

The Fellrunner

October 1997

Including World Trophy and
Championship Reports



Success for - (Top) Victoria Wilkinson (354), World Junior Champion, together with Team Silver Medallists Charlotte Sanderson (355) and Emma O'Shea.

(Middle) - Robin Powell, first for the Welsh juniors in Germany.

(Bottom) - Mark Hartell, on his way to breaking the hardest record in the book, the Lakeland 24 hour record.

Photo: Allan Greenwood, Adrian Woods, Rex Stickland.

Main photo - Jackie Newton climbing Latrigg at the Latrigg-Skiddaw Trial Races.

Photo: Allan Greenwood.

I WISH I HAD ATTENDED THE F.R.A. NAVIGATION WEEKEND



**DON'T BE CAUGHT OUT ON THE FELS
WITH THE WRONG GEAR, CONSULT THE EXPERTS**



*MAJOR STOCKIST OF WALSH PB'S
THERMALS
WATERPROOFS
MAPS
COMPASSES
SUN HATS
EVERYTHING FOR THE FELLRUNNER*

RING OR WRITE FOR MAIL ORDER PRICE LIST
VISA, ACCESS, SWITCH, DELTA
TELEPHONE ORDERS TAKEN

**34A KIRKLAND, KENDAL, CUMBRIA LA9 5AD
TEL/FAX 01539 731012**



Advertising Rates:

£140 Full Page £90 Half Page
£45.00 Quarter Page £25 Eighth Page

Classified Advertisements:

Rates: A bargain at £1.00 for the first 20 words, then 10p per word thereafter.
All payments must be made in advance.

Colour Rates

Available on request from Tony Hulme

The Fellrunner is published 3 times a year
1st week in June, October and February.
Deadline for articles, letters etc. for the next issue is
January 5th

Neil Denby, 13 Greenside, Denby Dale,
W. Yorks HD8 8QY Tel/Fax: (01484 861812)

Results and Race Reports to:

David Weatherhead, 16 Birchlands Grove,
Wilsden, W. Yorkshire BD15 0HD (01535) 273508

Advertising Copy to:

Tony Hulme, 17 London Road, Alderley Edge,
Cheshire SK9 7JT 01625 582130

COMPUTERS

Please provide copy on disc wherever possible. ASCII format, Word, Write or almost any common format are acceptable. This saves us both **TIME and MONEY !!!**

CALENDAR UPDATE

REMINDER TO ALL RACE ORGANISERS: BY THE TIME YOU RECEIVE YOUR COPY OF THE "FELLRUNNER" YOU SHOULD HAVE RECEIVED YOUR RACE REGISTRATION FORM FOR THE 1998 CALENDAR. IF YOU HAVEN'T, PLEASE GIVE DAVE JONES A RING. IF YOU HAVE, PLEASE RETURN IT BY THE END OF OCTOBER.

Specially organised the day after the FRA "DO", just so you can make a proper fell-running weekend of it with a race either side, we now have the following:-

SUN. OCT. 26. GALE FELL. CS. 11.30 a.m. 4¹/₂m/800' from the Gale Inn, Todmorden Rd., Littleborough, Nr. Rochdale. £2 on day only. Junior Race 11.00 a.m. Details for this 30th Anniversary race from A. & C. Greenwood

SUN. NOV. 16. STOOP AND STAIRS FELL RACE. BM. 12.00 noon. 6m/1000' from Penistone Hill Country Park, near Haworth, Keighley, West Yorkshire (GR 025364). £2 on day only. Teams free. PM/NS. Over 16. Records: 34.20 I. Holmes 1996; f. 40.05 S. Rowell 1995. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire, BD21 5DF. Tel: 01535 669100.

SUN. NOV. 16. COP HILL FELL RACE. CM. 11.15 a.m. 7m/900' from Meltham Cricket Ground, Meltham, Huddersfield. £2.50 on day. Teams free. PM. Over 17. Also junior races; U13, U15, U17; 3.5m/450';

Bit at The Front - Neil Denby

The last competition, for a Jos Naylor video, didn't seem to fire too many people's imagination. Maybe this one will! Look at the page opposite; bit of a bum deal, I know, but *who* is it? A pair of Walshies from Pete Bland for whoever correctly identifies the face behind the behind. Entries on a postcard, including your name and address, to Pete Bland at Pete Bland Sports. A pair of Walshies from me for the best caption to go with the picture. Entries on a postcard, please.

Our new advertising manager is Tony Hulme, contact address in the usual place. My grateful thanks to him for picking up the reins and to Francis Uhlman who has done such a sterling job over a number of years and is now off globetrotting instead of nattering people for adverts and prizing the money out of them afterwards.

This edition will just miss the AGM, due to the World Trophy being moved back a week. The English and British Championship Races are also having to be rethought because international events have been shuffled - I know we do our best to accommodate them, but shouldn't our priority be our domestic championships? The results for these (1997) are at the back of the results centre section but don't go down as far as I would have liked due to pressure of space - and the fact that the final championship race took place long after the deadline for this magazine and after most of it had already been laid out. Should we just report the top few? Or would you prefer to see your name in print after you've worked so hard (and it is hard) for that singleton championship point? Let us know.

Contents

Regulars

1. Calendar Update
2. Joss Naylor Lakeland Challenge
3. News and Views
4. Junior Update
23. Peter Travis' poem.
36. Martin Stone's Long Distance News Summary

Features

3. Appreciation - Tony Trowbridge - Graham Berry
4. Secretary's Corner
16. One armed fell runners - Bill Smith
20. Bowland Traverse - Andy Walmsley
22. A Classic Welsh Round - Rob Woodall
24. UK 4 Peaks Revisited - Lesley Atchison
26. The Four Peaks - Mark Saunders
30. 30. 50 Munros in a Week - Howard Swindells

32. Mark Hartell's Lake District Record - Martin Stone *et al*

Race Reviews

9. Crow Hill Races - Allan Greenwood
10. Donard - Comedagh - British Championship - Gareth Webb
11. Borrowdale & Wasdale - Gareth Webb
12. Lowe Alpine '97 - Mark Hartell

International

4. British Teams Abroad - Danny Hughes
5. England Junior Trip - Victoria Rusins
10. Wales' Junior Trip - Adrian Woods

Extras

7. 'Do' - Survey Results - Dave Woodhead
24. Join FRABBS - Andy Todd
31. Four Peaks Challenge - Richard Coe

Centre Pages - World Trophy & Snowdon International Reports.

10.45 a.m.; £1. Records: 40.58 D. Topham 1981; f. 46.52 C. Haigh 1986. Details: Martin Sturdy, 12 Weavers Court, Millbank, Meltham, Huddersfield, HD7 3EQ. Tel: 01484 852048.

SAT. DEC. 20. RAS LLYN ELSI. BS. 12.00 noon. 5m/1200' from the Church Hall, Betws Y Coed, North Wales (GR 794564). £1.50 on day. PM. Over 14. Also 2m fun run of 2m/700'. Records: 27.42 G. Rees 1996; f. 34.15 A. Brand-Barker 1996. Details: Del Davies, Bryn Beddau, Nant y Rhiw, Llanrwst, North Wales. Tel: 01492 640906.

WANTED

Press cuttings, local & national (preferably with photos) are urgently required for the FRA 'Do' in November.

Also any photos from races this year.

The reason for this is so we can put up a full account of this year's running on the fells along the walls at the 'Do'. Don't worry if you're no Lord Lichfield or a star we want it all! Don't be shy everything is welcome.

Forward any to: Eileen & Dave Woodhead, 166 Hainworth Wood Road, Keighley BD21 5DF, West Yorkshire. Tel: 01535 669100.

Return of all contributions will be arranged after the 'Do'.



Click! Photographer Steve Bateson at Waugh's Well.
Photo: Allan Greenwood.

OFFICERS AND COMMITTEE MEMBERS 1996-97

Chairman
Alan Judd
32 Hollin Lane,
Far Headingley
Leeds
LA16 5LZ
Tel: (0113) 2956447

Treasurer
Martin Clark
Hillcrest
795 Belmont Road
Horrocks Fold,
Bolton BL1 7BU
Tel: (01204) 301504

Fixtures Secretary
Dave Jones
12 Victoria Avenue
Cheadle Hulme
Stockport, Cheshire
SK8 5DL
Tel: (0161) 4851639

Statistician
Richard Lecky-Thompson
6 Sawrey Court
Broughton-in-Furness
LA20 9QA
Tel: (01229) 716021

Environment & Access
Matt Simms, Tyne View Cottage, Fellside, Hexham
NE46 1RF. Tel: (01434) 607637

Junior Representative
Dave Richardson, Canny Brow Foot, Gatebeck,
Kendal, Cumbria LA8 0HS. Tel. (01539) 567132

Radio Officer
Willie Gaunt, 30 Beechwood Mount, Burley, Leeds
LS4 2NQ. Tel: (0113) 2787513

COMMITTEE

Richard Day
26 Marlborough Close
Great Haywood
Stafford ST18 0SF
Tel:
Paul Sheard
6 New Road
Rawdon
Leeds, LS19 7DA
Tel: (0113) 2500808
Angela Brand-Barker
8 Caldecote Avenue
Cockermouth
Cumbria CA13 9EQ
Tel: (01900) 828637
Bob Berzins
147 Dobbin Hill
Sheffield
S11 7JF
Tel: (0114) 2668415

Peter Dyke
13 Falkland Road
Sheffield
S11 7PL
Tel: (0114) 2662807
Dave Hodgson
197 Hall Lane,
Horsforth, Leeds
LS18 5EQ
Tel: (0113) 2585586
Jon Broxap
32 Castle Garth
Kendal
Cumbria LA9 7AT
Tel: (01539) 720149
Chris Knox
22 Helvellyn Street
Keswick
Cumbria, CA12 4NA
Tel: (017687) 73822

N. IRELAND FELLRUNNERS ASSOCIATION
Ian Taylor, 52 Bladon Drive, Belfast BT9 5JN
Tel: (01232) 662929

SCOTTISH HILL RUNNING COMMISSION
Robin Morris, 33 Morningside Road, Edinburgh
Tel: (0131) 447 8846

WELSH HILLRUNNERS ASSOCIATION
Adrian Woods, 11 Penygraig Terrace, Pontypool,
NP4 5JS Tel: (01495) 758141

**FRA REPRESENTATIVES TO BAF COMMITTEES
Fell and Hill Running**

Selwyn Wright
Craighouse, Foxfield Rd
Broughton in Furness
LA20 6EZ
Tel: (01229) 716797

Norman Berry
165 Penistone Road
Kirkburton
Hudds. HD8 0PH
Tel: (01484) 602922

Richard Day, 26 Marlborough Close, Great Haywood,
Stafford, ST18 0SF.

AAA of England/Midland AA
Richard Day, 26 Marlborough Close, Great Haywood,
Stafford, ST18 0SF

N of England AA
Alan Judd
32 Hollin Lane
Far Headingley, Leeds
LS16 5LZ
Tel: (0113) 2743364

S of England AA
Sam Fitzpatrick
33 Crosby Court
Crownhill,
Milton Keynes MK8 0DD
Tel: (01908) 263107

**Secretary and Treasurer
of the Fell and Hill Running Commission**
Danny Hughes, Hallsteads, Gosforth, Cumbria
CA20 1BJ. Tel: (019467) 25366

**FRA Representative to International Committee
for Mountain Running**
Selwyn Wright, Craighouse, Foxfield Road,
Broughton in Furness, LA20 6EZ. Tel: (01229) 716797

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**

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'.

THE JOSS NAYLOR LAKELAND CHALLENGE

Recently, it appears to have been a case of many enquiries but few successes. There have been some attempts, but maybe the very hot weather of the past few weeks has contributed to a marked lack of successful challengers.

The total now stands at 19. At the time of writing, plans have not been made for tankard presentations, but all 19 will be contacted in due course to ask whether they wish to have an annual or biennial dinner. The total of charity money raised stands at £4,399.

This is a pretty elite group and we would like to see more. So come on all

you super-vets who are approaching a significant birthday; put in the work and success will be assured. It is becoming apparent that the run is no pushover and does need application. And it's more fun on a nice day!

Prints by local artist Philip Alder depicting Joss and Fly on the fells are still available at £35, as are videos of the '60 at 60' run at £9.99. Contact Mary Naylor in both cases.

SUCCESSSES IN 1997:

18. Paul Murray v50 June 7
19. John Payn v60 June 14

INFORMATION

S.A.E. please to:- Monica Shone, 21 Woburn Drive, Hale, Altrincham, Cheshire, WA15 8LZ. Tel: 0161 980 4875.

Tony Trowbridge

(1942-1997)

A personal recollection by Graham Berry



Tony Trowbridge died on the Sunday morning of 16th March 1997. He had had a good run on Kinder Scout the day before. He will be sadly missed by his wife Wendy and children Sally and Stuart. He will also be missed by several groups of people from the world of fell running, cross country running, athletics, sports science, mathematics, medical physics, football, squash, tennis, car rallying and others. Whatever Tony took up, he took up with great dedication, commitment and intelligence - a powerful combination which brought him significant successes in each.

Before he even started fell running he had taken part, at a high level, in tennis, squash and football but Tony always wanted to move on and develop so when he happened to see me finish the Marsden to Edale race in the mid seventies, he contacted me to start training. Typically, he had been determined enough to learn on his own by running up Fairbrook Naze towards Kinder in a pair of football boots. For about the next ten years we became training partners, intense rivals and close family friends with Wendy and Tony becoming our daughter's godparents.

Our training and rivalry benefited us both, and once Tony had learnt the skills and tactics of fell running he became a significant presence in the fell running scene. He was particularly proud of his win in the Marsden to Edale, particularly as this was the race which had inspired him to take up fell running. However, on this day, in poignant irony,

his father died. Tony did not know this until after the race.

Tony continued running not only on the fells but also on the track and on the road where he recorded a 2 hour 30 min marathon time at Rotherham. However, his first interest was on the fells where he felt uplifted and inspired.

Tony was very much at home on fells and we trained (together with Skip - the fittest dog in Sheffield) intensely using schedules he was beginning to develop. We decided to try the Karrimor International Mountain Marathon (KIMM) and with typical audacity Tony chose to go for the elite class in the first Howgills KIMM. We finished well (we thought) and the experience encouraged us to do more in the Rhinogs and in Arran. In 1978, when I opted out of the KIMM because our daughter was expected in late October, Tony, with characteristic and touching loyalty, did not take up alternative KIMM partners!

We became close family friends through running and both families would holiday together in the Lake District at Borrowdale, Langdale and Wasdale (each of which race he completed to finish in the first 20). During these holidays his other characteristics became evident, his generosity with time, advice, practical assistance and financial help. He came and rescued us from an almost flooded campsite in Wasdale after he himself had been flooded out. He has provided many a Dark Peak Fell Runner, of which he was a founder member, with lifts to races. He has listened to many a runner about their woes and has advised them of possible training schedules. All this was leading him to become an eminent trainer or coach to some of the top fell runners and road runners. Notably, Tony has coached international runners and in one year two fell running champions. His coaching abilities derived from not only his practical and personal experience of the sport but also from his professional life.

Trained as a mathematician, he left Sheffield University Maths Department and moved into the Medical Physics Department where his knowledge was developed to understanding blood flow, mechanics of sport and then on to sports medicine. He involved DPFR club runners on experiments involving blood sampling heart monitoring, tread mill work and training schedules. I believe he gathered together a sports science group which had a world wide reputation. So Tony had developed and moved on from an interested spectator in the Marsden Edale race to an authority of some standing (he was a

Reader at Sheffield University) via a determined and practical fell running experience. Only Tony could have managed to combine and merge his love of fell running with his professional life up until the day before he died.

He will be sadly missed by us all.

Graham Berry

Some of Tony's early fell running results

| | | |
|------------------------|-----------------|------|
| 1977 | | |
| KIMM Howgills Langdale | 2hrs 18mins | 14th |
| 1978 | | |
| Edale Skyline | 3hr 15min | |
| Rivington Pike | 18mins 48secs | |
| Pendle | 34 mins 54 secs | |
| Welsh 100m | 4hrs 12mins | |
| Marsden Edale | 3hrs 3mins | 1st |
| Borrowdale | 3hrs 11mins | 19th |
| Thievally Pike | 22mins 33secs | 18th |
| 1979 | | |
| Hallam Chase | 21mins 35secs | |
| Ennerdale | 3hrs 56mins | |
| Fairfield | 1hr 20mins | 14th |
| Lantern Pike | 33mins 7secs | 8th |
| Rotherham Marathon | 2hrs 38mins | |
| Three Peaks | 3hrs 15mins | |
| Kentmere | 1hr 39mins | 15th |
| Edale Skyline | 3hrs 16mins | 15th |
| Skiddaw | 1hr 9mins | |
| 1980 | | |
| Fairfield | 1hr 21mins | 19th |
| KIMM (Arran) | | 16th |
| Marsden to Edale | 3hrs 1min | |
| 1981 | | |
| Fairfield | 1hr 21mins | |
| Pendle | 33mins 9secs | |
| Ben Lomond | 1hr 11mins | 16th |
| Kentmere | 1hr 33mins | 6th |
| Edale Skyline | 2hrs 55mins | |
| 1993 | | |
| Hallam Chase | | 1st |



Edale 1986

SECRETARY'S CORNER

Three committee meetings have taken place since the last magazine reports. These are brief notes of items which may be of interest to members.

HORTON IN RIBBLESDALE, SATURDAY 7 JUNE 1997

1. Only 16 booked for FRA coach to World Trophy in the Czech Republic. Agreed to try to stir up more interest with deadline mid-July.
2. Dave Richardson reported successful training weekend for juniors, see June magazine.
3. Inter County Athletic Union suitably impressed with the Inter County competition at Sail Beck. We hope to repeat annually at different venues.
4. ICMR Technical Committee have rejected proposal that ladies courses at their events be the same as the mens. We believe there is significant support for this change by participating countries and we shall raise the matter again at the next ICMR meeting.
5. BAF Registration Scheme. The North of England has no proposals for the time being but the Midland AA intend to introduce a scheme. We view the proposals as unnecessary and impractical so far as fell runners are concerned. FRA members are, in effect, registered with us, and in any case we are not inclined to support several differing regional schemes.
6. Request for separate earlier start for ladies in short championship races considered. Referred to Fell and Hill Running Commission as we would prefer implementation next year on a UK basis rather than only at English champs.

KESWICK, SUNDAY 2 AUGUST 1997

1. With no further support forthcoming, the FRA coach to the World Trophy is cancelled with regret.

2. The 1997 Junior Home International will take place on Sunday 12 October at Pontypool Park, South Wales.
 3. Five offers to undertake the FRA Management Services have been received. A small working group appointed to consider these offers and to accept the most suitable.
 4. Noted that 1998 British Championship races have been decided by FHRC. British and English races are under discussion due to changes in international dates.
 5. Noted that FHRC have agreed to separate ladies start at British champs short races with effect from 1998. Confirmed this will also apply in English champs.
 6. Agreed that with effect from 1998, English champs men vets over 40 teams will be 4 to count (currently 3). We hope the British champs will follow suit in due course.
1. Discussed nominations and motions for AGM. Please make a special effort to attend. There are 4 committee seats for individual members, nominations taken at the meeting.
 2. Pete Bland, England Team Manager reported on World Trophy, see elsewhere in this issue.
 3. Selwyn Wright reported on ICMR meeting in Czech Republic. No progress with our desire to see ladies courses same as mens. We shall keep the pot boiling. 1998 World Trophy is on the French Island of Reunion in the Indian Ocean and it looks as though it will be expensive for supporters to make the trip. 1999 World Trophy is in Malaysia, another expensive trip. 1998 European Trophy in Italy, and 1999 in Austria.
 4. Martin Stone, in the shape of Staminade Computing, has been appointed to look after our membership services for a three year term.

BRITISH TEAMS ABROAD

As in previous years the fell/hill running commission accepted two invitations to International mountain races on the continent, the Challenge Stellina in Italy and the Matterhornlauf in Zermatt, Switzerland.

Challenge Stellina (Susa), 24.8.97. 15.2km/1500m a scent.

The race was won convincingly by current World champion Antonio Molinary in 1hr. 21min. 57secs. A few minutes slower than his record set last year. Runner-up was Thierry Icart (France) in 1.23.32, who also ran at Snowdon. He is quite excited about the British fell running scene and has registered as the first French member of the FRA!

First of the British team was Bashire Hus-sain in 7th position with a time of 1.25.12. He is considering a major return to fell running next year in a bid to gain selection for the World Trophy on the island of Reunion. Jonathan Hooper, now in his first year of running in the Welsh national team, and with a good European Trophy run behind him, also ran well to finish 10th in 1.27.20. The combined time of these two made up the team score of 2.52.32 for third position behind the winning Italians and just 6 seconds behind the Swiss team of W. Schoock (Junior world champion in Keswick 1998) and U. Horis-berger. Martin Roscoe had a disappointing run to finish 18th.

Matterhornlauf (Zermatt) 31.8.97 12.3km/1000m ascent

The late arrival of a group of Ethiopians, touring the Swiss mountain races in search of lucrative prize money, threw other contenders into some confusion. Their form was unknown but rumours were that they had broken some significant race record this year. As it transpired, Richard Findlow, with high hopes of improving on his 2nd position of last year, could not stay with the two leading Ethiopians when they made their bid for victory with 3km to go. Richard then settled for 3rd place in a time of 59min. 6secs., 40 seconds behind winner Haile Koricho. Steve Hawkins (Bingley) gaining his first British vest had a good run finishing 14th in 63.25, thus dispelling his fears that he could not perform on uphill only courses. Mark Kinch, still struggling to regain his form of recent years was 19th in 64.45, and Gregg Hull last of the team in 23rd position in 66.17. The team were third in the International race behind Ethiopia and the USA.

Anne Buckley had a brilliant run to win the ladies category in a time of 70.37 from the strong Swiss runner Isabella Crettenand (nee Moretti).

Danny Hughes



Keith Gresty leads Heather Maud and John Francis, Hutton Roof Crags
Photo: Bill Smith

ENGLAND JUNIOR TRIP TO THE BLACK FOREST, GERMANY

11am 10.7.97 Junction 6, M61. I jumped on the Blandwagon to see a sea of strange faces and wondering what lay in store. Dover was the first port of call, the lodgings strategically placed to make the evening stroll, a training run up a nearby hill.

An early rise the next morning and onto the ferry sporting our much admired and talked about team kit. Then off to the beautiful flower and wine village of Sasbachwalden and the International Black Forest Junior Teenager Games.

The uphill race on the Saturday was followed by the 800 metre relay on the Sunday, when again the English team kits were the envy of all the competitors. Then the final, and certainly the most humiliating competition of the weekend followed. The crazy golf competition between the English boys, girls and managers, with the managers starting slowly, taking time to warm up, but then showing their experience and coming from behind to win.

Unfortunately we now had to return, setting off early on the Monday morning having enjoyed a most wonderful weekend and great hospitality. The time flew on the way back, the team of former strangers now having become the best of friends.

This was certainly the most wonderful experience and everyone thoroughly enjoyed themselves and were honoured to have been involved. A very special thanks must of course go to Pete and Anne Bland and Norman Matthews (despite beating us at crazy golf), for their support, enthusiasm and humour.

Sometime after mid-night 15.7.97 Junction 6 M61 I jumped off the Blandwagon having made many new friends and knowing I had been very privileged to be involved in this trip.

It obviously took a lot of planning and organisation, not to mention finance. To everyone involved I say on behalf of the girls a very big thank you for an absolutely great time.

Victoria Rusius

ews & Views... News & Views

Junior Training

Dear Sir

Through the medium of *The Fellrunner*, may I publicly thank the FRA Committee for their support of the Junior Training Weekend at Coniston. In particular, of course, the main thanks must go to the modest Dave Richardson and his band of knowledgeable and experienced helpers.

I had the privilege of attending as a Dad on dormitory supervision duties, and was able/encouraged/ordered to take part in all the activities and exercises. The combination of the course leaders and 35 young people who were totally committed even when exhausted made for a fascinating, absorbing and impressive weekend.

Adam and I learnt a great deal about many different aspects of fell running, enjoyed ourselves immensely, and made many new friends who we've looked forward to meeting at subsequent races. It was a tremendous success and will have contributed immeasurably to the future of the sport. Congratulations to everyone concerned.

Yours faithfully

Jim Godwin, Rossendale Harriers

Please

Dear Sir,

Yes I for one have an interest in the results. I do not get *Athletics Weekly* and so rely on *The Fellrunner* magazines to keep in touch with the sport.

Keep up the good work.

Yours in sport.

Dave Collett

Do

Dear Sir

Thanks for a great *Fellrunner*, as always.

You asked about the results in your Bit at

the Front. Well, I for one think it's an important part of the magazine. I'm a keen fellrunner, but I've very little interest in other kinds of athletics - certainly wouldn't ever buy a running magazine, let alone *Athletics Weekly*.

So please keep the results!

Yours faithfully

Richard Wilson

Keep

Dear Sir,

With reference to the note in your editorial about the results service. Yes please, keep the format you have for the magazine as it is, with a full results service and report (where available). One of the few magazines I read from cover to cover, including the results.

Concerning *Athletics Weekly* covering Hill Running results. It is an expensive way to obtain the results for Hill Races if you are only interested in Hill Running. It costs £1.40/copy - £72.80/year. At the most per week there is only one page devoted to hill running, plus some results.

Keep *The Fellrunner* as it is. Thanks for an excellent magazine.

Yours faithfully,

"MM" (signature illegible)

The

Dear Sir,

Further to your request in 'Bit at the Front' (June 1997 Edition) with regard to publication of results.

The results section is the main strength of *'The Fellrunner'*. It acts as a historical record, bringing so many results together in one place, as well as facilitating review of performances in a convenient form. Further it gives motivation to many people to see their performance listed in the Association magazine. You will lose the heart of the magazine if you cease publication of results.

Yours sincerely

Peter Watson (Horwich RMI Harriers)

Results

Dear Sir,

In the June issue of *'The Fellrunner'* you asked for the membership's views on the results service provided by the magazine.

Although *'Athletics Weekly'* provides excellent coverage through the efforts of Gareth Webb, many people don't keep their 'AWs' for years to come.

However *'The Fellrunner'* being more like a booklet and produced three times a year is much easier and more likely to be kept on shelves or in cupboards for years to come.



Settle Hills Race: Michael Ferguson, Rossendale
Photo: Peter Hartley

The results section therefore provides a permanent history of the development of our sport. It also can be used as an instant source of reference when past race reports and/or results need to be consulted.

I'd like to congratulate David Weatherhead on the excellent job he does with the results and trust it will remain a permanent part of the magazine.

On another note I'd also like to congratulate the F.R.A. on holding the first veterans international incorporated into the year's Knockdhu International Race.

The standard attained by the leading veterans is fantastic with them winning many races outright.

It is therefore very appropriate that they should have the chance to gain international selection for their country.

I hope there will be further developments and opportunities for veterans international competition in the future. Maybe other internationals can be staged, possibly the European and/or World Trophies could incorporate a veterans international section. Also, maybe the over 50s and even over 60s could also have the same international opportunities as the over 40's.

Yours in sport,

Rob Jackson, Horwich RMI Harriers

Not apathetic

Dear Sir,

I was perusing the last copy of *The Fellrunner* and realised that you were asking the membership to let you know whether or not the results service provided was still of value to members even though some coverage is now given in Athletics Weekly.

Having served on an amateur football club committee some years ago I understand, to a certain extent, that apathy among members generally means that you are unlikely to have had many responses!

However, I wasn't aware that Athletics Weekly covered Fell running and even now I do know I am unlikely to become an avid reader of that publication therefore, from my point of view the service provided in *The Fellrunner* is my only reference to the results of races in which I have not personally competed, and is essential to my enjoyment of the magazine.

Keep up the good work.

Yours sincerely

Brian Carey, Rochdale Harriers

Phone numbers, please!

Dear Sir,

This year due to extreme weather conditions ie snow, it has come to our attention

that certain fell races within the fixtures calendar do not have contact telephone numbers. This state of affairs causes numerous problems:

1. The competitor finds it impossible to contact the organiser in regards whether the race is on or off. Which in turn means they could be taking unnecessary risks in travelling to a cancelled event.

2. In the event of a competitor being injured/hospitalised, it is impossible for family/friends to make enquiries.

3. Some races have works/shop numbers, this is acceptable assuming they leave a message on the answer phone in regards cancellation or not, but doesn't answer point 2.

As race organisers ourselves we feel that competitors should have some kind of contact number especially in races that are run when inclement/extreme weather conditions can prevail. Organisers go to a great deal of trouble putting events on, so to just put a contact number down we feel is not a great sacrifice.

In your FRA safety requirements for fell races it declares the safety of competitors is the main factor, this is surely not the case if competitors cannot contact the organiser, and find out whether the race is on or not.

The postponement/cancellation of races is not restricted to winter months, last year alone 5 races advertised within the calendar were cancelled for various reasons, perhaps a policy for a contact number should be taken throughout the calendar thereby giving the membership the opportunity to make enquiries.

Yours in sport

D. & E. Woodhead



*A. Crosland - 3rd in Winder Grind junior race
Photo: Bill Smith*

SOUTH WALES WINTER HILL SERIES 1997/86

SHORT FELL RACES
(approx. 3 miles)

**5 ON SATURDAYS, 1 ON SUNDAY,
STARTING AT 2.00 p.m.**

ENTRY FEES(S):
1.50 per race, or 8.00 for the series

INDIVIDUAL PRIZES
(best 5 results to count)

TEAM PRIZES
(in the event of serious competition!)

**AWARDS FOR RUNNERS COM-
PLETING ALL RACES**

November 1

**THE REVISED DOWNHILL
BLORENCE 2.5m/1400ft**

From Llanfoist Inn, Llanfoist, nr. Aber-
gavenny (GR SO 286133)

Organiser: Eric Meredith (01495
775030)

November 22

ALLT LWYD 2m/1400ft

From Abercynafon, on minor road South
West from Talybont-on-Usk, just after
Talybont reservoir (GR SO 083177).

Organiser: Eric Meredith (01495
775030)

December 6

ABERGWYNFI A4107 3.5m/1300ft

From the Pub, just north of the at
Abergwynfi (GR SS 895963).

Organiser: Martin Lucas (01656 880009)

January 24

THE DARREN 3m/1070ft

From the Darren pub, Risca, nr. New-
port (GR ST 235913) Organiser: Robert
Benjamin (01495 756806)

February 28

THE NEW SUGAR LOAF 3m/1150ft

From main Car Park south of summit
(reached by minor road off A40 west
of Abergavenny (GR SO 268167). Or-
ganiser: John Sweeting (01495 752961)

SUNDAY March 29

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 or-
ganiser may insist on competitors carry-
ing suitable clothing.

Further details: contact individual race
organisers, or John Sweeting, 23 St.
Matthews Road, Pontypool, Gwent, NP4
5JZ. (01495 752961)

SURVEY OF BRITISH & ENGLISH PRIZE PRESENTATION - RESULTS

A good response of 280 members returned the questionnaire and gave the unanimous decision that the presentation evening should stay. In fact only two people voted that the medals should be posted out to the recipients.

Generally it appears that the present format is about right with the only dilemma being the area preference. As organisers we are now looking into rotating the 'Do' between Yorkshire, Lake District and Lancashire. For this to be feasible we need input from the membership living in these areas in regards a suitable venue. Please take into account the 'Do's requirements: minimum buffet/sit down meal for 250 people, accommodation on site and in vicinity, reasonably accessible for public transport and finally, not too expensive!

Know of anywhere? Then let us know now, so the 1998 'Do' can be in the Lake District.

The relay option has not as yet been totally ruled out, but there are a few problems with idea read comments.

All results have been done as a percentage

Buffet = 85% Sit Down = 15%
Karaoke, Magician = 1%
Videos = 61% Photo Display = 92%
Rock & Roll Band, Ceilidh Band = 50%
Comedian, Disco Only,
Party Poppers/Streamers = 25%

Accommodation

Cost £15-20 = 63%
£20-30 = 36%
£30+ = 1%

Ticket Cost

£9=11% £12=36% £15 = 52% £18 = 1%

'Do' Date:

Oct = 37% Nov = 61% Dec, Jan = 1%

'Do' Night:

Friday = 1% Saturday = 99%
Theme Night Yes = 12% No = 88%

Area Preference:

Lake District = 23% Yorkshire = 32%
Scotland, Wales = 1% Derbyshire = 8%
Lancashire = 31%

Inc. Race Weekend:

Yes = 71% No = 29%

FRA Relays Option

In Favour of Proposal:
Yes = 55% No = 45%

No 'Do': Yes = 10% No = 90%

Barn Dance Pie & Peas:

Yes = 55% No = 45%

Relays - Similar 'Do':

Yes = 63% No = 37%

Posted Out: Yes = 2 people only

Just a few general comments:

"Must have Draught Guinness" Craig Roberts

"Prefer January date as nothing much seems to happen then", Fiona Murphy

"Fell races offer a variety of venues and style - let's have the same variety with the 'Do'," Angela Brand-Barker.

"We enjoyed the last "Do" and the rock band even though they were older than us", Adele and Mike Walford.

"I don't particularly like dancing/loud music, but accept this is what music the majority want. So please can we have it at reduced volume so that conversations with old friends can still take place without shouting, or better still a small quiet bar for non-disco loving over 40's like me!!!" Steve Taylor.

Theme Night Ideas:

"Rocky Horror Show, Pudsey & Bramley won't need to get changed", Martin Horbury.

"Hospitals - nurses, doctors, accident victims", Barry Tyson.

"Medieval, gangsters, cartoon characters, halloween, murder mystery, sixties night, French, Italian, Spanish night, wear a hat night."

Venue:

"Carleton Inn, why change a great venue?" Mark Roberts.

"As far as I'm concerned the Morecambe venue was superb both for the "Do" itself and in regard availability of appropriate accommodation", Dave Jones.

"Rivington Barn - though accommodation may be a problem", Tim Kelly.

"Egerton House, Bolton or Pines Hotel, Clayton-le-Dale", Doug Munroe.

"Stirk House, near Pendle, maybe expensive though", Gary McMahon.

"Dunkenhalgh Hotel, Clayton-le-Moors, well situated near motorway M65, several different sized rooms, accommodation available, maybe too expensive", Ken Bridge.

"Royal Victoria Hotel, Llanberis or Cambria Grand, Grange-over-Sands", Sheelagh Moore.

"Needs to be accessible and have nearby cheap accommodation", Neil Goldsmith.

"Don't mind as long as it's within 50 miles of junction 36 on M6", Wendy Dodds.

"Yorkshire preferred as this would mean less travelling for the prize winners!!!", Steve Oldfield.

"After the Ian Hodgson Relay at Shap Wells Hotel, would involve change of race day to a Saturday", David Hugill.

"Somewhere that can be reached by public transport", Sid Bailey.

"Good rail links for people without cars", Polly Gibb.

"Somewhere suitable for a long Sunday run", Paul Sheard.

"A big Curry House somewhere", Jane Smith.

Relay Option:

"Good idea", Andy Trigg.

"Good idea, but not for the organiser", Barry Tyson.

"Brilliant", Mick Fry.

"Relays exclude U/A runners", Kevin Walker.

"Nice idea, but would need 'all day' babysitters, constraints of having children", Kath and Mick Wallis.

"Would mean that wife/family attending race as well as finding babysitter for whole weekend - not practical", Mark Sandamas.

"Excellent proposal only if entry limit for FRA relays can be increased or alternative mass start race can be organised, otherwise no-one will attend other than the 'stars'", Mike Pedley.

"This is a good idea - at least the venue would change and therefore make it interesting and fair for all from a travelling point of view", Mark Nutter.

Lucky Prize Winners:

Dave Cummins - Maybole, Scotland
Mike Pedley - Hebden Bridge, West Yorkshire
Geoff Palmer - Littleborough, Lancashire
Polly Gibb - Telford, Shropshire
Helen Rutter - Shepton Mallet, Somerset.

These famous five can look forward to a £5 Pete Bland Sports voucher, but many thanks to everyone because without your participation this survey would have been useless.

— Dave Woodhead

OFFER STILL AVAILABLE

SOMETHING RATHER SPECIAL

EXCLUSIVE F.R.A. RATE: £29 PER PERSON
(based on twin/double room)



**HANOVER INTERNATIONAL
HOTEL & CLUB
SKIPTON**

Beautifully located on the edge of the Yorkshire Dales this impressive hotel offers probably the finest Business and Leisure facilities in Yorkshire

- ★ Luxurious en-suite rooms
- ★ Free use of Leisure Centre - Indoor Pool, Squash Courts, Gym, Solariums, Saunas and Jacuzzi
- ★ Hair & Beauty Salon
- ★ State Registered Nursery
- ★ Babysitting facilities
- ★ Children Free in shared accommodation

Complete the Tour of Pendle, then rejuvenate yourself in the luxury of the Hanover Hotel, ready for the night's festivities

TEL: 01756 700100

KEIGHLEY ROAD, SKIPTON
NORTH YORKSHIRE, BD23 2TA

Junior Update

With one championship race left at the time of writing the leading positions are as follows:

Under 12 Boys

| | | |
|---------------------|-----------|-----|
| 1. Mark Buckingham | Holmfirth | 40* |
| 2. Adam Whaites | Settle | 28 |
| 3=Matthew Smith | Horwich | 26 |
| 3=Chris Pickup | ua | 26 |
| 5. James Greenhalgh | Settle | 24 |

Under 12 Girls

| | | |
|------------------|----------|----|
| 1. Amy Spencer | Wigan | 35 |
| 2. Jade Astin | Rochdale | 31 |
| 3. Naomi Biddle | Hyndburn | 24 |
| 4. Jemma Evans | Wirral | 22 |
| 5. Karrie Hawitt | Oswestry | 20 |

Under 14 Boys

| | | |
|-----------------|------------|----|
| 1. Luke Boulton | Staff Moor | 37 |
| 2. Joe Symonds | Kendal | 27 |
| 3. Mark Smith | Horwich | 25 |
| 4. Carl Swire | Clayton | 24 |
| 5. James Mason | Keighley | 21 |

Under 14 Girls

| | | |
|--------------------|---------|-----|
| 1. Sarah Gatford | Telford | 40* |
| 2. Lisa Richardson | Chorley | 34 |
| 3=Lindsay Doyle | Wirral | 28 |
| 3=Fiona Harrison | Preseli | 28 |
| 5. Sally Shepherd | Settle | 21 |

Under 16 Boys

| | | |
|-------------------|-----------|----|
| 1. Stephen Savage | Ambleside | 34 |
| 2. Andrew Symonds | Kendal | 30 |
| 3. Daniel Yates | Matlock | 26 |
| 4. Geof Slater | Keighley | 25 |
| 5. Duncan Scott | Tyndale | 17 |

Under 16 Girls

| | | |
|----------------------|------------|-----|
| 1. Kate Bailey | Staff Moor | 40* |
| 2. Natile White | Holmfirth | 34 |
| 3. Nicole Slater | Keighley | 25 |
| 4. Emma Hopkinson | Keighley | 24 |
| 5. Rhiannon Matthews | Shrewsbury | 21 |

Under 18 Boys

| | | |
|-------------------|------------|-----|
| 1. Simon Bailey | Staff Moor | 36* |
| 2. Harry Matthews | Shrewsbury | 24 |
| 3=John Robertson | Horwich | 22 |
| 3=Michael Cayton | Horwich | 22 |
| 5. Adam Crossland | Longwood | 17 |

Under 18 Girls

| | | |
|------------------------|-------------|-----|
| 1. Charlotte Sanderson | Skipton | 38* |
| 2. Melissa Leck | Lancs&Morec | 31 |
| 3. Gayle Adams | Bristol | 20 |
| 4. Sarah Dugdale | Skipton | 14 |

Inter Men

| | | |
|--------------------|--------|----|
| 1. Lee Gibson | CFR | 38 |
| 2. Anthony Plummer | Viking | 29 |
| 3. Anthony Turner | Buxton | 23 |

Inter Women

| | | |
|-----------------------|-----------|----|
| 1. Victoria Wilkinson | Bing | 30 |
| 2. Emma O'Shea | Leeds | 26 |
| 3. Emma Middleton | Charnwood | 24 |
| 4. Beverley McWade | Clayton | 14 |

* Denotes already champion of age category

As the season draws to a close there are plenty of good points to look back on. Congratulations to all those who have become champions and those who have won a medal in the English Championship. Also well done to those youngsters who gained international vests at Knockdu, The Black Forest, The Czech Republic and those who will do so at this year's Home International in Wales. This season there have been several who have gained their first vest and it has been rewarding to see them come up through the age categories and to get their just rewards.

The trip to the teenager games in the Black Forest in Germany was enjoyed by all those who went, despite the fact that from what I heard the races were not best suited to our types of running, but particular congratulations must go to Sarah Gatford who finished a marvellous second girl and Simon Bailey who also finished in the top few. Most of those who went this year will also be still eligible for next year so with the valuable experience things could look good for next season. It is also a similar situation in the World Trophy where all the lads will still be in the same age category next season.

Finally on the International and Championship aspect of the season, this year's British Junior Home International and British Championship Race is on SUNDAY 12th October 1997 based at the Pontypool Park and Leisure Centre in South Wales on the borders of the Brecon Beacons National Park. If it still follows the format of previous years there will be an open under 14 boys and girls race and then open and international races at under 16 boys and under 18 boys and girls, all for the BRITISH Champion, so even if you are not selected to run for your country it is worth going to run for the British Championship. For further details please contact me.

This year's championship got off to an exceptional start with the largest numbers of youngsters I have ever seen at a fell race turning out at Hebden and whilst this has not been equalled there have been high turn outs at all the races. The only disappointment has been in the under 18's where numbers have been significantly low on previous years. However the up on this is that the quality at this end has been higher than ever before. There has also been an influx of new runners this season and particular mention must go to the Settle club who have turned out in plentiful numbers at all the races and at present are on course to win the team trophy. It was also good to see the Wirral club back again in such good numbers and I feel I must thank the Coaches of these two clubs, as well as the stalwarts at Horwich, for supporting the races this year.

There are one or two changes proposed for next season's Championship concerning the age categories. One is that the Inter and Under 18 categories are scrapped and replaced by an Under 19 category, which would put us in line with world trophy age groups and would replace a category (INTERS) which has previously been poorly contested in numerical terms. The other is that we drop the minimum age restriction on runners (over 11 on the day of the race) as most race organisers have seemed to ignore it, and its implementation in the English Championship has been very difficult without having every under 12's runners age and date of birth and consequently this season I am sure some under 11's have slipped through the net.

So if you have any opinions on any of these matters then please contact me as soon as possible and pass on your comments BEFORE the FRA AGM on SATURDAY 11th OCTOBER.

As I say every year at this time, if you know of any good races or want to put on a race for a championship event then I would be more than happy to hear from you as it will soon be time to sort out the 1998 season before taking a break for the winter. I have already had one potential possibility from the Holmfirth club and I hope we can get 6 good races in advance of the FRA calendar coming out next year.

Finally, it is hoped the Presentation of the English Junior Championship will take place some time in October, at the time of writing this it has not been finalised, but look elsewhere in this magazine to see if it has been organised.

Best wishes to all runners, families and coaches and all those who have supported us in 1997.

Dave Richardson
(FRA Junior Co-ordinator)



Michael Cayton, lying 3rd in the U/18 class
Photo: Peter Hartley

CROW HILL RACES

Saturday 2nd August 1997

It's taxing enough organising one fell race at a time, but four in one day?!

The Crow Hill Races, with English championship status for the juniors, were held on a very warm, dry day in August.

Over 70 youngsters travelled to the Calder Vale from all over England, and I hadn't a minute's bother with any of them. Thanks kids!

The Under 12's was a straightforward up and down affair. It was a tough course to flag, but the runners made it look easy.

Championship leader Mark Buckingham of Holmfirth made no mistakes, romping home 8 seconds clear of Settle's Adam Whaites (in 7 minutes 29 secs) with Matthew Smith of Horwich another 8 seconds behind in third. The girl's race was much closer, as Karrie-Anne Hawitt from Oswestry just managed to edge out Jemma Evans of Wirral A.C. by 2 seconds in a thrilling sprint finish, Karrie-Anne clocking 9 minutes 9 seconds, with Amy Spencer of Wigan Harriers taking 3rd place in 8 minutes 29 seconds.

Luke Boulton of Staffs Moorlands led the Under 14's home in 11:49, eleven seconds clear of Midgley paperboy Jonathon Wright who runs un-attached. Someone ought to pass Jonathon a membership form for Calder Valley Fellrunners!!

Jonathon clocked 12 minutes exactly, just managing to scrape home ahead of a blistering sprint finish by Carl Swire of Clayton and Buxton's Sam Turton. I couldn't separate the lads on the line, so their names have gone down on the results in alphabetical order!

Sarah Gatford had a clear win in the girls section almost half a minute clear of Chorley's Lisa Richardson in 12 mins 50 sec, while Fiona Harrison, all the way from Preseli in Wales made her long trip north worthwhile with third place in 13 min 56 sec.

A local lady accidentally broke a piece of tape with her car wheel on the U16's bridleway section, causing the leading pair to run into the stable-yard instead of going up the steep climb to Twine Lane. Stephen Savage in third place, very sportingly called the lads back, having walked the course beforehand, but by then he had a considerable advantage with only a mile or so to run.

Unfortunately, Stephen suffered a doubly twisted ankle on the final descent through Hill House Farm, and was overhauled on Wadsworth Bank Fields by Daniel Yates, the earlier leader. Daniel clocked 13 mins 22, 7 seconds ahead of Stephen, who just held off a fast finishing Courtney Heyes by a single second. Kate Bailey scored the biggest winning margin of the day, with a 49 second lead over Holmfirth's Natalie White who in turn had nearly a minute's cushion over third placed Rhiannon Matthews, all the way from Shrewsbury.

Rhiannon then walked up to witness her brother Harry destroy a good class Senior and Under 18's combined field race, to take both the Under 18's trophy and the senior race first prize. His return of 31 minutes 32 gave Harry a clear advantage of 24 seconds over Andrew Carruthers who runs under Crawley, but works at Bradford University.

Michael Cayton, who took the U18's runner up spot was the victim of a cruel fate, as a spectator sent the leading four runners

in the wrong direction at the Mount Skip Road crossing. The route was well marked but even so, I couldn't help blaming myself when I heard the story (more helpers! - I need more helpers! You're reading this - send me your 'phone number if you can help us out next time!).

Graham Pierce of Ilkley finished in 3rd place, just behind my good friend Nick who took the Veteran O/40 prize among the seniors. Charlotte Sanderson took the U18 girls trophy home, and I felt it only right to award her 2nd ladies prize in the open race - runner up to a European silver medallist and former world champion isn't bad is it? A real prospect for the future remember the name -

CHARLOTTE SANDERSON

As I've hinted, there was also a senior race, which I have enjoyed organising now for 3 years. With Harry and Andrew first and second, Stephen Bottomley of Eccleshill, Bradford, beat Patrick Boyd into fourth while Over 50's Vet Barry Mitchell of Clayton Le Moors beat all the other veterans, a terrific achievement and testament to his great fitness. Carol had flagged most of the route, bought most of the prizes and put up with my worrying over the event (when I should have been bathing Katie!) so she deserved a run, and of course notched up another win.

Not only was she 8th overall out of 78 starters, but she was the first to the summit of Crow Hill, in spite of calling back the wayward four runners who had led her at Mount Skip.

Lawrence Sullivan deserves a special mention for not only did he publicise the event with a colour photograph of his grandson on the cover of the local paper, and turn up on the day with a small army of local juniors, but Lawrence rang me prior to the event offering to go over the footpaths with his shears and cut back any nettles or prickles en route. Then - would you believe - he kept a careful eye on the Under 12's race,

following the progress of his grandson Lawrence Smith, and followed that up by winning the Over 60's award in the senior race. I owe you a pint sir!

Many thanks to all those who helped out at this year's Crow Hill Races.

In particular Sue and Jess Palmer, my extremely efficient race control team who managed to keep

registration going with each event's result on display within minutes of the last runners in.

Also to all the marshals, finish officials and senior runners who offered their services while the juniors were running.

I hope everyone enjoyed the event.

Allan Greenwood



*Natalie White - a star of the future, 2nd at Crow Hill, first at Snowdon Junior Girls Race and represented England in Germany
Photo: Allan Greenwood*



*Simon Bailey - U/18 champion
Photo: Peter Hartley*



Race start Photo: Adrian Woods

International Black Forest Teenager Games Sasbachwalden Germany

Saturday 12 and Sunday 13 July 1997

Report by Adrian Woods, Welsh Team Manager, Athletics Association of Wales

The International Black Forest Teenager Games took place in the idyllic surroundings of the picturesque town of Sasbachwalden, recent winners of Germany's prettiest village competition.

Both the English and Welsh teams made the long journey by minibus and shared accommodation on the floor of the town's community centre. This set the scene for a weekend of intense competition and the making of good friendships between all the athletes.

The England team management decided not to enter teams for the individual 800m trail races in the morning preferring to rest the athletes for the main event, the mountain race at 4.00pm. The Welsh team however, were keen to join in and were rewarded with some excellent performances, most notably, the first place going to Robin Powell of Colwyn Bay in an impressive 2:12.10 on a difficult course.

Llinos Phillips of Carmarthen Harriers and Cai Pierce of Eryri Harriers both came 3rd in their respective age groups.

In the afternoon's mountain running event there were again some outstanding performances by the British runners. Simon Bailey of England was 4th overall and 3rd in his age category. The next two British runners were from Wales, Cai Pierce 10th (2nd in his age category) and Duncan Hughes of Wrexham in 12th position. Just behind him was Michael Cayton of England in 13th. Andrew Symonds of England was 15th and Robin Powell of Wales 19th overall. In the team results England were 4th and Wales 5th.

In the ladies race young Sarah Gatford of England had an outstanding race just pipped for 1st overall by one second but a clear winner in her own age category. The next in was Victoria Rusius of England in 5th followed by Sian Williams of Wales in 15th, Natalie White, England was in 16th, Llinos Phillips, Wales in 18th and Leah Hughes, Wales 24th.

The grand finale to the event was on Sunday morning in the 3 x 800m trail race. In an exciting and close fought battle Wales came 3rd overall behind Slovakia and an impressive Italian team but managed to hold off England by 5

seconds. Robin Powell again had an outstanding run. In the junior ladies event England had an excellent 3rd place overall whilst Wales did well to finish in 5th.

The event was a real eye-opener for the young Welsh team and provided top class competition and experience of mountain type events on the continent. It must be said that without sponsorship the team would not have been able to go and a special thank you must be said to 'Wheels' minibus company of North Wales for supplying the transport to get us to the event.



The Welsh Team Photo: Adrian Woods





Report by
AW's Fell
correspondent,
Gareth Webb

British Championship It's a tie!

August 2

DONARD- COMMEDAGH RACE

Newcastle, N. Ireland

It was fitting that in the biggest race ever staged in Northern Ireland - and the first time the country has ever hosted a British championship event - that Bingley's Ian Holmes should create history by becoming the first man to record a championship-tie in its 26-year history.

In the absence of championship leader Mark Roberts - who aggravated a foot injury whilst training over the course two days earlier - Holmes, who had won convincingly at Snowdon the previous weekend, held off Pudsey and Bramley's Paul Sheard to win by 22 seconds and equal Roberts' points tally of 151.

"It was disappointing that Mark wasn't running here today," said Holmes. "It wouldn't have made a difference, though, had I won - it was always going to be a tie if I beat Mark. Tying for the championship does take a bit of an edge off it, though, I must admit.

"It was a really good course. I decided to sit in because I hadn't run it before. I felt okay after Snowdon except that I aggravated blisters on my heel and my feet are very sore now."

The early stages of a pulsating race were dominated by three-times NI cross country champion Deon McNeilly and Alan Bowness. Robin Bryson, Holmes, Sheard and Graeme Bartlett were soon to take control, however, as they moved clear on the climb up Northern Ireland's highest mountain, Slieve Donard



Deon McNeilly outsprints Jon Wilkinson for third place at Donard-Commedagh

Photo: Billy McNeilly

(2796ft), eleven minutes into the race.

Reaching the summit in just under 36:30, a short descent soon followed enabling Holmes and Sheard to gather themselves before moving clear on the next climb. Bryson, Bartlett and McNeilly came through shortly after followed by Brian Ervine, Ian Botheroyd and John Wilkinson.

Holmes moved into a decisive lead on the steep descent to the forest beyond halfway with Sheard in second and just 30 seconds covering third down to eighth place.

McNeilly finished strongly on the final downhill to take third ahead of John Wilkinson and win the 'All-Ireland' title for the first time. McNeilly's superb run also led Newcastle to the team title ahead of Shettleston to secure championship silver behind Bingley. A great feeling, admitted McNeilly, as "Bingley are such a massive club."

Jim Patterson also created history by becoming the first NI runner to lift a British title as he placed a fine 22nd overall to secure the M50 crown.

Although Angela Mudge, fourth in the recent European Trophy, had made sure of the overall title when winning the previous race at Carneddau in June, the 27 year old Edinburgh Phd student admitted that having run round the course after Knockdhu (in May) that she was

suitably impressed and had always intended running here, regardless of what happened in the championships.

Her superb 28th place overall underlined her fine form of late as she held off fellow Scot Tracey Brindley to win by over five minutes.

"I haven't raced for a fortnight and felt I needed a run," said Mudge, who improved on her previous best championship position of second. "I didn't really push it, though, as I wanted to protect my legs as there are some important races coming up.

"I haven't really thought about what it means to be British champion. You do the races and then see what happens, basically. Having said that, it's obviously very pleasing because it's there in the history books for all time, isn't it?"

County Kerry's Majella Disken of the Riocht club - the same club as 1991 world champion John Lenihan - finished fifth overall to take the A11-Ireland title. Carnethy won the team race on the day to win the British title with a perfect points tally.

Other titles decided on the day include Adrian Jones (Glossopdale) in 17th who secured the M40 championship ahead of Willie Bell - who was leading by just two points prior to the race - and Glynda Cook who improved on last year's fourth place to tie for first place in the W35 category.



Impossible to separate Mark Roberts (left) from Ian Holmes (right). Photo: Allan Greenwood/Dave Woodhead

walsh

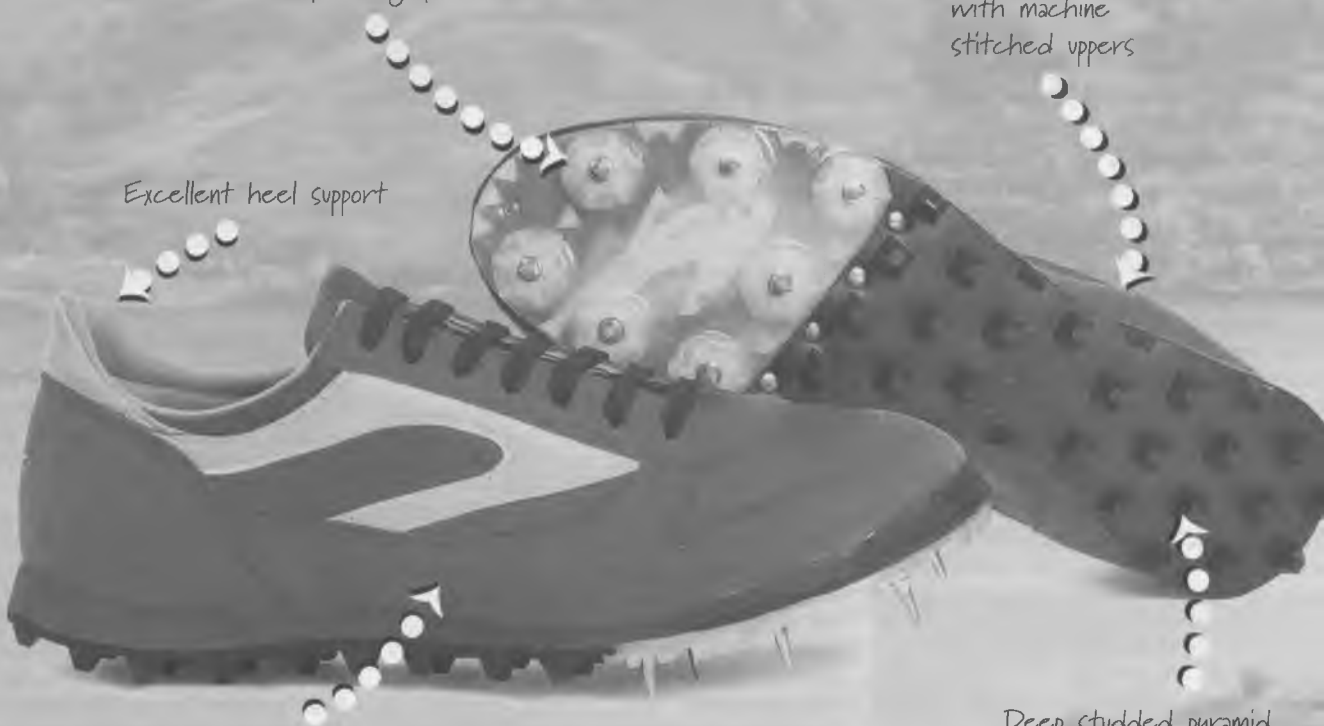


take
to
the
country

Spiked forefront
for superior grip

Hand finished
with machine
stitched uppers

Excellent heel support



Puncture resilient material
gives strength & reliability

Deep studded pyramid
rear for extra stability

TAIGA

The new cross country spike from walsh

*The perfect spiked shoe for
the cross country runner*

For your local retail outlet
contact Pete Bland Sports - Kendal

Telephone: 01539 731012

(U.K. Distributor)

take
to
the
limit



walsh

SPORTS SHOE MANUFACTURERS

Gareth Webb reports on two tough Lakeland classics
(results in centre section)



Borrowdale Blitz - Jonny Bland (1st), Jim Davies (3rd), Gavin Bland (2nd) lead the pack out of the valley.
Photo: Steve Bateson

August 2

BORROWDALE

Menna Angharad underlined her position as one of Britain's leading fell runners by hacking almost a minute off double British champion Sarah Rowell's year old course record of 3:15:34.

Just seven days after finishing third in the prestigious Nike International Snowdon Mountain Race on home soil, the 40 year old pottery designer placed an astonishing 16th overall (from 256 starters) - despite going slightly astray coming off Dalehead (checkpoint six)!

Clearly it takes a special sort of runner to erase one of Rowell's marks from the record books. And with the Pudsey runner's record being set in last year's English championship race - and therefore a quality-packed field. Angharad's time is all the more remarkable.

Angharad, who won the race two years ago in the then record time of 3:25:33, admits to preferring long, rougher type courses. But to win a race of this stature by such a huge margin (almost 25 minutes) from 1995 British bronze medallist is exceptional and further

proof that the Eryri mother-of-two is back to form after her injury problems of earlier in the year.

There was also delight in the men's race as Borrowdale sheep shearer Jonny Bland - a runner-up on more than one occasion in the past - claimed a first-time victory in one of the quickest times in recent years.

Bland's uncle, Billy - one of the legendary figures in British fell running and the course record holder (2:34:38) from 1981 - once said: "It's no use being famous somewhere else, much better to be famous where you live." And it's a maxim the Blands have steadfastly followed over the years - as have their Borrowdale team-mates, who today occupied the first four places.

Although no other runners have managed to dip inside 2:40 (Billy Bland has done so three times), his nephew, Jonny's winning margin of well over three minutes from cousin Gavin is indicative of just how good a performance it was.

Not surprisingly Borrowdale secured the team title, their cumulative time (8:20:29) being over an hour quicker than Clayton's.

July 12

WASDALE HORSESHOE

In what must go down as one of the performances of the season to date, Ambleside's Mari Todd notched up her second championship win of the campaign to establish herself as firm favourite to land her first ever English title.

Not only was Todd able to win by over 34 minutes from a strong women's turnout in the hot, humid conditions, she also placed a superb 17th overall from a quality men's field to hack over six minutes off Helen Diamantides seven year old course record of 4:28:35. A stunning display over arguably the toughest course in the fell calendar - especially considering much of the route consists of rock and steep scree slopes.

Todd, who won the championship opener at Black Combe in March, finished fourth at Fiendsdale and third counter at Pen-Y-Ghent (But fourth overall), has therefore completed the minimum four championship races necessary and now, with just Shelf Moor and the Three Shires in September remaining, is clearly in the championship driving seat.

The Borrowdale trio of Jonny Bland and Jim and Andrew Davies were no less impressive as they broke clear early on to come home well clear.

Had the Cumbrian outfit managed to finish five runners in the race, however - something they were unable to do - they would have also won the team race as well. As it was Clayton, led home by Mike Wallis in 11th, took the honours.

Once Bland and the Davies brothers had been able to establish a healthy lead, they sailed through the opening checkpoints at Whin Rigg, Seatallan, the Pillar and Great Gable side-by-side.

Bland and Jim Davies moved clear of Andrew as they headed towards Esk Hause before Bland pulled away on the climb up England's highest mountain, Scafell Pike (3206 ft), to take command.

From then on the 24 year old Borrowdale sheep farmer continued to increase his lead on the steep descent through Lingmell Col, Brown Tongue and Lingmell Gill to win by over one and a half minutes and underline his reputation as one of the country's leading rough terrain runners.

A JOURNEY TO THE MAGNETIC NORTH POLE

Following the A.G.M. of the Lake District Mountain Trial Association, to be held at The Kings Head, Thirlspot, Nr. Keswick on Friday evening, 7th November at 7.30pm, Nigel Harding who took part in the 1997 British Magnetic North Pole Expedition will give an illustrated talk on his experiences and success. Everyone welcome - no charge.

The 1997 Lowe Alpine Mountain Marathon

En..Jura..nce

For those of you who were not on Jura at the end of May; a very special event occurred. Under crystal clear blue skies, 340 teams made their way to the Isle of Jura for two days of brilliant running and the opportunity to camp overnight on the beautiful and uninhabited west coast of the Island. All this so nearly didn't happen, however, and I was in Cumbria staying with the maestro organiser, Martin Stone, when the race planning hit rock bottom and I discovered the recipe for turning Mr. Positive into a depressed bunny. It's simple really and it only needs three ingredients: Time (his own and lots of it), Money (his own and several hundred pounds of it) and a member of the house of Lords. What you do is get Martin to spend time (perhaps 100 hours, maybe more) doing things like stuffing 600 envelopes with entry forms, organising for public ferry timetables to be amended and mobilising a small army of volunteers and helpers, you get him to spend quite a bit of his own money up front before any entries come in and then you get your friendly Lord to ring him and tell him to "Get orf of my land".

Martin is used to setbacks like this though and soon the cogs were turning again and problems were being transformed into opportunities. As April turned to May the preparations seemed to get ever more time consuming and Martins enthusiasm sparkled, although he wouldn't tell me the details I knew we were in for something special so there was a lively air of expectation as we sailed with some 400 fellow competitors across to Islay on the Friday afternoon with the weather set fair. On arrival in Islay we were treated to a re-enactment of D-day as a myriad of small boats appeared from no-where to whisk us across to Jura and the midges.

Saturday morning and it is obviously going to be hot. En-route from control 1 to 2 we encounter people running in all directions, including back towards the start, so it is clear that the good visibility will not deter everybody from impersonating headless chickens. There is a steep climb out of control 2 and we manage to get the rest of the course marked up but what starts as a nagging suspicion is confirmed when we agree something doesn't add up and check the course description sheet again - this is only part one !! So it is that after three hours of mostly runnable terrain we arrive at a beach on the west coast wondering what happens next. What we hadn't reckoned on was that we would get into a boat. After all, you would really expect for Martin to have had the waves parted revealing a causeway. The boat did fine, however, and we were soon clutching a second map with no fewer than 8 additional controls on the northern side of Loch Tarbert. This was mountain marathoning at its finest and most challenging...intricate



The start
Photo: Rob Howard

terrain and closely spaced controls but in searing heat. Thankfully, nearly all the controls were lochans which we sampled vigorously.

With day one under our belts we were transported back across the waters to a very fine campsite where we were able to hear the exploits of the remaining courses which had tackled Beinn an Oir (the highest pap) and been rock climbing on the cliffs and arches of the raised beaches which are so evident on the West coast. Later in the evening as the sun slowly set behind the myriad small isles out to the west, the Hebridean Princess - CalMacs floating gin palace - hove into the bay for an overnight stop. A few contemplated swimming out to sample the delights of their bar but none tried.

Day two and an early start - like 06.30 early !! Perfect weather again, though, and soon we were off - trying to make the most of a 2 minute lead from day one. Now it was the turn of the Elite and A runners to go climbing; with the control code "VS!" giving some idea of the excitement ahead. In full view of Ron Isles and his camera crews, teams came round the corner and variously laughed, gasped or surrendered to quiet sobs as they saw the control perched in a hole, 20 feet up the cliff. This was just a warm-up though, there remained the small matter of getting up Beinn an Oir from the North for which the map provides very little assistance since it marks the whole lot as a big pile of boulders. Of course, when you get there, you realise that the map is actually quite accurate...it is all a big pile of boulders, just that some of it has moss on top. Playing safe, we decided on the Jura race descent as our way off rather than sample the unknown delights of the South Nose and soon felt like we were on the home straight. Closing in on the finish with teams converging from all directions it was clear that there was some tense, head to head racing taking place with the first four teams on the B course only separated by 2 minutes after over 8 hours of running. In the early afternoon, Lowe Alpine distributed a massive pile of "goodies" - more

than the contents of most gear shops - to all the prize winners and then everybody headed back for Islay and the ferry to the mainland under the watchful eye of Mike "Bouncer" Rose who was ruthless in his determination to weed out the potential queue jumpers. As it was, everybody was able to cram onto the decks of the ferry and so nobody had to ring in "sick" on Monday morning.

This was a very very fine event. Martin and Martin produced a real gem and the islanders of Jura, suffering their third invasion in as many weeks, were brilliant



Descending Beinn an Oir via an amazing line of scree
Photo: Rob Howard

in their support of the event. The camera crews who were there got so excited that they produced 10 hours of film for the 5 minute slot on Transworld and there is now a half hour video being produced (contact Mr Stone for details). It will certainly be a hard act to follow but if you find that next years registration is at Manchester airport, bear in mind that Benbecula has an airstrip and is only an hour and a half away by plane. Food for thought!!!

Mark Hartell

ONE-ARMED FELL RUNNERS

By Bill Smith

Fell Racing is a running sport for which hands and arms must be regarded as almost as essential as feet and legs, not only to assist the competitor in climbing or vaulting stiles, walls, gates and fences, and scrambling up and down rocky outcrops, but also for retaining balance on steep descents and contours, not to mention navigating with map and compass. There are sections of some races which are testing enough for those of us - the majority of us! - fortunate enough to have the full use of all our limbs. However, there are some extra-hardy souls who have ventured into our sport handicapped by the fact that they possess only one arm and this article will deal with three such athletes who presently compete on a regular basis and one who did so a hundred years ago. I am aware that there are at least two other one-armed runners who have entered the occasional fell race, such as one in this year's Three Peaks Race running for a club I'd never heard of before, and another I watched in the Wray Caton Moor Race a few years ago.

Maurice Collett: Champion Orienteer

One other man deserving of mention in this context is the former Kendal AC runner, Maurice Collett, who is equally handicapped by the fact that his right arm is paralysed as a result of polio at the age of two. In common with his wife, Lorna, Maurice has been a highly-successful orienteer as a member of South Ribble AC and indeed a former British Orienteering Champion. He was one of the earliest contenders to attempt the Bob Graham Round, making two attempts in 1960. On May 13th, he and three other Kendal runners, Frank Carradus, Raymond Lee and Paul Stewart, set off from Langdale, missing out Rossett Pike but emphasising that their choice of starting place added around 2,000 feet to Graham's total. Of the four, only Collett and Stewart completed the course but exceeded the statutory 24 hours by 3 hours 20 minutes - a considerable feat anyway for those pioneering days when they didn't have the advantage of all the knowledge we have accumulated in modern times in regard to training, organisation, preparation and to the course itself - and particularly for Maurice Collett with his handicap.

A month later, Collett, Stewart and Carradus made a second attempt to which Stan Bradshaw of Clayton-le-Moors Harriers was invited. Stan had been present on the historic attempt a fortnight earlier with his clubmates Alan and Ken Heaton, when Alan had succeeded in breaking Graham's record, though Stan himself had been forced to retire at Dunmail due to a combination of factors, including a dislocated thumb incurred on the rough Yew-



Maurice Collett (left: No. 25) starting the 1957 Mountain Trial along the Mickleden track from the ODG. Also in the picture are the eventual winner, Ray Shaw (Border H.), No. 3, Bernard Lister (Clayton) and John Nettleton (Carlisle H.F.) on the right. Photo: Courtesy The Lancashire Evening Post

barrow descent, frequent attacks of cramp and the fact that he'd had to traverse the section from the Langdale Pikes to Dunmail in darkness without a torch. On the July attempt, he was the only one of the quartet to succeed, with Collett retiring at Wasdale Head when he realised he could never make it back to Keswick inside 24 hours.

Maurice Collett was also an early Mountain Trial competitor and has served on the committee of the Lake District Mountain Trial Association. He took part in the very first Trial in 1952 when the course made a circuit from the Old Dungeon Ghyll Hotel in Langdale over Bowfell, Esk Pike, Scafell Pike, Great Gable, Esk Hause and Rossett Gill. Collett was 12th man away out of 20 starters but quickly assumed the lead, which he held all the way around to the top of Rossett Gill, on the rough descent of which he was hampered by his paralysed arm, allowing Roland Moore of Leyland Motors AC to swoop past and claim victory, just over 5 minutes ahead of Collett, who yet managed to retain second place.

He led to Great Gable over the same course the following year, only to again be overtaken by the eventual winner, again Roland Moore, on a steep descent, this time the scree run down to Sty Head, and he eventually finished 8th. In the 1960 Trial, run from Wasdale Head over the orienteering-type course used nowadays, Collett finished 10th in a high-class field which included such now-well-known names as Des Oliver, who won, Alan and Ken Heaton, George Brass, Stan Bradshaw and a certain "unofficial" competitor named Jos Naylor whose performance would have earned him 17th position.

Maurice Collett is still a keen competitor in orienteering events at the age of 74,

his never-waning enthusiasm still being shared by his wife, Lorna.

Charlie Conchie: An Oldtime Professional

The earliest one-armed fell runner known to me is Charlie Conchie of Shap, who was active in the sport one hundred years ago. Charlie's eldest brother Tom was a champion guides racer during the six years leading up to the turn of the century. Tom was in fact the eldest of a family of nine and the original name was McConchie. Mr. R.D. Conchie of Sedburgh, whose sister Mrs. M. Abbott also lives there, tells me that their grandfather William paid for the "Mc" to be removed from the family name. The family was of Scottish descent and hailed from the Dalbeattie area.

Tom was born at Shap in either 1873 or '74, while Charlie was born there in either 1875 or '76. Five of the nine children turned out to be noted sportsmen. In addition to Charlie and Tom, Robert was "an upcoming young runner" who was killed at the Dardanelles aged 19; Harry was a successful Cumberland and Westmorland-style wrestler; and Johnstone was a racing cyclist.



Tom Conchie - newspaper photo.

There are several versions of how Charlie lost his left arm. The most widely-accepted is that the accident occurred when he was a young lad collecting newspapers off a train at Shap Granite Works. One newspaper report states that he was "catching papers" off a moving train but goes into no further detail as to how he actually lost the arm, though another article in the **Penrith Observer**, January 13th, 1953, says "he was run over by a train." However, Barry Conchie of Mankinholes, near Todmorden, a present-day fell runner and FRA member himself, relates a story he has heard of his great-great Uncle Charlie "having his arm severed by the wheels of a hand-operated rail truck in the quarry as a young child." R.D. Conchie of Sedbergh states: "I have heard several stories of how Charlie lost his arm. These include hooking a bag on a pole for the mail train, picking up a parcel of newspapers, and having his arm cut off by the engine when he fell on the line." Charlie became an engine driver himself when he grew up.

The above-cited **Observer** article quotes Tom Conchie as saying: "If our Charlie had wings (arms), he would have been a really great runner." It further states that Charlie, despite his handicap, "became a great athlete. He was well-known as a sprinter, but better-known as a jumper." He also competed in fell races and many are the times that Tom, after coming in first himself, would run back "a few hundred yards up the fell" to pace Charlie in to the finish. A letter in the **Cumberland and Westmorland Herald** (undated clipping) from J.A. Pallister of Penrith recalls that at one time "the Conchies lived in a house near the Royal Oak Hotel, Sleagill, and Tom used to train by running up Threaplands Gill", with Charlie accompanying him "as pacemaker". Both Sleagill and Threaplands Gill lie to the northeast of Shap village. The brothers also trained on Shap Pike and often did exhibition runs for the guests at the Shap Wells Hotel, now well-known to FRA members as the venue for the Bob Graham Club dinner.

The aforementioned cyclist, Johnstone Conchie, would sometimes pace Tom on training sessions (presumably on road or track), with Tom running behind the bike, and possibly Charlie also joined in one occasion. A few notes on Tom's career may be of interest. He stood 6 feet 2 inches and weighed around 14 to 15 stones, his build being necessary for the job he did at the Shap Granite Works: "He broke up slabs of granite in the quarry for the crusher with a 27lb hammer," recalled Mr. Billy Henderson, the weighman at the quarry. Tom encourages Billy to start running and trained him as a sprinter so that he became "one of the best-known sprinters in the North of England." When he was older, Tom Conchie became manager of the Bull's Head at Shap, then of the Red Lion at Penrith, before moving to Waberthwaite in West Cumberland and later to Clitheroe. He died in Carlisle around 1938.

Conchie is probably most famous for his five wins in seven years at Grasmere, 1894-1900, and his 1896 record of 14.26 for the old course up Silver Howe still stands. (The Butter Crag route was introduced in 1904). He did not compete due to injury in 1898, came third the following year, and second in 1901 to the emerging champion, J.C. Murray of Falstone, Northumberland. He also achieved seven consecutive victories at Pooley Bridge Sports, six consecutive at both Keswick August Bank Holiday Sports and Bowness Gala, and five consecutive at Ullswater Sports. He could have increased his total at Keswick had he not failed to round the flag on Latrigg on two occasions.

Tom's most successful season was 1895 when he won 34 events, both on the fell and grass track. On one occasion he won both the guides race and two track races at Grasmere, while another time he won nine events in one day, including two fell races, at Hellifield and Gargrave, just over five miles apart in the Yorkshire Dales. He also once defeated Fred Bacon, the great professional distance runner, in a two-mile track race in Scotland. Tom was a great friend of the famous patron of Lakeland sports, Lord Lonsdale, "The Yellow Earl" who instigated the Lonsdale Belt for British boxing champions, and often gave exhibition runs to entertain his guests at Lowther Castle.

Chris Knox: Steep Descent Specialist

Of the three one-armed athletes who compete regularly in modern fell races, Chris Knox of Keswick AC has been doing so the longest. Chris was born on Tyneside at 3.12.53 and moved to the Lake District in 1980. He ran a guest house at Patterdale Hall Estate, venue for the Ian Hodgson Relay, for eighteen years but then moved to Keswick where he now lives in a house once owned by Phil Davidson, one of Bob Graham's pacers when he did his famous Round in 1932. Chris' work now covers Land Management, Gardening Technician and Conservationist, and also part-time lecturing on Conservation and Hill Farming.

Chris did not lose his left forearm in an accident but was actually born without it. He played football on Tyneside but eventually packed it in due to injuries. It was also on Tyneside that he first competed as a runner: in cross-country races organised by his school's PE teacher, Carlton Johnson, who is *now* the National hammer *coach*. He did not run again, however, *until* 1979 when he was invited to play five-a-side football and began running to get fit for it. This led to him entering a few short road races and he continued to run when he moved to Patterdale Hall the following year. Jon Broxap happened to be the Warden at Patterdale Youth Hostel at that time and he encouraged Chris to join Keswick AC, for whom Jon himself then ran.

He entered his first fell race that same year: a fund-raising event for the Ullswater Foxhounds. This entailed a circuit of Haweswater, domain of the Ullswater's once-famed Mardale Hunt, on road, track and fell and Chris finished

second to another Keswick AC runner, Mike Dawes, brother of the more well-known ultra fell specialist, Pete Dawes. This Haweswater event inspired Chris to enter some of the YHA Wardens' fell races, while his first FRA event was the 1980 Skiddaw race. He hardly ever raced on a Saturday then due to work commitments, competing mainly on Sundays or in midweek events.

Up to 1983, Chris had run with his artificial arm attached, but at that year's Coniston YHA race, held on an oppressively hot day, his girlfriend of that time suggested that he ran without the arm: "All went well till the descent, then I fell several times. This continued for about a year, but then I began to get used to the difference in balance. I realised that I needed to run downhill fast to avoid falling and became so expert at this that I now gain places on steep, rough descents and look forward to them. However, one disadvantage of racing with one arm is if a shoe lace comes undone! Gates and stiles are also a problem, and I particularly lose time when I need to climb left-handed. I am similarly affected when contouring, again particularly on a left-handed contour."

On race-free Sundays, Chris goes for a long run over the fells, while his midweek training is fitted in around his work and family, but will include sessions on Latrigg or Walla Crag in daylight, along with one or two winter club runs. "When I was at Patterdale," he recalls, "I turned either left or right onto the dale road for winter training, but on Tuesdays or Thursdays would drive down to Keswick to run under the street lights. Helvellyn was a favourite objective in summer, going up Swirral Edge and down Striding Edge, or vice versa, depending on which had the least crowds on it." Chris' favourite events are the Sedbergh Hills Race, Stuc A Chroin and Borrowdale, and "anything with steep descents."

1985 was Chris' most successful season, for he completed the Bob Graham Round and "ran some good races," including a Mountain Triathlon organised by Howtown Outdoor Activities Centre which included canoeing on Ullswater, a bike ride and a fell race. He also finished 19th in the Karrimor Elite from Limefitt Park, Troutbeck, partnered by Rod Pilbeam. More recently, Chris has been field-testing better radio sets for the FRA "than those we currently make available to race organisers," as FRA secretary Mike Rose stated in the last issue of **The Fellrunner**: "Following his report, six sets will be purchased to replace our obsolete sets."

"Fell Racing appeals to me because it has few rules and regulations," says Chris. "It's a lighthearted sport and I don't take it too seriously. I am not keen on formal coaching or training and believe that most of our great fell runners, such as Billy Bland and Kenny Stuart, have been successful through natural talent and keenness, without any coaching."

*This article concludes with Andy Walmsley and Mark Brown in the next **Fellrunner**.*

ISLE OF MAN

Britains Longest Single Day Solo Fell Race

(Under FRA Rules)

Supported by Isle of Man Tourism & Leisure

Sponsored by Okells Brewery



30 Miles 8,000ft

Easter Saturday 11th April

MANX MOUNTAIN MARATHON

(Certificate, T-Shirt & Mugs to all finishers)

Elite & Standard Runners start at 9.15 am. - Non-Competitive Walk start at 7.30 am.

EASTER ON THE ISLE OF MAN

10th - 13th April 1998

Easter Monday 13th April

CASTLE TO CASTLE COAST WALK 26.5 miles

(non competitive walk starts at 7.30am)

For further details on events contact

Tony Rowley, 4 Poplar Close, Birch Hill, Onchan, Isle of Man.

Tel: (01624) 674968.

EASTER ATHLETICS FESTIVAL

Friday 10th - Road Race - Douglas - Saturday 11th - Hill Race - Peel
Sunday 12th - Relay Race - Douglas - (events can be entered individually)

WORLD FAMOUS BEER DRINKING RELAY RACE

EASTER SUNDAY 8.00 pm - 2.00 am

All competitors join together for Beer Drinking and Disco

Summerland Leisure Complex - Douglas

Athletics Events - Joan Powell Tel: (01624) 672009

Special Package Holidays available - contact the Organisers for details NOW !!!

RESULTS & REPORTS

from over 150 races

- including centre page section reports on
the World Trophy & Snowdon International



*The climb up Latrigg
on the uphill trial race
Peter Richards*

COED Y BRENIN FOREST TRAIL

Gwynedd
BM/8m/1800ft 3.5.97

This was the second year that the event has been run, but this year the field was very small, forty runners, due to a clash with a local half marathon. Although small, the field was enthusiastic and most people put in good performances, with Gary Williams smashing last year's record by three minutes. Chris Holloway came in second but the real race was for third, with Paul Atkinson, Graham Spencer and John Marsh, battling it out till the last mile when Paul Atkinson pulled away to take third by only eighteen seconds.

The ladies race was also a close one with Jane just beating Victoria Muscrove by only eighteen seconds.

The feedback from the competitors was very good with everyone commenting on how good the course was and how nice their free cup of tea was. Although a small event, it was run in a spirit of friendly competition by all.

J Davis

| | | |
|---------------------|-------|---------|
| 1. G. Williams | Eryri | 57.20 |
| 2. C. Holloway | | 1.05.25 |
| 3. P. Atkinson | | 1.06.11 |
| 4. G. Spencer O/40 | | 1.06.26 |
| 5. J. Marsh O/50 | | 1.06.34 |
| 6. M. Forester | | 1.08.44 |
| 7. Evans O/40 | | 1.09.26 |
| 8. I. Jones | | 1.09.09 |
| 9. D. Ormerod O/50 | | 1.11.37 |
| 10. M. Leather O/40 | | 1.11.58 |

LADIES

| | | |
|---------------------|--|---------|
| 1. J. H | | 1.13.16 |
| 2. V. Muscrove O/35 | | 1.13.25 |
| 3. G. Evans O/35 | | 1.23.12 |
| 4. G. Roberts O/35 | | 1.24.06 |
| 5. G. Cross O/35 | | 1.26.20 |
| 6. B. Jones O/35 | | 1.29.30 |
| 7=H. Jones | | 1.41.13 |
| 7=L. Hughes O/35 | | 1.41.13 |

CONISTON FELL RACE

Cumbria
AM/9m/3500ft 3/5/97

A bright sunny day. One hundred and eighty nine starters. No records. A Todmorden Harriers Club event, which did not prevent a few taking a 'short cut' over to Dow Crag. There were some interesting results. Fifty percent of the field were male veterans.

Nick M

| | | |
|-----------------|-------|-------|
| 1=M. Horrocks | Clay | 78.10 |
| 1=J. Hoosen | Amble | 78.10 |
| 3. L. Thompson | Clay | 78.58 |
| 4. A. Preedy | Ross | 79.42 |
| 5. A. Beck O/40 | Kend | 79.50 |
| 6. P. Singleton | Kend | 80.30 |
| 7. J. Wright | Tod | 81.33 |
| 8. A. Beaty | CFR | 83.36 |
| 9. D. Cartroll | Amble | 83.50 |
| 10. C. Martin | Gloss | 84.10 |

VETERANS O/40

| | | |
|----------------|-------|-------|
| 1. A. Beck | Kend | 79.50 |
| 2. R. Lamb | Unatt | 85.50 |
| 3. E. Eilir | Eryri | 86.43 |
| 4. P. Lambert | Clay | 87.06 |
| 5. I. Robinson | Clay | 87.29 |

VETERANS O/50

| | | |
|----------------|------|--------|
| 1. G. James | B&F | 98.18 |
| 2. D. Lockwood | DkPk | 98.53 |
| 3. P. Dowker | Kend | 98.55 |
| 4. K. Lindley | BCFR | 100.28 |

VETERAN O/60

| | | |
|--------------|--------|--------|
| 1. H. Catlow | Dallam | 104.24 |
|--------------|--------|--------|

LADIES

| | | |
|---------------------|-------|--------|
| 1. K. Beaty | CFR | 97.33 |
| 2. J. Ligema | Loc | 100.56 |
| 3. L. Thompson O/35 | Kesw | 101.11 |
| 4. Y. Williams | Penn | 101.14 |
| 5. B. McWade | Clay | 103.14 |
| 6. C. McNeill O/45 | Amble | 103.28 |
| 7. A. Brentall O/45 | Penn | 106.31 |
| 8. L. Hayles O/35 | H'fax | 107.01 |

FLOWER SCAR FELL RACE

Lancashire
AS/4m/1100ft 7.5.97

After experiencing snow, hail and showers while flagging the race route, I hoped that the weather would be kind - it wasn't. It began raining heavy just an hour before the start and then throughout the race spiraling to snow fall on the summit and a few cows deciding that they wanted to stampede across Flower Scar.

Not expecting a big field with these miserable conditions it was a pleasant surprise to see a good number of runners turning out, so my thanks to you for coming and I hope you return next year. Congratulations to Gary and Carol on their wins.

Jon Wright

| | | |
|-------------------|-------|-------|
| 1. G. Webb | CaldV | 29.27 |
| 2. M. Horrocks | Clay | 29.52 |
| 3. C. Caldwell | Bolt | 29.55 |
| 4. S. Sweeney | Clay | 29.58 |
| 5. A. Preedy | Ross | 30.20 |
| 6. A. Maloney | Roch | 30.24 |
| 7. G. Sumner | Ross | 30.28 |
| 8. D. Woodhead | Horw | 30.39 |
| 9. D. Cole | Tod | 30.50 |
| 10. M. Hutchinson | Traff | 31.43 |

VETERANS O/40

| | | |
|-----------------|----------|-------|
| 1. R. Crossland | Bfd/Aire | 32.23 |
| 2. J. Winder | CaldV | 32.47 |
| 3. S. Taylor | Clay | 32.55 |

VETERANS O/50

| | | |
|----------------|--------|-------|
| 1. R. Blakeley | Tod | 38.34 |
| 2. P. Heneghan | BlkShp | 38.59 |
| 3. C. Keugh | Roch | 40.14 |

VETERANS O/60

| | | |
|---------------|--------|-------|
| 1. P. Duffy | Aber | 41.35 |
| 2. E. Blamire | Tod | 44.15 |
| 3. T. Maden | AchRat | 60.00 |

LADIES

| | | |
|-----------------|----------|-------|
| 1. C. Greenwood | Bing | 35.29 |
| 2. K. Drake | Spem | 37.05 |
| 3. C. Wright | Retf | 39.52 |
| 4. P. Oldfield | Bfd/Aire | 40.20 |
| 5. L. Lacon | Holm | 40.58 |

BELMONT VILLAGE WINTER HILL

FELL RACE

Lancashire
BS/4.5m/1000ft 10.5.97

Another very encouraging field of youngsters enjoyed a relatively pleasant spell of weather for the junior races and well done to all those who took part.

As if by act of vengeance, the seniors were pelted with hailstone from start to finish, the sunshine returning soon after the last finisher. Amazingly there were few retirements.

Well done to Robert, and to Una who collected her third consecutive win here. There was also a very strong showing by the under 18's in the senior race.

Dave Bateson

| | | |
|-----------------------|---------|-------|
| 1. R. Hope | Horw | 33.09 |
| 2. M. Cayton U/18 | Horw | 33.23 |
| 3. S. Sweeney | Clay | 33.49 |
| 4. R. Haworth | Mid'ton | 34.10 |
| 5. G. Hird U/18 | Kly | 34.16 |
| 6. C. Caldwell | Bolt | 34.22 |
| 7. G. Sumner | Ross | 34.33 |
| 8. D. Woodhead | Horw | 34.59 |
| 9. D. Clamp | Bolt | 35.14 |
| 10. G. Taylor | Darwen | 35.17 |
| 11. G. Gough | Clay | 35.35 |
| 12. P. Hargreaves | Darwen | 35.36 |
| 13. J. Robertson U/18 | Horw | 35.40 |
| 14. C. Lyon O/40 | Horw | 35.45 |
| 15. T. Taylor O/40 | Ross | 36.33 |
| 16. J. Hope O/45 | AchRat | 36.35 |
| 17. L. Newcombe | Swindon | 36.40 |
| 18. A. Turner U/20 | Bux | 36.44 |
| 19. A. Quickfall | Newb | 37.08 |
| 20. B. Brindle O/40 | Horw | 37.11 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. D. Kearns | Bolt | 38.45 |
| 2. B. Buckley | Gloss | 40.55 |
| 3. A. Stafford | Kend | 44.04 |
| 4. M. Moores | Salf | 44.09 |
| 5. C. Marsden | Unatt | 44.53 |

VETERANS O/60

| | | |
|----------------|--------|-------|
| 1. J. Dearden | Hels | 45.21 |
| 2. M. Houghton | Chor | 45.28 |
| 3. P. Knott | B'pool | 46.54 |

LADIES

| | | |
|-----------------------|--------|-------|
| 1. U. Creagh | Mersey | 39.55 |
| 2. N. Higgins | LOK | 44.14 |
| 3. J. Foster | Unatt | 46.22 |
| 4. H. Sandelands O/35 | Skels | 46.45 |
| 5. M. White O/45 | Horw | 46.50 |
| 6. E. Middleton U/20 | Charn | 47.38 |
| 7. L. Unsworth U/20 | Chor | 48.20 |
| 8. J. Wood | Ross | 48.28 |

NUTS IN MAY

Cumbria
AL/25m/7500ft 10.5.97

All weather conditions in one event - sun, snow, storms and stillness. It was a new event, with lots of route choice.

Barry Johnson

| | |
|-------------------------|---------|
| 1. Shuttleworth/Fleming | 4.11.10 |
| 2. Byers/Taylor | 4.26.32 |
| 3. Styan/Yearsley | 4.34.18 |
| 4. Dulson/Dawson | 4.48.25 |
| 5. Garrett/O'Regan | 4.56.21 |
| 6. Kelly/Thompson | 5.04.52 |
| 7. Litt/Thompson | 5.17.37 |
| 8. Farmworth/Nicholson | 5.19.20 |
| 9. Latter/Redhead | 5.25.27 |
| 10. Houston/Liptrott | 5.27.26 |

MIXED TEAMS

| | |
|------------------|---------|
| 1. Litt/Thompson | 5.17.37 |
| 2. Bland/Bland | 5.55.08 |
| 3. Lavery/Watson | 6.09.38 |

FIRST LADIES TEAM

| | |
|-----------------|---------|
| 1. King/Iredale | 7.26.40 |
|-----------------|---------|

BUTTERMERE SAILBECK

HORSESHOE

Cumbria
AM/9.4m/4250ft 11.5.97

This year's race was better attended than last year, thanks partly to the UK Inter-County Championships organised by Dave Hodgson. Poor Weatherwas forecast but conditions on the tops were mostly clear. Alan Bowness led the gents race for most of the nine mile course, but the final order was decided before Whiteless Pike and Mark Roberts won by sixteen seconds from Mark Kinch in turn one minute ahead of Alan at the finish.

The race coursewas slightly shortened in 1996 but KennyStuart's record still stands from 1985. Steve Oldfield led the V40's home with Adrian Jones second and Graham Schofield third. The V45 was won by Tony Hesketh from Mike Walsh and Robert Firth. Tony Peacock won the V50's from Brain Martin and Mike Pitchford and Jim Buchanan led the V55's from Mike Jones and Harry Blenkinsop! Ron Bray won V60 prize beating Mike Jones.

The ladies race was won by Nicola Davies, three minutes clear of Vanessa Peacock (first over forty). Nicola was only five minutes from Angela Carsons race record. Cumbria wonthe Inter-county team prize (three to count) and Borrowdale the club (four to count). This year we awarded a Ladies team prize to Keswick. Thanks to Dave and Shirley Hodgson for the Inter-county championships, Cliff Robertson for giving the prizes and to all our helpers and to the Staggs' Farm.

| | | |
|------------------|----------|---------|
| 1. M. Robertson | Borr | 1.28.05 |
| 2. M. Kinch | Bing | 1.28.21 |
| 3. A. Bowness | CFR | 1.29.21 |
| 4. W. Burns | Ribble | 1.30.57 |
| 5. G. Devine | Yorks | 1.31.11 |
| 6. S. booth | Borr | 1.32.06 |
| 7. R. Lawrence | Bing | 1.33.05 |
| 8. R. Bergstrand | Mand | 1.34.34 |
| 9. S. Oldfield V | Bfd/Aire | 1.34.39 |
| 10. S. Livesey | Clay | 1.35.33 |

VETERANS O/40

| | | |
|-----------------|----------|---------|
| 1. S. Oldfield | Bfd/Aire | 1.34.39 |
| 2. A. Jones | GtrMan | 1.36.04 |
| 3. G. Schofield | Lancs | 1.36.06 |
| 4. A. Beck | Kend | 1.42.23 |
| 5. S. Jones | Eryri | 1.43.20 |

VETERANS O/45

| | | |
|----------------|--------|---------|
| 1. A. Hesketh | GtrMan | 1.37.02 |
| 2. M. Walsh | Kend | 1.44.44 |
| 3. R. Firth | N.East | 1.50.55 |
| 4. G. Houghton | CaldV | 1.53.51 |
| 5. D. Bridge | Borr | 1.58.03 |

VETERANS O/50

| | | |
|-----------------|--------|---------|
| 1. A. Peacock | Clay | 2.02.16 |
| 2. B. Martin | Avon | 2.05.16 |
| 3. M. Pitchford | CFR | 2.12.16 |
| 4. P. Dowker | Kend | 2.14.57 |
| 5. G. Breeze | Skyrac | 2.15.09 |

VETERANS O/55

| | | |
|------------------|------|---------|
| 1. J. Buchanan | A&D | 2.15.03 |
| 2. M. Jones | Camb | 2.44.00 |
| 3. H. Blenkinsop | Kesw | 2.56.58 |

VETERANS O/60

| | | |
|------------|-----|---------|
| 1. R. Bray | B&F | 2.27.55 |
|------------|-----|---------|

LADIES

| | | |
|-------------------------|------|---------|
| 1. N. Davies O/35 | Borr | 1.50.11 |
| 2. V. Peacock O/40 | Clay | 1.53.48 |
| 3. A. Brand-Barker O/35 | Kesw | 2.00.32 |
| 4. J. Jones O/35 | Kesw | 2.03.53 |
| 5. K. Beaty O/35 | CFR | 2.05.36 |
| 6. | Kesw | 2.06.41 |
| 7. H. Musson O/35 | DkPk | 2.17.25 |
| 8. M. Bridge O/45 | Kesw | 2.19.28 |

CARRAGHYN AS/3.5m/1100ft 13.5.97

The race was held in May this year instead of its traditional date of New Year's Day resulting in much milder weather conditions that enabled most competitors to record faster times.

Onchan's Tony Rowley maintained his sequence of victories although as at the recent Snaefell race he was pushed hard all the way by Laxey's David Young who set another veterans record.

There were also records for Dave Corrin in the over fifties category and yet again for Colby farmer Brenda Walker in the ladies.

| | | |
|----------------------|-----|-------|
| 1. T. Rowley | MFR | 24.03 |
| VETERANS O/40 | | |
| 1. D. Young | MFR | 24.23 |
| VETERANS O/50 | | |
| 1. D. Corrin | MH | 26.13 |
| LADIES | | |
| 1. B. Walker | MH | 26.27 |
| 2. R. Hooton | MH | 29.55 |

JACK BLOOR RACES West Yorkshire BS/5.2m/1150ft 13.5.97

After heavy showers during the day we were lucky to get a dry spell for the race. The conditions were near perfect for fell running. The ground was soft and this was reflected in slower times than for recent years.

One hundred and sixteen took part in the senior race, setting off against blue skies and the setting sun. As usual, they split into two groups at the start, one going for the tiger line straight up to Barmishaw Hole, the other starting right, keeping low towards Spicey Gill before turning up the skyline.

The finish was dramatic as Graham Patten could be seen two yards off Gregg Hull's shoulder all the way from Rocky Valley Steps to the finish, where the gap appeared nearer two feet. Greg Hull held on to take first place, from Graham Patten then Shane Green.

There was a good Juniors turnout, as Keighley Hills runners have the Jack Bloor as one of their tournament races.

R J Blackburn

| | | |
|----------------------|---------|-------|
| 1. G. Hull | LdsCty | 41.45 |
| 2. G. Patten | P&B | 41.46 |
| 3. S. Green | P&B | 43.06 |
| 4. J. Emmott | Kly | 43.14 |
| 5. D. Woodhead | Horw | 43.34 |
| 6. M. Pickering | Ilk | 43.52 |
| 7. S. Gould | CLARO | 44.27 |
| 8. J. Hemsley | Ilk | 44.37 |
| 9. M. Sandamas | Kly | 44.42 |
| 10. R. Skelton | CalderV | 45.30 |
| VETERANS O/40 | | |
| 1. J. Emmott | Kly | 43.14 |
| 2. M. Pickering | Ilk | 43.52 |
| 3. N. Pearce | Ilk | 46.21 |
| 4. A. Judd | Fellan | 47.36 |
| 5. R. Hamilton | Ilk | 48.02 |
| VETERANS O/50 | | |
| 1. G. Howard | Ilk | 52.22 |
| 2. G. Breeze | Skyrac | 52.30 |
| 3. A. Stenton | Fellan | 54.41 |
| 4. M. Coles | Skyrac | 55.51 |
| 5. P. Roberts | Grit | 58.10 |
| LADIES | | |
| 1. C. Greenwood | Bing | 48.37 |
| 2. K. Slater | Kly | 50.32 |
| 3. E. O'Shea | LdsCty | 51.15 |
| 4. H. Barber | Unatt | 57.41 |
| 5. J. Prowse | Kly | 57.43 |
| 6. J. Foster | Unatt | 59.00 |
| 7. R. Gooch | Ilk | 59.16 |
| 8. S. Wood | Ilk | 60.05 |

JUNIORS U/16 - BOYS

| | |
|----------------|-------|
| 1. S. Troth | Kly |
| 2. T. Rossum | Airen |
| 3. C. Hastings | Kly |

JUNIORS U/16 - GIRLS

| | |
|------------------|-----|
| 1. S. Waddington | S&D |
| 2. N. Slater | Kly |
| 3. K. Rogan | Kly |

JUNIORS U/13 - BOYS

| | |
|--------------|-----|
| 1. A. Wiggan | Kly |
| 2. T. Binns | Kly |

JUNIORS U/13 - GIRLS

| | |
|------------------|------|
| 1. N. Quinlan | Kly |
| 2. D. Waddington | Skip |

JUNIORS U/11 - BOYS

| | |
|----------------|-----|
| 1. I.P. Slater | Kly |
| 2. B. Weedon | Kly |
| 3. M. Hastings | Kly |

JUNIORS U/11 - GIRLS

| | |
|-----------------|-----|
| 1. S. Slater | Kly |
| 2. K. Greenwood | Kly |
| 3. K. Binns | Kly |

JUNIORS U/10 - BOYS

| | |
|----------------|-----|
| 1. M. Thwaites | Kly |
| 2. A. Stead | Kly |
| 3. J. Weedon | Kly |

JUNIORS U/10

| | |
|------------------|-----|
| 1. G. Waddington | Kly |
| 2. I. Moorhouse | Kly |
| 3. S. McCartney | Kly |

CARLTON CHALLENGE HILL RACE Cleveland

BS/5m/850ft 13.5.97

| | | |
|--------------------|--------|-------|
| 1. M. Cara | Mand | 32.58 |
| 2. C. Stead | Thirsk | 33.31 |
| 3= R. Cole | Mand | 34.00 |
| 3= M. Burn | Thirsk | 34.00 |
| 5. B. Roberts O/40 | Mand | 34.43 |
| 6. D. Fielden | Mand | 34.44 |
| 7. S. Scott | | 34.45 |
| 8. P. Buckby O/40 | Marske | 35.30 |
| 9. P. Jenkins | Mand | 35.42 |
| 10. K. Carter | Mand | 35.43 |

VETERAN O/40

| | | |
|---------------|--------|-------|
| 1. B. Roberts | Mand | 34.43 |
| 2. P. Buckby | Marske | 35.30 |
| 3. D. Knee | HBR | 36.04 |
| 4. P. Kelly | Darl | 36.12 |
| 5. R. Maynard | Quaker | 36.46 |

VETERAN O/50

| | | |
|--------------------|--------|-------|
| 1. J. Williams | Mand | 38.52 |
| 2. M. Hetherington | Nestle | 40.42 |
| 3. J. Kettle | WMH | 41.45 |
| 4. A. Cameron | FRA | 42.31 |
| 5. J. Flattley | Marske | 42.54 |

VETERAN O/60

| | | |
|------------------|------|-------|
| 1. B. Hood | Mand | 43.50 |
| 2. D. Cook | Mand | 45.28 |
| 3. R. Bainbridge | Mand | 45.33 |

LADIES

| | | |
|------------------|--------|-------|
| 1. S. Yardley | HBR | 41.25 |
| 2. A. Raw | Darl | 41.43 |
| 3. S. Webb O/35 | Mand | 42.12 |
| 4. S. Gaytor | Mand | 43.51 |
| 5. J. Soper O/35 | Thirsk | 45.30 |
| 6. H. Young | Quaker | 45.37 |
| 7. C. Mears O/35 | Darl | 49.11 |
| 8. M. Allan O/45 | | 49.21 |

BLACKSTONE EDGE AS/3.5m/1200ft 14.5.97

Well the fifteenth Blackstone Edge Race went without a hitch. The course must have been the wettest for years. One hundred and twenty five brave souls set off up the ancient roman road. After about one mile of tracks, Merv took the lead, and was rarely challenged. It's his favourite race, he's been trying to win it for year's, he's finished in every position in the top five. So, Well done Merv, he finally came up trumps. His time was fantastic in the heavy conditions, but still one minute and thirty nine seconds off the record set by Scot Colin Donnelly in 1989. But somebody did break a record, Carol Greenwood, who else? Nine seconds off Claire Crofts 1989 record. Well done, but who looked after junior?

Thanks to most of you who stayed on in the pub for the prize giving, in the past I've been going home with the prizes. The landlady thinks you all terrific too. See you in 1988.

Kev



Mervyn Keys - winner at Blackstone Edge
Photo: Allan Greenwood

| | | |
|------------------|-------|-------|
| 1. M. Keys | Ross | 28.11 |
| 2. A. Preedy | Ross | 29.44 |
| 3. M. Horrocks | Clay | 29.50 |
| 4. A. Maloney | Roch | 29.54 |
| 5. J. Howard | Ross | 30.18 |
| 6. J. Hales | Bolt | 30.23 |
| 7. G. Webb | CaldV | 30.27 |
| 8. G. Sumner | Ross | 30.34 |
| 9. C. Moses | Bing | 30.37 |
| 10. P. Stevenson | P&B | 30.40 |

VETERANS O/40

| | | |
|-----------------|----------|-------|
| 1. R. Crossland | Bfd/Aire | 30.46 |
| 2. R. Clucas | CFR | 32.52 |
| 3. D. Thompson | CalderV | 33.03 |
| 4. C. Davies | Sadd | 33.08 |
| 5. F. Judge | Clay | 33.20 |

VETERANS O/45

| | | |
|------------------|------|-------|
| 1. B. Waterhouse | Sadd | 32.27 |
| 2. B. Ashworth | Ross | 32.59 |
| 3. D. Beels | Roch | 33.28 |
| 4. H. Waterhouse | Sadd | 33.30 |
| 5. N. Shaw | Roch | 34.00 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. C. Keogh | Roch | 38.46 |
| 2. M. Standing | Roch | 39.11 |
| 3. D. Fraw | Roch | 39.31 |
| 4. J. Ekersley | Unatt | 40.19 |
| 5. D. Preedy | Unatt | 41.16 |

VETERANS O/55

| | | |
|----------------|------|-------|
| 1. H. Thompson | Clay | 40.28 |
| 2. P. Davies | O&R | 42.22 |
| 3. J. Smith | Tod | 44.52 |

VETERANS O/60

| | | |
|-------------------|--------|-------|
| 1. P. Knotty | B'pool | 40.43 |
| 2. D. Clutterbuck | Roch | 42.23 |

LADIES

| | | |
|-----------------|------|-------|
| 1. C. Greenwood | Bing | 33.54 |
| 2. J. Clark | P&B | 34.36 |
| 3. L. Lacon | Holm | 39.30 |
| 4. J. Dowling | Tod | 41.06 |
| 5. J. Whalley | Clay | 41.07 |

JUNIORS

| | | |
|---------------|-------|-------|
| 1. L. Bradley | Bing | 33.43 |
| 2. I. Harvey | Tod | 35.49 |
| 3. M. Wood | Unatt | 37.23 |

VANESSA CHAPPELL FELL RACE Cheshire

BM/6m/1150ft 14.5.97

This years worthy winner was Michael Hutchinson just beating Graham Hill by five seconds. Trisha Sloan who broke the course record by one minute and thirty four seconds won the ladies race. Due to the increased numbers we have re-routed the start of the race for next year. This will eliminate several stiles and will be a wee bit longer?. Thanks to all who helped us again this year, can't do without you! See you 2nd Wednesday in may 1998.

D. Madden & D. Gartley

| | | |
|-------------------|---------|-------|
| 1. M. Hutchinson | Traff | 39.39 |
| 2. G. Hill | Stickup | 39.44 |
| 3. G. Cudahy | Stock | 40.36 |
| 4. A. Jones O/40 | Gloss | 41.26 |
| 5. N. Howard | Spec | 41.29 |
| 6. G. Morson O/45 | Buxt | 41.38 |
| 7. V. Booth | Traff | 41.55 |
| 8. R. Taylor O/45 | Stock | 42.07 |
| 9. D. Keeling | Traff | 42.13 |
| 10. N. Basset | U/A | |

VETERAN O/40

| | | |
|---------------|--------|-------|
| 1. A. Jones | Gloss | 41.26 |
| 2. R. Eagle | Macc/h | 42.40 |
| 3. J. Pollard | Gloss | 45.54 |

VETERAN O/45

| | | |
|---------------|---------|-------|
| 1. G. Morson | Buxt | 41.38 |
| 2. R. Taylor | Stickup | 42.07 |
| 3. J. Kershaw | Macc/H | 44.11 |

VETERAN O/50

| | | |
|----------------|-------|-------|
| 1. P. Nolan | Macc | 49.02 |
| 2. J. Chadwick | Wilms | 49.33 |
| 3. N. Griffith | Spec | 51.15 |

VETERAN O/55

| | | |
|----------------|--------|-------|
| 1. R. Tunstall | Helsby | 49.15 |
| 2. T. Lardnell | Goyt | 57.45 |

VETERAN O/60

| | | |
|------------------|-------|-------|
| 1. R. Newton | Stock | 62.51 |
| 2. B. Stephenson | Stock | 66.32 |

LADIES

| | | |
|------------------------|-------|-------|
| 1. T. Sloan | Salf | 45.46 |
| 2. E. McGuire | Buxt | 48.35 |
| 3. E. Bromley | Gloss | 51.59 |
| 4. J. Morris O/35 | Spec | 53.19 |
| 5. A. Brentnall O/45 | Penn | 54.43 |
| 6. J. Barber O/40 | Penn | 62.05 |
| 7. M. Chippendale O/50 | Penn | 58.36 |
| 8. M. Harrison O/60 | Stock | 86.50 |

KILLER MILE 1m/650ft 14.5.97

"A faine naight for a run up th'ill". For those of you who can remember last years driving rain will appreciate this years good weather.

Fewer races this year to cater for the reduced number of runners.

Lots of veterans. Lots of kiddies. Not a lot of senior ladies.

Despite the good weather, no course records taken this year.

Still a good time was had by all.

| | | |
|-------------------|----------|------|
| 1. R. Jackson | Horw | 6.57 |
| 2. S. Bailey | Staffs | 7.14 |
| 3. T. Twentyman | | 7.33 |
| 4. A. Hartveld | CtyStoke | 7.36 |
| 5. T. McGaff O/40 | ICL AC | 7.45 |
| 6. J. Kewley | Gloss | 7.48 |
| 7. J. Martin | C&A | 8.02 |
| 8. D. Myatt O/40 | N'castle | 8.05 |
| 9. D. Jones | | 8.11 |
| 10. P. Williams | PMAC | 8.12 |

LADIES

| | | |
|-------------------|----------|-------|
| 1. K. Bailey | | 9.25 |
| 2. K. Stonestreet | Cheadle | 9.44 |
| 3. M. Evans | N'castle | 10.01 |

COMMON FELL CHASE Cumbria AS/2m/850ft 14.5.97

This year we changed the format, instead of running the Mell Fell Dash we decided to run a new race and call it the Common Fell Dash, which meant all the races in the Matterdale Series were being run from the Royal Hotel at Dockray.

This year as ever the weather turned good after a cold miserable spell. The evening was bright and sunny with a light cool breeze which would help the runners from our own county clubs, but also runners who had travelled from as far away as Cheshire and the North East of England. There were forty runners altogether with a good mixture of classes from juniors to senior veterans in both male and female groups.

The race was won by Simon Booth in a new time of sixteen minutes and fifty seconds. The first lady was Angela Brand-Barker, the first veteran Willie Bell, and the team prize went to James Archibold, Willie Bell and Harry Jarrett from the Cumberland Fell Runners with an aggregate of twelve.

| | | |
|-----------------|-----------|-------|
| 1. S. Booth | Borr | 16.50 |
| 2. N. Sharp | Kesw | 16.58 |
| 3. J. Archibold | CFR | 17.04 |
| 4. W. Bell | CFR | 17.30 |
| 5. H. Jarrett | CFR | 17.42 |
| 6. B. Proctor | Helm Hill | 17.47 |
| 7. S. Savage | Amble | 18.06 |
| 8. A. Beatty | CFR | 18.11 |
| 9. A. Dumm | Helm Hill | 18.13 |
| 10. K. Bartley | CFR | 18.20 |

VETERANS O/40

| | | |
|---------------|-----------|-------|
| 1. W. Bell | CFR | 17.30 |
| 2. H. Jarrett | CFR | 17.42 |
| 3. B. Proctor | Helm Hill | 17.47 |
| 4. R. Unwin | CFR | 19.07 |
| 5. C. Knox | Kesw | 20.47 |

VETERANS O/45

| | | |
|----------------|-----------|-------|
| 1. P. Harlowe | Kesw | 18.48 |
| 2. C. Webb | CFR | 20.14 |
| 3. G. Unsworth | Kend | 20.50 |
| 4. B. Reid | Helm Hill | 22.05 |
| 5. E. Unsworth | Kesw | 24.36 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. K. Bartley | CFR | 18.20 |
| 2. P. McArthur | Chesh | 21.13 |
| 3. N. Dyson | Mand | 22.53 |
| 4. D. Harrison | Kesw | 24.36 |
| 5. A. Buckley | Kesw | 24.36 |

VETERAN O/55

| | | |
|-------------|------|-------|
| 1. D. Patey | Kesw | 22.59 |
|-------------|------|-------|

LADIES

| | | |
|----------------------|-------|-------|
| 1. A. Brand-Barker V | Kesw | 20.31 |
| 2. L. Osborn | Kesw | 21.21 |
| 3. K. Beatty V | CFR | 22.20 |
| 4. R. Taylor | Unatt | 26.37 |
| 5. E. Unsworth | Kend | 29.22 |

JUNIORS

| | | |
|---------------|-----------|-------|
| 1. S. Savage | Amble | 18.06 |
| 2. L. Proctor | Helm Hill | 18.58 |



Elizabeth Unsworth, 5th at Common Fell
Photo: Allan Greenwood

GREAT HAMELDON HILL RACE Lancashire BM/6m/1100ft 15.5.97

New fences and stiles forced changes to the route. The original half mile road section was removed to be replaced by additional and interesting fell through an area known locally as gamblers caves. The new route and wet conditions added a good five minutes to the leading times. The change from a bank holiday weekend to a midweek reduced the field of starters from three to four hundred to two hundred and twenty one this year.

David Lewis returned to the race after a fifteen year gap. David won by a significant margin of just more than a minute from Nick Gaskell. Nick seems destined never to win. This was the third consecutive year he has been second placed. Peter McWade in his first year as a super-veteran romped home in fourth place despite a niggling injury. Carol Greenwood easily achieved the winning place in the ladies race coming an exceptional thirty third in the race overall.

Paul Healey

| | | |
|-------------------|---------|-------|
| 1. D. Lewis | Unatt | 40.49 |
| 2. N. Gaskell | Hynd | 41.58 |
| 3. S. Culshaw | Horw | 43.30 |
| 4. P. McWade O/50 | Clay | 43.53 |
| 5. A. Hartley | Clay | 44.08 |
| 6. S. Sweeney | Clay | 44.14 |
| 7. S. Monk | Hynd | 44.18 |
| 8. C. Chadwell | Bolt | 44.41 |
| 9. D. Wilde | B'north | 44.49 |
| 10. M. Brown | Clay | 45.01 |

VETERANS O/40

| | | |
|------------------|-------|-------|
| 1. T. Taylor | Clay | 46.14 |
| 2. S. Beardworth | Unatt | 46.16 |
| 3. J. Wilder | Acc | 47.00 |
| 4. T. Spicer | Ross | 47.30 |
| 5. P. Irwin | Ross | 48.04 |

VETERANS O/50

| | | |
|--------------|--------|-------|
| 1. P. McWade | Clay | 43.53 |
| 2. G. Navan | Ross | 56.08 |
| 3. M. Coles | Skyrac | 56.16 |
| 4. R. Hill | Clay | 58.36 |
| 5. V. Seal | Ross | 59.03 |

VETERANS O/60

| | | |
|----------------|--------|-------|
| 1. R. Bray | B'pool | 55.06 |
| 2. A. Anderson | Clay | 75.45 |

LADIES

| | | |
|---------------------|-------|-------|
| 1. C. Greenwood | Bing | 48.00 |
| 2. V. Peacock O/35 | Clay | 49.31 |
| 3. K. Thompson O/35 | Clay | 58.39 |
| 4. B. McWade U/18 | Clay | 58.52 |
| 5. D. Walton O/45 | Acc | 61.38 |
| 6. J. Aldred | Clay | 63.07 |
| 7. J. Bramley | Acc | 63.35 |
| 8. H. Entwistle | Unatt | 63.46 |

INTERMEDIATES

| | | |
|--------------|------|-------|
| 1. S. Monk | Hynd | 44.18 |
| 2. B. McWade | Clay | 58.52 |

SCOTTISH COOP GOATFELL HILL RACE Isle of Arran AM/8m/2866ft 17.5.97

Numbers were back on an even keel this year with one hundred and fifteen entries. With the course again extended by about a third of a mile because of work to upgrade the normal base of the event, records were quite safe. In a time tenths of a second slower than last years win by Euan Mackay, Joe Blackett won a narrow victory over Paul Deauville. Former winner, Dave Cummins, a Scottish Internationalist who was first off the summit, was third. Euan MacKay fourth, one and a half minutes slower than 1996. MacKays' club, Ochil Hillrunners were runaway team trophy winners. Karen Powell of Carnethy won a creditable womens race time, vastly outclassing team mate Kate Jenkins.

In a race that saw numerous minor injuries through falls on the fast descent of a stone strewn path, it was sobering to see seventy three yearold Sandy Duncan thoroughly enjoying his race, run at his own pace.

Goatfell again showed its worth as a community event, despite poor weather a good turnout of locals welcomed finishers and a number of children participated in fun races, whilst the main event was underway. Next year sees a return to the usual venue, complete with new running track and proper changing facilities. Glossopdale have already promised a stronger team who will try to recapture past glories, we shall see!

P Turbett

| | | |
|-----------------|--------|---------|
| 1. J. Blackett | Mand | 1.23.09 |
| 2. P. Deauville | Gloss | 1.23.52 |
| 3. D. Cummins | Shett | 1.24.12 |
| 4. E. Mackay | Ochil | 1.24.25 |
| 5. B. Marshall | HELP | 1.26.23 |
| 6. C. Love | Dundee | 1.27.15 |
| 7= J. Stevenson | Ochil | 1.27.58 |
| 7= J. Stevenson | Irvine | 1.27.58 |
| 9. G. MacInnes | Carn | 1.28.51 |
| 10. J. Clark | Ochil | 1.28.30 |

VETERANS O/40

| | | |
|-----------------|--------|---------|
| 1. J. Stevenson | Irvine | 1.27.58 |
| 2. B. Hobbs | Gloss | 1.34.03 |
| 3. D. Duncan | Ochil | 1.36.38 |
| 4. J. Gebble | Kilm | 1.38.38 |
| 5. J. Holloway | Horw | 1.38.49 |

VETERANS O/50

| | | |
|----------------|---------|---------|
| 1. D. Milligan | Solway | 1.34.40 |
| 2. B. Edridge | Clydes | 1.35.51 |
| 3. G. Fleming | W'lands | 1.37.58 |
| 4. R. Cheyne | Irvine | 1.38.32 |
| 5. W. Buckley | Gloss | 1.42.06 |

VETERANS O/60

| | | |
|-----------------|--------|---------|
| 1. J. Garbarino | AchRat | 2.00.58 |
| 2. S. Duncan | Stom | 3.36.00 |

LADIES

| | | |
|-----------------|---------|---------|
| 1. K. Powell | Carn | 1.38.05 |
| 2. K. Jenkins | Carn | 1.47.20 |
| 3. D. Scott | Irvine | 1.48.48 |
| 4. D. Thin | Carn | 1.53.45 |
| 5. J. Cairns | W'lands | 1.58.38 |
| 6. K. Todd V | Kilm | 1.58.55 |
| 7. H. Thomson V | Arran | 2.04.03 |
| 8. J. Saul | C'mont | 2.04.17 |



Carol Greenwood - winning ways included
Great Hameldon Hill
Photo: Allan Greenwood

THE 5th LOWE ALPINE COMERAGH MOUNTAIN CHALLENGE

- Rob Howard

MAY 17/18th

There was a blend of youth and experience at this year's Irish 'Lowe Alpine', which was run in the Comeragh hills of SE Ireland for the 5th consecutive year. The venue was familiar enough to Brendan Bolland, who won the 'A' course for the 3rd year in a row, but his choice of partner in Menna Angharad was surprising, as despite some phenomenal records on the fells, she was inexperienced in mountain marathons.

With Bolland navigating, the pair made a mockery of the course, which covered the featureless high plateau of the Comeragh range, some of the many deep coombs surrounding this, and the spectacular Knockanaffrin Ridge. Saturday was mostly dry, though the tops were in cloud, and in the good conditions they made the mid-camp at a forest edge in just 2.46.13, and with remarkable consistency ran day 2 in 2.46.10. Their final time for a course of 39km (straight-line distance) with 12550m of ascent was 2 hours in front of their nearest challengers, Andy Creber and Iain Mennie.

Angharad's comment that this was her first race of the year following injury problems and that a slower race was a relaxing start would hardly have comforted those trailing in behind her. "Brendan only rang Thursday", she said, "and I had never met him or heard of the area, but I thought I'd give it a go. Saturday was great as we arrived dry and I got to see something of the area, but it was a shame Sunday was so wet and misty. I enjoyed the race, but don't have anything else planned at present". (Despite that comment she ran the Elite class in the LAMM 2 weeks later, and shortly after that put in a strong performance in the Scafell Class at the SLMM.

It rained heavily for most of the night and throughout Sunday, but in the 'C' class it was the youngsters leading the way, as David Carter and Rodger O'Connor, both 16, ran in comfortable winners. In the same class 10-year-old Niall Sheehan, who had already climbed the Irish 3000's, successfully completed the course with his father Michael. Denise Healy, the 14-year-old daughter of race organiser Pat Healy, also completed day 2 with Liz Butler (17), after her father, David Butler, was unable to restart.

Healy's fascination with the Comeragh hills, and his organisational flare, have made the event a success, but as a physical training instructor in the Irish army he can't have been impressed to see 8 out of 14 teams in the 'Military B' fail to finish. Healy surveyed and drew the huge 1:25,000 map which made the competition possible, and it was his idea to use 2 maps, switching to the 1:15,000 orienteering map of the area around the mighty Coumshingaun. (An idea borrowed to some effect by Martin Stone at this year's LAMM).

However, the time has come for the race to move on and Healy has an agreement with the Irish OS which he hopes will make it possible to hold the race in the Wicklow hills next year. This should make the race much more accessible to runners from the UK and anyone wanting to go on a mailing list for details should write to Pat Healy, Cut Bush, Curragh, Co. Kildare, Ireland.

Lowe Alpine Comeragh Mountain Challenge

'A' 38.5kms/1550m

| | | |
|----------|--------------------------|----------|
| Standard | A. Creber & I. Mennie | 7.31.33 |
| Mixed | B. Bolland & M. Angharad | 5.32.23 |
| Veterans | G. Bullen & J. Whelan | 10.32.38 |

'B' 32.6km/1350m

| | | |
|----------|-----------------------------|----------|
| Standard | J. Casey & B. O'Brien | 6.18.19 |
| Military | R. Holohan & T. Slattery | 7.59.44 |
| Mixed | I. White & C. Pengelly | 10.35.01 |
| Veterans | D. Gilthorpe & P. Wilkinson | 8.54.01 |

'C' 25km/1000m

| | | |
|----------|-------------------------|---------|
| Standard | D. Carter & R. O'Connor | 7.00.08 |
|----------|-------------------------|---------|



Fell writer and photographer Bill Smith - Winder Grind
Photo: Peter Hartley

DARREN JONES CLOUGHA PIKE RACE

Lancashire

BM/7m/1400ft 17.5.97

It turned out fine again. The rain and thunder did not materialise but rain in the week and overnight had left the course quite muddy. Slight changes had to be made to the course to avoid dismantling some fences. This entailed a pleasant but rough run through more of Gibson Wood, with two stream crossings and (sorry!) a road section of 400m. Comments about the race and the course were again favourable. The section on the open fell towards Clougha Summit is best taken using the well worn path along the edge of the face. A direct route from the fell gate is rough going with a steep climb and it is not favoured. From the summit we flag a route dropping to a broken wall and it is your own route choice back to the gate. Mark Croasdale had no problems with his line back to the gate but some of the chasing pack did however go off line (too far left) and lost time. Mark's time is therefore a new record for a slightly altered course. Carol Greenwood was first lady in a time which beat the old record anyway.

Thanks to all the helpers once again. Mr and Mrs Jones and family helped marshal and made donations to the race and to the Lancaster & Morecambe A.C. youngsters fund. The family were presented with a framed picture of Darren helping me on my B.G.R. of June 1982. A new major sponsor was R.P.Winder (wholesale meat) Ltd. M. Robinson of Lancaster and Pete Bland Sports also supported the race. Dr Robin Burr who did much of the work on access presented the prizes in his capacity as President of Quernmore Sports.

Great to see so many youngsters in the U/12 cross country with more school teams. Mrs Mullervy and family presented new cups for individual winner and first girl in each of the U/12 and U/15 races, in memory of Kevin Mullervy who used to love running on Clougha. Thanks for the cups and donations/vouchers. It was nice to see so many family and friends running in the junior races and main fell race. Certificates were available to all finishers.

| | | |
|------------------|------|-------|
| 1. M. Croasdale | Bing | 51.12 |
| 2. M. Amor | CFR | 55.34 |
| 3. I. Botheroyd | CFR | 56.30 |
| 4. D. Woodhead | Horw | 57.20 |
| 5. A. Carruthers | Craw | 57.24 |
| 6. A. Maloney | Roch | 57.35 |
| 7. A. Leck | L&M | 57.43 |
| 8. S. Livesey | Clay | 58.10 |
| 9. M. McGlinchy | Bing | 58.34 |
| 10. H. Jarrett V | CFR | 58.41 |

VETERANS O/40

| | | |
|---------------|------|-------|
| 1. H. Jarrett | CFR | 58.41 |
| 2. C. Davies | Sadd | 60.12 |
| 3. P. Harlowe | Kesw | 60.59 |
| 4. C. Pooley | L&M | 61.50 |
| 5. A. Heaton | Bow | 62.54 |

VETERANS O/50

| | | |
|----------------|--------|-------|
| 1. R. Cronshaw | | 71.39 |
| 2. P. Roberts | Roch | 72.03 |
| 3. J. Hodgson | Dallam | 73.08 |
| 4. D. Lucas | Roch | 73.41 |
| 5. M. Moore | Salf | 74.51 |

VETERANS O/60

| | | |
|----------------|-----|-------|
| 1. R. Bray | | 75.19 |
| 2. M. Houghton | | |
| 3. G. Jameson | L&M | 76.17 |

LADIES

| | | |
|------------------|-------|-------|
| 1. C. Greenwood | Bing | 61.43 |
| 2. V. Peacock V | Clay | 65.08 |
| 3. S. Brown | Bow | 66.53 |
| 4. G. Cook V | | 68.31 |
| 5. S. Newman V | Gloss | 68.55 |
| 6. M. Leck U/21 | L&M | 75.08 |
| 7. A. Green U/21 | Spn | 80.16 |
| 8. G. Allin V | | 81.35 |

INTERMEDIATES

| | | |
|--------------|---------|-------|
| 1. A. Leck | L&M | 57.48 |
| 2. J. Mann | Durham | 61.37 |
| 3. M. Arnold | Preston | 69.22 |
| 4. M. Leck | L&M | 75.08 |
| 5. A. Green | Spn | 80.16 |

JUNIORS U/12 - BOYS

| | | |
|--------------|-------|-------|
| 1. C. Pickup | | 9.45 |
| 2. L. Paget | Caton | 10.26 |
| 3. R. Parker | Carn | 10.32 |

JUNIOR U/12 - GIRL

| | | |
|--------------|--------|-------|
| 1. G. Briggs | Dallas | 12.19 |
|--------------|--------|-------|

JUNIORS U/15 - BOYS

| | | |
|-----------------|---------|-------|
| 1. B. Greenwood | L&M | 16.50 |
| 2. G. Hogan | M'cambe | 18.17 |
| 3. L. Bowker | M'cambe | 18.43 |

JUNIOR U/15 - GIRL

| | | |
|-----------------|------|-------|
| 1. A. MacGregor | Lanc | 19.49 |
|-----------------|------|-------|

ROSSENDALE FELL RACE

Lancashire

BL/12m/2800ft 18.5.97

| | | |
|------------------|------|---------|
| 1. M. Keys | Ross | 1.39.47 |
| 2. A. Wrench | Tod | 1.40.12 |
| 3. G. Huddleston | Clay | 1.40.59 |
| 4. A. Preedy | Ross | 1.42.56 |
| 5. J. Hey | Warr | 1.43.25 |
| 6. S. Green | P&B | 1.43.38 |
| 7. M. Aspinall | Clay | 1.45.29 |
| 8. C. Caldwell | Bolt | 1.46.06 |
| 9. J. Wright | Tod | 1.46.14 |
| 10. K. Smith | Tod | 1.46.21 |

VETERANS O/40

| | | |
|-----------------|------|---------|
| 1. T. Taylor | Ross | 1.46.38 |
| 2. S. Taylor | Clay | 1.48.38 |
| 3. B. Brindle | Horw | 1.52.18 |
| 4. K. Masser | Ross | 1.53.57 |
| 5. S. Brandwood | Tod | 1.54.41 |

VETERANS O/45

| | | |
|-----------------|------|---------|
| 1. B. Ashworth | Ross | 1.47.15 |
| 2. B. Rawlinson | Ross | 1.54.47 |
| 3. D. Banks | Midd | 1.58.09 |
| 4. N. Shaw | Roch | 2.00.59 |
| 5. D. Ball | Midd | 2.01.33 |

VETERANS O/50

| | | |
|--------------|------|---------|
| 1. D. Tait | DkPk | 1.48.47 |
| 2. D. Gibson | Sadd | 2.12.30 |
| 3. R. Orr | Clay | 2.15.10 |
| 4. T. French | KHR | 2.18.27 |
| 5. P. Duffy | Aber | 2.19.01 |

LADIES

| | | |
|--------------------|------|---------|
| 1. C. Greenwood | Bing | 1.54.41 |
| 2. S. Brown | Bow | 2.06.58 |
| 3. S. Becconsall V | Tod | 2.09.04 |
| 4. V. Hamlet | Ross | 2.13.11 |
| 5. D. Flemming V | Ross | 2.13.21 |
| 6. J. Rawlinson V | Clay | 2.20.00 |
| 7. J. Wood | Ross | 2.30.35 |
| 8. M. Goth V | Tod | 2.34.06 |



Clougha Pike junior race
Photo: Bill Smith

MOEL FAMMAU

Clwyd

AS/5m/1900ft 18.5.97

There was excellent weather and a mixture of regulars and new faces on this entertaining course. The Davies brothers usually make a fine art of arriving at the last minute at race starts however Tim made a slight mistake leaving home and as a result had to run in two left shoes. His performance did not seem diminished and at the finish he and brother Andy were absolutely neck and neck, being recorded as joint first and in the process lowering the course record. In a close fought Womens' Race, Ellined Dunnington was chased down the hill by Julie Boscoe but won by two seconds

M. Hughes

| | | |
|---------------|--------|-------|
| 1. T. Davies | Mercia | 40.01 |
| 2. A. Davies | Mercia | 40.01 |
| 3. N. Fish | Amble | 40.17 |
| 4. D. Gartley | Gloss | 40.27 |
| 5. J. Hunt | Mersey | 41.32 |

VETERAN O/40

| | | |
|----------------|--------|-------|
| 1. E. Evans | Eryri | 47.18 |
| 2. D. Ashcroft | Mercia | 48.04 |
| 3. G. Spencer | Mercia | 48.27 |

VETERAN O/45

| | | |
|---------------|--------|-------|
| 1. P. Simpson | L'pool | 49.14 |
|---------------|--------|-------|

VETERAN O/50

| | | |
|----------------|-------|-------|
| 1. M. Williams | Eryri | 49.50 |
|----------------|-------|-------|

LADIES

| | | |
|-----------------------|---------|-------|
| 1. E. Dunnington O/35 | Eryri | 55.51 |
| 2. J. Boscoe O/35 | Wirr | 55.53 |
| 3. G. Cross O/35 | Prestyn | 59.35 |
| 4. L. Hughes O/40 | Prestyn | 67.07 |

POST HILL UP AND DOWN RELAY

West Yorkshire

AS/2m/600ft 20.5.97

This years event saw a new format with the date moving to an evening fixture and the main event being a four stage relay, instead of a five miler.

Again the turnout saw a marginal increase in numbers, but still barely enough to support the time and effort put in by some club members. As always the runners clubs who supported the race pledged their future support and thanks us for a 'super evening'.

Despite a dreadful weather forecast it remained dry and pleasant which again added to a situation where the spectators far outnumbered the runners!

Twelve teams completed the relay and thirty one athletes did the 'once up' challenge.

| | |
|-------------------------|-------|
| 1. Pudsey & Bramley | 47.18 |
| 2. Abbey Runners | 50.40 |
| 3. N. Derby | 50.59 |
| 4. Pudsey & Bramley 'B' | 51.20 |
| 5. Leeds City | 51.37 |

LADIES TEAMS

| | |
|-------------------------|-------|
| 1. Pudsey & Bramley | 46.40 |
| 2. Abbey Runners | 48.35 |
| 3. Pudsey & Bramley 'B' | 52.28 |

ONCE-UP RESULTS

| | | |
|-------------------|-----|---------|
| 1. A. Illingworth | P&B | 73 secs |
| 2. B. Whalley | P&B | 80 secs |
| 3. B. Stevenson | P&B | 81 secs |

WILDERNESS WAYS BURBAGE

VALLEY FELL RACE

Derbyshire

BS/6m/1000ft 21.5.97

| | | |
|------------------|---------|-------|
| 1. I. Ward | Bux | 41.28 |
| 2. A. Sealt | DkPk | 42.07 |
| 3. S. Bell | DkPk | 42.11 |
| 4. M. Brown V | Bux | 42.29 |
| 5. S. Oglethorpe | DkPk | 43.12 |
| 6. M. Nolan | DkPk | 43.19 |
| 7. R. Skelton | CalderV | 43.26 |
| 8. G. Ellis | SheffHU | 43.45 |
| 9. L. Banton | Clowne | 43.47 |
| 10. M. Wynne V | DkPk | 44.02 |

VETERANS O/40

| | | |
|---------------|-------|-------|
| 1. M. Brown | Bux | 42.29 |
| 2. M. Wynne | DkPk | 44.02 |
| 3. J. Kerr | Steel | 44.34 |
| 4. S. Brister | Matl | 44.49 |
| 5. T. Spicer | Ross | 45.35 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. D. Tait | DkPk | 44.44 |
| 2. G. Berry | DkPk | 47.09 |
| 3. M. Hawkins | Ere | 48.54 |
| 4. M. Cochrane | DkPk | 49.08 |
| 5. M. Hobson | Steel | 49.12 |

VETERAN O/60

| | | |
|--------------|------|-------|
| 1. B. Howitt | Matl | 53.13 |
|--------------|------|-------|

LADIES

| | | |
|------------------|--------|-------|
| 1. J. Palmer | Sheff | 45.38 |
| 2. K. Dalton | DkPk | 46.14 |
| 3. J. Stevenson | DkPk | 49.32 |
| 4. I. Buckley | D.Lad | 50.05 |
| 5. J. Smith O/40 | DkPk | 52.39 |
| 6. D. Pully | DkPk | 52.45 |
| 7. P. Leach | Sutton | 52.50 |
| 8. R. Kendal | DkPk | 53.15 |

TWO RIGGS RACE

Cumbria

BM/7m/1300ft 21.5.97

| | | |
|--------------------|-------|-------|
| 1. M. Amor | CFR | 41.34 |
| 2. N. Sharp | Kesw | 42.13 |
| 3. B. Evans | Amble | 42.22 |
| 4. L. Gibson | CFR | 42.43 |
| 5. S. Shuttleworth | Amble | 42.53 |
| 6. G. Bland | Borr | 52.53 |
| 7. H. Jarrett V | CFR | 43.01 |
| 8. A. Schofield | Borr | 43.04 |
| 9. J. Archbold | CFR | 43.09 |
| 10. W. Bell V | CFR | 43.39 |

VETERANS O/40

| | | |
|---------------|-----|-------|
| 1. H. Jarrett | CFR | 43.01 |
| 2. W. Bell | CFR | 43.39 |
| 3. R. Unwin | CFR | 46.31 |
| 4. R. Lamb | L&M | 47.31 |
| 5. M. Litt | CFR | 49.20 |

VETERANS O/50

| | | |
|-----------------|-----|-------|
| 1. K. Bartley | CFR | 46.48 |
| 2. T. Baxter | CFR | 52.04 |
| 3. M. Pitchford | CFR | 54.05 |

LADIES

| | | |
|----------------|------|-------|
| 1. L. Thompson | Kesw | 54.45 |
| 2. K. Beaty | CFR | 55.22 |
| 3. D. Thompson | Kend | 59.07 |

ISLE OF JURA FELL RACE

Jura

AL/16m/7500ft 24.5.97

An even better year than last saw one hundred and thirty nine successful finishers out of the one hundred and forty five starters. Conditions were clear and dry and some high cloud providing welcome shade and coolness on the Paps. There appeared to be a high proportion of newcomers this year (fifty six) and with those conditions some are sure to return. Forty seven clubs were represented in all, although twenty one of these only had one competitor (definitely a specialist race). For some reason, maybe largely historic, seventy five percent of starters were running for English clubs, an English Fell Race in Scotland.

Mark Rigby and Ian Holmes broke away from the rest of the field on the first Pap. Mark shaking off Ian for a two minute lead on the last hill, Corra Bheinn. He maintained this lead to the road at the Three Arch Bridge and increased it by a further two minutes with a three mile road run in twenty two minutes. Marks's time was just one minute and eighteen seconds outside his own record set in similar conditions in 1994. Interestingly, Ian Holmes was second that year too, his time two minutes faster.

First veteran over forty was Jack Holt, pushed into third place this year by two super veterans, Mike Walford and Kieran Carr.

The winning team, Borrowdale FR, included a lady for the first time, Nicola Davies, sister of Jim Davies.

Thanks again to the race sponsor, The Isle of Jura Distillery and the local men and ladies for their help with the race and making us all so welcome.

A Curtis

| | | |
|-----------------|--------|---------|
| 1. M. Rigby | Amble | 3.08.17 |
| 2. I. Holmes | Bing | 3.12.05 |
| 3. J. Davies | Borr | 3.35.48 |
| 4. B. Bardsley | Borr | 3.40.06 |
| 5. J. Hunt | Mersey | 3.42.03 |
| 6. I. Warhurst | Penn | 3.52.37 |
| 7. M. Walford V | Kend | 3.52.49 |
| 8. K. Carr V | Clay | 3.54.47 |
| 9. J. Holt V | Clay | 3.56.46 |
| 10. N. Lanaghan | Amble | 3.57.02 |

VETERANS O/40

| | | |
|---------------|------|---------|
| 1. J. Holt | Clay | 3.56.46 |
| 2. A. Styan | Holm | 3.58.59 |
| 3. R. Boswell | | 3.59.11 |

VETERANS O/50

| | | |
|----------------|--------|---------|
| 1. M. Walford | Kend | 3.53.49 |
| 2. K. Carr | Clay | 3.54.47 |
| 3. Y. Tridimas | Mersey | 4.14.48 |

VETERANS O/60

| | | |
|-----------------|-------|---------|
| 1. B. Gauld | Carn | 5.33.22 |
| 2. F. Galbraith | DkPk | 6.09.40 |
| 3. A. Clarke | Amble | 6.38.59 |

LADIES

| | | |
|-------------------------|---------|---------|
| 1. N. Davies O/35 | Borr | 4.03.38 |
| 2. A. Brand-Barker O/35 | Kesw | 4.21.38 |
| 3. A. Buckley | P&B | 4.43.31 |
| 4. J. Rae | W'lands | 4.45.14 |
| 5. P. Gibb | P&B | 4.49.40 |
| 6. C. McNeil O/45 | Amble | 5.14.13 |
| 7. L. Cowell | Kesw | 5.20.00 |
| 8. J. Cairns O/35 | W'lands | 5.23.57 |

THE BURROW RUN

Shropshire

BS/5m/1080ft 25.5.97

| | | |
|----------------|-------|-------|
| 1. T. Davies | Merc | 35.30 |
| 2. P. Gardener | Heref | 37.43 |

FIRST LADY

| | | |
|-------------|----------|-------|
| 1. M. Price | P.Racers | 53.30 |
|-------------|----------|-------|

DODD FELL RACE

Cumbria

5m/1200ft 25.5.97

Well we hope all you juniors enjoyed your free bumper goody bag and carton of fruit juice you received as you collapsed exhausted at the finish. It certainly didn't seem to take you long to recover because you needed all your faculties to decide which sweet delicacy was to be devoured first. Fruit salads, double lolly, chomp bar, rolo, egg or crisps, which was it? Along with the goody bag came the introduction of junior cash prizes of ten, seven and five pound to the first three in the U/12, U/14, U/16 and U/18 races, girls and boys with no bias here. Although we only gave first to the top prizes for that individual, admittedly none were girls, sorry!

This will become a feature of any future junior races at Dodd whether Championship status is bestowed or not. In fact, we have asked to be considered again next year if you think it's worthy, voice your opinion to Dave Richardson.

The race route up and down ten end proved excellent, some may say a little severe! but the overall consensus was favourable for runners and spectators alike.

On the senior front it's been voiced that the ten end route two mile/800ft, would potentially make an excellent 'AS' English Championship event with certain proviso's. These being separate ladies, veterans and under forty races, with the times from the veteran race being incorporated into the under 40's race to provide a comprehensive result sheet for the FRA statistician. If chosen we guarantee extensive cash prizes in all three races, and summit prizes to add some spice to it. At the moment the Championship Committee choose forty minute record time races, ie. Pen-y-ghent and shelf Moor, to most of us these aren't short races in traditional fell running terms.

This could be a refreshing change and revitalise the concept of short races, everybody in such a short race, under thirteen minutes, surely will run hard all the way to the finish.

Back to the 1997 Senior race, records were abundant with one hundred and fifty eight competitors dashing out of the show ring and snaking their way up Dodd Fell, compared with forty nine the previous year. Gary Devine, the 1995 winner returned to take victory again. New records were set by Hugh Symonds, Carol Greenwood, Roy Tunstall, Carol McCarthy and John Dearden.

Analysis of the results show that when Sarah Rowell set the old ladies mark in 1995 she finished eleventh overall, Carol Greenwood finished thirty first this year improving the ladies record by one minute and twelve seconds. Once again those rolo eggs made a welcome appearance to all finishers, see you don't have to do a bunny run to get an egg!

Sorry there was no slug racing! But this was due to the scorching heat and their trainers not allowing them out, even though several fell runners offered their sweat. But on reflection it's a good job this offer wasn't taken, as seemingly slugs hate salt more than they do the heat!

Seymour Hills

| | | |
|----------------|---------|-------|
| 1. Devine | P&B | 30.13 |
| 2. S. Livesey | Clay | 30.21 |
| 3. M. Horrocks | Clay | 30.30 |
| 4. G. Webb | CalderV | 31.05 |
| 5. A. Maloney | Roch | 31.49 |
| 6. C. Hirst | Settle | 32.01 |
| 7. C. Moses | Bing | 32.13 |
| 8. H. Symonds | Kend | 32.26 |
| 9. A. Sealy | DkPk | 32.31 |
| 10. G. Sumner | Ross | 32.41 |

VETERANS O/40

| | | |
|-----------------|----------|-------|
| 1. H. Symonds | Kend | 32.26 |
| 2. R. Crossland | Bfd/Aire | 33.13 |
| 3. A. Hauser | P&B | 34.21 |
| 4. S. Lorimer | Trent | 37.34 |
| 5. G. Newsome | Clay | 37.37 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. R. Tunstall | Hels | 38.03 |
| 2. A. Todd | Hels | 39.16 |
| 3. P. Heneghan | BlkShp | 39.36 |
| 4. D. Lucas | Roch | 39.38 |
| 5. G. Webster | ValleyS | 39.43 |

VETERAN O/60

| | | |
|---------------|------|-------|
| 1. J. Dearden | Hels | 40.55 |
|---------------|------|-------|

LADIES

| | | |
|-----------------|--------|-------|
| 1. C. Greenwood | Bing | 35.03 |
| 2. T. Ambler | Ilk | 38.29 |
| 3. C. McCarthy | Hels | 39.04 |
| 4. J. Halleron | Skyrac | 41.12 |
| 5. J. Shotter | P&B | 41.50 |
| 6. J. Whalley | Clay | 43.06 |
| 7. J. Dowling | Tod | 43.28 |
| 8. C. Life | Clay | 43.47 |

UNDER 18 BOYS RACE - 2m/800ft

| | | |
|-----------------|--------|-------|
| 1. J. Robertson | Horw | 12.56 |
| 2. H. Matthews | Shrews | 13.31 |
| 3. S. Fry | Viking | 14.53 |

UNDER 18 GIRLS RACE - 2m/800ft

| | | |
|-----------------|------|-------|
| 1. C. Sanderson | Skip | 16.33 |
| 2. M. Leck | L&M | 16.50 |
| 3. S. Dugdale | Skip | 18.21 |

UNDER 16 BOYS RACE - 2m/800ft

| | | |
|---------------|-------|-------|
| 1. A. Symonds | Kend | 12.46 |
| 2. S. Savage | Amble | 13.11 |
| 3. G. Slater | Kly | 13.24 |
| 4. D. Scott | T/D | 13.32 |
| 5. S. Reid | Kend | 13.45 |

UNDER 16 GIRLS RACE - 2m/800ft

| | | |
|---------------|---------|-------|
| 1. K. Bailey | Staffs | 17.08 |
| 2. N. White | Holm | 17.30 |
| 3. K. Hesketh | Preston | 17.34 |

UNDER 14 BOYS RACE - 1.5m/600ft

| | | |
|------------------|------|-------|
| 1. J. Symonds | Kend | 11.23 |
| 2. M. Smith | Horw | 11.39 |
| 3. J. Mason | Kly | 11.49 |
| 4. C. Swire | Clay | 12.00 |
| 5. N. Holdsworth | Holm | 12.10 |

UNDER 14 GIRLS RACE - 1.5m/600ft

| | | |
|------------------|--------|-------|
| 1. S. Gatford | Telf | 12.44 |
| 2. L. Doyle | Wirral | 13.36 |
| 3. L. Richardson | Chor | 14.21 |

UNDER 12 BOYS RACE - 1.25m/400ft

| | | |
|------------------|------|------|
| 1. M. Buckingham | Holm | 6.45 |
| 2. J. Greenhalgh | Sett | 6.50 |
| 3. M. Smith | Horw | 7.11 |
| 4. B. Finch | Horw | 7.29 |
| 5. A. Whaites | Sett | 7.36 |

UNDER 12 GIRLS RACE - 1.25m/400ft

| | | |
|------------------|--------|------|
| 1. A. Spencer | Wigan | 7.40 |
| 2. J. Evans | Wirral | 7.46 |
| 3. M. Derbyshire | Wirral | 8.16 |

HELVELLYN FELL RACE

Cumbria

AM/11m/3700ft 26.5.97

| | | |
|------------------|---------|---------|
| 1. G. Bland | Borr | 1.51.43 |
| 2. | Clay | 1.54.29 |
| 3. R. Unwin V | CFR | 2.00.54 |
| 4. P. Harlowe V | Kesw | 2.00.56 |
| 5. S. Burtham | Warr | 2.01.01 |
| 6. D. Tait V | DkPk | 2.01.14 |
| 7. R. Lamb V | L&M | 2.01.21 |
| 8. J. Winder r V | CalderV | 2.02.46 |
| 9. B. Poll | Borr | 2.11.11 |
| 10. A. Beck V | Kend | 2.11.31 |

VETERANS O/40

| | | |
|---------------|---------|---------|
| 1. R. Unwin | CFR | 2.00.54 |
| 2. P. Harlowe | Kesw | 2.00.56 |
| 3. R. Lamb | L&M | 2.01.21 |
| 4. J. Winder | CalderV | 2.02.46 |
| 5. A. Beck | Kend | 2.11.31 |

VETERANS O/50

| | | |
|--------------|--------|---------|
| 1. D. Tait | DkPk | 2.01.14 |
| 2. G. Breeze | Skyrac | 2.53.49 |
| 3. D. Ablitt | Amble | 2.56.27 |

LADIES

| | | |
|-------------------|------|---------|
| 1. K. Slater O/40 | Kly | 2.30.04 |
| 2. K. Green O/35 | DkPK | |

BENTHAM GALA 10

North Yorkshire

CM/10m/800ft 26.5.97

You know from past experience that my race reports are a waste of time, given that I have never run in a race in my life and am totally ignorant of the technicalities.

All I can say is the day was dry with a cold wind and conditions underfoot on the moor more reasonable given the recent days weather. The race recovered reasonably well from last year's administrative cock up - the entry was almost seventy.

G Robertson

| | | |
|-----------------|--------|-------|
| 1. A. Preedy | Ross | 54.42 |
| 2. G. Damiani | Spen | 56.20 |
| 3. M. Brown | Clay | 56.55 |
| 4. D. Wilkinson | Roch | 57.29 |
| 5. G. Taylor | Darwen | 57.45 |
| 6. T. Taylor V | Ross | 57.56 |
| 7. R. Cudworth | Hales | 58.17 |
| 8. I. Kandasz | Lanc | 59.21 |
| 9. C. Greenwood | Bing | 59.43 |
| 10. A. Clough | RedR | 60.54 |

VETERANS O/40

| | | |
|---------------|-------|-------|
| 1. T. Taylor | Ross | 57.56 |
| 2. A. Turner | Clay | 61.20 |
| 3. F. Judge | Clay | 61.30 |
| 4. P. Bramham | Kly | 61.51 |
| 5. R. Hawksby | Otley | 62.03 |

VETERANS O/45

| | | |
|--------------------|--------|-------|
| 1. K. Taylor | Ross | 61.38 |
| 2. G. James | B'pool | 68.51 |
| 3. M. Coles | Skyrac | 69.51 |
| 4. J. Devlir | R.R. | 75.36 |
| 5. J. Capenerhurst | Bing | 76.12 |

LADIES

| | | |
|-----------------|-------|-------|
| 1. C. Greenwood | Bing | 61.38 |
| 2. L. Quigley | Wigan | 66.58 |
| 3. H. Johnson | Unatt | 72.56 |
| 3. S. Harding | L&M | 76.22 |
| 4. G. Allin | Unatt | 76.23 |
| 5. J. Taylor | L&M | 77.57 |
| 6. S. Middleton | Clay | 83.59 |
| 7. T. Smith | Black | 85.07 |



Gary Devine on his way to winning Dodd Fell
Photo: Allan Greenwood

CONISTON WATER FESTIVAL

FELL RACES

Cumbria

AM/8m/3000ft 27.5.97

A big thank you to the members of the Coniston Mountain Rescue Team who manned the checkpoints, to Pete Bland and the Sun Hotel.

| | | |
|-----------------|--------|-------|
| 1. G. Bland | Borr | 68.37 |
| 2. P. Singleton | Kend | 68.38 |
| 3. A. Meanwell | Borr | 72.11 |
| 4. J. Fish | Amble | 72.27 |
| 5. L. Thompson | Clay | 72.56 |
| 6. P. Pollitt | Bolt | 73.10 |
| 7. F. Judge V | Clay | 76.27 |
| 8. D. Carter | Kend | 76.30 |
| 9. G. Taylor | Darwen | 76.33 |
| 10. S. Hicks | Borr | 76.36 |

VETERANS O/40

| | | |
|---------------|-------|-------|
| 1. F. Judge | Clay | 76.27 |
| 2. K. Dacre | Kend | 77.01 |
| 3. T. Houston | Bow | 77.05 |
| 4. A. Riley | Kend | 80.48 |
| 5. C. Kelsey | Wells | 81.20 |

VETERANS O/50

| | | |
|---------------|---------|-------|
| 1. R. Bell | Amble | 82.28 |
| 2. K. Lindley | BikCmbe | 84.25 |
| 3. G. Clayton | Amble | 85.04 |
| 4. P. Dowker | Kend | 86.53 |
| 5. D. Simpson | Prest | 87.08 |

FIRST LADY

| | | |
|-------------|--------|-------|
| 1. Y. Hague | Pudsey | 84.19 |
|-------------|--------|-------|

CLAY BANK WEST

Cleveland

BS/5m/850ft 27.5.97

| | | |
|--------------------|--------|-------|
| 1. M. Cara | Mand | 28.31 |
| 2. C. Stead | Thirsk | 29.03 |
| 3. M. Burn | Thirsk | 30.01 |
| 4. B. Roberts O/40 | Mand | 30.06 |
| 5. P. Wragg | Thirsk | 30.11 |
| 6. S. Kelly | Mand | 30.35 |
| 7. R. Cole | Mand | 30.43 |
| 8. S. Scott | | 30.50 |
| 9. D. Fielden | Mand | 31.00 |
| 10. A. Harland | Mand | 31.17 |

VETERAN O/40

| | | |
|----------------|--------|-------|
| 1. B. Roberts | Mand | 30.06 |
| 2. P. Buckby | Marske | 31.52 |
| 3. R. Mitchell | Mand | 32.00 |
| 4. D. Knee | HBR | 32.25 |
| 5. R. Pollard | Mand | 32.26 |

VETERAN O/50

| | | |
|--------------------|--------|-------|
| 1. D. Tricot | Halloo | 34.19 |
| 2. B. Wilson | Dkpk | 35.58 |
| 3. M. Hetherington | Nestle | 36.22 |
| 4. J. Kettle | WMH | 36.50 |
| 5. N. Dyson | Mand | 37.12 |

VETERAN O/60

| | | |
|--------------|------|-------|
| 1. D. Cook | Mand | 40.59 |
| 2. P. Beanie | BMH | 41.01 |

LADIES

| | | |
|-----------------|--------|-------|
| 1. S. Jackson | Mcleve | 37.26 |
| 2. S. Webb | Mand | 37.39 |
| 3. H. Young | Quaker | 40.25 |
| 4. S. Gaytor | Mand | 40.32 |
| 5. C. Mears | Darl | 42.42 |
| 6. S. Jemsen | Marske | 43.33 |
| 7. C. MacKenzie | Mand | 44.10 |
| 8. J. Cooper | | 44.12 |



Wasdale, descending Lingmell Photo: Peter Hartley



D. Clutterbuck at Whittle Pike
Photo: Steve Bateson

WHITTLE PIKE FELL RACE Lancashire AS/4.5m/1400ft 28.5.97

| | | |
|-------------------|---------|-------|
| 1. S. Livesey | Clay | 38.06 |
| 2. A. Preedy | Ross | 39.08 |
| 3. J. Brown | Salf | 39.28 |
| 4. G. Schofield V | Horw | 39.34 |
| 5. R. Hope | Horw | 39.49 |
| 6. A. Maloney | Roch | 40.01 |
| 7. T. Hesketh V | Horw | 40.16 |
| 8. R. Haworth | Mid'ton | 40.24 |
| 9. G. Sumner | Ross | 40.54 |
| 10. A. Carruthers | Craw | 41.29 |

VETERANS O/40

| | | |
|------------------|---------|-------|
| 1. G. Schofield | Horw | 39.34 |
| 2. T. Taylor | Ross | 43.05 |
| 3. B. Brindle | Horw | 43.28 |
| 4. A. Quickfall | N'burgh | 44.51 |
| 5. T. Hargreaves | S'port | 45.33 |

VETERANS O/45

| | | |
|------------------|-------|-------|
| 1. T. Hesketh | Horw | 40.16 |
| 2. A. Spicer | Ross | 43.16 |
| 3. B. Ashworth | Ross | 43.33 |
| 4. D. Beels | Roch | 43.42 |
| 5. T. Hargreaves | Stock | 45.33 |

VETERANS O/50

| | | |
|------------------|--------|-------|
| 1. C. Keogh | Roch | 50.40 |
| 2. T. Targett | Clay | 52.35 |
| 3. P. Walkington | Horw | 52.55 |
| 4. M. Coles | Skyrac | 52.59 |
| 5. D. Frain | Roch | 53.04 |

LADIES

| | | |
|-------------------|---------|-------|
| 1. C. Greenwood | Bing | 43.30 |
| 2. V. Hamlet | Ross | 49.55 |
| 3. J. Rawlinson V | Clay | 52.31 |
| 4. M. White V | Horw | 54.37 |
| 5. J. Robertson | Spec | 56.21 |
| 6. J. Haworth | Mid'ton | 56.40 |
| 7. S. McNulty V | Rad | 58.39 |
| 8. S. Fell V | Ross | 58.42 |

ROYAL DOCKRAY FELL RACE Cumbria AM/10m/2500ft 25.5.97

This is our fifteenth year of running the race and as usual the weather was very kind to us which did not disappoint the runners. The turnout was exceptional, sixty seven in all, the highest entry to date. There was a good cross section of runners not only in standard but from different parts of the country, with a lot of new clubs on the entry sheet.

Simon Booth from Borrowdale won the race, just outside the record, with Nick Sharp not far behind, and Simons team mate Andrew Schofield in third.

The first lady was Kate Beaty from CFR who was thirty second overall. The first male veteran was Richard Unwin who was sixth and the first super veteran at eighth position went to Dave Spedding, quite an achievement because Dave won the very first of the Dockray fell races. Everybody seemed to enjoy the evening which had a wonderful atmosphere about it. I would like to thank all the unseen helpers for their assistance and hop to see you all at the next one.

E.B.T.

| | | |
|--------------------|-------|---------|
| 1. S. Booth | Borr | 1.08.26 |
| 2. N. Sharp | Kesw | 1.09.54 |
| 3. A. Schofield | Borr | 1.10.11 |
| 4. J. Archibold | CFR | 1.10.45 |
| 5. S. Shuttleworth | Amble | 1.13.01 |
| 6. R. Unwin | CFR | 1.14.41 |
| 7. A. Beaty | CFR | 1.14.47 |
| 8. D. Spedding | Kesw | 1.16.10 |
| 9. P. Vail | Mand | 1.16.58 |
| 10. G. Burnip | Mand | 1.17.24 |

VETERANS O/40

| | | |
|--------------|--------|---------|
| 1. R. Unwin | CFR | 1.14.41 |
| 2. D. Owens | Kesw | 1.22.25 |
| 3. J. Humble | N'land | 1.24.00 |
| 4. C. Knox | Kesw | 1.25.07 |
| 5. S. Kemp | Kesw | 1.26.13 |

VETERANS O/45

| | | |
|----------------|------|---------|
| 1. M. Watford | Kend | 1.21.01 |
| 2. I. Charlton | Kesw | 1.22.34 |
| 3. P. Graham | Tyne | 1.23.38 |
| 4. G. Unsworth | Kend | 1.25.55 |
| 5. P. O'Hara | Kesw | 1.27.46 |

VETERANS O/50

| | | |
|----------------|--------|---------|
| 1. D. Spedding | Kesw | 1.16.10 |
| 2. J. Clemens | Merc | 1.21.46 |
| 3. D. Kearns | Bolt | 1.22.03 |
| 4. G. James | B'pool | 1.29.52 |
| 5. J. Kelly | Unatt | 1.34.37 |

VETERANS O/55

| | | |
|------------------|------|---------|
| 1. H. Blenkinsop | Kesw | 1.58.30 |
|------------------|------|---------|

LADIES

| | | |
|--------------------|-------|---------|
| 1. K. Beaty O/35 | CFR | 1.28.45 |
| 2. L. Osborn | Kesw | 1.29.20 |
| 3. J. Jones O/35 | Kesw | 1.30.20 |
| 4. S. Lewsley O/35 | Kesw | 1.38.41 |
| 5. J. Burthem | Warr | 1.38.48 |
| 6. R. Taylor O/35 | Kesw | 1.39.47 |
| 7. C. Moneill O/40 | Unatt | 1.41.55 |

GIANTS CHAIR Shropshire AS/3.5m/1210ft 28.5.97

| | | |
|------------------|--------|-------|
| 1. A. Davies | Merc | 30.23 |
| 2. C. Lancaster | Telf | 32.31 |
| 3. A. Pickles | Telf | 32.41 |
| 4. S. Nash | Unatt | 33.28 |
| 5. G. Jones V | Shrews | 34.45 |
| 6. P. Goddard | Dudley | 35.37 |
| 7. A. Cramb | Telf | 35.50 |
| 8. B. Couth | Merc | 36.03 |
| 9. G. Spencer V | Merc | 36.07 |
| 10. J. Coombes V | Merc | 36.26 |

VETERANS O/40

| | | |
|----------------|--------|-------|
| 1. G. Jones | Shrews | 34.45 |
| 2. G. Spencer | Merc | 36.07 |
| 3. A. Lewis | Shrews | 36.54 |
| 4. R. Heelis | Merc | 37.10 |
| 5. C. Barcroft | Telf | 37.40 |

VETERANS O/45

| | | |
|-----------------|--------|-------|
| 1. P. Sanderson | Telf | 39.00 |
| 2. J. Fernie | Shrews | 42.09 |
| 3. D. Owen | Shrews | 42.20 |
| 4. G. Trevor | Shrews | 44.03 |

VETERAN O/50

| | | |
|---------------|------|-------|
| 1. J. Coombes | Merc | 36.26 |
|---------------|------|-------|

VETERAN O/60

| | | |
|---------------|--------|-------|
| 1. K. Westley | W.Brom | 63.06 |
|---------------|--------|-------|

LADIES

| | | |
|----------------------|------------|-------|
| 1. J. Witterick O/50 | Shrop | 42.21 |
| 2. M. Price O/35 | PP | 46.23 |
| 3. K. Preston O/45 | ShropShuff | 47.23 |
| 4. H. Retalick O/35 | PP | 52.58 |
| 5. J. Hendle O/35 | Ludlow | 53.03 |

DUDDON VALLEY FELL RACE AL/20m/6000ft 31.5.97

Thanks as always to all those who assisted in making it a successful day, the marshals, administration staff and field attendants, all volunteer their services freely, generally go unthanked and return again the next year. Special thanks from the runners this year to all those marshals who had water.

The race could not have been run over the years without the help of local farmers so I would like to thank Stephen Hoggarth, Tyson Hartley, Allen & Mary Ellwood, Grassguards and David Ellwood for their kind assistance.

Thanks to Chris Burgess at the Nefield Inn for his support and S&N and WBG for their donations to the race.

It is likely that next year (30th May 1998) the start time will move forward to 1100 hours with the short race following ten minutes later, but watch the Fell Runners Calendar to be sure. Many thanks to you all.

Martyn Jones

RESULTS - LONG COURSE

| | | |
|--------------------|--------|---------|
| 1. S. Booth | Borr | 2.52.23 |
| 2. S. Shuttleworth | Amble | 3.08.02 |
| 3. W. Bell V | CFR | 3.12.37 |
| 4. M. Wallis | Clay | 3.14.56 |
| 5. B. Bardsley | Borr | 3.15.50 |
| 6. G. Bland | Borr | 3.19.35 |
| 7. M. Fleming | Amble | 3.29.15 |
| 8. G. Thorpe | Brough | 3.34.48 |
| 9. M. Hudson V | Kend | 3.37.52 |
| 10. L. Warburton | Bow | 3.39.36 |

VETERANS O/40

| | | |
|---------------|------|---------|
| 1. W. Bell | CFR | 3.12.37 |
| 2. T. Houston | Bow | 3.40.18 |
| 3. K. Masser | Ross | 3.48.06 |

VETERANS O/50

| | | |
|---------------|-------|---------|
| 1. M. Hudson | Kend | 3.37.52 |
| 2. M. Walford | Kend | 3.40.40 |
| 3. R. Bell | Amble | 4.00.34 |

FIRST LADY

| | | |
|-------------|-----|---------|
| 1. Y. Hague | P&B | 3.51.44 |
|-------------|-----|---------|

RESULTS - SHORT RACE

| | | |
|------------------------|---------|---------|
| 1. M. Hayman | DkPk | 1.31.30 |
| 2. J. Hunt | Mersey | 1.39.52 |
| 3. P. Crowson | DkPk | 1.40.45 |
| 4. M. Todd F | Amble | 1.42.12 |
| 5. M. Gorman | W'lands | 1.50.20 |
| 6. K. Lindley O/50 | BCR | 1.50.49 |
| 7. D. Parminter O/40 | BCR | 1.58.07 |
| 8. J. Connolly O/40 | Ross | 2.00.10 |
| 9. C. Jones | | 2.00.44 |
| 10. A. McGuinness O/40 | Ross | 2.03.14 |

ALWINTON FELL RACE Northumberland BL/14m/2500ft 31.5.97

Alwinton Fell Races were held on Saturday 31st May at the Rose and Thistle, Alwinton.

Conditions were ideal underfoot, but the heat in the forest and valley sections made the going difficult for many.

The keenly contested fourteen mile and two thousand five hundred feet of ascent resulted in a win by a narrow margin for John Larkin, over Gavin Bayne of Morpeth and Michael Brunskill of Newton Aycliffe.

The ladies race was won convincingly by Sue Webb of Mandale.

The North East Counties Athletics Association champions were John Larkin and Sue Webb.

K S Cooper

| | | |
|-------------------|--------|---------|
| 1. J. Larkin | Gates | 1.37.49 |
| 2. G. Bayne V | Morp | 1.38.36 |
| 3. M. Brunskill | NewAyc | 1.38.53 |
| 4. S. Scott | N'land | 1.39.47 |
| 5. G. Owens | N'land | 1.41.59 |
| 6. D. Hurton | Denby | 1.42.30 |
| 7. K. Wood | Salt | 1.43.17 |
| 8. R. Sewell V | Morp | 1.45.18 |
| 9. D. Henderson V | Aln | 1.47.58 |
| 10. K. Bray | Morp | 1.50.07 |

VETERANS O/40

| | | |
|-----------------|------|---------|
| 1. G. Bayne | Morp | 1.38.36 |
| 2. R. Sewell | Morp | 1.45.18 |
| 3. D. Henderson | Aln | 1.47.58 |
| 4. F. Clarke | Salt | 1.51.19 |
| 5. J. Christie | Aln | 1.52.14 |

VETERANS O/50

| | | |
|-----------------|--------|---------|
| 1. W. Campbell | Gosf | 2.03.51 |
| 2. D. Middleton | NewAyc | 2.03.59 |
| 3. N. Dyson | Mand | 2.07.06 |
| 4. J. Walshaw | Redcar | 2.11.17 |
| 5. R. Gray | Amble | 2.11.55 |

VETERANS O/60

| | | |
|-----------------|--------|---------|
| 1. J. Garbarino | AchRat | 2.15.15 |
| 2. B. Christie | Wigton | 2.23.06 |
| 3. D. Wright | Tyne | 2.38.19 |

LADIES

| | | |
|-----------------------|--------|---------|
| 1. S. Webb | Mand | 1.58.39 |
| 2. J. Saul | C'mont | 2.13.24 |
| 3. E. Newman | Pock | 2.20.21 |
| 4. L. Bray O/35 | Morp | 2.21.26 |
| 5= H. Dickinson O/35 | Tyne | 2.28.04 |
| 5= F. Hutchinson O/35 | Tyne | 2.28.04 |
| 7. A. Byers O/35 | Wigton | 2.31.06 |
| 8. R. Coleby O/35 | Eden | 2.31.32 |

CADER IDRIS**Gwynedd****AM/10.5m/3000ft 31.5.97**

Donnelly steps out to make it three in a row. Colin Donnelly claimed a hat-trick on wins in fine style despite the horrendous running weather for the Cader Idris race.

Owing to the hottest conditions in the events history, mid-afternoon competitors were left applauding the efforts made to get water on the mountain for them.

Despite all this, only one runner suffered at the end of the race and soon recovered. Donnelly won by a comfortable six minutes from the ever improving young runner, Adrian Bailey, Bro Dysynni, running well within himself, the three times winner reached the summit in fifty one minutes and descended in thirty six minutes.

Local favourite Rosie Walsh failed to capitalise on a splendid summit run over twelve minutes ahead of eventual winner Jenny Heming, who pulled back a staggering lead on her descent.

In the under eighteen race, Alun Hyr Williams of Bro Dysynni, looks a very good prospect when winning the Will Rambotham Memorial Cup.

Don

| | | |
|-----------------|-----------|---------|
| 1. C. Donnelly | Eryri | 1.27.44 |
| 2. A. Bailey | BroDys | 1.34.25 |
| 3. C. Lancaster | LdsUni | 1.37.07 |
| 4. R. Horsfield | DkPk | 1.42.08 |
| 5. D. Whitley | | 1.43.08 |
| 6. A. Hughes | Eryri | 1.43.27 |
| 7. P. Foale V | A'twyth | 1.43.50 |
| 8. B. Jones | | 1.44.32 |
| 9. R. Wilson V | Mid Wales | 1.46.10 |
| 10. A. West | | 1.46.48 |

VETERANS O/40

| | | |
|--------------|-----------|---------|
| 1. P. Foale | A'twyth | 1.43.50 |
| 2. R. Wilson | Mid Wales | 1.46.10 |
| 3. D. Wright | Eryri | 1.56.17 |
| 4. M. Hale | Eryri | 1.57.16 |
| 5. R. Norton | | 2.00.14 |

VETERANS O/45

| | | |
|------------------|-------|---------|
| 1. S. Littlewood | Heref | 1.46.55 |
| 2. G. Laurie | N'ton | 1.55.14 |
| 3. T. Story | FRA | 2.02.54 |
| 4. J. Linley | N.Vet | 2.03.06 |
| 5. R. Pierce | Wrex | 2.05.06 |

VETERANS O/50

| | | |
|-----------------|-----------|---------|
| 1. D. Whiteside | Heref | 1.48.38 |
| 2. M. Gareth | Eryri | 1.57.41 |
| 3. J. Evans | A'twyth | 1.58.29 |
| 4. P. Jones | P'atyn | 2.03.22 |
| 5. D. Ormerod | Mid Wales | 2.03.34 |

VETERANS O/55

| | | |
|--------------|--------|---------|
| 1. P. Norman | Wrex | 1.55.10 |
| 2. T. Evans | BroDys | 1.58.56 |
| 3. C. Jones | MDC | 2.07.48 |

VETERANS O/60

| | | |
|----------------|--------|---------|
| 1. T. Brakwell | Borr | 2.10.01 |
| 2. J. Carson | Eryri | 2.17.26 |
| 3. L. Manns | Hafren | 2.23.31 |

LADIES

| | | |
|------------------|-------|---------|
| 1. J. Hemming | Eryri | 1.55.19 |
| 2. V. Musgrove V | Wrex | 1.57.09 |
| 3. R. Naish V | Wrex | 2.00.27 |
| 4. S. Carmel | | 2.10.13 |
| 5. A. Donnelly | Eryri | 2.15.51 |
| 6. J. Robertson | Spec | 2.16.27 |
| 7. G. Evans | Shrop | 2.22.47 |
| 8. T. Newbury | | 2.27.14 |

INTERMEDIATES

| | | |
|--------------------|--------|-------|
| 1. A. Wyr Williams | BroDys | 50.14 |
|--------------------|--------|-------|

JUNIORS

| | | |
|---------------|-------|-------|
| 1. C. Pierce | Eryri | 28.13 |
| 2. G. Evans | | 40.10 |
| 3. D. Roberts | | 40.32 |

MUNCASTER LUCK FELL RACE**Cumbria****8m/10m/1800ft 1.6.97**

In a small field Harry Jarrett led from start to finish to win the race for the seventh time. He was pursued throughout the race by clubmate and fellow veteran over forty, Richard Unwin, who could not quite close the gap, third place went to another veteran Jeff Winder, who took the first veteran over forty five prize.

| | | |
|----------------------|---------|---------|
| 1. H. Jarrett O/40 | CFR | 1.24.42 |
| 2. R. Unwin O/40 | CFR | 1.25.49 |
| 3. J. Winder O/45 | CalderV | 1.27.49 |
| 4. D. Ansell | CFR | 1.28.06 |
| 5. M. Addison | Clay | 1.28.29 |
| 6. I. Cousins | CFR | 1.29.23 |
| 7. C. Knox O/40 | Kesw | 1.36.25 |
| 8. J. Quine | Kend | 1.36.35 |
| 9. R. Lecky-Thompson | Amble | 1.36.41 |
| 10. M. Litt O/45 | CFR | 1.36.38 |

VETERANS O/50

| | | |
|-------------|-------|---------|
| 1. M. Sizer | Holm | 1.51.55 |
| 2. D. Brown | Clay | 1.56.11 |
| 3. J. Saxon | Unatt | 1.59.12 |

EDENFIELD FELL RACE**Lancashire****BM/7.5m/1600ft 1.6.97**

Very dry conditions which proved to the liking of Peter McWade (a past winner), despite, or because, being a veteran over fifty, the first three pulled away on the Downhill part, passing early leader Beels who as always took the lead off position.

Carol Greenwood was first lady but unable to add this race to their course record tally (Sarah Rowell kept the course record).

Note, results were put on the internet by 6.00 Sunday night. The way forward.

K Smith

| | | |
|----------------------|------|-------|
| 1. P. McWade O/50 | Clay | 45.41 |
| 2. S. Livesey | Clay | 45.58 |
| 3. R. Rawlinson O/45 | Ross | 46.09 |
| 4. H. Horroch | Clay | 46.39 |
| 5. A. Carruthers | Craw | 46.49 |
| 6. R. Crossland O/40 | | |
| 7. S. Duckworth | Radc | 47.03 |
| 8. G. Golegh | Clay | 47.30 |
| 9. S. Williams O/40 | Salf | 49.36 |
| 10. | Ross | 47.41 |

VETERANS O/40

| | | |
|------------------|--------|-------|
| 1. R. Crossland | Brad | 46.56 |
| 2. S. Williams | Salf | 47.36 |
| 3. T. Taylor | Ross | 47.41 |
| 4. M. Pearce | Ilk | 48.39 |
| 5. T. Hargreaves | S'port | 50.08 |

VETERANS O/45

| | | |
|-----------------|------|-------|
| 1. R. Rawlinson | Ross | 46.09 |
| 2. D. Beels | Roch | 48.07 |
| 3. A. Fielding | Bolt | 48.51 |
| 4. A. Steel | Radc | 49.43 |
| 5. M. Rawlinson | Ross | 50.34 |

VETERANS O/50

| | | |
|---------------|--------|-------|
| 1. P. McWade | Caston | 45.41 |
| 2. K. Taylor | Ross | 49.19 |
| 3. P. Roberts | | 56.52 |
| 4. K. Mayor | Bolt | 61.45 |

VETERAN O/60

| | | |
|--------------|------|-------|
| 1. R. Franis | Bury | 71.36 |
|--------------|------|-------|

LADIES

| | | |
|----------------------|---------|-------|
| 1. C. Greenwood | Bing | 48.33 |
| 2. G. Cooke O/35 | Roch | 54.01 |
| 3. J. Rawlinson O/40 | Clay | 58.10 |
| 4. J. Howarth | Mid'ton | 61.59 |
| 5. J. Bells O/35 | Bolt | 64.19 |
| 6. L. Whitaker | Sadd | 64.49 |
| 7. | Radc | 65.08 |
| 8. P. Dore O/45 | Roch | 75.58 |

BLENCATHRA FELL RACE**Cumbria****AM/8m/2700ft 3.6.97**

A super turnout of eighty eight, on a glorious and midge free evening, forty six in the veteran classes and the whole field home in a forty minute span.

Thanks to the non runner with a cold who collected flags for me. A healthy cash surplus was donated to the Eden Breast Care Unit Appeal.

John S

| | | |
|---------------------|-------|-------|
| 1. S. Booth | Borr | 64.44 |
| 2. N. Sharp | Kesw | 64.56 |
| 3. J. Archbold | CFR | 65.44 |
| 4. A. Schofield | Borr | 66.40 |
| 5. S. Shuttleworth | Amble | 67.08 |
| 6. H. Symonds O/40 | Kend | 68.07 |
| 7. A. Beck O/40 | Kend | 68.23 |
| 8. L. Gibson | CFR | 68.33 |
| 9. A. Beaty | CFR | 68.44 |
| 10. B. Roberts O/40 | Mand | 69.00 |

VETERANS O/40

| | | |
|---------------|------|-------|
| 1. H. Symonds | Kend | 68.07 |
| 2. A. Beck | Kend | 68.23 |
| 3. B. Roberts | Mand | 69.00 |
| 4. P. Stones | CFR | 71.58 |
| 5. R. Lamb | L&M | 73.59 |

VETERANS O/45

| | | |
|----------------|---------|-------|
| 1. J. Winder | CalderV | 71.30 |
| 2. B. Mitchell | Mand | 72.00 |
| 3. A. Riley | Kend | 75.44 |
| 4. I. Charlton | Kesw | 75.52 |
| 5. C. Webb | CFR | 76.34 |

VETERANS O/50

| | | |
|-----------------|-------|-------|
| 1. R. Bell | Amble | 76.10 |
| 2. M. Pitchford | CFR | 80.40 |
| 3. G. Clayton | Amble | 81.10 |
| 4. M. Carson | Kesw | 81.13 |
| 5. T. Walker | Amble | 83.45 |

VETERANS O/60

| | | |
|--------------|------|--------|
| 1. D. Rigg | CFR | 92.33 |
| 2. D. Wright | Tync | 106.08 |

LADIES

| | | |
|----------------|-------|--------|
| 1. L. Osborn | Kesw | 79.42 |
| 2. K. Beaty | CFR | 82.05 |
| 3. E. Moody | N.F.R | 84.49 |
| 4. D. Thompson | Kend | 90.28 |
| 5. R. Taylor | Kesw | 92.19 |
| 6. J. King | CFR | 96.46 |
| 7. D. McCart | DkPk | 102.54 |

GREENALLS PADDYS POLE**FELL RACE****Lancashire****AS/4.5m/1100ft 3.6.97**

A record field of two hundred and sixty eight made parking a little problematical, especially for later arrivals. There were two outstanding feats in the night, the first by Pete McWade who took a staggering one minute and fifty nine seconds of the veteran over fifty record to finish third overall. The second was by Rossendale runners Keys, Preedy and Sumner who took the team prize an ended Clayton's nine year domination - no other club has ever won this prize.

My thanks to our sponsors Greenalls and the Talbot Hotel, chipping for their generous support, spirits for the winners, a can of Boddies for all competitors and pie n peas. Is this the best value race in the calendar?

Bennaley

| | | |
|-------------------|-------|-------|
| 1. M. Keys | Ross | 30.16 |
| 2. A. Preedy | Ross | 31.21 |
| 3. P. McWade O/50 | Clay | 31.46 |
| 4. D. Nuttall | Clay | 32.10 |
| 5. C. Reade | Bow | 32.16 |
| 6. G. Sumner | Ross | 32.24 |
| 7. A. Carruthers | Crawl | 32.30 |
| 8. I. Greenwood | Clay | 32.37 |
| 9. N. Proctor | Clay | 32.47 |
| 10. C. Lyons V | Horw | 32.57 |

VETERANS O/40

| | | |
|----------------|-------|-------|
| 1. C. Lyons | Horw | 32.57 |
| 2. I. Clinch | Prest | 33.02 |
| 3. B. Ashworth | Ross | 33.32 |
| 4. J. Hoit | Clay | 33.36 |
| 5. B. Walton | Horw | 33.43 |

VETERANS O/50

| | | |
|----------------|------|-------|
| 1. P. McWade | Clay | 31.46 |
| 2. B. Mitchell | Clay | 34.32 |
| 3. D. Kearns | Bolt | 35.08 |
| 4. D. Scott | Clay | 35.55 |
| 5. J. Nuttall | Clay | 36.31 |

VETERANS O/60

| | | |
|----------------|--------|-------|
| 1. W. Atkinson | N.Vets | 44.50 |
| 2. P. Knott | B'pool | 45.34 |
| 3. G. Arnold | Prest | 45.53 |

LADIES

| | | |
|----------------------|------|-------|
| 1. C. Greenwood | Bing | 33.40 |
| 2. V. Peacock O/35 | Clay | 36.28 |
| 3. U. Creagh | Merc | 38.37 |
| 4. M. Leck | L&M | 39.15 |
| 5. J. Rawlinson O/45 | Clay | 41.23 |



Pen y Ghent - Joanne Dowling & Mandy Goth of Todmorden
Photo: Dave Woodhead

WALKER RUN West Yorkshire AS/2.25m/625ft 4.6.97

John Ahey returned to break his own record, leading from the start, but hotly pursued by Rochdales's Andy Maloney. There was Bingley's Carol Greenwood who smashed the womens record by more than two minutes. The weather was hot, the going underfoot hard and dry, and the climbing tough. A great way to spend a Wednesday evening, and even better when the apres race fun got under way, in the sports club. Many thanks to the runners, please come back next June - and the stewards!

D Overend

| | | |
|--------------------|---------|--------|
| 1. J. Hey | Warr | 14.20 |
| 2. A. Maloney | Roch | 14.39 |
| 3. J. Cartwright | Denby | 15.40 |
| 4. A. Shaw | Holm | 16.01 |
| 5. S. Gelsthorpe | StBedes | 16.08 |
| 6. A. Styan O/45 | Holm | 16.118 |
| 7. G. Read | Roch | 16.22 |
| 8. I. Moore O/40 | Holm | 16.30 |
| 9. D. Overend O/40 | Holm | 16.30 |
| 10. T. Sinar O/40 | Ack | 16.30 |

VETERANS O/50

| | | |
|------------------|---------|-------|
| 1. D. Cartwright | P'stone | 19.22 |
| 2. M. Sizer | Holm | 19.22 |
| 3. M. Roberts | Holm | 25.15 |

LADIES

| | | |
|-----------------|-------|-------|
| 1. C. Greenwood | Bing | 16.50 |
| 2. B. Coomber | Denby | 20.36 |

KETTLESHULME ROSE QUEEN FELL RACE Cheshire BM/6m/850ft 4.6.97

The Kettlethulme Rose Queen Fell Race is the second event in the three race Lyme Park series. This year the race attracted a record two hundred and ten runners which was forty more than last year. It seems to gain more and more each year. Michael Hutchinson of Trafford AC won in a time of thirty five minutes and forty five seconds - setting a new course record. Graham Hill of Stockport Harriers was second in a time of thirty six minutes and two seconds. Nick Peach was third in thirty six minutes and thirty three seconds.

The first lady home was Wendy Phillips of M/C University in forty eight minutes and nineteen seconds. Our local cup went for the second year to Alisdair Gordon in a time of forty seven minutes and eleven seconds. The oldest runner this year was Robert Brealey who was over seventy in a time of sixty seven minutes and one second, he wasn't the last.

G. K Boothby

| | | |
|-------------------|-------|-------|
| 1. M. Hutchinson | Traff | 35.45 |
| 2. G. Hill | Stock | 36.02 |
| 3. N. Peach | Kend | 36.33 |
| 4. G. Cudahy | Stock | 37.00 |
| 5. D. Gartley | Gloss | 37.18 |
| 6. I. Ward | Bux | 37.38 |
| 7. G. Morson O/45 | Bux | 38.06 |
| 8. N. Ashcroft | Spec | 38.10 |
| 9. D. Keeling | Traff | 38.43 |
| 10. M. Nolan | DkPk | 38.45 |

VETERANS O/40

| | | |
|------------------|-------|-------|
| 1. B. Gregory | Stock | 39.34 |
| 2. C. Davis | Sadd | 40.46 |
| 3. T. Oakes | Spec | 41.03 |
| 4. T. Hargreaves | Stock | 41.35 |
| 5. S. Entwistle | Gloss | 41.42 |

VETERANS O/45

| | | |
|-----------------|-------|-------|
| 1. G. Morson | Bux | 38.06 |
| 2. J. Kershaw | Macc | 40.42 |
| 3. A. Brenthall | Penn | 41.16 |
| 4. P. Spivey | Bux | 44.23 |
| 5. J. Wharf | Stock | 44.35 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. P. Nolan | Macc | 42.47 |
| 2. R. Tunstall | Hels | 44.30 |
| 3. J. Chadwick | Wilms | 45.45 |
| 4. C. Ardron | Macc | 47.42 |
| 5. D. Smith | Stock | 48.05 |

VETERANS O/60

| | | |
|------------------|-------|-------|
| 1. B. Stephenson | Stock | 56.49 |
| 2. T. Maden | Unatt | 64.42 |
| 3. R. Brealey | Unatt | 67.01 |

LADIES

| | | |
|------------------------|---------|-------|
| 1. W. Phillips | M/C Uni | 48.19 |
| 2. S. Stafford O/50 | Unatt | 49.48 |
| 3. M. Chippendale O/50 | Penn | 50.25 |
| 4. G. Shepherd | Unatt | 53.01 |
| 5. J. Robertson | Spec | 53.04 |
| 6. J. Barber O/40 | Penn | 53.26 |
| 7. D. Danver O/40 | Unatt | 53.31 |
| 8. J. Cave O/40 | DkPk | 53.33 |

TOTLEY MOOR Derbyshire BS/5m/800ft 5.6.97

A near record turnout on a night that looked as if it was going to rain heavily. The race held no problems for the majority of the runners, apart from a certain runner who shall remain nameless, taking the leaders on a slight detour (he had done the race for the last six years). The race was won by a newcomer to the race, Donald Naylor of Swansea Harriers, sporting the very latest in running gear, namely a neck support. So you could say he won by a stiff neck from Paul Deaville. Finally, the weather got in on the act, just as the prizes were being given out. Last but not least my grateful thanks to all the Tolley helpers.

Rob M

| | | |
|---------------------|--------|-------|
| 1. D. Naylor | Swan | 35.15 |
| 2. P. Deaville | Gloss | 35.23 |
| 3. S. Bell | DkPk | 35.37 |
| 4. D. Ibbetson O/40 | Gloss | 36.18 |
| 5. D. Clamp | Bolt | 36.34 |
| 6. A. Wright | PFR | 36.58 |
| 7. D. Bradbury | DkPk | 37.04 |
| 8. L. Barton | Clowne | 37.09 |
| 9. A. Sealy | DkPk | 37.14 |
| 10. R. Hutton | DkPk | 37.32 |

VETERANS O/40

| | | |
|----------------|---------|-------|
| 1. D. Ibbetson | Gloss | 36.18 |
| 2. A. Wilkins | Gloss | 38.29 |
| 3. S. Hird | StlCity | 38.45 |
| 4. K. Holmes | Unatt | 39.13 |
| 5. D. Lindop | P'stone | 39.49 |

VETERANS O/45

| | | |
|-----------------|--------|-------|
| 1=F. Fielding | Gloss | 38.51 |
| 1=G. Scott | Penn | 38.51 |
| 3. C. Bradshaw | Totley | 40.04 |
| 4. R. Hopkinson | DkPk | 41.03 |
| 5. A. Ashforth | Hallam | 41.11 |

VETERANS O/50

| | | |
|------------------|---------|-------|
| 1. C. Ellis | Totley | 37.59 |
| 2. A. Burghull | Totley | 43.31 |
| 3. C. Radcliffe | DkPk | 43.33 |
| 4. D. Lockwood | Unatt | 43.46 |
| 5. M. Cartwright | P'stone | 43.56 |

VETERANS O/55

| | | |
|-------------|---------|-------|
| 1. R. Brown | P'stone | 46.08 |
| 2. R. Kemp | P'stone | 46.51 |
| 3. R. Mason | Totley | 46.54 |

VETERANS O/60

| | | |
|------------------|--------|-------|
| 1. B. Howitt | Matl | 43.37 |
| 2. G. Richardson | Clowne | 53.26 |
| 3. B. Edwards | Totley | 67.16 |

LADIES

| | | |
|----------------------|----------|-------|
| 1. J. Smith O/40 | DkPk | 44.25 |
| 2. H. Lawrenson O/35 | DkPk | 44.43 |
| 3. K. Green O/35 | DkPk | 45.44 |
| 4. J. Bednell | SheffTri | 46.07 |
| 5. J. Welbourne O/45 | P'stone | 46.56 |
| 6. P. Straw O/35 | Totley | 47.03 |
| 7. P. Bishop O/45 | Unatt | 47.54 |
| 8. A. Jorgenson O/40 | P'stone | 48.07 |

BEACON HILL FELL RACE Northumberland AS/5.75m/1500ft 5.6.97

A new race which looks like being popular as even the cut and bruised seemed to be smiling. Strong running Shaun Scott sets the record. Talented junior Duncan Scott (not related) fourth overall. Jane Saul sets the ladies record.

Ray Hayes

| | | |
|-----------------------|---------|-------|
| 1. S. Scott | N'land | 47.55 |
| 2. I. Mulvey | TyneTri | 49.20 |
| 3. G. Owens O/40 | N'land | 50.01 |
| 4. D. Scott | Tyne | 51.44 |
| 5. D. Armstrong | N'land | 52.26 |
| 6. B. Lowdon O/45 | Unatt | 53.24 |
| 7. J. Christie O/40 | Aln | 53.46 |
| 8. A. Tait O/45 | N'land | 54.02 |
| 9. R. Sewell O/40 | Morp | 54.19 |
| 10. J. Dallinson O/45 | C'mont | 54.21 |

VETERAN O/55

| | | |
|--------------|-----|-------|
| 1. W. Wright | Aln | 71.33 |
|--------------|-----|-------|

LADIES

| | | |
|------------------|--------|-------|
| 1. J. Saul | N'land | 65.22 |
| 2. A. Mitchell V | Morp | 74.38 |
| 3. P. Cooper V | Morp | 75.42 |

FIRST JUNIOR

| | | |
|-------------|------|-------|
| 1. D. Scott | Tyne | 51.44 |
|-------------|------|-------|

WELSH 1000 METRE PEAKS Gwynedd AL/21m/8500ft 7.6.97

The weather forecast had been quite threatening for the twenty seventh running of this classic event. On the day it was a little kinder than promised but not much! Strong winds over the Carneddau hampered the runners and later on, torrential rain - mercifully short lived was experienced. Yet again Colin Donnelly dominated the field. At Ogwen he had a five minute lead, over a pack of four runners. This was extended to six minutes at Pen-y-Pass and at the finish he was seven minutes clear of Trefor Jones (second) who had managed to pull eight minutes clear of Philip Gwilliam (third) in spite of only a one minute advantage at the start of the final climb. First veteran over forty was Mike Hall (eleventh) but perhaps the best result was that of Eric Meredith in the over fifty category.

All fell runners should note that this long established classic event is under significant threat due to increasing restrictions on the number of permitted runners imposed by the National Trust. This is yet another example of soft targeting of organised sport by such organisations without any concrete evidence of significant environmental impact.

A J Middleton

| | | |
|------------------|---------|---------|
| 1. C. Donnelly | Eryri | 4.08.21 |
| 2. T. Jones | Eryri | 4.15.21 |
| 3. P. Gwilliam | | 4.23.48 |
| 4. A. Griffiths | Bow | 4.32.34 |
| 5. N. Bateson | A&F | 4.35.56 |
| 6. P. Cleary | CalderV | 4.38.30 |
| 7. G. Perratt | Axe | 4.43.30 |
| 8. E. Meredith V | MDC | 4.46.36 |
| 9. J. Hunt | Mersey | 4.49.40 |
| 10. A. Jones | NWRR | 4.58.57 |

VETERANS O/40

| | | |
|---------------|-------|---------|
| 1. M. Hale | Eryri | 5.02.30 |
| 2. D. Wright | Eryri | 5.04.28 |
| 3. M. Leather | | 5.34.20 |
| 4. A. Cleave | | 5.35.03 |
| 5. T. Story | | 5.44.50 |

VETERANS O/50

| | | |
|----------------|--------|---------|
| 1. E. Meredith | MDC | 4.46.36 |
| 2. D. Lucas | Roch | 5.35.28 |
| 3. D. Sinclair | NWRR | 5.37.37 |
| 4. C. Jones | MDC | 5.44.10 |
| 5. M. Coles | Skyrac | 5.56.18 |

LADIES

| | | |
|------------------|-------|---------|
| 1. E. Dunnington | Eryri | 5.24.00 |
| 2. V. Musgrove | Wrex | 6.00.40 |

PEN Y GHENT
North Yorkshire
AS/5.5m/1650ft 7.6.97

| | | |
|---------------------|----------|-------|
| 1. M. Roberts | Borr | 42.54 |
| 2. S. Hawkins | Bing | 43.12 |
| 3. A. Bowness | Cumb | 44.18 |
| 4. I. Holmes | Bing | 44.20 |
| 5. R. Bayson | N'castle | 44.23 |
| 6. M. Keyes | Ross | 44.43 |
| 7. G. Davies | P&B | 44.53 |
| 8. D. McNeilly | N'castle | 44.36 |
| 9. M. Amore | Cumb | 45.00 |
| 10. J. Wilkinson | Shett | 45.06 |
| 11. G. Patten | P&B | 45.14 |
| 12. P. Sheard | P&B | 45.21 |
| 13. G. Oldfield | Bfd/Aire | 45.24 |
| 14. M. Rigby | Amble | 45.28 |
| 15. S. Oldfield V | Bfd/Aire | 45.24 |
| 16. M. Kinch | Bing | 45.46 |
| 17. A. Atkinson | Kly | 46.00 |
| 18. A. Trigg | Gloss | 46.19 |
| 19. L. Warburton | Spenn | 46.21 |
| 20. M. Horrocks | Clay | 46.24 |
| 21. D. McGonigle | N'castle | 46.26 |
| 22. G. Huddleston | Clay | 46.28 |
| 23. N. Spence | Kend | 46.30 |
| 24. B. Ervine | B'drain | 46.32 |
| 25. N. Carty | N.Belf | 46.37 |
| 26. J. Davis | Borr | 46.39 |
| 27. M. Patterson | Shett | 47.00 |
| 28. S. Houlsworth V | Kend | 47.04 |
| 29. C. Schofield V | Horw | 47.08 |
| 30. I. Boothroyd | Cumb | 47.10 |

VETERANS O/40

| | | |
|------------------|----------|-------|
| 1. S. Oldfield | Bfd/Aire | 45.34 |
| 2. D. Houlsworth | Kend | 47.04 |
| 3. G. Schofield | Horw | 47.08 |
| 4. M. Walsh | Kend | 48.00 |
| 5. W. Bell | Cumb | 48.56 |

VETERANS O/50

| | | |
|-----------------|---------|-------|
| 1. P. McWade | Clay | 49.06 |
| 2. K. Bartly | Cumb | 51.08 |
| 3. J. Patterson | A'ville | 51.35 |
| 4. D. Tait | DkPk | 52.04 |
| 5. K. Carr | Clay | 53.13 |

VETERANS O/60

| | | |
|---------------|-------|-------|
| 1. R. Bray | B&F | 61.56 |
| 2. H. Catlow | Dalum | 62.03 |
| 3. J. Deardon | Hels | 62.44 |

LADIES

| | | |
|--------------------|---------|-------|
| 1. C. Greenwood | Bing | 50.22 |
| 2. A. Buckley | P&B | 51.20 |
| 3. A. Mudge | Carn | 52.12 |
| 4. M. Todd | Amble | 52.59 |
| 5. J. Kenyon O/35 | Lostock | 53.11 |
| 6. T. Brindley | Cosmic | 53.37 |
| 7. V. Wilkins U/18 | Bing | 54.08 |
| 8. K. Powell | Carn | 55.49 |

INTERMEDIATES

| | | |
|---------------|--------|-------|
| 1. L. Gibson | Cumb | 47.51 |
| 2. A. Antony | LenReg | 48.15 |
| 3. A. Leck | L&M | 51.16 |
| 4. S. Cameron | RRC | 51.38 |
| 5. A. Turton | Bux | 51.54 |

JUNIORS

| | | |
|---------------|------|-------|
| 1. A. Casseks | Fife | 50.39 |
| 2. G. Hird | Kly | 50.52 |
| 3. J. McDowal | | 52.45 |

**COLEDALE HORSESHOE
FELL RACE**
Cumbria
AM/9m/3000ft 11.6.97

Congratulations to Simon on an excellent win - four days after winning the Ennerdale Horseshoe. Borrowdale took the team prize in fine style again, and Angela again was well ahead of the ladies field. We were pleased to see some novice runners doing very well, in spite of difficult conditions on the summits. The visibility was poor, particularly on Grisdale Pike, and several went astray, though none were lost for long. Sincere thanks as always to the summit marshals, Ken, Richard, Pat, Sally and Gill; to Margaret, June, Jim, Lynne and Val at the start and finish; Lyn T and friend for sweeping; and Scotgate Caravan Site for use of an excellent venue.

Barry

| | | |
|-----------------|------|---------|
| 1. S. Booth | Borr | 1.16.58 |
| 2. J. Bland | Borr | 1.17.19 |
| 3. G. Bland | Borr | 1.19.38 |
| 4. N. S pence | Kend | 1.21.24 |
| 5. J. Hepburn | Loch | 1.21.32 |
| 6. N. Sharp | Kesw | 1.22.05 |
| 7. A. Schofield | Borr | 1.23.07 |
| 8. J. Archbold | CFR | 1.23.21 |
| 9. W. Bell V | CFR | 1.24.26 |
| 10. D. Troman | Kesw | 1.25.12 |

VETERANS O/40

| | | |
|----------------|------|---------|
| 1. W. Bell | CFR | 1.24.26 |
| 2. H. Jarrett | CFR | 1.25.22 |
| 3. H. Symonds | Kend | 1.31.37 |
| 4. I. Charlton | Kesw | 1.32.16 |
| 5. R. Lamb | L&M | 1.32.23 |

VETERANS O/50

| | | |
|-----------------|------|---------|
| 1. K. Bartley | CFR | 1.32.10 |
| 2. M. Carson | Kesw | 1.44.05 |
| 3. P. Dowker | Kend | 1.44.58 |
| 4. M. Pitchford | CFR | 1.47.46 |
| 5. D. Brown | Clay | 1.48.13 |

LADIES

| | | |
|----------------------|------|---------|
| 1. A. Brand-Barker V | Kesw | 1.34.30 |
| 2. L. Osborne | Kesw | 1.40.27 |
| 3. K. Beaty | CFR | 1.42.00 |
| 4. D. Thompson | Kend | 1.54.57 |
| 5. S. Lewsley | Kesw | 1.55.55 |

THREE PIKES FELL RACE
Northumberland
CM/8m/950ft 12.6.97

The weather was poor with low cloud and conditions were very wet underfoot after a lot of heavy rain prior to the race. Because of a new forestry road having been put in over the last part of the course, the race route had to be changed at the last minute, which extended the course by about one mile and involved more climbing with one very steep climb through the forest after '3 Pikes'.

This meant a new race record for Ben Evans of Ambleside in fifty nine minutes and three seconds, on his first running of the event and it was also refreshing to see representations from Keswick in the form of Andy Lewsley who finished eighth and third veteran over forty.

Last years winner John Tullie of Teviotdale had to settle for fourth position overall, but took the first veteran over forty. Tim Wylie was second for the second consecutive year. Well done also to the first lady who was Jane Saul of the new club - Northumberland Fell Runners.

Despite the low cloud no one got lost and every one seemed to enjoy the refreshments and prize giving at Kielder Castle afterwards. The consensus of opinion was that the new course was rougher but better.

| | | |
|-----------------------|--------|---------|
| 1. B. Evans | Amble | 59.03 |
| 2. T. Wylie | Unatt | 59.30 |
| 3. A. Green | Tyne | 1.00.56 |
| 4. J. Tullie O/40 | Teviot | 1.10.37 |
| 5. S. Scott | NFR | 1.10.48 |
| 6. D. Scott | Tyne | 1.10.51 |
| 7. G. Owens O/40 | NFR | 1.20.34 |
| 8. A. Lewsley O/40 | Kesw | 1.20.46 |
| 9. M. Broadhurst O/40 | Tyne | 1.30.36 |
| 10. D. Armstrong | NFR | 1.30.59 |

VETERANS O/45

| | | |
|---------------|-------|---------|
| 1. B. Lowdon | Unatt | 1.50.31 |
| 2. A. Tait | NFR | 1.60.41 |
| 3. R. Dawson | Tyne | 1.11.24 |
| 4. H. Forrest | Tyne | 1.16.47 |
| 5. J. Brown | Tyne | 1.17.31 |

VETERANS O/50

| | | |
|----------------|---------|---------|
| 1. D. Cockburn | Morp | 1.11.55 |
| 2. B. Campbell | Gosf | 1.12.30 |
| 3. A. Mitcham | Tyne | 1.16.02 |
| 4. C. Grime | R'trees | 1.18.03 |

VETERANS OVER 55

| | | |
|-----------------|-------|---------|
| 1. R. Hayes | NFR | 1.12.21 |
| 2. M. Sanderson | Unatt | 1.22.49 |

VETERAN O/60

| | | |
|--------------|------|---------|
| 1. D. Wright | Tyne | 1.29.03 |
|--------------|------|---------|

LADIES

| | | |
|-----------------------|------|---------|
| 1. J. Saul | NFR | 1.18.09 |
| 2= F. Hutchinson O/35 | Tyne | 1.32.53 |
| 2= H. Dickinson O/35 | Tyne | 1.32.53 |
| 2= R. Fletcher O/35 | Tyne | 1.32.53 |

**PATRICK
Isle of Man
AM 14.6.97**

This year's event was held in dense mist making navigation extremely difficult.

The adverse weather did not stop a record entry lining up at the Creggan Moor start to do battle over the tough ten mile course.

International race walker Steve Partington gave defending champion, Tony Rowley, a close race. He looked as if he might even take the honours until coming off the final checkpoint on South Barrule summit where he went astray in the dense mist, giving Rowley enough breathing space to take another victory.

The descent of South Barrule saw many competitors come unstuck although they all eventually made it back to the Patrick finish, no doubt encouraged by the thought of the wonderful buffet that was provided after the race by Margaret Quirk - the hardworking President of the Manx Mountain Marathon Organisation.

| | | |
|------------------|-----|---------|
| 1. T. Rowley | MFR | 1.39.30 |
| 2. S. Partington | MH | 1.40.56 |
| 3. P. Kaneen | MH | 1.42.26 |

VETERANS O/40

| | | |
|-----------------|-----|---------|
| 1. D. Young | MFR | 1.41.53 |
| 2. R. Webb | MH | 1.50.03 |
| 3. R. Stevenson | MFR | 1.50.12 |

VETERANS O/50

| | | |
|-----------------|-----|---------|
| 1. D. Corrin | MH | 1.50.24 |
| 2. R. Callister | MH | 1.54.19 |
| 3. S. Moynhin | SAC | 1.57.44 |

LADIES

| | | |
|---------------|----|---------|
| 1. B. Walker | MH | 1.48.11 |
| 2. R. H ooton | MH | 2.06.57 |

SPELGA SKYLINE
Co. Antrim
AL/12m/4500ft 14.6.97

| | | |
|-------------------|---------|---------|
| 1. B. Ervine | B'drain | 1.49.35 |
| 2. R. Bryson | New | 1.58.41 |
| 3. D. McNeilly | New | 2.03.26 |
| 4. P. McWhirt | New | 2.08.42 |
| 5. W. McKay O/45 | A'ville | 2.17.46 |
| 6. J. Blackett | | 2.20.56 |
| 7. D. Brannigan | New | 2.24.34 |
| 8. D. Rankin O/50 | | 2.26.50 |
| 9. P. Howie O/40 | Larne | 2.30.48 |
| 10. C. Nicholl | BARF | 2.32.06 |

LADIES

| | | |
|-----------------|---------|---------|
| 1. A. Sandford | B'drain | 3.03.23 |
| 2. V. O'Connell | Lisburn | 3.17.47 |
| 3. H. McKeeman | BARF | 3.38.38 |
| 4. S. Pruzniou | BARF | 3.43.30 |
| 5. S. Porter | BARF | 3.45.26 |



Brian Ervine, winner at Spelga, leads Mark Horrocks at Pen y Ghent
Photo: Dave Woodhead

RIBER RUN
Derbyshire
BS/5m/1000ft 18.8.97

Buxton Athletic Clubs Ivor Ward took the top individual honours at the annual Riber Run.

It was only in the later stages that Ivor managed to overhaul runner-up Nick Bassett after the Hartington based athlete had been first to scale the summit at Riber.

This victory emphasized the incredible come back of Ward who had recorded a number of excellent victories over multi terrain, after coming back to athletics after a gap of ten years - a gap spent playing rugby at Buxton.

There was reason for celebration within Matlock Athletic Club as they took the first two places in the ladies field with Tracy Erskine winning and Andrea Higgins second.

The battle for supremacy among the male veterans (over forty years) was again intense with Gordon Cresswell edging out Malcolm Brown with Matlock also claiming the ladies veteran prize through Andrea Higgins.

Conditions were cool and dry for the fifty seven competitors.

Michael Overend

| | | |
|------------------|--------|-------|
| 1. I. Ward | Bux | 31.44 |
| 2. N. Bassett | | 32.02 |
| 3. D. Turnbull | Ere | 32.31 |
| 4. G. Cresswell | Matl | 32.43 |
| 5. M. Brown | Bux | 32.54 |
| 6. S. Oglethorpe | DkPk | 33.53 |
| 7. C. Bourne | DkPk | 34.08 |
| 8. M. Wynne | DkPk | 34.25 |
| 9. M. Moorhouse | Matl | 34.38 |
| 10. A. Plumber | Viking | 34.52 |

VETERANS O/40

| | | |
|-----------------|------|-------|
| 1. G. Cresswell | Matl | 32.43 |
| 2. M. Brown | Bux | 32.54 |
| 3. M. Wynne | DkPk | 34.25 |

VETERANS O/45

| | | |
|---------------|------|-------|
| 1. D. Tate | DkPk | 35.03 |
| 2. H. Ramczyk | Merc | 36.58 |
| 3. N. Bowler | DkPk | 37.06 |

VETERANS O/50

| | | |
|-----------------|------|-------|
| 1. J. Armistead | DkPk | 40.08 |
| 2. R. Bleakman | DVO | 41.24 |
| 3. J. Titterton | Matl | 44.34 |

LADIES

| | | |
|---------------|-------|-------|
| 1. T. Erskine | Matl | 40.50 |
| 2. A. Higgins | Matl | 43.12 |
| 3. J. Hartog | WtePk | 44.57 |
| 4. S. Mead | Matl | 46.31 |
| 5. D. Worthy | | 47.49 |

**GRINDLEFORD CARNIVAL
FELL RACE**
Derbyshire
BS/4m/550ft 19.6.97

After some cool snowy weather in the preceding days and in promising conditions on race day, a number of non-committed runners wimped out, so that the entry was somewhat down this year. However, this made for a better race by avoiding over crowding in the early stages. In addition the start was changed so that a lap of two fields thinned the crush in the early stages.

As a result the times can now be assumed to be the new course record.

| | | |
|----------------|---------|-------|
| 1. A. Buckley | SHUHL | 32.33 |
| 2. A. Jones V | Gloss | 32.44 |
| 3. D. Yates | Matl | 32.51 |
| 4. A. Wright | P'stone | 33.19 |
| 5. J. Reeve V | Kend | 33.34 |
| 6. D. Bradbury | DkPk | 33.52 |
| 7. L. Benton | Clowne | 33.58 |
| 8. A. Ward | Unatt | 34.07 |
| 9. M. Ward | DkPk | 34.33 |
| 10. R. Hutton | DkPk | 34.37 |

LADIES

| | | |
|-----------------|-------|-------|
| 1. K. Dalton | DkPk | 36.56 |
| 2. B. Dawson | Unatt | 39.19 |
| 3. D. Pelly V | DkPk | 40.47 |
| 4. A. Van Gulik | SYO | 42.22 |



*Victoria Musgrove, winner at Yndd Myfyr
Photo: John Cartwright*

YNYDD MYFYR HILL RACE
Shropshire
CS/4.5m/500ft 26.5.97

The Mynydd Myfyr Hill Race was another success - with a good quality entry perhaps we are 'spoiled' a little here on the borders, having the Davies family living close by, although elder brother Tim had left to join the Royal Marines a few days earlier, young Andrew set up what must have been a record for the course, as his time equaled the previous best, despite the fact that the course was extended i.e. Routed around fields as against cutting across - this was in order to keep in the good books of the local farmer who had been unable to 'cut' his silage crop, but very obligingly he had cut a path around his two fields - Simon Forster the 96/97 Welsh Champion also made an appearance to finish as runner up on this occasion.

Victoria Musgrove O/40 was a good winner of the ladies race - the event had become well established and will be a regular feature in the Fell Running Diary.

Doug Morris

| | | |
|----------------------|---------|-------|
| 1. A. Davies U/17 | Merc | 21.09 |
| 2. S. Forster | Eryri | 21.31 |
| 3. D. Warren | ValeRoy | 21.49 |
| 4. D. Hughes U/16 | Wrex | 22.58 |
| 5. N. Hazelwood U/19 | Hales | 23.10 |
| 6. L. Dailow | Chip | 23.22 |
| 7. J. Rowlands O/45 | OswOly | 23.47 |
| 8. C. Ashley | Wrex | 23.52 |
| 9. G. Manson O/40 | OswOly | 24.10 |
| 10. J. Fry O/45 | Telf | 24.39 |

FIRST VETERAN O/50

| | | |
|-------------|---------|-------|
| 1. I. Jones | Deeside | 25.09 |
|-------------|---------|-------|

LADIES

| | | |
|---------------------|------------|-------|
| 1. V. Musgrove O/40 | Wrex | 27.09 |
| 2. W. Walton O/35 | ShropShuff | 27.38 |
| 3. S. Candy | ShropShuff | 27.57 |
| 4. H. Griffiths | Wrex | 28.34 |
| 5. M. Meredith O/50 | P'atyn | 29.46 |

VETERANS O/60

| | | |
|-----------------|---------|-------|
| 1. T. Partridge | Wrex | 30.33 |
| 2. R. Warren | ValeRoy | 33.02 |
| 3. R. Jarvis | Wrex | 33.25 |

CASTLETON FELL RACE
Derbyshire
AM/6m/1500ft 20.8.97

Having changed the date of the race so that it did not clash with the Totley race, unfortunately it clashed with Grindleford's Thursday night race. This, together with the terrible weather, it rained all day but eased up for the race, although it was very misty with low cloud covering much of the course from loose Hill to Mam Tor, must have the lowest for three years. However, I am very pleased to report that it was again supported by the regulars namely Paul Deaville, Andrea Carruthers and our friends from Portsmouth Chris Hack and David Yetton. The ladies race was poorly supported, but Elizabeth Batt from Buxton finished the race in a new record time of fifty minutes and fourteen seconds. And despite the conditions the finishing times of all the races were very good. The event was again sponsored by Brian and Marion Johnson who ran the Old Barn Outdoor Shop in the Market Place, Castleton, who donated many spot prizes for the competition. Hopefully next year I will be able to select a date which does not clash with neighbouring events and attract a bigger field.

M Mattio

| | | |
|------------------|---------|-------|
| 1. J. Brown | Salf | 41.54 |
| 2. T. Okell | Stock | 43.54 |
| 3. P. Deaville | Gloss | 44.01 |
| 4. N. Bassett | Bux | 44.21 |
| 5. A. Carruthers | Crawl | 45.09 |
| 6. E. Tressider | Wirk | 45.13 |
| 7. S. Gregory | Holme | 45.19 |
| 8. A. Sealy | DkPk | 45.22 |
| 9. D. Yates | Matl | 45.27 |
| 10. J. Morgan | BkDeath | 46.34 |

VETERANS O/40

| | | |
|---------------|---------|-------|
| 1. S. Hird | StlCity | 51.31 |
| 2. M. Derrick | StlCity | 51.48 |
| 3. N. Oxley | Drow | 52.08 |
| 4. M. Hughes | Sheff | 52.47 |
| 5. D. Yetton | Ports | 56.05 |

VETERANS O/50

| | | |
|--------------|--------|-------|
| 1. D. Owen | Long | 57.40 |
| 2. R. Mason | Totley | 58.52 |
| 3. P. Powell | Stock | 88.48 |

LADIES

| | | |
|-----------------|--------|-------|
| 1. E. Batt | Bux | 50.14 |
| 2. M. Mills | HolmeP | 58.06 |
| 3. H. Elleker | Hallam | 55.02 |
| 4. V. Brockwell | HolmeP | 67.39 |

JUNIORS

| | | |
|---------------|-------|-------|
| 1. J. Salisby | Matl | 24.05 |
| 2. M. Hudson | Bux | 24.17 |
| 3. T. Field | C'ton | 26.05 |

COCK HOWE UP DOWN
Cleveland
AS/3m/800ft 17.6.97

| | | |
|--------------------|--------|-------|
| 1. C. Stead | Thirsk | 18.09 |
| 2. M. Burn | Thirsk | 18.42 |
| 3. B. Roberts O/40 | Mand | 18.48 |
| 4. P. Wragg | Thirsk | 18.51 |
| 5. S. Scott | | 18.59 |
| 6. A. Harland | Mand | 19.04 |
| 7. P. Bradley | Morp | 19.09 |
| 8. P. Buckley O/40 | Marske | 19.15 |
| 9= P. Vale | Mand | 19.28 |
| 9= R. Cole | Mand | 19.28 |

VETERAN O/40

| | | |
|----------------|--------|-------|
| 1. B. Roberts | Mand | 18.48 |
| 2. P. Buckley | Marske | 19.15 |
| 3. P. Kelly | Darl | 19.45 |
| 4. R. Mitchell | Mand | 19.57 |
| 5. C. Pattison | | 20.29 |

VETERAN O/50

| | | |
|--------------------|--------|-------|
| 1. M. Hetherington | Nestle | 22.20 |
| 2. A. Wikeley | Thirsk | 22.51 |
| 3. N. Dyson | Mand | 23.07 |
| 4. E. Huck | Thirsk | 23.33 |
| 5. R. Stevenson | Mand | 24.05 |

VETERAN O/60

| | | |
|------------------|------|-------|
| 1. R. Bainbridge | Mand | 24.41 |
| 2. D. Cook | Mand | 25.50 |
| 3. P. Braney | BMH | 26.27 |

LADIES

| | | |
|-------------------|--------|-------|
| 1. S. Yardley | HBR | 24.01 |
| 2. S. Gaylor | Mand | 24.51 |
| 3. J. Soper O/35 | Thirsk | 25.05 |
| 4. H. Young | Quaker | 25.06 |
| 5. C. Mears O/35 | Darl | 26.25 |
| 6. S. Jemsen O/40 | Marske | 27.39 |
| 7. J. Sexton O/35 | Marske | 28.50 |
| 8. M. Allan O/45 | | 29.37 |

JAMES BLAKELEY FELL RACE
West Yorkshire
BS/3m/500ft 21.6.97

On a cold wet and misty mid-summers' day it was pleasing to see a good turnout with entries up on last year. A strong team from Pudsey and Bramley helped to make this year's race (incidentally the sixtieth), more competitive in recent years!

Robert Jackson (Horwich) had his second successive triumph, managing to hold off two contenders from Pudsey who this year displaced Holmfirth as winning team. It was encouraging to see young talent in the form of Natalie White can more than hold her own amongst senior competition to take the lady's prize.

Robert K

| | | |
|----------------------|---------|-------|
| 1. R. Jackson | Horw | 18.13 |
| 2. P. Stevenson | P&B | 18.24 |
| 3. P. Deaville | Gloss | 18.35 |
| 4. K. Davis O/40 | P'stone | 19.06 |
| 5. A. Illingworth | P&B | 19.15 |
| 6. A. Hauser O/40 | P&B | 19.28 |
| 7. D. Hurton | Denby | 19.37 |
| 8. A. Styan O/45 | Holm | 19.50 |
| 9. B. Harbisher O/40 | Holm | 20.04 |
| 10. I. Mitchell O/45 | L'wood | 20.18 |

VETERANS O/50

| | | |
|-----------------|---------|-------|
| 1. R. Bradley | Holm | 22.10 |
| 2. D. Jeffrey | P'stone | 24.42 |
| 3. M. Schofield | Spem | 25.13 |

VETERANS O/55

| | | |
|----------------|--------|-------|
| 1. B. Buckley | Gloss | 22.19 |
| 2. K. Bamforth | HolmeV | 23.09 |
| 3. T. Cook | Holm | 25.07 |

LADIES

| | | |
|--------------------|-------|-------|
| 1. N. White U/16 | Holm | 22.35 |
| 2. J. Shotton O/35 | P&B | 23.16 |
| 3. B. Coomber | Denby | 25.23 |
| 4. J. Hodgson | Sadd | 25.41 |

**LANGCLIFFE CARNIVAL
FELL RACE**
North Yorkshire
AS/2.5m/900ft 21.6.97

| | | |
|----------------|--------|-------|
| 1. A. Maloney | Roch | 21.08 |
| 2. C. Hirst | Settle | 21.58 |
| 3. G. Gough | Clay | 23.17 |
| 4. A. Hassell | Settle | 23.21 |
| 5. A. Shepherd | Settle | 24.03 |
| 6. M. Nutter | Clay | 24.37 |
| 7. I. Swallow | Kend | 24.41 |
| 8. S. Furness | Black | 24.57 |
| 9. A. Holden | Helli | 25.27 |
| 10. B. Smith | Ross | 25.33 |

INTERMEDIATES

| | | |
|----------------|--------|-------|
| 1. B. Lonsdale | Lang | 26.25 |
| 2. S. Shepherd | Settle | 33.18 |

JUNIORS

| | | |
|----------------|--------|-------|
| 1. A. Godwin | Ross | 10.33 |
| 2. G. Corderm | Settle | 10.53 |
| 3. A. Whaites | Settle | 10.58 |
| 4. D. Shepherd | Settle | 11.32 |



Andy Maloney, winner at Langcliffe
Photo: Peter Hartley

EILDON TWO HILLS RACE
Selkirkshire
AS/4.5m/1500ft 21.6.97

After a week of heavy rain the conditions were very muddy and slippery, but this did not deter Neil Wilkinson from running away from the smallest field for a few years but he won without being headed in a good time of twenty eight minutes. Also Megan Smith won the Ladies race with as much ease. The weather for the race was sunny and warm. Forty eight runners started and finished. Next years race will be Saturday the 20th June 1998.

| | | |
|----------------------|---------|-------|
| 1. N. Wilkinson | RonHill | 28.00 |
| 2. S. Cairns | Mizono | 30.57 |
| 3. J. Taylor | Clay | 31.19 |
| 4. S. Rivers | Cosmic | 31.31 |
| 5. J. Coyle | Carn | 31.49 |
| 6. J. Blairfish O/40 | Carn | 32.00 |
| 7. J. Dickinson | Tyne | 32.10 |
| 8. D. Brown | Solway | 32.33 |
| 9. T. Ireland | A&D | 34.07 |
| 10. M. Smith | HBT | 34.13 |

VETERANS O/40

| | | |
|-----------------|--------|-------|
| 1. J. Blairfish | Carn | 32.00 |
| 2. J. Dickinson | Tyne | 32.10 |
| 3. B. Green | Solway | 35.56 |
| 4. A. Hogg | Teviot | 37.34 |
| 5. R. Sloan | Carn | 38.16 |

VETERANS O/50

| | | |
|---------------|--------|-------|
| 1. J. Knox | Gala | 35.59 |
| 2. W. Kinneal | A&D | 38.08 |
| 3. A. Lorimer | HBT | 38.19 |
| 4. B. Pringle | Teviot | 41.32 |
| 5. M. Pearson | Carn | 46.08 |

LADIES

| | | |
|-------------------|--------|-------|
| 1. M. Smith | HBT | 34.13 |
| 2. P. Affleck V | Gala | 38.37 |
| 3. I. Knox | Edin | 39.00 |
| 4. D. MacDonald V | HBT | 39.58 |
| 5= L. Haining | Gala | 41.39 |
| 5= S. Dickinson | Unatt | 41.39 |
| 7. J. Smith V | P'cuik | 44.09 |
| 8. S. King V | Clydes | 46.56 |

JUNIORS

| | | |
|----------------|--------|-------|
| 1. S. Crichton | M'rose | 45.47 |
| 2. D. Pennam | Earl | 46.34 |

**GLEN ROSA HORSESHOE
HILLRACE**
Arran
AL/13m/5500ft 21.6.97

This year again we had excellent running from Dave Cummins and Gordon Allsop, both achieving personal bests. Dave led most of the way and was very surprised to see Gordon so close behind approaching the finish. Gordon chose a very different route to David off Goat Fell and it proved to be a much faster one.

Anestis technique of following Gordon round the course gets no points for originality, but it did secure the team prize for Shettleston.

There was low mist in places this year, so many runners new to the course had to resort to map and compass. First, in brandishing a compass was Dermott whose time was a credit under these circumstances. Colin Donnelly admitted to the mistake of putting his compass away on Goatfell thinking he knew the way from there, anyway I understand he enjoyed the view during his detour.

Special thanks must go to Ian Bimrose who after winning the over fifty trophy went back onto Reinn a Chliabhain on Sunday and brought down the flags.

Thanks also to Arran Distillers, with such a small field finding prizes would be very difficult without their generosity.

| | | |
|----------------------|-------|---------|
| 1. D. Cumins | Shett | 2.25.29 |
| 2. G. Allsop | Arran | 2.25.48 |
| 3. A. Davinhill | Shett | 2.26.25 |
| 4. D. Megonigal | Shett | 2.41.16 |
| 5. J. Clark | Ochil | 2.41.30 |
| 6. E. Mackay | Ochil | 2.41.33 |
| 7. B. Roberts O/40 | Mand | 2.42.52 |
| 8. H. Nicholson O/40 | Clay | 2.45.04 |
| 9. D. Gamble | Mand | 2.48.24 |
| 10. P. Wilson O/40 | Arran | 2.49.57 |

FIRST OVER FIFTY

| | | |
|---------------|--|---------|
| 1. I. Bimrose | | 3.08.10 |
|---------------|--|---------|

LADIES

| | | |
|--------------|---------|---------|
| 1. E. Scott | W'lands | 3.32.22 |
| 2. J. Cairns | W'lands | 3.34.10 |



Neil Wilkinson, winner at Eildon
Photo: Jean Shotton

THE CHEVY CHASE
Northumberland
BL/20m/4000ft 21.6.97

The flames of flaming June 97 never put in an appearance, but in retrospect June 21st - the day of the 42nd Chevy Chase was rather good despite buckets of rainfall beforehand. Although a cloudy gloom hung over the proceeding the winds and showers were light. Peat bogs were on everyone's mind as one hundred and twenty three starters jettisoned themselves towards knee to thigh deep peat on cheviot flanks and summit, (twenty nine entrants stayed amongst their home comforts).

Though 96% relative humidity and on super-saturated ground, the going was perceptibly tough and slow - however, Sean Scott of the recently formed Northumberland Fell Runners Club was in a hurry - a Newcastle city centre policeman - he warded off the strong challenge of John Owens, Fred Smith, Keith Wood and Steve Taylor, he had to be on duty down the Bigg Market by 6.00pm.

Jane Saul was the first of the ten ladies who started. In the team battle, Saltwell regained their trophy, ahead of the potentially future dominant Northumberland Fell Runners. Many local runners joined the latter just before the Chevy Chase was run, but after entries had been processed.

Thanks to all who took part in the indispensable volunteers who help out whatever the weather - their comfort on this occasion was enhanced by the wonderful sight of contestants ploughing through that 'lush' peat.

P.S. Thanks to all who contributed to the money raised for the Chevy iot Summit re: vegetarian project.

Lawrence Heslop

| | | |
|-----------------------|-------|---------|
| 1. S. Scott | N.FR | 2.5.31 |
| 2. J. Owens O/40 | Unatt | 2.57.29 |
| 3. F. Smith | Salt | 2.57.56 |
| 4. K. Wood | Salt | 2.58.56 |
| 5. S. Taylor | Clay | 3.03.28 |
| 6. A. Clarke | Tyne | 3.03.50 |
| 7. R. Townsend | Salt | 3.12.57 |
| 8. M. Broadhurst O/40 | Unatt | 3.14.27 |
| 9. D. Armstrong | Tyne | 3.17.37 |

VETERANS O/40

| | | |
|------------------|-------|---------|
| 1. J. Owens | Unatt | 2.57.29 |
| 2. M. Broadhurst | Unatt | 3.14.27 |
| 3. F. Clarke | Salt | 3.17.57 |

VETERANS O/50

| | | |
|------------------|-------|---------|
| 1. W. Richardson | Unatt | 3.38.55 |
| 2. R. Hayes | Morp | 3.43.12 |
| 3. R. Gray | Amble | 3.58.37 |

VETERANS O/60

| | | |
|--------------|---------|---------|
| 1. P. Braney | Billing | 4.27.57 |
| 2. D. Wright | Tyne | 4.46.11 |
| 3. N. Dodd | Unatt | 6.00.36 |

LADIES

| | | |
|----------------------|--------|---------|
| 1. J. Saul | C'mont | 4.03.40 |
| 2. J. Porritt | E.Hull | 4.12.39 |
| 3. H. Dickinson O/40 | Tyne | 4.28.40 |
| 4. L. Brosnan O/40 | Unatt | 4.46.07 |

WEST LEAKE COUNTRY RUN Nottinghamshire CS/5m/410ft 27.6.97

A pleasantly warm afternoon and a good turnout for this 'billy' run around the South Nottinghamshire countryside. A fair few runners had competed in the local 10K road race in the morning, so thanks to them and everybody for coming.

Last year we had the infamous 'Lord Lucan' running, this year it was the local Nottinghamshire lad 'Robin Hood' of the Sherwood outlaws. Not a bad time for a veteran O/760, but I suppose it's all that running away from the Sheriff of Nottingham which keeps him fit!

Thank you to all those who helped and covered all my many oversights.

Tim Parr

| | | |
|-------------------|---------|-------|
| 1. D. Hurton | Denby | 26.26 |
| 2. A. Buckley | Gates | 26.37 |
| 3. I. Mant | Charn | 26.40 |
| 4. A. Davies U/18 | Merc | 26.49 |
| 5. T. Werrett | Merc | 26.56 |
| 6. P. Jurczuk V | Ivanhoe | 27.42 |
| 7. P. Fooks | HolmeP | 27.55 |
| 8. C. Black | Charn | 28.52 |
| 9. P. Mann | Ivanhoe | 29.10 |
| 10. S. Rowell | P&B | 29.27 |

VETERANS O/40

| | | |
|------------------|----------|-------|
| 1. P. Jurczuk | Ivanhoe | 27.42 |
| 2. D. Bray | WestE nd | 30.10 |
| 3. L. Chesterton | Owls | 30.25 |

VETERANS O/45

| | | |
|----------------|---------|-------|
| 1. A. Jeyes | Ivanhoe | 32.04 |
| 2. B. Kendrick | Ivanhoe | 33.46 |
| 3. K. Baron | Ivanhoe | 33.49 |

VETERANS O/50

| | | |
|---------------|-------|-------|
| 1. S. West | Owls | 29.33 |
| 2. R. Bradley | Holm | 30.28 |
| 3. K. Allen | Notts | 30.56 |

FIRST VETERAN O/55

| | | |
|--------------|------|-------|
| 1. D. Walker | Merc | 35.05 |
|--------------|------|-------|

FIRST VETERAN O/60

| | | |
|---------------|-------|-------|
| 1. G. Travers | Derby | 37.28 |
|---------------|-------|-------|

LADIES

| | | |
|------------------|----------|-------|
| 1. S. Rowell | P&B | 29.27 |
| 2. A. Carrington | Shelton | 34.26 |
| 3. G. Evans O/35 | ShepShed | 36.09 |
| 4. F. Cooke O/40 | March | 36.45 |
| 5. J. Lea O/35 | Nun | 36.49 |

OLD COUNTY TOPS RACE Cumbria AL/35m/9000ft 28.6.97

This years race was again held in un-seasonal weather conditions. Showers, low cloud and strong winds all combined to make this another testing time for the competing teams, not to mention the marshals manning the check points. The event was won for the second consecutive year by Mark Fleming and Stuart Shuttleworth of Ambleside, again putting in a fine performance. Improving on the previous years time but just failing to get under seven hours. Regular competitors Bill Buckley and Rob Poole of Glossopdale also improved on last years time and in so doing again reduced the over fifty's record. The Macclesfield pair of Phil Cheek and David Tucker won the over forty five category for the third year running. After a gap of several years the team prize was once again won by the host club Achille Ratti.

Alan Kenny

| | | |
|---------------------------|-----------|---------|
| 1. Fleming/Shuttleworth | Ambleside | 7.00.24 |
| 2. Tridimas/Duncan O/40 | Mersey | 8.16.45 |
| 3. Jones/Green | AchRat | 8.38.49 |
| 4. Cheek/Tucker O/45 | Macc | 8.43.40 |
| 5. Holloway/Sweatman O/45 | Horw | 8.48.22 |

COWPE FAIR FELL RACE Lancashire AS/3m/800ft 24.6.97

| | | |
|------------------------|-------|-------|
| 1. M. Aspinall | Clay | 20.50 |
| 2. A. Maloney | Roch | 20.57 |
| 3. A. Preedy | Ross | 21.46 |
| 4. G. Sumner | Ross | 21.49 |
| 5. C. Shuttleworth | Prest | 21.53 |
| 6. C. Davies V | Sadd | 21.58 |
| 7. D. Cole | Bury | 22.11 |
| 8. S. Sumner | Ross | 22.47 |
| 9. A. McVey J | Bolt | 22.54 |
| 10. B. Waterhouse O/45 | Sadd | 23.20 |

VETERANS O/40

| | | |
|-----------------|-------|-------|
| 1. C. Davies | Sadd | 21.58 |
| 2. A. Robinson | Clay | 20.30 |
| 3. D. Nicholson | Prest | 24.15 |
| 4. S. Gross | Sadd | 24.18 |
| 5. J. Griffin | Bury | 24.52 |

VETERANS O/45

| | | |
|------------------|------|-------|
| 1. B. Waterhouse | Sadd | 23.20 |
| 2. H. Waterhouse | Sadd | 23.24 |
| 3. J. Dore | Roch | 24.22 |
| 4. T. McCoy | Ross | 24.29 |
| 5. J. Windle | Clay | 26.05 |

VETERANS O/50

| | | |
|------------------|-------|-------|
| 1. D. Gibson | Sadd | 26.20 |
| 2. M. Dochorty | Sadd | 26.41 |
| 3. P. Blagbrough | Sadd | 29.18 |
| 4. G. Corbishley | Ross | 30.08 |
| 5. B. Dearnaley | Prest | 31.03 |

FIRST VETERAN O/55

| | | |
|-------------|------|-------|
| 1. G. Navan | Ross | 29.14 |
|-------------|------|-------|

FIRST VETERAN O/60

| | | |
|-------------|------|-------|
| 1. J. Riley | Clay | 48.41 |
|-------------|------|-------|

LADIES

| | | |
|-----------------------|--------|-------|
| 1. K. Mather | Sadd | 27.00 |
| 2. L. Whittaker | Sadd | 27.10 |
| 3. H. Sandelands O/35 | Skelmn | 27.27 |
| 4. S. McNulty O/35 | Radc | 30.23 |
| 5. P. Dore O/35 | Roch | 30.29 |
| 6. J. Hodgson | Sadd | 30.40 |
| 7. S. Kiveal O/35 | Sadd | 31.22 |
| 8. J. Barber O/35 | Sadd | 31.47 |

JUNIORS

| | | |
|---------------|------|-------|
| 1. A. McVey | Bolt | 22.54 |
| 2. J. Griffin | Bury | 26.26 |
| 3. C. Bateson | Ross | 29.11 |

PATTERDALE OLD GUIDES RACE Cumbria AS/2m/1000ft 29.6.97

| | | |
|------------------|-----------|-------|
| 1. L. Gibson | CFR | 14.14 |
| 2. R. Hope | Horw | 14.29 |
| 3. N. Sharp | Kesw | 14.33 |
| 4. S. Hicks | Borr | 14.58 |
| 5. A. Beck V | Kend | 15.21 |
| 6. B. Evans | Ambleside | 15.41 |
| 7. C. Cadwell | Bolt | 15.48 |
| 8. A. Life | Clay | 15.50 |
| 9. A. Schofield | Borr | 15.55 |
| 10. C. Valentine | Kesw | 16.15 |

VETERANS O/40

| | | |
|--------------|--------|-------|
| 1. A. Beck | Kend | 15.21 |
| 2. D. Ombus | Kesw | 17.34 |
| 3. J. Marsh | Teviot | 19.10 |
| 5. J. Varley | Fellan | 20.28 |

VETERANS O/45

| | | |
|-----------------|------|-------|
| 1. D. Bridge | Borr | 17.24 |
| 2. M. Moss | Howg | 19.30 |
| 3. R. Lee | Clay | 19.34 |
| 4. M. Bridge | Kesw | 20.54 |
| 5. N. Longworth | Kend | 21.31 |

VETERANS O/50

| | | |
|----------------|-------|-------|
| 1. P. McArthur | Chesh | 17.56 |
| 2. T. Targett | Clay | 20.21 |

FIRST VETERAN O/55

| | | |
|--------------|------|-------|
| 1. D. Patley | Borr | 19.54 |
|--------------|------|-------|

LADIES

| | | |
|-------------------|--------|-------|
| 1. L. Osborn | Kesw | 18.17 |
| 2. S. Forsyth | Kesw | 20.51 |
| 3. M. Bridge O/40 | Kesw | 20.54 |
| 4. C. Life | Clay | 21.03 |
| 5. C. Kenyon O/35 | Fellan | 23.52 |

SETTLE HILLS RACE North Yorkshire 6.5m/1700ft 29.6.97

Two hundred runners converged on the North Ribblesdale rugby club for the sixth running of the Settle Hills Fell race. The senior race was lead by a group of seven runners leaving the Market Place via Constitution Hill and then climbing steeply up to Warrendale Knotts. Rising above Victoria Cave on limestone pastures, Greg Hull swapped the lead with Sean Willis and USA-bound Matt Whitfield. Back down to Attermire, the runners hoped that the return to Settle would be straightforward, but the new flagged route lead up to the summit of High Hill, with fine views over Ribblesdale for those who had time to pause. Hull Stretched out his lead and was credited with the record for the new course. Victoria Wilkinson of Bingley harriers was the first lady to finish in fifty nine minutes and three seconds, thirty seventh position overall. An excellent junior turnout had thirty six runners. Some new prize winners are seen here due to a clash with the Winter Hill Championship race. Organiser John Crossland gave out a total of seven hundred and fifty pounds worth of prizes including Nike as the main sponsor to the winners after the race.

| | | |
|------------------|-------|-------|
| 1. G. Hull | Lds | 49.20 |
| 2. S. Willis | Tod | 49.41 |
| 3. M. Whitfield | Bing | 49.48 |
| 4. A. Wrench | Tod | 50.04 |
| 5. G. Oldfield | Bfd/A | 50.27 |
| 6. L. Warburton | Spenn | 50.54 |
| 7. C. Hirst | Set | 51.11 |
| 8. M. Walsh O/40 | Kend | 52.16 |
| 9. M. Horrocks | Clay | 53.06 |
| 10. K. Smith | Tod | 53.27 |

VETERAN O/40

| | | |
|-----------------|------|-------|
| 1. M. Walsh | Kend | 52.16 |
| 2. B. Whitfield | Bing | 53.44 |
| 3. T. Taylor | Ross | 54.00 |

VETERAN O/50

| | | |
|----------------|--------|-------|
| 1. G. Breeze | Skyrac | 61.22 |
| 2. R. Blakeley | Tod | 62.42 |
| 3. P. Reynard | Fell | 64.37 |

VETEARN O/60

| | | |
|------------------|------|-------|
| 1. J. Barker | Clay | 67.58 |
| 2. B. Hargreaves | Tod | 80.33 |
| 3. J. Newby | U/A | 89.05 |

FIRST VETERAN O/70

| | | |
|---------------|-----------|-------|
| 1. J. Merritt | Ambleside | 88.17 |
|---------------|-----------|-------|

LADIES

| | | |
|-----------------------|-------|-------|
| 1. V. Wilkinson | Bing | 59.03 |
| 2. J. Prowse O/35 | Keigh | 63.56 |
| 3. P. Walsh O/35 | Prest | 66.18 |
| 4. H. Johnson | U/A | 66.31 |
| 5. S. Becconsall O/35 | Tod | 67.20 |
| 6. A. Curle | U/A | 70.23 |
| 7. J. Heeley O/45 | Barns | 83.03 |
| 8. J. Holding O/45 | Darw | 85.09 |

JUNIOR BOYS U/16

| | | |
|----------------|------|-------|
| 1. M. Anderson | Gigg | 10.55 |
| 2. I. Harvey | Tod | 11.14 |
| 3. C. Stead | Sett | 12.05 |

JUNIOR GIRLS U/16

| | | |
|------------------|-------|-------|
| 1. S. Waddington | Skip | 14.23 |
| 2. V. Rogan | Keigh | 15.18 |

JUNIOR BOYS U/14

| | | |
|-----------------|-------|-------|
| 1. M. Maude | Catt | 12.41 |
| 2. L. Farnworth | Spenn | 12.43 |
| 3. D. Lawson | Catt | 12.49 |

JUNIOR GIRLS U/14

| | | |
|------------------|------|-------|
| 1. D. Waddington | U/A | 13.01 |
| 2. L. Crossland | Sett | 14.33 |
| 3. S. Fawcett | Catt | 15.21 |

WINTER HILL Lancashire AM/11m/2750ft 29.6.97

| | | |
|----------------------|------|---------|
| 1. N. Wilkinson | Salf | 1.34.00 |
| 2. J. Hunt | Mers | 1.35.00 |
| 3. B. Cole | Horw | 1.35.21 |
| 4. G. Schofield O/40 | Horw | 1.35.38 |
| 5. S. Culshaw | Horw | 1.36.19 |
| 6. T. Hesketh O/45 | Horw | 1.38.42 |
| 7. J. Logue | Horw | 1.39.48 |
| 8. S. Warren | Horw | 1.41.04 |
| 9. P. Pollitt | Bolt | 1.41.32 |
| 10. B. Brindle O/40 | Horw | 1.41.59 |

VETERAN O/40

| | | |
|-----------------|------|---------|
| 1. G. Schofield | Horw | 1.35.38 |
| 2. B. Brindle | Horw | 1.41.59 |
| 3. C. Lyon | Horw | 1.45.25 |
| 4. S. Taylor | Clay | 1.46.50 |
| 5. P. Martin | Bolt | 1.48.19 |

VETERAN O/45

| | | |
|---------------|--------|---------|
| 1. T. Hesketh | Horw | 1.38.42 |
| 2. D. Banks | Middtn | 1.51.27 |
| 3. S. Furness | B'burn | 1.55.05 |
| 4. R. Booth | Derby | 2.00.31 |
| 5. J. Rusius | Pendle | 2.03.45 |

VETERAN O/50

| | | |
|-----------------|-------|---------|
| 1. D. Keams | Bolt | 1.48.52 |
| 2. P. Hellinell | Bing | 1.59.41 |
| 3. T. Peacock | Clay | 2.01.30 |
| 4. P. Gillham | Chorl | 2.01.54 |
| 5. P. Watson | Horw | 2.05.44 |

FIRST VETERAN O/55

| | | |
|----------------|------|---------|
| 1. T. Cunliffe | Horw | 2.11.53 |
|----------------|------|---------|

VETERAN O/60

| | | |
|----------------|------|---------|
| 1. B. Smith | Clay | 2.17.58 |
| 2. A. Robinson | Horw | 2.46.00 |

LADIES

| | | |
|--------------------|-------|---------|
| 1. C. Greenwood | Bing | 1.43.37 |
| 2. V. Peacock O/40 | Clay | 1.54.21 |
| 3. M. White O/45 | Horw | 2.14.36 |
| 4. J. Bellis O/35 | Bolt | 2.17.52 |
| 5. N. Higgins | Horw | 2.20.07 |
| 6. S. Norris O/40 | Horw | 2.20.10 |
| 7. C. Wright O/35 | Horw | 2.21.16 |
| 8. J. Taylor | Lancs | 2.26.18 |



*Junior World Trophy Winner Victoria Wilkinson
Photo: Allan Greenwood*

ENGLAND

Pete Bland

The England team got off to a dream start, with Victoria Wilkinson taking the gold medal in the Junior Ladies Race. Victoria ran a brilliant race to win by 12 secs from Jennifer Wischnath of Germany. Charlotte Sanderson 10th (who still has another year to run in the Junior Ladies) along with Emma O'Shea 15th gave England team Silver, the higher places English and British team of the weekend.

A very young England Junior Men's team, 3 of the team still with 2 years to run in the event, were a credible 6th, only 9 points behind Switzerland who took the bronze medal. Simon Bailey, 13th, and Chris Livesey, 16th, who were the two youngest runners in the top 20.

Michael Cayton, 23rd, Adam Crosland 24th, only 10 secs separating them.

Expectations were high in the England camp, when the Ladies race got underway, as we felt this was our strongest team of the weekend. But an ankle injury to Heather Heasman, sustained on the descent of the first lap, was to change things. Carol Greenwood, 5th, Anne Buckley, 12th, Jackie Hargreaves, 24th, all ran well but just missed out on team bronze by 3 points.

The Senior Men's race probably brought the best athletic achievement of the weekend. The winner was Marco de Gasperi, Italy, the winner of the Junior race last year in Austria. He helped his team to a convincing win for the 13th consecutive year.

The England Men's team packed well to win team bronze. An outstanding run by Billy Burns to finish 9th, Richard

Findlay 15th, Craig Roberts 21st, Ian Holmes 24th, Mark Roberts 30th and Paul Sheard 49th.

Many thanks to the loyal band of English supporters who travelled to the Czech Republic and cheered the team on, your support is much appreciated by the athletes and management alike.

WALES

Mike Blake

With only the trial race as experience in mountain running behind them, the junior ladies team led by 19-year-old farm worker Sam Gray turned in Wales best performance of the games. The current U/20 3000m title holder was not overawed by the occasion and was leading for half the race before dropping back to finish 4th, less than a minute behind winner Vicky Wilkinson. With backing from fellow flat runners Laura Scott and Llinos Phillips 27th 5th place, 1 point behind the Scots was to be the highlight of the day.

The junior men with no Tim Davies and Alun Vaughn suffering a virus never looked like emulating last year's silver medal result. Despite Andrew Davies' fine 5th backed up by a flying Matt Collins 12th and Duncan Hughes 48th we were lucky to salvage 8th.

In the women the short fast course obviously suited Mari Todd as she took 20th place while Menna Angharad on a course 15 miles too short for her in 36th



*Billy Burns - first Briton home
Photo: Allan Greenwood*

led Ann Nixon 47th and Alice Bedwell 47th and 9th team.

With 19 teams trying to squeeze 120 runners through a 10' gap after only 30 yards, the first corner was always going to look like the Monaco Grand Prix and sure enough one of the Americans went down, only trouble being he took Jonathon Hooper with him. Jonathon eventually recovered to take 61st place ahead of 43 year old Gwynfor Owen. Eryri's Gwynfor was taking part in his 5th World Cup and had postponed an operation on a trapped nerve in his foot to take part and was rewarded with 74th place. James McQueen was 79th, Stephen Griffiths 90, Adrian Woods with no-one to boss 95th and Garry Williams 99th.

All in all a good event with the customary post race celebrations aided by beer at 12p a pint.

On a more solemn note with the free passage from Paris now withdrawn for next year's trophy it remains to be seen how many teams we can afford to send to Reunion.

SCOTLAND

Martin Hyman

This report is taken from Martin's official report and only covers a small part of what he comments on.

Assessment

I believe that our teams achieved outstanding results. We are a small nation and ours is very much a minority sport. The world standard continues to rise, and new countries to take part (e.g. strong teams from New Zealand and Portugal) We could not reasonably have expected that three of our four teams would finish in the top six. This must



Menna Angharad of Wales
Photo: Allan Greenwood

owe a lot to the dedicated preparation of our small bunch of athletes and to the outstanding team spirit.

The athletes were all supportive of one another and outstandingly disciplined in their preparation. They all gave of their utmost and most achieved positions above what we could reasonably have expected of them. I believe that, in addition to the quality of their results, the experience gained by the juniors, most of whom will be eligible again, will be invaluable. Two athletes failed to run to form. This was not for want of trying. They did all they could but it was not there on the day. I was impressed with how they bore their profound disappointment and I believe that they will do all in their power to make amends next time.

I do believe that the stress resulting from the organiser's transport fiasco (*transport from the airport failed to materialise, as did food; it was nine and a half hours from flight arrival to hostel - Ed*) may have played a major part in these failures, especially in the case of Megan who had flown overnight from the USA, and was prevented from catching up on her sleep. Tommy Murray was our best placed man for the third consecutive year. He is a talented and courageous runner, however, I believe he could do better still if he competed in hill races between world trophies and made some effort to do hill-race specific training. I am convinced that, had he run in our trial, he would have realised the need to start at a less frantic pace. Is it significant that the two disappointing results were also from athletes who missed the trial?

Andrew Liston excelled himself in his first international race and his talents are not confined to running. To our amazement and delight, during the last two races he appeared on the final grassy knoll with kilt and bagpipes to inspire our senior runners to gain more places.

Event Organisation

In most respects, this was a very good World Trophy. It had the advantage of being based on a small village so that the atmosphere was intimate and all the locals seemed to feel involved and to want to welcome their visitors. The races started and finished in the village square and the social activities were held there. The ceremonial events and speeches were brief and the entertainment was good and not over long.

The downside was the transport fiasco referred to above and also an almost total lack of communication. For example, it was not until the end of the race day that most of us discovered that



Angela Mudge of Scotland
Photo: Allan Greenwood

three black bin bags left lying around contained what was supposed to be our packed lunches, or that tickets that said 'pizza' could be used at a stall in the village square!

Thanks to all the team for being a pleasure to be with and a credit to Scotland.

NORTHERN IRELAND

William Magee

The Northern Ireland team campaign was led off by Jenny Walker who was making her World Trophy debut in the junior Ladies race. Being our only runner in this new race Jenny has the distinction of being our first ever representative at this level. Displaying surprising calmness and control Jenny produced a very good performance in a quality field to finish in 23rd place. One can only hope that she is not lost to



David Rodgers of Scotland
Photo: Allan Greenwood

other interests as appears to happen so often in athletic related activities.

Next to compete were our junior men. At the end of the first lap the team was led by Alan Neill having an inspired run and well clear of Damien Galvin, Jason Ferguson and David McNeilly. On the second lap ascent Damien reduced Alan's advantage and then passed him on the final descent. At this stage Alan fell and twisted his knee and unfortunately had to walk in. Meanwhile David having worked off the effects of a stitch improved his position and overtook Jason with some determined running. With Damien 52nd, David 54th, Jason 57th and Alan 58th the boys were placed a disappointing 16th and last place team.

Our ladies were led by Tricia Sloan who despite having had injury problems during the past few months produced another excellent performance to finish 33rd in a quality field of 66 runners. Anne Sandford and Virginia O'Connell were closely placed throughout the race with one leading the other at various stages. At the finish Anne in 58th place just had the edge on 'Gina' in 59th place. The team placed 14th out of 16 teams.



Carol Greenwood of England - a winner at Snowdon but missed out on World Trophy medals



*Helen Diamantides (Scotland) with Tricia Sloan (N.Ireland)
Photo: Allan Greenwood*

The senior men's team included Brian Ervine and Jim Patterson both competing in their 10th World Championships. At the other end of the spectrum Deane Fisher in his first year out of the junior ranks was making his senior debut. Neil Carty, Noel McMonagle and Richard Rodgers completed the selection. Brian led the team on the first of three laps with Neil close behind and the others in pursuit. On the long second ascent Neil made his move and broke clear only to be passed again by Brian on the final very steep part of the climb. Brian then pulled away on the long descent. Neil however was not to be denied and with a display of very determined running he regained the initiative going into the last lap and despite Brian's efforts to stay in contact he finished strongly in 58th place with Brian in 68th. Noel was next in 98th with Deane 105th, Richard 107th and Jim 108th. The team placed 16th out of 19 teams.

Finally my thanks and appreciation to all the members of our squad for their commitment and effort in their respective races and for their support to me throughout a very enjoyable few days in the Czech Republic.

July 26

NIKE SNOWDON INTERNATIONAL

Llanberis, N. Wales

Ian Holmes and Carol Greenwood notched up comprehensive victories to lead England to victory in both team races in the 22nd running of one of Europe's premier mountain running events.

Victory was all the sweeter for Holmes, a winner here four years earlier, as he well and truly exorcised the memory of last year's race when he could finish no better than 15th in the European Trophy.

With strong winds whipping across the upper sections of the mountain and with thick mists enveloping runners well before the halfway point at Clogwyn, Holmes rounded the stone cairn at the summit (in 43:05) with a seven second lead over Scotland's Neil Wilkinson with in-form Frenchman Thierry Icart and Italy's Fabio Ciaponi in third (43:23) a stride of two ahead of last year's open race winner Martin Roscoe (43:28).

At this point, Mark Croasdale, a winner here in 1991 and 1992, was sixth in 43:34, well clear of the chasing group of Italian Enrico Tirinzoni (44:12), Rob Jebb (Bingley) 44:36, Craig Roberts (Kendal) 44:38, Alan Bowness (England) 44:50 and 1995 race winner Mark Kinch (England B) in 44:52.

Perilous descents are where Holmes usually comes into his own, however, and with thickening mists and slippery rocks making the underfoot conditions treacherous, the 31 year old Bingley Harrier powered home to win by just over a minute in 64:50 - well outside Kenny Stuart's 12 year old record of 62:29, but excellent running given the conditions.

Holmes said: "I felt very strong the whole way and enjoyed it. Conditions weren't too good, and so it was nice to run that well and win again."

Italian Fabio Ciaponi - keen to prove the selectors wrong for omitting him from the European Trophy - couldn't hang on to Wilkinson on the descent back to Padarn Park, eventually finishing over half a minute adrift.

Ciaponi declared himself satisfied with his performance adding "if the weather had been good, I believe I would have won." Those who witnessed Holmes' descent, however, would probably dispute that!

Mark Croasdale was the first 'non-international' home in fourth to follow on from some fine performances of late on the roads in France. Croasdale said it was good to run well "in the toughest race I've run for some time."



Ian Holmes(18) leads the pack on his way to victory at Snowdon.

Mark Kinch, his confidence returning as he recovers from his recent viral problem, probably felt he had a point to prove in 'only' being selected for the B team. The former two-times British champion finished just four seconds behind his Bingley team-mate thanks to a speedy descent of 21:50 (for five miles, remember!) - only marginally slower than Holmes' 21:45, the best of the day.

Steve Hawkins, Alan Bowness and Paul Sheard were England's other counters as England B tied for second with Scotland led home by Scottish silver medallist Mark Rigby. English M40 champion Dave McNeill finished an excellent 13th to take the M40 award with Eryri stalwart Don Williams carrying off the M50 prize, as expected, in 49th place overall.

The manner of Carol Greenwood's victory in the women's race underlined just why she is one of the world's leading mountain runners at the moment.

After rounding the summit in 19th place overall (from a 400-strong field!), Greenwood stormed down the steep descent leaving several startled internationals and leading runners trailing in her wake.

Greenwood's summit time was a swift 47:14 - just seven seconds slower than the best ever in 1993 when she set the current course record of 72:48. Had she not injured her ankle when winning at Ingleborough a week earlier, there is little doubt that Greenwood would have threatened that time, so well is she running at the moment.

Greenwood, who won silver in the recent European Trophy, said: "When I came off the top I decided to come down easier because I didn't want to do further damage to my ankle. There's no point in risking everything on one race, besides winning was the most important thing."

Ann Buckley finished second to help England to team gold after outkicking Menna Angharad on the run-in to the finish.

At the summit Buckley's 52:53 was 19 seconds clear of the Welsh runner. But Angharad, a noted descender, quickly overhauled Buckley on the descent only for Buckley to demonstrate her superior leg speed on the tarmac road at the foot of the mountain - where the majority of runners begin to tread water - and cross the line just four seconds clear.

— Gareth Webb

MOUNT FAMINE FELL RACE
Derbyshire
AS/5m/1700ft 29.6.97

Following a month of rain the course was, as Eddie Waring use to say, a bit greasy, but on the day the rain held off and the strong winds of the previous day calmed down, leaving good, if slightly humid conditions. The hundred or so stalwarts who turned up for the race faced one of the toughest short races in the Peak District and a little disquiet was evident on some faces as the field lined up along the Stones House path at the start to look up the one in one gradient of tree covered Elle Bank, the first obstacle in the Mount Famine roller coaster. From the off, the leading group of Dale Gartley, Mark Hayman and local runner, Paul Deaville, stretched out the field with Vet 45, Graham Morsen, and local Intermediate, Anthony Turner in hot pursuit. The route climbs to the top of Elle Bank and then descends rapidly to intersect the Stones House path only to climb again to the Dragons Back Ridge overlooking Coldwell Clough. At the end of the ridge runners make the first ascent of Mount Famine. At this point, the lead group of eight runners were still quite tight with Shawn Mansbride of Mercia and Karl Webster of Matlock battling away just behind the leaders. The competitors flew off Mount Famine to cross the bridleway and make the short, sharp running climb of South Head whence the big drop into Dimpus Clough, losing eight hundred of altitude in a few short minutes. Dale Gartley held his lead despite a moments indecision about the route and made the tough climb back to the top of Mount Famine before the stragglers had climbed it for the first time. Just behind the leading group a furious battle was being fought between two friendly local rivals, Neil Goldsmith of Dark Peak and David Soles of Glossopdale, closely pursued by first woman, Karen Dalton, also from Dark Peak. After the second visit to Mount Famine summit, the race returns to Hayfield via the undulating Dragons Bank ridge and finishes on the recreation ground. The leaders arrived, still racing, Dale Gartley a worthy winner. Congratulations to all who took part, particularly good runs from Peter Duffy first Vet 60, Rod Futrell first Vet 50, Sam Turton first Junior and all those named above. Thanks to Hayfield Gnomads Cricket club for providing all the help.

| | | |
|-----------------------|---------|-------|
| 1. D. Gartley | Gloss | 44.21 |
| 2. M. Hayman | Dkpk | 44.40 |
| 3. P. Deaville | Gloss | 45.06 |
| 4. S. Mansbride | Mercia | 45.25 |
| 5. K. Webster | Matlock | 45.29 |
| 6. G. Morsen O/45 | Buxton | 45.42 |
| 7. A. Carruthers | Craw | 46.05 |
| 8. A. Turner | Buxton | 46.33 |
| 9. A. Ward | MWVC | 48.13 |
| 10. N. Goldsmith O/45 | Dkpk | 49.11 |

| | | |
|---------------------|-------|-------|
| VETERAN O/40 | | |
| 1. K. Holmes | S70 | 50.16 |
| 2. A. Fox | Gloss | 50.47 |
| 3. A. Wilkins | Gloss | 50.49 |
| 4. A. Bocking | Penn | 52.36 |
| 5. G. Smith | FrunA | 53.08 |

| | | |
|---------------------|--------|-------|
| VETERAN O/45 | | |
| 1. G. Morsen | Buxton | 45.42 |
| 2. N. Goldsmith | Dkpk | 49.11 |
| 3. F. Fielding | Gloss | 52.02 |
| 4. G. Scott | Penn | 52.53 |
| 5. P. Cornwell | Sal | 53.06 |

| | | |
|---------------------|--------|-------|
| VETERAN O/50 | | |
| 1. R. Futrell | Holmf | 50.46 |
| 2. C. Keogh | Roch | 55.51 |
| 3. J. Dean | Sal | 55.53 |
| 4. P. Heneghan | Blkshp | 56.17 |
| 5. J. Chadwick | wilms | 56.22 |

| | | |
|---------------------|------|-------|
| VETERAN O/60 | | |
| 1. P. Duffy | Aber | 58.23 |
| 2. C. Henson | Dkpk | 60.06 |
| 3. B. Thackery | Dkpk | 66.50 |

| | | |
|---------------------|-------|-------|
| LADIES | | |
| 1. K. Dalton | Dkpk | 50.32 |
| 2. T. Sloan | Sal | 53.18 |
| 3. H. Bloor O/40 | Dkpk | 56.13 |
| 4. B. Coomber | Denby | 61.06 |
| 5. A. Dinsmoor O/40 | Penn | 67.05 |
| 6. L. Crabtree O/35 | Halfx | 69.07 |
| 7. E. Brown O/40 | Werr | 76.30 |
| 8. D. Dean O/50 | | 81.43 |

SALTWELL HARRIERS FELL RACE
County Durham
BS/5.5m/950ft 1.7.97

Fifty six enthusiasts were not deterred by the miserable weather forecast for what has become a very popular fell race in the North Pennines. Fortunately the race was blessed with a pleasant summer evening, though the course was inevitably WET due to Junes persistent rain (she promises to stay dry for next year).

Last years winner and course record holder John Larkin of Gateshead Harriers faced some strong competition for his title, but with help of some dodgy marshals (you just can't get the staff these days!), John tried to lead the fast lads astray at the top of Collier Law. Only to be called back by the race organiser who was struggling to the summit.

Charlie Stead soon picked up the lead with a group of five in fast pursuit of the fast descent which included young Duncan Scott, a Tynedale junior who was confidently displaying the talent we all hope for. A tremendous performance by Duncan earned him fifth place. A young star in the making. However, Charles' navigation is about the same standard as Mark Thatcher's (if only someone had told Charlie what the red and white flags were for) though we always knew his mother was off the rails - Mark's that is.

Fortunately for Charlie he had enough strength to make up five places over the last half mile on the very steep ascent to the finish, to win with twelve seconds to spare from Andy Green of Tynedale and Pete Vale of Mandale. A very good run from Mike Broadhurst in sixth to take the veterans title. In the Lady's race, Jane Saul took the honours for newly formed club NFR.

Tynedale easily took the team prize with Northumberland Fell Runners just beating host club Saltwell for second place.

Another very enjoyable night was had by all and everyone who stayed for the Apres Fell at the Moorcock Pub received a prize of greater value to their entry fee, and the race still made a profit. Maybe I should organise Gordon Browns job as well.

Keith Wood

| | | |
|-----------------------|-------|-------|
| 1. C. Stead | T&S | 42.48 |
| 2. A. Green | Tyne | 43.00 |
| 3. P. Vale | Mand | 43.03 |
| 4. J. Larkin | Gates | 43.18 |
| 5. D. Scott J | Tyne | 43.19 |
| 6. M. Broadhurst O/40 | Tyne | 43.23 |
| 7. K. Wood | Salt | 43.27 |
| 8. J. Dickinson O/40 | Tyne | 43.49 |
| 9. G. Owens O/40 | NFR | 43.59 |
| 10. A. Clarke | Tyne | 44.04 |

| | | |
|----------------------|------|-------|
| VETERANS O/45 | | |
| 1. B. London | NFR | 45.55 |
| 2. P. Graham | Tyne | 47.03 |
| 3. J. Humble | NFR | 47.35 |

| | | |
|----------------------|------|-------|
| VETERANS O/50 | | |
| 1. D. Cockburn | Morp | 48.39 |
| 2. B. Campbell | Gosf | 50.00 |
| 3. N. Dyson | Mand | 53.09 |

| | | |
|---------------------|-----|-------|
| VETERAN O/55 | | |
| 1. R. Hayes | NFR | 50.52 |

| | | |
|---------------|------|-------|
| LADIES | | |
| 1. J. Saul | NFR | 56.49 |
| 2. H. Young | Quak | 57.17 |

COMPSTONS CROSS FELL RACE
Lancashire
BM/7m/1000ft 1.7.97

| | | |
|------------------------|--------|-------|
| 1. A. Preedy | Ross | 51.19 |
| 2. T. Taylor | Ross | 51.22 |
| 3. G. Sumner | Ros | 51.49 |
| 4. C. Caldwell | Bolt | 53.13 |
| 5. M. Proctor | Clay | 53.14 |
| 6. B. Ashworth O/45 | Ross | 53.33 |
| 7. P. Weatherhead O/45 | Wirral | 53.40 |
| 8. N. Gotts O/40 | Ross | 54.09 |
| 9. P. Taylor | Ross | 54.20 |
| 10. A. Spicer O/45 | Ross | 54.29 |

| | | |
|----------------------|---------|---------|
| VETERANS O/50 | | |
| 1. D. Kearns | Bolt | 56.46 |
| 2. E. Duffy | Ross | 1.01.54 |
| 3. D. Simpson | Preston | 1.02.48 |
| 4. D. Munroe | Clay | 1.03.14 |
| 5. N. Pratten | Wirral | 1.03.49 |

| | | |
|--------------------|-------|---------|
| LADIES | | |
| 1. V. Peacock O/35 | Clay | 58.15 |
| 2. V. Hamlet | Ross | 1.01.54 |
| 3. L. Whittaker | Sadd | 1.04.07 |
| 4. J. Bellis O/35 | Bolt | 1.09.44 |
| 5. J. Hindle O/35 | Clay | 1.10.39 |
| 6. S. McNulty O/35 | Radc | 1.14.21 |
| 7. J. Reddish O/35 | Unatt | 1.16.52 |
| 8. J. Minty | Hels | 1.18.57 |

HOPE WAKES FELL RACE
Derbyshire
BS/4m/650ft 1.7.97

The wind and rain forecast by the met office didn't happen so once again we had dry conditions, but lacked the sunshine which we usually have had for the vast majority of the last twenty years (this race incidentally was first was first run in 1946). Previous heavy rain mean that conditions underfoot were much softer than usual.

Brett Stocks, ACR triathlete, led from start to finish and established a significant lead by the turn at the top of Hope Brinks David Hayes and Nicholas Bassett had quite a battle for second place (once Darrell Bradbury had surrendered that position at about the halfway stage), with David Edgins in front shortly before entering the field to finish.

Keith Davis was the first veteran in fifth place (starting with the 1990 race, he has placed 7th, 4th, 11th, 15th, 4th, 3rd and 2nd and now fifth) and only three seconds separated Steel City Striders clubmates and veterans Steve Hird and Vic Riley. But one second behind Steve was Dave Tait first super veteran.

First Lady, Karren Dalton had a comfortable margin over Elizabeth Batt who enjoyed a similar lead over third placed Jane Griffiths, a member of Gosforth but who lives locally. Jane was also first lady veteran. Alan Marshal aged eighteen was the first Hope Valley local and his top twenty placing is not often gained by a local unattached runner.

Mark Hudson had a fairly easy win in the Junior race (not a fell race) followed by Tom Field and Oliver Metcalfe from the nearby villages of Castleton and Edale. David Charlton was the first Hope finisher in fourth place and Lyndall Lohman, Buxton, ran a good race to place sixth and first girl.

| | | |
|----------------|----------|-------|
| 1. B. Stocks | DkPk | 25.28 |
| 2. D. Hayes | N.Derby | 26.48 |
| 3. N. Bassett | Unatt | 26.55 |
| 4. D. Keeline | Traff | 27.09 |
| 5. K. Davis V | P.stone | 26.59 |
| 6. D. Byers | Traff | 27.09 |
| 7. D. Bradbury | DkPk | 27.12 |
| 8. V. Booth | Traff | 27.23 |
| 9. M. Nolan | DkPk | 27.36 |
| 10. J. Morgan | BlkDeath | 28.04 |

| | | |
|----------------------|---------|-------|
| VETERANS O/40 | | |
| 1. K. Davis | P'stone | 26.59 |
| 2. S. Hird | SSS | 28.20 |
| 3. V. Riley | SSS | 28.23 |
| 4. J. Spencer | Hallam | 28.57 |
| 5. K. Holmes | SYO | 29.01 |

| | | |
|----------------------|------|-------|
| VETERANS O/50 | | |
| 1. D. Tait | DkPK | 28.21 |
| 2. K. Temperton | Donc | 29.19 |
| 3. H. Swindells | DkPk | 31.31 |
| 4. D. Lockwood | DkPk | 31.42 |
| 5. J. Carrier | Siem | 31.55 |

| | | |
|-------------------|------|-------|
| LADIES | | |
| 1. K. Dazton | DkPk | 29.35 |
| 2. E. Batt | Bux | 30.26 |
| 3. J. Griffiths V | Gosf | 31.34 |
| 4. J. James | DkPk | 32.01 |
| 5. D. Lenders V | Penn | 32.53 |
| 6. K. Green V | DkPk | 32.59 |
| 7. H. Bloor V | DkPk | 33.13 |
| 8. K. O'Brien | DkPk | 34.14 |

| | | |
|----------------|-------|-------|
| JUNIORS | | |
| 1. M. Hudson | Bux | 15.00 |
| 2. T. Field | C'ton | 15.24 |
| 3. O. Metcalfe | Edale | 16.06 |



Derek Hurton, winning ways at West Leake, amongst others

MYTHOLMROYD FELL RACE

West Yorkshire
BM/7m/1350ft 1.7.97

Despite losing the route twice, G. Patten of Pudsey and Bramley still managed to beat the Oldfield brothers into 2nd and 3rd place respectively. Winning on his first attempt at the race. It should be noted that Dennis Commisar a local Calderdale runner got lost and returned taking in excess of three hours. Unfortunately by that time, the police had been informed and the helicopter was out on the search. The police should be commended on there swift response.

| | | |
|----------------------|----------|-------|
| 1. G. Patten | P&B | 47.54 |
| 2. S. Oldfield O/40 | Bfd/Aire | 48.33 |
| 3. G. Oldfield | Bfd/Aire | 48.48 |
| 4. A. Maloney | Roch | 50.28 |
| 5. P. Sheard | P&B | 50.59 |
| 6. R. Crossland O/40 | Bfd/Aire | 52.07 |
| 7. A. Carruthers | Crawl | 52.24 |
| 8. J. Hemsley | Ilk | 52.42 |
| 9. G. Moses | Bing | 52.55 |
| 10. A. Hauser O/40 | P&B | 53.34 |

| | | |
|----------------------|------|-------|
| VETERANS O/45 | | |
| 1. D. Beels | Roch | 55.30 |

| | | |
|----------------------|------|-------|
| VETERANS O/50 | | |
| 1. R. Bradley | Holm | 59.57 |

| | | |
|--------------------|------|-------|
| LADIES | | |
| 1. C. Greenwood | Bing | 55.26 |
| 2. J. Shoter O/35 | P&B | 62.39 |
| 3. G. Markham O/40 | Melt | 74.35 |

RAWNSLEY HILLS AND SLADES

Staffordshire
BS/5m/900ft 2.7.97

Steady rain greeted a field of eight with Richard Washington of Trentham (last years winner) establishing an early lead. The field was well spread out by 1K at the first steep climb (the sand hill), fifty metres of loose sand and gravel. The fast level section along the edge of Beaudesert Golf Club saw Washington extend his lead to over forty seconds.

Richard Washington, one minute outside last years time, led Trentham home to the team prize with the large Buxton contingent achieving second place. Local athlete, Christine Kilkenny finished well clear in the ladies race which had a small entry of seven competitors.

The post race buffet at The Chase Pub was well received. The chip butties disappeared in record time!

P.S. The race name was misprinted in the calendar (my appalling handwriting to blame!) Slade is the local name for a narrow steep sided valley.

| | | |
|--------------------|--------|-------|
| 1. R. Washington | Trenth | 31.03 |
| 2. S. Pyke | Trenth | 31.54 |
| 3. C. Watters | OkPk | 32.06 |
| 4. I. Greaves O/40 | Bux | 32.25 |
| 5. W. Barrable | Rowh | 32.42 |
| 6. B. Price | Tiver | 33.54 |
| 7. S. Abell | Trenth | 33.59 |
| 8. A. Evans | Trenth | 34.13 |
| 9. S. Ruane | Staff | 34.25 |
| 10. D. Colclough | Trenth | 34.51 |

| | | |
|----------------------|--------|-------|
| VETERANS O/40 | | |
| 1. T. Greaves | Bux | 32.25 |
| 2. K. Rushton | Trenth | 35.55 |
| 3. P. Wood | | 37.21 |
| 4. G. Holland | Mich | 38.51 |
| 5. A. Kelly | Peel | 39.19 |

| | | |
|----------------------|-------|-------|
| VETERANS O/45 | | |
| 1. D. Toon | Bux | 39.17 |
| 2. D. Wallis | Bux | 39.23 |
| 3. D. Saunders | Chase | 40.14 |
| 4. P. Blatch | Merc | 40.50 |
| 5. D. Rodda | | 49.00 |

| | | |
|----------------------|---------|-------|
| VETERANS O/50 | | |
| 1. C. Holland | Mich | 38.51 |
| 2. M. Bradbury | Staff | 38.59 |
| 3. R. Sissons | Rug'ley | 40.04 |
| 4. D. Arnold | Telf | 41.04 |
| 5. R. Greatrix | Rug'ley | 41.56 |

| | | |
|----------------------|-------|-------|
| VETERANS O/55 | | |
| 1. F. Evans | Staff | 42.01 |
| 2. K. Castledine | Bux | 42.51 |
| 3. W. Marks | OkPk | 44.04 |

| | | |
|----------------------|-------|-------|
| VETERANS O/60 | | |
| 1. J. Ward | Bux | 49.33 |
| 2. B. Wagstaff | Staff | 53.28 |

| | | |
|-----------------------|---------|-------|
| LADIES | | |
| 1. C. Kilkenny O/35 | C&S | 32.31 |
| 2. L. Yates | OkPk | 45.13 |
| 3. S. Purshouse | Chase | 45.16 |
| 4. M. Bailey O/40 | Rug'ley | 49.09 |
| 5= J. Duffy O/35 | Wolves | 55.23 |
| 5= K. Oliver O/45 | Wolves | 55.23 |
| 7. W. Littlewood O/35 | Bux | 55.44 |

RAINBOW HILL RACE

Cheshire
BS/5m/750ft 3.7.97

Andy Wilton had a very impressive run to win the Rainbow Hill Race in the second fastest time ever recorded on the course. In spite of the heavy conditions underfoot Wilton seriously threatened Mark Kinch's 1992 record of thirty one minutes and twenty eight seconds to come sprinting home in thirty one minutes and forty two seconds, over two minutes ahead of second placed Graham Watson, with former winner Dale Gartley in third place.

Newcomer Elizabeth Batt (Buxton) was a clear winner in the ladies race, finishing twenty eighth overall out of ninety nine runners in the respectable time of forty minutes and two seconds.

| | | |
|------------------|--------|-------|
| 1. A. Wilton | Tipton | 31.42 |
| 2. G. Watson | Alt | 33.51 |
| 3. D. Gartley | Gloss | 34.21 |
| 4. G. Morson | Bux | 34.25 |
| 5. N. Hashcroft | Spec | 34.41 |
| 6. G. Cresswell | Penn | 35.22 |
| 7. S. Bourne | DkPk | 35.36 |
| 8. D. O'Brien | Bux | 35.41 |
| 9. R. Eagle | Macc | 36.12 |
| 10. P. Deauville | Gloss | 36.41 |

| | | |
|----------------------|-------|-------|
| VETERANS O/40 | | |
| 1. G. Morson | Bux | 34.25 |
| 2. G. Cresswell | Penn | 35.22 |
| 3. D. O'Brien | Bux | 35.41 |
| 4. R. Eagle | Macc | 36.12 |
| 5. A. Wilkins | Gloss | 37.55 |

| | | |
|----------------------|----------|-------|
| VETERANS O/50 | | |
| 1. T. Hulme | Wilms | 37.32 |
| 2. J. Chadwick | Wilms | 41.36 |
| 3. J. Bradley | BuxManc | 46.37 |
| 4. G. Wilks | N'castle | 48.15 |

| | | |
|----------------------|-------|-------|
| VETERANS O/60 | | |
| 1. C. Grundy | Bux | 49.24 |
| 2. B. Stephenson | Stock | 50.18 |

| | | |
|--------------------|-------|-------|
| LADIES | | |
| 1. E. Batt | Bux | 40.02 |
| 2. D. Lenders O/35 | Wilms | 43.23 |
| 3. R. Sinnamon | Wilms | 44.11 |
| 4. J. Morris O/35 | Spec | 44.36 |
| 5. K. O'Brien O/35 | Bux | 46.02 |
| 6. A. Dinsmor O/35 | Penn | 46.53 |
| 7. M. Davies O/35 | Alt | 47.08 |
| 8. J. Priddis O/35 | Unatt | 47.33 |

NORTH CAPE DOLLAR HILL RACE

Clackmannanshire
AS/6m/2000ft 5 July 1997

Superb weather is now expected at Dollar Hill Race and this year was no exception. Fifty nine runners took to the Ochil Hills from Dollar Academy on their way to Kings Seat (2,000 feet). Forty minutes and 50 seconds later Jim Davies returned with a safe lead from John Wilkinson (41.25) and Neil Martin (44.09). The first lady (in 57.02) was Deborah MacDonald of Hunters Bog Trotters and the first junior, in an excellent time of 45.08 giving 5th overall, was Alasdair Anthony. The ever improving vet Martin Laing was 6th in a time of 45.30 while Brian Waldie, a man who continues to defy the laws of biology, was the first supervet in 48.03 giving him fourteenth overall.

Not content on organising the race and the post-race tea party, Ochil Hill Runners won the team prize with John Stevenson (4), Euan Mackay (8) and John Gallacher (15).

Continued support and sponsorship from North Cape meant that prize winners in each category received fleeces on a day when shorts and bare flesh were de rigeur. Also many thanks to Dollar Academy for providing an excellent and historic venue.

John Gallacher.

| | | |
|-----------------|----------|-------|
| 1. J. Davies | Carnethy | 40.50 |
| 2. J. Wilkinson | Shett | 41.25 |
| 3. N. Martin | Lomond | 44.09 |
| 4. J. Stevenson | Ochil | 44.15 |
| 5. A. Anthony | Central | 45.08 |
| 6. M. Laing | Fife | 45.30 |
| 7. S. Rivers | Cosmic | 45.51 |
| 8. E. Mackay | Ochil | 45.52 |

| | | |
|-----------------|---------|---------|
| LADIES | | |
| 1. D. MacDonald | Hunters | 57.02 |
| 2. A. Laws | Dundee | 1.02.06 |
| 3. P. Weir | Perth | 1.02.48 |

MALE VETS

| | | |
|------------------|----------|-------|
| 1. M. Laing | Fife | 45.30 |
| 2. B. Waldie | Carnethy | 48.03 |
| 3. T. Ross | Fife | 49.51 |
| 4. E. Bell-Scott | Kinross | 50.03 |
| 5. S. Wallace | H.E.L.P. | 52.33 |

JUNIORS

| | | |
|----------------|---------|-------|
| 1. A. Anthony | Central | 45.08 |
| 2. J. McDonald | Central | 47.52 |
| 3. S. Cassidy | Fife | 49.41 |

GUTO NYTH BRAN

Gwent
BM/6m/1300ft 5.7.97

Once again it was a very hot evening with thirteen clubs taking part, the club MDC being the best once again represented, with fourteen runners, which is very much appreciated. We were very honoured to have Colin Donnelly running who won the race in the fastest time for several years, but was still outside the course record by two minutes and six seconds. The record being thirty seven minutes and forty seconds set in 1992 by G. Patten, when also in the same year the lady's record of forty six minutes and twenty six seconds was set by K.Patten. We were very lucky this year to get sponsorship from the local council, and they have also promised to sponsor us for next years event, so hopefully for the first time in the history of the race we will be able to present a trophy engraved with past winners, to be held for the year.

| | | |
|--------------------|----------|-------|
| 1. C. Donnelly | Eryri | 39.46 |
| 2. T. Taylor | MDC | 40.27 |
| 3. C. Salter | C'philly | 42.21 |
| 4. D. Vorres | Griff | 43.11 |
| 5. N. Webb | MDC | 43.27 |
| 6. S. Brown O/40 | MDC | 44.48 |
| 7. R. Boswell O/45 | Unatt | 45.08 |
| 8. G. Jones | MDC | 45.15 |
| 9. P. Lewis O/40 | F'water | 45.29 |
| 10. P. Morris O/40 | Heref | 47.10 |

| | | |
|----------------------|---------|-------|
| VETERANS O/40 | | |
| 1. S. Brown | MDC | 43.27 |
| 2. P. Lewis | F'water | 45.29 |
| 3. P. Morris | Heref | 47.10 |
| 4. J. Darby | MDC | 49.19 |
| 5. M. Harris | MDC | 50.11 |

| | | |
|----------------------|-------|-------|
| VETERANS O/45 | | |
| 1. R. Boswell | Unatt | 45.08 |
| 2. D. Gilbert | MDC | 56.15 |

| | | |
|----------------------|-------|-------|
| VETERANS O/50 | | |
| 1. G. Webster | LVS | 51.40 |
| 2. E. Meredith | MDC | 51.56 |
| 3. L. Pugh | Blaen | 57.55 |

| | | |
|----------------------|-----|-------|
| VETERANS O/55 | | |
| 1. C. Jones | MDC | 54.40 |

| | | |
|--------------------|-------|-------|
| LADIES | | |
| 1. J. Huybs O/35 | Blaen | 52.40 |
| 2. S. Watson O/35 | LVS | 55.13 |
| 3. J. Harrison | MDC | 56.45 |
| 4. M. Darby O/35 | MDC | 57.20 |
| 5. C. Tannery O/35 | Griff | 61.24 |
| 6. E. Lewis O/35 | Unatt | 64.38 |

BROWN CLEE TWIN PEAKS FELL RACE

Shropshire
10.8m/2160ft 5.7.97

| | | |
|--------------------|-----------|---------|
| 1. C. Lancaster | Telf | 1.25.20 |
| 2. J. Allen | B'north | 1.31.27 |
| 3. R. Wilson O/40 | Mid Wales | 1.32.27 |
| 4. B. Llewellyn | Telf | 1.32.46 |
| 5. P. Cadman | Merc | 1.33.50 |
| 6. G. Spencer O/40 | Merc | 1.34.15 |
| 7. C. Davis | Unatt | 1.35.27 |
| 8. J. Fry O/40 | Unatt | 1.35.33 |
| 9. J. Coombes O/50 | Merc | 1.36.12 |

| | | |
|---------------------|--------|---------|
| VETERAN O/60 | | |
| 1. T. Hewson | Ludlow | 2.06.52 |
| LADIES | | |
| 1. L. DelRio | Trenth | 1.50.26 |
| 2. A. Limbert O/35 | Shrop | 2.09.11 |
| 3. S. Butcher O/45 | Shrop | 2.16.24 |

BRADDA FELL RACE
Isle of Man
AL 6.7.97

Colby farmer Brenda Walker continued her record breaking season knocking nearly half a minute off her own standard set last year, finishing a remarkable third overall.

Her performance was all the more creditable considering the hot weather conditions which resulted in most competitors being nearly ten minutes slower than expected.

Onchan postman, Phil 'Nipper' Cain, ran a well judged race to record his first victory in the Bradda after a race tussle with versatile race walker Steve Partington and regular visitor John Quine of Bolton.

| | | |
|---------------------|------|---------|
| 1. P. Cain O/40 | NAC | 2.25.26 |
| 2. S. Partington | MH | 2.26.18 |
| 3. B. Walker F | MH | 2.26.59 |
| 4. J. Quine | Kend | 2.28.36 |
| 5. P. Kancan | MH | 2.32.30 |
| 6. D. Young O/40 | MFR | 2.33.53 |
| 7. D. Corrin O/50 | MH | 2.37.00 |
| 8. R. Moughtin O/40 | WAC | 2.40.53 |
| 9. R. Webb | MH | 2.43.29 |
| 10. D. Ashton | Salf | 2.45.47 |

SKIDDAW FELL RACE
Cumbria
AM/9m/2700ft 6.7.97

| | | |
|----------------------|--------|---------|
| 1. P. Sheard | P&B | 1.05.44 |
| 2. M. Roscoe | Leeds | 1.06.07 |
| 3. B. Thompson | CFR | 1.08.34 |
| 4. C. Roberts | Kend | 1.10.19 |
| 5. J. Bland | Borr | 1.10.38 |
| 6. L. Gibson U/17 | CFR | 1.11.01 |
| 7. S. Willis | Tod | 1.11.23 |
| 8. S. Booth | Borr | 1.11.56 |
| 9. A. Schofield | Borr | 1.12.03 |
| 10. N. Spence | Kend | 1.13.01 |
| 11. H. Jarrett O/40 | CFR | 1.13.23 |
| 12. D. Ausell | CFR | 1.14.07 |
| 13. N. Sharp | Kesw | 1.14.41 |
| 14. A. Maloney | Roch | 1.14.44 |
| 15. M. woods | Clay | 1.15.14 |
| 16. J. McCreedy | NewAyc | 1.15.39 |
| 17. J. Hemsley | Ilk | 1.16.03 |
| 18. J. Brook | Bing | 1.16.20 |
| 19. A. Beck O/40 | Kend | 1.16.42 |
| 20. M. Addison | Clay | 1.17.08 |
| 21. D. Gledhill | DkPk | 1.17.44 |
| 22. B. Taylor | CFR | 1.17.46 |
| 23. T. Hobbs | Clay | 1.18.10 |
| 24. C. Reade | Bowl | 1.18.25 |
| 25. M. Proctor | Clay | 1.18.49 |
| 26. J. Rutter | Clay | 1.19.11 |
| 27. B. Evans | Amble | 1.19.20 |
| 28. P. Tuson | Kend | 1.19.42 |
| 29. I. Robinson O/45 | Clay | 1.20.10 |
| 30. S. Clarke | Clay | 1.20.48 |

VETERANS O/40

| | | |
|-----------------|------|---------|
| 1. H. Jarrett | CFR | 1.13.25 |
| 2. A. Beck | Kend | 1.16.42 |
| 3. S. Kemp | Kesw | 1.21.41 |
| 4. D. Owens | Kesw | 1.25.52 |
| 5. P. Stranding | Bolt | 1.26.15 |

VETERANS O/45

| | | |
|----------------|--------|---------|
| 1. I. Robinson | Clay | 1.20.10 |
| 2. C. Pooley | L&M | 1.22.18 |
| 3. D. Bridge | Borr | 1.24.34 |
| 4. N. Clayton | Skyrac | 1.27.28 |
| 5. G. Corless | Manc | 1.28.42 |

VETERANS O/50

| | | |
|-----------------|------|---------|
| 1. D. Kearns | Bolt | 1.23.16 |
| 2. M. Carson | Kesw | 1.25.43 |
| 3. M. Pitchford | CFR | 1.30.13 |
| 4. I. Beverley | Clay | 1.30.35 |
| 5. P. Dowker | Kend | 1.30.42 |

LADIES

| | | |
|--------------------|--------|---------|
| 1. E. O'Shea | Leeds | 1.22.30 |
| 2. K. Beaty O/35 | CFR | 1.31.14 |
| 3. T. Ambler | Ilk | 1.33.80 |
| 4. S. Forsyth | Kesw | 1.38.18 |
| 5. S. Lewsley O/35 | Kesw | 1.40.12 |
| 6. M. Bridge O/35 | Kesw | 1.42.13 |
| 7. E. Hughes O/35 | P'atyn | 1.54.15 |

KINDER TROG
Derbyshire
BL/18m/3490ft 6.7.97

The best turnout for a few years - one hundred and sixty entrants. Lovely weather and all the runners seemed to enjoy themselves.

| | | |
|------------------|--------|---------|
| 1. G. Watson | Alt | 1.51.40 |
| 2. A. JonesV | Gloss | 1.53.52 |
| 3. S. Gregory | HolmeP | 1.55.05 |
| 4. N. Ashcroft | Spec | 1.55.53 |
| 5. A. Caruthers | Crawl | 1.56.09 |
| 6= T. Oxell | Stock | 1.56.30 |
| 6= P. Deauville | Salf | 1.56.30 |
| 8. A. Preedy | Ross | 1.57.25 |
| 9. W. Sullivan | DkPk | 1.59.40 |
| 10. A. Griffiths | Bow | 2.01.05 |

VETERANS O/40

| | | |
|----------------|---------|---------|
| 1. A. Jones | Gloss | 1.53.52 |
| 2. B. Gregory | Stock | 2.01.07 |
| 3. M. Wynnie | DkPk | 2.02.40 |
| 4. S. Houghton | CalderV | 2.03.05 |
| 5. K. Holmes | SYO | 2.04.45 |

VETERANS O/45

| | | |
|----------------|---------|---------|
| 1. F. Fielding | Gloss | 2.02.57 |
| 2. G. Band | | 2.08.10 |
| 3. D. Burke | ManYMCA | 2.11.35 |
| 4. J. Dore | | 2.12.05 |
| 5. R. Booth | | 2.13.03 |

VETERANS O/50

| | | |
|----------------|-------|---------|
| 1. M. Cochrane | DkPk | 2.15.42 |
| 2. J. Carriers | Siem | 2.18.58 |
| 3. J. Chedwick | Wilms | 2.19.16 |
| 4. C. Buckley | Gloss | 2.28.41 |
| 5. C. Johnson | | 2.33.40 |

LADIES

| | | |
|------------------|--------|---------|
| 1. T. Sloane | Salf | 2.07.25 |
| 2. S. Newman V | Gloss | 2.19.26 |
| 3. E. Moody | N'land | 2.20.27 |
| 4. J. Needham V | Ridale | 2.27.18 |
| 5. E. Batt | Bux | 2.28.35 |
| 6. J. Rollins | HolmeP | 2.32.12 |
| 7. H. Mills O/35 | HolmeP | 2.32.17 |
| 8. L. Pyne | | 2.33.23 |

HATHERSAGE GALA FELL RACE
Derbyshire
BS/4.5m/800ft 7.7.97

| | | |
|---------------------|---------|-------|
| 1. B. Stocks | DkPk | 30.17 |
| 2. I. Ward | Bux | 30.27 |
| 3. D. Ibbetson O/40 | Gloss | 30.34 |
| 4. D. Yates | Matl | 31.13 |
| 5. D. Hayes | N.Derby | 31.34 |
| 6. M. Brown O/40 | Bux | 31.54 |
| 7. S. Martland | Sheff | 32.06 |
| 8. C. Ellis O/50 | Totley | 32.12 |
| 9. D. Bradbury | DkPk | 32.18 |
| 10. A. Roberts | R'ham | 32.27 |

FIRST VETERAN O/60

| | | |
|--------------|------|-------|
| 1. B. Howitt | Matl | 38.54 |
|--------------|------|-------|

LADIES

| | | |
|------------------|-------|-------|
| 1. E. Batt | Bux | 37.55 |
| 2. H. Bloor O/40 | DkPk | 38.18 |
| 3. W. Barnes | Barns | 38.45 |

MADDY MOSS MASH HILL RACE
Clackmannanshire
AS/6m/2,500 9.7.97

In only its third year this race has become a classic of the Scottish hill racing scene attracting some seventy runners for a mid week jaunt on the Ochil Hills. The record stands at an impressive 47.39 (B Rogers, Lochaber) which this year remained intact. First home was Neil Martin closely followed by Graeme Bartlett and Dave Cummins. First lady was Mairi Mackintosh. The team prize was taken by the Ochil Hill Runners for the first time using the same team that had won the Dollar Hill Race a few days previously.

| | | |
|-----------------|-------------|-------|
| 1. N. Martin | Lomond | 49.59 |
| 2. G. Bartlett | Forres | 50.29 |
| 3. D. Cummins | Shettleston | 51.33 |
| 4. J. Stevenson | Ochil | 52.07 |
| 5. E. Mackay | Ochil | 52.07 |
| 6. A. Davis | Carnethy | 52.36 |
| 7. S. Bennett | Westerlands | 54.55 |
| 8. C. Love | Dundee Hawk | 55.19 |
| 9. D. Simmons | Livingston | 55.21 |
| 10. M. Gorman | Westerlands | 56.17 |

VET

| | | |
|--------------|-------|-------|
| 1. D. Duncan | Ochil | 58.36 |
|--------------|-------|-------|

SUPERVET

| | | |
|------------|-------------|-------|
| 1. C. Love | Dundee Hawk | 60.25 |
|------------|-------------|-------|

JUNIOR

| | | |
|------------|-----------|-------|
| 1. T. Kerr | Edinburgh | 62.04 |
|------------|-----------|-------|

LADIES

| | | |
|----------------|-------|-------|
| 1. M. McIntosh | Ochil | 64.14 |
|----------------|-------|-------|



Paul Sheard, winner at Skiddaw
 Photo: Jean Shotter

CLAY BANK EAST
Cleveland
BM/6m/800ft 8.7.97

| | | |
|---------------------|--------|-------|
| 1. P. Wragg | Thirsk | 35.23 |
| 2. D. Fielden | Mand | 35.43 |
| 3. A. Harland | Mand | 35.50 |
| 4. M. Bum | Thirsk | 36.15 |
| 5. P. Buckley O/40 | Marske | 36.22 |
| 6. P. Rafferty O/40 | Thirsk | 36.55 |
| 7. G. Lyons | HBR | 37.03 |
| 8. P. Kelly O/40 | Darl | 37.08 |
| 9. S. Mechie | Thirsk | 37.09 |
| 10. R. Hall | Thirsk | 37.32 |

VETERAN O/40

| | | |
|----------------|--------|-------|
| 1. P. Buckley | Marske | 36.22 |
| 2. P. Rafferty | Thirsk | 36.55 |
| 3. P. Kelly | Darl | 37.08 |
| 4. D. Knee | HBR | 37.45 |
| 5. R. Pollard | mand | 38.25 |

VETERAN O/50

| | | |
|----------------|--------|-------|
| 1. A. Wikeley | Thirsk | 42.10 |
| 2. J. Kettle | WMH | 43.17 |
| 3. K. Wilson | Mcleve | 43.23 |
| 4. J. Fattley | Marske | 43.28 |
| 5. R. Sherwood | marske | 44.30 |

VETERAN O/60

| | | |
|------------------|------|-------|
| 1. R. Bainbridge | Mand | 44.58 |
| 2. D. Cook | Mand | 45.55 |

LADIES

| | | |
|-------------------|--------|-------|
| 1. S. Webb O/35 | Mand | 42.19 |
| 2. A. Raw | Darl | 42.20 |
| 3. S. Jackson | Mcleve | 44.56 |
| 4. H. Young | Quaker | 46.30 |
| 5. J. Soper O/35 | Thirsk | 47.11 |
| 6. S. Gaylor | Mand | 47.35 |
| 7. C. Mears O/35 | Darl | 49.04 |
| 8. S. Jensen O/40 | Marske | 50.11 |

KINNISIDE FELL RACE Cumbria AM/9m/3000ft 19.7.97

For the fifth consecutive year the Kinniside was to be blessed with glorious high summer sunshine. The 24 year old nine mile horseshoe has been a major attraction at the annual Cleator Moor Lakeland Sports, as the runners were applauded on their way by crowds of over two thousand. Former race winners Brian Thompson from nearby Egremont was quickly off his marks, leading the field in the early stages, flanked by CFR team mate Iain Botheroyd, the Lank Rigg winner, and the ominously easy looking Mark Palmer, (all the way up from the forest of Dean!). The fast rolling hills coupled with the scorching conditions soon began to string the competitors out, as Thompson Palmer and Botheroyd found they now had the spoils between them. Through to fourth place was under twenty English '96 champion, Lee Gibson, chased by Willie Bell not appearing to show any signs of wear from his fine first veteran over forty and seventh overall in the previous weeks English Counter Down the road at Wasdale. Equally impressive was Keswicks' Lyn Thompson also out to do the double. The long haul up Latterbarrow is where many feel that the Kinniside can 'find you out'. It was here that Botheroyd went to the head of affairs, still accompanied by the southern raider Palmer. Though Thompson rallied bravely on the forestry descent into Uldale Bottoms, he was to relinquish his authority on the race for the final time on the near vertical seven hundred footgrass fellside, known locally as 'the chimneys'. Palmer went by the plucky Botheroyd as they checked in at the final summit on Dent and quickly came away on the well flagged fields down to the packed sport field, to be greeted by a tremendous ovation from the local sheep. A pleased Palmer said afterwards "these hills were ideal for me as I train on similar terrain back home". The two CFR lads were very sporting to me as they could have gone off anywhere, and today I'd have followed them.

Irvine

| | | |
|-----------------|------|---------|
| 1. M. Palmer | FofD | 1.12.07 |
| 2. I. Botheroyd | CFR | 1.12.47 |
| 3. B. Thompson | CFR | 1.14.23 |
| 4. W. Bell V | CFR | 1.15.52 |
| 5. L. Gibson J | CFR | 1.16.50 |
| 6. | CFR | 1.19.54 |
| 7. K. Bartley V | CFR | 1.20.34 |
| 8. D. Ansell | CFR | 1.22.51 |
| 9. B. Hardy | CFR | 1.22.57 |
| 10. B. Taylor | CFR | 1.23.48 |

VETERANS O/40

| | | |
|----------------|-----|---------|
| 1. W. Bell | CFR | 1.15.52 |
| 2. P. Stones | CFR | 1.27.45 |
| 3. S. Holliday | CFR | 1.27.52 |
| 4. T. Houston | Bow | 1.29.19 |
| 5. P. Murphy | CFR | 1.29.55 |

VETERANS O/45

| | | |
|--------------|--------|---------|
| 1. J. Nixon | AchRat | 1.25.34 |
| 2. J. Hope | AchRat | 1.34.03 |
| 3. D. Knight | FRA | 1.39.06 |

VETERANS O/50

| | | |
|---------------|-------|---------|
| 1. K. Bartley | CFR | 1.20.34 |
| 2. R. Bell | Amble | 1.28.05 |
| 3. K. Greggas | CFR | 2.02.48 |

VETERAN O/55

| | | |
|------------|-------|---------|
| 1. R. Bell | Amble | 1.28.05 |
|------------|-------|---------|

VETERANS O/60

| | | |
|------------------|--------|---------|
| 1. P. Duffy | Aber | 1.40.53 |
| 2. H. Catlow | Dallam | 1.46.40 |
| 3. H. Blenkinsop | Kesw | 1.59.13 |

LADIES

| | | |
|---------------------|-------|---------|
| 1. L. Thompson O/35 | Kesw | 1.39.27 |
| 2. C. Biourge | Unatt | 2.06.33 |
| 3. L. Buck | Bleng | 2.10.21 |
| 4. A. Goodall O/35 | | 3.15.07 |

INTERMEDIATE

| | | |
|--------------|-----|---------|
| 1. L. Gibson | CFR | 1.16.50 |
|--------------|-----|---------|

INGLEBOROUGH FELL RACE North Yorkshire AM/7m/2000ft 19.7.97

Local boy Matthew Whitfield kept a cool head amid heat wave conditions to win the Ingleborough Race at his first attempt. Twenty one year old Matthew led the Bradford Airedale duo of Steve and Gary Oldfield, over the seven mile course and was never seriously challenged. Phil Sheard held fourth position throughout in a field of two hundred and forty nine runners, at the summit Carol Greenwood was in fifth position and despite losing some ground in the decent finished twelfth overall in a new ladies record of fifty three minutes and nine seconds.

David M

| | | |
|---------------------|------|-------|
| 1. M. Whitfield | Bing | 47.40 |
| 2. G. Oldfield | Bfd | 49.03 |
| 3. S. Oldfield O/40 | Bfd | 49.18 |
| 4. P. Sheard | P&B | 49.48 |

| | | |
|----------------------|--------|-------|
| 5. G. Sumner | Ross | 52.13 |
| 6. H. Symonds O/40 | Kend | 52.31 |
| 7. S. Bottomley | Eccles | 52.41 |
| 8. B. Whitfield O/40 | Bing | 52.43 |
| 9. T. Taylor O/40 | Ross | 52.44 |
| 10. A. Maloney | Roch | 52.50 |

VETERANS O/50

| | | |
|---------------|------|-------|
| 1. B. Toogood | DkPk | 56.00 |
| 2. G. Howarth | Ilk | 61.31 |
| 3. F. Gibbs | Bing | 62.03 |
| 4. C. Keogh | Roch | 64.36 |
| 5. P. Reynard | Hors | 66.33 |

LADIES

| | | |
|---------------------|---------|-------|
| 1. C. Greenwood | Bing | 53.09 |
| 2. V. Wilkinson | Bing | 60.09 |
| 3. U. Creagh | Mersey | 61.40 |
| 4. C. Young O/35 | Lds | 65.09 |
| 5. K. Wallis O/35 | Clay | 69.29 |
| 6. K. Thompson O/35 | Clay | 69.37 |
| 7. M. Leck | | 70.46 |
| 8. A. Lindup O/35 | P'stone | 74.02 |

INTERMEDIATES U/18

| | | |
|---------------|----------|-------|
| 1. L. McCash | SeedHill | 25.15 |
| 2. A. Symonds | Kend | 25.22 |
| 3. G. Pearce | Ilk | 26.05 |
| 4. M. Emmett | Hynd | 26.21 |
| 5. C. Miller | | 26.36 |

JUNIORS U/14

| | | |
|--------------|--------|-------|
| 1. G. Johns | Holm | 31.23 |
| 2. H. Bullen | Hynd | 35.08 |
| 3. J. Davies | R'tree | 39.23 |

MOEL SIABOD Gwynedd Am/6.2m/2300ft 19.7.97

This year there was an excellent turnout of One hundred and seven seniors and fourteen juniors. The weather was hot and sunny, but there was a nice run through the river at the finish to cool off! The race was won by Colin Donnelly who led from start to finish. An excellent run by seventeen year old Andrew Davies of Mercia who finished only thirteen seconds behind Colin. Closely followed by mark Hayman of Dark Peak. The performance of the day was by 'Magnificent' Menna Angharad who finished tenth overall in fifty-five minutes and thirty-five seconds taking One minute and eighteen seconds off the ladies record. The previous ladies record holder Carol McCarthy was second in sixty-two minutes and forty-three seconds. Gwynfor Owen, recently back from injury won the over forty category, finishing sixth overall in fifty-two minutes and eight seconds. Don Williams was first over fifty, finishing seventh overall in fifty-four and thirty-six seconds. I would like to thank the following sponsors: Cotswold Outdoor - who donated the winners trophies. Cobdens Hotel - Race numbers. Prizes Donated by - Outside, Cotswold, Running Bear, and Ellis Brigham. Thanks to everyone who provided assistance on the day. Finally thanks to the runners for turning out in force - see you again next year.

R. Powell

| | | |
|---------------------|--------|-------|
| 1. C. Donnelly | Eryri | 48.40 |
| 2. M. Hayman | Dkpk | 48.58 |
| 3. J. McQueen | Eryri | 49.09 |
| 4. S. Mansbridge | Mercia | 51.37 |
| 5. G. Owen O/40 | Eryri | 52.08 |
| 6. D. Williams O/50 | Eryri | 54.36 |
| 7. A. Griffiths | Bowl | 54.44 |
| 8. T. Jones | Eryri | 55.33 |
| 9. A. Hughes | Eryri | 57.16 |
| 10. A. Jones | NWRR | 57.37 |

VETERAN O/40

| | | |
|-------------------|-------|-------|
| 1. G. Owen | Eryri | 52.08 |
| 2. C. Taylor | NWRR | 58.17 |
| 3. P. Stubbington | CCCNC | 58.25 |
| 4. P. 'Tan' Jones | Eryri | 58.39 |
| 5. D. Williams | Eryri | 59.07 |

VETERAN O/50

| | | |
|-----------------|--------|-------|
| 1. D. Williams | Eryri | 54.36 |
| 2. D. Whiteside | Eryri | 59.22 |
| 3. M. Williams | Eryri | 61.33 |
| 4. P. McArthur | Ches | 62.24 |
| 5. R. Tunstall | Helsby | 62.39 |

VETERAN O/60

| | | |
|--------------|-------|--------|
| 1. J. Carson | Eryri | 074.06 |
| 2. J. Pope | Eryri | 105.30 |

LADIES

| | | |
|---------------------|--------|-------|
| 1. M. Angharad O/35 | Eryri | 55.35 |
| 2. C. McCarthy O/35 | Helsby | 62.43 |
| 3. J. Heming | Eryri | 70.00 |
| 4. R. Metcalfe | NWRR | 74.11 |
| 5. J. Keasley O/35 | Helsby | 77.52 |
| 6. J. Robertson | Spec | 78.08 |
| 7. G. Harris O/35 | Mercia | 78.54 |
| 8. P. Blewz | UCNW | 79.12 |

FIRST JUNIOR

| | | |
|--------------|--------|-------|
| 1. A. Davies | Mercia | 48.53 |
|--------------|--------|-------|

MEAL AN-T SUIDHE 1 Invernesshire AS/3.5m/1500ft 19.7.97

On Saturday in the Melantee, Stephen Burns added another victory to his list of successes this season.

Burns, however, was given a big fright on the ascent when Billy Brooks Jr opened up a big lead by the summit and looked to be heading for an easy win.

However the hot, humid conditions began to take their toll on young Brooks and, by the bottom of the Melantee, Burns had caught his rival. He then pulled well away from him to record a decisive victory.

Burns' time was thirty one minutes forty one seconds, with Brooks, recording thirty two minutes and fifteen seconds.

Roger Boswell had a fine run to take fourth and the veterans' prize. The junior prize was won by fifteen year old Barry Davidson, in seventh.

Local rugby stalwart Graham MacNab narrowly missed out on the prizes with a good run into eleventh.

Julie Anderson easily won the ladies race, with former Ben Nevis winner Ros Evans.

John Mitchell

| | | |
|--------------------|---------|-------|
| 1. S. Burns | Loch | 31.41 |
| 2. B. Brooks | LAC | 32.15 |
| 3. S. Bennett | W'lands | 32.59 |
| 4. R. Boswell O/40 | | 34.18 |
| 5. R. Cant | LAC | 34.41 |
| 6. J. Maitland | LAC | 35.00 |
| 7. B. Davidson | LAC | 35.02 |
| 8. D. Paterson | LAC | 35.15 |
| 9. J. MacRae | LAC | 35.35 |
| 10. T. Ross O/50 | Fife | 36.24 |

VETERANS O/40

| | | |
|----------------|-------|-------|
| 1. R. Boswell | Unatt | 34.18 |
| 2. C. McAndrew | LAC | 37.04 |
| 3. K. White | LAC | 38.09 |
| 4. J. Banks | LAC | 43.32 |
| 5. D. Gibbons | Lost | 49.27 |

VETERANS O/50

| | | |
|------------|------|-------|
| 1. T. Ross | Fife | 36.24 |
|------------|------|-------|

VETERANS O/60

| | | |
|--------------|--------|-------|
| 1. B. Bennet | P'cuik | 48.19 |
|--------------|--------|-------|

LADIES

| | | |
|----------------|---------|-------|
| 1. J. Anderson | LAC | 40.52 |
| 2. R. Evans | LAC | 44.27 |
| 3. A. Reid | LAC | 44.56 |
| 4. J. Smith V | P'cuik | 45.24 |
| 5. N. Forster | LAC | 48.04 |
| 6. S. Byrne | LAC | 48.32 |
| 7. L. Wharam | W'lands | 48.36 |

JUNIORS

| | | |
|----------------|-----|-------|
| 1. B. Davidson | LAC | 35.02 |
| 2. J. Davidson | LAC | 36.36 |

CAPRICORN Scottish Borders O/25K-50K 19/20.7.97

We seem to have been living with this event for much of the year but after arranging permissions we were able to concentrate on more mundane matter, confident that the planners and controllers were capable of carrying out their duties without our meddling and fussing about deadlines. We had only a narrow window with Scottish Natural Heritage pushing us later to avoid the fledgling ground nesting birds on the SSI, and the Scottish Six Day looming. In the event, it was a beautiful weekend for organisers and families but the numbers of retirees show it was not the best for mountain running. Our recipe for thirst is water. If you want to test your isotonic mixture, try pouring it on a slug. If it speeds away that's ok, but if it dissolves in a pool your mixture is too strong!

We must thank all the landowners and tenants in the Ewes Valley for making us feel welcome, particularly the Buccleuch and Arkleton estates and their manager, Gareth Lewis and Hugh Edelman. The local postman told us who was in charge of the hall and the fields behind the hall were just right for camping providing the silage was cut in time and it was just! We must thank on behalf Mr & Mrs Stewart Fisher for allowing us to use the field, manning the emergency phone and being generally helpful. Mrs Fisher kindly presented the prizes provided by Jen Longbottom of KIMM. Equally importantly we must thank the planners and controller, Mark, Phil and Chris. They must have covered miles and miles! And finally thank you to the Red Cross Teams and to our own squad.

Brian & Carole Pilling

RESULTS - ELITE CLASS

| | | |
|-----------------|-------|----------|
| 1. I. Powell | BKO | 8.23.14 |
| 2. N. Bunn | TVOC | 9.17.11 |
| 3. L. Thompson | Clay | 9.56.30 |
| 4. K. Masson | MV | 10.47.15 |
| 5. K. Harding | Tring | 11.15.33 |
| 6. J. Yarnell V | NOC | 11.35.36 |
| 7. J. Winder V | CVFR | 12.01.24 |
| 8. J. Donnelly | SHETT | 12.01.44 |
| 9. R. Ansell | DkPk | 12.10.17 |
| 10. A. Mudge F | INT | 12.49.28 |

RESULTS - A CLASS

| | | |
|--------------------|-------|---------|
| 1. R. Wren | BL | 6.42.21 |
| 2. T. Higginbottom | KNOB | 6.44.48 |
| 3. R. Lamb V | SROC | 7.01.01 |
| 4. J. Collingwood | CLOC | 7.27.51 |
| 5. C. Bourne | DVO | 7.34.28 |
| 6. M. Sellens V | SOS | 7.34.29 |
| 7. J. Tullie V | RoxbR | 7.38.31 |
| 8. L. Matthew | SLOW | 7.45.59 |
| 9. M. Garrett V | ManAC | 7.48.29 |
| 10. S. Jones V | Eryri | 7.58.48 |

FIRST LADY

| | | |
|------------------|----|---------|
| 1. D. Thompson V | BL | 9.26.38 |
|------------------|----|---------|

RESULTS - B CLASS

| | | |
|---------------------|-------|---------|
| 1. R. Frost | NOR | 6.29.33 |
| 2. R. Oxlade | GRAMP | 6.41.54 |
| 3. A. Hindle | CUOC | 6.57.32 |
| 4. S. Wilson | PFO | 6.57.50 |
| 5. T. Callery | MDOC | 6.57.55 |
| 6. A. Mathewson | LIVIN | 7.07.18 |
| 7. M. Lucking V | NOC | 7.08.10 |
| 8. K. Shelton-Smith | RAFO | 7.16.08 |
| 9. C. Shelton-Smith | RAFO | 7.18.21 |
| 10. I. Hay V | INVOC | 7.23.35 |

LADIES

| | | |
|--------------|-------|---------|
| 1. J. Bale | DEE | 7.36.24 |
| 2. S. Hay V | INVOC | 8.52.35 |
| 3. L. Bland | DkPk | 9.25.36 |
| 4. M. Watson | SLOW | 9.52.58 |

RESULTS - C CLASS

| | | |
|--------------------|------|---------|
| 1. S. Wright V | NOC | 5.17.58 |
| 2. A. Etherden | MDOC | 5.26.51 |
| 3. J. Slater | WCOC | 5.49.26 |
| 4. V. Kaye F | CUOC | 6.18.26 |
| 5. R. Smith V | EBOR | 6.18.38 |
| 6. M. Bradley | DEE | 6.18.59 |
| 7. D. Olivant V | NOC | 6.28.01 |
| 8. P. Legg | SLOG | 6.36.26 |
| 9. D. Hargreaves V | SROC | 6.37.38 |
| 10. L. Vaughan | Ind | 6.38.14 |

LADIES

| | | |
|-------------------|------|---------|
| 1. V. Kaye | CUOC | 6.18.26 |
| 2. A. Crank | SROC | 7.08.16 |
| 3. J. Nisbit V | ESOC | 7.27.22 |
| 4. G. Matthews | Int | 7.31.01 |
| 5. K. Kingston | LOK | 7.35.41 |
| 6. R. Murray | CUOC | 7.42.07 |
| 7. C. Warner | NN | 7.54.19 |
| 8. B. Heathcote V | WCH | 7.54.59 |

RESULTS - D CLASS

| | | |
|------------------|-------|---------|
| 1. H. Hartman F | INTER | 4.49.49 |
| 2. J. Stevenson | ESOC | 4.52.34 |
| 3. D. Charles V | SYO | 4.53.57 |
| 4. N. Higgins | LOK | 5.08.10 |
| 5. M. Wilkins | SAXON | 5.15.48 |
| 6. J. Margaret F | EPOC | 5.16.42 |
| 7. S. Shaw | SROC | 5.38.46 |
| 8. M. Godfree V | DVO | 5.53.37 |
| 9. E. Johnson | MDOC | 5.55.23 |
| 10. R. Finch V | Aire | 5.57.07 |

RESULTS - SCORE CLASS

| | | |
|------------------|-------|-----|
| 1. T. Griffin | GRAMP | 300 |
| 2. R. Caves | DkPk | 295 |
| 3. A. Pryor V | WPFR | 285 |
| 4. R. Daly | GRAMP | 278 |
| 5. C. Kelsey V | BOK | 265 |
| 6. A. Robinson V | SLOW | 259 |
| 7. G. Parker | SLOW | 245 |
| 8. I. Jones V | WCH | 240 |
| 9. J. Ward V | OD | 240 |
| 10. G. Shutt | IND | 235 |

FIRST LADY

| | | |
|----------------|------|-----|
| 1. S. Metcalfe | KNOB | 164 |
|----------------|------|-----|

RESULTS - TRIM COURSE

| | | |
|----------------|-------|------|
| 1. N. Fellowes | NewNo | 3.41 |
| 2. A. Lucking | NOC | 3.59 |
| 3. S. Adams | EBOR | 4.31 |

OLDFIELD GALA FELL RACE
West Yorkshire
BS/3m/500ft 20.7.97

The commentator stopped laughing, then announced the fell runners entry in the tug'o'war looked more like an electric fence than a challenge, as they took on Keighley Young Farmers. All the fun of the fair as last weekend Oldfield Gala was opened by Emmerdales' Seth Armstrong. This year's gala fell race was supported by many generous sponsors par-

ticularly 'ASICS' who donated two hundred pounds worth of sports gear to be given as prizes.

It was a new course this year with some superb open moorland, as last years course proved too complex - not helped by some bright spark moving the flags!! Ian Holmes was first man home and walked away with one hundred pounds worth of ASICS trainers, plus twenty pounds for a new course record, sponsored by Keighley tree services.

Young runners from Wirral dominated the junior races, but local lad Sam Clegg won the under twelves and his brother Michael, winning the tough under sixteens' race. So if you're build more like a 'tug of warist' rather than a fell runner, you could join the tenco rejects next year, or simply sit in the beer tent and drink it all in. Thanks to all who supported this years Oldfield Gala Race.

Colin Moses

| | | |
|--------------------|----------|-------|
| 1. I. Holmes | Bing | 22.40 |
| 2. S. Green | P&B | 23.05 |
| 3. R. Grillo | KHR | 23.10 |
| 4. S. Oldfield V | Bfd/Aire | 23.14 |
| 5. P. Stevenson | P&B | 23.30 |
| 6. A. Turner | Bux | 24.34 |
| 7. S. Bottomley | | 24.45 |
| 8. A. Maloney | Roch | 24.53 |
| 9. A. Life | Clay | 25.00 |
| 10. R. Crossland V | Bfd/Aire | 25.13 |

LADIES

| | | |
|-----------------|------|-------|
| 1. C. Greenwood | Bing | 25.54 |
| 2. N. White | Holm | 30.31 |
| 3. A. Sivastava | P&B | 34.55 |

CROWN DERBY
Cheshire

CS/3.5m/400ft 22.7.97

| | |
|------------------|-------|
| 1. D. Neill | 22.02 |
| 2. M. Foschi | 23.13 |
| 3. D. Keeling | 23.23 |
| 4. P. Aird | 23.48 |
| 5. V. Booth | 24.15 |
| 6. N. Jones | 24.35 |
| 7. A. Smallman | 24.58 |
| 8. R. Pettensell | 25.07 |
| 9. P. Nolan | 25.18 |
| 10. J. Batt | 25.40 |

FIRST LADY

| | |
|------------|-------|
| 1. E. Batt | 26.11 |
|------------|-------|

FIRST JUNIOR

| | |
|--------------|-------|
| 1. S. Turton | 27.06 |
|--------------|-------|

THE DUPONT ROSEBERRY
TOPPING RACE

Cleveland
22.7.97

| | | |
|----------------|--------|-------|
| 1. M. Cara | Mand | 11.57 |
| 2. J. Blackett | Mand | 12.14 |
| 3. D. Fielden | Mand | 12.36 |
| 4. A. Harland | Mand | 12.52 |
| 5. P. Wragg | Thirsk | 12.53 |
| 6. I. Ellmore | | 12.54 |
| 7. S. Mechie | Thirsk | 13.02 |
| 8. G. Bastow | Swale | 13.13 |
| 9. P. Jenkins | Mand | 13.18 |
| 10. R. Cole | Mand | 13.22 |

VETERAN O/40

| | | |
|---------------|--------|-------|
| 1. R. Pollard | Mand | 13.40 |
| 2. P. Buckby | Marske | 13.48 |
| 3. P. Kelly | Darl | 14.23 |
| 4. D. Knee | HBR | 14.43 |
| 5. K. Walker | | 14.50 |

VETERAN O/50

| | | |
|----------------|--------|-------|
| 1. J. Kettle | Marske | 15.21 |
| 2. A. Wikeley | Thirsk | 15.39 |
| 3. N. Dyson | Mand | 16.30 |
| 4. R. Sherwood | Marske | 17.26 |
| 5. E. Huck | Thirsk | 17.36 |

VETERAN O/60

| | | |
|------------------|--------|-------|
| 1. B. Hood | Mand | 16.59 |
| 2. R. Bainbridge | Thirsk | 17.36 |
| 3. P. Braney | BMH | 19.03 |
| 4. D. Cook | Mand | 19.53 |

LADIES

| | | |
|-------------------|---------|-------|
| 1. S. Webb O/35 | Mand | 16.29 |
| 2. S. Jackson | M/cleve | 17.21 |
| 3. S. Jemsen O/40 | Marske | 17.59 |
| 4. C. Mears O/35 | Darl | 18.00 |
| 5. S. Thurlwell | Quaker | 18.36 |
| 6. J. Cooper | | 18.50 |
| 7. H. Young | Quaker | 19.01 |
| 8. J. Soper O/35 | Thirsk | 19.33 |

JUNIORS

| | | |
|----------------|------|-------|
| 1. J. Franklin | mand | 19.05 |
| 2. S. Hine | Mand | 24.30 |
| 3. R. Mason | Mand | 24.40 |



Matthew Whitfield, first at Ingleborough
Photo: Steve Bateson

SHELDON FELL RACE
Derbyshire
BS/4m/521ft 24.7.97

This year saw the third annual event in the magnificent scenery of the Peak District. The numbers in the previous two years were nineteen, however this year One hundred and eleven lined up at the start, which has given the organisers a big boost. Following a heavy downpour late afternoon, the evening turned out dry and sunny. Although the surface on the downhill stage was slippery due to the earlier weather conditions, Andy Wilton soon broke away from the leading pack and after reaching the river Wye, led for the rest of the way, breaking the course record by six seconds which he held from the previous year. The ladies' record was also broken by Jessica Turnbull, knocking three minutes and two seconds off the 1995 time, and the junior boys, not to be outdone, have scored a new record through the efforts of Daniel Yates, shaving a brilliant four minutes and nine seconds off the 1996 run. Thanks to the trophy sponsors, marshals and the local farmers. Special thanks to Colin Melland and Brain Parker for their time and effort spent on marking out the course. Competitors verdict: good testing course, well organised and marshaled. A particular stile is to be looked at before next year's event to avoid queuing.

R. Lord

| | | |
|-------------------|--------|-------|
| 1. A. Wilton | Tipton | 22.50 |
| 2. D. Teasdale | Hallam | 24.39 |
| 3. G. Morson O/40 | Buxton | 25.28 |
| 4. M. Wilson | Hallam | 25.35 |
| 5. M. Ediker | | 25.46 |
| 6. M. Nolan | | 26.04 |
| 7. D. Gledhill | | 26.14 |
| 8. K. Webster | | 26.17 |
| 9. J. Chamber | | 26.31 |
| 10. M. Salkild | | 26.34 |

VETERAN O/40

| | | |
|---------------|--------|-------|
| 1. G. Morson | Buxton | 25.28 |
| 2. K. Holmes | | 28.02 |
| 3. G. Spencer | | 28.04 |

VETERAN O/50

| | | |
|-----------------|--|-------|
| 1. B. Toogood | | 26.45 |
| 2. D. Tait | | 27.32 |
| 3. R. Mason | | 32.07 |
| 4. V. Titterton | | 34.57 |
| 5. B. Edwards | | 36.58 |

VETERAN O/60

| | | |
|--------------|--|-------|
| 1. C. Henson | | 33.50 |
| 2. P. Grundy | | 36.16 |

LADIES

| | | |
|--------------------|--|-------|
| 1. J. Turnbull | | 28.04 |
| 2. E. Ball | | 28.53 |
| 3. P. Leach | | 31.11 |
| 4. K. Beighton | | 32.22 |
| 5. A. Watmore O/50 | | 32.35 |
| 6. H. Musson O/35 | | 33.26 |
| 7. N. Betts | | 34.19 |
| 8. S. McGeely | | 34.44 |

JUNIORS

| | | |
|-----------------|---------|-------|
| 1. D. Yates | Matlock | 25.01 |
| 2. J. Selby-sly | | 29.02 |
| 3. M. Spencer | | 34.26 |



Andre Atkinson, England B team, Snowdon
Photo: Steve Bateson

INTERNATIONAL SNOWDON RACE Gwynedd AM/10m/3250ft 26.7.97

The twenty second Nike Snowdon Race was held on a very wet and windy day. Indeed, such was the wind speed above two thousand two hundred feet that the Snowdon Mountain Railway suspended its summit service at midday for safety reasons. The race was dominated almost from start to finish by the 1993 winner and England International, Ian Holmes. He was first to the summit in forty three minutes and five seconds and was a minute ahead of Neil Wilkinson from Scotland. The winning time was one hour, four minutes and fifty seconds. Fabio Ciapponi of Italy finished third as England comfortably won the team event with England B and Italy on joint second. In the ladies section Carol Greenwood recorded the third fastest time ever by a lady in this event. Her time of one hour sixteen minutes and eleven seconds has only been bettered by herself in 1986 and 1993. Her record of one hour twelve minutes and forty eight seconds is considered to be one of the finest achievements by a lady runner in all British Mountain Racing. The over fifty class was once again won by Don Williams of Eryri, but would have bettered it, if he had not started some two minutes behind the main runners. For the first time in twenty two years the veteran runners outnumbered the open entry. Is this a trend in British Mountain running?

Jones

| | | |
|------------------|--------|---------|
| 1. I. Holmes | EngA | 1.04.50 |
| 2. N. Wilkinson | Scot | 1.05.51 |
| 3. F. Ciapponi | Ital | 1.06.36 |
| 4. M. Croasdale | Bing | 1.06.38 |
| 5. M. Kinch | Eng | 1.06.42 |
| 5. T. Icart | France | 1.06.54 |
| 6. S. Hawkins | EngA | 1.07.14 |
| 7. A. Atkinson | EngB | 1.07.30 |
| 8. M. Rigby | Scot | 1.07.53 |
| 9. C. Roberts | Kend | 1.08.00 |
| 10. A. Bowness | EngA | 1.08.10 |
| 11. P. Sheard | EngA | 1.08.54 |
| 12. D. Neill | Merc | 1.08.55 |
| 13. R. Jebb | Bing | 1.09.13 |
| 14. M. Roscoe | EngB | 1.09.21 |
| 15. E. Tirinzoni | Ital | 1.09.33 |
| 16. J. Wilkinson | Scot | 1.09.59 |
| 17. M. Keys | EngB | 1.10.59 |
| 18. S. Griffiths | Cymru | 1.11.09 |
| 19. B. Rodgers | Scot | 1.12.24 |

FIRST VETERAN O/40
1. D. Neill Merc 1.08.55

FIRST VETERAN O/45
1. P. Jones Eryri 1.22.16

FIRST VETERAN O/50
1. D. Williams Eryri 1.19.47

LADIES

| | | |
|------------------|-------|---------|
| 1. C. Greenwood | Eng | 1.16.11 |
| 2. A. Buckley | Eng | 1.20.07 |
| 3. M. Angharad | Cymru | 1.20.11 |
| 4. J. Hargreaves | Eng | 1.23.17 |
| 5. K. Powell | Scot | 1.24.35 |
| 6. A. Bedwell | Cymru | 1.25.53 |
| 7. J. Paterson | Scot | 1.29.56 |
| 8. K. Harvey | Alt | 1.32.14 |

TURNSLACK FELL RACE Lancashire AM/8m/2000ft 26.7.97

Well I suppose it had to rain sometime, twice in twenty years not bad eh! And the mist we have never had any of that before. Sorry to those that missed the flags on the run in, but we did put One hundred and fifty out on the course. And by the way as most of you know by now the runner that got lost for five and a half hours has turned up. A Ten pound taxi fare lighter but very hungry. The St John's did some sterling work on the day. We had three casualty's referred to hospital.

Key

| | | |
|-----------------|-------|-------|
| 1. S. Willis | Todm | 60.19 |
| 2. G. Oldfield | Bfd/A | 60.33 |
| 3. I. Greenwood | CLM | 63.20 |
| 4. G. Sumner | Ross | 63.26 |
| 5. A. Maloney | Roch | 63.27 |
| 6. A. Selby | Horw | 63.36 |
| 7. G. Webb | CV | 63.45 |
| 8. D. Flatley | Horw | 69.09 |
| 9. C. Lyon O/40 | Horw | 69.18 |
| 10. D. Woodhead | Horw | 69.19 |

VETERAN O/40

| | | |
|-----------------|------|-------|
| 1. C. Lyon | Horw | 69.18 |
| 2. C. Davies | Sadd | 69.20 |
| 3. T. Taylor | Ross | 69.46 |
| 4. P. Martin | Bolt | 70.23 |
| 5. A. Sherriffs | CV | 70.29 |

VETERAN O/45

| | | |
|------------------|------|-------|
| 1. T. Hesketh | Horw | 69.30 |
| 2. J. Winder | CV | 69.35 |
| 3. B. Waterhouse | Sadd | 69.39 |
| 4. H. Waterhouse | Sadd | 70.51 |
| 5. J. Barker | Roch | 71.04 |

VETERAN O/50

| | | |
|----------------|---------|-------|
| 1. B. Mitchell | CLM | 69.31 |
| 2. J. Nixon | Achille | 74.07 |
| 3. F. Bennett | Radclf | 75.31 |
| 4. D. Lucas | Roch | 76.53 |
| 5. P. Roberts | Roch | 77.31 |

VETERAN O/55

| | | |
|--------------------|--------|-------|
| 1. P. Jepson | Ross | 74.38 |
| 2. T. Eckersley | Sadd | 77.47 |
| 3. D. Illingsworth | Bfd/A | 80.57 |
| 4. T. Foster | Vstr | 91.02 |
| 5. P. Davies | Oldham | 93.30 |

VETERAN O/60

| | | |
|-------------------|------|-------|
| 1. T. Shaw | Todm | 77.33 |
| 2. B. Smith | CLM | 88.10 |
| 3. M. Seward | Skip | 91.11 |
| 4. R. Francis | Bury | 99.02 |
| 5. D. Clutterbuck | Roch | 88.37 |

LADIES

| | | |
|-------------------|---------|-------|
| 1. G. Cook O/35 | Roch | 76.24 |
| 2. K. Mather O/35 | Sadd | 77.15 |
| 3. L. Pyne | CV | 79.51 |
| 4. L. Whittaker | Sadd | 80.10 |
| 5. J. Bellis O/35 | Bolton | 88.01 |
| 6. S. Whilpe | Wistend | 88.04 |
| 7. J. Dowling | Todm | 89.40 |
| 8. L. Warin O/35 | Skip | 89.55 |

LA 6000D MACOT La-Plagne AL/35m/9800ft 27.7.97

A real 'A' long race, nearly ten thousand feet of ascent and descent in thirty-five miles of mixed terrain, consisting of paths, tracks scree and snow climbing to three thousand metres on the edge of the Belledue Glacier. This was the eighth running of the race and the first time the maximum entry of five hundred had been reached. With a class field of European runners, brilliant organisation and a superb course this deserves to become a classic. Ten runners from the UK, the largest contingent yet, made the trip and put up a good performance against a strong international field. Race day was superb, clear and sunny with stunning view of Mont Blanc from most of the race route. Borrowdale AC made a great debut in the race with Andrew and Jim Davies finishing seventh equal despite Andrew twisting an ankle after about fifteen miles. Supported by Ben Bardsley they also gained the second team spot behind Megeve. Nicola Davies was third lady and fiftieth overall. Carol McNeil and Mike Walford in the Vet fifty category both had strong runs to finish second and fourth respectively.

| | | |
|---------------------|----------|---------|
| 1. L. Tikhonov O/40 | Russia | 4.21.41 |
| 2. I. Bucek | Slovakia | 4.37.20 |
| 3. J. Civrny O/40 | Czech | 4.38.07 |
| 4. A. & J. Davies | Borr | 4.48.14 |
| 5. P. Clark O/40 | Kendal | 5.07.11 |
| 6. B. Bardsley | Borr | 5.13.42 |
| 7. N. Davies F | Borr | 5.37.59 |
| 8. C. Speight | Kendal | 5.47.19 |
| 9. M. Walford O/50 | Kendal | 5.50.55 |
| 10. G. Eccles | CLM | 6.41.26 |
| 11. P. Dowker O/50 | Kendal | 6.55.39 |
| 12. C. McNeil F | Amble | 7.08.48 |

HAYWARDS HEATH HARRIERS JACK & JILL CHALLENGE West Sussex BS/5.5m/1100ft 27.7.97

One hundred and seventy runners tackled the steep north scarp face of the south downs in one of the few registered fell races held in the south of England.

The steep climb from the start up to the two windmills called 'Jack & Jill', which give the race it's name, soon spread the field with the 1996 winner, Bob Eade, Seaford Striders, and the ultimate winner, Steve Bell, Dark Peak runners, setting a fast early race.

Steve's faster descending on the steep loose surfaced track between the two and three mile mark gave him a lead of about ten seconds and although Bob came back to him on the climb of burnt house borstal he pulled away again in the final two miles to win by a margin of eighteen seconds.

The ladies race was more clear cut, with last years winner, Caroline Herbert, Arena 80, leading home Clare Aquilina, Brighton & Hove by one minute and fifty three seconds. In a time of thirty nine minutes and fifty four seconds more than two minutes outside the course record she set in 1996.

| | | |
|-------------------|-------|-------|
| 1. S. Bell | DkPk | 33.10 |
| 2. B. Eade | Seaf | 33.28 |
| 3. T. Sargant | Hail | 34.33 |
| 4. A. Eyre-Walker | Notts | 34.41 |
| 5. T. Frost | Liss | 33.56 |
| 6. A. Masters | Lewes | 35.10 |
| 7. A. Styles | Tunb | 35.25 |
| 8. A. Brown V | Worth | 35.39 |
| 9. M. Johnson | Strag | 35.54 |
| 10. P. Lay | Worth | 36.10 |

VETERANS O/40

| | | |
|-----------------|---------|-------|
| 1. A. Brown | Worth | 35.39 |
| 2. T. Crossley | E.Grin | 37.53 |
| 3. P. Rockwood | B&H | 38.04 |
| 4. R. Stubbings | Goring | 38.37 |
| 5. N. Wright | Arena80 | 39.04 |

FIRST VETERAN O/50
1. G. Howard Ilk 38.26

LADIES

| | | |
|------------------|---------|-------|
| 1. C. Herbert | Arena80 | 39.54 |
| 2. C. Aquilina V | B&H | 41.47 |

HEART OF THE LAKES Cumbria 31.7.97

| | | |
|------------------|--------|---------|
| 1. M. Hayman | DkPk | 1.20.11 |
| 2. N. Spence | Kend | 1.21.02 |
| 3. B. Cole | Horw | 1.21.13 |
| 4. P. Dugdale | Horw | 1.21.37 |
| 5. D. Woodhead | Horw | 1.22.18 |
| 6. J. Blackett | Mand | 1.22.24 |
| 7. A. Beck | Kend | 1.24.40 |
| 8. M. Woods | Clay | 1.24.45 |
| 9. J. Crawford | Kend | 1.24.47 |
| 10. S. Bottomley | Eccles | 1.25.16 |

FIRST VETERAN O/40
1. A. Beck Kend 1.24.40

FIRST VETERAN O/45
1. N. Boller DkPk 1.41.55

FIRST VETERAN O/50
1. D. Kearns Bolt 1.35.13

LADIES

| | | |
|-----------------------|-------|---------|
| 1. S. Conway | | 2.01.26 |
| 2. W. Corson | | 2.07.11 |
| 3. A. Sturtridge O/50 | Bidef | 2.08.07 |

RHEWL ROUGH RUN Clywd AS/4.5m/1800ft 2.5.97

Thirty three runners started in warm conditions. Andrew Davies cruised in the middle of the bunch for the first half mile of tarmac, then took off as the rough stuff was reached. He headed the field by a hundred metres at the top of the first climb and was never troubled from then on.

Mario Fochis' return from a long spell of injuries was a credit to the Wirral veteran holding second place being under a minute adrift and holding off Jan Kardasz by a similar distance.

Veterans dominated this race, which seems to be thertrend these days.

Again we had a poor ladies entry with all of them doing credit to a demanding yet quick circuit. First was Julie Boscoe (fifteenth overall) well ahead of Judy Halton and Gill Darby.

With a table full of prizes all veteran categories were rewarded and nearly all the ladies had prizes with the weather turning hot the beer tent was well used as the competitors enjoyed the country show. A closely contested mens team was won by Helsby by forty seven points to Mercias' forty nine.

| | | |
|---------------------|--------|-------|
| 1. A. Davies U/18 | Merc | 35.23 |
| 2. M. Foschi O/40 | Penn | 36.17 |
| 3. J. Kardasz | L&M | 37.22 |
| 4. K. Begley | Whitby | 39.20 |
| 5. G. Manson O/40 | Osw | 39.36 |
| 6. G. Spence O/45 | Merc | 40.23 |
| 7. E. Davies O/40 | Merc | 41.12 |
| 8. R. Tunstall O/55 | Hels | 41.18 |
| 9. J. Morris O/50 | Penn | 42.08 |
| 10. W. Percuik | Hels | 42.42 |
| 11. A. Todd O/50 | Hels | 42.56 |
| 12. D. Fisher O/40 | Whitby | 43.01 |

VETERANS O/60

| | | |
|--------------|---------|-------|
| 1. D. Brown | Clay | 44.58 |
| 2. R. Warren | ValeRoy | 54.00 |

LADIES

| | | |
|-------------------|--------|-------|
| 1. J. Boscoe O/35 | Wirral | 44.55 |
| 2. J. Halton | Merc | 46.52 |
| 3. G. Darby O/35 | L&S | 49.29 |
| 4. J. Davies | Merc | |
| 5. L. Hughes O/40 | P'atyn | 56.30 |
| 6. K. Thomas | Unatt | 63.21 |

DONARD - COMMEDAGH

Northern Ireland

AM/7m/3100ft 2.8.97

Mark Roberts of Borrowdale A.C. arrived in the Mourne Mountains to sus out the Donard - Commedagh race route a few days in advance of the start, but fate intervened and twisted his ankle. He required a win to be crowned outright British Champion but had to watch the runners surging away from the start on Saturday the eighth of August knowing that if Ian Holmes of Bingley won then they would share the title. There were plenty of potential challengers to Holmes and as the race developed in near perfect conditions various candidates moved to the front; Alan Bryson of local club Newcastle A.C. Paul Sheard of Pudsey and Bramley and Graeme Bartlett of Carmethy A.C. were also to the fore but always among them was the main man - Ian Holmes. After thirty-six and a half minutes climbing this group arrived at Donards summit with very little between them. The race's first big break occurred as Holmes and Paul Sheard broke away on the decent and was extended by the time they reached Slieve Commedaghs top. Bryson was now third with Bartlett and McNeilly close behind. Holmes charged down off Commedagh with Sheard glued to his tail and he did not become unstuck until they reached the forest roads leading to the finish where Holmes opened up a gap to win by twenty-two seconds. Great run by Paul though to push him so hard. Behind them many positions through the patchy bolder fields, without a path in sight. Robin Bryson was struggling and Bartlett and McNeilly had overhauled him before the steep gully above the forest. Brian Ervine was charging through on a good decent but the fastest descender of all was John Wilkinson of Shettleston who was powering through from way back and was to miss third place by only a few seconds in a sprint finish with Deon McNeilly. Bartlett claimed fifth and Bryson who had been pushed back to eighth at one stage battled back to sixth to claim valuable points for himself and his club Newcastle A.C. Fine runs by fellow club members Dermot McGonagle in ninth place, Paul Mawhirt in twenty-first and Richard Rodgers in twenty-fourth give the local club the honours ahead of Shettlestone and Cumberland. It also meant they finish as runners up behind Bingley in this years championship. Angela Mudge of Carmethy had already won the ladies championship and easily won this race also, in a very good time of seventy-six minutes and fourteen seconds, well ahead of Tracey Brindley of Cosmic Hill Bashers and Karen Powell also of Carmethy. The make vet forty category was closely fought between Adrian Jones, Glossopdale, Willy Bell, Cumberland and Andy Hauser P+B. Adrian won but by only thirty-four seconds. Pending confirmation by the PRA statistician it would appear that Adrian is the vet forty champion with equal points to Willy Bell but with the advantage on the count back system. Finally, super vet fifty Jim Patterson of Albertville Harriers, was twenty second overall and becomes Northern Irelands first ever British Champion. There was even a rumour that he was going to buy a round afterwards but he was not that overcome by the moment, so we still await. Thanks to sponsorship from the Northern Ireland Tourist Board, and Down District Council plus various others, and a lot of hard work by many, the day was a great success. We hope to see the championships return and maybe next time even more runner will visit to discover the pleasures of running where the mountains of Mourne sweep down to the sea.

Jim Brown

| | | |
|-----------------|---------|---------|
| 1. I. Holmes | Bing | 1.04.12 |
| 2. P. Sheard | P/B | 1.04.34 |
| 3. D. McNeilly | Ncastle | 1.06.04 |
| 4. J. Wilkinson | Shett | 1.06.07 |
| 5. G. Bartlett | Carn | 1.06.19 |
| 6. R. Bryson | Ncastle | 1.07.02 |
| 7. I. Boothroyd | CFR | 1.07.07 |
| 8. B. Irvine | B'drain | 1.07.30 |
| 9. D. McGonagle | Ncastle | 1.08.35 |
| 10. P. Sheard | P/B | 1.08.47 |

VETERAN O/40

| | | |
|---------------|-------|---------|
| 1. A. Jones | Gloss | 1.11.02 |
| 2. W. Bell | CFR | 1.11.36 |
| 3. A. Hauser | Puds | 1.13.13 |
| 4. H. Jarrett | CFR | 1.17.34 |
| 5. J. Reeve | Kend | 1.18.55 |

VETERAN O/50

| | | |
|-----------------|---------|---------|
| 1. J. Patterson | Albertv | 1.13.51 |
| 2. K. Carr | ClayM | 1.17.39 |
| 3. K. Bartley | CFR | 1.17.55 |
| 4. J. Hayes | Bdrain | 1.22.33 |
| 5. R. Ferry | Mulst | 1.32.04 |

LADIES

| | | |
|-----------------|--------|---------|
| 1. A. Mudge | Carny | 1.16.41 |
| 2. T. Brindley | Cosmic | 1.21.49 |
| 3. K. Powell | Barf | 1.27.09 |
| 4. G. Cook O/35 | Roch | 1.28.43 |
| 5. M. Diskin | Riocht | 1.29.46 |
| 6. J. Robertson | Wlands | 1.33.50 |
| 7. L. Whittaker | Sadd | 1.35.16 |
| 8. A. Sandford | Bdrain | 1.35.38 |

CROW HILL RACES

2.8.97

JUNIOR U/18 BOYS

| | | |
|------------------|--------|-------|
| 1. H. Matthews | Shrews | 31.32 |
| 2. M. Cayton | Horw | 32.30 |
| 3. G. Pearce | Ilkly | 33.29 |
| 4. S. Bailey | Staff | 34.00 |
| 5. E. Tresidder | Matl | 34.14 |
| 6. K. Hawitt | Oswes | 34.19 |
| 7. A. Norman | Altrin | 35.24 |
| 8. A. Crosland | Longw | 36.06 |
| 9. A. Lye | Roch | 36.34 |
| 10. M. Tannahill | Dewsb | 39.59 |

JUNIOR U/18'S GIRLS

| | | |
|-----------------|------|-------|
| 1. C. Sanderson | Skip | 37.50 |
|-----------------|------|-------|

JUNIOR U/16 BOYS

| | | |
|----------------|-------|-------|
| 1. D. Yates | Matl | 13.22 |
| 2. S. Savage | Amble | 13.29 |
| 3. C. Heyes | Rible | 13.30 |
| 4. D. Scott | Tyne | 13.38 |
| 5. G. Slater | Keigh | 13.47 |
| 6. R. Hughes | Horw | 14.17 |
| 7. L. Broadley | Bing | 14.24 |
| 8. I. Ramsdale | Horw | 15.01 |
| 9. D. Smith | Staff | 15.49 |
| 10. S. McCain | Wirr | 16.13 |

JUNIOR U/16 GIRLS

| | | |
|----------------|--------|-------|
| 1. K. Bailey | Staff | 15.54 |
| 2. N. White | Holmf | 16.43 |
| 3. R. Matthews | Shrews | 17.35 |

JUNIOR U/14 BOYS

| | | |
|---------------|-------|-------|
| 1. L. Boulton | Staff | 11.49 |
| 2. J. Wright | U/A | 12.00 |
| 3= C. Swire | ClayM | 12.01 |
| 3= S. Turton | Buxt | 12.01 |
| 5. R. James | Charn | 12.05 |
| 6. N. Lawton | Chorl | 12.27 |
| 7. C. Jones | Wirr | 12.31 |
| 8. A. Smith | Stoke | 12.33 |
| 9. M. Smith | Horw | 12.47 |
| 10. I. Harvey | Tod | 13.07 |
| 11. A. Marr | Wirr | 13.16 |

JUNIOR U/14 GIRLS

| | | |
|------------------|---------|-------|
| 1. S. Gatford | Telf | 12.50 |
| 2. L. Richardson | Chorl | 13.18 |
| 3. F. Harrison | Preseli | 13.56 |

JUNIOR U/12 BOYS

| | | |
|------------------|---------|------|
| 1. M. Buckingham | Holmf | 7.27 |
| 2. A. Whites | Sett | 7.35 |
| 3. M. Smith | Horw | 7.43 |
| 4. C. Pickup | U/A | 7.57 |
| 5. D. Shepherd | Sett | 7.58 |
| 6. J. Smith | M'lands | 8.08 |
| 7. L. Paget | U/A | 8.10 |
| 8. P. Boardman | Ribb | 8.27 |
| 9. T. Ellis | Bolton | 8.36 |
| 10. D. Morris | U/A | 8.43 |

JUNIOR U/12 GIRLS

| | | |
|---------------|-------|------|
| 1. K. Hawitt | Oswes | 8.09 |
| 2. J. Evans | Wirr | 8.11 |
| 3. A. Spencer | Wigan | 8.29 |

RESULTS

| | | |
|---------------------|-------|-------|
| 1. A. Carruthers | Craw | 31.56 |
| 2. S. Bottomley | Ecc | 32.12 |
| 3. P. Boyd | Horw | 32.17 |
| 4. W. Brown | Cald | 32.51 |
| 5. B. Mitchell O/50 | ClayM | 33.09 |
| 6. N. Pearce O/40 | Ilkly | 33.16 |
| 7. A. Preedy | Ross | 34.41 |
| 8. A. Simpson | EPOC | 34.42 |
| 8. A. Shepherd | Sett | 34.57 |
| 9. C. Robinson | Woodk | 34.58 |

VETERAN O/40

| | | |
|-----------------|-------|-------|
| 1. N. Pearce | Ilkly | 33.16 |
| 2. D. Collins | Tod | 35.32 |
| 3. C. Smith | Holmf | 36.46 |
| 4. P. Griffiths | DPFR | 36.47 |
| 5. J. Baker | Hull | 37.05 |

VETERAN O/50

| | | |
|----------------|--------|-------|
| 1. B. Mitchell | ClayM | 33.09 |
| 2. G. Breeze | Skyrac | 36.28 |
| 3. R. Bradley | Holmf | 36.33 |
| 4. J. Talbot | Tod | 37.34 |
| 5. C. Keogh | Roch | 37.51 |

VETERAN O/60

| | | |
|----------------|-------|-------|
| 1. L. Sullivan | ClayM | 37.31 |
| 2. M. Houghton | Chorl | 39.32 |
| 3. J. Barker | ClayM | 40.42 |
| 4. M. Seward | Skip | 44.19 |

LADIES

| | | |
|---------------------|------|-------|
| 1. C. Greenwood | Bing | 33.09 |
| 2. J. Dowling | Tod | 43.08 |
| 3. J. Reddish O/40 | U/A | 47.21 |
| 4. J. Barber O/40 | Sadd | 47.23 |
| 5. S. Finnerty | Bbum | 47.34 |
| 6. E. Unsworth O/40 | Kend | 50.30 |

BEETHAM FELL RACE

BS/6m/1000ft 2.8.97

A first class performance from Kendal postman, Dave Houldsworth delivered him victory and new record in the Beetham sports fell race. Houldsworth took the lead after the initial climb had taken the runners out into the deer park, once ahead he never looked back despite being shadowed for the remainder of the race by a group of three including Ken Hougate, Dave Woodhead and Peter Cudworth. "I took it on the second climb, and I just cruised it from then on," said a delighted Dave, adding: "I was going really well." It was a shame two runners Peter Cudworth and Mick Addison, when lying fourth and fifth missed the marker arrow onto the fairy steps - a curious natural rock formation in the wood with a mile to the finish. A new ladies record was also produced by Joan Graham, in fact Nancy Westworth dipped inside Yvonne Proctor's fifty-eight minutes and twenty-eight seconds old time. These sports offer plenty of kids races, along with a full programme of senior grass track events: 100m, 200m, 400m, mile and 1600m in a delightful village.

| | | |
|------------------------|--------|-------|
| 1. D. Houldsworth O/40 | Kend | 37.06 |
| 2. D. Woodhead | Horw | 38.03 |
| 3. K. Hargate | Lanc | 38.25 |
| 4. M. McKenna O/40 | Kend | 39.48 |
| 5. M. Cronshaw O/40 | Dallam | 40.22 |
| 6. D. Croxall | lancs | 41.38 |
| 7. D. Soles | Gloss | 41.52 |
| 8. A. Quickfall | Nburgh | 42.25 |
| 9. I. Carrick | U/A | 42.59 |
| 10= P. Cudworth O/40 | Lanc | 42.51 |
| 10= M. Addison | Clem | 42.51 |

VETERAN O/40

| | | |
|----------------|--------|-------|
| 1. M. McKenna | Kend | 39.48 |
| 2. M. Cronshaw | Dallam | 40.22 |
| 3. P. Cudworth | Lanc | 42.51 |
| 4. J. Hodgson | Dallam | 45.14 |
| 5. R. Shaw | U/A | 48.07 |

FIRST VETERAN O/65

| | | |
|--------------|--------|-------|
| 1. H. Catlow | Dallam | 48.32 |
|--------------|--------|-------|



Brian Ervine leads John Wilkinson, Donard Commedagh

**BORROWDALE
Cumbria
AL 2.8.97**

Men (17M, 6500ft)

| | | |
|------------------|------------|---------|
| 1. J. Bland | Borrow | 2:42:04 |
| 2. G. Bland | Borrow | 2:45:33 |
| 3. J. Davies | Borrow | 2:52:52 |
| 4. S. Booth | Borrow | 3:04:20 |
| 5. L. Thompson | CleM | 3:05:58 |
| 6. G. Schofield | Horw M4Q | 3:07:17 |
| 7. P. Thompson | B'Burn | 3:07:32 |
| 8. D. Nuttall | CleM | 3:07:42 |
| 9. S. Jackson | Horw, M40 | 3:07:49 |
| 10. D. Ratcliffe | Ross, M40 | 3:07:52 |
| 11. D. Troman | Kes | 3:08:05 |
| 12. M. Fanning | Borrow | 3:09:51 |
| 13. M. Holroyd | Borrow | 3:10:22 |
| 14. J. Holt | CleM, M40 | 3:13:10 |
| 15. N. Daws | CFR | 3:13:16 |
| 16. M. Angharad | Eryri, W40 | 3:14:36 |
| | rec | |
| 17. T. Jones | Eryri | 3:14:37 |
| 18. K. Wood | Salt | 3:15:28 |
| 19. J. Archbold | CFR | 3:15:57 |
| 20. A. Beck | Kend, M40 | 3:17:27 |

M50:

| | | |
|-----------------|--------|---------|
| 1. A. Bland | Borrow | 3:20:56 |
| 2. J. Nuttall | CleM | 3:37:14 |
| 3. D. Lockwood | DarkP | 3:51:42 |
| 4. P. Helliwell | Bing | 3:54:41 |
| 5. D. Lucas | Roch | 3:57:55 |

M60:

| | | |
|-------------|------|---------|
| 1. W. Smith | CleM | 4:30:09 |
|-------------|------|---------|

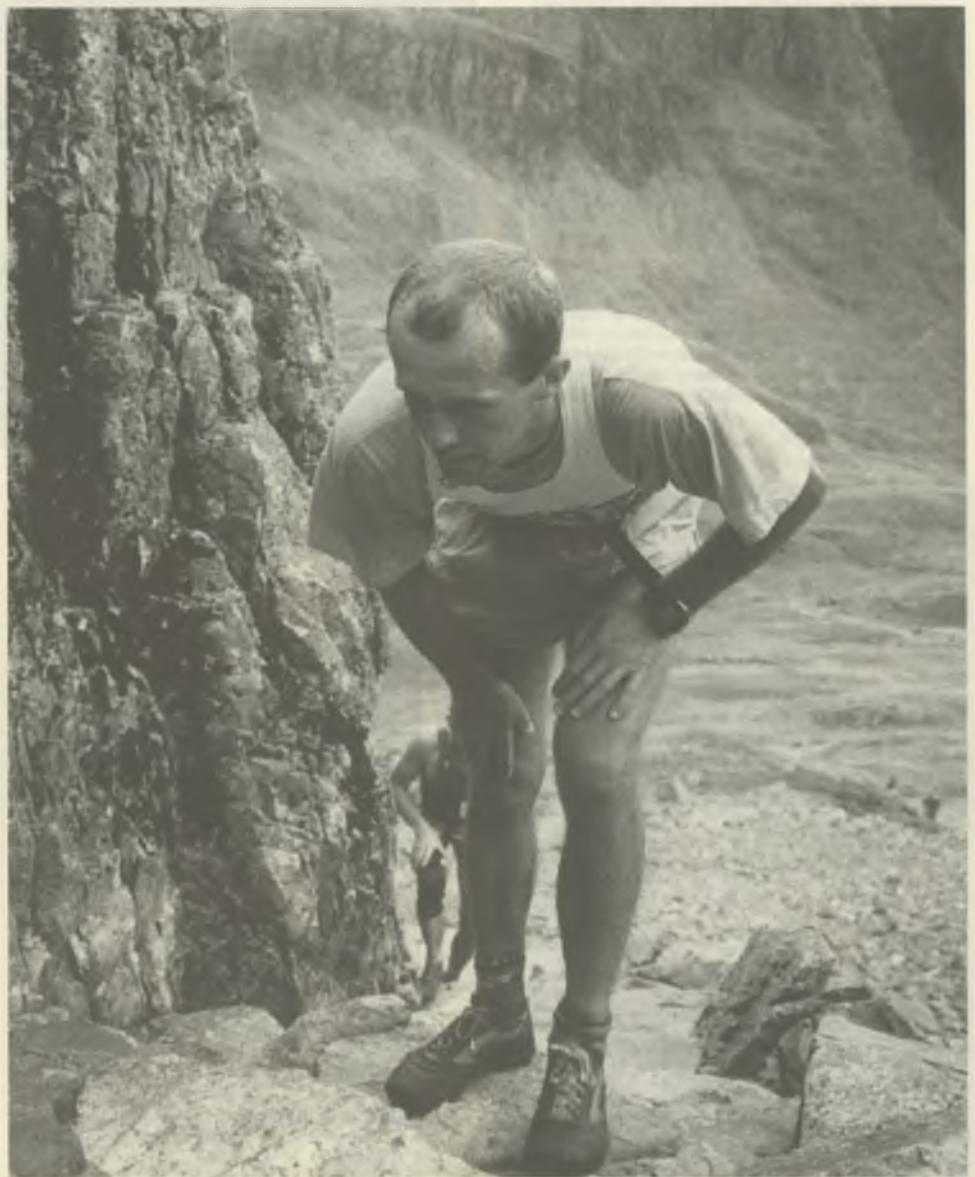
Team:

| | |
|---------------------|---------|
| 1. Borrowdale | 8:20:29 |
| 2. Clayton-le-Moors | 9:26:50 |

Women:

| | | |
|-----------------|-------------|---------|
| 1. M. Angharad | Eryri, W40 | 3:14:36 |
| | Rec | |
| 2. N. Davies | Borrow, W35 | 3:41:26 |
| 3. P. Gibb | P&B | 3:44:49 |
| 4. L. Pyne | CaldV | 4:01:29 |
| 5. J. King | CFR | 4:02:57 |
| 6. E. Batt | Bux | 4:04:09 |
| 7. W. Dodds | CleM, W40 | 4:07:28 |
| 8. H. Musson | DarkP, W35 | 4:21:29 |
| 9. C. Roberts | CaldV, W40 | 4:21:39 |
| 10. D. Thompson | Ken, W40 | 4:30:44 |

No finishers: 235 (21 retirements)



Pause for thought? The climb up Gable, Borrowdale Race Photo: Steve Bateson

**BARNOLDSWICK WEETS ROAD
AND FELL RACE
Lancashire
BM/6m/800ft 3.8.97**

The 27th Weets Race held on Sunday 3rd August saw over one hundred and sixty runners speed through the customary crowd lined streets of the town and up to the summit before plunging back down to the finish at the Rolls Royce Sports Ground. And leading the way was last year's winner Lee Warburton of Spenborough who retained his Weets title in relative ease by finishing nearly one minute ahead of Oak-worths Rob Grillo. Lee pulled clear almost from the start and had established a commanding lead by the time they got to the fell. It then became more of a case of would he beat last year's time of thirty three minutes and twenty five seconds. However, the recent rain had left it a bit too boggy and he finished in thirty three minutes and forty eight seconds. Rob Grillo, who has just joined Keighley Hill Runners was a clear second. In third place, and first veteran was Peter Bates of Bury. The first local runner was Anthony Waterworth of Kirkstall Drive, Barnoldswick, in fourth position overall. Anthony had also finished second in the Gala Mile the previous day behind Gareth Ridings. This gave Anthony the Inaugural Gala Weekend Trophy.

Carol Greenwood was another past winner making a successful return. She also collected another Silentnight bet (provided for the male and female winners by the race sponsors) to go with the two she has won in the past. She was up with some of the leading men to the top of Weets Hill and finished an

amazing ninth position overall. Her time of thirty six minutes and fifty four seconds was two minutes quicker than her run last year and gave her a three minute cushion over Vanessa Peacock, who at least had the consolation of the first lady veteran award.

First local lady was Karen Slater, in third. The first Rookie (first time runner in the race) was Craig Dart of Valley Drive, Barnoldswick. Rolls Royce Gym held on to the trophy as first local team ahead of the Pigeon Club.

The under seventeens' ran a three mile course up to Moorgate Road. The winner was a schoolboy international Lee McCash in a time of fourteen minutes and thirty seconds. First girl was Kate Rogan of Greenbank, Barnoldswick. The under fourteens completed a two mile course and leading the way was John Cumming in a time of eleven minutes and forty two seconds. First girl was Sheryl Slater in twelve minutes and fifty seven seconds. Winner of the fun run was Chris Monks. First girl was Camille Harper.

The organisers would like to thank Rolls Royce for providing the use of their facilities, Silentnight for providing the top prizes plus the local businesses and organisations who donated other prizes and all the volunteer helpers.

| | | |
|----------------------|-------|-------|
| 1. L. Warburton | Spn | 33.48 |
| 2. R. Grillo | Kly | 34.40 |
| 3. P. Bates O/40 | Bury | 35.43 |
| 4. A. Waterworth | Unatt | 35.45 |
| 5. D. Cole | Bury | 36.05 |
| 6. G. Cuncliffe O/40 | Clay | 36.25 |
| 7. D. Wilson O/45 | Skip | 36.39 |
| 8. K. Smith | Tod | 36.43 |
| 9. C. Greenwood | Bing | 36.54 |
| 10. A. Black | Clay | 36.58 |

**GLEN COVA HILL RACE
Angus
AL/15m/5500ft 3.8.97**

Despite a clash with the Scottish Orienteering Championships, being held next door in Perthshire, we managed to muster a respectable forty nine runners (the maximum for a championship has been only seventy three). There is much discussion here about an overcrowded SHR calendar, and organisers have to consider if falling entries require resting or terminating their races, or at best putting them on only bi-annually. However, this race seems to have secured a place in the calendar, and a status as one of the only comparable AL race, as to require its continuance.

Conditions overhead and underfoot were good, with peat hags being firm enough for comfortable running.

All the nine checkpoints should be manned (person'd?) by at least one race marshal, one RANET operator and by visits from MR Personnel. However we had a problem with check three when the RANET man radioed in to say he hadn't seen any runners or a marshal - and it was obvious he was on the wrong summit! (This race in very often RANETS' only forage into the hills during the year and their map reading skills do not always match up to their expertise on the radio!) It soon became apparent also, that checkthree 'The lair of Alderarie' had no race marshal either, which was leading to confusion among the less confident navigators. This area is notoriously featureless and presents a test of map reading and compass work even on a good day, such as this was, and the fact that the marshal dispatched to check three was a very experienced hill walker being testimony to this fact. Only three runners DNF'd. Water and sweets are provided at each checkpoint that at checkpoints eight and nine being dropped in by Sea-King Helicopter.

This year for the first time we had a lap top for results - a great improvement. Ordnance Survey again supported the race with cash and prizes. Trophies were for the first three and first in each of eight other categories of cash.

John

| | | |
|--------------------|---------|---------|
| 1. N. Martin | Lomond | 2.52.22 |
| 2. A. Davis | Carn | 2.52.30 |
| 3. R. Gallagher | W'lands | 3.02.50 |
| 4. J. Macrae | Loch | 3.07.00 |
| 5. G. Brooks V | Loch | 3.07.32 |
| 6. A. Hubbard | Unatt | 3.07.39 |
| 7. B. Brooks | Loch | 3.08.56 |
| 8. D. McDonald | Cosmics | 3.11.54 |
| 9. D. Duncan V | Ochil | 3.12.38 |
| 10. H. Diamantides | W'lands | 3.18.41 |

VETERANS O/40

| | | |
|---------------|--------|---------|
| 1. G. Brooks | Loch | 3.07.32 |
| 2. D. Duncan | Ochil | 3.12.38 |
| 3. R. Boswell | Carn | 3.31.42 |
| 4. R. Milne | Forfar | 3.34.01 |
| 5. J. Durmin | Hawk | 3.43.31 |

VETERANS O/50

| | | |
|------------------|------|---------|
| 1. L. Volwerk | Loch | 3.43.56 |
| 2. J. Littlewood | Carn | 3.58.27 |
| 3. C. Pritchard | Carn | 4.01.35 |
| 4. G. Clark | Arb | 4.01.51 |
| 5. F. Benholm | Arb | 4.03.50 |

VETERANS O/60

| | | |
|----------------|------|---------|
| 1. B. Thackery | DkPk | 4.04.03 |
| 2. B. Gauld | Carn | 4.22.02 |

LADIES

| | | |
|--------------------|----------|---------|
| 1. H. Diamantides | W'lands | 3.18.41 |
| 2. K. Jenkins | Carn | 3.38.18 |
| 3. A. West O/40 | Fmc Carn | 4.34.12 |
| 4. L. Wharam | W'lands | 4.36.24 |
| 5. E. Stewart O/40 | Cosmic | 4.48.51 |

FIRST JUNIOR

| | | |
|------------|------|---------|
| 1. A. Laws | Hawk | 0.56.00 |
|------------|------|---------|

KEILDER BORDERER FELL RACE Northumberland BL/17m/3000ft 3.8.97

Clear conditions were the order of the day yet some competitors forgot about the need for navigational skills.

With Three Pikes control having been mysteriously moved to a more distant location and heavy conditions underfoot, the record was never threatened. Barely a minute separated the first three home, with Andy Clarke the winner.

Flying off Deadwater, John Humble had a rare battle to secure second place from Dave Armstrong.

M. Sanderson

| | | |
|-----------------|--------|---------|
| 1. A. Clarke | Tyne | 3.03.22 |
| 2. J. Humble | N'land | 3.04.19 |
| 3. D. Armstrong | N'land | 3.04.38 |

FIRST VETERAN O/40

| | | |
|-------------|--------|---------|
| 1. G. Owens | N'land | 3.18.30 |
|-------------|--------|---------|

FIRST VETERAN O/45

| | | |
|--------------|--------|---------|
| 1. J. Humble | N'land | 3.04.19 |
|--------------|--------|---------|

FIRST VETERAN O/50

| | | |
|-------------|--------|---------|
| 1. R. Hayes | N'land | 3.28.59 |
|-------------|--------|---------|

LADIES

| | | |
|------------|--------|---------|
| 1. J. Saul | N'land | 4.00.41 |
|------------|--------|---------|

FACTORY HILL NIGHTMARE MILE Lancashire 1m/500ft 5.8.97

The fifth Annual Factory Hill Nightmare Mile race took place on a warm, humid but windy evening. Rob Jackson won the race for the third time in four attempts and set a new course record of six minutes and fourteen seconds. England Junior International, Michael Cayton, finished fifth overall and first under twenty. Former English veterans fell champion Tony Hesketh, was first over forty just holding off another former English and British veterans fell champion, Steve Jackson. Laura Hughes won the womens race.

| | | |
|--------------------|------|------|
| 1. R. Jackson | Horw | 6.14 |
| 2. T. Rowlands | Horw | 6.34 |
| 3. D. Flatley | Horw | 6.37 |
| 4. R. Hope | Horw | 6.43 |
| 5. M. Cayton | Horw | 6.45 |
| 6. J. Ashton | Horw | 6.53 |
| 7. P. Lewin | Salv | 7.01 |
| 8. T. Hesketh O/40 | Horw | 7.05 |
| 9= S. Jackson O/40 | Horw | 7.20 |
| 9= D. Mansfield | Horw | 7.20 |

FIRST VETERAN O/50

| | | |
|-------------|------|------|
| 1. E. Swift | Horw | 9.01 |
|-------------|------|------|

FIRST VETERAN O/60

| | | |
|----------------|------|-------|
| 1. A. Robinson | Horw | 10.01 |
|----------------|------|-------|

FIRST VETERAN O/70

| | | |
|-------------|------|-------|
| 1. I. Evans | Lost | 11.05 |
|-------------|------|-------|

FIRST LADY

| | | |
|--------------|------|------|
| 1. L. Hughes | Horw | 9.20 |
|--------------|------|------|

DERBY TRADER CHEVIN FELL RACE Derbyshire BS/4.5m/760ft 5.8.97

The race over the most southerly 'Chevin' on 5th August provided spectators with an exciting event, reports David Denton. At the end of the first small lap. A Quintet of runners were locked together as they turned up through the woods to face the severe double climb to the top of the Chevin. However, as they reached the top. Dave Neill changed gear and his smooth style took him well clear of the field. An interesting aspect of the race as a 1-2-3 by vet runners who made up over fifty percent of the field.

D. Denton

| | | |
|----------------------|---------|-------|
| 1. D. Neill O/40 | Mercia | 26.54 |
| 2. S. Winspear O/40 | Holmf | 28.07 |
| 3. K. Spare O/40 | Burton | 28.26 |
| 4. N. Bull | Nbury | 28.50 |
| 5. A. Elliott | Notts | 29.27 |
| 6. J. Chambers | Derby | 29.59 |
| 7. C. Rowe | Derwent | 30.16 |
| 8. P. Fooks | Holmes | 30.34 |
| 9. M. Moorhouse O/40 | Matlock | 30.36 |
| 10. K. White | Duff | 31.23 |

VETERANS O/40

| | | |
|-----------------|---------|-------|
| 1. D. Neill | Mercia | 26.54 |
| 2. S. Winspear | Holmf | 28.07 |
| 3. K. Spare | Burton | 28.26 |
| 4. M. Moorhouse | Marlock | 30.36 |
| 5. S. Carter | Shel | 32.04 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. B. Boole | Sinfin | 33.36 |
| 2. D. Keegan | Shelton | 35.01 |
| 3. J. Bush | Sinfin | 35.39 |
| 4. M. Edwards | Burton | 38.53 |
| 5. C. Newcombe | Shelton | 38.54 |

VETERANS O/60

| | | |
|--------------|---------|-------|
| 1. B. Howitt | Matlock | 34.31 |
| 2. A. Bourne | Ncastle | 39.48 |
| 3. T. Long | R/royce | 43.01 |

LADIES

| | | |
|---------------------|---------|-------|
| 1. P. Leach O/35 | Sutton | 33.41 |
| 2. M. Ruddock | Derwent | 38.06 |
| 3. A. Read O/45 | Shelton | 44.57 |
| 4. P. Newcombe O/45 | Shelton | 54.45 |

JUNIOR BOYS

| | | |
|---------------|-------|-------|
| 1. G. Bostock | Kirk | 13.27 |
| 2. S. Elliott | Kirk | 13.50 |
| 3. T. Jones | Eaton | 14.08 |

BRADWELL FELL RACE BS/4.5m/600ft 6.8.97

The night was very hot and sticky, accounting for the times being down on previous years. Many thanks to the Fell Runners Association for helping to promote the race.

| | | |
|----------------|--------|-------|
| 1. D. Hurton | Denby | 27.04 |
| 2. D. Yates | Matl | 27.07 |
| 3. K. Webster | Matl | 27.15 |
| 4. J. Arnold | Matl | 27.30 |
| 5. G. Marson V | Bux | 27.51 |
| 6. G. Stewart | HolmeP | 28.08 |
| 7. M. Salkild | 100km | 28.18 |
| 8. M. Nolan | DkPk | 28.37 |
| 9. L. Banton | Clowne | 28.46 |
| 10. J. Wilson | | 28.54 |

VETERANS O/40

| | | |
|--------------|------|-------|
| 1. G. Marson | Bux | 27.55 |
| 2. M. Harvey | DkPk | 29.34 |
| 3. K. Holmes | SFO | 29.38 |

LADIES

| | | |
|-------------------|------|-------|
| 1. J. Smith | | 31.47 |
| 2. J. Griffiths V | Gosf | 32.50 |
| 3. R. Cole V | Bux | 32.56 |

SCRABO HILL RACE County Down AS/3m/750ft 6.8.97

| | | |
|------------------|--------|-------|
| 1. L. Murray | UNAT | 22.29 |
| 2. C. Paton | BallyD | 23.04 |
| 3. D. McNeilly | BallyD | 23.15 |
| 4. C. Routledge | Amble | 23.18 |
| 5. A. Neill | BallyD | 24.08 |
| 6. J. Hayes O/50 | BallyD | 24.16 |
| 7. A. Williams | UNAT | 24.29 |
| 8. M. Hughes | UNAT | 25.22 |
| 9. J. Sloan O/50 | Ndown | 25.27 |
| 10. J. Kenman | UNAT | 25.33 |

VETERANS O/45

| | | |
|---------------|---------|-------|
| 1. F. Hammond | BARF | 25.49 |
| 2. R. Cowan | UNAT | 28.32 |
| 3. I. Taylor | Albertv | 31.09 |

VETERANS O/50

| | | |
|-------------|--------|-------|
| 1. J. Hayes | BallyD | 24.16 |
| 2. J. Sloan | Ndown | 25.27 |

VETERANS O/55

| | | |
|--------------|-------|-------|
| 1. G. Graham | Ndown | 26.16 |
|--------------|-------|-------|

LADIES

| | | |
|-------------------|---------|-------|
| 1. V. O'Connell | Lisburn | 26.51 |
| 2. A. Sandford | BallyD | 27.03 |
| 3. M. Oliver O/35 | DUB | 32.42 |

JUNIOR BOYS

| | | |
|-------------|--------|-------|
| 1. R. Neill | BallyD | 17.00 |
|-------------|--------|-------|

JUNIOR GIRLS

| | | |
|------------------|---------|-------|
| 1. K. O'Flaherty | Lisburn | 17.37 |
| 2. J. Walker | Albertv | 17.52 |

DOWNHAM FELL RACE Lancashire AM/6m/2400ft 6.8.97

I hope you enjoyed the race, the weather was great and nearly everyone landed back in one piece. One hundred and ten runners set off and three retired. Andrew Preedy won from Mike Wallis by twenty-eight seconds, and Vanessa Peacock won the ladies by nearly three minutes. Only disappointing thing was that we were short on helpers with only just enough to put the race on at all, but thanks to all those that did volunteer and helped. A donation of sixty pounds was given to Downham Village Hall fund, and forty pounds to St Johns Ambulance. Prizes went to the first five open, first and second ladies, first veteran over forty, first veteran over fifty and first veteran over sixty. All the best to everyone.

M & C. Taylor

| | | |
|-------------------|-------|-------|
| 1. A. Preedy | Ross | 58.16 |
| 2. M. Wallis | CLM | 58.44 |
| 3. A. Carruthers | Craw | 59.19 |
| 4. N. Conway | Dkpk | 60.30 |
| 5. S. Bottomley | Eccls | 60.39 |
| 6. M. Woods | CLM | 61.03 |
| 7. M. Procter | CLM | 61.14 |
| 8. J. Emmott O/40 | Keigh | 61.24 |
| 9. N. Pasco O/40 | Bowl | 61.29 |
| 10. J. Holt O/40 | CLM | 61.46 |

VETERAN O/40

| | | |
|---------------|-------|-------|
| 1. J. Emmott | Keigh | 61.24 |
| 2. N. Pasco | Bowl | 61.29 |
| 3. J. Holt | CLM | 61.46 |
| 4. A. Spicer | Ross | 64.27 |
| 5. T. Houston | Bowl | 64.28 |

VETERAN O/50

| | | |
|----------------|--------|-------|
| 1. B. Mitchell | CLM | 63.16 |
| 2. I. Beverly | CLM | 71.04 |
| 3. G. Breeze | Skyrac | 71.26 |
| 4. T. Peacock | CLM | 71.53 |
| 5. G. James | B/F | 72.28 |

VETERAN O/60

| | | |
|-------------------|--------|--------|
| 1. L. Sullivan | CLM | 72.04 |
| 2. D. Clutterbuck | Ross | 81.08 |
| 3. P. Robinson | N/vets | 84.45 |
| 4. R. Bray | B/F | 87.04 |
| 5. T. Maden | P/L | 115.05 |

LADIES

| | | |
|--------------------|--------|-------|
| 1. V. Peacock O/35 | CLM | 68.23 |
| 2. J. Prowse O/40 | KHR | 71.10 |
| 3. D. Gowans | ACCRR | 76.30 |
| 4. K. Wallis O/40 | CLM | 76.52 |
| 5. L. Hayes O/40 | Halv | 84.02 |
| 6. S. Wade | Darwen | 94.33 |
| 7. S. Finnerty | B/burn | 96.57 |

UP THE NAB Derbyshire BS/4.5m/750ft 8.897

Once again 'The Up the Nab' was a success. For a midweek run this race is very popular. It has now been staged for the last eighteen years.

Because of its length and the time of year when it is run, it is also popular with road runners.

Next years event will be fifth August 1988. Once again staged by Glossopdale Harriers.

| | | |
|-----------------|---------|-------|
| 1. G. Hill | Stock | 25.57 |
| 2. N. Wilkinson | Salf | 26.56 |
| 3. D. Mason | Salf | 27.17 |
| 4. D. Gibbons | Alt | 27.25 |
| 5. S. Faumaner | Traff | 27.48 |
| 6. D. Keeling | Traff | 28.08 |
| 7. J. Cookson | Sale | 28.23 |
| 8. V. Booth | Traff | 28.41 |
| 9. S. Wyatt | Penn | 29.15 |
| 10. R. Skelton | CalderV | 29.24 |

VETERANS O/40

| | | |
|------------------|-------|-------|
| 1. B. Waterhouse | Sadd | 29.36 |
| 2. J. Pollard | Gloss | 30.21 |
| 3. S. Curran | Salf | 30.36 |

VETERANS O/50

| | | |
|-----------------|-------|-------|
| 1. R. Bradley | Holm | 31.53 |
| 2. K. Jackson | Stock | 35.25 |
| 3. T. Woodhouse | DkPk | 36.12 |

VETERANS O/55

| | | |
|---------------|---------|-------|
| 1. D. O'Leary | ManYMCA | 38.54 |
| 2. P. Jenkins | Unatt | 44.56 |

VETERANS O/60

| | | |
|-------------|------|-------|
| 1. P. Duffy | Aber | 35.05 |
|-------------|------|-------|

LADIES

| | | |
|--------------------|---------|-------|
| 1. T. Sloan | Salf | 30.58 |
| 2. R. Donnington V | E.Chesh | 31.33 |
| 3. G. Kilgeur | Unatt | 33.10 |
| 4. I. Lacon | Holm | 33.33 |
| 5. K. Wood | Gloss | 33.38 |

JUNIORS

| | | |
|-------------|------|-------|
| 1. P. Duffy | Aber | 35.05 |
|-------------|------|-------|

15TH COWTHER RUN Cumbria CL/13m/1400ft 8.897

Its hot 90 degrees and the best entry ever (one hundred and sixty seven for both events - over one hundred and twenty in the main event. A mixed terrain race of fell/road/track of thirteen plus miles. Runners came from Germany London, Isle of Man, and now was well supported from North East Blackpool and local runners.

The winning time of one hour, nineteen minutes and thirteen seconds by M. Heaton was excellent. Alex Rowe, the course record holder ran one hour and thirty seven minutes.

World Class athlete Eleanor Robinson claimed second place to S. Catterall who took first place in one hour twenty eight minutes and thirty nine seconds.

Sponsors, Puma, donated six puma cell running shoes and bags, whilst 'Low Tar' gave sixteen crystal engraved goblets for the sixteen category winners. Chiver Sports, Carlisle, donated dozens of spot prizes, and all runners had a slate medal for completing the course.

Ian Tyler, the race organiser, also of Chivers competed in the event which he created fifteen years ago.

Thanks also must go to helping from Eden Valley Runners for assistance on the day.

Ian Tyler

| | |
|--------------------|------|
| 1. M. Heaton | 1.19 |
| 2. P. Sandford | 1.21 |
| 3. P. Greenhow | 1.24 |
| 4= J. Pollard O/40 | 1.27 |
| 4= A. Bland O/50 | 1.27 |
| 4= J. Coats | 1.27 |
| 4= C. Ford | 1.27 |
| 8= D. Brophy O/40 | 1.28 |
| 8= D. Barclay | 1.28 |
| 8= S. Catterall | 1.28 |

VETERANS O/40

| | |
|---------------|------|
| 1. J. Pollard | 1.27 |
| 2. D. Brophy | 1.28 |
| 3. P. Stones | 1.29 |

VETERANS O/50

| | |
|----------------|------|
| 1. A. Bland | 1.27 |
| 2. J. Buchanan | 1.31 |

LADIES

| | |
|------------------|------|
| 1. S. Catterall | 1.28 |
| 2. E. Robinson V | 1.30 |
| 3. L. Leylands V | 1.42 |
| 4= J. Bells V | 1.44 |
| 4= S. Brinton V | 1.44 |
| 6. A. Morris | 1.48 |
| 7. J. Mann V | 1.55 |
| 8. M. Francis | 2.04 |

THE DWYGYFYLCHI RACE Conwy AM/11.5m/3500ft 9.8.97

It seemed somewhat inevitable that following much mickey taking from (some of) our Eryri neighbours, North Wales Road Runners keen mountain men eventually got fed up of all the 'tarmac' jibes and decided to put on a mountain race of our own - not only that but it gave us the chance to put something back into the North Wales mountain running scene. And so "The Dwygyfylchi Race" was reborn - longer and tougher than SPJ's original, but still wonderfully scenic over a carefully crafted route around small hills West of Conwy. Thirty-six curious runners registered at The Legend Inn on a sweltering day to tackle the "roller coaster" of a course, and Colin Donnelly soon stamped his authority on the race, opening up a significant gap before crossing Sychnant Pass. Then, as Conwy Mountain, Allt Wen, Sychnant (again) and the superb "Old Donkey Path" all bore witness to the spectacle, Dave Neill of Mercia passed local favourite Gary Rees Williams, thus moving into second place. Colin Donnelly was on his way home though, and as Dave battled on, taking a good chunk out of the gap, Colin had done enough, and came off Foel Lus just seventeen seconds ahead in One hour, twenty-five minutes and thirteen seconds. Don Williams, fresh from his Hebog triumph, finished fourth, and Steve Barnard fifth, as Eryri took most honours. Ellie Dunnington continued the theme as first lady. Positive feedback ("cracking course", "lovely route", "well organised", "nice prizes" etc) and a friendly atmosphere made this a great day out, and this delightful but tough little race has all the hallmarks of a future classic. But I'm Biased - come and run it for yourself in 1998!. N.W.R.R.C thank Sinclair Steel and Conwy Outdoor Shop for sponsorship, and also the small army of keen helpers who helped to make the race safe and enjoyable - you are not taken for granted!. P.S. Incidentally, it's (roughly) pronounced "Doo-Ee-Ger-Vul-Key", and I for one will not argue with any correspondent that believes that the race is worthy of a regrade to Twelve+ miles and therefore making it a "long". Comments invited!.

Steve Hurdman

| | | |
|---------------------|--------|---------|
| 1. C. Donnelly | Eryri | 1.25.13 |
| 2. D. Niell O/40 | Mercia | 1.25.30 |
| 3. G.R.Williams | Eryri | 1.38.03 |
| 4. D. Williams O/50 | Eryri | 1.38.46 |
| 5. S. Barnard | Eryri | 1.40.42 |
| 6. R. Owen | Eryri | 1.42.47 |
| 7. M. Forrest | FrontR | 1.43.43 |
| 8. G. Rogers O/40 | Colwyn | 1.47.58 |
| 9. J. Jones | Eryri | 1.48.56 |
| 10. R. Roberts O/40 | Eryri | 1.53.05 |

VETERANS O/40

| | | |
|---------------|--------|---------|
| 1. D. Neill | Mercia | 1.25.30 |
| 2. G. Rogers | Colwyn | 1.47.58 |
| 3. R. Roberts | Eryri | 1.53.05 |
| 4. C. Fowler | Mercia | 1.55.10 |
| 5. G. Spencer | Mercia | 1.56.00 |

VETERANS O/50

| | | |
|----------------|-------|---------|
| 1. D. Williams | Eryri | 1.38.46 |
| 2. C. Marsden | U/A | 2.09.15 |
| 3. I. Roberts | Eryri | 2.30.42 |

VETERANS O/60

| | | |
|--------------|-------|---------|
| 1. J. Carson | Eryri | 2.20.09 |
|--------------|-------|---------|

LADIES

| | | |
|-----------------------|---------|---------|
| 1. E. Dunnington O/35 | Eryri | 2.20.06 |
| 2. S. Taylor O/35 | Eryri | 2.43.08 |
| 3. L. Hughes O/40 | Prestyn | 2.43.17 |
| 4. S. Moore | Eryri | 2.55.23 |

THE FOREST BURN Northumberland BS/3.5m/500ft 10.8.97

This was the third staging of this race, which although is short is full of variety and quite tough, using some of the loveliest Northumbrian countryside. The route has been slightly modified this year (by about three hundred yards) so that the race starts and finishes within the central ring of the show. The twenty two strong field is typical of country show race, and this year attracted a strong contingent from the new and vibrant Northumbrian Fell Runners (NFR) club.

A blast from the twelve bore of Ken Beattie, the local Crown & Thistle publican, saw the race underway. At the first stream crossing the order of the leading foursome was established and remained unchanged through to the finish, with Shaun Scott leading in record holder James Dickinson. Shaun's time can be regarded as the record for the extended route. At the stream crossing, where the climbing starts with a vengeance, triathlete Karen Robertson started to move up through the field and eventually finished first lady and sixth overall, and established a new ladies record despite the increased yardage and the hot and humid conditions. Local mountain biker Brian Robin did well in such strong field. Some places were hotly contested, with the second lady, Claire Bagness, managing a sprint finish to gain a place for the Devon based (!) bandits.

The free ice cream at the finish was very welcome, and the majority of runners enjoyed the show attractions while waiting for the presentation of prizes.

Many thanks to Bruce and Jennifer for timekeeping, and to Willie for 'crowd control'. Come along next year for a great race and a great day out!.

Bill Tomlinson

| | | |
|------------------------|----------|-------|
| 1. S. Scott | NFR | 22.22 |
| 2. J. Dickinson O/40 | | 23.15 |
| 3. G. Owens O/40 | NFR | 23.45 |
| 4. S. Gakhar | NFR | 24.18 |
| 5. B. Lowdon O/45 | NFR | 24.58 |
| 6. K. Robertson | Tyne Tri | 25.17 |
| 7. B. Robin | Unatt | 25.37 |
| 8. B. Campbell O/50 | NFR | 25.59 |
| 9. W. Tait O/45 | NFR | 26.24 |
| 10. M. Simms | NFR | 27.17 |
| 11. R. Hayes O/55 | NFR | 27.30 |
| 12. P. Reed O/45 | NFR | 28.17 |
| 13. A. Hedley | Unatt | 28.26 |
| 14. C. Bagness | Bandits | 28.56 |
| 15. J. Garbarino O/60 | AchRat | 28.59 |
| 16. J. Philzackley | Morp | 29.04 |
| 17. W. Hutchinson O/40 | Conc | 29.14 |
| 18. N. Dyson O/50 | Mand | 29.33 |
| 19. J. Wilson O/45 | Unatt | 32.58 |
| 20. S. Rochelle O/40 | Unatt | 33.36 |

LADIES

| | | |
|-------------------|----------|-------|
| 1. K. Robertson | Tyne Tri | 25.17 |
| 2. C. Bagness | Bandits | 28.56 |
| 3. J. Philzackley | YPS P | 33.39 |

CRACKEN EDGE FELL RACE Derbyshire BM/9m/1400ft 13.8.97

After what seemed like decades of flag-cracking sunshine, the weather finally broke, so that this year's race was held in wet drizzle and low cloud. It was certainly cooler than of late - an improvement for the runners - but the poor visibility gave our flagman, Steve, quite a few headaches. Also, the rain was making the hardened ground quite slippery in parts. None-the-less, times were still very good. Although the winner, Glossopdale's Dale Gartley just failed to beat his own record by fifty-seven seconds, the Ladies record fell by over two minutes - the first two ladies home, Buxtons Elizabeth Batt and Estelle McGuire, both getting inside the old record. Congratulations to both Dale and Elizabeth on winning the much sought after golden fell shoe! Teamwise, Glossopdale proved very difficult to beat (first, third and seventh positions). Despite a very good effort by Trafford, I'd like to take this opportunity to thank all the helpers from the Kinder Mountain Rescue Team and Pennine Fell Runners, Tony Hulme, of Running Bear, Dale Gartley, Andy Slack and Doreen Madden, for their help with the prizes, and all the runners who supported the event, and through it, the local Mountain Rescue Team. The provisional date for next year's race is Wednesday 12th August.

A. Brenthall

| | | |
|------------------|----------|-------|
| 1. D. Gartley | Gloss | 44.10 |
| 2. M. Wallis | Clay/mrs | 44.47 |
| 3. A. Jones O/40 | Gloss | 45.50 |
| 4. M. Williams | Penn | 46.05 |
| 5. D. Keeling | Traff | 46.34 |
| 6. S. Fairmaner | Traff | 47.10 |
| 7. P. Deauville | Gloss | 47.24 |
| 8. V. Booth | Traff | 47.41 |
| 9. A. Carruthers | Craw | 47.54 |
| 10. A. Ward | MWVC | 48.00 |
| 11. P. Crowson | Dkpk | 48.31 |

VETERAN O/40

| | | |
|----------------|-------|-------|
| 1. A. Jones | Gloss | 45.50 |
| 2. S. Entwisle | Gloss | 49.41 |
| 3. K. Holmes | SYO | 49.37 |
| 4. A. Wilkins | Gloss | 50.19 |
| 5. F. Fielding | Gloss | 50.51 |

VETERAN O/50

| | | |
|---------------|-------|-------|
| 1. T. Hulme | Penn | 48.48 |
| 2. D. Tait | Dkpk | 48.55 |
| 3. C. Buckley | Gloss | 57.27 |
| 4. R. Longden | Goyt | 61.12 |
| 5. P. Dubbs | Aber | 61.20 |

VETERAN O/70

| | | |
|----------------|------|-------|
| 1. E. Mitchell | Dkpk | 79.56 |
|----------------|------|-------|

LADIES

| | | |
|----------------------|--------|-------|
| 1. E. Batt | Buxton | 51.37 |
| 2. E. McGuire | Buxton | 52.49 |
| 3. W. Phillips | ManUni | 60.35 |
| 4. A. Remsbury | U/A | 60.55 |
| 5. C. Lorimer O/35 | Cosmic | 62.27 |
| 6. G. Evans O/35 | Shephd | 62.57 |
| 7. A. Dinsmoor O/45 | Penn | 64.24 |
| 8. G. Goldsmith O/45 | Dkpk | 64.48 |



Heather Heasman on her way to winning Winder Grind Photo: Steve Bateson

GATEGILL FELL RACE Cumbria AS/4m/1600ft 17.8.97

| | | |
|---------------------|---------|-------|
| 1. S. Booth | Borr | 27.43 |
| 2. D. Brown | Solway | 30.58 |
| 3. A. Bland O/50 | Borr | 31.08 |
| 4. S. Shuttleworth | Amble | 31.55 |
| 5. I. Robinson O/40 | Clayt | 32.41 |
| 6. D. Milligan O/50 | Solway | 33.16 |
| 7. A. Riley O/50 | Kendal | 33.24 |
| 8. L. l'Anson O/40 | Borr | 33.28 |
| 9. D. Bridge O/40 | Borr | 34.14 |
| 10. P. Haworth O/40 | Keswick | 34.27 |

VETERANS O/40

| | | |
|----------------|---------|-------|
| 1. I. Robinson | Clayt | 32.41 |
| 2. L. l'Anson | Borr | 33.28 |
| 3. D. Bridge | Borr | 34.14 |
| 4. P. Haworth | Keswick | 34.27 |
| 5. P. Murphy | CFR | 35.31 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. D. Milligan | Solway | 33.16 |
| 2. A. Riley | Kendal | 33.24 |
| 3. B. Booth | Keswick | 35.34 |
| 4. G. Fielding | Ross | 38.34 |
| 5. D. Harrison | Keswick | 43.16 |

VETERAN O/60

| | | |
|---------------|-------|-------|
| 1. M. Seawood | Keigh | 44.18 |
|---------------|-------|-------|

LADIES

| | | |
|--------------------|---------|-------|
| 1. N. Davies | Borr | 34.12 |
| 2. L. Thomson O/40 | Keswick | 38.13 |
| 3. H. Francis | Tyne | 43.33 |
| 4. M. Bridge O/45 | Keswick | 44.01 |
| 5. R. Sharples | Keigh | 44.26 |

DENIS STITT MEMORIAL RACE West Yorkshire BS/5m/850ft 14.8.97

| | | |
|------------------------|--------|-------|
| 1. S. Willis | Todm | 28.44 |
| 2. L. Warburton | Spenn | 28.56 |
| 3. D. Hurton | Denby | 29.29 |
| 4. T. Wright | Penist | 30.16 |
| 5. J. Rank | Holmf | 30.53 |
| 6. J. Helmsley | Ilkley | 30.56 |
| 7. A. Shaw | Holmf | 30.57 |
| 8. S. Bottomley | Eccle | 31.15 |
| 9. S. Winspear O/40 | Holmf | 31.23 |
| 10. H. Waterhouse O/45 | Sadd | 31.36 |

VETERANS O/40

| | | |
|----------------|--------|-------|
| 1. S. Winspear | Holmf | 31.23 |
| 2. J. Moore | Holmf | 32.25 |
| 3. K. Bowskill | Penist | 33.36 |
| 4. K. Rowe | Hallm | 34.28 |

VETERANS O/45

| | | |
|------------------|-------|-------|
| 1. H. Waterhouse | Sadd | 31.36 |
| 2. B. Waterhouse | Sadd | 32.34 |
| 3. A. Sryan | Holmf | 33.49 |
| 4. N. Harris | Ross | 35.29 |
| 5. T. Sharpe | Denby | 36.01 |

VETERANS O/50

| | | |
|---------------|--------|-------|
| 1. R. Futrell | Holmf | 33.52 |
| 2. R. Bradley | Holmf | 35.15 |
| 3. D. Jeffery | Penist | 40.22 |

VETERANS O/55

| | | |
|-----------------|--------|-------|
| 1. K. Balmforth | HVSC | 36.21 |
| 2. D. Hodgson | Fellan | 38.40 |
| 3. D. Gledhill | Holmf | 39.20 |
| 4. T. Cock | Holmf | 40.05 |
| 5. D. Balmforth | HVSC | 40.34 |

LADIES

| | | |
|------------------|-------|-------|
| 1. K. Drake O/35 | Spenn | 35.41 |
| 2. G. Firth | Melth | 45.59 |

LANGDALE COUNTRY FAIR OPEN FELL RACE

Cumbria
AS/3m/2100ft 17.8.97

Once again, a very successful programme of races at Langdale country fair, with forty-six runners in the open race up Harrison Stickle. Weather conditions were better than in the previous two years, making a record breaking run a real possibility, but in the event Kevin Cappers 1994 record survived by well over two minutes. There was the usual good supporting programme of junior races, with a particularly encouraging number of runners in the younger age groups, including a good sprinkling of female runners. New sponsors Burlington slate provided handsome trophies, as well as the usual T-shirts, and we hope to extend the prizes further down the line if they continue their sponsorship next year.

Alison Bolt

| | | |
|--------------------|---------|-------|
| 1. P. Thompson | B/Burn | 38.36 |
| 2. A. Beck O/40 | Kendal | 39.46 |
| 3. A. Bottomley | Eccle | 41.42 |
| 4. T. Kelly | B/Burn | 41.59 |
| 5. S. Sumner | Ross | 42.06 |
| 6. T. Houston O/40 | Bowland | 43.31 |
| 7. C. Jones | Achille | 44.27 |
| 8. S. Shuttleworth | Amble | 44.55 |
| 9. J. Hemsley | Ilkley | 45.07 |
| 10. A. Shepherd | Settle | 45.10 |

VETERANS O/40

| | | |
|---------------|---------|-------|
| 1. A. Beck | Kendal | 39.46 |
| 2. T. Houston | Bowland | 43.31 |
| 3. M. Weber | Ilkley | 47.41 |

VETERANS O/45

| | | |
|----------------|---------|-------|
| 1. I. Robinson | Clayton | 48.26 |
| 2. G. Newsam | Clayton | 49.16 |
| 3. B. Crewdson | B/Burn | 49.50 |
| 4. D. Knight | | 51.15 |
| 5. B. Kenny | Achille | 52.09 |

VETERANS O/50

| | | |
|---------------|---------|-------|
| 1. D. Fell | | 47.33 |
| 2. T. Targett | Clayton | 54.19 |
| 3. D. Hugill | Achille | 56.00 |

VETERANS O/55

| | | |
|-------------|---------|-------|
| 1. P. Green | | 50.31 |
| 2. F. Gibbs | Bingley | 53.13 |

VETERAN O/60

| | | |
|---------------|---------|-------|
| 1. L. Pollard | Achille | 64.30 |
|---------------|---------|-------|

LADIES

| | | |
|--------------|--------|-------|
| 1. S. Ellis | Tatten | 60.29 |
| 2. D. Walker | Kendal | 69.26 |

WINDER GRIND FELL RACE Cumbria

AS/4.8m/2079ft 17.8.97

| | | |
|------------------|---------|-------|
| 1. B. Burns | S/Ribb | 54.22 |
| 2. M. Roberts | Borr | 55.07 |
| 3. C. Roberts | Kendal | 56.02 |
| 4. P. Sheard | Pudsey | 56.22 |
| 5. M. Kinch | Bingley | 56.43 |
| 6. G. Hull | Leeds | 57.14 |
| 7. S. Hawkins | Bingley | 57.18 |
| 8. G. Oldfield | Bradf | 57.27 |
| 9. D. Neill O/40 | Mercia | 57.36 |
| 10. A. Peace | Bingley | 58.04 |

VETERANS O/40

| | | |
|------------------|---------|---------|
| 1. D. Neill | Mercia | 0.57.36 |
| 2. S. Oldfield | Bradf | 0.58.31 |
| 3. D. Houlsworth | Kendal | 1.00.39 |
| 4. A. Hauser | Pudsey | 1.01.19 |
| 5. G. Schofield | Horwich | 1.01.54 |

VETERANS O/50

| | | |
|---------------|---------|---------|
| 1. D. Evans | Cardf | 1.04.52 |
| 2. P. McWade | Clayton | 1.07.01 |
| 3. K. Bartley | CFR | 1.07.32 |
| 4. D. Tait | DPFR | 1.08.29 |
| 5. K. Carr | Clayton | 1.10.23 |

VETERANS O/60

| | | |
|---------------|---------|---------|
| 1. B. Smith | Clayton | 1.21.11 |
| 2. P. Duffy | Aberd | 1.21.46 |
| 3. C. Henson | DPFR | 1.23.47 |
| 4. H. Catlow | Dallam | 1.24.36 |
| 5. J. Dearden | Helsby | 1.24.41 |

LADIES

| | | |
|------------------|---------|-------|
| 1. H. Heasman | Horwich | 43.51 |
| 2. S. Rowell | P/B | 47.01 |
| 3. J. Hargreaves | CFR | 48.15 |
| 4. C. Young | Leeds | 51.02 |
| 5. J. Prowse | Keigh | 51.36 |
| 6. B. Unsworth | Kendal | 69.48 |

JUNIOR BOYS

| | | |
|-----------------|---------|-------|
| 1. S. Bailey | Staffs | 40.33 |
| 2. M. Cayton | Horwich | 41.31 |
| 3. A. Crossland | Lwood | 42.21 |
| 4. C. Livsey | Pres | 42.29 |
| 5. E. Tresidder | Matk | 43.41 |

JUNIOR GIRLS

| | | |
|-----------------|---------|-------|
| 1. V. Wilkinson | Bingley | 27.27 |
| 2. C. Sanderson | Skip | 28.32 |
| 3. E. O'Shea | Leeds | 28.35 |
| 4. K. Bailey | Staffs | 29.02 |
| 5. G. Adams | Brist | 29.39 |

CROOK PEAK RACE
Somerset
AS/3m/800ft 20.8.97

| | | |
|----------------------|--------|-------|
| 1. M. Duxbury | MDC | 19.47 |
| 2. P. Gebbett | Notts | 19.57 |
| 3. P. Burton | GWR | 19.58 |
| 4. S. Masters | Wells | 20.03 |
| 5. S. Freeman | | 20.04 |
| 6. C. Hallett | Brist | 20.12 |
| 7. I. Williams | Wyvern | 20.37 |
| 8. R. Griffiths O/40 | Chedd | 20.54 |
| 9. C. Palmer | Brist | 21.14 |
| 10. G. Clegg O/40 | DarkPk | 21.16 |

VETERANS O/40

| | | |
|-----------------|--------|-------|
| 1. R. Griffiths | Chedd | 20.54 |
| 2. G. Clegg | DarkPk | 21.16 |
| 3. R. Hart | Weston | 22.06 |
| 4. C. Kelsey | Wells | 22.23 |
| 5. S. Page | Wyvern | 22.37 |

VETERANS O/50

| | | |
|----------------|--------|-------|
| 1. P. Snelling | Weston | 21.58 |
| 2. B. Martin | MDC | 24.12 |
| 3. M. Horwood | Cleved | 25.00 |
| 4. D. Palmer | Brist | 25.28 |
| 5. G. Old | Cleved | 25.41 |

VETERANS O/60

| | | |
|----------------|-------|-------|
| 1. I. Teesdale | Wells | 28.04 |
| 2. Battersby | MDC | 28.19 |

LADIES

| | | |
|----------------------|--------|-------|
| 1. J. Streeter | Weston | 24.35 |
| 2. J. Nelson O/40 | Brist | 24.41 |
| 3. A. Hurford | GWR | 25.23 |
| 4. L. Green O/50 | Wyvern | 26.00 |
| 5. S. Burton | GWR | 26.21 |
| 6. H. Rutter | Wells | 27.02 |
| 7. J. Muirlittle | Rane | 28.25 |
| 8. J. Constable O/50 | Chedd | 28.49 |

THE RUGBY RUN
Derbyshire
BS/5m/1000ft 20.8.97

Near perfect conditions saw a larger than usual field for the fifth staging of 'The Rugby Run' and a collection of quick times, although Paul Deavilles (Glossopdale) 1996 course record of thirty minutes and thirty-seven seconds remained intact. Derek Hurton (Denby Dale Trav) was this years clear winner, finishing over a minute ahead of Trafford A.C. pair, Dave Keeling and Simon Fairman. The evenings outstanding performance, however, came from Elizabeth Batt (Buxton A.C.) who, in finishing a creditable 18th overall, set a ladies course record of thirty-six minutes and thirty-seven seconds. Other category winners were:- veteran over forty, Keith Holmes, ladies veteran over thirty-five, Jane Griffiths (Gosforth) and local resident Andy Barnett (Sheffield triathlon club) was seventeenth overall.

I. Broads

| | | |
|--------------------|---------|-------|
| 1. D. Hurton | Denby | 31.15 |
| 2. D. Keeling | Traff | 32.28 |
| 3. S. Fairman | Traff | 32.50 |
| 4. P. Deaville | Glos | 32.54 |
| 5. V. Booth | Traff | 32.59 |
| 6. S. Bourne | Altrinc | 33.08 |
| 7. S. Charlesworth | Staff | 33.09 |
| 8. M. Salkild | 100km/A | 33.15 |
| 9. S. Smith | N/Staff | 33.19 |
| 10. S. Wyatt | Penn | 34.26 |

VETERANS O/40

| | | |
|---------------|--------|-------|
| 1. K. Homes | S70 | 35.56 |
| 2. N. Boler | D/Park | 36.15 |
| 3. P. West | U/A | 36.17 |
| 4. J. Adair | Holmf | 37.37 |
| 5. I. Bennett | E/Ches | 38.08 |

VETERANS O/50

| | | |
|------------------|--------|-------|
| 1. R. Bradley | Holmf | 38.42 |
| 2. M. Cartwright | Penist | 39.41 |
| 3. C. Radcliffe | D/Peak | 40.17 |
| 4. P. Seyd | D/Peak | 41.37 |
| 5. G. Smith | Millt | 41.59 |

LADIES

| | | |
|----------------------|--------|-------|
| 1. E. Batt | Buxton | 36.37 |
| 2. L. Lacon | Holmf | 39.02 |
| 3. J. Griffiths O/35 | Gosf | 40.01 |
| 4. R. Nothard O/35 | Barns | 40.49 |
| 5. S. Hulbert | U/A | 44.23 |
| 6. A. Campion O/35 | Retf | 46.00 |
| 7. S. Tucker | U/A | 46.52 |
| 8. S. Steade | U/A | 47.16 |

ROUND LATRIGG
Cumbria
BS/5.5m/800ft 20.8.97

| | | |
|--------------------|-------|-------|
| 1. A. Bowness | CFR | 29.48 |
| 2. S. Booth | Borr | 31.35 |
| 3. L. Gibson | CFR | 32.27 |
| 4. D. Bowness | CFR | 34.07 |
| 5. G. Byers | CFR | 34.25 |
| 6. D. Findley O/45 | CFR | 34.38 |
| 7. T. Barnard | LakeL | 35.02 |
| 8. D. Borday | Eden | 35.05 |
| 9. J. Archbold | CFR | 35.28 |
| 10. T. Bland O/50 | Borr | 35.33 |

VETERANS O/40

| | | |
|--------------|---------|-------|
| 1. P. Stones | CFR | 36.25 |
| 2. S. Kemp | Keswick | 37.04 |
| 3. D. Owens | Keswick | 37.13 |

VETERANS O/45

| | | |
|----------------|---------|-------|
| 1. D. Findley | CFR | 34.38 |
| 2. M. Litt | CFR | 35.39 |
| 3. I. Charlten | Keswick | 36.02 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. T. Bland | Borr | 35.33 |
| 2. S. Harwood | Keswick | 39.51 |
| 3. J. Milligon | Wigton | 40.39 |

VETERANS O/55

| | | |
|-------------|---------|-------|
| 1. F. Gibbs | Bingley | 36.42 |
| 2. B. Booth | Keswick | 40.38 |

VETERANS O/60

| | | |
|-----------------|---------|-------|
| 1. B. Christie | Wigton | 42.03 |
| 2. H. Blenkings | Keswick | 51.07 |

LADIES

| | | |
|---------------------|---------|-------|
| 1. J. Hargreaves | CFR | 34.52 |
| 2. L. Thompson O/40 | Keswick | 38.49 |
| 3. L. Holliday | Eden | 40.18 |

SLIEVE CROOB
County Down
AS/4m/1200ft 23.8.97

Newcastle AC continued their dominance of the fell running scene with a victory at the final race of the Northern Ireland Championship series over Slieve Croob on Saturday. In addition, DeonMcNeilly was crowned champion for the second year running, but this time with no controversy surrounding the victory. The race was over six miles and 1700ft, with four shot climbs including to the summit of Slieve Croob. McNeilly needed a victory to wrest the championship away from club-mate Robin Bryson, who is currently competing on the mountains in Switzerland. His biggest threat to spoil the day was in the shape of Brian Ervine from Ballydrain who was already assured of third place overall irrespective of what happened over Croob. From the off, on a rare damp day of late, it was Ervine and McNeilly who pulled away from the small field on the first steep climb. Behind Neil Carty of North Belfast was in third, with Paul Mawhirt of the local club in fourth alongside Stephen Linton, the Irish Orienteering Champion. The leading two extended their gap as the race progressed as the competed hard with each other, neck and neck. Off the second summit and on to Slieve Croob, McNeilly favoured a line to the right, while Ervine led the rest of the field on a line on 150 metres across to the left. They reached the summit still inseparable and it was only as they turned for home and onto the last small climb that McNeilly made his superior speed and strength count, reaching the summit with a twenty second lead. As the crowd watched from the Seconnell Inn they could see the two leaders descending towards them at breakneck speed. McNeilly held off Ervine to win in a new record time of thirty-six minutes thirty-five seconds, over two minutes inside the old mark and some thirteen seconds clear of Ervine. Carty finished clear in third place in forty minutes twenty-six seconds, while Linton was fourth in forty minutes fifteen seconds. Disaster struck for Mawhirt on the drop off Slieve Croob when he took a bad fall twisting his ankle. Early indications are that he has two hairline fractures of his ankle - let's hope this is not the case and he is able to recover soon. Newcastle AC's other finishers were Richard Rodgers in sixth place and Brian Mcburney producing his best run of the season in eighth place. Jim Patterson of Albertville finished first veteran in fifth place in fourteen minutes and thirty-two seconds. This man keeps on churning out incredible performances only a few months before his 51st birthday. First lady was Anne Sandford of Ballydrain, who had already secured the woman's title. Second was Gina O'Connell of Lisburn and third Stephanie Pruzina of BARF. McNeilly celebrated his title win in his usual style that evening in Newcastle. Meanwhile, thanks are due to Frank Morgan, another Newcastle AC member and currently Chairman of the Fell Runners' Association, who organised the race, designed the course and was in place as usual as timekeeper. A final mention for an anonymous member of the Fell Runners' Committee. Fell runners are known for their eccentricity, but this man excelled with the news that following a recent piercing in an unusual place, he now has the extra excuse of added weight to account for his slow times!!!

| | | |
|----------------------|---------|-------|
| 1. D. McNeilly | Ncastle | 36.35 |
| 2. B. Ervine | B'drain | 36.48 |
| 3. N. Carty | Nbelf | 40.26 |
| 4. S. Linton | NOW | 40.51 |
| 5. J. Patterson O/50 | Alber | 41.32 |
| 6. R. Rodgers | Ncastle | 43.15 |
| 7. D. Neill | Bdrain | 45.57 |
| 8. B. McBurney | Ncastle | 45.58 |
| 9. P. Howie O/40 | Larne | 46.21 |
| 10. A. Williams | U/A | 46.33 |

VETERAN O/40

| | | |
|---------------|-------|-------|
| 1. P. Howie | Larne | 46.21 |
| 2. J. McBride | BARF | 51.15 |

VETERAN O/45

| | | |
|---------------|------|-------|
| 1. F. Hammond | BARF | 50.27 |
| 2. B. Simpson | BARF | 51.31 |

VETERAN O/50

| | | |
|-----------------|-------|-------|
| 1. J. Patterson | Alber | 41.32 |
| 2. J. Sloan | Ackc | 48.04 |
| 3. B. Magee | Larne | 50.31 |

LADIES

| | | |
|-----------------|---------|-------|
| 1. A. Sandford | Bdrain | 51.45 |
| 2. G. O'Connell | Lisburn | 58.54 |
| 3. S. Pruzina | BARF | 60.15 |

BECA
Peshire
BS/5m/1050ft 23.8.97

The twenty-first BECA race was held on Saturday the 23rd in some of the wettest conditions ever seen by the organisers. This reflected not only on turn out, but also on times. A field of sixty-seven runners was down by twenty percent on last year. The winner, Tri athlete Aled Rees who runs for TROTS returned in thirty-two minutes and fifty-five seconds, fifty seconds under his record from two years ago. D. Jones, also TROTS member had to retire early because of a knee problem. Six time winner, Vicky Perry, Altrincham was first lady in forty-two minutes and five seconds. Almost one minute slower than her best time. Race Results this year were by computer services agency, Cardigan and print outs are available by post from them. The comments by competitors were tough, wet but enjoyable. See you all next year.

J. Evans

| | | |
|------------------|---------|-------|
| 1. A. Rees | Trots | 32.55 |
| 2. S. Griffiths | | 34.48 |
| 3. A. Abbott | S/Helen | 36.38 |
| 4. N. Gwynne | Trots | 36.50 |
| 5. P. Griffiths | | 37.12 |
| 6. D. John | Trots | 37.57 |
| 7. C. Richards | | 38.29 |
| 8. E. Rees | S/Helen | 38.58 |
| 9. M. Adams O/40 | Trots | 39.06 |
| 10. E. James | | 39.09 |

VETERANS O/40

| | | |
|-----------------|---------|-------|
| 1. M. Adams | Trots | 39.06 |
| 2. A. Quickfall | N/Burgh | 40.23 |
| 3. L. Rees | S/Helen | 40.37 |

VETERANS O/50

| | | |
|----------------|--------|-------|
| 1. R. Sherwood | Cmathn | 41.25 |
| 2. M. Fenny | Cmathn | 42.54 |
| 3. P. Moody | Cmathn | 43.50 |

LADIES

| | | |
|--------------------|---------|-------|
| 1. V. Perry O/35 | Altring | 42.05 |
| 2. C. Peck | Cmathn | 44.58 |
| 3. J. Hawking O/35 | | 51.59 |
| 4. J. Lilley | H'west | 56.25 |
| 5. C. Hirst | | 59.14 |

JUNIORS

| | | |
|-------------|---------|-------|
| 1. F. Flegg | S/Helen | 39.52 |
| 2. W. Kerr | S/Helen | 43.59 |
| 3. B. Cook | S/Helen | 46.25 |

ARNISON CRAG HORSESHOE
Cumbria
AS/3m/1000ft 23.8.97

This was the second year Patterdale dog day had included a fell race and fifty-four runners were eventually let loose from the main ring. There was a good turnout from Cumberland fell runners as this was one of their club championship races. The start line had a definite blue 'tinge' to it! Bland from Borrowdale was first back. It had taken him two hours to walk from Thirlmere to Patterdale. It took him twenty-two minutes and forty seconds to complete the three mile course, a new record. No doubt the wet, grassy descent helped!. CFR had eight runners in the first ten, including first male veteran, Willie Bell, in fourth place overall. First lady in a new record of thirty minutes and thirty-eight seconds was Lyn Thompson from Keswick. Many thanks to Catstycarn outdoor shop in Glenridding who sponsored the prizes.

| | | |
|--------------------|---------|-------|
| 1. G. Bland | B/Dale | 22.40 |
| 2. L. Gibson | CFR | 22.48 |
| 3. I. Botheroyd | CFR | 22.56 |
| 4. W. Bell O/40 | CFR | 24.32 |
| 5. H. Jarrett O/40 | CFR | 24.52 |
| 6. A. Beck O/40 | CFR | 25.18 |
| 7. A. Beaty | CFR | 25.28 |
| 8. A. Leck | Lancs | 25.55 |
| 9. D. Ansell | CFR | 25.58 |
| 10. J. Hope | Achille | 26.01 |

VETERANS O/40

| | | |
|---------------|---------|-------|
| 1. W. Bell | CFR | 24.32 |
| 2. H. Jarrett | CFR | 24.52 |
| 3. A. Beck | CFR | 25.18 |
| 4. J. Hope | Achille | 26.01 |
| 5. D. Findlay | CFR | 26.34 |

VETERANS O/50

| | | |
|-----------------|---------|-------|
| 1. T. Baxter | CFR | 27.56 |
| 2. M. Pitchford | CFR | 28.43 |
| 3. D. Morgan | CFR | 33.00 |
| 4. D. Harrison | Keswick | 33.02 |
| 5. B. Moore | Keswick | 35.58 |

VETERANS O/60

| | | |
|------------|-----|-------|
| 1. D. Rigg | CFR | 34.13 |
|------------|-----|-------|

LADIES

| | | |
|---------------------|---------|-------|
| 1. L. Thompson O/35 | Keswick | 30.38 |
| 2. J. King | CFR | 31.29 |
| 3. M. Leck | Lancs | 32.11 |
| 4. M. Bridge O/35 | Keswick | 35.28 |
| 5. M. Clarke | Knives | 41.53 |
| 6. S. Findley O/35 | CFR | 44.40 |

GOODRICH FELL RACE

Gloucestershire

BM/6.5m/900ft 23.8.97

The 21st running of the Goodrich fell race had a record turnout of seventy-nine runners of which seventy-five made it around the new improved two lap course. Damon Rodwell of the host club made his break on the first climb up from the river Wye and by the trig point close to the summit of Coppit hill had established a sixty metre lead over Cheltenham's Andy Gore. Damon, nursing a bad ankle after a recent incursion with a rabbit hole in Scotland, maintained his lead to finish in thirty-nine minutes and twenty-five seconds some forty seconds outside his own course record. Jane Clarke of Chippenham harriers also retained her title in a slower time than her 1996 course record and it was very encouraging to see sixteen other ladies tackle a fell race.

| | | |
|---------------------|--------|-------|
| 1. D. Rodwell | F/Dean | 39.25 |
| 2. A. Gore | Chelt | 40.00 |
| 3. S. Fairmanner | Traf | 40.50 |
| 4. K. Hodgkiss | Chipp | 41.09 |
| 5. P. Hands O/40 | Leic | 41.18 |
| 6. H. Richards O/40 | MDC | 41.42 |
| 7. K. Vallis | Alton | 41.57 |
| 8. C. Davis | Severn | 42.35 |
| 9. I. Powell | Read | 42.44 |
| 10. A. McNeil | Wye | 43.21 |

VETERANS O/40

| | | |
|----------------|---------|-------|
| 1. P. Hands | Leic | 41.18 |
| 2. H. Richards | MDC | 41.42 |
| 3. A. Newman | Medway | 43.49 |
| 4. P. Spurge | P/Mouth | 44.46 |
| 5. F. Fox | CreweK | 44.53 |

VETERANS O/45

| | | |
|-----------------|---------|-------|
| 1. J. Foster | Wycomb | 44.37 |
| 2. M. Wittering | Huncote | 46.07 |
| 3. B. Parry | | 47.15 |
| 4. S. Robbins | P/Mouth | 47.20 |
| 5. G. Rose | P/Mouth | 47.45 |

VETERANS O/50

| | | |
|--------------|---------|-------|
| 1. K. Buckle | Chelt | 45.54 |
| 2. M. Anglim | Hardley | 46.36 |

VETERANS O/55

| | | |
|------------------|-------|-------|
| 1. M. Comfort | Risca | 58.02 |
| 2. N. Williamson | Blaen | 59.29 |

VETERANS O/60

| | | |
|----------------|-----|-------|
| 1. H. Franklin | Wye | 54.51 |
|----------------|-----|-------|

LADIES

| | | |
|--------------------|---------|-------|
| 1. J. Clarke | Chipp | 50.09 |
| 2. N. Bedwell O/35 | Wye | 51.29 |
| 3. P. Spurge O/35 | P/Mouth | 51.49 |
| 4. S. James O/45 | Padd | 51.58 |
| 5. C. Ashton | MDC | 53.31 |
| 6. S. Ridout O/45 | Crewek | 55.15 |
| 7. H. Davies | Angels | 55.31 |
| 8. J. Waite O/35 | Blaen | 56.08 |

GREEN BELL FELL RACE

Cumbria

BM/6m/1300ft 23.8.97

Low cloud and rain made finding the top of the green bell more than a little tricky with several juniors getting lost. J. Hunt won the race for the second successive year but in a less controversial way. Other talking points were the strong run from C. Greenwood in seventh overall, this I am sure would have been improved if the day had been better. We need more runners next year if this race is still to be viable.

F. Livesey

| | | |
|----------------------|----------|-------|
| 1. J. Hunt | Mersey | 43.03 |
| 2. S. Murdoch | U/A | 43.27 |
| 3. S. Moffat O/40 | Howgill | 43.31 |
| 4. C. Valentine | Keswick | 44.08 |
| 5. K. Wood | Saltwell | 44.54 |
| 6. R. Lecky-Thompson | Amble | 46.29 |
| 7. G. Moffat | Howgill | 47.41 |
| 8. F. Livesey | Howgill | 48.42 |
| 9. F. Clarke O/40 | Saltwell | 48.52 |
| 10. J. Rayner O/40 | Kendal | 50.11 |

VETERANS O/40

| | | |
|------------------|----------|-------|
| 1. S. Moffat | Howgill | 43.31 |
| 2. F. Clarke | Saltwell | 48.52 |
| 3. J. Rayner | Kendal | 50.11 |
| 4. D. Woodbridge | Kendal | 50.14 |
| 5. I. Sheddon | Howgill | 53.19 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. G. Unsworth | Kendal | 52.18 |
| 2. P. Dowker | Kendal | 53.08 |
| 3. D. Hugill | Achille | 53.26 |
| 4. T. Cock | H/firth | 53.53 |
| 5. N. Dyson | Mdale | 56.14 |

LADIES

| | | |
|---------------------|---------|---------|
| 1. C. Greenwood | Bingley | 0.47.35 |
| 2. D. Thompson O/40 | Kendal | 1.00.21 |
| 3. D. Walker O/40 | Kendal | 1.02.15 |

LAXEY HORSESHOE FELL RACE

AM/ 3200ft 24.8.97

Rossendale's Garry Summer interrupted his holiday on the Isle of Man to take victory after a fascinating battle on the hills surrounding Laxey Village. Most of the Three thousand two hundred feet of climbing is done in the first half of the course as it winds its way from Laxey promenade to the summit of the island's only mountain, Snaefell. A group of six runners had opened a lead on the approach to Snaefell consisting of summer, Mandale's Joe Blackett, John Quine of Kendal and locals Phil Cain, David Young and last year's winner Tony Rowley. The leading group stayed together until the final couple of miles where local Laxey man Young attacked strongly, only summer and Blackett able to respond. Summer then counter-attacked with just half a mile to go, and despite a determined chase by Teeside's Blackett, managed to hang on for a two seconds win with Young's brave effort rewarded by third place and first veteran. Colby farmer Brenda Walker again broke the ladies record, this time knocking over three and a half minutes off her own time set last year.

| | | |
|---------------------------|-------|---------|
| 1. G. Summer | Ross | 1.48.16 |
| 2. J. Blackett | Mand | 1.48.18 |
| 3. D. Young O/40 | MFR | 1.48.49 |
| 4. T. Rowley | MFR | 1.49.35 |
| 5. P. Cain O/40 | NAC | 1.49.44 |
| 6. J. Quine | Kend | 1.52.59 |
| 7. P. Buttery | Holmf | 1.55.06 |
| 8. D. Corrin O/50 | MH | 1.57.15 |
| 9. A. Baggely | MH | 2.00.21 |
| 10. A. Postlethwaite O/50 | NAC | 2.00.35 |

VETERAN O/40

| | | |
|-------------|-----|---------|
| 1. D. Young | MFR | 1.48.18 |
| 2. P. Cain | NAC | 1.49.44 |

VETERAN O/50

| | | |
|---------------------|-----|---------|
| 1. D. Corrin | MH | 1.57.15 |
| 2. A. Postlethwaite | NAC | 2.00.35 |
| 3. R. Callister | MH | 2.07.52 |

LADIES

| | | |
|------------------|-------|---------|
| 1. B. Walker | MH | 1.55.24 |
| 2. J. Rosborough | Bevly | 2.32.14 |

HALTON GILL SPORTS

FELL RACES

North Yorkshire

AS/1.7m/800ft 24.8.97

Excellent family day out, good weather. J. Prowse won the ladies race and chopped half a minute off the record.

| | |
|-----------------|-------|
| 1. S. Oldfield | 13.46 |
| 2. A. Maloney | 13.55 |
| 3. C. Mosses | 14.14 |
| 4. R. Gibson | 14.29 |
| 5. G. Read | 14.44 |
| 6. P. Crowson | 15.19 |
| 7. S. McAine | 15.31 |
| 8. I. Ferguson | 15.41 |
| 9. A. Bland | 15.48 |
| 10. M. McKenzie | 15.50 |

VETERANS O/40

| | |
|----------------|-------|
| 1. S. Oldfield | 13.46 |
| 2. A. Bland | 15.48 |

LADIES

| | |
|--------------|-------|
| 1. I. Prowse | 17.18 |
| 2. K. Rogan | 21.07 |
| 3. V. Rogan | 22.14 |

JUNIOR BOYS

| | |
|-----------------|-------|
| 1. C. Jones | 06.07 |
| 2. G. Pritchard | 06.57 |
| 3. J. Peerless | 07.08 |

JUNIOR GIRLS

| | |
|----------------|-------|
| 1. L. Doyle | 06.48 |
| 2. G. Evans | 07.12 |
| 3. E. Shepherd | 08.21 |

CILCAIN MOUNTAIN RACE

Flintshire

AS/3.25m/1200ft 25.8.97

The race was run in good conditions with some areas slippery due to the rain of the day before. Temperature approximately sixty-five farenheit with some cloud over. One hundred and twenty-three runners took part all of whom returned within sixteen minutes. No casualties of collapses afterwards. Once again the record was not broken but I feel it will be soon as the eventual winner looked as if he had only run for the nearest bus. Unfortunately we could not produce a computer print out of results on the day due to a bereavement. I will have to wait until they return from Australia before this will be possible. Look forward to more runners next year, especially in the junior race prior to the mountain race. (The junior race for eleven to sixteen year olds over roads for one and half miles). A splendid family day out!

J. Holloway

| | | |
|---------------------|--------|-------|
| 1. G. Watson | Altrin | 28.56 |
| 2. N. Ashcroft | Spect | 29.25 |
| 3. I. Selvey O/40 | Wrex | 29.28 |
| 4. T. Davies | Mercia | 29.48 |
| 5= G. Spencer O/40 | Mercia | 30.21 |
| 5= 5. P. Lyons O/50 | Ross | 30.21 |
| 7. 6. M. Donnelly | Nthld | 30.48 |
| 8. J. Bennett | Prstyn | 31.30 |
| 9. A. Pearson | CEPAC | 31.33 |
| 10. M. Farmery O/40 | Thames | 31.36 |
| 11. S. Bellis O/40 | Wrex | 31.45 |

VETERAN O/40

| | | |
|-----------------|--------|-------|
| 1. I. Selvey | Wrex | 29.28 |
| 2. G. Spencer | Mercia | 30.21 |
| 3. M. Farmery | Thames | 31.36 |
| 4. S. Bellis | Wrex | 31.45 |
| 5. R. Griffiths | Wells | 32.20 |

VETERAN O/50

| | | |
|---------------|-------|-------|
| 1. P. Lyons | Ross | 30.21 |
| 2. J. Hulme | Penn | 31.55 |
| 3. P. Jepsen | Ross | 34.22 |
| 4. J. Morris | Penn | 35.38 |
| 5. N. Pratten | Wirrl | 35.52 |

VETERAN O/55

| | | |
|---------------|--------|-------|
| 1. J. Thomas | CEPAC | 37.12 |
| 2. J. Dearden | Helsby | 37.21 |

VETERAN O/60

| | | |
|--------------|------|-------|
| 1. P. Nulmen | Wrex | 34.30 |
|--------------|------|-------|

LADIES

| | | |
|---------------------|-------|-------|
| 1. L. Lacon | Holmf | 35.07 |
| 2. V. Musgrave O/35 | Wrex | 36.31 |
| 3. J. Boscoe | Wirrl | 37.18 |

JUNIOR BOYS

| | | |
|---------------|--------|-------|
| 1. A. Davies | Mercia | 26.56 |
| 2. P. Brittan | Dodd | 34.01 |
| 3. P. Pilbeam | Eryri | 35.47 |

BARREL INN South Yorkshire BS/5.5m/900ft 2.9.97

The Weather was fine but cool just a shower midway through the race. It was the best turnout in eleven years of the Barrel Inn, one hundred and forty-three runners. Dave Neill broke the course record by four seconds, a good race once again was the comment of the runners afterwards. Second placed Andy Johnson was running only his second fell race.

| | |
|-------------------|-------|
| 1. D. Neill | 38.41 |
| 2. A. Johnson | 39.40 |
| 3. M. Hayman | 40.59 |
| 4. M. Wilson | 41.15 |
| 5= S. Bottomly | 41.56 |
| 5= S. Bourne | 41.56 |
| 7. I. Ward | 42.01 |
| 8. B. Edwards | 42.23 |
| 9. D. Gledhill | 42.41 |
| 10. N. Stone O/40 | 43.04 |

FIRST VETERAN O/40

| | |
|-------------|-------|
| 1. N. Stone | 43.04 |
|-------------|-------|

FIRST VETERAN O/45

| | |
|--------------|-------|
| 1. C. Barber | 45.39 |
|--------------|-------|

FIRST VETERAN O/50

| | |
|---------------|-------|
| 1. B. Toogood | 43.21 |
|---------------|-------|

FIRST VETERAN O/60

| | |
|--------------|-------|
| 1. B. Howitt | 50.37 |
|--------------|-------|

LADIES

| | |
|------------|-------|
| 1. E. Batt | 48.06 |
| 2. N. Lee | 48.31 |

JUNIOR BOYS

| | |
|--------------|-------|
| 1. R. Wood | 44.23 |
| 2. S. Knight | 48.35 |

SIMONSIDE FELL RACE Northumberland BM/6.75m/1200ft 2.9.97

| | | |
|-----------------|--------|-------|
| 1. T. Chew | Clay | 43.44 |
| 2. B. Hartman | Living | 44.05 |
| 3. R. Lee | Living | 44.08 |
| 4. D. Hurton | Denby | 44.34 |
| 5. P. Mewbray | U/A | 44.35 |
| 6. K. Wood | Saltw | 44.36 |
| 7. N. Blissett | Hunt | 44.45 |
| 8. T. Brand | Living | 45.58 |
| 9. J. Dickinson | U/A | 46.06 |
| 10. F. Smith | Saltw | 46.28 |

VETERANS O/40

| | | |
|-----------------|------|-------|
| 1. D. Henderson | Aln | 47.35 |
| 2. N. Cassidy | Tyne | 47.59 |
| 3. K. Robin | Tyne | 48.46 |
| 4. J. Rea | Cumb | 48.47 |
| 5. D. Charlton | Tyne | 49.19 |

VETERANS O/50

| | | |
|----------------|---------|-------|
| 1. J. Spells | Elsw | 52.23 |
| 2. R. Hayes | Morp | 55.09 |
| 3. C. Bell | Gypsies | 56.17 |
| 4. A. Craft | Gosf | 56.25 |
| 5. G. Atkinson | Wlsend | 56.26 |

VETERANS O/60

| | | |
|---------------|--------|-------|
| 1. I. Addison | Ayles | 59.54 |
| 2. J. Pittilo | Teviot | 62.08 |
| 3. D. Wright | Tyne | 65.17 |

LADIES

| | | |
|-----------------|--------|-------|
| 1. M. Smith | Hunter | 51.11 |
| 2. K. Robertson | U/A | 54.10 |
| 3. A. Lenderyou | Darlg | 54.40 |
| 4. H. Hartman | Living | 58.16 |
| 5. J. Saul | Clarem | 58.24 |
| 6. J. Brosman | Living | 58.37 |
| 7. L. Cowell | Kesw | 60.20 |
| 8. J. Duggar | Morp | 61.18 |

EUROPEAN EVENTS

24th August 1997 Tour du Dents du Midi

(Switzerland)
44km 2890m

| | | |
|----------------------|-----------|----------------------|
| 1. Fabio Villafrades | Colombia | 4:55.35 |
| 2. Dachiri Sherpa | Nepal | 4:56.06 |
| 3. Tony Ferraira | Vercorin | 4:59.26 |
| 4. Stephane Millius | Verossaz | 5:14.06 |
| 10. Walter Maedar | Courageux | 5:35.32 (1st Vet) |

| | | |
|----------------------|----------|-------------------------|
| 11. Werner Schweizer | Gland | 5:40.31 (1st Vet 50) |
| 13. John Blair-Fish | Carnethy | 5:42.02 (2nd Vet) |
| 14. Justin Carron | Fully | 5:42.06 (3rd Vet) |
| Wohlen Doka | Wohlen | 7:50.28 (1st Lady) |

My 58 year old friend Werner Schweizer persuaded me to come back out for this race for the fifth time when we met at the start of the Sierre-Zinal race two weeks earlier. The date had been changed to avoid clashes but the field was still short of good runners. With the race being two weeks earlier than normal of first Sunday in September and the start half an hour later at 7.30, the heat was a problem, especially in the second half of the race and for me in the last descent down a bumpy ski run. At the pension where I was staying with the Colombians they said it was the hottest Sunday of the year. Werner shot past me after about a mile but I caught him in the descent down the chains below the Col du Susanfe. Another vet, Justin Carron then passed me at the top of the third ascent to Lac Anteme. I thought I had overhauled both Werner and Justin on the long fast undulating run from Lac Anteme but they both shot past me on the final descent. Then Justin cramped up and walked up the road to the finish.

All times were slower than normal due to the heat. Mine was 15 minutes from my best and the winner Fabio's PB is 4.29. The winner for the last 4 years, Christophe Jacqueroed was injured and started the race. Dachiri Sherpa made his way through the field to nearly catch Fabio, much of the gain being on the descent from Col du Susanfe accompanied by local Stephane Millius. Annie, who Dachiri stayed with over the Summer in Geneva, his "marianne", told journalists that the idea of competitive running is alien to Nepalese and when Dachiri runs in Nepal he is asked whether he is lost. Thus Dachiri, she explained, is still to reach his potential. He has been accepted for the Everest Marathon.

Catherine Mabillard who usually wins the Ladies race and who I was expecting to pass me opted for the Grand Raid Mountain Bike race being held the same day, the full version of which from Verbier to Grimentz is 131km long with 4600metres of climb from Verbier to Grimentz. This left the Ladies Race wide open, and I do not know where Wohlen Doka finished.

John Blair-Fish

1st August Aigle-Leysin 20km 1650m

The field seemed to be stronger than the other three times when I have run this race but there were fewer skis to be won. It rained all the way and the flags were lost in the mist at top of the muddy ski run descent. Having tested the mud several times I decided it was safe to pass an Ethiopian with 1k to go but then he sprinted past me at the finish to be one of the first six named in the local paper.

John Blair-Fish

| | | |
|------------------|--------------|----------------------|
| 1. H. Korecho | Ethiopoia | 1:55.05 |
| 2. J. Bosch | Anney | 1:55.13 |
| 3. M. Marchon | Broz | 1:56.47 (1st Vet) |
| 4. C. Gilleron | Morges | 1:58.27 |
| 7. J. Blair-Fish | Carnethy | 2:03.36 (2nd Vet) |
| 8. F. De Beiles | | 2:04.30 (3rd Vet) |
| 53. C. Mabillard | Tristorantes | 2:22.58 1st Lady |

Sierre-Zinal

11th August 1996
31km 1900m

With current enthusiasm for trials for contrived World Cup courses and disapproval of Swiss banking practices and closed accounts, British entries at Sierre-Zinal were down to single figures. Former track runner, Martin Horacek, surveyed practices at two other Swiss races and came from 4th position at the top of the climb at Ponchette to lead from Tignousa to the finish.

There were some doubts about the second supervet, Daniel Laufer, aged 67 finishing 2nd in 3:02. Did he start 4 hours earlier with the walkers?

John Blair-Fish

| | | |
|--------------------------|------------|-------------------------|
| 1. Martin Horacek | Czech | 2:39.53 |
| 2. Eticha Tesfaye | Ethiopia | 2:40.17 |
| 3. Martin van Kaenel | Switz | 2:40.58 |
| 14. Jairo Correa | Colombia | 2:49.40 1st vet |
| 35. Gary Devine | GB(Pudsey) | 3:00.44 |
| 38. Martin Storchenegger | Switz | 3:02.02 1st Supervet |
| 41. Daniel Laufer | Prilly | 3:03.49 2nd Supervet |
| 42. Isabella Moretti | Swiss | 3:04.20 1st Lady |
| 56. John Blair-Fish GB | (Carnethy) | 3:13.23 7th Vet |

INTERNATIONAL TEENAGE GAMES Germany

RESULTS:

Saturday 12 July 10.00am 800m Trail Race under 17 years

Junior Men

| | | |
|--------------------|----------|---------|
| 1. Robin Powell | Wales | 2:12.10 |
| 2. Joseph Ondrasik | Slovakia | 2:17.40 |
| 3. Ion Lukianov | Moldavia | 2:18.05 |
| 4. Duncan Hughes | Wales | 2:19.54 |

800m Trail Race under 17 years

Junior Ladies

| | | |
|---------------------|----------|---------|
| 1. Svetlana Padurez | Moldavia | 2:38.06 |
| 2. Anna Pastrnakova | Slovakia | 2:38.97 |
| 3. Llinos Phillips | Wales | 2:42.47 |
| 4. Nathalie Janda | Germany | 2:57.30 |
| 5. Leah Hughes | Wales | 2:59.06 |
| 6. Sian Williams | Wales | 2:59.82 |

800m Trail Race under 15 years

Junior Men

| | | |
|------------------|----------|---------|
| 1. Grega Zore | Slovenia | 2:25.29 |
| 2. Julius Helm | Germany | 2:25.85 |
| 3. Cae Pierce | Wales | 2:31.70 |
| 4. Sascha Streit | Germany | 2:39.27 |

800m Trail Race under 14 years

Junior Men

| | | |
|---------------------|---------|---------|
| 1. Daniel Fischer | Germany | 2:44.02 |
| 2. Sebastian Wimmer | Germany | 2:52.68 |
| 3. Thomas Owen | Wales | 2:58.34 |
| 4. Florian Buchal | Germany | 3:03.76 |

Saturday 12 July 1997 4.00pm Mountain Race 2.5km, 275m Ascent only

Junior Men under 17 years

| | | |
|----------------------|----------|----------|
| 1. Ion Lukianov | Moldavia | 10:53.64 |
| 2. Tomas Nepko | Slovakia | 11:00.60 |
| 3. Julius Helm | Germany | 11:02.04 |
| 4. Simon Bailey | England | 11:07.10 |
| 5. Marco Germanetto | Italy | 11:12.48 |
| 6. Riccardo Crescini | Italy | 11:30.26 |
| 7. Denis Pfalzgraf | Germany | 11:37.61 |
| 8. Josef Ondrasik | Slovakia | 11:43.94 |
| 9. Slavomir Kosik | Slovakia | 11:45.10 |
| 10. Cai Pierce | Wales | 11:51.22 |
| 11. Matej Prezelj | Slovenia | 11:53.03 |
| 12. Duncan Hughes | Wales | 12:58.03 |
| 13. Michael Clayton | England | 12:01.51 |
| 14. Danilo Lantermo | Italy | 12:23.87 |
| 15. Andrew Symonds | England | 12:30.64 |
| 19. Robin Powell | Wales | 13:15.74 |

Teams

| |
|-------------|
| 1. Slovakia |
| 2. Italy |
| 3. Germany |
| 4. England |
| 5. Wales |
| 6. Slovenia |
| 7. Moldavia |

Junior Ladies under 17 years

| | | |
|----------------------|----------|----------|
| 1. Anna Pastrnakova | Slovakia | 13:14.37 |
| 2. Sarah Gatford | England | 13:15.22 |
| 3. Alena Bekesova | Slovakia | 13:43.96 |
| 4. Valentina Belotti | Italy | 13:48.60 |
| 5. Victoria Rusius | England | 14:22.70 |
| 6. Linda Briedova | Slovakia | 14:24.72 |
| 7. Claudia Solaro | Italy | 14:28.71 |
| 8. Svetlana Bajic | Slovenia | 14:35.39 |
| 9. Svellana Padurez | Moldavia | 14:46.61 |
| 10. Lisa Franzoni | Italy | 14:50.32 |

| | | |
|---------------------|---------|----------|
| 15. Sian Williams | Wales | 15:16.05 |
| 16. Natalie White | England | 15:25.97 |
| 18. Llinos Phillips | Wales | 15:34.30 |
| 24. Leah Hughes | Wales | 18:08.95 |

Teams

1. Slovakia
2. Italy
3. England
4. Slovenia
5. Moldavia
6. Germany
7. Wales

Mountain Race 2.5km,

275m Ascent only

Medal Winners in Individual Categories

Junior Ladies under 15 years

| | | |
|--------------------|---------|----------|
| 1. Sarah Gatford | England | 13:15.22 |
| 2. Victoria Rusius | England | 14:22.70 |

Junior Men under 16 years

| | | |
|-----------------|---------|----------|
| 3. Simon Bailey | England | 11:07.10 |
|-----------------|---------|----------|

Junior Men under 15 years

| | | |
|---------------|-------|----------|
| 2. Cae Pierce | Wales | 11:51.22 |
|---------------|-------|----------|

Sunday 13 July 1997 10.30am

3 x 800m Trail Race Junior Men

Under 17

| | | |
|-------------|--|---------|
| 1. Italy | Riccardo Crescini Marco Germanetto Danilo Lantermino | 7:35.17 |
| 2. Slovakia | Josef Ondrasik Tomas Nepko Slavomir Kosik | 7:38.63 |
| 3. Wales | Robin Powell Duncan Hughes Cai Pierce | 7:44.40 |
| 4. England | Michael Cayton Andrew Symonds Simon Bailey | 7:49.39 |
| 5. Germany | Christian Korber Denis Pfalzgraf Peter Kraft | 8:29.62 |

Sunday 13 July 1997 10.30am

3 x 100m Trail Race

Junior Ladies under 17

| | | |
|-------------|---|---------|
| 1. Italy | Valentina Belotti Lisa Franzoni Claudia Soloro | 8:52.92 |
| 2. Moldavia | Svetlana Padurez Oxana Balanvik Elena Martin | 8:57.02 |
| 3. England | Natalie White Sarah Gatford Victoria Rusius | 9:01.90 |
| 4. Slovakia | Anna Pastrnakova Alena Bekesova Linda Briedova | 9:07.00 |
| 5. Wales | Leah Hughes Sian Williams Llinos Phillips | 9:48.27 |
| 6. Germany | Nathalie Janda Jessica Janda Christine Gonzalex | 9:52.23 |

READY, HEAVY, GO

The roaring twenties hit the 22nd Oxenhope Straw Race on 6th July with 180 teams of two entering the fray, racing from the Waggon & Horses pub to the Dog & Gun. Only three miles long and 600ft of ups and downs, it's the downing of five pints or halves and heavy of a straw bale which make this event so popular. Some would say, "it's more heaving of drink than that of the bale."

A record 30 athlete teams entered this year, a great improvement on previous years, including new lady winners this year, Horwich RMI Harriers Carolyn Wright and Mary White who dethroned Jean Sanderson and Andrea Dennison of Bradford Airedale. Onto the real beer swillers, Uncle Steve teamed up with nephew Gary Oldfield to a staggering time of 16.04 that proved the fastest on the day.

The event has raised over £120,000 plus, which is quite staggering when you think the first ever race had 40 teams and raised only £200. This annual pilgrimage is to encourage a family atmosphere, with free buses laid on, a vintage car rally and music of various kinds for the entertainment of spectators and runners/competitors alike. Don't be fooled into thinking this is some specialised thing the winners may well take 16 minutes but the more sensible take over 2 hours, savouring every drop whilst sitting on their bale viewing the fancy dress.

A video of the afternoon's events is available, and will be on view at this years FRA 'Do'.

Dave Woodhead

Leading Fell Running Results

Female Athletes

| | | |
|-------------------------------------|-------------|-------|
| 1. Carolyn Wright & Mary White | Horwich RMI | 20.43 |
| 2. Jean Sanderson & Andrea Dennison | Brad/Aire | 21.31 |

Male Athletes

| | | |
|-----------------------------------|----------------|-------|
| 1. Steve Oldfield & Gary Oldfield | Brad/Aire | 16.04 |
| 2. Jack Maitland & Robin Lawrence | P&B/Bingley | 18.00 |
| 3. Pete Pollitt & Steve Warren | Bolton/Horwich | 18.04 |
| 4. Brent Brindle & Wilf Brindle | Horwich | 18.13 |
| 5. Chris Bartle & Darren Brame | Bingley | 18.34 |
| 6. Tony Hesketh & Darren Flatley | Horwich | 19.29 |

Male Vets

| | | |
|------------------------------|-----------------|-------|
| 3. Barry Tyson & Pete Watson | B.Sheep/Horwich | 25.02 |
|------------------------------|-----------------|-------|

Mixed

| | | |
|--|-----------|-------|
| 1. Pauline Oldfield & Dave Illingworth | Brad/Aire | 21.34 |
| 2. Doreen Madden & Dale Gartley | Glossop | 22.55 |

Open Male

| | | |
|-------------------------------------|-------------|-------|
| 2. Steve Whitaker & Duncan Thompson | Clem/Calder | 20.25 |
| 3. Jimmy Oldfield & Ronnie Oldfield | Brad/Aire | 22.00 |



Oxenhope Straw Race - Ladies elite winners Mary White and Carolyn Wright
Photo: Dave Woodhead

BRITISH CHAMPIONSHIP RESULTS 1997

MALE OPEN

| | | |
|-----------------------|---------------|-----|
| 1= Ian Holmes | Bingley | 151 |
| 2= Mark Roberts | Borrowdale | 151 |
| 3. Stephen Hawkins | Bingley | 135 |
| 4. Robin Bryson | Newcastle | 135 |
| 5. Mark Rigby | Ambleside | 134 |
| 6. Mervyn Keys | Rossendale | 131 |
| 7. Paul Sheard | P&B | 124 |
| 8. John Wilkinson | Shettleston | 116 |
| 9. Jim Davies | Borrowdale | 114 |
| 10. Deon McNeilly | Newcastle | 110 |
| 11. Brian Ervine | Ballydrain | 110 |
| 12. Mark Kinch | Bingley | 107 |
| 13. Dermot McGonigle | Newcastle | 101 |
| 14. Andy Trigg | Glossopdale | 100 |
| 15. Neil Carty | North Belfast | 89 |
| 16. Alan Bowness | CFR | 85 |
| 17. Gary Devine | P&B | 85 |
| 18. James McQueen | Eryri | 84 |
| 19. Dave Troman | Keswick | 76 |
| 20. Adam Ward | Camethy | 73 |
| 21. Martin Amor | CFR | 69 |
| 22. Nicholas Spence | Kendal | 66 |
| 23. Gary Webb | CVFR | 66 |
| 24. Lee Gibson | CFR | 66 |
| 25. Iain Bothroyd | CFR | 65 |
| 26. Malcolm Patterson | Shettleston | 64 |
| 27. Graham Schofield | Horwich | 62 |
| 28. Adrian Jones | Glossopdale | 57 |
| 29. Willie Bell | CFR | 53 |
| 30. Des Crowe | Shettleston | 53 |

LADIES OPEN

| | | |
|-------------------------|-------------|----|
| 1. Angela Mudge | Camethy | 62 |
| 2. Mari Todd | Ambleside | 53 |
| 3. Tracey Brindley | Cosmic | 49 |
| 4. Karen Powell | Camethy | 48 |
| 5. Nicola Davies | Borrowdale | 46 |
| 6. Glynda Cook | Rochdale | 40 |
| 7. Jennifer Rae | Westerlands | 34 |
| 8. Lucy Whittaker | Saddleworth | 30 |
| 9. Elizabeth Batt | UA | 26 |
| 10. Jane Jones | Keswick | 25 |
| 11. Joanne Paterson | Camethy | 24 |
| 12. Louise Osborn | Keswick | 24 |
| 13. Christine Menhennet | Westerlands | 23 |
| 14= M. Angharad | Eryri | 22 |
| 14= Carol Greenwood | Bingley | 22 |
| 16. Anne Buckley | P&B | 19 |
| 17. Angela Brand-Barker | Keswick | 18 |
| 18= Janet Kenyon | Lostock | 16 |
| 18= Jane Robertson | Westerlands | 16 |
| 20= Tricia Sloan | Salford | 14 |
| 20= Victoria Wilkinson | Bingley | 14 |
| 20= Anne Sandford | Ballydrain | 14 |

MALE VET 40

| | | |
|----------------------|-------------|----|
| 1. Adrian Jones | Glossopdale | 81 |
| 2. Willie Bell | CFR | 81 |
| 3. Bob Whittaker | Bingley | 77 |
| 4. Steve Jackson | Horwich | 73 |
| 5. Harry Jarrett | CFR | 66 |
| 6. James Patterson | Albertville | 64 |
| 7. Graham Schofield | Horwich | 60 |
| 8. David Houlsworth | Kendal | 55 |
| 9. Andy Hauser | P&B | 53 |
| 10. Keith Bartley | CFR | 45 |
| 11. Peter McWade | CleM | 44 |
| 12= John Reeve | Kendal | 44 |
| 12= Phil Clark | Kendal | 44 |
| 14. Christopher Lyon | Horwich | 41 |
| 15. Kieran Carr | CleM | 40 |
| 16. Duncan Thompson | CVFR | 35 |
| 17= Dave Neill | Mercia | 32 |
| 17= Steve Oldfield | B/Airedale | 32 |
| 19= Steven Houghton | CVFR | 30 |
| 19= Brian Walton | Horwich | 30 |

MALE VET 50

| | | |
|--------------------|-------------|----|
| 1. James Patterson | Albertville | 32 |
| 2. Peter McWade | CleM | 24 |
| 3. Kieran Carr | CleM | 24 |
| 4. Keith Bartley | CFR | 24 |
| 5. Mike Walford | Kendal | 15 |
| 6. John Clemens | Mercia | 10 |
| 7. Don Williams | Eryri | 9 |
| 8. Raymond Wilby | Highland HR | 8 |
| 9. John Morris | Pennine | 8 |
| 10= David Tait | DPFR | 7 |
| 10= Jim Hayes | Ballydrain | 7 |

LADIES VET 35

| | | |
|------------------------|-------------|----|
| 1= Nicola Davies | Borrowdale | 29 |
| 1= Glynda Cook | Rochdale | 29 |
| 3. Christine Menhennet | Westerlands | 23 |
| 4. Jane Jones | Keswick | 21 |
| 5= M. Angharad | Eryri | 12 |
| 5= Janet Kenyon | Lostock | 12 |
| 7. Angela Brand-Barker | Keswick | 9 |
| 8= Maggie Creber | Edinburgh | 6 |

| | | |
|--------------------|---------|---|
| 8= H. Spenceley | Camethy | 6 |
| 10= Sheila Bennell | Eryri | 5 |
| 10= Shirley Hay | Camethy | 5 |
| 10= Jacky Smith | DPFR | 5 |

MALE VETS

| | |
|----------------------|----|
| 1. Cumberland FR | 33 |
| 2. Horwich RMI | 29 |
| 3. Kendal A.C. | 28 |
| 4. Calder Valley | 18 |
| 5. Mercia F.R. | 17 |
| 6. Glossopdale | 14 |
| 7. Albertville H | 9 |
| 8= Eryri | 8 |
| 8= BARF | 8 |
| 10. Clayton le Moors | 7 |

MALE OPEN

| | |
|-------------------------|----|
| 1. Bingley Harriers | 32 |
| 2. Newcastle A.C. NI | 28 |
| 3. Pudsey & Bramley | 25 |
| 4. Cumberland FR | 22 |
| 5. Camethy | 19 |
| 6. Shettleston Harriers | 18 |
| 7. Horwich RMI | 16 |
| 8. Kendal A.C. | 11 |
| 9= Eryri | 6 |
| 9= Lochaber A.C. | 6 |
| 9= Albertville H | 6 |

FEMALE OPEN

| | |
|--------------------------|----|
| 1. Camethy | 36 |
| 2. Keswick A.C. | 26 |
| 3. Westerlands CCC | 25 |
| 4. Pudsey & Bramley | 9 |
| 5= Bingley Harriers | 8 |
| 5= Eryri | 8 |
| 5= BARF | 8 |
| 8. Cosmic Hillbashers | 7 |
| 9. Denby Dale Travellers | 5 |
| 10. Clayton le Moors | 4 |

ENGLISH CHAMPIONSHIP RESULTS 1997

MALE OPEN

| | | |
|-----------------------|--------------|-----|
| 1. Mark Roberts | Borrowdale | 114 |
| 2. Alan Bowness | CFR | 106 |
| 3. Jim Davies | Borrowdale | 104 |
| 4. Dave Neill | Mercia | 102 |
| 5. Paul Sheard | P&B | 92 |
| 6. Ian Holmes | Bingley | 88 |
| 7. Gary Oldfield | B/Airedale | 87 |
| 8. Steve Oldfield | B/Airedale | 82 |
| 9. Andy Trigg | Glossopdale | 80 |
| 10. Joe Blackett | Mandale | 73 |
| 11. Gary Devine | P&B | 72 |
| 12. Jonny Bland | Borrowdale | 65 |
| 13. Gavin Bland | Borrowdale | 64 |
| 14. Mervyn Keys | Rossendale | 63 |
| 15. Rob Jebb | Bingley | 61 |
| 16. Graham Schofield | Horwich | 56 |
| 17. Stephen Hawkins | Bingley | 53 |
| 18. Philip Sheard | P&B | 52 |
| 19. Craig Roberts | Kendal | 47 |
| 20. David Houlsworth | Kendal | 47 |
| 21. Mark Kinch | Bingley | 44 |
| 22. Graham Watson | Altrincham | 41 |
| 23. Willie Bell | CFR | 40 |
| 24. Nicholas Spence | Kendal | 40 |
| 25. Mark Hayman | DPFR | 38 |
| 26. Graham Huddleston | CleM | 37 |
| 27. Gary Webb | CVFR | 35 |
| 28. Dale Gartley | Glossopdale | 34 |
| 29. Ian Postlethwaite | CFR | 33 |
| 30. Billy Burns | South Ribble | 32 |

FEMALE OPEN

| | | |
|-------------------------|----------------|----|
| 1. Mari Todd | Ambleside | 84 |
| 2. Jane Clark | P&B | 79 |
| 3. Elizabeth Batt | Buxton | 61 |
| 4. Glynda Cook | Rochdale | 60 |
| 5. Jane Jones | Keswick | 56 |
| 6. Louise Osborn | Keswick | 55 |
| 7. Nicola Lavery | Ambleside | 45 |
| 8. Lyn Thompson | Keswick | 39 |
| 9= Clare Crofts | DPFR | 37 |
| 9= Yvette Hague | P&B | 37 |
| 11. Angela Brand-Barker | Keswick | 36 |
| 12. Vanessa Peacock | CleM | 35 |
| 13. Nicola Davies | Borrowdale | 34 |
| 14. Jean Shotter | P&B | 33 |
| 15. Jacky Smith | DPFR | 28 |
| 16. Emma Moody | Northumberland | 27 |
| 17. Katy Thompson | CleM | 27 |
| 18. Sarah Brown | Bowland | 26 |
| 19. Carol Greenwood | Bingley | 22 |
| 20. Emma O'Shea | Leeds City | 22 |

MALE VET 40

| | | |
|---------------------|------------|----|
| 1. Dave Neill | Mercia | 88 |
| 2. Steve Oldfield | B/Airedale | 79 |
| 3= Graham Schofield | Horwich | 72 |
| 3= David Houlsworth | Kendal | 72 |

| | | |
|-----------------------|-------------|----|
| 5. Willie Bell | CFR | 70 |
| 6. Adrian Jones | Glossopdale | 60 |
| 7. Steve Jackson | Horwich | 60 |
| 8. Andy Hauser | P&B | 51 |
| 9. Michael Walsh | Kendal | 50 |
| 10. Phil Clark | Kendal | 41 |
| 11. Peter McWade | CleM | 41 |
| 12. Harry Jarrett | CFR | 35 |
| 13. David Tait | DPFR | 35 |
| 14. John Reeve | Kendal | 28 |
| 15. Richard Crossland | B/Airedale | 26 |
| 16. Keith Bartley | CFR | 23 |
| 17. Kieran Carr | CleM | 22 |
| 18. Steven Houghton | CVFR | 21 |
| 19= Reg Clucas | CFR | 20 |
| 19= Paul Harlowe | Keswick | 20 |

MALE VET 50

| | | |
|--------------------|-----------|----|
| 1. Peter McWade | CleM | 48 |
| 2. David Tait | DPFR | 38 |
| 3. Keith Bartley | CFR | 35 |
| 4. Kieran Carr | CleM | 34 |
| 5. Dennis Lucas | Rochdale | 19 |
| 6. Mike Walford | Kendal | 18 |
| 7. Rod Furell | Holmfirth | 13 |
| 8. Dennis Kearns | Bolton | 11 |
| 9. John Clemens | Mercia | 11 |
| 10. Tony Hulme | Pennine | 8 |
| 11= I. Beverley | CleM | 6 |
| 11= Roy Marlow | DPFR | 6 |
| 11= John Nuttall | CleM | 6 |
| 14. Roger Bell | Ambleside | 6 |
| 15= John Armistead | DPFR | 5 |
| 15= Roy Tunstall | Helsby | 5 |

MALE VET 60

| | | |
|----------------------|---------------|----|
| 1. Harry Catlow | Dallam | 29 |
| 2. Peter Duffy | Aberdeen | 23 |
| 3. Colin Henson | DPFR | 23 |
| 4. Bill Smith | CleM | 21 |
| 5. Ron Bray | Blackpool | 18 |
| 6. Joseph Garbarino | Achille Ratti | 15 |
| 7. John Dearden | Helsby | 14 |
| 8. Derek Clutterbuck | Rochdale | 14 |
| 9. Anthony Shaw | Todmorden | 12 |
| 10. Brian Leathley | CleM | 10 |

LADIES VET 35

| | | |
|------------------------|------------|----|
| 1. Glynda Cook | Rochdale | 35 |
| 2. Jane Jones | Keswick | 28 |
| 3. Angela Brand-Barker | Keswick | 24 |
| 4. Nicola Lavery | Ambleside | 23 |
| 5= Clare Crofts | DPFR | 21 |
| 5= Nicola Davies | Borrowdale | 21 |
| 7. Lyn Thompson | Keswick | 21 |
| 8. Vanessa Peacock | CleM | 20 |
| 9. Jacky Smith | DPFR | 19 |
| 10. Katy Thompson | CleM | 16 |
| 11. Linda Hayles | Halifax | 13 |
| 12. Janet Kenyon | Lostock | 12 |
| 13. Kath Wallis | CleM | 9 |
| 14. Kate Beuty | CFR | 8 |
| 15. Linda Lord | CleM | 8 |

TEAMS V40

| | |
|---------------------|----|
| 1. Kendal A.C | 48 |
| 2. Cumberland FR | 39 |
| 3. Horwich RMI | 37 |
| 4. Glossopdale | 36 |
| 5. Mercia F.R. | 27 |
| 6. Clayton le Moors | 26 |
| 7. Calder Valley | 14 |
| 8= Dark Peak FR | 11 |
| 8= Pennine F.R. | 11 |
| 10. Todmorden | 11 |

MALE OPEN

| | |
|----------------------------|----|
| 1. Borrowdale | 44 |
| 2. Cumberland FR | 36 |
| 3. Clayton le Moors | 32 |
| 4. Pudsey & Bramley | 29 |
| 5. Kendal A.C. | 29 |
| 6. Bingley Harriers | 28 |
| 7. Horwich RMI | 24 |
| 8. Glossopdale | 21 |
| 9. Todmorden | 9 |
| 10. Bowland | 8 |
| 11. Ambleside A.C. | 6 |
| 12. Holmfirth | 4 |
| 13= Dark Peak Fell Runners | 3 |
| 13= Keswick A.C. | 3 |
| 15. Pennine F.R. | 3 |

LADIES

| | |
|----------------------------|----|
| 1. Pudsey & Bramley | 45 |
| 2. Keswick A.C. | 42 |
| 3. Clayton le Moors | 31 |
| 4. Denby Dale Travellers | 19 |
| 5. Cumberland Fell Runners | 13 |
| 6. Dark Peak Fell Runners | 12 |
| 7= Ambleside A.C. | 9 |
| 7= Bingley Harriers | 9 |
| 9. Rochdale Harriers | 8 |
| 10. Holme Pierpoint | 6 |



**NOW SHOWING AT
SKIPTON**

FOR ONE NIGHT ONLY!

THE FRA 'DO'

ON SATURDAY 15TH NOVEMBER

AN EXTRAVAGANZA OF
1997 BRITISH AND ENGLISH
AWARDS, LIVE MUSIC, DISCO,
PHOTO'S, VIDEOS, TASTY
BUFFET AND A COPIOUS
AMOUNT OF DRINK.
GUESTS OF HONOUR:
3 TIMES BRITISH CHAMPIONS
PAULINE AND KENNY STUART.

TICKETS £14
PAYABLE TO FRA WITH SAE
ACCOMMODATION LIST
ON REQUEST.

ORGANISER:
DAVID WOODHEAD
166 HAINWORTH WOOD RD
KEIGHLEY, BD21 5DF
TEL: 01535 669100



**BETTER HURRY TO GET YOUR TICKET,
THEY'RE QUEUING ALREADY**

**MAKE A REAL FELL RUNNING WEEKEND OF IT BY COMPETING IN THE
TOUR OF PENDLE ON SATURDAY &/OR SUNDAY'S STOOP & STAIRS RACE!!**



BOWLAND TRAVERSE: "It's like Scotland without the Munros"

by Andy Walmsley

Imagine the Highlands. Think of what makes them different from most of northern England; deep heather, huge peat hags, miles of tussocks, acres of bog, few paths, a feeling of remoteness from civilisation. Oh, and big mountains! Well, if you leave out the latter, you are left with a pretty good description of much of the Forest of Bowland. All the bad things without any of the good? You could look at it like that, but that would be missing the point.

Bowland seems a remarkably remote and lonely area. There are few roads across it, especially compared to the moors of south and east Lancashire or industrial Yorkshire, and although places like Lancaster, Preston, and Clitheroe are not far away, there are very few sizeable communities within the Forest of Bowland itself. Access has always been a problem, and there are few areas of free access even now, which is no problem to a seasoned trespasser like me, but has prevented the area from becoming over exploited, and has enabled it to retain that air of remoteness which is long gone from most of the Lakes (for example).

The Watershed Route follows the broadly defined 'spine' of the Bowland and Bleasdale (west of the Trough of Bowland) Fells from Chipping to Giggleswick. A distance of just over 30 miles, with about 5300 ft of climbing. The figures suggest that the route should be easier than (say) the Manx Mountain Marathon (30/8000) but don't be fooled. The terrain is entirely different; counting contours cannot take into account the innumerable little climbs and descents crossing peat hags, and a map measuring wheel cannot hope to follow the zigging and zagging which is necessary to avoid the boggy holes which are lying in wait for the unwary. Putting my neck on the block, I estimate that this route is at least an hour harder than the Manx.

We fell runners can never resist a challenge, and the more difficult the terrain the greater the satisfaction in overcoming it. Other things are also strong motivators; adventure, a sense of pioneering something new, and a simple desire just to see how quick we can do it!

These were the things which kindled my interest in running the Bowland and Bleasdale Watershed. The route had been devised by my friend Ian Roberts, an inveterate Bowland enthusiast, and he (along with Paul Dickinson) had proved its viability by doing a winter walk over it in 15 hours last Christmas. Ian had expressed the view that a "good distance man" should be able to cover it in half that time. This was like a red rag to me. Could I call myself a "good distance man"? I certainly couldn't rank myself alongside

the true ultra distance men of the sport, but I felt that 30 miles was within my range, and 7:30? Well I doubted my ability to do 7:30 but I thought I might manage a respectable time.

The run was arranged for June 21st, with Ian Roberts and my dad Tom providing road support, along with fellow Blackburn Harriers Tim Kelly and Paul Thompson, who had arranged to do a big bike ride in Bowland that day and to meet me at the road passes.

I left Chipping Post Office at exactly 9.00am with Ian providing some valuable local knowledge across the first few fields. The weather was a bit iffy, with heavy cloud and a cold wind, but that was fine by me - better than a heatwave! Near Fell



Andy Walmsley at Dalehead
Photo: Peter Hartley

Foot Farm we met - purely by chance - Les Orr of Bowland Fellrunners who was out for a training run, and he then ran with me as far as the heathery wastes of Fiendsdale Fell. Les is a bit of a Bowland oracle, and I spent the run over Fairsnape Fell quizzing him for snippets of info on the rest of the route (which I had only partially reced).

After Les had departed in the direction of Holme House Fell, I slowed the pace down a little(!) and concentrated on conserving energy over the wicked heather and peat hags of Hawthornthwaite Fell Top and the Holdron and Blaze Mosses, but despite the fact that I was taking it very easy, I found myself dropping down to the Trough of Bowland road 50 minutes up on my 9 hour schedule - too early for my support who hadn't arrived!

Luckily, Tim and Paul were there on the bikes, and they urged me to carry on, saying they'd wait and tell the "official" support crew that I'd gone through. This proved a good move, and I pressed on strongly up Whins Brow, a 20 minute climb (which is big by Bowland stan-

dards), and onto the good running over Threaphaw Fell and Brennand Great Hill. I passed the surprising oasis of Brennand Tarn just after midday, and was beginning to revel in how good I was feeling. It had been a long time since I felt so relaxed on a long run, and when I passed the Wolfhole Crag trig point (roughly half distance) in 3:39, I began to think that 7:30 might indeed be on. Perhaps I was a "good distance man" after all?!

As if to bring me down to earth with a bump, the descent to the Salter Fell track consisted of a jumble of rocks and boulders cunningly concealed under heather, and the smooth economical gait of the long distance runner was replaced by a wobbly-legged stumble more suited to a homebound drunk. I suddenly felt quite tired and the next section - the endless plod up White Hill - proved to be the low point of the whole run.

Once the initial pull up was over I knew that the fence line took a bit of a round-about route, so elected to make a beeline across the moor to the trig point. This proved a mistake. I spent what seemed ages descending into, and climbing out of, huge peaty hollows in the moor before I finally rejoined the fence at the trig.

A moment of hesitation followed as I tried to remember which was the right fence to follow from the top to reach the Cross of Greet pass, but once I had recalled the mental map, I had a good run down to the road, where the full support crew were waiting!

I was now 1:25 up on the 9 hour schedule, and decided to have a bit of a "stoke up" on food and drink in the hope that it would enable me to have a strong finish. I spent 13 minutes guzzling down soup, bread, sweet tea, chocolate and sundry energy drinks and although this seems a long stop to make in a 30 mile run, I'm sure I could have easily lost more time than that if I had bonked a few miles from the finish. Instead, I got stronger as I approached Giggleswick.

Leaving the haven of the car, I set off up Great Harlow feeling strong, and actually ran all the way up the next gentle climb even though I had imagined that I would probably walk. I felt a little wobbly as I descended by the Cold Stone but I put it down to the recent sudden food intake taking time to settle in. Sure enough, the slow plod up to Bowland Knotts trig soon restored my equilibrium and I emerged at the next road crossing stronger than ever.

I had a tremendous feeling of elation as I swigged a quick brew at the Bowland Knotts road, especially when I realised that with not much more than 6 miles remaining, I could yet beat 7 hours. My dad Tom, Ian, Tim and Paul were all brilliant in support, and seemed as pleased as I was that I was going so well.

Across the undulating ground over Knotteranum and Rock Cat Knott I was going better than I have sometimes managed in

short races; running easily up the climbs and cruising at a fast pace on the down-hills. That 7 hour target was beckoning more urgently with every stride. As if to temper my enthusiasm, a sharp piece of old iron fence post almost stopped me dead in my tracks as was approaching Ash Clough Swamp as it punctured the side of my shoe just above the sole. It felt like it had punctured my foot (shades of Coniston 1995 - see October '95 Fellrunner) but a couple of stops to look at the hole in the shoe showed no blood, so I pressed on. Later investigation showed that "Spike II" had ripped through the foam arch support in my PB Racer, but had only scratched my foot - lucky.

Resting Stone and Big Hill passed almost without effort, and I reached Sandford Farm at 3:30pm which gave me 30 minutes to cover the remaining 4 miles of fields and tracks if I was to beat the 7 hour target which was now so imperative to me. 7½ minute miling? That should be easy, but there are three nasty little climbs across those fields, along with seven gates and ten stiles which tried their best to give me cramp and only just failed.

Ian was to have paced me to the finish from Sandford and to help with gates, but I was now going fast enough to give him some difficulty in keeping up and he opted out when we passed the support car again at Rome Farm. However, he did me a great service when he called me back as I was running blindly past the stile I needed to use to get me to Field Gate Farm. Damn! More seconds lost.

I kept looking at my watch as I approached the distinctive copper dome of the chapel at Giggleswick School which marked the edge of the village, but there was still doubt as to whether I was going to make it or not. As I entered the lane by the side of the chapel my watch said there were 2½ minutes left. 2½ minutes to run the length of the village. The voice in my head was repeating - come on, come on - as I pushed on up the street, making horrible noises pulling an even worse face, and giving a young couple a fright as I rushed past them (they probably thought "What's that nutter doing").

A final sprint brought me to the Post Office. I slapped the door, peered at my watch, and collapsed in a heap. 30 seconds to spare! Just made it! What a cliff-hanger! Such a hard finish! It was only in the pub later that it really dawned on me that I had taken 2 hours off my schedule, and beaten my "dream time" by over thirty minutes.

So, a mark has been set, and a gauntlet thrown at the feet of Bowland Fellrunners surely? The time is a good one for me, but I'm sure there are plenty of people who could carve a chunk off it. Who's going to be first?

Anyone who wants more details can contact me on 01257 410753 or Ian Roberts (who intends to keep a record of all long runs in Bowland) on 01524 64830.

WINTER GEAR

HELLY HANSEN

| | |
|---------------------------------------|--------|
| LONG SLEEVE, Navy, Royal, Black, Grey | £18.99 |
| SHORT SLEEVE, Navy only | £17.99 |
| LONG SLEEVE BUTTON NECK, Navy or Grey | £22.99 |
| BALACLAVAS, Navy only | £5.50 |
| SOCKS, Navy only | £6.99 |
| BRIEFS, Navy only | £12.99 |

DUOFOLD

| | |
|-------------------------|---------------------|
| LONG SLEEVE, Black only | £19.99 |
| GLOVES, Fluro Yellow | Special Price £4.99 |

RON HILL SPORTS SPECIAL OFFERS

| | | |
|----------------------------------|-----------|--------|
| REFLECT PERTEX JACKET was £49.99 | Our Price | £29.99 |
| SIROCCO PERTEX PULLON was £44.99 | Our Price | £29.99 |
| RUNNERS RIPSTOP | | |
| NYLON JACKET was £34.99 | Our Price | £19.99 |
| TRACKSTERS | From | £10.99 |

OTHER ITEMS

| | |
|---|-------|
| THERMAL GLOVES, Black or Navy | £3.99 |
| PETE BLAND SPORTS SOCKS 70% WOOL, Royal, Red or White | £2.99 |

ALL AVAILABLE MAIL ORDER FROM
**PETE BLAND SPORTS, 34A KIRKLAND,
 KENDAL, CUMBRIA LA9 5AD.**
 Tel/Fax: 01539-731012

NO COMPROMISE, TOP QUALITY ALL THE TIME

Fell Running

Orienteering

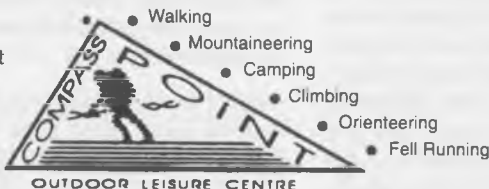
Mountain Marathons

Specialists in LIGHTWEIGHT MOUNTAIN EQUIPMENT

Extensive range of gear from:-

Edmondson - Walsh - Ron Hill - Silva - Helly Hansen
 Rab - Sub Zero - Lowe Alpine - Sprayway - Saunders

FRA discount
 phone for
 details.

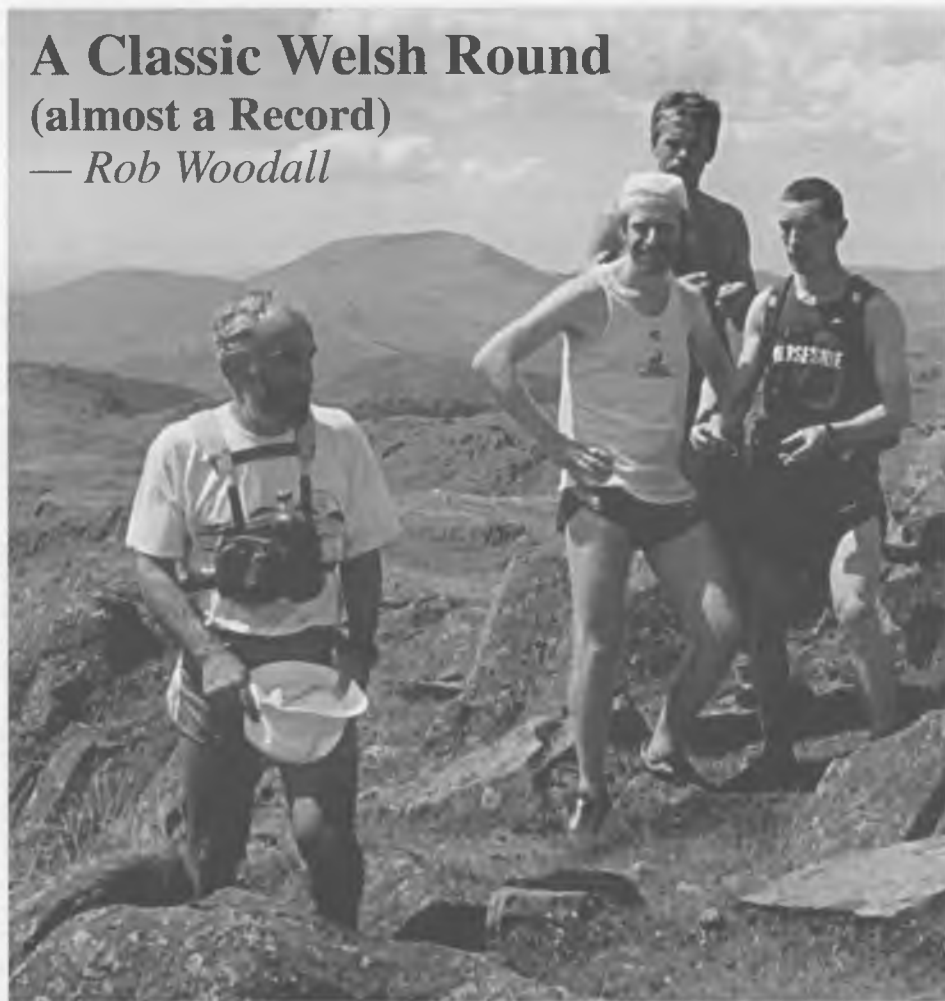


Send SAE for
 MAIL ORDER list

2 Church Road, Lytham, Lancs., FY8 5LH. Tel: (01253) 795597

A Classic Welsh Round (almost a Record)

— Rob Woodall



Collecting money for support?
Photo: Rob Woodall

Paddy Buckley's 47-peak Welsh round, now nearly 20 years old, has been on the agenda since last summer's Bob Graham. Then I discover that, so neglected are these Welsh hills, that by the simple expedient of adding the other 5 Welsh 3's (as per Adrian Belton's 1988 record), and sneaking in 3 other missing peaks (Carnedd y Filiast, Cnicht's NE peak, Castell y Gwynt), I could be nibbling at the Welsh record.

Saturday 19/7/97. Having spent the night under a perfect full moon in the secluded woodland of Llyn Brenig, I'm putting my gear together when I hear a pair of Crossbills call. I watch them for several minutes feeding among the pine cones. Last night, back in my distant, topographically challenged home of Northamptonshire, I saw one of our reintroduced Red Kites. Could be my lucky weekend.

An hour before time, we assemble at Capel Curig. Already the sun is hot. 11 am, I trot along a short section of tarmac (a rarity on this route) to Plas y Brenin, supported by Yiannis Tridimas who did an extended PBR last year with Steve Cliff and knows the route intimately, Rick Robson (Mercia), Alan Duncan (Mersey), and Ronnie Jackson (Lancaster). We're up **Moel Siabod** in 47 mins, about the time it will take the winner of this afternoon's fellrace to get up and down again. We progress rapidly along the ridge, enjoying great views, to **Mynydd Llynnau yr Cwn**, one of the

prettiest tops on the Round. Here we meet Paddy Buckley (himself): nice photo-opportunity. This is marvellous country: far, clear views, while at our feet the sundew and bog asphodel are flowering, alpine clubmoss pokes slender fingers through the short sward, crowberry and bilberry are in fruit. A Peregrine Falcon calls stridently from a crag. As we sweep round the head of Cwmorthin on a typically challenging Yiannis shortcut, we're glad to see Gordon Johnson in the shelter of the ruined buildings of Rhosydd Quarry, ready with cool drinks and salty soup to restore the fluid balance.

By **Moelwyn Mawr**, the southernmost point of the route, it's mid afternoon and my poor supporters are suffering in the burning heat (it'll hit me later). **Cnicht** serves up the first steep climb of the day. I detour slightly to take in the NE Top, now recognised as a 2000-foot summit. Ronnie, who's done a lot of BG support this summer culminating a few weeks ago in his own Round, runs with me to the van at Nantmor while Yiannis retrieves Alan who has taken the honours in today's Mr Blister competition.

A moment of uncertainty over support is resolved when Wynn gives the rucksack to Andy Illidge (just back from the Siabod fellrace and too dazed to refuse) and orders him up the hill with me (which reminds me of an episode during Alan Duncan's

recent sub-20-hour Bob Graham escapade when she grabbed my drink and gave it to Alan....) Quickly over leafy Aberglaslyn Pass then a hot sticky plod up **Moel Hebog** via **Bryn Banog**. The late afternoon heat is still intense - although I'm glad of the visibility, not least because I'm self-navigating the next two sections. Gordon and Rick meet us at Bwlch-y-ddwy-elor: tea and rice pudding goes down a treat. Rick takes over from poor Andy: big plod up **Trum y Ddysgl** on the Nantlle Ridge, with Snowdon and the other big peaks stretching into the approaching night and morning. Enjoyable rocky traverse of **Mynydd Drwys-y-coed**, then easily down to where Yiannis and Ronnie are pointing the way through the forest.

Pont Cae'r Gors: a chair, a big bowl of beef hash and a clean pair of feet. The plan was to change into a larger more comfy pair of fell shoes now that the speedwork is over. Having failed to pack them, I'm crammed sockless back into my little go-faster Walshes, and pad off, just 10 minutes adrift, bowl of peaches in hand, bound for **Craig Wen**. In support is fellow-Mercian Chris Taylor, fresh from the Siabod (2nd Vet, 13th overall), and Wayne Percival, his own BGR just a fortnight ago). The private farm road presents no access difficulties, and we're soon watching a simmering sun sink seawards somewhere south of Snaefell. Rick's wee camera takes its last shot of the day (and of the Round - anybody know where it is?).

10 p.m. **Snowdon**. Bang on schedule. Still a bit warm for a running vest. **Carnedd Ugain** is where we deviate in a big way from Paddy's route, to take in **Crib-goch**. I've miscalculated and it's a shade duskier than I'd planned: slowish progress and a banged knee. Wayne must be one of the few people that's only ever done the Crib in the dark. Carnedd Ugain again. 18 mins behind schedule. I miss the best line in the dark, my knee is hurting, which reminds my feet that they should be hurting. The long night of the sole. On grassy **Cynghorion** things are easier (at this point on the Peris you're feeling worse...); the full moon is lighting our way (love it when a plan comes together). Gordon and Yiannis are waiting at the next pass. I'm having real difficulty eating on the move, but eat greedily whenever there's hot food and drink going. Soon enough, Chris and I are slithering the direct (not recce-ed) way off **Moel Eilio** and trotting down the tarmac to Llanberis Community Centre: 1:20 a.m.

Elidir was never my favourite mountain. The memory of slithering up (and down, and up) its shaly slopes, in the dark, on tired legs, will assure its relegation for a while yet. The flying boulder-hopping descent, beloved of Peris Horseshoe-ists - is torture in the dark on skinless feet. The out-and-back extra peak of Carnedd y Filiast, somehow never happens. Toiling up **Glyder Fawr**, it gets lighter, but not easier. As Mick Saunders (supporting, with the

newly-resurrected Andy Illidge) has receded the 'extra' Castell-y- gwnt, we take it in. It's a delightful little peak: goodness knows why 90% of hillwalking humanity (including me) usually go round it. Descending Bristly Ridge screams is agony. On the way up **Tryfan** I'm an hour down, and carefully explaining to my companions how I don't have time to finish the Round. During the epic 41-minute descent of Tryfan, Mick cheerfully discusses the record: 7-minutes down to the road. Ba(r)st(ew)ard.

In a bog by a stream near the foot of Tryfan, Yiannis is stamping about impatiently. I explain my predicament, my need for rest, medical attention, etc etc. Wynn gives me a painkiller, a mug of hot sweet tea, a bowl of porridge ("rocket fuel"), 8 minutes rest and tells me to clear off up **Pen yr Ole Wen**. Meekly, hopelessly, blindly, I follow Nick Harris upward, gradually losing touch with feet, legs, reality. Every few minutes an old man with a goaty beard springs from behind a rock and launches a spoonful of porridge into my gaping mouth. Hallucinating: must be the painkillers. Hill of the White Light. Yiannis is mumbling some surreal plan about Foel Fras (hallucinating, must be the painkillers). At the summit of the Pen, the rocket fuel kicks in and I'm flying. Except briefly when I'm squatting behind a boulder dumping ballast (must be the rocket fuel).

Carnedd Llewelyn. 2h 27m left. We speed off, pocket calculators in hand, down a grassy little detour bound for **Foel Grach**. This is the limit of my concession to Yiannis's madness. Waving the appropriate number of digits at Foel Fras, I turn for Capel. Traversing round to the picturesque head of Cwm Eigiau, we take an entertaining line to the summit of Craig yr Ysfa, then scramble down to the waiting arms (vacuum flask) of Gordon. Just the rocky steps of **Pen yr Helgi Du**, then The Slippery Witch's stony slope - then a break-neck sprint for home: Yiannis is determined to prove that we really did have time to do Foel Fras. We finish - somewhat inconclusively, inasmuch as there's 36 minutes of the original 24 hours remaining.

Praise the Lord who made porridge. And painkillers.

Capel Curig. Time passes. A Welshman emerges to clear a huddle of fellrunning folk off his doorstep. The team repairs to a little-known Club hut, to eat bacon butties, to shower, to wash wounds, to sleep forever.

Much later. Paddy has this Round of 72 peaks in northern Snowdonia. But nobody stupid enough to try it.

Thanks to Paddy for dreaming up this mad marvellous escapade.

To Yiannis for knowing it backwards.

To Wynn Cliff for being devoid of compassion.

And to everyone else who helped get me round.



Photo of Lakeland farmer Isaac Cookson by permission of Museum of Lakeland Life & Industry, Abbot Hall, Kendal

THE OLD SHEPHERD

I saw a picture just the other day
of ancient Lakeland shepherd in whose
weathered face
I never saw two kindlier eyes.
They sparkled as the dancing sun on
mountain tarn,
they laughed, yet within that smile
there was betrayed a sadness that I could not
explain.
They seemed to speak in silence of the years
when life was beaten as the crag
by savage rains, bone-chilling cold,
hunger in the belly of a sallow child,
when struggle to survive seemed just a futile
irony.
If this had been his lot in life
then he had been the victor in the tedious
contest,
for in his eyes there was reflection of a soul
that had no room for souring bitterness
that drives so deep into ourselves
that we become the prisoners of our own
making.

Across his broad and coarse-coated
shoulders,
so lovingly clasped by firm and wrinkled
hands,
lay Herdwick ewe taken from perilous crag,
ubiquitous beast of every Lakeland fell.
Within that loving grasp, like some
sagacious bishop,
he held his shepherd's crook,
symbol of his office, a pastor of the hills.
A patriarchal face, white-whiskered, deep
furrowed,
and which bore the years of selfless care.
And yet it was not a face I saw,
but I thought I gazed into the depths
of some worthy soul, unscarred by this
world's ill use.
I looked upon this Lakeland shepherd's face;
I cannot match the wisdom that I saw,
nor emulate the years of selfless caring.
That face, to haunt me for eternity,
to nudge compassion when I am emptied
of every hope for humankind.

Peter Travis



Lesley Atchison, Emma Berry and Claire Tooth, (Driver), waiting for the 8am start of the UK Peaks 24 Hr Challenge at the foot of Slieve Donard, Northern Ireland

The UK 4 Peaks - Revisited

I was intrigued to read Chris Pearson's account of his attempt on the UK 4 Peaks Challenge (Fellrunner, February 1997). This is a challenge which expands on the famous '3 Peaks of Britain' by including Slieve Donard, the highest peak in Northern Ireland. The route takes in a gruelling 23 miles of running and 13,000 feet of ascent - and the challenge is to complete it in under 24 hours, sea level to sea level. Chris Pearson and his team clearly made excellent time on the mountains but were sadly impeded by busy roads in Ireland and, in particular, by a four hour ferry delay between Dublin and Holyhead. They covered the distance but outside the 24 hour limit - the challenge lay open to the next taker....

We couldn't resist it of course - four of us, all Sheffield women, three to run and one to drive the 600 mile route. After a lot of conferring and peering at a map of the UK we came up with a slightly different mode of attack. We decided not to *sail* between Ireland and the mainland as the men had done but, after starting at Slieve Donard in the same way, to *fly* between Belfast and Glasgow, thus tackling the remaining three mountains from North to South, ending in Wales.

At 8am, true to form, we started the clock at sea level at the foot of Slieve Donard. It was a bright, clear morning by the coast, but above us a bank of thick cloud shrouded the top of our first mountain. Perhaps this added to the atmosphere of nervous tension as we set off, pounding up the rocky track that would eventually lead into the fog - and the summit. There was no time to lose - after all we were not just bagging a mountain - we had a plane to catch! The summit was swathed in thick fog and we came upon it suddenly and

unexpectedly. It had taken us just over an hour. The challenge was well and truly underway. One summit under our belts. Onward and downward....

We dropped back down out of the bank of fog and onto the rocky quarry track. As we cleared the fog our disaster struck. Emma fell, twisting her ankle so badly that it seemed she wasn't going to stand up again that day, let alone run. She was clearly in some pain as she limped more than half the descent of Slieve Donard with Charlie's support. At the bottom Emma, clearly made of stern, 'Sheffield-steel' stuff refused to give up the challenge. We helped her into the waiting car and headed towards Belfast airport, arriving in enough time to make use of the airport first aid facilities (which were first class!). The medics bustled about, chuckling with disbelief when we explained what we were up to, and got on with the task of cleaning and strapping up the swelling ankle. As we waited for our flight to be called fellow-passengers looked on bemused, no doubt wondering what sort of young ladies got on a plane covered in mud, blood, sweat and grime. And so, with Emma patched up, and gritting her teeth, we boarded the 20-seater plane, for the 45 minute flight to Glasgow.

At 1pm we touched down in Glasgow. We picked up our second hire car of the day and headed North. The drive was trouble-free and we reached the Youth Hostel at Fort William just ahead of schedule. From there we began our second ascent of the challenge, Ben Nevis, in the warmth of the afternoon soon. As we edged our way up the lower path we passed flip-flopped tourists in flowery shirts, meandering up to the first bend. Lucky people, they could take their time and admire the view. We had a mission, and although this time we didn't have a plane to catch, we had a summit to bag and another couple to go. No time to hang around. Emma's ankle

was holding up well and one and three quarter hours later we reached the fog-bound summit. No time to stop and chat to those loitering at the summit. We were off. But we were brought up short by Emma's grimaces and found we needed to take the descent slower than planned. Nevertheless we were pleased to find that our total time on Ben Nevis amounted to just 3 hours. At 6.30pm, a little weary now but still on schedule, we set out on the long drive to Scafell Pike. Spirits high, we turned our backs on the Scottish mountains, beginning to believe that the sub-24 victory really might be within our grasp. Little did we know this was to be the last time we could feel so smug. Our second disaster lay ahead....

Arriving in the dark at Wasdale Head (11.30pm) we had trouble locating the car park from which to start the ascent. We drove up and down the lane in a sort of frenzied panic until we came upon it. Darkness changes things beyond recognition. We leapt from the car, head torches slipping down over our eyes, maps and compass flapping in the general confusion and within two minutes we were lost - on one of England's most frequented mountain paths. How could this be? This was panic on a grand scale. We returned to the car park and started again, deep breaths, get a grip. Now - through the woods, past the hunting lodge, steady does it, the inky black darkness pierced by shafts of bobbing head torch light. Over the bridge, through a gate, now upwards, ever upwards, along the familiar path that we should have known so well. But suddenly, inexplicably we were lost again. The regular, reliable path had simply melted away beneath our feet. We were never sure, months later when we returned to climb the mountain by daylight, where we had gone wrong. It seems so simple, in the reassuring sunshine. But that night I suspect a combination of fatigue and inexperienced night-time navigation compounded our troubles. So there we were, the three of us, Emma injured, the wind howling across the side of the mountain, and poor Claire left alone in the deserted car park, wondering when we'd ever return.

For the three of us on the side of the mountain there followed two hours of intense mental activity as we scrambled up the sides of Scafell Pike peering again and again at the map and compass in the sulphur yellow beam of the head torches, trying to work out where the path lay in the dark. On the lower slopes it eluded us but to our welcome relief, nearing the final third of the ascent we came across the first of the numerous cairns marking the track. We stumbled in the dark from one to the next, peering anxiously in the gloom for the next and the next. Thankfully, the cairns lead us safely to the summit where the wind was howling an icy gale. We

lingered only to change the compass bearing before setting out to retrace the cairns, determined to stay on course. With mounting frustration however, we soon realised that we had lost the path again. We had to rely on the compass alone to guide our descent, as we clambered down mini water falls, screes and steep heather-clad slopes. By this time, Claire, way below was flashing the car headlights as we had prearranged she should do, little realising we were still so far away. On and on they flashed, a welcome sight as they guided our way on the lower slopes. Finally, four hours after we had set out from the car park we stumbled back to base to be greeted by a very worried and anxious Claire. It was 3.30am and we slumped in the car and slept while Claire, rigid with concentration, drove the winding route out of the Lake District in the early hours, trying desperately to make up for some of the time we had lost on Scafell Pike. For of course now we were badly behind schedule. Fast asleep, we were whipped towards our final mountain - Snowdon.

At 7am we found ourselves at the foot of Snowdon - the car stuck in the mud. Claire, reluctantly following instructions, had driven up the "Cloggy" road from Llanberis to shorten the ascent somewhat but the plan had back-fired. Poor Claire, the clock was ticking and we couldn't do anything about the car until we had tackled Snowdon. We had to leave her, stuck fast, if we were to complete the challenge. For the last time, we slammed the car doors and set out like automatons, across the valley, through a freezing river, and up towards the railway line that was to lead us to the top. After our disastrous attempts at navigation on the last mountain we were taking no chances, no short cuts, and stuck religiously to the railway track that we knew lead to the summit. And not just any old summit. This was our final ascent, and though we were running late, and Emma's ankle was a swollen mass of blood blisters by now, the sense of near achievement drove us on. It seemed a hellish journey in the early hours of that cold, unwelcoming dawn. But the fog and howling wind which tore around us couldn't stop. We pushed on, following the greasy rail track in the gloom. At every twist or turn in the path I hoped we would see the summit - and at last there it was, looking out of the mist. Without pausing, we turned tail and headed back down, our eyes on the time. It was the quickest and easiest mountain of the four to descend. The end was in sight, so close now, as we sprinted the last few hundred yards, pounding down the tarmac towards sea level and the end of the Challenge. The total time: 24 hours and 57 minutes.

Despite the hardships, ankle injury and getting completely lost in the early hours, we had had an incredible two days. Like the men, we too had not quite managed to complete the route within 24 hours. And so the sub-24 hour challenge continues to go unclaimed. As Chris Pearson declared, "Any takers?"

Lesley Atchison



Weird sculptures mark FRABB's meeting place

With a more European friendly government fell running as we know it may well be under threat. Before the publication of next year's calendar let us be certain that future fell races in the UK continue to be measured in miles distance and feet height and not kilometres per metre. Track and road have already succumbed to metric. However horse racing, milk bottles, beer, bra sizes, golf courses and cricket pitches remain with us to guard heritage and tradition. Unless we act now, without doubt extra marshals will soon be required to position the obligatory kilometre marker signs along the B.A.F. measured route.

Whatever next? Uphill only races on well marked almost tarmac tracks - surely not. We need downhill as well as up with start and finish generally in the same place. Having completed the race getting to the car park or pub is quite sufficient a challenge without having to stumble five miles downhill.

Unmarked sections, off path, between checkpoints provide some of the unique attraction, as does screaming down scree, bashing across bogs and tumbling through tussocks and tufts. As a founder member and proud badge wearer of the Tufty Club I know just how tufts can slow down the aspiring road runners.

Future European influence may even require ladies always to run separately over shorter simpler routes, as in a recent Snowdon European Championship. Most fell running females I know enjoy the extra competition from the men in a large field. They've already been banned from counting as men in club teams. This has considerably weakened my own club's team as a vet lady is generally our fastest finisher. My personal ambition to one day finish in front of the third lady vet may sadly be taken from me forever.

Whatever else? Surely Brussels bureaucracy would not be permitted to insist that all who enter unmarked A long races, not only carry, but can also read a map and compass. Expensive compulsory

training courses will be provided with exams and certification. Certificates, laminated yet bio-degradable, to be carried in 'le bum bag'. Some of us vets need our reading glasses to see the map properly, and have you ever tried to teach some fell running townie from Wilmslow or Warrington or a woman from the industrial West riding of Yorkshire how to use a compass?

The next thing will be mandatory signs at each stream crossing declaring that the water is considered unfit for human consumption and drinking prohibited - no matter how thirsty you are three quarters way through a tough twenty mile A race on a torrid July afternoon. EEC paid officials will no doubt be posted at these streams to spotfine the law breaking drinkers.

Transport restrictions will be next. Four in a car or travel to the race by public transport. When's the next bus to Rhewl? How do you plan a journey from Bingley or Borrowdale to Ainthorpe or Mytholmroyd on a Sunday morning?

Finally footwear and clothing. Eco friendly soft flat shoes as favoured by the foolhardy French may soon be compulsory. How about descending Pen-y-fan in a pair of those? Now that would be a Cardington Cracker! We'll all also be wearing identical government issue dirty brown camouflage kit to blend in with the countryside. Shorts will be below the knee and all navels covered so as not to offend any Muslims on the route. Impossible then to identify a club competitor in the distance and very boring too. No stud marks to follow and no orange vest in the distance to give you a clue.

You may laugh - but this is very serious stuff. I suggest that Fell Runners Against Brussels Bureaucracy Society (FRABBS) be formed forthwith. Meetings to be held in Cleator Moor by the continental sculptures and Tardis-style toilet on February 29th every second leap year at 2.00 am.

See you there!

Andy Todd

The Four Peaks (2)

Saturday 1st March

The Douglas Arms, Bethesda. Andy Illidge and Mick Saunders tuck into a few pints of Guinness, whilst Rob Woodall discovers that he doesn't really like Newcastle Brown Ale after all (it was his first bottle for about 15 years!) The day had been spent looking at the first two sections of The Paddy Buckley Round, the obvious sequel for Rob after his successful Bob Graham round the previous summer (Fellrunner 1997) The weather had been particularly crap (no surprise there) resulting in rather aimless conversation which eventually got round to another article in the same issue, The "UK 4 Peaks in 24 Hours" Andy wanted to do the three peaks any way so he was interested, Mick wondered out loud whether it could be done via the shorter Larne to Stranraer crossing, Rob the (almost) human Autoroute Express Guide pointed out that this would increase the driving, and the road from Stranraer north was not that good anyway. It was also pointed out that Mick's knowledge of driving extended to an uncanny knack of getting buses and cadging lifts to obscure fell race venues, so for the time being the idea was put on ice, Mick was convinced of the short ferry crossing idea so he said he'd look into it.

Saturday 5th April

The Douglas Arms, Bethesda. Andy Illidge, Mick Saunders and Rob Woodall tuck into a few pints of Guinness. More Paddy Buckley recce and more crap weather, it seemed the only thing that had changed was that Rob remembered he didn't actually like Newcastle Brown Ale. A bit about the venue, probably the only place around that still charges in old money (though not old prices)

Ordering a round of drinks went something like this:

"Three Guinness Please" the reply "Six Guineas Please" was quite confusing, at least it seemed to cause Mick a certain amount of amusement. You had to be there really....

Once Mick had regained his self control, conversation came back to the 4 Peaks, there was a fast ferry (1 hour crossing) from Larne to Cairn Ryan that would seem to be perfect. Mick had a rough schedule scrawled on the back of a bit of paper. Rob and Andy decided to look at the driving a bit more carefully than Mick had. Andy's brother was interested in driving, we almost had a plan. Late June was suggested although for a whole host of reasons the date changed quite a bit, after all Rob still had his Paddy Buckley to think about.

A date was finally set for midsummer's weekend, things then went quiet (apart from for Andy's brother Steve and his wife Helen who were to be our drivers/support) They busily secured cheap hire of one of those MPV things (big car runners can sleep in, get changed in and eat in) I think we'll refer to it as a van from now on. They



Kit Review - " '1000 mile socks' - like !*#@!!"

also secured a cheap fare on the ferry and set about getting sponsors for a handicapped centre in Widness, we had it easy, just the running.

By the end of May Mick's running was still significantly slower than Andy and Rob's and he was still job hunting and having to be available at short notice for interviews which left him cagey about the attempt. A weekend of Old County Tops recce with Andy restored his confidence, no interviews lined up for the day after the attempt so the team was complete.

Friday 20th June 1997

The team met at Andy's parents house in Runcorn, Andy works in Holland so he arrived back at about 7 in his private jet (joke), Mick had been visiting a few old haunts in Chester the previous night and made his way by bus to Shopping City, then managed to get lost in Runcorn (what a dump!) Rob showed up soon after by car. Steve and Helen would be picking us up at 7 in the morning. Time for a few pints in a smashing little boozer near Andy's, trouble was there wasn't one so we went to his local pub instead.

An uneventful drive to Cairnryan, plenty of time so we had time for some food in Stranraer. Mick took the sensible precaution of getting some cans in so we could all celebrate at the end, he kept it quiet, it would be a nice surprise.

The ferry took only an hour. The time of the drive to Bloody Bridge was of course critical, our planned time on the hill was based on a complex computer algorithm currently been developed in the University of Dundee by a certain Ned Dows. This proved to be ridiculous so we read the article in the fellrunner to see how long it took last year's contenders and somehow settled on 1 hour up 30 minutes down (nice

round figures made the maths easier) It was raining as we stood down at the meeting of wet, horrible greasy rocks and sea waiting for Steve and Helen to shout go. When they did Rob took a quick lead as Mick and Andy seemed determined to break a leg as early as possible. Rob and Andy made the summit first, Andy headed straight down Rob waited a minute or so for Mick before they both sped after Andy in the mist. Not Andy's favourite terrain this so Mick and Rob were able to catch up. Back at Bloody Bridge, engine running and off we go for Larne, Northern Ireland is great, shame we couldn't stay longer.

Got to Larne a bit earlier than we needed to but then we were first on first off. Rob and Mick amazed the lady in the on board cafe by their remarkable capacity for drinking tea in only an hour, Andy looked like he was about to throw up....(don't bring that up again)

Saturday 21st June

The drive north and time for sleep, bang on schedule. We arrive at Glen Nevis slightly down on Steve's schedule but spot on with Mick's schedule. (Old saying two schedules are better than one) It was raining again as Andy sped off into the mist (climbing is his strong point) Mick was in hot pursuit and Rob... where's Rob? ah he's in the bushes doing something you can't really do in a van. He soon caught Mick and they continued on, meeting many three peakers. Rob and Mick meet Andy on his way down on the summit plateau, it was too cold for Andy to hang around. The team meet up again as they descend the grassy Ben Nevis race descent just before Red Burn. Back to the van and off, Andy only now feels well enough to admit he felt like throwing up on the ferry.....

Wasdale is glorious in the sun, and yes, for the first time it is sunny providing ideal conditions for a change, Rob and Andy headed for Mickledore (because they missed the branch off for Lingmel) they paused for a minute or two to see where Mick was, Mick had stayed on the Lingmel route, his progress slightly slowed by the need for a quick crouch behind a boulder on route. The three arrived at the summit at the same time and decided they'd all go down the Lingmel route. Back to the van and off we go (again) Still on schedule the mood is quite buoyant. Quite how the drivers are feeling is a mystery, they probably get less sleep than the runners.

It's raining in Snowdonia, we have time in hand and a plan. Jump out at Pen y Pass and up to Yr Wyddfa then down to Llanberis "you can't possibly go wrong on that descent" (quote of the day - anon) then the short drive to the sea at Caernarfon Castle, what can possibly go wrong, everything had gone so smoothly.

Andy and Rob try to break the Pyg track ascent record, Mick keeps as close as he can. Rob and Andy pass Mick midway between the fingerstone and the summit, it's in the bag and what's more Andy seems to be descending well because Mick still hasn't caught him when he gets to the van, mind you Rob and Andy weren't actually there. Rob (who has since done a Paddy Buckley which included Snowdon in the night time section) and Andy had decided

to go down the Snowdon Ranger path Rob presumably practising for another crack at the Peris in September. By the time Rob and Andy had cadged a lift round to the van to allay any fears of injury, the rest of the crew had been trying to find petrol - what a time to run out of petrol! Mick, a good man to have around in a crisis tucked into a couple of the cans he'd bought, he'd also discovered that both Steve and Helen are tee total, so there was more to go round.

We lost forty five minutes to this unfortunate end but still went to the sea to indulge in a sprint to the sea (the fastest Mick had run all weekend?)

The total time 24 hours 3 minutes from sea to sea. Hindsight is wonderful, and of course Rob, Andy and Mick all actually had time to hitch to Caernarfon, but there you go.

We headed for Conwy and fish and chips then back to Runcorn. Rob had to be at work in the morning so he and Mick drove off at around midnight to kip in the car park at Keele services (where the remaining cans were finished off) from where Rob could beat the early traffic round Birmingham and Mick could get a bus to Stoke station and head back to Lincoln to continue applying for jobs.

It was generally agreed to be a good weekend, and amazingly there were no cross words despite that stupid idiot going wrong

off Yr Wyddfa, not to mention the lunatic who didn't stop him and as for running out of petrol, well, enough said. The same team plans to re-assemble for something a bit similar next June, maybe an attempted repeat of the Old County Tops of Wales as documented in the Fellrunner of October 1992, or maybe something new we'll have to see.

The times were:

- Start Bloody Bridge
- 1940 to 2110 Slieve Donard
- 2110 to 2220 Drive to Larne
- 2220 to 2300 Ferry loading
- 2300 to 2400 Ferry crossing
- 2400 to 0410 Drive to Glen Nevis
- 0410 to 0630 Ben Nevis
- 0630 to 1100 Drive to Wasdale
- 1100 to 1230 Scafell Pike
- 1230 to 1705 Drive to Pen y Pass
- 1705 to 1845 Yr Wyddfa
(descend to Llanberis)
- 1845 to 1930 wait for lost runners and look for petrol
- 1930 to 1943 drive to Caernarfon Castle and run to sea
- Slieve Donard summit to Snowdon summit 21 hours 5 minutes
- Sea at Bloody Bridge to Car at Llanberis 23 hours 5 minutes
- Sea at Bloody Bridge to sea at Caernarfon 24 hours 3 minutes

Mark Saunders

**monoTM
SKIN**

Technical
SPORTS SOCK







100% GUARANTEED

- * Wool/Nylon cushioned footbed
- * Flat toe seam
- * Hard wearing
- * Water repellent elasticated leg

Colour: Navy Blue/Red trim
For your nearest stockist or details contact:-
The Hilly Clothing Company, PO Box 32 Hyde, Ches. SK14 1EU
Telephone: 0161 - 366 - 8207

OFF ROAD OFF ROAD OFF ROAD

*****RACE ORGANISERS*****

RACE T-SHIRTS

FROM

£1.35

EACH

INC. SINGLE COLOUR PRINT ,PLUS DELIVERY & ORINATION

FREE SAMPLE T-SHIRT
WITH EVERY ENQUIRY

TO QUALIFY SIMPLY PHONE OR FAX US WITH YOUR RACE REQUIREMENTS
STATING YOUR ADDRESS AND T-SHIRT SIZE

15 YEARS EXPERIENCE
IN SUPPLYING SOME OF THE UK'S TOP EVENTS



PHONE 01282 412714

FAX 01282 415131

RUNNERPRINT/WINNER, HALSTED HOUSE,
6/8 ST.JAMES ROW, BURNLEY, LANCS, BB11. 1DR

Lancashire Sports Repairs

The RUNNING SHOE Specialists

A COMPLETE RESOLE AND REPAIR SERVICE

| | |
|--------------------------------|--------|
| E.T.A Fell Soles | £12.90 |
| Felldancer Fell Soles | £12.90 |
| Edmonson Fell Soles | £11.90 |
| Vibram Wavy Road Soles | £9.00 |
| Vibram Self Clean Road Soles | £9.00 |
| Vibram Carbon Trainer Soles | £11.90 |
| Marathon Sport (Mixed Terrain) | £11.90 |
| Walsh PB Soles | £12.90 |
| Walsh Raid | £12.90 |
| Walsh Fellsman | £14.50 |
| Carbon Heels | £6.50 |

Patching and Stitching Repairs

| | |
|----------------------|-------|
| 1st Patch | £2.50 |
| Additional Patches | £1.50 |
| Replacement Footbeds | £2.50 |

Cheques payable to LSR - Please add POSTAGE £2.50. Each EXTRA pair £2.00

Lancashire Sports Repairs is a highly skilled company formed by two Footwear Specialists Dave Comer and Eric Wrathall. Between them they have over 40 years experience in the Manufacture and Repair of
QUALITY FOOTWEAR

DAVE COMER

- *City and Guilds in Footwear Manufacture and Design.
- *1993 B Tech National Student of the Year.
- *City and Guilds Stages 1 and 2 in Footwear Repair



offer a RESOLE complete REPAIR
SERVICE

ERIC WRATHALL

- *City and Guilds Stages 1, 2 and 3 in Footwear Repair.
- *Lecturer in Footwear Repair at Accrington and Rossendale College.

Lancashire Sports Repairs,
26, King St., Bacup, Lancs., OL13 OAH
tel. 01706 870660 - 01706 812284

Munro Shuffling

Reported activity this year on Rounds in Scotland has been limited to two Ramsay Rounds - one successful and one not - and an abridged Broxap Round. Kathy Boocock from Inverness was unlucky in choosing one of the worst weekends of the summer for her Ramsay Round. Despite lashing rain and strong winds she managed a little over 25 hours. Phil Clark set off, alone, also in poor weather and lost seven minutes getting off the Ben and on to the Carn Mor Dearg arrete. He quickly pegged this back in improving weather and dawn and was 20 minutes up on schedule at Loch Treig. The next stage through to Loch Eilde Mor contains only three Munros and a long draggy track run. Phil found this harder than anticipated but despite the odd walk on bits he gained a further 23 minutes. The Mamores were traversed in a little over seven hours and, benefiting from a recce the previous evening, he dropped through the forest

into Glen Nevis for a strong run down the road to the Youth Hostel. With a time of 20 hours 45 minutes he became only the 17th person to run the Ramsay Round in under 24 hours.

Two days after Phil's run, 17th June, Colin Donnelly set off from the Cluanie Inn in similar style - solo but supported. After much deliberation the previous day Colin decided to leave out Ben Attow and A Ghlas-bheinn from Jon Broxap's 1988 Round of 28 Munros.

Colin ran the South Cluanie Ridge first through to The Saddle on an 0100 hours star - the way Broxap now admits he would go given his nocturnal experiences on the big hills of Glen Affric. Despite missing out the two hills on the next stage, Colin was behind schedule but dug in over Mam Sodhail and Carn Eige to get back on target at the Affric support. The Clunie Horseshoe was knocked off in 5hrs 50 min. to finish with 26 Munros in 22 hours 44min. Although he is



*The next generation of Munro-baggers?
Gareth Hird at the Winder Grind.
Photo: Peter Hartley*

adamant that he could not have done Attow and A Ghlas-bheinn as well, Colin's achievement stands right up there with the best North and South of the border. Colin, of course, it must be stressed, is the one runner omnipresent in the World Cup since its inception - he finished 17th in the Czech Republic two months after his Round.

Unbeknown to Donnelly, Broxap et al the above sums were being made redundant as the Scottish Mountaineering Club had been rearranging the furniture. Amongst the changes to Munros Tables was the promotion of Sgurr na Carnach in the Five Sisters group. As both Broxap and Donnelly went over this new Munro, the contour being too tricky, they can now claim 29 and 27 respectively. This gives Broxap (me) more than Adrian Belton managed in 1991. More bad news for Belton, though - the SMC demoted Sgurr an Iubhair on the Mamores so his tally now drops to 27. At the whim of the SMC the 24 hour Munro-bagging league table has been stood on its head.

There's a good case for putting Broxap as undisputed champion on 29, Belton and Donnelly joint second on 27, poor old Stone down to 4th on 25 with the Ramsay brigade all now on 23. NB. When Charlie Ramsay established the Round in 1978, Sgurr an Iubhair was not a Munro, though he probably climbed it, it would be crazy not to! It was promoted by the SMC in 1980, now its demoted again.

Until someone - Hartell or Rigby ? - does the Broxap Round, including Sgurr na Carnach, in under 23 hours 20 min. or, good luck to them, adds Tom a Choinich and Toll Creagach, the record stands. Its about time someone had a crack at it - its 10 years next summer.

Jon Broxap



*Mark Rigby - could be the one to top Broxap?
Photo: Jean Shotter*



On top of Glenshee Pass

50 MUNROS IN A WEEK

It was my 49th birthday last June and I had just returned from Scotland after a week of rain and wind in Knoydart. I came up with what seemed like a great idea of doing 50 Munros during my 50th year. I'm not really a serious Munro bagger, but it seemed like a good excuse for several trips to Scotland. However by the following March, although I had managed two trips to the Highlands, I had spent the days revisiting my favourite hills of Assynt, which I loved dearly, but I had not bagged one Munro.

I was browsing the mountain books (as you do), when the thought came to me of trying to do 50 in a week. I run the fells regularly with Dark Peak and I've done many Karrimors, and the BG, so it wasn't a complete trip into the unknown, but it was certainly sufficient of a challenge to make me question whether it was 'do-able'. It was a daunting thought. 7 long back-to-back mountain days, each of which would have to involve several big climbs, and descents and quite a lot of running over rough terrain to cover the distance. It would certainly be testing.

I decided from the outset that I would have to use a car to get between different centres. It would be possible to design a route which covered 50 Munros and linked them all on foot, but that would be a much tougher outing and I wanted to enjoy myself. I also had to choose some bases for my days out which would give me groups of mountains to go at. In the end I chose Braemar and Glen Shiel as my two main bases. Starting from these two places would give me 34 Munros and I could pick up the rest here and there, finishing with a trip north to the Fannaichs.

I had two weeks holiday at the end of May and the beginning of June and my 50th birthday came right at the end of that holiday. I decided on the first of those weeks for my trip, as a few friends were on holiday during that week and there was a chance that some of them could be persuaded to come and keep me company on some of the mountains. However I did not want the endeavour to become a huge production involving lots of people supporting me. I just thought it would be more fun with a bit of company. I also hoped that it would be possible during the week to spend a few evenings in the hotels consuming some liquid to fuel the following day's efforts.

Well, it all worked out beautifully. The weather was fantastic for almost the whole 7 days. Apart from the first day which I did alone, I was accompanied by good friends, all of whom seemed to enjoy the wonderful days on the hill, as well as the beer at night. I had been worried about injuries. As I've got older I've picked up lots of niggling injuries which, like the rattles of an old car never quite disappear, but over the week they faded into insignificance. By the

end of the week I was well pleased with myself and apart from the odd blister I was none the worse for wear. It was a memorable week climbing some magnificent hills, in perfect weather.

Below is my itinerary. I'd love to hear from anyone who thinks they could come up with a different 50, or I suppose it will have to be 51, if I do it again next year.

Howard Swindells

Saturday (The Drumochter Hills)

Sgairneach Mhor
Beinn Udlmain
A'Mharconaich
Geal Charn
A'Bhuidheanach Bheag
Carn na Caim

Sunday (Lochnagar)

Craig Leacach
Glas Maol
Cairne of Claise
Cairn an Tuirc
Tolmount
Tom Buidhe
Broad Cairn
Carn Bannoch
Carn an t-Sagairt Mor
White Mounth (Carn a Choire
Boidheach)
Lochnagar (Cac carn Beag)

Monday (Cairnwell 3 + Craig Meagaidh)

The Cairnwell
Carn Aosda
Carn a'Gheoidh

Creag Meagaidh
Stob Poite Coire Adair
Carn Liath

Tuesday (South Cluanie ridge + 2)

Creag a Mhaim
Druim Shionnach
Aonach air Chrith
Maol Chinn-Dearg
Sgurr an Doire Leathan
Sgurr an Lochan
Creag nan Damh
Sgurr na Sgine
The Saddle

Wednesday (The Sisters +)

Ciste Dubh
Aonach Meadhoin
Sgurr a'Bealach Dhearg
Saileag
Sgurr na Ciste Dubh
Sgurr Fhuaran

Thursday (Loch Cluanie east)

Carn Ghluasaid
Sail Chaorainn
Sgurr nan Conbhairean
A'Chralaig
Mullach Fraoch-coire

Friday (The Fannaichs)

Sgurr nan Each
Sgurr nan Clach Geala
Meall a'Chrasgaidh
Sgurr Morr
Beinn Liath Mhor Fannaich
Meall Gorm
An Coileachan



Brundholme

*Spacious self-catering houses
in a secluded Georgian Mansion
close to Keswick.*

*Panoramic views
Ideal fell running, walking and
cycling base, route advice from the
owner, fell runner Ian Charlton*

B & B also available.

Tel 017687 74495

LEEDS ROAD
ILKLEY
WEST YORKSHIRE
LS29 8EQ

TEL: 01943 601581

OPEN UNTIL 7.45 PM
MONDAY TO FRIDAY
SATURDAY 5.45 PM



LEEDS ROAD
NELSON
LANCASHIRE
BB9 8EA

TEL: 01282 690111

OPEN UNTIL 7.45 PM
THURSDAY & FRIDAY
SATURDAY 5.45 PM

Since we opened in 1976 dozens of running shops have come and gone. Testimony to the service we provide, we're still here offering a truly comprehensive range to athletes for -

* FELS * TRAILS * CROSS COUNTRY * ROAD * TRACK & FIELD

BUT WE ARE ESPECIALLY CONFIDENT THAT OUR RANGE OF OFF-ROAD SHOES IS AS GOOD AS/IF NOT BETTER THAN ANY OTHER UK SHOP!!

| | | | | | | | |
|---------|-----------------|--------------|----------------------|-----------------|---------------|-----------------------------------|-------------------------|
| NIKE | Cairn, | Woodland, | Terra Zori, | Terra Albis, | Humara, | Sertig, | NEW BALANCE Trailbuster |
| ADIDAS | Sawtooth, | Terrain TR2, | Terrain Lite 3, | Response Trail, | Alfresco, | Equipment (Feet You Wear) Trident | |
| SAUCONY | Grid Trail 100, | | Jazz Trail, | Grid Jazz I, | Grid Jazz, | Jazz 5000, | Kids Grid Jazz I |
| WALSH | PB Racer, | PB Trainer, | PB Stability Trainer | | ETA Trail II, | Rockhopper | REEBOK Oddments left |

PLUS ALL YOU NEED FOR 100% HEAD TO TOE WINTER PROTECTION

SOCKS Superb quality from *FASTRAX*, *HELLY HANSEN*, *HILLY*, *1000 MILE*, *THORLO BOTTOMS* Lightweight by *FASTRAX*, *RON HILL*, *VIEW FROM*, *ADIDAS*, *ASICS THERMALS* Traditional *HELLY HANSEN* plus *COOLMAX*, 'WINNING COMFORT', & new *CT2000* from *FASTRAX RAIN-WEAR* Windproof, showerproof, waterproof and new *reflec* jackets and bottoms by *FASTRAX*, *ADIDAS*, *ASICS* & *NEW BALANCE*, **PLUS HATS**, **GLOVES**, **REFLECTIVE BIBS**, and other accessories including *POLAR HEART RATE MONITORS*, *TIMEX WATCHES*, *POWERBARS*, *ISOSTAR*, *NIKE*, *EYEWEAR & WATCHES*, *TRAINING DIARIES*, *BOOKS*, *CROP TOPS*, *TRI GEAR*, *COMPEED*, *RUNAID BOTTLES & CARRIERS*, *LP SUNGLASSES*.

AND THERE'S MORE - THE COMPLETE RUNNER is THE HOME OF THE UK'S No. 1? VESTS SUPPLIER - FASTRAX - OFFERING YOU A GREAT CHOICE OF FABRICS, COLOURS AND DESIGNS AT REALISTIC PRICES.

FOR MORE INFORMATION AND MAIL ORDER RING US ON 01943 601581.

Over the Top Again!

On 26th June three friends and I embarked on the 8th "Four Peaks Challenge" under the team name of "Over the Top Again!!" In 48 hours we climbed the four highest mountains in Britain - Ben Nevis (Scotland), Scafell Pyke (England), Snowdon (Wales) and Carantouhill (Ireland). We climbed 15,000 feet and drove close on 2,000 miles. The question is why? Perhaps the words that follow will give you an insight into an event that is an exceptional expedition with one guarantee - FUN.

Fifty teams took part in the event, each team consisting of a driver and three runners. The aim of each team was to raise £3,000 for the Wooden Spoon Society. This is a charity that was established in 1983 and raises money for children and young people with special needs.

In 1996 a staggering £222,953.99 was raised by Four Peakers towards the first Wooden Spoon Society Teenage Cancer Trust Unit. This year an even more amazing total has been pledged of £426,000 which will ensure the first £500,000 unit will be built at Christie's Hospital in Manchester.

Team 48 in the Vauxhall Four Peaks Challenge consisted of driver, Will Leitch, a BBC Radio 54 Live producer/presenter; restaurateur Norman Brown; major projects engineer Richard Coe and our secret weapon for the event was the legendary fell

runner Joss Naylor MBE. Last year Joss celebrated his 60th birthday by running the 60 highest peaks in the Lake District - all of them over 2,500 feet. The run was almost 110 miles and involved nearly 40,000 feet of ascent - the equivalent of running from sea level to the summit of Everest one and a half times non-stop!

We were given a Vauxhall 3.1 TDS Monterey Diamond to drive round in - a brand new £30,000 vehicle and very nice too. Thursday dawned, photographs and safety talks were given and onto Ben Nevis we ran. The weather conditions were well described by a cameraman filming the event:

"I've had a bit of a problem getting to the top. It's gusting 60mph, I've been blown over three times, the filming conditions are appalling with snow/sleet and my fingers are too numb to operate the camera."

The team ran well although Joss pushed an unrelenting pace which started to show towards the summit. A quick Mars bar and down we went. Fingers returned to normality and a furious run in at the finish ensured third place. However once back in the team vehicle I asked Joss how we had done. He reckoned we had run like old men and gave us a generous 2.5 out of ten. Oh no....

Once down in the Lake District we stayed at Bowderdale, where Joss lives. Three hours sleep was achieved. We let him drive the Cumbria section and wow he is a great rally

driver as well - I have never driven over country lanes as fast in all my life and Joss reckons he has slowed down in old age - don't tell Vauxhall! Scafell was a little disappointing. We went up well but the summit was so windy you could hardly stand up. I hurt my ankle and as a consequence came down slowly. Joss has been up and down in 47 mins at best. The quickest on the challenge was about 1 hour 21 mins.

Snowdon came quickly and the weather wasn't too bad. We were up in 63 mins and won the Snowdon Bowl for the fastest time on the mountain. They have done a lot of work on the Pyg Track to prevent erosion and it makes a great path to run along. Onto Holyhead and the ferry to Dun Laoghaire by which time we were fairly shattered. At the other end poor Will had to drive 200 miles to Killarney in South West Ireland.

Carantouhill was brilliant. A hard climb up and then once down the Devils Ladder a furious race with two other teams along the two mile run to the finish. We were third and ecstatic at finishing the event. Champagne corks were popped, photographs were taken and a feeling of total euphoria prevailed.

In less than 48 hours we drove close on 2000 miles, climbed 15,000 feet, achieved a total running time of 9:13:56 and were a satisfying fourth place overall. And that was the Four Peaks this year! Fancy a run next year?

Richard Coe

Mark Hartell's 77 Peaks

The Lake District 24 Hour Record Is Broken

The breaking of the Lake District 24 Hour Record will always be a defining point in the history of mountain endurance running. It is without doubt the toughest challenge of its type in the UK and probably the world. Bold words, but can you think of any other non-stop mountain challenge which involves 92 miles + 40,000ft of ascent. The existing fine record of 76 peaks was set by Mark McDermott in 1988 and was the equivalent of almost exactly 1½ Bob Graham rounds. To even match the record, a contender needs to keep going for 24 hours at a pace fast enough to speed round the Bob Graham in 15 hours, a time which to the best of my knowledge has so far only been achieved by Billy and Stuart Bland. This puts the challenge into perspective.

Mark Hartell's build up for the 1997 attempt, his third, was better than ever. He had recced all the sections a number of times, sometimes linking two or three sections together carrying a sack and he had run the night sections at night. He had designed a schedule based on Mark McDermott's times in 1988 and matched these times in training. During the months leading up to the attempt he was in the winning High Peak Marathon team and he won the 59 mile Fellsman Hike in early May. Disappointed with the way he felt on the Fellsman, doubts crept in and Mark considered forgetting the whole thing as he had no wish to 'let down his pacers again'. However, with Jim Davies he won the overall running on the Scottish Island Peaks Race in mid-May and with Mark Seddon he won the Elite Class on the Lowe Alpine MM on the Isle of Jura at the beginning of June. To some, this all seemed a 'bit' excessive but for Mark this was the way it had to be and a deadly serious, 'do or die' third and final attempt to break the record was on - **Martin Stone** To Mark's article, contributions have been added at suitable points by his pacers.

Mark Hartell writes:

This would have been a dream for Anneka Rice. I had no fewer than 23 people who had pledged to give up their time to look after me and support me day and night. No doubt, she would have used this as an opportunity to build a house or re-roof a church. Me ?.... I just went for a run.

Having said that, you have to realise that this was no ordinary carefree trot with some of my mates. No, this was the culmination of years of training, planning and dreaming. This was going to be the "big one". To understand why I came to be standing in a thin drizzle on a campsite in the Lake District at 04.55 on a Saturday morning it is necessary to wind the clock back seven years to where I realised that my successful completion of the Bob Graham round of 42 peaks in the English



*14 hours to go as Mark leaves Great Langdale
Photo: Rex Stickland*

Lake District was going to be the beginning of a journey rather than the end. Up to that point I hadn't realised that each time I made one of these dreams come true, I would simply find new, harder ones to fill the gap.

A few months later, I was at the presentation ceremony to receive my certificate of achievement from the club president, Mark McDermott. It is a founding tradition that the current president of the club is the holder of the 24 hour record so here I was meeting the man who had beaten Joss Naylor's record set back in 1976....and he looked normal. Small thoughts start to form.

Summer 1992 and, having given up smoking, I manage to get round the Paddy Buckley Round (a Welsh equivalent of the Bob Graham) in just over 18 hours; well ahead of my expectation. Small thoughts get bigger and I pluck up the courage to get hold of the list of peaks traversed by Mark for his record. Immediate despondency, once I realised that the 76 peaks based around the Bob Graham involved complete new sections was replaced by a gradual determination as I used nearly every weekend over the coming year to recc sections of the route.

July 1993 and like a lamb to the slaughter, a young and nervous fell-runner with more aspirations than common sense is standing at the start on a weekend where a forecast of "heavy, frequent and squally showers with hail on higher ground" would have most sensible people doing a spot of canoeing. That fell-runner was me and eight hours later my dreams were shattered as I came into Dunmail twenty minutes down on schedule and called it a day feeling acutely embarrassed at having wasted the time of those dedicated friends

who were stood there in the rain happy to run with me and support me if I was going on.

June 1994 sees a repeat run. The same burning enthusiasm has delivered me tense and nervous to the start line on a day of dubious weather and the inevitable follows... only this time it is in front of the cameras as a crew from Border TV are making a documentary about the Bob Graham. Bitter disappointment then, and the same feeling that I have let my mates down and failed very publicly. Time to re-think.

1995 sees me with a different goal, the Ramsay round of 24 Munros in Lochaber. By now, however, I am becoming known as "Rain Boy" and, sure enough, I pick a weekend when snow is forecast above 3000 feet for the attempt. With gritted teeth I steel myself for 24 hours of running in the wet and the clag, desperately needing a success to boost my confidence but everything ends very suddenly as I step of a patch of old snow descending Sgurr Eilde Mor. Seconds later I am out of control, sliding down the slope headfirst and on my back!!! Amazingly I got away with only a bashed knee to show for my 300 foot slide but once more I have to hobble down to the waiting support and mumble my excuses.

After all this, I knew I needed to prove something to myself. Everybody else seemed to think I was the hard luck guy but I wasn't sure any more. So, June 1996 saw me back in Scotland but this time on my own and under a cloudless sky I managed to complete those 24 Munros with a few minutes in hand. In the following weeks I exceeded my expectations, coming second on The Hard Rock, my first 100 mile run in the USA and had

a long but enjoyable day (and night) cycling across Ireland and running up the 3000 foot mountains on the way with Adrian Belton.

Unfinished business then...and by November, three people had even suggested that I should have another go. So it was that on June 13th (a Friday, no less !!) I came to be in Keswick, trying to get some sleep before my early start. This time felt different; despite tension in the weeks leading up to this day, I now felt calm. I knew that I was better organised and by now, I had experience of being on my feet for a full 24 hours and more. One problem remained, however, the "Rain Boy" tag was proving difficult to shift and the optimism of the forecasters was rudely dispelled by the reality of the drizzly clag outside the window.

And that's how I came to be trotting down the road from Braithwaite to the foot of Skiddaw with a feeling of resignation as I looked up to where the hills should have been basking in the early morning light. Once again, a small army of pacers were lined up and were being cheerful in the face of adversity. Once again my wife, Debbie, had put up with months of my repeated absence at weekends and once again, Fred Rogerson, the club chairman had got up at some unearthly hour to drive from Windermere to wish me well and see me off. How could I let these people down again? Two hours later, on the climb up to Little Calva and the pacers inform me I am five minutes downdeja vu. This time though, something is different and once we safely reach Coombe, the scene of my navigational blunder back in 1994 I snap into a different mood. I am frustrated and angry that all this preparation and commitment can be dashed by the fickle vagaries of the weather and so decide to throw caution to the wind. Rather than running at the pace which I know I am capable of sustaining I will run to the schedule 'till I can run no more. These are desperate measures indeed....all my experience to date has taught me the necessity of running "within" oneself but that approach won't work here. Some determined running UP Lonscale fell means that I am back on schedule but have to postpone the planned rice pudding feed as the pacers cannot be expected to carry the sac, run to keep up with me and sort out some food. The "second breakfast" - tinned peaches and rice is quickly dispatched on the way up Blencathra and then we negotiate the horribly greasy top of Halls fell ridge before blasting down to Threlkeld one minute down after four hours running.

Mark Seddon - Leg 1 -> Threlkeld

Out of my tent at 4:30 am in time for Mark's 5-am start. My body was still feeling asleep but I was determined to give Mark all the help I could. The first 2 miles was straight down the A66 to Keswick it felt very fast to me up to



*Support in the dark at Honister
Photo: Rex Stickland*

Latrigg car park where Hugh Symonds joined us. I quickly changed from trainers to Walshes and lost 100m. The pace was so fast that I took half the climb of Lonscale Fell to catch up. We climbed into the cloud and a strong northerly wind was blowing. By Skiddaw Mark was a few minutes down on schedule and I was still struggling to keep up every rummage in the rucksack for food or drink meant 50m or so to catch up. By Great ScaFell we had lost around 6 minutes on schedule but mainly because of the wind. From here the wind was behind or to the side. Coombe being such a small hill, had caused navigational problems on previous attempts but now Mark and Hugh's extra familiarity with this area and a careful bearing meant no problems this time despite the 50m visibility. Mark flew down the next descent and managed to jog some of the long marshy drag up to Bowscale Fell, pulling back around 4 minutes in the process. By Blencathra, I was very tired and not being very good on steep, wet, rocky descents I gave the support rucksack to Hugh and watched them disappear down Hall's Fell. They arrived at Threlkeld on schedule which was a magnificent start in difficult conditions.

M. H.

There seems to be some surprise and a buzz of excitement as I go through the support point but I have no time to stop or look around and am off up Clough Head and back into the mist and drizzle. This section is where I have planned an extra peak. Catsycam is scheduled for 15 minutes out and 13 back but with the wet rock I expect it might take a little longer. When I check my watch and realised that I have done out and back in 26 minutes, I realise that I must be running fairly quickly. Coming down from Dollywaggon Pike we emerge from the mist and suddenly I can see that the cloud base is rising and it is drying-up. This fuels my determination and I find myself arriving at Dunmail Raise 10 minutes ahead of schedule. Well, this is it.....GAME ON !!!

Andrew Davies Leg 2 -> Dunmail Raise

The shout went up that Mark would be with us shortly. Although we were only pacers, we were still nervous to not let him down. I didn't really know Mark, being a last minute addition to the team. Waiting there, seeing the clag on the tops and wind in the trees and feeling drizzle on my face I thought it likely he would quit. But as he arrived there was not a single negative word cheery greetings to one and all. He grabbed some food and was gone before the event sack, due to be worn that day on many different backs, had been made ready. A few things stand out about the next few hours. The weather far from good. At least the wind was a tail-wind, but it really needed to clear and dry up if he was to have a fair chance. All the way south to Helvellyn we kept imagining that the clag was clearing and weather improving, but of course it wasn't. With the extra peak, Catstye Cam, in the bag we dropped off Dollywaggon to Angle Tarn and it was definitely looking better to the west. Returning a little later from Greatrigg Man, Mark had gained minutes on the schedule and conditions had improved enough to give him a fighting chance.

We were a team of 3 pacers and such was the pace that a pause to record times, extract a jacket, food or drink instantly left one lagging behind and required an immense effort to make up the ground. By the ascent of Fairfield, Mark was stronger than any of us and two of us dropped a little behind, meeting up again on the return from Hart Crag. We were meant to be pacers, know the route, keep spirits high and be strong enough to provide encouragement. Yet, he could quote bearings from memory, foresee and warn of possible navigation errors, was never breathless but chatty and good humoured, relentlessly clawing minutes back from the schedule. By Dunmail we were all weary, glad to have done our job on such a historic day, happy to see Mark step over the stile on his way up another steep climb. Another 16 hours of this with no respite and we could only look on in awe.

Mark Elsegood Leg 3 -> Langdale

We arrived at Dunmail to find that Mark was believed to be just ahead of schedule despite the less than perfect weather. Encouragingly though the lower tops were beginning to clear and the forecast for a brighter afternoon seemed correct. The party gathered in anticipation of Mark's arrival included the then holder of the record Mark McDermott, still jetlagged from the previous days flight from the Middle East. A roll call of the others included Martin Stone, Craig Harwood, Debbie Hartell and Isla the dog, also Rex Stickland, Andrew Addis, Karen and Dan Parker, Emma Moody and Debbie Thompson and of course the pacers for the next section, John Kewley and myself.

After a swift distribution of kit, John and I were ready for Mark's arrival, just. Mark

was 12 minutes up on schedule and no sooner had he arrived than he was ascending Steel Fell after his usual rolling stop, closely attended by Martin and Craig and a tray full of goodies. He was in good spirits and climbed like a demon. The diagonal traverse he showed me on my successful round two weeks earlier worked well and we started the leg up on time. The tops were now clear and the running was good. Mark had thoroughly reccied the route and stuck to it religiously to the mild astonishment of a group of rambles who had chosen to picnic on one of the short cuts. Whilst John and I politely ran round, Mark went storming through. The climb to Sergeant Man was hard. Mark was feeling light headed and John and I steadied the pace to allow Mark to feed and recuperate. This seemed to work as the time losses over the rest of the leg were reduced to just a few minutes. This leg provides a lot of good running and not much chance to gain time. Navigation in the clear weather was not a problem, but it was a good job Mark was concentrating because as I was setting off for Harrison Stickle from Thunacar Knott, Mark sternly reminded me, "Pavey Ark if you don't mind!" Whoops!

The fells were beginning to fill up and amongst them were two of Mark's old university friends who were a bit bewildered as to why Mark was unable to stop and chat. Some kind of run against the clock he said as he sped on toward Loft Crag. The end of the leg was now in site across the valley floor and Mark led the way down the tortuous descent into Langdale. Another descent and the knees were beginning to hurt and Nurofen was requested of the advanced support team scouts who were jogging down the road to meet us. Langdale is probably the psychological low point, being just under halfway with 10 hours under your belt and the big climbs to follow and so it seemed. Mark was tired and aching but determined and feeding of all the sincere encouragement the team could muster.

M. H.

Two hours later, after the many short climbs of the Langdales I begin to wonder about paying the price for the early speed and enthusiasm. Six precious minutes have slipped from that schedule and the effort is beginning to tell. New section, new pacers however and we have Ben the dog coming along now.

The climb up Pike O'Blisco is quite tough and I am facing up to the prospect of sustaining this pace for another 14 hours. Once we are up Blisco I perk up and start catching up on the news of the pacers - we can relax a bit now as the rock is dry and the cloud is clear of the tops. Going over Bowfell though, I can see that the Scafells are still in the clag and wonder how wet the rock will be. We decide that Ben really shouldn't tackle Broad stand since he is not a very big dog and so it is just Bob Berzins and myself who tackle the drip-

ping wet rock of the intimidating corner. He heaves me up then has a desperate struggle to follow. What do I do? - I dread the thought that I might be responsible for an accident and then, with a big sigh of relief, he has sorted the awkward move and we can press on. Great Gully and the West Wall traverse demand similar respect but shortly we are traversing over to Lingmell and soon we will be down into Wasdale and still just about on schedule. Hell, this is going to happen!! I can see the cloud lowering again as night draws nearer but my schedule has time in for a 78th top, Fleetwith Pike, and I know I only need to do 77. I can use those 23 minutes to counter the slower pace which may be forced if we are in the mist at night.

Ben, the Dog (Alias Dan Parker) -

Leg 4 -> Wasdale

We arrived in Langdale an hour or so early and had to hang around waiting for this bloke called Mark to turn up. There was someone else called Mark there already so I'm not sure why he wouldn't do instead. After a couple of bowls of water at the Old Dungeon Ghyll I amused myself with an attractive looking Collie called Isla. First we played 'lets see who can bark the loudest' and when that wasn't approved of we tried 'face licking while shoe laces were being tied' instead.

Eventually the particularly important Mark turned up - rather slowly I thought considering how long we had been hanging around. He did look rather pale and unwell though, so I let him off. Once we got going the pace was quite reasonable as we climbed up the first hill - 'Pike of Blisco' I think it's called. My first problem came on the way up Crinkle Crag when we hit a rather steep and rocky bit - not so easy when your legs are as short as mine. However with a bit of help I made it up and we carried on into the mist. There was clearly a risk of getting lost here so I made sure to run ahead and find the way before coming back to fetch the rest of the party. There was never any danger of not finding them in the mist with all that puffing and panting going on.

The descent of Bowfell to Rossett Pike was entertaining, for me at least, though I'm not sure if Mark liked it as I tried to show him at close quarters exactly where to put his feet. I eventually gave up and did a few hill intervals up Rossett Pike to keep me amused. I must say if I had chosen the route around here I'd have gone to Esk Pike first and then Rossett Pike, but apparently there really isn't anything in it, or so I was told by Isla later.

At Esk Hause we met up with a very nice man called Barry who proceeded to dish out heaps of food and drink. Mark's favourite seemed to be Rice Pudding and Peaches. Personally I think he'd have done a lot better on half a tin of Pedigree Chum (or PC as we dogs call it) every hour, but there's no accounting for taste.

We quickly proceeded along the tops over Scafell Pike and down to Mickledore where Karen was waiting for me. Initially she had been a bit apprehensive but I soon won her over with my charms. At Broad Stand I finally met my match - there was no way I was going up, and certainly not having seen Mark alarmingly spread-eagled above me. While we were waiting for Mark and Bob to reappear I discovered that the rocks here gave a particularly loud resonant echo when you barked (so I made good use of the fact). A few dozen more hill intervals chasing and demolishing a stick was also quite fun.

The others finally reappeared and we headed over towards Lingmell before a very rapid descent down into Wasdale. I raced on ahead to try to get a quick bite to eat, hoping to be asked to help on the next section as well. Unfortunately it was not to be - something about not having suitable headlight I think...

M. H.

Wasdale then; and here is the President himself, my Macclesfield club mate, Mark McDermott. Despite only arriving back in the UK from Oman 24 hours earlier he is here and is going to run with me to Honister. There is a massive team of well wishers assembled and the road support pair of Craig Harwood and Martin Stone are going to any length to ensure I eat and drink enough - Craig even follows me up the hillside balancing a tray of food in one hand until the fell wall makes this impractical: the Campari girls have nothing on you, Craig.

On many occasions I had visualised the route and how it would feel. Nearly always I expected the relentless climb up the side of Yewbarrow to be my nemesis but with the joking and chattering I suddenly realised the top was in sight. Brilliant !! The cloud was still threatening and down on Pillar but the pace was adequate and there was a final few seconds of brilliant light as the setting sun came below the cloud layer out to the West. Darkness threatening now and as we tackle the rocky descent of Great Gable it becomes tricky, headtorches on and concentrating hard but every time we reach a top it seems like I have lost a couple of minutes. Descending into Honister the ground seems rougher than I remember and as I repeatedly stumble I feel the record beginning to slip from my grasp. Arriving at Honister I am briefly angry - everybody seems so cheerful and light hearted but don't they realise... this is serious !! I am losing it !!

Mark Elsegood Leg 5 -> Honister

To a lot of people this leg is the decider. If you can manage the climb out of Wasdale up Yewbarrow you are well on your way. The pacers were prepared for this and were ready to provide all the encouragement necessary. Mark arrived on time and seemed in fine form. Another expert rolling stop and we set off up Yewbarrow. Mark McDermott had joined Richard Calder and

myself for this section as Craig was injured (and very disappointed). Talk of the Himalayas, the Middle East and the forthcoming Hardrock 100 kept Mark occupied for the duration of the first climb. Things were going well again, up on time and a relatively fine evening in prospect. The low clouds were now only hovering over the very high tops of Gable and Scafell, although Steeple was strangely isolated in it's own zone of mist. We were joined by an irrepressible John Kewley on Scoat Fell who had unwisely ascended the screes of Wind Gap to meet us. The pace was steady, but the climbs were hard with a few minutes dropped on the climbs of Pillar and Kirkfell. Support though seemed in abundance as Jo Faulkner and Ruth were col hopping and providing a welcome supplement to the pacers rations. As dusk was beginning to fall at Beck Head the mood was lifted again by new blood as Andrew Davies appeared out of the mist to do another stint.

Andrew Davies - Leg 5 -> Honister

I waited for what seemed like an age, sat on my perch above Beck Head in the mist, straining to hear the sound of the team approaching. Mark, flanked by his pacers and supporting friends eventually appeared and about 5 of us set off up Gable. Mark was looking a little tired like it wasn't easy any more and yet he was still on form, focused and attentive to the navigation, happy to talk every so often. The mist cleared but it quickly became dark enough on the descent of Gable to require head torches. Many torches lit the way as pacers running to the side, shone their beams across the way, trying to prevent any slowing of the pace. The soft run out to Base Brown was a welcome change from the rocky tracks of the last few hours although the contour route to Brandreth was exceedingly hard going in the dark. Mark McDermott dropped low from the start and gained on all of us. We were slightly behind schedule at this point and the pacers were preparing to persuade Mark to drop Fleetwith Pike. No need, he had already realised that this was unwise and was heading directly for Honister. Dropping in to the welcome of many lights at Honister one could feel a sense earnest which had brought everyone to this place in the middle of the night to urge Mark on.

M. H.

Five hours to go and this is not going to be easy but we negotiate the short leg to Newlands Hause with only 5 more minutes lost and the support team have even sent Wendy Dodds up onto the fell with her broken arm to shine a torch at the start of the step descent to the col by the waterfall. Still no time for the planned brief rest stops, I must use every minute to make forward progress. Coming off Ard Crag we are 50 metres too far right and have a brief flounder in the heather - it's slipping away again. The pacers sense my tension and double up on navigation, plan-

ning to use the extra people on this section to mark the key points on the dog-legs out to Whiteless Pike and up and down Grassmoor. Everything seems to be going OK but Grassmoor is in the cloud and the expected dawn still hasn't materialised. Suddenly I have lost over 10 minutes just on Grassmoor and only have 8 minutes in hand. Time to pick it up but have I got any reserves left? Traversing out to Whiteside I take a line slightly too high and, in the half light of dawn, the top seems further along the ridge than I remember. Chris tells me I am on schedule but I don't believe it. Back then and more tricky contouring under Hobcarton Pike and round to Ladyside Pike. I have definitely picked up now, only two tops remain and the pain in my toenails doesn't seem to be getting any worse. Back along the fault lines to the top of Hobcarton Pike and Anne Stentiford, holder of the Ladies 24 hour record, reminds me to "pull my finger out". Really pushing now, even running up the easier parts of the climb and then I am on top of Grizedale Pike.

Andrew Addis Leg 8 -> Braithwaite

I had been privileged to pace this final leg on Mark McDermott's 76 peaks, when in perfect weather, a fiery Mark bagged the extra two peaks and with time to spare celebrated on Grisedale Pike, before taking Joss' legendary Lake District 24 Hour Record. Nine years almost to the day and this time it was so very different. On a very long and dark night, with clag and drizzle on Grassmoor and Sand Hill, a struggling Mark lost precious minutes as the whole adventure became terribly tense. As I waited on a misty Hobcarton with Ann and Bill, the spare time was slipping away when suddenly crashing rocks below us signalled the arrival of a resurgent Mark. We fly onwards to Grisedale and soon a new record is set and history made Mark, that was too tight for comfort!!

M. H.

Seventy seven tops and just the final descent to do. Still no time to relax, however, so I ask for everybody to give me plenty of space and set off down the stony ridge. Now I can see the campsite and after a final slither down the wet grass onto the valley path I hit the road and step up the pace once more, round the final corner and for the final 300 yards I am sprinting and there are nearly 20 people at 4.47 on a Sunday morning cheering me in with just 13 minutes to spare. With the amazing support, dedication and encouragement of some of my best friends and fellow fell-runners I have achieved the ambition which sowed itself as a tiny seed seven years before.

I only managed one extra top but you have to leave something for the next man or woman don't you ?!!

Background: Langdale Pikes from Blea Tarn

....continued from back page

NICK DAWES MAMORES ROUND

This route from the road end at Glen Nevis may previously have been completed in a faster time, however Nick completed an unsupported anti-clockwise circuit of the 11 Munros on the Mamores on Sat 12 July in 6hrs 6mins. He was first inspired when he read details of Colin Donnelly's attempt, a number of years earlier.

CUDAHY FAMILY 6 MAN PENNINE WAY RELAY

Mike and his 5 sons decided to celebrate their love of running with something both challenging and enjoyable - a relay in 40 sections from Kirk Yetholm to Edale. The attempt began at 04.00 on 5th July and the family arrived 43hrs 25mins later at Edale. The team consisted of Mike, Mark, Gerard, Liam, Sean and Michael. Inken Blunk provided much of the road support and Mike's two daughters came along to provide plenty of verbal support. They used the run as an opportunity to raise money for the NSPCC and thanks are due to members of Clayton Harriers who responded generously. Mike asks that if you think their effort was a good one it is not too late to send a donation. Cheques can be made out to 'NSPCC reg Charity'; c/o Mike Cudahy, Flat D, Burnside Cotts., Fettercairn, Laurencekirk, AB30 1XY

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 suitable recipient of the award will be chosen and 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: martin_stone_staminade@compuserve.com*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1995/96

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 and 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 1997/98 award should be sent by June 1998 to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586.*

Details of Cudahy's Pennine Way are reported in the next issue.

Martin Stone's Long Distance News Summary

The Summer of 1997 will be remembered by many as a time of great achievement on the long distance scene.

MARK HARTELL LAKE DISTRICT 24 HOUR RECORD

The story of Mark Hartell's 77 peaks record is described in a separate article and we are now left to wonder who, if anyone will now take on the mantle of such an extreme challenge. Maybe one or two of the pacers who were present on 14th June might be worthy contenders. In 1988 when Mark McDermott improved on Joss' legendary record, a few carping cynics were all too vocal in expressing the view that he had cheated because he couldn't possibly have the ability to break the record. This was unfair and over the passage of time, the slur has detracted from the recognition that such an achievement merited. There are a number of uncanny similarities between the two Mark's, not least the meticulous planning and preparation for their record attempts. They are both members of Macclesfield Harriers and come from the North West, also they both work in the computing industry. They ran at approximately the same pace throughout, although Mark Hartell had to deal with much trickier weather conditions than Mark McDermott. When Mark Hartell beat his club-mate's record in July, he was supported by some of the pacers who had helped nine years earlier and all felt it a great shame that anyone in the sport should have ever cast doubt on the integrity of Mark McDermott's record.

MARK MCDERMOTT & MARK HARTELL HARDROCK 100 WIN

Less than a month after the Lake District 24 Hour Record run, the two Marks along with 6 other Brits took part in the Hardrock 100, probably the USA's toughest trail race. The event takes place each July in the San Juan Mountains of SW Colorado. The statistics are impressive - 100 miles and 30,000 feet of ascent, 90% of the route is above 10,000ft and you cross 13 passes above 12,500ft. The high point of the route is 14,000ft and it crosses a number of snowfields! A lean Mark McDermott hadn't done any running for months but was well acclimatised. He had recently returned from an expedition to the world's 4th highest peak Lhotse, where he climbed to 27,500ft (within 500ft of the summit) without oxygen. As the race progressed, the Marks decided to stick together and their team work completely psyched out the top American competitors who rely on pacers to keep them going when it gets tough on these races. It was not surprising that after

45 miles Mark Hartell's body began to tell him that after the Lakeland Peaks Record, this was one race too many. He struggled "on empty" from there to the finish. However, the two Marks crossed the line together in 30hrs 33mins, set a course record and beat a field of 99 runners by almost 2 hours. The result epitomised everything that is good about the long distance mountain running scene. New Record holder and ex-record holder of the Lakeland 24 Hour Record, good mates running together, their friends hip quite unaffected by the significance of events 4 weeks earlier. A great result in so many ways.

DAVE SLEATH BRITISH THREE PEAKS RECORD BIKE/FOOT

On Friday 6th June at 18.45hrs, Dave set out for Fort William from Caernarfon on his bike in an attempt to break Stephen Poulton's record that has stood since 1980. Over the next 35hours 40mins he cycled 450 miles at an average speed of 17mph and ran to the summits of Snowdon, Scafell Pike and Ben Nevis. He climbed Snowdon in the evening and by 05.30 Saturday morning had cycled the 170 miles to Langdale. He spent about 5 hours on the hill and then set off from Seathwaite on the 260 mile cycling leg northwards through Gretna Green, Lockerbie, leaving the A74 at Abington for the A73, passing through Lanark, Newmains and into Glasgow. He cycled up the A82 and arrived at Glen Nevis at 02.30, climbed the Ben and was back in Fort William for breakfast. There have been a number of unsuccessful attempts to break Poulton's record but Dave, aged 53, managed to reduce it by six hours. He was paced on the bike by a few friends and to save even more time used a mountain bike for the first sections of track at the foot of Snowdon and to the foot of Rossett in Langdale.

NICKI INNES ST. CUTHBERT'S WAY RECORD

This is a 62 mile route through Scottish Border country from Melrose Abbey near the Eildon Hills to the Priory at Lindisfarne and includes about 4,500ft ascent. On Saturday 19th July, Nicki established the inaugural record for this run which crosses the Eildons, runs along Dere Street, over the Cheviots to Kirk Yetholm, then follows the Pennine Way for a while before diverting to Wooler and finally Lindisfarne. On a hot but beautiful day, Nicki completed the route in 12hrs 55mins, running on her own but supported by her husband and family. She raised about 500 for charity.

INKEN BLUNK CAIRNGORM 6 TOPS ROUND

On May 15th, Inken completed a circuit of the 4 Cairngorm Munros plus the tops Ben Avon and Ben A' Bhuid. She started and finished at the Linn of Dee at 7.00am and

made an anti-clockwise traverse. It was a very fine day but progress across the Cairngorm plateau was hindered by snow which in places was thigh deep. This had fallen 10 days previously in sufficient depth to block the passes. The run took her 14hrs 48mins and she was supported at Fords of Avon and the summit of Ben Macdui. It was a modest time until one remembers the conditions on the plateaux and Inken reckoned the circuit as about 40 miles with 10,500 ft ascent.

ANDY WALMSLEY BLEASDALE & BOWLAND WATERSHED

Since details of the route in the previous magazine, Andy sped round the route on 21st June in 6hrs 59mins. The figure of 30 miles and 5,300ft ascent for this route from Chipping to Giggleswick only tells half the story as innumerable peat hags and boggy hollows interrupt progress. Andy's 9 hour schedule was a bit pessimistic and he ran strongly for most of the route, accompanied for a few miles by Les Orr who he bumped into him on Parlick Fell. The day was mixed but distinctly cold and damp at the Cross of Greet pass, one of the points where he was supported by his father and a few friends. Andy hopes he has now thrown down the gauntlet for the local club, Bowland Fellrunners.

MIKE CUDAHY SCOTTISH 4000'S by FOOT & BIKE

Last winter (March 20th), Mike did a solo traverse of the Scottish 4's, connected by bike. He started from Derry Lodge at 10.00am. There were only moderate amounts of snow and little ice. However, boulder fields were occasionally tricky with new snow and spin drift with high winds, white-out conditions persisted on both the Braeriach and Macdui plateaux. Darkness fell as he approached Cairngorm but the mist cleared as he descended and he arrived at Coire Cas car park at 9.00pm. He was met by Inken Blunk and after a good meal and change he hopped onto the bike and encountered the worst ice of the trip down to Aviemore. The ride to Aonach Mor was perfect; full moon, quiet roads and the Hale Bop Comet in full flow. He reached the Aonach Mor car park and by 5.30am it was light enough to depart without the torch. In contrast to the Cairngorms the 'Lochaber 4 x 4 thousand footers' were traversed in superb conditions of clear visibility and winter sunshine. After a little step cutting on Aonach Beag, the descent of the Carn Mor Dearg arete was quite straight forward. Mike had hoped to do the whole thing in under 24 hours but although summit to summit was 22.53hrs, completion time was 29.27hrs. However, in winter, conditions are far more relevant than times. He enjoyed the extra spice of the solo aspect but felt it important to choose the right conditions.

Felldancer Classic



standard

- lightweight fell, cross country and orienteering shoe
- emphasis on comfort and grip, with a unique sole design
- anatomical shaped footbed and durable cambrelle lining
- hard wearing, low water retention and quick drying
VELON upper material

Specifications include:-

- superior comfort fit
- specially designed sole with moulded protective toe band
- top quality EVA mid sole for long life cushioning
- U.K. sizes 5 - 14 (inc. 1/2 sizes)



racer

- ultra lightweight fell, cross country and orienteering shoe
- narrow fit with lightweight sole unit
- ultra flexible shoe strongly made with a thinner EVA midsole than standard to give a greater feel and sureness of footing

Specifications include:-

- close fitting
- specially designed sole with moulded protective toe band
- top quality EVA midsole
- cushioned collar
- lined in Cambrelle
- U.K. sizes 5 - 12 (no 1/2 sizes)



trail

- off road, fell and cross country shoe
- the trail has a wider, fuller fitting toebox than the Standard
- slightly higher heel provides for increased impact absorption making this an ideal off road shoe for the heavier runner

Specifications include:-

- wide comfortable fit
- VIBRAM top quality non-slip sole
- hard wearing, quick drying VELON upper material
- higher EVA midsole
- U.K. sizes 5 - 13 (no 1/2 sizes)



stability

- both the standard and the trail can be provided with an innovative stability cradle
- the cradle encapsulates the shoe to give greater protection to the instep and assists in preventing excessive ankle movements
- the stability band is available in sizes 6 - 14
(inc. 1/2 sizes where applicable)

Now available at leading outdoor and running shops, or contact
27 St. James Street, Bacup, Lancs OL13 9NJ
Tel./Fax (01706) 878738

OPENING TIMES:

Monday Closed
 Tues/Thurs 9.15am - 5.30pm
 Wed 9.15am - 1.00pm
 Friday 9.15am - 7.00pm
 Saturday 9.15am - 5.00pm

We specialise in Fell and Off-Road running and can cover you head to toe whatever the weather forecast. We make our own functional clothing at realistic prices and stock the classic items e.g. Walsh, Felldancer etc.

We have some excellent offers this time on clothing and shoes. Remember we have a speedy mail order service.



For those runs with a bit of everything; road, grass, rocks, trails. Here are six of the best available.

SAUCONY JAZZ 5000

One of the most popular shoes of recent years. Triangular lug sole offers excellent grip, with Ionic Cushioning System

Price **£49.95**

ASICS GEL MORO II

A stable shoe offering Gel Cushioning, Dual Density Heel for over pronators, durable upper and good traction. **SPECIAL OFFER £39.95** (RRP £59.95)

ASICS GEL EXTREME

Similar to Gel Moro with water resistant upper, and even more durable sole unit **£59.95**

ADIDAS RESPONSE TRAIL

Durable water resistant upper, good ankle support, good cushioning, looks good too **Price £59.95**

ADIDAS ALFRESCO

A shoe for the serious over pronator; tough durable upper, wide forefoot, Dual Density Heel, snug secure fitting shoe. Also could make an excellent walking shoe with plenty of protection

Price **£59.95**

SAUCONY GRIS JAZZ I

The 'I' stands for the Injection Moulded Mid Sole which affords more cushioning, enhanced by the Grid Cushioning System in the heel. Fits like a Jazz 5000. Good performer

Price **£59.95**

Tops

Activent Jacket, Gore fabric, very water resistant and breathable and extremely light weight, zips into own bum bag.

Most size **SPECIAL OFFER £59.95** (rrp £79.95) **SAVE £20.00**

Ron Hill Rip Stop Pertex, windproof, showerproof, folds into own bum bag. Very light weight.

Colours: Flo yellow/black/purple.

SPECIAL OFFER £29.95 (rrp £49.95)

Hats

Ron Hill striped reflective logo **£8.99**

Fleece Reflective Trim **£9.99**

Running Bear Fleece (not shown) **£7.50**

RUNNING BEAR



17 LONDON ROAD, ALDERLEY EDGE,
 CHESHIRE SK9 7JT

Mail Order

24 Hour Ansaphone
01625 582130

Switch/Visa/Access/Amex

P & P:

Clothing £1.00 Shoes £2.50

Superb Helly Hansen Offer

Breeze Jacket. Super soft light weight Fleece complimented by an extremely soft microfibre covering of Helly Tech, two zip pockets, and drawcord waist, make this a go anywhere jacket.

Unisex. Colours: Fruit, yellow (illustrated) also Navy, Red.

Sizes XS, S, M, L, XL.

Super **HALF PRICE OFFER**

£59.95 (rrp £120.00)



Helly Hansen

Breeze Jackets already described.

Helly Hansen All Season tights, Polypropylene and Lycra with brushed inner, superbly comfortable, keeps legs warm even when wet.

HALF PRICE OFFER

£19.95 (rrp £39.95)

Helly Hansen Lifa Vests essential in bad weather. **SPECIAL OFFER** limited quantity

£16.95 or 2 for £32.00 (rrp £18.95)



Helly Hansen

Lifa threequarter tights, calf length, same fabric as Lifa Tops, ideal for those days when you're not quite sure what to wear.

£12.95 (rrp £18.95)

Bits and Pieces

We carry good stocks of accessories whether it's Electrolyte or Glycogen replacement we should have something for you. We supply Heart Rate Monitor from **£69.95 to £299.00**

All have upper and lower limit settings and stopwatch facilities. Keep your head dry with our all weather hat, fleece lined with ear flaps

Price **£14.95.**

Saucony Glove OFFER £3.00 per pair while stocks last.



Fell Shirts

Light weight fleece wicks away moisture, leaving you warm and dry. Worn on its own or over a Helly or Aer shirt.

You can't be without one!

Colours Teal, Navy, Burgundy, Red.

Sizes SM, M, L, XL.

SPECIAL OFFER £12.95 (rrp £16.95)

Aer Shirts

Micro mesh breathable, smooth on the skin, wicks moisture away, long or short sleeve versions. Colours navy, white, slate, red, burgundy, Sizes S, M, L, XL.

SPECIAL OFFER £12.95 (rrp £16.95)

Running Bear Socks

Equally at home on the fells, or anywhere in fact. Features 70% lambswool sole, keeps feet comfortable almost anywhere. You won't believe it until you try them. We are keeping our **SPECIAL OFFER** going at **3 pairs £9.00 or £3.95** per pair.



Aer Shirt

As worn by local runner, Jim who happened to be passing the shop just when we needed a photo!

STOP PRESS

We have the following shoe bargains currently in stock

| | RRP | |
|-----------------------------------|--------|-------|
| Saucony Scorpion | £25.00 | 44.95 |
| Mizuno Mondo Lite | £39.94 | 54.95 |
| Mizuno Catalyst | £39.95 | 54.95 |
| Also available Walsh Spike £44.95 | | |