

THE FELL RUNNER

SUMMER 1979



25p

the BIG challenge

karrimor International mountain marathon



This unique event for teams of two is now established as the toughest test available.

The aim of the event is to promote high standards for all who make expeditions into the hills, testing their fitness, navigational skill, and general ability to cope in unknown mountain terrain.

An increasing number of orienteers have joined the fell-runners to make this event quite unique - all competitors have to carry their own equipment for the duration of the event.

The 1979 event will take place in Wales on October - 27/28 so leave a space in your diary.

There are 5 Courses:

- 1) Elite - 80 kilometres.
- 2) 'A' - 70
- 3) 'B' - 60
- 4) 'C' - 50
- 5) Expedition - 40

Entry Forms are available July/August.

PREVIOUS WINNERS:

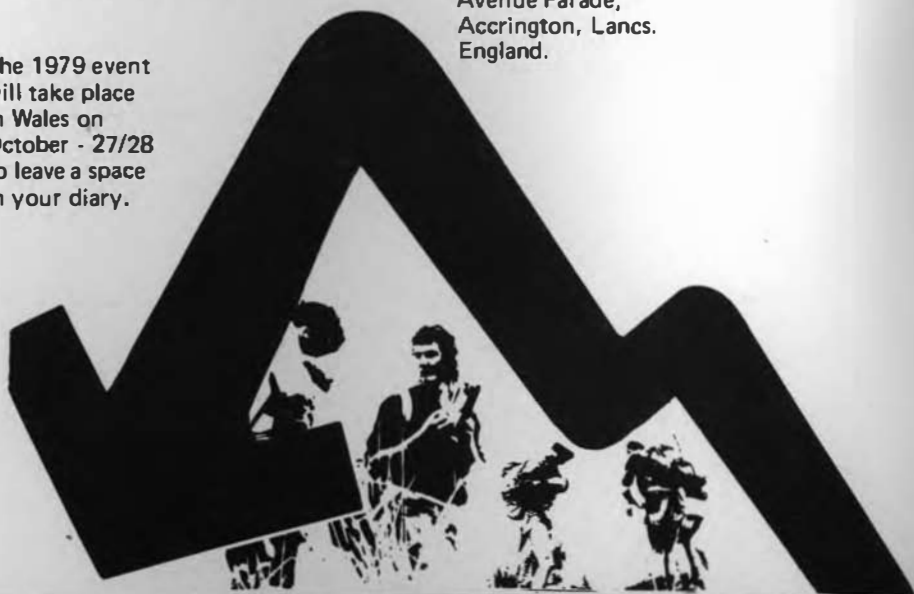
1975 - Joss Naylor & Peter Walkington

1976 - Stig Berge & Sigurd Daehli.

1977 - A. Philússon & H. Forrest.

1978 - R. Baumeister & M. Hudson

karrimor International Ltd.,
Avenue Parade,
Accrington, Lancs.
England.



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.

THIRTEENTH ISSUE - SUMMER 1979

Editorial

This is my last issue. Your new editor elected at the April A.G.M. is Andy Styan. Who? (If in doubt turn to the centre pages). The magazine is due for a new broom, and I'm sure Andy will bring a new dimension to the mag. I have enjoyed the experience but it's been a bit tricky finding the time of late. What am I going to do with all that spare time now? A bit more training perhaps and of course I shall be writing lots of rude, complaining and criticising letters to the editor!

This issue goes back into the middle of last season to pick up some of the late season results and, in particular, the Scottish Scene for which I failed to make space last time.

Our membership and the numbers competing on the fells continues to grow relentlessly. Inevitably this brings problems of access for organisers and for training which increases the danger of alienating some of the many people whose good will we need. Good conduct is our responsibility if the sport is to continue to flourish. Occasionally, I hear disturbing tales of anxiety about our activities being expressed by landowners and other outdoor pursuits bodies, so please be careful about the right of access and observing the country code. Many of our new members may not appreciate the importance of these things, and the rest of us probably need frequent reminding.

THE A.G.M. 7TH APRIL, 1979 by the Editor

Included on the agenda was a report by the Development Sub-Committee. In addition to their own meeting and preparations the significant happening was 'a long meeting conducted

continued ...

COVER PHOTO - The popular husband and wife fell running team of Ann and Pete Bland shown here competing the 1978 Peebles Karrimor mountain marathon. They finished 33rd in the Elite class, the first mixed pair to complete the course. Photo by courtesy of Gordon Petrie.

in general, in a helpful and friendly atmosphere," with the A.A.A. Four options emerged for further discussion. These can be abbreviated as follows:-

- 1) Affiliation to A.A.A.'s under existing rules.
- 2) As 1) but with some amended rules.
- 3) Affiliation but with a measure of Authority delegated to the F.R.A.
- 4) Go independent.

Of these options the Development Sub-Committee recommended Option 3). This was passed by the meeting. Subsequently the following sub-committee was elected to continue negotiations with the A.A.A.'s for a measure of authority:-

Chris Brasher (Sec.), John Howarth, Keith Windle, John North, Anne Grindley, Peter Knott. The first four named served on the previous sub-committee, and the last three named are on the new executive committee.

At the time of writing Chris Brasher is trying to organise a meeting with the A.A.A.'s to pursue these ideas further..

It was recognised that the executive committee of the F.R.A. had hitherto had a 'fixtures secretary' post but no 'general secretary'. This additional post was created at the meeting. Also in keeping with the constitution which requires the Chairman to serve no more than three years, John North was not available for re-election. The meeting expressed their thanks and appreciation for his services.

The following executive committee were elected:-

CHAIRMAN - Peter Knott, 66 Edwinstowe Road, Lytham St. Annes, Lancashire. (Lytham 737871)

GENERAL SECRETARY - Peter Walkington, 12 Littlestones Road, Egerton, Nr. Bolton, Lancs. (Bolton 58671).

FIXTURES SECRETARY- Dave Moulding, 127 Bury Road, Rawtenstall, Lancs.

TREASURER/REGISTRAR - Dave Payne, 28 Claybank Street, Heywood, Lancs.

STATISTICIAN ~ Martin Weeks, 6 The Poplars, Brayton, Selby, North Yorks.

JOURNAL EDITOR - Andy Styan, Wentworth Farm, Wessendenhead Rd., Meltham, Nr. Huddersfield, Tel:(0484)

HON. AUDITOR - John Osborne. 850770.

COMMITTEE MEMBERS:- Anne Grindley (Ladies), Peter Brookes (Scotland), John North, Pete Bland, Danny Hughes, Colin Ratcliffe, Kevin Shand.

Fixtures information and new events should be addressed to Dave Moulding. All membership applications and enquiries and subscriptions to Dave Payne. Details of performances and

the leading results should be sent to Martin Weeks, and Andy Styan for the magazine. From now on all material for the journal should be sent to Andy. Matters of general information and concern should be brought to the attention of Peter Walkington or Peter Knott.

The ladies may like to make use of Anne Grindley to communicate their views but should also note that Pete Walkington, Andy Styan and Pete Bland all have active wives. (Active fell runners that is!)

The committee has always sought to have a Scottish member to try to reduce the feeling of remoteness that many Scottish members may feel. It's up to you to make use of Peter Brookes.

(Note that the next F.R.A. committee meeting is to be held at Fort William on the day of the Ben Nevis race).

Also at the A.G.M., it was agreed that there would be a Ladies Fell Runner of the Year competition this year (1979).

John North reminded the audience of Bill Smiths very great contribution to the sport. Not content to write extensively and authoritively on the sport, Bill contributes the commercial proceeds of his work to the F.R.A. Bill is currently working on a book about Fell Running, (see request for photos and articles in this journal).

The vexing question that has occupied much committee time, catagorisation of fell races was on the agenda. A motion to appoint a sub-committee on the subject was defeated but subsequently some moves to explore the subject more thoroughly have been started.

The accounts presented by Dave Payne showed an excess of income over expenditure for the year of £172 and a balance in the bank at the end of 1978 of £364. Subscriptions brought in £954 and the cost of production and distribution of the Calendar and two issues of the journal amounted to about £800.

STATISTICIAN'S REPORT - 1978 SEASON by MARTIN WEEKS

Mike Short became the first fell runner to win the award twice, beating runner-up Andy Styan by ten points. Mike's winning margin of eleven points was the clearest victory for several years.

Rather than give a narrative report I have listed several statistics and comments on this year's results:-

- 1) 208 people scored one point or more, this compares with a figure of 194 for 1977.
- 2) Only two athletes figured in the first ten, who were not in the first ten last year (Harry Jarrett and Ian Roberts).

- 3) 13 athletes scored 100 points or more, a direct comparison with last year is not possible due to the change in assessment but 16 scored more than 100 in 1977.
- 4) Best improved athlete was Harry Jarrett who scored 57 in 1977 but was ranked 5th in 1978 with 165 points.
- 5) Harry Blenkinsop was first veteran with 105 points (98 in 1977), well done Harry - you've caught Joss at last.
- 6) Comparing the new scheme with the scheme used in 1977 (best 10 races irrespective of distance), the first 5 placings all remain the same, although each runner scores a slightly larger number of points. Some small changes in ranking takes place at lower levels but the overall difference is negligible.
- 7) Most 'wins' - Mike Short - 7 events followed by Alan McGhee (6) Andy Styan (5), Harry Walker and Bill Bland (3), B. Robinson, R. Wilde (2) and I. Roberts, M. Weeks and H. Jarrett (1).
- 8) The results may be affected by the fact that I was unable to obtain all the positions in the Creag Dubh race as the organiser had mislaid the result sheets. Anyone who can give me the full result please contact me.

Finally, many thanks to my wife, Janet who did all the calculations this year.

FELL RUNNER OF THE YEAR 1978

Based on the athletes best 3 long, medium and short races plus one other - 10 races.

POSN.	NAME	POINTS	POSN.	NAME	POINTS
1	M. Short	211	17=	P. Walkington	85
2	A. Styan	200	17=	P. Hartley	85
3	W. Bland	196	19=	M. Ratcliffe	79
4	H. Walker	187	19=	M. Hudson	79
5	H. Jarrett	165	21	M. Armitage	74
6	D. Overton	164	22=	K. Taylor	73
7	M. Weeks	155	22=	A. Spence	73
8	A. McGhee	151	24=	J. Blair-Fish	72
9	B. Robinson	141	24=	J. McGhee	72
10	I. Roberts	133	24=	J. S. Bland	72
11	R. Whitfield	122	27	J. Norman	70
12	J. Broxap	108	28	I. Holloway	69
13	H. Blenkinsop	105	29	J. North	67
14	M. Davies	94	30	K. Shand	62
15	R. Boswell	93	31	J. Naylor	59
16	W. Tait	88	32	P. Chapman	58

POSN.	NAME	POINTS	POSN.	NAME	POINTS
33	D. Welsh	53	42	R. Morris	43
34	A. Sunter	52	42	T. Robertshaw	43
34	P. Murray	52	44	D. Lee	42
36	J. Calvert	50	45	R. Shields	38
37	R. Wilde	49	45	P. Barron	38
38	A. Bland	48	47	C. Robinson	36
38	M. Foschi	48	47	R. Rawlinson	36
38	G. Brooks	48	49	P. Jones	32
41	P. Blakeney	45	50	H. Forrest	31

SUPPLEMENT TO 1979 FIXTURE CALENDAR by DAVE MOULDING

- A (S) AUG. 4 CREAGH DUBH RACE. 2.8m/122' from Newtonmore, 1500. Marked course. Entries to Hon. Secretary, Newtonmore Highland Games, Newtonmore, Inverness-shire. Under SAAA Laws. Min. age 18.
- B AUG. 25. ACHMONY HILL RACE. 4m/500' from Drumnadrochit, 1500. Entries to R. Macdonald, Hon. Sec. Glenurghuart Highland Games, Drumnadrochit, Inverness-shire. Under SAAA Laws.
- N AUG. 25. LLYN EISI ROUND. 6 $\frac{1}{2}$ m/1000' from St. Mary's Church, Betwes-y-Coed, 1500. Course marked/obvious. 40p Ind. £1 team by Aug. 10 to Charles Trotman, Plas-y-Brenin, Capel Curig, Gwynedd. 85p. on day. Under AAA Laws. Min. age 16.
- B SEP. 30. STOODLEY PIKE RACE. 3 $\frac{1}{2}$ m/800' from Top Brink Hotel, Lumbutts, Todmorden, 1200. Record 16.4 (R. Wilde 1977). Marked course. 60p. Ind. by Sept. 23 to J.P. Waterhouse, 722 Halifax Road, Todmorden, Lancs., OL14 6DP. No late entries. Limit 250. Under AAA Laws. Min. age 16.
- N NOV. 25. RUMBOLDS MOOR FELL RACE. 5m/800' from Close House Farm, Nr. Skipton (on Ilkley Road), 1200. Marked Course. 50p. Ind. to B. Nelson, Rascarrel, Carleton Road, Skipton, N. Yorks. Under AAA Laws. Also juniors (20p.) and women (50p.).

My apologies to the organisers of the Dollar Hill Race (17th June), Knock Hill Race (July 2nd) and Mytholmroyd Fell Race (July 7th) whose events I have left off this supplement due to the later than expected publication - Ed.)

FELL RACING PHOTOGRAPHS WANTED by BILL SMITH

Fell racing photographs (preferably whole-plate size in black and white only) or negatives are required for possible publication in a book about the sport. Action shots taken on the fell, or with a fell background, are needed of the

Carnethy Hill Race, Rivington Pike (particularly very early pictures), Manx Mountain Marathon, Three Peaks (inc. early pics.), Ben Lomond, Goatfell, Welsh 1,000 Metres Peaks, Pen-y-Ghent, Saddleworth, Harden Moss (inc. early pics.), Cairngorm, Ingleborough (inc. early pics. of guides race), Slieve Donard, Melantee, Burnsall (inc. early pics.), Rossendale Ben Nevis (inc. early pics.), Vaux Mountain Trial (inc. early pics), Blisco Dash, Creag Dhubh, Eildon and Chevy Chase. Also photos of Eddie Campbell, Brian Finlayson, Bobby Shields, Jim Hayes, Eric Beard, Pete Hall, Joe Hand, Pete Watson, Dave Hodgson, Frank Dawson, Pete Dugdale, Jack Bloor, Chris Fitt, George Brass, Pat Campbell and A. E. Swainson. The book will probably be published in a limited edition and may not make any profit, so at present I'll just cover expenses (state sum). If sufficient profit is made, further payment will be made after publication, with anything over going to the F.R.A. (Please state name of photographer, if not yourself, so due credit can be given). Any historical material would also be welcome; race reports and results, newspaper and magazine clippings, anecdotes, reminiscences, etc. Send to Bill Smith, 19a, Alexander Walk, Barry Street Estate, Walton Lane, Liverpool, L4 4PU. (Or see me at races).

SOME CORRECTIONS TO THE CHRISTMAS 1978 EDITION

1. I have been notified that in addition to Ann Johnson, Mrs. Pat Berrisford also completed the Sierre-Zinal event, Ladies walking class, in 6 hours.
2. John Wagstaff points out that the first crossing of his Welsh 3000's took 6 hours 12 mins. not 4 hours 12 min. as printed. "My name's not Mike Short you know" writes John.

COMMENT BY THE EDITOR

1. John Blair-Fish writes to comment on the lack of information on Creag Dubh in the last calendar (note that it is in the supplement in this journal - Ed.), and any notification on the forthcoming A.G.M. in the previous issue of the journal.

On the former point I get the impression that getting information on some events, Creag Dubh included, is like getting blood out of a stone. If organisers will not take advantage of free advertising where it is most effective then we can hardly expect Dave Moulding to tour the country making personal visits on them.

As for the A.G.M. notice omission, that I take full responsibility for and much regret. I kicked myself for such an omission. (Andy please note for future issues).

John, and others since, have enquired about European events Brenda Robinson's article in the last issue seems to have generated considerable interest. If anyone would like to set themselves up as 'an expert' on behalf of the F.R.A. members I'm sure Dave Moulding or Andy could publish information.

THE SCOTTISH SCENE 1978

by ROGER BOSWELL and MEL EDWARDS

GOATFELL (8 ml. 2866 ft) 20th May, 1978 by Roger Boswell

The sun was shining as 45 maniacs tore out of Brodick town park, each hell bent on getting to the top of Goatfell and back before anyone else. Why? 1st prize was a kiss from the lovely Miss Arran 1978. This ensured a keenly fought race, even though many of the big guns from England were missing.

1st to the top was Clydesdale's Jimmy Shields, with Andy Styan 2nd, Harry Blenkinsop 3rd and Lochaber's Bobby Shields 4th. At this stage Lochaber looked favourites to take the team prize, but Bobby came down the hill rather in the manner of a drunken crab and only managed 11th.

Andy Styan made his usual suicidal descent to win easily; with Duncan Overton, also making up a couple places on the descent, Harry Blenkinsop ran a fine race to finish 4th; and so took the veteran's prize - he was even in the lead at one stage on the ascent. Kendal took the team prize with 2nd, 4th and 13th (Ken Robinson).

1.A.Styan	Holm.	1:16:25	6.G.Carlin (J)	Clyde.	1:22:42
2.D.Overton	Ken:	1:19:21	7.M.Davies (V)	Read.	1:23:54
3.J.Shields	Clyde.	1:19:30	8.J.Blair-Fish	E.S.H	1:24:27
4.Harry Blenkinsop (V)	Ken.	1:20:19	9.P.Brooks (V)	Loch.	1:24:53
5.Roger Boswell	Loch.	1:22:18	10.J.Rowley	Law.	1:25:42

SCORTY HILL RACE (5½m. 800 ft.) BANCHORY - 11th June, 1978

Results from Mel Edwards.

1.G.Laing	Aber.	31.30(rec)	6.G.Harper	Unatt.	35.37
2.M.Edwards	Aber.	32.05	7.G.McLennan	Aber.	35.51
3.I.Mitchell	Inver.	32.48	8.R.Paton	Dum.	36.16
4.R.McDonald	Inver.	34.25	9.G.Aithie	Edin.	36.41
5.D.Buchan	Aber.	34.48	10.W.Drysdale	Law.	38.27

Team - Aberdeen A.C.

CAIRNGORM HILL RACE - 24TH JUNE, 1978

1.R.Shields	Loch.	1:15:04	6.C.Martin	Dum.	1:18:54
2.M.Edwards	Aber.	1:15:34	7.R.Boswell	Loch.	1:19:32
3.A.Adams	Dum.	1:15:43	8.I.McWatt	Dum.	1:19:55
4.I.Mitchell	Inver.	1:17:35	9.D.Armitage	Aber.	1:20:05
5.B.Kirkwood	Loch.	1:18:00	10.C.Ramsay	Loch.	1:20:22
Veteran W. Ryder (Mor). 11th - 1:20:32					

Teams - Lochaber 13 pts., Dumbarton 17 pts., Aberdeen 39 pts.,
Inverness 50 pts.

MAMORE HILL RACE - 16 ml. 1500 ft. - 1st July, 1978.

The remoteness of Kinlochleven is both the great merit and deficiency of this category 'C' race. The isolated setting among the towering Mamore Hills ensures breathtaking scenery, but also means most runners must travel a long way. Hence only 25 lined up for the start. There would have been more, but traffic jams around Loch Lomond caused some poor souls to arrive after the start. (e.g. Walter Ryder of Morpeth, 5 minutes too late).

The race consists of $\frac{1}{2}$ ml. of road through Kinlochleven followed by a mile climb up a narrow track onto 'Wade's Road', a broader track, once the main (and only) route north to Fort William. The course then follows Wade's road for about 5 miles after which it branches off left along another narrow track which takes the runners up over a 1500' pass, and down a tricky steep slope to Callert; on the north bank of Loch Leven. The rest is a muscle crunching 7 ml. of undulating road back to Kinlochleven.

The race started cautiously, with nobody keen to force the pace, but by the time Wade's road was reached, McCulloch (Ayrshire), Robinson (Kendal) and Boswell (Lochaber) had opened a gap over the rest. McCulloch lost touch on the climb up to the pass, and going down the other side Boswell temporarily got away from Robinson. However, the Kendal man caught up again 2 miles down the road. The effort may have taken its toll, however, as with 3 miles to go, Boswell pulled away to win in the somewhat slow time of 1:50:40. In 1975, Phil Dolan (Clydesdale) recorded 1:38:39. The previous slowest winner was Don Ritchie (Aberdeen) with 1:46:24 in 1969; so Boswell felt he was in good company.

Robinson finished 2nd, McCulloch 3rd, and 4th was Shettleston's amazing super veteran H. Mitchell. Lochaber took the team title with 1st, 9th and 11th (Graeme McConnochie).

1.R.Boswell	Loch.	1:50:40	6.A.Robertson	Pit.	1:55:36
2.K.Robinson	Ken.	1:51:30	7.A.Stapley	Strath	1:56:20
3.T.McCulloch	Ayre.	1:51:55	8.A.R.Lamb	Kinlos	1:56:46
4.H.Mitchell (V)	Shett.	1:53:47	9.P.Brooks (V)	Loch	1:58:00
5.S.Cameron	ESH.	1:53:57	10.M.P.Allen	Crawley	1:59:20

LOCHABER 3 DAY - by Roger Boswell

DAY 1 - MELANTEE 3 $\frac{1}{2}$ ml. 1500 ft. - 29th July, 1978.

This race is the highlight of the annual Lochaber Highland Games (if you discount the incredible non-stop cigar smoking spectacle by Jimmy Saville, Games Chieftain).

The race itself attracted 60 runners, many of them from south of the border.

Though Alan McGee was not in the programme he joined the field as a late entry and obviously meant business as he tore into the lead right from the gun. Mike Short and Billy Bland had to be content to fight out 2nd place as McGee pulled further ahead all the time. McGee was in a class of his own, and smashed his own course record to finish in 29:43. Billy Bland just held off Short for 2nd place, and Harry Jarrett finished 4th with only a twisted ankle for company.

A mention should be made of a fine run by W. Tait of Tynedale, still a junior. 5th at the top, he spent a large part of the descent with no more than his hindquarters in contact with the ground and eventually finished a worthy 8th. It's pretty steep, the Melantee!

Harry Blenkinsop (Kendal) was easily the best veteran finishing 12th in 34:55, and Keswick were easily the best team with 2nd, 4th and 9th.

1. A. McGee	Bol.	29:43	13. J. Blair-Fish	ESH.	35:11
2. W. Bland	Kes.	30:45	14. G. Gaffney	Green	35:17
3. M. Short	Hor.	31:00	15. A. Sunter	Hor.	35:30
4. H. Jarrett	Kes.	32:31	16. L. Golder	Hor.	35:34
5. A. Styan	Holm.	33:03	17. M. Foschi	Alt.	35:44
6. R. Boswell	Loch.	33:06	18. C. Pooley	Lanc.	35:57
7. D. Overton	Ken.	33:15	19. G. Carlin	Clyde.	36:14
8. W. Tait	Tyne.	33:21	20. I. McWatt	Dum.	36:16
9. J. Broxap	Kes.	34:20	21. R. Shields	Loch.	36:36
10. D. Ratcliffe	Ross.	34:26	22. A. McRae	Loch.	37:07
11. J. Bland	Kes.	34:51	23. J. Jardine(V)	Pen.	37:09
12. H. Blenkinsop(V)	Ken.	34:55	24. J. Shields	Clyde.	37:12
			25. G. McConnochie	Loch	37:15

TEAMS - 1. Keswick 15 points, 2. Horwich 34 points,
3. Lochaber 49 points.

DAY 2 - HALF NEVIS 6 ml. 2200 ft. - 30th July, 1978.

Once more Alan McGee won comfortably, setting a new record time of 50:33. However, he did not have the race all his own way, as it was Mike Short who was 1st to collect his strangle string at the turning point. But McGee is very fast coming down, and beat Mike by over a minute. Short came 2nd; Billy Bland 3rd, failing to catch Short this time due to a rather leisurely start. 4th at the turn was local lad Roger Boswell, but as in the Melantee, could only watch as Andy Styan flew past him on the descent and so came 5th. In 6th place, and closing fast, came John McGee of Bolton (Oh no, not 2 of them).

Harry Blenkinsop was again 1st veteran, in 17th place. Lochaber's Peter Brooks gave him a good fight, and was in fact leading at the turn.

Wearing 'JV' on his vest, Jimmy Saville displayed a complete disregard for SAAA laws, and ran a canny race from the back of the field. He was still full of beans as he presented the prizes, and disappeared to Mallalg for a game of football.

1. A. McGee	Bol.	50:33	13. J. Bland	Kes.	58:21
2. M. Short	Hor.	51:57	14. C. Ramsey	Loch.	58:27
3. W. Bland	Kes.	53:02	15. L. Golder	Hor.	58:29
4. A. Styan	Holm.	54:15	16. I. Mitchell	Inver.	58:37
5. R. Boswell	Loch.	54:44	17. H. Blenkinsop (V)	Ken.	58:44
6. J. McGee	Bol.	54:59	18. A. Sunter	Hor.	58:52
7. R. Morris	Edin.	57:05	19. R. Shields	Loch.	59:03
8. D. Overton	Ken.	57:15	20. R. O'Hara	Annan	59:21
9. M. Edwards	Aber.	57:16	21. P. Brooks (V)	Loch.	59:34
10. J. Broxap	Kes.	57:41	22. M. Foschi	Alt.	60:14
11. T. Robertshaw	Clay.	58:02	23. I. McWatt	Dum.	60:18
12. C. Pooley	Lan.	58:16	24. A. Stapley	Stra.	60:22
			25. A. McRae	Loch.	60:47

85 finished.

TEAMS - 1. Keswick 26 points, 2. Horwich 35 points,
3. Lochaber 38 points.

DAY 3 - COW HILL RACE - 3 ml. 950 ft. - 31st July, 1978

Although many of the English lads had returned home, and others preferred a day climbing the Ben; the inaugural Cow Hill Race still attracted a field of 30. The race starts on the putting green outside the Alexandra Hotel, heads down the Fort William High Street, up Cameron Square, the Town Hall Brae (famous as a 6 days trial section) and hence onto the steep heather covered slopes of Cow Hill.

From the gun Roger Boswell went into the lead; with Andy Styan looking ominously comfortable in 2nd place. Half way up, Ian McWatt took over the lead and held it to the top. Styan soon went past him on the descent, however, with Boswell hanging on like grim death. Styan did no more than was necessary to win with a course record of 19:06, and Boswell came 2nd.

There was quite a scrap for 3rd place between McWatt and Mario Foschi. Both runners went the wrong way near the finish, and lost maybe $\frac{1}{2}$ minute on the rest of the field; but fortunately no places. Foschi just emerged the victor by 2 seconds.

Peter Brooks took the veteran's prize, running a fine race to finish 5th.

1. A. Styan	Holm.	19:06	6. M. Harris	I.C.L.	21:19
2. R. Boswell	Loch.	19:15	7. J. Marsh	Tevi.	21:29
3. M. Foschi	Alt.	20:35	8. M. Allen	Craw.	21:44
4. I. McWatt	Dum.	20:40	9. G. McConnochie	Loch.	21:48
5. P. Brooks (V)	Loch.	20:54	10. T. O'Reilly (V)	Sprin.	21:55

30 runners lined up on the start line of the grass track at the Newtonmore Highland Games that sunny day in August, ready for the start of the Creag Dubh Hill Race.

A large crowd from all over the world had come specifically to see this race; though it is possible some were already in the area on holiday. All eyes turned to the hill itself, the course was marked, as usual, by 6 white horses which had been ridden up an hour or so earlier.

The starter said, "Ready", all 30 runners took off, and then gun went. This sequence of events is all too common in hill races. The experienced starter says "Ready" and fires his gun simultaneously.

N.P. Straight away Alan McGee took the lead and strung out the field. No-one had specifically told the runners they had to follow the course marked with horses; and so McGee stuck to the line he had reconnoitred the previous day, which involved a steep rocky section about $\frac{2}{3}$ of the way up; nowhere near the horses. Inevitably, the whole field followed him. McGee went on to win easily, and just succeeded in breaking Martin Weeks' course record by 7 secs.

Andy Styan and Harry Jarrett were disputing second place on the way up; but on the way down Styan pulled clear to finish almost a minute ahead of Jarrett.

1. A. McGee	Bolton	26:13	6. W. Ryder (V)	Morpeth	31:28
2. A. Styan	Holmfirth	28:43	7. P. Brooks (V)	Lochaber	31:33
3. H. Jarrett	Keswick	29:38	8. (Vest No. 61)		31:39
4. R. Boswell	Lochaber	30:53	9. (Vest No. 64)		32:16
5. I. McWatt.	Dumbarton	31:12	10. (Vest No. 7)		32:37

TRANTER'S WALK by Roger Boswell

12th August, 1978

When veteran Eddie Campbell got dropped off the back of the bunch during Charlie Ramsey's epic 23 Munroes in 24 hours, the idea of having a bash at Tranter's walk germinated in the old man's brain. Tranter's walk comprises 18 Munroes in the Lochaber area; all the Mamores, the Corries, the two Aurachs, and finally Carn Mor Dearg and Ben Nevis. About 35 miles and 20,000 feet of ascent. Time was short, the days drawing in. Eddie suggested Saturday, 12th August, and 7 enthusiastic souls said OK.

Now Friday, 11th had been dry and sunny, hardly a cloud in the sky, but all that changed on Saturday when the rain came battering down. Surely they'd call it off. But no, there they all were at 4.30 a.m. outside Glen Nevis Youth Hostel. The eight were: Eddie Campbell, Charlie Ramsey, Graeme McConnochie, and Roger Boswell. (all Lochaber A.C.), Peter Fettes and Richard Love (two outdoor types from Edinburgh) and two of the best females in Britain, Ros Coates and Wendy Dodds.

The walk turned out to be a battle with the elements. The rain persisted for most of the day and the cloud rarely lifted above 2000 ft. The eight were well prepared, however, with ample clothing and plenty of Milky Ways. Mercifully, the wind remained light. Eddie had arranged for Lochaber Mountain Rescue to provide 2 food drops, and these more than anything else ensured success; allowing everyone to change their socks and re-charge their batteries.

By the time Ben Nevis was reached, darkness had fallen, which partly explains why it took 1hr. 50mins to get down it, and why they never got to the Nevis Bank pub for a well earned pint.

The route, and times of arrival were:-

Start, Glen Nevis Youth Hostel.....	0435
1 Mullach Nan Coiream (3077)	0610
2 Stob Ban (3250)	0645
3 Sgurr A'Mhaim (3601)	0735
4 AnBodach (3392)	0820
5 Stob Choire A'Chairn (3219)	0850
6 An Gearnach (3200)	0910
7 Na Gruagaichean (3442)	1005
8 Binnean Mor (3700)	1030
Arrive 1st Mountain Rescue Drop	1110
Depart 1st Mountain Rescue Drop	1145
9 Binnean Beag (3083)	1200
10 Sgurr Eilde Mor (3277)	1300
11 Stob Ban (3217)	1510
12 Stob Coire Claurigh (S) (3858)	1605
13 Stob Coire An Ladigh (3650)	1655
14 Sgurr Choimmich Mor (3603)	1745
15 Aonach Beag (4060)	1902
16 Aonach Mor (3999)	1940
Arrive 2nd Mountain Rescue Drop	2005
Depart 2nd Mountain Rescue Drop	2030
17 Carn Mor Dearg (4012)	2100
18 Ben Nevis (4406)	2200
Glen Nevis Youth Hostel	2350

WICHMONY HILL RACE - 4ml. 500ft. 26th August, 1978.

This race is one of the highlights of the colourful Glenurquhart Highland Games, held at Drumnadrochit. Alan McGee was down to run in the programme, but as he was still feeling the effects of winning the 15 mile road race held earlier in the afternoon, he decided against running the hill. Clearly, no-one informed the games announcer, because as the 41 runners surged off around the 300 metre grass track, he confidently informed the crowd that, yes indeed, McGee was in the lead.

In fact the credit should have gone to Lochaber's starting phenomenon, Charlie Seaman, still a youth.

Aberdeen's Fraser Clyne soon took over the lead, with Graham Laing and Harry Jarrett having a rare battle for 2nd place. The bearded Clyne went on to win; and tried to look pleased as he received 1st prize - an electric razor. Laing managed to pull away from Jarrett on the final road section to take second place.

Mel Edwards and Roger Boswell also had a bit of a ding dong for 4th place; and were still together when they hit the park. All Boswell's efforts to trip the Aberdeen man on the final bend failed, and so Edwards came home 4th.

1.F.Clyne	Aberdeen	20:57(rec)	6.M.Adams	Aberdeen	22:27
2.G.Laing	Aberdeen	21:15	7.G.Grant	Ayrshire	22:31
3.H.Jarrett	Keswick	21:47	8.I.McWatt	Dumbarton	22:34
4.M.Edwards	Aberdeen	22:08	9.P.Watson	P.&B.AC	22:40
5.R.Boswell	Lochaber	22:11	10.B.Turnbull	Inverness	?

39 finished.

TEAMS - 1. Aberdeen 13 points. 2 Lochaber 53 points.
3. Inverness 79 points. (Thanks to Mel Edwards for some of the times and team results - Ed.)

BEN NEVIS - 12 ml. 4,400 ft. - 2nd September, 1978 by
Roger Boswell.

The weather was mild and overcast, with a light wind blowing. A record field of 362 answered the starter's gun. Right away, Mike Short forged ahead, trying to put as much daylight as possible between himself and Billy Bland. Bland himself headed the chasing bunch, which was stringing out by the time the red burn was reached, with Bland 2nd, Robinson 3rd, Tait 4th, Styan 5th, Hartley 6th and Boswell 7th. At the summit. Short held a flimsy 15 sec. lead over Bland, who in turn had a huge lead (3-4 mins) over Styan, Robinson and Boswell altogether, with Walkington and Whitfield not far behind.

There was mist above 2500 ft., and the first to emerge was Bland, just ahead of the luckless Short. Bland increased his lead all the way down, to finish in splendid isolation in the very fast time of 1:26:56; oh, so close to Cannon's 1976 record time of 1:26:55. Short must have wondered just what he had to do to win this race, as he crossed the line in 2nd place for the 4th year running with the 3rd fastest time ever, 1:28:43.

Another 2 mins. passed before the 3rd man entered the town park; predictably it was Andy Styan making his usual fast descent to outstrip junior Brian Robinson who also made a good descent to come in 4th. After this, runners came in thick and

fast. Walkington was lying 5th on the road, but was now feeling very tired due to all his jawing going up, and could not prevent local Roger Boswell storming past him just before the park gates. So Walkington came 6th, then Whitfield 7th. 8th, having a great run, came Jimmy Shields, and 9th, in his 1st Ben race, was P. Hartley. Tynesider Tait came 10th, as in the Melantee he demonstrated his remarkable technique of descending the grassy slope using that part of his anatomy upon which the sun never shines. The team title was settled when Kendal's 3rd man, Pete Chapman, came home in 11th place.

The race for the vet's prize turned out to be a fine battle between Mike Davies, 3 times winner of the Ben, and Harry Blenkinsop. Davies was ahead for most of the race, but Blenkinsop caught him on the descent and passed him near the aluminium bridges to finish 18th with Davies 21st a little over a minute later.

The two man veteran's team trophy was won by the Lochaber pair; Peter Brooks, 50th (1:45:58) and John Marstrand 93rd (1:53:31); that is, when last year's winners Blenkinsop & Millen of Kendal are kind enough to return it.

Best forces performance was S. Owen of R.A.F. Valley in 12th place, while the first policeman was, for the third year running, Pete Weatherhead, Cheshire Const. 43rd in 1:44:19. The tragedy of the day was the failure of Mr. Ben Nevis, Eddie Campbell, to achieve a sub 2 hour run - he finished 145th in 2:00:39. Last year he was just 17 secs. over 2 hours. And for sheer consistency (of a high standard), Lochaber's Charlie Ramsey. He recorded the time of 1:41:27 for the second year running.

TEAMS - 1 Kendal (4, 7, 11) 22 points.

2 Keswick (1, 13, 16) 30 points. 3 Lochaber (5, 28, 30) 63 points.

1.W.Bland	(Kes) 1:26:56	11.P.Chapman	(Ken) 1:36:54
2.M.Short	(Hor) 1:28:43	12.S.Owen	(RAF) 1:37:39
3.A.Styan	(Holm) 1:30:58	13.P.Barrow	(Kes) 1:37:49
4.B.Robinson	(Ken) 1:33:01	14.P.Murray	(Clay) 1:38:03
5.R.Boswell	(Loch) 1:34:02	15.T.Robertshaw	(Clay) 1:38:14
6.P.Walkington	(Bburn) 1:34:16	16.A.Bland	(Kes) 1:38:19
7.R.Whitfield	(Ken) 1:34:40	17.R.Morris	(Edin) 1:38:32
8.J.Shields	(Cly) 1:35:35	18.H.Blenkinsop	(Ken)V.1:38:36
9.P.Hartley	(Ross) 1:35:54	19.J.S.Bland	(Kes) 1:38:45
10.W.Tait	(Tyne) 1:36:34	20 G.Carlin	(Clyde) 1:39:27

2nd Vet. M. Davies (Read) 21st. 1:39:50.

LADIES BEN NEVIS - 12 ml. 4,400 ft. 2nd September, 1979

Setting off just after the fellers, the ladies were hampered by so many breathless male bodies cluttering the narrow

tourist path. Some fast times were recorded nevertheless, none more so that Lochaber's latest and greatest recruit, Ros Coates. Ros completed the course in the incredible time of 1:53:29 to win by a street.

1.R.Coates (Loch)	1:53:29	5.A.M.Grindley (Clay)	2:15:49
2.A.Bland (Ken)	2:07:42	6.J.Dawes (Ken)	2:28:16
3.B.Hogge (Eryri)	2:07:58	7.A.Pendlebury (Bol)	2:34:59
4.J.Glass (Eryri)	2:08:47	8.M.Rosen (Barnet)	2:38:40
		9.N.Campbell (ESH)	3:33:52

The following is an interesting view of the Ben race which I received in the form of a letter - Ed.

"I have been staying with Stan Bradshaw and competed and finished in the Ben Nevis Race on 2/9/78. Stan and I met in my home city in 1974 when we both competed in the 10,000m., Veterans event held during the Commonwealth Games in Christchurch N.Z.

I would like to compliment the organisers and officials on the very efficient manner in which the race was conducted. I have run in many long distance events in New Zealand but found the Ben Nevis race the most rugged and a real test of fitness.

Stan and I are both over 65 years of age and finished together in 2 hrs. 42.54m. I am pleased to be able to add the event to my list of memorable runs.

My wife and I return to New Zealand on 13th September with many happy memories.

Yours sincerely,

TOM BAIN,

Christchurch Harrier & Athletic Club."

LAIRIG GHURU

23rd SEPTEMBER, 1978

by Roger Boswell.

Lochaber A.C. runners filled the first seven places in this year's Lairig Ghru race (28 miles, start Braemar police station, finish Aviemore police station). There were only seven runners! The organiser, a certain Mr. Edward Campbell of Fort William, was refused a race permit by the Scottish A.A.A., and so was unable to put on an official race under S.A.A.A. laws as he has done in previous years.

Instead Eddie invited the cream of Lochaber A.C. to accompany him in an unofficial run over this famous pass. Bobby Shields was the first to report in at Aviemore police station, recording 4:02:00. Ronnie 'Cammie' Campbell, in the early stages of a "come back", set out with every intention of smashing the course record (3:12:00). However, though the mind was willing, the body was not, and Cammie was reduced to walking the last few miles with his tongue hanging out (it was a hot day). Spying on ice-cream van but having no money, he tried desperately to barter his wrist-watch for a cone; but the

suspicious salesman would have none of it. It's hard coming back!

Thanks Roger for some entertaining reporting of the Scottish scene. I hope you and Mel will continue to keep us informed. Ed.

THE WELSH SCENE - 1978

This is now completed by two reports by Bill Smith on the '78 1000m. Peaks and Snowdon races, and further articles on the Welsh 3000's - Ed.

WELSH 1,000 METRES PEAKS RACE

by BILL SMITH

"A" Category: 18 miles: 9,000 feet. - Saturday, June 3rd.

Mike Short achieved his second consecutive victory in this event and established a new course record into the bargain, despite the extremely warm conditions. His time of 3.21.35 was 45 seconds inside Jos Naylor's 1975 record, and he finished more than 8½ minutes ahead of runner-up Ian Roberts. Mike was first to arrive at each control with the exception of Ogwen, where he was third, having lost ground to Duncan Overton and Ian Roberts on the descent from Carnedd Dafydd. Ian remained in contact with Mike over the Glyders, through Duncan began to lag a bit, being two minutes behind at Pen-y-Pass. However, Mike's powerful climbing ability stood him in good stead for the long, gruelling slog up the P-Y-G track and he arrived on Carnedd Ugain (Crib-y-ddysgl) with a seven-minute lead over Ian, which he had extended to almost nine minutes at the on Snowdon summit. Duncan Overton finished nearly eleven minutes behind Ian, clocking 3.41.05, while in fourth place with a time of 3.43.54, while in fourth place with a time of 3.43.54 was John Wagstaff of Tipton Harriers, apparently using the race as a warm-up for his mammoth treble crossing of the Welsh 3,000s (14 in all, making a total of 42) a fortnight later in 22 hours 49 minutes. The fifth man home was also the first veteran, Harry Blenkinsop, who was obviously delighted with his placing and time of 3.45.31. "There's still life in the old dog yet," he grinned, in the summit cafe afterwards. Kendal had the fastest team (four to count) in Overton, Blenkinsop, Peter Chapman (20th) and Mike Walford (22nd), with Dark Peak's "A" and "B" teams gaining second and third places. Roger Baumeister, who was the "A" team's fourth counter in 24th position, incidentally, had only the previous weekend been joint winner of the Cleveland Hundred in 21 hours 16 minutes, along with club-mate Brian Harvey, while Frank Thomas in 57th position had been third in the Cleveland. 108 finished out of 122 starters.

In the lady fell runners' class, Joan Glass of Llanberis Youth Hostel and Eryri Harriers, scored an 18-minute victory over

Janet Sutcliffe with a time of 2.00.43 for the course from Ogwen to Snowdon, with another local girl, Bridget Hogge, 3rd in 2.25.17, and those Kendal AC inseparables, Carol Walkington and Anne Bland, joint 4th in 2.38.18. The lady mountaineers' class over the same course was won by Gillian Dodd in 2.50.33 from Anne Salisbury, the South Ribble orienteer from Longridge, in 2.57.00. Paul McHugh won the men mountaineers' class (the full course from Aber) in 5.09.40, while in Class E for service teams of four, 6 Field Force H.Q. & Signals Squadron triumphed over 30 Signals Regiment with aggregate times of 5.06.21 and 5.19.15 respectively. (No Gurkhas or Paras this year, though the 264 (SAS) Signal Squadron took 3rd place in 5.21.57). Steve Tosh of Rochdale Harriers scored a fine victory in the junior mountaineers' class (from Ogwen), beating runner-up A. Johnson by over 20 minutes with a time of 2.09.05, while Karen Wright triumphed over Christine Humphries in the junior ladies' event with respective times of 2.53.13 and 4.18.18.

RESULTS

1.M.Short	Hor.	3.21.35	11.M.Hudson	D.P.	3.54.27
2.I.Roberts	Holm.	3.30.13	12.M.Down	High.	3.54.53
3.D.Overton	Ken.	3.41.05	13.K.Shand	Roch.	3.55.40
4.J.Wagstaff	Tip.	3.43.54	14.H.Forrest	Gos.	3.56.47
5.H.Blenkinsop(V)	Ken.	3.45.31	15.P.Walkington	B'bur.	4.01.44
6.K.Taylor	Ross.	3.46.10	16.P.Bland	Ken.	4.02.58
7.I.Holloway	Roch.	3.47.56	17.A.Philipson	Gates	4.05.22
8.R.Aucott	D.P.	3.48.39	18.D.Rosen	T.H&H	4.06.12
9.P.Jones	Eryri	3.51.12	19.A.Lewsley	D.P.	4.06.50
10.D.Ratcliffe	Ross.	3.52.13	20.P.Chapman	Ken.	4.09.22

THE SNOWDON RACE

by BILL SMITH

'B' Category: 10 miles: 3,300 feet. SATURDAY, July 15th.

The third annual Snowden Race from Llanberis saw last year's winner, Ricky Wilde, clip 01.37 from his own record with a time of 1.04.28. Dave Francis of Westbury Harriers, winner of the inaugural event in 1976, was first to the top in a new record time of 43.05 for the ascent, with Ricky 15 seconds behind him, but Dave was unable to match the Hyde runner's lightning descent speed which left him almost three minutes clear at the finish. Francis was in turn 28 seconds up on third place man Jeff Norman with a time of 1.07.25, though Jeff also had made up a lot on the descent, having been trailing the Westbury man by 02.16 at the summit. However, Jeff did have the satisfaction of leading his club to the team prize, with Manchester Harriers runners-up and the local club Eryri Harriers third. Phil Jones from Conway, a Welsh 1,000 Metres Peaks "regular", was the fastest Welshman, in 7th place with a time of 1.13.53, while Manx Mountain Marathon "regular", G. J. Oliver of the Junior Leaders Regiment, was the first veteran home, 23rd in 1.19.09.

154 finished in the men's race.

There were also nine ladies competing and Joan Glass had another splendid run in which she bettered her 1977 record of 1.39.46 by a mere 08.22. Anne Pendlebury beat Joan's Eryri Harriers club-mate, Bridget Hogge, into second place by nearly 5 minutes, with a clocking of 1.35.41, while Anne-Marie Grindley came fourth in 1.44.43. The junior event (16/18) had only two competitors, both unattached, and C.L. Toll defeated G.W. Jones with respective times of 1.20.45 and 1.57.40. The race was once again well organised by Ken Jones of Nant Peris and his hardworking team of assistants.

RESULTS

1. R. Wilde	Man.	1.04.28	11. D. Orrells	Powys	1.14.35
2. D. Francis	West.	1.07.25	12. M. Foschi	Alt.	1.14.53
3. J. Norman	Alt.	1.07.53	13. M. Nolan	Manc.	1.15.50
4. M. Short	Hor.	1.09.00	14. D. Attwell	Alt.	1.15.55
5. R. Morris	Alt.	1.11.15	15. M. Pickering	Birch	1.16.16
6. H. Walker	B'burn	1.11.24	16. C. White	Bris.	1.16.40
7. P. Jones	Eryri	1.13.53	17. V. West	Unatt.	1.17.09
8. T. Wale	Ports.	1.13.59	18. B. Boxen	Manc.	1.17.30
9. W. Cooper	Manc.	1.14.26	19. D. Rosen	Shaft.	1.18.08
10. P. Howard	Wirral	1.14.31	20. G. Brooks	Bing.	1.18.10

LADIES

1. J. Glass	Eryri	1.31.24	6. A. Disley	New.	1.49.30
2. A. Pendlebury	Bol.	1.35.41	7. Sale	Sale	1.52.10
3. B. Hogge	Eryri	1.40.20	8. M. Simpson	Liver.	2.03.34
4. A. Grindley	Clay.	1.44.43	9. E. Reveley	Unatt.	2.07.07.
5. M. Rosen	Barn.	1.46.34			

I have noticed that the race was also reported in the October edition of R.A.C.E. and from the detailed programme which I obtained H.T.V. did some filming of the event.

The programme contains a lot more than a list of competitors, with previous race statistics, photos of the leading runners and acknowledgments to the sponsors and helpers. The day's programme also includes a carnival parade before the race and a buffet dance and prize presentation at the Royal Victoria Hotel in the evening. Ed.

WELSH 3,000s WINTER TRAVERSE by BILL SMITH

On March 18th, 1978, Paul Luckock of Belfast ran the Welsh 3,000s (14 Peaks) in wintry conditions - "waist-deep snow on Crib Goch!" - in 8 hours 29 minutes to raise money to send deprived children on holiday. He is aware of Jos Naylor's record of 4 hours 46 minutes, achieved on June 17th, 1973, but wonders if his own time is the fastest for a winter traverse? He hopes to improve on this early in 1979, incidentally.

Anyone having details of fast winter traverses should

write to Paul at 97 Osborne Park, Belfast 9, Northern Ireland, and I'd like to have details, too, for my own files,

More detail of John Wagstaff's TRIPLE TRAVERSE OF THE WELSH
3,000 FOOT PEAKS WITHIN 24 HOURS.

DISTANCE - Approx. 66 miles.

ASCENT - Approx. 28,800 ft.

ASSISTED ON THE HILLS BY:-

L. Elsmore	}	
M.B.Farmer		West Bromwich
A.L.Plant		
K.Manners		
D.McWhlrter		Tipton Harriers
M. Jones		Eryri Harriers

SUPPORTED BY:-

J.Shaw	}	Car Support Team at Road
S.Cox		Crossings.
J. & I. Haddon	}	
R. Duncan		Tent Support Teams at various
T. Jones		points on the Route.
J. Lytham		All members of W.B.M.C.
T. Stratham		

The Triple Welsh 3,000's was conceived, planned and completed all within 28 days during the summer of 1978. The initial idea, as with most hair brain plans, was put forward in a bar on the A5 when returning home from a weekend in North Wales. The occasion had been the Annual West Bromwich Club meet to walk the 14 peaks. This year had been rather different. Ian Haddon had become the youngest member of the club to complete the walk at the age of 14, and I had completed a double traverse mainly solo. It had been a fabulous weekend, cool but sunny weather and with only a full moon for company Crib Goch had been memorable. The double traverse had taken me 21 hours wearing boots and rucsac etc. So a double traverse had been walked in 24 hours, but could a triple traverse be run within 24 hours!

The date was Sunday, 21st May, 1978 and the best date to attempt the triple traverse was only 28 days away, the weekend nearest the longest day and the next full moon, that proved to be June 17th/18th.

Within those 28 days I had to get myself as fit as possible, the best way to do that was to train hard and race hard. Spring Bank holiday was spent walking in North Wales with a heavy pack and big boots, while the mid-week periods found me doing vast mileages around the flat and 'scenic' canal tow paths of the Black Country. The racing didn't go too badly with a 4th place in the Welsh 1,000 metres, a 19th place in the Ennerdale, but 42nd in the Munçaster was a real disappointment.

The man discussing the lead-up to the attempt was centred around the problem of getting to Snowdon Summit as early as possible on the Saturday morning, should we bivvy on the summit which would entail a walk up after dark on Friday evening and perhaps not sleeping too well, or should we get the first train to the summit which would not allow us to start until about mid-day. Our saviour proved to be Ken Jones who is the organiser of the Snowdon Race, he managed to organise a lift on the workers' train which would get us to the summit at about 9.15 a.m.

The drive to Wales from the Midlands on Friday evening was very off-putting, the roads were awash and the rain continued to hammer the roof of our club hut for most of the night. However, Saturday dawned fairly clear and 13 people left the hut to station themselves at various points on the hills for the next 24 hours or so. Les Elsmore and Bas Farmer took advantage of a train ride up Snowdon to see that I didn't change my mind. Bas set off over Crib Y Ddysgal as soon as the train stopped while Les and I waited until 9.30 a.m. so that the time-keeping calculations were kept to a minimum.

The downhill start was very pleasant and the two of us were soon over Crib Y Ddysgal to meet Bas on the pinnacles of Crib Goch. He led us swiftly along the ridge and down into Cwm Glas, the car support team were waiting at the road side to take my spare vest and track suit bottoms. A road run into Nant Peris followed by the climb up Elider Fawr was completed solo. On the summit Darrel McWhirter was waiting to run across the rest of Glyders with me. We ran across Y Garn and down to Llyn Gwn together, where we met the first tent support team, and then started the long climb to Glyder Fawr. Unfortunately, Darrel found the pace a little too hot and dropped behind. I continued happily on my way to Glyder Fach and Tryfan thinking that no-one could get lost on such a perfect day. However, Darrel did, he found his way to Ogwen via Pen Y Gwryd and Capel Curig.

Meanwhile I had reached Ogwen Cottage for the first time, met the car support team again and set-off across the Carneddau solo. I felt quite strong at this stage, running into a strong head-wind and still making good time. My second tent support team had pitched their tent next to the Foel-Grach refuge hut and set off to find a few boulder-problems until I was due to arrive. However, I was about an hour in front of schedule and arrived before they had got back.

On finding the tent deserted I dived in looking for my first drink since Ogwen. I found two plastic bottles one water and one lime juice, the lime juice should go down well. After only one mouthful of the "lime juice" I quickly polished off half of the water. The "lime juice" had turned out to be petrol for the stove. After that I certainly went like a

rocket to the last peak Foel Fras. The first traverse had taken me 6 hrs. 12 mins., I began to think I had started too fast.

I started to re-trace my steps for the first time and soon reached the tent at Foel Grach, this time with a surprised team in residence as I approached from the opposite direction. After a more palatable drink than my last visit I set off to complete the second crossing of the Carneddau Peaks.

As soon as I was spotted on the steep descent from Pen Yr Olwen the car support team prepared a dish of stew for me. As I vaulted the wall opposite the tea-hut at Ogwen, Stan dropped the stew onto the pavement, the rest of the lads just managed to re-frain him from kicking it across the width of the A5 and quickly scraped the stew back into the dish for me. It went down a treat. Darrel had also arrived after his long run back from Pen Y Gwryd looking in a much worse condition than me.

For the next section, across the Tryfan, Glyders, Y Garn and Elider Fawr Peaks I was accompanied by Alan Plant. This proved to be the most pleasant part of the day, we had the hills to ourselves and a beautiful view of the sun setting in Portmadoc Bay.

The descent into Llanberis Pass found the support teams, or most of them, outside the Vaynol Arms. I set off up the valley and the lads jumped into the car only to find that Bob had locked the car keys in the boot. They managed to get a lift to where we left the road to climb the N. Ridge of Crib Goch, and met me with borrowed sweaters for the night climb of Crib Goch and Snowdon. Malcolm Jones joined me for this section and also the whole of the third traverse. For the climb out of Cwm Glas, Bas, Les and Keith had placed torches at the main turning points. Bas again led us swiftly across Crib Goch and we reached Snowdon Summit at 10.50 p.m., the second traverse had taken 7 hrs. 8 mins. Trotting back down the railway to start the last traverse we took tea with John and Ian Haddon and then back along Crib Goch with Bas again, but this time by the light of a full moon and also the search light of an R.A.F. helicopter for a few seconds. Malcolm and I left Nant Peris at about 1 o'clock on Sunday Morning bound for the Ogwen Valley. This section took about $4\frac{1}{4}$ hours, compared with less than 3 hours on the first traverse, due to taking every opportunity to walk, even on the downhill sections.

Breakfast in Ogwen at 5.15 a.m. and then just the Carneddau again, the climb up Pen Yr Olwen seemed to take an age but this time with three pacers for company. Once onto the tops I managed to jog most of the way to Foel Fras to meet the nine lads who formed the reception committee. We arrived at 8.19 a.m. so the third traverse had taken 9 hrs. 29 mins. and the triple traverse 22 hrs. 49 mins.

The walk down to Aber in the morning sun at a leisurely pace marked the end of a very satisfactory, enjoyable, but long day. All the lads had put everything into getting me across the Peaks, many of them non-runners had run themselves to a stand still, drove, brewed, cooked and joked for the whole week-end. It was this that made the weekend so memorable. Many thanks lads.

John Wagstaff - February, 1979.

BOOK REVIEWS - by BILL SMITH

LAKELAND PROFILES by Rex Woods

Published in 1977 and obtainable from Ashecliff Books, Allan Bank, Grasmere, Cumbria, LA22 9QB, or from Pete Bland Sports, Kent View, Waterside, Kendal, Cumbria. (Tel: Kendal 21001). Soft cover, 96 pages: £2.30p (plus postage).

In the Autumn, 1976 issue of "The Fell Runner", I berated Mr. Woods' earlier book, GRASMERE'S GIANTS OF TODAY, saying it was "hardly worth a quid, never mind £3.30". No such criticism can be levelled at the present volume, however, and had I read PROFILES before GIANTS, I'd have no doubt viewed the latter in a more kindly light.

A general introductory chapter entitled, "The Lure of Lakeland Sports", is followed by one on the chief organiser of Grasmere Sports, Gilbert Ashton, and another on the meeting's Hound Trail Manager, Ken Bunting. Next come two absorbing chapters on Hound Trailing, concentrating mainly on the champion hound Shannon and his trainer Victor Brownlee of Stonethwaite; and on Shannon's son Buacail, another champion, and his trainer Mrs. Peggy Horsley, "The Lady in Red", who happens to be the mother of Billy Bland's wife, Ann, herself a fell runner.

There follows three chapters on full runners: Fred Reeves, Tommy Sedgwick and Joss Naylor. An admirable aspect of Woods' style is that, unlike some writers, he does not become intensely partisan on behalf of his subjects, exaggerating their talents while yet ignoring their shortcomings. For instance, he emphasises Reeves' comparative weakness at descending and tells how Fred had to alter his build-up for Grasmere to downhill running only (three descents of the course per session over twenty sessions), resulting in a new record in 1974. Sedgwick, on the other hand, is "inclined to toil up hill, with his heavier frame, but able to swoop down faster than anyone, sometimes barely within the safety limit, sometimes not within it." a talent which has brought Tommy many injuries. In his first five years of fell racing, "he almost invariably failed to finish the season, through injury," states Mr. Woods.

Another interesting facet of his writing is that he not only dwells on the fell running careers of Reeves, Sedgwick and Naylor, but also sketches in the fascinating details of

their background and lifestyle, and the same practice is followed in the succeeding chapters on the Cumberland and Westmorland Style Wrestlers, Tom Harrington, Peter Hunter, John Dennison, Alan Davidson, and Wilf Brocklebank" and his family of Champion Wrestlers".

Rex Woods employs an economical and unpretentious style of writing which yet makes for good literature, and is above all ideally suited to the subjects discussed. The book is illustrated with photographs in both black and white and colour, and to my mind it is one of the finest and most authentic ever published about the Lake District.

CALL OUT by Hamish MacInnes

Penguin Books, 1977. 238 pages. 95p.

This is not a book about Fell Racing, and in fact it doesn't contain a single reference to the sport. However, it should interest the majority of FRA members since mountain rescue teams are on duty at most of our events, and this book gives an intriguing insight into the way in which mountain rescue teams work, in this case the Glencoe team, of which MacInnes is the leader. He is also, incidentally, one of the world's foremost mountaineers - for the benefit of those who've not heard of him. He has a racy, humorous style of writing, particularly in the chapter about "The Rannoch Moor Lifeboat", and the book makes great reading from first page to last. There are sixteen pages of photographs, some in colour.

PENNINE WAY IN A WEEK by Dennis Beresford

Doing the Pennine Way in a week was something I had had in my mind for about 9 months as I thought it was possible for a fell runner to run and walk around 40 miles a day with a 10lb pack on and staying over night at Youth Hostels. So on Saturday the 13th May at 8.25 a.m. Tom Robertshaw and I set off from Edale.

The weather is sunny with a cold north wind blowing, but most important the tops were clear. By the time we got to Mill Hill we were full of confidence, the next 2 miles to the snake road sapped a lot of strength out of our legs. We got to Blacklow but coming off we lost the path and finished up on rollicking stones. Finally we got to Crowden at 12.15 p.m. which is $\frac{1}{4}$ of an hour down on our schedule, after beans on toast and a cup of tea we were keen to get to Black hill. Then we crossed the worst part of the Pennine Way, White Moss Moors, here I get up to the thighs in a bog and Tom had to pull me out. We then pushed on to meet John North at the A640 road crossing. By now we were an hour late but John had food and drinks laid out for us and after a 15 minute stop we were off again with John following us on his Cyclo Cross bike. At Blackstone Edge we saw a runner coming towards us,

it was Jack Berney, he had left his car at Hebden Bridge. When we got there we had a brew and a sandwich with him then it's onto Colden and the Bed and Breakfast place we had booked. We arrived at 7.20 p.m. feeling a little tired. 44 miles covered.

SUNDAY - At 9.00 a.m. in the pouring rain we ran down the road to get back on the Pennine Way, as we reached it John was there again complete with Cyclo Cross machine. We got to Ponden Hall for 10.45 a.m. and there we met Jack again. We reached Lothersdale at 12.45 and had a quick drink, then onto Thornton where my wife Janet was waiting with food and drink. As we all tucked in, Terry Catton and Harry Smith joined us, so the group of us left for Malham. On reaching Malham we decided to go on to the Tarn, where we arrived at 4.45 p.m. and then went home for the night.

MONDAY - Tom's wife Margaret took us back to the Tarn and we left at 8.40 a.m. Today we were on our own, there was some light rain but on reaching Horton the rain had stopped and by the time we got to Hawes the sun was out and so we changed into shorts. Then on the summit of Great Shunner the heavens opened up and really let us have it, but our spirits were still high as we reached Keld Hostel.

TUESDAY - We got away for 8.25 a.m. and to our surprise the weather was sunny and warm. At the other side of Tan Hill the ground was very wet so we decided to walk through it and then run onto Middleton-in-Teesdale where we had dinner. After dinner we ran most of the way to Coldern Spout and had a ten minute break, then on to High Cup Nick, took some photos and then down to Dufton hostel for 6.45 p.m. and into the pub for the night.

WEDNESDAY - We knew that this was to be the hardest day of all up to press we had covered 163 miles and today we had to do 46 miles, so we started at 8.00 a.m. with a hot sun beating down on us. Coming off Cross Fell we made a slight error which cost us an extra 1½ miles. On reaching Gary Grill Tom's right leg was swelling fast. We had lunch at Allerton and Tom rubbed his leg with heat cream, then we set off again and on reaching Green Head we lost the path and finished up in the village, so we went onto the road until we picked it up again. After re-joining the path we reached Hadrian's Wall at 7.10 p.m. At this point we were feeling rather tired but with only 7 miles to go we pushed on and arrived at Once Brewed for 9 o'clock.

THURSDAY - Today Tom could not run on his swollen leg, so we decided we could walk the 33 miles to Brynness. We set off at 8.40 a.m. and the weather was still hot. Whilst walking on a grassy path I came within inches of an adder which Tom saw. He called me back and we had a good inspection. On then into the forest. We got to Bellingham for 1.30 p.m.

and here we had our dinner. Before we set off again we had to put our tracksters on as the sun was burning our legs. On reaching Bryness at 7.20 p.m. we saw three deer. By now Tom's leg was looking very bad as it had swelled to the knee.

FRIDAY - Tom had to drop out as he was no better and to go on could mean a serious injury. So at 8 o'clock I set off on my own with a lot of heat haze about. I arrived at Lamb Hill at 10.00 a.m. The going was very wet under-foot but I knew that this was the last day. At 12.35 p.m. I was on top of the Chiviot, here I decided to have dinner and then off again over the Shill which had looked hard from a distance. Then down the road and onto the very last climb, which I decided to run, and my first sight of Kirk Yetham. Tom and his brother-in-law were here to meet me and take me home. The time was 2.40 p.m.

If I was to do it again like this I would try to start at 8.30 a.m. everyday; and go in June or July as the going should be drier under-foot.

FRED REEVES' FELL RUNNERS' LEAGUE TROPHY AWARD by Bill Smith

As mentioned in the Christmas, 1978 issue (page 55), Fred Reeves of Coniston won the professional Fell Runners' League Trophy for 1978, and the award was made to him - for the eighth successive year, incidentally - at the annual dinner of the Cumbria Athletics Promoters' Association in Kendal on October 13th. Reeves competed in 31 fell races last year and won them all, though at Alva, near Stirling, he chose to compete on the track rather than in the British Hill Racing Championship event, which was won by Graham Moffatt of Sedburgh. This title had been won for the previous ten years by Tommy Sedgwick of New Hutton, who was unable to compete on this occasion through injury. However, despite being plagued by injuries, downhill specialist Sedgwick still managed to place second to Reeves in the League Table, with Moffatt third and Ken Stuart of Threlkeld fourth.

Mike Hawkins of Grassington topped the Under-17s table, followed by Brian Howells of Skipton and Gary Lomas of Flookburgh. Another Flookburgh lad, Darrell Lomas (presumably Gary's brother?), was runner-up in the Under-14s league, with Paul Garnett of Grange third.

(Based on a report in the "Westmorland Gazette", October 20th, which does not name the Under-14s Champion).

THE BURNSALL JUBILEE CHALLENGE FELL RACE: June 18th, 1977 by Bill Smith

These results arrived too late for inclusion in the last issue (see pages 22-23), but such is their historical and athletic interest that we make no apology for publishing them at this late date.

1.F.Reeves	Coniston	(record)	12.47.2	6.P.Robinson	Crookland
2.T.Sedgwick	New Hutton,	Kendal.	13.19	7.R.Ingham	Skipton
3.D.Coates	Widdale,	Hawes.	13.37	8.R.Clives	Kendal
4.G.Moffat	Sedbergh.		13.39	9.R.Gibson	Langdale
5.R.Coulson	Langley-on-Tyne			10.S.Parsons	Threshfield

Reeves' time at the summit is believed to have been 8.55. Harvey Gott of Hincaster was 3rd at the summit but lost several places after a bad fall on the descent. His injury afterwards required hospital treatment. Roger Ingham was another casualty, suffering two falls and eventually finishing 7th, while T. Nicholson of Troutbeck broke his ankle. (Results and race details kindly supplied by Roger Ingham, of Skipton, who helped organise this race).

THE FIRST LANTERN PIKE FELL RACE

by BILL SMITH

In the report of the 1977 Lantern Pike Fell Race (The Fell Runner: Autumn, 1977), mention was made of an earlier race to this Derbyshire summit during the 1960s and it was stated that the winner had been Trevor Proctor of Rochdale Harriers. A more detailed and accurate account of that event can now be given thanks to information supplied by Ian Watson of Stalybridge (and formerly of Hayfield) and Geoff Doggett of Salford Harriers, who also supplied two press reports of the race.

The event was organised by Joe Lancaster and Ian Watson for Salford Harriers and was held on May 19th, 1962, as part of the Hayfield May Queen Festival. The course was about 3½ miles and went from the school field (now buried beneath the new Hayfield by-pass road) direct to the summit, where a circuit was made of the plateau before returning the same way.

Conditions on the day were wretched, with powerful winds, torrential rain and thick mist, and the competitors had to ford swollen streams and climb drystone walls. Ian Watson recalls that he dismantled one wall to allow a direct route to be taken, and then rebuilt it next day.

34 runners out of the 68 that had entered turned up for the senior Pike race and A. Brackenbury (Sheffield United Harriers) was first to the top, with a slight lead over Roger Carter (Rochdale Harriers) and Jack Haslam (Bolton United Harriers), who were followed by three members of the North Staffs Regiment T.A., 5/6 Battalion. At the start of the descent, Carter paused briefly to pick out the line he was going to take, then plunged recklessly downhill to take the lead and arrive back at the school field with a winning time of 20 minutes 20 seconds. R. K. Boydon of the North Staffs Terriers was runner-up in 20.28, with Brackebury 3rd in 20.36. Team prizes were awarded to the Terriers, Manchester and District Lads' Club (2nd) and Bolton (3rd). All the prizes had been bought with money donated by local shopkeepers and tradespeople.

Prior to the senior race, there had been a junior fell race for under-16s over a shorter course, which was won by local lad Geoffrey Mason, plus a tug-o'-war contest in which the Printers' Arms, Thornsett, triumphed over the Pack Horse and Bull's Head Hotels. The prizes were presented by the May Queen, Joyce Whitehead.

Senior Race Results (first 10)

1. R. Carter	Roch.	20.20	6. L. Liles	Longwood	20.44
2. R. Boydon	N. Staffs T.A.	20.28	7. G. Dean	N. Staffs.	20.58
3. A. Brackenbury	Sheffield U.	20.36	8. A. Morten	Maccles.	21.02
4. P. Goodfellow	N. Staffs T.A.	20.39	9. L. Mills(?)*	Sheff. U.	21.09
5. J. Haslam	Bolton	20.41	10. W. Rowbotham	M. & D. Lads'	21.33

*Name indistinct in press results.

T - SHIRTS by PETER KNOTT

Ron Hill has offered a small prize for a winning design and a contribution to the F.R.A. for an F.R.A. T-Shirt design. Send your entries to Ron not to me! If the idea has appeal more could be published in future journals.

My personal view is that I would like to see a good design go into a quality article, not your average T-Shirt that falls apart after a few weeks of wear and wash. I like a good fit around the neck but not the common strangle elastic. Also a long sleeve with a good wide elastic wrist so that the sleeve can be used long or pulled up above the elbow without permanent set. Too much to ask?

ROUND-UP OF 1978 ENGLISH EVENTS

Includes:- Hodder Valley, Stoodley Pike, 3 Towers, Gale Fell Race, Black Lane Ends, Blisco Dash, Copeland Chase, Marsden to Edale and Wansfell.

HODDER VALLEY FELL RACE. Saturday, Sept. 9th. by Bill Smith.
(Results without report were published in the Christmas Issue).

The idea of having a fell race as part of the Hodder Valley Show, among the Bowland fells north of Clitheroe, was first broached last year by Mike Bamford of Clayton-le-Moors Harriers. Mike lives at Slaidburn, incidentally, one of the three villages which take turns to annually promote the show, the others being Dunsop Bridge and Newton. The show committee didn't display much interest at that time, however, but Mike put the idea forward again this year, when it was received more favourably. The show was being held at Dunsop Bridge on this occasion and he and club-mate Alistair Patten devised a 3½ mile course from the showfield at the entrance to The Dunsop Valley, right next to the Trough of Bowland. They had considered running a horseshoe circuit of the Whitendale fells, farther up-dale to the north, but in view of the Vaux and Rossendale events being held next day, it was thought that a

short course would be more appropriate.

After a short stretch of access lane, the runners began a gradual ascent over grassy moorland which eventually brought them to a rough track leading up onto Beatrix Fell, above the 1,400 foot contour. A short circuit of the summit, marshalled by Mike Bamford, then turned them back again over the same route. Harry Walker moved into the lead early on and remained there throughout the race, finally defeating runner-up Brian Robinson by 33 seconds with a time of 22.31. Robinson was in turn 59 seconds faster than Gordon Edwards (Bingley), whose club-mate Derrick Lawson won the vet's prize in 4th place with a 24.15 clocking. The 48-strong field included two ladies, Hilary Matthews (Blackburn) and Anne-Marie Grindley (Clayton), who finished with times of (31.20) and (34.26) respectively.

Finally, a brief historical note: the last fell race run from Dunsop Bridge was a professional event organised by the Youth Council and it went up Mellor Knoll, overlooking the entrance to the Trough from the south. It was held on two occasions after the war, around 1946/47, but was then discontinued as the Youth Council were unable to provide sufficient money for prizes. The races attracted about a dozen competitors, one of whom was Mr. J. A. Marsden of Marl Hill Farm, Newton. (Thanks to Alistair Patten for these details).

STOODLEY PIKE results (September 23rd, 1978): report appeared in Christmas issue without results.

1. J. Norman	Alt.	17.22	11. H. Kelly	E. Ches.	18.32
2. B. Robinson	Ken.	17.24	12. I. Clarkson	Roch.	18.35
3. H. Walker	B'bu.	17.27	13. M. Foschi	Alt.	18.40
4. J. Calvert	B'bu.	17.34	14. P. Chapman	Kendal	18.55
5. A. Spence	Bing.	17.42	15. T. Ramsden	Holm.	19.03
6. A. Styan	Holm.	17.49	16. A. Sunter	Horwlich	19.10
7. C. Robinson	Roch.	17.58	17. P. Bailey	Rochdale	19.11
8. R. Whitfield	Ken.	18.18	18. J. Smith	Halifax	19.15
9. R. Hill (V)	Clay.	18.24	19. M. Tighe	Sale	19.18
10. P. Hartley	Ross.	18.27	20. H. Blenkinsop (V)	Kendal	19.23

THREE TOWERS RACE - Sunday, October 15th by Bill Smith.
B: 20 miles: 2,500 feet.

In common with the Three Peaks Race, the Three Towers attracts many road and cross-country runners, and also in common with the Peaks, many of the competitors in last year's Towers went astray in the thick mist which cloaked much of the course, particularly on the trackless moor between Edgworth and Pilgrim's Cross. And it wasn't only the road and country lads who went wrong, either, for some of the regular fell runners were equally guilty. Indeed, even three-times winner Jeff Norman, who had put up a strong display of front running and seemed certain of attaining his fourth victory, got lost on this

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INTRODUCING YOUR NEW EDITOR

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...ally gritty. Indeed, even three-time winner...
...ed up a strong display of front running...

section and finished up in Darwin. Shades of some of those
numerous organizational errors which were an occasional feature



to the White House. This was the first time that a woman had been
elected to the office of Vice President. She was elected in 1980.
She was the first woman to hold the office of Vice President.
She was the first woman to be elected to the office of Vice President.

**These pictures were taken at this years Ennerdale and Ladies
Crag Fell races by Simon Cox.
Andy won the Ennerdale race from Joe Naylor.**

...the "harm" ... which this



INTERNAL MEMO FROM PETE BLAND SPORTS TO ALAN EVANS.

Dear Al,

Sorry about the formal approach but I know you are very busy deesigning kitchens, ordering furniture, building extensions and riding your bike. I am trying to work out detaile of the advert for the next issue of the Fell Runner.

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Pete

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section and finished up in Darwen. Shades of some of those humorous navigational errors which were an occasional feature of the early Three Towers Races of the late '60s!

John Calvert, who was 11th at Cadshaw, powered through to 7th at Edgworth and 3rd at Pilgrim's Cross, beyond which point he overhauled Ian Clarkson, then in the lead, and Andy Styan, who was lying 2nd, while Ian was in turn passed by Andy. There was no holding the Blackburn Harrier, though, and he stormed down to the finish on the track below Holcombe Hill (where the finish used to be prior to the field finish of recent years) 7 seconds ahead of Styan to gain his first Three Towers victory with a time of 2.02.33. The latter bested Clarkson by 5 seconds for runner-up. Derrick Lawson was the first vet home in 12th position, while Bingley had the fastest team with Blackburn 2nd and Rochdale 3rd, and 239 finished out of 256 starters.

Conditions were quite mild, despite the mist, with a continuous light rainfall and some moderate bog-trotting on Anglezarke and Holcombe moors. One competitor was afterwards heard to remark that he thought the concluding moorland section from Edgworth to Holcombe should have been flagged! God forbid that such a measure should ever be taken in this or any other long-distance fell race, apart from where it's necessary to prevent competitors from straying onto private land. Anyone who feels otherwise should stick to track and road racing.

1. J. Calvert	B'burn	2.02.33	11. P. Hartley	Ross.	2.11.51
2. A. Styan	Holm.	2.02.40	12. D. Lawson	Bing.	2.12.25
3. I. Clarkson	Roch.	2.02.45	13. W. Cooper	Man.	2.12.53
4. D. Blakeley	Man.	2.03.40	14. D. Ratcliffe	Ross.	2.13.39
5. A. Spence	Bing.	2.04.26	15. P. Lewis	D.P.	2.13.58
6. K. Best	Bolt.	2.08.43	16. J. Jackson	Wigan	2.14.22
7. N. Ward	Bolt.	2.10.32	17. R. Britton	H. & H	2.14.57
8. T. Robertshaw	Clay.	2.11.09	18. M. Foschi	Alt.	2.17.02
9. A. Bland	Grims.	2.11.13	19. M. Short	Hor.	2.17.06
10. C. Pooley	Lancs.	2.11.19	20. D. Waterworth	Clay.	2.17.12

GALE FELL RACE - SUNDAY, OCTOBER 29TH - by BILL SMITH

"C" Category: 4½ miles: 725 feet.

This fine little race from the Gale Inn, Littleborough, to the White House Inn near the crest of the moorland road (A) over Blackstone Edge, and back again, was run on a damp, miserable morning with cloudbase down to about 700 feet. Alan Spence was first to the top, with Colin Robinson in close pursuit, but the Rochdale man overhauled his Bingley adversary on the steepest part of the mainly mild descent and sped on to a 2-second victory with a time of 24 minutes 11 seconds, Spence having to settle for second place once again. Colin afterwards partly credited his triumph to the fact that he was competing over "home ground" and mentioned the confidence which this

instilled in him once he had passed Alan. Harry Walker pipped Ron Hill by 2 seconds for 3rd place, clocking 24.43, though Ron had the satisfaction of winning the veteran's prize. There were 104 finishers.

Colin Robinson's wife, Brenda, completed a family double by winning the ladies' race (run in conjunction with the men's) for the second successive year with a time of 31.24, which was 01.11 faster than she had taken in 1977. However, the most extraordinary performance of the day was surely the 31.52 clocking of C. Lord of Halifax Harriers, the little 12-year-old girl who finished runner-up to Brenda and beat 3rd lady home Anne Pendlebury by 01.03. Well done, lass!

RESULTS

1.C.Robinson	Roch.	24.11	6.M.Foschi	Altrincham	25.25
2.A.Spence	Bing.	24.13	7.T.Proctor	Sunderland	25.35
3.H.Walker	B'burn.	24.43	8.M.Burgess	Sale	25.48
4.R.Hill (V)	Clay.	24.45	*9.---?---		26.07
5.R.Morley	Alt.	25.05	*10.--?---		26.08

104 finished.

*Some of the results were lost on the day of the race.

BLACK LANE ENDS FELL RACE - Sunday, November 5th, 1977
by Bill Smith C: 5 miles: 500 feet.

Harry Walker was no doubt hoping to complete a hat-trick of wins in this event - his own promotion, incidentally - but the final results worked out a little awry, though his course record remains intact. The first man home was the previous year's runner-up, Mike Short, with a time of 29.30, thereby missing Harry's record by 38 seconds, while in 2nd place came Alan Spence with a 29.47 clocking, 6 seconds ahead of Colin Robinson. Harry himself was 4th in 30.00, followed by Dave Farmer in 30.12, and the first veteran, Ron Hill, in 30.33. Two other gradely veteran performances were put up by D.Welch in 9th position and Derrick Lawson in 16th. Bingley scored a narrow victory over Horwich in the team event by 16 points to 17, and there were 170 finishers, of whom two were ladies: Brenda Robinson having her usual good run to finish in 37.44 and C. Chapman (Bolton) in 38.21. Conditions were a bit heavy underfoot, though the weather was clear and sunny, and there was the usual drinking session in the "Hare and Hounds" afterwards.

A final historical note: in my report of the 1977 race, I stated that this had formerly been a professional event, which was true enough, but the professional race had been just a "sprint" from the pub to the Knarrs Hill trig point and back, and did not include the double circuit behind the pub. Results on page 35.

1.M.Short	Horwich	29.30	6.R.Hill(V)	Clayton	30.33
2.A.Spence	Bingley	29.47	7.M.McGann	E.Ches.	30.56
3.C.Robinson	Rochdale	29.53	8.D.Anderson	Bingley	31.05
4.H.Walker	B'burn	30.00	9.D.Welch(V)	Harrog.	31.19
5.D.Farmer	Sale	30.33	10.T.Robertshaw	Clayton	31.31.

BLISCO DASH - SATURDAY, 18TH NOVEMBER. CAT. A.

by Pete Walkington.

The weather was better for the 1978 race than it has been for the previous couple of years, but this didn't stop a few doing the often used circuit of Little Langdale and Wrynose Pass.

Soon after the runners left the Blea Tarn road the race developed into a recognisable pattern; Mike Short leading closely followed by Brian Robinson, Billy Bland and Andy Styan. The three leading vets were having a 'do', Pete Knott followed by Harry Blenkinsop and Mike Davies. While offering words of encouragement to my fellow competitors, Harry must have felt his concentration lapsing. 'Go away, Peter' said Harry...or at least I think that's what he said!

Mike and Brian checked in at the summit just ahead of Billy (all part of the Bland plan) but they left for the descent together - on the right route. Two small groups were the next to reach the summit and as I watched Andy Styan, Bob Whitfield, (Duncan Overton was not to be misled), Albert Sunter, Pete Chapman and Ian Hollaway run off looking for the 'fast' route I was really upset to think that I had just moved up half a dozen places; honest!

Brian, who had had an outstanding run the week before in a league cross country race, left Billy on the road finish, Mike finishing third. When the 'Cokes Tour' brigade eventually finished, Dave Meek had moved from a stop watch to a calendar, and all those who had moved up a few places said 'Oh what a pity'.

MEN

1.B.Robinson	Ken.	38.35	11.D.Leahy	Roch.	43.54
2.W.Bland	Kes.	38.46	12.T.Robertshaw	Clay	44.08
3.M.Short	Hor.	41.00	13.A.Brookbank	Ken.	44.35
4.D.Overton	Ken.	42.00	14.D.Tosh	Roch.	44.43
5.P.Hartley	Ross.	42.14	15.D.Bland	Ken.	44.50
6.S.Bland	Kes.	42.53	16.S.Elliott	Notts.U	44.57
7.P.Walkington	B'burn	43.18	17.K.Lomas	"	44.57
8.M.Davies(V)	F.R.A.	43.35	18.H.Blenkinsop	Ken.(V)	45.03
9.K.Shand	Roch.	43.39	19.P.Fleming	Hor.	45.09
10.M.Hudson	D.P.	43.42	20.P.Stott	Frod.	45.51

TEAM - Keswick (W. Bland, S. Bland, I. Charleton) 2.08.15.

LADIES

1.P.Howarth	Keswick	58.13	6.S.Redshaw	Unatt.	64.56
2.J.Sutcliffe	Unatt.	58.43	7.J.Docherty	Unatt.	65.23
3.L.Lond	Clayton	58.44	8.E.Craig	Bury	65.41
4.A.Salisbury	S.R.O.C.	59.38	9.M.Simpson	Liv.	66.51
5.A.Grindley	Clay.	62.38	10.M.Smith	Notts.U.	67.02
			11.L.Elliott	Notts.U.	69.17

COPELAND CHASE - SUNDAY, 19TH NOVEMBER. by Pete Walkington.

After a good nosh the night before, an 11.15 start for the first competitor in the Cumberland Fell Runners Copeland Chase held, as usual, at Ennerdale Scout Camp, gave people time to recover from their glutony. (The annual dinner of the C.F.R.A. is, no doubt, the first of many for that well-known social fraternity from Bury and Rochdale. Rumour has it that some of them are considering taking up running after the 'real' season is over).

There were three courses to choose from. (The race, not the nosh). The elite course was twelve miles. The A course, seven, and the B course, five. The newly drawn maps of the area (North of Ennerdale between Cogra Moss to the west and Mellbreak to the east) 1 - 25.000 black and white, were excellent for such an event. The first time to my knowledge that maps containing so much detail and covering such a wide area have been prepared for 'us fell runners' (Not counting the Karrimor Two Day Marathon maps which are in a class of their own). Congratulations to P. Nelson for the work that he clearly put in.

The weather was perfect for such an event; the cloud base rising and falling at about 1500 feet with a little rain that wasn't too cold. The elite course (with few route choices but covering some good running ground) turned up no real surprises, with five runners finishing within five minutes of each other. Mike Walford's winning time of 2.9.15 left little margin for error by any of the other competitors.

The A event was won by D. Allison, but the surprise of the day was the fact that ladies finished second and third, and they were only divided by three seconds.

When the winner of the B event was announced, Danny Hughes professed that he didn't know whether it was a man or a woman. Darren Tosh collected his prize but the question about its sex was never answered!

ELITE RESULTS

1.M.Walford	2.9.15	6. P.Bland	2.17.10.
2.M.Hudson	2.11.30	7. J.Naylor	2.18.8
3.P.Chapman	2.13.10	8. S.Elliot	2.19.35
4.P.Walkington	2.14.4	9. M.Short	2.21.10
5.K.Lomas	2.14.54	10. D.Hughes	2.24.21

A. COURSE

1. D. Allison	2.33.58
2. M. Scrugham	2.42.15 Lady
3. A. Salisbury	2.42.18 Lady
4. J. Calvert	2.44.0
5. S. Tosh	2.47.8

B. COURSE

1. D. Tosh?	2.34.20
2. S. Redshaw	2.38.10
3. B. Heal	2.55.50
4. M. Smith	2.57.10
5. L. Elliot	3.4.34

MARSDEN TO EDAL TROG. NOVEMBER 26th, 1978. RESULTS

	Marsden to Crowden	Crowden to Snake	Snake to Edale	Marsden to Edale
1. T. Trowbridge	1-17	1-07	0-40	3-03-48
2. R. Baumeister	1-17	1-07	0-43	3-06-49
3. B. Lambert	1-19	1-11	0-44	3-13-47
4. M. Hudson	1-19	1-11	0-46	3-15-52
5. P. Lewis.	1-18	1-12	0-47	3-17-15
6. J. Jackson (1st40+)	1-18	1-17	0-45	3-19-35
7. M. Walford	1-23	1-16	0-40	3-19-11
8. A. Lewsley	1-21	1-15	0-47	3-22-31
9. B. Harney	1-25	1-17	0-48	3-29-36
10. D. Cleminson	1-25	1-19	0-50	3-29-36

WANSFELL RACE - SATURDAY, DECEMBER 30TH by Bill Smith
A: 3 miles: 1,300 Feet.

It was a clear, sunny day for the last race of the season, and the steep, higher reaches of Wansfell, above Ambleside, were plastered with snow and ice, making for treacherous going on the abrupt descent. Alan McGee made one of his frequent excursions from road racing to complete a consecutive hat-trick of victories in this event with a time of 21 minutes 20 seconds, missing his own record by 01.29. He managed to withstand Billy Bland's fierce challenge coming down and outpaced him on the final road and fields section. Billy's time of 21.33 was a grand achievement for all that and nearly half-a-minute faster than it took 3rd place man Brian Robinson.

In the team event, Horwich and Kendal shared the total of 21 points, though the Lancashire clubs placings were closer 4, 8, 9, compared to 3, 7, 11 - while Keswick were 3rd with 42 and Barrow 4th with 57. Mike Davies was the fastest veteran in 25th position (25.08), 8 seconds and two places ahead of his closest rival, Peter Knott.

There was also a ladies' race over the same course which attracted four competitors, and Eileen Craig defeated Linda Lord by 8 seconds with a time of 34.15, the other girls being Miriam Rosen and Mary Simpson. There were four lads' races, too, over shorter courses.

WANSFELL Results ...page 38.

1.A.McGee	Bolt.	21.20	11.A.Evans	Kendal	23.58
2.W.Bland	Kes.	21.33	12.R.Atkinson	Herc.	23.59
3.B.Robinson	Ken.	22.01	13.S.Davies	Horwich	24.05
4.M.Short	Hor.	22.04	14.D.Lee	Cocker.	24.12
5.H.Jarrett	Cum.	22.10	15.B.Peace	Bing.	24.22
6.P.Hartley	Ross.	23.12	16.W.Simmonds	Barrow	24.24
7.P.Chapman	Ken.	23.33	17.P.Fleming	Horwich	24.25
8.A.Sunter	Hor.	23.35	18.S.Bland	Keswick	24.29
9.S.Barlow	Hor.	23.44	19.P.Walkington	B'burn	24.34
10.I.Holloway	Roch.	23.56	20.D.Halpin	Lanc.	24.38

LADIES

1.E.Craig	Bury	34.15
2.L.Lord	Clay.	34.23
3.M.Rosen	Barn.	35.08
4.M.Simpson	L'po.	39.29

BOYS U/15

1.J.Robinson	Bing.	14.06
2.M.Calvert	Ken.	15.19
3.S.Stretch	Lanc.	15.51

BOYS U/11

1.C.Routledge	Ken.	12.45
2.N.Troughton	Brou.	14.00
3.I.Jones	Frod.	15.12

BOYS U/17

1.M.Dick	Kendal	14.12
2.K.Potter	Frod.	14.33
3.I.Donaldson	Cocker.	14.38

BOYS U/13

1.A.Bowness	Ken.	12.49
2.I.Breslin	Lanc.	13.04
3.P.Wood	Fleet.	13.14

1978 KARRIMOR - PEEBLES SCOTLAND - 28/29 OCTOBER by Peter Knott

This incredible event continues to attract an increasing entry every year. 926 two person teams started in the 5 events which constituted the 78 programme. Few could have cause to complain; the race site, overnight camp, organisation, terrain, weather and map were all superb. For only the second time a 'Harvey Map Services' map was used which combines the quality of an orienteering map with an area the size of a long distance fell race.

An interesting feature of this years courses was the choice of a number of compulsory crossing points of private land just south of Peebles at the start and end of the courses.

A number of excellent photos were taken some of which appear in the very detailed results booklet and some in the 'orienteer' report. Gordon Petrie sent me a selection and I'm happy to have been able to make use of one, that I have not seen published elsewhere, on the cover of this issue.

The elite course was particularly exciting this year as the overnight leaders - Philipson and Hartley had to concede victory to the superior second day performance of the Dark Peak Fell Runners pair of Baumeister and Hudson. Less than half an hour separated the first 7 pairs.

The ladies made a significant impact on the elite course with two mixed pairs finishing; Pete and Anne Bland, and Gareth Bryan-Jones and Sue Harvey, and for the first time

ever a ladies pair Anne Grindley and Ros Coates also completed the course.

157 pairs finished class A, 254 class B and 211 class C. The A class was won by the orienteers Chris Hurst and Martin Dean who just managed to hold off Frank Edge and Andy Ligima after having had a commanding overnight lead. Many well-known names are to be found amongst the class A finishers. Jack Bloor and partner up as high as 14th. Just behind in 16th place the ladies pair of Carol McNeill and Wendy Dodds. Move on down the list to find John Disley and Chris Brasher, South Ribble O.C. stalwarts Mel Wilkinson and Ken Turner, Sue and Andy Styant, Stan Bradshaw and Frank Milner.

There must be many interesting and amusing tales to be told of the experiences of those two days. Having lost my partner a few weeks before the race with achilles tendon trouble, I met my new partner for the first time late on the evening before the first day. After a steady and enjoyable first day in Class A we set off with lots of enthusiasm on day 2 only to find that we had marked the first control in the wrong place! Oh well, there's always next year.

ELITE RESULT - 76 Km. 12,000 feet.

1. Roger Baumeister and Martin Hudson	10.23.36
2. Andrew Lewsley and John Wagstaff	10.28.08
3. Andrew Philipson and Derek Hartley	10.28.49
4. Joe Sherriff and Mike Gilbert	10.32.58
5. Dieter Wolf and Ernst Engli	10.35.02
6. Mike Short and Pete Chapman	10.41.19
7. Mike Garratt and Peter Haines	10.53.11
8. David Whitaker and Colin Harley	11.05.35
9. David Rosen and Robin Britton	11.12.38
10. Roman Halenko and Jim Loxham	11.25.48

Veterans:- Ted Dance and Don Talbot (25th place) 13.13.26

A CLASS 60 Km. 10,300 feet.

1. Chris Hirst and Martin Dean	8.52.40
2. Frank Edge and Andy Ligima	8.56.23
3. David Clemison and Derek Lawson	9.09.09

B CLASS 51 Km. 8,500 ft.

1. Colin Howles and Kevin Lomas	6.49.03
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C CLASS 43 Km. 7,600 ft.

1. Keith Taylor and Duncan Taylor	6.14.36
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SCORE EVENT

1. Ian Franklin and Donald Petrie	574 pts.
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THE 1979 SEASON - RESULTS AND REPORTS

BENSON KNOTT FELL RACE. 5 Miles (New Event) - SUNDAY, FEB. 4TH by HARRY JARRETT

After a month of heavy snow and frost, race day produced some sunshine and temperatures slightly above freezing. Despite being a new event and some confusion as to date the race attracted a large entry including several fast cross country men, who were well suited to the fast run out which consisted of a mile of road and track before reaching the frozen fell.

Alan McGee, Brian Robinson and I led but before reaching the fell were overtaken by P. O'Brian, Dave Edge and Billy Bland and these three led at the summit. On the descent the experienced Bill Bland led only to be overtaken by O'Brian on the long run into the finish.

The team race was won by Kendal from Cumberland Fell Runners with Lancaster Univ. 3rd. The event was a big success and will surely continue in future years.

1.P.O'Brian	36.06	6.B.Robinson	36.48
2.W.Bland	36.13	7.P.Cowell	37.11
3.D.Edge	36.24	8.C.Robinson	37.19
4.H.Jarrett	36.35	9.D.Overton	37.48
5.A.McGee	36.40	10.A.Taylor	38.19

CARNETHY HILL RACE. 10 MILES. CAT. 13. 24TH FEBRUARY, 1979 by John Blair-Fish

The weather and conditions for this race were probably the best of any week-end this winter. Much of the snow on the hills and the ice on the farm track and road leading up to the hills, melted during the week proceeding the race and there was hazy sunshine on the day.

Alan McGee led in customary style from start to finish with Harry Jarrett second. Kendal won the team prizes with 34 points from Lochaber A.C. and Harry Blenkinsop took the veteran prize in 14th place.

The first Carnethy Ladies Race as with the Junior event produced a disappointing field with only two competitors, Anne Bland winning from Mary Fettes who nevertheless received three prizes (2nd place, 1st Scot and 1st Scot from the Lothian region).

1.A.McGee	(Bol)	50.54	6.G.Gaffney	(Green)	53.30
2.H.Jarrett	(Cumb)	51.42	7.J.McGee	(Bol)	53.36
3.B.Bland	(Kes)	51.53	8.D.Overton	(Ken)	53.44
4.M.Short	(Hor)	52.28	9.R.Boswell	(Loch)	54.28
5.R.Morris	(Edin)	53.24	10.T.McCulloch	(Ayr)	54.52

Vet. H. Blenkinsop (Ken) 55.41 (4th).

JUNIORS

1. Colin Donnelly (Camb)	41.04
2. N. Jones (EdIn)	41.08
3. Steven Barlow (Hor)	42.00

LADIES

1. Anne Bland (Ken)	60.08
2. Mary Fettes (Unatt)	96.20

WHINBERRY NAZE DASH - By Bill Smith - 4 Miles: 1,300 feet.
Sunday, March 11th

This new event, organised by Rossendale A.C., was run on a gloomy Sunday morning beneath low cloud and leaden skies, with a steady rainfall and a stiff moorland breeze adding their challenge to the typically heavy going on the tops, and there were also patches of snow on Cowpe Lowe. The race starts at Clough Fold in the Rossendale Valley, climbs and crosses Whinberry Naze, then ascends Cowpe Lowe to traverse the summit and descend its southern slopes. The base of Cowpe Lowe is then followed around to the west, whence a northward line soon links up with the outward route, which is retraced back to Clough Fold.

Alan Spence led from Mike Short on the initial climb, and then across Whinberry Naze, but Mike forged ahead going up Cowpe Lowe and retained his lead all the way back to Clough Fold. Spence, meanwhile, had dropped back to eventually finish 4th, with Burgess of Sale taking 2nd place 4 secs. behind Short, who had clocked 22.48, and local runner Ray Rawlinson placing 3rd, one second adrift. The 119-strong field included two ladies: Sue Styan (Holmfirth) who finished in 31.31, and Gillian Pile (Sale) in 33.10.

1. M. Short (Hor)	22.48	6. M. Nolan (Man)	23.22
2. M. Burgess (Sale)	22.52	7. J. Bartley (-)	23.28
3. R. Rawlinson (Ross)	22.53	8. P. Cowell (Ross)	23.46
4. A. Spence (Bing)	23.00	9. P. Hartley (Ross)	23.48
5. A. Styan (Holm)	23.00	10. A. Sunter (Hor)	24.06

EDALE SKYLINE - 21 MILES - CAT. A - MARCH 25TH.

The following comments and results are extracted from the comprehensive result sheets of organiser Chris Worsell.

"I congratulate Andy Styan on bringing Harry Walker's considerable grip on the Skyline race to an end at last and commiserate with Harry on losing it. Well done all of you on attempting a very tough course with snow and mud underfoot, wind and rain, hail and snow flurries (but dare I say, milder overall than in the past four years).

Congratulations to Sue Parkin who won our now established Ladies Skyline Fell Race from in second place last year's winner, Ros Coates, who was just over a minute down.

Once again many thanks to Pam Morrison for the very nice and generous prizes presented beautifully. The shop staff were all there and helping too. We must never forget Don who made this race the success it is today by working and sponsoring it in the first place, in so doing, making it possible for me to

do the organisation these past six years."

(For those not familiar, Don lost his life in a climbing accident a few years ago. His climbing shop in Sheffield and the sponsorship of this event have been continued by Pam. - Ed.)

1. A. Styan (Holm)	2.49.34	11. T. Godolphin (Harro)	3.10.52
2. H. Walker (B'bur)	2.49.49	12. M. Hudson (D.P.)	3.11.02
3. M. Short (Hor)	2.59.11	13. I. Clarkson (Roch)	3.14.15
4. J. North (Clay)	3.02.16	14. K. Taylor (Ross)	3.15.30
5. M. Garrett (Clev)	3.03.23	15. A. Trowbridge (D.P.)	3.16.25
6. H. Jarrett (Cumb)	3.07.29	16. D. Overton (Ken)	3.16.36
7. P. Hartley (Ross)	3.08.19	17. D. Cunningham (Clay)	3.17.04
8. D. Radcliffe (Ross)	3.09.51	18. I. Holloway (Roch)	3.17.30
9. D. Attwell (Alt.)	3.10.03	19. H. Blenkinsop (V) (Ken)	3.19.05
10. D. Weir (V) (Sale)	3.10.06	20. R. Britton (Thames)	3.20.01

VETERANS

1. D. Weir (Sale)	3.10.06	1. Rossendale	9.33.40
2. H. Blenkinsop (Ken)	3.19.05	2. Clayton	9.46.45
3. J. Llewelyn (Lanc)	3.33.30	3. Dark Peak	9.53.59
4. T. Southworth (Clay)	3.39.02	4. Rochdale	9.59.50
5. M. Hayes (D.P.)	3.40.25	5. Kendal	10.13.03

LADIES

1. S. Parkin (Eroc)	2.33.50	6. J. Sutcliffe (Cumb)	2.53.07
2. R. Coates (Loch)	2.35.19	7. S. Styan (Holm)	2.55.40
3. A. Bland (Ken)	2.41.45	8. L. Lord (Clay)	2.58.04
4. B. Hogge (Eryl)	2.47.24	9. M. Rosen (Blac)	3.05.13
5. A. Grindley (Clay)	2.52.50	10. G. Pile (Sale)	3.05.30

PENDLE FELL RACE. by BILL SMITH - SATURDAY, APRIL 7TH.

A: 4½ miles: 1,500 feet.

The Pendle Fell Race was this year blessed with fine weather for a change, though the summit ridge was seamed with snow patches. Harry Walker achieved his sixth victory with his usual powerful display of front-running, including jogging all the way up the "Big End", and returned to Barley village with a time of 30.49.31 seconds ahead of runner-up Brian Robinson and 20 seconds outside his own course record. The outstanding veteran performances in a 279-strong field were put up by T. Waterhouse (Pudsey & Bramley), the first 0/40 in 18th position and Eddie Foley (Horwich), the first 0/50 in 112th. Mike Short turned up too late to run, having mistaken the start time, as did a few other competitors.

Jean Lochhead (ASV) set a new ladies' record of 38.34, beating runner-up Ros Coates (Lochaber) by 86 seconds, while Brenda Robinson (Bury) took 3rd place in 42.26. A few girls were also confused by the start times of the races and didn't arrive early enough for their own event, so they joined in with the men. Their times were: Liz Brennan (Preston) 41.32, Bridget Hogge (Eryri) 44.32, and Eileen Craig (Bury) 47.47.

Men			
1. H. Walker	(B'burn)	30.49	11. A. Taylor (Ken) 33.35
2. B. Robinson	(Kendal)	31.20	12. D. Cartridge (Bol)
3. I. Roberts	(Holm)	31.30	13. P. Mason (Holm) 33.37
4. A. Styan	(Holm)	32.16	14. E. Trowbridge (D.P.) 33.44
5. R. Rawlinson	(Ross)	32.20	15. A. Sunter (Hor) 33.54
6. M. Calvert	(Leeds)	32.24	16. G. Edwards (Bing) 33.55
7. R. Ashworth	(Ross)	32.30	17. I. Holloway (Roch) 33.58
8. C. Robinson	(Roch)	32.43	18. T. Waterhouse(V) (Pudsey) 33.59
9. P. Carroll	(Ross)	33.19	19. D. Ratcliffe (Ross) 34.00
10. J. Calvert	(B'burn)	33.34	20. G. Berry (D.P.) 34.10

KENTMERE HORSESHOE - 12 MILE A. APRIL 8TH by John Blair-Fish

Fred Rogerson's warning of severe conditions on the tops needed to be heeded on High Street where strong winds were blowing snow about in thick mist. Deep patches of snow and mist led to slow times and runners grouping together. Only the first six runners broke away from the pack. Mike Short failed to beat Andy Styan despite having accidentally missed the Pendle race the previous day. Harry Blenkinsop in 31st place again won the veteran's prize.

The organiser's decision not to check individual runners at checkpoints caused some runners to apparently take short cuts. The author was making a fast descent from High Street with a pack of five runners when the pack mysteriously trebled in size!

1. A. Styan	(Holm)	1.32.15	11. R. Whitfield	(Ken)	1.39.27
2. M. Short	(Hor)	1.32.34	12. P. Howarth	(Kes)	1.39.28
3. H. Jarrett	(Cumb)	1.32.41	13. R. Shields	(Loch)	1.39.35
4. D. Overton	(Ken)	1.32.49	14. K. Taylor	(Ross)	1.39.41
5. K. Robinson	(Ken)	1.33.04	15. E. Trowbridge	(D.P.)	1.39.42
6. J. McGee	(Bolton)	1.34.20	16. R. Boswell	(Loch)	1.39.45
7. D. Radcliffe	(Ross)	1.38.21	17. J. Blair-Fish	(Edin)	1.39.50
8. R. Rawlinson	(Ross)	1.38.38	18. A. Sunter	(Hor)	1.39.55
9. B. Robinson	(Ken)	1.38.56	19. B. Pearce	(Bing)	1.40.00
10. M. Garrett	(Manc)	1.39.13	20. I. Holloway	(Roch)	1.40.06

VETS. H. Blenkinsop (Ken) 1.41.52 (31st)

0/50 W. Fielding (Leeds) 1.46.52 (70th)

LADIES A. Bland (Ken) 2.07.03

RIVINGTON PIKE FELL RACE by Bill Smith C: $3\frac{1}{4}$ miles: 700 feet
SATURDAY, APRIL 14TH

A clear, sunny afternoon, with the course thronged with spectators all the way up to the summit tower, witnessed the first Pike Race victory by a Horwich RMI Runner since it became an open event in 1954. And the local conquering hero was Pete Ravald, whose previous best had been 2nd to Alan Bliston in 1977, when he'd been a Manchester & District runner, though

he had actually started his athletic career with the RMI Harriers. After the race, Pete publicly announced his intention of retiring from this race now that his ambition has been realised.

Ravald assumed the lead near Higher Knoll Farm and began to open up a gap between himself and his closest rivals, Mike Short and Alan Sladen (Salford). He reached the tower in 10.40 and the finish in 17.03, missing Ron McAndrew's 1973 record by 33 seconds and collapsing with exhaustion. Mike Short took 2nd place in 17.06, though Sladen was overtaken on the descent by Colin Robinson, who was 3rd, while Brian Robinson, Martin Weeks and Andy Styan were all passed coming down by Alan McGee. Horwich had the fastest team in Ravald, Short and Albert Sunter (18th), while Ron Hill took the 0/40's prize in 9th position, and Eddie Foley the 0/50's in 82nd out of a field of 220.

There were nine competitors in the ladies' race, which was this year run in conjunction with the men's event and over the full course. Liz Brennan (Preston) was leading from last year's winner Brenda Robinson at the summit and went on to win by 27 seconds with a time of 22.00.

MEN

1. P. Ravald (Hor)	17.03	6. M. Weeks (Bing)	17.29
2. M. Short (Hor)	17.06	7. A. Styan (Holm)	17.40
3. C. Robinson (Roch)	17.15	8. B. Robinson (Kend)	17.41
4. A. Sladen (Sal)	17.19	9. R. Hill (V) (Clay)	17.44
5. A. McGee (Bol)	17.23	10. E. Trowbridge (O.P.)	18.06

LADIES

1. L. Brennan (Pres)	22.00	6. E. Craig (Bury)	25.02
2. B. Robinson (Bury)	22.27	7. L. Butler (Wigan)	28.38
3. J. Dransfield (Spn)	22.38	8. J. Docherty (Roch)	28.44
4. G. Pile (Sale)	23.51	9. A. Tomkinson (Roch)	31.33
5. A. Pendlebury (Bol)	24.40		

MANX MOUNTAIN MARATHON - 30 MILES A. APRIL 16TH. by John Blair-Fish.

Conditions were ideal for this year's race with sunshine and a cool breeze on the tops. Mike Short led from start to finish despite trying to lead the field the wrong way up from Ramsey onto the mountain road, and set a new course record. Bobby Shields followed in 2nd place until Slieau Whuallian, with the author and Ken Robinson leading the main pack. Ian Holloway and Roger Boswell moved through to the front on the ascent through the heather on South Barrule.

Lochaber A.C. (Boswell, Campbell and Shields) won the team prize for the first time from the Dark Peak fell runners.

Two ladies completed the course in the standard class for the first time with commendable times. (Wendy Dodds 6 hours 2 minutes and Janet Sutcliffe 6 hours 32 minutes).

1. M. Short	(Hor)	4.15.53	11. D. Ratcliffe	(Roch)	4.55.03
2. R. Boswell	(Loch)	4.30.58	12. P. Simpson	(Liv)	4.56.49
3. I. Holloway	(Roch)	4.33.08	13. A. Lewsley	(D.P.)	4.58.44
4. K. Robinson	(Ken)	4.36.25	14. D. Jackson	(Tel)	5.03.21
5. M. Hudson	(D.P.)	4.40.35	15. D. Oliver	(JLR) (V)	5.06.31
6. P. Sanderson	(Tel.)	4.42.49	16. K. Shand	(Roch)	5.08.54
7. R. Campbell	(Loch)	4.43.02	17. M. Trevor	(S'bury)	5.09.33
8. J. Blair-Fish	(Edin)	4.44.23	18. I. Callister	(Manx)	5.13.43
9. F. Thomas	(D.P.)	4.47.42	19. G. Poole	(Roch)	5.17.24
10. R. Shields	(Loch)	4.49.28	20. R. Baumeister	(D.P.)	5.17.59

WREKIN FELL RACE - 6 MILES - CAT. A. - 5TH MAY

1. R. Wilde	(Man)	36.12	11. R. Whitfield	(Ken)	38.35
2. M. Short	(Hor)	36.28	12. R. Ashworth	(Ross)	38.39
3. A. Styan	(Holm)	37.02	13. D. Francis	(West)	38.53
4. B. Robinson	(Ken)	37.23	14. P. Watts	(West)	38.56
5. A. Adams	(Staffs)	37.26	15. I. Snow	(N. Powys)	39.01
6. H. Walker	(B'burn)	37.28	16. W. Cooper	(V) (Man)	39.05
7. R. Rawlinson	(Ross)	37.40	17. H. Kelly	(V) (E. Ches)	39.13
8. P. Ravald	(Hor)	38.02	18. K. West	(Wolv)	39.14
9. D. Allen	(Man)	38.15	19. O. Jackson	(Tel)	39.31
10. B. Bigham	(RAF)	38.24	20. M. Bishop	(Staffs)	39.34

BEN LOMOND RACE - 8 MILES. CAT. A. - 12TH MAY by John Blair-Fish

While the East of Scotland had a sunny afternoon and the South of England temperature in the seventies, Ben Lomond was covered in mist and drizzle with heavier rain near the summit. The organiser's extensive marking of the route prevented any navigational errors which often occur on the most obvious of descents (shame! Ed.), and Ian Roberts broke Martin Weeks' 1978 record by one second.

19 year old Colin Donnelly, closely pursued by Mike Short led off the summit but fell half-way down to be passed by Ian Roberts and Harry Jarrett. Mike Short also had a bad descent nursing an ankle injury inflicted during his record breaking run in the Manx Mountain Marathon four weeks earlier. Despite other attractions in the Lake District Kendal won the team race with 30 points whilst Lochaber just scraped home in second place by one point from the Cumberland Fell Runners Team. Another 1st veteran prize for Harry Blenkinsop and spot prizes to the 14th man and every 10 places thereafter. (150 finishers)

In the ladies race Jean Lochhead won from Ros Coates but there was only 3 seconds in it.

1. I. Roberts	(Holm)	64.45	6. M. Short	(Hor)	66.26
2. H. Jarrett	(Cumb)	64.56	7. D. Overton	(Ken)	67.42
3. C. Donnelly	(Camb)	65.06	8. M. Weeks	(Bing)	68.27
4. B. Robinson	(Holm)	65.30	9. D. Lee	(Cumb)	68.42
5. A. Styan	(Hor)	66.26	10. A. Lightfoot	(Fife)	68.49

11. R. Boswell (Loch) 68.56	16. A. Adams (Dumb) 71.17
12. R. Shields (Loch) 69.01	17. W. Cairns (Dumb) 71.24
13. R. Morris (Edin) 69.49	18. G. Young (Rown) 71.31
14. J. Shields (Clyde) 70.32	19. H. Blenkinsop (Ken)(V) 71.32
15. A. Sunter (Hor) 70.50	20. R. McGinlay (Dumb) 71.38

TEAMS - 1. Kendal 30pts. 2. Lochaber 43 pts. 3. Cumb. F.R. 44 pts.

LADIES

1. J. Lochhead (Air) 82.26	4. L. Lamb (Inver) 111.45
2. R. Coates (Loch) 82.29	5. M. Macleod (Loch) 112.05
3. J. Nisbet (Unat) 107.51	

DARWEN MOORS HILLS RACE - SUNDAY, MAY 13TH - by BILL SMITH

B: 11½ miles: 1,800 feet.

It was a warm, sunny day for the third annual Darwen Moors Hills Race, in which Ricky Wilde followed up his recent Great Hameldon win at Accrington with a 40-second victory over Pete Ravald, though his time of 1.19.16 missed John Calvert's 1978 record by 04.03.

Coming back from Darwen Moors over Great Hill, Ricky was leading strongly on the climb, though further downhill Ravald was being overtaken by his Horwich RMI clubmate Mike Short, who also looked typically strong on this ascent. However, Ravald regained 2nd place on the fast going beyond this summit to finally beat Mike for runner-up by 28 seconds. Calvert, winner of the previous two events, finished 4th ahead of Harry Walker, Jeff Norman and Bobby Ashworth.

The prize for the first veteran home went to Harry Kelly in 11th position, with Steve James (Southport) 2nd in this category in 19th, T. Waterhouse (Pudsey & Bramley) 3rd in 22nd, and Alan Ramsbottom (Clayton) 4th in 26th.

There were four ladies competing, of whom Brenda Robins was the fastest, clocking 1.48.26, followed by Gillian Pile, Linda Lord, and Eileen Craig.

MEN

1. R. Wilde (Man) 1.19.16	6. J. Norman (Alt.) 1.25.49
2. P. Ravald (Hor) 1.19.56	7. R. Ashworth (Ross) 1.23.31
3. M. Short (Hor) 1.20.24	8. K. West (Wolv) 1.24.30
4. J. Calvert (B'b) 1.22.00	9. A. Spence (Bing) 1.25.43
5. H. Walker (B'b) 1.22.13	10. D. Attwell (Alt.) 1.25.49

VET. H. Kelly (11th) (E. Cheshire) 1.26.35

LADIES

1. B. Robins (Bury) 1.48.26	3. L. Lord (Clay) 1.57.53
2. G. Pile (Sale) 1.53.43	4. E. Craig (Bury) 2.07.43

SADDLEWORTH FELL RACE - 3 MILES - 950' - CAT. A.

by Dave Makin

The race this year was more open than for some time, due to a combination of factors. Some big names were missing due to a clash of dates and unfortunately Ricky Wilde was absent due to a family bereavement.

In the event, a field of 125 were sent on their way in glorious weather, thirty five of them being locals/unattached etc., which is always pleasing to see.

A. Sladen was leading near the top of the main ascent, but he was closely followed by Brian Robinson, Harry Walker, Ian Roberts, and John Waterhouse. Not a lot of change was seen along the ridge run, but after the memorial Robinson pulled away on the descent to win easily by 32 seconds from Ian Roberts.

A splendid run by Alan Waterhouse from Pudsey gave him ninth overall and first veteran award, whilst another sterling performance came from Andy Styan in 6th - just 24 hours after his Ennerdale success.

Plenty of prizes were shared out and we hope to do the same in 1980.

1. B. Robinson	(Ken)	19.37	11. M. Burgess	(Sale)	21.23
2. I. Roberts	(Holm)	20.09	12. D. Cartwright	(Barn)	21.28
3. M. Weeks	(Bing)	20.12	13. H. Kelly (V)	(E. Ch)	21.33
4. A. Sladen	(Salf)	20.13	14. A. Hulme	(Alt.)	21.41
5. H. Walker	(B'bur)	20.26	15. D. Smith	(Hal)	21.48
6. A. Styan	(Holm)	20.56	16. S. Keetch	(Man)	22.21
7. J. Waterhouse	(Bing)	21.02	17. M. Tighe	(Sale)	22.24
8. T. Ramsden	(Holm)	21.11	18. I. Moore	(Holm)	22.24
9. A. Waterhouse	(Pud)V	21.23	19. M. Fleming	(Hor)	22.25
10. K. West	(W&B)	21.23	20. P. Loker	(Pud)	22.27

TEAMS 1. Holmfirth 16 points, 2. Bingley 40 points,

3. Pudsey & Bramley 57 points.

VETS. 0/40 A. Waterhouse. 0/50 P. Brook (Holm) 55th 25.03.

LADIES - 1st J. Dransfield (Spn) 27.14

2nd S. Dransfield 29.14. 3rd G. Pile (Sale) 30.33.

GREAT HILL RACE - June 16th - C - 5½ miles - 1,000 feet.

by Bill Smith.

The seventh annual Great Hill Race from Brinscall, held in conjunction with the local sports festival, was run on a dull, misty afternoon. Pete Ravald proved that his recent performances in the Rivington Pike and Darwen Moors races (1st and 2nd respectively) were no flukes by scoring a fine 15-second victory over Jeff Norman in a new record time of 30.44, 9 seconds faster than John Calvert had taken last year. Calvert placed 3rd on this occasion, followed by his Blackburn clubmates Shorrocks and Smith, and East Cheshire's Harry Kelly, whose time of 33.00 set a new veteran's record. (The previous

best time of 33.17 was achieved by Derrick Lawson in 1977.) J. Dransfield (Spenborough) won the ladies' event with a time of 41.16 from Gillian Pile (41.52), with Anne Pendlebury (42.31) taking 3rd place out of the five competitors.

There were also the usual shorter races for Under-15s and Under-13s, both following the seniors' course to the edge of the moor, where a short loop turned them back over the same route. In the former, P. Gould (Manchester Harriers) clipped 4 seconds from M. Kennedy's 1978 record of 13.51; while in the latter, I. Whitham (Bingley) missed clubmate J. Green's record of 14.32 by 8 seconds. Green had this year moved up to the Under-15s category in which he placed 2nd. A noteworthy feature of these junior events was the number of competitors - 33 in the Under-15s and 39 in the Under-13s. There were also eight local girls (10-14 years) competing over the same course, of whom 11-year-old J. Barrow was the fastest in 18.23.

MEN

1. P. Ravald (Hor)	30.44	6. H. Kelly (V)	(E. Ches)	33.00
2. J. Norman (Alt)	30.59	7. T. Ramsden (Holm)		33.29
3. J. Calvert (B'burn)	32.10	8. S. Barlow (Hor)		33.32
4. R. Shorrocks (B'burn)	32.23	9. S. James (V)	(S'port)	33.37
5. M. Smith (B'burn)	32.56	10. R. Rawlinson (Ross)		33.40

LADIES

1. J. Dransfield (Spen)	41.16	4. A. Wilkinson (Roch)		45.14
2. G. Pile (Sale)	41.52	5. S. Dransfield (Spen)		51.30
3. A. Pendlebury (Bol)	42.31			

MUSBURY TOR MILE RELAY by Eddie Roberts

Novelty aspects of this event include the changing accommodation, a vast container wagon from Inter County Express Transport, £1 prizes for as many teams as the Platt Saco Lowell sponsorship extends and strict entry on the day principles with the athlete first priority in every way hopefully maintaining the original atmosphere of the traditional fell race pre 70's.

Noteworthy this year were the excellent performances of Rossendale's seventeen year olds Paul Cowell and David Lewis, against a field that included four 3 Peaks winners.

Possibilities for next year to reduce congestion include a four men relay or a separate B race. If you have any thoughts on the matter please contact me at 9 Stonefold Rising Bridge, Accrington, BB5 2DP.

1. Rossendale A.	25.43	(P. Cowell 8.32, D. Lewis 8.16, R. Rawlinson 8.55).
2. Bolton A	27.42	(P. Campbell 8.59, P. Turner 9.33, O. Cartridge 9.10)
3. Altrincham	28.05	(M. Foschi 9.27, J. Norman 8.51 A. Morley 9.47)

Fastest Legs: - D. Lewis, P. Cowell, J. Norman, R. Rawlinson,
M. Short 8.55, M. McGoon 9.07.

DENIS BERESFORD'S THREE PEAKS TREBLE by BILL SMITH

Denis Beresford of Clayton-le-Moors Harriers had a very interesting article (and photograph) in the May, 1979 issue of The Dalesman on his three consecutive circuits of Pen-y-ghent, Whernside and Ingleborough in 13 hours 16 minutes on August 12th last year. He was assisted on the fells by his clubmates Alan Heaton, Bob Hargreaves, Terry Catton and Stuart James.

HISTORY AND RECORDS OF NOTABLE FELL WALKS 1864-1972 WITHIN THE LAKE DISTRICT compiled by Fred Rogerson

At the time of writing (early June), there are ninety copies remaining of this monumental work on the Bob Graham Round and Lakeland 24 Hour Fell Record. This is the second edition and includes the Supplements for 1973-74, 1975-76 and 1977-78: 379 duplicated pages of neat typescript containing schedules, articles (many by Harry Griffin) and first-person accounts of "Bob Graham" attempts. A veritable feast of reading for anyone interested in long-distance fell running, it costs £3.50 from Fred Rogerson, "Tethers End", Lindeth, WINDERMERE, Cumbria.

A longish article on the same subject, written by myself last year, is scheduled to appear in the second issue of the new quarterly magazine, Marathon Runner, due out around October. Omitted from this are details of John Blair-Fish's 19 hrs. 17 mins. circuit, Allen Walker's solo round in 21 hrs. 50 mins, John Haworth's 52 Peaks circuit and Dave Scott's 49 Peaks: I didn't know about the first two at the time of writing and had forgotten about the other two (1976 attempts) as I heard about them at the time but didn't have any details in my records. The article will not, of course, include any 1979 accomplishments.

VETERAN ON THE FELLS AWARD

At the A.G.M. in April the idea of a Vets fell runner of the year for 1979 was approved in principle. Peter Brooks has taken hold of the thing and sorted out an arrangement for this first season in consultation with Danny Hughes, Mike Davies, Harry Blenkinsop, Dave Moulding and Peter Knott.

The following are the arrangements for 1979. Any comment on these for future reference should be addressed to:- Peter Brooks, "Shenvall", Drummond Terrace, Crieff, Perthshire, PH7 4AF.

1. 9 Category A races to count to comprise at least 2 long, 2 medium, and 2 short events as defined in the calendar.
2. Season to run January to December inclusive.
3. Points for positions in veteran's result for 1st 10 placings as 12 for 1st, 10, 8, 7 etc. to 1 for 10th place.
4. Not eligible until having attained the age of 40.
5. Super Vet award to 50 or over on or before April 1st in the year of competition.

Peter Brooks will endeavour to keep records with assistance from others, Danny Hughes and Peter Knott in particular but it must be emphasised that the onus will be on the competitor to keep his own records and submit these to Peter Brooks before the end of January following the season in question.

RESULTS IN BRIEF (Thanks to Pete Bland's Memory).

Duddon - 1st Day - Bill Bland - Ladies - Sue Parker.

2nd Day - Joss Naylor.

Goatfell - Andy Styan.

Fairfield Horseshoe - Ricky Wilde.

Ennerdale - Andy Styan, Joss Naylor, Billy Bland.

Muncaster - Mike Short, Alan McGee.

Northern Counties - Mike Short, Billy Bland.

Skiddaw - Ian Roberts, Harry Walker.

Turnslack - Andy Styan, Colin Robinson.

Wasdale - Andy Styan 3.30.51 Mike Short 3.39.48

Billy Bland 3.35.36 Joss Naylor

Ingleborough - Brian Robinson, Ian Roberts, Harry Walker.

Snowdon - Jeff Norman, Ricky Wilde.

Kinniside - Alan McGee, Harry Jarrett, John McGee.

In the ladies events Jean Lochhead resigns supreme with wins at Ennerdale, Muncaster, Skiddaw, Wasdale and Ingleborough.

RUNNING SHOES - WHAT DO YOU THINK ABOUT THEM? by Peter Knott

(A controversial article guaranteed to lose me friends amongst those who market running shoes).

The modern running shoe is comfortable and looks good but oh the quality and price!

It wasn't so long ago that it was difficult to get a decent shoe to race or train in in the U.K. but when you did get one it used to last. I can remember a pair of studs doing two to three seasons of intensive cross country racing in my student days in the 50's. You had to break them in carefully because the uppers were pretty stiff leather, and they cost a couple of quid.

In the 60's it was possible to get good light-weight road racing shoes for less than a fiver. No fancy shapes or sponge wedges but a hard wearing sole. One pair would do me a year at least at 40 to 50 miles a week on the road, racing and training.

More recently I have been most disturbed at having to pay £10 a pair for training shoes only to find that I'm going through the soles in less than 6 months. At that rate I've been through a good many pairs in the last ten years, and not been satisfied with any of them. Now I have a pair of Puma Tahara £10 which I keep strictly for road races. I don't know how well they will do, but looking at the effect of a couple of half marathon road races recently, not too well.

As for training on the road, the best thing I have found for some time is a shoe made in Korea for the supermarket chain Kwik-Save, which markets at £5. It's got a comfortable nylon upper with a hard and thicker than average sole. At that price you can't go wrong. I bought two pairs and put one away. The other is doing very well and should be good for 12 months.

But it is a shoe for the fells that's the real problem. I have not tried the small stud modelled on the Nike Waffles and have never been keen on ripples so that leaves the traditional studs. In recent times I have had Reebok, Compass Rose and Walsh. One long distance fell race converts these into much the same state that a season of cross country used to. These shoes are O.K. for cross country and the Compass Rose and Walsh have stood up to a fair bit of orienteering but I still have not found a shoe that will stand up to the fells. I've heard it said that the Adidas Cross is good but not tried it yet. I reckon this year's Ben will probably finish off my Walsh studs if I stay away from the really rough stuff until then. Then what do I buy, what's it going to cost me, and how long will it last? What do you think about them?

WELSH 1000m. PEAKS - 18 mile 9000' Cat.A June 2nd
by Peter Knott.

Problems of access in the Ogwen Valley came to a head this year necessitating a re-route of the course. Maintaining an air of mystery until the morning of the race, competitors were informed that there would be a change through the Ogwen Valley prior to the day but not what it would be. My pre-race thoughts were focused on Penyrolewen and the prospect of a road run the length of Llyn Ogwen which I viewed with distaste. The organisers however, rejected this option, probably because of the steep and badly eroded path down Penyrolewen. Instead we were routed to a control point at the outlet of the Ffynnon Llugwy Reservoir (693624) which necessitated turning back from Carnedd Dafydd summit in an easterly direction and then descending south east to the Reservoir outlet control. From here the tarmac strip, which gives access to the reservoir from the A5, is followed (about 1½ miles). The traditional course is eventually resumed on the path at the saddle above Cwym Tryfan (control G) but

instead of the usual climb through the heather below Tryfan's 'heather terrace' a faster route to the right of Nant Yr Ogof just below the crags of Braich y Ddengwm is followed after passing through the farm camp-site at the foot of this valley.

From Dafydd summit to the A5 is considerably lengthened from the traditional course but the route up Nant Yr Ogof valley is faster from there to control G, which partly compensates. My thoughts on reaching that A5 was that the re-route was going to add half-an-hour to the course and I was preparing to negotiate a new gold standard time! However, by the time Pen-Y-Pass was reached quarter of an hour seemed to be more realistic. After the race the general consensus of opinion seemed to be between 10 and 20 minutes.

It is interesting to note that Mike Short was three minutes slower at Llewelyn, the same at Dafydd twenty minutes slower at Control G (which makes the new course 17 minutes longer) but only eleven and a half minutes slower at the finish compared with 1978 times. Strong winds on the Carneddau made the going tricky and was probably responsible for slower times at this stage. The weather was otherwise kind with no visibility and hence navigation problems.

The early lead to Llewelyn was shared by Short, Joss Naylor, John North and Pete Walkington with Garrett, Sharples and Wagstaff timed in a minute down. By the time Pen-y-Pass was reached, the group had reduced to four. Short, Naylor, North and Garrett who finished in that order. The surprise at this stage was that Joss was still there, as it was thought that he had been having back trouble again and might be short of training miles. Just to emphasise how dangerous it is to write off this amazing forty three year old athlete, Joss made sure of second place on this last gruelling climb to the Snowdon ridge. There was no holding Mike Short at this stage as he pulled away from the others, taking eight minutes out of Joss and covering this last stage in 48 minutes, 4 minutes faster than last year. 100 runners completed the course, with Dark Peak Fell Runners (Aucott, Trowbridge, Berry and Lewsley) taking the team honours. The first 35 achieved the first class standard time of four and a half hours compared with 39 last year over the slightly shorter course.

Class B (men mountaineers - boots and all that) was won by R. Collister in 4 hours:50min:32 seconds, a time that would have placed him 54th against the fell runners. This was nearly 20 minutes faster than last years winning time and goes to show the way that the difference between long distance fell 'running' and 'walking' is closing up.

Class F (lady fell runners) starting from Ogwen was won by Jean Lochhead from the two local Eyeri Harriers stars Joan Glass and Bridget Hogge. Joan knocked four minutes off

her running time of last year but Jean went almost another four minutes faster.

RESULTS - FELL RACE EVENTS

Men

1.M.Short	(Hor)	3.32.59	11.P.Dixon	-	3.58.34
2.J.Naylor	(Ken)	3.41.07	12.A.Trowbridge	(D.P.)	3.59.45
3.J.North	(Clay)	3.42.52	13.G.Berry	(D.P.)	4.00.00
4.M.Garratt	(Mand)	3.46.00	14.H.Forrest	(Gos)	4.01.32
5.R.Augott	(D.P.)	3.50.06	15.A.Lewsley	(D.P.)	4.03.49
6.P.Haines	-	3.51.46	16.M.Calvert	-	4.06.22
7.I.Holloway	(Roch)	3.55.20	17.F.Loftus	-	4.11.32
8.P.Walkington	(B'burn)	3.57.20	18.R.McKeg	-	4.15.32
9.J.Sharple	-	3.57.48	19.A.Brooksbank	(Ken)	4.15.37
10.J.Wagstaff	(Tip)	3.58.33	20.M.Hayes	(D.P.)	4.16.59

Ladies

1.J.Lochead	(Air)	1.53.01	4.A.Grindley	(Clay)	2.09.44
2.J.Glass	(Eyeri)	1.56.43	5.L.Lond	(Clay)	2.19.48
3.B.Hogge	(Eyeri)	1.59.50	6.A.Todd	(Cumb)	2.24.12

LONG 0's - GOOD NEWS FOR FELL RUNNERS by Peter Knott.

Many orienteers are finding fell races a useful way to toughen up and improve their stamina. Just so fell runners can use orienteering to sharpen up their navigation. The average 0 event, club or badge, tends to have rather short legs, however, with more emphasis on fine navigation than the more useful problems of route choice. A recent addition to the orienteers range of events are 'long o's'. These are refreshingly free of any rigid formula. Anything goes. They range from events similar to the Vaux Mountain Trial with a few more controls, to the equivalent of two or three badge events strung together. You can be sure that you will get a stamina test with lots of navigational practice thrown in.

I have done three and there have been many others held in the last 3 years. My introduction was an event run by the Deeside club which strung 5 Cheshire forests together. This involved using 0' maps making map changes and linking the mapped areas with short stretches of marked course. In general the fine navigation was easier than the average badge event and the controls flowed through the race area in a continuous fashion rather than the zig zag courses common in badge events. It was great fun.

My second event was the Howgill Fells Long 0 organised by Lakeland Orienteering Club. This was run on October 1st last year from Ravonstonedale and used the Howgill Fells 1977 Karrimor map by Harvey Map Services. With the start and finish just south of Ravonstonedale, the courses used the Howgill Fells part of the map. The A course was defined as 24.5 Km. by the optimum route with 1550m. of ascent and 8 controls. There were shorter courses of 18 Km. and 15.5 Km.

for the less ambitious.

The problem on the first leg was getting used to the intricate contours and matching map to ground (Stream junction 681011). The route to the second control (summit, 637004) was a real head scratcher. A post mortem revealed that many competitors chose the long north, west, south contour route. I used a lot of leg strength on the direct route, crossing four valleys and making four ascents of about 200 metres each, including one too many!

The third control was a track, stream junction (642,979) which could not be reached without losing and re-gaining about 100 metres of height. Control 4, (Pond 662,973) was the highest point on the course (640m) and involved some uncomfortable contouring on steep slopes. From then on it was mostly downhill and very runnable in parts. Anyone with leg strength left by then, and that excluded me, could have moved well with few navigational difficulties through the manned control at 5 on the Saddle (687990) to the ruined wall control 6 (708,011) to 'track end' (709028) and finally the 'enclosure' (716033).

Andrew Philipson was a comfortable winner in a time of two hours, 55 minutes, 44 sec. 18½ minutes clear of second man Deeside orienteer Tony Thornley.

A COURSE 25 Km.

1. A. Philipson	2.55.44
2. T. Thornley	3.14.21
3. P. Haines	3.16.05
4. G. Bryan-Jones	3.20.10
5. M. Gilbert	3.21.25
6. M. Calvert	3.25.15
7. A. Lewsley	3.26.10
8. E. Harwood	3.28.47
9. D. Ratcliffe	3.31.20
0. A. Barnes	3.31.30

B COURSE 18 Km.

1. S. Barrett	2.51.46
2. J. Wagstaffe	3.00.36
3. T. Sykes	3.01.33

C COURSE 15.5 Km.

1. J. Fraser	2.06.48
2. S. Willis	2.20.06
3. C. Etherden	2.22.23

Race 3 was the West Cumberland Long 0 in the North West Lakes on 24th June, this year. At the time of entering I had visions of a Howgills type of event. How wrong can you be! On receipt of the literature the long course was defined as 30 Km. using 6 map areas and 53 controls! It turned out to be more like about four badge event strung together than a mountain trial as expected.

After standing for 10 minutes at the southern end of Blengdale forest in the early morning being bitten to death by midges despite wearing regulation orienteering gear of full arm and leg coverage, I was glad to be off. A good map, nice course, no severe gradients and no navigational problems saw me into the first map change in good spirits, (even moving

too fast for the midges!) Next came Ska!derskew or a black and white map and a very different scale. Careful to the first control. The path turned out to be a ditch, and the boundary fence a path! Compass and ignore map to 2. Gross over-run. By the time I was nearly through the 8 controls I was getting the feel of the area, map and scale, just a bit late. I emerged somewhat later than intended with ego damaged but legs O.K. Next map Matty Benn's Bridge a fell area of 5½ Km 11 controls, great! A few mistakes but on the whole a very enjoyable leg which brought competitors to the car park before the next change. A quick tin of fruit, big drink of accolade and then collect map 4 whilst stuffing down some cake.

Another fell leg, Blakeley Raise with 8 controls. Starting to get a bit warm in the midday sun and the gradients were getting me down. Some fine long legs though with real route choice on this stage including the occasional pleasant stretch of forest ride.

Over to the last map covering the two areas of Lowther Park and Dent. By now the fun had gone and it became a test of determination. The long gruelling legs of Dent only to be followed by what seemed by them to be very difficult navigation in uncomfortable parts of the forest of Lowther Park. At this stage I only had the energy left to curse which seemed to be the only escape mechanism. The finish tape at last! Seven and a half hours! Geoff Peck the British Orienteering Champion went round in just over 4 hours, and it seemed as though everyone slower than me had had the sense to retire.

What next I wonder. I fancy having a go at Mike McGill's Cumbrian O-Trial on July 29th but the way I'm running I had better keep to some shorter events. Sounds good though. 20 Km. with a massed start and the first stage controls in any order. Perhaps next year.

The following article was written and appeared in the Dark Peak Fell Runners Newsletter. I have Chris Worrell's permission to 'plunder' this and other material for the journal Ed.

T.A.Y.E. By Graham Berry.
(or train as you earn)

There is now a growing band of afficianados who have carefully considered the economics of travelling to work and have decided to forget the car or bus, be independant and train to work! This article is dedicated to these brave people.

The first of the problems in running to work is to convince your family that you really do go out to work even

though you're scantily dressed and carrying a mysterious rucksack. No kissing on the doorstep and passing out the bowler and the broly, it's an ignominious creeping out followed by paroxysms of coughing as you stagger through the early morning mists of last night's hangover.

Having left the door, more problems remain; which route? There is the diesel, petrol fume route (short), the estate route (cheeky) and the country route (tiring). All routes involve road crossings and the associated cars full of people who have apparently never seen hairy (shapely) legs before. These people can be divided into the following types:

- a) Totally uninterested (very rare).
- b) Slight amusement (rare).
- c) Giggles (common).
- d) Finger pointers (very common).
- e) Obscene commentators (usually found on the back of lorries).

The same types are found amongst pedestrians notably children who suffer from the "Get them knees up syndrome" a ritual call designed to encourage! Few of the other remarks are worth repeating, at least in this journal, but one sticks in my mind. After struggling up a steep road with lungs bursting after a mammoth effort, an old man suggest, "You'll do better next time." I just collapsed at the top. (A prize for the best remark of 1978).

Using the country or pretty route has its own particular dangers and these are the dogs, and their owners. It must be assumed that all owners have trained their dogs to chase anything moving faster than walking pace and furthermore they don't realise the runner's vulnerability (bare legs). As the drooling hungry alsation bounds towards you, there is a faint cry of "Don't worry, it won't hurt you." (This sounds like the sort of kindly comforting words spoken to a man sitting in an electric chair). On rare occasions, this adversity can be turned to advantage when the dog decides that running is, after all, fun, and follows for the next mile or so. In the distance, a red faced owner with steam issuing from his ears, staggers along. These are special moments to be savoured carefully.

The next obstacle is arriving at work. My advice is to arrive early. Arriving with everyone else is a real gauntlet running exercise because of the number of comments. However, once established as a madman/pervert/health fanatic or even worse, a jogger, on the few occasions when arriving in civvies there are as many comments as before.

The next stage; washing and clothes. Although showers may be available they are never convenient. Ours are, perhaps appropriately, next to the fume cupboard; even worse they are cold only. Otherwise it's necessary to resort to the leg over

the wash basin.

The logistics of planning where your clothes should be and carrying them there, require careful consideration. Be warned. There are occasions when shirt and trousers are separated by six miles of hard running. Even the best people suffer this problem. One B. Foster claims to have accumulated three pairs of trousers and an odd pair of shoes at University whilst running between there and home during his 'blue period' at Brighton.

Despite all these difficulties, I would recommend running to and from work. It just about pays for itself (the cost of one pair of TRX's which last 3 months is equivalent to 3 months' bus fares), it provides an enforced training schedule and it is sometimes an advantage in times of bus strikes, snow storms etc. So I call upon all Dark Peakers to make 1979 the year of T.A.Y.E.

CALENDAR SUPPLEMENT - ADDITIONS / CORRECTIONS

1. Withins Moor Catagory B. 9 miles. Sept. 23rd. at 12.00 hours. 75p. Entry and enquiries to:- S. G. Webster, Hawkcliffe Farm, Hebden Road, Keightley (Entries taken on the day).
2. The Butter Crags Fell Race. New event. 1½ miles. Sept. 23rd. (The Grasmere Guides Race Course). Details from Pete Bland or Mike Miller (See advert in this issue).
3. Hoad Hill Fell Relay Race. October 14th. Ford Park, Ulverston. Details in Fixture Calendar except for entry closing date which is September 15th.

S T O P P R E S S

DEVELOPMENT SUB-COMMITTEE REPORTS PROGRESS WITH THE AAA'S ON THE POSITION OF FELL RUNNING

Just as this issue goes finally 'to press' I am in receipt of good news from our Development Sub-Committee secretary, Chris Brasher (Ed.)

Chris writes to say progress at last with a letter from Barry Willis AAA Hon. Sec. Fell Running was an item on the agenda of the AAA's Finance and General Purposes Committee in July. The part of the minutes of that meeting appropriate to fell running is to read:-

It was agreed to recognise the Fell Runners' Association as the specialist body best able to represent the interests of the fell runner. It was also agreed:

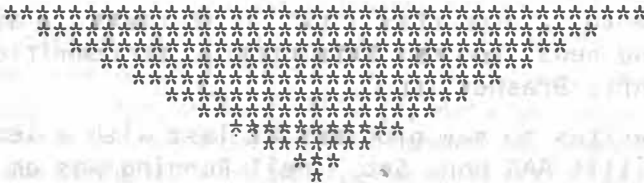
- (1) to invite the F.R.A. to submit draft rules for fell races, in time for them to be considered by Rules Revision and Records Committee in the autumn, with a view to their inclusion in a separate section of A.A.A. Rules for Competition;
- (2) to invite the F.R.A. to draw up a special entry form for fell races and submit it to the A.A.A. for approval;
- (3) to recommend that all Clubs and Associations planning to promote a fell race should notify the F.R.A. well in advance; to assist in the co-ordination of fixtures;
- (4) to recommend to Area Associations that they should invite the F.R.A. to nominate a representative to serve on an appropriate Area committee;
- (5) that the A.A.A. would welcome the publication by the F.R.A. of a leaflet giving advice and information for wide distribution amongst fell race competitors and organisers.

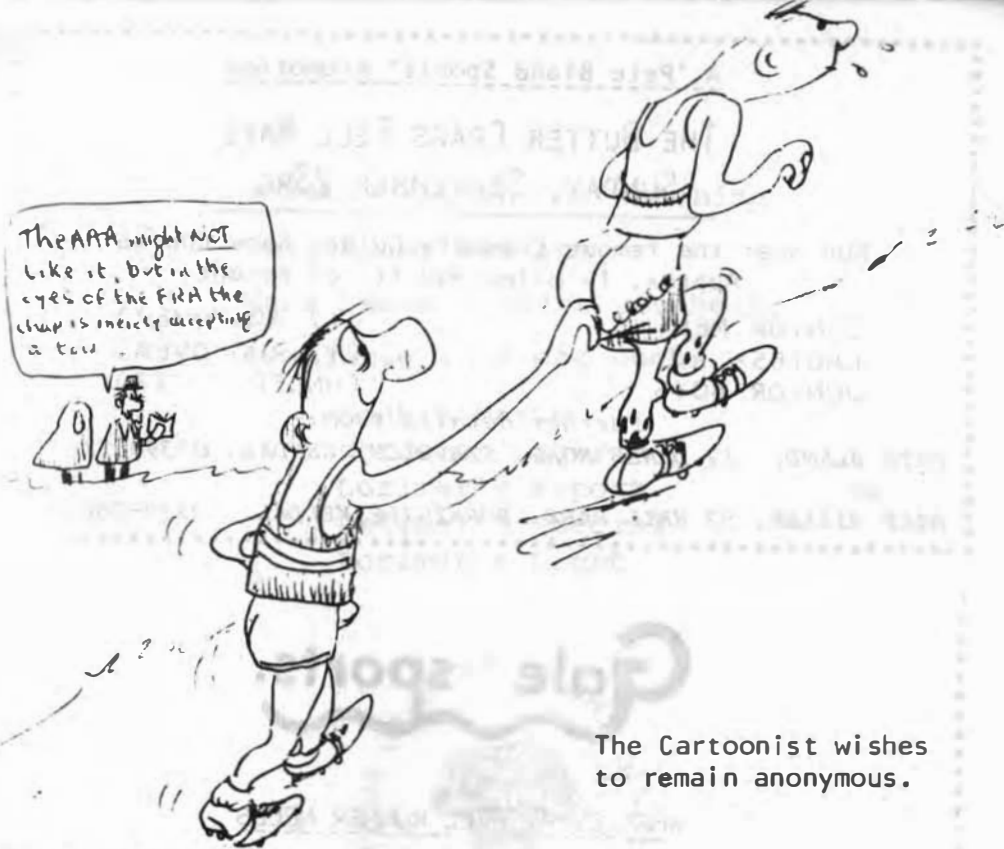
Barry Willis explains that this committee is experienced to make decisions without reference to General Committee. He calls for our comments.

Chris Brasher points out that this is real progress but that there are still many points to be cleared up.

The next action is obviously a meeting of the Development Sub-Committee to determine our next moves. Saturday, September 8th in the Lakes is proposed.

(Ed)





The AAA might NOT
like it, but in the
eyes of the FIA the
club is merely accepting
a fact.

The Cartoonist wishes
to remain anonymous.

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