



**THE  
FELL  
RUNNER**

*Deane*

NOTICE OF 1972 ANNUAL GENERAL MEETING  
of  
THE FELL RUNNERS' ASSOCIATION  
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This Meeting will be held immediately after The  
Pendle Fell Race at Roughlee, Nr. Nelson, Lancs.  
on Saturday, 8th April, 1972, at approx. 4.30 pm.

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MINUTES OF LAST MEETING - It was unfortunately, not  
possible to hold an Annual General Meeting in 1971 and  
the last recorded Minutes are those taken at the  
inaugural Open Meeting which resulted in the formation  
of the Association on the 4th April, 1970. The Minutes of  
this Meeting are recorded as follows:-

MINUTES of an Open Meeting held at Roughlee, Nr. Nelson, Lancs.,  
after the Pendle Fell Race, on Sat. 4th April, 1970.

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1. The Chair at this Open Meeting was taken by Mr. Gerry Charnley who gave an opening address. This address was mainly concerned with the reasons as to why it might be thought necessary to form an Association to follow and cater for the interests of the Fell Running fraternity, and also to report on the actions of a few individuals who were concerned with the idea, and events which had led to the decision to convene this Meeting.
2. In anticipation of the possible outcome of this Meeting Mr. Charnley had prepared a draft constitution, copies of which he produced for the Meeting to study.
3. Following a general discussion, it was finally unanimously agreed that the formation of an Association would enhance the interests of the fell-running fraternity in the U.K. and that it would be desirable for this Meeting to proceed with the inauguration of that body.
4. A title was discussed and by a majority vote "The Fell Runners' Association" was finally adopted as the name by which the body would be known.
5. The draft constitution was then brought under discussion and the Chairman took the Meeting through each item. Following general discussion and suggestions, the Meeting finally approved a Constitution a copy of which is appended hereto.
6. (This item deals with the election of Officers and a Committee but is not here reproduced in full. A number of nominations and votes were taken and the final outcome was the election of the Committee and Officers as reproduced on page 2 of this Magazine.)
7. It was agreed that any further business in connection with the Association could now be left in the hands of the elected Committee, and after a vote of thanks to all those who had attended, the meeting was closed.

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THE ANNUAL GENERAL MEETING IS OPEN TO ALL MEMBERS - PLEASE TRY  
TO ATTEND IF YOU CAN.  
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THE FELL RUNNERS' ASSOCIATION

formed on the 4th April, 1970, to serve the interests of the sport of Fell and Mountain Running in the U.K. is currently administered by the following:-

Chairman: - A. Case, 107, Chestnut Drive South,  
Pennington, Leigh, Lancs.

Hon. Secretary:- E.G. Leal, 72B, West Street, Ryde,  
Isle of Wight.

Hon. Treasurer/Registrar:- J. Smith, 44, Kenmor Avenue,  
Bury, Lance.

Committee:- F. Travis, G. Charnley, K. Smith, J. Haworth,  
P. Duffy, J. Barlow, M. Davies,  
C. Robinson, T. Proctor (Co-opted).

LIST OF MEMBERS UP TO DATE

(The first 117 members were listed in Issue No.1)

118. Alan Barber	141. F.S. Dowell	163. M.W. Dearlove.
119. Brian Quinlan	142. E.J. Roberts	164. Ian Clarkson
120. Jack Lawton	143. Martin Little	165. Chris. Coles
121. David Clayton	144. Alan Hine	P 166. C.W. Brasher
122. Mike Hayes	145. George Miller	167. Ken Ledward
123. D.R. Barnard	146. David L. Rosen	168. J. Candlin
124. K. Hodgkinson	147. H. Blenkinsop	169. Robert Tait
125. Hugh Symonds	148. George Rhodes	170. Pete Sadler
127. A.C. Eastwood P	149. C.A. Knowles-Fitton	171. Harry Smith
128. Ted Norrish	150. B. Finlayson	172. Bill R. Smith
129. D.G. Pyatt	151. Chris. M. Hall	173. Graham Wright
130. D. Cresswell.	152. H. Forrest	174. W. Houldsworth-
131. A.C. Irving	153. S. Harwood	Foster
P. 132. R.A. Pugh	154. M.G. Hampson	175. D.E. Riley
133. Howard C. Smith	155. G.J. Partridge	176. Eric Ostle
134. W. R. Day	156. Joe Craven	177. K. Brooks.
135. Keith Brown	157. A.R. Churchill	178. Wado Cobber.
136. Mike Walford	158. M.J. Hobden	179. Peter Dawes.
137. K.L. Mayor	159. E. Manning	180. Bob Meadowcroft
138. M. Chapman	160. G.E. Laurie	
139. Paul Livesey	161. P.J.A. Jones	
140. Joe Salt	162. Brian Baistow	

P denotes Patron. New members to date will be listed in each issue.

Membership of The Fell Runners' Association is open to all who have an interest in the sport of fell and mountain running -

Annual minimum subscription (due 1st January) is 25p for ordinary membership, and £1.00 for Patrons.

THE FELL RUNNERS' ASSOCIATION  
CONSTITUTION

1. TITLE AND PURPOSE.

The Association shall be called "The Fell Runners' Association". The objects of the Association shall be to encourage and foster better standards of Fell Running and allied mountain races in the United Kingdom and to provide service to competitors and race organisers.

2. MANAGEMENT.

(a) The affairs of the Association shall be conducted by a Committee which shall consist of a Chairman, Secretary, Treasurer/Registrar, Newsletter Editor, Statistician and seven members. The Committee shall meet and act as required for the efficient conduct of the Association's business but in any event at least once per year. An appropriate officer shall maintain a Minute Book and record in it the business of all meetings and the names of those present. A quorum shall consist of not less than half of the total strength of the Committee.

(b) The Officers of the Association shall be elected at the Annual General Meeting and to these officers may be added a President. If any vacancy should occur in the Committee, then the said Committee shall have power to fill the vacant post until the next Annual General Meeting. The Chairman shall not serve as such for more than three consecutive years. The Committee shall be so constituted that neither the interests of event organisers nor active participants are neglected, representation being afforded to both interests by at least 50% of the Committee being comprised of active runners.

(c) The Committee shall have power to appoint additional specialist officers from outside of the Committee and to co-opt up to four extra members, but these members - not having been elected at the Annual General Meeting shall not have a vote.

3. MEMBERSHIP.

The Membership of the Association is open to all persons who support the Association's objects. The Membership fees shall be fixed at the Annual General Meeting. Affiliation to the Association shall be :-

- (a) Individual members (minimum) 25 p.
- (b) Patrons. (Minimum) £1.00.

4. RULES, LAWS AND STATUS.

The Laws and Rules of Governing bodies of Sports under whose jurisdiction events are staged, will at all times be strictly complied with. There will however, be no compulsion on Race Organisers being themselves affiliated to an associated national controlling body should the diverse nature of the event make this inappropriate. At all times the amateur status of competitors will be safe-guarded and on any Calendar or Fixture List produced by the Association, it will be clearly stated after each event listed, whether that event is or is not registered under A.A.A. Laws.

(Continued on next page)

C O N S T I T U T I O N (Continued)

5. FINANCE.

(a) The Financial Year of the Association shall be the calendar year. The accounts of the Association will be balanced at 31st December each year and submitted, after independent audit, to the Annual General Meeting.

(b) All cheques written against the Association Funds shall be signed by the Treasurer and one officer as defined in clause 2 (a)

6. VOTING. At the Annual General Meeting or Extraordinary General Meeting, all paid-up members shall be entitled to one vote. No proxy votes allowed.

7. ANNUAL GENERAL MEETING. The Association should hold an Annual General Meeting between 1st March and 30th April, each year. If possible the meeting should be convened on a date and at a venue convenient with a major fixture.

8. EXTRAORDINARY GENERAL MEETING. An Extraordinary General Meeting may be called by the Committee or on application in writing to the Chairman which is supported by ten per cent of the total voting membership of the Association. Such Meeting shall be called within one calendar month of notice or application being received.

9. NOTICES.

(a) Any amendment to the Constitution shall be proposed in writing to the Chairman at least one calendar month before the Annual General Meeting or any Extraordinary Meeting.

(b) The Notice, with agenda of the Annual General Meeting and of any Extraordinary Meeting shall be sent to all members not less than fourteen days before the meeting.

10. ALTERATION TO THE CONSTITUTION. Alterations to the Constitution require a simple majority at the Annual General Meeting or any other Extraordinary General Meeting that may be called under clause 8.

FURTHER 1971 RESULTS.

- FELLSMAN HIKE - Winner - Alan Hoaton ) No other details
- CAIRNFORM - Winner - D. Ritchie - 1h.15m.31s. ) to hand. - Would
- GALE FELL - 1. C.Robinson - 23-54, 2. J.Calvert - 24.28 ) welcome for records.
- 3. R.Rawlinsen- 24-39, 4. H.Walker - 25.00
- 5. T.Proctor - 25.11, 6. M.Sodden - 25.44

The KARRIMOR 2 DAY MOUNTAIN MARATHON - (STANDARD GLASS)

- 1. Derok Hartloy & Eric Roberts - 12h.25m.10s.
- 2. Piers Chapman & Potor Jagan - 13h.51m.35s.
- 3. G.J. Boan & F.S. Dowoll - 16h.23m.30s.
- 4. David Monzios & G. Barnott - 16h.38m.07s.
- 5. Brian Pilling & M. Ball - 18h.37m.18s.
- 6. Roy Phillips & Alan Holmes - 18h.40m.09s.

ST OF PRESS ON 1972 CALENDAR

1. CATEGORY CHANGE - 'FELL RUNNER OF THE YEAR'  
SUN. JUN. 11 - BEN LOMOND RACE - Advanced to Category "A"
2. CONFIRMATION -  
SAT. AUG. 5 - CREAG DHUBH HILL RACE -  
Amend Record to - 26m.44.5s (H.F. Elder - 1971)  
Amend Entries to - J. Sanderson, Secretary, N. of Scotland  
A.A.A., 45, Island Bank Road, Inverness.  
All other details correct as per Calendar.
3. CANCELLATION -  
SAT. AUG. 5 - NICKEY NOCK FELL RACE - Now discontinued.
4. ADDITIONAL EVENT -  
SUN. SEPT. 3 FRODSHAM HILL RACES - 4 $\frac{5}{8}$ m - Road & Country -  
from Frodsham, Nr. Warrington, Lancs. Record 25m.13s.  
(C.Robinson - 1971) - Not a fell race but possibly of some  
interest to fell runners - Substantial proportion of road  
and 3 laps of road and country hill circuit. Entries  
Ind. 15p - Teams 40p - Close 21 Aug. - Enquiries and entries  
to A.G. Bunner, 3, Borrowdale Close, Frodsham, Via  
Warrington, Lancs. Phone Frodsham 3594. Over 18s only.  
Under A.A.A. Laws. - Also races for 16/17s (3 $\frac{3}{4}$ m), 14/15s  
(2 $\frac{7}{8}$ m), 12/13s (2 $\frac{7}{8}$ m)
5. DATE CHANGE -  
Proposed BENS OF JURA MARATHON - Possible date now  
Sept. 16 - To be confirmed. - Further details from  
George Broderick, 205, Station Road, Beeston, Nottingham,  
or Hon. Sec.
6. CONFIRMATION STILL AWAITED -  
SAT. JUNE 24 - EILDON HILL RACE  
SAT. SEPT. 9 - CAIRNGORM RACE.  
SAT. SEPT. 16 - KNOCKFARREL ROAD & HILL RACE.  
The Hon. Sec. is still hoping to receive details and  
confirmation of these events. Anyone requiring confirmation of  
details should contact the organiser direct or the Hon. Sec.  
nearer the dates concerned.
7. NEW EVENT -  
The proposed Wasdale Fell Race being organised by The  
Cumberland Fell Runners' Association is now one step nearer. It  
is hoped to stage a W ASDA LE CIRCUIT during 1972 - probably in  
August. It will be a very severe event. The course is envisaged  
at about 25 miles and any fell runners interested should keep in  
touch with the Cumberland F.R.A. Hon Secretary, Frank Travis  
of 13, Hallsenna Road, Seascale, Cumberland.
8. POSTPONEMENT - WORCESTERSHIRE BEACON - until later this year  
- no further news to date.

THE FELL RUNNER OF THE YEAR - 1972.

The Committee of the F.R.A. has very carefully considered suggestions as to methods by which a 'Fell Runner of the Year' might be selected annually and after finally weighing up all aspects of this very difficult and complicated problem at a recent Meeting, a provisional scheme has been adopted on a trial basis, for the year 1972.

On the lines of a formula presented by Michael Davies, this scheme currently involves 31 events from which points can be collected and it is up to the individual as to which races and how many he contests in order to gain points.

Using three yardsticks as guides, namely (1) - the ratio of height gained or lost per mile of the race, (2) - the ratio of fell to road, and (3) - the nature of the course - most of the events in the Fell Runners' Calendar have been allotted to one of three categories. The category will be denoted in the Calendar by the letter in front of the event as follows:-

- A. Classic Fell Race - more than 250 feet of height gained or lost per mile, at least two-thirds fell, and very rugged.
- B. Fell Race - more than 125 feet of height gained or lost per mile, at least half fell, and some rough going.
- C. Inferior Fell Race - some climbing and some fell.

Races in each category will score towards the 'Fell Runner of the Year' award as follows:-

<u>Category :-</u>	A	B	C
<u>To count :-</u>	First 20	First 14	First 3
<u>Points awarded:-</u>	Winner 22 points Second 19 Third 18 Fourth 17 etc. to Twentieth 1	Winner 16 Second 13 Third 12 Fourth 11 etc. to Fourteenth 1	Winner 4 Second 2 Third 1
<u>No. of races:-</u>	13	8	10.

CATEGORIES AND EVENTS INVOLVED.

A	B	C
Manx	Ben Nevis	Worcester B.
Three Peaks	Ben Lomond	Cannock Chase
Chevy Chase	Vaux Trial	Rivington Pike
Fairfield	Thieveley.	Harden Moss
Welsh Peaks		Eldwick
Ennerdale		Mamore
Skiddaw		Byne Hill
Creag Dhubh		Knockfarrel
Burnsall		Three Towers
		Gale Fell.

THE THREE PEAKS RACE

by Alf Case, Hon. Secretary, Three Peaks Race Association, and  
Chairman, The Fell Runners' Association

Way back in 1948, Jack Bloor, Des. Birch and Arthur Dolphin ran the Three Peaks circuit of Wharfedale, Penyghent and Ingleborough. Their times were the fastest then recorded for this inner circuit - about four and a quarter hours - and their comments that faster times could be achieved if the course was run in the order that we now know, were to provide the basis for one of today's best known events.

In 1954, Fred Bagley of Preston H. & A.C. organised the first Three Peaks Race in a modest sort of way, i.e. there was virtually no publicity except word of mouth that the event would be held on the last Sunday of April, from The Hill Inn, Chapel-le-Dale, at 11.00 am, a date that has now become familiar to all fell runners.

At the appointed hour, six competitors set off on the route that has been trodden so many times since, both in racing and training. Fred won the event in 3hrs. 48mins. with Stan Bradshaw second in 4 hrs. 6 mins., whilst I struggled in third in 5 hrs. 2 mins.

It's interesting to note that the checkers on Ingleborough were able to cross over and do like duty on Wharfedale, a task that would be impossible today.

Preston again organised the race in 1955 when sixteen took to the hills and thirteen finished, with George Brass reducing the record to 3 hrs. 28 mins. 45 secs.

1956 saw Clayton-le-Moors Harriers taking over as organisers of the event which task they maintained until the formation of The Three Peaks Association at the end of 1963, by which time the race had become more than one club could easily handle. Jack Bloor, who is now Chairman of the Association, and who was involved in the 1948 venture, won the 1956 event in 3h.33m.15s. whilst Pete Dugdale of Clayton was the 1957 winner in 3h.33m.50s.

George Brass again lowered his record to 3h.8m.25s. in 1958 and talk amongst the enthusiasts turned to the possibility of a 3 hour event. In 1960 Frank Dawson of Salford, became the first to break this time with 2h.58.33s. a record which stood until 1964 when Pete Hall of Barrow recorded 2h.53m.00s., with Dave Hodgson of Leeds St. Marks and Mike Davies of Reading second and third in 2h.53m.56s. and 2h.54m.47s., respectively. These times were also inside the previous best.

1964 was the first year in which over a hundred starters set out on the annual event and the highest number of finishers to that date (75) crossed the line. This set a pattern which has been repeated so often until in 1971, we had remarkable figures - 214 starters, 193 finishers, 15 inside three hours for the distance with Jeff Norman setting a new record of 2h.36m.26s. and Rochdale getting three men home with an aggregate of 8h.35m.03s.

Having mentioned the record statistics for the 1971 race, it might be appropriate to note here that in the 18 events held so far, the finishing line has been crossed 1,246 times, 50 of these being under 3 hours, 379 between 3 and 3½ hours, and 736 between 3½ and 4½ hours, whilst only 81 finishing times have been outside the second class standard.



THE THREE PEAKS RACE, Contd.

Naturally there haven't been 1,246 different runners in the event, for many come back year after year, E.G. Stan Bradshaw has run 17 times, Bert Bradshaw 15, Alan Heaton and Alistair Patton 13 each, Len Fitzsimmons 12, Dave Hodgson, Martin Cranny and George Brass 11 each, whilst Geoff Garnett and Guy Gasdair can notch up 10 each, and there are dozens with 8 and 9 each.

Perhaps Michael Davies has been the most successful runner to date, with four wins and seven times under 3 hours in eight races. Jeff Norman, Harry Walker and Dave Cannon are amongst the current favourites to break the 2h.30m. barrier. Without doubt however, Dave Hodgson must be the most unfortunate of all competitors, having run four seconds and a third in the years 1960 - 1964.

The safety of the competitors has always been of prime concern to the organisers who have been fortunate enough to be able to call on the services of rescue teams from the R.A.F., South Ribble, C.R.O. and Bolton for the fells, and the Police and British Red Cross for the lower reaches, and the thanks of all concerned should be extended to those people who give up so much of their time.

I hope that this short article will be of interest to newcomers to the race and that it will recall past memories to some of the stalwarts.

CONDENSED RESULTS 1954-1960.

	Individuals.	Time	Teams	Times	S.	F.
1954	1. F. Bagley	Freston H.	No teams		6	3
	2. S. Bradshaw	Clayton H.				
	3. A. Case	Clayton H.				
1955	1. G. Brass	Clayton H.	Clayton	12.25.45	16	13
	2. S. Sykes	Longwood				
	3. J. Hand	Border H.				
1956	1. J. Bloor	Hatchills	Clayton	11.33.30	23	17
	2. J. Hand	Border				
	3. A. Heaton	Clayton				
1957	1. P. Dugdale	Clayton	Clayton	10.58.20	19	17
	2. A. Heaton	Clayton	Clayton	12.38.00		
	3. G. Bradshaw	Benwell	Leeds Un.	14.41.55		
1958	1. G. Brass	Clayton	Clayton	10.09.51	29	26
	2. I. Watson	Stockport	Leeds St.M	10.44.25		
	3. R. Shaw	Border	Leeds Un.	13.18.38		
1959	1. F. Dawson	Salford	Clayton	10.12.35	44	29
	2. G. Bradshaw	Blackpool	Border	10.31.48		
	3. G. Brass	Clayton	Leeds St.M	11.20.02		
1960	1. F. Dawson	Salford	Bingley	9.40.55	57	47
	2. D. Hodgson	Leeds St.M.	Clayton	9.41.17		
	3. G. Bradshaw	Blackpool	Leeds St.M.	10.14.54		

THE THREE PEAKS RACE. Contd.

		Individuals.	Time	Teams	Times	S.	F.	
1961	1.	G. Hodgson	Blackpool	3. 5.10	Clayton A	10.00.06	65	49
	2.	D. Hodgson	St. Marks	3.08.25	Bingley	10.18.47		
	3.	P. Booth	Bury	3.10.57	Clayton B	10.37.50		
1962	1.	G. Hodgson	Blackpool	3.00.07	Blackpool	9.31.50	66	54
	2.	D. Hodgson	St. Marks	3.03.53	Bingley	9.47.32		
	3.	M. Cranney	Wirral	3.04.05	Clayton	9.51.17		
1963	1.	D. Hopkinson	Clayton	3.18.37	Clayton	10.23.07	110	45
	2.	G. Bradshaw	Blackpool	3.18.45	Blackpool	10.34.23		
	3.	D. Hodgson	St. Marks	3.23.56	St. Marks	10.45.10		
1964	1.	P. Hall	Barrow	2.53.00	Clayton	10.06.32	112	75
	2.	D. Hodgson	St. Marks	2.53.56	Wirral	10.11.59		
	3.	M. Davies	Reading	2.54.47	Bingley	10.43.56		
1965	1.	M. Davies	Reading	2.47.00	Barrow	9.06.12	115	97
	2.	P. Hall	Barrow	2.55.27	Wirral	9.15.47		
	3.	D. Lawson	Bingley	2.57.15	Bingley	9.34.10		
1966	1.	M. Davies	Reading	2.53.22	Barrow	9.40.22	126	93
	2.	C. Fitt	Mitcham	2.56.03	Bingley	10.01.40		
	3.	R. Lowney	Barrow	3.02.02	Wirral	10.10.43		
1967	1.	M. Davies	Reading	2.47.19	Barrow	9.02.17	144	112
	2.	C. Fitt	Kendal	2.47.51	Wirral	9.25.06		
	3.	P. Watson	Bramley	2.50.35	Bramley	9.32.29		
1968	1.	M. Davies	Reading	2.40.34	Bramley	8.47.54	142	118
	2.	P. Watson	Bramley	2.46.11	Reading	8.58.27		
	3.	J. Norman	Altrincham	2.47.59	Bingley	9.08.47		
1969	1.	C. Robinson	Rochdale	2.44.44	Rochdale	8.41.13	149	116
	2.	J. Norman	Altrincham	2.44.57	Bingley	9.11.36		
	3.	M. Davies	Reading	2.46.57	Clayton	9.54.59		
1970	1.	J. Norman	Altrincham	2.48.11	Bingley	9.20.31	175	142
	2.	P. Watson	Pudsey	2.53.41	Bolton	9.39.00		
	3.	A. Spence	Bingley	2.55.21	Rochdale	9.46.01		
1971	1.	J. Norman	Altrincham	2.36.26	Rochdale	8.35.03	214	193
	2.	C. Robinson	Rochdale	2.39.32	Kendal	8.45.50		
	3.	H. Walker	Blackburn	2.44.15	Bingley	9.12.10		

THE TEN FASTEST PERFORMANCES IN THE 18 RACES TO DATE.

1.	J. Norman	Altrincham	2.36.26
2.	C. Robinson	Rochdale	2.39.32
3.	M. Davies	Reading	2.40.34
4.	H. Walker	Blackburn	2.44.15
5.	P. Watson	Bramley	2.46.11
6.	C. Fitt	Kendal	2.47.51
7.	D. Weir	M.A.C.	2.50.33
8.	B. Pickersgill	Wakfield	2.51.27
9.	M. Nicholson	Kendal	2.52.11
10.	R. Wildo	M. & D.	2.52.27

REPORT OF THE PENNINE WAY RELAY TRAVERSE

-by-

CLAYTON - LE - MOORS HARRIERS

(Reproduced by kind permission of Clayton-le-Moors Harriers)

23rd - 24th MAY, 1970

The Distance covered - 268 $\frac{1}{2}$  miles.

The Record established - 34 HOURS 54 MINS. 37 SECS.

The Main Section details.

<u>From</u>	<u>To</u>	<u>Sub.Sects.</u>	<u>Distance</u>	<u>Scheduled</u>	<u>Relay time</u>
Edale	Goldens	1 - 9	43 $\frac{3}{4}$ miles	6hrs -43	6hrs - 21
Goldens	Horton	10 - 21	48 "	6 " -24	5hrs - 46
Horton	Middletton	22 - 33	49 $\frac{1}{4}$ "	6 " -40	5hrs - 43
Middletton	Alston	34 - 40	41 $\frac{1}{4}$ "	7 " -10	6hrs - 18
Alston	Bellingham	41- 57	40 $\frac{3}{4}$ "	5 " -30	5hrs - 01
Bellingham	Kirk Yetholm	58 -66	45 "	6 " -34	5hrs - 45.37

The Organising Sub-Committee

Chairman - Stan Bradshaw

Secretary- John Haworth

Alan Heaton, Paul Livesey, Alistair Patten, Dave Scott

The Runners

Stan. Bradshaw	George Brass	Keith Brown	Jim Dawson	R.Dowhurst
John Haworth	Alan Heaton	Reg.Hoys	Ken Heaton	F.Heaton
Harry Smith	Allen Holmes	Peter Jackson	Mick Meath	R. Lawson
Paul Livesey	Tom Nutter	Dave Scott	Frank Powell	M. Osborn
Bill Hill	Ken.Smith	Fred.Thompson	Alistair Patten	

Vehicle Support Drivers

Alan Briggs	Wilf Chernley	Dorothy Haworth	Bernard Farley-Hills
Valery Lawson	Jill Livesey	Frank Milner	Brian Sunter Storey
Bill Osborn	Jill Scott	Edith Smith	Donald O'Rourke.
Frank Walsh	Susan Jackson		

Control Headquarters

Will and Anno Marie Grindley

Middletton Rest Camp

Staff and Boys of Primet Secondary Modern School, Colno.

Bellingham Refreshment Vehicle.

Frank and Janet Travis.

THE RELAY TRAVERSE OF THE PENNINE WAY

-by-

CLAYTON - LE - MOORS HARRIERS

At 5 minutes and 23 seconds before 2.00 pm. on Sunday, 24th May, 1970, a unique relay record was established by 24 members of the Clayton-le-Moors Harriers. They had set up the first record for the relay crossing of the 268½ miles Pennine Way which starts at Edale, Derbyshire and ends at Kirk Yetholme in Roxburghshire, Scotland, crossing some of the wildest and toughest upland areas in the North of England.

The record established stands at 34 hours 54 minutes and 37 seconds and remains as a challenge to any club in the country who consider themselves amongst the tops in cross country and fell running activities.

To any club which takes up the challenge of this remarkable record, the Clayton Harriers ask that they conform to the following nominal rules which they imposed on themselves from the outset.

- (1) The route taken to be the preferred route described by A. Wainwright in his book "Pennine Way Companion" including The Cheviot but excluding the detour to the Hadrians Wall fort at Housesteads.
- (2) All land over 1,500 feet and all parts of the route covered during the hours of darkness to be run at least in pairs of runners.
- (3) A maximum number of 24 runners to be utilised over the time of the event
- (4) All runners to be first claim senior members (A.A.A. definition) of the relay club.
- (5) There are no set relay stages but only land-bourne vehicles must act in support.
- (6) Terminal points of the relay run to be the Old Nags Head Inn, Edale, and the Border Hotel, Kirk Yetholme.

From its inception, the relay was always considered to be a full club activity. All 42 Senior members were given the opportunity to take part irrespective of ability. Quite coincidentally, exactly 24 members accepted the challenge and since then only two changes were made.

Planning and organisation for the relay began as long ago as November 1969, and throughout many winter and spring week-ends, reconnaissance trips to all parts of the Pennine Way, often many times over, were pushed steadily forward despite fickle weather over the prolonged winter spell.

Basically, the team and the Pennine Way was organised as follows: - The 24 runners were divided into 2 groups of approximate all-round ability and the Pennine Way into 6 fairly equal main sections, and then again into 66 convenient sub-sections with road access at their terminal points. The "Nags" group, in reference to their start point at the "Old Nags Head", tackled Sections 1, 3, and 5. Between main sections, when the "Yetis" group, in reference to their finish point in Kirk Yetholme, took up the running over Sections 2, 4, and 6, the "Nags" cleaned up, ate up, rested up and travelled up for the start of their next section, and vice versa.

THE PENNINE WAY RELAY by CLAYTON-to-MOORS. Contd.

The local Supermarkets donated a large and varied amount of food and sustenance requirements, a temporary rest camp was set up at Middleton-in-Teosdale, and a refreshment vehicle was stationed at Bellingham.

The initial target time set last November and based on the members' average speed over the "Three Peaks Race" was set at 43 hours, but sub section timings during the reconnaissance visits added up to an overall schedule, used on the relay week-end, of just one minute over 39 hours.

During the relay, the runners were dependant on the splendid support of drivers and officials in 2 Land Rovers, 1 Mini-bus, 1 Dormobile and 8 cars, loop frogging into position or travelling in convoy as the need arose.

Communications were maintained by telephone contact through static Control Headquarters. Each group reporting in at predetermined change over points indicating their progress against the agreed schedule.

Because hands had to be free for navigation equipment, torches through the night, climbing stiles, opening gates, steadying falls - an unconventional baton was chosen. This took the form of a stainless steel acorn carried on a lanyard around the neck and passed on from runner to runner. The acorn was symbolic of the waymark sign used by the Countryside Commission on many of its long distance foot paths and bridleways.

Weather leading up to the week-end, was generally warm and dry giving us good underfoot conditions as one is likely to meet, and notoriously boggy sections like Kinder, Blooklow and the Cheviot were comparatively docile in nature.

Except for the first 25 miles, weather over the relay period was excellent for running. Mist and drizzle gave way to sunny intervals with a westerly breeze. A peaceful starlit night and a restful dawn, led to worsening skies and a fresh south westerly tail wind speeding the runners making the crossing of the Cheviots.

A 3.00 am start on Saturday morning with a stealthy night crossing of Kinder Scout in 97 minutes by Club President, Stan Bradshaw and Alistair Patton, was followed by a devastating dawn burn-up over a misty Blooklow by Dave Scott and Club Secretary John Haworth in just 46 minutes. This lopped the first few miles off the schedule and set the pattern for the remainder of the run. Despite the early mist and drizzle by the end of the first  $43\frac{3}{4}$  mile main section to Horton, 22 minutes had been eaten away from the 39 hour schedule.

From here on, the Pennine Way began to smoulder and burn as runner after runner took up the challenge of his own target time and ran themselves out to get inside their estimated time of arrival. With a moderate Whitsuntide traffic combined with the speed of some of the runners, drivers were only just managing to reach the required change-over points on time, but fortunately, no one was kept waiting.

A further 38 minutes were saved from Colden to Horton which included the mountains of Fountains Fell and Ponyghont. The  $49\frac{1}{4}$  mile section from Horton to Middleton was polished off in 5 hours 43 minutes including a 60 minutes dash over the 9 mile traverse of Great Shunner Fell by Mick Meath and Dave Scott. 57 minutes were saved on this section which added to the unexpected daylight bonus to the Yotis Group who anticipated having to run from Middleton to Alston in complete darkness.

THE PENNINE WAY RELAY by CLAYTON-le-MOORS. Contd.

As the midnight hour approached and the uncertainty of the semi-darkness passed, further inroads were made into the schedule and by the end, a further 52 minutes were to hand. Highlight of this section was the traverse of Cross Fell at 2,930 feet, the highest land of the Pennine Way. Veterans of many long distance fell races George Brass and Alan Heaton covered the  $10\frac{3}{4}$  mile section from the R.A.F. Station at Great Dunn Fell to Garrigill in 95 mins. with  $\frac{1}{4}$  hour to spare despite George being violently sick on the summit.

On across the  $40\frac{3}{4}$  mile Tynne Gap cross country section from Alston to Bellingham sped the "Nags" in one minute over the 5 hours after two nights of lost sleep. Despite losing time on the first two sub-sections which by now had to be run in the dark, with consequent re-arranging into pairs of runners, a further 29 minutes were lopped off the schedule. This brought the total saving to 3 hours 18 minutes and to the grand finale of The Cheviots.

A quiet start to the last section with a few minutes lost and gained, suddenly erupted from Byrness onwards. First Ken Smith and Rog Hoys made up 10 minutes on the  $5\frac{1}{4}$  mile leg to Chew Green then George Brass and Ken Heaton made 11 minutes in  $8\frac{3}{4}$  miles to the Border Gate and finally and incredibly "King of the Mountains" Alan Heaton, and Club Champion Paul Livesey, ran the  $12\frac{1}{4}$  mile penultimate sub-section over The Cheviot to Burnhead, in just 97 minutes, to knock a fantastic 23 minutes from the scheduled time.

This left 19 comfortable minutes from the last  $2\frac{1}{2}$  miles to duck under the 35 hours, and all team members took part.

Only they alone can recapture from their memory chest, the atmosphere of achievement, pride and comradeship so apparent in the last few minutes ticked away, and 24 supremely happy and rejuvenated members in Club colours jogged down the sunlit road to Kirk Yetholme and the finish point at The Border Hotel.

With memories, now permanent, of the way everyone in general and the relative new-comers to the Club in particular, gave their all, time and again, over each of the 66 sub-sections. Of the many instances of selfless running by team members as their colleagues began to wilt on the last few hundred yards of a sub-section. Of the way the team as a whole accepted the, at last, relenting weather's golden opportunity to establish a most creditable record in time terms, and of course, of the good wishes and interest of many people typified by the closeness of the assistance over the week-end by our active supporters.

To photographs on the green, a night of intense celebration in the Border Hotel and a restless few hours sleep in the Y.H.A. were all that remained of a truly wonderful week-end. An experience in which all who took part, will never forget and be that little bit better for having given of their best and participated to achieve such a successful conclusion. This was indeed another epic in the history of the Clayton-le-Moors Harriers.

THE PENNINE WAY COMPLETE TRAVERSE by -  
DENNIS WEIR and TED DANCE -  
AUGUST 7 - 12, 1970.

Overall time :- 4 DAYS, 23 HOURS, 20 MINUTES.

4. personal reflection - by Dennis Weir.

It always seems difficult to find information about these sorts of stunts; often one has to go through the back numbers of climbing club journals to see if there is any record of a fast time. The Fell Runners' Association seems to be the natural place for such information to be gathered if anyone is willing to keep the records.

The only definite information I have on the Pennine Way was in an article by the late Eric Beard in the Road Runners' Club Newsletter of April, 1967. He gave the fastest time as 7 days by Arthur Puckrin of Middlesbrough & Cleveland H.

Our aim was to do it in 5 days. We followed Wainwright as his "Pennine Way Companion" route, as followed by Clayton-le-Moors Harriers in their relay traverse, is now suggested as standard.

Our mobile support consisted of my wife, my 5 years old son Robert, and John Eckersley of Waterloc Harriers. They did us proud especially when they were on the go through the last night.

The support party were taking down our times but most of these eventually got lost, though I think Stan Bradshaw salvaged some.

We set off from Kirk Yetholm at 8.20 am. on Aug. 7. After early mist, the weather was really sunny. We were met for a snack at Byrness and reached Bellingham Youth Hostel at 7.40 pm. Bed at 11 pm.

Next day we set off at 6.10 am. Another glorious day. We had several short stops, at Greenhead, Lambloy, Slaggyford and Alston, and a good meal of sandwiches at Garrigill. Cross Fell was misty and cold, but we had hot coffee at Great Dun Fell. Darkness fell just as we were on Knock Fell and we got to Knock Y.H. at 10.25 pm. The Warden here was very kind to us and had a great hot bath ready. After an enormous meal we hit the sack about 12.15 am.

Third day. - Off at 8.30 am. Once we got to the top of High Cup we ran most of the way to Middleton in Teesdale (lunch). We had another snack at God's Bridge, and soon after it started raining. We reached Keld Y.H. at 8.00 pm. We decided not to go on to Thwaite, another 3 miles, as there is rather a tricky section of boulders which are a bit treacherous in the wet, especially for someone tired. I don't know whether this was an error or not and this is the sort of problem that future wayfarers may well have - to get the miles behind one, or to have a good rest. Bed 11 pm.

Fourth day. Off 7.45 am. Still wet, but this cleared on Dodd Fell. Soon it was sunny and this lasted until dusk. Snacks at Hawes, Horton and Malham. Dusk fell at Gargrave and for the final section of the day we were pretty tired. We got to Thornton-in-Craven about 10.30 pm. and were driven to Earby Y.H. by Stan Bradshaw. Here too the Warden did a lot to help us. We were a bit worried about the way we had gone over the last 4 miles especially as the last day was to be our toughest. We stayed up very late talking it over with Stan. Bed. 12.30 am.

Fifth Day. Off from Thornton at 6.20 am. Sunny again. We kept up a 4 m.p.h. until Ponden but soon after that we really

THE PENNINE WAY COMPLETE TRAVERSE

BY DENNIS WEIT and TED DANCE - Contd.

faded. It became clear that we would have to walk through the night to achieve our target. However, near Hobdon Bridge, Stan Bradshaw joined in to see us to the finish, and Ted and I agreed that this made it certain. Stan had been out all Saturday night helping people trying the Lakeland 24 hrs. record, so it was a valiant effort to turn out for us. By the way, several of the people I invited to try this Pennine Way stunt were already committed to the 24 hr. run.

We just got to the top of Black Hill as darkness fell. The weather forecast was for mist and rain, and for a short spell I suppose we doubted our success - if we didn't get off the right way and it went misty. However, Stan did wonders and by midnight we were having a snack at Crowden. I felt I know Blacklow well enough to get us over whatever weather developed - but the weather stayed fine. Our last snack was at the top of the Snake Road (This was quite an adventure for Robert). Down on Mill Hill. Very heavy going on this section.

Kinder Scout had one trick up its sleeve. Ted disappeared down the wrong grough and we lost quite a lot of time while order was restored. We both reached the Nag's Head by 7.40 am. Incidentally, during this spell, while I was getting in a panic in case we missed our target, I found I could run quite easily, which proves, I suppose, how much fatigue is in the mind.

I only had one tired spell on this last day and cured it by eating sweets continuously for a while. The strange thing was that both of us found that a sweet took effect almost immediately. Ted explained this was scientifically impossible and we agreed that this was another proof of it all being in the mind.

Needless to say, Stan was a tower of strength. I don't know whether we could have justified going over Black Hill at night in our tired condition if we hadn't been able to rely on him.

Ted Dance went straight on to work after the finish!

I think the only other point was that I had spent several weekends reconnoitering the route.

The supporters had their own jobs - getting away from the Hostels in time to meet us at our first stop - hitching the car at one stage - and other things.

Oh yes, for the first 4 days we ran all the downhills and quite a lot of the level. On the last 3 days we didn't have any big meal but ate 3 or 4 pieces of cake at every stop and had lots to drink. I was quite interested to see what effect this would have on our weight - mine stayed exactly the same.

I hope I've included enough information to help anyone trying it in future. The only advice I can think of is to try it in June and try to leave a little less to do on the last day.

--ooOoo--

N.B. The Fell Runners' Association is now keeping a file with complete records on all Pennine Way Relays and also on complete individual traverses. Copies of logs and other information are available to all members. Contact Hon. Sec.



THE RELAY TRAVERSE OF THE PENNINE WAY BY

RANELAGH HARRIERS.

MAY 29/30 - 1971

New Record established - 33 HOURS 41 MINUTES 15 SECS.

The following article first appeared in "The Observer" of July 18 - 1971, and is reproduced by kind permission of the author - CHRISTOPHER BRASHER.  
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The Plot was launched in a pub, the Dysart Arms, close by Richmond Park.

The cast included four men from the Pru., an actor, a retired surgeon, and the deputy chief of the Economic Intelligence Department of the Bank of England. The motive was to prove that Southerners are not so effete as Northerners would have us believe.

The location was to be on Northern ground: the Pennines, that high ridged backbone of England along which runs the Pennine Way - the first, and the longest of Britain's long-distance footpaths. It is 267 and a half miles in length and it crosses the boggiest, the most desolate and mind-bending landscape in our island.

It is the creation of one man, Tom Stephenson, a journalist, a socialist and a walker - for many years the secretary of the Ramblers' Association. He intended it to be an escape from the dark satanic mills; to be a path of freedom and refreshment, sandwiched between the deep woollen valleys of Yorkshire and the flat cotton plain of Lancashire. We used it as a racetrack, for which we apologise and blame the Northerners.

It was after all, a northern club, Clayton-le-Moors Harriers, who first set the record: in 1970 they took 34 hours 54 min. 57 sec. for those 267 and a half miles. They framed simple rules: start at the Old Nag's Head in Edale, Derbyshire, finish at the Border Hotel, Kirk Yetholm, just over the border in Scotland: 24 runners allowed; all land over 1,500 feet and all night sections to be run in pairs; the route to be that described by Wainwright in his classic 'Pennine Way Companion'.

Clayton are renowned for their fell running ability; they all live within easy distance of much of the Pennine Way; and they are presided over by the legendary Stan Bradshaw, a butcher from Padiham, who at the age of 59 is still one of the most formidable peak bog runners in Britain. So there did not seem to be much hope of an ordinary London cross-country club being able to challenge them.

Ranelagh Harriers are such an ordinary London cross-country club. They meet every Wednesday and Saturday in the Dysart Arms, run a distance, according to their age, in Richmond Park and then re-place the lost liquid with the assistance of a benevolent landlord. Like all ordinary British cross-country clubs, Ranelagh contains a high proportion of extraordinary, mildly eccentric, charming people.

Naturally it was during one of those lost liquid-replacing sessions that the plan was born. We - I must now confess that I am a member - would try to hold Clayton on the mountains and then beat them for speed in the valleys. Instead of dividing the

THE RELAY TRAVERSE OF THE PENNINE WAY BY RANELIGH HARRIERS -Contd:

Pennine Way into 67 stages as Clayton had done, we would run it in 105 stages, approximately four stages for every runner.

Reconnaissance parties set off northwards; squelched over sodden moors; collapsed into northern pubs; consumed huge northern meals and large quantities of northern beer. By the end of May every one of the 105 sections had been received by at least one runner.

And so one Saturday morning in the early part of this glorious summer we took up our stations along the way. It seems folly to believe that the carefully laid plan would work; 105 change-overs, often on remote cols, had to be made; 24 fragile athletes had to avoid injury; 16 drivers had to find their way over a total of some six to seven thousand miles in cars which must not break down.

I can tell only of what happened on four sections, each of which seemed like a microcosm of life; the anxious wait for the baton - a piece of fluorspar from the summit of Cross Fell, wrapped in chamois leather and tied with string to go round your neck; then the beginning, fresh and hopeful, across the peat springy and dry with the wind on your cheeks; and then the problem - to find the correct, the fastest, route.

Like on Kinder Scout where the land is over 2,000 ft. a desert of conglomerate ooze and bog, Wainwright says: 'They have a good Lancashire word for it - SLUTCH. Say it slowly, with feeling and you have the sound of a boat extricating itself from the filthy stuff'. When you have solved the navigation problem, when you have hit your mark with Chichester-like precision you feel content - a small happiness but simple and complete.

In the early toughest stages, over the millstone grit and bog of Kinder, Blacklow and Black Hill, we were not just holding Clayton, we were 59 mins. up after 11 stages.

Farther north in the central control room - the Pen-y-ghent cafe in Horton in Ribblesdale - Donald and Peter kept the tally and night approached. But it was not yet really dark and that was nearly our undoing. Instead of slowing to our scheduled night speed of a mile in 10 minutes, the next 13 miles over Dodd Fell and through Hawes were run at six-minutes-to-the-mile pace. Luckily an impromptu club meeting in the Green Dragon at Handrow had not even ordered when cries of 'they're coming' echoed up the valley and everyone tumbled out again to their task.

I was not looking forward to mine - seven and three-quarter miles over Great Shunner Fell, 2,340 feet, in the dark, with Dave from the gas board, one of the best runners in the club and certainly two classes above me. I left him to receive the baton and wandered up the whale-back ridge of Great Shunner. The wind was still in the south but it had rain in it and now it was dark - stygian black. Dave came by, grunting with effort and I was alone and the path was lost and I had never been there before. I thought about bed and vowed never to go into the Dysart again.

'The way is long' says Wainwright of this section. 'Always there is a cairn ahead. Mile after mile is trodden. Always there is a cairn ahead. Hours pass . . . .

Somehow we came together again, Dave and I, and using four eyes we found the path and the cairns loomed out of the rain and we grew happy again knowing that the mountain would not defeat us tonight.

We took a careful bearing from the summit, aiming to hit a beacon half a mile away and 200 feet below us. When only 20 yards awaysensed its bulk and Dave said 'Thank you gentlemen', and I

THE RELAY TRAVERSE OF THE PENNINE WAY BY RANELAGH HARRIERS -Contd:

thought how odd and that he was right. Poople had built this cairn as a guide to others and now it was anchoring us to our dark route and I, too, wanted to thank them.

The rain was horvy and we went too far north climbing out on to a flat shoulder before swinging west and finding the trod again as Dave went over on his ankle. He gave me the worst-soaked 'baton' and I found the lane and at the end of it Shay O'Gorman, the actor, and John, the Australian.

Through the village of Thwaite they went at midnight and out on to the slopes of Kidson contouring high above the River Swale. There is no more complicated section at night - or more beautiful one by day - but Shay had learned his lines well. Some nights before he had fallen asleep while reciting 'past the cottage, sharp left along the wall, diagonally to the barn . . . .' Now he reeled them off without a prompt and another 11 minutes were lopped off our schedule.

And so the night went on and the way was lost temporarily and the surgeon's Land-Rover, making an injudicious foray from Tan Hill Inn, the highest inn in England, sank to its axles and the club's one-time handicapper swore for two hours. At five on Sunday morning I left them to go and stand on a Scottish mountain for the tolly. But I have heard, in the Dysart of how the mist came down over Great Dunn Fell and Cross Fell and three-quarters of an hour was lost. And of the coincidence at the 170-mile mark when we had taken 24 hours 28 minutes, exactly the same time as Clayton-le-Moors one year earlier.

And most of all I have heard of the epic on the Cheviots where the hail turned to rain and summit plateaux became moving lakes of water and they know that if they stopped running they would quickly cool to death. There were men up there, strong men who have run marathons, who wopt with relief when they had completed their section. If you have stayed with us in spirit until this point, I think you will und orstand why.

It was up there on the Cheviots that the record was really broken. We would never have done it if Ian Milne, one of the principal organisers, had not been a native of that part of the world and so managed by cunning use of devious tracks to break long sections into shorter ones. In the end the club captain Jim Forest came down into Kirk Yetholm 33 hours 41 minutes 15 secs after he had left the Old Nags Head. The champagne was broken out and we all felt a profound respect for Clayton-le-Moors, who had set such a fine inaugural time and who will no doubt beat our record one day.

For our part we plan to do it again - in 1981, the year of the club's centenary. And if you want to know why, then it is plain that you are not an occentric cross country runner. Quite simply, for us, it was one of the happiest and most satisfying weekends - one that still provides many a rich momory over the beer in the Dysart Arms.

THE PENNINE WAY COMPLETE TRAVERSE

BY BILL BIRD OF RANELAGH HARRIERS

JULY 19 - 23, 1971.

NEW OVERALL RECORD TIME - 4 DAYS 8 HOURS 8 MINUTES.

With the 1970, mind-boggling traverse of Dennis Weir and Ted Dance still fresh in our minds, the record breaking run of Bill Bird can only be described as fantastic. To top 15 hours off the record, despite having to 'go it alone' over the last 130 miles, was indeed a meritorious performance which received the greatest admiration of all fell runners.

The gallant support of Dave Locke was no doubt of great value over the first 140 miles and it is not difficult to imagine the mutual disappointment when he was forced to withdraw through injury.

In the absence of a 'write-up', we have pleasure in reproducing below, the brief log of this traverse which was expertly and efficiently monitored and supported by Dr. Harold Lee and L. Durrant both of Orion Harriers, who were a vital and integral part of the success of this great accomplishment!

Date	Time	Place	Dist.	O.S.	O.S.	Weather/Remarks
				Shoot	Ref.	
19-7-71	12.00	Kirk Yetholme (Border Hotel)	0	70		Cool-overcast
	13.52	Top of The Cheviot	10	71	909205	Not seen
	16.24	P.W. Marker Chew Green	23	70	790095	
	17.44	Blackhopeburn- -haugh	31	70	785002	Supper
	18.35	Dept. " "				
	20.10	Road B6320 Harshaw			842883	
	20.52	Bellingham	35		840833	
	21.37	Earlingham Rigg	47 $\frac{3}{4}$		832813	Sleep at Briarodgo.
20-7-71	04.54	Dept. " "				
	07.54	Peel Car Park	61	77	754675	Not observed. Breakfast.Drizzle.
	09.21	Dept. " "				
		Lambley Colliery	74 $\frac{1}{2}$		664585	Lunch.
	15.39	Alston	85 $\frac{1}{2}$		716462	Cloudy.

Contd. over.

20-7-71 (Contd:)	16.44	Garrigill	92	745412	Fitful sunshine Lunch.
	17.27	Dept. "			
	19.23	Cross Fell	97½	687343	Cold, windy, misty.
	23.55	Betty's Short Cut.	108	700249	
<hr/>					
21-7-71	06.58	Dept. " "			Cool & cloudy
	10.07	Saur Hill Br.	119¼	854302	Rain
	13.48	Wythes Hill	130¼	924225	Lunch
	14.25	Dept. "			Rain
	17.10	Sleightholme	140½	755100	Intermittent rain.
	17.15	Moor Rd.			<u>Dave Locke stopped running (Injury)</u>
	10.33	Thwaito	151½	892982	Overcast-warm
	23.59	Gaylo, Gaudy House	163¼	859387	" " Camp.
<hr/>					
22-7-71	07.08	Dept. " "			Cool
	09.08	Old Ing	172¼ 90		
	09.53	Car park, Horton.	176½ 90		Bright & warm.
	10.10	Dept. "			
	10.54	Ponyghont summit	180 90		Off course at top of Fountains Fell.
	12.30	Tennant Gill	186¼ 90		Light rain.
	13.05	Dept. "			Dry - high wind.
	15.23	Bell Busk La.	197½	925551	Overcast
	16.30	East Marton, Canal Br.	201½ 95	909509	
	17.25	Elslack Moor	205½	935475	
	18.18	Cowling			
	20.04	Pondon Hall	215¼		Supper
	20.50	Dept. "			
	22.50	Widdop Road	221½	947324	Camp for night (Rain and wind)

23-7-71	06.35	Depart				
	09.13	Warland Drain	230½	95	955217	Misty
	10.48	A.640	240			
	12	Whitomoss	245		040072	
	12.09	A.635			050062	
	14.23	Crowdon	253		060990	Bright & warm. Lunch.
	14.53	Dept. "				
	16.57	Snake Road	260			
	20.08	<u>NAGS HEAD</u> <u>EDALE.</u>	<u>268½</u>			

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" C H E C K P O I N T S "

It is understood that Sale Harriers are contemplating an attempt on The Pennine Way Relay Record this summer.

-- 00 --

Emigrating to Canada this Spring - Graham Wright, Cross-Country Secretary of Rossendale A.C. who has been actively connected with the organisation of the Rossendale Fells Race - The F.R.A. wishes him well

-- 00 --

The Hon. Secretary recently received a letter addressed "Eddie Loal, Fell Running Ass." - - - - - no comment !

-- 00 --

The next edition of the F.R.A. Magazine/Newsletter will be distributed at the end of the season - probably about November. One feature will be The Bon Nevis Race.

-- 00 --

How about an F.R.A. Badge, - or tie ?

-- 00 --

Two excellent articles have been received for publication in "The Fell Runner", from W.R.(Bill) Smith of Liverpool Boundary Harriers and Clayton-le-Moors Harriers. They concern "The Dalzell Record" (The Burnshall Fell Race) and "The Fellsman Hike". They make good reading and will appear in later issues.

-- 00 --

The F.R.A. requires regular correspondents for some events. Any member who would like to 'adopt' an event and make sure that the F.R.A. receives programmes, results and perhaps a write-up, is asked to contact the Hon. Sec. Some events are of course, well catered for where organisers are members of the F.R.A.

-- 00 --

L E T T E R S

'FELL RUNNER OF THE YEAR' SCHEME.

Dear Sir,

Amongst the points of criticism of the trial 'Fell Runner of the Year' scheme now in operation, three call for comment.

It has been pointed out that since many of the Category 'C' events are very popular, they should be allotted more points - "Members may run their hearts out for nothing". Maybe so, but the fundamental point arises if fell running, as a separate branch of athletics, justifies its existence, then it must aim to be racing over the fells and not cross-country or road racing. A good athlete will compete successfully in any type of race and will enjoy the challenge of fell terrain. To give the inferior fell events more points because they are popular, will enable members to gain points towards the trophy without touching a real fell event.

The second point made is that category 'A' events are mainly the longer, stamina events which favours one particular section of the membership. Events were allotted to categories strictly on the basis of their merit as fell races, not on their popularity or to favour one type of runner. I personally wish there were more short races not only in the fixture list, but particularly up to category 'A' standard. If promoters provide the races or if existing events are altered to 'real' fell courses they will obviously be upgraded.

A third point made is that 30 events is too many to count towards the Fell Runner trophy. The short answer to that is if a member manages to compete in thirty events and gather enough points he is The Fell Runner of the Year or deserves to be. Seriously though, it is anticipated that the trophy winner will succeed by finishing in about 15 events. By including as many events as possible in the competition, members have more opportunities to win points and all events of equal stature provide an equal opportunity to the points gatherer. With the choice available, it is entirely up to the member how he goes about winning the trophy.

M. P. Davies

Croydon.

'FELL RUNNER OF THE YEAR' SCHEME  
and  
THE NAME OF THE ASSOCIATION

Dear Sir,

- - I can see the merits of the scheme the Committee decided upon, but the scheme does place great emphasis on participation - - - -

The word "Fell" is not used much except in Northern England - I was not myself familiar with it until I took up the sport. If one of the objects of the Association is to spread interest in the sport, not only in this country but also abroad, then I would suggest another name, such as "Mountain Runners' Association".

(Continued)

LETTERS (Continued)

It seems to me ironical that there are several Mountain races held in various parts of the U.S.A., where I am sure very few, if any, of the competitors know what we mean by "Fell". The trouble is that as most of the members of the F.R.A. reside in Northern England, they are, naturally, prejudiced in favour of this terminology.

----- "The Mountain and Fell Runners' Association" may well be the ideal solution.

John Marstrand.  
Bristol.

-- oo --

CLASHING OF DATES - 1972.

Dear Sir,

----- I agree with Jeff Norman's suggestion (in the Newsletter) about "a properly arranged fixture list, through a central body to which all promoters would have to get permission - - -". I was a bit disappointed to find that The Fellsman Hike and The Fairfield Horseshoe are on the same weekend this year, though I realise that the former is not really designed for runners. Again, The Lake District Four 3,000' Peaks is on the same weekend as Harden Moss; whilst the Two-Day Marathon clashes with Thievely Pike. Also, I see that the proposed Wasdale Fell Race may take place in August, which is already a full month, although July 15/16 is vacant.

Bill Smith.  
Liverpool.

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R E S U L T S - 1972

CARNETHY HILL RACE - Feb.26.

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|-----|---------------|-------------|--------|
| 1.  | D. Cannon.    | Kendal.     | 53.28  |
| 2.  | R. Belk.      | Airedale.   | 54.29  |
| 3.  | A. McKean.    | Edinburgh.  | 55.10  |
| 4.  | B. Finlayson. | Lochaber.   | 55.46  |
| 5.  | P. Duffy.     | Aberdeen.   | 55.54  |
| 6.  | T. Proctor.   | Rochdale.   | 56.27  |
| 7.  | J. Jardine.   | Penicuik.   | 57.20  |
| 8.  | W. Gauld.     | Edinburgh.  | 57.48. |
| 9.  | I. Malcolm.   | Edin U.     | 57.42. |
| 10. | G. Meikle.    | Teviotdale. | 58.04  |
| 11. | A. Samuel.    | Teviotdale. | 58.19  |
| 12. | M. Davies.    | Reading.    | 58.48  |
| 13. | D. Taylor.    | Edin. A.C.  | 59.04  |
| 14. | J. Smith.     | Bury & R.   | 59.12. |
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CANNOCK CHASE - Mar. 12.

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|----|----------------|-----------|---------|
| 1. | R. Brown.      | B'ham Un. | 1.51.40 |
| 2. | N. Carrington. | Sale.     | 1.52.39 |
| 3. | S. Edmunds.    | Sale.     | 1.53.40 |
| 4. | J. Norman.     | Altrin.   | 1.54.41 |
| 5. | C. Burt.       | Sale.     | 1.55.03 |
| 6. | A. Blinston.   | Altrin.   | 1.56.28 |
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"THREE PEAKS" THE '1965' RACE - AS ONE COMPETITOR REMEMBERS IT.

At 9.15.a.m. on race day morning, the sun is already blazing down from an azure sky. The moors at Ribbleshead are bone dry. One more worry now adds itself to an already jittery pre-race mind, continually wondering "Can I cope with the early pace? Will I blow-up on Whernside?" Now the theme is "Will the sun tire me?" The dry course suits the speed merchants and the perfect visibility leaves them no navigational problems. Spirits sag inevitably.

Ten fifteen finds me warming-up with old campaigner Dave Hodgson. He certainly believes in being thorough - we've already made four circuits of the large pasture. By now I've raised a light sweat and begin to feel ready for the off.

At the gun I sprint for the top of the slope only to find Peter Hall and David Spencer already ahead of me through the gate. I settle for third berth as far as the limestone crags, once across that we become a quintet as Dave Hodgson and Derick Lawson join us: Peter leads the way across the dry tussock grass. Crossing the long wall beyond Wife Hole, Dave veers off to the right whilst the four of us spearhead the main field in a direct line for Swine Tail. The gradient is easy but the long tussocky moorland makes it heavy work. Peter and David alternate in the lead: I hold them despite walking the steeper inclines. We negotiate the network of gullies forming Humphrey Bottom and turn towards the base of Ingleborough.

There is no holding David; scrambling up the stream bed he forces his way to the front. I follow, nose a few inches from his heels and Peter panting at my rear. The suicidal pace married to the warm enervating sunshine worry me - already my vest is soaked in sweat. With the devil in him, David forges away up Swine Tail. Peter pulls past me, remarking scornfully, "Let him go, he'll blow up" But none-the-less giving chase: unwilling to be left out of it, I tag Peter. We emerge onto the flat Ingleborough Plateau and a cooling breeze. The ebullient David hurtles past us on his way down. We clear the roped check point area and Peter gives chase. Now the field is well strung out and we slip cautiously down amongst crag and climbing competitors, onto soft grass, once more and then drop down to the spongy peat hags.

Peter pursues David on a slightly higher course to my left; I tackle the gullies, boggy patches and occasional rock of Gaping Ghyll Beck Head. It is awkward and requires total concentration to stay upright. The merciless sun tires me, I'm losing ground so that the wooden steps of the Clapham fell wall come none too soon. Scrambling over I switch right, down the steep slope and take a direct line towards Sulber Bottom. It is a gamble but I'm lucky. The normally soggy peat is firm and the crossing easy. By the high limestone wall, at the head of Sulber, I've overhauled the Barrow speedsters.

The sun continues to grill me; my energies evaporate. Leaden feet rebel at chasing the flying Lancastrians. "I am so tired" I tell myself "and there are sixteen miles to go!"

Expecting to be overtaken at any moment I dare not look behind. Spirits sink further as the receding pair slip from view over the "Nick" I plod on, forcing flagging legs along the easy running of Sulber Bottom until I too make the 'Nick' Scrambling down through the limestone crag I catch sight of Peter and David a field ahead. Here the easy going through Beecroft Farm gives me new heart to tackle the slope vigorously. At the crest I momentarily lose the falgged diversion in the welter of onlookers. I plummet down under the railway, brake sharply and end up abruptly on the Horton road.

Friends give me a cheer but as they tell me later "You looked Green" which colour exactly matched my feeling at this moment. More words of encouragement from spectators all the way to the Crown and my tormentor relents - the sky clouds over. The deceptively steep green lane makes my knees buckle and my attempt to gulp down poffered tea ends in a spluttering gasp, so I leave it. The leaders stride away up the green lane as I slip

THE '1965' RACE - AS ONE COMPETITOR REMEMBERS IT. ....continued.....

right into the field leading to Brant Gill Head. I have company in the shape of Dave Hodgson, last seen before Ingleborough! We clear Brant Gill cove bringing us level with Peter and David coming from our left, so a useful piece of route finding pays off again.

Over the second walled green lane we freewheel down a grassed slope, scramble across a broken wall, change gear for the grinding, stamina sapping, lung bursting jog up Limekiln Pastures and we're heading for Pen-y-ghent. Derick Lawson catches us as we tackle the successive grass rises. So we are again all square as at one mile! Peter chats to Dave Hodgson but a look behind at the chasing field warns me that we must get moving. David Spencer has similar ideas. He makes another break. He is in such fine fettle that despite some hard graft I am left fifty yards behind. Perhaps the cooling breeze has invigorated him, it certainly suits me. I manage to jog most of the wet moorland approach to Penyghent, cutting into David's lead. We scramble up the 'chute' between the gritstone buttresses and the gap shrinks but once on the grassy top, David jogs purposefully towards the marshals. He shoots off to the north on the long curving descent and the gap widens again. Content not to overdo things at the half-way stage, I throttle back and coast down to Hull Pot Beck, slowly hauling David in. Not to be outdone, Peter has 'bombed' down behind us. A quick backward glance confirms he's just a stone's throw away.

Now we enter the "graveyard", that belt of undulating, boggy stamina sapping, drumlin country where so many competitors hopes have been slowly drained out of them as they squelch and stumble towards distant Whernside. "Never mind your foes, just get across this lot and don't go in", I tell myself. David stays just ahead as we negotiate walls, avoid bright green patches and seek a practicable route. He is wilting. We sweep down off the heathery drumlins and once on the limestone grassland I apply pressure and momentarily take the lead for the first time.

"It's great, I'm getting away. But No!" Rasping breathing and thudding footsteps spell a new challenge. Yes, it is Peter Hall again! My pace feels right so I hold it. I gain slightly at each wall only for Peter to press ahead on the running in between. We reach Old Ing gate together and clear the little stream. Two fields later, Peter gasps, "Is this the best route" "Don't know is my non-committal mutter: Glancing across I note his ashen face: "He is suffering as well" I think, "or is he?" Just then as Nether Lodge farm appears in a fold in the ground, Peter spurts away. I cannot respond. He may look whacked but he seems pretty strong. The cryptic thought crosses my mind "This is my best pace, so if he goes away that's it!"

Peter holds the farmyard gate for me - last time through here we climbed it and got ticked off. Again he spurts off along the white stony farm road. At the next awkward gate I shout "Vault it", but Peter opens it and I just manage to squeeze through as it swings back viciously. Again he races ahead but seems reluctant to commit himself; Can't think why! He falters at Lodge Hall Bridge so we're level again. We swing right to the gate to Gauber Bottom pastures. I flip over it and take the initiative. Peter draws up to my shoulder and our ding-dong struggle continues. I gain at the walls, Peter over the heavy pasture. As he comes abreast for the fourth time I gauge he is struggling. Here is my chance. Striving a little more I open a small lead up the drumlin slope to Gauber Farm. Easing to a walk I take a drink of tea, allowing Peter to get on terms again. We reach the Ribbleshead road together but determined to press home my advantage I push ahead steadily to the road end. Past the cars and knots of supporters, I hear the announcer correcting himself on my finishing position last year, but I really want to know where Peter is right now and I just dare not check back.

Changing to moorland once more is like a kick in the stomach - it breaks up the rhythm but with the gradient in my favour I pick up again on the stony track. Just as well because I am clearly ahead and must push as hard as possible for Whernside. At Gunnerscales I slip through the large gate scattering fowl in all directions, by-pass the farm and head direct for the isolated barn above. My route drops into a marshy bottom from whence the

THE '1965' RACE - AS ONE COMPETITOR REMEMBERS IT. ....continued..

agonising grind to Whernside begins.

Jelly-like legs respond spasmodically to frantic urgings and jog a little but it is mostly walking. Height is being gained steadily but I'm uneasy, I can't see anyone behind, The thought occurs, "Just keep going and you can win" Yet I recall that many a previous leader has run out of strength on Whernside. The tussocky cotton grass, gullied slopes took their toll of his strength as he toiled upwards eking out his reserves and aware of his pursuers closing up. Is this to be my fate ? These slopes are so familiar yet at this moment of weariness they seem a never ending expanse of sharply tilted brown stuff, lying between tired me and the summit. Each rise topped reveals yet more of the stuff. Will the broken wall never appear ? Up yet another incline; jog an easier section and again an incline but at long last the slope eases off. I reach the haven of stones. Not a soul insight except the group of tiny figures watching from the Olympian heights of Whernside top way above me.

Perhaps the most shattering point in the race this ! I've been struggling for ages since passing under Ribbleshead viaduct and I've only just reached the base of the third peak - a 400 foot cliff-face when seen from below after twenty miles of running. With stuttering strides I pick my way between pot holes and peat hags as if in slow motion. My protesting body demands to lie down: somehow I keep pegging away. Soon, hands on knees, I'm moving smoothly up the grass, traversing right on to the loose shale ever upward. I glimpse the check point watchers, they're a little nearer now. I grind away again and soon I'm within nodding distance. Forces spent, I stop in my tracks. I suck in gulps of air, head hanging between knees. Suddenly I see two figures, Peter and Derick Lawson, far below crossing the final level area. This is breather enough ! I can't be caught now. A tremendous effort conquers those last forty feet, I haul myself over the top and totter towards the checkers, relishing the friendly encouragement of a local shepherd amongst others. Sharp left turn, build up some speed, flip over the wooden fence and follow the ridge wall. What a relief after the uphill toil ! Take care down the three steep drops; now sharp left and control that plunge down to the fell wall above Bruntscar. One foot on and over. How I enjoy freewheeling down that long first field. Careful at the stream ! Over the gate and now down the lower field into Bruntscar. I'm glad there's no late challenge my legs feel so weary.

Stepping onto the final roadway is like a sailor coming ashore - I'm all at sea, and the dreaded cattle grids require every ounce of concentration. At the second one a spectator calls "One fortythree and .....record" "What's he on about ?" Quite a jolt. Had forgotten all about time, since 10.59.a.m. A walker opens the next gate. My word of thanks stifles on my lips even before I reach the gate. Violent cramp contorts both calves "Oh, no ! Not now, Don't stop" I urge myself on. The spasms ease and I'm already dropping down that little dip in the road. Time to gather for the final drive slightly uphill.

Steady ! try to keep your form even if your knees are rubbery. The crowds are thickening the clapping lifts me and the final gate beckons. How laboured it all seems. Only a hundred yards now. Phew the bumpy field has me all over the place ! Done it ! I'm thrilled; incredulous of the record time but mainly pleased to have got round the course. It's been quite a battle. And on such a lovely sunny afternoon.