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DECEMBER 1982

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'The Fell Runner' is the magazine of The Fell Runners' Association and is published twice yearly.

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COVER PICTURE: Fred Reeves winning the Grasmere Sports Race
 PHOTO: Courtesy Express Newspapers Ltd.



DINNER DANCE

on
Saturday 26th February 1983

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Whitworth Banqueting Hall is midway between Bacup and Rochdale on the A6066.
A description of location will be printed on tickets.

Will Bob do his "Me and my shadow" routine for the third time?

Will Peter get lost for the second time?

Will Frank stop talking about it, and actually run for the first time?

Answers to all these and more at

The Fourth Chew Valley Skyline Fell Race

Sunday, 6th March 1983

at
11.00 am.

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EDITOR'S NOTES

This is the last magazine you'll get edited by myself and Sue. We've been talking of handing it over for some time and sadly that time has come. When we started three years ago, we did not have the pressures of running our own business and doing up an old house, and they have gradually taken their toll, until the Autumn of this year when the pleasure of putting together the Christmas issue was overtaken by a feeling of burden. Hugh Symonds of Kendal AC is taking over as editor and we wish him all the enjoyment that we have had.

I'm still addicted to running and I hope things will change sufficiently for Sue and me and the boys to spend our weekends going to fell races again. I'd be happy to be fit enough to complete the Ennerdale as a "Bumble" (see Letters).

One of the things that has inspired me to keep trying with races is reading the interview with Fred Reeves printed in this issue, which brings me to the main subject of this editorial - open fell races. Most of you will know that Fred was the top professional runner for many years, until Kenny Stuart took over his mantle. Now both have been re-instated as amateurs and another leading pro., Graham Moffatt, has applied for re-instatement. We seem to be getting a sort of open fell race now, since the major professionals and amateurs are in the same fold. But is this what we want?

It certainly seems that some people don't because there are a lot who would have liked to see Kenny and Fred kept out of amateur athletics for life, and who resent the success that Kenny (particularly) is having. Why the bad vibes? I don't really understand it, even though I have to own up to having had similar feelings in the past. However, once you've met Fred and found out that he's a nice ordinary human being who loves running for its own sake, you'll surely change your mind. I hope the interview does that. Anyone who saw Kenny running up Butter Crag way in front of the rest, surely couldn't feel anything but admiration. Perhaps the fact that they're particularly good has something to do with it?

If we're serious that enjoyment of the sport is ultimately more important than competition, we should welcome the pros, and be pushing for open entry into some of the great courses they've got.

Perhaps when I'm a veteran my ambition to run some of the classic professional races will be realised, and by then, I guess, lots of other things will have changed.

November 1982

Andy Styan

STOP PRESSSTOP PRESS***STOP PRESS***STOP PRESS***STOP PRESS***

On 6 November 1982 at the Annual General Meeting of the Amateur Athletic Association a motion put to the meeting by Keswick AC that the Fell Runners' Association should affiliate to the AAA under clause 9 to become the governing body of fell running was passed on a card vote of 216 for to 86 against.

STOP PRESSSTOP PRESS***STOP PRESS***STOP PRESS***STOP PRESS***

HUGH SYMONDSEditor of 'The Fell Runner'Age: 29 years Club: Kendal ACOccupation: Mathematics TeacherStarted running in 1968 and joined Altrincham AC at the time of the Mexico Olympics.First Fell Race was Burnsall 1970 finishing 11th. Ran for Lancashire Schools on the country and track, finishing 5th in the 1971 English Schools Steeplechase final. Competed for Durham and Oxford Universities representing the British Universities at cross-country in 1975. Discovered the REAL THING when I moved to Cumbria from Manchester last year and was immediately motivated by the Howgill Fells to train and race on the fells.Likes a good weekend out of a fell race, such as Ben Lomond this year when the weather and camping were terrific.Other interests: Cycling (mainly on the tandem with the family), travel, camping, hiking and music.Future Plans: There are a lot of fell races which I have never competed in and look forward to doing, particularly Ben Nevis. I would like to compete in Switzerland at the Sierre-Zinal and one day do the Bob Graham.

Hugh is pretty distinctive in appearance (OK, not pretty, but distinctive anyway) as you can see from this picture of him not enjoying the last 385 yds. of last year's Sandbach Marathon. It should be easy for you to collar him at fell races (but not during, please!) with your ideas for the magazine,

or you can contact him at: Delf Top, Busk Lane, Sedbergh, Cumbria.LA10 5HF

British Fell Running Championships

QUALIFYING RACES FOR 1983

<u>Long</u>	<u>Date</u>	<u>Medium</u>	<u>Date</u>	<u>Short</u>	<u>Date</u>
Three Peaks	24 April	Kentmere	10 April	Blisco Pike	17 April
N. Counties	14 May	Ben Lomond	7 May	Buckden Pike	18 June
Welsh 1000s	4 June	Fairfield	22 May	Melantee	30 July
Wasdale	9 July	Kinniside	16 July	Burnsall	20 August
Borrowdale	6 August	Ben Nevis	3 September	Thieveley	24 Sept.

These dates are believed to be correct at the time of going to press, but you should check them when you receive the Calendar of Events.

TOCKHOLES DARWEN TOWERRESULTSCategory C, 6 miles, 600'

5 June

1. G Woodburn	Blackburn	32.31	6. S Barlow	Horwich	35.08
2. D Cartridge	Bolton	33.06	7. D Jones	Blackburn	35.28
3. P Turner	Bolton	33.46	8. M Walmsley	Tockholes	35.32
4. M Smith	Blackburn	34.44	9. S Howard	Clayton	35.44
5. P Standing	Bolton	34.48			

144 Ran.

EDENFIELDRESULTSCategory B, 7 miles 1300'

6 June

1. K Barrett	Rochdale	40.10	6. C Robinson	Rochdale	41.27
2. H Aspinall	Rossendale	40.25	7. G Vallance	Manchester	42.42
3. M McGann	E. Cheshire	40.28	8. R Rawlinson	Rossendale	42.06
4. J Reade	Clayton	40.58	9. I Holloway	Rochdale	42.14
5. S Livesey	Clayton	41.22	10. M Aspinall	Rossendale	42.32

VeteransLadies

1. C Robinson	Rochdale	41.27	1. A Pendlebury	Bolton	51.34
2. H Kelly	E. Cheshire	42.40	2. L Davis	E. Cheshire	57.43
3. W Cooper	Manchester	42.46	3. M Rosen	Thames	57.56

SCOLTY HILLRESULTSCategory B, 5½ miles, 800'

6 June

1. F Clyne	Aberdeen	30.00	6. S Varney	Keswick	32.59
2. I Matheson	Aberdeen	31.28	7. J Stevenson	St.&Univ.	33.05
3. R Morris	Edinburgh	31.52	8. J Ash	Beith	33.09
4. C Haskett	Dundee	32.07	9. J Hepburn	Dundee	33.18
5. M Edwards	Aberdeen	32.38	10. S Peddie	Aberdeen	33.38

VeteransLadies

1. J Ash	Beith	33.09	1. C McCarthy	Aberdeen U.	35.08
2. J Morrison	Aberdeen	35.02	2. J Robertson	Aberdeen	40.58

Winner's time, first veteran's time and first lady's time are records.

CHEVINRESULTSCategory B, 3½ miles, 950'

9 June

1. D Slater	Bingley	15.52	6. R Harbisher	Holmfirth	16.40
2. J Todd	Holmfirth	16.27	7. J Reade	Clayton	16.52
3. M Calvert	Leeds City	16.31	8. P McGouran	Leeds City	17.04
4. A Whittaker	Spenboro'	16.33	9. I Appleyard	Leeds City	17.06
5. M Speight	Bingley	16.37	10. A Hauser	Holmfirth	17.09

Ladies

1. J Lochhead	ASVAC	19.20	3. J Dransfield	Spenboro'	21.49
2. L Robinson	Spenboro'	21.39	4. S Dransfield	Spenboro'	23.23

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Copy date for Summer
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ENNERDALE HORSESHOERESULTSCategory A, 23 miles, 7500'

12 June

1. W Bland	Keswick	3.24.43	11. S Bland	Keswick	3.43.09
2. R Whitfield	Kendal	3.25.21	12. D Overton	Kendal	3.45.05
3. H Symonds	Kendal	3.35.25	13. A Darby	Mynndwyr	3.50.24
4. J McGee	CFRA	3.38.20	14. P Chapman	Kendal	3.51.38
5. R Ashworth	Rossendale	3.39.26	15. J Reade	Clayton	3.51.54
6. P Haines	Mandale	3.40.08	16. J Naylor	CFRA	3.52.15
7. D Ratcliffe	Rossendale	3.40.49	17. A Richardson	Kendal	3.52.31
8. P Irwin	Mandale	3.40.56	18. J Blair-Fish	DPFR	3.55.53
9. J Broxap	Keswick	3.42.10	19. J Gibbison	Lancs&M.	3.57.21
10. J Maitland	AberdeenU.	3.42.37	20. J Robinson	Clayton	3.57.39

Veterans

1. J Naylor	CFRA	3.52.15	6. S Bradshaw	Clayton	4.06.45
2. A Phillipson	Gosforth	4.00.52	7. P Bland	Kendal	4.20.27
3. R Aucott	DPFR	4.01.37	8. J Smith	Bury	4.21.51
4. A Shaw	Rochdale	4.02.04	9. P Murray	Horwich	4.32.22
5. D Wade	Blackheath	4.05.37	10. D Brown	Clayton	4.37.13

Ladies

1. S Parkin	ASVAC	4.40.32
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Super Veterans

1. J Marstrand	Lochaber	4.45.36
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Teams

1. Kendal - 10.45.51	2. Keswick - 10.50.02	3. Rossendale - 11.01.11
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MUNCASTER "LUCK"RESULTSCategory A, 10 miles, 1800'

13 June

1. H Jarrett	CFRA	1.13.41	6. D Lee	CFRA	1.14.53
2. C Valentine	Keswick	1.14.02	7. R Rawlinson	Rossendale	1.15.28
3. J McGee	CFRA	1.14.07	8. G Byers	CFRA	1.15.37
4. J Broxap	Keswick	1.14.26	9. K Shand	Rochdale	1.17.57
5. W Bland	Keswick	1.14.37	10. W Todd	CFRA	1.18.16

Ladies

1. P Haworth	Keswick	1.35.11	1. J Naylor	CFRA	1.19.44
2. S Thompson	Clayton	1.35.45	2. H Blenkinsop	Keswick	1.21.23

VeteransTeams (4 to count)

1. Cumberland Fell Runners - 18 pts.	2. Keswick - 23 pts.
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CLITHEROERESULTSCategory C, 7½ miles, 1350'

13 June

1. A Darby	Mynndwyr	49.22	11. I Perrow	Clayton	52.13
2. A Adams	Staffs M.	49.36	12. J Verity	ASVAC	52.21
3. S Livesey	Clayton	50.05	13. W Cooper	Manchester	52.25
4. K Ainsworth	Liverpool	50.33	14. K Robinson	Kendal	52.48
5. R Brewster	Clayton	50.56	15. S Breckell	Blackburn	52.51
6. H Aspinall	Rossendale	51.17	16. I Robinson	Clayton	53.00
7. J Reade	Clayton	51.45	17. M Winstanley	Lancs&M.	53.04
8. J Todd	Holmfirth	51.49	18. J McWhicker	Rossendale	53.09
9. D Smith	Halifax	51.56	19. A Spence	Bingley	53.15
10. R Asworth	Rossendale	61.58	20. B Bowler	StaffsM.	53.18

255 Ran.

CHEVY CHASERESULTSCategory A, 17 miles, 4000'

13 June

1. N Heaton	Mandale	2.25.12	6. P Carmichael	Morpeth	2.36.37
2. L Heslop	Greenhead	2.28.30	7. P Whewall	Blaydon	2.37.51
3. D Jackson	Morpeth	2.33.59	8. C Wright	Mandale	2.39.06
4. B Taylor	Bingley	2.34.25	9. D Pyatt	Edinburgh	2.42.41
5. B Davies		2.35.24	10. M Sanderson		2.42.58

46 Ran.

LOMONDS OF FIFERESULTSCategory B, 10 miles, 2200'

13 June

1. C Donnelly	Cambuslang	1.05.41	6. S Varney	Keswick	1.10.16
2. A Curtis	Edin. South.	1.07.40	7. M Edwards	Aberdeen	1.10.16
3. R Morris	Edinburgh AC	1.08.25	8. R Boswell	Lochaber	1.10.59
4. A Spenceley	Edinburgh AC	1.08.38	9. R Campbell	Lochaber	1.11.35
5. R Anderson	Cambuslang	1.10.12			

BUCKDEN PIKE

by Peter Jebb

Category A, 4 miles, 1500'

19 June

This year's race took place on a damp warm afternoon with a slight mist on the summit of the Pike. 94 runners lined up for the start and the field was led away at a brisk pace by Kendal's Hugh Symonds. The only challenge was made by Pete Moon of Bingley early on the ascent, but after the initial stony track Symonds was on his own a short way ahead of the field for the rest of the race. A strong run by Jack Maitland of Aberdeen found him second at the summit, but Bob Whitfield was able to take advantage of steep terrain in the latter stages of the descent to force himself into second pace to his clubmate.

The improved quality of this year's field meant that over two minutes was sliced off last year's winning time (P Irwin) and in fact this year's nine leading runners were inside that time (including Pete Irwin).

1. H Symonds	Kendal	32.48	11. B Peace	Bingley	35.19
2. R Whitfield	Kendal	33.13	12. A Harmer	Portsmouth	35.39
3. J Maitland	Aberdeen	33.31	13. B Moon	Bingley	35.48
4. R Ashworth	Rossendale	33.47	14. G Brookes	Bingley	35.49
5. S Livesey	Clayton	33.52	15. R Heelis	Halifax	35.55
6. M Speight	Bingley	33.59	16. D Tosh	Rochdale	36.03
7. R Rawlinson	Rossendale	34.21	17. R Shaw	Skyrac	36.04
8. P Irwin	Rossendale	34.35	18. K Shand	Rochdale	36.17
9. G Edwards	Bingley	34.50	19. A Richardson	Kendal	36.21
10. G Read	Rochdale	34.54	20. I Ferguson	Bingley	36.33

Veterans 0/40Veterans 0/45

1. P Murray	Horwich	38.02	1. W Smith	Clayton	42.06
2. F Wheeler	Bingley	38.41			
3. B Walker	Bingley	39.40			
4. A Walker	Bingley	40.26			

Veterans 0/50

1. W Fielding	Leeds	40.32
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Would the gentleman who handed a cagoule to Mrs M McKay at Honister Slate Quarry during 1982 Borrowdale ring 0254 61293 and state colour of garment and say what was in the pocket to arrange return.

JAMES BLAKELEYRESULTSCategory C, 3 miles

19 June

1. R Harbisher	Holmfirth	16.04	4. A Holmes	Holmfirth	17.03
2. A Styan	Holmfirth	16.33	5. J Fretwell	Holmfirth	17.07
3. C Hollingworth	Holmfirth	16.56	6. T Ramsden	Holmfirth	17.09

Teams

1. Holmfirth - 6 pts. 2. Holmfirth - 15 pts. 3. Holmfirth - 31 pts.

GREAT HILL

by Barry Richardson

Category C, 5½ miles, 1200'

19 June

The only record this year was in the Vet's 0/50's by Ken Brookes, who not only beat the previous best time by four minutes, but got into the individual prizes by coming 13th overall.

The field was well down on last year's record of 185 finishers. I suspect because of the Reebok 10 Km. in Bolton the day after. A £40 loss was incurred!

1. D Cartridge	Bolton	32.05	6. P Hall	Unatt.	33.56
2. J Temperton	ASVAC	32.28	7. A Hulme	Altrincham	34.12
3. H Aspinall	Rossendale	33.36	8. M Walmsley	Unatt.	34.24
4. M Aspinall	Rossendale	33.41	9. A Sunter	Horwich	35.12
5. C Beever	Clayton	33.48	10. D Lancaster	Blackburn	35.16

Veterans 0/50Veterans 0/40

1. K Brookes	Clayton	36.08	1. N Matthews	Horwich	35.46
2. A Heaton	Clayton	43.10	2. S Bradshaw	Clayton	37.35

Boys (shorter course)Colts (shorter course)

1. G Davy	Stretford	14.15	1. W Truran	Chorley	16.03
2. I Dermott	Wigan	14.33	2. R Smith	Chorley	16.46
3. T Richardson	Bolton	14.37	3. J Greenwood	Unatt.	17.23
4. C Dermott	Wigan	14.49	4. A Barnes	Unatt.	18.29
5. B Barlow	Stretford	14.55	5. P Clark	Local	18.41

SEVEN HILLS OF EDINBURGH

by John Blair-Fish

20 June

The Seven Hills of Edinburgh race was organised by Robin Morris and Brian Kirkwood of Edinburgh AC and myself, the organiser of the previous two races, Alan Lawson, preferring to watch Scotland being knocked out of the World Cup. We now know the difficulties of organising and running a race with limited help.

The race starts and finishes at the top of Carlton Hill with checkpoints on the Castle Esplanade, Corstophine Hill, East Grouglochart Hill, Braid Hill, Blackford Hill and Arthur's Seat, a total distance of 16 miles with 2000 feet of ascent. Two-thirds of the race is over roads but there is a free choice of routes between checkpoints and no obvious best route line for everyone. The toughest part of the race is at the end over Arthur's Seat, a steep 500 ft. of ascent and descent where fell running experience counts. There were 80 entrants in this year's race, and 40 walkers in the challenge class. Brian Kirkwood set a new record of 1.38.2 closely followed by Sandy Keith in 1.38.47.

ROSEBERRY TOPPING

by Mick Garrett

Category A, 1½ miles, 715'22 June

This year's Roseberry Race was in torrential rain. Last year's winner, John Williams of Mandale quickly established his lead to win 52 seconds outside Alan McGee's 1980 record of 11.20 and 50 seconds clear of the runner-up, George Young of Rowntrees AC. Several comments have been received as to why this race is held on a Tuesday night, however the organisers are not convinced that altering the date to a Saturday or Sunday would result in an increase in entrants.

1. J Williams	Mandale	12.08	6. G Edwards	Bingley	13.26
2. G Young	Rowntrees	12.58	7. A Woolford	Mandale	13.53
3. C Wright	Mandale	13.09	8. W Burns	Cleveland	14.06
4. G Brooks	Bingley	13.16	9. B Taylor	Bingley	14.12
5. S Williams	Mandale	13.20	10. M Nice	Rowntrees	14.18

Junior Race

1. K Hudson	Mandale	13.25	3. A Locherbie	St George's	14.40
2. D Wilson	Mandale	13.52	4. J Hochridge	Mandale	14.42

HOLCOMBE TOWERRESULTSCategory C, 3¼ miles, 550'23 June

1. P Campbell	Bolton	18.59	6. D Ratcliffe	Rossendale	19.59
2. D Cartridge	Bolton	19.07	7. M Aspinall	Rossendale	20.04
3. J Reade	Clayton	19.34	8. P Irwin	Rossendale	20.07
4. S Livesey	Clayton	19.41	9. S Parker	Rossendale	20.09
5. H Aspinall	Rossendale	19.55	10. A Sunter	Horwich	20.17

VeteransLadies

1. T Shaw	Rochdale	21.16	1. C Haigh	Holmfirth	22.42
2. W Buckley	Rochdale	22.15	2. C Harkin	Bolton	23.52
3. J Dean	Holmfirth	22.18	3. C Shelley	Altrincham	26.43

BLAKE FELLRESULTSNot yet categorised, 5 miles, 1350'26 June

1. J Broxap	Keswick	49.30	6. G Byers	CFRA	52.39
2. H Jarrett	CFRA	49.36	7. P Chapman	Kendal	52.43
3. J McGee	CFRA	49.53	8. P Barron	Keswick	52.46
4. W Bland	Keswick	50.14	9. D Lee	CFRA	52.55
5. H Symonds	Kendal	52.35	10. A Smith	CFRA	53.32

Teams 1. CFRA - 20 pts. 2. Keswick - 24 pts. 3. Kendal - 47 pts.

CAIRNGORM

by Roger Boswell

Category B, 10 miles, 3000'26 June

After a gruelling battle, 3 men were shoulder to shoulder with just one mile of flat road to go. No-one least of all Adams, expected Adams to make the decisive break and win the race, just in front of speed merchants Brian Kirkwood and Brian Turnbull. Only one lady, well done, Fiona Wild.

1. A Adams	Dumbarton	1.13.52	6. W Ryder	Morpeth	1.17.57
2. B Kirkwood	Edinburgh	1.13.58	7. B Maher	Aberdeen	1.18.31
3. B Turnbull	Inverness	1.14.05	8. R Boswell	Lochaber	1.19.54
4. P Kenney	Inverness	1.15.52	9. M Edwards	Aberdeen	1.20.38
5. R Campbell	Lochaber	1.16.19	10. C Martin	Dumbarton	1.21.59

ELDWICK GALARESULTSCategory C, 3 miles, 400'26 June

1. J Todd	Holmfirth	16.50	6. D Leaf	Rowntrees	18.14
2. J Temperton	ASVAC	17.22	7. P Crewe	Bingley	18.17
3. J Norman	Altrincham	17.30	8. P Hands	Leicester	18.27
4. K Robinson	Kendal	17.43	9. D Wilkinson	ASVAC	18.31
5. B Parkinson	ASVAC	18.09	10. P Bradley	Holmfirth	18.37

Veterans

0/40 F Wheeler 19.12 0/45 N Green 20.42 0/50 G Spink 19.43 57 Ran

HOPE FELLRESULTSCategory B, 5 miles, 1000'29 June

1. A Adams	ICL	24.43	6. A Hulme	Altrincham	26.11
2. M Patterson	DPFR	24.55	7. R Harbisher	Holmfirth	26.17
3. B Williams	ICL	25.52	8. A Sunter	Horwich	26.30
4. M Henderson	Hallamshire	25.56	9. P Morgan	DPFR	36.40
5. M Short	Horwich	26.09	10. A Harmer	DPFR	26.42

Veterans

1. J Maddison Stainforth 28.09
2. M Hayes DPFR 28.42

Ladies

1. C Haigh Holmfirth 28.11
2. C Hebden Sheffield 33.23

POOLERLAYG VALLEY RACE

by Al Soran

Category B, 7 miles, 1900'31 June

This year the race was run in the evening as an experiment and the change was popular with most of the competitors as it meant that they did not have to waste part of a weekend on such an awful event.

The weather was cool with mist on the tops. Roger Grimes set a fast early pace negotiating the doggy terrain over Ail Moor as if walking on water. Bob Eden and Fred Harvey led the chasing group but took a wrong turning in the mist at the head of the valley. They turned up later in Ferrydale of all places. John Otway and Syd Barratt came through strongly to join Grimes as the field turned back from Beakley summit, but soon they were all overtaken by young Giles McRae who charged over the rocky stretch to Bilsthorpe Hill like a mountain oat. Behind these four were Joe Hedley, Phil Thorson and Brian Harness flying the Rossendale colours, and Harry Walker struggling with his hamstring injury. Towards the finish Otway came back strongly leaving just him and McRae fighting it out at terrific speed - they could have been sprinting for their wives. First vet was Eriot again (what a fine season he's had) and the first lady was Julie Stroud running her first race since the birth of her baby toy. 46 finished.

With the late finish Tony Murphy had arranged free Horlicks for all runners at the prizegiving (26 prizes), but unfortunately the rain had driven most of them into the Blacksmith's Arms. It is a shame that this quaint little race attracts such a small field, and that most of the leading runners seem to ignore it. Good on Harry for giving it a go, even with his injury. That's what fell running is all about.

1. J Otway	Bury	37.05	4. R Grimes	Bingley	38.12
2. G McCrae	Perth	37.06	5. J Hedley	Rossendale	38.27
3. S Barratt	Bolton	37.46	6. H Walker	Blackburn	38.42

1st Vet. - J Eriot 1st Lady - J Stroud 1st Team - Rottenale

JULYMAMDRE HILL

by Roger Boswell

Category C, 16 miles, 1500'3 July

Out of thirty-nine competitors, only one came from south of the border - Morpeth's buccaneer veteran, Walter Ryder. He was going great guns until two miles from home, where he ran out of steam, but still managed to hold on to 7th place - 1st veteran. Dumbarton were the surprise team winners. No ladies this year - they're out there training, why aren't they racing?

1. P Dolan	Clydesdale	1.44.09	6. R Anderson	Cambuslang	1.50.18
2. A Adams	Dumbarton	1.44.33	7. W Ryder	Morpeth	1.50.49
3. C Martin	Dumbarton	1.45.45	8. R Boswell	Lochaber	1.50.59
4. R Campbell	Lochaber	1.47.25	9. W Cairns	Dumbarton	1.51.06
5. R McWatt	Clydesdale	1.48.09	10. J Blair-Fish	Edinburgh	1.51.30

SKIDDAW

by Des Oliver (Organiser's Notes)

Category A, 9 miles, 2700'4 July

It's always nice to welcome new faces and in particular John Wild current British Fell Race Champion. The weather was just about as bad as it could be - rain, low mist and cool wind, but this doesn't seem to bother star quality. Wild 'slip-streamed' Patterson of Dark Peak to Skiddaw summit - reached by the former in 42 minutes - the latter 30 seconds in arrears, but on the descent in true championship style Wild changed into 'overdrive' and returned to Fitz Park in 21.38, the second fastest descent of all time, only the great Jeff Norman whose time is recorded in the Guinness Book of Records, has gone faster (20.55 in 1969). Malcolm Patterson was a 'new face' amongst the individual awards and Dave Cartridge improved on previous performances both in time and placings. Hugh Symonds of Kendal and local marathon runner Joe Ritson were the other newcomers to the top six. Ray Aucott again showed his quality among the vets by taking the 0/40's for the 2nd time and again the 0/50 was faster than the 0/45 winner. Finally a word of thanks to all those who stood out on Skiddaw in pouring rain, helping with the organisation, perhaps they should have a certificate of merit.

1. J Wild	CFRA	64.08	11. P Chapman	Kendal	70.22
2. M Patterson	DPFR	64.54	12. R Aucott	DPFR	70.35
3. D Cartridge	Bolton	65.57	13. A Hauser	Holmfirth	70.39
4. A Darby	Mynndwyr	67.04	14. J Fretwell	Holmfirth	70.53
5. H Symonds	Kendal	67.36	15. C Valentine	Keswick	70.56
6. J Ritson	Derwent	68.32	16. G Byers	CFRA	71.02
7. S Livesey	Clayton	68.36	17. D Smith	Halifax	71.08
8. H Jarrett	CFRA	69.06	18. D Stuart	Keswick	71.22
9. K Best	Bolton	69.12	19. A Shaw	Skyrac	71.26
10. I Robinson	Clayton	70.14	20. A Hulme	Altrincham	71.36

Veterans 0/40

1. R Aucott	DPFR	70.35
2. J Capenhurst	Bingley	74.46
3. P Murray	Horwich	75.11
4. H Blenkinsop	Keswick	75.40
5. P Bland	Kendal	75.41
6. V Duff	Blackburn	76.41
7. K Lodge	Halifax	77.52
8. D Wade	Blackheath	78.07
9. M McDonald	Wigan	78.17
10. J Dean	Holmfirth	80.03

Veterans 0/50

1. J Marstrand	Lochaber	83.24
2. P Brook	Holmfirth	85.04
3. R Martin	Skyrac	94.03

Ladies

1. R Naish	Eryri	87.08
2. L Lord	Clayton	90.06

Teams

1. CFRA -204.16	2. DPFR - 210.47
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YOUTH'S LATRIGGRESULTS4 miles, 850'4 July

1. R Lindley	Holmfirth	18.29	6. C Haigh (girl)	Holmfirth	19.11
2. J Devine	Bingley	18.34	7. B Devine	Bingley	19.44
3. D Hawksworth	Holmfirth	18.43	8. M Wood	Eden Grove	21.18
4. E Turnbull	Individual	18.55	9. M Moores	Eden Grove	21.25
5. K Manning	Clayton	19.06	10. I Campbell	Holmfirth	21.34

23 Ran.COWPE HILLby J R NixonNot yet categorised, 2½ miles, 755'7 July

The air was warm and still for this year's race, making times a little slower than last year. Rossendale dominated the race and took first team. The lady runners were conspicuous by their absence and the three prizes went to the only three competitors. Sue Parkin took the superb trophy for first lady without any close challengers. Paul Cowell took the hand-made trophy for first senior, forty-five seconds slower than Alan Sladen's 1981 time. First junior was P Ashman of Todmorden in 17th place and first veteran was P Dawson of Blackburn. Body fluid replacement took place in the Buck Inn.

1. P Cowell	Rossendale	16.22	6. D Ratcliffe	Rossendale	16.40
2. M Aspinall	Rossendale	16.28	7. R Williams	Exeter	16.42
3. R Rawlinson	Rossendale	16.30	8. A Sunter	Horwich	17.00
4. B Williams	ICL	16.33	9. J Heaton	Rossendale	17.08
5. S Parker	Rossendale	16.38	10. K Shand	Rochdale	17.09

162 Ran.WASDALEby Peter KnottCategory A, 21 miles, 9000'10 July

Billy Bland set a new course record of 3.25.21 and looked comfortable doing it. This is a 4½ minute improvement on Andy Styan's 1979 record and organiser Danny Hughes reckons even this record will not last long!

Bob Whitfield, Mike Short and John McGee were the only ones to challenge Billy and their attempts to stay up fizzled out by the second check point at Seatallan, such that on Pillar Bob and Mike were three minutes adrift. Bob hung on to a hard-earned second place, whilst Mike could not hold off the late challenge of Derek Ratcliffe and Tony Richardson.

British Champion, John Wild, did not have a good day, being ten minutes behind the chasing group at Pillar and finishing more than twenty minutes behind Bob Whitfield, to take 20th spot. His only consolation was his contribution to CFRA'S 3rd team place and a bit more distance race experience in the bank.

Guess who took vet's prize! Despite Jos's dominance in 9th place overall, or perhaps because of his inspiration, there were super performances from Ray Aucott (15th) and Tony Shaw (19th).

Another to dominate the scene was Sue Parkin, 69th overall, and disappointed not to have competition from Pauline Haworth (retired) and the likes of Ros Coates and Jean Lochhead. Sue ran all the way to Scafell with husband Mike and opened up four minutes on him at the finish.

1. W Bland	Keswick	3.25.21	11. J Blair-Fish	DPFR	3.59.03
2. R Whitfield	Kendal	3.45.05	12. P Irwin	Rossendale	4.00.42
3. D Ratcliffe	Rossendale	3.48.49	13. I Charlton	Keswick	4.01.39
4. A Richardson	Kendal	3.52.43	14. P Jebb	Bingley	4.02.45
5. M Short	Horwich	3.52.51	15. R Aucott	DPFR	4.02.48
6. S Bland	Keswick	3.53.06	16. J Broxap	Keswick	4.03.04
7. P Haines	Mandale	3.53.29	17. I Robinson	Clayton	4.04.26
8. J McGee	CFRA	3.57.02	18. D Cunningham	Clayton	4.04.42
9. J Naylor	CFRA	3.58.07	19. A Shaw	Rochdale	4.05.33
10. M Hudson	Keswick	3.58.15	20. J Wild	CFRA	4.07.16

Teams

1. Keswick - 11.16.42 2. Kendal - 11.46.44 3. CFRA - 12.02.25

Junior Raceby Bill Smith1½ miles, 1000'

Sixteen runners contested the junior race up to the wall on Lingmell Nose (final checkpoint on the senior course), with Gary Byers scoring a 30-second victory over Konrad Manning in 12.10. In 3rd place in 13.33 was a lad with a famous name in fell racing history, S Edmondson, though he is apparently unrelated to the Borrowdale clan.

MYTHOLMROYDby Peter WhiteCategory B, 6¾ miles, 1500'

10 July

Eighty-six runners surged out of the Gala field in warm and sunny conditions, the field quickly spreading out through the woods and meadows on the climb up to the moors above the Calder valley. Dave Cartridge consolidated an early lead as the race progressed and finished in a time of 47.19 breaking the course record by a good six seconds. P Crewe the Bingley runner, swapped a shattered running shoe with marshal Peter White at Castle Carr entrance gate and still managed to finish 16th! Question - is this allowed in the rules?

1. D Cartridge	Bolton	47.19	6. A Spence	Bingley	50.05
2. R Ashworth	Rossendale	48.41	7. G Bell	Halifax	50.25
3. S Livesey	Clayton	49.20	8. R Rawlinson	Rossendale	50.30
4. A Sunter	Horwich	49.34	9. J Temperton	ASVAC	50.44
5. J Eaton	Rossendale	49.52	10. B Brindle	Bingley	51.15

Veterans

1. J Capenhurst	Bingley	52.07	3. A Walker	Bingley	55.20
2. G Spink (0/50)	Bingley	55.03	4. M Simpson	Skipton	58.11

Ladies

1. B Jones 70.54 2. S Walker 73.49 3. J Harrison 76.33

Teams

1. Rossendale - 15 pts. 2. Horwich - 26 pts.

SILVA HILL RACESRESULTS0-Races, 18 miles, 10 miles and 6 miles

10 July

"A" Course

1. R Stickland 2.12.34 2. D Rosen 2.17.29 3. A R Gibbons 2.25.21

"B" Course

1. D Wharf 1.04.25 2. D Menday 1.10.19 3. L Pyle 1.10.32

LYKE WAKEby Mick GarrattCategory C, 40 miles, 3500'10 July

The Lyke Wake Race is an unusual race organised for members of the Lyke Wake Club. It is unusual in that it is run on a handicap basis the slowest runners going off first from Ravenscar, with the intention that everyone is supposed to arrive in Osmotherley at the same time.

There is a trophy for the first to finish, which was won this year by a fourteen-year-old boy, Owen Peddar from Easingwold, York, who completed the forty mile crossing in the remarkable time of seven hours and forty-eight minutes. (The race is not held under AAA rules.) The fastest crossing was made by Mark Rigby, who runs for the Cambridge University Fell Running club, with five hours and nine minutes, followed closely by Chris Wright and Neil Heaton both of Mandale AC. Existing record holder Mick Garratt (4.51 in 1981) continued his 1982 form by dropping out at the half way stage! The ladies' record was broken three times that day - first by Pauline Shore of Middlesex in six hours and thirty-one minutes. This time was equalled by Brenda Yule of Middlesborough. Finally, Linda Lord of Clayton le Moors crossed the line in six hours and ten minutes to break her existing record by twenty-eight minutes.

1. M Rigby	CUFR	5.09	6. J Barnes	5.22
2. N Heaton	Mandale	5.14	7. J Potter	5.29
	C Wright	5.14	8. B Harney	DPFR
4. S Willis		5.17	9. P Whewell	Blaydon
	A Woolford	5.17	10. S Backhouse	5.36

111 Started, 11 Retired.

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BOOTLE BLACK COMBERESULTSNot yet categorised, 7 miles, 1900'11 July

1. G Huddleston	Black Combe	45.26	6. D Lee	CFRA	47.08
2. H Jarrett	CFRA	46.18	7. M Short	Horwich	47.41
3. J Ritson	Derwent	46.42	8. J McGee	CFRA	48.52
4. H Aspinall	Rossendale	46.50	9. G Byers	CFRA	49.22
5. J Broxap	Keswick	46.59	10. M Hoffe	Esedale OBMS	49.50

Teams (4 to count) Cumberland Fell Runners - 25 pts.

WHARMTON DASHby Frank SykesNot yet categorised, 2 miles, 600'11 July

This new event, held in conjunction with the Saddleworth Show, provided a family day out and attracted a select field of 44 runners. The course starts and finishes on the Churchill Playing Fields in Greenfield and goes straight up and down Wharmton Hill (the one with the television transmitter). A fine run by young David Crooks of East Cheshire saw him romp home 19 seconds in front of clubmate, Martin McGann.

It was a day on which no-one went away empty handed. 'Dash' T-shirts were awarded to the first 25 runners, the rest of the field having to be content with a four-pack of beer each. A tough little course and good atmosphere should ensure the future success of this event. Thanks are due to Saddleworth Round Table for footing the bill.

1. D Crooks	E. Cheshire	15.33	6. B Brindle	Horwich	16.29
2. M McGann	E. Cheshire	15.52	7. A Sladen	Salford	16.32
3. A Sunter	Horwich	16.00	8. P Read	Rochdale	16.33
4. M Aspinall	Rossendale	16.08	9. H Kelly	E. Cheshire	17.03
5. J Reade	Clayton	16.20	10. D White	Horwich	17.26

VeteransJuniors

1. H Kelly	E. Cheshire	17.03	1. D Crooks	E. Cheshire	15.33
2. J Dean	Holmfirth	17.51	2. T Richardson	Bolton	18.21
3. J Bettney	Clayton	19.52	3. S Willis	E. Cheshire	18.50

LadiesTeams

1. C Haigh	Holmfirth	18.35	1. E. Cheshire	- 12 pts.
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CNICHTby Malcolm JonesNot yet categorised, 5 miles, 1900'15 July

The second year of this race, 48 competitors took part. Glyn Griffiths again dominated the race, beating the previous record by over 4 minutes. Also setting a record time in the Ladies' category was Rosie Naish, with last year's winner Angela Carson second.

1. G Griffiths	34.34	2. A Hughes	36.39	3. P Stot	36.48
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SLIEVE DONARDRESULTSCategory A, 7 miles, 2900'17 July

1. J Hayes	Ballydrain	1.11.27	<u>Teams</u>	
2. G Hanna	North London	1.13.04	1. Newcastle (Co. Down) AC	3.46.10
3. R Bryson	Ajax	1.13.05	2. Ballydrain Harriers	3.51.10
4. S Graham	Newcastle	1.15.00	3. Ajax Hill Runners	3.53.01
5. M McNulty	Newcastle	1.15.23		

KINNISIDERESULTSCategory A, 9 miles, 3000'17 July

1. H Jarrett	CFRA	1.09.26	6. D Lee	CFRA	1.12.09
2. J Broxap	Keswick	1.09.35	7. G Byers	CFRA	1.14.29
3. W Bland	Keswick	1.09.39	8. P Barron	Keswick	1.16.14
4. D Stuart	Keswick	1.11.43	9. W Simmons	Barrow	1.16.21
5. J Ritson	Derwent	1.12.05	10. R Shields	Lochaber	1.16.44

Veterans

1. J Naylor	CFRA	1.18.15	2. H Blenkinsop	Keswick	1.18.42
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Teams (4 to count)

1. Keswick - 17 pts.	2. Cumberland Fell Runners - 26 pts.	<u>39 Ran.</u>
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INGLEBOROUGHby Bill SmithCategory A, 7 miles, 2000'17 July

A light steady rainfall spoiled Ingleton Gala for spectators and participants on the gala field, but local pride must have received a considerable boost when the senior fell race was won by a local runner for the first time in its ten year history as an amateur event. That man was Bob Whitfield from nearby Laith Butts, Clapham, who 18 years previously had won the junior race to Crina Bottom.

Low cloud enshrouded the mountain, and Whitfield surged into the lead as the climb steepened. Sean Livesey joined him at the summit, but as Bob went hurtling off down the rocky track, Sean was overtaken by another promising young fell runner, Martin Speight, who gave Whitfield spirited but unsuccessful pursuit. Bob's time to the summit was 29.50, while his overall time of 46.32 must constitute a new record now that the return route through the village has been altered.

In the Ladies' race over the same course, Jane Robson defeated Anne Bland by almost three minutes and there were seven finishers. The junior race witnessed the unusual spectacle of a girl finishing second out of a 32-strong field. Gary Devine was the winner in 25.32, 58 seconds ahead of Carol Haigh who in turn was 3 seconds in front of local lad Richard Drinkall from Wennington, a frequent competitor at Lakeland and Pennine events.

1. R Whitfield	Kendal	46.32	11. P Irwin	Rossendale	49.46
2. M Speight	Bingley	47.05	12. S Parker	Rossendale	50.01
3. H Aspinall	Rossendale	47.14	13. A Harmer	DPFR	50.01
4. R Ashworth	Rossendale	47.28	14. M Weeks	Bingley	50.14
5. S Livesey	Clayton	47.47	15. K Shand	Rochdale	50.38
6. J Reade	Clayton	48.42	16. B Walker	Bingley	50.43
7. C Valentine	Keswick	48.46	17. P McDonald	Lancaster	50.49
8. J Eaton	Rossendale	48.52	18. R Shaw	Skyrac	50.52
9. K Robinson	Kendal	49.00	19. P Hetto	Rochdale	51.23
10. I Robinson		49.12	20. P Lambert	Preston	51.28

Veterans 0/40

1. J Capenhurst	Bingley	51.47
2. D Jewell	DPFR	53.06
3. P Bland	Kendal	54.03

Teams

1. Rossendale	2.23.34
2. Clayton	2.25.41

238 Ran.Ladies

1. G Spink	Bingley	54.10	1. J Robson	Leeds	1.04.30
2. W fielding	Leeds	58.26	2. A Bland	Kendal	1.07.29
			3. C Rose	MDOC	1.08.36

SNOWDON

by Malcolm Jones

Category A, 10 miles, 3300'17 July

It is a shame that this race up Snowdon - the highest mountain in Wales and England was not considered for the 1982 championship. Many people thought that the record was there for the taking, with the improvement of the path combined with John Wild's good form. The race started off with a record 370 competitors. From the start the Italians Pezzoli and Bohzi were in the lead and were the first to reach the summit with times of 43.32 and 43.33 respectively, followed by John Wild 13 seconds behind. After them came Mike Short, M J Bishop and Jeff Norman. John Wild caught up with Pezzoli and Bohzi on the steep descent to Clogwyn Bridge and increased his time by more than half a minute to win in 1.05.55.

An outstanding run by Glyn Griffiths of Eryri (still only 18) to finish in a creditable 7th position and win the local class. In the women's event the race was dominated by Rosie Naish from the start. She was at the summit in 54.20 (record) and finished in a time of 1.24.10 setting a new course record. Second was Joan Glass running her first fell race of the season after a long injury.

1. J Wild	RAF	1.05.55	11. F Giaponi	Italy	1.10.53
2. P Pezzoli	Italy	1.06.36	12. J McGee	CFRA	1.11.48
3. F Bohzi	Italy	1.06.41	13. A Darby	Mynndwyr	1.12.25
4. J Norman	Altrincham	1.08.54	14. K West	Wolverh'tn	1.12.38
5. A Amalfa	Italy	1.09.05	15. M Walker	Westbury	1.13.05
6. M Short	Horwich	1.09.07	16. P Weatherhead	UNCW	1.13.26
7. G Griffiths	Eryri	1.09.13	17. G Brindle	Horwich	1.13.41
8. M Bishop	Staffs M.	1.09.44	18. M Jones	Eryri	1.14.34
9. A Adams	Staffs M.	1.09.47	19. A Sunter	Horwich	1.14.46
10. M J Bishop	Staffs M.	1.09.49	20. A Greco	Italy	1.15.02

VeteransLadies

1. P Coleman	Vauxhall	1.16.09	1. R Naish	Eryri	1.24.10
2. J Felgitscher	Austria	1.17.26	2. J Glass	Eryri	1.36.50
3. G Oliver	Junior LDRI	1.20.02	3. M Rawson	Thames	1.42.10

TURNSLACK

by Kevan Shand

Category B, 8 miles, 1300'24 July

What a shame a fit Ricky Wilde did not make the start line this year. I would have thought he might have tried to make it three wins in a row and then again it would have been interesting to see Ricky taking on the very talented John Wild. As it happened John was in a 'no messing' mood. He absolutely destroyed the rest of the field right from the start. The first mile and a half is made up of good running tracks and this is where John made his class tell. He soon had a lead of about two minutes from Mike Short and after the turn around point it just developed into a race for second place. This is where the ever consistent Jeff Norman came through after his very steady start.

John's winning time was yet another record - in fact his time of 49.54 reverses Paul Blakeney's winning time of 54.49 in the first Turnslack in 1978. Shorty finished a fine third, this being his last race in England before he embarked on his trip to the European circuit.

It was nice to see more ladies entering this year's race, but we could only attract 12 youths. Rossendale kept the trophy they won last year, their four counters had 52 points, all in the first 25 places. Clayton were second with 63 points and Holmfirth 3rd with 93 points. About 56 prizes were given out on the day, including spot prizes. Also the orange squash made it this year, and with it being so warm and humid it was good there was lots of drink.

1. J Wild	RAF	49.54	11. I Holloway	Rochdale	53.59
2. J Norman	Altrincham	52.02	12. A Spence	Bingley	54.09
3. M Short	Horwich	52.11	13. G King	Longwood	54.13
4. R Ashworth	Rossendale	52.38	14. I Robinson	Clayton	54.22
5. J Ritson	Derwent	52.43	15. G Bell	Halifax	54.34
6. S Livesey	Clayton	52.53	16. J Eaton	Rossendale	54.37
7. H Aspinall	Rossendale	53.01	17. A Pickles	DPFR	55.14
8. D Cartridge	Bolton	53.12	18. R Asquith	Holmfirth	55.38
9. G Woodburn	Blackburn	53.27	19. H Kelly	E. Cheshire	55.41
10. G Huddleston	Black Combe	53.36	20. C Beever	Clayton	55.47

Veterans

1. H Kelly	E. Cheshire	55.41	6. K Lodge	Halifax	58.53
2. T Shaw(0/45)	Rochdale	56.57	7. J Dean	Holmfirth	59.18
3. G Spink(0/50)	Bingley	58.07	8. A Walker	Bingley	59.26
4. D Ashton	Blackburn	58.16	9. P Duffy(0/45)	Aberdeen	59.51
5. W Buckley	Rochdale	58.36	10. P Fleming	Horwich	60.40

Youths - 4 miles

1. P Ashman	Todmorden	21.37	2. R Bergstrand	Rochdale	21.50
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228 Ran.

MOEL SIABODRESULTSNot yet categorised, 8 miles, 2000'

24 July

1. G Griffiths	Eryri	48.16	6. A Hughes	Eryri	51.30
2. D Overton	Kendal	49.40	7. K West	Wolverh'tn	51.37
3. D Woodhead	Bingley	50.01	8. H Griffiths	Eryri	53.23 (J)
4. P Stot	Eryri	50.43	9. D Jewell	DPFR	54.10 (V)
5. F Redington		50.48	10. H Parry	Eryri	54.30

Ladies

1. R Naish	Eryri	57.59	2. J Glass	Eryri	65.24
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STOODLEY PIKERESULTSCategory B, 3½ miles, 800'

27 July

1. A Adams	ICL	16.42	11. B Walker	Bingley	17.33
2. J Norman	Altrincham	16.52	12. P Irwin	Rossendale	17.34
3. R Harbisher	Holmfirth	16.54	13. A Pickles	DPFR	17.35
4. S Livesey	Clayton	16.58	14. J Fretwell	Holmfirth	17.38
5. H Aspinall	Rossendale	17.04	15. A Sladen	Salford	17.39
6. K Vose	Blackburn	17.06	16. S Terrance	Manchester	17.40
7. B Williams	ICL	17.11	17. K Shand	Rochdale	17.44
8. I Holloway	Rochdale	17.28	18. G Edwards	Bingley	17.46
9. J Todd	Holmfirth	17.30	19. P Ashman	Todmorden	17.52
10. J Eaton	Rossendale	17.32	20. B Brindle	Horwich	17.53

Teams (4 to count)

1. ICL AC - 63 pts. 2. Holmfirth - 70 pts. 3. Rossendale - 78 pts.

Veterans

0/40 R Hill	Clayton	18.06
0/45 P Duffy	Aberdeen	19.29
0/50 G Spink	Bingley	19.06
0/55 B Crook	Rochdale	22.04
0/60 J Niblett	Horwich	25.41

Ladies

1. C Haigh	Holmfirth	19.13
2. W Dodds	ASVAC	23.12
3. V Steele	Unattached	23.17

225 Ran.

MOU COPby John LeafNot yet categorised, 5½ miles, 1100'31 July

ICL Athletic Club followed up their highly acclaimed "Killer Mile" with the inaugural "Mow Cop Hill Race". This was a tough 5½ mile road and cross country race over and around the local folly and consisted of two laps with a 600 foot climb in each lap. First to cross the finishing line was Fell Runner of the Year, John Wild, who romped to victory in a scintillating 32.28. John, who required medical treatment for blisters after the race, admitted that the run was a lot harder than he expected. He added, 'I hope to run it again next year, but will treat it with a little more respect.' Team Prizes were awarded to Staffordshire Moorlands, with the host club in second place and Newcastle AC third.

The revelation of the race however was the ICL personal computer which provided an almost instantaneous results service. Runners arrived back at Mount Pleasant Village Hall, the race HQ, to find their position and time printed and pinned on the notice board. This race provided the host club with the opportunity to test the software, specially written by members of ICL AC. In terms of speed, efficiency and accuracy it was a resounding success and it is intended to provide this service at the Sandbach Marathon.

1. J Wild	RAF	32.28	6. M Roberts	Staffs M.	34.43
2. M A Bishop	Staffs M.	33.13	7. N Deakin	Staffs M.	34.48
3. J Norman	Altrincham	33.39	8. J Reade	Clayton	35.42
4. P Fowler	Staffs M.	33.50	9. B Bowler	Staffs M.	35.51
5. A Adams	Staffs M.	33.54	10. L Gowland	ICL	35.58

Veterans

1. G Patten	Massey Ferg.	36.05
2. J Greatholder	Cannock	36.48

Ladies

1. C Haigh	Holmfirth	38.05
2. A M O'Hare	Winsford	44.49

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LOCHABER THREEby Roger Boswell

Keswick, even before the advent of Ken Stuart were far too strong for the local lads in the Melantee and Half Nevis; but in the big one, the Cow Hill, Lochaber AC really got it together, filling the first six places barring the number one position. In fact, Lochaber provided over half of the seventeen strong field. This race deserves a bigger field than seventeen. Numbers were also down on last year in the other races, including the youngsters' events, Kids' races? Why didn't anyone tell Eddie Harwood about this? While Mum and Dad are killing themselves in the Melantee, junior can take his pick of any of the track events in the Lochaber Highland Games; then on Sunday he can run the Quarter Nevis (record approximately 18 minutes); culminating on Monday with the youngsters Cow Hill Race over the full course.

How on earth did that little squirt Boswell win the Melantee? Credit for this must go to the even littler little squirt, Livesey, who led all the way up. Billy Bland leading, O.K.; but Livesey? Come on.

Normal service and temperatures were resumed the next day for the Half Nevis, Bland back to his old self, winning comfortably enough from marathon specialist, Huddleston. The ladies? Only one, Fiona Wild, ran the Melantee, sustaining blisters bad enough to dissuade her from running the Half Ben, and also spoil the rest of her holiday.

1. R Boswell	Lochaber	32.00	11. R Campbell	Lochaber	35.05
2. W Bland	Keswick	32.15	12. P Stot	Eryri	35.10
3. S Livesey(J)	Clayton	32.38	13. H Blenkinsop	Keswick	36.05
4. J Broxap	Keswick	32.57	14. A Phillipson	Gosforth	36.18
5. D Cartridge	Bolton	33.10	15. N Lanagan	Keswick	36.48
6. P Barron	Keswick	33.32	16. P Brooks	Lochaber	36.54
7. R Ashworth	Rossendale	34.08	17. D Stuart	Keswick	37.08
8. D Woodhead	Bingley	34.17	18. P Fettes	Lochaber	37.21
9. G Huddleston	Black Combe	34.26	19. J Marstrand	Lochaber	37.58
10. P Lambert	Preston	34.59	20. P Murray	Horwich	38.27

VeteransTeams

1. H Blenkinsop	Keswick	36.05	1. Keswick - 12 pts.
2. P Brooks	Lochaber	36.54	2. Lochaber - 28 pts.
3. P Fettes	Lochaber	37.21	3. Keswick B - 45 pts.
4. J Marstrand	Lochaber	37.58	(0/50)
5. P Murray	Horwich	38.27	

43 Ran.

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AUGUSTHALF NEVISRESULTSCategory A, 6 miles, 2200'1 August

1. W Bland	Keswick	50.52	6. R Ashworth	Rossendale	53.12
2. G Huddleston	Black Combe	51.24	7. P Barron	Keswick	53.41
3. D Cartridge	Bolton	51.57	8. R Campbell	Lochaber	53.44
4. J Broxap	Keswick	52.26	9. J Stevenson	Falkirk	55.43
5. R Boswell	Lochaber	52.41	10. S Livesey(J)	Clayton	55.49

VeteransTeams

1. P Murray	Horwich	57.16	1. Keswick - 12 pts.	2. Lochaber - 26 pts.
2. H Blenkinsop	Keswick	57.36	3. Keswick B - 47 pts.	

Young Athletes Quarter Nevis

1. S MacNish	Greenock	18.20	2. D MacNish	Greenock	18.41
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CDW HILLRESULTSCategory B, 2½ miles, 900'2 August

1. G Huddleston	Black Combe	19.41	6. J Watson(J)	Lochaber	21.20
2. R Boswell	Lochaber	20.22	7. P Murray(V)	Horwich	21.39
3. R Campbell	Lochaber	20.48	8. A Rothwell	Unattached	22.23
4. S MacMillan	Lochaber	21.03	9. J O'Neil	Lochaber	22.34
5. D O'Neil(J)	Lochaber	21.18	10. P Fettes(V)	Lochaber	22.56

Junior Race

1. J Atkinson	Barrow	24.40	2. P Fettes	Lochaber	25.21
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CRIFFEL HILLby Roger BlamireNot yet categorised, 6½ miles, 1750'1 August

Sponsored by Stelrads Ltd., Dalbeattie, promoted by Stewartry AC, under the auspices of Dumfries and Galloway Regional Council Community Education Department, the second Criffel Hill Race took place on 1 August. With good summer weather up to the Friday of the race and beginning again the Monday after, winter descended for the weekend and the race was run in thick mist and driving rain. Marking the course on the Saturday evening was hard enough, but I was satisfied that I had got the right line. Although the markers would have been ample in clear weather many more had to be added on the descent, some only 10 metres apart.

As the lead runners disappeared into the mist and the rain started up on Knockendock the responsibility of being the organiser began to weigh heavily. However, despite the weather conditions, the going was firm and it wasn't long before Colin Valentine floated past on his descent, his long stride making him look as if he was moving in slow motion. Other figures were seen vaguely, running in various directions on the summit plateau, but all returned safely.

Although this race is only in its second year, it is already growing in popularity and attracted runners from Northern Ireland, Bingley, Cumbria, Rossendale, etc.. Out of the first five, four were from Cumbria which shows where this art form is at its strongest. However, disciples from South-West Scotland are taking a deeper interest.

1. C Valentine	Keswick	52.36	6. J Hayes	Ballydrain	56.54
2. W Tait	Ind.	54.55	7. P Garner	Rochdale	57.33
3. J Ritson	Derwent	55.04	8. J Rowley	Law&Dist.	58.15
4. A Jenkins	Morpeth	55.45	9. R Blamire	Stewartry	58.48
5. C Webb	Cockermouth	56.41	10. J Dunion	Annan&Dist.	59.04

Veterans

0/40 A Ritchie	Keswick	59.59	0/50 G Scott	Cockermouth	61.10
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CREAG DUBHby Roger BoswellCategory A, 4 miles, 2000'7 August

Twenty runners, including one junior, four veterans and one super-veterans beat him in the Melantee. Then, seven days later, he wins the Creag Dubh. Robin Morris couldn't believe it, but that's the nature of Bobby Shields. Murray Davis (Badenoch AC) was first local, as he has been since time immemorial.

1. R Shields	Lochaber	28.39	6. D O'Neill(J)	Lochaber	31.46
2. R Morris	Edinburgh	28.50	7. J Rowley	Law&Dist.	32.07
3. R Boswell	Lochaber	29.42	8. D Williamson	Belgrave	33.22
4. D Woodhead	Bingley	30.28	9. P Fettes(V)	Lochaber	33.28
5. S MacMillan	Lochaber	31.40	10. G Swan	Edin. S	33.33

BORROWDALEby Bill SmithCategory A, 17 miles, 6500'7 August

Most of the course was hidden in cloud this year and there were many humorous tales of navigational errors to be heard afterwards, some of the worst resulting in retirement or, as in at least one case, disqualification, when a certain Scots runner lost so much time touring the Esk Pike area that when he got back on course he decided to give Sacfell Pike a miss and head straight across to Great Gable. But it wasn't only the competitors who were guilty of such poor route finding; the first checkpoint on Bessyboot was unmanned because the marshals had been unable to locate this summit.

Such conditions presented no problems for Billy Bland, however, and he led from John Wild at Esk Hause, 5 minutes clear of their closest rivals. Wild made a brave effort to stay with Bland, but got dropped beyond Great Gable, lost his bearings and did not finish. Billy had extended his lead to 18 minutes at the finish, where he arrived with a time of 2.43.36 - nine minutes outside the record he established last year. Billy's brother, Stuart, gave Bob Whitfield a stern contest for second place, and although Bob was first back to Rosthwaite, Stuart was only fifty seconds behind. Jos Naylor was first veteran home in sixth position, while Rosie Naish was the fastest lady in 75th position out of 193 finishers.

1. W Bland	Keswick	2.43.36	11. P Haines	Skyrac	3.26.14
2. R Whitfield	Kendal	2.59.23	12. R Campbell	Lochaber	3.27.48
3. S Bland	Keswick	3.00.13	13. A Robinson	Clayton	3.28.17
4. R Ashworth	Rosendale	3.06.51	14. P Irwin	Rosendale	3.28.22
5. A Richardson	Kendal	3.08.01	15. D Stuart	Keswick	3.28.46
6. J Naylor	CFRA	3.12.47	16. D Cunningham	Clayton	3.29.09
7. D Overton	Kendal	3.16.33	17. M Patterson	DPFR	3.29.24
8. I Charlton	Keswick	3.17.42	18. I Robinson	Clayton	3.30.10
9. P Jebb	Bingley	3.22.21	19. A Smith	CFRA	3.31.58
10. D Ratcliffe	Rosendale	3.23.03	20. J Broxap	Keswick	3.32.23

Veterans

1. J Naylor	CFRA	3.12.47	6. S Bradshaw	Clayton	3.48.49
2. H Blenkinsop	Keswick	3.36.14	7. J Marstrand	Lochaber	3.50.22(0/50)
3. A Shaw	Rochdale	3.39.34	8. M Sanderson		3.50.27
4. W Grindley	Clayton	3.44.50	9. D Brown	Clayton	3.50.37
5. P Murray	Horwich	3.45.30	10. W Buckley	Rochdale	3.50.59

Ladies

1. R Naish	Eryri	3.55.13	4. S Thompson	Skyrac	5.48.27
2. N Lavery	Eskdale	4.32.14	5. W Dodds	ASVAC	5.49.19
3. L Lord	Clayton	4.45.13	6. A M Grindley	Clayton	5.51.05

Teams 1. Keswick - 9.01.33 2. Kendal - 9.23.57

LATRIGGBy Ross BrewsterCategory A, 3 miles, 950'8 August

The second leg of the Keswick AC fell running weekend was almost a repeat of Saturday's Borrowdale Race. The principal winners were the same, Billy Bland and Rosie Naish leading their respective fields home.

Despite the downpour, 117 ran in the 3 mile Latrigg event and again the team honours went to the hosts, this time courtesy of the threesome, Bland, Jon Broxap and Duncan Stuart. There was the tightest of finishes in the veteran's class, won by Vince Duff in a blanket finish with Mike McGill. Both men had the same time.

1. W Bland	Keswick	18.09	6. J McGee	CFRA	18.36
2. M Patterson	DPFR	18.17	7. J Broxap	Keswick	18.40
3. J Ritson	Derwent	18.20	8. M Rush(J)	Cockermouth	18.42
4. A Darby	Mynddwy'r	18.23	9. R Whitfield	Kendal	18.52
5. G Byers	CFRA	18.35	10. T Uttley	Bolton	18.55

Veterans

1. V Duff	Blackburn	19.57	3. A Ritchie	Keswick	20.29
2. M McGill	Kendal	19.57	4. H Blenkinsop	Keswick	21.00

OAKWORTH GALAby Barrie RobertshawNot yet categorised, 6½ miles, 500'14 August

This was the inaugural race and we were very pleased with the entry of 96 (3 retired). The course of 6½ miles comprised of rough track and footpaths and produced a fast time of 36.34. Hopefully we can make the course tougher next year. Prizes were awarded to the first 13 finishers, the first 0/40 Vet., the first 0/50 Vet., first and second lady, first local and first team (three to count).

1. G Bell	Halifax	36.24	8. A Pickles	DPFR	37.49
2. N Holliday	Warrington	36.59	7. R Bradley	Holmfirth	37.56
3. R Asquith	Holmfirth	37.03	8. P Crew	Bingley	38.02
4. A Spence	Bingley	37.13	9. S Pratt	Bingley	38.09
5. G Edwards	Bingley	37.47	10. F Reddington	Spensborough	38.11

Veterans

0/40 R Asquith	Holmfirth	37.03	0/50 G Spink	Bingley	38.24
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DOWNHAMby Bill SmithCategory B, 5 1/2 miles, 1600'14 August

Devised by Clayton runner, Simon Moyle, this grand little course takes in Pendle summit though by a completely different route to that taken in the Pendle Fell Race, and its more modest, though equally steep neighbour, Worsaw Hill.

In the inaugural race, last year, the leading runners onto the ridge went off-course in the mist and were disqualified for missing the summit checkpoint, leaving Nigel Weaver to record the winning time of 49.39. There was no such problem this year, however, for the weather was fine and sunny.

Sean Livesey was first to the Pendle checkpoint, followed by Geoff Gough and Ian Robinson, but it was the latter who led on Worsaw and retained his lead to the finish, reached in 42.09, 57 seconds ahead of runner-up John McGee who had progressed from 6th atop Pendle to 3rd on Worsaw. Livesey placed 3rd and Gough 4th, the latter making a welcome return after a long layoff from an illness which at one time was thought to have permanently ended his running career. Carol Haigh was the first lady home in 34th position out of 160 finishers in a time of 48.52.

1. I Robinson	Clayton	42.09	*11. T Birtwhistle	Rossendale	46.04	*
2. J McGee	CFRA	43.06	12. D Cunningham	Clayton	46.15	
3. S Livesey	Clayton	43.12	13. F Pidgeon	Sheffield	46.21	
4. G Gough	Blackburn	44.02	14. W Cooper	Manchester	46.32	
5. P Garner	Rochdale	45.45	15. S Howard	Clayton	46.36	
6. P Murray	Horwich	45.46	16. M Aspinnall	Rossendale	46.45	
7. G Brooks	Bingley	45.51	17. R Bergstrand	Rochdale	46.56	
8. D Woodhead	Bingley	45.57	18. F Loftus	Horwich	47.18	
9. P Lambert	Preston	45.59	19. M Targett	Clayton	47.20	
10. B Brindle	Horwich	46.01	20. R Owen	Horwich	47.32	

Teams

1. Clayton - 2.11.36 2. Horwich - 2.19.05 3. Rochdale - 2.23.52

Veterans 0/40Veterans 0/50

1. P Murray	Horwich	45.46	1. A Heaton	Clayton	55.31
2. W Cooper	Manchester	46.32	2. B Robinson	CFRA	59.04
3. S Ashton	Blackburn	48.11	3. A Ball	Liverpool	66.30

* Trevor 'I-like-to-see-my-name-in-print' Birtwhistle does it again! *

LARGO LAWBy Tony StapleyCategory B, 5 miles, 950'14 August

The fifth annual Largo Law race, sponsored by Alval Engineering, was the occasion on which all previous records were broken. A record field of 81 starters, a record prize list, a senior men's record, a new women's record and a new veteran's record.

The weather, as usual, was kind and the race started at 3 p.m. with Derek Easton setting off at a cracking pace up the road to the foot of the Law. He maintained his lead until the descent, when Colin Donnelly turned a 50 metre deficit at the summit to a 150 metre lead at the farm at the foot of the brae. Colin then extended his lead to win in 28.34, 10 seconds inside his old course record. This was a very respectable field with Lochaber, Aberdeen, Cambuslang and Clydesdale along with local club Fife AC being amongst the best represented.

Unique this year was the services of the local CB club whereby the spectators at the start/finish were kept informed as the race unfolded by the strategic positioning of marshals with two-way radios.

Prizes were awarded to the first 10 individual males, first 2 females, first 4 veterans, first 3 locals, and spot prizes of 10 Alval/Largo Law T-shirts, as well as a free pint to every finisher. Total value in excess of £200 - entry fee, 60p on the day - see you all next year!

1. C Donnelly	Cambuslang	28.34	6. G Carlin	Clydesdale	30.53
2. D Easton	Falkirk	29.24	7. R Shields	Lochaber	30.59
3. A Spencely	Edinburgh AC	29.32	8. R Anderson	Cambuslang	31.05
4. R Boswell	Lochaber	29.43	9. W Millar	Caithness	31.09
5. L Curds	Edinburgh OC	29.48	10. R Campbell	Lochaber	31.38
1st Woman	H Briggishaw	Fife	47.40		
1st Veteran	P Fettes	Lochaber	33.43		
1st Local	B Kidd	Largo	35.33		

BURNSALL

by Bill Smith

Category A, 1 $\frac{3}{4}$ miles, 827'

22 August

To mark the centenary of the Classic Fell Race, the Burnsall Sports Committee this year invited as many former winners as they could contact for a pre-race lunch. Sixteen turned up, including Jim Leeming, Slaidburn (1921-22), Jack James, Hincaster (1926-31 inclusive), Pat Campbell, Chapel-en-le-Frith (1936-37-38), Pete Watson, Pudsey, who won the event a record number of seven times (1959-61-62-66-67-68-69), course record holder Fred Reeves, Coniston (12.47.02, 1977), who was the first man to break the 67-year-old Dalzell record, and amateur record holder Ricky Wilde (12.50.02, 1977).

Nine of these ex-champions actually competed, including the 37-year-old Reeves and 44-year-old Watson. Reeves was re-instated as an amateur last December, but has concentrated on road running and would in fact have entered the Burnsall road race in preference to the fell race had he known of its existence beforehand. Another newly reinstated ex-guides racer, Kenny Stuart of Threlkeld, winner of the professional Burnsall Fell Race in both 1980 and 1981, was running his first race as an amateur and since his Duddon victory over Billy Bland.

The afternoon was a miserable one with grey skies and drizzle and some of the tops hidden in cloud and slippery conditions prevailed on the steep part of the descent. 1981 winner, John Wild took a decisive lead at the Fell Gate, where the terrain steepens and on reaching the cairn had opened up an eighty yard lead over Kenny Stuart, which he extended considerably on the descent. Stuart, lacking race fitness, battled gamely but was unable to stay with Wild on this occasion. "There was no chance of me catching him coming down" he said afterwards - this, a former champion guides racer who over the past few years has developed a reputation as a steep rough descent specialist.

Wild, who later revealed that he would be having an operation on his left ankle the following Tuesday, recorded a time of 13.10 - 5 seconds faster than the previous year. Stuart was runner-up in 13.33, with Bob Whitfield, who used to live just over the tops at Emsay, taking 3rd place in 14.03. None of the other previous winners were on this occasion able to produce the form responsible for their successes, some - like Harry Walker - due to injury, and they finished thus: Andy Styan-6th; Reeves-10th; Ricky Wilde-11th; Martin Weeks-16th; Walker-29th; Watson-60th, and another veteran, Dave Hodgson(Leeds)-89th, out of a 167-strong field.

1. J Wild	CFRA	13.10	11. R Wilde	Manchester	14.37
2. K Stuart	Keswick	13.43	12. G Brookes	Bingley	14.46
3. R Whitfield	Kendal	14.03	13. C Valentine	Keswick	14.47
4. M Patterson	DPFR	14.06	14. G Gough	Blackburn	14.48
5. W Bland	Keswick	14.09	15. M Speight	Bingley	14.59
6. A Styan	Holmfirth	14.14	16. M Weeks	Bingley	15.15
7. J Broxap	Keswick	14.27	17. G Edwards	Bingley	15.18
8. S Livesey	Clayton	14.29	18. A Harmer	DPFR	15.21
9. J McGee	CFRA	14.35	19. R O'Hara	Longwood	15.22
10. F Reeves	Kendal	14.36	20. M Seddon	Holmfirth	15.31

Teams

1. Keswick - 14 pts. 2. Bingley - 43 pts. 3. Holmfirth - 53 pts.

Veterans

1. R Aucott	DPFR	15.50
2. R Asquith	Holmfirth	15.58
3. J Emmott	Skipton	16.09
4. P Brooks	Lochaber	17.07
5. P Watson	Pudsey	17.13
6. R Healey	Clayton	17.26

Ladies (Inaugural event)

1. C Haigh	Holmfirth	17.53
2. C McNeil	Stewartry	20.15
3. M Galvin	Leigh	22.21
4. C Atkinson	Leeds	22.54
5. H Leyton	Unattached	25.52
6. J MacKenzie	CFRA	26.42

Comment from Peter Knott, ex-FRA Chairman.

The only thing missing was a professional race, which could have been held seperately but over the same course, since after all it has been a pro. event for as long as it has so far been an amateur one. I hope to see the day when such distinctions are abolished and we can all run in the same race, call us what you will. I took exception to one comment made by one of the competitors when re-instated amateur Kenny Stuart came up to receive his second prize - "Should be banned for life" he said. What bigoted rubbish!

EDBERGH

by Bill Smith

Category A, 14 miles, 6000'

22 August

The day after his amateur debut at Burnsall, where he had finished runner-up to John Wild, Kenny Stuart achieved his first victory in a AAA governed event. In clear, breezy conditions, he and 1981 winner Bob Whitfield led onto Arant Haw and then across to Astley Knotts, by which time 1980 winner John McGee also had extricated himself from the chasing pack to join them. This trio began to draw steadily away on the traverse path to Carlin Gill, then over the tops to Bowderdale Beck and so up onto the Calf. At this point, however, McGee had already begun to lose contact and was some three minutes adrift at Winder summit. Stuart, meanwhile had got back on familiar ground and pulled away on the descent to finally outpace Whitfield by 27 seconds with a time of 2.06.37. Carol McNeill was the only lady to complete this course in 113th position (3.03.03) out of 134 finishers.

1. K Stuart	Keswick	2.06.37	6. D Woodhead	Bingley	2.12.57
2. R Whitfield	Kendal	2.07.04	7. B Brindle	Horwich	2.15.48
3. J McGee	CFRA	2.10.55	8. D Bland	Kendal	2.16.13
4. A Richardson	Kendal	2.12.12	9. P Chapman	Kendal	2.18.26
5. C Valentine	Keswick	2.12.29	10. D Stuart	Keswick	2.19.23

Teams 1. Kendal 2. Keswick 3. Dark Peak Fell Runners

Veterans

1. D Jewell	DPFR	2.21.25	3. D Wade	Blackheath	2.28.11
2. P Murray	Horwich	2.21.44	4. A Evans	Kendal	2.29.43

ACHMONY

by Roger Boswell

Category B, 3½ miles, 500'28 August

Most of the 25 strong field were using this race, and Scottish Internationalist Fraser Clyne, to sharpen up for the Ben the following week. The weather is always good; and the associated Highland Games have a rare relaxed, informal atmosphere and are well worth seeing - especially the cycling. How these guys don't fall off going round a rough grass track at such speeds I'll never know.

1. F Clyne	Aberdeen	20.39	4. B Turnbull	Inverness	22.18
2. N Martin	Forres	20.57	5. S MacMillan	Lochaber	22.20
3. R Boswell	Lochaber	20.59	6. R Campbell	Lochaber	22.22

PENDLETON

by Roger Dewhurst

Category B, 5 miles, 1000'28 August

The sun shone down from a clear blue sky to welcome the 153 runners who came to the pretty Ribblesville of Pendleton to take part in the Fell Race. The 5 mile course with its two stiff climbs provides a tough test and even more so in conditions as hot as this year.

Apronfull Hill is the first check point, so named according to legend because the Devil filled his 'Apronfull' of rocks and in temper hurled them at Clitheroe Castle down in the valley. He dropped some of the rocks down the slope, and Graham Patten will testify to this as he fell over one of them and broke his ankle.

Martin Speight of Bingley was first through this check, closely followed by Geoff Gough of Blackburn and Dave Cartridge, Bolton. A steep drop then a stiff climb to the summit of Mearly Moor, saw local lad, Sean Livesey pull through to 3rd place, and when the two leaders took a slightly wrong line coming off he took the lead which he maintained to the finish. It was a popular win, and was only two seconds outside Harry Walker's 1981 record. Ian Robinson, Clayton, came through strongly to take second place, with Geoff Gough of Blackburn third. Paul Murray in 18th position won the vet's prize, whilst Carol Haigh of Holmfirth was first lady in a very creditable 40th position overall.

1. S Livesey	Clayton	33.24
2. I Robinson	Clayton	33.46
3. G Gough	Blackburn	33.48
4. J Eaton	Blackburn	33.56
5. R Ashworth	Rossendale	33.59
6. P Chapman	Kendal	34.12
7. C Beaver	Clayton	34.16
8. K Taylor	Rossendale	34.20
9. M Aspinall	Rossendale	34.42
10. M Speight	Bingley	35.04

Veterans

1. P Murray	Horwich	36.32
2. J Capenhurst	Bingley	37.18
3. D Ashton	Blackburn	37.23

Ladies

1. C Haigh	Holmfirth	38.28
2. M Hurst	Clayton	41.38
3. L Lord	Clayton	43.46



CROSS KEYS ROAD AND FELL RELAYRESULTS

2 x 3miles road, 2x 2½ miles/800' fell

28 August

	Split & total times after each leg				Total
	A(Road)	B(Fell)	C(Road)	D(Fell)	
1. Holmfirth 'A'	15.51	17.57	16.45	17.42	1.08.15
	15.51	33.48	50.33	68.15	
2. East Cheshire 'A'	16.19	18.11	16.32	17.53	1.08.55
	16.19	34.30	52.02	68.55	
3. Rochdale 'A'	15.35	18.48	17.02	17.55	1.09.20
	15.35	34.23	51.25	69.20	
4. Altrincham 'A'	16.28	18.24	16.57	18.35	1.10.24
	16.28	34.52	51.49	70.24	
5. Holmfirth 'C'	17.14	18.01	17.16	18.54	1.11.23
	17.14	35.15	52.31	71.23	
6. Longwood 'B'	17.23	18.31	17.29	18.28	1.11.51
	17.23	35.54	53.23	71.51	
7. Holmfirth 'B'	17.48	18.38	16.51	18.42	1.11.59
	17.48	36.26	53.17	71.59	
8. East Cheshire 'B'	17.15	18.01	17.49	19.28	1.12.33
	17.15	35.16	53.05	72.33	
9. Longwood 'A'	17.48	19.37	17.38	17.33	1.12.36
	17.48	37.25	55.03	72.36	
10. Horwich 'A'	16.34	19.02	18.19	18.54	1.12.49
	16.34	35.36	53.55	72.49	

Best Individual PerformancesRoadFell

1. K Barrett	Rochdale 'A'	15.35	1. G King	Longwood 'A'	17.33
2. A Dewhirst	Holmfirth 'A'	15.51	2. R Harbisher	Holmfirth 'A'	17.42
3. S Curran	Salford 'A'	16.10	3. D Wilson	E. Chesh. 'A'	17.53

56 Teams, including 4 junior teams and 4 ladies' teams took part.
Of the £135 total of entry fees, £100 was donated to the 'Marion Cunningham Foundation for Cancer Relief', and £35 boosted the prize list.

ESTON NABRESULTS

Category C, 8½ miles, 800'

29 August

1. S Markley	Middlesboro'	44.25	6. B Dale	Harrogate	46.25
2. G Potts	Middlesboro'	45.25	7. G Denham	Holmfirth	46.44
3. S Walker	Sale	45.59	8. S Bailey	Burn Road	46.49
4. M Pearson	Mandale	46.12	9. R Lamb	Nth. Shields	46.51
5. S Watson	Middlesboro'	46.15	10. M Hall	Middlesboro'	47.00

Youths - 6milesLadies - 6 miles

1. R Bergstrand	Rochdale	35.12	1. E Adams	Sutton-in-A.	40.09
2. K Hudson	Mandale	35.41	2. B Yule	Unattached	41.34
3. C Farrar	Mandale	35.07	3. S Catford	Thirsk	42.40

MACHENRESULTS

Category B, 5½ miles, 1000'

30 August

1. A Darby	Newport	32.05	6. B Griffiths	Swansea	35.00
2. N Bourney	Swansea	33.00	7. D Francis	Westbury	35.00
3. G Blackburn	Westbury	33.40	8. P Dixon	Mynddwyr	35.30
4. M Walker	Westbury	33.45	9. A Ormond	Torfaen	35.50
5. P Huckle	Cardiff	33.42	10. L Williams	Mynddwyr	36.00

SEPTEMBERHADES HILL

by Kevan Shand

Category B, 5 miles, 1200'2 September

We had another record entry for this year's evening fell race, just under 200 turned out. It's an enjoyable five mile hill race with gentle climbs and good running tracks, though the start is a 1-in-3 uphill road section which makes some of the lesser runners cringe.

Dave Lewis, the Rossendale cross country international must love this race - it was his third run and third win, his time of 27.18 being a new record, though the course was changed again slightly at the turn round point to avoid runners clashing on the way back as they did last year. Rossendale were out in force again with four counters in the first six and all their four teams in the first twelve. First lady in the race was Carol Haigh of Holmfirth, clocking 34.32 which left about 130 men behind her. This lass is improving with every race.

The prize giving went down better this year (last time it ended up outside in the dark of the night). The local pub down the road was the venue and the brewery added two dozen cans of beer to the list and these went as spot prizes. We could have done with a bigger boozier though, the place was cram packed - I could not find the bar all night!

1. D Lewis	Rossendale	27.18	11. P Read	Rochdale	31.18
2. P Dixon	Rossendale	29.13	12. S Baker	Wigan	31.25
3. D Cartridge	Bolton	29.27	13. M Foschi	Altrincham	31.25
4. K Barrett	Rochdale	29.30	14. P Goulding	Rochdale	31.34
5. H Aspinall	Rossendale	30.14	15. R Futrell	Holmfirth	31.35
6. M Aspinall	Rossendale	30.43	16. W Cooper	Manchester	31.40
7. G Gough	Blackburn	30.50	17. P Garner	Rochdale	31.41
8. S Parker	Rossendale	30.54	18. K Taylor	Rossendale	31.41
9. R Asquith	Holmfirth	31.01	19. M Seddon	Holmfirth	31.42
10. R Bradley	Holmfirth	31.16	20. J Reade	Clayton	32.00

Veterans

1. R Asquith	Holmfirth	31.01	6. P Duffy(0/45)	Aberdeen	35.11
2. W Cooper	Manchester	31.40	7. J Smith	Rochdale	35.28
3. A Shaw(0/45)	Rochdale	35.28	8. M Simpson	Skipton	35.54
4. D Ashton	Blackburn	33.22	9. M Brook(0/50)	Holmfirth	36.12
5. P Dawson(0/45)	"	33.48	10. G Rawlinson	Clayton	36.53

Teams

1. Rossendale 'A'	14 pts.
2. Holmfirth	53 pts.
3. Rochdale 'A'	63 pts.

Ladies

1. C Haigh	Holmfirth	34.32
2. L Lord	Clayton	38.38
3. S Parkin	ASVAC	40.05

GOODRICHRESULTSCategory B, 4 miles, 750'4 September

1. A McGee	Southampton	17.38	6. M Davis	Worcester	18.54
2. D Price	Gloucester	17.54	7. M Weeks	Bingley	19.05
3. K Willis	Cheltenham	18.32	8. J Carswell	Cheltenham	19.09
4. A Ormond	Torfaen	18.41	9. D Higgins	Cheltenham	19.17
5. S Brown	Cheltenham	18.46	10. M Rowland	Newport	19.22

VeteransLadies

1. A Ormond	Torfaen	18.41	1. C Pugh	Newport	23.38
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BEN NEVIS

by Roger Boswell

Category A, 12 miles, 4400'4 September

Bobby Shields sure can climb, must have been 4th or 5th at the top, which he reached in under the hour. And Whitfield sure can come down quick, he was about 8th at the top and finished 3rd. Darby also went up well, and might have been a bit quicker coming down if he'd known where he was going in the scree on the top half. But Ken Stuart and Billy Bland can do it all. Stuart was leading at the top, Bland soon caught him coming down, but Stuart came back again to win.

In the unofficial race, Boswell risked expulsion from the FRA, SAAA, SCCU, BNRA, CIA and MCC by contravening most of the rules these authorities have formulated. He was the sole entrant, and says he did it in 1.31.31 and could have finished 4th in the official race. Of course he did have several advantages over official runners - e.g. he wasn't weighed down with a pair of billboard size vest numbers; nor was he obliged to accept the miniature of whisky which everyone else got before the start, courtesy of the race sponsors, Long John Whisky.

1. K Stuart	Unattached	1.27.12	11. D Lee	CFRA	1.35.29
2. W Bland	Keswick	1.28.39	12. M Patterson	DPFR	1.35.32
3. R Whitfield	Kendal	1.29.44	13. J Maitland	Aberdeen	1.35.40
4. J McGee	CFRA	1.32.28	14. R Campbell	Lochaber	1.35.51
5. A Darby	Sale	1.32.33	15. F Loftus	Horwich	1.36.04
6. R Shields	Lochaber	1.33.14	16. I Holloway	Rochdale	1.36.07
7. J Broxap	Keswick	1.33.52	17. R Ashworth	Rossendale	1.37.13
8. P Barron	Keswick	1.34.06	18. K Shand	Rochdale	1.37.48
9. K Robinson	Kendal	1.34.26	19. P Chapman	Kendal	1.38.15
10. M Speight	Bingley	1.34.45	20. J Gibbison	Lancs & M.	1.38.27

Veterans

0/40 P Murray	Horwich	1.38.29	0/50 J Marstrand	Lochaber	1.49.33
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Ladies

1. R Coates	Lochaber	1.49.22
2. F Wilde	Lochaber	2.02.03
3. R Naish	Eryri	2.02.25

Team

Keswick AC

285 finishedFOULRIDGERESULTSCategory C, 5 miles, 400'4 September

1. D Lewis	Rossendale	28.17	11. J Reade	Clayton	29.56
2. H Aspinall	Rossendale	28.31	12. B Walker	Bingley	29.58
3. D Cartridge	Bolton	28.36	13. S Brooks	Bolton	30.02
4. M Aspinall	Rossendale	29.09	14. D Hall	Verlea	30.12
5. P Brownson	Altrincham	29.34	15. P Hartley	Rossendale	30.16
6. S Howard	Clayton	29.37	16. G Edwards	Bingley	30.29
7. C Beever	Clayton	29.39	17. M Targett	Clayton	30.35
8. A Spence	Bingley	29.41	18. J West	Clayton	30.37
9. T Uttley	Bolton	29.44	19. S Parker	Rossendale	30.44
10. K Taylor	Rossendale	29.48	20. C Metcalfe	Skipton	30.52

Veterans

1. F Wheeler	Bingley	30.58
2. K Lodge	Halifax	31.16
3. N Matthews	Horwich	32.08
4. A Walker	Bingley	33.52
5. R Monk	Kendal	34.04
6. M Simpson	Skipton	34.06

Super Veterans

1. P Brook	Holmfirth	36.09
2. D Clutterbuck	Rochdale	36.31

Ladies

1. C Haigh	Holmfirth	33.02
2. L Lord	Clayton	37.09

HODDER VALLEY

by Bill Smith

Category B, 6 miles, 1000'11 September

Duckmire Farm, Slaidburn, was the venue for this year's Hodder Valley Show, held in warm sunny conditions, and the fell race course went up Easington Fell, involving a long cross country run on both the outward and return journeys - albeit real cross country. King of Longwood Harriers led at the turn and set off briskly down the fell, only to be caught by Dave Cartridge who sped on to a 13 second victory in 36.44, 31 seconds inside Harry Walker's 1979 record. There were three ladies competing, of whom Carol Haigh was by far the speediest, coming 54th out of 128 finishers in 43.07.

1. D Cartridge	Bolton	36.44	6. D Lee	CFRA	37.51
2. G King	Longwood	36.57	7. R Ashworth	Rossendale	38.15
3. H Aspinall	Rossendale	37.09	8. G Gough	Blackburn	38.20
4. J McGee	CFRA	37.18	9. I Robinson	Clayton	38.22
5. K Taylor	Rossendale	37.49	10. C Beever	Clayton	38.29

Teams

1. Rossendale - 15 pts. 2. Clayton - 30 pts. 3. Bingley - 60 pts.

Veterans 0/40Veterans 0/45

1. J Capenhurst	Bingley	40.57	1. W Smith	Clayton	44.13
2. D Ashton	Blackburn	41.14	2. A Robertson	Southport	44.39

Veterans 0/50Ladies

1. B Robinson	CFRA	46.50	1. C Haigh	Holmfirth	43.07
2. A Ashworth	Clayton	46.58	2. J Harrison	Unattached	54.16

Juniors (shorter course) - 17 Ran.

1. T Richardson	Bolton	22.41	2. R Stacey	Holmfirth	23.47
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VAUX MOUNTAIN TRIAL

from the Organiser's Notes

0 event, Men - 17 miles, Women - 12½ miles12 September

A previous Outward Bound instructor, asked his opinion of the weather, said; "Well, it might be a bit windier on the tops, with maybe the odd shower." Even by O.B. standards this proved an understatement and two potentially very good courses were turned into real epics by storm force winds and horizontal rain.

Competitors times make unusually good reading. Nearly all the leaders on the Men's race made at least one big error and Billy Bland failed to make his usual flying start, lying in 48th position at Glaramara after a long grope around. But he then got firmly into top gear and was in the lead by Easedale Tarn. John Baston and Stuart Bland both had excellent runs, John being in the lead at Glaramara. Jos Naylor was reported as not running but appeared none the less and looked as strong as ever. Martin Hudson had a great start but decided to do some rock climbing on the way. Derek Ratcliffe also got in on the act and led at No. 4 - what happened then? Maybe the dreaded "BONK" which seemed a common complaint.

In the absence of Sue Parkin, Ros Coates again ran off with the women's race although Angela Carson and Carol McNeill both made good starts. The size of the women's field was very good compared with (say) the Ben Nevis Race. Keep on coming. It won't always be as tough as this year.

111 men finished and 51 retired. 18 women finished and 5 retired.

LANGDALEby A N Other

(As advertised, once again, in FRA Supplement to Fixture Calendar 1982, for some reason, leaving us wondering whether it would be on this year.)

Rumours circulating at the Vaux Mountain Trial the previous weekend were that the usual course might not be run and that the race would be Scafell Pikes and back. Reasons centred around there not being enough helpers available to the organiser since apparently the Ribble Rescue Teams had let him down - rumour?

Turning up on the morning of the race we (the runners) found not the usual bustle on the field with a number of tents, traffic marshals, the Rescue Team etc. - just one frame tent with a large notice at the side. This basically confirmed all the rumours. A 'Scafell Pikes Race' was to be run, course details given and reasons for change of course given - the organiser had been let down at very short notice!

The runners started arriving, the first group read the notice and had a moan. Had they not heard? What would the 'Langdale Race' be without something like this? It appeared that the organiser was not too pleased by some of the early comments and in no uncertain terms told them what to do if they didn't like it. Did any go home? The numbers were there this year and start lists were hurriedly being sorted to give out. Thank goodness help arrived. Soon large numbers had arrived on the field and of course little groups could be overheard discussing the situation. But at least there was a race and isn't that what we all went for? Some did go off round the "classic course" supposedly feeling badly cheated, but a race is a race and that was provided. Did they come for a run or a race? If for the former they could go and do it any time!

The start was more or less on time. The organiser shouted to the assembled throng, apologised for change of course and hinted that he was a little perturbed by some of the stick he had been getting.

The "Race". Scafell Pikes summit (the one check point) via Mickleden, Rossett Gill, Esk Hause then main path. Conditions still misty, very humid and warm. There was a good field and many thought it was a good race and told the organiser so. A rougher and tougher course than the classic with, perhaps, a future?

The "Finish". Prizes were small and given out as the runners crossed the line. There didn't seem to be many either. Why wasn't there a proper presentation? There were no drinks provided either (greatly missed after enduring such humid conditions). There were no refreshments provided after the race as was usual at one time. No washing facilities either - the river was dry!

Once again groups asked if they were getting value for their £1 entry fee (teams £1 extra). Will there be results (usually always received long after) and certificates as there used to be for the race but not for the last few years during its "slide"?

NOTE: The following motion was carried unanimously at the AGM in October
 "That no credence be given to D Meek as organiser of the Langdale race no publicity be given to his race and that FRA members be actively discouraged from taking part in such an event."

Investigations are being made into the possibility of this race being organised by Lancs and Morecambe AC.

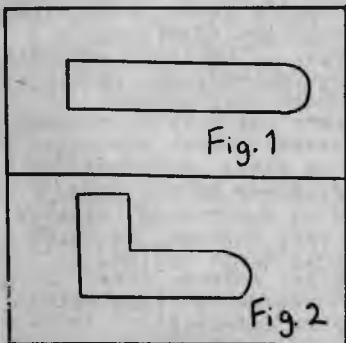
LANTERN PIKEby Will McLewinCategory B, 5½ miles, 1050'18 September

Note: This report was written for the Dark Peak Fell Runners' newsletter

Being an explanation of why my poor run was nearly due to Ian Roberts not getting round the Bob Graham in 1981 but was in fact due to the race being run in the afternoon instead of at night.

The day itself was superb: bright, sunny weather; hot, but not too hot for a 5 mile race. My plan was the usual one: steady ascent (i.e. slowly manage to stagger up to the top somehow) followed by a brisk competitive descent, picking up as many places as possible. (For the first part of this plan at least, I am not aware of any other available options.) However, I had a secret weapon which was going to transform my performance from "entered in error" to at least "first lady". The transformation was to be the result of my wearing, for the first time, my Turnslack Fell Race spot prize SOCKS. These are very smart, white with blue stripes (I think one of my present socks was white once, I can't remember for sure) and with such authentic equipment my feet will hardly touch the ground I thought.

All was well at first and the socks seemed to be doing their job because somebody had started walking before I'd even had to begin fighting off the urge. But after a mile or so it was clear something was wrong. I ignored the signals as long as I could but they increased in intensity and I was forced to succumb and stop for a pee. I was as discreet as possible but still incurred the wrath of one competitor who stopped and shouted "Bloody Hell, now you've started me off!", but after a damp duet he'd calmed down and I felt better and we rejoined the race to try and pick up some of the places we'd piddled away. This didn't happen as we toiled upwards but I was unconcerned and anticipating my transformation. At the top of Lantern Pike: "Don't rush it, just ease up, faster, longer strides - now, go!" But nothing happened. Try again. Same. Then someone came past, then another. "Oh woe", I thought, "I've been Coe-ed" but no, quick inspection, glands still there. Then I realised, it must be the socks - they've given me a dud pair - no wonder they were given away as a spot prize: and then I thought back to Turnslack Fell Race - I hadn't finished too well there. My sprint finish was missing and so I had not quite caught the person just in front. If I had overtaken him, he'd have got these dud socks and I'd be having my usual kamikaze descent. Well, the day before Turnslack I'd been helping Ian Roberts get round the Bob Graham; but for that and the subsequent celebrations I'd have produced my usual finish, overtaken that one person, etc., etc.. If Ian had got round on his first attempt in 1981 I wouldn't have been helping at all. It just goes to show you can't always rely on your mates.



Having reached this unhappy conclusion, I began to think about the socks themselves. (There was still plenty of time for thinking about it.) They were a new technological design; being shaped as Fig. 1 instead of as Fig. 2, which my feet are more used to. Perhaps they're for people without ankles, I thought, and suddenly I realised - they are night-time socks, specially designed without a heel so you can put them on easily in the dark. It wasn't Ian's fault at all, the race had just been started too early.

1. P Bowler	Staffs Moor.	31.40	11. M McGann	E. Cheshire	34.14
2. A Adams	Staffs Moor.	31.55	12. J Kershaw	Macclesfield	34.28
3. M Roberts	Staffs Moor.	32.22	13. A Farnell	DPFR	34.44
4. J Norman	Altrincham	32.29	14. P Hands	Leicester	34.48
5. M Patterson	DPFR	32.37	15. J Lake	Chesterfield	34.51
6. R Bailey	Sheffield	33.25	16. D Bradley	DPFR	34.58
7. P Brownson	Altrincham	22.31	17. M Farmery	Frodsham	35.02
8. M Burgess	E. Cheshire	33.52	18. D Crookes	E. Cheshire	35.08
9. A Michael	Buxton	33.58	19. W James	Horwich	35.14
10. R Wood	Frodsham	34.14	98. W McLewin	DPFR	44.43

Veterans

1. P Lomas	Stockport	35.16
2. D Jewell	DPFR	35.35
3. B Wilson	Hallamshire	37.20
4. M Hayes	DPFR	39.10
5. W Smith	Clayton	39.47
6. C Worsell	DPFR	40.14

Ladies

1. C Haigh	Holmfirth	40.27
2. K Wilkinson	Manchester	46.03

Juniors - 3 miles, 650'

1. M Wilson	Hallamshire	19.04
2. T Richardson	Bolton	20.56

Senior Race and Ladies' Race - 141 Finished. Junior Race - 24 Finished.

WITHINS MOORRESULTSCategory 8, 9 miles, 1800'

19 September

1. J Norman	Altrincham	50.26	6. R Ashworth	Rossendale	53.05
2. D Cardridge	Bolton	50.39	7. C Hollingworth	Holmfirth	53.08
3. M Goodall	Holmfirth	51.42	8. J Reade	Clayton	53.16
4. K Taylor	Rossendale	52.25	9. G King	Longwood	53.20
5. J Eaton	Rossendale	52.44	10. R Asquith(Vet)	Holmfirth	53.30

88 Ran.

SIMONSID E (Northumberland)

by Ian Webb

Not yet categorised, 6 miles, 1170'

25 September

The 68th Thropton Show and Sports saw the inauguration of the Simonside Fell Race for the Mark Webb Trophies. It seems incredible that this summit has not been run before, for Simonside - the most northern hill in the Pennines - is an obvious target situated in the Northumberland National Park.

The race starts from the showground and crosses the river Coquet and climbs steeply, passes through the hamlet of Great Tosson and up on to an ancient hill fort. Even at this stage the battle for the first three places had started with Malcolm Taylor taking the lead. The race then breaks into a narrow rocky track rising through the forest and eventually on to the heather below the summit crags. The final scramble through the crags to the summit was achieved by David Lord, who climbed the 1100' in 25 minutes, with the 2nd and 3rd runners only seconds behind. First junior, Stuart Nelson, only sixteen, was only 3½ minutes behind the leader. The return down the crags passes through the very deep heather of a fire break causing the runners an extra challenge. The difficult terrain caused some route finding problems before the runners broke over the crags of Little Church and on descending forestry roads out on to the grass. David Lord finished very strongly in 44.49 with Colin Murley (45.50) and Malcolm Taylor (46.42) close behind. Alex White, the first lady, came in looking ready for another time around in 59.44. All runners enjoyed this tough and varied race with its spectacular views of the Cheviots and the Border country.

THIEVELEY PIKE

by Bill Smith

Category A, 4½ miles, 900'25 September

Several top class runners converged on Holme-in-Cliviger Sheepdog Trials on this warm, sunny day and any one of them might have been regarded as a likely winner. In the end, however, it was Kenny Stuart who stamped his authority on this tough little race and romped home a clear winner by 32 seconds with a new record of 24.42. The present course was first run in its entirety last year when John Reade achieved a record of 26.22 in atrocious conditions, with the trials field waterlogged. One knowledgeable spectator who had stationed himself atop the first steep ascent observed that Stuart was the only one to jog all the way up it.

Hugh Symonds, winner of the Buckden Pike race and second in the Pike's Peak Marathon (USA) was runner-up here in 25.14, with an impressive array of talent behind him, including Andy Darby, 1980 winner Andy Taylor, Malcolm Patterson and John Wild. The latter would no doubt have started out joint favourite with Stuart had he been at peak fitness, but he obviously had not yet fully recovered from his ankle operation a month earlier. 193 finished including 6 ladies, of whom Linda Lord was the fastest in 154th position with a time of 34.15.

1. K Stuart	Keswick	24.42	11. M Speight	Bingley	26.19
2. H Symonds	Kendal	25.14	12. W Bland	Keswick	26.22
3. A Darby	Mynddwyer	25.25	13. J Reade	Clayton	26.44
4. A Taylor	Kendal	25.40	14. C Valentine	Keswick	26.47
5. M Patterson	DPFR	25.45	15. K Shand	Rochdale	26.50
6. J Wild	CFRA	25.49	16. D Overton	Kendal	26.52
7. D Cartridge	Bolton	25.50	17. R Whitfield	Kendal	27.03
8. G King	Longwood	25.51	18. J Eaton	Rossendale	27.27
9. S Livesey	Clayton	25.56	19. M Seddon	Holmfirth	27.11
10. J Broxap	Keswick	26.03	20. R Ashworth	Rossendale	27.17

Veterans

1. P Murray	Horwich	28.38	6. A Ritchie	Keswick	29.50
2. D Ashton	Blackburn	29:09	7. P Brooks	Lochaber	30.04
3. N Matthews	Horwich	29.24	8. J Dean	Holmfirth	30.05
4. K Lodge	Halifax	29.35	9. M Simpson	Skipton	30.14
5. D Wade	Blackheath	29.47	10. S Bradshaw	Clayton	30.27

Ladies

1. L Lord	Clayton	34.15	4. C Walkington	Horwich	39.53
2. R Taylor	Holmfirth	36.14	5. K Taylor	Clayton	41.05
3. J Sumler	Bangor	38.57	6. J Allum	Clayton	42.06

From the Organisers Notes

Following my 'soliloquy' after last year's event it is pleasing to record that the number of postal entries doubled and the number of on-the-day entries were halved. Thus the number and value of prizes were increased significantly and the pre-race uncertainty was very much limited. This was a record number of entries and finishers (193).

ECCLES PIKERESULTSCategory B, 3½ miles, 650'25 September

1. A Sladen	Salford	20.46	4. S Torrance	Manchester	21.36
2. A Pickles	DPFR	21.10	5. J Cant	DPFR	21.50
3. F Pidgeon	Sheffield	21.26	6. I Wilkinson	Manchester	21.57

In addition to the Senior Men's and Ladies' race, there were junior races (ages 12-16) in which a total of 37 boys and girls finished.

OCTOBERTOUR OF PENDLEby Peter KnottNot yet categorised, 17 miles, 4200'2 October

The inaugural Tour of Pendle Race saw yet another victory in a long line of recent successes for the Keswick ex-pro. Kenny Stuart, more than 1½ minutes clear of runner-up Dave Cartridge and some 8 minutes faster than predicted by race organiser John Reade. The impressive prize list extended into the 20's and included vets' and ladies' classes as well as the Half-Tour Race. Stan Bradshaw (senior) presented the prizes and made no secret of his wish to activate his time machine when he reminded us how fortunate we are today to have so many good races like this one - in his prime there was only Rivington and Burnsall.

The Pendle area remained dry on the day, which together with a cool breeze made for pleasant running. A long queue to check in at the first control was the only course problem needing attention next year. From this point west of the second lower reservoir, an anti-clockwise circuit taking in the Big End and Nick of Pendle quarry returned the runners to the first control again where the half-tour proceeded to the finish and the full-tour commenced a second clockwise circuit which involved three steep ascents of Pendle before returning yet again to checkpoint One and thence to the finish.

Despite all the hard work put into the organisation, John Reade managed a run on the day to finish 13th. The young Clayton runner, Sean Livesey, had a good day, taking 4th prize, the prize for the most closely forecasting the winning time and the Pendle aggregate trophy for the best performance in all five of the races held on Pendle Hill.

1. K Stuart	Keswick	2.22.07	11. A Harmer	DPFR	2.32.11
2. D Cartridge	Bolton	2.23.48	12. T Birtwistle	Rossendale	2.33.20
3. W Bland	Keswick	2.25.32	13. J Reade	Clayton	2.34.32
4. S Livesey	Clayton	2.28.46	14. R Ashworth	Rossendale	2.34.41
5. J Norman	Altrincham	2.30.46	15. S Furness	Blackburn	2.35.04
6. P Hartley	Rossendale	2.30.53	16. K Taylor	Rossendale	2.35.15
7. P Irwin	Rossendale	2.31.00	17. C Valentine	Keswick	2.35.26
8. D Woodhead	Bingley	2.31.07	18. R Owen	Horwich	2.39.22
9. K Shand	Rochdale	2.31.40	19. D Ashton	Blackburn	2.39.34
10. B Brindle	Horwich	2.31.46	20. J Eaton	Rossendale	2.39.47

Teams (6 to count)

1. Rossendale - 75 pts. 2. Clayton - 119 pts. 3. Horwich - 131 pts.

Veterans 0/40

1. D Ashton	Blackburn	2.39.34
2. D Weir	Horwich	2.43.09
3. N Matthews	Horwich	2.44.30
4. S Bradshaw	Clayton	2.47.13
5. W Grindley	Clayton	2.55.00
6. D Brown	Clayton	2.55.53

Veterans 0/50

1. D Talbot	Clayton	3.16.48
2. E Hill	Clayton	3.26.51

Ladies

1. L Lord	Clayton	3.22.32
2. S Haines	Skyrac	3.28.04

Finished - 135. Retired - 9. Missed check points - 2.

HALF TOUR - 9 miles, 1800'results

1. C Beever	Clayton	1.12.02
2. R Wayte	Bingley	1.12.22
3. J West	Clayton	1.15.10
4. P Harlowe	Skipton	1.15.45
5. S Brady	Unattached	1.16.00
6. K McKay	Clayton	1.16.42

Note: The Tour of Pendle Race is open to those who have completed a 12-mile fell race. The Half-Tour is intended for those who fail to qualify for the longer event.

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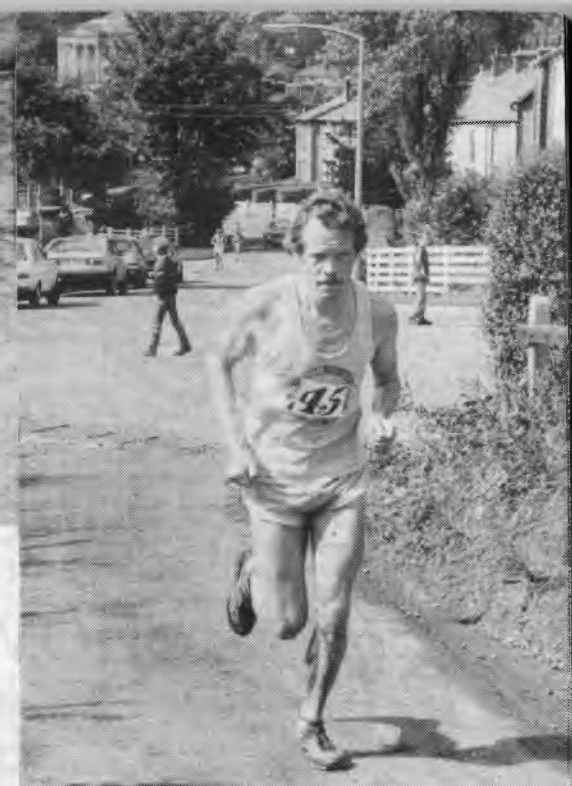
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Ronnie Campbell, legendary 'Wild Man of Lochaber', in the Half-Nevis, where he finished 8th.

Roger Boswell, Chief perpetrator of the legend, on his way to 2nd place in the Cow Hill. (Photos. Paul Stott).

Derrick Jewell (DPFR), Sedbergh 1980. (Photo Bill Smith).

Jeff Norman (Altrincham) on his way to winning the Rossendale. (Photo. E.W. Roberts).

Jean Lochhead at Fairfield. (Photo. D. Hollinrake).

Joe Ritson (Derwent), **Colin Valentine** (Keswick) and **William Tait** doing a street dance in celebration of their victory at Criffell Hill. (Photo. courtesy Dumfries and Galloway Standard).



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ANNUAL GENERAL MEETING

Chapel Stile Village Hall, Langdale - 10 October

Extracted from the Minutes

1. Minutes of the April 1981 AGM and November 1981 EGM were accepted.
2. Matters Arising. The motion that the FRA become the governing body of fell running under clause 9 proposed by Keswick AC and seconded by Kendal AC was again to be presented at the AAA's AGM (see STOP PRESS)
3. Chairman's report. Peter Knott said that it had been a pleasure and an honour to serve the FRA and commented on the healthy state of the Association. He thanked race organisers on behalf of the FRA and the Committee Members he had worked with. He concluded by pointing out a number of areas in which the FRA had been criticised but felt that there had been an improvement in the Committee's professionalism.
4. Secretary's report. Jon Broxap gave a resume of the five committee meetings that had taken place during the year.
5. Treasurer's report. Jean Lochhead presented a statement of income and expenditure and an audited balance sheet as of 30 September 1982. She outlined major items and answered questions. Balance Sheet accepted.
6. Election of Officers and Committee. See full list below.
7. Any other business.
 - a) AAA affiliation discussed (but see page 3)
 - b) Langdale Race - see page 32
 - c) Committee agreed to include a 'good' proportion of Sunday races in Championship in future years for those who worked on a Saturday and found difficulty in competing in as many races as necessary for a good place in the Championship table.

COMMITTEE OFFICERS

<u>Chairman</u>	Danny Hughes, Hallsteads, Gosforth, Cumbria, Tel. 0940 5366
<u>General Secretary</u>	Jon Broxap, 25 Meadowcroft Cottages, Bowness-on-Windermere, Cumbria. Tel. 09662 4567
<u>Treasurer</u>	John Reade, 3 Wood Terrace, Simonstone, Burnley, Lancs.
<u>Membership Secretary</u>	Norman Berry, 165 Penistone Rd., Kirkburton, Huddersfield. Tel. 0484 602922
<u>Fixtures Secretary</u>	Dave Moulding, 53 Downham Rd., Chatburn, Clitheroe Clitheroe, Lancs. Tel. 0200 41112
<u>Statistician</u>	Kevan Shand, 11 Church St., Smallbridge, Rochdale, Lancs. Tel. 0706 53462
<u>Magazine Editor</u>	Hugh Symonds, Delf Top, Busk Lane, Sedbergh, Cumbria. Tel. 0587 20965

COMMITTEE MEMBERS

Pete Bland, John Blair-Fish, Harry Blenkinsop, John Gibbison, Peter Knott, Norman Matthews. Andy Styan and one lady member to be co-opted.

IMPORTANT: PLEASE TURN TO NOTES OVERLEAF.

PLEASE NOTE, when contacting members of the Committee:

1. General Secretary, Jon Broxap will be away until the end of March 1983. Correspondence that would normally be sent to him should be addressed to: Peter Knott, 17 Westbourne Ave, Wrea Green, Preston. Tel 0772 683072.
2. Enquiries about membership, failure to receive magazine/calendar, change of address, payment of subscriptions should be sent to Norman Berry.
3. Enquiries/information about the British Fell Running Championships should be sent to Kevan Shand.
4. Enquiries/information concerning races should go to Dave Moulding.
5. All material for the magazine, including advertising, goes to Hugh Symonds.

All envelopes should be marked 'FRA' especially to Membership Secretary.

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An account of the first FRA teach-in, 18-19 September 1982

The back bar of the Britannia Inn, Elterwater one Friday evening saw a gathering of our members for the FRA's first teach-in on safety and navigation on the fells. The original circulated agenda had indicated a 9.30 a.m. start, but the notice posted in the bar showed, at 7 a.m., a short run. Despite doubts expressed by several participants, there was an excellent turn-out to start the course proper.

The day dawned warm, but hazy and droplets of sweat were seen running down straining faces even at this early hour. As the group ran back towards Elterwater a rather pretty and lithe young lady was seen running towards us. There was a definite increase in pace by those anxious to impress this beauty appearing from the morning mist. It didn't work, she ignored us.

After breakfast and registration the group assembled at Chapel Stile Village Hall (complete with young lady) where each leader was allocated a smaller group to perform the morning's activities. At 10.30 we left the hall and as we climbed the fells above Chapel Stile the haze lingered persistently. Indeed, excellent conditions in which to test navigational abilities. Mine were non-existent, but working on the basis that you learn by your mistakes, I volunteered to lead to the first checkpoint. It appeared a relatively simple task, but I still managed to find the hard route and I was learning already. We duly arrived at the correct place, but what's this? No checkpoint and despite frantic searching it was nowhere to be seen. Never mind, on to the next one and on the way? Yes, you guessed it, the missing checkpoint, about 200 yards from where it should have been. Was it deliberate we asked ourselves. A dastardly trick to lead us astray. We continued to checkpoint three and completed the morning's exercise before settling down to a brief lunch on the fellside. We reported the checkpoint error to course leader Ken Ledward who then dined alone, perched on a rock poring over a map. Clearly leadership is a lonely task. Three other groups arrived whilst we ate but stayed only briefly before disappearing into the early afternoon mist. The young lady appeared again closely followed by Stan Bradshaw, although I thought he was supposed to be the leader!

Shortly afterwards we resumed our navigational exercises and as we advanced towards Stickle Tarn we were aware of many others carrying map and compass travelling at various speeds. One checkpoint sited on a rocky outcrop was to prove particularly difficult to find, and having found it, our group leader, Martin Hudson, advised us to vacate the area immediately as another group were hard on our heels. Again something new we had learned to reflect upon as we returned to the village hall. For mid-September it was very warm and the orange squash was in great demand. After a short rest we were sent out on a short navigational exercise and were joined by John Gibbison, fresh from that morning's Scafell Pike Dash (his words, not mine).

When everyone had returned we were treated to an educational and entertaining chat by Ken on the many varied types of footwear and clothing worn by fell runners. The major message is to carry enough to stay warm and dry, advice you ignore at your peril.

After the evening meal, post mortems were held on the afternoon's short exercise, and it was here that the burning issue of the Holly or Hawthorn bush was raised. From here on this will be known as the 'burning bush' issue. The last of three checkpoints on this exercise was a bush on the east end of a crag. It was described as a Holly bush, but this appeared to confuse some of our more knowledgeable

members who claimed it was a Hawthorn. This they pleaded accounted for the fact that it took a long time to find the third checkpoint. The young lady who had left with a male companion was particularly insistent that the bush was the major factor in them taking twice the average time to complete the course.

The night navigation exercise took us from Elterwater Youth Hostel to the Britannia Inn which was completed without the use of map and compass. However, this may not have been true of the return journey, but all appeared to be present on Sunday morning.

We passed a pleasant Sunday morning indoors being entertained by our guest speakers and experts introduced by Ken.

Following this our experts were let loose on a longer navigational exercise course, again in hazy conditions and without the benefit of having previously visited the checkpoints the day before. The rocky outcrop and the bush were to prove a (haw) thorn in the side and the experts were having trouble. However, all returned safely and those course members still fresh enough to get round had a go. Indeed, far from being a sitting and watching weekend, it had proved to be very active, but nevertheless educational and enjoyable. All that I spoke to at the end had learned a great deal whatever their previous experience and all our thanks are extended to Ken Ledward and his team for ensuring an enjoyable weekend. Next time, you come and join us, I'll bet you learn something and make new friends as well.

MEMORIES OF BORROWDALE - July 1982

by Bill Fielding

Bill Fielding of Leeds AC has written this poem for "all those who, like me, are feeling sorry for themselves." The original idea came when he was shamed out of his 18-mile misery in a marathon by the sight of a fellow competitor in a wheelchair. The poem was not actually written until he himself was knocked down by a motorbike while out training in July. The resulting injury, while not permanent, has prevented him from racing or training since and has put an end to the very strong chance he had of becoming Super Vet. Fell Running Champion for 1982.

I did one day perchance to see
 A hamlet small beneath the scree,
 And as I gazed in wonderment
 I saw these runners all hell bent.
 "And wither goest thou?" I said,
 "And why without the clothes you've shed?"
 And on the wind I heard one cry,
 "We're going to where eagles fly,
 Helvellyn, Gable and Great Ben
 And Snowdon's just a few of them."
 With that they soared into the clouds
 While I was left to sit and browse.
 If only I could be like them
 And climb as high as Ptarmigan.
 To ramble where the red grouse roost
 Would give my ego quite a boost.
 But in wheelchair confines I am bound,
 Or I would travel this same ground.
 So now I sit and envy them,
 These dedicated mountain men.

ONE OTHER SIDE OF RUNNING

by Joe Pimlott

One of the correspondents in the last magazine asks for articles on "the other side of fell running", mentioning particularly the spiritual side of fell running. I have jogged for most of my life (I am now fifty) and have recently come into fell running. Over the years I have used meditation and I have found that this has improved the way I handle stress. Just recently I have found that the meditation principle is best applied to some form of activity or art. Fell running in particular lends itself to this because of the environment in which it is carried out. I have talked to other runners on this subject and it seems to me that most of them apply the principles described in this article in a sort of unknowing way.

Anyone who has been running for any length of time must feel that there is more to running than competition. I realise that among the elite in any sporting activity - especially the harsh discipline of fell running - it must be about total commitment and I personally have the greatest admiration for those at the top of the sport who have achieved excellence through discipline.

No one would question that a fell walker or hiker should use his recreation to search for inner peace in the lonely places he seeks and in the beauty he looks for. Yet there are a few fell runners who look askance at any talk of the spiritual quality of a race or a training run. Any sporting activity is essentially play - human beings at play. A solo training run is an adventure in freedom. And the inner peace that is found by many runners in their training runs shows that running can be used as a form of meditation. When we are fully fit and the body is working efficiently in its designed function, the mind is stilled. And this is what we seek to achieve in all forms of meditation.

The runner is practising aloneness - especially the long-distance fell runner. There is in this kind of running a stillness that brings inner peace through the acceptance of aloneness. We are alone in birth and in death, and it is possible to come to terms with this basis of aloneness. All other things are transient - especially personal relationships. If we can come to terms with our basic aloneness and see all other things as transient, inner peace will be found, true security in this world will come, and all that is outside this can be placed once and for all in true perspective.

Running can enhance our lives in many different ways. The first and the most obvious is the feeling of physical fitness and well being. Another aspect and one that is too easily forgotten, is the feeling of self respect that comes through self discipline. There is also the joy of winning a race, but this is for the elite few - a dream for most of us. The greatest benefit is when we now and then find peace of mind through running and in this way make running a creative act.

Is it possible to search directly for this creative running? There is a way, but it must be approached with care, slowly, not expecting too much, too soon. We must learn to ritualise the act of running in the same way that a Samauri warrior ritualises the art of archery or swordsmanship. By using his Zen culture, the Samauri becomes part of his ritual, dwelling carefully on every aspect of his training sessions. He learns to wait for the sword to cut, for the bow to shoot. He learns to wait passively for the whole series of movements he has rehearsed so many times to act of themselves. The runner must be still, and watch while the body runs.

Choose a training run over a familiar course on a day when you are feeling good. Ritualise every facet of preparing to run, running

and ceasing. Choose for yourself cut-off points to separate this part of your life from the rest. Perhaps the moment of putting on your shoes as your starting point and the moment of taking them off as your finishing point. Observe in a detached manner all that the body does in this period: tying your laces, warming up, stretching, running, cooling down, untying your laces. While actually running, dwell on the rhythm, relaxation of the act. Note the breathing rate, the stride length. Observe, take note, let go. Dwell in that moment when there is no contact with the ground at the centre of each stride, live in this moment, realise it and then let it go. Do not interfere with any part of the act, only check, take note and let go. When your run is over relax for a moment and before you change go over in imagination the run you have just done, re-live it. Then take off your running gear and carry on with the other part of your life.

The mental stillness achieved through this practice can be used in every other part of our lives. It is possible to watch while the body becomes angry or sad. To observe, take note and then let go. And it should be possible for even the greatest runner to benefit from this technique. A Samauri warrior is detached even when facing death.

FRED REEVES

Interviewed by Jeff Connor

Age:	37 years
Height:	5 ft. 10 ins.
Weight:	9 st. 7 lbs.
Place of Birth:	Birmingham, moved to Barrow at the age of four.
Occupation:	Freelance designer, now living in Coniston.
Club:	Kendal.

I enjoyed doing this article and found it a great privilege to meet Fred Reeves, whose modesty and sheer niceness is just about typical of most fell runners I have come across.

Jeff Connor.

CAN YOU RECALL YOUR BEST PERFORMANCE AS AN AMATEUR?

In fell running probably seventh place in the Ben Nevis when I was 19. Peter Hall won. Unofficially I joined in the Chas. Kendall '10' one year and did 50 minutes exactly. I was also running third in the Duddon one year until I went off course. Ironically, when the mist cleared I could see my home in Coniston!

AND AS A PRO?

My Grasmere record of 12 mins. 21 secs. stands out. Everything was right that day with conditions being very still and the course quite dry but not too hard underfoot. My 10th win on the trot at Ambleside was also very satisfying as it had been an ambition of mine and hadn't been done before. I was also British professional two-mile champion doing 9 mins. 35 secs. on a grass track in 1969.

HOW AND WHERE DID YOU START RUNNING?

I was eleven when I started running cross country at school. Then I joined Barrow AC and with them progressed to Lancashire standard.

WHAT MADE YOU TURN PRO?

When I was 23 I moved to Coniston. A different environment and 25 miles from the club. It wasn't long before I was being approached locally to help organise fell races and it was a natural progression from there. At first I ran on the track, but in one year I went from 165 yards in the handicaps to scratch, and while I felt I could beat the other man I certainly couldn't beat the handicapper, so I turned to fell races.

CAN YOU RECALL YOUR FIRST FELL RACE?

It was at Sedbergh and I led by 45 secs. at the top. I thought 'This is easy' but the descent showed me. I tried to run it in ordinary cross country spikes and as you know on steep courses you can't do that - you have to leap down. I spent a lot of the descent sliding on my backside. Two runners went past me, one of course being Tommy Sedgwick.

WHAT WAS YOUR BEST SEASON AS A PRO?

I won 31 races out of 31 starts in 1977 and at one point won 7 in 9 days including a win at Grasmere. I could have won 8 out of 9 but got caught in a traffic jam on the way to Ennerdale. It was also that year that I won the Jubilee race at Burnsall, breaking Dalzell's record. In that season I won about £300 all told and out of that had to cover my expenses, so it's hardly a living!

YOU WERE 32 AT THAT TIME, DIDN'T IT SURPRISE YOU TO BE GOING SO WELL AT THAT AGE?

I suppose it did. I was running very well at 28 and 29 and thought that was my peak. But from there it seemed to go on and on. Even last year at the age of 36 I broke two records.

WHO WERE YOUR BIGGEST RIVALS AS A PRO?

Tommy Sedgwick and later Kenny Stuart. Tommy is the greatest descender I've seen although he's very ordinary on the flat. He's just got the most tremendous guts and if he was in touch at the top he was unstoppable. Sometimes I've been on the way down in the lead and he's gone past and scared the pants off me, often completely out of control. I remember once at Sedbergh he went past me like a bat out of hell. He told me later he was out of control. Well, there's a point on the way down where you pass through a gap in a wall and if he'd missed it he'd have gone straight through the wall like something out of a Yogi Bear cartoon. Fortunately, he got it right.

WHAT ABOUT KENNY? COULD YOU SEE HIM COMING UP OVER THE LAST FEW YEARS?

Not really. Kenny ran as a junior and didn't do alot. He won the odd race, but then two years ago he really hit us, went through us like a dose of salts. You'd be flogging yourself uphill and he'd be trotting along in front and looking behind, not even flat out. When you see that it just deflates you. He can come down too. Kenny's just got it, the most talented fell runner I've seen. I think he's a certainty for the championship next season unless John Wild can bounce back. Kenny's got some good times on the track, too and would probably make a good road runner.

WHAT IS THE GENERAL STANDARD IN THE PROS?

There's a nucleus of four or five who'd hold their own in the amateurs. Always the same four or five, though not necessarily in the same order. The rest are usually a long way back. The top men would run most of the uphill at Grasmere for example, except the last 100 ft. up the craggy bit. Most of the rest would be walking up the first field.

WHAT SHOES DO YOU USE?

Nearly always spikes, even on rocky courses like Kilnsey. They are the same upper as the Walsh Descender but with larger spikes in the heels.

WHAT ABOUT TRAINING THEN AND NOW?

As a pro I was always on the fells, quite often around Tarn Hows where there's good cross country. The only road I'd touch would be on the way out to the fell. I always had November - December off and start again on January 1st no matter what happened the night before! I averaged 60-65 miles a week, twice a day so the sessions were quite short. I didn't do specific hill sessions because I was running over hills anyway and I had always found running uphill fairly easy even as a lad doing cross country. But after Tommy beat me at Grasmere and broke the record I realised I had to improve my descent. So I went out to Grasmere, walked to the top then practised running flat out down the summit breast until I knew every footfall.

Now I'm more road orientated in my training with perhaps a long run on the fells once a month. At the moment I'm training for the Windermere Marathon and hopefully London next year. I ran 2 hrs. 35 mins at Coventry and can improve a lot on that. I was supposed to go to New York but that fell through.

ANY FAVOURITE COURSES?

Ambleside. It's runnable all the way and is probably closer to cross country than some of the others.

AND THE TOUGHEST?

Definitely Alva near Stirling. It's straight up and straight down and it's a terror. There's steep rocks and bracken and even cliff faces with cracks you have to climb down. You should see Tommy go down that. He won 12 out of 13 there and always finished up injured. Even he decided he wasn't going to run there again. After Alva I'd say Kilnsey which is also very rugged.

ANY INTERESTING INJURIES?

Very few. I've had the odd twisted ankle or pulled muscle, but that's all. The thing is that when I turned at the top of the fell I was thinking of next week's race and would take it easy. Tommy would be thinking of winning.

WHAT ABOUT DIET?

Nothing special - I just eat like a horse!

WHAT MADE YOU GO AMATEUR AGAIN?

Basically I got fed up with running up and down the same pieces of fell.

ANY PROBLEMS?

None. I applied for amateur status in November, they met on 3rd

December and on 6th December I was running for Kendal in a League race. I was quite surprised.

WILL YOU BE COMPETING IN ANY AMATEUR FELL RACES?

Next year, definitely, I want to run some of the longer ones and get the feel of them. I'll be putting a whole effort in, but I won't be counting the points through the season. I had that sort of pressure as a pro. all the time.

WHO DO YOU RATE IN THE AMATEURS?

Obviously Kenny Stuart now. Also John Wild and you can't discount Billy Bland in the long events. I watched John at Grasmere and Burnsall last year and he impressed me. He's more my style of runner - a cross country type who went into fell running.

COULD YOU BEAT HIM OVER SHORT COURSES?

Well, if he was 30 and I was 30, I'd say Yes, but I've started to lose my speed now. The year before last I could feel myself struggling early on in races and began to realise that maybe the best had gone.

CAN YOU SUM UP YOUR CAREER?

Over the years we've made hundreds of friends up and down the country, the people in the sport are so nice. Folk outside say 'You're taking £10 out of someone else's pocket by beating them' but it's just not like that. In 15 years there's never been any bother. My biggest rival was Tommy Sedgewick and he's still my biggest friend, though we did swear at each other a few times in races! When I was winning all the time it was great, but I realise now it wasn't everything. When Kenny came along and started giving me a hammering it didn't upset me. I was pleased to find that running for me didn't necessarily mean winning. My 10-year-old son Philip felt it though - it broke his heart! When he heard Kenny had got his amateur status back he said to me: 'Daddy you'll have to turn professional again now!'

FELL RUNNING IN THE ISLE OF MAN - 1982

from information supplied by Tony Varley

Following his victory in the Manx Mountain Marathon on Easter Monday, Ken Taylor was again in the I.O.M. on 6 May to run in the 20ml. 6000' of ascent, Ellan Vannin race. He was this time 2nd to John Reade, who had also made the journey from the mainland to take part in a race which both said compares favourably with some of the Lake District events. Joint 3rd in this race were Tony Varley, winner of the 1981 I.O.M. Fell Running League and 18-yr-old Chris Quine in his first long fell race.

Quine went on to win the St John's race (4 ml., 1600') and the Bradda race (15ml., 4000') on consecutive days at the end of June, following this up in August with victories in the Boundary Sports fell race (5ml., 1700'), the North Barrule (5ml., 1800') and the Laxey Glen Horseshoe (12ml., 3000'), breaking the record in the last two. He finally secured his place at the top of the I.O.M. League in September by winning the Birds Eye Challenge Fell Race (half Bob Baxter Round, 27 ml., 7000').

There are 12 fell races in the I.O.M. each year, details of most appear in the FRA Calendar. The League is based on these with points from the best 2 long, 2 medium, 2 short and 1 other. Mainland Runners tend not to travel to these events, except the best known one, the Manx, but those who do speak highly of them. Anyone considering a holiday in the I.O.M. should certainly fix the dates to coincide with some of the races.

THE BOB BAXTER ROUND - ISLE OF MANby Tony Varley

Geographically the island is like a fried egg - on the edges the white is the lower land and townspeople, while in the middle are the hills, fells and heather which make up the yolk and give the Island its character and the wilder side of its nature. With only one real mountain it may not be a rock climbers paradise, but it is ideal for the hardest, most testing athletic exercise - long distance fell running. To run over all the peaks over 1000' in winter, apart from being the action of a madman, obviously has its problems which can be avoided if tackled in the summer months. But this is exactly what the Bob Baxter Round entails, starting and finishing in darkness, and running the fells in the dark is certainly a tricky business. It is likely that the hills will be running with water and the perpetual strong winds make the going much harder, not forgetting the bitter cold.

This route has only been achieved by four runners. Bob Baxter ran it in 1977, but not satisfied with his time he ran it the following year and knocked an hour off to record it in 12 hrs. 58 mins. This year Colin Donnelly completed the course just four days before the Manx Mountain Marathon. Colin broke Bob's time and set a new record of 11 hrs. 34 mins. Since then Tony Varley and Ian Callister have recorded times, just outside the existing record, of 11 hrs. 44 mins.

Running over specific heights means that unlike progressing easily from point 'A' to point 'B' you have to zig-zag all over the place as hills are not obliging enough to grow in straight lines. The route commences from Laxey promenade and after leaving the road you make your way to Aqneash to the first of the hills and the inevitable mist which makes Slieau Lhean barely distinguishable in the dark, so its out with the compass and plot a course. You then pass Slieau Ouyr and Clagh Ouyr and as the mist departs and the moon appears it is one of those moments when you suddenly think you weren't so crazy getting up at five in the morning. As dawn begins to make an impression, you approach North Barrule which appears like a great hump-backed block against the lightening sky. It is the furthest North you will go on the run. After reaching the top it's back again to retrace your steps to the East Mountain gate and first of the coffee and soup breaks that puts the life back into your weary body, however temporarily. The course now continues over the lonely but beautiful backbone of the Island and by 5 p.m. and the end of the journey the poetically named Cronk-ny-Arrey Laa lies only a mile or two away.

BOOK REVIEWby Selwyn Wright

How to make a Million

by

Lord No-Balance

A rags-to-riches tale from the prodigious pen of Bob Graham failure Bacon Rasher who rose from being an unknown Olympic Medallist to the dizzy heights of Buckingham Palace (via Greenwich, Tower Bridge and turn right at Big Ben). No-Balance tells how in simple single syllable, non-orienting jargon - even a fell runner can understand

Rumour has it.....

- that "Rumour has it....." has had it.

SIERRE-ZINAL - 8 August 1982by Kevan Shand

Fantastic is the only way to describe the organisation of this event. It must be one of the best I have ever turned out for. The week's weather leading up to the race was the worst for five years, it was wet, very cloudy with the sun managing to creep through now and again. This was mainly due to being so high up - the race starts at 533 mtrs. above sea level and finishes at 1678 mtrs., the highest point being Nava which is 2425 mtrs. The British contingent, mainly English lads totalled 58, most of whom came a week before the race hoping to acclimatise themselves. A big majority of these were fell runners. They stayed at different locations along the course, but most camped at the race finish, Zinal, where the atmosphere on the campsite during the week leading up to the race was great. A lot of the fell runners having done all the hard training, just pack a small picnic and go off for the day walking.

Leading favourites this year were 3 times winner 'Charlie' Pablo Vigil of the USA and his mate Chuck Smead (winner in 1977 the first year I came). Also Nigel Gates (GB, 2nd to Vigil in 1981). Fancied outsiders included Jeff Norman getting back to full fitness after a short lay-off, Albrech Moser the Swiss Champion who has finished in the top five for years and Pablo Vigil's travelling partner Peter Luca - a 29 minute 10,000 metre runner and a sub four minute miler.

On the day of the race its up very early in the morning, down a light breakfast before making your way down the mountain to the start. The 1500 walkers set off on the same course at 5 a.m. but for all classes of elite runners the race begins at 8.30 a.m. Most of the British boys arranged lifts together for the 25 miles to the start at Sierre where they joined the 1100 runners on the line. The English main hopes all looked good - I stood next to Mike Short and he was rarin' to go. The air was warm and it was slightly overcast but the rain was holding off as it did throughout the race, though it was very misty and cold in places except when the sun managed to creep through and it warmed up.

Off the gun went. What a hell of a stampede to get the early placings! From the very start its uphill one mile of road before you turn off left up into the trees. I caught a glimpse of the leader just before he turned off the road - it was first timer Martin Bishop of Staffs Moorlands on his way up the longest steepest climb you would ever wish to do. As the race progressed the few yards lead he had over Vigil and Smead was whittled down and after 20 minutes they and Spuller had gone past him. They say its impossible to run all the way up the first climb, though Harry Walker is supposed to have done it. By the end of the big ascent you've climbed just under 6000 ft. - its like running the Ben plus. At the top of the climb Smead was in front having led most of the way. He was first to Chandolin, which is a mountain village at 6000 ft. where the top invited runners stay. At the half-way stage at Tignouses Vigil, built like a door rafter, lean and compact, had caught Smead up and started to take command. The British lads were doing well, mainly the fell runners, with Mike Short having a great run in 10th position, Jeff Norman, Dick Evans and Ian Holloway all hovering in the 20's. From the Hotel Weissshorn you start to descend, from Nava at 2425 mtrs. to Barneusa at 2210 mtrs., then the last two miles dropping rapidly into Zinal at 1680 mtrs.

By the time you 've done the main climb you have caught up with the early starters, the walkers and at various points on the course, positioned on the hillside and standing on rocks and boulders are Swiss army soldiers with whistles, which they blow every now and again to warn the walkers to get off the path and let speeding runners through. Drinks are plentiful with massive tables full of various choices from cold tea to Reville, the popular local soft drink, not to mention the mountain streams and rivers which you cross on the course.

The finish is very well set out. You come out of the woods and hit the narrow lane between two big hotels and both sides are lined with hundreds of spectators. Its about 800 metres on the road to the finishing line. Vigil just managed to hold off his fellow countryman Chuck Smead to win in 2.37.57, 4 minutes outside his own record set in 1979. Smead was only 58 seconds behind with the Swiss Ivon Spuller 3rd. First Briton home was Mike Short in 8th position followed by Welsh school teacher Dick Evans who did 2.52.51 just ahead of Jeff Norman, who in common with quite a few of the British lads (myself included) was suffering from slight altitude sickness, but did 2.53.34. One who did not so suffer was Ian Holloway, running the race for the 3rd time in 2.54.54, but missing out on the prizes in 21st position. First lady home was Veronique Billat of France in 3.19.44 which gave her 124th position. Switzerland won the team prize.

For the entry fee all finishers get a full computerised set of results within an hour of the race finishing, a full meal at the presentation and a superb bronze medal - a souvenir to keep always. For some it is just a one-off, but many after sampling a taste of the Sierre-Zinal will no doubt be back to build a collection of medals.

MOUNTAIN RUNNING IN EUROPE

by John Blair-Fish

The fixture list for the CIME (Coupe Internationale de la Montagne) is published in the Swiss Spiridon magazine in March and it is not possible to provide information through FRA publications at the right time. However, most of the races occur at the same time each year and so the 1982 fixture list is on the next page as a guide. Prior information on the dates of Plan Sur Bex - Plan Neve (8th August) and Sierre-Zinal (14th August) for 1983 suggest that most races will be a week later than in 1982. So runners who can traverse the Borrowdale race without injury can run the Sierre-Zinal the week after.

Gradings for the races are based on the level of competition and facilities; A races are classed international. B national, and C regional. Each year 5 different A races are chosen as Super Races. Points go to the first 50 in Super Races, 40 in A races, 30 in B and 20 in C. Runners can only accumulate points from 3 supers, 2 A, 2 B and 2 C races. This system if adopted for the UK might find favour with secessionist regional groups. There are separate championships for juniors (under 21), seniors, women, vet. I (0/40) and vet. II (0/45).

Races on the continent have the attractions of marked paths and routes (no compasses), steep and sustained climbs, early starts and late prize givings and finishes at locations different to the start. There is little scope for downhill running or falling over. There is always a carnival atmosphere at the race with all and sundry running or watching and there are marquees and barbeques. The programmes tell you more about the sponsors than the race.

I have detailed information from past experience on Montreux-Rochers de Naye, Chamonix-Planpraz, Chaumont-Chasseral, Vorgono-Alpe Bardughee, Plan sur Bex-Plan Neve, Sierre-Zinal, Sierre-Montana and Vouvry-Tanay. (28 Howdenhall Crescent, Edinburgh EH16 6UR. Tel. 031 664 8425).

The Spiridon Club of Great Britain can also provide information on these races and also continental road races. The club also receives a limited number of invitations to runners from race organisers and has numerous contacts. Membership information can be obtained from: Frank Thomas, 60 Pheasant Drive, Dounlee, High Wycombe, Bucks.

Voici les courses CIME* de 1982 :

Date	Dénomination	Pays	Cat.	Dist en km	Déniv. max.	Coordinateur
21.3	Course du printemps	Fr	C	22,6	520 m	MJC Plan-de-Cuques, 6, rue J. Rollandin, 13320 Pl.-de-Cuques
11.4	Mont-Faron	Fr	A	14,1	485 m	Jean Mayer, Var Matin, 83190 Ollioules
18.4	Montée des 3 Communes	Fr	Super	10,5	800 m	Office municipal des Sports, 38700 La Tronche
1.5	Gaisberg-Strassenlauf	Aut	C	9,0	652 m	Franz Grünwald, Reimstr. 7, 5020 Salzburg
2.5	Varese - Campo dei Fiori	It	Super	10,0	800 m	Ch. Hirsinger, Andelfingerstr., 8416 Tröllikon
9.5	Saut Doubs - F. Modèle	CH	A	16,3	875 m	Michael Simoni, Gare 15, 2416 Les Brenets
15.5	Vallorbe - Dt. De Vaulton	CH	B	10,5	850 m	J.-P. Althaus, Bois-Gentil, 1349 Premier
30.5	Bronzolo-Aldino	It.	B	10,0	1000 m	A. Aberer, V. Stazione 2, 39051 Bronzolo
5.6	Cressier-Chaumont	CH	A		750 m	S. Fournier, St Martin 6, 2088 Cressier
6.6	Monte Faudo	It.	B	24,5	1149 m	US Maurina-Imperia P.M., CP 258, 18100 Imperia
13.6	Oberdorf-Weissenstein	CH	A	10,0	700 m	M. Dylli, Gartenstr. 4, 4552 Derendingen
20.6	Haldi-Schattdorf	CH	C	9,5	1419 m	Anton Scheiber, Haldistr., 6467 Haldi b. Schattdorf
20.6	Croas de la Roche	CH	B	12,2	678 m	Alain Monney, 1261 Saint-George
26.6	Meissner-Berglauf	D	B	7,2	410 m	V. Mondwurf, Alter Steinweg, 3440 Eschenwege
27.6	Tour Monts de Biemme	Fr.	C	15,0	530 m	Rodolphe Jakob, 39400 Longchaumois
27.6	Montreaux-Rochers de Naye	CH	B	19,7	1700 m	F. Brühlart, av. des Alpes 96, 1820 Montreux
27.6	Saint-Martin d'Uriage	Fr.	C	25,0	1400 m	J.-P. Valentin, mairie, 38440 St-Martin d'Uriage
27.6	Six Blanc	CH	C	7,2	1200 m	J.-M. Lattion, 1937 Orsières
4.7	Randonnée des douaniers	Fr.	C	20,8		Secrétariat, 20 rue Louis Jouvet, 22590 Pordic
4.7	Daniberglauf	CH	Super	11,1	600 m	W. Parpan, Postfach int., 7078 Lenzerheide
4.7	Tour d'Avalon	Fr.	C	25,0	500 m	A. Brunet, 23 av. du Granier, 38530 Pontcharra
4.7	Chamonix-Planpraz	Fr.	A	23,3	1360 m	C. Roussel, 63 Route des Praz, 74400 Chamonix
11.7	Crêtes Pays Basque	Fr.	C	28,0	700 m	Gabriel Etxan, 64250 Espelette
11.7	Verres - Col Tascours	It.	B	22,0	1308 m	Enzo Bonin, CP 41, 11029 Verres
11.7	Matterhornlauf	CH	C	11,3	988 m	Tino Tramonti, 6445 Seelisberg
11.7	Seelisberg	CH	B	8,0	1200 m	Club Sports, Les Arcs, 73700 Bourg-St-Maurice
11.7	B. St-Maurice - Arcs	Fr.	B	15,2	800 m	M. Dubi, Ec. de la Jonction, 74190 Le Fayet
11.7	Chedde - Les Ayères	Fr.	A	16,0	915 m	Jim Moust, 10 Maple Rise, Marlow, Bucks
17.7	Snowdon	GB	B	10,0	750 m	G. Costa, Pl. de la Poste, 74460 Mamaz
18.7	Grimpée du Môle	Fr.	C	10,3	825 m	André Cerchienni, 1905 Doréaz
18.7	Scex Carro	CH	B	7,5	1520 m	F. Maillat, Office Tourisme 1850, 73120 Courcheval
18.7	Montée des Tovets	Fr.	C	18,5	1160 m	François Fattou, 2063 Fenin
18.7	Chauxmont-Chasseral	CH	A	32,0	1150 m	V. Sartore, Via S. Domenico, 28039 Varzo
25.7	San-Domenico-A. Veglia	It.	C	14,5	550 m	F. Inniger, Bärgrueh, 3715 Adelboden
25.7	Frutigen-Adelboden	CH	B	21,8	800 m	Mano Torroni, 6611 Vogorno
25.7	Vogorno-Alp Bardughee	CH	A	7,8	1175 m	
1.8	Locarno-Monte Bre	CH	C	9,1	810 m	Bruno Lanini, Cp 43, 6644 Orselina
1.8	Grand Prix des Isards	Fr.	C	12,9	710 m	Pierre Honthaas, 64490 Atydus par Bedous
1.8	Plans s/Bex - Pl. Nèvé	CH	B	6,4	1190 m	R. Ciana, Mont-Goulin 11, 1008 Prilly
7.8	Blumenstein	CH	B	8,0	791 m	Alfred Wenger, Leimern, 3638 Blumenstein
8.8	Sierre-Zinal	CH	A	28,0	1950 m	J.-C. Pont, Glarey 40 B, 3960 Sierre
15.9	Belchen Berglauf	CH	C	14,0	850 m	M. Anderes, Fülrenbacherstr. 325, 4624 Härkingen
15.8	Sierre-Montana	CH	A	14,0	900 m	C.A. Sierre, CP 532, 3960 Sierre
22.8	Crêtes de Mégève	Fr.	B	18,0	1480 m	M. Fournier, Club des Sports, BP 42, 74120 Mégève
22.8	Zürcher Oberland	CH	C	14,25	448 m	H. Graf, Stock 1154, 8344 Bâretswil
22.8	Vouvry-Tanay	CH	A	9,7	1000 m	Jacques Berlie, 1896 Vouvry
22.8	Montée de l'Isèran	Fr.	C	22,0	920 m	Club des Sports, BP 61, 73150 Vail d'Isère
22.8	Neirivue-Molésan	CH	B	11,2	1235 m	P.-Bernard Lanthmann, 1661 Neirivue
22.8	Kitzbühler-Horn	Aut.	A	12,5	1234 m	Franz Puckl, Kaiserweg 111, 6353 Going
29.8	Trophée des Martiniaux	CH	B	6,4	1210 m	J.M. Ecuyer, 1692 Lavey-Village
29.8	Orstfelder Berglauf	D	Super	12,3	1300 m	Kurt Lauen, Kellerackerstr. 4, 8100 Garmisch-Partenkirchen
29.8	Crêtes Vosgiennes	Fr.	A	32,0	2000 m	J.-P. Hoerner, 1 rue Renbell, 68000 Colmar
5.9	Küchler Schihütte	Aut	C	9,0	766 m	Mathias Meisl, Markt 146, 5431 Kuchl
5.9	Luchon-Super Luchon	Fr.	A	36,6	1170 m	J. Turblin, 23 rue des Chalets, 31000 Toulouse
5.9	Ovronnaz - Cs. Rambert	CH	A	8,4	1361 m	Bernard Bessard, 1912 Ovronnaz
5.9	Mont-Genèvre	Fr.	C	13,0	718 m	J. Fauste, Assoc. des Loisirs SNCF - Gare, 73500 Modane
5.9	Railly de Brametorine	Fr.	C	21,0	750 m	J.-P. Heberer, Le Cottard, 38580 Allavard
5.9	Gap-Le col Bayard	Fr.	B	13,0	589 m	Louis Velay, 8 Cours Jean-Jaurès, 05000 Gap
12.9	Hochgrat Berglauf	D	B	6,0	852 m	W. Fink, Blumenstr. 8974 Oberstaufen
18.9	Siebenn-Sattellegg	CH	C	13,2	820 m	J. Machler, Martinst. 8854 Galgenen
26.9	Fully-Sorniot	CH	C	8,0	1600 m	Gilles Roduit, 1926 Fully
26.9	Anney-Le Semnoz	Fr.	A	19,0	1200 m	S - Athlétisme, 34 rue Vaugelas, 74000 Annecy
2.10	Lapin Vert	CH	C	10,0	590 m	W. Dietschi, 1961 Nendaz
3.10	Asc. du Mont-Revard	Fr.	Super	22,0	1300 m	S. Caccatore, 5 av. Victoria, 73100 Aix-Les-Bains
10.10	La Peyrinissime	Fr.	C	21,1	410 m	J. Coffin, En Enfer, 26380 Peyrins
16.10	St-Imer - Mt. Soleil	CH	B	10,0	500 m	J.-P. Vorpe, Bld Savoye 62, 2610 Saint-Imer
17.10	Crêt de la Neuve	CH	C	14,6	934 m	SC Marchissy, 1261 Marchissy
14.11	Asc. du Farell	Esp	C	11,8	586 m	Josep M. Antentas, c/Regas 140-5E-2A-Sabadell

*Abréviation de : Coupe internationale de la Montagne - Le présent calendrier fait foi.

Règlement de la CIME de 1982 : On peut l'obtenir en français ou en allemand (auch auf deutsch !) en s'adressant au responsable de la CIME Jacques Berlie, 1896 Vouvry, Suisse

THE SWISS KARRIMOR INTERNATIONAL MOUNTAIN MARATHON by Eddie Harwood31 July - 1 August 1982

Despite the organisers' assurances that the course would be easier this year "because we want someone at prize giving", the elite class proved too much for all but 4 teams, three British. The conditions were dreadful - torrential rain and thunder on Saturday, then a dehydrating scorcher of a Sunday. The second leg proved decisive, a long but effective route giving Harwood and Lewesley a lead which stretched to 1 hr. 24 min. by the end of the day. Meanwhile, other teams encountered violent flooding, rivers proving uncrossable and nearly fatal. Shorty was about to step on a boulder when it set off downstream! As far as I could gather only 6 elite teams made the overnight camp, 4 well spread out, one German team who had abandoned the end of the course and finally Short and Stickland, having failed to find the penultimate control in the dark rolling in cheerfully after over 12 hours.

The next morning with fabulous views of the high Alps, Harwood and Lewesley set off with the others in hot pursuit, all too intent on keeping up to notice that we had dropped into the wrong valley. Only Fox and Fox the German pair went straight, but were too slow to take advantage. Addis and Elsegood realised first, but Shortie wouldn't believe them; "Follow don't lose them." However, they did lose them and took over 3 hours to do the first 2 Km. leg! Meanwhile, Harwood and Lewesley had met up with Taylor and Hartley and eventually the truth had dawned. A further bad route choice meant that Addis and Elsegood had a 75 minute lead at check 4 and were thus only 9 minutes behind overall. The end was just a struggle against the heat and distance for all teams except Short and Stickland who meandered homeward sampling alcoholic beverages from friendly chalets.

1. Eddie Harwood/Andy Lewesley	14.20	3. Christian Fox/Jan Fox	17.14
2. Andrew Addis/Mark Elsegood	15.10	4. Ken Taylor/Peter Hartley	17.31

PIKES PEAK MARATHON, USA. 22 August 1982by Hugh Symonds

It's seven in the morning, the gun fires and 600 runners charge up the streets of Manitou Springs to the sound of "Chariots of Fire". Pikes Peak can be seen over 7500 feet above with 14 miles of trail and over 100 switchbacks to follow to the half way point, the summit. Al Waquie the 5' 2", 7½ st. Pueblo Indian, has already opened up a lead before the end of the road and the start of the path. By 3 miles he has a 3 minute lead over previous winner Chris Reveley of Colorado. The climb from Manitou at 6336 feet passes through pine forests and gives spectacular views of the mountains around and of the city of Colorado Springs thousands of feet below.

After 2 hours and 7 minutes, Waquie reaches the top at 14100 feet, just 2 minutes outside Chuck Smead's record for the ascent only race. It's another 20 minutes before the second runner arrives to the welcome of the crowds who have either driven up or ridden up on the cog railway. On the descent the uphill runners shout to each other to clear the trail for the rapidly descending runners. The temperature rises into the 80's and by 10.30 the race is over for Waquie. He finishes just over 3 minutes outside his own course record of 1981, but still 5 minutes faster than the second fastest ever runner's time by Rick Trujillo. Al Waquie shows what he means by calling himself "King of the Mountains"

I was pleased to finish 2nd and for once enjoyed watching a fell race on TV. The same evening a 20-minute programme gave good coverage of the race but was interrupted 3 times to show adverts for Nike shoes.

Editor's Note:

Hugh shows signs of having his best year's racing whilst taking over the editorship of 'The Fell Runner'. If so, he's in a bind 'cos he won't be able to say how marvellous he is. So, I'll say some of it for him now, especially as I believe it in the case of the Pikes Peak result. An outsider would surely say what a magnificent performance it was to come second. For almost everyone running hard at that altitude is an excruciating ordeal, with the blood pounding in your neck, the legs going wobbly and judgement being affected by the lack of oxygen. Hugh's time was eight minutes faster than that of the 2nd man last year.

Results: 1. Al Waquie	Summit Time	2.07.34	Finish Time	3.29.53
2. Hugh Symonds	"	2.26.00	"	3.50.26
3. Chris Revely	"	2.29.00	"	3.52.36

515 completed the race, including a 74-yr-old man and a 75 yr-old woman. Interestingly boys over 10 years old are allowed to run and the first one finished in 6.56.34.

FELL RUNNING IN THE U.S.A.by Andy Styan

In the last issue we mentioned the existence of the 'Ultra Running' magazine published in the U.S.A. It is basically a magazine for long distance runners with no event of less than 50 Km. being reported (apart from "Trail" races, the equivalent of our fell races where races of as little as 17 miles are reported!). Perhaps as much as 70% of the magazine is about road and track running, but the rest is about trail running and it certainly excites the imagination. There's a lot more to it than the Pikes Peak race though that has a standing like the 3 Peaks here and the Sierre-Zinal in Europe - all these races being 'famous' and yet there are much tougher ones around which don't get the publicity. It sounds as though many of the events are just starting up with fields of a dozen or so like the early Lake District races, for instance:

"Wonderful Trail" Run. 93 miles round Mt. Rainier, 35000' of climb

"Ten runners took part in this run, which passes through some fantastic scenery: huge, glaciers, hillsides resplendent with wild flowers, crystal clear lakes reflecting the majestic volcano and occasional deer and marmots." They decided that future events should not be a race as such because of very difficult terrain and notoriously unstable weather.

Pine Valley to Mt. San Jacinto. 200Km. The first race was cancelled after the organisers decided that the danger from falling over cliffs in the night was too great, and one runner testing the course had taken 10 hours to do a 30 mile stretch!

Mudder Fell Six Hour Race. An out and back lap course that you do as many times as you can in six hours. Each lap is 8 miles with 1000' of climbing on ground covered by mud swamp and fallen trees. Described as "mud, muck and madness". (One competitor was disqualified for throwing (too much) mud at the organiser!)

Here are some extracts from the Trail Running Calendar (without entry details)

1. "Idiots' Run". 76 miles of rough rock roads, steep hills and creeks to cross. Half the field finished last year.
2. The Sierra Crest Survival Run. 50, 75 and 100 miles on the Pacific Crest Trail. Runners must carry 10 lb survival gear.
3. The Grand Canyon double crossing! 41.2 miles.

4. The Pine Mountain Trail Run. 46.2 miles. Hilly and hazardous on narrow paths. "Not recommended as a novice run."
5. The Pacific Crest Trail Del Sur. 100 miles (out and back) on hilly, scenic course. All finishers receive solid silver belt buckles with gold inlay. Not surprising as the entry fee is 65 dollars!
6. The Wasatch Front 100 mile endurance run. 24000' up and down rocky forest trails. Last year no-one managed to finish!
7. Arizona Mountain Run. 18.6 miles, 7000' climb. "No aid stations, no entry fees, no awards and sometimes even no trail".

For more details of all these and more try: "Ultra Running", PO Box 1057, Amherst, MA 01004, USA. 10 issues a year. Overseas subscription rates: 15 dollars - surface mail and 20 dollars - airmail.



SHORTS



BURNSALL FELL RACE CENTENARY

All the past winners were invited to a Centenary Dinner - as one of them I was quite pleased until I realised that it was before the race. How can you have a good nosh when you're racing afterwards? Well Harry Walker and Martin Weeks did anyway, though most of the others were fairly self-controlled.

COMEBACK?

Brian Robinson - bright young star of a few years back until stricken by a mystery illness - was at Burnsall, but for the lunch, not the race. However, he is back in training and hopes to be running competitively next year.

COVERING YOUR OPTIONS

Kenny Stuart did not know whether he would be able to run at Burnsall until the week before. He had entered the Grasmere Guides Race as a professional and the Burnsall Classic as an amateur, and the choice was made for him by the AAA's committee who re-instated him just in time.

JOHN'S OPERATION

The week following his win at Burnsall John Wild went into hospital for an operation on the tendons on top of his foot. The injury has plagued him all season and was initially diagnosed as arthritis. He was back in action at Thievelay Pike!

STATISTICAL BOOB

No, we haven't got a female statistician. It's just that Peter Brooks made a wee mistake (a Scottish error) in making Bob Whitfield 7th in the 1981 British Fell Running Championship. He was actually 5th, so now it reads: Wild, Bland, Short, Broxap, Whitfield and Reade as the first 6.

SUMMIT POSITIONS/TIMES

Most of the longer races' results have checkpoint time splits and yet with medium and short races the most we get is the occasional listing of summit positions, never times. How about it, race organisers?

CUMBERLAND FELL RUNNERS' OPEN CHAMPIONSHIP

Final position after all eight races - Copeland '81, Northern Counties, Ennerdale, Muncaster, Blake, Wasdale, Black Combe, and Kinniside.

		pts
1. W Bland	Keswick	135
2. J Broxap	Keswick	113
3. H Jarrett	Cumberland Fell Runners	107

Full positions to be published later by CFRA

BOSWELL'S MOVE

Roger Boswell's move back into prominence (some might call it that anyway) may be connected with his move out of the caravan. As you will recall he used to go running up the Ben when snowed out of his van. As he puts it: "No more getting back to caravan to find tea pot frozen solid, water all solid and, worst of all, calor gas bottle frozen solid, so that there's no way of heating water to pour on bottle to release the gas."

1983 SUBSCRIPTIONS

DON'T FORGET - Send your 1983 FRA subscription to Norman Berry as soon as possible.

NO MONEY - NO CALENDAR - NO EXCEPTIONS!

TARTAN SEPERATISM?

Robin Morris is organising a Scottish Fell Runner of the Year Competition (to be known as SCOTTY F.R.O.T.Y. Ed.). After the Northern Ireland and Isle of Man separate awards, what next? Details of the (very complicated) system from: Robin Morris, 33 Morningside Rd., Edinburgh. EH10 4DR

LETTERS TO THE EDITOR

Dear Andy,

Could I use the FRA magazine to say thank you to Kevan Shand and congratulate him for putting on such an excellent event as the Hades Hill Race. The entry fee was only 50p. The prize list went down to way beyond me and I finished 16th. There was tea and biscuits free for competitors in the church changing rooms. The organisation was efficient and friendly.

In these days of marathon mania where the rip-off race appears to be becoming the norm, it is heartening to go to an event and meet an organiser who is trying to put back something into the sport instead of cashing in as too many others appear to be.

Yours sincerely,

September 1982

Wade Cooper

Dear Sir,

Safety During Fell Races

We wish to report on a potentially dangerous occurrence during the running of the 1982 Marrison Skyline Race. The system used to keep contact with all runners is to count them passing each check point and to check individual numbers where possible. Since this event takes place in early Spring, severe weather conditions are often experienced, and it is essential that any 'lost' runners be traced quickly.

During this year's race there were unofficial 'cowboy' runners on the course, some of whom were calling out, at checkpoints, numbers assigned to runners officially entered but who were non-starters, (including the number of one H Walker). We knew that Harry was not coming as he had advised us several days previously. This caused confusion amongst officials as to the exact number of runners in each area of the course.

We ask members to reflect on the consequences of this kind of malicious and irresponsible action if the weather had been bad and a genuine runner had been in difficulties anywhere on the course.

Regards,

August 1982

Chris Worsell
(Hon. Sec. DPFR on behalf
of the Committee)

This is one of the areas where I believe the FRA can and should work with race organisers to make rules and impose sanctions. Jon Broxap's article 'Safety of Fell Races' ('The Fell Runner' - July 1982) deals with just this subject, and the FRA has circulated all race organisers with a paper giving guidelines and advice on race organisation. Ed.

Dear Sir,

The Three Peaks Race 1982

As you know, this Association makes no secret of its affairs, and in the past you have been supplied with our financial statement for publication. This year's accounts are not yet available, they remain to be audited, but I do have the provisional figures. By the time the donations have been paid to the various rescue and first aid organisations which help us, we will be showing a loss for the year of about £150. Fortunately we do have a reserve fund set aside to cover the occasional loss, but this is the second time in succession we will resort to this fund, and obviously this cannot continue for any length of time.

At present, the costs paid by the Association (as against those paid by our sponsors) amount to £1.86 per competitor. Of this, the two major items are the donations (88 pence), postage (37 pence) and the smallest item is administration at only 6 pence.

Our sponsors provide many benefits for competitors which are not included in the above figures such as prizes, certificates, programmes etc. and on this basis I think we give value for money. It is our intention to continue to do so but we cannot allow losses to accrue each year and since our costs have already been cut to the bone, the only alternative is to increase our income. Inevitably that means that entry fees must rise. Alternatively we could reduce our services to competitors which I cannot think would be acceptable. If, however, any competitors do have any constructive ideas, I will be more than happy to hear them.

Yours faithfully,

D A Croft
(Hon. Sec. 3 Peaks
Race Association)

October 1982

Dear Editor,

Re. your last issue of 'The Fell Runner' and the other side of fell running and the 'Scrubbers Ranking List'. Perhaps I could suggest a different title, for a 'scrubber' has certain sexual connotations in my profession - a GP - that would make me reach quickly for a needle and syringe to do certain blood tests if a patient should be so ill-advised as to confess to being one! May I suggest 'Bumblies'? This is a word used in the climbing world to describe climbers who insist on climbing with a rope, slowly and carefully, unashamedly pull up on pegs and slings and shriek for a tight top rope at frequent intervals. (Yes, I'm one of those as well.) 'Bumblies' has a nice descriptive ring about it.

I'm not sure what the other side of fell running is. I can only write from the botoom or, anatomically speaking, the back-side aspect. I use fell running as relaxation, to escape from the wife and kids (3) for a while and to have a look round to see what's happening on the hills - in fact, to be about everyone else's business. I quite often meet patients, who either look the other way and pretend they haven't seen me, or offer solicitous advice, such as 'shouldn't you be running up this bit, Doc?' That's the trouble, I never seem to really get going. One reads articles about pushing oneself to the limit until your eyes start popping out to get any benefit from training and then other articles about how dangerous over-use and over-training is.

I know it's probably only 'wind around the heart' after I've done a couple of miles, but to be on the safe side, I trot carefully home for a whisky (a very good calmativite) and rest for a day or two. The next time out it will be shin pain and I'm told you have to rest that or you'll get a stress fracture!

Everyone writes about how friendly fell runners are before and after fell races, but no-one has mentioned the 'in-race' entertainment, for we Bumblyes talk to each other during the race - we're sociable creatures. I had a very interesting conversation with a fellow Bumbly as we were walking up Arrant Haw during the Sedbergh Race last year. He had discovered I was a doctor and we were discussing his recent appendectomy, which he was advancing for his excuse for his current lack of form, and I'm sure he was about to show me his scar, when we reached the top and he ran off down the hill in mid-sentence. This is, I'm afraid a tendency that's creeping more and more into the modern scene. In the old days one could stop and lean on the trig point whilst catching one's breath and pretending to admire the view - 'isn't that Scafell just visible?' Nowadays as soon as folk have reached a top they have so laboriously climbed, they're off down in a flash and it's impossible to get a conversation going at all with everyone belting past you downhill. Worse than this boorish behaviour, is the disinclination of people to talk to you when they're on the way down and you're still climbing the hill. In the Ben Nevis race last year I was just struggling out of the Red Burn when Bob Whitfield came steaming past - you remember he missed the record by one second? 'Any hints on what I'm doing wrong?' I gasped - after all I am his G.P. He zoomed past without a perceptible pause. Well, it's understandable, he probably didn't recognise me - my face was rather contorted with pain and effort. Worse though, in this year's

Ingleborough Race. I was walking up discussing with a fellow Bumbly the erosion of the track and how it was visible from the M6, when I saw Bob coming down again. 'Hey up' I said 'It's Bob Whitfield - he's winning this one - I know him.' I stepped forward holding out my hand to congratulate him.

Again he floated past without a break in his stride. You can imagine how small I felt! This other Bumbly wouldn't talk to me again - I'm sure he thought I was only trying to impress him.

No - any scheme to try and make us Bumblyes run faster will be strongly resisted. We may even be forced to organise our own races and anyone who's come higher than 150th in an official race certainly won't be allowed to take part, and think how less

impressive it would be to win a race with only 150 entrants rather than 300. You need us Bumblyes, so leave us alone and make 'Be civil on the hills' your motto.

Yours sincerely,

Dr B H Walker

September 1982

I've joined the Bumblyes now myself, so I can see what you mean. Ed.



ROBERT! HOW NICE TO... Gill Grebbell

Dear Andy,

I am writing as one of the lesser lights of the fell running scene to express concern again about the relative strictness of check point closing times and the lack of publicity of them.

Last season in the Wasdale race (after a five hour journey) the first I knew of closing times was when I was asked to retire at the second check point. My subsequent action of retiring but completing the course non-competitively resulted in a year's ban from the race, even though I finished in the not to unrespectable time of six hours (at least respectable for me).

I have just returned from a very enjoyable Ennerdale race. Fortunately, I made the limits this year. However, no-one mentioned the time limits at any point. In fact I found it difficult to find anybody that knew them. There wasn't even a readily available list of checkpoints. The only place either was mentioned was in the Cumberland Fell Runners' Association handbook. I'd like to make several points about this.

- 1) We aren't all members of CFRA and although I'm well aware of the route, if we expect more people to take up the sport we ought to let them know what's involved.
- 2) The closing times, I'm told, reflected a time of six hours for Ennerdale. It seemed to me that the first two checkpoints were very tight and then it got easier. Surely its not sensible to expect people to go flat out at the start of a race or risk elimination after only a short time. Couldn't we please allow the likes of me to start off gently and not wear ourselves out for the rest of the race. I couldn't justify taking a novice to the Lakes knowing he could only run one or two checkpoints.

Criticism is easy, solutions aren't. However, leaving the first two controls in place for even fifteen minutes longer would help and just a notice or a mention at the start would be useful. Or even allow slower runners to start quarter or half an hour before the rest of the field. Unless we want to restrict fell running to an elite dedicated few, I feel more attention ought to be paid to the lesser lights. I hope not to remain one, but the broader the base to a sport the higher the pinnacle.

Yours sincerely,

June 1982

Dr G Buffett

P.S. I hope you can read my doctor's scrawl.

Danny Hughes (Ennerdale Race Organiser) tells us that the race rules and regulations were prominently displayed at registration (all CFRA events are entry-on-the-day). Every competitor (including Dr Buffett) signed the entry form as having read, understood and accepted these rules. The checkpoint closing times have been arrived at after very careful examination of intermediate checkpoint times for the race over the years. While Dr Buffett 'couldn't justify taking a novice to the Lakes knowing he could only run one or two checkpoints', I couldn't justify taking a novice to run the Ennerdale at all! Dr Buffett's year ban from the Wasdale race for failing to retire when asked to do so is FRA recommended procedure and I wish more organisers stuck to it. It cannot be repeated often enough that competitors must always comply with race rules however much they may disagree with them personally.

On the subject of 'scrawl', I am suggesting a guideline for the next editor: if you haven't deciphered the first page of a letter within ten minutes, that letter should be retired from the mag. The above just scraped in, the one before it definitely not! Ed.

Dear Andy,

The other day as my friends and I jogged down the Ben Nevis tourist path we came upon an illustrious white-haired gentleman (well known to one or two of your readers) seated in a rough-hewn shelter behind a cardboard box which bore a most unlikely sign. You will forbear Andy, if I cannot remember literally the contents of the message, but the gist was clear. For the princely sum of 20p I could buy from this gentleman a certificate to show that I had in fact climbed this highest of mountains from bottom to top. Of course, I scoured my pockets immediately for the necessary 20p, but alas without success. Following a short discourse with the famous old Scotsman, I departed sadly for the glen amid much head-shaking.

It struck me most forcibly that this 'grand old man' of Scottish hill running, (who has incidentally completed at least 75 Ben Nevis Races) had hit upon a scheme well worthy of his national heritage. One can only sit and wonder, Andy; and if you see me sitting and wondering it will be in a small shelter that I know very close to the top of Scafell Pike, where for only 50p (to cover inflation) you will have the chance to purchase you own personal signed certificate.

Yours sincerely,

September 1982

Selwyn Wright

P.S. For a similar fee I will gladly man the highest checkpoint of the Borrowdale Race!

Perhaps you should offer your services to the Langdale "organiser"! Ed.

Dear Andy,

Thanks for your editorial on censorship. My view, for what it's worth, is that you've been steering a good course, but I wouldn't like to see us sailing any closer to the wind.

No one can deny that sex is a comical business, but the humour should arise from genuinely funny incongruities not from embarrassed smuttiness. I think the last competition winner comes into the first category; not so sure about some of the others.

Those of us who try to follow the Christian way would appreciate your avoiding the blasphemous fringe. So, keep up the good work. I'd hate to keep 'The Fell Runner' where my kids can't see it.

Yours,

October 1982

Andy Neal

Dear Andy,

I'd like to offer a few thoughts on two unrelated topics:

1) Cleaning up the Mag. I'm all for it! You have a lively sense of humour and there's no need to allow 'The Fell Runner' to deteriorate in the same manner as so many other periodicals. The need to cater for a wide readership shouldn't be a problem because moral matters are never decided democratically. I shan't presently suggest that we replace the cheeky items in the mag. by some spiritual insights, but this may be the subject of a later letter.

2) Route finding in the Mist. A feature of last Saturday's Borrowdale race was the large number of runners who lost their way, (one unconfirmed report placed one of the competitors at Stickle Tarn!) There were several occasions when I would have been in trouble, but I always found that a good heart shout of "hello" was met by some response through the mist. I recognise that this method is fraught with danger where one has to be self-reliant and it provides no substitute for good map and compass reading; but for a race with a field of 225 persons running at the height of the tourist season, the suggestion must have some value. In any event, I can't apologise for its apparent naivete, because it actually works.

Best wishes to you,

August 1982

Peter Rapson

In view of Peter's first topic I am not surprised that he does not elaborate on the nature of 'some response' to his hearty shout! Ed.

Dear Andy,

Vulgarity. Vulgarity is in itself unobjectioable but vulgarity by itself is very objectionable. In other words, in an item whose essential point is humour, information, relevant inquiry, etc., an element, even quite large, of vulgarity which aids or adds to the message seems to me perfectly acceptable, but when a vulgar or obscene idea is the main part of an item, then that is not acceptable. It's impossible to write anything on this topic without feeling desperately pompous.

By and large the magazine is just about right on this question and its something that is very difficult to get right. It would be quite wrong for items to imply for example that when a competitor in an event treads in cow shit he/she says "Oh, how irritating" and that the person following says "Oh, jolly bad luck". On the other hand "bugger it" said during a race is rather different to "bugger it" written down, printed and preserved for all and forever. This means that literal transcription of things said is not necessarily the most accurate - the medium affects the message! - alas, it's true. In the same way a genuine (i.e. unposed) photo which might look a bit rude is less offensive than a drawing - the 'accidental' nature of the former redeems the 'calculated' aspect of the latter - the last two competitions illustrate this well. I don't object at all, but the cartoon seems to me more of an incitement to vulgarity than the photo, and incitement/encouragement of vulgarity should be avoided.

Yours sincerely,

August 1982

Will McLewin

I considered for a while whether to censor this letter! Will also wrote another letter (below) about AAA rules. Ed.

Dear Andy,

Prompted by the request for a resume of the AAA/FRA saga: I wonder whether a brief list of the AAA rules involved in fell races would be worthwhile. I cannot be the only person for whom 'under AAA Rules' is a largely meaningless phrase when it appears in a race description. Might it not be better if we all had at least an outline idea of what these are?

I suspect that many (?) of them are disregarded and quite possibly

inappropriate anyway. If this is the case why does the phrase continue to be used? Perhaps it is just a subtle part of the 'negotiations'.

Best wishes,

October 1982

Will McLewin

I'm sure that Hugh Symonds, the next editor, will consider the idea. I know many people would find a lot of the rules amusing and would realise how many are broken in fell races run 'under AAA rules'. Ed.

Dear Editor,

I am a mountaineer and marathoner, enjoying the process of transition to a fell runner. Dr Jekyll or Mr Hyde? Being a member of Red Rope (the Socialist Mountaineering and Rambling Club) I was at Hayfield for the Kinder Trespass celebration, and I took part in the Downfall race as a fell running try-out. Subsequently I joined the FRA and have now formed a fell running section of our club - Red Runners (numbering 20 at present).

We are particularly concerned with the issue of open access to the countryside, and we hope our running can explore this freedom. We also feel a strong affinity with W K Burns who believes that fell running should be promoted as a 'non-competitive art form' ('The Fell Runner' - July 1982). To the above assertion we feel that one should add 'non-sexist'.

Since we at best could be considered novice fell runners, I am organising a series of training sessions prior to our participation in some FRA events. I would be very grateful to receive advice, comments and ideas about the training of novices. I would also be very pleased to make contact with anyone who is interested in the activities and issues outlined above.

Be seeing you on the fells,

September 1982

Paul Jeffcutt

An FRA organised weekend course on safety and navigation was held in September of this year and it is hoped to have one or more in 1983. Norman Berry, membership secretary, can provide you with a list of FRA members in your area whom you can contact. In my experience the best training for the fells is training on the fells, but if I hear of anyone offering advice on the training of novices for non-competitive art forms, I'll let you know. The mind boggles! In the meantime Joe Pimlott's article 'One Other side of Running' should interest you. Ed.

John Haworth, organiser of the Thieveley Pike race has supplied us with a copy of the letter he sent to the Secretary of the Holme in Cliviger Sheep Dog Trials Association. In it he enclosed a cheque for £20 as a donation to the Association (being half the surplus on the entry fees, the other half going to Clayton le Moors Harriers), and thanks the Association for their support of the Thieveley Pike race.

He then goes on: "This year was my thirteenth as race organiser and I believe the time has come for me to put down my pen and hand over to someone else. This may be an opportunity for both your Association and the Harriers, on whose behalf I organise the race, to review the association and arrangements between the two events, the sheep dog trials and the fell race, to determine whether or not the advantages off set the disadvantages and whether the relationship is still mutually

acceptable and in the interests of both groups of participants, i.e. the dog handlers and the fell runners.

Increasing numbers taking part in fell racing may begin to put an unacceptable strain on your trails arrangements and there is pressure from the willi-nilli proliferation of fell races, the commercialisation and pressure to remove even nominal controls which I do not believe to be in the long term interests of the true fellsman.

For my part I have tried to retain the informality and control of the Thieveley race in keeping with and without interference to the sheep dog trials, no gimmicks like spot prizes, mobile hamburger stalls and running shoe stalls, indeed to be at one with the atmosphere of the valley, the season of the year and men who know, work and play the fells. I believe that in the present form all the activities which have taken place on the last Saturday in September for the last 23 years are for the connoisseur of country side events in North East Lancashire - whether they can or should remain so is a principle and problem for consideration by all concerned but particularly by the fell runners themselves."

For my part I still see the Thieveley Pike race as a simple, formal and enjoyable affair (as are most fell races in spite of increased numbers of runners). I haven't seen mobile hamburger stalls (though my kids tell me that you can get hot pie and peas from the Trials marquee!), and I don't find shoe salesmen outside changing rooms an intrusion. John has made a good job of organising this race and it seems a shame that he is giving it up because he has become disenchanted with the way he sees fell racing as going. I hope the race continues and that its future has not been jeopardised by John's views. Ed.

John has also written an 'open letter to the FRA' which we reproduce here:

Sir,

I happened to notice in an article in the December '81 issue of the Fell Runner magazine that some 'A' category status had been transferred from the '82 Pendle Fell Race to the '82 Thieveley Pike Fell Race. In vain did I wait for some formal notice, explanation or consultation direct from the FRA or via the officials of the Clayton Harriers on whose behalf I organise the race; just as the Club organises the Pendle and several other fell races. If this represents an imposition of the FRA's judgement or authority I would be obliged if they could inform me, and no doubt other race organisers, whether such a transfer of category represents an honour or a deterrent and what their expectations or requirements are as to the appropriate facilities and race organisations. Similarly for how much longer can the FRA continue to treat Clubs and hence many race organisers as non-existent. Until some recognition is made the position of the FRA will continue to be neither that of an authoritative body governing the sport nor that of a truly informative advisory body like the RRC.

October 1982

John Haworth (FRA membership number 9.)

John is quite right to complain that he wasn't informed about his race being nominated a championship event. If he had told the committee of his concern (instead of waiting to send his 'open letter' out with the race results) he would have had an immediate apology and our appreciation. With regard to his general air of criticism of the FRA, maybe he and other members should remember that the committee are all volunteer workers like himself and if he realised just how much work

is done by committee members he would perhaps be a little more understanding and helpful instead of sniping from the sidelines. Ed.

Dear Ed,

I don't know quite how to put this without appearing unnecessarily critical, but I think it's got to be said. The truth is, I don't like your habit of putting comments under people's letters. Why do you always have to have the last word?

I hope you'll print this letter without adding any smart-ass comment after it.

Yours very affectionately,

November 1982

Andy Styan

CLUB VESTS

by Andy Styan

To me the biggest arguments for wearing club vests are not to do with following AAA's rules but that they help spectators' recognition and help the runners themselves to knowing who's who in team races. I know a number of people don't wear club vests and it isn't a big issue for me, although in normal weather conditions I do wear one.

But one thing I do object to is the use of advertising vests when they become a substitute for club vests. What am I talking about? The "Reebok Racing Club" vest, that's what. I don't object to ICL running club, because it is a club and the advertising is incidental, and even putting Pete Bland Sports on the back of a Kendal vest would seem OK to me, but "Reebok Racing Club" is not a club at all. The people who wear the vests, like John Wild, are members of other (AAA's affiliated) clubs, and they don't wear the vests out of the goodness of their hearts!

As I understand it, Reebok have told their sponsored runners that they will pay them for the loss of any prizes if they are disqualified, as two were in the Barnsley '6' road race.

I've nothing against Reebok shoes, I've worn them myself for years, but I think this is taking it too far, and I reckon it would be better if Reebok set up its own (affiliated) running club and their sponsored runners could resign all other clubs and run for them first claim.

Am I just old-fashioned? Is this to me what hamburger stalls are to John Haworth? Write to the new editor with your views.

BRITISH O-SQUAD
HEADSTONE HEADACHE

10.00 a.m. Saturday 18 December

Redmires Playing Fields to the Headstone and back.
For X-country, fell & fun runners, orienteers and locals.
Details: Rob Pearson, 137 Graham Rd., Ranmoor, Sheffield.

The Bob Graham 24 Hour Club

BOB GRAHAM JUBILEE RELAY

On 13 June 1932 Bob Graham of Keswick traversed 42 Lake District fells within 24 hours and established a record which stood until 1960. Almost exactly 50 years later some 35 members of the Bob Graham 24 Hour Club, all of whom have emulated Graham's round of the fells, took part in a relay run over the 42 peaks to celebrate the golden jubilee of the original event. Present at the start of the run at the Moot Hall Keswick, were Eva Graham, neice of Bob, the Mayor of Keswick, Mr S Crawford, and Phil Davidson who had accompanied Bob for part of his record run.

At 7.30 p.m. on the warm, humid evening of Friday 4 June Phil Davidson, who celebrated his 80th birthday a few days earlier, placed a baton made up of the tip of a Herdwick ram's horn born on a leather thong, round the neck of Alan Heaton, the Club's first member, who led a small group of runners up Skiddaw on the first section of the relay. The form of baton was chosen specially in recognition of Bob Graham's founding of a local rambling club known as "The Herdwicks". Each runner in turn carried the baton to a designated peak before handing it over to the next runner, and the first group of runners reached Threlkeld at dusk. Other teams continued the run over the Dodds and the Helvellyn range to Fairfield and Dunmail Rise. With dawn approaching the baton was conveyed up Steelfell, on to the Langdale peaks, Bowfell and the Scafell group before the long descent to Wasdale Head. More runners joined the principal groups as the hot, sultry day wore on, and the runners proceeded steadily to Honister before the final section over Dale Head, Hindscarth and Robinson. At 3 p.m. on Saturday 5 June, nineteen and a half hours after the start, Jean Dawes, the first lady member of the club, led the final group, whose ranks were swollen by the inclusion of many earlier runners, to the Moot Hall to be warmly greeted by a large, enthusiastic crowd. Mention must be made of the courageous run by Frank Milner from Ossett, Yorks. who was seriously injured in a road accident a few months before. Though not fully recovered Frank was determined to take part and camped during the night near Sticks Pass before running to his designated summit.

A few hours later, on a piece of land beside the Watendlath Road, formerly owned by Bob Graham, a memorial cairn built by Fred Rogerson was unveiled by Eva Graham. It bears the inscription: "In memory of Robert Graham 1889-1966 of Keswick who on 13-14 June 1932 traversed 42 Lakeland peaks within 24 hours. A record which stood for 28 years."

The long day was concluded at Barrow House Youth Hostel with refreshments and a film show presented by the club chairman Fred Rogerson, showing the highlights of many successful attempts on the Bob Graham round spanning a period of 20 years.

And so the club remembered and paid tribute to a man whose achievement 50 years earlier had inspired them to undertake a feat of endurance in the hills they love. A feat which most would have thought themselves incapable of performing and which might otherwise have been an impossible dream.

There are a few copies of the souvenir booklet "42 Peaks, The Story of the Bob Graham Round" by Roger Smith, price £1.25, available from: Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.

BOB GRAHAM CLUB REUNION DINNER

Over 200 members and friends of the Bob Graham Club attended the biennial reunion dinner at Shap Wells Hotel on 9 October 1982. Since the last reunion in May 1980, 104 people have achieved the round of 42 peaks in 24 hours, and they were presented with certificates by Jos Naylor, the Club's president, who had earlier proposed a toast to the Club. In addition Mrs Gill Jackson of Kendal was presented with a certificate of associate membership, in recognition of the help and support she has provided to contenders for several years. Two members set up notable performances during the year. Don Talbot of Preston traversed 50 peaks on 13 June, his 50th birthday and the 50th anniversary of Bob Graham's original round. Bill Bland of Keswick accomplished the round of 42 peaks in the astonishing time of 13 hours 53 minutes, also in June.

A new trophy for the "Achievement of the Year", donated by Margaret and Fred Rogerson and Alan Heaton, is to be presented annually to a member of a club who completes the most outstanding endurance event at least equal to the Bob Graham round, within the United Kingdom. A H Griffin presented the trophy to the first recipient, Geoff Bell of Glossop, a member of Dark Peak Fell Runners Club. Geoff's magnificent achievement took place in July 1981 when he made a solo crossing of the Pennine Way, self-sufficient apart from water supplies in 4 days, 20 hours and 49 minutes.

During the evening several speakers paid tribute to Margaret and Fred Rogerson for the support and encouragement they have given to so many during their long days in the hills, for over 20 years. Appropriately during this jubilee year, the club showed its appreciation by presenting Margaret with two pieces of Caithness glassware, and Fred with a pair of binoculars, together with a cheque. Alan Heaton, the first member of the club, and Jean Dawes, the first lady member, made the presentation.

Margaret and Fred were obviously much moved by the presentation and asked us to print the following letter in the magazine for them. Ed.

Dear Andy,

May we through the medium of the magazine convey our grateful thanks to members and friends of the Bob Graham 24 Hour Club who contributed to the presentation to us on the night of the reunion dinner at the Shap Wells Hotel on October 9th.

To witness the satisfaction of contenders on completion of a successful round - the friendships formed over the years - see the gradual growth of the Club - far beyond the numbers we thought possible. After a lot of thought in 1971 we were sure that 200 certificates would suffice to the turn of the century.

Members have repaid us a thousandfold for the involvement by their endeavours over the mountains of Lakeland. The presentation came as a complete surprise. We are deeply moved by the gifts.

May memorable and pleasureable days on the fells be yours in abundance. Many, many thanks.

Sincerely,

October 1982

Margaret and Fred.

BOB GRAHAM ROUND - NEW MEMBERS 1982

<u>Date</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Number</u>
1/2 May	D Beard	Unattached	23.53	213
8/9 May	C P Brooke	LDWA W Yorks	22.17	214
15/16 May	P S Mackrill	CFRA	23.26	215
"	C H Ford	CFRA	23.42	216
22/23 May	L Sullivan	Clayton-le-Moors	23.27	217
30/31 May	R Hodgson	Epsom & Ewell	23.35	218
"	M Lucking	Notts AC	23.23	219
"	A Middleton	Gorphwysfa	23.23	220
"	A Spenceley	Interlopers OC	23.23	221
13 June	D Dowthwaite	Clayton-le-Moors	22.03	222
19 June	J M Gibbison	Lancs. & More.	20.45	223
19/20 June	D Littlewood	Morpeth	22.46	224
26/27 June	J J McGonagle	Clayton-le-Moors	22.21	225
3/4 July	I Stephenson	Dark Peak	19.54	226
"	B Griffiths	Hallamshire	22.33	227
10/11 July	W A Birch	Rucksac MC	23.40	228
"	R Gibbon	Unattached	23.40	229
17/18 July	J Graham	CFRA	23.05	230
"	D G Fisher	Mynddwyr de Cwmru	23.38	231
22/23 July	A Nixon	Mynddwyr de Cwmru	23.22	232
23 July	J I Roberts	Dark Peak	22.56	233
23/24 July	R J Eastman	CFRA	22.49	234
24/25 July	R Powell	Alyn OC	22.50	235
"	J Baston	Deeside OC	23.21	236
"	K Armstrong-Braun	Deeside OC	23.21	237
"	G Mills	Deeside OC	23.21	238
"	M J Rose	Gritstone	23.51	239
31 July	I Rooke	Unattached	20.58	240
7/8 August	P G Knott	South Ribble OC	23.25	241
14 August	J S Bland	Keswick	14.56	242
31 August	R J W Ansell	Dark Peak	23.50	243
"	M Battersby	Dark Peak	23.50	244

Reports on the Golden Jubilee Relay and on the Reunion Dinner were written by Brian Covell, Secretary of the Bob Graham 24 Hour Club. Brian also provided the above list of new members to the Club. Enquiries regarding the Bob Graham round should be made to him at 16 Falcon Avenue, Edinburgh, EH10 4AN or to Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria. (SAE for replies, please)

For the attention of Bob Graham Club Members

I am looking into the design of a track suit badge for the Bob Graham 24 Hour Club. I would like to get a selection of ideas from as many members as possible. Ideas could be in the form of a coloured sketch, rough pencil sketch or a written description would do. The information will be presented for consideration by the Club Committee at the meeting to be held after the Fairfield race 1983.

Please send your ideas and suggestions before then to me:

J I Roberts, 6 Balliol Close, Sutton, Macclesfield, Cheshire.

THE LAKES RUNby Mike McGovern

On 1 August 1982 Alan Heaton added yet another record to his long list of achievements, gained in over 20 years of fellmanship. He became the third man to visit all the Lakes, Waters, and Meres in the Lake District National Park in one continuous run, lowering the record for this to 25 hours 17 minutes and covering 105 miles with 17000' of ascent.

The idea for this route is credited to Dave Meek, who gave it to Pete Grant who in turn passed it on to the two men who were to make the initial attempt. Pete Schofield and Leo Pollard, both members of Horwich RMI set off from Embleton on the Cockermouth to Keswick road in August 1980 to try and do the route as a full round, starting and finishing at the same place. This first attempt was abandoned at Waterhead seven hours behind schedule.

From this initial attempt two separate concepts of the route were born. Pete felt that to continue the tradition of Lake District rounds, the route should start and finish at the same place, as in the Bob Graham round. This involved the use of a lot of road on the optimum route. Leo, on the other hand, felt that his idea of going point to point kept another tradition in mind, that of a round being feasible within 24 hours. This method also reduced the amount of road to a minimum. As these two close friends could not reconcile their ideas they decided to make two separate attempts on the run.

Thus, on 13 June 1981 Leo Pollard left Loweswater on his attempt to visit all the 26 Lakes, Waters and Meres. His time of 35 hrs. 29 min. covers an epic run full of incident, during which his mettle was tried with a full range of Lake District weather. The following weekend (19 June 1981) found Peter Schofield adding his chapter to the history of notable fell runs. Again his attempt was successful, he spent much of his time asleep on his feet in heatwave conditions. His complete round time of 42 hrs. 38 min. speaks volumes for the trials he overcame to get back where he started. Both men have written accounts of their attempts and are willing to give details of the routes, etc., to anyone interested. Which brings us to Alan's attempt.

Because of his dislike of road running, Alan had opted for a point to point run following the original route with only minor variations. At 9 a.m. on 31 July 1982 he left the shores of Loweswater, with Joe Morrissey and Mike McGovern as navigators and Bob Green and Jack Betney as carriers. From the brisk pace he set, we knew he meant business. The morning was dull with a hint of rain which came on as we descended Red Pike. As we dropped down to Ennerdale it really set in, good and British. From here Gary and Leo Pollard took over carrying and navigating into Wasdale, assisted for short sections through the valley by Wilf Charnley. As they went through the YHA grounds he was 20 mins. up on schedule. Then over into Eskdale Green. From Brantake, over the tricky bog to Devoke Water Frank Whittle took him unerringly. We were changing navigators frequently during this first few miles as we felt that while Alan was moving quickly we could reduce the chances of error caused by tiredness in this way. Even so, he left more than one helper shattered on the fell side in those first few miles.

From here Mike McGovern went down to the Newfield Inn in Dunnerdale with him, where Alan had his first real stop since starting. He had been moving for about five hours. Here one of the hard sections starts, visiting Goats Water, Low Water and Levers Water before dropping down to Coniston Water. He was assisted on the fells by Edwin Coope, Jim Dawson, Paul Murray and again Bob Green, according to whom his unrelenting pace continued over this section. From Coniston, with only a short break at Skelwith Bridge, he visited Esthwaite Water,

Elterwater, Grasmere, and Rydal Water to arrive in the late evening at Waterhead, 40 mins. up on schedule. He was assisted on these sections by Mike Lomas and his girl friend, Roy Philips and Jack Betney.

The next section saw the evening turn to dusk as our merry band set off to Kentmere church, helpers here consisted of Pete Schofield, Neal Sale, Mike McGovern and Jack Betney. The midges in Kentmere ensured that the stop was short. Our party lost one, Jack Betney and gained another, Alan Barbier, who was to navigate so well through the night. Skeggles Water we found no problem, on to Haweswater, via Sleddale and over Gatesgarth Pass. We had to travel well down the valley to find the shore of the lake, its level being low. From here in the dead of night in mist, rain and wind we travelled on to Small Water and Blea Water. Good navigation got us from one to the other then found the best line up on to High Street in a very strong wind. Hayeswater came and went in a cold mist that we came out of as we came to the main road beside Brothers Water.

Here with the first hint of dawn we found our support waiting with hot sweet tea and biscuits. With his new band of helpers, again Mike Lomas and Bob Green, Alan went off to visit Ullswater then over Sticks Pass to Thirlmere in the new dawning of the day. From here its all road to the finish, visiting Derwent Water, Bassenthwaite Lake and finally Over Water. Quite a band accompanied Alan here - Leo Pollard, Jack Betney, Barry Ayre, Mike Lomas and Frank Whittle and all will testify to the cracking pace he set over these roads, fighting time to the very end. At Over Water he finished to hearty congratulations from all his helpers and friends. Alan doesn't give much away, but I think it pleased him to have yet another fell running record to his name, and I know I speak for all his helpers when I say we were pleased and honoured to play our part in writing another chapter in the history of notable fell runs in the Lake District. Well done, Alan.

Lakes in order of visiting: Lowes Water, Crummock Water, Buttermere, Ennerdale, Wast Water, Devoke Water, Goats Water, Low Water, Levers Water, Coniston Water, Esthwaite Water, Elterwater, Grasmere, Rydal Water, Windermere, Skeggles Water, Small Water, Blea Water, Hayes Water, Brothers Water, Ullswater, Thirlmere, Derwent Water, Bassenthwaite, Over Water.

GLASGOW TO FORT WILLIAM RELAYS - 1982

by Roger Boswell

90 miles, 8 runners, over the hills.

1. 20 March. Clydesdale broke the record of 11.03.36 set by Lochaber in 1978 recording 10.48.08. Lochaber, the opposition, with a team of 4 fit runners, 2 cripples and 1 super vet. on loan from Clydesdale set new figures for the slowest time - 12.16.37.
2. 27 March. Dumbarton's brave bid ended with Ronnie Paton getting lost in Loch Ard forest. He got a cool reception when he finally emerged 20 miles later at the Falls of Falloch.
3. 5 June. No mistakes this time - Dumbarton's last man arrived at Cameron Square, Fort William just 10.23.57 after the first man had set off from George's Square, Glasgow. The big question now was, would Clydesdale be able to regain the record before their anchor man, Jimmy Shields, emigrated to Australia?
4. Went pretty much the same as 1., Clydesdale got the record back in 10.14.55, while Lochaber, largely thanks to Boswell who got lost not once, but twice, again set new figures for the slowest time - 13.03.38. As you read this, Jimmy Shields will be stretched out in the Brisbane sunshine - a peaceful, happy man.
5. Sometime in March 1983. Lochaber AC

“Competition Results”



We thought that there wouldn't be many 'risque' entries this time - we were wrong! Still the winner is 100% clean and fit for human consumption. The winning caption comes from Ian Aitchison, who wins a year's subscription to the FRA and an FRA T-shirt. His entry reads:

"Another British First. Reade and Claus celebrate with a Christmas cracker after being the first men to reach the North Pole in fancy dress."

Runner-up and winner of a T-shirt is Alan Sanderson who suggests that Santa is saying:

"When I said I was looking for someone called Rudolph, I didn't mean a ballet dancer."

Alan Yates's entry might well have won if he hadn't won last time. From him we have Father Christmas saying to the runner:

"Hello! My name's Chris Brasher and I'm up here running a test on this super new line in Santa Claus suits made in luscious Bore-Tex (as seen on T.V.). We'd like you to accept with our compliments this stick of Bore-Tex covered mint cake."

And finally a special prize of a tube of Bore-Tex covered smarties goes to Andy Darby who sent us a late entry for the last competition which fits just as well this time:

"Is this what they call resistance training or incentive training?"

BEST OF THE RESTJOHN READE SAYS:

- "I don't care who you are fatty, get that reindeer off the third checkpoint" (Mike Farnworth)
- "Reindeer strike or no reindeer strike, it still seems a hell of a long way to come for a tube of Smarties." (Mark Fettes)
- "I don't care what your bloody name is, I'm not giving my Mars bar to a bonked reindeer!" (Rob Pearson)
- "I've seen plenty of people with red noses, but no reindeer" (Alan Sanderson)
- "Thanks Santa I hope this underberg works as well as the last one!" (What's an underberg? Ed.)
- "Sorry its too late for a willy warmer!" (Both from Niall Murphy)
- "Never mind Billy Bland, give me that Mars Bar" (C Taylor)
- "Dr Livingstone I presume" (Will McLewin)
- "I came up here to get away from you, you boring old fart!"
- 'Orienteer' to Father Christmas: "Have you seen any of the Borrowdale field go by this way?"
- "Hello, Chris Worsell; what are you doing up here?" (All from Alan Yates)
- "A willie-muff, gee thanks Santa" (Mike Farnworth)
- "Here is the AAA's donation for 1981" (Eddie Harwood)
- "800 ft. of climbing and I can still dance!" (Dave Bendy)
- "Let go of it you fool"
- "£10 to win second favourite"
- "I can't take any more of this" (All from Bill Fielding)
- "I thought we were supposed to carry extra food from the start" (D Jackson)

SANTA SAYS:

- "There's a competition to see who can finish their Mars Bar before the finish" (Alan Sanderson)
- "So that's how Clayton do it - cardboard cut-outs of John Reade"
- "John Reade inflatable dolls, how will I get it down the chimney?"
- "If we paint it red, John, put you in front of the sleigh, no-one will know the difference."
(All from Mike Farnworth)
- "God, I may be queer but at least I'm not a transvestite" (John Pearson)
- "O.K., Smartie pants, here are your just desserts"
- "Here lad, this'll stop yer getting penile frostbite"
- "Well done, lad, have some coloured suspender belt buttons for your stockings" (All from D Jackson)
- "Psst! Quick, here are the keys to my sleigh"
- "That baby hat doesn't fool me - you're not under 10" (Both from Eddie Harwood)
- "You're supposed to talk into the microphone not dance with it" (Dave Bendy)
- "Smarties? - Rubbish! You're all getting Helly Hansen Lifa Willy-Warmers this year - So there!"
(Roger Westhead)

CAPTIONS

- "Recession hits Woolworths: Santas found working in appalling conditions"
- "International drug smugglers pictured during handover at secret mountain rendezvous" (Both from Paul Jeffcut)
- "Excerpt from Swan Lake" (Bill Fielding)
- "Earth Invader, Darth Vader, (identity screened) tests instant paralysis effect of Chris Grasher photograph on suspected human android" (Mike McGill)
- "American Express! - That'll do nicely Sir!"
- Sports Commentator: "There appears to be some problem with the changeover of the Greenland 4 x 400 relay team"
- "That's what you get with flashing in cold weather" (All from Keith McKay)
- And he said to her "O.K. that's Rudolf sorted out. Now give me the gun and I will go and shoot the virgin" - old Yorkshire folk tale (Allan Denny)
- (I don't understand that one at all! Ed.)
- "Here we go round the Whinberry Naze, the Whinberry Naze, the Whinberry Naze" (Bob Ashworth)

» COMPETITION «



It seems a bit cheeky to have a competition with a new editor taking over, but I couldn't resist this one - and I'll be able to enter it myself!

The picture is of John Wild, taken by his girlfriend, Ann. - Blotted out by the 'balloon' is John's club vest - not the RAF, not Tipton, not Cumberland Fell Runners, but the 'Racing Club'.

*Rebek
Sorry, no free ads
in this mag.*

You simply write into the balloon what you think John is saying and send your entry to the Editor before 9 May 1983. (If you have more than one entry, use the space provided)

Name FRA No.

Address

.....

Prizes - to the winner T-shirt and one year's membership
 to the runner-up T-shirt

THE BENS OF JURA FELL RACE 1983

by Donald Booth

"It is a really terrific and testing course over some of the wildest land in Britain." This was what Jim Smith wrote of the first Bens of Jura Fell Race in 1973. The "Bens of Jura" race was the inspired creation of George Broderick (who also gave us the Manx Mountain Marathon). The course covers 16 magnificent miles; 13 (involving 7500 feet of ascent/descent) over 7 summits in the island's remote interior and the last 3 - or is it 33? - along the road which hugs the beautiful coastline. Included in the 7 summits are the Paps of Jura, so named not because of their number - there are 3 - but because of their distinctive shape. They are sheer, boulder-strewn and close together; 4250 feet in about 4 miles.

The "Bens of Jura" race was held for only 3 consecutive years; fell runners were fewer in number then than now, the remoteness of Jura made it difficult for competitors to return every year and (most significant factor of all) George moved from Edinburgh to Dublin. However, those of us who ran in the "Bens of Jura" have never forgotten it. It was an extremely strenuous but above all a memorable race. My own most treasured memories are of fell running friendships made (and maintained to this day); of the characters who entertained us before, during and after the race; of the ceilidh after the race and of the friendliness of the islanders.

Early this summer I visited Jura again, with a view to resurrecting the "Bens of Jura" in 1983 (10 years after the first race), and in order to assess the level of local interest in such a revival. I needn't have worried! Everyone wants The Race to return; "Don't you worry about refreshments or a ceilidh. You bring the runners - we'll organise the rest!" So, the "Bens of Jura" race is on again!

The date is Saturday, 28 May 1983. May and June are the best months for the weather in the West of Scotland, the date is exactly one week after the Goatfell Race, doesn't clash with a championship race and is followed by a Bank Holiday Monday. Why not make a week of it and holiday in some of the finest scenery in Scotland? Mackinlay's, whose distinctive Jura Malt is produced in the Island's only distillery, have very kindly offered to sponsor the event. "All" that is needed now is runners and signalling/rescue teams. (If anyone can help with the signalling/rescue, perhaps they would let me know.)

"The inconvenience of travelling to such a remote spot in the British Isles is well rewarded by the rugged scenery and, not least, the warm reception given by the people of Jura." (Jim Smith 1973.) This will be as true in 1983 as it undoubtedly was in 1973. See you there!

**THE BENS OF JURA FELL RACE**

16 miles,

7,500 ft.

**Sponsored by Charles Mackinlay and Co. Ltd.
under SAAA rules**

DESPERATE - MAGNIFICENT - UNFORGETTABLE
Saturday 28th May 1983

Entries £3. - includes details, entry confirmation, results and refreshments. Ceilidh in the evening.
Full information will be available after 31st Dec. from:

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THANK YOU

To: All our many contributors, not only to this magazine but also to our six previous ones, and our apologies to all who sent contributions we were unable to use.

We are sure that you will continue to support Hugh Symonds in the same way and look forward to seeing the results of your efforts in the summer issue of 'The Fell Runner'

Please send articles, photos, comments, race reports/ results, letters and competition entries by 9 May 1983 to:

Hugh Symonds,
Editor, - 'The Fell Runner',
Delf Top,
Busk Lane,
Sedbergh,
Cumbria.
LA10 5HF
Telephone: 0587 20965

FOOTNOTE:

"Hey, Andy, are you asleep?"

"Ummmm."

"About the magazine....."

"Shut up about the b..... magazine, and go to sleep!"

"No, listen, you don't really want to give up the Editor's job?"

"Not really."

"Well, look, let's ring up Hugh Symonds in the morning, and....."



DYE, RYE, FROM ANDY AND SUE

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If "The Fell Runner" came out six times a year like "CompassSport", then "CompassSport" probably wouldn't bother! To cover Fell Running that is!

But as it is we think six months is a long time to wait. So in every issue of "CompassSport" magazine, as well as coverage of orienteering, mountain marathons, cross country ski-ing and challenge walking, we include the latest fell running news, race reports and championship updates. We also include lots of fell running photography (including colour) and profiles and many active fell runners are amongst our contributors.

So while we wouldn't claim to compete with "The Fell Runner" we do like to think we complement it.

Free Magazine

The best way to get hold of "CompassSport" is to subscribe - a year's subscription costs £4.75 and will bring six issues delivered to your door. In fact if you subscribe in answer to this ad it will bring seven because we'll send you free a back number featuring the famous Karrimor Mountain Marathon including the superb Scafell colour map. Alternatively you can buy "CompassSport" from Pete Bland Sports and other fell running suppliers. Why not ask for a copy to be put by for you ?

Subscription Form

To: CompassSport 37, Sandycombe Road, Twickenham,
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Please send me "CompassSport" for one year (six issues) starting from.....
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for £4.75 payable to "CompassSport".

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