

# The Fellrunner

February 1998



*Main photo: Gary Rees-Williams climbing Prison Band - 3 Shires Race. (Photo: Peter Hartley)*

*Inset: Ladies on the move: (Top to bottom): S. Findlay, Buttercrags; Christine Porritt, recently recovered from leukaemia, Black Lane Ends; Bridget Coomber, Shelf Moor*

*(Photos: Steve Bateson, Allan Greenwood, Peter Hartley)*

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Deadline for articles, letters etc. for the next issue is  
**May 8th**

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### Results and Race Reports to:

David Weatherhead, 16 Birchlands Grove,  
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## CALENDAR UPDATE

Two of the following come complete with grovelling apologies on my behalf for making stupid mistakes; the remainder are either alterations or additions to the Calendar.

First apology - on page one of the Calendar the address of Chris Knox, our Environment and Access Officer, SHOULD read - 38 St.John's Street, Keswick, Cumbria, CA12 5AG. The telephone number given is correct. Sorry, Chris.

Point of information - at the start of page 72 of the Calendar it states that the change in age categorisation of Lady Vets from 35 years to 40 years "will be incorporated into the FRA rules for Competition in due course ....." This has been done and with effect from 1st January 1998 a lady becomes a veteran on her 40th birthday. This will be effective in both the British and English Championships and should be applied in all fell races.

And now -

**SUN. MAR 1. ALAN LAMB MEMORIAL FELL RACE. BM. 11.00 a.m. 8.75m/1529'**  
from the Visitor Centre Carpark, Hamsterley Forest, Bishop Auckland, County Durham (GR 092312). £4 (includes all forest toll and parking charges) on day only. Teams free. ER/LK/NS/PM. Over 18. Details: Keven Shevels, 35 Carmel Road South, Darlington, County Durham, DL3 8DQ. Tel: 01325 283146.

**SUN. MARCH 29. WHALLOPER WELL WHIZ BM.**

This race will now be held on this date and NOT March 15th. All other details as in calendar.

## Bit at the Front — Neil Denby

Interesting bit of controversy in this issue regarding 'long distance' record attempts that involve speeding by car, boat or plane between the mountains to be run up and down. This is possibly akin to the Japanese tourists who now take helicopters to Everest where the Russians are busily building a luxury hotel to save them all that nasty hard work of actually trekking there.

Enjoying the hills, for most of us, means finding a way of getting to them. Both the Peak District National Park and the Lake District National Park have draconian plans on the drawing board for cutting down on the

use of cars so the day may not be far off when the difficulty of driving and parking actually force people on to public transport or into car sharing.

The original purpose of the small ads section in the magazine was to encourage car sharing to races, amongst other things, but due to the infrequency of publication, this was never a real 'starter'. The small ads remain, however, a member-to-member service and are not meant for commercial concerns. The rates for those have, unfortunately, had to rise (the first time in five years) and new rates will apply from July - these are notified in the panel, left.

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### SAT. APR 11. CAUSEY PIKE.

Please note that the race will now be held on this date and not on April 5th. as the organiser wishes to avoid a clash with the Pendle race.

### WED. MAY 20. TWO RIGGS

Please note that there is no North Lakes Mid-week Series this year. The Matterdale Series (Common Fell, Royal Dockray and Hellvellyn) will take place.

**SAT. MAY 30. CULTER FELL HORSE-SHOE. AL. 2.00 p.m. 12m/4000'** from the Crook Inn, Tweedsmuir, Peebleshire, Scotland (GR NT112264). £2 on day only. Team free. NS/PM. Over 18. Records: 1.49.05 G. Bland 1994; f. 2.06.55 Y. Hague 1994. Details: Dick Wall, The Old Exchange, Tweedsmuir, Biggar, ML12 6QN. Tel: 01899 880332.

**SAT/SUN JUNE 13/14. LOWE ALPINE MOUNTAIN MARATHON. MM.** Two-person, two-day event over wild country with special map and isolated overnight camp. Venue is the Scottish Highlands, approx. 2 hours drive north of Glasgow. The event for connoisseurs with courses of varying length and the usual adventures. Details: Martin Stone, Lowe Alpine MM, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD. Tel: 01931 714106.

**WED. JUNE 24. TIDESWELL FELL RACE. BS. 7.45 p.m. 4.4m/850'** from Tideswell Dale car park (GR SK153742). £2.50 on night only. PM. Also junior race, £2. Records: 26.29 P. Boker 1995; f. 34.12 W. Barnes 1995. Details: Bill & Sandra Howard, November Cottage, Bank Square, Tideswell, Derbyshire. Tel: 01298 872167.

### SUN. JUNE 28. KINDER TROG.

Please note that the race will now be held on this date and not on June 14th.

### SUN. JULY 5. PEAKERS STROLL. BL. 11.30 a.m. 25m/4000'

from the Devonshire Arms, Peak Forest. £3.50 to organiser. Teams free. PM. Over 15 (please check this with organiser as it may change to "over 18") unless accompanied by an adult. Record: 3.05.06 L.Footit 1997. Details: Jeff Hipwell, Hernstone Lea, Church Lane, Peak Forest, Derbyshire, SK17 8EL. Tel: 01298 24056.

### SAT. AUG 29. GOODRICH FELL

Please note that this event includes a junior race: 1 lap of main event. £1.50, £2.50 unatt.

### SUN. AUG 30. Y CNICHT.

Please note that the entry fee for this race will be £3 on the day and not £2.50 and also note that the organiser is now Don McCaffrey, 1 Aran Villas, Dolgellau, Gwynedd, LL40 1BD. Tel: 01341 423484.

Second apology coming up -

### SAT. SEP 12. PEN Y GWELY.

The race will be run on this date and NOT on 12th DECEMBER, which was the date I somehow managed to give it in the Calendar through sheer incompetence, carelessness, geriatric febrility or whatever. Sorry, Doug.

### SAT. SEP 26. TWO BREWERIES HILL RACE. AL. 12.00 noon. 18m/4900'

from Traquair House, Innerleithen. £6 to organiser by 19th September - no late entries. Teams free. ER/NS. Over 18. Records: 2.33.57 J.Taylor 1992; f. 3.05.18 Y.Hague 1991. Transport is available to race start. Ceilidh in the evening. Details: Bill Sheridan, Dreva Craig, Broughton, ML12 6HH. Tel: 01899 830415.

## OFFICERS AND COMMITTEE MEMBERS 1997-98

### Chairman

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### CHAIRMAN, INTERNATIONAL COMMITTEE FOR MOUNTAIN RUNNING

Danny Hughes, Hallsteads, Gosforth, Cumbria  
CA20 1BJ. Tel: 01946 725366

## Peter Brooks

Peter Brooks, veteran of the Ben Nevis Race and an experienced hill runner, has died at the age of 60. Peter had set off on an arduous 85 mile circuit from The Cairngorms to Fort William when he went missing. His route was planned to take in a number of high Cairngorm peaks and then move on to Dalwhinnie, Rannoch Moor and finally Lochaber and Fort William. He was found less than five miles from his intended finishing point and within striking distance of the path that would have led him off the hill with only a 1500 foot descent to the valley. It appears that he took a wrong turning and fell several hundred feet into Five Finger Gully, below Ben Nevis.

There was no doubt that he was properly equipped and clothed and his death was the result of a tragic accident. He was a highly experienced fell runner and had even taken the precautions of informing the police of his proposed route and ringing in on a regular basis on his mobile phone. On Saturday 24th January he had set out on his proposed route and was making good progress throughout the week, ringing in to the police station regularly to report on how he was getting on.

Because of the existence of areas of poor mobile phone reception and the fact that on Tuesday Peter had 'phoned from a call box, the police were not unduly perturbed when he did not call in on the Wednesday.

However, when there was still no word by first light on Thursday, a search was launched involving Kinloss and Lochaber mountain rescue teams, a search and rescue helicopter from RAF Lossiemouth and nine tracker dogs. He was spotted from the helicopter lying at the foot of Five Finger Gully.

Peter was well known in hill and mountain running circles and a full appreciation will appear in the next issue of *The Fellrunner*.

(Monitor: Neil Shuttleworth)

## CONFERENCE & TRAINING WEEKEND KESWICK

I am organising an elite training and discussion weekend in the Lakes, 17-19 April '98, to which I am inviting GB's top international fell and hill runners. I have been able to book the 4\* Keswick Hotel adjacent to Fitz Park. All the formal discussions will take place on the Sat, including training opportunity at lunch time. Sun morning will be an ideal opportunity to run the England World Trial course up Skiddaw. PAS funded on a GB perspective and so I am inviting all those in the four teams who would have been counters in a GB team in last year's World Trophy in the Czech Republic.

I hope to have many guest speakers: a representative from the Sports Council to explain their support for Mountain running; Norman Brook, PAS Technical Director of Distance Running; Danny Hughes to answer questions on the courses at Sestriere, the European Trophy, and Re-

union, the World Trophy (& video of Reunion), both of which he has walked; Martin Jones on the training that took him to two World titles; Martin Hyman, National Hill Coach for Scotland; Robbie Bryson from Ireland on his considerable experiences as an international mountain runner; hopefully, an experienced Coach from the continent; Norman Matthews, England Junior International Coach, and I shall have a few words to say as well, of course!

Anyone who might wish to book into the hotel should act promptly and ring Stephanie Muir on 017687 72020. The delegate rate for B&B Fri and lunch, dinner & B&B Sat is £115. But please let me know if you do this as there is limited conference space and I will be producing named packs. Those not in the hotel need to send me a £5 cheque payable to the FRA and make their own arrangements.

Dennis Quinlan  
England Teams Coach  
Tel/Fax: 01274 561837  
e-mail Dennis.Quinlan@compuserve.com

**Level Two Coaching Course  
for Fell/Hill Running to be  
held 28/29th March 1997.**

**Location:**

**Edge Hill College, Ormskirk.**

**For further details please contact:**

**Tony Airnes**

(Coach Education Co-ordinator)

**Tel. 01253 358168.**

# ANNUAL GENERAL MEETING

Ambleside, 11 October 1997

1. The Chairman and Secretary reported on the year's activities. The Treasurer presented accounts for year ending 31 July 1997. Thanks expressed to Martin Clark, our treasurer for the past three years. Due to other commitments Martin decided to stand down.
2. Several other officials didn't seek re-election. Alan Judd, having served as chairman for the traditional period of three years was presented with an inscribed glass tankard in appreciation. Matt Simms has been our Access and Environment Officer and was responsible for preparing the Guidelines which have often proved invaluable in discussions with landowners and countryside bodies. Dave Hodgson has been involved for many years, not only as a committee rep but also as treasurer and chairman. Dave was appointed chairman of England Team Selectors last year and has agreed to continue in this role. Retiring committee members are Paul Sheard and Peter Dyke. Our thanks to all these people were endorsed by the meeting.
3. A motion 'that the under 18 Junior Championship becomes under 19 and the Intermediate Championship be dropped' was hotly debated. Since it had not been possible to advise the membership of this motion prior to the meeting, the proposer agreed its withdrawal and reference to the Executive Committee for further consideration.
4. Officers and Committee for 1997-1998 were elected as listed on page 2. Other appointments to Regional Athletics Committees and the International Committee for Mountain Running are also listed.
5. Referring to the editorial in the June issue regarding the Results Service in the magazine, those present at the meeting were unanimous that it should be retained.

## COMMITTEE MEETING,

Darwen, 6 December 1997

1. The following appointments were made: Peter Bland - England Team Manager, Malcolm Patterson - Assistant Manager, Dennis Quinlan - England Coach, Norman Matthews - Junior Coach.
2. Sub-Committees appointed as follows:  
England Team Selection - Dave Hodgson (Chairman), Pete Bland (Team Manager), Sarah Rowell, Mike Rose and Dave Richardson. Assistant Manager and Coaches will be consulted and co-opted as required.

Championships - Jon Broxap (Chairman), Richard Lecky-Thompson (Statistician), Tony Hulme, Angela Brand-Barker and Dave Woodhead.

Disciplinary - Richard Day (Chairman), Alan Barlow and Dave Woodhead.

3. The 1998 British Relay Championships will be hosted by Cumberland Fell Runners at a venue in the northern Lakes. Details and entry form will appear in the June magazine.
4. Following last year's successful Inter-Counties Champs at Buttermere, it is intended that this will become an annual event at a different venue each year. The 1998 Champs will be at Sedbergh on 14 June and in addition to the men's competition, counties will also be invited to send ladies teams.
5. The 1998 Junior Home International will be hosted by Scotland. Further details in the June magazine.
6. Last year we arranged a Junior Buffet/Presentation/Disco at the Hanover International, Skipton two weeks before the Senior Do at the same venue. Following the success of these functions, we shall be returning to Skipton for both Juniors and Seniors in November 1998.
7. Selection races for the European Trophy at Sestriere, Italy will be held at Sedbergh on 14 June. Selection races for the World Trophy in Reunion will be held at Keswick on 29 August. Selection for Knockdhu will be based on Pendle results, 4 April, and for Snowdon on Skiddaw results, 5 July. Knockdhu will include a men's vets race.
8. Future committee meetings have been arranged as follows:  
Sheffield 8 February (Tigger Tor), Kendal 19 April, Buckden, 20 June (Buckden Pike), August meeting only if necessary, and Kendal 12 September.

## WUTHERING HIKE

In the 1998 event, Jack Riley and I will be running as a pair with a combined age of over 140 years. He and I would like to challenge any other pairs with this total of years. The organizers of the event are quite happy for the challenge to take place.

I am prepared to put up a prize of £50 either to the winners or to any charity which they name. This is a one-off and is in the tradition of our sport and in the spirit of fun.

Lou Myers 0171 240 4803

## World Trophy 1998 September 19th/20th Reunion

The 1998 World mountain running trophy will take place on the French island of Reunion, which is situated east of Madagascar in the middle of the Indian ocean.

It is a small volcanic island, with a tropical climate, formed 4 million years ago. It still has an active volcano which erupts about every 10 years. The last eruption was 1988!

A race over the 15.5k mens trophy course (uphill only) was staged in December and was won in a time of 1hr 40mins. A field of 400 local runners indicates the level of enthusiasm for the sport on the island.

The traditional 'open race' will be staged in conjunction with the World Trophy.

For supporters wishing to visit the island for this event there is a strong possibility that air tickets from Paris to Reunion (a direct 10 hour flight) will be available at a discount price of 3,200 French francs. The route for applying for these tickets is through your regional secretary (M. Rose, A. Woods, I. Taylor, R. Morris) who should pass the request to whoever is organising the official team, who in turn is authorised to apply direct to the French Federation for extra tickets. This should be done at a very early stage (i.e. after you have read this) to stand the best chance of obtaining a ticket. The official party is scheduled to travel out on Tuesday 15th and return on Monday 21st. It may be possible to stay beyond the 21st if you wish to take a longer holiday. We (ICMR) are very much in the hands of the French Federation concerning these travel arrangements so be prepared for some hiccups!

Those interested to explore other possibilities, and making their own arrangements, might like to try Mauritius airlines who have flights direct from Manchester to Reunion via the adjacent island of Mauritius. I can recommend both islands as ideal holiday locations!

Danny Hughes  
President ICMR



Jack Riley, first O/70 at Black Lane Ends  
Photo: Allan Greenwood



First event of the New Year - Mick Addison finished 6th in the New Year's Day Nine Standards Race  
Photo: Steve Bateson

## Carry the Kit!

Dear Sir,

The Shepherds Skyline Race (November 1997), organised by Todmorden Harriers, provoked some "controversy" when the organisers disqualified 16 runners who ran without the specified cagoule.

Why controversy?

In the word outside fellrunning if they do not like the rules of entry you lump it; so why should some fell runners feel they are special from the rest of society?

Most fell runners have raced carrying gear that, with **hindsight**, was unnecessary but anyone who ran into the freak hailstorm in the 1997 Pen-Y-Ghent Race will know just how quickly and dramatically weather can change, even in June.

I cannot be alone in resenting carrying specified gear whilst watching competitors skipping by unencumbered. Since fellrunning is a sport (remember!) this amounts to cheating.

However, having specified a kit requirement, it is incumbent on organisers to do a kit check and then disqualify .... or the whole issue becomes farce.

I applaud the courage of Todmorden Harriers in disqualifying the 16 runners and would hope that their example helps to eliminate the "kit rules only apply to other competitors" attitude of a few anti-social and self-serving fellrunners.

Yours sincerely

Graham Breeze (Skyrac AC)

## Bowland Traverse

Dear Sir,

Before others take up the Bowland Traverse challenge (Fellrunner October 1997), can I bring to their attention some issues that Andy either is not aware of or has chosen not to publicise.

Firstly, much of Bowland is used for breeding game birds and if anything is going to antagonise gamekeepers and landowners it's disturbance to these birds during the breeding season (mid April to end of July). Of course, it's not only game birds that breed on these fells. Bowland is a breeding ground for hen harriers and peregrines and these birds are currently struggling to maintain a presence in the area. The RSPB patrons to try and protect both the birds and their nests and if encountered their advice should be followed.

Secondly, shooting takes place on many of the estates and, unlike shoots on access areas, may not be advertised. Mid August is the obvious, but not the only, time shooting takes place.

Thirdly, parts of Bowland have SSSI/SPA status. Whilst this in itself does not prohibit access I wonder, given the tone of Andy's article, whether checks have been made with English Nature to ensure sensitive areas are avoided.

Fourthly, the Ramblers Association (RA) are currently campaigning to secure greater access to the Bowland fells. It was action by the RA that "persuaded" the County Council to use their powers under the National Parks and Access to The Countryside Act 1949 to create the access areas that currently exist in Bowland. Success in the present campaign is by no means assured and is not helped by acts of trespass, or for that matter by articles encouraging trespass, especially when they appear in the magazine of a sports governing body.

Finally, and much nearer to home, the route crosses the estates of landowners with whom I and other race organisers correspond each year in order to run fell races on their land. I can only guess what their reaction would be if they were to learn of the creation of the Bowland Traverse.

Yours in sport

Brian Dearnaley - Bowland Recess Committee  
Paddy's Pole Race Organiser

## 1000 Mile

Dear Sir,

I was dismayed to see the photograph in the article on the Four Peaks in your October issue depicting 1000 Mile socks in a sorry state. The wearer had obviously suffered some discomfort in wearing them.

However it does appear from the photograph, that the socks had become very wet indeed for whatever reason. Our socks are not claimed to be waterproof, rather the reverse - they assist in wicking moisture off the feet. I doubt if any sock will have survived what appears to have been some punishment by the wearer.

Should the wearer contact me I should be delighted to offer a replacement pair of socks which correctly used, should last for 1000 Miles (if not we shall refund the price paid).

Yours sincerely,

Jack Galaun,

Managing Director,

1000 Mile Sportswear Limited

## Big Brother?

Dear Sir,

As the organiser of the Grindleford Carnival Fell Race I usually ask the local Police Station for their help in controlling traffic on the road for the start and where the route crosses the road, a fairly minor road. I have always had their co-operation with police officers arriving shortly before the start and disappearing after about 40 minutes.

This year, however, although once again providing cover, the local Sergeant in Charge asked for a map of the course, in the past it has been good enough simply to explain to the officers the points needing attention and their whereabouts. After the race I was surprised to receive a call from the same Sergeant expressing concern that marshalls did not seem to be aware of our Safety Policy, i.e. the two marshalls at the road crossing who are there in addition to the police officers. These marshalls, like most of those volunteering for the job, have manned this particular post for some years.

I was even more surprised when he demanded a written Safety Policy before next year's race. I have always regarded our emergency and first aid provisions as perfectly adequate since we have St. John Ambulance personnel at the finishing point and Mountain Rescue Team members around the course. In addition at no time is any runner or marshall more than half a mile from a road.

I must confess that my reaction was less than co-operative and I am considering whether or not to involve the police next year - since it is possible to use an alternative start where closing the road is not necessary. At the road crossing, approxi-

mately half way round the course, runners are arriving fairly well strung out so there is no great pressure on marshalls.

Although it obviously makes sense to have a strategy to cope with emergencies I feel that this is the thin end of the wedge to regulate a sport which is the more enjoyable for its informality. Am I alone in feeling that Big Brother wants to get his hands on Fell Running and that this should be resisted.

*Frank Galbraith*

## Fair Play for Fellrunners?

Dear Sir,

Athletics Weekly carries a regular page of Fell Running News but does this really meet the needs of the hill-running fraternity? Scottish Hill Running is very noticeable by its absence but there is a far greater reason for complaint!

The British Junior Hill Running Championship took place in Wales on 13th October and that Wednesday's AW carried no mention of this in its forthcoming events. The actual results were relegated to the back pages. Contrast this with the British Vets Cross-Country Championship - prior mention and its front page report. Which event is more important for the future of our sport!

The British Fell Running Relay Championships took place at Pendle on 20th October. Again no mention in the events of the week and the results relegated to the back pages. One hundred and twenty of the top British teams and yet we are allocated less space than some minor divisional road relay championship - but it was in the South of England! What are AW's priorities as a supposedly national magazine?

Britain's self-acclaimed number one running magazine reportedly issues its correspondents with thirty page guidelines on how to present race reports yet it fails to do simply things to improve its own readability such as print the teams in bold in reports on relays (eg. Edinburgh to Glasgow) and continues to overprint reports and articles on coloured paper which frequently render them unreadable.

*Ewen Rennie*

## AW Replies

Dear Sir,

Thanks for taking the time to write. I am only sorry you feel AW'S coverage of fell running to be that poor you had to write to me. It is clear from your letter that you have very little idea of what it takes to put *Athletics Weekly* together every week, particularly regarding the bolding up of teams in relay reports for example. But I have to wonder when last you looked at AW because our results section has not been printed on coloured paper since October 29. And if you find results panels difficult

to read you are in a minority almost as small as is the fell fraternity within the body of athletics. Yours is the first such complaint.

When I joined AW fell enjoyed virtually no coverage at all. That situation has been improved and recognised by many, but sadly, for some whose interests clearly stretch no further in athletics than 'what does it provide for me?' filling AW with fell news would seem to be the only way to keep them happy.

FRA officials have written to me praising AW for its fell coverage, and any criticism they've directed at us has been constructive. We rely on them, via Gareth Webb, for our fixtures too. If they decide, for reasons of safety, whatever, not to provide us with details of certain events, we abide by their decision.

Regarding the 'relegation' of fell events to the 'back pages'. What nonsense. It costs money to cover events up front in the magazine where photography, travel, accommodation etc. soon adds up. Putting an event up front is never a matter of whether we like or don't like the discipline. More people follow road, cross country and track than follow field, race walking or fell. Sadly we tend to cover events up front which we believe best reflect the interests of most of our readers. With fell running a minority sport it is inevitable that resources are more likely to be spent elsewhere. We are a commercial operation and mercenary though it may sound, we have to make money to stay in business.

Finally, if fell running has its own magazine, and they provide in-depth coverage of your sector of the sport, why expect a general-interest athletics magazine which is trying to cover the huge spectrum of interests within the sport, to do it any better?

Yours sincerely  
*Nigel Walsh, Editor*

## F.R.A. Relay Championship

Dear Sir,

As a club we were disappointed that the categories for the FRA Relay Championship does not include Mixed Vets. Why should the only Vet category in the Champs be for men when many vet women are better runners?

This deprives top women vet runners of the opportunity to compete on an equal footing. The only options for them are to either run in a mixed open team where they have no chance of honours or in an open Ladies team where they will be competing against much younger runners. This is not the case for the vet men so why should it be the case for women. What the present rules do are discriminate against women.

We would like to propose that the FRA change the criteria for the categories and make the vet category Mixed. Surely the

only reason for not doing so would be those vet men who don't like being beaten by a woman - tough! - train harder like they do!

If there are other clubs in a similar position to ourselves in having very good vet lady runners who feel the same way we would like to hear from you.

Yours sincerely,  
*Mark Sandamas*  
*Keighley Hill Runners*

## Championship Results

Dear Sir,

I notice (belatedly), that you sought comments on printing fuller lists of championship results in your "Bit at the Front" in the October issue.

Whilst I am not sure how long a list including those with a "singleton championship point" would be, in principle, since I regard *The Fellrunner* as a journal of record I would support the printing of fuller lists rather than cutting-off at some arbitrary level.

Yours sincerely  
*Graham Breeze (Skyrac AC)*

## Junior "Do"

Dear Sir,

May I on behalf of the young athletes from Wirral AC who attended the recent junior F.R.A. presentation at Skipton, thank David and Eileen Woodhead for all that they did. This innovation introduced by the Fell Runners Association is certainly the way to award the trophies and medals so hard earned by the youngsters. From what the youngsters have been saying, they appear to have had a very good time and are looking forward to next year!

Yours sincerely,  
*Derek Isherwood*

### THE JOSS NAYLOR LAKELAND CHALLENGE

Before Christmas, an overwhelming majority of successful challengers voted in favour of holding an annual Presentation Dinner. As a result, it is proposed to continue holding this at Santon Bridge in March. The format will be as last year, including a walk with Joss on the fells on Sunday morning. This will be at talking pace!

Any super-vets who fancy trying to win one of the remaining 21 tankards - surely destined to become collectors items - should write to the address below. Schedules for each age group are available if required.

#### INFORMATION

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

# Bracken invasion threatens heather

BY MICHAEL HORNSBY

LARGE tracts of Britain's rarest landscapes are being taken over by one of the world's most poisonous and invasive plants: bracken.

The plant, which harbours disease-carrying ticks and can cause cancer, is invading upland pasture and Britain's remaining stretches of heather moor. The latter accounts for 70 per cent of this habitat.

Scientists concerned about the threat have formed the Bracken Advisory Commission to campaign for more research. They estimate that bracken now covers 3,765 square miles and is spreading by up to 3 per cent a year. It is particularly prevalent in southwest England, Wales, Cumbria, the Pennines, the North York Moors and the uplands of Scotland.

A Ministry of Agriculture study in 1989-90 estimated that bracken cost livestock farmers £8 million a year for sheep and cattle killed or made ill by poisoning, extra vets' bills and animals lost. The most serious risk to human health is probably infection with Lyme disease, which is carried by ticks living in bracken.

Last year there were nearly 12,000 cases in the United States. In Britain there are 300 to 350 recorded cases a year but it is thought up to three times as many may go unreported. It can cause tiredness, headaches, fever, arthritis, heart and central nervous system problems.



## CONCERN

Dear Sir,

I am writing to you concerning the article left, I found in The Times newspaper last summer. Without knowing anything about Lyme disease or the ease of contracting it, I just wondered, are we fellrunners at an increased risk, racing and training in areas of bracken, and should runners be warned. Have any Fellrunners actually contracted the disease or is it something not to be concerned about.

We discussed this at a recent committee meeting of my own club, and the club newsletter editor is looking into the issue.

I wondered if this issue was a suitable one for an article in *The Fellrunner* with possible comment from some medical expert.

Yours sincerely  
Les Ridings  
Clayton-le-Moors Harriers.

Anyone know anything about the dangers? - Ed.



A final bout of madness before old age ....? Dave Woodhead at The Stoop in December Photo: Peter Hartley

## BIRTHDAY THANKS

Dear Fell Runner,

The only way to thank everyone for a great 40th Birthday race and pub 'Do' was through these pages.

Sorry to the 270 runners who were held up for five minutes so the Birthday Boy could have a head start. It only just proved enough, because Ian Holmes was only 13 seconds behind by the finish. The idea of the race to celebrate my 40th was because I enjoy organising and running fell races, so what other option was there?

I was overwhelmed by the sheer mountain of cards and presents, it wasn't part of the entry fee you know! Special thanks must go to our own Delia Smith alias Sarah Rowell, whose birthday chocolate cake was to die for.



THANK YOU ONE AND ALL - YOU MADE A NOW OLD MAN VERY HAPPY.

Best regards, David Woodhead



Scratching in the bracken? Race starters remove ticks!  
Photo: Dave Lindap



# THE BRITISH FELL AND HILL RUNNING RELAY 1997

## A personal perspective

Fellrunning is a sport of ups and downs, as much physical and emotional as geographical. For some reason I had been selected to compete in the final leg of the relay for the Bowland A team. This being a mere four miles I decided to warm up by running from home over Pendle to the start in Barley some seven or eight miles distance.

I said "See you later" to Sarah and trotted off along the farm track.

Ten minutes later the boot is loaded and I'm off. It's not too far to drive just around the corner from our house. It makes a change not to have to go far. As I motor along the A59 I glance across the fields to try to see Simon in the mist. No luck, I envy him his solitude with the hill. Through Downham I am drawn by the view, despite seeing these fells every day I never tire of them. I hope I never will.

Mists still hung low over the fields, every blade of damp grass has been shrouded in spiders webs, I never knew so many could live in one place.

A steady walk took me up onto Mearley Moor; below the Ribble Valley looked sublime bathed with white, rimmed by hills. The sun was shining here and distantly the Three Peaks poked coyly from the haze. So often people see Pendle as a miserable place of rain, cloud and endless moor, put a sun in the sky and it becomes transformed into a glory.

"It's a bad day for navigators" I mumble to no-one. Not a cloud in the sky, oh well it's good for spectators. Barley is all hustle and bustle, yellow marshals, yellow Police cones, runners in yellow hats and jogging trousers. Barley is alive and well. Parking has become a nightmare.

I'm not early but thankfully no later, it's amazing the sheer number of people that turn up for this event in contrast to those races where there's only seventy people. All the cars are bumper to bumper down the road, on and on and on.

Racing is the last thing in my mind as I breeze along the northern rim of Pendle. It is a fresh autumn day and I am on top of the world.

Much too soon I touch earth again, paths lead me down into Barley, This usually quiet village transformed by fellrunners and their cars.

Bowland as a club is like Borrowdale, it begins with 'BO', (something that usually comes after running), and has a small membership. After that the likenesses are harder to find. However the welcome is always warm and the

chatter flows freely. I spot the first orange and green vest ready to go.

"It'll be a good warm up jog to get to the start" I comfort myself. There's always some benefit to be found in these situations.

I file in among the other runners making their way from the village, nerves aren't a problem yet. I'm feeling fine and looking forward to the run when I meet some of the lads from the club in the car park.

Looking up at Pendle I wonder where Simon is, I keep checking my watch. He shouldn't be long now. It's time to rendezvous at our pre-arranged place, other runners jog past looking serious, perhaps they're desperate for the loo.

Waiting is none one of my better qualities, I'm impatient and gaze again at the steep sides of Pendle contrasting with the knife-edged blue skyline. No sign of Simon.

Back at the fence. Wait. Cars are still being guided by marshals. Wait. At last I recognise Simon's economical travel as he makes his way towards me.

Sarah and I make our way up to the starting field, she is running on Leg three for Bowland 'B' team so we have plenty of time.

The finishers from the first section began to return. Northumberland(?) in first, chased by our man Rob a strong 25th.

Sadly by the end of leg two we had dropped into a less prominent place. It was time for me to return to the car to get changed and collect a sack of logs that Chris from the club had hidden under a tree, fuel for our heating.

The liveliness doesn't cease. Energy buzzes. I'm buzzing. Alan and Alex cruise around the finishing field and hand the map to my partner Dave and we're off!

Dave has been told that I'm a bit of a fast runner but he's game to give it a go any how; that's what I like to hear. My eyes focus on the grassy slopes as I run towards Buttock Farm. The energy flowing in Barley is here with me on the fells; all around me as I steal a glance at the other runners coming and going through the fells.

Where has Simon's solitude gone? It's different now; the peace he explained is captured within me as a plough through the familiar peat hags in the familiar folds on my familiar moors. Over Barley moor down to Worston Moor onto peaceful Mearley Moor; the one that Simon climbed earlier will still be there next weekend forever enduring the faint traces of long gone Walsh prints still an imprint in the memories of those who have

travelled here. Now I huff and puff my way over, not standing to admire the view. No; today Pendle belongs to the fellrunning fraternity and we shall all leave our mark.

With big Dave in front we run on towards Buttock again. Click and we're off charging through the fields towards Barley. There are more fields than I remember! People spur we on "Well done Bowland!". Some I know some I don't some just whizz past me as I stomp leadenly along now familiar tracks. Dave finds more from somewhere and digs in up the last slope and we pass the responsibility on to Lee.

The worst thing about relays must be the waiting; jog up the hill to warm up, cool down, warm up again, cool down, ignore everybody. Then during cooling down there they are. I'm not ready, Les the Oracle and Terry have out run themselves to move up to 28th place.

Grab the map and I'm off. The pressure seems huge, everyone else's efforts all sit heavily on my puny shoulders. Within minutes I'm overtaken in the fields to Buttock Farm, then another goes past, then another, then another. I religiously follow the flags but everyone else cuts the corner, "Cheating b\*\*\*\*\*s!" My spirits are beginning to die. I just don't feel fast enough. Ian Holmes flies past me towards the finish making horrible noises; it's reassuring to know that we all hurt.

At the bottom of the first descent I begin to pass a few other runners. Perhaps they set off too fast and I can regain those places lost. My body is forced into an ease off before you almost throw up method of speed regulation up the steep Big End climb. Some-how a message gets through from my head to activating a running motion around the summit trig. It's downhill all the way to the finish, my distance to the next runner feels too far to close. I just keep working until it's over, shut in my own pains. All I want to do is lie down at the finish but someone wants to check the contents of my bumbag. It's like some form of torture as I drag out its contents. Sarah appears and gives me a big hug. My efforts have taken the team's position out of noteworthy contention. My time was almost 2 minutes down on what I ran over the same course earlier in the year, Lee of the 'B' team was a minute faster than my effort.

Sometimes racing can come close to hell, all full of fury and rush; not the spiritual therapy that makes running in the hills an essential part of life. Still we go back for more.

*S. Sarginson and S. Brown*

P.S. Just for the record Pudsey and Bramley won the men's race and the women's race.

# JUNIOR UPDATE

The 1997 season wound up in fine style with an excellent presentation do at Skipton which was superbly organised by Dave and Eileen Woodhead at very short notice. All seemed to enjoy it and the format so for 1998 we will be repeating it again at the same venue on 1st November. Congratulations to all who won medals and certificates, especially to the champions in each category.

The 1998 season will soon be up and running and hopefully there will be some good racing ahead on both established and new venues. The races for the season are:-

## Junior Championship:

5th April	Wrekin (Shropshire)
16th May	West Nab (Yorks)
23rd May	Hutton Roff (S. Cumbria)
28th June	Settle Hills (Yorks)
19th July	Steel Fell (Lakes)
2nd August	Latrigg (Lakes)

## Intermediate Championship:

4th April	Pendle (Lancs)
9th May	Belmont Winter Hill (Lancs)
24th May	Dodd Fell (Yorks)
20th June	Buckden Pike (Yorks)
19th July	Steel Fell (Lakes)
16th August	Langdale Country Fair (Lakes)

The season will be a little shorter this year due to fitting in around international races, but we will have to see how this suits.

Don't be put off by the trek down to Shropshire for the Wrekin, it is a unique style of course in a lovely area and it helps to keep our more southerly runners in touch with the fell running scene, and in the past has been the inspiration for one of the finest and most talented youngsters to come into fell running for many a year. There is a welcome back to the Hutton Roof race by popular request after an absence of several years. The new race at West Nab is being put on by the Holmfirth Club, and Settle Hills is over a new course, as will be the Latrigg race which will start at the bottom of the fell and not the park (as in the Black Forest Selection Race) which should make for a good course. And of course Steel Fell will also be a classic and let's hope the organiser, Scoffer, manages to get through the day without breaking his ankle this year!! Please note at this venue THERE WILL BE NO TOILET FACILITIES.

In March Norman Matthews and myself will again be organising a Junior Training weekend at Coniston based at the Youth Hostel, covering many aspects of Fell running including Training schedules, Navigation, Hill reps, Diet and Injuries. If you are interested then please contact me on 015395 67132, or write enclosing a stamped addressed envelope. The weekend will take place on 20th, 21st and 22nd March from the Friday evening to the

Sunday afternoon and the cost will be between £25 and £30 for the weekend. We may also put on a follow on course to the one we held last year and if we do so will notify all coaches of what is going on. If you are a coach or want to be kept up to date of events and occurrences and I do not have a contact address, then please let me know ASAP.

On a more sombre note I am particularly sorry at the events around the Home International in 1997 in Wales. Whilst our international teams did excellent, it was sad that due to lack of notification on behalf of the organisers, and a change in venue to what we had been originally told, there were not many open runners in the races. This was also not helped by the fact that the organisers changed the start times from what they had publicised at the last minute and as a consequence one family travelled all the way from Rossendale to South Wales only to find they had missed their race, not a satisfactory way to organise such an important event. Hopefully for this season the Scots will get things organised better and a lot sooner and such incidents will not occur again.

On that note I will end and wish everyone a good season in 1998 as I look forward to meeting many familiar friends and a bunch of new ones this season. GOOD RUNNING. Enjoy it!!

## FINAL POSITIONS IN THE 1997 JUNIOR CHAMPIONSHIP

### Under 12 Boys

1. Mark Buckingham	Holmfirth	40
2. James Greenhalgh	Settle	30
3= Adam Whaites	Settle	29
3= Matthew Smith	Horw	29
5. Chris Pickup	ua	26

### Under 12 Girls

1. Amy Spencer	Wigan	35
2. Jemma Evans	Wirral	32
3. Jade Astin	Rochdale	31
4. Karrie Hawitt	Oswestry	28
5. Naomi Biddle	Hyndburn	26

### Under 14 Boys

1= Luke Boulton	Staff Moor	37
1= Joe Symonds	Kendal	37
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 AC	34
3. Lindsay Doyle	Wirral	30
4. Fiona Harrison	Preseli	29
5. Sally Shepherd	Settle	21

### Under 16 Boys

1. Andrew Symonds	Kendal	38
2. Steven Savage	Ambleside	36
3. Daniel Yates	Matlock	26
4. Geof Slater	Keighley	25
5. Duncan Scott	Tynedale	21

### Under 16 Girls

1. Kate Bailey	Staff Moor	40
2. Natile White	Holmfirth	34

3. Emma Hopkinson	Keighley	27
4. Nicole Slater	Keighley	25
5. Rhiannon Matthews	Shrewsbury	24

### Under 18 Boys

1. Simon Balley	Staff Moor	40
2. Harry Matthews	Shrewsbury	32
3. Michael Cayton	Horwich	28
4= John Robertson	Horwich	22
4= Adam Crossland	Longwood	22
4= Gareth Hird	Keighley	22

### Under 18 Girls

1. Chalotte Sandreson	Skipton	40
2. Melissa Leck	Lanc&Morec	32
3. Sarah Dugdale	Skipton	21
4. Gayle Adams	Bristol	20
5. Rebecca Taylor	Skipton	6

### Inter Men

1. Lee Gibson	Cumb FR	40
2. Anthony Turner	Buxton	31
3. Anthony Plummer	Viking	30

### Inter Women

1. Emma O'Shea	Leeds	36
2. Emma Middleton	Charnwood	32
3. Victoria Wilkinson	Bingley	30
4. Beverley McWade	Clayton	14
5. Lisa Unsworth	Chorley	8



Lee Gibson (English Inter Champion) with partner Alan Bowness on Leg 2 of FRA Relay  
Photo: Peter Hartley

## FRA JUNIOR TRAINING WEEKEND CONISTON YOUTH HOSTEL

Friday 20th March to Sunday 22nd March 1998

The training weekend will again take place this spring covering many aspects of fell running.

The cost will be between £25 and £30 fully inclusive for the weekend.

Priority will be given to those who missed last year's event.

For further details contact: Dave Richardson, Canny Brow Foot, Gatebeck, Kendal, Cumbria LA8 0HS enclosing a stamped addressed envelope or telephone 015395 67132.

# JUNIOR TRAINING



A warm welcome to all Junior and Intermediate runners, to this - the new junior training section. As you can see this is in addition to Dave's 'Junior Update', and hopefully will be a regular feature.

For those of you who don't know me, my name is Norman Matthews, Senior Coach in Fell/Hill running, and newly appointed as England Junior Coach.

Now you know what I look like why not say 'hello' at the next junior Championship race. My job is to help all junior runners, their parents and coach's with any information or advice that will be helpful in your training. I will also be paying special attention to those older juniors who are looking for selection to the England team.

As time goes by I will be writing articles on all aspects of training, and answering any queries that you write in about.

I will be working very closely with Dave Richardson and will be looking forward with him, to welcoming many of you to the training weekend.

I know there are many juniors running in the championship who are not members of the FRA, if there are any in your club please pass on any information from the magazine to keep them informed. If they want to join the FRA, the address of Pete Bland (FRA Membership Secretary) and his telephone number can be found at the front of the magazine.

This is your page, if there is any subject that

you want to discuss give me a ring.

Can I say thank you, to Victoria Rusius for keeping

to her bargain with her great article on the trip to Germany, what happened to the other contribution? Boys!!



U/12 record holder (Withins Skyline) Naomi Biddle  
Photo: Dave Woodhead

## TRAINING

The first point I would like to make is that the differences in age and physical development of juniors, means that it is not practical to write down exactly what you as a junior should be doing in your training. What I will do is explain in general terms what areas you should be covering in your training and leave the amount and intensity to your coach or parent. If you want more detailed advice, then I will need lots more information from each individual before I can recommend anything specific.

### GETTING STARTED.

For the U/12 juniors just starting in fell running, try to think more in terms of having fun and enjoying your running than thinking of a training schedule.

As you grow and progress through the age groups one of your priority's is to build strength and create flexibility so that your physical development can keep pace with your running demands.

The gradual change in the amount of time you spend training, develops slowly. Be patient, instead of concentrating on just running, spend some of your time, and energy, getting body fit by doing exercises.

It is to your advantage to find someone qualified to give you advice. Let them arrange your training, which leaves you to enjoy your running.

Eating the right food - and sufficient of it - is very important. After a race, or training session, always try to have a snack as soon as your stomach will allow, and don't forget to drink plenty.

I know you have lots of homework to do, but when you do begin training to a schedule, keeping brief records is very helpful. Looking back in a diary can be invaluable when reviewing your training. Start good practises early and benefit greatly later!

Try to do a circuit session or other form of regular exercise a couple of times a week, with some good stretching after you are warmed up. Do not underestimate the importance of overall body fitness. As you grow its important that your upper body, stomach and back are all well conditioned. Exercises like press ups, sit ups, star jumps, squat thrusts etc, should all be part of your weekly training.

Try to do a circuit session or other form of regular exercise a couple of times a week, with some good stretching after you are warmed up. Do not underestimate the importance of overall body fitness. As you grow its important that your upper body, stomach and back are all well conditioned. Exercises like press ups, sit ups, star jumps, squat thrusts etc, should all be part of your weekly training.

### DO's

- Try to train as often as possible on grass or paths.
- Always try to run supervised when out training.
- Keep warm clothing on during warm ups.
- Take a drink with you in the car to races.
- Warm up properly before a race starts.
- Try to have one session a week running fast.
- Clean your own shoes after training.



1st U/16 Thieveley Pike - Lee Broadley  
Photo: Allan Greenwood

### DON'Ts

- Leave home without checking your racing kit.
- Stretch too hard when not properly warmed up.
- Start off too fast at the beginning of a race.
- Eat heavy meals within 3 - 4 hours of a race.
- Train hard two days in a row.
- Forget to thank those who take you to races!

More DO's and DON'Ts next time

### MENTAL DISCIPLINE.

For those of you who wonder why I have put cleaning your own shoes in the DO's column - when Mum does it so well - may have sometimes seen the statement by athletes, that the effort in winning a race was more mental than physical. Training your body to run is only one side of the story in performing well. If you want to run to your potential, then your mind has to be as strong as your legs! Training will sometimes be tough as you progress through the age groups and you will need a very determined attitude. So to start this training, practise doing things that you find really hard to do. Such as cleaning your own shoes. I know that's a pretty tall order, but there's much tougher things to come! Are you up to it?

### COACHING.

For those parents and coach's who would like to further pursue their coaching qualifications, there are now courses available specifically for Fell Running. Any one requiring further information, please contact me at the address below.

Norman Matthews, 8 Snowdon Drive,  
Horwich. Bolton Lancs. BL6 7DG.

### Hotline Junior Training.

If you have any questions on any aspect of your training that you would like help with - just give me a ring at 01204 468390. - Don't forget to ask permission to use the phone first. For you whizz kids: norman.matthews @virgin.net Before 5.30pm would be great, as I have training sessions from 6pm - 8pm most nights. I will look forward to your calls.



Harry Catlow, pictured here in the 1997 Coniston Fell Race  
Photo: Bill Smith

## HARRY CATLOW: Over 60's Champion by Bill Smith

This distinctive rangy figure of Harry Catlow has become a familiar sight at the fell races of Northwest England over the past couple of years, often being seen collecting a prize for the first over-60 home. Last season, Harry won the Over-60s championship outright after finishing 4th in 1996, thereby becoming the oldest winner of this category at the age of 65.

The championship had been inaugurated in 1993 when the victor had been Dave Hodgson (Horsforth Fellandale) with 36 points from Colin Rushton (Wesham) with 26 and Alan Sutcliffe (Kendal) with 25. The following year, Barry Thackery (Dark Peak) won the title with 36 points from Brian Leathley (Clayton) on 27 and Colin Henson (Dark Peak) on 23, while in 1995, Lawrence Sullivan (Clayton) triumphed with 36 points over Barry Thackery on 30 and Colin Henson on 24. Ahead of Harry Catlow in the 1996 campaign were John Dearden (Helsby), 5th the previous year, and Pete Duffy (Aberdeen), joint winners on 29 points each, with Colin Henson 3rd on 27. Harry's placings in the individual championship races that year were 2nd at Coniston to John Dearden, 3rd at Fairfield to Colin Henson and Pete Duffy, and 3rd at Thieveley Pike to Duffy and Dearden. He did not contest the other championship event up the Wrekin.

Harry Catlow was born at Blackburn on May 2nd, 1932 and is a retired printer. He

lived in Blackburn till February last year when he and his wife Brenda, who accompanies him to most of his races, moved to Storth, Cumbria, overlooking the River Kent between Arnside and Milnthorpe. Harry stands 6'3" and weighs just under 12 stones. Prior to becoming a runner, he had been a keen cyclist and a member of both Blackburn & District Cycling Club and Audax UK Long Distance Cycling Club.

### Road Speed

In 1984, Harry's nephew talked him into entering a 10-mile road race from Clayton-le-Moors to Burnley and back to celebrate the opening of the M65 motorway at Clayton, and this event started him running on a regular basis, though he did continue with his cycling, too. The following year he went into hospital for a foot operation and because of this did not resume running till 1988. He joined Red Rose Runners in 1989 and the Northern Vets AC in 1994, and competed regularly in road races, which probably accounts for his handy turn of speed on road sections or level parts of fell races. I first met Harry at the 1995 Kirkby Moor Fell Race in Furness, when I got ahead of him coming off the fell towards Ghyll House, below Out Park, by taking a direct line down the "rough" while Harry stuck to the path, only for him to come sprinting past me on the concluding road section.

Harry's first fell race was the 1995 Benson Knott from Kendal, probably an ideal introduction for anyone as it includes both road and cross-country running in addition to the upper section of fell: "I enjoyed it and it whet my appetite for more." His

next excursion onto the fells came two months later in the Wray Caton Moor race, followed by Hamsterley Forest and Penyghent, and then ten more fell races intermixed with road races, terminating with the Bolton-by-Bowland Country Run in December. By 1996, his name was appearing regularly among the first three in the Over-60s results, including firsts at Benson Knott, Black Combe, Kentmere, Kinniside, Dunnerdale, Round Latrigg and the Sedbergh Hills Race, with seconds at Fiendsdale and Coniston, and thirds at Penyghent, Fairfield and the Langdale Horseshoe. His 4th position in the championship that year has already been mentioned.

### The Championship Season

Although it might be imagined that this 4th position would have inspired Harry to make winning the championship his ultimate aim for 1997, he wouldn't be drawn into confirming this, merely admitting that the idea had been at the back of his mind.

"I was surprised to win Black Combe," he said. However, this course is well-suited to Harry's style, offering a lot of fast running on good paths, besides which the day was cool and clear, apart from a little mist on the summit ridge - ideal conditions for him, in fact. He recalls passing Blackpool & Fylde's fleet-footed Ron Bray on the second and final climb and knew he was in the lead by the time he'd reached the top, with Ron finishing an unexpectedly lowly 5th behind Colin Henson, Brian Leathley and Achille Ratti's Northumbrian stalwart, Joe Gabarino.

Penyghent, with the steep, rocky climb to its summit approached from Brackenbottom, was the next championship counter. The weather was warm and sunny for much of the race but turned foul in the latter stages with a thunderstorm, including hailstones on the higher reaches of the fell turning to torrential rain lower down. A rejuvenated Ron Bray led the Over-60s challenge throughout, with his nearest rival, Harry Catlow, closing to within 7 seconds of him at the finish, followed home by John Dearden, a further 41 seconds adrift, and Colin Henson.

Heatwave conditions prevailed for the Winder Grind at Sedbergh, surprisingly a three-lap course with nearly 3,000 feet of climbing but also a lot of fast running on the ridge and fellside paths. The intense heat affected Harry badly and he eventually finished 4th: "I lost all interest when I was passed high on the second climb by Bill Smith, Pete Duffy and Colin Henson," and this was in fact the eventual finishing order.

Conditions couldn't have been better for the Shelf Moor race from Old Glossop, however, and the ideal weather was allied

to firm going underfoot following a prolonged dry spell. Tony Shaw, the ex-Rochdale Harrier now wearing the colours of Todmorden Harriers, had turned 60 in mid-season and wasn't contesting the championship, but he scored a decisive 38-second victory over Pete Duffy after overtaking him at a stile on the descent, with Harry claiming 3rd place to clinch the title with 29 points. Duffy and Henson tied for runners-up position with 23 points each, followed by Smith on 21 and Bray on 18.

### Favourite Courses and Training

The aforementioned Black Combe race from Silecroft is one of Harry's favourites and he is also fond of the other race to that summit from Bottle, further north. Among other events he particularly enjoys are Dunnerdale, Coniston, Three Shires and Langdale Horseshoe and the new quaintly-named Anniversary Waltz from Newlands, though in general he prefers medium-length grassy courses. Fiendsdale also has special appeal for him" as when cycling we would go with our bikes past Langden Castle and over Fiendsdale into Bleasdale. This was before Mountain Biking became popular and we called it 'Rough Stuff' then!"

Harry is a low-mileage trainer and credits his success among the Over-60s ranks to competing regularly throughout the year, almost every weekend in fact, though he also complements his sparse running training with cycling. Curiously enough, he did not train on the nearby West Pennine Moors when living at Blackburn but instead utilised the local cross-country terrain of Billinge Hill (808') to the north of Witton Country Park - a different Billinge Hill, incidentally, to the one mentioned in the article on Brian Hughes in the June, 1997 **Fellrunner**, which lies farther south.

Since moving to Storth, he has joined the local Dallam Runners and trains with them on Monday evenings over 5 miles of cross-country and fell during summer and road in winter. When training in daylight, he will scale the neighbouring heights of Arnside Knott, Farleton Knott and Whitbarrow Scar, also the Fairy Steps which form part of the course of his local fell race at Beetham Sports. Harry also competes in the Kendal Winter League races and was particularly impressed by last year's Walna Scar Shepherds' Meet event at Torver: "The course was covered with snow and it was really beautiful on the top."

In his typically modest way, Harry Catlow claims his ambition for the future are "just to keep on running and cycling," adding: "I would like to say 'thank you' to my wife Brenda for all her support."

## Han(g)over in Skipton, 15th. November 1997

### A personal, independent account of the FRA "do"

Unable to force myself around the full tour of Pendle due to fear of defeat by fast females or too much hard training or too many races in recent weeks or ....., I decide a run around Kinder followed by a pleasant afternoon and evening in Skipton at a posh German hotel in good company infinitely more appealing.

Next, check into the luxurious and spacious hotel room, then into the pool, Jacuzzi and steam room. The only problem is that a lack of lenses causes a lack of vision and I mistake one Pennine girly for another. Suddenly I realise the pool to be full of famous fell runners and learn some chat up lines from other (female!) Pennine members when sat in the bubbly warm thing at the side of the pool (sorry couldn't bear trying to spell that word again).

All too soon it's time to get the smart togs on, claim a table, drink some beer, queue for and eat the buffet, engage in racing conversations and watch the videos. Mount Kinabalu looks very appealing, but thoughts of how to get the altitude training in between domestic fell races gives my brain and body (it must have been psychosomatic) problems. And so onto the 1997 English Championship video - good footage on all races and not just the more (in)famous runners on film either - well worth a copy if it's available. Less recent clips from the 80s were also shown and inspired us all with footage of Billy Bland, Joss Naylor and Kenny Stewart at their peaks.

Presentation time, both British and English, girls and boys, applause, adulation and envy, must train a bit harder next year!

Now its the "Rock of Ages" rock band fronted by the only fell runner in the Pennine "v.old"

category. Fortunately he can still sing and play a bit despite his "aching bones" and the time passes swiftly as the dance floor fills and everyone enjoys themselves in good humoured fashion.

The legs are tiring, (after all this is an "AL" category do) and there certainly is some room for navigation errors after a few beers at this stage of the proceedings. One more major obstacle however, the final social checkpoint, the disco. It's 1:30 am, and either old age, over indulgence or just plain tiredness (or was it Rob Jebb's Karaoke!). tips the balance for the Pennine contingent, who retire gracefully. Obviously Pennine need to try much harder if they are ever going to come anywhere near the partying animals from Glossopdale in this department. (Training venues and schedules have since been revised to include stamina building exercises such as pub crawls, clubbing and aerobic dance classes (in that order).)

Anticipated Pennine performances for Sunday 16th. November were very poor, so no one elected to race anywhere except to the full English breakfast. Bills were paid and fond farewells exchanged before final departures into a misty November morning.

### Verdict:

1. Food - excellent and lots of it, although some had to wait longer than others.
2. Hotel - good accommodation and facilities at a reasonable price. Central location meant most runners didn't spend all day in the car.
3. "Do" - excellent organisation and entertainment - it was obvious that a lot of thought and effort had gone into this - thank the organiser for this.
4. The band - the male singer definitely needs to race more next year to gain more street cred with his audience !
5. A thoroughly enjoyable night out for a fell-runner.

Ian Warhurst



Ewen Rennie prepares for the "Do"!!

# STENTIFORD HITS NEW HEIGHTS IN NEPAL



Anne Stentiford Photo: Rob Howard

Anne Stentiford claimed a new record in The Everest Marathon, despite setting off from the start line at 17,000 feet in a blizzard, and running the first half of the race on a track covered in snow and ice. They were the worst conditions in the 10 year history of the biannual race, but Stentiford still finished 8th, the highest position ever taken by a female runner, and took 16 minutes 40 seconds off of Cath Proctor's existing record, set in perfect conditions in 1993.

After prolonged spells of injury and an extended period of travelling in the Far East, she joined a group of 85 competitors from 15 countries at Kathmandu for the trek in to Everest. Not many races have a 16-day walk to the start, but this allows time to enjoy the scenery and acclimatise safely to the altitude. Even so 13 runners were unable to compete over the full distance, most of them starting lower down after failing to acclimatise sufficiently to reach the start line.

The week before the race was spent walking very slowly up the course, from the Sherpa town of Namche Bazaar (11,300') to the final camp on the start line at Gorak Shep. There was time to enjoy the mountain views, take exploratory side trips and, for those with enough puff, to take training runs and learn the route, which is not marked, though the broad main trail is obvious enough. Only the upper few miles of the track is difficult, when it crosses boulder moraine at the side of the Khumbu Glacier. It was here, at the penultimate camp at Lobuche, that the coldest night was spent under canvas, with temperatures dropping to around -20C.

However, the weather changed on the final sleepless night before the race, as Stentiford described, "It was pretty appalling waking up. You could hear snow on the tent, opened the zip and it was almost a white-out. There were blizzard conditions, with 4 inches of snow on the ground, and I was waiting for the race to be cancelled, but was pleased when they said it was going ahead. I just wanted to get down to Namche. Everyone wanted to get out and down as they thought it was going to get a lot worse. It was just a race for Namche really." (The 1995 race was shortened to a half marathon and held safely after heavy snow and avalanches killed over 30 people in the area.)

She continued, "The night before the cloud was really low, and it did look like snow. It wasn't as cold as we thought it was going to be. It was quite a warm night. Relatively." (It was only minus 10C.) I started slowly and it was very icy underfoot and single file for the first few miles. The field quickly spread out so I couldn't see anyone. There was thick mist, icicles were forming on my nose and my eyelashes were icing up. Conditions were dreadful, but there were plenty of footprints to follow, which was good. The worst underfoot conditions were on the hill just before the halfway point. I was just hanging on to trees, even in Walshes and it would have been lethal in road shoes."

"I think I was in the top twenty at the first checkpoint and though I initially had the

record in mind and knew all Cath's spilt times, it was so slow at the start I dismissed the idea. Yet, at the Tengboche Monastery (14 miles) I was just about up with her times and felt strong, so I thought it might be a possibility once again. After that the snow had cleared and at 17 miles I was 7 minutes up, and I just kept on going really."

Her final time was 5.16.03 and the only Britain ahead of her was Nigel Holl, who was 5th in 5.06.24. The veterans winner was the 56 year old Italian Giuliano Tagliaferri, 7th in 5.13.03, and the top four places went to Nepalese runners, to give the home nation their first victory. The winner was Nepal's top marathon runner Hari Roka, claiming the title in 4.15.29 after finishing second in his 2 previous attempts in the race. Behind him was Bishant Singh Raut, who won the half marathon in 1995, and Dachhiri Sherpa, who spent the summer competing in the Alps, in races like Sierre Zinal, and Les Dents du Midi. Fourth was Pemba Sherpa from Namche Bazaar, running in his first ever race. As one of the aims of the race is to encourage the development of athletics in Nepal, it was good to see the Nepali runners with experience of previous races finally stay ahead of the visitors. (Jack Maitland still holds the record with his 1989 time of 3.59.04.)

Some well known British fell runners did not have the best of days. Andy Sytan, who was leading one of the trekking groups, managed 23rd in 5.57.54, despite being ill on the day, and his co-leader Barry Johnson was 31st in 6.24.39. Harry Blenkinsop finished 56th in 8.34.35 and said, "It was tough, not doubt about it. With the altitude and the snow blowing in my face I found it hard, but it is an achievement just to have finished. Apart from the race my main memory will be meeting the people of Nepal and discovering how they live, and how happy and smiling they are. They are a wonderful people to be with."

Despite his 60 years Blenkinsop was well behind the Super-Vets winner, the amazing 69 year old Eckart Lemberg, from Boulder USA, who came home in 8.09.03 to take 49th place. Another supervet was John Webster, a Scottish minister completing the race for the 3rd time at the age of 66. Though he came last in 10.40.20 and finished in the dark, he was delighted to have made it and added more proceeds to The Everest Marathon Fund. In his 4 attempts on the race he has raised over £20,000 for the race charity which supports aid work in Nepal, and which should top £200,000 after the 1997 event.

(Previous Everest Marathons have taken place biannually in November, but the 1999 race will be from March 19th to April 18th. The closing date will be September 19th 1998 and entry details are available now from Diana Penny Sherpani, 3 Elim Grove, Bowness-on-Windermere, Cumbria LA23 2JN. Tel: 01539 445 445. Details of the Everest Marathon Fund and donations can be sent to the same address.)

Rob Howard



Andy Sytan training near Namche Photo: Rob Howard

# TOP GEAR TAKES TO THE FELLS or DRIVE EVERY MOUNTAIN



Cracken Edge Prize Winners, Mike Egner, Jill Town and Derek Hurton

I was intrigued by the coverage of "long distance events" in October's *Fell Runner*: Mark Hartell's inspiring 77 peak Lake District 24 hour record; Rob Woodall's account of his extended Paddy Buckley Round; and Andy Walmsley's description of the Bowland Traverse which perfectly captured the atmosphere of a personal triumph against the fells and the clock. No less (and perhaps more) noteworthy was Dave Sleath's British 3 Peaks Record by bike and foot which was reported in Martin Stone's Long Distance News Summary. These events strike a chord with most fell runners, who enjoy rising to their own personal challenges within the sport.

And then there were three accounts of long distance "4 Peaks" driving/flying/ferryboat events, each of which included, apparently as an afterthought, some fell running. These events took in the highest peaks in Scotland, Wales, England and either Northern Ireland or the Republic in as short a time as possible.

Just where do Mark Saunders, Leslie Atchison or Richard Coe think their exploits sit within the ethos of fell running? Did they stop to think at all before jumping in their cars and speeding off towards the next mountain range. As Richard Coe asks in his report: "Why did fifty teams take part in an event requiring 2,000 miles of driving and 15,000 feet of running ascent?" I ask a similar question of Mark Saunders and Leslie Atchison: *What achievement do you see in driving 600 miles interspersed with 23 miles of running and 13,000 feet of climbing?* I don't know the answer.

I don't see the attraction of these challenges to fell runners. According to the times set out in Mark Saunderson's account, he and his team appear to have spent 7 hours running and about 17 in their car or on the boat: not even a 50:50 split between running and driving, more like 30:70. So don't the skills required to complete the traverse inside 24 hours have more to do with rally driving than fell running? Leslie Atchison's team chose to fly from Northern Ireland to Scotland for their challenge. Why not hire a private plane to take you to the closest air strip to each mountain, or better still, go by helicopter? True mountain challenges require physical commitment, not a fast car or plane, and success should be dependant upon the terrain, the elements and the mental and physical ability of the runner.

The 4 Peaks sort of event is also clearly irresponsible. Whatever the (in)sanity of any self-respecting fell runner, most participants in the sport put only themselves at risk. Driving for 17 hours out of 24 would presumably be illegal for drivers of commercial vehicles, and when added to the pressure of a tight schedule and narrow mountain roads, is a recipe for disaster. What would Lesley & Co have said to the judge or coroner if their driver Claire had caused a fatal accident, as "rigid with concentration [she] drove the winding route out of the Lake District ... trying desperately to make up for some of the time we had lost on Scafell Pike"? Are we to believe that these 4 peakers drove responsibly? How long would it take to drive between the 4 peaks within the speed limit?

Environmentally speaking, the driving involved in these events is an enormous

own goal. There is now almost universal agreement that excessive car use is damaging our environment. We've all spent hours in traffic jams on the M6 after a day in the Lakes, or crawled up the A65 polluting one Dales village after another. Many of our national parks now suffer unacceptably high levels of air pollution, often exceeding the Government's own safe limits.

But it's one thing to have to drive to our uplands because of the inadequacy of public transport, quite another to drive a car hundreds or thousands of miles as part of a "fell running" event. Our sport and the environment in which it takes place exist in a balance. Indiscriminate use of the car strengthens the case of those who would ban fell races. How long will it be before parking at fell races is limited by local authorities or access constrained because roads are closed to all but residential or business traffic?

Scaremongering talk? It was ironic that my *Fellrunner* arrived in a week in which BBC 2 showed a programme "Close Up North" about traffic pressure in the Peak Park. Park officials already closing roads to tourist traffic in high season, and further traffic management is planned.

Finally, the 4 Peaks challenge events are a part of the over-development and commercialisation of the hills, treating them as a resource to be exploited. The hills deserve our respect, not abuse; one of the greatest strengths of fell running is the respect for the landscape which flows through our sport.

One response offered to my criticism is that Richard Coe's event raised money for charity. This is an easy response, designed to head off any serious consideration of the philosophy of such events. Does Richard intend to raise more money to repair the environmental damage caused by his challenge, or by the hordes of ill-prepared sponsored 3-peakers who stream unthinkingly onto and off coaches in high summer between Snowdon, Scafell Pike and Ben Nevis. At some point these events cross the line between personal challenge and exploiting the countryside.

Maybe I'm just an intolerant bigot, and just maybe readers think they can rationalise this sort of activity: let me know, but for my part it will never have a place in fell running. If you want a challenge, then choose one which requires physical and mental commitment, not a fast car.

*Jeremy Clarkson (alias Derek Hurton, Denby Dale Travellers)*

(The author claims the record for the Bretton Hall - Marsden - Edale circuit, including two bus and three train journeys and a brief jog over Black Hill, Bleaklow and Kinder - all quite comfortably completed within a day).

# NAVIGATION COURSE

**RADCLIFFE AC's Sheila McNulty decided, after 18 months fell running, to find out more about navigation skills. So she joined 50 people on the annual Fellrunners Association two-day course in September at Elterwater Youth Hostel in the Lakes.**

If you think a re-entrant is a failed student and a saddle is only for cowboys then read on!

They are terms used in navigation and as an ex-road runner they have been something I have steered well clear of without the aid of a compass.

For the last 18 months since I got off the roads because of a hamstring injury I have relied on others.

My husband, who has done a lot of climbing and has a healthy respect for mountain terrain, has taught himself the basics of navigation and I have always taken the easy option and let him lead the way.

But I had begun to realise that even in short races the elements can make finding your way a nightmare and the thought of getting lost in a longer event in the Lakes has filled me with dread.

So with lots of encouragement from my husband for finally making a move to do something I joined 50 others on the Fellrunners Association weekend course at Elterwater in the Lakes in September.

I went along with two friends from Rosendale. They had both been the previous year but felt they needed more work on their navigation.

We stayed at the local youth hostel. It is a long time since I have stayed at a youth hostel but the lack of sleep and the basic lifestyle was far outweighed by what I got out of the course, the good company, and the fact that the Britannia pub was only yards, or should I say metres, down the road.

The FRA usually organises two of these events each year but this year there was just the one. The cost was £45 for full board and £30 if you went self-catering. Organisers and all instructors and helpers give up their time free for this and were on hand throughout the weekend giving help and advice to the

50 people, who included mountain runners, orienteering enthusiasts, fell runners of all levels and road runners taking their first steps on the fells.

Instructors included runners like Wendy Dodds, whose experienced background proved invaluable. And secretary of the FRA, Mike Rose, was on hand to emphasise the need for safety.

Five people have died in fell running in 40 years - five too many.

Mike stressed the need for navigation skills, and the right gear and safety equipment for all types of events in the fells and mountains.

The FRA gives advice and guidelines but safety in the end is really down to the individual. It's comforting to know that the FRA committee offering advice is made up of members who have run category A fell races.

We arrived on Friday evening for a map and compass lesson which was all the basics and essential for beginners like me.

The next day was the early morning run, and then a test. My God, I thought, a test, it's like being at school. But it was necessary so that the organisers could sort everyone out into suitable groups. Three people proved so good at the test, course John Gibbison told us they could have been instructing themselves.

Then it was gear on and out on the fells close to Elterwater for a map and compass exercise. Luckily the weather was kind and pacing out, taking bearings, and looking at contours all started to become a little clearer.

When we got back around 4pm there was time for a talk and discussions on equipment and videos for those interested in two-day events.

To my surprise Wendy Dodds gear for one of these events, minus her food, weighed in at a mere 10lbs. She has it off to a fine art.

After an excellent meal cooked by my two friends while I watched the videos they had seen the previous year it was time for the night navigation exercise.

I found myself laughing hysterically at this, along with many others. The thought of a head torch and a map and compass and wandering around in the dark seemed ridiculous and I

didn't see how we could find anything. But find those checkpoints we did.

We set off in pairs and we ploughed through bog and bracken, following a direct compass bearing until we literally fell on to most of the checkpoints. Some proved to be more difficult to find.

It all proved very amusing the next day when we went back and looked at the area in daylight. There were obviously much better routes we could have taken than fighting with chest high bracken. One runner ended up to his chest in a bog and had to be pulled out with the aid of his female partner!

We finished that Saturday with a well-earned navigation exercise to the pub.

On Sunday we did what was down as the Silverhowe Chase. It involved ten checkpoints on the fells above Elterwater and we were given descriptions of the checkpoints and had to mark them on a map before we set off. We should have done it individually and most were competitive, the winner covering the whole event in 1hr 11mins. But a group of us felt a lot less confident and ran together still making sure we all checked the compass and looked at the contours as we made our way round. At the last checkpoint we hugged and kissed before descending to the finish. You would have thought we had conquered Everest. It took us just over two-and-a-half hours.

Then it was back to the hostel for a quick shower and de-briefing before we set off home.

After suffering a dislocated shoulder in July only half a mile from the finish in the Turnslock I have thanked my lucky stars a million times over that I was not three miles further back up the course when it happened. But I was carrying the right gear and was quickly wearing a top and being helped down. It brought it home to me then that runners who turn up at events in weather that looks dodgy without any navigation skills and only a tiny bum bag, which so obviously does not carry the right equipment or protective gear, are not doing themselves any favours. They should make a note of this course next year and get on it. Besides, it's a good pint at the Britannia!

Sheila McNulty





# Junior's - Dad's Eye View - 1997

1997 is likely to be looked back on as a turning point for junior fell running. There were three firsts;

- The first BAF course specifically for fell running coaches held at Blackpool.
- The first Junior Training week-end at Coniston.
- The first FRA Junior "Do" at Skipton.

Due to the demise of BAF, the attendees at Blackpool have been unable to complete their qualification. However, they came away from the two day session armed with a great deal of practical information. Thanks Norman.

As chronicled in previous editions, the week-end at Coniston was a great success. Again, I'm sure everyone came away with new enthusiasm and knowledge ready for the start of the season. And what a start! An enormous field turned up for the first races at Hebden. This was not necessarily maintained throughout the summer, but the quality definitely was. Sedbergh in particular sticks in my mind, when on a very hot day, runner after determined runner toiled up the steep slopes. Competition was not confined to the top three or four in each age group. However, maximum points were scored by the winner in five of the eight categories.

My own unofficial awards for the year based on races we attended are :

## - True Fell Course.

Dodd Fell and Black Lane Ends for completely ignoring the senior course and laying out a genuine fell course for the juniors.

## - Unfortunate Incident.

Crow Hill for a helpful (?) spectator persuading a policeman to misdirect runners in the U18 race. (Allan Greenwood deserved better) Lantern Pike for managing to have the combined U18/U16 field funnelled through a narrow gateway just as the combined U14/U12 front runners were approaching in the other direction. No injuries unfortunately but a lot of swearing was reported - all by the young ladies of course!

## - Prizes.

Anything to do with Dave Woodhead, Todmorden (seniors), and Winter Hill for the most amazing jackets complete with embroidered badge.

## - Poor Spirit.

Two or three newcomers who need to learn that deliberate balking and weaving are not part of fell-running. As one perpetrator ended up full length in the stream at Hebden, perhaps this will be a short-lived problem.

## - Good Spirit.

Everyone including parents for their camaraderie and support of each other. This was particularly evident with some of the unfortunate injuries suffered during the year.

## - Perpetual Problem.

Under age runners; a six year old and a seven year old were seen at two U12 races. It is simply not fair on organisers to enter children of this age. Special much shorter chaperoned U11 and U9 races are far more suitable. Insurance still needs to be arranged though, a point which some parents and organisers seem to forget or ignore. Belmont should be complimented on going into writing on this subject and refusing underage entries.

## - Never Mind.

For travelling to Pontypool for the Home Internationals only to discover that the races had been brought forward one hour. No problem for the team managers. Not so clever for individual entrants. However, a letter to BAF suggesting improved communication brought a constructive reply from David Moorcroft despite having one or two other things on his mind at the time. It was still worth the journey to cheer on England.

From a family point of view, 1997 was a year of extremes :

In July, Adam fell while training on a very steep descent. I saw the cartwheel out of the corner of my eye, but very luckily damage was confined to two cracks in his ankle. It could have been a lot worse. Ten weeks and two championship races were lost; but you can still keep fit on a turbo trainer even with your foot in plaster! Thank you to everyone who enquired after his well-being. In September, my second son Edward completed the Great North Junior Race exactly one year after undergoing further open-heart surgery in Alder Hey hospital. Although he finished last (like father, like son) it was a marvellous achievement. Yet again, dozens of people encouraged me in my own efforts. Special thanks go to those young runners who have shouted from the sidelines; it means a lot when everything hurts and you are wondering exactly what possessed you to take up this pastime. As predicted in last year's meanderings, the ankles don't give way quite so often, and I've stopped coming last. However it has been suggested in some quarters that this is only because the overall standard of fell-running has slumped dramatically in the last twelve months; not in junior running it hasn't. Good luck to everyone in 1998.

The FRA Junior "Do" was a great end to the season. There was something for everyone; even a video of me finishing the 1996 Buttercraggs race at Grasmere; yes, in last place.

The display of photographs was fascinating, capturing so much of the atmosphere of fell running. The disco dancing just made me feel old(er). And what was that on Dave's waistcoat?

I would never presume to speak on behalf of other parents but I think we all appreciate the hard and enthusiastic work put in on behalf of our children throughout the season.

*Jim Godwin*

*Michael Hammer (Hyndburn)  
pictured at Thieveley Pike  
Photo: Peter Hartley*



take  
to  
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# walsh

SPORTS SHOE MANUFACTURERS

# BOOK REVIEWS

## Tales Of A Lakeland Valley: Borrowdale by Sheila Richardson

(Published by Mill Field Publications: Workington. Paperback: 92 pages: £4.50)

The reason for this review is that the book includes a 10-page chapter on Stan Edmondson of Seathwaite Farm, Borrowdale, who was one of the foremost guides racers of the late 1940s and early '50s, with a talent for fast descents over steep, rugged terrain. 1948 was his peak year when he entered 14 races and won them all, though Roger Ingham regards his 1951 Grasmere victory as his finest individual achievement. Stan was 3rd at the first flag but overhauled his rivals, Bill Teasdale and Derek Ormandy, with a flying descent. He had previously won Grasmere in both 1947 and '48, in which years he had also claimed victory in Yorkshire's Kilnsey Crag Race.

However, this chapter also describes Stan's work on the farm and particularly highlights the dreadful floods which have ravaged the dale from time to time, the worst being that of 1966 "when about six inches of rain fell in two or three hours." This was also the year, incidentally, that his son, also named Stan, won the Grasmere Juvenile Guides Race. Stan senior was also a pioneer mountain rescuer, having joined the Keswick Mountain Rescue Team in 1947, the year after it was formed by Colonel Rusty Westmorland, and was involved in rescue for thirty years, though he also pays tribute to the quarrymen rescuers who went on "call-outs" prior to this and whom he regards as "the real pioneers of Mountain Rescue." Says the Author of Stan: "His local knowledge of the area proved invaluable in many rescues, for not only could he guide the team to the scene of incidents, but he was also familiar with the grass descents down which the stretcher could be lowered much more quickly and easily than effecting a 'carry' over rough ground."

For followers of Lakeland Sports in general there is also a fascinating chapter on Hound Trailing which details the accomplishments of Victor Brownlee of Stonethwaite Farm, Ben Pattison of Longwaite and his daughter Mrs. Peggy Horsley, all three having previously been written up 20 years ago in Rex Woods' brilliant collection of wrestling, fell racing and hound trailing studies, **Lakeland Profiles** (Ashecliffe Books: Grasmere, 1978). Peggy's daughter Ann is the wife of Billy Bland, himself a keen hound trailer. Other chapters cover the general history and folklore of the dale, including a mention of Bob Graham and an

interesting treatise on the National Trust, and there are several black-and-white photographs, one of them depicting Edmondson and Teasdale at the start of the 1948 Keswick August Bank Holiday Sports fell race up Latrigg.

Bill Smith



Three legendary guides racers pictured here at the 1989 Grasmere Sports: Stan Edmondson, Seathwaite (Borrowdale), Bill Teasdale, MBE, Caldbeck; and Jock Ireland, Ennerdale. Photo: Bill Smith

## EDDIE CAMPBELL: An Appreciation

(Fort William, 1997)

This smartly-produced 24-page booklet has been compiled and edited by the late Eddie Campbell's Lochaber clubmate, Leen Volwerk, who also wrote the tribute which appeared in the February, 1997 issue of *The Fellrunner*.

In his foreword to the booklet, Leen describes it as being "partly a tribute to Eddie, partly a way of giving as many people as possible a chance to express how they felt about him." And that admirably summarises its contents, for there are written contributions from no less than 22 people, including the Editor, plus various other items of interest, such as a complete listing of all Eddie's Ben Nevis Races from his first in 1951 to his last in 1995, including times and positions; Eddie's own account of his first run up the Ben with Jock Petrie and his two sons; and a reproduction of his highly-humorous information sheet for the 1982 Lairig Ghru "fun run" for which the SAAA had refused a permit, as it had done four years previously when, to quote Roger Boswell in *The Fellrunner* (Summer, 1979), Eddie "invited the cream of Lochaber AC to accompany him on an unofficial run over this famous pass."

The length and content of the tributes vary considerably but many are in humorous vein. Charlie Ramsay recalls his 24 Hour Lochaber Round in 1978 on which "Eddie paced and guided our team through thick

mist across the Mamore Ridge (11 Munros) ... Without his help I'd probably have blown it on the Mamores .... Eddie with his local knowledge knew every inch of the round and had a go himself later in 1978 but ran out of time and came home just over the magic 24 hours." This is followed by Roger Boswell's report on Eddie's attempt in which Roger blames a bad route choice at night for his failure to get inside 24 hours.

There are reminiscences of training runs on the Lochaber Hills with Eddie by his son-in-law, John Dougan, while road marathon specialist Colin Youngson records his own recollections of the great man. Wendy Dodds tells of the 1978 group walk over Tranter's Round (the basis of Ramsay's Round) on which Eddie was present, followed by Eddie's own version. Tom O'Reilly, Sandy Gunn and Billy Davidson all testify to Eddie's prowess as a descender, while Ronnie "Cammie" Campbell introduces us to "Another Side Of Eddie": "For the past forty years, Eddie was accepted as one of the great shinty referees, travelling the length and breadth of Scotland, officiating at games in all types of weather...."

Other contributions come from such well-known names as Jimmy Jardine, John Marstrand, Jim Smith, Reg Baker, 1966 Ben Race winner Allan MacRae, and five-times winner Dave Cannon who also won the 1971 Half Nevis Race. Jardine marstrand and Smith all recall the training runs up and down the Ben with Eddie prior to the race, and Jardine's comments also include this one: "A good trick I soon latched onto if I'd forgotten to enter in advance at a race was to sign in with Eddie and instead of cold shoulder you got VIP treatment!" To all these tributes, I would like to add another from Mike Short (Horwich), a double FRA champion of the 1970s, who once told me with reference to the Ben Nevis Race: "To meet and chat with Mr. Ben Nevis himself - Eddie Campbell - is alone worth the long journey up to Fort William."

The booklet is greatly enhanced by a varied selection of black-and-white photographs, 18 in all, the outstanding ones coming from the camera of Alex Gillespie, particularly those of the Ben Race on the front and back cover, and there is also a cracking picture of Eddie refereeing at a shinty match. It costs £3.00 from Pete Bland or West Coast Leisure, Fort William, or it can be obtained by post for £3.50, including p&p, from Leen Volwerk, Lochaber High School, Fort William, PH33 7ND. Cheques should be made payable to Lochaber AC.

Says Leen: "All profits will go either to a commemorative Ben Race Trophy of some kind or to the numerous charities Eddie supported from his race proceeds when he was alive."

Bill Smith

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*Main photo: English Championship race at Shelf Moor - Brian Hargreaves (Todmorden V60) crosses Dowstone Clough (Photo: Peter Hartley)*

*Inset: Top; M. Longworth of Kendal, Buttercrags, (Photo Steve Bateson)*

*Bottom: John Reeve, Nigel Kirkbright, Angela Brand-Barker - 3 Shires (Photo Peter Hartley)*

## WAUN FACH

### Powys

AM/7m/2000ft 2.8.97

1. M. Palmer	ForestD	47.27
2. H. Richards	MDC	52.40
3. P. Gardner	Heref	53.08
4. D. Gilchrist	Unatt	53.32
5. S. Brown	MDC	53.46
6. J. Bass	MDC	54.21
7. M. Duxbury	MDC	54.58
8. I. Powell	Reading	55.35
9. M. Green	ForestD	56.19
10. A. Orringe	MDC	57.08

#### VETERANS O/40

1. H. Richards	MDC	52.40
2. S. Brown	MDC	53.46
3. A. Orringe	MDC	57.08
4. J. Darby	MDC	59.04
5. M. Harris	MDC	62.41

#### VETERANS O/50

1. E. Meredith	MDC	63.59
2. M. Purchase	Griffith	64.40
3. D. Finch	MDC	65.48
4. G. Evans	Blaen	67.28
5. C. Jones	MDC	69.25

#### LADIES

1. A. Bedwell O/35	MDC	62.28
2. J. Harrison	MDC	71.59
3. A. Goodall O/35	Mercia	75.42
4. M. Barlow O/35	SarnH	79.13

#### JUNIORS

1. L. Palmer	Unatt	79.36
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## BORROWDALE FELL RACE

### Cumbria

AL/17m/6500ft 2.8.97

Good weather again meant a good turnout, good times and a good day for Borrowdale Fell Runners! A well deserved win for Jonathan Bland and an excellent finishing position for Menna Angharad, breaking the record again. Congratulations to our sponsor, Miles Jessop, for finishing the race at his first attempt! Many thanks to all our helpers at registration and the finish, checkpoint people, tea ladies and Mountain Rescue - we couldn't manage without them!

Next year is the twenty-fifth race, so hope to see you all then.

P. Barron, A Bland

Results in October Fellrunner.

## TEGGS NOSE FELL RACE

### Cheshire

BM/6.5m/1100ft 9.8.97

A good field toed the line; I was expecting more as we were the only event in the calendar on the day. It was so hot I was expecting some runners to need the help of St John's but everything turned out all right.

It was good to see the Todmorden crowd winning the event and also the team prize. Sarah Rowell told me she still had the odd niggles but romped home to a fine win.

Greg Rowson

1. A. Wrench	Tod	46.53
2. M. Fowler	Salf	47.08
3. D. Gartley	Gloss	47.26
4. S. Willis	Tod	49.28
5. G. Morson	Bux	49.30
6. N. Ashcroft	Spect	49.49
7. D. Gibbons	Althc	50.05
8. T. Werrett	Mercia	50.27
9. M. Foschi	Penn	51.30
10. S. Ellis	Tatt	51.50

#### VETERANS O/40

1. M. Foschi	Penn	51.30
2. R. Clucas	CFR	53.49
3. D. Collins	Tod	54.43

#### VETERANS O/45

1. G. Morson	Bux	49.30
2. J. Kershaw	Macc	52.24
3. P. Griffiths	DkPk	54.33

#### VETERANS O/50

1. J. Morris	Penn	59.10
2. C. Holland	Mich	60.44
3. R. Blakely	Tod	62.12

#### VETERANS O/60

1. B. Howitt	Matlock	63.56
2. J. Barker	Clay	64.52
3. B. Thackery	DkPk	66.44

#### VETERANS O/70

1. E. Mitchell	DkPk	88.10
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#### LADIES

1. S. Rowell	P&B	54.10
2. L. Quigley	Wigan	57.10
3. E. Batt	Bux	57.38
4. E. McGuire	Bux	58.43
5. C. McCarthy O/35	Helsby	59.14
6. R. Pleeth	Macc	61.13

## BRECON BEACONS RACE

AL/19m/4500ft 16.8.97

A scorcher for this Welsh Championship Race with temperatures up to 28°C. A small, but determined field, set off from Tal-y-Bont dam to complete one of the best fell races in the country. The weather had its affects, slowing down times and putting a stop to male Veteran O/60 challenger, John Blind as a 'Battersby'. The race was fought between James McQueen and Mark Palmer, with James winning by two minutes in the end. First lady back was Menna Angharad, just twenty three seconds outside the ladies' record - a superb performance. Everyone tucked into a mountainous buffet afterwards and promised to return next year (presumably for the food).

Many thanks to the marshals and drinks' providers for looking after the runners, providing lots of liquid and, more importantly, making my job easier. Next year, the race will be back to its usual Bank Holiday Saturday slot and run anti-clockwise. See you there.

Thomas Gibbs

1. J. McQueen	Eryri	2.42.28
2. M. Palmer	ForestD	2.44.03
3. A. Woods	MDC	2.56.55
4. J. Bass	MDC	2.57.13
5. T. Jones	Eryri	2.59.38
6. M. Angharad	Eryri	2.59.45
7. D. Williams	Eryri	3.00.28
8. T. Laney	Clay	3.10.06
9. S. Barnard	Mercia	3.16.58
10. R. Woodall	Mercia	3.16.58

#### VETERANS O/40

1. D. Livesey	Denbigh	3.17.18
2. P. Chadwick	Wells	3.23.51
3. M. Lucas	MDC	3.41.31

#### VETERANS O/50

1. D. Williams	Eryri	3.00.28
2. B. Martin	MDC	3.26.15
3. C. Jones	MDC	3.55.40

#### VETERANS O/60

1. T. Breakwell	Borr	4.03.43
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#### LADIES

1. M. Angharad	Eryri	2.59.45
2. C. Ashton	MDC	3.57.53
3. J. Harrison	MDC	4.18.25

## PILGRIMS CROSS FELL RACE

### Lancashire

BM/6m/1000ft 20.8.97

Carol Greenwood notched up another win and course record, being placed sixteenth overall. She led home a classy ladies' field with Jessica Turnbull second, also within the old record, and Jane Clark making a successful comeback after injury problems, in third place.

Mark Aspinall, a previous winner of the race, was just a little too strong for Adrian Murphy. He managed to open up a small gap on the last climb, which he held on to on the run in to the finish.

The performance of the evening was probably that of Laurence Sullivan in a fine time of 45.31; he was the first Veteran O/60, in sixty sixth place from a record field of 188.

Mervyn Keys

1. M. Aspinall	Clay	37.53
2. A. Murphy	Middle	38.05
3. G. Sumner	Ross	38.41
4. I. Greenwood	Clay	38.54
5. N. Ashcroft	Spectr	38.56
6. S. Sweeney	Unatt	39.04
7. P. Brannon	Clay	39.21
8. S. Blakelock	Ross	39.26
9. S. Bottomley	Unatt	39.31
10. T. Taylor	Ross	39.41

#### VETERANS O/40

1. T. Taylor	Ross	39.41
2. S. Clarke	Clay	40.38
3. J. Winder	CaldV	41.45
4. B. Rawlinson	Ross	42.24

#### VETERANS O/50

1. D. Kearns	Bolt	41.21
2. J. Nolan	Unatt	47.16
3. J. Windle	Clay	47.44
4. R. Poulter	Tod	49.15

#### VETERANS O/60

1. L. Sullivan	Clay	45.31
2. G. Arnold	Prest	51.16
3. D. Clutterbuck	Roch	53.29

#### LADIES

1. C. Greenwood	Bing	41.15
2. J. Turnbull	Bury	43.20
3. J. Clark	P&B	43.54
4. L. Payne	Unatt	48.11
5. D. Vallyley	Bolt	51.00

#### JUNIORS

1. M. Huxley		45.42
2. M. Corbishley		54.49



Colin Moses, 5th at Burnsall, pictured at The Stoop.

Photo: Allan Greenwood

## BURNSALL CLASSIC

### North Yorkshire

AS/1.5m/900FT 23.8.97

On a wet day, making conditions slippery underfoot and an entry a little depleted of leading runners by an England training weekend, we had a classic fell race with three-times former winner, Steve Hawkins, leading at the top in 9.19, holding on to beat another previous winner, Gary Devine.

An excellent overall entry with Graham Schofield as first Veteran O/40, for the second year in succession. Former Junior Fell winner, Rob Jebb, finished third in 14.05, Dave Hodgson, who last won the race in 1960 with a time of 13.40, came in at 20.45, and Pete Watson, record seven times previous winner, finished in 22.19 - amazing!!

J.D Maxfield

1. S. Hawkins	Bing	13.29
2. G. Devine	P&B	14.00
3. R. Jebb	Bing	14.05
4. P. Sheard	P&B	14.47
5. C. Moses	Bing	14.53
6. A. Maloney	Roch	15.09
7. G. Schofield	Horw	15.20
8. T. Chew	Clay	15.50
9. B. Stevenson	P&B	15.55
10. J. Feeney	Bing	16.00

#### VETERANS O/40

1. G. Schofield	Horw	15.20
2. H. Sawyer	Skyrac	17.24
3. M. Baldwin	ilk	17.41
4. B. Hamilton	ilk	17.44
5. A. Robinson	Clay	17.50

#### VETERANS O/50

1. A. Riley	Kend	17.09
2. A. Bland	BoRR	17.11
3. D. Ackroyd	ilk	17.44
4. P. Helliwell	Bing	18.05
5. G. Breeze	Skyrac	18.24

#### LADIES

1. J. Clark	P&B	18.13
2. J. Prowse	Kghly	18.32
3. J. Smith O/35	Bing	19.54
4. A. Curle	Fellan	20.21
5. K. Chown	Local	21.21
6. J. Town O/35	DenbyD	22.23

#### JUNIORS

1. G. Lamb	P&B	7.59
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## SHIPMANS KNOTT

### Cumbria

AM/7.5m/1800ft 24.8.97

1. G. Bland	Borr	52.16
2. S. Booth	Borr	53.35
3. N. Spence	Kend	53.46
4. D. Houlsworth	Kend	53.57
5. B. Evans	Ambly	56.18
6. S. Bottomley	Eccles	56.41
7. N. Sharp	Kesw	56.51
8. P. Harlow	Kesw	57.14
9. S. Shuttleworth	Ambly	58.00
10. S. Hicks	Borr	58.31

#### LADIES

1. L. Campbell	Eryri	67.28
2. L. Osborne	Kesw	69.43
3. V. Peacock	Clay	73.40
4. C. McNeill	Ambly	84.43
5. Y. Proctor	Kend	87.10
6. K. Robson	Kend	89.39

**GOLF BALL FELL RACE**  
**Lancashire**  
**BS/5.5m/800ft 27.8.87**

After a wet and rainy day, the evening turned out fine for this event increasing the turnout for the Golf Ball Fell Race.

Local runner, M. Keys, was in good company among the turnout with A. Murphy giving him a good hard run until the final descent. Rossendale took the team prize with good support from A. Preedy and P. Livesey. C. Greenwood was in good form to take first prize in the ladies' category giving some of the lads a good run for their money! T. Taylor had an excellent run to take first Veteran O/40 prize along with T. Spicer in the Veterans O/45 category. In the Junior Men's race, G. Pearce did exceptionally well to take first prize and was twenty first overall - one to look out for in the future!

Rossendale took the team prize, Bolton took the ladies' team prize and were surprised when their names were called out.

A very big 'thank you' to all the people who helped out and I look forward to seeing you all next year.

*J. Kempson*

1. M. Keys	Ross	35.48
2. A. Murphy	Midd	36.15
3. S. Sweeney	Unatt	36.59
4. A. Preedy	Ross	37.26
5. R. Hope	Horw	37.35
6. I. Greenwood	Clay	37.51
7. P. Livesey	Ross	38.09
8. G. Sumner	Ross	38.20
9. J. Helmsley	Ilk	39.02
10. A. Orr	Clay	39.07

**VETERANS O/40**

1. T. Taylor	Ross	39.22
2. D. Beels	Roch	39.49
3. N. Gotts	Ross	40.56
4. S. Houghton	calve	41.57
5. P. McNulty	Radc	41.59

**VETERANS O/45**

1. T. Spicer	Ross	40.03
2. B. Rawlinson	Ross	41.51
3. S. Kelly	Bolt	43.25
4. N. Harris	Ross	43.43
5. B. Smith	Ross	44.44

**VETERANS O/50**

1. D. Kearns	Bolt	41.34
2. R. Bradley	Holm	44.01
3. P. Jepsen	Ross	44.04
4. P. Heneghan	Bsheep	46.48
5. P. Roberts	Roch	47.23

**VETERANS O/60**

1. P. Duffy	Aber	48.44
2. D. Clutterbuck	Rroch	52.51
3. R. Moulding	Black	53.08

**LADIES**

1. C. Greenwood	Bing	40.50
2. L. Lacon	Holm	45.47
3. D. Valley	Bolt	50.02
4. J. Bellis	Bolt	50.03
5. J. Keys	Ross	50.21
6. C. Ashton	Clay	52.08

**JUNIORS**

1. G. Pearce	Ilk	40.40
2. G. Bateson	Ross	51.15
3. A. Gotts	Ross	51.42

**PENDLETON FELL RACE**  
**Lancashire**  
**AS/5m/1500ft 30.8.97**

Previous winners, Shaun Livesey and Gary Devine, were unable to do anything to prevent a clean sweep by the Todmorden pair of Andrew Wrench and Sean Willis, with Andrew taking the honours and Gary third, Phil Sheard fourth and Shaun fifth. Karen Slater, in excellent form this summer, was a comfortable winner of the ladies' race with Sarah Brown second.

Mike Wallis, in his first race as a Veteran, couldn't quite catch Tony Hesketh. Ian Beverly was the first Veteran O/50 back, with Lawrence Sullivan first out of ten Veterans O/60.

Once again we had good weather which brought 175 runners out. After taking out the expenses, we were left with a profit of £100 which was presented to the Superscan Appeal.

Thanks to all who helped on the day.

*Roger Dewhurst*

1. A. Wrench	Tod	32.53
2. S. Willis	Tod	33.36
3. G. Devine	P&B	33.52
4. Phil Sheard	P&B	33.58
5. S. Livesey	Clay	34.13
6. A. Preedy	Ross	34.34
7. D. Flatley	Horw	34.38
8. G. Watson	Altr	34.45
9. T. Hesketh	Horw	35.16
10. M. Woods	Clay	32.35

**VETERANS O/40**

1. T. Hesketh	Horw	35.16
2. M. Wallis	Clay	35.30
3. P. Harlowe	Kesw	37.01
4. J. Holt	Clay	37.36

**VETERANS O/50**

1. I. Beverly	Clay	42.22
2. J. Windle	Clay	43.33
3. D. Simpson	Prest	43.54
4. W. Mitton	AchR	45.24

**VETERANS O/60**

1. L. Sullivan	Clay	42.48
2. D. Brown	Clay	45.53
3. J. Barker	Holm	46.32
4. M. Houghton	Chor	46.36
5. B. Smith	Clay	46.54
6. G. Arnold	Prest	48.57

**LADIES**

1. K. Slater O/40	KghlyHR	41.05
2. S. Brown	Bowl	44.02
3. K. Thomspson O/40	Clay	47.48
4. J. Sullivan O/40	Clay	49.26
5. L. Bostock O/40	Clay	51.01
6. J. Dowling	Tod	52.08

**JUNIORS**

1. S. Shaw	SthROC	45.34
2. L. Unsworth JL	Chor	51.18
3. K. Rogan JL	KghlyHR	53.54

**BELLINGHAM SHOW FELL RACE**  
**Northumberland**  
**BS/4m/600ft 30.8.97**

This year was notable for the bigger entry, probably due to the race not falling on the Bank Holiday weekend, and for the start being moved to the middle of the showfield. Although the finish was moved, the course was probably about 100 metres longer.

Tim Wylie's winning time was a minute outside his 1996 time but the warm weather would have been a greater factor than the course length. Karen Robertson and Duncan Scott took over two minutes off the ladies' and Under 16s records respectively. The team competition was dominated by Tynesdale AC.

*A. Philipson*

1. T. Wylie	Tyne	28.25
2. A. Green	Tyne	28.37
3. N. Dunn	Unatt	28.56
4. D. Scott	Tyne	29.03
5. J. Dickinson	Tyne	29.05
6. G. Owens	Unatt	30.03
7. D. Armstrong	NFR	30.07
8. A. Clarke	Tyne	30.30
9. B. Mitchell	Clay	30.33
10. S. Gakhar	NFR	30.41

**VETERANS O/40**

1. J. Dickinson	Tyne	29.05
2. G. Owens	Unatt	30.03
3. J. Marsh	Teviot	31.38
4. L. Stephenson	Kend	33.20

**VETERANS O/50**

1. B. Mitchell	Clay	30.33
2. J. Spells	Elsw	33.07
3. B. Campbell	Gosf	33.50
4. R. Hayes	NFR	34.51

**LADIES**

1. K. Robertson	TyneTri	33.24
2. H. Francis	Tyne	39.09
3. J. Saul	NFR	40.07
4. G. Mennim O/40	NFR	40.32
5. B. Young O/40	Clare	42.29
6. A. Bennet	Clare	46.12
7. P. Cooper O/40	NFR	46.26
8. G. Young	Clare	46.32

**JUNIORS U/16**

1. D. Scott	Tyne	29.03
2. B. Marsh	Teviot	38.13



*Andy Preedy, Rossendale, 4th at Golf Ball. Photo: Peter Hartley*

**ROAN FELL RACE**  
Roxburghshire  
BM/9m/1500ft 30.8.97

In spite of warm sunshine and a fresh breeze, conditions underfoot remained heavy to produce slow times. John Tullie made it six wins in a row in spite of a strong challenge from Roger Irving. Roger kept in touch towards the summit but John soon pulled away during the descent.

*Tony Furlong*

1. J. Tullie	Teviot	1.13.26
2. R. Irving	Annan	1.14.43
3. T. Ireland	Annan	1.21.47
4. R. Cranston	Teviot	1.21.55
5. J. Humble	N'landFR	1.22.58

**VETERANS O/40**

1. J. Humble	N'landFR	1.22.58
2. D. Woodbridge	Kend	1.32.35
3. B. Kinear	Annan	1.32.38

**INTERMEDIATES**

1. Graham. Nichol	BdrH	18.10
2. P. Laing	Unatt	20.37
3. D. McQueen	Edin	24.47

**JUNIORS**

1. Gordon Nichol	BdrH	11.33
2. P. Smith	Unatt	11.51
3. J. Tullie	Teviot	11.59

**MOUNT SKIP FELL RACE**  
West Yorkshire  
BS/4.5m/1000ft 30.8.97

A glorious sunny day coupled with a busy village gala made it a great day out. Unfortunately, there was a low turnout of 54 entrants but a quality top ten runners. Carol Greenwood was second on the way up, just dropping to third before the trig point and finally finishing a good ninth. Gary Oldfield finished on his own two minutes clear in the lead.

*Jez Wilkinson*

1. G. Oldfield	BfdA	30.33
2. D. Woodhead	Horw	32.38
3. C. Moses	Bing	32.51
4. A. Maloney	Roch	33.04
5. J. Helmsley	Ilk	33.16
6. T. Taylor	Ross	33.18
7. S. Bottomley	Eccles	33.33
8. S. Anderton	Tod	33.54
9. C. Greenwood	Bing	33.55
10. J. Winder	CaldV	33.58

**VETERANS O/40**

1. T. Taylor	Ross	33.18
2. J. Winder	CaldV	33.58
3. D. Beels	Roch	34.24
4. D. Collins	Tod	36.37
5. J. Baker	EHull	37.15

**VETERANS O/50**

1. G. Breeze	Skyrac	37.08
2. P. Watson	Horw	39.06
3. G. Palmer	Roch	39.56

**LADIES**

1. C. Greenwood	Bing	33.55
2. G. Cook O/35	Roch	37.11
3. L. Quigley	WiganPH	37.27
4. T. Barton	LeedsC	39.03
5. L. Lacon	Holm	40.11

**MOFFAT BEEFTUB RACE**  
Strathclyde  
AS/2m/750ft 30.8.97

1. J. Coyle	Carn	21.55
2. D. Brown	Dumf	22.30
3. M. James	Carn	22.48
4. L. Hill	Dumf	23.10
5. D. Byres	Traff	23.17
6. J. Blair-Fish	Carn	23.22
7. D. Sheill	Carn	23.59
8. P. Wilson	Arran	24.07
9. A. Matthewson	Liv	24.28
10. B. Green	Solway	25.14

**VETERAN O/40**

1. L. Hill	Dumf	23.10
2. J. Blair-Fish	Carn	23.22
3. P. Wilson	Arran	24.07

**VETERAN O/60**

1. B. Gauld	Carn	32.15
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**LADIES**

1. A. Nimmo O/40	Carn	28.41
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**JUNIORS U/20**

1. G. Shiell	Carn	25.27
2. G. Wright	Carn	34.38

**Y CNICHT**  
Gwynedd  
AS/4.5m/850ft 31.8.96

Race organiser, Francis Uhlman, signed off after seventeen years with another carefully orchestrated wind-swept, soggy race, dominated by James McQueen and Menna Angharad and with a good performance from junior, Harry Mathews. Don Williams continues to turn in outstanding Superveteran performances. The race deserves a new organiser with guaranteed access to sunshine.

*Francis Uhlman*

1. J. McQueen	Eryri	36.04
2. H. Matthews	Shrews	37.30
3. W. Kennon	Unatt	37.55
4. T. Jones	Eryri	38.06
5. P. Crowson	DkPk	39.31
6. D. Williams	Eryri	39.58

**VETERANS O/40**

1. M. Blake	Eryri	43.30
2. G. Spencer	Mercia	43.48
3. Derwyn Williams	Eryri	44.11

**VETERANS O/50**

1. Don Williams	Eryri	39.58
2. M. Williams	Eryri	46.45
3. A. Todd	Helsby	48.31

**VETERANS O/60**

1. D. McCaffrey	BroDy	51.07
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**LADIES**

1. M. Angharad	Eryri	40.15
2. C. Thomas	Eryri	50.46
3. J. Sayer	Telf	58.40

**JUNIORS**

1. H. Mathews	Shrews	37.30
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**ST JOHN'S CHAPEL FELL RACE**  
County Durham  
BS/3m/700ft 30.8.97

Well supported event with an increased number of entries on previous years.

1. J. Marshall	23.09
2. P. Kelly	23.28
3. K. Maynard	24.52
4. T. Edwards	25.16
5. R. Maynard	25.17
6. S. Walton	25.37
7. W. Tait	26.12
8. J. Taylor	26.28
9. L. Coles	26.31
10. M. Graham	26.57

**LADIES**

1. A. Raw	27.15
2. G. Beedle	29.56
	30.34
4. C. Mears	30.43

**FUN RUN**

1. A. Campbell	9.31
2. N. Campbell	9.43
3. C. Maynard	10.42

**GUISBOROUGH GRUNT**  
Cleveland  
BM/7m/1000ft 2.9.97

1. C. Stead	ThirskS	37.47
2. D. Fielden	Mand	38.27
3. M. Burn	ThirskS	38.43
4. A. Normandale	Nestle	38.56
5. V. Brudenell	Mand	39.01
6. R. Firth	Mand	39.24
7. R. Cole	Mand	39.29
8. A. Harland	Mand	39.40
9. P. Buckby	NMArske	39.55
10. S. Kelly	Mand	40.04

**VETERANS O/40**

1. A. Normandale	Nestle	38.56
2. R. Firth	Mand	39.24
3. P. Buckby	Nmarske	39.55
4. P. Connor	Mand	40.08
5. R. Burn	Unatt	40.34

**VETERANS O/50**

1. J. Williams	Mand	43.24
2. M. Hetherton	Nestle	44.36
3. J. Kettle	NMArske	44.50
4. E. Huck	ThirskS	46.19
5. R. Stevenson	Mand	47.02

**LADIES**

1. A. Raw	Darl	45.21
2. S. Gaylor	Mand	49.24
3. J. Soper O/35	ThirskS	50.17
4. C. Mears O/35	Darl	50.58

**HADES HILL RACE**  
Lancashire  
BS/5m/1200ft 4.9.97

A fine evening, which helps late in the season, with wins by Andy Maloney and Carol Greenwood (ninth overall). At 125, the field was down so the prizes might be leaner next year! Daren't put the entry fee up - some muttered when it was increased by a monstrous 30p years ago!! Enough of the problems of management - see you (and more?) next year!

*Derek Clutterbuck*

1. A. Maloney	Roch	31.37
2. S. Sweeney	Bowl	31.43
3. D. Kelling	Traff	32.23
4. S. Blakelock	Ross	32.25
5. R. Haworth	Middle	33.02
6. J. Ingram	Saddle	33.04
7. S. Fairmanar	Traff	33.08
8. A. Baker	Roch	33.27
9. C. Greenwood	Bing	33.29
10. P. Taylor	Ross	33.30

**VETERANS O/40**

1. T. Taylor	Ross	33.55
2. I. Aitchison	Roch	34.59
3. J. Wood	Unatt	36.28
4. B. Hobbs	Gloss	36.59
5. R. Griffiths	Holm	37.06

**VETERANS O/45**

1. D. Beels	Roch	33.50
2. A. Spicer	Ross	33.57
3. B. Waterhouse	Saddle	35.16
4. I. Holloway	Roch	35.20
5. D. Ball	Middle	38.46

**VETERANS O/50**

1. D. Lucas	Roch	39.28
2. D. Frain	Roch	40.44
3. P. Roberts	Roch	41.03
4. M. Jones	Unatt	41.22
5. J. Eckersley	FRA	42.06

**VETERANS O/55**

1. P. Jepson	Ross	37.28
2. J. Devlin	RdRun	41.33
3. P. Davies	OldRoy	45.03

**LADIES**

1. C. Greenwood	Bing	33.29
2. K. Thompson O/40	Clay	42.44
3. D. Vallely	Bolt	44.40
4. K. Taylor O/40	Ross	45.00
5. P. Dore O/40	Roch	46.02
6. S. Middleton O/35	Clay	46.36
7. T. Targett	Clay	49.24
8. S. Wade	Darwen	49.34

**JUNIORS U/18**

1. A. Baker	Roch	33.27
2. A. Lye	Roch	36.42
3. D. Bartlett	Radcl	42.40



Andy Maloney, Rochdale, winner of Hades Hill.  
Photo: Peter Hartley



## GREAT LONGSTONE CHASE Derbyshire BS/5m/950ft 5.9.97

A record turnout of 152 runners on a clear fine evening set off on a hilly course over Longstone Edge, after passing through the village, on the third Longstone Chase.

The course record was broken by a large margin by David Neill, being almost a minute ahead of second placed, Darren Teasdale. Congratulations to Daniel Yates who, at only 16 years old, finished third.

This was only the village's third event but we now look forward to the Chase being part of the annual established events of the fell running calendar.

John Spencer

1. D. Neill	Mercia	27.03
2. D. Teasdale	Hallam	28.02
3. D. Yates	Unatt	29.15
4. P. Darville	Gloss	29.37
5. R. Wood	Matlock	29.38
6. M. Salkild	Unatt	29.40
7. M. Wilson	Hallam	29.45
8. J. Reeve	Ken	29.50
9. M. Brown	Bux	29.56
10. L. Footch	DkPk	30.04

### VETERANS O/40

1. J. Reeve	Kend	29.50
2. M. Brown	Bux	29.56
3. K. Holmes	Unatt	31.39
4. C. Murdoch	Hallam	31.50
5. G. Greenwood	Stock	32.10

### VETERANS O/45

1. I. Bennett	Echesh	33.41
2. R. Smith	Unatt	34.02
3. R. Hopkinson	DkPk	34.07
4. N. Oxley	Unatt	34.20

### VETERANS O/50

1. D. Tait	DkPk	31.38
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### VETERANS O/55

1. B. Toogood	DkPk	31.17
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### VETERANS O/60

1. C. Henderson	DkPk	39.20
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### LADIES

1. E. Batt	Bux	33.02
2. L. Quigley	Wigan	33.41
3. K. Green	DkPk	36.02
4. H. Bloor	DkPk	36.51
5. J. Bednell	SheffTri	37.41
6. S. Mead	Matlock	41.05
7. L. Heathwaite	Bux	42.21
8. H. Henderson	SheffTri	43.27

## CAFOD GRISEDALE HORSESHOE Cumbria AM/10m/5000ft 6.9.97

A quality turnout of runners ensured a competitive race throughout the field. Eventual winner, Jim Davies, and second placed Jon Bland, dominated throughout. Both of these runners seem to have made the Grisedale Horseshoe their own domain.

Three clubs had used the Horseshoe as a club championship race which, in itself, generated plenty of friendly competition. Cumberland Fell Runners, in particular, came out in force; first man home for them was Willie Bell.

On to the ladies' race and it which saw the welcome return of Vanessa Peacock, who ran strongly to finish in thirty first place overall.

Conditions on the day were not ideal at Glenridding; it was drizzle on and off. The mountain tops held strong headwinds, low cloud, poor visibility and low temperatures.

Out of a starting field of 146, 140 runners finished, several runners making unscheduled detours due to the poor visibility. Finally, a big thanks to Low Alpine who generously provided a quality prize list. Thank you also to all who helped and ran.

Colin Jones

1. J. Davies	Borr	1.47.27
2. J. Bland	Borr	1.47.41
3. J. Atkinson	Amble	1.48.19
4. J. Blackett	Mand	1.50.13
5. A. Schofield	Borr	1.51.23
6. W. Bell	CFR	1.53.02
7. T. Hobbs	Clay	1.55.28
8. M. Fleming	Amble	1.57.04
9. S. Shuttleworth	Amble	1.59.18
10. C. Shuttleworth	Prest	1.59.18

### VETERANS O/40

1. W. Bell	CFR	1.53.02
2. A. Beck	Kend	1.59.30
3. H. Jarrett	CFR	2.04.06

### VETERANS O/45

1. P. Harlow	Kesw	2.02.09
2. M. Walsh	Kend	2.10.17
3. M. Garrett	Mand	2.12.55

### VETERANS O/50

1. M. Walford	Kend	2.07.45
2. D. Lucas	Roch	2.13.40
3. T. Peacock	Clay	2.20.16

### VETERANS O/55

1. M. Coles	Skyrac	2.26.44
2. B. Johnson	CFR	2.30.35
3. J. Taylor	Amble	2.38.29

### VETERANS O/60

1. B. Smith	Clay	2.43.47
2. L. Pollard	AchR	2.15.52

### LADIES

1. V. Peacock O/40	Clay	2.10.35
2. S. Brown	Bowl	2.12.06
3. E. Moody	N'bland	2.22.58
4. W. Dodds O/45	Clay	2.32.30
5. C. McCarthy	Helsby	2.36.07

## BEN NEVIS RACE Fort William AM/10m/4400ft 6.9.97

1. G. Bland	Borr	1.27.45
2. J. Brooks	Loch	1.28.10
3. R. Jebb	Bing	1.32.12
4. G. Devine	P&B	1.35.05
5. B. Rodgers	Loch	1.38.11
6. A. MacLennan	Loch	1.38.16
7. S. Booth	Borr	1.39.09
8. S. Jackson	Horw	1.40.15
9. B. Brooks	Loch	1.40.35
10. J. Macrae	Loch	1.40.50

### VETERANS O/40

1. S. Jackson	Horw	1.40.15
2. J. Holt	Clay	1.46.46
3. G. Brooks	Loch	1.46.47
4. K. Dobson	Bing	1.50.05
5. B. Schofield	Tod	1.50.49

### VETERANS O/50

1. K. Carr	Clay	1.46.59
2. A. Bland	Borr	1.48.55
3. R. Wilby	HighHR	1.53.00
4. D. Kearns	Bolt	1.59.22
5. J. Nuttall	Clay	2.01.11

### LADIES

1. A. Brand-Barker	Kesw	1.56.27
2. J. Anderson	Loch	2.02.15
3. R. Evans	Loch	2.09.47
4. M. McIntosh	Ochil	2.11.40
5. L. Thompson	Kesw	2.11.49

### JUNIORS U/23

1. J. Brooks	Loch	1.28.10
2. R. Jebb	Bing	1.32.12
3. B. Brooks	Loch	1.40.35

## WOLSINGHAM SHOW FELL RACE County Durham BS/3.5m/450ft 7.9.97

Poor turnout, unfortunately, with only ten runners in the main event.

Julie Bowes

1. P. Stephenson	20.40
2. A. Illingworth	20.42
3. J. Dickinson	21.30
4. K. Shevals	23.29
5. L. Stephenson	23.40
6. S. Ferguson	24.10
7. E. Martin	24.22
8. C. Wailes	26.21
9. M. Tait	27.50
10. A. Tait	28.29

### FUN RUN

1. A. Pearson	18.06
2. N. William	20.09
3. B. Pearson	21.11
4. L. Maynard	23.54
5. L. Pearson	24.12

## HOLLINSCLOUGH FELL RACE BS/4m/700ft 7.9.97

Anthony Turner edged into the lead early on followed by Graham Morson, hampered by an ankle sprain, and these two kept their positions to the finish. Third place was by no means clear cut as Paul Targett held off a dogged Andy Whittingham to prevent a Buxton 1-2-3. Michael Walker ran a fine race to win the junior prize. Liz Batt was well clear of the rest of the ladies to win in style ahead of Naomi Squires, who also won the ladies' junior prize. The final ascent of the jagged peak of Chrome Hill made for an interesting, rugged race which everyone enjoyed, judging by the comments at the finish.

Martin Cortvriend

1. A. Turner	Bux	28.37
2. G. Morson	Bux	30.09
3. P. Targett	Clay	31.25
4. A. Whittingham	Bux	31.28
	Unatt	32.30
6. P. Bratby	Congle	32.39
7. A. Barnett	SheffTri	32.51
8. I. Walker	Wake	33.28
9. R. Marlon	Unatt	33.42
10. M. Beecher	Unatt	33.56

### VETERANS

1. G. Morson	Bux	30.09
2. P. Bratby	Congle	32.39
3. R. Marlow	DkPk	33.59
4. P. Wheatcroft	DkPk	35.28

### LADIES

1. E. Batt	Bux	34.29
2. N. Squires	Bux	45.03
3. T. Targett	Clay	50.04
4. C. Fordham	Ivan	54.43

### JUNIORS

1. M. Walker	Wake	35.23
2. N. Squires Lady	Bux	45.03

## YORKSHIREMAN OFF-ROAD MARATHON West Yorkshire CL/26m 7.9.97

1. B. Goodison/J. Brooksbank	3.28.40
2. A. Spicer/T. Ryan	3.30.40
3. J. Convery/C. Bowers	3.32.15

### VETERANS

1. G. Cunliffe/ T. Butterworth	3.44.10
2. W. Abson/A. Hoyle	3.48.00
3. W. Lewis/W. Sturdy	3.49.40

### LADIES

1. A. Cockroft/J. Harley	4.08.35
2. W. McIntosh/W. McRae	4.33.40
3. A. Rembury/W. Phillips	4.48.00

### MIXED

1. A. Dennison/A. Green	3.58.20
2. G. Cook/J. Barker	4.00.50
3. P. Munroe/C. Gibbins	4.01.20

## RAS MYNYDD PEDOL PERIS MOUNTAIN RACE Gwynedd AL/17m/8500ft 13.9.97

1. J. McQueen	Eryri	3.11.00
2. T. Jones	Eryri	3.22.52
3. M. Palmer	ForestD	3.27.20
4. T. Hobbs	Clay	3.30.38
5. J. Holt	Clay	3.32.26
6. S. Houghton	CaldV	3.38.36
7. D. Williams	Eryri	3.41.11
8. S. Barnard	Eryri	3.44.31
9. M. Angharad	Eryri	3.45.26
10. B. Rawlinson	Ross	3.48.56

### VETERANS O/40

1. J. Holt	Clay	3.32.26
2. S. Houghton	CaldV	3.44.31
3. B. Rawlinson	Ross	3.48.56
4. R. Roberts	Eryri	4.01.11
5. T. Houston	Bowl	4.01.22

### VETERANS O/50

1. D. Williams	Eryri	3.41.11
2. C. Latter	Tatt	4.28.23
3. D. Sinclair	Eryri	4.40.42
4. B. Robbins	Eryri	5.02.52
5. B. Jarvis	HolmeP	5.03.47

### LADIES

1. M. Angharad O/35	Eryri	3.45.26
2. C. Thomas	Eryri	4.45.14
3. K. Mather O/35	Saddle	4.48.04
4. S. Kireal O/35	Saddle	4.59.28
5. V. Musgrave O/35	Wrex	5.02.04
6. G. Harris O/35	Mercia	5.02.29
7. B. Ripley O/35	Eryri	5.20.58
8. S. Bennell O/45	Eryri	5.58.28

**PEN Y GWELY "ROUND THE RESERVOIR" FELL RUN**  
Shropshire  
BS/6m/833ft 13.9.97

A good entry of 71 finishers again, for the second staging of this event. The weather was mixed, quite windy but dry for the race. This not too severe course, is very popular with both road and fell runners who come to the event to also enjoy the village show.

Doug Morris

1. B. Jones	Wrex	34.45
2. H. Matthews	Shrews	35.05
3. A. Walling	Bangor	36.05
4. M. McGovern	Unatt	36.32
5. D. Kesterton	BromsR	36.43
6. P. Pollit	Bolt	36.55
7. N. Williams	OSOL	38.36
8. N. Jones	Shrews	39.16
9. J. Rowlands	OSOL	39.24
10. S. Underwood	Rowthh	39.26

**VETERANS O/40**

1. D. Davies	Telf	42.25
2. K. Williams	OSOL	43.26
3. M. Leather	Unatt	43.53
4. A. Knott	OSOL	44.39
5. G. Dunn	OSOL	45.30

**VETERANS O/45**

1. J. Rowlands	OSOL	39.24
2. R. Jardine	Whitby	45.17
3. J. Davies	Unatt	47.47
4. J. Davies	OSOL	47.49
5. C. Bailey	Wrex	49.39

**VETERANS O/50**

1. D. Arnold	Telf	44.46
2. E. Harvey	PennL	46.31
3. J. Taylor	MERCIA	47.14
4. D. Ormerod	MWOrient	47.30
5. B. Tooze	SHSH	48.12

**VETERANS O/55**

1. R. Bunn	Hales	42.55
2. B. Jackson	Brody	46.14
3. B. Evans	Eryri	46.36

**VETERANS O/60**

1. R. Warren	ValeR	48.00
2. G. Gartrex	Wrex	48.59

**LADIES**

1. Y. Hill	Birch	42.37
2. W. Walton O/35	SHSH	43.28
3. J. Boscoe O/35	Pensby	43.57
4. H. Griffiths	Wrex	45.49
5. D. Fellows O/50	CannSt	46.09
6. J. Whitterick O/50	SHSH	46.21
7. S. Candy	SHSH	46.42
8. A. Bartley	OSOL	47.37

**INTERMEDIATES**

1. H. Matthews	Shrews	35.05
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**JUNIORS**

1. L. Raisbeck	OSOL	43.25
2. A. Bartley	OSOL	47.37

**GREAT BUTSER RUN**  
Hampshire  
AS/4.5m/1200ft 14.9.97

Colin Dixon romped to victory in the seventeenth Great Butser Run. He covered the demanding course at the Queen Elizabeth Country Park, near Petersfield, in 28.05, finishing well clear of his nearest rival. The course is 4.5 miles with three climbs and descents of the 888ft highest hill in the South Downs. The winner comments "It is a good course and although I couldn't say I really enjoyed it, I'll be back next year!"

The ladies' race was won by Sarah Bradbury, who set a new ladies' course record of 34.04, well clear of the second placed lady.

Next year's race is set for 13 September 1998.

Mike Williams

1. C. Dixon	TSolent	28.05
2. M. Goodridge	Gosp	30.27
3. C. Morley	Unatt	30.35
4. S. Thompson	Clay	30.52
5. A. Quick	Havant	30.56
6. T. Frost	Liss	31.10
7. T. Watson	RNAC	31.18
8. P. Guest	PortsJ	31.20
9. D. Jerome	Unatt	31.26
10. C. Hall	StudGr	31.52

**VETERANS O/40**

1. P. Guest	PortsJ	31.20
2. R. Ward	RNAC	32.14
3. M. Eldred	Hardley	32.25
4. S. Marshall	StudGr	33.03
5. J. Clow	Vict	33.16

**VETERANS O/50**

1. C. Brittain	StudGr	34.41
2. P. Newton	CityPorts	35.06
3. M. Starss	Gosp	36.11
4. R. Smith	Wycomb	38.19
5. T. Monnery	Unatt	39.37

**VETERANS O/60**

C. Hughes	Havant	39.03
2. J. Taylor	Liss	39.09
3. T. Shell	Unatt	47.46

**LADIES**

1. S. Bradbury	HntsPol	34.04
2. V. Strickland	Havant	36.55
3. M. Crocker O/45	Vict	39.10
4. T. Turner O/35	Den	40.48
5. P. Spurge O/35	PortsJ	40.51
6. P. Fallon O/35	Burnham	41.58

**JUNIORS**

1. J. Marshall	StudGr	13.31
2. J. Matlock	Unatt	14.14
3. F. Day	Unatt	15.04

**SHELF MOOR FELL RACE**  
Derbyshire  
AS/5.9m/1500ft 14.9.97

A record entry of 240 contested the race on a dry but blustery day. Gavin Bland led by the summit and pulled away on the descent, leaving Mark Roberts to battle for second place with Veteran. Dave Neill. In the ladies' race, Jane Clark was a clear winner from Vanessa Peacock.

Shaun Priestley

1. G. Bland	Borr	40.40
2. M. Roberts	Borr	41.01
3. D. Neill	Mercia	41.04
4. G. Devine	P&B	41.15
5. G. Oldfield	BfdA	41.18
6. A. Trigg	Gloss	41.30
7. A. Wrench	Tod	41.37
8. Paul Sheard	P&B	41.45
9. A. Bowness	CFR	41.54
10. S. Oldfield	BfdA	42.05

**VETERANS O/40**

D. Neill	Mercia	41.04
2. S. Oldfield	BfdA	42.05
3. D. Houlsworth	Kend	44.11
4. G. Schofield	Horw	44.40
5. A. Hauser	P&B	44.48

**VETERANS O/45**

1. J. Winder	CaldV	47.40
2. B. Waterhouse	Saddle	47.51
3. P. Pickwell	Altr	49.16
4. J. Barker	Roch	50.16
5. K. Dacre	Kend	50.29

**VETERANS O/50**

1. D. Tait	DkPk	47.30
2. K. Bartley	CFR	48.23
3. T. Hulme	Pennine	49.31
4. K. Carr	Clay	49.42
5. R. Marlow	DkPk	52.21

**VETERANS O/60**

1. A. Shaw	Tod	55.56
2. P. Duffy	Aber	56.34
3. H. Catlow	Dallam	58.14

**LADIES**

1. J. Clark	P&B	50.38
2. V. Peacock O/40	Clay	51.51
3. G. Cook O/35	Roch	52.08
4. E. Batt	Bux	52.47
5. L. Osborne	Kesw	54.05
6. J. Jones O/35	Kesw	54.38
	Kesw	56.09
	Leeds	56.27
8. E. O'Shea Inter		

**INTERMEDIATES**

1. L. Gibson	CFR	43.26
2. A. Turner	Bux	47.22
3. G. Pearce	Ilk	49.38
4. A. Plummer	Viking	51.31
5. M. Tannahill	Dews	55.38

**CORRIEYAIRACK PASS**  
Highland  
BL/16m/2250ft 14.9.97

1. P. Morrison	FMCCarn	1.48.31
2. D. Orr	LAC	1.50.14
3. A. Keith	HBT	1.51.44
4. J. Macrae	LAC	1.53.07
5. D. Flynn	Unatt	1.53.22
6. R. Cant	LAC	1.53.57
7. E. Paterson	Moray	1.57.30
8. B. Howie	Edin	1.58.59
9. A. Barr	Argyll	2.00.02
10. D. Paterson	LAC	2.02.36

**VETERANS O/40**

1. E. Paterson	Moray	1.57.30
2. B. Howie	Edin	1.58.59
3. N. Lancaster	LAC	2.04.46
4. P. Forte	Dund	2.11.40
5. K. Whyte	LAC	2.12.12

**VETERANS O/50**

1. G. Scott	Poole	2.05.24
2. C. Love	Dund	2.05.36
3. L. Volwerk	LAC	2.19.40
4. J. Fish	LAC	2.40.10
5. J. Robertson	Milburn	2.59.17

**LADIES**

1. J. Salvona O/35	Liv	2.05.32
2. D. MacDonald	HBT	2.20.12
3. J. Anderson	LAC	2.25.10
4. G. Kirkwood	Carn	2.28.17
5. L. Woods	FMCCarn	2.37.15
6. A. West O/35	FMCCarn	2.45.23
7. H. Sandelands	Skel	2.57.04
8. L. Provan	Dund	3.01.59



Jean Shoter pictured at Shelf Moor Photo: Peter Hartley

## REEBOK MOUNTAIN TRIAL Cumbria O/20m/7000ft 14.9.97

This year's Mountain Trial lived up to its reputation as one of the most demanding events in the fell running calendar. Physical strength and navigational skills were equally tested by some mixed weather, including low cloud, and by the choice of routes available on most legs.

The venue this year was Coniston village and the first objective for both men and women was the dam at Seathwaite Tarn in the Duddon Valley. Several routes were used to by-pass the Old Man including Levers Hause; Low Water and Brimfell Col; the south shoulder of the Old Man and Goat's Hause; and - most popular - Walna Scar Road.

The courses were deceptive, at first glance mostly middling-high ground, much of it runnable, but the winner's time of 4 hours 24 minutes for the men and 4 hours 30 minutes for the women gave some indication of their severity. Well deserved congratulations to Mark Seddon and Angela Brand-Barker, and - as always - to all those who completed the course.

Thanks to Reebok for supporting us again this year. In addition to the prize vouchers for boots and clothing, the support includes a generous cash sum towards the facilities and refreshments which make the event something special. The prize list is kindly augmented by Silva UK, Pete Bland Sports and the Youth Hostels Association - thanks to all.

The Trial relies on a large number of people for its success; those who spent a few hours at checkpoints in poor weather conditions - marshals and members of Manchester Scouts Raynet Group who provide radio communications - and those at registration start and finish - including Christine Mason and her team from the Naughty but Nice Bakery at Endmoor, and the St John's Ambulance (Ulverston Division).

Bill Hunter and Tony Richardson

1. M. Seddon	4.23.22
2. J. Hunt	4.29.20
3. D. Ratcliffe	4.40.29
4. S. Shuttleworth	4.52.42
5. S. Sharp	4.56.47
6. R. Stuart	4.59.36
7. L. Thompson	5.07.10
8. L. Warburton	5.08.21
9. M. Walford	5.10.01
10. G. Thompsett	5.11.54

### VETERANS O/40

1. D. Ratcliffe	4.40.29
2. J. Broxap	5.12.58
3. A. Ligema	5.16.59

### VETERANS O/50

1. M. Walford	5.10.01
2. J. Nixon	5.38.47
3. Y. Tridimas	5.39.55

### VETERANS O/60

1. J. Naylor	5.57.41
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### LADIES

1. A. Brand-Barker O/35	4.30.03
2. J. Ligema	4.54.59
3. C. McNeill O/45	5.07.12
4. I. Blunk O.35	5.15.09
5. R. Murray	5.27.06
6. S. Hodgson	5.27.14
7. K. Parker	5.27.49
8. J. McLintock	5.49.54

## MERRICK HILL RACE Ayrshire AM/8m/2710ft 20.9.97

Once again, entries were down on the previous year with just 33 seniors and 3 juniors. The weather was good again except for some cloud on the summit early on. Congratulations to Euan MacKay for taking the honours and improving on his 1995 third place time of 79.14. Congratulations also to Jo McLintock for winning the ladies' race and finishing not far behind both husband, Paul, and their dog!

Special mention should be made to Forest Enterprise for their continued support of the race; Girvan Breaker's Club for their practised and efficient marshalling, and for relaying summit times; Ray McCutcheon and colleague with the Galloway Mountain Rescue Team Land Rover for attending - thankfully they weren't needed!; Jim Johnstone for the timekeeping; members of Girvan AAC for helping with the route marking and the drinks station; my wife, Helen, for doing the entries and putting up with me!

It is with some sadness that I have decided this is the last Merrick Race under my management. After nine years and with steadily declining support, I feel the time is right to call a halt. It has been a real pleasure organising the race over the years and I would like to give a special thanks to all the regulars who have turned out year after year. If any of you would like to take on the organisation, I will be pleased to help and advise. All the signs and route marks etc. are stored and available to a new organiser.

Peter Trenchard

1. E. MacKay	Ochil	77.26
2. J. Coyle	Carn	79.07
3. C. Brash	Girvan	81.09
4. D. Brown	Solway	83.44
5. D. Milligan	Solway	86.24
6. G. Stewart	Carn	86.49
7. P. Caban	Ferranti	87.01
8. D. Duncan	Ochil	87.50
9. D. Gillespie	Galloway	89.25
10. K. Clark	Carn	89.34

### VETERANS O/40

1. D. Duncan	Ochil	87.50
2. M. MacLeod	Wester	90.49
3. B. Howie	Edin	91.38

### VETERANS O/50

1. D. Milligan	Solway	86.24
2. K. Patterson	Haggis	106.38

### LADIES

1. J. McLintock	Galloway	95.57
2. R. Evans O/35	Loch	100.21
3. D. Scott	Irvin	113.23

### JUNIORS

1. S. Goldsworthy	Stran	21.52
2. J. Burns	Stran	22.33
3. P. Game	Dalb	23.40

## LANTERN PIKE FELL RACE Derbyshire BS/5m/1050ft 20.9.97

This race was a bit special, being the 21st, with competitors from 1977 as well as previous winners including the 1977 record holder, Rickie Wilde. We had 258 competitors in the race and that is one the same days as a proper fell race, the English Championship, The Three Shires!

Favourite, Neil Wilkinson, in fine form leading all the way to win in 30.51, Andy Williams second and team mate, Gareth Raven, third. Carol Greenwood finished twenty second overall to win the ladies' race. Tricia Sloan, a previous winner, was second and Philippa Leach third. First locals were Paul Deauville and Katherine Harvey

In the race within a race (1977 competitors), Tony Hulme was first in 36.56 but Ian Aitchison was the only one to improve on his time (1977 - 54.52, 1997 - 37.24) to finish second, with Alan Bocking third. With a big smile on his face Ian Bennett just piped Rickie Wilde for fourth.

This year's race was also part of the English Junior Championship for under 12s, under 14s, under 16s and under 18s. The under 12s and under 14s were grouped together to use the normal 2.5 kilometre, 150 metres of climb, course. Forty nine runners set off and Joseph Symonds set a new record of 11.38 in winning the under 14 boys, followed by Sam Turton, the Ian Harvey in third. Sarah Gatford won the under 14 girls with Lindsay Doyle second and Fiona Harrison third.

The under 12 boys was won by Mark John Buckingham, with Matthew Smith second and Adam Whaites third. Jemma Evans won the under 12 girls' race with Karrie Hawitt second and Naomi Biddle third. The first locals were Holly Martin and Joe Rhodes.

The under 16s and under 18s were also grouped together, an extra loop was added making 5.2 kilometres and 270 metres of climb, taking the 41 runners over the intakes on a rough demanding route. Simon Bailey really proved a worthy winner in the under 18 boys ahead of Harry Mathews in second and Gareth Hird third. Charlotte Sanderson won the under 18 girls with Melissa Leck second and Sarah Dugdale third. Kate Bailey won the under 16 girls with Emma Hopkinson second and Natalie White third.

My thanks to the landowners for their co-operation and the senior runners who marshaled before their race. We re-arranged the start time for the junior races as soon as we knew it was a championship race - unfortunately, this was after the handbook/calendar had been produced. This was done to enable us to give the proper attention and control that these important races deserve. Two juniors turned up after the races had started and I do feel sorry for them, however, if these races are important to them, then they should have checked! My telephone number is in the calendar and we distributed handout leaflets and wrote to all previous Lantern Pike juniors. We were very pleased to hold these races and I know how much work people put into them. Thanks.

Mel Cranmer

1. Neil Wilkinson	Rhill	30.51
2. A. Williams	EaChesh	31.25
3. G. Raven	EaChesh	32.50
4. T. Werratt	Unatt	33.01
5. S. Willis	Tod	33.17
6. G. Hill	Stock	33.24
7. A. Leck	LancM	33.42
8. K. Webster	Matlock	33.55
9. P. Dugdale	Horw	34.05
10. R. Herries	HuntBT	34.19

### VETERANS O/40

1. K. Davis	Penist	35.42
2. R. Eagle	Macc	35.55
3. H. Symonds	Kend	36.11
4. I. Aitchison	Roch	37.24
5. J. Pollard	Gloss	37.34

### VETERANS O/45

1. R. Bailey	NthnV	35.44
2. I. Holloway	Roch	37.26
3. D. Soles	Gloss	37.50
4. P. Griffiths	DkPk	38.00
5. N. Goldsmith	DkPk	38.12

### VETERANS O/50

1. T. Hulme	Penn	36.56
2. R. Marlow	DkPk	39.14
3. R. Wilde	Manch	39.37
4. M. Hawkins	Erew	40.02
5. J. Chadwick	Wilms	40.18

### LADIES

1. C. Greenwood	Bing	35.39
2. P. Leach	DkPk	40.32
3. J. Butterworth	Unatt	41.06
4. K. Beighton	Unatt	42.07
5. B. Murray O/40	Macc	42.31
6. W. Barnes	Barnsley	42.48
7. H. Bloor O/40	DkPk	43.09
8. K. Harvey O/35	Unatt	43.18

### JUNIOR BOYS U/12

1. M. Buckingham	Holm	12.39
2. M. Smith	Horw	13.02
3. A. Whaites	Settle	13.21
4. J. Greenhalgh	Settle	13.35
5. E. Preedy	ValeR	14.04

### JUNIOR GIRLS U/12

1. J. Evans	Wirral	13.38
2. K. Hawitt	Oswest	14.10
3. N. Biddle	Hynd	14.43
4. A. Spencer	Wigan	14.45
5. J. Astin	Roch	14.46

### JUNIOR BOYS U/14

1. J. Symonds	Kend	11.38
2. S. Turton	Bux	12.16
3. I. Harvey	Tod	12.27
4. D. Cuthbertson	Unatt	12.43
5. L. Raisbeck	Oswest	12.48

### JUNIOR GIRLS U/14

1. S. Gatford	Telf	12.50
2. L. Doyle	Wirral	13.26
3. F. Harrison	Preseli	14.19
4. L. French	Unatt	15.04
5. L. Brooks	ValeR	15.06

### JUNIOR BOYS U/16

1. S. Savage	Amble	22.41
2. A. Symonds	Kend	22.54
3. A. Sutton	PR	22.56
4. C. Heyes	SRibb	23.04
5. L. Siemaszcho	Kend	23.27

### JUNIOR GIRLS U/16

1. K. Bailey	Staffs	27.10
2. E. Hopkinson	Kghly	28.28
3. N. White	Holm	28.50
4. V. Ruisius	Pendle	29.22
5. R. Mathews	Shrews	30.26

### JUNIOR BOYS U/18

1. S. Bailey	Staffs	21.34
2. H. Mathews	Shrews	22.00
3. G. Hird	Kghly	22.19
4. M. Cayton	Horw	22.22
5. A. Crosland	Longw	22.34

### JUNIOR GIRLS U/18

1. C. Sanderson	Skip	26.30
2. M. Leck	LancM	27.32
3. S. Dugdale	Skip	29.55
4. R. Taylor	Skip	30.08

## FOREST CHALLENGE Gwynedd AM/10m/2500ft 20.9.97

Abergynolwyn was the venue for the tenth consecutive Corris Forest Challenge Run. The race, organised by Forest Enterprise, is run over a gruelling ten mile course which takes in a wide variety of terrain from forest roads and tracks to high, open mountain, including the summit of Tarren Hendre at 634 metres. Conditions for this year's race were dry but with the ground underfoot being wet and slippery, causing a further challenge to the runners.

Race organisers, Glenda Davies and Aled Thomas, of Dolgellau Forest District were pleased with the turnout which attracted runners from as far afield as Birmingham, Portsmouth and even some holiday-makers from South Africa!

D. Davies

1. C. Donnelly	Eryri	1.47.07
2. J. Marsh	TarrenH	1.49.50
3. R. Wilson	MWIsO	1.50.30
4. D. Lewis	BroDy	1.52.02
5. C. Lancaster	Telf	1.54.59
6. G. Spencer	Mercia	1.55.45
7. S. Guest	Unatt	2.05.21
8. A. Jennings	Unatt	2.05.56
9. I. Jones	BroDy	2.06.13
10. P. O'Brien	NWIsRR	2.06.19

### VETERANS O/40

1. R. Wilson	MWIsO	1.50.30
2. G. Spencer	Mercia	1.55.45
3. R. Jardine	Eryri	2.19.30

### VETERANS O/50

1. J. Marsh	TarrenH	1.49.50
2. B. Jackson	BroDy	2.21.32
3. R. Griffiths	MWIsO	2.29.00

### LADIES

1. G. Roberts O/35	Mercia	2.30.58
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## DALEHEAD

### Cumbria

AS/4.5m/2210ft 21.9.97

An excellent turnout of runners even though the Three Shires was the day before - looks like a few potential Borrowdale Fell Runners amongst the juniors! Hope to see you next year.

Billy and Ann Bland

1. Paul Sheard	P&B	45.39
2. M. Keyes	Ross	47.20
3. J. McQueen	Eryri	47.25
4. J. Bland	Borr	47.37
5. L. Gibson	CFR	47.52
6. S. Livesey	Clay	48.04
7. N. Sharp	Kesw	48.24
8. A. Schofield	Borr	48.39
9. D. Garldey	Gloss	49.48
10. J. Davies	Borr	49.56

#### VETERANS O/40

1. A. Beck	Kend	54.50
2. L. Warburton	Bowl	56.17
3. I. Charlton	Kesw	58.50
4. C. Knox	Kesw	61.38

#### VETERANS O/50

1. A. Bland	Borr	54.29
2. M. Sizer	Holm	60.45
3. C. Todd	Hgte	63.39

#### LADIES

1. N. Davies O/35	Borr	55.35
2. L. Osborn	Kesw	62.58
3. J. King	CFR	65.49
4. E. Austin	Unatt	67.17

#### JUNIORS U/18

1. K. Denwood		56.03
2. B. Marsh	Teviot	65.26

## SANDSTONE TRAIL RACES

### Cheshire

CL/16.5m/1750ft (Race A)

CM/9.5m/950ft (Race B) 21.9.97

Grateful thanks are in order to the many helpers and marshals, over 50 in total, who are there to ensure safe progress for the competitors. To Dave Morris of the National Trust at Bickerton and to Forest Enterprise who Education and Recreation Ranger, Nic Sheenin, kindly presented the prizes. Raynet and St John provide a valuable service and this year had to deal with a casualty who fell on Raw Head and was taken to hospital - fortunately, nothing broken! Mr Ryder, at Beeston, kindly provided us with somewhere to start the 'B' race and Mr Bennett allowed us to use the field there for parking. The County Council own and maintain the footpath - without their efforts, there would be more nettles to run through!

Finally, special thanks are due to the three Police Forces who turn out to man the A- road crossings and without whom the race would not be possible. You can be assured that well over 200 runners had a hard but enjoyable day out.

Mark Hartell

#### RESULTS - RACE A

1. J. Hunt	MerseyFR	1.48.39
2. M. Lynas	ThamesHH	1.48.40
3. G. Rawlinson	MerseyFR	1.48.42
4. N. Ashcroft	Spectrum	1.49.19
5. P. Frodsham	Helsby	1.50.21
6. R. Morrall	Unatt	1.52.35
7. A. Duncan	MerseyFR	1.53.29
8. M. Hinson	Helsby	1.55.48
9. B. Gregory	Stock	1.56.10
10. A. Clague	CEPAC	1.56.47

#### VETERANS O/40

1. G. Rawlinson	MerseyFR	1.48.42
2. A. Duncan	MerseyFR	1.53.29
3. B. Gregory	Stock	1.56.10
4. J. Kershaw	Macc	1.58.30

#### VETERANS O/50

N. Griffiths	Spectrum	2.06.49
2. F. McHale	Tatt	2.09.17
3. D. Hill	Eryri	2.13.22
4. P. Clarke	Warr	2.15.19

#### LADIES

1. Y. Hill	Birch	2.07.11
2. Z. Lewis	Serp	2.11.17
3. J. Morris O/35	Spectrum	2.15.54
4. J. Boscoe O/35	Wirral	2.18.55
5. S. Owen O/35	Tatt	2.20.09

#### RESULTS - RACE B

1. M. Crosby	Altr	59.29
2. J. Stockdale	Altr	59.53
3. R. Wood	Helsby	1.01.05
4. M. Robbins	Deeside	1.06.01
5. P. Bates	LeedsC	1.06.32

#### VETERANS O/40

1. R. Wood	Helsby	1.01.05
2. P. Bates	LeedsC	1.06.32
3. R. Stradling	Helsby	1.06.58

#### VETERANS O/50

1. G. Large	Unatt	1.08.46
2. J. Ratcliffe	Tatt	1.09.39
3. R. Webster	L'PoolP	1.15.03

#### LADIES

1. S. Hammond	Tatt	1.07.15
2. S. Rowson O/35	Macc	1.08.04
3. R. Pleeth	Macc	1.10.14

## THREE SHIRES RACE

### Little Langdale, Cumbria

20.9.97

After a race where almost any number of permutations could result in a different men's champion, Mark Roberts added the English title to the British championship he shared with Ian Holmes seven weeks earlier.

Going into the sixth and final race, Roberts was aware that if Alan Bowness won and he finished worse than 9th, then the title went to Bowness. And similarly should his Borrowdale team-mate Jim Davies win and Roberts finish 12th or worst, then Davies would be the English champion.

In the final analysis, however, none of these athletes won as 1991 champion Gavin Bland secured his third win in as many weeks to lead England to a comprehensive team victory in the inaugural Home International Long 'A' category champs.

After winning the penultimate championship race at Shelf Moor six days earlier and the gruelling Ben Nevis Race the previous weekend, Bland was obviously in confident mood and proved too strong for one of the classiest fields of the season to win by almost two minutes from defending champion Ian Holmes.

Bland eventually opened a 200m on the climb up Lingmoor Fell extending it to over 400m on the descent to take 47 seconds off Keith Anderson's highly-rated eight year old course record and cap a marvellous three weeks which has seen him notch two championship wins (the only man to do so) and a memorable Ben Nevis victory!

Jim Davies finished third behind Holmes ("I'd done too much having to catch Gavin twice to hold on to him") to take bronze with Bowness placing fourth to secure silver. Roberts worked his way through the field to finish seventh to claim his first ever English title and improve on last year's bronze.

Dave Neill retained his English M40 title (with a perfect points tally) placing an excellent fifth overall as Clayton's Pete McWade, who won silver in the British M50 championship, went one better to win the over-50 title. Joint British W35 champion Glynda Cook retained the womens' veteran title from last year's fourth-placer Jane Jones.

England with a perfect one-two-three won the inaugural Home International title with Scotland (minus John Wilkinson with a heavy cold) holding off Wales for silver by just one point.

The women's championship also depended on the outcome of the final race as championship leader and British silver medallist Mari Todd hacked over three minutes off Vanessa Peacock's eight year old mark (2:08:40) to claim her first English title.

Gareth Webb

#### M50:

1. P. McWade	CleM	2.08.27
2. D. Tait	DkPk	2.10.40
3. K. Bartley	CFR	2.16.41

#### M60:

1. L. Sullivan	CleM	2.37.11
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#### TEAM:

1. Borrowdale	51
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#### M40 TEAM

1. Kendal	
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#### TEAM (Home International champs; 3 to count)

1. England	6
2. Scotland	19
3. Wales	20

#### WOMEN

1. M. Todd (rec)	A'side	2.05.29
2. Y. Hague	P&B	2.14.22
3. J. Clark	P&B	2.17.31
4. A. Brand-Barker	Kes, W35	2.20.43
5. S. Rowell	P&B	2.21.45

6. E. Batt	Bux	2.25.35
7. G. Cook	Roch, W35	2.26.57
8. N. Lavery	A'side, W35	2.28.55
9. L. Thompson	Kes, W35	2.29.48
10. E. Moody	N'land FR	2.30.19

#### TEAM

1. Pudsey and Bramley	10
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#### Men (13M, 4000ft; Inc. English champs race 6 of 6 & Home International champs)

1. G. Bland (rec)	Borrow/Eng	1.45.08
2. I. Homes	Bing/Eng	1.47.02
3. J. Davies	Borrow/Eng	1.49.07
4. A. Bowness	CFR	1.51.49
5. D. Neill	Mercia, M40	1.51.56
6. J. Bland	Borrow/Eng	1.52.12
7. M. Roberts	Borrow	1.52.15
8. A. Trigg	Gloss	1.52.33
9. J. Blackett	Mand	1.52.46
10. M. Hayman	DkPk	1.53.07
11. P. Sheard	P&B	1.53.36
12. P. Sheard	P&B	1.54.02
13. M. Keys	Ross	1.56.43
14. G. Oldfield	Brad/Air	1.56.52
15. S. Oldfield	Brad/Air, M40	1.57.09
16. W. Bell	CFR, M40	1.57.13
17. D. Houlsworth	Ken, M40	1.57.19
18. T. Hobbs	CleM	1.57.24
19. G. Schofield	Horw, M40	1.57.46
20. G. Webb	CaldV	1.57.52

## THIEVELEY PIKE FELL RACE

### Lancashire

AS/3.5m/900FT 27.9.97

A change of ownership of part of the land across which the race has traditionally been held, and the consequent withdrawal of access to the race, meant that there almost was no Thieveley Pike Fell Race this year. However, a new route was hastily put together with the help of local villagers and farmers, and it seemed to go down well with competitors. Thanks are due to those farmers who so readily agreed to the re-routing of the race across their land, and to my clubmate, Mark Aspinall, who out in a good deal of time and effort to ensure the race went ahead. With luck, this new route will establish itself in due course.

Only three Under Sixteens registered for the Junior Race and so, at their suggestion and with the approval of their fathers, they ran in the senior race, equiting themselves creditably, and all finishing in the top half of the field. Mervyn Keyes once again proved a popular winner, with a comfortable margin of thirty seconds over Andy Wrench. In the ladies' race, Carol Greenwood was even more dominant and so, as a new course, these times go down as new records. Thanks are due to club colleagues and friends who, once again, gave their time to ensure everything went smoothly.

Peter Browning

1. M. Keyes	Ross	28.50
2. A. Wrench	Tod	29.20
3. M. Hill	P&B	29.23
4. M. Hutchinson	Traff	29.47
5. S. Livesey	Clay	29.49
6. M. Aspinall	Clay	30.12
7. M. Hayman	DkPk	30.42
8. D. Flatley	Horw	30.44
9. M. Horrocks	Clay	30.46
10. M. Cayton	Horw	30.51

#### VETERANS O/40

1. J. Winder	CaldV	32.24
2. C. Lyon	Horw	32.39
3. I. Robinson	Clay	33.52
4. K. Delaney	BlckSh	33.56
5. P. Booth	Clay	34.18

#### VETERANS O/50

1. K. Carr	Clay	34.09
2. J. Windle	Clay	37.02
3. G. Palmer	Roch	37.45
4. J. Nolan	Black	39.06
5. D. Frain	Roch	41.28

#### VETERANS O/60

1. M. Houghton	Chor	39.10
2. J. Barker	Clay	39.34
3. B. Smith	Clay	42.41

#### LADIES

1. C. Greenwood	Bing	33.45
2. G. Cook O/35	Roch	36.31
3. J. Shoter O/35	P&B	38.50
4. L. Pyne	CaldV	39.56
5. K. Thompson O/35	Clay	41.36
6. L. Unsworth	Chor	42.38
7. J. Keyes	Ross	42.57
8. K. Taylor O/35	Ross	43.39

#### JUNIORS U/16

1. L. Broadley	P&B	33.36
2. M. Hammer	Hyndb	33.59
3. A. Godwin	Ross	38.37



Mick Hill  
on the big  
climb at  
Thieveley.  
Photo:  
Peter Hartley

**SCAFELL PIKE FELL RACE**  
Cumbria  
AS/4.5m/3000ft 27.9.97

The field totalled forty four runners, which was four up on last year. Ian Holmes' record was safe in spite of good conditions but Gavin Bland made it look very easy, winning by two and a half minutes from Andy Schofield. Gavin's descending speed was so great that his lead was equivalent to two-thirds of Lingmell nose. Bill Proctor was third, winning the veterans over 40 category. Anthony Bland had a great run to win the veterans over 50 and also beat the hour! Andy and Kate Beaty won the Jack & Jill prize again. The veterans over 60 category was won by Peter Robinson but he was beaten by veterans over 65, Harry Catlow and Brian Leathley. Borrowdale took the team prize. Lyn Thompson was the winning lady, whom was only four minutes off the race record and three minutes ahead of Kate Beaty in second place.

Thanks go to the checkpoint marshals and to all my family who helped with just about everything else! NO thanks to a lone runner who didn't register and ran after the field with no number (FRA Rule 7 applies whoever you were!!)

See you next season

R. Eastman

1. G. Bland	Borr	53.37
2. A. Schofield	Borr	56.05
3. W. Proctor	Kend	59.05
4. A. Bland	Borr	59.27
5. A. Beatty	CFR	59.41
6. B. Hardy	CFR	60.56
7. B. Poll	Borr	62.30
8. T. McKenzie	Unatt	62.44
9. D. Soles	Gloss	63.00
10. G. Appleyard	Abbey	63.11

**VETERANS O/40**

1. W. Proctor	Kend	59.05
2. G. Appleyard	Abbey	63.11
3. I. Block	CFR	63.16
4. S. Young	CFR	66.03
5. S. Kemp	Kesw	69.00

**VETERANS O/45**

1. M. Litt	CFR	66.31
2. T. Lowden	CFR	74.00
3. W. McGrogan	VallStr	74.59

**VETERANS O/50**

1. A. Bland	Borr	59.27
2. R. Davis	CFR	73.37

**VETERANS O/55**

1. B. Needle	DkPk	79.41
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**VETERANS O/60**

1. P. Robinson	NthnV	83.52
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**VETERANS O/65**

1. H. Catlow	Dallam	80.57
2. B. Leathley	Clay	83.40

**LADIES**

1. L. Thompson	Kesw	71.50
2. K. Beaty	CFR	74.08

**BLACK MOUNTAIN**  
Gwent  
AL/17m/5200ft 27.9.97

Another hectic registration for me when I forgot the safety pins for the race numbers, so had to revert to numbers written on various parts of the anatomy! Eighty runners set off in good fast conditions with Adrian Woods getting to Checkpoint One in a faster time than Keith Anderson's 1993 race. Chased by eventual winner, Joe Blackett, and second placed, Mark Palmer, Woods ran out of steam but still finished sixth. Second Veteran, Chris Taylor, decided to shadow the organiser until Checkpoint Five and then sprinted to the finish! Ever consistent Over 50, Brian Martin, came nineteenth; Over 60 Veteran, Peter Norman, came forty sixth. In fact, over half of the field were Veterans but only two ladies this year with Victoria Musgrove winning and also coming first in the Welsh Championship. Seventy eight runners made it all the way round with two retirements before Checkpoint Three.

Thanks to all helpers who made it such an enjoyable day. See you all again next year on 26 September 1998 blessed again, I hope, with good weather. Extra tired Vet - Puffing Billy!

W.J. Darby

1. J. Blackett	MDS	2.24.05
2. M. Palmer	ForDean	2.24.25
3. T. Jones	Eryri	2.34.02
4. T. Laney	Clay	2.35.49
5. J. Bass	MDC	2.38.19
6. A. Woods	Unatt	2.41.53
7. P. Maggs	MDS	2.43.39
8. A. Carruthers	Hales	2.46.26
9. A. Orringe	MDC	2.47.18
10. C. Lancaster	Telf	2.50.07

**VETERANS O/40**

1. A. Orringe	MDS	2.47.18
2. C. Taylor	Mercia	2.50.43
3. J. Darby	MDC	2.53.49
4. R. Robson	Mercia	3.05.47
5. L. Evans	Club69	3.08.29

**VETERANS O/60**

1. B. Martin	MDS	3.05.10
2. J. Clemins	Mercia	3.09.00
3. D. Finch	MDC	3.11.19
4. R. Hyman	Mercia	3.21.56
5. J. Rickard	Newb	3.27.05

**VETERANS O/60**

1. P. Norman	Wrex	3.27.48
2. J. Carson	Eryri	4.00.00
3. I. Teesdale	Wells	4.17.05

**LADIES**

1. V. Musgrove O/35	Wrex	3.09.34
2. J. Harrison	MDC	4.12.41

**LYON EQUIPMENT WHERNSIDE**  
FELL RACE  
North Yorkshire  
AM/11.6m/3000ft 28.9.97

The sixth running of the Lyon Equipment Whernside Fell Race took place from the Dent Playing Field in dull but, fortunately, dry weather. 142 runners started, of which 14 were ladies, and there was only one retirement.

A new record by about 8 minutes was established by Carol Greenwood in the ladies' event. Carol was twentieth overall - a superb achievement.

First men home were Steve and Gary Oldfield, uncle and nephew, who came in together in 1-31-16 to share the spoils. Both have been in the top eight in all of the past five races, but first place has previously eluded them. Steve also won the first Veteran O/40 prize.

Many of the competitors were full of praise for the course and the general arrangements for the race.

Colin Gardner

1. G. Oldfield	BfdA	1.31.16
2. S. Oldfield	BfdA	1.31.16
3. M. Fleming	Amble	1.32.15
4. G. Moffat	Howgill	1.32.17
5. M. Walsh	Kend	1.32.49
6. G. Webb	CaldV	1.34.50
7. T. Werrett	Mercia	1.34.56
8. T. Hobbs	Clay	1.35.10
9. M. Burn	ThirskS	1.35.34
10. T. Taylor	Ross	1.35.43

**VETERANS O/40**

1. S. Oldfield	BfdA	1.31.16
2. T. Taylor	Ross	1.35.43
3. H. Symonds	Kend	1.39.54
4. R. Crosland	BA	1.41.18
5. S. Taylor	Clay	1.43.07

**VETERANS O/45**

1. M. Walsh	Kend	1.32.49
2. J. Winder	CaldV	1.39.10
3. A. Duncan	Mersey	1.40.39
4. A. Mellor	Tod	1.47.07
5. P. Rawnsley	Skyrac	1.48.09

**VETERANS O/50**

1. H. Taylor	Ross	1.40.21
2. K. Slater O/40	AchR	1.46.24
3. M. Walford	Kend	1.48.31
4. R. Bell	Amble	1.49.22
5. G. Unsworth	Kend	1.50.22

**LADIES**

1. C. Greenwood	Bing	1.40.50
2. K. Slater O/40	Kghly	1.51.45
3. L. Bland	DkPk	2.12.17
4. H. Francis	N'herland	2.12.31
5. S. Lewsley O/40	Kend	2.13.13
6. C. Wright O/35	Horw	2.15.20
7. J. Atkins O/40	Chor	2.15.42
8. D. Walker O/35	Kend	2.16.45

**STANHOPE COMMON FELL RACE**  
**BM/10m/1500ft 28.9.97**

What do I say? Two important stretches of markers and a control point were removed from the course by person or persons unknown at some time before the runners went through. This left most of the competitors spending time looking for a non-existent control before deciding to ignore it and carry on with the race. How much this affected the result, we'll never know but to put it politely, it was very annoying and I can only apologise to all the competitors in the race. Luckily, with the good weather conditions, the lack of marking did not cause any runner to go off course, although there were one or two slightly different variations in coming down from the fence corner.

The overall winner of the race was Ray Maynard of the host club. This included a rather novel route choice in approaching the second climb of the velvet path. We've since tested this route and it only saves about five seconds compared to the more orthodox climb. Why Ray chose it, I don't know - perhaps he just wanted to be on his own!

The winner of the ladies' race was Sue Webb who seems to be winning everything on the fells in the North East just lately and just seem to be getting stronger.

Next year, 1998, in addition to the Stanhope Race, we will be staging a couple of fell races in Hamsterley Forest in January and March and another in Teesdale in May. Hopefully, we'll see you there!

*Kevin Shevels*

1. R. Maynard	Quak	1.15.04
2. S. Mechie	ThirskS	1.15.50
3. P. Figg	Swale	1.16.08
4. D. Armstrong	NFR	1.16.24
5. S. Lumb	Quak	1.16.42
6. S. Gaknar	NFR	1.17.09
7. T. Young	Elvet	1.18.40
8. I. Bond	Quak	1.18.57
9. S. Brown	Tyne	1.19.37
10. J. Humble	NFR	1.21.08

**VETERANS O/40**

1. S. Lumb	Quak	1.16.42
2. T. Young	Elvet	1.18.40
3. J. Humble	NFR	1.21.08
4. K. Wilson	Mand	1.23.30
5. J. Rea	CFR	1.23.32

**VETERANS O/60**

1. T. Went	NShPol	1.33.19
2. D. Gordon	Swale	1.38.36
3. C. Chadwick	Tees	1.45.09
4. A. Marshall	Tees	1.47.39

**LADIES**

1. S. Webb O/35	Mand	1.30.49
2. J. Young O/35	Elvet	1.38.32
3. C. Seddon	Quak	1.39.16
4. N. Goundry	Elvet	1.39.30
5. H. Young	Quak	1.39.33

**COMMEDAGH-DONARD  
HORSESHOE  
Northern Ireland  
AM/7m/3100ft 4.10.97**

Only seventeen runners turned up for this year's race, the result of non-championship status or general end-of-season apathy - who knows? Graham Watson journeyed across the Irish Sea to tackle the rugged slopes of the Mourne's largest mountains and it proved well worth the effort, as he won easily, despite the navigational hazards presented by cloud-shrouded tops and multiple path choices through the Donard Forest.

His nearest challenger was British Veteran O/50 Champion, Jim Patterson, but even so Graham finished nearly five minutes ahead of the fleet-footed silver fox. Richard Rodgers of local club, Newcastle, and Jim Brown were involved in a close duel for third place until Richard sustained a badly twisted ankle near Commedagh's summit which forced him to retire. This left the way open for Brown to have a relatively easy run home, although Brian McBurney with better route choice considerably closed the gap by the finish.

A fine run by young Richard Cowen saw him claim fifth place and the ever-young, Roma McConville, was the first lady home. She may be a Veteran O/40 now but had no problems beating the female opposition - because there wasn't any!

John McBride was top veteran O/40, Fred Hammond top Veteran O/45 and Billy MacGee was second best Veteran O/50 in sixth place overall and as we have already noted, Super Veteran, Patterson, was miles ahead of all the locals. Thank goodness for Graham Watson for ensuring that this race didn't go into the record books as being won by a fifty plus marvel - would that have been a first?

*Jim Brown*



*Langdale - descending to the finish field. Photo: Peter Hartley*

1. G. Watson	Altr	72.18
2. J. Patterson	Albert	77.12
3. J. Brown	BARF	84.28
4. B. McBurney	N'castle	87.11
5. R. Cowen	Unatt	89.50
6. B. MacGee	Larne	92.41
7. F. Hammond	BARF	92.49
8. J. McBride	BARF	95.13
9. R. Ferry	Mid-Ulst	100.40
10. R. Cowen	Unatt	104.56

**VETERANS O/40**

1. J. McBride	BARF	95.13
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**VETERANS O/45**

1. F. Hammond	Albert	92.49
2. R. Cowen	Unatt	104.56

**VETERANS O/50**

1. J. Patterson	Albert	77.12
2. B. MacGee	Larne	92.41

**LADIES**

1. R. McConville	NthDn	106.04
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1. Borrowdale	3.29.12
2. Pudsey & Bramley	3.38.26
3. Bingley	3.41.06
4. Cumberland FR	3.47.49
5. Kendal Veterans	3.53.35
6. Dark Peak	3.54.26
7. Livingston	3.55.19
8. Horwich	3.58.35
9. Horwich Veterans	3.59.05
10. Kendal	4.03.44

**LADIES**

1. Clayton	5.22.23
2. Keswick	5.28.10
3. Westerlands	5.38.24
4. Pudsey & Bramley	5.38.39
5. Kendal	6.08.04

**MIXED**

1. Keswick	4.10.11
2. Ambleside	4.16.54
3. Dark Peak	4.42.50
4. Blackburn	5.09.24
5. Rossendale	5.14.16

**IAN HODGSON MOUNTAIN RELAY  
Cumbria  
R/25m/8500ft 5.10.97**

Our reports always seem to start by referring to the weather. Perhaps this is because the relay route offers more scope for navigation errors in poor visibility than most races. This year the tops were clear until about 1.00 p.m. but then mist and light rain provided testing navigational conditions for Leg 4.

The Borrowdale pair of Gavin Bland and Jim Davies, who finished first and third in the recent Home Countries International at the Three Shires Race, set a new first leg record and opened up a lead of one minute on Pudsey & Bramley. Borrowdale dominated the event from then on. They went on to achieve a hat-trick of wins by recording the fastest time on three of the four legs. Only Craig Roberts and Nick Spence of Kendal, who broke the long standing 2nd Leg record by one second, prevented a clean sweep. Borrowdale are the first team to break 3½ hours and the first to achieve a hat-trick of wins. Pudsey & Bramley were well pleased as they recorded their best ever result in this race by finishing second.

A strong Kendal Veterans' team gained fifth place overall to take the Veterans' prize and Keswick took the Mixed team award in fourteenth place. However, the real drama concerned the ladies' race as, not for the first time, low cloud came in to cause problems on the last leg of the relay. The Pudsey & Bramley team looked unbeatable on paper including, as it did, four current international runners. They built up a lead of over twenty minutes by the end of Leg 3 but, unfortunately for them, their last leg pair only discovered their navigational error when they saw Windermere instead of Brotherswater!!! A delighted pair of Clayton runners brought their club into the finish sixteen minutes in front of Pudsey & Bramley, who slipped back into fourth place.

Sadly, we have to report that for the first time, we have received justifiable complaints about the actions of some runners. On the descent from Ravens Edge to Kirkstone on Leg 3, several teams climbed, and damaged, a stone wall. We work hard to preserve a good relationship with the local community and it only needs one complaint to spoil the goodwill built up over many years. In future, we will make a flagged route compulsory on this section.

*Dave, Shirley, Michael, Neil, Chris and Sara Hodgson*

**LANGDALE HORSESHOE  
FELL RACE  
Cumbria  
AL/14m/4000ft 11.10.97**

Andy Styan's record still stands the test of time (1977) although Gavin Bland's 1.56.13 was the nearest that anyone has been.

*Geoff Clayton*

1. G. Bland	Borr	1.56.13
2. A. Davies	Borr	2.01.10
3. J. Davies	Borr	2.05.21
4. J. McQueen	Eryri	2.08.09
5. R. Jebb	Bing	2.09.50
6. M. Horrocks	Clay	2.10.12
7. M. Palmer	ForDean	2.12.40
8. W. Bell	CFR	2.14.14
9. G. Watson	Altr	2.17.58
10. D. Ratcliffe	Ross	2.18.11

**VETERANS O/40**

1. W. Bell	CFR	2.14.14
2. D. Ractcliffe	Ross	2.18.11
3. R. Crossland	BfdA	2.19.05
4. J. Holt	Clay	2.19.10
5. S. Houghton	CaldV	2.26.31

**VETERANS O/50**

1. K. Carr	Clay	2.26.20
2. D. Tait	DkPk	2.31.20
3. Y. Tridimas	MerseyFR	2.35.50

**VETERANS O/60**

1. D. Brown	Clay	3.03.36
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**LADIES**

1. Y. Hague	P&B	2.32.42
2. S. Brown	Bowl	2.45.28
3. J. Rae	W'lands	3.00.08
4. W. Dodds O/45	Clay	3.01.47
5. A. Curle	Felland	3.04.04
6. K. Thompson O/35	Clay	3.07.37
7. L. Pyne	CaldV	3.11.07
8. T. Ambler	Ilk	3.11.17

## MANOR WATER HILL RACE

### Borders

BM/10m/2300ft 11.10.97

The Manor Water Hill Race was held for the sixth year in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley.

The race starts at Haswellsykes Farm and follows the ridge between the Manor Valley and Dawyck as far as the hill known as The Scrape, at 2,348 feet, returning by the same route. The total distance is ten miles and the total climb is 2,300 feet. The race is on the calendars of both the Scottish Hill Runners Association and the Fell Runners Association, but is till a young event and relatively little known. There is a shorter race for Juniors. This year we had 44 competitors, the largest field so far comprising 38 men and 6 women. There was one junior. Fortunately, the weather was kind this year, with clear skies and only a gently breeze on the summit ridge leading to The Scrape.

The open race was won by John Wilkinson, who ran ten minutes quicker than last year's winning time. The first lady to complete the course was Isobel Knox who was the only entrant (and, of course, the winner!) in the junior ladies' section but because of her ability, she was allowed to run the full distance. She also won the prize as the first local runner.

The race takes place with the kind permission of The Wemys Estates, Robert Balfour of Dawyck, The Forestry Commission Forest Enterprise, Mr Jim Currie of Haswellsykes and Mr Robert Barr of Woodhouse. The organisers would like to thank all those who kindly donated prizes or otherwise sponsored the race. Without this support, it is doubtful that the race could be run successfully. The prizes were presented by Sue Nash, widow of the late John Nash of Castlehill Farm, who initiated the race and organised it for the first three years. The winner also receives a silver cup engraved as The John Nash Memorial Trophy.

#### Graham Pyatt

1. J. Wilkinson	Shettle	74.08
2. N. Martin	LomH	76.58
3. M. McGovern	Unatt	80.18
4. C. Eades	Liv	80.56
5. S. Bennet	W'lands	82.15
6. B. Connor	Carn	82.53
7. M. James	Carn	84.26
8. B. Waldie	Carn	84.38
9. J. Thomson	SGA	85.50
10. D. Milligan	Solway	87.20

#### VETERANS O/40

1. L. Stephenson	Kend	93.57
2. B. Green	Solway	94.08
3. R. White	Carn	94.58

#### VETERANS O/50

1. B. Waldie	84.38	
2. D. Milligan	Solway	87.20
3. J. Rowley	Law	93.20

#### LADIES

1. I. Knox JUN	Tweed	95.10
2. D. MacDonald O/35	HuntBT	97.57
3. L. Eades	Liv	100.28

## BRIEDDEN HILLS RACE

### Shropshire

AM/7m/2300ft 12.10.97

Instead of monsoon weather this year we had knee-deep cow crap, dense fog and forest clearance work to contend with but we were all rewarded with a spectacular sight of blue skies and a sea of cloud from the hill tops, except the start/finish marshals and spectators who passed the time kicking cow pats into the fog. All the joys of off-the-road races.

Even with the larger field of runners this year, the male and female records still stand at 47.50 and 60.3. Andrew Davies returned once again to win the race for the third year in succession and still a junior!, very closely followed by up and coming star, Harry Matthews. Carol McCarthy must also be one of the favourites to go for the ladies' record next year, having been first lady three times in the past. We're contemplating two very large prizes for the 1999 (15th anniversary) race for a male and female to break the 45 minutes and one hour times respectively, before the turn of the century. But whatever next year's race or the future brings, thank you once again to all runners, marshals and landowners for your continued support this year. Race proceeds were split between the Emma Allen Fund and the Air Ambulance.

#### Stuart Cathcart

1. A. Davies	Mercia	52.11
2. H. Matthews	Shres	52.15
3. A. Carruthers	Crawley	54.04
4. C. Lancaster	Telf	56.08
5. B. Gregory	Stock	56.22
6. G. Cresswell	Matlock	56.49
7. J. Bennett	Prest	58.03
8. S. Daws	Shrews	58.11
9. H. Jeffrey	MiltK	58.28
10. P. Chadwick	WellC	59.39

#### VETERANS

1. B. Gregory	Stock	56.22
2. G. Cresswell	Matlock	56.49
3. S. Daws	Shrews	58.11
4. P. Chadwick	WellsC	59.39
5. J. Wyatt	Unatt	1.02.00
6. T. Longman	Huncote	1.02.06
7. E. Davies	Mercia	1.02.22
8. J. Coombes	Mercia	1.02.31

#### LADIES

1. C. McCarthy	Helsby	1.04.32
2. V. Musgrove	Wrex	1.08.29
3. W. Walton	SHSH	1.10.07
4. S. Haines	Unatt	1.13.09
5. G. Roberts	Mercia	1.13.52
6. S. Cook	WellsC	1.14.01

#### JUNIORS

1. A. Davies	Mercia	52.11
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## FRA RELAY

### Lancashire

1. Pudsey 'A'	3.30.18
2. Borrowdale	3.33.40
3. Dark Peak 'A'	3.36.58
4. Clayton 'A'	3.37.31
5. Cumberland FR 'A'	3.37.42
6. Bingley	3.37.44
7. Horwlich 'A'	3.40.26
8. Ambleside	3.42.00
9. Leeds City 'A'	3.42.06
10. Glossopdale 'A'	3.43.22
11. Eryri	3.44.37
12. Trafford	3.45.01
13. Cosmic	3.46.15
14. Altrincham 'A'	3.46.25
15. Keswick 'A'	3.47.05
16. Thirks & Sowerby	3.47.30
17. Carnethy	3.52.03
18. Mercia 'A'	3.53.43
19. Kendal 'A'	3.56.43
20. Pudsey 'B'	3.59.51
21. Keighley 'A'	4.02.00
22. Todmorden 'A'	4.03.39
23. Lancs & Morecambe 'A'	4.03.45
24. Preston 'A'	4.04.02
25. Macclesfield 'A'	4.04.08
26. Cumberland FR 'B'	4.06.46
27. North Derbyshire 'A'	4.06.50
28. Bowland 'A'	4.08.04
29. Todmorden 'B'	4.09.36
30. Howgill 'A'	4.10.30

#### VETERANS

1. Kendal 'A'	3.41.41
2. Horwlich 'A'	3.49.35
3. Mercia	3.58.23
4. Dark Peak	4.07.25
5. Calder Valley	4.08.32
6. Kendal 'B'	4.09.42
7. Pennine	4.10.22
8. Mandale	4.11.10
9. Cumberland FR	4.11.46
10. Clayton 'A'	4.12.03

#### LADIES

1. Pudsey & Bramley	4.23.13
2. Macclesfield	4.34.24
3. Dark Peak	4.46.53
4. Clayton 'A'	4.52.22
5. Keswick	4.58.20
6. Carnethy	5.11.42
7. Horwlich	5.26.16
8. Saddleworth	5.31.53
9. Cosmic	5.34.59
10. Kendal	5.43.28



Phil Clark and Hugh Symonds : FRA Relay, starting Leg 3 for Kendal vets. Photo: Peter Hartley

## SCREES FELL RACE

### Cumbria

AS/5m/1560ft 25.10.97

A cool, windless day and good going implied fast times. Gavin Bland won in 39.24 taking 50 seconds off the record. Seventy seven runners took part including nine ladies and thirty veterans of various ages. Warrington Joggers sent a team of nine runners who all ran well considering they have nay fells! In the evening, the beer festival and band rounded off a cracking day.

#### D.H. Simpson

1. G. Bland	Borr	39.24
2. L. Gibson	CFR	39.38
3. M. Amor	CFR	40.34
4. N. Drinkall	LancM	42.49
5. P. Thompson	Black	42.56
6. K. Denwood	CFR	43.06
7. M. Procter	Clay	43.37
8. S. Clarke	Clay	45.05
9. C. Valentine	Kesw	45.31
10. R. Lecky-Thompson	Amble	45.44

#### VETERANS O/40

1. I. Block	CFR	47.45
2. P. Stones	CFR	48.24
3. S. Kemp	Kesw	49.08
4. T. Tombs	Unatt	52.39
5. G. Walden	WarrJ	53.44

#### VETERANS O/45

1. M. Litt	CFR	48.07
2. T. Lowden	CFR	51.44
3. R. Eastman	CFR	52.20
4. R. Lee	Clay	55.45
5. V. Aristizaabi	WarrJ	58.13

#### VETERANS O/50

1. G. Unsworth	Kend	49.36
2. D. Fell	Unatt	51.12
3. D. Davis	CFR	52.22
4. E. Swift	Horw	60.02
5. G. Proderick	WarrJ	63.07



FRA Relay: Ladies winners Pudsey and Bramley: Jane Clark and Yvette Hague take over from Polly Gibb and Anne Buckley. Photo: Peter Hartley

VETERANS O/55		
1. D. Simpson	Prest	53.14

VETERANS O/60		
1. H. Catlow	Dallam	58.41
2. D. Brown	Clay	55.14

LADIES		
1. L. Thompson	Kesw	52.45
2. E. Pyne	CaldV	55.05
3. D. Walker	Kend	59.59
4. A. Ratcliffe	LOC	61.40
5. L. Buck	CFR	64.04
6. E. Brown	WarrJ	71.30
7. E. Unsworth O/50	Kend	72.14
8. D. Fee	WarrJ	73.40

### GALE FELL RACE Lancashire CS/4.5m/800ft 24.10.97

Just twenty four hours after triumphing in the Withins Skyline over the border in Yorkshire, Kenny Stirrat and Carol Greenwood showed no signs of fatigue as they both dominated their respective categories in the thirtieth anniversary race from the Gale to the White House and back. Up front, Sean Willis, third at the Withins the previous day, decided to push the pace early on but, as he intimated in the pub afterwards, "Kenny just glided past and that was the last we saw of him!" Sean ran well to take the runner-up spot while Rob Jackson ran just four seconds slower than his winning time of the previous year but found it only good enough for 5th place, indicating the high quality at the sharp end.

Carol Greenwood ran the second fastest time ever in the ladies' race, with Jo Prowse coming home five minutes ahead of Linda Bostock to take second place.

Evergreen, Jack Riley, lent his enthusiasm and support to the event yet again and took home the prize for the first veteran over 75, finishing far and away in front of the tail end of the field.

My sincere thanks to everyone who helped out in any way making this year's race possible. Very special thanks to Jim Grounds at the Gale Inn who retires this year after a very, very long and happy association with the race (23½ years). He made a very generous donation to our prize fund and persuaded Matthew Brown's Brewery to chip in an equal amount, so enabling the race to raise in excess of £200 for two young Rochdale boys who have been tragically orphaned

We are trying to compile a list of all the past men's winners, hopefully for a plaque in the pub. If you have any old results sheets hanging around, I would appreciate a copy.

Allan and Carol Greenwood

1. K. Stirrat	Hfx	24.24
2. S. Willis	Tod	25.14
3. G. Oldfield	BfdA	25.18
4. A. Maloney	Roch	26.05
5. R. Jackson	Horw	26.14
6. R. Grillo	Kghly	26.17
7. S. Blakelock	Ross	26.27
8. J. Stewart	Hfx	26.38
9. R. Hope	Horw	26.43
10. T. Taylor	Ross	26.48

VETERANS O/40		
1. T. Thornton	Ross	26.48
2. D. Schofield	Ross	29.21
3. D. Emmerson	Unatt	30.06
4. T. Hargreaves	Stock	30.55

VETERANS O/45		
1. D. Beels	Roch	28.28
2. A. Mellor	Tod	29.25
3. I. Holloway	Roch	29.33
4. N. Goldsmith	DkPk	29.52

VETERANS O/50		
1. R. Hargreaves	Clay	28.03
2. P. Lyons	Ross	28.32
3. W. Stewart	Hfx	30.16
4. R. Jackson	Horw	31.44

VETERANS O/55		
1. P. Jepson	Ross	31.03
2. W. Cooper	Manch	32.49

VETERANS O/60		
1. T. Shaw	Tod	31.54
2. G. Arnold	Prest	36.29
3. I. Turnbull	Bury	37.26

VETERANS O/75		
1. J. Riley	Clay	57.08

LADIES		
1. C. Greenwood	Bing	28.51
2. J. Prowse O/40	Kghly	31.05
3. L. Bostock O/40	Clay	36.06
4. J. Dowling	Tod	38.03
5. J. Barber O/40	Saddle	38.17

JUNIORS 17 & UNDER		
1. J. Stewart	Hfx	26.38
2. A. Norman	Altr	27.16
3. A. Wareing	Altr	30.09



Lawrence Sullivan - new vet 60 record at Withins.  
Photo: Allan Greenwood

### 6TH WITHINS SKYLINE SEVEN West Yorkshire BM/7m/1000ft 25.10.97

CHANGE THE RECORD! Kenny Stirrat took full advantage of the short legs of Shaun Livesey on the 400-yard deep heathery section from the top of Bronte Waterfalls to the Harbour Lodge track, to win the 6th annual race. Only two other athletes, record holder Graham Patten and Ian Holmes have run faster than Stirrat's winning time of 40-20.

Stirrat, Livesey, Sean Willis, Steve Oldfield and Piran White were locked together after the boggy ascent of the Stoop, and remained so until the Top Withins ruin checkpoint. At this point the 5ft 4ins Livesey made a concerted effort on the grassy descent to break up the group. By the stone pathed bridge below Bronte Waterfalls only yards separated the 4 once again, and scrambling up Bronte Waterfalls proved no obstacle. Over the crest of this climb a 400-yard stretch of deep heather was the signal for steeplechaser Stirrat to show his hand and pace, as Livesey's legs struggled to come to terms with the terrain.

"That's the part of the course I dread every year," said Livesey. "I know it's coming, but I can't do anything about it - my short legs just can't cope."

From the 206 finishers 5 new course records were set, V40 Steve Oldfield, female V40 Liz Ball, V60 Lawrence Sullivan, U18 Lee Broadley, and finally Sylvia Watson who had post 50th birthday celebrations just 3 days prior to the event. Very impressive was Lee Broadley's run, because he is only 15 years old, and should have run in the junior Quarry Run, but with his father's consent and the organiser's permission he felt the senior course would be more constructive to his training programme. To finish 30th overall proved any sceptics wrong.

The race has become more famous because of one remarkable effort by one remarkable woman, the previous year two weeks before the Withins race, Ilkley Harrier, Christine Porritt was diagnosed as having leukaemia; the news hit everybody in the fell running fraternity very hard. With true Yorkshire grit and spirit, 50 year-old Christine vowed she would overcome the illness and return to the fells she so loves. 1997 saw Christine lace up those Walshes once more and where more poignantly to run than the Withins Skyline race.

Records were the order of the day in the junior races, with English championship silver medallist, James Greenhalgh, leaving the other 30 under 14 competitors in his wake, with a time only one second outside the under 14's record. James being only 12, shows the potential within the junior ranks. Under 12 girl, Naomi Biddle, under 9 Justine Anderton and 9 year-old David Shepherd, set another three records. An accomplished footballer, gymnast and general all-rounder, David Shepherd, would have finished 6th in the English Championship if under 11s were to compete for points in the under 12's championship. Hopefully the championship committee will see sense and allow David and others to compete and collect the points they have earned.

Organisers of the Quarry Runs will endeavour to keep this age group alive and running, that way the youngsters' interest will not wane, and we won't lose our fell running future stars.

#### Miss Haps

1. K. Stirrat	Hfx	40.20
2. S. Livesey	Clay	40.40
3. S. Willis	Tod	40.54
4. S. Oldfield	BfdA	40.56
5. P. White	Leeds	41.00
6. G. Devine	P&B	42.09
7. S. Sweeney	Bowl	42.23
8. M. Brown	Clay	42.25
9. J. Mitcham	Settle	42.28
10. A. Johnson	W'field	44.00

VETERANS O/40		
1. S. Oldfield	BfdA	40.56
2. J. Mitcham	Settle	42.28
3. T. Taylor	Ross	44.50
4. M. Pickering	Ilk	44.53
5. B. Goodison	Abbey	45.18

VETERANS O/50		
1. D. Scott	Clay	49.43
2. G. Breeze	Skyrac	50.18
3. R. Morley	DkPk	50.43
4. G. Howard	Ilk	51.54
5. J. Windle	Clay	52.08

LADIES		
1. C. Greenwood	Bing	47.40
2. L. Ball O/40	VStrid	53.27
3. E. Hodgson	Ilk	53.36
4. T. Ambler	Ilk	54.10
5. P. Oldfield	BfdA	55.03
6. K. Beighton	MWVC	55.17
7. L. Whittaker	Saddle	55.32
8. S. Watson	VStrid	55.41

JUNIORS U/18		
1. L. Broadley	Bing	46.48
2. G. Pearce	Ilk	48.02
3. J. Ratcliffe	Ilk	52.15

JUNIORS U/16		
1. C. Miller	Hgte	9.41
2. M. Hammer	Hynd	10.30
3. N. Greenhalgh	Settle	11.10

JUNIORS U/14		
1. J. Greenhalgh	Settle	5.19
2. A. Whaites	Settle	5.35
3. N. Fryer	Hfx	5.38



Sylvia Watson - new LV 50 record at Withins.  
Photo: Allan Greenwood

### MID WALES TRAIL CM/8.5m/250ft 2.11.97

In contrast to last year's event, which was run in severe weather, this time it was mild and an unusually calm day. A disappointing turnout but a fine win by young Harry Matthews, who won without any pressure from veteran, Frank Reilly, with third spot going to Haydn Jones.

Although conditions were ideal for running, times were down on last year's event.

Paula Jeffs was an easy winner of the ladies' race winning over Rhiannon Matthews, who failed to make it a family double!

#### Don McCaffrey

1. H. Matthews	Shrews	56.13
2. F. Reilly	Stock	59.23
3. H. Jones	Welshp	60.42
4. J. Sheppard	Wmid	62.36
5. D. Lewis	BroDys	63.37
6. T. Williams	Tipton	66.24
7. R. Griffiths	BroDys	67.06
8. I. Jones	BroDys	68.13
9. P. Jeffs	BroDys	70.22
10. D. Morris	Oswest	73.07

VETERANS O/40		
1. R. Griffiths	BroDys	67.06
2. I. Jones	Wrex	75.09

VETERANS O/45		
1. A. Griffiths	BroDys	96.49

VETERANS O/50		
1. F. Reilly	Stock	59.28
2. T. Williams	Tipton	66.24
3. D. Pritchard	Mercia	77.45

VETERANS O/55		
1. K. Matthews	Shrews	83.22

VETERANS O/60		
1. D. Morris	Oswest	73.07

LADIES		
1. P. Jeffs	BroDys	70.22
2. R. Matthews	Shrews	75.06
3. G. Roberts O/35	Mercia	75.27
4. J. Dodd	Oswest	77.56
5. B. Jones O/35	BroDys	80.56
6. P. Matthews O/35	Shrews	92.03



## FFORDD Y BRYNIAU

### Mid Glamorgan

BM/9m/2000ft 2.11.97

1. J. Hooper	Bridg	57.47
2. G. Lloyd	Ponty	61.22
3. R. King	UWCH	61.39
4. C. Gildersleeve	Brych	61.41
5. P. Holder	CardiffH	62.37
6. M. Benbow	CardiffH	63.59
7. M. Lucas	MDC	66.16
8. J. Griffiths	CardiffH	67.21
9. G. Parsons	Chep	70.04
10. N. Pringle	Lliswerry	70.50

#### VETERANS O/40

1. G. Lloyd	Ponty	61.22
2. M. Lucas	MDC	66.12
3. J. Griffiths	CardiffH	67.21
4. G. Parsons	Chep	70.04
5. N. Jellings	CardiffH	72.12

#### VETERANS O/50

1. T. Davies	CardiffH	75.40
2. A. Morgan	CardiffH	76.56
3. G. Buffiss	CardiffH	92.58

## JUBILEE TOWER RACE

### Cheshire

AM/10m/3100ft 2.11.97

The day started misty and damp but the conditions underfoot were fair for this enjoyable fell race. Mark Kinch set the course record for the second time. It was good to see him back on form!

Thanks to all who helped in the running of the race.

Please note that this race will be called THE CLWYDIAN MOUNTAIN RACE starting November 1998.

John Morris

1. M. Kinch	Bing	70.22
2. J. McQueen	Eryri	76.44
3. J. Junt	Mersey	79.04
4. T. Jones	Eryri	81.08
5. N. Ashcroft	Spectrum	81.34
6. M. Foschi	Penn	83.13
7. M. Weedall	Penn	83.40
8. S. Houghton	CaldV	84.13
9. A. Duncan	Mersey	84.47
10. J. Hey	Warr	86.15

#### VETERANS O/40

1. M. Foschi	Penn	83.13
2. M. Weedall	Penn	83.40
3. S. Houghton	CaldV	84.13
4. A. Duncan	Mersey	84.47
5. R. Taylor	Penn	92.13

#### VETERANS O/50

1. T. Hulme	Penn	90.41
2. N. Griffiths	Spectrum	95.08
3. M. Cochrane	DkPk	96.23
4. J. Linley	NthnV	97.00
5. M. Williams	Eryri	97.15

#### VETERANS O/60

1. B. Thackery	DkPk	113.36
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#### LADIES

1. E. Batt	Bux	99.20
2. J. Burtham	Warr	102.25
3. L. Whittaker	Saddle	104.31
4. C. Lorimer	Cosmic	104.53
5. V. Musgrave	Wrex	105.53
6. S. Hammond	Tatt	108.20

## DUNNERDALE FELL RACE

### Cumbria

AS/5m/1800ft 8.11.97

1. I. Botheroyd	CFR	38.49
2. B. Bardsley	Borr	38.59
3. L. Gibson	CFR	39.37
4. N. Sharp	Kesw	41.23
5. B. Thompson	CFR	41.25
6. J. Blackett	Mand	31.32
7. M. Walsh	Kend	41.37
8. R. Hope	Horw	42.08
9. W. Bell	CFR	42.24
10. H. Jarrett	CFR	42.47

#### VETERANS O/40

1. M. Walsh	Kend	41.37
2. W. Bell	CFR	42.24
3. H. Jarrett		42.47
4. P. Clark	Kend	43.04
5. P. Harlowe	Kesw	43.14

#### VETERANS O/50

1. R. Bell	Amble	48.06
2. G. Unsworth	Kend	49.54
3. D. Fell	Unatt	50.37
4. M. Carson	Kesw	50.43
5. T. Peacock	Clay	51.27

#### VETERANS O/60

1. D. Brown	Clay	53.41
2. H. Catlow	Dallam	56.16
3. R. Bray	Bowl	56.24

#### LADIES

1. V. Peacock O/35	Clay	47.10
2. N. Davies O/35	Borr	49.03
3. S. Brown	Bowl	50.42
4. L. Thompson O/35	Unatt	51.16
5. L. Osborn	Kesw	52.10
6. K. Beaty O/35	CFR	54.43

## ROACHES RACE

### Staffordshire

BL/15m/3700ft 9.11.97

An easy win for Dave Neill on this out-and-back route over the Roaches Ridge to Shutlingsloe Summit. Dave established a clear lead at Shut and "cruised" back with not even a fast flowing River Dane slowing him down! Tricia Sloan had another excellent run but finished over seven minutes outside the record set by second finisher, Karen Parker.

Thanks to JSB Electrical and Running Bear for donating the prizes.

Andrew Addis

1. D. Neill	Mercia	1.58.14
2. A. Dickenson	DkPk	2.07.06
3. A. Carruthers	Crawley	2.09.03
4. T. Werrett	Mercia	2.10.59
5. C. Lancaster	Telf	2.11.47
6. B. Gregory	Stock	2.12.09
7. S. Bottomley	Eccle	2.12.26
8. M. White	Huncote	2.12.30
9. J. Feeney	Bing	2.12.35
10. S. Houghton	CaldV	2.13.16

#### VETERANS O/40

1. D. Neill	Mercia	1.58.14
2. B. Gregory	Stock	2.12.09
3. T. Loneragan	Huncote	2.13.42
4. K. Spare	Unatt	2.14.10
5. T. Haywood	Mercia	2.15.08

#### VETERANS O/50

1. B. Toogood	DkPk	2.15.44
2. J. Marsh	Tarren	2.20.41
3. D. Tait	DkPk	2.24.08
4. P. Brabry	Congle	2.57.54

#### LADIES

1. T. Sloan	Salf	2.27.53
2. K. Parker	Maccle	2.37.44
3. E. Batt	Bux	2.44.35
4. P. Leach O/35	DkPk	2.48.42
5. G. Harris O/35	Mercia	2.51.58
6. A. Carrington	Shelt	2.53.33
7. C. Peterson	HookN	2.57.54
8. C. Fulton	DVO	3.02.41

## PENMAENMAWR FELL RACE

### Gwynedd

CL/12m/1400ft 15.11.97

1. C. Donnelly	Eryri	1.11.40
2. S. Whelan	Front	1.11.54
3. J. McQueen	Eryri	1.12.15
4. D. Huws	Eryri	1.13.25
5. E. Roberts	Eryri	1.15.09
6. M. Foschi	Penn	1.15.11
7. G. Williams	Eryri	1.15.21
8. G. Owen	Eryri	1.17.27
9. M. Wigmore	Helsby	1.17.28
10. M. Forrest	Front	1.18.57

#### VETERANS O/40

1. M. Foschi	Penn	1.15.11
2. G. Owen	Eryri	1.17.27
3. S. Jones	Eryri	1.20.54
4. G. Manson	Oswest	1.22.53
5. G. Rogers	ColwynB	1.23.10

#### VETERANS O/50

1. T. Hulme	Penn	1.22.46
2. R. Elliott	NWRR	1.26.23
3. M. Williams	Eryri	1.32.03
4. M. Threlfall	Unatt	1.32.35
5. A. Wright	NthnV	1.32.55

#### VETERANS O/60

1. P. Roberts	Unatt	1.38.46
2. B. Thackery	DkPk	1.40.30
3. K. Anderton	Abergele	1.43.47

#### LADIES

1. Y. Hill	Birch	1.27.22
2. J. Prowse O/35	Kghly	1.27.34
3. K. Mather O/35	Saddle	1.31.45
4. T. Evans	Eryri	1.33.05
5. V. Musgrove O/35	Wrex	1.35.11
6. L. Whittaker	Saddle	1.35.32
7. I. Redfern	ColwynB	1.36.46
8. J. Boscoe O/35	Wirral	1.38.19

## TOUR OF PENDLE

### Lancashire

AL/17m/4250ft 15.11.97

Congratulations to Angela - a great win and a new record. Congratulations to Joe, a win at his second attempt and another new name on the trophy.

My grateful thanks to all the marshals on the course and at the start and finish, Pete Bland Sports for the numbers and help with the prizes. Also, to Rossendale Search and Rescue for their presence. Thanks also to the sponsors, Richard Wilkinson & Sons, for the T-shirts and Winnerprint who printed them and gave us some more for spot prizes.

Next year's race will be on Saturday 14 November 1998 - the village hall is already booked!

Kieran and Doreen

1. J. Blackett	Mand	2.25.06
2. M. Horrocks	Clay	2.25.27
3. M. Palmer	ForDean	2.25.29
4. M. Wallis	Clay	2.25.31
5. T. Hobbs	Clay	2.28.10
6. M. Proctor	Clay	2.28.19
7. J. Coyle	Carn	2.28.52
8. L. Thompson	Clay	2.29.13
9. M. Fleming	Amble	2.29.36
10. C. Shuttleworth	Prest	2.29.59

#### VETERANS O/40

1. M. Wallis	Clay	2.25.31
2. S. Jackson	Horw	2.35.19
3. B. Brindle	Horw	2.35.30
4. D. Collins	Tod	2.38.50
5. G. Cunliffe	Clay	2.42.10

#### VETERANS O/45

1. J. Holt	Clay	2.30.50
2. A. Harmer	DkPk	2.41.42
3. R. Edwards	Leices	2.51.03
4. F. Fielding	Gloss	2.53.14
5. D. Fielding	Acc	2.55.26

#### VETERANS O/50

1. K. Carr	Clay	2.36.18
2. B. Mitchell	Clay	2.38.37
3. D. Tait	DkPk	2.44.35
4. J. Nuttall	Clay	2.50.55
5. T. Peacock	Clay	3.01.09

#### VETERANS O/55

1. R. Bell	Amble	2.56.11
2. R. Jaques	Clay	3.07.51
3. J. Swift	Chor	3.30.13

#### VETERANS O/60

1. D. Brown	Clay	3.13.48
2. B. Smith	Clay	3.22.13
3. B. Leahley	Clay	3.26.34

#### LADIES

1. A. Mudge	Carn	2.36.28
2. V. Peacock	Clay	2.48.29
3. K. Thompson O/40	Clay	3.13.02
4. J. Robertson	Carn	3.21.38
5. D. Thompson O/40	Kend	3.23.13
6. B. McWade	Clay	3.24.25
7. E. Cowell	Kesw	3.33.04
8. C. Armitstead O/35	Otley	3.33.20

## DRUIM FADA CHASE

### Scotland

M/6.5m/1150ft 16.11.97

The rain relented sufficiently to allow the raging burns to subside so no-one drowned! This year, carrying full body waterproof cover was left to the runners' discretion. Robert Cant was immobilised after tearing ankle ligaments and needed to be assisted off the hill. He was carrying full body waterproof cover.

Alastair MacLennan ran very fast.

Thanks to Fassfern Estate, West Highland Estates, Outward Bound Locheil and Barry McIntosh, the local shepherd, for their help and co-operation. Thanks also to the timekeepers and all the marshals, not forgetting Jimmy Coutts for supplying a bag of frozen peas for Robert Cant's rapidly swelling ankle.

Roger Boswell

1. A. MacLennan	Loch	47.26
2. G. McNab	Loch	54.26
3. C. MacAndrew	Loch	54.32
4. J. Stewart	Unatt	55.34
5. K. Whyte	Loch	55.45
6. D. Brown	Loch	56.57
7. G. Fleet	Badenoch	57.03
8. A. O'Hagan	Loch	58.29
9. D. Fraser	Unatt	59.06
10. R. Gatehouse	Lomond	59.30

#### VETERANS O/40

1. C. MacAndrew		54.32
2. K. Whyte	Loch	55.45
3. R. Campbell	Loch	1.15.36

#### VETERANS O/45

1. R. Gatehouse	Lomond	59.30
2. J. Stewart	Calder	1.00.16
3. J. Dougan	Loch	1.04.05

#### VETERANS O/50

1. L. Volwerk	Loch	1.00.27
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#### LADIES

1. J. Ness	Loch	1.08.34
2. S. MacLeod	Loch	1.12.26
3. E. Gow	Unatt	1.13.23

#### JUNIORS

1. A. O'Hagan	Loch	58.29
2. D. Fraser	Unatt	59.06
3. J. MacIntosh	Unatt	1.03.34

**STOOP & STAIRS**  
West Yorkshire  
BM/6m/1000ft 16.11.97

**OH WHAT A NIGHT!**

Carol Greenwood led the male runners a merry dance in this late addition to the FRA calendar - designed to coincide with the previous night's FRA presentation dinner or 'DO' - as she finished 6th overall.

Thirty one year-old Greenwood led the 54 runners into the strong winds, with the chasing group of men tucked in behind as the race route climbed Oxenhope Stoop Hill. Along the boggy section to the Top O'Stairs, Carol still had the lead, with Shaun Addison making in-roads into the chasers by good route choice. On the rocky bridleyway path of the Stairs Lane, however, Carol slipped back slightly, and as they met the faster running along the water conduit the male runners took over. Andy Maloney, the last person to enter and one of the last to leave the 'DO' at 5am, woke up here and did just enough to take victory. Maloney declined the choice of copious amounts of alcohol to stick with a 2kg tin of biscuits - possibly to soak up all the previous night's beverage intake.

Shaun Addison turned the tables on his brother Mike for the second time this year, the other was also at a Woodhead promotion being the fourth Bunny Run in April. Competition between these brothers is intense, and over the yearly battles they are probably even-stevens as to who comes out tops. Even when one beats the other it's more by seconds than minutes, but since Mike has moved to Kendal this only intensifies their rivalry when they do meet. Competition between them doesn't stay on the fells, both are married to sisters Fiona and Heather, and have four children each. The only concession being that Shaun and Fiona have three girls and one boy, whilst Mike and Heather have three boys and one girl, even their wedding anniversaries are only separated by three days. Top that if you can!

The turnout was what we expected, even though Dermot McGonigle and numerous others expressed interest when the organisers left the Skipton 'Do' celebrations at 3 00 a.m. British over 50 champion, Northern Irelands James Patterson, volunteered to marshal the Stoop summit checkpoint and then sweep the course.

The 1998 'Do' is in Skipton again on the 21 November, but no race is planned the day after. However the Settle Scramble 23m/3000ft is on, and Settle Harriers are looking into a 6 or 7 mile race based on the Langcliffe area on the outskirts of Settle on the 'Do'morning for you race addicts.

Joshua Tetley

1. A. Maloney	Roch	39.52
2. S. Addison	Clay	40.28
3. M. Addison	Unatt	40.47
4. M. Moore	P&B	41.01
5. R. Bradbury	Unatt	41.33
6. C. Greenwood	Bing	41.56
7. P. Targett	Clay	42.04
8. S. Gelsthorpe	StBedes	42.12
9. A. Barrett	P&B	42.46
10. G. Porter	Selby	43.21

**VETERANS O/40**

1. N. Kirkbright	Skyrac	43.45
2. P. Watson	Lincoln	45.27
3. M. Lee	StBedes	45.30
4. D. Tolson	RedR	46.05

**VETERANS O/50**

1. G. Breeze	Skyrac	44.30
2. R. Titchmarsh	RoadR	48.02
3. J. Devlin	RoadR	51.59

**LADIES**

1 C. Greenwood	Bing	41.56
2. E. Batt	Bux	45.55
3. E. Hopkinson U/18	KghlyHR	49.43

**COPELAND CHASE**  
Cumbria  
O/10m/3000ft 16.11.97

In the absence of six times winner, Phil Clarke, Derek Radcliffe won by a comfortable margin, as did Angela Brand-Barker, who retained her title in the ladies' race.

The event continues to attract extremes of weather and this year was no exception - a still, clear day sandwiched between a dismal Saturday and even worse Monday! Had the cloud-base stayed at the 1000ft level as it had on Saturday, navigation would have been a lot tougher and times considerably slower.

The experiment of taking the first four controls in any order seemed quite successful in reducing the amount of following and in increasing route choice - Derek Radcliffe and Rick Stuart took completely different routes as far the fifth control.

Colin Webb

1. D. Radcliffe	Ross	2.09.32
2. R. Stuart	Kend	2.12.25
3. B. Clough	Amble	2.19.34
4. W. Harrison	CFR	2.23.19

5. P. Skelton	CFR	2.24.12
6. J. Nixon	AchR	2.29.02
7. A. Miller	Unatt	2.34.00
8. A. Brand-Barker	Kesw	2.36.12
9. P. Murray	Horw	2.39.07
10. M. Walford	Kend	2.39.37

**VETERANS O/40**

1. D. Radcliffe	Ross	2.09.32
2. A. Miller	Unatt	2.34.00
3. P. Hamilton	Kesw	3.14.40

**VETERANS O/50**

1. J. Nixon	AchR	2.29.02
2. P. Murray	Horw	2.39.07
3. M. Walford	Kend	2.39.37
4. Y. Tridimas	MEROC	2.40.44

**LADIES**

1. A. Brand-Barker O/35	Kesw	2.36.12
2. S. Hodgson	Amble	2.54.20
3. J. Jones	Kesw	2.55.22
4. J. King	CFR	3.02.33

**SHORT COURSE**

1. T. Brand-Barker	Kesw	1.25.40
2. J. Harrison O/40	WCOC	1.36.40
3. S. Steel	WCOC	1.44.23

**LORDS' STONES FELL RACE**  
Lancashire  
AM/10m/2800ft 23.11.97

1. M. Cara	Mand	80.48
2. R. Bergstrand	Mand	81.41
3. M. Fleming	Amble	84.48
4. J. Blackett	Mand	84.58
5. P. Stevenson	P&B	85.20
6. I. Ellmore	S'borough	87.47
7. G. Burnip	Mand	87.49
8. J. Feeney	Bing	87.50
9. R. Jamieson	Amble	87.52
10. J. Hemsley	Ilk	88.17

**VETERANS O/40**

1. P. Kelly	Darl	88.26
2. A. Normandale	Nestle	89.16
3. R. Maynard	Quakers	90.05
4. R. Firth	Mand	90.13
5. C. Pattison	BMH	90.20

**VETERANS O/50**

1. R. Bell	Amble	94.28
2. C. Todd	Hgte	100.16
3. R. Marlow	DkPk	102.42
4. M. Hetheron	Nestle	104.51
5. J. Kettle	NMH	105.50

**LADIES**

1. J.McLintock	Gall	104.49
2. S. Webb O/35	Mand	105.39
3. A. Raw	Darl	108.03
4. K. White	Morpeth	115.01
5. S. Gaytor	NMH	126.34

**KIRKBYMOOR FELL RACE**  
Cumbria  
BM/8m/1600ft 23.11.97

1. J. Atkinson	Amble	49.11
2. M. Foschi	Penn	49.52
3. R. Cluchs	CFR	54.07
4. D. Radcliffe	Ross	54.07
5. C. Valentine	Kesw	54.16
6. C. Speight	Kend	55.00
7. C. Jones	AchR	56.17
8. R. Sewell	Kend	60.04
9. M. Berry	BCR	60.20
10. G. Woolnough	Kend	60.28

**VETERANS O/40**

1. M. Foschi	Penn	49.52
2. R. Cluchs	CFR	54.07
3. D. Radcliffe	Ross	54.09
4. R. Sewell	Kend	60.04
5. M. Berry	BCR	60.20

**VETERANS O/50**

1. K. Lindley	BCR	63.18
2. G. James	B'poolF	64.25
3. A. Stafford	Kend	66.00
4. M. McDonald	FRA	74.16
5. P. Cockshott	BCR	82.31

**VETERANS O/60**

1. R. Bray	Bowl	65.17
2. H. Catlow	Dall	67.42
3. L. Ward	Wesham	94.23

**LADIES**

1. W. Dodds	CFR	72.15
2. D. Walker	Kend	73.02
3. V. Gill	BCR	87.12

**HEXHAMSHIRE HOBBLE**  
Northumberland  
CM/10.5m/1220ft 7.12.97

The fifth Hobble was run in near perfect conditions, considering the time of year, with record entries of nearly seventy competitors, as well as record breaking runs for both ladies and men. The circular route over the far North Pennines runs from Allendale Town and alternates in direction from year to year.

The distinguished field included current Ladies British Champion. Angela Mudge, as well as Veteran Ladies World Champion Quadrathlete, local hero, Ruth Fletcher.

As usual, the ladies set off with a 15 minute advantage and such was the excellence of Angela Mudge's run, for the first time in the history of the race, the winning lady finished well ahead of the hotly pursuing gents. Angela's impressive solo run over an unfamiliar route was some ten minutes inside the previous ladies' record. Just imagine what her time would have been if she had been running with the men! Local, inform Karen Robertson also had an impressive run to finish second lady, also well inside the previous record.

The men's race was hotly contested between Tynedale Harrier clubmates, Barry Jameson and Andy Green. After swapping the lead, Barry eventually came out on top by 12 seconds, with another record breaking performance for the second year running. The Tynedale veteran now has the satisfaction of holding both the clockwise and anti-clockwise records. Previous record holder and two-times winner, Tim Wylie, had to settle for third place.

Local club, Tynedale Harriers, had an impressive turnout and easily won the team prize, The fast Hobble route in such good conditions well suited the "fast packers".

With all safely home within two hours, the competitors were refreshed and relaxed at the local fire station, the proceeds of the race being donated to the Fire Service Benevolent Fund.

The Hobble is just one of a series of fell races in Northumberland which is resulting in a considerable interest in fell running within the county. This has led to the formation of a county-wide dedicated fell running club, Northumberland Fell Runners, which in well under a year since formation has attracted a membership of nearly 50 runners. Along with a resurgence of interest within the established athletic clubs, a vibrant future for fell running in the county is assured!

Stewart Beaty

1. B. Jameson	Tyne	1.06.12
2. A. Gren	Tyne	1.06.24
3. T. Wylie	Tyne	1.08.44
4. M. Broadhurst	Tyne	1.09.04
5. I. Mulvey	N'land	1.10.16
6. G. Owens	N'land	1.11.23
7. B. Jacobson	Tyne	1.11.46
8. K. Maynard	Quakers	1.12.17
9. D. Armstrong	N'land	1.12.47
10. S. Brown	Tyne	1.12.58

**VETERANS O/40**

1. B. Jameson	Tyne	1.06.12
2. M. Broadhurst	Tyne	1.09.04
3. G. Owens	N'land	1.11.23
4. J. Dickinson	Tyne	1.13.13
5. D. Oakley	Unatt	1.16.21

**VETERANS O/45**

1. P. Graham	Tyne	1.15.46
2. K. Brewis	Tyne	1.16.00
3. A. Wanless	Bl'hill	1.18.15
4. R. Cook	NewtonA	1.19.29
5. R. Dawson	N'land	1.21.32

**VETERANS O/50**

1. D. Hunmter	Tyne	1.17.24
2. B. Cambell	N'land	1.23.54
3. T. Went	Unatt	1.24.24
4. R. Gray	N'land	1.27.52
5. N. Piper	N'land	1.29.36

**VETERANS O/55**

1 R. Hayes	N'land	1.29.16
2. P. Latham	Tyne	1.40.49

**VETERANS O/60**

1. J. Garbarino	AchR	1.32.14
2. D. Wright	Tyne	1.38.56

**LADIES**

1. A. Mudge	Carn	1.15.09
2. K. Robertson	TyneTri	1.22.27
3. R. Fletcher O/45	Tyne	1.34.36
4. H. Graham O/40	Tyne	1.37.53
5. H. Dickinson O/40	Tyne	1.42.55
6. P. Cooper O/40	N'land	1.43.55
7. J. Saul	N'land	1.45.59
8. T. O'Sullivan O/45	Tyne	1.53.16

**BOLTON BY BOWLAND FELL RACE**  
**Lancashire**  
**CM/8m/800ft 7.12.97**

The rain poured and the becks roared as we flagged the course the day before the race. So, an alternative route was flagged in anticipation of having to use the footbridge instead of the beck crossing. However, an early morning inspection on race day indicated that the water had subsided overnight and the crossing was safe. So it would be the usual course even though a very wet one. Despite this, one record was to be broken when Lawrence Sullivan won the V60, knocking almost two minutes off the previous best. Up front, Sean Willis broke away early and established a lead only to be pulled back in the last mile by Gavin Bland. A real tussle then ensued with Sean coming off best in a sprint down the final hill to the finish.

We had another good turnout of 199 runners, and later about 30 prizes, which had been donated locally, were handed out; the profit will go towards the upkeep of the village hall.

Thanks to all who helped on the course, in the kitchen, the farmers and those who donated prizes.

Roger Dewhurst

1. S. Willis	Tod	45.45
2. G. Bland	Borr	45.50
3. D. Flatley	Horw	47.06
4. M. Brown	Clay	47.26
5. G. Schofield	Horw	47.27
6. D. Horton	Denby	47.28
7. I. Greenwood	Clay	48.08
8. C. Shuttleworth	Prest	48.30
9. D. Clamp	Bolt	48.40
10. S. Blakelock	Ross	48.52

**VETERANS O/40**

1. G. Schofield	Horw	47.27
2. T. Taylor	Ross	49.42
3. G. Cunliffe	Clay	50.09
4. S. Taylor	Clay	50.37
5. S. McKenna	Amble	51.40

**VETERANS O/45**

1. J. Holt	Clay	50.39
2. T. Hesketh	Horw	51.48
3. J. Hoffman	BfdA	52.00
4. A. Turner	Clay	52.09
5. L. Best	Stock	52.38

**VETERANS O/50**

1. R. Hargreaves	Clay	50.43
2. B. Mitchell	Clay	50.54
3. R. Bell	Amble	53.05
4. D. Scott	Clay	54.13
5. J. Nuttall	Clay	55.34

**VETERANS O/60**

1. L. Sullivan	Clay	57.29
2. H. Catlow	Dallam	61.26
3. B. Pierce	CaldV	64.13

**LADIES**

1. C. Greenwood	Bing	52.14
2. V. Peacock O/40	Clay	56.38
3. K. McIntosh O/40	Bury	59.07
4. L. Pyne	CaldV	60.24
5. S. Morris O/40	Horw	63.09
6. J. Hindle	Clay	64.28
7. L. Hayles O/40	Hfx	65.09
8. L. Bostock O/40	Clay	66.18

**CARDINGTON CRACKER**  
**Shropshire**  
**AM/9m/2600ft 7.12.97**

Dave Neill won his third Cardington Cracker race with just eight seconds to spare over James McQueen. Dave, one of the leading veteran fell runners, previously won the race in 1992 and 1993. James was the early leader but Dave caught him on the ascent of Caer Caradec (1506ft), the highest point of the route. Just eight seconds separated the two at Willstone Hill, the final checkpoint at the end of the Hope Bowdler Range, which Dave held to the finish. His winning time was new course record, 16 seconds quicker than Andy Trigg's winning time last year - an excellent time considering the wet and windy conditions.

Andrew Davies, the Welsh international, was third moving through the field after a very steady start. Sarah Brown totally dominated the ladies' race, some seven minutes ahead of her nearest rival, Janet Robertson. Gill Harris, who lives very close to the Cardington area, was third and first lady veteran.

There were 229 finishers in this popular pre-Christmas race; the last person home traditionally receives a box of crackers. This was the tenth running of the race and every tenth finisher received a special prize.

Paul Sanderson

1. D. Neill	Mercia	1.13.08
2. J. McQueen	Eryri	1.13.16
3. A. Davies	Mercia	1.15.33
4. J. Hunt	Mersey	1.15.45
5. A. Carruthers	Crawley	1.16.24
6. G. Owen	Eryri	1.16.55
7. T. Werrett	Mercia	1.17.30
8. T. Haywood	Mercia	1.17.35
9. N. Ashcroft	Spectrum	1.17.53
10. P. Cadman	Mercia	1.19.27

**VETERANS O/40**

1. D. Neill	Mercia	1.13.08
2. G. Owen	Eryri	1.16.55
3. T. Haywood	Mercia	1.17.35
4. A. Pickles	Telf	1.21.20
5. C. Taylor	Mercia	1.23.06

**VETERANS O/45**

1. T. Longman	Hunc	1.21.38
2. A. Duncan	Mersey	1.22.39
3. B. Dredge	Mercia	1.23.23
4. S. Littlewood	Eryri	1.24.10
5. G. Houghton	CaldV	1.26.09

**VETERANS O/50**

1. J. Clemens	Mercia	1.25.56
2. J. Linley	NthnV	1.28.45
3. N. Griffiths	Spectrum	1.30.55
4. R. Defaye	Unatt	1.31.29
5. R. Marlow	DkPk	1.33.06

**VETERANS O/55**

1. J. Marsh	TarrenH	1.25.27
2. E. Knight	Mercia	1.35.01
3. A. Wright	NthnV	1.40.13

**VETERANS O/60**

1. R. Bradley	Bowl	1.40.23
2. H. Franklin	Wye	1.49.50
3. G. Gartrell	Wrex	1.53.07

**LADIES**

1. S. Brown	Bowl	1.32.56
2. J. Robertson	Spectrum	1.40.15
3. G. Harris O/40	Mercia	1.40.32
4. L. Delrio	Tren	1.41.59
5. S. Gilliver O/35	Penn	1.42.19
6. J. Hemming	Eryri	1.42.42
7. C. Lorimer O/40	Cosmic	1.44.23
8. G. Evans O/35	Shepshed	1.46.00

**CALDERDALE WAY RELAY**

**West Yorkshire**

**50m/6000ft in six stages 14.12.97**

Last year the conditions set the records tumbling; this year the conditions underfoot set the runners tumbling, although above ground conditions were the best for years. Bingley Harriers once again made all the running; this was not evident on the first leg when they were only one second ahead of Leeds City. Leeds, however, were staging an official mixed team and dropped back on Leg 2. The chase was taken up by Horwich, who held second place on Legs 2 and 3 but, as usual, Pudsey & Bramley put in a challenge to gain second place for Legs 4, 5 and the finish clocking the fastest time on Leg 5. Bingley's only blip was on this leg when they only managed third fastest, which spoiled their chance for the record they set last year.

A welcome new name was added to the ladies' trophy. Dark Peak Ladies' fifty fourth place made them clear winners over Pudsey & Bramley in sixty third place. Due to cut off times, they were not to know this and Pudsey's Sarah Rowell and Anne Buckley were closest to breaking a record (their own) on the last leg missing out by only 38 seconds.

Kendal Veterans fourth place made them the highest placed Veterans' team on record. Clayton's record of 1991 was never really in doubt but Kendal now hold the second fastest veterans' time and were this year's most well balanced team.



Calderdale Way, Rossendale B change over at Crag Vale.  
 Photo: Steve Bateson

A Mixed Team prize was introduced this year; unfortunately, many of the mixed teams declared they did not have the minimum of six ladies to qualify for the prize. The eventual winners were Leeds City with a complement of seven ladies and five men finishing in forty fourth place.

The only records broken this year were by the slowest team: St Bede's Ladies were the slowest ever on Legs 1, 4 and overall beating Baildon Ladies' 1992 record by one hour!

P. White

1. Bingley 'A'	5.38.48
2. Pudsey & Bramley 'A'	5.45.56
3. Dark Peak 'A'	6.02.46
4. Kendal Veterans	6.07.25
5. Clayton 'A'	6.07.33
6. Horwich 'A'	6.07.46
7. Rossendale 'A'	6.11.23
8. Clayton Veterans 'A'	6.17.33
9. Rossendale Veterans 'A'	6.19.44
10. Rochdale 'A'	6.22.52

**VETERANS**

1. Kendal	6.07.25
2. Clayton 'A'	6.17.33
3. Rossendale 'A'	6.19.44
4. Clayton 'B'	6.43.34
5. Bolton Utd	6.46.15

**LADIES**

1. Dark Peak	7.32.33
2. Pudsey & Bramley	7.50.19
3. Clayton 'A'	7.56.49
4. Rossendale	8.24.12

**MIXED**

1. Leeds City	7.20.57
2. Spensborough	7.35.45
3. Calder Valley	7.58.15





Calderdale Way - Todmorden A runners above the Colden valley. Photo: Peter Hartley

### DAVID STAFF MEMORIAL FELL RACE Lancashire BS/5M/900ft 14.12.97

The third running of the David Staff memorial Race saw the biggest turnout with 191 runners starting the race.

The men's race was quite close with Dale Gortley having an eight second victory. The first lady was Carol Greenwood who was a clear three minutes in front of second placed and first lady veteran, Kath Drake.

Last year's race raised £200 for the charity "CRY" and we hope a similar amount will be donated this year.

G. Taylor

1. D. Gartley	Gloss	33.53
2. M. McLincey	Bing	34.03
3. S. Sweeney	Bowl	34.15
4. D. Woodhead	Horw	34.55
5. C. Seddon	Unatt	35.10
6. S. Bottomley	Eccles	35.33
7. C. Fishlock	Hynd	35.37
8. M. Cuddy	Gloss	35.47
9. B. Bowland	Newbugh	35.59
10. A. McFarlane	Hynd	36.09

<b>VETERANS O/40</b>		
1. B. Brindle	Horw	36.36
2. K. Delaney	IBISheep	38.28
3. T. Hargreaves	Stock	38.34

<b>VETERANS O/45</b>		
1. A. Steele	Radcl	36.50
2. R. Paul	Salf	39.45
3. B. Holden	Guernsey	40.02
4. B. Nicholson	Darwen	44.41
5. N. Copeland	Lostock	45.28

<b>VETERANS O/50</b>		
1. M. Crook	Horw	40.30
2. G. Fielding	Ross	41.10
3. J. Nolan	B'burnRR	41.35
4. T. Targett	Clay	44.21
5. A. Stafford	Kend	44.31

<b>VETERANS O/55</b>		
1. D. Ashton	NthnV	42.31
2. B. Shaw	B'burnRR	44.42
3. M. McDonald	FRA	47.26

<b>VETERANS O/60</b>		
1. R. Bray	B'pool	43.03
2. J. Barker	Clay	43.37
3. G. Arnold	Prest	48.45

<b>LADIES</b>		
1. C. Greenwood	Bing	37.28
2. K. Drake O/35	Spn	40.55
3. S. Brown	Bowl	41.02
4. J. Haslam	Darwen	45.31
5. L. Richards	B'burnRR	45.58
6. A. Williams	Unatt	46.12
7. E. Jones	Lostock	47.02
8. D. Waler O/35	Kend	47.52

### MORTIMERS FOREST HILL RACE Shropshire BM/10m/1700ft 14.12.97

On a beautiful sunny day, Andrew Davies just failed to add this record to his growing list. Adrian Pickles did set a new veterans' record by over two minutes by the run of the day must go to Yvonne Hill who took five minutes off Victoria Mugrove's very good course record, although Victoria still retains the ladies' veterans' record.

My thanks to all, especially the helpers on the day.

R.C. Mapp

1. A. Davies	Mercia	67.47
2. A. Carruthers	Crawley	68.35
3. A. Pickles	Telf	68.44
4. C. Lancaster	Telf	71.35
5. T. Longman	Huncote	73.06
6. T. Gibbs	MDC	75.08
7. J. Currie	RSuttCold	75.17
8. K. Court	Hales	76.03
9. G. Farmer	ChaseH	76.07
10. B. Weber	Telf	76.20

<b>VETERANS O/40</b>		
1. A. Pickles	Telf	68.44
2. G. Farmer	ChaseF	76.07
3. C. Horgan	Buckley	78.10
4. S. Hammond	Tatt	78.43
5. S. Payne	Unatt	80.43

<b>VETERANS O/45</b>		
1. T. Longman	Huncote	73.06
2. J. Currie	RSuttCold	75.17
3. M. Wittering	Huncote	78.19
4. G. Spencer	Mercia	79.15
5. R. Griffiths	BroDys	82.30

<b>VETERANS O/50</b>		
1. K. Court	Hales	76.03
2. D. Rose	Bath	77.27
3. D. Kerr	Wrex	84.40
4. A. Norris	AmazF	34.48
5. C. Sayer	Mercia	

<b>VETERANS O/55</b>		
1. B. Morris	Wrekin	83.45
2. P. Duffy	Alvis	89.41
3. A. Morris	Wrekin	89.47

<b>VETERANS O/60</b>		
1. P. Norman	Wrex	85.35
2. T. Jones	Tipton	97.46

<b>LADIES</b>		
1. Y. Hill	Birch	79.34
2. S. Hammond	Tatt	82.06
3. N. Lee	Huncote	82.26
4. V. MusgroveO/40	Wrex	85.47
5. C. LommerO/40	Cosmic	87.01
6. S. Candy	ShropSh	88.35
7. W. Walton O/35	ShropSh	88.55
8. L. Green O/40	BCTri	89.13

<b>JUNIORS</b>		
1. A. Davies	Mercia	67.47
2. J. Bowler	Broms	82.55
3. J. O'Hara	Helsby	86.04

### SIMONSIDE CAIRNS FELL RACE Northumberland BM/11m/1400ft 14.12.97

A good run in heavy conditions, plus a P.B. by winner, Ian Mulvey, but Joe McCready's 1996 record remains.

No so with the ladies where Karen Robertson (in flats!!) sliced almost eleven minutes off the record.

R. Hayes

1. I. Mulvey	N'landFR	1.21.06
2. J. Dickinson	Tyne	1.22.23
3. B. Jacobson	Tyne	1.22.26
4. C. Valentine	Kesw	1.22.56
5. K. Maynard	Quakers	1.23.02
6. N. Hedley	Blyth	1.23.09
7. A. Clarke	Tyne	1.23.46
8. R. Hall	Blyth	1.24.57
9. S. Gakhar	N'landFR	1.25.36
10. K. Brewis	Tyne	1.26.10

<b>VETERANS O/40</b>		
1. J. Dickinson	Tyne	1.22.23
2. J. Christie	Alnwick	1.27.52
3. B. Mitchell	Morpeth	1.35.14

<b>VETERANS O/45</b>		
1. R. Hall	Blyth	1.24.57
2. K. Bewis	Tyne	1.26.10
3. P. Graham	Tyne	1.28.43

<b>VETERANS O/50</b>		
1. J. Spells	Elswick	1.30.39
2. A. Fortune	Alnwick	1.42.32
3. N. Dyson	Mand	1.44.59

<b>VETERANS O/55</b>		
1. R. Mitchell	Teviot	1.53.02
2. I. Webb	FRA	2.06.22

<b>VETERANS O/60</b>		
1. D. Wright	Tyne	2.04.12

<b>LADIES</b>		
1. K. Robertson	TyneTri	1.34.36
2. S. Webb O/35	Mand	1.39.18
3. A. Best	Blyth	1.43.05

### TURKEY TROT Mourne Mountains AS/5.5M/1500ft 26.12.97

The race entry was down this year due to a clash with a race the following day. Despite this. Many potential runners volunteered to help marshal and we were grateful for their assistance, as we were to the Tollmore Mountain Centre for once again allowing us to use their facilities. Special thanks also to our sponsors for their range of prizes.

Although many runners were saving themselves, Neil Carty wasn't and neither was Dermot McGonigal. Within seconds of the start, they had surged to the lead up the grassy track. Both runners are former winners of the Martin McMahon Memorial Trophy and were keen to reclaim it. Graham Watson, winner of the Commedagh Donard back in October, tried to stick with the pace but gradually dropped back as the leaders climbed to the first col. By the second col, Neil Carty had opened up a small gap which he extended as he raced down the Happy Valley, and then held comfortably to the finish.

The race record remained intact as did the ladies' record as its holder, Stephaney Pruzina made a winning return after a couple of years of baby booming! Sheena Carson was second. Strangely, there was only one veteran over 40 in the race but veterans over 45 more than compensated and Willy McKay led them home in eighth place overall. The veterans over 50 were led by Billy Magee in fifteenth place overall.

There were two junior performances of note - Ricky Graham is maturing into a classy runner and gained fourth place overall while Daniel Hughes in his first ever fell race finished in eleventh place overall. I wonder how long we will have to wait before their names appear on the Martin McMahon Trophy?

Jim Brown

1. N. Carty	NBelF	43.48
2. D. McGonigal	N'castle	44.41
3. G. Watson	Altr	46.08
4. R. Graham	Willow	48.18
5. J. Thin	Carn	49.05
6. M. Cowen	LaganVO	49.45
7. D. Brannigan	N'castle	50.27
8. B. McKay	Albert	51.00
9. C. Elliot	Unatt	51.45
10. J. Brown	BARF	52.34

<b>VETERANS O/40</b>		
1. P. Turkington	ACKC	65.14

<b>VETERANS O/45</b>		
1. B. McKay	Albert	51.00
2. W. Kaytelle	ACKC	56.57
3. B. Simpson	BARF	57.22
4. P. McGookin	ACKC	58.11
5. M. Barton	ACKC	58.33

<b>VETERANS O/50</b>		
1. B. Magee	Larne	56.56
2. J. Stone	ACKC	59.03
3. R. Donaldson	CIYMS	60.55
4. I. Taylor	Albert	71.07

<b>LADIES</b>		
1. S. Pruzina	BARF	64.04
2. S. Carson	BARF	69.56
3. H. Brown	BARF	72.22

<b>JUNIORS</b>		
1. R. Graham	Willow	48.18
2. D. Hughes	Unatt	54.46
3. S. Taylor	Albert	63.36



Last race of the old year - Jon Wright at Auld Lang Syne. Photo: Peter Hartley

## AULD LANG SYNE FELL RACE West Yorkshire BM/6m/1000ft 31.12.97

The annual Old Beer Handpump men's trophy is only engraved with one runner's name - "since the first year three years ago, I've always tried to run it. I've won it each time including twice last year when it was re-run due to very deep snow on the original date, and a 'ghost' Auld Lang Syne' was run!" said Ian Holmes.

This year, the first time snow wasn't underfoot, meant heavy conditions due to recent rainfall and mild weather, and reflected in the winning time of only 37.02 by Holmes as against his own record of 34.20.

The main competition was for second as English veteran over 40 silver medallist, Steve Oldfield, for the better of nephew, Gary, by nine seconds, although Gary had delivered the post around Bradford before putting on his running vest!

Carol Greenwood, the inaugural race winner in 1994 and 'ghost' 1997 was once again in commanding form and probably reached the Stoop checkpoint in the first twenty. "I had a really good climb today but lost about ten places at the top of the Stoop. There's a section where you can either go through a gap in the wall or stay on the same side. Everyone went through the wall but for some reason I didn't. I lost a lot of ground there but it wasn't too important. I still had an enjoyable run despite finding myself nearly waist deep in a puddle on the water section!"

One of the many talking points was the section along the water conduit; here, a seemingly five foot watery puddle just too wide to jump met runners. Hands up if you joined Holmes, Carol, the Oldfields, John Wright, etc. in being sucked down to thigh level when you thought it was only inches deep! Certainly, the finish area looked like the 251 athletes had competed in a Haworth Moor version of mud wrestling, clean pink skin was a rare commodity. Several hardy souls found the cricket hut water butts very useful in revealing the skin again, whilst clutching free hot coffee.

Two records were set on the day as English Intermediate International, Gareth Hird, sliced 25 seconds off Adam Burnett's 1995 mark of 42 4 2. Showing no ill affects, Gareth won the Silsden New Year's Day Resolution Run the day after. The other record was by Essex girl, Linda Bates, who despite descending to Harbour Lodge, a quarter mile detour, still managed to set a new female over 50 mark in 1 36 10.

As normal, every finisher received a momento, what else but a bottle of beer! The fifty odd prizewinners took away enough drink to celebrate the New Year in style.

Bud Weiser

1. I. Holmes	Bing	37.02
2. S. Oldfield	BfdA	38.53
3. G. Oldfield	BfdA	39.02
4. A. Preedy	Ross	39.21
5. J. Logue	Horw	39.28
6. J. Emmott	KghlyHR	39.41
7. M. Horrocks	Clay	39.54
8. S. Wilkes	Camb	40.13
9. J. Wright	Tod	40.18
10. B. Goodison	Abbey	40.20

### VETERANS O/40

1. S. Oldfield	BfdA	38.53
2. J. Emmott	KghlyHR	39.41
3. B. Goodison	Abbey	40.20
4. M. Pickering	Ilk	40.27
5. G. Gough	Clay	41.06

### VETERANS O/50

1. K. Carr	Clay	42.46
2. J. Chadwick	Wilms	45.56
3. D. Scott	Clay	46.04
4. G. Breeze	Skyrac	46.14
5. P. Nolan	Macc	46.56

### VETERANS O/60

1. R. Bray	B'pool	49.18
2. J. Barker	Clay	50.09
3. J. Emmett	BfdA	55.12

### LADIES

1. C. Greenwood	Bing	43.51
2. K. Drake O/35	Spn	47.46
3. L. Lacon	Holm	47.58
4. J. Shoter O/35	P&B	48.19
5. R. Dorrington	Abbey	48.29
6. A. Green U/18	Spn	50.28
7. H. Johnson	Unatt	51.04
8. E. Hopkinson U/18	KghlyHR	51.09

### JUNIORS U/18

1. G. Hird	KghlyHR	42.17
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Neil Ashton enjoys a bit of bogtrotting - Auld Lang Syne. Photo: Peter Hartley

## NINE STANDARDS RACE Cumbria BM/8m/1500ft 1.1.98

A weather window appeared amidst the Christmas/New Year storms to allow reasonable conditions for the tenth running of this event. A group of four runners led the race over the fell section but at the finish just two battled for the honours. Gavin Bland, in his first running of the course, crossed the line just five seconds ahead of course record holder, Graham Schofield.

Tony Richardson

1. G Bland	Borr	57.36
2. G. Schofield	Horw	57.41
3. M. Rigby	Amble	58.44
4. S. Webb	VallStr	60.55
5. B. Evans	Amble	61.08
6. M. Addison	Unatt	62.01
7. C. Valentine	Kesw	62.49
8. P. Brittleton	Howgill	63.22
9. A. Taylor	Clay	63.35
10. P. Kelly	Darl	63.42

### VETERANS O/40

1. G. Schofield	Horw	57.41
2. P. Kelly	Darl	63.42
3. R. Unwin	CFR	64.09
4. C. Lumb	Kend	65.35
5. T. Houston	Bowl	66.14

### VETERANS O/45

1. J. Humble	N'land	69.27
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### VETERANS O/50

1. G. James	B'pool	75.29
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### VETERANS O/55

1. D. Simpson	Prest	71.46
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### VETERANS O/60

1. R. Bray	B'pool	77.13
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### LADIES

1. S. Brown	Bowl	69.57
2. A. Raw	Darl	70.37
3. J. Rae	W'lands	72.40
4. D. Tunstall	Tees	74.47
5. W. Dodds O/45	Clay	76.53

**"TOR OUTDOOR" OVENDEN  
FELL RACE  
West Yorkshire  
BM/8m/1200ft 3.1.97**

Conditions could best be described as 'terrible' - but not quite as bad as last year when we were forced to utilise our contingency "safe" route because of drifting snow on the moors.

However, with gale force winds, hailstones and driving rain causing one of the pre race favourites Gary Oldfield to pack in before the first mile was completed, we knew it was going to be interesting for the rest of the runners.

Carol and myself spent three hours putting flags out on Friday afternoon, but with winds of up to 80 miles per hour during the night, we didn't expect many to remain for the race. We were lucky, and everyone got round safely so we could enjoy a good 'social do' afterwards at the pub with a real fire, good food and fine ales. (And, I might add, a cheery, welcoming landlord -but then his Dad is a fellrunner/orienteer !)

Phil Sheard made his move on the main climb from Cold Edge to Nab Rough, with Steve Oldfield not far behind. Oldfield, a consistent veteran and regular supporter of our races, fought hard to get back on terms along the skyline path and by the gate at the top of Hambleton Lane, had forced into the lead. From here it was nip and tuck all the way back to Ogden Clough, and Oldfield confided to me afterwards, as I composed my report for the Yorkshire Post, that he reckoned at this point it was going to be a two horse race. "Shortly after that, I looked over my shoulder and saw Andy Preedy not far behind!" Phil dug in on the final loop over Skirden Clough, past Ovenden Windfarm and the Withens Inn to open a winning margin of 41 seconds and claim his first ever fell victory. What is it about our races at Ogden Water? Tim Lofthouse scored his first ever victory here, as did his Bingley clubmate. Robin Lawrence.

The ladies' race winner however is no stranger to winning races as, after helping me with the organising and marking out the course, Carol left Katie with Grandma and Grandad and stormed round the course to start off her New Year campaign where she had left off at Auld Lang Syne just three days earlier. With over 60 victories on fells, road and country during 1997, at least 40 in record times, can you imagine how miserable I am ?! ( I couldn't even win an argument!)

Special thanks must go to all our marshals and helpers, many of whom just turned up on the day with an offer of help, then got a thoroughly soaked and frozen.

Very special thanks to our sponsors, Tor Outdoor of Skopos Mills, Batley, who once again very generously provided their products for the winners, with £60 fleece jackets for the first man and woman and £50 "Micro" cagoules for the two runners up, Steve Oldfield and Ruth Dorrington.

This race provided the first of our South Pennines series, not a Grand Prix as such, (it would be a nightmare trying to work points out at the last event!!) but more of a challenge over varying distances, terrains and race profiles.

By the time you read this, the Ogden Moors may have been run, but I will be happy to send out details /maps etc of the remaining races on receipt of a large stamped addressed envelope. (Address as in calendar).

*Allan and Carol Greenwood*

1. Phil Sheard	P&B	58.55
2. S. Oldfield	BfdA	59.36
3. A. Preedy	Ross	59.44
4. T. Hobbs	Clay	59.49
5. D. Gartley	Gloss	60.25
6. B. Goodison	Abbey	60.51
7. M. Lee	Bury	61.25
8. J. Wright	Tod	61.39
9. J. Hemsley	Ilk	61.56
10. S. Bottomley	Eccles	62.08

<b>VETERANS O/40</b>		
1. S. Oldfield	BfdA	59.36
2. B. Goodison	Abbey	60.51
3. S. Clarke	Clay	62.30

<b>VETERANS O/50</b>		
1. J. Chadwick	Wilms	69.07
2. R. Futrell	Holm	69.29
3. R. Baker	CFR	70.36
4. C. Todd	Hgte	70.39

<b>LADIES</b>		
1. C. Greenwood	Bing	65.19
2. R. Dorrington	Abbey	74.20
3. A. Bedwell O/35	MDC	76.02
4. P. Oldfield O/40	BfdA	78.17
5. L. Bostock O/40	Clay	81.01
6. R. Gooch O/40	Ilk	81.49
7. A. Liuba	Ilk	83.33
8. M. Goth O/35	Tod	90.33
9. C. Geddars O/35	Retford	96.57
10. A. Champion O/40	Retford	97.33
11. C. Porritt O/50	Ilk	103.43



*Joanna Bateman of Wilmslow on the Nine Standards Race. Photo: Steve Bateson*

**CAPTAIN COOK'S  
NEW YEAR'S DAY RACE  
North Yorkshire  
BS/5.5M/750FT 1.1.98**

A very good day, weather perfect resulting in a record entry. Paul Lowe won for the third time. All entry fees will be going to the Butterwick Children's Hospice.

*S. Stevenson*

1. P. Lowe	Mand	32.17
2. S. Gregory	HolmeP	32.34
3. M. Burn	ThirskS	32.26
4. A. Normandale	Nestle	32.52
5. P. Wragg	T&S	33.02
6. R. Cole	Mand	33.09
7. M. Brunskill	NewtonA	33.45
8. J. Coulson	CaldV	33.49
9. D. Collett	Whitby	34.02
10. M. Saunders	MDC	34.21

**VETERANS O/40**

1. A. Normandale	Nestle	32.52
2. P. Buckby	NMarske	34.24
3. B. Firth	Mand	34.32
4. F. Smith	S'well	34.37
5. C. Pattison	Ind	34.38

**VETERANS O/50**

1. J. Coulson	Cald	33.49
2. M. Hetherton	Nestle	38.39
3. D. Bell	Recar	38.59
4. M. Lister	Hgte	40.21
5. D. Middleton	NewA	40.44

**VETERANS O/60**

1. S. Edwards	SMH	43.39
2. R. Bainbridge	Mand	43.53
3. M. Harper	NMH	44.05
4. B. Hood	Mand	45.56
5. J. Conaghan	NMH	47.00

**LADIES**

1. C. Garland	Mand	39.23
2. A. Bedwell	MDC	40.24
3. B. Blakeman	Sund	41.05
4. K. White	Morpeth	41.38
5. S. Jackson	M&C	42.35
6. L. Brough O/35		43.29
7. S. Gayter	NMH	43.31
8. J. Young O/45	Elvet	43.36

**JUNIORS MALE**

1. J. Rafferty	T&S	20.50
2. M. Harman	Unatt	20.57
3. J. Franklin	Mand	22.17

**JUNIORS FEMALE**

1. S. Hine	Mand	23.30
2. E. Pearson	Mand	25.04
3. C. Pearson	Mand	25.06

**WOODY'S BIRTHDAY BASH  
West Yorkshire  
BS/7m/1200ft 11.1.98**

In this one-off race to celebrate his 40th birthday, Dave Woodhead fittingly came home first.

As the 271-strong field gathered in the quarry seconds before the start. Dave stood on the top overlooking the start line as the runners sang a rendition of "Happy Birthday". It was then that he announced that he was to be given a five minute handicap on the international class field "to see if you can catch me!"

Once the hooter went off to signal the cavalry charge, joint British Champion, Ian Holmes, and Ben Nevis winner, Gavin Bland, were soon to the fore closely followed by Paul Sheard, Robin Lawrence and Sean Willis. At Bronte Bridge, with just two miles remaining, Dave had been able to stay in the lead holding an 88 second advantage over Ian, which the Bingley man whittled down to just 13 seconds as they crossed the line. Dave, who would have finished 14th overall and fourth veteran, was elated to win saying "I went off a bit too hard in the first mile to be honest. The adrenaline was pumping and I was running scared. I never looked back - I daren't. I knew Bronte Bridge was the crunch and that of they were going to catch me it was between there and the finish. With a quarter of a mile left, I sneaked a look back and knew Ian was going to have to work some to catch me. How he manages to run that fast, I'll never know!"

Ian held off Gavin by 28 seconds as Bingley took the team prize by two points from Pudsey & Bramley.

Carol Greenwood was the first lady to finish in 26th overall, after her customary excellent climb which saw her in the top ten at the top of The Stoop. Clayton, led home by Wendy Dodds in 11th, took the team award.

Almost as many people watched the race and joined in the post-race celebrations as ran, with Sarah Rowell baking a huge birthday cake topped off with 40 giant Smarties. Needless to say, Dave won the 'yard of ale' context afterwards!  
*Gareth Webb*

1. D. Woodhead	Horw	39.54
5 minutes ahead	Bing	40.07
2. I. Holmes	Borr	40.35
3. G. Bland	P&B	40.56
4. P. Sheard	Tod	41.12
5. S. Willis	Bing	42.14
6. R. Lawrence	BfdA	42.31
7. S. Oldfield	P&B	42.37
8. A. Buckley	Borr	42.42
9. A. Schofield	BfdA	43.57
10. G. Oldfield		

**VETERANS O/40**

1. D. Woodhead	Horw	39.54
2. S. Oldfield	BfdA	42.31
3. T. Hesketh	Horw	44.22
4. B. Goodison	Abbey	44.30
5. T. Taylor	Ross	46.02

**VETERANS O/50**

1. K. Taylor	Ross	47.15
2. D. Scott	Clay	49.41
3. R. Baker	CFR	51.34
4. G. Howard	Ilk	52.16
5. A. Mellor	Tod	52.37

**LADIES**

1. C. Greenwood	Bing	45.49
2. G. Cook O/35	Roch	50.50
3. L. Lacon	Holm	52.29
4. J. Shutter O/35	P&B	53.02
5. W. Barnes	Barns	54.02
6. J. Ashworth	Roch	54.15
7. A. Green U/18	Spem	54.25
8. J. Tompkins	Leeds	56.12

## 1997 ISLE OF MAN FELL RUNNING LEAGUE

1. T. Rowley	7
2. D. Young	14
3. P. Kaneen	20
4. B. Walker	31
5. P. Cain	34
6. R. Stevenson	
7. D. Corrin	35
8. R. Webb	44
9. R. Moughtis	61
10. A. Postlethwaite	63
11. A. Bagley	64
12. R. Callister	71
13. S. Gary	74
14. N. Jewell	79
15. R. Hooton	84
16. S. Moynihan	86
17. I. Watson	91
18. P. Cooper	95
19. A. Corras	103
20. J. Brewis	112
21. G. Hall	122
22. T. Coleman	125

### VETERANS O/40

1. D. Young	7
2. R. Stevenson	19
3. D. Corrin	21
4. P. Cain	23
5. R. Webb	26
6. R. Moughtis	40
7. A. Bagley	41
8. A. Postlethwaite	43
9. R. Callister	46
10. S. Gary	48
11. S. Moynihan	58
12. P. Cooper	64
13. J. Brewis	72
14. G. Hall	82
15. T. Coleman	83

### VETERANS O/50

1. D. Corris	7
2. R. Callister	13
3. S. Moynihan	18
4. T. Coleman	25

### LADIES

1. B. Walker	7
2. R. Hooton	11



Mari Todd, not only in the top ten of the Welsh Championships but also winner of the Three Peaks Cyclo Cross. Photo: Peter Hartley

## PENCAMPWRIAETH RHEDEG MYNYDD CYMRU 1997 Welsh Mountain Running Championship 1997

### Safleoedd terfynol wedi chwech ras Final positions after six races

#### DYNION/MEN

1. Julian Bass	MDC	74
2. Trefor Jones	Eryri	70
3. James McQueen	Eryri	62*
4. Don Williams (SV)	Eryri	60
5. Steve Barnard	Eryri	54
6= Tim Taylor	MDC	51
6= Adrian Woods	MDC/ua	51
Menna Angharad (FV)	Eryri	45
8. Tim Davies	Mercia	44
9. Elir Evans (V)	Eryri	42
9= David Livesey (V)	Denbigh	42

#### MERCHED/WOMEN

1. Victoria Musgrove (V40)	Wrexham	78
2. Julie Harrison	MDC	75
3. Menna Angharad (V35)	Eryri	64
4. Angela Brand-Barker (V35)		
	Keswick	42
5. Ann Nixon (V40)	MDC	40
6. Christine Ashton	Chepstow	38
7. Liz Hughes (V40)	Prestatyn	29
8. Alice Bedwell (V35)	MDC	20
9= Gill Cross (V35)	Prestatyn	18
9= Mari Todd	Ambleside	18

#### DYNION DROS 40/ MALE VETERANS

1. Don Williams (SV)	Eryri	84
2. David Livesey	Denbigh	70
3. Martin Williams (SV)	Eryri	56
4= Brian Martin (SV)	MDC	53
4= Eric Meredith (SV)	MDC	53
4= Eilir Evans	Eryri	53
7= Martin Lucas	MDC	51
7= Adrian Orringe	MDC	51
9. Edward Davies	Mercia	45
10. Gwynfor Owen	Eryri	44

#### DYNION DROS 50/ MALE SUPERVETERANS

1. Don Williams	Eryri	88
2. Eric Meredith	MDC	76
3. Brian Martin	MDC	74
4. Martin Williams	Eryri	73
5. Cledwyn Jones	MDC	55
6. John Morris	Pennine	54
7. John Sweeting	MDC	35
8. M.H. Edwards	Wrexham	34
9. Peter Taylor	FRA	32
10. Peter Norman	Wrexham	29

#### DYNION DROS 60/ MALE SUPERDUPERVETERANS

1. John Carson	Eryri	86
2. John Battersby	MDC	60*
3. Geoff Gartrell	Wrexham	22*
4. Bob Smith	MDC	20*

#### TIMAU AGORED/OPEN TEAMS (\*A' teams only)

1. Eryri A	124
2. Mynyddwyr De Cymru A	123
3. Wrexham A	45
4. Mercia Welshmen	18

#### TIMAU DYNION DROS 40/ MALE VETS TEAMS

(*A' teams only)	
1= Mynyddwyr De Cymru	122
2. Eryri	84
3. Wrexham	18

#### TIMAU MERCHED/LADIES' TEAMS

1= Mynyddwyr De Cymru	22
1= Eryri	22

Note: Runners marked \* are not eligible for medals as they did not complete one race at each distance.

## ELRICK EIGHTSOME RELAY Sunday 23rd November 1997 3.5 miles, 675feet Permit 1043

With thanks to Forest Enterprise and Aberdeen City for access and to Davie & Alison Grubb, Ian Fraser, Janet Rennie, Amii Manson, Ian Searle, Brian Lawrie and Tracey Brindle for officiating, to Tracey & Mark Johnston for clearing the course and Dennis "Lumberjack" McDonald for other services. Wet underfoot.

1	OCHIL "A"	73m14s
2	COSMIC ACES	74m01s
3	DEESIDE RUNNERS	75m34s
4	TOM, DICK & MARKIE	76m31s
5	COSMIC BUMMERS	80m05s
6	MIXED BUNCH	82m19s
7	KINGS & QUEENS	82m36s
8	YTHAN RUNNERS	83m49s
9	OCHIL BUMMERS	86m14s
10	ELRICKERS	86m30s
12L	COSMIC CHIRPY CHICKS	88m28s
20L	WESTIES LADIES	100m56s
22L	SUE's CHICKS	103m18s

## 1997 SCOTTISH 'TISO' HILL RUNNING CHAMPIONSHIP

### MEN

1. John Brooks	Lochaber	80
2. Mark Rigby	Westerlands	77
3. Jim Davies	Carnethy	67
4. John Wilkinson	Shettleston	66
5= John Hepburn	Lochaber	59
5= Dermot McGonigle	Shettleston	59
7. Dave Weir	Perth	57
8= Des Crowe	Shettleston	45
8= Adam Ward	Carnethy	45
10. Malcolm Paterson	Shettleston	38

### WOMEN

1. Angela Mudge	Carnethy	44
2. Karen Powell	Carnethy	37
3. Tracey Brindley	Cosmic	26
4. Julie Anderson	Lochaber	24
5. Jennifer Rac	Westerlands	17
6. Joanne Paterson	Carnethy	16
7. Chris Menhennet (V)	Westerlands	14

### VET

1. Martin Laing	Fife	42
2= Graham Brooks	Lochaber	37
2= Martin Flynn	Carnethy	37
4. John Blair-Fish	Carnethy	27
5. Ray Wilby (SV)	Highland	25
6. Brian Waldie (SV)	Carnethy	25

### SUPERVET

1. Brian Waldie	Carnethy	44
2. Ray Wilby	Highland	40
3. Tom Ross	Fife	34
4. Joe Holden	Fife	31
5. Charlie Love	Dundee	29
6. Eddie Gillespie	Carnethy	16

### TEAM

1. Shettleston	42
2. Carnethy	40
3. Lochaber	36

### WOMEN TEAM

1. Carnethy	44
2. Cosmic	35
3. Westerlands	34

**Athletics Association of Wales  
BRITISH JUNIOR FELL RUNNING  
CHAMPIONSHIPS**

**Pontypool Park - 12 October 1997**

**BOYS UNDER 18**

1. Andrew Davies	Wales	27.25
2. Simon Bailey	England	27.41
3. Matthew Collins	Wales	28.31
4. Chris Livesey	England	28.43
5. Harry Matthews	England	29.15
6. Alun Vaughan	Wales	29.33
7. Jamie McDonald	Scotland	29.53
8. Rickie Graham	N. Ireland	30.17
9. Duncan Hughes	Wales	31.04
10. Mark Doyle	Eire	31.16

**TEAM**

1. Wales	10 pts
2. England	11 pts
3. Eire	33 pts

**GIRLS UNDER 18**

1. Kate Bailey	England	25.14
2. Sarah Gatford	England	25.40
3. Caroline Daly	Eire (Open Race)	25.40
4. Charlotte Sanderson	England	25.54
5. Laura Grossman	Scotland	26.14
6. Lianne Harrison	Scotland	26.29
7. Llinos Phillips	Wales	26.41
8. Olga Cronin	Eire	26.55
9. Melisa Leck	England	27.11
10. Jenny Walker	N. Ireland	27.25

**TEAM**

1. England	7 pts
2. Scotland	25 pts
3. Wales	34 pts

**BOYS UNDER 16**

1. Adam Sutton	England	20.54
2. Andrew Cassells	Scotland	21.08
3. Andrew Symonds	England	21.28
4. Daniel Yates	England	21.33
5. Jamie Budde	N. Ireland	21.53
6. Cai Pierce	Wales	22.09
7. Stephen Savage	England	22.10
8. Geoff Slater	England	23.08
9. Gordon Mathieson	Scotland	23.12
10. Scott Cassidy	Scotland	23.14

**TEAM**

1. England	8 pts
2. Scotland	21 pts
3. Wales	32 pts

**BOYS UNDER 14**

1. Oliver Brewer	England	10.28
2. Gareth Tapper	Wales	11.01
3. Glen Shiell	Scotland	12.01
4. Owain Jones	Wales	12.05
5. Llyr Pierce	Wales	12.13
6. Jonathan Neil	N. Ireland	12.35
7. Asgley Jones-Baylis	Wales	12.41
8. Lewis Bevan	Wales	12.53
9. Graham Wright	Wales	14.15
10. Alan Grimes	Ireland	15.13

**GIRLS UNDER 14**

1. Marbeth Shiell	Scotland	12.06
2. Lyndsay Doyle	England	12.16
3. Gemma Hodgson	England	13.33
4. Helen Williams	Wales	14.15
5. Amy-Jo Shiell	Scotland	15.14



Athletics Association of Wales  
Cymdeithas Athletau Cymru

The British Junior Fell and Mountain Running Championship was held in October at Pontypool. An unfortunate clash with the Langdale weekend and the FRA AGM did not deter either organisers or competitors who went ahead to provide a splendid showcase for junior fellrunning in the British Isles.

Unlike the previous few days of wet and drizzle, the morning dawned fine in Pontypool Park with courses set out as much for the benefit of spectators as competitors and all including the tortuous climb up to the Grotto.

The team competition confirms that at most levels, England has the stronger junior contingent, but not for the premier event, the boys under 18 race, where Wales took full advantage of home turf and pipped the English boys by a single point. Simon Bailey managed to split the Welsh pair of Andrew Davies (who is in the habit of winning senior races) and Matthew Collins with good packing by Chris Livesey and Harry Matthews keeping

England off the winning team podium for the only time in the afternoon.

In the Girls under 18, the English 1-2-3 was only spoiled by Caroline Daly, interloping from the Open Race and proving the point that she perhaps should have been selected for the Irish team. In the boys under 16 event, only the Scot Andrew Cassells spoilt the English 1-2-3 (not to mention another three in the first ten!).

The under 14 races show where the depth of talent lies - as long as these juniors stay with the sport. Here Wales had five in the first ten, but Oliver Brewer of England took the race with a clear half a minute over the 2.35 kilometre course. Adrian Woods, Sports Development Officer for Torfaen and Welsh junior team manager organised the event and received tributes for the staging and organisation. Dr Hedydd Davies, President of the Welsh AA described Pontypool Park as 'a superb venue'. Next years championships are to be held in Scotland.

Junior International Under 18 boys start. Photo: Adrian Woods.





# WOODY'S 40th

200 odd competitors all lined up for the start of the 40th birthday race; a hush descends as Eileen starts to call out race instructions; as silence descends, there's the birthday boy himself - appearing above the racers with the light behind him and the advantage of being out of the quarry whilst everyone else was in it! Pure theatre - and the sort of fun start that we have come to expect of this master race organiser.

Raising his arms he was greeted with a tumultuous cheer and a rendition of 'Happy birthday' which, while it may not have been in tune, was spontaneous and warm. he then upped and ran off, not to join us on the start line, but to nick a five minute start as his birthday present to himself!

At 11.05 the rest of us set off to try to catch him (only Ian nearly did, finishing just 13 seconds adrift) and plodded over the peaty terrain that has become Dave's back yard. From Stanbury Splash to Auld Lang Syne and Bunny Run to Bunny Run Dave and Eileen organise many races plus still finding time to be the organisers of the 'Do'. Dave it was who brought us 'Up and Down'; Dave it is who regularly contributes photographs and race reports to the magazine; Dave it is who has recently been elected to the FRA committee - after having shown his campaigning concerns over safety and the environment.



*Ian Holmes and Gavin Bland fast closing on Dave Woodhead at Brontë Bridge*

Post race frolics were no different - even though this race came without fee - prizes for millions plus food and hot soup in a packed pub was the order of the day. Category winners and those who had done well (the prizes go down a long way) left with the sort of goodies that fell runners treasure - giant bars of chocolate, toffees, beer, beer and more beer.

As this was a birthday do, it had to end with a yard of ale and a magnificent cake - courtesy of Sarah Rowell - whilst Dave was laden with a mountain of cards and well-wishers.

Now he's finally 40, he can join that merry band of runners who confuse race organisers by both winning races and being vets (apparently there are some ladies who do this as well) rather than settling back to pipe and slippers. I am certain that, providing the sport is still going strong (and if we had a few more Woodentops, it certainly would be) Dave will eventually reach the V70 category and still be winning - and organising - races.

Many happy returns, you old git!  
*Ray Swatcher.*



*The start .....*



*..... The finish!*

*Photos: Peter Hartley*

## WINNING WAYS

Dear Sir,

Having moved to Florida earlier this year, I found I might not be alone in suffering from a withdrawal from the fells - I found this article (Carol Greenwood wins 50K race) in the St. Petersburg Times. Is it possible that the lady mentioned in the Brooksville 50K is more at home winning races back in Blighty?

Yours faithfully,  
*Andy Moss, Fort Myers, Florida*



# ONE-ARMED RUNNERS

## Part 2

### Andy Walmsley: Another Good Descender

Andy Walmsley was born in Preston on 18.12.59 and now lives at nearby Chorley, at the foot of the west Pennine Moors, with his 13-year-old daughter, Andrea, having been divorced four years ago. He is a Cost Control Engineer for British Aerospace at Samlesbury in the Ribble Valley east of Preston.

Andy lost his right arm in a motorcycle accident in July, 1981. "I have always been into mountains, adventure and wild places," he says, "having been a keen fellwalker and caver as a teenager. I neglected these interests during my late teens when motorbikes took over as my main passion. However, after I'd recovered from the crash, I again took up fellwalking, but soon found myself hankering after something with more of a 'buzz' to it. Fell Running was the obvious thing. I ran my first race at Thieveley Pike in September, 1985, finishing 9th from last - and was hooked!"

Following an unexpectedly good run (1.46.00) in the Coniston Fell Race some seven months later, Andy decided to join Horwich RMI Harriers, but a year later transferred to his hometown club, Chorley AC, and a further eight years later moved on to the neighbouring Blackburn Harriers, whose Witton Park track helped him develop some speed. At the time of writing, however, he is once more unattached.

In reply to a question as to how the loss of one arm affects him as a fell runner, Andy said: "Hardly at all. In fact, the lack of an arm should be an advantage on climbs because of the improved power-to-weight ratio - though I haven't noticed! On descents, I seem to be able to gain more places than I lose, so the disability can't be that much of a hindrance. Interestingly, Chris Knox also is a good descender. I find that the limiting factor on descents is a lack of legs or lungs - never a lack of arms!"

"Contouring can occasionally be awkward, but I think that most two-armed runners would say that, too. I don't have any particular difficulty with stiles, gates or fences, but I sometimes wish I had the knack of vaulting over a gate as some runners do. I have never encountered anything craggy enough to give me a real problem in a race, but I recently had a look at the Kilnsey 'chimney' and decided that it may well be a bit too dodgy, especially since the fence, which many runners use as a handhold, is on the wrong side for me!"

Andy prefers "steep ground, big mountains and rocky terrain, but a fast path with short fell turf can be a joy, and I especially like a rough runnable climb on a stony path - like Brim Fell in the Coniston Fell Race or up to Esk Hause in the Langdale Horseshoe before they paved it." Coniston is, in fact, his favourite event "because it has all my favourite types of terrain and because it has



Andy Walmsley on the ridge of Liathach, Torridon  
Photo: Tim Kelly

always been a happy hunting ground for me. My favourite fells for training, though, are undoubtedly the Northwestern ones, around Grisedale, Whiteless and Causey Pikes."

However, it is the Langdale Horseshoe which has provided Andy with his most satisfying race performances as he has twice clocked 2.34.00 over this course, and he is also proud of a 2.51.00 traverse of the Tour of Pendle in 1992 which secured him 23rd position. However, the performance which "felt fastest was my 1995 Coniston in 1.21.19, which was spoiled by standing on an iron spike near the end." This put paid to his sub-1.20.00 ambition and the full story of this race and his other outings over the Coniston course is related by him in a racy, humorous style in the October, 1995 *Fellrunner*.

Andy's training is by his own account "extremely haphazard" and includes "good weeks and bad weeks", which probably accounts for "the extreme inconsistency of my race performances." One of his good training weeks might consist of a long run of around four hours in the Lakes on Sunday, if not racing; 30/40 minutes easy on Monday lunchtime on paths and lanes around Balderstone from work; 30/45 minutes on Healey Nab above Chorley on Tuesday evening; 60/90 minutes on local moors on Wednesday evening, perhaps taking in Great Hill, Anglezarke, Rivington and/or Winter Hill; lunchtime run around Balderstone on Thursday; rest on Friday; race or long run in Lakes on Saturday.

"Tim Kelly and I used to go to the Lakes for two-hour 'mega' runs in winter," says Andy. "We would tackle any route in any conditions, like Striding Edge or Bowfell's Great Gully in full winter conditions. Tim is well-known for his wild descents - I doubt there are many runners who could beat him downhill - and his fearlessness extends to

ascents of icy gullies where the only grip was the tips of our Walsh studs. I do enjoy scrambling but have to be able to stand up in balance between moves. Anything really steep defeats me. I used to do some winter climbing, but this was mainly just winter ascents of normal walkers' routes and a few Grade I snow gullies. I haven't done any for a few years now."

Andy says there are many fell runners he admires but speaks particularly highly of Colin Valentine "because he has produced some superb performances yet remains amazingly modest and laid-back about the sport"; Billy Bland, whom he considers to be "the greatest fell runner we have seen to date"; and Mike Cudahy "for his determination to break three days for the Pennine Way and his ultimate success, and also because of his excellent book, *Wild Trails To Far Horizons*, which is so inspirational."

He further comments on Billy Bland: "I acknowledge Joss Naylor as a legend of ultra distance and Kenny Stuart as probably the greatest racer, even though many of his records have been eclipsed, but no-one has had the range of ability that Billy displayed. From wins in short races like Blisco and Latrigger in the early '80s, through his absolute dominance of the Borrowdale, even in Kenny's heyday, to his simply incredible Bob Graham record. If only he had had a proper go at the Lake District 24 Hour Record!"

Andy's aforementioned article on the Coniston Fell Race is but one of several he has contributed to *The Fellrunner* over the years, and they are both thoroughly gripping and highly humorous, ranging from "Un Hombre Loco en la Montana" (One Madman on the Mountain), which describes his 15 hour solo traverse of the Sierra Nevada's high ridge in Spain (September, 1989) to a general introduction to the area entitled, "Sierra Nevada de Espana: The Undiscovered Country" (October, 1995); and from "MMM-Nice" (June, 1996) relating his experiences on his Manx Mountain Marathon debut, to "1996: The XXX Year (An X-tremeley X-asperating X-perience): by Mr. X (February, 1997), a typically amusing review of his disappointing season last year. Andy has also written a complete guide to *Walking In The Sierra Nevada (Spain)* which was published two years ago by Cicerone Press.

"I enjoy racing tremendously," says Andy, "but I have no big racing ambitions now. I realise that I am never going to be an elite racer. My ambitions lie mostly in the area of long-distance challenges. I have had a number of failed attempts at the Bob Graham Round - my furthest being Black Sail going clockwise - and so I have that score still to settle, but I do have other long-distance ambitions for the future. I know I can perform well over long distances and I am still very proud of my Integral die Sierra Nevada of 1989. I also had a good run over the 30-mile Bowland Traverse in June this year and I feel that my potential in this area is still to be explored. I would also like to do more overseas - the Pyrenean High Route would be terrific!"



Mark Knott climbing Farleton Knott in the 1997 Hutton Roof Crags Race, in which he came 11th  
Photo: Bill Smith

### Mark Brown: Talented All-Rounder

Mark Brown of Clayton-le-Moors Harriers lost his left arm in a road accident in 1981 while returning to barracks on his motorbike as a soldier in the Queen's Lancashire Regiment. Born in Burnley on 24.5.62, Mark ran cross-country at school and continued his running in the Army, on one occasion winning an Army orienteering event at York in 1979. After his medical discharge in 1982, however, he did no running at all until 1987 when he began going on training runs with his mate, Peter North, which sometimes took in Pendle Hill. This led him to joining Clayton Harriers in 1988 and to his first fell race, Thieveley Pike, that same year.

Mark now works in a gym at Calderstones Hospital near Whalley in the Ribble Valley, which enables him to get plenty of gym-work in to supplement his own running training, and this includes weights and leg exercises and 10k on an exercise bike every morning. At lunchtime he goes for a 5-mile run onto Wiswell Moor (locally pronounced "Weasel") on the lower part of the Pendle Ridge between the Nick and Whalley. He trains on the track at Witton Park, Blackburn, two evenings a week, doing distance runs of 1,000 to 1,600m on Tuesdays and speedwork on Thursdays, with a steady cross-country run on Wednesday evenings. If he is competing in a short race on the Saturday, he will run a steady 8-miler on the Friday, but will rest before a longer, more demanding event.

Referring to his handicap, Mark says: "I can climb quite well but lose out when crossing stiles, walls and gates, and particularly on descents. I once had a bad fall on Moel Hebog when descending. I stubbed my toe on a rock, fell and banged my head on another rock, and needed first-aid at the finish. I've always been a little more careful descending since then, and my clubmate Geoff Newsam has given me the nickname, "Captain Bad Descender," referring to the character in the late Kevin White's cartoons in *The Fellrunner*.

However, the Ben Nevis Race remains one of his favourites, along with Coniston, Goatfell and the Moelwyn Peaks, though his

preference is for grassy, runnable courses like the Sedbergh Hills Race. "I don't like tussocky terrain," he says, "but finished 3rd at Widdop this year. I didn't have a car on the night, so cycled over from Burnley. Good warm-up, eh?"

In 1993, clubmate Roger Hargreaves asked Mark: "Have you never considered competing against people with the same disability as yourself?", to which Mark replied that he had actually written to the organising body but never received a reply. In 1995, however, he won both the 5,000m and 10,000m at the German National Games in Dusseldorf and a few days later finished runner-up in the 5,000m at the Paralympic Revival Games at Gottingen. These performances brought him to the attention of the selection committee for the 1996 Paralympic Games at Atlanta. Several race organisers donated the proceeds from their events to sponsor Mark and his own club even organised a special "Clayton Olympics Mark Brown Appeal" over four races on consecutive evenings in April, 1996. He is also grateful to the noted sports therapist, Denise Park of Bolton-by-Bowland, who provided massage and treatment for injuries. Mark justified all the faith shown in him by his fellow-athletes by claiming 3rd place in the marathon at Atlanta.

"After returning from Atlanta, I almost left Clayton Harriers," Mark says. "I felt that training at Witton Park had improved my overall speed and that is where I needed to be. Arthur Almond at Blackburn became very close as my coach. We had worked very hard together and I felt I owed him a great deal. Rightly or wrongly, I made a decision to join Blackburn Harriers full-time. However, I then reversed that decision and so remain at Clayton. I need to say now that I was wrong to want to leave. I have many friends in this club who worked extremely hard to help me achieve great things at Atlanta - and hopefully in Australia 2000. But people need to understand the divided loyalty I felt for my coach and my club."

Mark's 1995 performances in Germany won him that year's "International Achievement" award from Blackburn Sports Council, and

the previous year he had been voted Clayton Harriers' "Most Improved Runner". He is the current disabled British Champion over 1,500m, 5,000m, 10,000m and the marathon distance, and over the past four years has been highly successful over a total of fifteen international events ranging from track to road to cross-country. Among his local triumphs this year has been victory in the Hendon Brook Half-Marathon at Colne" - "said to be the toughest half-marathon course in Britain."

In reply to a question about which athletes he most admired, Mark named Ian Holmes and Mark Croasdale: "They have to be the most consistent fell runners around, while youngsters like Rob Jebb and Sean Willis are great prospects for the future." However: "Ron Hill is my overall idol. I phoned Ron up before Atlanta and he wrote back with lots of advice about the heat and the race itself, and what to do and not to do. Thanks Ron - a legend in his own lifetime."

Finally, Mark believes that had he not had the accident, he may well have developed into a really good runner as he believes he had the required mental strength: "All good athletes need the mental attitude to succeed. Like they say, 'When the going gets tough...'"

### Acknowledgements:

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# (Possibly) The Toughest Mountain Race in The World



Mark Roberts, Ian Holmes and Mark Rigby celebrate the 1-2-3

The phone went in early July: it was Robin Morris. "They've invited a British team to Kinabalu this year, and BAF want you." Wow. I'd had my eye on this Borneo race for a few years, and here was an offer not to refuse, with old pals Ian (Holmes) and Mark (Roberts) for company. I was glad I'd shown some form at Jura!

A few Brits have done this one in the past, and I'd heard the legends about the terrain, the ropes and ladders, and the descending skills of the locals. Also the sheer statistics speak for themselves: 7500 ft climb to a 13,500 ft summit in 5 1/2 miles, then back down, and 2 extra miles on road to finish. Oh yes, and that the British army got lost there a few years back..... Andy Kitchin, who I have always respected as a descender, had been overhauled during his descent and warned that the locals were "awesome". Helene Diamantides had experienced their sisters at first hand too, but had managed to get the better of them. She also had dietary advice: "They eat fried rice for every meal, so take your own breakfast!"

Preparation for this would have to take priority over trying-yet-again for the Scotland team for the World Trophy a month before. Even after making the team I managed some slightly longer sessions than were strictly necessary for the three-lap, 1000 ft Czech course: e.g. Ben Lomond round Rowardennan. Twice. Also one-and-a-half times Ben Nevis ("Are you doing the race? . . .")

At the world Trophy we met the Malaysian team. Balwant, their manager, is also Kinabalu race director and Guianus Salagan, in the team, is three times winner at Kinabalu. We had a lot of questions. I wanted to know about conditions ("not as

hot as here" was the surprising response). Ian asked about shoes. Mark asked about beer. We berated them for not running the women to the top and for not inviting a women's team from the UK. "Maybe next year". After the race, we might secretly have been rather pleased that Guianus came in 96th, but none of us were under any illusions: there are horses for courses, and on home territory Guianus (and his sister, and their pals) would be firm favourites.

A belated summer holiday with Jen for two weeks in Zermatt after the World Trophy served as last-minute training. 5000 ft base, and lots of lovely big runnable climbs to 11000 ft or so. We came home tired but happy. Happy too, to discover Angela Mudge had been called up, albeit at 8 days notice. A week later, I was still sluggish but that's apparently normal (said Ian). I saw a quote from Mark in his local paper just before leaving the UK: in uncharacteristically humble mood he'd said: "We may be good . . . but at that altitude . . . against the locals . . . we've no chance!" Oh dear. Headlines in the national press also suggested pessimism was in order: smog, a plane crash, boat collisions and an earthquake!

We all met at Heathrow, also Danny Hughes who was to 'manage' us. I've learnt from bitter experience to take all essential kit on planes as hand luggage. So guess who's bag attracted attention at the Xray machine? I started mentally to rehearse my excuses for wanting Walshes, racing kit, full first aid kit, mosquito spray, head torch, staminade, jelly babies, weatabix, longlife milk, ambrosia devon custard and a spoon in the cabin with me when an official came over and said "Have you got a pair of nail clippers in here sir?"

I'd never considered them as potential hi-jack equipment, even if the entire plane crew were as proud of their nails as Gail Devers.

There was no sign of any atmospheric inconveniences in Kuala Lumpur, and we boarded the internal flight across the South China Sea. Danny became worried as we threaded thick cloud banks, but they obviously weren't smog and we landed in Kota Kinabalu in a 'mere' tropical down-pour: the daily rain cycle had started and would flush out whatever the fires flung into the atmosphere whatever the wind direction. A more pressing problem was the ambient temperature - here at the coast, 32oC!

We were feted by The Press even before we left the airport - shades of more to come, it turned out. The organisers and tourist board couldn't do enough for us. Tour-guide Teles ably looked after the four of us; Danny got VIP treatment from Eric (previous charges: Jim'll Fix It and David Attenborough) and we hardly saw him again! His fame was because they all believed he'd single-handedly succeeded in landing them the world trophy in 1999. The Italians had arrived and were ALREADY UP THE MOUNTAIN. So was itinerant Irishman, Francis Cosgrove. We were treated to a slap up meal, and a press conference the next morning, but I couldn't help thinking of Fregona, Molinari and their pals, already up there and doing reps at 13000 ft. None too soon we were free to set off inland with Teles at the wheel. Mount Kinabalu is about thirty miles from the coast. On a clear day, its jagged summit crest rears above the forested slopes behind Kota Kinabalu, but our first view wasn't until the next morning, from up at the national park HQ. Spectacular. Also pleasantly cool. Tree ferns and eucalypt forest stretched up and up to a sudden tree line beyond which the 3000 ft granite dome rose up to a series of impressive crags and peaks that looked huge even seven miles away. We recced the first few thousand feet with Francis, and met the Italians on their way down; none of the big world trophy names, but still potential dark horses despite the reactions of one "Non! Non! Impossible! Dangerous ! . . . . .". The Austrians had sent former world (uphill) champion Helmut Schmuck and Rudolf Reitberger. WHAT was Helmut playing at? His aversion to descending is so legendary he doesn't even bother with up and down world trophy courses! Amiable American Lyndon Elefson, participant at many a world trophy (and the Three Shires) had come too. Jonny Beardsall, ex-Ghurka now photo-journalist and a British competitor in the early days of this race, had come to get the story. Howard Dyson and Penny North were over from the UK doing it for charity.

The next day, we chose to ascend again to look at the granite at first hand. In the absence of a cable car, that unfortunately meant 6000 ft up and down two days before the race, but "better the devil you know", we thought. Angela just did 3000 ft - a short walk! The climb was fairly unremitting, the path through the forest divided into runnable (maybe) stretches with an earth surface, rocky sections (like the lower path on The Ben), well-spaced steps, and brutish flights steeper than the stairs in your house. These latter were constructed of greasy wooden risers held in place by booby-trap metal pegs, each shoring up a tread made of mud, stones, tree roots and other un-level things. And Francis had claimed it was all runnable climb! Then there were the ladders. These inhabited the upper forest and consisted of parallel long poles laid up the slope with slippery 2-inch wide batons about a foot apart as rungs. Some were about fifty yards long. They didn't fit the contour of the uneven ground underneath particularly well so there was real ankle-breaking potential if your foot were to miss a rung and go through. Their only saving grace was the bannister rail.

Above the forest, the trail emerged suddenly onto bare granite. The youngest in the world, but old enough to have been shattered into precipitous pinnacles and scoured into vast smooth inclines by long-gone ice. Ropes marked the route round one massive series of slabs, across to the highest hut (our turning point that day; 12,500 ft) and beyond out of our sight up onto the summit plateau. The true summit, Low's Peak, is thankfully one of the few accessible crags. It stands at the left-hand end of the plateau which extended above us and to the right for several miles in a huge curve round the head of Low's Gully. The gully, being on the other side of the mountain, we unfortunately never got to see. A sign near the hut said "Hold on to the rope; Do not run". We delighted in not



Up the 'stepladders'

holding on very tightly and running down at top speed. Ian's road flats gripped just fine (but I wore Walshes NB Pete Bland!), and gloves allowed our arms to take some of the braking effort off our thighs - they were also useful for sliding down the bannister rails lower down.

The next day was Ladies Day with a five o'clock call courtesy of the park fire engine siren, and the start two hours later. Angela's progress was radioed down regularly to the tannoy at the finish near the cabins where we were all staying. She sounded to be holding her own with one of the locals to the turn at the 'half-way' hut (10,000 ft) but there were no split times given. We sauntered up the last mile of road to watch the finish, and Kuilin Gong trotted into view. No she wasn't from Skye but from a local paddy-field and (she claimed) not a regular runner. Her short stride was less suited to the road than it obviously had been to the steps, and Louise Fairfax (Tasmania) in second place nearly caught her by the end. Next came Angela, also gaining ground but with the painful-sounding slap, slap, slap of uncoordinated Walshes on tarmac. Our amusement was tempered by the hope that we wouldn't sound any worse the next day. She'd had a great run considering her last-minute call-up, last-minute cold and being forced to recce the previous day. Next time here's hoping they let her to the top! On Sunday, another five o'clock reveille, and Ian hi-tech-carbo-PSP Holmes sheepishly came round to my cabin for a breakfast of homely weetabix and milk and admitted he'd be taking humble jelly babies for in-flight refuelling . . . . . Angela got up too and set off immediately to get as high as she could to support us. What a star.

At the start we three were the only ones with bumbags and we enjoyed fuelling everyone's curiosity as to their contents (mine had cag, jelly babies, two small bottles with staminade powder and leather gloves). The locals hared off in a mass sprint but some were already walking after the 200 yard tarmac run-out. On the short downhill that followed I was cut up (by an Italian! - Adriano Greco) and sent sprawling. Great. By the time I was up, I'd lost track of my position and attempted to make up ground while trying not to panic as my monitor reached numbers more consistent with 800m reps at home. Eventually I settled down in the company of Rudolf and Adriano. A marshall at one of the drinks stations shouted "fifteenth" and offered cups of warm water; yuck. Angela, a short distance further on, assured us we were actually fourth, fifth and sixth which calmed me down no end.

There was never a view ahead or behind of more than 50 yards all the way up through the forest, and it was only late on that I realised Guianus was just ahead. When we reached the top hut I finally saw Helmut about 6 minutes ahead on the slabs and Ian not far behind. Up on the plateau (15000ft)

I started to wobble and felt myself slowing down. But Guianus wasn't getting away and Ian later admitted to slowing also. Mark seemed to cope best of all and almost caught me at the top, where Jonny was well placed for some spectacular photos. Ian looked comfortable as he came down and must have known he'd got it in the bag.

When you turn to descend, you don't even need waht little oxygen there is and relief is instant. I forced myself not to go off too hard, but quickly left Rudolf and Adriano and had an exhilarating time on the ropes. I passed Helmut wobbling down one of the ladders: "You are all mad!" he shouted. Much later, on an easy-graded section, I tripped and went flying head first into the rocky bank. Bang. For a split second I thought I'd still be there when Mark arrived and that he'd race by with more dollar signs lighting up before his eyes. In fact I was OK though lucky not to be the first Kinabalu 'statistic' in 11 years. But it's the first time I've finished a race with an ear injury.

Further down I became aware of footsteps ahead and was surprised to see Guianus, who'd had trouble with cramp for much of the descent. I hit the road clear second and dug in for the last two miles. At the finish there was just time for a drink and to hug Ian before the press closed in for interviews. Midway through one of these I probably broke the tape recorder (or deafened the whole of Malaysia if it was a live broadcast) by whooping with delight when Mark came in having overhauled Guianus in the last few hundred metres. One-two-three for GB; only Teles our guide had predicted that! (and one-two for weetabix: is there an opportunity to exploit here?) We started to see a lot more of Danny! The organisers put on a great meal for the closing ceremony and handed out goodies (Ian got a nice hat) and, oh yes, a little bit of cash. No-one seemed to mind that we were heading home with most of 'their' money. Celebrations continued down at the coast where Teles revealed himself to be Karaoke King. For the journey home Ian had disguised his trophy in a carrier bag, but it was spotted for what it was by the X-ray machine staff and he was a hero all over again. But not for long; on leaving Borneo our new-found fame declined exponentially as we headed back west and by the time we landed in London we were once again very anonymous but still very proud.

So was it 'The Toughest Mountain Race in the World'? We were reluctant to endorse this slogan, even though it had been Jonny's idea years ago. Certainly it was very long, very steep and very unusual underfoot, but there was a well marked path throughout and all those ropes and bannisters to help. Perhaps, we agreed, the toughest mountain race . . . . . outside Jura.

Mark Rigby

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# CUDAHY FAMILY 6 MAN PENNINE WAY RELAY

The inspiration behind this venture was a desire to celebrate our love of running with something both challenging and enjoyable. We also decided we should do a bit of good as well so we thought it appropriate to raise some funds for the NSPCC. The team consisted of myself and my five sons. I also have two daughters but one is in Ireland and the other, Claire, is busy bringing up a family and could not always spare the time to reconnoitre the (often distant) route. However, she shouldered the onerous task of organising the charity aspect. In the event both she and Sara were able to come out to cheer us on.

The attempt began at 04.00am on Saturday 5th July. Mark (the eldest) set off from Kirk Yetholm on a fine morning after one of the wettest June's on record. When he arrived at the Border Gate heavily mired and nearly 30 minutes down on schedule I knew we would have to work hard to get near our sub 44hr schedule. Conditions underfoot improved as we made our way gradually southwards but there were still plenty of very soggy stretches. Our support system of 2 'leapfrogging' vehicles (one driven by Inken and the other, usually, by me) was working well. This system meant less driving miles and longer complete rests for the runners. Apart from occasional sections where there are no road crossings, the length of each relay leg varied between about 4 to 8 miles. This fairly rapid interchange kept up a slightly competitive edge throughout. All the lads seemed to be settling into good rhythms following my advice to keep something in reserve for the second day. Approaching Cross Fell at nearly 100 miles gone we had a real worry. Mark reported nasty twinges from his achilles tendon. He decided he would test it by launching out on his solo run over Cross Fell from Garrigill, probably the most committing section of the P.W. I drove pessimistically round to near Widdybank Farm leaving Inken to (hopefully!) collect Mark from the Cross-Fell ski road and send Liam then Gerard to Dufton, High Cup Nick and on to Widdybank. With the question mark over Mark I didn't know what time I should send Sean the mile down the track to Widdybank to meet Gerard (we used a bike for this). I decided I must honour the schedule and Sean departed with gear for a long wait while I had a nap. What a wonderful surprise when Gerard's cheery call came through the van door! He had just made it over the Falcon Clints before dark and reported Mark in good form.

Sean took us to Middleton and into the night. My master plan now was that Liam and I should do all the rest of the night and thus allow the rest of the team a decent sleep. Liam had proved himself adept at night and my day pace is not much faster than my night pace so there wasn't much to lose there. Anyway, although my running is now rather pathetic I can still stay

awake with the best of them! Despite a very black night and wet ground underfoot it went perfectly. I shuffled into our camp below Tarn Hill at dawn and sent Sean off into our second day. It was now nip and tuck with our schedule. But first I made an unpardonable error. I spent too long trying to coax early breakfast into unwilling stomachs then had a frenzied dash to Horton hoping Gerard would not take more than 10 minutes off his leg to Old Hop. He shaved 17 mins off and fumed for 6 mins before the show got going again.

We put this hiccup behind us and began to battle against increasing heat and a schedule which was starting to bite. I had told them the schedule was only a guide but it became the target. The judged their success on whether or not they beat their leg time. I didn't because I could easily see they were giving it everything they'd got whatever the time. Mind you, it got to me too. I set off over Blackstone Edge after Sean had run a very swift leg from Hebden determined to emulate him. I was ok until I reached the first real gradient then I found I no longer seem able to run uphill. Half a mile from the end of my leg I was met by both daughters who, laughing all the way, pursued me off the moor. (I chopped a whole 60 secs off my time!). I handed over to my youngest son, Michael, for his last leg. I'd rather cruelly re-arranged for him to go over the Black and White Moss. His recent reconnoitre had prompted him to call it 'a sick joke'. Now it swallowed him and spat him out rather misplaced. He was upset that after terrific efforts earlier he had at the last, lost time. Somewhere on day one he had voiced the view that the ground was dreadful, it felt like very hard work and wouldn't it be better to pack up and return later? An elder hand (not mine!) had taken him lovingly by the throat and said 'This is how it is. And we're going to Edale - **now!** and indeed we were.

Liam traversed Black Hill to Torside in 1¼ hours but caused consternation by shouting he'd dropped our relay 'baton' of 6 small acorns 'somewhere' on the moor. I was so gobsmacked (I'd spent hours carving them!) I clicked the camera only on the middle of Gerard's departing back as he hurtled off up Bleaklow. I don't believe he even contemplated a sweep search of Black Hill.

It was quite exciting stood in the pre-dusk at the top of the Snake. By now we'd been joined by my two grandchildren and all eyes strained to catch sight of Gerard. Every minute was vital as it meant minutes less of darkness for Mark over the last moors of Kinder to Edale. Suddenly 'there he is!' A small break on the skyline then swiftly closing with us. A magnificent run, just 46 mins over Bleaklow the uphill way.

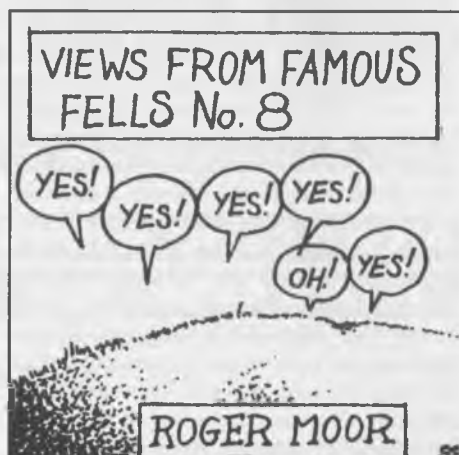
Now it was up to Mark; first off, last in. (Hope he doesn't go astray on the plateau crossing). It was very dark at Edale where

last orders had gone and a fair crowd of friends had gathered. Putting aside thoughts of, has he sunk in a bog, broken his neck down Grindsbrock? I said 'He'll be in 11.30 earliest.' Wrong! At 11.25pm he trotted unperturbed up to the Nags Head hardly looking as if 40 hours ago he'd been battling with the bag 270 miles away in the Cheviots. Our time was 43 hrs 25 mins and this was important as fellow Rucksack Club member, Chris Brasher, had promised a generous donation should we get under 44 hrs.

And the time itself was important to us, because we're runners I suppose. It's good to have that competitive edge, that sense of striving, of doing the best you can and then a little bit more if that's possible. That's what makes ventures like these such great fun. I must say the Old P.W. has given me some hard knocks in its time but it's given some wonderful memories too.

As for our time of 43.25, I think I'm right in saying that the first 8 man relay by Clayton recorded only a couple of hours faster. So I'm pleased with what I believe is a respectable comparison. Of course, comparisons stop there as the 8 person relay consists of just 8 long legs whereas we had 40 short sections (more fun this way but a logistical headache!). We did not have reserve runners so there was no doubling up on high ground or night legs. The lads had the responsibility to get things sorted and they did.

Now a few thanks. Principally, to Inken who was as integral a part of the team as the runners. She it was who set Mark off at 04.00am Saturday; Sean at 04.30am Sunday, drove hundreds of miles to perfect rendezvous times and places; brewed endless cups of tea etc. etc. To our friends who sponsored us and a special mention for Clayton le Moors at whom, at short notice Dan Talbot pointed a sponsor form and who responded most generously. If, as I'm sure you do, you think the NSPCC is a worthy charity and our effort was a good one, it is not too late to send a donation. Cheques may be made out to 'NSPCC Reg. Charity'; c/o me at Flat D, Burnside Cotts, Fettercairn, Laurencekirk, AB30 1XY.



## BEN NEVIS ; RUNNING ON A HIGH

The first thing to state is the obvious: that Hull is not the ideal place to nurture ambitions of success at mountain running, and to train for such pursuits. Still, there are a few club members who have savoured the joys of the hills and mountains. Quite a few have taken part in LDWA (long distance walkers association) events; either as walkers or runners. A few of us have joined the FRA (fell runners association) and been introduced to the delights of struggling up and down some of Britain's highest and best loved peaks, (as well as some of the most obscure and inaccessible ones). The FRA publish a calendar which lists a huge number of events. There are usually several to choose from on most weekends throughout the year. Whilst road and cross country running still provides the majority of competition for most of us, and provides the training environment most of the time, off road and hill running provides a unique and often more enjoyable experience. This is recognised by growing numbers of participants and the volume of articles in the running press on trail running, fell running, mountain marathons, man vs horse races and so on.

Since taking up running I have always enjoyed cross country and looked forward to October coming round for another chance to get completely blathered in mud and slime; to lose spikes in the thick glutinous stuff, and to dye once Daz white socks to a permanent sad grey black. I have always been one for the distances too. I came into running as a marathoner, and seem to have been going for increasingly longer events ever since. *(I have calculated that, at current rate of progression Jim will be running across America by the age of 50 and by his 80th birthday should be circumnavigating the globe in running mode. - A.N.Umber Statistics Ed)*

It seemed like a logical progression, then to move from standard cross country races to longer events with thicker mud and higher hills. Maybe I have always been one for taking things too literally. I seemed to think cross country meant one end to the other, or one country to another and ended up running from Glasgow to London for charity.

Anyway all this pre-ambles is becoming longer than a politicians speech. Cut to the chase. Ben Nevis. And what a chase it is. I had planned to do this race for years, but this was the first in which everything came together. I was very fortunate with the weather, and saw Scotland at its glorious best. There was sun and warmth, little wind and even less of the pesky midges which usually plague visits to the West of Scotland in summer. I was also lucky to have a personal sports masseur with me. Mike Barker had decided to come up for the weekend and to advertise his services before and after the race. Anyone who has run up and down a mountain is going to appreciate the benefits of massage and Mike was kept

busy with about 30 aching bodies to work on.

People have been running up and down Ben Nevis for 100 years now. The first record for the race was set on 30th September 1895 when one William Swan of Fort William went up the 4400 feet and back to the town centre in 2 hrs 41 mins. In the years that followed getting to the top of the Ben became quite a craze and the record was lowered a number of times. The "gentler sex" had been barred from the race until the turn of the century, but in 1902 the inevitable occurred and one Lucy Cameron made the ascent in 2hrs 3 minutes.

In the 1880's a hotel and observatory were constructed on the summit plateau of the Ben and early competitors in the race could stop for cups of tea at the hostelry in between ascending and descending.

In those days there was quite a wide track, and carts were hauled up to carry building materials and provisions.

In 1911 the first car was driven up - a model T Ford. Others went up and down in motor bikes and the local town crier showed off his strength by pushing a 73 lb wheelbarrow up in 1887.

And people tell me I am crazy just for running up it!

Cut to 1996. Saturday afternoon. Mike is busy rubbing down various sets of gnarled fell runners limbs, before the big event.

I tie the laces of my Walsh fell boots nervously for the 18th time. I look up at the looming great hulk of a mountain which towers above us, and wonder once again about the sanity of this venture. I just can't get rid of these nightmare visions of running off the wrong side at the top, heading into five finger gully and falling to my death, dashed to a pulp on rocks below after a three thousand foot fall. I hear the words being read at my funeral...

"He did it because it was there"....come on Jim get a grip. This is only a fell race, you are not climbing Everest.

Then we are called to attention. We parade round the sports field, led by a marching pipe band. The adrenaline, already surging, gets a turbo charge from this. It must be my Scottish ancestry, but there is something that really stirs the blood when you march behind a pipe band. Oh yes, for a few minutes there I was Braveheart, ready to tackle any foes, bursting with strength and bravery.....The gun goes and we are off. Down to earth with a bump as the leaders go charging off into the distance and my legs ache already after about 300 yards of flat grass. This is all psychological, though and I soon settle into a rhythm.

I deliberately take it steady on the early climbs. All around me is the noise of laboured breathing and the sight and odour of rivers of sweat draining off bodies that have been pushed too hard too soon. I note that my breathing is more easy and I start to pass one or two. I roughly calculate that I

am around 50th and vaguely decide that a top 50 placing will be my aim.

The climb goes on, and on.. and on, inexorably. Occasionally I look up and seem to be no nearer at all to the summit. Muddy path turns to tussocky grass, then to scree slope, then large boulders...we cross the Red Burn and stop for a well earned drink from the stream, then upwards and onwards again. More mud, more boulders, more scree slope, more gasping and complaining from the lungs, and Ben Nevers teaches me to appreciate its size. After what seems an eternity the slope eases and I sense that we are approaching the summit. I look for the leaders on their way back, and soon a couple of local vests (Lochaber) come flashing past as they begin hurtling down in suicidal fell runners descent mode. I start to count the figures coming past, and then sooner than expected see the summit cairn.

A real thrill when I realise that I am in 20th, and a real buzz to turn and see the great panorama of hills and lochs laid out beneath us. I'm on top of the world, and it feels great.

The scree slopes are fun going down and I really go for it trying to hold on to my position. The best training I could muster for this was Spout Hill at Brantingham, but it is not quite the same.

About half way down I am aware of the pain signals emanating from both shoes and I realise that I am entering blister territory.

Ignoring this I hurtle on. Towards the bottom the thighs really complain and I long for the flat. I hit that flat and experience the most weird sensation. Wading through treacle is quite a good metaphor...a mile to go on the road, and I want to pick up the pace. The brain sends a message, and the legs respond with a geriatric shuffle. This bit seems endless until, at last I am safe home across the finishing line.

It is recorded that a certain English gentleman earned notoriety in the early years of the century by scaling hills barefooted.. He tried this on Ben Nevis and, miraculously, got to the top. At this point he had his gashed and bleeding extremities bathed and bandaged, and he was eventually conveyed by horse to Fort William where he received medical attendance.

Well, despite having the theoretical protection of a pair of fell running boots my feet suffered pretty badly too. I did not need the horse but I did need attending to in the first aid tent.

To any passers by the noise emanating from this first aid tent may have reminded them of a scene from a horror movie or the sound effect from a museum torture chamber. Basically, the flesh on my heels had parted company with the rest of the feet and was hanging off. Five other runners had a virtually identical problem and the nurse was spraying cleansing solution on to the raw flesh, with agonising results.

Reader, I survived. I could hardly walk, let alone run, for a week, but the injuries soon



heeled (sic). Despite this I rate the Ben Nevis trip as my most enjoyable running experience this year. There is glory in the marathon, yes, and there is satisfaction in any race completed. But running the highest peak in Britain is something else, especially when you are blessed with fantastic weather and unbelievable views. Sometimes this sport of ours is just unbeatable.

My advice then, if your running is in a rut, if your training is tedious and you are mired in the monotony of miles on the road; just head for the hills. You don't have to go for the big Ben but get to the country, and scale some peaks. As a friend of mine would say, "it's chicken soup for the soul".

Jim Rogers

### Rumour has it...

That Briscoe's Brewery are now brewing and bottling Shane's Shamrock Stout - 4.7% to commemorate Shane's inclusion in the Irish fellrunning team. (most people didn't know that he was born in Liverpool!!!)

### Rumour has it...

That Briscoe's Brewery are now brewing a 5.8% Puddled & Barley Ale in ho nour of Leeds' finest fellrunning club. (how about some free samples for prizes??? - Ed).

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# A SHORT HISTORY OF CLAYTON-LE-MOORS HARRIERS

by *BILL SMITH*

## Part One

Clayton-le-Moors Harriers celebrated their 75th anniversary last year with a dinner-dance on November 1st, at which Ron Hill and Jos Naylor were celebrity speakers, and also by having hosted the FRA Relay Championships on Pendle Hill a fortnight earlier.

Clayton did more than any other club to pioneer amateur fell racing on a regular basis and was organiser of four events by 1960, during which year it also began to create interest in the Bob Graham Round and Lakeland 24 Hour Fell Record. Over the years since then, its members have been involved in the organisation of no less than 25 fell races, mainly as their chief promoter. Members have also figured prominently among the officials and committee-members of the Fell Runners Association since its inauguration in 1970, and also of such bodies as the Lake District Mountain Trail Association, Three Peaks Race Association and the Bob Graham 24 Hour Club.

Clayton-le-Moors is a crossroads village in Northeast Lancashire, with one road, the A678, running east and northeast from Blackburn to Padiham, near Burnley, and the other, the A680 heading north from Accrington to Whalley in the Ribbles Valley, though since 1984 it has also been served by the M65 motorway linking the mill towns of Blackburn and Colne: all rolling Pennine foothills country, with the loftier skylines soaring to the summits of Pendle in the northwest and Boulsworth, Black Hameldon, Thieveley Pike and Great Hameldon to the east and south.

The most universally-famous Clayton Harrier is undoubtedly Ron Hill, though it must be admitted that he achieved this fame only after leaving Clayton in 1960 to join Bolton United Harriers as a road, track and cross-country runner, though he eventually did return to Clayton in 1976. However, some of Clayton's enthusiasm for fell racing must have rubbed off on Ron as he scored a consecutive hat-trick of victories in the Pendleton Fell Race between 1958 and '60, and also achieved three wins at Rivington Pike during the '60s as well as giving a good account of himself in both the Three Peaks and Ben Nevis Races.

In the first book of his splendid two-volume autobiography *The Long Hard Road* (1981), Ron Hill explained his reason for leaving the club: "All Clayton seemed to be interested in was running from Working Men's Clubs and fell races, and as I said in my letter of resignation: "I was 'fed up of being in a team of bloody mountain goats'."

Hill was not the only runner to leave Clayton for other types of running other than traditional cross-country and fell. During the summer of 1968, some of the Harriers had been competing on the track as second-claim members of Blackburn Har-



*Pendle Fell Race start from Roughlee, early 1960s, showing Peter Hall and Dave Spencer  
Photo: Bill Smith*

riers. Clayton had no track facilities and at the 1968 AGM there was a proposal for the two clubs to amalgamate. This was defeated and several runners, including John Calvert and Harry Walker, left to join Blackburn Harriers as first-claim members. Like Ron Hill, they eventually returned to Clayton in the early 1980s after Walker had, ironically, established himself as one of the most consistent fell runners of the 1970s and early '80s, winning the FRA championship outright in 1973 plus three second placings and half-a-dozen other top ten positions. Calvert too had proved himself a successful fell runner, mainly over fast "runnable" courses, with two Three Peaks victories to his credit.

With all due respect to Clayton's road, track and cross-country runners, the remainder of this history, apart from the next chapter, will be almost wholly confined to the fell running side of the club - which is, after all, the sport for which it is best known.

### Early Years

Clayton Harriers were founded at Clayton-le-Moors in 1922 by Eddie Kenrick, but it wasn't till 25 years later that the club became known as Clayton-le-Moors Harriers. That was when the Youth Team won the 1946/47 East Lancashire cross-country championship and rival clubs thought they hailed from Clayton, Manchester. For the first eight years, Clayton was actually a subsidiary branch of Bury AC, who also had various other branches, including one at Ramsbottom, venue for the present-day Holcombe Tower Fell Race. In a 1930 newspaper article, Kenrick signed himself as "Bury champion 1920 to 1923, English international 1923." In this same article, in the *Accrington Observer*, Kenrick recalled: "When the club was first formed, it was intended to teach the young men of Clayton and district the true ideals of sportsmanship, friendship, club fellowship, and to take defeat or victory in the proper manner."

While Kenrick is generally regarded as being Clayton's first senior champion, another early member, John R. Rhodes, stated in a later newspaper article, c.1950: "Arnold Wilkinson was the first officiated

local (i.e. Clayton) champions (in 1923/24), though Kenrick is accorded the honour because, although no actual club championship was run the first year, it is virtually certain that, had there been, he must have won it easily." Rhodes took over from Kenrick as club secretary in 1924 and continued in this capacity till the outbreak of World War Two. Another prominent member of those years was Alan Brownrigg, who assumed the club presidency in 1927 and held it till 1958, being succeeded by Stan Bradshaw (1959-80), Bill Hill (1980-91), George brass (1991-95) and Donald Barton (1995-97).

At a meeting at the "Old England For Ever" Working Men's Club at Clayton-le-Moors on April 9th, 1930, a vote of 32 to 8 resulted in Clayton Harriers wholly severing their ties with Bury AC, a decision which did not please Eddie Kenrick, who was then living in North Wales, and some correspondence on the matter between him and John R. Rhodes was published in the *Accrington Observer*. Some members decided to remain first-claim members of Bury, including Stan Bradshaw, a former non-league footballer with Padiham FC who had joined the club in 1930. Rhodes had been largely responsible for "raising the average weekly number of runners from about a dozen (and sometimes less) to a peak of 50 to 60-odd," as he himself stated in the *Observer*. "We also added a ladies section and a very successful hiking section." The latter surely referred to fell walking and indeed, John Haworth, a former Harrier now living at Thornton-in-Craven, who has carried out considerable research into the club's early history, comments: "I bet there was early fell racing going on within these hikes!" During the 1930s, the only amateur fell races being held on a regular basis were Rivington Pike and Burnsall (apart from the more localised cross-country-style Hallam Chase near Sheffield and the James Blakeley Fell Race at Harden Moss Sheepdog Trials which wasn't inaugurated till 1937) and Stan Bradshaw competed at both these venues, also at Pendleton Sports near Clitheroe, finishing 2nd in both the latter races on one occasion

each, while his brother Harold contested the grass track events at both Burnsall Sports and Pendleton.

A 1938-39 club card, loaned to me by Stan Bradshaw, includes such rules as: "The objects of the Club shall be the further development of Cross-Country Running and other Athletic Exercises," and "That all fixtures shall be carried out whether the weather be wet or fine." John Haworth emphasises the role which the club's activities and organisational skills played during the dark days of depression and unemployment in the late '20s and '30s, when those fortunate enough to have a job worked long hours over a 5½ day week and, with their unemployed brethren, had to provide their own entertainment: "Hence the importance of Working Men's Clubs ..... In these deprived conditions, one can only admire the discipline and abilities of the individual athletes, and one can also admire the extent of the club's organising and administration skills and their attention to detail during each Saturday afternoon throughout the winter months, when ordinary club runs or inter-club runs were organised in between League and Area Championship races. This thoroughness probably prevailed on their Tuesday evening training sessions from Working Men's Clubs or pub.

"All runs - club, inter-club and championship event - were either flagged from start to finish over one, two or three laps, or 'trails' were laid with paper and sawdust by 'scenelayers'. On club runs, 'pacesetters' were employed to keep the group together until the race was free-for-all ensued on the last lap. 'Whippers-in' brought up the rear and the stragglers. Trains, buses and the 'chara' were used to get from home to club or between venues, private transport and petrol being in short supply. There was tremendous local support for the Harriers, and every run, be it ordinary club run or championship event, was fully covered by all the local newspapers with about 12 to 15 column inches of detailed report."

Clayton have always been a member of the Mid-Lancs Cross-Country League, except for seasons 1956 to '65 when they

competed in the South-East Lancs Cross-Country League. The club won the senior Mid-Lancs championship in 1931-32, were runners-up the following year, and champions again in 1947-48. "The 1940s and '50s produced some excellent champions at both cross-country and road-running," states John Haworth, "Bob Beecroft being the best of them before the Fell Running Scene blossomed from the mid-'50s and into the '60's."

The Harriers utilised several Working Men's Clubs in the area as venues for club runs, also schools, church halls, pubs and even industrial premises such as Altham Colliery. Long-serving Harrier Bill Hill wrote in the December, 1994 Clayton Newsletter: "Saturday afternoon runs started, as pre-War, at 3pm, the venue usually a Working Men's Club. These clubs had ensured the survival of the Harriers since 1922: there was no charge for accommodation and sandwiches, pies and pots of tea or coffee were usually provided. Washing facilities usually consisted of a galvanized bucket of hot water, a scrubbing brush and soap: basic but essential provisions for cross-country runners....." Even Ron Hill, despite his previously-cited criticisms, wrote of these venues in glowing terms: "Some of the working men's clubs were very generous and would set aside funds, annually, to provide the Harriers with hot coffee and sometimes even hot meat pies or sandwiches after the run." John Haworth, who joined the Harriers in 1963, recalls one particular club even in that decade where "the seniors' bucket of coffee would be liberally laced with rum - against the cold weather!"

Upon being demobbed from the Army after the War, Stan Bradshaw resigned from Bury AC and helped Alan Hoyle to re-form Clayton Harriers in 1946. Donald Talbot, who still competes regularly for Clayton as an over-60, as well as being an active member, along with Bradshaw and other Harriers, of that elite band of long-distance fellwalkers and mountaineers, the Rucksack Club, recalls how he came to be recruited: "Alan Hoyle was instrumental in re-forming the club after the War in 1946. I was at school in Accrington at the time and our

games master saw an article in the local paper and informed a couple of us that Clayton Harriers were re-forming in the Autumn of that year. I went along and Gerry Charnley came to the same venue....."

### Fell Racing Pioneers

Stan Bradshaw climbed his first mountain, Ingleborough, in 1952 at the age of 40, having previously been limited by a seven-day working week in the family trips business to his local highspot, Pendle. During that same year, in an unconscious revival of the "hiking club" of the 1930s, he and half-a-dozen other runners, including George Brass and the Heaton brothers, Alan and Ken, began making monthly trips to the Lake District, where their walks gradually grew longer and longer and led to them entering the annual Mountain Trail.

Outstanding results in these early competitions included George Brass' 3rd placing in 1954; Jack Bushby 2nd and Bernard Lister 5th in 1955; Ken Heaton 3rd 1956; Alan Heaton 2nd and Stan Bradshaw 4th 1957, the first time the Trial was run on the orienteering principles which prevail today; and Jack Bushby 3rd 1958. George Brass was later to win both the 1961 and '62 Trials, being the only competitor to complete the course on the latter occasion, when many hard-bitten mountain men were forced to succumb to the atrocious weather conditions. Twelve years later, George was to complete the Bob Graham Round with Roger Dewhurst in similar conditions for the night section, and in 1988 achieved an extended Round of 55 peaks to celebrate his 55th birthday. Clayton won the team prize three years on the trot in the Mountain Trail, 1958/59/60, but it was to be 29 years before they would win it again, then they repeated their success the following year, 1990. During the intervening years, the team event had been dominated by the emerging fell running clubs, Barrow, Kendal and Keswick respectively, and in more recent years, by Borrowdale Fell Runners.

The Three Peaks Race was another event with which Clayton became associated from the outset. Alf Case, who like Stan Bradshaw hailed from Padiham, was to become the race secretary from 1956 to 1974 when Douglas Croft took over. Fred Bagley of Preston Harriers both organised and won the inaugural event from the Hill Inn on the last Sunday of April, 1954 and Alf Case recalled that he didn't know anything about it until the day before when Stan Bradshaw came up to him and said: "I've entered you for a race tomorrow." There were six starters but only three finishers, with Stan placing 2nd and Alf 3rd. Case was later to become the first Chairman of the FRA from April, 1970 to April, 1973.

Preston Harriers promoted the second race in 1955 but then Clayton took over the organisation from the following year up to 1963 when the recently-formed Three Peaks Race Association assumed responsibility. Ever since then, Clayton has always been well-represented both on the committee and among other helpers on race-day, particularly Stan Bradshaw and the late George



Stan Bradshaw and Alf Case at the Three Peaks Race, Hill Inn, Chapel-le-Dale.  
Photo: Bill Smith

Brass, to whom a memorial plaque hangs on the wall of the Crown Hotel at Horton-in-Ribblesdale. The Stan Bradshaw Trophy is awarded to the first veteran over 40 and the Clayton-le-Moors Trophy to the first veteran over 60. Clayton were well to the fore during the early years of the race, with George Brass triumphing in both 1955 and '58, setting new records on both occasions, with his former classmate at Clitheroe Royal Grammar School, Pete Dugdale, winning in 1957 and Dennis Hopkinson in 1963, while the club won the team prize eight times between the years 1955 and '64. Though such clubs as Barrow, Kendal, Blackburn, Rochdale and Bingley have dominated the team awards since. Clayton made a welcome return to winning ways last year when they made a clean sweep of the three team categories: male, female and veterans, though the ladies' team had previously emerged in triumphant on four of the five occasions since the prize was introduced in 1992. The Harriers can always be relied upon to enter by far the largest number of competitors from one club, with 99 men listed for the 1997 race plus eight ladies.

1956 saw the first running of two events which are still going strong today, the Pendle Fell Race and the Pendleton Fell Race, the latter held in conjunction with the village sports and having been run professionally prior to World War Two. The Pendle started outside the Bay Horse Inn at Roughlee, followed a cross-country route by Whitehough to Barley, then went straight up and down the "Big End" (the second climb on today's course) before returning the same way. The present course from Barley was introduced in 1974. The Pendleton race followed the same course as the modern route up to the cairn on Apronful Hill (top of the first climb) and then returned by the same route, the extension to Mearley Moor summit having been inaugurated in 1981.

The first two Pendle races were dominated by Clayton runners, with Albert Walker, cousin of Harry Walker's father, winning in 1956 and Malcolm Whiteoak in 1957, before other clubs began to make their presence felt, particularly Barrow who provided the winner on no less than seven occasions between 1958 and 1965, Dave Spencer triumphing four times and Peter Hall three, the latter having set a record of 41.32 in 1964 which was never broken. Not all of the early Pendleton results are now available but they were apparently more in the nature of Clayton club runs, with Ron Hill achieving three victories over the years 1958/59/60, as already noted, and long-distance specialist Alan Heaton coming home first in both 1964 and 1967.

The Thieveley Pike Fell Race had also been run professionally before the Second World War, but in 1960 Alf Case was asked by Eric Halsall of "One Man and His Dog" fame to organise an amateur fell race as an added attraction to the Cliviger Sheepdog Trials near Burnley. This again was a different course to the present one, with only the top moorland section and the steep climb leading to it being identical, and indeed it has been drastically altered twice since then,



*Three Peaks, circa 1962: The start from the Hill Inn. Photo: Bill Smith*

in 1981 and 1997, though some of the early races had minor variations. Barrow dominated that first event, too, with Dave Spencer leading home Peter Hall and Mike Vickers, though Clayton's Pete Dugdale triumphed in both 1962 and '63.

Meanwhile, some Clayton Harriers had begun visiting a few of the Scottish hill races, particularly the Ben Nevis, which up to 1955 had been patronised virtually by Scottish runners only. This year, however, had witnessed the first "English invasion" of the race when Joe Hand and Raymond Shaw of Carlisle (and both later of Border Harriers) finished 2nd and 6th respectively, and J.J. Hewitt of Cambridge finished 22nd to gain runners-up spot in the team event as "England." The annual Clayton "invasion" began the following year with their "B" team (Jack Bushby 5th, Stan Bradshaw 19th, Wilf Charnley, Gerry's brother, 23rd) finishing 3rd behind Lochaber "A" and Garscube, with their "A" team (Alan Heaton 16th, Ken Heaton 24th, Bernard Lister 40th) joint 7th with Hellahouston Harriers out 12 teams and 53 finishers.

In 1957, the "A" team (Alan Heaton 13th, Pete Dugdale 23rd, Wilf Charnley 24th)

took 3rd place once more, while the "B" team (Bernard Lister 30th, Ken Heaton 33rd, Stan Bradshaw 35th) came 8th out of 10 teams and 66 finishers. 44-year-old Stan Bradshaw won the first of his six Ben Nevis Race veteran prizes in 1956, while Alan and Ken Heaton were later to donate the Heaton Trophy for the fastest two-man veteran team. No Clayton Harriers has ever won the Ben Nevis Race, though Harry Walker did triumph in 1973 wearing the colours of Blackburn Harriers, while Jean Rawlinson finished a very close 2nd to Lochaber's Gill Barnes in the 1994 race, only 10 seconds adrift. Goatfell and Cairngorm were two other events which attracted entries from Clayton Harriers in the late 1950s and early '60s, notably Alan Heaton who was 6th at Goatfell in 1957 and 4th in 1959, and 6th at Cairngorm in 1959, 3rd in 1960 and 4th in 1962.

*Acknowledgements: I would like to thank the following Clayton Harriers for their assistance in compiling the first part of this club history: Stan Bradshaw, John Haworth, Richard Lawson, Dave Scott and Don Talbot.*



*A triumphant George Brass approaching the finish of the 1955 Three Peaks Race at the Hill Inn Photo: Bill Smith*

# ROUND

Round, round, round, round, I get around !

Take one mountain, draw a circle round it, add snow on top and sun below. Run round it.

That is basically all there is to the Tour of Mont Blanc (or as the French have it. Le Tour de Mont Blanc (TMB for short ). But all that's just geography - we're talking fell running adventure. We'd assembled in Argentiere. (If the TMB were a clock face, Argentiere is at ten o'clock.) Our group come from all places - Ian from Dudley in the West Midlands, Dawn from Mid-Wales, Polly with her parents Dave and Val from the Wirral and Theresa and myself from Tynedale. We'd signed up to run the TMB with Mountainbaggers, a firm based in Argentiere in the Summer ( in Norway, Argentiere and Tynedale in the Winter).

I'd come along because I'd never seen an Alp before and because I was desperate to get some good training in after a summer disrupted by an imminent Ofsted (School Inspection for the non-teachers out there.) This trip was reasonably priced and run by someone I knew and trusted. ( They were in Tynedale Harriers so they had to be OK. ) None of this stopped me being very nervous as we arrived in Argentine. These mountains were seriously big. They loomed out of the mist as we approached and what we took to be clouds turned out to be bits of mountain floating free through moving grey mists.

At Argentiere we were put up in a Gite d'etape - a sort of hostel cum unpretentious boarding house. We all met up and chatted, discovered acquaintances in common - ("You've met Hamish Brown !!!") and races we'd all suffered in ( Karrimor '96 - Galloway is so dampening !). As Jess Phillimore would say "We bonded." Mainly in the Office Bar with bilingual Neil from Stoke.

We also slept. And the next day up we got and sorted packing out. The camping stuff was loaded in the van and we filled up our day sacs. The plan was to drive down to Les Houches and do the first ascent par teleferique - on the cable car. This was a necessary short cut as it saved us half a day of slog on what was a long day to start with. Anyway who wants to slurp around in a damp wood when you could sail above the treetops to an increasingly amazing view. We got out and stood on the high pasture, then turned and started running. It was a good pace downhill across the railway on a woody path that went downhill ( ! ), crossed an amazing waterfall, coming straight downhill from above, then we have to run up hill, skirting the Bionassay glacier and so up some more and on to the first Col (de Tricot). The first time we could see the scale of the adventure we are on, the distant views of rock seamed with snow, the nearer pas-

tures and the hills - well, they looked like something from a Scottish Glen - but everything else was beyond my scales. So off we went running down to the Chalets and enjoying the water from sculpted logs. Then we ran up to the Chalets de Truc (lovely - but no time to stop). Down the forest track to Les Contamines (amazing like a Wooden Model Village).

Keith opened up the pace on the road from here. I could just about keep up with him, before crashing out by a continental loo (ie just footmarks to stand in in lovely porcelain ). Up a track to a Notre Dame de la Gorge, a marvellous high eaved church. But it was hot and we'd been running for 4 hours. There was quite a long way to go too. So it was a slightly wary lunch.

And rightly so for the next bit was an ascent up steep rocky boiler plates (reader, we walked). Up past Alpine cafes serving sumptuous meals, we run on, coming to the bottom of a steep grassy slope with a pylon on top. I could hardly get going and when going could hardly stay going. I felt awful and there is a long way to go yet.

As we got higher into the Col de Bonhomme, the paths narrowed and we get to valleys in valleys. One had a tumulus (an English lass buried underneath), then the final crossing of a stream and up a much eroded slope. This was so hard. My heart started thumping and I got quite scared. I'd got out on my own, I could see those ahead at the Col, and behind at the stream so I sat down and let my system get calm. Then onto the Col, where there was a jolly little hut in which to shelter from the chilly Alpine gusts. Then along the side of the rocks and through a waterfall into a fog. The usual problems with fog on top of a mountain - like which way now. We find the way down to the Refuge ( a rather tempting looking cafe - advertising framboises - strawberries. An offer it was hard to refuse. ) But on and down, at a brisk speed across grass and pasture. The hills here are high so it takes a long time to run down them - time enough to get ouch-ed by it all - you know that feeling at the back of your legs that if you don't lie down soon they will set rigid. Then of course the far off farmstead is not at the bottom of the slope and there is another settlement to run down to. But eventually we got to the camp site, where the vans had arrived and where coffee and juice were available. We drank, showered in the nearby Auberge, put our tents up, ate a good dinner - in quality and quantity. Then crashed out. We'd been running for 8 hours and 40 minutes so were pretty shattered.

And this was only Day One.

## DAY TWO

Martin Moran in his Munros in Winter Book records the problem of the professional adventurer - you have to go on and on and up, even when you don't feel like it too much. After 8 hrs and 40 mins I wasn't too keen on another tough day, but

we got the tents down and off we went up the road past an old man shaving in a trough, and past a memorial to a shepherd killed by the Germans - lachement - cowardly - a chill and grim adjective for someone living so close to such a lovely place. Then into a classic Alpine valley with loads of farmsteads offering refreshment or basic sleeping accommodation. One had a huge barn and large communal room, but the owner had just left it open and gone on her holidays. There were some donkeys here, and as we toiled up the slope to the Col de Seigne we rather wished our terms of engagement would allow us to hire a donkey. This feeling stopped when we met a couple who had. The thing just plodded up in his own time and sulked. However, we ran on to the Col de Seigne and looked into Italy. The immediate surroundings were not unlike a col in the Lakes, by Grassmoor and Eel Craggs say, but beyond were rivers of ice, like grey ribbed fish fillets, clouds frozen into snow and vice versa, but of course these clouds really were snow. We ran joyfully down into Italy, across streams and meadows and onto the Elisabetta Hut, enjoying the sheer exhilaration of travelling like this, covering distance at speed, with fabulous views.

After lunch of pate sarnies or a veggie equivalent we ran off down the hot sandy track to the marsh known as lac de Combal, with bits of ice floating it that had calved from the glacier. Here I heard my first words of Italian that I could understand - la cassetta (the small hut). Here also Keith offered us a choice, down the Val Veni or up over the top. The mind is willing but the... we all chose the tough option. So up the hill to two ruins, then a long run through Alpine flower meadows down past the rocky ends of pools and at speed along past the great uplifted triangle of Notre Dame de Peuterey (how do people get up there - why do people get up there?) We could see high spirited huts that had romped up the inaccessible slopes like lost sheep. We then ran back into civilisation. It was slow, but like soap and education it was effective. First the ski tows to work your way around, then the high cafes - one, la Vieille was deserted from the back, because unseen at the front crowds were dining on the slope above Courmeyer. Down through ski resorts with swimming pool (very blue) and teenage parties (Very loud ). Then past an evil drain and down a long and winding road and some more, losing 1 000feet in about a mile before tumbling into a communal water trough. We would have bathed in it but others had to drink out of it.

This was old Courmeyer. New Courmeyer was a bit busy and crowded, a cross between Keswick in August and the posh bits of Leeds or Winchmore Hill. There was a really tormenting fountain outside the meringue shop. This mile of road was a vital link but was one of the

worst bits of the whole Tour de Mont Blanc (the next candidate for worst road of the tour - was the rest of this road we did the next day). Ian was ill and not well here and everyone felt their determination just evaporate in the heat and commercialism of an Alpine resort. Will McLewin of Dark Peak, writing in his Alps book, likes Courmeyer for its bustle and bread. For me it had everything that was wrong about Mountain resorts. The Alps didn't seem to have those lovely spots of tranquillity you can get in Scotland or Northumbria or even at the back of Skidda.

Then when we got to the camp site we got visited by midges. Until they went to bed at 8, and we could get to the pub and chat with Polly, Val and Dave about fell running experiences.

### DAY THREE

Began quietly. I got away to study a bit of a sermon, then the midges, not being C of E, came out to party. In our end was our beginning and we set off, first down the road to La Pelud, where we stopped yesterday then we returned up the same road, passing the camp site, cutting corners where we could to get along the Italian Val Ferret. This was hard and hot and dusty and fly-ey. The views were lovely, Les Grandes Jorasses to the right and glaciermelt powered rivers to the left. We go to the road head and it looked lovely - all pellucid blues - till you got out of the shade. We'd run all the road which was hard, now we ran on to the track going up past the Elena refuge. This bit was like the forest tracks of the Forestry Commission. Broad and stony. At the refuge we got onto a grooved path in the grass, with some stunning views of mountains called the Giant's Tooth and things - great plugs of rock, oblivious to the fashion for snow. Half way up was a watertrough (1913 engraved in the concrete). Here we stopped for a liquid lunch. Water, sarnies, and water. Washed down with...well, it was very hot.

Then up these glorious meadows, walking bits, running bits, the Col de Grand Ferret now in sight across a curved corrie. The Col wasn't guarded today, ( sometimes it is ) and we paused here. Coolish but only -ish. Then we turned from the rocks and snow of Italy to the green, green grass of the Swiss Val Ferret. Absolutely glorious running country, allowing for a swift descent on a grassy path in one side of the hill, with the smooth, green, grassy valley and its colourful wild flowers laid out before you.

Down below this we found a cow farm with five troughs together and a white washed warning - don't contaminate the water i e don't leap in here , no matter how hot. Cows, especially musical ones with bells round their necks, do have certain standards.

We ran down the path through the bushes, into a green valley, with grey rocks above and a stream in the middle. Like the

remote bits of the Lakes on a sunny May afternoon. Theresa and I made a list of our friends who would love to be here, running eight hours and a bit each day. We felt that this was a holiday that was Tough. I'd bought the odd bit of schoolwork to do, envisaging sitting round the camp site in the lazy afternoon, the Walshes hanging up to air, me sipping iced lemonade and lazily drifting through seminal speeches on Education by Chris Woodhead. Now here we were, mid afternoon, miles from anywhere, and with a goodly way to go yet. We, of course, loved it. What was the point of going on a fell running holiday and it not being tough and challenging. What was the point of being a SOFT fell runner. Here we were, having a run in the most glorious scenery, fitter by Day Three, than we'd been for ages. The weather good, and three more days to go yet. We were CONTENT.

We splashed down to a ford and a bridge. And a film unit filming the Swiss Val Ferret legend of the "Enfant and Les Loups". Then run down the hill to Ferret itself and a delightful cafe on a manicured lawn, looking down the valley. Here I did my bravest deed of the week so far. I offered to pay for the drinks - and in Swiss Francs that counts as courage.

Then on to the camp site, under the trees, with no midges and impeccable loos. At the back was the glaciers, a background one came to suspend disbelief over. There were these tons of rock and ice, and here we were partying, well down the Hotel Edelweiss for a swift half, with this lot, apparently tame above us. It became a grand background, something always there, and subliminally part of the atmosphere, like Pen Y Ghent infiltrating itself into the life of Horton in Ribblesdale. Not dead but sleeping.

As opposed to us later that night.

### DAY FOUR

The easy day - only five hours of running.

First, we ran downhill, for some miles, following the Dranse river past typical Swiss scenery. Wooden houses stacked up like slices of gateau, with their ribbed bits jutting out, along a gorge cut out by the flowing river, with Andromeda like chains on the sides to hold you safe - only we just ran on, relying on forward drive to counteract vertigo and the whoops factor. Once at the bottom, near the village of Issert, where ordinary people park their BMWs and head for the white table cloths of the pub, we turn uphill on a steep rake through the hill covering of trees. There is little shelter from the sun. We could go up by the zig zag road. This way is better. There are odd lunch spots, one by a stream already booked by a camping couple airing their belongings. There is a right hand turn off up to the glacier and the Alpine Hut. We go on past a lovely chalet on the hill, with a hammock, hanging near to the path, past a great rock with signs of a cave dwellers and bars over

the cave. Then civilisation arrives with a billboard and the roofs of bungalows. Then the swimming pool as this mountain path becomes the usual back alley job on entering a town. This is Champex, poised up high between a spur of Mont Blanc and a little peak next to it. Like a stick thrown up in the air and wedged in a craggy crack. And here is a lovely lake, slightly smaller than Grasmere, and a street of cafes (think of a slice of Brighton sea front). We end up in a pleasant cafe. Only I have got a lot of sun and end up a bit woozy, longing to get into my tent and lie down. Meanwhile papers are discovered and we try to work out who's done what in the World Athletic Championships.

Then pay the bill, observe some girls who are walking and feel they can spend their money on Ice Cream. We tough fell runners don't want any of that ice cream. NO, WE DON'T. We want to run uphill again, through a wood by a banked up stream. I get iller and iller, and fall behind and think I've got lost, bewildered by the path switching sides of the stream. I get right by spotting Dave Machin on the bridge further up the stream. Dave has a foreign legionnaire's hat, which looks incongruous but which keeps him cool (he isn't the one with sunstroke now) and makes him instantly recognizable. (On two occasions, today and in the Italian Val Ferret, I've become unlost by seeing the flapping back of his hat.)

We camp in a beautiful clearing with woods either side, and ahead the mountains narrowing to the pass which gives onto the Fenetre d'Arpette, the high point, in all senses, of our journey. Everyone is relaxed. The support team have had a good day, Ian and I crash into our tent, then we meet up in the cafe.

There are large windows in the cafe with a good clear sighting of The View, the V shaped valley, leading to the mountain peaks. As we sit there, drinking coffee, the valley darkens and it comes on to rain. It's all like a Hollywood special effect. Jurassic Park d'Arpette. We have a totally clear view of a magnificent storm. The wind, the billowing clouds, the great stabs of lightning, the rumblings of thunder. Only very gradually do we realise that it has anything to do with us. The rain soaking down means that we have nowhere to eat tonight, that our tents may be getting wet, as well as our belongings inside those tents. We head back and sort some things out. Ian and I pile all our belongings inside the inner tent and work out how to sleep either side of all our gear. (Our personal gear had come in the support truck. I wanted to keep my stuff dry - especially New Methods of Drama Teaching, as I hadn't yet read it !)

We all had dinner in the hastily erected supper tent. Judith and ??Dawn had prepared a super saladdy tea. We were all very British and sat there on seats with a small tributary of the Arpette flowing

between us. Above our heads the rain smashed the canvas. We chatted, really listening not to ourselves but to the echoes of the rumbling thunder. It all felt rather out of scale. The meteorological equivalent of the Dome de Peuterey - out of our sphere, beyond anything I could do anything about. A bit like the Southern Hurricane of ten years ago. Just sit and wonder and admire and tremble.

We adjourned to the cafe and then to bed, I did not sleep at all well. The storm kept popping back for more and the echo made more sound more more.

#### DAY FIVE

Up to a view again. The storm had gone away and we could emerge and try to dry things out. We got away in good time and headed up through the pastures, through a gamelan of cows and cow bells, and a chatty local lady and out into the rocks that mark the change in scenery from pastoral to mountainous. We'd pulled up slowly, only to be stunned by Gareth who ran up in 35 mins. We all then hauled over the steep boulder fields to the notch in the skyline known as the Window, the Fenetre, d'Arpette. Lovers of Creag Meagaidh in the Highlands will recognise the same description. There was a steep old haul over near vertical grass to the pass, with a great view back down the Arpette valley and round the upland cirque with some good scrambling possibilities.

But ahead there was the Trient glacier. From up here at 9 000 feet we could see all of it from the Col where it was formed from snow to the river where it was transformed back into water. On the way the ice was cracked and broken into ribs of ice, before dirtying with age at the bottom with deep pool blue shining through the collected grime on top. Our way, after admiring this natural phenomenon, was to run down the side. I kept stopping to photo the ice dinosaur, but we got a good speed down to the cafe. Polly and Val bought Cokes and gallantly passed them round.

We then crossed the bridge and started the long way back up the hillside to cross up to the final Col. The path slogged up through a wood. We were tired and just trying to push ourselves as hard as we could, but the continuous and unrelenting incline dragged back our speed. Out of the wood the path broke out into long zig zags before hitting a wall of rock. Here the path makers had simply built a ramp of rock around the rock, so the path could carry on up. From below this looked Aztec like in its use of interlocking natural rock. From the top you were aware of the narrowness of the path, the steepness of the drop and need for the chains to hold you safe. I ran up as smoothly as I could, before I could see what I was doing. Matter over mind. And at the top, in its own pastures was a hut out of Heidi. Wooden and high up. There was a water

fountain, used as a fridge by storing the food in a box in the constantly flowing water. Then on along a contouring path. When discussing the route we'd mentally thought of this as the "runnable" bit, level and with good views. In the event a series of incidents caused us to slow down. David tripped over an uneroded rock and sprained his ankle. It wore off, but it was a reminder. I then ran a bit and put my right foot through the path. I picked myself up and jogged more carefully.

We turned a corner and could see the Cole de Balme two miles ahead. Gareth and Dawn raced this bit. The rest of us ran the best we could, stopped by crossing hard packed snow and ice patches with no ice axes and with only running shoes. So that kept us with it. Then onto the Col de Balme, with its refuge and it's jolly signs - Pas de Pique nique, ne restez ici etc. Dave paid two francs to be allowed to use the loo. It was cold and getting misty. But here we left Switzerland and, looking down, could see Argentiere and Chamonix. We had almost come full circle. It was a bit of a moment. We ran down the long track by the ski tows. There we were very low tech - shorts and vest and running shoes, above us the super sleek cars of the ski tow, like UFOs swishing through the skies, clicking over the joins. We went down top one ski station, and then down to another. we had been high up. Then down to the valley and along a path contouring UP in order to go DOWN. We raced a bit here, not easy with all the complexities of route finding, at one point by some very up market gardens. We all joined up again in the road just outside Argentiere before running back together into Argentiere and the office bar. Bilingual Neil the Stoke Exile, took our pictures.

## REFLECTIONS IN A TARN

You are un-named - that matters not, you have captured for me and hold fast high Lakeland fells within your darkness.

No movement to disturb your surface, no whispering wind to disfigure the inverted scene.

I sit, enraptured and wish my mind could

hold such a vision with accuracy.

But I must be satisfied that you are here, alone to absorb serrated ridge, steep crag with sweeping flank.

The tranquility is broken, the raven cries

above my head, disturbs the thought, but no matter, I have had the dream and memory is suitably enhanced.

*Peter Travis*

We got back to the Gite d'etape, where I got thirsty and drank a bit too much red wine, and slept a lot.

The Tour proper does a bit down the high side of the Chamonix valley, and we did part of that the next day. But we had run round all of Mont Blanc. We hadn't run all of it, but we had been on the go for 35 hours (the record is something like 17 hours, by a chap from Issert.) It was certainly a tough way to spend a holiday. But it was five days of glorious fell running in fabulous scenery. We had been well catered for and kept safe and well fed. I want to do some more. One year I want to do the TMB relay (end of August). Highly recommended.

*Mike Fry*

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# Successful completion of the Bob Graham Round in 23hrs 45min on July 4th & 5th 1997

by Colin Grime

I turned up at the Moot Hall about midnight with Michael Hetherton, who also completed the round, intent on completing the first section in each other's company but otherwise unsupported. Our luck was in and Steve Cliff, who was helping Jackie Bird, offered to carry our gear. The night was moonless but clear and Steve set a cracking pace up Skiddaw and with excellent navigation through the heather on over to Great Calva. There was a spectacular shooting star that left a brilliant trail against the pale morning light before exploding in a burst. The larks were singing on Mungrisdale Common. Jackie shot off down Halls Fell and I trotted down with Mike to reach Threlkeld well ahead of schedule.

After a change of shoes and breakfast of porridge, provided by my wife Joan, Mike Bate led us off over Clough Head and through a beautiful morning on over Helvellyn. The way up Fairfield was quick and easy underfoot. We reached Dunmail Raise a few more minutes ahead of schedule.

Here Alan Mitcham took over in support and set off a few minutes ahead on the steep climb up Steel Fell. On meeting him

at the top he said he thought we were fell walkers because we showed so little haste. We gave up a few minutes up to High Raise and on to Rosset Pike but regained some time with a fine ascent of Bowfell. Alan met us at Ore Gap having taken a short cut to avoid Bowfell, Mike Hetherton and I picked up some drinks and continued over to Wasdale via Esk Pike, Great End, Ill Crag, Broad Crag, the Scafell Pikes and Scafell by Lords Rake while Alan made his way down.

At Brackenclose I had time for a good meal and a shower before starting off once more with Mike Bate for the ascent of Steeple via Yewbarrow and Redpike. We didn't hurry until after Steeple when we made good time over Pillar, Kirk Fell and Great Gable. We lost a few minutes on Gable in the cloud, after all we were not keen to descend to Styhead. The fog continued over Green Gable, Brandreth and Grey Knotts to just above Honister and we didn't pick up the time we had expected. Still, there was time for rice pudding and a rest.

Mike Hetherton and I had 3 hours 25 minutes to finish the course and on the climb up Dale Head, with John Woodall in support, I knew it was in the bag - I have felt much worse on the Borrowdale Race.

The weather nearly had the final say since it started raining and blowing a bit. The rock steps on Robinson were very slippery and the night was black. The final moves on the lowest step were awkward but John made a fine guide. There was less than an hour and a half left and the prospect of a run all the way to the end. After the descent down steep wet grass to the reservoir Mike was off into the night like a jack rabbit. John ran down with me clumping along in his climbing boots. At the Church Mike Bate joined me and with John he did a fine job pacing me to Portinscale where Steve Cliff took over for the final run to Keswick. I reached the Moot Hall very comfortably with 15 minutes left. Mike Hetherton was a few minutes ahead. It was a good day out to add to our many Karrimors, alpine climbs and yacht racing across the North Sea that I have at times enjoyed with him.



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## Caption Competition

The anonymous bare bum on the inside front cover of the last issue brought numerous attempts at humour..., amongst them:

'If that's Bliscoe, I'm an Arab'  
- Dennis Quinlan

'Borrowdale 1997: due to global warming, sunhat and bum bag compulsory' - John Darby

'The full moon in Dune' - Terry Houston

'This is definitely the bottom of my fellrunning career' - Paul Targett

Tim Kelly provided us with eight captions (nothing like hedging your bets) and wins the prize for persistence. The best of them?

'Bottom falls out of Bland's bum bag business'.

Thanks to all.

The identity of the bum on the run (and winner of PB's pb's) will be notified by PB and published in the next edition of *The Fellrunner*.

## KIT REVIEW

### LOWE ALPINE CONTOUR RUNNER 30

Weighing in at 770gms this rucksack is 320gms heavier than my ten year old P.B. Litesac.

Very sophisticated and stylish in appearance with some good features. The body material is quite tough and solidly stitched, although requiring a waterproof liner to ensure your kit stays dry. The outside zip pocket is adequate for day and two day event use. The side net pockets are very useful for holding snacks and drink bottles etc. I found it good for carrying wet socks and litter. The large net pocket on the front is less useful but does hold a map easily. The compression straps work very well and prevent the load bouncing. The main compartment is closed with one large two way zip. This was very easy to open but difficult to close when full of kit. The shoulder straps are well padded and combined with the chest and hip straps work well.

The three section foam back system is padded, covered in airmesh material and is very comfortable, although does not get rid of the dreaded 'wet sock'. One disadvantage of the airmesh netting is that it works like a cheese grater on a fleece jacket.

For a two day event I prefer my old P.B. Litesac. For a day race, walking in the fells, the Contour Runner takes some beating.

Patrick Green

## It must have been a good fell-race when...

By Stephen Du Bois



# Martin Stone's Long Distance News Summary

## NICKY LAVERY - WINTER BOB GRAHAM

Although not seen frequently on fell races in recent years, Nicky set herself the challenge last autumn. Some dedicated training throughout December prepared her well for the extra difficulties the long night and short day would present in winter. The attempt was planned to coincide with a full moon and by the greatest stroke of luck the weather conditions were quite remarkable for the time of year. There was a covering of snow on the high tops to provide the challenge of winter conditions underfoot. However, as the start of the attempt approached, a window of mild, clear and relatively settled weather was developing, with gale force winds abating. Nicky left the Moot Hall for Skiddaw on Saturday 10th January at 18.00hrs, paced by Joe Faulkner and Roger Bell. The full moon and clear skies made for good progress, delayed only by relatively slow progress descending Halls Fell Ridge on Blencathra. Nicky reached Threlkeld in 3hrs 49mins.

Road support was provided throughout by husband Mick Hoffe and Steve Watson. The Helvellyn section was paced by Rick Stuart and Chris Speight. They were confronted by strong S.West winds, remnants of the earlier bad weather, as they moved along the ridge. It was hard work and energy sapping but worth it to see sights such as the eastern edge of the Helvellyn ridge, edged by snow and lit by the moon. The section took 4hrs 10mins. The long section from Dunmail - Wasdale was paced by Mike Walford and Chris Lumb. They were buoyed up by a meeting with Phil Clark and Jon Broxap on Rossett Crag in the early hours of Sunday morning and then a beautiful sunrise on Scafell Pike. Keith Hutchinson met the group at Mickledore and guided them up Lord's Rake and West Wall Traverse, which Paul had protected with a fixed rope and some bucket steps in the snow. The section time was 6hrs 28mins.

Joss Naylor was on hand to guide the team up Yewbarrow and through Red Pike to Steeple. It was now a beautifully clear & mild morning. Apart from Joss, the pacers were Graham Watson, Susan Hodgson and Brian Clough. Nicky's only problem was painful hips, which caused much discomfort on the later sections of the round. By early afternoon and with the encouragement of the pacers, Nicky arrived at Honister. She was well within the scheduled time and the section had taken 4hrs 50mins.

Husband Mick, Barry Johnston, Graham Watson, Phil & Lynn accompanied Nicky

on the final section to Keswick. By now, the brief weather window was closing and once again the wind was picking up, sometimes proving to be a help and at other times a hindrance. Friends and family were present to see Nicky arrive at the Moot Hall as it was becoming dark. It was an emotional time for Nicky and she felt overwhelmed by the realisation that the mental & physical struggle through a long Winter's night and a short day were now at an end. The section had taken 2hrs 45mins and her time for the round was 22hrs 45mins.

## PAUL MURRAY - 55 LAKELAND PEAKS AT 55

On 5th July last year, Paul repeated the 55 peaks route first completed by the late George Brass in 1989. In 23hrs 24min he added Grassmoor, Looking Stead, Allen Crag, Loft Crag and Skiddaw Little Man to the now standard 50 peaks at 50 route which is an addition of Causey Pike, Scar Crag, Sail, Crag Hill, Wandope, Whiteless Pike, Scoat Fell and Pavey Ark. Running anti-clockwise, the weather was kind to him during the daylight hours but drizzle and thick mist made for very slow progress at night and quite a lot of time was lost.

## OFFA'S DYKE

Offa's Dyke footpath is 176 miles long and runs from Chepstow to Prestatyn taking in the Black Mountains and Clwydd Hills. Between Christmas Day & New Year's day 1997 Martin Green (FODAC) and Colin Bennett (Bedford) ran the length, averaging 28 miles a day over treacherous terrain. They left themselves with 12 miles to do on New Year's eve in order to return to the Forest of Dean to celebrate. Total running time was 41 hours 30 mins with support from Jenny Hanger (FODAC).

Martin lost his beloved Burnley FC bobble hat at 'Worlds' End' - perhaps an omen for the clarets current campaign!

*Do please keep sending me details of long runs for the record books.*

## LONG DISTANCE AWARD 1997

The panel of long distance 'enthusiasts' voted for **Mark Hartell** who undoubtedly completed the run of the decade by increasing the **Lakeland 24 Hour Record** to 77 Peaks last June. The award was presented to Mark by Joss Naylor at the King's Head, Thirlspot last November at the annual meeting of the Lake District Mountain Trials Association. I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106/107 FAX, EMAIL: martin@staminade.demon.co.uk*

## BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1996/97

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 for the first time, the award was not presented as no suitable nominations were received.

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*

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