



## THE FELL RUNNER



July 1982



# PETE BLAND SPORTS

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## COVER PHOTOS:

Above - On the way up Scald Law Hill in the 1982 Carnethy Race.  
Photographer: Morris Conlon

Below - Ian Holloway (Rochdale) leads Paul Irwin (Rossendale)  
near the finish at Duddon.  
Photographer: John Offley

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## Six Months - A Long Time To Wait

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 ?

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### **Subscription Form**

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EDITOR'S NOTES

I noticed a car sticker at a race recently that said "Marathon Runners keep it up longer", and I began to wonder what Fell Runners do. They expose themselves, they take precautions, they get up higher and so on. Then I thought about a competition for slogans and I soon realised that I wouldn't be able to print half the entries. The censorship problem strikes "The Fell Runner"!

And, in truth, it does. One thing I never expected when I took on the job of editor was to have a problem with censoring items in the magazine. Some things are missed out simply on the basis of relevance - they're only of minority interest, or they're not really about fell running, but that's not censorship, that's just editing.

What do you do when you're just going to print with a humorous article on death on the fells and someone dies in the Ennerdale? Well, I pulled it out last year and put something else in, but I've put it into this issue - should I have done?

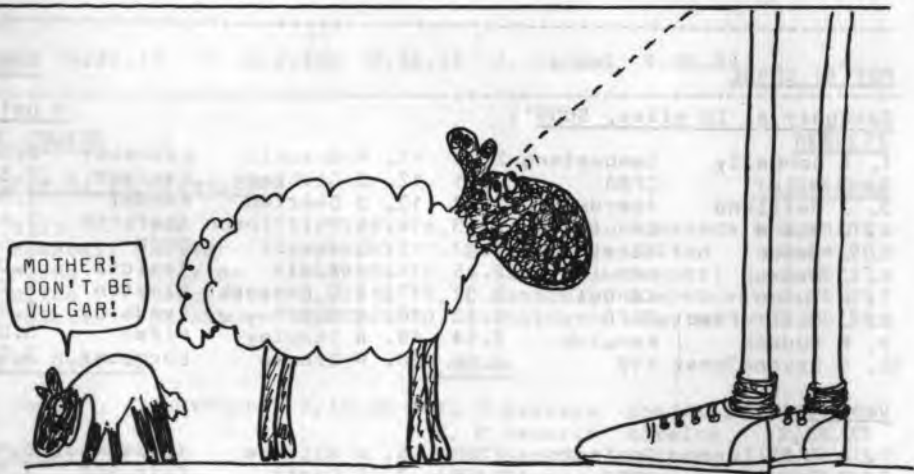
What do you do when the funniest (I think) entry to the competition is a bit on the rude side? I've put it in, but should I have done?

I've censored a letter from Tony Trowbridge and left out some competition entries (as I did last issue). I've put in letters to the Editor that I (or other members of the committee) would perhaps have preferred to keep quiet. I always have something in the file from Bill Bentall that's very funny, but too rude to print and I've got some photos that I'm doubtful about, and so it goes on.

In the end, I rely on you, the reader, to tell me if "The Fell Runner" needs cleaning up. Perhaps we can have a special sanitary issue. We'll have the "Runners make better lovers" slogan changed to "fell Runners make better mothers".

Andy Styan

June 1981



OCTOBER

BRECON BEACONS

by Richard Crawford

Not yet categorised, 20 miles, 4500'

3 October

Phil Dixon demonstrated his grid reference for unbelievers - a single digit pointed at the far horizon - and we were off, all of us it transpired in vain pursuit. The battle for first place in this inaugural race was decided some two thirds of the way round the course, for going up Cribin Phil managed to get away from Andy Darby who, feeling his way back after injury, wandered off into the mist and a tour of the Vale of Usk to the North. A similar fate overtook several others in conditions which began miserable and deteriorated through the day. A pity this for the course is a gem of a natural horseshoe with spectacular views to be had on a fine day. A fast run as the winner's time suggests, but something for everyone nevertheless - even a Roman Road.

The race for 2nd place was hotly contested. Mark Lyne, Huw Parry and Les Williams were together crossing the Roman road before first Huw and then Mark were dropped by the local youngster. Ann Franklin should be congratulated on taking the ladies prize just two weeks after doing the same in the Cardiff marathon. John Marstrand was observed forging ahead up into the clouds at the 13-mile mark - clearly easing into top gear and intent on the vets prize.

Mynyddwyr De Cymru took the team prize for the third successive time in races they have organised. Embarrassing this, but we promise to keep on organising in the unlikely event that .....

1. P Dixon	2.29	7. J Horton	3.01	<u>1st Lady</u>	A Franklin	3.24
2. L Williams	2.42	8. J Marstrand	3.03			
3. M Lyne	2.44	9. R Crawford	3.07	<u>1st Vet</u>	J Marstrand	3.03
4. H Parry	2.47	10. M Lucas	3.07			
5. E Harwood	2.51	J Leather	3.07			
6. P Evans	2.54			<u>59 Ran.</u>		

MOFFAT CHASE

RESULTS

Category A, 20 miles, 5000'

4 October

1. C Donnelly	Cambuslang	2.39	11. R Boswell	Lochaber	2.56
2. J Wild	CFRA	2.41	12. J Gibbison	Lancs&M.	2.57
3. J Maitland	Aberdeen U.	2.42	13. D Overton	Kendal	2.57
4. W Bland	Keswick	2.43	14. A Phillipson	Gosforth	2.58
5. J Reade	Clayton	2.43	15. D Jewell	DPFR	2.59
6. J Broxap	Keswick	2.45	16. A Addis	Invicta	3.01
7. P Tison	Kendal	2.52	17. A G Peacock	Clayton	3.02
8. J Blair-Fish	DPFR	2.53	18. R Bloor	Leeds C.	3.02
9. M Hudson	Keswick	2.54	19. A Stapley	Fife	3.03
10. G Bryan-Jones	FVO	2.56	20. P Brooks	Lochaber	3.04

Veterans

1. A Phillipson	Gosforth	2.58	6. A Ritchie	Keswick	3.18
2. D Jewell	DPFR	2.59	7. G Pyatt	Edin.SOC	3.18
3. P Brooks	Lochaber	3.04	8. T Thorpe	CFRA	3.26
4. N Matthews	Horwich	3.04	9. A Llewellyn	Lancs&M.	3.31
5. S Bradshaw	Clayton	3.05	10. M Sanderson	Unatt.	3.33

Ladies

1. R Coates	Lochaber	3.14	4. A Cockcroft	Unatt.	4.05
2. F Wilde	Lochaber	3.36	5. S Thompson	Clayton	4.13
3. C Thorpe	CFRA	3.56	6. G Simpson	Unatt.	5.06

Teams

1. Keswick - 8.22	Bland, Broxap, Hudson.	2. Clayton -8.50	Reade, Peacock, Bradshaw.
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THREE PEAKS (Postponed April Race)

RESULTS

Category A, 22 miles, 4500'

11 October

1. H Walker	Blackburn	2.56.34	11. J Blair-Fish	DPFR	3.13.38
2. J Reade	Clayton	3.01.32	12. K Robinson	Kendal	3.15.13
3. R Whitfield	Kendal	3.02.48	13. D Ratcliffe	Rossendale	3.16.01
4. R Ashworth	Rossendale	3.05.28	14. F Loftus	Horwich	3.16.02
5. P Blakeney	DPFR	3.07.43	15. J Broxap	Keswick	3.17.14
6. S Breckell	Blackburn	3.09.32	16. A Stapley	Fife	3.17.22
7. R Aucott	DPFR	3.10.52	17. B Brindle	Horwich	3.18.10
8. I Robinson	Clayton	3.11.14	18. P Jebb	Bingley	3.18.33
9. P Moon	Bingley	3.11.55	19. B Peace	Bingley	3.18.38
10. P Tuson	Preston	3.12.56	20. P Lewis	DPFR	3.19.19

Veterans

1. R Aucott	DPFR	3.10.52	6. D Bannister	Bingley	3.31.45
2. S Bradshaw	Clayton	3.21.59	7. A Llewellyn	Lancs&M.	3.31.53(SV)
3. N Matthews	Horwich	3.26.32	8. M Hayes	DPFR	3.35.06
4. P Brooks	Lochaber	3.27.06	9. M Hoyle	Clayton	3.36.56
5. D Jewell	DPFR	3.30.43	10. W Fielding	Leeds C.	3.40.53(SV)

Ladies

1. F Wild	Lochaber	3.59.16	2. A M Grindley	Clayton	4.33.02
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Teams

1. DPFR	9.32.13	2. Clayton	9.34.45	3. Kendal	9.38.34
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THREE TOWERS

RESULTS

Category B, 20 miles, 2500

18 October

1. J Wild	RAF	1.57.51	6. R Ashworth	Rossendale	2.01.10
2. P Campbell	Bolton	1.58.47	7. D Cartridge	Bolton	2.04.20
3. J Reade	Clayton	1.59.06	8. A Darby	Newport	2.05.27
4. R Wilde	Manchester	2.00.12	9. G Woodburn	Blackburn	2.05.29
5. H Walker	Blackburn	2.00.46	10. I Robinson	Clayton	2.05.58

Veteran Over-40

1. S James	Southport	2.12.20
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Veteran Over-45

1. D Jewell	DPFR	3.13.45
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Veteran Over-50

K Brookes	Horwich	2.26.40
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Ladies

1. J Pearson	Sheffield	2.27.10
2. P Haworth	Keswick	2.36.37
3. C Harkin	Bolton	2.44.23
4. A Bland	Kendal	2.48.33

Teams

1. Bolton
2. Clayton
3. Blackburn

211 Ran

NOVEMBER

BLISCO DASH

RESULTS

Category A, 5 miles, 2000'

14 November

1. W Bland	Keswick	37.46	11. K Shand	Rochdale	41.38
2. R Whitfield	Kendal	37.53	12. P Barron	Keswick	41.58
3. I Ferguson	Bingley	39.05	13. P Nelson	CFRA	42.06
4. J Broxap	Keswick	39.16	14. D Tosh	Rochdale	42.09
5. J Maitland	Aberdeen U.	39.50	15. C Valentine	Keswick	42.12
6. S Livesey	Clayton	39.59	16. P Walkington	Horwich	42.34
7. T Davies	Horwich	40.10	17. D Bland	Kendal	42.35
8. A McGee	Unatt.	40.21	18. A Styan	Holmfirth	42.43
9. D Overton	Kendal	40.29	19. A Phillipson	Gosforth	42.44
10. D Woodhead	Bingley	41.37	20. A Smith	CFRA	42.51

Veterans

1. T Davies	Horwich	40.10	6. P Murray	Horwich	45.13
2. A Phillipson	Gosforth	42.44	7. A Ritchie	Keswick	45.46
3. N Matthews	Horwich	43.30	8. M McDonald	Wigan	46.06
4. D Jewell	DPFR	43.42	9. N Matthews	Unatt.	46.46
5. P Brooks	Lochaber	44.06	10. S Bradshaw	Clayton	47.00

Ladies

1. J Lochhead	ASVAC	55.07	2. L Lord	Clayton	56.09
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Team. Keswick - Bland, Broxap, Barron - 1.59.00

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MARSDEN TO EDALE TROG

by Peter Knott

Category A, 19 miles, 4800'

6 December

After only a couple of years as an open event this challenging winter bog trot attracted a field of over 200 which had to be split into three groups for starting purposes.

Rob Pearson, last year's winner, was first home again in an incredibly fast time for the conditions of 2.48.37, but closely followed by Malcolm Patterson, Jack Maitland, Paul Irwin and Roger Bloor, all inside three hours.

The early morning showers turned to sleet on the navigationally difficult Black Hill and Holme Moss and turned the physically difficult Bleaklow into its notoriously boggy state.

Excellent performances were put up by Jane Robson, 1st lady in 3.39 and Eric Mitchell, over-50 vet. in 3.42.

1. R Pearson	DPFR	2.48.37	6. K Taylor	Rossendale	3.02
2. M Patterson	DPFR	2.49.00	7. D Tosh	Rochdale	3.03
3. J Maitland	Fife	2.50.00	8. M Garrett	Mandale	3.04
4. P Irwin	Rossen.	2.51	9. D Ratcliffe	Rossendale	3.04
5. R Bloor	O Squad	2.51	10. J Roberts	DPFR	3.05

Veterans

Ladies

1. D Jewell	DPFR	3.07	1. J Robson	O Squad	3.39
2. R Aucott	DPFR	3.13	2. E Stephenson	SYO	3.58
3. S Bradshaw	Clayton	3.24	3. A Garson		3.59

WANSFELL

by Peter Knott

Category A, 3 miles, 1300'

27 December

Naturally on a date around Christmas time this race has often been run in some strange weather conditions, but none more so than the ninth annual event. That the course was snow covered was obvious, but the depth of the snow was a surprise. Long legs and lots of knee lift were called for to cope with the snow plunging descent after a 'follow my leader' ascent.

Race organiser and popular Keswick and FRA Secretary Jon Broxap came close to victory but allowed (not intentionally!) Ian Ferguson to slip through to a 50-second winning margin in 23.45, some 3½ minutes slower than the previous year. No more need be said about the conditions!

95 men and one brave lady, Ann Pendlebury (41.36) completed the full course, but the junior classes only attracted 13 boys and one girl in the four events.

1. I Ferguson	Bingley	23.45	11. C Valentine	Keswick	25.40
2. J Broxap	Keswick	24.04	12. D Overton	Kendal	25.46
3. W Bland	Keswick	24.08	13. K Shand	Rochdale	25.48
4. R Whitfield	Kendal	24.16	14. K Taylor	Rossendale	25.52
5. J Reade	Clayton	24.17	15. A Sunter	Horwich	25.56
6. H Jarrett	CFRA	24.19	16. J Gibbison	Lancaster	26.06
7. H Symonds	Kendal	25.32	17. B Peace	Bingley	26.09
8. S Livesey	Clayton	25.33	18. I Robinson	Clayton	26.21
9. K Robinson	Kendal	25.36	19. J Sowerby	Harrogate	27.11
10. F Reeves	Kendal	25.37	20. G Edwards	Bingley	27.05

ROSSENDALE FESTIVE FELL RACE

by Graham Wright

Category B, 3½ miles, 800'

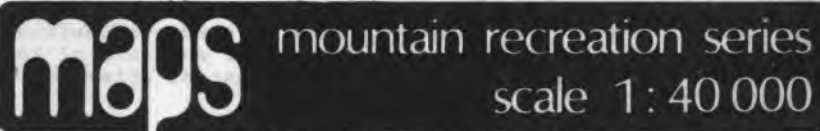
26 December

We had decided to hold a festive fell race (being a festive lot here in Rossendale). Boxing Day seemed to fit, as did our quick dash to the summit of Coupe Lowe and back, previously held in February as the 'Whinberry Naze Dash'. This course we had told ourselves would do no matter what Mother Nature threw at us, my attitude in this remained unchanged even after seeing the conditions on the course on the morning of the race. The same could not be said of the non fell runners in the club - avalanches on Coupe Lowe - never! Cancellation was definitely out of the question when a chap called Santa Claus dressed in a white and red outfit and carrying a sack full of Smartie tubes turned up and volunteered to be the summit checkpoint marshal.

As it turned out the white stuff on the ground added to the seasonal feel (and made the flags more visible). Some 90 odd (very odd the way some of them were dressed) brave souls lined up for the dash into the frozen wastes and it was local lad Paul Cowell who was first to collect his tube of Smarties, closely followed by John Reade from Clayton Harriers, who was obviously experiencing difficulty in his newly acquired crampons. Everyone accepted their rations on the summit - the descent being deafening, imagine 90 tubes being shaken by galloping runners. Notices advising runners that yellow snow should not be eaten and to beware of Piste skiers seemed to be heeded by all and everyone returned none the worse for their experiences.

Paul Cowell won from John Reade and Clayton were the team winners. The event proved to be a great success and it is hoped that we now make our festive fell race an annual event.

1. P Cowell	Rossendale	26.00	6. K Shand	Rochdale	27.32
2. J Reade	Clayton	26.15	7. D Hall	Verlea	27.34
3. D Cartridge	Bolton	26.27	8. B Brindle	Horwich	27.39
4. M Bullock	Sale	26.38	9. K Taylor	Rossendale	27.49
5. S Livesey	Clayton	27.03	10. G Patton	Clayton	27.57




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CARNETHY FIVE HILLS

by Peter Knott

Category A, 6 miles, 2500'

20 February

In fine sunny, but cold, conditions a field of 180 set off for the summit of Scald Law (1900'), the first of the five Pentland Hills that now make up this excellent race. This was the eleventh annual event, but only the second on the Five Hills course, which puts the race into the Category A, medium class.

The course was marked all the way as is apparently required under Scottish Cross Country Union rules, under which the race is run. With thick mist on the course the previous day the organisers had in fact put out more markers than usual.

The going was firm, frozen in parts, and resulted in a new course record of 50.47 to last year's winner Bob Whitfield. In the early stages of the race the leading group included the CFRA pair of John McGee and Harry Jarrett, but it was John who pushed Bob Whitfield all the way to finish only nine seconds behind. Robin Morris of Edinburgh Southern placed 3rd for the Scots followed by the Aberdeen University cross country junior Jack Maitland. Andrew Phillipson in 25th place was the first veteran home and Fiona Wild won the ladies race in 108th position. Kendal beat CFRA for the team prize and England beat Scotland by 34 points to 54 (six to score).

Readers will be interested to know that the race programme included a detailed account of the income and expenditure of last year's race and that the results were through the letter box within a week of the event.

1. R Whitfield	Kendal	50.47	11. A Curtis	Edin.SOC	53.42
2. J McGee	CFRA	50.56	12. C Valentine	Keswick	53.50
3. R Morris	Edin. AC	51.24	13. R Shields	Lochaber	54.24
4. J Maitland	Aber.Univ.	51.48	14. D Woodhead	Bingley	54.27
5. H Jarrett	CFRA	52.14	15. J Blair-Fish	Edin.SH	54.30
6. M Roberts	Kendal	52.10	16. D Balnd	Kendal	55.16
7. D Overton	Kendal	52.37	17. M Calvert	Leeds	55.19
8. R Boswell	Lochaber	53.11	18. A Neal	E Kilbride	55.20
9. P Chapman	Kendal	53.02	19. P Nelson	CFRA	55.30
10. D Lee	CFRA	53.18	20. R Anderson	Cambuslang	55.35

Veterans

Ladies

1. A Phillipson	Gosforth	56.23	1. F Wilde	Lochaber	65.29
2. P Bland	Kendal	57.23	2. V Mason	Liverpool	68.58
3. S Cameron	Edin. SH	59.03	3. B Nelson	CFRA	72.26



**ANNUAL GENERAL MEETING**

will be held on

**SUNDAY, 10 OCTOBER 1982**

at CHAPEL STILE VILLAGE HALL after the Butter Crag Race

All members are urged to attend

MARCHCHEW VALLEY SKYLINE

by Peter Knott

Category A, 13 miles, 2000'7 March

On the Lancashire West coast the morning of 7 March was blessed with bright sunshine and a clear blue sky. By the time I reached Oldham it was obvious that thick mist enveloped the tops and once again this race would be interesting from a navigational point of view.

Most competitors managed to get to the Chew Reservoir and the Featherbed Moss check without error, but soon afterwards one is forced to leave the easy ridge path and set out across the featureless plateau in search of Alphin Pike. A sizeable group including some who knew the area well, missed the checkpoint and headed well West before realising their mistake, whilst up front a four man group of Jon Broxap, Bob Whitfield, John Gibbison and Graham Bell took a wrong line on leaving the Alphin Pike check, missed the last checkpoint at the foot of the ridge and thereby cut short the course. The organiser had no choice but to disqualify them.

Bob Ashworth (Rossendale) and Andy Darby (Mynddwyr de Cymru) got it right to record a well deserved 1st and 2nd place in 1.53.48.

1. R Ashworth	Rossendale	1.53.48	11. J Baston	Chester	2.04.21
2. A Darby	M.De Cymru	1.53.49	12. A Hauser	Holmfirth	2.04.40
3. B Bullen	Leeds City	2.02.57	13. M Hudson	Keswick	2.04.51
4. P Tuson	Kendal	2.03.01	14. J Galvin	Leigh	2.04.58
5. J Reade	Clayton	2.03.37	15. A Hyslop	Kendal	2.05.02
6. M Short	Horwich	2.03.49	16. P Lambert	Preston	2.05.08
7. B Brindle	Horwich	2.03.56	17. R Griffiths	Holmfirth	2.05.11
8. P Chapman	Kendal	2.04.01	18. S Livesey	Clayton	2.05.32
9. M Targett	Clayton	2.04.07	19. P Murray	Horwich	2.05.39
10. P Clark	Unatt.	2.04.16	20. G Webster	Kendal	2.06.09

Veterans

1. P Murray	Horwich	2.05.39	6. A Shaw	Rochdale	2.13.52
2. D Ashton	Blackburn	2.10.02	7. F Wheeler	Bingley	2.14.59
3. H Blenkinsop	Keswick	2.12.18	8. W Fielding	Leeds City	2.14.40(0/50)
4. J Sykes	Bingley	2.12.38	9. R Orr	Clayton	2.15.04
5. P Duffy	Aberdeen	2.13.34	10. M Breslin	Lancs&M.	2.16.39

Ladies

410 entered, 334 started

1. S Parkin	ASVAC	2.13.09	2. L Lord	Clayton	2.32.21
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14 entered, 10 started

Youths (Course shortened for safety reasons)

1. N Wade	Leigh	23.49	2. R Bergstrand	Rochdale	23.59
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Boys (as Youths)

1. A Woods	Blackburn	24.29	2. D Wilson	E. Cheshire	25.03
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(Boys & Youths) 120 entered, 86 started

MILFORD '21'RESULTSCategory C, 21 miles, 1000'14 March

1. M Phillips	Birchfield	2.02.18	<u>Ladies</u>		
2. J Reade	Clayton	2.03.02			
3. P Leach	Leic.Corit.	2.04.01	1. J Pearson	Sheffield	2.23.39
4. D Dymond	Exeter	2.04.24	<u>Vets</u>		
5. A Cowan	RAF Brampt.	2.05.37	1. S James	S'port W'loo	2.06.12

BLACK COMBE

by Stuart Barnard

Not yet categorised, 15 miles, 4500'

20 March

"Somebody up there loves us!"

A week of grotty weather has the race organisers in the doldrums, by Friday, 'nobody's gonna' come and run in this muck' was a variation on a well worn theme. Come the day and everything's fine; the weather's great, snow on the tops and warm sunshine. Eighty-eight competitors and the organisation's coping nicely.

Dave Cartridge and Jon Broxap take the lead from the start. By the time the first checkpoint is reached, the above plus Jarrett and Todd of Cumberland Fell Runners and Chapman of Kendal are ahead of the field. On the long steady climb to the summit of Black Combe the field begins to spread out: Cartridge and Broxap, then Jarrett then Todd.

Those who run in studs have a real advantage on the steep fast descent from Black Combe to Rallis Ghyll. The ascent of Whitehall Knott fails to separate the two leaders, but Cartridge chooses the wrong line off the top and this puts him out of contention. Jon Broxap is unchallenged through the last checkpoint to the finish.

This is our first attempt at race organisation and we apologise for any mishaps. If anyone has any criticisms or suggestions which will improve the race, please let us know.

1. J Broxap	Keswick	1.15.20	6. D Tosh	Rochdale	1.19.22
2. H Jarrett	CFRA	1.17.17	7. D Woodhead	Bingley	1.19.44
3. W Todd	CFRA	1.17.58	8. D Cartridge	Bolton	1.19.52
4. P Chapman	Kendal	1.18.38	9. P Lambert	Preston	1.20.11
5. C Valentine	Keswick	1.19.18	10. W Bland	Keswick	1.20.23

Veterans

1. P Murray	Horwich	1.2.4.36	2. P Bland	Kendal	1.25.14
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IAN ROBERTS MEMORIAL ROAD AND FELL RELAY

by Rod Futrell

2 x 4 miles road + 2 x 4 miles fell

27 March

With 64 teams (ranging from highly competitive top clubs to local 'I wonder if we can finish' participants), glorious weather and an ever open bar, the 'Ian Roberts' Race' finally became established as exactly the sort of event which Ian would have enjoyed and approved of. The race itself was keenly contested throughout, a fact indicated by the closeness in the fastest times - Paul Campbell in fact needed to run the fastest fell leg of the day for Bolton to hold off the challenge of Staffs Moorlands, Holmfirth and Kendal on the final stage. On the road only seven seconds separated the fastest five runners.

In the first running of the race, in 1980, many spectators were surprised to see John Wild choose the fell rather than the road! This year's race proved no exception to the occasion's tendency to discover impressive fell performances. Paul Campbell, Andy Wilton and Martin Goodall all demonstrated just how impressive they could be as regular fell runners.

A memorable afternoon, in which so many people had participated either as runners, helpers or spectators, was completed when Mr and Mrs. Roberts kindly presented an impressive array of prizes and trophies.

TEAMS

1. Bolton 'A'	K Best, D Cartridge, D Singleton, P Campbell.
2. Staffs M. 'A'	S Fowler, A Wilton, P Fowler, A Adams.
3. Holmfirth 'A'	A Dewhurst, C Hollingworth, A Buckley, M Goodall.
4. Kendal	C Roberts, A Taylor, R Belk, M Roberts.
5. Staffs M. 'B'	P Bowler, B Williams, M Roberts, S Tune.
6. Wigan	J Jackson, R McAndrew, K Irvine, C Leigh.
7. Rochdale 'A'	K Barrett, D Tosh, I Clarkon, C Robinson.
Vets. Bolton	B Little, B Court, M Freary, D Tomlinson.
Ladies. Longwood	S Pickersgill, J Sykes, L Hamer, J Scholes.

INDIVIDUAL BEST TIMES

Leg One	K Best	20.56	Veteran Road	B Little & M Freary	21.25
Leg Two	A Wilton	22.02	Veteran Fell	C Robinson	24.11
Leg Three	D Singleton	20.56	Lady's Fell	J Sykes	25.41
Leg Four	P Campbell	21.56	Lady's Road	K Bryant (FEN)	30.37

EDALE SKYLINERESULTSCategory A, 22 miles, 4500'

28 March

1. J Wild	CFRA (Rec.)	2.35.16	11. R Aucott	DPFR	2.48.43
2. J Reade	Clayton	2.35.58	12. I Robinson	Clayton	2.49.29
3. A Darby	Myn.De C.	2.36.28	13. S Livesey	Clayton	2.50.27
4. R Whitfield	Kendal	2.36.39	14. J Blair-Fish	DPFR	2.51.41
5. M Patterson	DPFR	2.41.15	15. I Holloway	Rochdale	2.52.37
6. R Ashworth	Rosendale	2.45.03	16. M Hudson	Keswick	2.53.30
7. J McGee	CFRA	2.45.06	17. S Parr	Clayton	2.53.39
8. H Symonds	Kendal	2.47.28	18. M Short	Horwich	2.54.10
9. A Hulme	Altrincham	2.47.55	19. Q Tupper	Roth.	2.56.30
10. D Overton	Kendal	2.48.32	20. K Webster	Clayton	2.56.40

Veterans

1. R Aucott	DPFR	2.48.43	6. K Dobson	Bingley	2.59.31
2. D Jewell	DPFR(0/45)	2.56.52	7. N Matthews	Horwich	2.59.53
3. H Blenkinsop	Keswick	2.57.33	8. P Murray	Horwich	3.04.40
4. D Wade		2.58.12	9. S Bradshaw	Clayton	3.05.30
5. V Duff	Blackburn	2.59.13	10. M Hayes	DPFR	3.06.24

Super Veterans 0/50

1. W Fielding	Leeds City	3.15.57	2. E Dance	Rucksack	3.26.46
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Teams (Senior Men)

1. Kendal	8.12.28
2. Clayton	8.15.24
3. CFRA	8.20.44
4. Dark Peak	8.21.39

Teams (Veterans)

1. Dark Peak	8.51.59
2. Clayton	9.41.15
3. Horwich	9.44.17
4. Hallamshire	9.58.05

Ladies(14 miles, 4000)

1. S Parkin	ASVAC (Rec)	2.07.36	6. P Calder	DPFR	2.53.21
2. L Lord	Clayton	2.22.38	7. V Belton	CFRA	3.02.33
3. A Carson	Eryri	2.26.15	8. C Fielding	DPFR	3.06.05
4. B Nelson	CFRA	2.31.44	9. J MacKenzie	CFRA	3.32.20
5. W Dodds		2.36.13			

APRIL

PENDLE

RESULTS

Category A, 4½ miles, 1500'

3 April

1. M Patterson	DPFR	29.51	11. S Barlow	Horwich	32.12
2. J Maitland	Aberdeen U.	30.54	12. P Cowell	Rossendale	32.40
3. J Reade	Clayton	31.25	13. M Winstanley	Lancs & M.	32.44
4. D Cartridge	Bolton	31.36	14. R Asquith	Holmfirth	32.46
5. J McGee	CFRA	31.37	15. I Ferguson	Bingley	32.54
6. M Short	Horwich	31.48	16. P Haines	Mandale	32.55
7. R Ashworth	Rossendale	31.50	17. S Livesey	Clayton	32.56
8. J Broxap	Keswick	31.57	18. I Robinson	Clayton	33.02
9. M Newby	Rossendale	31.58	19. P Chapman	Kendal	33.12
10. D Lee	CFRA	32.05	20. G Pearson	Clayton	33.21

Veterans 0/40

0/50

1. D Vickers	Horwich	34.53	1. G Spink	Bingley	36.41
2. K Windle	Clayton	35.36	2. A Ashworth	Clayton	42.13
3. N Matthews	Horwich	35.39	3. E Hill	Clayton	43.15
4. P Longfield	Billingham	35.54	4. J Riley	Clayton	43.52
5. J MacDonald	Bingley	35.54	5. R Gamble	Billingham	43.52

Ladies

1. S Parkin	ASVAC(Rec.)	36.56	4. L Lord	Clayton	40.56
2. C Haigh	Holmfirth	40.11	5. L Heron	Bolton	42.19
3. C Harkin	Bolton	40.46	6. A Pendlebury	Bolton	42.27

20 Ladies, 338 Men Ran.

KENTMERE HORSESHOE

by Peter Knott

Category A, 12 miles, 3300'

11 April

Two superbly fit athletes dominated this year's race and took advantage of the dry, fast conditions to set records which may take some beating. John Wild took 4½ minutes off his own course record of last year lowering it to 1.20.49, whilst Sue Parkin set new standards for the Ladies with a 1.46.46 time, taking 4½ minutes off Ros Coates 1981 time and finishing nearly 8 minutes in front of Pauline Haworth.

With no visibility problems and exceptionally dry conditions underfoot, fast times were the order of the day and the conditions alone must have been worth 5 minutes. The Harter Fell Race was cancelled on this occasion!

Local landowner Mrs Blackburn was warmly applauded by the runners for her support of the event. Pete Bland and Kendal AC helpers are also to be congratulated for coping so well with the record entry of over 400.

1. J Wild	CFRA	80.49	11. W Bland	Keswick	86.50
2. J Broxap	Keswick	83.50	12. S Livesey	Clayton	87.27
3. J Reade	Clayton	83.56	13. M Short	Horwich	87.48
4. R Whitfield	Kendal	84.02	14. P Chapman	Kendal	88.54
5. R Ashworth	Rossendale	84.19	15. A Harmer	Portsmouth	89.09
6. D Cartridge	Bolton	84.30	16. P Barron	Keswick	89.20
7. J McGee	CFRA	85.02	17. R Shields	Lochaber	89.40
8. D Lee	CFRA	86.08	18. M Winstanley	Lancs & M.	89.46
9. H Symonds	Kendal	86.24	19. I Robinson	Clayton	89.52
10. D Overton	Kendal	86.49	20. A Hulme	Altrincham	90.02

Veterans

1. W Wade	Blackheath	1.31.41	6. H Blenkinsop	Keswick	1.35.23
2. D Jewell	DPFR	1.34.00	7. P Bland	Kendal	1.36.01
3. A Phillipson	Gosforth	1.34.12	8. N Matthews	Horwich	1.36.43
4. A Ritchie	Keswick	1.34.18	9. D Ashton	Blackburn	1.36.46
5. M McGill	Kendal	1.35.12	10. T McDonald	Bingley	1.37.07

Super Veterans

1. K Brookes	Horwich	1.40.20	2. D Hodgson	Leeds	1.42.21
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Ladies

1. S Parkin	ASVAC	1.46.46	4. D Varney	Keswick	2.08.12
2. P Haworth	Keswick	1.54.37	5. P Caulder	DPFR	2.15.19
3. L Lord	Clayton	1.55.14	6. M Hiorns	Unatt.	2.37.38

Juniors 6 miles

1. A Whelan	Horwich	53.09	4. S Edmondson	More H Sch.	55.37
2. D Jones	More H Sch.	54.00	5. T Brown	Kendal	57.05
3. M Sutcliffe	Kendal	55.08	6. A Hall	Unattached	57.21

MANX MOUNTAIN MARATHON

by Arthur C Jones

Category A, 30 miles, 9000'

12 April

With both Colin Donnelly and Mike Short being on the injured list (Colin having injured himself practising on the Manx Mountains!), the event was bound to have a new winner and the result looked a very open one. The lead throughout the early stages kept changing with Martin Hudson, Ian Holloway, Derek Ratcliffe, Ken Taylor, Peter Irwin, Kevan Shand and John Blair-Fish all being in close contention. In the ascent of South Barrule Ken Taylor had broken away to enjoy a four minute lead over Martin Hudson through the Round Table checkpoint with Ian Holloway a further two minutes down. At Bradda Cairn, with only 1½ miles to go, Ian had passed Martin to lead him by about a minute. There were no further changes among the leaders and Ken Taylor maintained his three minute advantage to record his first win over the Manx Mountains.

Peter Haines, running here for the first time, finished in a creditable fourth position. No record times were established except that of Tony Varley, finishing in 7th position, being the first Manxman to break the five hour barrier. He was followed closely by another Manx competitor Ian Callister, a regular competitor, who recorded by far his best time and actually broke the old Manx record as well.

The subsidiary events were well supported and the weather was conducive to some excellent and enjoyable achievements, including that of Jim Smith. The convalescent Bury veteran was allowed to take part in the walker's event, but he returned a good time (7.19.24) and must have been able to do a little jogging, nevertheless! Only three ladies competed in the Standard event and two finished the course.

A three-hour video tape was taken at the various checkpoints and excerpts were shown at the presentation supper the same evening, many shots giving rise to applause and amusement.

Results were fed into a computer at the finish so that a complete results sheet was available within five minutes of the arrival of the last



competitor. This saved a lot of clerical time and was a great success. The results lists are duplicated copies of the printout which was photocopied onto a stencil and run-off on a duplicator. I wonder if the computer has been used, so far, in any of the mainland events?

1. K Taylor	Rossendale	4.25.58	6. P Irwin	Rossendale	4.48.13
2. I Holloway	Rochdale	4.28.30	7. T Varley	Boundary	4.58.26
3. M Hudson	Kendal	4.30.02	8. I Callister	Manx AC	5.01.57
4. P Haines	Mandale	4.45.06	9. K Shand	Rochdale	5.10.19
5. D Ratcliffe	Rossendale	4.47.17	10. D Breakley	Bury	5.16.40

'KILLER MILE'

by John Britton

Category AA, 1 mile, 550'

14 April

This is not a fell race as such, but it is double-A category road race. Organised by ICL AC the event was conceived shortly after the New York 5th Avenue Mile, but has become surprisingly topical with the Steve Scott fastest ever measured mile - here's the slowest ever. A carefully measured one-mile road race, it climbs 550 feet straight up Mow Cop (near Congleton, Cheshire) with absolutely no descent (and not even any level bits). It is by no means a 'novelty' event - it's perfectly serious and will be held annually in Easter week.

This year's inaugural event featured a beautiful warm still evening with a crowd of several hundred people mainly gathered around the spectacular 1-in-4 section by the aptly named 'Cheshire View' pub.

The field of 95 runners were sorted out by a steep section at the quarter mile mark into a battle between Alan Adams of the organising club ICL AC and Martin Bishop with Bowler, Torrance, Lamplugh and Williams close behind. The crowd had gathered at the decisive point as Bishop attacked and converted a five-yard deficit into a five second victory over Adams. Lamplugh faded away and Williams came through strongly to almost snatch third place. Note positions of other interesting fell runners - D Tosh 19th, M Foschi 20th, V Duff 21st, K Shand 25th, and D Atwell 39th, beaten by a twelve-year-old!

If anybody imagines 6.50 for a single mile on a nice straight road is easy, feel free to try next year.

LDWA ARNSIDE MARATHON

by Peter Knott

Arnside-Tewitfield-Lancaster-Carnforth-Arnside, 50Km.

17 April

If you fancy a change why not try a Long Distance Walker's Association event? I did on a glorious day in April. For my LDWA debut I chose the 'Arnside Marathon' (not under AAA rules!). This 50Km event, or 30 miles if you prefer, would probably rate medium category B, if such a classification were applied, but for me it was a test to see how well my legs would stand up to eight hours on the move (like Karrimor day 1 without the severe gradients).

The route was a subtle blend of field and woodland paths, road and canal towpaths. At the start organiser Frank Hodson warned us not to cross the railway or the M6 motorway except at pedestrian crossing places, and also suggested that the same should apply to canals (someone once tried to swim across Windermere in a LDWA event he claimed!). It turned out to be a navigational exercise using the organisers route description sheet and OS map with occasional reference to compass. At

one point we skirted round the top of a 100 ft quarry wall where the map shows the path passing over a long since disappeared hill!

A dozen or so runners headed the 100 strong field out of Arnside and over its famous Knot to enter Lancaster 15 miles later along the canal. The return leg via Carnforth included a climb over Warton Crag and a finish around the beautifully wooded Arnside Park.

R Thacker was first back in five minutes over six hours with a further eight finishing inside eight hours to a welcome cup of tea and a certificate.

THE ROACHES

by Hugh Shercliff

Not yet categorised, 15 miles, 4000'

17 April

Cambridge University's first organisational outing into the fells was marked by a field of 54 and hot, dry conditions. It was a highly successful inaugural event and should attract larger fields if we can keep it going. We may try an earlier date next year, mainly to steer clear of lambing, but also due to other fixtures (both fell races and local athletics club events). Local support varied from very keen (an amateur radio club manning all the controls) to ill-informed opposition from parish councillors. On the whole our negotiations with Peak Park were satisfactory, but we will have to pursue access problems if the race is to become annual. The course was marked/obvious throughout as route choice was impossible due to restrictions from Peak Park and lambing. The new terrain with its classic objectives of the Roaches and Shuttingsloe seemed popular with the competitors.

1. R Aucott	DPFR	2.10.29	6. A Nixon	Mynd.	2.21.49
2. M Foschi	Altrincham	2.15.13	7. J Baston	CEPAC	2.22.34
3. A Belton	CUFRC	2.18.24	8. M Hayes	DPFR	2.23.15
4. R Carey	Octavian	2.19.44	9. G Rhodes	Newcastle	2.23.22
5. D Jewell	DPFR	2.21.07	10. W Head	Burton	2.23.46

Juniors (4½ miles, 1000')

1. A Knott	35.47	2. P Mahiques	37.04	3. R Hackett	37.32
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GREAT HAMELDON HILL

RESULTS

Category B, 5 miles, 900'

18 April

1. D Lewis	Rossendale	27.36	11. I Robinson	Clayton	28.39
2. J Reade	Clayton	28.20	12. R Hill	Clayton	28.48
3. A Sladen	Salford	28.22	13. J Norman	Altrincham	28.50
4. M Smith	Blackburn	28.38	14. H Aspinall	Rossendale	28.54
5. M Newby	Rossendale	28.38	15. M Winstanley	Lancs & M.	30.11
6. F Pidgeon	Sheffield	28.57	16. J Eaton	Rossendale	30.13
7. M Short	Horwich	29.03	17. D Tosh	Rochdale	30.15
8. W Domoney	Sheffield	29.12	18. M Aspinall	Rossendale	30.23
9. P Turner	Bolton	29.35	19. G Read	Rochdale	30.25
10. S Breckell	Blackburn	29.37	20. S Orrells	Newtown	30.28

Ladies

1. B Robinson	Bury	35.29	3. L Lord	Clayton	36.59
2. C Haigh	Holmfirth	36.35	4. G Brierley	Clayton	39.23

Veterans

1. R Hill	Clayton	29.48	6. D Barton	Clayton	33.26
2. M Selby	Bolton	32.01	7. S Moyle	Clayton	33.57
3. N Matthews	Horwich	32.01	8. A Walker	Bingley	34.01
4. V Duff	Blackburn	32.32	9. G Walker	Clayton	34.23
5. D Ashton	Blackburn	32.45	10. J Whitter	Wigan	34.33

Juniors - Moleside Fell, 2½ miles

1. A Selby	Bolton	14.41	6. A Woods	Blackburn	15.36
2. R Bergstrand	Rochdale	14.47	7. P Walker	Bolton	15.43
3. P Ashman	Todmorden	15.01	8. S Hardman	Hyndburn	16.13
4. S Atkinson	Blackburn	15.30	9. M Jowett	Todmorden	16.19
5. N Glynn	Newtown	15.33	10. W Brindle	Horwich	16.21

Senior Race - 400+ starters.

Junior Race - 53 starters.

GISBOROUGH MOORS

by David Parry

Category B, 12½ miles, 2400'

18 April

The day was excellent when 348 men and 11 women set out on the course. The going was very fast, as the moor was as dry as it is ever likely to be at this time of year.

The leading few runners soon established themselves with Jon Williams (Mandale AC) the local runner leading up the first hill. Very soon Paul Taylor (Sunderland Harriers) set the pace gradually pulling away from John McGee (Cumberland Fell Runners), whilst Geoff Denham (Holmfirth) was beginning to make his way through the field. After the second checkpoint at Roseberry Topping McGee started to cut down Taylor's lead. At Highcliffe Nab, the third and final checkpoint, Taylor was just 100 metres ahead. McGee put in a burst at this point and within a few minutes his superior descent skills put him in front. Having broken away he must have eased off a little as he was disappointed to have missed Dennis Coates' record by just four seconds.

Trying the fells for the first time was Jarmo Kymalainen, a Finnish runner who has done 66.08 for the half-marathon distance, and who ran half the course on arriving the previous evening. He finished a creditable 14th with a stiff back and bruised heels. Although unused to such steep descents he was suitably impressed with the nature of the course. John Balls of Middlesborough and Cleveland started to collect his old age pension just 10 days before the race and finished in 300th position - a great effort at 65 years of age.

A comment on accounts; referring to issues discussed in the last 'Fell Runner'. I should like to state that the race is heavily subsidised by the Langbaurgh Borough Council and by the voluntary efforts of many organisations who only receive minimal expenses e.g. 'Search and Rescue', Red Cross, CLOK, Scouts, CB Club, Mandale AC members, NCAA officials, Rugby club members and a number of interested individuals who loan or give equipment, time and effort, as well as Langbaurgh Council who provide a wide range of services, facilities and equipment.

1. J McGee	CFRA	81.15	6. S Walker	Salé	85.31
2. P Taylor	Sunderland	81.29	7. P Barker	Morpeth	85.44
3. G Denham	Holmfirth	83.42	8. S Gamble	Middlesboro'	86.12
4. J Williams	Mandale	85.03	9. H Burdett	Mandale	86.15
5. G D Potts	Middlesboro'	85.23	10. G Harland	Annan&Dist.	86.26

Teams (6 to count)

1. Middlesborough & Cleveland - 77 pts. 2. Mandale AC - 104 pts.

THREE PEAKS

by Kevan Shand

Category A, 22 miles, 4500'25 April

Unbelievable is the only way to describe the difference between the weather conditions this year and those of last, when there were 15 foot snow drifts on the track to Pen-y-Ghent and the race had to be postponed until October. This year the organisers must have had the best conditions yet. It was sunny with a slight overcast and a nice coolish breeze.

Assembled on the start line was, for me, the classiest field for a few years. Amongst the starters we had three times winner Harry Walker, who was turning out after a spell off with a damaged foot, John Reade, 2nd. in the 1981 October race and Bob Ashworth, Bob Whitfield and Steve Breckell, all of whom did well the previous race. Joining them was Alan Sladen of Salford who had done a fast marathon time and last year's Fell Running Champion, John Wild, who had been improving over the longer distance races. He was pre-race favourite for many, but on the day it could have been anybody's race.

The start was the usual stampede out of the football field along the road and up the lane to Pen-y-Ghent. First to show were John Reade and Mike Short, Mike making a come-back after six months out with injury. A group of five reached the summit close together - Short, Reade, Alan McGee, a former Fell Running Champion making a rare appearance on the fells, his brother, John, and Bolton favourite Dave Cartridge. At this stage John Wild was lying about sixth. Mike Short came off the summit of Pen-y-Ghent in the lead, but with lack of race fitness faded to finish 22nd. Wild on the other hand went a little stronger on the way to Wherside and soon caught up the leading group of Reade, Cartridge and the McGees. In the later stages Wild took the race away on his own and won in a new record time, having over 5½ minutes on the 2nd man, Alan McGee.

At Sulber Nick the long run off Ingleborough took its toll with runners swapping positions. Steve Breckell and Alan Sladen (overheard saying 'Never again!') were caught by many here as the early pace up front got to them. A fine run yet again from Dark Peak's Ray Aucott as 1st 0/40 veteran in 11th position. Harry Walker, not yet fit, could only manage 16th place. On the day many runners achieved a personal best each making the most of the conditions, which could not have been better.

The much criticised Three Peaks Race Association did a fair job on the organisational side, but I must admit I cannot understand why the parking fee goes up so much. What next? £1 to park in the field!

1. J Wild	RAF	2.37.30	11. R Aucott	DPFR	2.51.25
2. A McGee	Copeland	2.43.10	12. K Robinson	Kendal	2.52.40
3. J Reade	Clayton	2.44.13	13. I Holloway	Rochdale	2.53.01
4. D Cartridge	Bolton	2.45.14	14. A Harmer	Portsmouth	2.53.27
5. J McGee	CFRA	2.45.26	15. G Edwards	Bingley	2.53.29
6. R Whitfield	Kendal	2.46.14	16. H Walker	Blackburn	2.55.59
7. R Ashworth	Rosendale	2.47.08	17. G Denham	W Y Police	2.56.18
8. A Darby	Mynd	2.48.23	18. S Baker	Wigan	2.56.29
9. H Symonds	Kendal	2.48.38	19. P Chapman	Kendal	2.57.09
10. I Robson	Clayton	2.51.01	20. A Richardson	Kendal	2.57.19

Teams

1. Kendal - 6,9,12, - 8.27.32    2. Clayton - 3,10,32, - 8.37.31

Veterans (0/40)

1. R Aucott            DPFR            2.51.25  
2. D Wade            Blackheath    3.01.46

Veterans (0/50)

1. G Rhodes            Newcastle    3.14.00  
2. W Fielding          Leeds City    3.17.00

Ladies

1. J Robson            Leeds OUC    3.40.54            2. L Lord            Clayton        3.43.20

KINDER DOWNFALL "MASS TRESPASS"

by Andy Styan

Category A, 10 miles, 2150'

25 April

When I saw from the FRA calendar that the Downfall Race had been changed to the same day as the Three Peaks, I wondered why the organiser had done it and whether there would be a poor turnout.

Not being fit enough to run the Peaks, I went to Hayfield to find the answers to both questions. Quite simply, the race was part of a special weekend to celebrate the 50th anniversary of the Kinder Mass Trespass, and there were 230 plus runners - certainly not a poor turnout.

The 1932 Mass Trespass was organised to protest at forbidden access to the moors, which were regarded by landowners as 'business premises' (mostly the business of rearing and shooting grouse). Several bodies of ramblers went up onto the forbidden areas and faced gamekeepers where a 'confrontation' took place. The ramblers argued that it was peaceful, but the keepers said not, and consequently five ramblers ended up being imprisoned for a total of seventeen months. The Kinder Trespass was a milestone in the campaign for access to moors and mountains in Britain which culminated in the passing of the National Parks and Access to the Countryside Act of 1949.

However the campaign goes on, because vast areas of fell country still have no right of access. Much of the moorland near my own house is indeed 'private', though I run over it whenever I want to, except when I see the gamekeeper's car go up the road!

A very good reason for changing the date of the race, then! And a nice atmosphere in Hayfield, with lots of spectators, ramblers and lots of other events organised.

For the race itself, the course is a pleasant one, all run on public footpaths, except where the runners get lost in the mist. The ground was so dry this year that I didn't even get my feet muddy crossing what would normally be miles of claggy peat. Malcolm Patterson set the pace and would have been near the record had he not led a group off the course on the way to Edale Cross. Jeff Norman, coming back after a long period injured, took advantage of the mistake to pick up about ten places and finish third behind Harry Jarrett.

A nice feature of the race is a trophy for the 'One Hundredth Placed Runner', whose name we do not know, because we haven't yet had the full results!

In these days when the calendar is becoming crowded with several events on many weekends, it would seem a reasonable idea to keep the race on the same day for the future, - a yearly reminder of the Mass Trespass.

1. M Patterson	DPFR	64.05	11. D Lee	CFRA	67.31
2. H Jarrett	CFRA	65.40	12. J Monks	Rochdale	67.35
3. J Norman	Altrincham	65.45	13. M Seddon	Holmfirth	67.41
4. F Pidgeon	Sheffield	65.54	14. P Jagan	ASVAC	67.46
5. A Hulme	Altrincham	66.05	15. G Huddleston		68.00
6. K West	Wolverh'tn	66.10	16. M Keys	Rossendale	68.04
7. D Crookes	E. Cheshire	66.50	17. M Foschi	Altrincham	68.09
8. S Elliott	Notts.	67.00	18. G Berry	DPFR	68.11
9. J Boswell	Plessey	67.03	19. M Harris	ICL	68.13
10. D Ratcliffe	Rossendale	67.09	20. G Morsan	Buxton	68.23

MAY

CONISTON

by Nick Matthews

Not yet categorised, 9 miles, 3500'

1 May

Driving hail and snow heralded the start of both the junior and senior races. The junior course was a marked route up to Levers Water and back via the Pudding Stone, involving 4½ miles distance and 1000' of ascent, whilst the senior race took in the summits of Wetherlam, Swirl How and Coniston Old Man - 8½ miles distance and 3500' of ascent. It was bitterly cold on the ridge for the senior runners. Despite the sun, there was a cold north westerly wind which made conditions hard.

Billy Bland won the senior race, heading John Reade and Shaun Livesey of Clayton. The junior race was won by 17-year-old Stuart Parker of Rossendale, who looks a good prospect for the future. Angela Haddow of Barrow, only 13, looked good too.

Everybody agreed that it was a good course and hopefully a good run was had by all. It is true fell racing country this - long ascents and descents combined with plenty of rough ground. Come and try it next year.

1. W Bland	Keswick	1.12.02	11. S Gamble	Billingham	1.16.01
2. J Reade	Clayton	1.13.34	12. D Woodhead	Bingley	1.17.13
3. S Livesey	Clayton	1.14.05	13. R Waite	Bingley	1.17.22
4. C Valentine	Keswick	1.14.11	14. J Gibbison	Lancs& M.	1.17.24
5. D Tosh	Rochdale	1.14.15	15. A Hyslop	Kendal	1.18.08
6. H Jarrett	CFRA	1.14.44	16. D Cunningham	Clayton	1.18.18
7. W Todd	CFRA	1.14.48	17. P Lambert	Preston	1.20.30
8. P Barron	Keswick	1.14.53	18. S Bland	Keswick	1.20.47
9. M Hudson	Keswick	1.14.53	19. S Moore	Horwich	1.21.20
10. P Irwin	Rossendale	1.15.23	20. D Smith	Halifax	1.21.33

Veterans 0/40

Veterans 0/50

1. N Matthews	Horwich	1.24.19	1. W Robinson	CFRA	1.32.14
2. P Longfield	Billingham	1.28.34	2. A Heaton	Clayton	1.34.41

Junior Boys

Junior Girls

1. S Parker	Rossendale	30.58	1. A Haddow	Barrow	42.40
2. R Bergstrand	Rochdale	34.23	2. K Sharp	Bingley	48.18

DARWEN MOORS

by C Atkinson

Category B, 11 miles, 1850'

2 May

A combination of rain and strong winds together with the winner's unfamiliarity with the course, robbed Paul Campbell of challenging John Calvert's 1978 course record. With himself, club mate Dave Cartridge, John Reade (Clayton) and Bob Ashworth (Rossendale) together at Darwen Tower, Paul waited for familiar surroundings of Tockholes Wood to make his effort, increasing his lead to nineteen seconds over Great Hill to the finish. With Dave Cartridge running a close race for second place, and Paul Turner finishing in sixth place, Bolton Harriers were easy team winners. Well placed throughout former Olympic steeplechaser John Jackson had a clear victory in the vets race as did orienteer Sue Parkin in the ladies section.

1. P Campbell	Bolton	1.17.01	11. I Robinson	Clayton	1.20.40
2. D Cartridge	Bolton	1.17.20	12. K West	Wolverh'tn	1.20.50
3. R Ashworth	Rossendale	1.17.27	13. J Jackson	Wigan	1.21.02
4. J Reade	Clayton	1.18.31	14. I Holloway	Rochdale	1.21.08
5. M Smith	Blackburn	1.18.47	15. M Winstanley	Lancs&M	1.21.39
6. P Turner	Bolton	1.19.37	16. C Nash	Bolton	1.21.52
7. W Domoney	Sheffield	1.19.45	17. M Foschi	Altrincham	1.22.06
8. M Short	Altrincham	1.20.03	18. M Burgess	E. Cheshire	1.22.22
9. J Norman	Horwich	1.20.20	19. K Garrett	Blackburn	1.22.59
10. S Barlow	Clayton	1.20.27	20. A Sunter	Horwich	1.23.12

Veterans

1. J Jackson	Wigan	1.21.02
2. C Robinson	Rochdale	1.23.23
3. D Jewell	DPFR	1.24.13

Ladies

1. S Parkin	ASVAC	1.33.15
2. R Naish	Eryri	1.36.42
3. B Robinson	Bury	1.37.16

239 started

BEACON HILL

by Peter White

Category B, 1½ miles, 500'

3 May

Dry, but blustery wind conditions prevailed on this year's race and consequently a slower time than had been anticipated by the organisers who hoped that the ten-minute barrier would be broken. 41 competitors entered this year, some 20 or so less than the previous year. Piece Hall Day still remains a great day out for fell runners and their families and it is to be hoped that numbers will increase on future years.

1. J Reade	Clayton	10.31	6. D Smith	Halifax	10.56
2. P Crewe	Bingley	10.33	7. P Ashman	JUNIOR BOY	11.03
3. D Bradley	DPFR	10.40	8. M Seddon	Holmfirth	11.04
4. G Edwards	Bingley	10.45	9. B Whittle	Halifax	11.06
5. R O'Hara	Longwood	10.55	10. G Berry	DPFR	11.10

Veterans

Ladies

1. V Duff	Blackburn	11.43	1. C Haigh	Holmfirth	12.39
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DUDDON

by Ken Ledward

Category A, 21 miles, 6500'

8 May

0-type, 14 miles, 3000' and 10 miles, 1800'

9 May

Conditions underfoot were very good, few marshy sections encountered, air warm and visibility excellent.

On the Saturday after 21 miles and 6500 feet, Billy Bland and Kenny Stuart came into the field alongside each other and had to sprint for a decision, finishing with less than a second between them, though three minutes outside Billy's 1981 record time of 2.43.10.

The aggregate trophy for the two days this year transferred from Martin Hudson to Pete Haines. The Ladies' aggregate trophy went to R Clayton and the Junior aggregate trophy to E Ashcroft.

Saturday

Senior Men

1. K Stuart	2.46.10	8. P Irwin	2.58.41	15. A Smith	3.12.04
2. W Bland	2.46.11	9. M Fettes	3.05.00	16. K Shand	3.12.36
3. D Ratcliffe	2.51.00	10. D Calder	3.09.11	17. J Naylor	3.12.37
4. P Haines	2.55.16	11. M Hayes	3.09.26	18. S Bradshaw	3.12.57
5. M Hudson	2.55.19	12. T Birtwistle	3.09.53	19. F Loftus	3.13.09
6. J Gibbison	2.55.53	13. A Addis	3.10.00	20. A Peacock	3.13.11
7. I Holloway	2.58.40	14. C Wilkinson	3.11.00		

Ladies - 11 miles, 2850'

1. J Ramsden	1.39.00	5. J Sutcliffe	2.05.00	9. V Belton	2.21.00
2. R Clayton	1.56.00	6. P Calder	2.10.00	10. K Barnard	2.26.00
3. S Thompson	1.57.01	7. A Crabb	2.14.00	11. M Hiorns	2.27.00
4. B Nelson	1.57.10	8. G Simpson	2.16.00		

Senior Novice - 11 miles, 2850'

1. S Willis	1.33.00	4. A Brown	1.43.00
2. A Payne	1.39.21	5. P Jackson	1.47.09
3. G Nilson	1.39.42	A Perkins	1.47.09

Junior Men

1. P Read	1.35.00
2. E Ashcroft	1.39.28
3. J Atkinson	1.39.31

Sunday

Senior Long O Course

1. P Haines	2.20.00	5. A Belton	2.38.00	9. R Halenko	3.02.00
2. M Hudson	2.23.00	6. M Hayes	2.50.00	10. I Holloway	3.07.00
3. D Ratcliffe	2.28.00	7. F Loftus	2.55.00	11. J Offley	3.08.00
4. J Baston	2.49.00	8. D Lamond	2.56.00		

Short O Courses

Ladies

1. R Clayton	1.55.00
2. J Sutcliffe	2.00.00
3. B Offley	2.02.00

Senior Novice

1. A Kelly	1.55.00
2. A Clayton	1.56.00
3. B Johnson	2.26.00

Junior Men

1. E Ashcroft	2.01.00
2. D Rowe	2.14.00
3. P Read	2.30.00

GOATFELL

RESULTS

Category A, 8 miles, 2800'

15 May

1. D Overton	Kendal	1.17.01	11. J Stevenson	Irvine	1.28.25
2. A Adams	Dumbarton	1.17.03	12. C Perry	Falkirk	1.28.43
3. D Tosh	Rochdale	1.19.27	13. A W Cook	Glasgow W.	1.29.09
4. P Irwin	Rossendale	1.19.54	14. P Munday	Rochdale	1.29.43
5. K Dobson	Bingley	1.20.10	15. J Hutchinson	Edinburgh	1.29.44
6. D Weatherhead	Bingley	1.22.35	16. C Fleming	Cambuslang	1.29.49
7. R Boswell	Lochaber	1.24.50	17. G B Spink	Bingley	1.30.48
8. T McCulloch	Ayr	1.25.15	18. J Jardine	Lochaber	1.31.21
9. W Ryder	Morpeth	1.25.41	19. J Mather	Lochaber	1.31.40
10. W Buckley	Rochdale	1.25.49	20. C Foster	Bingley	1.32.17

62 Ran.

WELL DONE Trevor (likes to see his name in print) Birtwistle! - 12th in the Duddon 1st day event.





racers. One of those checked at random on the start line had no over trousers and as a result, started three minutes behind the rest of the field. (We appreciated his co-operation when the rules were enforced.) If anyone believes that the kit to be carried is unnecessarily bulky or a hindrance to running, I suggest you go and ask Billy Bland to let you see his arrangements at our next race!

1. W Bland	Keswick	2.09.32	11. K Shand	Rochdale	2.25.15
2. R Whitfield	Kendal	2.14.41	12. P Irwin	Rossendale	2.25.36
3. D Cartridge	Bolton	2.16.47	13. I Robinson	Clayton	2.25.53
4. M Short	Horwich	2.17.55	14. G Edwards	Bingley	2.26.03
5. J Reade	Clayton	2.19.30	15. A Richardson	Kendal	2.26.19
6. D Lee	CFRA	2.20.48	16. J Blair-Fish	DPFR	2.26.22
7. C Valentine	Keswick	2.22.51	17. P Haines	Mandale	2.27.08
8. H Jarrett	CFRA	2.24.33	18. D Woodhead	Bingley	2.27.58
9. P Chapman	Kendal	2.25.05	19. D Stuart	Keswick	2.28.21
10. J Gibbison	Lancs& M.	2.25.06	20. A Addis	E. Cheshire	2.29.15

Teams  
 1. Kendal - Whitfield, Chapman, Richardson - 26 pts.  
 2. Keswick - Bland, Valentine, Stuart - 27 pts.

Northern Counties Senior Individual      Northern Counties Junior Individual

1. W Bland	Keswick	2.09.32	1. G Byers	CFRA	1.15.03
2. R Whitfield	Kendal	2.14.14	2. N Weaver	Clayton	1.15.13
3. D Cartridge	Bolton	2.16.47	3. M Smith	Blackburn	1.16.15

Midland Counties Individual

1. P Haines	Mandale	2.27.08
2. E Harwood	Mynndwr	2.29.15
3. B Head	Burton	2.48.16

Southern Counties Individual

1. J Blair-Fish	DPFR	2.26.22
2. A Addis	E. Cheshire	2.29.15
3. M Elsegood	Manchester	2.37.53

Lancashire County Individual

1. D Cartridge	Bolton	2.16.47
2. M Short	Horwich	2.17.55
3. J Reade	Clayton	2.19.30

Yorkshire County Individual

1. R Whitfield	Kendal	2.14.41
2. G Edwards	Bingley	2.26.03
3. J Blair-Fish	DPFR	2.26.22

Cumbria County Individual

1. W Bland	Keswick	2.09.32
2. D Lee	CFRA	2.20.48
3. C Valentine	Keswick	2.22.51

Cheshire County Individual

1. A J Hulme	Altrincham	2.36.18
2. M Farmery	Frodsham	2.50.55
3. S Priestley	E. Cheshire	2.56.50

N.E. Counties Individual

1. P Chapman	Kendal	2.25.05
2. P Haines	Mandale	2.27.08
3. D Littlewood	Morpeth	2.37.20

Rutland County Individual

No Entries were received this year

SADDLEWORTH

by Dave Makin

Category A, 3 miles, 950'

30 May

Despite this year's race being held in beautiful conditions, there was no spate of record breaking, the Senior, Youths and Veterans remaining safe for another year. The exception was a very good run by Carol Haigh of Holmfirth to record 24.53 and smash Jean Lochhead's time of 25.31.

The senior individual trophy was retained for the third year in succession by Andy Darby, whilst Holmfirth kept their hold on the team award.

At the top of the ascent, Harbisher was leading but he, along with Hauser and Sladen, dropped several places on the descent, whilst others such as Darby, Livesey and Barrett came through strongly to get among the leaders.

In the junior event over the same course, Hussain also retained the trophy he won last year, leading at the ascent, he was never headed whilst such as Ashman, Butlin and Shanker lost ground to stronger finishers like Makin and Manning.

One disappointment was the non-appearance of such strong youth teams as Oldham, Bingley, Halifax, etc. Perhaps the tradition in fell running is for senior races only - if so, isn't it time the tradition was broken?

1. A Darby	Mynndwr	20.11	11. A Sladen	Salford	21.30
2. J Norman	Altrincham	20.39	12. A Hauser	Holmfirth	21.34
3. M Patterson	DPFR	20.45	13. D Smith	Halifax	21.38
4. K Barrett	Rochdale	20.48	14. G Vallance	Manchester	21.45
5. S Livesey	Clayton	20.50	15. A Holmes	Holmfirth	21.50
6. R Harbisher	Holmfirth	20.53	16. K West	Wolverton	22.02
7. D Crookes	E.Cheshire	21.04	17. P Brownson	Altrincham	22.03
8. P Gibson	Manchester	21.09	18. R Asquith	Holmfirth	22.04
9. M McGann	E.Cheshire	21.13	19. K Payne	Bury	22.09
10. D Tosh	Rochdale	21.22	20. S Orrells	N/W	22.13

Veterans

152 Ran.

1. P Duffy	Aberdeen	23.28	3. W Cooper	Manchester	24.21
2. J Dean	Holmfirth	23.57	4. G Rawlinson	Clayton	25.29

Youths 16/17

1. B Hussain	Stockport	22.07	6. M Leslie	Sadd. Sch.	24.45
2. D Makin	Bingley	22.44	7. R Butlin	Unattached	24.45
3. P Ashman	Todmorden	22.47	8. C Valentine	E.Cheshire	25.00
4. K Manning	Clayton	23.58	9. I Frazer	E.Cheshire	25.05
5. S Norie	Sadd. Sch.	24.10	10. K Farnsworth	Sadd. Sch.	25.19

26 Ran.

RACE ACCOUNTS - Editor's Note

A year ago I wrote an editorial on the subject of race accounts and race organiser's accountability. My views were supported by Dave Makin (Saddleworth organiser), Frank Sykes (Chew Valley organiser) and Kevan Shand (Turnslack and Hades Hill organiser), but I was rather afraid that I might get a 'none of your business' response from other quarters - not so. It was heartening to be able to print so many race accounts in the last issue of the magazine - many organisers, indeed, seemed pleased that we had shown an interest.

It is not my intention to print in full all the race accounts that we receive - only those that may be of particular interest to members (e.g. correspondence re. 'Three Peaks' in 'Letters to the Editor' this issue). However, we are very grateful to all those race organisers who have let us see details of their accounts, and hope that they will continue to do so, and will be joined by many others.

We have had accounts from the following races (as well as those printed last time): Moffat Chase, Carnethy Five Hills, Chew Valley Skyline, Black Combe, ICL 'Killer Mile', Three Peaks, Saddleworth.



**“The New Championship Trophy”** Photo. by Neil Shuttleworth.

# British Fell Running Championships ~ 1981

## STATISTICIAN'S REPORT

John Wild obviously dominated the Fell scene in 1981, but three other runners deserve special mention:

1. Taffy Davies - 9th place in the senior ratings.
2. Tony Llewellyn at over 50 gaining 10th place in the veteran listing
3. FRA Chairman Peter Knott for not only returning to fell running after his illness, but just failing by one point to be in the top 50 veterans.

The consensus of opinion on the new system is favourable and it brings out a greater element of competition as opposed to 'points bagging'.

For 1982 the first 30 runners in each of the Championship races will score; for veterans the first 20, and for ladies the first 10.

### SENIORS

Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
1.	J Wild	CFRA	200	33.	R Boswell	Lochaber	24
2.	W Bland	Keswick	163	34.	I Ferguson	Bingley	22
3.	M Short	Horwich	163	35.	A Trowbridge	Dark Peak	21
4.	J Broxap	Keswick	159	36.	R Shields	Lochaber	20
5.	J Reade	Clayton	149	37.	R Campbell	Lochaber	19
6.	H Jarrett	CFRA	140		A Phillipson	Gosforth	19
7.	R Whitfield	Kendal	134		G Rovedati	Italy	19
8.	H Walker	Blackburn	105		J Shields	Clydesdale	19
9.	T Davies	Horwich	90		A Taylor	Kendal	19
	D Overton	Kendal	87	42.	S Lazzaroni	Italy	18
11.	T Maitland	Aberdeen	68	43.	A D Adams	Staffs Moor.	17
12.	S Gough	Blackburn	64		H Blenkinsop	Keswick	17
13.	J Livesey	Clayton	61		A Styan	Holmfirth	17
14.	P Irwin	Rosendale	54		P Tuson	Kendal	17
15.	I Holloway	Rochdale	52	47.	M Bishop	Staffs Moor.	16
16.	F Loftus	Horwich	50		P Dixon	Mynddwyr	16
17.	R Aucott	Dark Peak	47		C Moore	Bingley	16
18.	M Hudson	Keswick	46		M Roberts	Kendal	16
19.	D Lee	CFRA	42	51.	P Barron	Keswick	15
20.	C Donnelly	Cambuslang	40		B Peace	Bingley	15
21.	J Naylor	CFRA	38		J Wagstaff	Tipton	15
22.	R Ashworth	Rosendale	35	54.	R Reaney	Aldershot	14
	K Shand	Rochdale	35	55.	A McGeay	Copeland	13
24.	S Bland	Keswick	34		D Woodhead	Bingley	13
25.	P Chapman	Kendal	33		C Hirst	Unattached	13
26.	A Darby	Mynddwyr	32	58.	P Bland	Kendal	12
	C Valentine	Keswick	32	59.	D Bland	Keswick	11
28.	J McGee	CFRA	32		P Haines	Mandale	11
	R Wayte	Bingley	32		M Patterson	Dark Peak	11
30.	D Cartridge	Bolton	29		G Bryan Jones	FVO	11
	J Blair-Fish	Dark Peak	29	63.	R Halenko	Clayton	10
32.	R Morris	EdinburghAC	27		S Orrells	Unattached	10

Although Billy and Mike's points are equal, out of the seven times they competed against each other, Billy beat Mike five times.

- 9 pts.(=65th) D Ratcliffe, M Winstanley, P Walkington, J Gibbison.  
 8 pts.(=69th) P Nelson, A Peacock, G F Ungaro.  
 7 pts.(=72nd) S Bradshaw, G Edwards, E Harvey, D Jewell, A Simons,  
 A Spence, D Tosh,  
 6 pts.(=79th) P Bowler, D Cartwright, M Jones, D Lamond.  
 5 pts.(=83rd) R Bloor, D Cunningham, M Down, A Richardson, B Shrosbee,  
 K Taylor, A Addis.  
 4 pts.(=90th) A Daly, M Hayes, P Moon, S Parr, W Tait.  
 3 pts.(=95th) B Brindle, J Etchells, A Hulme, A Neal, A Grego, M Walford.  
 2 pts.(=101st) J W Lamont, C Metcalfe, A Sladen, A Stapley.  
 1 pt.(=105th) P Brooks, T MacDonald, N Mathews, R Morris, A Lewsley,  
 M Targett, A Smith.

VETERANS

Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
1.	T Davies	Horwich	209	32.	M Hayes	Dark Peak	17
2.	A Phillipson	Gosforth	187	33.	A Waterhouse	Pudsey	16
3.	N Mathews	Horwich	170		T Moore	Clayton	16
4.	D Jewell	Dark Peak	168		T Thorpe	CFRA	16
5.	P Brooks	Lochaber	164		H Clayton	Bristol	16
6.	S Bradshaw	Clayton	139	37.	D Hodgson	Leeds City	15
7.	H Blenkinsop	Keswick	133		H Soper	Luton	15
8.	R Aucott	Dark Peak	131		D Robins	Swansea	15
9.	A Ritchie	Keswick	116		K Lodge	Halifax	15
10.	A Llewellyn	Lancs&M.	75		P Murray	Horwich	15
11.	J Smith	Bury	66	42.	G W Garnet	Bingley	14
	J Naylor	CFRA	66		T Simkins	Horwich	14
13.	J Etchells	Barrow	65		G J Oliver	Junior Reg.	14
14.	T Sykes	Rochdale	39		A Jelly	AFD	14
15.	G B Spink	Bingley	36		A Evans	Kendal	14
16.	A Heaton	Clayton	33	47.	L Sullivan	Clayton	13
17.	M F MacDonald	Wigan	32		C Oakley	Caithness	13
	P Duffy	Aberdeen	32		D Hughes	CFRA	13
19.	K Brooks	Horwich	31		G Hardman	Hyndburn	13
20.	J Marstrand	Lochaber	30	51.	R Healey	Clayton	11
21.	J Black	Livingston	29		D Attwell	Altrincham	11
22.	W Ryder	Morpeth	26		C Bland	Keswick	11
23.	M Bresslin	Lancs & M.	24		W Cooper	Unattached	11
	E Campbell	Lochaber	24		C Ford	CFRA	11
25.	H Thompson	Clayton	22		P Knott	South Ribble	11
	N Mathews	Unattached	22		D G Pyatt	Edinburgh S.	11
27.	M L Bott	Army	19	58.	D A Harris	Dudley	10
28.	H Kelly	E. Cheshire	18		J Nettleton	Kendal	10
	T Smith	Barrow	18		S Moyle	Clayton	10
	D Townend	Invicta	18		A Robertson	Unattached	10
	D Davies	Newtown	18		W Robinson	CFRA	10

- 9 pts.(=63rd) J Bogan, B Dickinson, R Broxap  
 8 pts.(=66th) F Bias, D Brown, J Curtis, C Firstbrook, T Northwood, E Foley.  
 7 pts.(=72nd) J Dean, W Fielding, P O'Grady, D McKirdy, J R Simpson.  
 6 pts.(=77th) K Ledward, B Ramsden, H Wheeler, A Smith, K Talbot.  
 5 pts.(=82nd) F Lee, D Norman, D Talbot.  
 4 pts.(=85th) D Ashton, C Brasher, R Grimshaw, J Southurst, R Shaw.  
 3 pts.(=90th) P Blythe, H Cadman, J Offley, R Roberts.  
 2 pts.(=94th) J V O'Callahan, A M Smith.  
 1 pt. (=96th) E Mitchell, M J Morgan, B G Weston, R Skinner.

SUPER VETERANS

Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
1.	A Llewellyn	Lancs & M.	75	6.	W Robinson	CFRA	10
2.	G B Spink	Bingley	36	7.	E Foley	Horwich	8
3.	A Heaton	Clayton	33	8.	J Simpson	SELOC	7
4.	J Marstrand	Lochaber	30		W Fielding	Leeds City	7
5.	H Soper	Vauxhall	15	10.	C Brasher	Ranelagh	4

LADIES

Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
1.	R Coates	Lochaber	110	10.	A Bland	Kendal	13
2.	F Wilde	Lochaber	90		H Brigginshaw	Fife	13
3.	P Haworth	Keswick	72		B Handscombe	CFRA	13
4.	C McNeill	Interlopers	21	13.	J Robson	Leeds Univ.	12
5.	R Naish	Eryri	20	14.	R Carthy	Unattached	11
6.	G Pile	Manchester	18		S Thompson	Clayton	11
7.	C Thorpe	CFRA	15	16.	Y McGregor	ASVAC	10
8.	L Lord	Clayton	14	17.	R Hancock	Leeds Univ.	8
	J Ramsden	Deeside OC	14				

Notes:

- 1) Points are based on the first 10 placings, 11 for 1st, 9 for 2nd. etc.
- 2) Over all 15 championship events there was only an average of 8 ladies finishing. With the exception of Pendle the short events were the least well supported, the remaining 4 short events averaged 3.5 finishers.
- 3) Overall only 42 ladies scored in the championship events. With the exception of Pendle, Fairfield and Snowdon (22, 19 and 15 finishers respectively) it was only necessary to finish in order to score. Consequently only the ladies completing 2 or more championship events have been placed.
- 4) It is disappointing to note that only the top three ladies completed events at all three distances. Ros, Fiona and Pauline, however, all ran superbly, demonstrating that the toughest fell race is well within the capability of the gentle sex.

FRA SECONDARY CHAMPIONSHIP 1981

Well, here you have the not yet named 'other' Fell Running Championship. Officially it will not be in full swing until the end of the 1982 season, but I decided to compile the 1981 statistics as I had most of the A category race results to hand. The system used is based on the old one, Ten races to count, three of which must be long, three medium, and three short, plus one best performance, taken from all the category A races except those designated Championship races - the first 20 finishers score points. What it adds up to is the more races you run, the more chance you have of scoring points.

As you can see, it was the master Billy Bland who pulled it off. As we all know he doesn't pick his races, but competes every week. In fact, as well as coming 2nd in the main championship table, Billy scored in 12 races for the secondary table. 6th in the main championship, Harry Jarrett comes 2nd in this one, 50 points adrift from Billy, a fact that quite surprised him when he was told about it.

This secondary championship gives a few of the lesser known runners a chance to show their worth and the figure of 281 runners scoring points is tremendous when you consider that the official championship races are excluded. Many of these lads will have raced in these as well. In fact of the first 10 in each of the championship tables, seven names (Bland, Jarrett, Whitfield, Reade, Broxap, Walker and Short) appear in both, which represents an awful lot of top quality running.

There is no trophy for 1981, but we should have one for this year. I would appreciate it if race organisers would let me, or the magazine editor, have results as without such information the secondary championship statistics cannot be compiled.

Last, but not least, as I said, we have not yet got a name for this championship - any suggestions would be most welcome.

Kevan Shand

Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
1.	W Bland	Keswick	197	26.	D Tosh	Rochdale	49
2.	H Jarrett	CFRA	147	27.	S Parr	Clayton	48
3.	R Whitfield	Kendal	145		A Sunter	Horwich	48
4.	J Reade	Clayton	137	29.	A Hulme	Altrincham	47
5.	J Broxap	Keswick	123	30.	A Darby	Mynddwyr	44
	R Ashworth	Rossendale	123		C Valentine	Keswick	44
7.	H Walker	Blackburn	110		C Donnelly	Cambuslang	44
8.	M Short	Horwich	109		K West	Wolverh'ton	44
9.	P Irwin	Rossendale	102	34.	J Williams		41
10.	S Livesey	Clayton	100	35.	I Robinson	Clayton	40
11.	D Cartridge	Bolton	95		P Mason	Halifax	40
12.	R Shields	Lochaber	82	37.	R Bradley	Holmfirth	39
13.	M Garrett	Mandale	76		R Boswell	Lochaber	39
14.	D Lee	CFRA	74	39.	G Vallence		38
15.	W Todd	CFRA	73	40.	S Williams		37
16.	R Morris	Edinburgh	69	41.	F Loftus	Horwich	36
	R Asquith	Holmfirth	69	42.	A Styan	Holmfirth	35
18.	S Bland	Keswick	68		P Blackney	Dark Peak	35
19.	K Shand	Rochdale	63	44.	M Hudson	Keswick	34
20.	I Ferguson	Bingley	61		R Heelis	Halifax	34
21.	J Shields	Clydesdale	57	46.	I Holloway	Rochdale	33
22.	K Taylor	Rossendale	52		M Armitage	Saltwell	33
23.	K Robinson	Kendal	51	48.	N Heaton		31
	J Jardine	Lochaber	51	49.	J Ritson	Derwent	30
25.	A Adams		50	50.	B Bullen	Dark Peak	29



Psn.	Name	Club	Pts.	Psn.	Name	Club	Pts.
51.	M Patterson	Dark Peak	28	61.	J Blair-Fish	Dark Peak	22
52.	M Farmery		27		J Wild	CFRA	22
	G Gough	Blackburn	27	64.	B Brindle	Horwich	21
54.	R Campbell	Lochaber	26		P Loftus	Keswick	21
55.	J Maitland	Aberdeen	25		O J Smith	Halifax	21
	J McGee	CFRA	25		P Tuson	Kendal	21
	E McGlashan		25	68.	D Overton	Kendal	20
58.	J Rowley		24		S Bradshaw	Clayton	20
	H Symonds	Kendal	24		P Hatto	Salford	20
60.	S Breckell	Blackburn	23		P Brownson	Altrincham	20
61.	J Eaton	Rossendale	22		M Edwards		20

- 19 pts.(= 73rd) D Cunningham, J Hayes.
- 18 pts.(= 75th) G Berry, M Bishop, D Fairweather, T McCullough, A Peacock, J Patterson
- 17 pts.(= 81st) P Chapman, D Cartwright, M Curtis, S Gamble, G Huddleston, J Kennedy, J Norman, A Parkinson, G Hanna, A Sladen, A Stapley, S Torrance, M A Bishop.
- 16 pts.(= 94th) A M Deall, H Forrest, D McNeilly, M McCullough, R Pearson, M Seddon, A Adams.
- 15 pts.(=101st) R Aucott, A French, M McNulty, A Pickles, A Ritchie, J Sheriff
- 14 pts.(=107th) R Bryson, D Bradley, D Bland, I Donaldson, P Dixon, H Davies, D Healey, T Edmondson, A Fancett, J Foster, P Mitchell, B Peace, A Spence, D Stuart, R Wilde.
- 13 pts.(=122nd) H Blenkinsop, K Burns, T Catton, D Holt, P Simpson, G Meikle, J Naylor, S Parker, C Rice, J Stannard.
- 12 pts.(=132nd) T G Boggan, F Drozda, J Etchells, G Edwards, J Hutchinson, M Hayes, B Lord, G Moffatt, I Mathewson, D McHenry, A Reade.
- 11 pts.(=143rd) S Byers, D Booth, G Brooks, R Harrison, P Moon, J McGoff, B McKenzie, P O'Neill, F Reeves, J Slorach, F Thomas, P Weatherhead, T Went.
- 10 pts.(=156th) J Black, T Donnelly, A Farnell, S Graham, J Gibbison, D Kell, P Longfield, G McConnachie, A Richardson, D Attwell, G R Atkinson.
- 9 pts.(=167th) P Barron, J Burdett, S Parker, T Eakin, D Jackson, R Love, M McGlashan, P Nelson, D Ogden, A Richardson, T Varley,
- 8 pts.(=178th) P Duffy, I Felce, K Manning, S Malone, S McNaughton, D McGinn, W D Ryder, M Sanderson, R Sloan, R Stevenson.
- 7 pts.(=188th) P Brookes, A Buckley, S Elliott, S Finbow, A George, V Johnstone, G Lukoweicki, D Lamond, B McNeilly, D Ratcliffe, D Westhead.
- 6 pts.(=199th) W Buckley, I Charlton, N Burlton, G Bell, J Black, P Cain, P Cartwright, J Fretwell, E Harwood, G Findel Hawkins, M Kettle, R Mitchell, R Puckrin, P Sanderson, D Woodhead,

- 5 pts.(=214th) H Annett, J Crossland, S Emmott, W Fortune, D Gillies, M Greaves, J Scott, J Jackson, D Jewell, I McWatt, D Perrie, T Ramsden, R Wood.
- 4 pts.(=227th) J Carlin, P Haworth, R Gamble, L I'anson, P Keran, P Lee, N Mathews, B McKenna, R O'Hara, M Ricketts, R Wright, M Winstanley.
- 3 pts.(=239th) J Ard, N Brook, G Barnes, P Brown, C Carstairs, J Dunion, S Howard, M Jones, J Harvey, J Sibson, I Callister, K Banks
- 2 pts.(=251st) V Draper, R Futrell, P Guerrier, R Halenko, G Hensall, P Jebb, I Moore, J Marsh, W McKay, J Stevenson, J Sowerby, B Taylor, A Trowbridge, D Beels, B Williams, I McPherson, P Whewell, R Nicol.
- 1 pt. (=269th) D Ashton, S Baker, T Creswell, D Lowes Clark, B Baker, P Lambert, D Marshal, D McGonagle, J Nixon, R Purdy, A Robinson, D Rowley, C Wilkinson, Al Soran.

Information and enquiries relating to the British Fell Running Championships should be addressed to: Peter Brooks, Statistician FRA, 'Shenavall', Drummond Terrace, Crieff, Perthshire, PH7 4AP

Information and enquiries relating to the Secondary Championships (and suggestions as to a suitable name for it) should be made to: Kevan Shand, 11 Church St., Smallbridge, Rochdale, Lancs.



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1932-1982. FIFTY YEARS OF EPIC ENDEAVOUR

by Fred Rogerson

At 39 minutes after midnight on 14 June 1932, Robert Graham, 43 year old guest house proprietor and Lake District guide from Keswick in Cumberland, had accomplished a new Lake District 24-hour Fell Record, having traversed 42 summits, 40 of these summits over 2000 feet in height, with approximately 27000 feet of ascent and 72 miles distance in a total time of 23 hours 39 minutes, starting and finishing at the Moot Hall, Keswick.

Small groups of people, including his companions on the fells, were gathered at several points along the road from Newlands Church and at the Moot Hall to cheer and congratulate him.

His companions on the fells were Martin Rylands from Keswick to Dunmail Raise, Phil Davidson from Dunmail to Wasdale, Robin Dean from Wasdale to Honister, Bill Hewitson from Honister. G D Abrahams was at Dunmail to take photographs. Waiting for Bob and his companions at Newlands was Phil Davidson, who left Bob at Wasdale Head to make the long lonely trek over Sty Head to Keswick and home, where he enjoyed a bath and, after refreshment, jogged out to Newlands to await and then accompany them back to Keswick.

This record, an epic achievement, was to stand for 28 years. Between 1932 and 1960 there were a number of unsuccessful attempts, one by Ted Dance and another by Desmond Oliver of Keswick. Bob gave help and encouragement to several people but to no avail.

For more than a century men with the ability to traverse rough mountain terrain with speed and safety have tested their endurance and stamina by accepting the challenge offered by the Lake District Mountains. Dr A W Wakefield of Keswick (one of the team on the 1922 Everest Expedition) took up the challenge in 1902. He stated that the aim was 'The ascent of the greatest possible number of peaks above 2000 feet and return to the starting point within 24 hours. To exceed this time should not be encouraged.' Dr Wakefield also established the tradition of the record holder assisting the contender to break his own record - he assisted Eustace Thomas in 1920.

The Sixties

Several memorable occasions come to mind, with dedication, attaining fitness and preparation for attempts by the four founder members of the club, Alan Heaton, Stanley Bradshaw, Kenneth Heaton (all of Clayton le Moors) and Eric Beard (of Leeds AC).

Alan was the first man to improve on Bob Graham's record completing the same round anti-clockwise (Bob travelled in a clockwise direction) in a faster time under heat wave conditions on 24 June 1960. His club mates, Stanley Bradshaw and Kenneth Heaton retired en route. Bob was at Honister to wish them success. A month later Stanley made a second attempt clockwise and was successful, at 48 years of age with only eight years of fell running experience. Ted Dance of the Rucksack Club accompanied Stanley from Dunmail back to Keswick, traversing 27 of the 42 summits. His ability to ascend steep ground, hands on hips, with apparent ease, despite being loaded with food (solid and liquid) and spare clothing, etc., for the contender and himself, was to me one of several memorable features of the attempt.

From the Old Dudgeon Ghyll, Langdale on 24 June 1961, Kenneth Heaton accomplished a round of 51 summits in a staggering time of 22 hours 13 minutes. He was undoubtedly very fit, there were no signs of

fatigue. The group of people assembled outside the Old Dudgeon Ghyll had witnessed the start of a new era of epic achievements. Surely he would make an attempt to add extra summits at a later date, with so much physical strength and time in hand? Kenneth's reply was instant 'I have accomplished what I set out to do and do not intend to make any further attempts on the Lake District 24-hour Fell Record. I will give assistance to anyone making an attempt, undoubtedly my brother Alan will have a go and in all probability improve upon my record.' A man of his word, he did not make further attempts, but gave valued assistance to several contenders in the true Wakefield tradition. Alan improved the record to 54 summits in 1962.

The fourth founder member, Eric Beard, achieved a round of 56 summits starting from Keswick on 6 July 1963. The weather was perfect and the first section to Threlkeld was accomplished in a time of 2 hours 21 minutes. Dawn was breaking as Eric descending to the Old Dudgeon Ghyll via the climbers route from Gimmer Crag, his yodelling echoing round the valley (better than any alarm clock, much more acceptable). A blister on the sole of his foot that had developed on the first section - friction, 2 hours 21 minutes - should have had attention at Threlkeld. Eric declined to have it dressed, likewise at Dunmail and Langdale. By the time Margaret, my wife, looked at the blister, at his request, at Wasdale, there was over four inches of skin on the ball of his foot hanging in the breeze. Hard men put the pain to the back of their minds, get their heads down and have a go. Eric did just that.

After this epic round he travelled to Scotland, setting new records for the Cairngorms and the Cuillin Ridge on Skye in fantastic times. His ability to cover steep ground at speed had to be seen to be believed. His death, the result of a car accident, was to say the least, premature. He had tremendous ability. Eric's membership certificate, bearing details of several of his epic achievements hangs in Glen More Lodge.

Alan Heaton regained the record for the third time in 1965 with a round of 60 summits. Over a period of 14 years Alan had broken the record three times and made nine unsuccessful attempts. On only two of these twelve attempts had ideal conditions prevailed, in June 1960 and on 29 June 1974, when as the clock of Crosthwaite Church chimed 10 a.m. into view on Skiddaw Little Man came Alan and his companions, with over 90 miles, 64 summits and 35000 feet of ascent behind him, and there in the valley below him was his starting point 24 hours previous. So near and yet so far. A sprint finish raised cheers and words of commiseration in an endeavour to ease his disappointment which he outwardly did not show. Over the years he has done more than anyone I know to motivate the private satisfaction of conquering barriers of the ultimate.

Jos Naylor of Wasdale is the present holder of the record with a round of 72 summits, involving 105 miles in distance with 37000 feet of ascent in a total time of 23 hours 11 minutes, achieved on 23 June 1975.

The coveted Lake District 24 hour Fell Record Trophy (which hangs in the library of the Lake District Information Centre at Brockhole) presented by Mr A H Griffin, the well-known Lakeland author and journalist, bears the achievements and names of many notable men from 1864-1975 - no ladies' names -. A new Ladies Trophy will be on view at Brockhole in the near future. To date it will bear the names of five ladies. They are Kendal housewife Jean Dawes who became the first lady member of the club, completing Bob Graham's round on 26 June 1977 in a total time of 23 hours 27 minutes, 12 minutes faster than Bob. A new era for the ladies was now afoot. The following year Ann Marie Gridley, housewife of Reedly near Burnley, accomplished the

round in 21 hours 5 minutes and followed this the following year with a round of 58 summits, accompanied throughout on both occasions by her husband Will. In the same year, 1979 Ros Coates, a teacher of Langback, Renfrewshire attained membership with a time of 20 hours 31 minutes, followed later that year by Dr Wendy Dodds from Leeds in a time of 23 hours 30 minutes. The fifth lady member in a time of 23 hours 43 minutes is Lillian Millen of Kendal.

### The Seventies

Alan Heaton's 60 summit round in 1965 was the end of an era of epic endeavour. The record was now beyond all but a very few dedicated marathon fell runners. Some motivation was now needed to keep the achievements of these dedicated men alive otherwise it might well have been another 28 years before new attempts were made.

I was sure that there were quite a number of mountaineer fell runners with the ability to accomplish Bob Graham's round of 42 peaks. With this in mind I called a meeting of interested and knowledgeable friends, the outcome of which was the formation of the Bob Graham 24-hour Club at a re-union dinner held at Old Dudgeon Ghyll, Langdale, on 22 January 1971. The inaugural committee meeting was held on 24 September 1971.

Membership certificates, after ratification, are awarded. To become a member you are required to complete the Bob Graham Round within 24 hours, starting and finishing at the Moot Hall Keswick - the attempt may be clockwise or anti-clockwise - no membership fees are levied. Membership to date (April 1982) stands at 212, including the five ladies referred to. Words cannot convey my feeling of gratitude to these people for accepting the challenge of the Bob Graham Round. In 1971 Margaret and I anticipated that 200 certificates would be more than enough to meet the membership up to the year 2000 - with four founder members, surely 200 would suffice. To witness and participate in the growth of the Bob Graham 24-hour Club has been truly wonderful.

The heatwave epic of 72 summits by Jos Naylor was a staggering accomplishment. From the summit of Blencathra I witnessed his arrival and sure-footed descent at speed of Halls Ridge resulting in an exceptionally fast time of 18 minutes from the summit to Threlkeld. But the epic of all epics for the Bob Graham Round, is in my view, undoubtedly that of Stanley Bradshaw, who, to celebrate his 65th birthday, completed the round on 31 July 1977, having completed the round 5 weeks previously in a time just outside 24 hours. A man's fitness, in my view, is his recovery rate. In a younger man possible - at the age of 65 - an unsurpassed achievement.

### Some Recollections

Satisfaction of accomplishment - to see it on completion of a successful attempt pour from the contender's face like fat from a goose cooking in the oven.

To see a contender changing his shorts in front of someone he thought was a man - she wasn't.

To see the full moon appear over Dale Head and within a short time there was a wonderful transformation. With a touch of frost in the air the grass underfoot became white and crisp, the moon cradled on the serrated ridge between Scape End and High Crag. It was almost a transportation to the Alps, 1300 feet of fellside became 13000 feet of mountainside - a memorable occasion waiting at Newlands Church.

On another occasion in the same valley, en route for a meeting with

contenders - early morning - high summer - sun burning through my shirt - perspiration pouring from my body - stream nearby - round a knoll and there before my very eyes, a nudist family having breakfast - surprise for all. I bid them time of day and go on my way.

Why do we do it? If you have to pose the question you may never know. The reward for the physical and mental effort is beyond doubt personal satisfaction. I conclude by quoting Kenneth Heaton:

'We who have been associated in any way with attempts on this round and the Lake District Fell Record, will for a lifetime remember with pride and satisfaction each of the long days on the mountains and in the dales of Lakeland, with friends and companions worthy of the occasion. Having succeeded, what finer reward than satisfaction, happiness and a handshake from those who have helped.'

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Information regarding the Bob Graham 24-hour Club can be obtained from: Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria. But only on receipt of an SAE and 2nd class stamp to part cover costs

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Desmond Oliver at the rear and (left to right) founder members of the Bob Graham Round Club. Eric Beard, Stanley Bradshaw, Alan and Ken Heaton!

## 42 Peaks

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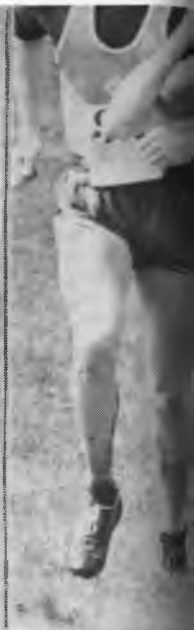
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




**Top Left** - (left to right) John Gibbison (Lancs. & Morecambe) and Pete Chapman (Kendal) photographed in the Northern Counties Race by Dave Hollinrake. Ken Brookes (Horwich) and **Below** competitors at Hard Knott Pass - photographs from the Duddon Race by John Offley. **Above** - Duncan Overton (Kendal) on his way to winning this year's Goat Fell Race.

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3. Discomfort caused by breaking-in traditional boots.
4. Fatigue and discomfort due to weight, stiffness of boots and changing shape as the boot ages.
5. Shock-impacting causes fatigue or injury especially on long descents and hard surfaces.
6. Drying must be carefully done to avoid damage to traditional materials.
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\* KLETS: Ken Ledward Equipment Testing Service:  
Ken Ledward is ex-chief instructor Outward Bound Schools,  
Member of BMC Technical Committee.

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To: karrimor International Ltd.,  
Avenue Parade, Accrington, Lancashire, England.

MEMBERSHIP INFORMATION

Not a pretty sight, but we thought it as well for you to recognise the Membership Secretary at a safe fifty yards before he nails you for your sub. and probably a donation besides.

Norman Berry is a member of Holmfirth Harriers and took over as Membership Secretary last Autumn, coinciding with the membership record system being computerised.

We are grateful to everyone for filling in the full details requested on the membership renewal form. This has resulted in a much improved situation with the Association now having accurate and comprehensive records.

The paid-up membership at 31 May was 1448. 319 new members were enrolled in the first five months of 1982.

The new system enables those members who have not paid their subscription to be seperated, and Calendars have only been sent this year to members when they have paid. The 220 members who had not paid their subscription by the end of May were sent a reminder, and where no response was forthcoming by the end of June, were considered to have resigned.

The system provides information about the membership of the Association. Some details which may be of general interest are given below. The details are taken from the 1599 members on record at 5 May 1982.

The total number of clubs from which members are drawn is 290. Those clubs with 10 or more members of the FRA are:

Bingley	45	Dark Peak Fell Runners	82	Lancaster &	
Blackburn	16	East Cheshire	10	Morecambe	24
Bolton United	12	Eryri	12	Lochaber	23
Bury & District	10	Halifax	11	Preston	11
Cambridge University	15	Holmfirth	27	Rochdale	28
Clayton le Moors	108	Horwich	48	Rossendale	24
Cumberland Fell		Kendal	43	Skyrac	12
Runners Association	33	Keswick	28	Thames Hare & Hounds	11

A total of 633 from these 22 clubs i.e. 40% of members from 7.5% of clubs.

Of 1234 paid-up members at 6 March there were 53 Ladies and 1181 men, of whom 223 were vets. over 40, a further 60 vets. over 50 and 12 over 60.

A service which some members may find useful is to know of the names, addresses, 'phone numbers and clubs of other members in their locality for purposes of joining up for transport to races, or training, etc. Enquiries about this service, for which there is a small charge, should be made to:

Norman Berry, Membership Secretary,  
165 Penistone Rd.,  
Kirkburton,  
Huddersfield, HDB OPH  
Telephone: Huddersfield (0484) 602922



At the March Committee meeting I was coerced into writing an article on the responsibilities of fell runners, with particular regard to their safety during races. I didn't like the sound of the word 'responsibilities' - it appeared to contradict the simplicity and hence attractiveness of fell running. My doubts though were soon dispelled by re-reading the poignant letters from Dougie Croft and Tony Creswell in the last issue of 'The Fell Runner'. That the individual does have a definite role to play in ensuring safety in races was further emphasised in a Cumberland Fell Runners Association report "The Safety of Fell Races".

"The Safety of Fell Races" owes its existence to the fatal accident in last year's Ennerdale race and the subsequent inquests. CFRA set out to evaluate their own races from a safety angle and to analyse how, if need be, they might be improved. In doing so they produced the most comprehensive, if not the only, review of the risks involved in fell races to date, and as such the report is undoubtedly a major contribution to the sport. Its value to the race organiser is immense. Although the recommended race rules and procedures are specific to long and medium CFRA events requiring navigational skills, they can be readily adapted to all races, if necessary. The Safety Committee of the FRA has indeed adapted these proposals for its recently published "Advice to Race Organisers". In adapting them, though, the Safety Committee was very aware that any procedures or rules to be used must take into account the attitudes and enjoyment of the competitor.

Any rules imposed by a race organiser must be seen to be objective and acceptable and any procedures adopted have to be adequate and efficient. Implicit in any assumption by runners that the race organiser has thus provided a minimum safety net must be the realisation by runners that they have their part to play. Its all very well expecting organisers to provide the means to monitor, locate and rescue us should we need it, we must play our part by being aware of how we can avoid them needing to. What our role is is best summarised by "Safety of Fell Races":

Prior to entering a race a runner must ensure that:

- he is basically healthy and has the necessary fitness.
- he can use a mountain map and compass to navigate under adverse conditions.
- has sufficient mountain 'sense' and experience to make sensible route choices and negotiate rough terrain.

Before starting the race he must:

- be aware of the weather forecast displayed by the race organiser.
- carry spare clothing and food appropriate to the course, the weather and his needs.
- be appropriately clad and shod.
- be conversant with the course and with race requirements (e.g. checkpoint closing down times and retirement procedure).

While racing he must be aware of:

- the weather conditions.
- his location.
- his physical condition.

and temper race euphoria with sound navigation and his pride with responsible judgment if retiral is under consideration.

If retiring he must, must, must follow the procedures to ensure that he does not needlessly divert rescue activities.'

Although seemingly a list of do's and don'ts, little of the above is too objectional or not common sense even, especially with the obvious but all too often forgotten fact that once a runner has set off in a race he must be self reliant and cannot necessarily rely on the help of others. As a minimum we should all have the means and the ability to get off the fells 'to safety' if necessary and the judgement to know when to. The basic decisions, for example, of clothing, route choice, etc., still have to be made by the individual. To take these away and try to eliminate all risk would be to detract from and emasculate the sport. To prevent this happening we should all acknowledge the part we have to play in making our sport safe - if we don't some race organisers, I fear, may try to do it for us, with an all too obvious clash of interests.

---

Copies of "Safety of Fell Races - a CFRA Report" can be obtained from: Jon Broxap, 25 Meadowcroft Cottages, Bowness on Windermere, Cumbria. Price £2.00 including postage.

Copies of "Advice to Race Organisers" will be sent to all race organisers whose races are included in the 1982 FRA Calendar.

---



A COURSE ON  
SAFETY AND NAVIGATION  
ON THE FELLS



Saturday/Sunday, 18/19 September 1982

In the South West Lake District

The two-day course is aimed at those wishing to participate in fell races whose mountain experience and/or navigation abilities are limited. It will comprise both instruction and theory and practice and experience on the fells. Each course member will receive a Certificate of Participation.

Organisers: Jon Broxap, 25 Meadowcroft Cottages,  
Bowness-on-Windermere, Cumbria.  
Telephone: Windermere 4567

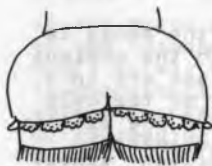
Peter Knott, 17 Westbourne Ave.,  
Wrea Green, Nr. Preston, Lancs.  
Telephone: Preston 683072

Technical Director: Ken Ledward

For full details of course content, accommodation, costs, etc., send SAE to Jon Broxap or Peter Knott.

---

Applications for instructors from experienced fell runners and/or mountain navigators are welcome.



# SHORTS



## RECORDS

Have you noticed how often a course changes and yet keeps the record of the old course? Fairfield, Wasdale, the Ian Roberts Relay and Thieveley are examples, though in some the old record has now been broken. Exceptions are Kentmere which had a new course and declared a new record and this year's Northern Counties. Perhaps the biggest sore thumb is Burnsall with a significantly different (most say 30 secs longer) course and yet the old record stands.

## LADIES AT BURNSALL

The doubts about Burnsall being a qualifying race for the Ladies' Championship have been cleared by the organisers' confirmation that there will be a Ladies' Race. This year is the Burnsall Sports Centenary and special prizes are to be given. Hopefully, the opening of this classic short race to ladies will attract a big entry.

## INJURIES

Tony Trowbridge wonders if it is coincidence that former champions Short, Norman, Bland, Walker and Styan have all had chronic injuries or whether the years of effort and high mileage have taken their toll. He may not know that the first three of these, plus recently Harry Jarrett have all had cortisone injections with varying success.

## RESULTS

Some say we have too many results the magazine, some say we should print more, e.g. the first thirty names, the first fifty etc. Policy at present is to print the first ten or twenty of those results that we get. We write to all organisers for results, so if you wonder why we haven't printed a certain set, it's because the organisers haven't sent them to us.

## UNUSUAL EQUIPMENT

Readers may have wondered what on earth are 'Hell Pads' as advertised by Pete Bland Sports in the last issue. Pete informs us that he has had no orders! It was actually a misprint for 'Heel Pads'. Whilst on the subject of misprints and unusual equipment did you see a recent copy of CompassSport in which the Sweat Shop advert. boasted being "a maja shockist of wide ranges of shoes" and of having "a fantastic range of chottineg" - your guess is as good as mine on that one! Have fun with the misprints in this issue!

## CHAMPIONSHIP RACES

There have been murmurs about the choice of races for the British Championship - mostly concerning the 'dropping' of Snowdon and Moffat. Some committee members even voted at the EGM against a decision already taken in committee. There is never going to be a choice which suits everyone, even though the intention is to make a slight change in the races chosen every year. If you have a grumble, please turn it into a positive suggestion and let us have it

## THREE PEAKS ACCESS

Dave Hodgson, Three Peaks Committee Chairman, writes that access problems are still an unfortunate feature of organising the Three Peaks Race. "Much of the running route is not on public rights of way and we are dependent on retaining good relationships with landowners. Regrettably relationships can become strained and a fortnight before this year's race it appeared that re-routing would have to be carried out, which would add nearly two miles to the accepted shortest distance. Only strenuous efforts and skilful persuasion by a member of the organising committee enabled this year's race to be run over the usual course. The future is by no means certain."

UNUSUAL CLUBS

Any readers who looked closely at the Hameldon Hill results would have noticed a variety of very interesting clubs represented in the race. As well as the local judo, squash and football clubs, there were runners representing local shops, a couple of hotels and others named variously as 'Thunderbolts', 'Ernest St.', the 'O'Rourke Family' (not quite all called O'Rourke!), 'Cloggers' and 'Nightingales' and more. I can't believe these all exist, but if its a clever way of getting round AAA rules on club membership - then what better way? It beats charging people extra!

INTERESTED IN NORDIC SKI-ING?

Then if you live in the London area you might be interested in the fast growing London Region Nordic Ski Club. For details write to: Spencer Lane, 3 Savile Gardens, Croydon, Surrey.

WANTED BY THE EDITOR

The Autumn '78 issue of 'The Fell Runner' (No.12) with Harry Walker on the front cover. Anyone willing to give or sell a copy, please contact Andy Styan.

VISITING THE USA?

We have just received copies of an American magazine 'Ultra Running' about really long distance running, which includes what they call 'trail races'. It sounds fascinating, and there'll be a feature in the next 'Fell Runner'. In the meantime, if you fancy a fell race in America contact: Stan Wagon, 'Ultra Running', PO Box 1057, Amherst, Massachusetts.

LIBEL

"Following a piece in the last issue a writ has been issued in the High Court claiming damages for libel. Tony Trowbridge has sued Mr William Bentball, part-time cartoonist and full-time scrap merchant for remarks that are totally false and that have caused him great personal grief." Sounds serious doesn't it? It's actually part of an anonymous letter from Tony himself, which goes on to libel Bill! I've not dared print the whole letter, 'cos it's too rude, in fact I wonder now whether I should have printed Bill's piece in the first place!

FRA AGM - 10 OCTOBER 1982

After the Butter Crag Race. All FRA members are urged to attend. Items for the Agenda to Jon Broxap, please.

---

**I.C.L. A.C.**

Presents the inaugural

**MOW COP HILL RACE**

**Saturday 31st July - 3 p.m.**

(Under A.A.A. & W.A.A.A. Laws)

From: Mount Pleasant Village Hall, near Kidsgrove. Staffs.

Course: 5½ miles / 1100 ft. road, country and rocks.

Entry Fee: 75p. (1.00 on the day)

Entries by 24th July to:-

C. Lowe, 22 The Crossway, May Bank, Newcastle. Staffs.

S.A.E. for details,

S.A.E. for results.



The winning entry for our last Competition, printed above, came from Alan Yates, who wins a year's free membership of the FRA and a T-shirt. We were quite unable to choose a best runner-up from the entries below. They will have to share the prize of an FRA T-shirt. Will all those named please let us know which part of the T-shirt they would like.

- 'That's an obvious case of exposure'
- 'Who's behind whose behind' (both from Alan Sanderson)
- 'What a lovely pair' (John Fryer)
- 'That pair are well placed' (Bill Fielding)
- 'I said take the road to the bottom' (Brent Brindle)
- 'I know its first one to the bottom who wins, but there's no need to take it with you to make sure'
- 'I don't care if it is your honeymoon, the rules say club colours must be worn' (both from David Bryant)
- 'When we asked you to carry something warm, comfortable and waterproof, that wasn't quite what we had in mind' (Mark Fettes)
- 'That's not quite what we meant when we said "Full body protection must be carried"' (John Jackson)
- 'When we said carry essential equipment, that is not what we had in mind' (Kenneth Clark)
- 'Thar't better turn lass round for't downhill' (Alan Bocking)
- 'No sir, that does not constitute a sleeping bag under Karrimor Rules'
- 'Wild by name and Wild by nature, I see' (Rob Pearson) (Eddie Harwood)
- 'Rosen, I think Rule 5 about pairs maintaining contact with each other throughout the entire competition is being taken too far' (Rob Pearson)
- 'Well done lad, I told you running would get you some rosy cheeks' (Tony Simpkins)
- 'So that's what they mean by bringing up the rear' (Ian Aitchison)
- 'That's what comes of saying the winner could choose whatever prize he fancied' (Will McLewin)



BEST OF THE REST

- 'Hey, why aren't you carrying a bum bag like the others?' (Peter Brooks)  
(Sorry, Peter, 1000 lira is still not a big enough bribe. Ed.)
- 'Which shop did you buy that bum bag, lad?' (Tony Trowbridge)
- 'What's in that bum pack of yours?' (Rob Pearson)
- 'No, no; Sue Styan's won 2nd prize, not Sue Styan is 2nd prize' (John Jackson)
- 'Got a light mate?' (Jim Potter)
- 'Five hours I've been waiting, you can't get more behind than that'
- 'I've warned you long distance walkers about lifting' (both from David Bryant)
- 'VIKINGS!' (Archie Rollason)
- 'Better than Mars Bars to stop Bonk' (Mike Farnworth)
- 'If his brother wasn't managing director of Karrimor International, he'd never have got through that last kit check'
- 'Superb prizes they give in this race. He only came in 3rd and he's won an inflatable Erika Rowe doll' (both from Keith McKay)
- 'I don't know how he's the puff to blow it up'
- 'Hey, you've just dropped the kids' (both from Christopher Clayton)
- 'Looks like he's going to start his own affiliation proceedings'
- 'That's Harry's fourth exposure case this season'
- 'You should see the view from the top' (all from Selwyn Wright)
- 'Wait till you see the view from the top'
- 'That's not what I meant by handicap' (both from John Fryer)
- 'Keep going, Fred, you're about a foot behind the leader' (Mike Kaiser)
- 'Hey Pauline, we'll have to disqualify you if you keep hitching lifts'  
(Dick Agass)
- 'You're carrying your marriage vows too far'
- 'She'll get you into trouble'
- 'Gretna Green? You've passed it'
- 'Atila who?'
- 'She's from the Sabine club'
- 'I blame the parents'
- 'Quick, throw a bucket of water on them' (All from Bill Fielding)
- 'By heck, you got a cheek to run in a frilly sweat band and nowt else'  
(Geoff Oliver)
- 'Hey, put Harry Walker down'
- 'All change'
- 'Is that your new sleeping bag' (all from Colin Ramsbottom)
- 'Leave her here, lad, I'll make sure she gets home alright' (Brent Brindle)

**DON'T READ BELOW HERE!**

Unless you're happy to read the ones we nearly censored.

- 'And you still think you'll be the first one up'
- 'What do you mean, you wish you'd never entered the Mounting Marathon?' (both from Selwyn Wright)
- 'Keep your thumb where I can see it, number 5'  
(Rev. John Thomas Bentball)
- 'Come on number 5, you're nearly last, get your finger out' (Dave Bendy)
- 'Never seen an 'orse like that on Race Course till before' (Tony Trowbridge)
- 'I've just realised what AAA stands for - Arses are apparent'
- 'I'll bet you'll be glad when you've reached the bottom' (both from Alan Sanderson)
- 'How many more times, Mr O'Toole, the Knock "Layd" race is purely a fell race, man, a fell race' (Keith McKay)
- 'They need their arses wiping for them today' (Mike Farnworth)

# STRIP OFF FOR SUMMER!

at

**THE SWEAT SHOP**

Our comprehensive stocks include shorts & singlets by:-

<b>New Balance</b> strip - 730, 420 & 660 colour ways		
Mesh panel in singlet; shorts with inner, each half	<b>£8.50</b>	
<b>Nike Roadracer</b> short (no inner or trim) in white, black, royal, navy, sky, red and green.	<b>£4.25</b>	
<b>American Express</b> short in black, royal, navy, red with white stripes and inner.	<b>£4.95</b>	
<b>Express 11</b> singlet in black, royal, red, green with white mesh panel.	<b>£5.95</b>	
<b>Express 111</b> singlet in red & navy, navy & gold, sky & navy, black & green with white mesh panels.	<b>£6.50</b>	
<b>Ron Hill Freedom</b> short (no inner) with stripes.	<b>£4.25</b>	
<b>Ron Hill New York</b> singlet, grey with blue or red side stripes	<b>£4.75</b>	
shorts (with inner)	<b>£7.50</b>	
	<b>£6.75</b>	
<b>Paris</b> singlet shorts (with inner)	<b>£5.95</b>	
<b>London Marathon</b> singlet, red, white & blue	<b>£6.95</b>	
Unisex short, red, white & blue	<b>£7.95</b>	
<b>Adidas Plain</b> vest (Cottonmix)	<b>£4.95</b>	
<b>Mesh</b> vest (Cottonmix) 2 colour plus mesh at bottom	<b>£6.75</b>	
<b>Comet</b> short without inner	<b>£4.25</b>	
<b>Distant</b> short with inner (discontinued range)	<b>£6.25</b>	
<b>Sprinter</b> short with inner	<b>£6.95</b>	
<b>Ladies shorts by Adidas &amp; Nike</b>		

## 'O' SUITS:

Firstly there is the superlative suit from Yngve EK. There are other suits, but this one cannot be beaten for its full cut and quality. Yngve EK. have also introduced a super lightweight suit, "The New'81", which will supercede the Tritex Version.

**Yngve EK.** 'O' suits, Navy, Green, Royal, 1-7 **£13.95**  
Tops only **£9.95**. Bottoms **£6.95**

**Yngve EK.** 'New 81', Navy/sky, Yellow/Royal 1-7 **£15.25**  
Tops only **£8.50**, Bottoms **£7.50**.

**Sweat Shop Special:** Green, Navy, Royal, 1-7 **£10.95**  
Tops only **£5.95** Bottoms **£5.50**

**Silva:** Sky/Navy, **£18.95** Complete suit only (sizes 1-7)

## BRAMBLE BASHERS:

We have developed a super Bramble Basher, which in tests has lasted twice as long as others. (Gold Stripe) **£2.95** Full cotton cushioned foot, Navy, Green, Red, Junior and Senior.

## SHOES:

**New Balance 455**

U.S. Size 6 D, 2E, 4E, **£27.80**

U.S. Size 6½ - 13 D, 2E, 4E, **£31.95**

**New Balance XC15/20** **SECONDS** These versatile shoes are a bargain  
U.S. Size 6½ 13 D, 2E, £16.95

**Nike Internationalist** 6-12 £29.95

**Nike Orienteer** Established Green & Silver model with waterproof lined upper; Spenco insole and good heel wedge. Sturdy Construction. Plus New Model in Blue & White, sturdier but stronger. Both Models 6-12 £18.95.

<b>ADIDAS CROSS</b>	3-5½	£13.50	6-12	£15.50
<b>NOKIA STRONG</b>	34-39	£11.95	40-46	£14.75
<b>NOKIA HECTOR</b>	34-39	£ 7.50	4-46	£ 8.95
<b>COMPASS ROSE</b>	34-39	£12.95	40-46	£14.95
<b>WINIT</b>	34-39	£14.95	40-46	£16.95

### **SILVA COMPASSES**

Type	2NL.	£ 5.76	4S	£ 9.66
	2	£ 6.95	1S	£12.08
	3NL	£4.65	S4NL	£16.20
	3	£ 5.99	4W	£ 4.03
	4	£ 8.94	7NL	£ 3.74

Map Cases    Wayfarer    £1.55                      Whistles                      .33p each  
                    Rambler    £2.40                      Map Measuring    £3.02

Head Bands & Wristlers, many colours 75p

ASL Socks    Ankle £1.75    Tube £2.25

Eye Shades with sweat band £1.00

### **XL1 SPORTSDRINK**

Delivers essential food energy and fluid to the tissues within minutes of ingestion, helping to sustain maximum physical activity. Packs of 3 x 80g. sachets. (Makes 3-4½ Litres) £2.58.

## **PHONE FOR FULL PRICE LIST**

Mention this advertisement for 10% discount



The Sweat Shop Limited, The Causeway, Teddington, Middlesex TW11 0HE. Telephone: 01-943 0239  
**Run by Runners for Runners**

# ~ COMPETITION ~



The prizes - Winner: FRA T-shirt and a year's free membership of the FRA  
 Runner-up: FRA T-shirt

### WHAT DO YOU NEED TO DO?

Simply send us a caption for the photograph above. It can be a caption for the whole or a caption describing what the individuals are saying.

.....  
 .....  
 .....  
 .....  
 .....  
 .....

Name: ..... FRA No. ....

Address: .....

.....

Entries to the Editor by 11 October 1982.

Photograph: John Reade receives refreshments from summit marshal Santa Claus in the 1981 Rossendale Festive Fell Race.



**Billy Bland's** Mars bar break at  
Three Shires Stone. (Duddon 1982)  
Photo. by John Offley.

MEMORIES OF CHEW

from Bill Fielding

The gun goes off, too late to cough,  
 As one the pack explodes,  
 With staring eyes and bursting thighs  
 They attack the fell in droves.  
 Great granite blocks and falling rocks  
 Harass the assaulting mob.  
 This buttress clean will vent his spleen  
 On all who dare to rob.  
 With tooth and nail they wrest a trail  
 From this giant rocky species,  
 And on they flee, through rock and scree,  
 This pack of human leeches.  
 Across the moor, over peaty floor  
 This human tide sweeps on.  
 Through peaty stew and kindred glue,  
 Where has the footpath gone?  
 Down comes the cloud to form a shroud  
 Of ghostly apparitions.  
 No peasoup fog, or bottomless bog,  
 Will stop this hellbent mission.  
 The peal of bells echo from the fells,  
 This sanctuary of sound  
 Will bring us through this witches' brew  
 To a refuge of dry ground.



HELLY-HANSEN "LIFA"

If you are one of the few remaining fell runners without LIFA thermal clothing, it is still not too late to catch the leaders while prices are low . . . Helly Hansen will be putting up their prices again in September and this time even ours must rise, but not until you've had a chance to kit up for the Karrimor!

After our Siberian winter of 1981, there can't be many people who wouldn't appreciate a nice warm pair of long Johns this Christmas. . .

Long Sleeved Tops	Navy or Red	£5.75
Short Sleeved Tops	Small Navy or Red	£5.25
	Med, Large Red Only	
Polo Necks	Navy Only	£5.95
Breeches	Navy Only	£5.50
Long Johns	Navy or Red	£5.75

Sizes: Small, Medium, Large, X-Large.  
 Please add 25p post/packing per item  
 Quantity discounts on request  
 QZ ted prices valid only until 1st October 1982.  
 After 1st October, add 15% to all prices!

**Geoff  
 PECK**

209 VALE ROAD  
 ASH VALE  
 ALDERSHOT HANTS  
 GU12 5JE

0252 25971

MOUNTAIN-CRAFT

by Jimmy Jardine

It was perfect - rain and wind lashed the streets of Fort William. It would be sleet half way up the Ben. Good! The windows of McTavish's kitchen were steamed up. Excellent! It would have lessened the impact of my arrival if they had seen me arrive by car.

I parked the car up the side lane and quickly jumped out. I undid my cagoule from the roof rack - the outside was nicely sodden. Fine! I put it on. A trickle of water ran down my neck. I hadn't bargained for that. I just hope I don't catch a cold, that's all.

I pushed open the swing door and went in. At the swish of the door heads turned. I had their attention.

"Grim up the Ben" I said loudly, dripping pools of water beside the nearest table.

"Pleez?" They enquired.

I summoned up all my linguistic powers, raising my voice "Up zee Ben Nevis." They understood at last.

"Yes, thank you I will have a cup of tea - two sugars please. Cumpick?? Oh, you mean camping! No, I was RUNNING."

Again the heads turned and I acknowledged with a modest nod. "I'll say it was cold. The only thing that kept me going was the vision of a steaming plateful of cottage mince and chips. Oh, thank you - with peas please. Where's the brown sauce? You want to climb the Ben? Well, basically the mountain is shaped like a slice of chocolate gateau. Thank you, I will."



# LETTERS TO THE EDITOR

Dear Mr Styan,

## Moffat Chase 1982

I have received a letter from the FRA Statistician, Peter Brooks, in which he states that 'there is concern' over the 'virtual clash' between this year's Moffat Chase and Ben Nevis Races (August 29th and September 4th).

As organisers, Annan and District AC have not intended any such clash with Ben Nevis or Sedbergh Hills the week before and the change of date was one of safety and organisation.

1. Any runners in difficulty would hopefully meet much better conditions on the hills.
2. Rescue teams would have approximately one hour longer to search for them in daylight.
3. Marshalling would be made easier on Nethercombe and Saddle Yoke checkpoints.

As the Moffat has been dropped' by the Fell Runners Championship this year, we took this opportunity to change the date.

In fact we had suggested August 22nd but Dave Moulding, the Fixtures Secretary, 'phoned me and asked me to change the date to a mutually convenient week to 'prevent a clash'.

May I state our two main points of 'concern' to the committee.

1. We have not, as yet, even received a courtesy letter saying we have been replaced in the calendar, only finding out indirectly through some of the fell runners commenting on it. Surely this is the least any organiser can expect as the races are as important to the championship as your runners and yet they have all been notified.
2. In his letter Mr Brooks writes 'The FRA have voiced this concern with the SAAA'.

Upon what authority was this action taken without prior consultation with this club? For the record we do not run our race without an SAAA permit (their authority) and, in fact, this year the SAAA have asked us to incorporate their Scottish Hill Running Championship in our event.

Is it not about time the FRA accepted that organisers are needed, and about time the FRA showed common courtesy towards them?

May 1982

Annan & District AC

Yours sincerely,

James Dunion



I am very sorry that Mr Dunion had to write a letter like this. It does not reflect well on us, and the last thing the FRA Committee would wish to do is to alienate an organiser of a race with standards as high as Moffat's. I took Mr Dunion's letter to the Committee meeting on 23rd May and the views expressed there are:

1. That a 'courtesy letter' is a perfectly reasonable request. The fact that such letters were not sent was an oversight which will be put right next year. In the meantime, we apologise to all concerned.
2. All Dave Moulding, the Fixtures Secretary, would wish to do is to inform race organisers of a 'same day' clash and leave the decision about changing the date to them. Dave says that this is what he did in this instance.
3. Organisers decide race dates, not the FRA. The FRA decide championship races, not the organisers. Obviously we depend on one another and must work together better.

Since Peter Brooks had written to Mr Dunion without the knowledge of the Committee, I asked him for his comments. Peter replied:

"Mr Dunion's letter raises two distinct issues:

1. As already accepted by the FRA Committee we need closer liaison with organisers, particularly concerning the choice of championship events, their effect on particular organisers' plans and their timing. The Moffat - Ben Nevis proximity is not the only incident in this year's calendar, but having now recognised the problem, the FRA will be attempting to mitigate clashes for 1983 events by timely liaison with organisers.

Without in any way excusing the previous lack of liaison, it should be pointed out that Mr Dunion's FRA fixture list would have notified him of the 1982 Championship events!

2. Courtesy? This always has to be a two way process to be effective. My letter of 19 April was simply taking the courtesy of informing Mr Dunion that the point of the 'virtual clash' had been raised with the SAAA; the representatives of which had intimated that they also had influenced the timing of this year's Moffat Chase so as to incorporate their own Hill Running Championship.

The point was merely used as an example of one of the ways in which a closer liaison with the FRA could benefit the sport as a whole."

On a purely personal note I don't see any problem with Moffat and Ben Nevis on successive weeks. The Welsh 1000 and the Ennerdale, Skiddaw and Wasdale, and Melantee and Borrowdale are on successive weeks. Ed.

---

Dear Andy,

Having just received the December issue of 'The Fell Runner' I am most disappointed to see that Snowdon has been replaced by Skiddaw in the British Fell Running Championship for 1982. This means that only one out of the fifteen championship races takes place in Wales - doesn't this seem to you rather odd, or unfair, considering Wales has some of the most challenging mountains in the British Isles? I say unfair because it means that Welsh runners have to travel huge distances to get to all but one of these races, whereas the Lake District and other North of England runners have them almost on their doorsteps. I realise that last year some championship races took place too close to one another in time, but surely it would be possible to ask organisers

to move their races to different dates?

Yours sincerely,

December 1981

Rosie Naish

I can understand your feelings, but if you work it out you will see that, of the mainland 'A' races, 9 are in Scotland, 3 in Wales, and 32 are in England. Of the championship events, 3 are in Scotland, 1 is in Wales and 11 are in England. So each country has one third of its races represented. That seems fair to me, though I realise that other factors, such as the toughness of the races, affect it. Ed.

Dear Andy,

Having, apparently, not endeared myself to some organisers with my last letter, I feel I've got nothing to lose by going a bit further and suggesting that while I am in sympathy with Kevan Shand and John Haworth, their comments, insofar as they refer to competitors attitudes, are incorrect.

I don't know of runners who want to see a detailed balance sheet in order to see whether or not the organiser is making money out of an event. But a rough outline of the financial side, e.g. with the result sheet, seems to me a good idea (common sense even) and would perhaps help to educate misguided persons like myself - once again Chew Valley is a good example. And if, just for example, the expenses included a reasonable meal out for the organiser and his wife, then I would feel that's the least they deserve.

I don't know whether it makes John Haworth better to say its contempt and sheer thoughtlessness that makes me prefer entries on the day (where this is possible), but I'm sorry, John, as far as I'm concerned I know the truth and its neither of these. The reasons are obvious to every one who competes; life is complicated and mine isn't all neatly planned in advance. I am going to compete (and finish near the back as usual) in as many races as I possibly can (and can afford to go to) because I enjoy the event and meeting other runners and being on the fells and so on (its the only thing I have in common with John Wild). This wingeing about wanting commitment in advance makes no difference. Why should the organiser commit himself in advance? He shouldn't if he doesn't want to - it's his choice. And the same applies to entries from 'the perpetually unattached and refugees from pseudo-athletic clubs' - you don't have to accept their entry and take their money, John. Don't misunderstand my point - I'm not saying I approve of such competitors (nor that I disapprove), just that you seem to want it both ways and I don't see any virtue in getting depressed about it. In fact, if organising a race makes you so miserable, perhaps you should stop.

As far as prizes are concerned, there does seem to be, in some cases, a second sort of event. It's between the organisers and is about providing the best prize list and I find this rather distasteful. For me and, clearly, the vast majority, it doesn't matter whether the prize list goes down to 10 or 20 or 40. I'm not impressed if the winner gets a colour TV or a £60 duvet, particularly if there's nothing left to drink when I finish, and if the top competitors won't compete unless there are substantial prizes then my view is let them stay away. I can understand that some sponsors might need the ego-trip of presenting their goodies to a top-name instead of someone who is usually an else-ran (would it be unkind to wonder whether this is some organisers'

problem too?), but there are other possibilities - such as the last Don Morrison Edale Skyline, where every finisher received a can of beer. And don't be condescending and say "what's a can of beer - big deal" that gesture was really appreciated.

Kevan is asking for a fair prize list, but not thinking clearly enough about what fair means. If the lad who has grafted for 2½ hours and come 10th deserves something for his efforts, why should the lad who has grafted for 2½ hours and 10 seconds and come 11th deserve nothing? And why should old men like me, without the accidental gift of running talent who, let me assure you, graft just as hard, but for 3½ hours, deserve nothing. Again I would prefer not to be misunderstood - I am not saying that I and people like me deserve prizes, but that whether anyone deserves a 'valuable' prize seems to me rather doubtful, and effort and entry fees devoted to providing 'really worthwhile prizes' seem to me misplaced. We should also be prepared to admit that in the question of who gets prizes there is a large element of 'it depends who turns up on the day'. This is even more true of team prizes and ladies races.

In my view a better principle to aim at would be to give inoffensive souvenirs, - mementos of no commercial value, but which are not just tawdry trinkets so that recipients would be pleased to receive them. Alternatively, or in addition, I do believe that a few spot prizes would meet with general approval. Just as a possible example, a few £2 book tokens together with a nice little card would give the lesser mortals in fell races a lot of pleasure. Some lucky individuals could even win a free entry in next year's race.

Yours sincerely,

April 1982

Will McLewin

I'm sure Kevan would agree with your points on prizes in general - his main concern is where the money goes (or doesn't go) in some races. E!

SIR!

CRAZY MUST LIVE ON!

I LIVE IN BOURNEMOUTH (IN ENGLAND) HAVE YET TO SEE A FELL LET ALONE RUN ONE YET I BELONG TO FRA.

ANDY STYAN BECOMES PRIME MINISTER!

JOS NAYLOR GIVES UP 'FLYING THE FELLS' GOES BACK TO RUNNING THEM AGAIN!

JOHN WILD BECOMES FIRST FR MILLIONAIRE!

FELL RUNNERS GOVERN FELL RUNNING. SUCH SANITY IN A WORLD OF MADNESS!

JUST A DREAM???

AS I SIT HERE IN MY TAXI, WISHING "FELL RUNNER" WAS MONTHLY INSTEAD OF TWICE YEARLY, DREAMING ABOUT MY NAME IN PRINT ( JIM POTTER WINS AGAIN), MAY I WISH YOU AND THE MAGAZINE CONTINUING SUCCESS.

Yours sincerely,

March 1982

Jim Potter

Is this letter a dream? Ed.

Dear Andy,

Des Oliver is absolutely right (Skiddaw report) when he asks for youngsters to be given more consideration. Fell running is a remarkable sport not only due to its adventurous nature, but also in the friendly and tolerant way that competitors treat one another. Children can appreciate both of these aspects just as much as adults, and yet they are largely denied the opportunity.

Looking through the 1981 calendar, I am startled by the number of 'Over 20' races, with Duddon being 'Over 21'. This disqualifies some top quality experienced runners which seems manifestly absurd. However, my grouse is that there are not nearly enough races for boys and girls, although the turnout at the professional races and various others e.g. Butter Crag and Kinder Downfall proves their justification. I note that the Chew Valley organisers advertise from 12 yrs. upwards, and this in March with a 13-mile Senior race.

I don't suggest that organisers of long races with inevitable worries about safety should necessarily add to their problems, but with so many shorter races, it does not require a great deal extra to offer a shorter course.

I teach boys up to the age of 13 and there is a tremendous desire to go fell racing despite (or perhaps because of) living in a big city. However, I cannot do more than offer them the odd one-off event, simply because they are generally not welcome.

By the age of 11, many children regularly go off alone in orienteering events, where the added navigational problems and the scope for running off the map provide far more potentially dangerous situations, and whilst fear has lost many children to orienteering, no child has ever suffered serious injury.

I welcome the drafting of safety rules, but fear that safety-conscious adults who have no personal interest in children's sport will take the easy option and say 'fell running is not a sport for youngsters'.

May I end with a plea to every race organiser to think 'Can I include a course for children, without overstretching my resources?'.

Happy Running,

December 1981

Eddie Harwood

I totally agree with you. I'd like to see more races for youngsters and the age barriers lowered - over 17 for long races and over 15 for others, for example. There are, however, over 20 fell races for children in the age group you mention (many admittedly attached to B and C senior events), and I do know that many organisers have difficulty in getting fields big enough to justify running such races. Ed.

---

William Scott, the Carnethy race convener, sent us a race programme and the following letter.

Dear Mr Styan,

Can I draw your attention to the foreword in our programme where we have informed competitors that it is our intention to produce a copy of the previous year's income and expenditure account and, as you see, we did ~~just~~ that in our programme. We have explained that as far as we are

concerned the Carnethy is an ongoing event, as we have various expenses throughout the year with accounts for engraving etc. (we pay for this). But we have tried at the end of the day to let all participants (who we believe are the interested parties) know just how much we spend on an event like the Carnethy. Naturally this has been encouraged with the 'writings' in 'The Fell Runner', although speaking solely as an 'organiser' I maintain that most of your correspondents would be surprised to learn just how much it costs to organise an event that has to break even at the end of the day. Anyhow, I thought that you as editor of 'The Fell Runner' would like to know what we have done in answer to your enquiring correspondents in previous magazines.

Yours in Sport,

February 1982

William B Scott

Dear Andy,

Following recent comment in your magazine and elsewhere, we have decided to supply you with a copy of the Three Peaks Race Association Income and Expenditure Account for the year just ended.

<u>INCOME</u>	<u>£</u>	<u>EXPENDITURE</u>	<u>£</u>
Subscriptions:		NCAA Affiliated Fee	3.45
Private	5.80	Village Hall Hire Charge	10.00
Club	3.00	Marquee Hire	49.34
Entry Fees:		Paper Cups	2.30
Three Peaks	606.25	Gratuities	4.00
Pen-y-Ghent Junior	3.25	Nuts/Bolts etc.(Results Board)	6.38
Pen-y-Ghent	71.25	Insurance	35.00
Bank Interest	127.98	Stationery	27.80
Programme/T-shirt sales	157.14	Postage	137.66
	<u>974.67</u>	Prizes, engraving etc	42.37
		A Miller. Van Hire etc	59.83
		Entry Secretary Expenses	13.60
		Secretaries Expenses	20.81
		Committee Expenses	5.00
Excess Income: <u>£196.01</u>		Bank Charges	5.42
		Typing	35.70
		Donations	320.00
			<u>778.66</u>

Harrogate

November 1981

The following points should also be made clear:-

1. Donations are donations paid during 1980/81 in respect of the 1980 race to rescue and first aid teams. No donations in respect of the 1981 race have yet been paid.
2. Certain expenses arising from the 1981 race are not included, specifically the issue of certificates and results. The postage on these is substantial.

Had the race not been postponed, then these two items would by now have been incurred and a loss would have resulted.

The Three Peaks Race Association

December 1981

Yours sincerely,

D A Croft

After receiving Duggie's letter I wrote and asked him what contribution the Daily Mirror made to the Three Peaks Race. His reply is below.

Dear Andy,

I can only give a broad response to your query because the details are not available to me.

As a matter of policy the Daily Mirror will supply us only with goods (and the services necessary to produce those goods) and not with hard cash. In effect this means that they will supply anything capable of bearing and hence promoting their name. Thus whilst they print and supply entry forms, certificates etc., they do not pay the postage costs of issuing these.

The major routine items they cover are prizes, now an expensive item since the introduction of silverware, and programmes, where production costs are about double the cover price! They also provide the occasional one-off items, e.g. the numbered bibs, now about £1.50 each. Because of this system the account you have reflects only income received and expenditure incurred by my association and excludes any item covered by the Mirror.

Yours sincerely,

January 1982

D A Croft

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Dear Mr Styant,

I do not often write letters to magazine editors, but I feel prompted to come to the defence of Cumberland Fell Runners and the Kinniside Fell Race, which you singled out to 'knock' in the December 1981 issue. (p.58) For a representative of an Association claiming to be based on individual and not club membership (hence the negotiations with the AAA), why does the fact that 16(?) of the first 20 in the 1981 Kinniside race compete for CFRA or Keswick AC devalue the race, as implied by your comments? Incidentally, it might help if you got your figures right, as I counted only 15 according to your printed results (p.18).

Perhaps it has escaped your notice that 4 of the first 6 at Kinniside were also in the first 6 at Latrigg. Looking at the Kinniside race another way, there were 6 clubs represented in the first 20, plus one unattached runner. It may be that the Kinniside reflects the respective strengths of Keswick and CFRA, who are undoubtedly (?) the strongest fell running clubs in Britain. Statistics can prove anything.

To conclude with, I wonder why you call the Kinniside race 'a distant event'? Distance is a relative term, and for myself, I can see most of the Kinniside fells from my front windows. But then, of course, the Editor comes from that far-flung, foreign, flat land called Yorkshire!

Yours in the fells,

January 1982

Joe Ritson

It was simply an item of interest - no knocking implied. It happens to be one of my favourite races, and I wish it was on my doorstep. Ed.

---

Dear Editor,

Tony Cresswell's letter made some important points on safety. In a sport which is refreshingly free from petty regulations it's a pity when a need for more control becomes evident. However, his suggestion for stiffer penalties for not checking in seems very desirable.

But, as pressure for more controls increase, let's try to keep them as few as possible. The onus for safety must stay with the individual and be seen to do so. He should not be so heavily surrounded by rescue services that he begins to accept them as a substitute for his own responsibilities to himself. Leave the competitor to judge whether he needs to take his caribou-skin long johns and food for two days, or whether he can manage with the proverbial Mars Bar and jock-strap. After all we're consenting adults in private. Let's have fell running the same as mountaineering.

The most fitting tribute to Bob English will be to maintain the sport free from the bureaucracy which strangles so many others.

Changing the subject, what's this about a scrubber's championship? Leave us scrubbers alone. You're right in your response to Des Oliver; fell running first, competition second - at least for the also-rans. We scrubbers should promote fell-running as a non-competitive art form. Leave us free from the tyranny of the ranking lists. This is where orienteering went astray - badges, forms, officials, rules. There are signs of The Fell Runner catching the same disease. Let's have some articles on the other side of fell-running - fell-running as a spiritual experience, fell-running as escapism, etc. Stuff the ranking lists.

Yours for punk fell-running,

December 1981

W K Burns

If you look at Kevan Shand's scoring of the 'scrubber's' title, you'll see that they are mostly top runners anyway - so don't worry! I look forward to receiving your first article on 'the other side' of fell running for the December magazine. Ed.

---

Dear Andy,

I'd like to express my support for the FRA in its claim for governing body status. I think you're doing a great job: keep it up! As an immigrant to England 1½ years ago, I've really appreciated the existence of an organisation of fell runners, run by fell runners for fell runners. To hell with the three 'A's, if it comes to that!

Yours,

May 1982

Mark Fettes

Dear Mr Styan,

The FRA's opposition to Club as opposed to individual membership seems to be financial and political. I say 'seems' as I have never read or heard any convincing argument as to why it should be so. The statement that all members have joined as individuals doesn't persuade anyone, as in fact this is the only way it is possible to join. A bit circular!

I assume that individual membership brings in more money than club membership. This is a good thing, but the benefits of club membership - better communications with members, the 'club spirit' helping runners' keenness through those bad times, and other advantages - are important enough that it could be worth raising money in other ways. At least it is worth thinking about.

Politically the argument is about who should control the sport, the FRA or the AAA, and I can appreciate and sympathise with the FRA Committee's efforts to get a workable solution to this complex and important problem. My only contribution as an ex-cycle racer, is to warn that a similar argument existing in biking between 1947 (when?) and 1958 did nothing but harm. Bikers who raced under one set of rules were 'proscribed' - lists of offenders appeared in 'Cycling' magazine and these riders were barred from 'official' events, including international selection. The resulting bitterness has not yet died out. Does anyone really want a situation where fell racers are barred from track or road racing? Yet this could happen if the AAA showed its teeth, although I hope and believe that the AAA is a wiser governing body than the National Cyclist's Union was.

Yours sincerely,

January 1982

P Jepson

In answer to your various points, firstly, it is quite possible for a club to join the FRA in exactly the same way as an individual does - two clubs have done so in the 12 year history of the Association (though their membership has now lapsed). Secondly, certainly individual membership brings in more money than club membership would. If you look at our item on Membership elsewhere in the magazine you'll see that you wouldn't be reading it if we relied on income from club membership. Thirdly, the main reason that the FRA Committee has moved so cautiously in its negotiations with the AAA, and has sought advice from the AAA at each stage as to the most acceptable approach towards bringing about governing body status for the FRA, is precisely to avoid the sort of situation which arose in cycle racing between 1947 and 1958. However, the EGM showed a remarkably strong feeling in support of individual rather than club membership. No-one is against clubs, indeed most of our members are members of athletic clubs, but the Fell Runner's Association is individual based and looks like staying that way. Ed.

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Dear Andy,

As a newcomer to fell running, I am not fully aware of the differences that exist between the FRA and the AAA, and would appreciate a resume of these differences in the next issue of 'The Fell Runner' if possible.

Yours sincerely,

January 1982

Alan Sanderson

I'm sure I'd be greeted with "Oh, no, not again" if I did what you ask. I can let you have back numbers, or you could borrow them from your mates, and read all about it. Ed.

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Thank you all who have written. If you have any ideas, opinions, or grouses that you want to get off your chest, send them to me. I'll continue to print as many letters as I get, for as long as there is space for them. Ed.



**” Rumour has it ..... ”**

- that Roger Boswell took off up the Ben during the coldest day of the big freeze (January 9th). He was wearing spikes.
- that John Wild has resigned from Tipton and made Cumberland Fell Runners his only non-RAF club.
- that the Pony Marathon has been allowed to waive AAA rules on non-club runners by charging a supplementary fee, to be donated to the AAA. Perhaps the AAA would sell independence to the FRA?
- the John Wild won the Fairfield Horseshoe wearing a 'Reebok Racing Club' vest.  
(But I thought you said .....Ah, well!)
- that Roger Boswell has a new job - selling spikes to unsuspecting tourists.
- that top professional fell runner, Fred Reeves, has been re-instated as an amateur.
- that top professional fell runner, Kenny Stuart, has not even applied for re-instatement.
- that certain Scottish fell runners are considering breaking away from the FRA and forming their own Association.
- that Donald Booth holidayed in Jura recently organising the resurrection of the famous (or is it infamous?) Bens of Jura race.
- that Peter Haines, navigator supreme, got hopelessly lost in this year's Chew Valley race. Never mind, it happens to the best of us, Peter.
- that Ann Bland says 'if it doesn't hurt, you're not doing it right'.
- that the Editor will be at future events in disguise.

STRAIT-LACED

by Donald Booth

How would you describe Jean Lochhead?

A few months ago I went, with a friend, to a Holmfirth Harriers club-run. We had just pulled up in the car when I realised that the girl getting out of the car in front was Jean. I sounded the horn; she walked towards us. I wound down the window to say "Hullo". Instead of replying in the way I was expecting her to, Jean put her foot up on the car door and, pointing at the said foot, said, excitedly, "Look! Look!"

We both looked, but saw nothing extraordinary - a good running shoe, that was all. Reebok, if I remember correctly.

"Look! Look!" Again she pointed excitedly at the shoe. I looked again. They looked as though they might be Aztecs. Perhaps that was the point?

"Look! Look!" She was becoming exasperated. I observed that the label was beginning to part company with the shoe's tongue. My running friend (who would prefer to remain nameless here, lest mention of his name should bring dishonour to the title 'World Coal-Carrying Champion') thought that the shoe was merely a ruse and that I was setting my sights a little low. He could see the point (or so, at least, he afterwards claimed).

Finally, Jean gave up.

"It's the 'Booth Knot'!" she exclaimed. Now, until that moment I had heard the knot in question called many things - but never the 'Booth Knot'. It immediately occurred to me that writing a few lines for 'The Fell Runner' was a much easier way of gaining recognition amongst fell runners than is running in races (a device discovered long ago by Bill Bentall. Who is Bill Bentall, anyway?).

Naturally, I expressed my pleasure that she should have tried it, and that she should have succeeded where countless others - if the rumours are true - had failed.

"There's just one point;" Jean went on, "does it come undone in long grass?" The reader may care to consider, for a moment, those things that do, and those that do not, come undone in long grass; to speculate as to what, exactly, prompted her question.....Thoughts of field trials with Jean were going through my mind, when she explained that long grass is a lace-loosening feature of orienteering events.



The knot which I attempted to describe two issues ago - and which has since been variously described as 'knot so easy', 'exceeding ingenious' and (more frequently) 'f ----- impossible' - has a counterpart; a method of lacing shoes. This method is said to have the following advantage over other methods:

- There is less lace-to-lace friction; this results in:

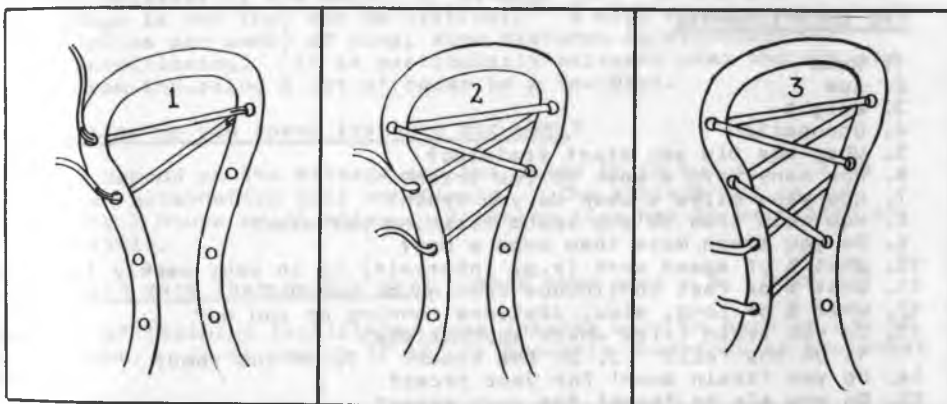
- easier tightening/loosening
- and
- reduced lace-wear.

It is also easier (I like to think) for a non-artist (avoid the obvious remark, please) to illustrate. It comes to you courtesy of my father (with whom a sort of detente has been re-established since the appearance of my last article); he got it from a neighbour, who was grateful for being shown a better way of tying a knot. One is tempted to ask oneself why fell runners should be so different .....

THE METHOD

The method is illustrated in figures 1-3 below, and is very simple (even if rendered unnecessary by the improved, plastic eyelets often incorporated in today's running shoes). You start with the lace coming up through one eyelet and down through the other. Feed that end of the lace which has gone 'down through' up through the next on the opposite side, so that both ends of the lace are on the same side of the shoe (fig.1). Now take the other end of the lace; feed it down through the next eyelet on the opposite side and up through the next on the side opposite to that (fig.2). Now, taking the other end of the lace, repeat the operation - and so on, until the shoe is laced. (fig.3)

Good luck in the long grass.



24 HOUR LAKE DISTRICT FELLS RECORD ATTEMPT

Account by Jon Broxap

Martin Hudson, Keswick AAC, failed in his attempt on Jos Naylor's 24-Hour Lake District Fells Record on Sunday 30 May, when he had to retire due to cramp.

The day started well, with Martin ten minutes up on schedule by Threlkeld, but as it progressed and temperatures soared, Martin showed first signs of it affecting him on Seat Sandal - violent muscle spasms causing him to sit down in pain. He finally retired on High Raise, about eight hours out and now over half-an-hour behind schedule, when he almost totally set solid.

At present he is undecided whether to have another attempt this year.

-----  
To the runner who handed me his blue and white Adidas T-shirt on Blisco during the race last year - I still have it - Do you want it back? From Sue Styan.

TOP FELL RUNNERS' TRAINING METHODS - A SURVEY

by Nick Matthews

As part of a dissertation on Fell Running at Leeds University, I gathered information from top fell runners. The complete dissertation under the title "Fell Running - An Investigation" can be seen by anyone who cares to visit the Brotherton Library, Leeds University. This article is based around the results of the survey - names are omitted because the original questionnaire was confidential.

THE SURVEY METHOD

The questionnaire was sent to 15 of the leading professional and amateur fell runners, including 2 lady amateurs. 10 replies were received and the results tabulated. Where possible, mean scores are shown. Of the 10 who replied, 7 are presently or have been 'Fell Runner of the Year' in their respective divisions. The remainder are currently contenders and very good runners. Thus, by virtue of this, the survey illustrates the training methods that are successful.

THE QUESTIONNAIRE

1. Name
2. Age
3. Weight
4. Occupation
5. What age did you start training?
6. How many days a week do you train?
7. How many miles a week do you train?
8. How much time do you spend training per week?
9. Do you train more than once a day?
10. What % of speed work (e.g. intervals) is in your weekly training?
11. What % of fast continuous running do you do?
12. What % of long, slow, distance running do you do?
13. Do you train (tick where appropriate)
  1. On the fell?
  2. On the track?
  3. On the road?
14. Do you 'train down' for your races?
15. Do you aim to 'peak' for your races?
16. Do you rest/train lightly after your races?
17. Do you have any rest periods during the year?
18. Do you follow any strength training programme?
19. Do you follow any flexibility training programme?
20. Do you follow any particular diet whilst training?
21. How many hours sleep per night do you have?
22. Have you ever been/are you coached?

THE QUESTIONNAIRE RESULTS AND COMMENTS

Age: Mean 31.3 years

Fell running and its demanding nature seems to favour the 'mature athlete'. The younger athlete favours shorter, faster, possibly conventional athletic events. Although presently both amateur and professional races have strong youth divisions. Perhaps the successful age group will lower as more people are attracted to the sport. There is a very strong and increasing veteran section of fell running.

Weight: Mean 10st 2lb (male) 8st 12lb (female)

Lean Body Wt. and Body fat percentage are critical in the assessment of an athlete's potential. They will affect his or her uptake of oxygen.

Any excess weight must be carried round the course by the athlete and add to the work that he/she must do. The rate of increase in  $O_2$  consumption with increase in speed of running is strongly dependent on body weight.

What age did you start training? U/15 - 4, U/21 - 2, O/21 - 4

It is significant that the 4 who started training and were involved in school athletics/cross country at an early age were or are 'fell Runner of the Year'. Background is vitally important and aerobic training in the developing years has been shown to affect maximum aerobic capacity.

How many days per week do you train? Mean 7

Without exception all train every day. This concurs with the recommendations of most top coaches. Arthur Lydiard puts it most succinctly - 'if you train six days a week, you've lost 52 days per year, which is a great advantage to give to the other fellas.' Or is it?

How many miles per week do you train? Under 50 - 2, 50-70 - None, 70+ -8

It is not necessarily the amount of mileage that you do, but the way that mileage is run that can be critical. A high mileage background (70 plus miles per week) of long, slow distance is essential for aerobic conditioning. It is particularly relevant when the athlete has a season incurring a lot of races in a few days.

How much time do you spend training per week?

Time will depend on the mileage and the speed it is run at. Time provides an alternative goal to mileage. The athlete may go out and run for 3 hours or 25 miles. Training time has to be fitted in with lifestyle.

Do you train more than once a day? More than once - 8, Once - 2

Frequency of training facilitates more intense work in both or one of the sessions. It is useful if injury prevents sustained or prolonged work.

What % of speed work (e.g. intervals) do you do?

Mean 5% (many do none) 2 did 30% during the season - both professionals.

Anaerobic work is vital in any event where speed is needed. The professionals who race over very short and steep courses must acclimatise their bodies to  $O_2$  debt. There are many short amateur courses of this nature which need specific and intensive training.

What % of fast, continuous running do you do?

This is probably the most important training that fell runners do as they run on an uneven surface and are constantly running up hills. They need  $La/O_2$  fitness, i.e. training must be intense enough to compensate for sudden energy expenditure needs - steep hills, putting in a burst of speed, the start and finish. The harder the training and the faster the pace, the greater the training effect. It is not enough to run as fast as you can over a 20 mile course, you must be able to race over it. Fast, continuous training comes near to recreating racing conditions. It is very tiring and must be interspersed with LSD to allow recovery.

What % of long, slow distance running do you do? Mean 60%

Background mileage - previously mentioned. The foundation on which the runner builds. If LSD predominates his training he/she will 'plateau' and become a plodder or one-pace runner.

Where do you train? On the fells - 10, On the track - 3, On the road - 9

It is beneficial to train on the ground that you race over. In the winter months and with the restrictions of light and weather, the road is the only alternative. It enables faster work to be done, but is monotonous and makes the runner more injury prone if he is not used to the surface. The track is useful as a measured, even surface for speed work.

Do you 'train down' for your races? Yes - 8, No - 2

The majority mentioned the important race as a focus for training towards. Two runners even mentioned taking a day off before a race. Most favoured a light day's jogging prior to the race. Two said that they 'could not afford it' they had to be at their 'best all year'.

Do you rest/train lightly after your races? Yes - none, No - 10

One runner added the proviso 'only if I'm clapped out'.

Do you have any rest periods during the year?

Yes - 3 (all professionals), No - 7

The length of the amateur season obviously renders even the thought of a rest impossible for the amateur fell runner who runs on and on. This is due to the extended amateur season and the feeling that training effect will be lost if he/she stops training. It will also be lost if he/she overtrains.

The advantages of rest periods are difficult to measure. Most athletes are afraid of detraining effect. However, accumulation of fatigue or injury may necessitate it. Rest should be used positively to allow the body and its energy systems to recuperate. This can be arranged by phasing of training even in the middle of a highly competitive programme of races. The Finns have shown that if a runner has adapted to increased training loads and peaked at a particular period, it is possible to hold this level by racing and alternatively resting and light aerobic work for some 4/5 weeks before returning to former levels of training.

In a former article ('The Fell Runner' - July 1981) I stressed the importance of a high mileage background on the fells to adapt the energy systems required to running long distances. However high mileage/duration of training is not an automatic passport to success. No two individuals are the same, either anatomically or physiologically. Our lifestyles differ. These should determine our individual training loads. Many runners are almost neurotic about their training mileage. Lack of form/success in the majority of cases is put down to not doing enough training rather than doing too much. Properly scheduled rest can and should be part of every runner's programme.

Do you follow any strength training programme? Yes - None, No - 10

The fell runner's aerobic power weight ratio is critical. He has to be agile in surmounting obstacles as well as being involved in constant descent running which puts tremendous pressure on the joints. Leg strength is essential. Most distance runners have weak legs. Strong abdominal and dorsal muscles are essential to support the spine whilst running.

Do you follow any flexibility training programme? Yes - 2, No - 8

Injuries to muscles and joints occur very often through lack of mobility. Non-ballistic stretching exercises should form part of each runner's warm-up.

Do you follow any particular diet whilst training? Yes - 2, No - 8

It is generally recognised that one of the causes of exhaustion in long distance endurance events, such as fell running is the depletion of glycogen from the working muscles. A high carbohydrate diet coupled with a light training schedule for 2 or 3 days prior to the race is sufficient to elevate muscle glycogen levels well above normal. Depletion runs are totally unnecessary. (D. Costill. 'Carbohydrate loading without depletion'. Runners World 1978)

How many hours sleep per night do you have? Mean 8

Have you ever been/are you coached? Yes - 1, No - 9

A typically British result. Coaching has yet to arrive or be seen as important to the home athlete. It is interesting to note that in international track and field events, involving equipment, all top athletes are coached. However, running is a natural event and something every one of us can do. In the light of scientific advances in training methods, physical measurement and diet, the need for a coach seems far more relevant.

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Editor's Note:

I often get letters asking me how to train for fell races and how to approach racing, and I obviously can't reply in any depth. As one of those who took part in the survey, I feel it is representative of my answers, and I hope it is of use to readers.

However, Nick stresses that no two individuals are the same and that people can get neurotic about mileage: training should fit our personal physiology and lifestyle. I remember when I was at my peak three years ago, I was doing 100 miles a week, never resting, and occasionally feeling utterly clapped out. Whenever I had an off day I would be struggling neck and neck with a veteran running in rugby shorts - it was a while before I got to know that it was Derick Jewell. The two of us had a totally different approach to running, though it is only now that I realise it, because Derick has written the article that follows on his own approach.

He is a top veteran fell runner and his views echo a lot of what Nick Matthews says. For those of you who do not know Derick, he has provided us with the following background on himself.

Age: 46 Club: Dark Peak Fell Runners

Started running occasionally at age 41 competing in a couple of local fell races.

Began running and racing regularly at age 43 and has now completed three full fell racing seasons (1979, 1980, 1981), achieving 4th place ranking in the Vet.'s championship each season.

Occupation: Representative for insurance company.

Previous sports: Soccer for twenty years, followed by five years squash.

Favourite Races: Long-Borroudale, Medium-Ben Nevis, Short-Burnsall

Best Performance: Probably Ben Nevis 1981 - 26th out of 332 and 2nd veteran to Taffy Davies.

Future Plans: To be able to continue running and to race new events without neglecting too many of the established races.

---

RUN LESS. EAT LESS. DRINK LESS

by Derick Jewell

Three years after starting out a a running greenhorn I venture to ventilate a few ideas gathered from my experience so far, which may help some other runners to enjoy running as much as I have and still do.

The most important thing I have learnt is the commonly held view that each and every one of us is different, and no one running or racing programme suits everyone. I have mine which enables me to enjoy both running ('training' sounds too much like an imposition) and racing. I stick to some basic rules which have helped me to avoid major injuries, staleness and bad runs, all of which I hear mentioned too often by too many runners.

First of all I do not run by mileage. Because I am fortunate in doing most of my running up and down hills, mileage is difficult to gauge anyway, but I prefer to run by time. How long I run is usually determined by the next race for which I may be preparing. I reckon too many runners equate mileage with fitness and more mileage with more fitness. My weekly mileage, were I to measure it, may vary from five miles to thirty-five miles, depending on the next race.

Secondly I do not train every day. This in part is because I can't fit in a daily run anyway, but it is planned that way now because of experience. My view may be of more relevance to fellow veterans, but I believe the body should not be overworked too often and should be given plenty of rest. So my programme is usually two evening runs during the week plus two at the weekend. The weekend run, though, may be limited to a race depending on its duration, severity and the travelling arrangements. A Sunday race, especially if it means travelling Friday or Saturday, often results in no running between a Thursday run and the race. To date this has worked well, especially if the Sunday race is a long one.

Thirdly, injuries. I subscribe to the view that pain means rest, and I have found that a week's break from running whether by reason of injury or sickness, results in little or no loss of general fitness. The return to running should be gradual and easy, at least for the first two sessions.

I have not yet experienced staleness. I look forward to every run whatever the weather and have only missed an intended run by reason of injury or sickness. I like to think my basic rules help me to retain a freshness of both mind and body which is sharpened by my fourth ingredient - frequent racing.

In the last three years I have raced on 33, 32 and 36 occasions (81 of which were fell races), which averages out at about three races every four weeks. In those 101 races I was disappointed by my performance on about eight occasions, of which six were positively not enjoyed. Three of the six were cross country races and the fell races which I



did not enjoy were those when I got lost!

The races add an extra dimension and exhilaration (and, it must be admitted, on occasions, pain and suffering) to the pleasure of running itself, but another important feature is the company and comradeship of fellow runners. The genuine friendliness which prevails before, during and after racing is something special. I discovered running and fell running a bit late in life, but I am truly glad that it never is too late.

I am indebted to some degree to all those I have run with and against. In particular I would like to pay tribute to Chris Worsell who eased me into fell racing and advised me not to run against my brand new stop watch, Tony Trowbridge (tips on food intake during long races), Roger Baumeister (general encouragement and enthusiasm), Phil Guernier (stretching exercises), Pete Simpson (the ideal Karrimor partner for anyone who can't read a map or pitch a tent), Jos Naylor (he always makes me feel so good when I ask about his health) and Mike Walford (guided me home in snow and swirling mist in an exciting Lake District debut at Kentmere). Not forgetting the race organisers, who provide all of us with such an abundance of events which are so individual and so important to our sport.

Finally, on food and drink. I confess to not understanding either the theories or the jargon, but recognise that body weight is important. I have a proven system guaranteed to lose weight. Eat and drink less. Diets are very individual, but common sense allows for plenty of variety, in which I include lots of fresh fruit and vegetables.

---

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OH! DEATH WHERE IS THY  
STING-A-LING-A-LING?

by

C Bacon-Rasher



Dismal and I were sitting in the lounge bar of the Stud and Waffle after a pleasant jog down the middle of Regents Street the other evening, polishing our medals, when it occurred to me that another issue of 'The Fell Runner' was due out any mo' and I hadn't penned a dratted word. My last article, that on the history of our great sport, had received a mixed measure of applause and criticism; some thought I should have mentioned my Gold Medal more, (my mother and Dismal, for example) some found it blasphemous (the Very Reverend Blair-Fish, for one) and some downright tedious, (too many to list in the space available). How to follow it was the question, one often posed to prolific writers like myself after completing a particularly stunning piece rich in literary extravaganza.

So I was delighted when Dismal reached into his jock-strap pouch and brought out this tear-stained letter he had received only that day from our mutual friend and admirer from Meltham, Andy Stallion. At least I think they were tear stains. Anyway, dear Andy, who has a Doctor's degree in Obsequial Thanmaturgy at the University of Forest Lawns, New Jersey, had come across this lovely item in 'Macmillan's Encyclopaedia of Sports and Games', published 1980. It was headed 'fell running'. Yes. Just like that. No capital letters, let alone heavy typeface. 'fell running. A form of foot race for runners and climbers in the high and fairly wild....' "'ang on,' we cried, "What's this 'fairly wild' bit?".....'fairly wild stretches in northern England: especially Derbyshire, Yorkshire, Lancashire, Cumbria and Northumberland. These are very arduous....' (that's better)..... 'traditional contests, in which occasionally competitors die from exhaustion, exposure and other causes.' The underlining is mine. I'll come back to that, but by now we were rivetted to the page.

Further down it continued: 'The record holder for the descent of Skiddaw Fell is George Norman of Altrincham AC who in 1972 achieved a descent rate of 39m (128 ft) per min. The record for the Lakeland 24-Hour race is 72 peaks in 23 hr 11 min. This is held by a remarkable runner, Joss Naylor (1936-) who achieved it in 1975.

Further down still: (on the subject of 'The Yorkshire Three Peaks Race') 'Mike Davies' time in 1968 was 2 hr 40 min and 23 secs. In 1974 George Norman set a new record of 2 hr 29 min and 53 secs.'

Clearly the authors had been understandably confused, probably due to the total lack of written records of these ancient events, the results of which are normally passed from lip to ear around the firesides of Kendal, Keswick and Keighley, gaining or losing in the telling like old ballads in the process. Had they, like Dismal and I, had the humiliating experience of watching the fragile frame of the Great Deaf Norman dissolving into the mists of Pen y Ghent on a wet April morning as we struggled, medals clanking beneath our anoraks along the limestone outcrops of the lower slopes, lost in wonder and admiration, they too would have his illustrious name engraved on their memories. Luckily for the publishers, neither he, nor the shy and retiring Hoss Naylor,

is likely to sue them for misspelling their names and thus possibly casting doubt upon the accuracy of their achievements. Dismal particularly has great sympathy in this area of reporting. People will keep calling him 'Disley' (imagine!), which he hates.

But the scholarly writer has at least drawn the attention of a totally disinterested readership to the undoubtedly hazardous, nay, lethal aspect of this apparently simple country sport. How lucidly he captures the atmosphere that pervades the major Lakeland events; the awesome figure of Death lurking behind every crag; the queues of runners' wives, heads wrapped with shawls, huddling round the tripe shop doors of Wigan to see the latest casualty lists posted there, fresh from the slopes of Fairfield, Wasdale and Borrowdale, names that ring like Vimy Ridge, the Somme and Passendale to the people of the North. Having listed for us 'exposure and exhaustion' as the main causes of decease, he kindly skirts round the more unprintable reasons with the easy phrase 'other causes'.

But we have no such inhibitions. I recall speeding down through Eskdale after the end of an exhausting two-day marathon in that region, when I got into a bit of a burn-up with a Rolls Royce. First he would slip stream me, waiting for a stretch where he could take my trusty Cortina on the inside, then drifting into the corners with me side by side until, on one singularly dicey bend, all the flowers shot off the top, and he had to stop to replace them. I stopped up the road and went back to give him a hand.

"Who you got in there?" I enquired, lightly.

"Oh, don't you know?" he replied, "I thought you were giving him a good old sporting send-off. It's another of those Fell Runners from Kez-Wick. Harry 'Nutter' Harris."

"What was it?" I asked, "the usual - exposure, exhaustion, that sort of thing?"

He just laughed, rather merrily. "God bless you, Sir, no! Whatever gave you such an idea? Such cases are indeed extremely rare. No, it was the 'usual' alright, but not what you laymen might think."

I took slight offence at this. "Now look here, my good man." I said, clenching my spectacles and baring the teeth. "My name is Christopher Bacon-Rasher from the BBC and I know a thing or two about sport, don't you know." At this he became reassuringly more servile. Pushing back his peaked cap, he scratched his forehead and surveyed me more carefully. "Beg pardon, Sir, but I didn't recognise you in your balaclava." (Frankly, I had forgotten to take it off that morning after putting it on at breakfast to hide the eggstains and the fact that I hadn't shaved. Never know when there's cameras about; public figure; you know how it is.) "But" he continued, "I could list the 'other causes' for you if you had the time to listen. Chokin' on Mars Bars, trippin' over shoe laces, drownin', one chap died mysteriously shortly after writin' 'Harry Porker Wears Johnson's Baby Cream' on the end of the barn at the start of the Edale Skyline, even though we all knowed it was true."

"Hold hard! Stop a minute." I interceded, "did you say drowned?"

"Indeed I did, Sir. Then there are your sub-divisions of drowning from straightforward immersion in bogwater mistaken for flat grass in bad light; wading through rivers nine inches deeper than the gentleman was tall; putting head in pool on hot day to take deep draught and held under by rival from another club; right through to the more complex water induced deaths like asphyxiation by shrinkin' garments. You remember the Karrimor in Galloway, Sir? There was a lot of gentlemen went to bed that night, Sir, what did not take off their lambskin jockstraps, Sir, on account of the bitter cold, and, ignoring the small label what said 'dry clean only' fell into a deep slumber. About

seven inches of rain fell that night and got right into their sleeping bags. Result - severe shrinkage of the said garment and several gentlemen most painfully strangled to death, Sir. Most painfully!" "I can imagine." I said, making a mental note to check the washing label on my BBC issue. "But must be off." I was about to depart and had taken a few steps towards the waiting Cortina when I paused. "Just a minute, though. You said 'the usual'. Pray what did you mean by that?"

"No wish to be indelicate, Sir, but some of these Fell Races are a bit long. Like the Crusades was. You remember the Crusades, Sir?" (Without the balaclava and a decent sleep I was looking my age, but my God!) "Wives left for longer than should be. Time on their hands. Well, you get the odd bounder who'll take advantage. Some of 'em even go to every event with this in mind. Trouble comes when the Old Man meets some hazard on the fells, trips up, gets lost, bonks out or for any other reason gets back a bit prompt like. Finds our man busy with the consolation rub down on the missus, seizes a big stone off the wall and WHALLOP!"

"Whallop?" I gurgled.  
 "Whallop, Sir." he replied sombrely.

My thoughts raced back to a Manx Marathon in '78. What if Deaf Norman had dropped out? But that was long ago, and anyway, there aren't any big stones around Fishwick Bay. Are there?

In the next issue I am going on to Fenn Racing, which comes next in the Encyclopaedic ramblings of the Macmillan Press, jumping 473 canals in 24 hours, that sort of thing; total ascent and descent of 3 ft 9 ins. Now Fenn Racing sounds more in my line. Dismal! Get your water wings. We're going Fenn Racing.....

**Editor's Note:** I 'came across' the item from Macmillan's Encyclopaedia of Sports and Games, thanks to Harry Cadman of Wigan Harriers, who sent me a copy of the relevant section, which is itself as funny as Mr Bacon-Rasher's enlargement on the 'facts'.

**fell running** A form of foot race for runners and climbers in the high and fairly wild stretches of hilly country known as the fells in northern England: especially Derbyshire, Yorkshire, Lancashire, Cumbria and Northumbria. These are very arduous, traditional contests in which, occasionally, competitors die from exhaustion, exposure and other causes. Similar races are held in Scotland and Wales.

Among the major events are:

- (a) the Skiddaw Fell Race - a downhill race of 930-107 m (3,053 ft-250 ft);
- (b) the Lakeland 24-Hour Race;
- (c) the Ennerdale Mountain Race;
- (d) the Yorkshire Three Peaks Race;
- (e) the Ten Peaks Race;
- (f) the Guides Race;
- (g) the Ben Nevis Race (in Scotland); and the 'Three-Thousander' (in Wales).

The distances and the courses vary considerably, and the distance may be up to 64 km (40 miles) and sometimes more.

The record holder for the descent of Skiddaw Fell is George Norman of Atrincham AC who in 1972 achieved a descent rate of 39 m (128 ft) per min. The record for the Lakeland

24-Hour Race is 72 peaks, or 168 km (105 miles) in 23 hr 11 min. This is held by a remarkable runner called Joss Naylor (1936- ) who achieved it in 1975. Quite apart from the distance involved, he covered 12,190 m (40,000 ft) of ascents and descents. Naylor also won the Ennerdale race 9 times between 1968 and 1977, the distance being 37 km (23 miles). His record time was made in 1972 when he won in 3 hr 30 min and 40 sec. The Yorkshire Three Peaks Race was inaugurated in 1954 and in this one of the outstanding runners has been Mike Davies. The distance is 35 km (22 miles) and Davies' record time in 1968 was 2 hr 40 min and 23 sec. In 1974 George Norman set a new record of 2 hr 29 min and 53 sec. The Ten Peaks Race is over a course from Barnthwaite Farm, Wasdale Head, Cumbria, to the top of Skiddaw and over England's 9 other highest mountains and tops: namely, Great

Gable, Sca Fell, Scafell Pike, Ill Crag, Butter Crag, Great End, Bow Fell, Helvellyn and Lower Man. The most recent record holder for this

gruelling course (distances vary according to the route chosen) is Michael Fieldhouse who in 1977 did it in 6 hr 8 min. The Guides Race is held at the Grasmere sports, Cumbria. The course is a mere 2.4 km (1½ miles) but involves running to a turning point on Butter Crag and back. The crag is 294 m (966 ft) above sea level. A record time of 12 min 24.8 sec was achieved in 1976 by Thomas Sedgwick. Another notable runner was Bill Teasdale who won it 11 times.

The Ben Nevis race (which dates from 1895) involves running from Fort William to the summit of the mountain and back. The distance is about 22 km (14 miles) and the ascent is 1,343 m (4,406 ft). The record time for out and back is 1 hr 26 min and 55 sec set in 1976 by David Cannon.

The Welsh Three-Thousander involves starting on a peak 914 m (1000 ft) high and then racing over the top of 13 other peaks of a similar height. One of the outstanding runners on such a course was the Yorkshireman Eric Beard who took part in many other regular events.

COMMITTEE NEWS

There have been three meetings of the Committee since the EGM in November. These took place after the Wansfell Race, after the Chew Valley Race and before the Fairfield Race. Full copies of the minutes of all committee meetings and of the minutes of General Meetings are available from the General Secretary (Large S.A.E. please).

- Wansfell
- Championship trophy ready, to be presented at the Annual Dinner.
  - Championship points to be extended to first 30, existing three points differential retained.
  - Burnsall and Welsh 1000 organisers to be contacted re. provision of Ladies Races at their events.
  - CFRA safety report available.
  - Safety sub-committee set up to adapt CFRA report for FRA.
  - Irish races not to be categorised in calendar.
  - SAAA to be approached re. possible affiliation.

- Chew Valley
- Report of preliminary meetings with SAAA.
  - Referendum of members re. AAA to go out with July magazine.
  - Treasurer to investigate insurance for organisers and individuals.
  - Report on change to computerised records.
  - Dinner cancelled due to lack of support. 1981 trophies to be presented after Fairfield.
  - FRA Safety/Navigation course to be organised.

- Fairfield
- Sub-committee set up to examine race categorisation.
  - Referendum on AAA abandoned as being too complex.
  - Safety sub-committee's paper "Advice to Organisers" based on CFRA's 'Safety of Fell Races' to be distributed to all race organisers.
  - Championship. 1) Ladies short races for 1982 to be confined to 4 if Burnsall organiser's response not positive. (See Note Below) 2) Closed season for championship events to run from beg-April to end-Sept. agreed in principle. 3) Computerisation of statistics discussed.
  - Kevan Shand to compile secondary championship statistics
  - FRA Safety/Navigation course to be held in September.
  - Super-vet trophy ready.
  - Rossendale AC to be asked to organise next Annual Dinner.

NOTE: Immediately following the Fairfield meeting the Secretary received confirmation that there will be a Ladies' Race at Burnsall - this race will be a Ladies' Championship Race for 1982

COMMITTEE OFFICERS

- Chairman Peter Knott, 17 Westbourne Ave., Wrea Green, Nr. Preston, Lancs. Tel. Preston 683072
- General Secretary Jon Broxap, 25 Meadowcroft Cottages, Bowness-on-Windermere, Cumbria. Tel. Windermere 4567
- Fixtures Secretary Dave Moulding, 53 Downham Rd., Chatburn, Clitheroe, Lancs. Tel. Clitheroe 4112
- Treasurer Jean Lochhead, 65 Wooldale Rd., Holmfirth, W Yorks. Tel. Holmfirth 6625
- Membership Secretary Norman Berry, 165 Penistone Rd., Kirkburton, Huddersfield. Tel. Huddersfield 602922
- Magazine Editor Andy Styan, Wentworth Farm, Wessenden Head Rd., Meltham, Huddersfield. Tel. Huddersfield 850770
- Statistician Peter Brooks, 'Shenavall', Drummond Terrace, Crieff, Perthshire. Tel. Crieff 3909

COMMITTEE MEMBERS

- John Blair-Fish, Pete Bland, Harry Blenkinsop, Danny Hughes, Sue Styan, Kevan Shand.

# THANK YOU

To: Everyone who has contributed with race reports, results, articles, competition entries and photographs.

A special thank to Peter Knott for the regular flow of race reports and results, to Bill Bentall for the last minute cartoons and to Morris Conlon, Dave Hollinrake, John Offley and Neil Shuttleworth for the photos.

We'd like you to have your next copy of 'The Fell Runner' at the beginning of December. For this we need copy by 11 October 1982. Please send letters, reports, articles, photos, competition entries, race results and adverts to:

Andy Styan, Wentworth Farm,  
Wessenden Head Rd.,  
Meltham,  
Huddersfield. HD7 3HN  
Tel. Huddersfield 850770

In the next issue:

- Book review from Selwyn Wright
- Fell Running in the USA
- Veronique Marot on the Andes Skyline Relay Mystery
- Donald Booth on the revival of the Bens of Jura Race
- John Wild's consumer report on athletic clubs

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FOOTNOTE:



I DON'T SEEM TO HAVE GOT THIS  
LACING-UP RIGHT!

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