



THE FELL RUNNER 1974

THE FELL RUNNERS' ASSOCIATION.

THE
FELL RUNNER

The Magazine for Fell and Mountain Runners and all who are interested in the Sport.

FIFTH ISSUE - NOVEMBER, 1974

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THE FELL RUNNERS' ASSOCIATION

was formed on 4th April, 1970 to serve the interests of the sport of Fell and Mountain Running in the U.K.

- CHAIRMAN: FRANK TRAVIS,
13 HALLSENA ROAD,
SEASCALE, CUMBRIA.
- HON. SECRETARY: GEORGE BRODERICK,
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PRESTON, LANCS.
- COMMITTEE: Messrs STAN BRADSHAW, JIMMY JARDINE,
ALF CASE, EDDIE LEAL,
JOHN HAWORTH, KEN SMITH.
ALAN HEATON,

F. R. A. NEWS - A. G. M. 6th April, 1974.

A brief summary of PROPOSALS RESOLVED and other items of interest:

- 1). By a majority of 40 votes to 10, it was carried that the Committee consider alternative schemes, if any, for deciding the Fell Runner of the year for the 1975 season. Frank Travis asked for any ideas on the subject to be put in writing and sent to the Hon. Sec.
- 2). At the 31st December, 1974, the F.R.A. Account was in credit by £160. 59.
- 3). It was agreed that no action be taken for the time being with regard to the F.R.A. establishing its own set of rules in co-operation with the A.A.A.
- 4). It was agreed that the Committee look into the possibility of holding a Social Evening after an event in 1974.
- 5). It was carried unanimously that because of lack of enthusiasm the matter of adopting an Association Tie or Badge be dropped.
- 6). The Committee gratefully accepted an offer from David Meek who said he was willing to donate a trophy to be awarded to the runner-up in the Fell Runner of the Year Competition.
- 7). The Officials elected for the year 1974/1975 are listed on an earlier page of the magazine.

F. R. A. NEWS - COMMITTEE MEETING 24th November, 1974.

FELL RUNNER OF THE YEAR AWARD SCHEME. The main criticism levelled against the present scheme was that the runner who could make himself most available either in time or in cash, or both, stood the best chance of amassing more points merely because of having the opportunity to compete in more races.

After considerable discussion three lines of argument emerged :

- (a) That put forward by David Payne, that since the scheme and its rules affected only twenty people out of a membership of 450 of the Association, and as the vast majority of runners took part in events purely for the enjoyment of the sport itself, he considered it best to

Messrs STAN BRADSHAW, JIMMY JARDINE,
ALF CASE, EDDIE LEAL,
JOHN HAWORTH, KEN SMITH,
ALAN HEATON.

COMMITTEE:

3.

leave the position as it stood:

(b) that put forward by Alf Case, that a determined number of Class A and B races be made and the performance of the runner be considered on that number, i.e. that no matter how many events a runner competed in, only his best 7 Class A races and his best 3 Class B races would be considered. This, he argues, had the advantage of allowing the runner the events he wished to compete in and where he wished to pick up his points:

(c) that put forward by Gerry Charnley, that a determined number of races be made and the races nominated in advance so that runners would know exactly the races which would count towards the Award. He argued that since this affected very few people this would not detract from the field of those events on the periphery of the scene. Pre-determined championship races were a common feature of other sports and the onus was on the runner to be present at these events.

After further discussion it was decided by general consent that the Award consist only of Category 'A' races and that the number for consideration be half the total number of 'A' races for 1975.

INTERNATIONAL FELL RUNNING. The Committee on the whole was in favour of attracting foreign competition. George Broderick suggested that since British fell runners had been invited to take part in a race in Switzerland in 1974, a reciprocal arrangement be made by the F.R.A. to invite foreign competition to a specific event in Britain so as to foster international fell running and to make fell running an internationally recognised sport, which it is not at present. Gerry Charnley pointed out that any invitations could not be made by the F.R.A. as it had no money to do so and was not a promoting body. Invitations could be made by individual race promoters.

FINANCE. The balance in hand was £240. As agreed at an earlier meeting those members who were more than one year's subscription in arrears on the 1st January, 1975, could not receive further F.R.A. publications.

LOL CLARK. Frank Travis informed the Committee of the recent death of Lol Clark, a well-known personality in the fell running and orienteering world who devoted much of his time to the promotion of many events in this field. He was better

known in orienteering circles where he organised dozens of events and helped to popularise the sport in Britain in the last ten years. His cheerful, smiling face will be sadly missed at fell events such as the Vaux Mountain Trial, Two-day Mountain Marathon, and Three Peaks race.

THE A.A.A. AND FELL RUNNING. Alf case referred to a letter which he has sent out to various clubs and personnel connected with fell running for their views on certain developments that had taken place re- the A.A.A. and its attitude to fell running. One of the main points was that the A.A.A would recognise an independent body governing the sport of fell running with its own rules. It was agreed to put this before the A.G.M. and to recommend to the A.G.M. that a sub-committee be set up to examine the proposals put forward by the A.A.A.

*** A. G. M. ***

All members are invited to attend the Annual General Meeting of the Fell Runners' Association which will be held after the PENDLE FELL RACE on SATURDAY, 5th APRIL, 1975.

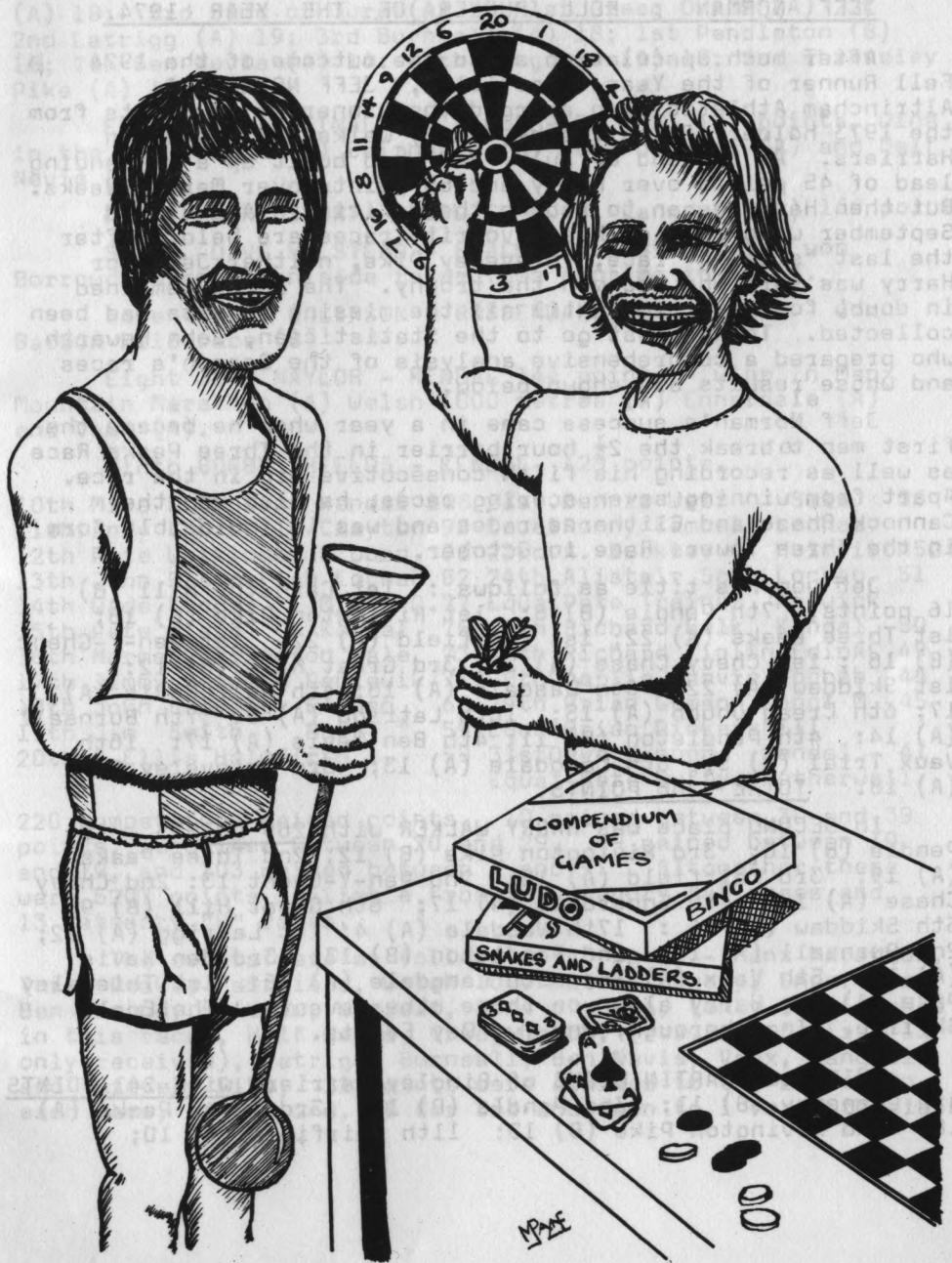
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Reduced Rates for Fell Race Organisers.

Cover Photograph shows 1974 Fell Runner of the Year, Jeff Norman, Winning the Three Towers Race in October. (Copyright - Bury Times)

(C) F.R.A.



JEFF NORMAN : FELL RUNNER OF THE YEAR 1974.

After much speculation as to the outcome of the 1974 Fell Runner of the Year Competition, JEFF NORMAN of Altrincham Athletic Club emerged the winner by 17 points from the 1973 holder of the Trophy, Harry Walker of Blackburn Harriers. At the end of July, Jeff had built up a commanding lead of 45 points over Harry and 65 points over Martin Weeks. But then Harry began to reduce the deficit in August and September when some of his favourite races are held. After the last "scoring" race, Thieveley Pike, neither Jeff nor Harry was sure who had won the trophy. The issue remained in doubt for some time until all the missing results had been collected. Thanks must go to the Statistician, John Howarth who prepared a comprehensive analysis of the Season's races and whose results are shown below.

Jeff Norman's success came in a year when he became the first man to break the 2½ hour barrier in the Three Peaks Race as well as recording his fifth consecutive win in the race. Apart from winning seven scoring races, he also won the Cannock Chase and Clitheroe races and was in invincible form in the Three Towers Race in October.

Jeff won his title as follows : 1st Carnethy Hill (B) 16 points; 7th Pendle (B) 8; 1st Rivington Pike (B) 16; 1st Three Peaks (A) 22; 1st Fairfield (A) 22, 1st Pen-Y-Ghent (B) 16 ; 1st Chevy Chase (A) 22; 3rd Great Hill (B) 12: 1st Skiddaw (A) 22; 6th Wasdale (A) 15; 4th Half Nevis (A) 17; 6th Creag Dhubbh (A) 15: 16th Lattrigg (A) 5: 7th Burnsall (A) 14: 4th Pendleton (B) 11; 4th Ben Nevis (A) 17: 16th Vaux Trial (A) 5; 8th Langdale (A) 13; 3rd Thieveley Pike (A) 18. TOTAL 286 POINTS.

In SECOND place was HARRY WALKER with 269 POINTS - 1st Pendle (B) 16; 3rd Rivington Pike (B) 12; 2nd Three Peaks (A) 19; 3rd Fairfield (A) 18; 2nd Pen-Y-Ghent 13: 2nd Chevy Chase (A) 19; 4th Ennerdale (A) 17; 6th Great Hill (B) 9; 5th Skiddaw (A) 16 : 17th Wasdale (A) 4; 1st Lattrigg (A) 22; 2nd Burnsall (A) 17; 2nd Pendleton (B) 13; 3rd Ben Nevis (A) 18; 5th Vaux (A) 16; 5th Langdale (A) 16; 1st Thieveley Pike (A) 22. Harry also won three other events - The Edale Skyline, Ingleborough, and Two Day Events.

THIRD was MARTIN WEEKS of Bingley Harriers with 241 POINTS 4th Carnethy (B) 11; 3rd Pendle (B) 12; 3rd Three Peaks (A) 18; 2nd Rivington Pike (B) 13; 11th Fairfield (A) 10;

7.

4th Pen-Y-Ghent (b) 11; 9th Chevy Chase (A) 12; 3rd Skiddaw (A) 18; 3rd Bens of Jura (A) 18; 1st Creag Dhubh (A) 22; 2nd Latrigg (A) 19; 3rd Burnsall (A) 18; 1st Pendleton (B) 16; 7th Ben Nevis (A) 14; 11th Langdale (A) 10; 2nd Thieveley Pike (A) 19;

FOURTH BRIAN FINALYSON - LOCHABER A C. 195 points. wins in the Ben Lomond (A) Cairngorm (B) Bens of Jura (A) and half Nevis (A).

FIFTH MIKE SHORT - HORWICH Won Langdale (A) 168 points

Sixth DAVE HALSTEAD - BLACKBURN 149 points won Borrowdale and Kinniside races (non scoring in 1974).

Seventh RAY RALINSON - ROSSENDALE, 146 points - won Barbon Hill race (B)

Eight JOSS NAYLOR - KENDAL 144 points - wins in Manx Mountain Marathon (A) Welsh 1000 metres (A) Ennerdale (A) and Vaux (A).

Ninth BOBBY SHIELDS - KENDAL 129 points.

10th Mike Nicholson	Kendal	108	21st. Dennis Weir	Sale	56
11th Andy Churchill	Clayton	98	Equal Ronny Cambell	Lochab	
12th Pete Walkington	B'burn	86	23rd. A. Buckley	Holmfirth	52
13th John Blair-Fish	Lochab	82	24th. Alistair Scot	Lochab	51
14th Wade Cooper	M/C & D.	77	Equal Pete Trainor	Keswick	
15th Pete Bland	Kendal	75	26th Richard Belk	Kendal	50
16th Norman Carrington	Sale	73	27th Richard Tinlin	EdinAC	49
17th Jimmy Jardine	Penicuik	71	28th Charlie Jarvie	Lochab	46
18th John Calvert	B'burn	66	29th Brian Gemson	Lanc & M	45
19th Jim Smith	Bury	59	Equal Brian Pickersgill		
20th G. Ellis	Holmfirth	58	31st Dave Cannon	Kendal	41
			Equal Pete Duffy,	Motherwell.	

220 competitors gained points. 10 gained between 30 and 39 points, 16 gained between 20 and 29, 59 gained between 10 and 19, and 103 gained between 1 and 9. Altogether there were 5207 points available from 18 Category "A" races and 13 Category "B" races.

The events were as follows : "A" races - Manx Marathon, Three Peaks, Fairfield, Welsh 1000 metres, Chevy, Ennerdale, Ben Lomond, Skiddaw, Wasdale, Bens of Jura, (only 16 finished in this race), Half Nevis, Creag Dhubh, (results of first 15 only received), Latrigg, Burnsall, Ben Nevis, Vaux, Langdale and Thieveley Pike, 22 points were awarded to the winner in each race, 19 for 2nd, 18 for 3rd and down to 1 for 20th place.

"B" races - Carnethy, Pendle,, Rivington, Manx Hill Race, Whernside, Pen-y-Ghent, Lomonds of Fife, Great Hill, Cairngorm, Barbon, Glenurquhart, Pendleton and Rossendale. 16 points were awarded to the winner in each race, 13 for the 2nd, 12 for the 3rd down to 1 for 14th place.

*FOR THE 1975 SEASON * only category "A" races (defined as "more than 250 feet of height gained or lost per mile at least two thirds fell, and very rugged"). For example if there are 26 "A" races listed, then a competitor's best 13 performances will be considered. If there are 27 races listed, then again a competitor's best 13 will be considered. If the total number of "A" races is an odd number, subtract one and divide by two. The points awarded for "A" races are the same as last season.

* SUBSCRIPTIONS 1975. *

The 1975 Subscriptions became due on 1st January. Fixture lists and Magazines will not be sent out to those members owing over one year's subscriptions. Subs. are 50p. (minimum) - ordinary member; £1. - Patron.

* The 1965 "THREE PEAKS" RACE *

Limited copies of an article which appeared in an earlier Magazine entitled "THREE PEAKS; THE 1965 RACE - AS ONE COMPETITOR (Winner Mike Davies) REMEMBERS IT", are available from the Registrar/ Treasurer. Please enclose a s.a.e. if you would like to be forwarded a copy.

REPORTS and RESULTS OF 1974 EVENTS.CARNETHY HILL RACE.

(9 miles - 1300 ft.) Saturday, 23rd February.

The people of Penicuik didn't quite know what to expect. For weeks before the date the "Advertiser" had been printing stories about the men we were about to see - deeds like running up 60 odd peaks in the Lake District in under 24 hours and spending their holidays chasing chairlifts in Glencoe! These were strange men indeed, and it was with some awe that we awaited the 28th February 1971 - the first Carnethy. Five or six of us locals were going to have a go, but apart from the "Grand Gala Pram Race" not many of us had much athletic experience and consequently didn't know what to expect. What to eat before the event? Well I thought that as I was going to be pretty tensed up I wouldn't each much before the race but when we were sitting in the changing rooms one of the others was spreading two hunks of bread thickly with cold beans - "Power me over the heather" he said. Later in the day I was to see him half-way up Carnethy and shouted over "how's the bean sandwiches?" "See for yourself!" he replied, pointing. There have been three more Carnethys since then and we are all wiser - he had an Aztec bar on his sandwich this year. The best way to find out the route is to come along with me in the race - here we go.... The flag drops and I'm in about the 6th row over on the right, but there is no hold up, everyone is away like a shot and the pace is kept up right round the park, through the gate and up through the housing estate. Road turns to grass, then road, then grass. Seeing only heels, shoes and hairy legs for there is no energy for looking up - lucky there are police at all the junctions! Just a moment, I recognise these legs passing me - someone I should be staying with but can't seem to do much about it. The speed is killing and yet I feel I can't get moving. The little zig-zag style takes us out into the woods and we wind up the farm roads to the busy A702 where the long line of runners are strung colourfully out along the $\frac{1}{4}$ mile length of pavement. As I turn onto the road I see the first few go through the gate onto the hill - these folk have covered two uphill miles in under ten minutes! Where will I find the strength to tackle the heather on Scald Law if I'm already faltering on the

pavement? Not to worry - it's the same for us all. Through the gate and over the two little burns making for the stone stile where the Juniors turn right to tackle Carnethy and the Seniors dip down to the left to do Scald Law. The yellow markers show up well but watch out, two traffic wardens are patrolling them. As we climb higher nearly everyone is walking and after going over the top, we shoot off down the shoulder to climb its sister, Carnethy. I keep off the path because it is short grass steep and slippery and run down the heather to the point where the two shoulders meet where it becomes very peaty and threatens to pluck your shoes off; then comes Carnethy, but it is a more gradual climb on a nice path and can be taken at a trot. Not much place swapping is going on now, but from the cairn at the top it is a different matter. Some like it, some don't. I'm talking about scree and by the time we arrived at the stone stile again there were a few "Jeellied nebs and skinnt knees." Now back to the road splashing through the wee burns and once through the gate and heading down the pavement, I have to keep shaking myself out of just getting into a mechanical plod, a sort of a numbing reverie. A Kendal vest goes by and I have something to aim at again. Through the farm, past the houses and into the park - no lap to finish this year, but jog! Did you like that? Think you'll find your way round next year? Wonder who I'll have on my back next time?

No-one need show Jeff Norman the way round, in fact I doubt if anyone could without ending up in Emergency Ward 10; and Jeff headed a fine field of fell runners to win the nine-ish mile race in 52 minutes and that includes ascending 2000 ft.

JIMMY JARDINE

1.J.Norman	Altrincham	52.01	11.R.Anderson	Cambuslang	55.51.
2.I.Elliott	EdinburghS	52.27	12.F.Gribben	EdinburghAC	55.53
3.R.Shields	Kendal	52.38	13.G.Swan	Edinburgh	S56.02
4.M.Weeks	Bingley	52.43	14.P.Bland	Kendal	56.04
5.B.Finlayson	Lochaber	53.00	15.D.Fairweather	Law &Dis	56.16
6.W.Day	Falkirk Vic	53.02	16.A.Samuel	Teviotdale	56.33
7.N.Bailey	Edinburgh S	54.14	17.D.Weir	Sale	56.50
8.M.Craven	Edinburgh S	54.17	18.J.Smith	Bury	57.01
9.D.Halstead	Lancs Fire		19.J.Blair.	Edin.Univ.	57.06
	Brigade	54.52	20.I.Duncan St.	Orre	57.10.
10.W.Tinlin	EdinburghAC	55.01			

98 Finishers. Team: 1. Edinburgh Southern (Elliott, Bailey Craven)

CARNETHY JUNIOR RACE.

- | | | | | | |
|--------------|--------|-------|--------------|---------|-------|
| 1. D.Knowles | EdinAC | 43.19 | 4.R.Knowles. | Edin AC | 45.48 |
| 2. M.Jones | Sale | 44.24 | 5.A.Scott | Forresh | 46.22 |
| 3. C.Joss | Bella | 45.31 | | | |

CANNOCK CHASE 21 (1500 ft) Sunday 10th March, 1974.

- | | | | |
|----------------|------------|----------|----------|
| 1. J.Norman | Altrincham | 1.59.25 | (Record) |
| 2. J. Wigley | Invicta | 1.59.58 | |
| 3. M. Phillips | Birchfield | 2.01.21 | |
| 4. G.Thompson | Notts | 2.04.49 | |
| 5. B.Wilkins | Sparkhill | 2.06.20 | |
| 6. K.Boydon | Tipton | 2.08.53. | |

EDALE SKYLINE FELL RACE. Saturday, 30th March.

Fell Runners arriving at Edale for the inaugural Skyline Race were informed that there had been modifications to the advertised course length of 18 miles including 3000ft of ascent. A greater challenge lay ahead - the revised route was to be over 22 miles which incorporated some 4,700 ft. of ascent and descent. The sandy gritstone tracks and peat groughs were dry making the going relatively easy, but the temperature was in the lower 60's.

Of the 127 entered for the race, 101 set off at 1.00.p.m. prompt to the clang of a cowbell. Jos Naylor and Pete Walkington led up the first steep climb from the Barn with Martin Weeks and Harry Walker, 1973 Fell Runner of the Year, in close pursuit. The pace was fast despite the steepness of the initial 1 mile climb of 1000' to the first checkpoint at Grindslow Knoll (1860'). Here, Walker and Ricky Wilde led the field with Wilde leading from Walker and holding this position on the eastward stretch along the southern edge of the Kinder plateau through Jagger's Clough (1700'), the second checkpoint, and on to Win Hill (1523') via Hollins Cross. Walker had challenged hard over this section but Wilde held him off and forged ahead on the one and a half mile descent from Win Hill down to the Cheshire Cheese Inn in Hope. (Oh for a pint!) and up the ever steepening 1000' climb to the summit of Lose Hill (1563') the fourth checkpoint, and the start of the undulating southern section of the Skyline. Two miles further on, however, at Mam Tor (1696'), the site of

prehistoric earthworks, and the fifth checkpoint, Wilde twisted an ankle and dropped out of the race leaving Walker and Jon Wigley to fight it out over the remaining 8 miles back to Edale.

Though Martin Weeks, Joss Naylor (predictably moving through the field as the race progressed) and Dennis Weir put in late challenges, Walker maintained his pace across the rough moorland to Brown Knott (1866') down to Edale Cross and on to Grindslow Knoll (1860') before the final dash down to Edale. He finished strongly in a time of 2 hrs. 40 mins. at least five minutes clear of Weeks who in turn was three minutes clear of Naylor.

The warmth of the afternoon sun had certainly taken its toll with 30 runners failing to finish - twelve of these who continued beyond this began to find it increasingly hardwork over those last eight "dry" miles. Many runners who had the intention of using this race as a stepping stone for the Three Peaks Race (to be held a month later) under estimated the race. They will not make the same mistake next year!

This was a splendidly organised event over an inspiring natural route. Chris Worsell, The Race Sec., Dan Morrison the sponsor, and their numerous helpers must be congratulated on promoting this first Edale Skyline Race. This proved to be a very enjoyable day and they can be assured that the same runners will be back in twelve months time. Mike Hobden

1.H.Walker	Blackburn	2.40.10	11.V.Duff	Warrington	3.04.40
2.M.Weeks	Bingley	2.45.24	12.P.Walkington	Blackburn	3.05.58
3.J.Naylor	Kendal	2.48.26	13.A.Shaw	Rochdale	3.07.49
4.D.Weir	Sale	2.50.30	14.R.Britton	Winton	3.08.55
5.J.Irwin	Bingley	2.51.30	15.D.Attwell	Altrincham	3.08.56
6.D.Ritchie	Birchfield	2.53.25	16.J.Norman	Altrincham	3.09.00
7.B.Finlayson	Lochaber	2.55.56	17.M.Hayes	Sheff.Univ.	3.09.36
8.H.Blenkinsop	Sale	2.56.18	18.B.Boxen	M/C & Dis.	3.11.45
9.A.Lightfoot	Sheffield		19.G.Rhodes	RucksackCl.	3.13.19
	University	2.59.02	20.D.Townsend	Invicta	3.14.58
10.J.Wigley	Invicta	3.00.30.			

71 Finishers. Team : 1 Sale (Weir, Blenkinsop, Carrington)

CATHKIN BRAES HILL RACE. Saturday, 30th March.

1.A.Partridge	E.Kilbride	23.58.	6.	.Mitchell	Glasgow	
2.D.Gemmell	Clydes	24.07			Univers.	24.40.
3.D.Lang	Glasgow			7.G.Skinner	Cambus	24.55
	Police	24.21.		8.P.Preston	Cambus	24.59
4.G.Eadie	Cambus	24.23		9.S.Easton	Shettlestone	25.11
5.J.Martin	Spring	24.38.	10.	R.Anderson	Cambus	25.13

PENDLE FELL RACE. Saturday, 6th April.Old Pendle v New Pendle.

Fell races are subject to minor alterations or diversions, but seldom can one have undergone major surgery as did the Pendle this year.

Amongst the reason for the change were the queues which built up at the stiles in the fields after Whitehough camp school, the danger from traffic at the finish in Roughlee and the high proportion of cross country running in relation to fell running.

The race now commences at Barley, 100 yards up the Roughlea road, cross the Newchurch Rd. at the Chapel and 100 yards up the Waterworks Road turns through a gate and up a cart track. After one mile at Buttock Farm a path rises steeply to the ridge. After a short run on the escarpment, a long drop commences down a green track to the foot of Big End, the climb up this being the only part of the new course which coincides with the old one. Three quarters of a mile down the ridge the course is rejoined and followed down to a very fast finish in Barley.

This year's race was run in lovely sunshine, the ground was bone dry and a cooling wind was behind the runners on the ascent. John Calvert led through the first gate and up the first field but Harry Walker began to pull away at Buttock and built up a comfortable lead just failing to beat 30 minutes. The places were hotly contested - Alan Spence in second place being chased home by Martin Weeks (3rd) and Mike Short (4th).

No longer can spectators see large parts of the race sat in their cars, but as several competitors said at the Annual Meeting afterwards, Fell races are held for the benefit of the runners and though there must be a few who

preferred the old course, most runners seemed to favour the new one.

Jim Smith said it was "A vast improvement", Jeff Norman, although he had not personally had a good race, thought it a great course. Harry Walker confessed to a sentimental attachment to the old course, but found the new one very much to his liking. Alan Spence had during training thought the course too rough but after his good run felt much happier about it. Mike Davies said that the change had made it into a real fell race. It would appear that the new course is here to stay.

Ben Redfearn.

1.H.Walker	Blackburn	30.29	11.M.Jones	Sale	33.04
2.M.Weeks	Bingley	31.18	12.R.Shields	Kendal	33.25
3.A.Spence	Bingley	31.20	13.P.Bland	Kendal	33.36
4.M.Short	Horwich	31.25	14.D.Anderson	Bingley	34.20
5.J.Calvert	Blackburn	32.31	15.S.Jackson	Bury	34.25
6.C.Robinson	Rochdale	32.42	16.R.Chaisty	Bury	34.25
7.J.Norman	Altrincham	32.45	17.W.Padgett	Bingley	34.32
8.R.Rawlinson	Rossendale	32.47	18.D.Waller	Rossendale	34.39
9.I.Partington	Rossendale	33.00	19.A.Harmer	Portsmouth	34.41
10.B.Pickersgill	Wakefield	33.04	20 G.Young	Rowntrees	34.44

Team : 1 Bingley (Weeks, Spence, Anderson)

MANX MOUNTAIN MARATHON.

Saturday, 13th April.

(30 miles - 9000 ft)

As in the 1973 race, there was a bit of controversy over the taking of short cuts by certain runners, though much less serious on this occasion. There were actually four involved and each was penalised according to the severity of his offence, but without affecting the first two positions, which were filled by Joss Naylor and Dennis Weir. The event this year claimed its first victim in the form of Jim Smith, who was occupying 2nd place till Injebreck, where he fell (drunk?) while crossing a stream by a rotten log, and dislocated his elbow.

Octavian Droobers Orienteering Club "A" Team (Norrish, Brad, Melton) won the team trophy and Mike Davies was the fastest veteran among the fell runners. (There are actually two categories in this event: A, Runners and B, Walkers.) The weather was dry and though misty at first, later developed into a sunny afternoon.

Bill Smith.

15.

1. J. Naylor	Kendal	4.32.02	11. R. Cowley	Southern	
2. D. Weir	Sale	4.59.55		A.C.I.O.M.	6.12.24
3. M. Davies	Reading	5.17.47	12. J. Blair-	Edinburgh	
4. C. Brad	Octavian D.	5.22.12		Fish Univer.	6.15.28
5. G. Oliver	Junior		13. P. Still	JLRRRA	
	Leaders' Regt.	5.43.29		Nuneaton	6.18.05
6. R. Meadowcroft			14. A. Parker	JLRRRA	
	Bolton	5.44.10		Nuneaton	6.35.45
7. E. Norrish	Octavian D.	5.51.30	15. T. Walker	JLRRRA	
8. P. Dawes	Kendal	5.52.10		Nuneaton	6.37.36
9. R. Melton	Octavian D.	5.57.10	16. C. Taylor	JLRRRA	
10. M. Tyler	JLRRRA			Nuneaton	6.51.44
	Nuneaton	5.57.28	17. A. Corlett	Boundary	
				Harriers I.O.M.	6.52.38
			18. G. Smith	Octavian	
				Droobers	6.55.05
			19. M. Garratt	Teeside &	
				Cleveland D.C.	6.56.06
			20. C. Welbourne	JLRRRA	
				Nuneaton	6.59.28

RIVINGTON PIKE FELL RACE.

Saturday, 13th April.

(3¼ miles - 1149 Ft.)

1. J. Norman	Altrincham	17.07	8. H. Symonds	Altrincham	18.01.
2. M. Weeks	Bingley	17.10	9. B. Gemson	Lancaster	
3. H. Walker	Blackburn	17.16		& Morecambe	18.08
4. N. Ward	Bolton	17.26	10. G. Hulley	Sheffield	18.19
5. M. Short	Horwich	17.32	11. G. Woodburn	Blackburn	18.26
6. J. Calvert	Blackburn	17.44	12. R. Heys	Blackburn	18.30
7. B. Pickersgill			13. W. Cooper	Manchester	
	Wakefield	17.51.		& D.	18.33
			14. V. Duff	Keswick	18.36

MANX HILL RACE.

Sunday 14th April.

No. results available.

1. J. Norman	Altrincham	2.29.57	9. A. Pickersgill	Wakefield	2.45.26
2. M. Weeks	Bingley	2.35.41			
3. M. Davies	Reading	2.41.38	10. J. Naylor	Kendal	2.47.09
4. E. Norrish	Octavian D.	2.48.14	11. R. Shields	Kendal	2.48.03
5. P. Braithwaite	Reading	2.48.14	12. A. Blinston	Allyp	2.48.11
6. B. Finlayson	Leuchter	2.43.27			

GOAT FELL RACE.

Saturday, 27th April.

(6 miles - 2866 feet)

After ten years The Isle of Arran Tourist Organisation decided to revive this event though the late publicity failed to attract many entrants. Few runners outside the Ayrshire or Glasgow area, who might anyway be tempted by the distant sights of Goatfell to come over, entered. It seemed that none of the 13 competitors who lined up for the start on a calm, warmish April-like day, had covered the course before. The excitement raised by the failure of the starter's gun to fire (despite the two practice attempts) provoked a fast start by a leading group of six runners as if for a road race. The route took us up the road to the castle, then up a Forestry Commission track, then a gentle climb by Cnocan Burn, through two deer fences to where the stiff climbing started. We ascended by the ridge round to the right, but descended straight down. The pace slackened on the steeper climb, and I passed Jimmy Jardine into second position after being left behind at the start. George Skinner did not seem far in front at the top - perhaps he could be caught. However, care was called for on an unfamiliar descent - Jimmy Jardine's early fast descent caused him to stop with cramp. I managed to lose the path just before we entered the forest and Jim Sloss moved to second to his surprise. Jimmy Jardine made an attempt to catch Jim Sloss again on the road, but his effort petered out as we entered the field together. The rest of the field was well spread out behind us.

John Blair-Fish.

(First thirteen only published in "Athletics in Scotland!")

1. G.Skinner	Cambuslang H	1.21.56
2. J.Sloss	Beith H	1.23.17
3. J.Blair-Fish	Belgrave H	1.24.00
4. J. Jardine	Penicuik H	1.24.10
5. A.McMaster	Ayrshire A.C.	1.29.49
6. E.Wright	Ayrshire	1.35.59
7. J. Sands	Ayrshire	1.37.04
8. T.McCulloch	Ayrshire	1.38.43
9. J.Anderson	KinlochlevenAC	1.39.35
10. I.McKenna	Beith H	1.43.06
11. R.Connor	Unattached	1.43.28
12. F.Bias	East KilbrideA.C.	1.44.59
13. I.Johnston	StirlingA.C.	1.58.02

THREE PEAKS RACE.

(22 miles, 4,500 ft.)

Sunday 28th April.

Jeff Norman made Yorkshire Three Peaks history in this race by at last breaking the 2½ hour barrier despite the poor conditions resulting from rain and sleet, high winds and low cloud. Harry Walker was disappointed to only finish second again and promises Jeff stiffer competition next year. The two reached Pen-y-ghen summit together, along with Martin Weeks, and Harry was leading on the descent but had a nasty fall on the way down. Jeff had a 2 minute lead at Ribblehead which he increased to 5 minutes at Whernside summit and almost to 6 minutes at the finish. Meanwhile, Weeks was maintaining a strong challenge for 2nd place, but Walker finally shook him off over the last section from Whernside to the Hill Inn.

George Rhodes was the fastest veteran, beating Eric Roberts by 03.20. and 4 places, while Altrincham (Norman, Blinston, Attwell,) had superior team strength to Bingley (Weeks, Irwin, Anderson) and Kendal (Naylor, Shields, Nicholson). 251 finished out of 280 starters and there were 141 First Class Certificates awarded (inside 3½ hours) and 99 Second Class (inside 4½ hours).

BILL SMITH

1. J. Norman	Altrincham	2.29.53.	7. J. Irwin	Bingley	2.44.50
2. H. Walker	Blackburn	2.35.45.	8. J. Wrigley	Invicta	2.46.09
3. M. Weeks	Bingley	2.36.41	9. A. Pickersgill	Wakefield	2.46.26
4. E. Himsworth	Hercules	2.40.14.	10. J. Naylor	Kendal	2.47.09
5. P. Braithwaite	Thames	2.41.38	11. R. Shields	Kendal	2.48.03
6. B. Finlayson	Lochaber	2.43.27	12. A. Blinston	Altrin cham	2.48.11

13.M.Nicholson	Kendal	2.48.23	27.A.Spence	Bingley	2.55.43
14.J.Calvert	Blackburn	2.48.31	28.G.Newton	Vauxhall	2.55.47
15.M.Short	Horwich	2.49.02	29.V.Duff	Warrington	2.56.41
16.D.Anderson	Bingley	2.49.05	30.D.Blakeley	M/C & Dis	2.57.17
17.H.Blenkinsop	Sale	2.49.19	31.D.White	Thames	2.57.19
18.A.Churchill	Clayton	2.50.02	32.I.Macmillan	Invicta	2.57.29
19.D.Attwell	Altrincham	2.50.27	33.R.Meadowcroft	Bolton	2.58.28
20.N.Carrington	Sale	2.50.41	34.R.Jackson	Sale	2.58.42
21.D.Weir	Sale	2.50.57	35D.Quinlan	Longwood	2.58.48
22.P.Walkington	Blackburn	2.52.53	36.W.Wade	Coventry	2.59.19
23.H.Chadwick	Thames	2.52.57	37.D.Scott	Clayton	2.59.48
24.P.Duffy	Aberdeen	2.53.31	38.G.Rhodes	Stafford	3.00.03
25.A.Styan	Holmfirth	2.54.41	39.K.Windle	Clayton	3.00.04
26.W.Padgett	Bingley	2.55.12	40.T.Ramsden	Holmfirth	3.00.27

G.Ellis (Holmfirth) beat his clubmate, G.Hollingworth by 12 seconds to win the Whernside Junior Fell Race, There were 2 retirements out of the 22 starters. W.R.S.

1.G.Ellis	Holmfirth	37.58	6.A.McGee	Keswick	40.34.
2.C.Hollingworth	"	38.10	7.B.Gemson	Lancaster	41.05
3.E.Irving	Airedale	39.05	8.A.Brierley	Airedale	41.29
4.R.Chaisty	Bury	39.25	9.S.Jackson	Salford Univ.	41.45.
5.H.Symonds	Altrincham	40.26	D.P.Spencer	Keswick	42.08

FELLSMAN HIKE
(55 miles, 10,000 Ft)

May 18th/19th

The course was reversed this year, starting at Threshfield and finishing at Ingleton. Conditions underfoot were mainly very firm - "The ground was the driest I have ever known it", said Alan Heaton - and the weather was quite mild, despite showers in the afternoon and a considerable amount of mist. The lead was closely contested by a bunch of half-a-dozen fell runners in the early stages, but Alan Heaton gradually got out in front and rapidly began to make ground, thereby ensuring his seventh win in this event. Boyd Millen of Kendal A.C. representing Lakeland Orienteering Club on this occasion, took the prize for the fastest novice, while his Club tied with Manchester Associates Rambling Club for the team award. 229 finished out of 381 starters.

Bill Smith.

1.	A.Heaton	Pendle Forest Orienteers	15.17
2.	J.Richardson	Rucksack Club	15.58
3.	N.Heaton	Manchester Assoc.	16.04
4.	W.Smith	Clayton-le-Moors	16.15
4.	B.Millen	Lakeland O.C.	16.15.

6.	M. Walford	Lakeland O.C.	16.46.
7.	G. Taylor	28th Stretford Scouts	17.00
7.	C. Lawton	Manchester Assoc	17.00.
7.	J. Jackson	Barlick Bogtrotters	17.00.
10.	J. Stephenson	Novocastrians	17.19
11.	A. Hoare	Unattached	17.23.
12.	M. Winstanley	Liverpool Ramblers Assoc	17.24.
13.	D. Eccles	Manchester Assoc.	17.59
14.	A. Barber	Karabiner M.C.	18.01
15.	D. Lamond	Lakeland O.C.	18.07
16.	F. Milner	Clayton-le-Moors	18.36
16.	S. Bradshaw	Clayton-le-Moors	18.36
18.	J. Shepherd	Clayton-le-Moors	18.57
19.	C. Ratcliffe	Rossendale Fell Rescue Team	19.17
19.	D. Walker	Rossendale Fell Rescue Team	19.17
19.	P. Hartley	Rossendale Fell Rescue Team	19.17.

FAIRFIELD HORSESHOE FELL RACE.

(8 miles - 3000 ft.)

Sunday, 19th May.

1.	J. Norman	Altrincham.	1.11.19	11.	M. Weeks	Bingley	1.16.25.
2.	M. Short	Horwich	1.11.37	12.	R. Shields	Kendal	1.16.41
3.	H. Walker	Blackburn	1.12.26	13.	J. Naylor	Kendal	1.17.34.
4.	B. Finlayson	Lochaber	1.13.20	14.	P. Bland	Kendal	1.18.14
5.	A. Spence	Bingley	1.14.13	15.	A. Churchill	Clayton-le-Moors	1.18.48
6.	W. Cooper	M/C & Dis.H	1.14.14	16.	W. H. Padgett	Bingley	1.18.58
7.	N. Carrington	Sale	1.14.19	17.	I. Kellie	Keswick	1.19.05
8.	R. Belk	Kendal	1.15.49	18.	D. Anderson	Bingley	1.19.20
9.	R. Rawlinson	Rossendale	1.16.05	19.	I. Roberts	Colne Valley	1.19.50
10.	G. Rhodes	Stafford	1.16.11	20.	R. Asquith	Holmfirth	1.20.00.

CLITHEROE FELL RACE.

Saturday 25th May.

1.	J. Norman	Altrincham	48.11.3.	4.	W. Cooper	Manchester	48.52
2.	M. Short	Horwich	48.17	5.	M. J. Weeks	Bingley	49.03
3.	H. D. Walker	Blackburn	48.47.	6.	J. Calvert	Blackburn	49.36

THE PEAKLAND HUNDRED.

Sat/Sun 25/26th May,

(100 miles)

This was the second hundred mile event to be organised by the Long Distance Walkers' Association, their first such promotion having been the "Downsman Hundred" in 1973. The

route started from Hayfield at 12 noon on the Saturday and circled the Peak District - both gritstone and limestone - via road, cross-country and moorland, including Black Hill and bleaklow. The weather was perfect and so were the conditions underfoot. Boyd Millen said he'd never before experienced such firm ground on the notoriously boggy summit of Black Hill. Though the event is officially a "challenge walk" (non-competitive) a fair amount of competitive spirit does creep in, and the fastest time of 19hrs. 13 mins. was recorded by fell runner Peter Dawes of Kendal A.C. Peter's clubmate, Boyd Millen, also did well to finish in 5th place, with a time of 27 hours 27 mins. after having competed in the Fellsman Hike the previous week end while Brian Covell of Edinburgh A.C. went round in 29 hrs. 52 mins. to gain 11th place. There were 86 entries, 74 starters and 33 finishers.

Bill Smith.

1. P.Dawes	19hr. 13mins.	7.G.Smith	27hr.41.mins
2. D.Rosen	20" 34 "	8.R.Gibbard	28 " 01 "
3. A. Blatchford	20" 45 "	9.D.Fitter	28 " 48 "
4. P.Fitter	21." 52 "	10.B. Hynes	28 " 49 "
5. B.Millen	27 " 27 "	11.B.Covell	29 " 52 "
6. R. Knutzen	27 " 27""	12.G.Bell	29 " 52"

WELSH 1000 METRES PEAKS RACE.
(27 km. - 2700 metres)

Saturday, 1st June

1.J.Naylor	Kendal	3.44.15.	9.M.Walford	Kendal	4.32.00
2.D.Weir	Sale	3.57.40	10.T.Walkington	Valley	4.34.00
3.P.Walkington	Blackburn	4.00.33	11.A.Heaton	Clayton	4.36.00
4.A.Evans	Kendal	4.21.00	12.J.Blair-Fish	Edin	4.45.13
5.P.Trainor	Keswick	4.23.00	13.P.Dawes	Kendal	4.46.45
6.J.Smith	Bury	4.25.00	14.P.Bland	Kendal	4.47.00
7.K.Windle	Clayton	4.26.00	15.G.Blackburn	Bingley	4.47.45
8.P.Jones	Kendal	4.26.30			

PEN-Y-GHENT RACE

Saturday 1st June.

(6 miles - 1450 ft.)

In contrast to last year's torrential rain, the weather this year was quite warm, but cloudy, and the ground was very dry. After leaving the starting field at Horton-in-Ribblesdale, and going along a short section of road, the course led onto a rough track and then onto open moorland when the field began to sort itself

out. Harry Walker led through the checkpoint at Whitber followed by Mike Short, Martin Weeks, Jeff Norman and Brian Gemson who were all under 8 mins. From there to the summit and back was unflagged, but all runners reached the top by going up a diagonal track on the west side of Pen-y-Ghent. At the top, Walker had a good one minute's lead over Norman with Short and Weeks some way behind. On the descent runners were faced with a choice of routes : to go back down the diagonal track, or to go over the edge and straight down a hair raising steep slope which was shorter, but no route for the faint-hearted. A majority used the diagonal track, but those who took the plunge down the slope seem generally to have had an advantage. On return to Whitber, Walker was still in the lead, but Norman had cut back the huge gap with some very fast downhill running and was rapidly catching up. Norman finally gained the lead just before the course returned to the rough track and went away to win by 13 seconds, and to knock no less than 4 mins off the record set by Walker last year in very wet conditions. There was no team event, but the veteran's prize was won by David Hodgson of Leeds City, 49 runners started and finished the course.

Paul Spencer-Ellis.

1.J.Norman	Altrincham	43.46.	11.P.Hartley	Rosendale	50.59
2.H.Walker	Blackburn	43.59	12.M.Davies	Reading	51.17
3.M.Short	Horwich	45.20	13.G.Howard	Shaftesbury	51.39
4.M.Weeks	Bingley	47.11	14.D.Montgomery	Sefton	51.47
5.B.Pickersgill	Wakefield	47.52	15.B.Bristow	Clayton	51.44
6.B.Gemson	Lancaster	47.54	16.T.McDonald	Unattached	52.07
7.V.Duff	Warrington	49.42	17.P.Loftus	Bingley	52.41
8.D.Hodgson	Leeds City	49.48	18.E.Foley	Bolton	52.55
9.P.Weatherhead	Wirral	50.13	19.P.Spencer-Keswick		53.07
10.K.Cartmell	Keswick	50.20	Ellis		
			20.D.Hargreaves	Clayton	53.51.

CHEVY CHASE.

(17 miles - 4000 ft.)

Sunday, 2nd June.

1.J.Norman	Altrincham	2.16.00	7.A.Churchill	Clayton	2.29
2.H.Walker	Blackburn	2.17.00	8.G.Newton	Luton	2.30.
3.B.Finlayson	Lochaber	2.19.00	9.M.Weeks	Bingley	2.31.
4.R.Shields	Kendal	2.21.	10.D.Coker		2.33.
5.D.Halstead	Blackburn	2.23.	11.B.Pickersgill	Wakefield	2.35.
6.P.Duffy	Aberdeen	2.24.	12.I.Mitchell		2.36

13.R.Campbell	Lochaber	2.37	17.D.Meek	Keswick	2.49
14. ?	?	2.40	18.J.Jardine	Penicuik	2.50
15.H.Forrest	Gosforth	2.40	19.M.Davies	Reading	2.55
16.D.Nicholson	Kendal	2.42.	20.G.Young	Rowntrees	3.02

SADDLE JORTH FELL RACE.

Sunday, 2nd June.

1.R.Rawlinson	Rossendale	20.20	8.W.Cooper	M.&D.	21.59
2.M.Short	Horwich	20.50	9.M.Seddon	Holmfirth	22.05
3.D.Gaskell	Wakefield	20.59	10.G.Entwhistle	M.&D.	22.07
4.D.Blakeley	M. & D.	21.28	11.I.Partington	Rossendale	22.09
5.J.Waterhouse	Bingley	21.31.	12.M.McGann	E.Chesh.	22.16
6.R.Harrison	L'Pool H	21.35.	13.R.Asquith	Holmfirth	22.23
7.C.Hollingworth	Holmfirth	21.54	14.D.Anderson	Bingley	22.47

ENNERDALE HORSEHOE FELL RACE.

Saturday 8th June.

(23miles - 7,500 ft)

Suffering from a recurrence of his old back injury, Joss Naylor failed to improve on - or even equal - his course record this year, despite perfect weather, but was a clear winner even so. Dennis Weir, who has made a habit of finishing 2nd in this event could only manage 6th place on this occasion, while a fierce battle for 2nd place was waged by two men who are 13 years Joss's junior (he is now 38) Andy Churchill and Mike Short, with Mike finally winning by 19 seconds. Eric Roberts again turned in the outstanding veteran performance, recording a personal best time of 4.08.12, with Alan Heaton (24th) and John Marstrand (30th) also receiving prizes in this category. Eddie Leal won the over 50's trophy for the second year running, while team prizes were awarded to Blackburn (Walker, Halstead, Walkington) Kendal "A" (Naylor, Nicholson, Roberts) and Sale (Weir, Jackson Carrington). Two retired out of the 62 starters.

There were only four competitors in the junior race up Crag Fell, which was won by Alan McGee from nearby Cleator Moor, representing Keswick A.C.

1.J.Naylor	Kendal	3.32.42	11.R.Jackson	Sale	4.11.07
2.M.Short	Horwich	3.40.32	12.N.Carrington	Sale	4.12.10
3.A.Churchill	Clayton	3.40.51	13.D.Booth	ThamesH&H	4.12.23
4.H.Walker	Blackburn	3.43.44	14.P.Bland	Kendal	4.13.30
5.D.Halstead	Blackburn	3.50.35	15.P.Hartley	Rossendale	4.14.25
6.D.Weir	Sale	3.58.30	16.A.Evans	Keswick	4.15.21
7.P.Walkington	Blackburn	3.59.08	17.P.Trainer	Keswick	4.15.46
8.M.Nicholson	Kendal	4.05.45	18.J.Smith	Bury	4.17.50
9.A.Shaw	Rochdale	4.06.48	19.V.Duff	Warrington	4.19.30
10.E.Roberts	Kendal	4.08.12	20.M.Walford	Kendal	4.21.57

CRAG FELL RACE. (Under 21)
(4 miles - 1700 ft.)

1.A.McGee Keswick 34.16. 2.P.Spencer-Ellis Keswick 37.18

BEN LOMOND RACE.

Sunday 9th June,

(7miles - 3000 ft.)

Ben Lomond at 3192' is the most southerly "Munro" in Scotland and with the possible exception of Ben Nevis and Cairngorm, it is the most popular and frequently ascended of all the major Scottish peaks. The race, which is always held on the second Sunday in June, and is organised by the S.Y.H.A., starts from the Rowardennan Y.H. and after half a mile of fast road/track to Rowardennan Hotel, climbs for around four miles to the summit, with exactly the same route used on descent. The track rises in stages, with numerous steep ascents leading to the broad south ridge and eventually to the final steep summit cone. The track itself is fairly rocky in places and has very poor drainage so that after heavy rain it can become a fairly tricky descent.

The race has attracted an ever increasing field and this year around 50-60 runners, a fair proportion from South of the Boarder, took part. After the initial fast start, Ray Rawlinson took the lead and set a fast race before being overtaken by Brian Finlayson who led for the remainder of the race. The leading runners were very fortunate, for after having a dry cool run to the summit, the weather became very wintry, but with the wind now blowing on their backs, this was no handicap. Conspicuous by his absence from the leading runners was the holder, Bobby Shields, who seems to be suffering from either too many races in 1973? - too little training? - too much beer? Anyway it was reported that Brian Finlayson was not too disheartened to get his title back without a serious challenge from this quarter.

Brian Finlayson.

1.B.Finlayson	Loch	1.11.26	8.H.Martin	Dumbarton	1.18.51
2.R.Rawlinson	Ross	1.13.21	9.J.Jardine	Pen	1.19.25
3.J.Graham	Motherwell	1.14.27	10.R.Campbell	Loch	1.20.23
4.J.Blair-Fish	EdinUniv.	1.15.31	11.G.Young	Rown	1.21.10
5.G.Skinner	Cambuslang	1.15.47	12.A.Scott	Loch	1.21.30
6.P.Duffy	Aber	1.15.55	13.D.Fairweather	Law	1.21.42
7.R.Tinlin	EAC	1.16.11	14.R.Anderson	Loch	1.23.11

15.B.Yate	Mary	1.23.15.	18.I.Partington	Ross	1.26.13
16.A.Chainey	Inter	1.24.43.	19.J.McWatt	Dumb	1.26.28
17.R.Shields	Clyde	1.25.49	20.J.Lewis	RAF	1.27.15

LAKE DISTRICT FOUR 3000 ft. PEAKS "WALK" Saturday 15th June
(45 miles)

Although this event appears each year in the F.R.A. Calender, it is not a true fell race. It is a non-competitive walk, organised by the Ramblers' Association for which there are no prizes. The object is to complete the course on foot in under 22 hours and all who do this are awarded a certificate. A number of fell runners take part each year, and the record was set in 1970 by Joss Naylor of 8 hrs. 24 mins. Fell boots must be worn except on the two road sections, but interpretations of "Boots" did vary. The true hikers were wearing proper walking boots, but several runners wore what seemed to be special running shoes with high ankle supports and either ripple soles or studs. The regulations for this even make no allowance for runners, as full waterproof clothing, compass, map, whistle and a thick sweater and long trousers must be worn or carried. All this equipment was checked at the start, but it is fair to say that many runners discarded some items such as warm clothing.

It was a very clear and quite warm night as the 183 starters left Keswick Rugby Club at 2.00.a.m. and headed up Skiddaw on the Skiddaw Fell Road track. From the town, torch lights were visible all the way up the mountain although some competitors said they hardly needed to use them at all. Pete Walkington was first to the Moot Hall in the Main Street of Keswick in 86 mins. - perhaps a Skiddaw Race Certificate time considering the extra distance involved - followed by Pete Trainor some 5 mins behind. As competitors set off on the ten mile section of of road to Seathwaite, it was almost completely light and many of the faster entrants wore running shoes, either carrying their boots or having them taken on to Seathwaite by supporters. The fastest time for this section was 56 mins by Trainor. At this checkpoint, refreshments were available to competitors before they set out on the longest and most arduous leg - over Scafell and Scafell Pike to Steel End at the South end of Thirlmere. The field was now well strung out, and the fifteenth man

arrived almost an hour behind the leader, giving supporters time to see a party making a fast attempt on the motorised "3 Peaks" and to watch the many semi-tame rabbits that filled the farmyard, regardless of everyone. Times over the longest section varied greatly, with only six people managing to beat the 5 hour mark - these six, incidentally, the first six to finish overall. K.Brooks did 4h. 58m., P.Beasley 4h. 23 m., A Evans 4h.18m., and E.J. Roberts 4h.01m. Walkington managed to beat four hours with a very fast time of 3h. 55m. but the fastest time was an incredible 3h.33m. by M. Walford.

More refreshments were available at the next check-point as competitors gathered their strength for the last peak.-Helvellyn. The fastest time for this section which ended at Stanah - some way along the road after competitors came down the White Stones track to Thirlsfoot - was 1h. 41m. by Walkington who went on along the tiring road to Keswick to record the fastest time of the day 8h.51m. Bright sunshine throughout the day made the latter part of the course very tiring, and several competitors retired with exhaustion. An unfortunate retirement was that of Trainer who dropped out at Styhead while in the lead, with a strained muscle.

At about 9.00.p.m. some 3hrs. before the deadline for finishers, there was a presentation of certificates to all those who had already finished - among them being several women, the fastest of whom was Miss L. Mitchell, who took 13 hrs. 45 mins. and was the 24th to finish. This event lacks the competitive element of a long distance fell race, as is shown by the two sets of equal finishes in the results; it is far more a battle against the fells and the clock, and this is emphasized by the boots, long trousers sweaters and rucksacks worn by many competitors, including some of the faster ones.

Paul Spencer-Ellis.

1.P.Walkington	Blackburn	8.51	8.N.Shuttleworth	Bolton	11.34
2.E.Roberts	Kendal	9.11	9.B.Millen	Kendal	11.40
3.M.Walford	Kendal	9.52	10.M.Hudson	Manchester	11.55
4.A.Evans	Kendal	9.56	11.D.Jackson	Kendal	12.07
5.P.Beasley	Kendal	10.48	12.C.Ratcliffe	Rosendale	12.36
6.K.Brooks	Leyland Motors	11.16	13.R.Brewster	Keswick	12.36
7.D.Hone	M/C Assoc.	11.25	14.J.Montagu		12.39

15.M.Williams	12.39	18.W.McLaughlin	13.19
16.P.Lee	12.50	19.H.Pattinson	13.25
17.A.Barber Karabine M.C.	13.12	20.C.Foster Bingley	13.33.

HARDEN MOSS FELL RACE
(2½ miles)

Saturday, 22nd June

The James Blakeley Fell Race, run in conjunction with the Harden Moss Sheepdog Trials, on the moors above Holmfirth, is actually closer to "a very stiff cross-country course" rather than a true fell race, as the present organisers, Holmfirth Harriers, are honest enough to point out on their entry form. The course begins with one lap of the trials field, after which a wall is climbed and a path followed through bracken, sloping gently at first, but quickly developing into a short, sharp descent into a wooded ravine. The terrain here is a bit rough by present-day cross-country standards and there are one or two boggy patches. Some young lads who were posted as course marshals in the vicinity of these bogs were shouting "Chicken!" after those cautious runners who detoured around them.

The stream is crossed in the bottom of the ravine (I believe one runner lost his false teeth down here a couple of years back), followed by a short, steep climb up the opposite bank, above which two laps are made of the old Metham racecourse on a small grassy plateau. The ravine is then once more negotiated, two walls are climbed, and the runners sprint (or stagger) up the trials field to the finish. Not to be compared with short fell races like Latrigg or Burnsall, but a very enjoyable course for all that, whose toughness lies mainly in its speed (at least as far as this reporter is concerned!).

James Blakeley was a good runner with Leeds City A.C. during the 'thirties. A frequent visitor to Holmfirth on business, he presently became a member of the Holme Valley Beagles, whose members eventually persuaded him to found and organise the "fell race" to be run on sheepdog trials day. The winner of the inaugural event in 1937 was G.W. Bailey (Salford) followed by A. Partington (Salford) N. Haigh (Holmfirth) and H. Bray (Slaithwaite). W. Pearson of Leeds succeeded Blakeley as the race organiser till 1969, since when Martin Booth of Holmfirth Harriers has served in this capacity.

the 1974 event was run on a fine, sunny afternoon with a good crowd in attendance. (There were also other sporting events on display, incidentally). Ricky Wilde scored a clear victory by arriving at the finish 42 secs. in front of the second man home, R. Duerden (Sheffield United Harriers), but was 18 secs. outside the elusive 12.37 record established by Peter Watson in 1967. (Ricky afterwards motored up to Brinscall and won the Great Hill race that same evening). P. Goodfellow (City of Stoke) was the fastest veteran, while the first team prize went to host club, Holmfirth, followed by Sheffield and East Cheshire. There were 37 competitors, all of whom completed the course.

Bill Smith

1. R. Wilde	M/C & Dis.	12.55.	4. N. Ward	Bolton	13.53
2. R. Duerden	Sheff Utd. H.	13.37.	5. G. Ellis	Holmfirth	13.54
3. C. Hollingworth	Holmfirth	13.39.	6. G. Jordan	Rochdale	14.11

EILDON HILL RACE

Saturday, 22nd June.

(3½ miles - 1200 ft.)

1. B. Finlayson	Loch	23.28	8. P. Bland	Ken	25.04
2. R. Shields	Clydes	23.54	9. J. Blair-Fish	Belg	25.10
3. R. Asquith	Holm	24.12	10. M. Nicholson	Ken	25.12
4. P. Duffy	Aberd	24.19	11. J. Jardine	Pen	25.19
5. A. Bradley	Holm	24.26	12. J. Marsh	Teviot	25.36
6. R. Tinlin	EAC	24.32	13. B. Tatham	Ken	27.10
7. G. Meikle	Teviot	24.43	14. G. Swan	Ed. Southern	27.20

GREAT HILL RACE

Saturday 22nd June.

(5 miles - 1450 ft.)

1. R. Wilde	M. & D.	31.42	4. R. Harrison	Liverpool	32.37
2. J. Calvert	Black	32.02	5. R. Rawlinson	Ross	32.42
3. J. Norman	Alt.	32.18	6. H. Walker	Black	32.52

LOMONDS OF FIFE HILL RACE

Sunday, 23rd June,

(9½ miles - 2,200 ft.)

This year's route showed a slight alteration in that start in the fields to the west of the West Lomond (1713 ft) the runners went straight to the top of the latter hill before dropping to the 3½ miles plateau which leads to the East Lomond (1349 ft). The return follows the same route except that the descent from West Lomond to the finish is via a very steep grassy slope.

30 runners faced the starter on a warm, breezy day. On reaching the steep ascent to West Lomond, Shields, Tinlin, Edwards and Anderson were at the head of the field, and about 20 secs. covered these four at the summit. On the plateau Bobby Shields and Dick Tinlin opened a gap of about 150 yards, over Anderson, but on the ascent of East Lomond positions began to change dramatically, and at the summit Tinlin was 10 secs. up on Mel Edwards, Roger Bradley, and Bobby Shields. Tinlin and Bradley battled out the return journey along the plateau with the latter opening up a gap on the ascent of West Lomond, which he maintained to come home a clear winner.

MEL EDWARDS

1. A. Bradley	Holm	73.05	11. J. Jardine	Pen	80.45
2. R. Tinlin	EAC	73.40	12. A. Chainey	Ed. Univ	82.18
3. M. Edwards	Aberdeen	74.26	13. B. Tatham	Ken	83.48
4. P. Duffy	Aber	75.05	14. J. Wilson	Cambus	85.10
5. R. Anderson	Cambus	76.05	15. D. Ritchie	Aberdeen	85.35
6. R. Asquith	Holm	76.16	16. I. McNicol	Pitreavie	88.21
7. J. Blair-Fish	Belgrave	76.29	17. H. Kohler	Morpeth	89.00
8. P. Bland	Ken	77.25	18. D. Barratt	R.A.F.	
9. G. Newton	Luton	78.48		Leuchars	90.16
10. C. Jarvie	Loch	80.23	19. R. Shields	Clydesdale	90.19
			20. G. Hearn	Clydesdale	90.40

MUSBURY TOR RELAYS

Sunday 23rd June

1. Blackburn, 2. Rossendale, 3. Manchester & District.
Fastest Laps: R. Rawlinson 8.38, J. Norman 8.54. H. Walker 9.02

CAIRNGORM HILL RACE

Saturday 29th June

(10 miles - 3,084 ft.)

On a day which was ideal for hill running - good visibility, firm going and with a cooling breeze on the mountains, Brian Finlayson, leading for most of the way, emerged a very easy and worthy winner in a time just 47 seconds outside Bobby Shields 1972 record. Second was Geoff Newton of Luton who passed Shields on the descent and third was Shields himself.

By his standards last year and due to a break in training, 1973 was a year of moderate success for

Finlayson, but on this showing at Cairngorm, the old fire and edge would appear to have returned to his running.

For the record, Finlayson reached the top in 45 mins. 31 secs. From the organisation point of view, this race is well nigh perfect.

Duncan Davidson.

1. B. Finlaysom	Lochaber	1.13.34.	11. H. Martin	Dunbarton	1.25.57
2. G. Newton	Luton	1.16.22.	12. J. Jardine	Penicuik	1.26.13
3. R. Shields	Clydesdale	1.16.44	13. M. Cameron	Lochaber	1.27.01
4. R. Tinlin	Edinburgh	1.17.09	14. J. MacPherson	Dunbarton	1.27.41
5. M. Edwards	Aberdeen	1.18.31	15. J. Black	Livingston	1.27.48
6. J. Blair-Fish	Belgrave	1.19.43	16. I. McNichol	Pitreavie	1.29.13
7. R. Campbell	Lochaber	1.19.58	17. B. MacKenzie	R.A.F.	
8. H. Scott	Perth			Lossiemouth	1.30.41
	Strathtay	1.22.00	18. G. Hearn	Clydesdale	1.30.56
9. C. Jarvie	Lochaber	1.25.17	19. D. Barratt	R.A.F.	1.32.11
10. I. McWatt	Dunbarton	1.25.40.	20. A. Riley	Kendal	1.33.15

27 Finishers Team : Lochaber.

ELDWICK FELL RACE

(3½ miles - 500 ft)

Saturday, 29th June,

1. J. Temperton, Airdale.

CLEVELAND POLICE 8½ MILE FELL AND CROSS COUNTRY RACE.

Sunday, 30th June.

1. D. Cannon	Ken	43.35.	4. R. Ingleton	Ports	45.36
2. T. Godolphin	Harro	44.45.	5. B. Pickersgill	Wakef	45.37
3. D. Dixon	Pat	45.35.	6. P. Veitch	Cleve Police	46.01.

MAMORE HILL RACE.

(16 M - 1500 ft.)

Saturday 6th July.

1. P. Dolan	Clydes	1.40.03	4. C. Gaffney		1.46.39
2. A. Partridge	E. Kilbride	1.41.21	5. B. Finlayson	Loch	1.46.50
3. P. Duffy	Aberd	1.46.16	6. J. Wilson	Cambusl.	1.49.45

SKIDDAW FELL RACE

(9 miles - 2,700 ft.)

Sunday 7th July.

Dave Cannon was first to the summit and seemed to have

a good lead on the initial descent to the main ridge, but Jeff Norman caught him on the steep descent of Jenkin Hill and went on to win by 36 secs. His time of 63.46 was, however, 01.16 outside the record established by Cannon last year, though this was no doubt partly due to the Spooney Green Lane diversion. caused by work on the new Keswick by-pass. This was only Cannon's second fell race of the season, incidentally: the previous weekend he had won the Cleveland 8½ mile Fell and Cross Country Race.

Eric Roberts won his third successive veteran's prize in this event by finishing 34th with a time of 75.33 while Walker, Halstead and Calvert formed Blackburn's victorious trio in the team race. There were 3 retirements out of the 102 starters, and 56 qualified for a certificate. getting round inside 80 minutes.

Seven competitors lined up for the Junior Race up Latrigg and the winner was C. Hollingworth of Holmfirth who had finished second last year. He knocked 01.14 off clubmate G. Ellis's record time (1973). It was a sunny afternoon and very warm for the runners.

Bill Smith.

1. J. Norman	Altrincham	63.46	11. J. Calvert	Blackburn	70.07
2. D. Cannon	Kendal	64.22	12. H. Jarratt	Blackpool	70.15
3. M. Weeks	Bingley	66.07	13. A. Buckley	Holmfirth	70.23
4. M. Short	Horwich	66.17	14. V. Duff	Warrington	70.30
5. H. Walker	Blackburn	66.20	15. A. Churchill	Clayton	70.43
6. D. Halstead	Blackburn	69.01	16. T. Ramsden	Holmfirth	70.55
7. G. Ellis	Holmfirth	69.15	17. G. Entwistle	M/C & D	71.19
8. S. Beardsall	Holmfirth	69.25	18. R. Bradley	Gosforth	71.37
9. I. Kellie	Keswick	69.29	19. H. Forrest	Gosforth	71.40
10. P. Howard	Wirral	69.45	20. P. Bland	Kendal	72.01

LATRIGG JUNIOR FELL RACE

1. C. Hollingworth	Holmfirth	17.35.
2. A. Ratcliffe	Rossendale	18.27
3. A. McGee	Keswick	18.39

WASDALE FELL RACE Saturday 13th July. (23 miles - 8,500 ft.)

In this race, Andy Churchill finally fulfilled the great promise he has shown over the past couple of years,

particularly in the 1973 Wasdale and Vaux and the '74 Ennerdale, and not even the fact that Joss was suffering from both his back injury and the effects of his Pennine Way 3 weeks previously, can mar this splendid victory for him. He was, in fact, less than 5 minutes outside Naylor's record time (3.48.55: 1973).

Intermittent low cloud was responsible for two errors in route-finding on Scafell Pike. Jeff Norman, who was lying 3rd at this point, only descended to Mickledore ridge, but Harry Walker, who was in 2nd place here, had the misfortune to drop down into the neighbouring valley of Eskdale. This left Joss Naylor and Dave Halstead to battle it out for 2nd place and Dave got in front, despite having a fall on the steep descent of Lingmell.

Pete Walkington was 5th man home and he and Halstead were biting their nails over the first team prize when Harry Walker, having shown his customary fortitude by getting back on course came racing in just in time to clinch it for them.

Other team prizes went to Clayton-le-Moors "A", Kendal "A" and Clayton "B", while veteran awards were made to Eric Roberts (15th), Alan Heaton (20th), Ken Brooks (23rd), and Tom Sykes (24th). There were also a couple of novelty prizes donated by Eric's wife, Gladys.

The weather was warm and dry, though misty in parts as already mentioned. There were 61 starters out of 89 entries, of whom 6 failed to complete the course.

Bill Smith.

1.A.Churchill	Clayton	3.53.12	11.R.Halenko	Clayton	4 29.34
2.D.Halstead	Blackburn	4.02.34	12.A.Evans	Kendal	4.30.30
3.J.Maylor	Kendal	4.04.45	13.I.Roberts	Colne	4.32.35
4.J.Smith	Bury	4.14.17	14.M.Gilbert	Preston	4.33.44
5.P.Walkington	Blackburn	4.15.49	15.E.Roberts	Kendal	4.35.45.
6.J.Norman	Altrincham	4.16.09	16.P.Hartley	Rosson	4.42.04
7.P.Trainor	Keswick	4.19.15	17.H.Walker	Blackburn	4.43.18
8.A.Shaw	Rochdale	4.24.25	18.W.Smith	Clayton	4.43.22
9.N.Carrington	Sale	4.29.10	19.B.Millen	Kendal	4.44.00
10.H.Blenkinsop	Sale	4.29.29	20.A.Heaton	Clayton	4.44.27

SLIEVE DONARD MOUNTAIN RACE
(8½ miles - 2796 ft.)

Friday, 19th July.

With the prospect of high winds and cloud over the summit 22 runners set about conquering the 2796 ft. mountain. After the early rush over the first half mile along Newcastle Promenade and through Donard Car Park, the race pattern was to unfold. Entering the forest and encountering rising ground, it was Jim Hayes who moved to the front followed by Roy Kernoghan and Alan McKee. These positions were held until the end of the forest. At this point the field split into two groups, one led by Hayes and Kernoghan, taking the more gradual passage and the other led by McKee and Mike Best taking the rather flatter at first, but steeper later approach. The race progressed in this manner until a point approximately quarter of a mile from the summit where the two groups began to file together again. It was McKee who had gained most as he and Hayes met, to continue their way over the top and the first checkpoint. Third at this point was Kernoghan followed by Best and Denis Rankin.

On the descent, which brings the runners onto the coast road two miles from the finish, it was Hayes who forged ahead to emerge three minutes ahead of McKee, the remainder staying in the same positions. So Jim Hayes was faced with the same lonely run for home as he had in the 1973 race, only to be passed with a hundred yards to go by Mike Teer. But Hayes made no mistake this time coming home four minutes ahead of McKee, one minute outside Aiden McCorry's 1970 record. A team race may be included next year.

JIM HAYES

1. J. Hayes	Ballydrain	1.14.00	7. P. Grant	Newcastle
2. A. McKee	Annadale	1.18.00	8. M. Baxter	Lisnagarvey
3. M. Best	Annadale	1.24.00	9. S. McArthur	Annadale
4. R. Kernoghan	N. Belfast	1.24.30	10. J. Taylor	Portadown
5. D. Rankin	Irish M.C.	1.25.30	11. A. McAleer	Ballydrain
6. P. Younger	9th Old Boys	1.25.30	12. G. Geddis	Ballydrain

BENS OF JURA FELL RACE.
(16 miles - 7500ft.)

Saturday 20th July.

1. B. Finlayson	Loch	3.29.22	6. D. Payne	Bury	4.14.40
2. J. Smith	Bury	3.40.30	7. A. Scott	Loch	4.31.22
3. M. Weeks	Bing	3.50.12	8. J. Marstrand	Loch	4.37.07
4. P. Bland	Ken	3.51.32	9. J. Blair-Fish	Loch	4.39.49
5. D. Booth	Thames & H.	3.58.40	10. I. Clarkson	Roch	4.43.34

KINNISIDE FELL RACE
(8½ miles - 2400 ft.)

Saturday 20th July.

This new event, which will become an annual one, is part of the Cleator Moor Sports; there were two junior fell races - enter on the day, and the senior event replaced the old professional race, which has been dropped due to lack of support. "Distance 7½ miles" was clearly stated on the race map, but this was distance as the crow flies and 8½ miles must be near the true mark. There are 4 checkpoints, and the route from the start to the first one (Kinniside Cop) and from the last one (Long Barrow) to the finish was flagged, but for the rest of the way, runners were free to choose their own paths, and many took widely varying routes. There are five climbs in all, none of them are very big, but they add up to 2400 ft. and there are also two large marshes to cross or avoid, and several streams to cross.

The race was won by Dave Halstead, of Blackburn Harriers, who was always up near the front, and who eventually won by almost a minute from Ian Kellie who caught Joss Naylor on the flat after the last descent. Kendal took the first team prize and the first veteran was Eric Roberts,

Congratulations must go to Joe Eden, the race organiser, for providing a fell race with plenty of climbing, even if it is split up, and which offers plenty of opportunities for route finding. Incidentally, the race was sponsored by Mathew Brown's Brewery, and each competitor received six bottles of I.P.A. after the race - an incentive for any runner.

Lancs Fire

Paul Spencer-Ellis.

1.D.Halstead	Brigade	1.08.43	11.K.Cartmel	Kes	1.17.30.
2.I.Kellie	Kes	1.09.36	12.M.McGill	Amble	1.17.35.
3.J.Naylor	Ken	1.09.54	13.E.Roberts	Ken	1.18.13.
4.A.Churchill	Clayt	1.10.30	14.J.North	Clayt	1.18.32.
5.H.Jarrett	B'pool	1.11.24	15.R.Halenko	Clayt	1.18.35.
6.P.Walkington	B'burn	1.14.12	16.P.Spencer-	Keswick	1.18.49
7.M.Nicholson	Ken	1.14.58	17.W.Miller	Kendal	1.18.58
8.P.Trainor	Kes	1.15.14	18.A.Riley	Kendal	1.25.45.
9.D.Hughes	Ken	1.15.43	19.A.Evans	Kendal	1.25.55.
10.J.Offley	Thames Valley	1.17.18	20.R.Mitchell	Amble Side	1.25.55.

INGLEBOROUGH FELL RACE.
(8 miles - 2300 ft.)

Saturday 20th July.

- 1. H. Walker Blackburn 47.46
- 2. M. Short Horw 48.44
- 3. W.Cooper M. & D. 48. 53

HALF NEVIS RACE
(5/6 miles - 2200 ft.)

Saturday, 27th July.

- 1.B.Finlayson Loch 51.49
- 2.D.Halstead B'burn 53.14
- 3.R.Campbell Loch 54.30
- 4.J.Norman Alt 55.01
- 5.R.Shields Clydes 55.04
- 6.J.Jardine Pen 55.55.
- 7.M.Nicholson Ken 56.04
- 8.C.Jarvie Loch 52.26

CREAG DHUBH HILL RACE
(3 miles - 1223 ft)

Saturday 3rd August.

In the fine conditions, a large crowdwatched this year's Newtonmore Highland Games, which incorporated the Creag Dhubb Hill Race. From the games field, wedged between the A9 and the A.86, the spectators can follow most of the runners route after they leave the field, cross the River Calder and emerge from a small wood to the west of the ridge.

The 8 white horses and their riders who mark the ascent, reached their positions and the 'read' signal to the official was given. Most of the runners hoped that they weren't going to have such an off day as the starter's gun, but after a verbal "GO" and much interchanging of positions Martin Weeks was at the front of the field and opening an ever increasing gap. The leading runners chose diverse routes to the cairn on the ridge, the ascent being mostly heather covered after the initial narrow path. On the descent chasing Weeks, Brian Finlayson and Ray Rawlinson opened a considerable gap on the next bunch, but couldn't catch the Bingley runner who completed the lap of the track before an appreciative crowd, and gained a course record by almost a minute into the bargain.

MEL EDWARDS.

- 1.M.Weeks Bingley 26.20 (Record)
- 2.B. Finlayson Lochaber 26.59
- 3.B.Rawlinson Rossen 27.23
- 4.G.Ellis Holmfirth 28.19.
- 5.A.Scott Lochaber 28.48
- 6.J.Norman Altrin 29.00
- 7.R.BradleyHolmfirth 29.00
- 8.M.Edwards Aberdeen 29.12
- 9.R.Shields Clydesdale 29.46

10.R.Paton	Dumbarton	29.53	16.E.McEvoy	Lochaber	31.25
11.J.Jardine	Penicuik	29.58	17.M.Armitage	Holmfirth	31.28
12.C.Jarvie	Lochaber	30.13	18.A.Robertson	Edinburgh	31.38
13.S.Beardsall	Holmfirth	30.24	19.J.McWatt	Dumbarton	32.14
14.M.Davis	Badenoch	30.35	20.B.McKenzie	RAF Lossiemouth	32.20
15.M.Scott	Forres	31.23			

LATRIGG FELL RACE

Sunday 4th August.

(3 miles - 1203 ft.)

1.H.Walker	B'Burn	17.04.	11.R.Belk	Ken	18.36
2.M.Weeks	Bing	17.12.	12.P.Hartley	Ross	18.37
3.M.Short	Horw	17.33.	13.M.Nicholson	Ken	18.49
4.W.Cooper	M & D	17.44.	14.B.Genson	Lancaster	
5.H.Jarrett	B'pool	17.54.		& M.	18.54
6.D.Halstead	B'burn	18.00.	15.G.Entwhistle	M. & D.	19.07
7.G.Dugdale	Thames H&H	18.01.	16.J.Norman	Alt	19.13
8.P.Bland	Ken	18.19.	17.A.McGee	Kes	19.15
9.R.Hill	Bolton	18.25.	18.H.Martin	Dumb	19.27
10.R.Rawlinson	Ross	18.33.	19.J.Smith	Bury	19.29
			20.M.Gilbert	Prest	19.34

"DOON THE BEN" (NEVIS) RACE.

Sunday, 4th August.

1.J.Jardine	Pen	23.30.	3.E.Campbell	Loch	27.06
2.R.Shields	Clydes	26.41.			

BERWICK LAW RACE.

Wednesday, 7th August

(3 miles - 613 ft.)

1.D.Knowles	Edin A.C.	18.30	5.S.Beardsall	Holm	19.21.
2.G.Ellis	Holm	18.36	6.G.Skinner	Cambuslang	19.23.
3.C.Hollingworth	Holm	19.11			
4.D.Forbes	E.A.C.	19.17			

BORROWDALE FELL RACE.

Sunday, 11th August.

(15/16 miles)

1.D.Halstead	B'burn	3.05.07	9.P.Trainer	Kes	3.21.25.
2.A.Churchill	Clayt	3.12.22	10.J.Smith	Bury	3.21.33.
3.M.Short	Horw	3.13.37	11.H.Blenkinsop	Ken	3.22.28
4.M.Nicholson	Ken	3.17.04	12.D.Booth	Thames	3.26.33
5.D.Weir	Sale	3.19.43	13.R.Jackson	Sale	3.29.31
6.P.Hartley	Ross	3.20.40.	14.A.Shaw	Roch	3.29.48
7.J.North	Clayt	3.21.12	15.E.Roberts	Ken	3.30.15
8.P.Bland	Ken	3.21.19	16.R.Futrell	Unattached	3.33.58

17.R.Halenko Clayt 3.36.59.19.B.Millen Ken 3.42.18
 18.V.Duff Warrington 3.36.59.20.N.Heaton Bolt 3.42.32.

BARNOLDSWICK FELL RACE Saturday 18th August.

The race was once again blessed with fine weather. There was a record number of 151 starters. Unfortunately the winner for the last two years, Bob Morrison of Airedale and Spen Valley A.C., was unable to compete through injury but the honour was kept in the club by his team mate John Temperton.

In Second place as last year was Alan Blinston of Altrincham. Third man Dave Cannon of Kendal says that he is now running in Fell Races just for fun, but he looked serious enough as he finished strongly.

John Temperton was also first at the summit but second man to the top, Steve Kenyon slipped to fourth at the finish.

The winning time was 38 seconds slower than last year's record, as usual several thousand people watched the race, either en route, or at the finish alongside the Fosters Arms.

1.J.Temperton Airedale & Spen Vall.	27.28	4.S.Kenyon Bolton	27.52.
2.A.Blinston Altrincham	27.40	5.A.Spence Bingley	28.01.
3.D.Cannon Kendal AC.	27.45.	6.C.Robinson Rochdale	28.03.

1. Veteran A. Hughes	Rochdale	31.27
2. " G.B. Spink	Bingley	31.50.
3. " K.Smith	Clayton-le-moors	32.26
Over 50 Veteran N. Ashcroft	Sutton H.	37.40.

BURNSALL FELL RACE. Saturday, 24th August.
 (1 $\frac{3}{4}$ miles - 1350 ft.)

Rain threatened several time, but little fell. Runners warming up reported that the steep path was greasy and tricky.

A larger group of spectators than usual augmented by a big group of school children festooned the summit.

Inevitably the powerful Harry Walker led the runners up the fields, followed by R.P. Duerden and Andy Styan both relatively new faces to the Fell Running fraternity.

In the last few strides before the summit, R. Duerden forced himself ahead and just pipped H.Walker, but the effort had sapped his strength and he fell back. Martin Weeks last year's winner was not quite so impressive mainly due to a fall early on.

Meanwhile, Harry was bounding over the edge of the escarpment with a seemingly unassailable lead which he still held going down the big field. Suddenly Andy Styan appeared on the scene slowly cutting down the lead, going in front at the gate to the lane and pulling away at speed to win comfortably. The time was slower than last year, no doubt Dalzell's ghost breathed a sigh of relief.

Ben Redfearn.

1.A.Styan	Holm	13.21.	11.A.Hitchen	Wakef.	14.55
2.H.Walker	B'burn	13.26.	12.C.Hollingworth	Holm	15.01
3.M.Weeks	Bino	13.40.	13.A.Parkinson	ASV	15.04
4.A.Buckley	Holm	13.44.	14.V.Duff	Warr	15.13
5.R.Rawlinson	Ross	13.45.	15.P.Bland	Ken	15.14
6.D.Halstead	B'burn	14.19.	16.D.Hodgson	Leeds	15.17
7.J.Norman	Alt	14.45.	17.A.Harmer	Portsm'th	15.27
8.M.Nicholson	Ken	14.51.	18.R.Duerden	Sheff Un.	15.32
9.J.Irwin	Bing	14.53.	19.D.Waller	Ross	15.38
10.B.Baistow	Clayt	14.54.	20.D.Hall	Bram	15.40

DALES JUNIOR RACE.

1.B.Robinson	Ken	6.47.	2.E.Walsh	Bing	6.54.
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MEALL AN T-SUIDHE FELL RACE.

Saturday, 24th August.

(5 miles - 2300 ft.)

1.C.Jarvie	Loch	34.00	5.N.Chisolm	?
2.R.Camobell	Loch		6.F.Bias	?
3.G.Skinner	Cambus		7.E.Campbell	Loch
4.J.Anderson	Cambus	(?)		

ACHMONY HILL RACE (GLENURQUHART)

Saturday, 31st August

1.G.Entwhistle	M & D	20.13.	4.J.Jardine	Pen	21.13.
2.C.Jarvie	Loch	20.30	5.J.Blair-Fish	Loch	21.33
3.A.Scott	Loch	20.35.	6.I.McKenzie	Forres	22.00.

PENDLETON FELL RACE

Saturday 31st August.

(3½ miles - 800 ft.)

1.M.Weeks	Bing	21.42.	8.A.Baistow	Clayt	23.25.
2.H.Walker	B'burn	21.56.	9.G.Woodburn	B'burn	23.36
3.W.Cooper	M. & D.	21.59.	10.D.Ratcliffe	Ross	24.05
4.J.Norman	Alt	22.25.	11.D.Farwell	M.&D.	24.23
5.I.Partington	Ross	22.56.	12.D.Waller	Ross	24.46
6.H.Jarrett	B'pool	23.10	13.V.Duff	Unattached	24.47
7.A.Burch	B'burn	23.13.	14.P.Weatherhead	Wirral	24.56

BARBON FELL RACE.

Saturday, 31st August.

1.R.Rawlinson	Ross	17.18.	8.D.Spencer	Barrow	18.37
2.D.Halstead	Lapcs	17.20.	9.B.Gemson	Lanc & M.	18.38
3.R.Belk	Keh	17.55.	10.B.Thompson	Pilking	19.03.
4.M.Nicholson	Ken	18.10.	11.R.Shields	Lanc & M.	19.10.
5.A.Harmer	Ports	18.15.	12.K.Cartmel	Kes	19.34.
6.J.Todd	ASV	18.18.	13.J.Carroll	Pilk H	19.38
7.A.McGee	Kes	18.28.	14.S.Cox	Kes	19.50.

VAUX MOUNTAIN TRIAL

Sunday, 15th September.

(15/20 miles - 10/12000 ft)

1.J.Naylor	Ken	3.43.50	11.D.Hartley	Ed.S.O.C.	4.35.30
2.P.Walkington	B'burn	4.06.58	12.W.Smith	Clayt	4.37.00.
3.A.Walker	Ken	4.07.14	13.I.Roberts	Holm	4.39.40
4.N.Carrington	Sale	4.07.50	14.M.Hayes	Comb.Harv.	4.41.00
5.H.Walker	B'burn	4.09.48	15.A.Farnell	Notts O.C.	4.42.00
6.A.Churchill	Clayt	4.11.05	16.J.Norman	Alt.	4.43.30
7.P.Trainor	Kes	4.26.00	17.R.Astles	Amblesl.	4.44.10
8.E.Roberts	Ken	4.28.20	18.D.Weir	Sale	4.45.40
9.M.Short	Horw.	4.33.25	19.C.Brad	Oct.Drbrs.	4.48.12
10.H.Blenkinsop	Ken	4.34.40	20.W.Gauld	Ed.So.O.C.	4.51.50

ROSSENDALE FELLOWS RACE

Sunday, 15th September.

(9 miles - 2000 ft.)

1.C.Robinson	Roch	61.58	8.B.Gemson	Lancs & M	64.22.
2.A.Buckley	Holm	62.20	9.R.Rawlinson	Ross	64.46
3.W.Cooper	M. & D.	62.27	10.G.Ellis	Holm	65.09
4.J.Waterhouse	Bing.	62.32.	11.J.Calvert	B'burn	65.39
5.R.Morris	Winsford	62.57	12.V.Regan	Bolt	65.57
6.R.Wilde	M. & D.	63.18	13.S.Breckell	B'burn	65.57
7.I.Partington	Ross	63.59	14.G.Jordan	Roch	66.21.

ROSSENDALE JUNIOR RACE.

1.C.Smith	Leic.	11.55.	2.B.Robinson	Ken.	11.57.
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LANGDALE FELL RACE.
(16 miles)

Saturday, 21st September.

1.M.Short.	Horw.	2.10.27	11.M.Weeks	Bing	2.23.45
2.J.Naylor	Ken	2.10.44	12.P.Walkington	B'burn	2.24.18
3.R.Shields	Ken	2.13.15	13.N.Carrington	Sale	2.24.22
4.M.Nicholson	Ken	2.14.04	14.H.Blenkinsop	Ken	2.24.44
5.H.Walker	B'burn	2.16.41	15.D.Beresford	Clayt	2.27.15
6.R.Belk	Ken	2.18.38	16.D.Lamond	Lakehead	2.28.30
7.A.Churchill	Clayt	2.19.55	17.A.Evans	Ken	2.31.04
8.J.Norman	Alt	2.20.56	18.A.Shaw	Roch.	2.31.58
9.D.Hartley	E.Kilbr.	2.20.59	19.D.Wade	Coventry	2.32.17
10.J.North	Clayt.	2.22.43	20.D.Waller	Ross	2.32.32

THIEVELEY PIKE RACE.
(3½ miles - 850 ft.)

Saturday 28th September.

1.H.Walker	B'burn	20.15	11.B.Gemson	L. & M.	22.10
2.M.Weeks	Bing	20.39	12.A.Styan	Holm	22.29
3.J.Norman	Alt	20.59	13.P.Hartley	Ross	22.35
4.M.Short	Horw	21.12	14.A.Harmer	Ports	22.45
5.R.Rawlinson	Ross	21.19	15.M.Nicholson	Ken	22.47
6.B.Finlayson	Loch	21.34	16.W.Padgett	Bing	22.48
7.A.Buckley	Holm	21.35	17.D.Ratcliffe	Ross	22.48
8.J.Calvert	B'burn	22.05	18.J.Irwin	Bing	22.56
9.W.Cooper	M. & D.	22.08	19.R.Wilde	M. & D.	22.57
10.M.Seddon	Holm.	22.09	20.S.Breckell	B'burn	23.02

KNOCKFARREL ROAD AND HILL RACE. Saturday 28th September.

1.S.Keith	Aberdeen	36.16	4.E.McEvoy	Loch	37.35
2.M.Edwards	Aberdeen	37.01	5.A.McRae	Loch	38.00
3.I.McKenzie	Forres	37.21.	6.D.McLean	Forres	38.07

TWO DAY - TWO MAN MOUNTAIN MARATHON. Saturday / Sunday
5/6 October.

Elite Class.

1. Stig Berge	- Harry Walker	10.22.53
2. Eric Roberts	- Derek Hartley	11.39.57
3. Geoff Peck	- Tom Lunne	11.46.06
4. David Rosen	- Alistair Wood	12.05.57
5. Joss Naylor	- Pete Walkington	12.11.50
6. Mike Kelly	- Mike Walford	12.13.28

Standard -A- Class.

- | | | | |
|----------------------|---|---------------|-----------|
| 1. John North | - | Roman Halenko | 10.19.50 |
| 2. Joe Sheriff | - | Roy Morris | 10.39.20 |
| 3. Jonathan Williams | - | Tony Farnell | 10.40.39. |

Standard -B- Class.

- | | | | |
|------------------|---|----------------|---------|
| 1. Peter Booth | - | Peter Surfleet | 8.47.50 |
| 2. Geoff Newton | - | William Jones | 9.10.50 |
| 3. Eric Mitchell | - | Martin Hudson | 9.44.30 |

THREE TOWERS RACE
(20 miles - 2640 ft.)

Sunday 20th October

- | | | | | | |
|----------------|-------|----------|------------------|----------|---------|
| 1. J. Norman | Alt | 1.58.23. | 6. P. Walkington | B'burn | 2.11.39 |
| 2. C. Robinson | Roch | 2.05.21 | 7. I. Partington | Ross | 2.12.20 |
| 3. M. Short | Horw | 2.05.34 | 8. M. McCausland | Pilk. H. | 2.12.47 |
| 4. R. Edwards | Leics | 2.07.22 | 9. G. Rhodes | Staff | 2.13.04 |
| 5. D. Attwell | Alt | 2.09.25 | 10. D. Weir. | Sale | 2.13.14 |

GALE FELL RACE.

Sunday, 27th October.

- | | |
|----------------|-------------|
| 1. G. Jordan | Rochdale. |
| 2. C. Robinson | Rochdale |
| 3. J. Norman | Altrincham. |

HIGH PEAK MARATHON

Sat/Sun 8/9 November

- | | | | |
|---------------------------------------|----------------|--------------------|---------------|
| 1. Rucksack Club | 11hrs. 48mins. | 4. Mitchell & Co. | 14hrs. 53mins |
| 2. Peak Walkers | 12 " 57 " | 5. Clayton-le-Moor | 16 " 44 " |
| 3. About Average
(Rossendale A.C.) | 14. " 17 " | 6. Ageing Trendies | 19. " 21 " |

MARSDEN-EDALE TROG

Sunday, 8th December.

This is a classic route attacked regularly by the Rucksack Club. There was also an organised race in the 1930's, discontinued after a competitor died on Bleaklow. Any tough Winter fell race carries this risk, so that the organisers vetted entries and insisted on compass, map, whistle, torch, food, cagoule, over trousers, and ample clothing. The intermediate checkpoints were at Crowden Y.H.A., the Snake Inn and Black Hill. Competitors were spurred on by a magnificent pile of roast chicken awaiting them at Edale. The unpredictability of the weather will always give this race a distinct flavour - gales, fog, snowdrifts and mud are the major hazards.

It is possible to lose 5,10 or 15 minutes in the maze of peat channels.

The arrangements of the organiser, Bryan Stokes, were flawless, and the presentations by his co-sponsor Mike Harper, of the "Gourmet Chicken". most generous. The winner was M. Hayes, of Combined Harvesters in a time 3 hrs. 29 mins. inside Chris Brad's 1973 record of 3 hrs. 40 mins. Second was John North and third Dennis Weir.

In honour of Mike Harper's support, the event is to be run annually and named the "GOURMET GALLOP". Details of 1973 event supplied by Mike Hayes.

- 1. M. Hayes Combined Harvesters 3hrs. 29 mins
- 2. J. North Clayton 3." 43 "
- 3. D. Weir Sale ? ?

WANSFELL RACE Saturday, 28th December.
(3 miles - 1300 ft.)

The inaugural race took place in December, 1973, in which 18 runners competed. Ricky Wilde of Manchester and Dist. won in a time of 22 mins 58 secs. From the Salutation Hotel, Ambleside, the course follows the road, climbing past woodland and onto a rough farm road for a short way before climbing onto the fell proper. The return from Wansfell Pike is the same way, with a breathtaking run down the fell. The 1974 race attracted 64 runners.

- 1.H.Jarrett Blackpool 21.46 6.P.Leviston Barrow 23.38
- 2.H.Walker Blackburn 22.02 7.G.Skinner Loch 23.40
- 3.B.Gemson Lancaster 22.14 8.P.Howard Wirral 23.44
- 4.D.Spencer Barrow 23.04 9.M.McGill Ambleside 23.46
- 5.D.Bland Keswick 23.26 10.C.Tidmarsh Kendal 23.48.

A.McGee won the Youths (Under 18) Race in 14.26
J.Stott won the Boys (Under 15) Race in 14.49

Many thanks to Ambleside A.C. who organised the above race ("probably the toughest short race in the Calendar") and a very enjoyable "pack run" round the Troutbeck Horseshoe on Sunday morning, supported by about 20 runners.

OVERSEAS RACES.PIKES PEAK (COLORADO, U.S.A.) RACE 1974.

Four RAF runners took part in the 19th annual running of the Pikes Peak Mountain Marathon on Sunday 11th August. They were Roy Bulley and Alan Lamb from RAF Scampton, Terry Lewis from RAF Binbrook and Brian Jeffs from RAF Wyton.

Pikes Peak is 14,110' high and situated 15 miles west of Colorado Springs in the State of Colorado.

The race starts at the Manitou Spring Cog Railway Depot, 6,500' above mean sea level. From the start the route climbs very steeply for three miles rising to 9,000' above sea level. The next six miles, undulates through forests rising about 500' in altitude. The final 4 miles to the summit rises steeply. The route then follows the same way back to Manitou Springs. Total distance covered is 26.8 miles and height climbed 7,500 ft.

This year's race started at 7.30.a.m. with the temperature about 65°F. in clear skies. A cool wind was blowing on the upper slopes which brought the summit temperature down to about 40°F. However, as the runners returned from the summit the temperature on the lower slopes was up to about 85 - 90°F. in the burning sun.

The winner this year was Richard Trujillo of Duray who broke his year old record at 3 hrs. 39.mins.46 secs. with a time of 3: 36: 40. The performances of the British Runners were as follows :

19.	Terry Lewis	4: 40	39	Brian Jeffs	5: 01
21	Roy Bulley	4: 43	63	Brian Reynolds	5: 43
38	Alan Lamb	5: 00		(Working in USA)	

300 runners took part in this year's race including women, children and veterans.

The race is normally held on the second Sunday in August.

The Race organiser is Rudy Fahl, 2400 West Colorado Ave: Colorado Springs, Colorado, U.S.A. This year the entry fee was 3 dollars and the closing date was Sat. August 10th.

Alan Lamb

SIERRE-ZINAL FELL RACE, SWITZERLAND. Sunday 11th August,
(17 miles - 6000 ft.)

1.E.Hauser	Switzerland	2.38.14	6.R.Wheren	Switzer.	2.56.57
2.G.Roelants	Belgium	2.45.21	7.D.Evans	G.B.	3.02.29
3.H.Walker	G.Britain	2.51.51.	8.J.Naylor	G.B.	3.02.50
4.J.F.Barbier	France	2.55.08	9.F.Kohler	AL	3.04.22
5.J.Norman	G.Britain	2.55.57	10.B.Crottaz	Sierre	3.06.06
			23.P.Walkinton	G.B.	3.12.24

72 Runners Competed.

Team Prize won by The Fell Runners' Association (Walker, Norman, Naylor and Walkington).

* "BILL SMITH'S PROLIFIC PEN". *

Several excellent articles written by Bill Smith have recently appeared in various magazines. One article which describes Harry Walker's performances in 1973 appeared in the 14th December, 1974, issue of Athletic's Weekly. The December 1974 issue of Climber & Rambler contained an article describing recent attempts made at the Lakeland 24 Hour Fell Record. A very interesting 17 page article entitled "The Fell Runners' Ultimate", or (Some Further Notes on the Bob Graham Round) describes Bill's own experiences in tackling the 42 Lake District Peaks Circuit. This would have been included in the present magazine, but for the backlog of results etc.

Watch out for Bill's "Review of the 1974 Fell Racing Season" shortly to appear in Athletics Weekly. Among his articles scheduled for 1975, are "Fell Racing 1974: A Review of the Seasons Highlights" (Climber and Rambler, March); "Brian Finlayson - Ace Hill runner of 1974" (Athletics in Scotland); "Amateur Fell Racing in Lakeland" (Cumbria); "Stud Marks on the Pennines" (Dalesman); and Joss Naylor's Favourite Course" (Climber and Rambler). Incidentally, Bill Smith and Bill Millen have the fastest recorded time for the 42 Lakeland Peaks - 20 hours 38 minutes.

STOP PRESS

We've got it out of him at last! After much persuasion and a "flea in his ear" from Sheila, Harry Walker finally handed over a written account of his experiences in the Two Day event in October (see Results elsewhere). The report, which reveals some of Harry's secrets - "Rise and Shine" etc., has been well worth waiting for.

A REPORT ON THE KARRIMOR TWO-DAY, TWO-MAN MOUNTAIN MARATHON.

By: Harry Walker.

5th and 6th October, 1974.

I had competed in the 1973 event partnered by David Halstead but we retired on the second morning after a very wet night, feeling deflated and disheartened.

We were determined to do better the following year, and plans were made accordingly. A couple of weeks before the race, however, David was asked to compete for the Fire Brigade in a relay race from London to Edinburgh, which would be completed the day before the Karrimor event.

Meanwhile, Stig Berge, World Orienteer Champion in 1970, and winner of the Karrimor race in 1972, and 73, (when partnered by Carl Martin Larsen) was lacking a partner. Carl was unable to come this year to compete.

Also whilst David was competing in the relay, he realized that he was going to be too tired to compete in the two day that weekend. Stig and I were both partnerless, so Gerry Charnley arranged for us to do the race together, and that's how it all came about.

I was very honoured and excited at the prospects of partnering such a fine athlete.

I travelled up to Kirk Yetholm on the Friday evening with the Osborn family. We stayed in a very nice guest house there. Before the evening meal, I went for a 3 mile run, to relax after the journey. I ate as much as I could that evening, to stoke up for the week end ahead. Later that evening I met Stig Berge in the Border Hotel where he was staying. I was apprehensive at meeting him and wanted to get a pint in first, but I was pushed into it by my friends.

I don't know what he had been told about me, but he seemed a little surprised when introduced to me! I suppose that will remain a secret. We immediately began to make plans for the next day, and we got on very well.

He then went for a meal and I took the opportunity of having another couple of pints and chatting with friends who were arriving. One or two people said that I'd never keep up with him, but I didn't have any worries about that. After Stig came back, he took to his room to see his equipment. It was fantastic! The tent weighed 3 lbs altogether, He asked if mine was better and would I rather take that. I said that as mine weighed $7\frac{1}{2}$ lbs. that I thought his was the best. We used most of his equipment. His sleeping bag weighed less than 2 lbs. We took one spoon each and ate and drank out of one pan. The fuel was liquid, but I think our fuel blocks are as good. This was the only part of my equipment which I thought was anywhere near as good as his. The food was Norwegian Army Rations It was powdered stuff in a sachet. Water was added and then boiled. It looked like thick porridge and tasted like mushrooms. It had 400 calories per sachet. It was quite good. Stig also took Ryvita and salami and honey sandwiches, packed ready to eat. We took Rise and Shine to drink which I provided, and Stig enjoyed.

By now it was 10 p.m. and time to be in bed.

Saturday : Race Day.

I was treated like a star, and picked up at an appointed place at 7.30.a.m. by a man in a jaguar. I was taken to Hethpool where I met Stig. At the assembly point I messed about with my rucksac whilst Stig did all the hard work and map preparations.

We set off at 8.30.a.m. It was a cool clear day and conditions were good. We ran along the road for 3000 metres before getting the Check Point map references. Stig hurriedly wrote them down and we wound our way to check point 1, with Joss Naylor, and Pete Walkington, Jeff Norman and Mike Short.

They were watching every move Stig made and were following easily. Stig told me to take it easy and just let them follow.

From the Re-entrant (Check Point 2) to Little Dodd we came

across some mud ditches about 5 ft. deep. These were for Forestry Commission Planting. Stig crossed these at great speed and left me nearly 50 yards behind. Joss was 10 yards behind me, and the others were falling back. There was a long downhill section where we dropped the others. Then across a stream, up a steep hill and on to open moorland. From the top of Little Dodd (Check Point 3) we could see the others. Stig calculated that we were about 8-10 minutes in front.

We got to Sing Moor (Check Point 4) with little trouble. Just after this we stopped for a drink. It was now about 12 noon and we had covered about 20 miles, and were feeling a bit tired. We put our rucksacs down and sat and had a welcome drink. As we were about to set off, we could see the other four too near for our comfort. We set off at great speed, down a banking and straight onto Check Point 5. A fantastic piece of navigation by Stig. Just after Check Point 5, we met the chap who was going to man it. He hadn't arrived when we got there, but the clippers were there so we punched our card and were on our way.

We set off on a long track which seemed to go on for ever. We thought the others were close behind and we were pushing it hard. We crossed, several fords. Stig was concentrating like mad on his map reading. It was easy for me. All I had to do was follow. The going became more difficult with trees and bracken and Stig came into his own. He was very good at picking his way over rough country. By now we couldn't see anyone following, so we thought we'd got away.

We got to the Pennine Way sign and Stig said we'd only a mile to go to the camp. Immediately we'd said this we saw the camp in the valley bottom. We were the first to arrive, in a time of 5 hrs. 25 mins. 15 secs.

After getting our card punched, we took off our wet clothes and changed. We then put back our windproof garments, to stay warm. We then put up the tent. I was surprised at how roomy it was. Stig began to relax and for the first time he seemed very happy. After $\frac{1}{4}$ hour he was over the moon and said it was a smash! We then made our meal. The porridge type food described earlier and a 'Rise and Shine' each. We then lay down in the tent for a while.

Almost an hour after us, Eric Roberts and Derek Hartley arrived in 6; 23; 45, and we realized that the others must have got lost. We watched everyone drift in, and we were thankful that we'd finished. There were some funny incidents one of them was watching George Rhodes making tent poles out of canes after he and his partner Donald Talbot had forgotten theirs. I filled up my carbohydrate store by eating sweets nearly allevening, but Stig wouldn't eat any. About 8.30.p.m. we had another meal and retired. I slept fairly well, but Stig said he slept very little.

Sunday, Day 2.

At 6.30.a.m. the bell rang and we were ready for getting up. We made breakfast straight away and packed up. At 7.25.a.m. we had another drink and took the tent down. We were ready to set off with a minute to spare at 7.30.a.m. We were tired and aching, but felt strong.

As we climbed out of the valley, we were well down on the rest of the field, but we managed to reach Check Point 1 first, with Joss and Pete hard on our heels. Stig said to take it easy. I think I'd rushed this section too much. Climbing up to Check Point 2 was very tough and steep, and Joss and Pete arrived there first cheerful as always! From Check Point 2 to 3, we got away from them. When we got to Number 3, however, Derek and Eric, Geoff Peck and Tom Lunne, and Alistair Wood and David Rosen were already through. Finding this out, we stopped and had something to eat and drink. We were both tired and stopped for about 5 minutes. The weather was cloudy and overcast. As we set off to find Check Point 4, it began to rain hard. We arrived there in 4th place again, 4 minutes down on the leaders. We decided to make our way to Check Point 6 a different way to all the others, keeping low in the valley. We were really moving well now. Perhaps the drink had done us good! We passed through some foresty and the going was tough, but level or downhill rather than uphill. We came to the bottom of a steep hill which reminded me of Saddleback. We could see a few pairs of runners on the breast of the hill, in a better position than we were. Going up the hill we were pushing it hard. We dropped down to far for the last checkpoint and had to consult the map again. We found the Check Point and to our delight, we were first there.

We had 3 miles to go. As we ran from the Check Point Joss and Pete were about 3-4 minutes behind. We started up the next rise and could see that they were closing in fast on us. Just before we hit the road, 3000 metres from the finish, Stig started to feel dizzy. I got out some emergency rations and by this time they were $\frac{1}{4}$ mile behind. We were jogging and walking on the road. Although we knew we'd win the event, we thought that they'd beat us to the camp as they were going much stronger than we were.

The feeling when I saw the Headquarters before us was unbelievable. We had kept the wolves at bay and won by 50 yards.

In the changing rooms, Stig had some whisky which we drank to celebrate. The second day had been very exciting. We had our gear checked and then got our stiff, aching bodies changed. We sat in the changing rooms talking whilst the others piled in.

At the prize giving, Stig would not take the trophy back to Norway as it was too heavy. So I'm now the holder of the Karrimor Two Day Mountain Marathon Trophy and I can't even read a map!

I doubt if I'll ever win this event again, unless partnered by Stig. It was a week end I'll never forget, a fantastic experience. His ability to run as he does and orienteer as he does and get to the correct place is beyond me. He's a remarkable chap!

For the scie reason of economy we have regretably have had to delay publication of a number of excellent articles of general interest. Most of these will appear in a separate magazine later in the year. We would like to thank all the contributors of Reports for this Results Edition, and in particular Press Officer Bill Smith, and Arthur Steel whose secretary, Audrey, typed 84 pages in preparation for a "monster" edition which, unfortunately, had to be split into two parts at the last minute.