

The Fellrunner



October 1996

*Including European and World Trophy
Results and Reports*



Title Double at Peris

September 14

PERIS HORSESHOE MOUNTAIN RACE

Llanberis, N. Wales

Having won the English title at Borrowdale six weeks earlier, Ian Holmes became only the third man ever to achieve the double as he recorded a convincing victory in the British Championship decider from arguably the finest domestic gathering this season.

Holmes showed no signs of the heavy cold and chest infection that forced him to withdraw from the Ben Nevis Race the previous weekend (and probably accounted for his disappointing run in Austria the weekend before) as he pulled clear in the final two miles to win by almost three minutes.

As with Robin Bryson and Mark Kinch virtually neck and neck going into the race - Holmes knew that nothing less than victory would guarantee the title, a factor which probably accounted for the steady pace in the first half of the race.

As the leaders climbed Pen-Y-Pass to the halfway mark, the leading group of ten began to whittle down further to just seven with Holmes, Mark Rigby, Mark Roberts and last year's champion Mark Kinch forcing the pace.

Going up Snowdon Kinch was the first to feel the pace (he eventually faded to 8th) as Holmes and Rigby moved closer to Roberts at the summit. On the final climb up Cynghorion, however, Holmes made his decisive effort and managed to open a significant lead which he increased gradually over the remaining couple of miles.

Roberts, sixth in last year's championships, overhauled Rigby towards the end to take third overall in the championships behind Kinch.

A delighted Holmes said: "When Mark Kinch dropped back to fourth going up Snowdon, I knew I still had to win and that second wasn't good enough. I was feeling pretty fresh at this point and confident to be honest. I knew also that Mark Rigby is very strong - he beat me at Jura a couple of years ago - and that

if I could beat him on the climb up Cynghorion that I would win.

"Obviously I'm very pleased to win the British title. I've achieved what I set out to do at the start of the season and it's there now in the history books for all time. The serious stuff's over now, though - everything from now on will be for fun!"

If Holmes' performance was breathtaking, what can one say about Menna Angharad's? Just seven days after placing fourth overall in the five mile Elidir Fawr Race, the Eryri runner smashed her own year old course record of 3:33:45 by over five minutes to place an astonishing 15th overall (ahead of countless quality male runners) to beat reigning champion Sarah Rowell by over eight minutes.

Unfortunately for the Welsh runner, Rowell's victories at Aonach Mor and Wrekin, where Angharad could only place fourth, proved enough to secure the British title for Rowell by just two points. Nevertheless, Angharad had the consolation of taking the Welsh title a year after placing joint second in the championship in her debut season in the sport.

Rowell said: "I went out running hard hoping to get a reasonable gap over Menna before the course became rougher later on. Unfortunately I wasn't able to do this and at Devil's Kitchen (quarter-way) she left me. I thought I might pull back



Welsh Fellrunning phenomenon Menna Angharad

some of the lead on the Miner's Track (beyond halfway) but couldn't.

"I'm happy overall and pleased with my race. What it shows, I think, is that there's another level I need to be able to compete at. Menna was able to do that today."

Veteran titles were also decided on the day as Graham Schofield and Anthony Bland won the M40 and M50 categories with Carol McCarthy taking the women's title. The men's Welsh title had already been determined going into the race as Simon Forster regained the title he won two years ago.



Steve Jackson & Len L'Anson Photo: Peter Hartley

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Cedric Lawton (in white cap) at the 1993 Tour

Photo: Neil Shuttleworth

Appreciation

Cedric Lawton - one of the 'Famous Five.'

At the start of this years 'Tour of Tameside' we were saddened to hear of the news of the death of Cedric Lawton. Cedric was one of the 'Famous Five' who had completed every Tour, all 14 of them, since the inception of the race in 1981. In 1995 he failed to make the start line for the first time as he had been diagnosed with a serious heart condition and then suffered a heart attack whilst training for his comeback. Nev McGraw (Glossopdale) paid tribute to the man who was perhaps the best of the 'Famous Five' - 'He will always be in my mind. For his age,' he added, 'he was very good. Only in recent years did he drop off a bit'.

With his trademark white cap and cheery smile, Cedric had an encyclopaedic knowledge of the local hills. He it was who gave Mike Short the magic route which allowed him to overhaul John Reade in



order to win the first Chew Valley Skyline - a route that became so established that no one even thought of taking the alternative in later years of the race. He had been a major walker for a number of years, winning early events such as the 1972 and 1973 Across Wales Walk (45 miles from Clun to Aberystwyth) and being a stalwart of the walking movement.

In 1988 he gave me a hard race in the half marathon; I was 13th Vet 40, nine seconds behind me but ten years older came Cedric in a time of 1:19:52. Jim Foster was the next of the five to finish, over three minutes adrift. The Tour, it seems, was the only race that interested Cedric; walking was his forte.

I can recall several moments in my life when our paths crossed: in 1970 at Eskdale Youth Hostel I joined Cedric, who was then a Manchester Associate (Rambling Club) for a 'taster' walk above Macclesfield. It was for both of us a chance for a day out in the country a few miles away from our work benches in murky Manchester. Cedric was a typical rambler from Manchester way (although as I recall on this occasion, I found the pace nearer a run than a ramble!)

By 1984 he had joined East Cheshire Harriers and we met on a bus going over the Snake on a Sunday. New to the area, I ran back with him over the Derwent Edges and Bleaklow and found his knowledge thereabouts was second to none. On the bus Cedric said that a chap asked him in his youth whether he recalled the Snake before they had put up the telephone poles. 'I'm not that old' said Cedric. And he wasn't. An active and popular man who died young.

— Neil Shuttleworth

Carol Greenwood, here pictured on her way to victory at the Gaddings Fell Race (by husband Allan) has come back to the fell scene with a vengeance. Still the most consistent of our lady fellrunners Carol picked up her winning streak where she had left it before the birth of Katie Marie. Wins at Ingleborough, Mytholmroyd, Gaddings, Stoodley Pike, Eldwick & Gilstead, Buckden Pike, Hellifield Gala, Oldfield Gala.....

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on disk!!



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



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Bit at The Front..... Neil Denby

I started out as a subscriber to the general school of opinion that thought that the Championship format for the British competition should remain as it was; that the new format was restrictive, with only the one short race, and that, therefore, anyone who missed or did badly at the Wrekin would be cursing for the rest of the year. I am still not convinced that the format is not too narrow, and feel that some flexibility should be built in. On the other hand, when did we last have a climax to the British Championship like the one at the Peris Horseshoe? It was more like the last round of a Grand Prix, with x having to reach a certain place or y having to win whilst z only managed a top 10 place - a wide open Championship and a brilliant finish to the season. Would this have happened without the new format? A further plus - it has turned into a truly British competition with the Scots, Irish and English joining the Welsh on their own mountain. Provisional final British Championship standings are on the final page of the results section.

As to the decision making process - this competition is now BAF's - not the FRA's - and while, of course, the FRA has a voice in the discussions for new formats, it is only one voice of the home countries. At least if you did miss out (our vets team missed the Wrekin and therefore abandoned the British competition,) you can have another go

next year. Think of the poor Olympian who strains a muscle or catches a cold in the crucial fortnight!

A few years ago the Association was approached by a runner who wanted to form a trailrunning association. As I recall, we were polite, helpful and gave every encouragement. It seems that this runner has now gone into the publications field and used the names of race organisers in an attempt to expand his race 'directory'. As an organiser or club member I'm sure that you don't need to be reminded that the Calendar and Handbook is exclusive to members and part of what you pay for. This purely commercial operation is selling the 'directory' yet has offered no money to the FRA for the use of our publication (and your names) and has put no money into the sport. If you want a list of fell races, as a member of the FRA you know where to look, if someone else wants a list, then let them join the FRA and receive all the benefits of advice, experience, insurance and so forth (there is a form for new members on page 7).

Negotiation, discussion, more negotiation, more discussion, a soupcon of commonsense and it looks like the Mickleden Straddle (cancelled last year due to access disputes) is back on. The moral: don't give in (be it water company, English Nature, National Park or whatever), fight your corner.

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Front page : Main picture: Dermot McGonigle on Beinn Shiantaich, Jura. (Photo: Peter Hartley)

Inset: Jamie Thin in full Braveheart gear at the Snowdon open race (Photo: Dave Woodhead); P Howarth, Saddleworth and S. Keighley, Halifax at Stoodley Pike (Photo: Richard Henderson)

THE PRE-RACE WARM UP...





*The English teams (minus Sarah Rowell) photographed with the French winners of the mens and ladies European Mountain Trophy l-r (back) Andrea Priestley, Lucy Wright, J. Dejesus-Mendes (winner), Isabelle Guillot (winner), Craig Roberts, Mark Kinch. L-R (front) Billy Burns, Ian Holmes
Photo: Peter Hartley*

SECRETARY'S CORNER

There have been two committee meetings since the last magazine.

Settle, 6 June, 1996

1. BAF have proposals for new financing arrangements (again) based on a register of athletes and an annual membership fee ranging from £5 for officials (?) to £20 for unattached athletes. The BAF discussion paper has not been sent to the FRA, but having seen a copy it is noted that 'special arrangements may have to be made for fellrunning'. Clubs are invited to let me have their views so that we can decide the FRA policy on this issue.

2. Many race organisers are ignoring age group and distance requirements for juniors. We are reluctant to lean too heavily on organisers who give so much of their time freely for the benefit of our sport. But we will of course look into any particular problem on receipt of a specific complaint.

3. The championships sub-committee is considering a suggestion that the English championships be based on a formula of 6 races from 9 to count. Your comments would be appreciated.

4. The championships sub-committee is also considering complaints regarding scope and quality of prizes at some English and British championships races. In particular, some organisers fail to recognise, or even mention, a ladies team. It would also be sensible if team awards at champs races were based on the same criteria as the championships.

5. Clayton le Moors will host the 1997 British Fell/Hill Relay Championships as part of their 75th anniversary celebrations (somewhere in the Pennines).

6. An English Team Coach will be appointed annually commencing in 1997.

7. Fellrunning is not included in the list of sports whose competitors are eligible for grants from the Sports Aid Foundation. We have requested recognition but the response is less than encouraging.

GRANTS AWARDED BY NATIONAL SAF ELITE: Likely medal prospects in Olympic Games and Senior World Championships.

SENIOR INTERNATIONAL: Competitors who are expected to perform with distinction in Olympic Games, World or European Championships. Minimum interpretation is top 12 placing in European Championships, top 20 in World Championships or Olympic Games.

TRANSITIONAL: To assist those Junior competitors who have won medals in World/European Junior Championships to make the transition to senior level. The maximum period for such a grant is normally three years.

JUNIOR INTERNATIONAL: Those with proven ability and expected to win a medal in Junior World or Junior European Championships.

DEVELOPMENT: To assist competitors still at the development stage who do not meet the criteria for Elite, International, Transitional or Junior International Grants. Recipients must be nominated by the National Governing Body of eligible sports. Recipients should not have completed more than three years in senior competition.

TEAM: Members of teams can be eligible for Elite and International Grants provided the team itself meets the criteria for the grants and provided the individuals themselves need financial assistance. For grants below the Elite and International categories applications from team and relay members can be considered on their own individual merit.

SPECIAL GRANTS: From time to time Special Grants may be offered to competitors who do not qualify for other grants, e.g. for training leading to Olympic Games or Commonwealth

Games. Specific information will be issued to the appropriate governing bodies, if and when these grants are available.

We shall continue to press for fellrunning to be given the same status and recognition as other branches of athletics.

8. The Three Peaks Association has taken action against a competitor in this year's race for several breaches of FRA rules relating to safety. We support their decision to ban the offender from all their races for three years and the FRA has given a written warning as to future conduct.

9. Joss Naylor MBE has reached vet 0/60 status. In recognition of his achievements over the past 30 years, including many long distance epics, he has been offered life membership of the FRA and he has sent an appreciative letter of acceptance.

KENDAL, 22nd Sept., 1996

1. Discussion on AGM matters. See elsewhere for agenda including motions to be put.

2. Our coach to the World Trophy at Telfes resulted in a significant loss to FRA funds. No blame is attached to the organiser - the committee accepts collective responsibility. On previous trips there has been no difficulty filling the coach, albeit at the last minute. On this occasion the last minute rush failed to materialise and there were lots of empty seats. The committee is acutely embarrassed and will seek to ensure it doesn't happen again. Next year's trip to the Czech Republic will be more positively marketed, with money up front before we pay for the coach. I am afraid our band of supporters are going to commit themselves much earlier in 1997, otherwise, no coach trip.

3. Agreed to replace old, unreliable computer equipment for results and magazine editor at maximum cost of £2000.

4. Pete Bland, England team manager, reported on World Trophy, (see report on page 17). Committee re-affirmed current procedure which requires each member of an English team to discuss and agree their pre-event training and racing programme with the Team Manager and Team Coach.

5. The 1998 World Trophy will be held on the tropical island of Reunion in the Indian Ocean. It is anticipated that attractive travel and accommodation packages will be offered to supporters. Start saving up now.

6. Dave Richardson (junior co-ordinator) is concerned about unsatisfactory aspects of some junior championship races which often play second fiddle to the senior event. Well organised junior races are few and far between - any suggestions from members would be welcome.

7. Without any reference to the FRA, the Road Runners Club is approaching many fell race organisers seeking details for publication in their 'Directory' of fell, road and trail races. What a cheek! We shall be telling the Road Runners Club to mind their own business. The FRA calendar is one of the benefits for members and BAF fellrunning clubs, financed from their subscriptions. We don't need any unofficial publication prepared by a body that doesn't contribute one penny towards the management of our sport.



*Buckden Pike start, 1996
Photo: Allan Greenwood*

DAFT DECISION

Dear Sir,

Having returned from the Wrekin Fell Race and having to be content with watching due to injury, I felt I must air my views on the New British Championship format. I personally had trained very hard for 8 weeks before getting injured just 2 weeks before the Wrekin race. Because of this injury I could not race and now find my chance of performing well or even taking part in the British Championship over in the middle of April. This is to say the least very disappointing. Many other individuals and of course teams will be in the same position. Talking to many runners at Wrekin none were in favour of the new format. Having been involved with fell running for over 25 years I have seen the championship go from 9 races to 6 races and now to 4 races.

Who makes these decisions? British, England and even club championships should be the focus for runners throughout the year. This is what the average fell runner wants. The championship like all championships should be trying to create interest for all the season rather than stop many runners interest after one race. How will the Champ. competition be affected in the next races because of this new set up? I always hear quotes like "Less races will be better for our top runners". What a load of rubbish. Our top runners do as they please and receive many benefits that the average fell runner will never experience. The so called brains behind these changes always makes the minority suffer.

Sometime ago a referendum was held asking F.R.A. members to vote on whether a change was needed in the championship format and a choice of formats. Apparently some committee man had said that the championship incorporated too many races and that it would be in the interest of the runners to have a reduced championship format. Anyway this referendum was held

and I was led to believe (correct me if this is wrong) that the result was a big majority in favour of leaving the championship at six races. I was then informed that B.A.F. intervened and as a result the championship was reduced. Is this true?

Another runner had heard that because the Welsh and Scots where not supporting the British championships in big numbers B.A.F. believed it could only be due to travel costs and more would take part if the number of races were reduced in the championship. Well if Wrekin is the test case this argument is pretty feeble. As I was once quoted as saying the F.R.A. should promote championships putting more money into encouraging runners and teams to make the championships the backbone of the season and not a one off. It has apparently been suggested a one off race should decide the fell runners of the year. I only hope the Brains in our sport don't pick

this one up or it will be another nail in the coffin.

Who is responsible for the new format or future decisions. One of the main arguments has always been that we don't want our top runners tired when it comes to the world cup, but as top runners are now invited for the top places regardless of fell running background this petty excuse is no longer available (e.g. M. Jones). As I said earlier many runners and teams who did not score five runners at Wrekin have no further part to play in the 1996 championship. Please let's get back to more races and encourage more runners and teams, make a great championship rather than destroy it.

Yours in sport
H. Jarrett

A BIG THANK-YOU

Dear Sir,

On behalf of all the British athletes and members of team management who were lucky enough to go to Telfes to compete in the World Trophy, I am writing to say a huge thank you to everyone who travelled to lend their support during the weekend.

It is a great honour to sport the colours of your country, and as I was struggling up the mountain, it gave me great pleasure and pride to hear and see such enthusiastic and widespread support.

I am sure that apart from assisting in the great successes in all the teams' performances, those who went to Telfes will have come away having enjoyed a superb weekend, even if some may be a little leg-weary after competing in the Open Race!

Please start saving your pennies now for the venue in two years' time, on Reunion Island - we couldn't have done it without you! Many thanks again.

Heather Heasman



*Background training - approaching Great Gable in the Borrowdale Race
Photo: John Francis*



Mass start at Noon Stones
Photo: Dave Woodhead

STATISTICS QUESTIONED

Statisticians should beware when making rash statements on data that is not collected systematically. June 96's Fellrunner suggested that Kieron Ashworth of Clayton le Moors is one of the heaviest fell runners. I immediately started with fingers to keyboard to refute the claims. After all at 6'5" and approaching 16 stone I felt a little affronted. (As an aside, have we realised that the FRA is one of the last bastions of Imperial measurements, races are invariably given as x miles and y feet of ascent).

Sober reflection gave me thought for pause, there are two claims implicit in the statement, the first that Kieron is a big lad is easily dealt with, a big lad yes, but not the biggest. The second claim is much more involved. It is the statement "Fell Runner". I use the capitals advisedly. Do I meet the criteria to be classed as a fell runner, it is much less clear cut.

To say that I am not in the same league as Kieron, or many if not all of the rest of the crew that turn up and run the fells, is one of those understatement of all time, I envy him for his ability. But, the question remains, am I a fell runner? Does advanced age tell against one. No, Joss Naylor is a few years older and with races recognising the contribution made by the O55 age group, I am not too old.

Is it because I need to walk up some (all?) of the steep hills, nope again, I have seen some mighty fine runners walking at times, Up to this year I would have said that I was on the borderline of the fell running fraternity because I was definitely a fair weather fell runner only, Then I did the Higger Tor in the ice, snow and freezing water of February. Another plus for me. If you are looking for my result for this, or any other race, start at the back of the field and go forwards, it is much quicker, in fact almost instantaneous

Is my insecurity because I am such a lowly performer? Possibly, but then I get such encouragement from my club and other runners that surely they would not withhold from me the status I crave. Many of the runners I battle with in the summer Derbyshire villages will go on to be good fell people, they are as hooked as I am on the perils and pleasures of running over open countryside, and most if not all of them are much younger and will develop over time.

Still, watching fell runners, (I nearly said other fell runners and I am still not sure that I can refer to these athletes as co-performers), I am amazed and shocked at the speed they go downhill: I can not even contemplate the risks they accept in a days competition. Perhaps that is the real difference twixt me and a proper runner. Fell runners are those who can run downhill at phenomenal speeds, or should that be good fell runners. If it is the latter and the sport is not only about the super athletes, then I reckon I am a member of an august body, and sorry Kieron, one of your claims to fame is gone.

David Horsfall
Penistone Footpath Runners



THE CUILLIN RIDGE - A CHALLENGE FOR GERIATRICS?

After completing the Joss Naylor Lakeland Challenge in 1994 within the 24-hour target time for over-65s, I was looking for something similar when Andy Hyslop's article "Running the Ridge" appeared in the May 1995 "Climber". Having traversed the main ridge from Gars Behinn to Sgurr nan Gillean twice before, in youth and middle age, I thought an 'old age' expedition would make a satisfying trilogy - and spent a happy time working out a schedule based on four times Hyslop's amazing 3 hours 32 minutes 15 seconds!

An attempt in June 1995 ended in failure due to extreme heat; but this year cool dry weather and the support of my son Jonathan brought success, in a time of 12 hours 21 minutes top to top. Total time for the whole trip from Glen Brittle campsite to Sligachan was 18 hours 35 minutes.

We modified the 'rules' for the real record (set out in the Hyslop article) as they include solo climbing down the usual abseils into the Theorlaich-Dubh gap and off the Inaccessible Pinnacle, and up the Bhasteir Tooth, but our traverse was essentially the same, covering all eleven Munro summits and the three tops of Bidein Druim non Ramb. To be more precise: we circumvented the T-D gap, climbed Sgurr Mhic Choinnich by Collie's Ledge not King's Chimney, and avoided the Bhasteir Tooth.

I think that with these modifications the Cuillin Ridge is an excellent long-distance challenge for over-65s, with 12 hours top to top and 18 hours overall as realistic target times. For anyone interested I can provide a copy of Andy Hyslop's article and some extra route-finding advice. Pick a good day, and enjoy this superb mountain traverse!

John Lagoe

SLED-DOGGING NORTH AND SOUTH

The A.G.M. of the Lake District Mountain Trial Association will be held at The King's Head, Thirlspot, Nr. Keswick on Friday evening, 8th November at 7.30pm and will be followed by an illustrated talk by Rick Atkinson on his Sled-Dogging (Dog Sledging) experiences in the North and South Polar Regions. Everyone welcome - no charge.



1997 Subscriptions.

The current rate of £9.00 (Juniors £6.00) is maintained for 1997 and subscriptions are due on January 1st.

Reminders will be sent out shortly to all members who pay by cheque or postal order.

To save around £600 in postage, members paying by standing order will not receive a reminder. Their bank will forward the subscription to the Association on the due date.

Please consider paying by standing order if you don't already do so.

It saves us time and money!

Members who have changed their address or telephone number or first claim club during the past 12 months should notify the Secretary or Membership Secretary as soon as possible (officers are listed on page 2).

APPLICATION FOR MEMBERSHIP OF THE FELL RUNNERS ASSOCIATION.

This form is for the use of new members only. Members re-joining the association are asked to contact the membership secretary.

The FRA was formed on 4th April 1970 to look after the interests of fellrunning throughout the British Isles. It is a constituent member of BAF

MEMBERSHIP BENEFITS INCLUDE

- Three magazines per calendar year, published in February, June and October containing reports, photographs, fixtures, articles, profiles, competitions and comprehensive race results and reports.
- An annual fixtures calendar and handbook listing over 200 events.
 - Membership runs from January 1st to December 31st.

Anyone joining after October 1st receives 15 months membership.

Please consider paying by standing order, it helps us to keep our costs, and thus your subscriptions, down.

Standing orders can only be accepted from bank accounts, not Giro or building society accounts.

Name Date Of Birth.....

Address

Post Code. Tel.....

Club.....

Fee..... Donation Amount Enclosed

Annual senior membership : £9.00; Juniors (u/20) £6.00

Life membership : £100 Affiliated Clubs : £10.00

Signature.

Please send details of how to pay by standing order.

Return to : Membership Secretary, Pete Bland, PETE BLAND SPORTS, 34a Kirkland, Kendal, Cumbria LA9 5AD marking envelopes 'FRA'.

Race Organisers will shortly be receiving requests from the Fixtures Secretary for entries for the 1997 Calendar. Please return these as soon as possible. If you do not receive yours by October 31st then contact Dave Jones direct.

CALENDAR UPDATE

SUN. OCT 15. TAVERN TRAIL RACE.

This event is cancelled

SAT. NOV. 2 BLORENGE. AS. 2.00p.m. 2.5m/1400' from Llanfoist Inn, Llanfoist, near Abergavenny. £1.20 on day. Teams free. PM/NS. Over 14. Records: 23.20 J. Sage 1993; f. 26.59 A. Bedwell 1993. Details: E. Meredith, Ti Craig-Wen, Garndiffaith, Gwent. Tel: 01495 775030.

SAT. NOV. 16. ALLT LWYD. AS. 2.00p.m. 2m/1400' from Abercynafon, on the minor road from Talybont-on-Usk, just after Talybond reservoir at GR S0081377. £1.20 on day. Teams free. PM/NS. Over 14. Details: E. Meredith, Ti Craig-Wen, Garndiffaith, Gwent. Tel: 01495 775030.

SAT. DEC. 7. ABERGWYNFI. AS. 2.00p.m. 3.5m/1300' from the pub just north of the A4107 at Abergwynfi at GR SS895963. £1.20 on day. Teams free. PM/NS. Over 14. Details: M. Lucas, Chestnut View, St. Brides Major, Mid Glamorgan. Tel: 01656 880009.

SAT. DEC. 14. ROWBOTHAM'S ROUND ROTHERHAM 50. CL. 7.00a.m. 50m/500' from Brampton Brierlow Sports Centre, near Rotherham (GR417012 on OS Sheet 111). £10. Teams free. LK. Records: 7.04.30 M. Marsters 1995; f. 7.44.45 S. Gayter 1995. Details: Sharon Burton, 27 Slayley View Road, Barlborough, Chesterfield, S43 4UQ. Tel: 01246 812957.

SUN DEC. 15. DAVID STAFF MEMORIAL FELL RACE. B.S. 11.00a.m. 5m/900' from Sunnyhurst Woods, Darwen - on the A666 Blackburn to Darwen Road. £2.50 on day only - includes a T-shirt. Teams free: LK/PM. Over 16. Records: 32.58 S. Willis 1995; f. 42.16 C. Cook 1995. Details: Gary Taylor, 1 Fernlea Close, Blackburn, Lancashire, BB2 4QZ.

FRI. DEC. 27. WEST RIDING CAMPING BEACON HILL RACE. As mentioned in the Results and Reports section of the June edition of The Fellrunner, this race will not be held again because runners and bikers have been training over a section of the course which crosses private land. However, the race will now be replaced by the following:

FRI. DEC. 27. COLEY CANTER. BS. 10.00a.m. 6m/1000' from Shelf Hall Park, Bradford Road, Shelf, near Halifax (GR 122283). Registration and changing at the Windmill Inn, 17, Stanage Lane, Shelf, near Halifax (GR 122294). £2 on day only. LK/NS/PM. Over 14. Details: Born Horne, 8 Bramley View, Lightcliffe, Halifax HX3 8ST. Tel: 01422 201269.

The Ultimate Bogtrotting Challenge?

Fifteen Dark Peak Trigs

Saturday, 8th June, 1996

The thick Bleaklow mist miraculously parted like the Red Sea in a matter of seconds to reveal Hern Clough and the Alport Valley. The challenge to visit all 15 Trigs on the Harvey 1984 DARK PEAK KIMM map in 15 hours would have been extremely difficult in the thick clag we had encountered thus far on Cock Hill and up to Higher Shelf since our early morning start. Now a successful completion was more feasible. Ever since reading Phil Wheatcroft's account of this Dark Peak FR challenge starting from and finishing at the Royal Hotel in Hayfield, I had been tempted into having a go and my 50th birthday seemed as good a time as any. I had decided to start instead from Glossop as it was more convenient.

The fresh north-west wind blew Jon, Alan, Shutt and myself down the valley and after slogging over the shoulder of Glethering Clough, we were pleased to arrive at Alport Trig well up on schedule. After a quick breather, we were soon running down the first track to our first rendezvous with Sue and Fiona by the side of Howden reservoir in the beautiful Derwent Valley. Unfortunately this was the end of the line for Al who had aggravated an old ankle injury.

Suitably refuelled we made good progress along the track to Slippery Stones, the venue of the 1984 KIMM overnight camp before ascending by the side of Broadhead Clough to our 4th trig of the day on Outer Edge. Hereabouts the peat never dries out and on a previous reccy I had gone in waist deep through the ice. However, we crossed Cut Gate without any similar mishap to reach Margery Hill some 40 minutes up on the 14 hour schedule.

We soon dropped into the right grough reversing the Watersheds route to get round the top of Abbey Clough, with our next objective Back Tor plain to see on the horizon beckoning us on. We eventually claimed the trig on the lofty crest of this superb vantage point. We chatted briefly here to a guy who told us he had come from Emlin by car. Probably just winding us up! Unfortunately this option was not open to us under the terms of the challenge, so it was into the knee-high heather and the even more vicious burnt variety which attacks shins mercilessly. After some pretty crap navigation in conditions of clear visibility by all concerned, we lost some of our time in hand on what must be the toughest leg of the route to this infrequently visited spot above Agden Reservoir.

We successfully resisted the temptations of the two pubs we passed en route to

Ughill and Rod Moor to reach the most easterly part of the route on the outskirts of the Sheffield conurbation. Having solved the puzzle of where to cross the electrified fence, we were relieved to make our second rendezvous with Sue and our first substitute Martin who was to take over from Jon for the second half.

By now we were 7½ hours into the run and the day was getting quite hot. Simon was on hand to provide a drink at Moscar before joining us on the way up Stanage to High Neb. He then found us a safe route down when an abseil was beginning to look a frightening possibility. We made good progress on the undulating road section and arrived at Yorkshire Bridge at 2.45 ahead of schedule. This allowed us plenty of time for refuelling while we were joined by Sue and Edwina who were to accompany us over the final tough section over Kinder.

I sweated buckets up the short steep climb to Win Hill, whilst Simon and Edwina actually broke into a run. Then it was a reverse of the Edale Skyline leg up Jagger's Clough past the environmentally sensitive area of Crookstone Barn. I had made a pretty poor stab at the time allowance for this section, and despite moving steadily, the 45 minutes in hand were all but used up.

The next part of the journey to Edale Cross provided good running on the southern edges and superb mountain scenery to rival any in England on such a fine day and we arrived quickly at our destination. Sue opted to go straight to Kinder Low and Shutt - suffering a little in the heat - decided not to go on the out and back leg to Brown Knoll. So Martin and myself skipped through the black ooze to the trig so thoughtfully denied to us of late by the Kinder Trog organisers whilst Edwina took time out to suss out the exact whereabouts of the infrequently visited Sandy Heys trig point.

It was now 6 o'clock and my heart lifted as we finally turned for Glossop after 12 hours on the move. I have had some pretty long days out on Mountain Marathons, but this was not into the unknown for me. I had taken the precaution of eating and drinking regularly even though this had proved difficult at times. We rejoined Sue and Shutt at the 13th trig and made steady if not spectacular progress past the Downfall before striking off 400 metres on to the plateau to locate Sandy Heys, for the first time in my life at least. In no time at all we were running off Mill Hill and along the narrow trod to Harry Hut - the last trig of the day - to find Jon waiting to greet us.

My pacers Martin and Edwina pushed me on down the road into Glossop, where I

was most relieved to reach the Leisure Centre, exactly 13 hours and 55 minutes after starting from there much earlier in the day. I was obviously well knackered but full of euphoria after another never-to-be forgotten day out on the hills in the company of friends.

The BGR it is not. However the 15 Trigs in 15 hours is a tremendous anytime challenge over a variety of terrain including some of the wildest territory in England which we in Glossop are privileged to have on our doorstep, and one I can most wholeheartedly recommend to kindred spirits. Support obviously eases the problem of where to find water on long hot days - there are some natural springs en route if you know where to look - but, more importantly for me, also enhances the team spirit of all those who take part united by the common goal.

So what is next? If you added the Five Saddleworth Trigs you could have 20 Trigs in 20 hours, the ultimate challenge over the four Dark Peak Moors - Wessenden, Black Hill, Bleaklow and Kinder (plus a lot more!) But not for me. I personally am tempted by challenges in the Lakes and North Wales before age defeats me. For the present however, many thanks to Sue and Jon Hurrell, Neil Shuttleworth, Al Francis, Fiona Murphy, Martin Morrison, Simon Entwistle and Edwina Hill for helping me to achieve at least one of my personal ambitions.

*Nev McGraw
Glossopdale Harriers*

15 DARK PEAK TRIGS (IN 15 HOURS) HARVEY MAP - DARK PEAK (NORTH)

	GR
Glossop Leisure Centre	037941
1. COCK HILL	059962
2. SHELF STONES	089948
3. ALPORT TRIG	129933
4. OUTER EDGE	177970
5. MARGERY HILL	189957
6. BACK TOR	198910
7. EMLIN	240934
8. ROD MOOR	263884
(not on new version of map)	
9. HIGH NEB	228854
10. WIN HILL	186852
11. EASTERN KINDER	129878
12. BROWN KNOLL	083851
13. KINDER LOW	078871
14. SANDY HEYS	077894
15. HARRY HUT	045907
Glossop Leisure Centre	037941

Road option from Back Tor to Emlin not allowed.

Original challenge set by members of DPFR from the Royal Hotel, Hayfield.



Another pile of washing for Martin Corbett (Rossendale)
Photo: Allan Greenwood

foot in black glutinous mud, shoe lace undone and shorts torn at the bum. By the time you reach the finish, the officials are too busy working to notice your bedraggled appearance. Your fellow runners are too busy making their way to the bar and the wife and kids are more concerned with wondering where the heck you've been!

Which brings us nicely to my next point. How many road races (or track events!!) start and finish from, or are within easy limping distance of, a public house. I can think of a few off the top of my head, but I'll bet many fell race organisers have, like us (Carol and myself) when planning a race of our own, placed a warm friendly hostel with good ale and food, near to the race venue, as one of the most important criteria on the list. Naturally, especially with the weather as it is during an English summer, a pub also provides excellent cover from the elements for the prize presentation. Here again fell running dares to differ, as a prize "winner" does not always necessarily have to win the race, nor for that matter, place in the top dozen or win a veteran category.



Allan Whalley en route to winning a giant Elvis Presley mirror at Turnslack
Photo: Allan Greenwood

MUD, SWEAT AND TEARS

AND ALL FOR A PACKET OF BRILLOS

Allan Greenwood discovers that fell races are becoming increasingly better value for money

Held up against other branches of athletics, I suppose fell running could be looked on as a bit of a poor man's sport.

Whereas in track athletics or road racing, where even your average competitor will fork out hundreds of pounds per year, on new shoes and kit, in order to appear in dazzling, pristine condition before the watchful gaze of their paying public/captive audience/wives and children standing around the finish area, your average fell runner is a bit of a scruff!

How many road runners have you seen wearing vests and shorts in less than immaculate condition? At least one spare pair of road shoes is carried to each event to cover the possibility of inclement weather. One cannot possibly wear a gleaming pair of white Mizubok Gels (with starched laces to match) if there is the slightest chance of drizzle. Any risk of a puddle on the course, and out come the Black Shadow 650's, with black laces to match!

Fell runners will, however, turn up week in, week out to run over hills and muddy fields throughout woods and peat bogs, wearing the same old thermal top and club vest (hands up who hasn't at least one hole in) and well worn (2 years at least) fell shoes. How many devotees of the white sports' sock, who refuse to back down and change to wearing coloured (or black), have spent many an evening soaking and scrubbing their poor limp grey socks to get just one more race (nay season!) out of them. Appearance doesn't matter as much though does it? I mean, who cares about how you *feel*, let alone how you look, as you struggle over Kinder Scout, covered head to

By avoiding buying big glamorous, expensive prizes for the leading competitors, fell race organisers are increasingly spreading their budget further down the field. It is now quite commonplace at many Yorkshire and Lancashire fell races, to find that you have 'won' a prize, even though you may have finished in the second half of the field!

Kevin Shand, organiser of Blackstone Edge and Turnslack fell races in Rochdale, for almost 2 decades, is one of the leading exponents of value for money races, with extra long prize lists. He is well known for his well organised events, budget priced entry fees and off the wall selection on the prize table. "It is amazing what you can get for just a few pounds" says Kev, as he hands out a gallon of washing up liquid to the 68th finisher. Other such delights on the stage may be a set of photograph albums, an enormous jar of pickled onions, 24 cans of lager, a 5 litre can of motor oil, giant bag of dog biscuits or a 50 pack of toilet rolls.

Dave and Eileen Woodhead hold an annual "Easter Bunny Run" series where all the prizes are Easter eggs or Easter related. Every finisher receives a miniature chocolate egg and at the presentation, almost everyone who turns up to watch is in with a chance of receiving some mouth-watering delights!!

Surely though, Todmorden Harriers and the Greenpeace people are top of the "value for money race and crazy-prize list" league with their extensive offerings at this year's "Noon Stone" and "Stoodley Pike" races. While the leading male and female runners were awarded large bottles of champagne, they were, in addition, invited to take first choice from the mountain of looney prizes on the table. On offer at the Top Brink Inn were: the complete fellrunners' package #1 (consisting of a box of porridge (carbo), a pair of socks, creme bath, and an air freshener), all

bound together with string. Then there was a catering pack of bubble-bath; 6 tubs of vaseline; a door mat, bar-be-cue set; 2 mop; deluxe pack of brillos; 100 boxes of matches, the complete F.R. package #2 (Daz/Fairy toilet soap/Radox bath salts/Pot pourri); six pack of cork mats, an electrical adaptor; fishy fridge magnets or 15 packs of Jammie Dodger biscuits, to name just a few.

These are surely the wackiest prizes in fellrunning "Unless", as Esther Rantzen would say "You know better!"

Allan Greenwood



Barometers or guitars? Martin Roscoe and Lesley Leavesley won these at the Snowdon open
Photo: Dave Woodhead

The trials of a newcomer to fell running

Well, the question is how did it all start? Or maybe I should be asking how on earth did I get into this mess in the first place? With a lot of encouragement from two good friends, Jane and Mark, who are what I would call established fell runners, athletes even!

My first training run was round a very isolated field, I only just made it round the field without collapsing. So how on earth was I going to get my ten and a half stone body up a mountain side!? ... Again the encouragement from Jane and Mark, who had just gone up in the world in my estimation, and I now looked on them as the Gladiators of the fells.

Three weeks of pure torture later and lots more of my two friends enthusing about how wonderful it would be for me to take part in a fell race.

My training had now moved up a pace and I was able to run about three miles of which included running up a hill, a fell runner would have looked upon this as a slight incline, but to me the 100 foot incline was like running up mount Everest, but never the less, something I never thought I could do.

So on to my first race, and I was now even contemplating calling myself an athlete ... That was until I had completed a gruelling tortuous run of four and a half miles and eight hundred feet at the Wadsworth gala fell race.

I could not believe my eyes when I arrived there, lots of very muscular people milling around and not 1oz of cellulite to share between them! What was I doing here?

I was still asking the same question at the starting line, there must have been at least 2,000 professional athletes there. (Well maybe not quite so many). I think I recall someone saying "Go!" And then being left standing, only to see the heels of all the competitors charging up the hill, I mean come on, no-one actually mentioned that this little jaunt started at the bottom of a mountain!!

After about five minutes there was not a runner in sight, just miles and miles of open moor, hell what I wouldn't do now for a bar of chocolate. Twenty minutes later and what's this a dead end, guess who took a wrong turning, I swear I did about ten miles more than anybody else.

Anyway finally back on track, with my heart nearly beating out of my chest, and hey what's this? could it be a runner actually behind me!! No chance, it was a marshall going round after me collecting all the direction signs. He was actually waiting for me, can you believe it, me, a fully fledged fell runner holding someone up. And do you know he also had the gall to shout directions to me, what was it he said now as I was scrambling under a barbed wire fence, "No, no over the stile not under there!"

Forty five minutes later nearly dead from exhaustion, what was this, was it a mirage or was it really Jane and Mark happily skipping down the hill towards me. Assumed that must mean I am at the finish, but no nothing so simple, they actually expected me to haul myself up this sheer cliff before I finished.

I also believe to this day that Jane and Mark went round the course on a bike. I mean come on, how can anyone do an agonising four and a half mile run and then come happily skipping down a hill to loosen up!!

Thanks for your concern Mark, but it was a bit silly to ask me how the race was after I had been running for forty five minutes, but he won't ask again after the torrent of abuse he received. I thought the race organisers would have packed up and gone home, but no there it was the finish forty eight minutes and twenty three seconds later. Last but I did it and I am still alive, just.

It taught me a lesson though, and I got wise to this fell running lark, as one month later (it took me that to recover), here I was again doing a shorter run of three and a half miles, and it worked as there were three people behind me.

Seven months later I was back with the athletes again for my best race yet, 'bunny run four', of three miles, not because there were twelve people behind me but because when you finished you received a chocolate egg! So fell running does have its good points. I also send my sympathy to anyone out there who has ever come anywhere near last in a race, because I know how you feel when you arrive back at the finish totally dehydrated only to find lots of used empty cups strewn everywhere, and a large barrel containing nothing but grass cuttings and dried leaves.

Sandra Holling

NORTHERN IRELAND CHAMPIONSHIP 1996 by BRIAN ERVINE

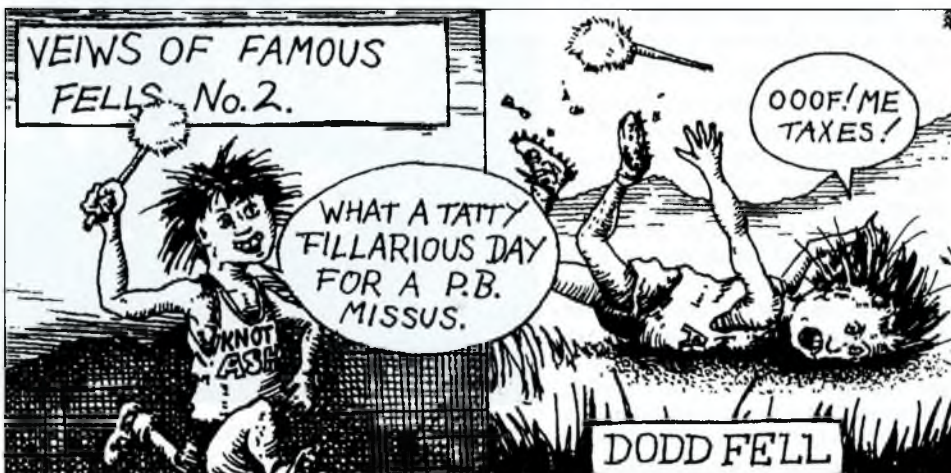
With five of the six races having taken place the ladies title is already decided but the mens title is a cliff hanger with everything resting on the final race at Connedagh-Donard on 5th October.

Tricia Sloan of Salford Harriers who comes from Warrenpoint dominated the ladies section taking the title with maximum points from four wins, including course records at Slieve Bernagh and Flagstaff. Virginia O'Connell of Newcastle AC in her second season on the fells looks almost certain of the runner up spot with veteran Jeanette McCluggan and Niamh McCulloch of BARF battling it out for third.

Robin Bryson made all the early running among the men, winning the first two rounds at Bernagh and Annalong (including a new course record). However defending champion Brian Ervine of Ballydrain and Bryson's Newcastle AC clubmate Dean McNeilly, the former NI XC champion have moved ahead with McNeilly winning at Rocky and Sleive Croob and Ervine at Flagstaff.

Bryson needs the final race to get 4 counters but a careful analysis of the points shows that he cannot take the title because his only 'short' category counter is Rocky where he finished sixth after a navigational error. Ervine, with his Flagstaff win and three second places is in the lead but if McNeilly can win the final round he can add the Fell Running title to his four NI Cross Country titles.

Among the veterans, 49 year old Jim Patterson is in the lead and provided he got his fourth counter at Commedagh Donard, looks set to win again ahead of many younger veterans.





Mick Hill, Pudsey & Bramley
Photo: Dave Woodhead

Ale and Hearty

As trailed in the last Fellrunner, the Oxenhope Straw Race got off to its 21st running on Sunday July 7th. The three mile course with roughly 500 feet of climb will not tax the average fellrunner, but the challenge might! Runners, in teams of two, are required to carry a straw bale - which ways approximately 45-50 lbs - with one, or both, stopping to drink a pint of beer at each of five pubs en route.

The race is extremely popular with over 400 teams entered - comprising mixed, fancy dress, elite and open category runners - taking part each year. The course record is held by the Bradford and Airedale pairing of Steve Oldfield and Simon Shoesmith who clocked

15:37 last year as Oldfield clinched his third consecutive victory. His wife Pauline - the World Coal Carrying Champion - also won last year.

This year saw a stronger influx of fellrunners with the strongman Jack Maitland and Robin Lawrence finishing just five seconds down on the record. The perpetual trophy reads like a 'Who's Who' of fellrunning with Jack Verity and John Crowley winners from 1981-84, Brent Brindle and Sean Sunter 1985/6/8 then to 1991 only interrupted by the 1987 win of 'Scoffer' Schofield and Albert Sunter. 1992 saw the trophy back in Yorkshire with locals Ian Ferguson and Dave Woodhead before Steve Oldfield teamed up with first Dave Illingworth and then Shoesmith.

The mixed section - the hardest as it involves a bale of hay and 5 full pints - was dominated by ex FRA treasurer and now Bingley president Barbara Carney who with Chris Wilson reigned from 1989 to 1994.

1996 Fell-Runners Results

Elite Men

1. J. Maitland/R. Lawrence	15.42
2. S. Oldfield/I. Ferguson	16.29
3. B. Brindle/C. Lyon	16.57
4. M. Hill/C. Caldwell	17.55

Elite Ladies

1. J. Sanderson/A. Denison	19.26
2. J. Harrison/J. Tompkins	21.30

Mixed

1. S. Sanderson/E. Reilly	19.45
2. P. Oldfield/D. Illingworth	21.05
3. J. Smith/M. Smith	23.04

Seymour Hills/Gareth Webb

Chris Lyon doing the heavy work
Photo: Peter Hartley



DAWN IN LAKELAND

A coldness ripples through my reclining frame, darkness hiding all but mountain silhouette. Stars are still holes in a blackness and the silence, yes, that is something else!

I climbed the southern slopes of Mick Gavel; hunched in sleeping bag, fitful slumbering, and dreamed of home and familiar comforts. Why had I come to this place?

Some urge to see a sun rise in the east, burst above the length of Helvellyn's range, but why - why endure such cold discomfort? Fingers, clumsy with numbness, wrestled with the flask's plastic cup and lips sucked in to growling curse as the steaming liquid tormented their tenderness.

I recalled the many times I had climbed this fell; alone, with friends, but coldness and numberless years defied a computation.

I thought of many things - of youthful spirit on these very fells - the making of a man.

I heard the voices of friends not seen for more time than I care to remember.

We had loved these places, for they had cleansed us of all urban dross.

We had climbed the splintered crags, run and walked each fell, a magic mountain.

We swam the laughing beck, we held clammerous gatherings to recall the day's ascents - we drank too much.

Such thoughts chased each other around my head.

And then the realisation of my pursuit came clear,

for in the east Helvellyn's ridge began to glow as though a giant hand had fired that familiar top.

First a rich light spreading to north and south, then there appeared dancing flames,

some bewitching ritual, strangest fascination. I knew why I had climbed the Gavel.

I was privy to a new creation.

Peter Travis

P.B. TRAINER MK II

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A Triumph of Age over Adversity



Jos, Fly and support party Photo: Gillian Naylor

A further chapter in the Joss Naylor Story - by Ray Swatcher

On a late summer's evening in November there will be a meeting of a disparate group of people at a pub in North West Cumbria. There will fund raising events, tales told and camaraderie all seasoned with the friendly banter that is the hallmark of this part of the country.

The pub - The Bridge Inn - is the home of the official World's Biggest Liar competition where contestants vie with each other in tales of the unusual, the unlikely, the improbable and the frankly impossible.

One of the tales that is not told is that of the Cumbrian farmer, born at the head of the valley 60 years ago, who had two discs removed from his back and a cartilage from his right knee at the age of 19 and then remained strapped and corseted for the next five years; who was told that he would have to give up hill farming, let alone fell running, 26 years before he finally sold his cattle - keeping the Herdwicks 'for a hobby'; who, when inveigled into doing some track training for an attempt on the world 24 hour track record, would think nothing of running the 18 miles across the fell to get to the track (a distance of 132

miles 594 yards in 24 hours put him 16th on the world rankings at the time); who has held a string of records, had a song written for him, a challenge named after him, received the MBE and even won the Biggest Liar contest with a tale of sheeparoos - Herdwicks crossed with kangaroos to make woolly jumpers. The tale is not told because it is true, and much more besides. The phenomenon is one Joss Naylor, born at Middle Row Farm, Wasdale Head in the February of 1936 and brought up in the era in which the fells have become ever more popular - where the difficulty used to be one of finding a trod to a top or a line through boulder or bracken, the problem now is one of erosion and environmental degradation. Described by Chris Brasher as 'a man of fantasy for a fantastic performance' and likened to Wilson of 'The Wizard' for his determination to overcome problems. Described by Chris Brasher after one record Lakeland outing as 'a man of fantasy for a fantastic performance' and likened to Wilson of 'The Wizard' for his ability and determination to overcome problems he has been the holder of many records at one time or

another - Three British Tops (Snowdon, Scafell Pike and Ben Nevis in 11 hours 52 minutes in 1971); the Pennine Way (3 days 4 hours 36 minutes in 1974); the Lakeland 24 hour record (72 Peaks in 23 hours 11 minutes in 1975); Hadrian's Wall (10 hours 53 minutes in 1980) - and numerous others, the Ten Highest Lakeland Peaks, the Lakeland 3000 footers, the list goes on and on. These, along with the many fell races that he has run and won and mountain races at home and abroad, were done for himself, for pleasure - in spite of the cramps and pain which he has always had to overcome. 'Running', he says, 'is just a question of training your mind - of implanting into your mind the will to accomplish the target you have set yourself'.

But he has also harnessed his talent for others, in phenomenal feats of charity running and fund raising. At 40 he ran the Coast-to-Coast path from Ravenscar to St. Bees Head (139 miles in 40 hours), at 43 the 88 miles from Carlisle to Barrow (13 hours 22 minutes). To celebrate his 50th year he took a week's 'holiday' to run all the Lakeland tops described in the legendary Alfred Wainwright guides - 214

summits in 7 days - the ascent in excess of four Everests, the distance approximately 15 Marathons - raising thousands of pounds for Arthritis Research. He has laid down a charity fund raising challenge - The Joss Naylor Lakeland Challenge - inaugurated in 1991 and covering some 48 miles and 16,000 feet of climb, starting on Pooley Bridge and finishing close to Joss's home. It is only open to runners over 50 (who must complete it inside 12 hours) or older and runners must be raising money for charity. Chris Brasher has donated tankards for the first 20 to complete the run and these were recently presented at the Santon Bridge Inn, which became an organising base for the latest exceptional charity challenge - an attempt by Joss to cover 60 Lakeland Peaks at 60 years old. An excellent spot for one who is not averse to the odd half, bearing in mind his training advice to one young Horwich runner - *'Tha wants to get plenty ere Guinness and cider down thi. Tha will run up yon fells then, lad'*.

Training consisted of gathering sheep, cutting bracken, mending walls, lambing and long, long climbs. Santon Bridge is less than a hamlet - a pub, an ex post office, a cottage or two, a craft shop and a small campsite next to the bubbling River Irn - guarding the entrance to the unremitting beauty that is the Wasdale Valley. The cliché tourist description of the valley - England's highest mountain, England's deepest lake and England's smallest church - belies its ruggedness and dangerous charm. The dark cliffs of Illgill Head sweep down the scree to the waters edge, a surface undisturbed by the mundane pursuits which scar other of Cumbria's waters. No powerboats here, no water skiing, no twee little steamers plying up and down purposelessly. This is nesting ground for Golden Eagles, and testing ground for the human spirit. This is hill farmer country, climbing country, fell walking and fell running country.

A rise is crested as the valley is approached and the view which opens out is awe inspiring. The triple peaks of Yewbarrow, Great Gable and Lingmell which frame the head of the valley are sometimes swathed in mist and cloud, at other times outlined against a clear blue sky, often snow capped and even more often painted, drawn and photographed; in any manifestation they never fail to bring an inward gasp at their ruggedness and stark beauty. At the foot of the long-ridged whaleback of Yewbarrow is where Joss has his home and farm and where he and wife Mary hatch the plots for the incredible feats of endurance for which he is rightly famous.

For this challenge, personal experience and friendship played a large part in the choice of charity. The inspiration for the run was Sheila Donald, wife of fellow fellrunner, David, and a sufferer from Multiple Sclerosis, described by Joss as *'that most debilitating of diseases'* but she was not Joss's first brush with the condition. He

recalled school and running friends who had been struck down and yet kept their good humour. He remembered in particular Oliver, a young lad who had been an outdoorsman and Cumbrian wrestler - a sport in which Joss himself used to indulge - who he saw confined to a wheelchair by his early 40's. *'The main thing I remember is the huge smile that he still had on his face'*. The disease is a creeping monster which seems capable of laying low all except the human spirit. *'Sheila Donald started to feel pins and needles in her right side from the age of 18'*, writes Joss in his account of the run, *'By 30 she started to get slight double vision in her left eye. All of these problems seemed to come in waves at 4-6 week intervals until she started to note total numbness in her right leg and arm and had to finish her working life at 35 years of age. She has resorted now to a wheelchair but can go short spells without it, however, she has now lost the use of her right arm and may soon spend most of her time in a wheelchair. She is a cheerful person who would not chase publicity.'*

The original idea was to push Sheila up the 3,000 feet of Skiddaw in order to raise some money for a new wheelchair; Joss talked them out of this and instead talked himself into a challenge that had been proposed for him, to do 60 peaks at the age of 60 years - all of them over 2,500 feet in height. At the same time, believing research into Multiple Sclerosis and other seriously disabling illnesses to be poorly funded, he set up the Joss Naylor Multiple Sclerosis Appeal.

'It was two days that I'll never forget, I enjoyed the views and the crack', 'the support has been tremendous', two statements that echo the closing words of the book he wrote after the Wainwright run - *'It will be a very lucky man who is able to make the bonds of friendship that have been my good luck'*.

So the challenge was set, 60 peaks at 60 years with the target of raising a massive 60,000. Training consisted of gathering sheep, cutting bracken, mending walls, lambing and long, long climbs. Out of his back door and on to Yewbarrow, down to Wasdale Head, up Kirkfell, into Mosedale, up Red Pike, Scoat Fell, Haycock - tops which the average fell walker might plan to cover one at a time - and take the best part of a day over each. Plus variations that took him further afield - High Stile to Blencathra and Hallsfell (dubbed knee shatterer for its sharp twists, turns and drops), checking the navigation out to Glaramara, the route round the Coledale Horseshoe, the Pikes and Dodds of the Hellvellyn Ridge - much of this with the companionship of his sheepdog, Fly. A 7 to 10 hour run once every four days if possible, weekly if not.

All this at the busiest time of year for a shepherd, with ewes in lamb and time at a premium. *'It costs money to train'* he points out, *'I have to pay for help while I go off into the hills'*. After all this, 9

months of training, it looked like the run would have to be called off. Less than a week before the date set he was unloading some gates from a trailer when he stepped back into a hole and felt his back 'go'. Attempts to run over the next couple of days had to be quickly aborted, followed by an enforced two day rest. By the time the run was scheduled to begin on Saturday, he armed himself with what might be his motto, *'buckle in and get stuck in'*, and set off at 2 in the morning for the start. The early start on such runs is occasioned by the calculation as to which sections you plan to run in the dark while making the best of the early morning light.

Two thirds in the morning, Saturday 22nd June. A television crew from Border TV has arrived to cover the event and the pacers are waiting at Walna Scar. Joss is no stranger to television appearances, the BBC filmed the 1970 Mountain Trial as part of the 'Look Stranger' series, NBC had televised his 1972 feat when he had pushed the Lakeland 24 hour record out to 63 peaks, he has appeared on TV documentaries and, in his latest manifestation, he and Fly appear in an advert for the Sellafeld visitors' centre - Joss's face is suitably disguised with a virtual reality headset, but there is no mistaking that wiry, lath-thin frame.

Three o'clock. The dawn just beginning to break with that first showing of false light, the time when the human spirit is at its lowest, when policemen choose to make their raids and arrests. It is cool enough for Joss to need to wear a thermal beneath his running vest and light enough for him to see a good line on to the first peak, Dow Crag. Described by Alfred Wainwright as *'second only to Scafell Crag in the magnificence of its rock architecture ... the imposing precipice towering above the stony hollow of Goat's Water'* what more suitable place to begin. At 2,555 feet it just falls within Joss's objective of only counting those summits which top two and a half thousand feet and provides an early test for the injured back. *'I felt good and I was running easy'* says Joss, to the extent that, having polished off the Coniston group in a little over two hours, the new set of pacers at The Three Shires had to chase to catch up. *'There was a biting wind on Grey Friar but by the time we came off Swirl How it had moderated to just fresh. The sunrise was magnificent with tremendous reflections seen from the summits.'* The dark vitreous depths of the likes of Levers Water, below Swirl How, would reflect the ever changing cloudscape. *'We could see the cloud on Black Combe and a wonderful stepped mackerel sky'* - it is little wonder that early morning walkers will climb the likes of Gable or Skiddaw in order to see the panoply that is sunrise over the lakes, or that the hardier will camp out on the tops in order to enjoy the free show that is the dawn.

Ken Ledward, responsible for much of the organisation and timing of the run, was bivvied under Allen Crag in order to meet

the party as they passed. He had had little sleep as the challenge which Joss first accomplished in 1971 has now become an outing for thousands of people. The Three British Peaks seems to attract those who want to drive quickly between the peaks rather than genuine mountain lovers and Ken had been kept awake by *'something like 3,000 people 'doing' Scafell Pike from Seathwaite up and down Grains Gill'*. The line taken by fell runners on such occasions involves a climbing move up the rock slab that is Broad Stand, saving a detour via Mickledore or Foxes Tarn. Here, supporters with a rope helped Joss and Fly up and on.

By half past nine, therefore, the first two three thousand footers had been conquered, including England's highest peak, the 3,210 foot Scafell Pike, one and a half hours up on the schedule. The helicopter from the television station, which should have filmed Joss standing on the roof of England, had not reckoned with his speed. The new technology of mobile phone communication had informed the pacers of his early arrival, however, so that at Sty Head the support was waiting.

This section, over the Crinkles, into the rocky and unforbidding summits, and over the crags and boulder fields that litter the mountain tops, takes in both sides of the Wasdale valley including the Scafells, the Gables and the stony buttresses above the quiet solitude of the Ennerdale valley. Bowfell saw the beginnings of a mist forming but as the sun climbed higher, it soon burnt it off. Yewbarrow, in Joss's own back yard, is not included - it's mere 2,000 foot insufficient for this challenge.

Shortly afterwards they were treated to the rare but uplifting sight of one of the Riggingdale eagles soaring high above. The support team includes many fell running names to conjure with - fellow Lakeland farmer, ex fellrunning Champion and veteran Billy Bland is 10 years younger than Joss, has a 2.32 marathon time and has held the record for the Bob Graham Round - 42 peaks to be traversed inside 24 hours (, fondly known as the 'B.G.' and the apogee of many a fell runners' long distance achievements) since 1982, completing in 13 hours 53 minutes. Allen Walker joined the team at High Stile, two in the afternoon and *'the hottest part of the day as we descended into Buttermere'*. He was Joss's clubmate and running partner when they were both members of Kendal A.C. He had paced Joss on his record breaking Lakeland 24 hour outing when 72 peaks were climbed in 23 hours and 11 minutes 21 years ago to the day. He and Joss had also won the 2 day Karrimor Mountain Marathon on a number of occasions. Hugh Symonds had set his own long distance record by running a continuous traverse of all the 303 three thousand foot plus 'Munros' of Britain and Ireland in 1990 - raising over 25,000 for charity in the process.

These are true fellsmen and incredible athletes, with a burning love for the moun-

tains; obsessives with ambitions that appear suicidal but which are nevertheless achieved through a determination that overcomes pain and suffering. Joss was to demonstrate this resilience over the next sections as, climbing the steep heather up Sail, he felt the injured back 'go' again. With legs tightening and a sharp pain in the lower back, Joss continued the climb until reaching the ridge where he could 'jog away'. The pace from here slowed as rub-downs and massages were needed *'I was disappointed in a way'* said Joss, *'as I had been running so easy. I could have easily been inside the 36 hours I'd set myself'*. The climbs from here on caused problems and on the long pull up the lonely top of Skiddaw in the North, the third three thousand footer to be traversed, *'the pain in the back came in spasms and I needed massage several times before we topped out'*.

By now it was late evening and, while the crystal clear sky boded well for navigation, the drop in temperature was such that a night frost was suspected, a distinct possibility despite the proximity to mid-summer. *'The heaviness in my legs would not go away and descending the Hallsfell Ridge my feet seemed to have a life of their own.'* Only a short section needed to be taken in darkness before the dawn again broke, rewarding the runners with yet another magnificent sunrise. The early morning light was enough for them to see the terrible erosion on Swirral edge as the fourth of England's three thousand footers, the ridge of Hellvellyn, was tackled 24 hours into the run. The camera crew had lugged their heavy load up on to Fairfield to record the morning and, to ensure that they didn't miss the moment this time, had camped out on the fell. At the Kirkstone Pass, a group of men from Ing Barings were met, completing a challenge of their own, a mountain walk of 24 peaks in 24 hours, *'I wish I'd known they were bankers,'* bemoaned Mary Naylor, *'I missed an opportunity to collect some real money!'*

The descent from Red Screens across the high pass and then up to Thornthwaite Beacon is not easy at the best of times - after around 26 hours of hard running and with a bad back it proved tricky but, on reaching the massive cairn at the summit Joss knew that *'there was little left to worry about'*. On Harter Fell, in the late morning sun, the runners met the ghost of Naylor's Wainwright week. A fellsman following in Joss's footsteps using a coverless and beaten up copy of the booklet that is the record of the Wainwright traverse waved them on with encouragement. Shortly afterwards they were treated to the rare but uplifting sight of one of the Riggingdale eagles soaring high above.

The final peak, Rampsgill Head, was reached with 35 minutes to spare on the 36 hour schedule; by the return to the valley and waiting supporters Joss had covered 110 miles with an ascent of almost 34,000

feet - at 60 years of age and in aid of charity.

Sitting in the lounge of his farmhouse surrounded by cups and trophies (the dresser groans under the weight of 30 odd cups from the Lake District Mountain Trial, including the silver one that Vaux gave him to commemorate his succession of wins) and looking out over the best view in England, Westwater and the Screes beyond, Joss reflected on his achievement. Press coverage was almost non-existent. One national published a picture of him reflected in Styhead Tarn, another a picture of the Barings Bankers. Local papers in Whitehaven virtually ignored the feat although there was better coverage in other Cumbrian papers. 'The Fellrunner' ran a page describing the run and printed a donation form. A local society carped that he was redirecting funds that should rightly have been theirs (a sort of one-man National Lottery).

The reward of two fabulous sunrises would be enough in itself - the run was good and so was the crack *'I enjoyed every minute of it,'* says Joss, *'the reward of two fabulous sunrises would be enough in itself, the run was good and so was the 'crack'.* The keenness of people to support is epitomised by the tale of one we will call 'Toddy'. A worker at the Sellafield plant, Toddy called in sick with a bad toe so that he could support Joss only to find himself handing over pacing duties to his own foreman. *'I felt that the toe needed some exercise'* was his excuse.

The spirit of the fells, of the mountain runner, had been married with the spirit of charitable excess that is the hallmark of British fundraising. The phenomenon that is Joss Naylor had run; the organizing genius of Ken Ledward had made it possible; the serendipity of a meeting with British Gas director John Bennett had provided transport and support; the local girls and the headmistress from Drigg had collected on the way - the girls dressed in clown and cat costumes and collecting from spectators and the unsuspecting at crossing and feeding points; Phil Hawley coordinated a charity effort that has already raised over 16,000. The feat is unlikely to be emulated and one wonders what 'The Boss' will attempt next.

At the beginning of the Wainwright book he claims that at 50 he *'wanted to do something special - go out on a good one, so to speak'*. Ten years later he once again pushes back the boundaries of endurance running in the mountains that are his home.

There is a statement made at the end of the Wainwright feat that still holds good: *'To find words to express my gratitude to those who took part is beyond me. Those who know me well will sense what I want to say; I don't show my feelings but I do feel things deep inside me: I'm a man for doing, not saying.'*

How true.



Junior start at Burnsall Classic Photo: Peter Hartley

JUNIOR UPDATE

Once again the season is drawing to a close and there have been some ups and downs on the junior scene. Sadly, race organisers still do not seem to be giving junior runners the profile they deserve and even in the championship races organisers seem to want to lump all the runners together and get the race out of the way as soon as possible. At one, runners in the first three places did not even get their prizes in all the categories. Hopefully next season this will not happen. But I seem to say this every year, and something similar occurs each season. It is very difficult when picking the championship races to be sure everything will run as well as it should. Once again the Steel Fell race looked after us all very well. Despite Scoffer, the race organiser breaking his leg whilst flagging the course, he still carried on. They make them hard around there!! Do you want that race in the championship again?

It was unfortunate that at Burnsall the organiser was not prepared to hold the under 18 race up for a few minutes to allow a runner, who could possibly win his age group, to get changed, after getting held up in traffic on the motorway on a 5 hour journey to the race. I wonder if they would have said the same for Ian Holmes if he had been late for a championship race. Unfortunately there was nothing that could be done afterwards, but it does mean his category is going to be decided on the last race now.

If anyone has any suggestions for next year's races, please let me know. It is getting harder and harder to string a good set of races together with all the juggling with dates that is required. Are people happy to stick with the tried and tested races? Please let me know.

The junior programme is now complete. Congratulations to all the winners. A word of warning to runners going to a race venue for the first time. Try and get there in good time to be able to walk the course in advance. At

one race I was at this summer only one person walked the course and as a consequence, despite the route being clearly marked the runners all went wrong in one race and in another they all went round the wrong way round. I know there should be sufficient marshalls present, but the runners must also know what they are doing, you go to any cross country and see all the youngsters walking the courses there.

October 13th sees the Fourth Annual British Junior Home Internationals at Grasmere in conjunction with the Butter Craggs Race. Whilst it is an International event, all the races are open to all runners. The categories will be Under 14 Boys and Girls; Under 16 Boys; Under 18 Girls and Under 18 Boys.

The Under 14 race is not an international race, but ALL races are a one-off for the BRITISH JUNIOR CHAMPION so it is well

worth running. The winners get medals the same as our top internationals do. So be there, it will be a great day out at a smashing venue in a lovely part of the Lake District. Things should be kicking off at about 10.30am.

It is hoped that the presentation for the English Junior Championships will also be made at this event so there is another good reason for being there.

Once again I finish by saying, if there are any suggestions runners or followers have, then please let me know. Does anyone fancy taking over the role of Junior Organiser from me in the future, I am happy to carry on, but having done it for 5 years now, maybe it is time for some fresh blood and new ideas. Let me know.

Dave Richardson (FRA Junior Co-ordinator)

Final Championship Standings

Under 12

BOYS

1= Mark Smith	Horw	38
1= John Woodward	Wirr	38
3. Adam Godwin	Ross	27
4. Stew Glendinning	Telf	24
5. Matthew Burns	Horw	22
6. Tom Kidger	Kend	17

GIRLS

1. Nichola Akrigg	Chor	40
2. Jade Astin	Roch	32
3. Lyndal Lohman	Buxt	27
4. Rhian Hansen	Telf	24
5. A. Bateson	A.Ratti	17

Under 18 BOYS

1= Harry Matthews	Shrews	34
1= Anthony Turner	Buxt	34
3. Esmond Tressider	Buxt	32
4. Robert Thompson	Kesw	26
5. Ian Wellock	KHR	25

GIRLS

1. Victoria Wilkinson	Bing	38
2. Gayle Adams	Brist	36
3. Beverley McWade	CLM	27
4. Emma Middleton	Charn	28
5. Melissa Leck	L&M	22

Under 14

BOYS

1. Geoff Slater	KHR	40
2. Ian Glendinning	Telf	34
3. David Huff	KHR	32
4. Gavin Cooper	Chor	27
5. Carl Swire	CLM	22

GIRLS

1. Sarah Gatford	Telf	40
2= Sarah Jones	Chor	29
3= Natalie White	Holm	29
4. Nichole Slater	KHR	25
5. Katie Preece	StaffM	16

Under 16

BOYS

1. Simon Bailey	StaffM	40
2. Michael Cayton	Horw	29
3. Chris Livesey	Pres	26
4= John Robertson	Horw	23
4= Stephen Savage	Amb	23

GIRLS

1. Emma Hopkinson	Skip	40
2. Kate Bailey	StaffM	34
3. Stefana Duniec	Wakef	22
4. Nichola Bennett	Chor	14
5. Delia Hefford	Charn	13

Inters

MEN

1. Matthew Wigmore	Hels	35
2. Lee Gibson	CFR	30
3. Simon Deakin	Pres	23
4. Andrew Leck	L&M	21
5. Matthew Brindle	KHR	20

WOMEN

1. Lisa Lacon	Holm	40
2. Ros Murray	Horw	26

Telfes Triumph for Powerman Piece

by Gareth Webb



Andy Peace pictured at Pen-y-Ghent
Photo: Peter Harley

Although Andy Peace has been concentrating, in the main, on the duathlon this summer, it was no surprise to many of his friends, supporters and admirers that he should once again produce the goods when it mattered most to finish ninth and first Briton home in the World Mountain Trophy in Telfes, Austria, last month.

Whilst the majority of Brits who made the long journey to Austria struggled on the severe climbs - particularly in the latter stages - as well as the 7,500ft altitude, the 27 year-old Bingley Harrier overhauled last year's world silver medallist and early race leader, Tommy Murray, in the final 2km to finish an agonising 20 seconds outside a medal place and lead England to a highly creditable fifth in an event which, for the first time, attracted competitors from five continents and a record 32 nations. An excellent performance which fully vindicated not only his pre-race assertion that he felt he was capable of "a top 10 or top 15 finish - if that isn't being too optimistic" but also his preparation which some may have felt wasn't ideal for competition of this quality.

A matter of days after returning from Austria, Peace was in a relaxed and confident mood as he admitted: "I knew I was in good shape going into the event. I mean, I'd won the National duathlon title at Swindon

in July and so I knew I was fit. Just how fit I wasn't sure.

"Before the race I knew that we'd never had anyone in the top 10 before in the World Trophy in an uphill-only race. I also knew I was no better than people who'd gone before me and that we were mixing it with the world's elite. That's why I'm so pleased. It's also opened a few doors for me as well. With the first ten home being invited to next year's Mountain Running Grand Prix, this is something I've obviously got to be interested in."

Unlike Tommy Murray, who opted to battle it out at the front with pre-race favourites Antonio Molinari, fourth last year and the eventual race winner (by over two minutes), and two-times world champion Helmut Schmuck, Peace hung back in the early stages mindful of the length and nature of the race as he made his move beyond the 4km mark. From then on he continued to pass runners until the final 2km, when he lost two places to drop back to ninth.

"I got a bit giddy at one point," Peace smiles. "Someone shouted 'you're 11th or 12th' and I got excited thinking 'if only I can get into the top 10 ...', which is what I'd been aiming for. So I pushed it a bit. Perhaps that was where I went wrong. I didn't know the course and, although I knew it was steep at the finish, I didn't know how steep.

"Nobody can say my tactics were wrong, though. I felt I could almost touch third place at one stage and so I know I ran the race correctly. I mean there's no point blasting off at the start - anything can happen when you're racing uphill for an hour or so."

Peace's previous experience on the world stage had seen him finish 12th in Austria, in 1990, after being in sixth at the summit, 8th in Switzerland in the junior race, three years earlier, and a disappointing 37th in 1989 at Die, France, the year Colin Donnelly took silver in the short race. Peace's preparation this year was far different, of course. The only fell race he'd completed prior to the trials, which he won convincingly from Ian Holmes, was the Three Peaks Race in April when he clinched the hat-trick slashing over five minutes off cousin Ian Ferguson's five year old course record in the process. He was also denied a second hat-trick of victories at Burnsall, just prior to the World Trophy, at the hands of teammate and friend Holmes, and admitted: "I knew after that that I'd lost a lot coming down but had lost nothing climbing. That's also why I felt confident going into the World Trophy."

The duathlon, though, has occupied Peace's thoughts for much of the year ("they call me the running man in that sport" laughs Peace) and he believes the superb form he has shown in his limited outings this season can be directly attributed to the demands of the duathlon and particularly the cycling element of his training. There's also a hunger for the sport that will once again see him

bidding for glory in both sports again next year.

"My big aim next year is the duathlon," he says. "There is the Powerman Series, which pays big money, and there's also the Zofinge Duathlon in Switzerland which is the biggest race in the world. It costs 160 just to enter but it pays mega-bucks. The top English guy this year (Julian Jenkins) came 8th and got 2,000 and I beat him in the National Champs.

"At the moment I'm actually running better than ever before without upping my running mileage, so it obviously helps my running. I'm doing more cycling and believe I've got the mix just about right. You can work harder with more intensity on the bike without getting the pounding in your legs. Cycling is also good for the legs as well as it builds the right muscles for climbing."

With the thoughts of Austria still fresh in his mind, I asked him where it stood in the list of his all-time achievements. "I don't know really, that's a hard one. My run last weekend was pretty good. One year I came 28th in the National (cross country) and, at the time, that would have been perhaps my best performance. I came 4th at Sierre Zenal one year, which is the second biggest race in the world behind the World Trophy.

"It's not easy to say. Winning the Three Peaks for the first time is also right up there as is winning the Three Peaks Cyclo-Cross, as well. A lot of people forget about that one, but I was the first person to win that and the Three Peaks (foot-race) in the same year. I suppose I was lucky that no professionals were competing last year, but I still averaged the fastest time ever by anybody in the race as well as holding the course record.

"Burnsall is also one of my favourite races. I always go out of my way to run it - last year I even ran it (and won it) a few hours after the world trials (where he finished 7th). I've won it so many times (five) it's almost as though I have to run it. Pete Watson's (Pudsey & Bramley) won it seven times (1959, 61, 62, 66-69) and I'm getting closer."

As for the future Peace prefers not to look too far ahead. Having recently secured sponsorship with PSP Energy Products as well as Pace, sponsors of the Three Peaks, Peace believes he may have to shelve his ambition of running in the London Marathon next April ("hopefully I can run a sub-2:30 or even a sub-2:20 time if I'm lucky") as he reckons Pace will be kept for their star man to turn out once again and support one of the classics on the fell calendar. Either way, he says, an outing over the classic 26 mile distance is on the cards in Dublin later in October.

"I was actually going to knock it (the Three Peaks) on the head after this year. I'd won the hat-trick and got the record and didn't want to spoil it, if you know what I mean. I've got to be selective next year as well. It will obviously be a busy time for me."

The domestic championships, quite clearly with the busy schedule he refers to, doesn't

interest him at all although he does admit that "in a few years time when I've got the duathlon out of my system I would like to have a crack at the British Championships". Next year, he adds, he intends focusing on the European Trophy (once again in Austria) "because it will be uphill-only again". As for the World Trophy (in the Czech Republic), he says "I'll have to sit down and think about that one. There will be up and down races in the Grand Rix, I realise that. But let's face it, it won't be like chucking yourself off Ben Nevis will it," he laughs.

Talking of Ben Nevis there must be many wondering whether he harbours any secret ambitions of winning the legendary race up (and down) Britain's highest mountain. In 1993 Peace finished second after leading at the summit the first year Ian Holmes won the race. Last year, again behind Holmes, Peace fell at Red Burn and had to retire from the race. That 1993 performance still rankles, however, as he explains.

"I twisted my ankle as I came off the summit and, as I didn't know the course, I completely missed Red Burn coming down. I should have won the race and I know that were it not for twisting my ankle and going off course that I would have won it, there's no question about that. It's never really been an ambition of mine to win it, though. Things change and I have different challenges now."

Which clearly includes international mountain racing as well as the hugely anticipated Mountain Grand Prix next summer. As for the World and European trophy events, Peace believes we can give the continentals a run for their money in future years. He says: "We've shown we can mix it with them in up and down races, it's just that in uphill-races, which they are more used to than we are, they seem to have the upper-hand.

"I think what needs to be done is to get a group of runners going training and mixing with them, for example, and seeing what they do. Perhaps if we ran as 'Great Britain' as opposed to the individual countries it would help a bit as well," he grins. "Although I don't think that would be too popular!"

Either way Peace should certainly be hitting the headlines again next summer. Should he enjoy even greater glories in the World Duathlon Championships, due to take place in Italy a couple of weeks after we spoke, then perhaps he may re-evaluate his ambitions for next year and the foreseeable future. Don't rule out another sterling performance, though, be it on the mountains or on his bike.

As he jokingly points out: "I don't have time for hobbies or much else really. This is what I spend most of my time doing, this and mending bikes!" And it's certainly starting to pay off. Clearly there's more where that came from.

Gareth Webb is Fell Correspondent for Athletics Weekly.

World Mountain Running Trophy:

AUSTRIA, ENGLAND TEAM REPORT by PETE BLAND

My initiation as England team manager was Telfes 1990, and I was looking forward to going back, I was not to be disappointed, the welcome and hospitality shown by the people of Telfes was excellent.

The junior mens race was to be the first race, our team for this event was young and inexperienced with the exception of Lee Gibson. Adam Crosland running only his second mountain race (the trial being his first) had an excellent run to finish 22nd, as did Robert Thompson 29th who has only been running 18 months. These two boys have another 2 years as juniors. Anthony Turner, 31st, was only 3 seconds behind Robert. Lee Gibson was disappointing back in 45th position. The team finished 10th out of 16.

The ladies race followed the junior mens race and was to be the England team performance of the weekend. Heather Heasman, winner of the trial race, running her second mountain race had a superb run to finish 6th. Also new to the mountain running scene Angie Hullet had an excellent run to finish 10th. Ann Buckley who had been living and working in Switzerland for three months, having her best ever run in a world trophy race to finish 13th. Another newcomer to the mountain running scene, Jo Dunstan, had an excellent run to finish 23rd.

The team gained the bronze medal in 3rd place out of 20 teams. This is the first time a British team (men or women) has gained a medal in an uphill only race.

The mens race took place the following day, with mixed fortunes for the England team. Undoubtedly the run of the weekend by an English athlete was that of British duathlon champion and trial race winner Andy Peace, whose last run in a world trophy race was in Telfes 1990 on a short up and down course finishing 12th. In the strongest field of athletes ever assembled for an uphill race, Andy finished a brilliant 9th place. Andy's run was made even more credible in as much as he was only 20 secs away from a bronze medal.

Martin Roscoe had an excellent run to finish 26th. Billy Burns had a steady run to finish 39th. Ian Holmes 49th. Mark Kinch 56th. Well below what they are capable of, probably due to an exhausting season on the British fells. Matthew Moorehouse did not do himself justice in 73rd. But moving from junior to senior in one year can be tough. The team finished a creditable 5th out of 23 teams.

I would once again like to thank the loyal band of supporters who travelled out to Telfes. Their support is greatly appreciated by management and athletes alike.

WALES TEAM REPORT by ADRIAN WOODS

It was only at Heathrow Airport that the Welsh team learnt of our grant from the Foundation for Sport and the Arts to take part in the World Trophy. I had received a letter of offer only a few days before and this news obviously lifted the team's spirits.

The team got off to an excellent start in the Junior Men's events with Wales taking a brilliant Silver medal behind the unbeatable Italians. The Davies brothers Tim (7th) and Andrew (12th) with Alun Vaughan completing the team's score in 16th. Matthew Collins also had a great run finishing well up the field in 28th. Three of the team have another 2 years in which they can compete in the Junior Men's event.

Wales came 18th overall in the Senior Men's event and the Welsh Ladies a very creditable 9th position. There were some outstanding individual performances, most notably those of Paul Wheeler in 54th position and Menna Angharad in 19th position overall. Simon Forster gave a solid performance and young Mark Jennings ran exceptionally well as a newcomer to Mountain running. James McQueen gave a solid performance in his first International and was the fourth counter for Wales. Kevin Pryddech and Gary Jones ran their hearts out finding the event particularly gruelling.

The Welsh Ladies did particularly well. Ann Nixon 36th, Angela Brand Barker 41st and Alice Bedwell 59th, all missing much of the season through injury.

The Austrians are to be congratulated on a first class event. The atmosphere was fantastic and it was particularly pleasing to see the British and Irish contingencies supporting each other so well.

Congratulations to the England Ladies team in achieving a Bronze medal and to Andy Peace of England and Tommy Murray of Scotland in achieving top tier placings in such illustrious company without the benefits of altitude training.

Thanks to the Welsh team for being excellent ambassadors, Mike Blake for his assistance throughout the event and a massive thank you to our supporters who did everything possible to encourage the team. One last special thank you to Silvia Norvell whose skill as a physiotherapist were greatly appreciated by the Welsh team.

Telfes - Austria & British Team Reports

NORTHERN IRELAND TEAM REPORT

by *BILLY MAGEE*

The Northern Ireland team, composed of a good blend of experience and youthful enthusiasm and inspired by the excellent reports of the previous World Trophy races at Telfes in 1990, travelled to Austria with eager anticipation.

Despite numbers generally increasing in local races, the entries for the Ladies and Junior Men's categories in our trial races was very disappointing, therefore our squad was smaller than usual.

Conscious that numbers participating and the quality of performance levels increasing over the past few years, the teams were under no illusion with regards to the quality of the competition to be faced.

In the Junior Men's race we were represented by Damien Galvin and Alan Neill, their second World Trophy race. They were joined by Ricky Graham experiencing his first outing at this level. First team member to finish was Damien in 42nd place with Ricky in 55th and Alan 61st. Valuable experience was gained by the boys who will be available for selection for a further two years.

The Ladies team was led by Tricia Sloan with Virginia O'Connell and 1990 'survivor' Mary Harvern in support. Tricia had an excellent run, finishing in 35th place and the 7th British Lady home. Gina was second in 69th place with Mary placed 72nd.

The Men's team had an injection of new blood with the inclusion of Paul Mawhirst and Damien Brannigan, both members of the Newcastle club. They were joined by Neil Carty, Brian Ervine, Richard Rodgers and Jim Patterson, the latter three also stalwart 1990 'survivors'. Brian led the team with an impressive run to claim 80th place. Neil was second in 95th and Paul finishing strongly on the last climb overtook Richard to be placed 106th with Richard in 109th place. Jim Patterson finished 119th with Damien completing the scoring in 127th position.

My thanks to the teams for the dedication given to their training and preparation prior to the event which was reflected in each of their personal performances.

On behalf of all who participated may I convey to the Austrian Athletic Federation our thanks for a superbly organised event, and to the Community of Telfes for their very warm welcome and hospitality.

A team manager's job is made easy when each team member is committed to the task in hand whilst giving support and assistance to each other. My thanks to all the squad for displaying such comradeship throughout the World Cup Trophy Races at Telfes in '96.

We did not win any medals but we enjoyed participating, making new friends and renewing old acquaintances.

Billy Magee
Northern Ireland Team Manager

SCOTLAND TEAM REPORT

by *MARTIN HYMAN*

We felt that, from the small number of runners who made themselves available, that we had selected the best possible team to represent Scotland. All of our runners did their utmost to compete with credit against the best hillrunners in the world. They have every reason to be proud of the way that they approached the race, ran to their utmost limits and supported one another. It is possible that one or two competitors might have placed more highly had they paced themselves differently but it is almost impossible to allow for the effects of altitude (up to 7,500') without frequent experience.

Taking into account the rapidly increasing size and quality of the world field the Scots did extremely well - we may find it ever more difficult to place as highly as we did unless we are able to support and encourage our best runners to train and compete at altitude. Even more important in the long run is the need for us to alter our competition and support structure in a way that will encourage more youngsters to try the sport and stay with it.

Overall the event was an outstanding success. Most important of all the courses were excellent - attractive, varied, challenging and conforming reasonably closely to the ICMR guidelines. Telfes is an attractive village located in the spectacular Stubai Valley and, because the village is relatively small, a family atmosphere prevailed, with all the locals taking a friendly interest.

There were, however, some organisational shortcomings. At no stage was a map of the course issued, showing contours, so that competitors could form a mental picture of the climb. Drink stations were a joke - a single table at each, with no warning and both water and sports drinks in white plastic cups. The sports drinks were described as 'isotonic' but the organisers could give no indication of their strength! The prizegiving went on for far too long. We sat in the rain for over an hour whilst the niceties were translated into four languages - the Olympics can make do with two!

Congratulations to Tommy Murray, highest placed Scot with 10th place in the Men's Race and to Robert Quinn, only 12 seconds behind. Billy Brooks, in his last year as a junior, was the highest placed junior man in a race that shows that the future of Italian mountain running is as talented as the present. They took 1st and 2nd place; and with the third counter in the top ten, this assured them of an emphatic victory. In the Ladies' Race Angela Mudge and Sonia Armitage came in only 22 seconds apart - although 7 minutes behind the consistent Gudrun Pfluger of Austria.



Northern Ireland's Virginia O'Connell
Photo: Andy Brown

I would like to record my thanks to Alistair Lorimer for working so hard with the impeccable good humour that we have come to expect of him. All members of the team were thoroughly co-operative, a pleasure to be with and a credit to Scotland (though the Juniors frequent renditions of 'Flower of Scotland' left something to be desired).

(This report consists of edited extracts from Martin Hyman's comprehensive team manager's report)



Jayne Lloyd - contender in the Welsh Championship
Photo: Andy Brown

Results & Reports

Including European and World Trophy



*Main picture: Robert Hirst (Clem)
and Hilary Barber (Keithley)
Ingleborough Fell Race (Photo: Peter Hartley)*

*Inset (left): Philippa Leach, pictured at Kinder Downfall
(Photo: John Cartwright).*

*Inset (right): Jean Shotte, Jeff Newsam, Bob Taylor
and Jean Rawlinson - Settle Hills (Photo: Peter Hartley)*

RAVENSTONES FELL RACE

BM/10m/1250ft 4.5.96

1. A. Jones	Gloss	66.40
2. D. Gartley	Gloss	68.10
3. P. Deaville	Gloss	69.06
4. R. Haworth	Mid'ton	69.41
5. G. Hall	Holm	70.19
6. M. Lynas	H&H	70.47
7. I. Fraser	E.Chesh	72.06
8. L. Croasdale	LAMAC	72.09
9. D. O'Brian V	Bux	72.24
10. B. Waterhouse V	Sadd	72.37

VETERANS O/40

1. D. O'Brian	Bux	72.24
2. O. Robinson	Sadd	76.26
3. S. Gross	Sadd	76.59
4. J. Pollard	Unatt	78.03
5. W. Gibbins	Unatt	78.46

VETERANS O/45

1. B. Waterhouse	Sadd	72.37
2. J. Winder	CalderV	74.06
3. N. Shaw	Roch	75.42
4. N. Harris	Ross	78.41
5. G. Scott	Penn	79.17

FIRST VETERAN O/50

1. P. Watson	Horw	83.16
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FIRST VETERAN O/55

1. R. Bray	B&F	87.13
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LADIES

1. J. Town O/35	Denby	88.07
2. L. Davies	Sadd	89.05
3. S. Kiveal O/35	Sadd	98.20
4. S. Billam O/40	H'fax	98.41
5. S. Middleton O/35	Clay	100.23
6. L. Brown	Sadd	101.09
7. S. Kay O/45	Denby	112.44
8. W. Petty O/40	H&H	129.11

STUC A CHROIN

Perthshire

AL/15m/5000ft 4.5.96

The race took place on a mild sunny day, a tribute to Scottish weather that we have never had a bad one. Eighty eight runners ran a tough well-marshalled course. The winner, Mark Rigby, being just outside his own and the course record.

The first over fifty, over fifty five and over sixty veterans, were all from the same club, Dundee Hawkhill. The apres-race dance was the usual enthusiastic affair, veterans very much to the fore.

Finally, how many races can entertain the runners with bagpipe music at three thousand feet? Come next year and enjoy the pibroch.

C Bennie

1. M. Rigby	W'lands	2.02.58
2. C. Donnelly	Eryri	2.07.25
3. G. Bartlett	Forres	2.07.37
4. N. Martin	Lomond	2.21.43
5. D. Orr	Loch	2.25.34
6. E. Mackay	Ochil	2.26.51
7. A. Anderson	Solway	2.29.05
8. D. Higginbottom	Carn	2.30.05
9. R. Boswell V	Loch	2.30.19
10. S. Pepper	Forres	2.30.29

VETERANS O/40

1. R. Boswell	Loch	2.30.19
2. M. McLeod	W'lands	2.44.18
3. R. Sewell	Kend	2.48.27
4. R. Greenaway	Ochil	2.52.32
5. J. Stephen	Ochil	2.54.26

VETERANS O/45

1. T. Ross	Fife	2.38.40
2. K. Adams	W'lands	2.39.35
3. J. Nixon	Horw	2.44.26
4. M. Hulme	Cors'ine	2.51.06
5. E. Dealtry	Ochil	2.55.50

VETERANS O/50

1. C. Love	DunHawk	2.39.59
2. J. Holden	Fife	2.44.09
3. N. Dyson	Mand	3.13.02
4. P. Farrington	Kild	4.01.00
5. D. Grove	Unatt	4.11.55

FIRST VETERAN O/55

1. S. Cromar	DunHawk	3.53.42
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FIRST VETERAN O/60

1. D. Morgan	DunHawk	3.33.30
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LADIES

1. E. Scott	W'lands	2.57.30
2. S. Hay	B(Garff)	
3. J. Higginbottom	Carn	3.05.24
4. J. Cairns	W'lands	3.20.20

MAYDAY MADNESS

West Yorkshire

AS/6m/300ft AS/5m/2000ft 6.5.96

Once again the entry for this tough race(s) with a difference, was disappointing. In the 'once up' challenge, Adrian Illingworth used his track speed to good advantage covering the three hundred yards and three hundred foot climb in seventy four minutes and one second. He was closely followed by Craford Oliphant and Steve Watson to make up the first three places. Jane Clark had a convincing victory in the ladies race.

In the main five mile race (over 2000ft climbing) the spectators were treated to a fine battle between last years winner, Paul Sheard, and West Yorkshires cross country champion - Lee Warburton. The pair ran the gruelling course almost neck and neck until the final climb when Warburton found just enough reserves to stave off the efforts of Sheard. Andy Hauser beat Paul Stevenson for third spot and also took the veterans prize. Jean Shotton again had a good win in the ladies race.

All who ran on the day were again most insistent that we should run the event next year, but maybe on a different day. Its an odd fact that the number of spectators was far in excess of the numbers of runners.

1. E. Warburton	Spenn	30.43
2. P. Sheard	P&B	31.04
3. A. Hauser V	P&B	32.30
4. P. Stevenson	P&B	33.17
5. A. Illingworth	P&B	33.34
6. M. Brown	LdsCty	35.32
7. R. Pallister	P&B	36.27

FIRST VETERAN O/40

1. A. Hauser	P&B	32.30
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FIRST VETERAN O/45

1. C. Hack	P'mouth	40.43
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FIRST VETERAN O/50

1. P. Reynard	Fellan	40.15
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FIRST VETERAN O/55

1. M. Coles	Skyrac	40.53
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FIRST LADY

1. J. Shotton	P&B	41.17
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WRAY CATON MOOR FELL RACE

Lancashire

BM/6m/1000ft 6.5.96

It was the normal dry and cool day with a bit of sun, that we've come to expect on Wray Fair Day. One hundred and eighty six people entered the senior race, exactly the same number as in the previous year. All but twenty finished in under the hour and with the last taking one hour and twenty minutes and thirty seconds, everybody was safely back in time for the prize giving. The first four were twice as quick as this with Mark Croasdale back with us to reclaim the Harry Robinson Trophy from Billy Burns of Preston, who was last years winner. Mark was only thirteen seconds short of his previous record. Lucy Wright from Leeds was the first lady by a mile, almost literally. She was six and a half minutes ahead of second placed Jean Rawlinson, and at forty two minutes and twenty seconds broke the long standing ladies record by two minutes.

At Wray Fair with its scarecrows, a great family day out, the Junior Fell Race is as important as the senior race. The juniors start altogether, straight after the seniors (for traffic and pedestrian reasons). The under twelves (1.5m/250ft) turn round at the top of the first grassy hill. The under fourteens' (2.5m/375ft) add on a fairly level bit and another steeper grassy hill as well, whilst the under seventeens' (3m/500ft) continue up to a fell road at the half way point in the seniors' ascent. Congratulations to Wirral AC whose junior section won half the prizes. And...equality at last! thirteen boys and thirteen girls ran in the under fourteens'.

Peter Edge

1. M. Croasdale	Bing	36.23
2. B. Burns	Prest	37.22
3. G. Daniani	S&D	39.47
4. D. Hinchcliffe	L'wood	39.49
5. P. Davis	P&B	40.20
6. G. Hawkins	Bing	40.30
7. M. Horrocks	CalderV	40.59
8. A. Leck	L&M	41.08
9. G. Kenny	Mersey	41.10
10. O. Beilby	Kly	41.19

VETERANS O/40

1. R. Clucas	CFR	41.22
2. S. Taylor	Clay	41.52
3. G. Laycock	Clay	41.56
4. C. Lyon	Horw	42.34
5. S. Varuz	Kend	42.38

VETERANS O/50

1. E. Duffy	Ross	46.18
2. M. Moore	Salf	48.11
3. D. Simpson	Prest	49.40
4. J. Smith	L&M	49.41
5. A. Stafford	Kend	49.42

LADIES

1. L. Wright	LdsCty	42.20
2. J. Rawlinson O/35	Clay	48.55
3. J. Foster	Unatt	52.33
4. C. Dewhurst	Clay	53.20
5. M. Leck	L&M	54.55
6. J. Whalley	CalderV	55.20
7. J. Cutts	Dews	56.50
8. J. Anthony	SROC	57.00

RAS CEFN DU

Gwynedd

BS/5m/1000ft 7.5.96

The race was sponsored again this year by Celtest Ltd. of Bangor, who not only provided financial support, but also persuaded one member of staff to compete, and another to marshal. They also provided transport for marshalls to strategic points on the course.

This year the race was included as part of the Tuesday evening series held by the Eryri Harriers Club, and sixty two runners from different parts of North Wales competed. All of them had obviously been to evening classes during the winter, as none of this year's competitors mistook a stile for a kissing gate! Although the weather had been dry during the previous week, there were still plenty of boggy patches on the moorland to slow the pace, but most runners made up for lost time on the fast descent.

Alun Vaughan came in almost four minutes ahead of the second placed runner, who was a super veteran; evergreen Don Williams. The remainder of the field seemed to arrive in bunches; fourteen runners arrived within two minutes. Only twenty senior runners entered, the veterans and super veterans making up half the entries.

Sadly, although this was only the second Cefn Du race, it was also the last. The landowners withdrew permission for the route to the summit, and although most of the race was along public footpaths, the section needed to reach the summit is on private land.

D Whiteside

1. A. Vaughan	Eryri	35.40
2. D. Williams	Eryri	39.34
3. D. Whittey	Dolg	40.19
4. T. Lloyd	Eryri	40.31

VETERANS O/40

1. M. Blake	Eryri	40.52
2. G. Rogers	Colwyn	43.23
3. P. Evison	Eryri	43.31

VETERANS O/50

1. D. Williams	Eryri	39.34
2. E. Davies	Eryri	43.26
3. D. Tomos	Eryri	43.53

LADIES

1. J. Lloyd	Eryri	43.48
2. V. Ronald	Colwyn	47.48
3. C. Thomas	Eryri	49.46

LADIES O/35

1. B. Ripley	Eryri	52.35
2. S. Moore	Eryri	58.25
3. M. Tomos	Eryri	58.33

FLOWER SCAR FELL RACE

Lancashire

AS/4m/1100ft 8.5.96

1. A. Wrench	Tod	27.04
2. M. Corbett	Ross	27.40
3. C. Bottemley	Kly	28.14
4. G. Ehrhardt	Tod	28.26
5. C. Moses	Bing	28.47
6. G. Webb	CalderV	29.00
7. S. Sweeney	Unatt	29.12
8. K. Smith	CalderV	29.19
9. G. Summer	Ross	29.35
10. A. Horsfall	Tod	29.39

VETERANS O/40

1. P. Butterworth	Clay	30.46
2. J. Winder	CalderV	31.16
3. I. Robinson	Clay	31.20

VETERANS O/50

1. J. Dean	Salf	35.39
2. R. Blakeley	Tod	35.44
3. T. Shaw	Tod	36.02

VETERANS O/60

1. P. Duffy	Aber	37.00
2. J. Newby	Tod	44.13
3. B. Hargreaves	Tod	44.52

LADIES

1. S. Brown	FRA	35.01
2. J. Rawlinson O/40	Clay	35.11
3. A. Rees O/35	Tod	37.41

**BELMONT VILLAGE WINTER HILL
FELL RACE**
Lancashire
BS/4.5m/1000ft 11.5.96

Early rain and hailstones gave way to fine weather for the running of the twentieth Belmont Winter Hill Fell Race. A grand total of sixty three juniors entered the under twelves, under fourteens' and under sixteen races - well done to all those who completed the courses. The under eighteens and intermediates, Andrew Leck, winning overall from Neil Riding in second place. Some twenty seconds behind the winner and some twenty years older! was Graham Schofield in third place and first veteran. Una Creagh easily retained her ladies title.

Thanks to all helpers, the requirement for marshalls is so much greater when there is a high junior involvement.

Whoever has the winners trophy - could they please return it. I think its Neil Wilkinson from the 1994 race, thanks.

D Bateson

1. A. Leck	L&M	32.16
2. N. Riding	Unatt	32.21
3. G. Schofield V	Horw	32.32
4. H. Matthews U/18	Shrews	32.59
5. P. Boyd	Horw	33.07
6. D. Flatly	Bolt	33.17
7. A. Hesketh V	Horw	33.19
8. M. Hayman	DkPk	33.24
9. A. Turner U/18	Bux	33.32
10. C. Lyon V	Horw	33.39

VETERANS O/40		
1. G. Schofield	Horw	32.32
2. C. Lyon	Horw	33.39
3. A. Heaton	Bow	36.50
4. D. Richardson	Kend	37.14
5. K. Masser	Ross	37.54

VETERANS O/45		
1. A. Hesketh	Horw	33.19
2. J. Hope	AchRat	35.51
3. J. Dore	Roch	37.21
4. H. Ramezyk	Merc	37.35
5. S. Furness	Black	37.54

VETERANS O/50		
1. P. Watson	Horw	39.57
2. P. Henigan	Unatt	41.10
3. M. Horton	Chor	42.48
4. M. McDonald	FRA	43.19
5. J. Barker	Clay	43.42

LADIES		
1. U. Creagh O/35	Mersey	40.37
2. M. Leck U/18	L&M	
3. R. Murray U/20	Horw	48.08
4. D. Vallely	Bolt	48.56
5. J. Holding O/45	Darwen	49.15
6. D. Hooper	Swin	49.45
7. T. Smith O/45	Unatt	50.21
8. P. Dore O/35	Roch	50.30

INTERMEDIATES U/20		
1. A. Leck	L&M	32.16
2. N. Riding	Unatt	38.37
3. P. Walsh	Unatt	39.32
4. A. Rigby	Unatt	46.58
5. R. Murray	Horw	48.08

JUNIORS		
1. H. Matthews	Shrews	32.59
2. A. Turner	Bux	33.32
3. E. Tresidder	Matl	34.12



Gary Webb (Calder Valley) at Flower Scar
Photo: Peter Hartley

ST JOHNS FELL RACE
Isle of Man
AS/3m/900ft 14.5.96

Castletown postman Graham Clarke, only turns out occasionally on the fells, but when he does there is usually fireworks as he is probably the most talented runner on the Isle of Man.

This proved to be the case in this year's Supercards sponsored St Johns Race, as he stormed over the three mile course, bettering Steve Brennan's 1987 course record by eighteen seconds. Onchan building worker, Tony Rowley, managed to give Clarke a good race only falling back on the final road section to exactly equal the old record.

Colby farmer, Brenda Walker, continued to re-write the ladies record book, with another course record, this time knocking a sizeable chunk off Steph Maddrell's 1995 standard.

Another record entry was received for this year's race to continue the upward trend that fell running on the Island has enjoyed over the last couple of years.

1. G. Clarke	MH	22.58
2. T. Rowley	MFR	23.16
3. I. Watson	NAC	25.03
4. P. Crowe	NAC	25.40
5. L. Cain	MH	26.39

VETERANS O/40		
1. D. Young	MFR	25.38
2. R. Stevenson	MFR	26.15
3. R. Moughtin	WAC	26.34
4. R. Webb	MH	26.44
5. S. Garry	MFR	27.13
6. D. Farnworth	MFR	27.38

VETERANS O/50		
1. D. Corrin	MH	25.54
2. S. Moynihan	SAC	28.52
3. E. Brew	NAC	32.33
4. J. Comaish	IOMVets	33.28
5. T. Coleman	NAC	34.04
6. B. Maddrell	WAC	43.55

VETERAN O/60		
1. B. Baxter	MH	39.47

LADIES		
1. B. Walker	MH	27.24
2. S. Maddrell	WAC2	29.49
3. R. Hooton	MH	30.13

CARADOC CLASSIC
Shropshire
AS/3.5m/880ft 15.5.96

Andrew Davies continued his recent good form adding the Caradoc title to his Wrekin Streak title won in April. The Mercia runner led to the summit and had a comfortable lead over brother Tim by the finish. Previous winner Duncan Hughes finished well in third, with host club, Telford, runners taking the next two spots, with Adrian Pickles just beating team mate Colin Lancaster.

The Ladies Race saw Barbara Evans regaining the title for the second time, with team mate Judith Witterick in second place overall and first veteran on the night. Wrexham's Alison Ashley had a good run taking almost a minute off last years time to finish third.

Simon Daws

1. A. Davies	Merc	22.47
2. T. Davies	Merc	23.22
3. D. Hughes	Wrex	23.26
4. A. Pickles	Telf	24.54
5. C. Lancaster	Telf	25.07
6. P. Williams	Wrex	25.08
7. C. Taylor V	Merc	25.15
8. T. Taylor	MDC	25.23
9. C. Thompson	Oxf	25.37
10. S. Daws V	Telf	25.42

VETERANS O/40		
1. C. Taylor	Merc	25.15
2. S. Daws	Telf	25.42
3. G. Davies	Merc	26.13
4. B. Dredge	Merc	26.43
5. G. Jones	Shrews	27.03

VETERANS O/45		
1. K. Morgan	Merc	28.18
2. T. Mayles	ShropShuff	28.46
3. R. Day	Merc	29.04

VETERANS O/50		
1. E. Knight	Merc	28.00
2. R. Hyman	Unatt	28.22
3. J. Clemens	Merc	30.10

LADIES		
1. B. Evans	ShropShuff	31.53
2. J. Witterick O/45	ShropShuff	32.26
3. A. Ashley O/35	Wrex	34.11
4. J. Sayer O/35	Telf	34.52
5. J. Harris O/35	Merc	35.38

JUNIORS		
1. A. Davies	Merc	22.47
2. T. Davies	Merc	23.22
3. D. Hughes	Wrex	25.50

**WILDERNESS WAYS BURBAGE
VALLEY FELL RACE**
Derbyshire
BS/5m/1000ft 15.5.96

The fourth annual 'Wilderness Ways Burbage Valley Fell Race' was yet again a roaring success, with a staggering two hundred and twenty seven runners entering. This was one hundred more than last year, and fifty more than our previous best. I don't think the 'Fox House Pub' minded, as they must have taken plenty of money. It cost me twenty pounds in beer to keep Edale Mountain Rescue quiet.

With near perfect conditions, the field set off around Burbage Valley on the start of their five miles and one thousand foot of climbing and only five minutes late, due to the huge entry.

Thirty seven minutes and forty eight seconds later, Dave Neill crossed the line to break his old course record by nearly twenty seconds. Not bad for an over forty veteran. Three out of the top four were vets! First lady home was Philippa Lench, and a special mention to Peter Duffy from Aberdeen who finished in fifty two minutes and thirty three seconds, not bad for a sixty one year old.

Adam

1. D. Neill V	Merc	37.48
2. P. Gebbeett	Notts	39.12
3. K. Davis V	P'stone	40.07
4. P. Bowler V	Merc	40.10
5. S. Oglethorpe	DKPk	40.35
6. P. Seaville	Gloss	40.43
7. S. Bell	Waf	41.03
8. J. Duckworth	Duo	41.33
9. M. Williams	Penn	41.46
10. A. Carruthers	Crawley	42.14

VETERANS O/40		
1. D. Neill	Merc	37.48
2. K. Davis	P'stone	40.07
3. P. Bowler	Merc	40.10
4. R. Taylor	Penn	42.51
5. M. Brown	Bux	42.58

VETERANS O/50		
1. G. Berry	DKPk	44.57
2. J. Armistead	DKPk	46.32
3. A. Yates	DKPk	47.52
4. J. Carrier	GPT	48.18
5. B. Wilson	DKPk	48.35

VETERAN O/60		
1. P. Duffy	Aber	52.33

LADIES		
1. P. Lench	Sutton	48.26
2. C. Dawson	DKPk	48.46
3. K. Dalton	DKPk	48.47
4. K. Harvey	Alt	48.54
5. J. Jennings	Roth	49.02
6. C. Varley	DKPk	49.11
7. J. Smith O/40	DKPk	51.26
8. Y. Williams	Penn	51.40

BLACKSTONE EDGE FELL RACE
Lancashire
AS/3.5m/1200ft 15.5.96

Well, it seems to me that the bubble has burst in fell running, for the last four or five year's I've just managed to get over one hundred and fifty starters, going back to the mid eighties we used to get approximately two hundred and eighty, anyhow I suppose it's less hassle for me.

No cock-ups this year, I managed to get the prize giving going before last order's in the pub. I can not understand why competitors do not wait for their prize, every race I do I get blank spaces, I think it undermines the event. Having said that, I suppose it's because these people are used to picking anything up at races. There's always a chance at my race.

So, to the race itself. It was the thirteenth over the same course. The farmer had a go at Gary again, for taking his dog up the course - no lead, lots of sheep about. I had some soft soaping to do after.

Gary won yet again. One minute and thirteen seconds faster than his 1994 winning time. The nearly man, Merv Keys, raced him all the way and lost out by one second. He wonders what he has to do to win this race. Third in 1994, third in 1995, he would have won both those races with this years time.

Rochdale Andy Maloney was Mr Consistent fifth, he's been fourth in '94 and fourth in '95. Nice to see Chris Lyon, my old mate winning the over fortys', I'm glad he's getting old like me.

Vanessa Peacock - what can you say - finishing seventieth, first lady in thirty five minutes and eighteen seconds at ...shshhh (not too loud) over forty, she showed the young lasses how to run rugged fell courses.

Rochdale got knocked off it's team perch by Pudsey, stuffed us by fifty five points.

Before the race started I presented a little gift each to the farmer and wife who let's us use their premises and field for the race. Public relations is a main factor in all our events. You look after them and they will look after you.

Have to go now, check the bog to see if any poor fell runners got stuck in and forgotten. See you all next year.

Yours, (I still miss running) Kev Shand

1. G. Devine	P&B	27.15
2. M. Keys	Ross	27.16
3. M. Hill	P&B	28.42
4. S. Green	P&B	29.07
5. A. Maloney	Roch	29.22
6. J. Hey	Warr	29.53
7. G. Webb	CalderV	30.06
8. J. Wright	Tod	30.17
9. D. Wilkinson	Roch	30.31
10. C. Lyon V	Horw	30.38

VETERANS O/40

1. C. Lyon	Horw	30.38
2. R. Clucas	CFR	30.55
3. D. Beels	Roch	31.18
4. S. Houghton	CalderV	32.19
5. F. Judge	Clay	32.59

VETERANS O/45

1. J. Winder	CalderV	32.24
2. J. Dore	Roch	32.53
3. B. Horsley	CalderV	33.25
4. R. Baker	CalderV	34.21
5. M. Sadula	Roch	34.22

VETERANS O/50

1. P. Walkington	Horw	33.21
2. P. Jepson	Ross	33.48
3. T. Target	Clay	38.37
4. F. Wood	Horw	39.16
5. D. McNeil	Sadd	39.19

VETERANS O/55

1. P. Davies	O&R	38.59
2. H. Thompson	Clay	39.56
3. D. O'Leary	ManYMCA	43.19

LADIES

1. V. O/40 Peacock	Clay	35.18
2. L. Davies	Sadd	38.31
3. C. Dewhurst	Clay	39.21
4. J. Tompkins	LdsUni	39.46
5. S. Kiveal O/35	Sadd	40.10
6. S. Breckonstall O/35	Tod	40.12
7. K. Wood	ManYMCA	40.40
8. J. Hodgson	Sadd	40.42

JUNIORS

1. A. Lye	Roch	34.18
2. P. Cuthbertson	Unatt	36.46
3. G. Smith	Unatt	37.38

ALAN LAMB MEMORIAL FELL RACE Co.Durham BL/14m/3000ft 18.5.96

Another excellent race in memory of the North Shields Polytechnic M45 runner, who competed in fell races throughout Britain and Europe, Alan Lamb, who died of heart failure at Christmas in 1992, and as always the proceeds went to the British Heart Foundation.

A dry sunny day with light winds provided excellent running conditions. Until the last two miles, a group of three stuck together, but in the forest section after the Grove ('Grove' is the name of bighouse landmark for Ed), Peter Pollit of Bolton pulled away from Andrew Carruthers of Crawley.

More missionaries from West of the Pennines and South of the Swale are needed to promote our sport in the North East, it is a struggle to persuade Geordies to participate in tough sports like Rugby League and Fell Running.

The severity of the course can be judged by the fact that only one woman ran - Janet Young of Elvet Striders, Durham. Well Done Jan! Fifty two runners competed.

P White

1. P. Pollit	Bolt	1.26.52
2. A. Carruthers	Craw	1.27.40
3. A. Clarke	Tyne	1.28.52
4. B. Roberts	Mand	1.29.37
5. G. Garrad	Crook	1.30.57
6. M. Brunskill	NewAyc	1.32.03
7. C. Pattinson	Quakers	1.32.17
8. B. Firth	Mand	1.34.06
9. T. Hindmarsh	E'wood	1.34.23
10. P. Milburn	NewAyc	1.35.59

FIRST VETERAN O/40

1. C. Pattinson	Quakers	1.32.17
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FIRST VETERAN O/45

1. M. O'Brian	LowFell	1.36.36
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FIRST VETERAN O/50

1. D. Middleton	NewAyc	1.40.46
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FIRST VETERAN O/60

1. T. Maughan	Unatt	1.47.53
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FIRST LADY

1. J. Young	Elvet	
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Gary Devine (P&B), winner at Blackstone Edge
Photo: Peter Hartley

GOATFELL HILL RACE Isle of Arran AM/8m/2866ft 18.5.96

With a notable absence of the usual entrants from English based clubs, Arran runners coasted home to the first ever victory of a local team in this long running race. In perfect cool, dry and sunny conditions, only the lack of top flight runners could explain the slowest winning time for many years, some ten minutes outside the record. The course was, however, about five hundred metres longer than usual, but nobody complained as the setting off at the start/finish, beside the sea was superb. A few poor souls were caught out by the bringing forward of the start time to twelve noon, a move that seemed popular anyway with the seventy four entrants, and which is to be made permanent.

Evan Mackay ran a strong race from the front, leading from early on, and deserved his win. Joyce Salvona, a previous winner, was in a class of her own to win the ladies race. Mention must also be made of Jim Shields, tenth overall and first super veteran, an extremely good time. Arran were obviously pleased with their victory - maybe next year Glossopdale Harriers will be back!

Colin Turbett

1. E. Mackay	Ochil	1.23.05
2. B. Robertson	Arran	1.24.01
3. G. Allsoo	Arran	1.24.36
4. D. Crowe	Shett	1.25.00
5. A. Anderson	Solway	1.25.45
6. A. Holden	Kly	1.27.22
7. R. Hackett	Carn	1.28.05
8. R. Ramsdale	Carn	1.28.12
9. P. Stones	CFR	1.29.42
10. J. Shields	Clydes	1.29.54

VETERANS O/40

1. R. Ramsdale	Carn	1.28.12
2. P. Stones	CFR	1.29.42
3. M. McLeod	W'lands	1.37.03
4. R. Scottney	Penn	1.38.16
5. J. Stephen	Ochil	1.40.46

VETERANS O/45

1. D. Padden	Arran	1.48.44
2. T. Gilmore	Arran	1.52.33
3. C. Osmond	W'lands	2.02.07
4. J. Fullerton	Oban	2.14.10
5. G. Benny	W'lands	2.15.45

VETERANS O/50

1. J. Shields	Clydes	1.29.54
2. B. Edridge	Clydes	1.35.22
3. A. Anderson	Dumf	1.48.09
4. J. Templeton	Arran	1.49.25
5. R. McCormick	Kilm'nock	2.01.50

FIRST VETERAN O/55

1. B. Graves	Mil-Key	2.36.24
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LADIES

1. J. Salvona O/35	L'stone	1.38.30
2. A. Nimmo O/35	Carn	1.52.44
3. M. Jeffrey	Glasgow	1.53.03
4. H. Thomson O/35	Arran	1.58.44

5. C. Black	Glasgow	1.58.44
6. J. Miller	Arran	2.07.35
7. S. Micaliza	Carn	2.09.38
8. M. Stewart O/35	Carn	2.20.09

CLEVELAND MID WEEK SERIES 1996 Cleveland 6m/850ft

This years series will consist of eight races, there will be two short, four medium and two longer races. Competitors best five results will count. Prizes will be given at each race with cumulative prizes awarded at the end

1. M. Scaife	Mand	33.28
2. M. Burn	T&S	33.52
3. R. Burn	T&S	34.18
4. A. Green	Hallam	34.26
5. B. Roberts	Mand	34.36
6. J. Blackett	Mand	34.45
7. P. Kelly	Quakers	36.09
8. M. Garratt	Mand	36.13
9. I. Ellmore	Scar	37.10
10. C. Wright	Mand	37.40

VETERANS O/40

1. R. Burn	T&S	34.18
2. M. Garratt	Mand	36.13
3. R. Pollard	Mand	37.54
4. G. Youngson	Loftus	39.11
5. K. Richardson	Swale	40.13

VETERANS O/50

1. J. Kettle	NewMske	42.18
2. A. Cameron	Guis	42.24
3. M. Davison	M&C	42.43
4. B. Sherwood	NMH	44.42
5. R. Moody	Mand	44.57

LADIES

1. H. Scaife	M&C	42.17
2. S. Jackson	M&C	43.48
3. A. Lenderyou	Darl	44.43
4. S. Jemson	NMH	49.39
5. J. Sexton	NMH	52.13
6. P. Cooper	Morp	52.19

ANNUAL WILLIAM HILL MAN V HORSE MARATHON Powys BL/22m/3000ft 18.5.96

Chatting over a pint one night, Landlord Gordon Green overheard two men discussing the relative merits of man and horse. After several pints, one was brave (or foolish!) enough to suggest that over a significant distance across country, a man was equal to any horse. After several more pints, the inevitable challenge was made, at which point Gordon decided that rather than this be a private argument, it should be put to the test in full public view, and this is exactly what happened on the eighteenth of May, at Llanwrtyd Wells when the 'Annual William Hill Man V Horse Marathon' took place.

It transpires that there is a precedent for this event, for early in the eighteenth century, one Guto Nyth-Bran is reported to have raced against a horse in Cardiganshire and won the race.

Incidentally, we would strongly request that wives and girlfriends restrain their enthusiasm for clapping their beloved smartly on the backs should he win, for that is how poor Guto met his untimely death after one such race! A marathon race is held annually at Mountain Ash in order to commemorate the feats of Guto Nyth-Bran: however, it would appear that the actual pitting of a man against horse in a marathon is unique to this occasion in Llanwrtyd Wells. The inaugural race was held in June 1980. In 1982 the course was amended to provide a more even match between horse and runner. That year's race was held in very hot conditions and the horse won by only four minutes, from runner Paul Brownson.

1. Croasdale Crusaders	Relay	1.53.34
2. K. Mapp/Abmaar	Rider	1.57.08
3. L. Helme/Welton Rambler	Rider	2.00.56
4. D. Evans/Boswell	Rider	2.01.59
5. C. Sampford/Springsteen	Rider	2.04.10
6. Z. Griffiths/Dellorto Zrnz	Rider	2.05.42
7. Infantry	Relay	2.10.34
8. Kly Hill R	Relay	2.10.45
9. The Athletes	Relay	2.12.03
10. M. Palmer	Hardwicke	2.12.26

VETERANS O/40

1. B. Brindle	Bolt	2.26.38
2. C. Singleton	Kimb.St.	2.28.48
3. G. Williams	Club69	2.29.27
4. E. Rizmann	Austria	2.29.51
5. I. Kirkpatrick	Sospan	2.34.14

FIRST LADY

1. C. Hunter-Rowe	Knavesmr	2.27.44
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**P&O EUROPEAN FERRIES
KNOCKDHU CLASSIC FELL RACE**

**Co. Antrim
AS/4.7m/1470ft 18.5.96**

Robin Bryson representing the Republic of Ireland scored his second victory in the P&O Knockdhu Classic Fell Race at Cairn Castle on Saturday. The Newcastle AC athlete who has been in tremendous record breaking form to finish clear of a top International field at the finish.

There were one hundred starters for the two lap race, which was organised by Lame Athletic Club and sponsored by P&O European Ferries, Northern Ireland Tourist Board, Lame Borough Council and BAF.

Neil Wilkinson from Scotland who was taking part for the fourth time and has finished third twice, led the field in the early stages with Martin Amor from England and Bryson close behind. Bryson famed for his climbing ability attacked on the first steep climb up Knockdhu and was soon ahead. The former all Ireland Champion was out on his own as they started the second lap with Amor and Wilkinson still in contention, just ahead of Scotlands Dermot McGonigle.

Bryson with the course record at risk, was given great encouragement on the downhill finish to the Headless Cross car park - most notably by England Team Manager, Pete Bland, demonstrating the tremendous spirit in fell running, and crossed the line after a great run, just one second outside the previous best time. Amor was second with McGonigle third, followed by Wilkinson and two English runners, Brian Thompson and Alan Bowness. With three from four to count, this left England as team winners from Scotland and Northern Ireland.

The Ladies were led by England's Lucy Wright, also a former winner in 1994, ahead of Scotland Sonial Armitage and Gayle Adams (England). England were first team, with Scotland and Wales in the minor positions.

Alun Vaughan and Tim Davies representing Wales and Lee Gibson from England were the top junior men. In this category the Welsh team were top, followed by England and Scotland.

Billy Magee

RESULTS - INTERNATIONAL MEN

1. R. Bryson	Replre	34.09
2. M. Amor	Eng	35.23
3. D. McGonigle	Scot	35.39
4. N. Wilkinson	Scot	35.49
5. B. Thompson	Eng	
6. A. Bowness	Eng	35.56

7. D. McNeilly	N.Ire	36.19
8. C. Roberts	Eng	36.22
9. J. Hepburn	Scot	36.39

INTERNATIONAL LADIES

1. L. Wright	Eng	41.38
2. S. Armitage	Scot	43.06
3. G. Adams	Eng	43.58
4. J. Dunston	Eng	44.14
5. T. Sloan	N.Ire	44.52
6. V. Wilkinson	Eng	45.39
7. S. Woods	Wales	46.02
8. T. Brindley	Scot	46.06
9. A. Nixon	Wales	46.13
10. J. Lloyd	Wales	47.34

INTERNATIONAL JUNIOR MEN

1. A. Vaughan	Wales	36.33
2. T. Davies	Wales	37.23
3. L. Gibson	Eng	38.39
4. A. Turner	Eng	39.10
5. G. Ehrhardt	Eng	39.44
6. B. Brooks	Scot	40.00
7. S. Woods	Wales	46.02
8. T. Brindley	Scot	46.06

MENS OPEN

1. J. Wilkinson		36.05
2. I. Gourley	BARF	42.44
3. D. Murray	Seapark	43.30
4. B. Sheridan	CHB	44.21
5. C. Nickell	BARF	44.45
6. M. Beattie	Larne	45.48
7. B. Thompson	Larne	46.05
8. D. Melville		46.10
9. S. Begley	A'ville	47.06
10. J. McGee	Forres	47.12

VETERANS O/40

1. M. McVeigh	N'castle	49.14
2. S. Dunn	E.Antrim	50.49
3. J. McBride	BARF	52.09

VETERANS O/45

1. M. Blake	N.Wales	44.33
2. D. McHenry	Willow	44.49
3. E. Rennie	CHB	47.00

VETERANS O/50

1. B. Magee	Larne	45.44
2. M. Adams	C'don	47.03
3. G. Geddis	B'drain	52.31

THE FAIRFIELD HORSESHOE

Cumbria

AM/9m/3000ft 19.5.96

Congratulations to all competitors, but particularly to Ian Holmes with a fine record, beating the original by one minute and thirty one seconds, and to Sarah Rowell who sliced an amazing twelve minutes from the previous best.

Very many thanks to Mark Brogden from Harrogate for carrying Nicola Davies down from around High Pike. Its a long way over rough ground. Next years race will revert back to entries on the day.

1. I. Holmes	Bing	75.40
2. G. Devine	P&B	78.09
3. M. Roberts	Borr	78.28
4. D. Neill V	Merc	78.35
5. M. Keys	Ross	79.05
6. M. Roscoe	LdsCty	79.28
7. J. Atkinson	Amble	79.53
8. P. Sheard	P&B	80.06
9. A. Trigg	Gloss	80.12
10. G. Bland	Borr	80.17

VETERANS O/40

1. D. Neill	Merc	78.35
2. G. Schofield	Horw	81.44
3. S. Oldfield	Brad	82.43
4. S. Jackson	Horw	82.53
5. P. Bowler	Merc	84.35

VETERANS O/50

1. A. Bland	Borr	89.45
2. P. Carr	Kly	90.52
3. K. Carr	Clay	93.11
4. R. Jaques	Clay	99.49
5. G. Fielding	Ross	101.42

VETERANS O/60

1. C. Henson	DkPk	112.21
2. P. Duffy	Aber	114.45
3. B. Smith	Clay	116.45

LADIES

1. S. Rowell	P&B	90.43
2. G. Cook O/35	Roch	101.36
3. A. Brand-Barker	Kesw	102.20
4. K. Harvey O/35	Alt	102.46
5. L. Leavesley	LdsCty	104.53
6. J. Jones O/35	Kesw	106.20
7. J. Smith O/35	DkPk	107.43
8. J. Shotter	P&B	108.41

INTERMEDIATES U/18

1. M. Wigmore	Hels	85.24
2. A. Leck	L&M	90.51
3. S. Deakin	Prest	93.39

DARREN JONES CLOUGHA

PIKE RACE

Lancashire

BM/7m/1400ft 18.5.96

Great to see an increase in entries on what turned out to be a fine afternoon. Cloudy but with a warm sun and no rain, despite the forecast.

Once again comments about the race and in particular the course were very favourable. However, the very dry weather made it rough going particularly through the fields before the fell. This year we did not flag and tape the route to the summit trig point via the Darren Jones Memorial Stone. This is only slightly off the direct route. Most regulars know of it's presence. Many of us who regularly visit the summit do wander over.

A slow winning time, but a much more competitive event than in previous years. The lead changed a few times with Stuart Shuttleworth moving through well on the descent.

Thanks to all the helpers before and on the day. Mr and Mrs Jones and family helped marshal the early gates and sort out the sheep. They once again made a donation to the race and to Lancaster and Morecambe A.C. to benefit the youngsters. Other sponsors were Harry Robinson (climbing shop), with Pye Form Foods making a substantial donation towards the prize and trophy list. Pete Bland Sports also supported the race. One hundred and seventeen runners started.

Sixteen runners contested the under twelves' cross-country race with great enthusiasm at the start and summit turn round. Eleven runners contested the under fifteens' cross-country. Why not bring a friend or two next year and enter as a team of three (can be mixed).

J M Gibbison

1. G. Kenny	Mersey	55.33
2. S. Shuttleworth	Amble	55.46
3. J. Taylor	Clay	55.53
4. M. Brown	Clay	56.43
5. S. Sweeny	Clay	56.51
6. L. Croasdale	L&M	57.21
7. D. Woodhead	Horw	57.49
8. A. Liff	Clay	58.13
9. K. Johnson	Ryhope	58.16
10. P. Wilson	Pemb	58.21

VETERANS O/40

1. C. Pooley	L&M	58.43
2. P. Cudworth	L&M	61.10
3. A. Heaton	Bow	62.01



*Fairfield Horseshoe - I. Wilson (Fellandale), P. Eagan (Keswick) and I. Beverley (CleM)
Photo: Peter Hartley*

4. J. Rodgers	L&M	62.08
5. M. Leck	L&M	63.12

VETERANS O/50

1. P. Watson	Horw	67.50
2. B. Stubbing		71.20
3. D. Brown	Clay	71.46
4. R. Bray		71.58
5. T. Targett	Clay	73.38

LADIES

1. M. Leck U/21	L&M	75.31
2. C. Dewhurst		75.48
3. K. Nodop O/35		81.35
4. J. Taylor	L&M	82.07
5. A. Cooper		85.32
6. G. Allin O/35		87.39
7. J. Cooper		92.08
8. C. Hewitt O/35	L&M	94.39

FIRST INTERMEDIATE - FEMALE U/21

1. M. Leck	L&M	75.31
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FIRST INTERMEDIATE - MALE U/12

1. B. Woodhouse	G.stang	77.38
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JUNIORS U/15 - BOYS

1. A. Hallahan	Horw	14.17
2. S. Gallagher	L&M	14.29
3. B. Proctor	Kend	15.00

JUNIOR U/15 - FIRST GIRL

1. H. Briggs	LRGS	22.22
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JUNIORS U/12 - BOYS

1. B. Greenwood	L&M	9.46
2. O. Heaton	Prest	9.50
3. C. Pickup		10.03

JUNIOR U/12 - FIRST GIRL

1. A. Peters		11.29
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ROSSENDALE FELL RACE

Lancashire

BL/12m/2800ft 19.5.96

The early morning rain and low cloud lifted in time for the start, a relief for the organisers on a course difficult to complete successfully in poor visibility.

Martin Corbett and Mark Aspinall broke away early, but a determined effort over the rough ground off 'Top of Leach' saw Corbett open up a commanding lead which was never threatened, allowing him to repeat his 1994 win over Mark.

The ladies race saw a much closer tussle, Vanessa Hamlets' London Marathon training giving her the strength to hold off Jean Rawlinson, helped by a minor mistake by Jean on the final descent off Whinberry Naze.

Sponsorship from the Rosendale Free Press allowed a reasonable prize list for what was quite a low race entry and still enabled a donation to the Rosendale Search and Rescue Team, who continue to support and cover all the local events.

Thanks to all who ran and marshalled, see you again next year.

1. M. Corbett	Ross	1.37.26
2. M. Aspinall	Clay	1.41.02
3. J. Hey	Warr	1.41.48
4. P. Thompson	Black.H.	1.42.44
5. A. Orr	Clay	1.45.16
6. T. Taylor	Ross	1.45.35
7. G. Sumner	Ross	1.49.22
8. T. Hargreaves	S'port	1.49.29
9. S. Boulby	Denby	1.49.56
10. B. Rawlinson V	Ross	1.50.07

VETERANS O/40

1. K. Masser	Ross	1.50.56
2. J. Birchenough	Unatt	1.51.35
3. S. Taylor	Clay	1.51.36
4. N. Gotts	Ross	1.57.40
5. D. Collins	Tod	1.59.25

VETERANS O/45

1. B. Rawlinson	Ross	1.50.07
2. J. Winder	CalderV	1.53.02
3. B. Horsley	CalderV	1.54.39
4. J. Winder	AccRR	1.55.19
5. G. Symes	CalderV	2.00.13

VETERANS O/50

1. E. Duffy	Ross	1.53.34
2. D. Gibson	Sadd	2.01.02
3. T. Peacock	Clay	2.02.28
4. P. Kelly	Ross	2.21.37
5. D. Mashiter	AccRR	2.26.04

LADIES

1. V. Hamlet	Ross	2.00.29
2. J. Rawlinson O/35	Clay	2.00.42
3. D. Gowans	AccRR	2.07.02
4. S. Brown	FRA	2.07.32
5. D. Fleming O/35	Ross	2.11.44
6. K. Thompson O/35	Clay	2.14.38
7. L. Hayles O/35	H'fax	2.18.57
8. G. Dickson O/35	Ross	2.41.45
9. B. Brady O/35	Ross	2.45.26
10. S. Taylor O/35	Cheadle	2.46.05p



Jane Hodgson on the ancient paving by Whirlaw Stones
Photo: Peter Hartley

MOEL FAMMAU

Clywd

AS/5m/1900ft 19.5.96

Thirty five runners set out undaunted by dismal weather and were rewarded by a lifting of rain and low cloud for long enough for everyone to get round. John Hunt repeated his last years victory, and Carol Lorimer took women's honours beating last years record.

This was a revised course from last year taking out the heather bashing of previous years, resulting in a steep but enjoyable run. Luckily we did not have last years overnight litter pickers who had dismantled half the course markers.

Mike Hughes

1. J. Hunt	Mersey	41.35
2. J. McQueen	Eryri	43.01
3. A. Duncan O/40	Mersey	45.20
4. D. Abbey	Bing	45.34
5. A. Treweek	Mersey	45.47
6. E. Evans	Eryri	46.18
7. A. Bocking O/40	Penn	46.22
8. S. Lorimer	T'ham	46.29
9. C. Ashley	Wrex	48.22
10. F. Jones O/40	Denbigh	48.30

VETERANS O/45

1. M. Potter	Mersey	50.28
2. M. Gilbert	Colwyn	51.31

VETERANS O/50

1. D. Thomas	Eryri	50.14
2. P. Heneghan	Unatt	51.07
3. B. Evans	P'atyn	53.29

LADIES

1. C. Lorrimer O/35	CHB	54.15
2. E. Dunnington O/35	Eryri	58.19
3. B. Bell O/35	Denbigh	58.45
4. A. Ashley O/35	Wrex	61.38
5. H. Aspey	Denbigh	66.29
6. M. Baugh O/35	Denbigh	67.49
7. E. Gartrell	Unatt	68.56
8. S. Clifford O/35	Unatt	73.05

WHIRLAW FELL RACE

Lancashire

BS/5.5m/1100ft 21.5.96

A GREENPEACE BENEFIT EVENT - As the one hundred and twenty two competitors completed the initial circuit of Harley Wood playing fields, Mervyn Keys led the pack. Just two days after an excellent fifth position at the Fairfield Horseshoe English Championship Race, Keys showed no signs of fatigue climbing up past Stannally Farm and on to the walled Pack Horse Route.

A minute ahead crossing the road at Lower Winsley, Keys kept up the pressure along the track, turning near the top of the 'Long Drag' and the return along the Calderdale Way. He had increased this lead by another two minutes following the tough climb up the ancient stone setts to Whirlaw. A breakneck descent down to the valley to the finish, in his wake were a strong contingent of Calder Valley runners; Horrocks

(2nd), Smith (3rd), Thompson (9th) and Winder (13th) taking the mens team prize.

The decision to brave the rain and hailstones an hour before race start paid off, with competitors enjoying fast changing light conditions and superb views of the Upper Calder Valley.

The Women's race was dominated by Clayton-le-Moors, with Vanessa Peacock (1st), Jean Rawlinson (2nd) and Linda Bostock winning the team prize. With many Todmorden Harriers assisting with the race the local club were represented with an impressive seventh position from George Erhardt.

This was the fourth annual Greenpeace Whirlaw Fell Race and thanks are due to Bill at the 'Hare and Hounds', race marshalls and St. Johns Ambulance.

1. M. Keys	Ross	39.06
2. M. Horrocks	CalderV	42.15
3. K. Smith	CalderV	42.53
4. G. Sumner	Ross	43.10
5. A. Powell	P&B	43.21
6. B. Whalley	P&B	43.28
7. G. Ehrhardt	Tod	43.28
8. A. Carruthers	Craw	43.43
9. D. Thompson	CalderV	43.50
10. S. Taylor	Clay	43.57

VETERANS O/40

1. S. Taylor	Clay	43.57
2. I. Aitchison	Roch	45.12
3. T. Higginson		45.34

VETERANS O/45

1. G. Winder	CalderV	45.03
2. B. Horsley	CalderV	46.50

VETERANS O/50

1. B. Mitchell	Clay	44.03
2. G. Firth	W'kirk	52.07

FIRST VETERAN O/60

1. D. Clutterbuck	Roch	59.28
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LADIES

1. V. Peacock O/40	Clay	48.00
2. J. Rawlinson O/40	Clay	49.49
3. J. Foster	Unatt	53.18
4. L. Bostock O/35	Clay	54.11
5. S. Becconsall O/35	Tod	54.15
6. J. Hodgson	Sadd	54.54
7. J. Wood	Ross	55.54
8. M. Ashton O/40	PFO	57.46

FIRST JUNIOR U/18

1. D. Kuterescz	Unatt	59.34
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TWO RIGGS RACE

Cumbria

BM/6.5m/1350ft 22.5.96

On the fourth running of 'The Two Riggs', overnight rain kept all records intact. Gavin Bland winning as he did in 1995. Simon Booth and Johnny Bland close behind in second and third respectively.

A good sound performance from 'Spike' Loan to win the over forty category as in the previous years. The Ladies Race was won by Angela Brand-Barker, almost two minutes outside Nicola Davies' 1995 record.

There were seventy nine starters with two retirements. Hope to see you all next year.

Duncan Stuart

1. G. Bland	Borr	42.00
2. S. Booth	Borr	42.14
3. J. Bland	Borr	42.19
4. B. McGee	CFR	42.49
5. S. Shuttleworth	Amble	43.50
6. A. Schofield	Borr	43.55
7. D. Loan V	Kesw	44.00
8. I. Turnbull	Borr	44.13
9. B. Evans	Amble	44.50
10. A. Beaty	CFR	45.41

VETERANS O/40

1. D. Loan	Kesw	44.00
2. S. Varney	Kend	47.14
3. I. Block	CFR	47.30
4. P. Murphy	CFR	49.19
5. A. Tait	Tyne	49.37

VETERANS O/45

1. M. Pitchford	CFR	53.38
2. B. Booth	Kesw	55.22
3. D. Harrison	B.L	61.34

FIRST VETERAN O/60

1. D. Rigg	CFR	63.48
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LADIES

1. A. Brand-Barker	Kesw	50.28
2. K. Beaty	CFR	58.07

ROYAL DOCKRAY FELL RACE
Cumbria
AM/10m/2500ft 22.5.96

The first race in the Matteredale series attracted thirty three runners on a clear, sunny but rather cool evening. Yet again, Borrowdale's efforts at such a long evening race so early in the season are clearly visible.

Apologies to those who arrived the following week, missing the information about the change of date.

Ruth Taylor

1. G. Bland	Borr	1.09.39
2. A. Schofield	Borr	1.09.58
3. S. Hicks	Borr	1.11.20
4. D. Loan V	Kesw	1.12.28
5. S. Shuttleworth	Amble	1.13.04
6. I. Turnbull	Borr	1.13.30
7. A. Bland V	Borr	1.13.56
8. S. Varmey	Kend	1.17.03
9. B. Clough	Amble	1.17.30
10. M. Bramley	Unatt	1.23.18

VETERANS O/40

1. D. Owens	Kesw	1.23.46
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VETERANS O/45

1. D. Loan	Kesw	1.12.28
2. S. Varmey	Kend	1.17.03
3. J. Humble	Tyne	1.24.03
4. D. Woodbridge	Kend	1.30.49
5. J. Mayo	Kend	1.34.02

VETERANS O/50

1. S. Beatty	Tyne	1.36.07
2. J. Gay	Patter	1.30.18
3. T. Burton	Patter	1.51.37

VETERANS O/55

1. G. James	B'pool	1.29.04
2. P. Dowker	Kend	1.30.18
3. J. Kelly	Unatt	1.32.31

VETERANS O/60

1. R. Bray	B'pool	1.41.33
2. K. Greshy	Wesh	1.42.23

LADIES

1. A. Brand-Barker	Kesw	1.24.07
2. J. Jones	Kesw	1.31.15

LLANGORSE LOOP
Gwent
AS/5.5m/1900ft 25.5.96

This is a cracking short race with runners first ascending Mynydd Troed then across the valley to Mynydd Llangorse with a fast mile and a half to the finish. I keep the entry at fifty pence (much to everyone's amusement and relief) but then the prizes are economy class.

From the start I saw Tim Davies and Adrian Woods put a few yards on a chasing group. Apparently Tim Taylor joined them along Troed and it was the two Tims leading Adrian up the zig-zags of Llangorse. A slight navigational error resulted in Adrian rejoining them and all three arrived at the trig. Then Adrian, fresh from a good run at Ireland the weekend before, got scent of victory and pushed out over the last descent. At the finish only twenty one seconds separated the first three, by the expression on their faces they enjoyed the last mile and a half - not! First veteran, Edward Davies, came in (with only one shoe on?) just in front of first super veteran, Brian Martin, who was trying his best and succeeding in just staying in front of first female, Sharon Woods.

Adrian Orringe

1. A. Woods	MDC	45.49
2. T. Davies	Merc	46.05
3. T. Taylor	MDC	46.10
4. A. Davies	Merc	46.25
5. J. Barker	TGT	49.17
6. M. Saunders	MDC	50.07
7. D. Mansfield	TGT	50.16
8. R. Mapp	Merc	51.50
9. E. Davies	Merc	52.50
10. B. Martin	MDC	53.08

VETERANS O/40

1. E. Davies	Merc	52.50
2. M. Gambrell	Croy	55.34
3. R. Silver	P&Dinas	55.44

VETERANS O/50

1. B. Martin	MDC	53.08
2. K. Parry	TGT	56.30
3. K. Bench	TGT	59.34

LADIES

1. S. Woods	MDC	53.42
2. J. Smith	TGT	66.38
3. B. Cole	Croy	78.19

HUTTON ROOF CRAGS RACE
Cumbrian
BM/7m/1300ft 25/5/96

A field of two hundred and sixteen runners took to the tracks over Hutton Roof and Farleton Knott. The sun shone with a cooling breeze and conditions underfoot were very good, and an exciting race was in prospect with Greg Hull, Mark Croasdale and Craig Roberts being pre-race favourites. Hull led from the start, with Croasdale keeping well in touch and at the finish just six seconds separated these two with Hull the victor. Roberts was third, two minutes adrift of the leading pair.

A repeat of the ankle injury to Lucy Wright spoiled her chances of challenging Sarah Rowells course record in the ladies race, yet she still won convincingly. A very brave effort.

Kendal men took the team title with, Roberts, Houlsworth and Rick Stuart.

1 Rook

1. G. Hull	Lds	44.47
2. M. Croasdale	Bing	44.53
3. C. Roberts	Kend	46.55
4. P. Davis	P&B	48.36
5. M. Hill	P&B	48.37
6. M. Fleming	Amble	48.40
7. D. Houlsworth	Kend	49.18
8. A. Leck	L&M	49.41
9. R. Suddaby		49.45
10. A. Carruthers	Hales	50.04

VETERANS O/40

1. R. Unwin	CFR	51.14
2. C. Pooley	L&M	51.40
3. M. Walsh	Kend	51.57

FIRST VETERAN O/50

I. B. Wilson	D&Pk	58.15
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FIRST VETERAN O/60

I. G. Booth	L'wood	60.26
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LADIES

1. L. Wright	LdsCty	54.18
2. C. Young	LdsCty	57.54
3. J. Rawlinson O/40		
4. S. Brown		61.52

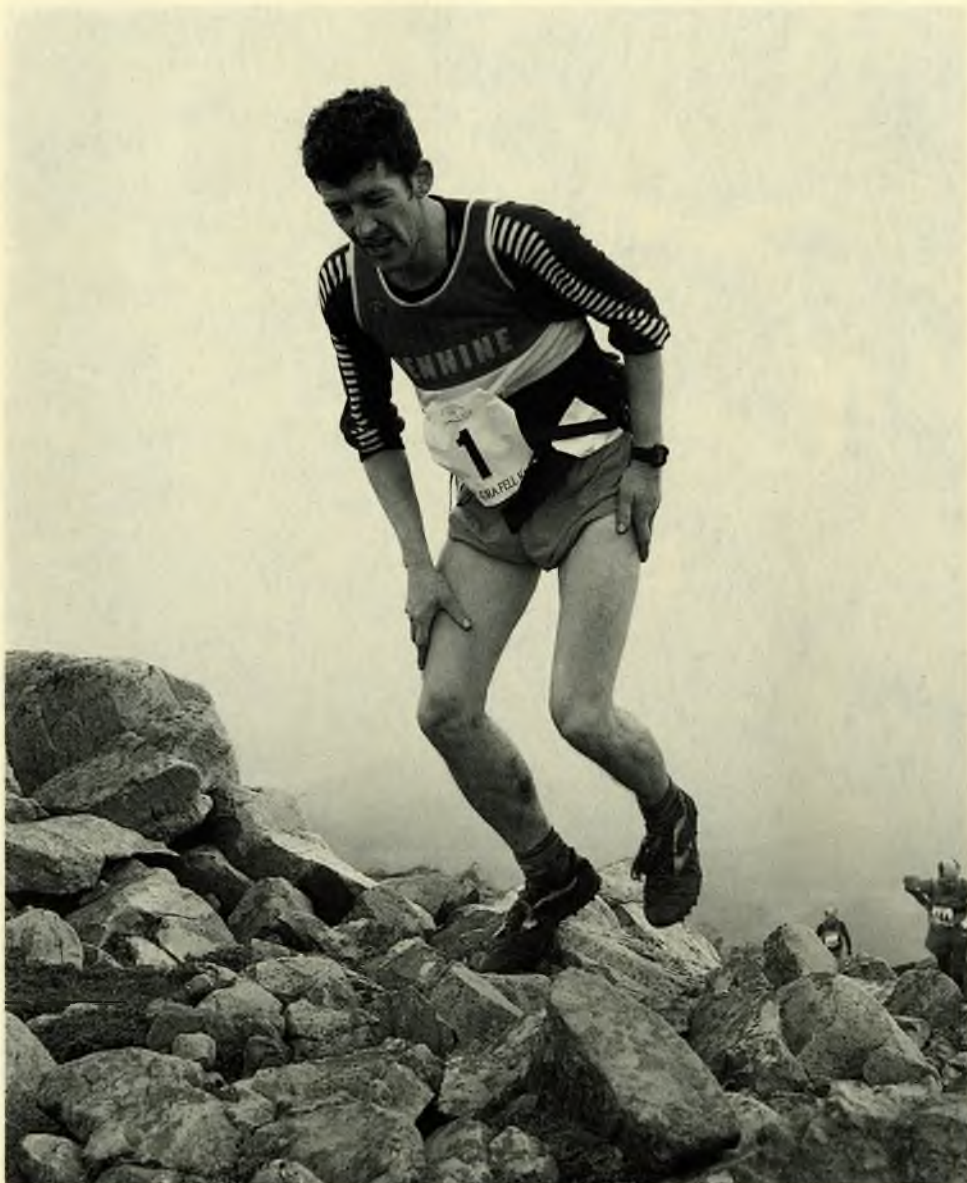
CADER IDRIS
Gwynedd
AM/10.5m/3000ft 25.5.96

The sixth Cader Idris race was held in ideal weather and good racing conditions, and this was proved when Colin Donnelly came home in a canter with a new record under his belt again, while improving on his previous best by nearly four minutes, and a vast crowd welcomed him over the finishing line in style, when he received a great ovation for a terrific run.

There was a gap of nearly five minutes when Shane Green beat Paul Haede in a very close finish and quickly on their tails came Paul Sheard, a previous winner of the race.

In the ladies section, Jean Shoter, came home with time to spare over Sue Exton of Trafford. In the mens' veterans, Dick Evans had a brilliant run and at forty nine, a time of one hour, thirty four minutes and forty seven seconds is outstanding on this difficult course.

1. C. Donnelly	Eryri	1.21.18
2. S. Green	P&B	1.26.10
3. P. Hague	Eryri	1.26.11
4. P. Sheard	P&B	1.26.13
5. J. Hunt	Mersey	1.29.22
6. D. Blackhurst	Ross	1.31.51
7. G. Jones	MDC	1.32.45
8. D. Evans	A'twyth	1.34.47
9. A. Bailey	BroDys	1.35.08
10. T. Jones	Eryri	1.35.45



Carl Moriarty (Pennine) on Jura (see over)
Photo: Peter Hartley

VETERANS O/40

1. A. Duncan	Mersey	1.36.10
2. P. Marsh	TarHen	1.40.34
3. A. Lewis	Shrews	1.46.53
4. R. Wilson	Powys	1.47.06
5. R. Powell	Eryri	1.48.35

VETERANS O/45

1. D. Evans	A'twyth	1.34.47
2. M. Docherty	Sadd	1.38.22
3. H. Waterhouse	Sadd	1.39.44
4. B. Waterhouse	Sadd	1.39.55
5. W. Marsh	TarHen	1.43.44

VETERANS O/50

1. J. Morris	Penn	1.43.22
2. B. Davies	Cft/Amb	1.44.20
3. D. Gibson	Sadd	1.48.45
4. R. Devy	Sadd	1.49.54
5. J. G-Evans	A'twyth	1.51.19

VETERANS O/55

1. C. Brown	Merc	1.49.12
2. T. Pugh	Newtown	2.4.57
3. N. Dewson	B'ham	2.14.50

VETERANS O/60

1. A. Smith	Gorse	2.04.19
2. E. Naisby	P'atyn	2.07.05
3. J. Carson	Eryri	2.08.58

LADIES

1. J. Shotter	P&B	1.53.47
2. S. Exon O/35	1.56.07	
3. R. Nash O/35	BroDys	1.56.37
4. C. Lorimer O/35	CHB	1.58.34
5. S. Kiveal O/35	Sadd	2.09.45
6. G. Harris O/35	Sadd	2.09.45
7. B. Cullen O/35	P'side	2.28.25
8. C. Dickson	A'twyth	2.32.50

FIRST JUNIOR

1. M. G-Roberts	DOL	65.47
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ISLE OF JURA FELL RACE**Isle of Jura****AL/16m/7500ft 25.5.96**

The race was held in good conditions but the wet underfoot kept all records intact. Out of one hundred and thirty four starters, one hundred and twenty eight successfully completed the course. Split times show that Holmes and Trigg were together on the last pap (checkpoint 6), but the former had three minutes lead on the last hill, increased to seven minutes on the final descent to the 'Three Arch Bridge' (checkpoint 8).

Thank you to all those who helped on the day, to the local people of Jura who manned checkpoints and the Isle of Jura Distillery for their sponsorship.

A Curtis

1. I. Holmes	Bing	3.14.16
2. A. Trigg	Gloss	3.24.46
3. D. McGonigle	Shett	3.26.46
4. I. Ferguson	Bing	3.30.35
5. R. Lawrence	Bing	3.30.39
6. R. Jebb	Bing	3.31.49
7. D. Nuttall	Clay	3.35.53
8. G. Wilkinson	Clay	3.41.35
9. C. Moses	Bing	3.46.02
10. N. Lanaghan	Amble	3.50.48

VETERANS O/40

1. J. Holt	Clay	3.51.14
2. A. Styran	Holm	3.55.16
3. R. Boswell	Loch	3.59.01
4. D. Mack	Jura	4.05.40
5. G. Davies	Merc	4.08.46

VETERANS O/50

1. K. Carr	Clay	3.54.31
2. J. Nuttall	Clay	3.59.34
3. G. Howard	llk	4.55.18
4. M. Hayes	DkPk	4.59.10
5. B. Johnson	CFR	5.21.32

VETERANS O/60

1. B. Gauld	Carn	4.54.42
2. F. Galbraith	DkPk	5.51.20
3. J. Newby	Tod	6.50.10

LADIES

1. Y. Williams	Penn	4.55.31
2. A. Brentnall O/35	Penn	4.57.39
3. S. Hodgson	Amble	5.14.43
4. H. Searle O/35	Loch	5.34.10
5. S. Brookes O/35	Kend	6.05.51
6. L. Bland	DkPk	6.25.43

MYNYDD MYFYR HILL RACE**Shropshire****CS/4.5m/500ft 27.5.96**

The fourth running for this event, proving more popular each year with entries rising yearly. Next years event will include team prizes. I suggested the idea of a longer course to one and all at prize giving, but there was a 100% vote for keeping the race exactly as it stood.

The younger Davies brother was succesful this year, following two straight wins by older brother Tim, who held the course record of twenty one minutes and twenty one seconds. Shane Green had finished second in the Cader Idris Fell run two days earlier, and Andrew Davies had also competed on the Saturday in the Llangorse Loop where although leading at four miles with brother Tim, took the wrong direction and ended up fourth with Tim in second!

Sharon Woods set a new veterans record in winning for the second successive year; with athletes competing from all parts of the UK, the event has become very popular, we look forward to a very succesful race in 1997.

Doug Morris

1. A. Davies	Merc	21.06
2. S. Green	P&B	21.10
3. P. Davies	P&B	21.20
4. T. Davies	Merc	21.37
5. A. Woods	Myn	22.02
6. M. Bowler	P&B	22.15
7. F. Reilly V	S'port	22.36
8. R. Davies	A'gele	22.43
9. L. Dallow	RAF	23.04
10. S. Wray	OS.OL	23.10

VETERANS O/40

1. H. Foschi	Penn	23.59
2. B. Thompson	H'owen	24.23
3. L. Davies	Merc	24.47
4. M. Boulton	SH.SH	25.40
5. G. Spencer	Merc	25.46

VETERANS O/45

1. K. Morgan	Merc	24.59
2. D. Lloyd	H'owen	25.55
3. J. Lebreay	Unatt	27.22
4. G. Barre	OS.OL	27.33
5. B. Tooze	SH.SH	28.20

VETERANS O/50

1. F. Reilly	S'port	22.36
2. D. Tomos	Eryri	26.32
3. G. Brown	Unatt	28.10
4. M. Harrington	OS.OL	29.02
5. J. Taylor	SH.SH	30.26

VETERANS O/55

1. B. Evans	P'atyn	27.25
2. D. Talbot	OS.OL	31.07
3. K. Mathews	Unatt	32.13

VETERANS O/50

1. R. Jarvis	Wrex	31.08
2. G. Jones	Wrex	36.08

LADIES

1. S. Woods O/35	Myn	26.24
2. G. Darby O/35	Liv.Pem	28.13
3. J. Hatton	SH.SH	28.25
4. J. Wilcox	Shrews	28.59
5. S. Candy	SH.SH	29.04
6. M. Meredith O/50	P'atyn	29.13
7. S. Ellis O/35	Tatten	29.49
8. A. Talbot	OS.OL	30.37

JUNIORS

1. A. Davies	Merc	21.06
2. S. Wray	OS.OL	23.10
3. D. Hughes	Wrex	23.35

HELVELLYN FELL RACE**Cumbria****AM/11m/3700ft 27.5.96**

This year we were blessed with warm sunshine for the first year since the race began, and how the Borrowdale Boy's lapped it up, taking the first six positions. Last year's winner and record holder Simon Booth only managing fifth position. It was Borrowdale's newest recruit, Ben Bardsley, turning the summit a minute up on Gavin Bland, pulling away and coming home one and a half minutes ahead of Jim Davies, followed closely by Johnny Bland.



Sharon Woods, winner at Mynydd Myfyr
Photo: Andy Brown

The ladies record was never under threat as Kath Harvey won nicely from Keswick A.C. runner Jane Jones. Another strong performance from local club runner David Loan, to take first veteran over forty prize and seventh overall. Ninety six runners started with just two retirements. Hope to see you all next year.

Duncan Stuart

1. B. Bardsley	Borr	1.40.09
2. J. Davies	Borr	1.41.37
3. J. Bland	Borr	1.41.41
4. G. Bland	Borr	1.42.04
5. S. Booth	Borr	1.45.06
6. A. Meanwell	Borr	1.47.24
7. D. Loan V	Kesw	1.47.44
8. J. Blackett	Mand	1.48.49
9. T. Sardo	P&B	1.51.49
10. P. Pollit	Bolt	1.52.03

VETERANS O/40

1. D. Loan	Kesw	1.47.44
2. D. Ratcliffe	Ross	1.52.14
3. N. Pearce	Ilk	1.54.49
4. S. Houghton	CalderV	1.54.55
5. R. Unwin	CFR	1.55.16

VETERANS O/50

1. G. Berry	DkPk	2.09.06
2. G. James	B'pool	2.13.06
3. B. Booth	Kesw	2.13.20
4. C. Wilson	Kesw	2.20.19
5. T. Targett	Clay	2.23.07

VETERANS O/60

1. D. Hodgson	Amble	2.46.03
2. D. Wright	Tyne	3.25.07

LADIES

1. K. Harvey O/35	Alt	2.13.56
2. J. Jones O/35	Kesw	2.17.36
3. L. Osbourne	Kesw	2.25.48

WHITTLE PIKE FELL RACE

Lancashire

AS/4.5m/1400ft 29.5.96

1. S. Livesey	Clay	37.47
2. W. Brindle	Horw	38.17
3. M. Corbett	Ross	38.43
4. T. Hesketh V	Horw	39.00
5. A. Maloney	Roch	39.25
6. G. Webb	CalderV	39.46
7. P. Livesey	Ross	39.59
8. J. Hey	Warr	40.20
9. M. Weedall V	Penn	40.36
10. R. Howarth	Midd	40.54

VETERANS O/40

1. M. Weedall	Penn	40.36
2. I. Robinson	Clay	42.19
3. T. Spicer	Ross	43.27
4. J. Birchenough	Unatt	44.20
5. K. Masser	Ross	44.43

VETERANS O/45

1. T. Hesketh	Horw	39.00
2. S. Breckell	Clay	41.29
3. B. Horsley	CalderV	44.17
4. P. Cornwell	Salf	45.31
5. J. Linley	N. Vets	47.21

VETERANS O/50

1. B. Mitchell	Clay	42.37
2. P. Jepson	Ross	46.38
3. P. Watson	Horw	49.04
4. P. Henneghan	Unatt	49.07
5. P. Duffy	Aber	51.34

LADIES

1. A. Martin	Clay	49.27
2. D. Fleming O/35	Ross	49.59
3. C. Dewhurst	Clay	52.33
4. J. Howarth	Midd	53.09
5. T. Egerton	PFO	58.00
6. C. Adlum	Ross	59.26
7. M. Ashton O/35	Clay	60.14
8. G. Dickson O/35	Ross	61.20

DUDDON VALLEY FELL RACE

AL/20m/6000ft 1.6.96

This years race again started in poor weather with bad visibility, strong winds and rain only clearing in the latter stage of the race, so no records were broken.

Many thanks as usual to all those who help with the event, either on the field or on the fell, allowing land access and providing equipment, without them there would be no race. Nice to see a number of new faces helping out, however after Saturday we may not see them again! Thanks to Chris Burgess at the Newfield Inn for his co-operation and through him thanks to S&N (or is it courage these days) and WBG for their donation.

Martyn Jones

RESULTS - SHORT COURSE

1. K. Lindley O/50	BCR	1.43.24
2. D. Parminter O/40	BCR	1.47.27
3. D. Holmes O/40	Warr	1.48.14
4. M. Berry O/40	BCR	1.48.40
5. P. Brooks O/40	Eryri	1.58.08
6. P. Hall O/40	Mand	1.58.18
7. P. Newton O/40	BCR	1.59.58
8. S. Lewsley O/35	Kesw	2.03.13
9. J. Smith O/50	L&M	2.03.13
10. P. Trainer O/50	Kesw	2.04.34

LADIES

1. S. Lewsley O/35	Kesw	2.03.13
2. V. Gill O/35	BCR	2.22.37
3. L. Tempest O/35	S.Derby	3.38.00

RESULTS - LONG COURSE

1. G. Bland	Borr	3.02.54
2. J. Bland	Borr	3.04.23
3. S. Shuttleworth	Amble	3.05.56
4. G. Schofield O/40	3.06.40	
5. W. Bell O/40	CFR	3.07.19
6. R. Jebb	Bing	3.09.23
7. B. Bardsley	Borr	3.24.24
8. M. Fleming	Amble	3.27.52
9. D. Loan O/40	Kesw	3.28.23
10. A. Meanwell	Borr	3.28.49

FIRST VETERAN O/50

1. A. Bland	Borr	3.52.53
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FIRST LADY

1. E. Moody	WCOG	4.12.20
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PEN-Y-GHENT RACE

North Yorkshire

AS/5.5m/1650ft 1.6.96

1. G. Hull	Lds	43.02
2. S. Hawkins	Bing	43.10
3. G. Devine	P&B	43.45
4. M. Roscoe	Lds	43.59
5. G. Raven	E.Chesh	44.33
6. C. Roberts	Kend	45.07
7. P. Gebbett	Notts	46.10
8. S. Oldfield V	Bfd/Aire	46.19
9. P. White	Lds	46.34
10. D. Ellis	B'field	46.47

VETERANS O/40

1. S. Oldfield	Bfd/Aire	46.19
2. P. McWade	Clay	46.51
3. B. Schofield	Tod	47.55
4. M. Pickering	Ilk	49.05
5. H. Symonds	Kend	49.25

VETERANS O/50

1. B. Mitchell	Clay	51.00
2. K. Carr	Clay	51.55
3. P. Reynard	Fellan	54.50
4. J. Beverley	Clay	56.31
5. B. Breeze	Skyrac	56.59

VETERANS O/60

1. G. Booth	L'wood	58.54
2. M. Houghton	Chor	62.09
3. H. Catlow	N. Vets	62.48

LADIES

1. S. Ellis O/35	Birch	54.28
2. A. Priestley	Fellan	54.36
3. G. Adams U/18	Brist	55.45
4. S. Bellonsall O/35	Tod	59.54
5. E. Nutter	Ripon	60.06
6. P. Oldfield O/35	Bfd/Aire	60.21
7. J. Shotter	P&B	61.01
8. A. Rees O/35	Tod	62.12

JUNIORS U/16 - BOYS

1. S. Bailey	Staffs	15.33
2. M. Cayton	Horw	16.32
3. J. Robertson	Horw	16.46

JUNIORS U/16 - GIRLS

1. E. Hopkinson	Skip	19.57
2. S. Duniec	Wake	20.21
3. K. Bailey	Staffs	20.42

JUNIORS U/14 - BOYS

1. G. Slater	KlyHR	14.10
2. D. Huff	KlyHR	14.22
3. G. Cooper	Chor	14.23

JUNIORS U/14 - GIRLS

1. S. Gatford	Telf	15.21
2. S. Jones	Chor	17.05
3. K. Preece	Staffs	17.24

JUNIORS U/12 - BOYS

1. M. Smith	Horw	12.01
2. G. Story	Unatt	12.10
3. A. Godwin	Ross	12.12

JUNIORS U/12 - GIRLS

1. A. Spencer	Scott Lane	13.31
2. N. Akrigg	Chor	15.01
3. J. Astin	Roch	15.56

LANGDALE GALA FELL RACE

Cumbria

AS/1.25m/650ft 2.6.96

Sean Livesey's one standing record (ten minutes and six seconds 1985), remained intact as John Hey won the Gala Race for the third time ahead of Blackburn runner Paul Thompson who claimed the runners up spot for the second successive year.

Norman Walker

1. J. Hey	Warr	10.38
2. P. Thompson	Black	11.01
3. A. Meanwell	Borr	11.06
4. B. Evans	Amble	11.11
5. P. Savage	Amble	11.14
6. S. Savage U/17	Amble	11.29
7. S. Reid U/17		12.20
8. D. Jewitt U/17		12.24
9. L. Proctor U/17		12.38
10. A. Walmsley	Black	12.44

VETERANS O/40

1. N. Walker	Amble	12.55
2. K. Robinson	Black	13.18
3. B. Hall	Black	14.40
4. B. Crewdson	Black	14.50
5. D. Abritt		15.56



Robin Lawrence, 5th on Jura, pictured heading for 2nd place at Guisborough
Photo: Keith Lodge

VETERANS O/50

1. A. Evans	Amble	13.02
2. R. Berry		18.11

LADIES

1. G. Wilkinson	Borr	17.03
2. E. Unsworth	Kend	19.46
3. S. Ives		20.18

EDENFIELD FELL RACE

Lancashire
BM/7.5m/1600ft 2.6.96

This report is usually about the mens' race, however, this race was finally about the ladies' race, and specifically the duel between two internationals, Sarah Rowell and the local new girl on the international scene, Jessica Turnbull. Both smashed the existing course record and in the race only nine men were in front of Sarah, with Jessica a further fifteen places behind.

The mens' winner was Corbett, of local club Rossendale, followed by the perennial runner-up, Mark Aspinall.

K Smith

1. M. Corbett	Ross	44.08
2. M. Aspinall	Clay	44.36
3. R. Howarth	Midd	45.39
4. M. Wigmore	Hels	46.07
5. K. Taylor O/45	Ross	46.18
6. A. Carruthers O/40	Craw	46.28
7. I. Taylor	Ross	46.37
8. D. Beels O/40	Roch	46.49
9. D. Woodhead	Horw	47.06
10. C. Robinson	Roch	48.03

VETERANS O/40

1. A. Carruthers	Craw	46.28
2. D. Beels	Roch	46.49
3. T. Mitchell	Ross	49.44
4. A. Steele	Rat	50.27
5. P. McNulty	Rad	50.28

VETERANS O/45

1. K. Taylor	Ross	46.18
2. N. Shaw	Roch	50.19
3. L. l'anson	Borr	50.26
4. J. Dore	Roch	51.30
5. D. Stansfield	Ross	52.24

VETERANS O/50

1. P. Jepson	Ross	51.10
2. G. Fielding	Ross	51.20
3. P. Heneghan	Unatt	53.28
4. T. Peacock	Clay	54.44
5. T. Target	Clay	59.14

VETERAN O/55

1. T. West	Rad	59.54
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VETERANS O/60

1. I. Turnbull	Bury	61.55
2. M. Calvert	Burden	61.59
3. B. Crook O/70	Tod	86.00

LADIES

1. S. Rowell	P&B	47.36
2. J. Turnbull	Bury	50.37
3. V. Peacock O/40	Clay	52.33
4. C. McCarthey O/35	Hels	52.56
5. J. Howarth	Midd	58.15
6. K. Thompson	Clay	59.13
7. S. McNulty O/35	Rad	70.13
8. J. Feeney O/35	Ross	71.29

SADDLEWORTH FELL RACE

AS/3m/950ft 2.6.96

1. M. Kinch	Bing	19.09
2. S. Green	P&B	20.59
3. A. Maloney	Roch	21.15
4. M. Bowler	P&B	22.02
5. P. Davies	P&B	22.28
6. P. Stevenson	P&B	22.42
7. J. Park	Holm	22.46
8. P. Smith	Bolt	22.55
9. A. Styan	Holm	23.03
10. A. Illingworth	P&B	23.07

VETERANS O/40

1. C. Davies	Sadd	23.22
2. I. Aitchinson	Roch	23.55
3. N. Hindle	Alt	24.47
4. T. Tombs	Unatt	25.50
5. R. Saunders	Sadd	26.07

VETERANS O/45

1. A. Styan	Holm	23.03
2. B. Waterhouse	Sadd	23.33
3. J. Barker	Roch	23.57
4. D. Bridge	Borr	24.39
5. S. Robinson	Denby	25.43

VETERANS O/50

1. D. Gibson	Sadd	25.27
2. K. Burgess	Alt	25.29

3. T. Cock	Holm	28.35
4. R. Wignall	Alt	31.01
5. R. Tarry	Alt	34.22

VETERANS O/55

1. P. Davies	Old	29.01
2. R. Cutts	L'wood	29.56
3. B. Whittaker	Alt	34.34

LADIES

1. G. Cook O/35	Roch	25.56
2. H. Sandelands O/35	Skel'dale	29.13
3. S. Kiveal O/35	Sadd	31.00
4. A. Srivastava	P&B	34.29
5. M. Carr	Sadd	35.27

MUNCASTER LUCK FELL RACE

Cumbria
BM/10m/1800ft 2.6.96

CFR team-mates, Martin Amor and Brian Thompson, fought out the closest finish in the history of the race. They broke away from the field early on and remained together all the way to the final checkpoint. Amor opened up a gap on the final descent, but was almost caught on the line by Thompson, who was looking for his third win in the race.

The ladies race was equally exciting with only nineteen seconds separating the first three. Tricia Smith of CFR on to win from team-mate Kate Beaty, with Louise Osborn in third place.

1. M. Amor	CFR	1.20.59
2. B. Thompson	CFR	1.20.58
3. L. Gibson	CFR	1.21.16
4. R. Suddaby	CFR	1.22.02
5. J. Archbold	CFR	1.22.02
6. R. Unwin V	CFR	1.23.56
7. P. Dawson	CFR	1.24.28
8. A. Beaty	CFR	1.24.37
9. G. Byers	CFR	1.25.11
10. G. Moffat	Howg	1.25.27

VETERANS O/40

1. R. Unwin	CFR	1.23.56
2. H. Jarrett	CFR	1.25.40
3. G. Regan	CFR	1.25.48

VETERANS O/50

1. M. Hudson	Kend	1.34.20
2. M. Pitchford	CFR	1.42.34
3. D. Brown	Clay	1.44.17

LADIES

1. T. Smith	CFR	1.43.31
2. K. Beaty	CFR	1.43.45
3. L. Osborn	Kesw	1.43.50

WALKER RUN

West Yorkshire

AS/2.25m/650ft 5.6.96

Warrington's John Hey came back to Huddersfield to prove a point - and smashed the course record for the Walker Run.

Last year, Hey led from the start but went off course with victory in his grasp. He finished fourth. This time he made no mistake.

The short, sharp fell race from Hepworth village attracted runners from eleven clubs. Steve Oldfield led up the first tough climb, but then Hey edged past and finally crossed the line just one second over fifteen minutes.

Denby Dale veteran Mike Egner, in fourth, was the first local athlete to finish, but Holmfirth's Lisa Lacon took the honours in the ladies section.

A bit sad that there wasn't a better turn out, but there are plans - if the landowners again agree to the event taking the same course - to make next year's race bigger and better.

Many thanks to all the runners and the marshals and helpers. Without them, the Walker Run would be no more.

Dave Overend

1. J. Hey	Warr	15.01
2. S. Oldfield V	Bfd/Aire	15.07
3. A. Maloney	Roch	15.14
4. P. Stevenson	P&B	15.28
5. M. Egner V	Denby	15.31
6. A. Illingworth	P&B	15.42
7. A. Shaw	Holm	15.47
8. A. Styan V	Holm	15.55
9. R. Asquith	Holm	15.56
10. R. Crosland V	Bfd/Aire	16.11

VETERANS O/40

1. S. Oldfield	Bfd/Aire	15.07
2. M. Egner	Denby	15.31
3. R. Crosland	Bfd/Aire	16.11
4. R. Griffiths	Holm	17.20
5. P. Glover	P'stone	17.47

VETERANS O/45

1. A. Styan	Holm	15.55
2. S. Robinson	Denby	19.29
3. J. Earnshaw	Melt	20.52
4. S. Beresford	Sadd	25.16



Catch them young! A junior competitor at Kinder Downfall
Photo: John Cartwright

VETERANS O/50

1. T. Cock	Holm	19.43
2. D. Cartwright	P'stone	22.22

LADIES

1. L. Lacon	Holm	19.03
2. S. Duniec	Wake	19.39
3. J. Krol O/35	Holm	23.00
4. J. Carter	Melt	30.49

KETTLESHULME ROSE QUEEN

FELL RACE
Cheshire
BM/6m/850ft 5.6.96

Again this year we had a good night for our race. As each year comes along we seem to gather a few more new faces. This year we had one hundred and seventy starters.

The race was won for the second year on the run by Nick Peach creating a new course record. The old record which Nick set last year was thirty six minutes and twenty six seconds. Ged Cudahy was second (as he was last year). The first lady home in sixty third place, was Michaela Bromley with second lady Sally Anne Wales in sixty seventh place. The ladies course record still stands from 1994, the race went very smoothly with no hitches. We had over thirty marshals out on the course to see that all gates were open and to help on road crossings etc.

A K Boothby

1. N. Peach	Kend	35.51
2. G. Cudahy	Stock	36.40
3. A. Jones	Gloss	38.22
4. P. Deaville	Gloss	38.40
5. R. Eagle	Macc	38.57
6. D. Brocklehurst	Ross	39.06
7. B. Gregory	Stock	39.25
8. N. Ashcroft	Spect	39.34
9. L. Footit	Bux	39.45
10. J. Kershaw	Macc	39.52

VETERANS O/40

1. R. Eagle	Macc	38.57
2. B. Gregory	Stock	39.25
3. G. Clegg	DkPk	40.14
4. D. Mellor	Penn	40.15
5. D. O'Brien	Unatt	40.55

VETERANS O/45

1. J. Kershaw	Macc	39.52
2. A. Brentnall	Penn	41.25
3. C. Manclark	Stock	41.37
4. P. Nolan	Macc	42.17
5. M. Scotney	Penn	42.46

VETERANS O/50

1. T. Titterton	Stock	44.52
2. D. Jones	Penn	45.45
3. R. Longden	Goyt	46.08
4. C. Ardron	Macc	47.25
5. E. Normansell	Stock	49.40

VETERANS O/60

1. C. Grundy	Bux	53.24
2. J. Newby	Tod	55.43
3. B. Stephenson	Stock	55.59

LADIES

1. M. Bromley	Gloss	46.27
2. S. Hales	Macc	46.5
3. E. Dawson	Boll	47.50
4. Y. Williams	Penn	48.27
5. M. Zaffe	Stock	49.23
6. A. Brentnall	Penn	49.47
7. M. Chippendale	Penn	50.33
8. J. Robertson	Spect	52.40

CHEVIN FELL RACE
West Yorkshire
AS/3m/900ft 5.6.96

On a warm, pleasant evening, one hundred and thirteen runners set off for the seventeenth annual Chevin Fell Race. The course this year was altered slightly for safety reasons. The race starts and finishes in Otley Town Centre, however, the finish was changed to avoid a dangerous road crossing. To maintain the distance, a bit more hill was added (hours and hours spent piling up rocks on the top of the Chevin). These changes resulted in new course records being set, so, congratulations to Mick Hill (slimmed down a bit, hasn't he?) and Emma Hodgson. Prizes were presented in most categories as well as spot prizes and a new prize to go with the trophy for first local - M Jeffrey of Otley AC.

My thanks to all who turned up to run, and to the police and marshals who make the race possible. My thanks also to Leeds Leisure Services for allowing us use of Chevin Woods. Hope to see you all on our eighteenth birthday - cake to all finishers. Note, next years race is Wednesday 4th June.

1. M. Hill	P&B	18.05
2. S. Green	P&B	18.44
3. D. Clark	LdsCty	19.24
4. T. Hobbs	Clay	19.37
5. J. Hemsley	Ilk	19.41
6. C. Bottomley	Kly	19.44
7. T. Sardo	P&B	19.48
8. R. Pallister	P&B	19.53
9. P. Crabtree	Bing	20.02
10. B. Stevenson	P&B	20.18

VETERANS O/40

1. N. Pearce	Ilk	20.44
2. B. Miller	Harr	21.01
3. M. Jeffrey	Otley	21.21
4. R. Hawksby	Otley	21.51
5. B. Wilkes	Abbey	22.17

VETERANS O/50

1. P. Reynard	Fellan	21.16
2. F. Gibbs	Bing	22.19
3. G. Breeze	Skyrac	22.19

LADIES

1. E. Hodgson	Fellan	22.34
2. T. Ballantyne	Unatt	25.07
3. L. Bostock O/35	V.Stdrs	25.40
4. A. Hood	Ilk	26.03
5. A. Curle	Fellan	26.07
6. S. Malir	Fellan	26.34
7. H. Inman	Harr	27.09
8. H. Taylor	CalderV	28.33

GLOSSOPDALE WOMENS FELL RACE
Derbyshire
BS/3.5m/700ft 6.6.96

This was the second running of this race and again was apparently enjoyed by those who ran. Thank you to those who travelled some distance to the race (particularly the two runners who came from Skipton but arrived too late), and we hope to see you all again next year. Thanks are also due to the marshals and to the landowners, without whom we would not be able to hold the race.

1. H. Sandelands O/35	Skel'dale	34.04
2. S. Duniec	Wake	34.22
3. S. Jones O/35	Gloss	36.15
4. N. Fellowes	N'burgh	36.23
5. S. Budgett	ManYMCA	39.12
6. J. Hutton O/35	Totley	40.16
7. E. Moore	Alt	44.32

THREE PIKES FELL RACE
Northumberland
CM/8m/950ft 6.6.96

This was the second year of the race and it turned out to be a calm, sunny evening with wonderful visibility and the views from Three Pikes were magnificent. The event produced an entry of forty seven runners, twenty of whom were from Tynedale Harriers and Athletics Club as it was one of the Club's Championshop races.

Although the fell was wetter than last year, times were exceptionally good and the first ten competitors bettered the course record of Barry Jameson in 1995.

John Tullie of Teviotdale just managed to hold off Tim Wylie of Tynedale at the finish by ten seconds, Tim having surrendered a good lead at Three Pikes on the homeward journey through the 'forest ride' section.

It was an excellent run by the first over forty veteran, Angus Tait, and the first over fifty male veteran, Ray Hayes, and it was very encouraging to see Ruth Fletcher winning the ladies race after a long spell of injury.

Refreshments and prize giving took place in the courtyard at Kielder Castle afterwards and as a result of the good turnout, the race will definitely go ahead in 1997.



Stuart Oglethorpe, third at Castleton
 Photo: Peter Hartley

1. J. Tullie	Teviot	51.44
2. T. Wylie	Tyne	51.54
3. I. Mulvey	Tyne	52.24
4. N. Wallace	Els	52.36
5. M. Carmont	N'castle	54.19
6. E. Simpson	CFR	55.11
7. A. Clark	Tyne	55.16
8. A. Tait	Tyne	56.03
9. R. Cranston	Teviot	56.34
10. D. Armstrong	Tyne	56.56

VETERANS O/40

1. J. Humble	58.24	
2. E. Clarke	58.34	
3. J. Rea	60.54	
4. D. Bell	Morp	61.02
5. B. Parker	Tyne	65.13

VETERANS O/45

1. A. Tait	Tyne	6.03
2. B. Lowdon	Unatt	58.28
3. R. Dawson	Tyne	61.27
4. M. Fry	Tyne	62.45
5. J. Brown	Tyne	63.56

FIRST VETERAN O/50

1. J. Wilkinson	Tyne	74.38
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VETERANS O/55

1. R. Hayes	Morp	62.51
2. M. Sanderson	Unatt	71.51

FIRST VETERAN O/60

1. D. Wright	Tyen	80.17
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LADIES

1. R. Fletcher	Tyne	68.7
2. H. Dickinson	Tyne	75.14
3. A. Wylie	Unatt	76.01
4. P. Cooper	Morp	78.04
5. M. Simpson	Not Fast RC	93.25

CASTLETON FELL RACE
Derbyshire
AM/6m1500ft 7.6.96

A perfect evening for racing, spoilt by a rain shower at the end, saw a new record number of finishers - one hundred and forty seven this year. We again welcomed our supporters from the Portsmouth Joggers Club, and hope that they will continue to support us for years to come. Again the course was dry and hard but no records were broken this year.

The junior event was poorly supported with only a few young locals taking part. My thanks to Brian Johnson of the 'Old Barn Outdoor Shop', Market Street, Castleton, for his support and sponsorship. Although Jeff Pyrah of Hallamshire won the race in a time of forty two minutes and ten seconds, Paul Deaville, second, and Stuart Oglethorpe, third, went away with a nice fleece jacket each, which they won in the spot prize draw.

Many thanks also to all the many helpers on the night. I hope to see you all again next year.

M Mattia

1. J. Pyrah	Hallam	42.10
2. P. Deaville	Gloss	43.53
3. S. Oglethorpe	DkPk	44.10
4. E. Tressider U/16	Matlock	44.37
5. A. Carruthers	Crawley	44.42
6. R. Pearson V	Hallam	45.01
7. T. Sardo	P&B	45.23
8. M. Williams	Penn	46.01
9. J. Yarnell O/40	NOC	46.26
10. R. Hutton	DkPk	46.30

VETERANS O/40

1. R. Pearson	Hallam	45.01
2. J. Yarnell	NOC	46.26
3. D. O'Brian	Bux	47.27
4. P. Keen	Hallam	48.31
5. J. Lindley	Steel City	49.09

VETERANS O/45

1. A. Brentnall	Penn	47.55
2. R. Hopkinson	Penn	49.43
3. N. Boler	DkPk	49.58
4. R. Scottney	Penn	50.06
5. R. Innes	P'stone	50.36

VETERANS O/50

1. J. Armistead	DkPk	49.50
2. C. Radcliffe		52.47
3. R. Longden	Goyt	54.14
4. E. Normansell		57.20

VETERANS O/55

1. M. Hayes	DkPk	53.15
2. R. Mason	Totley	56.09
3. M. Hayes	DkPk	58.18

LADIES

1. P. Leach	S-in-A	53.00
2. J. Smith O/40	DkPk	55.08
3. Y. Williams	Penn	56.25
4. C. Lorimer	CHB	56.41
5. J. Welbourne O/50	P'stone	58.23
6. A. Brentnall O/45	Penn	59.03
7. J. Wilson	Hallam	63.22
8. H. Marshall		64.01

FIRST INTERMEDIATE

1. A. Plummer	VVSV	50.51
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JUNIORS

1. E. Tressider	Matl	44.37
2. A. Marshall	Castleton	47.22
3. G. Steel	Hallam	

**ENNERDALE HORSESHOE
FELL RACE
Cumbria
AL/23m/7500ft 8.6.96**

Perfect race conditions with warm over cast sky. The race entry was slightly down with the British Championship race the next day.

Eighty four started and seventy three finished, with no major incidents. Lee Thompson frustratingly close to getting inside four hours, having been stronger in the second half of the run from Kirk Fell onwards. The notable run of the day was Joss Naylor who was twelfth at sixty in four hours, thirty three minutes and fifty five seconds.

1. L. Thompson	Clay	4.00.36
2. G. Davies O/40	Merc	4.06.44
3. K. Wood	Saltwell	4.19.17
4. M. Walford O/45	Kend	4.21.19
5. R. Unwin O/40	CFR	4.23.46
6. I. Block O/40	CFR	4.26.32
7. K. Carr O/50	Clay	4.30.07
8. I. Cousins	CFR	4.30.31
9. T. Hosten	B'land	4.30.40
10. S. Palfreyman	Unatt	4.33.18

VETERANS O/45

1. M. Walford	Kend	4.21.19
2. J. Hope	AchRat	4.48.04
3. C. Hard	DkPk	4.51.52

VETERANS O/50

1. K. Carr	Clay	4.30.07
2. J. Nuttall	Clay	4.39.13
3. A. Yates	DkPk	4.55.03

VETERANS O/60

1. J. Naylor	CFR	4.33.55
2. C. Hanson	DkPk	5.33.35

LADIES

1. J. Cave O/35	DkPk	6.32.41
2. H. Musson O/35	DkPk	6.32.41

**WHALLOPER WELL WIZZ
Lancashire
BM/8.5m/1450ft 9.6.96**

Another warm day for the race, brought one hundred and twenty four runners out to make it a record turn out, which got me out of the red for the first time. The first year I had twenty four runners, this year almost as many ladies turned up.

The record has gone every year, this time Nick Jones of Penine travelled up from the South Cheshire Plain, to show that hills were not a problem either, and sliced over two minutes off Graham Pattens 1995 time.

Thanks to Todmorden for making it a club championship, and all the help on the course, and at the country Park. The swimming pool is free and this year quite a few runners made the most of it.

Next year from the top of the fell the race will go in reverse, so you can all run down the wood road, and hopefully should cut out all the abuse I get at the finish.

My apologies for this years deliberate mistake, for not leaving a space for club on the entry form. If you have a blank space on the results sheet, it represents the look on my face working them out (Thanks Dave). Hope to see you all next year.

Geoff

1. N. Jones	Penn	54.38
2. P. McWade V	Clay	58.14
3. M. Weedall V	Penn	59.02
4. S. Shuttleworth	Amble	59.21
5. A. Carruthers	Crawley	59.59
6. D. Woodhead	Horw	60.57
7. S. Sweeney	Unatt	61.24
8. S. Taylor V	Clay	61.57
9. N. Holding	Darwin	62.11
10. G. Riley		62.28

VETERANS O/40

1. M. Weedall	Penn	59.02
2. S. Taylor	Clay	61.57
3. G. Appleyard	Fellan	63.34
4. T. Broomfield	Harr	63.53
5. D. Holmes	Warr	65.44

VETERANS O/45

1. P. McWade	Clay	58.14
2. S. Kirkbride	Kend	62.46
3. P. Bramham	Craven	64.48
4. M. Targett	Clay	65.07
5. M. Crook	Horw	65.51

VETERANS O/50

1. G. Fielding	Ross	67.22
2. G. Breeze	Skyrac	69.51
3. J. Howard	Ilk	70.02
4. R. Blakeley	Tod	70.52
5. C. Taylor	Clay	71.06

LADIES

1. S. Beconsall O/35	Tod	72.27
2. A. Rees O/35	Tod	77.05
3. L. Davis	Sadd	79.12
4. J. Taylor	L&M	85.00
5. J. Adams O/40	N.Vets	85.26
6. B. Dickinson O/35		86.59
7. J. Derbyshire O/35	Horw	87.29
8. J. Feeney O/35	Ross	88.34

**AONACH MOR HILL RACE
Fort William
AM/10m/3600ft 9.6.96**

1. R. Bryson	N'castle	1.13.35
2. J. Brooks	Loch	1.14.25
3. M. Rigby	Amble	1.14.37
4. M. Roberts	Borr	1.14.53
5. D. McGonagle	Shett	1.15.22
6. D. Weir	Perth/Strath	1.15.49
7. J. Bland	Borr	1.17.16
8. M. Amor	CFR	1.18.54
9. S. Green	P&B	1.19.19
10. B. Ervine	B'drain	1.19.28
11. G. Bland	Borr	1.19.58
12. G. Wilkinson	Clay	1.20.09
13. J. Hepburn	Loch	1.20.12
14. G. Devine	P&B	1.20.15
15. P. Mawhirt	N'castle	1.20.17
16. N. Spence	Kend	1.20.37
17. P. Sheard	P&B	1.20.45
18. S. Jackson V	Horw	1.20.51
19. W. Bell V	CFR	1.21.02
20. T. Griffin	CHB	1.21.08
21. N. Carty	N.Belf	1.21.16
22. J. Davies	Borr	1.21.36
23. S. Thompson	Clay	1.22.04
24. L. Gibson	CFR	1.22.14
25. J. Blackett	Mand	1.22.28

26. J. Robertson V	Cambuslang	1.22.38
27. G. Huddleston	Clay	1.22.52
28. J. Thin	Carn	1.22.59
29. B. Thompson	CFR	1.23.21
30. J. McQueen	Eryri	1.23.42

VETERANS O/40

1. S. Jackson	Horw	1.20.51
2. W. Bell	CFR	1.21.02
3. J. Robertson	Cambuslang	1.22.38
4. M. Egner	Denby	1.25.05
5. G. Brooks	Loch	1.25.48

VETERANS O/50

1. R. Wilby	HHR	1.27.57
2. B. Waldie	Carn	1.28.38
3. B. Edridge	Clydes	1.31.56
4. J. Shields	Clydes	1.32.54
5. D. Rankin	Belf	1.37.45

LADIES

1. S. Rowell	P&B	1.28.04
2. A. Mudge	Carn	1.32.52
3. S. Armitage O/35	CHB	1.35.46
4. G. Cook O/35	Roch	1.38.47
5. K. Harvey O/35	Alt	1.45.14
6. J. Shotter	P&B	1.46.32
7. J. Rae	W'lands	1.46.46
8. P. Blake	Perth/Strath	1.47.21
9. P. Gibb	P&B	1.48.16
10. J. Higginbottom	Carn	1.48.58
11. T. Dewsnap	Eryri	1.49.06
12. L. Leavesley	LdsCty	1.50.10
13. J. Anderson	Loch	1.50.58
14. J. Thin	Carn	1.52.04
15. J. Cairns O/35	W'lands	1.52.11

**TRAPRAIN LAW RACE
East Lothian
CM/6.5m/650ft 8.6.96**

Traprain Law is a typical East Lothian volcanic intrusion (a laccolith) with good rock climbing on the south flank and outstanding views to the Firth of Forth and beyond. The Law Race is part of the annual village Gala Day and the route from the village follows the River Tyne gorge with a wade across the river before the steady climb to the foot of the Law. The final stages of the climb involve a rock scramble up the edge of the old quarry.

The new women's trophy is a magnificent polished lump of Traprain Law (phonolytic trachyte to be precise).

The sweltering heat did not look favourable for course records. The heat was even too much for rising Italian hill running star Serena Micalizzi who added an international flavour to the race on this world theme Gala Day. Micalizzi, signed by Camethy, and her coach and mentor John Coyle, acknowledged that they still have work to do before Serena is comfortable with the Scottish hill race scene.

Gregor Booth of Haddington and the Mizuno Club secured a comfortable victory and smashed the course record with a time of thirty seven minutes and twenty six seconds. He came in with a clear two minutes on John Coyle. Joyce Salvona broke the women's course record with eighteenth place overall, with a very impressive run. John Smith of HELP won the veteran men's prize with seventh place overall. Ann Nimmo of Camethy won the veteran women's prize with thirty fourth place overall. The team event was won by HELP. Fastest village resident was Dave McGuinness with third place. There were fifty four starters.

There are still mixed feelings about the recent course revision but organiser Keith Burns is determined to retain it in response to majority customer demand. "It is a more dramatic approach to the hill with a greater variety of difficulties. It also cuts the road running to an absolute minimum - which is important for safety", he said when challenged by frustrated roadies.

1. G. Booth	Mizuno	37.26
2. J. Coyle	Carn	39.34
3. D. McGuinness	HELP	39.49
4. J. Forte	HELP	40.45
5. D. Henderson	Alnwick	41.06
6. M. James	Carn	41.34
7. J. Smith	HELP	41.37
8. I. Arnott	Unatt	42.07
9. T. Harley	HELP	42.31
10. N. Henderson	Alnwick	42.44

VETERANS O/40

1. J. Smith	HELP	41.37
2. J. Blair-Fish	Carn	42.59
3. D. Lang	Cambuslang	44.53
4. D. Henderson	Tyne	47.12
5. T. Collins	Carn	47.44

VETERANS O/50

1. C. Pritchard	Carn	47.28
2. B. Kettles	L'wade	47.49
3. J. Hannan	Dunbar	47.52
4. B. Campbell	L'stone	49.00
5. E. Harvey	Carn	49.23



Lucy Wright - fast legs at Badger Stone
Photo: Andy Brown

LADIES

1. J. Salvona	L'stone	44.55
2. E. Cochrane	Glas	47.24
3. E. Scott	W'lands	48.56
4. J. Robertson	W'lands	49.20
5. A. Nimmo	Carn	50.57
6. T. Chaney	Unatt	54.10
7. S. Huggan	Dunbar	57.39
8. S. Micalizzi	Carn	58.03

WILL RAMSBOTHAM BADGER STONE RELAY West Yorkshire BS/2.5m/590ft x 4 12.6.96

A fresh, sunny evening with a light breeze and unusually low bracken for the time of year; set what would appear to be a perfect scene for records at the '96 version of this popular relay. However all but one record remained intact, which was a slashing of one minute and thirteen seconds from Pudsey and Bramley's 1995 mark in the main race, from a very strong Bingley mens team.

Despite a slight drop in numbers it was very encouraging to have a record number of ladies teams taking part, with Leeds City ladies making it a hat trick of wins, putting them three wins to two up over Pudsey ladies in a straight run of three wins on the trot.

International Steve Hawkins confirmed a return to form, with a time of fourteen minutes and forty one minutes against teammate Ian Holmes, in a time of fourteen minutes and forty nine seconds, albeit some seven seconds outside Tony Byrnes 1992 record mark.

Anne Buckley ran seventeen minutes and forty nine seconds against seventeen minutes and fifty eight seconds by fellow world cup aspirant Lucy Wright making it three fastest legs to two by Lucy over the five editions of this well established event. Well done to Skyrac juniors on a highly creditable performance to finish tenth overall. Lots of beer and spot prizes presented at Ilkley Harriers club house rounded off a fine evenings sport enjoyed by all!

1. Bingley	61.26
2. Pudsey & Bramley	63.49
3. Old Codgers	66.09
4. Shergar Select	68.09
5. Ilkley 'A'	69.33

LADIES

1. Leeds City	58.00
2. Fellandale	62.28
3. Pudsey & Bramley	63.13
4. Ilkley	70.05
5. Fellandale 'B'	70.46

JUNIORS

1. Skyrac	78.12
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GRINDLEFORD CARNIVAL FELL RACE Derbyshire BS/4m/550ft 13.6.96

Grindleford is one of the most popular of the races held in the Hope Valley area in the summer. This year saw a record entry of four hundred and ten runners.

As a result of this there was some queueing at a stile, but this can be remedied next year.

A close race with some new names in the first five, won ultimately by D.Neil about fifteen seconds outside the record.

1. D. Neil V	Merc	28.02
2. J. Pyrah	Hallam	28.35
3. D. Wren	Sheff	28.39
4. P. Geffert	Notts	28.46
5. S. Bell	Watford	29.25
6. S. Martland	Unatt	29.38
7. M. Hayman	DkPk	29.59
8. S. Oglethorpe	DkPk	30.00
9. K. Davis V	P'stone	30.44
10. K. Webster	Matl	30.48

VETERANS O/40

1. D. Neil	Merc	28.02
2. K. Davis	P'stone	30.44
3. S. Bristol	Matl	31.34

VETERANS O/50

1. G. Berry	DkPk	32.46
2. J. Armistead	DkPk	34.30
3. J. Corrier	GPT	35.37

LADIES

1. P. Leach	Sutton	35.17
2. S. Calamai	Unatt	35.53
3. B. Jones	DkPk	36.29

LANGCLIFFE GALA FELL RACE North Yorkshire 2.5m/900ft 15.6.96

A fierce sun warmed the carnival on Langcliffe Green as competitors gathered for this race more familiar with BOFRA runners. Under way, headteacher Chris Norris made the running up the first steep field, but on the open track at the top, recent veteran Graham Schofield made light of the gradient and with Andy Maloney in close company took the lead. Schofield climbing over the wrong gate gave Maloney the opportunity to overtake, and after rounding the summit marshal, these two stretched out in front of a tiring Chris Hirst.

Maloney received gratefully a kiss from the Carnival Queen, and the handsome trophy will have his name added to those of Mick Hawkins, Roger Gibson and Robert Hudson.

1. A. Maloney	20.22
2. G. Schofield	20.37
3. C. Hirst	21.58
4. C. Norris	22.06
5. N. Burrows	22.17
6. G. Taylor	22.20
7. A. Life	22.40
8. A. Hassell	22.48
9. A. Holden	23.02
10. J. Birchenough	23.10

FIRST LADY

1. C. Dewhurst	29.06
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MELL FELL DASH Cumbria AS/2m/800ft 13.6.96

The second race in the Matterdale series, if such a short race should merit the title, had a reduced field of twenty two in total. This was thought to be because of the severity of the climb and the fact that it was programmed for the day after the Coledale Horseshoe! Yet again, Lee Gibson held on to his title, taking the lead in the first one hundred yards of the race and maintaining this position.

Ruth Taylor

1. L. Gibson	CFR	14.27
2. G. Bland	Borr	15.29
3. W. Procter	Kend	15.39
4. N. Sharp	Kesw	15.52
5. P. Brittleton	Howg	16.10
6. S. Hicks	Borr	16.14
7. S. Shuttleworth	Amble	16.31
8. L. Procter	Kend	17.13
9. C. Valentine	Kesw	17.19
10. P. Brittleton	Howg	18.05

VETERANS O/40

1. N. Walmsley	Amble	23.06
2. D. Harrison	B'liner	23.48
3. N. Longworth	Kend	24.12

FIRST LADY

1. E. Unsworth O/35	Kend	29.27
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ROYAL DOCKRAY HELVELLYN FELL RACE Cumbria AL/21m/550ft 15.6.96

The third and final race in the Matterdale Series saw a blisteringly hot day where only the checkpoint marshals enjoyed the delights of the sun's heat. Alan Bowness set a new course record leading from soon after the start.

The presentation coincided with England scoring in Euro96, but eventually the prize giving continued, the Matterdale Series being won by Gavin Bland.

Ruth Taylor

1. A. Bowness	CFR	2.40.20
2. J. Bland	Borr	2.41.38
3. S. Shuttleworth	Amble	2.41.48
4. G. Bland	Borr	2.44.15
5. W. Bell V	CFR	2.46.35
6. M. Fleming	Amble	2.52.51
7. D. Loan V	Kesw	2.55.31
8. S. Hicks	Borr	2.57.59
9. I. Warhurst	PFR	2.59.52

VETERANS O/40

1. W. Bell	CFR	2.46.35
2. D. Loan	Kesw	2.55.31
3. M. Walford	Kend	3.07.30
4. R. Unwin	CFR	3.07.53
5. R. Firth	Mand	3.12.20

VETERANS O/50

1. M. Pitchford	CFR	3.32.23
2. C. Wilson	Kesw	3.40.57
3. B. Deanby	Preston	4.27.42

FIRST VETERAN O/60

1. R. Bainbridge	Mand	4.29.29
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LADIES

1. J. Jones O/35	Kesw	3.33.27
2. R. Taylor O/35	Kesw	4.29.36

BUCKDEN PIKE FELL RACE North Yorkshire AS/4m/1500ft 15.6.96

With temperatures soaring in to the eighties, this year promised to be the hottest conditions on record. Garry Oldfield, improved not only by five seconds from last year, but by eleven places to secure a comfortable win over the talented sixteen year old, Andrew Davies. Former race winner, Shaun Livesey, was left trailing by over a minute to take third place. The races inclusion in the FRA Intermediate Championship resulted in four of the first ten places being filled by under twenty year olds - a promising omen for fell running.

The Ladies Race was left open for a convincing win by Lisa Lacon, former junior winner at Buckden, now nineteen years old, she also took the award for first FRA Intermediate and Yorkshire County Championship. Second placed Maggie Dunn, Bingley, deserves a special mention having produced a very creditable performance on her fiftieth birthday. Well done Maggie.

P Jebb

1. G. Oldfield	Bfd/Aire	33.15
2. A. Davies U/18	Merc	33.58
3. S. Livesey	Clay	34.35
4. G. Watson	Alt	35.12
5. M. Wigmore	Hels	35.44
6. T. Davies	Merc	36.25
7. M. Brindle	Kly	36.28
8. D. Woodhead	Horw	36.41
9. M. Pickering O/40	Ilk	37.07
10. G. Hawkins	Bing	37.15
11. J. Helmsley	Ilk	37.34
12. P. Crabtree	Bing	37.46
13. N. Pearce O/40	Ilk	37.54
14. R. Crossland O/40	Bfd/Aire	38.17
15. R. Gibson	Settle	38.42
16. P. Mitchell	Bing	38.45
17. C. Lyon O/40	Horw	38.53
18. M. McKenzie	Unatt	39.04
19. G. Appleyard	O/40 Fellan	39.12
20. K. Delaney	Bury	39.21
21. C. Bartle	Bing	39.29
22. G. Bastow	R'mond	39.41
23. D. Bridge O/45	Borr	39.52
24. N. Kirkbright	Skyrac	40.00
25. R. Thackray	Unatt	40.06
26. M. Baldwin	Ilk	40.19
27. H. Sawyer O/40	Skyrac	40.31
28. A. Leck	Prest	41.35
29. S. Deakin	Prest	41.35
30. R. Limmer	Chor	41.44

VETERANS O/45

1. D. Bridge	Borr	39.52
2. K. Robinson	Bing	42.32
3. R. Valvin	Clay	42.43
4. P. Hilliwell	Bing	42.59
5. K. Wilby	Fellan	43.04

VETERANS O/50

1. T. MacDonald	Bing	42.08
2. F. Gibbs	Bing	43.34
3. P. Murray	Horw	43.35
4. W. Wade	Holm	44.25
5. G. Bree	Skyrac	44.31

FIRST VETERAN O/60

1. G. Booth	L'wood	45.31
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LADIES

1. L. Lacon U/20	Holm	46.34
2. M. Dunn O/35	Bing	48.34
3. A. Isedale O/35	Bing	49.16
4. H. Bridge O/35	Kesw	51.01
5. M. Leck U/20	L&M	51.03
6. L. Bostock O/35	V.Stdrs	53.27
7. H. Hobley O/35	Fellan	55.58
8. H. Havid O/35	Fellan	57.20

INTERMEDIATES U/20

1. M. Wigmore	Hels	35.44
2. T. Davies	Merc	36.25
3. M. Brindle	Kly	36.28
4. A. Leck	L&M	40.57
5. S. Deakin	Prest	41.35

FIRST JUNIOR U/16

1. A. Davies	Merc	33.58
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PATRICK FETE FELL RACE**Isle of Man****AM/10m/2800ft 15.6.96**

Despite the alternative attraction of the England/Scotland football match being televised, a good entry set off from the Creggan Moar start on the hottest day of the year so far.

As expected Tony Rowley dominated the race from the start and by the finish at the Partick Sports Field at Knockaloe he was over seven minutes clear.

There was some close racing further down the field, notably the battle for second between Castletown's Ian Watson and top veteran David Young which was finally resolved on the very fast descent of the Barnell Lane just a mile from the finish with Watson pulling clear to gain runner-up.

Richie Stevenson

1. T. Rowley	MFR	1.36.27
2. I. Watson	NAC	1.43.56
3. D. Maddrell	MFR	2.14.27
4. J. Brewis	SAC	2.24.16
5. M. Buttery	MH	2.27.13

VETERANS O/40

1. D. Young	MFR	1.45.23
2. R. Webb	MH	1.49.52
3. R. Moughtin	WAC	1.52.12
4. R. Stevenson	MFR	1.53.16
5. S. Garry	MFR	2.06.50

VETERANS O/50

1. D. Corrin	MH	1.48.10
2. R. Callister	MH	2.00.03
3. S. Moynihah	SAC	2.03.38
4. G. Hull	MFR	2.27.02
5. E. Brew	NAC	2.51.12

VETERAN O/60

1. B. Baxter	MH	3.11.50
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Inter Ros Murray (Horwich) at Buckden Pike
Photo: Dave Woodhead

CARNEDDAU**Gwynedd****AM/10m/3500ft 15.6.96**

An entry of thirty eight runners turned out for Ras Carneddau. Colin Donnelly led the field to the first checkpoint Carnedd Dafydd in a new summit record of forty three minutes and thirty three seconds, followed by Mark Palmer (Forest of Dean), then James McQueen, and Trefor Jones and Don Williams together.

Colin arrived at the second checkpoint, Yr Elen, in one hour, three minutes and forty five seconds, with no change in position for the following four runners.

Mike Blake of Eryri who was sixth veteran at the summit of Carnedd Dafydd had made up a five minute deficit and was leading the veterans section by the summit of Gyru Ungau.

1. C. Donnelly	Eryri	1.39.29
2. M. Palmer	F of D	1.44.06
3. J. McQueen	Eryri	1.46.27
4. T. Jones	Eryri	1.50.49
5. D. Williams	Eryri	1.50.57
6. S. Barnard	Eryri	1.53.54
7. J. Hunt	Mersey	1.58.44
8. E. Evans	Eryri	2.00.50
9. J. Bass	MDC	2.01.28
10. P. Evans	Unatt	2.02.47

VETERANS O/40

1. M. Blake	Eryri	2.08.25
2. D. Thomas	Eryri	2.08.25
3. M. Williams	NWRR	2.14.56
4. A. Hughes	Eryri	2.15.28
5. L. Butterworth	NWRR	2.18.49

VETERANS O/50

1. D. Williams	Eryri	1.50.57
2. D. Sinclair	NWRR	2.21.36
3. C. Brown	Merc	2.22.09
4. T. Hildige	Eryri	2.24.12
5. E. Davies	Eryri	2.32.12

FIRST LADY

1. T. Dewsnap	Eryri	2.22.04
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ALFRED HULME GREAT HILL FELL RACE**Lancashire****BS/5.5m/1200ft 15.6.96**

The Alfred Hulme Great Hill Fell Race was extended slightly again for '96, to take in to account new stone tracks on Great Hill. The race is now nearer six miles rather than five.

A slightly reduced field than last year saw the twentieth running of the event. With a prize list well over three hundred and fifty pounds, and a can of beer to all finishers, it was a little disappointing for the organisers in terms of turnout but what a quality race it turned out to be. Lee Warburton led from start to finish to head Horwich's Stephen Barlow. Paul Dobson, chased all the way but could not catch the Horwich man.

Alison Martin of Clayton emphatically took the female title finishing in twenty ninth place overall. Team honours went to Horwich.

In the under thirteens' race, Gavin cooper of Chorley Harriers lowered the course record for the two miles, to eleven and nineteen seconds, finishing ahead of the previous two years winner Peter Dickenson of Chorley AC. Peter also had his record taken from him, but is still the only runner to have successfully defended his title over two years on this course. Vicki Rooney of Wirral AC was first female in fifteen minutes and twenty seven seconds.

Abbey Village County Primary School kept up their record of being first team and first primary school team home.

In the three mile race Wirral AC took all the honours taking first home, Steven McCain in sixteen minutes and seventeen seconds, and first female Sarah McDonnell in twenty minutes and twenty four seconds, and first team.

Terry Dickenson

1. L. Warburton	Spn	34.35
2. S. Barlow	Horw	35.17
3. P. Dobson	Spn	35.31
4. S. Culshaw	Horw	35.45
5. P. McWade	Clay	35.56
6. K. Moss	ValeR	36.16
7. L. Croasdale	L&M	38.34
8. N. Holding	Darwen	38.44
9. S. Kirkbride	Kend	38.50
10. M. Christie	Chor	39.00

VETERANS O/40

1. K. Moss	ValeR	36.16
2. D. Selby	Bolt	40.20
3. D. Bateson	AchRat	41.35
4. D. Willis		42.37

5. A. Sweatman	Horw	45.26
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VETERANS O/45

1. P. McWade	Clay	35.56
2. S. Kirkbride	Kend	38.50
3. M. Crook	Horw	40.42
4. H. Ramczyk	Merc	41.58
5. B. Suringar	Bolt	43.50

VETERANS O/50

1. P. Heneghan		42.20
2. P. Watson	Horw	44.49
3. A. Healey	Bury	47.30
4. V. Seal	Ross	49.07
5. L. Paul	Chor	50.14

VETERANS O/55

1. J. Swift	Chor	44.30
2. R. Bray	B&F	46.16
3. D. Brown	Clay	48.05

VETERANS O/60

1. M. Houghton	Chor	45.06
2. J. Townson	Chor	45.48
3. B. Rogers	Salf	46.56

LADIES

1. A. Martin	Clay	44.52
2. E. Leonard	Chor	47.10
3. C. Wright	Horw	49.02
4. B. McWade	Clay	49.29
5. J. Chaplin	Chor	49.33
6. T. Smith	Black	53.25
7. C. Lyon	Newburgh	53.33
8. L. Unsworth	Chor	54.02

GLEN ROSA HORSESHOE**Isle of Arran****AL/12m/5500ft 15.6.96**

This years weather was very good and judging from the conversations after the race, appeared to be enjoyed by all participants.

From the finish line its difficult to get a good idea of the progress of the race, but what snippets I heard over the radios indicated that the leading five were very close until Mark pulled away on the final descent.

The course starts at the Glen Rosa campsite and goes clockwise around the Glen, visiting the summits of 'Beinn g' chliahhain, Tir Mhor and Goat Fell. The race offers some spectacular scenery and a certain amount of route choice, particularly on the descent down the little walled west side of Goat Fell.

The race is well organised (even if I do say so myself) has mountain rescue personnel out on the course and plenty of refreshments at the finish.

1. M. Rigby	W'lands	2.20.02
2. R. Jebb	Bing	2.26.08
3. J. Coyle	Carn	2.26.53
4. J. Blackett	Mand	2.26.53
5. D. Cummins	Shett	2.28.42
6. G. Ailsop	Arran	2.33.47
7. J. Stevenson	Irvine	2.44.23
8. J. Clark	Ochil	2.49.29
9. J. Gallacher	Ochil	2.49.38
10. G. Reid	W'lands	2.49.39

VETERANS O/40

1. P. Wilson	Arran	3.04.32
2. E. Hannah	Strath	3.05.14
3. F. Clarke	Salt	3.07.08
4. R. Sewell	Kend	3.10.19
5. P. Hall	Mand	3.20.17

FIRST VETERAN O/50

1. R. Clarke	Mand	3.33.50
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LADIES

1. J. Rae	W'lands	3.16.24
2. S. Hodgson	Amble	3.32.39
3. J. Anderson	Loch	4.24.15

KNOWL HILL RACE**Lancashire****AM/6m/1800ft 16.6.96**

The third running of the Knowl Hill fell race was dominated by Stockpots Tony O'Kell but couldn't get close to last year when Shaun Willis of Ambleside set the course record of forty one minutes and thirty five seconds.

Rochdale's Glynda Cook also dominated the final day of the three day event for her third win in a row. Heat exhaustion was responsible for the slow times of most athletes, even though the going was good.

P Robit

1. T. O'Kell	Stock	43.44
2. I. Greenwood	Clay	44.36
3. R. Haworth	Mid'ton	45.01
4. J. Hey	Warr	45.41
5. H. Matthews	Shrews	46.13
6. D. Beels V	Roeh	46.21
7. S. Woods	Roeh	47.01

8. K. Robinson	Roch	47.28
9. D. Unwin	E.Chesh	47.50
10. P. Holroyd	Roch	48.02

VETERANS O/40

1. D. Beels	Roch	46.21
2. M. Moran	Roch	49.36
3. D. Collins	Tod	49.55
4. N. Howard	Mid'ton	52.08
5. R. Meaden	O&R	53.01

VETERANS O/45

1. J. Barker	Roch	49.29
2. J. Linley	N.Vets	50.54
3. M. Sadula	Roch	51.36
4. A. Mellor	Tod	51.52
5. J. Dore	Roch	51.56

VETERANS O/50

1. M. Moore	Salf	53.56
2. F. Wood	Horw	56.50
3. F. Richardson	Tod	61.27
4. M. Jones	Unatt	62.51
5. P. Ehrhardt	Tod	72.01

VETERANS O/55

1. T. Shaw	Tod	58.08
2. R. Bray	B&F	58.39
3. K. Mitchell	Roth	63.34
4. D. Grundy	Rad	65.26
5. J. Smith	Tod	73.52

FIRST VETERAN O/60

1. J. Newby	Tod	66.27
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LADIES

1. G. Cook	Roch	53.49
2. E. Staig	N.Vets	55.49
3. L. Bostock	Clay	57.57

4. J. Haworth	Mid'ton	64.13
5. W. McRae	Roch	65.38
6. S. Norris	Horw	66.14
7. F. Bottomley	Roch	69.22
8. P. Dore	Roch	75.54

MYNYDD MAWR

Gwynedd

AS/4m/1300ft 18.6.96

There was a fair turn out for the fifth race in Eryri Harriers' Tuesday Evening series on a warm clear evening. It is difficult to know how the race is proceeding when you're trying to run in it! As I was struggling up, Colin Donnelly came flying down, and I started looking up to see the next runners, but it was a long time before anybody else appeared. Colin eventually won by over two minutes. I knew where the first lady was however, shoulder to shoulder for a while and then hard on my heels, and Jayne Lloyd won her fourth race of the series comfortably. The best performance of the evening was that of Don Williams, breaking the over fifties' record and finishing a remarkable fourth place overall.

Dewi Tomos

1. C. Donnelly	Eryri	31.11
2. J. McQueen	Eryri	33.16
3. T. Jones	Eryri	34.04
4. D. Williams V	Eryri	34.08
5. A. Vaughan	Eryri	34.29
6. P. Jones V	Eryri	34.52
7. S. Barnard	Eryri	35.23
8. M. Hughes	Eryri	35.40
9. E. Evans	Eryri	36.21
10. M. Blake	Eryri	36.21

VETERANS O/40

1. P. Jones	Eryri	34.52
2. M. Blake	Eryri	36.41
3. G. Rogers	Colwyn	37.42
4. M. Williams	NWRR	37.54
5. D. Williams	Eryri	38.00

VETERANS O/50

1. D. Williams	Eryri	34.08
2. E. Davies	Eryri	39.19
3. D. Tomos	Eryri	40.05
4. B. Evans	P'atyn	41.04
5. D. Sinclair	NWRR	41.23

VETERAN O/60

1. G. Gartrell	Wrex	43.51
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LADIES

1. J. Lloyd	Eryri	40.36
2. B. Ronald	Colwyn	43.05
3. A. Donnelly	Eryri	44.02
4. C. Mowat	P'atyn	44.41
5. B. Ripley O/35	Eryri	44.49
6. N. Fellows O/35	N'burgh	45.49
7. H. Pedley	Eryri	47.03
8. G. Cross	P'atyn	47.08

JUNIORS U/16 - BOYS

1. H. Jones	Eryri	17.25
2. C. Roberts	Eryri	18.38
3. P. Williams	Eryri	18.48

JUNIORS U/14 - BOYS

1. T. Anderson	Eryri	22.06
2. J. Bunton	Eryri	22.24
3. C. Bunton	Eryri	25.24

JUNIORS U/14 - GIRLS

1. E. Harding	Eryri	22.57
2. L. Bunton	Eryri	27.50

BEN SHEANN HILL RACE

Perthshire

AS/2.5m/1400ft 19.6.96

The race was run on a pleasant summer evening with a light breeze. There was a record attendance with good support from local clubs. Afterwards an enjoyable hour was spent in the pub renewing old friendships and discussing this and that.

A Bennie

1. B. Rodgers	Loch	24.07
2. A. Ward	Carn	24.40
3. B. Brooks Jnr	Loch	25.36
4. L. Crossdale	LAMAC	25.46
5. S. Wells	W'lands	26.12
6. A. Anthony	JGBCent	26.13
7. G. Brooks V	Loch	26.37
8. G. McInnes	Carn	26.38
9. J. Gallacher	Ochil	26.50
10. G. Reid	W'lands	27.12

VETERANS O/40

1. G. Brooks	Loch	26.37
2. R. Greenaway	Ochil	30.16
3. G. Clarke	Ochil	31.30
4. R. Gatehouse	Lomond	31.50
5. M. McLeod	W'lands	33.12

VETERANS O/45

1. B. Brooks	Loch	29.31
2. D. Duncan	Ochil	30.09
3. G. Benny	W'lands	37.21

LADIES

1. A. Mudge	Carn	29.10
2. M. McIntosh	Ochil	31.32
3. S. Johnston	Unatt	38.54
4. A. Torduff	Unatt	42.54
5. D. Campbell	Unatt	43.42

TEBAY FELL RACE

Cumbria

AM/8m/3000ft 19.6.96

A very good event. The weather was fine with a cool breeze and visibility good. All one hundred and thirty six starters completed the race. The winner being Ben Bardsley, not far off the record of one hour ten minutes and thirty nine seconds by M.Roberts.

J Capstick

1. B. Bardsley	Borr	1.11.15
2. P. Davies	Borr	1.12.40
3. S. Shuttleworth	Amble	1.15.51
4. S. Umpleby	L&M	1.15.55
5. M. Walsh O/40	Kend	1.16.01
6. M. McGilincy	Bing	1.16.32
7. H. Symonds O/40	Kend	1.16.59
8. P. Brittleton	HH	1.17.22
9. R. Unwin O/40	CFR	1.17.52
10. B. Clough	Amble	1.18.07

FIRST VETERAN O/50

1. K. Lindley	BIC	1.28.12
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FLAGSTAFF TO CARLINGFORD

Newry - Northern Ireland

AM/11m/3000ft 16.6.96

Patricia Sloan originally from Warrenpoint but now running for Salford Harriers won the womens Flagstaff to Carlingford Mountain Race in record breaking time when the sixteenth edition of the race, organised by Armagh AC took place. Patricia's new figures of two hours, two minutes and thirty seconds improved Roma McConville's 1992 record by some twenty minutes, a truly awe inspiring performance. Virginia O'Connell finished in second, while in third place overall and first veteran over thirty five years. Roma McConville the previous record holder recorded a time of two hours, thirty three minutes and fifty eight seconds. Stephanie Pruzina and Niamh McCullough of BARF in fourth and fifth places won the team award for their club.

Sunday's race was run in extremely hot and humid conditions but that didn't stop some excellent performances recorded all round, with Patricia Sloans new womens record standing out. Brian Ervine was a very decisive winner of the mens race, running very close to his 1992 record - just ten seconds off that figure - but the result was by no means the complete story of a very intriguing battle of wits and stamina that really began to unfold after the fifth checkpoint at 'The Windy Gap'.

The race started with a record field of forty one runners and in the race to the first check point on Anglesey Mountain, Deon McNeilly, Neil Carty and Brian Ervine established the pattern of things to come. This first stage is fairly typical of the multi-terrain character of the Flagstaff race with a variety of conditions including an initial very rough path - extremely narrow - followed by some open fields and then a long stretch through dense strength sapping heather. This section is virtually an uninterrupted climb of over one thousand feet and calls for the expenditure of valuable reserves early in the race and as the runners came through the check point they were well broken up. The three leaders had already after approximately one and a half miles established a substantial lead with Deon McNeilly, Neil Carty and Brian Ervine in that order.

Stages two and three are a mixture of heather, bog and a short stretch of mountain road bringing the runners to the first officially manned check point at Clermont Cairn by which time they will have climbed about one thousand seven hundred feet with some relatively steep descents. McNeilly maintained his by now commanding lead through Clermont Cairn and in to the really fast section across the Cooley Mountains - a series of featureless interlocking hills containing much very runnable terrain as well as some heather and wet bog - which takes the runners to the fourth check point at Carnamaddy Cairn. The Newcastle man McNeilly still maintained his lead as the race changed direction from a generally southerly bearing to an almost due East bearing and downhill to the fifth checkpoint on the road at 'The Windy Gap' and the third manned check point. At this stage the runners have completed almost two thirds of the race but in many peoples opinion the race really starts at this point. After an initial extremely hard climb taking runners around the 'The Foxes Rock' and the 'Ravens Rock' the runners will have begun to appreciate the navigational complexities involved (indeed this was territory selected for the Irish Orienteering Championships a couple of years ago) and then they have the final obstacle of Slieve Foye to overcome. 'Slieve Foye' is one of the most interesting mountains in Ireland with a main feature of almost two miles of spectacular ridge and a descent from

the summit check point that has all the characteristics of an one thousand eight hundred foot free fall!

It was this penultimate stage that things went wrong for race leader Deon McNeilly running for the first time in the event he stayed too low in his approach to the summit and was then faced with a killer climb. Both Ervine and Carty both more familiar with the terrain made big in roads in to McNeilly's lead and came through the final check point well clear with David McGuinness also coming in to the picture. Ervine made a breathtaking descent from the summit of Slieve Foye in to Carlingford improving on his previous best time of twelve minutes from top to bottom set the year he broke the record! Neil Carty came home second in a personal best time, and David McGuinness took third and Deon McNeilly finally in fourth. In fifth was Newcastle's Damian Brannigan, and sixth was the amazing Jim Patterson just months away from his fiftieth birthday in a time of one hour, fifty two minutes and eighteen seconds, to win the over forty fives race.

The race was organised by Armagh Athletic Club who turned out in strength to man check points, carry gallons of water across mountains (there is no water in these mountains and in the conditions on Sunday the drinks service at most check points was much appreciated), organised tea and sandwiches at the finish, ferry runners back to the start. Congratulations to all concerned, Paul and Maria Vernon, David Mulvey, Jim Finnegan, Micky Quinn, Brenda Kerr, Dermot and Angela Kerr, Brian Valley (race organiser) and particularly John Vernon who single handedly manned Slieve Foye and carried a heavy rucksack full of two litre water bottles to the summit. A final word of appreciation to Jim Finnegan and Gerard Hughes who spent over three hours combing Slieve Foye for a missing runner, who thankfully eventually checked in at the finish.

1. B. Ervine	B'drain	1.36.50
2. N. Carty	N.Belf	1.39.51
3. D. McGuinness	B'drain	1.44.09
4. D. McNeilly	N'castle	1.47.25
5. D. Brannigan	N'castle	1.47.30
6. J. Patterson O/45	A'ville	1.52.18
7. J. Browne	BARF	1.54.30
8. P. Howie O/40	Larne	1.56.57
9. J. Sloan O/50	ACKC	1.58.03
9. I. Gourley	BARF	1.58.03

VETERANS O/40

1. P. Howie	Larne	1.56.57
2. M. Barton	ACKC	2.05.23
3. J. McBride	BARF	2.20.34

VETERANS O/45

1. J. Patterson	A'ville	1.52.18
2. F. Hammond	ACKC	2.03.49
3. P. Cornwell	Salf	2.08.52

VETERANS O/50

1. J. Sloan	ACKC	1.58.03
2. B. McKee	Larne	2.08.34
3. R. Ferry	Mid Uls	2.22.34

LADIES

1. P. Sloan	Salf	2.02.30
2. V. O'Connell	N'castle	2.22.22
3. S. Pruzina	BARF	2.46.21
4. N. McCullough	BARF	2.48.21
5. J. McClughan	BARF	2.52.21

LADIES

1. A. Brand-Barker	Kesw	1.25.26
2. J. Jones O/35	Kesw	1.28.49
3. L. Osborne	Kesw	1.31.07
4. K. Beatty O/35	CFR	1.31.21
5. J. Shotter	P&B	1.31.27

COITY RACE**Gwent****BS/5m/1000ft 19.6.96**

A lovely night for a run saw a near record of fifty turn out for this years race. Not a few had forgotten that we now alternate the direction and this year started from the sports centre. Lack of marshals resulted in a Le Mans like start, with the starter also trying to drive the lead car without stalling it. The race was all but over at the first climb when Paul Wheeler managed to find a quicker route up the Coity (perhaps he was fitter than the rest as well!). He held on to win by nearly two minutes. Good performances by John Darby in eighth to take the veterans by six minutes, and Sharon Woods, now a veteran, to take the ladies by one minute from Jackie Hughes.

The finish at the Whistle Inn, hosted the prizegiving and a few competitors were rather eager to borrow the entry fees back to get a pint while waiting. The HB and Ruddles were excellent.

1. P. Wheeler	37.03
2. A. Wood	38.41
3. T. Taylor	38.45
4. M. Duxbury	39.37
5. G. Jones	39.58
6. D. Varrez	40.05
7. J. Bass	41.07
8. J. Darby V	42.45
9. S. Lewis	42.46
10. I. Mennie	43.41

VETERANS O/40

1. J. Darby	42.45
2. A. Nixon	48.32
3. C. Symes	49.55
4. B. Daughy	49.56
5. D. Gilbert	51.57

VETERANS O/50

1. E. Meredith	48.37
2. A. Morgan	49.43
3. C. Jones	51.25

FIRST VETERAN O/60

1. J. Battersby	55.55
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LADIES

1. S. Woods O/35	47.18
2. J. Huybs	48.22
3. S. Ashton O/35	49.25
4. C. Ashton O/35	50.04
5. M. Darby O/35	54.05

COCK HOWE UP AND DOWN**AS/3m/800ft 19.6.96**

1. D. Gamble	Mand	17.55
2. B. Roberts	Mand	18.26
3. A. Kilding	Mand	19.01
4. P. Wragg	T&S	19.13
5. J. Blackett	Mand	19.17
6. A. Marshall	Unatt	19.26
7. G. Bastow	Swale	19.37
8. M. Garratt	Mand	19.42
9. M. Webb	Mand	19.43
10. M. Garratt V	Mand	19.52

VETERANS O/40

1. M. Garratt	Mand	19.52
2. S. Smith	Ripon	20.40
3. R. Pollard	Mand	20.44
4. G. Dixon	Mand	22.05
5. K. Walker	Y.P.St	22.18

VETERANS O/50

1. J. Kettle	NewMske	21.56
2. R. Stevenson	Mand	22.47
3. N. Dyson	Mand	22.56
4. A. Cameron	FRA	23.19
5. M. Davison	M'boro	23.48

VETERAN O/60

1. R. Bainbridge	Mand	25.38
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LADIES

1. S. Jackson	M'boro	23.01
2. H. Seafie	M'boro	23.12
3. A. Lenderyou	Darl	24.06
4. G. Hale	Mand	25.21
5. S. Jemson	NewMske	26.31
6. J. Towse	Plax	27.16
7. M. Kempson	Unatt	29.24
8. J. Sexton	NewMske	30.16



Adam Ward (Carnethy) 2nd at Ben Sheann, pictured in Braveheart Blueface at Snowdon
Photo: Andy Brown

HOLCOMBE TOWER FELL RACE**Lancashire****BS/3.5m/850ft 19.6.96**

In ideal conditions the race was an ideal test for the recuperation of Dave Lewis. In what is his backyard, the race attracted one hundred and fifty runners including a record number of women - thirty in total. The only real opposition to Dave Lewis was provided by his team mate Merve Keys, and Horwich's Reenard Hope who finished second and third respectively.

The Ladies Race provided another exceptional run from Jessica Turnbull (ninth overall), who could mount a serious challenge if she does more fell races.

K Smith

1. D. Lewis	Ross	19.42
2. M. Keys	Ross	19.52
3. R. Hope	Horw	20.13
4. D. Flately	Horw	21.03
5. M. Corby	Ross	21.18
6. T. Hesketh V	Horw	21.30
7. T. Howarth	Mid'ton	21.36
8. S. Sweeny	Clay	21.47
9. S. Burtham	Warr	21.52
10. C. Bottomley	Kly	22.01

VETERANS O/40

1. J. Birchenough	Unatt	22.56
2. D. Archer	Bury	23.19
3. M. Moran	Roch	23.43
4. B. Hobbs	Gloss	24.29
5. B. Smith	Ross	25.45

VETERANS O/45

1. T. Hesketh	Horw	21.30
2. A. Steele	Rad	23.50
3. J. Dore	Roch	23.56
4. G. Thompson	Clay	25.30
5. D. Frain	Roch	26.42

VETERANS O/50

1. P. Lyons	Ross	22.07
2. E. Duffy	Ross	23.32
3. P. Jepson	Ross	25.22
4. R. Brown	B'pool	26.24
5. A. Healey	Bury	26.43

VETERANS O/55

1. T. West	Rad	27.13
2. S. Sykes	Salf	27.46
3. W. Wood	Salf	29.58

VETERANS O/60

1. J. Dearden	Hels	27.00
2. I. Turnbull	Bury	28.32
3. D. Dunkey	Salf	31.48

VETERAN O/65

1. A. Robinson	Horw	29.50
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LADIES

1. J. Turnbull	Bury	22.32
2. V. Hamlet	Ross	25.16

3. J. Burthem	Warr	25.20
4. D. McLaughlin	Horw	27.16
5. L. Bostock O/40	Clay	27.20
6. D. Fleming O/40	Ross	27.34
7. J. Keys	Ross	27.45
8. C. Wright O/35	Horw	28.15

RIBER RUN**Derbyshire****BS/5m/1000ft 19.6.96**

A record number of sixty five runners left Leagreen Education Centre in the village of Lea, near Matlock to cover the Riber Run course. Weather conditions were ideal and a new record time was set by Paul Gebbett, despite carrying an achilles strain. Stuart Oglethrope was second, followed by Micah Wilson.

First veteran home, in sixth place overall, was Simon Brister (Matlock), and first place lady, Philippa Leach (Sutton-in-Ashfield) was home in twenty sixth place overall, in a new record time of thirty eight minutes and twelve seconds.

The runners included thirty four veterans and six ladies. The oldest runner, Gordon Campbell (sixty nine) of Matlock AC arrived back in last place in a creditable fifty seven minutes and forty five seconds.

The St. John ambulance personnel on duty had no injuries to deal with, and the event was considered a great success.

Michael Overend

1. P. Gebbett	Notts AC	30.35
2. S. Oglethrope	DkPk	31.59
3. M. Wilson	DkPk	32.30
4. E. Tressider	Matl	33.02
5. J. Chambers	N.Derby	33.05
6. S. Brister V	Matl	33.16
7. J. Yarell V	NOC	33.58
8. N. Bassett		34.20
9. D. Keighley	Stilton	35.25
10. R. Martin	S-in-A	35.43

LADIES

1. P. Leach		38.12
2. A. Higgins O/35	Matl	42.30
3. J. Hartog	WtePk	44.05
4. S. Mead	Matl	45.39
5. V. Johnson	DVO	46.08
6. D. Worthy O/35		46.16
7. L. Wilson	Matl	48.06
8. A. Armistead V	Matl	49.44

SOUTH STAINMORE SPORTS**FELL RACE****Cumbria****BS/5m/656ft 20.6.96**

On a bright but cold day the thirty four runners took to the fells on the fifth running of the South Stainmore Fell Race. The record holders for both male and female events soon took their rankings within this small field of runners. The three ladies in the race soon split from each other, and Alison Lenderyou soon took control of her race, and won it in a record time, breaking her best previous record of '95 by one minute and eleven seconds.

Paul Atkinson, last years winner and record holder (twenty nine minutes and twelve seconds), had a more difficult task, being pursued by David Gamble. A first time runner to South Stainmore, John only breaking into a slender lead on the last few hundred metres, just failing to set and break his course record by two seconds.

David P

1. J. Atkinson	Amble	29.14
2. D. Gamble	Mand	30.35
3. B. Robert	Mand	31.16
4. P. Brittleton	Howg	31.55
5. A. Sheddon	Howg	31.57
6. J. Blackett	Mand	32.00
7. P. Kelly	Darl	32.11
8. P. Taggart	Clay	33.39
9. A. Jamison	Darl	34.00
10. M. Pedley	PkRun	34.22

VETERANS O/40

1. K. Flint	Tees	36.14
2. M. Boardman	Stock	37.55
3. J. O'Donnell	Darl	39.52
4. I. Tod	Unatt	41.32

VETERANS O/45

1. K. Wilson	Mand	35.38
2. I. Sheddon	Howg	40.31
3. M. Murray	B/Steel	55.01

VETERANS O/50

1. K. Bowron	Tees	39.05
2. N. Dyson	Mand	40.36
3. R. Kelly	B/Steel	46.43

LADIES

1. A. Lenderyou	Darl	38.39
2. T. Taggett	Clay	47.00
3. L. Unsworth V	Kend	48.17

TOTLEY MOOR Derbyshire BS/5m/800ft 20.6.96

A smaller field than last years record, but everyone enjoyed a fine evening and a good pint afterwards. Steve Bell of Watford in fine form this year was first home and Philippa Leach, a newcomer, this year winning the ladies race.

Rob M

1. S. Bell	Waf	34.19
2. S. Martland	Sheff	34.41
3. K. Davis O/40	P'stone	35.04
4. S. Francis	Lei'Cor'	35.15
5. R. Pearson O/40	Hallam	36.26
6. C. Ellis O/45	Totley	36.45
7. D. Crossland O/40	SCS	37.01
8. R. Hutton	DkPk	37.09
9. D. Smith O/40	Barns	37.26
10. M. Stock	Shep	37.41

VETERANS O/40

1. K. Davis	P'stone	35.04
2. R. Pearson	Hallam	36.26
3. D. Crossland	StlCty	37.01
4. D. Smith	Barns	37.26
5. P. Whitehead	Shep	38.10

VETERANS O/45

1. C. Ellis	Totley	36.45
2. G. Band	DkPk	39.10
3. A. Ashforth	Hallam	39.15
4. R. Innes	P'stone	39.32
5. C. Bradshaw	Totley	39.42

VETERANS O/50

1. J. Clarke	Hallam	40.02
2. A. Yates	DkPk	41.17
3. C. Radcliffe	Unatt	42.02
4. R. Pasley	DkPk	45.36
5. K. Cartmell	Totley	46.53

VETERANS O/55

1. R. Mason	Totley	44.51
2. B. Sprakes	DkPk	44.58
3. B. Edwards	Totley	48.38

VETERAN O/60

1. B. Howitt	Matl	44.02
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LADIES

1. P. Leach	S-in-A	40.17
2. J. Jennings O/35	Roth	41.13
3. K. Dalton	DkPk	42.44
4. C. Dawson	DkPk	43.05
5. J. Smith O/40	DkPk	43.16
6. L. Bland	DkPk	47.43
7. J. Wilson	Hallam	48.16
8. M. Hobson O/40	Stl Cty	49.13

VETERAN O/60

1. B. Howitt	Matl	44.02
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LADIES

1. P. Leach	S-in-A	40.17
2. J. Jennings O/35	Roth	41.13
3. K. Dalton	DkPk	42.44
4. C. Dawson	DkPk	43.05
5. J. Smith O/40	DkPk	43.16
6. L. Bland	DkPk	47.43
7. J. Wilson	Hallam	48.16
8. M. Hobson O/40	Stl Cty	49.13

JUNIORS

1. L. Banton	Clowne	38.11
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JAMES BLAKELEY FELL RACE West Yorkshire BS/3m/500ft 22.6.96

The race took place in dry and bright weather. There was a light breeze and an air temperature of around sixty degrees fahrenheit.

There was an increase in the number of entries on 1995, with thirty seven as opposed to twenty nine. Rather pleasing in view of the clash with the televised football!

Three runners were disqualified for missing out a loop of the course after clear instructions from a marshal. Two further runners did not register and were also disqualified.

1. R. Jackson	Horw	16.35
2. K. Davis	P'stone	17.08
3. P. Deaville	Gloss	17.15
4. M. Egner	Denby	17.46
5. A. Shaw	Holm	17.59
6. P. Grimes	Hudds	18.23
7. S. Asquith	Holm	18.37
8. C. Beadle	Holm	18.44
9. I. Smethhurst	HolmeV	19.17
10. R. Asquith	Holm	19.17

VETERANS O/40

1. K. Davis	P'stone	17.08
2. P. Grimes	Hudds	18.23
3. P. Baddeley	Stock	20.42

4. J. Philpott	Holm	20.50
5. M. fambrill	Croy	21.07

VETERANS O/50

1. P. Henegan	Unatt	20.27
2. R. Asquith	Holm	21.15
3. A. Healey	Bury	22.38
4. S. Wilson	Salf	26.21
5. P. Andrews	Denby	26.45

LADIES

1. S. Billam	H'fax	24.39
2. B. Cole	Croy	26.16
3. M. Spooner	Salf	34.30

FIRST INTERMEDIATE U/20

1. R. Asquith		19.17
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FIRST JUNIOR U/16

1. S. Asquith		18.37
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EILDON TWO HILLS RACE Scottish Borders AS/4.5m/1500ft 22.6.96

Dry, warm day with a field of one hundred and twenty nine race starters at three o'clock from Greenyards with a slight wind which helped cool the athletes. Conditions underfoot were dry and firm. An excellent race which John Brooks led from start to finish. Good close race as first seven were all within sight and striking distance of each other at finish.

A good entry of women, juniors and locals. An excellent day made for the athletes by the superb facilities at the Greenyards home of Melrose RFC to whom we are as always very grateful.

W M S Thom

1. J. Brooks	Loch	27.03
2. D. McGonigle	Shett	27.22
3. M. Rigby	W'lands	27.33
4. J. Wilkinson	Shett	27.38
5. J. Hepburn	Loch	27.40
6. G. Bartlett	Loch	27.44
7. A. Ward	Carn	27.56
8. J. Coyle	Carn	28.47
9. N. Martin	Lomond	28.57
10. J. Thin	Carn	29.03
11. D. Cummins	Shett	29.14
12. J. Robertson O/40	Cambuslang	29.20
13. N. Raitt	Dundee	29.24
14. H. Lorimer	HBT	29.33
15. J. Tullie	Teviot	29.39
16. E. Mackay	Ochil	29.44
17. D. Un Bell O/40	HELP	29.56
18. D. Armitage O/40	CHB	30.22
19. A. Daven Hill		30.39
20. B. Brooks U/18	Loch	30.46
21. J. Blackett	Mand	30.47
22. M. Patterson	Shett	30.54
23. B. Conner	Carn	31.00
24. R. Wilby O/50	HHR	31.13
25. J. Dickinson		31.15
26. R. Ramsdale O/40	Carn	31.25
27. M. Johnston	Carn	31.27
28. B. Waldie O/50	Carn	31.39
29. V. Macpherson	Fife	31.57
30. J. Blairfish O/40	Carn	31.57

LADIES

1. S. Armitage	CHB	32.46
2. T. Brindam	CHB	34.55
3. J. Shott	P&B	36.13
4. A. Nimmo	Carn	37.32
5. D. McDonald	HBT	38.17
6. I. Knox	EWM	38.38
7. C. Lorimer	CHB	38.48
8. V. Dempsey	L'stone	39.09

JUNIORS

1. B. Brooks	Loch	30.46
2. S. Atkinson	Loch	32.37
3. J. Seeley	Fife	32.54

THE CHEVY CHASE Northumberland BL/20m/4000ft 22.6.96

In my eleven years with the Chevy Chase, perfect weather and ground conditions are confined to fell running dreams. Exceptions to the rule occur, as the day that dawned June 22nd proved. A good field of one hundred and twenty nine runners started along the demanding twenty mile journey amongst the Cheviot Hills. Hedgehope Hill is half way to this point up to twenty Chevy Chasers were in contention, hoping to cross the line first. The sheer toughness of inclines and declines began to take its toll and three battled on pulling away gradually. Keith Wood valiantly tried to retain his victory of 1995, but it was not to be as sixteen seconds separated his second place with Alan Atkinson of Guildford in first. Garry Owen pushed them to the last.

Ruth Fletcher has endured recent fitness setbacks but the struggle to recapture lost speed and stamina returned as she finished first lady and thirty second overall. Peter Braney ages with perfection, he in sixty second position, retained the over sixty veteran cup. Saltwell Harriers took the team cup to their HQ south of the Tyne for another year. Gordon Reavely a fell running workhorse showed thoroughbred style to shatter his previous best by forty nine minutes to reach the everflowing teapot in thirty seventh place. Many regular Chevy Chasers completed in improve times in an incident free run, only four retired. The forty first Chevy Chase was fell running at its best - as a sport it is free from commercial hype and high technological jargon: free from these burdens it displays the fundamentals of sport, pure physical prowess and great fellowship. Well done to all participants.

C Heslop

1. A. Atkinson	P.P.	2.50.37
2. K. Wood	Salt	2.50.53
3. G. Owen		2.51.15
4. G. Perratt	P.P.	2.54.06
5. R. Sharp	C'mont	2.57.26
6. I. Sands		2.57.37
7. F. Clarke	Salt	2.50.49
8. F. Smith	Salt	3.00.11
9. D. Armstrong	Tyne	3.01.07
10. J. Humble	Tyne	3.01.44

VETERANS O/40

1. F. Clarke	Salt	2.58.49
2. J. Humble	Tyne	3.01.44
3. L. Turnbull	Carn	3.09.05

VETERANS O/50

1. R. Hayes	Morp	3.27.57
2. R. Mitchell	Teviot	3.32.59
3. J. Wilson	S'land	3.44.31

VETERANS O/60

1. P. Braney	Bill'ham	3.57.12
2. N. Dodd		5.24.42

LADIES

1. R. Fletcher O/40	Tyne	3.28.25
2. H. Dickinson O/40	Tyne	3.56.52
3. J. Anderson		4.08.44
4. G. Lawrence		4.12.17
5. B. Young	C'mont	4.19.27

DURISDEER RACE Dumfriesshire AM/10m/3600ft 23.6.96

After two snowstorms and a heatwave, for the first time we had pleasant weather for the Durisdeer. At last the small discriminating Durisdeer field was able to relax and really enjoy the thousand feet of vertical grass down into the Dalveen Pass, the multiple stream leaps in the ravine leading to the second road crossing, and possibility of five minute miles down the final gently descending grass track.

Four runners came inside the previous record, and his own super veteran record was torn to bits, jumped on and eaten for tea by Brian Waldie (fully seventeen minutes off, and within sixty two seconds off the veteran record to boot). Of twenty one runners returning to the race, only three didn't achieve a PB.

Durisdeer although appearing briefly in Satanic Verses is little celebrated elsewhere; but is one of Dumfriesshire's prettiest villages, one of Scotland's most entertaining races, and has a first rate tea afterwards.

Ronald Turnbull

1. N. Martin	Lomond	24.19
2. A. Ward	Carn	24.22
3. A. Anderson	Solway	24.29
4. J. Coyle	Carn	23.18
5. B. Waldie V	26.12	
6. T. Ireland	Annand	26.05
7. D. Cummins	Shett	26.40
8. J. Stevenson	Irvine	26.22
9. D. McLean	Lomond	27.40
10. M. Johnston	Carn	28.29

VETERANS O/40

1. D. Milligan	Solway	26.42
2. D. Duncan	Ochil	29.03
3. J. Buchanan	Annand	28.40
4. P. Wilson	Arran	29.10
5. B. Hughes	Ochil	33.50

VETERANS O/50

1. B. Waldie	Carn	26.12
2. D. Adams	Ham'ton	31.24
3. A. Anderson	Solway	30.40
4. N. Rose	Carn	31.53
5. C. Pritchard	Carn	31.43

LADIES

1. J. Cairns	W'lands	31.37
2. J. Smith	P'cuik	32.49
3. H. Eayres	P'cuik	33.26
4. H. Spenceley	Carn	34.42

Clean Sweep for France's New Broom

EUROPEAN MOUNTAIN TROPHY

13th July, 1996: Mount Snowdon, N. Wales

— Report by Gareth Webb

As thick mists and intermittent drizzle engulfed much of the beauty and splendour of a windswept Snowdon, the highest mountain in Wales, French road worker Jamie Dejesus-Mendes paved the way for a comprehensive team victory by coming from literally nowhere to lift the European title at his first attempt with his compatriot Isabelle Guillot doing likewise in the women's race.

With no mountain running pedigree to speak of and in what he claims was his first race of any description for nearly two years (he also finished 40th in the World Trophy in Germany in 1994), 64.30 half marathon runner Mendes astonished onlookers by taking the race by the scruff of the neck in the early stages to leave a quality international field in complete disarray.

Not only was the Frenchman an expert climber - best illustrated by the 300m lead he managed to open by Clogwyn at the three-quarters mark - he was also a demon descender as there was very little anyone could do to claw back his advantage on the perilous route back to Padarn Park.

By the summit (halfway) the 33 year-old Frenchman held a healthy 18 second lead over team-mate Thierry Brevil with Slovakia's Roberto Petro well off the pace (41.42) in third. At this stage the leading Brits were Robin Bryson (10th in 42.50), Mark Kinch (12th, 43.10), Billy Burns (14th, 43.22), Craig Roberts (17th, 43.40) and John Brooks (18th, 43.45).

At Halfway House reigning World champion Lucio Fregona came into the reckoning for the first time as he edged into third ahead of the fading Petro. But whilst many were wondering whether Mendes had blown his chances on the lung-bursting climb, the Frenchman wasn't to be beaten as he maintained his lead on the descent to storm home and cross the line arms raised an exhausted but delighted man.

"The course was very difficult and it was a very hard race," he told me through his team manager/interpreter. "The wind was very tough and my feet were burning badly on the descent also. This is my proudest moment ever without a doubt."

Last year's Snowdon winner March Kinch - who could never quite bridge the gap between the first and second group throughout the race - was the first Briton home and declared himself very happy with sixth place "especially against a field such as this". Kinch can credit his fine position with a swift descent, the fifth best of the day behind Fregona's stunning 21.11 (for five miles remember!) Craig Roberts was also pleased with 8th which improved substantially on his 21st place from last year as England took bronze behind Italy.

In-form Robin Bryson, who holds the record for the ascent (39.47, 1985) wasn't able to make an impression on Mendes on the climb and did well to make up one place on the descent to finish 11th. One of the pre-race favourites, 1993 race winner Ian Holmes, had an "off-day" by his own high standards to finish 15th sandwiched between Scotland's John Brookes - who he beat into second place at Ben Nevis last September - and English trials winner Billy Burns, who had a superb debut ("a great learning experience") to finish 16th.

The French lessons continued in the women's race as last year's silver medallist Isabelle Guillot forced the pace throughout to lead France to the team silver to emulate their outstanding achievement in last year's inaugural race.

Guillot's lead at Clogwyn (the turn-round point) was 24 sec over team-mate Evelyne Mura (35.31 to 35.55) with Maria Grazia Roberti of Italy in third on 36.45. Her descent was by no means the quickest (17.38 compared to Italian Mirella Cabodi's 15.34), but with victory in the bag, times were of little relevance.

The 34-year-old school teacher said: "It was very difficult, especially coming down and also on the road at the end as my feet were hurting. There was a party of Italian supporters and coaches shouting at the roadside and I was determined that the Italian (Maria Grazia Roberti) wasn't going to pass me. It was tough, but I'm very happy," she added laughing.

World bronze medallist Nives Curti (Italy) once again finished third half a minute clear of the first Briton home, Sarah Rowell who just finished out of the medals in fourth after being in 8th place (in 38.32) at the summit. Trials winner Lucy Wright had a marvellous run in 11th to secure team bronze for England, just edging out Wales' Menna Angharad in the closing stages as Sonia Armitage finished first Scot home in 13th.

Rowell, who clocked the second fastest descent (16.04), said: "I had to give it a go. The pace was fast in the early stages, but I knew if I didn't go with it I would have no chance of doing well. I could see the Italian ahead of me, although I wasn't sure whether I was second or third at the time. I gave it all I had, it just didn't happen."

It wasn't just the magnificent mountain scenery that was to be admired and applauded at the end of what proved to be a very long but memorable day, but also the sterling efforts of race organiser Ken Jones (returning to health after a recent operation) and his dedicated

team who did a fantastic job. Prior to Edinburgh last September Britain hadn't staged a mountain-running event of such importance since Keswick hosted the World Cup in 1988. Let's hope we don't have to wait as long before the next one!

MEN (10m, 3300ft)

1. J. Dejesus	FRA	63.10
2. T. Brevil	FRA	63.32
3. L. Fregona	ITA	64.00
4. D. Bosio	ITA	64.53
5. P. Sirieux	FRA	65.07
6. M. Kinch	ENG	65.32
7. R. Petro	SLOVAK	65.34
8. C. Roberts	ENG	65.56
9. J. Plechinger	AUT	66.08
10. M. Matanin	SLOVAK	66.22
11. R. Bryson	IRE	66.33
12. G. Caneva	ITA	66.58
13. M. Galliano	ITA	67.04
14. J. Brooks	SCO	67.09
15. I. Holmes	ENG	67.36
16. B. Burns	ENG	67.39
17. A. Chlanguine	RUS	67.40
18. I. Oussatchev	RUS	67.41
19. B. Novak	SLOVEN	67.53
20. D. McGonigle	SCO	68.06
21. A. Rever	UKR	68.22
22. S. Forster	WAL	68.38
23. J. Lenihan	IRE	68.57
24. P. Wheeler	WAL	69.12
25. L. Kovacic	SLOVAK	69.20
26. D. Chauvillier	FRA	69.29
27. M. Rigby	SCO	69.34
28. N. Wilkinson	SCO	69.47
29. R. Hojak	SLOVEN	70.11
30. R. Reitberger	AUT	70.15
31. S. Racz	SLOVAK	70.54
32. F. Cosgrove	IRE	71.07
33. C. Schranz	AUT	71.11
34. A. Redl	AUT	71.27
35. M. McDonald	IRE	71.36
36. I. Mernik	SLOVEN	71.50
37. A. McGuine	N. IRE	72.12
38. V. Lust	NETH	72.33
39. I. Urh	SLOVEN	72.37
40. J. Korevaar	NETH	72.49
41. P. Mawhirt	N. IRE	72.56
42. G. Rees Williams	WAL	73.25
43. J. Herpers	NETH	73.55
44. T. Davies	WAL	73.59
45. N. Carty	N. IRE	74.00
46. B. Verstege	NETH	74.23
47. D. Brannigan	N. IRE	

TEAM (3 t count)

1. France	8
2. Italy	19
3. England	29

WOMEN (7.5m, 2300ft)

1. I. Guillot	FRA	53.09
2. M. Grazia Roberti	ITA	53.22
3. N. Curti	ITA	53.59
4. S. Rowell	ENG	54.36
5. M. Cabodi	ITA	54.54
6. E. Mura	FRA	55.02
7. T. Perepelkina	RUS	55.38
8. T. Hizar	SLOVEN	56.06
9. I. Hizar	SLOVEN	56.33
10. M. Javerzac-Payet	FRA	56.56
11. L. Wright	ENG	57.10
12. M. Angharad	WAL	57.16
13. S. Armitage	SCO	57.18
14. J. Magauer	AUT	58.28
15. T. Sloan	N. IRE	58.52
16. A. Mudge	SCO	58.58
17. A. Priestley	ENG	59.01
18. M. van de Linde	NETH	59.52
19. O. Grm	SLOVEN	60.02
20. K. Dohr	AUT	60.49
21. T. Brindley	SCO	61.03
22. V. Ruyters	NETH	61.21
23. M. Haider	AUT	61.39
24. B. McCluskey	IRE	61.47
25. L. McGinley	IRE	62.15
26. L. Valent	NETH	62.27
27. U. Creagh	IRE	62.43
28. A. Romero	ESP	63.32
29. J. Lloyd	WAL	64.53
30. S. Woods	WAL	66.05
31. V. O'Connell	N. IRE	71.04

TEAM (2 to count)

1. Italy	5
2. France	7
3. England	15



Runners on the early part of the climb to Snowdon Summit with Llanberis behind. Photo: Peter Hartley
Runners: 478 - Malcolm Jones (Hebog) 527 - Dewi Sinclair (Eryri) 477 - Philip Jones (Prestatyn) 118 - Michael Gallanagh (Stourbridge Harriers)

MOUNTAIN RUNNING WORLD TROPHY 1996 - RESULTS

MEN

1. A. Molinari	ITA	56.21
2. S. Bernardini	ITA	58.42
3. H. Schmuck	AUS	59.25
4. P. Schatz	AUS	59.57
5. A. Strong	NZ	59.28
6. L. Fregona	ITA	59.33
7. J.P. Payet	FRA	59.36
8. L. Raim	CZECH	59.42
9. A. Peace	ENG	59.45
10. T. Murray	SCO	1.00.14
17. R. Quinn	SCO	1.01.26
24. R. Bryson	IRE	1.02.03
26. M. Roscoe	ENG	1.02.10
39. B. Burns	ENG	1.03.33
49. I. Holmes	ENG	1.04.34
53. D. McGonigle	SCO	1.05.06
54. P. Wheeler	WAL	1.05.12
56. M. Kinch	ENG	1.05.29
59. C. Donnelly	SCO	1.05.48
62. D. Weir	SCO	1.05.59
73. M. Moorehouse	ENG	1.07.27
74. P. Dymoke	SCO	1.07.27
76. F. Cosgrave	IRE	1.07.30
80. B. Ervine	N.IRE	1.08.18
85. M. McDonald	IRE	1.08.59
87. S. Forster	WAL	1.09.21
89. G. Heffernan	IRE	1.09.24
94. B. Lawlor	IRE	1.10.04
95. N. Carty	N.IRE	1.10.26
100. W. Guiney	IRE	1.11.05
103. M. Jennings	WAL	1.11.27
105. J. McQueen	WAL	1.11.44
106. P. Mawhrit	N.IRE	1.11.55
109. R. Rodgers	N.IRE	1.12.24
119. J. Patterson	N.IRE	1.14.37
122. G. Jones	WAL	1.16.29
127. D. Brannigan	N.IRE	1.20.43

MENS TEAM

1. ITALY	
Molinari 1 - Bernardini 2	
Fregona 6 - Galliano 15	24 pts
2. AUSTRIA	
Schmuck 3 - Schatz 4	
Kröll 22 - Plechinger 28	57 pts
3. FRANCE	
Payet 7 - De Jesus Mendes 12	
Icart 14 - Chauvelier 32	65 pts
5. ENGLAND	
Peace 9 - Roscoe 26	
Burns 29 - Holmes 49	123 pts
8. SCOTLAND	
Murray 10 - Quinn 17	
McGonigle 53 - Donnelly 59	139 pts
15. IRELAND	
Bryson 24 - Cosgrave 76	
McDonald 85 - Heffernan 89	274 Pts
18. WALES	
Wheeler 54 - Forster 87	
Jennings 103 - McQueen 105	349 pts
19. NORTHERN IRELAND	
Ervine 80 - Carty 95	
Mawhrit 106 - Rodgers 109	390 pts

WOMEN

1. G. Pflüger	AUS	40.56
2. I. Guillott	FRA	41.09
3. C. Lallemand	BELG	41.18
4. I. Zatorska	POL	41.39
5. F. Gaviglio	ITA	41.52
6. H. Heasman	ENG	42.21
7. R. Rota-Gelpi	ITA	42.38
8. M. Payet-Javerzac	FRA	42.53
9. E. Mura	FRA	43.22
10. A. Hulley	ENG	43.37
13. A. Buckley	ENG	44.31
19. M. Angharad	WAL	45.47
23. J. Dunstan	ENG	46.09
33. J. Bruce	IRE	46.55
34. A. Mudge	SCO	47.29
35. T. Sloan	N.IRE	47.39
36. A. Nixon	WAL	47.42
37. S. Armitage	SCO	47.51
41. A. Brand-Barker	WAL	48.16
42. A. Collins	IRE	48.24
48. P. Rother	SCO	49.45
54. A. Hughes	SCO	51.00

56. U. Creagh	IRE	51.18
57. C. O'Rourke	IRE	51.31
59. A. Bedwell	WAL	51.44
69. V. O'Connell	N.IRE	1.00.01
72. M. Havern	N.IRE	1.01.36

WOMEN'S TEAM

1. FRANCE	
Guillot 2 - Payet-Javerzac 8 - Mura 9	19 pts
2. ITALY	
Gaviglio 5 - Rota-Gelpi 7 - Roberti 11	23 pts
3. ENGLAND	
Heasman 6 - Hulley 10 - Buckley 13	29 pts
9. WALES	
Angharad 19 - Nixon 36 - Brand Barker 41	95 pts
13. SCOTLAND	
Mudge 34 - Armitage 37 - Rother 48	119 pts
16. IRELAND	
Bruce 33 - Collins 42 - Creagh 56	131 pts
18. NORTHERN IRELAND	
Sloan 35 - O'Connell 69 - Havern 72	176 pts

JUNIOR MEN

1. M. De Gasperi	ITA	37.31
2. A. Mosca	ITA	38.27
3. J. Van de Meerse	BELG	38.47
4. L. Eberle	SWITZ	38.52
5. M. Bialek	SLOVAK	38.54
6. P. Losman	CZECH	38.59
7. T. Davies	WAL	39.17
8. E. Manzi	ITA	39.27
9. M. Desch	AUS	39.40
10. K. Lynch	IRE	39.42
11. P. Hickey	IRE	39.51
12. A. Davies	WAL	39.56
16. A. Vaughan	WAL	40.31
22. A. Crosland	ENG	41.05
28. M. Collins	WAL	42.39
29. R. Thompson	ENG	42.40
31. A. Turner	ENG	42.43
32. B. Brooks	SCO	42.45
41. M. Doyle	IRE	43.23
42. D. Galvin	N.IRE	43.34
44. A. Anthony	SCO	43.36
45. L. Gibson	ENG	43.44
47. S. McArthur	SCO	43.46
54. D. Greig	SCO	45.00
55. R. Graham	N.IRE	45.17
57. A. Lawlor	IRE	46.10
61. A. Neill	N.IRE	48.45



Scottish Ladies: Sonia Armitage chased by Angela Mudge
Photo: Andy Brown

JUNIOR MEN'S TEAM

1. ITALY	
De Gasperi 1 - Mosca 2 - Manzi 8	11 pts
2. WALES	
Davies 7 - Davies 12 - Vaughan 16	35 pts
3. SWITZERLAND	
Eberle 4 - Hasler 15 - Hefti 19	38 pts
6. IRELAND	
Lynch 10 - Hickey 11 - Doyle 41	62 pts
10. ENGLAND	
Crosland 22 - Thompson 29 - Turner 31	82 pts
13. SCOTLAND	
Brooks 32 - Anthony 44 - McArthur 47	123 pts
15. NORTHERN IRELAND	
Galvin 42 - Graham 55 - Neill 61	158 pts



England Internationals: Llanberis
Photo: Peter Hartley



James Ward (Derby) on the run-in at Holme Moss Photo: Peter Hartley

HOLME MOSS FELL RACE

West Yorkshire

AL/16m/4000ft 23.6.96

On a beautiful day a record field of two hundred and thirty seven runners started the tenth annual Holme Moss race, in excellent conditions, and was the first of several new records set in this English Championship race. A great race was in prospect between Mark Kinch, winner of the championship for the past two years, and Ian Holmes, currently leading the championship - two men both very much in form. The pair ran together until around Holme Moss with two miles to go. Holmes got away to finish forty eight seconds clear of Kinch and just a tantalizing five seconds outside two hours, with Kinch also breaking the previous record of two hours, two minutes and thirty seven seconds set by Paul Sheard in 1994. Third place was taken by Mark Roberts and Dave Neil finished fourth and set a new record for veterans over forty. Tony Heskett set a new mark for veterans over forty five.

The Ladies race was won by Glynda Cook of Rochdale from Katherine Harvey (Altrincham), Glynda being only forty two seconds outside the veteran ladies best set by Cecilia Greasley in 1994.

1. I. Holmes	Bing	2.00.05
2. M. Kinch	Bing	2.00.53
3. M. Roberts	Borr	2.03.44
4. D. Neill V	Merc	2.04.23
5. P. Sheard	P&B	2.05.33
6. M. Amor	CFR	2.06.47
7. A. Trigg	Gloss	2.09.25
8. G. Bland	Borr	2.10.56
9. M. Keys	Ross	2.11.11
10. G. Oldfield	Bfd/Aire	2.12.09

VETERANS O/40

1. D. Neill	Merc	2.04.23
2. S. Jackson	Horw	2.14.03
3. S. Oldfield	Bfd/Aire	2.14.34
4. M. Egnar	Denby	2.15.04
5. G. Schofield	Horw	2.15.45

VETERANS O/45

1. T. Hesketh	Horw	2.18.51
2. B. Schofield	Tod	2.18.59
3. P. McWade	Clay	2.23.16
4. G. Regan	CFR	2.33.49
5. B. Waterhouse	Sadd	2.36.41

VETERANS O/50

1. A. Bland	Borr	2.32.37
2. P. Carr	Kly	2.33.22
3. K. Burgess	Alt	2.38.29
4. N. Holmes	WtePk	2.45.29
5. D. Gibson	Sadd	2.49.42

LADIES

1. G. Cook V	2.38.44	
2. K. Harvey V	Alt	2.41.52
3. L. Leavesley	Lds	2.50.57
4. J. Smith V	DkPk	2.54.34
5. S. Beconsell V	Tod	2.55.26
6. W. Dodds V	Clay	2.58.41
7. Y. Williams	Penn	2.50.25
8. K. Wood	Man	3.00.51



Mick Hill, 2nd at Airedale, leads Martin Pascoe and Rob Jack on Snowdon Photo: Dave Woodhead

AIREDALE PIKES

North Yorkshire

BS/5.5m/1000ft 25.6.96

An injury during the race put paid to Gary Damiani defending his winning position for the last two years. An in-form Greg Hull would have been hard to beat as he finished just half a minute down on the record. Greg had Mick Hill for company for most of the way but in the end won comfortably. Unlike last year the ladies race was easily won by Vanessa from last years champion Jean Rawlinson. Once again this race was generously sponsored by Bob Jackson of the Barnoldswick Outdoor Shop. Thank-you to all runners and helpers.

Alan Speak

1. G. Hull	LdsCty	35.18
2. M. Hill	P&B	35.47
3. M. Horrocks	CalderV	37.30
4. R. Rodgers	Horw	37.51
5. G. Damiani	Spn	37.56
6. M. Moore	Pud Pacers	38.32
7. B. Whalley	P&B	39.00
8. G. Moffat	Howg	39.13
9. R. Barrett	Skip	39.20
10. G. Appleyard V	Fellan	39.25

VETERANS O/40

1. G. Appleyard	Fellan	39.25
2. P. Butterworth	Clay	39.25
3. C. Lyon	Horw	40.12
4. P. Bramham	Craven	41.21
5. B. Rawlinson	Ross	41.52

VETERANS O/50

1. P. Reynard	Fellan	41.08
2. R. Jacques	Clay	43.05
3. J. Sykes	Fellan	45.11
4. J. Ely	Unatt	46.24
5. T. Targett	Clay	46.48

VETERANS O/60

1. G. Booth	L'wood	44.11
2. B. Leathley	Fellan	52.35

LADIES

1. V. Peacock	Clay	42.44
2. J. Rawlinson	Clay	45.55
3. B. McWade	Clay	48.43
4. J. Lee	Clay	50.17
5. J. Smith	Bing	50.44
6. A. Curle	Fellan	50.47
7. L. Warin	Skip	51.29
8. S. Swinson	Spn	55.49

BEACON BATCH FELL RACE

Avon

+BS/5m/1000ft 26.6.96

Who'd be a race organiser? You spend months considering the race route (although you subsequently leave it too late to change anything) and planning and publicising the event (well, you actually phone the pub two weeks in advance to let them know your are coming and send out some entry forms to local clubs at the last minute) and then what happens - England qualify for the semi-final of Euro '96 on the same evening as your race!

Irate calls to Wembley, insisting that as the race is booked in the FRA Calendar we have priority, fail to produce any postponement of the match, so I waited at registration wondering how many of last years sixty four runners would turn up, and expecting the worst. However thirty nine runners eventually decided that racing over the Mendip Hills on a glorious evening was more fun than watching TV, and a good evening was had by all (and we even got to see the penalty shoot-out afterwards!).

Martin Bird knocked more than three minutes off last years time to come home first, debutante Alison Hurford was first woman, and Wells City Harriers provided both winning men's and women's teams.

Andrew Millett

1. M. Bird	Nailsea	33.40
2. S. Masters	WCH	33.49
3. A. Taylor	Cty Bath	34.00
4. R. Griffiths	Cheddar	34.07
5. S. Lashley	Unatt	34.08
6. P. Chadwick	WCH	34.10
7. C. Kelsey	WCH	34.35
8. A. Kelly	GWR	35.12
9. P. Wright O/45	WCH	35.56
10. J. Burns	Cty Bath	36.18

VETERAN O/40

1. J. Rowe	Cheddar	36.34
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VETERAN O/50

1. B. Martin	MDC	36.50
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LADIES

1. A. Hurford O/35	Dulwich	40.56
2. L. Green O/50	Wyy	41.10
3. H. Rutter O/35	WCH	41.45
4. V. Ford O/35	GWR	42.05
5. S. Rushforth	WCH	42.45
6. J. Hallett O/35	BOK	45.31
7. G. Edwards O/40	Cty Bath	46.12
8. H. Kelsey O/35	WCH	49.11

GADDING FELL RACE West Yorkshire BS/5m/900ft 25.6.96

The second running of the Gadding Fell Race took place in ideal conditions, warm with just a slight breeze. Last year's winner Andy Maloney of Rochdale Harriers repeated his success establishing the lead early in the race. His time being just four seconds down on the previous year. Second for the second consecutive year was Martin Corbett, who had Andy in his sights for most of the race, but could not catch him. Carol Greenwood of Bingley Harriers was first lady, returning to competitive fell running after the birth of daughter Katie, now three months old.

First junior was George Ehrhardt of Todmorden Harriers who ran an excellent race in sixteenth place. David Beels of Rochdale Harriers time of twenty nine minutes and two seconds gave him the same overall position as last year as well as the overall veterans winner.

The team award was closely contested with Rossendale managing to turn the tables on Rochdale this year and gaining victory with twenty six points, leaving second place to Rochdale with twenty nine points.

1. A. Maloney	Roch	26.31
2. M. Corbett	Ross	27.07
3. D. Blackhurst	Ross	27.43
4. D. Wilkinson	Roch	27.45
5. S. Sweeny	Clay	28.06
6. A. Carruthers	Crawley	28.11
7. K. Smith	Tod	28.14
8. G. Sumner	Ross	28.23
9. D. Ashworth	Unatt	28.33
10. D. Beels V	Roch	29.02

VETERANS O/40

1. D. Beels	Roch	29.02
2. S. Taylor	Clay	29.49
3. T. Higginson	Ross	29.50
4. I. Aitchison	Roch	29.58
5. J. Sharples	Clay	31.32

VETERANS O/45

1. J. Dore	Roch	31.19
2. T. Atkinson	Roch	33.02
3. R. Sutcliffe	CalderV	33.20
4. J. Burston	Unatt	37.16

VETERANS O/55

1. F. Gorman	H'fax	37.40
2. G. Corbishley	Ross	39.44
3. P. Ehrhardt	Tod	40.32

VETERANS O/60

1. J. Newby	Tod	41.32
2. B. Pierce	CCTod	42.23
3. B. Hargreaves	Tod	45.18

FIRST VETERAN O/65

1. D. Clutterbuck	Roch	38.07
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FIRST VETERAN O/70

1. B. Crook	Tod	53.48
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LADIES

1. C. Greenwood	Bing	32.55
2. L. Bostock O/35	Clay	36.19
3. P. Dore O/35	Roch	38.54
4. F. Bottomley	Roch	40.18
5. J. Dowling	Tod	50.42

D. Kuterescz	Unatt	41.29
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Andy Maloney winning Gaddings Fell Race
Photo: Allan Greenwood

LANGSTRATH RACE Cumbria AS/4.5m/1400ft 26.6.96

There was a surprisingly good turnout when considering it was the night England played Germany in the semi-finals of the European Cup. As usual we were blessed with good weather. Mark Roberts set a new course record of thirty six minutes and thirty eight seconds inside his old record.

As ever, my thanks to the Langstrath Hotel for sponsoring the event and to the marshalls without whose help the race would not take place.

C Thompson

1. M. Roberts	Borr	36.12
2. G. Bland	Borr	36.38
3. S. Oldfield V	Bfd/Aire	36.48
4. J. Bland	Borr	36.56
5. P. Davies	Borr	37.20
6. J. Davies	Borr	37.38
7. D. Loan V	Kesw	39.29
8. M. Sharp	Kesw	39.39
9. S. Shuttleworth	Amble	40.14
10. A. Beatty	CFR	40.49

VETERANS O/40

1. S. Oldfield	Bfd/Aire	36.48
2. D. Loan	Kesw	39.29
3. R. Unwin	CFR	40.55
4. R. Crossland	Bfd/Aire	41.14
5. A. Riley	Kend	44.02

VETERANS O/50

1. M. Pitchford	CFR	46.10
2. M. Carson	Kesw	47.07
3. C. Wilson	Kesw	48.40

LADIES

1. A. Brand-Barker	Kesw	44.25
2. J. Jones O/35	Kesw	47.18
3. L. Osborn	Kesw	48.20
4. K. Beatty O/35	CFR	50.22

JUNIORS

1. S. Reid	Kend	46.20
2. A. Edmundson	Unatt	46.50

BOAR'S HEAD HILL RACE BM/8m/1200ft 26.6.96

Well then, the moral of the story is - never organise your race on the same evening as the England/Germany football semi-final; it plays havoc with your charity fund raising. We got about half our normal numbers but while the quantity of runners might have been less than usual the quality at the sharp end was still pretty much up to scratch - possibly proving that participating is preferable to spectating for many fell-runners. Certainly the sight of Ged Cudahay and Nick Peach sprinting neck and neck for first place over the final fifty yards after eight miles of racing provided a memorable finish and the registration/finish team had a much easier night than usual!

The altered route, swapping the tussocks for the forest, proved to be just as much fun, which is a good thing as it looks as though it will be a fixture for the next four years as Dundee University have covered most of the tussock area with sensors for a long-term research project. Most of the comments I elicited in the bar and the beer garden afterwards seemed to be in favour and it does actually give a route choice. Everyone appeared to enjoy themselves despite the football result and I assume things will be back to normal again next year in terms of numbers.

Dave Jones

1. G. Cudahay	Stock	46.53
2. N. Peach	Kend	47.03
3. A. Royle	Macc	48.34
4. P. Deauville	Gloss	49.12
5. A. Jones	Gloss	49.19
6. D. Gartley	Gloss	49.26
7. D. Byers	Traff	49.34
8. M. Williams	Penn	49.41
9. M. Hartell	Macc	49.52
10. D. Gibbons	Alt	50.26

FIRST VETERAN O/40

1. R. Eagle	Macc	50.53
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FIRST VETERAN O/45

1. J. Kershaw	Macc	51.12
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FIRST VETERAN O/50

1. J. Humphries	Stock	54.18
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FIRST VETERAN O/60

1. A. Gregory	Stock	71.53
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LADIES

1. K. Harvey O/35	Alt	57.58
2. M. Bromley	Gloss	61.14
3. Y. Williams	Penn	63.01

FIRST VETERAN O/40

1. A. Brentnall	Penn	63.17
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FIRST VETERAN O/50

1. D. Madden	Gloss	72.13
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Dale Wilkinson, Rochdale's second counter in third place at Gaddings Fell
Photo: Allan Greenwood

FOX AND HOUNDS CHASE North Yorkshire BM/9m/1400ft 27.6.96

A large entry this year on an ideal night for running - cool and clear, with Robin Bergstrand powering round to break the record by fifty eight seconds set by Marco Cara, who had to be content with third position this year, pushed there by John Hunter of Morpeth making a rare outing on the moors. The race was the fourth in Mandales' mid week series.

All in all we had a great night, many thanks to Danby Court Leat who allow the event to take place and John Smiths Brewery who took over sponsorship for the event this year.

P Lillin

1. R. Bergstrand	Mand	58.05
2. J. Hunter	Morp	60.33
3. M. Cara	Mand	60.35
4. B. Roberts	Mand	61.39
5. J. Blackett	Mand	64.12
6. B. Firth V	Mand	64.29
7. P. Kelly	Quakers	64.30
8. P. McHugh	Loftus	64.49
9. P. Wragg	T&S	65.15
10. M. Garrett V	Mand	65.50

VETERANS O/40

1. B. Firth	Mand	64.22
2. M. Garrett	Mand	65.50
3. A. Bottomley	Loftus	67.17

VETERANS O/50

1. A. Cameron	FRA	74.32
2. A. Wikely	Thirsk	74.46
3. B. Atkinson	Loftus	76.06
4. M. Davison	Mid/Cleve	76.40
5. R. Sherwood	NewMske	78.44

FIRST VETERAN O/60

1. R. Bainbridge	Mand	82.48
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LADIES

1. A. Lenderyou	Darl	76.32
2. S. Jackson	Mid/Cleve	76.51
3. G. Hale	Mand	83.06
4. K. White	Unatt	83.52
5. S. Jemson	NewMske	85.14
6. S. Gayter	Mand	90.02
7. M. Kempson	Unatt	94.08

JUNIORS - BOYS

1. T. Learoyd	NewMske	32.18
2. P. Hardy	Loftus	32.50

JUNIORS - GIRLS

1. C. Hare	Loftus	39.30
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MID WEEK SERIES RESULTS Standings after four races

1. B. Roberts	Mand	72 pts
2. J. Blackett	Mand	62 pts
3. I. Ellmore	Scar	52 pts
4. P. Kelly	Quakers	51 pts
5. D. Gamble	Mand	40 pts
6. G. Bastow	Swale	37 pts
7. A. Marshall	Unatt	31 pts
8. P. Wragg	T&S	30 pts
9. M. Webb	Mand	26 pts
10. P. Woollons	R'trees	25 pts

VETERANS O/40

1. M. Garratt	Mand	77 pts
2. R. Pollard	Mand	49 pts
2. G. Dixon	Mand	49 pts
4. K. Walker	YPSF	46 pts
5. K. Richardson	Swale	39 pts

VETERANS O/50

1. J. Kettle	NewMske	30 pts
2. A. Cameron	FRA	26 pts
2. N. Dyson	Mand	26 pts

FIRST VETERAN O/60

1. R. Bainbridge	Mand	30 pts
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LADIES

1. A. Lenderyou	Darl	35 pts
2. H. Scaife	Mid/Cleve	29 pts
3. S. Jackson	Mid/Cleve	28 pts
4. M. Kempson	Unatt	17 pts
5. G. Hale	Mand	15 pts
5. J. Sexton	NewMske	15 pts

LADY VETERANS O/35

1. S. Jemson	NewMske	40 pts
2. P. Cooper	Morp	18 pts
3. J. Slater	NewMske	9 pts

JUNIORS

1. M. Jackson	NewMske	19 pts
2. T. Learoyd	NewMske	10 pts
2. M. Garratt	Mand	10 pts

MOFFAT CHASE

Dumfriesshire

AL/17m/5200ft 29.6.96

After five years in the AM category, the AL did not provide the boost in entries which had been hoped for, and a small but enthusiastic field of twenty six runners lined up for the race in what was to prove testing conditions with the cloud level at one thousand feet.

Ninety minutes in to the race and from Blackhope Burn checkpoint the two figures of Graeme Bartlett and Alan Keith could be seen high up on the direct descent from Saddle Yoke, eventually passing through the checkpoint in ninety seven and one hundred minutes respectively. By this time a chasing group were on the descent but taking the more conventional line of the Saddle Yoke spur and boundary fence. Leading the group of five was a back-on-form Dennis Bell, closely followed by Adam Anderson, Rob Brown, Tommy Ireland and super veteran Brian Waldie.

The final finishing order was testimony to the difficult conditions encountered after Blackhope Burn. Graeme succumbed to the combined effects of the climb to Swatte Fell and an injury sustained on the hairy descent from Saddle Yoke, allowing Keith a clear run to finish in first place. A rather surprised local runner Tommy Ireland arrived in second place, having been on his own since climbing back in to the cloud! An error in navigation had sent Dennis, Adam and Rob off line and only Dennis took the option of backtracking and eventually going through Swatte Fell twenty five minutes down.

Thanks to the back-up of Moffat Mountain Rescue Team every runner was eventually accounted for at race control, after an exciting and eventful race despite a small field.

The day was finished off with soup and a roll in the Black Bull Hotel, with a prize for everyone, finisher and non-finisher, thanks once more to the Moffat Toffee Shop.

R Mitchell

1. A. Keith	HBT	2.52.58
2. T. Ireland	A&D	3.03.12
3. B. Waldie V	Cam	3.04.46
4. D. Milligan V	Solway	3.12.41
5. D. Bell V	HELP	3.23.54
6. R. Irving	A&D	3.26.40
7. J. Clark	Ochil	3.28.20
8. L. Hill	Dumf	3.31.13
9. R. Green	Solway	3.51.46
10. K. Doonan	W'lands	3.54.00

VETERANS O/40

1. D. Milligan	Solway	3.12.41
2. D. Bell	HELP	3.23.54

FIRST VETERAN O/50

1. B. Waldie	Cam	3.04.46
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LADIES

1. J. Cairns O/35	W'lands	3.55.30
2. J. Rae	W'lands	4.13.05

OLD COUNTY TOPS RACE

Cumbria

AL/35m/9000ft 29.6.96

This year saw the worst weather that we have had since the race was first held. Strong winds and rain, together with very cold conditions on the tops. Even though the weather did improve towards the end of the race. It was therefore all the more remarkable that the winning team of Mark Fleming and Stuart Shuttleworth should record one of the fastest times to date. An excellent performance. Regular competitors in this event Rob Poole and Bill Buckley competing for the first time in the V/100 class were successful in lowering the V/100 record. They now hold both the V/90 and V/100 records. Special thanks to all the marshalls and Raynet for manning check points on what was a most unpleasant day.

Alan Henry

1. Fleming/Shuttleworth	Amble	7.13.00
2. Webb/Thompson	CalderV	7.39.58
3. Nuttall/Thompson	Clay	7.46.54
4. Wardle/Hobbs	CalderV/Clay	7.59.40
5. Tridimas/Cliff O/40	Mersey/L&M	8.21.59
6. Cleary/Skelton	CalderV/L'wood	8.24.55
7. Bateson/Jones	AchRat	8.39.20
8. Cheek/Tucker O/45	Macc	8.47.26
9. Birkenshaw/Moody	WCOC	8.58.58
10. Pittson/Lander O/40	Erewash	9.32.21

FIRST VETERAN TEAM O/50

1. Poole/Buckley	L&M/Kend	9.33.02
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COTSWOLD WAY RELAY

Gloucestershire

CL/103m/10700ft 29.6.96

This year's event attracted a record entry of twenty six teams from the West Country, Midlands, South Wales and even one from the North in the form of Holmfirth Harriers. The route follows the way marked Cotswold Way from Chipping Campden to Bath. Although none of the terrain could be described as fell with about eleven thousand feet of climbing along the one hundred mile route it does provide a testing course, and you can get lost!

Last year Stroud were the overall winners in a course record of eleven hours and fifty five minutes. This year, City of Bath were determined to regain the title, concentrating their resources on one senior team. Going in to leg nine they had a slender lead of three minutes and forty nine seconds over Stroud but with Mick O'Doherty, one of the West Country's top road runners, on the last leg their victory seemed almost certain. At half Bath's Paul Newman was lying in second place with Steve Bartlett in fourth, less than a minute down. But during the second half of the eleven mile stage, Paul Newman blew up, losing ten minutes. With this Stroud had a chance of going in to the lead, but Steve Bartlett managed to get lost even though he had reced the route during the previous week. Instead of gaining time he lost a further thirteen minutes. Mick O'Doherty duly won the last leg but he had been suffering from flu and only did enough beating the Stroud runner, who finished in third place by just over four minutes. Stroud lost their title but did retain the course record. After entering the first Ladies' team in 1995, Mendip Mudlarks returned to defend their title, but faced competition from the Sierra Tangoes from Gloucester. They were successful in their defence knocking fifty seven minutes off their inaugural record. The Sierra Tangoes had the satisfaction of finishing inside the old record.

Bristol Orienteers defended their mixed title, also setting a new course record, but were challenged by the new entrants, Chippenham Harriers.

For the first time a veterans category was added, and under the disguise of Cross Keys Veterans, City of Bath won their second title comfortably from Stroud.

An interesting statistic is that out of two hundred and fifty nine runners who took part, fifty three were women! There cannot be too many open events either on or off the road that can boast such a high proportion of female entrants.

David Hughs

1. City of Bath	12.13.09
2. Stroud & Dist Men	12.34.28
3. Yeovil Town RR	12.41.58
4. Cross Keys Vets	12.56.21
5. Bristol Orienteers	13.11.50
6. Northbrook	13.15.51

VETERANS O/40

1. Cross Keys Vets	12.56.21
2. Stroud & Dist Vets	13.48.59
3. Thornbury Vets	14.13.37

MIXED

1. Bristol Orienteers	13.11.50
2. Chippenham Harriers	13.23.31
3. Ridgeway Runners	13.56.41

LADIES

1. Mendip Mudlarks	15.19.33
2. S. Tangoes	16.15.49

BERWYN RACE

Cheshire

AM/6m/2000ft 29.6.96

Very strong winds blew over Friday night, but they had moderated somewhat by midday. Nevertheless given the standard of the field times were a little slower than previous years. Simon and Paul gained valuable Welsh Championship points and would have been quicker if they had known the route. Yet again the Davies brothers showed their ability and should have many good years at senior level to come.

R Eagle

1. S. Forster	Eryri	43.54
2. P. Wheeler	MDC	44.09
3. T. Davies	Merc	44.33
4. R. Foley	B'grave	44.48
5. G. Williams	Eryri	45.21
6. A. Davies	Merc	45.25
7. J. Hunt	Mersey	45.50



Mandale's Marco Cava, third at Fox and Hounds, winner at Guisborough
Photo: Wayne Brown

8. J. McQueen	Eryri	46.04
9. K. Pryddech	Eryri	46.54
9. A. Woods	MDC	46.54
11. H. Matthews	Shrews	47.37
12. T. Taylor	Merc	47.38
13. T. Jones	Eryri	48.01
14. S. Jones O/40	Eryri	48.12
15. G. Jones	MDC	48.16
16. D. Williams O/50	Eryri	48.20
17. P. Maggs	MDC	49.03
18. A. Oringe O/40	MDC	49.08
19. C. Taylor O/40	Merc	49.09
20. G. Davies O/40	Merc	49.32
21. E. Evans	Eryri	50.12
22. I. Warhurst	Penn	50.25
23. P. Targett	Clay	50.35
24. A. Thompson	Merc	51.08
25. S. Barnard	Eryri	51.31
26. C. Lancaster	Telf	51.35
27. D. Evans O/40	Cardiff	51.37
28. B. Dreden O/40	Merc	52.06
29. R. Mapp	Merc	52.15
30. A. Treweeke	Mersey	52.24

VETERANS O/50

1. D. Williams	Eryri	48.20
1. J. Morris	Penn	53.34
3. D. Jones	Penn	55.32
4. R. Hyman	Merc	56.05
5. B. Martin	MDC	56.47

LADIES

1. S. Woods O/35	MDC	60.20
2. H. Tedcastle	B'north	63.48
3. A. Ashley	Wrex	66.31
4. G. Harris O/35	Merc	70.47
5. T. Tedcastle	Clay	73.41
6. M. Fookes O/35	Eryri	80.25
7. K. Lucas O/35	MDC	96.45

COWPE FAIR FELL RACE

Lancashire

AS/3m/800ft 30.6.96

Thanks to all who turned up on a miserable morning for the final event in the four race Scout Moor series.

Conditions ensured that race records were never threatened, although the race entry was well up on the previous year - this remains a low key, friendly event, suitable for runners of all levels of experience.

Thanks to the Cowpe Fair Committee, local farmers for the use of the race route, and to Rossendale Search and Rescue team for continuing to cover our events.

K Masser & G Wright

1. M. Corbett	Ross	20.49
2. S. Sweeney	Clay	21.22
3. R. Rawlinson V	Ross	21.41
4. J. Hey	Warr	21.47
5. D. Blackhurst	Ross	21.58
6. T. Rowley	Manx	22.11
7. T. Taylor	Ross	22.17
8. K. Robinson	Roch	22.20
9. G. Taylor	Darwen	22.24
10. G. Hawkins	Bing	22.34

VETERANS O/40		
1. R. Rawlinson	Ross	21.41
2. N. Gotts	Ross	23.35
3. J. Birchough	Unatt	22.51
4. M. Moran	Roch	24.05
5. W. Metcalfe	Ross	24.17

VETERANS O/45		
1. J. Dore	Roch	24.42
2. K. Robinson	Black	24.47
3. B. Crewdson	Black	25.35
4. J. Hope	Bolt	26.05
5. R. Fell	Ross	26.20

VETERANS O/50		
1. P. Lyons	Ross	22.46
2. P. Jepson	Ross	24.53
3. P. Kelly	Ross	25.28
4. P. Heneghan	Unatt	25.49
5. A. Healey	Bury	28.19

LADIES		
1. D. Flemming O/35	Ross	27.42
2. H. Sandilands O/35	Skelm	27.49
3. C. Dewhurst	Clay	29.23
4. P. Dore O/35	Roch	30.02
5. J. Sandilands	Roch	30.35
6. S. McNulty O/35	Rad	33.09
7. G. Dickson O/35	Ross	33.12
8. M. Roberts O/35	Darwen	44.49

SCOUT MOOR SERIES WINNERS		
1. M. Corbett	Ross	5 pts

VETERAN O/40		
1. J. Birchough	Unatt	9 pts

VETERAN O/45		
1. R. Fell	Ross	26 pts

VETERAN O/50		
1. P. Heneghan	Unatt	9 pts

LADY		
1. D. Flemming	Ross	6 pts

LADY VETERAN		
1. G. Dickson	Ross	18 pts

SALTWELL HARRIERS FELL RACE Co. Durham BS/5.5m/900ft 2.7.96

A field of fifty assembled for the second running of this event in the North Pennines on a fine summer evening. Last years runner up, Daniel Henderson took an early lead to the first summit, Collier Law, which he maintained until four hundred metres from the finish. Competitors had the opportunity to wet their feet in the dry conditions with one of the control punches surprisingly located in the middle of Stanhope Burn. This did not deter John Larkin who bided his time by comfortably tracking Elswick harrier Neil Wallace before making his push for glory on the steep climb to the finish, where he took advantage of the tiring Henderson to win by fourteen seconds from Wallace.

Ruth Fletcher (over thirty five) of Tynedale eclipsed the younger ladies in the race, finishing thirty third overall. Team honours went to Saltwell Harriers again. Competitors verdict: good course, lots of prizes and a good crack. A big thankyou to Federation Brewery for donating the prizes.

Keith Wood

1. J. Larkin	Gate	40.34
2. N. Wallace	Els	40.48
3. D. Henderson	Salt	41.06
4. I. Molley	Tyne/Tri	42.22
5. K. Wood	Salt	42.55
6. B. Johnson	Salt	43.22
7. D. Armstrong	Tyne	43.43
8. A. Tait	Tyne	44.10
9. C. Wright	Mand	44.26
10. M. Garret	Mand	44.48

VETERANS O/40		
1. M. Garret	Mand	44.48
2. F. Clarke	Salt	46.14
3. J. Ray	CFR	46.52

VETERANS O/45		
1. A. Tait	Tyne	44.10
2. J. Brown	Tyne	51.08
3. A. Bell	Ald	52.03

VETERANS O/50		
1. R. Raynard	Hors	46.39
2. N. Dyson	Mand	52.25

VETERAN O/60		
1. R. Malley	Unatt	71.33

LADIES		
1. R. Fletcher O/35	Tyne	53.18
2. G. Hail	Mand	55.11
3. H. Young	Quakers	60.38

HOPES WAKES FELL RACE Derbyshire BS/4m/650ft 2.7.96

Sandwiched between two days of exceptionally heavy rain, race conditions were extremely good. The earlier threatening skies had cleared by late afternoon and the race finished in pleasant evening sunshine.

Mark Kinch, reigning British and English Champion and likely retainer of the titles this year, led the field from a very early stage and enjoyed a comfortable win. He was followed by veteran Keith Davis who seems to be running better the older he gets.

A creditable third was Simon Bailey who is well placed to winning the English Junior Championship this year. Cecelia Greasley was first lady for the fourth successive year, a record, and she too had a relatively easy win, almost a minute and a half ahead of Daren Dalton.

All starters in a field of one hundred and eighty finished, and the field included forty eight veterans, twenty three super veterans, nineteen ladies and thirteen lady veterans.

Derick Jewell

1. M. Kinch	Bing	24.33
2. K. Davies V	P'stone	25.59
3. S. Bailey	Staffs	26.15
4. M. Nolan	DkPk	26.56
5. D. Ansell	Sheff	27.01
6. D. Trickett V	Hallam	27.08
7. R. Hutton	DkPk	27.10
8. D. O'Brien V	Bux	27.20
9. M. Wilson	Hallam	27.38
10. D. Bradbury	DkPk	27.48

VETERANS O/40		
1. K. Davis	P'stone	25.59
2. D. O'Brien	Bux	27.20
3. G. Clegg	DkPk	27.49
4. G. Wilding	SCS	27.51
5. D. Crossland	SCS	27.52

VETERANS O/50		
1. D. Trickett	Hallam	27.08
2. J. Clarke	Hallam	29.13
3. M. Hobson	SCS	30.06
4. R. Butterfield	Unatt	31.41
5. M. Moore	Unatt	31.54

LADIES		
1. C. Greasley	Macc	29.26
2. K. Dalton	DkPk	30.55
3. P. Leach	Sutton	31.33
4. C. Varley	DkPk	32.02
5. L. Hancock	N.Derby	33.43
6. L. Burden	DkPk	34.12
7. K. O'Brien V	Bux	34.51
8. J. Bednall	Sheff	34.57

JUNIOR - BOYS		
1. O. Metcalfe	Edale	14.55
2. N. Mattia	C'ton	15.15
3. R. Jones	Bamf	15.54

FIRST JUNIOR GIRL		
1. J. Fulton		16.55

BARNOLDSWICK WEETS ROAD AND FELL RACE Lancashire BM/6m/800ft 4.7.96

1. L. Warbuton	Spn	33.25
2. G. Raven	ECH	33.45
3. S. Livesey	CLM	34.10
4. T. Chew	CLM	34.28
5. A. Robertshaw	Otley	34.37
6. M. Ashton	ECH	34.47
7. S. Murgatroyd	CLM	35.19
8. M. Horrocks	Cald	35.19
9. P. Hall	CLM	35.30
10. P. Brannon	CLM	35.34

VETERANS O/40		
1. N. Pearce	llk	36.36
2. H. Craig	Local	37.39
3. M. Jeffrey	Otley	38.43
4. P. Wakefield	Keigh	38.57
5. R. Hawksby	Otley	39.07

VETERANS O/45		
1. T. Longeran	Bing	37.48
2. P. Wilkinson	Tod	38.39
3. A. Mellor	Tod	39.30
4. S. Green	Cleeth	39.35
5. A. Green	Bid Aire	39.42

VETERANS O/50		
1. P. Carr	Keigh	36.20
2. P. Lyons	R'Dale	37.06
3. D. Scott	CLM	39.29
4. P. Jepson	R'Dale	39.31
5. T. French	CLM	41.43

VETERANS O/55		
1. R. Jaques	CLM	39.49
2. G. Charles	Vaux	42.00
3. R. Hill	CLM	43.21

VETERANS O/60		
1. G. Arnold	Prest	47.01
2. B. Crowther	Bing	49.15
3. R. Smith	Local	57.31

LADIES		
1. S. Roam	ECH	38.00
2. C. Greenwood	Bing	39.04
3. K. Drake O/35	Spn	41.17
4. J. Rawlinson O/45	CLM	43.13

5. J. Butterworth	ECH	43.41
6. K. McIntosh O/35	Bury	43.44
7. B. McWade J	CLM	45.08
8. C. Fawcett O/45	Keigh	45.18

JUNIORS		
1. C. Shaw	Local	42.53
2. B. McWade	CLM	45.08

KIELDER BORDERER FELL RACE Northumberland BL/17m/3000ft 4.7.96

Sunday fourth August 1996 saw the running of the eleventh Kielder Borderer. On a warm, sunny day a record field of fifty six competitors covered the seventeen mile course, starting and finishing at Kielder Castle.

The category 'B' race includes approximately three thousand feet of climbing along forest rides, open fell and heather moorland following the England/Scotland border.

Competition used navigational skills to pass through a series of checkpoints manned by the North of Tyne Search and Rescue team, who also assisted in the recovery of some competitors who were forced to retire.

This year the first runner home was Tim Wyley, with the first lady competitor being Debbie Thompson in twenty fourth position overall.

P Knock

1. T. Wyley	Tyne	2.55.55
2. S. Armstrong	Tyne	3.00.36
3. J. Rea	CFR	3.01.06
4. N. Wallace	Els	3.03.40
5. J. Humble	Tyne	3.03.52
6. S. Scott	Unatt	3.04.11
7. R. Bradley	Holm	3.04.47
8. S. Boulby	Denby	3.18.46
9. C. Wright	Mand	3.20.54
10. J. Christie	Aln	3.23.22

VETERANS O/40		
1. J. Rea	CFR	3.01.06
2. J. Humble	Tyne	3.03.52
3. J. Christie	Aln	3.23.22
4. D. Bell	Morp	3.28.08
5. C. Dickinson	Unatt	3.42.19

VETERANS /45		
1. R. Bradley	Holm	3.04.47
2. M. Henry	Aln	3.23.22
3. R. Dawson	Tyne	3.38.44
4. T. Wright	Tyne	3.38.45
5. M. Fry	Tyne	3.41.48

VETERANS O/50		
1. R. Hayes	Morp	3.26.47
2. B. Donley	Wigton	3.54.37
3. R. Gray	Amble	3.54.37
4. G. Atkinson	Walls	4.08.59
5. W. Campbell	Gosf	4.16.25

VETERANS O/60		
1. B. Christie	Wigton	3.54.36
2. R. Bainbridge	Mand	4.30.42
3. D. Wright	Tyne	4.52.28

LADIES		
1. D. Thompson O/40	Hard	3.42.53
2. E. Newman	Tyne	4.05.32
3. A. Byers O/40	Wigton	4.06.40
4. H. Dickinson O/40	Tyne	4.09.41
5. A. Wylie	Unatt	4.21.22
6. A. Watson	Tyne	4.34.40

SETTLE HILLS RACE North Yorkshire AM/6.5m/1750ft 6.7.96

An encouraging one hundred and sixty seven seniors and thirty four juniors registered at Settle Rugby Club for the fifth time of racing on the limestone hills above Settle. Gary Oldfield made it two in a row and bettered his last year's winning time by eighteen seconds to beat Mick Hill, who pressed him closely until the climb up the live hundred foot hill above Victoria Cave.

Generous sponsorship from Nike together with several local firms allowed prizes down to tenth individual place, and third team place.

Thanks are due to all local landowners, the Cave Rescue Organisation for monitoring the race with radio coverage, and Settle Rugby Club for use of the changing rooms, showers and bar.

1. G. Oldfield	Bid/Aire	48.20
2. M. Hill	P&B	49.01
3. R. Lawrence	Bing	50.32
4. J. Deegan	P&B	51.29
5. P. Davis	P&B	51.57
6. B. Whitfield O/40	Bing	52.07
7. M. Brindle	Kly	52.31
8. K. Taylor O/40	Ross	52.37
9. G. Moffat	Howg	52.55
10. D. Woodhead	Horw	53.17

VETERANS O/40		
1. B. Whitfield	Bing	52.07
2. K. Taylor	Ross	52.37

3. R. Crossland	Bfd/Aire	54.03
4. G. Appleyard	Fellan	55.13
5. F. Reddington	Spenn	56.37

VETERANS O/50

1. P. Lyons	Ross	53.47
2. R. Jaques	Clay	59.55
3. K. Lindcey	Blk Cmbe	62.35
4. P. Jepson	Ross	62.54
5. M. Moore	Salf	63.29

VETERANS O/60

1. G. Booth	L'wood	63.06
2. B. Smith	Clay	67.36
3. A. Ball	Clay	88.12

LADIES

1. L. Wright	LdsCty	55.32
2. V. Wilkinson	Bing	57.59
3. J. Dunstan	LdsCty	58.47
4. J. Rawlinson O/45		63.14
5. J. Shotter	P&B	64.37
6. J. Tompkins	LdsCty	65.34
7. C. Dewhurst	Clay	69.15
8. A. Liuba	Ilkley	74.52

CHARMOUTH TO GOLDEN CAP CHALLENGE

West Dorset

BM/7.8m/1600ft 6.7.96

The second annual Charmouth to Golden Cap Challenge was held in near perfect conditions with plenty of sunshine and a cool northerly breeze. The ground was mostly firm and dry, though a heavy shower immediately before the race made the stiles and wooden bridges very slippery, which gave some exciting moments for the unwary. From the top of the course there was a splendid view of the south coast from Portland Bill to Berry Head for those who were in a fit state to appreciate it (i.e. the marshalls).

Nearly all the front runners who were misdirected in last year's race returned to settle the honours and this time there was no doubt about the result. Dedicated training by Derek Green from Abingdon paid off with a comfortable victory over a minute in front of Ian Stoneman. The winning time now stands as the course record. Last year's winner Al Rich took third place and the veterans prize. Local lady Julie Payne was hard pressed by clubmate Steve Trewick and was just pipped at the finish, but she took the ladies' prize.

There were about one hundred and fifty runners in all, with a good turn out as always from the local Axe Valley Runners (organisers of the world famous 'Grissly' - more of a hell run than a fell run, but possibly your last chance next March, folks), plus coachloads of Chepstow and Wyvern and many familiar names from previous years. Many thanks for everyone's support and especially to those who travelled such a long way to get here.

Gordon Hathway

1. D. Green	WteHorse	51.35
2. I. Stoneman	SWRR	52.45
3. A. Rich	R.Navy	54.02
4. P. Maggs	Chep	54.33
5. T. Wray	Wells	54.46
6. I. Andrews	SWRR	55.15
7. A. Lynch	Exeter	55.44
8. P. Wright	Wells	56.06
9. D. Shepherd	Yeovil	56.33
10. K. Payne	Stub.Grn	56.38

VETERANS O/40

1. A. Rich	R.Navy	54.02
2. A. Lynch	Exeter	55.44
3. P. Wright	Wells	56.06
4. K. Payne	Stub.Grn	56.38
5. N. Lawrence	Taunton	56.43

VETERANS O/50

1. P. Clark	Wav'ley	57.12
2. A. Hind	ThamesH+H	61.00
3. B. Martin	MDC	61.42
4. B. Lambert	SWRR	62.15
5. D. Finch	Chep	63.00

LADIES

1. J. Payne	AVR	64.34
2. S. Watson	ValleySF	64.50
3. A. Hurford	Dulwich	69.28
4. E. Green	WyvernFRA	69.48
5. R. Carter	DevonOr.	71.44

GUTO NYTH BRAN

Gwent

BM/6m/1300ft 6.7.96

We had more runners this year and the weather was a little cooler, perhaps that's why the race got off to a very fast start, with Mathew Collins taking the lead. He led for about half way, then lost it to Dimitri Vorres (Griffithstown) who eventually won the race. Nigel Webb was unlucky once again, coming in second place with only twenty five seconds between himself and the winner, the lady's positions stayed the same through out. There were thirteen clubs being represented, with MDC again the team winners, most of the runners times were down on last year, but a good evening was had by all.



Settle Hills Ladies 1-2-3 Photo: Dave Woodhead

1. D. Vorres	Griff	41.59
2. N. Webb	MDC	42.24
3. M. Collins	MDC	43.11
4. S. Blease	Brych	43.14
5. A. Orringe O/40	MDC	43.21
6. J. Kardasz	L&M	44.20
7. J. Bass	MDC	44.28
8. J. Darby O/40	MDC	44.39
9. N. Pow	P'Pridd	45.21
10. G. Lloyd O/40	P'Pridd	46.04

VETERANS O/45

1. C. Simms	Griff	51.34
2. T. Davies	C'Harlequins	53.38

VETERANS O/50

1. E. Meredith	MDC	52.10
2. A. Morgan	C'Harlequins	54.57
3. M. Parker	Islwyn	58.33

VETERAN O/55

1. C. Jones	MDC	53.15
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VETERAN O/60

1. R. Harris	MDC	57.25
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LADIES

1. S. Woods	MDC	50.20
2. J. Harrison	MDC	58.02
3. E. Lewis	Unatt	63.53

Y GARN (RHYD DDU)

Gwynedd

AS/3m/1500ft 6.7.96

Where have all the young men (and young women) gone? Whatever the answer, not many of them seem to be turning up for the Garn race these days. Even though the first four were under forty, only fourteen of the top thirty competitors were non veterans.

As expected Donnelly shot to the front, pulling Tim Davies and G. Williams with him. Both the Welshmen were using the race as a sharpener for their international appearances at the Snowdon race the following Saturday. Tim however, suffered on the descent due to high stress levels caused by escaping cows and slow cars, which meant that he only just made it to the start line in time. Though he climbed very well, arriving at the summit behind Colin, but still in contention, side and back discomfort caused him to lose several places and amble in in seventh place. Gary capitalized on Tim's misfortune by finishing as runner up, the first two being the only ones to have sub thirty minute runs.

Prestatyn made a clean sweep in the ladies category, all ladies competing being veterans. When you have veterans like Don Williams finishing in an excellent fifth overall, perhaps the younger runners start thinking, 'will it ever be my turn?'

An enjoyable prize-giving was ensured, due to the hospitality of the Cwellyn Arms and the prizes awarded by 'The 14th Peak', Caernarfon. The all female team of marshalls were also greatly appreciated, including the bitch at the summit!

Eilir Evans

1. C. Donnelly	Eryri	28.41
2. G. Williams	Eryri	29.38
3. M. Wallis	Clay	30.50
4. T. Jones	Eryri	31.12
5. D. Williams V	Eryri	31.19
6. S. Jones V	Eryri	32.04
7. T. Davies	Merc	32.30
7. E. Evans	Eryri	32.30
9. R. Hutton	DkPk	34.07
10. M. Blake V	Eryri	34.19

VETERANS O/40

1. S. Jones	Eryri	32.04
2. M. Blake	Eryri	34.19
3. D. Williams	Eryri	35.59

VETERANS O/50

1. D. Williams	Eryri	31.19
2. D. Sinclair	Eryri	38.41
3. H. Tregidgio	Eryri	38.45

VETERANS O/60

1. J. Carson	Eryri	43.28
2. A. VanDenBrink	Nederland	47.00

LADIES

1. C. Mouat O/35	P'atyn	42.45
2. J. Cross O/35	P'atyn	46.11
3. L. Hughes O/35	P'atyn	53.11
4. S. Lloyd O/35	Eryri	54.26
5. L. Heijnen O/35	Nederland	54.51

JUNIOR

1. T. Davies	Merc	32.30
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BRADDA FELL RACE

Isle of Man

AL/15m/4100ft 7.7.96

Conditions were ideal for this years race, sunny periods and mostly cloudy on the tops with a helpful westerly wind.

International race walker, Steve Partington, unfortunately got delayed on his way to the race and had to start over eleven minutes behind the other starters. Undaunted, the Glen Roy man carved his way through the field to finish an amazing third place in a corrected time of two hours, twelve minutes and fifty two seconds.

The race was won comfortably by Onchan's Tony Rowley, who would have loved the chance of a head to head contest with Partington.

Runner-up and first veteran went to Manchester's David Ashton who enjoyed a race long battle with fellow over forty, David Young.

The ladies race was won by the impressive Brenda Walker of Castletown breaking her own record by nearly four minutes and finishing a superb fifth overall.

Richie Stevenson

1. T. Rowley	MFR	2.17.46
2. S. Partington	MH	2.24.03
3. I. Watson	NAC	2.31.00
4. L. Partington	MH	2.54.37
5. M. Buttery	Unatt	2.56.28
6. N. Brew	NAC	3.25.24

VETERANS O/40

1. D. Ashton	Salf	2.23.23
2. D. Young	MFR	2.24.33
3. R. Moughtin	WAC	2.29.14
4. R. Stevenson	MFR	2.32.09
5. D. Farnworth	MFR	2.42.43

VETERANS O/50

1. D. Corrin	MH	2.28.57
2. S. Moynihan	SAC	2.38.45
3. T. Coleman	NAC	3.13.29
4. E. Brew	NAC	3.36.38

VETERANS O/60

1. B. Baxter	MH	4.01.33
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LADIES

1. B. Walker	MH	2.27.27
2. R. Hooton	MH	3.01.44

SKIDDAW FELL RACE

Cumbria

AM/9m/2700ft 7.7.96

Despite the weather being quite reasonable and not too hot, times were a touch on the slow side and we were a little disappointed at another quite low turnout. An excellent run by Lee Gibson almost helped Cumberland Fell Runners to beat Borrowdale for the team prize. Lots of thanks to everyone who helped, especially Steve Harwood, Malcolm Miller, Dene Gibbon, Heather Dunn, Ralph Stephenson, John Nettleton, Ron Harding, Mr & Mrs Lagoe, Bill Hunter, Edwin Coope, Harry Blenkinsop and anyone else from Keswick AAC or LDMTA for assistance.

1. J. Bland	Borr	1.09.44
2. L. Gibson U/17	CFR	1.10.37
3. S. Hawkins	Bing	1.11.12
4. G. Bland	Borr	1.12.06
5. M. Egner O/40	Denby	1.12.16
6. J. Blackett	Mand	1.12.38
7. D. Loan O/40	Kesw	1.13.39
8. H. Jarrett O/40	CFR	1.14.19
9. J. Wright	Tod	1/14/43
10. H. Symonds O/40	Kend	1.14.55

VETERANS O/45

1. R. Firth	Mand	1.17.42
2. M. Litt	CFR	1.18.59
3. D. Bridge	Borr	1.20.19
4. A. Tait	Tyne	1.23.03
5. C. Todd	Harr	1.23.25

VETERANS O/50

1. T. Baxter	CFR	1.21.39
2. T. Walker	Amble	1.25.16
3. C. Taylor	Clay	1.25.34
4. M. Crook	Bedf	1.27.34
5. B. Booth	Kesw	1.29.15

VETERANS O/60

1. D. Rigg	CFR	1.40.08
2. R. Bainbridge	Mand	1.40.11

LADIES

1. K. Beaty O/35	CFR	1.27.45
2. L. Thompson O/35	Kesw	1.31.13
3. M. Bridge O/35	Kesw	1.45.56
4. J. Towse O/35	Plax	1.53.57

JUNIORS U/17

1. L. Gibson	CFR	1.10.37
2. P. Cooper	ULOC	1.25.24

KINDER TROG

Derbyshire

BL/18m/3490ft 7.7.96

We had one hundred and two runners this year with a return to our official route after last years re-routing due to the moors being shut.

All the runners seemed to enjoy the Trog with a light shower on Kinder Low helping them along.

First Hayfield Scouts raised two hundred and twenty five pounds by the event and would like to thank all the participants.

1. A. Jones	Gloss	1.50.08
2. P. Deauville	Gloss	1.50.14
3. S. Houghton O/40	CalderV	1.56.51
4. I. Warhurst	Penn	1.59.21
5. M. Doyle	Micynca	1.59.40
6. C. Barker		2.00.05
7. C. Davies O/40	Sadd	2.00.41
8. S. Taylor O/40	Clay	2.01.10
9. M. Wynne O/40	L'overRC	2.03.18
10. R. Scottney O/45	Penn	2.03.29

VETERANS O/50

1. R. Tunstall	Hels	2.13.36
2. C. Brown	Merc	2.13.54
3. C. Latter	Tatton	2.21.14
4. N. Holmes	WtePk	2.24.47
5. R. Mason	Totley	2.24.51

LADIES

1. K. Harvey O/35	Alt	2.10.40
2. P. Leach	S-in-A	2.15.54
3. J. Smith O/40	DkPk	2.16.55
4. E. Taylor	Gloss	2.18.50
5. S. Exon	Traff	2.22.56
6. A. Brentnall O/45	Penn	2.25.53
7. W. Holmes	WtePk	2.30.51
8. J. Town O/35		2.36.18

HATHERSAGE GALA FELL RACE

Derbyshire

BS/4.5m/800ft 8.7.96

1. S. Martland	Sheff	30.07
2. S. Ansell	Sheff	30.40
3. M. Patterson	DkPk	31.03
4. M. Brown V	Bux	31.07
5. G. Morson V	Bux	31.33
6. G. Clegg V	DkPk	31.36
7. D. Bradbury	DkPk	31.40
8. P. Hague	DkPk	31.45
9. A. Richardson		32.15
10. S. Smith		32.27



Bags of crisps all round for first five (5-3-1-2-4) at Heathcliff and Cathy Canter

Photo: Dave Woodhead

VETERANS O/40

1. M. Brown	Bux	31.07
2. G. Morson	Bux	31.33
3. G. Clegg	DkPk	31.36
4. R. Innes	P'stone	33.48
5. A. Ashforth	HH&AC	33.59

VETERANS O/50

1. J. Clarke	HH&AC	34.05
2. D. Trickett	HH&RC	40.36
3. D. McDowell	Corby	41.12

VETERANS O/60

1. C. Henson	DkPk	39.48
2. F. Galbraith	DkPk	42.34
3. G. Richardson	Clowne	43.24

LADIES

1. C. Varley		35.51
2. P. Leach	HH&RC	38.37
3. L. Hancock	N.Derby	39.41
4. J. Wilson	HH&RC	40.36
5. J. Bednall	SheffTri	41.03
6. A. Shepherd O/35		42.09
7. A. Edwards		42.34
8. H. Elleker O/35	HH&RC	43.13

THE SEABROOK HEATHCLIFF AND CATHY CANTER

West Yorkshire

CM/6.5m/800ft 9.7.96

Two months shy of his twenty first birthday, Mick Hill came of age in fell running terms by winning the canter event from internationals Devine and Livesey. The icing on the cake was the time of thirty seven minutes and fifteen seconds, only a mere six seconds down on Colin Donnelly's six year old record of thirty seven minutes and nine seconds. In fact, it ranks as the third fastest ever, with only Ian Holmes' thirty seven minutes and ten seconds on the list.

Hill, a student at Leeds University, studying colour chemistry, is yet another string to the bow of Pudsey & Bramley, and will be vying for numero uno spot with Gary Devine. These two friends and rivals forced the pace to "Top Withens" - the summit turn round point. Leaving the other one hundred and forty athletes in their wake, Descending Devine opened a twenty metre lead, but Hill's pace on the runnable sections proved phenomenal as he reeled in his man.

Forty four year old Leeds Geography teacher, Malcolm Pickering, retained the veteran "Bronte Chair" picture trophy in eighth position, while over fifty, Peter Carr finished twenty first.

Three years on, and one baby better off, Carol Greenwood raced to victory in the ladies event again. But was five minutes adrift of her 1993 time, which actually would have placed her eighteenth.

For the regulars of Penistone Hill Races, the transformation of Haworth West End cricket ground, from an old wooden pavilion to the now twenty thousand Club House is beyond belief. Plans are afoot for mains electricity and water for the clubs centenary celebrations in the year 2000.

All one hundred and forty two runners can vouch that Britains tastiest crisps are Seabrooks, as they munched and crunched their free reward for their exertions. The Seabrook Baseball caps went down tremendously, especially with the chilli flavoured crisps. Bronte land will never be the same after the mexican hat dances that ensued.

Darby and Joan

1. M. Hill	P&B	37.15
2. G. Devine	P&B	37.50
3. S. Livesey	Clay	38.12
4. G. Oldfield	Bfd/Aire	38.38
5. P. Sheard	P&B	38.59
6. R. Grillo	Bfd/Aire	39.41
7. M. Corbett	Ross	39.49
8. M. Pickering V	Ilk	39.54
9. J. Brook	Bing	40.02
10. B. Whalley	P&B	40.08

VETERANS O/40

1. M. Pickering	Ilk	39.54
2. K. Taylor	Ross	41.23
3. R. Crossland	Bfd/Aire	41.51
4. M. Appleby	St.Bedes	46.17
5. B. Scholes	Helm	46.22

VETERANS O/50

1. P. Carr	Kly	41.55
2. P. Ogden	Spenn	45.16
3. T. Knowles	KlyRR	45.48
4. R. Jaques	Clay	46.08
5. R. Blakely	Tod	47.51

LADIES

1. C. Greenwood	Bing	46.07
2. J. Rawlinson O/45	Clay	49.16
3. E. Tomes O/35	KlyRR	50.18
4. L. Lord O/40	Clay	51.36
5. J. Smith O/35	Bing	54.45
6. A. Curle	Fellan	55.29
7. S. Young	Unatt	57.01
8. T. Smith	Black	58.53

EDALE FELL RACE

Derbyshire

BS/5m/1200ft 9.7.96

A Windy Tuesday evening saw a slightly disappointing field of seventy seven runners tackle the third annual Edale Fell Race. With a strong headwind for over half the course, the field showed their class with Karl Webster winning, just over two minutes slower than the previous year. The race saw only three ladies taking part, with Karen Dalton winning her class in a highly respectable time of forty seven minutes and fifteen seconds.

1. K. Webster	Matl	41.42
2. P. Crowson	DkPk	42.21
3. A. Sealy	DkPk	42.32
4. D. O'Brien V	Bux	43.31
5. B. Edwards	DkPk	43.38
6. A. Jenkins	DkPk	43.40
7. G. Clegg V	DkPk	43.51
8. J. Miller	Unatt	43.47
9. P. Wileman	C'ville	44.01
10. P. Stubington	Unatt	44.09

VETERANS O/40

1. D. O'Brien	Bux	43.31
2. G. Clegg	DkPk	43.51
3. A. Fox	Gloss	44.49
4. A. Harmer	DkPk	45.05
5. G. Berry	DkPk	45.45

LADIES

1. K. Dalton	DkPk	47.15
2. J. Benn O/35	Unatt	61.13
3. G. McCormick O/35	Barn	75.13

GUNSON KNOTT FELL RACE

Cumbria AS/5m/2200ft 10.7.96

Twenty six competitors turned up on a blustery evening to find the Crinkle Crags Ridge, which includes Gunson Knott, clothed in mist. Scot Umpleby and Jonny Bland reached the shrouded summit together, Jonny then creating his winning lead during the precipitous early descent.

1. J. Bland	Borr	48.36
2. S. Umpleby	L&M	49.44
3. A. Beaty	CFR	52.08

VETERANS O/40

1. C. Knox	Kesw	60.38
2. M. Berry	Bik Coombe	61.08

FIRST LADY

1. L. Osborn	Kesw	65.13
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BLACKAMoor CHASE

Derbyshire

BM/6.5m/1400ft 11.7.96

Numbers down on last year, but a perfect night for the race. Steve Bell, the series leader showing the way home, with Paul Deaville of Glossopdale just ten seconds behind. The ladies winner once again was Philippa Leach of Sutton in Ashfield taking the ladies prize. Totley excelled themselves by winning the team prize. My thanks to all who helped on the night.

Rob Mason

1. S. Bell	Watf	40.51
2. P. Deaville	Gloss	41.01
3. A. Poirrette	DkPk	41.19
4. D. Hurton	Denby	41.52
5. K. Davis V	P'stone	42.36
6. S. Gregory	H.Pierre	42.55
7. C. Ellis V	Totley	43.19
8. M. Nolan	DkPk	43.54
9. J. Rank	Holm	43.57
10. D. Bradbury	DkPk	44.04

VETERANS O/40

1. K. Davis	P'stone	42.36
2. D. Crossland	Stl Cty	44.14
3. J. Lindley	Stl Cty	44.55
4. F. Fielding	Gloss	46.05
5. W. Alves	Totley	46.48

VETERANS O/45

1. C. Ellis	Totley	43.19
2. P. Wakefield	Stl Cty	45.43
3. R. Innes	P'stone	46.17
4. A. Ashforth	Hallam	46.25
5. R. Bradley	Holm	46.59

VETERANS O/50

1. G. Berry	DkPk	44.42
2. A. Yates	DkPk	48.25
3. K. Cartmell	Totley	52.32
4. P. Haynes	DkPk	53.56
5. G. Gough	H'worth	57.53

VETERANS O/55

1. R. Mason	Totley	51.19
2. B. Sprakes	DkPk	53.41
3. R. Brown	P'stone	54.24

VETERAN O/60

1. B. Howitt	Mail	52.38
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LADIES

1. P. Leach	S-in-A	48.14
2. K. Dalton	DkPk	48.58
3. J. Nolan	DkPk	53.05
4. P. Bishop O/40	Unatt	54.29
5. J. Bednall	SheffTri	55.35
6. L. Bland	DkPk	56.49
7. L. Burden	DkPk	58.04
8. K. O'Brien O/35	Bux	58.43

THURLSTONE CHASE

South Yorkshire

BS/4.25m/800ft 13.7.96

This year's Thurlstone Chase proved a first triumph for Spenborough's Lee Warburton, who, after several years of trying, finally came home first, just over a minute down on the course record. Held in ideal weather conditions, Lee gradually pulled away from Holmfirths David Watson, and Rotherham Harrier - Robert Holladay to score a comfortable victory.

The race traditionally include a 'focus on the over fifty's' race and substantial prizes are on offer for this category. Top veteran Bob Toogood from Hallamshire had a close tussle with Peter Ogdan of Spenborough coming home two seconds in front. First lady was over forty veteran Julie Krol who had an easy victory coming home one and a half minutes in front of the second lady, Stefania Davies. Jackie Welbourn (veteran over fifty) took third place and first over fifty.

Hallamshire Harriers took the mens team prize and Spenborough the ladies.

I Cartwright

1. L. Warburton	Spn	22.00
2. D. Watson	Holm	22.30
3. R. Holladay	Roth	22.48
4. D. Hurton	Denby	23.16
5. P. Young	Hallam	23.19

6. A. Green	Hallam	23.40
7. A. Crossland U/18	L'wood	23.46
8. A. Shaw	Holm	23.55
9. M. Mavrominales	HolmeV	24.12
10. P. Targett	Clay	24.16

VETERANS O/40

1. C. Jackson	L'wood	24.49
2. J. Spencer	Hallam	25.25
3. K. Yewlett	HolmeV	25.46
4. M. Bale	Unatt	26.46
5. M. Seddon	Holm	26.50

VETERANS O/45

1. I. Mitchell	L'wood	24.38
2. R. Innes	P'stone	24.56
3. F. Reddington	Spn	25.16
4. G. Walsh	Spn	25.47
5. M. Dickinson	Barns	25.49

VETERANS O/50

1. B. Toogood	Hallam	24.29
2. P. Ogden	Spn	24.31
3. P. Heneghan	Bik SheepFR	26.58
4. R. Asquith	Holm	27.07
5. M. Cartwright	P'stone	28.02

VETERANS O/60

1. A. Van Den Brink	Dutch	31.00
2. N. Cole	P'stone	36.44

LADIES

1. J. Krol O/40	Holm	28.03
2. S. Duniec	Wake	29.28
3. J. Welbourn O/50	P'stone	29.38
4. D. Waite O/35	Holm	29.39
5. C. Stoney O/35	Spn	29.43
6. K. Green O/35	DkPk	30.03
7. J. Town O/35	Denby	30.23
8. J. Graham O/35	Spn	30.40

MYTHOLMROYD FELL RACE

West Yorkshire

BM/7m/1350ft 13.7.96

Despite a marked event a few runners went off course and lost time. Apart from that, an uneventful race, although it should be pointed out that we had a much smaller field than in previous years. In addition, special notice should be taken of the placings of the veterans and the amount of the same in relation to the amount of runners. Is this indicative of fell running now?

1. D. Neill O/40	Merc	47.11
2. G. Oldfield	Bfd/Aire	47.44
3. S. Oldfield O/40	Bfd/Aire	47.56
4. G. Sumner	Ross	52.10
5. R. Crossland O/40	Bfd/Aire	52.23
6. P. Lyons O/50	Ross	52.42
7. D. Beels O/40	Roch	53.04
8. B. Walton O/40	Ilwor	53.38
9. T. Hargreaves	Stock	54.19
10. J. Emberton	EPOC	55.17

LADIES

1. C. Greenwood	Bing	57.55
2. V. Peacock O/40	Clay	58.51
3. S. Becconsall O/35	Tod	64.09

VETERAN O/55

1. R. Jaques	Clay	58.54
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VETERAN O/60

1. G. Arnold	Prest	69.50
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INTERMEDIATE - U/20

1. R. Buckley	Bolt	69.39
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CAPRICORN

O/50K 13/14.7.96

I took on the job of organising this year's competition on one condition; that I could stand down as Chairman of PFO. As a result I think that the orienteering world has benefited in two ways. Firstly, the event proved to be a great success judging from the letters and comments that I have received and secondly, PFO has now got a much more able chairperson in Jane Mickelborough.

Organising a Capricorn begins just as the previous event finishes. So it was in early September that I paid my first visit to the Lake District to look at suitable areas. The area we had in mind was in the west of the region and a lot of time was put in by myself and David Ellis, before we realised that sufficient permissions would not be forthcoming. As a result, Trevor Smith and I paid a preliminary visit to the Howgills just after Christmas. Trevor had been hoping to use the area, starting from near Sedbergh, but he agreed to temporarily shelve his plans to allow us to go ahead this year, using the same base as in 1986.

Permissions were rapidly obtained, and by early March I was on the hunt for a planner and a controller. I was lucky to find Richard and Jane Sewell, who live within the area of Cautley. They have an intimate knowledge of the surrounding fells and were able to liaise with local landowners and tenants concerning sensitive issues such as crossing points.

David Hicks, our controller, is another local and lives near Tebay. He was able to work closely with Richard and Jane at the planning stage and ensured you had excellent courses for the weekend. He was always around during the weekend itself. I would like to publicly thank all those people who did their bit to make the event a success. See you all at the eighteenth Capricorn. I hope to have a run next year.

All competitors in this type of event should be competent navigators in poor visibility, so as planners, we were not unduly concerned about the weather on day one.

Whilst the high retirement rate on day one may indicate a need for some competitors to review their navigational skills as well as the suitability of their equipment, we were happy to see competitors on all courses, particularly juniors/pairs and those on course D, completing within the planned time frame. In contrast, Day 2 was run in what some would regard as ideal conditions. Tents, competitors and equipment dried out, those who took the time got a view of where they had been on day one, and by the comments made at the finish, a good day was had by all.

For those interested in the planning technicalities, we used a total of sixty five controls, including the start kites. The planning process took around five months in total. Kites were put out up to five days before the event. Living on the area certainly helps as even after you had all gone home, we had kites to collect in, tape routes to dismantle etc....

Special thanks to all competitors who made the job worth doing. Good luck to next year's planners.

Richard & Jane Sewell (Planners), John Ashton (Organisers).

RESULTS - ELITE CLASS

1. M. Seddon	SELOC	6.21.18
2. G. Auckland	L'ston	6.22.55
3. B. Bolland	WAROC	6.29.57
4. S. Birkinshaw	UNOC	6.32.42
5. T. Griffin	Gramp	6.39.21
6. I. Powell	BKO	6.48.49
7. D. Ratcliffe V	Ross	6.59.17
8. K. Leitch	SO	7.10.29
9. C. Ferber	Ebor	7.12.46
10. D. Parker	MDOC	7.21.33

LADIES

1. E. Moody	WCOC	8.57.44
2. B. Inken	Carn	10.30.47

RESULTS - A CLASS

1. D. Rollins	BAOC	5.36.57
2. A. Buckley	SHUOC	5.45.29
3. S. Wilson	Clyde	5.50.41
4. A. Simpson	EPOC	6.05.36
5. J. Duckworth	DVO	6.09.00
6. T. Nash	Gramp	6.23.21
7. J. Collingwood	Clok	6.25.14
8. J. Yarnell V	NOC	6.35.05
9. I. Smith	LOC	6.36.16
10. H. Sawyer V	Skyrac	6.39.16

FIRST LADY

1. K. Turner	Macc	12.17.19
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RESULTS - B CLASS

1. E. Roller	CUOC	4.52.19
2. D. Cheesewright	TVOC	5.03.23
3. L. Matthew	SLOW	5.30.25
4. G. Drew V	NOC	5.35.02
5. T. Burton	MV	5.36.31
6. M. Lucking	NOC	5.39.22
7. R. Frost	NOR	5.39.53
8. J. Mayo	MDOC	5.40.20
9. J. Cross	FVO	5.44.02
10. I. Hay V	INVOC	5.53.04

LADIES

1. S. Lewsley V	BL	6.19.58
2. D. Thompson V	SOC	7.10.00
3. J. Ewels	SUOC	7.17.09
4. J. Bugler	EPOC	7.26.08
5. C. Fulton	DVO	7.46.06
6. R. Fraser V	GRAMP	7.54.09
7. A. Smith	TVOC	7.58.19
8. S. Hay	INVOC	8.00.51

RESULTS - C CLASS

1. S. Middleton	LeiOC	4.33.40
2. A. Nash	LOC	4.53.33
3. P. Glanville	Devon	5.04.36
4. A. Beardsley V	NOC	5.04.54
5. N. Higgins F	LOK	5.06.33
6. S. Wright V	NOC	5.11.30
7. R. Wilson	SO	5.14.53
8. G. Johnson V	DVO	5.16.08
9. M. Lewis	Ebor	5.16.56
10. J. Hailey F	JOK	5.19.54

LADIES

1. N. Higgins	LOK	5.06.33
2. J. Hailey	JOK	5.19.54
3. T. Egerton	PFO	5.27.14
4. A. Collyer	CUOC	5.38.09
5. B. Osborn	FVO	5.48.06
6. J. Nisbit	ESOC	5.54.01
7. B. Majumdar V	Dee	6.37.10
8. H. Nield V	LOC	6.41.32

RESULTS - D CLASS

1. S. Ross	SO	3.55.27
2. S. Brown F	FRA	4.12.52
3. J. Heslop F	MDOC	4.14.03
4. B. Offley FV	LOC	4.15.18
5. B. Sowood	EUOC	4.24.34
6. S. Sarginson	FRA	4.28.07
7. M. O'Rourke	Clay	4.28.22
8. S. Perry F	WCOC	4.29.45
9. J. Rollins F	NOC	4.31.59
10. G. Woolven V	MDOC	4.33.36

RESULTS - J CLASS

1. French/Stamp U/18	WCH	3.27.18
2. Smith/Smith U/18	SOC	3.28.50
3. Vyncer/Sanderson U/18	TVOC	3.30.09
4. Anderson/Anderson	NATO	3.40.59
5. Ashley/Ashley U/18	HOC	3.43.11
6. Best/Best	SYO	3.45.02
7. Lambert/Lambert U/18	SROC	3.51.24
8. Geers/Mulder	AMOR	3.53.41
9. Jagan/Jagan U/18	EPOC	3.55.20
10. Bagley/Bagley	SROC	3.57.16

SCORE CLASS

1. A. Pryor	WPFR	268 pts
2. A. Robinson	SLOW	264 pts
3. A. Barraclough	EBOR	260 pts
4. R. Thomas	BL	260 pts
5. J. Sutcliffe	PFO	260 pts
6. G. Shutt	Ind	250 pts
7. R. Caves	BkPk	243 pts
8. S. Wilson	Ind	241 pts
9. M. Gwynne	WYe	237 pts
10. J. Rix	BOK	235 pts

WHARMTON DASH

Lancashire

AS/2m/600ft 14.7.96

1. A. Maloney	Roch	16.31
2. G. Sumner	Ross	16.34
3. C. Davies V	Sadd	16.45
4. H. Waterhouse V	Sadd	17.11
5. M. Doyle	ManYMCA	17.16
6. B. Waterhouse V	Sadd	17.19
7. D. Ashworth	Unatt	17.39
8. S. Addison	Clay	17.40
9. I. Aitchison V	Roch	18.37
10. E. Sweeney	ManYMCA	18.41

VETERANS O/40

1. C. Davies	Sadd	16.45
2. I. Aitchison	Roch	18.37
3. B. Greaves	O&R	19.21
4. M. Groom	Roch	20.31
5. N. Goodwin	Sadd	20.50

VETERANS O/45

1. H. Waterhouse	Sadd	17.11
2. B. Waterhouse	Sadd	17.19
3. A. Mellor	Tod	19.33

VETERANS O/50

1. R. Devy	Sadd	19.58
2. T. Dutton	ManYMCA	20.13
3. M. Docherty	Sadd	20.20
4. T. Targett	Clay	21.20
5. M. Elwell	Sadd	21.29

VETERANS O/55

1. J. Dean	Salf	19.45
2. D. O'Leary	ManYMCA	23.07

LADIES

1. L. Whittaker	Sadd	20.55
2. K. Wood	ManYMCA	22.57
3. C. Broadbent	ManYMCA	26.48
4. M. Carr	Sadd	27.07
5. J. Carter O/35	Melt	32.30

WHARFEDALE TTT

North Yorkshire

12/13/14.7.96

At the time of promoting the FRA Relay Championship, back in 1991, the Bingley Harriers organising committee had recognised Kettlewell as an excellent venue for fell races. Surrounded by a variety of terrain and itself a pretty typical Dales village with good facilities, Kettlewell, was once again chosen by a few of the original committee as the centre for an intensive series of Tarmac, Trail and Tussock races. We wanted something enjoyable but different and the combination of a short uphill 4K road race on the Friday evening, tough 20K fell race on Saturday and short, sharp fell race on the Sunday should provide an entertaining weekend. It did.

England International, Steve Green, won the uphill road race from fell international, Andy Peace, with Gary Devine third and Martin Palmer of Forest of Dean, fourth. Carol Greenwood won the ladies' category from Jean Shotter.

Saturday morning was misty causing consternation to many runners as the race required navigational skills, but generally the mist cleared as the race progressed. Nevertheless, there were a variety of routes taken. Mervyn Keys won with Gary Devine second and young Rob Jebb third. Martin Palmer finished fourth but sustained an injury preventing him from completing the series. Alison Lenderyou won the ladies with veteran Glynda Cook second.

The results of this race started to set the pattern of the overall results, Mervyn (five points) and Gary (six points) emerging as leaders, with Alison and Jean equal on sixty points and Glynda only one point behind after two races.

In the final race, local hero Steve Hawkins had a battle with Mervyn up to the turn, but pulled away downhill, Gary finishing third, and young Jebby not far behind. Glynda Cook was first lady.

Overall, Mervyn won on cumulative time, after being equal on points with Gary, Glynda overtaking both her rivals won the ladies category, consistent performances by Brian Goodison and Tom McDonald gave them veteran and super veteran awards respectively.

1. M. Keys	Ross	8 pts
2. G. Devine	P&B	8 pts
3. R. Jebb	Bing	13 pts
4. P. Sheard	P&B	19 pts
5. P. Sheard	P&B	20 pts
6. G. Hawkins	Bing	31 pts
7. S. Neill	P&B	33 pts
8. A. Robertshaw	Otley	33 pts
9. B. Goodison V	Abbey	35 pts
10. D. West	Wallsend	41 pts

VETERANS O/40

1. B. Goodison	Abbey	35 pts
2. J. Barker	Roch	56 pts
3. R. Conlon	Bing	77 pts

VETERAN O/50

1. T. MacDonald	Bing	62 pts
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LADIES

1. G. Cook O/35	Roch	84 pts
2. J. Shotter	P&B	88 pts
3. A. Lenderyou	Darl	90 pts
4. A. Isdale O/35	Bing	106 pts
5. E. Unsworth O/35	Kend	128 pts

BOOTLE BLACK COOMBE

FELL RACE

Cumbria

AS/5.5m/1900ft 14.7.96

1. I. Postlethwaite	CFR	42.02
2. B. Hardy	CFR	45.26
3. M. Addison	Clay	46.03
4. T. Wilkinson	CFR	47.14
5. P. Stone O/40	CFR	47.20
6. G. Thomas	Kend	47.31
7. J. Christian O/40	Unatt	48.06
8. M. Berry O/40	BCR	50.20
9. K. Lindley O/50	BCR	51.11
10. D. Shinn O/40	Kend	52.32

VETERANS O/50

1. K. Lindley	BCR	51.11
2. P. Dowker	Kend	53.51
3. H. Catlow	N.Vets	58.16

LADIES

1. M. Smith	Kend	62.02
2. V. Gill	BCR	62.06

STEEL FELL RACES

Cumbria

AS/3m/1150ft 14.7.96

1. B. Bardsley	Borr	30.06
2. L. Gibson U/20	CFR	20.30
3. P. Davies	Borr	20.44
4. M. Roberts	Borr	21.18
5. P. Thompson	Black	21.23
6. S. Booth	Borr	21.34
7. E. Tressider U/18	Matlock	21.47
8. H. Mathews U/18	Shrews	21.49
9. M. Brindle U/20	Kly	21.57
10. M. Wigmore U/20	Hels	22.01

VETERANS O/40

1. A. Riley	Kend	25.06
2. D. Richardson	Kend	25.36
3. J. Adair	Holm	25.40

VETERANS O/45

1. P. Harlowe	Kesw	24.06
2. C. Wilkinson	Bing	25.41
3. D. Bridge	Borr	25.51

VETERANS O/50

1. A. Todd	Hels	28.20
2. B. Colam	Kesw	36.29
3. K. Matthews	Unatt	36.45

VETERANS O/5F

1. R. Hayes	Morp	28.19
2. R. Webster	Hels	32.19

LADIES

1. V. Wilkinson U/18	Bing	25.27
2. C. McCarthey O/35	Hels	27.17
3. L. Osbourne	Kesw	28.01
4. L. Lacon U/20	Holm	29.34
5. B. McWade U/18	Clay	30.03
6. E. Middleton U/18	Charn	30.09
7. S. Charman O/45	S.Liv	31.49
8. M. Bridge O/45	Kesw	31.57

INTERMEDIATES U/20

1. L. Gibson	CPR	20.30
2. M. Brindle	Kly	21.57
3. M. Wigmore	Hels	22.01
4. G. Erdhart	Tod	23.07
5. S. Deakin	Prest	24.18

JUNIORS U/18 - BOYS

1. E. Tressider	Matl	21.47
2. H. Matthews	Shrews	21.49
3. R. Thompson	Kesw	22.12

JUNIORS U/18 - GIRLS

1. V. Wilkinson	Bing	25.27
2. B. McWade	Clay	30.03
3. E. Middleton	Charn	30.09

JUNIORS U/16 - BOYS

1. C. Livesey	Prest	15.15
2. S. Bailey	Staffs	15.16
3. S. Savage	Amble	16.29

JUNIORS U/16 - GIRLS

1. E. Hopkinson	Skip	20.28
2. K. Bailey	Staffs	21.31

JUNIORS U/14 - BOYS

1. I. Glendinning	Telf	15.43
2. D. Huff	Kly	13.48
3. C. Suire	Clay	14.00
4. G. Cooper	Chor	14.26
5. T. Livesey	Prest	14.48

JUNIORS U/14 - GIRLS

1. S. Gatford	Telf	16.37
2. N. White	Holm	16.45
3. J. McDonald	Kesw	16.46
4. N. Slater	Kly	17.16
5. K. Preece	Staffs	17.18

JUNIORS U/12 - BOYS

1. M. Smith	Horw	8.10
2. M. Swainson	Unatt	8.26
3. J. Woodward	Wirral	8.42

JUNIORS U/12 - GIRLS

1. N. Akrigg	Chor	11.13
2. J. Astin	Roch	11.25
3. L. Loman	Bux	12.33

GLENSHEE CHAIRLIFT CHALLENGE

Sunday 14th July 1996

With thanks to Alan, Anne and Janet for officiating.

1. John Buchanan	Cosmic Hillbashers	s	11.56
2. Dennis McDonald	Cosmic Hillbashers	2	12.06
3. Forbes Duguid	Deeside	O/40	12.32
4. Vincent McPherson	Fife	s	12.35
5. Alan Smith	Deeside	s	12.40
6. Jonathan Seeley	Fife	j	12.59
7. Daniel Mayho	u/a	s	13.15
8. Tom Ross	Fife	O/40	13.36
9. Craig Love	Dundee Hawkhill	s	14.28
10. Russell McFarlane	Fife	j	14.31
11. Ian McNulty	Dundee Hawkhill	s	14.33
12. Ewen Rennie	Cosmic Hillbashers	O/40	14.45
13. Hamish Lean	Ochils	s	15.06
14. Jackie Stephen	Ochils	O/40	15.33
15. Frank Caton	Fife	O/40	17.30
16. Graham Benny	Westerlands	s	18.49

CHAIRLIFT CHALLENGE RELAYS

75.47 Alan Smith - 17.33	Forbes Duguid - 23.30	Daniel Mayho 34.44
77.55 John Buchanan 16.24	Dennis McDonald - 25.04	Ewen Rennie - dnf
81.09 dns	Ian McNulty - 26.55	Craig Love - 34.40
81.14 Rus McFarlane - 20.11	Vince McPherson - 23.21	Jon Seeley - 37.42
87.33 Jackie Stephen - 20.15	dns	Hamish Lean - 40.34
92.51 Frank Caton - 23.27	Graham Benny - 34.47	Tom Ross - 34.37

Relay times adjusted for incomplete teams by giving an average time for that leg to the empty spaces. Team names not given as apart from first (Deeside), second (Cosmics) and last (Fife) no usable names were entered on the master sheet.

A rather disappointing turnout on what was a beautiful sunny day. Only two runners had done the Uphill Race the day before. Should we try them on separate weekends?



Stoodley Pike: P. Jackson, T. Atkinson and P. Browning on the climb from Lunbotts
Photo: Peter Hartley

STOODLEY PIKE FELL RACE Lancashire BS/3.5m/700ft 16.7.96

Glorious sunshine heralded the start of the 1996 Stoodley Pike Fell Race. This year Greg Hull of Leeds City was determined to go one better than last year and led from the gun.

Approaching the Pike he had a twelve second lead over former British Fell Champion Gary Devine, who had in turn the same margin over Halifax's Ken Stirrat. With the course reverting to the old established route, Hull went for a brave record attempt and in doing so stretched his winning lead to twenty one seconds. In this detail he was unsuccessful, but as consolation picked up a magnum of champagne, first prize and engraved his name on the winner's shield alongside the other greats of Fell Running.

The women's race followed the established pattern of a win for Carol Greenwood of Bingley, followed by Kath Drake of Spenborough. Strong local interest was Mark Horrocks of Calder Valley in tenth position and George Erhardt of Todmorden (twelfth) just managing to hold off a gutsy challenge from team mate Andy Fruin (thirteenth).

The men's team prizes was won by Pudsey and Bramley with Clayton-le-Moors taking the women's prize. Thanks to the Top Brink Inn, Todmorden Harriers, St Johns Ambulance and the many others who contributed to make the race a great success.

Todmorden Greenpeace Support Group now turn their attention to the more sedate business of the 'Day on the Green' festival on Todmorden's Centre Vale Park.

Mark Anderton

1. G. Hull	LdsCty	17.14
2. G. Devine	P&B	17.35
3. K. Stirrat	H'fax	18.05
4. S. Green	P&B	18.50
5. M. Corbett	Ross	18.55
6. J. Deegan	P&B	18.59
7. A. Murphy	Mid'ton	19.00
8. J. Brook	Bing	19.06
9. M. Bowler	P&B	19.16
10. M. Horrocks	CalderV	19.22

VETERANS O/40		
1. D. Beels	Roch	20.10
2. D. Collins	Tod	21.23
3. K. Thompson	Clay	21.49
4. K. Masser	Ross	22.14
5. S. Gardner	CalderV	22.18

VETERANS O/45		
1. K. Taylor	Ross	20.31
2. J. Dore	Roch	21.10
3. B. Horsley	CalderV	21.53
4. G. Cumber	H'fax	22.12
5. P. Jackson	Tod	22.39

VETERANS O/50		
1. P. Kelly	Ross	22.29
2. M. Moore	Salf	23.14
3. D. Hill	Eryri	23.30
4. R. Blakely	Tod	23.49
5. T. Targett	Clay	24.32

VETERANS O/60		
1. M. Houghton	Chor	24.28
2. E. Blamire	Tod	25.36
3. G. Arnold	Prest	25.51

LADIES		
1. C. Greenwood	Bing	21.32
2. K. Drake O/35	Spen	23.34
3. H. Sandelands O/35	Skelm	23.39

4. J. Rawlinson O/45	Clay	23.45
5. J. Tompkins	Waminster	24.08
6. C. Dewhurst	Clay	25.46
7. A. Curle	Fellan	26.17
8. J. Smith O/35	Bing	26.22

BAMFORD CARNIVAL FELL RACE Derbyshire BS/3.75m/600ft 17.7.96

So its race day again. The runners appear, as if by magic, and park their cars, they sign in and on the command of GO they disappear in to the hills, only to reappear again after twenty minutes or more, gasping for breath and sweating like mad. Orange juice is drunk by the gallon, results appear, the prizes are given out and everyone disappears until the next time. At least that is the spectators view of it all, but what of the race organisers? They have to start thinking about next years race before the end of October, often before the various committees of the carnivals, fetes etc. to which many of us are tied, have even decided whether or not they are going to hold an event.

But the fixture list has to be produced on time, so with hearts in mouth, we duly send in our dates and times and hope that they fit in with our local event. By the time the fixtures handbook arrives in the post we usually know that the local event is going ahead and the fixture list is scanned to see if everything coincides. "Phiew" it does.

Early in the year, St John has to be booked, and friends and helpers have to be contacted to see if they will help again. Approximately twenty two helpers are needed in our case for the smooth running of the race. The police need to be informed, then nearer the time of the race, trophies have to be bought and shields and cups have to be collected from last years winners.

The registration forms have to be checked, have we got enough?

All the equipment for the race, needs to be got out of storage and checked, and the helpers contacted again to see that all is well.

Then on the day of the race, the course has to be checked and the field set up for the evening. Then after the race everything has to be put away for next time and the results typed out, photocopied, and sent off to all who require a copy. Then its time to start all over again. Sometimes I wish I was just a spectator.

Two hundred and twenty four runners started, with only one retirement. The weather was clear and hot, and the ground hard under foot.

Even after being told at the beginning of the race to stay in order until they have passed through the funnel at the end of the race, some competitors still insisted on trying to duck out through the ropes. This is very unfair as it throws out the results if they are missed.

I don't know if other organisers suffer with this sort of problem, but it would be handy if it could be stressed that rules are there for a purpose.

Donald Johnson

1. S. Martland	Sheff	21.36
2. D. Peel	DkPk	21.45
3. K. Davis V	P'stone	21.53
4. A. Dickenson	Unatt	22.04
5. A. Poirrette	DkPk	22.07
6. P. Young	Hallam	22.16
7. D. Ansell	Sheff	22.41
8. M. Hayman	DkPk	23.00
9. A. Scally	DkPk	23.14
10. D. Trickett V	Hallam	23.14

VETERANS O/40		
1. K. Davis	P'stone	21.53
2. G. Clegg	DkPk	23.16
3. D. O'Brian	Bux	23.30
4. C. Bradshaw	Totley	24.20
5. G. Band	DkPk	24.26

VETERANS O/50		
1. D. Trickett	Hallam	23.14
2. D. Bradbury	DkPk	24.18
3. J. Clarke	Hallam	24.36
4. J. Carrier	GPT	25.22
5. R. Mason	Totley	27.05

LADIES		
1. T. Brindle	CHB	25.00
2. P. Leack	Sutton	25.01
3. K. Dalton	DkPk	25.20
4. K. Jones	DkPk	27.15
5. S. Duniel	Wake	28.11
6. J. Welbourne O/45	Penn	28.33
7. L. Lacon	Holm	28.37
8. J. Bednall	SheffTri	28.50

LOUGHRIGG Cumbria AS/4m/1000ft 20.7.96

Notable performances from Steven Savage, fifth overall although still under sixteen. Sarah Brown was first lady and John Merritt who is seventy completed in under fifty minutes.

1. J. Blackett	Mand	29.38
2. P. Targett	Clay	29.53
3. P. Singleton	Kend	30.02
4. M. Addison	Clay	30.47
5. S. Savage U/18	Amble	31.34
6. B. Evans	Amble	31.59
7. E. Parker V	Amble	32.13
8. S. Sarginson	B'land	32.51
9. T. Kelly	Black	32.54
10. B. Crewdson V	Black	33.43

VETERANS O/40		
1. E. Parker	Amble	32.13
2. B. Crewdson	Black	33.43
3. D. Richardson	Kend	34.04
4. N. Walker	Amble	36.09
5. H. Moss	Howg	36.27

VETERANS O/50		
1. E. Hoare	Clay	41.00
2. J. Taylor	Amble	41.10

VETERAN O/70		
1. J. Merritt	Amble	49.23

LADIES		
1. S. Brown	B'land	35.13
2. T. Targett	Clay	49.03
3. S. Morley	Unatt	49.23

MEALL AN T-SUIDHE Invernesshire AS/3.5m/1500ft 20.7.96

Lochaber Athletic Club staged their three local hill races at the weekend - the Meall an t-Suidhe on Saturday; Half Nevis on Sunday; and Cow Hill on Monday.

Lochaber's Julie Anderson added all three events to her string of victories on the hills this summer. In the Meall an t-Suidhe, Julie reached the turn some distance behind leader Wendy Donnelly. She then put in a brilliant downhill run to win in forty two minutes and six seconds, with Wendy second in forty five minutes and fifty five seconds. The next day Julie won the Half Nevis, after a battle with Deborah MacDonald of Hunters Bog Trotters, who was runner up. And on Monday Julie was in a class of her own, eclipsing the field to win the Cow Hill. This is the first time that anyone, female or male, has won all three races.

In the men's Meall an t-Suidhe, Lochaber's Billy Brooks Junior looked to have the race sewn up as he turned at the summit with a seemingly unassailable lead. However, as Billy came off the hill on to the heavy, boggy ground, he faltered and his young legs buckled a bit.

Second placed John Coyle (Camethy) noticed this, and went in to overdrive in the last mile, catching Billy on the Achintee Road, four hundred yards from the finish. John took the tape in thirty one minutes and five seconds, twelve seconds ahead of Billy.

Billy's uncle, Graham Brooks, had another great run, passing four runners on the descent, to finish third in thirty two minutes and forty six seconds.

1. J. Coyle	Carn	31.05
2. B. Brooks U/18	LAC	31.17
3. G. Brooks O/40	LAC	32.46
4. S. Atkinson U/18	LAC	33.11
5. D. Orr	LAC	33.33
6. R. Boswell O/40	LAC	33.44
7. A. Cassidy O/40	Fife	34.23
8. D. Hope	Horw	34.56
9. C. Britton	LAC	35.05
10. J. Maitland	LAC	35.47

VETERANS O/50		
1. J. Holden	Fife	38.19
2. D. MacDonald	LAC	39.57
3. B. Bennet	P'cuik	46.55

LADIES		
1. J. Anderson	LAC	42.06
2. W. Donnelly	Unatt	45.55
3. L. Curley	Unatt	53.51



Sweltering on the climb at Ingleborough
Photo: Peter Hartley

BEN RINNES FIVE TOPS HILL RACE Grampian AL/14m/4900ft 27.7.96

Championship status swelled the ranks of this fine race, which is held in conjunction with Dufftowns traditional Highland Games to sixty three starters, but unfortunately a few big names were still noticeable by their absence. It was their loss however, since much quality in depth was evident with no large time gaps in the final results. The course takes runners over two pudding shaped hills, Little and Meikle Corval, then up the main climb of Ben Rinnes to reach its granite top at a thousand seven hundred and fifty five feet, not far short of a 'Munro', returning by the same route, this gives the race its 'Five Tops'.

Following a delayed start to accommodate some late arrivals, the field was initially headed by top North road runner Alan Reid of Peterhead, just out for a bit of fun, but he was soon overhauled by the more serious championship contenders. One of these, Shettletons Dermot McGonigle, joint leader at the time took the misunderstood action of deviating from the flagged route when coming off Meikle Corval, missing the only drinks station on route and ignoring the motorway path up Ben Rinnes. The same direct route was followed on his return leaving no option other than disqualification. This was unfortunate for Dermot since as can be gleaned from the split times he was easily the quickest over the final climb. Despite this, Shettleton still took the team prize. This meant that individual honours then went to race organiser, Graeme Bartlett, who snipped over a minute off his own course record. South visitor, Joe Blackett, of Mandale came charging through the field after a gentle start to scrape on to the prize list in fourth place.

Jim Robertson maintained a comfortable cushion over Dave Armitage throughout the race to be first over forty, while the exceptional super veteran Brian Waldie was in a class of his own.

The womens race, sprinkled with internationals was won by Carmethys' Angela Mudge, despite a spill on Ben Rinnes. She also demolished her own course record set in last years scorching heat. Also participating, but not competing was rebel runner, Roger Boswell, protesting against the SAFs extortion policy of expecting a fifty pence levy from every runner competing in a championship counter. Maybe this was the reason why those few big names failed to reach the start line?

G Bartlett

INGLEBOROUGH FELL RACE

North Yorkshire

AM/7m/2000ft 20.7.96

1. S. Hawkins	Bing	46.14
2. G. Devine	P&B	47.36
3. S. Livesey		48.45
4. S. Oldfield V	Bfd	49.44
5. S. Bell	NottsUni	51.53
6. B. Whitfield V	Bing	51.57
7. G. Moffat	Howg	51.57
8. A. Robertshaw	Otley	52.08
9. M. Walsh V	Kend	52.19
10. T. Taylor	Ross	52.41

VETERANS O/40

1. S. Oldfield	Bfd	49.44
2. B. Whitfield	Bing	51.57
3. M. Walsh	Kend	52.19
4. K. Taylor	Ross	54.05
5. H. Waterhouse	Sadd	54.28

VETERANS O/50

1. R. Jaques	Clay	59.21
2. R. Devy	Sadd	64.10
3. T. Peacock	Charm	64.48
4. T. Trowbridge	DkPk	67.25
5. D. Buckley	Bolt	

LADIES

1. C. Greenwood	Bing	54.47
2. V. Peacock O/35	Clay	59.31
3. C. Young	Lds	60.47
4. C. Crofts	DkPk	65.49
5. E. Staig O/35	N.Vets	66.08
6. E. Nutter	Ripon	66.49
7. B. Craig	Unatt	66.55
8. L. Whittaker	Sadd	67.15

KINNISIDE FELL RACE

Cumbria

AM/9m/3000ft 20.7.96

Alan Bowness of CFR, from nearby village of Bigrigg, won this fast nine mile horseshoe for a remarkable fifth time, in glorious summer sunshine. The sixty four runner field were started from the busy showfield to generous applause from the knowledgeable Cumbrian crowd, who have seen some fine tussles in the twenty three year history of Kinnisides. By the second checkpoint on Blakey Raise, England internationals, Martin Amor and Alan Bowness, both of CFR had opened up what was to prove a significant gap on their pursuers. Long traveller, Dave Neill was through in to third at this stage, with young Lee Gibson at just eighteen, on the shoulder of the countryside leading veteran. At the head of affairs, Amor moved in to pole position, descending in to Uldale Bottoms, but was unable to break Bowness on the gruelling steep haul up the aptly named "chimneys", as the leading pair reappeared out of the short forestry section up to the last check on 'Dent' it was Bowness who pulled away strongly to open up almost a minute on the Gallant Amor, and take the cheers as he bolted down the final fell side in to the showfield. The talented Neil finally shook off the precocious Gibson to take third spot, with Robert Hope just holding off Dave 'Spike' Loan to take third place.

The junior races produced two fine performances by Kenny Denwood (under sixteen), and young Liam Bell winning the well supported under fourteen event in grand style.

Irvine Block

1. A. Bowness	CFR	1.08.06
2. M. Amor	CFR	1.08.59
3. D. Neil O/40	Merc	1.11.10
4. L. Gibson U/20	CFR	1.11.57
5. R. Hope	Horw	1.17.08
6. D. Loan O/40	Kesw	1.17.12
7. R. Unwin O/40	CFR	1.17.29
8. G. Byers	CFR	1.17.52
9. D. Spedding O/50	Kesw	1.18.00
10. N. Dawes	CFR	1.18.24

VETERAN O/60

1. H. Catlow	N.Vets	1.41.29
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FIRST LADY

1. R. Taylor	Kesw	2.00.39
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JUNIOR U/16

1. K. Denwood	CFR	9.39
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JUNIORS U/14

1. L. Bell	CFR	11.02
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WIDDOP FELL RACE

West Yorkshire

BM/7m/1200ft 24.7.96

Another fine turnout for this year's race, which was run in reverse for the first time. Feedback from most runners was that it was more enjoyable this way especially as it got the nasty tussocky bit out of the way early, so the race will continue in this format. Race winner was Mark Wallis, closely followed by Mark Horrocks and race newcomer Steve Oldfield. The first four runners finished within thirty seconds of each other making for a good close finish. Martin Corbet was unlucky whilst leading the race down to the hut, someone had re-arranged a marker, causing him and a couple more to take a wrong turn, otherwise he could well have won. The race was well received and thanks must go to Calder Valley member's for help and marshalling, Andrew at the Pack Horse, and Calderdales ranger for their help. Thanks also to Wilby Insurance Brokers for their sponsorship.

Tony B

1. M. Wallis	Clay	48.22
2. M. Horrocks	CalderV	48.35
3. S. Oldfield V	B&A	48.42
4. M. Corbet	Ross	48.53
5. G. Sumner	Ross	49.13
6. M. Bowler	P&B	49.25
7. D. Beels V	Unatt	49.49
8. P. Davis	P&B	49.58
9. D. Blackhurst	Ross	50.02
10. G. Erquahard	Tod	50.38

VETERANS O/40

1. S. Oldfield	Bfd	48.42
2. D. Beels	Unatt	49.49
3. R. Crossland	Unatt	51.32
4. J. Barker	Roch	53.03
5. B. Rawlinson	Ross	54.14

VETERANS O/50

1. P. Kelly	Ross	56.29
2. R. Jaques	Clay	58.38
3. P. Ogden	Spen	58.52
4. R. Blakeley	Tod	59.15
5. R. Cowling	Unatt	61.19

LADIES

1. G. Cook O/35	Roch	58.19
2. J. Rawlinson O/40	Clay	58.53
3. K. Slater O/35	Kly	59.30
4. A. Martin	Clay	60.00
5. L. Whitaker	Sadd	63.20
6. C. Dewhurst	Clay	64.50
7. A. Curle	Fellan	67.47
8. P. Dore O/40	Roch	69.41

1. G. Bartlett	Forres	1.58.34
2. P. Davies	Borr	2.01.19
3. J. Wilkinson	Shett	2.02.54
4. J. Blackett	Mand	2.03.31
5. J. Coyle	Carn	2.03.45
6. D. Cummins	Shett	2.04.40
7. J. Robertson V	Cambuslang	2.05.48
8. D. Armitage V	CHB	2.07.54
9. M. Patterson	Shett	2.10.42
10. M. Taviner	Carn	2.12.04
11. B. Waldie V	Carn	2.12.56
12. R. Cant	Loch	2.14.02
13. B. Connor	Carn	2.14.39
14. F. Duguid V	Dee	2.16.35
15. M. Johnston	Carn	2.17.22
16. J. Donnelly	Shett	2.18.25
17. D. Duncan V	Ochil	2.19.14
18. A. Smith	Dee	2.19.50
19. J. Gallagher	Ochil	2.20.03
20. G. Macinnes	Carn	2.20.06
21. A. Wilson	Dundee	2.21.04
22. A. Mudge	Carn	2.21.21
23. G. Houghton V	CalderV	2.23.56
24. A. Pience	Carn	2.25.39
25. S. Armitage	CHB	2.26.30
26. J. Clark	Ochil	2.26.53
27. K. Partington	Prest	2.28.20
28. A. Reid	P'head	2.28.21
29. J. Stephen V	Ochil	2.29.31
30. J. McGhee	Forres	2.30.34

VETERANS O/40

1. J. Robertson	Cambuslang	2.05.48
2. D. Armitage	CHB	2.07.54
3. F. Duguid	Deeside	2.16.35
4. D. Duncan	Ochil	2.19.14
5. G. Houghton	CalderV	2.23.56

VETERANS O/50

1. B. Waldie	Carn	2.12.56
2. N. Dyson	Mand	2.51.28
3. L. Mann	Belgrave	3.06.01
4. D. Morgan	Dundee	3.08.23
5. J. Wilkins	Arb	2.47.16

LADIES

1. A. Mudge	Carn	2.21.21
2. S. Armitage	CHB	2.26.30
3. T. Brindley	CHB	2.38.06
4. C. Lorimer	CHB	2.46.17
5. P. Lemoncello O/35	Fife	3.24.09

**WEST LEAKE
COUNTRY RUN**
Leicestershire
CS/5m/410ft 28.7.96

Although the weather was considerably cooler this year, there were no records broken. However, the top ten times were generally faster than previous years.

We had the appearance of a certain 'L.Lucan' in the race, but I did not get a chance to confirm the likeness. Rumour has it that he had done a long run before the race and that accounted for his poor time. I suppose when you've been on 'the run', you do get a bit tired! Special thanks to all the people who helped.

T Parr

1. J. Reeson	Shelt	29.57
2. S. Mansbridge	Merc	30.16
3. D. Hurton	Denby	30.26
4. S. Gregory	H.Pierre	30.48
5. M. Duxbury	Horw	31.00
6. C. Ramsell	Ivan	31.37
7. A. Kay	Charn	31.46
8. A. Laban	Ivan	31.57
9. P. Figg	Swale	32.09
10. D. Anderson	Ivan	32.21

VETERANS O/40

1. D. Mann	Ivan	33.48
2. P. Whitehead	Ere	34.03
3. B. White	Ivan	37.01

VETERANS O/45

1. M. Hawkins	Ere	34.26
2. M. Jelley	Stilt	34.42
3. A. Keen	Ere	35.02

VETERAN O/50

1. J. Butler	Ivan	39.32
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VETERAN O/55

1. D. Walker	Merc	39.39
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LADIES

1. M. Mills	H.Pierre	36.14
2. F. Cooke O/35	March	36.19
3. G. Evans O/35	Shep	41.24
4. E. Adams O/40	Ivan	42.34
5. V. Brockwell O/45	H.Pierre	43.21

KENTMERE HORSESHOE

Cumbria

AM/11.9m/3300ft 28.7.96

1. M. Roberts	Borr	84.13
2. G. Devine	P&B	88.32
3. P. Sheard	P&B	89.44
4. J. Davies	Borr	90.01
5. J. Atkinson	Amble	90.11
6. N. Spence	Kend	90.23
7. M. Hill	P&B	90.56
8. R. Jebb	Bing	91.02
9. J. Hunt	Mersey	91.23
10. D. Holdsworth	Kend	91.37

VETERANS O/40

1. D. Ratcliffe	Ross	96.10
2. N. Pearce	Unatt	99.31
3. B. Walton	Unatt	100.50
4. C. Taylor	Merc	103.29
5. R. Unwin	CFR	105.03

VETERANS O/45

1. M. Walsh	Kend	96.20
2. R. Poole	Gloss	105.10
3. B. Horsley	CFR	107.21

VETERANS O/50

1. K. Carr	Unatt	99.20
2. A. Peacock	Clay	112.20
3. B. Laycock	Amble	113.47
4. I. Rooke	Kend	115.01
5. C. Brown	Merc	115.25

VETERANS O/55

1. R. Jaques	Clay	108.35
2. A. Evans	Amble	114.12
3. G. Charles	Vaux	119.59

VETERANS O/60

1. H. Catlow	N.Vets	127.00
2. C. Henson		127.14
3. H. Goodman	Kend	138.49

LADIES

1. C. Holden	Kend	120.36
2. Y. Williams	Penn	122.45
3. W. Dodds O/40	Clay	125.20
4. D. Priestley O/40	Kend	128.05
5. D. Thompson O/40	Unatt	130.43

**HEART OF THE LAKES RYDAL
ROUND**
AM/9m/3000ft 1.8.96

1. B. Cole	Horw	1.18.56
2. N. Peach	Kend	1.19.40
3. S. Mansbridge	Merc	1.20.02
4. J. Wright	Tod	1.21.02
5. S. Lydka O/40	Kend	1.21.08
6. M. Fleming	Amble	1.21.12
7. W. Roff	P&B	1.22.11
8. P. Singleton	Kend	1.22.17
9. C. Lyon O/40	Horw	1.22.36
10. P. Targett	Clay	1.23.55

VETERAN O/45

1. R. Futrell	Holm	1.28.28
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VETERAN O/50

1. B. Laycock	Amble	1.33.18
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VETERAN O/60

1. D. Rigg	CFR	1.50.29
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LADIES

1. R. Pickvance	Unatt	1.36.26
2. A. Studridge O/45	Bidf	2.07.57
3. W. Corson O/40	Unatt	2.14.08
4. J. Holding O/45	DarwD	2.20.35

JUNIORS U/18

1. A. Leck	L&M	1.40.11
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LLANSPTS RHEWL ROUGH RUN
Clwyd

AS/4.5m/1800ft 3.8.96

A sultry day saw off sixty two runners at the start of this hard, but safe event, consisting of some good descents. The first three quarters of a mile of tarmac proved the undoing of many, with its deceptive climb and speed. Colin Donnelly (Eryri) sat in behind the youngster Andrew Davies (Mercia) along the narrow sheep track up to the first stile. Here the route widens as it climbs, and Donnelly was to show his strength, opening thirty seconds before the highest point at Moel Morfydd (one thousand, eight hundred and two feet). From here its downhill back to the showground (and beer tent!). Not much open land though: steep drops, stiles and a tunnel of bushes and trees to negotiate, not a time to day dream.

Collin Donnelly finished looking fresh with the course record lowered by sixty one seconds (more to take off yet?).

The ladies event was a foregone conclusion, with Carol McCarthy (Helsby) supporting us yet again, cruised to victory but no course record as she was not pushed during the race. As only five ladies took part, all of them received prizes in various categories.

This race and the March event are staged in scenic country and is a safe race, so we will see you all next year. Thanks to all helpers.

Geoff Gartell

1. C. Donnelly	Eryri	32.17
2. A. Davies U/18	Merc	33.03
3. T. Davies	Merc	33.42
4. M. Weedal V	Merc	34.26

VETERANS O/40

1. M. Weedal	Merc	34.26
2. R. Eagle	MDC	35.06

VETERANS O/45

1. T. Holme	Penn	36.09
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VETERANS O/50

1. J. Clements	Hels	39.36
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VETERANS O/55

1. R. Tuastall	Hels	40.25
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VETERANS O/60

1. J. Dearden	Hels	43.02
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LADIES

1. C. McCarthy O/35	Hels	40.36
2. J. Cross O/35	P'atyn	48.54
3. A. Ashley O/35	Wrex	49.13
4. T. Targett	Clay	53.17
5. L. Hughes O/40	P'atyn	53.24

GLEN CLOVA HILL RACE

Angus

AL/15m/5500ft 4.8.96

Early morning low cloud caused the organiser a headache, as it is known that some sections, particularly from Green Hill to Red Craig are navigationally difficult owing to the featureless nature of the ground. However by race time these clouds had lifted fortunately, though some people have been known to go wrong even on a good day! In case of lost or injured runners, we have a radio marshall on every check point, together with two race marshalls dispensing drinks and sweets, and also on hand are the local Tayside Mountain Rescue Team and a Sea King helicopter from either Prestwick or Kinloss (which as it happened developed engine trouble and had to withdraw), which used the event as a familiarisation exercise for any incidents at other times.



Borrowdale's Jim Davies, 4th at Kentmere, pictured racing Graham Schofield down the hill at Holme Moss
Photo: Peter Hartley

The route follows a good path to the first check at Green Hill, but from there this the next two cp's in pathless heather and peat rags - OK if its dry - followed by a precipitous descent from Red Craig back to the road at Breedowrie Farm, before a long climb, this largely pathless heather and bog to the summit of Dreish at nine hundred and forty seven metres. The next section this cp's eight and nine in along ridge which gives generally good running on short vegetation and tracks before a final ankle breaking descent back down to the finish at the Clova Hotel, crossing the River South Esk en route to give the runners the opportunity to clean their shoes and legs!

A retrial time of thirteen hours and fifteen minutes is put on cp five, at the road where only one person was timed out, and one more opted to pull out; only one other runner pulled out earlier on.

There was also a Scottish Junior championship event which went to checkpoint one, Green Hill, and return, about four miles and two thousand feet. No serious injuries were incurred in either races, though a good many aches and pains and sore muscles no doubt!

1. C. Donnelly	Eryri	2.53.23
2. J. Coyle	Carn	2.56.14
3. D. Cummins	Shett	3.02.03
4. G. Brooks V	Loch	3.08.42
5. D. Duncan V	Ochil	3.12.11
6. A. Wilson	H'hill	3.13.07
7. P. Buchanan	Ochil	3.15.23
8. M. Ogstone	W'lands	3.17.37
9. D. Amour V	H'land	3.18.02
10. C. Love	H'hill	3.18.28

VETERANS O/40

1. G. Brooks	Loch	3.08.42
2. D. Duncan	Ochil	3.12.11
3. T. Ross	Fife	3.20.19
4. J. Stephen	Ochil	3.28.44
5. J. Durmin	H'hill	3.29.57

VETERANS O/50

1. D. Amour	H'land	3.18.02
2. C. Love	H'hill	3.18.28
3. J. Littlewood	Carn	3.30.20
4. B. Gauld	Carn	3.33.25
5. G. Clark	Arb	3.37.20

LADIES

1. K. Jenkins	Carn	3.48.31
2. S. Hay O/35	H'land	4.02.41
3. I. Blunk O/35	Carn	4.11.10

JUNIORS

1. A. Laws	H'hill	0.57.39
2. W. Duncan	Unatt	1.05.19
3. N. Smith	Unatt	1.07.46

CRACKEN EDGE FELL RACE

Derbyshire

BM/7.5m/1450ft 15.8.96

This was the first ever Cracken Edge fell race, and it was reassuring to see such good support from all the local clubs, the conditions were almost perfect, with the ongoing fine weather turning the Chinley Churn and Ollerret Bogs to dust, and this gave an extremely fast time to the winningpair - Glossopdale Harriers Dale Gartley and (local man) Paul Deaville, who were still battling it out as they entered the finishing field.

The ladies' race was also won by a Glossopdale star, with Michelle Bromley putting in yet another fine performance.

Thanks go to all the helpers from the rescue team and Pennine Fell Runners, to the various landowners for allowing it to take place, to Tony Hulme of Running Bear, to Nestles for the Buxton Spa Water, and finally to the runners themselves for supporting the event, and helping to raise much needed funds for the Kinder Mountain Rescue Team.

The provisional date for next year's Cracken Edge race is Wednesday August 13 1997.

Alan Brentnall

1. D. Gartley	Gloss	43.33
2. P. Deaville	Gloss	43.35
3. D. Hurton	DDT	45.21
4. A. Jones	Gloss	45.44
5. M. Egner V	DDT	45.59
6. R. Hutton	D'Peak	47.19
7. M. Lee	Bury	47.30
8. N. Stone	Stoke	47.35
9. S. Wyatt	Penn	47.41
10. S. Boubly	DDT	47.57

VETERANS OVER 40

1. M. Egner	DDT	45.59
2. S. Entwisle	Gloss	48.43
3. F. Fielding	Gloss	50.13
4. A. Bocking	Penn	50.15
5. N. Goldsmith	D'Peak	50.32

LADIES

1. M. Bromley	Gloss	54.26
2. J. Town	DDT	58.09
3. S. Stafford	Goyt	58.22
4. A. Dinsmoor	Penn	58.23
5. A. Brentnall	Penn	59.51



Mandy Goth, 6th lady at Crow Hill
Photo: Allan Greenwood

ILL BELL FELL RACE

Cumbria

1. J. Atkinson	Amble	53.34
2. N. Spence	Kend	56.49
3. S. Shuttleworth	Amble	57.48
4. S. Hicks	Borr	59.32
5. S. Varney V	Kend	59.57
6. P. Clark V	Kend	1.00.26
7. M. Addison	Clay	1.00.46
8. C. Speight	Kend	1.02.44
9. S. McKenna	Amble	1.02.51
10. T. Houston	B'land	1.03.09

VETERANS O/40

1. S. Varney	Kend	59.57
2. P. Clark	Kend	1.00.26
3. E. Parker	Amble	1.04.23
4. G. Denny	Kend	1.05.18
5. J. Broxap	Kend	1.05.47

FIRST VETERAN O/50

1. A. Walker	Amble	1.10.21
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and we were amazed to take ninety one entries. Brilliant support for a Tuesday night race.

Gary Oldfield took control early on and appeared to make light work of the wet, muddy conditions underfoot. He came home over half a minute clear of the next man, Andy Wrench of Todmorden Harriers, and only 18 seconds outside Ian Holmes' record set last year.

After getting soaked helping me to flag the route, Carol deserved a break from baby minding, so I took the pushchair to the start / finish area, while she proceeded to smash the ladies record. Last year's lady winner Glynda Cook came on her bike to help out at the finish, recording numbers.

Thanks to everyone who helped to make the event a success, Mr and Mrs Dalton who own the private field below the Mount Skip Inn, Simon Anderton for providing us with a warm, dry registration car, Dave and Eileen Woodhead, Peter Jebb and Maureen Gibson, all the marshalls on the route, Hebden Bridge Golf Club and the Dusty Miller Pub at Mytholmroyd who opened their doors for us on their Tuesday night off. Finally to J & L Sports, (John and Linda Bostock) who always support us and deserve our support as they bravely venture into the fell running kit market. Thanks to the runners for coming, see you all again soon.....

Allan, Carol and Katie Greenwood

J & L SPORTS CROW HILL RACE

West Yorkshire

BS/5m/1000ft 6.8.96

After a fortnight of hot weather, the skies turned grey and the heavens opened. "Allan and Carol must have a race coming up" quipped a club member and work colleague. Flagging the golf course section at Mount Skip, I was thoroughly sodden, even though kitted out in full Gore-Tex waterproofs. As I reached the car I witnessed a bolt of lightning as it hit it's target over the other side of the valley near Stoodley Pike. If this keeps up, I told Carol, I'm not sending runners up onto the fell it will be a canal bank race!

Down at the Community Centre we were in for a surprise. The water was running down the road like a river, and the drains couldn't cope, consequently, the lounge we had booked was under an inch of water.

Simon Anderton turned up and offered us the shelter of his estate car for registration. The rain stopped, the sun came out

1. G. Oldfield	Bfd Aire	29.56
2. A. Wrench	Tod	30.32
3. S. Oldfield V	Bfd Aire	30.38
4. J. Deegan	P & B	30.55
5. G. Summer	Ross	30.57
6. M. Horrocks	Calder V	31.06
7. S. Anderton	Tod	31.49
8. B. Whalley	P & B	31.54
9. J. Wright	Tod	32.16
10. C. Davies V	Sadd	33.19

VETERANS OVER 40

1. S. Oldfield	Bfd Aire	30.38
2. C. Davies	Sadd	33.19
3. I. Aitchison	Roch	34.55
4. D. Collins	Tod	35.17
5. S. Sanderson	Bfd Aire	35.35

VETERANS OVER 50

1. R. Blakely	Tod	38.04
2. J. Talbot	Tod	38.43
3. M. Moore	Salf	38.55
4. P. Southwell	Tod	40.58
5. B. Chapman	Tod	41.05

VETERANS OVER 50

1. P. Duffy	Aber	40.48
2. D. Clutterbuck	Roch	43.20
3. B. Pierce	Calder V	44.27
4. B. Hargreaves	Tod	44.31
5. J. Newby	Tod	44.39

LADIES

1. C. Greenwood	Bing	34.57
2. A. Dennison	Bfd Aire	39.02
3. P. Oldfield O/35	Bfd Aire	39.19
4. S. Duniec U/16	Wake	43.36
5. J. Sanderson O/45	Bfd Aire	44.25
6. M. Goth O/35	Tod	46.25
7. E. Smith	Denby	47.31
8. S. McNulty O/45	Rad	47.33

UP THE NAB**Glossop / Derbyshire
BS/4.5m/750ft 7.8.96**

A total of 84 runners started the race and 84 finished.

The weather was fine.

Graham Hill took the lead by 10 secs from Dale Gartley. Graham is the son of the legendary marathon runner, he does not usually run the fells.

Also the first Junior, David Norman, was 11th place. He is the son of Jeff Norman who easily took the first veteran over fifty place and was 26th overall.

The womans' race was heavy with talent with Tricia Sloan, Irish Fell Champion, in 1st place and placed 1st overall. Ross Dunnington was the second lady and also the first veteran. She is the British Ironman Triathlon Athlete, as well as being a great runner.

1. G. Hill	Stock	26.02
2. D. Gartley	Gloss	26.12
3. M. Hayman	DPeak	26.14
4. D. Gibbons	Altr	26.17
5. D. Doyle	YMCA	27.51
6. S. Wyatt	Penn	28.36
7. P. Wileman	Coal	28.37
8. G. Kerr	Glax	29.25
9. B. Blundell	u/a	29.29
10. P. Cornwall V	Salf	29.41

VETERANS OVER 40

1. P. Cornwall	Salf	29.41
2. N. Goldsmith	DPeak	29.52
3. P. Baddeley	Stock	30.07
4. B. Hobbs	Gloss	30.27
5. R. Poole	Gloss	30.33

VETERANS OVER 50

1. J. Norman	Altr	31.04
2. P. Duffy	Aber	34.08
3. M. Morrison	Gloss	35.29
4. R. Humphreys	u/a	35.47
5. R. Wignoll	Altr	36.24

VETERANS OVER 60

1. P. Duffy	Aber	34.08
2. N. Baker	u/a	60.03

LADIES

1. T. Sloan	Salf	30.06
2. R. Donnington V	E'Ches	31.10
3. M. Bromley	Gloss	32.33
4. K. Harvey V	Altr	32.34
5. L. Whitakker	Sadd	32.55
6. K. O'Brien V	u/a	36.02

JUNIORS

1. D. Norman	Altr	29.47
2. M. Tannahill	Dews	33.17
3. L. Kearnes	Manl	34.40

BRADWELL FELL RACE**Derbyshire
BS/4.5m/600ft 7.8.96**

The race was run in ideal conditions, for the first time in the 48 year history of the race we had two injuries (not serious) who did not finish.

1. S. Martland	Sheff	25.59
2. P. Deaville	Gloss	26.04
3. A. Poirette	D.P.F.R.	26.14
4. S. Bell	Wat	26.31
5. M. Bradbury	Stock	26.44
6. R. Wren	D.P.F.R.	26.46
7. K. Webster	Mat	26.52
8. A. Green	Halam	27.03
9. B. Stocks	D.P.F.R.	27.59
10. J. Rank	Holm	28.10

VETERANS OVER 40

1. S. Bowker		30.31
2. K. Jackson-Homer	Mill	30.50
3. N. Bowler	D.P.F.R.	30.57
4. R. Gregory		31.10
5. J. Clarke	Halam	31.13

LADIES

1. J. Welbourn V	P'Stone	33.48
2. A. Miev Van Gulic	S.Y.O.	35.29
3. R. Hambleton		35.37
4. K. Green V	D.P.F.R.	36.08
5. M. Chippendale V	Penn	36.31
6. L. Williams	Mat	39.10
7. J. Jackson V	N.Derb	39.17
8. K. Wright	Ret	39.56

SHEEPSTONES RELAY**Yorkshire
AS/3x3m/1000ft 7.8.96**

A disappointing turnout due to local race clashes. Nevertheless, ideal weather conditions resulted in some fast times. A spectacular leg by Mervyn Keys - 22.58 helped Rossendale 'A' team to victory by almost 7 minutes.

S. Palmer

1. Sumner/Corbett/Keys	Ross A	72.03
2. Noon/Child/Whalley	P&B	79.34
3. Houghton/Gildea/Thompson	Cald C	80.48
4. Hemsley/Chappel/Pearce	Ilk	82.44
5. Birchenough/McKenna/McMyler	Blk Shp A	83.47

FIRST VETERAN TEAM OVER 40

1. Barker/Egner/Robinson	Denby Tlv	85.35
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LADIES

1. Shotter/Clark/Charding	P&B	103.37
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SCRABO HILL RACE**A/3m/750ft 7.8.96**

1. J. White	Unatt	22.21
2. C. Paton	B'drain	22.26
3. M. Cowan	Unatt	22.36
4. W. McKay O/45	A'ville	23.05
5. A. Neill U/18	B'drain	23.20
6. A. Donald	N'Down	23.23
7. D. Adams	W.TH	23.33
8. D. Fisher U/18	B'drain	24.01
9. T. Eakin O/45	Co.Antrim	24.20
10. F. Strickland O/45	B'drain	25.02

VETERAN O/40

1. G. Hopkins	E.Antrim	26.37
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VETERANS O/45

1. W. McKay	A'ville	23.05
2. T. Eakin	Co.Antrim	24.20
3. R. Strickland	B'drain	25.02
4. R. Rutherford	Unatt	25.52
5. J. Glover	Lisburn	26.43

VETERANS O/50

1. B. Magee	Larne	25.16
2. C. Richardson	W.TH	25.27
3. B. Bibby	BARF	27.42
4. G. Geddis	B'drain	27.51
5. J. Nolan	N.Belf	30.05

VETERANS O/55

1. G. Graham	N.Down	26.11
2. H. Young	B'drain	30.15

VETERANS O/60

1. B. Booth	E.Antrim	30.41
2. J. Medcalf	CIYMS	31.21

LADIES

1. R. McConville O/35	N.Down	27.45
2. J. McCluighan O/35	BARF	30.41
3. M. Oliver O/35	Dub R	31.44

JUNIORS

1. A. Neill	B'drain	23.20
2. A. Donald	N.Down	23.23
3. D. Fisher	B'drain	24.01

LOWTHER RUN**Cumbria
CL/13m 9.8.96**

Friday noon August the 4th saw the fourteenth Lowther Run (nr Penrith) off in blazing sunshine, over 100 runners taking part from all over the North of England. Including world champion ultra distance runner E. Robinson.

The course covers just over 13 miles of undulating countryside with a minimum height gain in total of 1350ft, which is split between open fell, track and six miles of road.

All runners completed the course with Mr A. Rowe of Wesham AC winning in 1.18.00 and Elaine Robinson was the first lady home in 1.27.54.

lan Tyler

1. A. Rowe	1.18.00
2. P. Greenwood V	1.18.19
3. D. Pattinson V	1.19.21
4. P. Sandford	1.20.57
5. C. Beadle	1.21.01
6. Duval	1.21.25
7. M. Carson	1.21.46
8. P. Brittle	1.22.11
9. F. Livesey	1.22.35
10. A. Timmins	1.23.12

VETERANS OVER 40

1. P. Greenwood	1.18.19
2. D. Pattinson	1.19.21
3. A. Timmins	1.23.12
4. P. Carnett	1.24.44
5. J. Walker	1.30.44

VETERANS OVER 50

1. M. Carson	1.21.46
2. E. Robinson	1.27.54
3. L. Bailey	1.29.53

LADIES

1. E. Robinson	1.27.
2. L. Thompson	1.34.32
3. D. Thompson	1.36.32
4. P. Walton	1.42.01
5. J. Quigley	1.42.29
6. J. Mann	1.44.28
7. M. Wain	1.48.56
8. C. Farley	1.49.31



Janet Kenyon, 1st lady at Kinder Downfall
Photo: John Cartwright



Colin Moses visits Bofra race 'Sharpman'
Photo: Wayne Brown

WAUN FACH

Powys

AM/7m/2000ft 10.8.96

1. M. Palmer	FofD	49.40
2. M. Collins U/18	MDC	52.01
3. G. Jones	MDC	52.19
4. P. Maggs	MDC	52.35
5. D. Vorres	Griff	53.27
6. A. Orringe V	MDC	54.47
7. D. Lewis U/18	F'water	56.03
8. J. Darby V	MDC	56.09
9. M. Saunders	MDC	57.40
10. R. Mapp	Merc	58.06

VETERANS O/40

1. A. Orringe	MDC	54.47
2. J. Darby	MDC	56.09
3. M. Lucas	MDC	58.51
4. P. Lewis	F'water	61.31
5. M. Purchase	Griff	63.17

VETERAN O/50

1. C. Jones	MDC	68.28
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LADIES

1. A. Bedwell O/35	MDC	62.32
2. H. Tedcastle	B'north	70.21
3. J. Harrison	MDC	78.21

TEGGS NOSE FELL RACE

Cheshire

BM/6.5m/1100ft 10.8.96

1. G. Watson	Altr	46.16
2. A. Royle	Macc	46.34
3. D. Gibbons	Altr	46.50
4. M. Weedall V	Penn	47.28
5. S. Bailey J	Staffs	47.33
6. D. Gartley	Gloss	48.03
7. R. Eagle V	Macc	48.19
8. G. Morson V	Buxt	48.24
9. A. Hauser V	P&B	48.36
10. T. Werret	Mercia	49.06

VETERANS OVER 40

1. M. Weedall	Penn	47.28
2. R. Eagle	Macc	48.19
3. G. Morson	Buxt	48.24
4. A. Hauser	P&B	48.36
5. J. Kershaw	Macc	50.49

VETERANS OVER 50

1. K. Parry	TGIT	53.51
2. J. Clemens	Mercia	54.48
3. D. Gillick	Stone	55.47
4. R. Longdon	Goyt	57.44
5. A. Parker	D&K	59.11

LADIES

1. R. Pleeth	Macc	55.55
2. J. Shotter	P&B	58.51
3. E. Taylor	Gloss	59.51
4. C. Lorimer	Cosmic	61.35
5. H. Connolly		61.53
6. A. Dinsmoor	Penn	63.05
7. M. Hoyton	Macc	64.01
8. A. Templeton	Buxt	66.15

CROOK PEAK RESULTS

AS/3m/800ft 21.8.96

1. C. Hallett	Bris	19.04
2. M. Duxbury	Horw	19.16
3. A. Bickerstaff	GWR	19.48
4. C. Ashworth O/40	Durs	220.58
5. R. Griffiths O/40	Chedd	21.13
6. M. Turner	Brist	21.20
7. S. Lashley		21.29
8. N. Langridge O/40	Durs	21.35
9. P. Chadwick	Wells	21.45
10. C. Kelsey	Wells	21.53

FIRST VETERAN O/50

1. B. Martin	MDC	23.31
2. M. Horwood	C'don	24.58
3. D. Palmer	Brist	25.20
4. L. Green	Wyv	26.00

LADIES

1. L. Green	Wyv	26.00
2. A. Hurford	Brist	26.41
3. S. Stirrups O/40	NGOC	27.12
4. S. Burton	GWR	27.38
5. G. Constable O/50		28.55

TOTLEY TERMINATOR

BL/18.5m/3000ft 1.9.96

Well it had to happen sooner or later, the course record was broken, well and truly I might say.

We were invaded by the lads from over the hill. (Glossopdale), led by Andy Trigg. They dominated the top half of the race, coming first equal (Andy and Paul Deaville), Frank Fielding 0/40, and Rob Poole 0/45.

Right from the start Andy and Paul led all the way with Paul, who had done the race three times and was second last year, showing the way round in this unusual kind of race.

Competitors have to punch a clip card nine times on the twist-ign 18.5 mile course, some lovely views though *?

After the worries of the previous weeks storms, once again the sun shone on our little gathering. 144 starters set off with high hopes, the first ten runners staying together most of the way.

Trigg and Deaville extended their lead after the halfway point, coming in eight minutes ahead of third man Steve Bell of Watford, breaking the previous record of 2hrs 15mins 1sec set by Mark Hayman of D.D.F.R. in 1992, by 4mins 28secs in a new time of 2hrs 10mins and 33secs.

The ladies race was dominated by Phillipa Leach of Sutton in Ashfield as she has the Race Series, and just to confuse matters we had another Phillipa Leach in the race.

Finally I would like to thank all the people who have taken part in the Totley / Tigers Race Series this year, and all the members of Totley A.C. who helped, see you next year.

1. A. Trigg	Gloss	2.10.33
2. P. Deaville	Gloss	2.10.33
3. S. Bell	Wat	2.18.40
4. M. Hayman	DPFR	2.29.54
5. S. Oglethorpe	DPFR	2.20.07
6. A. Sealy	DPFR	2.23.30
7. R. Davison	DPFR	2.30.57
8. F. Fielding V	Gloss	2.32.01
9. R. Poole V	Gloss	2.32.04
10. D. Clamp	Bolt	2.32.35

VETERANS OVER 40

1. F. Fielding	Gloss	2.32.01
2. M. Wynne	Little	2.37
3. S. Entwistle	Gloss	2.38
4. W. Alvies	Totley	2.38.19
5. P. Elliot	Totley	2.40.31

VETERANS OVER 45

1. R. Poole	Gloss	2.32.04
2. D. Tait	DPFR	2.39.58
3. C. Ellis	Totley	2.40.16
4. A. Ashford	Hallam	2.48.09
5. R. Hopkinson		2.48.44

VETERANS OVER 50

1. G. Berry	DPFR	2.37.10
2. J. Clarke	Hallam	2.41.24
3. A. Yates	DPFR	2.48.05
4. C. Lago	DPFR	3.08.28

VETERANS OVER 60

1. C. Henson	DPFR	3.06.58
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LADIES

1. P. Leach	Sutt	2.52.01
2. L. Bland	DPFR	3.08.54
3. J. Bednall	Sheff	3.09.53
4. P. Leech	Hallam	3.09.53
5. G. Evans V	Shep	3.24.52
6. H. Elleker V	Hallam	3.27.09
7. H. Musson V	Totley	3.27.11
8. C. Parsons V	Totley	4.00.08

GATEGILL FELL RACE

Cumbria

AS/4m/1600ft 18.8.96

1. J. Bland	Borr	28.14
2. N. Spence	Kend	29.22
3. D. Loan O/40	Kesw	29.57
4. N. Sharp	Kesw	30.37
5. I. Ellmore	Unatt	30.52
6. C. Valentine	Kesw	32.27
7. P. Stones O/40	CFR	32.37
8. M. Carmont	Unatt	32.41
9. I. Turnbull	Borr	33.33
10. S. Scott	Unatt	33.48

VETERANS O/40

1. D. Loan	Kesw	29.57
2. P. Stones	CFR	32.37
3. D. Owens	Kesw	34.39
4. C. Knox	Kesw	35.00
5. D. Shin	Kend	36.56

VETERANS O/50

1. D. Smith	Siam	34.24
2. E. Wood	Horw	38.53
3. N. Dysn	Mand	41.43

LADIES

1. L. Thompson	Kesw	37.08
2. L. Osborn	Kesw	37.44
3. E. Austin	Unatt	40.43
4. J. Quigley	Unatt	43.13

LANGDALE COUNTRY FAIR OPEN

FELL RACE

Cumbria

AS/3m/2100ft 18.8.96

Once again a large field of 55 runners contested the gruelling open race at Langdale Country Fair in hot sticky weather. The conditions were certainly not ideal for the steep ascent of Harrison Stickle, towering above the showground, and the winner, Ben Bardsley of the Borrowdale club, is to be congratulated on his fast time of 37min 57secs, despite failing to break the current record of 36min 7secs set by Kevin Capper in 1994. Particularly popular was the achievement of Sara Hodgson, who finished 13th overall by far the best result ever from a lady runner.

This race is a favorite with the large crowd of visitors to the Country Fair (over 3,000 this year), as the runners are visible for almost the entire course.

The fair also staged a full programme of junior races, for which the course is on the less demanding south side of the valley, and it was particularly pleasing this year to see so many young runners in the under 10 and under 12 age groups, both boys and girls, which augurs well for the future of the sport.

The fell races were once again sponsored by UK Nirex, who financed T-Shirts for the winners and also donated generous prizes.

Alison Bolt

1. B. Bardsley	Borrow	37.57
2. C. Moses	Bing	38.23
3. H. Lorimer	H'Bogt	38.58
4. J. Hodson	Amble	39.33
5. P. Thompson	Black	39.48
6. R. Hope	Horw	40.10
7. A. Beck V	Kendal	42.15
8. S. Carr V		43.11
9. A. Styan V	Holm	44.19
10. R. Herring	AAA	46.06

VETERANS OVER 40

1. A. Beck	Kend	42.15
2. S. Carr		43.11
3. J. Adair	Holm	50.09
4. B. Kenny	A'Ratti	53.06
5. C. Hibberd	Alres	53.14

VETERANS OVER 45

1. A. Styan	Holm	44.19
2. D. Fell		48.19
3. B. Crewdson	Black	50.55
4. I. Bennett	E'Cesh	51.55
5. D. Hugill	A'Ratti	01.01.24

VETERANS OVER 50

1. T. Targett	Clay	58.46
2. P. Sutcliffe	Taupo	01.02.50
3. W. Smith	Lost	01.05.01
4. C. Farrell	A'Ratti	01.06.40

VETERANS OVER 55

1. J. Taylor	Amble	56.16
2. J. Garbarino	A'Ratti	59.20

VETERANS OVER 60

1. B. Fielding	Fellam	56.39
2. L. Pollard	Achill	01.04.16

LADIES

1. S. Hodgson	Felan	46.56
2. L. Lacon	Holm	56.13

MOUNT SKIP FELL RACE

West Yorkshire

BS/4.5m/1000ft 24.8.96

Unfortunately there was no gala this year due to late organisation by the gala committee, but still a reasonable turnout of sixty two runners. The course was slightly shorter due to not using the gala field, therefore Kenny Stirrups time, although faster than Greg Hulls record, could not constitute a new record. Kenny won for the third year running, but there was good competition in the top five.

Thanks to the 'Shoulder of Mutton' who put on free chilli and Mr Vatton for access to his field with the pigs and horses in.

1. K. Stirrat	H'fax	28.14
2. M. Wallis	Clay	28.29
3. M. Horrocks	CalderV	28.54
4. I. Greenwood	Clay	29.04
5. G. Wilkinson	Clay	29.30
6. M. Egner V	Denby	30.17
7. C. Lyon V	Horw	30.28
8. T. Taylor	Ross	30.33
9. C. Davies V	Sadd	30.36
10. B. Mitchell V	Clay	30.42

LADIES

1. L. Hayles O/35	H'fax	39.08
2. L. Crabtree	H'fax	41.32
3. A. Smith	Unatt	44.12

GOODRICH FELL RACE BM/6.5m/900ft 24.8.96

1. D. Rodwell	FODAC	38.45
2. M. Collins U/18	MDC	39.29
3. L. Butler	Bath	39.48
4. M. Lynas	ThamesHH	40.40
5. T. Taylor	MDC	40.48
6. G. Perrat	S&D	40.52
7. I. Giles	Chelt	41.14
8. S. Brown	Chelt	41.42
9. K. Buckle	Chelt	45.10
10. P. Lewis	F'water	45.21

VETERANS O/40

1. S. Brown	Chelt	41.42
2. P. Lewis	F'water	45.21
3. D. McNamee	Chelt	46.30
4. M. Clissold	LesCroup	60.06
5. P. Butler	Heref	61.30

VETERANS O/45

1. S. Herrington	Wood	46.38
2. M. Wilmot	Stour	48.06
3. N. Anglim	Hardly	58.57
4. P. Keogan	W'bury	61.25
5. D. Smithurs	RRR	62.40

VETERANS O/50

1. K. Buckle	Chelt	45.10
2. D. Rose	S.West V	60.07
3. R. Williams	Chelt	62.41
4. R. Benjamin	MDC	62.44
5. C. Bennetts	Bedf	62.46

LADIES

1. J. Clark	Chipp	48.11
2. C. Tanner O/35	Griff	60.15
3. T. Targett	Clay	62.35
4. J. Waite O/35	Blaen	63.53
5. K. Tyrler O/35	RRR	64.25
6. K. Sauvala O/35	SMM	65.23
7. C. Jones O/40	FODAC	65.57
8. G. Simms O/45	Griff	66.35

Y CNICHT

Gwynedd AS/4.5m/1850ft 25.8.96

1. C. Donnelly	Eryri	37.17
2. T. Jones	Eryri	38.16
3. D. Williams O/50	Eryri	38.48
4. A. Hughes O/40	Eryri	39.24
5. J. Bennett	P'atyn	39.29
6. A. Dale	Eryri	39.44
7. A. Jones	NWRR	40.32
8. M. Blake O/40	Eryri	42.15
9. R. Mapp	Merc	42.45
10. L. Butterworth O/40	NWRR	42.54

VETERANS O/40

1. A. Hughes	Eryri	39.24
2. M. Blake	Eryri	42.15
3. L. Butterworth	NWRR	42.54

VETERANS O/50

1. D. Williams	Eryri	38.48
2. H. Stansfield	Eryri	44.29
3. D. Sinclair	NWRR	46.37

LADIES

1. S. Barnwell	Eryri	46.35
2. S. Watson O/35	V Sdtrs	49.14
3. J. Hemming	Eryri	50.32

HALTON GILL SPORTS FELL RACE North Yorkshire AS/1.7m/800ft 25.8.96

Robert Jebb cycled forty miles to get to Halton Gill and went on to win the tenth running of this very traditional fell race in a new record time of eight minutes and five seconds, beating Gary Devines 1995 record by three seconds. Michael McKenzie won the local cup for the tenth successive year. Also another great turn out from the Werral AC who give us great support every year.

1. R. Jebb	13.05
2. S. Oldfield V	13.16
3. A. Maloney	13.41
4. C. Moses	13.45
5. M. Horrocks	13.58
6. S. Sweeney	14.26
7. R. Slater	14.30
8. A. Life	14.34
9. R. Gibson	14.42
10. I. Ferguson	14.54

VETERANS O/40

1. S. Oldfield	13.16
2. R. Crossland	15.10
3. P. Rogan	16.25

4. B. Scholes	16.26
5. B. Crewdson	16.32

LADIES

1. C. Dewhurst	19.14
2. L. Bostock	19.37

JUNIORS U/14 - BOYS

1. C. Jones	6.47
2. G. Prichard	7.06
3. S. Bell	7.18

JUNIORS U/14 - GIRLS

1. L. Doyle	7.40
2. C. Hall	8.52

CILCAIN MOUNTAIN RACE Clwyd AS/4.2M/1800FT 26.8.96

The Cilcaín Mountain Race was run on August Bank Holiday Monday in an area of outstanding natural beauty. The distance is approximately 3 and 3/4 miles and the route descends from 750ft then rises to 1836ft and return!

After a weekend of heavy showers the route remained in good condition but the number of entries was down from last years' 144 to 127 runners this year. A very fast time was recorded by many runners and there was a broad representation from most clubs in the North West. Eight trophies were awarded together with a decorative plate painted with Cilcaín Show design.

Safety cover was excellent with good radio links to marshalls including the mountain summit umpire. North East Wales Search and Rescue Team as usual covered the entire route in pairs, including several paramedics. One paramedic ran with a personal radio.

A junior race for 11-15 year olds (trophies and medallions awarded) was run over a 1 and 1/2 mile route over mountain roads. This was lead by a police mobile and followed by marshalls.

The race is an annual event on August Bank Holiday Monday. The next occasion will be 25 August 1997 at 1pm.

Robin Williams

1. T. Davies	Merc	27.17
2. A. Davies	Merc	27.59
3. S. Mansbridge	Merc	28.05
4. H. Matthews	Shrews	28.32
5. M. Weedall V	Penn	29.02
6. I. Simpson	Hels	29.33
7. D. Hughes	Wrex	30.08
8. M. Cuddy	Gloss	30.12
9. P. Lyons V	Ross	30.17
10. R. McWilliam	Telf	30.23

VETERANS O/40

1. M. Weedall	Penn	29.02
2. T. Hulme	Penn	30.46
3. A. Duncan	Mersey	30.58
4. S. Bellis	Wrex	31.33
5. C. Horgan		32.22

VETERANS O/50

1. P. Lyons	Ross	30.17
2. J. Morris	Penn	32.48
3. P. Norman	Wrex	33.50
4. N. Griffiths	Spec	35.03
5. J. Thomas	CEPAC	35.53

LADIES

1. V. Musgrove O/35	Wrex	35.10
2. S. Watson O/35	V Sdtrs	37.28
3. K. Winstanley	Spec	40.15
4. A. Ashley O/35	Wrex	42.22
5. M. Meredith O/35	P'atyn	43.18
6. S. Roberts		44.20
7. E. Hughes O/35	P'atyn	45.48
8. S. Henderson		46.02

JUNIORS

1. A. Davies	Merc	27.59
2. H. Matthews	Shrews	28.32
3. D. Hughes	Wrex	30.08

MOFFAT BEEFTUB RACE 31st August 2 miles 1500 feet

1. John Wilkinson	Shettleston record	19.56
2. Hayden Lorimer	HBT	20.03
3. Adam Ward	Carnethy	20.33
4. Tommy Ireland	Annan	22.03
5. Doug Shiel	Carnethy	22.17
6. Kevin Douan	Westerlands	22.36
7. Roger Irvine	Annan	22.40
8. Jamie MacDonald	J.G.B.A.C.	23.27

9. John Blair-Fish	Carnethy 1st Vet	24.05
10. Douglas Brown	Dumfries	24.16
11. Murdo MacLeod	Westerlands 2nd Vet	24.28
12. Chris Chinn Black	Coombe	25.13
13. Hamish Lean	Ochil	25.36
14. Linda Longmore	Solway 1st Lady	26.13
15. Cameron Patterson	Penicuik	26.51
16. Ewan Barnfather	Annan	27.03
17. Neil Dyson	Mandale 1st Supervet	27.18
18. Anne Nimmo	Carnethy 2nd Lady	27.19
19. Ewan Gowrie	Carnethy 3rd Vet	28.25
20. P. Conway	Dewsbury	28.42
21. Debbie MacDonald	HBT 3rd Lady	29.14
22. Bill Bennet	Penicuik 2nd Super Vet	30.14
23. D. Giltmorpe	Saltwek	31.06
24. Sean Davidson	Penicuik	39.26

John Blair-Fish

SIERRE-ZINAL 12th August 1996 31km 1900m

Heavy rain and thunder overnight led to slower conditions than normal especially on the descent. It was also wet before the start of the race last year. The leaders were faster than but my identical time gave me 10 positions higher. World Cup selection races and the imminence of the World Cup itself together with the falling pound further depleted the British contingent especially at the front of the race.

There was even one runner who nearly flew back from Switzerland especially for a selection race. No one took on my special Carnethy Alpine running offer but the presence of the Cosmic Hill Runners somewhat compensated for this.

John Blair-Fish

1. Eticha Tesfaye	Ethiopia	2.41.05
2. Sahle Wendewosen	Ethiopia	2.41.21
3. Christophe Jacquero	Switz	2.41.39
9. Armin Mathicu	Switz	2.49.04
30. Shane Green	GB (Pudsey)	3.00.51
34. Guy Woods	GB	3.03.32
35. Isabella Moretti	Swiss 1st Lady	3.05.23
62. John Blair-Fish	GB (Carnethy) 8th Vet	3.12.30
65. Mark Kynch	GB	3.13.45
70. Jean-Francois Seigneur	France 1st Supervet	3.14.48
88. Dave Armitage	GB (Cosmics) 15th Vet	3.19.06
97. Phil Davies	GB	3.20.06
112. Andrew Owen	GB	3.23.34
128. Nicholas Kenchington	GB	3.26.35
140. Natasha Cendrowicz	GB 5th Lady	3.26.35
201. John Kearley	GB	3.38.26
215. Brian Lawrie	GB (Cosmics) 11th Supervet	3.40.02

875 finished

BELLINGHAM SHOW FELL RACE 31st August, 1996

JUNIORS (Under 14) 1.5 Miles

1. B. Marsh (1st Boy)	Teviotdale	10.17
2. P. Jameson (2nd Boy)	Tynedale	13.04
3. J. Dickinson (1st Girl)	Unattached	14.45
4. K. Bewick (3rd Boy)	Unattached	15.11
5. J. Phillips (2nd Girl)	Unattached	15.26

SENIORS 4 miles/600ft climb

1. T. Wylie	Tynedale	27.22
2. J. Dickinson	Unattached	27.54
3. N. Wallace	Elswick	28.50
4. B. Jameson (1st V40)	Tynedale	29.00
5. D. Armstrong	Tynedale	29.18
6. D. Milburn	Unattached	29.58
7. S. Mitchell	Gosforth	30.15
8. J. Marsh (2nd V40)	Teviotdale	30.44
9. K. Thomas	Gosforth	31.56
10. R. Ball (3rd V40)	Cramlington R&P	32.11
11. R. Hayes (1st V50)	Morpeth	33.02
12. B. Campbell (2nd V50)	Gosforth	33.08
13. M. Fry (3rd V40)	Tynedale	33.24
14. A. Colman	Teviotdale	33.55

15. P. George	Cramlington R&P	34.04
16. K. Cooper (4th V40)	Morpeth	34.23
17. I. Mowbray (5th V40)	Cramlington R&P	34.51
18. S. Jones	Unattached	36.16
19. S. Dickinson (1st Lady)	Unattached	36.49
20. R. Pringle (3rd V50)	Gosforth	36.50
21. W. Hutchinson (5th V40)	Cramlington R&P	36.57
22. J. Loughran (6th V40)	Gosforth	41.50
23. P. Cooper (2nd L/1st L40)	Morpeth	44.34

TEAMS (Composite teams)

1st Tynedale	1, 4, 5, (10)
2nd Gosforth	7, 9, 12 (28)
3rd Cramlington R & P	10, 15, 17 (42)
4th Morpeth	11, 16, 23 (50)

Next Year's Race will be on Saturday, 30th August 1997

Enquiries to the organiser: Bill Campbell, 4 Noble Street, Bellingham, Northumberland, NE48 2AD. Tel: 01434-220733.

**PERIS HORSESHOE
17M, 8500ft;**

1. I. Holmes	Bing	3.05.41
2. M. Roberts	Borrow	3.08.38
3. M. Rigby	A'side	3.10.10
4. A. Davies	Borrow	3.11.38
5. J. Bland	Borrow	3.14.39
6. D. McGonigle	Shett	3.14.57
7. G. Bland	Borrow	3.16.37
7. M. Kinch	Bing n/s	3.18.10
9. J. McQueen	Eryri	3.18.26
10. A. Ward	Carn	3.22.19
11. R. Jebb	Bing	3.25.46
12. N. Carty	(NBH)	3.25.55
13. M. Amor	CFR	3.26.31
14. B. Lawrence	Bing	3.27.04
15. M. Angharad	(Eryri)	3.28.14
16. P. Sheard	P&B	3.20.02
17. B. Bardsley	Borrow	3.29.20
18. G. Schofield	Horw	3.29.26
19. D. Cummins	Shell	3.29.50
20. J. Davies	Borrow	3.30.40
21. J. Blackett	Mand	3.34.09
22. A. Sealy	DkPk	3.34.30
23. G. Devine	P&B	3.35.07
24. L. Thompson	CleM	3.35.17
25. A. Bland	Borrow	3.35.43
26. R. Bryson	Newc	3.35.57
27. D. Williams	Eryri	3.36.12
28. S. Rowell	P&B	3.36.52
29. M. Bowler	P&B	3.37.07
30. H. Jarrett	CFB	3.37.29
31. B. Whitfield	Bing	3.38.55
32. J. Hunt	MerseyFR	3.39.33
33. S. Hawkins	Bing	3.40.08
34. M. Egner	DenbyD	3.40.38
35. A. Bowness	CFR	3.40.41
36. N. Spence	Ken	3.41.17
37. J. Hey	Warr	3.46.36
38. R. Crossland	BradAir	3.44.37
39. S. Bernard	Eyri	3.44.48
40. M. Keys	Ross	3.45.25
41. M. Patterson	Shett	3.45.30
42. P. Maggs	MDC	3.45.45
43. D. Thompson	CaldV	3.45.53
44. S. Jones	Eryri	3.46.17
45. B. Mitchell	CleM	3.46.37
46. M. Johnston	Carn	3.47.37
47. D. Crowe	Shett	3.48.27
48. J. Holt	CleM	3.48.56
49. I. Boothroyd	CFR	3.49.54
50. R. Woodall	Mercia	3.50.41
M40		
8. S. Jackson	Horw	3.51.52
9. L. L'Anson	Borrow	3.52.01
10. S. Houghton	Eryri	3.57.10
M50		
4. I. Beverley	CleM	4.14.36
5. J. Morris	Penn	4.15.18
6. D. Rankin	BARF	4.16.45
7. B. Martin	MDC	4.46.03
8. E.E. Meredith	MDC	4.55.18
9. T. Trowbridge	DkPk	4.55.36
10. A. Wright	NVets	4.56.24
TEAM (3 to count)		
1. Borrowdale	2, 4, 5	11
2. Bingley	1, 11, 14	26
3. Eryri	9, 15, 27	51



Stephen Jones (Eryri) and Lee Thompson (CleM) - Peris
Photo: Peter Hartley

Women		
1. M. Angharad	Eryri	3.28.14
2. S. Rowell	P&B	3.36.52
3. A. Mudge	Carn	4.07.57
4. S. Woods	MDC	4.08.30
5. C. McCarthy	Helsby	4.15.40
6. N. Davies	Borrow	4.18.24
7. J. Jones	Kes	4.19.03
8. G. Cook	Roch	4.28.34
9. J. Smith	DkPk	4.29.39
10. P. Gibb	P&B	4.36.05
11. J. Lloyd	Eryri	4.37.52
12. L. Osbourne	Kes	4.41.02
13. C. Crofts	DkPk	4.45.02
14. J. Shoter	P&B	4.49.53
15. G. Goldsmith	DkPk	5.02.11
16. G. Harris	Mercia	5.16.03
17. J. Cave	DkPk	5.18.22
18. C. Thomas	Eryri	5.25.22
19. H. Masson	Tot	5.27.50
20. A. Donnelly	Eryri	5.34.21
No finishers: 1791		
COURSE RECORDS		
MEN		
G. Bland (1194)		3.02.44

FINAL STANDINGS (Provisional)

MEN:	
1. Homes	151
2. Kinch	144
3. Roberts	141
4. McGonigle	131
5. Bryson	126
M40	
1. Schofield	93
2. Egner	83
3. Jackson	79
M50	
1. A. Bland	32
2= Mitchell	25
2= Williams	25
TEAM: Borrowdale	
WOMEN	
1. Rowell	63
2. Angharad	61
3. McCarthy	43
4. Shoter	39
5. Mudge	37
W35	
1. McCarthy	25
2. Cook	21



*Main picture: Phillip Hellivell (Bingley) on the path back to
Coniston after descending The Old Man
Inset picture: 13 Andrew Leck (Launceston & Morecambe)
62 Steve Hall (Leeds City)
118 Bob Whitfield (Bingley)
Photos: Peter Hartley*

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Profile

CHRIS AND VICTORIA WILKINSON

A Father and Daughter of the Dales *by Bill Smith*



Chris Wilkinson competing in the Ben Nevis race Photo: Andrew McKenna

The Upper Wharfedale area of the Yorkshire Dales around Grassington, Hebden and Burnsall has for many years been a hotbed of traditional fell racing, stretching back to well before the emergence of the sport's amateur code. These limestone dales and fells have spawned several outstanding fell runners over the years, including Tom Young, who is reputed to have been the first man to run over the present Burnsall course during the latter half of the 19th century: Nathan Newbould of Hartlington, winner of the 1884 Burnsall race for locals only, and his nephews Robert and Fred who competed in the amateur race during the 1930s, with the former triumphing in 1939; Tom Potts of Skyreholme, a contemporary of Nathan Newbould; the Stubbs family of Grassington, notably Jim who was runner-up in the first Kilnsey Crag race in 1898 and his stepson Norman who upstaged "King of the Fells" Bill Teasdale a few times during the late '40s; Tommy Metcalfe, who was from Hawes in Wensleydale but based at Grassington during his peak years as a fell runner shortly after the turn of the century, which included a consecutive hat-trick of Burnsall victories, 1907-08-09; Gilbert Reynard, 1920 Burnsall winner from nearby Thorpe, though then shepherding at Kilnsey; Maurice Metcalfe of Grassington, a successful junior athlete of the 1930s who later farmed at Buckden and organised the Buckden Gala fell race; John Longstaffe, another highly-promising junior

from Grassington during the '50s; and more recently, two more junior champions from Thorpe, John and David Schindler, whose father and grandfather also competed; and the Hawkins brothers of Grassington, Mick, Steve and Graham, who have made their mark under both codes of the sport; while their village is also now home to Lakelander Keith Anderson, the 1991 FRA British champion.

Another local name which has become prominent on the fell racing scene in recent years is that of the Wilkinsons of Hebden, the picturesque little village between Grassington and Burnsall, which shares with these neighbours the distinction of being the venue of a famous fell race. The Wilkinsons referred to are Chris and his daughter, Victoria, both of Bingley Harriers.

Cyclo-Cross

Chris Wilkinson was born at Skipton on August 4th, 1948 and is a plumber by trade. Before making his home at Hebden eighteen years ago, Chris had lived at Emsay, on the Skipton edge of the fells dividing Airedale from Wharfedale, and venue of another famous race up Emsay Crag.

Cycling was Chris's first sport and he made his racing debut as a 13-year-old in a time trial for Skipton CC, eventually achieving his first victory on the bike five or six years later

in a 25 mile time trial. "I continued to compete in road races and time trials till I was 19," he recalls, "then, along with Tom MacDonald and Paul Loftus, I discovered cyclo-cross." He entered the 1970 Three Peaks Cyclo-Cross and won the award for first junior, finishing 16th overall. The following year, he placed 3rd behind Peaks 'cross pioneer Harry Bond and John Atkins, then achieved a resounding victory in 1972 over national cyclo-cross champion Chris Dodd in a time of 2 hours 45 minutes. Bond and John Rawnsley, incidentally, had recorded the first sub-4 hour 'cross in May, 1961 with a time of 3.54.51, and were joint winners of the first race on October 1st of that year. Harry Bond entered the 1962 fell race to see if the experience could benefit him as a cyclist in any way, while Rawnsley has for years competed as a runner in the colours of Bingley Harriers.

Also in 1972, Chris, together with Tom MacDonald, another Bingley Harrier now, and Paul Loftus, formerly of Keswick AC, left Keighley St. Christophers CC to re-form the then defunct Bronte Wheelers, a club now well-known for its membership of West Yorkshire and Northeast Lancashire fell runners. "My fondest cyclo-cross memories include racing for England in Switzerland in 1971 and various sorties to Belgium, when just finishing was an achievement, especially

against top pros off the road like Roger De Vlaeminck," says Chris.

He is also proud to have assisted Clayton-le-Moors Harriers' long-distance fell specialist, John North, also of Bronte Wheelers, in setting a new Pennine Way cyclo-cross record of 2 days 8 hours 54 minutes in 1978: "A good crack with fell lads like Dennis Beresford and Tom Robertshaw also assisting." Two other well-known cyclo-cross men with fell running associations that Chris became acquainted with during the '70s were the aforementioned John Rawnsley and Barry Davies, both Pennine Way cyclo-cross record-holders prior to John North. Davies, a junior steeplechase champion in his youth who later became a triple winner of the Three Peaks cyclo-cross, competed in guide races like Grasmere and Kilney during the '70s.

Chris himself also entered five professional fell races during his cyclo-cross days in the mid-70s, starting with his then-local event, Embsay, and also covering Gargrave, Malham, Hebden and Kilnsey, all in the Dales and all contested by the great Fred Reeves of Coniston and his arch-rival Tommy Sedgwick, the New Hutton farmer (now of Burton-in-Lonsdale) with a flair for steep, rugged descents.

Long, Rough Courses

However, it was amateur runners John North and Dennis Beresford who eventually encouraged Chris to take up fell running seriously, along with two Lakeland fellsmen-turned-cyclo-cross riders, Pete Bland and Alan Evans, both of Kendal AC. The enthusiasm of the latter pair was as infectious that Chris soon found himself joining their club in 1978. About six years later, he transferred to the Airedale club, Bingley Harriers, as it was "more local and I had a closer contact with its members."

Chris and Barry Davies entered the 1980 Three Peaks Yacht Race and finished 7th overall: "I now realised I could run for long distances. Three months later, I finished 15th at Borrowdale, just beating Pete Bland, and in October did the Karrimor Elite with Tony Cresswell of Keswick AC, finishing next-to-last - a harsh indoctrination. Four years later, I finished 13th when it was held in Derbyshire, partnered by my Bingley Harriers clubmate Peter Jebb, and consider this to be one of my better efforts." Other outstanding runs of the early '80s included 20th in the Langdale Horseshoe and 51st in the Three Peaks in 1981, and 22nd in the following year's Wasdale.

In more recent years, Chris was pleased with his 31st position in the 1988 Bens of Jura, 11th in the following year's Duddon Fell Race, 23rd in both the 1990 Borrowdale and Three Shires, and 21st in the '94 Shires race, also finishing 4th and 6th respectively in the Old County Tops race in the latter two years, partnered by Bingley clubmates Mark Rowley and Andy Thornber. He gained membership of the Bob Graham 24 Hour Club with a 22 hour circuit of 1988, accompanied by two more Bingley Harriers, Paul Mitchell and Paul Sharples.



*Cyclo-cross action
Photo courtesy Chris Wilkinson*

Chris has won several veteran's prizes but regards his best performances as those in which he has finished 2nd vet to either of those steep, rough fell stalwarts, Billy Bland and Bob Whitfield, for whom he has the greatest admiration. Kenny Stuart, who was always "a class apart," is another for whom he has the utmost respect, while his near neighbours, Keith Anderson and Mick Hawkins, also fall into this category.

Chris prefers steep, rocky terrain, as will be evident from the above listing of outstanding performances, and excels as a descender, though he is also no slouch as a climber. He has had constant back trouble for years as a legacy from his bike-riding days and has had two discs removed. "I could never run 70mpw due to my back problems," he says, "but get by on 25-to-30, with 60-to-80mpw on the bike and swimming 40 lengths of Skipton Baths one evening per week. I train locally on Hebden Moor and do hill reps with Victoria in Bolton Gill at the northern edge of the Hebden Moor Fell Race course." When preparing for long races, Chris trains on the higher fells farther

update, including Buckden Pike and Great Whernside, both of which are traversed in the 60-mile Fellsman Hike, which he has walked with John Rawnsley.

Fell Race Organiser

The Hebden Moor Fell Race (BS: 4½ miles: 900 feet), which Chris first organised in 1995, is a slightly modified version of a training run which he has used for years and includes part of the traditional village sports fell race course. Though not technically warranting an "A" categorization in regard to height gained or lost per mile, it is in fact a more demanding and enjoyable course than several "A" races I can think of, with its short, steep climbs and descents, four high walls to climb and an each-way crossing of Hebden Gill, not to mention its completely authentic fell race atmosphere. There are also four junior races of varying degrees of severity, ideal for youngsters to test their speed and skill on.

Chris also organises the "open" race at Hebden Sport on August Bank Holiday Monday,



Victoria Wilkinson - Five Cloughs Junior Race 1993
Photo: Bill Smith

the day before Kilnsey Show further up-dale, and this has a pedigree stretching back to before the First World War. The present course is not wholly the traditional one due to complaints from farmers about the damage to walls which were climbed (13 in all, plus five gates), but Chris hopes to be able to revert to the original route in accordance with the wishes of traditionalists who want all the wall-climbs reinstated.

Chris Wilkinson states his ambitions as being able to "continue running at a reasonable standard for as long as I can, and equally important, to be able to continue training with Victoria."

A Blonde Bombshell

Victoria Wilkinson was born on August 19th, 1978 at Hebden and has recently completed a Child Care course at Craven College, Skipton. She started running at the age of nine, accompanying her father on some of his shorter training runs onto the fell. Two years later, she began competing in BOFRA races, beginning in July with the White Lion event at Cray, Upper Wharfedale, which utilizes the slopes of Buckden Pike. Victoria went on to win the BOFRA U/12s championship that year, despite not contesting the early races, and her total of 108 points was just three ahead of runner-up Cathy McKenzie of Blue Scar Farm, Arncliffe, daughter of Michael "Tom" McKenzie, organiser of the Halton Gill Sports fell races, formerly run as BOFRA events but now under FRA rules. Tom McKenzie is a handy fell runner himself, incidentally.

Trevor Batchelor of Gargrave, near Skipton, formerly the **Craven Herald's** fell racing correspondent under the pen-name of "Fleet-foot" and a fell runner himself till his career was curtailed by knee problems six years ago, wrote in the 1989 **Guides Book**: "This year saw the arrival of a new girl BOFRA member looking like an Indian with a headband and running like a gazelle: Victoria Wilkinson, a blonde bombshell, graced the fells and came first girl in all the races she competed in. Being a natural, she also made a

few boys get a move on as she pounded home most times amongst the leaders...."

In 1990, Victoria did not contest all the U/12s races but still finished 2nd to Hazel Wooding, having moved up into the U/14s in mid-season. She also began to enter a few amateur events that year, winning the girls' races at both Buckden Pike and Burnsall. Fleetwood observed in **The Guides Book**: "... Towards the end (of the season), Victoria Wilkinson's 'Midas' touch turned her five outings into gold after annihilating all the U/14s opposition in the girls' section (and to a large extent the boys as well)."

She finished 5th in the 1990 U/14s championship, but discussing that campaign in the late, lamented **Up and Down** magazine (Jan/Feb, 1991), Paul Buckley, another BOFRA competitor, advised: "... The one to watch, though, for 1991 is Victoria Wilkinson who won all five of her outings in this age group, having had to move up mid-season from the U/12s" She did, incidentally, win a few open races outright, beating all the lads as well, her first such victory coming in a Kendal Winter League race at Ulverston.

The following year, however, Victoria again did not compete on a regular basis but still managed to finish 4th in the U/14s by continuing her winning ways whenever she did turn out. This was the year she decided to join Bingley Harriers, giving as her reasons: "A wider range of racing and more competition with girls." She quickly made her mark in FRA events and championships, winning the U/16s in both 1993 and '94, then moving up to take the U/18s title last year.

Among Victoria's outstanding results during her early years of amateur competition were runner-up spot to Emma Gorman in the U/18s class of the Junior Home International at Grasmere in 1993, when she was only 15, and first girl in the U/18s event at Sedbergh the following year, only two seconds adrift of the highly-rated Matthew Moorhouse (Salford). Highlights of last season, 1995, included winning the U/18s girls race in her

local event on Hebden Moor; finishing 2nd lady half-a-minute and three places behind Vanessa Peacock (Clayton) in the senior race up Clougha Pike; claiming another 1st U/18s girls prize at Steel Fell, where father Chris beat her by eight places to finish 22nd and take the O/45s award; and the more cross-country-akin Stoodley Pike, where she turned the tables on Chris by nine places to come home 2nd lady to Lucy Wright (Leeds City), 44 seconds in arrears; and finally, winning the Lattrigg Ladies race by over two minutes.

Victoria has also performed well in other "home internationals", winning the U/19s race at Edinburgh in 1994 at the age of 16; finishing 7th and 6th respectively in the senior ladies' Knockdu race in County Antrim, Ireland, in both 1994 and '96; and placing 2nd in the British Junior Championships on Cavehill, above Belfast, last year. The winner on this occasion was Gayle Adams of Bristol, with Scotland's Emma Gorman 3rd, Elsie Riley of Grasmere (daughter of BOFRA veteran champion and ex-Kendal AC runner, Alan Riley) 4th, and Emma Hopkinson of Cowling, between Colne and Keighley, 5th, the latter being a product of Roger Ingham's coaching "stable". Victoria had entered this race as the U/18s champion, Gayle the U/16s champion and Emma Hopkinson the U/14s champion. Of the winner, Roger says: "A Bristol City supporter of the highest order ... smashing lass ... smashing sporting family ..."

Looking back over her short fell running career, Victoria rates among her most memorable performances winning the Kilnsey U/17s race at the age of 15 and being first lady in the Senior Guides Race at Grasmere Sports in both 1995 and '96. Last year, she finished 28th overall out of 54 starters and won the trophy for the outstanding athlete at the Sports. She thought she may well have broken the women's record for the course, but was unable to substantiate this. This year, however, she came in 20th in a field of 50, with no doubts at all about a new record, for her time of 15.54 was 19 seconds inside Pauline Stuart's 11-year-old mark for Pete Bland's Butter Craggs Race over the same course, which has certainly never been beaten by any previous female competitor in the Guides Race.

Cross-Country and Track

Victoria prefers rough cross-country to the smooth parkland type, as she also prefers rough fell terrain, but she is much better on any kind of country than she is on the track. She did, however, win the Yorkshire 3,000m championship in 1995, but could only manage 4th this year. On the country, she represented Yorkshire in the 1991 Inter-Counties at Gateshead, finishing 70th in the U/13s at the age of 12, but then improved to come home 8th in the U/16s National at Luton two years later.

During the 1995-96 season, Victoria won both the Craven and North Yorkshire school championships on her way to finishing runner-up to Amy Waterlow of Sale Harriers in the TSB English Schools Championships at Weymouth. Roger Ingham of Skipton,

Craven's "King of Sport", has pointed out that the North Yorkshire team had to make the long journey south on the team coach to stop overnight at prescribed lodgings, and on arrival had to go searching for something to eat around the town. Says Roger: "One reason why Victoria managed to do so well at Weymouth was that she had learned to 'rough it' a bit at her fell racing 'away days'." Also during this last cross-country season, she represented the North of England at both Cosford and Birmingham, and finished 13th among the senior ladies at Durham.

Coached by Chris

"When I first started fell racing," says Victoria, "my lighter body weight helped me to climb more quickly, but now, with more experience, I am equally adept at both climbing and descending. However, in those early years, I regarded myself as an all-round athlete rather than just a fell runner." She here refers to running track and cross-country as well as fell, the former usually being the grass tracks of "open" sports meetings.

Victoria has mainly been coached by father Chris, who has adapted training methods learned as a bike-rider to running. They have always worked out various plans between them, rather than Chris merely instructing Victoria, with her having no say in the matter. "We are open to any advice," says Chris, "and will discuss new ideas between us before deciding to put them into operation."

The 1991 FRA British champion, Keith Anderson from Ambleside, now lives at Grassington and has been a helpful source of advice to the Wilkinsons, as has also former triple BOFRA champion and BAF international steeplechaser Mick Hawkins, also of Grassington, while yet a third Bingley Harrier, the noted coach Dennis Quinlan, while yet a third Bingley Harrier, the noted coach Dennis Quinlan, co-author with Norman Matthews of the new BAF guide to fell training, started to advise Victoria on a casual basis a year ago.

Monday is usually Victoria's rest day, though if she does train at all, it will be 20/25 minutes of steady running. Tuesday calls for a continuous rep session, either uphill or downhill in Bolton Gill or on the flat, with short recoveries. On Wednesday, she will do 45 minutes or rough cross-country or fell, with another rep session on Thursday if she has no race on the Saturday, but otherwise a quality cross-country session. A steady run of 30 minutes on grass constitutes Friday's training. Victoria always trains on grass to avoid injuries. If she has no race on Saturday, she will do a two-lap time trial of 15 minutes each on hilly or wooded terrain, while if not racing on Sunday, she will go for either a long, steady run or a bike ride.

On winter evenings, the lonely, unlit roads of the Hebden area are not suitable for training, so instead Victoria runs on a treadmill twice a week if she is preparing for a race, but just once if she is not. For this type of training, Keith Anderson has been particularly helpful. On the morning of a tread-

mill session, Victoria will go out early for 20 minutes of relaxed cross-country running. On other winter evenings, she will go into Aireville Park, Skipton, after college for speed sessions on the grass, involving intervals, fartleck or hillwork. On the day of a cross-country race in the afternoon, she has found it beneficial to go for a 10-minute cross-country jog in the morning. When training for a track event, she will use the track at Greenhead School, Keighley.

If Victoria ever gets stale or fed-up, father and daughter will go out on their bikes together instead of running. She finds treatment by local masseur Colette Richard of Hebden to be "helpful", but for serious injuries visits osteopath Stanley Persaud at Skipton.

Runners whom Victoria particularly admires and who have been a source of inspiration to her are father Chris, fell racing rival Lucy Wright and Keith Anderson because "I appreciate what they've done." Her ambitions are to win an English cross-country vest this coming winter and when older - "when the time is right" - to compete in the Mountain Running World Cup and gain trips abroad for experience. We wish her luck in these pursuits and will no doubt be hearing a lot more of Victoria Wilkinson as a senior lady fell runner.

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26 KING ST., BACUP, LANCS OL13 0HA



Mad Trevor considers his options!

MIDWINTER MADNESS

by Trevor Dibben

28/12/95-04:18, Keswick.

Attempting a winter Bob Graham round is one thing, but having to get up at 3:30am and then stepping out into the cold (-12°C) at such a stupid time of night isn't funny. My fingers are nipped by the cold before I reach the car and I run back inside to put my gloves on. We pile into the car and go round the corner to the Moot Hall, its 04.28 - only two minutes to compose myself - touch and go.

04:49, The Park - GR 250218.

Running through the woods, the dry snow squeaking underfoot, the stars moving across the bare branches overhead, my body is just getting up to working temperature and this is just magic.

05:55, Nr Blea Crag.

My eyes are constantly drawn to the sky, it is so clear, the heavens so densely packed with stars I could just stand and gaze. The moon has gone but the starlight is enough to make out the surrounding fells, as I climb higher more and more clusters of yellow lights become visible below, first Littletown, then Keswick, Cockermouth, Whitehaven. The snow is making progress slower than expected and I'm having to work harder than I would have liked, but it's early and I'm strong.

07:10, Honister.

The support team are having fun. The passes are closed so they have had to walk up from Seatoller, the cold is making the stoves reluctant and the water is freezing in the bottles.

07:34, Grey Knotts.

I struggle through the deep snow, following the fenceline upwards. The stars have gone and the sky has turned an uninteresting blue-

black, but now my gaze is constantly to the east where an orange glow is slowly expanding, a fantastic spectrum of reds reaching into the sky.

08:54, Kirkfell.

Things are going well, the snow is so dry and powdery that my feet are still dry and warm. I insulated the tube on my camelbak but have still had problems with it icing up. I now blow back through the tube to keep an airlock in it, and this seems to be working OK, quite important as I am almost totally reliant on carbo drinks for fuel. The light show isn't over yet, as I'm approaching Kirkfell summit, the cairn is illuminated by the first rays of sun, I climb into the spotlight and watch the sun blaze out from behind Broad Crag.

The beauty of solo fell running is the lack of distraction from companions, the experience is tightly focused, emotions more keenly felt so the moments of joy can be exhilarating.

I turn north again and float across Kirkfell. The view is stunning. The monochrome world of snow and rock is transformed, the tops of the northern fells painted luminous orange by the rising sun. I reach the gully, eyes down and back to business.

10:22.10', Red Pike summit.

Drat! 10 seconds behind schedule. It's glorious in the sun, the cold is breathtaking in the shade.

11:15, Brackenclose.

The team have been lying out in the sun. My 20 min break is gone in a flash and I don't have time to change my damp socks - a mistake I won't forget for the next couple of weeks.

12:58, Lords Rake.

My fortunes are beginning to change, the climb up Scafell took 80 mins. (10 mins too slow) I'm carrying too much and the depth of snow is sapping my strength. I creep like a cat across the exposed approach to Lords Rake, it's no place for a slip. I slither down Lords Rake and find something pissing down my leg, surely I'm not that far gone already, no, it's the camelbak, I've knocked the valve off the tube. I drink as much as I can, it's my last drink of the day as without the valve the tube freezes up.

13:53, Ill Crag.

I'm feeling somewhat sorry for myself as I'm limping on both sides, climbing Broad Crag a rock flipped over cracking my left shin, and descending Ill Crag my right foot slipped through the snow jamming my ankle between the rocks.

14:59, Bowfell.

I lunge for the rocks as a knee deep pocket of snow flows off down the crags trying to take me with it. There are no other footprints on this direct decent to Rosset Pike and I'm beginning to doubt the wisdom of this activity.

The day is near its end. There is a continuous line of walkers from Esk Hause trailing down Rosset Gill, the day trippers going home, I'm beginning to wish I could join them. After Rosset Pike I'm on my own in the descending gloom.

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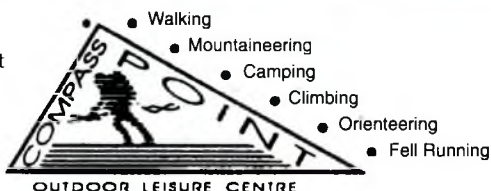
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16:16, Harrison Stickle.

I gnaw on a frigid H5 bar. Cascades of water ice block my route, oh spit! another diversion. I ache all over and I wish I wasn't here, I'm dismayed at my own mental weakness, it's this I'm here to test and I'm failing.

The trouble with solo fell running is the lack of distraction from companions, the experience is tightly focused, emotions more keenly felt so the moments of despair can be devastating.

16:30ish, Thunacar Knott.

With the dark comes the wind, a malevolent force that claws at my exposed skin and rips through my now inadequate clothing. I cover in a hollow and pull on another fleece.

I'm badly depleted, I haven't had a drink for 3 1/2 hours. I stand swaying in the wind looking at the silhouette of Sergeant Man, it seems miles away (it's 400m). I try plodding on but it's too hard in the deep snow. I could probably stand another 15 minutes of this but it's not long enough. I turn and make for the easier trampled route to High Raise. With the B.G. abandoned survival is now the priority.

?::?:, High Raise.

I leave the Trig on my predetermined bearing, but where's the other cairn? I'm confused, the dull moonlight seems to obscure more than it reveals, I run on, I have no choice, but I'm descending too quickly, hell! I can see across to Green Coomb, I'm too far left, my PB's have frozen ridged and feel like clogs, I swing right and run for my life, ploughing a furrow in the powder. I tear across crags and down gullies, looking for a pattern in the moonlit snowscape that fits my mental map. A stream junction looks good, just above me is the distinctive fence post marking the path junction. I'm weak with relief and lathered with sweat.

?::?:, Calf Crag.

I shamble past Calf Crag, the summit of no interest to me now. I had considered going down the valley to Grasmere, but the team are waiting at Dunmail and I'm already an hour late.

Later, Nr Steel Fell.

I've passed the tarns, I'm standing looking at the ground in the grip of a crushing fatigue, I'm really looking for somewhere to lie down but I'm not sure its a wise thing to do. There's no wind here, it doesn't feel cold, I stand and rest my eyes. Come on. Get a grip! My feet move again.

I reach the cairn, the fatigue has gone like a barely remembered dream. I run from the summit and look down at the road, the descent looks precipitous and I dither. I zig-zag carefully but the deep snow anchors me firmly to the hill. I slither down a gully to bypass some crags and the slope eases. A light leaves the road and makes its way towards me, it's Neil "You OK?", "Yep".

Dunmail Raise.

The world seems strangely normal, cars rush by, we chat and I drink soup, I keep looking at the streaked wall of Steel Fell while the demons slowly fade.

Mel's helping me get my shoes off but they're stuck at the toe, they must be frozen to my socks, I peel down the neoprene socks but they're stuck at the toe, they must be frozen to---- Oh heck!

Reviews FELL AND HILL RUNNING

Norman Matthews and Dennis Quinlan

BAF £7.50 ISBN 0-85134-138-1

Dennis Quinlan and Norman Matthews are to be congratulated on their efforts in giving hill-running its own coaching manual. Earlier multi-anchor drafts of this document were circulated and heavily criticised. The booklet now available is a great improvement on these earlier drafts.

Much of the excellent chapter on 'Training for the Fells' has already appeared in the *Fellrunner* and there is also much good advice in the chapter on 'International Competition', although the second section might better be titled 'Advanced Training'.

However the piece on Safety and Navigation is facile and irrelevant. In more than ten years of hill running and several hundred hill races including several mountain marathons I have never resorted to back-bearings to find out my location. If the mist is down then don't rely on a back-bearing on several distant landmarks to find your exact position! Surely an appreciation of contours and a knowledge of escape routes is far more relevant for hill running.

In the white-out at the Kentmere Horse-shoe in 1988 I saw no-one taking a back-bearing on some invisible feature but plenty of people were running on pre-plotted compass bearings or reading visible features (eg. the wall) to work out their position. At Jura in 1991, on the alternative bad-weather course, super-vet Bill Gauld almost won due to his ability to pace count and read map features - not by engaging in mythical mathematical exercises.

A couple of summer evenings or autumn events with the local orienteering club will give all hill-runners an appreciation of what map-reading is really about! Events such as a score or tally course are enjoyable whilst some hill-runners of my acquaintance have been known to struggle on even a simple street orienteering evening! Why not challenge your local orienteering club to an inter-disciplinary team series of events? You will learn how to read a map (and may even gain some new members).

*Ewen Rennie
Coach, Cosmic Hill-bashers*

Wainwright maps

Wainwright Maps: Southern Fells (ISBN 0 9526530 0 1), Northwestern Fells (ISBN 0 9526530 1 X), published by Chop McKean Mapping, distributed by Cordee, price £3.99 per map.

There was a time, around 1973, when I had a copy of just about everything that Wainwright had published, but I began to lose ground as the sketchbooks continued to appear in a steady stream. Now Wainwright is resting by his final summit cairn, yet publications based on his work are still very much in evidence, and his signature is now a trademark! His seven *Lakeland Fells* guidebooks represent a tremendous amount of dedicated field work and patient penmanship: I still treasure the well-worn volumes that accompanied me round the Lakes as a fell-walking novice in the mid-60s.

Each of these two maps comprises the individual maps from the *Southern Fells* and *Northwestern Fells* guides respectively, merged to show each whole guidebook area on a scale of 2 inches to 1 mile. The publishers, Chop McKean Mapping, used Wainwright's original artwork plus computer graphics to merge the individual maps into a seamless fit - somehow I can't imagine Wainwright looking at a high-resolution monitor and clicking a mouse button, but I'm sure he would have approved of the end result. The maps are well produced, and though supplied folded in card covers, will be most appropriate up on the wall, almost as works of art. Indeed, the publishers point out that they are not intended for navigation in the field. Readers of the *Fell Runner* might like to use them to record routes of favourite races or Mountain Trials. Maps of the remaining five guidebooks are promised, to complete the series. I wonder if their appeal will be too specialised; however at £3.99 each they are good value, and deserve a wider market than simply the fanatical collectors of *Wainwrightiana*.

Munros Wallchart

3000 Plus - The Munros Wallchart 4th edition, published by Gordon D. Henderson, distributed by Cordee. ISBN 0 9527381 0 4, price £7.95

After The Wainwrights, The Munros. This is a wallchart on which to plan your campaign, or perhaps dream up your own version of the Broxap 24-hour round. It's attractively produced in colour with lots of information, a full list of Munros and Tops (with a box to tick for each one), from the SMT Tables. Declassified Munros are also listed for the real enthusiast. Youth Hostels, private hostels, mountain rescue posts, and more controversially, bothies, are also marked. Some of the bothy locations appear to be mountaineering club huts which require prior booking, so some local knowledge is needed before rolling up on a wet Friday night expecting a free doss. The publisher donates 50p to the Mountain Rescue Committee of Scotland for every copy sold.

Jim Barton

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Ambitious Junior Fell Runners - advice to athletes, parents & coaches.

Athletes run the fells for a variety of reasons. Many have no desire to train seriously to fulfill their athletic potential; they simply enjoy being fit enough to compete. I wish them well - but this note is not about them. It is about ambitious fell runners, those who would seek maximum progress and become good class senior fell runners.

International senior fell runners commonly run about 70 miles per week. I hope you are not doing that much! But if you wish to move from being a top class junior straight into top class senior ranks (and that move is possible) then you need to gradually increase your mileage as a teenager. An 18-19 year old who has been in the sport for a few years can certainly aim to be running 60-70 miles per week. But you may prefer to bide your time and move up to that sort of training volume in your twenties. Many would favour that alternative and talk of 'burn out' of youngsters trying too much too soon. 'Burn out' is almost always a psychological problem, not a serious injury problem, and you need not fear it if the decision to run big mileage is yours, not the result of pressure from someone else. A word of advice to enthusiastic coaches and parents at this point - there is an important difference between encouragement/support and pushing young athletes. Avoid the latter. All athletes must train because they want to do so. If you pressurise them into doing it there is a good chance you will be the cause of them leaving the sport. A similar sad example from an otherwise supportive adult is the 'telling off' some youngsters get for having a bad run. As if they didn't feel bad enough to start with!

How much mileage should you be doing at different ages? This is very difficult to answer because the physical development of young people varies considerably. The possible workload therefore varies a great deal. The following can therefore be only general weekly mileage targets for those who have been enjoying running and other sports in their early teens: at 15 aim for the 30's; at 16 the 40's; at 17 the 50's; at 18 the 60's. As fell runners, cycling is a good alternative to running miles. As a rough guide, 3 bike miles are 'worth' 1 mile run. Biking can be dangerous - always wear a helmet and reflective clothing, and see that your bike is in good working order, including effective lights.

The biggest block to increasing mileage is that many young athletes don't know how to run slowly! For many, running is always a fairly competitive affair. Try jogging! Unless you can run slow and easy you will never fulfill your potential. By simply doing it, your jogging will automatically become steady running at the same effort as you adapt. This means you will automatically become a better runner. If you try too hard to improve it backfires - you get too tired, fed up and possibly ill or injured.

What about the quality? Until you get used to a new volume, don't worry about the quality. Just let the races be your quality. Many very good seniors run this way all the time - all



Competitors in the English Junior Championship event at Belmont Winter Hill heading for the climb over the opening cross-country section

Photo: Bill Smith

training is 'as they feel' with races providing the 'speed work'. Although this works quite well it is not the best way. A far better approach is to do 2 or 3 good pace sessions in a non-race week and one good one in a race week. Always give yourself 2 easy days of running (though one might be a rest day) before a race and two after. The safest way of doing the pace sessions is either to run fast for 2-3 miles or do a 'fartlek' session in which you run fast and slow over varying distances, up, flat and down (the down on medium grassy descents only) on one of your normal routes. The total amount of fast running need be about 10-14 mins only.

Hopefully you have an experienced advisor helping you and with their help you could decide if you are old enough, strong enough and fit enough to make one or two of our quality sessions repetition type. If you are ready your hard sessions in a non-race week could be what follows, with easy days (think 'jogging') between the hard ones. One could be 12 mins total hard work split into units such as 12 X 1 min or 4 X 3 min etc, keeping recovery jogging about the same length of time as the fast running. These could be on hills but can usefully be done on flat ground too (preferably not tarmac). Another could be the above continuous fast run of 2-3 miles (hard but not quite race intensity). The third could be a slightly longer version of the first, with around 15-18 mins brisk running eg 4 X 4 mins but at a good deal easier pace, practising the rhythm of running fast without the intensity. It is easy to get these sessions wrong, the main mistake of athletes of all ages being trying too hard. Even hard work needs to be controlled.

Like races all quality work should start with a warm-up of about 10-15 mins easy running followed by a few fast 'strides' and sprints over about 80 metres and light mobility/stretching work. It is likewise very important to follow speed training with 10-15 mins easy running as this starts the recovery process. The ambitious athlete will also find time to do a little strength exercise work 2 or 3 times a week. A variety of exercises using body weight alone are well worth doing:

sit-ups, press-ups, step-ups, squat thrusts with star jumps etc. But take advice on anything more strenuous - and there are good ways and bad ways of doing even these exercises.

Many young athletes race too much. What happens when you race every week is that performances first begin to level off then fall off. A danger sign is feeling particularly tired straight after the start of a race and struggling throughout it. This may be because of not lining up fresh but it is often the result of racing too frequently and becoming slightly fatigued all the time. Give yourself a break and the chance to concentrate upon your training. No matter how keen you are it is also a good idea to have the occasional week doing something entirely different.

Although you may mainly see yourself as a fell runner it is a good idea to race on different surfaces too. Cross-country will give you winter targets but if summer fells are your main target, again try not to over-race. You want to be faster and stronger in the spring, not tired out! The occasional short road or track race will add speed which will help your fell running too.

If you experience sharp pain when running, stop. Continuing will lead to worse injury. Seek advice and be careful on returning to training. Many running injuries 'creep up' on you. Don't ignore 'niggles' but back off fast work/races and seek help.

A good diet for a runner is the same as a good diet for a non-runner but with a few more carbohydrates gained from whole foods. That means the bulk of your diet should come from a wide variety of whole foods. If you eat sweets, chocolate, biscuits and other 'convenience' foods you will come to no harm provided they remain a small part of your total food intake.

For your own safety and success as an older athlete it is never too young to learn how to use a map and compass. And use the right equipment.

*Dennis Quinlan 24.08.96 BAF Senior Coach
Fell & Hill England Team Coach*

The Irish Traverse - Brandon to Lugnaquilla

THE ULTIMATE DUATHLON

In any running career there comes a time when a visit from the Attitude Inspector is needed to restore the blind unquestioning faith that the pain and suffering one is going through or planning to inflict on the mind and body is a really good idea and so, when I detected some seriously wavering and non-committal phrases in my telephone conversation with Adrian, I threatened to send him round. From Adrians point of view, this was a case of the chickens coming home to roost at the worst possible time. He was just sobering up after a fairly boozy 40th Birthday weekend and possibly reconsidering the benefits of the past few months spent lurching heavily as all good Bankers do and passing pleasant evenings supping ale on the lawn of their new house. In contrast, I was feeling dangerously fit and had just had a great run in my first 100 mile event two weeks previously.

A pact is a pact, however, and nearly two years earlier an innocent conversation whilst out recceing bits of the Penine Way revealed that we had both independently had ideas about climbing all the 3000ft mountains in Ireland - seven mountains and six tops - and cycling between them as a continuous traverse. A cursory look at the maps revealed that the mountains are conveniently spread across the country from the Dingle Peninsular in the West to the Wicklows just south of Dublin and that the road distance involved would be something over 200 miles. Fortunately, the first three people we mentioned it to all dismissed the possibility of it being done in 24 hours so we started to get **really** interested. Easter 1995 and time for some recceing - over two and a half days we climbed all the mountains, saw no views (very good training as it turned out), cycled some of the route, drove some other bits, got lost down twisty country lanes several times and very very nearly missed the last ferry back home. We had been enthused by the dramatic mountain scenery of Brandon and the McGillicuddy's Reeks and appalled by the state of the roads which seemed to have been surfaced one square yard at a time. All we had to do now was choose a date. For a number of reasons, the summer of 1995 passed by but the idea stayed put and our panic on reading that three lads had climbed all the mountains in just under 24 hours was short lived when we realised that they had driven between them. Meanwhile, Martin Stone introduced new partner Debbie to



Cycling...., running...

his idea of a holiday by covering them all over 3-4 days, cycling into a strong head-wind all the way, and joined the list of people pronouncing the idea as impossible - further incentive !!!

Tentatively the weekend of 27/28 July was put in the diaries and some serious planning began. We decided that a West to East traverse would give us the best possibility of a tail-wind and get the more demanding running of the Reeks out of the way in the early stages. The logistics of support were going to be very different from a normal mountain round as we would be wanting frequent short stops on the road section for "tea and cake" and so realised that this was going to be pretty demanding for the pacers and support. Various vague promises were made about opportunities for supping Guinness and three willing volunteers were conscripted. By Friday lunchtime the ferries were booked, Sainsbury was looking like a health food store as we had bought all the sweet sticky things, we had some maps, some photocopies of sketches from Butterfield and the Bikes with spare wheels, spare tyres and spare tubes were all stripped down and ready to go. We were ready for the attempt !!

After an amazingly quick crossing on the new HSS "superferry" we arrived in Ireland at about 8 in the evening and bounced our way westwards at high speed across to Limerick where, after many false starts, we found some B&B accomodation at 11.30 pm. In the intervening week the attitude inspector had wound Adrian up to the extent that his solution to the rapidly approaching weather front was to suggest that we just carried on driving west and went for a 2am start. I was so unnerved by this rapid transformation of Adrian into committed fighting machine that I was reduced to accompanying the supporters

in a midnight search for Guinness - not too difficult really in Ireland where the bar never quite closes.

Arriving on the Dingle peninsular the next morning, we found the perfect sea level start point at Brandon Creek where the road literally runs into the sea on a highly treacherous slipway. A quick photo opportunity and we were off at 11.20 am on the Saturday morning - into the low cloud and clag for which this side of Ireland is famous. On the cycling and running we both seemed to be fairly well matched but when it came to downing whole tins of rice pudding and large gateaux there was no competition - Adrian "never touched the sides" Belton was awesome, displaying his many years guzzling experience to full effect.

Once down off Brandon we had the first of the cycling proper to contend with - 48 miles of fairly minor roads which were dispatched in just under three hours. Despite the fact that we had never ridden together before we quickly slotted into a good rhythm, sharing the lead, and both felt fairly strong. Anybody who does duathlons will not be surprised to know that those feelings disappeared as soon as we got off the bikes and attempted to start running in the Reeks. Whatever the reasons the muscles dont seem to cope with the transition and the first mile or two are very wobbly. The weather in the Reeks was playing hard to get - giving us the odd fleeting glimpse through the clouds, just enough to see how impressive the scenery was. The rock however was greasy and wet and we knew we would be losing time. Arriving at the halfway col, just before the traverse round Carrauntoohil and out to Caher there was a welcome cup of tea and cake for us as the pacers were working overtime, obviously still optimistic about their chances of free

Guinness. We quickly polished off the dogleg to Caher and its Western top and then back over Carrauntoohil, the high point of the whole escapade at 3414 feet and started the exciting traverse out to Beenkeragh, clambering over the slippery slabs. For me, this was a tense moment as I had tried to knock myself out by falling head first at this point during a cold, wet reccy of the previous Easter and Adrian, realising that neither of us had any survival equipment had been forced to resort to the "Is anything broken?", "No - Im OK". "Well, lets get a bloody move on then" school of sympathy.

In just under four and a half hours we had covered the four mountains and six tops of the Reeks but knew that the wet rock must have cost us 15 - 20 minutes. Back at the farmhouse at the foot of the Reeks, a barn had been converted into impromptu drying room and feeding station. Gulping down some of the pizza which our supporters had managed to protect from the attentions of marauding chickens, we hastily changed wet running clothes for damp cycling kit. Onto stage three then, some 80 miles of cycling and in a hour or so it would be dark. With the support cars leapfrogging us every hour or so we sped round Killarney and off Eastwards onto improving roads. As darkness fell it became obvious that the choice of a weekend with a full moon was completely irrelevant as, although it was now dry, a blanket of low cloud prevailed. The first few miles of cycling six inches away from the rear wheel of the bike in front at full speed on wet roads and in pitch darkness were somewhat unnerving but safety and caution were thrown to the wind as we tried to maintain a reasonable average speed. Arriving in Mitchelstown at around one in the morning we found the population of the whole town sprawled around the high street, many of them in the road. Despite looking like the party of the mil-

lenium it would seem that this was just a normal Saturday night. A few miles further on, through Skeheenaranky, we spotted one of the support vehicles marking the bohreen which climbs steeply up to the foot of Galtymore. By now we were both feeling pretty empty and as we climbed into the cloud and an incessant drizzle; our motivation was faltering. Galtymore was scheduled to take an hour and a half - up and down - but we spent nearly double that: the impenetrable mist made the task of navigating with the photocopied sketch map we had very difficult and we were both desperately weary. It later transpired that we had both thought of retiring but had been too knackered to even say so. Back at the support cars there was silence as we both made preparations for the next section; a daunting 102 miles of cycling. Secretly we both had doubts about our abilities to continue - backs and necks and legs and arms and bottoms were all extremely painful and the darkness and mist were very demoralising but we had both resolved to give it an hour or so on the bike to see if things got better. Miraculously, the next 12-15 miles on the main road were slightly downhill with a light tailwind and on a super smooth surface - it was effortless!!

Of course these benign conditions didnt last for long but, by then, we were psychologically comitted to completing the traverse. The following six hours saw us both swing rapidly from feeling reasonably strong to complete exhaustion. At one point we were both laid full length on the tarmac by the side of the road and several times, I nearly fell asleep whilst cycling. With exhausted minds and bodies we negotiated the maze of small, hilly lanes leading to the foot of Lugnaquilla, realising now that not only would we take longer than 24 hours but that we would also miss they ferry home. The supporters were still doing a magnificent job, using the markers we had previously prepared to navigate us down the lanes and plying us with never ending sweet tea and food. Just over 24 hours after we had left the summit of Brandon we arrived at the foot of Lugnaquilla and set off up through the heather and bracken. Reaching the summit brought no feeling of euphoria as we were both too exhausted and we had yet to get down but, arriving back at the cars, there was a great sense of relief that we had completed the traverse and a real feeling of satisfaction at having achieved a "first".

The supporters by now must have been feeling pretty disgruntled; the terms and conditions of their contract had been well and truly broken and they hadnt even smelled a pint of Guinness since the Friday evening. Despite this we all cheerfully set off to find some refreshment on a wet Sunday afternoon. As we sat down over our long anticipated pint of Guinness we eagerly awaited details of all

our summit times from Geoff who had valiantly battled over all the mountains with us. Frantically stabbing at the buttons on his watch, he sheepishly informed us that he had a full set of split times for the Potteries marathon but not a clue as to where we had been and when over the preceding 24 hours or so - the wonders of technology !!

Profound thanks are due to Andrew Addis, Geoff Pettengell and Anne Stentiford who all gave up their weekend and Saturday nights sleep to feed, sustain and encourage us. Looking back now that the legs have recovered and the saddle sore subsided it is clear that 24 hours summit to summit is achievable. The traverse, however, is not something to be undertaken lightly - a good cyclist may find the rocks of the Reeks and the rough going of Lugnaquilla daunting and, even for a duathlete, the transition from running to cycling and back again is always a killer. We both hope that there will be interest shown in repeats of this feat over the coming years but make sure you leave enough time to enjoy the place at Irish pace afterwards. Either Adrian or I will be hapy to provide further information or words of encouragement but if you want support it had better be clear what the drinking arrangements are !! The bald statistics of The Ultimate Duathlon are shown in the table but if you want to experience the real magic of Ireland - the hospitality of the people, the wildflowers in profusion, the scent of honeysuckle in the hedgerows at night the taste of the Guinness and the majestic ridges and corries of the McGillicuddys Reeks you will just have to book the ferry and have a go yourself.

The Irish Traverse

Completed by:

Mark Hartell, Adrian Belton

Pacing/Support:

Leg 1: **Brandon Mountain (3127)**

Geoff Pettengell, Andrew Addis

Leg 2: **McGillicuddys Reeks**

Geoff Pettengell

Cummeennapeasta (3191),

Cruach Mhor (3062),

Lackagarrin (3100),

Bearna Rua (3159),

Cnoc an Chuillin (3141),

Caher (3250), NW Top (3200),

Carrauntoohil (3414), Tooth (3000),

Beenkeragh (3314)

Leg 3: **Galtymore (3018)**

Andrew Addis, Geoff Pettengell

Leg 4: **Lugnaquilla (3039)**

Anne Stentiford, Geoff Pettengell

Bikes:

Graham Weigh and Condor - 531 frames, 20*200 wheels, Campag groupset



and 'topping out' at Trigs!



The mixed class at a Mountain Marathon event - a case of 'keep up missus!'
 Photo: Comeragh; Rob Howard

Saunders Lakeland Mountain Marathon 1996

Up against the sheep

The competition to be first in the mixed class of a Mountain Marathon may be small fish to some folk, but the action is as bright the victory just as hard fought. This is our story....

After winning the mixed Carrock Fell class last year we felt ready to move up to the longer and more demanding Kirkfell Class.

Friday night rained fairly solidly not promising the best of conditions, this is supposed to be summer! A peek out of the tent revealed Langdale in all its splendour, visibility looked to be okay.

Eight minutes past eight and we were off from Stool End Farm, slightly nervous but full of enthusiasm. The earlier starters could be seen crocodiling their way directly up Pike of Blisco, a quick glance at the map showed the path up Brown How to be a much gentler option. Good route choice is everything. We arrived at check point one at the same time as those who set off fourteen minutes before us.

"Yes!" Things were looking good.

A bit of hunting and the kite was found, a bit more hunting and the clipper punch was not; it had gone missing just to add to our confusion. Off over Crinkle Crags then down a gully to check point two.

This time our up and over route choice did not prove to be the best; runners contouring across from Great Knott had arrived there ahead of us. Our balloon of confidence felt a bit deflated.

On to number three; a long leg over Bowfell and Esk Pike to the hollow of Round How in the shadow of Great End. We both felt strong, the urge to compete remained undimmed. Being towards the front end of

the race was pleasant, there was little sign of other runners and the sun was making an occasional appearance.

A straight line to check point four would take us over Scafell, a scramble up over Broad Stand looked attractive and fun too. Sadly we remembered that only designated routes through Mickledore were allocated. Most people were heading off the corridor route and up left over towards the top end of Eskdale.

"Where the hell are they going?"

A contour around from Brown Tongue looked much better. There was no sign of anyone but the other team who had chosen our route, as we arrived a solitary tent and marshall camped amidst the marshes of Great How. He must have had a nice view of the sunset.

My legs were beginning to tire of the endless miles, running out of steam. Sarah, my partner, felt fine as ever, we decided this was all because of the advantage of subcutaneous fat stores. The mind does start to go a bit funny after a while too.

The drag up onto Illgill Head seemed to last forever, no, not more uphill, it looked sort of flat on the map. Clip the punch and off to number seven. Described as "Gully Top" only careful navigating revealed the shallow dip hiding the orange and white marker.

Two more leg battering hills and one more control lead us down into the edge of Boot village. From the last descent the familiar sprouting of tents that is the seed of a Mountain Marathon overnight campsite. Soft new cut grass made for real luxury as we sat sipping milk soaking up the sunshine. With the tent up we could relax, it was over for a day at least, only one more day to go. We had been out for five and a

half hours, all that remained was to try to replace all the fluid we had sweated; and to eat.

The sun shone some more, the campsite filled as a steady stream of competitors flowed down off the hill. So to the good news and the bad. We were first mixed team. Hoorah! Sixth overall! A mere forty seconds behind us were the second mixed team; The Williams. Not enough of a lead for us to feel confident of victory, not enough of a lead for them not to try and beat us. The race was on. Maybe they were bad navigators, maybe they had burned themselves out and be slower tomorrow? We could only hope so.

Day two dawned. The residents in the neighbouring tent had decided we should wake at quarter to six, like it or not. Stiff legs after a night in a tiny tent slowly eased after the short walk for a toilet visit, damp clouds could be seen hanging low on the mountain tops.

We were not exactly sure when the chasing start was meant to begin, so we walked up the two kilometers to the start with plenty of spare time. Today the course was a bit shorter with five short navigational legs to start with. As we sat chatting about the merits of one route choice over another I heard someone shout out our team number.

"Uh. What's going on?" Confusion.

Scrambling to put our sacks on we rushed to the front of the start funnel. Again we were off and running, a glance back showed the Williams trailing us two hundred yards behind. If we could lose visual contact with them maybe we could lose them; break that invisible chain and relax from feeling the pressure to race. Spot height 311 came easily, from the summit we saw a team up on top of the wrong knoll to the north, feeling smug we set off to the next check point.

By the time we went through number three things were looking good, no sign of The Williams and the terrain allowed for steady running. The following leg to check point four should have been simple, had I not circled the wrong marsh on the map. Several minutes of cursing and running about in rings passed before we stopped, got out of the control description and worked out what was wrong. It was only round the corner.

"No need to worry!" Clip.

Off and running again, an attractive path runs along the very top of Eskdale to Cam Spout, a well used tourist route up to Scafell Pike. Some ten years ago I had been up this way in deep snow on a camping expedition, as far as I could recollect it was fairly easy.

Fairly easy it was not. An initial scramble up easy rock made for a change from running we also overhauled a male team at

the bottom. The actual check point was another ten minute slog up into the mist. Out of breath and sweating hard we eventually reached number five. Clipping the punch just in front of us were the familiar figures of The Williams!

"What? How?"

We were flabbergasted, our lead and a cosy victory disappeared in a moment. Our morale took a few steps back, were they that much better than us? If so there was nothing to do but accept defeat.

Teams were streaming out of the mist to the left, there was a direct and much quicker route through Cam Crag that we had missed. Route choice is everything.

"What do you reckon, over the top or round to the next one?" I asked Sarah. She lifted her head and looked wildly about the hills.

"I don't bloody care as long as we don't have to go down there again!" She waved down the slope we had just climbed and that the Williams had begun to disappear down. So it was up and over.

Both the climb up over Dow Crag and the descent to a nameless stream involved using hands as well as feet. Almost by luck, or was it great navigation, we came down right on top of number six. There was no sign of the opposition, if we were

beaten we were beaten, we had no more tricks to pull out of our rucksacks.

We chose to go up and over again to number seven, the path over from Ill Crag to Esk Hause was a good one. Better to go for the devil we know.

I glanced back as we began the slog up towards Ill Crag, I was surprised and a little bit pleased. There were The Williams, we had beaten them to the check point!

The path over to Esk Hause felt good. We managed to start running again. Everything was going to be fine. Somewhere on a stretch of rocks and erosion I heard Sarah cry out. She had fallen taking a substantial chunk of flesh from her left knee, blood poured out.

"Okay?" I asked. "No I'm bloody not. I'm full of cuts, dirt and bruises. Just keep running." Well she wasn't going to die.

Passing Angle Tarn a little path leads off to the right across the southern flank of Mickledore, far off we could see the green tent that marked our penultimate check point. As best we could on our flagging legs we contoured round towards it. Rounding each fold in the hillside it seemed to get no nearer, like chasing a mirage, thinking each time we were almost there only to find it just as far away. After an eternity we arrived. Clip.

Only one more check point and we would have finished. Back in '95 we had beaten the third team in Carrok Fell by one second so we had decided to pick up the pace at the end rather than lose a place by seconds. Teams from other classes politely stepped back to let us pass as we steamed along the last few kilometers. Unknown to me Sarah disappeared into a couple of bogs then had to sprint to catch up with me again, taking what little was left of her energy. Clip number eight. Follow the tape in to the finish. A blur.

The brain begins to slow down and focus again, someone gave me a raffle ticket and a piece of card. The ticket for food at the food tent, the piece of card my certificate for finishing. A colleague of Sarah's had turned up to cheer us in. She just hugged him, as she said later.... "I didn't have the strength to talk!"

The sun shone down into Langdale, soothing us as we lay in the warmth. It didn't really matter whether we had won or not, we had finished, that was all that mattered. Five minutes later the first results were up, we had won! First mixed team, three minutes in front of The Williams and sixth overall.

Route choice is everything.

Simon Sarginson

SOUTH WALES WINTER HILL SERIES 1996/97

6 Short Fell Races (approx. 3 miles). All on Saturdays, starting at 2.00pm. Entry Fees: £1.20 per race, or £6.00 for the series. Individual Prizes (best 5 results to count). Team Prizes (3 to count).

Awards for Runners completing all races

November 2 BLORENGE 2.5m/1400ft

From Llanfoist Inn, Llanfoist, nr. Abergavenny. Organiser: Eric Meredith (01495 775030)

November 16 ALLT LWYD 2m/1400ft

From Abercynafod, on minor road South West from Talybont-on-Usk, just after Talybont reservoir (GR SO 083177). Organiser: Eric Meredith (01495 775030)

December 7 ABERGWYNFI 3.5m/1300ft

From the Pub, just north of the A4107 at Abergwynfi (GR SS 895963). Organiser: Martin Lucas (01656 880009)

January 11 THE DARREN 3m/1070ft

From the Darren pub, Risca, nr. Newport. Organiser: Robert Benjamin (01495 756806)

February 8 SUGAR LOAF 3.5m/1150ft

From Car Park on minor road from Pantygelli (just north of Abergavenny) to Fforest Coal Pit (GR SO 293201). Organiser: John Sweeting (01495 752961).

March 22 PEN CERRIG CALCH 3m/1500ft

From Ty Mawr Farm, nr. Llanbedr (GR SO 234206). Organiser: Derek Thornley (01222 891172).

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

Further details: contact individual race organisers, or John Sweeting, 23 St. Matthews Road, Pontypool, Gwent, NP4 5JZ. (01495 752961).



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Mass start - Lowe Alpine Mountain Marathon

Rob Howard reports and photographs Mountain Marathon and Run/Sail Events

LOWE ALPINE MOUNTAIN MARATHON

The date of this year's Lowe Alpine Mountain Marathon was brought forward to August 17th/18th and the numbers took a disappointing dip, but those who made the effort to get to Fort William were well rewarded. The venue was a little further North, at the Nevis Range development on Aonach Mor, complete with ski gondola.

When promised transport from registration to the Friday night pre-race camp there were some who never made the connection... Is camping out at 2000 feet the night before a mountain marathonan added extra or not? The upper station did have a bar to 11.00pm and a great choice of food so maybe it is. The ride up in the darkness looking down on the lights of Fort William was a unique experience too.

The real bonus was starting 2000 feet up next day, as there was plenty of climbing ahead, the courses stretching across some of the Grey Corries and the Eastern end of the Mamores, but the Benand the Aonachs were out of bounds. There were 5 classes this year, elite to D, and the map was the Harveys' Ben Nevis sheet.

The overnight camp was at Luibeilt bothy, last used when the race was the Rock & Run and took place from Kinlochleven. On Day 1 there was some heavy cloud and patchy rain, but the evening and night were dry for camping out. The only drawback at the campsite was a lack of breeze to keep the feasting midges off.

The race was close in most classes, 7 minutes between the top 3 elite pairs, the top 4 in the A just 8 minutes apart and under a minute separating the B course leaders. According to Bagness, "We want the race to be seen as the connoisseurs' mountain marathon and hope to get a

capable entry to run in the roughest terrain on tough but fair courses." Judging by the familiar faces on the campsite and the standard of competition he is succeeding.

The cloud lifted a little for day 2 and the finish was back at the bottom of the gondola, after a grinding run along a disused railway line or a tiring direct descent. First in were the B class winners and not long after Dan Parker and Mark Seddon kept the form book consistent by coming in well ahead in the elite.

In the A class Garry MacInnes and Andrew Prentice came from 4th to win, and in the C David and Clare Cheesewright, who were leading overnight lost a 12 minute margin to slip to 3rd. Paul and Rosalind Murray did hold their lead to the D class, in which there were many good performances from mixed pairs, including Alex and Mary Gillespie, who finished 10th with a combined age of 123. (On handicap they won the vets prize by more than 90 minutes.)

The best performances from womens pairs came from Angela & Janice Mudge, 9th in the B, and Juliet Vickery and Jane Hailey, 6th in the C. Sue Walsh and Wendy Dodds were the only ladies pair to complete the A, and as there were no womens pairs in the elite that prize went to Craig Harwood and Mark Hartell!

The prizes and support from Lowe Alpine were excellent, Wilf's food was as welcome as ever, the terrain was uncompromising, the fells not as overcrowded as at the KIMM and the organisation lean and effective. Long may it continue, but a few more connoisseurs would be welcome.

RESULTS

ELITE (54km)

1 Dan Parker & Mark Seddon	10.31.16
2 Roger Woods & Robert Davison	10.45.06
6 Steve Birkinshaw & Emma Moody (Mixed)	12.31.31
7 Keith Adams & Peter Baxter (Vets)	12.46.16

'A' (50Km)

1 Andrew Prentice & Garry MacInnes	10.18.27
2 Mark Johnston & James Brown	10.27.28
8 Trevor Dibben & Jan Atkins (Mixed)	11.31.02
9 Raymond Wilby & Roger Boswell (Vets)	11.58.44
15 Sue Walsh & Wendy Dodds (Ladies)	13.09.08

'B' (41Km)

1 Dean Field & John Mayo	08.47.30
2 A'Iain Smith & Ken Daly	09.10.17
5 Sarah & Stan Pattinson (Mixed)	09.43.10
9 Angela & Janice Mudge (Ladies)	10.00.36
16 Peter Morris & Peter Jones (Vets)	10.47.22

'C' (38Km)

1 Brian Cook & Thomas Greig (Vets)	08.09.13
2 Peter Cairns & David Miller	08.09.41
3 David & Clare Cheesewright (Mixed)	08.15.08
6 Juliet Vickery & Jane Hailey (Ladies)	08.45.28

'D' (30Km)

1 Paul & Rosalind Murray (Mixed)	08.03.52
2 Brian Robbins & Charles Walton	08.09.02
3 Eddie Speak & Steve Hardy (Vets)	08.21.32
9 Barbara Heathcote & Sarah Peel (Ladies)	08.53.54

THE LOWE ALPINE COMERAGH MOUNTAIN CHALLENGE

This is the other Lowe Alpine sponsored mountain marathon, which takes place the Comeragh hills in S.E. Ireland and is now in its 4th year. This years race was in May, in mostly fine but cold weather, with 3 courses, though the elite has a relatively low entry and is combined with the A course.

The Comeraghs main feature are a series of magnificent coums, which in the UK would be full of walkers and covered in paths, but here there are no tracks and it is rare to see anyone other than another competitor, and that in itself is rare. There are almost no paths in the whole range and the atmosphere of the race is low key and friendly.

The courses took everyone into the big coums, including the lower part of Coughingaun, said to be one of the largest in Europe and camp was at the head of the attractive Nire Valley. There was no real competition in the elite class for Gerry Brady and Brendan Bolland, but in the A two mixed pairs with multisport experience were fighting it out. Beth McCluskey was running with Steve Banner, a nordic ski international, and the pair were staying ahead of Una Creagh and Justin May, top orienteers, but also very active in Trailquest, the mountain bike version of orienteering.

The race now attracts a regular following, and the date has been moved away from the bank holiday weekend with its high ferry prices, making a spring weekend to Ireland more affordable.

RESULTS

Elite

A Brendan Bolland & Gerry Brady	6.46.14
B Beth McCluskey & Steve Banner	8.37.48
C Pat Spillane & Tommy Duggan	4.39.44
C Damien Fitzgerald & Keith Walsh	5.01.10

THE GELERT 3 PEAKS YACHT RACE JUNE 22nd-27th.

Ken Taylor and Jack Holt last teamed up for the Gelert 3 Peaks Yacht Race on 'Severalles Challenge', and had retired from seagoing adventures well before that boat flipped over and then sank on the Azores and Back Race. Sound reason you might think for staying in retirement and not messing about on fast boats, but the lure of a race on the relatively comfortable and equally fast catamaran 'Spirit of England' was sufficient to lure them back.

It was a race where their experience showed, not just on the hill, but in picking the right boat, as their main challengers for the title of 'King of the Mountains' were both on yachts which retired from the race.

After sailing round from Barmouth their first run was 24 miles from Caernarfon to the top of Snowdon and back. Running in the dark they made the round trip in 3.54, a time only beaten by a pair of identical twins running for an army team on the yacht 'Goold Finger'. This retired at the next port of call, Ravenglass, the jumping off point for Scafell Pike, a 32 mile run.

There was work to do before arriving though, as the wind was light and there were frequent calms. Normally runners are required to row in this situation but

'Spirit' carried a remarkable form of exercise bike on the back, the exercise being provided by the need to move a very large yacht via a very small propeller. Powered by Taylor and Holt this proved more effective than oars, though these were used too, and helped the trimaran to a an easy victory. Bizarre, but true.

The Scafell run has its disadvantages, like lots of road running, passing the Wasdale Head Inn without stopping for a pint, and taking the tourist track up and down. The only challengers to Taylor and Holt here were David Findel) Hawkins and Alan Brentnall on the yacht 'Jolga', but though the runners were fast enough to record a time of 5.35, the yacht was too slow to get all the way up to Fort William in the light winds.

Taylor and Holt put in a time of 5.50 in Cumbria, and despite a lot of pedalling leapt off at Fort William knowing they were just a minute up on the 'Jolga' runners and produced a time of 3.32 for the 17 mile run to the top of The Ben. As it turned out those challengers were not to get the chance to run the final leg and 2 familiar names went on the 'King of the Mountains' Trophy.

Their final aggregate time for 73 miles and 11,000 feet of ascent was 13 hours 16 minutes, which might well have won despite the 2 retirements. Taylor's win came exactly 10 years after he set the race record with Pete Irwin, and it is a record which has not been seriously challenged in recent years. The Scottish Islands Peaks Race seems to be poaching all the elite runners these day, but next year the 3 Peaks Yacht Race is planning a special 21st anniversary race and with more boats entered it would be an ideal opportunity for a crack at the record. Anybody out there fancy going sailing?

THE UNIVERSAL 500. AUGUST 23rd-26th.

Two other runners who are often found afloat are Martin Stone and Debbie Thompson, who regularly take part in this South coastversion of the 3 Peaks Yacht Race. There are plenty of boats but not so many peaks down there, so they do the best they can. Starting from Southampton the runners are let off at Swanage pier for a 30 mile run along the South Coast Footpath to Weymouth, then it is on to Exmouth and the Royal Marines Endurance course, a brisk trip across to Alderney for a 10 mile circuit of the island and back to the Isle of Wight. The last run is another 10 miles from Yarmouth out to The Needles and back over Tennyson-Down.

This year the winds off the start were horrendous and 7 of the 19 yachts retired, some of them with very sick and frightened runners aboard. Stone and Thompson were on the biggest boat in the fleet, 'Universal Heartbeat', owned and skippered by the race organiser, and they made it safely, but like most runners were very glad to be ashore, even if they were going to run into the wind along the cliff path in darkness. It is no easy run either, with 5000 feet of climbing, a lot of steps and crumbling paths, which they covered in 6.33.02.

The trip to Exmouth and the endurance course was cancelled so it was straight on to the channel islands and a morning run round Alderney in 1.27.49. The start at Yarmouth too was on a bright morning and Nick Letchworth joined them and kept up well as the trio returned in 1.38.34, then paddled back out to the yacht for the final sail across the Solent to finish the race. They took 3rd place in the running competition with an aggregate of 9.39.25 for 50 miles on foot and their team was second overall.

Taylor and Holt ready to run



Kit Review

Buffalo 'Teclite' shirt by Francis Uhlman

Buffalo Systems produce a family of garments specifically aimed at the serious outdoor pursuits market, some highly suited to fellrunning. I wrote an extremely favourable review of the Pertex 5 windshirt in this magazine about three years ago, and now find myself compelled to praise the Buffalo Teclite High Activity shirt. Apparently based on an American concept called Marmot, the Teclite high-activity shirt looks like a conventional cagoule and comes mid-way between the Buffalo windshirt (designed to be worn over a thermal top) and the Mountain shirt with Microfibre Pile Lining (designed to be worn next to the skin in low-activity winter cold). The Pertex 5 windshirt weighs 185g, the Mountain shirt weighs 800g, the Teclite High Activity Shirt weighs in half-way between the two at around 425g. For comparison, the weight of a running vest, thermal top, windproof top and bum bag is about 450g. It is best worn **next to the skin**, which makes it a new concept in high activity windproofs, and reverses the normal trend in mountain running which requires that you wear a vest (or thermal, or both) beneath your windproof. With the Teclite High Activity shirt, you wear the shirt and, if necessary, carry extra thermals for wearing over the top. It's made of wind and rain resistant Pertex 4.5, with an ultra lightweight micropile lining which feels like cotton next to the skin. Ventilation is achieved by underarm zips down to the waist, a short 7" zip at the neck and pocket zips on either side which allow a small amount of extra ventilation through a single layer of fabric at the waist. The chief advantage of this shirt for fellrunners is that it can be worn next to the skin **as sole outer garment in racing conditions** from October through to April. For jogging and training, its season would be extended from mid-September through to May. For cycling, it can be worn practically all year round. It's too warm for summer running. It comes with an integral hood in the collar which fastens down with velcro and provides a



pleasant cushion for the neck when not in use. Most fellrunners would probably prefer a headband or balaclava for extreme winter cold...but at least the hood is there if you should need it. After a hard run the Teclite shirt tends to stick to your skin when you are trying to pull it off, but it's not unpleasantly clingy, doesn't smell and dries fairly quickly. Its windproof qualities are fantastic and whilst it is not fully rainproof, it actually makes running in the rain pleasant. I have only one criticism of the Teclite shirt, which is that the front zip at the neck is not deep enough and allows insufficient air to circulate in the chest region. I would prefer a fuller zip and move the map pocket down to the waist, or have a full-length zip from neck to waist and make the map-pocket vertical. I realise that this would disturb the Buffalo house-style (most of their shirts have the same front zip and map pocket), but this is a high-activity shirt worn next-to-the-skin, and ventilation is the critical factor.

Even so, the Buffalo Teclite High Activity shirt is a definite plus for the wardrobe of the discriminating fellrunner. The price is fairly steep...£79.95, so maybe it would help to be wealthy as well as discriminating. It comes in black and purple only. At the moment, I don't think the shirt quite has the versatility of the traditional vest, thermal top, windproof top and bum bag arrangement, but I'd say it comes close to providing a serious alternative. I remember giving the windproof shirt 9 out of 10 for its fell-running usefulness. The Teclite shirt gets a handy 7.75.

I got mine on a test-and-review freebie from Buffalo, which hasn't prejudiced my opinion. If any F.R.A. member would like to borrow mine for a fortnight (medium size, and, yes, I'll wash it) to test before purchase, please get in touch on 01766 770257. If you don't send it back, I'll come and get it. There's also a rival high-activity shirt worn next to the skin produced by Montaine of Pegswood, Morpeth, Northumberland. It's called the Epic Smock and is much more pricey, but claims to be of superior design. It's made of a heavier fabric with improved chest ventilation and increased arm mobility (especially with kayaking and summer-alpine climbing in mind). Having tried the Buffalo high activity shirt for kayaking, I did find the arm movement restricting. I haven't tested the Montaine Smock, but it sounds interesting for superior 3-season all-round high-activity wear, though probably far too warm for fell-running. Price around £115? Check it out.

Warning: the Buffalo High Activity shirt on its own offers insufficient protection for low-activity standing-about in winter (obviously).



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PAUL JUST MISSES RECORD FOR THE RAMSAY

On 15th June 1996, 10 days before his 30th birthday, Newton Stewart G.P. Paul McClintock attempted the Charlie Ramsay Round. A perfect night climbing The Ben from the Glen Nevis start at 1a.m. gave way to a perfect day, with sunrise pouring into the Lochaber hills as Paul climbed Aonach Beag with Keith Adams at 4.30a.m. By 7a.m. he was beginning to think that the weather could be a touch over-perfect, and by 9a.m. on Stob Coire Ensain he was sure - you would not expect to be baked on a Munro at that time of day. But it was one of the hottest days of the year, when all sensible hillrunners became sunbathers and even sun-worshippers sought out shade after 11a.m.

Dehydration stalked Paul and his three valiant pacers as they sweated up Stob Core Sgnodain without relief of a cloud or breath of wind. Stupendous views of half Scotland were some compensation for such great exertion as they toiled through that long day of intense light. Of course there were bad patches before the Mamores, when he fell behind schedule (especially climbing up from the Lairig Leacach), but all really did seem lost on Am Bodach when he became nearly an hour adrift of estimated time. His pacers cajoled him onwards, the head declined at last, and he found enough energy to claw back some of those lost minutes. Reaching the final Munro of Mullach nan Coirean he had just 67 minutes to descent 2,980 feet, to cover 4¾ miles.

His marvellous support party of 12 got a truly exciting finish for all their efforts. Right to the last moment the outcome was unsure, as he nearly came to grief in the boggy valley bottom and then the forest brushings below the 24th Munro. But the right route decisions were made by his pacers and at half-past midnight he came crashing at speed out of the dark forest beside Achriabhach, fuelled by the last jelly babies. The 2 lady runners rushed to escort him over the final 2¾ miles' endorphins helped push the pain from knotted calves and screaming toes aside, cars followed in his wake, and with the adrenalin of success within-reach-after-all, he put the road behind him in 21 mins. The grimace of determination turned to a smile of relief at the Y.H. where his watch revealed the closest shave since Charlie himself had done it: 23 hrs, 57 mins.

Glyn Jones

End of June: Excited phonecall. Pennine Way record broken, nay, smashed. Can we get an account in October Fellrunner? Gestation period obviously long at P&B!!!

Continued from page 36

solo/unsupported approach and after a few moments of self-doubt at different times he completed the round in fine style with 40 minutes to spare.

As he was descending Sgurr Eilde Mor he met a clockwise aspirant, Paul McClintock who was beginning the final section. Paul cut things very tight and completed the round just 3 minutes inside the 24 hour deadline. Only Charlie Ramsay who was the originator of the round has taken longer, finishing his descent of Ben Nevis with only a minute in hand.

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 1996/97 award should be sent by June 1997 to:

Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586

SOUTHERN UPLAND WAY RELAY RECORD

On 29/30th June Carnethy Hill Runners set a record of 27hours 39mins for the 212 mile run, beating Livingstone's 1990 time by 2 hours 31 mins. The rules for this relay are that there must be 5 runners, the run is from east to west and all runners must run the first and last legs (i.e. run a short distance at the start and finish), a token must be carried all the way and runners must have a pacer when running at night. Carnethy ladies became the first female team to complete the relay and

their time was 35 hours 51 mins. A trophy is apparently awarded every year for the best result.

PENNINE WAY RELAY RECORD

On 15th June Pudsey and Bramley AC set a record of 28hours 15mins 42 secs for the 24 person Pennine Way relay. They lowered Bingley's time by more than 50 minutes on a day of perfect weather when the infamous bogs were drier than usual. The odd traffic jam caused some anxious moments as one or two changeovers were missed and the baton runner had to run further than was expected. The team included 2 women and so the phrase 24 'man' team becomes a little outdated.

FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the next month or so, a panel of long distance 'enthusiasts' examine details of outstanding performances and a suitable recipient of the award will be chosen. The presentation will be made sometime in November. Please send a schedule and brief details of any record-breaking run to: Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106/107 FAX, EMAIL: 100113.2717@COMPUSERVE.COM

PADDY BUCKLEY'S 24 HOUR ROUND

Steven Cliff and Yiannis Tridimas successfully completed this rarely attempted gem on 1st June. Supported by a team of friends and Paddy Buckley himself, they hoped to emulate Adrian Belton by adding the remaining 3000 foot peaks to the 47 peaks of the round. A shortage of time forced them back onto the original route and they completed it with 20 minutes in hand.

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Martin Stone's Long Distance News Summary

It has been a busy Summer and there is plenty of news to report in this column. Do please keep sending me details of long runs for the record books.

JOS NAYLOR - 60 2,500 FOOT LAKELAND PEAKS AT 60

This amazing run is reported elsewhere in The Fell Runner. On 22nd - 23rd June, Jos celebrated his 60th birthday by completing a linear route across the lakes from Walna Scar to Glenridding, climbing the 60 highest peaks with ascent/descent of about 40,000ft, all within 36 hours. It was a wonderful Tour De Force from a man whose lifetime of fell running achievements have made him a legend.

MARK HARTELL - HARDROCK 100 ENDURANCE RUN

In the States there are now a number of ultra distance mountain runs of about 100 miles, many with as much climbing as the Bob Graham. The hardest of them all is probably The Hardrock 100. In theory it should suit British fell runners as it is 100 miles over the roughest of mountain terrain, with about 30,000 feet of ascent. Some of the climbs and descents are huge and the only problem is that 90% of the route is at an altitude of 10,000ft or more and the high point is 14,000ft! The event takes place each July and is set in the San Juan Mountains of Southwest Colorado. It derives its name from the rich gold and silver mining tradition in the area. Conceived and run since 1992 the event was cancelled last year as part of the route still lay under 25 feet of snow. Mark Hartell, Andrew Addis and a few friends recced much of the route last year, returning this year to complete unfinished business. 92 runners set off but as usual the rate of attrition was very high and only 42 finished within the 48 hours allowed. Mark Hartell set himself a 32 hour schedule, quite ambitious as it matched the winning time in 1994. The entire route is marked by bits of tape and kit is taken to 7 aid points for each competitor. Many of the top American runners are accompanied (quite legally) by pacers who provide encouragement and support just like on a Bob Graham. Mark and Andrew had to fend for themselves and so the option to get at their own food at 7 checkpoints proved essential. En route they passed by herds of Elk and other smaller mountain creatures. Mark started

quite gently and worked his way through the field to finish 2nd in a time of 30 hours 54mins, just 10 minutes behind the winner, who was being caught in the latter stages. Andrew Addis arrived about 13 hours later in 24th position.

M HARTELL/A BELTON - IRISH 3000 RECORD

The traverse of the Irish Munros from Brandon to Lugnaquilla by bike and on foot is described elsewhere. Mark Hartell has written an amusing article about a very gruelling 26 hours spent in the company of Adrian Belton last July. They were aiming to climb all the 7 Munros and 6 tops in Ireland, linking them together by bike within 24 hours. This involved 25 miles and 13,000ft ascent on foot and a massive 233 miles by bike.

BILL WADE - NIDDERDALE WAY

This 53 mile route with 6,000ft ascent was devised in the early 1980's and is predominantly footpaths & tracks with short sections of road. It is a circuit from Hampsthwaite near Harrogate, passing through Pateley Bridge, following sections of the River Nidd and reaching Scar House Reservoir below Great Whernside. Bill isn't aware of any other fast recorded times and on 28th July he completed a circuit from his home at Pateley Bridge in 11 hrs 28 mins. At the age of 55 this is no mean feat and Bill ran most of the route alone, supported at road crossings. He feels that a suitable 'youth' could shave a few hours off his time.

J PALMER/P WHITE - YORKSHIRE ROUND RECORD

This round was devised by Tony Wimbush and Colin Brooke in 1994. The aim is for the contender to traverse on foot at least 20 of the 22 available 2,000ft summits within the new county boundary of North Yorkshire within 24 hours, by starting and finishing at Horton in Ribblesdale. This will involve some 100 miles and about 17,000ft ascent and is thought to be about an hour easier than the BG. On 23/24th June Jess Palmer and Pete White of Calder Valley became the second pair to complete the round in a record time of 22hrs 12 mins. For further details of the challenge you can send an SAE to: Tony Wimbush, 10 Beaufort Grove, BRADFORD BD2 4LJ.

MARK SEDDON - SCOTTISH 4000's by FOOT & BIKE

Inspired by Gary Tompsett's first recorded completion of this route in 1994, Mark Seddon attempted this route on 5th August. From Glenmore Hostel it visits the 4 4000ft mountains in the Cairngorms before proceeding from Glen Feshie along the Laggan road by bike for 60 miles to the foot of Aonach Mor and the 4 4000ft peaks which finish with Ben Nevis. The statistics are 29 miles and 12,000ft on foot and 62 miles/ 1,500ft by bike. Mark trained for the event by linking the Lakeland 3000 footers in the same style last June, taking 7 hours and thoroughly enjoying the day out.

Conditions for the attempt were not ideal and the Cairngorms were crossed in gale force winds. The cycling wasn't too unpleasant but the long and uninspiring 3,500ft climb up Aonach Mor left him drained and progress over the remaining tops to the final summit, Ben Nevis, was very slow. He reached Glen Nevis in 12 hours 59 mins and lowered Gary's time by more than 2 hours.

RAMSAY'S 24 HOUR ROUND

A few more completions of this Scottish 24 hour round based at Fort William and crossing the Lochaber Peaks, Grey Corries & Mamores. After a near disaster when attempting the route in 1995 when he slid a considerable way down the side of Sgurr Eilde Mor, Mark Hartell completed the round in much better weather in mid-June of this year. This was his first try at the

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