



THE FELL RUNNER



AUGUST 1981

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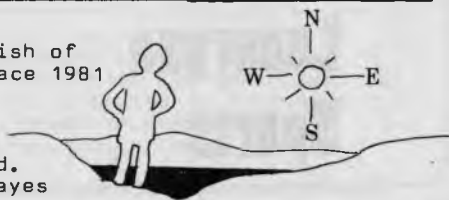
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COVER PHOTOS: The Start and Finish of
the Duddon Fell Race 1981

PHOTOGRAPHER: John Offley

Top - Jos Naylor leads Tony
Cresswell and Pete Bland.
Bottom - Peter Haines and Mike Hayes
set for a sprint finish.



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EDITOR'S NOTES

WHERE DOES YOUR MONEY GO?

You must have wondered at times, as I have, just where the money goes in some fell races. A quick mental calculation of the total entry fees and a rough estimate of organisers' costs, leaves you wondering where it all went, and asking whether you got value for money, and occasionally, perhaps, wondering if a particular organiser is a crook!

Why is it that some races offer orange juice at the end, then unlimited tea or soup, and a plate of sandwiches and cakes, an extensive prize list and a quick results service for £1 or £1.50 and other races with the same entry fee offer nothing except prizes for the first five or six? Why do some races still offer the same (limited) value of prizes as they did five years ago when the numbers of competitors have increased fourfold?

We could go through the Fixture Calendar and find that there are quite a number of races with obvious question marks about value for money and where the money goes, but what can we do about it apart from moaning?

Firstly the organisers can help themselves and us by printing their balance sheet with the official results. Some do this already and I personally find it an admirable idea. It helps me to understand the 'hidden' costs of organising a race, particularly a long one and to appreciate the mechanics of race organisation. Some races are sponsored and some are not, some are organised by clubs and the profits go to club funds, some pay for catering and others organise refreshments themselves, some pay for police help, give donations to Mountain Rescue, or a charity, etc., etc. If we as competitors were told where the money went we could, perhaps, be a lot more understanding. So come on organisers, follow the lead of Messrs. Patten, Makin and others. We will continue to publish examples of balance sheets like Frank Sykes's Chew Valley race accounts.

If the organisers still don't publish their accounts and we still have questions and doubts, what then? Is it their private business or do we have a right to know? I believe that we do have such a right and that race accounts should be available for anyone to inspect. Only those with something to hide have anything to fear.

The FRA committee is in the process of drawing up safety rules for race organisers which will probably have to be implemented before the race gets FRA 'approval'. Should published race accounts also be a condition of FRA approval? Your views would be welcome.

Andy Styan.

July 1981

Since the Fell Runners' Association is an association of individuals and 'The Fell Runner' is a forum for individual opinions, the views expressed in this magazine do represent the views of the FRA. The editor takes no responsibility for them, except for his own (and not always then!).



ANNUAL GENERAL MEETING

Whitehough Camp School, Barley

4 April 1981

Extract from the Minutes

1. Minutes of 1980 AGM distributed before the meeting were accepted. The agenda covered all matters arising.
2. Chairman's report. Peter Knott gave thanks to officers and committee members, mentioning the quality of the Fixture Calendar and the Magazine, but in particular the work of Jean Lochhead Treasurer/Registrar. He then reported on negotiations with the AAA (see separate report following this extract).
3. Secretary's report. Peter Walkington reported on the business of the six committee meetings held since the previous AGM, except AAA matters dealt with by the Chairman (see Committee Notes, 'The Fell Runner' -January 1981 and this issue). He answered questions raised about the new Fell Runner of the Year Award system.
4. Treasurer's report.

INCOME AND EXPENDITURE ACCOUNT

<u>1979</u>		<u>£</u>	<u>1979</u>	<u>£</u>	
716.80	Magazines(Jan/July)	1145.00	961.65		Subscriptions 2366.75
120.84	Calendar	216.62	137.00		Adverts, Mag. 383.00
116.31	Stationery	87.61			Miscellaneous 3.82
32.62	Telephone	18.10			Sale of shirts 69.70
303.15	Postage	485.53			
	Petrol	14.50			
	Bad debts Adverts	23.00			
	Purchase LS Shirts	135.00			
	Surplus	697.91			
		<u>2823.27</u>			<u>2823.27</u>

BALANCE SHEET AS AT 31 DECEMBER 1980

	Accumulated funds	148.29		Cash at Bank	767.00
162.74	Surplus for 1980	697.91		Cash in Hand	79.20
		<u>846.20</u>			<u>846.20</u>

Audited by: John Osborn

Jean Lochhead answered questions relating to bad debts and a Sports Council grant and concluded by saying that the balance now in hand was well in excess of the £846 on the Balance Sheet of 1980. A proposal to accept the Balance Sheet was carried unanimously.

5. Proposals

- a) That the FRA continue its attempts to affiliate to the AAA under clause 9 of AAA laws. Carried with 2 votes against.

- b) That the FRA accept the proposed constitution as being appropriate in the event of affiliation to the AAA, subject to alterations in the light of negotiations. Carried unanimously.
- c) That an Extraordinary General Meeting of the FRA be held on the afternoon of Saturday 14 November 1981 after the Blisco Dash race at a venue somewhere close by, and that the Annual General Meeting of the FRA be moved to some time between 1 October and 30 November each year. Carried with 3 votes against.

6. Election of Officers and Committee

The following were elected unopposed:-

Chairman - Peter Knott General Secretary - Peter Walkington
Treasurer - Jean Lochhead Fixture Secretary - David Moulding
Magazine Editor - Andy Styan Membership Secretary - John Broxap

There was an election for the post of Statistician with Kevin Shand recording 9 votes and Peter Brooks being elected with 24 votes.

The following were elected unopposed to the committee:-

Norman Berry (Holmfirth), John Blair-Fish(Dark Peak Fell Runners), Pete Bland (Kendal), Harry Blenkinsop (Keswick), Danny Hughes (Cumberland Fell Runners), Kevin Shand (Rochdale), Sue Styan(Holmfirth).

7. Any Other Business.

- a) Request for extra material in calendar not accepted.
- b) A proposal that 'The title of Fell Runner of the Year Award be changed to the British Fell Running Champion' was carried with 3 votes against.
- c) Full explanation of choice of Championship events was given.
- d) Suggestion that competitors in the first 20 who could not win Championship should not score (i.e. Juniors and non-members) was not accepted.

45 people attended.

THE FRA AND THE AAA - THE NEXT INSTALMENT

by Peter Knott

Since my notes on the subject in the January 1981 issue, we have had a meeting with the Northern Counties AAA, an AGM and the AAA General Committee has discussed the subject.

Our meeting with the NCAAA was aimed at improved mutual understanding in general and in particular to discover what their objections were to our aspirations. The NCAAA representatives seemed to accept that we should eventually play a major role in the governing of the sport but not yet. They were also clearly unhappy about the individual rather than club membership.

Committee felt that it was time to put the ball back into the AAA General Committee's court and the following proposal was passed at the FRA AGM - 'That the FRA continue its attempts to affiliate to the AAA under clause 9 of AAA laws'. Subsequently a letter was sent to the secretary of the AAA requesting that the General Committee put to the 1981 AAA AGM the proposal to affiliate the FRA under clause 9, i.e. the same proposal that should have been placed before the 1980 AGM and which was withdrawn at the eleventh hour. We argued that the

objections raised prior to the 1980 AGM had now been dealt with, including the work on our constitution and discussion with the NCAAA.

The AAA General Committee met and discussed this request in April, the week after our AGM and Barry Willis (AAA Secretary) wrote to us on 29 April. The letter says that the Committee is against giving the FRA the status similar to the ECCU etc., i.e. under clause 9. The reason given was that we are based on individual membership and not club membership as are the AAA and all their affiliates to whom authority is delegated.

We have, at all times, when this subject has been raised, stated the importance that we attach to individual membership, but we have shown our willingness to compromise by writing into our proposed constitution the facility for club membership as well. It seems that this is not good enough for the AAA General Committee. The FRA Committee feels that we have compromised far enough on this issue and do not see the need for this difference to be a reason for rejecting the clause 9 affiliation objective, if the AAA General Committee really wanted this to happen. Your committee feels that under the terms of our AGM motion they must pursue this objective to a final conclusion this year and only then decide upon future strategy.

Nevertheless it seems that an alternative strategy will probably be required and committee have to discuss this further during the year. It seems likely that your mandate for an alternative approach will be required at the EGM on 14 November. This will be your opportunity to make your views known formally, but in the meantime you can assist the committee by letting them know informally what you think on the subject.

May 1981



COMMITTEE NEWS

There have been two meetings of the committee elected at the 1981 Annual General Meeting, and one of the old committee prior to the AGM since our last report. These took place after the Chew Valley race, before Fairfield Horseshoe and before Buttercrag.

The question of affiliation to the AAA runs through all the meetings. These notes do not deal with the discussions in full - if you wish to get up-to-date on the situation refer back to Peter Knott's reports in 'The Fell Runner' - July 1980 and January 1981 and read his report in this issue.

Full copies of the minutes of all meetings and of the minutes of the AGM are available on request from the General Secretary, Peter Walkington. (Large S.A.E. please.)

Below is a resume of other matters discussed and decided by the committee.

Chew Valley - Ladies' championship races to be the same as the men, (except Burnsall, replaced by Thievely).
- Travel expenses for committee members rejected.
- Vets Championship to be 10 events as Senior Men.
- Letters to be sent to 15 championship race organisers.
- FRA Dance badly supported.

Fairfield - Suitable trophies for British Fell Running Champion (replacement) and Super-Veteran Champion (new) to be investigated.
- FRA sponsored race to be organised from Blencathra centre on 10 October.
- EGM to be held on 14 November after Blisco.

Buttercrag - Safety in races following Ennerdale accident. Further discussion to form major part of next agenda. Safety rules for organisers and competitors to be formulated.
- Enquiries revealed that trophies of quality are very expensive. Danny Hughes to approach local craftsman for sketches/ideas.
- Jos Naylor Fund trustees to be approached with a view to using fund to purchase trophies.
- FRA sponsored fell race to be postponed until 1982 (to be run in conjunction with AGM in October 1982) in view of 3 Peaks on Sunday 11 October.
- Old system of Fell Runner of the Year Award to run alongside new system (10 best runs from non-championship 'A' races) - suggested title 'Scrubbers Champion'!
Kevin Shand to be responsible for the statistics.
- NCAAA to be approached with suggestion that FRA be advisory body on fell running.
- Keswick AC to be approached to put motion to AAA AGM that FRA become the governing body of fell running.
- Fixture calendar to be sent out separate from magazine.
- possibility of FRA support for alternative Ben Nevis race, but not this season.

IMPORTANT - At the April AGM a new executive post was created to separate the task of membership registration from that of treasurer. The Membership Secretary is John Broxap (address next page). All enquiries regarding membership should now be made through him. However, please do not pay for 1982, until you are invited to do so in December.

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General Secretary

Peter Walkington, 12 Littlestones Rd., Egerton, Nr Bolton, Lancs. Tel. Bolton 586771

Fixtures Secretary

Dave Moulding, 53 Downham Rd., Chatburn, Clitheroe, Lancs. Tel. Clitheroe 41112

Treasurer

Jean Lochhead, 65 Wooldale Rd., Holmfirth, W Yorks. Tel. Holmfirth 6625.

Membership Secretary

John Broxap, 25 Meadowcroft Cottages, Bowness on Windermere, Cumbria.

Magazine Editor

Andy Styan, Wentworth Farm, Wessenden Head Rd Meltham, Huddersfield. Tel. Hudds 850770.

Statistician

Peter Brooks, 'Shenavall', Drummond Terrace, Crieff, Perthshire.

COMMITTEE MEMBERS

Norman Berry (Holmfirth), John Blair-Fish (DPFR), Pete Bland (Kendal Harry Blenkinsop (Keswick), Danny Hughes (CFRA), Kevin Shand (Rochdale Sue Styan (Holmfirth).

PLEASE MARK CORRESPONDENCE TO COMMITTEE OFFICERS 'FRA' AND QUOTE YOUR MEMBERSHIP NUMBER IF POSSIBLE.

TRAGEDY IN THE ENNERDALE RACE

The Ennerdale Horseshoe race was marred this year by the death of Bob English of Keswick AC.

Conditions on the day could hardly have been worse with strong winds, intermittent driving rain and mist down to 500ft all round the course. Only 150 people set off out of 253 entries, and of these only 89 managed to finish the race. Bob English, unfortunately, did not.

He had been running well and had virtually completed the course. Having passed through the penultimate checkpoint on Iron Crag, he had only to find the Crag Fell summit before dropping down to the finish. We now know that he did not reach Crag Fell, but went onto Anglers Crag where he was found much later lying unconscious with head and leg injuries.

Several runners had gone missing over the afternoon, but by 5 p.m. Bob had become a cause for concern, being the only one left unaccounted for. After establishing that he had not returned and gone home without informing officials, the RAF Leeming Mountain Rescue Team set out to look for him and the Cocker-mouth and Wasdale teams were alerted. The early search was unsuccessful and it wasn't until the local teams with dogs became involved that Bob was found and around 11 p.m. unconscious and in a poor condition. Rescuers radioed desperately for oxygen and Danny Hughes ran up with some to meet the descending party. Unfortunately, it was to no avail, as Bob was dead on arrival at hospital shortly after midnight.

Editor's Note

My first reaction after the initial shock was to wonder how the tragedy could have been avoided. My editorial on safety in the last issue seems even more relevant now that my prediction has become a reality.

However, there seems very little that could have been done differently in this instance. Bob played his part as a competitor - he had a long sleeved shirt, cagoule, whistle, map, compass and emergency food. The Cumberland Fell Runners' Association was its usual safety-conscious self - a mountain rescue team in attendance, all the checkpoints manned and numbers recorded so that they could pin down where people went astray. I spoke to a very upset Danny Hughes on the following day and he and his committee could think of only one improvement they could make. This would be to take competitors' car numbers or ask them to put name tags on their sports bags. This would eliminate any time lost in ascertaining that a competitor had not dropped out and gone straight home, which, unfortunately, still happens far too often. In this case the rescue parties might have been out just a little earlier.

It is worth noting that this accident happened in poor conditions, where Bob English and the race organisers followed all reasonable safety precautions. They behaved responsibly and suffered tragically bad luck. In other situations competitors and organisers have behaved irresponsibly and been lucky - so far.

DECEMBER

MARSDEN-EDALE TROG

RESULTS

No Category, 19 miles, 4800'

7 December

1. R Pearson	O-Squad	2.39.00	11. G Peck	O-Squad	2.59.00
2. D Ratcliffe	Rossen.	2.44.00	12. M Patterson	O-Squad	2.59.00
3. C Hirst	O-Squad	2.45.00	13. G Berry	DPFR	3.00.00
4. B Bullen	O-Squad	2.45.00	14. A Hulme	Altrinc.	3.00.00
5. R Bloor	O-Squad	2.46.00	15. A Lewsley	DPFR	3.00.00
6. M Short	Horwich	2.53.00	16. D Booth	DPFR	3.01.00
7. K Taylor	Rossen.	2.54.00	17. A Trowbridge	DPFR	3.01.00
8. D Allen	DPFR	2.54.00	18. R Aucott	DPFR	3.02.00
9. A Farnell	DPFR	2.55.00	19. J George	CMC	3.03.00
10. J Carlin	DPFR	2.55.00	20. M Hudson	DPFR	3.03.00

Veterans 40/44

Veterans 45/49

1. R Aucott	DPFR	3.02.00
2. J George	CMC	3.03.00
3. N Mathews	Horwich	3.12.00
4. R Shaw	Holmfirth	3.21.00

1. R McKay	Holmfirth	3.34.00
2. C Lawton		3.39.00

Veterans Over-50

Ladies

1. E Mitchell	DPFR	3.33.00
2. A Heaton	Clayton	3.42.00

1. J Lochhead	ASVAC	3.16.00
2. F Hinde	Lochaber	3.39.00
3. W Dodds	ASVAC	3.47.00

Teams (6 to count)

1. O-Squad 2. Dark Peak Fell Runners

142 runners, 1 dog and 1 bike started.



FROM THE ORGANISER'S NOTES

"We threw entries open for the first time this year and the number of finishers doubled. On such a scale it was only possible to proceed safely with the race under the aegis of the Woodhead Mountain Rescue Team, who provided very effective and comprehensive backup.

So far 'Winter' fell races such as this one, the Karrimor, or the High

Peak Marathon have an excellent safety record. The critical factor seems to be the stringent clothing requirements which have prevented hypothermia. On the other hand there is still an alarming number of runners who suffer from exposure in Spring (and Summer) races where the clothing requirements are inadequate.

Apart from our strict equipment checks, we wish to continue the easy informality of this race, even if there is a further increase in competitors. We don't operate any discrimination on the grounds of age, sex, or whether a competitor wants to bring his dog or bike. I look forward to the day when we can compete against more cyclo-cross experts like John North (21st in 3.05) or horse riders or ski-ers, but I personally would draw the line at motorbikes."

Mike Hayes

WANSFELL

RESULTS

Category A, 3 miles, 1300'

27 December

1. A Taylor	Kendal	20.19	11. M Short	Horwich	21.58
2. J Wild	RAF Cosford	20.24	12. A Sunter	Horwich	21.58
3. H Jarrett	CFRA	20.37	13. D Overton	Kendal	22.09
4. J Maitland	Aberdeen	20.42	14. D Lee	CFRA	22.13
5. M Roberts	Kendal	21.27	15. P Bland	Kendal	22.20
6. C Donnelly	Aberdeen	21.32	16. K Taylor	Rossendale	22.26
7. I Holloway	Rochdale	21.41	17. C Roberts	Kendal	22.31
8. J Broxap	Keswick	21.45	18. P Mitchell	Bingley	22.38
9. H Walker	Blackburn	21.48	19. S Livesey	Clayton	22.40
10. B Peace	Bingley	21.51	20. P Tuson	Unattached	22.45

Veterans

1. N Mathews	Horwich	23.44	4. P Brooks	Lochaber	24.21
2. A Shaw	Rochdale	24.01	5. J Llewellyn	Lancs&More	25.37 (0/50)
3. D Jewell	DPFR	24.13	6. P Dawson	Blackburn	25.43

Ladies

1. P Fowler	Edinburgh	27.03	2. P Haworth	Keswick	28.35
-------------	-----------	-------	--------------	---------	-------

Teams. 1. Kendal - 18 pts. 2. CFRA - 47 pts. 3. Horwich - 50 pts.

Junior Races

Under 11 Boys

1. A Peace	Bingley	11.31
2. M Peace	Bingley	11.44
3. R Haddow	Barrow	12.22

Under 13 Boys

1. P Darbyshire	Wigan	11.25
2. D Birkett	Kendal	11.35
3. C Rortledge	Kendal	12.12

Under 15 Boys

1. P Darbyshire	Wigan	13.55
2. G Smith	Lancs.	14.34
3. N Bowness	Kendal	15.47

Under 17 Boys

1. N Nunn	Holmfirth	13.35
2. J Stretch	Lancs	13.59
3. M Sutcliffe	Kendal	14.07

Under 11 Girls

1. S Pratt	Kendal	12.36
2. H Dawson	Blackburn	14.36

Under 13 Girls

1. G Haddow	Barrow	12.19
2. R Dawson	Blackburn	13.41

FEBRUARY

CARNETHY 'FIVE'

by William B Scott (Race Convener)

Not yet categorised, 5 miles, 2500'

21 February

As far as the organisers were concerned the change of course this year proved to be very successful, and from all accounts it proved a very popular course with the competitors. Of course the weather may have had something to do with it too, as we had an ideal day for our race.

Our only 'problem' this year arose because the SCCU official recorders made out that Lochaber AC came second in the Senior team event, whereas on checking we found that the prizes should have gone to Cumberland Fell Runners. We have now adjusted the records and arranged for extra prizes to be sent to the Cumberland Fell Runners with apologies.

The Department of Leisure Services of the Lothian Council this year requested that we enclose a questionnaire with the results, as they apparently would like to become involved in some form of race in the Pentland Hills in the future. As far as the organisers of the 'Carnethy' are concerned we have already decided that the Carnethy 'five' will remain as it is, for since the race we have received letters from competitors requesting that we stick to the present course rather than make it longer as suggested by the local authority.

We believe that with the Carnethy race being held at the beginning of the FRA calendar, a course as long as is being suggested would be far too long so early in the season, plus the fact that if we had inclement weather, we really would have problems.

Note: See also William B Scott's comments in 'Letters to the Editor'

1. R Whitfield	Kendal	51.14	11. C Donnelly	Aberdeen	53.38
2. H Jarrett	CFRA	51.29	12. A Curtis	Edin.S0	53.57
3. J Maitland(J)	Aberdeen	51.32	13. C Valentine(J)	Keswick	53.59
4. D Overton	Kendal	51.56	14. D Gillies	1stGordons	54.11
5. R Morris	Edinburgh	52.06	15. J Blair-Fish	Edin.SH	54.36
6. G McIntyre	O-Squad	52.19	16. J Shields	Clydesdale	54.51
7. G Gough	Blackburn	52.34	17. I Donaldson(J)	CFRA	54.53
8. M Roberts(J)	Kendal	53.03	18. A Neal	E.Kilbride	55.36
9. P Nelson	CFRA	53.32	19. J Jardine	Lochaber	56.04
10. R Boswell	Lochaber	53.38	20. R Campbell	Lochaber	56.10

(J) denotes Junior. Teams 1. Kendal - 13 pts 2. CFRA - 28 pts

Ladies

1. F Hinde	Lochaber	63.03	2. J Ramsden	O-Squad	68.34
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NOTICE OF EXTRAORDINARY GENERAL MEETING

Since there will not be another Annual General Meeting of the Fell Runners Association until October 1982 (see AGM report item 5c), an Extraordinary General Meeting has been called for

SATURDAY 14 NOVEMBER 1981

after the Blisco Dash, to deal with the subject of the affiliation of the Association to the AAA. Members are urged to attend.

MARCH

CHEW VALLEY SKYLINE

by Frank Sykes

Category A, 13 miles, 2000'

1 March

From the start Bob Ashworth of Rossendale AC went straight into the lead, and looked like a man with every intention of staying there. First to Alderman summit, he temporarily bowed to Jeff Norman, but from Broadstone Hill trig, Jeff led the field away to the right to hit the fence line along the A635 some ½ mile to the west, and downhill of the stile. The majority of the field crossed the fence at this point and ran up the road to the checkpoint. Meanwhile, Ashworth, sticking to the correct line, and followed by those of more independent mind, established a lead of some 300 yds as he crossed the road and dropped down to Greenfield Brook. The pack now fuelled with frustration went baying down the scent, and it was now that Billy Bland decided that he had better have a word with the blue and white striped figure in front, before he disappeared into the mist. Rapidly closing the gap on the ascent of Ravenstones Edge he had, by the Ashway Stone, caught up with the Rossendale man. It was here that Bob made what was perhaps his only mistake of the day. When asked by Billy if he knew the way, instead of looking gormless and pretending he was on a fun run for national slimmers week, he admitted that he did and so acquired a shadow for the rest of the race. These two by Featherbed Moss trig had established a 2-minute lead over the meandering pack, and by Alphin Summit had increased it to over 5 minutes. From here it was possible for Bland to leave a tiring Ashworth, but in recognition of his path-finding, he sportingly held back and let the Rossendale man take the honours. Their time of 2.00.14 was 13 minutes outside Mike Short's 1980 record.

Meanwhile back in the melting pot of Featherbed Moss strange things were happening. The next 20 or so runners through including: Norman, Cartridge, Broxap, Short, Jarrett, Reade and the like disappeared, who knows where, to allow a delighted group of runners who had been lying in 30th to 40th position to come through to fill 7 out of the top 10 places. Only Jarrett extricated himself in time to take 3rd place. The rest came charging through in the latter stages, passing scores of bemused runners who thought they were being lapped!

The incident of illegal fence crossing on the A635 should have resulted in disqualification of all those concerned. However, due to the self-inflicted time penalty for them, it was decided to let it go. In addition to the damage that could have been caused to the fence by 200 desperate runners, the potential traffic hazard in mist does not bear thinking about.

- My Grouses
- 1) Do those 'unofficial' runners who allow themselves to be included in the headcount at checkpoints realise that they are endangering the safety of any official runner who may go astray and injure himself?
 - 2) Do those who retire from the event and do not report to the finish realise the inconvenience they cause?
 - 3) Do those who disregard the advice to carry a whistle and protective clothing realise the danger they place themselves in? A young lad who discarded his hat, bag gloves and whistle (carried only at my insistence) at the second checkpoint became a serious exposure case on the long edge from Featherbed Moss. Fortunately for

him he collapsed only 300yds from a section of the Mountain Rescue Team. Had he gone astray from Featherbed and collapsed with no protection and no means of drawing attention to himself, this would more than likely have been his last event.

The examples sited above serve only to bring restrictions on what should be a relaxed and carefree sport. The choice is yours.

1. R Ashworth	Rossen.	2.00.14	11. D Cunningham	Clayton	2.06.24
2. W Bland	Keswick	2.00.14	12. J Norman	Altrincham	2.06.54
3. H Jarrett	CFRA	2.04.31	13. J Reade	Clayton	2.06.55
4. S Bradshaw	Clayton	2.04.44	14. M Short	Horwich	2.06.58
5. A Peacock	Clayton	2.05.13	15. J Broxap	Keswick	2.07.07
6. S Parr	Clayton	2.05.35	16. B Brindle	Horwich	2.07.10
7. T Edmondson	Horwich	2.05.39	17. B McKenna	Clayton	2.07.16
8. D Holt	Horwich	2.05.52	18. I Robinson	Clayton	2.07.20
9. M Hayes	DPFR	2.06.04	19. R Aucott	DPFR	2.07.25
10. R Heelis	Halifax	2.06.09	20. A Hulme	Altrincham	2.07.25

Teams (4 to count) 1. Clayton - 26 pts 2. Horwich - 45 pts 3. Clayton -76pts

Veterans

1. M Hayes	DPFR	2.06.04
2. R Aucott	DPFR	2.07.25
3. N Mathews	Horwich	2.07.36
4. P Duffy	Aberdeen	2.09.07

Ladies

1. S Parkin	ASVAC	2.11.06
2. C McNeil	Interlopers	2.19.26
3. B Hogge	Eryri	2.22.10
4. J Glass	Eryri	2.27.05

JUNIOR RACES

Youths(15/17) 4.1 miles, 900'

1. D Crooks	E. Chesh.	34.51
2. K Russell	E. Chesh.	36.33
3. R Sayle	N.Chadd.Sch.	37.20
4. I Fraser	E.Chesh.	37.49

Boys(12/14) as Youths

1. R Bergstrand	Rochdale	38.21
2. L Flynn	E.Chesh.	38.37
3. P Bradwell	E.Chesh.	40.05
4. D Wilson	E.Chesh.	40.41

Senior Race 341 entered - 242 started - 216 finished

Junior Race 64 entered - 45 started - 42 finished

My thanks to organiser Frank Sykes for providing us with details of his Income and Expenditure for the Chew Valley Skyline Race, 1980, which are shown below. Ed.

INCOME

Entry fees including entrants food	355.50
Sponsorship	50.00
Donations for prizes and trophies etc.	109.90
Catering income from spectators	113.32

TOTAL INCOME £ 628.72

EXPENDITURE

Stationery and printing	121.87
Trophies and prizes	175.45
Catering costs	221.61
Equipment hire	75.71
Bank charges	1.50

TOTAL EXPENDITURE £ 596.14

Surplus being bank balance at 24/11/80 £32.58

FRA DINNER AND DANCE

by I Wuzther

No Category, Fun Run

6 March

This annual event attracted a high-class field of eighty or so entrants. Starting and finishing at the County Hotel, Carnforth, there were three excellent courses. Also featured were some (short!) speeches, presentation of awards (Fell Runner of the Year, Runner-up, Veteran Fell Runner of the Year and Lady Fell Runner of the Year), drink and dancing. Worthy winner of the raffle was Cath Whalley, in spite of a fine display of determined cheating by Trevor (who-likes-to-see-his-name-in-print) Birtwhistle, who attempted to gain victory by buying most of the tickets.

An unusual feature of the event was the holding of an emergency FRA committee meeting to resolve an unforeseen problem with the Ladies Championship. This resulted in a decision being taken to count points in the shorter versions of long championship races, where these are offered, (viz. Welsh 1000 and Wasdale).

In spite of the excellence of the organisation, this event continues to attract only small fields and may have to be abandoned. The committee would welcome any suggestion to improve its numbers - change of date/venue etc., from interested parties.



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LLANBEDR TO BLAENAVON

by Martin Hudson

Not yet categorised, 15 miles, 5000'

21 March

This was the second running of this 15-mile fell race, which is in the Gwent area of South Wales. The course is the brainchild of Philip Dixon who won the first race in a time of 2 hrs. 10 mins. The race is organised by Philip and Gareth Buffet, and is on a point-to-point basis taking in three distinct hills (Crug Mawr 1804', Sugar Loaf 1955' and Bloronge 1834') involving some 5000' of ascent, the hills being linked by flagged sections through the less obvious points in the valleys.

For this year's race the weather conditions can only be described as vile; strong westerly winds and driving rain throughout the entire day, making the race trying for competitors and even more so for the check-point officials, who did a magnificent job. At least the wind helped our progress up the first hill, but from there it was a case of head down and survival rather than any attempt at great athletic achievement. The checkers on the second hill, Sugar Loaf, deserved a medal for sticking it out - it was virtually unbearable to stop and punch our checkcards, never mind sit there and record competitors numbers. In the valley section around the outskirts of Abergavenny, the increase in width and change in colour of the River Usk, compared with some 2 hours earlier, was ominous. The final climb up Bloronge was a real hands and knees affair. At least, thought I, it would be easier when the gradient levelled off - but no, the crossing of the summit plateau was directly into the wind and as trying as anything I can recall on a fell race, the effort required being similar to running up a steep climb.

The battle for first place soon developed into a two-horse race between Andy Darby and Philip Dixon. Andy finally shook Philip off on the third and final climb, and managed to hang on after Bloronge summit to win in 2hrs. 11 mins. This was a minute outside Philip's 1980, but apparently he had been ahead of record schedule at Bloronge summit, giving some indication of the conditions on the final run-in.

At the finish we all thawed out in the excellent Blaenavon Leisure Centre, taking advantage of the hot showers and the free meal provided by the organisers. I think most people enjoyed the race despite the conditions. It certainly deserves a better entry than the 55 who started. It is a well-organised event, with an interesting variety of terrain, much of it sufficiently rugged and containing enough ascent per mile to make it an 'A' class race on the calendar from 1982 onwards.

1. A Darby	Newport	2.11.00	6. I Rochford	Bristol OC	2.22.00
2. P Dixon	M M	2.13.00	7. M Walford	Kendal	2.25.00
3. H Richards	Newport	2.16.00	8. J Nixon	Horwich	2.25.00
4. M Hudson	Keswick	2.18.00	9. A Lewsley	Newport	2.26.00
5. L Williams	M M	2.20.00	10. D Thorogood	Aberystwyth	2.26.00

1st Veteran Gwyn Williams - 2.58.00 Sole Lady Ann Franklin - 2.58.00

Team Prize - Newport Harriers (Andy Darby, Hefin Richards, Andy Lewsley)

Note: M M stands for Mynddwy'r Morgannwg - a fell running club formed last year in South Wales, and promoters of this race.

On the Sunday following the race, Philip Dixon and Gareth Buffet also organise a series of short relay races for any runners wishing to stay in the area for the weekend. By dint of disqualifying Newport (for having the same runner, Andy Darby, on the 1st and last legs) and Cambridge University (for borrowing a local runner to make up their team) Mynddwy'r Morgannwg were able to award themselves the winning trophy - no mugs these South Welshmen!



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and GOING



JOHN BLAIR-FISH



COMING.....

APRIL

PENDLE

by Andy Styan

Category A, 4 $\frac{3}{4}$ miles, 1500'

4 April

It was possibly the best day for a record that we have seen at Pendle - perfect weather and conditions underfoot as firm as they have been. After hundreds of runners have run through the boggy fields leading up to the moor, the return trip usually becomes a strength-sapping drag through a quagmire - this year it was dry out and back.

After his startling performances on the fells last year and a recent win in the Milford '21', eyes were on John Wild, to see how he would manage in the first championship race of the season. 29 minutes and 27 seconds later, we had an answer and John had the record. After a very fast start, the leading bunch stretched out with all the familiar names up there, but before long it was a two-man race between Andy Taylor and Wild. Together at the top, one might have expected Andy's downhill speed to tell, but by the finish he was a minute behind.

Perhaps the most interesting part of the race was the start. Out of 500 entries, 424 people lined up (including 22 women). It was obvious that the organisers were not going to be able to push that number back behind the start line, and indeed they didn't even try. The starter shouted 'All those in the first 10 last year and the first 100 in the National get into the front row' and, as people started milling around, the start signal went, taking several top runners totally by surprise. This though, and the incredible bunching that takes place as people funnel through gateways near the start of races, is probably inevitable as entries continue to increase as they are doing.

A nice feature at the finish was the number of spot prizes - handed out as runners came out of the funnel. There must be an irony though, in racing your heart out in a sprint finish only to find that the person you beat got a spot prize, as happened to one competitor!

How much of an indication were the day's results for the rest of the season? Bob Whitfield reckoned that none of the first five would finish in the British Fell Running Championship top five at the end of the season - we shall see.

1. J Wild	RAF	29.27	11. R Ashworth	Rosendale	31.44
2. A Taylor	Kendal	30.25	12. J Davies(V)	Army	31.48
3. C Donnelly	Aberdeen	30.34	13. D Overton	Kendal	31.48
4. J Reade	Clayton	30.37	14. A Spence	Bingley	31.54
5. C Moore	Bingley	31.00	15. R Wayte	Bingley	31.55
6. H Walker	Blackburn	31.08	16. S Livesey	Clayton	31.56
7. R Jarrett	CFRA	31.26	17. P Moon	Bingley	32.25
8. D Cartridge	Bolton	31.28	18. S Breckwell	Blackburn	32.31
9. M Short	Horwich	31.32	19. G Gough	Blackburn	32.35
10. R Whitfield	Kendal	31.40	20. G Edwards	Bingley	32.42

Ladies

1. R Coates	Lochaber	38.08	6. J Robson	Leeds Univ	41.18
2. F Hinde	Lochaber	38.50	7. R Toth	ASVAC	41.36
3. G Pile	Manchester	39.30	8. R-Carthy	Unattached	43.48
4. S Hales	Chester	40.46	9. C Poole	Chester	44.16
5. V Mason	St Andrews	41.02	10. Y McGregor	ASVAC	44.33

MORRISON'S EDALE SKYLINE

by Mike Hayes

Category A, 22 miles, 4500'

5 April

There was a field of 141 male and 8 female starters for the Edale race. The weather was fine with a cool wind blowing on the hill tops. The going underfoot was remarkably firm for early April which suggested that times would be fast. This was confirmed with 27 competitors breaking 3 hours, which is a record for the race. Nearly all the leading long distance men had entered for this, the first long category 'A' race of the 1981 season, even though no points could be earned in the British Fell Running Championship. The Pendle Hill race the day before had left a number of the contenders with very stiff thighs, but undeterred they set off up Grindslow Knoll on the stroke of 11 o'clock, following the ladies who had started ten minutes earlier.

By the first checkpoint at Jagers Clough a leading group of four, Billy Bland, Andrew Darby, Paul Blakeney and Brian Bullen, had a two-minute advantage over a large group which included last year's winner, Harry Walker. They were not the first to the checkpoint, however. This honour went to Sue Parkin, using her ten minute handicap efficiently. By the Win Hill checkpoint, Harry had joined the leading group but Billy had dropped back by a minute. These four remained together until Lose Hill, but then Andrew and Paul broke away along Mam Tor ridge. They were to remain together until a route decision from Brown Knoll to Edale Cross left Paul 200 metres in arrears. The position remained like this until the finish with Andrew Darby winning in 2.38.48. Paul was unable to close the gap but was able to hold off a fast finishing Billy Bland. Sue Parkin won the ladies race by over 11 minutes and Dave Attewell took the veteran's trophy with his eleventh place in 2.52.47.

Some mention should be made of those runners at the rear end of the field like John Edwards (Dark Peak) who divide the Skyline into two races. One race to beat the 2 1/2 hr. deadline at Mam Tor, then having achieved this, a race to the finish. A further incident worth telling involves a member of the promoting club who wishes to remain nameless. Whilst receiving assistance from the Mountain Rescue during a massive 'hunger bank' between Edale Cross and the finish, this competitor fell sound asleep in a bivvy tent. Upon awaking refreshed he finished the race and recorded a respectable time. This tale highlights the inherent dangers of long fell races.

1. A Darby	Newport	2.38.48	11. D Attwell	Altrincham	2.52.47
2. P Blakeney	DPFR	2.39.18	12. J Blair Fish	DPFR	2.53.17
3. W Bland	Keswick	2.39.51	13. A J Hulme		2.53.48
4. H Walker	Blackburn	2.40.22	14. P Irwin	Rossendale	2.54.11
5. M Garrett	Mandale	2.44.13	15. R Mitchell	Clayton	2.54.46
6. R Whitfield	Kendal	2.46.10	16. S Parr	Clayton	2.54.46
7. J S Bland	Keswick	2.47.07	17. D Cunningham	Clayton	2.55.05
8. M Short	Horwich	2.48.24	18. N Heaton	Manchester	2.55.12
9. B Bullen		2.49.00	19. A Trowbridge	DPFR	2.55.20
10. D Booth	DPFR	2.51.58	20. P Nelson	CFRA	2.55.37

Teams; 1. DPFR - 8.24.33 2. Clayton - 8.44.37 3. Blackburn - 8.49.26

Veterans

1. D Attwell	Altrinc.	2.52.47	6. A Ireland	DPFR	2.16.04
2. N Mathews	Horwich	3.02.44	7. J T Sykes	Bingley	3.18.29
3. V P J Duff	Blackburn	3.10.11	8. K Brooks	Horwich	3.20.02
4. S Wild	Hall.	3.14.14	9. M Hayes	DPFR	3.20.57
5. A M Davis	BHTH	3.15.42	10. W Taylor	Sale	3.21.15

Ladies 14 miles, 4000'

1. S Parkin	ASVAC	2.11.00	5. A M Grindley	Clayton	2.41.00
2. F Hinde	Lochaber	2.22.15	6. C Fielding		2.55.22
3. L Lord	Clayton	2.26.25	7. P Brown	Clayton	3.00.30
4. B Handscombe	CFRA	2.30.24	8. P Calder	DPFR	3.26.00

GISBOROUGH MOORS

by Mick Garrett

Category B, 12½ miles, 2400'

12 April

Dennis Coates led from start to finish and smashed Glen Forster's 1979 record of 83.14. He ran in spikes and can be quoted as saying that he has no intention of taking up fell running seriously. Despite a clash with the Kentmere there was a record field of 286 starters. 43 runners in the men's race received a prize. There were 11 starters in the ladies race, held over the full course for the first time.

1. D Coates	Gateshead	81.11	11. S Watson	Middlesboro	88.54
2. P Taylor	Sunderland	84.00	12. M Garrett	Mandale	89.09
3. S Shaw	Middlesboro	84.17	13. R Marson	Scarborough	89.23
4. D Dixon	Sunderland	85.46	14. M Weeks	Bingley	89.43
5. A Spence	Bingley	86.05	15. P Mason	Halifax	90.15
6. C Bark	Sunderland	86.10	16. J Barker	Grimsby	90.35
7. S Walker	Sale	86.23	17. C Woodhall	Cleveland	90.49
8. G Bellord	Middlesboro	87.02	18. D Hodgson	Sunderland	90.53
9. J Williams	Mandale	87.21	19. P Larkin	Newcastle	91.03
10. D Smith	Halifax	88.43	20. A George	Mandale	91.11

Veterans

1. A George	Mandale	91.11	3. G Atkinson	Wallsend	95.11
2. G Rhodes	Newcastle	95.05	4. R Stevenson	Mandale	97.49

Ladies

1. J Lochhead	ASVAC	106.23	3. E Emery	Durham	122.21
2. S Thompson	Clayton	113.26	4. E Adams	Sutton	126.15

Teams: 1. Sunderland - 94 pts 2. Middlesborough - 106 pts (6 to count)

KENTMERE

by Al Soran

Category A, 12 miles, 3300'

12 April

Another day for a record, surely. Andy Styan's 1978 time was set in snow and mist, and it only needed a fine day for someone to break it. The mist wouldn't be a problem would it, especially with all those top runners knowing the course so well? What top runners?! Anyone reading the results would wonder whether there was a championship fell race somewhere else. As it turned out, there was. Messrs. Bland, Taylor, Whitfield, Norman, Short, Donnelly and several others started from Kentmere village with the other runners and stayed with them (or ahead of them) until Kentmere Pike, before branching off for their own race to Harter Fell. Why go all that way to run in an unofficial race, you may ask. Was it a fun-run, was it some sort of protest, did they think the official course was too easy and wanted an extra challenge? Actually they all got lost in the mist!

Meanwhile in the official race, John Wild was at it again. He'd

reconnoitred the course the weekend before and ran the race alone, finishing 30 seconds inside the record.

Bridget Hogge ran a close second to Ros Coates in the ladies race. Both would have finished in the first 200 if men and women had run together, as they do in so many races now.

1. J Wild	RAF Cosford	1.25.14	11. R Wayte	Bingley	1.34.30
2. J Broxap	Keswick	1.29.46	12. M Winstanley	Lancs.	1.35.38
3. D Overton	Kendal	1.30.05	13. F Loftus	Horwich	1.35.48
4. G Gough	Blackburn	1.30.48	14. P Dixon	Kendal	1.36.39
5. M Roberts	Kendal	1.32.56	15. A Styan	Holmfirth	1.36.58
6. A Trowbridge	DPFR	1.33.06	16. M Down	Highgate	1.36.59
7. I Holloway	Rochdale	1.33.27	17. P Howarth	Keswick	1.37.03
8. C Valentine	Keswick	1.33.28	18. M Hudson	Keswick	1.37.40
9. P Bland	Kendal	1.34.18	19. B Peace	Bingley	1.38.34
10. P Chapman	Kendal	1.34.23	20. A Phillipson	Gosforth	1.38.49

Veterans

1. A Phillipson	Gosforth	1.38.49	6. H Blenkinsop	Keswick	1.42.02
2. A Ritchie	Keswick	1.39.43	7. A Evans	Kendal	1.43.44
3. N Mathews	Horwich	1.41.12	8. D Hughes	CFRA	1.43.57
D Jewell	DPFR	1.41.12	9. P Brooks	Lochaber	1.44.16
5. S Bradshaw	Clayton	1.41.40	10. P Duffy	Aberdeen	1.44.46

Ladies

1. R Coates	Lochaber	1.51.26	3. A Bland	Kendal	1.57.30
2. B Hogge	Eryri	1.52.47	4. C McNeill	Interlopers	1.57.45

Juniors (6 miles U/18)

1. S Parker	PFO	51.31	4. D Ogden	Rochdale	58.30
2. C Adams	SROC	53.38	5. A Bowness	Kendal	1.00.22
3. M Sutcliffe	Kendal	55.30	6. M Calvert	Kendal	1.00.35

Starters in Men's race - 338 Starters in Ladies race - 12

HARTER FELL RACE

RESULTS

Not yet categorised, distance and height unknown.

12 April

same route as Kentmere with extra checkpoint.

1. R Ashworth	Rossendale	1.44.18	5. R Aucott	DPFR	1.48.58 (1st Vet)
2. J Norman	Altrincham	1.45.07	6. C Donnelly	Aberdeen	1.54.52
3. M Short	Horwich	1.45.08	7. H Jarrett	CFRA	2.08.18
4. D Cartridge	Bolton	1.45.40			

Total entry unknown. Retirements: W Bland, A Taylor, R Whitfield, J Reade, etc.

MANX MOUNTAIN MARATHON

by Arthur C Jones

Category A. 30 miles, 9000'

20 April

This was the twelfth race of the series and the weather was cool and sunny with excellent visibility over the hills. We were pleased to note that although not counting towards this year's 'Fell Runner of the Year' competition, it still attracted some of the top line runners who normally

compete on the Island each year. The pattern of the race was very similar to last year's when Mike Short led in the early and middle stages, only to be overhauled by Colin Donnelly who went on to win in record time. Mike again took the lead over the first three mountains, with Colin not very far behind. They were practically together at the three-quarter stage but on the ascent of the trackless South Barrule, Colin pulled away to take a commanding lead which he held to the finish. His winning time was ten minutes slower than in 1980, probably because he had blistered feet and eased up over the last few miles. He still finished nearly ten minutes ahead of Mike, nevertheless.

The team event was again won by the Dark Peak Fell Runners (Peter Simpson, Frank Thomas and Martyn Greaves), while the veteran's prize went to Peter Lee of the Midlands Veterans.

1. C Donnelly	Aberdeen	4.12.22	6. M Hudson	Keswick	4.41.05
2. M Short	Horwich	4.22.10	7. R Wild	Lochaber	4.43.48
3. I Holloway	Rochdale	4.32.15	8. P Simpson	DPFR	4.52.27
4. S Parr	Clayton	4.33.32	9. F Loftus	Horwich	4.33.26
5. P Irwin	Rossendale	4.34.48	10. F Thomas	DPFR	4.54.00

GREAT HAMELDON HILL

by Kevin Vose

Category B, 5 miles, 900'

20 April

On Easter Monday this increasingly popular race took place in brilliant sunshine, watched by an enthusiastic crowd in holiday mood. Andy Taylor, remarkably fresh from his second place performance at Rivington Pike the previous day, won convincingly, covering the five mile course in 26.29, from Rossendale's Dave Lewis to set a new record. Mike Smith led Blackburn Harriers to team victory in 3rd place.

1. A Taylor	Kendal	26.29	11. P McWade	GEC	28.33
2. D Lewis	Rossendale	26.55	12. E Toogood	Blackburn	28.38
3. M Smith	Blackburn	27.28	13. C Robinson(v)	Rochdale	28.38
4. R Keeney	Aldershot	27.30	14. R Wood	Frodsham	28.39
5. K Vose	Blackburn	27.36	15. G Bell	Longwood	28.40
6. J Reade	Clayton	27.54	16. J Jackson	Wigan	28.41
7. R Ashworth	Rossendale	28.19	17. B McKenna	Clayton	28.42
8. G Gough	Blackburn	28.26	18. G Metcalf	Skipton	28.49
9. G Woodburn	Blackburn	28.29	19. M Winstanley	Lancs	28.53
10. M Newby	Rossendale	28.31	20. S Torrance	Sale	28.55

Junior Race (2½ miles, 12-15 yrs.)

1. D Robinson	E Chesh.	14.28	11. A Peace	Bingley	16.30
2. A Kay	Bolton	15.06	12. A Wrench	Todmorden	16.40
3. P Ashman	Todmorden	15.27	13. R Tobin	Todmorden	16.44
4. D Garvey	Blackburn	15.38	14. P Hargreaves	Hyndburn	16.45
5. R Bergstrand	Rochdale	15.41	15. L Shaw	Hyndburn	16.46
6. A Selby	Bolton	15.57	16. A Bloor	Horwich	16.46
7. L Olerenshaw	Hyndburn	16.05	17. C Haigh	Holmfirth	16.49(1st girl)
8. A Whelan	Unatt.	16.09	18. M Peace	Bingley	16.55
9. G Hull	Unatt.	16.11	19. S Little	Unatt.	17.09
10. T Fletcher	Hyndburn	16.18	20. D Maden	Blackburn	17.10

Starters: Seniors - 418(including 9 ladies) Juniors- 75(including 16 girls)

THREE PEAKS POSTPONEMENT

by Dougie Croft *

You will no doubt recall that on Friday 24 April snow started to fall fairly early in the day. From then on detailed forecasts were obtained regularly from the met. office that the snow would clear the pennine area during the day and would be followed by a thaw and that the race would hence be possible. As is so often the case, the timing was wrong and the snow continued to fall. By the time I arrived in Settle in the early evening, the main roads were passable only with extreme care and the minor roads were in general closed. The rescue organisations were fully committed, all ambulances in the area having been taken off the road and in fact conditions were so bad that two of their units had been lost. I was advised that the road to Horton was passable, and indeed it was, nevertheless it took almost 1½ hours to make that short journey.

The road beyond Horton towards Ribbleshead had already been closed by a general depth of 5 or 6 feet and an avalanche had occurred at Selside (in the valley bottom) producing a very deep block. Electricity lines were down so that only bottled beer was available and some telephone lines had also been cut. Farmers returning from rescuing sheep brought with them reports of just how bad conditions on the fells were. By mid-evening it became clear that depths of 8 to 10 feet were quite general and drifts of 18 to 20 feet had been found, particularly on Pen-y-Ghent where a stiff breeze was producing cornicing and further avalanches.

At about 11.00p.m. the North Yorkshire police advised me most strongly that to proceed with the race would be foolhardy and there was a grave risk to life. In view of the other reports I had received and my personal experience I was inclined to agree and in consultation with our chairman by telephone we concluded that cancellation was a must. In the event the snow did stop and during Saturday there was a rapid thaw at lower levels but higher ground remained dangerous until the following Thursday.

The problem now became one of whether to cancel or postpone. We felt that it would be unfortunate to break continuity in the 28th year and the race is evidently so popular with competitors that they too would not wish to lose the opportunity of taking part. Finding an alternative date was rather tricky because standing crops etc. make local farmers reluctant to co-operate during the summer months, which meant that we

were looking at late September and, of course, the Three Peaks Cyclo Cross is scheduled for then. We therefore opted for the first blank date in the Fell Runners calendar which is Sunday 11 October. The race held on that day will in all respects be the race which would have been held in April, (with upwards of 2000 programmes already printed etc. we think this makes sense).

I know that training schedules will have been disrupted and that October is going to be a tricky month, but there was really no alternative. We have never previously cancelled or postponed a race and I hope that we will never be faced with the same freak conditions again.



WOULDN'T LISTEN WOULD YOU. WHOEVER HEARD OF CANCELLING A FELL-RACE FOR A MERE 13 FEET OF SNOW" YOU SAID....

3116 B&L&L

*Dougie Croft is Secretary of the Three Peaks Association.

MAY

BEACON HILL

by Peter Knott

Not yet categorised, 1 1/2 miles, 500'

4 May

Between the high diver and the mock American civil war was staged the third annual 1 1/2 mile Beacon Hill Dash, organised by Peter White, Halifax Harriers and Halifax Round Table. The start and finish is the centre courtyard of the Piece Hall, from whence the runners descend to pass under the viaduct and then begin the steep climb to the summit of Beacon Hill, returning by the same route.

A field of 61, including a few ladies, dashed through the courtyard entrance, ran the gauntlet of the mad one-eyed alsation, took a short cut down the first cobbled street, nearly knocking down a young police woman, and were soon breathing hard up the cobbled lane leading to the grassy final slope.

Alan Spence was first to reach the summit marshall despite a slow start, but was soon passed by his Bingley club mate G Edwards on the slippery cobbled descent, the worse for a light shower of rain. Most runners found the descent very difficult in the conditions and were forced to look for good patches to apply the brakes. As a result Andy Taylor's 1979 10.09 course record set last year remains intact. Not so Gillian Pile's ladies record, which was lowered from 12.59 to 12.43 by local lass C Lord.

The field for this race has grown from 14 at its inauguration in 1979, to 35 last year and 61 on this occasion. Simple extrapolation suggests an entry of 100 next year, which is probably a bit big for the course, particularly the start, whir' would however lose some of its atmosphere if it had to be moved outside, the Hall.

If you like your medicine short and sweet, then this is a good one. It's certainly steep, but marginally so for category 'A' and in view of the amount of road and shortage of real fell, I would class this as definitely 'B'.

1. G Edwards	Bingley	10.14	6. A Farnell	DPFR	10.44	<u>1st Vet</u>
2. A Spence	Bingley	10.30	7. P Mitchell	Bingley	10.50	V Duff (15th)
3. D Smith	Halifax	10.34	8. G Brooks	Bingley	10.51	Blackburn
4. G Berry	DPFR	10.35	9. P Crewe	Bingley	10.53	11.31
5. K Midgley	Halifax	10.43	10. G Duckworth	Horwich	10.56	

BEN LOMOND

by Roger Boswell

Category A, 9 miles, 3200'

9 May

I felt OK before the start, but finished a full eight minutes slower than my time last year. I couldn't believe it. What a terrible run. Even Anthony Kay (Cambridge Univ.), a mere kid, beat me to the top - the first time he's ever done that. I must be getting past it - pushing 30 you know. The only consolation was going past Kay on the way down. He'd blown up poor lad, he was going so slow he thought he was still going up.

192 finished. John 'Superman' Wild (RAF Cosford) broke Mike Short's 1980 record by 16 seconds. The brilliant Taff Davies (Army, Aldershot) predictably won the vet's race, but Ray Aucott ran him surprisingly close, just a minute behind.

In the ladies' race, Ros Coates knocked a minute off Jean Lochhead's 1979 record; and this despite the fact that she is not a member of the armed forces. Team mate Fiona Wild came a worthy second; she is no relation to John Wild, nor even Ricky Wild(e) - in fact she is closely related to Roger Wild of Fort William, who she married just a fortnight earlier.

1. J Wild	RAF	1.03.18	11. D Overton	Kendal	1.10.05
2. H Jarrett	CFRA	1.05.35	12. J Maitland	Aberdeen Univ	1.10.11
3. J Reade	Clayton	1.07.06	13. P Chapman	Kendal	1.10.42
4. T Davies	Army	1.07.37	14. E Harvey	Unatt.	1.11.35
5. M Short	Horwich	1.07.46	15. A Trowbridge	DPFR	1.11.55
6. R Whitfield	Kendal	1.08.06	16. J Blair-Fish	Edin.SH	1.12.39
7. R Aucott	DPFR	1.08.33	17. A Daly	Bellahouston	1.12.54
8. D Lee	CFRA	1.08.48	18. A Neal	E Kilbride	1.12.56
9. R L Morris	Edinb.AC	1.09.20	19. J Lamont	Aberdeen AC	1.13.24
10. J Broxap	Keswick	1.09.25	20. R Shields	Lochaber	1.13.35

Veterans

1. T Davies	Army	1.07.37	6. N Matthews	Horwich	1.16.27
2. R Aucott	DPFR	1.08.33	7. P Brooks	Lochaber	1.17.18
3. A Phillipson	Gosforth	1.13.57	8. S Bradshaw	Clayton	1.19.36
4. D Jewell	DPFR	1.14.37	9. J Llewellyn	Lancs&More.	1.20.29
5. H Blenkinsop	Keswick	1.16.06	10. B Robinson	CFRA	1.24.22

Ladies

1. R Coates	Lochaber	1.21.26	4. H Briggins	Unatt.	1.46.22
2. F Wild(Hinde)	Lochaber	1.26.05	5. I Rothnie	Unatt.	1.53.00
3. P Haworth	Keswick	1.29.14	6. N Hutchinson	Edin. AC	1.58.58

Teams: 1. Kendal - 30 pts 2. Dark Peak - 47 pts 3. Horwich - 63 pts

DUDDON 2-DAY

by Peter Knott

Day 1 - Category A, 20 miles, 6000'

9/10 May

Day 2 - 'O' Event, 15 miles, 4000' (approx.)

This unique mixture of long category 'A' fell race and long 'O' event in the Duddon Valley attracted a large entry for the fell race on the fourth running of the event. The turnout for the 'O' race the next day was, as might be expected, somewhat reduced, for these two days amount to a very severe stamina test.

Billy Bland won the fell race in convincing fashion with a new course record and a ten minute lead over second placed Andy Styan showing some return to form. Behind these two some excellent performances were registered by Stuart and Anthony Bland and Cumberland Fell Runners Huddleston and Todd, with evergreen Jos Naylor 1st veteran in 8th place.

The outstanding performance of the weekend was undoubtedly that of Martin Hudson, whose 6th place on Saturday and 4th on Sunday gave him a clear aggregate lead.

The ladies' events were dominated by Sue Parkin, Carol McNeil and Jean Ramsden, with Sue taking the fell race in a new record time, Carol winning the 'O' event and Jean taking aggregate prize.

1st Day - Senior Men

1. W Bland	2.43.10	8. J Naylor	3.01.58	15. P Sanderson	3.12.13
2. A Styan	2.53.45	9. G Moffat	3.05.58	16. P Nelson	3.13.36
3. S Bland	2.54.31	10. S Parr	3.07.50	17. M Ricketts	3.13.53
4. G Huddleston	2.59.03	11. P Irwin	3.09.29	18. F Loftus	3.14.26
5. W Todd	3.00.24	12. I Holloway	3.09.37	19. R Halenko	3.15.35
6. M Hudson	3.00.28	13. K Shand	3.09.48	20. A Cresswell	3.16.31
7. A Bland	3.01.56	14. M Garrett	3.09.56		

1st Day - Veterans

1. J Naylor	3.01.58	2. M Hayes	3.17.09	3. K Ledward	3.28.34
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1st day - Ladies (11 miles, 3000')

1. S Parkin	1.39.36	3. C McNeil	1.46.45	5. C Whalley	2.04.19
2. J Ramsden	1.42.00	4. B Handscombe	1.54.04	6. P Calder	2.18.25

1st day - Junior Men (as Ladies) 16-20 yrs.

1. S Dougherty	1.30.14	2. M Fettes	1.34.59	3. A Mitchell	1.56.42
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1st Day - Senior Novices (as Ladies and Junior Men)

1. L Stabler	1.49.34	2. D Hannah	1.51.05	3. I Moore	1.53.25
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2nd Day - Senior Men

1. B Bullen	2.10.59	5. R Pearson	2.44.26	9. M Ricketts	2.48.03
2. P Nelson	2.39.11	6. D Lamond	2.44.40	10. R Daly	2.48.43
3. G Hudson	2.39.36	7. T Sykes	2.46.45		
4. M Hudson	2.43.18	8. J Horton	2.47.07		

2nd Day - Ladies (10 miles, 2500' approx)

1. C McNeil	1.36.00	2. J Ramsden	1.36.42	3. S Parkin	1.51.38
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2nd Day - Junior Men (as Ladies)

1. M Fettes	1.29.00	2. S Dougherty	1.33.37	3. N Lanaghan	2.35.29
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2nd Day - Senior Novices (as Ladies and Junior Men)

1. D Hannah	1.57.53	2. R Fisher	2.12.28	3. I Moore	2.17.31
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GOATFELL

by Jimmy Jardine

Category A, 8 miles, 2800'

16 May

Through the swimming mists of near unconsciousness, I looked up at my tormentor. The huge craggy face glistened wet. It was useless to plead with this pitiless mass of unrelenting nature. "Vere iss your Arran Cheese?" she snarled, as the whip came down again and again mercilessly, until my screams and pain all merged into the blessed world of dreams, to relive the 1981 Goatfell Race. You haven't met the wife, have you?

The heavy rain stopped by the time the ferry neared Brodick, and as the low cloud lifted we all clustered round the rail, pointing to the castle and the amphitheatre of Goatfell hanging over it. I was especially interested in hearing people's views about going up the washed away bit

in the middle, because I'd only gone up the tourist path on the right hand ridge.

Meanwhile all was not well on the other crossing in the North where the hairy hielanders were trying to get across - the McBoswells, McCampbells and others being left stranded by a ferry strike and demanding to be taken to McDavid MacBayne. So Lochaber had to rely on their lowlanders to carry the flag.

The pipes and drums, visitors and locals gave the 61 runners a terrific send off, and soon Robin Morris was leading us on the road to the castle. Up through the 'roddys' figures streamed past on their way to the front. Some unfamiliar and some weel-kennt - Alan Adams, the Shields twins and John Black who was destined to take a wrong turn in the last shrouds of mist at the top. Soft bits in the peat and the wetness of the huge horizontal slabs of rock caused many a slip. I tripped once and after a brief "You'd really believe a man can fly" feeling, I landed into a V-shaped banking of peat. Lucky.

Bobby Shields' fine win gained him 1st prize, the trophy, the Scottish Hill Race Championship for 1981, the team trophy andan Arran Cheese.

1. R Shields	Lochaber	1.18.09	11. T Donnelly	1.26.01	
2. R L Morris	Edin.AC	1.19.33	12. M McGlashan	Lochaber	1.26.44
3. D Tosh	Rochdale	1.19.41	13. W D Ryder	Morpeth	1.27.21
4. P Irwin	Rochdale	1.19.56	14. M.E Finbow	Shettleston	1.28.45
5. A Adams	Dumbarton	1.21.04	15. W A Buckley	Rochdale	1.31.58
6. J Shields	Clydesdale	1.23.18	16. D L Perrie		1.32.11
7. A Fancett	Wigan	1.23.30	17. S McNaughton	Inverness	1.32.24
8. T McCullough	Seaforth	1.25.15	18. J Harvey	Quangos	1.32.31
9. J Jardine	Lochaber	1.25.32	19. J Stevenson	Irvine	1.32.41
10. J McGoff	Shettleston	1.25.46	20. R Campbell	Pery	1.32.45

FAIRFIELD HORSESHOE

by Peter Knott

Category A, 9 miles, 3000'

17 May

With Kentmere and Ben Lomond already run, the 16th annual men's and 5th annual ladies' Fairfield, constituting the 3rd of the medium races to count in the British Fell Running Championships, attracted a field of nearly 300 in the men's race and arguably the best ladies' field ever assembled.

The weather was cooler than last year, sufficiently so for many mid-field runners to don cags between Heron Pike and Greatrigg Man. With a following wind to Fairfield and dry underfoot excepting a couple of short showers, the going was fast. So it was that the RAF cross-country runner turned fell runner, John Wild knocked about 1½ minutes off Ricky Wilde's 1979 course record and added another set of maximum points to his tally. It will be interesting to see how John fares in the longer events later in the season. Behind John, who led from start to finish, were Andy Darby and Harry Walker, the latter pleasantly surprised to find himself easing into 3rd spot on the approach to Fairfield summit and holding off the challenge from the younger element of Jarrett and Cartridge on the descent.

Notably absent from the classy ladies' field were Jean Lochhead and Joan Glass. In the 20 girl line-up were many runners better known for their orienteering exploits, including the attractive Jean Ramsden who, on the basis of recent long-O events was definitely very fit.

An excellent performance placed her third behind the more experienced fell runners from Lochaber, Ros Coates and Fiona Wild (nee Hinde). Ros's time was about ½ minute faster than Jean Lochhead's of last year but about ½ minute outside the Yorkshire girl's 1979 course record.

Last year I wrote that Ray Aucott's 7th place time of 1.16.48 was the outstanding performance of the day and set new standards in the Over-40s. Just how good a performance that was can now be seen against Welshman Taff Davies's 1.19.22 on a day which generally produced faster times, and bearing in mind that since turning 40 Davies has been picking up the vets prizes in a wide range of middle to long distance events.

Once again the faultless organisation of the LDMTA provided us all with an excellent day's sport.

1. J Wild	RAF	1.10.05	11. S Livesey	Clayton	1.16.12
2. A Darby	Newport	1.13.02	12. M Short	Horwich	1.16.43
3. H Walker	Blackburn	1.13.39	13. D Overton	Kendal	1.17.19
4. H Jarrett	CFRA	1.14.10	14. R Whitfield	Kendal	1.17.30
5. D Cartridge	Bolton	1.14.19	15. G J Edwards	Bingley	1.17.33
6. R Ashworth	Rossendale	1.14.31	16. P Chapman	Kendal	1.17.42
7. J Reade	Clayton	1.15.26	17. K Robinson	Kendal	1.18.01
8. R Wayte	Bingley	1.15.46	18. A J Hulme	Altrincham	1.18.11
9. G Gough	Blackburn	1.15.55	19. R Bloor	Liverpool	1.19.20
10. J Broxap	Keswick	1.16.03	20. T Davies	Army	1.19.22

Veterans

1. T Davies	Army	1.19.22	6. J Etchells	Barrow	1.23.55
2. R Aucott	DPFR	1.20.36	7. D Jewell	DPFR	1.24.38
3. A Phillipson	Gosforth	1.23.10	8. H Blenkinsop	Keswick	1.24.59
4. A Ritchie	Keswick	1.23.25	9. D Attwell	Altrincham	1.25.06
5. N Mathews	Horwich	1.23.34	10. K Brooks	Horwich	1.26.10

Teams: 1. Clayton 3.51.02 2. Kendal 3.52.31 3. Bingley 3.52.54

Ladies

1. R Coates	Lochaber	1.31.22	6. A Bland	Kendal	1.38.21
2. F Wild	Lochaber	1.32.01	7. G Pile	Manchester	1.38.45
3. J Ramsden	DeesideOC	1.32.16	8. R Naish	Eryri	1.43.02
4. P Haworth	Keswick	1.35.49	9. J Robson	LeedsUnivOC	1.43.26
5. C McNeil	Interlopers	1.36.28	10. H Smith	Interlopers	1.43.45

THE NCAA FELL RACE CHAMPIONSHIPS

RESULTS

Category A, 14 miles, 5000'

23 May

1. W Bland	Keswick	2.09.06	11. F Loftus	Horwich	2.23.06
2. H Jarrett	CFRA	2.13.34	12. M Garrett	Mandale	2.23.32
3. H Walker	Blackburn	2.14.07	13. W Todd	CFRA	2.23.33
4. J Broxap	Keswick	2.15.08	14. P Irwin	Rossendale	2.23.37
5. D Lee	CFRA	2.15.49	15. I Holloway	Rochdale	2.24.20
6. J Reade	Clayton	2.17.24	16. J Crossland	Bingley	2.27.27
7. D Cartridge	Bolton	2.18.00	17. J Blair-Fish	DPFR	2.27.36
8. J Bland	Keswick	2.20.37	18. P Nelson	CFRA	2.28.28
9. M Short	Horwich	2.20.49	19. I Robinson	Clayton	2.28.31
10. G Edwards	Bingley	2.21.54	20. A J Hulme	Altrincham	2.28.52

CUMBRIAN 100/125

by Tony Cresswell

No Category, 100 miles, 11000'

23/25 May

The first 'ton' to be held in Lakeland in conditions from very pleasant to pretty rough, saw 288 make the start line at Kendal Castle. The first 50 miles were undoubtedly the easier, only Garburn Pass (Kentmere) and the soggy central fells to Watendlath from Thirlmere slowed the field. Night fell and so did the weather, crossing the Helvellyn range at Sticks Pass and the long leg out to Askham (near Penrith) sorted out those who had already struggled to Ashness. The wild rounding of Haweswater and the gravel up Gatescarth Pass late on were not the crux as anticipated. Some 158 made the finish (a creditable 60% odd) led home by Geordie Pete Whewell in 20.25 hrs. All performances warrant credit, perhaps more so those of super super-vets Alan Heaton and Ernie Bishop. Only Arnold, Greaves, Bishop, Simpsons, Thacker and (Mrs!) Bullard continued on the optional 25 miles extra (Collinson retiring) to obtain the exclusive 200 Km. total Unwitting or otherwise short cuts and a herd of cattle set free by someone blotted the copybook somewhat, but my checkpoint crews and the keen support of many, many friends stand clear. Good job it's the North Downs Ton next year!

1. P Whewell	Blaydon	20.25 hrs	11. R Baumeister	DPFR	24.05
2. A Ireland	DPFR	21.52	G Collinson	Bingley	24.05
R Stevenson	Mandale	21.52	H Artiss	Verlea	24.05
K Arnold	LDWA	21.52	15. D Snell	LDWA	24.52
P Simpson	DPFR	21.52	16. A Thacker	East Hull	25.07
6. J Leather	LDWA	22.43	17. J Roberts	DPFR	25.27
7. M Stone	LDWA	22.53	18. R Hamilton	LDWA	25.35
8. A Heaton	Clayton	23.16	19. J Coulson	LDWA	25.43
9. M Greaves	LDWA	23.30	R English	Keswick	25.43
E Bishop	LDWA	23.30	P Parkins	Keswick	25.43
11. C Lawton	LDWA	24.05	D McCune	LDWA	25.43

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WELSH 1000 METRES PEAKS

RESULTS

Category A, 20 miles, 9000'

30 May

1. M Short	3.38.55	8. F Loftus	3.53.00	15. M Jones	4.00.44
2. J Reade	3.43.17	9. T Davies	3.55.44	16. D Cunningham	4.02.08
3. J Broxap	3.44.25	10. J Wild	3.56.47	17. S Parr	4.03.21
4. R Aucott	3.44.50	11. R Halenko	3.57.30	18. B Brindle	4.04.55
5. I Holloway	3.46.43	12. P Dixon	3.58.14	19. P Sanderson	4.05.05
6. J Wagstaff	3.47.34	13. H Blenkinsop	3.58.56	20. A Lewsley	4.06.55
7. P Irwin	3.49.21	14. A Phillipson	3.59.54		

Veterans

1. R Aucott	3.44.50	5. P Brooks	4.13.03	9. A Robertson	4.54.23
2. T Davies	3.55.44	6. G J Oliver	4.29.36		
3. H Blenkinsop	3.58.56	7. S Bradshaw	4.34.42		
4. A Phillipson	3.59.54	8. W Cooper	4.48.38		

Ladies (shorter course)

1. R Coates	1.48.04	3. P Haworth	1.52.51	5. J Glass	2.02.21
2. F Wild	1.51.17	4. R Naish	1.55.16		

SADDLEWORTH

by Dave Makin

Category A, 3 miles, 950'

31 May

The inaugural Youths Race provided an outstanding winner in B Hussain of Stockport who, having arrived at the race by bike after a hilly 20 miles, proceeded to steam around this tough course in a time which would have placed him 12th in the Senior Race.

Andy Darby came back from Wales to retain his hold on the Senior Trophy he won last year, and Holmfirth retained the Team Trophy. Harry Kelly retained his O/40 Trophy, Peter Brook regained his position as top O/50 runner and the Ladies' Race had a new winner in Carol Haigh from Holmfirth.

1. A Darby	Newport	19.42	11. D Cartwright	Holmfirth	21.21
2. G Vallance	Manchester	19.52	12. P Mason	Halifax	21.24
3. A Adams	Staffs M.	20.17	13. J Norman	Altrincham	21.28
4. A Sladen	Salford	20.37	14. R Asquith	Holmfirth	21.30
5. A Styan	Holmfirth	20.48	15. A J Hulme	Altrincham	21.54
6. K West	Wolver.	20.53	16. P Brownson	Altrincham	22.02
7. P Mitchell	Bingley	21.06	17. T Ramsden	Holmfirth	22.05
8. S Livesey	Clayton	21.12	18. M Seddon	Holmfirth	22.13
9. S Torrance	Manchester	21.17	19. I Moore	Holmfirth	22.22
10. S Ashworth	Rossendale	21.21	20. S Baker	Wigan	22.30

Teams: 1. Holmfirth - 30 pts 2. Altrincham - 44 pts 3. Manchester - 73 pt

Junior Race

1. B Hussain	Stockport	21.24	6. K Russell	E. Chesh.	23.40
2. N Horn	Holmfirth	21.40	7. F Flynn	E. Chesh.	23.48
3. D Crookes	E. Chesh.	22.34	8. S Norrie	Saddleworth	23.56
4. D Robinson	E. Chesh.	23.11	9. D M D Makin	Bingley	24.49
5. P Ashman	Todmorden	23.33	10. C Yates	E. Chesh.	25.08

Teams: 1. East Cheshire -13 2. Holmfirth - 41 3. Saddleworth School - 43

As part of a longer letter (see 'Letters to the Editor') Dave Makin made the following points about the Saddleworth Race 1981.

"It appears there were one or two complaints re. changing facilities at Saddleworth this year, although none were made to me. May I make certain facts plain:

1. We get free facilities which are dry, warm and reasonably clean (it is a working mill remember).
2. Showers are available even if it is a 50yd. walk.
3. Saddleworth is short and clean - so exhaustion and excess mud are not big problems.
4. Nearest conventional athletics changing is one mile away.
5. Existing facilities give access to canteen, parking, officials' room etc.
6. To keep the same course to some extent ties us to existing facilities, which have led to no complaints in the last 8 years.
7. Fell races are not known for happening at the centre of the civilised world (Ben Nevis is not Crystal Palace, O.K.), but any specific complaint relayed to me will be looked into."

EDITOR'S NOTE: As a regular competitor at Saddleworth, I feel that organising the race within the precincts of a working mill adds considerably to its atmosphere and to the involvement and interest of the local people. In my opinion this is of far greater importance than the provision of 'conventional' facilities.

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JUNE

PEN-Y-GHENT

by Peter Knott

Category A, 6 miles, 1400'

6 June

On a day of high winds and heavy rain showers, a smaller than usual field set off from Horton for the summit of Pen-y-Ghent and return. What kept them away? Not the weather. Could it be that everyone was resting for next week's Ennerdale, the second of the long events to count towards the British Championships?

Pen-y-Ghent was obscured in cloud on the morning of the race and again as I left Horton at 5 p.m. but between 3 and 4 p.m. the tops were clear and no rain fell. The following wind made the ascent seem easier despite the very wet conditions underfoot, but made the closing stages of the race back to the Pennine Way path harder than usual.

The times were slower than last year (same route) with John Reade coming home a clear winner, in 48.49 compared with his 3rd placed 46.39 in 1980.

1. J Reade	Clayton	48.49	<u>Veterans</u>	
2. P Irwin	Rossendale	49.11		
3. R Shields	Lochaber	49.36	1. P Duffy	Aberdeen 53.40
4. S Livesey	Clayton	49.46	2. A Ritchie	Keswick 53.51
5. R Asquith	Holmfirth	50.46	3. D Ashton	Blackburn 56.47
6. P Mason	Halifax	51.09		
7. C Valentine	Keswick	51.43	<u>Ladies</u>	
8. T Catton	Clayton	51.55		
9. A Reade	Grimsby	52.11	1. S Thompson	Clayton 63.44
10. R Heelis	Halifax	52.16	(49th)	<u>65 finished</u>

SCOLTY HILL

by Mel Edwards

Category B, 5 1/2 miles, 800'

7 June

The fifth Scolty Hill Race produced four records - a record field of 39, and new men's veteran's and women's records - on a warmish, showery day. Course record holder Fraser Clyne, who had earlier in the year led the Scottish National CC for over 2 miles, was unlikely to be headed and was soon out of sight. There is a natural hazard in this race after about 200 metres in the form of an empty paddling pool, but all runners safely negotiated this and went on with confidence to the gruelling slog up to the Scolty monument which reduced all but six to a walk.

Eddie Stewart recovered from a rough patch on the hill to pick up two places and finish an easy second behind a rampant Clyne who slashed 40 seconds off his own course record. Robin Morris held off Mel Edwards who certainly couldn't complain about lack of course knowledge, and with marathon star Peter Wilson 5th, Aberdeen took the team race for the 4th year in a row. Jim Morrison (Aberdeen) took 26 seconds off his veteran record and Barbara Murray (Aberdeen University) with 36.59 reduced the women's record by no less than 1 min. 35 sec. All in all a successful afternoon, with ganchory beating Argentina in the mini World Cup soccer competition held in conjunction with the race!

1. F Clyne	Aberdeen	30.31	6. R Murray	Aberdeen	33.15
2. E Stewart	Cambuslang	32.08	7. A Smith	Forres	33.45
3. R Morris	Edinburgh	32.40	8. I Johnston	Forres	34.15
4. M Edwards	Aberdeen	32.44	9. A Stapley	Fife	34.52
5. P Wilson	Aberdeen	33.04	10. S Williams	Aberdeen	35.03

OTLEY CHEVIN

by Peter Knott

Not yet categorised, 3 miles

10 June

The second annual running of this event from the market square in the centre of Otley to the Chevin Ridge and back attracted a field of over 200 which surprised the organisers, Otley Chamber of Trade.

The ascent consisted of road, track and a stepped path, with a circuit along the ridge and the only rough going being part of the descent. I would rate it category 'B'. Leeds University runners dominated the men's race with G Turnbull 6 seconds clear of club mate P Dodds and elite orienteer B Bullen, and lowering the course record by 17 seconds.

1. G Turnbull	Leeds Univ.	16.13	<u>Ladies</u>		
2. P Dodds	Leeds Univ.	16.19			
3. B Bullen	Com.Harvesters	16.19	1. R Toth	Airedale	20.32
4. G Heathers	Leeds Univ.	16.20	2. J Dransfield	Spenborough	21.41
5. J Calvert	Leeds Univ.OC	16.29	3. J Robson	Leeds Univ.OC	23.27
6. J Todd	Airedale	16.31			

ENNERDALE HORSESHOE

RESULTS

Category A, 23 miles, 7500'

14 June

1. W Bland	Keswick	3.50.59	11. K Shand	Rochdale	4.25.55
2. J Broxap	Keswick	3.53.18	12. T Davies	Aldershot	4.30.16
3. R Whitfield	Kendal	3.54.00	13. I Holloway	Rochdale	4.32.58
4. J Naylor	CFRA	4.14.21	14. S Bradshaw	Clayton	4.34.55
5. F Loftus	Horwich	4.16.25	15. D Lamond	Keswick	4.38.26
6. M Short	Rorwich	4.19.14	16. R Aucott	DPFR	4.39.41
7. P Irwin	Rossendale	4.19.23	17. J Maitland	Aberdeen	4.40.12
8. H Walker	Blackburn	4.20.34	18. J Blair-Fish	DPFR	4.40.38
9. M Hudson	Keswick	4.22.43	19. T Peacock	Clayton	4.41.09
10. P Haines	Mandale	4.25.55	20. M Targett	Clayton	4.42.59

Teams: 1. Keswick 12.07.00 2. Horwich 13.36.26 3. CFRA 15.07.35

Veterans

1. J Naylor	CFRA	4.14.21	6. J Smith	Bury	4.54.59
2. T Davies	Aldershot	4.30.16	7. D Jewell	DPFR	4.57.09
3. S Bradshaw	Clayton	4.34.55	8. N Mathews	Horwich	5.00.47
4. R Aucott	DPFR	4.39.41	9. H Thompson	Clayton	5.02.00
5. T Thorpe	CFRA	4.47.25	10. C Bland	Keswick	5.19.03

Ladies

1. R Coates	Lochaber	5.16.55	3. P Haworth	Keswick	5.39.39
2. F Wild	Lochaber	5.39.30	4. B Handscombe	CFRA	6.03.06

CRAG FELL RACE - 3.3. miles, 1300'

Juniors

Ladies

1. C Valentine	Keswick	35.05	1. A Crabb	CFRA	49.00
2. P Mitchell	Bingley	35.32	2. A Mikkelson	Keswick	50.33
3. I Donaldson	CFRA	37.27	3. A Hewitt	Warrington	53.05
4. A Byers	Unatt.	37.28	4. M Pennel	Keswick	57.05
5. P Cheshire	CFRA	45.32	5. M Hollinrake	Unatt.	57.50
6. A Mallinson	Bingley	47.43	6. C Ross	CFRA	63.50
7. C Moses	Bingley	48.10	7. C Stubbs	CFRA	63.53

DOLLAR HILL

RESULTS

Category A, 5½ miles, 2000'

14 June

1. R Morris	Edinb.AC	45.34	11. J Black(V)	Livingstone	51.50
2. M Edwards	Aberdeen AC	46.42	12. J Rowley	Law & Dist.	51.52
3. J Shields	Clydesdale	47.44	13. D McGinn	Inverness	52.30
4. M Curtis	Fife	48.30	14. V Johnston	Dundee	52.45
5. A Adams	Dumbarton	49.20	15. P Cartwright	Unattached	52.55
6. J Sherrif	Fife	50.12	16. D Gillies	"	53.40
7. E McGlashin	Lochaber	50.20	17. R Campbell Perry	"	54.00
8. A Stapeley	Fife	50.24	18. C Carstairs	Fife	54.15
9. I Matheson	Aberdeen AC	51.00	19. R Nicol	Pitreavie	55.00
10. J Slorach	Dollar	51.18	20. R Shields	Lochaber	55.01

MUNCASTER LUCK

RESULTS

Category A, 10 miles, 1800'

15 June

1. H Jarrett	CFRA	1.21.40	11. A J Hulme	Altrincham	1.27.36
2. W Bland	Keswick	1.22.01	12. A Richardson	Kendal	1.29.52
3. D Lee	CFRA	1.22.41	13. J Maitland	Aberdeen	1.29.55
4. M Short	Horwich	1.23.12	14. K Shand	Rochdale	1.29.59
5. W Todd	CFRA	1.23.33	15. R Whitfield	Kendal	1.30.01
6. J Broxap	Keswick	1.26.07	16. C Valentine	Keswick	1.30.07
7. I Ferguson	Bingley	1.26.09	17. S Bland	Keswick	1.30.10
8. B Brindle	Horwich	1.26.18	18. P Haworth	Keswick	1.30.12
9. J EtcHELLS	Barrow	1.26.20	19. F Loftus	Horwich	1.30.23
10. A Sunter	Horwich	1.26.51	20. P Chapman	Kendal	1.30.26

Teams (4 to count) 1. CFRA - 33 pts 2. Keswick - 41 pts.

Veterans

Ladies

1. J EtcHELLS	Barrow	1.26.20	1. C Walley	CFRA	1.55.34
2. J Naylor	CFRA	1.31.39	2. A Crabb	CFRA	2.05.25
3. N Mathews	Horwich	1.33.37	3. K Etherden	Unattached	2.41.32
4. P Duffy	Aberdeen	1.35.06	4. L Ward	Unattached	2.46.10
5. W Robinson	CFRA	1.41.11	5. M Pennel	Keswick	2.47.54

LOMONDS OF FIFE

by Roger Boswell

Category B, 9½ miles, 2200'

15 June

Colin Donnelly (remember him?) led from the start, and didn't exert himself all that much in winning by two minutes. His time was three minutes slower than that of Brian Finlayson (Lochaber) who won in 1.09.41 in 1976. The next five runners finished within a minute of each other, having swapped positions, blows and verbal insults for most of the race. 28 finished this delightful race - it's not in the calendar, but takes place every year the day after the Dollar Hill race, starting at an obscure place called Gateside, near Auchtermuchty at 2.30 p.m. Details from Tom Robertson, Duncreevie Rd, Glenfarg, Perthshire.

1. C Donnelly	Cambuslang	1.12.17	6. J Shields	Clydesdale	1.15.35
2. R Boswell	Lochaber	1.14.34	7. G Carlin	Clydesdale	?
3. R Campbell	Lochaber	1.14.48	8. E McGlashan	Lochaber	1.18.07
4. R Anderson	Cambuslang	1.14.58	9. D Ferry	Cambuslang	1.19.24
5. T McCullough	Ayr Seaforth	1.15.02	10. R Love	Edinb. AC	1.20.57

Teams: 1. Lochaber - 13 pts 2. Cambuslang - 14 pts

BUTTERCRAG

by Sue Styan

Category A, 1½ miles, 900'

21 June

A small field perhaps for the second of the short Championship races. About 60 runners lined up for the start reflecting the fact that there were no fewer than seven other fell races over this same weekend. However, it was a lovely day and a lovely setting and a helluva big hill. A small field it may have been, but it was classy. John Wild's win was no surprise, though Mike Short did beat him to the top. Young Sean Livesey from Clayton-le-Moors did cause a stir running Billy Bland into 4th place - a runner to watch. Ros Coates led the ladies home in spite of a bad fall on the descent. J Etchells was first veteran.

A measure of the superb organisation was the fact that a wall, dismantled before the race for quicker access to the fell, was back in place within an hour of the finish!

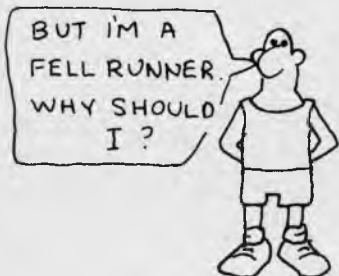
1. J Wild	RAF Cosford	13.06	11. D Overton	Kendal	14.16
2. M Short	Horwich	13.17	12. P Chapman	Kendal	14.21
3. S Livesey	Clayton	13.29	13. A Styan	Holmfirth	14.27
4. W Bland	Keswick	13.34	14. D Bland	Kendal	14.38
5. H Jarrett	CFRA	13.39	15. C Valentine	Keswick	14.40
6. R Whitfield	Kendal	13.42	16. R Bates	Keswick	15.06
7. J Broxap	Keswick	13.54	17. W Tait	Tynedale	15.10
8. G Gough	Blackburn	13.57	18. J Etchells	Barrow	15.12
9. J Reade	Clayton	14.00	19. D Woodhead	Bingley	15.14
10. D Lee	CFRA	14.06	20. T McDonald	Bingley	15.15

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Left:- ANDY DARBY, Newport. Above Centre JON BROXAP, Keswick
Right-KEN TAYLOR, Rossendale. Below Centre-HARRY JARRETT,
Cumberland Fell Runners.

Photos By Neil Shuttleworth



the BIG challenge



This unique event for teams of two is now established as the toughest test available. The aim of the event is to promote high standards for all who make expeditions into the hills, testing their fitness, navigational skill, and general ability to cope in unknown mountain terrain.

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

Date and Venue:

This year's competition will take place on 24th and 25th October, 1981 and the closing date for entries will be 15 September. The venue will not be announced until mid July, when the competition brochure will be published. There will again be 4 courses: Elite, Standard A, Standard B and Standard C.

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Limit on Entries:

Any limit on numbers will only be known on completion of negotiations with landowners. Entries will be taken in order of receipt and late entries will not be accepted even if a class is not full. All entries will be stringently vetted for previous experience and teams whose experience is not considered adequate for their chosen course will be rejected.

The Course distances are:

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

The entry forms will be available July/August.

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- 1975 - Joss Naylor & Peter Walkington
- 1976 - Stig Berge & Sigurd Daehli
- 1977 - A. Philipson & H. Forrest
- 1978 - Roger Beumeister & Martin Hudson
- 1979 - Dieter Wolf & Leonhard Suter
- 1980 - Dieter Wolf & Leonhard Suter



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Long distance News

* THE ULTIMATE CHALLENGE, 8-24 May 1981

by Roger Smith

When 'Great Outdoors' and Ultimate Equipment Ltd., promoted the Ultimate Challenge for the first time in May 1980, we were rather pleased to get 66 entries. Walking right across Scotland is, after all, a considerable undertaking.

We hoped for an increase in numbers this year - the event would be better known and had received some publicity, so perhaps we might get a hundred people willing to commit the time and effort needed? The response we did get was quite staggering. In the end we had to limit the numbers taking part to 200, and turned another 60 away. The spirit of stravaiging is very much alive!

All participants in the Challenge plan their own routes, either high or low level according to choice, and are offered a choice of ten start points on the western seaboard. For everyone taking part, the aim is simple: to reach Montrose, the event's finishing point on the east coast. It must be stressed that UC is totally non-competitive - walkers are allowed up to 16 days to complete the crossing, and there are no prizes for coming first (or last, come to that!).

I was lucky to have as my partner for the walk, Cameron McNeish; though younger than me, he has much more experience of long backpacking trips and is also passionately fond of Scotland and her mountains. We elected to start from Oban, the most southerly start point, as this opened up interesting routes through country that neither of us knew particularly well.

It was in every way a memorable trip. Nine days of magnificent mountain wandering in conditions ranging from considerable heat to clammy cloud and nil visibility, over 21 named 'Munros', a number of other tops, and through some of Scotland's most beautiful glens. Our campsites varied from the magical to the desperate, the two extremes being a wee lochan at nearly 3000 feet, under the east end of the Ben Cruachan ridge, after a gruelling first day out, and the absolute minimum of flattish ground needed to take the tent in the awful mess of the ski grounds above Glen Shee.

After that hard first day (its rewards being the campsite and our only real sunset of the trip), we popped over two more Munros before dropping down to walk along Glen Kinglass and round to the Bridge of Orchy. From there we went east into Glen Lyon and north over the Carn Maig ridge and Schiehallion to stagger into the commercial campsite at Tummel Bridge on our fourth night out.

This was our one touch of luxury, and for 60p we revelled in hot showers, the camp bar, and the company of four other Challengers - the first we had met since setting off. The next morning we took the pleasant old track to Blair Atholl, marred only where new forestry operations has totally ignored its line (why do they not consult the Ordnance Survey I wonder?), and after picking up our second food parcel at Blair Atholl Station, wandered up to the slopes of Carn Laith, pausing for a late lunch by a beautiful cool burn. Scoffing the fresh wholemeal rolls we had bought in Blair Atholl with our feet in the burn was magic!

* This article first appeared in the 'Peeblesshire News'.

The next two days encapsulated the whole experience of the crossing for me. We crossed no roads and saw two other people - a farmer on a tractor and another Challenger on the slopes of Cairnwell. Standing on the summit of Carn an Rìgh, all we could see was hills and glens stretching apparently to infinity: a humbling experience, and we gave profound thanks for being able to enjoy the splendour of this marvellous country. As we looked out towards the Cairngorms, Glen Tilt and the distant Speyside, it occurred to us that there were 200 other people out there, all working their way across the land. Somehow it was a good feeling; even though we could not see them, we knew they were there and they were all our companions.

Next morning after another magic camp by Loch non Eun (a gully at 2500 feet provides the odd experience of hearing gulls and grouse at the same moment), it was back to reality with a wallop. We were camped perhaps 20 feet from the loch, and we couldn't see it. Cold clammy cloud hid everything - all our magic views were gone and though we were only about seven miles from the Cairnwell cafe and road, it was to take us 3½ hours to get there, navigating carefully and concentrating hard all the way. Before setting off we allowed ourselves the diversion of Climbing Glas Tulaichan in the mist - an easy ridge with fenceposts all the way to the summit trip pillar, but even so we nearly lost the tent when we got back down!

From 11.30 to 3 o'clock in the afternoon, the thought uppermost in our minds was the road, the cafe, and hot food and drink. When we finally got there, stumbling down the eroded mess of ski-run, all they had was cheese rolls and chocolate biscuits! At least it gave us the chance of 'phoning our position in to finish control, and we festered in the cafe for an hour before struggling out and up the hill to our rather unbeautiful but nonetheless welcome campsite.

That was the worst day of the trip for me: the effort of carrying 28-30 lb day after day was beginning to tell, and physically I was at a low ebb. But such is the nature of these long trips, that after a good sleep we awoke to blue skies with high flying white clouds and set off up Glas Maol with new vigour. It was our last day in the hills and we made the most of it - 8 Munros from Glas Maol to Broad Cairn before dropping into Upper Glen Cova and so to Glendoll Youth Hostel. We had been looking forward to a night in a bed, but inevitably neither of us could sleep - perhaps we should have used the nearby campsite!

Worse yet, in the morning Cameron's ankle was swollen and very painful, and with regret he decided that it would be folly to go on. I was left to cover the remaining miles to Montrose on my own; deprived of my companion and knowing that my wife and family were already there, I did it in one bash, 38 miles of road in 12 hours. What a contrast to all that mountain meandering. But then the Ultimate Challenge is all about contrast.

This trip showed me once again how lucky we are to have all this marvellous country to wander in, and how very vital it is that all of us who love the hills should do everything we can to protect and preserve it from 'development' - which these days nearly always means disaster. Bulldozed tracks at 3000 feet, the scars of ski-runs, and corrugated iron huts on hilltops, all of which we came across, are disgraceful eyesores and should be stopped. But even those cannot erase the happy memories of a Challenge accepted and met by me and over 170 others, many of whom had never been to Scotland before. They will be back.

FROM THE ORGANISERS' FINAL REPORT

Statistics - out of 210 entries, 204 started, 174 completed the crossing, and 30 retired. The youngest successful participants were Steven Birch and David Parker, both 20; David's partner Ivan Green is only 21. Patricia Rundle, 21, was the youngest lady. Jack Griffiths, 72, was the oldest successful walker. Two entrants from overseas, Jan van Aken from Holland and Hans de Haas from Belgium had good crossings. Margaret MacFarlane was the first lady solo Challenger.

Comments on reaching the Park Hotel and whispers on the UC grapevine include:

- "Despite having walked and climbed in Scotland for ten years, I still had new experiences, e.g. being frightened out of my wits at about 3.a.m. by an angry stag. Smashing!" (Tony Halpin)

- "It was the best introduction to Scotland for a foreigner." (Jan van A)

- "The event, like the hills, is many things to many men." (Bill Hogg)



NAW, JIMMY! THIS ISNAE
THE CHECKPOINT!

THE TWO MOORS WAY FOOTPATH NON-STOP

by Martin Stone

Last October, Martin Stone of Dark Peak Fell Runners undertook a charity run and completed the first non-stop traverse of the Two Moors Way (the officially designated long distance footpath, which crosses both the Dartmoor and Exmoor National Parks).

He left the village of Mothecombe, situated at the mouth of the River Erme on the South Devon coast, at 16.11 hours on Friday 17 and arrived at Lynmouth on the North Devon coast 28 hours 14 minutes later at 20.05 hours on Saturday 18 October, having completed 106 miles and 13,000 feet of ascent. At Ivybridge (on the southern edge of Dartmoor) he joined the Two Moors Way which he completed in 27 hours 10 minutes.

Approximately half the run was completed in darkness. Initially gale force northerly winds and heavy showers were encountered. The wind moderated a little during the Friday evening and the remainder of the run was carried out in very cold but clear weather against a fresh northerly wind. Although there was a mild frost on Friday night the conditions underfoot were extremely wet and muddy due to the recent torrential rain and a number of valleys in med-Devon and on Exmoor were flooded.

Three local members of the Long Distance Walkers Association offered great support and encouragement. Road support was provided by John Turpin and Peter Blackmore. For much of Friday night Martin was paced by Adam Egeland and for the final 35 miles by Peter Blackmore. A total of £370 was raised by sponsorship which has been donated to the Multiple Schlerosis Society of Great Britain and Ireland for research.

Fell running is an endurance event and therefore concerned with oxygen uptake. Oxygen uptake (VO_2) is the amount of oxygen that is taken into the body per unit of time. VO_2 can be expressed in litres/minute. In work or exercise where the body is lifted (i.e. running) VO_2 should be related to body weight, thus lean body weight and % of body fat are critical. Maximum oxygen consumption (VO_{2max} .) is one of the best potential indicators of circulo respiratory endurance capacity and may be the single most important factor limited the ability to perform prolonged work. Oxygen consumption is dependent upon both the respiratory and circulatory systems and is, therefore, a measure of aerobic work. The average 25-yr-old male's VO_{2max} . is 3.5 litres/minute or 45 mls/min/Kg. of body weight. Outstanding distance runners and cross country skiers have a VO_{2max} . of 5.5 litres/minute or 80 mls/min/Kg.

All men are equal, but some are more equal than others - VO_{2max} . is no exception. Age, sex, heredity and training all effect VO_{2max} . Women and children generally have a lower VO_{2max} . than men. VO_{2max} . is at its greatest at the age of 18, but after 30 years of age declines slowly - even though it may be offset by training. Genetic endowment is the single most important factor; your VO_{2max} . is 93% genetically determined. Your absolute value - what you are born with - will affect the level that you attain. However, genetic endowment cannot exist in a vacuum, there must be an appropriate environment for it to flourish. In plain language - if you are lucky enough to have it, you must train it.

Back to fell running - it is imperative that there is a large background mileage on the fells of long, slow distance (LSD). Steady running (heart rate 130-150 bpm) will increase the red cell count, haemoglobin levels and capillarisation within the muscles. It will also prepare the energy systems for prolonged aerobic work.

The long distance fell races (Ennerdale, Wasdale, etc.) should be trained for with outings of 3-6 hours duration. Physiologically LSD will enable the fell runner to utilise and mobilise glycogen and free fatty acids (FFA). Glycogen depletion is the major cause of fatigue in the distance runner. Training will result in lower lactate levels (i.e. more oxidation of lactic acid (LA)) and therefore a compensatory increase in FFA levels and metabolism to meet energy requirements. The untrained person's lactate level will rise and thus stifle FFA metabolism. Once the glycogen is used up, they are too.

Fast, continuous running is the second, very important, feature of aerobic work. FCR is concerned with intensity and it is the type of training that will enable the runner to run at a higher % of his/her VO_{2max} . FCR must be judged on an individual basis. If he/she is capable of running a 5-minute mile - FCR would be 5½-minute mile pace. I advocate two runs of this nature per week in the preparation phase or close season. If they are done on the fells, it will be extremely difficult to maintain that pace, so they are better run on cross-country type ground or road. This type of running can be used on the fells on a timed basis, i.e. devise a course and try and beat your personal best. FCR simulates race conditions.

Nick Matthews is a teacher of P.E. in Barrow in Furness and member of the Bob Graham Club. He is at present doing a dissertation on Fell Running as part of his Advanced Diploma in Physical Education at Leeds University.

Interestingly, today's top athletes' VO_{2max} . measurements are no greater than they were in the 1930-1950s era. ² Today's athletes are capable of running at a higher % of their VO_{2max} . or using less oxygen at submaximal loads through intensive training of which FCR is an example. Simply they can run faster longer.

Experiments on rats have shown that running durations of moderate intensity of two hours or more, do not increase the oxidative capacity of working muscle. Like the rats, our performance will plateau and we will become one-pace runners on an exclusive running diet of LSD. The message is clear, therefore; the training effect must be intensive enough to induce increase in VO_{2max} . and increase the oxidation of FFA in the climate of a reduced energy yield from glycogen.

In a questionnaire which I sent out to leading fell runners of the past few years, I asked what % of LSD and FCR they did in their training. The mean of their replies was 65% and 35% respectively. Their success indicates that they have got it right. Incidentally they will also be found to have a high VO_{2max} .

To summarise: adaption in training takes pace to a given load, further improvement will need increased intensity. There is no linear relationship between training and training effect (i.e. VO_{2max} .). The greatest gains in fitness come from intensity, but if you do all intensity you will break down. If you do all duration (i.e. LSD) you will have only one gear.

References: ASTRAND P.O. & RODA K. Textbook of Work Physiology 2nd Edn. McGrawkill New York. London 1977

THE BRITISH FELL RUNNING CHAMPIONSHIP SYSTEM

There have been lots of comments about the new system, mostly supporting the change, but there remain two particular problem areas.

- (1) How do we choose the 15 championship events?
Should they change every year? Should some be fixed and others vary from year to year? What are the criteria for 'elite' events? Who should choose them - the committee - the top runners?
- (2) What do we do for the many individuals who like to score points in 'A' races and whose chances are now severely restricted?
What do we do for the 'A' race organisers who feel they suffer because they have no longer got championship events?

The answer to problem (1) needs a lot of discussion and it needs your ideas. There does not seem to be any one obvious solution. Please give us your views.

The answer to problem (2) is perhaps more obvious. A number of people have suggested having a secondary system based on the old system. That is, all category 'A' races except those nominated 'British Championship Races' would give points for the first 20 finishers. An individual's 10 best results would count and of these 3 must be long, 3 medium and 3 short. This would be the 'secondary' championship system. Clearly it provides an incentive for a lot more runners and it gives the organisers a race with some 'title' involvement. Kevan Shand (last year's statistician) has volunteered to work out the results informally for 1981, and will be willing to do it for 1982 if it proves popular. The committee has yet to formalise the 'secondary' system, so let us have your views. Let us also have your suggestions for a name - how about 'The FRA Scrubbers Title' or the 'Standard' champion as distinct from the 'Elite' champion?

British Fell Running Championship ~ 1980

STATISTICIAN'S REPORT

1. The number of runners scoring one or more points increased from 250 in 1979 to 263 in 1980. This will be the last time this number will be recorded as we now have a new system.
2. 20 runners scored a total of 100 points or more compared with 16 in 1979. A striking feature of 1980's Top Ten list is that eight of the names were also in the 1979 Top Ten.
3. It was nice to see a few runners from outside the UK scoring points. This was mainly due to the Italians entering the Snowdon race in force.
4. Most improved runner was John Broxap of Keswick. He was 47th with 36 points in 1979 and 8th with 153 points in 1980. He had a tremendous season.
5. Runners to look for in the future are Andy Darby of Newport (formerly of Sale), who moved from 59th in 1979 to 11th last year, and the ever consistent John Reade and Ian Holloway.
6. Billy was on his own with 8 wins. Mike was second with 4. Ray Aucott was top veteran with 124 points.
7. I suppose the new system had to come sooner or later, mainly due to the increase in Category 'A' races. It is going to make the job of statistician much easier. After the hard work I had to put in to do last year's job (trying to get results from 41 'A' races, etc.), it would have been nice to have had it easier this year. But, alas, I got sacked, life goes on, best of luck to my successor, Peter Brooks.

Kevin Shand

FINAL POINTS LIST

		Long Races Positions	Medium Races Positions	Short Races Positions	Total Points
1.	W Bland Keswick	1,1,1,1	1,1,2	1,1,2	214
2.	M Short Horwich	1,1,2,2	1,2,2	1,2,3	201
3.	H Jarrett CFRA	1,3,6	2,2,2	1,1,2,3	193
4.	C Donnelly Cambuslang	1,2,4	1,1,4,4	2,2,3	192
5.	R Whitfield Kendal	2,2,3,3	3,4,4	2,2,4	181
6.	H Walker Blackburn	1,3,3,4	3,6	1,3,5	164
7.	J McGee CFRA	1	5,5,10	3,6,6,7	162
8.	J Broxap Keswick	4,8,9	3,3,5,8	4,5,8	153
9.	D Overton Kendal	2,5,6,8	2,7,8	5,8,13	146
10.	A Styan Holmfirth	1,2,2,3	1,5,7	14,18	140
11.	A Darby Sale	2,11,17	2,10,15	1,3,6,9	136
12.	R Boswell Lochaber	6,14	3,4,6	4,5,7,10	130
13.	J Reade Clayton	4,5	3,3,9,10	4,10,12	129
14.	R Aucott Dark Peak	2,7,7,8	5,7,14	3,12	124
15.	I Holloway Rochdale	4,7,8,9	7,8,11	7,12,14	123
16.	P Chapman Kendal	5,7,9	4,9	6,6,12,14	117
17.	D Lee CFRA	6,9	1,4,8,17	8,10,14	114
18.	M Hudson Dark Peak	3,7,10	5,5	11,20	102
	D Cartridge Bolton	10,11	1,4,7	6,8	102
	A Adams Staffs.Moor.		2,7,8	4,4,7	102

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
21.	R Campbell	93	62.	D Tosh	24	102.	I Donaldson	14
22.	J Blair-Fish	92		J Shields	24		W McKay	14
23.	K Taylor	89	64.	M Gibbinson	22		D Rodigari	14
24.	J Norman	88		R Morris	22		A Spence	14
	P Haines	88		A Pezzoli	22		M Calvert	14
26.	A Taylor	78	67.	T Davies	21		M A Bishop	14
27.	H Blenkinsop	75		G Brookes	21	110.	M Walker	13
28.	R Shields	74		N Bowman	21		T Shaw	13
	G Gough	74		R Rawlinson	21		P Jebb	13
30.	S Bland	73	71.	H Forrest	20		C Valentine	13
31.	K West	67		P Sanderson	20		G Patten	13
32.	K Robinson	63		G Berry	20		R Rogers	13
33.	M Garrett	62		J Bigham	20		P Loftus	13
34.	A McGee	59		B Peace	20		P Simpson	13
35.	D Ratcliffe	58		B J McKenna	20	118.	M McNulty	12
36.	A Sunter	57	77.	B Kirkwood	19		G Harper	12
37.	R Wayte	55		J Temperton	19		D Weir	12
38.	J Naylor	54		P Hartley	19	121.	D Smith	11
39.	R Wilde	53		W Todd	19		K Shand	11
40.	A Bland	50		R Ashworth	19		F Thomas	11
41.	D Booth	47	83.	S Breckell	18		T Stapley	11
	R Pearson	47		A Guipponi	18		P O'Neil	11
43.	G Edwards	46		I Ferguson	18		A Waterhouse	11
	A Richardson	46	86.	G Wright	17		R Morris	11
45.	P Dixon	45		J Jardine	17		R Mitchell	11
46.	M McGann	42		G Denham	17		M Foschi	11
47.	J Wild	41		J Maitland	17		D Clark	11
48.	M Bishop	38		R Holdsworth	17		H Barker	11
49.	S Livesey	36		P Cowell	17	132.	J Verity	10
50.	J North	33	92.	M Roberts	16		D Jackson	10
51.	W Simmons	32		T Farnell	16		R Williams	10
	P Bland	32		V Duff	16		N Matthews	10
	A Sladen	32		M Walford	16		C Joss	10
54.	J Patterson	29		H Chadwick	16		D Cartwright	10
55.	H Kelly	26	97.	P Brooks	15		A Gray	10
	J Hayes	26		J Williams	15		C Richardson	10
	J Ritson	26		P Barron	15		M Speight	10
58.	J Jackson	25		M Jones	15		S Harrison	10
	I Charlton	25		J Wagstaff	15		S Gamble	10
	A Fancett	25	102.	W Ryder	14		P Tuson	10
	I Robinson	25		C Daniel	14		D Jewell	10

9 pts(=145th) B Brindle, I Clarkson, A Peacock, I Crilly, G Huddleston, W Cairns, G McConnachie, W Tait, F Loftus, T McEntee, R Asquith, A Malfa, S Patterson, C Ramsey.

8 pts(=159th) C Robinson, T Godolphin, N Nolan, T Eakin, W Cooper, N Clayton, A Creco, P Carmichael.

7 pts(=167th) D Lamond, N Paul, D Evans, B Anderson, A Daly, B Emerson, A Hulme, J Grimshaw, P Murry, I Buchanan.

6 pts(=177th) P Lewis, M Edwards, P Coleman, R O'Hara, C Wilkinson, C Leal, D McNeilly, M Goodwin, D Rosen, M Aiola, K Turner, E McEvoy, S Williams.

5 pts(=190th) B Barnaby, M Hayes, T Varley, J Loxham, G Mason, S Tosh, G Lord, B Corrigan, E Tonner, C Roberts, J Rea, L Meile, H Pinkerton, F Pidgeon, S Bradshaw, W Green.

- 4 pts(=206th) T Catton, J Smith, L Presland, K Webster, T Cresswell, P Weatherhead, J Waterhouse, G Geddis, D Norton, J Etchells, M N Walker, A Pickles, J McGoff, A Jenkins.
- 3 pts(=220th) A Harmer, M Trevor, K Lomas, B McKenzie, M Winstanley, R Rea, A Lamb, C Hurst, A Radcliffe, P Mitchell.
- 2 pts(=230th) A Belton, G Oliver, S Cliffs, K Banks, A Trowbridge, A Evans, C Donnelly, I McWatt, J Rowley, K Russell, G Berry, S Davies, S Longfield, T Ramsden, P Nelson.
- 1 pt (=245th) C Bent, M Greaves, C Pooley, M Phillips, W Cooper, R Futrell, G Duckworth, D Easton, M Davies, S Bell, H Cadman, J Black, S Beardsell, I Beverly, J Barton, P Irwin, W Lundigan, E Harwood, P W Jones.

VETERAN RANKINGS

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
1.	R Aucott	108	18.	J Black	27	34.	M Breslin	10
2.	H Blenkinsop	100	19.	D Hughes	26		W Drysdale	10
3.	P Brooks	79		W Robinson*	26		M Kelly	10
4.	D Jewell	78		P Watson	26		G Meikle	10
	N Matthews	78	22.	T Davies	24		R Roberts*	10
6.	J Naylor	75		A Evans*	24		S James	10
7.	P Carmichael	69	24.	T Sykes	21		L Presland	10
8.	M Hayes	57		A Waterhouse	21	43.	A Ramsbottom	9
9.	W Cooper	50	26.	E Foley*	20	44.	R Hill	8
10.	J Llewellyn	47	27.	D J Barton	19		D McBane	8
11.	A Shaw	46		A Heaton*	19	46.	P O'Neill	7
12.	K Brooks	45	29.	P Fleming	18		G Spink*	7
13.	W Ryder	42	30.	E Campbell*	16		T Smith	7
14.	V Duff	39	31.	D Townsend	13		M Gray	7
15.	M Davies	37	32.	D Weir	12		W Fielding*	7
16.	J Smith	33	33.	P Dawson	11			
17.	T Thorpe	28	34.	D L Anderson	10			

- 6pts(=51st) D Anderson, E Barron, D Douthwaite, C Ford, D Glass, S H James, P Knott, C Macartney, B Timms, H Gill, P Buckley*, D H Davies.
- 5pts(=63rd) D Attwell, E Appleby, M T Brook*, M J Bamford, P Duffy, D Lawson, D Moulding*, L Sullivan, L Pollard, R Baxter, K Ledward.
- 4pts(=74th) A Barber, D Brown, C Brasher*, J Disley*, J Forster, D McKirby, W R Smith, J K Riley, R Reynold, A Waters, R Barr, D Robins.
- 3pts(=86th) T Halpin, P Madden, L Prater, D J Whitmore, I Nurk, T Nortley, M Longrich, I Dawson*.
- 2pts(=94th) D Hartley, D Hodgson, J Howarth, H Kohler, K F Brooks, R Shaw, D Harris, R Astles, E Wallis, J Morrison.
- 1pt(=104th) J O'Callaghan, J Dean, W Radcliffe, M J G Williams, G Taylor, R Fernyhough, Al Soran.

*Denotes supposed Over-50. Since supervets are not always obvious from the results lists, it would help the statistician if all Over-50s who wish to be considered for the Supervets championship would notify him of their date of birth.

CHANGES OVER 1979

Harry Blenkinsop was pushed into 2nd place by young Ray Aucott. Jos dropped from 2nd to 6th and Peter Brooks just managed to retain 3rd place against keen competition from Derek Jewell and Norman Mathews.

Peter Brooks

LADIES' RANKINGS

Posn	Name	Pts	Posn	Name	Pts	Posn	Name	Pts
1.	P Haworth	208	8.	M Pennel	109	15.	V Marot	73
2.	B Hogge	195	9.	A M Grindley	99	16.	C McNeil	72
3.	J Lochhead	171	10.	J Glass	97	17.	A Bland	68
4.	L Lord	167	11.	S Thompson	91	18.	M Dye	49
5.	R Coates	151	12.	M Rosen	87	19.	A Pendlebury	48
6.	G Pile	127	13.	J Sutcliffe	75	20.	R Naish	46
7.	W Dodds	126	14.	C Brittain	74			

Scoring races for the first three:

Pauline Haworth - 6 1sts - Wasdale, Ennerdale, Borrowdale, Langdale, Skiddaw, Snowdon.
4 2nds - Fairfield, Saddleworth, Latrigg, Wansfell.

Bridget Hogge - 3 1sts - Welsh, Muncaster, Melantee.
3 2nds - Edale, Mountain Trial, Borrowdale.
4 3rds - Half-Ben, Blisco, Pendle, Latrigg.

Jean Lochhead - 7 1sts - Duddon, Kentmere, Fairfield, Ingleborough, Crag Fell, Pendle, Saddleworth.
1 4th - Sedbergh.

Points of Interest

68 girls scored one point or more compared with 83 in 1979

Wendy Dodds was the most improved runner, from 18 points in 1979 to 126 points in 1980.

Out of 29 possible 'A' races, Bridget Hogge ran the most (15) and Jean Lochhead won the most (7).

In 1980 the Top Eight scored 100 or more compared with the Top Nine in 1979.

Carol Walkington

NOTE: Championship Statistician is now Peter Brooks. He will be doing all the calculations (formerly divided into Mens/Vets/Ladies).

Peter's address is: 'Shenavall', Drummond Terrace, Crieff, Perthshire, PH7 4AF.

Many thanks on behalf of the ladies go to Carol Walkington who has done so much to get the Ladies' Championship off the ground and keep it going. We hope to see her back on the fells when she has recovered from her present bout of baby building.

The Committee has discussed the possibility of a secondary informal system based on points from all the 'A' races other than the championship ones. Kevin Shand will be responsible for this for 1981 (see Committee News). Kevin's address is: 11 Church Street, Rochdale, Lancs.

THE TOP TEN PREDICTIONS FOR 1981

from

THE TOP TEN OF 1980

At the start of the season I asked last year's Top Ten runners for their predictions of this year's Top Five. Only John McGee is missing - he has given up running to return to football. Andy Darby, last year's eleventh man takes his place.

Andy Styan

<u>Billy Bland</u>	<u>Mike Short</u>	<u>Harry Jarrett</u>	<u>Colin Donnelly</u>	<u>Bob Whitfield</u>
J Wild	M Short	J Wild	W Bland	W Bland
R Whitfield	W Bland	W Bland	M Short	J Wild
M Short	R Whitfield	C Donnelly	R Whitfield	C Donnelly
C Donnelly	J Wild	H Jarrett	H Jarrett	M Short
H Jarrett	C Donnelly	R Whitfield	J Broxap	H Jarrett
Dark Horse- W Bland	Dark Horse- C Brasher	Dark Horse - J Reade	Dark Horse - J Wild	Dark Horse - J Broxap
<u>Harry Walker</u>	<u>John Broxap</u>	<u>Duncan Overton</u>	<u>Andy Styan</u>	<u>Andy Darby</u>
W Bland	W Bland	W Bland	J Wild	H Jarrett
J Wild	M Short	M Short	W Bland	W Bland
M Short	J Wild	H Jarrett	H Jarrett	H Walker
C Donnelly	R Whitfield	C Donnelly	M Short	R Whitfield
R Whitfield	C Donnelly	R Whitfield	R Whitfield	J Reade
Dark Horse - H Jarrett	Dark Horse - D Overton	Dark Horse - J Wild	Dark Horse - J Reade	Dark Horse - D Horse

I assigned five points for a first place prediction, four for a second and so on to get a composite. The result is as follows:

- | | | |
|-----------------------|--------------------------|-----------------------|
| 1. Billy Bland 41 pts | 4. Bob Whitfield 18 pts | 7. Harry Walker 3 pts |
| 2. John Wild 28 pts | 5. Harry Jarrett 17 pts | 8. John Broxap 1 pt |
| 3. Mike Short 27 pts | 6. Colin Donnelly 14 pts | John Reade 1 pt |

At this point in the season, with John Wild having won five out of the seven championship races run, the championship may well appear to be a foregone conclusion. However he has yet to prove himself on the long ones. He finished eleventh in the Welsh 1000m. after dying on the final climb. He says of this first attempt at a long race 'I was absolutely knackered at the end and it was all I could do to stay on my feet, let alone run. I just hope the Lakeland ones aren't as tough or as long as that. I'd just hate to have to repeat that exhausting experience. It was also humiliating to say the least for me to be reduced to a wobble and have to be assisted over rocks by a hiker at one point. Still it proved I'm human.'

By the time you read this the Wasdale and Borrowdale results should be known and from those results we shall see whether or not the 1981 British Fell Running Championship is a one-horse race.

Medical Matters

Several factors have prompted us to start what we hope will become a regular feature in 'The Fell Runner'. There was much interest in the heart attack articles (Jan. and July '80) and considerable response to the suggestion (Jan.'81) that we might include a 'Medical Matters' section. Not least the editor hopes that it will produce a cure for his own long-standing hamstrings injury! Following the interview with Dr Adams, sports injuries expert (and sufferer), you will find items on knees, backs and general prevention techniques. 'The Fell Runner' cannot vouch for the reliability of any suggestions made by contributors, nor accept responsibility if they don't work for you!

INTERVIEW WITH DR IAN ADAMS

Dr Adams runs the well known sports injuries clinic at St James Hospital, Leeds. Before you start to think that's where you'll go with your injuries - forget it! The clinic is now closed to non-residents of Leeds and will shortly be contracting even further - the reasons why are explained by Dr Adams in this interview. Please do not give 'The Fell Runner' a bad name by pestering him.

This interview contains the record of a long conversation I had with him in May of this year, mostly concerned with the state of sports medicine in this country. In the next issue we will include an article by Dr Adams on the most common kind of injuries that affect fell runners and the way to treat them.

Andy Styan.

- Q. What's the background that led to your interest in sports injuries?
- A. I was the Leeds United club doctor for about thirteen years, from the early 1960s. It gave me a good opportunity to see what the East Europeans had to offer in sports injuries treatment, etc. Nine years ago I started the sports injuries clinic here, and it just grew and grew! I now have lots of nominal Medical Officer jobs - with cricket teams, marathon runners club and others. I eventually drifted more and more towards running, and I am now on the Medical Advisory Board to the AAA.
- Q. Why the interest in running?
- A. Well, three years ago I organised a run for doctors (an idea pinched from the Finns). It was ten kilometres with target times to measure fitness. Under-35s had a target time of 35 minutes and each competitor had an extra minute added for every year of age over 35, so that, for example, a 50-yr-old had a target time of 50 minutes. As the organiser I had to run it myself, and my active interest in running starting from there. I've since run two marathons (Harlow in 3.20.00 and Huddersfield in 3.01.00) and I was training well for

the London Marathon when I broke down with a back problem. I'm a write-off for the moment, and possibly permanently so.

Q. Have you had a second opinion?!

A. Yes, and we agree that I'll have to wait and see what happens. At the moment I can't walk for more than a hundred yards and I can't stand up for long. I could have an operation that might help, but it might not.

Q. Is it a running injury?

A. Who can tell? I am forty-nine years old and I started running three years ago. I got up to seventy miles a week, and was working on the formula of race distance being one-twentieth of the last two months total mileage. Maybe running brought it on, maybe not.

Q. Moving away from your own injury problems, what do we know about sports injuries in general?

A. In this country, very little. World wide there is a lot of knowledge. There's lots of stuff in books and magazines if you look for it. There are dozens of American and European journals, and around sixty or seventy world wide, and some of them are very good. So the knowledge is there.

Q. But not in this country?

A. No, the UK lags far behind. America, Australia and New Zealand are far ahead in interest and knowledge, not to mention Eastern Europe. Elsewhere in Europe, Germany, France and Spain are very interested - the last two examine schoolchildren before they take part in sport, and France has twelve full-time 'sports' doctors. In this country there are no full-timers. There is basically no incentive to find out about all the knowledge there is. It requires hard work in your own time. It's really only a hobby for me, and not my basic job - I have to be a bit canny at times.

Q. Given the success and popularity of the Leeds clinic, why has it 'died'?

A. Because we have become too popular! We have a huge waiting list - its eight weeks typically. In that time people will either get better, or else their injury is too chronic for us to help. It's pointless! Also we get a great deal of abuse and aggravation from people expecting instant treatment and generally taking the attitude that what we have to offer is their's to take 'by right'. Putting it all together it's just not worth carrying on.

Q. What is the future for your 'hobby' then?

A. I'll keep it going somehow, but obviously I'll have to fine down my interests.

Q. Where else is there for people to go?

A. Well, there's a clinic at Manchester University, but I hear that's closing soon. There's also a clinic at Meadowbank, which is pretty good. There are some chartered physiotherapists who are very good, but you need to watch out for 'robbers' - unqualified physios who basically con you. (Some of these even open up what they call 'sports clinics'!) Also Huddersfield Polytechnic's Chiropody Department has an excellent 'foot clinic'.

- Q. So what does an athlete with a clearly 'athletic' injury do?
- A. There are no obvious answers I'm afraid. You've basically just got to find someone sympathetic, GP, physio, whoever, as long as they have some personal experience and sympathy.
- Q. It's not an encouraging picture. Do you see the system in this country changing?
- A. No, not really. There's no pressure for it. If you take something like heart surgery, it's spectacular, but treating a runner's hamstrings is not. Sports medicine won't pull the money in - if it did, there'd be lots of interest.
- Q. Haven't the football clubs got money?
- A. Maybe, but generally British football is pre-historic in outlook. The players are rarely fit in comparison with most top athletes, just look at their performances in 'Superstars'. A lot of the doctors, as in many other sports, are often social appointments.
- Q. What about some initiative in private medicine?
- A. It needs a lot of organisation and capital, and it would probably be too expensive for most people. Athletes are not notoriously wealthy and at £8 an X-ray for starters, you soon mount up a hefty bill! There are some insurance schemes starting up and if they take off, they might help, but at the moment they only cover little things. I'd consider doing it full-time myself, but I have to earn a living.
- Q. What about individual doctors becoming more interested, regardless of the NHS?
- A. That's a more optimistic angle. Interest is growing - I'm asked to lecture a lot to medical meetings, and I think it's fair to say that there is more interest from the medical profession in sports injuries than from the sports themselves. However, though there is more interest, people won't commit themselves.
- Q. Attitudes seem to be the block to progress, then?
- A. Yes, the medical profession doesn't like sports injuries because they are self-inflicted in otherwise healthy young people. Stop doing the sport and they will go away, and meantime you can carry on your daily life like a normal person.

But look at smoking and the connected illnesses - they're self-inflicted. High blood pressure from being overweight is self-inflicted. A lot of heart disease is self-inflicted and VD is too. Yet we are interested in treating all of these.

I totally accept that medicine should be about healthy people, but at the moment it is not.

Postscript

One of the most common problems in fell runners is knee injuries. Dr Adams nearly fell off his chair showing me the simple exercise of step-downs (preferable to step-ups), which strengthen the knees and legs and help prevent injuries. Simply balance one foot on a

step or a chair and touch the ground with the other foot, before lifting it back up again. When you want to build up, do the exercise carrying a rucksack or sports bag with bricks in it. Five minutes with a decent load improves strength very quickly.

KNEE PROBLEMS

by Roger Baumeister

From a recent survey by Dr Wendy Dodds, knee problems were voted the most common complaint by fell runners and my vote was one of the counters.

I can thank my bad knee for getting me into serious running. I had led a comprehensive but non-specialised sporting life until I was warned off football and cricket by a specialist following my collapse on a football field. My knee was arthritic and I had to bandage it heavily and used a stick from time to time.

That, however, didn't stop me from starting fell walking and challenge walks like 'The Fellsman' and 'Lakes 4 x 3000's'. On one such trip to the Lakes with Eric Mitchell I jogged the second half of the 4 x 3000's and got hooked on running over the hills. An entry in the Skiddaw dropped in on the way home got me started.

Surprisingly, I found I had less trouble during and after fell running than I had from walking. That clinched it. One bit of cunning - remembering my physiotherapy training on the friction bike, I decided to bike to work and got a second-hand one. The knee strengthened and the thigh muscles got good and soon the fluid was gone from the joint.

Over the ensuing years of fell running the improvement has continued. Three years ago, if I knelt down for five minutes, I would have trouble with the joint for days. But now I have no such trouble. However, what has worked for me doesn't necessarily fit in exactly with other people's problems, but some analogies are possible.

Note: Roger also sent us a piece on 'Wind on the Hill' - which we all enjoy - not a medical problem at all, and anyway far too rude to print!

MY BAD ~~BED~~ BACK

by Danny Hughes

The following little personal story may be of interest to sufferers of mysterious back aches and pains.

About one year ago I began waking up in the mornings with a dull ache in the lower back region. Initially it was dismissed as the result of over-enthusiastic gardening in the early spring. However it persisted, and spread its discomfort into other parts of the day, when sitting in easy chairs or standing. Furthermore the discomfort seemed to be related to training intensity. This latter symptom was pushed to the back of my mind, and when the gardening could no longer be held responsible, it was decided that our extremely comfortable bed might be getting a bit worn out and could be the culprit. So, the bed was changed for the latest in scientifically designed beds that was supposed to do everything the back sufferer could possibly wish. It did nothing for my back, indeed on occasions I even had to get up and finish my sleep elsewhere.

After several weeks of increasing discomfort and correspondence with the bed manufacturers to the effect that their product wasn't all it was cracked up to be, they agreed to change the mattress (foam on a solid base, so this was easily done). The new product was so hard that even Norma couldn't sleep easily on it! Further acrimonious negotiations resulted in my obtaining an entirely new bed, much after the style of our original. This was the end of the bed-swapping saga, since the firm insisted on cash on delivery.

Although somewhat eased, my back ache was very much back to square one - what it was in the early spring and it was now Christmas, and I was getting desperate. And so to the doctor. X-rays, suspected kidney stones, all gave negative results. So far as medicine was concerned I was perfectly fit. I mentioned the problem disconsolately to fellow runners, not so much in the hope of helpful advice, but rather as an explanation (excuse!) for any poor performances. However, my friend Peter Brooks (Lochaber) took me seriously and suggested a simple exercise. Lie flat on your back with hands resting on the thighs. Sit up and bend forward to touch the toes (have your feet under a bar if they tend to come up). Start with about ten repeats, night and morning, gradually increasing the number as the tummy muscles strengthen. Remember to bend from the hips, not the back. Result. - Within ten days - no back ache. And, having kept up the exercises, it hasn't returned. Worth a try?

SOME THOUGHTS ON PREVENTION

from David Harrison

Since I am an osteopath by profession, I felt it incumbent upon me to comment on some points raised in the last issue of the magazine about health problems of one sort or another.

Firstly, back trouble. The underlying causes are usually long-term and deep-seated, and running is emphatically not one of them. When back trouble has developed to a certain stage, running (along with many other things) may aggravate it, and you may have to stop until time or treatment has mended you. On the other hand, running is one of the best preventive measures against back trouble. Its incidence amongst runners is probably below average, and I can't think of a less appropriate place for articles on the subject than a fell runners' magazine!

When it comes to injuries of tendons, ligaments and muscles, it is not easy to generalise about their treatment. One thing however can be said - many such injuries are due to overuse. Now overuse is a relative term; firstly the quality of people's tissues varies widely, and one person's tendons and ligaments may tolerate far more stress than another's without becoming damaged or inflamed, (hence the folly of trying to adopt someone else's training schedule). Secondly it is relative to your own state of fitness at any one time. In practice this means that you should never suddenly increase your work load in training, or alter the nature of your training, without allowing time to adapt. A good example of this is the change to running on roads in the Autumn - the over-zealous are to be seen a month or two later hobbling about with Achilles tendon or knee trouble (as several fell runners know to their cost). The same applies to sudden significant increases in mileage.

If this advice comes too late and you are already suffering from a stress-induced injury, then you should either ease back, or stop altogether for a while. (You may be able to keep fit some other way, e.g. cycling without aggravating the condition.) If you do this

early, you may not need to seek further help.

Another approach to prevention is to introduce some stretching exercises into your training. Not only will this make you less prone to injury, it MAY make you quicker. Have you ever thought you much work you do in overcoming the elastic resistance of tight muscles? (That's what has held you back all these years!) But please remember this - you can gain nothing by trying to stretch a muscle that is still tense. Borrow a technique from Yoga and take the trouble to relax each muscle before, and while, you stretch it. Borrow your exercises from Yoga, too.

Having said all this, I believe that running should solve problems rather than create them, and that its benefits far outweigh its risks, so I wonder at the recent plea for more articles on health topics. We shall soon need an article on ulcers caused through anxiety. Perhaps the editor should nip this in the bud - he could start by not printing this article!



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A SOLUTION TO THE PROBLEM OF RACE ENTRIES

by Danny Hughes

The problems of dealing with race entries, raised by Peter Knott in the last issue, are of considerable interest to myself because, not only am I one of the worst organised runners for getting my own entry in on time, but I also receive in excess of 1000 entries per year for the races organised by the Cumberland Fell Runners' Association.

Like most athletes I would prefer not to be plagued with race entry forms, postal orders, postage and the like. Instead to turn up on the day, collect a competition number, pay on the spot, and run would seem to be ideal. One of the attractions of orienteering (in its early days) for myself, in moving out of traditional athletics, was the facility to 'enter on the day' (EOD). It has always seemed to me that the informal and friendly nature of fell racing would be enhanced by the EOD system.

There are three possible race entry systems:

- a) Pre-race entries with a closing date.
- b) Entries on the day.
- c) A mixture of a) and b).

By adopting a) the organiser always comes under pressure to accept late entries, besides creating a considerable amount of work for himself. It is also unfortunate in these days of increasing fees that athletes who find themselves unable to run on the day forfeit their entry fee and, in effect, subsidise the rest.

I personally don't favour the mixed system c) for the fell races we organise, since it incorporates all the disadvantages (for the organiser) of an EOD system, without our being able to exploit its advantages to the full.

Having given considerable thought to system a) from the organisers' point of view it begins to have many attractions. Consider:

- No more pleading telephone calls or letters from runners who have overlooked the closing date.
- No more envelopes to be opened and their contents (often time consuming notes instead of proper entry forms) sorted (entries filed, monies carefully noted, etc.).
- no more pre-race sorting of entries into clubs for typing an entry list (and complicated to use for race starting/monitoring purposes).

Since our committee, as a matter of principle, do not limit race entry numbers and place responsibility for race capability firmly in the entrant's lap, we are not bemused by numbers or vetting procedures. So far, given that I can organise a smoothly operating EOD system to cope with up to 500 entries, this would be my preferred system from the organisers' point of view (note the cunning rationalisation of the argument to get what I want as a runner).

However, there is one big snag - money. Numbers of starters are nearly always 25% down on entries and EOD would mean a large loss of race revenue if fees remained the same. We would have to decide whether to reduce costs by 25% (prizes and refreshments in our case since little money is spent on anything else), or increase our entry fees by 25% - for the sake of argument, it would cost £2 instead of £1.50 for our major races this year. Since just one saved entry fee in the event of not being able to run, or changing one's mind, would pay for three increased fee races (EOD), fell runners may well consider the extra cost worthwhile. We would look for a favourable reaction from runners before trying out such a system.

COMPETITION RESULT

A rather disappointing response to our last competition, Pity - since we've decided to award real prizes at last!

We had four entries, but from only two sources. Highly commended are those from Keith McKay of Clayton-le-Moors:

He says "I would like to do a 2-day Mountain Marathon with -

- (1) Veronique Marot - you did say a 2-day partner - overnight camp! Enough said.....
- (2) Hannibal - as long as he agrees to bring his pets."

The second entrant comes from Guisborough and would probably have won, however many entries we had received. Here are his entries as they were written.

"I WOULD LIKE TO DO THE M-R-TH-N WITH

Dear Editor,

"I'd like to do the Marathon with a Motor Bike"(after last year).

However, that's not all. Whilst jogging somewhere in the Pennines the other day, you understand I don't run because I can't go faster than 3½ mph up or down hill, I don't know where it was because I was lost as usual and nobody sent me a calendar this year, so I don't know when it was. Well, this smashing piece of crumpet zoomed past me and I thought WOW

"I'd like to do the marathon with an experienced lady fell runner with strong thighs because they know the right way of doing these things in the mountains. At the campsite the good ones unpack the tent and get it erected for me whilst I make the tea."

Well, that thought was soon dispelled because I saw that in her competent speed she'd left a piece of paper which had fallen from her pocket. Obviously an entry for the "I'd like to do the M..... Contest" I thought. Right first time, but I couldn't catch her so I'm sending it in. It was a bit besmirched with peat so I might have to paraphrase the dodgy bits.

"I'd like to do the marathon with A--- ----- (or something) because he knows what to do and gets on with it. We often loose our control together. I'm not sure about his idea of a double sleeping bag to save weight because I might end up carrying more than I expected. He's usually intense on camping."

Unfortunately the signature had been erased so I've had to leave that out. The trouble is I always get so knackered after jogging in the hills that I forget my own name. I'll let you know when I remember. TATA for now. 1615.

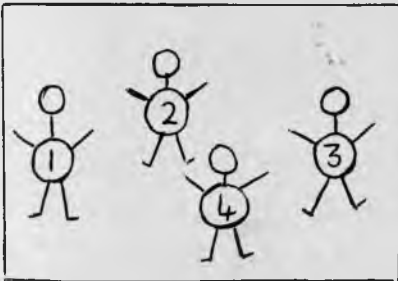
1615's prize is a FRA T-Shirt and a year's free membership of the Association.

Another T-shirt goes to Keith McKay as runner-up.

COMPETITION



The Prizes - An FRA T-shirt and free membership of the FRA for one year. T-shirt to runner-up.



WHAT DO YOU NEED TO DO?

Simply send us a caption for the photograph above. It can be a caption for the whole or a caption describing what any one (or more) of the individuals is saying.

If you need to pinpoint any of the runners in the picture, please use the numbers given in the diagram.

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Entries by 26 October 1981. No bribes (well, only little ones).

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DOON THE BEN

By Jimmy Jardine

Part I - The Challenge

Downstairs in the Grand, with a pint in his hand,
An Englishman looked over, choking.
"What, him in the shirt - that little squirt?
You've REALLY got to be joking."

He pushed through the crowd and shouted out loud,
"The last of the Great Record Men!
I'll bet you old sonny, any amount of money,
I could beat you down the Ben.

I've won the Nevis Race at a new record pace;
No-one can run like I do.
I've won every event from here down to Kent.
Now I want your record too."

Staring into my drink, I started to think.
Why couldn't I answer the clown?
If I swallowed my fear like I swallowed my beer:
But no - I could only look down.

"Can't run, can't jive - now can't even drive."
I heard him continue to jeer.....
"I'm not surprised he was breathalysed -
He can't even hold his beer.

Looks as old as the hills and rattles with pills;
With a face like an old worn out shoe.
Imagine him on a date! If he ever found a mate -
I doubt if he'd know what to do."

A different voice spoke, a local sounding bloke.
"Ah now, I think there was something;
For I've heard that he keeps a wee box where he sleeps,
And in it, some say, is a ring."

"A ring!" he still raged, "So our friend was engaged.
What on earth d'you suppose?
What sort of old cow would wear his ring now?
Unless perhaps going through her nose!"

The table and chair went up in the air,
As I leapt up and glared in his face.
"Tomorrow at ten, at the top of the Ben,
I'll give you your downhill race."

Part II - The Race

He was drawing away at a terrible speed;
Nothing I could do would shorten his lead.
His shape became vaguer then faded from view;
His steps became softer, then disappeared too.
Off the summit plateau the wind lost its force;
My feet soon thawed out on their zig-zagging course.
My hands and my body started getting warm;
And on the smooth scree banks I clicked into form.
Familiar squat cairns would loom up like friends;
Their yellow dye markings would show me the bends.

Part III - The Decision

John MacInnes the Inspector always finishes a lecture
With something that I was to learn;
At this time of year huge holes will appear
Just under the snow on Red Burn.

If a man were to slip, he could rip off his hip,
But he was now so far below
To have any chance at all, I must risk the fall,
So I swung off the track to the snow.

Part IV - The Vision

Sound and horizon now all seemed to go,
As I hurtled down over that thin crust of snow.
Twenty to thirty miles an hour I'd be reaching,
Trying to shut out any thoughts of a breeching.
"Jimmy!" Like a needle a voice pierced my brain;
I slowed down and stopped when I heard it again.
A blue shimmering form was waving to me,
But against the bright white-out I just couldn't see.
The vision now faded, but I knew who she was,
And when I looked down I soon saw the cause -
A jagged hole had opened to the Red Burn below
And her warning had saved me from death in the snow.
Back to full speed I was soon at half-way,
And out from the clouds to a beautiful day.
Look away from Loch Eil to the Cuillins of Skye,
But it wasn't the view that was catching my eye.....
It was the sight of the Englishman at "Broken Bridge".
He was walking! He was walking down the ridge.
I passed him at the fence, but he didn't see me;
He flaked out on the road when he reached Achintee.

Part V - The Finish

With each step my hate had begun to abate,
Even with Fort William in view.
Inside I'd a glow and I just seemed to know
SHE'D have forgiven him too.

I swung round again and went back to the Ben,
Helping him up onto his feet.
Back down in the Grand, he lifted his hand,
And toasted the result - A dead heat.

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SPOTLIGHT ON JOHN WILD

Early in the new year I received a letter from RAF Cosford which began: "Dear Mr Styan, I hope you don't mind me writing to you specifically, but I need some advice....."

After I'd scooped my wife (helpless with laughter) off the floor, I read on. John Wild went on to ask me general questions about fell running, in particular about longer races, and in the course of his letter made it perfectly clear that 1981 was the year that he intended to make his mark on the fell racing scene. Even at the risk of jeopardising my own chances in the Championship (nil, as it has turned out!), I wrote back.

Some three months later, when it became obvious that John was indeed a force to be reckoned with (whether because of or in spite of, my advice), I wrote to him again. These are the answers to the questions I asked him.

Andy Styan

1.	Age?	Weight?	Height?	Pulse Rate?
	28	9 stone	5ft 8in	44(at rest)

What is your job?

I'm an electronics instructor, teaching Flight Systems. I work 8.30-5 every day, no special time off for training. I took the post because I wanted promotion, but by trade I am an aircraft technician and would prefer to work on aircraft.

2. What sort of training do you do?

I train quite hard, though never over 70 miles a week. An average week would be 65 miles. I used to do over 100 miles a week and never enjoyed it. Now I have time to enjoy other things: A typical week is:

Sunday		Long run + weights	15 mls.
Monday	a.m.	Easy run +weights and exercises	2 mls.
	p.m.	Speed Session	
		4 x 5 mins. cross-country	
		+ circuit work and exercises	7 mls.
Tuesday	a.m.	As Monday	2 mls.
	p.m.	Easy run	7 mls.
Wednesday	a.m.	As Monday	2 mls.
	p.m.	Speed Session	
		6 x 1/2 ml. cross-country	
		+ circuit work and exercises	6 mls.
Thursday		As Tuesday	9 mls.
Friday	a.m.	As Monday	2 mls.
	p.m.	Speed Session	
		Short stuff, 300s etc.	6 mls.
Saturday		Easy run + weights	9 mls.

The speed sessions are done eyeballs out. The weight sessions are just a three-minute routine with 2 x 15lb. dumb-bells. The exercises are just general suppling with some isometric work. A lot of runners would not get injured so much if they did more general conditioning work.

3. What were your most satisfying performances before turning to the fells?

1974 and 1980 inter-county cross country wins and reaching the final of the steeplechase in the 1978 Commonwealth Games.

4. How did you get interested in fell running in the first place?

I ran the 1977 Stoodley Pike and finished second to Ricky Wilde. I had such a good day out at the pub, etc., and was so struck by the friendliness of all concerned, that I vowed some day to do more. It's just been a question of having the guts to commit myself.

5. Why did you become so keen on it/what do you like about it?

Once I had made the difficult decision that track would come second this summer, I was able to pick all the fell races I wanted from the excellent fixture calendar. The thing I like most about the fell racing scene is the hospitality of runners, families and spectators alike. To have such a sociable and friendly atmosphere in a running event is rare in my experience. I can't praise the organisation of the Fell Runners' Association highly enough either. No other running body e.g. ECCU or RRC provide so much advance information.

6. What ambitions, if any, have you on the fells?

It may sound corny, but honestly all I want to do is go out and enjoy myself. Have a good day out travelling etc., and do well in all the races I run in.

7. What were your expectations of the season before it started?

I thought I'd do well in some of the more 'runnable' events, but I didn't expect to be running as well as I have been.

8. Which races have you enjoyed most so far?

Collectively, I've enjoyed them all even though I've been knackered at the end of them all, despite people saying I look good at the finish. I have raced them all very hard. Picking one or two out - I enjoyed Kentmere because I felt so good that day and I managed to get round in spite of going off course three times. It's lucky that there were hikers about. I enjoyed Ben Lomond because the weather was good and the views from the top were the best I've seen anywhere.

9. What are your expectations for the rest of the season?

I hope I can keep my present form on the fells, although there is a long way to go yet. I intend to do some track races, in fact I've recently run 8.55 3000m. steeplechase and 5.47 2000 m. steeplechase, so I could surprise myself this year.

10. What about the long Lakes races? Are you doing them and how do you think you'll manage?

I intend to run the Wasdale and Borrowdale. Unfortunately I will be overseas for the Ennerdale. I don't know how I'll go in the longer ones because I've never done anything like it before. The longest I've ever been on my feet is just over 2 hours. I'm just going into it with an open mind - and a Mars bar.

Letters to the Editor

Dear Mr Styant,

Further to your editorial December 1980 on safety precautions, I as a race organiser agree wholeheartedly with the points you make on this subject, as we, rightly or wrongly, make great emphasis on safety during our race. Hence the Carnethy Controversy! I believe that we try to get around the safety problem as best we can by "thinking out" prior to each event what could happen on the day.

The Carnethy is held in February each year, and as many of your readers already know, the weather at this time of year can be really bad in this area. For that reason we offer a marked course with communication checkpoints at strategic points along the course; together with first-aid personnel in attendance. We cover ourselves by taking out insurance for any mishaps that may occur, but naturally that is a policy we hope never to surrender.

Indeed, who does decide the minimum safety precautions? And again, who enforces them? We think that competitors themselves will automatically accept that responsibility, by not entering 'unsafe' events. There again as you stated in your editorial, there will always be some who will flaunt the 'rules'. The 'prima donnas' of this world could also try to show some guidance to the 'rabbits' of this world by at times adhering to what the organisers decide for the sake of safety.

Whatever the outcome, race organisers can never be right. For example we had John Blair-Fish (July '80) and R P Austin (Jan. '81) putting pen to paper and indicating that we took the wrong decision at the 1980 event, whereas we had others who wrote to us and mentioned that they thought we took the correct decision under the circumstances. As already mentioned, we as organisers are on a hiding to nothing.

In closing can we add a little postscript to the '1980 Carnethy Controversy'? After the dust had settled we had a national Sunday newspaper on to the race convener, enquiring if it was correct that we had 'lost' four marshals in the hills during our Hill race. As it happens two were late in returning to our Centre, but we trust that this will draw your readers attention to the fact that to some, bad news is good news. If risks are taken it is the organisers who have to answer to the media for anything that goes wrong on the day. Incidentally, press releases had previously gone out to this newspaper on the happenings of the race, but that itself is not news - no further comment.

Yours in sport,

March 1981

William B Scott

Dear Andy,

I was at the FRA AGM this April and found it, like most AGMs a pretty long tedious business (hence, presumably, the very poor turnout of members, considering the size of the field in the Pendle race). There were, however a couple of points which troubled me then and have done since. As it appears likely that there will be another General Meeting

of the FRA this Autumn, I should like to offer these points to the members for consideration in advance of that meeting. After all, if you have thought something out beforehand, it is much easier to make constructive contributions without prolonging the debate after closing time.

My first worry was the decision to nominate fifteen 'Championship' races, for the convenience of the Statistician and the major contenders, from which the FRY or British Fell Running Championship will be decided. Experience may already have shown this to be a wise decision, but I have some doubts. For example, were the organisers of the races consulted, and would they have liked to have been? It seems presumptuous in the extreme for the FRA to take far-reaching decisions about races which are not our promotions but are the responsibility of individual organisers, whose objectives may be very different. It seems likely that these races are bound to attract big fields, such as have already caused problems (despite the fact that only a very few runners are ever in contention, it is only human nature for the rest of us to be attracted to the 'big ones'). Entry restrictions and the necessary changes to the Kentmere and Fairfield courses are examples of the problems of big fields, and the responses of different race promoters. By the time this is published, we will know more on this aspect, but I feel it would be a good idea to review the working of the new system, especially the choice of nominated races.

The other point arose out of what was little more than a comment in passing, that 'fell running is an individual sport and we want to keep it that way'. Up to a point I would agree; but the logical conclusion is that team prizes should not be awarded, and that clubs should become largely irrelevant. This is a very far cry from the AAA attitude that the club is the cornerstone of athletics, and if our negotiations with the AAA are to be successful, this certainly needs to be straightened out. Clubs will always be with us as like-minded runners from a locality get together to train, travel, race and drink, not to mention their essential role in the cross country and road racing that most of us do as second best to the fells, and their role in fell running needs to be considered. At present cavalier attitudes to the first claim rule are all too common, with plenty of examples of runners who turn out for more than one club (and not just north and south of the border, which is permitted under AAA rules, though there is no logical reason for it in fell running). If we are to achieve an acceptable resolution of our position with respect to the AAA (which is vital to the vast majority who are not solely fell runners), then we need to put our house in order on this issue; either govern ourselves better or give up team prizes altogether, and I know which, as a firm believer in clubs, I would prefer.

I seem to have gone on at some length, so I'll stop there. I hope this has provoked some thought, even if the reaction is to disagree with everything I've said. Whatever, if it leads to more constructive discussion at the FRA General Meeting, that can only be an improvement! Finally I have to say that this letter reflects only my own views and not necessarily those of my club; I feel sure, without having asked them, that the spectrum of opinion is pretty wide.

Yours sincerely,

May 1981

Robin Britton

There's a number of points here!

- 1) The new championship system is not for the convenience of the statistician - it is a way of making sure the contenders do meet one another, which, under the old system, was not a certainty.

- 2) The organisers of championship races were not consulted. They were informed by letter and none have objected. I agree they should have been asked first, and we should work towards this in future.
- 3) How the championship races are chosen is and will continue to be a talking point. Any suggestion for a fair method will be welcomed by the committee.
- 4) You are assuming that 'an individual sport' cannot encourage 'team' competition. I personally like the team emphasis and think that team results should be announced even if there are no prizes. Whether there are team prizes, though, is entirely up to the organiser.
- 5) The 1700 odd members of the FRA have joined as INDIVIDUALS. This is a most important point and is entirely separate from the issue of team spirit and team competition. The FRA committee represents individuals, not teams or clubs. In any confrontation with the AAA this will be a sticking point.

Ed.

Dear Andy,

I would like to put forward some comment on the organisation of the British Fell Running championship 1981. I think it admirable that the committee should be flexible and seek to make the championship severe yet equitable taking into account such factors as the expense of travel, the length of the season, and the encouragement of the top contenders for the title to actually confront each other in as many races as possible. Having said all that, and also declared a certain bias as the organiser of a category 'A' race which has been excluded, let me say that I think there is room for more discussion regarding the championship race allocation.

My reasons for organising a race are very simple. I like to put a bit back into a sport which I have enjoyed for many years and I hope to encourage more participation in a very worthwhile branch of athletics so that people can enjoy themselves in an individual and informal manner. However, I would be a little disappointed if there were only 200 'joggers' competing at Saddleworth, as I believe in a mixture of quality with quantity. Thus I would like to see the top 20 fell runners battling out the race trying to beat each other and the record, and helping to promote spectator interest. To this end and with the intention of spreading things about among all the Category 'A' races, could the committee not consider a rota system?

On the 1981 Calendar there are 41 Category 'A' races (13 short, 16 medium, 12 long) out of a total of 120 with some yet to be categorised. Thus the championship list is only taking into account 37% of category 'A' races and 12 % of the total calendar. (the Champion's 10 races are, of course an even smaller percentage). A rota system could share out all the Category 'A' races over (say) a three year period. Thus the existing rota for 1981 could be repeated in 1984, with a different 15 races (rota B) in 1982 and 1985 etc., and another 15 races (rota C) in 1983 and 1986 etc. If there weren't exactly 45 races for a three year rota there could be an overlap on one or two races. This is only one suggestion and I am sure there will be many more. I trust the committee will give them an airing before coming to a decision for the future.

Now that I've actually got to the point of writing I'd like to raise another point. I believe that the FRA could benefit more than it does from any profit made from a race, and I also believe that there should be accountability for all races to show profit or loss. Thus although the FRA has no legal right to see race accounts, I think race organisers have a moral duty to make accounts available.

The financial aspects of organising even a small race such as Saddleworth can be daunting, and yet so far I have managed to survive for nine years and to present a prize list which I believe is considered extremely acceptable. This is not true of every race, even when there appears to be more than adequate sponsorship and often very high entry fees, and I find it disturbing.

This year the Saddleworth cost £324 to 'put on', and by virtue of touting round for donations and gifts, sales of food and entry fees (50p or 75p on the day), I made a profit. I divided this profit into a £10 donation to FRA, plus other donations to St John and Oldham Mountain Rescue, and put the remainder into my separate Fell Race account ready to provide money to start off my next year's arrangements. It may be worth noting that up to the end of Race day I didn't know my profit or loss, as that still hung on two highly variable factors, i.e. late entries and food sales. Approximately 100 entries on the day swung us over, but it didn't help my blood pressure!

If for any reason in the future this race was to fall into disrepair, then any money in my Fell Race account would be divided equally between Saddleworth Sports Council and the FRA. I think it would be interesting to hear the views of FRA members and other race organisers on this matter.

Best wishes to all runners and organisers,

June 1981

Dave Makin.



T-SHIRTS

Our distinctive T-shirts are now on sale to FRA members.

In red and sky blue and bearing the new FRA logo, they are available with short or long sleeves and sizes small 32/34, medium 34/36 and large 36/38.

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Dear Editor,

The only way I can persuade my wife to allow me to continue fell running is to bring home a set of coffee mugs once in a while. You could say she made sure I got a lot of mileage out of the paint brush I won at Mytholmroyd. Of course, none of us runs only for such tangible incentives, but I would like to suggest a scheme for offering a lot more of us a little more encouragement.

During the season we could collect points related to our finishing positions in races. At the end of the year we could be given a voucher valued in some way according to our total points. These could be exchanged as part payment for some sports equipment.

Let's take an example. Say each point is worth 25p and for coming in the first 50 you get 2 points, and in the first 100 one point. An athlete finishing in the first 50 in 15 races would be given a voucher for £7.50 and one finishing in the first 100 on 25 occasions would receive a £6.25 voucher. Both would be worth about one-third the price of a new pair of shoes.

There must be problems with such a system. I can think of two to begin with. It would have to be administered, perhaps by the FRA. However, I understand that some sophisticated handicapping systems have been suggested as practicable and this scheme would be equally feasible. Secondly we would need a sponsor. I was thinking of, perhaps a national sportswear manufacturer or retailer. Could they be persuaded that they'd merely be offering a discount to an enlarged and captive market! Doesn't a similar system operate in the British Marathoners Club? I am sure that there are further problems and I hope that this letter stimulates discussion so that they might be clarified.

Incidentally, I thought at first that vouchers, with our positions on them, could be handed out as we finish. I dismissed this idea in view of the scope for black market operations and forgery amongst our more artistic members!

Yours sincerely,

May 1981

Graham Bell

Certainly worth further thought, Graham. It would need someone with the energy and motivation to get sponsors and get it organised. Any volunteers? Ed.

Dear Sir,

I feel I must take you to task as editor for allowing the article '1980 Vaux - A personal view' by Neil Shuttleworth to be printed containing the obnoxious expression 'spastically'. Is Mr Shuttleworth that devoid of expression that he has to use a term that belittles people who, through no fault of their own, are destined to spend their lives confined to wheelchairs, sometimes in agony and only half alive? Mr Shuttleworth should think himself lucky that he has the limbs, lungs and mental capacity to even compete in the Vaux. If this is his personal view, let him keep it to himself.

Yours in Sport,

February 1981

William Turner

Fair point! Ed.

Dear Andy,

I received my copy of 'The Fell Runner' yesterday and saw that my name was taken in vain by a certain humorous fellow. I suspect that most fell runners have an independent or cussed nature. It should further be noted that, though I may have a similar name to a certain Blair-Peach, any ambitions I had in teaching kiddies were thwarted by the professors who watched me practise teaching.

With reference to Philip Dixon's letter, I feel there is a danger in satirical articles upsetting people's feelings and beliefs, and perhaps the editor should add some disclaimer in the magazine about views and articles not necessarily representing the FRA.

Best wishes,

February 1981

John Blair-Fish

Readers and John should be reassured that his name is only taken in vain because those who do it know what a good sport he is. Ed.

Dear Editor,

I feel that I must take issue with Austin Farr's rather disparaging remark about GPs' response to limb troubles of just 'rest it'. As a GP and very mediocre fell runner, I can say that nearly 98% of strains and musculo-skeletal aches get better with simple strapping, analgesics and rest. In fact nearly all the patients seen by GPs have self-limiting disorders and it's surely the few who haven't that is our main task.

It's true there are more sophisticated forms of treatment, i.e. ultra-sound and faradism - but why should fell runners have prior access to these limited resources, say ahead of a builder with an injured shoulder who can't work. I do a lot of climbing and pot holing as well as fell running and I must say that I haven't met this rather selfish attitude amongst these fraternities.

Yours sincerely,

February 1981

Dr B H Walker

Well, Dr Walker, I agree with you about the builder and his shoulder, but it's not as clear-cut as that to me. Smoking is a leisure activity which most medical authorities discourage, while running is one they encourage. Smoking related injuries, such as lung cancer, bronchitis, etc., are taken seriously by the medical profession, while running injuries are not. Isn't there some inconsistency here? Ed.

Dear Editor,

I was interested to read Austin Farr's letter in the last edition of 'The Fell Runner' on medical aspects of running. I, being allergic to most drugs prescribed by doctors can, perhaps, offer some advice.

Firstly, drugs of any kind are harmful, of this there is no question. You see when we overstep nature and our natural body and mind functions then nature hits back at us - meaning a rest or whatever is decreed necessary. By taking drugs, etc. we try to hurry nature's process or to kill the pain. We keep on straining, damaging things again because we have not let nature take its process of repairing the damage.

I know it's a slow, painstaking way of recuperating, but from experience I know it works best of all! Try it, it's worth it in the long run. Listen to your natural instincts of mind and body, and perhaps a herbal cure may help, but it can never replace what is the most natural commonsense thing to do. Remember by using 'natural commonsense', you yourself and no-one else (they are not inside you) are the best guide.

If I can be of any further help I will gladly render my services free of charge!

Yours sincerely,

February 1981

John G Leather

I quite agree with you, John, even if I do have occasional prescriptions. As to listening to your own instincts, I believe in it 100%. Sometimes, though, it's difficult when your head says 'rest' and your heart says 'I don't want to'. Ed. (John can be contacted through the magazine, by anyone who wants to)

Denis Rankin (Northern Ireland Fell Runners' Association) writes about the Irish and British Championships and their overlap, basically saying they should be kept separate. He adds "We would of course be interested in more of our races being awarded 'A' status, not so much because we want more of our races to count towards the UK championship, but as one way of encouraging more GB runners to travel to our events."

Peter McNamara echoes the feelings of many fell runners in writing that "he would like to see lots more spot prizes to lads and lasses who are 'unknowns', after all there would not be any races if it weren't for these people". Now that I'm just an 'ordinary' runner again, I'm inclined to agree with him!

Keith McKay wants to know if G Gough of Blackburn is Superman, referring to 'The Fell Runner' - January 1981, pages 4 and 5, he asks, "Did he really finish in 9th position in the Kinder Downfall on 22 June 1980 - start time 11.30 - taking 70.17, then complete a 2 hour drive to Skipton Fell Race - start time 13.00 - and go one better to finish 8th in 23.50? Surely there must be some simple explanation, I'm intrigued!"

Tony Hallard, inspired by the interview with Billy Bland in the last issue, writes asking for details of the carbohydrate diet and "also, what is Accolade?" To my 'serious' reponse which I made to him personally, I would add that Accolade is what you get when you win, and the carbohydrate diet is 20 Mars bars a day for a week!

I always welcome letters whether they be about the magazine specifically or about some aspect of fell running that you think requires an airing. We print as many as we can, so if you don't feature high on the results sheets, you do have a chance of fame through 'The Fell Runner'! A magazine like ours should cover as wide a variety of interests as possible, so keep those letters coming.

Andy Styan.

GET KNOTTED

by Donald Booth



It is sometimes disturbing to recognise in oneself a characteristic of one or other of one's parents that one does not admire. However, it is not my purpose in writing this critically to examine my navel - I do that sort of thing in the privacy of my own home.

My subject is shoelaces; or, more exactly, the tying of them. For the last thirteen years or so I have been tying a bow in a slightly different way from that in which other people tie theirs. The way I tie mine offers one advantage over the conventional bow:

- IT DOESN'T COME UNDONE.

Over the 'double knot' it offers three advantages:

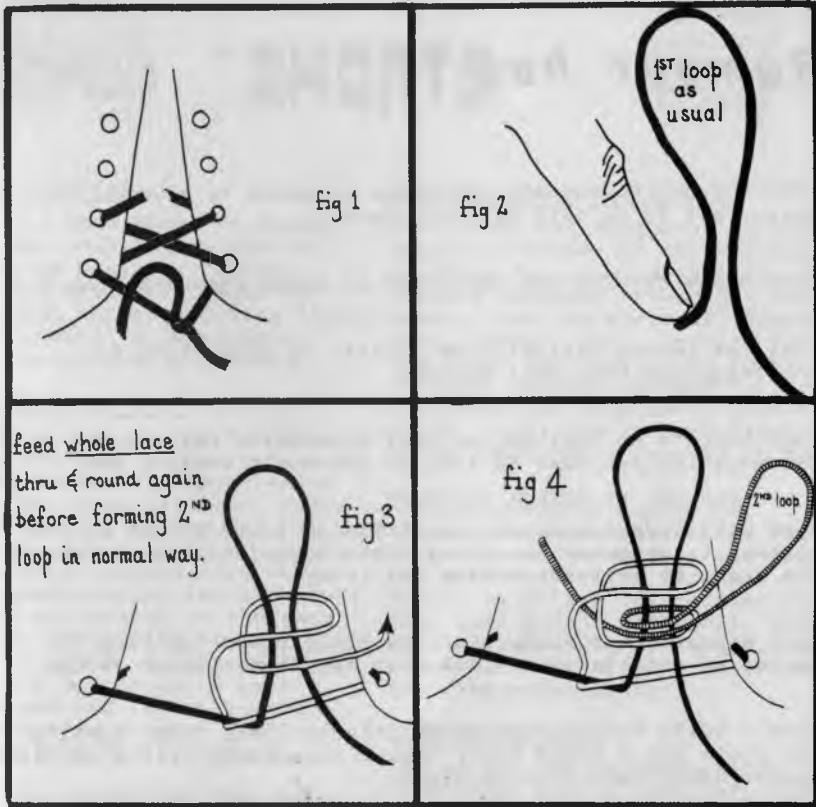
- IT IS MORE RELIABLE AT NOT COMING UNDONE;
- IT IS MUCH EASIER TO UNTIE (exactly the same to untie as the conventional bow, particularly useful in a long race, when you've got a shoeful of stones); AND
- IT DOESN'T REQUIRE SUCH LONG LACES.

If this knot is so good, why am I telling my fellow fell runners about it? For years I have felt torn between keeping this advantage to myself and telling other people about it - because it is such a good knot. Usually I have struck an uneasy compromise, by telling only people in my own club about it. But, now and then, I have found myself telling friends who run for competing clubs. Gradually I have come to the sometimes upsetting, sometimes comforting realisation that I am not, basically (unless angry, or being passed by John Blair-Fish!) that competitive; I like to run my best without hurting myself too much, and if that means letting a few people gain a minute or two on me over three or four hours fine! Nor do I get any satisfaction out of beating someone because his shoelaces came undone.

Through fell-running I have made some good friends and got to know - however superficially - a lot more people whom I like and admire. Fell runners have always seemed to me to be one group of people who have, or are closer than others to having, their values in order (that is, in the order in which I would like mine to be!). I have got a lot out of fell-running. What have I given to it in return? Nothing!

That is why I offer this knot. Of course, you don't have to adopt it, but I have seen over the years, so many people having to stop to re-tie a bow which has come undone, or struggling to untie a 'double' which won't, in order to empty a shoe of stones, that I believe many who read this will choose to adopt it.

Basically, it is simply a matter, before forming the second loop of the bow, of feeding the whole lace through the gap and round again. (See Figs. 1-4.) It seems strange at first but, after a while, having gained the confidence of experience that it won't come undone, one feels almost naked tying the bow in the conventional way.



.....And so back to parental and personal characteristics. Those who know me well often accuse me of being quick to criticise; of arrogance; of knowing best. Well, I inherited this trait from my father. (He also divided his varicose veins unequally amongst his four children; I got most of them. Thoughtful, my Dad.) About thirteen years ago, my father was in an Edinburgh shoe shop, trying on shoes, when he observed that the salesman was using an apparently over-elaborate bow. Now Dad is not only very observant; he is also a Lancastrian of some eloquence. He said, "That's a bloody daft way to tie a bow." The salesman, showing the politeness and restraint characteristic of the best of his profession, replied, "Yes, sir, it does look daft, I agree. On the other hand, it never comes undone."

If my father is quick to criticise, he is also observant and ready to change his mind when presented with fresh evidence. He did change his mind; so did I. I hope the reader will, too.

"Rumour has it"

- that the Ben Nevis Race Committee is going to allow entry fees to be paid by instalments.
- that Jimmy Jardine has perfected an Arran cheese-making kit.
- that the League against Cruel Sports is conducting an investigation into fell running.
- that there's an amazing new diet especially for runners - eat anything you want so long as you don't swallow it.
- that Waterside Adventure Sports Design tried a last minute attempt to persuade the Three Peaks organisers to change the event to a cross-country ski race.
- that disappointed members of the Billy Bland Fan Club waited in vain to give him a Mars bar in the Welsh 1000m.
- that a Swiss fell runner in the Sierre-Zinal race, running 1st claim for a Swiss club, looked remarkably like a British runner named John Blair-Poisson.
- that Ned Paul is not 59 ('The Fell Runner' - January 1981 p. 54). Ned Paul no relation - suspect not Ned.
- that Jimmy Jardine is suffering from food poisoning.
- that Billy Bland retired early from the Harter Fell (Kentmere) race because he wanted to watch horse racing on telly.
- that Donald Booth is giving lessons in knot-tying for a small fee.
- that only those wearing 'Green Flash' pumps will be allowed to run the Ben Nevis race this year.



SHORTS



BLAND BUSINESS

Pete and Anne Bland no longer have any association with AE Waterside Design of Kendal. They are still very much in business, though, running 'Pete Bland Sports' independently from their home in Stavely.

WEAR WHAT YOU WANT

It was a nice change for the editor to wear an all red strip in the Duddon 1st day without worrying about AAA laws. Very amusing to be chided for not wearing club colours by people blissfully unaware that they were jeopardising their amateur status by running in the race. And why should they bother when they've got a lovely setting, a lovely course and a well organised and friendly bunch of people in charge? The things that really matter.

LADY FELL RUNNER OF THE YEAR

Last year's ladies' championship caused some problems and, no doubt, some amusement, with no clear-cut decision about who won. Readers of CompassSport would have seen Jean Lochhead heralded as the Lady Fell Runner of the Year, while those at the FRA dinner saw Pauline Howarth presented with the trophy. The mix-up arose because it wasn't clear which races counted towards the ladies' championship. It was eventually decided that the 'green sheet' of qualifying races should be the guide and Pauline, on this basis, came out a clear winner. This year ladies' qualifying races are the same as the men's except for the Welsh 1000 (shorter course), Wasdale (shorter course) and Thievely Pike instead of Burnsall.

WHEN IS A RACE NOT A RACE?

The editor was staggered to hear a prominent member of the Northern Counties AAA arguing that the FRA fixture calendar should not include events like the Karrimor, Saunders, Vaux, Duddon, etc., because they are not under AAA laws. With such a gap in understanding between fell runners and those who supposedly govern our sport, it is hardly surprising that we've spent years talking to them.

MOUNTAIN RESCUE AT THE BEN

After announcing earlier in the year that they would boycott the 1981 Ben Nevis race, the Lochaber Mountain Rescue Team have now decided that they will attend after all, but only in their capacity as Mountain Rescue; they will have nothing to do with the race organisation.

INDEPENDENT LADY

The editor had an interesting experience with a lady fell runner in the Kentmere. No, wait! It was too cold for that! He passed her as they headed through the mist to High Street and warned her not to follow him. She was obviously aware of his navigational skills, since she replied, 'Don't worry, I won't!'

SUBSCRIPTIONS 1982

The next 'Fell Runner' will be out in early December. It will go only to members paid up for 1981. With it you will receive your invitation to renew your membership for 1982. Calendars will be distributed from early February to those who have paid their 1982 subscriptions.

NEXT MAGAZINE

If you have any article, race report/ results, photos, news, rumours, entries for the competition, please let us have them by 26 October 1981.

THANK YOU

To: All our regular contributors and to those new to our pages.

Bill Bentall for the cartoons.

John Offley, Simon Cox and Neil Shuttleworth for the photos.

Our advertisers for their support.

Our readers for their approval.

'The Fell Runner' needs YOUR contributions.

Please send articles, comments, rumours, competition entries and (especially) photos by 26 October 1981 to:

Andy Styan, Editor - 'The Fell Runner',
Wentworth Farm,
Wessenden Head Road,
Meltham.
Huddersfield HD7 3HN Tel. 0484 850770

The next issue will be out in December.

Already received:

- Report on the abandonment of the Andes Skyline Relay.
- Monopolies Commission investigation into Billy Bland's involvement with Mars.
- "Why we behave like ostriches" by Three Aize
- "Over the hill" by Andy Styan
- Consumer test results of the "Ripoff 99" fell shoe (advertised in the last issue).

FOOTNOTE:



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