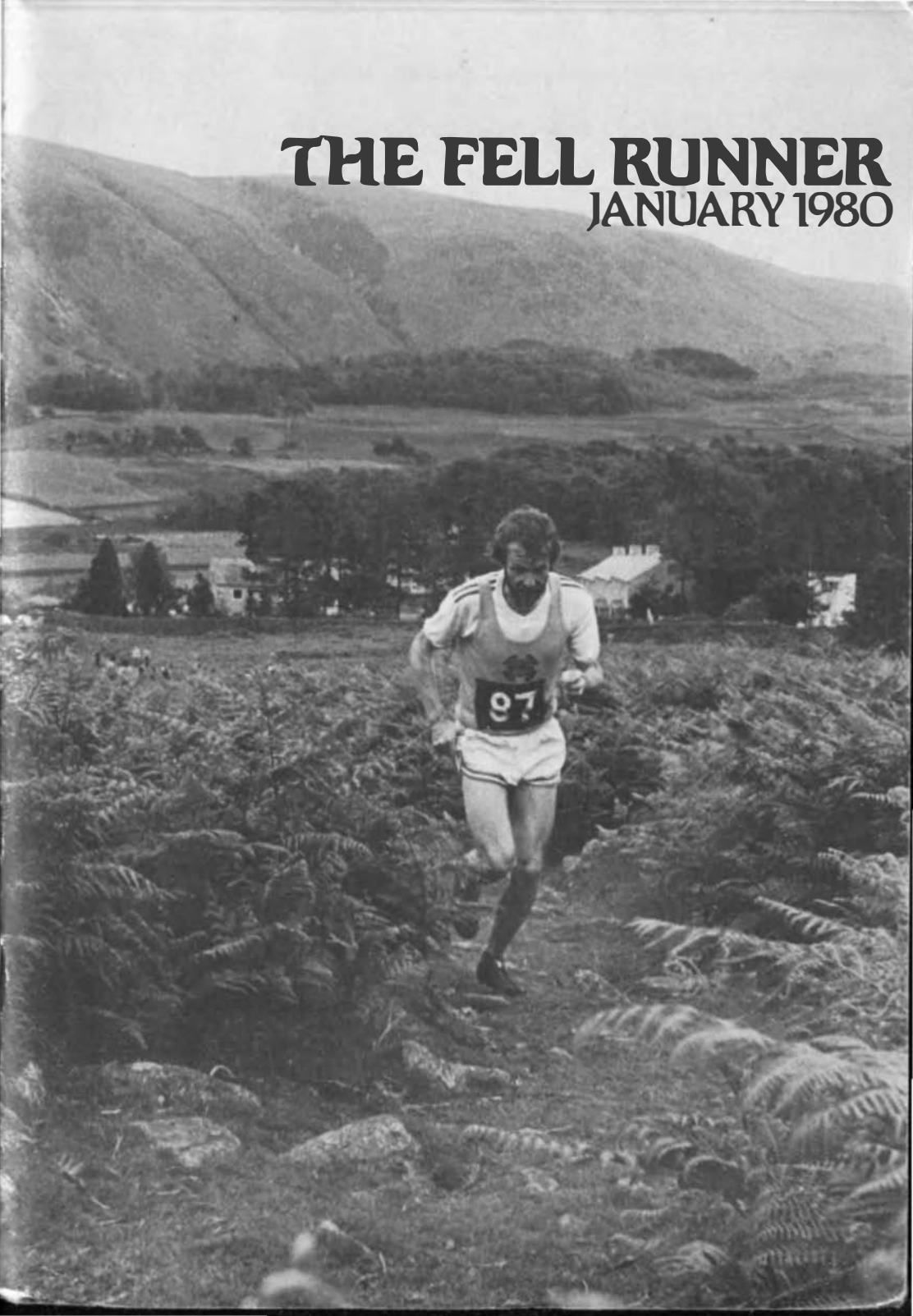


THE FELL RUNNER

JANUARY 1980





No. 1 in Europe



No. 1 in Ice Climbing



**No. 1 in
Cross-Country Ski-ing**

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It was tremendous running along the tracks under the Sassolungo looking at the grandeur of the Italian Dolomites. It was our longest run since we had both - somewhat mediocrally - done the Wasdale. We had spent the previous few days doing some rock climbing on the Stalla Towers, and the previous day had been up the Mermaleda di Penia. It is difficult to explain what motivates people to do certain things - but that day we saw the peak we wanted to climb - it was almost the textbook case of looking at each other and saying: "It's got to be climbed!"

And so, the next day - the 31st July, my 28th birthday - we walked back along that track under the Sassolungo and left our girlfriends at the foot of the Denti di Sassolungo. As the name suggests, this was a short rock pinnacle sticking up some eight hundred feet like a solitary tooth. After five hours of continuous technical rock climbing, we reached the summit to have our sandwiches, still roped together, before deciding on the way down.

However, within the Alps and the Dolomites in particular, unexpected electric storms can very quickly brew up - and within ten minutes lightning struck - and it was then that I lost my closest friend. Lightning hit Ian directly and knocked him off the precipitous summit to fall a hundred feet. The combination of lightning and the fall must have killed Ian instantly, but he was suspended from the rope which had snarled around a block on the summit. I didn't receive the full impact of the strike, but was knocked over the other side of the summit - I was able to scramble back onto the summit later and try to attract attention. Subsequently I was rescued some twenty hours later by the mountain rescue team of the Val Gardena. Ian's body was not taken down from the mountain until the following day - the 2nd August. Ian was buried in a corner set aside for mountaineers in the cemetery of the small church of Santa Christina, Selva Gardana, on Saturday 4th August 1979.

Ian was a remarkable man and friend to many people. Most people who read this will know of his exploits in running the fells - but he also loved the total mountain environment in which he walked, ran, climbed and ski'd. Whatever activity he did he was extremely talented at it, yet as well as pushing his own standards forward, he was always unselfishly willing to spend time with beginners and introduce new people into the mountains. Obviously this was a follow-through from his successful teaching career, in which he was to have been Head of Mathematics at his school in September.

Ian lived life to the full - he was always the life and soul of the pub on training nights, a dedicated member of the Huddersfield Choral Society, a qualified summer and winter mountain leader, a would-be ski instructor and a professional at his job. It is so

sad that he could not continue to give so much to the world - and yet the quality of the twenty-nine years of life he lived was extremely high - we can be thankful for that.

Still, despite all the achievements and talents - Ian was my friend! And that is what I shall miss him for more than anything else. He had a lot to answer for, though. He introduced me to hurting myself running up and down hills in all sorts of weather, skinny-dipping in the res. on the local moors on a mid-summer's evening and how to survive for a week on a diet of cabbage, cheese and beer. To me, Ian will always be "Mad Man Roberts".

Over the years we spent many hours philosophising about climbing, running - life. We tried to justify to ourselves why we climbed. We need not have bothered. We both knew that day running under the Sassolungo why we wanted to climb the Denti. Consequently, my only answer to people who say, why do you do it is: "If you have to ask the question you'll never know".

We climbed the Denti di Sassolungo that day and technically did nothing wrong - but I lost my closest friend - and, by Christ, I miss him!

John Page.

December 1979.

CDVER PHOTO: Ian Roberts in the Wasdale Fell Race 1979.

Photographer: Neil Shuttleworth.

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EDITOR'S NOTES

I looked forward to taking on this job, but as usual with anything I take on, I hadn't thought about the problems and frustrations that come with it. After just one issue I'm wondering how Peter Knott managed to do the job for so long. In saying this though, I've got to admit that my wife Sue did much of the work, including typing all the copy (and re-writing this editorial!). We've had a lot of fun and plenty of arguments too.

The best thing about being the editor is being able to read the magazine before anyone else. I've always been excited when it arrived through the post and now I not only read it first - I decide what goes in it!

The biggest problem has been the sheer volume of copy and the need to cut down on and even leave out excellent articles and reports. With close on 1500 FRA members we cannot obviously please all of you all of the time, especially as the choice of whether or not a certain item goes in is essentially personal. I feel that the magazine is worth a lot more than the 25p notional cover price, and we could afford to provide more comprehensive coverage of fell running interests if people were prepared to pay more per issue or for three issues a year. This raises the question of increasing the membership subscription which has been £1 since 1975!

On this as on all other aspects of the magazine and the Fell Runners Association in general, we need to know your opinions and you have the means to make them known :

- by coming to the A.G.M. to be held immediately following the Pendle Fell Race on Saturday 29 March 1980 (if you come to Pendle, do try to make the meeting too).
- through the magazine itself. Please let us have your reactions and suggestions, kind or unkind, either in writing, or by collaring Sue or myself at a race.

It just remains for me to thank all our contributors to this issue, and to apologise to those whose articles didn't get in. Thanks too to the advertisers - I hope you will support them (why buy from people who don't advertise with us?).

Andy Styan

December 1979

ADVERTISING RATES

These are now: Full Page - £15
Half Page - £8
Quarter Page - £5

ALL advertising copy for the next issue MUST reach us by 30 May 1980

A P R I LGUISBOROUGH MOORS RACERESULTSCategory B, 12½ miles, 2400'22 April

1. G Forster	Sunderland	83.14	11. B Sweeting	Sunderland	87.18
2. J Williams	Mandale	84.07	12. H Burdett	M'Boro'	87.22
3. D Smith	Halifax	85.22	13. D Dixon	Sunderland	87.23
4. I Clarkson	Rochdale	85.27	14. D Welch(V)	Harrogate	87.35
5. G Denham	W.YorksPol.	85.53	15. T Godolphin	Harrogate	88.88
6. P Mason	Halifax	86.02	16. M Armitage	Saltwell	88.27
7. G Bellord	Mid'Boro'	86.29	17. W Bland	Kaswick	88.42
8. A Derby	Sale	86.57	18. S Raine	Sunderland	88.46
9. R Parker	Leads	87.05	19. G Young	Rowntrees	88.54
10. T Farnell	Mandala	87.11	20. T Flory(V)	M'Boro'	98.09

Teams: 1. Sunderland H & AC (43 pts.)
 2. Middlesborough & Cleveland H (60 pts.)
 3. Mandale AC (63 pts.)

The winning time is a new record

255ran

Ladies (shorter course)

1. M Chambers Edinburgh 64.22 2. G Burnley Gateshead 64.24
 11 ran

THREE PEAKS RACERESULTSCategory A, 23 miles, 5000'29 April

1. H Walker	Blackb'n	2.53.11	11. J North	Clayton	3.06.31
2. I Roberts	Holm.	2.56.56	12. P S Mason	Halifax	3.06.58
3. H Jarrett	CFRA	2.59.47	13. M Blenkinsop	Kendal	3.07.40(v)
4. B Robinson	Kendal	2.59.59	14. M Hudaon	DPFR	3.07.48
5. K M Robinson	Kendal	3.00.46	15. R Campbell	Lochaber	3.08.10
6. P Walkington	Blackb'n	3.03.30	16. D Baresford	Clayton	3.09.04
7. H Chadwick	Thames	3.04.49	17. M Edwards	Aberdeen	3.09.09
8. M Short	Horwich	3.05.05	18. K Teylor	Ross.	3.09.30
9. M Calbert	LeedsUniv	3.05.20	19. D Ovarton	Kendal	3.11.00
10. J Norman	Altring.	3.06.10	20. J Sanderson	Telford	3.11.29

Teams: 1. Kendal 9.08.20 2. Blackburn 9.17.28 3. Clayton 9.28.28

Ladies

1. J Lochhead	ASVAC	3.43.12	5. A M Grindley	Clayton	4.15.19
2. B Hogge	Eryri	4.03.27	6. A Bland	Kendal	4.32.45
3. J Glass	Eryri	4.07.25	7. J Sutcliffe	CFRA	4.41.33
4. B Robinson	Bury	4.09.42	8. J Dawes	Kendal	5.15.53

320 men finished, 71 retired. 8 women finished, 3 retired.

Junior Race (8 miles)

1. C Donnelly	Aberdeen	1.19.39	7. A D Brown	Lancs.	1.27.24
2. A Sunter	Horwich	1.89.50	8. M Pope	Sale	1.29.24
3. R J Wayte	Binglay	1.11.10	9. P Muxworthy	Holmfirth	1.33.17
4. J Rawlinson	Blackpool	1.13.13	10. M Chriseldine	Leeds.	1.35.20
5. S Toah	Rochdale	1.13.47	11. S Bird	LancsUniv	1.44.14
6. S Barlow	Horwich	1.13.48	12. A Warrander	Blackpool	1.47.11

M A Y

DUDDON FELL AND MOUNTAIN RACES

RESULTS

Category A, 20 miles, 6000'

Day One, 12 May

1. W Bland	Borrowdale	3.10	11. L Pratt	Sunderland	3.48
2. M Garrett	Mandale	3.10½	12. W Buckley	Rochdale	3.50
3. M Hudson	OPRR	3.11	13. H Forraat	Manchaater	3.56
4. R Whitfield	Kendal	3.14	14. M Hayes(V)	DPFR	4.02
5. A Phillipson	Gatashead	3.34	15. R Lord	Halifax	4.03
6. J North	Clayton	3.36	16. P Barron	Borrowdale	4.05
7. J Loxen	Clayton	3.42	17. K Brooke(SV)	Layland	4.06
8. S Bradshaw	Clayton	3.44	18. G Wright	Rosendale	4.07
9. C Hartley	Duddon	3.46	19. A Peacock	Clayton	4.10
10. W Grindley	Clayton	3.47	20. M Hoffe	Windermere	4.10

Team: Cleyton le Moore - placing 6, 7 and 8

Ladies 11 miles, 3000'

1. S Parkin	ASVAC	1.54	4. A M Grindley	Clayton	2.28
2. C McNeil	Edinburgh	2.03	5. B Hogga	Bangor	2.52
3. J Sutcliffe	CFRA	2.18	6. W Dodds	Airienteers Retired	

Junior Men 11 miles, 3000'

1. G Huddleston	Milloom	1.39	4. E Ashcroft	Broughton	1.56
2. A Smith	CFRA	1.39	5. S Dougherty	Holmfirth	2.00
3. A Spilby	Kendal	1.52	6. D Wilson	Wetherby	2.42
			7. C Brasher	Climbers	2.42

12 miles, 1500'

Day Two, 13 May

1. J Naylor	2.31.25	5. O Ratcliffe	2.38.55	9. M Hayes(V)	2.53.18
2. M Hudson	2.34.50	6. J North	2.44.43	10. A Phillipson	2.53.18
3. C Hertley	2.37.33	7. N Paul	2.44.52	11. I Holloway	2.59.30
4. H Forrest	2.37.38	8. P Nelson	2.45.40	12. A Heaton(SV)	3.00.03

Ladies 8 miles, 1000'

1. S Parkin	2.05.35	3. J Sutcliffe	2.36.45	5. B Mandacomba	2.23.37
2. B Hogge	2.30.44	4. F Murray	3.09.00	6. W Dodds	3.30.45
				7. S Courchae	No time

Junior Men 8 miles, 1000'

1. G Huddleston	2.27.15	3. S Dougherty	2.44.03	5. E Ashcroft	Retired
2. S Tosh	2.30.25	4. O Wilson	3.05.45	6. C Ratcliffe	2.38.51

Remember the FRA T-Shirt competition? Ron Hill offered an individual prize for the winner and a contribution to FRA funds for a T-shirt design for the FRA. All you need to do is doodle awhile and send your ideas to: Ron Hill Sports Ltd., P.O. Box 11, Hyda, Cheshire.

GOATFELL RACE

by R Boswell

Category A, 8 miles, 2860'

19 May

After they had spoiled the starter's day with a false start, a field of 52 tore out of Brodick town park and up the road towards the famous hill. On a glorious sunny day, it was fitting that David Fairweather(Lsw & District) should make the early running. About half way up Kendal's Duncen Overton took over, with Andy Styen (running 2nd claim for Lochaber), Jim Hayas, Tom McCulloch and Roger Boswell not far behind. Boswell put in a suicidal burst near the summit to be first at the top, but within seconds was back in 4th place as Styen, Overton and Billy Bland shot past spraying scree in all directions. Styen pulled out a huge lead to win in a new record time of 1.13.13 - just 22 seconds better than Ian Roberta's 1976 record. Bland was well pleased to finish 2nd, as he had only recently got back into full training following a nasty bout of shin splint trouble. (Aah! Ed.)

1. A Styen	Lochaber	1.13.13	6. J Shields	Clydasdale	1.17.18
2. W Bland	Keswick	1.14.58	7. T McCulloch	Ayr Seeforth	1.18.49
3. D Ovarton	Kendal	1.15.41	8. R Shields	Locheber	1.19.00
4. R Boswell	Lochaber	1.16.35	9. H Blenkinaop(V)	Kendal	No time
5. J Hayes	Ballydrainl.	1.16.45	10. I Holloway	Rochdale	1.19.24

Teams: Lochaber 13 pts. Keswick 35 pts.

FAIRFIELD HORSESHOE FELL RACE

RESULTS

Category A, 9 miles, 3000'

20 May

1. R Wilde	Manch.	1.11.26	11. A Sunter	Horwich	1.19.08
2. M Short	Horwich	1.14.04	12. W Todd	CFRA	1.19.46
3. H Jarratt	CFRA	1.15.13	13. O Lee	CFRA	1.19.54
4. B Robinson	Kendal	1.15.51	14. A Trowbridge	OPFR	1.20.26
5. I Roberts	Holm.	1.16.23	15. K Taylor	Roas.	1.20.30
6. R Whitfield	Kendal	1.17.02	16. D Banks	Horwich	1.20.33
7. R Ashworth	Ross.	1.17.27	17. P Howard	Wirral	1.20.46
8. R Aucott	OPFR	1.17.49	18. G Barry	OPFR	1.21.06
9. W Bland	Keswick	1.17.52	19. G Brooks	Bingley	1.21.40
10. R Rawlinson	Ross.	1.18.28	20. H Kelly(V)	E.Chesh.	1.21.46

Teams: 1. Horwich RMI (M Short, A Sunter, D Banks) 3.53.45
 2. Kendal (B Robinson, R Whitfield, H Blenkinaop) 3.54.54
 3. Rossendale (R Ashworth, R Rawlinson, K Taylor) 3.56.25

Ladies

1. J Lochhead	ASVAC	1.30.45	4. J Glass	Eryri	1.36.23
2. R Coates	Loch.	1.34.32	5. C Chapman	Bolton	1.37.45
3. P Heworth	Keswick	1.36.15	6. G Pile	Salé	1.42.52

The Ladies winning time is a new record by almost three minutes

19 Ladies ran

NORTHERN COUNTIES FELL RUNNING CHAMPIONSHIPS

by D Hughes

Not yet categorised, 12 miles, 3000'

26 May

Sat in the midst of exhilarating scenery, the race started and finished at the top of Honistar Pass, near Derwentwater. The weather was cool, with some high cloud, but the felle were quite clear of mist. The first checkpoint, High Spy (2140') was reached by a large leading pack of runners in 18 minutes. A fast ridge run to Maiden Moor and down into Newland valley between Bull Crag and Trap Knotts was followed by the very steep ascent to the second checkpoint on Causy Pike (2000').

Spectators had thrilling views of the battle for ascendancy between Mike Short, Billy Bland and Harry Jarrett as they led the long thin line of colourful club vests strung across the steep slopes of the Pike. Billy Bland was first to the top, followed at one minute intervals by Short and Jarrett. However, the sharp up and downs of the ridge to Wanlope (2533') enabled Short to take a comfortable lead. The wily Short hesitated at Wanlopa just long enough for the local Keswick men to catch him and together they made an economical descent of the Wanlope scraes. Short was 50 yards or so behind Bland crossing the road at Newlands Hause, but once onto the climb up Robinson he closed in. Jarrett, still third, was struggling to hold off Bob Whitfield, but was now out of contention.

The straightforward ridge run over Littledale and Hindscarth to the final checkpoint on Dale Head (2173') enabled Short to establish a four-minute lead and he swept down to Honistar to finish in 2.09.37. Bland was second in 2.13.48 and Jarrett who has chalked up an impressive list of 2nds and 3rds in the major fell races this year, seemed to be feeling the effects of a rigorous race programme and had to be content yet again with 3rd.

1. M Short	Horwich	2.09.37		Northern Counties Champion
2. W Bland	Keswick	2.13.48		end Lancashire Champion
3. H Jarrett	CFRA	2.17.08		
4. R Whitfield	Kendal	2.18.31		Yorkshire Champion
5. M Garratt	Mandale	2.21.02		Midland Counties Champion
6. R Barnby	Keswick	2.21.09	14. J Naylor (V)	CFRA 2.24.02
7. R Campbell	Lochaber	2.21.14	15. G Berry	OPFR 2.25.05
8. O Lee	CFRA	2.21.36	16. J North	Clayton 2.25.22
9. A Bland	Keswick	2.22.21	17. M Armitage	Seltwall 2.25.47
10. K Taylor	Ross	2.22.32	18. J S Bland	Keswick 2.26.42
11. I Holloway	Rochdale	2.22.35	19. J Sanderson	Telford 2.27.07
12. P Haines	Mandale	2.22.49	20. B Peace	Bingley 2.27.14
13. R Shields	Lochaber	2.23.10	J Blair-fish	Southern Counties Champion (26th) 2.31.04

NCAA FELL RUNNING CHAMPIONSHIPS - Historical Note

There seemed to be a lot of rumblings about the event both this year and last year with questions of "who decided that the Northern Counties Champion should be established in this way?" etc. I asked Danny Hughes to explain the background and his reply follows. Ed.

"A Northern Counties Athletic Association Fell Running Championship was first mooted by the NCAA secretary J C Rice, in 1977.

Recognising the increasing popularity of fell running amongst athletes, it was felt that it deserved an official AAA type championship event, of the kind enjoyed by track and cross country athletes.

As a try out, and at the suggestion of Dave Moulding and Danny Hughes, an existing race, the "Skiddeu" was chosen for the first NCAA championship. It was enthusiastically supported by the race secretary, Des Oliver, but despite this, it was difficult to superimpose a new meaning to an event with its own race history and associations. In other words it fell a bit flat.

For a time, this looked like the end of the championship idea, since the FRA Committee felt disinclined to support it. However, the Cumberland Fell Runners Association, an affiliated member of the NCAA offered to stage a special championship event. This was accepted by the NCAA Championship committee and was an immediate success. Enthusiastically supported by J C Rice amongst his other area colleagues, he persuaded the Midlands and Southern Counties to join in, thus making it virtually a national event. For good measure, Lancashire and Yorkshire Counties also decided to incorporate their championships, and the importance with which the event was viewed was demonstrated by the presence at the races of the two County Association Presidents.

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J U N E

PEN-Y-GHENT FELL RACE

by Al Soran

Category A, 6 miles, 1400'

2 June

The nice thing about this race is that you know that you're always in for a surprise. The route changes according to the whims of the local farmers. We've had flagged routes over Whitber to the shooting lodge, we've had the 3-Peaks route and we've had 'make your own way there and back'. We've also had the confusion of runners doing two routes on the same day.

This year it was obligatory to check in at the top of Whitber going out and coming back, choosing your own route to the summit. Which way from there? no-one knew!

Well, Herry Walker, Ian Roberts and Brian Robinson led at Whitber and decided to take a gradual climb not far from the main path up. Andy Styan and Bob Whitfield led the rest direct up the steep face. It seemed they'd lost out on the climb, but each group came back the way they went up and Andy caught Brian and Ian at Whitber, pulling away from Brian near the finish.

What does that prove? Nothing really, because it will no doubt be a different route next year.

1. A Styan	Holmfirth	46.14	11. M Burges	Sale	51.41
2. B Robinson	Kendal	46.15	12. O Harrison	Kendal	51.57
3. I Roberts	Holmfirth	46.30	13. J Waterhouse	Pudsey	52.27
4. R Whitfield	Kendal	47.52	14. C Abbott	Lanc.Univ.	52.39
5. H Walker	Blackburn	48.08	15. J Sanderson	Telford	53.04
6. H Sunter	Horwich	50.16	16. P Lewis	OPFR	53.27
7. D Cartwright	Barnsley	50.45	17. N Weaver	Clayton	53.31
8. M Tighe	Sale	51.14	18. J Warren	Unattached	53.36
9. P Irwin	Rosendale	51.21	19. M Foschi	Altringham	53.42
10. P Barron	Keswick	51.40	20. A Ramsbottom	Clayton	53.49

LOCH HUMPHREY HILL RACE

by R Boswell

Not yet categorised, 7 miles, 1200'

2 June

Organised by Clydesdale Harriers and incorporated in the Old Kilpatrick Gala day, this race is sure to attract bigger fields in the years to come. The course is very fast being mostly over road and easy track, with a bit of rough hill at the top. Not many knew about this, the inaugural event, so Lochaber cleaned up most of the prizes - team, 1st junior (Angus Sillars). Not 1st vet, though, Frank Kielty (Clydesdale) won that.

1. R Boswell	Lochaber	3. G Carlin	Clydesdale
2. J Shields	Clydesdale	4. A Adams	Dumbarton

CHEVY CHASE

by Al Soran

Category A, 17 miles 4000'

3 June

From a mile out of Wooler, this became a three man race, with Duncan Overton and Harry Jarrett setting the pace and Andy Styan hanging on. Styan pulled away off the summit of the Cheviot and went on to finish 1 minute 40 seconds inside Steve Breckell's 1977 record. Overton had one of several good runs this season, finishing comfortably ahead of Jarrett. Harry Blenkinsop had a fine run to help his chance in the Veteran's Championship table.

1. A Styan	Holmfirth	2.08.05	4. H Blenkinsop	Kendal	2.20.23
2. D Overton	Kendal	2.14.59	5. R Campbell	Lochaber	2.21.32
3. H Jarrett	CFRA	2.18.53	6. M Hudson	DPFR	2.21.40

ENNERDALE HORSESHOE

by S Styan

Category A, 23 miles, 7500'

9 June

Being in key condition for a stamina event like Ennerdale takes effort. Some runners, notably contingents from Scotland and Lancashire, even completed their pre-race preparations at Ennerdale Scout Camp in the early hours of the race morning itself. Arm muscles were toned up by slamming car doors and removing "Site Full" signs, ankles by pressing hard on accelerator pedals and pelvic muscles doing what runners are better at. Route finding was practised among the already pitched tents and sleeping campers. Other runners unwillingly put in that bit of extra training for the nerves and temper by shouting for quiet. Who knows by how much more the record might have been broken if the winner had not been doing one of the above? No prize will be awarded for guessing which.

Except for some mist on the tops, conditions were ideal for the 136 runners, of whom only nine retired. Andy Styan, Jos Naylor and Billy Bland broke away at Red Pike and were never caught. Andy left the others at Iron Crag to break his own record by more than 3 minutes. Jos finished 2nd within his own previous best time by a similar margin, with Billy close behind. The 4th man, Duncan Overton did not appear for another twelve minutes.

1. A Styan	HoIm.	3.32.44	11. M Garratt	Mandale	3.47.43
2. J Naylor	CFRA	3.27.27	12. J Blair-Fish	ESH	3.49.52
3. W Bland	Keswick	3.27.45	13. J North	Clayton	3.52.25
4. D Overton	Kendal	3.39.11	14. P Barron	Keswick	3.52.42
5. R Whitfield	Kendal	3.39.39	15. D Ratcliffe	Ross.	3.53.58
6. M Short	Morwich	3.41.00	16. P Walkington	Blackb'n	3.56.07
7. J S Bland	Keswick	3.41.56	17. D Cunningham	Clayton	3.56.15
8. P Haines	Mandale	3.44.58	18. F Trowbridge	DPFR	3.56.56
9. H Blenkinsop	Kendal	3.45.47	19. A Bland	Keswick	3.58.43
10. I Holloway	Roch.	3.46.03	20. R Boswell	Lochaber	3.59.42

Team Trophy Keswick (W Bland, J S Bland, P Barron) 11.03.23

Veterans (Over 40) outside first 20

1. D Weir(25) Sala 4.05.59 2. J Hubbard(27)Longwood 4.07.34

Super Veteran (Over 50)

1. A Heaton(30)Clayton 4.11.05

One lady completed the Ennerdale course unofficially, though expressly requested not to do so. In a race such as this, where safety is paramount, unofficial runners must be discouraged, both from the point of view of risk to themselves and of the burden on organisers.

CRAG FELL RACE - Junior Men 3 1/2 miles 9 June

1. A Sunter Horwich 32.35 3. G Huddleston CFRA 34.27
2. C Valentine Keswick 34.27 4. S Ougherty Holmfirth 34.58

10 ran.

LADIES CRAG FELL RACE 9 June

1. J Lochhead ASVAC 39.21. (Record)
2. J Glass Eryri 43.45 4. B Hogge Eryri 45.05
3. P Howerth Keswick 44.20 5. A M Grindley Clayton 46.08

15 ran

MUNCASTER "LUCK" FELL RACE RESULTS

Category A, 10 miles 1800' 10 June

1. M Short Horwich 1.12.40 11. R Boswell Loch. 1.21.23
2. A McGee Bolton 1.12.54 12. P Levison Barrow 1.21.47
3. H Jarrett CFRA 1.13.50 13. O Kelly Barrow 1.21.59
4. W Bland Keswick 1.15.30 14. O Hughes(V) CFRA 1.22.10
5. J McGee 1.15.40 15. G Huddleston CFRA 1.22.45
6. C Stainton CFRA 1.17.54 16. R Barnby Keswick 1.22.50
7. P Walkington Blackburn 1.18.35 17. D Jewell(V) OPFR 1.23.28
8. A Sunter Horwich 1.19.02 18. N Matthews(V) Horwich 1.23.50
9. J Naylor(V) CFRA 1.19.20 19. J Wagstaff Tipton 1.25.58
10. R Whitfield Kendal 1.19.37 20. J Echells Barrow 1.27.00

The winning time is a new record.

Teams: 1. Cumberland Fell Runners 2. Horwich RMI

Ladies (6 miles)

1. J Lochhead ASVAC 53.02 3. A M Grindley Clayton 1.01.30
2. B Hogge Eryri 57.56 4. C Whalley CFRA 1.01.54

12 ran

EDENFIELD FELL RACE

By K Payne

Category B, 7 miles, 800'

10 June

The second Edenfield fell race had an entry of almost double that of the inaugural race last year, proof of the popularity of fell races. Again the race was held in hot sunny conditions although the descent from Whittle Pike contained the mandatory mud patches for the runners. The start, from the Cricket club, end the climb up towards the Water Works proved ideal for stretching out the field, with Alan Spence (Bingley) in front from the start, with youth international David Lewis (Rosaendale) always one pace behind.

These two quickly opened up a gap of some thirty seconds on the following pack, led by Jackson and Breckell. After the long climb the course follows fast footpaths through Wsughs Well end up the valley. The competitors than quickly ascended up to Whittle Pike where they can be seen on the skyline. It was just before Whittle Pike that Lewis decided to push ahead past Spence. The descent and homeward section of the course were well suited to Lewis's style and he sped on to a new record of 40 min.15 sec. Spence remained in second place in 40 min. 41 sec. with Jackson of Telford closing rapidly in 42 min. The first veteran home was Alderson of Clayton in 18th position, 45 min. 36 sec. The 110 starters were reduced to 102 finishers.

1. D Lewis	Rossendale	40.15	6. P Irwin	Rossendale	42.38
2. A Spence	Bingley	40.41	7. P Hartley	Rossendale	42.59
3. D Jackson	Telford	42.00	8. K Barrett	Rochdale	43.00
4. S Breckell	Blackburn	42.24	9. A Pickles	Bingley	43.03
5. D Anderson	Bingley	42.34	10. J West	Clayton	43.54

LADIES

1. A James	ASVAC	51.53	2. W Proctor	ASVAC	53.28
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6 ladies ran

LAKE DISTRICT FOUR 3000'PEAKS WALK

46 miles 11000'

16 June

Of 232 starters, 173 competitors successfully completed the walk, including eleven ladies. The weather was good at the start, but deteriorated later, resulting in some difficulties with route finding. Billy Bland achieved a new record of 7 hr. 35 min., knocking some 49 minutes off the old record. The first lady home was Barbara Hindscombe in 12 hr. 41 min.

1. W Bland	7.35	7. B Watson	9.00
2. A Bland	8.36	8. S R Moore	9.17
3. A M Deall	8.39	9. H Pattinson	9.32
4. H Walker	8.39	10. D Bland	9.33
5. J M Gibbison	8.41	11. G Brooks	9.57
6. R W Barnby	8.42	12. I Thorpe	10.04

CLITHEROE FELL RACE

Category C, 7½ miles, 1350'

17 June

1. A Spence	Bingley	51.36	6. C Waddington	Clayton	53.41
2. H Kelly	E Chesh.	51.43	7. S O Howard	Unett.	53.48
3. I Perrow	Clayton	52.28	8. D Anderson	Bingley	53.59
4. O Cartridge	Bolton	52.52	9. A Pickles	Bingley	54.19
5. A Sunter	Horwich	53.26	10. J Hartley	Clayton	54.22

Ladies

1. G Pile	Sale	68.25	2. A Pendlebury	Bolton	70.03
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184 started - 4 retired.

LOMONDS OF FIFE

By R Boswell

Category B, 9½ miles, 2200'

17 June

Ian Johnson (Cambuslang) scored a runaway victory in this race held over two of Fife's highest hills, near Glenferg. Johnson failed by 3 seconds to break Brian Finlayson's 1975 record. Andrew Lightfoot (Fife) hung on well on the way out, but was no match for Johnson on the return, finishing 2nd. About ten runners were having a great scrap for third place; in the end it was the Lochsber pair of Boswell and Campbell who managed to pull clear and finish 3rd and 4th respectively. Brian Kirkwood stormed through the field to finish 5th, he must have been about 15th at the halfway turn.

Bobby Shields was still feeling the after effects of his 90 mile Glasgow to Fort William trek two weeks earlier, but mentally he was all there. Wherever most runners were obediently following the flags, Shields took a short cut across a field at one point. This manoeuvre took him from being 20 yards down to within inches of veteran Peter Duffy (Clyde Valley). "Hey pal, you're supposed to go round the flag back there," was Duffy's indignant greeting, to which Shields replied "The flag is only there for those who don't know where they're going." It wasn't Duffy's day, he just missed the vet's prize, Peter Brooke beat him by 20 seconds.

Brooks also won the vet's prize, finishing 2nd overall at the Dollar Hill Race held the previous weekend. The remarkable feature of this race was the organiser's unusual policy of issuing drawing pins with the vest numbers. Lucky they didn't hand out 6" nails.



WHEN THEY SAID "GO TO THE MARQUEE," I DIDN'T KNOW THEY MEANT DE SADDLE!

1. I Johnson	Cambuslang	70.43	7. J Shields	Clydesdale	75.38
2. A Lightfoot	Fife	72.03	8. I McCulloch	Ayr	75.45
3. R Boswell	Lochabar	73.49			
4. R Campbell	Lochabar	74.02			
5. B Kirkwood	Lochabar	75.23			
6. M Armitage	Saltwell	75.27			

HOLCOMBE TOWER FELL RACE

By K Payne.

Category C, 4 miles, 550'

20 June

The switch from Saturday to a Wednesday night proved a total success for all concerned, although Jaff Norman may not agree with that. With entries in the 150s, plus 10 women, the early parte of the race were rather congested, but nevertheless fast. The leader at the Tower was Norman, closely followed by Spence, but it was on the descent form the Tower that Jaff went wrong. He must have confused the descent with that of the Three Towers Race as he went off course and took five others with him. This left Andy Styen, who ren last year, to follow the correct course and finish in a time of 20 min. 28 sec. In second place was Cartridge (Bolton) in 20 min. 44 sec., third place and 1st vet going to Harry Kelly in 20 min.46 sec.

1. A Styen	Holmfirth	20.28	9. J Waterhouse	Pudsey	20.56
2. O Cartridge	Bolton	20.44	10. M Tight	Sale	21.03
3. H Kelly	East Chesh.	20.46	11. S Breckell	Blackburn	21.06
4. C Robinson	Rochdale	20.48	12. N Weaver	Clayton	21.10
5. A Sunter	Horwich	20.50	13. P Irwin	Rosendale	21.13
6. O Smith	Halifax	20.53	14. K Robinson	Bingley	21.25
7. M Burgess	Sale	20.55	15. D Gatenby	Rosendale	21.27
8. P Hartley	Rosendsle	20.56	16. A Morley	Altringham	21.27

Ladies

1. J Lockheed	ASVAC	24.40	5. L Lord	Clayton	26.44
2. J Dransfield	Spn.	25.45	6. S Dransfield	Spn	26.52
3. G Pile	Sale	25.59	7. A Pendlebury	Bolton	27.13
4. B Robinson	Bury	26.29	8. L Butler	Wigan	32.23

EILDON TWO-HILL RACE

By J Blair-Fish

Category A, 4½ miles, 1500'

23 June

A record of 49 runners and 10 teams took part in this year's race. While both the winner, Brian Robinson and the 2nd finisher, Colin Donnelly, were juniors (under 21), there were 7 veterans in the field. Of these Harry Blenkinsop, from the winning Kendal team, was first to finish in 11th position.

Conditions were ideal, cool after a light shower earlier in the afternoon, and dry underfoot, allowing fast ascents and descents through the heather and fields. Local Teviotdale runners had cut back the nettles at the side of the steps leading onto the hills, which besides saving seconds on the descents, alleviated congestion at the end of the initial burn-up on the road. The fence at the top of the second field had been electrified since last year's race, an added hazard for those who preferred not to cross by the stile!

This "A" race in the Borders, run in conjunction with the Melroae Festival, still warrants a larger entry.

1. B Robinson	Kendal	27.37	6. D Overton	Kendal	29.03
2. C Donnelly	Cambuslang	27.45	7. J McGee	Cumb.FRA	29.03
3. W Bland	Keswick	27.53	8. R Morris	EAC	29.39
4. R Raulinson	Rossendale	28.33	9. J Blair-Fish	ESH	30.28
5. A Styen	Lochaber	29.02	10. G Young	Rowtrees	30.39

JAMES BLAKELEY FELL RACE

RESULTS

Category C, 2 1/2 miles

1. I Roberts	Holmfirth	13.52	6. T Ramsden	Holmfirth	14.29
2. H Walker	Blackburn	13.56	7. D Cartwright	Barnsley RR	14.37
3. A Marsh	Holmfirth	14.14	8. C Hollingworth	Holm.	14.45
4. J Temperton	ASVAC	14.19	9. G Gough	Blackburn	14.46
5. D Welch (Vet)	Harrogate	14.24	10. D Smith	Helifax	14.48

The winning time is a new record.

Ladies

1. J Lochhead	ASVAC	16.32	3. G Scholes	Longwood	18.32
2. J Draosfield	Spenhoro'	17.56			

Team - Holmfirth

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J U L Y

SKIDDAW FELL RACE

RESULTS

Category A, 9 miles, 2700'

1 July

1. I Roberts	Holmfirth	64.58	11. J McGee	CFRA	68.40
2. H Walker	Blackburn	65.40	12. H Kelly (V)	E.Chesh.	68.57
3. W Bland	Keswick	66.07	13. C Stainton	Unatt.	69.13
4. H Jarrett	CFRA	66.29	14. R Whitfield	Kendal	69.31
5. B Robinson	Kendal	66.43	15. J Sharples	Horwich	69.43
6. M Short	Horwich	67.03	16. A Frowbridge	DPFR	69.53
7. A Darby	Sale	67.14	17. W Todd	CFRA	70.13
8. D Overton	Kendal	67.37	18. A Sunter	Horwich	70.19
9. A Spence	Bingley	67.51	19. R Aucott	DPFR	70.33
10. M Weeks	Bingley	68.16	20. P Irwin	Rosendale	70.37

Teams: 1. Kendal 3.23.51 2. CFRA 3.25.22 3. Horwich 3.27.05

Ladies

1. J Lochhead	ASVAC	80.47	5. J Whitaker	Gosforth	106.42
2. L M Lord	Clayton	91.39	6. M Pennel	Keswick	109.40
3. A Pendlebury	Bolton	96.46	7. H Barlow	Clayton	109.43
4. S Wright	CFRA	106.35	8. A Tomkinson	Rochdale	115.04

The ladies winning time is a new record.

LATRIGG YOUTHS RACE 3.9 miles, 850'

1 July

1. D Aineworth	21.32	6. C Needham	26.39	11. S Harriness	28.13
2. G Bell	22.00	7. I Harrington	26.50	12. I Wolliss	28.32
3. A Petel	22.12	8. A Burton	26.51	13. P Gledwin	33.49
4. H Beldareon	22.28	9. M Shepherd	27.47	14. G Mortimer	36.32
5. S Willan	26.28	10. B Keir	27.55		

MAMORE HILL RACE

by R Boswell

Category C, 16 miles, 1500'

7 July

Hordes of Glasgow runners swarmed into Kinlochleven to savour the delights of this category C race. One was Allen Pertridge (East Kilbride) who led from start to finish to win in 1.43.26. The staple diet of most Glasgow runners is road, track and country, but this easy going hill race offers a sporting chance to both the hill slogger and the tarmac speed merchant; and so it was that a huge field of 46 lined up for the start.

1. A Partridge	E.Kilbride	1.43.26	6. T McCulloch	Ayr	1.50.50
2. R Boswell	Lochaber	1.44.10	7. W Ryder(V)	Morpath	1.51.40
3. R Campbell	Lochaber	1.44.39	8. P Brooks(V)	Lochaber	1.51.40
4. A Neal	E.Kilbride	1.46.43	9. T Stepley	Fife	1.53.13
5. A Adams	Dumbarton	1.47.07	10. J Moore	Vict.Pk.	1.53.46

Teams: 1. Lochaber 13 pts. 2. East Kilbride 21 pts.

MYTHOLMROYD FELL RACE

by Bill Smith

Not yet categorised, 6³/₄ miles, 1350'

7 July

The inaugural Mytholmroyd Fell Race was run on a mainly overcast afternoon, with a light rainfall in the latter stages. The village is situated in the wooded Calderdale gorge, south of Hebden Bridge, and the race was organised by Halifax Harriers.

From the valley bottom the course ascended over steep farmland to Crow Hill Nook, where rough moorland tracks and a thick heather section led southeasterly to a descent into the valley of Luddenden Dean. A farm track then led northwesterly along the hillside above the stream, whence a steepish climb led back onto the moor, and after some fairly rough going across the plateau, the outward route was rejoined for the descent back to Mytholmroyd. A good "B" category event, I'd say.

Alan Spence was leading strongly on the Luddenden Dean track, but slow-starter Andy Styan eventually pulled through to score a 44-second victory over Jeff Norman with a time of 47.15, Spence finally taking 3rd place in 48.09, with Brian Robinson and Harry Walker arriving at 2 second intervals to claim 4th and 5th places. O Walsh (Marrogate) was the fastest Over-40 in 16th position and Bill Fielding (Leeds) the fastest Over-50 in 43rd out of an 83-strong field. In the team event, Rossendale narrowly pipped Altrincham by 33 points to 34.

1. A Styan	Holmfirth	47.15	6. J Kemperton	ASVAC	48.25
2. J Norman	Altrincham	47.59	7. R Rawlinson	Rosson.	48.33
3. A Spence	Bingley	48.09	8. C Robinson	Rochdale	48.46
4. B Robinson	Kendal	48.11	9. R Whitfield	Kendal	48.59
5. H Walker	Blackburn	48.13	10. A Sunter	Horwich	49.10

WASDALE FELL RACE

by A Styan

Category A, 21 miles, 9000'

14 July

I set off this year with one thing in mind - breaking the record. I had felt robbed after last year's race, missing it by just 40 seconds on the new longer course. I felt to be going effortlessly until the top of Seatallan and it was a struggle crossing to Pillar as Billy Bland began to catch me. I felt desperate at the top of Gable with Billy only twenty yards down, but managed to pull away again coming off Gable, gaining a good lead going up to Esk Hause, only to run stupidly up the wrong path towards Scafell missing the checkpoint. I want back down to reach it the same time as Billy, who, as I soon found out, was even more knackered than I was - even begging Mars bars from passers-by (He's arranging for a snack bar at Esk Hause for 1980).

I got the record alright, but all I could think about afterwards was wishing that the second half of the race could have been as comfortable as the first. I am sure that the records for both Wasdale and Ennerdale can be further lowered in the future.

1. A Styan	Holmfirth	3.30.51	11. M Garratt	Mandala	3.54.59
2. W Bland	Keswick	3.35.36	12. M Hudson	DPFR	3.55.57
3. M Short	Horwich	3.39.48	13. P Haines	Mandsle	3.58.56
4. J Naylor	CFRA	3.40.14	14. O Overton	Kendal	4.00.24
5. R Whitfield	Kendal	3.43.19	15. A Shaw	Rochdale	4.01.10
6. P Walkington	Blackburn	3.48.22	16. R Boswell	Lochebar	4.04.39
7. K Taylor	Rossendale	3.48.59	17. P Barron	Keswick	4.05.14
8. I Holloway	Rochdale	3.49.13	18. P Hartley	Rossendale	4.05.46
9. R Shields	Lochebar	3.50.47	19. G Berry	DPFR	4.07.24
10. J Blair-Fish	DPFR	3.52.59	20. P Howarth	Keswick	4.12.55

Teams: 1. Keswick 11.53.45 2. Dark Peak Fell Runners 11.56.20

Veterans (Over 40) 1. A Shaw(15th) Rochdale 4.01.10
2. J Smith(28th) Bury 4.19.25

Super Veteran(Over 50) A Heaton(46th) Clayton 4.31.12

The Boys Burnmoor loop over three miles would not have been a race at all but for seven boys from Morecambe High School. There were only two other runners - S Murgatroyd from Clayton le Moors (who won in 36.50) and A Cermichael from Morpeth. If youngsters races are to continue, boys of this age group must be encouraged and enabled to get to race venues.

LADIES BURNMOOR CHASE 4 miles, 2000'

1. J Lochhead	ASVAC	54.22	6. A M Grindley	Clayton	61.34
2. P Haworth	Keswick	56.25	7. A Bland	Kendal	61.53
3. B Hogge	Eyryi	56.55	8. S Styan	Holmfirth	62.10
4. J Scholes	Longwood	60.05	9. B Handscombe	CFRA	64.10
5. S Hollingworth	Longwood	60.40	10. A Blend	Keswick	64.45

19 Ren

INGLEBOROUGH FELL RACE

by Bill Smith

Category A, 8 miles, 2000'

21 July

Clear, breezy weather, alternatively sunny and overcast, prevailed for the annual Ingleton Gela, of which the mountain race is but one of several attractions. The route ascends Ingleborough via Crine Bottom and returns the same way.

Brian Robinson already had a good lead when he came hurtling off the top and he went on to win by almost 2 minutes, missing Ian Roberts' 1978 record by 25 seconds. Ian himself was runner-up on this occasion, which was to be the last time he would race before his tragic death by lightning in the Dolomites.

Jean Lochhead was the fastest of the four girls competing in 57.11, with Maureen Barlow(Clayton le Moors) 2nd in 59.02.

1. B Robinson	Kendal	45.28	11. T Ramsden	Holmfirth	49.47
2. I Roberts	Holmfirth	47.25	12. N Weaver	Cleyton	49.49
3. H Walker	Blackburn	47.37	13. G Young	Rawtrees	50.02

4. R Whitfield	Kendal	48.05	14. I Moore	Holmfirth	50.35
5. A Styan	Holmfirth	48.33	15. S Brekell	Blackburn	50.25
6. H Kelly	E.Chesh.	48.39	16. A Sunter	Horwich	50.30
7. J Waterhouse	Bingley	48.44	17. I Holloway	Rochdale	50.34
8. G Berry	OPFR	48.49	18. D Toeh	Rochdale	50.37
9.		49.16	19. G Brooks	Bingley	50.52
10. P Irwin	Rossendale	49.24	20. P Wilkinson	Clayton	51.04

KINNISIDE FELL RACE

RESULTS

Category A, 8 miles, 4000'

21 July

1. A McGee	Bolton	1.04.57	11. G Huddleston	CFRA	1.15.09
2. H Jarrett	CFRA	1.06.34	12. D Hughes(V)	CFRA	1.15.39
3. J McGee	CFRA	1.07.22	13. D Thomas	Border	1.15.52
4. D Overton	Kendal	1.10.17	14. I Donaldson	Cocker.	1.15.58
5. J Naylor(V)	CFRA	1.10.41	15. V Duff(V)	Blackburn	1.16.08
6. P Walkington	Blackburn	1.11.39	16. J North	Clayton	1.16.26
7. C Stainton	Unettach.	1.12.18	17. W Simmons	Berrow	1.16.46
8. W Todd	CFRA	1.12.51	18. D Bland	Kendal	1.17.34
9. O Lee	CFRA	1.14.03	19. M Goodwin	Unatt.	1.17.48
10. P Bland	Kendal	1.14.53	20. J Ritson	Derwent	1.17.53

Team: Cumberland Fell Runners (Jarrett, McGee, Naylor) 3.24.37

The Ladies Race was cancelled due to small entry.

SLIEVE DONARD

by J Johnston

Category A, 7½ miles, 2796'

21 July

Anyone who thought that Mike Short had only to show up at Newcastle to register a hat-trick of victories in this, one of his favourite fell races, was in for a rude awakening. As the record field of 60 runners began the ascent it was assumed that Mike would set the usual red hot pace utilising his strong climbing ability to the full. However young Colin Donnelly of Aberdeen University served up shock number one by taking the lead in the early stages of the climb and gave a very impressive display of uphill running over some very rugged terrain. This lead was surprisingly maintained even over the steep upper reaches of the ascent where it was thought that Mike Short would really come into his own. Donnelly held a one minute advantage at the summit.

Although two minutes down on the leaders at this stage, Jim Hayes provided shock number two and really set the race alight with a spectacular and hair raising descent in true kamikaze style which took him into the lead. On a steep and rugged descent such as this the risks are only too obvious and Jim paid the price for his recklessness, falling heavily and eventually feeding on the run in along the coast road. After the race he revealed that the inspiration for that breakneck descent was supplied by Messrs. Styan and Bland seen in action at Goatfell. In this race Jim was prominent amongst the leaders for most of the ascent, only to be shown a clean pair of studs as Andy and Billy disappeared down the mountain in a cloud of dust!

At the second checkpoint on Bloody Bridge, Donnelly had edged

past Hayas to lead approaching the final 2 $\frac{1}{2}$ miles of road. Lying 3rd at this point, Mike Short positively blazed along the road, overhauling both Hayas and Donnelly in the first mile and finishing very strongly in a time of 66.38. Donnelly and Hayas maintained their positions to finish 2nd and 3rd.

Jim Patterson and Denis Rankin, who recently became the first Northern Ireland athletes to complete the Bob Graham Round, both had fine runs in 4th and 7th position and in so doing helped Lagan Valley Orienteers to retain the team trophy.

1. M Short	Horwich	1.06.38	6. M Hudson	DPFR	1.11.58
2. C Donnelly	Cambuslang	1.07.58	7. D Rankin	LVO	1.13.42
3. J Hayas	Ballydrain	1.08.43	8. R Shields	LVO	1.14.48
4. J Patterson	LVO	1.11.06	9. S Pratt	Ballydrain	1.15.33
5. T Breen	TC Track	1.11.44	10. A Grey	Ballydrain	1.17.36

TURNSLACK FELL RACE

RESULTS

Not yet categorised, 8 miles, 1500'

22 July

1. A Styen	Holmfirth	53.37	11. O Tosh	Rochdale	57.00
2. C Robinson	Rochdale	54.25	12. H Shaw	Rochdale	57.23
3. R Aucott	DPFR	54.26	13. I Holloway	Rochdale	57.58
4. H Kelly	E.Chesh.	54.54	14. Lehey	Rochdale	58.40
5. A Sunter	Horwich	55.00	15. O Ratcliffe	Rossendale	58.50
6. G Barry	DPFR	55.18	16. O Troughton	Bury	58.50
7. K Taylor	Rossendale	55.47	17. T Birtwhistle	Rossendale	59.13
8. I Clarkeon	Rochdale	56.03	18. Robinaon	Clayton	59.19
9. K Midgley	Halifax	56.23	19. A Spilebury	Halifax	59.37
10. G Young	Rowntrees	56.41	20. Munday	Rochdale	60.05

(20 finishers have been printed for the benefit of the runner who came 17th and who likes to see his name in print.)

MELANTEE RACE

By R Boswell

Category A, 3 $\frac{1}{2}$ miles, 1500'

28 July

The Melantee, rough at the best of times, was particularly treacherous this year due to the wet, misty conditions. This suited Billy Bland, who won decisively, with fell running's latest bombshell, Colin Donnelly, giving Bland a good run on the ascent to eventually finish 2nd. Harry Jarratt must have been well pleased with his run, beating Andy Styen and Duncan Dvarton by a considerable margin. 45 finished, one or two dropped out, nobody actually died.

The ladies race did not materialise, even though a number of ladies asked if they could run on the day. In the event, only Lochaber's Ros Coates had a go, recording 40.40.

1. W Bland	Keswick	30.19	11. H Blenkinsop(V)	Kendal	34.53
2. C Donnelly	Cambuslang	31.03	12. D Hughes(V)	CFRA	35.07
3. H Jarratt	CFRA	31.48	13. B Kirkwood	Lochaber	35.27

4. A Styan	Lochaber	32.40	14. P Brooks(V)	Lochaber	36.01
5. D Overton	Kendal	33.13	15. J Rowley	Law AC	36.03
6. R Boswell	Lochaber	33.36	16. D Clerk	Aberdeen	36.06
7. G Young	Rowntreses	33.56	17. R Shields	Locheber	36.17
8. R Campbell	Lochaber	34.24	18. M Ingham	Edinburgh	36.27
9. W Todd	CFRA	34.29	19. R Anderson	Cambuslang	36.36
10. J Blair-Fish	Edinburgh	34.35	20. C Poolay	Lanc.&More.	36.35

Teams: 1. Lochaber 18 pta. 2. CFRA 24 pts. 3. Locheber'8' 49 pts.

HALF NEVIS RACE

by R Boswell

Category A, 6 miles, 2200'

29 July

Jimmy Seville, the only man alive who might be able to out-gob Pete Walkington, was very disappointed to find Walkington was not among the 70-odd starters. Billy Blend was there, he wasn't saying a lot; didn't have to - won the race by over 2 minutes, even broke Alan McGee's 1978 record. Harry Jarratt was 2nd, just in front of Duncan Overton who finished very strongly.

Local hero, Ronnia Campbell, ran his best race for a couple of years to finish 4th, ahead of club-mate Andy Styan, running 2nd claim for Lochaber. Styan was a good way down the field at the turn, perhaps due to his experimeeb of cutting out the loop around the red burn. He did this by taking the same route as that normally used on the descent. Is Styan's variation faster? Styan himself is best placed to say - but obviously if he thought it was faster he'd tell us it was slower, similarly if he thought it slower, he'd say it was faster. The only sure way of finding out would be to see which way he went in the Ben. Didn't run it did he? We'll have to wait till 1980.

Lochabar filled positions 4,5,6 and 7 to easily win the team race. They also provided the fastest junior, Angus Sillars, who finished 23rd. Ros Coates was once more the only female on show, she ran with the fellers, but the scrupulous recorders wrote her time down on a separate sheet and conveniently lost it. It was roughly 66 minutes. Jimmy Saville, stripped(down) to the waist got back a bit after avrsybody else - just before half time in the Fort William v Partick Thistle match going on that afternoon in fact.

1. W Bland	Keewick	50.23	11. A Adams	Dumbarton	57.13
2. H Jarratt	CFRA	52.40	12. D Armitage	Aberdeen	57.36
3. D Overton	Kendal	53.03	13. G Grant	Ayrshire	57.55
4. R Campbell	Lochaber	53.35	14. D Hughes	CFRA	57.56
5. A Styan	Lochaber	54.41	15. T McCulloch	Ayrshire	58.41
6. R Boswell	Locheber	55.01	16. P Brooks	Lochaber	59.10
7. R Shields	Lochaber	55.12	17. N Paul	TVA	59.18
8. H Blenkinsop	Kendal	55.56	18. C Pooley	Lanc.& More.	59.20
9. G Carlin	Clyde.	57.05	19. J Blair-Fish	Edinburgh	59.28
10. M Edwards	Aberdeen	57.10	20. M Allen	Southport	60.30

Veterans: 1. H Blenkinsop 2. D Hughes 3. P Brooks

THE FELL RUNNERS ASSOCIATION

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Saturday 2 February 1980

at

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CDW HILL RACE

by R Boswell

Category B, 2½ miles, 800'

30 July

Organised by Lochaber AC on behalf of Fort William town council as part of their Gala week festivities, this great little race attracted the biggest field in its entire 3 year history - 36. Surprise leader early on was afresh looking Mario Foschi, but, predictably, half way up the hill Harry Jarrett took over. Jarrett went on to win comfortably - about time and all, he'd been coming 2nd for to long. He also got the prize for the best overall performance over the three days.

1. H Jarrett	CFRA	19.31	6. R Mitchell	Cleyton	20.33
2. R Boswell	Lochaber	20.05	7. G Young	Rountrees	20.34
3. R Campbell	Lochaber	20.15	8. W Todd	CFRA	20.34
4. R Shields	Lochaber	20.29	9. G Carlin	Clydesdale	20.44
5. Mario Foschi	Altringham	20.32	10. O Hughes(v)	CFRA	20.47

It strikes me as I type my way through this little lot, that you will by now be remarking on the number of reports and results that we have included. We want to avoid as far as possible the need to carry over material from one issue to the next, so as to be able to keep up-to-date. It is unlikely that the "Race Results end Reports" section will take up as much space in future. Sue.

AUGUST

BORROWDALE FELL RACE

by Bill Smith

Category A, 17 miles, 6500'

4 August

The news of Ian Roberts' death cast a shadow over the start of the sixth Borrowdale Fell Race, and two minutes silence was observed before the runners were sent on their way, prior to which Jos Naylor had paid tribute to Ian in a short, moving speech addressed to the assembled competitors, in which he asked us to think of Ian as we climbed Scafell Pike during the race.

Conditions were sunny and mild, growing warmer as the race progressed. Billy Bland who won the 1976 event, turned in a truly splendid performance by reducing Mike Short's 1978 record by 07.41 to 2.37.11, while Mike himself was almost 16 minutes adrift. The Borrowdale runner increased his lead steadily as he progressed around the course, being five minutes ahead on Scafell Pike, seven minutes on Greet Gable, twelve on Honiater, and twelve on Dale Head, which means that he made up another four minutes on the final descent. Mike was in turn five minutes up on a group comprising Jos Naylor, Ken Taylor, Ian Holloway, Stuart Bland and John McGee (Alan's brother), on Scafell Pike, but steadily lost ground as Jos and Ken became involved in a contest of their own, arriving at Honiater only two minutes in arrears. Mike came into his own on the climb, however, and had opened up a four minute lead over them at Dale Head summit. Jos broke away from Ken coming down and also made up a fair bit on Mike, so that their finishing times read: 2.53.06, 2.55.38, and 2.56.20.

Tony Shaw was the 2nd veteran home in 12th position, followed by Jim Smith in 30th, while Alan Heston was the fastest Over-50 in 51st position. Keswick had the strongest team (three in the first nine), with Dark Peak Fell Runners 2nd. 181 finished.

1. W Bland	Kesw.	2.37.11	11. D Ratcliffe	Ross.	3.09.42
2. M Short	Horw.	2.53.06	12. A Shev	Roch.	3.10.13
3. J Naylor	CFRA	2.55.38	13. A Bland	Keaw.	3.10.31
4. K Taylor	Ross.	2.56.20	14. J Blair-Fish	OPFR	3.11.06
5. I Holloway	Roch.	3.00.45	15. T Richardson	Mand.	3.12.14
6. S Bland	Kesw.	3.01.33	16. R Barnby	Kesw.	3.13.01
7. M Hudson	OPFR	3.04.44	17. O Cunningham	Clay.	3.13.08
8. J McGee	CFRA	3.05.51	18. P Dixon	Kend.	3.13.39
9. P Barron	Kesw.	3.07.08	19. B Peece	Bing.	3.14.14
10. G Berry	OPFR	3.07.43	20. I Charlton	Kesw.	3.14.29

BRIAN HARNEY'S PENNINE WAY RECORD

9/12 August 1979

On Sunday 12 August 1979 at 9.42, Brian Harney, a 34-year-old Rotherham Harrier and Dark Peak Fell Runner, tired, but still strong, ran into Edale, to knock over an hour off Pata Dawes' Pennine Way Record. He took 3 days 42 minutes.

We will print the full account of this remarkable achievement written by Howard Artiss in the next issue of the magazine and apologise for being unable to find room for it this time.

CREAGH DUBH

by R Boswell

Category A (Short)

4 August

Twenty-nine runners toed the start for this race, but one was obliged to wait outside the ground, and join in unofficially as the pack left the grass track to go up the hill. Her name was Morag McCloed of Lochaber AC. The reason she didn't start, or finish, with the rest was because of the antiquated rules governing hill running, which the fastidious organisers religiously enforced. Women will not compete in the same race as men. Morag enjoyed her run, nevertheless, even though she didn't get a time. If ever women are to gain their rightful place on the hills of Scotland, the first thing we must do is line up the board of governors of the SAAA and shoot them down like dogs.

On the ascent, favourites Harry Jarrett and Colin Donnelly soon took control, hotly pursued by Lochaber's Helf Nevis hero, Ronnie 'Cammie' Campbell. The slopes of the Creagh Dubh are richly decorated with a thick layer of heather and long grass, which makes even the descent a tricky strenuous affair. In these conditions the more experienced Jarrett was able to outstrip his young foe and emerge a worthy winner, with Donnelly 2nd over a minute later.

Cammie would be next. The crowd waited with bated breath for this magnificent shaggy highland specimen to come roaring round the track. Wild-eyed and sporting a huge pair of elbows, Cammie is kept in a special cell called 'Caol' (c.f. English 'Cooler') in Fort William, and only let out for races. But the next man home was Bobby Shields, making a good descent after being 6th at the top. Cammie next - but no, it was A E Davies, a local, running a blinder.

Cammie? Escaped, didn't he? He was eventually recaptured before doing too much damage, and carted back to Fort William in disgrace.

1. M Jarrett	CFRA	28.26	6. G Young	Rowntrees	32.44
2. C Donnelly	Cambuslang	29.31	7. R Boswell	Lochaber	32.46
3. R Shields	Lochaber	30.56	8. M Ingham	ESH	32.54
4. A E M Davies	Badenoch	32.29	9. P Brooks(v)	Lochaber	33.02
5. J Jardine	Penicuik	32.37	10. M P Allen	Southport	33.40

LATRIGG

by R Brewster

Category A, 3 miles, 950'

5 August

Record holder Alan McGee was on the slopes of Latrigg Fell to watch another Lakeland fell-running 'prodigy', Kendal's Brian Robinson, set a new best time for the event at Keswick.

Alan, with marathon targets in mind, was a notable absentee from the start list. And the performance of Robinson, who sliced 12 seconds off the record to win in a time of 17min.1 sec., certainly gave him food for thought.

It was a super run by the Kendal youngster, bearing in mind the

slippery state of the Jubilee Course, and he had a good margin in hand over 2nd man Harry Jarrett of Cumberland Fell Runners. Billy Bland, who might have been suffering from the effects of his Borrowdale Race win the previous day, certainly shook off any tiredness with a fast downhill run to place a creditable 3rd.

Kendal wrested the team prize from Keswick, by finishing three men in the first five, their other counters being Duncan Dverton and Bob Whitfield, the latter coming home fifth after having been third at the summit. There was some keen competition for the veteran's award and a tumble on the downward half of the race may have cost D Welch (Harrogate) the chance of retaining the trophy. Harry Kelly (East Cheshire) in 7th place just got the better of his rival.

There was a record 77 strong field for this year's race and Latrigg is very much on the up and up after going through a spell a few years back where entries dropped. The event has regained its popularity since being switched to the same weekend as Borrowdale. Enthusiastic race secretary Ken Clark is working hard to build the race up and attract top runners and as part of this provides a generously loaded prize table. The full list of awards this year, with even the last finisher getting something for his efforts, is designed to encourage runners of all standards to have a go.

Pauline Howarth, running for the host club, won the Ladies race in 23 min. 17 sec. taking 9 seconds off Jean Lockheed's record.

1. B Robinson	Kendal	17.01	11. G Young	Rountrees	18.36
2. H Jarrett	CFRA	17.29	12. G Berry	OpFR	18.37
3. W Bland	Keswick	17.41	13. J McGee	CFRA	18.46
4. D Dverton	Kendal	17.58	14. G Gough	Blackburn	18.56
5. R Whitfield	Kendal	18.03	15. M Foschi	Altringham	18.59
6. M Short	Horwich	18.15	16. K Taylor	Rosendale	19.00
7. H Kelly	E. Chash.	18.20	17. O Lee	CFRA	19.03
8. G Edwards	Bingley	18.30	18. H Blenkinsop	Kendal	19.03
9. Q Welch	Harrogate	18.30	19. J Ritson	Derwent	19.04
10. W A Tait	Tynedale	18.30	20. P Barron	Keswick	19.18

Ladies

1. P Howarth	Keswick	23.17	3. L M Lord	Clayton	25.18
2. A M Grindley	Cleyton	25.04			

SEDBERGH HILLS RACE

by Bill Smith

Not yet categorised, 16 miles, 6000'

19 August

This inaugural race over the Howgill Fells was organised by Mike Walford for Kendal AC and provided a tough stimulating course in warm sunny conditions, affording views of the steep grassy Howgills. From the field by the People's Hall in Howgill Lane, the route went by Lockbank Farm and onto the summit of Arent Haw (Checkpoint 1). A descent to the forks of Chapel Beck then led to a short climb onto Castley Knotts

(Checkpoint 2), and then a long traverse northwards on fallside tracks led to Checkpoint 3 near the head of Carlin Gill. Checkpoint 4 was a stream junction in Bowderdele Beck, below Hazelgill Knott, and from here the route turned back towards Sedbergh, with Checkpoint 5 atop the Calf and Checkpoint 6 on Winder, leading to a fast descent down steep slopes of grass and bracken to Lockbenk Farm and so down Howgill Lane to the finish. (The direct line taken over the fields in the professional race up Winder is not allowed in this race.) The ladies' course followed the men's to Castley Knott, then cut straight across the Calf, thence to Winder and back to Sedbergh. This was also to have been the youths' race, but the one competitor who turned up was allowed to run with the men, having stated that he had run much further in training.

Billy Bland, Ken Taylor, Harry Jarrett and John McGee led over the early part of the course to Castley Knotts, but Bland and Jarrett pulled steadily away on the long colourful traverse to Carlin Gill. The next leg, over the tops to Bowderdele Beck, was the one which really needed thinking out beforehand and a special prize was offered for the fastest time between the two controls. It would have proved tricky in mist and it was here that orienteer Peter Heines came into his own, taking just 28 minutes compared to the 29 of Bob Whitfield and Mike Garratt, and quite a few 30s and 31s, Bland and Jarrett falling into the latter category. This route-finding exercise brought Whitfield, Garratt and McGee back into contention, but Billy and Harry yet again pulled away on the gradual ascent to The Calf, and the former created a definite lead along the ridge route to Winder, where he arrived one minute in front. Billy opened up an even wider margin on the descent, which he probably knew well from his days as a Guides racer, taking 5.40 compared to Harry's 8.30. Heines got away from Whitfield and Overton over the last two legs to take 3rd place and he is surely a led to look out for in the future.

Kendal had the fastest team, with Mandale runners-up, while Harry Blenkinaop won the veteran's prize in 17th position. A prize for the oldest competitor went to Frank Carradus who was 87th out of 88 finishers. 99 actually started the race and one of the 5 retirements turned out to be the sole junior, for whom the course was to prove too demanding. He was in a bad way after passing through the Calf checkpoint and four runners who saw his condition unselfishly missed out the final control to assist him down to the finish by the quickest route. This "rescue team" (as they are listed on the results sheet) consisted of Eddie Manning (Cleyton), J Woolridge and N Walker (both of Kendal) and M Bresun (Lancaster & Morecambe).

There were only two competitors in the ladies' race, in which Bridget Hogge defeated Anne-Marie Grindley with respective times of 2.05.26 and 2.11.06.

1. W Bland	Kesw.	2.14.40	11. J Reade	Clay.	2.25.29
2. H Jarrett	CFRA	2.18.30	12. P Murray	Clay.	2.26.16
3. P Heines	Mend.	2.19.16	13. M Hudson	DPFR	2.26.36
4. R Whitfield	Kend.	2.20.43	14. M Armltage	Selt.	2.27.05
5. D Overton	Kend.	2.21.19	15. J McGee	CFRA	2.27.37
6. P Chapman	Kand.	2.21.27	16. A Phillipson	Goaforth	2.27.38
7. K Taylor	Rosa.	2.23.33	17. H Blenkinaop	Kend.	2.29.38

8. M Garratt	Mand.	2.23.39	18. C Pooley	Lanc.	2.30.45
9. J Williams	Mand.	2.24.11	19. H Forreat	Goaforth	2.30.53
10. A Richardson	Mand.	2.25.50	20. D Cunningham	Clay.	2.31.17

Veterans

1. H Blenkinsop	Kend.	2.29.38	(17th)
2. W Smith	Clay.	2.41.47	(27th)
3. S James	Southport	2.48.21	(33rd)

BARNOLDSWICK WEETS FELL RACE

RESULTS

Category C, 6 miles, 800'

19 August

1. D Slater	Bingley	31.24	11. A Parkinson	ASVAC	32.46
2. P Ravald	Horwich	31.38	12. D Wilson	Bleckhurn	32.53
3. H Wilde	Manch.	31.59	13. J Marssy	Leeds	33.04
4. J Temperton	ASVAC	32.11	14. D Quinlan	Bingley	33.15
5. M Baxter	Leeds	32.13	15. A Derby	Sale	33.18
6. J Norman	Altring.	32.21	16. B Hilton	Leeds	33.18
7. P Morris	Salford	32.26	17. J Waterhouse	Bingley	33.37
8. J Clark	Grimsby	32.27	18. H Bishop	Staffs.	33.38
9. E Irving	Bingley	32.33	19. H Walker	Blackburn	33.53
10. M Deegan	Oldham	32.42	20. H Kelly	E. Ches.	33.55

Veterans

1. H Kelly(20)	E. Ches.	33.55	3. D Lawson(36)	Bingley	35.32
2. R Hill(27)	Cleyton	34.17	4. G Spink(37)	Bingley	35.34

Ladies (12 ran)

1. J Lohead(123)	NSVAC	39.44	3. S Gaskell(202)	Longwood	43.05
2. C Chapman(177)	Bolton	42.03	4. P Haworth(225)	Keswick	44.33

300 ran

BURNSALL CLASSIC FELL RACE

by Al Soran

Category A, 1 1/2 miles, 900'

25 August

A change of course to prevent upcoming runners colliding with those on the descent, while welcome, also considerably increases the time taken to complete this, the shortest of the events on the calendar.

With this in mind, Brian Robinson's winning time of 13.14 is a fine one, as is Mike Short's first to the summit of 9.14. Kendal, with newcomer Andy Taylor in 5th place and Bob Whitfield 8th (14 pts.) easily won the team prize from Bingley (33 pts.) whose first counter, Martin Weeks, this season notably absent from the fells, came in 10th. Horwich won the third team (55pts.)

D Welch of Harrogate was 1st veteran in 15.31 and 22nd position, closely followed by P Watson of Bramley in 15.38 and 24th position. 140 ran.



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Photo by Al Rouse

Short Article on Cross Country Skiing by Alan Evans

I think the idea finally sunk home into my thick skull sometime during last winter when I found myself as usual either peddling the bike or running home from the shop. The only difference was that at that period of time it was taking me 1½/2 hours each way in 2in. deep snow. My basic idea was that however bad the weather might be it would be good for someone and some type of activity. If it rains it's good for white water canoeing and if it snows I thought it must be good for skiing – and that's what I decided to do. Not the flashy downhill type, that's for people who have money to spend on expensive gear, expensive clothes and even more expensive ski lifts to pay for. No, what I would get into this next winter would be cross country skiing, after all, not only is it cheaper and easier is it not the sport that Stig Berg does and he used to come over for the Karrimor and run the legs off us.

O.K. so I had the idea. How have I gone about it. Well I've looked at the sport from various angles and this is what it adds up to.

The easier kind of cross country skiing takes place in lowland fields and parks. At this level any member of the family can take part at a cost of less than £70.00, and for about £20.00 for children. Hardly any skill is required because the skis will only glide forward, and grip when you push backwards. An extension of this type of skiing is racing along fixed routes and tracks. In

February, 1980 the British Cross Country Ski Championships are being held at Glenmore Lodge in the Cairngorms. We at Waterside Adventure Sports Shop in Kendal are entering a staff team, and other fell runners including Ross Coates will be taking part.

The main type of skiing that appeals to me is ski touring and mountaineering given the right snow conditions, trips across the Lakeland hills – Threlkeld to Dunmail Raise and Pooley Bridge to Troutbeck along High Street immediately come to mind, but the Peaks, Wales, Pennines and whole of Scotland are wide open. Once you step abroad the scope is amazing. Most mountainous areas now have more Cross Country skiers than downhill people. A survey in Norway shows that something like 70% of the population cross country ski. This February Joy and myself are hoping to make our first ski tour abroad with a small party, we are going to travel 200km through the Jura Alps. Compared with downhill holidays this will be a cheap trip. Each day will be spent backpacking from hut to hut.

In the meantime we are keeping our eyes on the weather reports – not as usual worrying about the loss of miles due to bad weather but keeping fingers crossed that the white stuff will drop down and we can get out of the back door and onto the Howgills with the kids for a quick bash on the Calf.



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BIJNSALL Continued.

1. B Robinson	Kendal	13.14	11. G Brooks	Bingley	14.41
2. M Short	Horwich	13.18	12. B Pearce	Bingley	14.44
3. W Bland	Rossdick	13.46	13. O Cartwright	Barnsley	14.49
4. H Walker	Blackburn	13.48	14. G Young	Rountrees	14.54
5. A J Taylor	Kendal	14.08	15. J Crowley	Bingley	15.10
6. A Styen	Holmfirth	14.19	16. K Midgeley	Halifax	15.12
7. K J West	Wolverton	14.24	17. G J Edwards	Bingley	15.14
8. R Whitfield	Kendal	14.26	18. O J Smith	Halifax	15.16
9. J Williams	Mandale	14.28	19. A Sunter	Horwich	15.18
10. M J Weeks	Bingley	14.32	20. G Berry	DPFR	15.26

PENDLETON FELL RACE

RESULTS

Category B 3 1/2 miles, 800'

25 August

1. P Raval	Horwich	22.15	11. A Pickles	DPFR	24.24
2. O Cowell	Rossdale	22.21	12. G Gough	Blackb'n	24.42
3. L Benjamin	Mill'don	22.58	13. O Bannister	Halifax	24.44
4. H Kelly(V)	E.Chesh.	23.18	14. N Weaver	Clayton	24.51
5. F Pendlebury	Man.YMCA	23.22	15. D Harrison	Kendal	25.02
6. P Chapman	Kendal	24.01	16. O Cunningham	Clayton	25.04
7. I Perrow	Clayton	24.06	17. K Shand	Rochdale	25.07
8. O Farwell	Man.YMCA	24.08	18. R Mitchell	Clayton	25.09
9. S S Howard	Unatt.	24.09	19. P Dawson(V)	Blackb'n	25.10
10. I Robinson	Clayton	24.23	20. T Robertshaw	Clayton	25.22

Ladies

1. J Lohead(52)ASVAC	28.03	6. J Dransfield(91) Spen.	31.32
2. J King(74) Blackb'n	29.44	7. L Lord(96) Clayton	31.37
3. A Pendlebury(81)Bolton	30.05	8. S Dransfield(98) Spen.	32.01
4. G Pile(82) Sale	30.06	9. A M Grindley(105)Clay.	32.59
5. G Scholes(85)Longwood	30.53		

117 ran

ROSSENDALE FELLOWS RACE

by Bill Smith

Category B, 8 1/2 miles, 2165'

26 August

Jeff Norman scored a 43 second victory over John Temperton with a time of 1.01.08, thereby missing Ricky Wilde's elusive 1972 record by 2 minutes, 28 seconds. It was a good performance by Temperton, who is not normally regarded as a fell runner, though he has occasionally competed in short mild events like Barnoldswick. Harry Walker was 3rd in 62.12, with Ray Rawlinson, John Waterhouse and Paul Cowel also finishing inside sixty-three minutes. First man to exceed that time was first veteran Harry Kelly, clocking 63.02 for 7th position, while next in this category came Derrick Lawson (22nd, 66.21) and Wade Cooper (23rd, 66.27), with Bill Fielding(Leeds) the fastest Over-50(52nd, 70.30). Ken Taylor's 10th position ensured that the team award would go to the promoting club, Rossendale, while Bingley and Blackburn shared 29 points, with the Yorkshire club's closer packing giving them 2nd place. 238 finished.

Jean Lohead was first back among the ladies in 77.38, with

Gillan Pile runner-up for the second consecutive year, though her time of 85.22 was 4½ minutes faster than last year. Ann Bland (Pete's wife) finished 3rd and J Price (Manchester YMCA) 4th. It was a warm sunny afternoon with a goodly crowd.

1. J Normen	Altring.	61.08	11. O Quinian	Bingley	64.37
2. J Temperton	ASVAC	61.51	12. K Best	Bolton	64.39
3. H Welker	Blackburn	62.12	13. A Spence	Bingley	64.54
4. R Rawlinson	Rossendale	62.35	14. G Young	Rowntrees	64.58
5. J Waterhouse	Bingley	62.48	15. A Pickles	DPFR	65.09
6. P Cowell	Rossendale	62.55	16. P Standing	Bolton	65.41
7. H Kelly	E.Chesh.	63.02	17. K Windle	CLM	65.46
8. S Brekell	Blackburn	63.21	18. K Turner	Blackburn	66.04
9. A Glinston	Altring.	63.24	19. R McAndrew	Wigan	66.11
10. K Taylor	Rossendale	63.43	20. P Walkington	Unatt.	66.13

CILCAIN SHOW MOUNTAIN RACE

by R Wolley

Not yet categorised, 8 miles, 1100'

27 August

This year's event took the organisers by surprise as it attracted an entry of 83 compared with the usual average of 20-30. After some hectic work with paper and pins raided from the village shop (which was closed), the runners started on time at 1.00 p.m.

This year we had four lady entrants and the first one was given a special prize for both her running ability and attractiveness. (Perhaps that is why we had so many entries this year!)

Certificates are being sent (on request) to all who completed the course.

1. D Messum	27.10	3. D Davies	28.08	5. I Isaacs	28.19
2. B Hodgson	27.40	4. P Weatherhead	28.15	6. N Fisher	28.53

The winning time is a new record and beats the previous best time of 27.51.



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S E P T E M B E R

BEN NEVIS RACE

by R Boswell

Category A, 12 miles, 4400'

1 September

Colin Donnelly of Cambuslang Harriers won this year's race at the first attempt, and thus brought the McFarlane cup back to Scotland for the first time in 12 years - the last Scot to win was Bobby Shields back in 1967. The hot, humid conditions took their toll, many runners ran out of steam or found their legs had turned to jelly when climbing out of the red burn. This was reflected in the results - the first fifty were on average about 2½ minutes slower than last year.

After the usual scramble round the park, Donnelly soon pulled clear of the field of 365 to lead at Achintee car park. Tacwyn "Taffy" Davies, at 42 a pretty fit veteran, took over the lead half way up, but Donnelly made sure of collecting at least one prize by nipping in front of Davies just before the summit.

There were several runners still in contention at the top. 3rd was Mike Short, 4th Billy Bland with junior Brian Robinson, Ken Taylor and "Cammie" Campbell also in with a shout. Bland and Robinson soon showed their paces going down reaching the red burn a good way ahead of Donnelly. The slight climb out of the burn saw Bland in the lead, but he took a header and badly gashed his arm on a rock. He finished a brave 3rd, bleeding profusely, and was smartly carted off to the Belford Hospital where some say it took 14 stitches to patch up his arm.

Robinson soon passed Bland after his spill, but from the red burn Donnelly really started shifting and caught Robinson on the road just after Achintee car park. Robinson had no reply to Donnelly's pace on that termackiller mile, conceding over a minute to come 2nd, with Bland 3rd and Taffy Davies 4th - not bad for a track man. Although he has never won the Ben, Davies has finished in the top 10 many times, as well as picking up the Best Serviceman trophy, and so has amassed a considerable number of medals and trophies. At the presentation, Davies, an ex-para man himself, asked that all these trophies be raffled, the proceeds to go to the families of those soldiers killed in the Warren Point ambush. The Ben Race Committee readily agreed.

5th home was Bob Whitfield making the fastest descent of the day; he was about 14th at the top, but is a strong and fluent descender. 6th at Achintee was hero Cammie, but villain Harry Jarrett had more left on the road and just eased past the Fort's favourite fell runner to beat him by 4 seconds. 8th was a rather tired Welshman, Roger Boswell, just in front of an even more exhausted Ken Taylor. Short hobbled in 10th, he wasn't expecting to beat anybody on the way down due to a damaged ankle. He first twisted it in the Manx Marathon last Easter and has been plagued ever since.

Perhaps the most outstanding local effort was that of Fort William's Duncan Bolton. With no racing experience at all, Bolton decided to do the Ben in April, having just moved into the area. He came home 75th in 1.55.31, an incredible achievement on five months training from scratch.

A common characteristic among fell runners is their easy-going approach to the sport. Some are more disorganised than others. Bill Mead of Burton hadn't even entered, but decided to run anyway at 24 hours notice. He thought the start was 2.30, and so in typical Alf Tupper fashion was still tearing his track suit off as the gun went. Hurdling the fence around the track half a lap in arrears, head went on to finish somewhere in the 90's, thoroughly enjoying the experience.

Super veteran John Marstrand (Lochaber) finished 144th, a very apt figure for a mathematician, but still failed to win the inaugural veterans over-50 prize. Alan Heaton (Cleyton le Moors) came 94th in 1.57.58 to win that, and also claimed a much prized 'Connachie Plaque' for completing his 21st Ben Nevis Race. The biggest cheer as always went to Eddie Campbell (Lochaber) finishing his 29th Ben in 161st place in 2.09.07 after a typically gritty run. Pete Weatherhead, for so long winner of the 'Best Policeman' prize, has now left the force, and has not had a haircut since. This year he came 74th in 1.55.18, not as good as Pater Jebb (West Yorks Police), 49th in 1.50.47, but quite sufficient to win the 'Best Hippie' prize.

In the ladies race the anticipated battle between Lochaber's Ros Coates and Airedale's Jean Lochhead did not materialise, as Jean did not run. Ros did win, but goodness, she had to work hard for that victory. She soon forged ahead of the field of 9 and had a big lead half way up the hill, but then had to contend with dizziness and stomach cramp. At the top she had only a slender 30 second lead over Joan Glass. Ros picked up somewhat going down the scree to the red burn, where she again had a good lead. Just as well, too, because she felt exhausted after climbing out of the burn on to the tourists path. She managed to hold out enough to win, however, with Joan Glass a very good 2nd.

The ladies race was run without the official sanction of the SWAA. Though the Ben Nevis Race Association (BNRA) sent off an application for a permit, no reply was received. Presumably for this reason, the BNRA felt unable to offer any prizes in the ladies race; though they did accept the £2.50 entry fee. Further, they insisted that the ladies should start 2 minutes after the men, despite requests to start at the same time, or, failing this, 2 minutes before the men. It is no bother for a feller to pass several girls, in fact it is quite enjoyable, but for a girl to pass 2, 3 or 4 hundred men on a narrow rocky track is a difficult, time-consuming business. The logic behind these decisions of the BNRA is difficult to follow.

1. C Donnelly	Cambuslang	1.31.26	11. P Walkington	Morwich	1.37.41
2. B Robinson	Kendal	1.32.36	12. D Lee	CFRA	1.39.26
3. W Bland	Keswick	1.33.25	13. I Holloway	Rochdale	1.39.45
4. T Davies	4th Fld. Reg.	1.34.14	14. A Sunter	Morwich	1.40.38
5. R Whitfield	Kendal	1.35.16	15. P Murray	Clyton	1.40.48
6. H Jarrett	CFRA	1.39.49	16. K Shand	Rochdale	1.41.04
7. R Campbell	Lochaber	1.35.53	17. J Shields	Clyda.	1.41.07
8. R Boswell	Lochaber	1.36.14	18. J C Bighe	Unatt.	1.42.03
9. K Taylor	Rosendale	1.36.27	19. J McGee	CFRA	1.42.11
10. M Short	Morwich	1.37.06	20. J Gibbison	Lanc&M.	1.42.34

Ladies Race

1. R Coates	Lochaber	1.56.11	6. A M Grindley	Clayton	2.29.58
2. J Glass	Eryri	2.02.55	7. J Niabet	Unattached	2.45.13
3. C Brittain	Unattach.	2.23.04	8. H Brigginsshaw	West Fifa	2.48.42
4. A Bland	Kendal	2.23.50	9. L Lamb	Inverness	3.07.38
5. J Dawes	Kendal	2.27.02			

GOODRICH VILLAGE FELL RACE

RESULTS

Not yet categorised, 4 miles, 750'

1 September

1. D Francis	West	17.15	6. R Cooper	Worc.	18.51
2. H Richards	Sheftes.	18.05	7. G Stamp	Glos.	18.58
3. A Halden	Tipton	18.11	8. M Lane	Newport	19.03
4. G Blackburn	West	18.17	9. J Smith	West.	19.08
5. K West	Wolv'h'ton	18.29	10. N J Jinks	Worc.	19.20

HODDER VALLEY FELL RACE

RESULTS

No Category, 6½ miles, 1200'

8 September

1. H Walker	Blackburn	37.15	6. A Sunter	Horwich	38.45
2. R Rawlinson	Rosendale	38.00	7. D Cartridge	Bolton	38.51
3. A Spance	Bingley	38.19	8. W Cooper(V)	Manchester	38.54
4. S Breckell	Blackburn	38.26	9. H Kelly (V)	E.Cheshire	39.21
5. R Whitfield	Kendal	38.33	10. G Young	Rowntrees	39.28

VAUX MOUNTAIN TRIAL

RESULTS

Category A, 20 miles minimum, 8000'

9 September

1. J Naylor	CFRA	4.16.06	11. M Hudson	OPFR	4.51.08
2. P Haines	Mandale	4.20.58	12. P Barron	Borrowdale	4.56.17
3. D Overton	Kendal	4.28.35	13. A Leasley	OPFR	4.57.42
4. A Phillipson	Gosforth	4.38.16	14. P Walkington	Horwich	4.59.59
5. M Garrett	Mandale	4.40.10	15. D Leonard	Keswick	5.10.28
6. A Richardson	Kendal	4.42.50	16. A Pickles	OPFR	5.04.44
7. A K Farnell	OPFR	4.48.52	17. O Booth	OPFR	5.07.11
8. P Murray	Clayton	4.49.45	18. J Sherriff	Fife	5.07.58
9. H Blenkinsop	Kendal	4.50.12	19. N Paul	Thames	5.09.32
10. H Forrast		4.51.06	20. J Williams	Mandale	5.10.12

Ladies Race, 13 miles minimum

1. R Coates	Lochaber	3.41.25	9. J Dawes	Kendal	5.36.25
2. A Salisbury	S.Ribble	4.31.10	10. M L Pennell	Keswick	5.38.37
3. S Hervey	Forth VO	4.56.40	11. L Emery	Kendal	5.45.53
4. J Sutcliffe	CFRA	5.07.25	12. B Hogge	Eryri	6.05.57
5. C Walley	CFRA	5.14.47	13. S Pawsey		6.18.14
6. M Rosen	LondonOK	5.24.19	14. S Hull		6.19.46
7. A M Grindley	Clayton	5.28.45	15. B Handscombe	CFRA	6.23.40
8. G Mather	Fell&Rock	5.30.55	16. S Adams		8.07.15

DIARY OF A VAUX TRIAL

by Duncan Ovarton

Early August. The Vaux blurb came today. So it's grid limits W23^o, E38^o, N39^o, S24^o. Yes, well, 100 square miles and it's all home country, must stand a good chance this year. Let's do it right, I'll try the diet.

Now then, if I was setting it out where would I send them? Let's see, which are the worst areas. South Blencathra, Ullock Pike, the valleys round Great Sca Fell, any route off Carrock Fell is horrible; it's lovely and boggy below Skiddaw House. Well, I wouldn't send them in below Blencathra, very naughty there in mist, people fall off regularly in those valleys. Where to go from Carrock Fell? Bowscale, maybe. They must finish off Southerfell, good stage management.

Mid August. Went round Bowscale and Blencathra for the hundredth time, a bit pointless really, who cares, nice day. Had a look at the route down the side of Southerfall, awkward that, shadas of the Malayan jungla. Parked up the side of Mosedale, miserable day - good practice in rain. Out over Great Lingy and Meall Fall, big valley there, could see Trusmadoor and Graat Cockup. I wonder? Back to upper Mosedale over Burn Tod; found a nice path down between Calva and Knott. Should have spent more time in behind High Pike, but you get fed up of this rain.

Late August. Stupid rain, too soft to do more scouting in that weather. Holiday in Wales for a week, 5 hour run over Snowdon and the Glyders, got some funny looks running down Crib Goch, hot and clear, what a change, great! Depletion run: meat, cheese, bacon, omelettes, sick of 'em. Smashed, can't stand it! Only managed two days diet. Weak-willed twit, gimme the cream buns.

Early September. Got the start list, lots of names missing, chicken? Jos off last again, back in favour, eh? Billy's off early poor so and so ha'll be in front on his own after an hour, makes it hard, that. Some good orienteers in there, a few of 'em can run too.

Race Day. Great! Mist down low, not much wind, wet enough to slow things down a bit. First ones are off, where are they going? Along to the Mill Inn, wonder if it's a choice of Bowscale or Scalestarn? We're off, got the route card. Concentrate, don't rush it.

1A or 1B. Bowscale 333 305 or Bannerdale 336 291. Must be Bannerdale, straight up the nose.
2. Carl Side Skiddaw. The Col 256 282. The devils, long pull that, boggy too. Cut round between Skiddaw and Little Man.
3. Lead Mines Hut, Roughton Gill 302 344. Damn it! I knew I should have had a look there. Anyway, over Skiddaw summit, I think, down the back, straight for Little Calva. Find the Col at the back of Calva, round the Knott and down the Gill. That's going to be "The Leg". Desperate navigation behind Calva.
4. Trusmadoor 278 334. Great! Know that, up one Gill down the other.
5. Stream Junction, Blackhazel Beck 318 306. Don't believe it! Did exactly that a few weeks back. Up the stream on the North side of Burn Tod. Down the path I found,

6. North Summit, Southerfell 354 291. Had to be that one. Don't fancy climbing out from Bannardale, I'll be smashed by then. Take the good path on the right of the Glenderameakin river, might even manage to run most of that. Some hope.
 7. Card Issue Tent 363 295. Try to hit the rake without getting stuck in the bracken. NOW - MOVE YOURSELF!

Good run to Carl Side, hardly anyone went the quick way up Bannerdele Crags. Hit Skiddaw House smack on, still going well over Calve, navigation here very tricky, missed the top of Roughton Gill by just a few yards, so lost minutes down the wrong gill looking for the hut. People appearing and vanishing in all directions here. Going well again after that, actually ran up Southerfell - had to, people watching on top. Managed to get stuck in the bracken on the way off - Fool!

Might have a chance yet, it was very bed out there at 3 and 4, maybe Jos made a slip or two as well. Anyway, go and have a free pint of lemonade and some food, had nothing much to eat yet today. Damn it! Jos is in. He's a crafty devil going round with Peter, who's a good orienteer and runs well too. Well never mind, might be round Ullswater or Haweswater next year.

How did the lasses get on? First Checkpoint the Cloven Stone 303 288. Good grief! You can't even find that when it's clear. It's not even in the right place on the map!

LANTERN PIKE FELL RACE

by A Bond

Category B, 5 1/2 Miles, 1050'

15 September

Roy Bailey of Sheffield AC, making his debut on the fells, was the surprise winner of this year's senior race. Roy, who is an English Cross Country International, took the lead on the first ascent to Matley Moor Farm, but was passed by Ricky Wilde, Colin Robinson and Jeff Norman on the fast descent to Cliff Cottages, Birch Vale, mainly because of his hesitation over the route. However, on the final steep climb to the summit he forged ahead and in spite of a determined late effort by record holder Ricky Wilde, he finished a very impressive and comfortable winner.

1. R Beiley	Shaffield	30.44	6. A Morley	Altrincham	32.52
2. R Wilde	Manchester	31.13	7. H Kelly(V)	E.Cheshire	33.02
3. C Robinson	Rochdale	31.48	8. T Frowbridge	DPFR	33.07
4. J Norman	Altrincham	32.09	9. J Winchey	Barnsley AC	33.16
5. M McGann	E.Cheshire	32.39	10. R Aucott	DPFR	33.20

Ladies Race

1. L Brannen	Preston	39.55	3. G Pile	Manchester	41.55
2. B Robinson	Bury	41.29	4. J Croft	Sheffield	46.14

Youths Race

1. D Robinson	E.Cheshire	35.15	3. T Wordley	Stoke	41.32
2. S Jones	Chesterfield	36.47	4. S Hallam	Hayfield	41.33

LANGDALE FELL RACE

by Al Soran

Category A, 16 miles, 5000'

15 September

It was one of those races where the early leaders could not sustain the pace. Short, Robinson and Rawlinson led at the first checkpoint, but were overtaken by a group of five who reached Esk Hause together, led by Jarrett. Taking a low line Harry pulled away, but was caught by Styan on the way to Bow Fell. These two pulled away steadily from here. It was a pity that what was probably Harry's best run of the season could not be rewarded with a win, but Styan led from the final checkpoint to the finish.

1. A Styan	Holmfirth	2.01.00	11. P Walkington	Horwich	2.11.25
2. H Jarrett	CFRA	2.01.30	12. J Gibbison	Lancs.	2.12.45
3. R Whitfield	Kendal	2.02.38	13. P Haines	Mandale	2.13.43
4. W Bland	Keswick	2.03.38	14. P Chapman	Kendal	2.14.00
5. K Taylor	Rossendale	2.03.12	15. P Barron	Keswick	2.15.36
6. M Short	Horwich	2.05.21	16. A Sunter	Horwich	2.16.22
7. B Robinson	Kendal	2.09.02	17. I Holloway	Rochdale	2.16.55
8. M Garrett	Mandale	2.09.13	18. D Retcliffe	Rossen.	2.18.23
9. R Rawlinson	Rossendale	2.11.07	19. D Lamond	Keswick	2.18.49
10. J Williams	Mandale	2.11.14	20. A Richardson	Kendal	2.18.59

Ladies Race

1. R Coates	Lochaber	2.37.57	5. A M Grindley	Clayton	3.12.17
2. P Howerth	Keswick	2.41.40	6. L Lord	Clayton	3.31.02
3. B Hogge	Keywick	2.42.47	7. C Wally	CFRA	3.44.05
4. J Sutcliffe	CFRA	3.06.19	8. S Wright	CFRA	3.47.45

ECCLES PIKE FELL RACE

RESULTS

Category C, 3½ miles, 650'

22 September

1. A Wilton	Staffs	19.14.	6. P Lomax	Stockport	21.11
2. M Bishop	Staffs	19.19	7. G Gough	Blackburn	21.22
3. A Darby	Sale	19.47	8. A Hulme	Altrincham	21.25
4. D Cartwright	Barnsley	20.54	9. D Jewel	DPFR	21.36
5. B Tosh	Rochdale	21.04	10. N Bramwell	Stockport	21.47

THIEVELEY PIKE FELL RACE

by Bill Smith

Category A, 3½ miles, 800'

29 September

Conditions were about the same as for last year's race - clear and sunny - when Brian Robinson finally shattered Dave Cannon's six-year-old record of 19.55 by 9 seconds. This time he reduced the record even further with a 19.20 clocking. He didn't have things all his own way, however, for it was his 18 year-old Kendal club-mate, Andrew Taylor, who led most of the way to the top. Brian is a descender in the tradition of Alan McGee and Dave Cannon, though, and he swooped downhill to victory with 16 seconds to spare over runner-up Ray Rawlinson, while Taylor, who had taken a wrong line at one point coming down, had to settle for 3rd place, in 19.41, 18 seconds ahead of Billy Bland.

D Jewel (Dark Peek) was first veteran back in 26th position (22.17) with Harry Blenkinsop 2nd in 27th (22.26) and Peter Watson 3rd (23.03), while Kendal were easy winners of the team race. There were six finishers in the Ladies Race of whom J Dransfield (Spenborough) was fastest in 27.23, with Gillian Pile 2nd in 27.42, the latter now sporting the colours of her new club, Manchester Harriers.

1. B Robinson	Kendal	19.20	11. P Walkington	Horwich	21.12
2. R Rawlinson	Rossendale	19.36	12. P Chapman	Kendal	21.22
3. A Taylor	Kendal	19.41	13. G Gough	Blackburn	21.27
4. W Bland	Keswick	19.59	14. M Roberts	Kendal	21.30
5. R Whitfield	Kendal	20.06	15. K Shand	Rochdale	21.37
6. H Walker	Blackburn	20.08	16. G Brooks	Bingley	21.38
7. A Styen	Holmfirth	20.30	17. N Weaver	Clayton	21.42
8. K Taylor	Rossendale	20.53	18. D Tosh	Rochdale	21.53
9. A Sunter	Horwich	20.56	19. D Harrison	Kendal	21.55
10. J Reade	Clayton	21.09	20. K Robinson	Kendal	21.57

Ladies Race

1. J Dransfield	Spenborough	27.23	4. A M Grindley	Clayton	29.48
2. G Pile	Manchester	27.42	5. S Dransfield	Spenborough	31.09
3. J Scoles	Longwood	28.52	6. C Walkington	Kendal	33.40

STOODLEY PIKE FELL RACE

by Bill Smith

Category B, 3½ miles, 800'

30 September

Brian Robinson finished runner-up to Jeff Norman in last year's race, having been outprinted coming down the long field to the finish behind the Top Brink Inn at Lumbutts. This year he was again defeated in that same field by Ricky Wilde, whose time of 16.54 equalled his own 1977 record, Brian finishing one second behind him. Andy Taylor repeated his performance of the previous day at Thievelay by placing 3rd with a time of 17.12, 3 seconds ahead of Alan Sladen, who was followed into the finishing funnel by such notables as Jeff Norman, Ray Rawlinson, Colin Robinson, Harry Walker and Andy Styen. Taylor is certainly a highly promising young athlete and it will be interesting to see how he develops over the next season or two. Bob Whitfield's 13th position clinched the team prize for Kendal, with Rochdale just pipping Rossendale for runners-up spot. There were also some impressive veteran performances with three Over-40s in the first 20: Harry Kelly (12th), Derrick Lawson (16th) and Wade Cooper (17th), while Bill Fielding (Leeds) was the first Over-50 in 49th position out of 140 finishers.

Seven ladies ran their own race in conjunction with the men's and Brenda Robinson was again the first home, though 2 seconds slower than last year with a 22.40 clocking. Gillian Pile was 2nd in 23.15 and Marion Handley, a Bolton track runner, 3rd in 24.54. Conditions were clear but overcast.

1. R Wilde	Manchester	16.54	6. R Rawlinson	Rossendale	17.36
2. B Robinson	Kendal	16.55	7. C Robinson	Rochdale	17.44
3. A Taylor	Kendal	17.12	8. H Walker	Blackburn	17.45
4. A Sladen	Salford	17.15	9. A Styen	Holmfirth	17.53
5. J Norman	Aittrincham	17.30	10. J Temperton	ASVAC	17.56

O C T O B E R

MOFFAT CHASE

by B Hogge

Category A, 18 miles, 5000'

7 October

Whether because of its location or because of the length of the course, there was afield of only seven (ladies) for this event. It deserves more - the course, the facilities and the atmosphere of the event were all first class.

Rain and wind were forecast but we set off in a hot 'sunny interval'. Starting 45 minutes before the blokes ensured that the first few amongst us would have a fairly solitary round of the tops. Ros led from the start and she got so far in front of me that the last time I saw her was at the half way mark.

Not having done the route before I had the section as far as Hart Fell imprinted on my memory; after this stage of the course navigation became essential - the weather claggaed in and the terrain became more fasturaless. Off Saddle Yoke, I grabbed a drink and started up the other side. The steep downhill section must have taken more out of my legs than I imagined because the section of hill following the steep climb seemed to be endless - it can't have been hard going because the first lads passed me here and they were running. I did think at this stage that perhaps the Sunday papers might be as absorbing as others seem to find them! Spirits lifted after checkpoint 6 and apart from taking the final downhill section somewhat in the style of a granny in high haels, I felt good finishing, though I am sure that the cheerful comments from the lads running with me on the way into the town helped.

Ladies Results

1. R Coates	Lochaber	3.24.22	5. S Harvey	Lochaber	4.26.30
2. B Hogge	Etyri	3.50.13	6. A M Grindley	Clayton	4.26.31
3. W Dodds	Airienteers	4.07.22	7. C Walley	Unattached	5.05.30
4. J Dawes	Kendal	4.08.16			

Men's Results

1. A Styan	Lochaber	2.40.25	11. P Haines	Mandale	2.58.47
2. C Donnelly	Cambuslang	2.40.55	12. M Hudson	OPFR	2.59.27
3. W Bland	Keswick	2.41.26	13. H Jarrett	CFRA	3.02.47
4. J Naylor	CFRA	2.52.26	14. C Pooley	Lancs & More	3.03.41
5. R Campbell	Lochaber	2.52.47	15. C Ramsey	Lochaber	3.04.01
6. K Taylor	Rosendale	2.55.12	16. M Watford	Lakes DC	3.05.30
7. R Boswell	Lochaber	2.55.19	17. P Chapman	Kendal	3.05.54
8. H Blenkinsop	Kendal	2.55.47	18. F J Loftus	S. Lancs DC	3.06.50
9. W Todd	CFRA	2.57.39	19. M Armitage	Saltwell	3.07.11
10. J Blair-Fish	Edinburgh	2.58.41	20. P Brookes	Lochaber	3.07.25

Teams: 1. Lochaber 8.28.31 2. CFRA 8.52.52 3. Kendal 9.42.16

Veterans: 1. J Naylor 2. H Blenkinsop 3. P Brookes.

76 ran. The winning times in both races were new records.

THREE TOWERS RACE

RESULTS

Category B, 19 miles, 2500'

14 October

1. A Styen	Holmfirth	2.00.40	11. D Singleton	Bolton	2.08.10
2. C Robinson	Rochdale	2.01.37	12. D Cartridge	Bolton	2.08.30
3. A Darby	Sale	2.01.37	13. T Farnell	DPFR	2.09.00
4. H Walker	Blackburn	2.03.06	14. R Aucott	DPFR	2.09.35
5. J Bigham	RAF Coaford	2.03.17	15. A Law	Bolton	2.09.43
6. J Reade	Clayton	2.04.00	16. P Standring	Bolton	2.10.06
7. R Whitfield	Kendal	2.07.15	17. A Hulme	Altrinc.	2.10.47
8. P Walkington	Horwich	2.07.38	18. G Woodburn	Blackburn	2.11.08
9. A Sladen	Selford	2.07.52	19. P Irwin	Rossendale	2.11.18
10. S Breckell	Blackburn	2.08.05	20. P Raveld	Horwich	2.11.32

Teams: 1. Blackburn 6.22.18 2. Bolton 6.22.46 3. DPFR 6.30.09

Ladies

1. P Howarth	Keswick	2.48.06	4. B Hogge	Eryri	2.56.05
2. B Robinson	Bury	2.50.45	5. A M Grindley	Clayton	3.04.35
3. W Dodds	Airienteers	2.55.44	6. G Pila	Manchester	3.04.55

HOAD HILL FELL RELAY RACE

by Brendan Hill

New Event, 4 x 4 miles, 1100'

20 October

Strong fall runners from Rossendale surprised local teams for a comfortable win in the first ever Hoad Hill Fell Relay Race. With ten teams competing they led from start to finish of the sixteen miles and pushed Kendal "A" and Barrow "A" into second and third places.

Rossendale's Paul Cowell sat them on the way to victory with a first 4-mile lap up and round the 500 ft. fells by the Hoad Monument in 30 minutes 38 seconds to finish 56 seconds ahead of Barrow's Peter Laviston. Barrow's second runner, Jack Etchells, chopped Kan Taylors lead by a few seconds, but third runner, Dave Kelly, could not stay with Rossendale's Dave Lewis.

Meanwhile Kendal's Andy Taylor and Mark Roberts had been tracking Barrow on the first two legs and Bob Whitfield pulled them up to striking distance in the third. Ray Rawlinson brought Rossendale home in a total time of 2 hrs. 2 mins. 10 secs. and a fine run by Kendal's Brian Robinson saw him overtake Gary Mason of Barrow to come plunging down the one in two slope of the Hoad and finish in 2.05.03., 1 min. 55 secs. ahead of Barrow.

The Cumberland Fell Runners Team of Cliff Ford, Danny Hughae, Bill Robinson and Terry Thorpe won the Veterans section in 2.30.51. The fastest lap was run in 29 mins. 39 secs. by Oava Lewis of Rossendale.

Comments were that it is a tough course and when one or two snags are sorted out with the flag markers, then it should develop into quite a formidable race next year.

THE ROUGH RHINOGS - KARRIMOR 1979

by Peter Knott

The weather for Day One was beautiful. The sun shone out of a cloudless sky all day. It was just as well because the courses were tough. Race control was located in the middle of a small piece of the Coed-y-Brenin forest situated to the west of the Portmadoc-Dolgellau road, and the competition area included the 2000ft. plus Rhinogs Ridge between the forest and the seaside town of Harlech. I had walked in the area before, but did not appreciate how unrunnable most of it was, with either crags or deep heather or both.

The Elite and A Course competitors camped overnight on the undulating grassy area at Llyn Biddeu Bach, whilst the A and B Courses were three kilometres south at the Harlech end of the 'Roman Steps' footpath. By 4 p.m. there were many Class A competitors in their camp site, whilst the leading Elite pairs were only just starting to show. An hour later the B/C camp site was quite full, mostly of C competitors. A relatively small number of B Course pairs made it before dark and many others struggled in up to 9 p.m. that evening, with nearly half retiring many of whom camped in the hills. "Too tough" said the B competitors. "Not fit enough, you should have been on C Course" said the organisers.

The Swiss pair of Dieter Wolf and Leonhard Suter led the Elite class into the last control, some seven minutes ahead of the next two pairs Jos Naylor/Mike Walford and Joe Sherriff/Mike Gilbert. Next came Hartley and Shand looking mightily pleased with themselves, closely followed by Wagstaff and Lewisley and the orienteers Kingman and Elgood. Howles and Lomas led the A class into the overnight camp followed by the Bloor brothers.

Day Two started with some cloud on the tops which by 10 a.m. had reverted to steady drizzle, so that by early afternoon, back in the Brenin forest, all competitors were finishing wall and truly wet.

The Swiss pair maintained their overnight lead to win comfortably but Leonhard Suter looked extremely tired as they splashed their way to the last control. The next two teams also maintained their Day One positions, but in the A Class the Bloor brothers triumphed over the Day One leaders. B Class was won by Malley and Boston from the father and son team of Alistair and Graham Patten, whilst Maynard and Clark took the C Course honours.

The event was not without its problems, most of which were created by its sheer popularity. B and C course entry has now gone over the 400 pair mark! What of the future? There seems to me to be a conflict between the concept of 'Sport for all' 'freedom to compete' and all that, and one of holding a manageable and fair competition. Making it tougher rather than restricting entries was the solution sought this year. Perhaps the organisers will continue this policy next year? Certainly we will have to believe them next time when they say it's going to be tougher.

- 47 -

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ROGER DAUMEISTER'S DOUBLE BOB GRAHAM

by Martin Stone

At 10.43 pm on Saturday 1st July, Roger Daumeister of Dark Peak Fell Runners became the first person to complete a double crossing of the Bob Graham Round in both clockwise and anti-clockwise directions within 48 hours.

Brian Harney and Roger set out from the Moot Hall, Keswick at Midnight on Friday 29th June and travelled clockwise as far as the summit of Yewbarrow which they reached at 14.28 hrs. on the Saturday. From there they retraced their steps anti-clockwise to Keswick arriving at 9.38 on Sunday morning, having snatched an hours sleep at Threlkeld which had both refreshed their tired bodies and restored their mental attitudes to the event.

They carried on anti-clockwise to Honister where Brian was unfortunately forced to retire due to very swollen and painful ankles. He had completed 64 peaks and covered well over 100 miles. Roger carried on to the summit of Yewbarrow arriving there at 15.37 hrs. on the Sunday afternoon. Due to a combination of good pacing and an amazing recovery from the tiredness that had threatened the attempt back at Threlkeld, Roger now found that he had plenty of time in hand. He then returned to Keswick via Honister to complete the epic with a five mile dash from Newlands Church which took him a mere 37 minutes.

He had completed the double round in 46 hours 34½ minutes, having climbed 84 peaks and covered a distance of 144 miles. The weather conditions had been far from ideal for an event of this length and severity. They ranged from driving rain and low cloud on Friday night followed by sunshine and a light breeze on Saturday, mists and strong winds on Saturday night, sunshine and blue skies on Sunday morning which gradually deteriorated to drizzle, storms and thick mist from lunchtime onwards.

Roger's pacers, who, with the exception of Jos Naylor, were all members of Dark Peak Fell Runners, were Frank Thomas and Chris Odd (from London), Martin Hudson, Selwyn Wright, Jos Naylor and Martin Stone. The attempt was co-ordinated with the DPF single anti-clockwise round on which six members were successful.

ENTER THE "BEST EXCUSE" COMPETITION

A special mystery prize will be given to the winner of this competition. All you have to do is complete the following phrase:

"I didn't run so well today because"

You can either put in a fictional excuse or a real one (do they exist?); it can be one of your own excuses or one you heard from someone else - feel free to name the culprit!

Send your entries to the Editor by 30 May 1980 at the latest. Results will be published in the next issue. (No bribes will be accepted (well, probably not!).)

808 GRAHAM ROUND 1979

Details from Fred Rogerson

				No.
1 June	22.01	T Birch	Altrincham AC	111
	22.01	C Lawton	Manchester Ass. Ramblers	112
	22.01	R Womersley	"	113
9 June	22.53	R Couper	Milton Keynes AC	114
	23.03	M Cox	"	115
	23.15	J Bloor	Airienteers	116
15 June	23.37	R Smith	"	117
	21.42	M McGovern	Horwulch RMI	118
	20.19	M Osborn	Clayton le Moors	119
23 June	22.56	P Turner	39 Volkalave (Army)	120
	22.17	S Bradshaw	Clayton la Moors	121
	22.17	T Peacock	"	122
26 June	22.17	G Wright	Rosendale H & AC	123
	19.09	P J Dixon	Kendal AC	124
	19.51	A M Deel	Kendal AC	125
30 June	22.05	H Forrest	Gosforth H & AC	126
	22.05	M Farmery	"	127
	22.05	J Wagstaff	Tipton Harriers	128
14 July	20.31	R Coates (Miss)	Lochaber AC	129
	23.20	58 Summits by Will and Anne Marie Grindley		
	46.34½	Bob Graham Double by R Raumeister (Dark Peak) Rest time 3 hr.9 min. Running time 43 hr.25½ min.		
21 July	23.48	R Courchee	Airienteers	136
11 August	21.00	M Gerratt	Mandale AC	137
	21.00	P Haines	"	138
	23.30	W Dodds (Miss)	Airienteers	139
21 September	22.40	D Bayliss	Kendal AC	140
	23.08	R Jackson	Kendal AC	141

Note: Members 130 - 135 - Dark Peak Fell Runners and Guests -
3 members times not to hand, hence I cannot allocate numbers
with names. Names and times to hand as follows:-

30 June	23.28	H J Artiss	Verlea AC
	23.28	M J Greaves	Dark Peak Fell Runners
	23.38	N Piper	"
		R Lewisley	
		A N Other	
		A N Other	



ROGER BAUMEISTER AFTER
HIS EPIC DOUBLE 808
GRAHAM ROUND

VETERAN HILL RUNNER OF THE YEAR

by Peter Brooks

It was during the 1978 Cairngorm Race that the idea of separate recognition for veterans was germinated. It dawned on more than one of the veterans, amidst the sweating, grunting and other impolite noises of the aged, that here was a race within a race. In this instance between Hamish Scott, Walter Ryder, Peter Carmichael, John Black, Eddy Campbell and myself.

Subsequently, a little research on hill race start sheets showed that veterans usually made up 15% to 20% of the field! Thus it was that the last issue of the "Fell Runner" carried the information that the FRA approved the Veteran Fell Runner of the Year award, which commenced in 1979.

As a reminder, the scheme is as follows:-

1. 9 category A races to count of which there must be 2 long, 2 medium and 2 short distance.
2. Veterans placings to be taken independently of overall results with 12 points for the 1st veteran placing, 10 for 2nd, 8 for third, then down to 1 for 10th.
3. A runner is not eligible until he attains the age of 40.
4. An award will also be made to the Senior Veteran who is 50 or over on the 1st April in the year of competition and has gained the highest number of veterans points.

The scheme as it stands is the consensus of a number of active veterans and was finalised after due consideration of a wide range of comments and opinion. For example, why not give the award to the veteran who is highest placed in the existing Fell Runner of the Year scheme? This would have ignored all those superb veteran runs that fell just outside the first 20 placings in major events - for example, Harry Blankinsop's run in the Fairfield. The FRA's main scheme would also offer little or no recognition to the real veterans of our sport, the over-50s.

In fact the over-50s can argue that the 1979 scheme makes it very difficult for them to gain points, particularly in such events as the Peaks or the Nevis where 100+ veterans compete. Very true, but it would be difficult to run a separate scheme, when most result sheets don't distinguish veteran categories. Perhaps the answer lies in extending the points system next year to the 1st 20.

What we have at the moment is a workable scheme which will undoubtedly pick out the best all round veteran man of the hills in both age categories. Let's see how the system works as a whole this year and refine it if necessary on the basis of experience. Any constructive comments are welcomed, but in any case would the competing veterans please forward, before 31st January their best placings along with their category (0/40 or 0/50) to:

The Fell Runners Association, C/O Peter Brooks, "Shenavall",
Drummond Terrace, Crieff, Perthshire. PH7 4AF.

With just the Wansfell to go at the time of writing, my guess is that Jos Naylor's veteran win in the Blisco places him very close to Harry Blankinsop!



HOSS O.B.E.

HOSS O.B.E. OUTFOXED

Another legend of the
immortal TV parsonality.

by Bill Bentall
(who also drew the pictures)

A couple of years ago readers of the Farmer's Weekly were surprised to see the headline across the sporting pages: "JOSS NAYLOR WINS ENNERDALE HORSESHOW". North Country readers were quick to spot the misprint and telephone the paper to point out that the winner was in fact the great Hoss Naylor, rear half of the long acclaimed circus act from Hossdale in Cumbria.

Of course the unfortunate journal was doubly embarrassed having libalously reported only the previous month that Hoss "ran over 72 Lakeland pigs in less than 24 hours", which they corrected the following week "72 Lakeland Pokes in less than 24 hours". The poor man had been seriously abused by the Dog Lovers of Cumbria Association, immediately after having been ostracized by the National Pig Breeder and Fatstock Club, but luckily was able to live in modest comfort on the proceeds of the damages he received.

Hoss, you will remember now I remind you, was featured in the Horwich Gazette Colour Supplement shortly after this, standing in his costume against the miety hillside, over an article which described how, every morning, having slept naked and bathing in the river, he went off to pass Hosswater before climbing back into the straw in the stable.

I suppose he was already past his best when he first approached me, then an unknown tap-dancer from Wakefield, to be his partner in 'The Big One' - The Karricot Two-Day Mounting Marathon to be staged later that year around Saddleworth. You will remember the one; where the organisers put the dots representing the checkpoints well athwart a 1970 copy of the D.S. map, and had failed to notice not only the re-afforestation of the whole northern section, but also the intrusion of the M62 across the

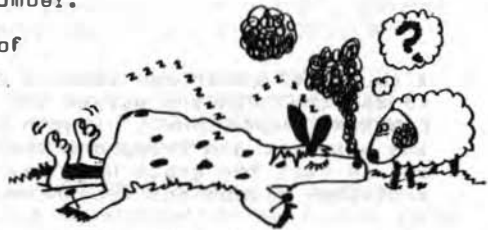
NOTE: Those rear of Hoss will tell you that he has the Odour of the British Eve Breeder, and uses two pages of the Mackeson Book of Records every year to display his feet.



**ALMOST HAD OUR
FIRST ARGUMENT.**

feet out into the fresh air and went out like a light. Hoss, I was reminded forcibly, was the D.B.E. - the Odour of the British Ewe Breeder, but fatigue and lack of oxygen, and the rhythmic sound of his breathing soon anaesthetised me into a deep slumber.

Through my dreams came a sound of baying, and Hoss was shaking me roughly, already into the tail-end and pawing the ground. "We're in luck, little Bill," he cried, "It's the Hossdale Hunt and they're heading this way. On your feet, Lovely Boy and Tally Ho!"



WENT OUT LIKE A LIGHT

I had barely time to adjust my eyes to the light that jabbed through the two orifices provided, when I saw the fox go by. And what a fox! A giant fox, the like of which we had never seen before, and as it saw us it actually laughed a great foxy laugh. Angered we joined the chase, hounds about us. Over rock and across we ran ever faster, but still the fox led the dance. And, as our legs began to weary (you remember about the kit for two days?), the cunning animal turned and mocked us. "Hup, two, three, four," it called over its shoulder, "Get yer knees up" and "Are yer jogging then?"

Oh! Familiar phrases indeed, but never so wounding!

Of course the reader is way ahead of me. What we were pursuing was, as you have guessed, no fox. No fox at all! DENIS WEIRWOLF in full costume, chased by some familiar figures in expensively realistic Snoopy outfits from Harrods.



They were all there, Harry Porker, Mike Snort, Harry Blinkeratot, Dodger Cowmeister,

DENIS WEIRWOLF IN FULL COSTUME

middle that had brought with it the creation of a 100 acre industrial estate right where the night stop was planned. Many pairs spent the night on the roof of Tesco's warehouse and a mixed couple in the Standard B, two Norwegians with an overactive sex life and heavy equipment fell through into the Stork Margarine area and had to be scraped dry before they could embark on Day Two.



HOSS
INBRED.

But I digress. Hoss as every school person knows, has had a bad back for years and always runs bent over at 90 degrees, an occupational injury common with gentlemen in his chosen profession i.e. Circus Horse Rear Half. His front man in those days was one Alan 'The Nag' Walker, now a dealer in second-hand (or if you prefer it 're-cycled') offal in Seaton Carew.

This particular year, as luck would have it, The Nag had fouled his snaffle rather painfully on some barbed wire whilst competing in the notoriously dangerous Hee Haw Skyline in Derbyshire, and was unable to don the familiar maned head, and I was asked to take his place 'forrad' as they say in the trade.

Well we arranged to meet up, as pairs do, a couple of days prior to the event to check equipment and have a final test of compatibility under stress, at Hoss's Hossdale Hillside Home.

Carefully we laid out the kit. Headlamp, waterproof blanket, veterinary box, tent, stove, spare harness, curry comb, shoes, compass, plenty of straw, rearlamp.... Hoss would carry the rearlamp and the curry comb he declared. He was testing me, I knew, so refusing to be drawn, I agreed without hesitation.

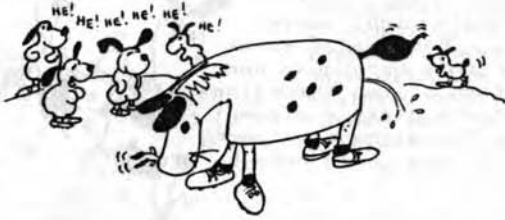


GOADING ME ON
FROM THE SADDLE.

I shall not weary the gentle reader with a catalogue of the problems associated with fitting equipment for two days survival into a Circus Horse, but say that with 'some difficulty' we strapped everything to our persons, got into the horse-skin and set off at a brisk gallop up Yeubarrow. Or at least Hoss set off at a gallop, whilst I being somewhat unfairly handicapped and not yet having sighted the compass which we had nailed to the nose, was quickly overtaken by the back half, so that we began the ascent 'in parallel' rather than 'in series' as they say. This soon sorted itself out and the ascent continued in a rather more dignified way. Half way up, glancing down I observed, from a position roughly where my waist had been when we set off, two prominences, one at each side, protruding straight ahead.

It was only after climbing several hundred feet more that I determined that they were the hairy legs of my companion. The crafty Hoss had secretly mounted me from the rear and was goading me on from the saddle as it were.

At this point we almost had our first argument, but when Hoss pointed out to me that it was essential he saved himself for the true trial to come, I happily saw reason and discord was avoided.



Belly Band and his brothers, you name them, they were there, laughing.

We pretended to be grazing quietly as if nothing had happened, but Moss was cross, I can tell you. He kicked out

a lot all the way back down to Hosswater.

He was crosser still when we were beaten in the Elite class by a leggy duo, Andy Stallion and Eddie foalie, from Cleathorpes Safari Park.

BY A NECK!



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22/24 February 1980

This weekend has been designed to provide a unique opportunity for fell runners and their families and friends to enjoy every aspect of their sport.

The weekend will start with dinner on the Friday evening, followed by a video tape of last year's Snowdon Race, together with films of sporting events of special interest to fell runners. After breakfast on Saturday members of the Eryri Harriers will be available to help organise competitive events - with prizes, or you can make the day your own running in the hills. We will conclude Saturday's events with a Dinner and Dance. How about a long run after breakfast on Sunday, followed by Sunday lunch?

THE WEEKEND IS OFFERED AT THE SPECIAL RATE OF £19 PER PERSON
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THE LADIES BEN NEVIS RACE

by Ros Coate

The Ben Nevis Race is the ultimate of its type in Britain and so is an extra special event. Yet each year it is marred for the ladies by the organisers insistence that there is no official ladies race and by their inconsistent treatment of us.

For example last year (1978) the race committee:-

- did not charge us an entry fee.
- printed our names in the start list.
- but quoted ladies record incorrectly (Joan Glass took seven minutes off her '76 record in '77).
- gave us numbers (I believe previously they had insisted on the ladies tearing off the "Ben Nevis Race" bit of the number).
- told us (just before the race) that we would be starting one minute after the men, then on the start line, with seconds to go, announced they would "wait another minute".
- did not arrange any changing facilities or showers (some of us washed in the river, others went to the police station).
- gave us the meal afterwards.
- gave us a certificate (the same as the men "His time was....")
- did not list the results of the ladies race (though even the men had a poor deal as only the first hundred were listed - I would have been 93rd).
- did give the first three winners prizes.

I think we all felt discouraged to hear the organisers announce before the start and again at the prize giving that this is not an official race - we have trained hard, travelled a long way (e.g. London, Wales), are reasonably competent and are treating it seriously - why can't they show us a bit more respect?

After the prize giving several of us discussed our thoughts with the organisers - we wouldn't mind paying the entry fee and can manage without showers - but please could the race be made official? Also could we start, if not with the men, than one or two minutes ahead of them? (I must have had to overtake nearly three hundred men, whereas the dozen or so ladies would be no problem for the men to pass).

I wrote afterwards, hoping that putting it in writing might help, but got no reply.

So this year (1979) we were all interested to see what progress had been made. The race committee:-

- charged us the full entry fee.
- printed our names in the start list.
- but still quoted Joan's '76 record (I had now improved her unrecognised '77 time by seven minutes).
- gave us numbers.
- started us two minutes after the men again.
- did not arrange changing or showers.
- gave us certificates (the men's again).
- listed us on the results sheet (a complete one this year)
- did not give us any prizes.

Again there were several announcements reminding us that it was only an unofficial ladies race - saying at the prize-giving

that "it was up to us, the competitors, to make it official"! I understand the race committee did write to the SAAA, got no reply and did not pursue the matter any further.

Possibly a way round the starting problem is to follow the example of the Langdale Fell Race where we were started at the same time as the men, but stood ten yards in front of them (is this what is meant by a "chasing" start?), it seemed to work very well.

The ladies do not want a lot of extra work to be done for them, but they would appreciate the race being made official and the results accurately recorded, i.e. some of the basic courtesies that other race organisers provide without fuss.

Ros also comments on the announcement made by organisers that the race cost £6000 to put on, saying that a look at their balance sheet would be interesting. This is a subject which has been under tentative discussion by the FRA committee - see Committee Notes. Ed.

Details from: M O Liddell
27 Borden Rd,
Glasgow G13 1RB

GLASGOW - FORT WILLIAM RELAY

Dumbarton AAC has for the past five years run a relay over this route. Last year both Clydesdale and Lochaber ran with us. Though not yet organised on a competitive basis, the route is becoming known and others would perhaps welcome information. Next year we hope to run on 22 March starting from George Square Glasgow at 7 a.m. assuming summer time is in force. The route is about the closest to a straight line that can be envisaged between the points, while avoiding the worst of the natural obstacles and the tyranny of road running. The rules are:-

1. Eight runners per team.
2. Each runner runs four stages which may be consecutive.
3. Changeovers only at the listed checkpoints.

O/S	Point	Distance	O/S	Point	Distance
573683	Ruchill	2.6 FP	340209	Falloch	6.6 FL*
556717	Kessington	2.7 RD	333287	Cononish	5.0 FL*
551754	Clobber	2.4 XC	331319	Meal Odhar	2.2 XC
538795	Carbath	3.0 FP	328357	Auch	2.5 FP
522835	Dumgoyne	2.7 XC	290395	Br o'Orchy	3.0 TK
524863	Killiearn	2.0 XC	271423	Forest Ldg	3.0 FL
522900	Ballat	2.5 RD	269529	Blackrock	7.1 TK*
505936	Forest Pk	2.7 XC	246551	Glen Etive	2.2 RD
452001	Lochard	6.3 TK*	221563	Altnafeadh	1.8 RD
429037	Loch Dhu	3.5 TK	186619	Kinlochleven	4.9 FL*
413074	Frenich	2.8 FP	100666	Lairigmor	6.3 FL*
401102	Stron'har	2.5 FP	096704	Blarm'ach	2.2 RD
381134	Glengyla	2.6 RD	102739	Cameron Sq.	2.5 RD

XC - Cross Country FP - Footpath TK - Track FL - Fell
RD - Road * - Double Stage.

The route contains sufficient mountain stages to qualify as a fell relay, while providing less exacting terrain for the average club.

HEART ATTACK - IS NO-ONE IMMUNE?

A personal account of one experience by P G Knott.

An American doctor, Thomas Bassler, is quoted as having said that he believes that anyone who has reached the level of fitness to enable them to complete a marathon is permanently immune from heart attack.

Unfortunately this simple theory does not appear to be true. I am not unique in having this physical capability and having suffered a coronary thrombosis. The medics do now seem to argue that physical fitness will reduce the risk and also give a better chance of survival and recovery from the first attack.

Until the afternoon of 20th August this year (1979) I had never given my heart much thought. Certainly I was happy in the belief that competitive athletics in middle age would protect me from the common ailments of sedentary suburban man, including heart attacks. Not that that was the motive for training and competing, more a case of that being a beneficial spin-off.

A twinge in the chest on Sunday morning jogging to the start of the Barnoldswick Waats Hill Race was soon dismissed. Similarly a re-occurrence at work on Monday morning. Later that afternoon more severe chest pain followed by twinges in the left arm, tingling fingers, sweating and dizziness, initiated a chain of events which put me on the end of an electro-cardiograph (ECG) machine at Blackpool Victoria Hospital. "Very odd" muttered the doctors amongst themselves and then announced that my heart beat was very ragged and rough. Twenty-four hours observation in coronary care was prescribed and I was hooked up to permanent monitoring on an oscilloscope.

With only mild chest pain, I had visions of being home next day. "Might have to miss Burnsall next weekend, but should be OK for the Ben" I thought. At 11 pm the dizziness started again and I passed out to the sound of the cardiac arrest alarm and a vague awareness of a growing audience around my bed. Apparently my pulse rate dropped below 30, from a normal at rest level of twice this, before being arrested by stimulating drugs being injected into the blood stream. Subsequent analysis of the blood showed some heart muscle damage and by 6 am next morning a temporary pace-maker was being fitted to prevent a re-occurrence. A wire is inserted into the heart through a vein from the neck. The pulse generator box of tricks is then set to a prescribed amplitude and frequency and will cut in on the natural pulse if it drops below the set frequency.

Bed rest followed. The worst feature of this phase was that I never mastered properly the technique of urinating in a horizontal position! The following phase of short sorties around the ward was abruptly terminated by another fainting session after which the pulse and blood condition returned to normal and a week later, with pace-maker removed, I was back home.

In hospital and since I have pestered the doctors about returning to running. They are not keen and a progressive walking diet has been prescribed with a promise that this can lead to jogging.

Three months after the event I am now walking from three to six miles a day, hard on the flat, gently up steep ground and occasionally breaking into a jog downhill. I have managed one orienteering badge event(M43) in a reasonable time.

A 95% recovery of the heart muscle damage is forecast in a period of about 6 months. Advice on competitive running in the future is to forget it, but you know runners! and in any case the medics have to err on the safe side. But whatever the outcome I am glad to be alive, and for that I am grateful for the prompt action of colleagues at work, the skill and attention of hospital staff, for whom I have new respect, and the help and understanding of family and friends.

The cause is, and probably will remain, a mystery. I have given this much thought without reaching a firm conclusion. The more I think about it the more I feel that I was unwittingly heading in that direction for some time, a year or more even. I can now recall having unsteady pulse behaviour and mysterious tiredness and loss of running form. I wonder to what extent hypothermia in the Three Peaks Race or doing the marathon diet for the Welsh 1000 contributed towards heart stress? With hindsight a regular ECG might have prevented the attack and I now think that such a check should be done regularly to all over-40 long distance runners.

There are some interesting developments in the field of hearts and running now happening or planned in the UK. Only a few weeks ago I learned of a Northern Vets study planned and of a cardiac rehabilitative course at Preston Polytechnic, which takes patients after three months of recuperation and encourages them to build up their fitness through controlled exercise including jogging. I hope to participate in both of these and may have some information of general interest for future issues of the magazine.

November 1979

As Peter stated at the start of his article, his case is by no means unique. In fact, only a couple of months earlier veteran Longwood Harrier John Hubbard suffered a similar attack. His account of what happened to him mirrors Pete's in many respects, but we have no hesitation in printing it in full, as being of relevance to all who run and compete. Ed.

"After a few reasonable performances on the falls during 1978 followed by a winter of high mileage training, I thought the 1979 season would be the period when I achieved a good performance level. This ambition has fallen down with a large thump.

My three races of 1979 were, by what I had expected, flops. The problem was not distance, but lack of pace. In an effort to improve this I modified my training to include effort running, foolishly without reducing the weekly mileage of around 100. Results, I hoped, would be demonstrated at Wasdale. Unfortunately Wasdale never had a chance.

My trouble started on Saturday June 24th. I was at the toilet prior to going on a long steady run, when I developed an acute pain in my lower abdomen. The pain was such that I passed out and on regaining consciousness, crawled back to bed. The pain subsided, but moved to my left-side kidney region. On Monday I went to the GP who offered a couple of plausible explanations and fed me some antibiotics. He said I could eat as normal, but should take the running easy. I still felt weak, so I reduced the mileage significantly and ran very easily. By Thursday I was much improved and went for a five-mile run at an increased speed. After three miles I got a stitch-like localised pain in the middlesection of my left side rib cage. I trained again on Friday and Saturday, with the pain increasing at the end of each run. A gentle ache in the rib cage had now developed whenever I inhaled deeply.

My Sunday run took two hours, and while I did not feel any worse for the experience I did not improve any either. By Sunday night, however, things were beginning to hot up. Both the localised pain and the ache had intensified. On Monday I saw my GP again who changed my pills and told me to rest. By Monday night the act of lying down was very painful, I could not sleep, so I sat up in an easy chair. On Tuesday the GP was called and he promised to bring a consultant to see me the following day. That night, however, the pain was such that my wife got me into the car and deposited me at the Casualty Ward at Huddersfield Infirmary. I was wired to an ECG unit and it was established that I had suffered a heart attack at some time during the previous ten days.

The pain however, was a complication and was caused by the formation of a pulmonary embolus. I was taken to the Coronary Care Unit, wired to a machine and observed. Some time during the night I had a cardiac arrest. I was resuscitated and, since then, have gradually recovered.

My convalescent period has been very steady, but I now feel quite well but am aware that something has been wrong. I want to know more about my condition and how it will influence my future life, particularly the hopes I had for running. The consultant at Huddersfield categorically ruled this out, but has since consulted with a specialist who has experience of athletes and I have been told that jogging is a feasible proposition. Running competitively is definitely out. As a veteran this is not the end of the world, as the most enjoyable aspect of running has been the freedom and the awareness of nature one gets when running through woods and fields and on the moors. This I feel is still open to me, if I want to pursue it, and as such I am very thankful.

It does seem, however, that medicine is still very much in its infancy and the more I try to unravel my case history the more confused and unsure the facts seem to be. The Huddersfield consultant recently stated that he is not now sure that I had a heart attack or a cardiac arrest. He is certain about the embolus (which may have caused some heart irregularity to show on the ECG), but he cannot say how it was started, or whether it is likely to occur again, (I am taking Warfarin to reduce any blood clotting tendency). I have no factual evidence of how to proceed from here. The advice of the athletics

consultant seems to be the most appropriate, though rather rule-of-thumb in approach. He advised to proceed sensibly, and honestly assess how any activity is effecting me.

Perhaps in the past I have not proceeded as sensibly or as honestly as I should have. Mileage became almost an obsession. The period from November to April still creates a sense of amazement on reflection, as it epitomises all the things I have felt in the past destroyed running as a 'fun' activity. My highly increased motivation could have been a factor which contributed to my illness. While no cause has been identified it was indicated that mental rather than physical stress was probably the major influence. This I can believe - like everyone else I have had home and work stresses, but the mental effort of getting myself out training, usually twelve times a week, and running 100-120 miles was the strain that broke the 'camel's' back. While recuperating I bought and read Joe Henderson's book 'Run Gently, Run Long'. Here is presented a view which I have always believed is the essence of running. During the last eighteen months or so I appear to have neglected this approach and become obsessed with mileage as the solution to all my needs. This mileage, however, was never fun. The only really enjoyable runs were the Sunday sessions with Andy Styan. We would get on the moors and simply run long and easy. We had time to look and observe the wild life and the changing seasons. We had time to talk. It is these Sunday runs which will leave the biggest gap in my running.

As Henderson indicates, the body gives a variety of signs which are essentially warnings. I suppose I received plenty (except when running, continually enervated, occasional blood in urine, groin pain), but chose to ignore them, not being prepared to acknowledge something might be amiss. Eventually something was and unfortunately retrospective action cannot be taken. I hope that on reading this runner who might be in a similar situation can be persuaded to modify their approach and prevent the final catastrophe. I say catastrophe because this is what I feel it is when someone destroys something that is very much part of their total life-style for a short-term gain!

I still believe in physical fitness and in August I felt it was time I started doing something about trying to maintain any condition I still possessed. I now perform the Canadian RAF exercise routine daily and walk about three miles a day. Since I have had the go-ahead on jogging I make the walk to work an interval type jogging session. If I overwork I get an ache in the lung where I had the blood clot and I stop and rest. I have managed, with a struggle, to curb the enormous appetite I developed when I was training 100+ miles a week and have not gained any weight. I would like to get back to jogging for 5-6 miles at a time, but am in no great hurry to achieve this and the greater the restraint I can exercise, perhaps the better it will be in the long term. I say this because I still believe I am highly competitive; one does not have to enter races to compete. My biggest rival has always been myself and I find it extremely difficult to perform a physical activity easily, hence my restraint in getting back to some level of fitness.

In conclusion I can only add that I shall miss much, but the friendships formed through running connections will sustain me as they have during my illness. To all who have expressed their concern, my wife and I extend our sincere thanks."

November 1979

RUMOUR HAS IT

- that Jos Naylor won the "Biggest Liar in the World" competition, held in the Lakes recently. Can we ever believe the stories about his back again?
- that Ros Coats has invited the Ben Nevis Race organisers to do the Karrimor with her this year. (Her male partner* in the Elite last year was carried off on a stretcher.)
- that Martin Weeks may run in a race next season.
- that the Northern Counties Fell Race Championship in 1980 will include championships for Rutland, Cornwall, Scilly Isles, Glamorgan, Shetland, Tierra del Fuego and others.

S H O R T S

Car sharing to races

If you are interested in sharing cars to races to save costs, let us have your name, location and tel. number, which we will print in the magazine, so that people can contact you and you them.

A.G.M. 1980

Don't complain if you disagree with F.R.A. policy or decisions if you aren't willing to put your own views forward. The best place to do it is at the A.G.M. on 29 March after the Pendle Fell Race.

Distribution of magazine/calendar

If you hear of someone moaning about not getting their magazine, ask them if they've paid their '79 subs! If they have, tell them to contact the editor, who has now taken over distribution.

Race Organisers!

Please save us postage and time by sending your results (and reports and photos, if possible) to us. Don't wait for us to ask you!

Magazine - Summer 1980

Please let us have any reports, articles, etc, by 14 June, latest.

THE FELL RUNNER OF THE YEAR CHAMPIONSHIP 1979

As the season moved into Autumn, it became clear that this was a two-horse race. (After Bill Rentall's piece that phrase will never mean the same again!) Andy Styan took an early lead with wins in several long and medium category events, but was lacking in the short events. Billy Bland came through gradually after a winter injury setback and brought himself back into contention in the autumn. As we go to press all depends on the Mansfell Race. Billy must win to share the championship - Andy needs a third or better to make it his own.

Mike Short's long-standing ankle injury held him back this year and Brian Robinson, the other main contender, missed out on the long events.

Next Year? Should be interesting with these four likely to be challenged strongly by Colin Donnelly and the up-and-coming Andrew Taylor, not forgetting Bob Whitfield and Harry Jarrett.

THE COMPLETE BOOK OF RUNNING by JAMES F. FIXX

Originally published in the USA in 1977, this 'new revised edition' published in July this year by Chatto and Windus (price £5.95), is referred to by the author as 'the British edition'.

My initial reaction on reading the first few chapters was of mild dismay that the author should be revealing to the public at large all the secrets of the benefits of running that those of us who have been running for many years have discovered for ourselves. Never before have I seen these benefits so lucidly expressed in print, but the only real criticism might be that the case for running for health is a little overstated.

The author's enthusiasm for running is obvious and infectious. The reader is led in a compelling manner from the early chapters on the benefits, through good commonsense descriptions of training, diet and injury maintenance, into the world of competitive athletics. Included in the closing chapters is a brief but fascinating glimpse into scientific research on running and the effect that this may have on future performance.

No book of such a title would be complete without reference to orienteering and fell racing and although James Fixx does not appear to have had much, if any, competitive experience of either, his chapter devoted to these two branches of athletics is accurate if brief and gives insight sufficient to serve as a useful introduction for the road runner. Most of the information is gained from visits to the UK and discussion with such experts as Martin Hyman, Bill Smith and Martin Weeks amongst others.

With Martin Hyman's assistance, James Fixx has managed to capture the unique fascination of orienteering. Some of the navigational tricks of the sport are described, notably 'aiming off'. Surprisingly no mention is made of orienteering in the USA, where it is practised, albeit in its infancy.

On fell racing James Fixx emphasises the severity of the terrain and the weather and quotes from Bill Smith on the friendly atmosphere and informality of the sport. Some of the leading competitors are discussed as is the successful introduction of fell racing for women in 1977. Surprisingly the author finds it curious that by and large fell runners do not have coaches. I always thought that this was generally true of road runners too.

The book's appendices includes the 'Fell Runners Association' in the list of organisations and 'The Fell Runner' in the list of periodicals.

Conclusion:- interesting reading.

Note: FELL RUNNER OF THE YEAR TABLE - 1978

Peter Brooks of Lochabar asks me to point out that his total of points is 34, making his position No. 49 in the table

COMMITTEE NEWS

by the Editor

Though the committee meetings are very useful, there doesn't seem to have been much of great importance happening in the past few months.

- The one key point is a decision about categorisation of long 'O' type fell race events. John North proposed that events such as the Vaux and the Copeland Chase should be given 'A' categories, but should not count towards the Fell Runner of the Year Championship. This was carried unanimously.
- The Development Sub-Committee carries on its work, and after some significant progress with the AAA, seems now to be getting impatient with them.
- The committee continues to examine the issue of financing of races. It has been suggested that we ask race organisers to open their books to us, but as yet we have not agreed on an approach to this sensitive issue. Race organisation also comes into question here, with suggestions for a 'Good Fell Race Guide'. (Incidentally, many members have spoken or written to me about this subject - I'd like some discussion on it in the magazine, but don't send me letters if you're not willing to have them printed.)

The full minutes are available to any member who wants to see them - contact Pete Welkington.

COMMITTEE OFFICERS

Chairman - Peter Knott, 66 Edwinstowe Rd., Lytham St. Annes, Lancs. Tel. Lytham 737871.

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Anna-Maria Grindley (Ladies), Peter Brookes (Scotland), John North, Pete Bland, Danny Hughes, Colin Ratcliffe, Kevin Shand.

DON'T FORGET - LET DAVE PAYNE HAVE YOUR SUBSCRIPTIONS AS SOON AS YOU CAN!

- THE FELL RUNNERS ASSOCIATION A.G.M. IS ON SATURDAY 29 MARCH 1980 after the Pendle Race.

You've had your read - we hope you've enjoyed it
NOW - we'd like something from YOU

1. Reactions to the magazine and suggestions for improvements.
2. Photos - we aim to use more of them, not just individuals, but group scenes, starts etc.
3. Material to print:
 - a) Articles of any kind
 - b) Poems/limericks
 - c) Gossip/Rumours (for the "rumour has it" column)
 - d) News snippets
 - e) Letters to the Editor about anything, but preferably "contentious" issues.
 - g) and, of course, race reports/results

We can't print everything, of course, though we did try very hard this time!

Let us have anything you do want to contribute in plenty of time. We hope to have the next issue out by the beginning of July and need to have all the copy by 14 June at the latest.

FOOTNOTE



Running or walking,
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