Coledale Horse-shoe. An even longer pull will take him out to the lonely top of Skiddaw, the 3000 footer isolated in the North, and then on to Blencathra and along the Bob Graham route to Helvellyn, finally crossing Kirkstone to take in the tops out to High Raise.

Why Multiple Sclerosis? 'It's a demoralizing and debilitating disease' he says, 'into which there has been little research. It is a disease which affects lots of people, including schoolfriends of mine and friends of the family'. He has already raised thousands of pounds for charity and recently hosted, with his wife Mary, the first presentation dinner for the Joss Naylor Lakeland Challenge, which is a lakeland run for the over 50s which finishes in the shadow of Yewbarrow. This alone has raised over £3000, with tankards donated by Chris Brasher to the first 12 completions.

There is little doubt that Joss will complete this latest in a string of fell running achievements. His training has always been minimal - training for a 24 hour run at Crystal Palace in 1978 involved a trip to the track at Whitehaven; how to get there? Why, run the 18 miles across the fell of



course! He has held the record for numerous races, including Ennerdale, Wasdale and, of course, the 24 hour Lakeland Peaks record, but still has found time to work for Sellafield and raise his beloved hardy Herdwicks. There are still a few sections of the run 'I need to look at', he says, with the worst section being 'the detour to Glaramara'. Lesser runners would be worrying about the longer stretches at the back end of the run, Joss is more concerned with getting the navigation right, 'I'll be able to go and look once I get lambing time squared up' he says.

For his 50th birthday, this time collecting for Arthritis Research, he did the complete traverse of all the Lakeland peaks mentioned in the Wainwright books. This led to the publication of a small but precious tome, 'Joss Naylor

was here', well worth a read if you can get hold of a copy. Moving with the times, Joss's 60 at 60 is to be covered by Border Television, so it is to be hoped that a video of the achievement will be available.

The run will start at the gate, Walna Scar at 3.00 a.m. on June 22nd, follow the route as outlined and should finish at Glenridding 36 hours later. Typically, Joss hasn't added up the ascent, but thinks it's 'around 40,000 feet'. 'In terms of support,' he adds, 'all sections are covered, but I'd be happy to meet fellrunning friends on the way round'. His target is another 60, £60,000 - can you, or your club, or your friends help? Sponsorship forms are available, with SAE, from the Bridge Inn, Santon Bridge, Wasdale, Cumbria CA19 1UX or as detailed below.

were running; raising his eyes to the mist-shrouded horizon, Mallis could just see a pair of shapely legs in pink socks surmounting the razor-sharp pinnacles of Thunacar Knott. Tricia was in the race too !

And there, running next to Mallis was wiry old Joss Naylor, leaping like a goat. In front of him, a lark rose from its nesting-site, but could barely utter a 'cheep' as Joss lunged, caught it between his teeth, and stuffed it deftly in his bumbag. Mallis couldn't help but admire

Mallis looked around him desperately. What of those sheep grazing nearby? Were they hiding some sinister secret? Mallis boldly approached them, but they trotted away and stared down at him from higher ground. "You cowards" shouted Mallis as he stumbled after their retreating forms. Oh desperation !

But no ! All was not lost. There was Tricia herself. Aroused by his shouting, she emerged from a thicket of stunted Juniper bushes. "Oh hello Oliver" she said. "Tricia !!!" said Mallis..... "What's

cutting this into a novel. Although he had been brought up in the school of hard knocks, I thought that it was best to protect him from this sort of thing. He must have sensed my loss of enthusiasm and our collaboration on the great fellrunning novel just fizzled out. I would prefer to have forgotten all about it were it not for the occasional mischievous reminders by my family. Whenever I come back from a race covered in mud, or injured, or feeling sorry for myself, I am greeted by "And were the fells cruel but beautiful for you too, darling ?"

# Great Literary Disasters

## ..... the Oliver Mallis Story.

Mike Hayes

Look at any genius and you will find only a small fraction of their published work is known to posterity. Behind every well-known poem, symphony or painting you will often find a mass of jottings, sketches and half-baked ideas. What is true for geniuses should also apply, but more so, to idiots. If they have got any sense, they should chuck 90% + of their work into the dustbin.

As a well-known idiot, I try to stick to this rule, but the other day came across some stuff that should have been thrown away in 1989 but had been accidentally preserved. It was the first, second, and third drafts of a novel about fell-running that I had started in collaboration with Bill Bentall. Both of us had written some pretty good short stories for fell-running magazines, so, (we thought) why not 'do a Jeffrey Archer'? With our wit, we should be able to knock up a thrill-a-minute best-seller of heroism, intrigue, and romance. This is an extract of the 'encouraging' letters that passed between us during a burst of creative frenzy.....

Dear Mike,

I think we have now reached agreement on the main characters....Hero will be Oliver Mallis, townie, ignorant of country life, office-worker, previously overweight, unable to run for the bus, who gradually transforms himself into a passable fell-runner. Heroine, Tricia Openshaw, brought up by protective parents ambitious for her to be an Olympic track athlete. Breaks away from them and finds fell-running gives her inner satisfaction and expands social life. Hero and heroine finally join up at end after many misunderstandings, setbacks, false gurus, fraught liaisons in the social whirl that is fell-running. They first meet in a scene like this...

"Her final fartlek session took her along a narrow twisting path when 'Bang', she bumped into a plumpish young man in a tracksuit 2 sizes too small. "I really am most terribly sorry" he croaked "but...." He didn't seem able to say any more

but stopped aside with an old fashioned I couldn't help noticing a pair of glasses sitting on top of a wet patch on the road. As I lingered amongst the tourists at the back of the field. I was comforted by the thought that I was not the only one over the hill before we went over the hill!

With a searing heat and no wind, to say that every place was hotly contested, was somewhat of an understatement. On the final descent I was greeted by what looked like an ostrich mating ritual, lots of colourful bums in the air and not a head in sight. On closer inspection it turned out to be a group of the returned runners, on all fours, with their heads in the stream. On my arrival at the finish

Would you be happy at my redrafting (below) of your 5 page explanation of tying a shoelace ?

Tricia was standing, hand on hip, drinking orange juice out of a paper cup. She was covered in mud and steaming in every sense of the word. Don approached cautiously. "Tricia ! What happened to you ? You were well clear at Ill Bell and looked strong. I couldn't believe it when Ann got here before you." "My damned shoelace came undone." she replied, almost crying with rage. "Then I went into some boggy stuff and it came right off. It took ages to get it back on and laced up again." "That's tough" said Don. "Look! It's too late to worry now. Coming second in a field of this quality is still terrific. But after you've changed, why don't you come over and see me for a few minutes. I'll show you how to prevent that happening ever again." "Oh yes, Don. Your famous Booth Knot. Well, I don't know....." Don had seen another runner tearing in for what looked like a personal best and left Tricia to trot over and clap him in. "The offer stands", he called back to her.

Later, Don removed himself from the crowd to relax by the side of a babbling rill, idly clefting the mud from his Walshes. Tricia, chattering to her friends, caught sight of him and blushed slightly. She hated herself for frankly admitting to him her incompetence. She hated him more for what he knew about her. She could not bear to leave the matter unresolved. Quietly, she slipped away from her friends. Catching her breath, she approached Don and opened the conversation. "I've been stupid, you know," she said. "I really trained for this one and then threw it away, just because of a



stupid lace. Go on. Show me the magic knot !"

"You're not the first and you won't be the last," said Don with a twinkle in his eye. She proffered her shoe and his dextrous fingers adjusted the laces. "Now allow me" he said softly as, tenderly holding her ankle, he snuggled the shoe onto her foot. Yielding, she gave Don her undivided attention.....

Dear Mike,

I am glad you are still talking to me after our disagreements about the shoelace scene. Now we have had time to look at the matter objectively, it is clear to me that your suggested amendments could have been misinterpreted by anyone with a dirty mind. Also, we must find ways to put back my 5 pages of diagrams and instructions on how to tie the Booth knot. Without these pages, we would lose credibility in the eyes of fellrunners.

Dear Bill,

It's great to have settled our differences over a few pints of Theakstones. We



unnatural reaction to the Guinness drip, the hours following the race were like something from a surreal film. My blemished memory recalled the setting to be a bar, which was actually a grocery shop but was in reality an undertakers. It was populated by a large group of half naked middle aged men intent on drinking the place dry, while trying to convince the locals that yes, they had actually run over Nephin. As interaction was in full flow groups of lost German tourists would wander at regular intervals, Kafta-like, in front of my eyes. They all stopped, as if scripted, in front of the bacon slicer and shouted in German at the ten year old bar man who rarely responded

for whom he does a bit of part-time modelling. He was overheard in the bar after the race telling a local reporter his success was all due to "the Titan, the truss of champions!"

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needed to unwind a bit to stimulate the creative juices. Now, I can see a grand vision for the whole book.....from the moment that Mallis, slumped in his armchair, fag and pint in hand, has a Christ-like vision of Joss Naylor, to the spectacular climactic scenes years later when Mallis and Tricia enter the greatest ultra-endurance fell race of all time.....True love will not come to them easily, and the outcome will be decided only on the very last page ! In between there will be riveting detail on heart-rate monitoring, stress-fractures, controlled calorie diets, flora and fauna of the fells, and the points-scoring system for the Fellrunner of the Year Championship. I have already sketched out some of the scenarios (enclosed). Let's send them off to a publisher and start negotiating right away.

This is a mere summary of the many letters and meetings between Bill and myself from which emerged a rich, sensuous, inspiring script. I thought of sending it straight off to some publishers but first gave a draft to a few running friends and asked for their opinion. One copy was sent to my son Peter in America. His reply is reprinted below.

*"Dear Dad,  
How about this as a start for the final chapter for your fellrunning novel ?*

*Fat old Mr. Harris sat wheezing on the stile, drinking in the glorious red dawn that crescendoed around him from the echoing mountain slopes. Trans-fixed by the rustling of the green ferns as they sparkled in the dew, by the warm scent of the heather, and by the scurrying pitter-patter of the field-mice, he failed to notice the approaching stream of fell-runners.*

*"Gee-out-er t'road tha fat old booger" - Shove ! - Mr. Harris was overwhelmed by a stream of fell-runners leaping the stile like greyhounds. Mallis nodded with a grim satisfaction as he landed on Mr. Harris with his hedgehog-soled PBs. That would teach the tub-of-lard to get out of the way of fell-runners.*

*It was going to be an epic race.....self-supporting from Grasmere to the Paps of Jura and back again, taking in every peak over 2500 feet on the way. Aye, it was a race for men alright. Real men with hard stomachs. But not only men were running; raising his eyes to the mist-shrouded horizon, Mallis could just see a pair of shapely legs in pink socks surmounting the razor-sharp pinnacles of Thunacar Knott. Tricia was in the race too !*

*And there, running next to Mallis was wiry old Joss Naylor, leaping like a goat. In front of him, a lark rose from its nesting-site, but could barely utter a 'cheep' as Joss lunged, caught it between his teeth, and stuffed it deftly in his bumbag. Mallis couldn't help but admire*

## CHANGING CHANGING

Easter Saturday, nineteen sixty one, driving south on the A666 over the moors towards Bolton. Ahead at the side of the road, in the small dip before the final climb to the roads summit, stands a lone constable. No need to guess why he is there, only a few days before the Ten Year Test (forefather of the M.O.T.) had become law and police forces all over the country were tentatively bringing it into force. Young; male; driving a vehicle manufactured in nineteen thirty six; no bookmaker in his right mind would give odds on which vehicle he will check.

Is there a hint of humour in his eye as he asks to see the certificate? If so it changes to incredulity as he begins to slowly read the paper before him. At last he stops, rechecks the registration numbers, gazes in disbelief at the battered bodywork and starts to read again more slowly. I glance at the watch; cutting it fine; just old enough to know that impatience will not help. Finally he finishes and as though making a gesture of defeat hands back the document and politely waves me on. I think of making up time but it is hopeless for at the summit I leave the A666 and turn onto the steep narrow road that will take me past the Winter Hill to Rivington and, perhaps more importantly, my first race.

I keep an anxious eye open for the "Crown" as I arrive on the outskirts of Horwich, but runners swarm round it like bees round a hive and I drive onto the almost empty car park behind. Although this is my first fell race I have been running the usually three or four lap cross country races for some years and I acknowledge several runners as I enter the large crowded room that is being used for changing. Most of the runners have

arrived in Horwich by bus, many from the Bolton/Manchester direction.

Quickly I start to change and think "Run it as though finish is at top, thalt recover ont way down" had been the advice of a clubmate with a little fell racing experience. Sounds risky, but his advice had usually proved to be shrewd. Well, why not?

Thirty odd years later I am in the Herders Arms. Again the room is large and crowded, but this time I am the only one changing and the problem is not race tactics but finding a secluded corner.

Outside the drizzle blows across the crowded car park and stationary vehicles stretch away endlessly down the narrow road. True, there are two or three other push bikes next to mine round the side, but how their owners are changing I never discover.

The 1961 Rivington Pike was my first fell race and the Hameldon coming up in May could possibly be my last. I will be sixty two and the lungs don't take in oxygen like they used to though they still work well enough and the legs if treated with care will still manage the ups and downs. Even the brain still seems to instinctively see me safely round the course. In nineteen sixty one these things would probably have been enough.

In nineteen ninety six the list of essentials is not the same, there seems to be one more thing needed. Should I get one? Probably not. Perhaps it's the expense, but I like to think that I just can't be bothered with another piece of paper similar to the one which bemused the constable. Three and a half decades ago.

- Peter Madden

*his companion's agility and resourcefulness. Here was he, Mallis, with a bumbag full of mintcake whilst Joss.....*

*Suddenly, Mallis's train of thought was broken. There, in the path in front of him was a pink sock ! Mallis picked the sock up. Yes. It had a hole in the big toe. "Hey Joss !" shouted Mallis, "Look here! What can have happened to Tricia?" "Reckon t'sheep will have got her" said Joss, uttering a taciturn snigger.*

*Oh God. The fells were beautiful but cruel !*

*Mallis looked around him desperately. What of those sheep grazing nearby? Were they hiding some sinister secret? Mallis boldly approached them, but they trotted away and stared down at him from higher ground. "You cowards" shouted Mallis as he stumbled after their retreating forms. Oh desperation !*

*But no ! All was not lost. There was Tricia herself. Aroused by his shouting, she emerged from a thicket of stunted Juniper bushes. "Oh hello Oliver" she said. "Tricia !!" said Mallis....."What's*

*that I can smell ?" Tricia laughed lightly as she brushed past Mallis with the grace of a gazelle. "Pipesmoke ?" she replied, and tossed her hair at him with a teasing indifference.*

*From the other side of the thicket, a swarthy insouciant figure came up to him with a request...."Be a good chap and pull my finger for me Mallis".....and the beautiful yet cruel fells looked on.*

*Hey ! I think this chapter is pretty good ! I hope you and Bill like it. See you soon.*

*Yours Peter,"*

I didn't show this letter to Bill. Although he had been brought up in the school of hard knocks, I thought that it was best to protect him from this sort of thing. He must have sensed my loss of enthusiasm and our collaboration on the great fellrunning novel just fizzled out. I would prefer to have forgotten all about it were it not for the occasional mischievous reminders by my family. Whenever I come back from a race covered in mud, or injured, or feeling sorry for myself, I am greeted by "And were the fells cruel but beautiful for you too, darling ?"

# Profile Sarah Rowell: The Peak of Excellence

by Gareth Webb



Sulber Nick on the Three Peaks Photo: Steve Frith

As the Three Peaks approaches it's 50th anniversary - and the statisticians and lovers of the sport pore over a glorious half century of results, race reports and newspaper clippings - one name will have been indelibly stamped on the pages of arguably Britain's most well-known fell race, that of Sarah Rowell.

Although women weren't officially permitted to run the gruelling 23.5 mile (4,500 ft) event until 1979, Sarah has almost single-handedly raised the profile of the women's race to such an extent that it's no longer merely a matter of will she win, or indeed set a new course record, but how high up the field can she finish and how many talented club men can she beat on the way.

This year's race (the 43rd annual running) was, once again, no exception. In almost ideal weather with the underfoot conditions far firmer than in recent years, Sarah stormed clear of Britain's first finisher (12th) in last year's European Trophy and former four-times race winner, Vanessa Peacock (nee Brindle), to win by over 19 minutes, taking 12 seconds off her own five year old course record and finishing a remarkable 20th place overall in the process.

Indeed, other than in 1994, when she finished a comparatively lowly 34th to win in 3:21:50, she has always hovered around the top 20 mark with an outstanding 15th place in 1992 - the highest position ever

achieved by a woman in the history of the event - enabling her to take the highly cherished top-20 finishers medal, an award many a male runner would crawl over hot coals just to get near.

Of course, many would argue that given Sarah's phenomenal background on the roads and, to a lesser extent on the track, it was clear that once she decided to turn her hand to the fells in earnest, success would inevitably follow. But, as I'm sure many will testify and will continue to do so for many years to come, things don't always turn out as expected.

Sarah's crowning glory, prior to moving onto the fells, came in the 1985 London Marathon when she astounded the athletics world by clocking a superb 2:28:06 (behind Ingrid Kristiansen's world best of 2:21:06) for a new UK marathon record. That time, whilst bettered by Liz McColgan in this year's London Marathon (2:27:54), is still surprisingly enough, the fourth ranked ever by a Briton behind Veronique Marot's 2:25:56 (1989), Priscilla Welch's 2:26:51 (1987) and McColgan's 2:27:32 in 1991, an indication of the talent and a reminder, perhaps, as to just what she might have achieved had her road running career not come to an untimely end through injury.

Two years earlier Sarah gave the first hint of her undoubted promise by taking the World Student Games marathon title (2:47:36) in Edmonton, Canada, at the tender age of 20, and followed this up,

twelve months later, by finishing 14th in the high spot of her career to date, the 1984 Los Angeles Olympic marathon.

Injury, brought on by running on the roads, was soon to force Sarah to have a career re-think and in 1986, after consulting with her coach and mentor, the late Cliff Temple, she came to the conclusion that either she succumbed to the succession of troublesome back injuries for a life of sedentary frustration, or she moved off the roads and onto the hills of the beautiful surrounding Yorkshire countryside (and beyond) to continue her career; she didn't need much convincing.

The decision was made somewhat easier in many respects by the events of 1986 when she achieved the unique feat of winning outright the off-road Seven Sisters Marathon in Eastbourne, Sussex, holding off 2:19 marathon runner Sam Lambourne in the process by a staggering four minutes in a time of 2:48:00.

*"Cliff and I had talked about it beforehand and said wouldn't it be fun if I won it because nobody had ever done it before," she recalls (and haven't since) "I remember running the race off a 100-mile training week and it was just one of those things really. I was running so well at the time - better than London the year before - and was on such a high for several weeks after. It was a great feeling."*

Although she took to the fells with serious intentions shortly after, it wasn't until 1991

that she decided to enter the Three Peaks for the first time. Up until then Sarah had been troubled by post viral fatigue syndrome, a debilitating condition that kept her out of the sport for over a year and held back her training once she finally returned to running. When she did get back to something like her old self, getting in the long runs still proved a problem, and so the World Trophy (with its short races) became an obvious attraction.

In 1989 in Die, France, in her debut in the event, Sarah finished an excellent fourth and placed fifth the following year (behind the winner, Beverly Redfearn of Scotland) in Telfes in Austria to consolidate her world-standing. After missing Zermatt in Switzerland in 1991 (she was having her third and final leg operation to remove scar tissue) Sarah achieved her highest ever position in Susa, Italy in 1992 to place second and take a marvellous silver behind the aptly named Gudrun Pflueger of Austria (who defended her world crown in Edinburgh last year to claim her third victory in four years). Gap, France in 1993 saw Sarah finish sixth with Edinburgh, last September, proving the only downside to a memorable season as she faded to an uncharacteristic 12th place after forcing the pace in the early stages.

Prior to the disappointment of Edinburgh, Sarah enjoyed almost total domination of the domestic scene taking maximum points in both British and English championships, winning all seven races (Duddon Valley and Dalehead doubled as both a British and English championship event), breaking the course record in a staggering five of these.

As expected, she finally clinched the English title at Kinniside on July 15th with the championship double being confirmed the week after the World Trophy at Dalehead - both in course record times!

*"Last year went so well for me that I suppose it was to be expected that I would have an off-day somewhere along the line," she says. "Maybe I trained too hard after the trial or perhaps the season was too long, I don't know.*

*"If you'd have asked me a year ago whether it was my ambition to win the World Trophy I would probably have had to say yes. After last year, though, perhaps there's bits of me wondering is it still worth it. Although I still train like a road runner in many respects (80-90 mpw), it's ironic that last year when I trained more specifically for the first time - more hill reps and such like - I should have my worst ever run in the World Cup. It's certainly not in my plans for this year, besides it's uphill-only as well as being perhaps a bit too short for me."*

Although Sarah admits to being "very target driven" - adding, "I'll let you know what they are when I achieve them" - her plans for the remainder of 1996 are not yet clear. The European Trophy at Snowdon (July 13) is uppermost in her mind, although whether to defend her domestic

titles, even at this stage of the season, has yet to be decided.

*"I may run Aonach Mor (June 9), but that doesn't necessarily mean I'll run the Peris Horseshoe (the final British Championship race) in September!" she smiles. "My club (Pudsey & Bramley) have a record attempt planned for the Pennine Way this summer and so I would obviously like to be part of that. We'll have to see how the season develops and how I feel, but at the moment I'm undecided."*

As we spoke, just a matter of days after her thrilling Three Peaks victory, Sarah was still churning the race thoughts over in her head, reflecting on her course record and the manner of her victory. Whilst the race is so special in many fell runners' minds Sarah admits that she is no different, adding *"outside the championships it is definitely the biggest race."*

Sarah started her love affair with the race in 1991 and capped off a remarkable debut with an outstanding 22nd place finish in 3:16:29 - a record that stood until this year - to take 16 minutes off Vanessa Brindle's two year old course record of 3:32:43 beating Cheryl Cook (who also bettered the old mark) by 11 minutes.

Despite heavy ground and gale force winds the following year, Sarah went on to surpass her debut performance with a stunning 15th place finish - the winning time of 3:19:11 clearly reflecting the difficult conditions. Indeed, ultra-distance specialist Carolyn Hunter-Rowe - later to become World 100km Champion and noted for her prowess in the longer, tougher events - finished second woman well adrift of Sarah in 3:44:03.

She was forced to miss the race in 1993 through injury (*"I probably trained too hard after the 'Hobble'"*) as 1986 World Trophy winner, Carol Greenwood, overcame the heavy rain to add her name to the illustrious list of race winners in 3:39:50. The following year Sarah held off Helen Diamantides (3:38:33) in 3:21:50 to place 34th.

*"That year I was running quite well, but unfortunately I started with a cough earlier in the week before the race. I knew going up Pen-Y-Ghent that it wasn't going to be my day, to be honest. So it became just a case of getting round.*

*"In 1991, though, I was obviously going for the record even though, after the 'Hobble', it was my first long race. I remember after finishing saying 'Hey, I'm pleased with this' but also thinking at the same time that there's even more to come off the record.*

*"Finishing 15th the following year was everything that I could have asked for. It was a great run - even better than this year - it's just a pity about the weather. I suppose if you're always worrying about the weather, though, you shouldn't be in fell running, should you?" she laughs.*



15th position, Three Peaks, 1992.  
Photo: Peter Hartley

Although she shaved 12 seconds off the record in winning this year's race, her post-race reaction contrasted vividly with the delighted men's winner, Andy Peace who, of course, had just clinched a hat-trick of victories, also in a new course record time, and was desperately seeking out the nearest watering hole! A hard taskmaster at the best of times - perhaps the reason why she continues to amaze us all with her performances from one year to the next - Sarah admitted that she would have liked to have run 3:15 or better, adding: *"I know the record can come down a bit further than this - much further in fact."*

Running without the aid of a wristwatch, she was informed by onlookers at Ribbleshead that she was a minute down on record pace - an observation she admitted didn't perturb her unduly, recalling how she suffered badly coming off Ingleborough, in 1991, and how this year she felt *"much, much stronger."*

*"I knew when I heard the time that it was going to be close. With the conditions being as they were, the record was always on my mind. Even so, as the race went on I found I was losing ground on the climbs and regaining it afterwards. Maybe I didn't do enough hillwork, or whatever. I don't know.*

*Either way, I'm sure the record can come down a lot further than this. Maybe I'm just not the person to do it. Who knows?"*

#### FACT FILE

DOB: 19/11/62

Occupation: Sports science officer at the National Coaching Foundation, Leeds.

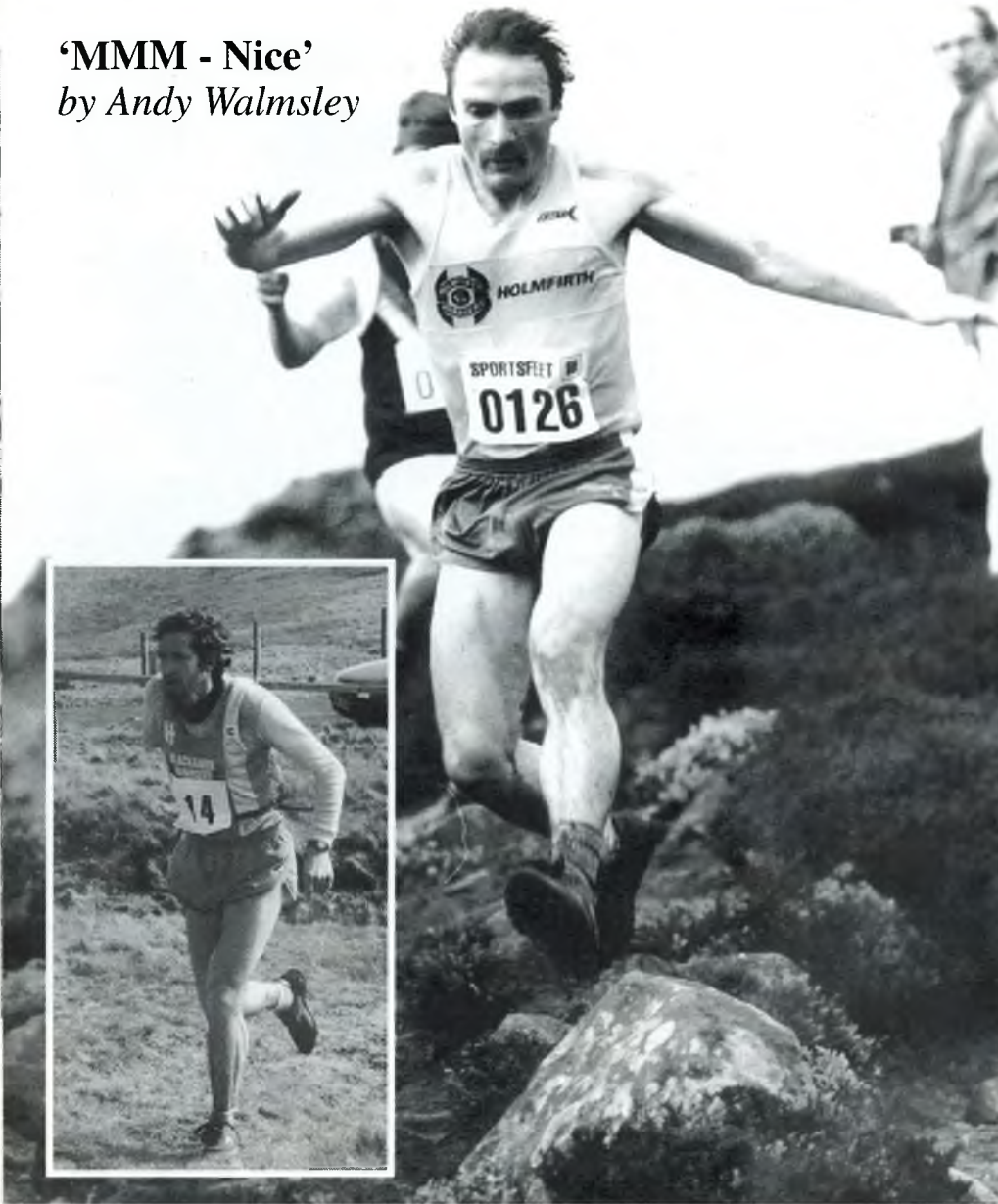
Club: Pudsey & Bramley.

Coach: None at present. Used to be coached by Cliff Temple on the roads.

Road PB's: 5M 26:49; 10km 33:34; 15km 51:11; 10M 53:44; 1/2M 72:06; 20M 1:56:01; Marathon 2:28:06.

*"Gareth Webb is Fell correspondent for 'Athletics Weekly'."*

## 'MMM - Nice' by Andy Walmsley



Andy Hauser, perennial winner, MMM Photo: Peter Hartley  
Inset: Andy Walmsley ascending Beinn y Phott.

Somewhere in the dimly-remembered back-end of 1995, I made a vague resolution to attempt more long races in '96. This, of course, would mean doing a lot more training - never a strong point of mine - and to motivate me for a mega winter I needed something to go for. It had to be long enough to scare me into upping my pathetic weekly mileage to a respectable level, far enough in the future to give me a chance to build-up, maintain the higher volume for a few weeks and then taper down, but close enough to prevent me from losing interest halfway there! The Manx Mountain Marathon was the obvious choice and I announced my intentions to slightly bemused mates sometime in November.

Well, the training went pretty well by my standards, though the weekly totals wouldn't raise any eyebrows among seasoned ultra-distance men (or women). The highest weeks reached 11 hours, but the average was only about 6½ hours. I put my faith in long weekend runs - the midweek routine was left as before apart from a road run of 1 - 1¼ hours on Wednesday nights with my 'mentor', Tim

Kelly. A number of long (20 mile +) Lakeland horseshoe were 'knocked off' but the 'peak run' was a double Tour of Pendle (32 miles/8400') which I just managed in 7:00 thanks to some good pacing by Ian Roberts and a couple of Clayton lads (who were on a training run) near the end - cheers, men.

So, to the Island.

Friday, caught ferry from Heysham with fellow Blackburn Harriers Paul Thompson and Tim Ryan and Paul's parents George and Katy (who are Clayton members). Four of us were planning to do the marathon (Paul, Katy and I 'runners' while George was going for a 2 hour head start as a 'walker'), while Tim was planning to tackle the Easter Athletic Festival (5.3m road race/4m hill race/4x5K road relay). The ferry was full of very drunk rugby players heading for the Easter rugby tournament. We bought a Manx paper and were amazed to read in a M.M.M. preview that "Possible 'dark horses' might well include Blackburn's Paul Thompson, making his debut in the event" - we'll never let him live it down!

Saturday. Caught bus to start at Ramsey. Gulp, very nervous. Everyone else looks miles fitter! All top contenders are there, including Andy Hauser, Shane Green and Darren Blackhurst. Paul decides to run in just vest and shorts despite cloudy weather - serious! I chicken out and don a thermal. Top ladies include Angela Mudge and Brenda Walker who bears an uncanny resemblance to Helene Diamantides.

9.15 and we're off. It seems a mad start for a 30 mile race and I don't go with it; the first climb, up North Barrule, is an easy angled drag (to run or not to run?) and I'm well back but there's plenty of time. A pleasant grassy ridge run - reminiscent of the Howgills - follows over Clagh Duyr, then down to cross the T.T. course and plod up the featureless slope of Snaefell, feeling good, settling in. A long runnable section follows over Beinn y Phott and onto Carraghyn then a tough heathery descent to Injebreck - 10 miles in. I've had no liquid up to now and I'm feeling thirsty. What a novice! I should know better.

The Injebreck valley is a lovely place - almost alpine - but I've just time for a quick drink then off up steep heather towards Colden. It's food time on this club and I start chomping into my supply of Turkish Delight and Jelly Beans. I tag onto a trip of Scots who tell me they have done the MMM twice before. One of them says it takes as long for the last ten miles as for the first twenty. I don't believe him, but he's right!

Feeling strong on the next section of heathery ridge, I run all the climbs and drop the Scottish trio, but the weather is now hot and sunny and thirst is a problem (oh, 'eck). Another long descent over heather and gorse (ouch) leads down to the valley and an endless section of farm track, road and disused railway. I keep going well along here and pass a couple of runners who are struggling a bit. I am re-joined by one of the Scotsmen who is going really well and we run together to the checkpoint at St. Johns (18 miles). My Scottish friend has support here and dives into a mini-bus crammed with all manner of mouthwatering delicacies, while I quaff a plastic cup of orange squash and press on for the next hill.

Reaching the foot of the climb a marshal tells me I'm 24th overall (hmm, not bad) and I've been going for just over three hours. Should be okay if I don't 'die' I thought, which was my cue to start dying! Halfway up the steep ascent of Slieau Whallian's I'm suffering. Thirst is a big problem by now and two of the Scotsmen came steaming past never to be seen again. There now follows a long interlude which I indulge in a spectacular 'Bad Patch' which sees me walking most of the way to the next check at Cross Vein Mine.

Here, a wonderful old lady plies me with hot tea, sandwiches, hot-cross buns and other irresistibles. I don't resist. "That's it lad, sit down and have a brew" she said.



Presently a Dark Peak Fellrunner who I'd dropped before St. Johns came past, pausing only to swig a cup of cold orange in one gulp, and continue towards South Bar-rule. I came upon him minutes later retching violently by the roadside. He waved me on saying he'd be okay in a minute. He was too, halfway up the long wade-through-the-heather he came striding past saying "It's amazing what a good retch can do!" I started picking up again here and by the long drag up Cronk Fedjag I was running strongly uphill again, passing the DPFRR man thinking "It's amazing what a brew and a ham butty can do."

Over Cronk ny Aree Laa (love those Manx names) I'm moving fairly well on the good paths, trotting quite loosely down to the Sloc with the last section in sight, I'm still not free of the thirst problem though, and there are no drinks provided at the Sloc! Oh no, here comes Bad Patch No. 2. The next bit, skirting round Liattee y Biennee on a perfect 'green road' is only very slightly uphill but I wilt very quickly and am unable to run. Much of the ground I've just gained is lost and I feel wretched as I begin the descent to Fleshwick Bay.

Two events now conspire to restore me. The first is the stunning scene which is revealed as the bay is approached. A perfect little shingle beach hemmed in by small cliffs and surrounded by superb green slopes is lapped by a gorgeous turquoise sea. The tiny patch of gravel at the road end has only one parked car and the beach has just one family on it - on Easter Saturday! I must go back to this place. The second event was the sight of the Clayton vest of Katy descending the hillside behind me and obviously going very well indeed!

The last climb in the MMM is a steep 800' path through bracken (bit like the middle bit of the first climb in the Dunnerdale), and I pushed the effort into the 'death



Darren Blackhurst in '3 legs of Man' haircut - race winner 1996

imminent' zone (male pride - what a sin!). I even ran the top part of the climb! The finish of this race is *almost* worth running 30 miles for. The path hugs the edge of huge sea-cliffs with the endless shining sea stretching away to the horizon. There was a speed boat droning along below the cliffs but I felt as if I was running even faster - pure adrenalin was carrying me. It couldn't last forever though, and the final level section from Bradda Tower to the finish reduced me to an authentic ultra-distance shuffle.

My time was 6:19 - disappointing, but the winner, Darren Blackhurst, was 28 minutes outside the record in 4:56 and everyone said dehydration was a problem. Four-times winner, Andy Hauser, was not fully



'Dark Horse' Paul Thompson  
Photo: Steve Bateson

fit and had to be content with fourth, while Shane Green was unable to capitalise and finished second for the fourth time. Dark horse Paul was an excellent 5th in 5:12 and Kay was 4th lady in 6:21 - uncomfortably close. George also had a good day - he was one of the first two walkers to finish (7:32) but he did admit to doing a fair bit of 'jogging!'

A couple of pints of Guinness while loafing on the grass soon suffused me with a mellow glow and a great time was had by all at the evening presentation and buffet. We were treated to the Darren and Shane show most of the evening and they showed no signs of being fatigued after finishing first and second in one of the toughest 'long A's in the Calendar. The coach back to Douglas at 11pm reverberated to the bawdy songs of the Darren Blackhurst 'barmy army' and we had to join in - just a little bit...

The whole weekend was just *brilliant* and we are now planning a bigger Blackburn Harriers onslaught on the event next year. I must get fitter by then though. Hmm, what can I peak with next winter - any ideas?

## The Streak

Dr. Ron Hill, still maintaining his running record, competed in the Rivington Pike Fell Race, where his 99th position and his time of 24.22 was more than 7 minutes outside his 1965 winning time. This was his last race in preparation for his 115th (and last) marathon, the Boston event which he duly completed in a time of 3 hours 13.14. 'It was a fantastic sensation to be there, even in a huge field, and it was the marathon to end it on' he said. 26 years ago he had been the first Briton to win the Boston - in a time of 2.10.30 and the course record has been reduced by only just over 3 minutes since then. Hill, a triple Olympian and winner of numerous marathons, also broke four world records, the first two (15m/25k) being the last of the legendary Emil Zatopek's to fall. Hill (whose previous 114 marathons have all been under 3 hours, with a p.b. of 2.09.28) is hoping to compete his 2000th race for his 60th birthday, meaning fitting in another 99 races before September 1998. A regular at the Bunny Run series and still turning out for Clayton, there is little doubt that he will reach his target.

- Neil Shuttleworth

### FANCY THAT!

ING BARINGS has been thinking of ways to stop its traders getting their hands on dangerous things like derivatives. The latest is to knacker them. "The ING Barings 24 Peaks Challenge" involves climbing 24 Lake District mountains, all over 2,400 feet, within 24 hours. Teams from the corporate sector are expected to train to cope with "two long and arduous days". Or so the blurb says. Phoey, my sinewy ex-City chum says when he discovers the contestants are allowed a four hour rest in the middle. "It's peanuts - it's just a doddle. I reckon I could do that in five hours. It's all about the yuppie image of trying to be healthy."

If Barings really wants to deep its staff's paws off the loot, he recommends it sent them on the Bob Graham Round, "42 peaks in 24 hours non-stop".

That should do us all a favour by bringing th City to a halt. "You can't so this stuff seriously and have a career," he says.

Independent on Sunday 5.5.96  
Monitor: Neil Shuttleworth

### N.B.

The Corrieyairack Pass Race is pre-entry only, not enter on day as in fixture calendar.

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# Results & Reports

*Featuring Championship  
and International Races*



*Main picture: Mark Weber looking  
Stile-ish at Pendle Half Tour*

*Inset (top): Natalie White of  
Holmfirth Harriers, 3rd at Wrekin  
Junior Championship race.*

*Inset (bottom): Geoff Slater,  
Keighley winner at the Wrekin*

*Photos: Steve Bateson*

## WEST RIDING CAMPING BEACON HILL RACE

West Yorkshire  
BS/5m/1000ft 27.12.95

I am afraid this race didn't take place, and won't in the future. A farmer who owns the tunnel under the A58, which we have to use, withdrew his permission a couple of weeks before the race. He is annoyed that runners and bikers have used the tunnel as part of their training runs since the first race, last Christmas, revealed its existence to local athletes.

## CARRAGHYN

Isle of Man  
AS/2.5m/1100ft 1.1.96

The 1996 Manx Fell League got off to a dull and dreary start on New Years Day, with the short race to Carraghyn summit and back.

Conditions were generally poor with thick mist covering most of the course and snow and frozen ground making it very treacherous, especially on the descent.

The start and finish point was moved back to the Injebreck road for this years event, adding on a section of forest track that increased the distance by about one mile. The main reason for this alteration was to make life more comfortable for the hard working officials who we rely on so much.

Thanks to the continued support of local painting and decorating firm 'Buchanan and Pitts', all competitors received a small gift on completing the course.

1. T. Rowley	MFR	27.45
2. I. Watson	NAC	28.50
3. P. Cubbon	Unatt	29.38

### VETERANS O/40

1. J. Crellin	MH	29.45
2. D. Young	MFR	30.07
3. I. Callister	MH	30.59

### VETERANS O/50

1. D. Corrin	MH	30.55
2. J. Comaish	IoMVets	38.03
3. E. Brew	NAC	39.36

### VETERAN O/60

1. B. Baxter	MH	52.48
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### LADIES

1. S. Maddrell	WAC	33.46
2. R. Hooton	MH	36.14
3. B. Walker	SAC	38.02

## NINE STANDARDS FELL RACE

Cumbria  
BM/8m/1800ft 1.1.96

In spite of the thaw following the Christmas freeze, icy conditions persisted on the fell for this years Nine Standards Race. The course is out and back from Kirkby Stephen to the line of large stone cairns which overlook the town from the Penine Watershed. Half the course is over footpaths and roads through Hartley village.

When he left the roads for the fell section, Swedish based international orienteer, Steven Hale, had established himself at the head of the sixty five strong field. By the finish he was well clear of course record holder, Graham Schofield.

Local clubs Kendal and Howgill Harriers contested the team trophy. Facilities at the town's Sports and Social Club included hot showers and soup and roll. Locally made hereditaries trophies were presented in the licensed function room, and all runners received a token prize.

Tony Richardson

1. S. Hale	Perth/Strath	56.49
2. G. Schofield	Horw	58.16
3. N. Spence	Kend	59.33
4. M. Walsh V	Kend	60.29
5. P. Pollitt	Bolt	60.36
6. P. Brittleton	Howg	61.15
7. B. Clough	Amble	62.06
8. T. Hobbs	Clay	62.10
9. P. Clark V	Kend	62.35
10. F. Livesey	Howg	63.41

### VETERANS O/40

1. P. Clark	Kend	62.35
2. J. Humble	Tyne	65.42
3. C. Lumb	Kend	68.22
4. P. Corris	L&M	69.09
5. R. Sewell	Kend	72.05

### VETERANS O/45

1. M. Walsh	Kend	60.29
2. R. Pickett	Unatt	77.32
3. J. Hodgson	Dallam	78.07

### VETERANS O/50

1. G. James	B&F	72.29
2. A. Stafford	Kend	73.10
3. J. Laycock	Amble	73.27

4. P. Dowker	Kend	75.05
5. T. Cock	Holm	76.22

### VETERANS O/55

1. R. Bray	Unatt	76.10
2. J. Taylor	Amble	81.31
3. K. Gresty	Wesham	84.15

### LADIES

1. S. Lewsley O/35	Kesw	77.13
2. A. Hale	IGS	77.45
3. K. Finn	Howg	92.24
4. S. Simpson O/35	Dallam	92.47

## 12TH CHASE TRIG POINT RACE

Staffordshire  
CM/15m/1500ft 6.1.96

After snow and ice earlier in the week, I thought that at long last it would be a white trig point race, but as usual the day dawned overcast with the threat of rain at any time.

I had not expected a good field, but by the first road crossing, the leading five had pulled away by two minutes and appeared to be on course for a new record. By the return Dave Peel had become a clear leader by twenty seconds from a chasing Hartell and Bowler.

Towards the end, Peel began to run out of steam but with some clever navigating in the last half mile, he won by thirty six seconds from Hartell with Bowler, first veteran, nine seconds later.

In the Ladies race, Christine Kilkenny was a clear winner, leading all the way from Lynne Lee who fought off the challenge from Jane Franks.

In the team race, Dark Peak were clear leaders from Mercia.

Once again a race like this does not happen without help and a big thank-you must go to all those who make the race a success.

Richard Day

1. D. Peel	DkPk	1.35.54
2. M. Hartell	Mace	1.36.30
3. P. Bowler O/40	Merc	1.36.39
4. M. Hayman	DkPk	1.38.44
5. B. Peacock	C&S	1.39.54
6. A. Dodd O/40	PMAC	1.40.48
7. P. Cadman	Merc	1.40.53
8. S. Houghton O/40	CalderV	1.40.59
9. M. French O/40	Staff	1.41.19
10. P. Swann	ChaseTriClub	1.41.23

### VETERANS O/50

1. R. Panter	Nun	1.46.52
2. J. Marsh	TarHen	1.47.40
3. E. Knight	H'owen	1.47.49
4. R. Hyman	Merc	1.50.30
5. W. Marsh	TarHen	1.50.32

### LADIES

1. C. Kilkenny O/35	1.53.25	
2. R. Dredge O/35	Merc	1.57.68
3. A. Wagg O/35	MDOC	2.02.24
4. L. Lee O/35	Staff	2.02.26
5. J. Franks	Nun	2.04.17
6. R. Clayton O/35	Derwent	2.14.17
7. S. Johnson O/35	C.O.	2.14.52
8. B. Brough O/35	StoneMM	2.19.56

## BOULSWORTH HILL FELL RACE

Lancashire  
BM/6.5m/1200ft 13.1.96

A flying start by Mark "I never train" Horrocks, ensured that a fast race was on the cards. Ian Holmes the pre race favourite took the lead after the tussocky climb round Brinks Farm. Paul Sheard went after Holmes, but found the Bingley Harrier in tremendous form.

Ian went on to win by a massive margin, the biggest in the races nine year history, and also broke Sean Liveseys course record by thirty one seconds.

A similar story in the Ladies Race saw Sarah Rowell almost five minutes clear of Anne Buckley in second place. Sarah never really threatened her own course record being one and a half minutes outside.

It was a different story in the Junior Race, with Nick Samuels beating Carl Swire by eleven seconds and Amy Green gitting the better of Sarah Walker by a mere six seconds.

Next years race will be a tenth anniversary celebration - possible date is Saturday 11th January.

Duncan Thompson

1. I. Holmes	Bing	45.43
2. P. Sheard	P&B	48.35
3. M. Wallis	Clay	49.06
4. R. Lawrence	Bing	49.34
5. R. Jebb	Bing	49.38
6. G. Watson	Alt	49.52
7. M. Horrocks	CalderV	50.03
8. J. Maitland	P&B	50.20
9. C. Moses	Bing	50.40
10. M. Woods	Unatt	51.10



Robert Jebb heads for 5th place at Boulsworth.  
Photo: Allan Greenwood

### VETERANS O/40

1. J. Emmott	Kly	51.58
2. J. Birchenough	Bolt	55.06
3. J. Dore	Roch	57.33
4. F. Judge	Clay	58.16
5. W. Mitchell	Unatt	58.17

### VETERANS O/50

1. B. Mitchell	Clay	53.15
2. K. Carr	Clay	54.51
3. D. Ashton	N.Vets	56.34
4. R. Jaques	Clay	58.57
5. W. Howard	Ilk	60.13

### VETERANS O/60

1. B. Leathley	Clay	72.19
2. J. Newby	Tod	77.39
3. T. Maden	AchRat	86.12

### LADIES

1. S. Rowell	P&B	53.40
2. A. Buckley	P&B	58.32
3. L. Lacon	Holm	62.11
4. V. Peacock O/40	Clay	63.14
5. L. Bostock	Clay	68.03
6. J. Sullivan O/40	Clay	71.45
7. M. Dunn	Unatt	74.17
8. S. Parsons	Darwen	76.01

### JUNIORS - BOYS

1. N. Samuels	Burn	20.06
1. C. Swire	Clay	20.17

### JUNIOR - GIRL

1. A. Green	Spem	22.58
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Mark Nutter of Clayton, Boulsworth Hill  
Photo: Peter Hartley

## THE LAMBS LEG Derbyshire AS/2.75m/900ft 14.1.96

Lucky us! a fine day over Hayfield, a good turnout, car park full with ten minutes to go.

Andy Trigg and Sean Willis took the race by the scruff of the neck, followed in close pursuit by the rest of the field. The final climb was to the top of South Head, Andy and Sean were neck & neck battling it out. Andy pulled ahead on the final descent, Sean finishing second by ten seconds. Pennine runner Mike Weedall who was in third place, had climbed strongly, but lost three places on the descent.

The Ladies Race was very close, Sue Rowson was first up South Head, Kath Harvey close behind, but eventually overtook Sue and won the race by six seconds.

The first Junior had a strong run, finishing well up in the field in twenty first position, (following in his fathers footsteps, no doubt).

This was a new race, arranged by Glossopdale Harriers. Enjoyed by all, thanks to everyone.

1. A. Trigg	Gloss	20.14
2. S. Willis	Amble	20.24
3. M. Crosby	ADAC	21.28
4. A. Kirk	Gloss	21.31
5. D. Gibbons	Alt	21.36
6. M. Weedall	Penn	21.38
7. M. Addy	Gloss	22.46
8. A. Dunn	Notts	23.05
9. M. Formby	RAF	23.10
10. G. Cresswell V	Penn	23.26

### VETERANS O/40

1. G. Cresswell	Penn	23.26
2. L. Ianson	Borr	24.34
3. G. Smith	Unatt	25.08
4. W. Gibbons	Unatt	26.04
5. P. Hill	GoytV	33.06

### VETERANS O/45

1. A. Bretnell	Penn	24.25
2. P. Nolan	Macc	24.55
3. N. Bolar	DkPk	25.15

### VETERANS O/50

1. G. Fielding	Ross	26.10
2. M. McGrath	Penn	28.12
3. D. McNeil	Sadd	29.24
4. P. Jenkins	Unatt	35.07

### LADIES

1. K. Harvey	Alt	26.38
2. S. Rowson	Macc	26.44
3. E. Richardson	Unatt	34.20

## CHARNWOOD HILLS RACE Leicestershire CL/12.5m/1200ft 21.1.96

A bitter east wind and a sprinkle of snow on the summits greeted the two hundred and thirty eight runners in this years race. For the first time in a good few years I got to see some of the race rather than runing in it (due to injury).

The usual field of local "classy" cross country runners is being infiltrated year by year by more southward travelling fell runners. Thanks to those of you who made the effort. I even managed to convince long distance register keeper Martin Stone to come down from Preston to do the results for me. He had doubted the hilliness of Leicestershire over a few pints on Saturday night, but he ate his words when he ran the race on Sunday morning. It was good to see him racing again after an operation on his knee last year which has meant a long lay off.

Gareth Deacon won the race on his debut, followed home by Ian Mant. Ian ran most of the way with his dog, having not expected to be competitive, and he found I quote "I got a bit carried away with it". Leaving an exhausted dog with the races originator Ken Vickers who was out on the course at about three quarters of the distance, he managed to head off any challenge on his second placing. Pete Mann another local from finished third, and Ian Hart was first veteran over forty in eighth position overall. Meanwhile, the dog having been fed a mars bar which evidently disappeared in seconds, revived to complete the course, first canine!

True fell runners to the fore were John Redmayne in fifth place in an all too rare appearance (three kids taking up most of his time these days), and tenth Hayden Lorrimer, he is studying for a Phd locally at Loughborough University. Just behind him in eleventh place, one to watch the constantly improving Marcus Scotney, and fourteenth, Mark Hartell who was suffering with after affects of flu. Notable also was Nick Sercombe, who was first veteran over fifty and third veteran overall in twenty third place - an excellent performance.

The team prize (Beer!) to my great personal delight went to the race organising Bowline Climbing Club, with its strongest in depth display of running for some years. Remember all these lads just run to keep fit for rock climbing! Hope to see you all next year on Sunday the 19th January.

Craig Harwood



Gareth Deacon, winner at Charnwood Hills  
Photo: John Cartwright

1. G. Deacon	CovGod	1.20.03
2. I. Mant	Nott	1.21.10
3. P. Mann	Ivan	1.22.52
4. K. Comas	Charn	1.22.57
5. J. Redmayne	BowCC	1.23.46
6. S. Gregory	HolmeP	1.23.58
7. G. Slight	Hunc	1.24.23
8. I. Hart V	Nott	1.24.32
9. A. Jones	Beau	1.24.32
10. H. Lorimer	HBT	1.24.53

### VETERANS O/40

1. I. Hart	Nott	1.24.32
2. D. Daly	Nun	1.29.49
3. D. Mann	Ivan	1.30.39

### VETERANS O/45

1. R. Bowyer	Charn	1.27.21
2. T. Longman	Hunc	1.29.31
3. P. Nolan	Macc	1.32.37

### VETERANS O/50

1. N. Sercombe	WtePk	1.28.30
2. B. Mackey	Hunc	1.36.11
3. D. Hawcroft	Hunc	1.36.53

### VETERANS O/55

1. R. Suddens	Nun	1.39.34
2. T. Ilston	BowCC	1.48.18

### LADIES

1. L. Nutt	Shep	1.40.09
2. K. Hall	Harboro	1.40.54
3. S. Hargreaves O/35	W.End	1.41.33
4. L. Evans O/35	FRA	1.47.22

## THE 'PRINCE WILLIAM' ASHURST BEACON RACE Lancashire BM/6m/1100ft 21.1.96

There were lots of sore heads on this particular freezing cold and snowy morning due to a 40th party in a nearby hostelry the night before, at which at least half the field seemed to have been present. Happy Birthday Chris Lyon!

In the race, Mark Croasdale smashed Tony Hesketh's inaugural record by four minutes, with the next ten (including Tony) breaking the old time of thirty nine minutes and nine seconds. Martin Jones, who should have had a sore head, did just enough to stay ahead of the rest. Jan Harris also easily broke the ladies record, by over three minutes.

Apologies to the two runners who managed to miss the tapes and took quite a long while to find the finish. You had us a bit worried for a while. Apologies also for the delayed prize giving, time was wasted sorting out the confusion caused by one runner who had already finished, but chose to jog back past the finish again, and was so close to the funnel, that he was timed and his number recorded again. Please don't do it again, number 283!

My thanks to all the helpers, especially all those who got very cold and those who offered assistance without being asked. Thanks also to Alan Williams, landlord of the Prince William, for his generous support.

Andy Quickfall

1. M. Croasdale	Bing	35.09
2. M. Jones	Horw	36.43
3. D. Flatley	Bolt	36.59
4. C. Leigh	Horw	37.52
5. S. Davenport	S'port	37.56
6. T. Hesketh V	Horw	38.04
7. J. Hunt	Mersey	38.18
8. A. Alty U/20	Chor	38.33
9. A. Duncan V	Mersey	38.36
10. R. Smith	Horw	38.51

#### VETERANS O/40

1. A. Duncan	Mersey	38.36
2. S. Ellis	Bolt	39.21
3. J. Birchenough	Bolt	40.13
4. W. Mitchell	Clay	42.30
5. S. Thomas	Chor	43.14

#### VETERANS O/45

1. T. Hesketh	Horw	38.04
2. M. Charman	S.Liv	42.27
3. P. Gillham	Unatt	42.31

#### VETERANS O/50

1. J. Swift	Chor	43.56
2. C. Leigh	Horw	45.15
3. G. James	B&F	46.03
4. P. Watson	Horw	46.41
5. T. Targett	Clay	48.24

#### VETERANS O/60

1. J. Payn	Chor	51.37
2. T. Maden	AchRat	59.30
3. T. Dodd	RedRose	64.23

#### LADIES

1. J. Harris O/35	N'burgh	45.47
2. J. Jones	Alt	47.32
3. E. Leonard O/35	Chor	48.11
4. H. Sandelands	Skem	48.14
5. Y. Wyke	N'burgh	48.57
6. H. Fairhurst	LancWalk	51.00
7. S. Charman O/45	S.Liv	51.33
8. J. Chaplin U/20	Chor	52.07

### SETTLE SCRAMBLE WINTER CHALLENGE North Yorkshire CL/23m/1200ft 24.1.96

The Settle Scramble should have been run on the 27th January, but due to heavy snow had to be postponed. The new date of 24th February, still had snow around, but not deep enough to stop the race going ahead.

This is the first year that the full course has been run, which makes both Chris Smiths and Sylvia Watsons times, record runs. The snow melt on the lower fells made the going very heavy, and the race more like an AL than a CL, and obviously all times were well down on expected finishing times.

Quite a few runners experienced trouble map reading, even though part of the route was flagged and written routes descriptions were available. Unfortunately, Steve Houghton, who was first back, had somehow missed one of the checkpoints. After having checked his tally card and obtained confirmation from the marshals that he had indeed missed their check, Steve sadly had to be disqualified.

To finish, many thanks to all marshals and helpers with food at the finish, etc and also to our sponsors 'Settle Coal Co. Ltd' and 'TSB Bank'.

A. Hassell

1. C. Smith	Eccles	3.26.57
2. K. Lewis	Clay	3.28.01
3. C. Hirst	Settle	3.31.19
4. S. Mummery	Amble	3.38.59
5. M. Hirst	Denby	3.42.05
6. G. Orchard	York	3.43.14
7. A. Hassell	Settle	3.48.13
8. B. Laycock	Amble	3.51.20
9. G. Webster	V Strds	3.57.56
10. G. Houghton	CalderV	4.12.10

#### LADIES

1. S. Watson	V Strds	4.16.28
2. L. Lord	Clay	4.53.45
3. J. Briggs	Unatt	5.04.23

### THE GHOST STOOP RACE West Yorkshire 28.1.96

As with last year's race, thick ice and heavy snow forced the postponement of the 'Stanbury Splash'. Nevertheless, even allowing for the perilous conditions and race organiser Dave Woodhead taking the precautions of advising local press and radio stations of the postponement, several runners still turned up expecting a race.

Woodhead, who actually found time to place third in his own promotion, expected as much and admitted: "We knew people would turn up and if they do we need to provide them with a race. So we did, we used the 'Stoop' course which is more suitable, being a straight up and down route. Also we don't need to flag too much of the course, and only one marshal is used at the old boundry 'Stoop' standing stone. All runners were given a free entry, a race number - to make it official - a soren maltoaf after the race and a dozen spot prizes draw by placing all race numbers in a hat.

A nine thirty phone call to Ian Holmes (who in turn rang Bingley team-mate Ian Ferguson) requesting his services as ice breaker through the three foot snow drifts, was rewarded

with an imperious display from the double Ben Nevis winner. And the not inconsiderable distraction of a snow ball fight and rugby tackle from Ferguson in latter stages couldn't deny Holmes a six second victory.

Holmes, who with team-mate Andy Peace had endured an abortive five hour journey to the Northern Champs at Lincoln the previous day, was only too pleased to help the race organisers.

So severe were the conditions that 'The Stoop' course record holder, Holmes, wore shin pads down the front of his tights to protect against the thick crust of ice smashing against his shins, while Ferguson guaranteed a degree of grip by wearing running spikes.

English Championship bronze medallist Glynda Cook wasn't deterred by the conditions as she produced a marvellous run to place twelfth overall, a minute clear of English junior champion Lisa Lacon who, along with John Adaire even beat the organisers on to the very icy Penistone Hill area, does this question the sanity of some folk?

Gareth Webb & Seymour Hills

1. I. Holmes	Bing	31.12
2. I. Ferguson	Bing	30.18
3. D. Woodhead	Horw	31.28
4. J. Brook	Bing	31.32
5. S. Addison	Clay	31.41
6. J. Barker V	Roch	31.58
7. I. Wilson	Fellan	33.20
8. M. Nutter	Clay	33.52
9. P. Whelan	Bing	35.05
10. A. Hicks V	Wyld	35.17

#### VETERANS O/40

1. J. Barker	Roch	31.58
2. A. Hicks	Wyld	35.17
3. J. Collinson	Bing	35.23
4. J. Adaire	Holm	36.12
5. J. Howard	Fellan	40.57

#### VETERANS O/50

1. M. Coles	Skyrac	38.56
2. J. Devlin	Unatt	48.17

#### LADIES

1. G. Cook O/35	Roch	35.26
2. L. Lacon	Holm	36.24
3. A. Curle	Fellan	38.43
4. J. Howard O/40	Fellan	40.57
5. J. Smith	Bing	41.20

### YORKSHIRE WATER OGDEN MOORS FELL RACE West Yorkshire CM/6m/700ft 3.2.96

By the time you are reading this, the climate will be a few degrees warmer, the snows long gone. Remember February when Britain was gripped by heavy snow falls? The flags would not go in on Friday afternoon, the frozen ground resisting all attempts to mark the route. We ended up tying bits of coloured tape to everything and anything that didn't move, and sticking flags into frozen walls. Snow drifts of two feet deep tried to block our way.

Kenny Stirrat made it three wins in a row, but with Paul Sheard pressuring him over the latter part of the course, he really had his work cut out. Kenny finished just thirteen seconds outside the course record, a fine performance in those icy conditions.

Sarah Rowell however, managed to crack her own record from last year by one minute and twenty seconds, a tremendous performance under these testing conditions.

Pudsey and Bramley packed well to take the mens team, while Bradford Airedale, who always support my races, took the ladies team prize easily.

Thanks to Yorkshire Water, who have been getting anything but praise lately, for allowing us to run over their land, to Calderdale Countryside Services who maintain the paths and woodland, the marshals and helpers on the day, especially Peter Jebb who was a great help with registration and the results, despite feeling 'under the weather'. It turned out to be the onset of a bought of flu!

Thanks too to 'the whole hog' for providing a warm friendly hostel afterwards with a real fire, good beer and stew/soup/chips.....heaven!!

Allan & Carol Greenwood

1. K. Stirrat	H'fax	32.54
2. P. Sheard	P&B	33.03
3. M. Roscoe	LdsCty	33.31
4. M. Keys	Ross	34.03
5. S. Livesey	Clay	34.06
6. G. Devine	P&B	34.09
7. S. Green	P&B	34.10
8. G. Patton	P&B	34.35
9. M. Newby	Ross	34.41
10. K. Smith	CalderV	35.00

#### VETERANS O/40

1. J. Emmott	KHR	35.19
2. R. Crossland	Bfd/Aire	35.42
3. P. Grimes	Hudds	36.22
4. N. Pierce	Ilk	37.51
5. G. Eastell	St.Bedes	38.32

#### VETERANS O/50

1. A. Evans	Amble	42.41
2. R. Blakeley	Tod	42.45
3. A. Boland	St.Bedes	43.51
4. T. Targett	Clay	44.17
5. M. Mahoney	St.Bedes	45.05

#### VETERANS O/60

1. J. Newby	Tod	50.56
2. T. Ball	Clay	59.09

#### LADIES

1. S. Rowell	P&B	36.56
2. J. Dunstan	LdsCty	40.58
3. M. Hart O/35	LdsCty	41.44
4. P. Oldfield O/35	Bfd/Aire	43.05
5. A. Lloyd	St.Bedes	44.23
6. J. Sanderson O/40	Bfd/Aire	47.32
7. A. Curle	Fellan	47.52
8. M. Dunn O/40	Bing	48.43
9. R. Wood	Bfd/Aire	48.44
10. H. Edwards O/35	St.Bedes	49.30

### CREG-NY-BAA Isle of Man

#### AM/10m/2700ft 3.2.96

Conditions were very good this year with clear visibility and bright sunshine, although the freezing weather of previous weeks had left the ground rock hard with lots of icy sections for the competitors to contend with.

As expected, Onchan building worker, Tony Rowley, had a comfortable win, over six minutes clear of runner up and first veteran Dave Corrin.

The Ladies Race was won by Colby's Brenda Walker, who knocked over two minutes off Steph Maddrell's 1990 course record.

All the competitors owe a big thank you to stalwart fell supporters, Margaret Quirk, Walter Kennaugh and Arthur Jones who had to brave bitterly cold weather as they officiated with their usual efficiency and good humour at the Windy Corner finish.

Richie Stevenson

1. T. Rowley	MFR	1.19.47
2. D. Corrin V	MH	1.26.08
3. I. Watson	NAC	1.28.17
4. P. Crowe	NAC	1.28.27
5. D. Young	MFR	1.29.59
6. M. Garrett	Unatt	1.31.26
7. R. Webb	MH	1.32.05
8. I. Ronan	MFR	1.34.46
9. D. Bourgaize	NAC	1.36.50
10. D. Farnworth	MFR	1.37.40

#### LADIES

1. B. Walker	MH	1.32.11
2. S. Maddrell	WAC	1.42.02
3. R. Hooton	MH	1.48.18

### BOX HILL FELL RACE Surrey BM/7.5m/1700ft 3.2.96

So, Chris Beecham's run of victories continues for another year. As I said at the prize giving, I've lost count of the number of times he has won, and Chris was too modest to correct me...or he had lost count too! However, we nearly had a new winner this time. Paul Haywood certainly fancied his chances and worked hard to stay in contact all the way. All of us at the finish thought he would storm through to victory such was his charge down the final hill, but Chris realised the danger just in time and strode out again to stay clear.

It was also exciting because it seemed that they had both slaughtered the course record, but they quickly put the lie to that one explaining that they had been diverted down a short cut on Headley Heath. It seemed immediately that this was deliberate vandalism and all subsequent reports confirmed this. We were very fortunate that this diversion was inside the loop so that all runners just joined in with the signs a kilometre after they were diverted. A mis-direction to the right and everyone would have been spread all over Headley Heath. As it was, the finish order was not affected much, if at all. All just did very fast times by running some three hundred and fifty metres less. The only people we lost were the flag collectors, who had to go round both routes to check they had them all. So the next marshals gave up waiting for them, and the knock on effect delayed the results arriving in the bar and the prize giving.

You will see from the results that that wasn't our only organisational problem. The finish was over loaded with runners and under prepared - there was no paper in the clock! And I was wasting my time trying to get a computer in to action when I could have helped record some data. So we ended up losing one finisher and about twenty eight times - there were several estimated times supplied by the runners themselves.

Roll the credits! Thank-you to Sandra at Friends Provident and Peter at 'The National Trust' for use of the facilities. We just exceed the National Trust's numbers limit (they were quite nice about it) by virtue a lower percentage than normal not turning up, and a surprisingly high number of people taking their chances and entering on the day. You may not be so lucky next year!

1. C. Beecham	LondonOK	47.06
2. P. Haywood	Boxhill	47.08
3. C. Parrack	Boxhill	49.08
4. K. Leitch	Worth	49.19
5. P. Lay	Worth	51.30
6. J. Lowden	Worth	51.36
7. P. Devine-Wright	Unatt	51.43
8. T. Savage	Evening P	52.21
9. C. Hall	Butser	n.t.r.
10. M. Potter	LondonOK	52.46

**VETERANS O/40**

1. J. Crawford	Guild	54.13
2. P. Sapsord	R&SB	54.35
3. C. Clemerson	Heath	55.04
4. P. Nicholls	Guild	55.14
5. M. Hard	Unatt	55.45

**VETERANS O/45**

1. K. Griffiths	Butser	55.35
2. P. Oates	Herne	55.50
3. A. Smith	Farnham	58.40
4. I. Marshall	Camb	59.16
5. C. Hack	P'mouth	59.36

**VETERANS O/50**

1. D. Tull	Camb	62.25
2. G. Burrow	Worth	62.34
3. R. Tresidder	Matl	n.t.r.
4. R. Meaburn	Willows	68.28
5. L. Coles	Worth	69.17

**VETERANS O/55**

1. M. Waddell	Graves	73.32
2. P. White	Read	81.04
3. G. Moore	Sutton	95.49

**LADIES**

1. J. Wastell	LondonOK	61.31
2. B. Willis O/35	Sutton	64.05
3. A. Jorgensen O/35	P'stone	64.25
4. S. Carnell	Reigate	65.16
5. S. Ashley O/40	E&E	66.18
6. M. Kavanagh	Sutton	68.37
7. L. Robertson	SLOW	71.27
8. C. Gordon	TeamS	72.43

## SOREEN STANBURY SPLASH

### West Yorkshire

#### BM/7m/1200ft 4.2.96

Thick snow and difficult conditions were to prove no obstacle to Ian Holmes and Sarah Rowell as they proceeded to set course records in the thirteenth Soreen Race.

Apart from a short section on the Pennine Way track, when Paul Sheard took the lead, Holmes was to dominate the race throughout. After breaking clear decisively at 'Upper Heights', just beyond the two mile mark, he came home well clear to win by over two minutes.

As usual for Holmes, he opted to run without the aid of a stop-watch and so was surprised to learn he had clipped twelve seconds off Colin Donnelly's year old mark of forty six minutes and twenty seven seconds.

The thirty one year old Bingley Harrier said: "It wasn't my intention to go for the record, I just ran how I felt really. With the deep snow on the tops and the tussocks underneath, I didn't really think the record was on. I lost time early on by not cutting a corner on the road, and by stopping to re-tie my shoelace at the Stanbury Moor trig point, but the worst part of the snow covered course came after climbing Ponden Kirk and over the tussocks to the summit. I didn't know whether to run between them or on top of them, which ever choice I made the going always looked better by the other route, so I lost more time going too and fro".

In training, Holmes, runs sixty to sixty five miles a week and already set his stall on winning the British and English Championship at all costs. At Stanbury, Holmes snatched the locals trophy from Bingley rival Ian Ferguson, who had won it for the last five years, from 1991 to 1995, and also became the first ever local winner.

Former British champion Gary Devine, was the first of a trio of Pudsey runners who followed home in quick succession with Shane Green and Sheard leading Pudsey & Bramley to the team title for the third year running. Bingley, who had won the team race for the previous few years, were close second just five points behind.

Just twenty four hours after setting a record at Ogden Moors, Sarah Rowell was at it again, this time taking over five minutes off Angela Priestley's year old mark of fifty seven minutes and fourteen seconds to place an excellent seventeenth overall from one hundred and seventeen finishers.



Stanbury Splash: Steve Smith of Ripon with Bingley's Danny Ward & Steven Little following  
Photo: David Brett

England international Glynda Cook finished second, also dipping inside the old mark and comfortably smashing the veteran's record in the process.

Many thanks must go to Peter Heneghan, Mick Groom and Pauline Dore, who sacrificed their race to aid unlucky Lisa Lacon who twisted a tendon. The three hero's were rewarded in the pub prize giving with much cheering and a choice off the prize table.

Soreen malt loaves to all finishers, what more could fell runners ask for.

**Seymour Hills**

1. I. Holmes	Bing	49.00
2. G. Devine	P&B	49.00
3. S. Green	P&B	49.04
4. P. Sheard	P&B	49.13
5. T. Hesketh V	Horw	49.17
6. M. Corbett	Ross	49.29
7. I. Ferguson	Bing	49.33
8. J. Brook	Bing	49.34
9. C. Valentine	Kesw	49.36
10. M. Pickering V	Ilk	49.46

**VETERANS O/40**

1. T. Hesketh	Horw	49.17
2. M. Pickering	Ilk	49.46
3. D. Beels	Roch	51.58
4. N. Pearce	Ilk	52.14
5. J. Barker	Roch	52.57

**VETERANS O/50**

1. K. Carr	Clay	52.37
2. G. Mallett	Harr	59.35
3. J. Navan	Ross	62.19
4. D. Quinlan	Bing	65.03
5. K. Richardson	Clay	67.05

**LADIES**

1. S. Rowell	P&B	51.53
2. G. Cook O/35	Roch	56.45
3. J. Dunstan	Lds	57.58
4. L. Davies	Sadd	60.19
5. A. Isdale O/35	Bing	62.27
6. B. McWade U/18	Clay	64.25
7. L. Bostock O/35	Clay	64.30
8. C. Ashton	Clay	65.25

**SUGAR LOAF****Gwent****AS/3.5m/1150ft 10.2.96**

1. C. Hallet	BOK	36.30
2. M. Collins	MDC	37.10
3. G. Jones	MDC	37.40
4. J. Bass	MDC	38.08
5. D. Gilchrist	Unatt	38.25
6. P. Maggs	MDC	38.58
7. M. Saunders	MDC	39.54
8. E. Balfour	MDC	39.59
9. J. Darby V	MDC	40.45
10. I. Mennie	MDC	40.48

**VETERANS O/40**

1. J. Darby	MDC	40.45
2. L. Taylor	Bath	40.54
3. M. Lucas	MDC	42.02
4. D. Maskell	MDC	44.29
5. M. Harris	W'bury	45.29

**VETERANS O/50**

1. E. Meredith	MDC	42.10
2. D. Gwilym	MDC	46.55
3. C. Jones	MDC	48.48
4. J. Battersby	MDC	53.18

**VETERANS O/60**

1. J. Battersby	MDC	53.18
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**LADIES**

1. A. Bedwell O/35	MDC	42.12
2. S. Woods O/35	MDC	44.02
3. S. Ashton O/35	MDC	46.02
4. J. Nelson O/35	BOK	47.14
5. J. Hallet	BOK	47.47
6. R. Greep	Unatt	61.50
7. J. Harrison	MDC	64.33
8. T. Craston	Unatt	68.40

**JUNIORS**

1. M. Collins	MDC	37.10
2. H. Gilbert	MDC	41.47

**THE EL-BRIM-ICK DASH****Grampian****N/3m/800ft 11.2.96**

With thanks to Aberdeen Council, the Forestry Commission and Scottish Agricultural College for access and to David Grubb, Ian Fraser and Janet Rennie for officiating.

1. G. Barbour	Cosmic	21.21
2. W. Moir	Cosmic	21.24
3. J. Buchan	Cosmic	21.28
4. D. Armitage V	Cosmic	21.56
5. D. Gunn	Metro	22.11
6. B. Sheridan	Cosmic	22.26
7. N. Kilner	Aber	22.55
8. D. Hirst	Dee	23.20
9. G. Yule V	Cosmic	23.23
10. D. McDonald	Cosmic	23.29

**LADIES**

1. S. Armitage	Cosmic	23.48
2. C. Mangham	Cosmic	27.11
3. J. Scott	Aber	30.07

**JUNIORS - BOY**

1. N. Harrison	Aber	10.55
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**JUNIORS - GIRLS**

1. C. Curtis	Banch	11.01
2. B. Curtis	Banch	12.01
3. M. Smith	Banch	15.36

**TIGGER TOR FELL RACE****Derbyshire****BM/9.5m/1700ft 11.2.96**

After a week of uncertainty with blizzard conditions and the forecast of more snow to come, heavy rain came and cleared most of it away, leaving wet and icy conditions.

With the timekeepers toasting round a brazier, the race went ahead, two hundred and eighty two runners made sure of that. What a turn out! We would never have managed if the weather forecast had been good.

First runner at the summit on Stanage was Graham Morson followed by Kevin Lilley with Keith David in third place.

How many had realised that the route change from Burbage Brook, back up to Higger Tor was an extra three hundred foot of climb?, but didn't it make the climb from Stone Bridge up to Burbage Edge seem easy?

On the second climb, back to Higger Tor, Keith Davis (still only a veteran) had pushed in to the lead, determined to win his first big race and set a record in the new course. He finally finished just twenty seconds in front of Graham Morson with unattached Jon Fyne finishing strongly in third.

Tricia Sloan started and finished strongly in front of a past winner Kath Harvey. Our new comer to fell running from Sutton in Ashfield was Phillipa Leach in third place.

Congratulations to Dark Peak for providing forty runners, winning both team prizes with Bob Toogood sixteenth overall and first over fifty runner.

First veterans prize went to Dennis Crossland who led their team in to third position.

Don Longley



Jack Verity of St. Bedes at Ogden Moor

Photo: Steve Bateson

1. K. Davis V	P'stone	1.12.28
2. G. Morson V	Bux	1.12.48
3. J. Fyne	Unatt	1.12.52
4. P. Deaville	Gloss	1.13.06
5. L. Kevin	Sheff	1.13.11
6. K. Lomas	Charn	1.13.23
7. P. Gebbett	Notts	1.13.36
8. D. Wilkinson	Roch	1.13.50
9. A. Roberts	Rother	1.14.37
10. S. Oglethorpe	DkPk	1.14.58

**VETERANS O/40**

1. J. Davis	P'stone	1.12.28
2. G. Morson	Bux	1.12.48
3. D. Crossland	Stdrs	1.16.09
4. P. Keen	Hallam	1.19.22
5. C. Davies	Sadd	1.19.32

**VETERANS O/45**

1. A. Harner	DkPk	1.19.33
2. P. Cornwell	Unatt	1.20.24
3. N. Boler	DkPk	1.21.55
4. C. Ellis	Totley	1.23.28
5. A. Ashforth	Hallam	1.25.56

**VETERANS O/50**

1. R. Toogood	DkPk	1.16.14
2. N. Sercombe	WtePk	1.16.55
3. M. Hobson	Stdrs	1.25.44
4. B. Hampton	N.Derbys	1.27.13
5. A. Yates	DkPK	1.27.14

**VETERANS O/55**

1. J. Clarke	Bramp	1.24.15
2. R. Mason	Totley	1.35.12
3. R. Brown	P'stone	1.35.53

**VETERANS O/60**

1. B. Howitt	Matlock	1.32.23
2. G. Richardson	Clowne	2.02.39

**LADIES**

1. T. Sloan	Salf	1.22.13
2. K. Harvey O/35	Alt	1.26.10
3. P. Leach O/35	S in Ash	1.30.01
4. L. Davies	Sadd	1.30.21
5. L. Bland	DkPk	1.31.48
6. W. Barnes	Barns	1.33.13
7. A. Jorgensen O/35	P'stone	1.33.31
8. V. Aisthorpe O/35	Lincs	1.34.34

**'TISO' CARNETHY FIVE HILL RACE**  
**Lothian**

**AM/6m/2500ft 17.2.96**

This was the twenty sixth running of the Tiso Carnethy Five Hill Race, with as big a field as ever. Four hundred and fifteen runners started, with a strong ladies field of sixty.

The race commemorates the 'Battle of Roslin' in 1303, when the Scots beat the English at the foot of the hills. So the Scots were gimping for another victory and it was good to see so many of the 'auld enemy' journeying north to do battle.

The race started with some flourishing of kilts and claymores and a song - "Scot's whae hae wi' wallace bled, Scot's wham Bruce has often led, Welcome to your gory bed, or to victory!.....to warm up the blood!" Then the runners were off.

Young John Brooks of Lochaber AC was straight to the fore and never turned back, winning in a new course record. An outstanding performance, leading all the way, and not even getting lost (like last year!).

Similarly Angela Mudge of Carnethy won the Ladies Race in a fast time, before the winter rain swept in. Last finisher, Roy Topham of Kilmarnock Harriers won a special prize - a woolly hat hand knitted by one of Carnethy's oldest members, hyper veteran, Bill Gauld.

Border Raiders and Pudsey & Bramley won the team prize, and robbed the Scots of the much prized claymore, but just wait, we'll get our pound of flesh next year!

**Jamie Thin**

1. J. Brooks	Loch	47.50
2. J. Duncan	Edin	48.52
3. A. Bowness	CFR	48.59
4. P. Dymoke	L'ston	49.27
5. A. Kitchin	49.35	
6. J. Atkinson	Amble	50.34
7. J. Wilkinson	Shett	50.43
8. P. Sheard	P&B	50.48
9. J. Hepburn	Dundee	50.52
10. D. McGonigle	Shett	50.55

**FIRST VETERAN O/40**

1. W. Bell	CFR	54.03
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**FIRST VETERAN O/50**

1. J. Shields	Clydes	57.55
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**LADIES**

1. A. Mudge	Carn	59.31
2. S. Armitage	Cosmic	60.08
3. H. Diamenides	W'lands	60.18

**FIRST LADY O/35**

1. L. Gorman	Loch	73.28
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**FIRST LADY O/40**

1. S. Hay	HHR	74.07
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**JUNIORS**

1. L. Gibson	CFR	51.18
2. B. Brroks	Loch	56.30
3. D. Stewart	QMC	60.00

**PARBOLD HILL RACE**  
**Lancashire 17.2.96**

1. P. Cadwallader	L'pool	39.37
2. R. Jackson	Horw	40.13
3. N. Clementson	Horw	40.38
4. J. Hunt	S'pool	40.47
5. P. Muller	B&F	41.09
6. A. Selby	Horw	41.36
7. M. Collins	L'pool	41.56
8. A. Hesketh V	Horw	41.59
9. J. Howarth	Leith	42.15
10. M. Powell	Wigan	42.24

**VETERANS O/40**

1. B. Walton	Horw	42.54
2. A. Duncan	S'pool	43.35
3. S. Dawber	Wigan	44.40
4. K. Tyrer	N'burgh	44.50
5. A. Richardson		44.51

**VETERANS O/45**

1. A. Hesketh	Horw	41.59
2. A. Foster	Wigan	46.03
3. M. Crook	Horw	46.38
4. P. Bailey	LivRC	46.52
5. J. Downes	Spec	47.04

**VETERANS O/50**

1. M. Selby	Bolt	47.19
2. N. Griffiths	Spec	48.44
3. C. Slavin	LivRC	49.55
4. D. Simpson	Prest	50.01
5. M. Leary	Wigan	50.55

**VETERANS O/55**

1. P. Taylor	Bord	50.16
2. B. Murphy	Ford	55.47
3. G. Arnold	Prest	56.55

**VETERANS O/60**

1. H. Johnson	N'burgh	55.25
2. E. Manning	Clay	65.32
3. A. Jones		65.58

**LADIES**

1. J. Kenyon O/35	Horw	45.59
2. P. Walsh	Prest	48.26
3. B. McCluskey	Crusader	51.32
4. A. Sweeney	Prest	51.45
5. Y. Wyke	N'burgh	52.38
6. H. Sandalands	SkamBoun	52.54
7. J. Harris O/35	N'burgh	53.00
8. C. Quirk O/35	SkamBoun	53.12

**TITTERSTONE CLEE RACE**  
**Shropshire**

**AS/2.5m/750ft 17.2.96**

A huge turnout from Essex club Springfield Striders, Cambridge Harriers and other friends from Southern clubs, swelled the numbers and exactly one hundred runners lined up on the minor road which skirts around the base of Titterstone Clee.

Sean Willis shrugged off his ankle injury and took a good line to the base of Titterstone and Ken West's formidable record looked in jeopardy. Sean was unable to find the best line through the rocks near the summit ridge, but he took most of the pack with him and was twenty one seconds clear at the trig point gaining further ground on the youngsters behind him. He was a clear winner and set himself up to retain the overall Shropshire Weekend title the following day on the Long Mynd. The Davies brothers were second and third with Harry Matthews fourth. Sue Ashton turned the tables on last year to beat her daughter, Christine, who finished third with Tina Dewsnap between the two of them.

**Mike Day**

1. S. Willis	Amble	18.40
2. T. Davies	Merc	18.59
3. A. Davies	Merc	19.15
4. H. Matthews	Shrews	19.34
5. M. Ligema	Cf/Amb	20.05
6. J. McQueen	Eryri	20.11
7. M. Healey	S'field	20.23
8. J. Bass	MDC	20.27
9. G. Davies V	Merc	20.30
10. A. Pickles	Telf	20.48

**VETERANS O/40**

1. G. Davies	Merc	20.30
2. S. Taylor	Clay	21.03
3. S. Daws	Telf	21.06
4. C. Taylor	Merc	21.34
5. J. Mostyn	Wrex	22.54

**VETERANS O/50**

1. J. Clemens	Merc	24.17
2. E. Meredith	MDC	24.30
3. D. Tull	Camb	24.39
4. C. Brown	Merc	24.45
5. P. Jones	Wrek	24.48

**LADIES**

1. S. Ashton O/35	MDC	25.02
2. T. Dewsnap	Eryri	25.33
3. C. Ashton	MDC	26.28
4. A. Oakley O/35	S'field	28.02
5. E. Knott O/40	Horw	28.20
6. J. Libby O/35	CLOK	28.41
7. J. Davies	Merc	29.31
8. J. Maund	Merc	29.47

**JUNIOR MEN**

1. A. Davies	Merc	19.15
2. H. Matthews	Shrews	19.34
3. P. Mallard	H'owen	21.53

**JUNIOR GIRL**

1. J. Davies	Merc	29.31
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*S. Woods. Third Lady at the Long Mynd*  
*Photo: John Cartwright*

**LONG MYND VALLEYS RACE**  
**Shropshire**  
**AM/10.5m/4500ft 18.2.96**

It was good to see numbers up again, despite the rough weather and the forecast of snow later on in the day. Having already had a blinding run at the Northern Cross Country Championships the day before, Mark Kinch made it three 'Long Mynd' victories in successive years, to win by nine and a half minutes. He was leading at checkpoint one and never looked back, piling it on from Minton vack over Callow and Yearlet, where most of the 4500ft of climbing occurs. Despite the biting, almost gale force wind and sleet, which made running extremely difficult in places, Mark was only five minutes outside his own record.

Andy Hauser, another 'Long Mynd' stalwart was running his first race as a veteran and recorded his best placing yet to finish runner up. Using his now intimate knowledge of the area he too was able to time his run to perfection. Ninth place at Minton (checkpoint 5) he pulled right through to second place at Callow and held off a strong challenge by Mark Hayman, through to the spectacular finish in to the Carding Mill Valley.

Tricia Sloan also used her strength on the uphill ascents to good effect and was well placed in thirty third position to take the ladies prize. Ann Nixon was sixty ninth at checkpoint four, but also stormed through to forty second, to take runners up prize from club mate Sharon Woods.

With three finishers inside the first seventeen places, Calder Valley won the men's team prize and MDC who were the only club to field a full Ladies team, took the team prize with a very strong performance, three runners inside the first six finishers.

Sean Willis finished seventh and coupled with his win at Titterstone Clee the previous day, retained the overall two day Shropshire trophy. The overall results are computed by multiplying the time taken at Titterstone by three and adding this time to the Long Mynd Valleys time. Sue Ashton was overall Ladies winner.

**Mike Day**

1. M. Kinch	Warr	1.41.30
2. A. Hauser V	P&B	1.50.37
3. M. Hayman	DkPk	1.51.09
4. J. Hunt	Mersey	1.52.57
5. J. McQueen	Eryri	1.53.01
6. K. Smith	CalderV	1.53.05
7. S. Willis	Amble	1.53.13
8. C. Valentine	Kesw	1.54.20
9. S. Houghton V	CalderV	1.54.43
10. R. Waddington	KlyHR	1.55.05

**VETERANS O/40**

1. A. Hauser	P&B	1.50.37
2. S. Houghton	CalderV	1.54.43
3. P. Clark	Kend	1.55.35
4. A. Hind	Thames	2.01.33
5. A. Oringe	MDC	2.01.50

**VETERANS O/50**

1. J. Marsh	TarHen	2.00.00
2. Y. Tridimas	Mersey	2.02.46
3. W. Griffiths	SpecS	2.13.55
4. C. Brown	Merc	2.18.08
5. D. Tull	Camb	2.23.29

**VETERANS O/60**

1. T. Moden	AchRat	3.18.12
2. P. Steer	Lon/Ir	3.26.01

**LADIES**

1. T. Sloan	Salf	2.06.44
2. A. Nixon O/35	MDC	2.08.33
3. S. Woods O/35	MDC	2.11.27
4. J. Shottet	P&B	2.12.34
5. K. Harvey O/35	Alt	2.13.44
6. S. Ashton O/35	MDC	2.24.37
7. J. Witterick O/40	ShropShuff	2.29.51
8. T. Dewsnap	Eryri	2.30.39



## ROSSENDALE WAY RELAY

### Lancashire

18.2.96

Many thanks to all clubs and especially team captains for your efforts in re-arranging teams after the enforced cancellation due to snow. Only twelve teams failed to show from the original entry of fifty eight teams, ensuring a successful event and enabling substantial donations to the Rossendale Search & Rescue Team and Raynet.

Rossendale must have thought they had it won after the first two legs, but Bingley made up ground on legs three and four before Ian Holmes and Andy Peace stormed through leg five to take over three and a half minutes out of second fastest pair, Robert Hope and Wilf Brindle of Horwich.

Congratulations to Bingley on breaking Clayton-le-Moors domination of this event. Clayton veterans and Ladies though were category winners, whilst Todmorden Harriers were best mixed team.

Graham Wright & Keith Masser

1. Bingley A	5.05.41
2. Clayton A	5.07.41
3. Rossendale A	5.08.45
4. Horwich A	5.15.21
5. Bolton Utd A	5.18.43

#### VETERAN TEAMS

1. Clayton Vets	5.30.24
2. Rossendale Vets	5.55.17
3. Horwich Vests	5.58.54

#### LADIES TEAMS

1. Clayton A	6.58.24
2. Middleton	7.42.24
3. Halifax	8.05.04

#### MIXED TEAMS

1. Todmorden	6.32.04
2. Rochdale	7.11.57
3. Middleton	8.02.33

#### FASTEST LEGS

1. Rice/Keys	Ross	55.33
2. Irwin/Rawlinson	Ross	51.27
3. Johnson/Hodgson	Bing	47.19
4. Freary/Stokes	Bolt	40.05
5. Holmes/Peace	Bing	52.25
6. Thompson/Wilkinson	Clay	47.33

## MOEL Y CI

### Gwynedd

AS/2.3m/775ft 24.2.96

This year the race was held one week earlier than normal to avoid a clash with the North Wales Cross Country League. Despite the date change there was an excellent turnout of seventy eight seniors and twelve juniors. The weather was mild, mostly dry and overcast, although rain the previous day had made the course a bit slippery in places.

Last years winner and course record holder, Gary Rees-Williams, had taken a few weeks rest prior to the race. This meant he could not hold off the challenge from an in form John Hunt, who won convincingly. James McQueen finished third despite falling near the finish and sustaining an injury which required several stitches (ouch!). Excellent runs by Steve Jones and Don Williams, enabled them to win the over forty and over fifty categories respectively. Geoff Gartrell of Northern Vets won the over sixty category.

The performance of the day was by Jayne Lloyd, who broke Claire Bolland's course record by thirteen seconds. Claire was second lady, with fifteen year old Leah Hughes of Prestatyn in third.

Thanks to the race sponsors - '14th Peak Outdoor Gear, Caemafoen and Vaynol Arms, and Pentir'. Next year the race will probably be on the same weekend. See you there!

R Powell

1. J. Hunt	Mersey	19.07
2. G. Williams	Eryri	19.29
3. J. McQueen	Eryri	19.36
4. S. Jones V	Eryri	20.32

5. D. Williams V	Eryri	20.44
6. E. Evans	Eryri	20.47
7. A. Treweeke	Mersey	20.50
8. A. Hughes V	Eryri	21.32
9. G. Jones	Eryri	21.57
10. A. Hughes	Eryri	22.01

#### VETERANS O/40

1. S. Jones	Eryri	20.32
2. A. Hughes	Eryri	21.32
3. D. Williams	Eryri	22.21
4. M. Blake	Eryri	22.42
5. D. Wright	Eryri	22.56

#### VETERANS O/50

1. D. Williams	Eryri	20.44
2. E. Davies	Eryri	23.19
3. D. Tomos	Eryri	24.44
4. B. Evans	Prest	24.46
5. H. Tregidgo	Eryri	25.26

#### VETERANS O/60

1. G. Gartrell	N.Vets	28.36
2. J. Carson	Eryri	29.18
3. R. Evans	Eryri	30.30

#### LADIES

1. J. Lloyd	Eryri	23.49
2. C. Bolland	Wimble	26.33
3. L. Hughes U/16	Prest	26.47
4. A. Ashley O/35	Wrex	27.59
5. A. Donnelly	Eryri	29.03
6. G. Cross O/35	Prest	29.20
7. E. Hughes O/35	Prest	31.00
8. D. Evans O/35	Eryri	31.25



Andrew Wrench & Marco Cara share first place after 20 miles fails to split them. Wadsworth Trog.

Photo: Dave Woodhead

## WADSWORTH TROG

### West Yorkshire

BL/20m/4000ft 24.2.96

The race this year was won jointly by local man Andy Wrench and Marco Cara. First lady home was, for the second year running, Glynda Cook, and Charlotte Roberts was second, on her first outing in the Trog, (beating Glyndas winning time of last year). The team prize was taken by Clayton-le-Moors.

One hundred and thirty one runners set off from Old Town in what were, by Trog standards, good conditions with reasonable visibility everywhere except the moor tops. Seven runners retired with strains or fatigue, four others were timed out at Cock Hill.



Long Mynd Valleys: K. Smith, M.Hayman & S. Hunt at Boiling Well. Photo: John Cartwright

The support the race received from local people was outstanding as usual, and particular thanks are given to Old Town Cricket Club, Moorland Rescue, Raynet, the Red Cross and Calder Valley Fell Runners, who this year took on responsibility for the running of the event.

Bernard and Kay watched silently from the shadows this year, but will be back to help with next years race.

Ted

1. A. Wrench	Tod	2.57.42
2. M. Cara	Mand	2.57.42
3. G. Bland	Borr	3.01.20
4. A. Schofield	Borr	3.01.34
5. M. Wallis	Clay	3.02.54
6. D. Horsfall	Bing	3.05.07
7. P. Irwin	Ross	3.05.24
8. M. Hartell	Macc	3.10.43
9. K. Davis V	P'stone	3.12.04
10. A. Orr	Clay	3.14.25

#### VETERANS O/40

1. K. Davis	P'stone	3.12.04
2. J. Birchenough	Bolt	3.19.12
3. B. Horsley	CalderV	3.35.14

#### VETERANS O/50

1. J. Marsh	TarHen	3.16.26
2. Y. Tridimas	Mersey	3.23.28

#### VETERAN O/60

1. B. Leathley	Clay	4.29.16
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#### LADIES

1. G. Cook	Roch	3.37.45
2. C. Roberts	CalderV	3.50.18
3. C. Thompson	Clay	3.52.24

#### LADY VETERANS O/35

1. S. Becconsall	Tod	3.58.14
2. L. Hales	H'fax	4.13.32
3. M. Gott	Tod	4.33.58

#### LADY VETERANS O/40

1. W. Dodds	Clay	4.02.03
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## WOUND WITHER WOOD

### WELAY WACE

24.2.96

This race was first held in 1994 in order to raise funds to help towards the purchase of Wither Wood by the Woodland Trust. The wood is now a community asset managed by the trust and by the local conservation volunteer group who have rebuilt drystone walls, laid traditional hedges and helped regenerate heather habitat, amongst other things. The woodland is populated by all manner of birds, including siskins, redpolls, jays and woodpeckers, and the public are welcome to use it for walking. Local schools have also benefitted from this asset on their doorstep. The race will once again raise some two hundred pounds towards the continued upkeep of the wood.

Conditions this year were extremely greasy, the snow had only melted a couple of days before the event and torrential rain had fallen, conditions which justified the organisers insistence on a limited number of teams. Indeed, more rain fell during the race, making some of the tracks quite treacherous and leaving the support at the changeover point as bedraggled knots huddled round those with umbrellas.

The quality field included international runners, champions and former champions including the current British Lady Fell Champion, Sarah Rowell and local international John Taylor, currently on a sabbatical 'down south'. In spite of the conditions Pudsey & Bramley took the lead from the outset and were never headed, stretching to a convincing three minute win by the end of the twelve miles and four legs. Three of their leg times were in the top five times recorded, with the fourth being not far behind, to leave them, for the third year running, as recipients of the gallon of ale donated by the Travellers Rest, the Beartracks donated by Tony Hulme at Running Bear and - an innovation this year that seemed to delight all the winners, a sapling to take home and plant. Limes, maples, oaks and firs were given to many winners, luxury chocolate trees from 'Greens Chocolates' (a local business and club member) to many others.

In the Ladies Race, Sarah Rowell, carved out a lead on leg one that proved unassailable despite the valiant efforts of Denby Dale ladies, who pulled back to within forty five seconds at one point. The Pudsey & Bramley ladies not only took the race for the first time, but also succeeded in breaking the ladies record (held by Denby Dale) and the ladies individual record time.

Both ends of the age spectrum were represented with a good win by Wakefield Harriers juniors, and by Clayton le Moors super veterans, the first with a combined team age of sixty seven, the second a combined age of over two hundred and twenty, but only three minutes behind their younger rivals.

The only blot on the event was the arrogance or incompetence of a number of horse riders who somehow managed to enter the wood - our apologies to any runners inconvenienced by these buffoons.

Neil Denby

1. Sheard/Green/Bowler/Sheard	P&B	83.09
2. Mannion/Colpus/Brennan/Green	DossAC	86.40
3. Gregory/Smithson/Moore/Fooks	HolmeP	89.41
4. Hayes/Ediker/Leverton/Chambers	N.Derby	92.27
5. McDonagh/Taylor/Corn/Taylor	Shat	92.39

#### FIRST LADIES TEAM

1. Rowell/Srivastava/Clarke/Buckley	P&B	103.15
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#### FIRST JUNIORS TEAM

1. Needham/Blacklock/McTigue/Heppinstall	Wakefield	103.56
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# Gareth Webb updates us on the latest of the British & English Fell Championships and the P & O European Ferries Knockdhu International

## CONISTON

AM 9m/3500ft 4.5.96

Despite running what he described as "the perfect race", reigning British and English champion Mark Kinch lost out to Bingley's Ian Holmes on the final descent off 'Coniston Old Man', but has the consolation of leading the British Champs with just one race remaining.

Although the six-race English Champs are still wide open, Holmes knows that to wrest the British title away from Kinch (winner of both for the past two years) he needs to win the final race at the Peris Horseshoe 17M, 8500ft on September 14. Anything less and it all depends on how Kinch fares.

Today, though, there was very little to choose between them. After taking the lead on the first peak at 'Weatherlan', they ran together side by side until the final descent when, after taking separate routes, Kinch found himself ten yards clear but had no answer to Holmes' drive for home.

The Bingley man crossed the line - his face creased in a huge smile - 27sec clear of Kinch as both shattered Keith Anderson's highly respected four year old course record of 65:22.

A delighted Holmes said: "After my 4th behind Mark at Wrekin, I had to win to keep it going, second was no good. My race plan was to get to the 'Old Man' and go for it from there, so I'm very pleased.

"I was feeling strong and easing off on the other two descents so there was no way I wanted to come second after that. I'll run Fairfield (English Champs race 3, May 19) to try and win and give myself an advantage over Mark."

Kinch, who intends missing Fairfield, was philosophical in defeat, saying: "It makes it very interesting now, doesn't it? My legs were very tired and I took a tumble near the end needing first aid to my hands. Even so, although it could have been closer, it didn't affect the overall result. Ian was just stronger at the end than I was.

Had Kinch been eligible (he qualifies on December 1) then Bingley would have clinched the team title. As it was Borrowdale, fourth in the championship opener at Wrekin last month, snatched a narrow points victory, 43 to 51.

Dave Neill of Mercia had an excellent run to finish 13th to take the vets' award well clear of Graham Schofield (the first M40 at Wrekin) - clearly not over the exertions of finishing first veteran in the Three Peaks the previous weekend.

The women's race also produced a new course record as Menna Angharad followed up her fine fourth place finish at Wrekin with a stunning victory coming home well clear in 109th position overall (from 367 finishers) to slice almost four minutes off Clare Crofts' four year old record of 84:49.

With Sarah Rowell opting not to run after her sensational Three Peaks victory (and course record) six days earlier, Angharad now leads the British Champs, although things could change after Aonach Mor (the second of two 'medium' races) on June 9 should Rowell decide to defend her British and English titles. As yet she maintains she is undecided.



Paul Whelan (Bingley) and R. Limmer (Chorley)

at Coniston  
Photo: Peter Hartley

With just one race remaining, Angharad is clearly a strong contender in this her debut in the British Champs. The final race at the Peris Horseshoe should hold no fears for last year's Welsh silver medallist considering how she smashed the record by over half an hour in the process! It should prove to be a thrilling climax.

1. I. Holmes	Bing	63.29
2. M. Kinch	Unatt	63.58
3. S. Hawkins	Bing	66.57
4. G. Devine	P&B	67.41
5. A. Trigg	Gloss	67.43
6. D. McGonigle	Shett	67.53
7. P. Davies	Borr	67.57
8. J. Atkinson	Amble	68.12
9. M. Keys	Ross	68.26
10. M. Roberts	Borr	68.52
11. A. Bowness	CFR	69.52
12. J. Davies	Borr	69.57
13. D. Neill O/40	Merc	70.13
14. J. Bland	Borr	70.27
15. M. Amor	CFR	70.36
16. G. Wilkinson	Clay	70.41
17. N. Spence	Kend	70.44
18. J. Hepburn	Loch	70.45
19. R. Lawrence	Bing	70.56
20. G. Schofield O/40	Horw	70.58
21. B. Bardley	Borr	71.13
22. G. Patten	P&B	71.14
23. S. Thompson	Clay	71.18
24. J. Ward	Derby	71.37
25. G. Watson	Alt	71.42
26. G. Huddleston	Clay	71.45
27. M. Cara	Mand	71.51
28. R. Jebb	Bing	72.04
29. R. Jackson	Horw	72.13
30. S. Oldfield O/40	Bfd	72.22

### TEAM

1. Borrowdale	45
2. Bingley	51

### VETERANS O/50

1. A. Bland	Borr	78.14
2. D. Williams	Eryri	78.36
3. B. Mitchell	Clay	79.16
4. K. Carr	Clay	79.52
5. B. Waldie	Cam	80.02

### VETERANS O/60

1. J. Dearden	Hels	101.42
2. H. Catlow	N. Vets	103.52
3. B. Leathley	Clay	115.08

### LADIES

1. M. Angharad	Eryri	80.51
2. A. Priestley	Fellan	85.52
3. N. Davies	Borr	88.01
4. G. Cook O/35	Roch	89.11
5. K. Harvey O/35	Alt	90.25
6. J. Jones O/35	Kesw	93.24
7. L. Thompson O/35	Kesw	97.20
8. W. Dodds O/45	Clay	98.14

### INTERMEDIATES

1. A. Leck	Unatt	78.28
2. S. Deakin	Preston	83.01
3. L. Lacon (F)	Holm	106.55

## FAIRFIELD HORSESHOE RACE

AM/9m/3000ft

Ambleside, Cumbria

A thrilling day's racing saw course records for Ian Holmes and Sarah Rowell as both strengthened their positions in the English Championships at the halfway stage with just three races remaining.

Such was the quality at the sharp end of both races that Holmes took almost two minutes off Dave Neill's year old course record of 77:27 and Rowell was the first of four runners who smashed Carol Banlin's two year old mark of 1:42:53, herself erasing it by a staggering 12 minutes.

With two firsts and a fourth under his belt Holmes certainly achieved his stated intention of capitalising on Mark Kinch's absence to leave the reigning double British and English Champion with it all to do in the remaining races. As with last year, when Kinch missed several key races owing to family holiday commitments but still came back to clinch both titles, it should be a nail-biting finale.

Despite complaining of a cold and sore throat, Dave Neill further emphasises his credentials as the leading veteran in the championships by placing fourth, well clear of Graham Schofield. Had Neill not missed Wrekin (the British Champs opener) "due to an admin error", then he could well be on the way to a championship double.

Sarah Rowell was delighted with her victory and course record, in the women's race, especially as this was her first outing since winning the Three Peaks at the end of April.

That she finished 64th overall to win by almost eleven minutes - and in a new record time was a bonus. She said: "Looking at the record, I knew it was possible. But I never set out with that goal in mind. It was just a case of getting round and seeing how I felt.

"As regards the English Championships, I could possibly get away with doing just one long race (either Holme Moss or Borrowdale) as long as I do Thieveily Pike. Holme Moss is close to the Europeans, though. Either way, I haven't fully made up my mind about either the British or the English Championships just yet."

1. I. Holmes	Bing	1:15:40 (rec)
2. G. Devine	P&B	1:18:09
3. M. Roberts	Borrow	1:18:28
4. D. Neill	Mercia, M40	1:18:35
5. M. Keys	Ross	1:19:05
6. M. Roscoe	Leeds	1:19:28
7. J. Atkinson	A'side	1:19:53
8. P. Sheard	P&B	1:20:06
9. A. Trigg	Gloss	1:20:12
10. G. Bland	Borrow	1:20:17
11. S. Thompson	CleM	1:20:20
12. B. Bardsley	Borrow	1:20:31
13. G. Patten	P&B	1:20:46
14. S. Green	P&B	1:20:51
15. P. Davies	P&B	1:20:59
16. N. Spence	Ken	1:21:27
17. G. Watson	Alt	1:21:35
18. G. Schofield	Horw, M40	1:21:44
19. R. Jackson	Horw	1:21:44
20. P. Davies	Borrow	1:22:03
21. G. Huddleston	CleM, 40	1:22:30
22. S. Oldfield	BradAir, M40	1:22:43
23. S. Jackson	Horw, M40	1:22:53
24. G. Oldfield	BradAir	1:23:06
25. N. Peach	Ken	1:23:26
<b>M40</b>		
4. P. Bowler	Mercia	1:24:35
5. M. Egner	DenbyD	1:25:03
6. W. Bell	CFR	1:25:09



Graham Patten (Pudsey & Bramley) leads a group up Wetherlam  
Photo: Peter Hartley



Martin Roscoe, Leeds AC, 6th at Fairfield  
Photo: Steve Bateson

<b>M50</b>		
1. A. Bland	Borrow, 53rd	1:29:45
2. P. Carr	Keigh HR	1:30:52

3. K. Carr	CleM	1:33:11
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<b>M60</b>		
C. Henson	DkPk	1:52:09

<b>M70</b>		
E. Mitchell		

<b>Team</b>		
1. Pudsey & Bramley		
2. Borrowdale		
3. Horwich		

<b>Women</b>		
1. S. Rowell	P&B, 64th	1:30:43 rec
2. G. Cook	Roch, W35	1:41:36
3. A. Brand-Barker	Kes	1:42:20
4. K. Harvey	Alt, W35	1:42:46
5. L. Leaversley	Leeds	1:44:53
6. J. Jones	Kes, W35	1:46:20
7. J. Smith	DkPk, W35	1:47:37
8. J. Shotter	P&B	1:48:39
9. T. Smith	CFR	1:48:48
10. J. Keys	Ross	1:49:15

<b>Course records</b>		
D. Neill (1995) 1:17:27/C. Banlin (1994) 1:42:53		

## P & O EUROPEAN FERRIES KNOCKDHU CLASSIC AS/4.7m/1470ft

### Carncastle, Co. Antrim, N. Ireland

Robin Bryson produced a run of the highest calibre to decimate a quality international field in the 8th running of these Home International Championships to win for the second time, only failing by the smallest of margins from removing Ian Holmes' year old mark (34:08) from the record books.

Approaching the end of the race Bryson, unaware just how close he was to Holmes' time, opted to climb over the stile instead of leaping over the fence alongside it - a choice that was to cost him the record.

"If I'd have known I was that close to Ian's time, I could have found that extra second I'm sure of that." Bryson remarked after the race.

Even so, that costly error shouldn't detract one iota from what was a stupendous performance to add to his victory here in 1992.

The 34-year-old fireman sat in for the first ten minutes, or so, behind early race leaders Neil Wilkinson of Scotland and England's Martin Amor. But on the first of the two steep five minute climbs Bryson, noted for his outstanding combing ability (he holds the ascent record for Snowdon from 1985), simply blasted clear of the chasing group. And from then the race was over.



Victoria Wilkinson (6th at Knockdhu)  
Photo: Dave Woodhead



Left: leading Championship contender, prolific record breaker and record holder for Knockdhu, Bingley's Ian Holmes  
Photo: Peter Hartley



Right: leader of the chasing pack, Gary Devine  
Photo: Allan Greenwood

Although he admitted to sneaking a look back in the latter stages, he noted that there wasn't another runner in sight - perhaps another reason for his failure to eclipse the old record. Even so, to win by well over a minute on a course like this and in international company is a run that mere words cannot do justice to.

A delighted Bryson, winner of the opening two Irish championship races, said: "It's very rare you get conditions as dry as this so whilst winning was the most important thing, I'm obviously a little disappointed to miss out on the record. But such is life.

"I'm delighted to win, although a little surprised by how much I won by. I thought Neil Wilkinson might have been closer having beaten me in the opening British Champs race at Wrekin (Bryson was third) last month. My main aim for the season now is the British Championships and race three at Aonach Mor on June 9."

England, winners of the team title 12 months ago, once again took the honours holding off Scotland by five points. England's juniors were not so fortunate, however, as Wales, led home by British U18 Champion Tim Davies, took the title by just two points.

Lucy Wright, a winner here two years ago, clinched the women's title in almost identical fashion to Bryson, taking the lead on the first tough incline after sitting in with race leader Sonia Armitage in the early stages.

Wright, who admitted to exercising caution early on "to see how I felt" was rewarded in the best possible way as she came home to win by well over a minute and lead England to a convincing victory over last year's champions, Scotland.

1. R. Bryson	Ire	34:09
2. M. Amor	Eng	35:23
3. D. McGonigle	SCO	35:39
4. N. Wilkinson	SCO	35:49
5. B. Thompson	Eng	35:53
6. A. Bowness	Eng	35:56
7. J. Wilkinson	Shett, n/s	36:05
8. D. McNeilly	N.Ire	36:19
9. C. Roberts	Eng	36:22
10. A. Vaughn	Wal U20	36:33
11. J. Hepburn	SCO	36:39
12. S. Forster	Wal	37:01
13. B. Ervine	N.Ire	37:10
14. T. Davies	Wal, U20	37:23
15. B. Marshall	SCO	37:44
16. N. Carty	N.Ire	37:45
17. A. Maguire	N.Ire	38:16
18. A. Haynes	Wal	38:36
19. L. Gibson	Eng, U20)	38:39
20. A. Woods	Wal	38:54
21. A. Turner	Eng, U20	39:10
22. P. Maggs	Wal	39:35
23. G. Ehrhardt	Eng, U20	39:44
24. B. Brooks	SCO U20	40:00
25. D. Lewis	Wal, U20	40:14

<b>U20</b>		
8. S. Atkinson	SCO	40:48
9. H. Matthews	Eng	41:06
10. A. Neill	N.Ire	42:22

<b>Team</b>		
1. England	(2, 5, 6)	13
2. Scotland	(3, 4, 9)	16
3. Northern Ireland	(7, 11, 13)	31
4. Wales	(10, 15, 16)	41

<b>U20 Team</b>		
1. Wales	(1, 2, 7)	10
2. England	(3, 4, 5)	12
3. Scotland	(6, 8, 12)	26

<b>Women</b>		
1. L. Wright	Eng	41:38
2. S. Armitage	SCO	43:06
3. G. Adams	Eng, U20	43:58
4. J. Dunstan	Eng	44:14
5. T. Sloan	N.Ire	44:42
6. V. Wilkinson	Eng	45:39
7. S. Woods	Wal	46:02
8. T. Brindley	SCO	46:06
9. A. Nixon	Wal	46:13
10. J. Lloyd	Wal	47:34

<b>Team</b>		
1. England	(1, 3, 4)	8
2. Scotland	(2, 8, 11)	21
3. Wales	(7, 9, 10)	26
4. N. Ireland	(5, 14, 15)	34

<b>Course records</b>		
I. Holmes (1995) 34:08/C. Greenwood (1993) 40:32 4.		



Northern Ireland's first counter, Tricia Sloan  
Photo: John Cartwright



Clayton's Michael Frost at Pendle Half Tour  
Photo: Allan Greenwood

### HALF TOUR OF PENDLE Lancashire AM/9m/2250ft 2.3.96

A long dry spell (thats the weather conditions, not the organiser) made the going 'good to firm', and a calm, clear day promised fast times. And so it proved with new records being set for the revised course. Sean and Mark led from the fell gate, and battled it out to Churn Clough, from where Sean pulled away by running the climb up to Spence Moor, an act for which the organisers considered disqualification, but later relented.

Lucy Wright produced another fine run to win the women's race by five minutes. In the junior race, Michael Cayton broke the course record with a fine win.

K Thompson

1. S. Livesey	Clay	62.10
2. M. Aspinall	Clay	63.04
3. P. Sheard	P&B	64.23
4. G. Patten	P&B	64.56
5. G. Devine	P&B	65.14
6. G. Schofield	Horw	65.18
7. R. Hope	Horw	65.24
8. P. Sheard	P&B	65.26
9. M. Keys	Ross	65.37
10. S. Green	P&B	65.46

#### VETERANS O/40

1. T. Hesketh	Horw	67.23
2. J. Emmott	Kly	68.58
3. S. Breckell	Clay	69.22
4. B. Mitchell	Clay	69.38
5. K. Taylor	Ross	71.03

#### VETERANS O/45

1. T. Hesketh	Horw	67.23
2. S. Breckell	Clay	69.22
3. B. Mitchell	Clay	69.38
4. K. Taylor	Ross	71.03
5. K. Carr	Clay	72.10

#### VETERANS O/50

1. B. Mitchell	Clay	69.38
2. K. Carr	Clay	72.10
3. D. Scott	Clay	76.12
4. R. Jaques	Clay	77.38
5. I. Beverly	Clay	78.21

#### VETERANS O/60

1. L. Sullivan	Clay	82.36
2. R. Moulding	Black	92.44
3. T. Maden	AchRat	109.53

#### LADIES

1. L. Wright	LdsCty	74.23
2. G. Cook O/35	Roch	79.18
3. C. McCarthy O/35	Hels	83.56
4. W. Dodds O/35	Clay	85.17
5. L. Aikin	CalderV	89.35
6. Y. Williams	Penn	90.34
7. L. Hayles O/35	H'fax	91.20
8. A. Brentnall O/35	Penn	92.37

#### JUNIOR RACE

1. M. Cayton	Horw	20.34
2. J. Robertson	Horw	21.35
3. N. Samuels	Burn	22.30

## ELLAN VANNIN HANDICAP

### Isle of Man

AL/ 3.3.96

Two records were bettered in the perfect weather conditions. Brenda Walker setting a new ladies best as she took advantage of the handicap to arrive back at the Tholt-y-Will finish first, closely followed by Laxey doctor, David Young, who set a new veterans record.

Clayton le Moor exile, Dave Farnworth, has been a welcome addition to the Manx fell scene for the past couple of years and he took a good third place less than thirty seconds behind 'Young'.

Richie Stevenson

#### RESULTS - (Handicap time/Actual Time)

1. B. Walker	MH	5.12.57/4.12.57
2. D. Young	MFR	5.14.07/3.49.07
3. D. Farnworth	MFR	5.14.34/4.19.34
4. S. Temple	MFR	5.17.02/4.32.02
5. T. Rowley	MFR	5.26.52/3.36.52
6. S. Maddrell	WAC	5.32.39/4.42.50
7. D. Bawden	MFR	5.36.26/4.31.24
8. S. Garry	MFR	5.39.30/4.39.30
9. D. Davies	MFR	5.50.50/4.50.50
10. R. Callister	WAC	5.50.50/4.50.50

## BENSON KNOTT

### Cumbria

BS/5m/900ft 3.3.96

1. I. Postlethwaite	CFR	30.44
2. M. Amor	CFR	30.53
3. C. Roberts	Kend	31.04
4. J. Atkinson	Amble	31.34
5. N. Spence	Kend	31.46
6. R. Jackson	Horw	32.22
7. S. Booth	Borr	32.33
8. L. Gibson	CFR	32.45
9. D. Flattery	Bolt	32.56
10. M. Walsh V	Kend	33.31

#### VETERANS O/40

1. S. Lydra	Kend	33.36
2. H. Jarrett	CFR	33.43
3. W. Bell	CFR	
4. R. Unwin	CFR	35.01
5. C. Lyon	Horw	35.41

#### VETERANS O/45

1. M. Walsh	Kend	33.31
2. S. Varley	Kend	35.13
3. G. Regan	CFR	35.21

#### VETERANS O/50

1. A. Bland	Borr	36.42
2. D. Findley	CFR	39.02
3. M. Carson	Kesw	39.03
4. A. Stafford	Kend	40.32
5. P. Heneghan	Bolt	40.57

#### VETERANS O/55

1. R. Booth	Kesw	43.01
2. R. Bray	B'pool	43.14
3. S. Watson	CFR	44.35

#### VETERANS O/60

1. M. Catlow	N.Vets	45.25
2. H. Goodman	Kend	53.22

#### LADIES

1. J. Kenyon O/35	Horw	37.06
2. L. Thompson O/40	Kesw	40.47
3. S. Parkin O/40	Kend	41.47
4. J. Jones	Kesw	42.07
5. H. Krynian	L&M	42.33
6. L. Osborn	Kesw	43.59
7. S. Lewsley O/40	44.05	
8. M. Leck	L&M	46.13

## LLANTYSILIO MOUNTAIN RACE

### Clwyd

AM/7.5m/2600ft 9.3.96

A new course record! Tim Davies, still under twenty years old, took nearly a minute off the old record. Such were the class of the first four runners that they were, too, inside the old time.

The conditions almost ideal, the snow had gone and a cool light breeze prevailed on the tops. Tim Davies took charge from the start, but was closely marked by Keys, Hunt, and Maloney with Rees-Williams tailing. The eighty two starters snaked up the steep climb to the easier terrain leading to the main hills. Here Davies took charge and was never to be headed with Keys hanging in just seconds adrift. Hunt, Maloney and Rees-Williams were having their battle. There is no resting section in this race, steep up or steep down.

Meanwhile, down the field, Carol McCarthy was heading the womens race. A disappointing entry for a race that is challenging, but safe! No record for Carol this year.

A good veteran entry, mainstay of all races, with the Horwich hardman, Chris Lyon (over forty), finishing eighth overall to head the veterans home.

The hospitality of The Sun Inn rounded off a successful event, with thanks to all helpers.



Tim Davies, winner at Llantysilio  
Photo: John Cartwright

1. T. Davies	Merc	47.51
2. M. Keys	Ross	48.08
3. J. Hunt	Mersey	49.38
4. A. Maloney	Roch	49.52
5. G. Rees-Williams	Eryri	49.59
6. D. Holmes	Warr	50.58
7. M. Wigmore	Hels	51.35
8. C. Lyon V	Horw	51.39
9. J. McQueen	Eryri	52.17
10. G. Birch	Camb	52.20

#### VETERANS O/40

1. C. Lyons	Horw	51.39
2. S. Dawes	Telf	52.45
3. D. Livesey	Denb	57.36
4. M. Hand	Unatt	58.14
5. B. Williams	Vaux	58.59

#### VETERANS O/45

1. A. Hulme	Penn	54.56
2. W. Marsh	TarHen	56.06
3. J. Richards	Shrews	57.09
4. M. Williams	NWRR	58.40
5. M. Potter	Mersey	58.48

#### VETERANS O/50

1. J. Morris	Penn	57.33
2. D. Gillick	StoneMM	59.15
3. C. Clemens	Merc	59.18
4. N. Griffiths	Spec	59.22
5. A. Todd	Hels	63.49

#### VETERANS O/55

1. C. Brown	Merc	61.25
2. P. Norman	Wrex	61.26
3. B. Evans	P'atyn	63.19

#### VETERANS O/60

1. D. Smith	Wrex	62.24
2. J. Dearden	Hels	62.54
3. J. Newby	Tod	84.44

#### LADIES

1. C. McCarthy O/35	Hels	60.34
2. S. Ellis O/35	Tatten	66.46
3. G. Darby	Pemb	70.43
4. J. Sayer O/35	Telf	71.43
5. R. Gillick O/45	StoneMM	72.53
6. A. Ashley O/35	Wrex	73.25
7. S. Parsons O/35	Darwen	73.42



James McQueen, Eryri, 9th at Llantysilio  
Photo: John Cartwright

## FIVE TORS MOORLAND RUN

Cornwall

CM/11m/1170ft 10.3.96

The 'Five Tors Run' took place in blazing sunshine, and blue skies following a day when the moors were covered in snow. The times were fast, but no records were broken. One hundred and sixty nine runners set out with two leaving during the race. There were no major injuries, only a few cuts and grazes.

C Weston

1. M. Palmer		1.08.05
2. D. Wilkinson		1.08.22
3. S. Childs	R.Navy	1.09.55
4. A. Lightfoot V	CPAC	1.10.15
5. A. Lynch V	Exeter	1.10.19
6. C. Parkin	Donc	1.11.14
7. W. Sullivan		1.11.19
8. P. Lockett V	N'quay	1.11.50
9. J. Rickeard	TVH3	1.12.46
10. T. Farnell V	DkPk	1.12.56

### VETERANS O/40

1. A. Lightfoot	CPAC	1.10.15
2. A. Lynch	Exeter	1.10.19
3. C. Taylor	MFR	1.14.01
4. P. Nash	ECH	1.17.33
5. K. Rolfe	ECH	1.17.41

### VETERANS O/45

1. P. Lockett	N'quay	1.11.50
2. T. Farnell	DkPk	1.12.56
3. L. Carr	ECH	1.12.58

### VETERAN O/50

1. B. Martin	MDC	1.21.16
2. D. Kineaid	D.R.	1.21.49
3. G. Webster	V.Stdrs	1.22.16

### VETERANS O/55

1. C. Barretto		1.13.47
2. A. Smith	ECH	1.21.54
3. D. Bell		1.37.18

### VETERANS O/60

1. C. McNeill		1.49.47
2. A. Hawke		2.00.2
3. S. S. Gwynne	FRR	2.27.03

### LADIES

1. K. Dodds	TVH3	1.21.53
2. D. Brindley	N'quay	1.22.42
3. R. Carter O/35	Dart	1.23.15
4. S. Watson O/35	V.Stdrs	1.23.36
5. C. Smith	Keyham	1.30.25
6. L. Thompson	Dart	1.31.37
7. B. Popperwell	F'mouth	1.32.04
8. S. Silcock V	Dart	1.32.42

## SLIEVE GULLION

Armagh

AS/3.5m/1000ft 10.3.96

The first three women in the annual Slieve Gullion Mountain race all bettered Roma McConville's three year old record of forty four minutes and forty three seconds, with winner Mary Havern recording an outstanding new time - an improvement of almost three minutes.

Prior to the start with the entry list featuring runners of the calibre of International Cross Country runner, Deon McNeilly; record holder Brian Ervine; European Mountain running champion, Robin Bryson; and the two day Mountain Marathon Champion, Jim Brown, the men's record seemed to be under serious threat.

However, despite a really competitive race the winner Deon McNeilly just missed Brian Ervine's record by five seconds to become the second runner to better thirty minutes for the race. Ervine led from the start and at the first control at the North Cairn on Slieve Gullion he was leading the chasing group which included Neil Carty, Billy McKay, Paul Mawhirt and Jim Brown. However, things changed on the run across to the South Cairn with McNeilly taking over a lead he was not to lose again. Ervine still held second place just ahead of Bryson with Kerr in fourth. However, Paul Mawhirt was now fifth having improved from seventh and Carty had lost one place to sixth. From the South Cairn it is all down hill to the finish with the finish in view on a clear day, however, on Sunday last, visibility on Slieve Gullion was down to a few feet, despite this many of the leading runners left the path at this stage opting instead for the fast descent straight down through the heather. Navigation is difficult even using a compass because of the rough terrain, and while there were no changes with the leading three, Denis Kerr lost out to Mawhirt of Newcastle, but managed to hold off both Carty and Brown, two very experienced mountain runners.

1. D. McNeilly	Brist	29.59
2. B. Ervine	B'drain	30.25
3. R. Bryson	N'castle	30.39
4. P. Mawhirt	N'castle	32.05
5. D. Kerr	Armagh	32.28
6. N. Carty	N.Belf	32.36
7. J. Brown	BARF	33.46
8. B. McKay O/45	A'ville	34.15
9. B. Magee O/50	Larne	36.26
10. J. Weir	N'castle	36.27

### FIRST VETERAN O/40

1. M. Barton	ACKC	39.24
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### LADIES

1. M. Havern	Lisburn	41.55
2. V. O'Connell	N'castle	43.51
3. N. McCullough	BARF	44.07
4. M. Copeland O/45	Lisburn	45.52

## BLACK COMBE FELL RACE

Cumbria

AM/9m/3800ft 10.3.96

The good weather attracted a large field of one hundred and seventy six runners. Conditions were excellent compared to recent years, and in-form Ian Postlethwaite had a good race to win from Kendal's Nick Spence.

The Ladies winner, Jean Rawlinson, of Clayton just beat Trish Smith of Cumberland Fell Runners by four seconds.

V Wood

1. I. Postlethwaite	CFR	68.12
2. N. Spence	Kend	71.12
3. I. Botheroyd	Unatt	71.33
4. G. Schofield	Horw	71.44
5. W. Bell	CFR	72.42
6. B. Bardsley	Unatt	72.56
7. R. Jebb	Bing	73.31
8. S. Booth	Borr	73.31
9. G. Webb	CalderV	73.45
10. C. Moss	Bing	74.26

### VETERANS O/40

1. S. Houghton	CalderV	78.15
2. R. Unwin	CFR	78.22
3. B. Rawlinson	Ross	79.34
4. I. Block	CFR	80.27
5. J. Hope	AchRat	80.42

### VETERANS O/50

1. D. Spedding	Kesw	79.27
2. A. Bland	Borr	79.50
3. Y. Tridimas	Mersey	84.01
4. M. Pitchford	CFR	86.22
5. G. Howard	Ilk	87.43

### VETERANS O/60

1. H. Catlow	N.Vets	103.39
2. B. Leathley	Clay	110.29
3. L. Pollard	AchRat	112.05

### LADIES

1. J. Rawlinson O/40	Clay	90.37
2. T. Smith	CFR	90.41
3. S. Hodgson	Amble	97.40
4. C. McNeil O/50	Amble	105.31
5. J. Howard O/40	Fellan	111.42
6. V. Wood O/40	BCR	114.00
7. C. Jones	Lostock	116.27
8. A. Ratcliffe O/35	BCR	116.49

## WUTHERING HIKE

15.3.96

1. Thompson/Orr	Clay	4.31
2. Thompson/Wallis	Clay	4.31
3. Reeve/Chew	Kend/Clay	4.45
4. Speight/Clark	Kend	4.46
5. Bottomley/Shoesmith	Bfd/Aire	4.48
6. Davison/Woods	DkPk	4.56
7. Spicer/Fletcher V	Ross	4.56
8. Mitchell/Roberts V	Mand	5.04
9. Kirkbright/Young	Skyrac	5.04
10. Green/Siddall	Pock	5.08

### VETERANS O/40

1. Spicer/Fletcher	Ross	4.56
2. Mitchell/Roberts	Mand	5.04
3. Bell/Walden	CalderV	5.08
4. Horsley/Jones	CalderV	5.14
5. Cook/Barker	Roch	5.15

### MIXED

1. Green/Dennison	Bfd/Aire	5.10
2. Cook/Barker V	Roch	5.15
3. Hainsworth/Varley	Fellan	5.37
4. Crossland/Shotter	Bfd/Aire/Pud	5.39
5. Francis/Newman	Gloss	5.53

### LADIES

1. Thompson/Dodds	Clay	5.43
2. Priestley/Kennedy	Fellan	6.35
3. Berry/Taylor	Acc	7.09
4. Finn/Fisher	Howg	7.49
5. Atkinson/Lawton	Mid'ton	8.11

## CRIFFEL MICRO HILL RACE

Dumfriesshire

AM/7m/1800ft 17.3.96

Due to severe conditions between the summits of Knochoch and the Criffel, ie. up to five foot of snow and white out conditions, I had to alter the course. The runners followed the normal route to Knochoch and then returned down to the road and then climbed up to the Waterloo Monument - the amount of climbing remained similar, but the distance was about half a mile less.

1. A. Kitchin	L'ston	43.17
2. B. Marshall	HELP	43.51
3. C. Donnelly	Rhedwyr	44.00
4. P. Dymoke	L'ston	44.12
5. J. Wilkinson	Shett	44.16
6. N. Martin	Lomond	44.35
7. M. Patterson	Shett	45.35
8. C. Heaven	DFS.RC	45.55
9. A. Bowness	CFR	46.13
10. T. Griffin	Cosmic	46.17

### VETERANS O/40

1. J. Robertson	C'lang	46.37
2. R. Ramsdale	Carn	49.49
3. F. Duguig	Deeside	48.57
4. I. Block	CFR	50.02
5. J. Blair-Fish	Carn	50.24

### VETERANS O/50

1. B. Waldr	Carn	49.53
2. J. Shields	Clydes	50.10
3. D. Spedding	Kesw	50.19
4. B. Edridge	Clydes	51.33
5. C. Love	Dundee	52.27

### VETERANS O/60

1. D. Morgan	Dundee	65.31
2. J. Pitillo	Teviot	69.09

### LADIES

1. S. Armitage O/35	Cosmic	52.33
2. T. Brindley	Cosmic	55.57
3. E. Scott	W'lands	58.49
4. K. Beaty O/35	CFR	59.52
5. J. Rae	Westies	60.11
6. J. Robertson	W'lands	60.11
7. A. Nimmo O/40	Carn	60.29
8. D. MacDonald O/35	L'wade	61.32

## FIENSDALE FELL RACE

Lancashire

AM/9m/2600ft 23.3.96

How on earth can someone who finished in ninety seventh position write a report on what was happening ninety places ahead of him? Simple, just ring up one of the superstars. Andrew Wrench tells me that he was in the lead to checkpoint one, Graham Schofield had a better line across Wolf Fell but Andrew managed to regain the lead to number two, in a group of about ten runners. last year's winner, Shaun Livesey got ahead at the half way point near Langden Castle, but soon got overhauled on the long grind up Fiensdale. By now Mark Kinch, Paul Sheard, Andrew Wrench were making the running. Paul was dropped on the climb from the sheepfold on Bleasdale side. Mark Kinch made his move on the gentle climb up to the final checkpoint on Partick finishing strongly on the steep downhill descent to the finish, twenty six seconds ahead of Andrew Wrench, and over a minute ahead of current record holder Gary Devine. Man to watch - Rob Hope, came through strongly on the traverse of Fair Snape Fell to finish in fourth place. The winning time was two minutes outside the record. I had thought that it might fall with such a good field and in good weather, but it was not to be. Or is it that none of the front runners have the confidence to take the best lines? If only Graham Schofield could run faster!

Thanks to 'The Bowland Pennine Rescue Team' for the vital job of marshalling and providing safety cover. Also to all helpers on the day and particularly the finish team. Apologies for the odd error in the results. This was my fault.

Brian Jackson

1. M. Kinch	Unatt	1.16.53
2. A. Wrench	Tod	1.17.19
3. G. Devine	P&B	1.17.57
4. R. Hope	Horw	1.18.08
5. P. Sheard	P&B	1.18.21
6. S. Livesey	Clay	1.18.45
7. M. Horrocks	CalderV	1.1.00
8. G. Schofield V	Horw	1.19.21
9. P. Sheard	P&B	1.21.16
10. G. Webb	CalderV	1.21.29

### VETERANS O/40

1. G. Schofield	Horw	1.19.21
2. R. Clucas	CFR	1.24.00
3. C. Davies	Sadd	1.26.27
4. H. Nicholson	Clay	1.31.09
5. K. Masser	Ross	1.33.04

### VETERANS O/45

1. B. Rawlinson	Ross	1.25.32
2. J. Hope	AchRat	1.26.54
3. C. Pooley	L&M	1.35.07

### VETERANS O/50

1. K. Carr	Clay	1.27.46
2. J. Nuttall	Clay	1.30.48
3. Y. Tridimas	Mersey	1.32.33
4. T. Peacock	Clay	1.44.54
5. P. Heneghan	Bolt	1.49.25

### VETERANS O/55

1. R. Jaques	Clay	1.37.30
2. D. Brown	Clay	1.49.43
3. P. Knott	B&F	1.56.07

### VETERANS O/60

1. L. Sullivan	Clay	1.45.57
2. H. Catlow	N.Vets	2.02.57
3. B. Leathley	Clay	2.07.09
4. J. Newby	Tod	2.51.44
5. E. Manning	Clay	2.53.07

### LADIES

1. V. Peacock O/40	Clay	1.38.10
2. S. Lewsley O/40	Kesw	1.47.17
3. K. Thompson	Clay	1.52.02
4. C. Dewhurst	Clay	1.56.30
5. J. Taylor	L&M	2.01.52

## BUNNY RUN ONE

Keighley, West Yorkshire April 2

Once again Dave Woodhead's early-season Bunny Run series came up trumps, attracting a high quality field of 165, and was rewarded with outstanding course records in both races.

Lucy Wright collected her third course record of the year finishing an excellent 16th overall, again breaking one of Carol Greenwood's highly respected marks, this time taking 50 sec off the former world champion's 1993 time.

Wright has stated her intention of going for this year's domestic championships for the first time, adds this to the Half Tour of Pendle and the Ilkley Moor Race records this year.

World Cup international Greg Hull also got in on the record breaking act, taking 16 seconds off Ian Holmes' record, wasn't sure how close he was until the closing stages. But a shout of "16:30" from race organiser Dave Woodhead in the final 200m resulted in a furious sprint for the line and the first sub-17 minute clocking.

Hull said: "I didn't know whether Dave was winding me up near the end, so I just went for it."

Runner-up Mick Hill, a student at Leeds University, had a marvellous run to hold off former British champion and 1988 Ben Nevis Winner Gary Devine, despite having gone out for a 75 minute run with Hull, his training partner, earlier in the day.

Hill also took the Egg Stage prize en-route in 3:29 - just two seconds outside Holmes' year-old record, but had to settle for second as Hull pulled away in the second half of the race. "If I'd have known I was that close to the record, I would have gone for it," smiled the Bolton Harrier after the race.

Road runner Peter Carr, back in 17th - the leading M50 veteran over the half-marathon last year (71:47) - beat the over 40's as well. He has been talked into going for this year's English Champs in this his first season in earnest on the fells. Carr has certainly got the speed for a serious challenge, but can he cope with the tough schedule and equally tough terrain?

Hull, Carr and Wright all collected mega sized Easter eggs and blow-up large tortoises, the scenario being we didn't expect the trip to be so fast, remember the story of the tortoise and the hare

Runny Egg/Gareth Webb

1. G. Hull	Leeds	17:47 rec
2. M. Hill	Bol	17:15
3. G. Devine	P&B	17:30
4. A. Wrench	Todm	17:32
5. S. Livesey	C le M	17:57
6. J. Brook	Bing	18:15
7. S. Green	P&B	18:17
8. Paul Sheard	P&B	18:25
9. S. Oldfield	Brad Air	18:28
10. P. Davis	P&B	18:29

### M40

1. R. Crossland	Brad Air	19:41
2. G. Appleyard	Fellan	20:41
3. S. Houghton	Cald V	20:56

### M50

1. P. Carr	Keigh	19:25
2. T. Minikin	Keigh HR	22:28

### M60

1. M. Mahoney	St B	24:10
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### U18

1. G. Blacklock	Wake	20:36
2. R. Hartman	Skyrac	20:59
3. R. Asquith	Holm	21:43

### Team

1. Pudsey & Bramley	18
2. Todmorden	30
3. Bingley	36

### Women

1. L. Wright	Leeds	19:16 rec
2. V. Wilkinson	Bing	21:25
3. A. Dennison	Brad Air	22:16
4. J. Rawlinson	C le M	22:50
5. P. Oldfield	Brad Air	22:58

### W50

1. C. Porritt	Ilk	27:26 rec
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### U18

1. V. Denison	Bing	21:25
2. N. Holdsworth	Holm	23:23
3. N. White	Holm	23:42
4. S. Duniec	Wake	23:45

### Team

Bradford Airedale	32
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## BUNNY RUN TWO

Keighley, West Yorks April 9

A day after earning the title 'World Coal Carrying Champion', medical secretary Pauline Oldfield placed second behind teammate Andrea Dennison to emulate husband Steve, who finished runner-up in the men's Bunny Run Two Race.

Carrying a 20kg half sack of coal over 1km of undulating terrain (in 5:32) in the 34th annual champs at Gawthorpe, Ossett in Yorkshire, clearly had little adverse effect on Oldfield who finished seven seconds ahead of last year's Three Peaks winner, Jean Rawlinson of Clayton.

The Gawthorpe "Mile" coal race may never become an olympic sport, but few would deny it ranks among the toughest events. Run every Easter Monday from the Royal Oak Pub to the Maypole in the West Yorkshire Village; fell-runners always feature in the fore, Richard Pallister, Gary Devine, Kath Drake, Joe Schreiber, Dave Jones, Dave and Eileen Woodhead to mention but a few.

Pauline Oldfield said: "I have always wanted to have a go. The atmosphere was incredible and to win first time out unbelievable. My shoulders are a little raw and sore, and I found tonight's race

ok." She carried away her large chocolate Easter with a 3 foot tall blow up bunny rabbit, and team egg with very little effort!!

Men's winner, Paul Sheard carried away the same, but added the egg/hill stage prize with a time of 3 mins 36 seconds in a solo run from the 159 starters.

Once again all runners collected a Cadbury's creme egg at the finish, to give them a quick energy fix, before the prize-giving chocolate feast.

Runny Egg/Gareth Webb

1. Paul Sheard	P&B	17:55
2. S. Oldfield	Brad Air	18:28
3. J. Cordingley	Todm	18:31
4. J. Brook	Bing	18:39
5. J. Wright	Todm	18:42
6. M. Horrocks	Cald V	18:45
7. R. Howarth	Midd	18:49
8. J. Butler	Keigh HR	18:52 rec
9. M. Ayrton	Hal	19:03
10. A. Maloney	Roch	19:10

### U16

1. S. Asquith	Holm	20:23
2. R. Hartman	Skyrac	20:58
3. A. Kennedy	Holm	20:59

### M40

1. J. Butler	Keigh HR	18:52
2. R. Crossland	Brad Air	19:34
3. G. Appleyard	Fellan	19:51

### M50

1. N. Bury	Holm	21:48
2. C. Drake	Spem	22:24

### Team

1. Calder Valley	39
2. Bingley	42
3. Todmorden	47

### Women

1. A. Dennison	Brad Air	22:07
2. P. Oldfield	Brad Air	23:01
3. J. Rawlinson	C le M	23:08
4. A. Lloyd	St B	23:18
5. A. Rees	Todm	23:21

### W40

1. J. Rawlinson	C le M	23:08
2. W. Dodds	C le M	24:14
3. C. Fawcett	Heigh RR	24:19
4. M. Ashton	C le M	24:39

### U16

1. A. Green	Spem	25:01
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### W50

1. C. Porritt	Ilk	27:25 rec
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### Team

1. Bradford Airedale	15
2. Clayton-le-Moors	19
3. Keighley RR	26

## BUNNY RUN THREE

Keighley, West Yorkshire April 18th

Although he admitted to feeling tired from his exertions in finishing fourth in the opening British and English Championships race at Wrekin just three days earlier, Ian Holmes pulled clear of the classy field in the early stages to cruise home in the third best time ever recorded in this race.

The wet and windy conditions made Holmes' performance even more remarkable, especially when you consider that he was just 4sec adrift of his best of 17:03 - a time that, until Greg Hull's 16:47 in the series opener, was the course record.

Steve Oldfield, who celebrated his 40th birthday on the night, shattered Jonny Butler's week-old vets/ record of 18:52 by 24 sec to finish fifth. Had Oldfield turned 40 before the championship race at Wrekin then he would have been leading the M40 category in the British Championships!

With only one short race in the British, he has little chance now of attaining the title, maybe a re-think is in order by the FRA and BAF committees.

To add to his 40th, Steve also showed how to drink a 'yard of ale', being a past straw race winner - 5 pints in 5 pubs with a bale of straw over 3 miles - it only took him 5 attempts, keep up the practice!!

Hopefully Steve is well on his way to the English title by the time this is in print, and brought more honour to the Bradford Airedale Club vest.

Last year's Three Peaks winner, Jean Rawlinson, won by 32 sec from Pauline Oldfield, to place 71st overall (from 171 finishers).

With just one race remaining, former British champion Gary Devine leads with five points, ahead of Pudsey's recent recruit Mick Hill (formerly of Bolton).

Runny Egg/Gareth Webb

1. I. Holmes	Bing	17:07
2. G. Devine	P&B	17:40
3. Paul Sheard	P&B	18:05
4. Phil Sheard	P&B	18:17
5. S. Oldfield	Brad Air	18:28
6. M. Hill	P&B	18:34
7. J. Wright	Todm	18:37
8. M. Horrocks	Cald V	18:44
9. R. Jebb	Bing	18:46
10. D. Wilkinson	Roch	18:51

### U16

1. R. Hartman	Skyrac	20:47
2. G. Johns	Holm	21:53
3. A. Kennedy	Holm	22:46

### M40

1. S. Oldfield	Brad Air	18:28
2. R. Crossland	Brad Air	19:48

### M50

1. N. Berry	Holm	21:29
2. D. Quinlan	Bing	22:18
3. T. Minikin	Keigh HR	22:37

### M60

1. M. Mahoney	St. B	23:45
2. B. Hargreaves	Todm	27:15

### Team

1. Pudsey & Bramley	9
2. Bingley	30
3. Calder Valley	39

### Hill Stage: Holmes 3:31

### Women

1. J. Rawlinson	C le M	22:25
2. P. Oldfield	Brad Air	22:57
3. A. Lloyd	St B	23:25
4. S. Duniec	Wake	23:36
5. J. Krol	Holm	23:40

### Team

1. Clayton-le-Moors	18
2. Holmfirth	26
3. Bradford Airedale	31

### Overall after 3 races (best 3 from 4 to count)

### Men:

1. Devine	(3, 2) 5
2. Hill	(2, 6) 8
3. Paul Sheard	(8, 1) 12

### Women:

1. Rawlinson	(4, 3, 1) 8
2. Oldfield	(5, 2, 2) 9
3. A. Dennison	(3, 1, 12) 16

## BUNNY RUN FOUR

Keighley, West Yorkshire 23rd April

To the finale of the Bunny Run series, all races are definitely for manic chocoholics. Manic because the same 3 mile/300ft race is so fast and furious it's over before you have settled into a rhythm. Chocoholic because the organisers, the Woodhead's, inflict vast amounts of the notorious health food on their running guests. Nobody is safe, all four races awarded all finishers a Cadbury's creme egg in total 730, add to this over 70 prize eggs each race, 50 overall eggs plus spot prize eggs. It's a weight-watcher's nightmare!

Over 210 finished the series off with Ian Holmes forced to a new egg/hill stage record of 3:22 by Dale Wilkinson of Rochdale. While Holmes carried his speed and pace on to victory, Wilkinson's oxygen debit forced him back to 51st overall, but still had the reward of an Easter egg for his gallant effort.

Gary Devine took the series honours with Jean Rawlinson the ladies, but pushed hard by Andrea Dennison who only 24 hours earlier had clocked 3 hours 8 mins in the Flora London Marathon.

Once again the 'yard of ale' featured in the Guide Inn, with P & B and Leeds Uni the only takers, Mick Hill, P & B's new signing showed the way, with Angela Srivastava only a doctor since 4pm raising the raucous to a new level.

A profit gained from the entry fees made the impressive buffet possible once more.

Hope you runners are now on a more nutritional diet as Paul Sheard says "the only time I eat chocolate is if I win it as a prize, my yearly quota is now complete."

Runny Egg

1. I. Holmes	Bing	17:13
2. S. Hawkins	Bing	17:21
3. M. Hill	P&B	17:26
4. G. Devine	P&B	17:35
5. L. Warburton	Spem	17:35
6. R. Laurence	Bing	18:15
7. G. Patten	P&B	18:18
8. P. Sheard	P&B	18:31
9. R. Jebb	Bing	18:36
10. J. Brook	Bing	18:37

### M40

1. J. Butler	Kly RR	19:20
2. S. Houghton	Calder	20:22
3. J. Winder	Calder	20:40

### M50

1. P. Carr	Kly RR	19:32
2. N. Jennings	Bing	21:27
3. N. Berry	Holm	21:33

### U16

1. G. Johns	Holm	22:02
2. D. Stanforth	Skipton	22:03

### Women

1. L. Wright	Leeds Cty	20:00
2. V. Wilkinson	Bing	21:40
3. J. Rawlinson	Clem	22:26

### OVERALL WINNERS

1. G. Devine	9	<b>V60's</b>	
2. M. Hill	11	1. M. Mahoney	3
3. P. Sheard	12	<b>U16's</b>	
4. S. Oldfield	16	1. R. Hartman	3
5. J. Brook	20	3. G. Johns	8
<b>V40's</b>		<b>Ladies</b>	
1. J. Butler	4	1. J. Rawlinson	7
2. R. Crossland	6	2. A. Dennison	8
3. S. Houghton	10	3. P. Oldfield	9
4. J. Winder	13	4. A. Lloyd	13
5. E. Emerson	19	5. A. Rees	19
<b>V50's</b>		<b>V50's</b>	
1. N. Berry	4	1. P. Collier	4
2. T. Minikin	8	<b>U16's</b>	
3. R. Blakeley	12	1. S. Duniec	5
		2. N. White	6
		3. A. Green	7

## LLANBEDR TO BLAENAVON FELL RACE

Gwent

AL/14m/4500ft 31.3.96

A near record turnout of eighty one started, and seventy eight finishers, again a very high percentage. Good conditions for fell running. Pleasant temperature and little wind with mostly dry conditions underfoot.

The first three got away early and were never caught. It looks from the times as though the race was decided on the last downhill.

Notable performances by the veterans and super veterans with Adrian Orringe defending his veterans crown successfully, and Donald Williams a remarkable eleventh place. Even more impressive was Menna Angharad who smashed the record for the new course by twenty minutes, to finish twelfth overall, only twelve minutes down on the winner.

Nice to see two super super veterans (over sixty) with Billy Jenkins pushing himself better to overtake a tired John Battersby on the final climb. Billy seemed very pleased as he celebrated with a pint and a cigar.

For the second year almost half the field were veterans or above, where are all the youngsters? or perhaps we're just a fit generation!

1. S. Forster	Eryri	2.07.10
2. G. Rees-Williams	Eryri	2.07.49
3. M. Palmer	F/Dean	2.08.17
4. A. Haynes	Eryri	2.11.58
5. P. Maggs	MDC	2.12.00
6. J. McQueen	Eryri	2.13.02
7. A. Woods	MDC	2.14.44
8. A. Orringe V	MDC	2.14.57
9. D. Gilchrist		2.16.35
10. D. Vorres	MDC	2.17.35

### VETERANS O/40

1. A. Orringe	MDC	2.14.57
2. J. Darby	MDC	2.20.03
3. P. T-Jones	Eryri	2.23.10
4. J. Nixon	Horw	2.24.34
5. P. Morris	WyeVall	2.31.42

### VETERANS O/50

1. E. Meredith	MDC	2.41.20
2. D. Gwillym	MDC	2.50.49
3. R. Canavan	Horw	2.55.22
4. C. Jones	MDC	3.01.25

### VETERANS O/60

1. B. Jenkins	F'water	3.33.13
2. J. Battersby	MDC	3.49.52

### LADIES

1. M. Angharad	Eryri	2.19.03
2. S. Woods	MDC	2.31.10
3. S. Ashton O/35		2.52.07
4. J. Harrison	MDC	3.15.29

## RIVINGTON PIKE RACE

Lancashire

BS/3.25m/700ft 6.4.96

The 'JKS' sponsored Rivington Pike Race had a field of over one hundred and sixty runners, and was held in ideal conditions. The race was won by Paul Freary, who was well clear at the tower and managed to hold his lead to the finish. Nick Spence was ten seconds behind Freary, with Stuart Stokes a further six seconds adrift. Last years winner, Robert Hope, was fourth, ahead of team mates Rob Jackson and Graham Schofield, who had an excellent run to finish first veteran. Tony Hesketh had a remarkable race to finish first veteran over forty five in fourteenth place overall. Tony ran a leg in the Northern Road Relay at Haigh Hall just two hours before the Pike Race!

Janet Kenyon was a comfortable winner of the womens race, finishing ahead of Zina Bateman of Wilmslow.

All the juniors have the same start time and then turn at points on the ascent. The under 12's turn at the second gate (thanks to Diane Stone here), the under 14's turn at George's Lane, and the under 16's turn around the Pike.

The field consisted mainly of the organising club, but its always nice to see Preston, Chorley and surrounding clubs supporting this classic race. A very competitive start up the tarmac road with everyone fighting for an early position.

The under 12's race is always a mad dash up and down, with runners doing a little more than a mile. Mark Smith made his early mark on the Fells with an impressive time. Second was Adam Goodwin of Rossendale, and our own Matthew Burns in third, just six seconds behind second place. To complete the Horwich collection, Robert Burns, Keith Boardman and Matthew Smith came sixth, seventh and eighth, seperated by just eight seconds.

In the girls race, Laura Hughes came second by just six seconds to Emily Hayes of Salford Mets, who won in ten minutes. This is a great run by Laura who has a promising fell running year ahead of her. Helen Moon was a very impressive third.

The under 14's race involves a little more serious fell running and the competition was also a little serious. First to the turn on George's Lane was Anthony Livesey. He was followed by Ian Ramsdall and Jamie Gritten. On the descent Ian Caught and passed Anthony and with an impressive display of running downhill, pulling away in the last two hundred metres to win by six seconds. These two finished well ahead of third placed runner. Peter Harrison and John Harold completed the Horwich trio of runners.

In the girls race, Natalie White had a very impressive run. Helen Whiteman from Horwich was second. This was Helen's first race this year having returned from a winter of good training. Her performances will improve with a little more race experience. Christine Boardman and Nina Birley completed the Horwich contingent with solid and determined runs. In the under 16's race, the competitors are undaunted with the prospect of round the tower on top of the Pike and as usual set off at a blistering pace. This pace must be maintained when you look at the times recorded by the runners. Chris Livesey running an excellent race to win. Horwich provided the competition for Chris and each other in the form of Michael Cayton and John Robertson. These two had very impressive runs to finish second and third respectively. Moving up to the under 16's grouping is sometimes a big step, but both Anthony Hallahan and Richard Hughes have made the transition well and their runs hold good, for the fourth coming season on the fells. In the girls race, Clare Mills of Chorley Harriers looked very strong throughout the raceto win. She would have benefited from some competition, but she still ran hard.

1. P. Treary	Bolt	17.28
2. N. Spenck	Kend	17.38
3. S. Stokes	Bolt	17.44
4. R. Hope	Horw	17.58
5. R. Jackson	Horw	18.12
6. G. Schofield V	Horw	18.16
7. N. Riding	Unatt	18.20
8. J. Hunt	Mersey	18.27
9. S. Culshaw	Horw	18.37
10. D. Hoylsworth	Kend	18.44

### VETERANS O/40

1. G. Schofield	Horw	18.16
2. S. Lydka	Kend	18.47
3. S. Jackson	Horw	19.33
4. B. Brindle	Horw	20.25
5. C. Demet	Spec	21.13

### VETERANS O/45

1. T. Hesketh	Horw	19.04
2. M. Crook	Horw	20.50
3. S. Furniss	Black	21.07
4. P. Gillham	Chor	21.18
5. J. Lindley	N.Vets	22.11

### VETERANS O/50

1. P. Lyons	Ross	19.55
2. M. Walker	Horw	21.09
3. P. Jepson	Ross	21.47
4. B. Jackson	Horw	21.47
5. P. Watson	Horw	22.33

### VETERANS O/55

1. J. Swift	Chor	23.17
2. R. Hill	Clay	24.22
3. M. Gartrell	Wrex	30.14

### VETERANS O/60

1. B. Rogers	Salf	23.46
2. M. Houghton	Chor	24.32
3. G. Gartrell	Wrex	25.07

### LADIES

1. J. Kenyon O/35	Horw	21.08
2. Z. Bateman	Wilms	23.27
3. S. Duniec	Wake	24.09
4. L. Melling O/35	Lost	24.45
5. C. Jones	Lost	25.17
6. G. Walkington O/35	Horw	25.25
7. J. Derbyshire O/35	Horw	26.10
8. L. Unsworth J	Chor	26.11

### JUNIORS U/12 - BOYS

1. M. Smith	H	7.58
2. A. Goodwin	Ross	8.29
3. M. Burns	H	8.35

### JUNIORS U/12 - GIRLS

1. E. Hayes	Salf	10.00
2. L. Hughes	H	10.06
3. H. Moon	H	10.14

### JUNIORS U/14 - BOYS

1. I. Ramsdale	H	11.44
2. A. Livesey		11.50
3. J. Gritten		12.18

### JUNIORS U/14 - GIRLS

1. N. White		13.01
2. H. Whiteman	H	14.13
3. C. Rhodes		14.25

### JUNIORS U/16 - BOYS

1. C. Livesey		14.26
2. M. Cayton	H	15.27
3. J. Robertson	H	15.37

### JUNIORS U/16 - GIRLS

1. C. Mills		22.04
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## MANX MOUNTAIN MARATHON

Isle of Man

6.4.96

Rossendale Harrier, Darren Blackhurst, came from behind, to record his first ever major fell victory in this years Okells Ales sponsored race. The annual thirty mile trek over the highest Manx fells from Ramsey in the North to Port Erin in the far South, was a resounding success with a record entry enjoying unbroken sunshine for almost the whole race.

Gloucester's Damon Rodwell, recent winner of the Otter Peak 40, took off from the Market Square start, looking determined to win on his debut appearance at the Manx and by the check-point on Clagh Ouyr he led by one minute from Leeds, Shane Green, with Blackhurst a further minute in arrears.

The three leaders arrived at St.Johns with over eighteen miles covered in the same order, and as the race moved in to the southern hills, Rodwell still looked strong and comfortable.

Positions were to change dramatically some five miles later on the fast runnable approach to Cronk-ny-Arrey-Laa, as Rodwell blew up in good style and nearest challenger, Green, began to struggle with his annual attack of the cramps.

Blackhurst, resplendant in his new Manx 3 legs of Man hair style, stormed in to the lead which grew to seven minutes by the Bradda Glen finish to record a popular win.

Eventual runner-up, yet again, went to the unlucky 'Green', the fourth consecutive year he has just missed out on top honours.

Third and best new-comer was taken by top trail runner, Rodwell, who later admitted to having had a rough time over the last few miles. With his undoubted talent he will be a force to be reckoned with, if he hopefully makes a return visit to the Manx next year.

Last year's winner, Andy Hauser, was happy enough with fourth place and first veteran after a difficult injury hit winter. Blackburn's Paul Thompson made an impressive debut in fifth ahead of Tony Rowley who won the Snaefell Trophy for top local finisher. Rowley also helped the Manx Fell Runners to victory in the team event, ably backed by Ian Ronan and former Clayton-le-Moor runner, Dave Farnworth.

The Ladies race was won in fine style by local Brenda Walker, who recorded the second fastest time ever on the course by a female. Fellow local Steph Maddrell from Peel, finished runner up after overtaking Scotland's Angela Mudge in the last mile. All three ladies recorded times inside the six hour barrier, which was impressive on a day when times were generally much slower than expected.

Doss A.c.'s Steven Neill had a comfortable win in the standard Class form the Army's Rupert Shaw and Liverpool's Patrick Woodisse.

The Dennis Lace Trophy for Standard Teams was won by Glasgo U.O.T.C. a popular win and just reward for Ewan Jacks students who have given the Manx wonderful support over the past couple of years.

One of the best performances of the day was by local Foxdale runner, Robbie Callister, who took the super veterans award to crown a remarkable recovery from a serious illness that threatened to finish his running career.

Many thanks are due to Okells Brewery and Isle of Man Tourist Board whose generous sponsorship enabled the organisers to present T-shirts and mugs to all the finishers who attended the enjoyable prize presentation at Bradda Glen during the evening.

Also many thanks to Arthur Jones and all the marshalls, officials and everyone who gave up their time to ensure the smooth running of the race.

Richie Stevenson

### RESULTS - ELITE

1. D. Blackhurst	Ross	4.55.23
2. S. Green	Dos	5.02.23
3. D. Rodwell	Har	5.07.58
4. A. Hauser V	Pud	5.09.43
5. P. Thompson	Blac	5.12.57
6. T. Rowley	Man	5.16.17
7. B. Bolland	Mer	5.21.30
8. E. Jack	GS	5.32.47
9. J. Foster V	Wyc	5.33.28
10. P. Browning	Clay	5.35.41

### VETERANS O/40

1. A. Hauser	Pud	5.09.43
2. J. Foster	Wyc	5.33.28
3. H. Nicholson	Clay	5.38.56
4. D. Ashton	Salf	5.42.40
5. D. Farnworth	Man	6.06.51

### LADIES

1. A. Mudge	Car	5.58.06
2. K. Thompson	Clay	6.20.54

### RESULTS - STANDARD

1. S. Neill	Doss	5.28.20
2. R. Shaw	Car	5.40.16
3. B. Walker	Manx	5.41.35
4. P. Wooddisse	Liv	5.51.16
5. R. Woodall	Welli	5.53.41
6. S. Maddrell	Manx	5.57.03
7. G. Marshall	Unatt	5.57.10
8. D. Young V	Manx	6.00.14
9. R. Townsend	Saltw	6.00.48
10. N. MacGregor	GSU	6.01.00

**VETERANS O/40**

1. D. Young	Manx	6.00.14
2. S. Smith	Amph	6.21.59
3. P. Kenney	Manx	6.37.40
4. D. Davies	Manx	6.44.15
5. M. Gellion	IOMV	6.44.42

**VETERANS O/50**

1. R. Callister	Manx	6.32.09
2. G. Howard	Ilk	6.32.49
3. S. Moynihan	South	7.02.09
4. J. Howard	Prest	7.24.58
5. B. Atkinson	Loftu	7.31.45

**LADIES**

1. B. Walker	Manx	5.41.35
2. S. Maddrell	Manx	5.57.03
3. R. Hooton	Manx	6.39.15
4. D. Thompson	Hardl	6.53.30
5. C. Black	Glasg	6.58.06
6. M. Jeffrey	Glasg	7.04.22
7. L. McCafferty	GSU	7.09.10
8. L. Kelly	GSU	7.29.36

**RESULTS - WALKERS**

1. P. Whipp O/40	7.40.
2. G. Thompson O/40	7.44.
3. M. Pilkington O/40	7.54.
4. S. Campbell	8.54.
5. C. Drewer	8.55.
6. P. Stone	9.11.
7. D. Radcliffe	9.11.
8. A. Lucas O/50	9.14.
9. J. Moss O/40	9.38.
10. L. Maddrell O/50	9.38.

**PEN Y FAN****Powys****AS/3.5m/1900ft 13.4.96**

1. J. Bass	MDC	38.57
2. J. Sage	Ilk	40.58
3. E. Balfour	MDC	42.33
4. J. Darby V	MDC	42.41
5. L. Taylor V	Bath	43.31
6. R. Underhill	Spot	43.56
7. H. Gilbert	MDC	44.08
8. A. Hirst	FRA	46.35
9. R. Silver	P&D	46.41
10. P. Atkinson	Merc	46.42

**VETERANS O/40**

1. J. Darby	MDC	42.41
2. L. Taylor	Bath	43.31
3. C. McGrath	MDC	48.06
4. D. Gilbert	MDC	50.26
5. S. Atkinson	Unatt	67.46

**FIRST LADY**

1. J. Harrison	MDC	68.13
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**JUNIOR**

1. H. Gilbert	MDC	44.08
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**SLIEVE BERNAGH****Co. Down****AM/7m/2625ft 13.4.96**

1. R. Bryson	N'castle	55.27
2. B. Irvine	B'drain	58.39
3. N. Carty	N.Belf	60.32
4. D. McNeilly	Brist	62.43
5. J. Brown	BARF	64.11
6. D. Brannigan	N'castle	64.19
7. B. McKay V	A'ville	64.23
8. P. Mawhirt	N'castle	68.13
9. I. Goyrley	BARF	70.20
10. B. Magee V	Larne	71.10

**VETERANS O/40**

1. I. McMurray	BARF	80.48
2. D. Murray	Unatt	81.22
3. J. McBride	BARF	83.42

**VETERANS O/45**

1. B. McKay	A'ville	64.23
2. J. Sloan	N.Down	72.46
3. F. Hammond	Dub	75.51

**VETERANS O/50**

1. B. Magee	Larne	71.10
2. R. Donaldson	Clyms	78.57
3. R. Ferry	Mid.Uls	82.57

**LADIES**

1. P. Sloan		74.14
2. N. McCullough	BARF	86.18
3. G. O'Connell	N'castle	86.39
4. J. McCluggan	Clyms	98.27
5. H. McKeeman	BARF	99.12

**JUNIORS**

1. D. McNeilly	B'drain	28.17
2. N. Jackson	Unatt	28.27
3. A. Neill	B'drain	29.00

**MOELWYN PEAKS****Gwynedd****AM/9.5m/2800ft 13.4.96**

Poor turn out of thirty three seniors only. Conditions were misty on the hills. The date had moved because Welsh Championship Race on Graig Goch on the 20th April clashed with Wrekin, which had moved date from the end of March.

1. C. Harwood	Macc	1.31.47
2. S. Barnard	Eryri	1.31.52
3. R. Hutton	DkPk	1.32.19

**FIRST VETERAN O/45**

1. D. Williams	Eryri	1.42.10
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**FIRST VETERAN O/50**

1. M. Blake	Eryri	1.35.16
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**LADIES**

1. T. Dewsnap	Eryri	1.47.17
2. C. Kenny	Kend	1.54.59
3. D. Evans	Eryri	2.26.42

**JUNIORS**

1. E. Roberts	48.50
2. A. Roberts	49.42
3. D. Jones	52.40

**FOUR TOPS HILL RACE****14.4.96**

1. M. Rigby	W'lands	2.27.24
2. N. Martin	Lomond	2.30.42
3. G. Brooks O/40	LAC	2.38.59
4. K. Riddle	InvH	2.42.26
5. J. Maitland	LAC	2.47.39
6. R. Boswell O/40	LAC	2.49.15
7. A. Craig	LAC	2.52.17
8. R. Cant	LAC	3.01.26
9. M. MacLeod O/40	W'lands	3.04.40
10. P. Baxter	W'lands	3.05.59

**FIRST VETERAN O/50**

1. G. Mitchell	InvH	3.32.21
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**LADIES**

1. J. Rae	W'lands	3.10.50
2. S. Hay O/35	HHR	3.23.52
3. N. Forster	LAC	3.36.06
4. J. Anderson	LAC	4.11.13

**NEIGHBOUR MOOR FELL RACE****Co. Durham****AM/10m/2500ft 14.4.96**

A fine, cool but overcast day saw two new records set in the second running of the 'Neighbour Fell Race'.

Steve Everett returning from a two year break after injury was pursued all the way by Crawley's Andrew Carruthers, these two broke away from a group of five in the first two miles. Steve took a minute off the old record, while Sue Yardley took twenty minutes off the womens' record.

Apart from Carruthers, I. Warhurst of Pennine Fell Runners was the only other missionary encouraging the growth of our sport in the North East. More next year? Forty two ran in total.

**C White**

1. S. Everett	DhmCty	62.30
2. A. Carruthers	Craw	63.00
3. C. Pattinson V	Quakers	66.43
4. S. Lumb	Quakers	67.10
5. I. Warhurst	Penn	67.28
6. R. Maynard	Quakers	67.32
7. R. Green	Unatt	67.55
8. K. Maynard	Quakers	68.15
9. M. Brunskill	NewAyc	68.25
10. A. Tate V	Tyne	68.37

**VETERANS O/40**

1. C. Pattinson	Quakers	66.43
2. J. Wray	Quakers	69.09
3. M. Garrett	Mand	71.21

**VETERANS O/45**

1. A. Tate	Tyne	68.37
2. G. Adamson	N.Shields	75.26
3. A. Eely	Unatt	82.58

**VETERANS O/50**

1. N. Dyson	Mand	81.05
2. J. Wallshore		92.45

**VETERAN O/60**

1. P. Brainey	B'ham	83.56
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**LADIES**

1. S. Yardley	BurnRd	73.43
2. S. Jackson	Midd	78.04
3. D. Tunstill	Tees	81.49
4. J. Young O/40	Elvet	83.41
5. K. White	Loft	84.25
6. N. Goundry	Elvet	94.35

**1996 SCREEL HILL RACE****16.4.96**

The seventh running of the Scree Hill Race took place on Saturday and saw Solways Adam Anderson make light of the soft underfoot conditions to score the finest victory of his career so far.

Poor weather across the country meant that a relatively small field of forty hardy hill runners toed the line at the Scree Hill Race. The route was to take the runners up the steep hillside, past the first false summit, and along the walkers' path to the summit cairn at 1100ft.

Instead of admiring the view than turning for home, however, the runners' adventure was only beginning - a rapid breathtaking descent down the Bengaim side of the hill was followed by a flat outburst through an avenue in the forest - then already exhausted, they were faced with another sharp climb of several hundred feet, taking them almost back to the height of the summit. From there, courage and sure-footedness would decide the winners, as the runners sped steeply downhill over rocks, heather, and tree roots, again at flat out speed.

Adam Anderson had placed himself in the leading group early on, and as fatigue took its toll on his rivals approaching the summit he made an early bid, taking a lead he would hold to the finish line. Behind him, Charles Borthwick and Andy Beatty tried to keep in touch, but by the finish Adam had extended his lead to half a minute, to win in an excellent time in the conditions, and became the first ever athlete from Dumfries & Galloway to take the coveted first prize.

Doug Milligan was the leading Stewarty runner in eighth place overall (second veteran), and Adam and Doug together with Ronald Turnbull, who pipped team mate Bob Green by just eight seconds to make the team!, secured a fine first ever team victory for hosts Solway Running Club.

Helene Diamantides won the latest of several titles in the Ladies event, while leading veteran (over forty) was regular Scree competitor John Hope. Jim Buchanan won another well deserved prize as first veteran over fifty.

**Rory Longmore**

1. A. Anderson	Solway	30.56
2. C. Borthwick	Bord	31.29
3. A. Beatty	CFR	31.34
4. T. Ireland	ADAC	31.47
5. J. Hope V	AchRat	32.10
6. P. Targott	Clay	32.23
7. J. Stevenson	Irv	32.43
8. D. Milligan V	Solway	32.55
9. R. Irving	ADAC	33.45
10. C. Little	Dumf	34.24

**VETERANS O/40**

1. J. Hope	AchRat	32.10
2. D. Milligan	Solway	32.55
3. R. Turnbull	Solway	35.32
4. B. Green	Solway	35.40
5. J. Marsh	Teviot	35.52

**VETERANS O/50**

1. P. Dowker	Kend	38.31
2. J. Buchanan	ADAC	38.58
3. B. Bennet	P'cuik	45.38

**VETERAN O/60**

1. L. Pratter	ADAC	58.25
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**LADIES**

1. H. Diamantides O/40	W'lands	36.28
2. H. Eayres	P'cuik	41.40
3. J. Smith O/35	P'cuik	45.38
4. T. Targott	Clay	58.07

**JUNIORS**

1. C. Hutchison	Norham	36.04
	Teviot	48.49

**HEBDEN MOOR FELL RACE****North Yorkshire****BS/4.5m/900ft 20.4.96**

Steve Hawkins seized the initiative on the first of the four climbs and went in to an early lead with Gary Devine of Pudsey hanging in just off the pace.

Hawkins' advantage increased significantly on the second climb. From then on the Bingley man stormed clear to break Paul Dugdale's year old mark of twenty five minutes and fifty nine seconds.

For the second time in four days, Bradfords' Steve Oldfield finished first over forty in third position, just five seconds behind Devine.

Robert Slater stepped off the start line in the under sixteen race, feeling he needed stiffer competition and was rewarded with a magnificent eleventh place to get the better of quality clubmen in a one hundred and nineteen strong field.

Britains first finisher in last summers European Trophy, Vanessa Peacock, enjoyed stirring a battle with Bingleys' British junior silver medallist, Victoria Wilkinson, with strength and experience proving decisive. The Junior Races were fiercely contested over the three separate course's provided, although the organisers were disappointed with the poor turnout, a decent prize list, and a fine spring morning, still cannot entice the youngsters! Is there an answer?

**C. Wilkinson**





Hebden Moor - First three U/14 Girls. Kate Rogan (3rd), Nicola Slater (1st), Kate Rowley (2nd)  
Photo: Dave Woodhead

1. S. Hawkins	Bing	25.05
2. G. Devine	P&B	26.21
3. S. Oldfield V	Bfd/Aire	26.26
4. M. Horrocks	CalderV	26.33
5. G. Schofield V	Horw	26.39
6. G. Patten	P&B	26.48
7. G. Ehrhardt	Tod	26.57
8. P. Sheard	P&B	27.07
9. S. Green	P&B	27.16
10. M. Pickering	Ilk	27.36

**VETERANS O/40**

1. S. Oldfield	Bfd/Aire	26.26
2. G. Schofield	Horw	26.39
3. D. Beels	Roch	28.54

**VETERANS O/45**

1. B. Rawlinson	Ross	30.34
2. P. Bramham	Craven	31.25
3. P. Rogan	KHR	32.51

**VETERANS O/50**

1. P. Jepson	Ross	32.13
2. N. Dyson	Mand	36.58
3. J. Barker	Clay	37.32

**LADIES**

1. V. Peacock O/35	Clay	31.20
2. V. Wilkinson U/18	Bing	31.32
3. G. Cook O/35	Roch	32.46
4. J. Rawlinson O/35	Clay	32.59
5. C. Dewhurst	Clay	37.33
6. J. Foster	Unatt	38.38
7. H. Barber	Unatt	39.11
8. A. Liuba	Ilk	41.06

**JUNIORS U/18**

1. R. Slater	KHR	27.59
2. S. Wadsworth	KHR	29.11
3. R. Thompson	Kesw	29.21

**JUNIORS U/16 - BOYS**

1. R. Hartman	Skyrac	12.59
2. A. Philpotts	KHR	13.07
3. A. Carr	KHR	13.19

**JUNIORS U/16 - FIRST GIRL**

1. E. Hopkinson	Skip	14.32
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**JUNIORS U/14 - BOYS**

1. G. Slater	KHR	8.38
2. D. Huff	KHR	8.45
3. I. Glendinning	Telf	9.08

**JUNIORS U/14 - FIRST GIRL**

1. N. Slater	KHR	11.21
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**JUNIORS U/12 - BOYS**

1. A. Godwin	Ross	6.25
2. S. Glendinning	Telf	6.43
3. B. Weeden	KHR	7.09

**JUNIORS U/12 - FIRST GIRL**

1. S. Slater	KHR	8.07
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**RAS GRAIG GOCH**

**Gwynedd**

**AS/5.5m/1400ft 20.4.96**

Being a Welsh Championship Race, it attracted a good quality field, which combined with good weather conditions resulted in four records being broken on this, the fourth running of the race.

Andrew Davies led on the first ascent and Adam Haynes also challenged Simon Forster, but Simon pulled away on the long run in, to win in a record time, while Andrew broke his own under 18's record, while securing second place. Steve Jones had a more comfortable victory in the veterans over forty, again in record time. Finally Menna Angharad continued her excellent form to finish fifteenth overall, shattering the ladies record. There were fifty four finishers.

1. S. Forster	Eryri	45.44
2. A. Davies	Merc	46.02
3. A. Haynes	Eryri	46.33
4. T. Davies	Merc	47.44
5. G. Rees-Williams	Eryri	48.12
6. S. Jones O/40	Eryri	48.24
7. K. Prydderch	Eryri	48.38
8. J. McQueen	Eryri	48.40
9. A. Woods	MDC	48.53
10. P. Maggs	MDC	49.14
11. D. Williams O/50	Eryri	49.50
12. A. Oringe O/40	MDC	50.22
13. A. Hughes	Eryri	51.02
14. J. Bass	MDC	51.11
15. M. Angharad O/35	Eryri	51.37
16. S. Barnard	Eryri	52.07
17. A. Jones	NWRR	53.33
18. M. Blake O/40	Eryri	53.39
19. C. Gilmour	Ross	54.02
20. D. Williams O/40	Eryri	54.23

**VETERANS O/50**

1. D. Williams	Eryri	49.50
2. J. Morris	Penn	55.02
3. A. Oliver	Eryri	55.12
4. E. Meredith	MDC	55.51
5. E. Davies	Eryri	56.52

**VETERANS O/60**

1. G. Garbrell	Wrex	68.32
2. J. Carson	Eryri	70.13

**LADIES**

1. M. Angharad O/35	Eryri	51.37
2. S. Woods O/35	MDC	56.48
3. J. Lloyd	Eryri	58.15
4. S. Barnwell	Eryri	59.33
5. S. Ashton O/35	MDC	60.38
6. J. Harrison	MDC	82.10
7. L. Gartrell		83.42

**JUNIORS U/16 - BOYS**

1. P. Pilbeam		19.20
2. H. Jones	Eryri	21.37
3. C. Bunton	Eryri	24.53

**JUNIORS U/16 - FIRST GIRL**

1. T. Russell		32.17
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**MIDDLEFELL FELL RACE**

**Cumbria**

**AM/6.5m/1700ft 24.4.96**

The fourth running of this race attracted thirty three runners including fifteen veterans. A dismal night with cloud down to about nine hundred feet, together with soft going, didn't prevent Alan Bowness setting a new record, one minute and twelve seconds inside his old one.

Trish Smith was the only lady entrant and finished twenty third overall. W.Bell was fourth overall, winning the veteran over forty class.

The race organiser thanked the runners for turning out on such a dreary night and commented that of the fifteen veterans, fourteen were meat eaters, living proof that there is nowt wrong with British Beef!

D H Simpson

1. A. Bowness	CFR	49.58
2. I. Botheroyd	CFR	53.05
3. A. Smith	CFR	53.19
4. W. Bell O/40	CFR	54.30
5. G. Byers	CFR	56.25
6. N. Lanaghan	Amble	56.33
7. K. Kenny	Mersey	56.39
8. K. Smith O/40	CFR	58.57
9. A. Pedem	CFR	59.21
10. P. Murphy O/40	CFR	59.25

**FIRST VETERAN O/50**

1. A. Wright	N.Vets	76.33
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**FIRST LADY**

1. T. Smith	CFR	69.15
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**WREKIN STREAK**

**Shropshire**

**AS/2.75m/810ft 24.4.96**

The seventh annual Wrekin Streak Fell Race sponsored by Ricoh and Rowan Telmac, had nearly ninety entries for its new April date. The race which takes the tourist path to the Wrekin summit and back, was won in fine style by Welshpool's Welsh Internation Junior, Andrew Davies. Andrew keeps the title in the family but takes it from his brother Tim, last year's winner and second this time round.

The race was again dominated by the juniors with Harry Matthews third on his streak debut. First veteran home was Telford AC's ever present Dave Jackson. The ladies title was won for the first time by Shrewbury's Barbara Evans, beating last year's winner and first veteran home, Judith Witterick. Third lady, making it a clean sweep for Shropshire Shuffler's was local PE teacher, Rosie Turner.

Simon Daws

1. A. Davies J	Merc	17.38
2. T. Davies J	Merc	17.55
3. H. Matthews J	Shrews	18.30
4. D. Jackson O/40	Telf	19.11
5. P. Cadman	Merc	19.13
6. C. Thompson	Oxf/Cty	19.14
7. D. Broadhurst O/40	Telf	19.36
8. S. Daws O/40	Telf	19.39
9. S. Lewis	Telf	19.55
10. G. Jones O/40	Shrews	20.11

**VETERANS O/50**

1. J. Clemens	Merc	21.22
2. D. Gillick	StoneMM	21.24
3. J. Pickering	Telf	26.55

**FIRST VETERAN O/60**

1. G. Gartrell	Wrex	25.28
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**LADIES**

1. B. Evans	S.Shuff	24.18
2. J. Witterick V	S.Shuff	24.57
3. R. Turner	S.Shuff	26.02
4. J. Sayer V	Telf	26.15
5. M. Spurling	S.Huff	26.43
6. J. Hailey V	Telf	27.07
7. L. Stone J	CD	27.34
8. K. Preston V	Unatt	28.10

**HEROD FARM FELL RACE**

**Derbyshire**

**AS/3.5m/1100ft 24.4.96**

The second running of a revived popular mid-week race saw Andy Trigg from the host club, Glossopdale, win in a new record time.

Trigg had two hundred yards to spare over club mate Dale Gartley, who was also inside the old record of twenty three minutes and fifty five seconds, by two seconds. Trigg led throughout the race which was slightly shorter being modified for safety reasons.

Over eighty contested the race on a cold, wet evening which comprised of twelve ladies and forty two men veterans (over forty). The Ladies Race was eagerly contested with Lisa Lacon winning, a second ahead of Yvonne Williams of Pennine Fell Runners. This too was a new course record.

Pennine, the specialist fell running club, had the race as one of their championship races.

Glossopdale Harriers organised the event, and Barry Hobbs, the race co-ordinator thanked those Harriers who marshalled on a cold, wet night. My thanks to the farmer at Herod Farm, the landlord at the Drovers Arms, all the Harriers who marshalled, Up and Running of Hyde for prizes, and all who competed.

1. A. Trigg	Gloss	23.10
2. D. Gartley	Gloss	23.53
3. P. Bowler V	Merc	24.14
4. A. Jones	Gloss	24.22
5. M. Weedall V	Penn	24.25
6. M. Egner V	Denby	24.27
7. M. Williams	Penn	25.22
8. G. Cresswell V	Penn	25.27
9. A. Hulme V	Penn	25.30
10. J. Cartwright	Denby	26.13

**LADIES**

1. L. Lacon	Holm	31.20
2. Y. Williams	Penn	31.21
3. A. Brentnall	Penn	32.02

**SHINING TOR FELL RACE**

**April 27th, 1996**

1. M. Keys	Ross	49:48
2. D. Neill	Merc	50:47
3. D. Gartley	Gloss	52:47
4. A. Jones	Gloss	53:23
5. M. Hayman	DPER	53:59
6. R. Eagle	Macc	54:26
7. J. Kershaw	Macc	54:33
8. R. Clucas	CFR	54:35
9. A. Carruthers	Craw AC	54:40
10. P. Light	Staffs M	54:51

**M40**

1. D. Neill	Merc	50:47
2. R. Eagle	Macc	54:26
3. J. Kershaw	Macc	54:33
4. R. Clucas	CFR	54:35
5. R. Taylor	Penn	55:13
6. B. Walton	Horw	55:31



Andy Shelbourne of Barnsley Harriers at the Three Peaks  
Photo: John Cartwright

<b>M50</b>			
1. J. Clemens	Merc	61:03	
2. J. Armistead	DPFR	61:21	
3. J. Morris	Penn	61:24	
<b>M60</b>			
1. P. Crumoy	Buxton	73:50	
<b>M70</b>			
1. E. Mitchell	DPFR	85:30	
<b>Women</b>			
1. S. Rowson	Macc	63:53	
2. U. Creagh	MerseyFR	64:23	
3. S.A. Hales	Macc	65:03	
4. B. Murray	Macc	65:37	
5. J. Roberts	Roth	66:41	

### THREE PEAKS RACE North Yorkshire AL/23.5m/4500ft 28.4.96

Yet another successful year with favourable weather conditions, a higher than usual field, two new course records, and a relatively problem free operation for the organisers.

Congratulations to Andy Peace from Bingley for his third successive win, finishing eight minutes clear of Mark Roberts from Borrowdale, who in turn had a very close run with third placed Paul Sheard from Pudsey. Andy's run knocked five minutes off Ian Fergusons 1991 record, a superb achievement given he competed in the National Road Relay the day before. Bingleys winning streak continued by them taking the men's team prize, their counters coming in the top twenty eight places.

Another fine run from Sarah Rowell from Pudsey & Bramley, finishing first lady and twentieth overall. She clipped twelve seconds off her 1991 record and finished nineteen minutes in front of second lady, Vanessa Peacock from Clayton, who took the first lady veterans prize.

This years race incorporated the Yorkshire Championship, the results being dominated by Bingley, and Pudsey & Bramley.

A tribute to all the eighty plus marshalls, who again efficiently managed what is a complex monitoring system. I'm told the Ingleborough marshalls have just thawed out! Their task was undoubtedly made easier by everyone's co-operation, with the exception of one competitor, who was disqualified for not carrying required equipment. Our systems for ensuring your safety have once again proved effective, and appropriate disciplinary action will continue to be taken where necessary.

My thanks go to Pete Bland who provided prize vouchers and to Pace Microtechnology Ltd for their continued sponsorship, and particularly to Deb Singleton and her Pace stall, who provided invaluable assistance over the weekend.

Graham Maud

1. A. Peace	Bing	2.46.03
2. M. Roberts	Borr	2.54.06
3. P. Sheard	Bram	2.54.54
4. C. Donnelly	Eryri	2.59.14
5. P. Briscoe	P&B	3.03.29
6. M. Peace	Bing	3.04.19
7. A. Schofield	Borr	3.04.49
8. A. Wrench	Tod	3.05.16
9. J. Deegan	P&B	3.05.42
10. S. Thompson	Clay	3.06.15
11. K. Stirrat	H'fax	3.07.09
12. G. Schofield O/40	Horw	3.09.26
13. J. Blackett	Mand	3.10.38
14. M. Wallis	Clay	3.10.48
15. R. Jamieson	Amble	3.12.19
16. P. McWade O/40	Clay	3.14.08

17. M. Horrocks	CalderV	3.15.21
18. M. Walsh O/40	Kend	3.15.27
19. P. Thompson	Black	3.15.55
20. S. Rowell	P&B	3.16.17
21. B. Whitfield O/40	Bing	3.17.12
22. A. Hauser O/40	P&B	3.17.46
23. I. Greenwood	Clay	3.18.27
24. J. Hemsley	Ilk	3.18.39
25. T. Hesketh	Horw	3.19.05
26. T. Orr	Clay	3.19.48
27. J. Wright	Tod	3.19.49
28. J. Brook	Bing	3.20.23
29. S. Gregory	HolmeP	3.20.39
30. D. Nuttall	Clay	3.21.49

<b>VETERANS O/50</b>			
1. K. Carr	Clay	3.32.14	
2. J. Amies	Macc	3.36.41	
3. R. Jaques	Clay	3.42.04	
4. P. Murray	Horw	3.49.46	
5. S. Scott	Clay	3.50.26	

<b>VETERANS O/60</b>			
1. G. Booth	L'wood	4.02.50	
2. P. Lambert	Vaggeys	4.03.24	
3. B. Leathley		5.03.25	

<b>LADIES</b>			
1. S. Rowell	P&B	3.16.17	
2. V. Peacock O/35	Clay	3.35.36	
3. T. Sloan	Salf	3.47.46	
4. J. Rawlinson O/35	Clay	3.48.56	
5. K. Harvey O/35	Alt	3.50.12	
6. G. Cook O/35	Roch	3.55.00	
7. J. Shotter	P&B	3.56.30	
8. K. Thompson V	Clay	4.00.41	

### FACTORY HILL NIGHTMARE MILE Lancashire 1m/500ft 30.4.96

The fourth annual staging of this race took place on an overcast evening, with plenty of puddles of water on the final four hundred yards of the course after a day of rain.

A small field of almost forty runners, consisting of mainly Horwich and Bolton runners, were led home convincingly by Rob Jackson. Rob adding to his 1994 success for his second victory here.

Patrick Boyd won the battle for second place just ahead of Robs uncle, Steve Jackson, the reigning British and English veterans fell running champion. Robs father, Bob Jackson, made it a family hat-trick with his third successive over fifty's victory here.

In the Ladies Race, Donna McCloughlan took advantage of the absence of past winners, Heather Heasman and Janet Rasleigh, for her first victory.

The race is now becoming well established with a good course, generous prizes, good marshalling and winners cups donated by Brent Brindle, brother of race organiser, Wilf Brindle.

1. R. Jackson	Horw	6.25
2. P. Boyd	Horw	6.57
3. S. Jackson O/40	Horw	6.59
4. D. Townsend	Horw	7.02
5. M. Tickle	Horw	7.13
6. S. Sweatman	Horw	7.15

<b>FIRST VETERAN O/45</b>		
1. P. Bland	Horw	8.16
<b>FIRST VETERAN O/50</b>		
1. R. Jackson	Horw	7.53
<b>FIRST LADY</b>		
1. D. McCloughlan	Horw	9.06
<b>FIRST LADY VETERAN O/35</b>		
1. M. White	Horw	9.13

### PENTYRCH HILL RACE South Glamorgan BM/7.5m/1700ft 30.4.96

Paul Wheeler sped away from the start to open a commanding lead by the first mile marker. Taking the steep climb in his stride, he eventually came home in forty seven minutes and thirty three seconds, beating the course record set by Jon Hooper in 1988 by eleven seconds. Former winner, Graham Woods, was second.

Conditions were ideal for a fast race, being firm underfoot, little wind and a good air temperature.

A record of one hundred and seven athletes, some of whom had made round journeys of one hundred and sixty miles for this evening race.

Praise was heaped on the marshalls, scattered around the seven and a half mile one-lap course. Showers, food and drinks were available at the finish.

John Gough

1. P. Wheeler	MDC	47.33
2. G. Woods	Bath	49.03
3. N. Gwynne	TROTTS	50.20
4. S. Robst	Pegasus	50.33
5. P. Bennett	Card	51.03
6. J. Baker	Pegasus	51.13
7. D. Jones V	P'pridd	51.27
8. A. Woods	MDC	51.28
9. J. Kerley	Bath	52.10
10. M. Duxbury	Horw	52.22

<b>VETERANS O/40</b>			
1. D. Jones	P'pridd	51.27	
2. J. Kerley	Bath	52.10	
3. J. Plain	LesCroups	54.51	
4. M. Lucas	MDC	55.17	
5. R. Morris	SamDom	56.05	

<b>LADIES</b>			
1. B. Walters	Card	58.13	
2. A. Nixon	MDC	58.47	
3. S. Woods O/35	MDC	61.07	
4. J. Hubys O/35	Blaen		
5. J. Thomas	Unatt	65.15	
6. S. Ashton O/35	MDC	65.47	
7. N. Hills	Unatt	66.03	
8. S. Starsmeale	Unatt	71.22	

<b>JUNIORS</b>			
1. R. Pashley	Card	57.47	
2. E. Jeremy	Unatt	62.59	
3. H. Longmore	Unatt	66.28	

### PENRITH BEACON HILL RACE Cumbria CS/4m/500ft 6.5.96

This race is part of the May Day Carnival, with various other appropriate events. At the start of the race a jazz band was in full swing, helping to give people "rhythm". Similarly the crowds and the band greeted the finishers. Mike Scott completed a double, by winning again in an improved time of twenty five minutes and twenty four seconds. Dave Cannon's record still stands after fourteen years!!!!

1. M. Scott	Bord	25.24
2. M. McGlinicy	Bing	26.11
3. P. Targett	Clay	26.31
4. J. Curran	Kesw	26.36
5. D. Barclay	Kesw	27.07
6. R. Unwin	CFR/Kesw	27.43
7. T. Baxter	CFR	27.54
8. M. Carson	Kesw	28.33
9. P. Garnett	Bord	28.34
10. C. Manetta	RRR	29.09

<b>LADIES</b>			
1. T. Targett	Clay	39.06	
2. K. Willers	Unatt	45.35	

<b>INTERMEDIATES U/18</b>			
1. I. Silburn	Unatt	32.09	
2. N. Hodgson	Unatt	33.24	

<b>JUNIOR RACE</b>			
1. M. Routledge	Bord	6.31	
2. R. Davis		7.05	
3. A. Routledge	Bord	7.12	
4. G. Silburn		7.18	

# Junior Round up

Simon Bailey currently leads the under 16 field with a win at both Belmont Winter Hill and Wrekin junior races with Michael Cayton of Horwich, Chris Livesey of Preston, Stephen Savage of Ambleside and Robert Slater of Keighley all in contention. For the girls, Emma Hopkinson won both events, beating the boys winner by over a minute at Wrekin. Kate Bailey in second and Delia Hefford in second and third also posted times better than the boys. Kate, of Staffordshire Moorlands, again took second at Belmont, with Nicola Jones third.

The clear leader in the under 14 age group is Iain Glendinning who came 3rd at the Wrekin and 1st at Belmont. Gavin Cooper, Karl Swire, Geoff Slater and David Huff have all taken places. For the girls, Sarah Gatford of Telford has won both events. Indeed the one-two-three was identical at both venues, with Sarah Jones and Natalie White coming second and third.

For the youngest age group, Mark Smith, John Woodward and Adam Goodwin are battling it out, taking the first three places at both events. Both John and Mark have a first and second, while Adam has two thirds. Full details of the junior championship and international performances will appear in the October issue of *The Fellrunner*.



Top: Under 18 Richard Asquith at Hebden Moor.  
Middle: Wrekin winner & under 16 international Emma Hopkinson of Skipton.

Bottom Left: Under 14 John Scott takes it easy after Hebden Moor

Photos: Dave Woodhead

Bottom Right: Nick Samuels of Burnley leads Carl Swire at Boulsworth Hill

Photo: Allan Greenwood



## Race Review: Burnsall Fell Race

Bang! Deafened by the starters gun. Start my watch and start running. Sprint along the road. The slapping of feet on tarmac echoes the clapping of the crowd. Run hard for the first gate, a bottleneck here best avoided. Through the gate and onto the steep grass bank which immediately shortens my stride to a punchy jog. As the gradient eases lengthen my stride. Cross the lane, into the dip, cross the stream and scramble out. A slow jog now up the field to the wall. Scrambling over the wall gives a momentary relief. Hit the floor and jog again up the steepening grass towards the fell gate, mustn't walk! Keep running to the fell gate, there are people up here watching. Reach the gate, onto the track through the heather on the fell proper. The track steepens, jog, jog, jog, walk! Hands on knees, arms pumping. Keep the pace as high as I can. Slower runner in front, up the pace to get round him. Blowing hard now, sweat drips off my brow and stings my eyes, puffs of dust rise from the dry peat. Nearing the top and the gradient starts to ease. Try to jog again, too soon! Back to a walk, have another go and this time keep up the effort. There is the cairn and the white flag. Jog on but the cairn gets no closer. Put my head down, dig in and suddenly I am there. Feeling sick, words of encouragement from the Marshalls, "What kept you"? ... "Did you stop for a cuppa"? ... Thanks lads.

Round the cairn and over the edge, wind in my face and tears in my eyes, watch your footing! Plunge down the path through the heather, legs going like pistons, slower runner in front, into the heather to pass, the wall looms, scramble up and over. Now I am in my element on a long, sweeping grassy descent; This is where my long legs eat up the ground. Barely in control. Into the lane again, out of the lane and into the field, crowds again, legs feel heavy, lactic acid taking over. Onto the road, careful here, legs tired and may buckle. A slow motion sprint for the line, clapping, over the line, stop the watch, crash out on the grass.

Burnsall. Best fell race in the world .... Now! Let me at some of that nice orange juice with bits of grass in it.

Kevin I. Walker

# British Fell and Hill Running Relay

Sedbergh, Cumbria

Sunday, 20th October, 1996

The eighth British fell and hill running championships will be organised by Kendal AAC and Howgill Harriers on behalf of the British fell and hill running commission.

The event will take place at Sedbergh and will be centred on the Peoples Hill - venue of the Sedbergh Hills race. The courses have been designed to show the Howgills off at their best - although there is little rough stuff there will be plenty of steep up and down bits as well as a little fast ridge running for the speed merchants. If the flag is down it will be entertaining!

**ENTRY FEE:** £24 per team of six (including refreshments). Cheques payable to 'FRA Relay Championships 1996'

**START TIME:** 10.00 hours from PEOPLES HALL. GR. 656 923.

**REGISTRATION:** 0800 hours - 09.30 hours at PEOPLES HALL.

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

**LEG 1:** Solo medium 6.25mls/2000ft. Mostly on paths with runnable climbs. Steep finishing descent. The run out to the fell and the final descent will be flagged. Some navigation necessary. Estimated winning time: 55m.

**LEG 2:** Short 4.25mls/1600ft. Mostly good running on open fell. Short climbs

with a mixture of path and rough fell. Course flagged. Estimated winning time: 45m.

**LEG 3:** Pairs. Medium Navigation. 8mls/3000ft optimum. Steep climbs and descents, little on paths. Course will be given out at a map control, a short run out from the start. Estimated winning time: 1hr 20m.

**LEG 4:** Pairs. Medium 8.5mls/3100ft. Steep climbs and descents with some fast ridge running. Navigation essential. Estimated winning time: 1hr 20m. N.B. Legs 3 and 4 differ little in length and time.

The **estimated** winning time for the total distance of 27.75 miles is 4 hours 15 miles.

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

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

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

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

Please bring all the above in the expectation of having to carry and use it. Non compliance will result in the immediate disqualification of the team. Runners will be checked **before** and **after** their legs.

**MAP:** OS outdoor leisure sheet. 19 (Yorkshire Dales - Howgill Fells) 1 : 2500 or Harveys Howgills map. Photocopies of relevant part will be sent out with acceptance. A colour photocopy will be issued for leg 3.

**LIMIT:** A provisional limit of 10 teams will be imposed. Each club will be guaranteed one team in each category. Additional teams may be entered but acceptance cannot be guaranteed.

**CATEGORIES:** Open, veteran men (40+) and women.

**CLOSING DATE:** Entries must be received by Monday, 2nd September - no late entries.

**ENTRIES TO:** Jonathan Broxap, 32 Castle Garth, Kendal, Cumbria LA9 7AT.

**ENQUIRIES TO:** Jonathan Broxap on 01539 720149. Between 17 September and 6 October contact Jack Prince on 01539 728310. No calls after 10.00pm please. Details (to accepted teams) will be sent out by 10 September.

## ENTRY FORM

(To be completed in block capitals, photocopies acceptable)



Jonathan Broxap, 32 Castle Garth, Kendal, Cumbria LA9 7AT

**Entry Fee: £24 per team of 6, payable to:  
"FRA Relay Championships 1996"**

Name of Club: .....

Name of Club Contact: .....

Address of Contact: .....

Telephone Home ..... Work .....

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

OPEN  VETS  WOMEN

Other **ADDITIONAL ENTRIES** (subject to availability)

1.  2.  3.

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

# Race Reviews

## Three Peaks Race 23.5m 4000ft Yorkshire

Andy Peace and Sarah Rowell took advantage of the firm underfoot conditions to set new course records in the 43rd annual running of this classic event.

Peace took the initiative on the first climb up Pen-Y-Ghent to slash over five minutes off his cousin Ian Ferguson's five year old mark of 2:51:41 to clinch only the third ever hat-trick of victories in the history of the event, the first since 1975.



Calder Valley's M. Horrocks splashes through Sulber Nick

Mike Davies and Jeff Norman are the only other runners to have won three times in a row - but it's doubtful whether either can have set off in such a positive frame of mind with just one aim: To break the course record.

By the first check-point at Ribblesdale, Peace held a two minute lead over the chasing group comprising 1993 runner-up Mark Roberts, Paul Sheard and former World silver medallist Colin Donnelly. From then Peace kept pouring on the pace to power home and win by over eight minutes in a stunning 2:46:03.

The delighted Bingley Harrier said: "Nobody was prepared to push it up Pen-Y-Ghent, so I just went for it. It was always my aim to go for the record and I thought if I blow it, I blow it. Even so I still felt confident I could do it."

"The hat-trick is a great feeling. I used to watch my dad running in it many years ago (his father was also a top 20 runner) and I never thought I'd get round, never mind win it!"

Peace's twin brother Martin had an excellent run to claim the 'First Newcomer' prize in sixth in his debut in the event to help Bingley to the team title by just seven points from Clayton. Graham Schofield, fourth last year, placed 12th for first veteran in his first year in the over-40 ranks.

If Peace was rightly delighted with his win, Sarah Rowell, a hard taskmaster at the best of times, was more reserved, feeling she could have perhaps run faster - even though she still took 12sec off her own five year old course record to win for the fourth time.

Although she admitted to losing ground on the climbs - and gaining it afterwards - Rowell made light of the fact that she was roughly a minute down on her 1991 record-breaking run to come home strongly to finish an astonishing 20th overall and, as in 1992 (when she was 15th), claim the highly cherished top-20 finishers medal.

Rowell, who as usual was running without the aid of a wristwatch, said: "With the conditions being as they were, the record was always in my mind. I'm sure the record can go lower, though. A lot lower. Perhaps I'm just not the person to do it!"

The reigning British and English champion now intends taking a short break after the strenuous build-up to this race - "swimming, cycling and doing what I feel like doing" adding that, other than July's European Trophy at Snowdon, she has not yet fully plotted out her season.

Vanessa Peacock took the runner's up spot (in 63rd) ahead of Snowdon champion Tricia Sloan as last year's winner Jean Rawlinson placed fourth. Pudsey & Bramley took the team title.

Gareth Webb

See profile of Sarah Rowell on p. 24 for further details of her magnificent run).

## Calderdale Way Relay 10 December 1995

The enduring appeal of the Calderdale Way Relay was very apparent again this year with the second highest entry level ever of 104 teams, of which 98 set off from Clay House, West Vale, Halifax at 8 a.m. on a clear winter's morning. Apart from some ice underfoot the conditions were perfect for fast running and for some teams it worked, especially on Leg 6, as Leeds City Ladies, Pudsey & Bramley Ladies and the Scottish Hill Squad Ladies all broke the previous ladies record. The men's Scottish Hill Squad also put in a fine performance on this leg, running the fastest time since the record was set in 1989.

Congratulations to Pudsey & Bramley Harriers who won the event for the fifth time in the last eight years. They had a tremendous start on Leg 1 with the fastest time since 1986 (which was over a slightly different course) and maintained their lead throughout the race, clocking the best times of the day on four of the six legs. They were pushed all the way by Clayton-le-Moors who were 11 minutes behind in second place and Rossendale who were third five minutes later.



Todmorden Harriers gain a place

It was good to see a new name winning the ladies race in the shape of Leeds City who were making their first appearance in the event with the Scottish Hill Squad second for the second year running. Seven times winners Clayton-le-Moors could only manage third this year. Winners of the Vets prize were Clayton-le-Moors who finished

in a highly creditable 9th place overall with last years winners Horwich Vets in second and Kendal in third, only 17 seconds adrift.

As usual a number of penalties had to be given out, the most serious being to Leeds City who were disqualified from the race for not carrying any emergency kit on leg 6. Their response to club officials who were following the strict and necessary guidelines laid down by the FRA was to be abusive at both the start and end of their leg. Given the time taken and complexity in organising what is probably the country's biggest fell race of the year, it is sad that volunteers who have given up a day of their leisure time to help should be subjected to such behaviour.

To end on a positive note, a letter of congratulation from the local Police Inspector paid tribute to the smooth running of the event and, with the race being given coverage by Yorkshire Television on their evening News programme, it can fairly be said to have been a great day for fell running. The organisers would like to thank the numerous members of Halifax Harriers and their friends and relatives without whose invaluable assistance the race could not be held.

# CALDER VALLEY FELL RUNNERS

## - The first ten years PART 2

Allan Greenwood looks at some prominent club members and club achievements.

### Gary Webb

As mentioned in part 1 of this article, the most prominent member of Calder Valley fellrunners, during their formative years was Gary Webb. Gary, a physical education tutor living in Hebden Bridge, placed highly in many races during Calder's first full season as a club, 1987. Gary placed 4th at Coniston, only eight seconds behind race winner Billy Bland, fifth at Pen y Ghent and 5th at Holme Moss, demonstrating his all round ability over a variety of race profiles and distances. In the same year, Gary also finished tenth at Kentmere, 19th at Ennerdale and 12th at Langdale, all races boasting high quality fields.

During the following season, Gary was 13th at Wasdale, beating Gary Devine and Ian Ferguson and he placed 14th in English and joint 11th with Mark Rigby in the British Championship, ahead of Dave Cartridge, Bob Whitfield, Andy Styan and Jack Maitland. During the 1990 season Gary had many outstanding runs including winning the Great Shunner race, setting a race record which has never been bettered. It was on the 15th June of this year that Gary made his attempt at the Bob Graham Round. With tremendous support from his vastly experienced club mates, Gary achieved his round in an excellent time of 18 hours 28 mins. Ninth place at Wasdale in 1990 was a fine achievement, although Gary's great moment in fell racing was only 12 months away.

On an horrendous day weather wise, the start of the 1991 Wasdale was delayed until a decision had been taken as to whether the race should go ahead. "The worse weather anyone could remember with driving rain and a stiff breeze" wrote race secretary Danny Hughes in his report after the race. Indeed, the marshals at the Pillar (½ way) checkpoint had been given instructions to send all competitors back down to Wasdale via Gatherstones Beck if conditions hadn't improved by the time the leading runners had arrived. The rain had eased a little, so allowing the full race to go ahead, but with navigation in the low cloud causing problems for many, coupled with cold wind and slippery wet rock to contend with, 55 retirements were made out of 111 starters.

Danny Hughes' report went on, "... despite all this ... the race produced one of the most thrilling finishes to date. Gary Webb had a clear lead at the last checkpoint on Lingmell Nose wall but he must have been aware that the swift descending Northern Counties champion young James

Bulman (Borrowdale) was closing in on him. Half way down the wall, Gary took a tumble and within seconds James had snatched the lead. In the short run to the finish Gary had no time to recover his composure and settled for the Ian Roberts Memorial trophy for second place. James thus became the youngest ever winner of the Wasdale."

Gary must have been so disappointed at having been so close to victory in a long Lakeland classic but true to his character, he didn't let it show and simply 'got on with it', notching up fine performances at (among others) Peris Horseshoe (fifth), Langdale (10th) and finishing 15th in the English Championship.

During the following seasons Gary continued to post many impressive performances rarely finishing outside the top ten positions. His 1994 results include: 10th at Kinder Downfall, ninth at Borrowdale and Long Mynd 8th place at Blackstone Edge and Settle Hills, 7th at Gategill and Whirlaw, fifth at Duddon Valley (long race) and Cafod Grisedale Horseshoe and 4th at Whittle Pike.

Gary decided to take a year out in 1995, setting regular competition to one side in order to marry his fiancée Joanne. He has already begun his comeback to race fitness in early 1996 with good performances at Half Tour of Pendle (20th), ninth at Black Combe and tenth at Fiendsdale.

### Jeff Winder

Jeff Winder is regarded as the main driving force behind Calder Valley fellrunners. He was instrumental in the club's formation in 1986 and since then his input into

the running of the club has been tremendous. Jeff has always, throughout the 10 years of the club's existence, held a position on the committee, or been responsible for organising their fell race promotions. He was the first to look after the Junior section of the club in the late 1980's, and through his wealth of experience was able to provide inspiration to the younger athletes. Under Jeff's coaching, Jon Smith won numerous junior races, many in new record times. Alex Bowden took many junior and intermediate titles, as well as going on to gain county selection over cross country and finish 12th in English schools cross country in 1990, coming in just behind junior international fell runner, William Styan.

Jeff has taken his turn as Club Captain on occasions, bringing his organisational skills and boundless enthusiasm to helping his club mates of all abilities. He organises the 20 mile/3500' Calder Valley fell race (SEE CALENDAR UPDATE - CHANGE OF DATE) which starts and finishes at Mytholmroyd and traverses both sides of the valley. He has also been at the spear-head of the club's long distance feats, including their successful attempt at the 8 stage Pennine Way relay attempt on the weekend of 19th/20th June, 1992. Jeff ran the first leg from Edale, breaking the stage record by 8½ minutes. This naturally spurred his club mates on, so much so that all eight leg records went and a new overall record was set at 38 hours and 9½ minutes. Jeff has supported his friends on their Bob Graham Round attempts on many occasions. It is a known fact that he has studied, recc'ied and provided back up over every section of the route over the years, his own successful Round completed with club mates Rod Sutcliffe and Paul Frechette on the 22nd June, 1985.

The Long tough fell faces are Jeff's speciality, particularly the Lakeland 'A' Longs' where Jeff has placed in the top 20 regularly at Borrowdale & Wasdale and 20th at Ennerdale, when it was chosen as a British Championship race. This 3 peaks time of 3:19.42 in 1987 earned him 18th place and he managed 14th at the Tour of Pendle and seventh at the Wadsworth Trog in 1993. Jeff can claim to have competed in eight Karrimore mountain marathon Elite class events, his best place to date 12th place overall.

Jeff's appetite for long steady distance running has earned him quite a reputation at the club. Mick Banks remembers the day he joined the club and eagerly followed Jeff's group from the Community Centre at Mytholmroyd. "I remember it vividly", recalls Mick, "Jeff led us up Daisy Bank and over the moors to Stoodley Pike, then along the Pennine Way through Callis Wood to Horse Bridge. The pace was relentless but I wanted to show



Jeff Winder at Sty Head during the Borrowdale Fell Race  
Photo: Allan Greenwood

what I was made of so stuck to Jeff like glue. "Soon we were strung out in a line, each climb sapping our energy. Down into the valley Jeff led and then up the long grind to Blackshaw Head we went. I desperately tried to hang on to his every move and soon we reached the top of the steep climb. Jeff stopped by the trig point and turned around, hands on hips, whilst I bravely scurried up the last few feet of ascent to join him. He scanned the valley far below like a King surveying his vast Kingdom, while we waited for the others to emerge. We waited ... and waited. But they knew Jeff better than I and they had all begged off for an early bath!" Tim Lofthouse of Bingley Harriers summed Jeff's running ability up. "I was with Jeff in the Borrowdale and we went through Sty Head together in 34th place. Jeff took off up Gable and finished 17th in a good class field." That says it all, he has pace judgement, tremendous strength of character and stamina and above all, vast experience of mountain craft.

## Duncan Thompson

Duncan, a newsagent living in Nelson, Lancashire began running after watching the first Bolton Marathon in 1991. At the time he was living in Preston and so began training on the roads for the next year's local distance event, which he duly completed in 3½ hours. From this day Duncan was 'hooked' on running and began competing regularly, and managing to win a few low key road races. His Marathon time came down to a 2-51 at Cockermouth Marathon, with a 20th position to his credit in a quality field.

A move to Nelson in 1995 brought Duncan nearer to fell country, he had already discovered the delights of such races as Downham, Pendleton and Great Hill race but had considered the amount of travelling involved, and the flatter area of Preston unsuitable for proper fell training, to his disadvantage. Now he had Pendle Hill 4 miles to his West and Boulsworth Hill 3 miles to the East so fell running became more accessible, and soon, a way of life.

Duncan joined Calder Valley in 1987. "I was impressed by their friendliness and comradeship. Everybody in the Club knew everybody else. I had previously been in a club with over 300 members (Red Rose) and you were lucky if you knew 10% of them because of the club's broad base."

Duncan began to compete over a variety of distances from medium length upwards. His partnership with Jeff Winder in the 1989 Old County Tops gave them third place overall, while he managed, with Gary Webb in 1994 to go one better, finishing runners up to club mates Paul Cleary and Steve Skelton in this 35 miler with its 9000 ft of climbing.



*Duncan Thompson, pictured at Sty Head Pass  
Photo: Allan Greenwood*

During 1990 Duncan notched up his first victory on the fells, winning the inaugural Coiner's 7 race. In this year he also placed 5th at Ravenstone Brow, 6th at Downham, 4th at Shelf Moor and eleventh at the Full Tour of Pendle. He finished runner up to Gary Webb in the inaugural Great Shunner race, finishing only 16 secs adrift.

He finished 3rd in the 1991 Pendle Full Tour as well as a creditable 9th place in the Peris Horseshoe in Wales, (17 miles/8500') and in 1993 posted 6th place in the Wadsworth Trog and 7th at Tour of Pendle. Duncan continues to enjoy organising his own race, The Boulsworth Hill race, with its steep uphill finish. Next January will see the 10th anniversary of this race and Duncan has a very special event lined up for those lucky enough to get an entry....

## Mark Horrocks

Mark resides in Nelson Lancashire and is a toolmaker by trade. He has enjoyed the sport of cycling in its many forms (road race/touring/mountain biking) for the past nineteen years and has always included a little running during the winter for general fitness. During 1988 he dabbled a little in local fell races, at Pendle and Clitheroe, but it wasn't till 1994 that he decided to "try something different" and compete regularly on the fells. Here he met Duncan Thompson who introduced him to the delights of tough fell racing and social post race drinking sessions. "Duncan persuaded me to join Calder Valley and I got him to join Pendle Forest cycle club so together we got some good hard training in, both on foot and on the bike, and some good social pints in afterwards!"

Mark's progressive fell race results make interesting reading. In 1995, his first full season, he ran 47 races varying in length from 3 miles (Skipton guides race) to 17

miles at the Full Tour of Pendle. His results for this year read: Skipton Guides 7th, Dodd Fell 5th, Five Cloughs 3rd, Crow Hill 7th, Hodder Valley 5th, Great Shunner 5th, Thievely Pike 5th and Full Tour 2nd. From May till December of this season he was never outside the first 20 places. He started his 1996 campaign on a high note too with 2nd place at Ovensden, 7th at Boulsworth Hill, 6th at the 'Bunny run' and 5th at Wardle Skyline. That elusive win can only be around the corner for Mark.

But if races were won on sheer enthusiasm and willingness to help out at races, Mark would win every time. He can regularly be seen, turning up early to race venues and offering to lend a hand setting up registration or carrying items to the start/finish area or into the pub. This I feel reflects Mark's appreciation of all the hard work that goes into putting events on.

"I'd say the best thing about fell racing is the social side afterwards, as most events start and finish at a pub (thirst quenching)! plus everyone is always friendly. The camaraderie between runners, spectators and organisers is always excellent.



*Mark Horrocks  
Photo: Allan Greenwood*

The most thanks after my first season go out to the organisers who put in all the hard work behind the scenes, and to the marshalls on the day. I am always impressed by the way the prize list is spread throughout the field and not just the first 6 or so as in bike racing - also the entry fees are only £1.50 - £3 compared with £5 + in cycle racing. Hopefully, providing I can stay injury free, I can look forward to another year of racing/socialising on the fells during 1996!"

## Louise Atkin

Louise, a Primary School teacher living in Hebden Bridge, began running again two years ago, "for pleasure and recreation and in order to keep fit" after a lay-



Louise Atkin  
Photo: Allan Greenwood

off of 10 years. She was brought up in Ilkley, West Yorkshire, with its backdrop of rugged moorland and rocky outcrops and developed a taste for the outdoors early in life, walking, climbing and caving being her main activities, and later taking up jogging for fun. Louise met Charlotte Robertson a caving trip whilst studying at Sheffield University who later, when they both began to work in Bradford, introduced Louise to fell running and Calder Valley runners. Her first outing with the club took her over Errington Moor to Stoodley Pike and through the ancient 'Coiners Country' of Bell House Moor, where the coin clippers once operated, melting down the pieces of clipped metal edges to make new counterfeit coins.

Louise made her fell racing debut at the 1994 Whirlaw fell race at Todmorden where she finished 2nd to Jean Rawlinson of Clayton le Moors. She then began to train over longer distances and entered the 16 mile Holme Moss race, a club championship race for CVFR that year, where she notched up her first victory. Her club mate Thirza Hyde finished second lady and the Calder men took the team prize. Louise decided that her preference lay in the Medium to Long category races and trained hard for the 1995 Three Peaks race where she finished a creditable 5th Lady and posted a time of 4 hours 9 mins. This event she considers to be her favourite so far, largely due to the prestige which surrounds the event and the fact that "everyone has heard of the Three Peaks route, and of course, it is in Yorkshire!" In 1995, Louise finished 15th in the FRA English Championship, helping Calder Valley ladies to 2nd equal with Keswick AC in the team championship.

"Fell running is certainly different to any other activity I've tried. I used to think that fellrunners were a load of nuts but now I know the camaraderie that goes

with the sport!" Louise plans to try some other long distance events in the future, possibly taking in a few LDWA type events.

## Dr. Tim Daniels

Tim Daniels was one of those club runners who by strength and nature of their character, can hold the other members of the team together through bad patches and keep their feet firmly on the ground during good times. He was tremendously influential during the early years of Calder Valley Fell Runners as well as, possibly due to his rather extrovert nature, a great source of interest and amusement among his many friends.

Tales of Tim's exploits during his running career, before his departure to New Zealand in the early 1990's have become almost legendary, but first let us assess the athletic talent of the man.

Tim was a tall and extremely thin, wiry fellow with long skinny legs and a mop of curly orange hair, falling across his bespectacled face. He was a Doctor by profession and, in the opinion of many of his contemporaries of the time, an absolute training fanatic. I use the word 'Training' rather than 'Fitness' for reasons which will become apparent as you read on...

Tim would train regularly with the club's top fellsmen Gary Webb and Jeff Winder. They would run together along banks of the canal to reach farmland access to the fells via Daisy Bank or Wadsworth Bank field, then as the steep ascent began, they would work hard together, concentrating, driving hard and maintaining a good rhythm on the 1000ft climb in just over a mile. Tim however, would invariably be working that little bit harder than the others. He would drive himself, swinging his arms, grinding his legs against the hill, breathing deeply and willing himself on the summit. At the top of the hill he would turn, hurl himself down the slope and rejoin his partners for the final part of their ascent. Such was the calibre of this intensely fit man.

But there was no structure to Tim's training and he began to gain a reputation for being obsessive about training. Rod Sutcliffe, who was Club Captain at the time, remembers, "Tim loved nothing better than to push himself to the absolute limit. He lived for that wonderful 'High' that being extremely fit and pushing oneself to the threshold can give. Tim would train as often as possible, sometimes several times a day at his intense level, and inevitably would burn himself out." Rod also remembers that Tim failed to maintain a proper balanced diet. "He would eat fruit and raw vegetables, notably apples and carrots, pounds of them at a time. Someone once said that

Tim was getting through 60lbs of apples in a fortnight! He eventually ate so many raw carrots that his skin began to turn orange, it almost matched his hair!"

Naturally, lusting after driving himself hard without vital replenishment would have a detrimental effect on Tim's health. Amazingly though, when it came to races, Tim just seemed to go to pieces, never achieving his true potential as a Fell Racer. This was perhaps due to overtraining prior to an event, or possibly due to the "ordered" nature of a race with travelling, registration, pre-race warm up and specific start time, rather than his erratic impulse driven bursts of life that motivated him to run well. In my view, as this leaves Tim little known throughout the fell fraternity, it all adds to strengthen the legend of the man!

Many stories about Tim's exploits have been related to me whilst researching for this article, to reproduce them all here would fill the magazine. Here are just a selection of Tim's crazy antics.

Rod Sutcliffe tells of the day Tim rang him to arrange an afternoon 50 mile cycle ride from Hebden Bridge. As they set off along the valley and up the long drag of Cock Hill over to Oxenhope and The Bronte Country, Tim was beginning to lag behind, although the pace was quite steady, "Everything alright Tim?" asked Rod, "You seem to be struggling a bit today ..." "Oh", replied Tim, "I guess I still haven't recovered from this morning's 30 mile run with Jeff Winder!"

Mick Banks recalls the time Tim went on a trekking holiday to Kathmandu and he stopped to buy a few provisions at a store and absentmindedly left his bag outside, when he came out, his rucksack, containing everything he had, passport, money, clothes, camera, food, had gone, and Tim was left with only the shorts and sandals he was wearing and the little money and provisions he held in his hands. Tim would probably, shrug his shoulders, find a shady spot and sit to eat his apple!

On a misty gloomy day in the Scottish Mountains Jeff Winder and his partner managed to reach a checkpoint half way through day one. Just as they were about to leave, Tim and his partner came running along and wished them good morning. Jeff mentioned to the pair that they were going to have to retire as they had somehow managed to leave all their food in the car at the start. "Don't worry" said Tim. "I've got loads of food, tons of food, enough for us all, see you at camp and I will share it out." This bucked Jeff and his partner up no end and at camp that evening Jeff waltzed over to Tim's tent for his nosh, "Here said Tim", we will share it all out, there is plenty of food here, and duly proceeded to hand out 1 apple, 1 carrot and 2 slim-a-soups to each man.



## Club achievements

As mentioned in the profile of Jeff Winder, Calder Valley fell runners set a new Pennine way relay record in 1992. Relays have always played an important part in building friendship and teamwork at the club, so the Calderdale Way, Rossendale and Ian Hodgson and FRA mountain relays are important annual events. Top 10 placings including 5th in the Ian Hodgson, one place behind Kendal AC in 1995, shows their commitment and strength as a team.

The club took on the task of organising the FRA relay in 1994, based in the village of Old Town above Hebden Bridge. A highly successful event was organised by Bernard and Kay Pierce along with teams of volunteers from the club and Todmorden Harriers, their neighbours from just along the valley.

A few Calder club members' individual achievements are worthy of note. Rhys Kift and Peter White, both Bob Graham Rounders and long distance enthusiasts, devised a route, along with ace navigator and Trig point fanatic John 'Bod' Riley, which would visit every Triangulation point marked on the South Pennines area map (O/S Sheet 21 1:25000) Named "The South Pennines 39 Trigs Challenge", they ran the 102½ miles with 14,000' ascent on the 29th June 1991 in a time of just over 30 hours. Dave Yates set a new record for running the entire Calderdale Way in 1991. He actually raced against a relay team of his colleagues at Calder High School and in a tremendous effort, managed to finish just 5 minutes behind the team in a time of 8 hours and 50 minutes. Irene Neville made a solo effort on the 50 mile route in the same year, completing it in 14 hours 30 minutes. As far as I am aware, this female record still stands.

Finally to end this article I would like to thank members of the Calder Valley Club for their assistance in providing me with information. A more helpful, friendly and sociable group of people I have yet to meet. Sources for this article; The Fellrunner issues from 1985 - 1996, RAMPAGE, the Calder Valley fellrunners' magazine, and SHEEP - SHEET, their monthly newsletter.

Allan Greenwood



The experienced runner will often be able to find an easier route to the summit.....

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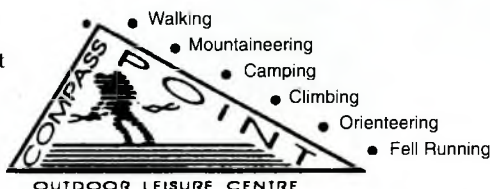
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**FANCY THAT!**

Bingley's Colin Moses finding a new way to pass a rival - race organiser Dave Woodhead being de-bagged!



- Bill Smith

At six feet in height and weighing in at fifteen stones, Kieron Ashworth of Clayton-le-Moors Harriers must surely be one of, if not **the** heaviest of fell runners. He does, in fact, look more like a rugby player or a wrestler (Cumberland and Westmorland style, of course), and certainly looks at home in the pub after a race with his fist wrapped round a pint.

Drinking is, in fact, another of Kieron's hobbies and he sups around twenty pint of lager a week. Yet he is a wholly dedicated athlete, too, and loves his sport even more than his ale. His dedication is exemplified not only by his regular training schedule and prolific racing programme but also by the fact that he and a few mates, calling themselves the Clayton "Dream Team", have this year taken over the organisation of the Pendle Fell Race, with Kieron's address and phone number being listed in the FRA fixtures handbook as the man to contact for information.

Their first promotion of the race on April 6th went off without a hitch and boasted a generous prize list, though perhaps significantly the prizegiving took place in the local pub rather than in the traditional village hall!

#### **Golf Course Challenge**

Born on May 23th, 1965 at Nelson, Lancashire, with the wild Pennine moors rising to their apex on Boulsworth Hill to the east and Old Pendle rearing to the west, Kieron works for Pendle Borough Council as a gardener and tractor-driver. It was actually some of his workmates who encouraged him to start running. One day they beat Kieron that he couldn't run to the top of a local golf course and back, Kieron accepted the challenge and won the bet.

One particular workmate, Robert Januszewski, was a member of Clayton-le-Moors Harriers and it was he who talked Kieron into entering his first athletic event, the 1987 Habergham "8" road race at Burnley. This led him to competing, with Robert's continual encouragement, in further local events, including the "Pendle Grand Prix" series of road, fell and cross-country races. His first taste of fell racing came in the cross-country style Pinhaw Moor race, followed by the "Grand Prix" Pendle race from Barley (not to be confused with the traditional Clayton Harriers event in April), another cross-country type course from Barrowford taking in Blacko Tower, and the Weets Fell Race at Barnoldswick, which is a combination of road and fell.

## **Profile:** **KIERON** **ASHWORTH** *by Bill Smith*



*Kieron Ashworth ahead of M. Thomas and Pat Collier (both Todmorden) ascending the pastureland in the 1994 Rombalds Moor Race  
Photo: Dave Woodhead*

Robert Januszewski and Steve Holden, a road runner, eventually suggested that Kieron should join Clayton Harriers, which he duly did in 1988, and three years later he enrolled in the FRA. He devised a training schedule of 25 miles per week (Kieron's week running from Saturday to Friday, incidentally) which occasionally fluctuates according to the length of his race at the weekend.

On winter evenings, training is confined to the hilly roads of the Nelson area, but as soon as the lighter evenings of Spring arrive, he mixes road, cross-country and fell, including one evening per week being devoted to "Nevis training" on Pendle's "Big End". This involves three repetition climbs up the final ascent of the Tour of Pendle course. Kieron generally trains more in winter than in summer, but races more often in summer. On the rare occasions when he has no race at the weekend, he will go for a training run on the fell.

#### **Favourite Races and Terrain**

The Ben Nevis is one of Kieron's two favourite races, the other being the Half Tour of Pendle. He enjoys the Ben Race not only for the superb scenery and obvious challenge of its course, but also for its great atmosphere, with the stirring march around the New Town Park arena behind the pipe band before the runners set off for the mountain.

Apart from the Ben, however, Kieron's preference is for grass-and-heather courses, particularly of medium length, rather than steep, rocky terrain. Short events are too fast for him, and while he will occasionally rise to the challenge of a long race, he does not really enjoy them but savours the sense of achievement on completing them. He has done the Haworth Hobble three times and also successfully competed in the Yorkshireman Off-Road Marathon, Wardle Wanderer and Rombalds Stride, and local favourite, the Tour of Pendle. At the time of writing (mid-April), he is training for the Three Peaks Race.

Kieron is both a strong, gritty climber and a fearless descender. I particularly recall marshalling at the Ogden Clough checkpoint on

last year's Tour of Pendle, run in rain and mist, and watching him make a flying descent off Spence Moor to the stream-crossing, sometimes losing his footing and sliding on his back down the steep, slippery fellsides, but never once slowing or faltering.

His performance in this event, in which he came 179th out of 182 finishers, with a time of 4.18.37 - 35 minutes faster than his previous best in 1993, despite the conditions - led the race organiser, Kieran Carr, to nominate it for Clayton's "Run of the Month", a title awarded each month for the outstanding run by a club member. In this case, it was particularly deserved as Kieron does not claim to be a long-distance specialist.

#### **The 1995 Challenge**

As New Year, 1995 approached, Kieron decided to set himself a target of 52 races for the new season, one for each week of the year, and all of them included in the FRA fixtures handbook. He actually achieved his aim midway through August at the Pilgrims Cross race in Rossendale, and by the end of the season had brought his total to 67, of which 60 were personal best performances.

His campaign started with the Nine Standard Riggs race from Kirkby Stephen on New Year's Day, in which he placed 72nd out of 79 with a time of 1.29.11, and two months later he ran the Pendle Half Tour and Benson Knott race on the same weekend. However, his resolution was sternly tested at the Wardle Skyline race on April 22nd with its prevailing conditions of driving rain, sleet, hailstones and near-gale force winds. "I felt like giving up," he recalls, "but was given heart by seeing the retirements coming down off the fell (the first checkpoint on Brown Wardle) and also by my determination to do the 52 races."

May was Kieron's busiest month racing-wise, with eleven events completed, as compared with ten, his next-highest monthly total in June. In May, he ran Wray Caton Moor on Bowland's northern tops, the Jack Bloor Race on Ilkley Moor, and the Flower Scar Race at Todmorden on successive days, and on the last

weekend of the month, turned out for the Hutton Roof Crag Race on the Saturday (190th out of 206), the Great Hameldon race on Sunday morning (228 out of 341) and the Saddleworth Fell Race on Sunday afternoon (88th out of 103).

Asked how he felt after this strenuous weekend of competition, Kieron merely replied with typically matter-of-fact stoicism: "Alright." Not content with this, a week later he ran four races in five days and repeated this ten days later, starting with the demanding Five Cloughs race on the Saturday.

Such a hectic racing programme might have been expected to result in injuries, but Kieron managed to get away with it right up to his 49th race on August 8th when he incurred a strained hamstring in the Weets Fell Race, in which he finished 345th out of a huge field of 427 for this special 25th anniversary event.

Undeterred, Kieron turned out for the Downham Fell Race three days later and continued with the Wadsworth Village and Pilgrims Cross events within the following week. The hamstring continued to cause him problems throughout the remainder of the season till it finally cleared up in January this year.

Kieron ran three races in five days leading up to the Sunday before the Ben Nevis Race, in which he finished 404th out of 409 with a time of 3.14.58. After this, he raced less frequently to give his hamstring a chance to heal up, running eleven events up to the Auld Lang Syne race on New Year's Eve. Before this latter event, he had been up working all the previous night, sanding and gritting the roads after a heavy snowfall, and went straight to the race from work.

Some of Kieron's best results came in late-season events, when he wasn't racing so prolifically, such as 206th out of 236 in the Shepherds Skyline, 181st out of 201 in the Bolton-by-Bowland Country Run, and 154th out of 180 at The Stoop.

With the 52 races season now out of the way, and with it the need to race as often as possible, Kieron Ashworth must now feel free to be able to compete more selectively and perhaps improve even more on previous performances. He says he would now like to concentrate a little more on long-distance fell racing and we wish him luck in this and with whatever other targets he may set himself in the future.



At the top of the big climb on Pendle  
Photo: Peter Hartley

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# LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

## THE FIRST AND BEST

And the toughest? No doubt, about that when the first long-distance event in the Lake District, The Mountain Trial, was run for the first time in 1952. Other firsts: the first to promote a women's fell race; the first fell race in England to be run on orienteering lines, in 1957.

The Mountain Trial was first organised by the local YHA to celebrate their 21st birthday. Thanks to Harry Griffin, the Lancashire Evening Post took over sponsorship in 1956, succeeded nine years later by Vaux Breweries, and for the next 18 years the Trial was known to everyone as "The Vaux". It became "The OS" when the Ordnance Survey agreed to sponsor for 11 years until 1993; now it's "The Reebok".

The early races attracted some international runners among the 40 to 50 entries: Tulloh, Pirie, Brasher and Disley (whose continuing interest has led to Reebok's present sponsorship), though none of these beat regular fellrunners like Stan Bradshaw and Des Oliver. Then, long before studs and Lifa, footwear and clothing were big problems. The winner in 1953 wore rubber climbing boots, the runner-up ordinary walking shoes, and the third nailed boots. Later, Bata basketball boots became popular, perhaps because they were called "Superathletes". In the epic run of 1962 George Brass, the only finisher, survived the appallingly bad weather (unequalled until Buttermere 1994) by wearing an old plastic jacket. Attitudes were different too: in the 1953 women's race the winner took her two dogs round. So was the organisation: mass starts had the first checkpoint revealed by the dramatic unveiling of a blackboard.

Interval starts began with the first "Vaux" in 1965, and gradually the Trial evolved into more of a giant orienteering event, where accurate navigation and good route choice are as important as fell fitness. Planning the two courses, men's and women's, has become an art, aimed at presenting difficult route choices which require runners to think as well as move. If you've not yet run a Mountain Trial, try an armchair one: get out your 1:50,000 OS Sheet 90 and plan the route you'd have chosen from the route cards below. These are typical courses,



*The bustle of the finish field*

generally about 20 miles long with 7000 feet of climbing for men and 15 miles/5000 feet for women. Then imagine discussing your triumphs (and disasters) of the day over a pint and a meal in the marquee after the race.

Over 44 years, hundreds of fellrunners from 21-year-olds to 60 plus have run the Mountain Trial. Some have entered to win or gain a high placing. Most have competed to accept the challenge of a demanding course and to achieve the satisfaction of doing it. A few names and top performances are now the stuff of history: Hand, Brass, Naylor, Bland. Thirteen men have completed 21 or more Trials. For most however a handful of completion certificates record highly valued personal achievements. Prizes seem almost incidental to the enjoyment of the day, but there are 30 for individuals and teams, donated by Reebok, Silva, YHA and Pete Bland Sports.

The Lake District Mountain Trial Association gets many letters of appreciation each year. Ronald Turnbull, whose run of 150 Hills in Southern Scotland & The Borders was recognised by the FRA Long Distance Award for 1995, wrote this after the 1994 Buttermere Trial:

I hadn't bothered to enter the Mountain Trial before because I believed it was impossible to get onto. I shall now be entering every year if I can. The combination of fine country, good race atmosphere and most interesting race route is a real winner. The race results with split times and route choices of famous runners etc. is that final touch that prompts me to write to express my total approval for this event.....

and he goes on to enclose his £2 Association membership fee!

It's not impossible to get into, though there's a limit of 250 entries for men, which are vetted for suitable experience and generally restricted to those over 21. **This year's Trial is on Sunday 15 September.** Use the entry form printed opposite (photocopy accepted if you don't want to mutilate your "Fellrunner"). And as you try out the route cards below, keep in mind Bill Smith's judgement in "Studmarks", ten years old but still true: "The Mountain Trial retains its unique atmosphere and is still one of the toughest one-day races."

### ROUTE CARDS FOR MOUNTAIN TRIAL 1988

Start & Finish: Hartsop

Follow flags to route card issue at GR 415 129

#### MEN'S ROUTE

- |                                  |         |
|----------------------------------|---------|
| 1. Small summit                  | 418 149 |
| 2. Sheepfold near track junction | 414 178 |
| 3. Church                        | 434 184 |
| 4. Pillar                        | 484 103 |
| 5. Ull Stone                     | 454 082 |
| 6. Lowest point of saddle        | 433 088 |
| 7. Wall corner on ridge          | 409 126 |

Follow flags to Finish

#### WOMEN'S ROUTE

- |                              |         |
|------------------------------|---------|
| 1. Wall/fence corner on path | 449 138 |
| 2. Pillar                    | 484 103 |
| 3. Ull Stone                 | 454 082 |
| 4. Lowest point of saddle    | 433 088 |
| 5. Wall corner on ridge      | 409 126 |

Follow flags to Finish

# The Reebok Mountain Trial

The 45th Lake District Mountain Trial - inaugural race 1952

Organised by

The Lake District Mountain Trial Association

## Entry Application Form 1996

15th Sept 1996



1. Name ..... Male/Female

Address .....

.....

.....

Post Code..... Club .....

Tel No. .... Age (on 15/9/96).....

2. Answers to the following questions may determine eligibility for certain prizes

Are you a current member of the YHA? Yes/No

Are you a current member of the LDMTA? Yes/No

Are you a member of an Athletic/Orienteering club Yes/No

If you have been employed by an Outward Bound School since September 1995 then name the school

.....

3. Additional information for Race Commentator which will also be used to assess the experience of newcomers to the event.

How many times have you competed in his event? .....

When did you first compete? .....

What was your best placing and when was it? .....

Best placing in recent fell races .....

1995/6 FRA championships .....

Bob Graham Round .....

Orienteering Championships .....

Other achievements .....

.....

4. Declaration and Disclaimer

I have read and understood the preliminary details and agree to accept the ruling of the LDMTA concerning any matters relating to the event. I am physically fit and absolve the organisers and sponsors from any responsibility for injury or loss which I may sustain as a result of being a competitor in the race. I agree to my competitor details being kept on computer file.

Signed ..... Date .....

5. Send this form .....

together with entry fee of £6.00 (cheques payable to LDMTA) and 3 SAEs (9" x 6" minimum) to:

Mike Hind, Fernwood, Chestnut Hill, Keswick, Cumbria, CA12 4LR

6. Closing date 20th August 1996.

For Organisers' Use Only:

Recd .....

No .....

V .....

SV .....

Y .....

SP .....

O .....

M .....

Cheque .....

Cash .....

PO .....

Rej. ....

# The 1995 Isle of Jura Scottish Peaks Race

(by Margaret Huyton)

Climbing in the Cairngorms in winter can be a dangerous activity, however for me in February, 1995, the most dangerous part of a climbing expedition was volunteering to become a member of a team in the Scottish Peaks Race.

Jim Hall from Glasgow had met my husband and I for a few days climbing and he casually mentioned that he was looking for a partner for the Scottish Peaks Race. He said that the sailors had never done the race before and did not want very competitive runners in case they were unable to complete the event. I rashly volunteered my services as the extra runner. My family were astonished, to say the least, because I am a notoriously bad sailor, but May seemed many months away.

The weeks flew by and I concentrated on my training. I completed a half marathon followed by the London Marathon and then turned back to the hills. As the event approached, I began to get cold feet wondering how I would cope with the sea. Our Skipper Paul had arranged to sail his boat, a 33 foot Sigma, White Oryx II, from its base at the Royal Gourock Yacht Club round to Oban the weekend before the race. I drove up to Troon on the Friday to meet fellow crew members Alan and Bill, and after a welcome drink on board, settled down to sleep on the boat.

We left Troon at four in the morning. I awoke some four hours later to the welcome smell of toast and the unwelcome gyrations of the boat beating towards the Mull of Kintyre in a Force 5. When dressed and ready to eat my toast, I found I suddenly felt sick and had to rush on deck. I was indeed sick and continued to be for some time. I finally retreated to my bunk and lay there in a state of misery until we arrived at Craighouse on Jura many hours later. The plan had been for Jim and myself to do a trial run on Jura, but I was in no fit state to do this so we launched the dinghy and rowed to shore where we whiled away the evening in the hotel.

The next day there was very little wind so we had to motor all the way to Oban. I managed to survive the journey thanks to the calm conditions and Stugeron tablets.

It was with a good deal of apprehension that I left Cheshire for the long journey north to Oban the following weekend. In the interim I had managed to acquire some Scopaderm patches. One of these is placed behind the ear and is supposed to com-

bat seasickness for 72 hours. Our team all arrived safely in Oban and retired to McTavishes Kitchen for the traditional pre-race party where we enjoyed a good meal washed down with some Isle of Jura whisky. Jim and I had our kit checked and we took the water taxi to the White Oryx moored over near Kerrera. Up early on Friday morning, I applied the Scopaderm patch behind my ear and hoped for the best. Paul gave us all jobs to do around the boat and we were finally ready to sail over to the boathouse for the final briefing. The boat looked lovely in the morning sunlight festooned with flags. The Royal Gourock Yacht Club flag was at the top of the mast with the St Andrews and the Scottish Peaks Race flags lower down. We had the Royal Ensign flying proudly at the stern.

Following the briefing, Jim and I prepared for our run around Oban. All the other runners looked very fit and a lot younger than me but there was a good atmosphere. At twelve o'clock we were finally off, on a 5 mile road run round Oban finishing on the shore near the Cathedral.

Amidst the confusion on the beach, Bill was ready to meet us, life jackets in hand. We donned the life jackets, jumped in the dinghy and he rowed us out to the White Oryx. Clambering aboard we were quickly under way. The adrenaline flowed as the many boats vied for position to round the marker buoys and head out of the harbour. At last, the flotilla was on its way to Mull with Paul and Bill fine tuning the sails whilst Alan prepared soup and rolls - the last meal I would eat for some time.

We arrived at Mull about 5 o'clock in the evening. Bill rowed us ashore and we landed on some rough rocks covered in very slippery weeds. We struggled over these to the kit check. Our kit was passed and five minutes later we were on our way.

We ran from Salen for miles and miles along straight uninteresting roads. It was raining and the wind was against us. Such misery. We eventually turned down the track to Loch Ba and after a couple of miles changed from road running shoes to Walshes.

At last we were on the hill proper. Jim led me onwards and upwards into the mist. The boggy ground was wet and very cold, and so were my feet. As we climbed the rain and gloom intensified. An easy ridge became a traversing struggle across ankle-breaking scree and then a 1000 foot rock scramble upwards. Jim's excellent navigation brought us onto the ridge with just a short run to the summit of Ben More. From there we ran all the way down the other side of the mountain to the road and then faced the long, long trek back to the boat.

A patient Alan was waiting at Salen and at 10:40 (an hour and a half later than estimated) we were in our little rubber din-

ghy rowing back to the White Oryx. I was cold, wet and exhausted and wondered how on earth I would be able to run again the next day. I was too tired to eat and drank a little juice before going to my bunk. This was a mistake because at 2 o'clock in the morning I woke up feeling sick and up came the juice. Shortly after I was again woken when sailing round the Firth of Lorn. A large wave came in through the hatch which Jim had insisted on leaving open for ventilation, and soaked us both.

I stayed in my bunk resting until Jim said it was time to get up as we would be arriving in Craighouse in about an hours time. After a little bit of cereal I repacked my sack, changed the Mull map for the Jura map and was ready to go. We sailed into Craighouse on a perfect day. Instead of the overtrousers and cagoule of Friday, today would be a day for shorts and T-shirts. Bill rowed us ashore and after the mandatory kit check we were soon on our way.

It felt good to be running under the warm sun. Once again Jim was in the lead, map and compass at the ready. Because I had eaten so little on the boat, I was eating dried apricots and marzipan at frequent intervals, washed down with stream water whenever possible. We both felt weary and progress was slow.

The first Pap, Beinn a'Chaolais was eventually reached and the views from there were magnificent. Our entire race area lay before us; to the north we could see Ben More on Mull and to the east, the hills of Arran were very clear. All around the seas looked blue and inviting, however we could not stop to admire the view but had to hurry down to the lochan before scrambling up the highest Pap, Beinn an Oir.

We finally reached the top of the last Pap, Beinn Shiantadh, the descent from which was down difficult scree and boulders, and it was a relief to get back onto the moor. We ran back to the road and the checkpoint, and then endured the arduous run down the hard tarmac road to Craighouse. This leg had taken us over six hours.

Poor Alan had been waiting some time to row us out to the boat. Whilst Jim and I had been getting sunburnt and weary on the Paps, Alan and Bill had been in the hotel, having a shower, pub lunch and watching the Cup Final! However they deserved their afternoon of recreation because they had to sail us through the night, down and around to our next island, Arran.

Because of the flat calm conditions, tactics dictated that we boarded the boat as far off shore as we dared and my rapidly cooling body would tolerate. Once again I was too tired to eat so retreated to my bunk. Jim was able to enjoy the fish pie that Bill had made for us both whilst our sailors rowed us towards the Mull of Kintyre. I was blissfully unaware of this.

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The next morning I awoke as we were coming out of Machrahinish Bay on a freshening wind. Paul instructed us to put on our life jackets and safety harnesses. We were all on deck securely fastened to the boat with the hatches battened down ready to round the Mull of Kintyre. My Scopaderm patch seemed to be working as I was not feeling sick, and I have to say I found the sail round the Mull exhilarating and exciting. I had great confidence in our Skipper Paul, and crew Alan and Bill, and I was happy in their hands.

Paul informed the Coastguard before we rounded the Mull and was instructed to call back again once we had passed Sanda island.

As we sailed towards Arran, I managed to have a little soup. I felt apprehensive about the forthcoming run. Thus far I had compared my two runs to a "Karrimor". That is, doing two fairly long runs on consecutive days, but here I was faced with a third long run. This was outwith my experience and I wondered if I would be able to cope. We moored at Lamlash Bay at about 3:30 on an overcast Sunday afternoon. Bill rowed us ashore and we ran to the kit check. Here we met some of Jim's pals from Glasgow who gave us great encouragement. Finally we were off. We took the track north over the Clauchland Hills followed by a long road run down into Brodick. The tourists in Brodick gave us some odd looks but we

plodded on and finally left the road for the track up Goat Fell.

A quick change again from road shoes to Walshes and it was onwards and upwards into the mist. The path was well marked so we did not need to use the map or compass. The last summit reached and now to descend. What a glorious feeling, knowing there were no more mountains to climb!

We had a fast run back down to Brodick, but walked over the Clauchland Hills and from there it was an easy run back to Lamlash Bay. This was our fastest leg yet, about four and a half hours; indeed it was so fast, our dinghy was not there to meet us. Jim rushed to the shore to shout to the crew whilst the marshals in the caravan gave me some water to drink and let me rest on the caravan steps. Someone put a jacket around me to keep me warm whilst I was handed a copy of the Scottish Fell Runners Calendar! The dinghy arrived and we were rowed to the White Oryx.

I felt tired but pleased. I had completed my runs and was still in one piece. I hoped there would be enough wind for Paul to sail us across to Troon - and there was. Avoiding the invisible dangers of Lady Isle we arrived safely at Troon harbour just before midnight. Paul tacked carefully towards the harbour entrance. He sailed until the last possible moment overtaking another yacht in the process. With great

speed we climbed into the dinghy for the final row to the pontoon. Bill rowed as he had never done before and anxious to keep our slender lead, Jim and I clambered onto the pontoon and ran to the yacht club office for our final check.

We had made it in just under sixty hours. We had run over 60 miles and climbed 11,500 feet. We had sailed 160 nautical miles and had survived.

The kindly marshals gave us 5 miniature bottles of Isle of Jura malt whisky for the team, and Jim and I had a hot drink whilst we waited for the arrival of Paul, Alan and Bill after they had moored the boat. I hugged them all in turn. It was magical moment, the end of the race and we had completed the course successfully. We quickly packed, tidied and locked the boat and drove north to Glasgow for beds which did not move, the chance for a long hot bath and the prospect of clean dry clothes.

I would like to thank the organisers and marshals for their help and cheerfulness, but most of all I would like to thank Skipper Paul, crew Alan and Bill and fellow runner Jim, for looking after me and giving me many happy memories of a great weekend.

*Photo: Background to opposite page - another lady rock scrambling. Sue Kiveal of Saddleworth at Ravenstone  
Photo: Dave Woodhead*

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## Seven out of seven at seven

The ale at The Salutation in Threlkeld, near Keswick flowed the other Saturday night, and locals wondered what this motley crowd of individuals from the Peak District had done. In the previous 24 hours seven members from the specialist Sheffield-based fell running club Dark Peak had done the Bob Graham Round.

To runners and walkers familiar with The Great Outdoors, I feel it is sufficient to say that it is a 72 mile route over 42 Lakeland Peaks. A circular route from Keswick, it takes in all the principle peaks and ridge routes of central Lakeland and was first accomplished by the eponymous Bob Graham on 13 June 1932.

On the Friday night the Dark Peakers took a 'quick' run up Skiddaw, Keswick's silent giant which towers 3,058 feet above the Cumbrian town. Two more peaks and still just light the group arrived in Threlkeld (home of triple British Fell Champion and ex-marathon man Kenny Stuart).

The route can be taken with Skiddaw first or last, otherwise people attempting the Bob Graham Round only have to decide what time (day and date) to start. Dark Peak chose the seven p.m. start so that the Helvellyn range was done in the hours of darkness. My personal preference is to start at the Moot Hall in Keswick at 8 or 9 a.m. having had a good night's sleep, going anti-clockwise (up Robinson first to finish on Skiddaw) but still tackling the Helvellyn range in the small hours of the night, unless you're so fit you can do it mostly in daylight.

That Saturday was the same day as the Ennerdale Horseshoe Fell race, 23 miles around the ridges above the Ennerdale valley and on Green Gable, mid-way in the race, Stuart Bland was waiting at this race check-point. He has been round the Bob Graham Round in 13h 53m in 1983, an hour 'slower' than the 12:53 in 1982 by brother Billy, the incomparable 1980 British Champion from Borrowdale who has over 100 race wins to his name. Their family dominated the long races in Lakeland and a few years ago when 17 Gavin, son of David, walked the route with Billy, his uncle Billy. Fred Rogerson, the Bob Graham 24 Hour Club Chairman, considered it to be the walk of the century. (Fred is retired from employment and would have just left junior school when Bob Graham did his round in 1932).

The Dark Peak B G Machine moved from Threlkeld to Dunmail Raise then over to Wasdale and Honister to support the contenders at these road crossings. Flasks, stoves, teabags, cakes, soups, easily digested food, water, clothes, and people followed in convoy formation down the Cumbrian lanes. All the time on the hill supporting the seven were pacers who knew the route and would carry essential items. The pacers function is to carry the essential items that might be needed in the middle of the hills, help with route-finding and be a source of moral support. Impedimenta

should be discarded Kar-rimor-style, but consistent with safety requirements.

Mr. Rogerson formed the Bob Graham 24 Hour Club in 1971, having become involved in every early attempt bar the first successful round in July 1960 by Alan Heaton, a Clayton-le-Moors Harrier. Although the participation in athletics and interest in the hills was less than today it was still present, and records are at the heart of sport. Some argue that our hills and dales should not be a venue for athletic endeavour, but for quiet enjoyment.

Whatever side you take it is not suitable for mass participation; we are each there enjoying the surroundings in our own way and may be extending our personal limits. Nevertheless this celebration in the Salutation may not have been so but for the fore-sight of Fred Rogerson. It is pioneering people like Fred and his friend Harry Griffin, the writer and journalist who inspired the next generation to extend their reach, and to whom we should be ever grateful. Only three men repeated or improved on Heaton's 24 Hour run in the next decade: Stanley Bradshaw, Kenneth Heaton and Eric Beard.

When Joss Naylor set his sights on the Lake District 24 Hour record (not just 42 peaks in 24 hours but as many more 2,000 footers as can be included in the day) he had wet weather unlike Beard but edged the total up by one peak in 1971 to 61. Naylor, who was born in 1936, was out in the Ennerdale race to extend an enviable record no man will ever equal: he won the first nine races which began in 1968 and has been in every one since. No wonder he is the only amateur to be awarded an M.B.E.

The Dark Peak B.G. machine included Roger Baumeister, he who did two B.G.'s back to back within 48 hours, Alan Yates who was initiated in 1980 as BG member 167, and veteran helper of attempts for 17 years Mike Hayes BG 102, 1978. They left Wasdale, home of Naylor and went up Yewbarrow and round to Pillar and Great Gable, Lakeland Giants. Hereabouts the race met BG contenders at various stages of completion and the racers who would be home and dry in an hour, gave the BG people their best wishes.

One of the Dark Peakers was Jan Cave, successful at long trail runs in Peakland. Her genes are impeccable: she is one of Eric Mitchell's daughters. Even at 70 Eric (BG no 63 in 1977, then 52) would put many half his age to shame. He did because he was out on the hills above Wasdale that Saturday.

That weekend Mr. Rogerson had been advised that 20 people in all were making an attempt. All attempts should be registered with Mr. Rogerson, the BG record

## ILL BELL FELL RACE

Wed. July 3rd  
7.30 p.m.  
AM/7m/2100ft

from

Queen's Head  
Troutbeck, nr. Windermere  
£2.00 on night only

Details: Pete Bland, 34A Kirkland, Kendal,  
CUMBRIA LA9 5AD  
01539 731012

keeper. He had a block of five names when I phoned: Jan Cave, Dick Pasley, Colin Lago, Hugh Cotton and Dave Markham. Fred thought the other two probably registered at a different time.

To date nearly 1,000 have accomplished the BG round including about 60 women. The success rate is still about 50%. The time constraint of 24 hours means that anything over that magic time limit and the right to gaining the coveted Bob Graham Certificate is lost. Allen Walker, Norman Carrington and Colin Donnelly are but three to my knowledge who were self-sufficient, did the Round but do not qualify for a BG Certificate. Pacers verify that the contender did the Round.

Once it was considered the preserve of the elite. The turning point came in 1972 when Jim Loxham and Ken Brooks, two ordinary Harriers interested in the hills, and fell and cross-country running, achieved membership of the BG Club. Mr. Rogerson recalls "If two ordinary club members can do it, then so can we." A decade before Rogerson did not know what he had started. He is quoted by Harry Griffin that if we do not record the feats of endeavour that Alan Heaton did in the 1960's then their efforts may be lost to future generations. Today he uses the analogy of the acorn he that sowed is now an oak.

In 1972 Fred Rogerson and Frank Travis published a book about the History of BG attempts (1864-1972). It was updated in 1975. However with the mushrooming interest in the Round the Club published the book:

"42 Peaks, The story of the Bob Graham Round." Available from Fred Rogerson at £3.36 inc. p & p.

Yes it is pioneers like him to whom we have to extend our gratitude.

Further details from Mr. F. Rogerson,  
Tethers Ends, Lindeth, Windermere, LA23 3NH.

Neil Shuttleworth



## WORLD TROPHY MOUNTAIN RACES

28th AUGUST to 3rd SEPTEMBER, 1996

### TELFES - AUSTRIA

Come to the Annual F.R.A. coach trip to sample the beer and the mountains.

The coach will leave on Wednesday, 28th August and return on the morning of Tuesday, 3rd September.

The races are August 31st/September 1st

**Cost £80.00**

(not including accommodation)

Accommodation to be arranged in apartments and bed and breakfast (no camp sites in Telfes)

To book accommodation please send 2 x SAE to:

**Alan Judd  
32 Hollin Lane  
Far Headingley  
Leeds LS16 5LZ**

To book coach please send 2 x SAE to:

**Peter Dyke  
13 Falkland Road  
Sheffield  
S11 7PL**

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OFF ROAD OFF ROAD OFF ROAD

## THE ETERNAL QUESTION

Why take on demands that make mere mortals quake?

When I speak of hard days on the fells friends feel sure that it's all a mistake.

They look at me strangely with questioned perception, the old fool's quite mad, of that there's no question.

Attempts to explain have failed quite clearly to date,

at sixty plus years I'm beyond self-redemption.

beyond all hope, and left to a fate that surely one day will bring condemnation

for foolhardy ventures that seem no part of convention.

Well, I chugged up Skiddaw with Helvellyn in view

and thought of the times when youth gave the strength

to pound up these hills with the challenging few.

So here's to old times, the memories - contentment;

And here's to the future - to continue fulfilment.

*Peter Travis*

## FANCY THAT!

The only other encounter all day was with a profusely perspiring man, stripped to the waist and brown as a berry, running through the snow as hard as he could. He turned round at Calders, without a pause, bounding back down the slopes with great skill. Perhaps a master, I thought, from Sedbergh School timing a course for the boys for, at one time, the pupils from this tough school had to run up and down Winder, our first summit, before breakfast. On our way down we could easily pick out the familiar summits of Wherside, Ingleborough and Penyghent and, much closer to hand, the massive bulk of Baugh Fell, draped in long fingers of snow and looking twice its real height.

*A HARRY GRIFFIN  
Guardian 18.3.96  
Monitor - Allan Buckley*

## Wharfedale TTT

hosted by

**Bingley Harriers & A.C.**

**Three Race Weekend  
Grand Prix**

Kettlewell, Yorkshire Dales

*Friday, 12th July 8.00pm  
uphill only road race*

*Saturday, 13th July 11am  
20k AM fell race*

*Sunday, 14th July 11am  
3k AS fell race*

**FRA safety requirements apply and navigation skills are necessary where appropriate.**

*Entries £2.50 each race.*

*Camping available.*

*Individual and combination race prizes.*

Entries on the day or full details from

David Weatherhead,  
16 Birchlands Grove, Wilsden,  
W. Yorkshire BD15 0HD.  
Tel. 01535 273508

# Information for Travellers

## European Races

This article has been published before in the Fell Runner and SHR Newsletter. I make NO apologies for republishing as there is always someone phoning me up for information or "picking my brains at races", not that I thought I had any after all the downhill running and alcohol! Reprints on articles I have written for the Fell Runner and Carnethy Newsletter are also available on request.

## CIME calendar

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

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

## France

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

The Bipede may be obtained from:

Bipede 94, BP 404, 12104 Millau Cedex, France

## Switzerland

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

Write to:

Schweiz, Leichtathletikverband SLV, "Lauf-Guide", Postfach 8222, 3001 Berne

## Germany

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

Verglag fur Sportkommunikation Wilfried Raatz Am Gernbohl 1 54404 Niedernhausen-Fischbachtal Germany

## Austria

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

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

## Ultra Running Page

For those with access to the World World Web there is a World Wide Calendar in the URL

I also hold back copies of the American Ultra Running Magazine on behalf of the Fell Runners Association as a result of a magazine exchange.

## Carnethy Trip to Sierre-Zinal

Anyone wishing to join a Carnethy trip to Sierre-Zinal from 29th July to 12th August from a greater or lesser club should contact me as soon as possible for details. Cost including flights, internal travel, race entries, and accomodation in luxury apartments will be of the order of 600 pounds plus food. Cheaper alternatives are available.

John Blair-Fish 28 Howdenhall Crescent Edinburgh EH16 6UR

0131-664 8425 (Home) 0131-650 4928 (Work) email:J.Blair-Fish@ed

### FANCY THIS!

The Oxenhope Straw Race is in its 21st year. Can you carry one bale of straw five pubs - drinking a pint in each? (You can sit on the bale to sup your ale if you want!) 3m/300' 7th July, Details: Dave Woodhead 01535 669100

# Martin Stone's Long Distance News Summary

No long distance news to report in this magazine. Do please keep sending me details of long runs for the record books.

## RINGS OF FIRE EVENT - 31st AUGUST

To avoid a mid-August clash with the Lowe Alpine MM, this very fine event has been re-scheduled for 31st August. Rings of Fire is a testing long distance event over the Galloway hills and provides two routes of 42 miles/13,000ft ascent or 20 miles/6,400ft ascent through tough country. Please support it on the new date and send an SAE to Glyn Jones, The Bing, KIRKINNER, Wigtown DG8 9BZ for details.

## FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the Autumn, a panel of long distance 'enthusiasts' examine details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD. Tel: 01931 714106/107 FAX, EMAIL: 100113, 2717 @ COMPULSERVE.COM.*

## 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 - Tel: 015394 44586.*

### Accomodation for fellrunners in the Mournes. (N.I.)

Bring your spouse - double room en suite: B & B £35, self catering £30 (for 2). Also bargain rates in caravan, £6 each (bring sleeping bag). Ring Edna McNeilly 01397 22018

### For Sale

Walshies, maps, whistle, compass, waterproofs, bumbag. £20. or will swap for a good nights sleep. Apply Allan Greenwood (Daddy).

*'A very impressive shoe'*

*'An excellent shoe'*

*'Amazingly light, ultra-flexible, well made'.*

*The*  
**Fellrunner**

October 1995

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**FELLDANCER**

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Tel. 01706 878738/870660

## OPENING TIMES:

MONDAY : CLOSED

TUES./THURS./SAT. 9.15am - 5.30pm

WEDNESDAY 9.15am - 1.30pm

FRIDAY 9.15am - 7.00pm

*What to wear?* Not an easy choice for some runs when you have to run down the local by-pass or housing estate before you can get off the road. *Some shoes that we feel cover most eventualities are illustrated below.* We have tried them out and feel they're probably the *best* selection of *multi-terrain shoes* available.

- For further help, you're welcome to give us a call.



### Ron Hill Ripstop Pertex Jacket

full size with Scotchlite reflective trim, zip pockets. Lightweight, breathable, windproof, showerproof. RRP £49.95  
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### Fell Shirts

lightweight high wicking fleece keeps you warm and dry. Can be worn over a tee shirt. Sweatshirt style but less than half the weight. Special offer **£9.95**  
RRP £12.95

### Running Bear Beartracks

training bottoms. Navy/black various trim colours. S/M/L/XL **£10.95**

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**£3.95** pair or special offer  
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**View from Ripstop Shorts** with polycotton inner only **£8.50** while stocks last. Colours: black, red, blue, green



Top clockwise

*For the Sultans of Speed*  
here is a selection of some of the latest lightweight racer/trainers.

**Adidas Adios** very striking lightweight mesh upper with superb Adiprene cushioning **£54.99** 225g

**Saucony Breakaway** real lightweight only **£44.95**

**Mizuno Sonic Racer** lightweight mesh upper with blown rubber forefoot and sorbothane heel cushioning **£49.95** 220g

**Saucony Aya** a good choice for longer races or fast training sessions **£59.95**

**Mizuno Phantom** good arch support and sorbothane cushioning in this lightweight shoe **£49.95** 260g



Shoes L to R

**Adidas Response Trail**  
Good road grip, tough supporting upper. Monotongue gives good snug fit.  
**£59.99**

**Asics Gel Moro**  
Good off road sole with dual density midsole giving excellent support for the overpronator **£59.99**

**Saucony Grid Jazz**  
Same off road grip as Jazz 5000 plus excellent grid system cushioning. Slightly broader fitting than the 5000 and offers more stability.  
**£59.95**

**Jazz 5000**  
Popular multi terrain shoe. Flexible slip lasted shoe. Less suitable for overpronators. **£49.99**

**Adidas Sawtooth**  
Rugged outsole and tough upper. Very stable for off road use. **£39.99**

## MAIL ORDER

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**Running Bear Pertex Shorts**, airflow inner. Excellent value only **£10.95**. S/M/L. Colours various.

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Airflow shorts **£8.95**

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