

THE FELL RUNNER

SPRING 1978



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The Fell Runner's Association

T H E

F E L L R U N N E R

The magazine for Fell and Mountain Runners and all who are
interested in the sport.

ELEVENTH ISSUE - MAY 1978

Editorial.

Another A.G.M. has been and gone and with it a decision to set up a development sub-committee to enter into negotiation with the A.A.A.'s on a code of practice for fell running. This motion defeated the alternative proposal to become independent, with the F.R.A. as the governing body of the sport. Our sub-committee charged with this task will, presumably, report its progress to the committee from time to time and eventually to the A.G.M., possibly in April 1979. The A.A.A.'s have recently amended their 'rules for competition' to include 'Fell and Hill running' as a section of athletics as from April 1st this year, but, as far as I am aware, have not detailed any specific rules for competition etc. These rules are the essential business that our sub-committee must have a strong influence on.

While the sub-committee gets on with this task quietly in the background we are already well into another active season with more new events, increased entries and the women firmly established on the scene. All this puts more work on your committee, event organisers, mountain rescue etc. We should make it our business as competitors or spectators to conduct ourselves in a fitting manner. Politeness and thanks cost nothing and are much valued by those who work hard for our sporting pleasure. It is also our duty to improve our navigational skills and pay attention to equipment and other aspects of safety.

Unfortunately, we have been saddened by the deaths of two of our colleagues in the last six months. The untimely death of Ben Redfern came as a great shock. Amongst his many activities for sport in general and fell running in particular were his regular reports and articles contributed to this journal. More recently the tragic death in bad

COVER PHOTO: Ros Coates (Clydesdale) winning the Wansfell Race for Ladies at Ambleside on New Year's Eve.
Photo by Gil Horsley.

weather in this year's Three Peaks race of Blackheath Harrier's Edward Pepper has again saddened our hearts. This edition carries obituaries to both of these men.

This issue would not be complete without a review of the last season's 'Fell Runner of the Year' competition with in-depth statistics, and an article on the champion, Alan McGee.

A small change in policy sees the vital supplementary fixture calendar information incorporated in this issue instead of as a separate note.

F.R.A. A.G.M. APRIL 1ST. PENDLE

by the Editor

At the time of writing the official Minutes are not to hand. It has been my practice to summarise the important happenings which this year includes the proposition "That the F.R.A. should become the Governing Body for Fell Running" and the counter proposition "That this association should set up a development sub-committee, establish a code of practice from the knowledge and skills of experienced officials, and enter into negotiation thereon with the Amateur Athletic Association, without prejudice to or forfeit of the Association's present status and establishment."

The counter proposition won by 78 votes to 8 and subsequently a 5 man sub-committee was elected as follows:- John North, Andy Styan, Chris Brasher, John Haworth and Keith Windle.

86 members attended the A.G.M., more than twice the number last year but still very small considering the importance of the above issue, the large number competing in the Pendle races beforehand (301 finishers in the Men's race) and our relatively large membership (now over 1000).

The other main item was the election of officers as follows:-

- | | |
|---------------------------------|---------------------------------------------------------------------------------------------|
| <u>CHAIRMAN</u> | - John North, 101 Burnley Road, Rawtenstall, Lancs |
| <u>SECRETARY</u> | - Dave Moulding, 127 Bury Road, Rawtenstall, Lancs |
| <u>TREASURER/
REGISTRAR</u> | - Dave Payne, 127 Bamford Road, Heywood, Lancs. |
| <u>STATISTICIAN</u> | Martin Weeks, 17 New Lords Walk, Baker Lane,
Stanley, Wakefield, Yorks. |
| <u>JOURNAL
EDITOR</u> | - Peter Knott, 66 Edwinstowe Road, Lytham St. Anne
Lancs. Tel: Lytham 737871 (evenings). |
| <u>PUBLICITY
OFFICER</u> | - Bill Smith, 19a Alexander Walk, Barry St. Estate
Walton Lane, Liverpool 4. |

HON AUDITOR - John Osborne.

COMMITTEE MEMBERS - Peter Brookes, Peter Walkington,
Carol Walkington, Andy Styan,
Graham Wright, Stan Bradshaw,
Mike Nicholson, Danny Hughes.

Treasurer, David Payne, presented a comprehensive statement of accounts, showing a turnover of £1035.49 and cash in hand at 28.3.78 of £630.00. The major income was from subscription £633.60 and the major expenditure the two journals and 1977 calendar at £498.13 including postage.

1977 FELL RUNNER OF THE YEAR

by Martin Weeks (F.R.A. Statistician)

Those who thought that the 1976 Fell Runner of the Year Competition brought an exciting finish, had an even better display in 1977, when the whole outcome rested on the result of the Wansfell Race.

On both occasions Mike Short was in the 'Hot Seat' but this time Alan McGee was the victor with a total of 220 points, the maximum under the scheme as it was in 1977, where the athletes' best 10 races count. Alan is the first man to win 10 'A' races. Mike Short was very close behind, with 9 wins and one second, making his total 217.

Nobody else ever challenged Alan and Mike, who were level pegging in points throughout the year. Mike tended to show ahead for much of the year and the unexpected defeat by Andy Styan at Langdale was probably the biggest upset to Mike's challenge.

As in 1976, with Martin Weeks, Alan amassed many of his points on the shorter 'dash' type races whereas Mike relied more on the longer races which must take more out of an athlete, especially towards the end of the season when the effects would be cumulative. The new system to be used in 1978 should iron out this anomaly.

On a more general note, 194 athletes scored one or more points. The best average was by Ricky Wilde who ran 3 category 'A' races, and won them all for a total of 66 points - giving him 25th placing in the overall rankings.

Best newcomer to the top 10 was Brian Robinson of Kendal, who steadily improved throughout the year with a fine run to 2nd place in the Blisco Dash Race.

Once again, Joss Naylor was the best over 40, with a total of 114 points (12), but look out Joss, because Harry Blenkinsop was only 15 points behind on 98 (17th).

Speculation for 1978 is difficult. Nobody has ever won the award more than once, so the odds are against a previous champion. Harry Walker has made a resounding start to the season by wins at Edale, Pendle has won Kentmere and Mike Short the Manx. Can you do it again Harry?

Finally, the deletion of the 3 Peaks race 1977 from the award made no difference to the leading 10 places.

Pos.	Name	Club	Points	Pos.	Name	Club	Points
1	A. McGee	Kesw.	220	36	J. Norman	Altrincham	51
2	M. Short	Horw.	217	37	M. Hudson	Dark Peak	48
3	M. Weeks	Bing.	191	38	G. Berry	Dark Peak	46
4	H. Walker	B'burn	176	39	B. Pickersgill	Holmfirth	45
5	A. Styan	Holmf.	171	40	A. Harmer	Portsmouth	44
6	W. Bland	Kes.	170	41	R. Halenko	Clayton	43
7	D. Overton	Kendal	156	41	V. Duff	Blackburn	43
8	M. Nicholson	Kendal	151	43	J. Wagstaff	Tipton	42
9	M. Lambert	Bing.	144	44	J. Waterhouse	Bingley	38
10	B. Robinson	Kendal	142	45	A. Sunter	Horwich	37
11	R. Whitfield	Kendal	127	46	A. Phillipson	Lanc. O.C.	36
12	J. Naylor V.	Kendal	114	47	H. Kelley	E. Cheshire	35
13	M. Armitage	Saltw.	113	47	D. Bland	Keswick	35
14	K. Taylor	Ross.	112	49	C. Ramsay	Lochaber	34
15	I. Roberts	Holmf.	106	49	A. Lightfoot	Invicta	34
16	S. Breckell	B'burn	103	51	A. Spence	Bingley	33
17	H. Blenkinsop V.	Kendal	98	52	C. Robinson	Rochdale	31
18	R. Rawlinson	Ross.	96	52	J. Calvert	Blackburn	31
19	J. North	Clayton	82	54	J. Hayes	Ballydrain	30
20	A. Bland	Keswick	80	55	M. Nolan	Manchester	29
21	W. Padgett	Bingley	74	56	M. McEann	E. Cheshire	28
21	P. Walkington	B'burn	74	57	I. Holloway	Rochdale	25
23	P. Murray	Clayton	69	58	D. Young	Pudsey & B	24
24	H. Forrest	Gosforth	68	59	M. Down	Highgate	23
25	A. Buckley	Holmf.	66	60	P. Moon	Bingley	20
25	J. Blair-Fish	Edinb.	66	61	I. Partington	Rossendale	19
25	R. Wilde	Manch.	66	61	P. Blakeney	Manchester	19
28	J. S. Bland	Keswick	60	61	P. Jones	Unatt.	19
29	G. Brooks	Bingley	58	64	A. Blamire	Edinb. S.	18
29	R. Boswell	Locha.	58	64	R. Bradley	Holmfirth	18
31	M. Davies V.	Reading	57	64	I. Elliot	Edinb. S.	18
31	H. Jarrett	B'pool	57	64	P. Haines	Thames H&H	18
33	M. Foschi	Altrin.	56	68	D. McHenry	Unatt.	17
34	R. Shields	Clydes.	54	68	A. Blinston	Altrincham	17
35	D. Gaskeil	Aired.	53	68	D. Francis	Westbury	17

- 5 -							
Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts.
68	D. Ratcliffe	Rossendale	17	112	D. Wade	Thames Hill	9
68	P. Sanderson	Rossendale	17	112	G. Gough	Clayton	9
68	P. Longfield	Pudsey & B	17	112	P. Leviston	Barrow	9
68	R. Morriss	Edinb. AC.	17	112	D. Lawson V.	Bingley	9
75	D. Weir	Sale	16	120	R. Hunter	Ballydrain	8
75	D. Ranken	Lagan Vall.	16	120	T. Robertshaw	Clayton	8
75	P. Bailey	Unatt.	16	120	E. Trowbridge	Dark Peak	8
75	E. Baumeister	Dark Peak	16	120	Mackie	Liverpool	8
75	P. Knott V.	Blackpool	16	120	J. Monks	?	8
80	A. McCartney	Annadale	15	125	G. McGeown	Lisnagarvey	7
80	B. Finlayson	Lochaber	15	125	Assinder	?	7
80	R. Paton	Dumbarton	15	125	W. Cooper	Manchester	7
83	J. Patterson	Lagan Vall.	14	125	M. Newall	Gosforth	7
83	P. Brooks	Lochaber	14	125	J. Ritson	Derwent	7
83	Oliver	?	14	125	K. Robinson	Kendal	7
83	Pickering	Unatt.	14	125	T. Ramsden	Holmfirth	7
83	C. Pooley	Lanc. & M.	14	125	A. Shaw V.	Rochdale	7
88	M. Garratt	Mandale	13	125	J. Sharples	Horwich	7
88	P. Wynn	Rochdale	13	125	W. Walker	Kendal	7
88	Johnson	Inverness	13	125	S. Keech	Manchester	7
88	J. Jardine	Penicuik	13	136	D. Beresford	Clayton	6
88	D. Rosen	Thames HH	13	136	K. Fennelly	W. S. E.	6
88	M. Ligema	?	13	136	P. Bland	Kendal	6
88	Saunders	?	13	136	P. Fleming	?	6
88	P. Watson	Pudsey & B.	13	136	J. Penrose	Bingley	6
88	A. Morley	Altrincham	13	136	J. Smith	Bury	6
88	J. Robson	Willowfield	13	136	M. Walford	Kendal	6
98	T. Quinn	Ballydrain	12	136	S. Williams	Horsham	6
98	M. Gilbert	Preston	12	136	Melton	?	6
98	J. Shields	Clydesdale	12	136	i. McWatt	Dumbarton	6
98	A. Lewsley	Dark Peak	12	146	W. Corbet	Albertville	5
102	D. McQuitty	Duncairn	11	146	R. Britton	Salford	5
102	D. Anderson	Bingley	11	146	S. Davis	Horwich	5
102	P. Barron	Keswick	11	146	Stopeley	Yeovil	5
102	J. Broxap	Keswick	11	146	Sloss	Lochaber	5
102	Cairns	Dumbarton	11	146	R. Hill	Clayton	5
102	D. Kelly	Barrow	11	146	D. Lamb	N. Shields P.	5
108	E. Wilson	Lagan Vall.	10	153	W. Mehatty	Co. Antrim	4
108	P. Irwin	Rossendale	10	153	Anderson	Cambuslang	4
108	I. Clarkson	Rochdale	10	153	M. Allen	Crawley	4
108	D. Attwell	Altrincham	10	153	Bradley	Rudsey & B.	4
112	A. Grey	Ballydrain	9	153	M. Calvert	Leeds U.	4
112	A. Adams	Dumbarton	9	153	G. Edwards	Bingley	4
112	M. Edwards	Aberdeen	9	153	D. Payne	Bury	4
112	T. Waterhouse	Pudsey & B	9	153	J. Sands	Ayrshire	4

Pos.	Name	Club	Pts.	Pos.	Name	Club	Pts
153	R. Hall	Unatt.	4	173	P. Wilkinson	Clayton	2
153	D. Holt	?	4	173	K. Windle	Clayton	2
153	G. Maclean	Maymore	4	173	Gade	Unatt.	2
153	K. Midgeley	Halifax	4	173	N. Heaton	Keswick	2
165	A. Corich	Albertville	3	173	D. Leahay	?	2
165	N. Callister	Manx	3	183	R. Henry	Albertville	1
165	A. Richardson	Kendal	3	183	A. Cameron	Edinburgh S.	1
165	C. Waddington	Clayton	3	183	Shand	?	1
165	Harwood	Unatt.	3	183	J. Walker	Manx A.C.	1
165	C. Lincoln	Pudsey & B	3	183	B. Geldard	Pudsey & B.	1
165	J. Loxham	Clayton	3	183	Harding	Invicta	1
165	D. Lee	Workington	3	183	J. Irwin	Bingley	1
173	G. Pearson	?	2	183	S. Jackson	Sale	1
173	Davies	N. Powys	2	183	A. Jost	W. Germany	1
173	D. Rankin	Lagan Val.	2	183	S. Knowles	Blackheath	1
173	W. Todd	Lakeland	2	183	C. Martin	Dumbarton	1
173	G. Geddis	Ballydrain	2	183	McKenzie	Lossiemouth	1

Total 194 Athletes.

The full list of point scores as supplied by Martin is shown although I feel that beyond about the first 50 it does not mean much since one performance in the first 20 in any race rates, whereas 10 placings of 21 or lower does not.

At the A.G.M. a Ladies 'Fell Runner of the Year' award was proposed but the ladies present decided that they would prefer to defer this until next year. A Veteran's Championship has not been proposed yet but reader John Hubbard of Longwood suggests that for the men the points scoring should be reversed (one point for 1st etc.) lowest score wins and the results would thereby be more meaningful for the non-elite. This idea would work if everyone kept their own score and Martin only had to check the top 20 say.

Editor

ALAN McGEE by Ross Brewster

Club:- Bolton United Harriers Height:- 5ft 7ins.
Weight:- 9st. 3lb. Age:- 20

At the tender age of 20, Alan McGee has already realised one of his greatest ambitions by winning the title of Britain's "Fell Runner of the Year."

And now, just like another ex-fell running champion from the Cumbria region, Dave Cannon, Alan's eyes will turn away from the hills of home in the quest for

international recognition as a marathon runner.

In recent years, athletes like Cannon and Jeff Norman, who was one of his country's Olympic Games representatives in Montreal, have given fell running an indirect boost through their successful efforts in road races and the 1977 fell running champion has the dedication and determination to follow that lead.

McGee's approach to his sport is one of "the more you put into it, the more you get out." On the face of it a pretty obvious statement, but it says much about the quiet yet single-minded purpose of the young West Cumbrian.

His success in the "Fell Runner of the Year" competition may have come as a bolt from the blue to many experienced eyes, but McGee's win was founded on a solid background of hard training designed to develop his stamina and harness the natural ability which had been there through his teens.

Alan says that his coach, Bill Niles has been a great help to him in this development process. Bill works in Newcastle, coming home at week-ends but gives McGee his training schedules.

Alan actually began running school cross-country when he was 13 and ran for boys' clubs and the county. His first fell race was on "home" territory at Cleator Moor the following year when he was placed 4th in the boys' race.

"My brother John ran the fells first and won Cleator Moor junior in 1969. It was at Cleator Moor that I first got to know Bill, my coach, and he said he would like to help me," recalls Alan.

Alan began to make his mark as a young fell runner of high promise, though he confesses that even he did not expect to win the "Fell Runner of the Year" title at 20!

Some of the events he took part in last year were first attempts - notably the Ben Nevis classic. Hardly surprising that McGee rates his victory in the "Ben" as the best run of his brief yet meteoric career.

Perhaps it was after Ben Nevis, when he was only four points behind Mike Short, that Alan began to realise he might become "Fell Runner of the Year" and, of course, their battle for the championship continued in exciting fashion right up to the very last event of 1977, Wansfell, where victory for McGee clinched the honour in fitting style.

Alan's training build-up during the winter preceding his all-conquering season consisted of about 100 miles per week, November to February, most of it done on the roads. "In Summer I drop down to about 60 miles a week", he added. One must take into account that Alan fulfilled a very busy racing programme during a long, gruelling campaign.

His usual schedule details a fell run of about eight miles on Monday, a fell run on Wednesday, a road run on Friday and the runner's "tradition" - a long run on Sunday.

Alan has joined Bolton United Harriers now that his attention has switched from fell to road running and he says that the switch to the roads was influenced primarily by his desire to win a marathon. And, taking it a step further, to run for England in the marathon. "But I know I have some hard training to do for the next year for strength and speed," he admitted;

Doubtless many would suggest that living in a so-called athletics backwater in West Cumbria is hardly the best springboard for an international career but Alan told me he had never found living in Cumbria a handicap although there was a shortage of good tracks. "I don't think I would be tempted to move away at the moment," he added.

In passing on the good wishes of the fell running fraternity for the future, and particularly with regard to his hopes of international recognition, I asked Alan if the switch to road running meant farewell to the fell scene altogether.

However, Alan assured: "I will be at some fell races and keeping tabs on everyone - who knows, someday I might be back and win the title again!"

It's r
star" is going to at least maintain some links with the sport. But that last remark will hang ominously over the heads of his great rivals.....

THE THREE TOWERS - Part Three

by BILL SMITH

THE GREAT HILL RACE

The 1,249 foot summit of Great Hill, which now serves as the second checkpoint in the Three Towers Race, is also the turning point in a 5½ mile fell race from Brinscall, a small village nestling at the foot of the moors between Chorley and Blackburn. This event provides a fitting climax and finale to the Brinscall Festival of Sport, held annually on the next-to-last Saturday in June. The Festival was first planned in 1972 by the Brinscall and Withnell Athletic and Recreational Association at the instigation of Barry Richardson, the high-jump coach of Blackburn Harriers whose original idea had been to organise a children's sports day partly as a public relations scheme to raise funds. From such modest origins, however, the scheme developed into

the "Festival of Sport", with many local people contributing to a wide range of events, including various kind of novelty races (sack races, three-legged races, egg-and-spoon races, etc.), five-a-side football matches and tug-o-war, with the day being rounded off by a disco and supper dance.

Barry Richardson then suggested that a fell race might be included in the programme and the details were finally worked out by Barry and his Blackburn Harriers clubmate, George Kirby, along with Arnold Rawstron of Brinscall, whose father had been a founder-member of Clayton-le-Moors Harriers. This was the first fell race ever to be run from Brinscall, incidentally, although Brinscall Sports had been noted for its handicap track races between the two world wars.

Brinscall is a hill village built around a steep lane connecting Wheelton and Withnell, and the sports field lies atop the hill. The race starts at 7.30 p.m. on the road alongside the field and the competitors set off down the hill and leave the road where it bends northeasterly at its foot. Here begins the gradual ascent of the stony track through Brinscall Woods, eventually climbing to a level path on the moor above. This path, which becomes waterlogged after heavy rains, presently joins the path linking White Coppice with the A675 road near Roddlesworth. The runners follow this latter track eastward through the picturesque tree-shaded farm ruins, with the final rise to the summit beyond. Members of Bolton Mountain Rescue Team are on duty here to transmit race positions back to the sports field and to assist any runners in trouble. The same route is then retraced back to the village, and after the gruelling uphill slog on the road, the course is rounded off by a half-lap of the sports field amidst the cheering spectators. Like the other fell races discussed in this article, the Great Hill Race is probably closer to true cross-country running than to the more severe fell events like Thieveley Pike and Burnsall, but it nevertheless provides a hard, enjoyable run. It is very definitely a "fast man's course".

Where Thieveley has in recent years become notorious as a bad weather course, Great Hill has conversely enjoyed an unbroken run of fine weather, though the 1977 race was run beneath an overcast sky.

Jeff Norman won the inaugural event on June 23rd, 1973 in a time of 31.27 with John Calvert taking second place in 32.06 after having competed at Harden Moss a few hours earlier. Host club Blackburn Harriers somewhat fittingly provided the fastest team in Calvert, Harry Walker (third) and Peter Lynch (fifth), while George Rhodes was the first veteran home, placing ninth in 33.55.

On June 22nd, 1974 Ricky Wilde won the 2½ mile Harden Moss Fell Race, near Holmfirth, in late afternoon, then motored up to Brinscall and won the Great Hill Race. Both are admittedly short "C" class events, but it was a truly splendid achievement just the same. Ricky's time was 31.42 and his closest contenders were John Calvert in 32.02 and Jeff Norman in 32.18.

June 21st, 1975 saw the latter achieving his second victory at Brinscall and lowering his course record to 31.14. Harry Walker was leading Jeff on the descent from Great Hill but the Altrincham man headed him and arrived at the finish with 33 seconds to spare. Norman's clubmate, Alan Blinston, was third in 32.12, while Mike Short finished sixth in 33.03 after having earlier triumphed at Harden Moss - no doubt attempting to emulate Ricky Wilde's "double". Nice try, anyway, Mike! Ex-Clayton-le-Moors Harrier Ken Smith brought honour to the host club by winning the veteran's prize in 35.43.

There was a record turn-out of 114 competitors in 1976 and the fastest time of 31.23 was recorded by John Calvert, with Harry Walker second in 31.41 and Alan Blinston third in 32.04. Mike Short finished ninth in 32.41 after having again won the Harden Moss Fell Race a few hours earlier, while Martin Weeks was seventeenth after having placed third in the afternoon event. Pete Raidy (Clayton-le-Moors) was the first veteran home.¹

The dull, grey evening of June 18th, 1977 saw the young Lakeland runner, Alan McGee (Keswick A.C.), triumphing by 8 seconds over Harry Walker with a time of 31.24, the next fastest competitors being the Holmfirth duo of Alan Buckley and Ian Roberts in respective times of 31.38 and 32.01, and Mike Short in 32.03. The latter had earlier completed a consecutive hat-trick of wins at Harden Moss, incidentally.

The veteran's prize went to Derrick Lawson (Bingley Harriers), having his first run over the course in the fast time of 33.17, which gained him ninth placed out of a field of 105.

1977 also saw the inauguration of two junior races, both to the top of the Brinscall track on the edge of the moor, where a 200-yard loop was intended to turn the runners back over the same route. However, the leaders in the boys' race went off-course here, covering a slightly longer distance, and the other competitors followed them. M. Lee of Bolton, who was then lying second, made the initial error and J. Patterson of Cockermouth, who had a 5-yard lead, turned back to follow him. Lee won in a time of 14.00, with Patterson 4 seconds behind him and A. Doel of Preston in third place, clocking 14.12. There were twelve finishers.

Twenty-six runners contested the colts' event and the first four home were - D. Garvey (Blackburn) 15.01, J. Rawcliffe (Blackburn) 15.12, C. Wiseman (Bingley) 15.15, and D. Shorrock (Blackburn) 15.30.

THE DARWEN MOORS HILLS RACE

A new race from Brinscall was started on Sunday morning, May 15th, 1977, in clear conditions which varied from sunny to overcast. The organiser was Leon Hutchinson of Blackburn Harriers, who was then recovering from a serious illness, and the event was christened the Darwen Moors Hills Race, comprising 1,600 feet of ascent and descent over 11½ miles.

The course began in a pasture on the opposite side of the road to the sports field, descended into the Goit bottom and climbed on a woodland path to eventually emerge halfway up the wide, stony track used in the Great Hill Race. The latter course was then followed to the top of Great Hill, whence a section of the Three Towers route was then utilized as far as the stile on the Tockholes road at GR664 203. From here, a direct ascent was made over rough moor grass to the summit of Cartridge Hill, and then an even rougher crossing of Darwen Moor to the Tower. The Three Towers route was then followed in reverse, back to Great Hill, via Piccadilly Farm, and then the Great Hill Race route, including the final road section, back to the sports field.

John Calvert, fresh from his second consecutive Three Peaks triumph three weeks previously, was the first man home in 1.16.15, followed by Ricky Wilde in 1.16.29, Mike Short 1.17.27, Alan Blinston 1.17.43, Jeff Norman 1.78.36 and Harry Walker 1.19.27. Steve Breckell's tenth placing clinched the team prize for Blackburn, while Alastair Patten (Clayton-le-Moors Harriers) won the veteran's prize in 51st position out of 107 finishers.

THE DARWEN "ROUND THE TOWER RACE"

A series of races to Darwen Tower and back from Bold Venture Park, Darwen, began at 2.30 p.m. on Saturday, July 3rd, 1965 as part of the Darwen Gala, which also featured displays of football, judo, tug-o'-war and Morris dancing, among other things.

The Darwen Advertiser & News, July 2nd, informed its readers that "about thirty have so far promised to enter, including teams from the I.C.I. Huddlesden (Mr. Eastham), Blackburn Borough Police and Jack Ainsworth's 'Fliers', plus individual entries."

On July 8th, however, the Advertiser mentioned that there were actually only nineteen in the "Round the Tower Race", including eight "foreigners" (from outside Darwen),

and that the event was started by the Mayor, Councillor A. Preston - "Clayton-le-Moors, the only regular runners, filled the first three places in this arduous race: D. Birch 13.30; 2, F. Starkie 13.50; 3, W. Parkinson; 4, L. Staffa (Darwen Body Builders Club); 5, M. Ainsworth (D.B.B.C.); 6, P. Caster (Blackburn Borough Police)".

The 1966 Gala was held on August 27th, but the Advertiser does not refer to a Tower Race in either its preview or report. However, the account of the 1967 Gala, held on August 26th and published on September 1st, does tell us that A. Entwistle of Bolton won both the 1966 and '67 races, clocking 15.12 on the latter occasion, when his closest contenders were A. Smith, also of Bolton, and J. G. Blackwell of Clitheroe. Entwistle was awarded the annual cup and a £2 voucher.

The Advertiser for August 23rd, 1968 mentioned that the cross-country team of the recently-organised Darwen Youth Club was "trying to ensure that one of the team comes first in the round-the-tower race." And sure enough, the August 30th report on the Gala boasts that "youth... showed its prowess when schoolboys and teenage youths competed in the gruelling round-the-tower race, displaying the toughness of veteran distance runners." The winner was Ian Entwistle of Darwen Youth Club in a time of 25 minutes. This is, of course, almost twice as long as Birch took in 1965, but he was, after all, an experienced runner in regular training, whereas most of the Tower Race competitors each year are merely very fit locals who get into training for this one event only.

The Advertiser's preview of the 1969 Gala mentions the Tower Race, but the actual report does not. However, the 1970 race was won by Pete Madden of Blackburn Harriers, with S. Walsh 2nd, M. Riley 3rd and D. Walsh 4th: "all under 15 minutes". Judging from a photograph of the start, these were the only competitors on this occasion.

Previewing the 1971 Gala, the Advertiser, August 19th, gives an interesting write-up on one of the Tower Race competitors, Rendell James Allen: "One of the Magnificent Seven, the men who will pit their strength against nature on Darwen Moors in the Gala Day Tower Race is local jeweller, Mr. R. J. Allen." The article goes on to say that Mr. Allen, a former cricketer, "runs at least 30 miles a week - for his own enjoyment." These sessions usually take him from his Sunnyhurst (Darwen) home to the Tower via Sunnyhurst Wood, the reservoir and the golf course, but are sometimes extended to take in Tockholes and Feniscowles cross-roads.

Other local sportsmen dominated the event on the day however. "The Gala Day Tower Race had more than its customary share of excitement this year," announced the Advertiser on

August 26th, referring to the event of the previous Saturday, August 21st.

"Luigi Staffa.... a member of the Sports Council's weight lifting team, entered the arena at the end of the gruelling run, pursued by 15-year-old Martin Livesey.

Luigi looked to have the race won until 20 yards from the winning line he suddenly veered off-course.

Young Martin was quick to take advantage of the leader's tragic mistake. He darted in to snatch first place, with Luigi eventually second.

Luigi's was not the only hard luck story of the race. Bernard Puzon led the field from the start until he, too, took a wrong turn on the ascent to the tower."

In contrast to the youthful age of the winner, incidentally, Luigi Staffa was then 31. Both Livesey and Puzon were local men, too.

The 1972 race took place on August 19th and the Advertiser report on the 24th mentioned that Luigi Staffa was unable to compete due to a strained knee muscle incurred the previous day. He therefore attended in the role of spectator and "kept a particular watch on the fortunes of the young man who beat him so narrowly last year: his employee and fellow-trainer, 16-year-old Martin Livesey, who finished fifth. 'But I'll be back next year,' warned Martin." The winner was 23-year-old Mark Whitworth of Darwen in a time of 15 minutes, with Phil Leaf of Cranberry Close 2nd and Stephen Grimshaw 3rd.

"The Tower Race was timed officially for the first time in its history," noted the Advertiser, August 23rd, of the 1973 event on August 18th. George Taylor of Lower Darwen was the first man back to Bold Venture Park in a time of 15.44: "And not so far behind him came one of the pluckiest entrants - a 12-year-old schoolboy - Andrew Dearden from Bolton certainly proved his stamina against the other competitors, some of whom were years his senior."

There is no mention of the Tower Race in the Advertiser report, August 22nd, of the 1974 Gala.

However, August 16th was the date of the 1975 race.

"At least one of the competitors got more than he bargained for," commended the Advertiser on August 21st. "For as 13-year-old Martin Kemp was on his way back down after touching the Tower, he fell and ended up being taken back down by a car.

"Said Martin: 'I touched the Tower and was on my way back down when my legs seemed to get tangled round a big stone and I fell to the ground.....' However, his injuries proved to be no more than a grazed thigh and arm.

Pete Madden achieved his second victory with a time of

14.49, with N. Jones of Copy Nock, Blackburn, 2nd in 15.44, and F. Heptonstall of Cranberry Lane, Darwen, 3rd in 16.20. The report mentioned that Martin Kemp had "twice won the Tower Race for his school," incidentally, which would seem to suggest that there is - or was - a local school's race to the Tower.

10,000 spectators assembled at Bold Venture Park for the 1976 Gala on August 21st, and this was described by the Advertiser, August 26th, as "Darwen's biggest and best gala." Furthermore, it was blessed with "glorious weather." No times are given with the Tower Race results, but the winner was 17-year-old Keith Turner, with F. Heptonstall 2nd and 46-year-old H. Culverhouse 3rd.

The 1977 Gala was promoted on August 20th, and although the Tower Race was mentioned in the Advertiser's preview on August 18th, no reference was made to it in the Gala report on August 25th.

Requests for information about the event to the Darwen Sports Council, who organise it, have gone unanswered, as have also letters to some other persons connected with the event. However, Mr. Norman Bentley of Darwen, who was described to me as "a very well-informed sports journalist," wrote me that while he had never been "much concerned with reporting the Gala," he had an idea that the Tower Race "fell through one year (1969 or '74?), while on another occasion they gave the winner's prize to the wrong man, or something like that."

I have a clipping from the Bolton Evening News for October 17th, 1970, which shows George Jordan being presented with the Darwen Tower Fell Race trophy at the Farnworth A.C. headquarters. This was obviously a different event to the Gala race (won that year by Pete Madden), though I have so far been unable to unearth any further details despite several verbal enquiries and letters, most of which have met with no reply. Mr. Bentley wrote me: "It sticks in my mind that the 1970 race you mention, won by George Jordan, was a 'one-off', but I can't think who promoted it or why."

Two people have mentioned a professional Darwen Tower Fell Race to me, but Mr. Bentley has never heard of one and says it would surprise him if there had ever been such an event. He worked almost continuously on the Darwen News from 1928 to 1940 and states emphatically that there was no Tower Race during those years: "The first one I can remember was from a Darwen Agriculture Show held at Blacksnape Playing Fields. There were two such shows, one on June 13th, 1947, the other on June 11th, 1948, and I have the idea that the race was run on the first occasion only. A man named Wally Parkes, still living in Darwen, finished second."

Having already searched the Advertiser files at Darwen Public Library for the Tower Race reports, I decided to write for information about the Agriculture Show. Senior Librarian V. Buchanan, kindly consulted the files for me around the aforementioned dates and replied: "I have checked the local papers for June 13th, 1947 and June 11th, 1948, but can only find reference to the Darwen Agriculture Show being held on June 7th, 1947, and June 5th, 1948. The events listed for both dates do not include any races or sports."

THE HOLCOMBE TOWER RACE

A race from Nuttall Park, Ramsbottom, to Holcombe Tower and back was inaugurated in June, 1976 as part of the Ramsbottom Sport's Festival. The Festival itself was first held in 1973, running from Saturday, August 4th to Saturday, August 11th, and included children's sports, 5-a-side soccer, 8-a-side cricket, archery, wrestling, clay-pigeon shoots, and other sports and pastimes.

On August 4th, a 2½ mile fell race was run from Nuttall Park in the valley bottom up to the site of Grant's Tower, in a field below Harden Hill on the eastern side of the valley, and back again. Grant's Tower was erected in 1829 by William Grant as a monument to the success of his father and himself, who had founded the area's cotton industry. The tower was demolished by a powerful gale in the spring of 1943.

"Heavy showers did not stop large crowds turning out on Saturday to see the opening of Ramsbottom's sports festival," reported the Bury Times on August 10th, 1973. Eight runners competed in the Grant's Tower Race, including three juniors, and the winner was Brian Silvers of Rossendale A.C.

The same course was used on June 29th, 1974, when the number of competitors multiplied twicfold, and the first man home was again a Rossendale runner, Ray Rawlinson. On this occasion, however, there was some trouble with landowners over whose property the course lay, and one of them was thumped by a competitor.

On June 14th, 1975, therefore, a 1½ mile cross-country event replaced the Grant's Tower Race in the Sport's Festival and Rossendale A.C. yet again provided the winner in Steve Fairclough, with Brian Silvers 2nd and Paul Turner (Bolton) 3rd.

June 26th, 1976 saw the inauguration of the Holcombe Tower Race, organised by Ken Payne of Bury & Radcliffe A.C. The 4-mile course ascended from Nuttall Park via the by-roads of Ramsbottom and Holcombe to the northern end of Holcombe Hill. The ridge was then traversed on a path to the farmhouse at its southern end, whence a descent was made by the diagonal track which was partly utilized in the Three Towers Race up to 1974,

and the "out" course then retraced back to Nuttall Park.

It was a warm, sunny day and there were 46 competitors, headed by Harry Walker who led almost from start to finish and returned to Nuttall Park with a winning time of 20.15. In second place was P. Blakeney (Salford Harriers) in 20.45, followed by Harry Kelly (East Cheshire) in 20.46, A. Morley (Bury & Radcliffe) in 20.53, and Wade Cooper (Manchester & District) in 20.56.

The results for the 1977 race on June 25th were lost on the day of the event and the Bury Times for July 1st merely states that the winner was P. Blakeney in a new record time of 19.50, with Mike Short runner-up.

ACKNOWLEDGMENTS

The author would like to thank the following persons for their assistance in compiling Part Three of this History: Mr. Norman Bentley of Darwen, Messrs. V. Buchanan and A. Holden of Darwen Public Library, Mr. Tony Jowett of Ramsbottom Public Library, Harry Manning of Burnley (and Clayton-le-Moors Harriers), Ken Payne of Bury (and Bury & Radcliffe A.C.), Mrs. Margaret Peters of Darwen, Barry Richardson of Brinscall (and Blackburn Harriers), Jim Smith of Bury (and Bury & Radcliffe A.C.), Paul Turner of Bolton (and Bolton United Harriers), and Jack Haslem (Bolton) for information on the Rivington Pike race.

Any criticisms, corrections or additional material would be welcome. If a more complete history can be compiled, it may be possible at some future date to publish an illustrated book on the subject, similar to Miller and Bland's SEE THE CONQUERING HERO COMES: AN ILLUSTRATED HISTORY OF THE GRASMERE SPORTS SENIOR GUIDES RACE (Kendal, 1973). No photographs are required yet, but any correspondence should be addressed to Bill Smith, 19A, Alexander Walk, Barry Street Estate, Walton Lane, Liverpool 4.

ROUND-UP OF LAST SEASON'S EVENTS

SKIDDAW FELL RACE - A		: 9 miles : 2,700 Ft.		Sunday, July 3rd.	
1 A.McGee	Kes.	1.04.44	11 B.Robinson	Ken.	1.09.21
2 W.Padgett	Bing.	1.04.48	12 R.Hill	Clay.	1.09.32
3 M.Weeks	Bing.	1.05.59	13 H.Jarrett	B'pool	1.09.48
4 A.Spence	Bing.	1.06.20	14 C.Pooley	Lanc.	1.10.01
5 H.Walker	B'burn	1.06.26	15 P.Irwin	Ross.	1.10.02
6 M.Lambert	Bing.	1.06.36	16 R.Whitfield	Ken.	1.10.19
7 S.Breckell	B'burn	1.08.20	17 G. Berry	D.P.F.R.	1.11.00
8 H.Forrest	Gos.	1.08.29	18 V.Duff	B'burn.	1.11.09
9 D.Gaskell	Air. & S	1.08.46	19 P.Walkington	B'burn.	1.11.31
10 M.Armitage	Salt.	1.09.07	20 A.Jost	W.Ger.	1.11.42

TEAMS: Bingley (3.17.07), Blackburn (3.25.55), Keswick (3.33.12)

VETERANS: D. Lawson (Bingley) 37th, A. Llewellyn (Lancaster) 47th.

168 Starters: 166 Finishers.

LATRIGG YOUTHS FELL RACE

1 D.Tosh	Roch.	19.24	4 G.McLean	Unatt.	21.14
2 T.Franks	Bil.Sy.	19.51	5 P.Muxworthy	Holm.	21.21.
3 C.Seaman	Loch.	21.00			

12 Finishers

WANSDALE FELL RACE

SATURDAY, JULY 9TH

A Category: 22 miles: 8,540 feet.

by BILL SMITH

Following his Manx, Welsh and Ennerdale wins, Mike Short here reinforced his claim to Joss Naylor's "King of the Mountains" crown with a splendid 5-minute victory (3.53.15) over Harry Walker in gruelling heatwave conditions over one of the toughest of all fell race courses. Joss himself finished in 3rd place some 3 minutes behind Harry: not a bad performance for a 41-year-old!

The team trophy went to Kendal with an aggregate time of 12.15.52, and other teams finishing inside 14 hours were Rochdale, Keswick, Horwich R.M.I., Clayton-le-Moors, Dark Peak Fell Runners and Kendal "B". Prizes for the fastest unplaced veterans went to Bill Smith (Clayton) 27th, Stan Winstanley (Horwich) 42nd and Donald Barton (Clayton) 52nd, while Eric Mitchell (Dark Peak) 62nd was the fastest over-50. 110 finished out of 146 starters: fitting testimony to the severity of the course and conditions.

1 M.Short	Hor.	3.53.15	11 J.Blair-Fish	Edin.S.	4.18.00
2 H.Walker	B'burn	3.58.15	12 I.Holloway	Roch.	4.18.34
3 J.Naylor	Kendal	4.01.19	13 M.Gilbert	Preston	4.21.13
4 M.Nicholson	Kendal	4.05.12	14 A.Shaw	Roch.	4.22.45
5 D.Overton	Kendal	4.09.21	15 G.Berry	DPFR.	4.24.27
6 R.Whitfield	Kendal	4.11.17	16 J.Wagstaff	Tipton	4.25.10
7 R.Halenko	Clay.	4.12.34	17 M.Wynn	Barrow	4.26.54
8 A. Bland	Kes.	4.14.50	18 J.Loxham	Clay.	4.30.00
9 S.Bland	Kes.	4.16.30	19 A.Philipson	Gates.	4.31.52
10 M.Hudson	DPFR.	4.17.21	20 M.Walford	Kendal	4.32.50

14TH ANNUAL LYKE WAKE RACE - 9TH JULY, 1977 by A.W. PUCKRIN

The Lyke Wake race was held on 9th July, 1977 with 57 starters. There was a very good race for the fastest time with Brian Dale of Harrogate leading at halfway from Richard Puckrin, Gordon Hull, Tom Hunter and John Makin.

After 30 miles Dale was 10 minutes in front of Puckrin and Hull with Makin a further 5 minutes in arrears. With 5 miles to go Dale had a winning lead over Puckrin who in turn had a narrow lead over Makin and Hull. These positions were maintained to the finish. This was the fastest race since Philip Puckrin's record set in 1971, and the second fastest time ever in the race. Despite taking one hour from his previous best, Richard Puckrin failed to emulate his two brothers and win this event finishing second for the 5th time.

In the Ladies Race, Audrey Collinson held off the challenge of Mary Atkinson, (mother of 8 and grandmother??).

The conditions - cold, wet and misty showed competitors that it is dangerous to underestimate the Moors even in mid-summer. Several retirements were due to cold and mild exposure. Lyke Wake plaques were awarded to all finishers.

1 Brian Dale	5 Hrs.10 Min.	6 Tom Hunter	6 Hrs.01Min.
2 Richard Puckrin	5 " 36 "	7 Keith Hussey	6 " 27 "
3 John Makin	5 " 39 "	8 Fred Fussle	6 " 40 "
4 Gordon Hull	5 " 42 "	9 Peter Collinson	6 " 48 "
5 Ellison Barron	5 " 50 "	10 Robert Dennison	6 " 55 "

LADIES - Audrey Collinson 9 Hours 56 Minutes.

VETERANS - George Theakston 12 Hours 06 Minutes.

HADES HILL RACE - 3½ MILES (SHORT COURSE) WHITWORTH (Nr.ROCHDALE)
September 10th, 1977 - by Peter Finnigan

The Whitworth Valley was subjected to some diabolical weather on the day of the race which effectively blotted out virtually all the events at the Whitworth Fair. However, the Fell Race went on, albeit in modified form. The low cloud base, mist and torrential rain made for potentially dangerous conditions in the Middle Hill Quarry area and accordingly the course was altered to one of 3½ miles involving the traverse of Brown Wardle Hill, Middle Hill and return.

At the turn round point on Middle Hill, Harry Walker was leading closely pursued by Alan McGee, Ian Roberts and Andy Styan. The return trip saw McGee and Styan moving to the front and they fought out a close finish all the way down the Rake with McGee just holding on to win.

1 A.McGee	Cocker.	22.03	5 R.Morris	Alt.	22.50
2 A.Styan	Holm.	22.04	6 J.Norman	Alt.	23.01
3 I.Roberts	Holm.	22.12	7 M.Foschi	Alt.	23.04
4 H.Walker	B'burn	22.16	8 I.Partington	Ross.	23.08

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9 C. Robinson	Roch. 23.23	13 D. Attwell	Altr.	23.45
10 I. Clarkson	Roch. 23.27	14 T. Huime	Altr.	24.20
11 J. Monks	Roch. 23.41	15 D. Reade	Leeds Poly.	24.29
12 G. Hollingworth	Holm. 23.44			

69 Finished

TEAMS

1st - Holmfirth	(2,3,12)	17 Points
2nd - Altrincham	(5,6,13)	24 Points
3rd - Rochdale	(9,10,11)	30 Points

1st Over 40	- A. Shaw	(Rochdale)	25.06
1st Over 50	- B. Crook	(Rochdale)	27.53
1st Lady	- B. Robinson	(Bury)	30.32

VAUX MOUNTAIN TRAIL

SUNDAY, SEPTEMBER, 11TH

From the Sykeside Farm Camp Site. Kirkstone Foot.

1 J. Naylor	Ken.	3.56.32	11 M. Down	B.O.F.	4.26.01
2 A. Philipson	L.O.C.	4.01.56	12 H. Walker	B'burn.	4.31.07
3 I. Roberts	Holm.	4.05.26	13 H. Forrest	Gos.	4.33.34
4 M. Short	Hor.	4.09.39	14 A. Walker	Kendal	4.33.57
5 D. Overton	Ken.	4.16.35	15 D. Rosen	T.H.&H.	4.34.28
6 P. Murray	Clay.	4.17.15	16 D. Wade	T.H.&H.	4.38.01
7 M. Hudson	DPFR.	4.17.35	17 M. Gilbert	Preston	4.38.17
8 W. Bland	Kes.	4.24.30	18 A. Richardson	Kendal	4.40.38
9 J. North	Clay.	4.24.35	19 D. Bland	Keswick	4.44.05
10 M. Nicholson	Ken.	4.25.53	20 J. Broxap	Keswick	4.46.24

TEAMS: Kendal (12.39.00), Clayton-le-Moors (13.37.23),
Keswick (13.54.59).

VETERANS - 0/40 - J. Naylor 1st, A. Walker 14th.
- 0/45 - E. Roberts (Kendal) 33rd.

161 Starters - 141 finishers.

LANTERN PIKE FELL RACE - SATURDAY, SEPTEMBER 17TH.

5 miles : 1,050 Feet by Bill Smith

The Hayfield Civic Trust decided this year to revive the local sheepdog trials which were last held about 25 years ago in the same field at Spray House Farm, Little Hayfield, in Derbyshire. A tug of war was also included as part of the entertainment (won by the Church Inn of Stalybridge, incidentally), and Mr. Alan Bond of nearby Birch Vale was asked to organise a fell race. Now I seem to recall an earlier Lantern Pike Fell Race, but Mr. Bond doesn't know of it and assures me that this year's event is certainly the first one to be held over the present course. Time for further research into the subject was not available, but maybe we can dig up something for the next issue.

Lantern Pike is the 1,177 foot hill to the northwest of

Hayfield, and it presents its steepest slopes (all grass) eastward to Little Hayfield, though the fell race course does not make a direct ascent (or descent) of these slopes, perhaps due to access problems. The course is, in fact, probably closer to severe cross-country, being wholly on footpaths and farm tracks, and runnable all the way. After ascending to the ridge, the route drops eastwards to contour the hill about halfway down, then climbs direct to the Pike via Higher Cliff Farm on its southern flank. A gradual descent is then made northwards along the ridge to Blackshaw Farm, then down to Brookhouses and so to the trials field.

Ricky Wilde scored a decisive 01.32 victory over Jeff Norman, with a time of 29.12, with Martin Weeks and Harry Walker taking 3rd and 4th places. Manchester Harriers won the team award, while Ken Hodgkinson (Salford) took the 1st Veteran's prize (23rd in 34.39) and Eric Mitchell (Dark Peak) the Over-45's (55th in 39.58). The prize for the first local runner home went to P. Riley of New Mills (30th in 36.21), and there were 78 finishers.

A highly enjoyable course, with the grand down-to-earth atmosphere of a typical northern rural sports meeting. Next year's event will be held on the same day: Saturday, September 17th.

NOTE: I have since learned from Alan Heaton that a Lantern Pike Fell Race was run sometime in the 1960s, though it may have been a 'one-off'. The organiser was the noted athletics journalist and coach (and former marathon ace) Joe Lancaster, and Alan seems to recall that the race was run from the Lantern Pike Inn (not far from the present start) and was won by Trevor Proctor (Rochdale).

1 R.Wilde	Man.	29.12	11 G.Entwistle	Man.	32.52
2 J.Norman	Alt.	30.44	12 M.Foschi	Alt.	32.56
3 M.Weeks	Bing.	30.58	13 S.Keech	Man.	33.26
4 H.Walker	B'burn	31.07	14 F.Clayton	Unatt.	33.44
5 M.Nolan	Man.	31.18	15 S.Fairclough	Ross.	33.48
6 M.Lambert	Bing.	31.24	16 G.Broster	Man.	34.08
7 R.Hill	Clay.	31.43	17 A.Hulme	Alt.	34.10
8 H.Kelly	E.Ches.	31.58	18 K.Midgeley	Hali.	34.12
9 W.Cooper	Man.	32.06	19 E.Richardson	Ross.	34.14
10 M.McGann	E.Ches.	32.46	20 K.Payne	Bury	34.26

LANGDALE FELL RACE - 16 miles. Cat. 'A' SEPTEMBER 17TH

1 A.Styan	Holm.	1.55.03	5 S.Bland	Kes.	2.05.49
2 W.Bland	Kes.	1.55.17	6 A.Bland	Kes.	2.05.59
3 A.McGee	Kes.	1.55.33	7 R.Whitfield	Kes.	2.06.07
4 M.Short	Hor.	1.56.08	8 M.Down	High.	2.06.32

9 D. Bland	Kes.	2.06.58	11 M. Nicholson	Kes.	2.08.15
10 D. Overton	Kes.	2.08.12	12 K. Taylor	Ross.	2.08.27

<u>VETERANS</u> - 15th	H. Blenkinsop	Kes.	2.09.17
	M. Davies	Read.	2.21.00
	Llewelyn	LSM.	2.21.49

<u>TEAMS</u> - 1st	Keswick	2nd	Kendal
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A new course record for Andy Styan, with the first four, including Mike Short, inside Mike's previous course record of 2.05.30.

STOODLEY PIKE FELL RACE - SUNDAY, 2ND OCTOBER
by J. McDONAGH

Ricky Wilde beat off all challengers in a formidable field to win the Stoodley Pike fell race on Sunday October 2nd, 1977, smashing last year's record breaking time by more than a minute. This super fit athlete from Manchester sprinted home in a fantastic time of 16:54 and was one of nine runners beating last year's time by Martin Weeks of 18 minutes. Weeks, defending his record, beat his own time but only managed eighth place in 17:56. For Ricky Wilde it was a superlative run. He led at the pike in 11 minutes and held his lead to win by a convincing 25 seconds from his nearest challenger John Wilde of Cambridge Harriers. In 3rd place was Horwich's Mike Short (17:23) and 4th Harry Walker of Blackburn.

It said much for the high quality of the entry when considering that Ron Hill finished in 16th position in 18:30, eight seconds faster than last year when he took 3rd place.

There was a record breaking entry of 292 from 40 athletic clubs. Conditions overhead were perfect though some parts of the course were treacherous and muddy.

1st veteran was D. Lawson of Bingley and first local veteran, J. McDonagh.

1 R. Wilde	Manc.	16.54	6 J. Calvert	B'burn	17.49
2 J. Wild	Camb.	17.19	7 A. Styan	Holm.	17.53
3 M. Short	Horwich	17.23	8 M. Weeks	Bingley	17.56
4 H. Walker	B'burn	17.36	9 B. Robinson	Kendal	17.57
5 A. Spence	Bing.	17.45	10 R. Harrison	Aire.	18.06

<u>VETERANS:</u>	0/40	33rd	D. Lawson	(Bing)	19.35
	0/45	54th	D. Hodgson	(Leeds)	20.36
	0/50	87th	B. Crook	(Rochdale)	21.56
	0/55	171st	E. Heald	(E. Cheshire)	

<u>TEAMS</u>	1st Manchester A.C.	2nd Bingley
	3rd Rochdale.	

THIEVELEY PIKE 3½m. 800 ft. CAT.A. SEPTEMBER 24TH.

1 A. McGee	Kes.	20.04	11 D. Ratcliffe	Ross.	21.47
2 A. Styan	Holm.	20.14	12 M. Foschi	Alt.	21.50
3 B. Robinson	Kes.	20.15	13 G. Brooks	Bing.	21.52
4 H. Walker	B'burn	20.16	14 M. Armitage	Salt.	21.55
5 M. Weeks	Bing.	20.34	15 R. Whitfield	Kes.	22.13
6 M. Lambert	Bing.	20.54	16 M. Nicholson	Kes.	22.19
7 R. Rawlinson	Ross.	21.17	17 J. Sharples	Hor.	22.23
8 J. Calvert	B'burn	21.18	18 G. Gough	Clay.	22.26
9 I. Partington	Ross.	21.24	19 K. Taylor	Ross.	22.29
10 A. Sunter	Hor.	21.35	20 H. Blenkinsop	Kes.	22.33

VETERANS:-

20th H. Blenkinsop	Kes.	22.33
23rd D. Lawson	Bing.	22.45
34th P. Knott	B'pool	23.36
35th M. Davies	Read.	23.40
40th K. Smith	B'burn	24.02
51st J. Betney	Clay.	24.55

1ST JUNIOR:- 50th S. Tosh Roch. 24.46

THREE TOWERS RACE

1 J. Norman	Alt.	1.57.46	6 C. Robinson	Roch.	2.00.33
2 H. Walker	B'burn	1.58.30	7 J. Bigham	R.A.F.	2.01.09
3 M. Short	Hor.	1.59.02	8 J. Calvert	B'burn	2.01.50
4 A. Sladen	Sal.	1.59.45	9 M. Weeks	Bing.	2.01.55
5 A. Spence	Bing.	2.00.10	10 R. Wilde	Man.	2.02.45

TEAMS: Blackburn 6.09.47 Bingley 6.10.49
Manchester 6.27.44

VETERANS:

42nd C. Leigh	Salf.	2.15.38
43rd A. Ramsbottom	Clay.	2.15.46
45th P. Madden	B'burn	2.16.21
0/50 156th B. Crook	Roch.	2.39.44

KARRIMOR TWO-MAN, TWO-DAY MOUNTAIN MARATHON

by Bill Smith.

October 22nd/23rd

In contrast to the bad weather experienced in Galloway in 1976, last year's event was held in generally favourable conditions, if you discount the rain on Saturday night when we were snug in our tents, and a few light showers and low cloud on the Sunday morning - the latter no doubt warmly welcomed by the organisers and the orienteers among us. The five courses of varying degrees of severity were routed over the Mallerstang and Howgill Fells, with base camp at Wharton Hall, just south of Kirkby Stephen.

The Elite and Standard 'A' competitors made their Saturday night camp beside Weasdale Beck among the northeastern reaches of the Howgills, while the other classes pitched their tents farther south, below famous Cautley Spout.

At the end of the first day, which had been clear and sunny, Andrew Philipson (Lanchester Orienteers) and Howard Forrest (Gosforth Harriers) held a six-minute lead over the Holmfirth Harriers team of Ian Roberts and Bill Lambert in the Elite Class, with the Norwegian/Swiss orienteers Stig Berge and Dieter Wolf in turn only 16 seconds behind them. However, the superior orienteering skill of the latter pair probably paid off in the misty conditions of Sunday morning, enabling them to finish over-all second, 25 minutes ahead of the Yorkshire lads, though they (Berge/Wolf) in turn were beaten by around 15 minutes by the Northeasterners: well done, Andrew and Howard!

Only four of the 42 teams which started out in the Elite Class failed to complete the course, while a further four (including yours truly) were disqualified for visiting the wrong control on Birkett Common, near the finish (there were two separate controls for different classes 400 metres apart). You can imagine the jovial remarks that were passed when this error was discovered after we'd finished.

The 'A' Class event was won by two members of Rochdale Harriers, Ian Clarkson and John Monks, and the Standard 'B' by David Jackson and Paul Sanderson. In the latter class, 43 teams out of the 235 that finished got the wrong control on Birkett Common (that made us feel better!). All in all, though, a highly enjoyable weekend, with Gerry Charnley and his hardworking band of helpers deserving the highest praise for such a splendidly-organised event. Also worthy of note was the excellent 1:40,000 scale map designed by orienteers Robin and Sue Harvey especially for the marathon: this "Karrimor Mountain Recreation Map" (Howgill Fells) is fit to be framed and was afterwards being sold for 50p (though this price may have since been increased).

1 Andrew Philipson/Howard Forrest	10.22.31
2 Stig Berge/Dieter Wolf	10.37.21
3 Ian Roberts/Bill Lambert	11.02.04
4 Mike Gilbert/Joe Sheriff	11.04.25
5 Mike Walford/Bob Whitfield	11.05.02
6 Martin Newell/Bill Buckley	11.23.30
7 Mike Garratt/John Williams	11.28.11
8 Rick Plumb/Mike Down	11.38.49
9 Ernest Baumeister/Martin Hudson	11.42.30
10 Mike Short/Jeff Norman	11.43.38
11 Peter Bathgate/Tony Richardson	11.45.10

12	Jim Loxham/Roman Halenko	11.45.25
13	David Rosen/John Blair-Fish	11.45.54
14	Graham Berry/Eric Trowbridge	11.56.34
15	Joss Naylor/Allen Walker	12.29.17
16	John Richardson/Mike Cudahy	12.44.36
17	Ken Taylor/Clifford Waddington	12.44.36
18	Pete Walkington/Fred Reeves	12.54.31
19	Graham Poole/Michael Docherty	12.55.43
20	John Colls/Graham Pyatt	12.57.44

STANDARD 'A' CLASS RESULTS

1	John Monks/Ian Clarkson	8.22.36
2	Charles Daniels/David Kingham	8.51.28
3	Andy Lewesley/John Wagstaff	8.54.23
4	Alan George/Chris Woodall	8.55.40
5	Charlie Ramsay/Bob Shields	9.06.47

GALE FELL RACE.

SUNDAY, OCTOBER 30TH

'C' Category : 4½ miles : 725 Feet. by Bill Smith.

This grand event, which provides an excellent 'wind-down' after the Three Towers and Karrimor, was run on a dull, rainy morning, though the rain obligingly ceased for the duration of the race. Jeff Norman scored a decisive 11-second victory over Alan Spence, clocking 24.06, while the Bingley runner in turn beat Mike Short by 4 seconds for runner-up. Bill Smith won the vet's prize in 51st position, while the over-50s prize went to Ben Crook (Rochdale) in 54th position. 113 finished.

In the ladies' event over the same course, Brenda Robinson (Bury) defeated Gillian Pile (Sale) by 32.35 to 34.08. The first three home in the boys' race were P. Eves (Rochdale) 10.20, K. Barrett (Rochdale) 10.30, and J. Mountain (Bingley) 10.38, while the fastest locals (Littleborough) in this event were P. Boyden, K. Bond and S. Ripley.

1	J.Norman	Alt.	24.06	11	A.Morley	Alt.	25.42
2	A.Spence	Bingley	24.17	12	A.Sunter	Horwich	25.49
3	M.Short	Horwich	24.21	13	P.Livesey	Ross.	25.54
4	R.Hill	Clayton	24.43	14	I.Clarkson	Roch.	25.56
5	H.Walker	B'burn	24.53	15	J.Reade	Leeds	26.05
6	C.Robinson	Roch.	25.00	16	P.Ingham	Clayton	26.13
7	M.Weeks	Bingley	25.08	17	C.Waddington	Clayton	26.18
8	M.Nolan	Manc.	25.11	18	G.Entwistle	Manc.	26.27
9	H.Kelly	E.Ches.	25.22	19	G.Young	Pudsey	26.30
10	P.Griffiths	Tipton	25.28	20	- Burgess	Sale	26.40

This event, once run professionally, is organised by Harry Walker, assisted by Harry Smith. The venue is the Hare and Hounds Inn, which stands isolated on the low, bleak moors northeast of Colne in a truly picturesque rural setting. Black Lane Ends refers to the junction of the old Skipton road on which the pub stands and the lane right opposite running easterly to Cowling Hill Lane. The first part of the course consists of two 1½ mile laps of the area back of the pub, heading north on the road towards Hainslack Farm, but turning left beforehand to descend the Scald Bank track southeasterly to Copy House Farm, nestling in the deep bottom beneath the steep, grassy, and partly-wooded slopes of Kelbrook Moor (1,176 feet) to the northeast. A gradual climb is then made back to the pub on another track, and at the end of the second lap the route continues easterly into the lane opposite, and almost immediately heads off southeasterly across flat moorland to the trig point on the small, rocky eminence of Knarrs Hill (1,096 feet), returning the same way to the finish at Black Lane Ends.

Harry Walker from nearby Trawden won the inaugural amateur race in 1976 with a time of 29.45 but it took him 53 seconds less to win it on this occasion. Mike Short was again runner-up, 43 seconds faster with a clocking of 29.17, followed by Jeff Norman, in 29.34. Blackburn (19 points) were the fastest team (though no team prizes), with Horwich R.M.I. runners-up (20), while Derrick Lawson, who was only just making his comeback in this event the previous year, turned in another splendid performance to take the vet's prize in 17th position with a time of 32.07.

There were also a few ladies competing over a short course (about 1½ miles shorter), and the fastest among them was Brenda Robinson, though no other details are to hand at present. I must apologise to Brenda for erroneously crediting this win to Gillian Pile in both "Climber & Rambler" and "Athletics Weekly." There was a gradely do in t' pub afterwards.

1 H.Walker	B'burn	28.52	11 S.Barlow	Horwich	31.37
2 M.Short	Horwich	29.17	12 J.Monks	Rochdale	31.43
3 J. Norman	Alt.	29.34	13 A.Sunter	Horwich	31.45
4 J.Clavert	B'burn	30.10	14 P.Walkington	B'burn	31.48
5 R.Hill	Clayton	30.29	15 M.Foschi	Alt.	31.54
6 I.Clarkson	Roch.	30.52	16 A.Schofield	B'burn	32.02
7 G.Helme	Horwich	31.00	17 D.Lawson	Bingley	32.07
8 A.Morley	Alt.	31.20	18 C.Waddington	Clayton	32.13
9 C.Robinson	Roch.	31.26	19 G.Edwards	Bingley	32.33
10 D.Wilson	Clayton	31.31	20 T.Waterhouse	Pudsey	32.45

126 Starters : 119 Finishers.

BLISCO DASH

SATURDAY, NOVEMBER 19TH

'A' : 5 Miles : 2,000 feet.

by BILL SMITH

This was a day of low cloud, torrential rain and bitter gales, when most competitors wore cagoules and some even tracksuit bottoms as well. The summit crags were glazed with ice and a bit tricky to negotiate, requiring careful concentration at all times. Alan McGee overcame the wretched conditions best on this occasion, clocking 38.35, with Brian Robinson 2nd in 38.44 and Billy Bland 3rd in 38.50. Veteran prizes went to Mike Davies (21st in 45.04) and Harry Blenkinsop (27th in 45.35), while Keswick (18 points) narrowly beat Kendal (19 points) in the team event. 114 finished in the men's race, and there were also eight women who completed the course, the fastest being Ros Coates (Clydesdale) with a time of 52.53.

1 A. McGee	Keswick	38.35	11 A. Sunter	Horwich	43.08
2 B. Robinson	Kendal	38.44	12 P. Walkington	B'burn	43.35
3 W. Bland	Keswick	38.50	13 M. Foschi	Alt.	43.38
4 A. Styan	Holm.	39.51	14 S. Bland	Keswick	44.02
5 M. Short	Horwich	39.55	15 G. Brooks	Bingley	44.03
6 M. Weeks	Bingley	40.15	16 D. Leahy	Rochdale	44.24
7 H. Walker	B'burn	41.31	17 H. Jarrett	Keswick	44.47
8 R. Whitfield	Kendal	41.38	18 P. Barron	Keswick	44.53
9 D. Overton	Kendal	42.40	19 D. Bland	Keswick	44.55
10 K. Taylor	Ross.	42.58	20 K. Shand	Rochdale	45.03

LADIES

1 R. Coates	Clydes.	52.53	5 C. Walkington	Kendal	61.43
2 A. Salisbury	S.R.O.C.	57.36	6 K. Etherden	Rochdale	62.42
3 A. M. Grindley	Clay.	58.29	7 A. Pendlebury	Bolton	62.58
4 A. Bland	Kendal	61.12	8 M. Scrugham	W.C.O.C.	92.53

COPELAND CHASE, ENNERDALE

SUNDAY, NOVEMBER 20TH

Elite Course : 10 Miles

1 J. Naylor	Kendal	1.50.18	11 D. Ratcliffe	Ross.	2.06.09
2 S. Bland	Kes.	1.54.10	12 P. Bland	Kendal	2.10.05
3 M. Hudson	D. Peak	1.54.15	13 J. Loxham	Clay-le	2.11.10
4 G. Poole	L. & Mo.	2.00.25	14 A. McGee	Keswick	2.11.57
5 D. Bland	Kes.	2.00.55	15 M. Sydney	Keswick	2.15.25
6 P. Walkington	B'burn	2.01.57	16 A. Heaton	Clay-le	2.18.29
7 D. Curry	WCOC.	2.02.25	17 A. Rothwell	?	2.19.54
8 N. Heaton	Kes.	2.04.24	18 M. Short	Horwich	2.21.33
9 H. Jarrett	Kes.	2.04.55	19 W. Buckley	Roch.	2.22.24
10 P. Nelson	WCOC.	2.04.59	20 P. Barron	Keswick	2.23.22

53 Starters : 40 Finishers : 3 Got Wrong Controls : 10

Retirements.

Standard 'A' Course : 7 Miles

MEN

1 I. Ferguson	1.58.45
2 B. Pearce	2.05.45
3 W. Farmer	2.08.43
4 R. Nelson	2.25.27
5 I. Holloway Roch.	2.29.34
6 S. Bradshaw Clay.	2.45.05

LADIES

1 M. Scrugham	Cleator	2.13.20
2 K. Etherden	Rochdale	2.33.19
3 C. Walkington	Keswick	2.25.02
4 J. Dawes	Keswick	2.29.33

MARSDEN-EDALE TROGG

25 Miles

SUNDAY, DECEMBER 4TH

By Bill Smith

The course was lengthened slightly this year, with a finish on the road by the railway bridge instead of at Fieldhead as in previous years. It was a bleak day of low cloud and icy winds, with the peat bogs frozen over.

Ian Roberts, who lives in the Colne Valley near Marsden, won this even for the second consecutive year with a courageous display of powerful front-running from start to finish, and he finally beat runner-up Graham Berry by 6 minutes with a time of 3.02.29. The veteran's prize went to Alan Heaton, and 46 finished out of 59 starters.

1 I. Roberts	Holm.	3.02.29	11 K. Payne	Bury	3.37.30
2 G. Berry	DPFR.	3.08.29	12 C. Marsden	D.P.F.R.	3.38.25
3 I. Clarkson	Roch.	3.22.20	13 W. Smith	Clayton	3.38.31
4 B. Harney	DPFR.	3.23.27	14 D. Booth	D.P.F.R.	3.45.47
5 J. Sykes	Holm.	3.26.37	15 M. Parkin	D.P.F.R.	3.48.20
6 A. Trowbridge	DPFR.	3.30.09	16 L. Morse	D.P.F.R.	3.48.26
7 J. Smith	Bury	3.31.23	17 E. Mitchell	D.P.F.R.	3.50.11
8 B. Buller	DPFR	3.33.30	18 J. Abbott	D.P.F.R.	3.40.11
9 J. Page	Holm.	3.36.35	19 R. Shaw	D.P.F.R.	3.54.41
10 A. Heaton	Clay.	3.37.01	20 J. Jackson	Rochdale	4.58.50

WANSFELL RACE

CAT. 'A'

DECEMBER 31ST.

1 A. McGee	Keswick	19.51	11 J. North	Clayton	21.53
2 B. Robinson	Keswick	19.59	12 P. Leviston	Bar.	22.05
3 M. Short	Horwich	20.15	13 M. Foschi	Altrincham	22.12
4 H. Walker	B'burn	20.21	14 J. Ritson	Der.	22.15
5 A. Styan	Holm.	20.30	15 K. Taylor	Ross.	22.22
6 W. Bland	Keswick	20.37	16 S. Davis	Horwich	22.24
7 M. Weeks	Bingley	20.50	17 G. Brooks	Bingley	22.24
8 A. Sunter	Horwich	21.14	18 T. Robershaw	Clayton	22.34
9 P. Walkington	B'burn	21.26	19 P. Knott	Blackpool	22.37
10 R. Whitfield	Keswick	21.33	20 J. S. Bland	Keswick	22.39

TEAMS - Horwich 27, Keswick 27, Kendal 34.

VETERANS - 19th P. Knott, B'pool 22.37; 29th W. Ratcliffe
Frod. 23.03; 35th H. B'enkinsop, Kes. 23.19.

LADIES

1 Ros Coats	Clyde.	26.06	5 C.Walkington	Kes.	31.54
2 B.Robinson	Bury	29.27	6 A.Bland	Unatt.	32.35
3 A.Pendlebury	Bol.	31.02	7 J.Cottam	Lanc.	32.29
4 A.Bland	Kes.	31.53	8 A.Wood	Hor.	33.30

YOUTHS

1 I.Rawlinson	B'pool	13.02
2 D.Swanson	Cock.	13.13
3 M.Roberts	Kes.	13.32

BOYS

1 C.Roberts	Kes.	13.21
2 A.Wilson	Frod.	14.22
3 M.Hillon	Der.	14.26

UNDER 13

1 M.Hyman	Ports.	16.26	2 I.Bunner	Frod.	17.18
3 S.Hill	Berr.	18.40			

SIERRE - ZINAL

SUNDAY, 14TH AUGUST, 1977

The event was reported by Harry Walker in the last issue. Since that time results of all the U.K. entries in a field of 960! runners is to hand.

1 Chuck Smead	U.S.A.	2.41.18	5 David Francis	U.K.	2.45.05
2 A.Allegrezza	Italy	2.41.36	6 Les Presland	U.K.	2.46.55
3 Carlo Balbi	Switz.	2.42.42	7 Jeff Norman	U.K.	2.48.24
4 Harry Walker	U.K.	2.44.56			
12 Mike Short		2.50.23	109 Derek Walton		3.24.33
19 Jim Moust		2.55.13	134 Rick Hoyle		3.29.04
21 Martin Weeks		2.56.18	210 Albert Sunter		3.42.24
26 Harold Chadwick		2.59.10	253 Neil Hinkle		3.50.03
29 Rob Towler		3.01.51	273 Mike Hobden		3.53.03
39 Colin Robinson		3.05.29	281 Stan Foster		3.54.39
41 Roy Morris		3.05.33	288 Martin Bleasdale		3.55.24
55 Andy Morley		3.11.45	456 J. Harding		4.27.53
67 David Anderson		3.14.19	531 Brenda Robinson		4.42.32
99 Mel Edwards		3.22.59			

NEW MEMBER'S LIST

820 D.Parker	832 W.K.Burns	844 W.P.Head
821 Mr. & Mrs.Hain	833 H.Gornall	845 S.Cox
822 R.Dalton	834 K.J.Mallin	846 R.H.Carter
823 L.Presland	835 P.M.Guillaume	847 D.Wilkinson
824 I.Perrow	836 J.N.Adley	848 J.A.Woolridge
825 S.Parkes	837 A.J.Loader	849 M.Sandals
826 D.P.Buchan	838 D.Breen	850 R.Aucott
827 R.L.Boswell	839 K.J.West	851 A.W.Lundean
828 R.J.Knowles	840 P.J.Heron	852 R.T.Franklin
829 N.R.Dyson	841 J.Gow	853 K.B.Abraham
830 T.Godolphin	842 Mrs.M.Lowthian	854 J.M.Barnwell
831 M.J.Greaves	843 D.Halloway	855 C.Oakley

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Edward Pepper was competitor 65 in the 1978 Three Peaks Race. He passed through the Ingleborough checkpoint in 212th position at 2.14 p.m. on Sunday 30th April. His body was found at about 12.25 p.m. on the following day.

During the 18 hour search which continued throughout the night over 300 persons and some 20 dogs were used with air search facilities being provided by the Royal Air Force. The weather conditions during the search were atrocious but the search parties were never daunted.

We believe that such efforts must not go unrecognised and the Three Peaks Race Association will make a donation but our resources are limited and your help is needed. A donation no matter how small will be very welcome and may save lives, perhaps yours.

CHEQUES/POSTAL ORDERS should be made payable to "The Three Peaks Race Rescue Appeal" and sent to either The Secretary, Broxholme, Ripley, Harrogate, HG3 3EB or The Manager, National Westminster Bank Ltd., 3 Cambridge Crescent, Harrogate, HG1 1PJ.

Receipts will only be issued upon request and only by the Secretary. No expenses will be deducted from donations.

**ROCHDALE HARRIERS & A.C.
STOODLEY PIKE**

3RD ANNUAL

FELL RACE (CAT.B. 1,307 ft.)

RECORD: RICKY WILDE 16.54. (UNDER A.A.A. RULES)

SPONSORED BY:-

JIM HOWARTH (Mine Host Top Brink) and JOHN McDONAGH from the TOP BRINK INN, LUMBUTTS, TODMORDEN. SATURDAY, 23RD SEPTEMBER, 1978 (NOON START)

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ALSO VETS. 0/40-0/45-0/50-0/55

SPOT PRIZES, FREE SOUP AND SANDWICHES TO ALL COMPETITORS LIMITED ENTRY 250.

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| 856 M.T.Wynn | 903 A.Robinson | 950 S.Styan |
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| 858 R.P.LeCoustye | 905 M.F.Edwards | 952 W.A.Tait |
| 859 J.Goldrick | 906 J.B.Hickling | 953 D.A.H.Paterson |
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| 861 M.Roberts | 908 G.Gough | 955 R.Norris |
| 862 D.C.Rankin | 909 J.C.Beamish | 956 J.Copeland |
| 863 S.J.F.Patterson | 910 B.Pease | 957 Mrs.K.Etherden |
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| 866 A.Wild | 913 D.Beresford | 960 N.Pasco |
| 867 A.Harrison | 914 J.M.Offley | 961 D.E.Cleminson |
| 868 S.M.Fake | 915 A.Salisbury | 962 P.White |
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| 870 R.A.Phelps-Jones | 917 N.Atkins | 964 J.Horton |
| 871 S.G.Green | 918 J.Reade | 965 Miss G.E.Pile |
| 872 C.A.Sinclair | 919 H.L.Cadman | 966 I.T.Barkinshaw |
| 873 J.Broxap | 920 T.Vangrove | 967 I.Campbell |
| 874 S.Dixon | 921 D.Littlewood | 968 P.Headford |
| 875 W.J.Ilett | 922 A.Vince | 969 D.Rowley |
| 876 M.J.Boydell | 923 R.Barr | 970 M.J.Haigh |
| 877 A.Stapley | 924 E.Warwick | 971 A.Hulme |
| 878 R.Williams | 925 R.O'Hara | 972 G.Luke |
| 879 R.M.H.Smith | 926 I.Shedden | 973 K.Tompkinson |
| 880 T.A.Trueaman | 927 A.Joyson | 974 M.J.Cox |
| 881 J.H.Leigh | 928 D.Lawson | 975 N.Walker |
| 882 R.L.Allum | 929 G.Edwards | 976 A.Farr |
| 883 G.Restrict | 930 A.Pendlebury | 977 T.Wale |
| 884 A.Finlayson | 931 J.Cole | 978 B.Johnson |
| 885 S.D.Davidson | 932 J.Sharples | 979 W.Gaula |
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| 887 I.C.Harland | 934 R.C.Croft | 981 J.Bishop |
| 888 L.Bagshaw | 935 D.Mounsey | 982 Nicholas |
| 889 D.M.'O'Rourke | 936 A.Corbishley | 983 G.D.McConnachie |
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| 891 M.Pope | 938 B.Atkinson | 985 A.G.Sealby |
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| 900 M.T.Wilmer | 947 S.Perruzza | 994 J.G.Timmis |
| 901 R.Seidelin | 948 D.Bland | 995 K.Jones |
| 902 I.P.Massey | 949 D.James | 996 P.J.Burtwell |

997 J.L.Pratt	1032 G.J.Bell	1067 P.Buckley
998 Dr.D.Ellison	1033 A.E.Green	1068 S.Priestley
999 P.Barron	1034 D.G.Hull	1069 G.S.Arnold
1000 D.Payne	1035 N.Clayton	1070 Mrs.J.Glass
1001 D.Hanly	1036 P.G.Whitmore	1071 R.Ashworth
1002 R.Standring	1037 W.Drysdale	1072 H.Aspinall
1003 P.Cooper	1038 D.Parker	1073 A.Robinson
1004 R.Plumb	1039 P.J.Simpson	1074 D.Chadderton
1005 T.L.Armitage	1040 N.W.Fisher	1075 T.D.'0'Brien
1006 J.Britton	1041 A.Kay	1076 E.Ashworth
1007 R.Sanderson	1042 R.L.Morris	1077 D.V.Griffiths
1008 J.D.Daniels	1043 M.Tathom	1078 J.J.Donlon
1009 R.Dewhurst	1044 S.Hurley	1079 L.M.Lord
1010 A.Dobson	1045 A.C.Jones	1080 J.Ellis
1011 J.Bigham	1046 R.J.C.Paterson	1081 R.D.Walker
1012 F.D.Vose	1047 K.Mingary	1082 A.Smith
1013 J.Davies	1048 B.M.Swift	1083 A.Hallard
1014 A.Rothwell	1049 J.R.Nixon	1084 A.J.Ely
1015 J.Wincott	1050 V.Seal	1085 C.Macartney
1016 A.B.Nixon	1051 P.Irwin	1086 P.Cresswell
1017 R.Coldsworthy	1052 K.Talbot	1087 R.I.Thather
1018 R.Hird	1053 B.Ramsden	1088 P.Seamen
1019 D.Jones	1054 R.J.Harper	1089 A.M.Deall
1020 A.Yates	1055 P.Carmichael	1090 P.Bell
1021 J.Abbot	1056 M.Thistlethwaite	1091 G.J.Allinson
1022 D.Castleden	1057 C.Manetta	1092 R.P.Oakden
1023 T.Targett	1058 K.Selvey	1093 R.S.Hill
1024 R.Dawson	1059 K.Fowles	1094 J.Mann
1025 S.Bateson	1060 K.Clark	1095 A.Ward
1026 T.Brierly	1061 M.I.Hayler	1096 J.McGee
1027 L.Sullivan	1062 H.Davis	1097 N.R.Smith
1028 G.Brass	1063 L.Stephenson	1098 R.Mitchell
1029 R.Futrell	1064 M.Ligema	1099 D.Jordan
1030 M.Burgess	1065 D.A.Owen	1100 J.Pycroft
1031 L.R.Williams	1066 W.J.Simmons	

OBITUARY - BEN REDFERN - by Harry Smith

It is with deep regret that I report the sudden and sad death of my friend, Ben Redfearn, at the age of 51 years.

Although a relative new-comer to our club, Clayton-le-Moors Harriers he was just beginning to enjoy his running as a super veteran. After having spent most of his life, walking and rambling, especially in the Lake District.

He was also a member of the Fell Runner's Association, Northern Veteran's Athletic Club, Burnley Mountaineering Club and our local 'Run for Fun'.

He took the reins from Sylvia and I when the organising of the Barnoldswick Weets Fell Race began to over-power us with popularity and his characteristic presence, shouting encouragement and issuing "Barlick" water to runners on Ben Nevis or trying to beat at least one other competitor down the Burnsall Fell, proved his keenness and interest in the sport, of which he will be missed.

Ben leave a son, father, brother and sister to whom I wish you will all join me in offering sincere sympathies in their sad loss.

JOSS NAYLOR AND BOYD MILLEN AT CRYSTAL PALACE by Bill Smith

On the weekend of October 15th/16th, a 24 hour track race organised by the Road Runners' Club was held at Crystal Palace, in which Joss Naylor and Boyd Millen of Kendal A.C. together with ten other competitors, attempted to break the world 24 hour track record of 161 miles, 545 yards created by Ron Bentley of Tipton Harriers in 1973. In this they were unsuccessful, though new world records for 150 kilometres (10.36.42) and 100 miles (11.30.51) were established during the course of the event by Donald Ritchie of Forrest Harriers, who was afterwards forced to retire with badly cut and blistered feet.

The top mileage on this occasion was achieved by Tom Roden of South London Harriers, whose 156 miles, 439 yards now places him third in the world 24 hour track rankings. In fourth place at Crystal Palace was Joss Naylor, whose 132 miles, 594 yards gained him sixteenth position in the world rankings, while Boyd Millen finished eighth with a distance of 110 miles, 1,431 yards: not bad going for two fell runners in their first track race. Both men were hindered by the effects of the tartan track on leg muscles unaccustomed to such a surface, not to mention the sheer boredom of running around a track for so long. "Whenever we passed each other", said Boyd, "we bemoaned the fact that there were no hills and considered running up and down the stands a few times."

The following weekend, they competed in the Karrimor Mountain Marathon, Joss placing fifteenth in the Elite Class with his old Two Day partner, Allen Walker of Whitehaven, with whom he'd won the 1970 and '71 events, while Boyd finished seventeenth (out of 230 team that started) in the "C" Class with Carol Walkington,

One other Crystal Palace contestant who should be mentioned is Bob Meadowcroft of Altrincham and District A.C., a seasoned performer in ultra-distance track and road events, who has also run many fell races. His 117 miles, 173 yards earned him seventh place. The aforementioned Don Ritchie

is another who is no stranger to fell and Scottish hill racing.

LETTERS TO THE EDITOR

These are most welcome so please keep them coming. I cannot undertake to reply to many of them and in the interests of space I hope the authors will allow me to precis them.

1. Ambleside Adventure Club - Keith Tompkinson
(Stagshaw Cottage, Waterhead, Ambleside, 096-63-3265)
writes to describe the 'Ambleside Adventure Club' whose activities include navigation for fell runners, and extends the following invitation (no mention of fees etc.)

"Fell runners wishing to take part in some of the many events requiring a knowledge of navigation or wishing to brush up or extend their use of Map and Compass may like to know of the courses being run by the Ambleside Adventure Club on Orienteering and Mountain Trialling. The group holds evening sessions at Charlotte Mason College, Ambleside, covering the use of various types of map and compass, route choice, navigation techniques, event planning, organisation and mapping. Week-end day time sessions are held during which practical work is carried out and includes running courses set by the group tutor and other students. Special consideration is given to navigation using O.S. type maps for Fell Runners and others wishing to enter for mountain trials and similar events."

2. Bill Smith writes with a number of comments which will interest our members. I hope he does not mind me reproducing some of these. The Ladies will be interested to hear that Bill plans an article on 'Lady Fell Runners' for possible publication in 'Climber and Rambler'. Bill is also planning a book on Fell Running. A warning not to be induced into copying continental trends forms another part of Bill's letter. He suggests that Fell Running Festivals, World Championships and the like will only accelerate the trend towards a loss of identity as event atmospheres become more like cross-country and road races. (This view was echoed by Andy Styan at the A.G.M. - Ed.) On new events Bill expresses the view that Black Lane Ends and Lantern Pike are more deserving of 'C' categories than the 'B' given them. This in no way means that they are not great events in their own class of course. (Dave Payne has also expressed some concern over the classification of new events and suggests that the committee should apply the original formula more rigorously in future).

Back copies of the Newsletter/Journal - Bill Smith
and Jim Johnson (N. Ireland) have written expressing interest

in reproduction of back issues. (I hope to get round to this before too long - Ed.)

Reader D. Carter from Nottingham is enquiring about how to obtain a copy of a booklet 'Joss Naylor - Fell Runner Extraordinary' new or second-hand. Anyone who can help could contact him at 16, Grove Road, Bingham, Nottingham.

The Status of Fell Running. Since the last issue of the journal I have received three letters on this subject. The first from John Hubbard of Longwood H. says that the members need much more information about the pros and cons for going independent and that a discussion at the A.G.M. is not adequate. He also expresses concern about the position regarding amateur status if the independence path is chosen. (I get the impression from many members that these are common views - Ed.) John goes on to say that it is the F.R.A. committee's responsibility to inform the members in much greater detail and ultimately hold a postal ballot. (Now that the A.G.M. has been held the new sub-committee has a slightly different task to perform but these points are still relevant in the context of reporting progress and making or confirming recommendations - Ed.)

The second letter on this subject comes from Don Rutherford who is currently working in West Germany but is coming over occasionally for events. Basically, Don is in favour of little change in the role of the F.R.A. committee and in particular is not keen to see the sport getting involved in any extensive financial assistance and risk of exploitation. The third letter comes from Mike Down. Mike is better known as an international orienteer and is presently in Norway preparing for the next World Champs. Mike has and expects to continue to compete in many fell races including the tough, long Lakeland events. He writes to express concern about the outcome of the A.G.M. and regrets that the A.G.M. did not take the opportunity to put the future control of the sport fairly and squarely in their own hands. In expressing this view he refers to the opportunity to leave inappropriate and petty rules behind and to accommodate the Ladies into the sport in a more liberal way. He also makes the point that whilst fell races should not necessarily include orienteering style events they will always require some navigational skills if only from the safety aspect.

On a different subject, Mike says that he has now experienced cross-country skiing and can recommend it as winter training. (See Bob Douglas' article in the last issue. Ed.)

The Spastics Centre - Cotswold Way Sponsored Walk . I have a letter and details. Briefly the dates are August 22nd to 26th. Object to raise money for Spastics (prevention of babies being born handicapped, setting up of Friendship Centres and assistance to Amnesty International). At the time of writing (March 20th) a further 20 participants were required to make end of day transport viable. Enquiries and application form (send S.A.E.) from: Mr. K. Lightowler, The Spastics Centre, Flixton Road, Manchester, M31 3BQ.

The 3 Peaks Race. A letter from the race secretary, D. Croft, points out that there will be some changes to the competition rules in future events as a result of this year's tragedy. These changes have not been worked out yet and will be announced in due course. In the meantime intending 1979 competitors 'should make every effort to complete at least one category 'A' race or at least one race of marathon distance.'

WHAT THE PAPERS SAY

The National Press, local papers and athletic journals seem to have had rather more to say in the last year or so about fell running and fell runners than hitherto. A mixed blessing perhaps? I started to collect the items that came my way to see what sort of views emerged over a period of time. I expect you will have seen some of these and probably many I've missed.

Back in June last year Chris Brasher wrote a lengthy piece about the Bob Graham round and Ken Ledward's successful attempt in particular. It made good reading and I particularly liked the description of Ken as looking 'like Cleator Moor's third team hooker after a heavy Saturday night in the club house.' (My apologies to Chris and Ken for taking this out of context - Ed.) In August a second article on the same subject appeared on Chris' own attempt with George Rhodes, Charlie Ramsey, and Boyd Millen. I think the tributes to the pacers and support teams paid in these articles was particularly welcome.

August also saw an article in the Lancashire Evening Post by Tony Skinner on the long distance exploits and ambitions of Mike Nicholson and a professional fell runner Fred Reeves who had recently broken the old and much disputed course record for the Burnsall course. The accompanying photo of Mike running along the edge of what looked like a sheer rock face was quite spectacular.

Not to be outdone British Aerospace news, a monthly periodical for and about people in the Aerospace Industry carried an article about Mike Short and 42 year old Phil Fleming

who work at H.S.D. Lostock, covering Mike's successes in long cat. 'A' events and Phil's successful Bob Graham round.

Joss is always newsworthy and I enjoyed a short piece by Hunter Davies which appeared in the Sunday Times colour supplement, which gave us some insight into Joss' life style including the lesser known fact that he wears now't in bed.

More recently you may have seen the two shorts in the Sunday Times, one on the theme of the F.R.A. dilemma about independence v A.A.A.'s rules etc., and one about the fun run and women's A.A.A.'s controversy. In both cases the accompanying cartoons were the bits I liked best. Sorry I can't reproduce them.

On April 16th, the Sunday Times (again) put together a well composed article by Norman Harris who ran the Ladies course in this year's Edale Skyline. I thought that he had captured the spirit and conveyed it well. He also spoke about the independence issue and the A.G.M. debate in what I thought was in a tasteful and unbiased piece of journalism.

Norman Harris and Mike Nicholson again a week later. Harris' article discussed the topical subject of the correlation between running exercise and longer healthier life. The other article alongside showed Mike Nicholson in action and described his attempt on the coast to coast run on Wainwright's way. (He must have a good P.R. man - Ed.)

A recent article in the Lancashire Evening Post also covered the pre-event plans for the coast to coast run and Mike's Bob Graham record and Boyd Millen's first double Bob Graham.

I got hold of the Granville Becket report on the 3 Peaks race which appeared in the Yorkshire Evening Post and included a characteristic picture of Harry Walker at the finish. The article discussed the dreadful conditions on Ingleborough and the basic navigational error that a large section of the field made on the way up.

The tragic accident was, not surprisingly, covered. I have a short account from the Daily Telegraph front page of May 2nd and one with more details of the conditions and the search from the Yorkshire Evening Post.

In January Athletic's Weekly carried a short letter from A.A.A.'s Hon. Sec., Barry Willis advising fell runners that fell running is a section of athletics within the A.A.A. and that amateur athletes should only compete in events which are advertised as being under A.A.A.'s rules. A number of our members took sufficient exception to this announcement to protest in a letter to A.W., which appeared two weeks later (Feb. 18th) and quoted a rather different view expressed by a

letter from the I.A.A.F. (Since that time our A.G.M. has been held, the outcome of which is reported elsewhere in this issue of the journal - Ed.) In that same issue of A.W. was a letter from John Haworth expressing the view that moves towards independence were too hasty and advised to 'stop this stampede.'

Some of you will no doubt be regular readers of a new monthly off the track athletic's magazine called 'Race', and will have seen the article 'Fell Runner of the Year' by Vince Regan, and about Alan McGee. When I read this I had already read two similar articles by Bill Smith and they are in this journal by Ross Brewster, but nevertheless found it compelling reading not spoilt by a few minor mistakes. The third of the four photos used (taken by Neil Shuttleworth) was captioned Wansfell which it certainly was not. Kinniside perhaps?

SUPPLEMENT TO 1978 CALENDAR - Compiled by Dave Moulding

- N June 4. EDENFIELD FELL RACE - 7 m/800' from Edenfield Cricket Club, nr. Ramsbottom, 1 p.m. Obvious route. 25p Ind. to K. Payne, 17 St. Pauls Street, Bury, Lancs. Under A.A.A. Laws. Women's race, same course.
- N June 11. SCOLTY HILL RACE - 5 m/800' from Banchory nr. Aberdeen, 2.30 p.m. Record 31.43 (I. McKenzie, 1977). 30p. Ind. by June 3 to M. Edwards, 19 Braehead Way, Bridge of Don, Aberdeen AB2 8RR. Under S.A.A.A. Laws.
- C June 17. HOLCOMBE TOWER RACE - 4 m from Nuttall Park, Ramsbottom, 2.30 p.m. Record ? Marked Course. 25p Ind. to K. Payne, 17 St. Pauls Street, Bury, Lancs. Under A.A.A. Laws. Women's race, same course, 2.25 p.m.
- B June 18. LOMONDS OF FIFE HILL RACE - 9½ m/2200' from Gateside nr. Auchtermuchty, Fife, 2.30 p.m. Record 69.41 (B. Findlayson 1976). Entry on day, probably 15p. Details from T. Robertson, Duncricvie Road, Glenfarg, Perthshire.
- A June 24. EILDON TWO HILL - 4½ m/1387' from "Greenyards", Melrose, Roxburghshire. Start 3.00 p.m. Record 26 m.56 (A. McGee 1977). Entry fee 40p. ind. 50p. team by 17.6.78 to D. Scott, 23 Weirgate Avenue, St. Boswells, Melrose, Roxburghshire. Age 17. Under A.A.A. Laws.
- N June 25. BRADDA FELL RACE - 13½ m/3700' from Bradda Glen Cafe, Port Erin, I.O.M., 2 p.m. Obvious route. 50p. Ind by July 18 to A.C. Jones, 97 Silverburn Crescent, Ballasalla, I.O.M. Under A.A.A. Laws. Also shorter events, non-competitive.

- N July 22. TURN SLACK FELL RACE - 10 m. from Calderbrook Football Field, Littleborough, 2.30 p.m. 30p. ind. by July 18 to K. Shand, 27 Barnes Meadows, Littleborough, Lancs. (40p. on day). Under A.A.A. Laws. Women and Youths, same course, 2.00 p.m.
- B August 26. ACHMONY HILL RACE - 4 m/500' from Drumnadrochit. 3.00 p.m. Record 21.38 (H. Jarrett). 25p. Ind. by August 12 to R. Macdonald, Hon. Sec., Glenurquhart Highland Games, Drumnadrochit, Inverness-shire. Under S.A.A.A. Laws.
- N August 27. ESTON NAB FELL RACE - 8½ m/800' from Eston, Cleveland, 2.30 p.m. Record 43.47 (G. Foster 1977). Course marked/obvious. 20p. Ind. 75p. Teams by August 16 to R. Goodenough, Recreation & Amenities Department, Langbaugh Borough Council, Albion Terrace, Saltburn, Cleveland. Under A.A.A. Laws. Min. age 18. Also junior event 6m., 2.00 p.m. U/18.
- N September 2. GOODRICH VILLAGE FELL RACE - 4m/750' from Goodrich, nr. Ross-on-Wye, 2.45 p.m. Marked course. 30p. Ind. by August 30 to T. Haines, 48 The Triangle, Gloucester GL2 0NG. Late entries 50p. Under A.A.A. Laws. Women's race, same course.
- B September 23. ECCLES PIKE RACE - 3½m/650' from Buxworth nr. Whaley Bridge, 3.15 p.m. Record 20.05 (C. Robinson 1977). Marked Course. Entries by September 20 to P. Cooper, Aldersyde, Maynestone Road, Chinley, Stockport, SK12 6AH. Fee (20p. ind.) pay on day. Under A.A.A. Laws. Minimum age 17. Also women's race, same course, 0/17 and shorter races for boys and girls.
- B October 15. THREE TOWERS RACE - 19 m/2500' from Lever Park Avenue, Horwich to Holcombe nr. Bury, 12.00 noon. Record 1 hr. 58.23 (J. Norman 1974). 50p. Ind. by October 7 to W. Boland, 104 Booth Way, Tottington, Bury, Lancashire. No late entries. Under A.A.A. Laws.
- A(\$) December 30. WANSFELL RACE - 3 m/1400' from Ambleside. 11.00 a.m. Record 20.48 (A. McGee 1976). Obvious route. Entries (fee to be decided) to R. Astles, 5 Sweden Park, Ambleside, Cumbria, LA22 9EY. by December 23rd. Minimum age 17. Women's race, same course, also races for U/15's and U/17's.

1978 EVENT RESULTS AND REPORTS

Carnethy Race - Cat. 'B' - February 27th - 8 miles-1600 ft.

by John Blair-Fish

Deep snow lying in the Pentland Hills for the previous three weeks melted over the three days before the event - producing ground which was quite wet apart from some still frozen patches on top of Scold Law. Conditions were thus favourable apart from mist; this caused some runners including Mike Short, to lose the line of the poles making the course on the descents. Martin Weeks retained his title being unchallenged by Alan McGee, the 1977 Fell Runner of the Year. The latter's move to Bolton prevented Keswick A.C. winning the team title which went to Kendal. Robin Morris, finished third, represented the local talent which was otherwise absent preparing for the Scottish National Cross Country Championship the following week. The record entry from England helped England retain the National team prize. Brian Robinson of Kendal A.C. won the Junior Race - convincingly by 2½ minutes.

1 M. Weeks	Bingley	51.52	11 R.L. Boswell	Loch.	56.41
2 A. McGee	Bolton	53.28	12 D. Foster	Morpeth	56.51
3 P.L. Morris	Ed.A.C.	53.40	13 J. Sands	Ayr	56.57
4 M. Short	Horwich	53.44	14 T. McCulloch	Ayr	57.26
5 W. Bland	Keswick	53.59	15 J. Shields	Clyde.	57.42
6 D.G. Overton	Kendal	54.14	16 W.D. Ryder	Morpeth	57.45
7 R.L. Whitfield	Kendal	55.21	17 M.P. Davies	Reading	57.56
8 J. Broxan	Keswick	55.50	18 J.G. Sloss	Long.	58.02
9 H. Blenkinsop	Kendal	55.59	19 D. Fairweather	Law	58.11
10 M. Armitage	Saltwell	56.18	20 P. Bland	Kendal	58.15

Veterans: 1 H. Blenkinsop, 2 M. Davies.

GUISBOROUGH MOOR'S RACE - 12M, 2400' - SUNDAY, MARCH 12TH

by Mick Garratt

The weather was clear and fine which, whilst not suiting the fell runners, was a blessing to the organisers.

Foster and Spence made most of the running over the initial more rugged part of the course but the former managed to keep his lead over the faster middle third. Over the final part of the course the going gets rougher again.

There were no complaints and judging by the comments everyone enjoyed themselves, which is what it's all about.

All competitors were supposed to have been sent some results but unfortunately the sponsors lost the entry forms. Sufficient copies have been sent to club secretaries but if

anyone requires a full set please contact me at:-
 18 Berkley Drive, Guisborough, Cleveland, TS14 7LX.
 (We have not given this event a category yet - Ed.)

1 S.G.Foster	Sund.	85.07	11 J.Penrose	Bingley	87.45
2 B.Sweeting	Sund.	85.34	12 W.Bland	Keswick	87.50
3 L.Valentine	Sale	85.46	13 L.Lonergan	Bingley	88.04
4 A.R.Darby	Sale	86.01	14 D.Camp	M.&R.	88.10
5 B.Hilton	Leeds	86.06	15 D.Farmer	Sale	88.28
6 M.Weeks	Bingley	86.10	16 M.Armitage	Saltwell	88.36
7 H.Jarrett	Keswick	86.54	17 D.H.Burdett	M'Bro.	89.12
8 M.Burgess	Sale	87.08	18 A.Spence	Bingley	89.34
9 B.Pickersgill	Holm.	87.14	19 D.Welch	Harr.	89.39
10 T.Proctor	Sund.	87.17	20 P.Murray	Clay.	89.55

212 Finishers

TEAMS - (4 to score) 1 Sale 30pts. 2 Sunderland 37pts.
 3 Bingley 48 pts.

VETERANS - 0/40 Welch 19th. D. Lawson (Bingley) 22nd 90.25
 T. Rooke (Midd), 32nd 93.24

0/50 W. Fielding (Leggos.) 45th 96.43

DON MORRISON MEMORIAL - 5TH EDALE SKYLINE RACE 22 m./4500'
Cat.'A' SUNDAY, MARCH 19TH. and 1ST OFFICIAL LADIES RACE
by Peter Knott

At 11.00 hours the weather was fine at Edale but rain was forecast for later in the day. It came a little earlier than I expected but by this time the leaders were well into the rougher terrain from Lords Seat to the finish. Once over Grinslow Knoll the going is fast on Win Hill and Lose Hill with the result that many had to negotiate the later rough stuff with decidedly wobbly legs. The Ladies duck out of this by turning down from Mam Tor back to Edale Village. A quick sex change would have relieved my suffering! In fact there were 36 retirements from a field of over 150 and I suspect that most of these called it a day at Mam Tor where the temptation to do that is greatest. It is in fact a most wise decision if you are really rough at this stage.

The Ladies, a class field of 13, set off 10 minutes before the men. It would be interesting to read their thoughts as the faster men passed them between Grinslow Knoll and Jaggars Clough, but I'm sure the men find it a pleasant distraction. As far as I could tell Ros Coates led all the way from Grinslow Knoll to score a comfortable win from Kendal's Ann Bland.

In the men's race Andy Styan put up a tough challenge to Harry Walker's supremacy in this event and it was only Harry's storming finish that finally broke this. Harry has

now won all 5 events staged so far. His time this year was considerably faster than last year when really bad weather was responsible, but still 1.53 sec. slower than his 1975 record.

The Dark Peaker's organisation led by Chris Worsell was great. The generous prizes sponsored by Don Morrison's and included a new trophy specially in Memorium to Don by the Dark Peakers. This went to the first over-40 runner Harry Blenkinsop, who finished in 28th position.

Our thanks to all the organisers and their helpers including the checkers who manned the eight controls with efficiency and good humour.

LADIES

1 Ros Coates	Clyde.	2.32.00	7 C.Walkington	Kendal	2.38.45
2 Ann Bland	Kendal	2.37.10	8 J.Sutcliffe	Unatt.	2.56.30
3 Ann Pendlebury	Man.	2.40.00	9 K.Etherden	Roch.	2.57.55
4 Joan Glass	Eryri.	2.40.25	10 B.Robinson	Roch.	2.58.00
5 Ann Grindley	Clay.	2.42.30	11 M.Simpson	Liver.	3.05.05
6 Miriam Rosen	Barnet	2.48.10	12 J.Dawes	Kendal	3.06.28
			13 P.Caulder	D.P.	-

MEN

1 H.Walker	B'burn	2.37.56	11 R.Whitfield	Kendal	2.55.44
2 A.Styan	Holm.	2.44.20	12 P.Walkington	B'burn	2.57.02
3 J.Calvert	B'burn	2.50.01	13 J.Broxap	Kes.	2.58.55
4 D.Attwell	Alt.	2.50.35	14 S.Breckell	B'burn	2.59.06
5 K.Taylor	Ross.	2.50.52	15 D.Weir	Sale	2.59.33
6 J.Nqrth	Clay.	2.51.24	16 R.Wilde	Man.	3.00.21
7 W.Bland	Keswick	2.51.54	17 P.Murray	Clay.	3.00.57
8 M.Short	Horwich	2.52.57	18 B.Pickersgill	Holm.	3.02.10
9 P.Blakeney	D.P.	2.53.31	19 J.Hobbar	Long.	3.02.12
10 M.Weeks	Bingley	2.53.41	20 G.Berry	D.P.	3.03.06

TEAMS - Blackburn, Keswick, Dark Peak.

VETS. 0/40 - 28th H. Blenkinsop (Ken) 3.07.17, 48th J. Jackson (Roch.) 3.18.18. 62nd P. Knott (B'pool) 3.23.55
0/45 - 76th A. Heaton (Clay) 3.29.15, 96th W. Bentall (D.P.) 3.40.22, 111th M. Brook (Holm). 3.54.00

RIVINGTON PIKE FELL RACE ("C" Category: 3 1/4 miles: 1,142 feet).

March 25th.

by Bill Smith

This event was run on a cool, showery afternoon, though the rain held off for the duration of the men's race. The women were not so lucky, however, having set off an hour earlier at two o'clock, with heavy rain turning to sleet up on the Pike. It was the inaugural ladies' race, incidentally, and their course was slightly shorter than the men's, having

the same finish at Lever Park Gates but starting at the foot of the rough track alongside Rivington High School, which meant that they had to get stuck into the climb right away, without benefit of the warm-up on the road.

There were fourteen competitors and Colin Robinson's wife, Brenda, assumed the lead on the final steep climb to the summit tower, with Sue Styan (Andy's wife) in second place and Gillian Pile lying third. Brenda increased her lead on the descent to finally beat Sue by 17 seconds with a time of 20.13, though Gillian was beaten into third place by Anne Pendlebury.

Harry Walker was first to the top in the men's race but was overtaken at the start of the descent by clubmate John Calvert, who sped on to victory with a time of 16.55. Meanwhile, Andy Styan was making full use of his talent for coming down fast by working his way through a bunch of several runners to finally pip Walker for runner-up by two seconds with a clocking of 17.08. Dennis Weir, who lives in Horwich but runs for Sale Harriers, celebrated his 40th birthday by winning the veteran's prize (29th in 18.57), while the oldest competitor of all, 50-year-old Harold Minshull (Bolton), who was winner of both the 1957 and '60 races, finished in 132nd position out of a record 147 starters.

MEN'S RACE

1 J. Calvert	B'burn	16.55	11 P. Blakeney	Salford	17.53
2 A. Styan	Holm.	17.08	12 D. Cartridge	Bolton	18.11
3 H. Walker	B'burn	17.10	13 R. Hill	Clayton	18.15
4 J. Norman	Alt.	17.14	14 R. Ashworth	Ross.	18.17
5 N. Short	Horwich	17.15	15 W. Cooper	Man.	18.27
6 M. Weeks	Bingley	17.20	16 S. Clegg	Salford	18.33
7 A. Sladen	Salford	17.25	17 D. Warrender	B'pool	18.34
8 A. Blinston	Alt.	17.32	18 M. Tieghe	Sale	18.36
9 C. Robinson	Roch.	17.42	19 S. Barlow	Horwich	18.37
10 B. Robinson	Kendal	17.49	20 M. Foschi	Alt.	18.40

LADIES' RACE

1 B. Robinson	Bury	20.13	8 L. McGovern	Horwich	25.54
2 S. Styan	Holm.	20.30	9 C. Sunter	Horwich	25.55
3 A. Pendlebury	Bolton	20.41	10 J. Vasler	-	26.08
4 G. Pile	Sale	20.55	11 J. Sunter	Horwich	26.16
5 C. Walkington	Kendal	21.58	12 J. Buckley	-	26.34
6 S. Pendlebury	Bol.	22.35	13 A. Wood	Horwich	26.50
7 E. Craig	-	22.51	14 A. Joyson	Horwich	29.38

MANX MOUNTAIN MARATHON - 30 m. 9000' - CAT. 'A' -

MONDAY, MARCH 27TH - by John Blair-Fish

The slower times this year reflect the less favourable conditions than in recent years. While visibility was good

there was a strong headwind all the way, and there were a few showers of sleet and rain, and wet conditions underfoot. The crossing of the Irish Sea to and from the race, however, proved more of a physical ordeal than the race for some competitors (including the author!).

The first three positions with Mike Short winning from Joss Naylor and Ken Taylor were the same as last year. Other runners in the leading group lost ground in varying degrees after half-way. Among them, Ken Payne fell on his back while descending South Barrule, but was released from hospital next day after observation overnight.

The Dark Peak Fell Runners, Martin Hudson, Andrew Lewsley, and Brian Harney were team winners; Susanne Turner and Jean Haigh of Longwood Harriers were joint winners in the Ladies' race.

While there was a record entry in all classes for the race, there were only 25 starters and 20 finishers in the Elite class. Some runners were among the record number of finishers in the standard class.

1 M.Short	Hor.	4.38.47	11 R.Melton	O.D.	5.40.00
2 J.Naylor	Ken.	4.52.26	12 T.Roberts	Holm.	5.43.04
3 K.Taylor	Ross.	4.53.26	13 K.Shand	Roch.	5.45.12
4 P.Murray	Clay	4.58.10	14 R.Burt	Shrew.	5.47.30
5 B.Pickersgill	Holm.	5.04.00	15 G.Poole	Roch.	5.57.48
6 M.Hudson	D.P.	5.22.47	16 M.Joughin	Bound.	5.59.45
7 J.Blair-Fish	Edin.	5.24.20	17 M.Taylor	JLR.RA.	6.21.20
8 A.Lewsley	D.P.	5.26.42	18 W.Bentall	D.P.	6.22.04
9 B.Harney	D.P.	5.34.04	19 P.Jones	D.P.	6.54.50
10 G.Oliver	JLR.RA.	5.37.52	20 A.Collinson	D.P.	6.55.25

TEAM - D.P.F.R. VETERAN - JOSS NAYLOR.

LADIES

1 Sue Turner	Long.	2.35.02	4 Irene Corlett	Bound	2.42.25
1 Jean Haigh	Long.	2.35.02	5 Cath. Crux	New.	2.46.26
3 Julie Moore	Manx.	2.39.25			

PENDLE FELL RACE. ('A' Category: 4 $\frac{3}{4}$ miles: 1,500 feet)

by Bill Smith

Another showery, overcast day, with some of that famous Pendle mist hovering about the summit, though no witches were sighted. Harry Walker may well have been flying on a broomstick however, as far as the other competitors were concerned, for he continued his usual practice of recent years (except last year when he didn't through injury) by leading from the start of the first climb right through to the finish, beating runner-up Mike Short (last year's winner) by 11 seconds with

a time of 31.14. In third place was a young up-and-coming fell runner by the name of Brian Robinson, who made quite a reputation for himself last season through some close battles with Alan McGee. Harry afterwards commented that he thought Brian might have pushed him a bit closer. Surprise of the day was the gradely performance of veteran prize-winner D. Welch (Harrogate), who placed 11th (!) with a time of 34.19 as compared to his 1977 placing of 73rd in 37.40. The 0/50s award went to R. Gamble (Billingham Synthonia) for his placing of 137th in 39.53, and there were 301 finishers.

Jean Lochhead set a new ladies' record of 39.43 for the same course as the men's, with J. Haigh (Longwood) second in 41.36 and Ros Coates, winner of the ladies' Edale Skyline a fortnight previously, in third place with a time of 42.19. There were 22 competitors.

MEN'S RACE

1 H.Walker	B'burn	31.14	11 D.Welch (Vet)	Harro.	34.19
2 M.Short	Horwich	31.25	12 C.Robinson	Rochdale	34.24
3 B.Robinson	Kendal	32.43	13 J.Broxap	Keswick	34.29
4 A.Styan	Holm.	32.53	14 A.Sunter	Horwich	34.34
5 D.Overton	Kendal	33.12	15 J.North	Clay.	34.36
6 R.Ashworth	Ross.	33.12	16 R.Rawlinson	Ross.	34.39
7 J.Calvert	B'burn	33.32	17 G.Edwards	Bingley	34.44
8 H.Jarrett	Keswick	33.47	18 P.Hartley	Ross.	34.50
9 S.Breckell	B'burn	34.03	19 G.Berry	D.P.	34.54
10 P.Walkington	B'burn	34.13	20 E.Trowbridge	D.P.	34.57

LADIES' RACE

1 J.Lochhead	Aire.	39.43	9 S.Turner	Longwood	46.35
2 J.Haigh	Long.	41.36	10 A.Bland	Kendal	46.40
3 R.Coates	Clyde.	42.19	11 L.Day	Lakeland	47.16
4 L.Brennan	Unatt.	43.39	12 A.Grindley	Clay.	47.23
5 B.Robinson	Bury	44.27	13 J.Sutcliffe	Unatt.	47.34
6 G.Pile	Sale	45.14	14 P.Day	Lakeland	47.34
7 H.Matthews	B'burn	45.43	15 C.Walkington	Kendal	47.36
8 S.Styan	Holm.	46.02	16 J.Lancaster	Cumbria	49.19

4TH KENTMERE HORSESHOE FELL RACE - 12 m. 3300' Cat.'A'

APRIL 16TH

1 A.Styan	Holm.	1.25.46	8 B.Robinson	Kendal	1.28.54
2 A.McGee	Bol.	1.26.08	9 D.Overton	Kendal	1.29.07
3 M.Weeks	Bing.	1.26.22	10 J.Norman	Alt.	1.29.24
4 M.Short	Hor.	1.26.58	11 C.Robinson	Roch.	1.30.30
5 H.Walker	B'burn	1.28.05	12 S.Breckell	B'burn	1.31.16
6 P.Blakeney	D.P.	1.28.26	13 R.Whitfield	Kendal	1.31.19
7 W.Bland	Kes.	1.28.29	14 J.North	Clay.	1.31.51

15 K. Taylor	Ross.	1.32.05	18 H. Jarrett	Keswick	1.32.40
16 J. Penrose	Bingley	1.32.26	19 M. Armitage	Saltwell	1.32.48
17 A. Spence	Bingley	1.32.35	20 P. Hartley	Ross.	1.33.05

TEAMS - KENDAL 4.29.20, BINGLEY 4.31.23, KESWICK 4.34.56

VETERANS - 24TH H. Blenkinsop (Ken.) 1.34.03, 36th D. Lawson (Bingley) 1.35.08. 41st D. Welch (Harro.) 1.36.07.

LADIES

1 J. Lochhead	Air.	1.52.26	9 A. Pendlebury	Bolton	2.11.55
2 B. Robinson	Roch.	2.00.37	10 J. Dawes	Kendal	2.15.46
3 A. Bland	Ken.	2.02.11	11 P. Cushney	Unatt.	2.18.36
4 S. Styan	Holm.	2.03.55	12 K. Etherden	Roch.	2.18.44
5 J. Sutcliffe	Unatt.	2.03.57	13 J. Lancaster	Cum.	2.20.06
6 J. Glass	Eryri.	2.04.23	14 A. Salisbury	Unatt.	2.20.21
7 A. Grindley	Clay.	2.09.10	15 E. Craig	Horw.	2.30.27
8 C. Walkington	Ken.	2.09.23	16 M. Simpson	Liv.	2.33.56
			17 S. Wright	Unatt.	2.45.53

On the result sheet organiser and sponsor, Pete Bland says, "A black mark to those competitors who retired and did not report back to the finish. You stand a good chance of being banned from future fell races." (This may not be a A.A.A.'s rule, but its unwritten law in the hills and a crime to ignore, so take heed. No one wants to ban anyone but when mountain rescue is involved and life at stake examples may have to be made - Ed.).

RUNNING SHORTS

1. Congratulations to Jeff Norman (2nd) and Dave Cannon (4th) in the recent A.A.A.'s Marathon. These performances will secure for Jeff and Dave places in either the European Championships or the Commonwealth Games teams.
2. For those preparing for 2 day events and ladies for Vaux, Ken Ledward will again be running specialist week-end and evening courses in mountain navigation and ultra lightweight camp craft for the fell runner. Contact Ken at Broughton-in-Furness 552 or write to Low Hollin House, Seathwaite, Broughton-in-Furness, Cumbria.
3. Harry Walker wins this year's 3 Peaks race from Martin Weeks, Ian Roberts, John North, Mike Short and Andy Styan. A superb run by Derek Lawson in 14th place to take the Vet.'s prize. Detailed report will appear in the next issue.

4. I hear that Jean Dawes set a new fastest Ladies' time in the recent 'Fellsman's Hike'. Details in a report in the next issue.
5. Wanted:- Race Reports and Articles of all kinds for the next issue. Copy should reach the Editor no later than the end of October.
6. The new 'Duddon 2 day' was won by Billy Bland (1st day) and M. Hudson of Dark Peak on the second day. 1st day's ladies event was won by Sue Parkin of Holmfirth and Janet Sutcliffe (Whitehaven) won the second day. Details in the next issue.

FELLIMERICKS by JESSIE HORSLEY

There's a famous fell runner named Short
Now Mike is a wonderful sport,
His skill is pronounced,
But if he is trounced,
No excuse will he make
But will hasten to shake,
The hand of the man
Who so speedily ran.

Not Walker! But runner is Harry,
As a fell runner, he'll never tarry,
He will run with all might
Till his goal is in sight,
As fast as his legs, him, will carry.

You all know the fell runner named Joss,
Now Joss, is a wily old hoss,
If you give him a chance
He will lead you a dance,
For he'll run and he'll leap,
Like his own nimble sheep,
Over rocks, and down scree,
With consummate ease
To show all the lads, whose the boss.

There are three Stalwart Brothers, named Bland,
Whose hair is as gold as the sand,
Fell runners of note,
They will leap like a goat,
Down rocky terrain,
In sunshine and rain,
These Borrowdale sons of the land.

THE FELL RUNNER by A. Mackenzie

Hawk held in the eye of the wind, marvelling
Hangs timeless to counter his speed.
Skylarks in flight of panic fly,
Scattered by the fleet of foot.
Rodents remain death-still; till soon the
Rocking footfalls pass beyond.

For He runs faster than the old red fox
And further than the hound
And swifter than the royal deer
He runs the hare to ground.

Ageless mountains in primeval patience wait,
Accepting the hard and frantic race.
Sharp-faced Pen-y-Ghent gives up her secrets,
Steely solace soon to return to her.
Ennerdale untamed by Naylor, can
Envisage a time before and after man.

For He chased the wind across the field
And the mist right off the hill
And raced the dust along the road
The stream down to the mill.

Langdale's mocking slopes will soon no longer
Languish awaiting his determined step.
For passive peaks and milder moors
From him will soon recover
Unchanged and unaffected the fell awaits
Unconcerned for his return.

For The challenge he offers is to himself
And the competition all around
Placement often matters nothing now
There is no equal to be found.

THE BEN LOMOND HILL RACE, May 13th, 1978 - 3,192 1/9 miles

CAT. 'A'

by Roger Smith

Dumbarton A.A.C. certainly got it all together for the 1978 Ben Lomond Race. Race organisation and course marking and manning were excellent, and they even managed reasonably fine weather - a rarity so far this 'summer'!

Sponsorship of the event by Polaroid (U.K.) Ltd., meant not only lots of nice prizes (mainly cameras and sunglasses) but also a van full of ladies who produced certificates and complete race results within an hour or so of the finish. Some bright spark had the idea of taking a Polaroid photo of each competitor as he or she finished and pasting the result on your certificate. It is certainly, in my case, a very accurate reminder of my state at the end of the race!

The race was dominated by Martin Weeks and Mike Short, who came off the top together with a clear lead over the rest of the field. Martin's longer legs just held off Mike's challenge on the fast descent and, appropriately wearing No.1, he crossed the line 14 seconds ahead in a new record time of 64.46. Mike was second, Bryan Robinson 3rd, and Kendal easily took the team prize with three men in the first nine. Vet's prize went to Harry Blenkinsop just 40 seconds ahead of Mike Davies. In the ladies race, Ros Coates was easily the best of the three starters, and her very respectable time of 83.20 would have placed her 68th of the 116 men.

One other innovation I commend to other race organisers - 10 'spot' prizes were given through the field. It's the first time I've been one place off a prize in a fell race, and it gives everyone a little extra to run for!

TEAM - Kendal (3, 5, 7).

LADIES - 1 Ros Coates (Unatt.) 1.23.20
2 Sue Styan (Holm.) 1.33.31
3 M.Simpson (Liver.) 2.03.06

MEN

1 M.J.Weeks Bing. 1.4.46 11 L.Boswell Loch. 1.10.25
2 M.A.Short Hor. 1.5.00 12 R.L.Morris Edin. 1.11.11
3 B.W.Robinson Kendal 1.6.43 13 H.Blenkinsop V.Kendal 1.11.20
4 A.Styan Holm. 1.7.59 14 A.Adams Dumb. 1.11.31
5 D.G.Overton Kendal 1.8.07 15 M.P.Curtis Fife 1.11.38
6 R.Shields Loch. 1.8.16 16 G.MacDonald V.O.L. 1.11.47
7 R.E.Whitfield Kendal 1.8.22 17 J.McGee Unatt. 1.11.54
8 M.Edwards Aber. 1.8.42 18 M.P.Davies V. Read. 1.12.00
9 M.Armitage Salt. 1.9.26 19 J.Sands Ayr. 1.12.05
10 J.Shields Clydes 1.9.55 20 G.Carlin Clydes. 1.12.31

TEAM - Kendal 15 points.

OBITUARY - EDWARD J. PEPPER - by Peter Knott

It is with deep regret that we have to record the death of fellow athlete, Edward Pepper of the Blackheath Club in this year's 3 Peaks Race. Our condolences to his wife and family in their great loss.

Coming from Maidstone in Kent, Edward was not well known to Northern Athletes and was a newcomer to the fell running scene. I understand, however, that he was a strong and experienced cross-country runner and will be sadly missed by many of his friends in Southern distance running circles.

At the inquest the Coroner recorded the verdict of misadventure and, in the interests of helping to prevent such a tragedy occurring again, suggested that emphasis should in future be placed on conditions which can be encountered and the need for adequate clothing and equipment.

* * * * *

ADDITIONAL SHORTS

Tired of running? Try the 3 Peaks Cyclo Cross race - September 24th. (Bikes not supplied). The event starts from Horton-in-Ribblesdale at 11.00. Entries, £1 by September 3rd to J. Rawnsley, 18 Ashfield Ave, Shipley, W. Yorks.

Mike Short beat Harry Walker in an exciting finish to win the Fairfield Horseshoe on May 21st and Jean Lohead set a new Ladies Record of 1:33:42. Details in the next issue.

* * * * *

SPEED FREAKS

The following appeared in the Sunday Times on April 30th. Do you know any?

"Running as sport, as recreation, as an aid to health, yes..... but running as an addiction? According to an Arizona physical education professor, William P. Morgan, writing in Psychology Today, the cure for the problem can be a dose of a methadone-like substitute, or putting the running junkie's leg in plaster.

Methadone is the drug used to wean addicts off heroin, and the professor does not specify what the equivalent for speeding freaks is. He points out that "that the benefits of running from both a physiological and psychological standpoint, have been well documented." The problems start for some long-term, long-distance runners, who, on seven days a week, take high-intensity runs, can begin to get a "high", and altered

state of consciousness, followed by several hours of "a state of total relaxation and quiescence."

Well, at least there are no exotic cheroots, needles or visits from the drugs squad. But what does develop, elaborates Morgan, is a need for a bigger dosage, and he defines the exercise addict "as one who cannot exist without exercise, whatever the cost." The first consequences are a withdrawal from work, friends and family, and the process can end with running creating a health problem. A runner may continue with a tendon inflammation, and wind up crippled, which is where the methadone substitute and plaster cast come in.

Are there any British cases? Professor Peter Fentem, of Nottingham University - who has just completed a study of the benefits of exercise for the Sports Council - hasn't come across any: "But as a medic, it wouldn't surprise me in the least. It would be a bit like anorexia nervosa wouldn't it?"

A London GP attributed the condition to the change of blood gases, resulting in a higher level of acidity. "It's a question of hyper-ventilation," he explained. "You lose more oxygen. I see it in women who scream a lot, they poison themselves." He added philosophically: "Still one man's coma is another man's high."

* * * * *

The Cumberland Fell Runner's Association

(affiliated to the Northern Counties A.A.A.)

MEMBERSHIP FOR 1978

The Cumberland Fell Runner's Association promotes the two major fell races - The Ennerdale Horseshoe and The Wasdale Fell Race, plus associated Ladies and Junior Events. It also promotes an orienteering type fell race "The Copeland Chase". The association encourages and provides help to other fell race organisers.

Membership is open to all, but we particularly encourage fell runners to join in order that they may have a say in the way our events are staged, and to elect a committee to oversee race details. (Extract from the constitution - "at least two of the committee will be active runners").

Membership reached a record of 89 in 1977. Please join and ensure that you keep in touch with our activities.

Application for membership should be made to:-

The Hon. Secretary, Cumberland Fell Runner's Association:
(D. Hughes, Hallsteads, Gosforth, Cumbria. Tel: Gosforth 366),
and include details of name, club, address and telephone number. Membership fee is 50p annually.

* * * * *

ADVERTISING IN THE JOURNAL

Current policy is to welcome advertisements of all sorts provided they are relevant in some way to our sport i.e. sports goods, events and the like including commercial adverts from Companies and Organisations who contribute to the sport. It is intended to limit the advertising however, and it is not intended that the advertising should in anyway pay the cost of the journal.

Advertising rates have not been raised since 1976 despite inflation and the circulation of the magazine has now risen from under 500 to over a 1000 copies.

It has been suggested that our rates are extremely low and at twice the rates shown the value would be good in comparison with other magazines and on the basis of our present circulation. The rates shown may therefore be increased after consideration by the committee.

ADVERTISING RATES

<u>Number of issues</u>	<u>One Copy (Spring or Autumn)</u>	<u>Two Copies</u>
Whole Page	£10	£16
Half Page	£ 6	£10
Quarter Page	£ 4	£ 7

Reduced rates for Fell Race Organisers

Special rates by agreement for special adverts

THE FELL RUNNER'S ASSOCIATION CONSTITUTION

1. Title and Purpose:

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

2. Management:

a) The affairs of the Association shall be conducted by a Committee which shall consist of a Chairman, Fixtures Secretary, Treasurer/Registrar, Newsletter Editor, Statistician and seven members. The Committee shall meet and act as required for the efficient conduct of the Association's business but in any event at least once per year. An appropriate officer shall maintain a minute book and record in it the business of all meetings and the names of those present. A quorum shall consist of not less than 50% of the total strength of the committee.

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

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

3. Membership:

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

4. Rules, Laws and Status:

The Laws and Rules of Governing bodies of Sports under whose jurisdiction events are staged, will at all times be strictly complied with. There will however, be no compulsion on Race Organisers being themselves affiliated to an associated national controlling body should the diverse nature of the event make this inappropriate. At all times the amateur status of competitors will be safe-guarded as no race organiser will be allowed to present money prizes.

5. Finance:

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

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

6. Noting:

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

7. Annual General Meeting

The Association should hold an Annual General Meeting between 1st March and 31st April, each year. If possible the

meeting should be convened on a date and at a venue with a major fixture.

8. Extraordinary General Meeting

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

9. Notices

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

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

10. Alteration to the Constitution:

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

AMENDMENTS TO THE CONSTITUTION - MADE AT THE 1978 A.G.M.

4) RULES, LAWS AND STATUS

Events may be held under Fell Runner's Association Rules or under the Laws and Rules of any other Governing Body of Sport which the organiser may deem appropriate. However, there will be no compulsion on Race Organisers to affiliate to any Governing Body should the diverse nature of the event make this inappropriate. In order to protect the amateur status of competitors who take part in other sports, no money prizes must ever be awarded.

11) QUORUM

The Quorum of members at any General Meeting shall be 20. If within 30 minutes from the time appointed for the Meeting a quorum is not present, the Meeting, if convened by requisition of the members, shall be dissolved. If convened otherwise, it shall adjourn to a day to be named by the Meeting. In the case of an adjourned Annual General Meeting, any number of members shall constitute a quorum.

12) DISSOLUTION

The Association shall be dissolved if at any General Meeting, a Resolution for the dissolution of the Association is passed by a majority of three-fourths of such members as shall be present and vote thereon.

if upon dissolution of the Association there remains after the satisfaction of its debts and liabilities any property whatsoever the same shall not be given or distributed amongst the members but shall be given or transferred to some charity, company, institution, society or association having objects similar to the objects of the Association to be determined by the members at the General Meeting at which the resolution for the dissolution of the Association is passed.

FELL NAVIGATION COURSE IN 1974

by BILL SMITH

(This article was written for the journal some time ago and did not get in. Although it is now really only of historical interest it does serve as a reminder that the navigational skills of fell runners have not always been what they should be. Have we improved since this was written? Ed.)

On the weekend of February 9th/10th, 1974 the Cumberland Fell Runner's Association conducted a Fell Runner's Navigation Course at the Ennerdale Scout Centre, which is, of course, the venue for the Ennerdale Horseshoe Fell Race. The need for such a course was amply demonstrated in two of the C.F.R.A.'s own promotions last year, the Ennerdale and Wasdale events, when so many of us went astray in the mist, though in some cases this was due to gross carelessness rather than to unfamiliarity with map and compass techniques.

However, the idea for the course was really born after the Two Day Marathon in Wales, when the Norwegians had beaten their closest rivals by more than two hours. Joe Long, President of the C.F.R.A., decided that the Norwegians' advantage really lay in their navigational skill rather than in any extraordinary athletic ability. He therefore put forward his idea at the C.F.R.A. A.G.M. last November, and the proposal was carried. Joe has emphasised that all fell runners should be conversant with map and compass techniques, and suggests that there is a need for a similar course in the future. (Interested parties may contact Joe Long at Mountain View, St. Bees, Cumberland, CA37 0AD. Please enclose a S.A.E.).

By a strange coincidence (or was it?), Ken Ledward of the Eskdale Outward Bound Mountain School, had a letter published in the December, '73/January, '74 issue of Mountain Life on the same subject. Ken, a long-distance fell runner himself, referred to the "new type of athletic club fell runner", who lacks the advantage of a mountaineering background and therefore "has a far greater psychological barrier than many appreciate when caught in cloud high on the fell, especially among outcrops and on exposed ridges."

Ken admitted that it is also possible for fell runners with a mountaineering background to get lost, but added that "their previous experience in hills does lend itself to them getting on known ground without any panic measure."

Fourteen runners enrolled for the course, which began at 10.00 a.m. on the Saturday. Danny Hughes made a short introductory speech, then handed over to Chris Wright, the well-known orienteer, who proceeded to lecture on map and compass techniques until mid-afternoon, with a break for dinner from 12.30 to 13.30. Joss Naylor then gave an absorbing talk on mountain craft, in which he recalled several incidents from his boyhood on the Wasdale and Ennerdale fells, and his early experiences in the Lake District Mountain Trial. The rain, which had persisted for most of the day, had by now ceased, and there was bright sunshine and a clear sky when the students went out of doors for some practical experience on a short orienteering course in the surrounding woods.

After tea, Danny Hughes gave a run-down on the Ennerdale Horseshoe course, including many helpful tips, and then everyone travelled to Friar Well, six miles away, for a night orienteering event involving eleven checkpoints on the undulating moorland of Cold Fell. After a tasty supper of egg, beans and tea back at camp, some of the students went down to Ennerdale Bridge to sample the ale at the "Fox and Hounds".

Sunday's programme opened with another lecture by Chris Wright, followed by a talk on physical fitness by P.T.I. Sammy Branch. 11.00 a.m. heralded the start of a 10-mile fell race over the pleasant grassy hills between Ennerdale and Loweswater. Competitors were started at one minute intervals and had to find seven checkpoints on the fells. Once again, the weather was kind, being dry and mainly clear, though with a bleak wind on the tops. As with the night event, incidentally, this one included a few competitors who were not course students and one of them had the effrontery to win the race. After dinner at 15.30, Danny Hughes presented a certificate to each student.

Everyone agreed that it had been a highly interesting and enjoyable weekend, and well worth the measly £2 fee which covered instruction and races, food and accommodation. There was also a non-residential fee of 75p for those students who preferred to eat and sleep out.

NOTE: A course planned for the weekend of February 22/23 1975 had to be cancelled because Joe Long was in hospital at the time. This may now be held later this year, and as previously mentioned, anyone interested should contact Joe.

The 10-mile fell race on the Sunday will be an open event and run over a different course, entitled "The Copeiland Chase".

NIGHT ORIENTEERING EVENT ON COLD FELL

1 T. Pennick	W.C.O.C.	34.00	12 R. Nelson	WCOC.	1.23.15
2 D. Scarrott	W.C.O.C.	48.45	13 V. Nelson	WCOC.	1.23.15
3 J. Naylor	Kendal	48.50	14 E. J. Roberts	Kendal	1.27.15
4 C. Wright	Lake.O.C.	56.10	15 H.D. Walker	B'burn	1.31.05
5 D. Hughes	Kendal	59.02	16 W.R. Smith	Clay.	1.35.05
6 W.B. Millen	Kendal	1.01.30	17 P. Trainor	Keswick	1.38.05
7 P.R. Young	CFRA	1.04.05	18 N. Shuttleworth	Bolton	1.38.15
8 P. Walkington	Unatt.	1.04.44	19 V. Duff	Warring.	1.39.30
9 E.R. Jackson	CFRA	1.08.45	20 W. Ratcliffe	Warring.	1.40.30
10 T. Spedding	WCOC.	1.20.45	21 B. Wilkinson	Unatt.	1.40.30
11 C. Simpson	WCOC.	1.20.45	22 P. Spencer-Ellis	Keswick	1.47.30

10 - MILE FELL RACE

1 P. Walkington	Unatt.	1.43.30	10 C. J. Wright	Lake OC.	2.34.22
2 E. J. Roberts	Kendal	1.46.30	11 J. Naylor	Kendal	2.34.35
3 H.D. Walker	B'burn.	1.48.20	12 M. Nicholson	Kendal	2.44.11
4 J. Hall	Salt.	2.22.32	13 D. Meek	Keswick	2.45.37
5 W.B. Millen	Kendal	2.24.30	14 A. McGee	Keswick	2.48.39
6 W.R. Smith	Clay.	2.25.06	15 B. Wilkinson	Unatt.	2.55.50
7 E.R. Jackson	CFRA	2.27.52	16 N. Shuttleworth	Bolton	2.59.05
8 P.R. Young	CFRA	2.32.30	17 V. Duff	Warring)	Timed
9 P. Spencer-	Kes.	2.32.50	18 W. Ratcliffe	Warring)	out.

Ellis

* * * * *

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The 1978 event will take place at the end of October - so leave a space in your diary.

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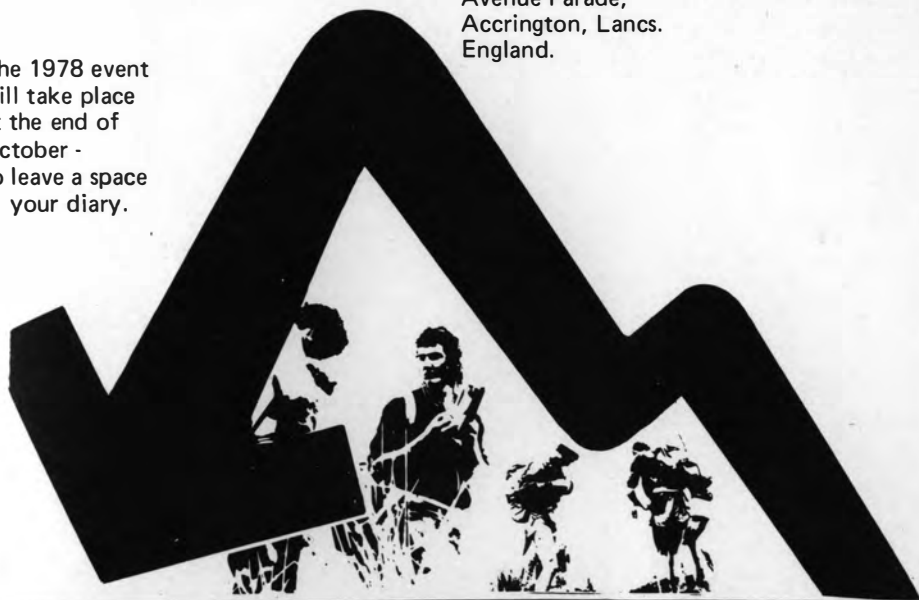
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- 2) 'A' - 70
- 3) 'B' - 60
- 4) 'C' - 50
- 5) Expedition - 40

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